

2025-26 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 1/31/26

60 METERS (School Record - 7.24)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Holly Duax	7.41	Jimmy Grant Alumni Invite - 12/13/25	7.38	at Jarvis Scott Open - 2/9/24
Alexandria Edison	7.53	Jimmy Grant Alumni Invite - 12/13/25	7.53	Jimmy Grant Alumni Invite - 12/13/25
Jailya Ash	7.64	Larry Wieczorek Invite - 1/24/26	7.60	at Beantown Challenge - 1/8/22
Dymonde Nave	7.67	Jimmy Grant Alumni Invite - 12/13/25	7.67	Jimmy Grant Alumni Invite - 12/13/25
Olicia Lucas	7.74	2x, last at Larry Wieczorek Invite - 1/24/26	7.66	Hawkeye Invite - 1/18/25
Isabel Evans	7.90	Hawkeye Invite - 1/10/26	7.90	Hawkeye Invite - 1/10/26
Natalie Harris	8.08	Larry Wieczorek Invite - 1/24/26	8.08	Larry Wieczorek Invite - 1/24/26

60-METER HURDLES (School Record - 7.99)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carlee Rochford	8.34	Larry Wieczorek Invite - 1/24/26	8.34	Larry Wieczorek Invite - 1/24/26
Jailya Ash	8.43	Larry Wieczorek Invite - 1/24/26	8.19	at Dr. Sander Invite - 1/27/24
Dymonde Nave	8.43	Larry Wieczorek Invite - 1/24/26	8.43	2x, last at Larry Wieczorek Invite - 1/24/26
Isabel Evans	8.45	Larry Wieczorek Invite - 1/24/26	8.45	Larry Wieczorek Invite - 1/24/26
Natalie Harris	8.93	at Arkansas Invite - 1/16/26	8.47	Larry Wieczorek Invite - 1/20/24

200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chioma Nwachukwu	23.43	Larry Wieczorek Invite - 1/23/26	23.43	Larry Wieczorek Invite - 1/23/26
Alexandria Edison	24.11	Larry Wieczorek Invite - 1/23/26	23.73	at New Mexico Collegiate Classic - 2/7/25
Izzy Zahn	24.30	Larry Wieczorek Invite - 1/23/26	24.30	Larry Wieczorek Invite - 1/23/26
Olicia Lucas	24.52	Larry Wieczorek Invite - 1/23/26	24.51	at New Mexico Collegiate Classic - 2/2/24
Holly Duax	24.62	Larry Wieczorek Invite - 1/23/26	23.71	at Tyson invite - 2/15/25

300 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Williams	37.74	Hawkeye Invite - 1/10/26	37.74	Hawkeye Invite - 1/10/26
Damaris Mutunga	37.80	Hawkeye Invite - 1/10/26	37.80	Hawkeye Invite - 1/10/26
Alexandria Edison	37.89	Hawkeye Invite - 1/10/26	37.89	Hawkeye Invite - 1/10/26
Izzy Zahn	38.14	Jimmy Grant Alumni Invite - 12/13/25	38.14	Jimmy Grant Alumni Invite - 12/13/25

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400 METERS (School Record - 51.48)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Chioma Nwachukwu	52.14	at Arkansas Invite - 1/16/26	52.07	at B1G Championships - 2/28/25
Alivia Williams	53.52	at Arkansas Invite - 1/16/26	53.11	at New Mexico Collegiate Classic - 2/8/25
Izzy Zahn	54.12	at Arkansas Invite - 1/16/26	54.12	at Arkansas Invite - 1/16/26
Olicia Lucas	55.31	at Arkansas Invite - 1/16/26	53.86	at Tyson Invite - 2/14/25

600 METERS (School Record - 1:26.69)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Damaris Mutunga	1:26.69 *	at Arkansas Invite - 1/16/26	1:26.69 *	at Arkansas Invite - 1/16/26
Gabby Cortez	1:27.89	at Meyo Invite - 1/30/26	1:27.89	at Meyo Invite - 1/30/26
Leanna Lewis	1:29.02	at Arkansas Invite - 1/16/26	1:29.02	at Arkansas Invite - 1/16/26
Calia Lyons	1:30.51	at Arkansas Invite - 1/16/26	1:30.51	at Arkansas Invite - 1/16/26
Princess Uche	1:31.67	at Arkansas Invite - 1/16/26	1:31.67	at Arkansas Invite - 1/16/26
Arianna Williams	1:32.18	Jimmy Grant Alumni Invite - 12/13/25	1:32.18	Jimmy Grant Alumni Invite - 12/13/25
Grace Boleyn	1:35.12	Hawkeye Invite - 1/10/26	1:35.12	Hawkeye Invite - 1/10/26
Lily Johannes	1:36.41	Larry Wiczorek Invite - 1/23/26	1:36.36	at Meyo Invite - 2/2/24

800 METERS (School Record - 2:03.42)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Gabby Cortez	2:04.79	at Meyo Invite - 1/31/26	2:04.79	at Meyo Invite - 1/31/26
Leanna Lewis	2:06.53	at Meyo Invite - 1/31/26	2:06.53	at Meyo Invite - 1/31/26
Rosemary Arthur	2:10.33	at Arkansas Invite - 1/16/26	2:10.33	at Arkansas Invite - 1/16/26
Clare Kelly	2:10.91	at Meyo Invite - 1/31/26	2:10.27	at BU Hemery Valentine Invite - 2/15/25
Caila Lyons	2:11.50	at Meyo Invite - 1/31/26	2:11.50	at Meyo Invite - 1/31/26
Grace Boleyn	2:14.11	at Meyo Invite - 1/31/26	2:14.11	at Meyo Invite - 1/31/26
Julia Gehl	2:16.56	at Meyo Invite - 1/31/26	2:16.56	at Meyo Invite - 1/31/26
Lily Johannes	2:19.37	at Meyo Invite - 1/31/26	2:19.37	at Meyo Invite - 1/31/26
Carlee Rochford	2:23.29 ^	Jimmy Grant Alumni Invite - 12/13/25	2:23.29 ^	Jimmy Grant Alumni Invite - 12/13/25

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2025-26 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 1/31/26

1,000 METERS

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rosemary Arthur	2:48.13	Jimmy Grant Alumni Invite - 12/13/25	2:48.13	Jimmy Grant Alumni Invite - 12/13/25
Clare Kelly	2:52.63	Jimmy Grant Alumni Invite - 12/13/25	2:52.63	Jimmy Grant Alumni Invite - 12/13/25
Caila Lyons	2:54.00	Jimmy Grant Alumni Invite - 12/13/25	2:54.00	Jimmy Grant Alumni Invite - 12/13/25
Julia Gehl	2:56.64	Larry Wieczorek Invite - 1/23/26	2:56.64	Larry Wieczorek Invite - 1/23/26
Grace Boleyn	2:57.23	Jimmy Grant Alumni Invite - 12/13/25	2:57.23	Jimmy Grant Alumni Invite - 12/13/25
Jalyssa Blazek	3:00.43	Larry Wieczorek Invite - 1/23/26	3:00.43	Larry Wieczorek Invite - 1/23/26

MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rosemary Arthur	4:50.11	at Arkansas Invite - 1/16/26	4:50.11	at Arkansas Invite - 1/16/26
Jalyssa Blazek	4:55.39	at Meyo Invite - 1/31/26	4:55.39	at Meyo Invite - 1/31/26
Julia Gehl	4:56.26	Larry Wieczorek Invite - 1/24/26	4:56.26	Larry Wieczorek Invite - 1/24/26
Clare Kelly	5:00.29	at Arkansas Invite - 1/16/26	4:56.34	at BU Hemery Valentine Invite - 2/15/25
Elena Torres	5:00.68	Larry Wieczorek Invite - 1/24/26	4:53.32	at Meyo Invite - 2/1/25
Hillary Trainor	5:06.48	Larry Wieczorek Invite - 1/24/26	5:03.75	at Meyo Invite - 2/1/25
Grace Boleyn	5:07.34	at Arkansas Invite - 1/16/26	5:07.34	at Arkansas Invite - 1/16/26
Rowan Boulter	5:09.42	Larry Wieczorek Invite - 1/24/26	5:14.31	Iowa Open - 2/17/23
Audra Soderlind	5:17.12	Larry Wieczorek Invite - 1/24/26	5:17.12	Larry Wieczorek Invite - 1/24/26
Ellie Rathe	5:19.73	Hawkeye Invite - 1/10/26	5:12.80	Larry Wieczorek Invite - 1/20/24

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Elena Torres	9:35.28	at Meyo Invite - 1/31/26	9:35.28	at Meyo Invite - 1/31/26
Hillary Trainor	9:52.75	Hawkeye Invite - 1/10/26	9:52.75	Hawkeye Invite - 1/10/26
Julia Gehl	9:53.77	Hawkeye Invite - 1/10/26	9:53.77	Hawkeye Invite - 1/10/26
Rowan Boulter	10:07.09	Larry Wieczorek Invite - 1/23/26	10:07.09	Larry Wieczorek Invite - 1/23/26
Jalyssa Blazek	10:13.13	Hawkeye Invite - 1/10/26	10:13.13	Hawkeye Invite - 1/10/26
Marissa Long	10:16.31	Larry Wieczorek Invite - 1/23/26	10:16.31	Larry Wieczorek Invite - 1/23/26
Audra Soderlind	10:19.37	Larry Wieczorek Invite - 1/23/26	10:19.37	Larry Wieczorek Invite - 1/23/26
Ellie Rathe	10:27.85	Larry Wieczorek Invite - 1/23/26	10:18.74	Larry Wieczorek Invite - 1/19/24

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

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Rowan Boulter	17:15.17	at Meyo Invite - 1/30/26	17:15.17	at Meyo Invite - 1/30/26

4x400-METER RELAY (School Record - 3:30.42)

Names	Season Best	Meet - Date
Alivia Williams, Izzy Zahn, Damaris Mutunga, Chioma Nwachukwu	3:32.52	at Arkansas Invite - 1/16/26
Olicia Lucas, Izzy Zahn, Gabby Cortez, Chioma Nwachukwu	3:36.64	Larry Wieczorek Invite - 1/24/26
Leanna Lewis, Olicia Lucas, Gabby Cortez, Princess Uche	3:37.11	at Arkansas Invite - 1/16/26
Princess Uche, Leanna Lewis, Gabby Cortez, Calia Lyons	3:40.13	at Meyo Invite - 1/31/26
Chioma Nwachukwu, Leanna Lewis, Damaris Mutunga, Clare Kelly	3:40.17	Jimmy Grant Alumni Invite - 12/13/25
Olicia Lucas, Izzy Zahn, Caila Lyons, Grace Boleyn	3:46.76	Jimmy Grant Alumni Invite - 12/13/25
Grace Boleyn, Alexandria Edison, Carlee Rochford, Calia Lyons	3:50.92	Hawkeye Invite - 1/10/26
Clare Kelly, Alexandria Edison, Lily Johannes, Jalyssa Blazek	3:56.47	Larry Wieczorek Invite - 1/23/26

DISTANCE MEDLEY RELAY (School Record - 11:15.07)

Names	Season Best	Meet - Date
Rosemary Arthur, Leanna Lewis, Clare Kelly, Julia Gehl	11:27.97	at Meyo Invite - 1/30/26

HIGH JUMP (School Record - 1.85 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carlee Rochford	5-4 1/2 (1.64m) ^	Jimmy Grant Alumni Invite - 12/13/25	5-6 3/4 (1.67m) ^	Jimmy Grant Invite - 12/9/23

LONG JUMP (School Record - 6.42 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lovisa Ulvenstam	19-2 1/2 (5.85m)	Hawkeye Invite - 1/10/26	19-2 1/2 (5.85m)	Hawkeye Invite - 1/10/26
Carlee Rochford	18-10 (5.74m)	2x, last Hawkeye Invite - 1/10/26	18-10 (5.74m)	2x, last Hawkeye Invite - 1/10/26

TRIPLE JUMP (School Record - 13.51 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Lovisa Ulvenstam	40-9 1/2 (12.43m)	Larry Wieczorek Invite - 1/24/26	40-9 1/2 (12.43m)	Larry Wieczorek Invite - 1/24/26

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SHOT PUT (School Record - 17.96 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wisdom Williams	51-7 3/4 (15.74m)	Hawkeye Invite - 1/9/26	54-7 1/2 (16.65m)	at B1G Championships - 3/1/25
Carlee Rochford	42-4 1/4 (12.91m) ^	Jimmy Grant Alumni Invite - 12/13/25	42-4 1/4 (12.91m) ^	Jimmy Grant Alumni Invite - 12/13/25

WEIGHT THROW (School Record - 23.26 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Peyton Wilson	59-7 3/4 (18.18m)	Larry Wieczorek Invite - 1/23/26	59-7 3/4 (18.18m)	Larry Wieczorek Invite - 1/23/26

PENTATHLON (School Record - 4,331 points)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Carlee Rochford	4,036 points	Jimmy Grant Alumni Invite - 12/13/25	4,036 points	Jimmy Grant Alumni Invite - 12/13/25

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