

# 2025-26 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 2/15/26

## 60 METERS (School Record - 7.24)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Holly Duax	7.35	at New Mexico Collegiate Classic - 2/7/26	7.35	at New Mexico Collegiate Classic - 2/7/26
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	8.39	at New Mexico Collegiate Classic - 2/7/26	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	8.74	at Tyson Invite - 2/13/26	8.47	Larry Wieczorek Invite - 1/20/24

## 200 METERS (School Record - 22.79)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Alivia Williams	23.33	at New Mexico Collegiate Classic - 2/6/26	23.33	at New Mexico Collegiate Classic - 2/6/26
Chioma Nwachukwu	23.43	Larry Wieczorek Invite - 1/23/26	23.43	Larry Wieczorek Invite - 1/23/26
Holly Duax	23.45	at New Mexico Collegiate Classic - 2/6/26	23.45	at New Mexico Collegiate Classic - 2/6/26
Izzy Zahn	23.56	at New Mexico Collegiate Classic - 2/6/26	23.56	at New Mexico Collegiate Classic - 2/6/26
Alexandria Edison	23.91	at Tyson Invite - 2/14/26	23.73	at New Mexico Collegiate Classic - 2/7/25
Olicia Lucas	24.07	at New Mexico Collegiate Classic - 2/6/26	24.07	at New Mexico Collegiate Classic - 2/6/26

## 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	51.93	at New Mexico Collegiate Classic - 2/7/26	51.93	at New Mexico Collegiate Classic - 2/7/26
Damaris Mutunga	53.01	at New Mexico Collegiate Classic - 2/7/26	52.14	at Tyson Invite - 2/14/25
Olicia Lucas	53.25	at Tyson Invite - 2/13/26	53.25	at Tyson Invite - 2/13/26
Alivia Williams	53.52	at Arkansas Invite - 1/16/26	53.11	at New Mexico Collegiate Classic - 2/8/25
Izzy Zahn	53.48	at New Mexico Collegiate Classic - 2/7/26	53.48	at New Mexico Collegiate Classic - 2/7/26
Princess Uche	54.15	at Tyson Invite - 2/13/26	53.76	at Don Kirby Elite Invite - 2/14/25
Caila Lyons	55.49	at New Mexico Collegiate Classic - 2/7/26	55.49	at New Mexico Collegiate Classic - 2/7/26
Ali Frandsen	56.87	at New Mexico Collegiate Classic - 2/7/26	55.47	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	1:31.35	at New Mexico Collegiate Classic - 2/6/26	1:31.35	at New Mexico Collegiate Classic - 2/6/26
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
Ali Frandsen	1:35.61	at New Mexico Collegiate Classic - 2/6/26	1:32.66	at New Mexico Collegiate Classic - 2/7/25
Lily Johannes	1:36.41	Larry Wiczorek Invite - 1/23/26	1:36.36	at Meyo Invite - 2/2/24

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## 2025-26 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 2/15/26

### 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
Caila Lyons	2:08.97	at Tyson Invite - 2/13/26	2:08.97	at Tyson Invite - 2/13/26
Clare Kelly	2:08.99	at BU Hemery Valentine Invite - 2/14/26	2:08.99	at BU Hemery Valentine Invite - 2/14/26
Rosemary Arthur	2:10.22	at Tyson Invite - 2/13/26	2:10.22	at Tyson Invite - 2/13/26
Jalyssa Blazek	2:13.74	at BU Hemery Valentine Invite - 2/14/26	2:13.74	at BU Hemery Valentine Invite - 2/14/26
Grace Boleyn	2:14.03	at Tyson Invite - 2/13/26	2:14.03	at Tyson Invite - 2/13/26
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

### 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

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## 2025-26 WOMEN'S INDOOR SEASON BEST PERFORMANCES - UPDATED 2/15/26

### MILE (School Record - 4:39.78)

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Rosemary Arthur	4:49.05	at Tyson Invite - 2/14/26	4:49.05	at Tyson Invite - 2/14/26
Julia Gehl	4:51.43	at BU Hemery Valentine Invite - 2/14/26	4:51.43	at BU Hemery Valentine Invite - 2/14/26
Jalyssa Blazek	4:53.06	at BU Hemery Valentine Invite - 2/14/26	4:53.06	at BU Hemery Valentine Invite - 2/14/26
Clare Kelly	4:57.79	at BU Hemery Valentine Invite - 2/14/26	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	10:00.14	at Iowa State Classic - 2/6/26	10:00.14	at Iowa State Classic - 2/6/26
Jalyssa Blazek	10:13.13	Hawkeye Invite - 1/10/26	10:13.13	Hawkeye Invite - 1/10/26
Miriam Sandeen	10:13.59	at Iowa State Classic - 2/6/26	10:13.59	at Iowa State Classic - 2/6/26
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

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

Name	Season Best	Meet - Date	Collegiate Best	Meet – Date
Elena Torres	16:59.29	at BU Hemery Valentine Invite - 2/14/26	16:34.86	at BU Hemery Valentine Invite - 2/15/25
Rowan Boulter	17:15.17	at Meyo Invite - 1/30/26	17:15.17	at Meyo Invite - 1/30/26

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## 4x400-METER RELAY (School Record - 3:29.69)

Names	Season Best	Meet - Date
Olicia Lucas, Alivia Williams, Damaris Mutunga, Gabby Cortez	3:29.69 *	at Tyson Invite - 2/14/26
Alivia Williams, Izzy Zahn, Damaris Mutunga, Chioma Nwachukwu	3:32.52	at Arkansas Invite - 1/16/26
Damaris Mutunga, Izzy Zahn, Olicia Lucas, Chioma Nwachukwu	3:33.80	at New Mexico Collegiate Classic - 2/7/26
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	40-11 (12.47m)	at New Mexico Collegiate Classic - 2/7/26	40-11 (12.47m)	at New Mexico Collegiate Classic - 2/7/26

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## SHOT PUT (School Record - 17.96 meters)

Name	Season Best	Meet - Date	Collegiate Best	Meet - Date
Wisdom Williams	51-10 1/2 (15.81m)	at Iowa State Classic - 2/6/25	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	60-8 3/4 (18.51m)	at Iowa State Classic - 2/6/26	60-8 3/4 (18.51m)	at Iowa State Classic - 2/6/26

## 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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