

FIGHTING ILLINI

TRACK & FIELD MEET NOTES

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Larry Wieczorek Invite
 UI Rec Building
 Iowa City, Iowa
 Fri.-Sat., January 18 & 19 // 2 p.m.

2019 INDOOR SCHEDULE

DATE	OPPONENT	LOCATION/RESULT
JAN. 12	ILLN OPEN	M: 1/5 W: 1/8
Jan. 18-19	Larry Wieczorek Invite	Iowa City, Iowa.
JAN. 26	ILLINI INVITATIONAL	UI ARMORY
Feb. 1-2	Frank Sevigne Invite	Lincoln, Neb
Feb. 8-9	Tyson Invite	Fayetteville, Ark.
Feb. 8-9	Iowa State Classic	Ames, Iowa
Feb. 15	EIU Friday Night Special	Charleston, Ill.
Feb. 16	Alex Wilson Invitational	South Bend, Ind.
Feb. 22-23	BIG Championships	Ann Arbor, Mich.
March 8-9	NCAA Championships	Birmingham, Ala.

FOLLOW THE ACTION ALL SEASON

Results and Recap: fightingillini.com
 Facebook: [facebook.com/IlliniWTrack](https://www.facebook.com/IlliniWTrack) & [facebook.com/IlliniTrackXC](https://www.facebook.com/IlliniTrackXC)
 Twitter: @IlliniTrackXC
 Instagram: [illinitrackxc](https://www.instagram.com/illinitrackxc)

ILLINOIS QUICK FACTS

Location	Champaign-Urbana, Ill.
Founded	1867
Enrollment	44,087
Nickname	Fighting Illini
Colors	Orange and Blue
Conference	Big Ten
Track & Field Head Coach	Mike Turk (8th Season)
Assistant Coaches	Adrian Wheatley (Associate Head Coach), Sarah Haveman, Jacob Cohen, Jebreh Harris and Nolan Fife
Home Venue	UI Armory
2018 Big Ten Men's Indoor Finish	8th
2018 Big Ten Women's Indoor Finish	10th

MEET PREVIEW

Fighting Illini track & field hits the road for the first time this season, as the team heads to the University of Iowa to take part in the third annual Larry Wieczorek Invitational beginning at 2 p.m. CT on Friday, January 18. Field events will begin at 2 p.m. CT, while running events will start at 5:30 p.m. The invitational will continue on Saturday, January 18, at 2 p.m. with the prelims for the 60m women's hurdles starting the action.

FOLLOW THE ACTION

Fans can follow live results throughout the Larry Wieczorek Invitational on results.wayzatatim-ing.com/meets/1858, as well as by following @IlliniTrackXC on Twitter. Fans can also watch a live stream of the meet via BTN2Go or FloTrack. A full recap of the meet will be posted on fightingillini.com following the conclusion of the meet.

KNOW THE FIELD

Along with the Illini, eight other schools will be competing in Iowa City this weekend at the Larry Wieczorek Invitational, including four Big Ten foes. Big Ten competition includes Wisconsin, Purdue, Minnesota, and host Iowa. Also in the field are Missouri, Arizona, Baylor and Iowa State. No. 16 Wisconsin and No. 21 Arizona join No. 20 Illinois as the USTFCCA nationally-ranked teams on the men's side, while No. 15 Baylor is the only ranked opponent on the women's side.

ILLINI TO WATCH

Jon Davis

1-Mile-: Saturday, January 19, 2:00 p.m.

2019 Indoor Season: Clocked personal-best 1:52.90 in the 800m at the Illini Open last weekend to take first place in the event.

2018 Indoor Season: Second Team All-America honors, placing 15th at NCAAs in 3K ... Named USTFCCA Midwest Region Indoor Track Athlete of the Year ... Big Ten Championships 3K silver medalist ... Became the 498th American to run a sub-4 minute mile, clocking 3:58.46 at the Illini Classic to set a new program and Armory facility record ... Timed a school record 3K at Iowa State, timing 7:49.92 ... Named Illinois Big Ten Freshman of the Year

Briana Driver

Long Jump Finals: Friday, January 18, 5 p.m.
60m Dash Prelims: Saturday, January 19, 2 p.m.

2019 Indoor Season: Won the long jump at the Illini Open with a mark of 5.81m.

2018 Indoor Season: Placed fifth at Big Ten Championships in the long jump with an indoor PR of 19'7" (5.97m) ... Clocked 7.55 PR at 60m dash at Iowa State Classic ... Won the Illinois Open long jump with a leap of 19'0.5" (5.80m) ... Big Ten Sportsmanship Award recipient.

Jacob LaRocca

Pole Vault Final: Friday, January 18, 2 p.m.

2019 Indoor Season: Set a mark of 5.02m in his season debut at the Illini Open to win the pole vault finals at the event.

2018 Indoor Season: Cleared a personal-best bar of 17'1.75" (5.23m) to earn a bronze medal at Big Ten Championships ... Won the pole vault competition with a season best mark of 16'10.75" (5.15m) at the Orange & Blue Open ... Cleared five meters for the first time this season, marking 16'6.75" (5.05m) to place second at the Illini Classic.

Chisom Nwoko

Pole Vault Final: Friday, January 18, 5:30 p.m.
400m Dash Final: Saturday, January 19, 2 p.m.
4x400m Final: Saturday, January 19, 2 p.m. (with Ololade Ayoola, Sade' Hargrove and Felicia Phillips)

2019 Indoor Season: Nwoko started the season with titles in both the Pole Vault (3.76m) and 200m (24.74, tied personal-best) at the Illini Open

2018 Indoor Season: Placed seventh in the 400m at Big Ten Championships ... Ran the second fastest 400m in Illinois history at Big Ten Championships, timing 53.26 in prelims ... Timed a 400m PR at Rod McCravy, the sixth-fastest in Illinois history, with a time of 54.16 ... Set a PR in the pole vault (12'7.5", 3.85m) and 200m (24.74) at the Illini Classic ... Placed runner-up in the 400m at the Illinois Open.

Devin Quinn

200m Dash Final: Friday, January 19, 8 p.m.

60m Dash Prelim: Saturday, January 19, 2 p.m.

2019 Indoor Season: Quinn was dominant in the 60m dash at last week's Illini Open, taking first place with a career-best 6.65 finish time.

2018 Indoor Season: Placed fifth in the 60m and 200m at Big Ten Championships ... Set the second fastest indoor 200m in Illinois history at Big Ten Championships, clocking 20.87 to place fifth ... Won the 200m dash at the Iowa State Classic with a season-best 21.12 time ... Won the 60m and 200m at the Rod McCravy Memorial meet ... Has won the 60m dash at each of his first four meets this season ... Timed the third fastest 60m in Illinois history with a time of 6.69 at the Mark Colligan Memorial

Rebecca Craddock

1-Mile Final: Saturday, January 19, 2 p.m.

2019 Indoor Season: Placed third in the 800m in her season debut at the Illini Open with a time of 2:16.65

2018 Indoor Season: Placed eighth at Big Ten Championships in the mile with a time of 4:48.80 in the final ... Timed the seventh fastest mile at Big Ten Championships in prelims with a finishing time of 4:43.51 ... Ran seventh fastest 3K in Illini history with a time of 9:33.76 ... Set a personal record in the mile with a time of 4:48.92 at Rod McCravy ... Won the 800m race at the Illinois Open in her Illini debut, setting a new PR of 2:14.46 ... Timed 9:45.10 in her first collegiate 5K at the Mark Colligan Memorial.

Bret Dannis

60m Hurdles Prelims: Saturday, January 19, 2 p.m.

2019 Indoor Season: Took first in his collegiate debut at the Illini Open with a time of 8.09 in the 60m Hurdles

Madison Marasco

800m Finals: Saturday, January 19, 2 p.m.

2019 Indoor Season: Placed first in the 800m in her collegiate debut at the Illini Open, clocking a time of 2:15.94.

NEXT UP

The Illini return home for the Illini Invitational on Saturday, January 26 at the UI Armory. Field events will begin at 9 a.m. and final running events starting at 3 p.m. CT

ILLINI NOTES

ILLINI OPEN SEASON STRONG AT ILLINI OPEN

Fighting Illini track & field started their season strong last weekend, as both the men's and women's teams took first place at the Illini Open on Saturday, January 12 at the UI Armory. The women's team finished with four event titles, including two from junior sprinter and pole vaulter Chisom Nwoko. The men's team had five members win event titles, with sophomore Jon Davis and senior Devin Quinn setting personal bests in the 800m and the 60m dash, respectively.

QUINN, DAVIS DOMINANT IN SEASON DEBUTS

Sophomore Jon Davis and senior Devin Quinn were dominant for the Orange and Blue in their season debut at the UI Armory last weekend. Quinn blew past the field with a new personal-best time of 6.65 in the 60m dash to win the event. Jon Davis won the 800m in his return, also clocking a PR with a 1:52.90 finish. Illini senior teammates Jesse Reiser and Denis O'Callaghan finished came in right behind Davis, placing second and third in the 800.

NWOKO SHINES FOR UI WOMEN'S SQUAD

Junior sprinter and pole vaulter Chisom Nwoko led the Illini women with two event titles in the pole vault and the 200m in her season debut last weekend at the Illini Open. Nwoko won in a jump off in the pole vault with a mark of 3.76m. Later in the day, she captured the 200m title by tying her career-best with a time of 24.74.

FRESHMEN DANNIS, MARASCO TURN-IN IMPRESSIVE DEBUTS

Freshmen Bret Dannis and Madison Marasco both were stellar in their collegiate track debuts with the Orange and Blue last weekend, both winning event titles at the Illini Open. Dannis took first-place in the hurdles finals, recording a time of 8.09 to win the event. Marasco followed suit later in the day with a first-place finish in the 800m, clocking a winning time of 2:15.94.

ILLINI MEN NATIONALLY RANKED IN PRESEASON USTFCCCA RANKINGS

The Illinois men's track and field team is ranked 20th in the country in the preseason USFTCCCA National Rankings. The Illini are fourth among Big Ten teams in the National Rankings. The Illini are led by returning All-American Jon Davis, and Big Ten Bronze Meadlist Pole Vaulter Jacob LaRocca.

DRIVER HEADS ILLINI WOMEN IN SENIOR CAMPAIGN

Senior Briana Driver heads into her senior season looking to build off a strong junior in which she placed fifth at Big Tens in the long jump with an indoor personal-best of 19'7" (5.97 m). She is the defending champion in the long jump at the Illini Open, recording the first place mark of 19'0.5" (5.80m). Driver was the team's Big Ten Sportsmanship Award Recipient last season.

JON DAVIS EYEING MORE RECORDS IN 2019

2018 was a record-setting year for Jon Davis in his first Indoor season. Most notably, Davis Most notably, Davis became the 498th American to run a sub-four minute mile, clocking 3:58.46 at the Illini Classic to set a new program and Armory facility record. Davis followed that up two weeks later by breaking the 3K school record by 11 seconds at Iowa State Classic with a time of 7:49.92.

TURK NAMES WHEATLEY ASSOCIATE HEAD COACH, ADDS JEBREH HARRIS TO STAFF

On August 15, Head Illinois Track & Field Coach Mike Turk announced the promotion of Adrian Wheatley to associate head coach, as well as the hiring of Jebreh Harris as an assistant coach for middle distances. In his time at Illinois, Wheatley has coached 46 All-America performances, 48 NCAA qualifiers, 73 Regional Qualifiers, 13 individual Big Ten champions, three Big Ten relay titles and 40 All-Big Ten finishers. He has been named USTFCCCA Midwest Region Men's Assistant Coach of the Year three times. In h Harris coached conference champions in the indoor 400m, three times in the outdoor 800m and the outdoor high jump. In 2018, he coached Avi'Tal Wilson-Pereteete to the second fastest time in the 800m in the NCAA. He has also been a part of the coaching staff for two USA National Teams, most recently as the men's distance coach for the World Jr. Team this summer. In additional coaching staff moves, Turk named assistant coach Sarah Haveman as head coach of both the men's and women's cross country teams, as well as adding volunteer assistant Nolan Fife to the full-time staff as an assistant distance coach for the track and field and cross country teams.

ILLINOIS BREAKS GROUND ON DEMIRJIAN PARK

Several from the Illini community gathered for the Demirjian Park Groundbreaking Ceremony on October 13, 2018. Representing Illini Track & Field were Head Coach Mike Turk and freshman Phillip Hall, both giving appreciative speeches thanking the Demirjian family for this profound contribution to Illinois Track & Field, and Illinois Athletics. Last year, University of Illinois Director of Athletics Josh Whitman announced plans on December 6 for the construction of new soccer and track and field facilities on the UI campus. The new complex will be named Demirjian Park, in honor of a lead gift from the Demirjian family of Decatur, Ill. The project, which will be executed in phases with full completion scheduled for the spring of 2021. Some of the highlights of the new facility include locker rooms, meeting rooms, sports medicine, nutrition and coaches' offices. For fans, the new facility will offer dual grandstands, permanent restrooms and concessions, new video and sound technology.

USTFCCCA RANKINGS

(1/10/19)

MEN

1. Texas Tech
2. Florida
3. Florida State
4. Texas
5. Georgia
6. Houston
7. Alabama
8. Arkansas
9. Kansas
10. BYU
11. Indiana
12. Oregon
13. Stanford
14. Penn State
15. Colorado
16. Wisconsin
17. LSU
18. North Carolina A&T
19. Texas A&M
20. **ILLINOIS**
21. Arizona
22. North Dakota State
23. Campbell
24. Kansas State
25. Ohio State

WOMEN

- 1 Arkansas
- 2 Florida State
- 3 Texas A&M
- 4 Southern California
- 5 Oregon
- 6 Florida
- 7 LSU
- 8 Georgia
- 9 New Mexico
- 10 Kentucky
- 11 Washington
- 12 Texas
- 13 Alabama
- 14 South Carolina
- 15 Baylor
- 16 Stanford
- 17 Tennessee
- 18 Boise State
- 19 Ohio State
- 20 NC State
- 21 Louisville
- 22 Georgia Tech
- 23 Penn State
- 24 Colorado
- 25 Miami

Big Ten Athletes of the Week

Women

Dec. 12

T: Jenny Kimbro, Iowa
F: Leah Moran, IU

Jan. 9

T: Natalie Price, IU
F: Anna Watson, IU

Jan. 9

T: Danae Rivers, PSU
F: Banke Oginni, WIS

Men

Dec. 12

T: Rikkoi Brathwaite, IU
F: Eric Bethea

Jan. 9

T: Cooper Williams, IU
F: Eric Bethea, IU

Jan. 9

T: Kyle Mau, IU
F: EAndrew Liskowitz, UM

2019 ILLINOIS MEN'S INDOOR TRACK & FIELD

INDOOR SEASON AND CAREER BESTS

400m: - 47.08 - BIG Champs (2/23/18)

AYO ABIONA

	Season Bests	Career Bests
60m:	-	6.95
200m:	-	21.71
400m:	-	49.76
LJ:	-	23'0.5" (7.02m)

NOAH ADAMS

	Season Bests	Career Bests
HJ:	6'4.75" (1.95m) - Illini Open (1/12)	6'6.75" (2.00m) - Illini Classic (1/14/17)

BEN BARNES

	Season Bests	Career Bests
LJ:	12'10" (3.91m) Illini Open (1/12)	21'8.75" (6.62m) - Mark Colligan (1/20/18)
TJ:	-	48'10.25" (14.84m) - Iowa State Classic (2/10)

MATT BILEK

	Season Bests	Career Bests
SP:	49'8.50" (15.15m) - Illini Open (1/12)	56'2.75"

JORDAN CAGIGAL

	Season Highs	Career Bests
200m:	-	23:38
400m:	-	49.72 - Rod McCravy (1/21/17)

ZACH DALE

	Season Bests	Career Bests
Mile:	4:19.39 - Illini Open (1/12)	4:17.04 - Illinois Open (1/13/18)
3K	-	8:18.31 - Rod McCravy (2/3/18)
5K	-	14:28.26 - Iowa State Classic (2/10/18)

BRET DANNIS

	Season Bests	Career Bests
60m:	-	7.16
60mH:	8.09 - Illini Open (1/12)	7.87
200m:	-	22.53
Mile:	-	3:58.46 - Illini Classic (1/27/18)
3K:	-	7:49.92 - Iowa State Classic (2/9/18)

JON DAVIS

	Season Bests	Career Bests
800m:	1:52.90 - Illini Open (1/12)	1:52.90 - Illini Open (1/12/19)
Mile:	-	3:58.46 - Illini Classic (1/27/18)
3K:	-	7:49.92 - Iowa State Classic (2/9/18)

JOSH EIKER

	Season Bests	Career Bests
60m:	-	6.88
200m:	-	21.30 - Iowa State Classic (2/11/17)
400m:	-	52.53
LJ:	-	20'2.5"

KONRAD EIRING

	Season Bests	Career Bests
400m:	51.30 - Illini Open (1/12)	51.30 - Illini Open (1/12/19)
600m:	-	1:20.17, Mark Colligan (1/20/18)
800m:	-	1:51.08 - Iowa State Classic (2/10/18)

LUKE GOEBEL

	Season Bests	Career Bests

CURTIS GORDON

	Season Bests	Career Bests
PV:	15'5.75" - Illini Open (1/12)	16'0" (4.87m)
SP:	34'5.00" - Illini Open (1/12)	34'5.00" - Illini Open (1/12/19)
60mH:	8.48 - Illini Open (1/12)	8.26

JOE HAIGHT

	Season Bests	Career Bests
60m:	6.97 - Illini Open (1/12)	6.97 - Illini Open (1/12/19)
200m:	-	21:41 - Iowa State Classic (2/11/17)

LOGAN HALL (UNATTACHED)

	Season Bests	Career Bests
Mile:	4:19.65 - Illini Open (1/12)	4:19.65 - Illini Open (1/12/19)

PHILLIP HALL

	Season Bests	Career Bests
600m:	-	1:22.92
800m:	-	1:56.76
HJ:	-	5'9"

CALEB HUMMER

	Season Bests	Career Bests
3000m:	8:47.92 - Illini Open (1/12)	8:47.92 - Illini Open (1/12/19)

JADEN JACKSON

	Season Bests	Career Bests
60mH:	8.50 - Illini Open (1/12)	23.21
200m:	-	50.69
400m:	-	19'9.50"
LJ:	-	

COOPER JAZO

	Season Bests	Career Bests
PV:	15'5.75" - Illini Open (1/12)	16'5.5"(5.01m) -Orange & Blue OPen (2/17/18)

BRAIN KEYES (UNATTACHED)

	Season Bests	Career Bests
SP:	49'11.25" - Illini Open (1/12)	56'0.75"

KASHIEF KING

	Season Bests	Career Bests

2019 ILLINOIS MEN'S INDOOR TRACK & FIELD

INDOOR SEASON AND CAREER HIGHS

JACK LALONDE

	Season Bests	Career Bests
Mile:	4:24.34 - Illini Open (1/12)	4:24.34 - Illini Open (1/12/19)
1600m:	-	4:25.15
3200m:	-	9:21.96

JACOB LAROCCA

	Season Bests	Career Bests
PV:	16'5.50" - Illini Open (1/12)	17'1.25" (5.23m) - B1G Champ. (2/23/18)

DAN LATHROP

	Season Bests	Career Bests
Mile:	4:23.50 - Illini Open (1/12)	4:29.06, Border Battle (1/9)
3K:	-	8:26.02, Husker Invite (2/5)
5K:	-	14:28.93, Iowa State Classic (2/13/16)

IRWIN LOUD

	Season Bests	Career Bests
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BILLY MAGNESEN

	Season Bests	Career Bests
Mile:	4:15.15 - Illini Open (1/12)	4:16.13, Illini Classic (1/15)
3K:	-	8:16.99 - Black & Gold (1/28)
5K:	-	14:22.19, Big Ten Championships (2/27/16)

REED MARSHALL

	Season Bests	Career Bests
TJ:	43'3.00" (13.18m) - Illini Open (1/12)	43'3.00" (13.18m) - Illini Open (1/12/19)

BILLY MATZEK

	Season Bests	Career Bests
Discus:	-	173'1" (52.75m)
SP:	51'7.75" - Illini Open (1/12)	57'6" (17.52m)
WT:	45'10.75" - Illini Open (1/12)	-

WYATT MCINTRYE

	Season Bests	Career Bests
Mile:	4:25.15 - Illini Open (1/12)	-

ISAIAH MICHL

	Season Bests	Career Bests
60m H:	-	8.51 - Border Battle (1/7/17)
200m:	-	23.02 - Illini Classic (1/14/17)

DENIS O'CALLAGHAN

	Season Bests	Career Bests
800m:	1:55.42 - Illini Open (1/12)	-
Mile:	-	4:4.62 - Rod McCravy (2/3/18)
3200m:	-	10:06.41

DAVID OLUYADI

	Season Bests	Career Bests
TJ:	-	46'7.75" (14.21m)
LJ:	-	20'8" (6.29m)

JACK POMPE

	Season Bests	Career Bests
PV:	15'00" (4.57m) - Illini Open (1/12)	15'6"
200m:	-	28.57

DEVIN QUINN

	Season Bests	Career Bests
60m:	6.65 - Illini Open (1/12)	6.65 - Mark Colligan (1/20/18)
200m:	-	20.87 - B1G Championships (2/23/18)

JESSE REISER

	Season Bests	Career Bests
800m:	1:55.25 - Illini Open (1/12)	1:55.25 - Illini Open (1/12/19)
1500m:	-	3:45.15 - Illinois Twilight (4/23/16)
3K:	-	8:08.04 - Black & Gold (1/28/17)
5K:	-	14:17.13 - Stanford Invite (4/1/16)

WILL REZNEY (UNATTACHED)

	Season Bests	Career Bests
SP:	49'3." - Illini Open (1/12)	58'1.25"

DECLAN RUSTAY

	Season Bests	Career Bests
60m:	6.91 - Illini Open (1/12)	6.93
200m:	-	22.22
400m:	-	48.76

THOMAS SAGGAU

	Season Bests	Career Bests
TJ:	45'6.50" - Illini Open (1/12)	47'4.5" (14.43m)
LJ:	-	21'7.75" (6.59m)
60m:	7.22 - Illinois Open (1/12)	-

LUKE SCHROER

	Season Bests	Career Bests
800m:	-	1:55.79 - Illini Classic (1/14/17)
1500m:	-	4:02.31 - Illinois Twilight (4/23/16)
Mile:	-	4:12.84 - Husker Invite (2/4/17)

JASON SHANNON

	Season Bests	Career Bests
60m:	6.90 - Illini Open (1/12)	6.86 - Rod McCravy (2/3/18)
200m:	-	21.92

VINCE SHIELDS

	Season Bests	Career Bests
SP:	51'7.75" - Illini Open (1/12)	53'9.5" (16.39m)
WT:	47'6.25" - Illini Open (1/12)	-

ZACK SMITH

	Season Bests	Career Bests
Mile:	-	4:21.62 - Illini Classic (1/14/17)
3K:	-	8:23.34, Border Battle (1/9/16)
5K:	-	14:38.97, Rod McCravy (1/22)

CONNOR WECKERLY

	Season Bests
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JONATHAN WELLS

	Season Bests	Career Bests
HJ:	-	2x; last 7'2.5" (2.20m) - Illini Classic (1/27/18)
LJ:	-	25'6" (7.77m) - USA Indoors (2/17/18)
60m:	-	6.99 - Illinois Open (1/13/18)
60mH:	-	7.96, Big Ten Championships (2/26/16)
SP:	-	41-61/2 (12.66m), Border Battle (1/9/16)
PV:	-	15'5" (4.70m) - Illini Classic (1/14/17)
Hept.:	-	5,786 pts, NCAA Championships (3/11)
LJ Hept.:	-	23-11.5 (7.30m), Rod McCravy (1/22/16)
60m Hept.:	-	7.00, Husker Invite (2/4)
SP Hept.:	-	41-21/4, Rod McCravy (1/22/16)
HJ Hept.:	-	7-01/2, Rod McCravy (1/22/16)
60mH Hept.:	-	8.04, Husker Invite (2/4/17)
PV Hept.:	-	15'1.75" (4.62m), Husker Invite (2/4/17)
1K Hept.:	-	3:07.95 - Husker Invite (2/4)

DOUG WILSON

	Season Bests	Career Bests
60m:	-	6.77
200m:	23.20 - Illini Open (1/12)	22.44 - Orange and Blue (2/19/17)
400m:	-	48.43 - B1G Championships (2/24/17)

COLIN YANDEL (UNATTACHED)

	Season Bests	Career Bests
3000m:	8:48.42 - Illini Open (1/12)	8:48.42 - Illini Open (1/12/19)

2019 ILLINOIS WOMEN'S INDOOR TRACK & FIELD

INDOOR SEASON AND CAREER BESTS

AMIRA ADUMA

Season Best	Career Best
60m:	7.52 - BIG Championships (2/23/18)
200m:	24.68 - BIG Champs (2/23/18)
400m:	55.99 - Rod McCravy (2/3/18)
LJ	19'6" (5.94m)

DELANEY APPINO

Season Best	Career Best
800m:	2:15.42
1600m:	4:59.40
3000m:	10:43.22 Illini Open (1/12/19)

ALANA AUSTIN

Season Best	Career Best
1600m:	5:13.89
3200m:	11:23.16

LOLADE AYOOLA

Season Best	Career Best
HJ:	5'01.00" (1.55m) Illini Open (1/12/19)
400m:	5'8" (1.72m)- 56.79 - Iowa State Classic (2/10)

JACQUELINE BASSEY

Season Best	Career Best
200m:	26.56 Illini Open (1/12/19)
	26.56 Illini Open (1/12/19)

DENISE BRANCH

Season Best	Career Best
800m:	2:16.70 - Orange & Blue Open (2/21/15)
Mile:	4:59.13 - Orange and Blue (2/19/17)
3K:	9:42.957 - BIG Championships (2/24/17)

MADELINE BRUCE

Season Best	Career Best
600m:	1:40.74 - Illini Classic (1/27/18)
800m:	2:15.84
5K:	21:34.3

KELLI CALLAHAN

Season Best	Career Best
1600m:	5:07.88
3000m:	10:46.37 Illini Open (1/12/19)
3200m:	10:46.37 Illini Open (1/12/19)
	11:27.45

NICKI CAST

Season Best	Career Best
800m:	2:15.49
Mile:	5:05.02 Illini Open (1/12/19)
3000m:	10:18.54 - Orange & Blue Open (2/17/18)

NICOLE CHO

Season Best	Career Best
PV:	10'10.25" (3.16m) Illini Open (1/12/19)
	11'6" (3.50m)

REBECCA CRADDOCK

Season Best	Career Best
800m:	2:14.46 - Illinois Open (1/13/18)
Mile:	4:43.51 - BIG Championships (2/23/18)
3000m:	

EMONE DAVIS

Season Best	Career Best
60m:	7.71 - Blg Ten Championships (2/23/18)
200m:	25.81 - Orange & Blue Open (2/17/18)

BROOKE DELAHANTY

Season Best	Career Best
400m:	1:02.97 Illini Open (1/12/19)
	1:02.97 Illini Open (1/12/19)

BRIANA DRIVER

Season Best	Career Best
60m:	7.80 Illini Open (1/12/19)
200m:	7.55 - Iowa State Classic (2/10/18)
300m:	24.71 - Orange and Blue (2/19/17)
LJ:	42.01 - Women's Dauls (12/3/16)
	19'00.75" (5.81m) Illini Open (1/12/19)
	19'7" (5.97m) - BIG Champ (2/23/18)

CAROLINE FIX

Season Best	Career Best
800m:	2:19.87 Illini Open (1/12/19)
Mile:	2:19.87 Illini Open (1/12/19)
3K:	4:59.72 - Rod McCravy (2/3/18)
	10:24.35 - Mark Colligan (1/20/18)

VANESSA FLAHERTY

Season Best	Career Best
800m:	2:18.52 Illini Open (1/12/19)
1600m:	2:16.14
	5:12.30

SHANICE GARBUTT

Season Best	Career Best
1-Mile	5:25.08 Illini Open (1/12/19)
	5:25.08 Illini Open (1/12/19)

SADE HARGROVE

Season Best	Career Best
60m:	7.68 Illini Open (1/12/19)
LJ:	7.59 - Orange and Blue Open (2/20/16)
200m:	18'10" (5.74m)-Iowa St. Classic (2/10)
	24.72 - Iowa State Classic (2/12)

JOSIE HELD

Season Best	Career Best
Pole Vault:	3.61m Illini Open (1/12/19)
Open (1/12/19)	3.61m Illini

ALEXIS JONES

Season Best	Career Best
60H:	8.90 Illini Open (1/12/19)
200m:	8.72 - Orange & Blue Open (2/17/18)
400m:	57.52 - Illini Classic (1/27/18)
600m:	1:40.54 Illini Open (1/12/19)
LJ	1:40.54 Illini Open (1/12/19)
	18'11.75" (5.78m)

LAUREN KATZ

Season Best	Career Best
1-Mile	5:13.97 Illini Open (1/12/19)
	5:13.97 Illini Open (1/12/19)

BRENDA KENDZIERA

Season Best	Career Best
60mH:	9.63 Illini Open (1/12/19)
200m:	9.63 Illini Open (1/12/19)
HJ:	28.94
LJ:	5'2.25" (1.58m) - Rod McCravy (1/21/17)
SP:	17'7.5" (5.37m)
	28'7.75" - Women's Duals (12/3/16)

MIKAELA LUCKI

Season Best	Career Best
4x400m	59.109 Illini Open (1/12/19)
800m:	59.109 Illini Open (1/12/19)
1500m:	2:12.99
Mile:	4:37.20
	4:56.87 Illini Open (1/12/19)

2019 ILLINOIS WOMEN'S INDOOR TRACK & FIELD

INDOOR SEASON AND CAREER HIGHS

MADISON MARASCO

	Season Best	Career Best	
800m	2:15.94 Illini Open (1/12/19)	2:15.94	Illini Open (1/12/19)

JADE MAYES

	Season Best	Career Best	
60H:	9.77 Illini Open (1/12/19)	8.14 - Orange & Blue Open (2/17/18)	
400m:		1:01.14 - Rod McCravy (2/3/18)	
600m:	1:48.93 Illini Open (1/12/19)	1:48.93 Illini Open (1/12/19)	

TARYNN MAYS

	Season Best	Career Best	
TJ:	36'11.50" (11.26m) Illini Open (1/12/19)	37'3" (11.35m) - Illini Classic (1/27)	
LJ	-	17'8" (5.38m)	

ALLISON MCGRATH

	Season Best	Career Best	
800m:	2:18.26 Illini Open (1/12/19)	2:18.26 Illini Open (1/12/19)	
Mile:		5:00.14 - Rod McCravy (2/3/18)	
3K:		9:56.41 - Iowa State Classic (2/9/18)	
3200m:	-	10:57.50	
5000m:		17:53.26 - BIG Championships (2/23/18)	

EMMA MILBURN

	Season Best	Career Best	
800m	2:17.74 Illini Open (1/12/19)	2:17.74	Illini Open (1/12/19)
4x400m	1:01.547 Illini Open (1/12/19)	1:01.547	Illini Open (1/12/19)

ALYSSA MORELLO

	Season Best	Career Best	
PV:		12'3.5" (3.75m) - Illini Classic (1/27/18)	

CHISOM NWOKO

	Season Best	Career Best	
200m:	24.74 Illini Open (1/12/19)	24.74 - Illini Classic (1/27/18)	
300m:	-	40.83	
400m:		54.16 - Rod McCravy (2/3/18)	
600m:	-	1:38.05 - Women's Duals (12/3/16)	
PV:	12'04.00" (3.76m) Illini Open (1/12/19)	12'7.5" (3.85m) - Illini Classic (1/27/18)	

CAROLYN NYE

	Season Best	Career Best	
PV:	11'10.00" (3.61m) Illini Open (1/12/19)	11'10.00" (3.61m) Illini Open (1/12/19)	

OLIVIA OLIVER

	Season Best	Career Best	
200m	25.74 Illini Open (1/12/19)	25.74	Illini Open (1/12/19)
Long Jump	5.13m Illini Open (1/12/19)	5.13m	Illini Open (1/12/19)

FELICIA PHILLIPS

	Season Best	Career Best	
60m	7.99 Illini Open (1/12/19)	7.99 Illini Open (1/12/19)	
200m:	-	25.08	
4x400m:	1:00.956 Illini Open (1/12/19)	55.05 - Rod McCravy (1/21/17)	
600m:	1:38.13 Illini Open (1/12/19)	1:38.13 Illini Open (1/12/19)	
800m:	-	2:27.84	

GRACE ROGERS

	Season Best	Career High	
400m:	-	1:08.44	
800m:	-	2:22.68	
1600m:	5:12.43 Illini Open (1/12/19)	5:12.43 Illini Open (1/12/19)	
3200m:	-	11:19.79	

JANILE ROGERS

	Season Best	Career Best	
60m:	7.84 Illini Open (1/12/19)	7.48 - Orange & Blue Open (2/21/15)	
200m:		24.55 - Big Ten Championships (2/28/15)	
300m:	-	40.87 - Women's Duals (12/3/16)	
LJ:	18'09.25" (5.72m) Illini Open 1/12/19	19-4.75" (5.90m) - Music City (2/11)	

MORGAN SCHULZ

	Season Best	Career Best	
600m:	-	1:32.63 - Meyo Invite (2/5)	

MAYA SEAY

	Season Best	Career High	
60m		7.77 - Illinois Open (1/13/18)	
60mH:		8.67 - BIG Championship (2/23/18)	
LJ:	-	18'1" (5.51m)	

KRISTIN SLAUGHTER

	Season Best	Career Best	
PV:	11'10.00" (3.61m) Illini Open (1/12/19)	12'6" (3.81m)	

KATIE STAPLETON

	Season Best	Career Best	
1600m:	-	4:55.19	
3K:		10:25.01 - Orange & Blue Open (2/17/18)	
3200m:	-	10:22.53	

KATTIE WITTE

	Season Best	Career Best	
WT:	45'00.25" (13.72m) Illini Open (1/12/19)	45'00.25" (13.72m) Illini Open (1/12/19)	

WYNDA WORMACK

	Season Best	Career Best	
LJ:		18'0" (5.48m)	

2019 ILLINOIS MEN'S INDOOR TRACK & FIELD TOP PERFORMERS

(Shannon, Davis, Wilson, O'Callaghan)

60m

6.65	Devin Quinn	Illini Open	1/12/19
6.90	Jason Shannon	Illini Open	1/12/19
6.91	Jason Shannon	Illini Open	1/12/19
6.91	Declan Rusty	Illini Open	1/12/19
6.94	Declan Rusty	Illini Open	1/12/19

Distance Medley Relay

200m

23.30	Doug Wilson	Illini Open	1/12/19
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400m

51.30	Konrad Eiring	Illini Open	1/12/19
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600m

800m

1:52.90	Jonathan Davis	Illini Open	1/12/19
1:55.25	Jesse Reiser	Illini Open	1/12/19
1:55.42	Denis O'Callaghan	Illini Open	1/12/19
2:02.66	Luke Goebel	Illini Open	1/12/19

Mile

4:15.15	Billy Megnesen	Illini Open	1/12/19
4:19.39	Zach Dale	Illini Open	1/12/19
4:23.50	Dan Lathrop	Illini Open	1/12/19
4:24.34	Jack Lalonde	Illini Open	1/12/19
4:25.15	Wyatt McIntrye	Illini Open	1/12/19

3000m

8:47.92	Caleb Hummer	Illini Open	1/12/19
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5000m

60m Hurdles

8.09	Bret Dannis	Illini Open	1/12/19
8.17	Bret Dannis	Illini Open	1/12/19
8.48	Cutris Gordan	Illini Open	1/12/19
8.50	Jaden Jackson	Illini Open	1/12/19
8.66	Jaden Jackson	Illini Open	1/12/19

High Jump

6'4.75" (1.95m)	Noah Adams	Illini Open	1/12/19
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Pole Vault

16'5.50" (5.02m)	Jacob LaRocca	Illini Open	1/12/19
15'5.75" (4.72m)	Cooper Jazo	Illini Open	1/12/19
15'5.75" (4.72m)	Curtis Gordon	Illini Open	1/12/19
15' (4.57m)	Jack Pompe	Illini Open	1/12/19

Long Jump

12'10" (3.91m)	Ben Barnes	Illini Open	1/12/19
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Triple Jump

45'6.5" (13.88m)	Thomas Saggau	Illini Open	1/12/19
43'3" (13.18m)	Reed Marchall	Illini Open	1/12/19

Shot Put

51'7.75" (15.74m)	Billy Matzek	Illini Open	1/12/19
51'7.75" (15.75m)	Vince Shields	Illini Open	1/12/19
34'5.50" (10.50m)	Curtis Shields	Illini Open	1/12/19

Weight Throw

47'6.25" (14.48m)	Vince Shields	Illini Open	1/12/19
45'10.75" (13.99m)	Billy Matzek	Illini Open	1/12/19

4x400m Relay

3:19.26	Illini Open (Jackson, Haight, Quinn, Eiring)		1/12/19
3:26.72	Illini Open		1/12/19

2019 ILLINOIS MEN'S INDOOR TRACK & FIELD

INDIVIDUAL PERFORMANCES BY ATHLETE

AYO ABIONA // SOPHOMORE

Event	Meet	Date	Mark	Place
				Illini Open
		1/12/19	8.50	4th

NOAH ADAMS // JUNIOR

Event	Meet	Date	Mark	Place
High Jump	Illini Open	1/12/19	6'4.75" (1.95m)	2nd

BEN BARNES // SENIOR

Event	Meet	Date	Mark	Place
Long Jump	Illini Open	1/12/19	12'10" (3.91m)	9th

JORDAN CAGIGAL // SOPHOMORE

Event	Meet	Date	Mark	Place
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ZACH DALE // REDSHIRT-JUNIOR

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	4:19.32	5th

BRET DANNIS // FRESHMAN

Event	Meet	Date	Mark	Place
60m Hurdles	Illini Open	1/12/19	8.17	Prelims
	Illini Open	1/12/19	8.09	1st

JON DAVIS // JUNIOR

Event	Meet	Date	Mark	Place
800m	Illini Open	1/12/19	1:52.90	1st

JOSH EIKER // JUNIOR

Event	Meet	Date	Mark	Place
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KONRAD EIRING // SENIOR

Event	Meet	Date	Mark	Place
400m	Illini Open	1/12/19	51.30	3rd

CURTIS GORDON // SOPHOMORE

Event	Meet	Date	Mark	Place
60m Hurdles	Illini Open	1/12/19	8.48	Prelims
	Illini Open	1/12/19	DQ	--
Pole Vault	Illini Open	1/12/19	15'5.75" (4.72m)	3rd
Shot Put	Illini Open	1/12/19	34'5.5" (10.50m)	16th

JOE HAIGHT // JUNIOR

Event	Meet	Date	Mark	Place
60m	Illini Open	1/12/19	6.99	Prelims
	Illini Open	1/12/19	6.96	8th

LOGAN HALL // FRESHMAN (UNATTACHED)

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	4:19.65	6th

PHILLIP HALL // FRESHMAN

Event	Meet	Date	Mark	Place
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CALEB HUMMER // R-JUNIOR

Event	Meet	Date	Mark	Place
3000m	Illini Open	1/12/19	8:47.92	4th

JADEN JACKSON // FRESHMAN

Event	Meet	Date	Mark	Place
60m Hurdles	Illini Open	1/12/19	8.66	Prelims

COOPER JAZO // JUNIOR

Event	Meet	Date	Mark	Place
Pole Vault	Illini Open	1/12/19	15'5.75" (4.72m)	2nd

BRAIN KEYES // FRESHMAN

Event	Meet	Date	Mark	Place
Shot Put	Illini Open	1/12/19	49'11.25" (15.22m)	6th

JACK LALONDE // REDSHIRT-SOPHOMORE

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	4:24.34	11th

JACOB LARocca // REDSHIRT-JUNIOR

Event	Meet	Date	Mark	Place
Pole Vault	Illini Open	1/12/19	16'5.5" (5.02m)	1st

DAN LATHROP // REDSHIRT SENIOR

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	4:23.50	10th

IRWIN LOUD // SOPHOMORE

Event	Meet	Date	Mark	Place
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BILLY MAGNESEN // SENIOR

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	4:15.15	1st

REED MARSHALL // FRESHMAN

Event	Meet	Date	Mark	Place
Triple Jump	Illini Open	1/12/19	43'3.00" (13.18m)	6th

BILLY MATZEK // SOPHOMORE

Event	Meet	Date	Mark	Place
Shot Put	Illini Open	1/12/19	51'7.75" (15.74m)	3rd
Weight Throw	Illini Open	1/12/19	45'10.75" (13.99m)	8th

ISAIAH MICHL // SENIOR

Event	Meet	Date	Mark	Place
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DENIS O'CALLAGHAN // REDSHIRT SENIOR

Event	Meet	Date	Mark	Place
800m	Illini Open	1/12/19	1:55.42	3rd

DAVID OLUYADI // SOPHOMORE

Event	Meet	Date	Mark	Place
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JACKSON POMPE // FRESHMAN

Event	Meet	Date	Mark	Place
Pole Vault	Illini Open	1/12/19	15'00" (4.57m)	4th

DEVIN QUINN // SENIOR

Event	Meet	Date	Mark	Place
60m	Illini Open	1/12/19	6.72	Prelims
	Illini Open	1/12/19	6.65	1st

2019 ILLINOIS MEN'S INDOOR TRACK & FIELD

INDIVIDUAL PERFORMANCES BY ATHLETE

JESSE REISER // SENIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
800m	Illini Open	1/12/19	1:55.25	2nd

WILL REZNEY // FRESHMAN (UNATTACHED)

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Shot Put	Illini Open	1/12/19	49'3" (15.01m)	8th

THOMAS SAGGAU // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
60m	Illini Open	1/12/19	7.22	Prelims
Triple Jump	Illini Open	1/12/19	45'6.5" (13.88m)	3rd

LUKE SCHROER // GRADUATE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
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JASON SHANNON // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
60m	Illini Open	1/12/19	6.90	Prelims
	Illini Open	1/12/19	6.91	3rd

VINCE SHIELDS // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Shot Put	Illini Open	1/12/19	51'7.74" (15.74m)	4th
Weight Throw	Illini Open	1/12/19	47'6.25" (14.48m)	6th

ZACK SMITH // REDSHIRT SENIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
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CONNOR WECKERLY // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
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JONATHAN WELLS // REDSHIRT SENIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
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DOUG WILSON // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
200m	Illini Open	1/12/19	23.20	5th

COLIN YANDEL // FRESHMAN (UNATTACHED)

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
3000m	Illini Open	1/12/19	8:48.42	5th

2019 ILLINOIS WOMEN'S INDOOR TRACK & FIELD TOP PERFORMERS

60m

7.68	Sade Hargrove	Illini Open	1/12/19
7.80	Briana Driver	Illini Open	1/12/19
7.84	Janile Rogers	Illini Open	1/12/19
7.99	Felicia Phillips	Illini Open	1/12/19

200m

24.74	Chisom Nwoko	Illini Open	1/12/19
25.74	Olivia Oliver	Illini Open	1/12/19
26.56	Jacqueline Bassey	Illini Open	1/12/19

400m

600m

1:38.13	Felicia Phillips	Illini Open	1/12/19
1:40.54	Alexis Jones	Illini Open	1/12/19
1:48.93	Jade' Mayes	Illini Open	1/12/19

800m

2:15.94	Madison Marasco	Illini Open	1/12/19
2:16.65	Rebecca Craddock	Illini Open	1/12/19
2:17.74	Emma Milburn	Illini Open	1/12/19
2:18.26	Allison McGrath	Illini Open	1/12/19
2:18.52	Vanessa Flaherty	Illini Open	1/12/19

Mile

4:56.87	Mikaela Lucki	Illini Open	1/12/19
5:05.02	Nicki Cast	Illini Open	1/12/19
5:12.43	Grace Rogers	Illini Open	1/12/19

3000m

10:43.22	Delaney Appino	Illini Open	1/12/19
10:46.37	Kelli Callahan	Illini Open	1/12/19

5000m

60m Hurdles

8.90	Alexis Jones	Illini Open	1/12/19
9.63	Brenda Kendziera	Illini Open	1/12/19
9.77	Jade' Mayes	Illini Open	1/12/19

High Jump

5'01.00" (1.55m)	Ololade Ayoola	Illini Open	1/12/19
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Pole Vault

12'04.00" (3.76m)	Chisom Nwoko	Illini Open	1/12/19
11'10.00" (3.61m)	Chisom Nwoko	Illini Open	1/12/19
11'10.00" (3.61m)	Carolyn Nye	Illini Open	1/12/19
11'10.00" (3.61m)	Kristin Slaughter	Illini Open	1/12/19
10'10.25" (3.16m)	Nicole Cho	Illini Open	1/12/19

Long Jump

19'00.75" (5.81m)	Briana Driver	Illini Open	1/12/19
18'09.25" (5.72m)	Danile Rogers	Illini Open	1/12/19

Triple Jump

36'11.50" (11.26m)	Tarynn Mays	Illini Open	1/12/19
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Weight Throw

45'00.25" (13.72m)	Katie Witte (unattached)	Illini Open	1/12/19
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Shot Put

4x400m Relay

4:01.57	Illini Open (Phillips, Marasco, Lucki, Weaver)		1/12/19
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2018 ILLINOIS WOMEN'S INDOOR TRACK & FIELD

INDIVIDUAL PERFORMANCES BY ATHLETE

DELANEY APPINO // SOPHOMORE

Event	Meet	Date	Mark	Place
300m	Illini Open	1/12/19	10:43.22	11th

LOLOADE AYoola // SOPHOMORE

Event	Meet	Date	Mark	Place
High Jump	Illini Open	1/12/19	5'01.00" (1.55m)	5th

JACQUELINE BASSEY // FRESHMAN

Event	Meet	Date	Mark	Place
400m	Illini Open	1/12/19	1:02.97	11th

KELLI CALLAHAN // SOPHOMORE

Event	Meet	Date	Mark	Place
300m	Illini Open	1/12/19	10:46.37	13th

NICKI CAST // SOPHOMORE

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	5:05.02	5th

NICOLE CHO // SOPHOMORE

Event	Meet	Date	Mark	Place
Pole Vault	Illini Open	1/12/19	10'10.25" (3.16m)	11th

REBECCA CRADDOCK // SOPHOMORE

Event	Meet	Date	Mark	Place
800m	Illini Open	1/12/19	2:16.65	3rd

BROOKE DELAHANTY // FRESHMAN

Event	Meet	Date	Mark	Place
60m	Illini Open	1/12/19	8.14	19th
200m	Illini Open	1/12/19	26.56	10th

BRIANA DRIVER // SENIOR

Event	Meet	Date	Mark	Place
60m	Illini Open	1/12/19	7.80q	Prelims
Long Jump	Illini Open	1/12/19	19'00.75" (5.81m)	1st

CAROLINE FIX // SOPHOMORE

Event	Meet	Date	Mark	Place
800m	Illini Open	1/12/19	2:19.87	9th

VANESSA FLAHERTY // JUNIOR

Event	Meet	Date	Mark	Place
800m	Illini Open	1/12/19	2:18.52	8th

SHANICE GARBUTT // FRESHMAN

Event	Meet	Date	Mark	Place
Mile	Illini Open	1/12/19	5:25.08	16th

SADE HARGROVE // SENIOR

Event	Meet	Date	Mark	Place
60m	Illini Open	1/12/19	7.68q	2nd

JOSIE HELD // FRESHMAN

Event	Meet	Date	Mark	Place
Pole Vault	Illini Open	1/12/19	3.61m	5th

2018 ILLINOIS WOMEN'S INDOOR TRACK & FIELD

INDIVIDUAL PERFORMANCES BY ATHLETE

ALEXIS JONES // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
600m	Illini Open	1/12/19	1:40.54	6th
60m hurdles	Illini Open	1/12/19	8.90q	2nd

LAUREN KATZ // FRESHMAN

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Mile	Illini Open	1/12/19	5:13.97	11th

BRENDA KENDZIERA // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
60m Hurdles	Illini Open	1/12/19	9.63q	21st
High Jump	Illini Open	1/12/19	NH	--

MIKAELA LUCKI // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Mile	Illini Open	1/12/19	4:56.87	3rd
4x400m	Illini Open	1/12/19	3:00.065 (59.109)	3rd

MADISON MARASCO // FRESHMAN

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
800m	Illini Open	1/12/19	2:15.94	1st

JADE' MAYES // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
600m	Illini Open	1/12/19	1:48.93	15th
60m hurdles	Illini Open	1/12/19	9.77	23rd

TARYNN MAYS // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Triple Jump	Illini Open	1/12/19	36'11.50" (11.26m)	2nd

ALLISON MCGRATH // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
800m	Illini Open	1/12/19	2:18.26	7th

EMMA MILBURN // FRESHMAN

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
800m	Illini Open	1/12/19	2:17.74	6th
4x400m	Illini Open	1/12/19	1:07.547	8th

CHISOM NWOKO // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
200m	Illini Open	1/12/19	24.74	1st
Pole vault	Illini Open	1/12/19	11'10.00" (3.61m)	1st
Pole vault jump off	Illini Open	1/12/19	12'04.00" (3.76m)	1st

2018 ILLINOIS WOMEN'S INDOOR TRACK & FIELD

INDIVIDUAL PERFORMANCES BY ATHLETE

CAROLYN NYE // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Pole Vault	Illini Open	1/12/19	11'10.00" (3.61m)	2nd
Pole vault jump off	Illini Open	1/12/19	NH	--

OLIVIA OLIVER // FRESHMAN

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
200m	Illini Open	1/12/19	25.74	2nd
Long Jump	Illini Open	1/12/19	5.13m	15th

FELICIA PHILLIPS // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
60m	Illini Open	1/12/19	7.99	14th
600m	Illini Open	1/12/19	1:38.13	2nd
4x400m	Illini Open	1/12/19	1:00.956 (1:00.956)	3rd

GRACE ROGERS // JUNIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
One mile	Illini Open	1/12/19	5:12.43	10th

JANILE ROGERS // SENIOR

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
60m	Illini Open	1/12/19	7.84	9th
Lng Jump	Illini Open	1/12/19	18'09.25" (5.72m)	4th

KRISTIN SLAUGHTER // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Pole Vault	Illini Open	1/12/19	11'10.00" (3.61m)	4h

KATIE WITTE // SOPHOMORE

<u>Event</u>	<u>Meet</u>	<u>Date</u>	<u>Mark</u>	<u>Place</u>
Weight Throw	Illini Open	1/12/19	45'00.25" (13.72m)	11th

MEN'S TRACK & FIELD ALL-TIME INDOOR BESTS

60 METER DASH

1.	Andrew Riley	6.57	2012
2.	Dominique Worsley	6.62	2008
3.	Devin Quinn	6.69	2018
4.	Cole Henderson	6.70	2018
5.	Brandon Stryganeck	6.71	2013
6.	Anthony Moorman	6.73	2002
7.	G. McDonald-Ashford	6.74	1999
	Babatunde Ridley	6.74	2001
9.	Stanley Azie	6.75	2012
10.	Mo Maat	6.76	2016

200 METER DASH

1.	DJ Zahn	20.75	2015
2.	Devin Quinn	20.87	2018
3.	Anthony Moorman	20.89	2002
4.	Brandon Stryganeck	21.02	2013
5.	Stephon Pamilton	21.05	2013
6.	Dominique Worsley	21.14	2006
7.	Rod Tolbert	21.18	1989
8.	Babatunde Ridley	21.20	2001
9.	Josh Eiker	21.30	2017
10.	Dorian Green	21.31	1995

400 METER DASH

1.	DJ Zahn	45.63	2015
2.	Gakologelwang Masheto	45.80	2009
3.	Stephon Pamilton	46.07	2013
4.	Abe Jones	46.18	2006
5.	Tim Simon	46.38	1988
6.	Dorian Green	46.42	1995
7.	Sherman Armstrong	46.43	2000
8.	Ben Beyers	46.91	1995
9.	Scott Turner	46.96	1993
10.	N. Vadeboncoeur	46.98	2005

600 METER DASH

1.	Gakologelwang Masheto	1:16.28	2007
2.	Zach Glavash	1:16.96	2005
3.	Tramell Smith	1:17.00	2006
4.	Joe McAsey	1:17.27	2014
5.	Bobby True	1:17.35	1999
6.	Gary Miller	1:17.64	2009
7.	Matt Klima	1:17.85	1998
8.	Zebo Zebe	1:18.02	2014
9.	Malcolm Taylor	1:18.09	2013
10.	Marko Koers	1:18.73	1994
	Brian Kincaid	1:18.73	1991

800 METER RUN

1.	Bobby True	1:46.96	1999
2.	Joe McAsey	1:47.38	2015
3.	Zach Glavash	1:47.79	2005
4.	Tramell Smith	1:48.20	2006
5.	Marko Koers	1:48.30	1994
6.	Charlton Hamer	1:48.46	1988
7.	Cortney Lamb	1:48.51	1998
8.	Jason Van Swol	1:48.56	2001
9.	Rob Mango	1:48.60*	1973
10.	Ryan Lynn	1:49.29	2013

*Indicates time converted from yards/meters or hand timing

MILE RUN

1.	Jon Davis	3:58.46	2018
2.	Graham Morris	4:00.17	2013
3.	Len Sitko	4:00.56	1991
4.	Tom Stevens	4:00.68	1982
5.	Mike Durkin	4:00.70	1974
6.	Greg Domantay	4:00.94	1983
7.	Jon Schmidt	4:01.49	1982
8.	Dylan Lafond	4:02.13	2017
9.	Mike Patton	4:02.30	1985
10.	Liam Markham	4:02.37	2014

3000 Meter Run

1.	Jon Davis	7:49.92	2018
2.	Dylan Lafond	8:00.48	2016
3.	Ian Barnett	8:02.40	2015
4.	Ty Wolf	8:03.55	1985
5.	Graham Morris	8:05.15	2013
6.	Trent Hoerr	8:05.73	2006
7.	Jason Bill	8:07.81	2004
8.	Jeff Jacobs	8:08.02	1986
9.	Jesse Reiser	8:08.04	2017
10.	Jannis Toepfer	8:08.85	2014

5000 METER RUN

1.	Dylan Lafond	13:46.72	2016
2.	Jeff Jacobs	13:52.35	1984
3.	Craig Virgin	13:54.40	1976
4.	Ian Barnett	13:56.80	2015
5.	Ty Wolf	14:00.32	1985
6.	Jannis Toepfer	14:00.66	2014
7.	Jordan Hebert	14:01.33	2014
8.	Phil Pompei	14:02.35	2012
9.	Jim Riddle	14:03.16	2012
10.	Trent Hoerr	14:03.36	2006

60 METER HURDLES

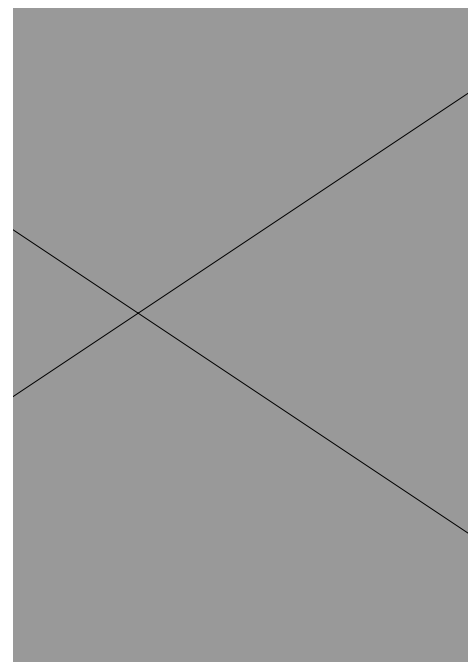
1.	Andrew Riley	7.53	2012
2.	David Kendziera	7.69	2017
3.	Vanier Josph	7.74	2013
4.	Cam Viney	7.75	2016
5.	Sherman Armstrong	7.82	2000
6.	Cody Wisslead	7.89	2012
7.	Andre English	7.91	2006
8.	John Elliot	7.95	1987
9.	Jonathan Wells	7.96	2016
	Anthony Young	7.96	2006

4x400 METER RELAY

1.	David Kendziera, Kenneth Allen, Joe McAsey, DJ Zahn	3:06.58	2015
2.	Adrian Walker, Abe Jones, Tramell Smith, Nathan Vadeboncoeur	3:06.79	2006
3.	Joe Haight, Kenneth Allen, Matt Burns, David Kendziera	3:07.02	2017
4.	Chris Jones, Tyrone Jones, Matt Klima, Sherman Armstrong	3:07.47	1998
5.	Dan Jones, Gary Miller, Hendrik Maartens, Gakologelwang Masheto	3:07.70	2009



Andrew Riley owns the 60m hurdles and 60m dash school records.



Dylan Lafond set the 3,000m school record at Rod McCravy in 2016.

MEN'S TRACK & FIELD ALL-TIME INDOOR BESTS

DISTANCE MEDLEY RELAY

1.	Kyle Engnell, Stephon Pamilton, 9:29.40	2013
	Ryan Lynn, Graham Morris	
2.	Kyle Engnell, Ryan Lynn 9:29.49	2013
3.	Bryce Basting, DJ Zahn	
	Joe McAsey, Liam Markham, 9:33.28	2015
	Stephon Pamilton, Graham Morris	
4.	Luke Carroll, Joe McAsey 9:36.24	2014
	Stephon Pamilton, Liam Markham	
5.	Eric Henson, Ben Beyers, 9:36.33	1995
	Chris Saunders, Marko Koers	

HIGH JUMP

1.	Gail Olson	7-3 (2.21m)	1979, 80
2.	Jonathan Wells	7-2 1/2 (2.20m)	2015
3.	Greg Shroka	7-1 3/4 (2.18m)	2010
4.	Rudy Reavis	7-0 (2.13m)	1976
5.	Brandon Lloyd	6-11 1/2 (2.12m)	2000
	Charley Kurlinkus	6-11 1/2 (2.12m)	2005
7.	Lanny Dillavou	6-11 (2.10m)	1986
	Mark Schmidt	6-11 (2.10m)	1982
	T.J. Jumper	6-10 3/4 (2.10m)	1997
	Doug Dossey	6-10 3/4 (2.10m)	1995
	Jerome Jenkins	6-10 3/4 (2.10m)	1987

POLE VAULT

1.	Dean Starkey	18-6 1/2 (5.65m)	1989
2.	Lane Lohr	18-2 3/4 (5.55m)	1987
3.	Daren McDonough	18-2 1/2 (5.54m)	1996
4.	Steven Bridges	17-9 (5.41m)	1993
5.	Matthew Bane	17-8 1/2 (5.40m)	2013
6.	Bob Shank	17-8 1/2 (5.39m)	1991
7.	Tom Marchese	17-5 1/2 (5.32m)	2001
8.	Cody Klein	17-4 1/2 (5.30m)	2013
9.	Eric Ottoson	17-3 (5.25m)	1988
10.	Justin Norberg	17-2 3/4 (5.25m)	2000

LONG JUMP

1.	Charlton Ehizuelen	27-1 1/4 (8.26m)	1975
2.	Tim Simon	25-8 1/2 (7.83m)	1985
3.	Bannon Hayes	25-8 1/4 (7.82m)	1987
4.	Rod Tolbert	25-8 (7.82m)	1987
5.	Babatunde Ridley	25-6 3/4 (7.79m)	1997
6.	Jonathan Wells	25-6 (7.77m)	2018
7.	Nick Brown	25-2 1/2 (7.68m)	2006
8.	Paul Foreman	24-11 3/4 (7.61m)	1961
9.	Don Leuthold	24-9 (7.54m)	1950
10.	Bob Oleson	24-5 1/2 (7.45m)	2002
	Josh Fournier	24-5 1/2 (7.45m)	2002

TRIPLE JUMP

1.	Charlton Ehizuelen	54-9 1/2 (16.70m)	1975
2.	Bannon Hayes	53-4 1/4 (16.26m)	1989
3.	Bob Olesen	52-11 (16.12m)	1989
4.	Rudy Reavis	52-6 3/4 (16.02m)	1979
5.	Alvin Campbell	52-6 (16.00m)	1988
	Efrem Stringfellow	52-6 (16.00m)	1979
7.	Charles Burton	51-10 1/2 (15.81m)	2000
8.	Nick Brown	51-7 1/4 (15.72m)	2006
9.	Jerome Jenkins	51-6 1/4 (15.70m)	1987
10.	Carl Myers	51-3 (15.62m)	1995

SHOT PUT

1.	Mike Lehmann	69-2 3/4 (21.10m)	1982
2.	Jeff Lehmann	62-8 (19.10m)	1985
3.	J.D. Teach	62-1 (18.92m)	1995
4.	Bernard Grady	61-5 3/4 (18.73m)	2002
5.	Michael Hyc	60-3 (18.36m)	2017
6.	Rich Baader	59-7 (18.16m)	1983
	Jim Lenzini	59-7 (18.16m)	1981
8.	Mike Bila	59-3 (18.05m)	1986
9.	Mike Baietto	59-1 3/4 (18.02m)	1975
10.	Shawn Schleizer	58-11 3/4 (17.97m)	1994

35 LB. WEIGHT THROW

1.	Davis Fraker	73-10 (22.50m)	2015
2.	Matsen Dziedzic	68-1 (20.75m)	2018
3.	Michael Hyc	67-10 1/4 (20.68m)	2018
4.	Matt McHugh	66-11 1/2 (20.41m)	2011
5.	Brett Ramirez	60-11 1/2 (18.58m)	2012
6.	Nick Byrnes	60-4 (18.38m)	2005
	Peter Knaus	60-4 (18.38m)	2004
8.	Nathan Loe	60-0 1/4 (18.29m)	2013
9.	Brett Einbecker	59-8 (18.16m)	2012
10.	Rich Baader	57-9 1/4 (17.60m)	1983

HEPTATHLON

1.	Jonathan Wells	5,685	2017
2.	Steve Monte	5,577	2013
3.	Corey Hammon	5,433	2013
4.	Steve Weatherford	5,365	2005
5.	Matt Beary	5,259	1994
6.	George Wyada	5,064	2014
7.	Andrew Zollner	4,970	2007
8.	Josh Fournier	4,902	2004



Charlton Ehizuelen owns Illinois records in both the long and triple jump.

OTHER ILLINOIS INDOOR RECORDS

55 Meter Dash		
Rod Tolbert	6.19*	1989
Mitch Brookins	6.19*	1984
300 Yard Dash		
Lester Washington	30.08	1984
300 Meter Dash		
Tim Simon	33.16	1988
500 Meter Dash		
Gakologelwang Masheto	1:00.82	2008
600 Yard Run		
Kevin Brooks	1:09.40	1987
1000 Yard Run		
Rich Kolasa	2:07.86	1987
1000 Meter Run		
Marko Koers	2:23.39	1995
1500 Meter Run		
Graham Morris	3:44.04	2013
Two Mile Run		
Craig Virgin	8:32.40	1976
Three Mile Run		
Craig Virgin	13:22.95	1977
55 Meter Hurdles		
Elbert Turner	7.20	1990
John Elliot	7.20*	1987
Two-Mile Relay		
Mike Durkin, Ronnie Phillips, Rob Mango and Lee LaBadie	7:19.8	1972
Pentathlon		
Matt Beary	3,729	1994

*Indicates time converted from yards/meters or hand timing

WOMEN'S TRACK & FIELD INDOOR RECORDS

60 METER DASH

1.	Benita Kelley	7.27	1996
2.	Chequetta Bearfield	7.30	2003
3.	Yvonne Mensah	7.31	2007
4.	Morolake Akinosun	7.32	2013
5.	Kerry-Ann Richards	7.33	2000
6.	Aleisha Latimer	7.34	1999
7.	Perdita Felicien	7.37	2002
9.	Tamika Robinson	7.41	2011
	Tiara Armstrong	7.41	2008
10.	Nicole Whitman	7.42	2002

200 METER DASH

1.	Ashley Spencer	23.24	2012
2.	Celena Mondie-Milner	23.33	1989
3.	Morolake Akinosun	23.47	2013
4.	Aspen Burkett	23.57	1996
5.	Aleisha Latimer	23.67	1998
6.	Tonya Williams	23.68	1996
7.	Angela McClatchey	23.84	1989
8.	Yvonne Mensah	23.86	2007
9.	Jenny Kallur	23.90	2002
10.	Tonja Buford	23.91	1993

400 METER DASH

1.	Ashley Spencer	51.27	2013
2.	Chisom Nwoko	53.26	2018
3.	Ashley Kelly	53.59	2011
4.	Yvonne Harrison	53.80	1998
5.	Renee Carr	53.88	1990
6.	Asia Thomas	54.04	2013
7.	Camile Robinson	54.47	2006
8.	Melissa Bates	54.53	2009
9.	Omoye Ugiagbe	54.78	2008
10.	Victoria Fulcher	54.87	1988

600 METER DASH

1.	Samantha Murphy	1:28.87	2013
2.	Carlene Robinson	1:29.40	2007
3.	Nicole Choquette	1:29.48	2015
4.	Ryisha Boyd	1:30.88	2012
5.	Tama Tochihara	1:31.08	1994
6.	Tara Mendoza	1:31.33	1999
7.	Shayla Baine	1:31.66	1991
8.	Ahllivia Spencer	1:31.69	2013
9.	Jayla McArthur	1:31.79	2012
10.	Pam Wolf	1:31.98	2006

800 METER DASH

1.	Samantha Murphy	2:03.95	2013
2.	Nicole Choquette	2:05.90	2016
3.	Ahllivia Spencer	2:06.53	2014
4.	Carlene Robinson	2:06.69	2005
5.	Hope Sanders	2:06.91	1995
6.	Amanda Duwendack	2:07.06	2014
7.	Candace Nicholson	2:07.14	1998
8.	Stephanie Morgan	2:07.44	2011
9.	Tama Tochihara	2:07.58	1994
10.	Tara Mendoza	2:07.70	1999

1.	Angela Bizzarri	4:40.68	2010
2.	Melissa Straza	4:40.68	1988
3.	Julie Lantis	4:40.91	1983
4.	Laura Simmering	4:41.75	1992
5.	Alyssa Schneider	4:42.78	2015
6.	Katie Porada	4:43.24	2013
7.	Rebecca Craddock	4:43.51	2018
8.	Cassie Hunt	4:44.98	2005
9.	Tara Mendoza	4:45.68	2000
10.	Stephanie Morgan	4:45.76	2011

3,000 METER RUN

1.	Angela Bizzarri	8:57.40	2010
2.	Cassie Hunt	9:15.16	2006
3.	Jaime Turilli	9:28.43	2005
4.	Aylssa Schneider	9:28.72	2014
5.	Stephanie Simms	9:29.95	2006
6.	Chantelle Groenewoud	9:31.49	2011
7.	Rebecca Craddock	9:33.76	2018
8.	Kristin Sutherland	9:34.07	2010
9.	Melissa Straza	9:35.26	1988
10.	Julie Lantis	9:36.55	1984

5,000 METER RUN

1.	Angela Bizzarri	16:06.88	2010
2.	Alyssa Schneider	16:18.41	2015
3.	Jaime Turilli	16:32.57	2005
4.	Cassie Hunt	16:32.96	2005
5.	Stephanie Simms	16:33.79	2006
6.	Courtney Yaeger	16:40.09	2013
7.	Kristin Sutherland	16:42.00	2009
8.	Marianne Dickerson	16:53.50	1982
9.	Laura Simmering	16:57.81	1993
10.	Elizabeth Boyle	17:00.46	2011

60 METER HURDLES

1.	Perdita Felicien	7.90	2002
2.	Pedrya Seymour	7.98	2017
3.	Susanna Kallur	8.00	2002
4.	Yvonne Harrison	8.03	1997
5.	Tamika Robinson	8.12	2011
6.	Yvonne Mensah	8.15	2005
	LaNeisha Waller	8.15	2007
8.	Breeana Coleman	8.17	2012
9.	Dawn Riley	8.24	1996
10.	Jesica Ejiesieme	8.25	2013

4X400 METER RELAY

1.	Thomas, Akinosun	3:33.30	2013
	Golliday, Ash. Spencer		
2.	Thomas, Kelly	3:34.89	2012
	Griffith, Spencer		
3.	Ugiagbe, Brown		
	Boyd, Bates	3:35.13	2009
4.	Mensah, Robinson,		
	Robinson, Ugiagbe	3:35.34	2006
5.	Baine, McClatchey, Carr,		
	Mondie-Milner	3:36.21	1989

DISTANCE MEDLEY RELAY

1.	Woods, Ugiagbe,
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	Hernandez, Bizzarri	11:09.09	2008
2.	Aufmann, Hollingsworth		
	Schmidt, Porada	11:16.03	2013
3.	Morgan, Taylor,		
	Schmidt, Schneider	11:20.14	2014
4.	Petrey, Thompson,		
	Rakosnik, Schneider	11:23.54	2015
5.	Engel, Ugiagbe,		
	Car. Robinson, Bizzarri	11:27.13	2007

HIGH JUMP

1.	Stacy Ann Grant	6-1 1/4 (1.87m)	1999
2.	Kandie Bloch-Jones	6-1 3/4 (1.85m)	2017
	Carmel Corbett	6-0 3/4 (1.85m)	1992
4.	Mariesa Greene	6-0 1/2 (1.84m)	2007
5.	Nora Weber	5-11 1/2 (1.81m)	1996
6.	Cindy Lawrence	5-11 1/4 (1.80m)	1989
7.	Wendy Meyle	5-9 3/4 (1.77m)	1982
8.	Marissa Golliday	5-9 1/4 (1.76m)	2013
9.	Kendall McCaugherty	5-9 1/4 (1.76m)	2011
10.	Bev Washington	5-9 (1.75m)	1977

POLE VAULT

1.	Stephanie Richartz	14-7 1/4 (4.45m)	2015
2.	Jen DeBellis	13-5 1/2 (4.09m)	2015
3.	Sara McKeeman	13-4 1/5 (4.08m)	2018
4.	Elizabeth Eitzen	12-11 1/2 (3.95m)	2013
5.	Ashley Whittaker	12-10 (3.91m)	2007
6.	Amanda Pintaro	12-7 1/2 (3.85m)	2008
7.	Jackie Ziegler	12-7 1/2 (3.85m)	2008
	Chisom Nwoko	12-5 1/2 (3.85m)	2018
9.	Angela Hilgers	12-4 1/2 (3.77m)	2001
10.	Alyssa Morello	12'3.5" (3.75m)	2018

LONG JUMP

1.	Yvonne Mensah	20-8 (6.29m)	2007
2.	Leticia Beverly	20-7 (6.27m)	1989
3.	Tisha Ponder	20-5 3/4 (6.24m)	1997
4.	Becky Kaiser	20-5 1/2 (6.23m)	1980
5.	Jessica Penney	20-1 3/4 (6.14m)	2009
6.	Chrystal Riley	19-10 1/4 (6.05m)	2003
7.	Terra Crutchfield-Tyus	19-9 (6.02m)	1996
8.	Carmel Corbett	19-8 3/4 (6.01m)	1995
9.	Kathy Williams	19-7 3/4 (5.99m)	1994
10.	Kelly O'Brien	19-7 1/2 (5.98m)	1990

TRIPLE JUMP

1.	Nicole Whitman	44-2 (13.46m)	2003
2.	Yvonne Mensah	43-7 3/4 (13.30m)	2007
3.	Dawn Riley	43-6 (13.25m)	1996
4.	Nina Henson	43-4 (13.21m)	2006
5.	Kelly O'Brien	41-2 1/2 (12.56m)	1990
6.	Kristina Jones	41-2 1/4 (12.55m)	2005
7.	Tisha Ponder	40-6 3/4 (12.36m)	2000
8.	Kortni Smyers-Jones	40-4 1/4 (12.30m)	2017
9.	Melissa Bates	40-1 1/2 (12.23m)	2008
10.	Crystal Riley	40-1 1/2 (12.23m)	2002

MILE RUN

WOMEN'S TRACK & FIELD INDOOR RECORDS

SHOT PUT

1. Aja Evans	56-0 1/2 (17.08m)	2010
2. Collinus Newsome	53-0 (16.15m)	1996
3. Debbie Smith	51-5 (15.67m)	1988
4. Adeoti Oshionowo	48-4 3/4 (14.75m)	2002
5. Laura Mindock	46-10 3/4 (14.29m)	1996
6. Rhea Rogers	46-9 (14.07m)	1982
7. Kristen Wilson	46-5 (14.16m)	2013
8. Kim Bodey	45-8 1/2 (13.93m)	1989
9. Gia Lewis	45-7 1/4 (13.90m)	2001
10. Angie Heitz	45-6 (13.87m)	1985

20 LB WEIGHT THROW

1. Gia Lewis	62-0 1/2 (18.91m)	2002
2. Adeoti Oshionowo	60-10 3/4 (18.56m)	2002
3. Marie Hilmersson	59-4 3/4 (18.10m)	2002
4. Mariah Smith	57-5 3/4 (17.50m)	2015
5. Katie LeVanti	54-11 1/4 (16.74m)	2004
6. Collinus Newsome	54-5 1/4 (16.59m)	1997
7. Jennifer Pryor	47-4 1/2 (14.44m)	1998
8. Amy Frick	47-1 3/4 (14.37m)	2000
9. Kristen Wilson	46-11 (14.30m)	2011
10. Tiffany Wallick	46-8 (14.22m)	2011

PENTATHLON

1. Marissa Golliday	4,167	2013
2. Carmel Corbett	4,148	1994
3. Camee' Williams	3,918	2002
4. Susanna Kallur	3,917	2002
5. Jan Wacaser-Lottes	3,851	1983
6. Alecia Beckford-Stewart	3,841	2010
7. Amy Kopko	3,781	1983
8. Leticia Beverly	3,732	1989
9. Nora Weber	3,629	1996
10. Charlene Dale	3,626	1982

55 METER DASH

1. Aleisha Latimer	6.73	1998
Celena Mondie-Milner	6.73	1989
3. Benita Kelley	6.74	1996
4. Kim Dunlap	6.87	1986
5. Tonja Buford	6.88	1993

300 YARD DASH

1. Celena Mondie-Milner	34.26	1988
2. Angela McClatchey	34.41	1988
3. Kim Dunlap	34.67	1986
4. Rolanda Conda	35.31	1982
5. Linn Grieb	36.28	1978

300 METER DASH

1. Ashley Spencer	37.67	2012
2. Tonja Buford	38.14	1992
3. Kim Dunlap	38.60	1985
4. Melissa Bates	39.09	2010
5. Yvonne Mensah	39.12	2006
6. Ashley Kelly	39.17	2010
7. Angela McClatchey	39.76	1986
8. Rolanda Conda	39.80	1982
9. Latoya Griffith	39.85	2010
10. Renee Carr	39.91	1990

440 YARD DASH

1. Victoria Fulcher	55.86	1987
2. Yvonne Oldham	55.97	1986
3. Rolanda Conda	56.48	1983
4. Kim Dunlap	56.58	1985
5. Rolanda Conda	56.75	1983

500 METER DASH

1. Carlene Robinson	1:12.92	2006
2. Yvonne Oldham	1:13.73	1986
3. Renee Carr	1:14.08	1986
4. Shirley Bodden	1:14.29	1986
5. Alondra Cooper	1:14.36	2008

600 YARD RUN

1. Gretchen Grier-Gentry	1:20.43	1983
2. Victoria Fulcher	1:21.20	1987
3. Tama Tochiwara	1:22.40	1994
4. Laura Gerke	1:23.45	2004
5. Kathy Pannier	1:23.94	1981

880 YARD RUN

1. Donna Russell	2:12.47	1987
2. Margaret Vogel	2:12.60	1985
3. Julie Lantis	2:14.15	1984

1,000 YARD RUN

1. Vegee Elsen	2:33.85	1982
2. Ann Henry	2:36.29	1986
3. Kelly McNee	2:38.17	1984
4. Colleen Hackett	2:40.79	1984
5. Marianne Dickerson	2:40.81	1981

1,000 METER RUN

1. Laura Simmering	2:49.93	1989
2. Donna Russell	2:51.06	1989
3. Ann Henry	2:51.15	1986
4. Kelly McNee	2:52.30	1986
5. Cheryl Ward	2:53.79	1984

1,500 METER RUN

1. Kelly McNee	4:22.02	1986
2. Julie Lantis	4:25.65	1984
3. Melissa Straza	4:32.61	1987
4. Colleen Hackett	4:35.12	1985
5. Marianne Dickerson	4:35.60	1980

TWO MILE RUN

1. Julie Lantis	10:22.16	1984
2. Marianne Dickerson	10:23.70	1982
3. Melissa Straza	10:36.28	1987
4. Kelly McNee	10:40.61	1985
5. Michelle Vogel	10:41.12	1985

THREE MILE RUN

1. Julie Lantis	15:59.20	1984
2. Marianne Dickerson	16:01.10	1982
3. Ruth Sterneman	16:12.29	1986
4. Linda Anderson	17:26.35	1981

55 METER HURDLES

1. Tonya Williams	7.56	1996
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2. Tonja Buford	7.60	1993
Dawn Riley	7.60	1996
4. Tonya Williams	7.62	1996
Dawn Riley	7.62	1996

4X220 YARD RELAY

1. Dunlap, Carr, McClatchey, Conda	1:39.62	1986
2. Dunlap, Oldham, Grier-Gentry, Conda	1:42.40	1983
3. Kaiser, Hall, Glade, Conda	1:43.31	1982
4. Glade, Hall, Pannier, Conda	1:45.00	1982
5. Glade, Hall, Pannier, Conda	1:45.15	1982

4X800 METER RELAY

1. Duvendack, Schmidt, 8:37.02	2013	
Ahl, Spencer, Murphy		
2. Baine, Simmering, Mastoris, Russell	8:45.30	1989
3. Henry, Ward, McNee, Vogel	8:46.64	1985
4. Tweedy, Withrow, Mastoris, Russell	8:50.71	1990
5. Tweedy, Withrow, Mastoris, Russell	8:52.98	1990

4X880 YARD RELAY

1. Henry, Ward, McNee, Vogel	8:52.29	1985
2. Henry, Ward, McNee, Vogel	8:55.99	1985
3. Baine, Simmering, Mastoris, Russell	8:58.00	1989
4. Ward, Vogel, McNee, Lantis	9:00.28	1984

*bold indicates current athletes



MIKE TURK

HEAD COACH- THROWS

8TH SEASON (13TH OVERALL)

Mike Turk is entering his eighth season at the helm of the Fighting Illini, and 12th overall. Since taking over as head coach following a last place finish at Big Ten Championships in 2010, Turk has led the Illini back to the top of the Big Ten, highlighted by four Big Ten runner-up finishes and the 2015 Outdoor Big Ten Championship.

Overall, Turk has accumulated more than 30 years of coaching experience at the collegiate level, including 26 years in NCAA Division I.

Prior to taking over as head coach in 2010, Turk served as an assistant on Illinois' staff for four seasons, beginning in 2006. During the four seasons, Turk guided Nick Brown to All-American honors in both the long jump and triple jump and Greg Shroka in the high jump.

Turk builds his program around a philosophy that is based on four core values - unity, integrity, transparency and focus - that aim to fulfill the University of Illinois' mission to "transform lives and serve society by mentoring excellence and cultivating leaders." These core values are met through a process oriented approach that is executed through engaging relationships and continual personal growth.

In addition, Turk and his staff collaborate with the I-Perform initiative that seeks to improve student-athlete performance and well-being. I-Perform focuses on the "standardization of training philosophy, a comprehensive wellness plan and the analysis of current sports science literature and technology to enhance the training process."

Turk is a USATF Level II certified coach in the jumps and throws and as an instructor. He is a part of the USATF Coaches Education Level II staff and helped contribute to the USATF Level II Throws curriculum. Turk is a popular clinician and has spoken at numerous clinics throughout the country. He has also researched and authored several articles on coaching literature.

Since 2008, Turk has coached current American recorder holder, Gia Lewis-Smallwood, in the women's discus. A 2001 All-American and Big Ten champion at Illinois, Lewis-Smallwood is a three-time USA champion, three-time World Championships team member and a 2012 Olympian. From 2014-15, Lewis-Smallwood owned the second-best discus mark in the world (226'11", 69.17m).

As a student-athlete at Augustana College in Rock Island, Ill., Turk received his bachelor's degree in Physical Education in 1985 and competed on the varsity track and field team. He was the 1984 CCIW Conference Champion in the shot put.

Turk and his wife, Lori, reside in Mahomet and have three children, daughters Hannah and Payton and a son, Sam.

THE TURK FILE

EDUCATION

Augustana College, B.A. Physical Education, 1985

COACHING EXPERIENCE

University of Illinois - Head Coach, 2012-present
 University of Illinois - Interim Head Coach, 2010-11
 University of Illinois - Assistant Coach, 2006-09
 Western Michigan University - Head Coach, 2003-04
 Western Michigan University - Associate Head Coach, 2002
 Western Michigan University - Assistant Coach, 1999-2001
 Marquette University - Assistant Coach, 1990-98
 University of Wisconsin-Milwaukee - Assistant Coach, 1986-89
 Augustana College - Student Assistant - 1985

COACHING HONORS/AWARDS

USATF U20 World Championships Coaching Staff - Men's Throws, 2016
 USOC Doc Councilman Science Award for Track & Field, 2015
 NCAA Midwest Region Outdoor Coach of the Year, 2015
 NCAA Midwest Region Outdoor Coach of the Year, 2014
 Big Ten Outdoor Track & Field Coach of the Year, 2015
 USATF Fred Wilt Coach/Educator of the Year, 2014
 Central Collegiate Conference Outdoor Coach of the Year, 2004
 Central Collegiate Conference Cross-Country Coach of the Year, 2003

TEAM ACCOMPLISHMENTS

2015 Outdoor Big Ten Champions
 Placed 10th at 2015 NCAA Outdoor Championships
 Four Top-15 NCAA Championships finishes
 2015 Cross-Country Big Ten Runner-Up
 2015 #6 Dual Meet Ranking
 2015 Indoor Big Ten Runner-Up
 2014 Indoor Big Ten Runner-Up
 2013-16 Drake Relay Hy-Vee Cup Championships

INDIVIDUAL ACCOMPLISHMENTS

Three Olympic Appearances
 American Record Holder
 Four NCAA Champions
 67 All-America Honors
 29 individual and relay Big Ten Titles
 All-Time Big Ten Record in the 4x100m relay (38.72)
 16 Illinois school records

