

Men - Name	Hometown/HS	Date	Location	Mark	Event	Mark	W - Name	Hometown/HS	Date	Location
Kenzo Cotton	PLVHS	6/8/2016	Eugene	10.07	<b>100</b>	11.39	Kathy Travis Miller	Lincoln Christian	6/18/1995	
Kenzo Cotton	PLVHS	5/28/2016	Lawrence	20.35	<b>200</b>	23.84	Angee Henry	B West	3/21/1997	Tucson, AZ
Cody Rush	GINW	5/15/2016	Lincoln, NE	45.52	<b>400</b>	51.73	Angee Henry	B West	6/25/2010	Des Moines, IA
Wes Furguson	Fremont	5/27/2023 / Feb 23, 2	Pueblo CO / Ocean Be	1:45.46 / 1:44.92*i	<b>800</b>	1:58.61	Alice Scmidt	Elkhorn	7/19/2011	Liganon Sabbiadoro ITALY
Braden Lofquest	Gretna East	4/10/2026	Duke	3:40.97	<b>1500</b>	4:04.56	Sara Vaughn	Gering	8/4/2014	London
David Adams	York	4/21/2012	Lawrence	3:58.44	<b>1M</b>	4:27.31	Sara Vaughn	Gering	8/3/2018	Raleigh
Seth Hirsch	Millard West	6/3/2021	Portland	13:37.21	<b>5k</b>	14:53.84	Emily Sisson	Marian/MN	5/15/2021	LA
Seth Hirsch	Millard West	4/16/2021	Bloomington	28:49.48	<b>10k</b>	30:49.57	Emily Sisson	Marian/MN	3/29/2019	Palo Alto
Justin Wickard	Scottsbluff	2003		13.92	<b>100/110H</b>	13.27	Ashley Brown	Kearney	5/13/2007	Lincoln, NE
Adam Dailey	Wahoo Neumann	2008		50.33	<b>400H</b>	57.15	Ashley Brown	Kearney	6/7/2007	Sacramento, CA
David Adams	York	5/18/2012	LA	8:27.77	<b>Steeple</b>	9:41.55	Sara Vaughn	Gering	6/24/2014	Sacramento, CA
Mike Morgan	Pius	2010	New Orleans	1:02.56	<b>13.1</b>	1:06.52	Emily Sisson	Marian/MN	1/15/2023	Houston
Mike Morgan	Pius	2012	Houston	2:14:22	<b>26.2</b>	2:18.29	Emily Sisson	Marian/MN	10/9/2022	Chicago
Paul Hamilton	Sidney			2.26	<b>HJ</b>	1.89	Karsyn Leeling	Sydney	4/11/2026	Georgia
LaRon Williams	Omaha Central		Eugene	7.77	<b>LJ</b>	6.70	Angee Henry	BWest	6/14/1997	Indianapolis, IN
Steve Gordon	Prep	2/8/1997	Lincoln, NE	16.54	<b>TJ</b>	13.56	Tierra Williams	Auburn	5/15/2016	Lincoln, NE
Ben Plucknett	Beatrice	1981.00		20.59	<b>Shot</b>	19.44	Tressa Thompson	Bloomfield	2/19/1999	Fairfax, VA
Ben Plucknett	Beatrice	1983.00		72.33	<b>Disc</b>	60.38	Teri Steer	Crete	5/11/2002	Clemson, SC
Bobby Musil	Pawnee City	2006		63.72	<b>Hammer</b>	68.01	Michaela Dendinger	Hartington	4/3/2021	Vermillion, SD
Eric Lieck	Omaha Cathedral	1992		67.71	<b>Jav</b>	67.40	Maggie Malone	Filmore Central	7/17/2021	East Stroudsburg, PA
Jeremy Scott	Norfolk			5.81	<b>PV</b>	4.35	Natalie Willer	Elkhorn	2011	
Rick Schweiger	GICC	1997		7877	<b>Multi</b>	6019	Sami Spenner	Scotus	4/15/2015	Azusa, CA