

The HepsTrack.com Big Guide to Indoor Heps

**Feb. 25-26, 2017
The Armory • NYC**

Produced by:
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2017 Indoor Heps Schedule

Saturday, February 25

8 am Armory doors open
9:30 am..... Women's weight throw final
9:30 am..... Women's pentathlon 60-meter hurdles
10:10 am..... Women's pentathlon high jump
10:30 am..... Women's long jump final
10:30 am..... Women's pole vault final
11:50 am..... Women's 60-meter hurdles trials
Noon Women's mile run trials
Noon Women's pentathlon shot put
12:15 pm..... Women's 60-meter dash trials
12:25 pm..... Men's heptathlon 60-meter dash
12:30 pm..... Women's 400-meter dash trials
12:45 pm..... Women's 500-meter dash trials
1 pm Men's weight throw final
1 pm Women's 800-meter run trials
1:05 pm Men's heptathlon long jump
1:15 pm Women's 1,000-meter run trials
1:30 pm Women's 3,000-meter run final (two sections)
1:30 pm Men's pole vault final
1:45 pm Women's pentathlon long jump
2 pm Women's 200-meter dash trials
2:15 pm Men's 60-meter hurdles trials
2:25 pm Men's mile run trials
2:30 pm Men's long jump final
2:40 pm Men's 60-meter dash trials
2:45 pm Men's heptathlon shot put
2:50 pm Men's 400-meter dash trials
3 pm Women's pentathlon 800-meter run
3:10 pm Men's 500-meter dash trials
3:25 pm Men's 800-meter run trials
3:40 pm Men's 1,000-meter run trials
3:55 pm Men's 3,000-meter run final (two sections)
4 pm Men's heptathlon high jump
4:25 pm Men's 200-meter dash trials

Sunday, February 26

9 am Armory doors open
10:50 am..... Men's heptathlon 60-meter hurdles
11:00 am..... Women's mile run final
11:10 am..... Men's mile run final
11:20 am..... Women's 60-meter hurdles final
11:30 am..... Men's 60-meter hurdles final
11:30 am..... Women's triple jump final
11:30 am..... Men's triple jump final
11:30 am..... Women's shot put final
11:40 am..... Women's 400-meter dash final
11:50 am..... Men's 400-meter dash final
Noon Women's 500-meter dash final
Noon Men's heptathlon pole vault
12:10 pm..... Men's 500-meter dash final
12:20 pm..... Women's 60-meter dash final
12:25 pm..... Men's 60-meter dash final
12:30 pm..... Women's 800-meter run final
12:40 pm..... Men's 800-meter run final
12:50 pm..... Women's 1,000-meter run final
1 pm Men's 1,000-meter run final
1:10 pm Women's 200-meter dash final
1:20 pm Men's 200-meter dash final
1:30 pm Women's 5,000-meter run final
1:50 pm Men's 5,000-meter run final
2 pm Men's shot put final
2 pm Women's high jump final
2 pm Men's high jump final
2:15 pm Women's distance medley relay
2:30 pm Men's distance medley relay
2:45 pm Women's 4x800-meter relay
3 pm Men's 4x800-meter relay
3:10 pm Men's heptathlon 1,000-meter run
3:15 pm Women's 4x400-meter relay
3:30 pm Men's 4x400-meter relay
3:45 pm Awards ceremony

HepsTrack.com is supported by:



New Haven

PROMISE

A college scholarship & economic development program
funded by Yale University, the Community Foundation for
Greater New Haven & Yale New Haven Hospital.

Men's Indoor Heps

Men's Schedule

Saturday, February 25

8 am Armory doors open
 12:25 pm Heptathlon 60-meter dash
 1 pm Weight throw final
 1:05 pm Heptathlon long jump
 1:30 pm Pole vault final
 2:15 pm 60-meter hurdles trials
 2:25 pm Mile run trials
 2:30 pm Long jump final
 2:40 pm 60-meter dash trials
 2:45 pm Heptathlon shot put
 2:50 pm 400-meter dash trials
 3:10 pm 500-meter dash trials
 3:25 pm 800-meter run trials
 3:40 pm 1,000-meter run trials
 3:55 pm 3,000-meter run final (two sections)
 4 pm Heptathlon high jump
 4:25 pm 200-meter dash trials

Sunday, February 26

9 am Armory doors open
 10:50 am Heptathlon 60-meter hurdles
 11:10 am Mile run final
 11:30 am 60-meter hurdles final
 11:30 am Triple jump final
 11:50 am 400-meter dash final
 Noon Heptathlon pole vault
 12:10 pm 500-meter dash final
 12:25 pm 60-meter dash final
 12:40 pm 800-meter run final
 1 pm 1,000-meter run final
 1:20 pm 200-meter dash final
 1:50 pm 5,000-meter run final
 2 pm Shot put final
 2 pm High jump final
 2:30 pm Distance medley relay
 3 pm 4x800-meter relay
 3:10 pm Heptathlon 1,000-meter run
 3:30 pm 4x400-meter relay
 3:45 pm Awards ceremony

Annual Champions

Since 1948

Date(s)	Location	Champion
2/27-28/2016	Ithaca, N.Y.	Princeton
2/28-3/1/2015	Cambridge, Mass.	Princeton
3/1-2/2014	Hanover, N.H.	Cornell
2/23-24/2013	Cambridge, Mass.	Cornell
2/25-26/2012	Ithaca, N.Y.	Princeton
2/26-27/2011	New York, N.Y.	Princeton
2/27-28/2010	Hanover, N.H.	Princeton
2/28-3/1/2009	Cambridge, Mass.	Cornell
3/1-2/2008	Ithaca, N.Y.	Cornell
2/25-26/2007	New York, N.Y.	Princeton
2/25-26/2006	Hanover, N.H.	Cornell

2/26-27/2005	Cambridge, Mass.	Cornell
2/28-29/2004	Ithaca, N.Y.	Princeton
3/1-2/2003	Hanover, N.H.	Cornell
2/23-24/2002	Ithaca, N.Y.	Princeton
2/24-25/2001	Cambridge, Mass.	Princeton
2/26-27/2000	Hanover, N.H.	Princeton
2/20-21/1999	Ithaca, N.Y.	Princeton
2/28-3/1/1998	Princeton, N.J.	Princeton
2/22-23/1997	Cambridge, Mass.	Penn
2/24-25/1996	Hanover, N.H.	Princeton
2/25-26/1995	Ithaca, N.Y.	Princeton
2/26-27/1994	Cambridge, Mass.	Princeton
2/27-28/1993	Annapolis, Md.	Navy
2/29-3/1/1992	Hanover, N.H.	Navy
2/23-24/1991	Ithaca, N.Y.	Dartmouth
2/24-25/1990	Ithaca, N.Y.	Dartmouth
2/24-25/1989	Ithaca, N.Y.	Dartmouth
2/27-28/1988	Ithaca, N.Y.	Dartmouth
2/28-3/1/1987	Annapolis, Md.	Princeton
2/22-23/1986	Cambridge, Mass.	Princeton
2/23-24/1985	Hanover, N.H.	Harvard
2/25-26/1984	Princeton, N.J.	Penn
2/26-27/1983	New Haven, Conn.	Harvard
2/27/1982	Ithaca, N.Y.	Princeton
2/28/1981	Cambridge, Mass.	Penn
2/23/1980	Ithaca, N.Y.	Princeton
2/24/1979	Hanover, N.H.	Penn
2/25/1978	Ithaca, N.Y.	Cornell
2/26/1977	Ithaca, N.Y.	Cornell
2/28/1976	Ithaca, N.Y.	Penn
3/1/1975	Ithaca, N.Y.	Penn
2/23/1974	Ithaca, N.Y.	Navy
2/24/1973	Ithaca, N.Y.	Navy
2/26/1972	Ithaca, N.Y.	Penn
2/27/1971	Ithaca, N.Y.	Penn
2/28/1970	Ithaca, N.Y.	Harvard
2/22/1969	Ithaca, N.Y.	Harvard
3/2/1968	Ithaca, N.Y.	Army
3/11/1967	Ithaca, N.Y.	Army
3/12/1966	Ithaca, N.Y.	Harvard
2/27/1965	Ithaca, N.Y.	Harvard
2/29/1964	Ithaca, N.Y.	Harvard
3/3/1963	Ithaca, N.Y.	Army
3/3/1962	Ithaca, N.Y.	Harvard
3/4/1961	Ithaca, N.Y.	Yale
3/16/1960	Ithaca, N.Y.	Army
3/7/1959	Ithaca, N.Y.	Yale
3/8/1958	Ithaca, N.Y.	Cornell
3/16/1957	Ithaca, N.Y.	Harvard
3/3/1956	Ithaca, N.Y.	Harvard
3/5/1955	Ithaca, N.Y.	Cornell
3/6/1954	Ithaca, N.Y.	Yale
3/7/1953	Ithaca, N.Y.	Columbia & Cornell
2/29/1952	New York, N.Y.	Army
3/2/1951	New York, N.Y.	Army
3/3/1950	Boston, Mass.	Yale
3/5/1949	Boston, Mass.	Army
3/6/1948	Boston, Mass.	Army

Men's Indoor Heps

Top Performers

- 1955 — Stewart Thomson of Yale set a Heps record in weight throw (58-1 3/4) and won the shot put (52-8).
- 1956 — Al Hall of Cornell set a collegiate record in the weight throw (63-3 1/4).
- 1957 — Irv Roberson of Cornell won the long jump (23-7 1/4) and placed second in the 60-yard dash.
- 1958 — Ed Bagdonas of Army set a collegiate record in weight throw (64-7 1/4).
- 1959 — Dick Green of Army set a Heps record in two-mile run (9:20.7).
- 1960 — Barney Berlinger of Penn set a Heps record in pole vault (14-4 1/2).
- 1961 — Jim Stack of Yale set a Heps record in the 600-yard run (1:10.8).
- 1962 — Bob Mack of Yale set a Heps record in the two-mile run (9:08.8).
- 1963 — Aggrey Awori of Harvard became the first quadruple-winner in Indoor Heps history, set a meet record in 60-yard dash (6.1), tied a meet record in 60-yard high hurdles (7.4), won the long jump (23-5 1/4) and led off the winning mile relay team.
- 1964 — Wendell Mottley of Yale set a world record in the 600-yard run (1:09.2).
- 1965 — Mike Brown of Navy and Aggrey Awori of Harvard. Brown set a Heps record in the pole vault (15-6 1/4) while Awori won the long jump (23-6), placed second in the 60-yard dash and third in the 60-yard hurdles.
- 1966 — Chris Pardee of Harvard set a Heps record in the high jump (6-10 1/4) and placed second in the long jump.
- 1967 — Greg Camp of Army set a Heps record in the 1,000-yard run (2:10.3) and anchored the two-mile relay team to meet record.
- 1968 — Doug Hardin of Harvard set a Heps record in the two-mile run (8:56.4).
- 1969 — Doug Hardin of Harvard lowered his Heps record in the two-mile run (8:48.6).
- 1970 — Kwaku Ohene-Frempong of Yale set a Heps record in the 60-yard high hurdles (7.1).
- 1971 — Tom Blair of Penn set a Heps record in the pole vault (16-7).
- 1972 — Bruce Collins of Penn set a Heps record in the 60-yard hurdles (7.0), placed third in the 60-yard dash and ran anchor leg on the mile relay.
- 1973 — Scott Haney of Navy set a Heps and Bacon Cage record in the shot put (60-2 3/4).
- 1974 — Jim Leonard of Cornell set a Heps and Barton Hall record in the triple jump (51-1 1/2)
- 1975 — Mel Embree of Harvard and Jim Leonard of Cornell. Embree set a Heps and Barton Hall record in high jump (7-0) while Leonard did the same in the triple jump (51-8 1/4).
- 1976 — David Merrick of Penn set a Heps and Barton Hall record in the two-mile run (8:45.4).
- 1977 — Curtis Alitz of Army won the two-mile run (8:48.79) less than an hour after placing third in mile run.
- 1978 — Michael Nepinak of Penn set a Heps and Barton Hall record in the triple jump (52-0).
- 1979 — James Brown of Penn set Heps records in the long jump (25-5 1/2) and the 55-meter dash (6.34).
- 1980 — Dan Predmore of Cornell set a Heps record in 5,000-meter run (14:18.5) and anchored a record-setting distance medley relay (10:05.6).
- 1981 — Adam Dixon of Harvard broke his own Heps record in the 1,500-meter run (3:45.05), anchored a record-breaking distance medley relay, and ran a strong leg on the two-mile relay.
- 1982 — Leo Williams of Navy broke his own Heps record in the high jump (7-3 1/4), his third straight win.
- 1983 — James Sapienza of Dartmouth broke the Heps record in the 3,000-meter run (7:56.84) and anchored the record-breaking distance medley relay.
- 1984 — Doug Harris of Penn broke the Heps record in the 55-meter dash (6.32), winning the event a third time.
- 1985 — Cliff Sheehan of Harvard won the 1,500-meter run (3:47.84), finished second at 3,000 and anchored winning medley relay.
- 1986 — Michael Greene of Navy broke the Heps record in the 500-meter run (1:01.35).
- 1987 — Ronnie Harris of Navy won both the 1,500- (3:46.10) and 3,000-meter runs (8:02.09).
- 1988 — Michael Donaghu of Dartmouth won the 1,000-meter run (2:25.88) and led off the victorious two-mile relay. He also placed third in the 3,000.
- 1989 — Greg Whiteley of Brown set a Heps record in the mile (4:06.46), and 3,000-meter run (8:06.94) and anchored the winning distance medley relay.
- 1990 — Jim Gibson of Yale and Vince Smith of Princeton. Gibson won the 3,000-meter run (8:23.42) and anchored the victorious dis-

Men's Indoor Heps

- tance medley relay. Smith won the long (25-0) and triple jumps (49-8 1/2) and placed second in the 55-meter dash.
- 1991 — Bill Burke of Princeton set track records in winning both the 3,000- (8:03.39) and 5,000-meter runs (14:11.27).
- 1992 — Greg Keller of Navy won the mile (4:11.59) and 3,000-meter runs (8:23.60) and ran on the second-place two-mile relay.
- 1993 — Witek Grzymala-Busse of Princeton qualified for the NCAAs in winning the 35-pound weight throw (63-7 3/4).
- 1994 — Jason Stewart of Army won both the 3,000- (8:03.58) and 5,000-meter runs (13:53.22), the longer event in Heps record time.
- 1995 — Sam Wilbur of Dartmouth won the 3,000- (8:18.20) and 5,000-meter runs (14:21.91).
- 1996 — Donal O'Sullivan of Brown won the 3,000- (8:18.55) and 5,000-meter runs (14:34.04).
- 1997 — Ian Carswell of Harvard won the mile (4:07.23) and 3,000-meter runs (8:12.26) in addition to running the anchor leg of the winning distance medley relay team.
- 1998 — Robin Martin of Penn defended his 500-meter title (1:03.03) and won the 1,000-meter run (2:24.17).
- 1999 — Michael Ryan of Navy won the mile (4:05.40) and 3,000-meter runs (8:16.79).
- 2000 — Trinity Gray of Brown defended his 1,000-meter title (2:24.53) and won the 500-meter run (1:01.36).
- 2001 — Tora Harris of Princeton won the high jump (7-3 1/4) for the third time, matching the 19-year-old Heps record.
- 2002 — Tom McArdle of Dartmouth won the 3,000m (8:19.57) and 5,000m runs (14:18.83).
- 2003 — Mustafa Abdur-Rahim of Dartmouth won the pentathlon (3,974), finished second in the 60-meter hurdles, ran the third leg of a 4x400m relay and finished sixth in the long jump.
- 2004 — Mustafa Abdur-Rahim of Dartmouth and Steve Sundell of Columbia. Abdur-Rahim won the heptathlon (5,645), hitting an NCAA automatic qualifier. Sundell won the 3,000- (8:28.54) and 5,000-meter runs (14:15.96).
- 2005 — Erison Hurtault of Columbia and Courtney Jaworski of Penn. Hurtault set a Heps record in the 400-meter dash (47.07) and Jaworski broke the meet record in the 800-meter run (1:50.29) and anchored the victorious two-mile relay.
- 2006 — Courtney Jaworski of Penn set a Heps record in the mile (4:04.34), finished second in the 800-meter run and ran on the winning 4x800 relay.
- 2007 — Muhammad Halim of Cornell won the long (24-8 1/4) and triple jumps (53-2 1/2), setting a three-step record by more than a foot.
- 2008 — Muhammad Halim of Cornell claimed the long jump (24-5 3/4) and the triple jump (52-7 1/2).
- 2009 — David Slovenski and Duane Hynes, both of Princeton. Slovenski set a Heps record in the pole vault (17-3 1/2) and Hynes defended his heptathlon title despite a broken foot.
- 2010 — Duane Teixeira of Cornell swept the long and triple jumps, recording the top four jumps in each. His 24-10 winning long jump was the longest at Heps in 20 years.
- 2011 — Donn Cabral of Princeton swept the 3,000- and 5,000-meter runs at Indoor Heps, becoming the ninth runner in League history to pull off that double. But Cabral managed it with his own flair as his 8:04.49 in the 3k was the fastest time at the meet since 1994 and the 5k time of 14:08.58 is now in the top five all-time at the Championships.
- 2012 — Conor McCullough of Princeton didn't leave any drama as to who would win the weight throw at Indoor Heps, but whether or not he'd be able to hit the back of the cage on a fly. He came close five times, settling for a win at 75-3 1/4, nearly five feet beyond the League's 32-year-old record.
- Note: In 2013, the Ivy League created two awards, one for track athletes and the other for field performers.*
- 2013 — Princeton's Peter Callahan and Cornell's Nick Wade shared the track award as Callahan used his signature kick to win a very tactical mile final (4:19.90) and the distance medley relay while Wade finished second in both the mile and 1,000 meter and was integral in winning the 4x880-yard relay title, ultimately helping Cornell edge Princeton for the team title by a point. Princeton's Damon McLean and Harvard's Nico Weiler shared the field honor as McLean won both the long (24-9 1/4) and triple jumps (52-3 1/4) and Weiler set a new conference mark in the pole vault (17-7 3/4).
- 2014 — Bruno Hortelano-Roig of Cornell won both the 60m (6.74) and 400m (47.36) and reset the 60m conference record in the preliminary round, running 6.69. Junior Stephen Mozia shattered the meet record in the shot put, throwing 68-2 1/2 on this final attempt to break the mark previously held by Olympian Adam Nelson.
- 2015 — Penn junior Thomas Awad won the individual 3,000m title (8:05.45) and anchored his team's distance medley relay team to victory (9:55.56). Cornell sophomore Rudy Winkler won the weight throw (68-0 1/2) — the 10th-best toss in conference history.
- 2016 — Princeton sophomore Carrington Akosa defended his 200m title in a meet record time (21.56) and finished as runner-up in the 60m dash (6.80). Dartmouth junior Corey Muggler won the long jump title by almost nine inches (24-6 1/2).

Men's Indoor Heps

Most Individual Heps Titles, Career

Not including relays

- 5 — Aggrey Awori, Harvard (1963-65)
- 5 — Jim Sapienza, Dartmouth (1983-85)
- 5 — Greg Johnston, Dartmouth (1996-99)
- 5 — Damon McLean, Princeton (2011-14)
- 4 — James Leonard, Cornell (1972-75)
- 4 — Leo Williams, Navy (1980-83)
- 4 — Vincent Smith, Princeton (1987-90)
- 4 — Joel Robertson, Navy (1992-94)
- 4 — Henry Hipps, Penn (1992-94)
- 4 — Tora Harris, Princeton (1998-99, '01-02)
- 4 — Taylor Smith, Dartmouth (2000-02)
- 4 — Josh McCaughey, Princeton (2001-04)
- 4 — Erison Hurtault, Columbia (2004-07)
- 4 — Muhammad Halim, Cornell (2007-08)

Including relays

- 7 — Tim Kaijala, Penn (2005-08)
- 6 — Aggrey Awori, Harvard (1963-65)
- 6 — Jim Sapienza, Dartmouth (1983-85)
- 6 — Trinity Gray, Brown (1997-00)
- 6 — Tom Hopkins, Princeton (2011-14)
- 5 — Craig Masback, Princeton (1975-77)
- 5 — Jeff Colvin, Navy (1978-80)
- 5 — Brad Rowe, Princeton (1980-82)
- 5 — Cardell Williams, Army (1981-83)
- 5 — Greg Whiteley, Brown (1988-89)
- 5 — Ian Carswell, Harvard (1996-97)
- 5 — Greg Johnston, Dartmouth (1996-99)
- 5 — John Mack, Princeton (1997-00)
- 5 — Jonathan Kieliszak, Princeton (2002-04)
- 5 — Courtney Jaworski, Penn (2004-06)
- 5 — Mike Eddy, Princeton (2008-11)

Most Individual Heps Titles, Season

Not including relays

- 3 — Aggrey Awori, Harvard (1963) 60, 60 hurdles, long jump

Including relays

- 4 — Aggrey Awori, Harvard (1963)
- 3 — Greg Whiteley, Brown (1989)
- 3 — Ian Carswell, Harvard (1997)
- 3 — Michael Ryan, Navy (1999)
- 3 — Trinity Gray, Brown (2000)
- 3 — Tom Hopkins, Princeton (2014)

Multiple Winners

ARMY

- 1994 — Jason Stewart (3000, 5000)

BROWN

- 1989 — Greg Whiteley (mile, 3000)
- 1996 — Donal O'Sullivan (3000, 5000)
- 2000 — Trinity Gray (500, 1000)

COLUMBIA

- 1953 — Albert Thompson (shot put, weight throw)
- 2004 — Steve Sundell (3000, 5000)

CORNELL

- 1951 — Meredith Gourdine (low hurdles, long jump)
- 1958 — Bo Roberson (60, long jump)
- 2007 — Muhammad Halim (long jump, triple jump)
- 2008 — Muhammad Halim (long jump, triple jump)
- 2010 — Duane Teixeira (long jump, triple jump)
- 2014 — Bruno Hortelano-Roig (60, 400)

DARTMOUTH

- 1984 — Jim Sapienza (1500, 3000)
- 1985 — Jim Sapienza (3000, 5000)
- 1995 — Sam Wilbur (3000, 5000)
- 1999 — Greg Johnston (55 hurdles, pentathlon)
- 2002 — Tom McArdle (3000, 5000)
- 2002 — Taylor Smith (long jump, pentathlon)

HARVARD

- 1963 — Aggrey Awori (60, 60 hurdles, long)
- 1997 — Ian Carswell (mile, 3000)

NAVY

- 1987 — Ronnie Harris (1500, 3000)
- 1992 — Greg Keller (mile, 3000)
- 1993 — Joel Robertson (long jump, triple jump)
- 1999 — Michael Ryan (mile, 3000)

PENN

- 1979 — James Brown (55, long jump)
- 1994 — Henry Hipps (high jump, pentathlon)
- 1998 — Robin Martin (500, 1000)
- 2006 — Kyle Calvo (long jump, heptathlon)

PRINCETON

- 1989 — Vincent Smith (long jump, triple jump)
- 1991 — Bill Burke (3000, 5000)
- 1995 — Ugwunna Ikpeowo (long jump, triple jump)
- 2000 — Paul Morrison (mile, 3000)
- 2007 — David Nightingale (3000, 5000)
- 2011 — Donn Cabral (3000, 5000)
- 2013 — Damon McLean (long jump, triple jump)
- 2014 — Tom Hopkins (500, long jump)

YALE

- 1955 — Stewart Thompson (shot put, weight throw)

Highest All-Time Team Scores

- 215 — Princeton (2011)
- 205 — Cornell (2008)
- 184 — Princeton (2012)
- 181 — Princeton (2010)
- 176 1/2 — Cornell (2009)
- 176 — Cornell (2012)
- 172 — Cornell (2011)

Men's Indoor Heps

Short Sprints & Hurdles

This is just the third time that the men will contest the 200-meter dash at Indoor Heps and the favorite to win the event — Princeton junior Carrington Akosa (Baltimore, Md.) — is looking to remain the event's only champion. Akosa has yet to claim the 60/200 double yet as teammate Charlie Volker (Fair Haven, N.J.) beat him in the straightaway a year ago by running a speedy 6.73 in the final. Volker, who led the Tigers' Ivy champion football team in rushing in the fall, shares the Princeton record in the event with Akosa. There are 13 other runners who have been under seven seconds already this year, which means the heats should be faster than usual. Keep an eye on Cornell junior Brailin Paulino (Fresno, Calif.), Yale freshman Vincent Vaughns (Sparr, Fla.) and Cornell sophomore Alex Beck (Oceanside, Calif.) — who scored in both the 60 and 200 last year in Ithaca — in this one. And while Akosa is favored to win his third 200, his close runner-up last year, Penn's Calvary Rogers (Rochester, N.Y.) is back along with Yale senior Marc-Andre Alexandre (Montreal, Que.), who ran a 21.59 PR in Boston recently. Brown junior Brian Pfaff (Johannesburg, S.A.) is also ranked in scoring position in both events.

With Cornell standout Max Hairston gone, the hurdles open up. Princeton freshman Joey Daniels (Kitchner, Ont.) and Harvard junior Jay Hebert (Ticonderoga, N.Y.) have both been under eight seconds this winter, but don't count out Yale junior Paedyn Gomes (Chesterland, Ohio), who has been in the very low eights time and time again this year. Cornell has a pair of Austins — sophomore Austin LeJuan Lyons (Lawrenceville, Ga.) and Austin Jamerson (Merrillville, Ind.) — who are scoring threats as well.

60-METER DASH

Trials: Saturday, 2:40 pm

Finals: Sunday, 12:25 pm

Meet Top 10

- 6.69 — Bruno Hortelano-Roig (Cornell, 2014)
- 6.73 — Chris Lambert (Harvard, 2002)
- 6.73 — Chris Lambert (Harvard, 2002)
- 6.73 — Charles Volker (Princeton, 2016)
- 6.74 — Bruno Hortelano-Roig (Cornell, 2014)
- 6.77 — Connor Reilly (Dartmouth, 2013)
- 6.78 — Chris Lambert (Harvard, 2002)
- 6.78 — Chris Lambert (Harvard, 2003)
- 6.79 — Jedidiah Adarquah-Yiadon (Cornell, 2011)
- 6.79 — Chase Aaronson (Cornell, 2012)
- 6.79 — Damani Wilson (Harvard, 2012)
- 6.79 — John Spooney (Brown, 2012)
- 6.79 — Charles Volker (Princeton, 2016)

55-meter times

- 6.30 — Clay Stackhouse (Navy, 1989)
- 6.30 — Clay Stackhouse (Navy, 1990)
- 6.32 — Douglas Harris (Penn, 1984)
- 6.32 — David Clark (Dartmouth, 1989)
- 6.32 — Vince Smith (Princeton, 1989)
- 6.33 — Clay Stackhouse (Navy, 1988)
- 6.33 — Ron Davis (Army, 1988)
- 6.33 — Clay Stackhouse (Navy, 1990)
- 6.34 — James Brown (Penn, 1979)

- 6.34 — Ron Davis (Army, 1989)
- 6.34 — Vince Smith (Princeton, 1990)
- 6.34 — Vince Smith (Princeton, 1990)
- 6.34 — Shayne Mauricotte (Harvard, 1994)

60-yard hand times

- 6.0 — Herman Stevenson (Princeton, 1970)
- 6.0 — Anthony Dedmond (Army, 1972)

All-Meet Top 10

- 6.69 — Bruno Hortelano-Roig (Cornell, 2014)
- 6.73 — Chris Lambert (Harvard, 2002)
- 6.73 — Charles Volker (Princeton, 2016)
- 6.73 — Carrington Akosa (Princeton, 2016)
- 6.75 — Jordan Lester (Cornell, 2008)
- 6.75 — Jedidiah Adarquah-Yiadon (Cornell, 2013)
- 6.75 — Connor Reilly (Dartmouth, 2013)
- 6.75 — Malcolm Johnson (Harvard, 2015)
- 6.79 — Ron Davis (Army, 1988)
- 6.79 — Chris Bain (Cornell, 2010)
- 6.79 — Jedidiah Adarquah-Yiadon (Cornell, 2011)
- 6.79 — Chase Aaronson (Cornell, 2012)
- 6.79 — Damani Wilson (Harvard, 2012)
- 6.79 — John Spooney (Brown, 2012; 2013)

2017 Top 10

- 6.73 — Carrington Akosa (Princeton)
- 6.84 — Charlie Volker (Princeton)
- 6.89 — Brailin Paulino (Cornell)
- 6.90 — Vincent Vaughns (Yale)
- 6.90 — Jonathan Avery (Cornell)
- 6.91 — Brian Pfaff (Brown)
- 6.91 — Alex Beck (Cornell)
- 6.93 — James Norris (Cornell)
- 6.93 — Marc-Andre Alexandre (Yale)
- 6.94 — Kyle Macauley (Yale)

Event was 50 yards from 1948-50

Event was 60 yards from 1951-78

Event was 55 meters from 1979-2000

Event has been 60 meters since

Three-Time Champions

- Douglas Harris, Penn (1981-83-84)
- Clay Stackhouse, Navy (1988-89-90)
- Greg Davis, Penn (1995-96-97)

Two-Time Champions

- Joseph Almaguer, Army (1961-62)
- Wayne Anderson, Harvard (1965-66)
- Donald Martin, Yale (1969-71)
- Isaiah Owens, Navy (1973-74)
- Edward James, Penn (1975-76)
- Adley Raboy, Cornell (1978-80)
- Charles Fleming, Cornell (1982-85)
- Chris Lambert, Harvard (2002-03)
- Paul Raymond, Brown (2006-07)
- Jordan Lester, Cornell (2005-08)
- Jedidiah Adarquah-Yiadon, Cornell (2011-13)

Men's Indoor Heps

All-Time Champions

1948 — 5.5, Walter Newman, Dartmouth
1949 — 5.6, Charles Keller, Yale
1950 — 5.6, George Ellis, Yale
1951 — 6.6, John Cook, Dartmouth
1952 — 6.6, Ira Kane, Navy
1953 — 6.6, Paul Weisman, Cornell
1954 — 6.5, Alan Kline, Penn
1955 — 6.3, Gabriel Markisohn, Princeton
1956 — 6.2, John Haines, Penn
1957 — 6.4, Earl McHugh, Cornell
1958 — 6.3, Irvin Roberson, Cornell
1959 — 6.4, George Van Houten, Navy
1960 — 6.3, Harold Sprague, Army
1961 — 6.4, Joseph Almaguer, Army
1962 — 6.3, Joseph Almaguer, Army
1963 — 6.1, Aggrey Awori, Harvard
1964 — 6.3, John Ball, Princeton
1965 — 6.2, Wayne Anderson, Harvard
1966 — 6.2, Wayne Anderson, Harvard
1967 — 6.1, Van Evans, Army
1968 — 6.4, Wayne Gehman, Princeton
1969 — 6.2, Donald Martin, Yale
1970 — 6.0, Herman Stevenson, Princeton
1971 — 6.1, Donald Martin, Yale
1972 — 6.0, Anthony Dedmond, Army
1973 — 6.2, Isaiah Owens, Navy
1974 — 6.2, Isaiah Owens, Navy
1975 — 6.3, Edward James, Penn
1976 — 6.2, Edward James, Penn
1977 — 6.44, Neal Hall, Cornell
1978 — 6.34, Adley Raboy, Cornell
1979 — 6.34, James Brown, Penn
1980 — 6.41, Adley Raboy, Cornell
1981 — 6.38, Douglas Harris, Penn
1982 — 6.36, Charles Fleming, Cornell
1983 — 6.36, Douglas Harris, Penn
1984 — 6.32, Douglas Harris, Penn
1985 — 6.38, Charles Fleming, Cornell
1986 — 6.38, Steve Morgan, Princeton
1987 — 6.38, Ron Davis, Army
1988 — 6.33, Clay Stackhouse, Navy
1989 — 6.30, Clay Stackhouse, Navy
1990 — 6.33, Clay Stackhouse, Navy
1991 — 6.40, Rich Harris, Army
1992 — 6.42, Calvin Anderson, Yale
1993 — 6.36, Bruce Matthews, Penn
1994 — 6.34, Shayne Mauricotte, Harvard
1995 — 6.44, Greg Davis, Penn
1996 — 6.45, Greg Davis, Penn
1997 — 6.41, Greg Davis, Penn
1998 — 6.41, Shawn Fernandes, Penn
1999 — 6.44, Mike Powell, Brown
2000 — 6.48, Chung-Yi Sun, Penn
2001 — 6.90, Brandon Buchanan, Brown
2002 — 6.73, Chris Lambert, Harvard
2003 — 6.78, Chris Lambert, Harvard
2004 — 6.91, Rahim Wooley, Cornell
2005 — 6.81, Jordan Lester, Cornell

2006 — 6.85, Paul Raymond, Brown
2007 — 6.85, Paul Raymond, Brown
2008 — 6.87, Jordan Lester, Cornell
2009 — 6.90, Stefan Vutescu, Columbia
2010 — 6.86, Connor Reilly, Dartmouth
2011 — 6.79, Jedidiah Adarquah-Yiadon, Cornell
2012 — 6.79, Damani Wilson, Harvard
2013 — 6.80, Jedidiah Adarquah-Yiadon, Cornell
2014 — 6.74, Bruno Hortelano-Roig, Cornell (6.69 in heats)
2015 — 6.88, Malcolm Johnson, Harvard
2016 — 6.73, Charles Volker, Princeton

Winners By School

14 — Cornell (1953-57-58-77-78-80-82-85-04-05-08-11-13-14)
14 — Penn (1954-56-75-76-79-81-83-84-93-95-96-97-98-00)
8 — Harvard (1963-65-66-94-02-03-12-15)
7 — Army (1960-61-62-67-72-87-91)
7 — Navy (1952-59-73-74-88-89-90)
6 — Princeton (1955-64-68-70-86-16)
5 — Yale (1949-50-69-71-92)
4 — Brown (1999-01-06-07)
3 — Dartmouth (1948-51-10)
1 — Columbia (2009)

200-METER DASH

Trials: Saturday, 4:25 pm

Finals: Sunday, 1:20 pm

Meet Top 10

21.56 — Carrington Akosa (Princeton, 2016)
21.58 — Calvary Rogers (Penn, 2016)
21.66 — Alex Beck (Cornell, 2016)
21.78 — Carrington Akosa (Princeton, 2015)
21.80 — Ryan Kelly (Brown, 2016)
21.92 — Carrington Akosa (Princeton, 2016)
21.93 — Alex Beck (Cornell, 2016)
21.97 — Carrington Akosa (Princeton, 2015)
21.98 — Larry Gibson (Cornell, 2016)
22.08 — Ryan Kelly (Brown, 2016)

All-Meet Top 10

20.75 — Bruno Hortelano-Roig (Cornell, 2014)
21.24 — Grafton Ifill, (Penn, 2005)
21.35 — John Spooney (Brown, 2012)
21.37 — Kinsley Ojukwu (Cornell, 2014)
21.39 — Carrington Akosa (Princeton, 2017)
21.40 — Chris Lambert (Harvard, 2002)
21.46 — Ryan Kelly (Brown, 2016)
21.48 — Clay Stackhouse (Navy, 1989)
21.52 — Torrance Chaplin (Navy, 1999)
21.54 — Austin Hollimon (Princeton, 2011)

2017 Top 10

21.39 — Carrington Akosa (Princeton)
21.59 — Marc-Andre Alexandre (Yale)
21.74 — Calvary Rogers (Penn)
21.84 — Charlie Volker (Princeton)
21.88 — Brian Pfaff (Brown)
22.00 — Vincent Vaughns (Yale)

Men's Indoor Heps

22.03 — Alexander Moore (Harvard)
22.04 — Lloyd May (Dartmouth)
22.08 — Phillip Batler (Brown)
22.09 — Jonathan Avery (Cornell)

Two-Time Champion

Carrington Akosa, Princeton (2015-16)

All-Time Champions

2015 — 21.78, Carrington Akosa, Princeton
2016 — 21.56, Carrington Akosa, Princeton

Winners By School

2 — Princeton (2015-16)

60-METER HURDLES

Trials: Saturday, 2:15 pm

Finals: Sunday, 11:30 am

Meet Top 10

7.83 — Max Hairston (Cornell, 2016)
7.86 — Max Hairston (Cornell, 2016)
7.90 — Saidu Ezike (Cornell, 2008)
7.90 — Max Hairston (Cornell, 2014)
7.93 — Ikechi Ogbonna (Dartmouth, 2006)
7.93 — Jarvis Harris (Harvard, 2015)
7.94 — Jarvis Harris (Harvard, 2015)
7.95 — Rob Mohr (Princeton, 2015)
7.95 — Greg Caldwell (Princeton, 2016)
7.96 — Raymond Lenihan (Princeton, 2006)

55-meter times

7.30 — Steve Ezegi-Okeye (Harvard, 1985)
7.30 — Randy Cox (Penn, 1987)
7.34 — Bruce Gendron (Princeton, 1987)
7.36 — Peter Coghlan (Yale, 1997)
7.37 — Randy Cox (Penn, 1985)
7.37 — Matt McLean (Cornell, 1993)
7.39 — Peter Coghlan (Yale, 1998)
7.40 — Greg Johnston (Dartmouth, 1998)
7.41 — Michael Harte (Harvard, 1998)
7.42 — Steve Ezegi-Okeye (Harvard, 1984)

60-yard hand times

7.0 — Bruce Collins (Penn, 1972)
7.1 — Kwaku Ohene-Frempong (Yale, 1970)

All-Meet Top 10

7.78 — Saidu Ezike (Cornell, 2008)
7.83 — Max Hairston (Cornell, 2015)
7.85 — T.J. Peterson (Army, 1994)
7.90 — O'Neil Bryan (Penn, 2002)
7.91 — Matt Wedge (Penn, 2003)
7.91 — Chris Vasich (Princeton, 2009)
7.91 — Robert Mohr (Princeton, 2013)
7.93 — Ikechi Ogbonna (Dartmouth, 2006)
7.93 — Jarvis Harris (Harvard, 2015)
7.95 — Greg Caldwell (Princeton, 2016)

2017 Top 10

7.96 — Joey Daniels (Princeton)
7.99 — Jay Hebert (Harvard)
8.03 — Paedyn Gomes (Yale)
8.13 — Austin LeJuan Lyons (Cornell)
8.16 — Austin Jamerson (Cornell)
8.23 — Mitch Valko (Harvard)
8.24 — Clayton Jeffrey (Cornell)
8.26 — Alex Frye (Dartmouth)
8.27 — Alec Eschholz (Dartmouth)
8.28 — Shawn Ohazuruike (Dartmouth)

Event was 45 yards from 1948-50

Event was 60 yards from 1951-78

Event was 55 meters until 2000

Event has been 60 meters since

Three-Time Champions

Bruce Collins, Penn (1972-73-74)
Steve Ezegi-Okeye, Harvard (1983-84-85)
Peter Coghlan, Yale (1996-97-98)
Saidu Ezike, Cornell (2005-07-08)
Max Hairston, Cornell (2013-14-16)

Two-Time Champions

Robert Rittenburg, Harvard (1953-55)
Anthony Lynch, Harvard (1965-66)
Harold Schwab, Penn (1975-76)
Ken Williams, Penn (1980-81)
William Boulware, Dartmouth (1988-90)
O'Neil Bryan, Penn (2001-02)
Matt Wedge, Penn (2003-04)
Dan Hagberg, Cornell (2011-12)

All-Time Champions

1948 — 5.8, George Cook, Yale
1949 — 5.8, George Sylvester, Army
1950 — 5.9, Harold Schultz, Army
1951 — 7.6, Peter McCreary, Dartmouth
1952 — 7.5, Lawrence Johnson, Army
1953 — 7.7, Robert Rittenburg, Harvard
1954 — 7.7, MacAllister Booth, Cornell
1955 — 7.5, Robert Rittenburg, Harvard
1956 — 7.7, James Edgar, Army
1957 — 7.5, Keith Moore, Yale
1958 — 7.4, Joel Landau, Harvard
1959 — 7.4, Angelo Sinisi, Brown
1960 — 7.4, Donald Cohen, Columbia
1961 — 7.7, William Flippin, Yale
1962 — 7.4, Jay Luck, Yale
1963 — 7.4, Aggrey Awori, Harvard
1964 — 7.4, Courtland Gray, Navy
1965 — 7.3, Anthony Lynch, Harvard
1966 — 7.2, Anthony Lynch, Harvard
1967 — 7.3, John Elliot, Cornell
1968 — 7.4, Francis McCullough, Army
1969 — 7.4, Sheridan Groves, Army
1970 — 7.1, Kwaku Ohene-Frempong, Yale
1971 — 7.4, Wayne Kennard, Navy

Men's Indoor Heps

1972 — 7.0, Bruce Collins, Penn
1973 — 7.2, Bruce Collins, Penn
1974 — 7.2, Bruce Collins, Penn
1975 — 7.3, Howie Schwab, Penn
1976 — 7.4, Howie Schwab, Penn
1977 — 7.4, Antoine Campbell, Navy
1978 — 7.41, Harry Davis, Yale
1979 — 7.46, Mike Willis, Army
1980 — 7.45, Ken Williams, Penn
1981 — 7.47, Ken Williams, Penn
1982 — 7.57, Mike Hubbard, Army
1983 — 7.56, Steve Ezegi-Okeye, Harvard
1984 — 7.42, Steve Ezegi-Okeye, Harvard
1985 — 7.30, Steve Ezegi-Okeye, Harvard
1986 — 7.45, Curt Hampstead, Cornell
1987 — 7.30, Randy Cox, Penn
1988 — 7.51, William Boulware, Dartmouth
1989 — 7.48, Wayne Detmer, Yale
1990 — 7.48, William Boulware, Dartmouth
1991 — 7.67, Glen Wilson, Yale
1992 — 7.50, Cecil Smart, Penn
1993 — 7.37, Matt McLean, Cornell
1994 — 7.43, Thomas Peterson, Army
1995 — 7.57, Holland Gary, Princeton
1996 — 7.43, Peter Coghlan, Yale
1997 — 7.36, Peter Coghlan, Yale
1998 — 7.39, Peter Coghlan, Yale
1999 — 7.44, Greg Johnston, Dartmouth
2000 — 7.57, Antonio Kittles, Brown
2001 — 8.12, O'Neil Bryan, Penn
2002 — 8.02, O'Neil Bryan, Penn
2003 — 7.98, Matt Wedge, Penn
2004 — 8.12, Matt Wedge, Penn
2005 — 7.98, Saidu Ezike, Cornell
2006 — 7.93, Ikechi Ogbonna, Dartmouth
2007 — 8.07, Saidu Ezike, Cornell
2008 — 7.90, Saidu Ezike, Cornell
2009 — 8.05, Chris Vasich, Princeton
2010 — 8.22, Tim Carey, Penn
2011 — 8.10, Dan Hagberg, Cornell
2012 — 7.98, Dan Hagberg, Cornell
2013 — 8.01, Max Hairston, Cornell
2014 — 7.90, Max Hairston, Cornell
2015 — 7.93, Jarvis Harris, Harvard
2016 — 7.86, Max Hairston, Cornell (ran 7.83 in heats)

Winners By School

14 — Penn (1972-73-74-75-76-80-81-87-92-01-02-03-04-10)
12 — Cornell (1954-67-86-93-05-07-08-11-12-13-14-16)
11 — Yale (1948-57-61-62-70-78-89-91-96-97-98)
10 — Harvard (1953-55-58-63-65-66-83-84-85-15)
9 — Army (1949-50-52-56-68-69-79-82-94)
5 — Dartmouth (1951-88-90-99-06)
3 — Navy (1964-71-77)
2 — Brown (1959-00)
2 — Princeton (1995-09)
1 — Columbia (1960)

Long Sprints

There is a short sprinter — Princeton junior Carrington Akosa (Baltimore, Md.) — and a middle-distance specialist — Harvard sophomore Myles Marshall (Kingwood, Texas) — who could jump into a long-sprint race and steal a title or at least a bevy of team points, but let's assume that they have their hands full in their traditional disciplines. That would leave the podium open for some new blood... and maybe even a little old blood. The last two 400-meter champions are still running, but neither has run the event indoor this winter. Yale senior Marc-Andre Alexandre (Montreal, Que.) was the 2015 champ, but hasn't gone two laps during the indoor season in nearly two years, instead focusing on the short sprints. Princeton senior Ray Mennin (Bethlehem, Conn.) won last year in Ithaca, but he's run only 500-meter races so far.

All of that leaves Brown junior Tosin Oyewole (Elkridge, Md.) as the one to watch after he clocked an impressive 47.47 at Boston U.'s Valentine Invitational recently. That time was nearly a second faster than Oyewole had ever run — indoor or outdoor — so he will try to prove that it wasn't an aberration. Princeton junior Josh Freeman (Chesapeake, Va.) and Cornell senior Tobe Attah (Irving, Texas) have been consistently fast in the 400 in their careers will would take offense to others being called a favorite. Mennin ran a fast 500 time at HYP and Brown junior Zack Emrich (North Kingston, R.I.) is the returning champion in the event, but Emrich's teammate, junior Max Haensel (Raleigh, N.C.), gapped the field at a recent URI meet and could look to challenge. Oddly, there is not a single runner ranked in the season top 10 in both the 400- and 500-meter dashes.

400-METER DASH

Trials: Saturday, 2:50 pm

Finals: Sunday, 11:50 am

Meet Top 10

46.34 — Erison Hurtault (Columbia, 2007)
46.61 — Austin Hollimon (Princeton, 2011)
46.96 — Austin Hollimon (Princeton, 2011)
47.04 — Bruno Hortelano-Roig (Cornell, 2014)
47.07 — Erison Hurtault (Columbia, 2005)
47.07 — Erison Hurtault (Columbia, 2006)
47.12 — Erison Hurtault (Columbia, 2007)
47.36 — Bruno Hortelano-Roig (Cornell, 2014)
47.42 — Austin Hollimon (Princeton, 2010)
47.67 — Derric Anderson (Army, 1981)

All-Meet Top 10

46.34 — Erison Hurtault (Columbia, 2007)
46.47 — Austin Hollimon (Princeton, 2011)
46.81 — Steve Morgan (Princeton, 1987)
46.83 — Marc-Andre Alexandre (Yale, 2015)
46.90 — Trinity Gray (Brown, 1999)
47.04 — Bruno Hortelano-Roig (Cornell, 2014)
47.06 — Tyler Haney (Dartmouth, 2003)
47.21 — Tobenna Attah (Cornell, 2016)
47.25 — Michael Greene (Navy, 1988)
47.31 — Mike Eddy (Princeton, 2009)

Men's Indoor Heps

2017 Top 10

47.47 — Tosin Oyewole (Brown)
48.16 — Josh Freeman (Princeton)
48.48 — Nik Zemis (Brown)
48.51 — Tobe Attah (Cornell)
48.64 — James Heckendorn (Harvard)
48.85 — Carrington Akosa (Princeton)
48.95 — Stanford Cooper (Cornell)
48.96 — Matthew Hurst (Harvard)
49.06 — Jacob McLennan (Harvard)
49.35 — Jabari Johnson (Princeton)
49.35 — Chandler Crusan (Yale)

Event was 440 yards in 1978

Event has been 400 meters since

Four-Time Champion

Erison Hurtault, Columbia (2004-05-06-07)

Three-Time Champions

Jeff Hill, Penn (1980-82-83)
Chris Harper, Penn (1994-95-96)
John Mack, Princeton (1997-99-00)

Two-Time Champions

Steve Morgan, Princeton (1985-87)
Efrem Venters, Navy (1989-90)
Chris Edmunds, Penn (2002-03)
Austin Hollimon, Princeton (2010-11)
Bruno Hortelano-Roig, Cornell (2013-14)

All-Time Champions

1978 — 49.93, Carl Francis, Cornell
1979 — 49.15, Tony Green, Cornell
1980 — 48.79, Jeff Hill, Penn
1981 — 47.67, Derric Anderson, Army
1982 — 48.96, Jeff Hill, Penn
1983 — 47.74, Jeff Hill, Penn
1984 — 48.5, Ken Bloomberg, Penn
1985 — 47.93, Steve Morgan, Princeton
1986 — 48.43, Todd Pressley, Cornell
1987 — 47.77, Steve Morgan, Princeton
1988 — 48.24, Paul Washington, Cornell
1989 — 48.39, Efrem Venters, Navy
1990 — 48.39, Efrem Venters, Navy
1991 — 48.69, Paisley Demby, Brown
1992 — 48.38, Johnny Fox, Navy
1993 — 48.15, Charles Clarke, Yale
1994 — 48.17, Chris Harper, Penn
1995 — 48.72, Chris Harper, Penn
1996 — 49.16, Chris Harper, Penn
1997 — 47.84, John Mack, Princeton
1998 — 48.63, Mike Stiffler, Penn
1999 — 48.14, John Mack, Princeton
2000 — 47.87, John Mack, Princeton
2001 — 48.47, Tyler Haney, Dartmouth
2002 — 48.89, Chris Edmunds, Penn
2003 — 48.54, Chris Edmunds, Penn
2004 — 48.54, Erison Hurtault, Columbia

2005 — 47.07, Erison Hurtault, Columbia
2006 — 47.07, Erison Hurtault, Columbia
2007 — 46.34, Erison Hurtault, Columbia
2008 — 48.50, Adam Seabrook, Cornell
2009 — 48.22, Nick Huber, Cornell
2010 — 47.42, Austin Hollimon, Princeton
2011 — 46.61, Austin Hollimon, Princeton
2012 — 48.33, Tom Hopkins, Princeton
2013 — 47.68, Bruno Hortelano-Roig, Cornell
2014 — 47.36, Bruno Hortelano-Roig, Cornell
2015 — 48.05, Marc-Andre Alexandre, Yale
2016 — 47.96, Ray Mennin, Princeton

Winners By School

10 — Penn (1980-82-83-84-94-95-96-98-02-03)
9 — Princeton (1985-87-97-99-00-10-11-12-16)
8 — Cornell (1978-79-86-88-08-09-13-14)
4 — Columbia (2004-05-06-07)
3 — Navy (1989-90-92)
2 — Yale (1993-15)
1 — Army (1981)
1 — Brown (1991)
1 — Dartmouth (2001)

500-METER DASH

Trials: Saturday, 3:10 pm

Finals: Sunday, 12:10 pm

Meet Top 10

1:01.35 — Michael Greene (Navy, 1986)
1:01.36 — Trinity Gray (Brown, 2000)
1:01.90 — Russell Dinkins (Princeton, 2013)
1:02.18 — Robin Martin (Penn, 1997)
1:02.21 — Michael Greene (Navy, 1987)
1:02.43 — Larry Miller (Yale, 1986)
1:02.48 — Jeff Wiseman (Penn, 2015)
1:02.55 — Dallas Dissmore (Brown, 2006)
1:02.56 — Dave Pharr (Penn, 1984)
1:02.60 — Richard Stewart (Princeton, 2007)

600-yard hand times

1:09.2 — Wendell Mottley (Yale, 1964)
1:10.0 — Wendell Mottley (Yale, 1963)
1:10.1 — Kenneth Norman (Dartmouth, 1976)
1:10.6 — Mark Young (Yale, 1968)
1:10.6 — Nicholas Leone (Harvard, 1973)
1:10.8 — James Stack (Yale, 1961)
1:10.9 — John McKeown (Cornell, 1973)
1:10.9 — Richard Nichols (Dartmouth, 1973)
1:10.9 — Richard Nichols (Dartmouth, 1975)
1:11.0 — Mark Young (Yale, 1967)

All-Meet Top 10

1:00.84 — Michael Greene (Navy, 1987)
1:01.36 — Trinity Gray (Brown, 2000)
1:01.63 — Myles Marshall (Harvard, 2016)
1:01.70 — Russell Dinkins (Princeton, 2010)
1:02.09 — Remi Ray (Yale, 2009)
1:02.16 — Jeff Colvin (Navy, 1987)

Men's Indoor Heps

1:02.18 — Robin Martin (Penn, 1997)
1:02.27 — Richard Stewart (Princeton, 2005)
1:02.28 — Dallas Dissmore (Brown, 2006)
1:02.28 — Mike Eddy (Princeton, 2010)

2017 Top 10

1:02.10 — Myles Marshall (Harvard)
1:03.64 — Ray Mennin (Princeton)
1:03.70 — Amos Cariati (Dartmouth)
1:03.93 — Max Haensel (Brown)
1:03.93 — Phil Gomez (Dartmouth)
1:04.04 — Zack Emrich (Brown)
1:04.34 — Cole Bransford (Princeton)
1:04.44 — Eric Schulz (Princeton)
1:04.60 — Andy Snyder (Cornell)
1:04.63 — Greg Moschella (Yale)

*Event was 600 yards from 1948-78
Event has been 500 meters since*

Three-Time Champions

Frederick Schlereth, Columbia (1952-53-54)
James Stack, Yale (1959-60-61)
Jeff Colvin, Navy (1978-79-80)
Michael Greene, Navy (1985-86-87)
Mike Eddy, Princeton (2008-09-11)
Russell Dinkins, Princeton (2010-12-13)

Two-Time Champions

John Hammack, Army (1948-49)
Charles Moore, Cornell (1950-51)
John Ingle, Cornell (1956-57)
Wendell Mottley, Yale (1963-64)
Mark Young, Yale (1967-68)
John Robertson, Brown (1989-90)
Robin Martin, Penn (1997-98)
Brian Abram, Penn (2001-03)
Richard Stewart, Princeton (2005-07)

All-Time Champions

1948 — 1:14.1, John Hammack, Army
1949 — 1:12.5, John Hammack, Army
1950 — 1:12.7, Charles Moore, Cornell
1951 — 1:13.0, Charles Moore, Cornell
1952 — 1:12.1, Frederick Schlereth, Columbia
1953 — 1:12.1, Frederick Schlereth, Columbia
1954 — 1:12.7, Frederick Schlereth, Columbia
1955 — 1:12.6, Andrew Dadagian, Cornell
1956 — 1:12.7, John Ingle, Cornell
1957 — 1:13.7, John Ingle, Cornell
1958 — 1:13.1, French Anderson, Harvard
1959 — 1:12.5, James Stack, Yale
1960 — 1:12.1, James Stack, Yale
1961 — 1:10.8, James Stack, Yale
1962 — 1:12.0, Thomas Holzel, Dartmouth
1963 — 1:10.0, Wendell Mottley, Yale
1964 — 1:09.2, Wendell Mottley, Yale
1965 — 1:12.0, Rance Ferrell, Army
1966 — 1:11.5, William Bruckel, Cornell
1967 — 1:11.0, Mark Young, Yale
1968 — 1:10.6, Mark Young, Yale

1969 — 1:11.4, Paul Felix, Navy
1970 — 1:11.5, George Forsythe, Army
1971 — 1:11.5, Lee Thompson, Brown
1972 — 1:11.6, John McKeown, Cornell
1973 — 1:10.6, Nicholas Leone, Harvard
1974 — 1:11.2, Bradley Stephan, Navy
1975 — 1:10.9, Richard Nichols, Dartmouth
1976 — 1:10.1, Kenneth Norman, Dartmouth
1977 — 1:11.9, John Escallier, Brown
1978 — 1:12.18, Jeff Colvin, Navy
1979 — 1:03.55, Jeff Colvin, Navy
1980 — 1:02.77, Jeff Colvin, Navy
1981 — 1:03.40, Patrick Bailey, Navy
1982 — 1:03.78, Dave Bailey, Cornell
1983 — 1:02.89, Arnold West, Brown
1984 — 1:02.56, Dave Pharr, Penn
1985 — 1:03.00, Michael Greene, Navy
1986 — 1:01.35, Michael Greene, Navy
1987 — 1:02.21, Michael Greene, Navy
1988 — 1:03.36, Efrem Venters, Navy
1989 — 1:04.23, John Robertson, Brown
1990 — 1:03.67, John Robertson, Brown
1991 — 1:03.92, Omar Simmons, Princeton
1992 — 1:03.29, Geoff Zawtock, Dartmouth
1993 — 1:03.41, Matt Levine, Yale
1994 — 1:04.01, James MacPherson, Army
1995 — 1:04.74, Aaron Culliney, Dartmouth
1996 — 1:02.66, Andy Collins, Princeton
1997 — 1:02.18, Robin Martin, Penn
1998 — 1:04.03, Robin Martin, Penn
1999 — 1:04.47, Donald Carson, Yale
2000 — 1:01.36, Trinity Gray, Brown
2001 — 1:03.89, Brian Abram, Penn
2002 — 1:03.39, Kobie Fuller, Harvard
2003 — 1:04.61, Brian Abram, Penn
2004 — 1:04.46, Mike Kopp, Princeton
2005 — 1:02.68, Richard Stewart, Princeton
2006 — 1:02.55, Dallas Dissmore, Brown
2007 — 1:02.60, Richard Stewart, Princeton
2008 — 1:03.82, Mike Eddy, Princeton
2009 — 1:02.65, Mike Eddy, Princeton
2010 — 1:02.77, Russell Dinkins, Princeton
2011 — 1:02.74, Mike Eddy, Princeton
2012 — 1:02.72, Russell Dinkins, Princeton
2013 — 1:01.90, Russell Dinkins, Princeton
2014 — 1:03.55, Tom Hopkins, Princeton
2015 — 1:02.48, Jeff Wiseman, Penn
2016 — 1:03.09, Zachery Emrich, Brown

Winners By School

12 — Princeton (1991-96-04-05-07-08-09-10-11-12-13-14)
10 — Navy (1969-74-78-79-80-81-85-86-87-88)
9 — Yale (1959-60-61-63-64-67-68-93-99)
8 — Brown (1971-77-83-89-90-00-06-16)
8 — Cornell (1950-51-55-56-57-66-72-82)
6 — Penn (1984-97-98-01-03-15)
5 — Army (1948-49-65-70-94)
5 — Dartmouth (1962-75-76-92-95)
3 — Columbia (1952-53-54)
3 — Harvard (1958-73-02)

Men's Indoor Heps

Middle Distance

The Armory has not been kind to Harvard sophomore Myles Marshall (Kingwood, Texas) this winter. He was involved in a four-person pileup in the 800 at the Columbia East-West Challenge and then struggled to stay with the field in the 1,000-meter run at the Millrose Games. But he has also run the third-fastest 800 in League history this year (1:48.17, top 20 nationally) and would be a favorite in the 500, but those trials run back-to-back at Heps. Coach Jason Saretsky will have a hard time figuring out how Marshall could double, so we could see something unusual or a fast single event performance that tires out the competition. Heps' legends Trinity Gray and Robin Martin each did a 500/1,000 double nearly two decades ago, but those events are also quick turnarounds on both days. Marshall's schedule won't be the only thing folks will be looking for when the entries get posted on Friday night.

The fields in the 1,000-meter and mile runs will be fascinating. The League has four senior sub-4 milers — Columbia's Rob Napolitano (Brick, N.J.), Penn's Chris Hatler (Sparta, N.J.), Yale's James Randon (New Caanan, Conn.) and Cornell's James Gowans (Mexico, N.Y.). In addition there are at least three others who have been within two-and-a-half seconds of breaking four minutes — Dartmouth junior Pat Gregory (Louisville, Ky.), Princeton junior Noah Kauppila (St. Louis, Mo.) and Dartmouth freshman Henry Raymond (Fort Collins, Colo.). Napolitano will be looking to three-peat in the mile, which has been done only by Princeton grad Craig Masback and Harvard alum Adam Dixon. Hatler has certainly been on a roll, a near miss at sub-four, followed by a 3:59.21 at the Millrose Games at the Armory. Meanwhile Kauppila, last year's 1k champ, recently ran a 2:21 in Boston and will be the favorite if entered.

800-METER RUN

Trials: Saturday, 3:25 pm

Finals: Sunday, 12:40 pm

Meet Top 10

1:48.29 — Russell Dinkins (Princeton, 2011)
1:49.60 — Anthony Romaniw (Dartmouth, 2011)
1:49.72 — Peter Callahan (Princeton, 2012)
1:50.24 — Rutger Admirand (Cornell, 2012)
1:50.29 — Courtney Jaworski (Penn, 2005)
1:50.36 — Keefe Clemons (Princeton, 1988)
1:50.47 — Will Weinlandt (Cornell, 2014)
1:50.51 — Bradley Paternostro (Princeton, 2013)
1:50.73 — Cardell Williams (Army, 1983)
1:50.75 — Russell Dinkins (Princeton, 2011)

All-Meet Top 10

1:46.05 — Trinity Gray (Brown, 1997)
1:48.16 — Sam Burley (Penn, 2002)
1:48.17 — Myles Marshall (Harvard, 2017)
1:48.29 — Courtney Jaworski (Penn, 2005)
1:48.29 — Russell Dinkins (Princeton, 2011)
1:48.66 — Peter Callahan (Princeton, 2011)
1:48.67 — Connor Clafin (Columbia, 2015)
1:48.88 — Robin Martin (Penn, 1998)
1:48.89 — Vincent Galgano (Columbia, 2003)
1:49.03 — Rutger Admirand (Cornell, 2012)

2017 Top 10

1:48.17 — Myles Marshall (Harvard)
1:50.45 — Max Haensel (Brown)
1:50.87 — Josiah Langstaff (Columbia)
1:51.53 — Zachary Lanigan (Brown)
1:51.80 — Eric Schulz (Princeton)
1:51.81 — Michael Kolor (Harvard)
1:51.85 — Noah Kauppila (Princeton)
1:51.95 — Chris Hatler (Penn)
1:52.35 — Michael Smith (Cornell)
1:52.36 — Jeff Wiseman (Penn)

Event was 880 yards in 1978

Event has been 800 meters since

Three-Time Champions

Cardell Williams, Army (1981-82-83)
Keefe Clemons, Princeton (1986-87-88)

Two-Time Champions

Bryan Henry, Harvard (1993-95)
Vincent Galgano, Columbia (2002-03)
Courtney Jaworski, Penn (2004-05)
Mike Carmody, Dartmouth (2006-08)
Jimmy Wyner, Cornell (2007-09)
Peter Callahan, Princeton (2010-12)
Will Weinlandt, Cornell (2013-14)

All-Time Champions

1978 — 1:55.92, Dexter Adams, Army
1979 — 1:53.77, Osman Lake, Brown
1980 — 1:53.43, Thad McNulty, Harvard
1981 — 1:52.07, Cardell Williams, Army
1982 — 1:51.68, Cardell Williams, Army
1983 — 1:50.73, Cardell Williams, Army
1984 — 1:53.87, Tom Szoke, Army
1985 — 1:52.33, Reuben Bayley, Princeton
1986 — 1:53.10, Keefe Clemons, Princeton
1987 — 1:52.02, Keefe Clemons, Princeton
1988 — 1:50.36, Keefe Clemons, Princeton
1989 — 1:51.04, Kevin Williams, Army
1990 — 1:51.50, Robert Lesko, Yale
1991 — 1:52.20, Dennis Webster, Dartmouth
1992 — 1:51.28, Steve Hunt, Dartmouth
1993 — 1:51.82, Bryan Henry, Harvard
1994 — 1:50.81, Aaron Culliney, Dartmouth
1995 — 1:53.33, Bryan Henry, Harvard
1996 — 1:52.06, Gbolahan Fatuga, Brown
1997 — 1:50.96, Trinity Gray, Brown
1998 — 1:53.71, Peter Kimball, Princeton
1999 — 1:53.48, Greg Cipolaro, Cornell
2000 — 1:53.66, Ryan Barrows, Yale
2001 — 1:51.25, Alasdair McLean-Foreman, Harvard
2002 — 1:53.00, Vincent Galgano, Columbia
2003 — 1:51.67, Vincent Galgano, Columbia
2004 — 1:52.41, Courtney Jaworski, Penn
2005 — 1:50.29, Courtney Jaworski, Penn
2006 — 1:51.04, Mike Carmody, Dartmouth
2007 — 1:51.22, Jimmy Wyner, Cornell

Men's Indoor Heps

2008 — 1:51.86, Mike Carmody, Dartmouth
2009 — 1:52.15, Jimmy Wyner, Cornell
2010 — 1:52.18, Peter Callahan, Princeton
2011 — 1:48.29, Russell Dinkins, Princeton
2012 — 1:49.72, Peter Callahan, Princeton
2013 — 1:51.99, Will Weinlandt, Cornell
2014 — 1:50.47, Will Weinlandt, Cornell
2015 — 1:50.83, Connor Claflin, Columbia
2016 — 1:51.59, Joshua Ingalls, Princeton

Winners By School

9 — Princeton (1985-86-87-88-98-10-11-12-16)
6 — Army (1978-81-82-83-84-89)
5 — Cornell (1999-07-09-13-14)
5 — Dartmouth (1991-92-94-06-08)
4 — Harvard (1980-93-95-01)
3 — Brown (1979-96-97)
3 — Columbia (2002-03-15)
2 — Penn (2004-05)
2 — Yale (1990-00)

1,000-METER RUN

Trials: Saturday, 3:40 pm
Finals: Sunday, 1 pm

Meet Top 10

2:22.94 — Peter Callahan (Princeton, 2011)
2:23.06 — Patrick Swift (Yale, 1987)
2:23.51 — Lance Davidson (Navy, 1987)
2:23.57 — Tom Szoke (Army, 1986)
2:23.75 — Christopher Karas (Yale, 1997)
2:23.85 — James Shirvell (Yale, 2011)
2:23.92 — Darin Shearer (Harvard, 1994)
2:24.17 — Robin Martin (Penn, 1998)
2:24.22 — Trinity Gray (Brown, 1998)
2:24.37 — Mark Voit (Princeton, 1983)

1,000-yard hand times

2:10.3 — Gregory Camp (Army, 1967)
2:10.4 — Denis Fikes (Penn, 1973)
2:10.8 — Dale Bateman (Navy, 1974)
2:10.8 — Charles Hedrick (Princeton, 1976)
2:10.9 — Keith Colburn (Harvard, 1970)

All-Meet Top 10

2:19.79 — Adam Dixon (Harvard, 1981)
2:20.77 — Jeff Moriarty (Columbia, 2011)
2:20.78 — Peter Callahan (Princeton, 2012)
2:20.83 — Brendon Fish (Columbia, 2015)
2:21.04 — Spencer Haik (Columbia, 2015)
2:21.52 — Noah Kauppila (Princeton, 2017)
2:21.60 — Ned Willig (Brown, 2015)
2:21.74c — Desmond Foynes (Columbia, 1975)
2:22.35 — John McCright (Dartmouth, 1986)
2:22.52 — Kyle Merber (Columbia, 2012)

2017 Top 10

2:21.52 — Noah Kauppila (Princeton)
2:23.30 — Chris Hatler (Penn)
2:23.85 — Pat Gregory (Dartmouth)
2:24.23 — Rob Napolitano (Columbia)
2:24.70 — Gabe Montague (Harvard)
2:24.80 — Mike Wyman (Brown)
2:24.96 — Myles Marshall (Harvard)
2:24.99 — Sam Ritz (Columbia)
2:25.04 — Dominic Carrese (Dartmouth)
2:25.85 — Jonas Aranda (Harvard)

Event was 1000 yards from 1948-78
Event has been 1000 meters since

Three-Time Champions

Brad Rowe, Princeton (1980-81-82)
Darin Shearer, Harvard (1994-95-96)
Tim Kaijala, Penn (2006-07-08)

Two-Time Champions

Michael Stanley, Yale (1952-54)
Edward Slowik, Yale (1958-59)
Gregory Camp, Army (1967-68)
Keith Colburn, Harvard (1969-70)
Denis Fikes, Penn (1972-73)
Trinity Gray, Brown (1999-00)
Brendon Fish, Columbia (2014-15)

All-Time Champions

1948 — 2:16.0, Frank Gurley, Harvard
1949 — 2:12.8, Robert Mealey, Cornell
1950 — 2:14.2, Henry Stoltman, Yale
1951 — 2:16.8, Warren Clifford, Yale
1952 — 2:15.1, Michael Stanley, Yale
1953 — 2:15.3, Paul Raudenbush, Penn
1954 — 2:13.4, Michael Stanley, Yale
1955 — 2:15.7, Michael Brown, Cornell
1956 — 2:16.6, James Cairns, Harvard
1957 — 2:19.6, John Slowik, Yale
1958 — 2:19.6, Edward Slowik, Yale
1959 — 2:15.3, Edward Slowik, Yale
1960 — 2:15.3, William Hanne, Army
1961 — 2:13.0, Thomas Carroll, Yale
1962 — 2:15.8, Ralph Lingle, Army
1963 — 2:15.4, Francis Smith, Cornell
1964 — 2:13.7, Edward Meehan, Harvard
1965 — 2:16.2, Stephen Clement, Army
1966 — 2:14.0, William Burns, Harvard
1967 — 2:10.3, Gregory Camp, Army
1968 — 2:11.7, Gregory Camp, Army
1969 — 2:12.6, Keith Colburn, Harvard
1970 — 2:10.9, Keith Colburn, Harvard
1971 — 2:12.8, Thomas Baker, Cornell
1972 — 2:11.7, Denis Fikes, Penn
1973 — 2:10.4, Denis Fikes, Penn
1974 — 2:10.8, Dale Bateman, Navy
1975 — 2:12.4, William Huntley, Penn
1976 — 2:10.8, Charles Hedrick, Princeton

Men's Indoor Heps

1977 — 2:11.5, Jeffrey Campbell, Harvard
1978 — 2:13.94, John Stockel, Penn
1979 — 2:27.31, Thad McNulty, Harvard
1980 — 2:26.3, Brad Rowe, Princeton
1981 — 2:26.88, Brad Rowe, Princeton
1982 — 2:26.14, Brad Rowe, Princeton
1983 — 2:24.37, Mark Voit, Princeton
1984 — 2:28.01, Jim Steward, Army
1985 — 2:25.20, John McCright, Dartmouth
1986 — 2:23.57, Tom Szoke, Army
1987 — 2:23.06, Patrick Swift, Yale
1988 — 2:25.88, Michael Donaghu, Dartmouth
1989 — 2:25.73, Robert Lesko, Yale
1990 — 2:27.59, Tony Benitez, Army
1991 — 2:25.17, Mike Palladino, Yale
1992 — 2:26.07, Rick Wemple, Yale
1993 — 2:26.29, Anthony Mays, Brown
1994 — 2:23.92, Darin Shearer, Harvard
1995 — 2:28.75, Darin Shearer, Harvard
1996 — 2:27.73, Darin Shearer, Harvard
1997 — 2:23.75, Christopher Karas, Yale
1998 — 2:24.17, Robin Martin, Penn
1999 — 2:26.03, Trinity Gray, Brown
2000 — 2:24.53, Trinity Gray, Brown
2001 — 2:29.58, Tensai Asfaw, Princeton
2002 — 2:28.28, Aaron Lanzel, Navy
2003 — 2:26.74, Sam Burley, Penn
2004 — 2:25.94, Alasdair McLean-Foreman, Harvard
2005 — 2:26.96, Sam MacKenzie, Cornell
2006 — 2:24.97, Tim Kaijala, Penn
2007 — 2:25.72, Tim Kaijala, Penn
2008 — 2:24.57, Tim Kaijala, Penn
2009 — 2:29.72, Jeff Moriarty, Columbia
2010 — 2:25.50, Chris Labosky, Yale
2011 — 2:22.94, Peter Callahan, Princeton
2012 — 2:26.08, Trevor Van Ackeren, Princeton
2013 — 2:25.53, Ned Willig, Brown
2014 — 2:25.28, Brendon Fish, Columbia
2015 — 2:25.22, Brendon Fish, Columbia
2016 — 2:27.78, Noah Kauppila, Princeton

Winners By School

14 — Yale (1950-51-52-54-57-58-59-61-87-89-91-92-97-10)
12 — Harvard (1948-56-64-66-69-70-77-79-94-95-96-04)
10 — Penn (1953-72-73-75-78-98-03-06-07-08)
9 — Princeton (1976-80-81-82-83-01-11-12-16)
8 — Army (1960-62-65-67-68-84-86-90)
5 — Cornell (1949-55-63-71-05)
4 — Brown (1993-99-00-13)
3 — Columbia (2009-14-15)
2 — Dartmouth (1985-88)
2 — Navy (1974-02)

MILE RUN

Trials: Saturday, 2:25 pm

Finals: Sunday, 11:10 am

Meet Top 10

4:01.69 — Steve Mangan (Dartmouth, 2014)
4:02.00 — John Gregorek (Columbia, 2014)
4:02.26 — Michael Williams (Princeton, 2014)
4:02.83 — Will Geoghegan (Dartmouth, 2014)
4:04.34 — Courtney Jaworski (Penn, 2006)
4:05.06 — Neville Davey (Brown, 1998)
4:05.40 — Michael Ryan (Navy, 1999)
4:05.69 — Paul Morrison (Princeton, 2000)
4:05.93 — James Wyner (Cornell, 2006)
4:06.46 — Greg Whiteley (Brown — 1989)

1,500-meter times

3:44.60 — Cliff Sheehan (Harvard, 1986)
3:45.05 — Adam Dixon (Harvard, 1981)
3:46.10 — Ronnie Harris (Navy, 1987)
3:47.19 — Ronnie Harris (Navy, 1986)
3:47.40 — Greg Whiteley (Brown, 1987)
3:47.59 — Jack Fons (Princeton, 1982)
3:47.62 — Mica Comstock (Army, 1986)
3:47.67 — Dwight Woodruff (Navy, 1986)
3:47.72 — Jon Haugen (Navy, 1981)
3:47.8h — Adam Dixon (Harvard, 1980)

All-Meet Top 10

3:57.03 — Thomas Awad (Penn, 2016)
3:58.04 — Will Geoghegan (Dartmouth, 2014)
3:58.24 — James Gowan (Cornell, 2016)
3:58.52 — Kyle Merber (Columbia, 2010)
3:58.70 — Bill Burke (Princeton, 1991)
3:58.76 — Peter Callahan (Princeton, 2012)
3:58.85 — James Randon (Yale, 2016)
3:58.98 — Rob Napolitano (Columbia, 2016)
3:59.21 — Chris Hatler (Penn, 2017)
3:59.63 — Michael Williams (Princeton, 2014)

Indoor Sub-4 Milers

In order of first such achievement

Feb. 1, 1991 — 3:58.70, Bill Burke (Princeton)
March 5, 2010 — 3:58.52, Kyle Merber (Columbia)
Feb. 4, 2012 — 3:58.76, Peter Callahan (Princeton)
March 3, 2012 — 3:59.98, Joe Stilin (Princeton)
Jan. 25, 2014 — 3:58.04, Will Geoghegan (Dartmouth)
Feb. 8, 2014 — 3:59.63, Michael Williams (Princeton)
Feb. 12, 2016 — 3:58.24, James Gowan (Cornell)
Feb. 12, 2016 — 3:58.98, Rob Napolitano (Columbia)
Feb. 20, 2016 — 3:57.03, Thomas Awad (Penn)
March 6, 2016 — 3:58.85, James Randon (Yale)
Feb. 11, 2017 — 3:59.21, Chris Hatler (Penn)

Men's Indoor Heps

2017 Top 10

3:59.21 — Chris Hatler (Penn)
4:02.07 — James Gowans (Cornell)
4:02.20 — Pat Gregory (Dartmouth)
4:02.49 — Henry Raymond (Dartmouth)
4:03.56 — Rob Napolitano (Columbia)
4:04.63 — James Randon (Yale)
4:04.81 — Andre Ivankovic (Yale)
4:05.87 — Brian Zabilski (Columbia)
4:05.91 — Zachary Albright (Princeton)
4:06.33 — Sam Ritz (Columbia)

*Event was 1,500 meters from 1979-87
Event has been one-mile before and since*

Three-Time Champions

Craig Masback, Princeton (1975-76-77)
Adam Dixon, Harvard (1980-81-83)

Two-Time Champions

George Wade, Yale (1949-50)
Lewis Olive, Army (1953-54)
Douglas Brew, Dartmouth (1956-57)
Robert Mack, Yale (1961-63)
Robert McDonald, Army (1966-67)
Royce Shaw, Harvard (1969-70)
Cliff Sheehan, Harvard (1985-86)
Greg Whiteley, Brown (1988-89)
Ian Carswell, Harvard (1996-97)
Jonathan Kieliszak, Princeton (2002-04)
Liam Boylan-Pett, Columbia (2007-08)
Rob Napolitano, Columbia (2015-16)

All-Time Champions

1948 — 4:21.5, James Oberholtzer, Navy
1949 — 4:12.7, George Wade, Yale
1950 — 4:15.4, George Wade, Yale
1951 — 4:23.1, Walter Molineaux, Brown
1952 — 4:15.6, Richard Shea, Army
1953 — 4:16.8, Lewis Olive, Army
1954 — 4:20.9, Lewis Olive, Army
1955 — 4:25.0, Arthur Wills, Harvard
1956 — 4:19.3, Douglas Brew, Dartmouth
1957 — 4:18.9, Douglas Brew, Dartmouth
1958 — 4:17.7, Michael Midler, Cornell
1959 — 4:21.3, Theodore Benz, Army
1960 — 4:18.5, Eric Groon, Cornell
1961 — 4:16.5, Robert Mack, Yale
1962 — 4:18.2, Mark Mullin, Harvard
1963 — 4:10.7, Robert Mack, Yale
1964 — 4:15.1, William Straub, Army
1965 — 4:20.6, Richard Wilmer, Yale
1966 — 4:16.6, Robert McDonald, Army
1967 — 4:13.1, Robert McDonald, Army
1968 — 4:07.5, James Baker, Harvard
1969 — 4:12.6, Royce Shaw, Harvard
1970 — 4:09.1, Royce Shaw, Harvard
1971 — 4:12.5, Jon Enscoe, Harvard
1972 — 4:09.6, Robert Childs, Penn

1973 — 4:10.9, Jeffrey Kramer, Navy
1974 — 4:09.0, James Kramer, Navy
1975 — 4:10.4, Craig Masback, Princeton
1976 — 4:08.6, Craig Masback, Princeton
1977 — 4:09.9, Craig Masback, Princeton
1978 — 4:08.23, Curt Alitz, Army
1979 — 3:48.14, John Murphy, Harvard
1980 — 3:47.8, Adam Dixon, Harvard
1981 — 3:45.05, Adam Dixon, Harvard
1982 — 3:47.59, Jack Fons, Princeton
1983 — 3:54.4, Adam Dixon, Harvard
1984 — 3:48.36, Jim Sapienza, Dartmouth
1985 — 3:47.84, Cliff Sheehan, Harvard
1986 — 3:44.60, Cliff Sheehan, Harvard
1987 — 3:46.10, Ronnie Harris, Navy
1988 — 4:07.66, Greg Whiteley, Brown
1989 — 4:06.46, Greg Whiteley, Brown
1990 — 4:06.84, Bill Rathbun, Cornell
1991 — 4:10.97, Rick Wemple, Yale
1992 — 4:11.59, Greg Keller, Navy
1993 — 4:06.65, Jason Stewart, Army
1994 — 4:07.04, Thomas Keefer, Navy
1995 — 4:13.66, Scott Anderson, Princeton
1996 — 4:12.25, Ian Carswell, Harvard
1997 — 4:07.23, Ian Carswell, Harvard
1998 — 4:05.06, Neville Davey, Brown
1999 — 4:05.40, Michael Ryan, Navy
2000 — 4:05.69, Paul Morrison, Princeton
2001 — 4:07.09, Enda Johnson, Brown
2002 — 4:09.14, Jonathan Kieliszak, Princeton
2003 — 4:07.14, Chad Buechel, Brown
2004 — 4:10.03, Jonathan Kieliszak, Princeton
2005 — 4:09.76, Oliver Tassinari, Cornell
2006 — 4:04.34, Courtney Jaworski, Penn
2007 — 4:08.59, Liam Boylan-Pett, Columbia
2008 — 4:07.64, Liam Boylan-Pett, Columbia
2009 — 4:15.63, Andrew Miller, Cornell
2010 — 4:08.07, Trevor Van Ackeren, Princeton
2011 — 4:10.60, Mark Amirault, Princeton
2012 — 4:21.11, Kyle Merber, Columbia
2013 — 4:19.90, Peter Callahan, Princeton
2014 — 4:01.69, Steve Mangan, Dartmouth
2015 — 4:06.73, Rob Napolitano, Columbia
2016 — 4:13.83, Rob Napolitano, Columbia

Winners By School

14 — Harvard (1955-62-68-69-70-71-79-80-81-83-85-86-96-97)
11 — Princeton (1975-76-77-82-95-00-02-04-10-11-13)
9 — Army (1952-53-54-59-64-66-67-78-93)
7 — Navy (1948-73-74-87-92-94-99)
6 — Brown (1951-88-89-98-01-03)
6 — Yale (1949-50-61-63-65-91)
5 — Columbia (2007-08-12-15-16)
5 — Cornell (1958-60-90-05-09)
4 — Dartmouth (1956-57-84-14)
2 — Penn (1972-06)

Men's Indoor Heps

Long Distance

We know that the distance races will each have first-time champions in those disciplines, which means that coaches will be jockeying for maximum team points. Yale senior James Randon (New Caanan, Conn.) could be an interesting case. Given that he is just one of four sub-4 milers who could run the four-lapper, he appears to have better odds to win the 3,000-meter run. He has the season's best time of 8:03.80, set at the BU Valentine Invitation, and no one who has run well this year has ever run faster. So does he expend a lot of energy in the mile-3k double? There are seven runners within three-and-a-half seconds of one another behind Randon, including Cornell senior David Taylor (Charlottesville, Va.), Princeton senior William Paulson (Tetbury, U.K.) and Randon's senior teammate Andre Ivankovic (Clemson, S.C.). Cornell senior Mark Tedder (Battle Ground, Wash.) isn't ranked this year, but did flirt with a sub-8 time last winter and finished fourth in the mile run at Indoor Heps.

The 5k sets up similarly with a notable favorite in Princeton senior William Bertrand (Clarksburg, Md.), who ran 14:10 at BU earlier this month. That is 13 seconds ahead of the rest of the field this year, but there is a logjam of runners within 10 seconds of each other behind Bertrand, the two fastest have been Penn Quakers Brendan Shearn (Asland, Pa.) and Chris Luciano (Mountain Lakes, N.J.). Given what he did during the cross country season, Princeton freshman Conor Lundy (Tuckahoe, N.Y.) — who has run sparingly this winter — should not be dismissed. Not a single runner is ranked among the top 10 in both events this year, so don't expect to see a 10th double winner, which was last accomplished by two-time Olympian Donn Cabral.

3,000-METER RUN

Finals: Saturday, 3:55 pm

Meet Top 10

7:56.84 — Jim Sapienza (Dartmouth, 1983)
8:00.89 — Jim Sapienza (Dartmouth, 1985)
8:02.09 — Ronnie Harris (Navy, 1987)
8:02.61 — David Olds (Princeton, 1983)
8:03.39 — Bill Burke (Princeton, 1991)
8:03.41 — Jim Gibson (Yale, 1991)
8:03.58 — Jason Stewart (Army, 1994)
8:04.19 — Maksim Korolev (Harvard, 2013)
8:04.22 — Grant Whitney (Cornell, 1986)
8:04.49 — Donn Cabral (Princeton, 2011)
8:04.76 — Shawn Haynes (Yale, 1987)

Two-mile record (retired)

8:45.4h — David Merrick (Penn, 1976)

All-Meet Top 10

7:51.52 — Maksim Korolev (Harvard, 2014)
7:51.57 — Will Geoghegan (Dartmouth, 2014)
7:53.15 — Joe Stilin (Princeton, 2012)
7:54.81 — Thomas Awad (Penn, 2015)
7:54.84 — Jim Sapienza (Dartmouth, 1985)
7:55.49 — Greg Whiteley (Brown, 1989)
7:56.23 — Greg Keller (Navy, 1993)
7:56.29 — Sam Wilbur (Dartmouth, 1995)
7:56.40 — Michael Maag (Princeton, 2008)
7:56.49 — Jim Gibson (Yale, 1991)

2017 Top 10

8:03.80 — James Randon (Yale)
8:06.58 — David Taylor (Cornell)
8:07.58 — William Paulson (Princeton)
8:08.83 — Andre Ivankovic (Yale)
8:09.28 — Brian Zabilski (Columbia)
8:09.35 — Connor Clark (Dartmouth)
8:09.85 — Kieran Tuntivate (Harvard)
8:10.06 — Ryan Thomas (Columbia)
8:12.68 — Martin Martinez (Brown)
8:13.11 — Julian Heninger (Dartmouth)

Event was two miles from 1948-78

Event has been 3000 meters since

Three-Time Champion

Jim Sapienza (Dartmouth, 1983-84-85)

Two-Time Champions

Richard Shea, Army (1950-51)
Thomas Laris, Dartmouth (1960-61)
Douglas Hardin, Harvard (1968-69)
David Merrick, Penn (1975-76)
Greg Keller, Navy (1992-93)
David Nightingale, Princeton (2006-07)

All-Time Champions

1948 — 9:45.9, Richard Hart, Harvard
1949 — 9:26.2, Stanton Waterman, Dartmouth
1950 — 9:29.1, Richard Shea, Army
1951 — 9:29.9, Richard Shea, Army
1952 — 9:29.9, Albert Pittis, Princeton
1953 — 9:30.6, Robert Day, Army
1954 — 9:36.1, Donald Farley, Cornell
1955 — 9:43.8, Robert Wray, Army
1956 — 9:41.5, Arthur Reider, Harvard
1957 — 9:32.0, Edward Sullivan, Brown
1958 — 9:32.4, David Eckel, Cornell
1959 — 9:20.7, Richard Greene, Army
1960 — 9:15.3, Thomas Laris, Dartmouth
1961 — 9:23.0, Thomas Laris, Dartmouth
1962 — 9:08.8, Robert Mack, Yale
1963 — 9:27.6, William Straub, Army
1964 — 9:26.6, Jeffrey Sidney, Yale
1965 — 9:25.4, Walter Hewlett, Harvard
1966 — 9:15.4, Gregory Williams, Navy
1967 — 9:05.2, James Baker, Harvard
1968 — 8:56.4, Douglas Hardin, Harvard
1969 — 8:48.6, Douglas Hardin, Harvard
1970 — 8:56.0, David Pottetti, Harvard
1971 — 8:56.6, Thomas Spengler, Harvard
1972 — 8:52.0, Philip Ritson, Cornell
1973 — 9:00.2, Phil Collins, Cornell
1974 — 8:56.4, Steven Gilmore, Navy
1975 — 8:50.6, David Merrick, Penn
1976 — 8:45.4, David Merrick, Penn
1977 — 8:48.79, Curtis Alitz, Army
1978 — 8:58.86, Steve Sholtes, Penn
1979 — 8:16.63, Andy Fischer, Cornell
1980 — 8:21.8, Eric Schuler, Harvard

Men's Indoor Heps

1981 — 8:16.2, William Kovach, Navy
1982 — 8:16.84, Andy Atkeson, Yale
1983 — 7:56.84, Jim Sapienza, Dartmouth
1984 — 8:12.05, Jim Sapienza, Dartmouth
1985 — 8:00.89, Jim Sapienza, Dartmouth
1986 — 8:04.22, Grant Whitney, Cornell
1987 — 8:02.09, Ronnie Harris, Navy
1988 — 8:09.42, Peter Loomis, Brown
1989 — 8:06.94, Greg Whiteley, Brown
1990 — 8:23.42, Jim Gibson, Yale
1991 — 8:03.39, Bill Burke, Princeton
1992 — 8:23.60, Greg Keller, Navy
1993 — 8:13.81, Greg Keller, Navy
1994 — 8:03.58, Jason Stewart, Army
1995 — 8:18.20, Sam Wilbur, Dartmouth
1996 — 8:18.55, Donal O'Sullivan, Brown
1997 — 8:12.26, Ian Carswell, Harvard
1998 — 8:24.10, Adam Stuhlfaut, Princeton
1999 — 8:16.79, Michael Ryan, Navy
2000 — 8:12.47, Paul Morrison, Princeton
2001 — 8:07.00, Peter Hollatz, Brown
2002 — 8:19.57, Tom McArdle, Dartmouth
2003 — 8:16.48, Jonathan Bell, Princeton
2004 — 8:28.54, Steve Sundell, Columbia
2005 — 8:12.76, Nolan Tully, Penn
2006 — 8:12.08, David Nightingale, Princeton
2007 — 8:09.80, David Nightingale, Princeton
2008 — 8:31.59, Michael Maag, Princeton
2009 — 8:16.31, Dan Chenoweth, Harvard
2010 — 8:32.30, Kyle Merber, Columbia
2011 — 8:04.49, Donn Cabral, Princeton
2012 — 8:11.30, John Bleday, Dartmouth
2013 — 8:04.19, Maksim Korolev, Harvard
2014 — 8:17.03, Tait Rutherford, Columbia
2015 — 8:05.45, Thomas Awad, Penn
2016 — 8:08.32, Ben Rainero, Cornell

Winners By School

12 — Harvard (1948-56-65-67-68-69-70-71-80-97-09-13)
9 — Dartmouth (1949-60-61-83-84-85-95-02-12)
9 — Princeton (1952-91-98-00-03-06-07-08-11)
8 — Army (1950-51-53-55-59-63-77-94)
7 — Cornell (1954-58-72-73-79-86-16)
7 — Navy (1966-74-81-87-92-93-99)
5 — Brown (1957-88-89-96-01)
5 — Penn (1975-76-78-05-15)
4 — Yale (1962-64-82-90)
3 — Columbia (2004-10-14)

5,000-METER RUN

Finals: Sunday, 1:30 pm

Meet Top 10

13:53.22 — Jason Stewart (Army, 1994)
13:58.22 — Brian Clas (Cornell, 1994)
13:58.67 — James Lealos (Harvard, 2014)
13:58.83 — Maksim Korolev (Harvard, 2014)
13:59.06 — Kevin Dooney (Yale, 2014)
14:06.40 — David Nightingale (Princeton, 2007)

14:08.16 — Timothy Green (Army, 1994)
14:08.58 — Donn Cabral (Princeton, 2011)
14:09.17 — Bob Kempainen (Dartmouth, 1986)
14:10.48 — Jim Sapienza (Dartmouth, 1985)

All-Meet Top 10

13:42.56 — Maksim Korolev (Harvard, 2014)
13:45.92 — Donn Cabral (Princeton, 2012)
13:46.87 — Tom McArdle (Dartmouth, 2002)
13:51.22 — James Lealos (Harvard, 2014)
13:52.04 — Curt Alitz (Army, 1978)
13:53.22 — Jason Stewart (Army, 1994)
13:58.22 — Brian Clas (Cornell, 1994)
13:59.06 — Kevin Dooney (Yale, 2014)
13:59.35 — Killian Lonergan (Harvard, 1996)
13:59.57 — Steve Sundell (Columbia, 2004)

2017 Top 10

14:10.68 — William Bertrand (Princeton)
14:23.76 — Brendan Shearn (Penn)
14:24.48 — Chris Luciano (Penn)
14:27.87 — Stephen Bourguet (Brown)
14:27.96 — Robert Stone (Princeton)
14:32.25 — Peter Geithner (Dartmouth)
14:32.47 — Wolfgang Beck (Princeton)
14:33.86 — Kevin Monogue (Penn)
14:36.24 — Kyle Dotterer (Dartmouth)
14:40.90 — George Miao (Columbia)

Event was three miles in 1978

Event has been 5000 meters since

Two-Time Champions

Frank Powers, Dartmouth (1983-84)
Tom McArdle, Dartmouth (2001-02)
Steve Sundell, Columbia (2003-04)
Zac Hine, Cornell (2008-09)
Donn Cabral, Princeton (2011-12)

All-Time Champions

1978 — 13:53.10, Peter Pfitzinger, Cornell
1979 — 14:30.52, Joe Brandon, Penn
1980 — 14:18.5, Dan Predmore, Cornell
1981 — 14:19.93, Tom Ratcliffe, Brown
1982 — 14:17.34, Gordon Christie, Princeton
1983 — 14:13.42, Frank Powers, Dartmouth
1984 — 14:15.35, Frank Powers, Dartmouth
1985 — 14:10.48, Jim Sapienza, Dartmouth
1986 — 14:09.17, Bob Kempainen, Dartmouth
1987 — 14:18.95, Paul Gompers, Harvard
1988 — 14:21.00, James Keohane, Dartmouth
1989 — 14:18.88, Tyno Carter, Army
1990 — 14:46.22, Richard Beaver, Dartmouth
1991 — 14:11.27, Bill Burke, Princeton
1992 — 14:43.37, Tom Coogan, Dartmouth
1993 — 14:20.00, Todd Washburn, Navy
1994 — 13:53.22, Jason Stewart, Army
1995 — 14:21.91, Sam Wilbur, Dartmouth
1996 — 14:34.04, Donal O'Sullivan, Brown

Men's Indoor Heps

1997 — 14:18.55, Killian Lonergan, Harvard
1998 — 14:19.97, John Mentzer, Navy
1999 — 14:36.33, Tom Kloos, Columbia
2000 — 14:24.76, Michael Spence, Princeton
2001 — 14:20.32, Tom McArdle, Dartmouth
2002 — 14:18.83, Tom McArdle, Dartmouth
2003 — 14:24.60, Steve Sundell, Columbia
2004 — 14:15.96, Steve Sundell, Columbia
2005 — 14:20.93, Lucas Meyer, Yale
2006 — 14:15.01, Frank Macreery, Princeton
2007 — 14:06.40, David Nightingale, Princeton
2008 — 14:25.88, Zac Hine, Cornell
2009 — 14:17.64, Zac Hine, Cornell
2010 — 14:21.28, Duriel Hardy, Brown
2011 — 14:08.58, Donn Cabral, Princeton
2012 — 14:23.67, Donn Cabral, Princeton
2013 — 14:18.64, Michael Franklin, Princeton
2014 — 13:58.67, James Lealos, Harvard
2015 — 14:16.02, Curtis King, Dartmouth
2016 — 14:25.96, Joey Chapin, Dartmouth

Winners By School

12 — Dartmouth (1983-84-85-86-88-90-92-95-01-02-15-16)
8 — Princeton (1982-91-00-06-07-11-12-13)
4 — Cornell (1978-80-08-09)
3 — Brown (1981-96-10)
3 — Columbia (1999-03-04)
3 — Harvard (1987-97-14)
2 — Army (1989-94)
2 — Navy (1993-98)
1 — Penn (1979)
1 — Yale (2005)

Vertical Jumps

In the first 60 years of Indoor Heps, a pole vaulter cleared 17 feet just three times. This year there are seven athletes who've gone better than 16-6 and the competition at Heps can springboard some athletes beyond their expectations. The battle is expected to be between past champions Princeton junior August Kiles (Mill Valley, Calif.) and Cornell senior Grant Sisserson (Scottsdale, Ariz.). Those two have flown higher indoor than anyone in League history. Kiles, the 2016 champ, cleared 17-9 1/4 at the Fastrack National Invitation at Ocean Breeze this month while Sisserson, the 2015 champ, got over 17-11 1/4 at a 2015 home meet. Of those in pursuit, only Yale sophomore Austin Laut (El Dorado Hills, Calif.) has cleared 17 with those two this winter. In 2016 — for the first time ever at Indoor Heps — it took a 16-foot clearance to score. Just a quick look at the top 10 list suggests that that is likely to happen again.

The high jump could be an interesting event this year as eight different leapers have cleared 6-8 this winter, but no one put up a big jump in recent weeks. There are three 7-footers in the League and two — Penn junior Mike Monroe (Manhattan, Ill.) and Princeton senior Xavier Bledsoe (St. Louis, Mo.) — are past indoor champions. Bledsoe is the only one to clear seven this winter, but Monroe and Cornell junior Myles Lazarou (Summerfield, N.C.) have done it in the past.

Penn, Princeton and Cornell have produced the League champion in the event every year since 2004, when Brown's Ray Bobrownicki won for the third time. Don't expect that streak to end at the Armory as the top seven clearances this year have all come from leapers from those schools.

HIGH JUMP

Finals: Sunday, 2 pm

Meet Top 10

7-3 1/4 — Leo Williams (Navy, 1982)
7-3 1/4 — Tora Harris (Princeton, 2001)
7-3 — Leo Williams (Navy, 1981)
7-3 — Jay Richards (Princeton, 1991)
7-2 1/2 — Dave Arundel (Brown, 2001)
7-2 1/2 — Justin Frick (Princeton, 2009)
7-2 1/2 — Maalik Reynolds (Penn, 2012)
7-2 1/4 — Terrence Ferguson (Brown, 1991)
7-1 3/4 — Tora Harris (Princeton, 2002)
7-1 1/2 — Leo Williams (Navy, 1983)
7-1 1/2 — Tora Harris (Princeton, 1998)
7-1 1/2 — Montez Blair (Cornell, 2012)

All-Meet Top 10

7-6 — Leo Williams (Navy, 1983)
7-5 1/4 — Montez Blair (Cornell, 2013)
7-5 — Tora Harris (Princeton, 2002)
7-4 1/4 — Maalik Reynolds (Penn, 2012)
7-3 3/4 — Jay Richards (Princeton, 1993)
7-3 1/4 — Charles Allen (Columbia, 1979)
7-3 1/4 — Montez Blair (Cornell, 2011)
7-2 1/2 — Melvyn Embree (Harvard, 1976)
7-2 1/2 — Dave Arundel (Brown, 2001)
7-2 1/2 — Justin Frick (Princeton, 2009)
7-2 1/4 — Terrence Ferguson (Brown, 1991)

2017 Top 10

7-0 1/4 — Xavier Bledsoe (Princeton)
6-10 1/4 — Myles Lazarou (Cornell)
6-9 3/4 — Michael Monroe (Penn)
6-9 1/2 — Austin Jamerson (Cornell)
6-9 1/2 — Colin Reilly (Princeton)
6-8 3/4 — Andrew Diehl (Princeton)
6-8 3/4 — Lance Yassay (Penn)
6-8 — Donagh Mahon (Harvard)
6-7 — Alex Frye (Dartmouth)
6-6 3/4 — Malick Diomande (Cornell)
6-6 3/4 — Nick McGreivy (Penn)
6-6 3/4 — Michael Koller (Yale)

Four-Time Champions

Leo Williams, Navy (1980-81-82-83)
Tora Harris, Princeton (1998-99-01-02)

Three-Time Champion

Ray Bobrownicki, Brown (2004-05-06)

Men's Indoor Heps

Two-Time Champions

Richard Phillips, Brown (1949-50)
George Hipple, Yale (1951-52)
John King, Cornell (1956-58)
Lewis Hilder, Navy (1959-60)
Sam Streibert, Yale (1961-63)
John Hartnett, Princeton (1962-64)
Steve Harkins, Navy (1972-73)
Mel Embree, Harvard (1975-76)
Charles Allen, Columbia (1977-78)
Doug Boyd, Harvard (1985-86)
Jay Richards, Princeton (1991-92)
David Rechtweg, Penn (1995-96)
Justin Frick, Princeton (2008-09)
Maalik Reynolds, Penn (2011-12)
Montez Blair, Cornell (2013-14)

All-Time Champions

1948 — 6-4, William Vessie, Columbia
1949 — 6-8, Richard Phillips, Brown
1950 — 6-3, Richard Phillips, Brown
1951 — 6-3 7/8, George Hipple, Yale & Tom DiLugio, Brown
1952 — 6-4 3/8, George Hipple, Yale & Nelson Ehinger, Dartmouth
1954 — 6-1, William Boyd, Army & Arthur Timmons, Yale
1955 — 6-5 1/2, Wilfred Lee, Penn
1956 — 6-0, John King, Cornell
1957 — 6-1, John deKiewiet, Harvard & Andrew Wohigemuth, Penn
1958 — 6-8 1/2, John King, Cornell
1959 — 6-4, Lewis Hilder, Navy
1960 — 6-6, Lewis Hilder, Navy
1961 — 6-6, Sam Streibert, Yale
1962 — 6-7, John Hartnett, Princeton
1963 — 6-4, Sam Streibert, Yale
1964 — 6-7, John Hartnett, Princeton
1965 — 6-8, Kim Hill, Yale
1966 — 6-10 1/4, Christopher Pardee, Harvard
1967 — 6-8, Chester Halka, Dartmouth
1968 — 6-8, Wayne Gustafson, Cornell
1969 — 6-10, Bruce Peltier, Army
1970 — 6-9, Bruce Olson, Army
1971 — 6-8, Gene Halton, Princeton
1972 — 6-10, Steve Harkins, Navy
1973 — 6-10, Steve Harkins, Navy
1974 — 6-10, Stephen Coppins, Navy
1975 — 7-0, Mel Embree, Harvard
1976 — 7-0 1/2, Mel Embree, Harvard
1977 — 6-8, Charles Allen, Columbia
1978 — 6-10, Charles Allen, Columbia
1979 — 6-10, Steve Iacobucci, Penn
1980 — 7-0 3/4, Leo Williams, Navy
1981 — 7-3, Leo Williams, Navy
1982 — 7-3 1/4, Leo Williams, Navy
1983 — 7-1 1/2, Leo Williams, Navy
1984 — 7-0 3/4, Dan Williams, Navy
1985 — 6-11 1/4, Doug Boyd, Harvard
1986 — 7-0 3/4, Doug Boyd, Harvard
1987 — 7-0, Brian Otley, Dartmouth
1988 — 6-11 1/2, Steve Kuntz, Cornell

1989 — 7-0 1/4, Charles Forlidas, Princeton
1990 — 7-0 1/4, Terrence Ferguson, Brown
1991 — 7-3, Jay Richards, Princeton
1992 — 6-10 3/4, Jay Richards, Princeton
1993 — 6-10 3/4, Mike Lynch, Brown
1994 — 6-11, Henry Hipps, Penn
1995 — 6-9, David Recthweg, Penn
1996 — 6-11 1/2, David Rechtweg, Penn
1997 — 6-11, Edward Watts, Brown
1998 — 7-1 1/2, Tora Harris, Princeton
1999 — 6-11, Tora Harris, Princeton
2000 — 6-10 1/4, Douglas Humphrey, Brown
2001 — 7-3 1/4, Tora Harris, Princeton
2002 — 7-1 3/4, Tora Harris, Princeton
2003 — 6-9, Ryan Schmidt, Cornell
2004 — 6-11 1/2, Ray Bobrownicki, Brown
2005 — 6-11 1/2, Ray Bobrownicki, Brown
2006 — 7-0 1/2, Ray Bobrownicki, Brown
2007 — 7-0 1/2, Garrett Huylar, Cornell & David Pell, Cornell
2008 — 7-0 1/4, Justin Frick, Princeton
2009 — 7-2 1/2, Justin Frick, Princeton
2010 — 6-11 1/2, Ian Fox, Princeton
2011 — 6-10 3/4, Maalik Reynolds, Penn
2012 — 7-2 1/2, Maalik Reynolds, Penn
2013 — 7-1, Montez Blair, Cornell
2014 — 6-11 1/2, Montez Blair, Cornell
2015 — 7-0 1/4, Michael Monroe, Penn
2016 — 6-11 3/4, Xavier Bledsoe, Princeton

Winners By School

14 — Princeton (1962-64-71-89-91-92-98-99-01-02-08-09-10-16)
10 — Brown (1949-50-51-90-93-97-00-04-05-06)
10 — Navy (1959-60-72-73-74-80-81-82-83-84)
9 — Penn (1955-57-79-94-95-96-11-12-15)
8 — Cornell (1956-58-68-88-03-07-13-14)
6 — Harvard (1957-66-75-76-85-86)
6 — Yale (1951-52-54-61-63-65)
3 — Army (1954-69-70)
3 — Columbia (1948-77-78)
3 — Dartmouth (1952-67-87)

POLE VAULT

Finals: Saturday, 1:30 pm

Meet Top 10

17-7 3/4 — Nico Weiler (Harvard, 2013)
17-4 1/2 — Nico Weiler (Harvard, 2012)
17-3 3/4 — David Slovenski (Princeton, 2011)
17-3 1/2 — David Slovenski (Princeton, 2009)
17-1 — Andrew Park (Princeton, 2007)
17-0 3/4 — Mamadou Johnson (Penn, 1993)
17-0 3/4 — David Slovenski (Princeton, 2012)
17-0 3/4 — Adam Bragg (Princeton, 2014)
17-0 3/4 — Grant Sisserson (Cornell, 2015)
17-0 1/2 — Thomas Blair (Penn, 1972)

Men's Indoor Heps

All-Meet Top 10

17-11 1/4 — Grant Sisserson (Cornell, 2015)
17-9 1/4 — August Kiles (Princeton, 2017)
17-9 — Adam Bragg (Princeton, 2015)
17-7 3/4 — Nico Weiler (Harvard, 2013)
17-7 1/4 — David Slovenski (Princeton, 2011)
17-4 1/2 — Brendan Sullivan (Yale, 2016)
17-3 1/2 — Tom Blair (Penn, 1972)
17-3 — Geoff Stiles (Harvard, 1979)
17-2 3/4 — Jon Jessup (Princeton, 2001)
17-2 3/4 — Travis Offner (Cornell, 2003)
17-2 3/4 — Peter Roach (Cornell, 2014)

2017 Top 10

17-9 1/4 — August Kiles (Princeton)
17-2 3/4 — Grant Sisserson (Cornell)
17-0 — Austin Laut (Yale)
16-10 3/4 — Andrew Barlow (Cornell)
16-7 1/4 — Ian West (Harvard)
16-6 3/4 — Max Cosculluela (Dartmouth)
16-6 3/4 — Ben Gaylord (Princeton)
16-5 1/2 — Sean Clarke (Penn)
16-4 3/4 — Robert O'Brien (Columbia)
15-11 — Nathan Fisher (Penn)

Three-Time Champions

Thomas Blair, Penn (1970-71-72)
David Slovenski, Princeton (2009-10-11)

Two-Time Champions

Neil King, Yale (1949-50)
Richard Bastar, Army (1949-50)
Van Zimmerman, Penn (1952-53)
David McIntyre, Navy (1956-57)
Edwin Rector, Navy (1959-62)
Stephen Schoonover, Harvard (1967-68)
Daniel Williges, Princeton (1975-76)
Geoff Stiles, Harvard (1978-79)
Blake Hawkey, Army (1982-83)
Nathan Way, Yale (1987-89)
Darrell Gobble, Navy (1992-94)
Matthew Poirier, Navy (1998-99)
Jonathan Jessup, Princeton (2000-01)
Adam Sansiveri, Cornell (2004-05)
Nico Weiler, Harvard (2012-13)

All-Time Champions

1948 — 12-10 1/8, Andrew Lockett, Harvard & Gordon Bensley, Yale
1949 — 13-4, Neil King, Yale & Richard Bastar, Army
1950 — 13-0, Richard Bastar, Army; Benjamin Lawill, Dartmouth;
Neil King, Yale & Carleton Jacob, Princeton
1951 — 13-6 1/4, George Appel, Yale
1952 — 13-0, Van Zimmerman, Penn; Eugene Zeiner, Cornell;
Warren Eisenhart, Army & Robert Mello, Harvard
1953 — 13-6 1/2, Van Zimmerman, Penn
1954 — 13-4, William Donegan, Yale & Robert Owen, Penn
1955 — 13-1 1/2, Michael Keating, Army
1956 — 13-6, David McIntyre, Navy
1957 — 13-7 3/4, David McIntyre, Navy

1958 — 14-1 1/2, John Gray, Penn
1959 — 14-6, Edwin Rector, Navy
1960 — 14-4 1/2, Bernard Berlinger, Penn
1961 — 14-5, John Murray, Cornell
1962 — 14-6, Edwin Rector, Navy
1963 — 14-6, Wayne Richard, Army
1964 — 15-4, Richard Plymale, Army
1965 — 15-6 1/4, Michael Brown, Navy
1966 — 14-8, Steven Kujawski, Army
1967 — 15-7 3/4, Stephen Schoonover, Harvard
1968 — 15-6, Stephen Schoonover, Harvard
1969 — 15-0, Robert Tolhurst, Navy
1970 — 15-8 1/2, Thomas Blair, Penn
1971 — 16-7, Thomas Blair, Penn
1972 — 17-0 1/2, Thomas Blair, Penn
1973 — 16-0, James Kleiger, Harvard
1974 — 16-0, Steven Raab, Penn
1975 — 15-8, Daniel Williges, Princeton
1976 — 15-0, Daniel Williges, Princeton
1977 — 16-1, James Adlam, Penn
1978 — 15-8, Geoff Stiles, Harvard
1979 — 16-0, Geoff Stiles, Harvard
1980 — 15-5, Andy Madsen, Army
1981 — 15-7, Brad Light, Dartmouth
1982 — 15-9, Blake Hawkey, Army
1983 — 16-4, Blake Hawkey, Army
1984 — 15-9, Rudy Buntic, Harvard
1985 — 16-0, Bob Ward, Princeton
1986 — 16-10, Glenn Archer, Yale
1987 — 16-0 1/2, Nathan Way, Yale
1988 — 15-8, Mark Murphy, Brown
1989 — 16-3, Nathan Way, Yale
1990 — 16-2 1/2, Greg Brown, Penn
1991 — 16-2, Kevin McGuire, Princeton
1992 — 16-8 1/4, Darrell Gobble, Navy
1993 — 17-0 3/4, Mamadou Johnson, Penn
1994 — 16-4 3/4, Darrell Gobble, Navy
1995 — 16-0 3/4, Stephen Brannon, Harvard
1996 — 16-4 3/4, Greg Schroeder, Penn
1997 — 16-8 3/4, Jesse Stern, Yale
1998 — 16-6 3/4, Matthew Poirier, Navy
1999 — 16-8 3/4, Matthew Poirier, Navy
2000 — 16-4 3/4, Jonathan Jessup, Princeton
2001 — 16-4 3/4, Jonathan Jessup, Princeton
2002 — 16-4 3/4, Travis Offner, Cornell
2003 — 16-8 3/4, Mike Harbeck, Cornell
2004 — 16-0 3/4, Adam Sansiveri, Cornell
2005 — 16-4 3/4, Adam Sansiveri, Cornell
2006 — 16-8 3/4, Evan Whitehall, Cornell
2007 — 17-1, Andrew Park, Princeton
2008 — 16-4 3/4, Joshua Kirkpatrick, Cornell
2009 — 17-3 1/2, David Slovenski, Princeton
2010 — 16-8 3/4, David Slovenski, Princeton
2011 — 17-3 3/4, David Slovenski, Princeton
2012 — 17-4 1/2, Nico Weiler, Harvard
2013 — 17-7 3/4, Nico Weiler, Harvard
2014 — 17-0 3/4, Adam Bragg, Princeton
2015 — 17-0 3/4, Grant Sisserson, Cornell
2016 — 16-9 1/2, August Kiles, Princeton

Men's Indoor Heps

Winners By School

13 — Penn (1952-53-54-58-60-70-71-72-74-77-90-93-96)
13 — Princeton (1950-75-76-85-91-00-01-07-09-10-11-14-16)
11 — Harvard (1948-52-67-68-73-78-79-84-95-12-13)
10 — Army (1949-50-52-55-63-64-66-80-82-83)
10 — Navy (1956-57-59-62-65-69-92-94-98-99)
9 — Cornell (1952-61-02-03-04-05-06-08-15)
9 — Yale (1948-49-50-51-54-86-87-89-97)
2 — Dartmouth (1950-81)
1 — Brown (1988)

Horizontal Jumps

The triple jump might be one of the best events to watch this year at Heps. Harvard senior Efe Uwaifo (London, U.K.) will be looking for his third Indoor title, but there are a lot of challengers. While Uwaifo's winning mark each of the last two years has been right near 52 feet, three others have hopped, stepped and jumped longer than 51 feet. Two jumpers — Cornell senior Bobby Plummer (Scarsdale, N.Y.) and Princeton sophomore Stefan Amokwandoh (South Croydon, U.K.) — have done so this year while Dartmouth sophomore Justin Donawa (Sandys, Bermuda) has done it in the past. Cornell junior Oseoba Airewele (Ithaca, N.Y.) recently busted a 50-footer in a home meet. If he can repeat that, he could be a surprise scorer. Also keep an eye on Columbia freshman Daniel Igbokwe (Chemsford, U.K.), who keeps getting stronger and stronger. Early this month he broke the school record in the event, getting within five inches of 50 feet.

The long jump has an elite three — Dartmouth senior Corey Muggler (Holland, Pa.), Princeton senior Greg Leeper (Rockaway, N.J.) and Cornell sophomore James Seaton (Coram, N.Y.). Muggler and Leeper are both past champions while Seaton — a potential 50-foot tripler — has developed into a 24-footer this year. Behind them is a big mix of young jumpers — including five freshmen — who are all within six inches of one another this winter. The best jump among those rookies this year is the 23-5 1/2 posted by Penn's Kameron Hypolite (Pearland, Texas) here at the Armory in late January. The horizontal jumps have long been fertile ground for Cornell and it seems like the Big Red can build up a big margin over Princeton in the sand pits, which could play a key role in the title chase.

LONG JUMP

Finals: Saturday, 2:30 pm

Meet Top 10

25-5 1/2 — James Brown (Penn, 1979)
25-0 1/2 — Eugene Profit (Yale, 1986)
25-0 — Vince Smith (Princeton, 1990)
24-10 — Duane Teixiera (Cornell, 2010)
24-9 3/4 — Ugwunna Ikpeowo (Princeton, 1996)
24-9 1/4 — Damon McLean (Princeton, 2013)
24-9 — Eugene Profit (Yale, 1983)
24-9 — Jeff Nord (Brown, 1998)
24-9 — Dwaine Banton (Princeton, 2005)
24-8 1/2 — Jay Diamond (Princeton, 1986)

All-Meet Top 10

26-3 — Al Dyer (Princeton, 1990)
25-9 1/2 — Eugene Profit (Yale, 1986)
25-5 1/2 — James Brown (Penn, 1979)
25-5 1/2 — Ugwunna Ikpeowo (Princeton, 1996)
25-1 3/4 — Meredith Gourdine (Cornell, 1951)
25-1 3/4 — Tom Hopkins (Princeton, 2014)
25-0 1/2 — Vince Smith (Princeton, 1990)
24-11 — Duane Teixiera (Cornell, 2010)
24-10 3/4 — Noel Hare (Harvard, 1970)
24-10 — James Johnson (Harvard, 1982)

2017 Top 10

24-3 3/4 — Corey Muggler (Dartmouth)
24-1 1/2 — James Seaton (Cornell)
23-9 — Austin Jamerson (Cornell)
23-8 — Greg Leeper (Princeton)
23-5 1/2 — Kameron Hypolite (Penn)
23-5 1/2 — Kelsey Nedd (Cornell)
23-4 3/4 — Bruno Jednacak (Yale)
23-3 1/4 — Hendric Tronsson (Dartmouth)
23-2 — Jesse Thibodeau (Princeton)
23-0 1/2 — Taylor Alarcon (Brown)

Three-Time Champions

Aggrey Awori, Harvard (1963-64-65)
Vince Smith, Princeton (1987-88-90)

Two-Time Champions

Winfield Scott, Army (1948-50)
Irvin Roberson, Cornell (1957-58)
John Prichard, Navy (1959-61)
Walter Jones, Cornell (1968-69)
Fred Samara, Penn (1971-72)
James Brown, Penn (1977-79)
Eugene Profit, Yale (1983-86)
Jonathan Kron, Princeton (1991-94)
Ugwunna Ikpeowo, Princeton (1995-96)
Jeff Nord, Brown (1998-99)
Muhammad Halim, Cornell (2007-08)
Duane Teixiera, Cornell (2009-10)
Steven Bell, Cornell (2011-12)

All-Time Champions

1948 — 23-9 1/2, Winfield Scott, Army
1949 — 23-3 1/2, William Rapp, Army
1950 — 23-4 5/8, Winfield Scott, Army
1951 — 23-8, Eugene Gribble, Army
1952 — 23-8 3/8, Morgan Taylor, Princeton
1953 — 23-5 1/4, George Shaw, Columbia
1954 — 22-11 3/4, John Harlor, Dartmouth
1955 — 24-2, Robert Kyasky, Army
1956 — 23-2 3/4, Peter Bensinger, Yale
1957 — 23-7 1/4, Irvin Roberson, Cornell
1958 — 24-5 1/4, Irvin Roberson, Cornell
1959 — 23-1 1/4, John Prichard, Navy
1960 — 23-8 1/2, Phillip Chappell, Army
1961 — 23-7 1/2, John Prichard, Navy
1962 — 22-9 3/4, James Axtell, Yale

Men's Indoor Heps

1963 — 23-5 1/4, Aggrey Awori, Harvard
1964 — 23-6, Aggrey Awori, Harvard
1965 — 23-4 1/2, Aggrey Awori, Harvard
1966 — 23-9, Thomas Palkie, Navy
1967 — 24-4 3/4, Calvin Hill, Yale
1968 — 24-3 3/4, Walter Jones, Cornell
1969 — 23-10 1/2, Walter Jones, Cornell
1970 — 24-1 1/2, Noel Hare, Harvard
1971 — 23-11, Fred Samara, Penn
1972 — 23-8 1/2, Fred Samara, Penn
1973 — 23-6 1/2, James Campbell, Navy
1974 — 23-4, Steven Rasin, Navy
1975 — 23-1 1/2, Love Collins, Army
1976 — 23-11, Harper High, Navy
1977 — 23-1 1/2, James Brown, Penn
1978 — 23-10 1/2, Greg Witherspoon, Cornell
1979 — 25-5 1/2, James Brown, Penn
1980 — 23-10, Richard Konsens, Dartmouth
1981 — 23-10 1/4, Frank Harrison, Penn
1982 — 23-9 1/2, James Johnson, Harvard
1983 — 24-9, Eugene Profit, Yale
1984 — 24-0 3/4, Ross Armstrong, Penn
1985 — 24-3 3/4, Doug Wiggins, Yale
1986 — 25-0 1/2, Eugene Profit, Yale
1987 — 24-5, Vince Smith, Princeton
1988 — 24-3 1/2, Vince Smith, Princeton
1989 — 24-6 1/2, Ron Pullie, Brown
1990 — 25-0, Vince Smith, Princeton
1991 — 24-1 1/4, Jonathan Kron, Princeton
1992 — 24-0 1/2, Jason Costner, Penn
1993 — 24-1, Joel Robertson, Navy
1994 — 24-1 3/4, Jonathan Kron, Princeton
1995 — 24-7 3/4, Ugwunna Ikpeowo, Princeton
1996 — 24-9 3/4, Ugwunna Ikpeowo, Princeton
1997 — 24-4 1/4, Lane Burks, Dartmouth
1998 — 24-9, Jeff Nord, Brown
1999 — 24-4 1/4, Jeff Nord, Brown
2000 — 23-11 3/4, Nat Toothaker, Cornell
2001 — 23-5 1/4, Anthony Thomas, Yale
2002 — 24-7, Taylor Smith, Dartmouth
2003 — 23-10 3/4, Tyler Kaune, Cornell
2004 — 23-9 1/2, Ryan Schmidt, Cornell
2005 — 24-9, Dwaine Banton, Princeton
2006 — 24-3 3/4, Kyle Calvo, Penn
2007 — 24-8 1/4, Muhammad Halim, Cornell
2008 — 24-5 3/4, Muhammad Halim, Cornell
2009 — 23-6 3/4, Duane Teixeira, Cornell
2010 — 24-10, Duane Teixeira, Cornell
2011 — 23-8 3/4, Steven Bell, Cornell
2012 — 24-4 1/4, Steven Bell, Cornell
2013 — 24-9 1/4, Damon McLean, Princeton
2014 — 24-2 1/2, Tom Hopkins, Princeton
2015 — 23-10 1/4, Greg Leeper, Princeton
2016 — 24-6 1/4, Corey Muggler, Dartmouth

Winners By School

13 — Cornell (1957-58-68-69-78-00-03-04-07-08-09-10-11-12)
12 — Princeton (1952-87-88-90-91-94-95-96-05-13-14-15)
8 — Penn (1971-72-77-79-81-84-92-06)
7 — Army (1948-49-50-51-55-60-75)
7 — Navy (1959-61-66-73-74-76-93)
7 — Yale (1956-62-67-83-85-86-01)
5 — Dartmouth (1954-80-97-02-16)
5 — Harvard (1963-64-65-70-82)
3 — Brown (1989-98-99)
1 — Columbia (1953)

TRIPLE JUMP

Finals: Sunday, 11:30 am

Meet Top 10

53-2 1/4 — Muhammad Halim (Cornell, 2007)
52-7 1/2 — Muhammad Halim (Cornell, 2008)
52-3 1/4 — Damon McLean (Princeton, 2013)
52-2 3/4 — Efe Uwaifo (Harvard, 2016)
52-2 — Tuan Wreh (Penn, 2000)
52-1 1/4 — Efe Uwaifo (Harvard, 2015)
52-0 — Michael Nepinak (Penn, 1978)
51-11 1/4 — Colm Cronin (Brown, 1978)
51-11 1/4 — Rayon Taylor (Cornell, 2007)
51-11 — Samyr Laine (Harvard, 2005)

All-Meet Top 10

53-4 — Colm Cronin (Brown, 1978)
53-3 3/4 — Muhammad Halim (Cornell, 2008)
52-5 1/2 — Ugwunna Ikpeowo (Princeton, 1995)
52-3 1/4 — Damon McLean (Princeton, 2013)
52-3 — Mike Nepinak (Penn, 1978)
52-2 3/4 — Efe Uwaifo (Harvard, 2015)
52-2 — Tuan Wreh (Penn, 2000)
52-1 1/4 — Rayon Taylor (Cornell, 2007)
51-11 1/4 — Samyr Laine (Harvard, 2006)
51-9 3/4 — Joel Robertson (Navy, 1994)

2017 Top 10

51-3 — Bobby Plummer (Cornell)
51-0 — Stefan Amokwandoh (Princeton)
50-7 1/2 — Efe Uwaifo (Harvard)
50-4 1/2 — Oseoba Airewele (Cornell)
49-11 3/4 — James Seaton (Cornell)
49-11 — Justin Donawa (Dartmouth)
49-9 — Corey Muggler (Dartmouth)
49-7 1/4 — Daniel Igbokwe (Columbia)
49-3 — John Enkler (Cornell)
49-1 1/2 — Jason Katz (Brown)

Four-Time Champions

James Leonard, Cornell (1972-73-74-75)
Damon McLean, Princeton (2011-12-13-14)

Three-Time Champions

Anthony Terrell, Navy (1988-89-91)
Joel Robertson, Navy (1992-93-94)
Tuan Wreh, Penn (2000-01-02)

Men's Indoor Heps

Two-Time Champions

Jorman Granger, Cornell (1976-77)
Stanley Anderson, Penn (1998-99)
Samyr Laine, Harvard (2004-05)
Muhammad Halim, Cornell (2007-08)
Efe Uwaifo, Harvard (2015-16)

All-Time Champions

1972 — 48-10, James Leonard, Cornell
1973 — 49-4 1/4, James Leonard, Cornell
1974 — 51-1 1/2, James Leonard, Cornell
1975 — 51-8 1/4, James Leonard, Cornell
1976 — 49-8 1/2, Jorman Granger, Cornell
1977 — 49-4 1/4, Jorman Granger, Cornell
1978 — 52-0, Michael Nepinak, Penn
1979 — 51-6 1/2, Colm Cronin, Brown
1980 — 49-7 3/4, Tor Brostrom, Princeton
1981 — 51-2 1/2, Keith Smothers, Penn
1982 — 49-11 3/4, Mike Gray, Princeton
1983 — 49-10 3/4, Gus Udo, Harvard
1984 — 48-3 1/4, Chris Chrysostomu, Cornell
1985 — 50-5 1/2, Mark Henry, Harvard
1986 — 49-5, Darren Roach, Cornell
1987 — 49-10 1/2, Karl Harrison, Army
1988 — 50-6 3/4, Anthony Terrell, Navy
1989 — 51-3, Anthony Terrell, Navy
1990 — 49-8 1/2, Vince Smith, Princeton
1991 — 50-8 1/4, Anthony Terrell, Navy
1992 — 49-9 1/4, Joel Robertson, Navy
1993 — 50-8 1/4, Joel Robertson, Navy
1994 — 51-9 3/4, Joel Robertson, Navy
1995 — 50-11 1/2, Ugwunna Ikpeowo, Princeton
1996 — 49-11 1/4, Dave Davenport, Penn
1997 — 50-7 1/4, Dan Nord, Penn
1998 — 51-3 3/4, Stanley Anderson, Penn
1999 — 51-0, Stanley Anderson, Penn
2000 — 52-2, Tuan Wreh, Penn
2001 — 49-11 3/4, Tuan Wreh, Penn
2002 — 51-3 1/2, Tuan Wreh, Penn
2003 — 48-7 1/2, Sean Thomas, Brown
2004 — 50-10 1/4, Samyr Laine, Harvard
2005 — 51-11, Samyr Laine, Harvard
2006 — 51-2 1/2, Rayon Taylor, Cornell
2007 — 53-2 1/4, Muhammad Halim, Cornell
2008 — 52-7 1/2, Muhammad Halim, Cornell
2009 — 49-9, John Carelli, Penn
2010 — 50-4 3/4, Duane Teixeira, Cornell
2011 — 51-0 1/4, Damon McLean, Princeton
2012 — 49-7 1/4, Damon McLean, Princeton
2013 — 52-3 1/4, Damon McLean, Princeton
2014 — 50-11 1/2, Damon McLean, Princeton
2015 — 52-1 1/4, Efe Uwaifo, Harvard
2016 — 52-2 3/4, Efe Uwaifo, Harvard

Winners By School

12 — Cornell (1972-73-74-75-76-77-84-86-06-07-08-10)
10 — Penn (1978-81-96-97-98-99-00-01-02-09)
8 — Princeton (1980-82-90-95-11-12-13-14)
6 — Harvard (1983-85-04-05-15-16)
6 — Navy (1988-89-91-92-93-94)
2 — Brown (1979-03)
1 — Army (1987)

Throws

The last time fans at Indoor Heps were able to watch someone who'd already competed as a U.S. Olympian? Sixty-four years ago when Columbia long jumper George Shaw won the 1953 Heps title (23-5 1/4) after his Olympic triple jump debut at the 1952 Helsinki Games. But now Heps' fans have a chance to see senior Rudy Winkler (Averill Park, N.Y.), who threw the hammer at the Rio Olympics last summer. Of course, those fans have known Winkler to be something special for quite a while. He has won the last two Heps' weight throw titles and broke the all-time League mark held by fellow Olympian Conor McCullough this winter when he hurled the 35-pound implement 76-6 1/4 at Penn State. That mark is currently third nationally. At Heps, he will need to throw well (75-3 1/4) to erase McCullough's championship record, which seemed unbeatable when the Princetonian set it in 2012. Amazingly, if Winkler isn't throwing his best he could be pushed by Princeton sophomore Adam Kelly (Barrington, R.I.), who is ranked 10th nationally at 71-9 (third-best in Heps history). Brown sophomore Owen Russell (Attleboro, Mass.) has thrown 65-11 this year, a mark that would have won 61 of the 69 previous Indoor Heps.

The shot put also has a prohibitive favorite — Princeton senior Christopher Cook (Washington, D.C.) — to repeat as a champion. He has the best throw of the season (60-0 1/2) by about two-and-a-half feet, but has thrown nearly two feet further in the past. His best mark in each of his last six competitions would stand as the League's 2017 best, so you'd think he might be poised for a breakout throw at Heps. His top threats at Heps will be Harvard senior Julian Nunally (Chattanooga, Tenn.), Princeton junior Mitchel Charles (Rancho Palos Verdes, Calif.) and Penn senior Noah Kennedy-White (Jericho, N.Y.), who had a strong heave at the Princeton Invitational on Sunday. Nunally and Charles have both been beyond 57 feet this winter.

SHOT PUT

Finals: Sunday, 2 pm

Meet Top 10

68-2 1/2 — Stephen Mozia (Cornell, 2014)
63-4 — Adam Nelson (Dartmouth, 1998)
63-1 1/4 — Stephen Mozia (Cornell, 2015)
62-4 3/4 — Gerry Donini (Brown, 1986)
61-10 1/4 — Christopher Cook (Princeton, 2015)
61-6 1/2 — August Wolf (Princeton, 1983)
61-4 3/4 — August Wolf (Princeton, 1981)
60-6 3/4 — Sean Purcell (Princeton, 1986)
60-2 3/4 — Scott Haney (Navy, 1973)
60-0 — David Doupe (Cornell, 1975)

All-Meet Top 10

68-2 1/2 — Stephen Mozia (Cornell, 2014)
66-1 3/4 — August Wolf (Princeton, 1983)
63-4 — Adam Nelson (Dartmouth, 1998)
62-5 — Gerry Donini (Brown, 1986)
62-2 1/2 — David Doupe (Cornell, 1975)
61-10 1/4 — Christopher Cook (Princeton, 2015)
61-5 3/4 — Rich Benka (Harvard, 1969)
61-5 3/4 — Sean Purcell (Princeton, 1986)
60-8 3/4 — Dustin Brode (Harvard, 2014)
60-6 1/2 — Scott Haney (Navy, 1973)

Men's Indoor Heps

2017 Top 10

60-0 1/2 — Christopher Cook (Princeton)
57-7 — Julian Nunally (Harvard)
57-2 3/4 — Mitchel Charles (Princeton)
55-8 1/2 — Noah Kennedy-White (Penn)
54-10 — Jacob Hoops (Yale)
54-5 1/2 — Aaron Comery (Brown)
54-5 1/4 — Billy Bishop (Penn)
54-1 — Nigel Despinasse (Brown)
53-0 — Lucas Ribeiro (Dartmouth)
53-0 — Jared Bell (Princeton)

Three-Time Champions

James Fuchs, Yale (1948-49-50)
Carl Shine, Penn (1957-58-59)
August Wolf, Princeton (1981-82-83)
Robert Sehnert, Navy (1988-90-91)
Adam Nelson, Dartmouth (1994-97-98)
Scott Denbo, Princeton (1999-00-01)

Two-Time Champions

Albert Thompson, Columbia (1953-54)
Michael Berkowitz, Navy (1963-64)
Daniel Seebart, Army (1966-67)
Richard Benka, Harvard (1968-69)
Douglas Price, Brown (1971-72)
Paul Lyons, Princeton (2002-04)
David Howard, Brown (2007-08)
Eric Plummer, Princeton (2009-10)
Stephen Mozia, Cornell (2014-15)

All-Time Champions

1948 — 53-3 1/4, James Fuchs, Yale
1949 — 56-3 1/2, James Fuchs, Yale
1950 — 56-3 3/4, James Fuchs, Yale
1951 — 48-10 1/2, Leonard Lyons, Princeton
1952 — 50-6 1/8, Arthur Gardiner, Cornell
1953 — 52-3 1/4, Albert Thompson, Columbia
1954 — 52-4 3/4, Albert Thompson, Columbia
1955 — 52-8, Stewart Thompson, Yale
1956 — 51-1 1/2, Richard Winterbauer, Yale
1957 — 53-4 1/2, Carl Shine, Penn
1958 — 53-11 1/2, Carl Shine, Penn
1959 — 54-3 3/4, Carl Shine, Penn
1960 — 53-3, Robert Batdorf, Penn
1961 — 56-8, Richard Brown, Navy
1962 — 54-8 1/4, Richard deLone, Harvard
1963 — 55-8, Michael Berkowitz, Navy
1964 — 58-0 3/4, Michael Berkowitz, Navy
1965 — 55-6 1/2, Charles Mercein, Yale
1966 — 54-10 3/4, Daniel Seebart, Army
1967 — 55-1, Daniel Seebart, Army
1968 — 57-0, Richard Benka, Harvard
1969 — 57-4, Richard Benka, Harvard
1970 — 55-2 1/4, James Bloom, Navy
1971 — 56-6 1/2, Douglas Price, Brown
1972 — 57-6 1/2, Douglas Price, Brown
1973 — 60-2 3/4, Scott Haney, Navy

1974 — 56-4 1/2, Herb Hribar, Navy
1975 — 60-0, David Doupe, Cornell
1976 — 55-7 1/2, John Hutchinson, Navy
1977 — 53-4 3/4, Robert Young, Cornell
1978 — 54-10 3/4, John Sinnott, Brown
1979 — 57-1 1/2, Duane Fuller, Army
1980 — 56-0 1/2, Ed Bogdanovich, Penn
1981 — 61-4 3/4, August Wolf, Princeton
1982 — 59-9 1/4, August Wolf, Princeton
1983 — 61-6 1/2, August Wolf, Princeton
1984 — 57-8 1/2, Geoff Seay, Princeton
1985 — 59-9, Sean Purcell, Princeton
1986 — 62-4 3/4, Gerry Donini, Brown
1987 — 53-3 1/2, Tony Lindsey, Yale
1988 — 53-8, Robert Sehnert, Navy
1989 — 54-9 1/2, Burt Anderson, Dartmouth
1990 — 57-11 1/2, Robert Sehnert, Navy
1991 — 58-3 1/4, Robert Sehnert, Navy
1992 — 55-0 3/4, Nick Sweeney, Harvard
1993 — 54-3 3/4, Rich Harrison, Navy
1994 — 57-2, Adam Nelson, Dartmouth
1995 — 58-1 1/4, Todd Tuckwood, Brown
1996 — 54-3 3/4, Blake Wilburn, Navy
1997 — 57-4 3/4, Adam Nelson, Dartmouth
1998 — 63-4, Adam Nelson, Dartmouth
1999 — 57-11 3/4, Scott Denbo, Princeton
2000 — 59-3 1/2, Scott Denbo, Princeton
2001 — 58-6 3/4, Scott Denbo, Princeton
2002 — 55-1 1/2, Paul Lyons, Princeton
2003 — 57-6 1/4, Rocky Craley, Princeton
2004 — 56-3 3/4, Paul Lyons, Princeton
2005 — 55-1 1/2, Zach Beadle, Cornell
2006 — 55-0 1/4, Jake Golenor, Brown
2007 — 58-3 3/4, David Howard, Brown
2008 — 56-8, David Howard, Brown
2009 — 58-4, Eric Plummer, Princeton
2010 — 57-10 1/2, Eric Plummer, Princeton
2011 — 55-9, George Abyad, Princeton
2012 — 58-10 3/4, Ben Glauser, Harvard
2013 — 59-7 3/4, Dustin Brode, Harvard
2014 — 68-2 1/2, Stephen Mozia, Cornell
2015 — 63-1 1/4, Stephen Mozia, Cornell
2016 — 58-4 1/2, Chris Cook, Princeton

Winners By School

16 — Princeton (1951-81-82-83-84-85-99-00-01-02-03-04-09-10-11-16)
12 — Navy (1961-63-64-70-73-74-76-88-90-91-93-96)
8 — Brown (1971-72-78-86-95-06-07-08)
7 — Yale (1948-49-50-55-56-65-87)
6 — Cornell (1952-75-77-05-14-15)
6 — Harvard (1962-68-69-92-12-13)
5 — Penn (1957-58-59-60-80)
4 — Dartmouth (1989-94-97-98)
3 — Army (1966-67-79)
2 — Columbia (1953-54)

Men's Indoor Heps

WEIGHT THROW

Finals: Saturday, 1 pm

Meet Top 10

75-3 1/4 — Conor McCullough (Princeton, 2012)
71-4 3/4 — Rudy Winkler (Cornell, 2016)
70-5 — Ed Kania (Dartmouth, 1979)
69-1 1/2 — Alex Pessala (Princeton, 2009)
69-0 3/4 — Adam Kelly (Princeton, 2016)
68-7 — Dave Pellegrini (Princeton, 1980)
68-0 1/2 — Rudy Winkler (Cornell, 2015)
66-5 1/4 — Josh McCaughey (Princeton, 2001)
66-1 1/2 — Josh McCaughey (Princeton, 2002)
65-9 1/2 — Ken Jansson (Dartmouth, 1979)

All-Meet Top 10

76-6 1/4 — Rudy Winkler (Cornell, 2017)
76-1 — Conor McCullough (Princeton, 2012)
71-9 — Adam Kelly (Princeton, 2017)
70-5 — Ed Kania (Dartmouth, 1979)
69-6 1/4 — Josh McCaughey (Princeton, 2002)
69-3 1/4 — Dave Pellegrini (Princeton, 1980)
69-1 1/2 — Alex Pessala (Princeton, 2009)
69-1 1/4 — Ted Bregar (Navy, 1973)
68-4 1/4 — Ken Jansson (Dartmouth, 1979)
68-3 — Sean O'Keefe (Dartmouth, 1980)

2017 Top 10

76-6 1/4 — Rudy Winkler (Cornell)
71-9 — Adam Kelly (Princeton)
65-11 — Owen Russell (Brown)
60-5 1/4 — Tim Brennan (Dartmouth)
59-7 1/2 — Sean Ryan (Penn)
59-2 3/4 — Josh Whitener (Harvard)
59-0 3/4 — Vic Youn (Princeton)
58-8 1/2 — Noah Kennedy-White (Penn)
58-3 1/4 — Mitchel Charles (Princeton)
57-2 3/4 — Aaron Comery (Brown)

Four-Time Champion

Josh McCaughey, Princeton (2001-02-03-04)

Three-Time Champions

Ted Bregar, Navy (1972-73-74)
Alex Pessala, Princeton (2006-07-09)

Two-Time Champions

Gilbert Borjeson, Brown (1950-52)
Stewart Thompson, Yale (1954-55)
Edward Bagdonas, Army (1958-59)
Henry Sage, Navy (1960-61)
Edward Nosal, Harvard (1969-71)
Ed Kania, Dartmouth (1978-79)
Jeff Scott, Army (1981-82)
Witek Grzymala-Busse, Princeton (1993-95)
Matt Pagliasotti, Penn (1999-00)
Craig Pearce, Princeton (2010-11)
Rudy Winkler, Cornell (2015-16)

All-Time Champions

1948 — 54-9 5/8, Samuel Felton, Harvard
1949 — 57-11 1/4, James Scholtz, Army
1950 — 56-6 1/8, Gilbert Borjeson, Brown
1951 — 55-2, Samuel Lutterloh, Army
1952 — 57-1 1/4, Gilbert Borjeson, Brown
1953 — 57-1 3/8, Albert Thompson, Columbia
1954 — 57-0 7/8, Stewart Thompson, Yale
1955 — 58-1 3/4, Stewart Thompson, Yale
1956 — 63-3 1/4, Albert Hall, Cornell
1957 — 58-3, Richard Knorr, Princeton
1958 — 64-7 1/4, Edward Bagdonas, Army
1959 — 60-9 1/4, Edward Bagdonas, Army
1960 — 57-9, Henry Sage, Navy
1961 — 61-9 1/2, Henry Sage, Navy
1962 — 61-7, Edward Bailey, Harvard
1963 — 61-8 1/4, Clarke Ballard, Army
1964 — 60-8 1/4, William Gleeson, Navy
1965 — 60-4 1/2, Thomas Gage, Cornell
1966 — 60-10 1/2, Stanley Holmes, Navy
1967 — 62-6 3/4, John Graham, Army
1968 — 59-7, Lawrence Hart, Army
1969 — 60-3, Edward Nosal, Harvard
1970 — 62-5, William Dinneen, Dartmouth
1971 — 61-3 3/4, Edward Nosal, Harvard
1972 — 62-5 1/4, Ted Bregar, Navy
1973 — 63-1, Ted Bregar, Navy
1974 — 65-2 1/4, Ted Bregar, Navy
1975 — 64-2 1/2, Philip Bartlett, Brown
1976 — 61-11 1/4, Edward Ajootian, Harvard
1977 — 64-11 1/4, Kenneth Jansson, Dartmouth
1978 — 62-11 1/4, Ed Kania, Dartmouth
1979 — 70-5, Ed Kania, Dartmouth
1980 — 68-7, Dave Pellegrini, Princeton
1981 — 61-4 1/4, Jeff Scott, Army
1982 — 64-10 1/2, Jeff Scott, Army
1983 — 62-4, Shawn Robinson, Brown
1984 — 61-1, Earl Newsome, Army
1985 — 60-8, Mike DeVaughn, Brown
1986 — 59-9 3/4, Peter Corsi, Princeton
1987 — 64-2 1/4, Jim Driscoll, Yale
1988 — 62-11 1/4, Charles Bailey, Navy
1989 — 61-9, Dan Ford, Dartmouth
1990 — 63-5 1/2, Peter Seley, Princeton
1991 — 64-8, Matthew Howard, Navy
1992 — 59-4 3/4, Tom Lynch, Army
1993 — 63-7 3/4, Witek Grzymala-Busse, Princeton
1994 — 61-10 1/2, Dave Anderson, Harvard
1995 — 65-7 3/4, Witek Grzymala-Busse, Princeton
1996 — 60-0 1/4, Alex Ghanotakis, Dartmouth
1997 — 65-6, Marc Duquella, Cornell
1998 — 63-4, Lucas Deines, Penn
1999 — 59-6 3/4, Matt Pagliasotti, Penn
2000 — 62-4 1/2, Matt Pagliasotti, Penn
2001 — 66-5 1/4, Josh McCaughey, Princeton
2002 — 66-1 1/2, Josh McCaughey, Princeton
2003 — 61-3, Josh McCaughey, Princeton
2004 — 65-7 1/2, Josh McCaughey, Princeton
2005 — 58-0 1/4, Mike Mozer, Dartmouth

Men's Indoor Heps

2006 — 57-9 3/4, Alex Pessala, Princeton
2007 — 59-10 1/4, Alex Pessala, Princeton
2008 — 64-5 1/4, Erik Roneker, Cornell
2009 — 69-1 1/2, Alex Pessala, Princeton
2010 — 62-1, Craig Pearce, Princeton
2011 — 65-0, Craig Pearce, Princeton
2012 — 75-3 1/4, Conor McCullough, Princeton
2013 — 63-6 1/4, Ben Glauser, Harvard
2014 — 63-4, Bryan Rhodes, Cornell
2015 — 68-0 1/4, Rudy Winkler, Cornell
2016 — 71-4 3/4, Rudy Winkler, Cornell

Winners By School

16 — Princeton (1957-80-86-90-93-95-01-02-03-04-06-07-09-10-11-12)
11 — Army (1949-51-58-59-63-67-68-81-82-84-92)
9 — Navy (1960-61-64-66-72-73-74-88-91)
7 — Dartmouth (1970-77-78-79-89-96-05)
7 — Harvard (1948-62-69-71-76-94-13)
6 — Cornell (1956-65-97-08-14-15)
5 — Brown (1950-52-75-83-85)
3 — Penn (1998-99-00)
3 — Yale (1954-55-87)
1 — Columbia (1953)

Heptathlon

Princeton and Dartmouth have had strong representation in the heptathlon these last few years. And this year is no different. On paper, the Big Green athletes have more experience as Dartmouth has the 2015 Indoor Heps champion Nico Robinson (Stanford, Calif.) and sophomore Benjamin Ose (Eden Prairie, Minn.). Robinson and Ose enter Heps with the top and No. 3 seeds. Robinson appears to be close to his 2015 winning form and Ose has already improved his heptathlon performance by more than 160 points since last year. Meanwhile, the Tigers will be depending on three freshmen — Justice Dixon (Jacksonville, Fla.), Harry Lord (Knutsford, U.K.) and Philip Frost (Fort Worth, Texas) — and sophomore Ryan Ozminkowski (Lodi, Calif.) to help rack up the points for the team race. Defending champion Austin Jamerson (Merrillville, Ind.) of Cornell definitely should not be discounted, even though his season's best ranks 11th in the conference (ed note: he contested only Day 1 of the heptathlon at the Upstate Invitational, where he was the top collegian in each of the first-day events). He sits among the top five in the conference in three individual events — hurdles, long jump and high jump — and has improved his shot put best by eight inches. Penn's Luke Knouse (Elliottsburg, Pa.) and Harvard's Anthony DeNitto (Waban, Mass.) hope to get onto the podium and break up the Green, Orange and Red.

EVENT-BY-EVENT

60m dash: Saturday, 12:25 pm
Long jump: Saturday, 1:05 pm
Shot put: Saturday, 2:45 pm
High jump: Saturday, 4 pm
60m hurdles: Sunday, 10:50 am
Pole vault: Sunday, Noon
1,000m run: Sunday, 3:10 pm

Meet Top 10

5,645 — Mustafa Abdur-Rahim (Dartmouth, 2004)
5,446 — Nick Huber (Cornell, 2012)
5,427 — Kyle Calvo (Penn, 2007)
5,423 — Duane Hynes (Princeton, 2008)
5,397 — Kyle Calvo (Penn, 2006)
5,396 — Austin Jamerson (Cornell, 2016)
5,390 — Will Byrd (Princeton, 2008)
5,352 — Mike Hall (Penn, 2006)
5,342 — Nico Robinson (Dartmouth, 2015)
5,337 — Tyler Koskenoja (Dartmouth, 2008)
5,337 — Peter Rhodes (Brown, 2015)

Pentathlon scores

4,020 — Greg Johnston (Dartmouth, 1997)
3,994 — Henry Hipps (Penn, 1994)
3,993 — Greg Johnston (Dartmouth, 1998)
3,974 — Greg Johnston (Dartmouth, 1999)
3,974 — Mustafa Abdur-Rahim (Dartmouth, 2003)
3,953 — Colm Moran (Brown, 1990)
3,902 — Warren Amos (Princeton, 1998)
3,900 — Henry Hipps (Penn, 1993)
3,858 — Taylor Smith (Dartmouth, 2002)
3,854 — Javius Wynn (Princeton, 2002)

All-Meet Top 10

5,744 — Mustafa Abdur-Rahim (Dartmouth, 2004)
5,654 — Austin Jamerson (Cornell, 2016)
5,640 — Duane Hynes (Princeton, 2007)
5,550 — Nick Huber (Cornell, 2012)
5,427 — Kyle Calvo (Penn, 2005)
5,390 — Will Byrd (Princeton, 2008)
5,352 — Mike Hall (Penn, 2006)
5,342 — Nico Robinson (Dartmouth, 2015)
5,337 — Tyler Koskenoja (Dartmouth, 2008)
5,337 — Peter Rhodes (Brown, 2015)
5,328 — Josh Cusick (Cornell, 2012)

2017 Top Marks

5,237 — Nico Robinson (Dartmouth)
4,979 — Justice Dixon (Princeton)
4,965 — Benjamin Ose (Dartmouth)
4,809 — Luke Knouse (Penn)
4,645 — Harry Lord (Princeton)
4,612 — Philip Frost (Princeton)
4,551 — James Burns (Princeton)
4,547 — Anthony DeNitto (Harvard)

*Event was the pentathlon from 1989 to 2003
Event has been the heptathlon since*

Four-Time Champion

Greg Johnston, Dartmouth (1996-97-98-99)

Three-Time Champions

Henry Hipps, Penn (1992-93-94)
Taylor Smith, Dartmouth (2000-01-02)

Men's Indoor Heps

Two-Time Champions

Colm Moran, Brown (1990-91)
Mustafa Abdur-Rahim, Dartmouth (2003-04)
Kyle Calvo, Penn (2006-07)
Duane Hynes, Princeton (2008-09)
Nick Huber, Cornell (2011-12)

All-Time Champions

1989 — 3,841, Brian Otley, Dartmouth
1990 — 3,953, Colm Moran, Brown
1991 — 3,742, Colm Moran, Brown
1992 — 3,808, Henry Hipps, Penn
1993 — 3,900, Henry Hipps, Penn
1994 — 3,994, Henry Hipps, Penn
1995 — 3,614, Amos Warren, Princeton
1996 — 3,800, Greg Johnston, Dartmouth
1997 — 4,020, Greg Johnston, Dartmouth
1998 — 3,993, Greg Johnston, Dartmouth
1999 — 3,974, Greg Johnston, Dartmouth
2000 — 3,754, Taylor Smith, Dartmouth
2001 — 3,749, Taylor Smith, Dartmouth
2002 — 3,858, Taylor Smith, Dartmouth
2003 — 3,974, Mustafa Abdur-Rahim, Dartmouth
2004 — 5,645, Mustafa Abdur-Rahim, Dartmouth
2005 — 5,201, Mike Hall, Penn
2006 — 5,397, Kyle Calvo, Penn
2007 — 5,427, Kyle Calvo, Penn
2008 — 5,423, Duane Hynes, Princeton
2009 — 5,197, Duane Hynes, Princeton
2010 — 5,160, Joshua Kirkpatrick, Cornell
2011 — 5,319, Nick Huber, Cornell
2012 — 5,446, Nick Huber, Cornell
2013 — 5,296, Evan Weinstock, Brown
2014 — 5,279, Peter Rhodes, Brown
2015 — 5,342, Nico Robinson, Dartmouth
2016 — 5,396, Austin Jamerson, Cornell

Winners By School

11 — Dartmouth (1989-96-97-98-99-00-01-02-03-04-15)
6 — Penn (1992-93-94-05-06-07)
4 — Brown (1990-91-13-14)
4 — Cornell (2010-11-12-16)
3 — Princeton (1995-08-09)

Relays

Writing previews for Heps' relays is a difficult task. Not every team has even given relays a strong effort because the events and schedules may not have made it possible. By the time the relays roll around at Heps there are so many factors involved in determining a lineup. Stars can be exhausted. The team chase can already be determined. And sometimes you have no idea who came to compete and rise above their potential.

But expect the events to be hotly contested. The last time Heps came to the Armory in 2011, Princeton knocked off the championship record in the 4x400 while Columbia came within two seconds of the 4x800 mark and the Tigers within four ticks of the distance medley relay record.

Brown should straight up challenge for a 4x4 title after running a 3:13.50 earlier this month with junior speedster Tosin Oyewole (Elkridge, Md.) in the mix. Princeton and Columbia should spar in the 4x8, yet it is Penn as the lone program with four runners in the League's top 20 this year. But we expect the Quakers to run hard in pursuit of their third straight DMR crown. If newly-minted sub-4 senior Chris Hatler (Sparta, N.J.) is the anchor, he can track down many other runners.

4X400-METER RELAY

Final: Sunday, 3:30 pm

Meet Top 10

3:12.83 — Princeton, 2011 (Hopkins, Kearney, Eddy, Hollimon)
3:12.98 — Cornell, 2007 (Van Eeden, Kippins, Hoover, Seabrook)
3:13.07 — Princeton, 2007 (Shields, Kashmiri, Thomson, Stewart)
3:13.09 — Princeton, 1997 (Totten, Phelps, Mack, Reed)
3:13.16 — Princeton, 2005 (Saltzman, Reed, Stewart, Kopp)
3:13.60 — Harvard, 1997 (Johnson, Young, Mike, Ciollo)
3:13.76 — Yale, 2005 (Alexander, Taylor, Giles, deLaski)
3:14.00 — Princeton, 2013 (Hopkins, Scott, McCord, Hollimon)
3:14.00 — Cornell, 2013 (Ojukwu, Olloqui, Anderson, Hortelano)
3:14.12 — Penn, 1997

All-Meet Top 10

3:09.35 — Princeton, 2011 (Eddy, Hopkins, Dinkins, Hollimon)
3:10.14 — Cornell, 2014 (Olloqui, Hairston, Cho, Hortelano)
3:10.19 — Cornell, 2008 (Van Eeden, Kippins, Merrill, Seabrook)
3:10.95 — Brown, 2016 (Kelly, Emrich, Zemis, Oyewole)
3:10.96 — Yale, 2016 (Alexandre, Hill, McIntyre, Campbell)
3:11.01 — Cornell, 2003 (Nanaszko, Goggins, Kiselycznyk, Eremita)
3:11.69 — Princeton, 2005 (Shields, Saltzman, Stewart, Kopp)
3:11.82 — Yale, 2005 (Alexander, Taylor, Giles, deLaski)
3:12.34 — Penn, 1998 (Wise, Coleman, Stiffler, Martin)
3:12.37 — Cornell, 2010 (Boyd, Thomas, Freitas, McClain)

The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

Men's Indoor Heps

2017 Top Times

3:13.50 — Brown (Zemis, Haensel, Emrich, Oyewole)
3:14.61 — Princeton (lineup unreported)
3:14.80 — Yale (Alexandre, Hill, Crusan, Campbell)
3:16.39 — Harvard (Heckendorn, Marshall, McLennan, Moore)
3:16.43 — Cornell (Cooper, J. Smith, M. Smith, Attah)

Event was one mile prior to 1981 and in 1982, 1985, 1994, 1997-98, 2001, 2005, 2009, and 2013

Event has been 1600m in the other races

Three-Time Champions

Andrew Dadagian, Cornell (1953-54-55)
Torch Coburn, Dartmouth (1975-76-78)
Charlie Phelps, Princeton (1996-97-99)
Marcel Van Eeden, Cornell (2007-08-09)
Austin Hollimon, Princeton (2010-11-13)
Tom Hopkins, Princeton (2011-13-14)

All-Time Champions

1948 — 3:23.5, Penn (Kreitzberg, Scott, Lynam, Strassenburgh)
1949 — 3:23.9, Army (Mastaglio, Hite, Farrell, Hammack)
1950 — 3:23.3, Princeton (Rauch, Snable, Crouse, Howell)
1951 — 3:25.4, Army (Johnson, Thompson, Wainer, Conway)
1952 — 3:25.9, Army (Thompson, Corprew, White, Johnson)
1953 — 3:23.9, Cornell (Lattomus, Allen, Dadagian, Lingel)
1954 — 3:23.6, Cornell (Lattomus, Morris, Sebald, Dadagian)
1955 — 3:23.3, Cornell (Dadagian — anchor)
1956 — 3:23.2, Harvard (Anderson, Wills, Robertson, Wharton)
1957 — 3:23.3, Harvard (Morris, Cairns, Anderson, Wharton)
1958 — 3:27.6, Army (Betts, Waters, Schaefer, Byrne)
1959 — 3:25.9, Yale (missing runners)
1960 — 3:24.7, Yale (Luck, Knebel, Brown, Brian)
1961 — 3:21.9, Princeton (Walpole, Azoy, Gardner, Edmunds)
1962 — 3:22.1, Army (Almaguer, Carver, Banks, Garwicki)
1963 — 3:21.9, Harvard (Awori — leadoff)
1964 — 3:20.8, Yale (Cole, Joki, Lieff, Mottley)
1965 — 3:20.7, Cornell (Mansfield, Westfield, Butcher, White)
1966 — 3:21.2, Army (Jenkins, Phillips, Ramsey, Farrell)
1967 — 3:20.7, Navy (Cosgrove, Palkie, Payne, Kiffer)
1968 — 3:18.3, Yale (missing runners)
1969 — 3:18.6, Army (Rabaut, King, Foos, Forsythe)
1970 — 3:19.0, Princeton (Stevenson, Field, Lewandowski, Schnure)
1971 — 3:19.9, Navy (Reaves, Watson, Brilla, Stephan)
1972 — 3:20.6, Navy (Fraser, Breuch, Phelan, Brilla)
1973 — 3:19.8, Cornell (Abels, Roach, MacNeil, McKeown)
1974 — 3:20.6, Navy (Stefa, Young, Brueckbauer, Stephan)
1975 — 3:18.9, Dartmouth (Coburn, Duncan, Nichols, Norman)
1976 — 3:19.6, Dartmouth (Coburn, Morrell, Nichols, Norman)
1977 — 3:18.91, Navy (Campbell, Prutzman, Ray, Anderson)
1978 — 3:21.51, Dartmouth (Schmoke, Nadler, Duncan, Coburn)
1979 — 3:17.96, Navy (Prutzman, Sheairs, Bailey, Colvin)
1980 — 3:17.02, Navy (Banks, Moreman, Bailey, Colvin)
1981 — 3:15.51, Army (Delahoussaye, Babers, Hayden, Anderson)
1982 — 3:16.86, Cornell (Lesch, Crawley, Scharf, Bailey)
1983 — 3:16.59, Navy (McLoughlin, Coleman, Dixon, Hosch)
1984 — 3:18.55, Penn (McCurdy, Bloomberg, Cox, Pharr)
1985 — 3:16.21, Navy (Blanchard, Coleman, Dixon, Greene)

1986 — 3:16.15, Cornell (Washington, Providence, Bayne, Pressley)
1987 — 3:16.02, Princeton (Matthews, Clemons, Chen, Morgan)
1988 — 3:14.66, Cornell (Providence, Sudduth, Bayne, Washington)
1989 — 3:18.20, Brown (Demby, Thompson, Yoon, Robertson)
1990 — 3:16.42, Navy (Thomas, Cash, Berra, Venters)
1991 — 3:19.53, Army (McPherson, Wills, Smith, McKenzie)
1992 — 3:16.53, Dartmouth (Zawtock, Fidelak, Webster, McBean)
1993 — 3:18.65, Yale (Levine, Anderson, Havener, Clarke)
1994 — 3:17.37, Dartmouth (Burwell, Barry, Culliney, Zawtock)
1995 — 3:18.40, Penn (Davis, Brown, Armstrong, Harper)
1996 — 3:16.73, Princeton (Hughes, Phelps, Collins, Jasey)
1997 — 3:14.22, Princeton (Totten, Phelps, Mack, Reed)
1998 — 3:17.60, Brown (Lowry, Mantzel, Kittles, Gray)
1999 — 3:16.20, Princeton (Reed, Delley, Phelps, Mack)
2000 — 3:14.66, Yale (Rife, Hocker, Boisi, Carson)
2001 — 3:16.22, Yale (Rife, Stout, Hocker, Carson)
2002 — 3:16.72, Harvard (Omoregie, Smith, Lambert, Fuller)
2003 — 3:16.56, Cornell (Nanaszko, Kiselycznyk, Goggins, Eremita)
2004 — 3:15.99, Cornell (Nanaszko, Simonds, Hoover, Eremita)
2005 — 3:14.29, Princeton (Saltzman, Reed, Stewart, Kopp)
2006 — 3:16.31, Penn (Cochran, Benjamin, Ljunquist, Shepard)
2007 — 3:12.98, Cornell (Van Eeden, Kippins, Hoover, Seabrook)
2008 — 3:15.88, Cornell (Van Eeden, Crabtree, Merrill, Seabrook)
2009 — 3:16.46, Cornell (Van Eeden, Kippins, Huber, McClain)
2010 — 3:15.77, Princeton (Steffan, Kearney, Hollimon, Eddy)
2011 — 3:12.83, Princeton (Hopkins, Kearney, Eddy, Hollimon)
2012 — 3:17.42, Brown (Howard, Elder, Brown, Spooner)
2013 — 3:15.13, Princeton (Hopkins, Scott, McCord, Hollimon)
2014 — 3:17.56, Princeton (Johnson, McCord, Mennin, Hopkins)
2015 — 3:15.85, Brown (Emrich, Bermel, Oyewole, Kelly)
2016 — 3:15.01, Cornell (M. Smith, J. Smith, Hairston, Attah)

Winners By School

14 — Cornell (1953-54-55-65-73-82-86-88-03-04-07-08-09-16)
12 — Princeton (1950-61-70-87-96-97-99-05-10-11-13-14)
10 — Navy (1967-71-72-74-77-79-80-83-85-90)
9 — Army (1949-51-52-58-62-66-69-81-91)
7 — Yale (1959-60-64-68-93-00-01)
5 — Dartmouth (1975-76-78-92-94)
4 — Brown (1989-98-12-15)
4 — Harvard (1956-57-63-02)
4 — Penn (1948-84-95-06)

4X800-METER RELAY

Final: Sunday, 3 pm

Meet Top 10

7:26.75 — Army, 1983 (Stewart, Mozina, Ochsner, C. Williams)
7:26.91 — Princeton, 1983 (Fonss, Sullivan, Bettum, Voit)
7:27.24 — Cornell, 2013 (Bice, Cho, Wade, Weinlandt)
7:27.39 — Navy, 1983 (Wright, Wolstenholme, Fisher, Roper)
7:27.85 — Columbia, 2013 (Fish, Clafin, Gregorek, McFann)
7:28.64 — Columbia, 2011 (Isaacson, Stewart, Miner, Moriarty)
7:29.14 — Columbia, 2015 (Haik, Napolitano, Fish, Clafin)
7:29.29 — Princeton, 2011 (Sawadogo, Soloff, Callahan, Dinkins)
7:29.51 — Princeton, 2013 (Williams, Mathabane, Paternostro, Dinkins)
7:29.58 — Brown, 2014 (Feinman, Tufnell, Savage, Willig)

Men's Indoor Heps

All-Meet Top 10

7:22.91 — Princeton, 2002 (Dean, Kauke, Smith, Whelton)
7:24.04 — Harvard, 1968 (Burns, Shaw, Baker, McElvey)
7:24.08 — Cornell, 2012 (Bice, Jakobson, Schilkowsky, Admirand)
7:24.60 — Princeton, 1975 (Norelli, Aneser, Hedrick, Masback)
7:25.07 — Princeton, 2015 (Brahm, Kauppila, O'Toole, Paternostro)
7:25.47 — Columbia, 2012 (Fish, McFall, Tansey, Claflin)
7:26.74 — Cornell, 2005 (Mongeon, Smayda, Wyner, Hall)
7:26.75 — Army, 1983 (Stewart, Mozina, Oschner, Williams)
7:26.79 — Brown, 1993 (Johnson, Fatuga, Liona, Mays)
7:26.91 — Princeton, 1983 (Fonss, Sullivan, Bettum, Voit)

The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

2017 Top Times

7:43.30 — Princeton (lineup unreported)
7:47.24 — Yale (Randon, Gmur, Ivankovic, Cox)
7:47.25 — Columbia (Caswell, Zabilski, Thomas, Haik)
7:47.91 — Dartmouth (Colby, Gregory, Cooney, Shafer)

Event was two miles prior to 1981 and in 1982, 1985, 1994, 1997-98, 2001, 2005, 2009, and 2013

Event has been 3,200 meters in all other races

Four-Time Champion

Tim Kaijala, Penn (2005-06-07-08)

Three-Time Champions

Thomas Carroll, Yale (1959-60-61)
Robert Childs, Penn (1971-72-73)
Joe Swenson, Princeton (1977-78-80)
Philip Williams, Army (1982-84-85)
Jonathan Kieliszak, Princeton (2002-03-04)
John Guzman, Penn (2006-07-08)
Bryan Scotland, Penn (2006-07-08)

All-Time Champions

1948 — 7:59.7, Columbia (Ilchert, Cole, Rollandelli, Berger)
1949 — 7:56.4, Yale (Baldwin, Meredith, Stoltman, Wade)
1950 — 7:49.3, Yale (McDougall, Efinger, Stoltman, Wade)
1951 — 7:55.3, Army (missing runners)
1952 — 7:58.3, Yale (Garofalo, Albanez, Efinger, Stanley)
1953 — 7:54.9, Penn (Harshaw, Dodd, Weber, Raudenbush)
1954 — 7:56.2, Yale (Daniels, Albanez, Meader, Stanley)
1955 — 8:03.6, Yale (Liucks - anchor)
1956 — 8:01.5, Dartmouth (Heath, Stokesbury, Schad, Brew)
1957 — 7:58.2, Yale (Hogan, Medeen, Loucks, Slowik)
1958 — 8:00.9, Cornell (Cumming, Hill, Cadiz, Midler)
1959 — 7:58.5, Yale (Wade, Roache, Slowik, Carroll)
1960 — 8:02.2, Yale (Stack, Cathcart, Morrison, Carroll)
1961 — 7:56.3, Yale (Legat, Roache, Mack, Carroll)
1962 — 7:52.1, Harvard (Wright, Wass de Czega, Senecal, Laroque)
1963 — 7:51.6, Harvard (missing runners)
1964 — 7:48.6, Harvard (Wahl, Miller, Meehan, Chiappa)
1965 — 7:56.8, Navy (Wright, Logan, Couch, Keller)
1966 — 7:48.0, Army (missing runners)
1967 — 7:46.2, Army (Hoffman, Krall, Nolan, Camp)
1968 — 7:38.6, Army (Billia, Osman, LeMaster, Camp)
1969 — 7:43.1, Harvard (Spengler, Gillis, Enscoe, Colburn)

1970 — 7:40.6, Army (Billia, Osman, Henry, Jaccard)
1971 — 7:47.0, Penn (Hrivnak, Childs, Piazza, Thornton)
1972 — 7:38.5, Penn (Krieger, Piazza, Childs, Fikes)
1973 — 7:44.5, Penn (Lunne, Christ, Childs, Fikes)
1974 — 7:37.7, Cornell (Boots, Patterson, Roach, Anastasio)
1975 — 7:39.6, Cornell (Stinson, Brallier, Patterson, Roach)
1976 — 7:42.8, Princeton (Colangelo, Norelli, Rice, Masback)
1977 — 7:40.61, Princeton (Swenson, Keith, Rice, Masback)
1978 — 7:46.28, Princeton (Swenson, O'Connell, Challenger, Keith)
1979 — 7:40.01, Army (Wolf, Payne, Baker, Arriola)
1980 — 7:36.94, Princeton (Becker, Voit, Rowe, Swenson)
1981 — 7:35.19, Princeton (Challener, Voit, Fonss, Rowe)
1982 — 7:36.26, Army (P. Williams, Mozina, Ochsner, C. Williams)
1983 — 7:26.75, Army (Stewart, Mozina, Ochsner, C. Williams)
1984 — 7:38.1, Army (Stewart, P. Williams, Kahler, Szoka)
1985 — 7:36.10, Army (Kahler, P. Williams, Szoka, Comstock)
1986 — 7:36.61, Penn (Fitzmaurice, Ahearn, Kastberg, Feller)
1987 — 7:35.15, Penn (DiGiovanni, Munoz, Kastberg, Child)
1988 — 7:36.15, Dartmouth (Donaghu, May, Pike, Gillooly)
1989 — 7:35.10, Yale (Johnson, Garrett, Palladino, Lesko)
1990 — 7:36.07, Dartmouth (Hunt, Kennedy, Gillooly, Webster)
1991 — 7:43.35, Yale (Penningroth, Lesko, Palladino, Garrett)
1992 — 7:41.25, Dartmouth (Gose, Thibault, Hughes, Hunt)
1993 — 7:37.93, Dartmouth (Farrell, Fidelak, Barry, Hughes)
1994 — 7:34.51, Princeton (Bonilla, Harrington, Walter, Hastings)
1995 — 7:39.66, Navy (Swaim, McKeon, Keefer, Kemp)
1996 — 7:38.42, Brown (Fatuga, Vetelino, Mantzel, Tessman)
1997 — 7:38.55, Yale (Duggan, Huges, Karas, Racine)
1998 — 7:38.24, Princeton (missing names)
1999 — 7:40.99, Columbia (Rossi, Jagodzinski, Saretsky, Gibbons)
2000 — 7:37.36, Brown (Yelpaala, Johnson, Buechel, Gray)
2001 — 7:36.74, Princeton (Hulick, Brown, Smith, Asfaw)
2002 — 7:39.10, Princeton (Whelton, Smith, Kieliszak, Dean)
2003 — 7:35.30, Princeton (Zysik, Dean, Kieliszak, Kauke)
2004 — 7:41.25, Princeton (Hulick, Reed, Kauke, Kieliszak)
2005 — 7:36.73, Penn (Sebens, Guzman, Kaijala, Jaworski)
2006 — 7:34.23, Penn (Howell, Scotland, Jaworski, Kaijala)
2007 — 7:30.87, Penn (Guzman, Kiley, Scotland, Kaijala)
2008 — 7:37.12, Penn (Guzman, Kiley, Scotland, Kaijala)
2009 — 7:35.96, Columbia (C. Hays, Mark, Merber, Moriarty)
2010 — 7:37.98, Princeton (Van Ackeren, Carbonella, Palmisano, Callahan)
2011 — 7:28.64, Columbia (Isaacson, Stewart, Miner, Moriarty)
2012 — 7:34.99, Columbia (Fish, McFann, Tansey, Claflin)
2013 — 7:29.85, Cornell (Bice, Cho, Wade, Weinlandt)
2014 — 7:29.58, Brown (Feinman, Tufnell, Savage, Willig)
2015 — 7:31.76, Columbia (Haik, Napolitano, Fish, Claflin)
2016 — 7:37.13, Harvard (Aranda, Marshall, Epps, Montague)

Winners By School

12 — Princeton (1976-77-78-80-81-94-98-01-02-03-04-10)
12 — Yale (1949-50-52-54-55-57-59-60-61-89-91-97)
10 — Army (1951-66-67-68-70-79-82-83-84-85)
10 — Penn (1953-71-72-73-86-87-05-06-07-08)
6 — Columbia (1948-99-09-11-12-15)
5 — Dartmouth (1956-88-90-92-93)
5 — Harvard (1962-63-64-69-16)
4 — Cornell (1958-74-75-13)
3 — Brown (1996-00-14)
2 — Navy (1965-95)

Men's Indoor Heps

DISTANCE MEDLEY RELAY

Final: Sunday, 2:30 pm

Meet Top 10

9:43.86 — Dartmouth, 1983 (Fadil, Young, Fenn, Sapienza)
9:45.68 — Harvard, 1983
9:47.69 — Dartmouth, 2014 (Bleday, Gomez, Mangan, Geoghegan)
9:47.74 — Princeton, 2011 (Van Ackeren, Schnure, Stilin, Amirault)
9:48.71 — Navy, 1983
9:48.99 — Columbia, 2014 (Gregorek, Lartigue, Freemantle, Everett)
9:50.13 — Penn, 2014 (Naff, Killian, Webb, Awad)
9:50.24 — Cornell, 2014 (Gowans, Olloqui, Tedder, Rainero)
9:50.44 — Yale, 2011 (Sheinbaum, Ramsey, Shirvell, Van Deventer)
9:50.71 — Harvard, 2011 (Pohorence, Dingus, Hill, Chenoweth)

All-Meet Top 10

9:27.74 — Princeton, 2013 (Williams, Hollimon, Dinkins, Callahan)
9:30.72 — Columbia, 2014 (Gregorek, McFann, Fish, Everett)
9:31.95 — Princeton, 2012 (Van Ackeren, Hopkins, Williams, Callahan)
9:33.53 — Brown, 2013 (Willig, Spooner, Tufnell, Cooper)
9:35.02 — Princeton, 2011 (Van Ackeren, Eddy, Dinkins, Amirault)
9:35.02 — Columbia, 2015 (Fish, Hammond, Claflin, Haik)
9:35.13 — Cornell, 2009 (Kimple, Huber, Levy, Miller)
9:37.33 — Dartmouth, 2014 (Bleday, Gomez, Mangan, Geoghegan)
9:37.48 — Cornell, 2005 (Tassinari, Seabrook, Hall, Hyde)
9:38.81 — Penn, 2016 (Hatler, Wiseman, Gracias, Awad)

The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

2017 Top Times

9:43.22 — Penn (Tuck, Wiseman, Novak, Hatler)
9:46.77 — Columbia (Sauer, Sowah, Ritz, Napolitano)
10:08.51 — Princeton (Gaynor, Ingalls, Aririguzoh, Farmer)
10:09.12 — Yale (Lewis, Ascher, Stoner, Noonan)

Event was in yardage in 1978, 1979, 1981, 1994 & 1997-98, 2001, 2005, 2009, and 2013

Measured in meters in all other races

All-Time Champions

1978 — 10:12.3, Cornell (Pannell, Kinnler, Predmore, Washburn)
1979 — 10:07.98, Penn (Mohler, Dewberry, Weller, Moreland)
1980 — 10:05.6, Cornell (Dziedzic, Lesch, Petracca, Predmore)
1981 — 9:55.96, Harvard (Peterson, Stephens, Murphy, Dixon)
1982 — 10:04.6, Princeton (Bayley, Plummer, Fonss, Sullivan)
1983 — 9:43.86, Dartmouth (Fadil, Young, Fenn, Sapienza)
1984 — 9:57.39, Princeton (Orser, Wladar, Sullivan, Christie)
1985 — 9:57.67, Harvard (Pate, Herberich, Barton, Sheehan)
1986 — 9:55.65, Harvard (Curtis, LaVigne, Cole, Sheehan)
1987 — 9:51.14, Yale (Harter, Molnar, Swift, Haynes)
1988 — 9:56.66, Brown (Loomis, Moore, Azcona, Whiteley)
1989 — 9:57.72, Brown (O'Loan, Wilson, DeBardelaben, Whiteley)
1990 — 9:59.01, Yale (Wemple, Goldblatt, Palladino, Gibson)
1991 — 9:58.54, Yale (Wemple, Leonard, Noble, Gibson)
1992 — 10:11.85, Dartmouth (Fadil, Milne, Hoar, Wilbur)
1993 — 10:02.30, Navy (Keller, Young, Krall, Kemp)
1994 — 9:54.64, Princeton (Sax, Sallade, Lear, Anderson)
1995 — 10:05.63, Brown (Fatuga, Heinle, Johnson, Richardson)
1996 — 9:57.18, Harvard (Shearer, Carswell, Bundle, Ciollo)

1997 — 9:58.27, Harvard (Loneragan, Clayman, Dinneen, Carswell)
1998 — 10:00.63, Brown (Vetelino, Hill, Tessman, Davey)
1999 — 10:05.99, Navy (Ryan, Adams, Holston, McNamara)
2000 — 9:55.19, Columbia (Nash, Zeisel, Gibbons, Biersbach)
2001 — 9:56.08, Brown (Hollatz, Smith, Buechel, Johnson)
2002 — 10:06.49, Navy (Schmidt, Porter, Kay, Lanzel)
2003 — 9:51.21, Navy (Lanzel, Porter, Sink, Schmidt)
2004 — 10:01.48, Princeton (Stern, Shields, Tingan, Colangelo)
2005 — 10:02.66, Brown (Kinley, Gilbert, Quick, Washburn)
2006 — 9:58.59, Yale (Bell, O'Brien, Boshart, Dantzler)
2007 — 9:53.28, Princeton (O'Toole, Li-A-Ping, Carbonella, Maag)
2008 — 9:55.29, Dartmouth (Carmody, Stoebe, Middleton, Norton)
2009 — 9:57.29, Cornell (Dannemiller, Crabtree, Kimple, Miller)
2010 — 9:53.03, Columbia (C. Hays, Hollomon, Behnke, Merber)
2011 — 9:47.72, Princeton (Van Ackeren, Schnure, Stilin, Amirault)
2012 — 9:52.01, Columbia (Behnke, Jones, Everett, Merber)
2013 — 9:52.72, Princeton (Palmisano, Poirier, Pugliese, Callahan)
2014 — 9:47.69, Dartmouth (Bleday, Gomez, Mangan, Geoghegan)
2015 — 9:55.56, Penn (Shurtleff, Timmins, Huemmler, Awad)
2016 — 10:00.58, Penn (Tuck, Buser, Hatler, Awad)

Winners By School

7 — Princeton (1982-84-94-04-07-11-13)
6 — Brown (1988-89-95-98-01-05)
5 — Harvard (1981-85-86-96-97)
4 — Dartmouth (1983-92-08-14)
4 — Navy (1993-99-02-03)
4 — Yale (1987-90-91-06)
3 — Columbia (2000-10-12)
3 — Cornell (1978-80-09)
3 — Penn (1979-15-16)

Women's Indoor Heps

Women's Schedule

Saturday, February 25

8 am	Armory doors open
9:30 am	Weight throw final
9:30 am	Pentathlon 60-meter hurdles
10:10 am	Pentathlon high jump
10:30 am	Long jump final
10:30 am	Pole vault final
11:50 am	60-meter hurdles trials
Noon	Mile run trials
Noon	Pentathlon shot put
12:15 pm	60-meter dash trials
12:30 pm	400-meter dash trials
12:45 pm	500-meter dash trials
1 pm	800-meter run trials
1:15 pm	1,000-meter run trials
1:30 pm	3,000-meter run final (two sections)
1:45 pm	Pentathlon long jump
2 pm	200-meter dash trials
3 pm	Pentathlon 800-meter run

Sunday, February 26

9 am	Armory doors open
11:00 am	Mile run final
11:20 am	60-meter hurdles final
11:30 am	Triple jump final
11:30 am	Shot put final
11:40 am	400-meter dash final
Noon	500-meter dash final
12:20 pm	60-meter dash final
12:30 pm	800-meter run final
12:50 pm	1,000-meter run final
1:10 pm	200-meter dash final
1:30 pm	5,000-meter run final
2 pm	High jump final
2:15 pm	Distance medley relay
2:45 pm	4×800-meter relay
3:15 pm	4×400-meter relay
3:45 pm	Awards ceremony

Annual Champions

Since 1981

Date(s)	Location	Champion
2/27-28/2016	Ithaca, N.Y.	Harvard
2/28-3/1/2015	Cambridge, Mass.	Harvard
3/1-2/2014	Hanover, N.H.	Harvard
2/23-24/2013	Cambridge, Mass.	Harvard
2/25-26/2012	Ithaca, N.Y.	Columbia
2/26-27/2011	New York, N.Y.	Princeton
2/27-28/2010	Hanover, N.H.	Princeton
2/28-3/1/2009	Cambridge, Mass.	Cornell
3/1-2/2008	Ithaca, N.Y.	Princeton
2/25-26/2007	New York, N.Y.	Cornell
2/25-26/2006	Hanover, N.H.	Cornell
2/26-27/2005	Cambridge, Mass.	Cornell
2/28-29/2004	Ithaca, N.Y.	Cornell

3/1-2/2003	Hanover, N.H.	Cornell
2/23-24/2002	Ithaca, N.Y.	Cornell
2/24-25/2001	Cambridge, Mass.	Brown
2/26-27/2000	Hanover, N.H.	Harvard
2/20-21/1999	Ithaca, N.Y.	Brown
2/28-3/1/1998	Princeton, N.J.	Princeton
2/22-23/1997	Cambridge, Mass.	Princeton
2/24-25/1996	Hanover, N.H.	Penn
2/25-26/1995	Ithaca, N.Y.	Cornell
2/26-27/1994	Cambridge, Mass.	Brown
2/27-28/1993	Annapolis, Md.	Brown
2/29-3/1/1992	Hanover, N.H.	Brown
2/23-24/1991	Ithaca, N.Y.	Cornell
2/24-25/1990	Ithaca, N.Y.	Harvard
2/24-25/1989	Ithaca, N.Y.	Princeton
2/27-28/1988	Ithaca, N.Y.	Penn
2/28-3/1/1987	Annapolis, Md.	Penn
2/22-23/1986	Cambridge, Mass.	Army
2/23-24/1985	Hanover, N.H.	Army
2/25-26/1984	Princeton, N.J.	Army
2/26-27/1983	New Haven, Conn.	Princeton
2/27/1982	Cambridge, Mass.	Princeton
3/1/1981	Ithaca, N.Y.	Princeton

Top Performers

- 1982 — Pat Melton of Yale set Heps records in the 55- (7.27) and 200-meter dashes (25.16).
- 1983 — Jenny Stricker of Harvard set a Heps record in the 3,000-meter run (9:09.49) and won the 1,500 (4:23.68).
- 1984 — Tracy Hanlon of Army set a Heps record in the pentathlon (3,791), finished second in the hurdles, fourth in the long jump and sixth in the high jump.
- 1985 — Ellen O'Neil of Dartmouth won the 3,000- (9:34.35) and 5,000-meter runs (16:46.12).
- 1986 — Christelle Williams of Penn set a Heps record in the 200-meter dash (25.04), matched the 55-meter hurdle mark (8.12) and finished sixth in the triple jump.
- 1987 — Kelly Groteke of Yale won the 3,000- (9:33.95) and 5,000-meter runs (17:10.84).
- 1988 — Diana Wills of Army set Heps records in the long (19-6) and triple jumps (41-7 3/4) while also winning the 55-meter dash (7.15).
- 1989 — Kim Seminiano of Army broke her own Heps record in the high jump (5-10 1/4) and won the pentathlon (3,356).
- 1990 — Meredith Rainey of Harvard won the 55- (7.08), 400- (52.96) and 800-meter events (2:09.87). Her 400-meter time remains a Heps record.

Women's Indoor Heps

- 1991 — Teri Smith of Brown won the 200- (24.82) and 400-meter dashes (55.07). Smith — who anchored the 4×400-meter relay to a Heps record — ran 24.39 in the 200m heats, also a meet mark.
- 1992 — Susan Smith of Brown won the 55-meter dash (7.21) and hurdles (8.09) as well as anchored the winning mile relay. She also finished second in the 200.
- 1993 — Kristin Beaney of Princeton won the 5,000-meter run (16:32.58) and finished second in the 3,000-meter run.
- 1994 — Kristin Beaney of Princeton became the first two-time Outstanding Performer by winning both the 3,000- (9:27.78) and 5,000-meter runs (16:36.92).
- 1995 — Laura Woeller of Cornell won the 3,000- (9:52.68) and 5,000-meter runs (16:37.56).
- 1996 — Nicole Harrison of Princeton won the 55-meter dash (6.97) and hurdles (7.56)
- 1997 — Nicole Harrison of Princeton set Heps records in the 55-meter (6.94) and 200-meter dashes (24.22), and also placed first in the 55-meter hurdles (7.81).
- 1998 — Dora Gyorffy of Harvard won both the triple jump (40-3 1/4) and the high jump (6-3 1/4), setting a Heps record with that clearance.
- 1999 — Dora Gyorffy of Harvard broke her own Heps record in the high jump (6-3 1/2), and won the triple jump (41-3).
- 2000 — Dora Gyorffy of Harvard matched an NCAA record in the high jump (6-5 1/2) and won the triple jump (41-9 3/4) for the third consecutive year.
- 2001 — Brenda Taylor of Harvard won the 60- (7.64) and 200-meter dashes (24.29) as well as the 60-meter hurdles (8.44).
- 2002 — Katy Jay of Cornell won the 60- (7.62) and 200-meter dashes (24.34) and anchored the winning 4×400-meter relay.
- 2003 — Joslyn Woodard of Yale won the 60- (7.59) and 200-meter dashes (24.47) as well as the long jump (18-6). Her 60m time set a meet record.
- 2004 — Cack Ferrell of Princeton won the mile (4:50.88) and 3,000-meter runs (9:38.34).
- 2005 — Joslyn Woodard of Yale won the 60- (7.63) and 200-meter dashes (24.49) as well as the long jump (19-9 3/4).
- 2006 — Cack Ferrell of Princeton and Joslyn Woodard of Yale. Ferrell won the mile in Heps-record time (4:43.63) as well as the 3,000-meter run (9:17.60). Woodard became the first athlete to win 10 career titles, picking up wins in the 60-meter dash (7.61), 200-meter dash (24.80) and long jump (20-5 1/4).
- 2007 — Jeomi Maduka of Cornell won the long (19-10 3/4) and triple jumps (40-9 3/4) and finished second in the 60-meter dash.
- 2008 — Jeomi Maduka of Cornell won the 60-meter dash (7.58), long jump (21-2) and triple jump (43-1 3/4). The long jump mark established a Heps record.
- 2009 — Jeomi Maduka of Cornell won the 60-meter dash (7.47), 200-meter dash (24.51), long jump (20-6 1/2) and triple jump (43-10 1/2). The 60 and triple marks established Heps records as Maduka became the first person to win four individual events at a single Heps.
- 2010 — Sharay Hale of Columbia had the fastest heat times in Heps history in the 200- and 400-meter dashes and then followed with wins in each, running 53.79 in the 400 and a meet-record 24.20 in the 200.
- 2011 — Sharay Hale of Columbia set the all-time League record in the 200-meter dash semifinal (23.68) before winning the title. She won the 400 in 53.43, the second-fastest mark ever at the Championships. For good measure she anchored the Lions' 4×400-meter relay to a meet record as well.
- 2012 — Tory Worthen of Princeton set the lone women's record at Indoor Heps, soaring 13-6 1/4 in the pole vault.
- Note: In 2013, the Ivy League created two awards, one for track athletes and the other for field performers.*
- 2013 — Dartmouth's Abbey D'Agostino won the mile (4:32.92) and 5,000-meter (15:47.02) runs in meet record breaking times. Harvard's Adabelle Ekechukwu became the first woman to throw beyond 20 meters at Heps, shattering the meet record and resetting her own League record to 68-4 1/4.
- 2014 — Dartmouth senior Abbey D'Agostino defended her mile (4:40.28) and 5,000-meter titles (16:08.70). In addition to her third-straight title in the mile, D'Agostino also ran the second leg on the winning 4×800 relay. Harvard senior Adabelle Ekechukwu came within just two centimeters of her League record in the weight throw en route to her third straight conference title (68-3 1/4).
- 2015 — Harvard senior Danielle Barbian defended her title in the 60-meter dash in a conference record (7.40) and won the 200m (24.03). Harvard sophomore Nikki Okwelogu defended her shot put title while setting a conference mark (56-2).
- 2016 — Harvard senior Autumnne Franklin — who became the second woman in Heps history to win four consecutive hurdle titles in 8.42 seconds — also won the 400m title in 54.60 (less than 15 minutes after winning her hurdle title) and ran the second leg of the winning 4×400 relay (3:40.81). Princeton junior Allison Harris broke the meet record in the pole vault with a winning height of 13-7 1/4, which bested the previous meet mark set by Princeton's Tory Worthen in 2012 (13-6 1/4).

Women's Indoor Heps

Most Individual Heps Titles, Career

Not including relays

- 10 — Joslyn Woodard, Yale (2003-06)
- 10 — Jeomi Maduka, Cornell (2006-09)
- 8 — Dora Gyorffy, Harvard (1998-01)
- 8 — Nicole Harrison, Princeton (1995-98)
- 7 — Brenda Taylor, Harvard (1998-01)
- 6 — Christelle Williams, Penn (1986-89)
- 6 — Meredith Rainey, Harvard (1987-90)
- 6 — Diana Wills, Army (1987-90)
- 5 — Kathy Harrison, Army (1984-85)
- 5 — Cathy Griffin, Harvard (1990-92)
- 5 — Susan Smith, Brown (1990-93)
- 5 — Lindsay Taylor, Brown (1998-01)
- 5 — Abbey D'Agostino, Dartmouth (2011-14)

Including relays

- 10 — Joslyn Woodard, Yale (2003-06)
- 10 — Jeomi Maduka, Cornell (2006-09)
- 9 — Susan Smith, Brown (1990-93)
- 9 — Brenda Taylor, Harvard (1998-01)
- 8 — Dora Gyorffy, Harvard (1998-01)
- 8 — Nicole Harrison, Princeton (1995-98)
- 7 — Kathy Harrison, Army (1984-85)
- 7 — Meredith Rainey, Harvard (1987-90)
- 7 — Jennifer Cobb, Cornell (1989-92)
- 7 — Kimani Paul-Emile, Brown (1990-93)
- 7 — Meremu Chikwendu, Brown (1995-98)
- 6 — Christelle Williams, Penn (1986-89)
- 6 — Sally Andersen, Princeton (1981-83)
- 6 — Diana Wills, Army (1987-90)
- 6 — Marna Schutte, Harvard (1999-01)
- 6 — Abbey D'Agostino, Dartmouth (2011-14)

Most Individual Heps Titles, Season

Not including relays

- 4 — Jeomi Maduka, Cornell (2009) 60, 200, long jump, triple jump
- 3 — Tracy Hanlon, Army (1983) 55 hurdles, long jump, pentathlon
- 3 — Kathy Harrison, Army (1985) 55, 200, long jump
- 3 — Meredith Rainey, Harvard (1990) 55, 400, 800
- 3 — Nicole Harrison, Princeton (1997) 55, 200, 55 hurdles
- 3 — Nicole Harrison, Princeton (1998) 55, 200, 55 hurdles
- 3 — Brenda Taylor, Harvard (2000) 55, 200, 55 hurdles
- 3 — Brenda Taylor, Harvard (2001) 55, 200, 55 hurdles
- 3 — Joslyn Woodard, Yale (2003) 60, 200, long jump
- 3 — Joslyn Woodard, Yale (2005) 60, 200, long jump
- 3 — Joslyn Woodard, Yale (2006) 60, 200, long jump
- 3 — Jeomi Maduka, Cornell (2008) 60, long jump, triple jump
- 3 — Gabrielle Thomas, Harvard (2016) 60, 200m, long jump

Including relays

- 4 — Kathy Harrison, Army (1985)
- 4 — Brenda Taylor, Harvard (2001)
- 4 — Jeomi Maduka, Cornell (2009)
- 4 — Gabrielle Thomas, Harvard (2016)
- 3 — Sari Chang, Princeton (1981)
- 3 — Sally Andersen, Princeton (1982)
- 3 — Tracy Hanlon, Army (1983)

- 3 — Kathy Harrison, Army (1984)
- 3 — Michelle Collins, Army (1986)
- 3 — Meredith Rainey, Harvard (1990)
- 3 — Susan Smith, Brown (1991)
- 3 — Teri Smith, Brown (1991)
- 3 — Susan Smith, Brown (1992)
- 3 — Kimani Paul-Emile, Brown (1993)
- 3 — Nicole Harrison, Princeton (1997)
- 3 — Nicole Harrison, Princeton (1998)
- 3 — Brenda Taylor, Harvard (2000)
- 3 — Katy Jay, Cornell (2002)
- 3 — Joslyn Woodard, Yale (2003)
- 3 — Joslyn Woodard, Yale (2005)
- 3 — Joslyn Woodard, Yale (2006)
- 3 — Jeomi Maduka, Cornell (2008)
- 3 — Sharay Hale, Columbia (2011)
- 3 — Abbey D'Agostino, Dartmouth (2014)
- 3 — Autumnne Franklin, Harvard (2016)

Multiple Winners

ARMY

- 1983 — Tracy Hanlon (55 hurdles, long jump, pentathlon)
- 1984 — Kathy Harrison (55, 200)
- 1985 — Kathy Harrison (55, 200, long jump)
- 1988 — Diana Wills (55, long jump)
- 1989 — Kim Seminiano (high jump, pentathlon)
- 1989 — Diana Wills (long jump, triple jump)

BROWN

- 1989 — Teri Smith (55, 200)
- 1991 — Susan Smith (55, 55 hurdles)
- 1991 — Teri Smith (200, 400)
- 1992 — Susan Smith (55, 55 hurdles)
- 1993 — Kimani Paul-Emile (55, 200)
- 1993 — Margaret Crumety (long jump, triple jump)
- 1994 — Tanya Hall (55, 200)
- 1997 — Tammy Renda (shot put, weight throw)
- 1999 — Nicole Hill (55, 200)
- 2000 — Lindsay Taylor (long jump, pentathlon)
- 2011 — Brynn Smith (shot put, weight throw)

COLUMBIA

- 2010 — Sharay Hale (200, 400)
- 2011 — Sharay Hale (200, 400)
- 2013 — Marvellous Iheukwumere (60, 200)
- 2014 — Nadia Eke (long jump, triple jump)
- 2015 — Nadia Eke (long jump, triple jump)

CORNELL

- 1991 — Jennifer Cobb (800, mile)
- 1993 — Loren Mooney (mile, 3000)
- 1993 — Susan Culler (high jump, pentathlon)
- 1995 — Laura Woeller (3000, 5000)
- 1999 — Emily Germano (3000, 5000)
- 2002 — Katy Jay (60, 200)
- 2004 — Hannah Garrity (200, 60 hurdles)
- 2004 — Becky Tucker (shot put, weight throw)

Women's Indoor Heps

2006 — Sheeba Ibidunni (shot put, weight throw)
2007 — Jeomi Maduka (long jump, triple jump)
2008 — Jeomi Maduka (60, long jump, triple jump)
2009 — Jeomi Maduka (60, 200, long jump, triple jump)
2010 — Melissa Hewitt (60, long jump)

DARTMOUTH

1985 — Ellen O'Neil (3000, 5000)
1989 — Sarah Beasley (shot put, weight throw)
1996 — Maribel Sanchez (3000, 5000)
1996 — Amy Winchester (shot put, weight throw)
1998 — Jenna Rogers (3000, 5000)
2013 — Abbey D'Agostino (mile, 5000)
2014 — Abbey D'Agostino (mile, 5000)
2015 — Dana Giordano (mile, 3,000)

HARVARD

1983 — Jenny Stricker (1500, 3000)
1990 — Meredith Rainey (55, 400, 800)
1990 — Cathy Griffin (shot put, weight throw)
1992 — Cathy Griffin (shot put, weight throw)
1998 — Dora Gyorffy (high jump, triple jump)
1999 — Dora Gyorffy (high jump, triple jump)
2000 — Brenda Taylor (55, 200, 55 hurdles)
2000 — Dora Gyorffy (high jump, triple jump)
2001 — Brenda Taylor (55, 200, 55 hurdles)
2001 — Dora Gyorffy (high jump, triple jump)
2002 — Helena Ronner (long jump, triple jump)
2015 — Danielle Barbian (60m, 200m)
2016 — Gabrielle Thomas (60m, 200m, long jump)
2016 — Autumnne Franklin (60 hurdles, 400m)

PENN

1986 — Christelle Williams (200, 55 hurdles)
1988 — Christelle Williams (200, 55 hurdles)

PRINCETON

1981 — Sari Chang (55 hurdles, long jump)
1994 — Kristin Beaney (3000, 5000)
1996 — Nicole Harrison (55, 55 hurdles)
1997 — Nicole Harrison (55, 200, 55 hurdles)
1998 — Nicole Harrison (55, 200, 55 hurdles)
2004 — Cack Ferrell (mile, 3000)
2006 — Cack Ferrell (mile, 3000)
2010 — Reilly Kiernan (3000, 5000)
2011 — Ashley Higginson (3000, 5000)

YALE

1981 — Pat Melton (55, 200)
1982 — Pat Melton (55, 200)
1987 — Kelly Groteke (3000, 5000)
1992 — Samantha Lincoln (long jump, pentathlon)
2003 — Joslyn Woodard (60, 200, long jump)
2003 — Kate O'Neill (3000, 5000)
2005 — Joslyn Woodard, Yale (60, 200, long jump)
2006 — Joslyn Woodard, Yale (60, 200, long jump)

Highest All-Time Team Scores

164, Cornell (2004)
159, Cornell (2007)
156, Brown (1993)
154, Cornell (2005)
142, Cornell (2006)
140, Cornell (1991)

Short Sprints & Hurdles

As a freshman, Harvard sophomore Gabrielle Thomas (Florence, Mass.) quickly established herself as the sprinting queen of the Ivy League as she not only claimed the conference records in both the 60- and 200-meter dashes, but she swept the sprinting titles at Indoor Heps (the last freshman to win that double was Yale's Joslyn Woodward back in 2003). Thomas is looking to extend her reign at the Armory, where she reset the conference record in the 200 earlier this season. While she is the favorite to defend her 200 title by a good second, she does not have as much breathing room in the 60. Two other athletes — Dartmouth rookie Cha'Mia Rothwell (Durham, N.C.) and Penn junior Taylor McCorkle (Pittsburgh, Pa.) — join Thomas in the sub-7.50 second club going into Indoor Heps. Thomas has yet to race against Rothwell this year, but she bested McCorkle during the Columbia East-West Challenge earlier this season. McCorkle — a Heps scorer in this event last year — has improved enough to contend for top-three finishes in the 60 and 200 this year. Cornell senior Adrian Jones (Bloomfield, Conn.) scored in both a year ago and aims to do the same this year, while returning scorers from last year include Harvard sophomore Ngozi Musa (Seattle, Wash.), Cornell junior Ellen Shepard (Bloomburg, Pa.) and Penn sophomore Imani Solan (Montebello, N.Y.).

Rothwell is also going to contend for the hurdle crown, one of two freshmen favored to claim it. Rothwell and Penn rookie Breanne Bygrave (Raleigh, N.C.) quickly entered into the Ivy League record books in the 60-meter hurdles. The two have yet to go head-to-head in college (they raced against each other in high school in the 100m hurdles), but we expect for that race to be exciting should they both advance to the final. In fact, that hurdle final could be freshmen-heavy as five of the top six top times in the conference come from rookies — Bygrave, Rothwell, Cornell's Brittany Stenekes (Dundas, Ontario) and the Harvard duo Karina Joiner (Woodbury, Minn.) and Livia Gauntlett (Bath, U.K.). Harvard senior Jade Miller (Temecula, Calif.) and Princeton senior Allison Harris (Toronto, Ont.) are the only athletes who were a part of last year's final that are racing this year.

60-METER DASH

Trials: Saturday, 12:15 pm
Finals: Sunday, 12:20 pm

Meet Top 10

7.40 — Danielle Barbian (Harvard, 2015)
7.43 — Danielle Barbian (Harvard, 2015)
7.44 — Ashley Collinworth (Harvard, 2015)
7.44 — Ashley Cunningham (Harvard, 2015)
7.44 — Danielle Barbian (Harvard, 2014)

Women's Indoor Heps

7.44 — Gabrielle Thomas (Harvard, 2016)
7.45 — Danielle Barbian (Harvard, 2014)
7.47 — Jeomi Maduka (Cornell, 2009)
7.47 — Kaitlin Whitehorn (Dartmouth, 2014)
7.47 — Ngozi Musa (Harvard, 2016)

55-meter times

6.94 — Nicole Harrison (Princeton, 1997)
6.97 — Nicole Harrison (Princeton, 1996)
6.98 — Nicole Harrison (Princeton, 1996)
7.00 — Nicole Harrison (Princeton, 1996)
7.01 — Kathy Harrison (Army, 1984)
7.06 — Nicole Harrison (Princeton, 1998)
7.08 — Meredith Rainey (Harvard, 1990)
7.08 — Brenda Taylor (Harvard, 2000)
7.10 — Kathy Harrison (Army, 1984)
7.11 — Kathy Harrison (Army, 1985)
7.11 — Teri Smith (Brown, 1989)

All-Meet Top 10

7.38 — Gabrielle Thomas (Harvard, 2016)
7.40 — Danielle Barbian (Harvard, 2015)
7.42 — Taylor McCorkle (Penn, 2017)
7.42 — Ngozi Musa (Harvard, 2016)
7.44 — Ashley Collinsworth (Harvard, 2015)
7.44 — Ashley Cunningham (Columbia, 2015)
7.44 — Gabrielle Thomas (Harvard, 2016)
7.45 — Jeomi Maduka (Cornell, 2009)
7.45 — Cha'Mia Rothwell (Dartmouth, 2017)
7.46 — Melissa Hewitt (Cornell, 2009 & 2011)
7.46 — Marvellous Iheukwumere (Columbia, 2014)

2017 Top 10

7.40 — Gabrielle Thomas (Harvard)
7.42 — Taylor McCorkle (Penn)
7.45 — Cha'Mia Rothwell (Dartmouth)
7.53 — Ngozi Musa (Harvard)
7.53 — Adrian Jones (Cornell)
7.56 — Akua Obeng-Akrofi (Columbia)
7.59 — Barbara Biney (Penn)
7.60 — Ellen Shepard (Cornell)
7.61 — Zion Lewis (Brown)
7.70 — Brittany Steneke (Cornell)
7.70 — Donnisa Edmonds (Penn)

Event was 55 meters from 1981 to 2000.

Event has been 60 meters since

Three-Time Champions

Nicole Harrison, Princeton (1996-97-98)
Joslyn Woodard, Yale (2003-05-06)
Melissa Hewitt (Cornell, 2010-11-12)

Two-Time Champions

Pat Melton, Yale (1981-82)
Kathy Harrison, Army (1984-85)
Susan Smith, Brown (1991-92)
Brenda Taylor, Harvard (2000-01)
Jeomi Maduka, Cornell (2008-09)
Danielle Barbian, Harvard (2014-15)

All-Time Champions

1981 — 7.35, Pat Melton, Yale
1982 — 7.27, Pat Melton, Yale
1983 — 7.32, Pat Davis, Penn
1984 — 7.10, Kathy Harrison, Army (ran 7.01 in heats)
1985 — 7.11, Kathy Harrison, Army
1986 — 7.22, Michelle Collins, Army
1987 — 7.22, Laurie Lopes, Dartmouth
1988 — 7.15, Diana Wills, Army
1989 — 7.11, Teri Smith, Brown
1990 — 7.08, Meredith Rainey, Harvard
1991 — 7.21, Susan Smith, Brown
1992 — 7.21, Susan Smith, Brown
1993 — 7.25, Kimani Paul-Emile, Brown
1994 — 7.29, Tanya Hall, Brown
1995 — 7.31, Kristy Harris, Cornell
1996 — 6.97, Nicole Harrison, Princeton
1997 — 6.94, Nicole Harrison, Princeton
1998 — 7.06, Nicole Harrison, Princeton
1999 — 7.25, Nichole Hill, Brown
2000 — 7.08, Brenda Taylor, Harvard
2001 — 7.64, Brenda Taylor, Harvard
2002 — 7.62, Katy Jay, Cornell
2003 — 7.59, Joslyn Woodard, Yale
2004 — 7.66, Katrina Castille, Yale
2005 — 7.63, Joslyn Woodard, Yale
2006 — 7.61, Joslyn Woodard, Yale
2007 — 7.58, Thelma Breezeatl, Brown (ran 7.57 in heats)
2008 — 7.58, Jeomi Maduka, Cornell (Breezeatl ran 7.52 in heats)
2009 — 7.47, Jeomi Maduka, Cornell
2010 — 7.53, Melissa Hewitt, Cornell
2011 — 7.52, Melissa Hewitt, Cornell
2012 — 7.57, Melissa Hewitt, Cornell
2013 — 7.51, Marvellous Iheukwumere, Columbia
2014 — 7.44, Danielle Barbian, Harvard
2015 — 7.40, Danielle Barbian, Harvard
2016 — 7.44, Gabrielle Thomas, Harvard

Winners By School

7 — Brown (1989-91-92-93-94-99-07)
7 — Cornell (1995-02-08-09-10-11-12)
6 — Harvard (1990-00-01-14-15-16)
6 — Yale (1981-82-03-04-05-06)
4 — Army (1984-85-86-88)
3 — Princeton (1996-97-98)
1 — Columbia (2013)
1 — Dartmouth (1987)
1 — Penn (1983)

Women's Indoor Heps

200-METER DASH

Trials: Saturday, 2 pm

Finals: Sunday, 1:10 pm

Meet Top 10

23.68 — Sharay Hale (Columbia, 2011)
23.80 — Gabrielle Thomas (Harvard, 2016)
23.81 — Sharay Hale (Columbia, 2011)
24.01 — Gabrielle Thomas (Harvard, 2016)
24.03 — Danielle Barbian (Harvard, 2015)
24.09 — Ashley Cunningham (Columbia, 2015)
24.10 — Imani Solan (Penn, 2016)
24.20 — Sharay Hale (Columbia, 2010)
24.22 — Nicole Harrison (Princeton, 1997)
24.22 — Udeme Akpaete (Cornell, 2015)

All-Meet Top 10

23.01 — Gabrielle Thomas (Harvard, 2017)
23.68 — Sharay Hale (Columbia, 2011)
23.83 — Ashley Cunningham (Columbia, 2015)
23.97 — Imani Solan (Penn, 2016)
24.02 — Katy Jay (Cornell, 2002)
24.02 — Marvellous Iheukwumere (Columbia, 2014)
24.03 — Danielle Barbian (Harvard, 2015)
24.05 — Akua Obeng-Akrofi (Columbia, 2015)
24.19 — Taylor McCorkle (Penn, 2017)
24.22 — Nicole Harrison (Princeton, 1997)
24.22 — Brenda Taylor (Harvard, 2001)
24.22 — Udeme Akpaete (Cornell, 2015)
24.22 — Adrian Jones (Cornell, 2016)

2017 Top 10

23.01 — Gabrielle Thomas (Harvard)
24.19 — Taylor McCorkle (Penn)
24.37 — Ellen Shepard (Cornell)
24.40 — Adrian Jones (Cornell)
24.46 — Akua Obeng-Akrofi (Columbia)
24.50 — Imani Solan (Penn)
24.67 — Jade Miller (Harvard)
24.75 — Ngozi Musa (Harvard)
24.76 — Micah Meekins (Harvard)
24.83 — Nicole Deblasio (Dartmouth)
24.83 — Zion Lewis (Brown)
24.83 — Maia Craver (Princeton)
24.83 — Audrea Holt (Brown)

Three-Time Champions

Kimani Paul-Emile, Brown (1990-92-93)
Joslyn Woodard, Yale (2003-05-06)

Two-Time Champions

Pat Melton, Yale (1981-82)
Kathy Harrison, Army (1984-85)
Christelle Williams, Penn (1986-88)
Teri Smith, Brown (1989-91)
Meremu Chikwendu, Brown (1995-96)

Nicole Harrison, Princeton (1997-98)
Brenda Taylor, Harvard (2001-02)
Shaunee Morgan, Penn (2007-08)
Sharay Hale, Columbia (2010-11)
Marvellous Iheukwumere, Columbia (2012-13)

All-Time Champions

1981 — 25.81, Pat Melton, Yale
1982 — 25.16, Pat Melton, Yale
1983 — 25.50, Moya Forbes, Yale
1984 — 25.18, Kathy Harrison, Army
1985 — 25.16, Kathy Harrison, Army
1986 — 25.04, Christelle Williams, Penn
1987 — 25.49, Betsy Cuervo, Dartmouth
1988 — 25.18, Christelle Williams, Penn
1989 — 24.51, Teri Smith, Brown
1990 — 25.16, Kimani Paul-Emile, Brown
1991 — 24.82, Teri Smith, Brown (ran 24.39 in heats)
1992 — 25.46, Kimani Paul-Emile, Brown
1993 — 24.94, Kimani Paul-Emile, Brown
1994 — 24.97, Tanya Hall, Brown
1995 — 25.17, Meremu Chikwendu, Brown
1996 — 24.92, Meremu Chikwendu, Brown
1997 — 24.22, Nicole Harrison, Princeton
1998 — 24.36, Nicole Harrison, Princeton
1999 — 24.86, Nichole Hill, Brown
2000 — 24.41, Brenda Taylor, Harvard
2001 — 24.29, Brenda Taylor, Harvard
2002 — 24.34, Katy Jay, Cornell
2003 — 24.47, Joslyn Woodard, Yale
2004 — 24.95, Hannah Garrity, Cornell
2005 — 24.49, Joslyn Woodard, Yale
2006 — 24.80, Joslyn Woodard, Yale
2007 — 24.33, Shaunee Morgan, Penn
2008 — 24.57, Shaunee Morgan, Penn
2009 — 24.51, Jeomi Maduka, Cornell
2010 — 24.20, Sharay Hale, Columbia
2011 — 23.81, Sharay Hale, Columbia (ran 23.68 in heats)
2012 — 24.61, Marvellous Iheukwumere, Columbia
2013 — 24.46, Marvellous Iheukwumere, Columbia
2014 — 24.64, Jennifer Meech, Dartmouth
2015 — 24.03, Danielle Barbian, Harvard
2016 — 23.80, Gabrielle Thomas, Harvard

Winners By School

9 — Brown (1989-90-91-92-93-94-95-96-99)
6 — Yale (1981-82-83-03-05-06)
4 — Columbia (2010-11-12-13)
4 — Harvard (2000-01-15-16)
4 — Penn (1986-88-07-08)
3 — Cornell (2002-04-09)
2 — Army (1984-85)
2 — Dartmouth (1987-14)
2 — Princeton (1997-98)

Women's Indoor Heps

60-METER HURDLES

Trials: Saturday, 11:50 am

Finals: Sunday, 11:20 am

Meet Top 10

- 8.41 — Autumnne Franklin (Harvard, 2015)
- 8.42 — Autumnne Franklin (Harvard, 2016)
- 8.43 — Autumnne Franklin (Harvard, 2013)
- 8.44 — Brenda Taylor (Harvard, 2001)
- 8.46 — Iris Chijioke (Columbia, 2015)
- 8.48 — Autumnne Franklin (Harvard 2013)
- 8.49 — Gabrielle Piper (Penn, 2012)
- 8.49 — Autumnne Franklin (Harvard, 2014)
- 8.51 — Jackie Modesett (Harvard, 2015)
- 8.51 — Jade Miller (Harvard, 2016)

55-meter times

- 7.65 — Nicole Harrison (Princeton, 1996)
- 7.77 — Nicole Harrison (Princeton, 1996)
- 7.81 — Nicole Harrison (Princeton, 1997)
- 7.87 — Brenda Taylor (Harvard, 2000)
- 7.88 — Brenda Taylor (Harvard, 2000)
- 7.91 — Nicole Harrison (Princeton, 1998)
- 8.02 — Christelle Williams (Penn, 1988)
- 8.04 — Christelle Williams (Penn, 1989)
- 8.04 — Brenda Taylor (Harvard, 1999)
- 8.06 — Susan Smith (Brown, 1993)
- 8.06 — Nicole Harrison (Princeton, 1995)
- 8.06 — Nichole Hill (Brown, 1999)

All-Meet Top 10

- 8.33 — Brenda Taylor (Harvard, 2000)
- 8.40 — Breanne Bygrave (Penn, 2017)
- 8.41 — Autumnne Franklin (Harvard, 2015)
- 8.43 — Ashtynn Baltimore (Harvard, 2010)
- 8.46 — Iris Chijioke (Columbia, 2015)
- 8.46 — Cha'Mia Rothwell (Dartmouth, 2017)
- 8.49 — Gabrielle Piper (Penn, 2012)
- 8.51 — Jackie Modesett (Harvard, 2015)
- 8.51 — Jade Miller (Harvard, 2016)
- 8.52 — Kyra Caldwell (Columbia, 2011)
- 8.53 — Susan Scavone (Brown, 2012)

2017 Top 10

- 8.40 — Breanne Bygrave (Penn)
- 8.46 — Cha'Mia Rothwell (Dartmouth)
- 8.55 — Jade Miller (Harvard)
- 8.59 — Brittany Steneke (Cornell)
- 8.64 — Karina Joiner (Harvard)
- 8.71 — Livia Gauntlett (Harvard)
- 8.73 — Maia Craver (Princeton)
- 8.75 — Zoe Hughes (Harvard)
- 8.75 — Ellie Randolph (Princeton)
- 8.77 — Allison Harris (Princeton)

Event was 55 meters from 1981 to 2000.

Event has been 60 meters since

Four-Time Champions

Christelle Williams, Penn (1986-87-88-89)

Autumne Franklin, Harvard (2013-14-15-16)

Three-Time Champions

Susan Smith, Brown (1991-92-93)

Nicole Harrison, Princeton (1996-97-98)

Brenda Taylor, Harvard (1999-00-01)

Two-Time Champions

Mary Serdakowski, Harvard (2003-06)

Stephanie King, Cornell (2005-07)

Kyra Caldwell, Columbia (2010-11)

All-Time Champions

1981 — 8.26, Sari Chang, Princeton

1982 — 8.24, Sally Anderson, Princeton

1983 — 8.12, Tracy Hanlon, Army

1984 — 8.16, Kay Moore, Penn

1985 — 8.15, Mariquita Patterson, Harvard

1986 — 8.12, Christelle Williams, Penn

1987 — 8.08, Christelle Williams, Penn

1988 — 8.02, Christelle Williams, Penn

1989 — 8.04, Christelle Williams, Penn

1990 — 8.14, LaDonna Gooden, Princeton

1991 — 8.11, Susan Smith, Brown

1992 — 8.09, Susan Smith, Brown

1993 — 8.06, Susan Smith, Brown

1994 — 8.27, Tonya McMillion, Brown

1995 — 8.12, Daria Smith, Penn

1996 — 7.65, Nicole Harrison, Princeton

1997 — 7.81, Nicole Harrison, Princeton

1998 — 7.91, Nicole Harrison, Princeton

1999 — 8.04, Brenda Taylor, Harvard

2000 — 7.87, Brenda Taylor, Harvard

2001 — 8.44, Brenda Taylor, Harvard

2002 — 8.61, Merili Mosley, Cornell

2003 — 8.82, Mary Serdakowski, Harvard

2004 — 8.61, Hannah Garrity, Cornell

2005 — 8.73, Stephanie King, Cornell

2006 — 8.85, Mary Serdakowski, Harvard

2007 — 8.74, Stephanie King, Cornell

2008 — 8.69, Lauren Barber, Princeton

2009 — 8.79, Dara Wilson, Harvard

2010 — 8.69, Kyra Caldwell, Columbia

2011 — 8.52, Kyra Caldwell, Columbia

2012 — 8.49, Gabrielle Piper, Penn

2013 — 8.43, Autumnne Franklin, Harvard

2014 — 8.49, Autumnne Franklin, Harvard

2015 — 8.41, Autumnne Franklin, Harvard

2016 — 8.42, Autumnne Franklin, Harvard

Winners By School

11 — Harvard (1985-99-00-01-03-06-09-13-14-15-16)

7 — Penn (1984-86-87-88-89-95-12)

7 — Princeton (1981-82-90-96-97-98-08)

4 — Brown (1991-92-93-94)

4 — Cornell (2002-04-05-07)

2 — Columbia (2010-11)

1 — Army (1983)

Women's Indoor Heps

Long Sprints

The 400- and 500-meter dashes seem like almost the same event to me. Sure, one is a longer distance that will favor those who have more end-of-racing strength rather than raw speed, kind of like the difference between 100- and 200-meter dashes. But it is unlikely that any athlete will attempt the 400-500 double at a Heps championships because of the schedule. So it makes it interesting to see how the final entries will work out when they are released on Friday afternoon.

Regardless of which event she is entered in, Columbia junior Akua Obeng-Akrofi (Lawrenceville, Ga.) is going to be the favorite as she has the fastest time in both events going into Heps weekend. She's slowly transitioned to the longer sprints over these last two years while still being competitive in the shorter sprints at the conference level. However, we anticipate Obeng-Akrofi focusing on the 200m with either the 400m or 500m in order to maximize her points for team scoring. If she focused on the 200-400 double, she would have an additional 20 minute recovery time between those finals then if she did the 200-500 double. But, she has a greater performance time margin from her competitors in the 500m than the 400m.

Harvard senior Jade Miller (Temecula, Calif.) is about 0.3 seconds behind Obeng-Akrofi in the 400 season performance listing and is the only other athlete to have run under 55 seconds this year (it should be noted that Miller finished in third place in the 500m last year, but has yet to race the 500m in 2017). Meanwhile, Cornell rookie Michelle Garratt (Santa Barbara, Calif.) would be the No. 2 seed as she has a converted 500-meter time that is within a second of Obeng-Akrofi, while the top returning scorer from last year — Cornell junior Taysia Radoslav (Stoney Creek, Ontario) — is just over a second behind with a converted time as well. If you do not take conversions into account, then Princeton sophomore Elisa Steele (Kirkwood, Mo.) is the next closest competitor in the 500m (1.3 seconds off the lead). Like Obeng-Akrofi, Steele is also in a situation where she can score well in both the 400m and 500m as she has No. 4 and No. 3 times in the 400m and 500m, respectively. Steele has a chance to become the third Princeton athlete to win the 500m since its inclusion to the women's program in 2015.

But really, you could include any athlete who has ever raced the 400m or 500m in either event come Heps. Columbia junior Sydney Petersen (Exeter, N.H.) and Penn freshman Elena Brown-Soler (Chamblee, Ga.) are also in the top 10 in both events and are in contention of scoring in both. While Brown rookie May Stern (Providence, R.I.) has yet to race a 500m in her collegiate career, she could be a podium finisher as she has the third fastest time in the conference in the 400.

400-METER DASH

Trials: Saturday, 12:30 pm

Finals: Sunday, 11:40 am

Meet Top 10

52.96 — Meredith Rainey (Harvard, 1990)
53.43 — Sharay Hale (Columbia, 2011)
53.59 — Sharay Hale (Columbia, 2011)
53.79 — Sharay Hale (Columbia, 2010)

53.89 — Meredith Rainey (Harvard, 1988)
54.24 — Udeme Akpaete (Cornell, 2015)
54.28 — Nicole Burns (Brown, 2007)
54.28 — Zena Kolliesuah (Cornell, 2015)
54.43 — Meredith Rainey (Harvard, 1989)
54.46 — Sharay Hale (Columbia, 2010)

All-Meet Top 10

52.96 — Meredith Rainey (Harvard, 1990)
52.98 — Sharay Hale (Columbia, 2011)
53.03 — Autumnne Franklin (Harvard, 2016)
53.31 — Teri Smith (Brown, 1989)
53.97 — Jennifer Meech (Dartmouth, 2016)
53.98 — Brenda Taylor (Harvard, 2000)
54.02 — Udeme Akpaete (Cornell, 2014)
54.04 — Akua Obeng-Akrofi (Columbia, 2017)
54.21 — Katie Woodford (Cornell, 2015)
54.28 — Nicole Burns (Brown, 2007)
54.28 — Zena Kolliesuah (Cornell, 2015)

2017 Top 10

54.04 — Akua Obeng-Akrofi (Columbia)
54.39 — Jade Miller (Harvard)
55.22 — May Stern (Brown)
55.45 — Elisa Steele (Princeton)
55.63 — Taysia Radoslav (Cornell)
56.39 — Cecil Ene (Penn)
56.70 — Sydney Petersen (Columbia)
56.80 — Maia Craver (Princeton)
56.86 — Heide Baron (Princeton)
57.03 — Elena Brown-Soler (Penn)

Four-Time Champion

Meredith Rainey, Harvard (1987-88-89-90)

Three-Time Champions

Marna Schutte, Harvard (1999-00-01)
Nicole Burns, Brown (2007-08-09)

Two-Time Champions

Donna Neale, Brown (1983-85)
Tanesha Hodge, Army (1993-94)
Amanda Williams, Harvard (1995-96)
Sharay Hale, Columbia (2010-11)
Udeme Akpaete, Cornell (2014-15)

All-Time Champions

1981 — 57.70, Rudelle Sargeant, Penn
1982 — 56.90, Sherri Hatton, Princeton
1983 — 56.64, Donna Neale, Brown
1984 — 56.95, Kate English, Brown
1985 — 55.76, Donna Neale, Brown
1986 — 55.45, Heather Ruddock, Columbia
1987 — 55.79, Meredith Rainey, Harvard
1988 — 53.89, Meredith Rainey, Harvard
1989 — 54.43, Meredith Rainey, Harvard
1990 — 52.96, Meredith Rainey, Harvard
1991 — 55.07, Teri Smith, Brown
1992 — 58.80, Britt Anderson, Penn

Women's Indoor Heps

1993 — 57.12, Tanesha Hodge, Army
1994 — 55.83, Tanesha Hodge, Army
1995 — 57.58, Amanda Williams, Harvard
1996 — 57.11, Amanda Williams, Harvard
1997 — 56.73, Bynia Reed, Princeton
1998 — 56.01, Meremu Chikwendu, Brown
1999 — 56.32, Marna Schutte, Harvard
2000 — 56.09, Marna Schutte, Harvard
2001 — 55.48, Marna Schutte, Harvard
2002 — 55.77, Tineisha Davis, Navy
2003 — 55.70, Katy Jay, Cornell
2004 — 56.19, Kari Steed, Cornell
2005 — 55.55, Cameron Washington, Cornell
2006 — 55.66, Jesse Carlin, Penn
2007 — 54.28, Nicole Burns, Brown
2008 — 55.78, Nicole Burns, Brown
2009 — 54.88, Nicole Burns, Brown
2010 — 53.79, Sharay Hale, Columbia
2011 — 53.43, Sharay Hale, Columbia
2012 — 55.99, Miata Morlu, Columbia
2013 — 55.13, Gabrielle Scott, Harvard
2014 — 55.21, Udemo Akpaete, Cornell
2015 — 54.24, Udemo Akpaete, Cornell
2016 — 54.60, Autumne Franklin, Harvard

Winners By School

11 — Harvard (1987-88-89-90-95-96-99-00-01-13-16)
8 — Brown (1983-84-85-91-98-07-08-09)
5 — Cornell (2003-04-05-14-15)
4 — Columbia (1986-10-11-12)
3 — Penn (1981-92-06)
2 — Army (1993-94)
2 — Princeton (1982-97)
1 — Navy (2002)

500-METER DASH

Trials: Saturday, 12:45 pm

Finals: Sunday, Noon

Meet Top 10

1:11.34 — Cecilia Barowski (Princeton, 2016)
1:12.75 — Taysia Radoslav (Cornell, 2016)
1:12.88 — Kim Mackay (Princeton, 2015)
1:12.94 — Kim Mackay (Princeton, 2015)
1:13.03 — Candace Taylor (Penn, 2015)
1:13.21 — Candace Taylor (Penn, 2015)
1:13.21 — Jade Miller (Harvard, 2016)
1:13.36 — Taylor Hennig (Penn, 2015)
1:13.78 — Taysia Radoslav (Cornell, 2016)
1:13.80 — Cecilia Barowski (Princeton, 2016)

All-Meet Top 10

1:11.24 — Sharay Hale (Columbia, 2010)
1:11.34 — Cecilia Barowski (Princeton, 2016)
1:11.72 — Morgan Uceny (Cornell, 2007)
1:11.77 — Jesse Carlin (Penn, 2005)
1:11.87 — Shonda Brown (Cornell, 2005)
1:12.15 — Catherine Brew (Dartmouth, 1987)
1:12.56 — Tineisha Davis (Navy, 2003)

1:12.68 — Jamie Massarelli (Penn, 2010)
1:12.71 — Jade Miller (Harvard, 2015)
1:12.72 — Candace Taylor (Penn, 2015)

2017 Top 10

1:12.89 — Akua Obeng-Akrofi (Columbia)
1:14.11 — Elisa Steele (Princeton)
1:14.58 — Claire Dougherty (Dartmouth)
1:14.65 — Mikayla Schneider (Penn)
1:14.65 — Michelle Garratt (Cornell)
1:14.78 — Sydney Petersen (Columbia)
1:14.87 — Taysia Radoslav (Cornell)
1:15.09 — Candace Taylor (Penn)
1:15.28 — Elena Brown-Soler (Penn)
1:15.63 — Aliyah Gallup (Dartmouth)

All-Time Champions

2015 — 1:12.88, Kim Mackay (Princeton)
2016 — 1:11.34, Cecilia Barowski (Princeton)

Winners By School

2 — Princeton (2015-16)

Middle Distance

Yale senior Frances Schmiede (Pymble, Australia) is probably the top middle distance runner in the conference this year. She enters Indoor Heps with the fastest times in the mile (which is No. 3 all-time) and 1,000m (conference record) and she's one of seven women who have run faster than 2:10 in the 800m. You could say that Schmiede would be the "event favorite" if she races either the mile or 1k (it would be tough, likely improbable, to do both as there is less than two hours between each final on Sunday). Yale is not just reliant on Schmiede as the Bulldogs also have seniors Emily Waligurski (Hurley, N.Y.) and Meredith Rizzo (Bronxville, N.Y.) to pick up points with Schmiede in any of these events.

Dartmouth senior Helen Schlachtenhaufen (Lake Forest, Ill.) earned that mile win last year over Schmiede in a slow, tactical race where the top four finishers were separated by a quarter second. This year, she has improved her mile best by almost eight seconds to give her one of the top mile times of the year. Dartmouth has other strong middle distance runners in senior Aliyah Gallup (Springfield, Ore.), junior Bridget Flynn (Margate City, N.J.), and junior Bridget O'Neill (Oakville, Ont.). Gallup and Flynn — both under 2:10 this winter — are contenders for scoring in the 800 while O'Neill is one of four sub-2:47 athletes in the 1,000. Those points will be valuable in the overall team competition.

Another strong middle distance program is Columbia with the likes of senior Brittney Wade (Bethesda, Md.), junior Sarah Hardie (Eastport, N.Y.), senior Devon Towell (West Chester, Pa.), and (potentially) senior Henna Rustami (Syosset, N.Y.). In the 800, Wade — who enters Indoor Heps with the top time by almost two seconds on the field — is hoping to improve on her sixth place finish from last year and collect her first indoor title on her home track. Hardie is the two-time defending champion in the 1,000, which has gotten stronger with its championship inclusion. Last year, Hardie improved her

Women's Indoor Heps

season's best by six seconds at Indoor Heps to defend her title, but now many others in the chase. Towell is strong in both the 800 and 1,000, while Rustami may just focus on the longer distance events to help maximize her team's contributions as the middle distance field is so loaded.

Other faces to keep on an out for? Cornell junior Shannon Hugard (Middletown, R.I.) — the top returning scorer from last year's 800 final — is a sub 2:10 runner while Penn freshman Mikayla Schneider (Villanova, Pa.) is the fastest rookie in the event. Princeton senior Kaitlin Hanss (New York, N.Y.), Brown junior Clare Peabody (Aptos, Calif.) and senior Taylor Worthy (Medfield, Mass.) are all potential scorers in either the 1,000 or mile events. The Bears also have junior Natalie Schudrowitz (Milwaukee, Wis.) with a speedy mile time, but we expect her to join Rustami in the longer distance events.

800-METER RUN

Trials: Saturday, 1 pm

Finals: Sunday, 12:30 pm

Meet Top 10

2:04.58 — Morgan Uceny (Cornell, 2007)
2:05.37 — Kate Grace (Yale, 2011)
2:05.56 — Megan Krumpoch (Dartmouth, 2014)
2:06.44 — Erika Veidis (Harvard, 2014)
2:06.58 — Cecilia Barowski (Princeton, 2015)
2:06.88 — Morgan Uceny (Cornell, 2006)
2:07.23 — Kim Standridge (Cornell, 2011)
2:07.53 — Erika Veidis (Harvard, 2015)
2:07.59 — Jesse Carlin (Penn, 2007)
2:07.77 — Kate Grace (Yale, 2010)

All-Meet Top 10

2:02.77 — Meredith Rainey (Harvard, 1990)
2:04.42 — Morgan Uceny (Cornell, 2007)
2:04.44 — Cecilia Barowski (Princeton, 2016)
2:04.72 — Doriane Lambelet (Cornell, 1982)
2:04.72 — Kate Grace (Yale, 2009)
2:05.55 — Erika Veidis (Harvard, 2014)
2:05.56 — Megan Krumpoch (Dartmouth, 2014)
2:05.75 — Darlene Beckford (Harvard, 1981)
2:06.27 — Jesse Carlin (Penn, 2008)
2:06.49 — Brittney Wade (Columbia, 2017)

2017 Top 10

2:06.49 — Brittney Wade (Columbia)
2:08.02 — Mikayla Schneider (Penn)
2:09.34 — Emily Waligurski (Yale)
2:09.42 — Bridget Flynn (Dartmouth)
2:09.49 — Aliyah Gallup (Dartmouth)
2:09.61 — Shannon Hugard (Cornell)
2:09.84 — Frances Schmiede (Yale)
2:10.08 — Devon Towell (Columbia)
2:10.13 — Ella Wurth (Penn)
2:10.22 — Claire Dougherty (Dartmouth)

Three-Time Champions

Morgan Uceny, Cornell (2005-06-07)
Kate Grace, Yale (2009-10-11)

Two-Time Champions

Darlene Beckford, Harvard (1981-82)
Grace de Fries, Harvard (1983-84)
Karen Goetze, Harvard (1994-95)
Lauren Simmons, Princeton (2001-02)

All-Time Champions

1981 — 2:07.95, Darlene Beckford, Harvard
1982 — 2:13.2, Darlene Beckford, Harvard
1983 — 2:11.83, Grace de Fries, Harvard
1984 — 2:12.46, Grace de Fries, Harvard
1985 — 2:11.93, Stefani Green, Navy
1986 — 2:09.49, Carol Womack, Yale
1987 — 2:08.59, Louisa Gerritz, Yale
1988 — 2:11.43, Nancy Easton, Princeton
1989 — 2:11.10, Becky Wells, Princeton
1990 — 2:09.87, Meredith Rainey, Harvard
1991 — 2:11.78, Jennifer Cobb, Cornell
1992 — 2:12.79, Sara Hennessey, Brown
1993 — 2:11.46, Loren Mooney, Cornell
1994 — 2:09.23, Karen Goetze, Harvard
1995 — 2:13.50, Karen Goetze, Harvard
1996 — 2:09.51, Holly Hargroder, Brown
1997 — 2:09.81, Becky Dennison, Cornell
1998 — 2:10.22, Jessica Shaw, Cornell
1999 — 2:11.43, Natalie Deffenbaugh, Princeton
2000 — 2:11.70, Paula Spaeth, Brown
2001 — 2:13.99, Lauren Simmons, Princeton
2002 — 2:10.51, Lauren Simmons, Princeton
2003 — 2:10.27, Cecily Garber, Dartmouth
2004 — 2:10.95, Naja Ferjan, Brown
2005 — 2:08.15, Morgan Uceny, Cornell
2006 — 2:06.88, Morgan Uceny, Cornell
2007 — 2:04.58, Morgan Uceny, Cornell
2008 — 2:08.08, Jesse Carlin, Penn
2009 — 2:07.83, Kate Grace, Yale
2010 — 2:07.77, Kate Grace, Yale
2011 — 2:05.37, Kate Grace, Yale
2012 — 2:10.35, Meghan Looney, Harvard
2013 — 2:13.20, Erika Veidis, Harvard
2014 — 2:05.56, Megan Krumpoch, Dartmouth
2015 — 2:05.53, Cecilia Barowski, Princeton
2016 — 2:10.24, Shannon McDonnell, Yale

Winners By School

9 — Harvard (1981-82-83-84-90-94-95-12-13)
7 — Cornell (1991-93-97-98-05-06-07)
6 — Princeton (1988-89-99-01-02-15)
5 — Yale (1987-09-10-11-16)
4 — Brown (1992-96-00-04)
2 — Dartmouth (2003-14)
2 — Navy (1985-86)
1 — Penn (2008)

Women's Indoor Heps

1,000-METER RUN

Trials: Saturday, 1:15 pm

Finals: Sunday, 12:50 pm

Meet Top 10

2:47.67 — Sarah Hardie (Columbia, 2016)
2:47.89 — Kristen Niedrach (Cornell, 2016)
2:48.06 — Clare Peabody (Brown, 2016)
2:48.40 — Sarah Hardie (Columbia, 2016)
2:48.41 — Kristen Niedrach (Cornell, 2016)
2:48.61 — Sarah Hardie (Columbia, 2015)
2:49.04 — Clare Peabody (Harvard, 2016)
2:49.42 — Claire DeVoe (Cornell, 2016)
2:49.47 — Ella Wurth (Penn, 2016)
2:49.78 — Bridget O'Neill (Dartmouth, 2016)

All-Meet Top 10

2:44.10 — Frances Schmiede (Yale, 2017)
2:44.76 — Paige Kouba (Harvard, 2016)
2:45.42 — Abbey D'Agostino (Dartmouth, 2013)
2:45.61 — Alyssa O'Connor (Cornell, 2012)
2:46.20 — Kaitlin Hanss (Princeton, 2017)
2:46.48 — Kim Standridge (Cornell, 2011)
2:46.48 — Clare Peabody (Brown, 2017)
2:46.52 — Morgan Uceny (Cornell, 2007)
2:46.61 — Bridget O'Neill (Dartmouth, 2017)
2:46.71 — Erika Veidis (Harvard, 2015)

2017 Top 10

2:44.10 — Frances Schmiede (Yale)
2:46.20 — Kaitlin Hanss (Princeton)
2:46.48 — Clare Peabody (Brown)
2:46.61 — Bridget O'Neill (Dartmouth)
2:47.83 — Devon Towell (Columbia)
2:48.15 — Emily Waligurski (Yale)
2:48.51 — Sarah Hardie (Columbia)
2:48.77 — Bridget Flynn (Dartmouth)
2:49.08 — Alie Fordyce (Princeton)
2:49.18 — Zoe Sims (Princeton)

Two-Time Champion

Sarah Hardie, Columbia (2015-16)

All-Time Champions

2015 — 2:48.61, Sarah Hardie (Columbia)
2016 — 2:48.40, Sarah Hardie (Columbia) (ran 2:47.67 in heats)

Winners By School

2 — Columbia (2015-16)

MILE RUN

Trials: Saturday, Noon

Finals: Sunday, 11 am

Meet Top 10

4:32.42 — Abbey D'Agostino (Dartmouth, 2013)
4:36.57 — Dana Giordano (Dartmouth, 2015)
4:40.28 — Abbey D'Agostino (Dartmouth, 2014)
4:40.72 — Erin Gillingham (Columbia, 2013)
4:40.92 — Olivia Sadler (Columbia, 2015)
4:41.02 — Emily Shearer (Cornell, 2013)
4:41.62 — Greta Feldman (Princeton, 2013)
4:42.98 — Molly Renfer (Harvard, 2015)
4:43.12 — Paige Kouba (Harvard, 2015)
4:43.41 — Lindsay Walsh (Dartmouth, 2013)

1,500-meter times

4:20.9h — Doriane Lambelet (Cornell, 1982)
4:23.68 — Jenny Stricker (Harvard, 1983)
4:26.30 — Wendy Smith (Brown, 1987)
4:26.61 — Kate O'Hern (Penn, 1985)
4:27.83 — Doriane Lambelet (Cornell, 1981)

All-Meet Top 10

4:28.31 — Abbey D'Agostino (Dartmouth, 2014)
4:32.30 — Darlene Beckford (Harvard, 1982)
4:34.54 — Frances Schmiede (Yale, 2017)
4:35.66 — Stephanie Best (Cornell, 1990)
4:36.57 — Dana Giordano (Dartmouth, 2015)
4:38.75 — Jennifer Cobb (Cornell, 1991)
4:39.32 — Elizabeth Bird (Princeton, 2016)
4:39.52 — Kate Grace (Yale, 2011)
4:39.69 — Loren Mooney (Cornell, 1992)
4:40.35 — Molly Renfer (Harvard, 2014)

2017 Top 10

4:34.54 — Frances Schmiede (Yale)
4:40.79 — Helen Schlachtenhaufen (Dartmouth)
4:42.54 — Natalie Schudrowitz (Brown)
4:43.43 — Henna Rustami (Columbia)
4:43.51 — Meredith Rizzo (Yale)
4:43.86 — Judy Pendergast (Harvard)
4:44.38 — Elizabeth Bird (Princeton)
4:44.40 — Kaitlin Hanss (Princeton)
4:46.94 — Taylor Worthy (Brown)
4:47.43 — Ellie Atkinson (Yale)

Event was 1,500 meters from 1981 to 1987.

Event has been one mile since

Three-Time Champions

Abbey D'Agostino, Dartmouth (2012-13-14)

Two-Time Champions

Doriane Lambelet, Cornell (1981-82)
Kate O'Hern, Penn (1985-86)
Stephanie Best, Cornell (1989-90)
Jennifer Cobb, Cornell (1991-92)
Amy Baxter, Navy (1999-01)
Cack Ferrell, Princeton (2004-06)

Women's Indoor Heps

All-Time Champions

1981 — 4:27.83, Doriane Lambelet, Cornell
1982 — 4:20.9, Doriane Lambelet, Cornell
1983 — 4:23.68, Jenny Stricker, Harvard
1984 — 4:30.30, Judy Ruff, Princeton
1985 — 4:26.61, Kate O'Hern, Penn
1986 — 4:33.73, Kate O'Hern, Penn
1987 — 4:26.30, Wendy Smith, Brown
1988 — 4:47.23, Laura Cattivera, Princeton
1989 — 4:50.08, Stephanie Best, Cornell
1990 — 4:46.92, Stephanie Best, Cornell
1991 — 4:53.22, Jennifer Cobb, Cornell
1992 — 4:53.27, Jennifer Cobb, Cornell
1993 — 4:55.95, Loren Mooney, Cornell
1994 — 4:47.63, Laura Schloss, Princeton
1995 — 4:53.75, Kim McGreevy, Navy
1996 — 4:54.04, Kristin Manwaring, Dartmouth
1997 — 4:48.48, Tanya Baker, Princeton
1998 — 4:51.59, Miranda Kaye, Cornell
1999 — 4:56.76, Amy Baxter, Navy
2000 — 4:50.10, Kim Chatman, Cornell
2001 — 4:52.64, Amy Baxter, Navy
2002 — 4:50.89, Lena Mathews, Cornell
2003 — 4:45.28, Kate O'Neill, Yale
2004 — 4:50.88, Cack Ferrell, Princeton
2005 — 4:51.66, Sarah Coseo, Cornell
2006 — 4:43.63, Cack Ferrell, Princeton
2007 — 4:50.48, Stacy Kim, Penn
2008 — 4:47.43, Liz Costello, Princeton
2009 — 4:46.60, Megan Lessard, Columbia
2010 — 4:46.55, Ashley Higginson, Princeton
2011 — 4:54.60, Alexis Mikaelian, Princeton
2012 — 4:46.81, Abbey D'Agostino, Dartmouth
2013 — 4:32.42, Abbey D'Agostino, Dartmouth
2014 — 4:40.28, Abbey D'Agostino, Dartmouth
2015 — 4:36.57, Dana Giordano, Dartmouth
2016 — 4:53.44, Helen Schlachtenhaufen, Dartmouth

Winners By School

11 — Cornell (1981-82-89-90-91-92-93-98-00-02-05)
9 — Princeton (1984-88-94-97-04-06-08-10-11)
6 — Dartmouth (1996-12-13-14-15-16)
3 — Navy (1995-99-01)
3 — Penn (1985-86-07)
1 — Brown (1987)
1 — Columbia (2009)
1 — Harvard (1983)
1 — Yale (2003)

Long Distance

It is always tricky to do the event previews for the long distance events as not every school has their distance programs compete in the 3,000m or 5,000m prior to Heps. This year, only half of the schools have had athletes compete in one of these events as of now.

If the season performance lists are how the 3,000- and 5,000-meter results will look at Heps, then Columbia should be deemed the "distance school" of the conference. The Lions have four different women ranked in the top six of both events and was given a 'rank' by USTFCCA of having the seventh-fastest 3k quartet in the nation with senior Henna Rustami (Syosset, N.Y.), senior Natalie Tanner (Rye, N.Y.), junior Nell Crosby (Colorado Springs, Colo.) and sophomore Emily Acker (Rexford, N.Y.). Rustami (1), Tanner (3), and Crosby (6) all sit in the top conference's top six in the 3k while freshman Abigail McLaughlin (Waldwick, N.J.) has the No. 2 time in the 5k. Rustami — the runner-up in the 2016 Outdoor Heps 5k — qualified individually for last fall's NCAA Cross Country Championships while Tanner made the NCAA Outdoor finals in the 10k last spring.

What about Harvard, the Heps XC champions? The Crimson should factor in both events. The face of the Crimson will likely be rookie Judy Pendergast (Naperville, Ill.), who leads the League in the 5,000-meter run with her 15:52 clocking. Also among the top six in the 3k, she could be joined by fellow Heps XC scorers — freshman Lisa Tertsch (Darmstadt, Germany), junior Elianna Shwayder (Saline, Mich.) and sophomore Erin Dietz (Bedford, Mass.) — on the starting line. Junior Heps cross champion Courtney Smith (West Chester, Pa.) is redshirting the indoor season according to TFRRS.org, but she sent out a cryptic Instagram post on Tuesday that leaves us wondering if she might join the chase.

Brown junior Natalie Schudrowitz (Milwaukee, Wis.) — the defending Indoor 5,000m champion — looks like she has working on her speed this indoor season as she has the No. 2 3k mark and is among the top three in the mile. She can be a formidable threat in the final laps of these distance races. Princeton senior Lizzie Bird (St. Albans Herts, U.K.) — who also possesses good foot speed — is a returning scorer from last year's 3,000. If she's healthy this weekend, she could help Princeton gather valuable team points as it is unlikely junior Megan Curham (Warren, N.J.) will continue to recover from injury. Yale freshman Gemma Shepard (Yatesbury, U.K.) is one of the athletes who has competed the 3k in sub-9:30 this year while Penn will be looking to their Whiting twins (Delta, Colo.) — seniors Cleo and Clarissa — and junior Abby Hong (Manhattan Beach, Calif.) to aid the Quakers' team total. Cornell junior Jackie Katzman (Albuquerque, N.M.) — who scored in the 3k last year — can contend for points again.

Women's Indoor Heps

3,000-METER RUN

Finals: Saturday, 1:30 pm

Meet Top 10

9:09.49 — Jenny Stricker (Harvard, 1983)
9:16.37 — Dana Giordano (Dartmouth, 2016)
9:16.70 — Rachel Sorna (Cornell, 2013)
9:16.74 — Natalie Schudrowitz (Brown, 2016)
9:16.85 — Margaret Wynne (Yale, 1983)
9:16.97 — Lindsay Donaldson (Yale, 2005)
9:17.10 — Courtney Smith (Harvard, 2016)
9:17.60 — Cack Ferrell (Princeton, 2006)
9:18.55 — Caroline Bierbaum (Columbia, 2005)
9:21.62 — Lynn Jennings (Princeton, 1983)

All-Meet Top 10

8:51.91 — Abbey D'Agostino (Dartmouth, 2014)
8:59.9+ — Jenny Stricker (Harvard, 1983)
9:07.28 — Dana Giordano (Dartmouth, 2015)
9:08.72 — Waverly Neer (Columbia, 2012)
9:10.56 — Henna Rustami (Columbia, 2017)
9:11.61 — Natalie Schudrowitz (Brown, 2017)
9:11.68 — Emily Shearer (Cornell, 2014)
9:12.97 — Rachel Sorna (Cornell, 2013)
9:13.42 — Cack Ferrell (Princeton, 2006)
9:14.47 — Ashley Higginson (Princeton, 2011)

2017 Top 10

9:10.56 — Henna Rustami (Columbia)
9:11.61 — Natalie Schudrowitz (Brown)
9:23.41 — Natalie Tanner (Columbia)
9:25.16 — Judy Pendergast (Harvard)
9:25.18 — Gemma Shepherd (Yale)
9:28.55 — Nell Crosby (Columbia)
9:32.75 — Clarissa Whiting (Penn)
9:33.15 — Melinda Renuart (Princeton)
9:34.89 — Lizzie Bird (Princeton)
9:36.28 — Jackie Katzman (Cornell)

Three-Time Champions

Lindsay Donaldson, Yale (2005-07-08)
Dana Giordano, Dartmouth (2014-15-16)

Two-Time Champions

Ellen O'Neil, Dartmouth (1984-85)
Laura Woeller, Cornell (1993-95)
Kate O'Neill, Yale (2002-03)
Cack Ferrell, Princeton (2004-06)

All-Time Champions

1981 — 9:52.05, Nina Zollo, Princeton
1982 — 9:34.16, Kate Wiley, Harvard
1983 — 9:09.49, Jenny Stricker, Harvard
1984 — 9:59.99, Ellen O'Neil, Dartmouth
1985 — 9:34.35, Ellen O'Neil, Dartmouth
1986 — 9:39.12, Sarah Day, Cornell
1987 — 9:33.95, Kelly Groteke, Yale
1988 — 9:39.54, Sarah P. Smith, Yale
1989 — 9:51.41, Laura Cattivera, Princeton

1990 — 9:40.26, Therese Devlin, Dartmouth
1991 — 9:42.72, Stephanie Best, Cornell
1992 — 9:30.78, Katy McCandless, Princeton
1993 — 9:37.97, Laura Woeller, Cornell
1994 — 9:27.78, Kristin Beaney, Princeton
1995 — 9:52.68, Laura Woeller, Cornell
1996 — 9:39.78, Maribel Sanchez, Dartmouth
1997 — 9:33.50, Katie Talarico, Princeton
1998 — 9:36.11, Jenna Rogers, Dartmouth
1999 — 9:49.19, Emily Germano, Cornell
2000 — 9:46.05, Melissa Foon, Navy
2001 — 9:31.77, Erin Dromgoole, Dartmouth
2002 — 9:45.52, Kate O'Neill, Yale
2003 — 9:24.50, Kate O'Neill, Yale
2004 — 9:38.34, Cack Ferrell, Princeton
2005 — 9:16.97, Lindsay Donaldson, Yale
2006 — 9:17.60, Cack Ferrell, Princeton
2007 — 9:33.39, Lindsay Donaldson, Yale
2008 — 9:42.62, Lindsay Donaldson, Yale
2009 — 9:35.49, Claire Richardson, Harvard
2010 — 9:27.91, Reilly Kiernan, Princeton
2011 — 9:26.32, Ashley Higginson, Princeton
2012 — 9:21.82, Waverly Neer, Columbia
2013 — 9:16.70, Rachel Sorna, Cornell
2014 — 9:21.77, Dana Giordano, Dartmouth
2015 — 9:22.24, Dana Giordano, Dartmouth
2016 — 9:16.37, Dana Giordano, Dartmouth

Winners By School

9 — Dartmouth (1984-85-90-96-98-01-14-15-16)
9 — Princeton (1981-89-92-94-97-04-06-10-11)
7 — Yale (1987-88-02-03-05-07-08)
6 — Cornell (1986-91-93-95-99-13)
3 — Harvard (1982-83-09)
1 — Columbia (2012)
1 — Navy (2000)

5,000-METER RUN

Finals: Sunday, 1:50 pm

Meet Top 10

15:47.02 — Abbey D'Agostino (Dartmouth, 2013)
15:55.03 — Caroline Bierbaum (Columbia, 2005)
15:56.63 — Rachel Sorna (Cornell, 2013)
16:00.9h — Kate Wiley (Harvard, 1983)
16:01.51 — Megan Curham (Princeton, 2015)
16:07.19 — Katie Kellner (Cornell, 2013)
16:08.70 — Abbey D'Agostino (Dartmouth, 2014)
16:12.20 — Megan Curham (Princeton, 2014)
16:20.52 — Laura O'Neill (Yale, 2003)
16:21.13 — Kathryn Fluehr (Princeton, 2015)

All-Meet Top 10

15:28.11 — Abbey D'Agostino (Dartmouth, 2013)
15:40.88 — Kate O'Neill (Yale, 2003)
15:42.81 — Lindsey Scherf (Harvard, 2005)
15:46.44 — Courtney Smith (Harvard, 2016)
15:52.17 — Caroline Bierbaum (Columbia, 2005)
15:52.64 — Judy Pendergast (Harvard, 2017)

Women's Indoor Heps

15:53.76 — Rachel Sorna (Cornell, 2013)
15:57.64 — Laura O'Neill (Yale, 2003)
16:01.04 — Kate Wiley (Harvard, 1983)
16:01.51 — Megan Curham (Princeton, 2015)

2017 Top 10

15:52.64 — Judy Pendergast (Harvard)
16:54.38 — Abigail McLaughlin (Columbia)
17:01.50 — Olivia Lantz (Dartmouth)
17:22.92 — Julia Stevenson (Dartmouth)
17:23.27 — Erin McLaughlin (Cornell)
17:24.00 — Diana Vizza (Dartmouth)
17:25.73 — Jessica Elliott (Cornell)
17:37.58 — Taylor Knibb (Cornell)
17:54.93 — Victoria Ingram (Columbia)
17:57.06 — Audrey Huelskamp (Cornell)

Two-Time Champions

Kate Wiley, Harvard (1983-84)
Laurie Isbell, Dartmouth (1988-90)
Pam Hunt, Cornell (1991-92)
Kristin Beaney, Princeton (1993-94)
Jenna Rogers, Dartmouth (1997-98)
Emily Germano, Cornell (1999-00)
Laura O'Neill, Yale (2002-03)
Sarah Cummings, Princeton (2008-09)
Abbey D'Agostino, Dartmouth (2013-14)

All-Time Champions

1981 — 17:45.59, Jane Petrick, Dartmouth
1982 — 17:35.9, Riva Gensib, Penn
1983 — 16:00.9, Kate Wiley, Harvard
1984 — 16:31.17, Kate Wiley, Harvard
1985 — 16:46.12, Ellen O'Neil, Dartmouth
1986 — 16:34.35, Jenny Stricker, Harvard
1987 — 17:10.84, Kelly Groteke, Yale
1988 — 16:45.16, Laurie Isbell, Dartmouth
1989 — 16:46.57, Suzanne Jones, Harvard
1990 — 16:37.41, Laurie Isbell, Dartmouth
1991 — 16:51.41, Pam Hunt, Cornell
1992 — 16:30.82, Pam Hunt, Cornell
1993 — 16:32.58, Kristin Beaney, Princeton
1994 — 16:36.92, Kristin Beaney, Princeton
1995 — 16:37.56, Laura Woeller, Cornell
1996 — 16:34.12, Maribel Sanchez, Dartmouth
1997 — 16:40.16, Jenna Rogers, Dartmouth
1998 — 16:35.40, Jenna Rogers, Dartmouth
1999 — 17:09.87, Emily Germano, Cornell
2000 — 17:10.16, Emily Germano, Cornell
2001 — 16:39.79, Kim Thalman, Brown
2002 — 17:06.11, Laura O'Neill, Yale
2003 — 16:20.52, Laura O'Neill, Yale
2004 — 16:45.13, Emily Kroshus, Princeton
2005 — 15:55.03, Caroline Bierbaum, Columbia
2006 — 16:27.94, Lindsey Scherf, Harvard
2007 — 16:24.44, Toni Salucci, Cornell
2008 — 16:47.83, Sarah Cummings, Princeton
2009 — 16:51.86, Sarah Cummings, Princeton
2010 — 16:27.64, Reilly Kiernan, Princeton

2011 — 16:21.16, Ashley Higginson, Princeton
2012 — 16:38.01, Heidi Caldwell, Brown
2013 — 15:47.02, Abbey D'Agostino, Dartmouth
2014 — 16:08.70, Abbey D'Agostino, Dartmouth
2015 — 16:01.51, Megan Curham, Princeton
2016 — 16:21.27, Natalie Schudrowitz, Brown

Winners By School

9 — Dartmouth (1981-85-88-90-96-97-98-13-14)
8 — Princeton (1993-94-04-08-09-10-11-15)
6 — Cornell (1991-92-95-99-00-07)
5 — Harvard (1983-84-86-89-06)
3 — Brown (2001-12-16)
3 — Yale (1987-02-03)
1 — Columbia (2005)
1 — Penn (1982)

Vertical Jumps

Princeton senior Allison Harris (Toronto, Ont.) is continuing to soar higher and higher into the air, resetting the limits of what can Ivy Leaguer can vault. Last year, she was honored with the Field MVP award at Indoor Heps with her meet record of 13-7 1/4. We expect her to reset that mark again as she has officially cleared 14 feet (4.27 meters) this season and could use Indoor Heps as a means to improve her NCAA qualification. Meanwhile, the rest of the field will be battling for podium spots as 10 athletes have cleared 12 feet so far this winter, including two of the returning 2016 event scorers — Harvard sophomore Nicole Trenchard (Santa Cruz, Calif.) and Penn sophomores Nicole Macco (Aberdeen, N.J.). Cornell rookie Claire Kao (Laguna Niguel, Calif.) and Penn junior Molly Minnig (Falls Church, Va.) are within a half-inch of each other (or a centimeter, if you like metric) and only a few centimeters of breaking the 4-meter barrier (13-1 1/2). Harris is the only athlete in the field who has cleared four meters. Harvard junior Marlena Sabatino (Hillsborough, N.J.) is the only athlete who has ever come so close as she has a personal best of 3.95 (12-11 1/2).

The high jump has a similar performance distribution. Brown senior Shanelle DeJournett (Knoxville, Tenn.) — who leads the conference by four inches — has also cleared a new personal best height (5-11 1/4) that places her in the Ivy League all-time top 10. It will be a battle for the remaining podium spots if DeJournett has a clean performance on Sunday (hopefully, she will have recovered fully from completing a pentathlon on Saturday). The next six best athletes in the field all have season's bests within a centimeter of each other, so it will indeed come down to who has the cleanest performance. Brown is hoping for its first-ever 1-2 finish in the high jump as the next two leapers — junior Carly Paul (Fort Collins, Colo.) and sophomore Janell Grier-Spratley (Alexandria, Va.) join DeJournett. But they will have to contend with Harvard senior Raegan Nizdil (Camarillo, Calif.), Cornell junior Kate Gulbrandsen (Palm Beach, Fla.), Penn sophomore Anna Peyton Malizia (Tampa, Fla.), and Princeton sophomore Nnenna Ibe (North Brunswick, N.J.). Gulbrandsen is the top returner from last year, where she finished second with a height of 5-10 1/2, just ahead of DeJournett's third-place finish while Peyton Malizia finished in a tie for fifth place.

Women's Indoor Heps

HIGH JUMP

Finals: Sunday, 2 pm

Meet Top 10

6-5 1/2 — Dora Gyorffy (Harvard, 2000)
6-3 1/4 — Dora Gyorffy (Harvard, 1998)
6-2 3/4 — Dora Gyorffy (Harvard, 2001)
6-1 1/2 — Dora Gyorffy (Harvard, 1999)
6-1 1/2 — Sarah Wilfred (Cornell, 2007)
6-0 1/2 — Kaitlin Whitehorn (Dartmouth, 2016)
5-11 1/4 — Shawneequa Collier (Princeton, 2000)
5-11 1/4 — Becky Christensen (Harvard, 2009)
5-10 3/4 — Kart Siilats (Harvard, 2001)
5-10 1/2 — Becky Christensen (Harvard, 2008)
5-10 1/2 — Kaitlin Whitehorn (Dartmouth, 2013)
5-10 1/2 — Mary Hirst (Harvard, 2013)
5-10 1/2 — Kate Gulbrandsen (Cornell, 2016)

All-Meet Top 10

6-5 1/2 — Dora Gyorffy (Harvard, 2000)
6-3 1/4 — Becky Christensen (Harvard, 2009)
6-1 1/2 — Sarah Wilfred (Cornell, 2007)
6-1 1/4 — Kart Siilats (Harvard, 2002)
6-0 1/2 — Kaitlin Whitehorn (Dartmouth, 2016)
6-0 — Erin Sugrue (Harvard, 1986)
5-11 3/4 — Jane Buchan (Yale, 1986)
5-11 1/2 — Monique Roberts (Columbia, 2010)
5-11 1/4 — Shawneequa Collier (Princeton, 2000)
5-11 1/4 — Shanelle DeJournett (Brown, 2017)

2017 Top 10

5-11 1/4 — Shanelle DeJournett (Brown)
5-8 — Carly Paul (Brown)
5-7 1/4 — Jenell Grier-Spratley (Brown)
5-7 — Raegan Nizdil (Harvard)
5-7 — Kate Gulbrandsen (Cornell)
5-7 — Anna Peyton Malizia (Penn)
5-7 — Nnenna Ibe (Princeton)
5-5 3/4 — Zoe Hughes (Harvard)
5-5 3/4 — Grace Smith (Cornell)
5-5 3/4 — Uloma Nwaolu (Brown)
5-5 3/4 — Elizabeth Adelson (Yale)

Four-Time Champion

Dora Gyorffy, Harvard (1998-99-00-01)

Three-Time Champions

Jane Buchan, Yale (1983-85-86)
Sarah Wilfred, Cornell (2005-06-07)
Monique Roberts, Columbia (2010-11-12)
Kaitlin Whitehorn, Dartmouth (2013-15-16)

Two-Time Champions

Kim Seminiano, Army (1988-89)
Becky Christensen, Harvard (2008-09)

All-Time Champions

1981 — 5-6, Sue Elliott (Cornell)
1982 — 5-2, Susan Brooks (Dartmouth)
1983 — 5-8, Jane Buchan (Yale)
1984 — 5-7 1/4, Pat Buckingham (Army)
1985 — 5-9, Jane Buchan (Yale)
1986 — 5-8 1/2, Jane Buchan (Yale)
1987 — 5-7 1/4, Erin Sugrue (Harvard)
1988 — 5-9 1/4, Kim Seminiano (Army)
1989 — 5-10 1/4, Kim Seminiano (Army)
1990 — 5-10, Nicola Springer (Princeton)
1991 — 5-8 3/4, Becky Bryan (Brown)
1992 — 5-8 3/4, Kelly Ross (Cornell)
1993 — 5-7 1/4, Susan Culler (Cornell)
1994 — 5-7 1/4, Stephanie Page (Yale)
1995 — 5-6, Sarah Barber (Harvard)
1996 — 5-6, Ellen White (Cornell)
1997 — 5-8, Suzanne Dondero (Navy)
1998 — 6-3 1/4, Dora Gyorffy (Harvard)
1999 — 6-1 1/2, Dora Gyorffy (Harvard)
2000 — 6-5 1/2, Dora Gyorffy (Harvard)
2001 — 6-2 3/4, Dora Gyorffy (Harvard)
2002 — 5-8, Kart Siilats (Harvard)
2003 — 5-7, Aoife Keane (Columbia)
2004 — 5-8 1/2, Katie Rowinski (Brown)
2005 — 5-7, Sarah Wilfred (Cornell)
2006 — 5-10, Sarah Wilfred (Cornell)
2007 — 6-1 1/2, Sarah Wilfred (Cornell)
2008 — 5-10 1/2, Becky Christensen (Harvard)
2009 — 5-11 1/4, Becky Christensen (Harvard)
2010 — 5-8, Monique Roberts (Columbia)
2011 — 5-9 1/4, Monique Roberts (Columbia)
2012 — 5-9 1/4, Monique Roberts (Columbia)
2013 — 5-10 1/2, Kaitlin Whitehorn (Dartmouth)
2014 — 5-8, Morayo Akande (Brown)
2015 — 5-7 1/4, Kaitlin Whitehorn (Dartmouth)
2016 — 6-0 1/4, Kaitlin Whitehorn (Dartmouth)

Winners By School

9 — Harvard (1987-95-98-99-00-01-02-08-09)
7 — Cornell (1981-92-93-96-05-06-07)
4 — Columbia (2003-10-11-12)
4 — Dartmouth (1982-13-15-16)
4 — Yale (1983-85-86-94)
3 — Army (1984-88-89)
3 — Brown (1991-04-14)
1 — Navy (1997)
1 — Princeton (1990)

Women's Indoor Heps

POLE VAULT

Finals: Saturday, 10:30 am

Meet Top 10

13-7 1/4 — Allison Harris (Princeton, 2016)
13-6 1/4 — Tory Worthen (Princeton, 2012)
13-5 1/4 — Molly Lederman (Yale, 2006)
13-1 1/2 — Tory Worthen (Princeton, 2013)
12-11 1/2 — Jessica Kloss (Princeton, 2009)
12-10 1/4 — Chelo Canino (Princeton, 2003)
12-9 1/2 — Natalie Gengel (Cornell, 2008)
12-9 1/2 — Tory Worthen (Princeton, 2010)
12-9 1/2 — Tory Worthen (Princeton, 2011)
12-9 1/2 — Samantha Anderson (Princeton, 2011)
12-9 1/2 — Samantha Anderson (Princeton, 2014)
12-9 1/2 — Eve Bishop (Cornell, 2015)

All-Meet Top 10

14-0 — Allison Harris (Princeton, 2017)
13-6 1/4 — Tory Worthen (Princeton, 2012)
13-5 1/4 — Molly Lederman (Yale, 2006)
13-1 1/2 — Eve Bishop (Cornell, 2015)
12-11 3/4 — Natalie Todd-Zebell (Dartmouth, 2008)
12-11 1/2 — Jessica Kloss (Princeton, 2009)
12-11 1/2 — Marlena Sabatino (Harvard, 2016)
12-10 1/4 — Chelo Canino (Princeton, 2003)
12-10 1/4 — Amanda Hasenauer (Navy, 2003)
12-10 — Sydnie Leroy (Harvard, 2013)
12-10 — Claire Kao (Cornell, 2017)

2017 Top 10

14-0 — Allison Harris (Princeton)
12-10 — Claire Kao (Cornell)
12-9 1/2 — Molly Minnig (Penn)
12-7 1/2 — Julia Valenti (Dartmouth)
12-5 1/2 — Marlena Sabatino (Harvard)
12-5 1/2 — Nicole Trenchard (Harvard)
12-3 1/2 — Zoe Early (Penn)
12-3 1/2 — Nicole Macco (Penn)
12-1 1/2 — Monica Benz (Penn)
12-0 — Shanthi Hiremath (Dartmouth)

Four-Time Champion

Tory Worthen, Princeton (2010-11-12-13)

Three-Time Champion

Molly Lederman, Yale (2004-05-06)

Two-Time Champion

Amanda Hasenauer, Navy (2001-02)

All-Time Champions

1999 — 10-10, Amy Desai, Penn (exhibition, non-scoring)
2000 — 12-1 1/4, Elizabeth Beck, Dartmouth
2001 — 12-1 1/2, Amanda Hasenauer, Navy
2002 — 12-6, Amanda Hasenauer, Navy
2003 — 12-10 1/4, Chelo Canino, Princeton
2004 — 12-5 1/2, Molly Lederman, Yale
2005 — 12-5 1/2, Molly Lederman, Yale

2006 — 13-5 1/4, Molly Lederman, Yale
2007 — 12-5 1/2, Clara Blattler, Harvard
2008 — 12-9 1/2, Natalie Gengel, Cornell
2009 — 12-11 1/2, Jessica Kloss, Princeton
2010 — 12-9 1/2, Tory Worthen, Princeton
2011 — 12-9 1/2, Tory Worthen, Princeton
2012 — 13-6 1/4, Tory Worthen, Princeton
2013 — 13-1 1/2, Tory Worthen, Princeton
2014 — 12-9 1/2, Samantha Anderson, Princeton
2015 — 12-9 1/2, Eve Bishop, Cornell
2016 — 13-7 1/4, Allison Harris, Princeton

Winners By School

8 — Princeton (2003-09-10-11-12-13-14-16)
3 — Yale (2004-05-06)
2 — Cornell (2008-15)
2 — Navy (2001-02)
1 — Dartmouth (2000)
1 — Harvard (2007)
1 — Penn (1999)

Horizontal Jumps

The long jump and triple jump will have a lot of fresh faces, and we don't just mean well-rested and ready to go. It's quite possible the women's horizontal jump titles could go to freshmen in 2017, as freshmen dominate the top of the season performance lists.

Three freshmen have surpassed 19 feet in the long jump this year — Dartmouth's Cha'Mia Rothwell (Durham, N.C.), and Harvard's Simi Fajemisin (Oxford, U.K.) and Zoe Hughes (Hornchurch, U.K.). Rothwell has actually surpassed 19 feet in three of her four competitions this season. These three freshmen are also expected to be competing in additional events during their first Indoor Heps competition — Rothwell in the 60 and the hurdles; Hughes in the pentathlon; and Fajemisin — the League's top triple jumper with the only leap beyond 41 feet — in the hop, step and jump. Four other freshmen are also podium contenders in either of these events — Dartmouth's Folasade Akinfe (Oswego, Ill.), Brown's Zion Lewis (Canton, Ga.), Penn's Elena Brown-Soler (Chamblee, Ga.), and Columbia's Maryam Hassan (Cresskill, N.J.). Akinfe is one of three athletes who have cleared 40 feet this year in the triple jump.

Don't just hand these titles off to the freshmen yet, as there are other experienced athletes in the field who would love to claim their first indoor title. Columbia senior Anna Williams (Alexandria, Va.) — the 2016 Outdoor triple jump champion — has been a 41-foot triple jumper and is definitely a title contender in each event. After all, she was the runner-up in both last year. Princeton sophomore Kerri Davidson (London, U.K.) is a 40-foot triple jumper and finished third in this event a year ago. Cornell junior Claudia Dabrowski (Toms River, N.J.) has yet to compete at an Indoor conference meet, but she is in good standing to possibly score in her first appearance at Indoor Heps in the long jump.

Women's Indoor Heps

LONG JUMP

Finals: Saturday, 10:30 am

Meet Top 10

21-2 — Jeomi Maduka (Cornell, 2008)
20-7 — Joslyn Woodard (Yale, 2004)
20-6 1/2 — Jeomi Maduka (Cornell, 2009)
20-5 1/4 — Joslyn Woodard (Yale, 2006)
20-3 1/2 — Jeomi Maduka (Cornell, 2006)
20-1 — Melissa Hewitt (Cornell, 2010)
19-10 3/4 — Jeomi Maduka (Cornell, 2007)
19-10 3/4 — Uju Ofoche (Columbia, 2013)
19-9 3/4 — Joslyn Woodard (Yale, 2005)
19-8 — Ashtynn Baltimore (Harvard, 2010)

All-Meet Top 10

21-11 3/4 — Jeomi Maduka (Cornell, 2009)
20-7 — Joslyn Woodard (Yale, 2004)
20-3 3/4 — Melissa Hewitt (Cornell, 2012)
20-3 — Yetsa Tuakli-Wosornu (Yale, 2001)
20-0 1/2 — Kathy Harrison (Army, 1984)
20-0 1/4 — Uju Ofoche (Columbia, 2012)
19-11 3/4 — Helena Ronner (Harvard, 2002)
19-9 — Cha'Mia Rothwell (Dartmouth, 2017)
19-8 1/4 — Brittan Smith (Harvard, 2008)
19-8 — Margaret Crumety (Brown, 1993)
19-8 — Ashtynn Baltimore (Harvard, 2010)

2017 Top 10

19-9 — Cha'Mia Rothwell (Dartmouth)
19-4 1/4 — Simi Fajemisin (Harvard)
19-2 1/2 — Zoe Hughes (Harvard)
18-9 — Claudia Dabrowski (Cornell)
18-8 1/2 — Anna Williams (Columbia)
18-8 1/2 — Elena Brown-Soler (Penn)
18-7 — Shandell Scott (Brown)
18-6 1/2 — Rachel McMahon (Brown)
18-6 — Folasade Akinfe (Dartmouth)
18-5 3/4 — Gabrielle Thomas (Harvard)

Four-Time Champion

Joslyn Woodard, Yale (2003-04-05-06)

Three-Time Champions

Diana Wills, Army (1987-88-89)
Jeomi Maduka, Cornell (2007-08-09)
Uju Ofoche, Columbia (2011-12-13)

Two-Time Champion

Nadia Eke, Columbia (2014-15)

All-Time Champions

1981 — 17-11, Sari Chang (Princeton)
1982 — 18-3 1/4, Lauren Kulik (Cornell)
1983 — 18-10 1/2, Tracy Hanlon (Army)
1984 — 19-4, Joan Phenglaor (Penn)
1985 — 19-3 1/4, Kathy Harrison (Army)
1986 — 19-2 1/4, Pamela Pearson (Army)

1987 — 18-6 3/4, Diana Wills (Army)
1988 — 19-6, Diana Wills (Army)
1989 — 19-3, Diana Wills (Army)
1990 — 19-3 1/2, Susie Curtis (Cornell)
1991 — 19-6, Laura Kersting (Cornell)
1992 — 18-9 1/4, Samantha Lincoln (Yale)
1993 — 19-7 3/4, Margaret Crumety (Brown)
1994 — 18-10 1/4, Karyn Smith (Penn)
1995 — 18-4 3/4, Monica McCullough (Penn)
1996 — 18-2, Kimberly Mason (Penn)
1997 — 18-5 3/4, Aqiyla Muhammad (Penn)
1998 — 18-10, Hadiya Green (Princeton)
1999 — 19-1 1/4, Aiyanna Burton (Princeton)
2000 — 19-2 3/4, Lindsay Taylor (Brown)
2001 — 19-6 1/4, Yetsa Tuakli-Wosornu (Yale)
2002 — 19-5 1/4, Helena Ronner (Harvard)
2003 — 18-6, Joslyn Woodard (Yale)
2004 — 20-7, Joslyn Woodard (Yale)
2005 — 19-9 3/4, Joslyn Woodard (Yale)
2006 — 20-5 1/4, Joslyn Woodard (Yale)
2007 — 19-10 3/4, Jeomi Maduka (Cornell)
2008 — 21-2, Jeomi Maduka (Cornell)
2009 — 20-6 1/2, Jeomi Maduka (Cornell)
2010 — 20-1, Melissa Hewitt (Cornell)
2011 — 19-7, Uju Ofoche (Columbia)
2012 — 19-6 1/4, Uju Ofoche (Columbia)
2013 — 19-10 3/4, Uju Ofoche (Columbia)
2014 — 18-10, Nadia Eke (Columbia)
2015 — 19-2 1/2, Nadia Eke (Columbia)
2016 — 18-9, Gabrielle Thomas (Harvard)

Winners By School

7 — Cornell (1982-90-91-07-08-09-10)
6 — Army (1983-85-86-87-88-89)
6 — Yale (1992-01-03-04-05-06)
5 — Columbia (2011-12-13-14-15)
5 — Penn (1984-94-95-96-97)
3 — Princeton (1981-98-99)
2 — Brown (1993-00)
2 — Harvard (2002-16)

TRIPLE JUMP

Finals: Sunday, 11:30 am

Meet Top 10

43-10 1/2 — Jeomi Maduka (Cornell, 2009)
43-8 1/2 — Nadia Eke (Columbia, 2015)
43-4 1/2 — Brittany Grovey (Brown, 2006)
43-1 3/4 — Jeomi Maduka (Cornell, 2008)
42-11 1/2 — Nadia Eke (Columbia, 2014)
42-9 — Diana Wills (Army, 1990)
42-6 — O'Sha Williams (Brown, 2016)
42-4 1/4 — Nadia Eke (Columbia, 2012)
42-2 3/4 — Queen Okeke (Columbia, 2013)
42-1 1/2 — Diana Wills (Army, 1989)
42-1 1/2 — Nadia Eke (Columbia, 2013)

Women's Indoor Heps

All-Meet Top 10

43-10 1/2 — Jeomi Maduka (Cornell, 2009)
43-8 1/2 — Nadia Eke (Columbia, 2015)
43-4 1/2 — Brittany Grovey (Brown, 2006)
42-9 — Diana Wills (Army, 1990)
42-6 — O'Sha Williams (Brown, 2016)
42-2 3/4 — Queen Okeke (Columbia, 2013)
41-11 1/2 — Dora Gyorffy (Harvard, 2001)
41-9 3/4 — Imani Oliver (Princeton, 2013)
41-6 1/2 — Akilah King (Brown, 2008)
41-5 1/4 — Helena Ronner (Harvard, 2003)

2017 Top 10

41-2 1/4 — Simi Fajemisin (Harvard)
40-5 — Anna Williams (Columbia)
40-0 1/2 — Folasade Akinfe (Dartmouth)
39-3 3/4 — Zion Lewis (Brown)
39-0 1/2 — Kerri Davidson (Princeton)
38-7 — Maryam Hassan (Columbia)
38-6 — Gaynelle Boham (Cornell)
38-2 1/4 — Bridget van Dorsten (Brown)
37-10 3/4 — Floriane Kameni (Harvard)
37-10 1/2 — Nnenna Ibe (Princeton)

Four-Time Champions

Diana Wills, Army (1987-88-89-90)
Dora Gyorffy, Harvard (1998-99-00-01)

Three-Time Champions

Jeomi Maduka, Cornell (2007-08-09)
Nadia Eke, Columbia (2012-14-15)

Two-Time Champions

Ruth Greenfield, Penn (1991-92)
Anita Jakelic, Cornell (1995-97)
Helena Ronner, Harvard (2002-03)
Brittany Grovey, Brown (2005-06)
Queen Okeke, Columbia (2011-13)

All-Time Champions

1986 — 38-10 1/2, Pamela Pearson (Army)
1987 — 39-5 1/4, Diana Wills (Army)
1988 — 41-7 3/4, Diana Wills (Army)
1989 — 42-1 1/2, Diana Wills (Army)
1990 — 42-9, Diana Wills (Army)
1991 — 40-11 3/4, Ruth Greenfield (Penn)
1992 — 40-4, Ruth Greenfield (Penn)
1993 — 39-7 1/4, Margaret Crumety (Brown)
1994 — 41-0 1/4, Melba Goggins (Army)
1995 — 39-11 1/2, Anita Jakelic (Cornell)
1996 — 38-9 1/2, Lisa El (Penn)
1997 — 39-3 3/4, Anita Jakelic (Cornell)
1998 — 40-3 1/4, Dora Gyorffy (Harvard)
1999 — 41-3, Dora Gyorffy (Harvard)
2000 — 41-9 3/4, Dora Gyorffy (Harvard)
2001 — 41-11 1/2, Dora Gyorffy (Harvard)
2002 — 40-10 1/2, Helena Ronner (Harvard)
2003 — 41-5 1/4, Helena Ronner (Harvard)
2004 — 40-9, Ibralate Stanley-Ikhillioju (Cornell)

2005 — 41-5 1/4, Brittany Grovey (Brown)
2006 — 43-4 1/2, Brittany Grovey (Brown)
2007 — 40-9 3/4, Jeomi Maduka (Cornell)
2008 — 43-1 3/4, Jeomi Maduka (Cornell)
2009 — 43-10 1/2, Jeomi Maduka (Cornell)
2010 — 39-10 3/4, Kathryn Gevitz (Penn)
2011 — 41-10 3/4, Queen Okeke (Columbia)
2012 — 42-4 1/4, Nadia Eke (Columbia)
2013 — 42-2 3/4, Queen Okeke (Columbia)
2014 — 42-11 1/2, Nadia Eke (Columbia)
2015 — 43-8 1/2, Nadia Eke (Columbia)
2016 — 42-6, O'Sha Williams (Brown)

Winners By School

6 — Army (1986-87-88-89-90-94)
6 — Cornell (1995-97-04-07-08-09)
6 — Harvard (1998-99-00-01-02-03)
5 — Columbia (2011-12-13-14-15)
4 — Brown (1993-05-06-16)
4 — Penn (1991-92-96-10)

Throws

A pair of world class athletes are the favorites in the women's throwing events this year — Harvard senior Nikki Okwelogu (Fresno, Calif.) in the shot put and Princeton senior Julia Ratcliffe (Hamilton, N.Z.) in the weight throw. Okwelogu is on the verge of making additional Ivy League history as she has the opportunity of becoming the second woman to win four indoor shot put titles, joining Princeton grad Deborah St. Phard. But Okwelogu will need to make sure she gets a good legal throw in, despite the fact that she is easily more than five feet better than the rest of her Ivy competition. This year, her Ivy competition is stronger than ever. Penn freshman Maura Kimmel (West Sunbury, Pa.) is Okwelogu's closest opponent. The rookie has been improving her shot put best these last few weeks. Could Indoor Heps be the first time she breaks 50 feet in collegiate competition? Brown freshman Kendra Offiaeli (South Windsor, Conn.) started off her collegiate career with a 48-foot performance back in December, but has been inconsistent since the New Year. The 2016 runner-up — Cornell junior Michaela Smith (Newtonville, Mass.) — has improved by almost a foot since last year and wouldn't mind another runner-up finish should one of these rookies falter in their Heps debut.

Ratcliffe is back in Ivy competition after taking the year off to train for the Olympics and she's back at the top of the weight-throw performance list. She doesn't have as much breathing room as she did two years ago since there are two other athletes — Penn sophomore Rachel Wilson (Flossmoor, Ill.) and Tiger junior teammate Kennedy O'Dell (Eudora, Kan.) — who have surpassed 60 feet this season. A third athlete — Brown junior Maxine Offiaeli (South Windsor, Conn.) — is a fraction of an inch away. The defending Indoor Heps champion Leena Morris (Woodstock, Ga.), a Cornell sophomore, has also been well over 60 as she threw 63-10 1/4 to win the 2016 title. Don't expect her to give up that title without a fight. Our prediction is that it will likely take 58 feet to make the scoring podium. The best sixth-place mark ever is under 55, so prepare for the best weight throw final in Ivy League history.

Women's Indoor Heps

SHOT PUT

Finals: Sunday, 11:30 am

Meet Top 10

56-2 — Nikki Okwelogu (Harvard, 2015)
55-9 3/4 — Nikki Okwelogu (Harvard, 2016)
51-9 3/4 — Brynn Smith (Brown, 2011)
51-5 — Isabell Von Loga (Princeton, 2008)
51-3 — Amber Knighten (Brown, 2000)
50-10 3/4 — Danielle Grunloh (Brown, 2009)
50-9 1/2 — Danielle Grunloh (Brown, 2010)
50-5 1/4 — Victoria Imbesi (Cornell, 2013)
50-2 3/4 — Nikki Okwelogu (Harvard, 2014)
49-11 — Brynn Smith (Brown, 2010)

All-Meet Top 10

57-11 1/4 — Nikki Okwelogu (Harvard, 2016)
53-5 — Deborah St. Phard (Princeton, 1987)
51-9 3/4 — Brynn Smith (Brown, 2011)
51-5 — Isabell Von Loga (Princeton, 2008)
51-3 — Amber Knighten (Brown, 2000)
50-10 1/2 — Danielle Grunloh (Brown, 2009)
50-5 1/4 — Victoria Imbesi (Cornell, 2013)
49-10 — Maura Kimmel (Penn, 2017)
49-5 3/4 — Thanithia Billings (Princeton, 2011)
49-3 3/4 — Cathy Griffin (Harvard, 1991)

2017 Top 10

55-3 — Nikki Okwelogu (Harvard)
49-10 — Maura Kimmel (Penn)
48-2 1/2 — Kendra Offiaeli (Brown)
46-6 1/4 — Michaela Smith (Cornell)
45-10 1/2 — Kennedy O'Dell (Princeton)
45-10 1/2 — Leena Morris (Cornell)
45-6 1/4 — Melissa Dunham (Dartmouth)
45-4 1/2 — Nikolia Kanaris (Cornell)
45-0 1/4 — Taylor Drayton (Cornell)
43-1 — Taylor Baker (Cornell)

Four-Time Champion

Deborah St. Phard, Princeton (1984-85-86-87)

Three-Time Champions

Amy Winchester, Dartmouth (1993-95-96)
Amber Knighten, Brown (1999-00-01)
Nikki Okwelogu, Harvard (2014-15-16)

Two-Time Champions

Kim Johnson, Harvard (1981-82)
Cathy Griffin, Harvard (1990-92)
Danielle Grunloh, Brown (2009-10)
Victoria Imbesi, Cornell (2012-13)

All-Time Champions

1981 — 41-2 1/2, Kim Johnson, Harvard
1982 — 44-7, Kim Johnson, Harvard
1983 — 44-1 1/2, Jennifer Loomis, Brown
1984 — 45-9 3/4, Deborah St. Phard, Princeton
1985 — 46-10 1/2, Deborah St. Phard, Princeton

1986 — 48-6 3/4, Deborah St. Phard, Princeton
1987 — 48-8, Deborah St. Phard, Princeton
1988 — 42-8 1/2, Lyn Yagiela, Army
1989 — 46-0, Sarah Beasley, Dartmouth
1990 — 45-5, Cathy Griffin, Harvard
1991 — 48-2 1/2, Nicole Carkeek, Harvard
1992 — 47-10, Cathy Griffin, Harvard
1993 — 48-0 3/4, Amy Winchester, Dartmouth
1994 — 45-0 1/2, Candice Shoemaker, Dartmouth
1995 — 47-4 1/2, Amy Winchester, Dartmouth
1996 — 48-8, Amy Winchester, Dartmouth
1997 — 43-2 1/4, Tamara Renda, Brown
1998 — 46-2 1/2, Luana Botelho, Penn
1999 — 46-3 1/4, Amber Knighten, Brown
2000 — 51-3, Amber Knighten, Brown
2001 — 48-9 1/2, Amber Knighten, Brown
2002 — 45-4 1/4, Jill Lynch, Brown
2003 — 46-3 1/2, Meagan Verdeyen, Dartmouth
2004 — 44-0, Becky Tucker, Cornell
2005 — 45-7 3/4, Charity Payne, Penn
2006 — 47-0 3/4, Sheeba Ibidunni, Cornell
2007 — 46-2 3/4, Jamila Smith, Dartmouth
2008 — 51-5, Isabell Von Loga, Princeton
2009 — 50-10 3/4, Danielle Grunloh, Brown
2010 — 50-9 1/2, Danielle Grunloh, Brown
2011 — 51-9 3/4, Brynn Smith, Brown
2012 — 49-3, Victoria Imbesi, Cornell
2013 — 50-5 1/4, Victoria Imbesi, Cornell
2014 — 50-2 3/4, Nikki Okwelogu, Harvard
2015 — 56-2, Nikki Okwelogu, Harvard
2016 — 55-9 3/4, Nikki Okwelogu, Harvard

Winners By School

9 — Brown (1983-97-99-00-01-02-09-10-11)
8 — Harvard (1981-82-90-91-92-14-15-16)
7 — Dartmouth (1989-93-94-95-96-03-07)
5 — Princeton (1984-85-86-87-08)
4 — Cornell (2004-06-12-13)
2 — Penn (1998-05)
1 — Army (1988)

WEIGHT THROW

Finals: Saturday, 9:30 am

Meet Top 10

68-4 1/4 — Adabelle Ekechukwu (Harvard, 2013)
68-3 1/4 — Adabelle Ekechukwu (Harvard, 2014)
63-11 — Julia Ratcliffe (Princeton, 2015)
63-10 1/4 — Leena Morris (Cornell, 2016)
62-9 1/4 — Julia Ratcliffe (Princeton, 2014)
61-4 1/4 — Julia Ratcliffe (Princeton, 2013)
61-4 — Nicky Grant (Harvard, 2002)
60-2 1/2 — Maria Matos (Cornell, 2008)
60-1 — Brynn Smith (Brown, 2011)
59-11 3/4 — Adabelle Ekechukwu (Harvard, 2012)

Women's Indoor Heps

All-Meet Top 10

68-4 1/4 — Adabelle Ekechukwu (Harvard, 2013)
66-0 1/2 — Julia Ratcliffe (Princeton, 2017)
63-10 1/4 — Leena Morris (Cornell, 2016)
63-0 1/4 — Thanithia Billings (Princeton, 2010)
62-10 — Sheeba Ibdunni (Cornell, 2005)
62-0 1/4 — Nicky Grant (Harvard, 2002)
61-7 1/2 — Maria Matos (Cornell, 2008)
61-6 1/4 — Rachel Wilson (Penn, 2017)
61-2 1/4 — Lacy Craker (Brown, 2013)
60-7 3/4 — Emma Ruggiero (Princeton, 2011)

2017 Top 10

66-0 1/2 — Julia Ratcliffe (Princeton)
61-6 1/4 — Rachel Wilson (Penn)
60-3 3/4 — Kennedy O'Dell (Princeton)
59-11 1/4 — Maxine Offiaeli (Brown)
57-9 1/2 — Autumn Covington (Cornell)
57-2 — Leena Morris (Cornell)
57-0 3/4 — Amelia Ali (Dartmouth)
56-5 3/4 — Isis Trotman (Penn)
54-10 3/4 — Kate Simon (Yale)
54-9 1/2 — Taylor Baker (Cornell)

Three-Time Champions

Cathy Griffin, Harvard (1990-91-92)
Maria Matos, Cornell (2007-08-09)
Adabelle Ekechukwu, Harvard (2012-13-14)

Two-Time Champions

Tammy Renda, Brown (1997-99)
Melanie Harris, Yale (2000-01)
Sheeba Ibdunni, Cornell (2005-06)

All-Time Champions

1987 — 49-11 3/4, Kim Ehrlund, Army
1988 — 46-9 3/4, Jenne Renne, Penn
1989 — 54-1, Sarah Beasley, Dartmouth
1990 — 53-2 1/4, Cathy Griffin, Harvard
1991 — 53-3 1/4, Cathy Griffin, Harvard
1992 — 53-10 1/4, Cathy Griffin, Harvard
1993 — 50-4, Kiza Brunner, Brown
1994 — 54-0, Sonja Washington, Navy
1995 — 56-0 1/2, Tina Rankin, Cornell
1996 — 52-10 1/4, Amy Winchester, Dartmouth
1997 — 56-1, Tammy Renda, Brown
1998 — 57-9, Chris Kervaski, Cornell
1999 — 53-9 1/4, Tammy Renda, Brown
2000 — 58-1, Melanie Harris, Yale
2001 — 59-9, Melanie Harris, Yale
2002 — 61-4, Nicky Grant, Harvard
2003 — 53-7 1/2, BreeAnna Gibson, Harvard
2004 — 59-4 1/4, Becky Tucker, Cornell
2005 — 59-8 1/2, Sheeba Ibdunni, Cornell
2006 — 59-7, Sheeba Ibdunni, Cornell
2007 — 56-0 1/2, Maria Matos, Cornell
2008 — 60-2 1/2, Maria Matos, Cornell
2009 — 59-9 3/4, Maria Matos, Cornell
2010 — 56-3, Thanithia Billings, Princeton

2011 — 60-1, Brynn Smith, Brown
2012 — 59-11 3/4, Adabelle Ekechukwu, Harvard
2013 — 68-4 1/4, Adabelle Ekechukwu, Harvard
2014 — 68-3 1/4, Adabelle Ekechukwu, Harvard
2015 — 63-11, Julia Ratcliffe, Princeton
2016 — 63-10 1/4, Leena Morris, Cornell

Winners By School

10 — Cornell (1995-98-04-05-06-07-08-09-11-16)
8 — Harvard (1990-91-92-02-03-12-13-14)
3 — Brown (1993-97-99)
2 — Dartmouth (1989-96)
2 — Princeton (2010-15)
2 — Yale (2000-01)
1 — Army (1987)
1 — Navy (1994)
1 — Penn (1988)

Pentathlon

Dartmouth and Princeton could have the most participants in the pentathlon with three apiece, followed by Cornell with two athletes. Dartmouth has the top returning scorer from the 2016 Indoor Heps in sophomore Maria Garman (Scituate, Mass.), a 3,700+ point athlete. Princeton sophomore Frances Lodge (New York, N.Y.) has improved her pentathlon performance by nearly 100 points since this time last year. While these two could potentially earn their first Heps title this Saturday, we expect that the battle for the title will be between Harvard freshman Zoe Hughes (Hornchurch, U.K.) and Brown senior Shanelle DeJournett (Knoxville, Tenn.). These two competed against one another in the pentathlon during the Harvard Multi-Meet in January, and Hughes finished ahead of DeJournett by 62 points (about a four-second difference in the 800-meter run). Hughes is the stronger hurdler and long jumper as she is in the top 10 in the conference over the hurdles and the top three among the long jumpers. But DeJournett is the top high jumper in the League. Expect this to be a great duel on Saturday.

EVENT-BY-EVENT

60m hurdles: Saturday, 9:30 am
High jump: Saturday, 10:10 am
Shot put: Saturday, Noon
Long jump: Saturday, 1:45 pm
800m run: Saturday, 3 pm

Meet Top 10

4,053 — Lindsay Taylor (Brown, 2001)
3,940 — Janae Dunchack (Dartmouth, 2013)
3,923 — Taylor Morgan (Princeton, 2015)
3,912 — Allison Frantz (Dartmouth, 2015)
3,903 — Lindsay Taylor (Brown, 2000)
3,895 — Janae Dunchack (Dartmouth, 2014)
3,890 — Jamie Greubel (Cornell, 2006)
3,888 — Taylor Morgan (Princeton, 2016)
3,862 — Shaina Damm (Dartmouth, 2002)
3,791 — Tracy Hanlon (Army, 1984)

Women's Indoor Heps

All-Meet Top 10

4,209 — Martina Salander (Harvard, 2013)
4,053 — Lindsay Taylor (Brown, 2001)
4,050 — Taylor Morgan (Princeton, 2016)
3,940 — Janae Dunchack (Dartmouth, 2013)
3,912 — Allison Frantz (Dartmouth, 2015)
3,890 — Jamie Greubel (Cornell, 2006)
3,862 — Shaina Damm (Dartmouth, 2002)
3,812 — Madison Hansen (Harvard, 2014)
3,792 — Tracy Hanlon (Army, 1984)
3,780 — Mary Hirst (Harvard, 2013)

2017 Top Marks

3,769 — Zoe Hughes (Harvard)
3,640 — Shanelle DeJournett (Brown)
3,532 — Frances Lodge (Princeton)
3,294 — Maria Garman (Dartmouth)
3,128 — Miranda Lawson (Dartmouth)
3,071 — Mary Sieredzinski (Dartmouth)
3,049 — Mikaela Sawyer (Princeton)
3,006 — Maya Hutchinson (Cornell)

Four-Time Champions

Lindsay Taylor, Brown (1998-99-00-01)
Janae Dunchack, Dartmouth (2011-12-13-14)

Three-Time Champion

Frances Childs, Penn (1986-87-88)

Two-Time Champions

Tracy Hanlon, Army (1983-84)
Samantha Lincoln, Yale (1991-92)
Ginny Ryan, Cornell (1994-95)
Angela Jimenez, Penn (1996-97)
Kelsey Wiegmann, Dartmouth (2004-05)
Taylor Morgan, Princeton (2015-16)

All-Time Champions

1981 — 3,274, Kim Ritchie, Princeton
1982 — 3,382, Marquita Patterson, Harvard
1983 — 3,777, Tracy Hanlon, Army
1984 — 3,791, Tracy Hanlon, Army
1986 — 3,128, Frances Childs, Penn
1987 — 3,389, Frances Childs, Penn
1988 — 3,378, Frances Childs, Penn
1989 — 3,356, Kim Seminiano, Army
1990 — 3,636, Jennifer Signori, Dartmouth
1991 — 3,568, Samantha Lincoln, Yale & Diana Cadeddu, Dartmouth
1992 — 3,441, Samantha Lincoln, Yale
1993 — 3,556, Susan Culler, Cornell
1994 — 3,510, Ginny Ryan, Cornell
1995 — 3,707, Ginny Ryan, Cornell
1996 — 3,751, Angela Jimenez, Penn
1997 — 3,721, Angela Jimenez, Penn
1998 — 3,700, Lindsay Taylor, Brown
1999 — 3,693, Lindsay Taylor, Brown
2000 — 3,903, Lindsay Taylor, Brown
2001 — 4,053, Lindsay Taylor, Brown
2002 — 3,862, Shaina Damm, Dartmouth

2003 — 3,556, Susan Coltman, Princeton
2004 — 3,779, Kelsey Wiegmann, Dartmouth
2005 — 3,675, Kelsey Wiegmann, Dartmouth
2006 — 3,890, Jamie Greubel, Cornell
2007 — 3,708, Shani Boston, Penn
2008 — 3,690, Natasha Smith, Brown
2009 — 3,650, Shannon Flahive, Harvard
2010 — 3,431, Priscilla Trojano, Dartmouth
2011 — 3,622, Janae Dunchack, Dartmouth
2012 — 3,733, Janae Dunchack, Dartmouth
2013 — 3,940, Janae Dunchack, Dartmouth
2014 — 3,895, Janae Dunchack, Dartmouth
2015 — 3,923, Taylor Morgan, Princeton
2016 — 3,888, Taylor Morgan, Princeton

Winners By School

10 — Dartmouth (1990-91-02-04-05-10-11-12-13-14)
6 — Penn (1986-87-88-96-97-07)
5 — Brown (1998-99-00-01-08)
4 — Cornell (1993-94-95-06)
4 — Princeton (1981-03-15-16)
3 — Army (1983-84-89)
2 — Harvard (1982-09)
2 — Yale (1991-92)

Relays

So the relays are great to watch. They can provide insight as to whom a coach will call upon in the future. They can even determine the team champion or final placing for a team. But they are not easy to preview. What we do know is the last time Heps was contested at the Armory in 2011, both the meet records in the 4x400 and 4x800 were erased. This oval has been very kind to Ivy teams and expect Harvard to make a serious run at that 4x4 mark set by Sharay Hale-led Columbia (3:39.46).

The 4x8 record established by Princeton that year could be safe, but you never know. After two days of steamy competition, a team will need to average less than 2:11 per runner to take it down. But, the distance medley relay has yet to be run here. Expect that record to be destroyed, potentially by a number of teams. If Yale senior Frances Schmiede (Pymble, Australia) gets the stick for the 1,600-meter leg with a few seconds of the leader, the Bulldogs will likely win.

4X400-METER RELAY

Final: Sunday, 3:15 pm

Meet Top 10

3:39.46 — Columbia, 2011 (Caldwell, Morlu, Ofoche, Hale)
3:40.74 — Cornell, 2015 (Radoslav, Kolliesuah, K. Woodford, Akpaete)
3:40.81 — Harvard, 2016 (Thomas, Franklin, Scott, Miller)
3:41.56 — Cornell, 2014 (Kolliesuah, Airewele, Wilkinson, Akpaete)
3:41.89 — Dartmouth, 2015 (Evans, Hendershot, Kikut, Meech)
3:42.37 — Cornell, 2007 (Weyman, Washington, Cossell, Uceny)
3:42.60 — Harvard, 2015 (Hansen, Collinsworth, Modesett, Franklin)
3:42.64 — Cornell, 2005 (Trotter, Steed, Washington, Brown)
3:42.90 — Cornell, 2013 (Woolley, Kolliesuah, K. Woodford, Airewele)
3:43.97 — Harvard, 2013 (C. Scott, G. Scott, Abbate, Franklin)

Women's Indoor Heps

All-Meet Top 10

3:35.58 — Harvard, 2016 (Thomas, Franklin, Scott, Miller)
3:36.63 — Cornell, 2014 (E. Woodford, K. Woodford, Akpaete, Airewele)
3:37.67 — Columbia, 2011 (Caldwell, Morlu, Ofoche, Hale)
3:38.04 — Columbia, 2010 (Caldwell, Bell, Houpp, Hale)
3:38.21 — Columbia, 2015 (Radoslav, Kolliesuah, K. Woodford, Akpaete)
3:39.50 — Harvard, 2017 (Hughes, Thomas, Miller, Joiner)
3:40.06 — Cornell, 2005 (Steed, J. Brown, S. Brown, Washington)
3:40.83 — Cornell, 2013 (O'Brien, Kolliesuah, E. Woodford, K. Woodford)
3:42.37 — Cornell, 2007 (Weyman, Washington, Cossell, Uceny)
3:42.57 — Brown, 1991 (Paul-Emile, S. Smith, Sullivan, T. Smith)
The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

2017 Top Marks

3:39.50 — Harvard (Hughes, Thomas, Miller, Joiner)
3:45.07 — Columbia (Petersen, Wade, Sule, Obeng-Akrofi)
3:46.13 — Princeton (Baron, Steele, Willingham, Craver)
3:46.60 — Penn (McCorkle, Schneider, Ene, Brown-Soler)
3:49.33 — Cornell (Quigley, Radoslav, Garratt, Pearce)

Event was one mile in 1982, 1985, 1994, 1997-98, 2001, 2005, 2009, and 2013

Event has been 1600m in the other races

Four-Time Champions

Susan Smith, Brown (1990-91-92-93)
Meremu Chikwendu, Brown (1995-96-97-98)
Chamille Dennis, Brown (1995-96-97-98)
Aisha Stroop, Brown (1995-96-97-98)
Kari Steed, Cornell (2002-03-04-05)
Cameron Washington, Cornell (2004-05-06-07)
Jessica Weyman, Cornell (2007-08-09-10)

Three-Time Champions

Michelle Collins, Army (1984-85-86)
Maria Smith, Army (1984-85-86)
Karen Turner, Army (1984-85-86)
Kimani Paul-Emile, Brown (1990-91-93)
Ava Cato, Brown (1995-96-97)
Marna Schutte, Harvard (1999-00-01)
Shonda Brown, Cornell (2003-04-05)
Linda Trotter, Cornell (2004-05-06)
Megan Williams, Cornell (2008-09-10)
Ebolutalese Airewele, Cornell (2012-13-14)
Zena Kolliesuah, Cornell (2013-14-15)

All-Time Champions

1981 — 3:52.50, Cornell (Elliott, Taylor, Moody, Lambelet)
1982 — 3:53.2, Princeton (Salisbury, Hatton, Andersen, Egbuonu)
1983 — 3:49.59, Princeton (Newsom, Portale, Andersen, Hatton)
1984 — 3:53.33, Army (Collins, Smith, Turner, Harrison)
1985 — 3:55.36, Army (Turner, Smith, Collins, Gibbs)
1986 — 3:50.09, Army (Turner, Smith, Gibbs, Collins)
1987 — 3:54.45, Penn (Grover, Callahan, Settles, Wilds)
1988 — 3:52.36, Princeton (Bewayo, Gooden, Dewey, Easton)
1989 — 3:52.09, Harvard (Pfefferle, Bowers, Lopeter, Rainey)
1990 — 3:50.86, Brown (Singer, S. Smith, Paul-Emile, T. Smith)
1991 — 3:46.65, Brown (Paul-Emile, S. Smith, Sullivan, T. Smith)

1992 — 3:56.19, Brown (Schwartz, Jeram, Sullivan, S. Smith)
1993 — 3:53.99, Brown (Ashby, S. Smith, Singer, Paul-Emile)
1994 — 3:52.09, Harvard (Boulos, Lynch, Williams, Goetze)
1995 — 3:54.63, Brown (Cato, Chikwendu, Stroop, Dennis)
1996 — 3:48.89, Brown (Cato, Dennis, Stroop, Chikwendu)
1997 — 3:48.26, Brown (Cato, Stroop, Chikwendu, Dennis)
1998 — 3:46.19, Brown (Stroop, Hill, Dennis, Chikwendu)
1999 — 3:46.72, Harvard (Hanson, Taylor, Shearer, Schutte)
2000 — 3:51.81, Harvard (McGraw, Barron, Shanklin, Schutte)
2001 — 3:47.60, Harvard (Barron, Taylor, Shanklin, Schutte)
2002 — 3:45.97, Cornell (Steed, Garrity, McMillan, Jay)
2003 — 3:46.52, Cornell (Steed, S. Brown, J. Brown, Jay)
2004 — 3:48.95, Cornell (Steed, Trotter, Washington, S. Brown)
2005 — 3:43.94, Cornell (Trotter, Steed, Washington, S. Brown)
2006 — 3:44.53, Cornell (Trotter, Washington, Uceny, Cossell)
2007 — 3:42.37, Cornell (Weyman, Washington, Cossell, Uceny)
2008 — 3:47.35, Cornell (Williams, Royal, Payne, Weyman)
2009 — 3:46.76, Cornell (Reimnitz, M. Williams, Payne, Weyman)
2010 — 3:45.54, Cornell (O'Brien, M. Williams, Backel, Weyman)
2011 — 3:39.46, Columbia (Caldwell, Morlu, Ofoche, Hale)
2012 — 3:45.76, Cornell (Airewele, Reimnitz, O'Brien, Woodford)
2013 — 3:44.20, Cornell (Woolley, Kolliesuah, K. Woodford, Airewele)
2014 — 3:41.56, Cornell (Kolliesuah, Airewele, Wilkinson, Akpaete)
2015 — 3:42.03, Cornell (Radoslav, Kolliesuah, K. Woodford, Akpaete)
2016 — 3:40.81, Harvard (Thomas, Franklin, Scott, Miller)

Winners By School

14 — Cornell (1981-02-03-04-05-06-07-08-09-10-12-13-14-15)
8 — Brown (1990-91-92-93-95-96-97-98)
6 — Harvard (1989-94-99-00-01-16)
3 — Army (1984-85-86)
3 — Princeton (1982-83-88)
1 — Columbia (2011)
1 — Penn (1987)

4X800-METER RELAY

Final: Sunday, 2:45 pm

Meet Top 10

8:41.15* — Princeton, 2013 (Higgins, Mikaelian, Smoot, Feldman)
8:43.16 — Princeton, 2011 (Feldman, Higgins, Smoot, Mikaelian)
8:44.06 — Harvard, 2013 (Kouba, Silva, Renfer, Veidis)
8:44.23 — Dartmouth, 2013 (Krumpoch, Buck, Markowitz, D'Agostino)
8:44.24 — Dartmouth, 2011 (Adler, Imhof, Vailas, Supino)
8:44.32 — Princeton, 2012 (Smoot, O'Neil, Mikaelian, Feldman)
8:44.54 — Yale, 2011 (Kayali, Gamble, Barry, Grace)
8:45.20 — Cornell, 2012 (Williams, O'Connor, Lloyd, Glantz)
8:45.41 — Dartmouth, 2014 (Donovan, D'Agostino, Markowitz, Krumpoch)
8:45.56 — Harvard, 2011 (May, Paine, Looney, Lee)

** This is mark a converted from yards. The actual League 4x800m record is 8:43.16.*

Women's Indoor Heps

All-Meet Top 10

8:41.15 — Princeton, 2013 (Higgins, Mikaelian, Smoot, Feldman)
8:44.06 — Harvard, 2013 (Kouba, Silva, Renfer, Veidis)
8:44.23 — Dartmouth, 2013 (Krumpoch, Buck, Markowitz, D'Agostino)
8:44.24 — Dartmouth, 2011 (Adler, Imhof, Vailas, Supino)
8:44.34 — Yale, 1986 (Waterfield, Ford, Bolyea, Gerritz)
8:44.54 — Yale, 2011 (Kayali, Gamble, Barry, Grace)
8:45.20 — Cornell, 2012 (Williams, O'Connor, Lloyd, Glantz)
8:45.41 — Dartmouth, 2014 (Donovan, D'Agostino, Markowitz, Krumpoch)
8:45.56 — Harvard, 2011 (May, Paine, Looney, Lee)
8:46.16 — Cornell, 2011 (O'Connor, Bonavita, Fernandes, Parker)
The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

2017 Top Marks

9:02.74 — Yale (lineup unreported)
9:05.46 — Princeton (lineup unreported)
9:12.46 — Columbia (Wasserman, Ferrigine, Digman, Tuttle)
9:12.67 — Dartmouth (Schlachtenhaufen, O'Neill, Vizza, Dekker)

Event was two miles in 1982, 1985, 1994, 1997-98, 2001, 2005, 2009, and 2013. Event has been 3200m in the other races

Four-Time Champions

Jennifer Cobb (Cornell, 1989-90-91-92)
Greta Feldman (Princeton, 2010-11-12-13)
Alexis Mikaelian (Princeton, 2010-11-12-13)

Three-Time Champions

Loren Mooney (Cornell, 1990-91-92)
Jessica Shaw (Cornell, 1996-97-98)
Kristin Smoot (Princeton, 2011-12-13)

All-Time Champions

1981 — 9:05.84, Harvard (Linsley, Herlihy, Clabby, Beckford)
1982 — 9:14.0, Harvard (Stricker, Barrett, Wiley, Herlihy)
1983 — 8:58.2, Penn (McCluskey, Schlein, O'Hern, Turner)
1984 — 9:06.60, Penn (Batz, McCluskey, Turner, O'Hern)
1985 — 9:02.97, Army (Tuggle, Fleming, Major, List)
1986 — 9:03.86, Yale (Lesch, Waterfield, Boylea, Gerritz)
1987 — 9:05.37, Yale (Ballan, Waterfield, Boylea, Gerritz)
1988 — 9:06.38, Penn (Zwernemann, Waddell, Roberts, Delfs)
1989 — 9:06.38, Cornell (Landauer, Simone, Cobb, Best)
1990 — 8:55.18, Cornell (Harloff, Mooney, Cobb, Best)
1991 — 9:08.66, Cornell (Bassin, Etko, Mooney, Cobb)
1992 — 9:11.70, Cornell (Bassin, Ryan, Mooney, Cobb)
1993 — 9:09.45, Brown (Coleman, Margruder, Graham, Balis)
1994 — 9:05.98, Brown (Graham, Hargroder, Porch, Williams)
1995 — 9:10.96, Harvard (Martin, Angele, Kearney, Goetze)
1996 — 9:01.49, Cornell (Walker, Davis, Shaw, Dennison)
1997 — 9:04.06, Cornell (Walker, Shaw, Boppana, Dennison)
1998 — 8:59.44, Cornell (Groneman, Kaye, Nwoku, Shaw)
1999 — 9:05.22, Princeton (Robinson, Hanley, Deffenbaugh, Onuma)
2000 — 9:00.58, Columbia (Gregory, Yonan, Schlackohl, Raggio)
2001 — 9:06.13, Cornell (Watson, Freimer, Gingerich, Chatman)
2002 — 8:58.87, Harvard (Maludzinski, Moran-Gates, Whelan, Piper)
2003 — 8:56.28, Columbia (Waterson, Yonan, Gregory, Raggio)
2004 — 8:56.19, Brown (Cambuzzi, Kosub, Willard, Cushing)
2005 — 8:52.45, Columbia (DiCresenzo, Bontz, Nelms, Waterson)
2006 — 8:53.91, Brown (Gupta, Ferjan, Powell, Willard)
2007 — 8:49.37, Columbia (Padilla, Decker, Lachesis, Hendrick)

2008 — 8:55.18, Princeton (Iatauro, Bergold, Ahearne, Costello)
2009 — 8:57.60, Yale (Reaves, Lin, Buck, Grace)
2010 — 8:52.15, Princeton (Feldman, Mikaelian, Russell, Bliss)
2011 — 8:43.16, Princeton (Feldman, Higgins, Smoot, Mikaelian)
2012 — 8:44.32, Princeton (Smoot, O'Neil, Mikaelian, Feldman)
2013 — 8:44.19, Princeton (Higgins, Mikaelian, Smoot, Feldman)
2014 — 8:45.41, Dartmouth (Donovan, D'Agostino, Markowitz, Krumpoch)
2015 — 8:54.18, Harvard (Kouba, Renfer, Veidis, Scott)
2016 — 8:54.61, Brown (Van Pernis, Noordam, Peabody, Worthy)

Winners By School

8 — Cornell (1989-90-91-92-96-97-98-01)
6 — Princeton (1999-08-10-11-12-13)
5 — Brown (1993-94-04-06-16)
5 — Harvard (1981-82-95-02-15)
4 — Columbia (2000-03-05-07)
3 — Penn (1983-84-88)
3 — Yale (1986-87-09)
1 — Army (1985)
1 — Dartmouth (2014)

DISTANCE MEDLEY RELAY

Final: Sunday, 2:15 pm

Meet Top 10

11:30.85, Harvard, 2016 (Kouba, Modesett, Gallagher, Smith)
11:31.44, Yale, 2015 (Waligurski, Cable, McDonnell, Garry)
11:33.79, Dartmouth, 2015 (Markowitz, Kikut, O'Neill, Giordano)
11:34.31, Columbia, 2015 (Foland, Petersen, Johnson, Sadler)
11:36.62, Penn, 2016 (Hong, Hlatky, Celata, Montgomery)
11:37.22, Princeton, 2016 (Sims, Baron, Berardo, Leach)
11:39.89, Penn, 2015 (Montgomery, Hennig, Wurth, Whiting)
11:42.04, Princeton, 2015 (Hanss, Broyles, Chacko, de La Bruyere)
11:48.59, Brown, 2015 (Peabody, Suchland, Worthy, Schudrowitz)
11:49.54, Cornell, 2016 (Holl, Logan, Nolan, Katzman)

All-Meet Top 10

11:00.62, Dartmouth, 2012 (Pappas, Krumpoch, Supino, D'Agostino)
11:02.21, Dartmouth, 2014 (Giordano, Meech, Krumpoch, D'Agostino)
11:11.90, Penn, 2008 (C. Kim, Morgan, Carlin, S. Kim)
11:13.47, Princeton, 2007 (Johnson, Offorjebe, Costello, Cat. Mullen)
11:14.74, Cornell, 1997 (Dennison, Shreve, Shaw, Walker)
11:15.41, Yale, 2003 (Hunter, Kreider, Dickens, K. O'Neill)
11:15.84, Yale, 2017 (Rizzo, Enes, Waligurski, Schmiede)
11:15.90, Brown, 2006 (Ferjan, King, Powell, Willard)
11:16.65, Columbia, 2014 (Sadler, Parker, Bills, Neer)
11:16.83, Brown, 2008 (Ramsey, Burns, Adelberg, Gupta)
The all-time all-meet list includes only one listing for relay teams with at least three of the same runners.

2017 Top Marks

11:15.84 — Yale (Rizzo, Enes, Waligurski, Schmiede)
11:18.25 — Penn (Montgomery, Ene, Schnieder, Whiting)
11:22.28 — Columbia (Towell, Obeng-Akrofi, Wade, Rustami)
11:22.81 — Dartmouth (O'Neill, Gallup, Flynn, Schlachtenhaufen)

All-Time Champions

2015 — 11:35.47, Yale (Waligurski, Cable, McDonnell, Garry)
2016 — 11:30.85, Harvard (Kouba, Modesett, Gallagher, Smith)

Winners By School

1 — Harvard (2016) & Yale (2015)

