

# Virginia Tech

## Track & Field

### 1999-2000



**SPEED AND POWER**

# Virginia Tech Men's Track and Field

## 2000 SCHEDULE

### INDOOR

Date	Event	Location
Jan. 15	VT Select (unscored)	Blacksburg, Va.
21-22	VT/Pepsi One Invitational	Blacksburg, Va.
28-29	USAirways Invitational	Johnson City, Tenn. (ETSU - Host)
Feb. 4	VT Pentathlon Invitational	Blacksburg, Va.
5	VT Select (scored)	Blacksburg, Va.
11-12	Kroger Valentine's Invitational	Blacksburg, Va.
19	Atlantic 10 Championships	Kingston, R.I. (URI - Host)
26	Last Chance Meet	Blacksburg, Va.
Mar. 4-5	IC4A Indoor Championship	Boston, Mass. (Harvard - Host)
9-11	NCAA Indoor Championship	Fayetteville, Ark. (Arkansas - Host)

### OUTDOOR

Date	Event	Location
M 31-A 1	Raleigh Relays	Raleigh, N.C. (N.C. State - Host)
Apr. 7-8	Duke Invitational	Durham, N.C. (Duke - Host)
14-15	Sea Ray Relays	Knoxville, Tenn. (UT - Host)
22	Spring Gobbler Invitational	Blacksburg, Va.
26-29	Penn Relays	Philadelphia, Pa. (Penn. - Host)
May 6-7	Atlantic 10 Championships	Blacksburg, Va.
13	James Madison Invitational	Harrisonburg, Va. (JMU - Host)
20-21	IC4A Outdoor Championship	Princeton, N.J. (Princeton - Host)
June 1-3	NCAA Outdoor Championship	Durham, N.C. (Duke - Host)

Home meets in **BOLD**



**Mike Donahue was Tech's top long jumper last season.**

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## HOKIE QUICK FACTS

### UNIVERSITY INFORMATION

Location .....	Blacksburg, Va.
Founded .....	1872
Enrollment .....	25,000
Conference .....	Atlantic 10
Nickname .....	Hokies
Colors .....	Chicago maroon, burnt orange
President .....	Charles Steger
Director of Athletics .....	Jim Weaver
Senior Associate Athletics Director .....	Sharon McCloskey

### TRACK & FIELD INFORMATION

Men's Track Coach .....	Russ Whitenack
Men's Cross Country/Distance Coach .....	Steve Taylor
Men's Assistant Coach - Pole Vault .....	Bob Phillips
Secretary .....	Joyce Wynn
Men's Track Office .....	(540) 231-5037

## MEDIA GUIDE CREDITS

The 2000 Virginia Tech men's track and field media guide is a publication of the Virginia Tech Sports Information Office, written to assist the working media and designed to aid media members in their coverage of Virginia Tech men's track and field. The guide was written by sports information graduate student assistant Jason Dowdy and was edited by Dowdy and associate SID Anne Panella. Design and layout out were done by Dowdy and Panella. Action shots were provided by David Knachel and Woody Veasey; head shots by the University Photo Lab. Other contributions were made by Bryan Johnston and Jessica Riston. This guide was printed by Southern Printing Company of Blacksburg, Va. A special thanks to the Tech track and field staff for its assistance.

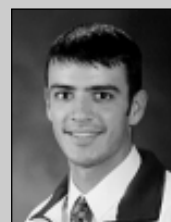
## ON THE COVERS

Featured on the front cover (from left to right) are Brian Hunter, Erick Kingston, Tim Ralph, Darryl McCoy and Kevin Walker.

On the back cover are juniors Ben Dowdy (left) and Chris Seaton. Seaton is the returning Atlantic 10 indoor 5,000-meter champion. Dowdy finished third in the same event.

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# THE OUTLOOK

## Hokies Hope To Make Mark at NCAA Level

As Virginia Tech heads into its final year as a member of the Atlantic 10 Conference, the men's track and field team has every intention of going out on top. Under the guidance of head coach Russ Whitenack, the program has won every A-10 championship it has competed in. Led by an experienced group of upperclassmen and talented newcomers, the Hokies have set their goals even higher. Tech has hopes of winning the IC4A title and making an impact at the NCAA level.

"The team goal this year is to dominate the conference and to win IC4As," Whitenack said. "It will be hard to replace some of the guys we lost, but I don't see where we will lose any points, and that would make us the best team in the East."

All-America hopefuls **Erick Kingston**, **Brian Hunter**, **Eddie Boes** and **André Davis** will be leading the way on Tech's road to glory.

"These guys all have an outstanding chance to go to NAAs," Whitenack said. "I think when the season is over they will each be All-Americans."

### SPRINTERS AND HURLERS

Led by six-time conference champion **Davis**, the sprint corps looks stronger than ever. Fellow football player **Larry Austin** will join **Davis** in the speed events.

**Clinton Edwards**, **Andrew Lessner** and freshman **Chris Eicholtz** bring depth in the 400. **Kevin Walker** is Tech's top hurdler. He will be looked upon to provide a threat in the 60H, 110H and the 400H. The Hokies also will tap into their pool of talented 400 runners to fill the spots on their traditionally strong 4x400 relay team.

### JUMPERS

**Darryl McCoy** heads up a strong contingent of Hokie jumpers. **McCoy** will be looked to for points as well as added depth in the sprint events. **Jarrett Ferguson** and **Mike Donahue**, who are both past A-10 champions, are expected to dominate the conference. Atlantic 10 medallist **Genesis Ridley** will once again compete in the high jump.

### MIDDLE-DISTANCE

Atlantic 10 champion **Paul Hayes** is back to defend his 1,500-meter conference title and lead a deep group of middle distance



**Eddie Boes will help launch Tech to a new level in the throwing events.**

runners. **Matt Taylor**, **Todd Grignon**, and **Eric Necci** will join **Hayes** to defend their indoor conference title in the 4x800.

Newcomers **Kevin Rhue** and **Ali Najjar** were among the nation's best high school runners and should make an immediate impact on the young Hokie middle distance crew.

### DISTANCE

Senior **Brent Carter** brings experience in the distance ranks, while juniors **Ben Dowdy** and conference champion **Chris Seaton** add extra talent. **Matt Krycinski** is an IC4A qualifier but may be challenged by freshman **Jason Hettenbaugh** for the team's top position in the steeplechase. Newcomers **Jason Griscom** and **Pete Linder** should also add to the mix.

### VAULTERS/MULTI EVENTS

**Brian Hunter**, Tech's only representative at both the indoor and outdoor NCAA Championships, will be aiming even higher in the pole vault for the 2000 season. **Hunter** leads veteran vaulters **Jason Abbott** and past all-conference performer **Nathan Bath** in one of the Hokie's most solid single events.

The team's most versatile athletes can be found performing in the pentathlon and the decathlon. **Adam Bowser**, an IC4A qualifier, **Paul Strano**, the A-10 decathlon champion and IC4A qualifier **Justin Griffie** represent Tech in these grueling events.

### THROWERS

Quite possibly the deepest group of the team are the Tech throwers, and there is no doubt Whitenack will be looking to his five seniors for leadership. All-American **Erick Kingston** leads the team in the hammer and the weight throws. **Eddie Boes** will provide skill and high marks in the discus and weight events. **Mike Leslie** and **Dan McGrath** should battle as Tech's top shot putters, and **Tim Ralph** will add depth in nearly every throwing event.

There is no doubt that this year's squad is well rounded. Whitenack has aspirations for the team to rise to the challenges and give his men the utmost confidence as they prepare to move into the BIG EAST Conference a year from now.

"We're going to have to be a lot better," Whitenack said. "We are going to have to recruit better and be better athletes. We are going to have to prepare for much tougher competition in the BIG EAST."



**André Davis used his speed to help Tech to two A-10 conference titles and a trip to the Sugar Bowl in football.**

# THE COACHES



## **RUSS WHITENACK • Head Coach**

In 27 years, the one constant in the Virginia Tech men's track office is the sign on the head coach's door, which still reads "Russ Whitenack." Since taking the reins in 1974, Whitenack has built the Tech program into a competitive one through his leadership and perseverance.

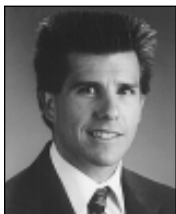
The 2000 season will mark Whitenack's 29th year with the Hokie men's team. He served two years as an assistant coach before being elevated to the head job prior to the 1974 season. In addition to being the men's coach, he also guided the women's team for 10 years prior to the arrival of former women's coach Lori Taylor.

A 1969 graduate of the University of Tennessee, Whitenack was a member of the Volunteers' All-America 440-yard relay team. UT won three Southeastern Conference team championships during his four years on the squad. He served for one season as a graduate assistant at Tennessee and three

years as coach at Palmetto Junior High in Miami before coming to Tech in 1972.

During Whitenack's tenure, the Tech program has produced 19 All-Americans, including current coach Steve Taylor. He led the Hokies to two Metro Conference indoor championships, one in 1993 and one in 1994, and he was chosen by his peers as Metro Coach of the Year during the 1992 outdoor season and again following Tech's 1993 indoor championship. For the past three years, the Hokies have dominated the Atlantic 10 Conference, capturing both the indoor and outdoor titles each year. Whitenack was named the A-10 indoor and outdoor coach of the year for each of those victories. He also received the Walt Comrack Award for excellence in coaching from the Virginia Military Institute in 1997.

Whitenack and his wife, Judy, have one son, Jon, who is 19 years old. In his spare time, Whitenack enjoys outdoor activities, especially kayaking, boating and jet-skiing.



## **STEVE TAYLOR • Men's Cross Country Coach**

Steve Taylor is in his ninth season as head cross country coach and distance coach. Taylor has guided the cross country team to two Atlantic 10 titles in addition to earning Coach of the Year honors for the victories in 1996 and 1997.

Taylor also has had a big impact, coaching the distance runners on the Hokie track team. Eight of his runners have earned track and field all-conference honors in the past three years.

Taylor was an All-American in both cross country and track while an undergraduate at Tech. He paced the 1987 cross country team to a fourth-place finish at the NCAA Championships, placing ninth in the individual competition. Taylor was inducted into the Virginia Tech Sports Hall of Fame last fall for his accomplishments as an athlete.

Taylor also was involved in professional road racing. He participated in the 1991 World Championship marathon in Tokyo and the 1995 World Marathon Cup in Athens, Greece. He was named an alternate to the 1992 U.S. Olympic team after placing sixth at the '92 Olympic Trials.

In 1988, Taylor graduated from Virginia Tech with a degree in education with a sport management option. He coached at Cave Spring High School in Roanoke for two years and at Lord Botetourt High School in nearby Daleville for one year before returning to Blacksburg in 1991.

A native of St. Mary's, W.Va., Taylor was West Virginia's Track Athlete of the Year for three consecutive seasons during his high school days. He is married to Lori McKee Taylor, the head coach of the women's cross country team. In his spare time, he enjoys hunting, fishing and mountain biking.



## **BOB PHILLIPS • Volunteer Coach**

Bob Phillips, a native of Baltimore, Maryland, is a Hokie in the true sense of the word. He received three degrees from Virginia Tech, was a member of the track and field team and coaches the athletes competing in the pole vault event.

Phillips received his bachelor's in physical education at Tech and then went on to receive his master's and Ph.D., in accounting as a Hokie.

Phillips, a 1980 All-American in the pole vault, will continue his tenure as a Hokie this season, coaching quite possibly the best group of pole vaulters Tech has ever had and should literally take them to new heights.



## **HEATHER SLIVKA • Trainer**

Heather Slivka is in her fourth season and her second full-time as the track and field program's trainer. Slivka plays a vital behind the scenes role, keeping the athletes out of the training room and on the track. Her duties include injury prevention, treatment and rehabilitation.

Slivka became a Hokie after receiving her undergraduate degree in exercise physiology with a specialization in athletic training in 1996. She received her master's in community health education from Tech in 1997 and is currently working on a Ph.D.,

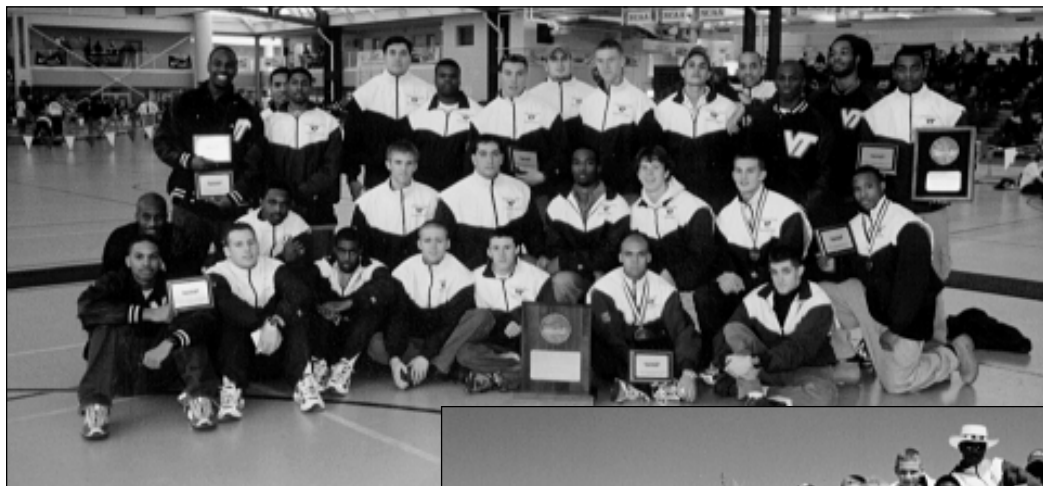
in curriculum and instruction specializing in health. She received her official certification as an athletic trainer in 1996.

Following the completion of a new training room in Rector Field House, Slivka and her staff of student trainers relocated there. The new training room provides a more convenient location for the team by having the training staff and the state-of-the-art equipment in the same building where the team meets for practice. Her staff includes 10 student trainers and Marianne Rubinburg, a graduate assistant who will be responsible for women's soccer and softball.

# THE ROSTER

Name	Cl.	Event(s)	Hometown	Name	Cl.	Event(s)	Hometown
Jason Abbott	Jr.	Pole Vault	Poquoson, Va.	Ken Lampert	Fr.	Middle Distance	Norfolk, Va.
Larry Austin	Jr.	Sprints	Norfolk, Va.	Mike Leslie	Sr.	Throws	Fairfax, Va.
Nathan Bath	Jr.	Pole Vault	York, Pa.	Andrew Lessner	Sr.	Middle Distance	Hunt Valley, Md.
Edward Boes	Sr.	Throws	Manassas, Va.	Peter Lindner	Fr.	Distance	Williston Park, N.Y.
Adam Bowser	So.	Multi-Events	Scotch Plains, N.J.	Darryl McCoy	So.	Jumps/Sprints	Roanoke, Va.
Adam Breslin	Fr.	Hurdles	West Chester, Pa.	Daniel McGrath	Sr.	Throws	Marietta, Ga.
Brent Carter	Sr.	Distance	Athens, W.Va.	John Majeski	Fr.	Pole Vault	Middletown, N.J.
Brian Coffield	Fr.	Distance	Norcross, Ga.	Matt Mayard	Fr.	Throws	Pawcatuck, Conn.
Mark Dalessio	Fr.	Hurdles	Marlton, N.J.	Ali Najjar	Fr.	Middle Distance	Hyattsville, Md.
André Davis	Jr.	Sprints	Niskayuna, N.Y.	Eric Necciai	So.	Middle Distance	Mt. Airy, Md.
Mike Donahue	Jr.	Long Jump	Barrington, R.I.	Robert Pauley	Jr.	Middle Distance	Daleville, Va.
Ben Dowdy	Jr.	Distance	Roanoke, Va.	Kevin Rhue	Fr.	Middle Distance	Virginia Beach, Va.
Clinton Edwards	So.	Sprints	Richmond, Va.	Jeff Ridgeway	So.	Jumps/Hurdles	Richmond, Va.
Chris Eicholtz	Fr.	Sprints	Centerville, Va.	Genesis Ridley	Jr.	High Jump	Petersburg, Va.
Jarrett Ferguson	Jr.	Jumps	Goodview, Va.	Chris Seaton	Jr.	Distance	Richmond, Va.
Justin Griffiee	Jr.	Multi-Events	Frederick, Md.	Justin Smoak	Fr.	Multi Events	Fremont, Calif.
Todd Grignon	Jr.	Middle Distance	Burke, Va.	Patrick Sobecke	Fr.	Throwers	Springfield, Va.
Jason Griscom	Fr.	Distance	Swedesboro, N.J.	Richard Stark	Fr.	Pole Vault	Silver Spring, Md.
Paul Hayes	So.	Middle Distance	Dillsburg, Pa.	Paul Strano	So.	Multi-Events	Toms River, N.J.
Joshua Hasson	Fr.	Sprints	Fort Thomas, N.J.	Matt Taylor	Jr.	Middle Distance	Colonial Heights, Va.
Eric Hessler	Fr.	Throws	Montvale, N.J.	Marcus Tepaske	So.	Pole Vault	Freehold, N.J.
Jason Hettenbaugh	Fr.	Distance	Lima, N.Y.	Matthew Thomas	Fr.	Distance	Sewickley, Pa.
Giff Hummel	So.	Throws	Lewisburg, Pa.	Ryan Thomas	Fr.	Sprints	Richmond, Va.
Brian Hunter	So.	Pole Vault	Chesapeake, Va.	Jason Towery	Fr.	Distance	Leesburg, Va.
Emmett Johnson	So.	Sprints	Chesapeake, Va.	Philip Van Sant	Fr.	Throws	Bridgewater, Va.
Erick Kingston	Sr.	Throws	Stafford, Va.	Kevin Walker	Jr.	Hurdles	Pamplin, Va.
Matt Krycinski	Jr.	Distance	Woodbridge, Va.	Patrick Walton	So.	Pole Vault	Pataskala, Ohio

## The 1999 Indoor and Outdoor Conference Champions



The indoor conference champion Virginia Tech Hokies pose for a team picture with the first-place trophy.

After dominating the Atlantic 10 in outdoor for the third straight season, the track and field team paused for a picture with all of their awards, including the championship trophy.



# THE HOKIES' PROFILES

## Eddie Boes



**R-SENIOR, OSBOURNE H.S.  
MANASSAS, VA.**

**Personal Bests:**

Discus - 50.82m/166'-9"  
35lb. Weight Throw - 18.55m/60'-10.5"  
Hammer Throw - 59.32m/194'-7"

Will be counted on to add depth in the throwing events ... Is one of the Hokies' All-America hopefuls.

**1998-99:** Launched a 60'10.50" throw at the Indoor IC4A Championships to capture the bronze medal ... Placed second at the indoor conference championships in the same event ... Won the weight throw at Tech's first home meet while competing unattached ... Took fifth at the Kroger Invitational in the weight ... Redshirted the outdoor season.

**1997-98:** Grabbed 10th-place at the Indoor IC4A Championships in the weight throw ... Recorded a third-place finish at the Indoor A-10 Championships in the weight throw ... Finished second in the hammer throw and third in the discus throw at the Outdoor A-10 Championships ... Finished the season with the top team time in the discus throw.

**1996-97:** Finished 14th overall in the weight throw at IC4As ... Posted three personal bests ... Captured the Atlantic 10 title in the discus ... Finished the 1997 season with the top team times in the weight throw, discus and javelin throw.

**1995-96:** Took third place in the discus at Colonial Relays ... Finished in eighth place at the Raleigh Relays with a personal best in the discus throw.

**High School/Other:** Attended Osborn High School where he lettered in both track and field and football ... Placed first in the 1995 Northwestern District Championships for the discus throw ... Majoring in mechanical engineering.

## Adam Bowser



**SOPHOMORE, FANWOOD H.S.  
SCOTCH PLAINS, N.J.**

**Personal Bests:**

Pentathlon: 3,584 points  
Decathlon: 6,305 points

**1998-99:** A jack-of-all-trades who proved himself last season by qualifying for IC4As in the decathlon and pentathlon ... Took fourth at A-10s and third at Lynchburg College in the decathlon ... Scored a second-place finish in the high jump, fifth in the long jump and sixth in the discus and 110 hurdles at Christopher Newport.

**High School/Other:** Fanwood High School team captain for coach Rich McGriff ... All-area performer with personal records of 6'2" in the high jump 21' 9" in the long jump and 2.00.03 in the 800 ... Enrolled in computer engineering.

## André Davis



**JUNIOR, NISKAYUNA H.S.  
NISKAYUNA, N.Y.**

**Personal Bests:**

60m - 6.77, 100m - 10.24  
200m - 20.78

Splits his time with the Tech football team ... Showed his speed as the team's top receiver, catching 35 passes for nine touchdowns.

**1998-99:** Displayed his outstanding speed while proving a valuable asset to the track and field program ... Named the Atlantic 10 Outdoor Championships Performer of the Meet for his A-10 record-setting wins in the 100 and 200 in times of 10.24 and 21.02 respectively ... Provisionally qualified for NCAAs in the 100 (10.24) and 200 (20.78) outdoors ... Winner of the IC4A titles in the 100 and 200 at the outdoor championships ... Picked up victories in the 55 in 6.35 and 200 in 21.58 at the Indoor A-10 Championships.

**1997-98:** Set the indoor school record in the 200-meter dash with a clocking of 21.43 ... Finished second in the 55-meter dash and third in the 200 at the Atlantic 10 Indoor Championships ... Won A-10 Rookie of the Year honors outdoors after finishing first in the 100- and 200-meter dashes and running a leg on the winning 4x100 relay team ... Time in the 200 was the second-fastest in the world for juniors (18 and under) prior to the Junior Nationals ... Finished in sixth place in the 200 and 8th place in the 100 at the Junior National Championships.

**High School/Other:** Played soccer, football and ran track at Niskayuna High School ... Placed second in the Class A 100-meter dash as a junior ... Majoring in computer science.

## Ben Dowdy



**JUNIOR, CAVE SPRING H.S.  
ROANOKE, VA.**

**Personal Bests:**

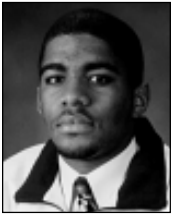
5,000 - 15:04.14  
10,000 - 31:28.73

**1998-99:** Earned a bronze medal at the Atlantic 10 Championships indoors in the 5,000 ... Was one of the conference's top 10,000 runners in outdoor with a time of 31:28.73 ... Placed seventh at the outdoor conference championships in the 10k event ... Competed on the cross country team placing second at the season opening Alumni Meet and was Tech's No.2 runner at the Region III Championships.

**1997-98:** Earned a third-place finish at the Atlantic 10 Outdoor Championships in the 10,000-meter race with a time of 32:12.10 ... Ran well as a freshman for Steve Taylor's cross country team ... Posted four top 20 finishes as a freshman ... Named the team's Rookie of the Year.

**High School/Other:** Earned All-Northwest Region and All-State honors and was a district champ as a junior and senior at Cave Spring High School ... Broke a 14-year-old 1,600-meter record at the Cosmopolitan Track Meet as a senior ... Majoring in finance.

## Clinton Edwards



**SOPHOMORE, MONACAN H.S.  
RICHMOND, VA.**

**Personal Bests:**  
400m: 49.48  
200m: 22.03

**1998-99:** Ran a leg on the Outdoor Atlantic 10 champion 4x400 relay team ... Took fourth-place in the 400 at the Spring Gobbler Invitational as well as the 400 and 200 at Christopher Newport ... Ran a personal-record 49.48 in the 400m at JMU.

**High School/Other:** Was a member of the district and regional champion 4x100-meter relay team while attending Monacan High School ... Earned the Dominion District runner-up honor in the 200 in outdoor track ... Majoring in university studies.

## Paul Hayes



**SOPHOMORE, NORTHERN H.S.  
DILLSBURG, PA.**

**Personal Bests:**  
800 – 1:53.23, 1,000 – 2:27.94  
1,500 – 3:54.29

**1998-99:** Returns after a solid freshman campaign for the Hokies ... Had an outstanding track season highlighted by a win in the 1,500 at the outdoor conference championships with a time of 3:54.29 ... Placed third in the 1,000 meters at the A-10 indoor championships and eighth in the IC4A finals ... Posted the team's top time in the 1,000 and 1,500 ... Anchored the indoor conference champion 4x800 relay team.

**High School/Other:** Mid-Penn Conference champion in the 800 in outdoor track while at Northern High School ... Earned 10 letters in 10 seasons including two as a member of the soccer team ... Named *Carlisle Sentinel* Runner of the Year ... Majoring in finance.

## Brian Hunter



**R-SOPHOMORE, GREAT BRIDGE H.S.  
CHESAPEAKE, VA.**

**Personal Bests:**  
Pole Vault - 5.49m/18'00"  
High Jump - 1.98m/6'6"

Is one of the Hokies' top All-America candidates ... Could challenge the world-class 19-foot barrier in the pole vault this season.

**1998-99:** Produced one of the most prolific freshman seasons ever by a Tech athlete ... Just missed All-America status by finishing 11<sup>th</sup> in the pole vault at the Indoor NCAA Championships ... Broke the indoor and outdoor school records including an 18'00" clearance at the Outdoor IC4A Championships ... Named A-10 Rookie of the Year both indoors and outdoors ... Tabbed several big victories in the pole vault including a win at the prestigious Penn Relays ... Set several track and meet records including Tech's own Johnson-Miller Track record in the pole vault.

**1997-98:** Qualified for Junior Nationals in pole vault during a

redshirt season ... Won the event with a height of 17'00" ... Represented the United States in the World Junior Nationals in France.

**High School/Other:** Attended Great Bridge High School where he was a three-time Virginia State Champion in the pole vault event ... Named the team's Most Valuable Performer all four years ... Studying chemical engineering.

## Erick Kingston



**R-SENIOR, STAFFORD H.S.  
STAFFORD, VA.**

**Personal Bests:**  
Hammer - 67.46m/221'11"  
35lb. Weight Throw – 19.64m/64'05"

Enters his final season with hopes of returning to the NCAA Championships and earning All-America honors in the hammer and weight throws.

**1998-99:** Solidified his position as Tech's best thrower of all time ... Destroyed the school and Atlantic 10 records in the hammer throw with an NCAA automatic qualifying throw of 221'11" ... Surpassed the school record in the 35 lb. weight throw while winning the IC4A title with a 64'05" indoors ... Chalked up several big victories in the hammer throw, including a win at the Penn Relays for the second consecutive year and the IC4A title ... Captured two A-10 titles on the season.

**1997-98:** Earned All-America honors in the hammer ... Broke the school hammer throw record with an NCAA provisional qualifying mark of 64.46m ... Earned indoor and outdoor all-conference honors for his weight and hammer throw performances ... Came in first at the IC4A outdoor competition ... Finished fifth in the discus throw at the outdoor A-10 meet ... Won the hammer throw at the South Carolina Invitational.



**Brian Hunter soared to new heights including two school records in the pole vault last year.**

**1996-97:**

Recorded a third-place finish in the hammer throw at the A-10 meet ... Competed in the outdoor IC4A championships in the hammer throw.

**High School/Other:** Competed on the Stafford H.S. track and field team under coach Joe Ocheltree ... Was a discus district champion ... Majoring in accounting.



**All-American Erick Kingston dominates the throwing events for Tech.**

## Matt Krycinski



**JUNIOR, WOODBRIDGE H.S.  
WOODBRIDGE, VA.**

**Personal Bests:**  
Mile: 4:15.21  
3,000 SC: 9:36.81

**1998-99:** Enjoyed his best track season yet, highlighted by a trip to the IC4A Championships where he ran a 4:15.21 in the mile ... Placed third in the 3,000 steeplechase at the A-10 championships and was the team's top performer of the season in that event ... Finished first in the 3,000 at Christopher Newport with the team's top time.

**1997-98:** Recorded a first-place finish in the 5,000 at the South Carolina Invitational in outdoor ... Earned a fifth-place finish in the same event at the Virginia Tech Open.

**High School/Other:** Claimed all-state honors in the 3,200 in outdoor and indoor his senior year for Coach Jim Rodgers ... Ran a season best 9:16 at the outdoor state championships ... Finished an impressive 16th at the Footlocker Regional in cross country.

## Mike Leslie



**SENIOR, CHANTILLY H.S.  
FAIRFAX, VA.**

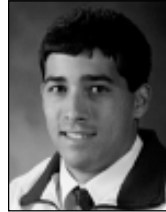
**Personal Bests:**  
Shot Put: 15.55m/51'00.25"  
Discus: 39.05m/128'01"

**1998-99:** Was the Hokies' top shot putter with a throw of 51'00.25" at the indoor A-10s, which was good for third and a trip to IC4As ... Took first at Christopher Newport in the shot put and first in the discus at the Spring Gobbler Invitational ... Claimed fourth in the shot and sixth in the discus at A-10s outdoors.

**1995-96:** Placed second in the discus and fourth in the shot put at the A-10 Invitational ... Took fifth-place in the shot at the Kent State Invitational.

**High School/Other:** Lettered in both football and track at Chantilly High School ... Earned all-state honors in the shot put and discus ... Majoring in engineering science and mechanics.

## Andrew Lessner



**SENIOR, CALVERT HALL COLLEGE H.S.  
BALTIMORE, MD.**

**Personal Bests:**  
400m - 49.04  
800m - 1:55

**1998-99:** Recovered from injury to finish fifth in the 400 at the Spring Gobbler Invitational ... Made his second academic all-conference team.

**1997-98:** Set a school record in the 500 during the indoor season ... Came in third in the 500 at the indoor A-10 championships ... Earned a place on the Atlantic 10 all-academic team.

**1996-97:** Qualified for IC4As in the 400 ... Recorded a sixth-place finish in the 400 at the indoor A-10 championships.

**High School/Other:** Was the team MVP his junior and senior years under coach Mory Bondyra ... Won the 400m conference title in 1995 and 1996 ... Enrolled in civil engineering.

## Darryl McCoy



**SOPHOMORE, WILLIAM FLEMING H.S.  
ROANOKE, VA.**

**Personal Bests:**  
Long Jump: 23'10.75"  
100m: 10.64

**1998-99:** Contributed heavily as one of Tech's top jumpers ... Claimed first at Christopher Newport in the long jump ... Brought home A-10 bronze indoors and A-10 silver outdoors in the long jump ... Qualified for outdoor IC4As in the long jump with a 23'10" and 100m in 10.64 ... Was a member of the conference champion 4x100-meter relay team.

**High School/Other:** All-district in long jump, high jump and 4x400 while competing for coach Rudy Dillard at William Fleming High School ... All-state and fifth in the 4x100 relay at the National Scholastic Outdoor Championships in addition to finishing 10<sup>th</sup> in the long jump ... Enrolled in university studies.



**Darryl McCoy competes in the long jump.**



## Tim Ralph



**SENIOR, DINWIDDIE H.S.  
DINWIDDIE, VA.**

**Personal Records:**

Weight Throw: 17.88/58'08"  
Hammer: 55.06/180'08"

**1998-99:** Enjoyed his best season as a Hokie ... Popped off a 48'08" throw to claim bronze at Indoor A-10s ... Was an IC4A qualifier in both the indoor and outdoor season in the weight and hammer throws, finishing in the top 15 each occasion ... Won the shot put and hammer throw at Christopher Newport.

**1997-98:** Finished second at Atlantic 10 indoor championships in the weight throw ...

Finished fourth at A-10s in shot put ... Placed 12th in the weight throw at IC4As ...

Finished third in weight throw and shot put at the Virginia Tech Last Chance Meet ...

Finished third at A-10 outdoor championships in the shot put.

**High School/Other:** Competed for coach John Keeler at Dinwiddie High School ... Majoring in physical education.



**Tim Ralph is one of five senior throwers.**

## Chris Seaton



**JUNIOR, THOMAS JEFFERSON  
GOVERNOR'S SCHOOL  
RICHMOND, VA.**

**Personal Bests:**

3,000: 8:29.04; 5,000: 14:43.34  
10,000: 30:49.10

**1998-99:** Winner of the 5,000-meter title at the Atlantic 10 indoor championships with a 14:54.13 ... Placed third in the 10,000 at the outdoor conference championships ... Finished second at both the Kroger Invitational in the 5,000 indoors and the Spring Gobbler Invitational in the 3,000 outdoors ... Was Tech's fastest runner in the 3,000 (8:29.04) and 5,000 (14:43.34) indoors and the 10,000 (30:49.10) outdoors ... Won the Atlantic 10 title in cross country in addition to three other races last fall.

**1997-98:** Finished second with a time of 8:38.4 in the 3,000-meter race at the Virginia Tech Last Chance Meet ... Finished first in the 1,500 at the Virginia Tech Open ... Placed fifth in the 5,000 at the Atlantic 10 outdoor championships ... Ran a season-best time of 26:54.2 to place 23rd at the Virginia Tech Invitational in cross country.

**High School/Other:** Named to the all-city as well as the all-Colonial District teams ... Ran a personal-best 9:15 at the Virginia State Championships in the 3,200 ... Holds two school records in the 1,600-meter events at Thomas Jefferson ... Majoring in architecture.

## Matt Taylor



**JUNIOR, THOMAS DALE H.S.  
COLONIAL HEIGHTS, VA.**

**Personal Bests:**

800m: 1:52.90  
1000m: 2:28.15

**1998-99:** Showed substantial improvement in the middle distances last season ... Grabbed second at the Atlantic 10 indoor championships in the 1,000 ... Qualified for IC4As in the same event with a 2:28.15 ... Earned a bronze in the 800 at the conference championships outdoor ... A member of Tech's conference winning 4x800 relay team indoors.

**1997-98:** Had a 2:29.35 performance in the 1,000 to win Tech's Last Chance meet ... Placed fifth at the A-10 indoor championships in the 800.

**High School/Other:** Won the Johnson Miller mile, the first race on Tech's new outdoor track, while redshirting his first season ... All-state in outdoor while at Thomas Dale High School ... Majoring in finance.

## Kevin Walker



**R-JUNIOR, APPOMATTOX H.S.  
PAMPLIN, VA.**

**Personal Bests:**

60H - 7.98, 110H - 13.8  
400H - 51.76

Steps into a leadership role as Tech's top hurdler for the 2000 season.

**1998-99:** Proved his hurdling capabilities with silver medal performances in the 55H hurdles with a 7.43 at the Atlantic 10 Indoor Championships as well as the 110H with a 14.08 and 400H with a 51.76 at the outdoor conference meet ... Took fifth in the 55 hurdles at IC4As indoor and fourth in the 110 hurdles IC4As outdoors ... Was a key member of Tech's outstanding 4x400 meter relay team that went 3:11.50 for an indoor school record ... Claimed first at Christopher Newport in the 400 hurdles.

**1997-98:** Set a school record in the 60H with a second-place finish at Tech's Last Chance Invitational ... Came in second in the 55H at the indoor A-10 championships ... Set a school record in the 110H at the outdoor Atlantic 10 championships with a first-place finish.

**High School/Other:** Was a district, regional and state champion four years under coach David Read at Appomattox High School ... Won the 110H race in the 1996 and 1997 Commonwealth Games ... Majoring in human foods and nutrition exercise.



**Kevin Walker is Tech's top hurdler.**

# FROM FOOTBALL TO THE TRACK

Virginia Tech's football team has some of the nation's top athletes, so it is only fitting that they showcase their speed and power even in the offseason. Several of football's talented players also play a vital role as members of the track and field squad.

In addition to speedster André Davis, other A-10 champions are Jarrett Ferguson and Mike Donahue. Larry Austin, Ike Charlton and Marcus Gildersleeve have added depth to the dangerous sprint corps.

Donahue surprised the field by capturing last year's A-10 outdoor



**The conference champion 4x100 relay team included three football players, André Davis (top), Rashad Jenkins (middle) and Larry Austin (right), in addition to Darryl McCoy.**

conference title with a leap of 24'03.5". His victory came one year after Ferguson won the same event. Austin is a former school record holder in the 60m and could challenge Davis for it once again. In addition, the defending conference champion 4x100m relay team includes three Tech football players.

These athletes have added depth and aided in Tech's national recognition in track and field. Several newcomers, including Emmett Johnson, are expected to join the contingent of football players this year, making Tech's powerful team even stronger.

## THE RECORDS

EVENT	INDOOR	OUTDOOR
55	5.9 (David Read, 80)	-
55H	7.1 (Kenny Lewis, 78)	-
60	<b>6.77 (André Davis, 99)</b>	-
60H	<b>7.82 (Chris Stokes, 99)</b>	-
100 yds	-	9.4 (André Releford, 74)
100m	-	<b>10.24 (André Davis, 99)</b>
110H	-	<b>13.89 (Chris Stokes, 99)</b>
200	<b>21.35 (André Davis, 99)</b>	<b>20.78 (André Davis, 99)</b>
400	<b>48.19 (Ahmed Sagbana, 99)</b>	46.73 (Hilliard Sumner, 96)
400H	-	<b>51.28 (Justin Davis, 99)</b>
500	<b>1:03.81 (Detrick Stith, 99)</b>	-
600	1:20.1 (Brett Matthews, 94)	-
800	<b>1:49.96 (Justin Davis, 99)</b>	1:48.5 (Tim Crossin, 82)
1,000	2:21.92 (Gary Cobb, 87)	-
1,500	3:45.0 (Gary Cobb, 87)	3:39.35 (Gary Cobb, 87)
Mile	4:09.3 (Tim Covington, 89)	-
2,000	5:24.1 (Mike Cox, 94)	-
3,000	8:03.41 (Steve Taylor, 87)	8:03.41 (Steve Taylor, 87)
3,000 SC	-	8:47.2 (Gene Crane, 78)
5,000	14:02.0 (Tim Covington, 89)	13:52.0 (Steve Taylor, 87)
10,000	-	28:45.97 (Mark Stickley, 82)
4x100	43.7 (Maurice Ashford/Kenny Lewis/ Larry Fallen/ Dennis Scott, 78)	40.7 (Larry Fallen/David Read/ Kenny Lewis/Dennis Scott, 80)
4x400	<b>3:11.50 (Detrick Stith/Kevin Walker/ Ahmed Sangbana/Justin Davis, 99)</b>	3:10.2 (Robert Chase/Nuzelle Watson/ Robert Nash/Tim Crossin, 82)
4x800	7:29.2 (Ray Ackenbom/ Mike Burns/ Ray McDaniels/Bruce Merritt, 80)	7:32.2 (Ray McDaniels/Tim Crossin/ Bill Porr/Nuzelle Watson, 82)
4x1,500	-	16:06.80 (1997 Mark King/Mark Rumble/ Gerard Lang/Matt Yost, 97)
DMR	9:54.08 (Jason Dowdy/Detrick Stith/ Bill Showers/Jay Johns, 98)	9:46.2 (Robert Nash, Nuzelle Watson/ Tim Crossin/Ray McDaniels, 82)
SMR	3:35.9 (Vinnie Peters/Jon Nelson/ Dave Hannett/Eric Parlette, 93)	3:20.7 (Robert Chase/David Read/ Michael Cooper/Tim Crossin, 83)
Pent/Dec	3,680 (Dave Hannett, 95)	6,951 (Ed Nuttycombe, 76)
Discus	-	178-6/54.40 (Steve Mehr, 83)
Hammer	-	<b>221-11/67.46 (Erick Kingston, 99)</b>
High Jump	7-1/2.16 (Steve Whaley, 83)	7-0.5/2.15 (Steve Whaley, 81)
Javelin	-	219-3/66.82 (Bill Patrowicz, 89)
Long Jump	25-3/7.70 (Ken Stewart, 84)	24-10/7.57 (Jerry Gaines, 71)
Pole Vault	<b>17-5/5.31 (Brian Hunter, 99)</b>	<b>18-00/5.49 (Brian Hunter, 99)</b>
Shot Put	56-8.5/17.28 (Barry White, 73)	55-8/16.97 (Barry White, 72)
Triple Jump	51-9.75/15.79 (Phil Saunders, 86)	53-4.5/16.27 (Phil Saunders, 86)
35-lb Weight	<b>64-05/19.64 (Erick Kingston, 99)</b>	-



**Justin Davis broke three school records last year.**

All times prior to 1991 are not fully automated

# 1999 INDOOR REVIEW

## Hokies Dominate A-10 and Make a Mark Among East Coast's Best

Virginia Tech men's track and field enjoyed arguably its best season ever in a banner year during which records fell and titles were won. Nine school records were broken en route to the Hokies huge conference victory, and even more impressively its highest finish at the IC4A Championships.

The Tech squad nearly captured the honor as the Northeast's best team when they took second at last year's IC4A Championships behind three individual first-place finishes. Erick Kingston launched the 35-lb., weight 64'05" for the win, Chris Stokes blazed a 7.82 victory in the 60-meter hurdles and Justin Davis captured the 800 in 1:50.76.

The single most outstanding individual performance of the year came from Brian Hunter in the pole vault. The freshman cleared 17'04.50" to place 11<sup>th</sup> at the NCAA Championships, where he was the top rookie in the event. He cleared 17'05" to qualify in addition to erasing the 18-year old school record.

At the Atlantic 10 championships, Tech recorded an amazing 212 points to out-distance second-place Rhode Island by 108 points. There were 15 all-conference plaques and 29 medals in the hands of the Hokies when it was all over.

Event winners included André Davis (55, 200), Chris Seaton (5,000), Kingston (35-lb. weight), Brian Hunter (pole vault), Rashad Jenkins (triple jump), Chris Stokes (55 hurdles), the 4x400 relay and the 4x800 relay. Hunter was named Rookie of the Year and head coach Russ Whitenack took Coach of the Year honors for the third-consecutive season.

Tech used its first-class Mondo track and world-class competition to vault itself to as high as ninth in the country according to the NCAA Coaches Association power rankings and proved its depth in a big victory over power-houses Baylor, Georgetown, LSU and Florida at one of the Hokie's home invitationals.

Tech's indoor track facility also played host to some of the nation's best track and field athletes. Former pole vault American record holder Lawrence Johnson faced off against Hunter and company, 1,500-meter outdoor national champion Seneca Lassiter anchored Arkansas' DMR to a nation's best time and two-time NCAA champion Andy Bloom showed his talent in the shot put circle. There were 12 track records that fell during the 1999 season and the quality of Tech's home invitationals is only expected to grow.



**Matt Krycinski and Brent Carter were the top two performers in the mile last season.**

## 1999 Indoor Best Marks

### 55-Meter Dash

André Davis	6.35	2/20 (1st A-10)
M. Gildersleeve	6.53	2/20 (prelim A-10)
Darryl McCoy	6.60	2/20 (prelim A-10)

### 55-Meter Hurdles

Chris Stokes	7.35	2/20 (1st A-10)
Kevin Walker	7.43	2/20 (2nd A-10)

### 60-Meter Dash

André Davis	6.77	2/6 (3rd VT)
M. Gildersleeve	7.00	2/12 (25th Kroger)
Larry Austin	7.03	2/12 (27th Kroger)

### 60-Meter Hurdles

Chris Stokes	7.82	3/7 (1st IC4A)
Kevin Walker	7.98	2/12 (prelim Kroger)
Jeff Ridgeway	8.45	1/16 (13th VT)

### 200-Meter Dash

André Davis	21.35	2/13 (4th Kroger)
Ahmed Sangbana	22.07	2/6 (5th VT)
Detrick Stith	22.34	2/13 (24th Kroger)

### 400-Meter Dash

Ahmed Sangbana	48.19	2/27 (3rd LC)
Justin Davis	48.21	2/20 (2nd A-10)
Detrick Stith	49.04	2/27 (4th LC)

### 500-Meter Dash

Detrick Stith	1:03.72	3/7 (5th IC4A)
Matt Taylor	1:05.04	2/26 (2nd LC)
Erik Necciai	1:06.08	2/26 (4th LC)

### 800-Meter Run

Justin Davis	1:49.96	2/13 (3rd Kroger)
Matt Taylor	1:52.90	2/27 (14th LC)
Paul Hayes	1:53.23	2/6 (8th VT)

### 1,000-Meter Run

Paul Hayes	2:27.94	3/6 (prelim IC4A)
Matt Taylor	2:28.15	2/13 (5th Kroger)
Todd Grignon	2:31.48	2/13 (12th Kroger)

### One Mile Run

Matt Krycinski	4:15.21	3/6 (25th IC4A)
Brent Carter	4:15.86	2/27 (7th LC)
Paul Hayes	4:17.64	2/27 (10th LC)

### 3,000-Meter Run

Chris Seaton	8:29.04	2/6 (4th VT)
Van Arnold	8:33.21	2/27 (14th LC)
Ben Dowdy	8:39.05	2/6 (10th VT)

### 5,000-Meter Run

Chris Seaton	14:43.34	3/6 (14th IC4A)
Ben Dowdy	15:04.14	2/20 (3rd A-10)
Van Arnold	15:06.66	2/12 (10th Kroger)

### 4x400-Meter Relay

Stith, Walker, Sangbana, J. Davis	3:11.50	2/27 (2nd LC)
Stith, Walker, Sangbana, J. Davis	3:11.72	2/13 (3rd Kroger)
Stith, Walker, Sangbana, J. Davis	3:12.19	3/7 (2nd IC4A)

### 4x800-Meter Relay

Taylor, Grignon, Necciai, Hayes	7:38.96	3/6 (10th IC4A)
Pauley, Grignon, Necciai, Hayes	7:44.99	1/23 (4th Pepsi)
Taylor, Grignon, Necciai, Hayes	7:46.92	2/20 (1st A-10)

### Distance Medley Relay

Hayes, Stith, Necciai, Taylor	10:06.28	2/5 (3rd VT)
Taylor, Grignon, Necciai, Hayes	10:24.49	1/22 (7th Pepsi)

### Long Jump

Darryl McCoy	22'08.50"	2/26 (12th LC)
Jeff Ridgeway	22'05.00"	2/26 (15th LC)
Jarrett Ferguson	22'03.50"	1/23 (20th Pepsi)

### Triple Jump

Jerry McClam	47'03.50"	2/27 (6th LC)
Rashad Jenkins	47'01.75"	2/6 (5th VT)
Jarrett Ferguson	44'11.50"	2/20 (5th A-10)

### High Jump

Brian Hunter	6'07.00"	2/20 (3rd A-10)
Genesis Ridley	6'05.00"	2/20 (4th A-10)
Adam Bowser	6'05.00"	2/20 (5th A-10)

### Pole Vault

Brian Hunter	17'05.00"	2/26 (1st LC)
Nathan Bath	15'09.00"	2/26 (5th LC)
Jason Abbott	15'03.00"	2/13 (21st Kroger)

### Shot Put

Mike Leslie	51'00.25"	2/20 (3rd A-10)
Tim Ralph	48'08.00"	2/6 (3rd VT)
Dan McGrath	48'04.75"	2/20 (5th A-10)

### 35lb. Weight Throw

Erick Kingston	64'05.00"	3/7 (1st IC4A)
Eddie Boes	60'10.50"	3/7 (3rd IC4A)
Tim Ralph	58'08.00"	2/6 (3rd VT)

### Pentathlon

Adam Bowser	3,584	2/26 (2nd LC)
Justin Griffee	3,545	2/26 (3rd LC)

**Jarrett Ferguson airs it out in the long jump.**

# 1999 OUTDOOR REVIEW

## Tech Cleans Up at the A-10 Championships, Sends Two to NCAAs

The Virginia Tech men's track and field team stayed true to form in 1999 by winning its third-straight outdoor conference title. On their home track, the Hokies amassed 300 points, 161 ahead of second-place UMass, to record the biggest victory ever at the Atlantic 10 Championships. Tech took home 15 of the 22 all-conference spots as André Davis picked-up the Outstanding Performer award, Brain Hunter grabbed Rookie of the Year, and Russ Whitenack took Coach of the Year for the third year in a row.

Multiple gold medal winners included André Davis in the 100, 200 and 4x100 relay, Jason Dowdy in the 5,000 and 10,000, Justin Davis in the 400 hurdles and the 4x400, Rashad Jenkins in the triple jump and 4x100 and Ahmed Sangbana in the 400 and 4x400.

Conference records were set by eight Hokies including a monstrous throw of 221'11" in the hammer by Erick Kingston and a 16'10" clearance by Hunter in the pole vault. Other winners were Mike Donahue (long jump), Chris Stokes (110 hurdles), Paul Hayes (1,500), and Paul Strano (decathlon).

Kingston and Hunter also represented Tech at the NCAA championships in addition to picking up big wins at the country's largest track and field meet of the year – the prestigious Penn Relays.

Three other Hokies qualified provisionally for the NCAA



**Paul Hayes crosses the finish line first to win the 1,500-meter conference title.**

Championships. Stokes ran 13.89 in the 110 hurdles, Justin Davis turned in a 51.28 in the 400 hurdles and André Davis blazed a 10.24 in the 100 and a 20.78 in the 200 to make the list.

The Hokies represented themselves well at the IC4A championships in May by taking home third. André Davis picked up a double victory with NCAA caliber runs in the 100-meter and 200-meter dash events. Hunter and Kingston each won their marquee events while Stokes was second in his.

The season opened when Tech traveled to N.C. State for the Raleigh Relays, where several distance runners battled the cold and rain to set personal records. A select few of Tech's athletes had the opportunity to compete at the Mt. SAC relays in California. Every individual who went set a personal record including a 3:10.48 in the 4x400 relay

which was Tech's fastest in 17 years.

Over the course of the season six school records were erased and replaced by a new class of Hokie dominance. An amazing 18'00" clearance by Hunter leads the list but Kingston's 221'11" hammer throw and Justin Davis' 400 hurdle performance of 51.28 were remarkable feats as well.

## 1999 Outdoor Best Marks

### 100-Meter Dash

André Davis	10.24	5/2 (1st A-10)
Darryl McCoy	10.64	5/2 (5th A-10)
Larry Austin	10.65	5/2 (6th A-10)

### 110-Meter Hurdles

Chris Stokes	13.89	5/2 (1st A-10)
Kevin Walker	14.08	5/2 (2nd A-10)
Jeff Ridgeway	14.48	5/2 (3rd A-10)

### 200-Meter Dash

André Davis	20.78	5/23 (1st IC4A)
Ahmed Sangbana	21.69	4/10 (30th Sea Ray)
Clinton Edwards	22.03	5/2 (7th A-10)

### 400-Meter Dash

Ahmed Sangbana	47.53	5/2 (1st A-10)
Justin Davis	47.75	4/3 (2nd Apr. Fool)
Detrick Stith	48.39	3/26 (20th Raleigh)

### 400-Meter Hurdles

Justin Davis	51.28	5/23 (4th IC4A)
Kevin Walker	51.76	5/2 (2nd A-10)
Chris Stokes	55.35	4/3 (2nd Apr. Fool)

### 800-Meter Run

Paul Hayes	1:54.03	4/3 (1st Apr. Fool)
Matt Taylor	1:54.35	5/2 (3rd A-10)
Erik Necciai	1:55.50	4/3 (4th Apr. Fool)

### 1,500-Meter Run

Paul Hayes	3:54.29	5/2 (1st A-10)
Jason Dowdy	3:59.90	4/3 (1st Apr. Fool)
Matt Taylor	4:00.81	4/9 (43rd Sea Ray)

### 3,000-Meter Run

Matt Krycinski	8:46.80	4/24 (1st CNU)
Ryan Davis	8:47.80	4/24 (2nd CNU)
Chris Seaton	8:49.09	4/17 (2nd Gobbler)

### 3,000-Meter Steeplechase

Matt Krycinski	9:36.81	5/1 (3rd A-10)
Ryan Davis	9:44.16	4/3 (2nd Apr. Fool)

### 5,000-Meter Run

Jason Dowdy	14:43.14	3/27 (33rd Raleigh)
Van Arnold	14:53.73	3/27 (51st Raleigh)
Ryan Davis	15:13.21	4/10 (1st L.C.)

### 10,000-Meter Run

Chris Seaton	30:49.10	3/27 (16th Raleigh)
Van Arnold	31:08.08	4/7 (6th Sea Ray)
Ben Dowdy	31:28.73	3/27 (26th Raleigh)

### 4x100-Meter Relay

Austin, McCoy, Jenkins, A. Davis	41.48	5/2 (1st A-10)
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### 4x400-Meter Relay

Walker, Sangbana, J. Davis, Stith	3:10.48	4/16 (4th Mt. SAC)
Stith, Walker, Sangbana, J. Davis	3:11.07	5/23 (10th IC4A)
Edwards, Walker, Sangbana, J. Davis	3:11.51	5/2 (1st A-10)

### 4x800-Meter Relay

Hayes, Grignon, Taylor, Necciai	7:35.40	4/24 (h-6th Penn)
Taylor, Grignon, Necciai, Hayes	7:35.48	3/27 (2nd Raleigh)
Hayes, Grignon, Taylor, Necciai	7:36.32	5/22 (12th IC4A)

### 4x1500-Meter Relay

Taylor, Carter, Krycinski, Hayes	16:08.03	3/27 (12th Raleigh)
Taylor, J. Dowdy, Krycinski, Hayes	16:18.96	4/10 (8th Sea Ray)

### Long Jump

Mike Donahue	24'03.50"	5/1 (1st A-10)
Darryl McCoy	23'10.00"	5/1 (2nd A-10)
Jeff Ridgeway	22'10.00"	5/1 (4th A-10)

### Triple Jump

Rashad Jenkins	46'10.75"	5/2 (1st A-10)
Jarrett Ferguson	45'10.50"	5/2 (3rd A-10)
Jerry McClam	45'09.00"	4/17 (3rd Gobbler)

### High Jump

Brian Hunter	6'07.00"	5/2 (2nd A-10)
Genesis Ridley	6'05.00"	4/3 (4th Apr. Fool)
Adam Bowser	6'04.00"	4/24 (2nd CNU)

### Pole Vault

Brian Hunter	18'00.00"	5/22 (1st IC4A)
Jason Abbott	15'03.00"	5/2 (2nd A-10)
Markus Tepaske	14'09.00"	5/2 (3rd A-10)

### Shot Put

Mike Leslie	50'00.50"	4/17 (1st Gobbler)
Dan McGrath	49'10.50"	5/2 (3rd A-10)
Tim Ralph	48'11.50"	4/24 (1st CNU)

### Hammer Throw

Erick Kingston	221'11.00"	5/1 (1st A-10)
Tim Ralph	180'08.00"	4/24 (1st CNU)

### Discus

Mike Leslie	146'04.00"	5/14 (11th JMU)
Erick Kingston	140'08.00"	4/3 (6th Apr. Fool)
Dan McGrath	131'03.00"	4/17 (9th Gobbler)

### Javelin

Giff Hummel	181'03.00"	5/1 (5th A-10)
Mike McDonald	167'05.00"	4/24 (2nd CNU)
Justin Griffiee	156'02.00"	5/14 (10th JMU)

### Decathlon

Adam Bowser	6,305	5/22 (16th IC4A)
Paul Strano	6,299	5/1 (1st A-10)
Justin Griffiee	6,237	5/1 (2nd A-10)

**Clinton Edwards stepped-up in the sprint events last season.**

# 1999 HONORS AND AWARDS

## Atlantic 10 Indoor

### CONFERENCE CHAMPIONS

The Virginia Tech Hokies

### COACH OF THE YEAR

Russ Whitenack

### ROOKIE OF THE YEAR

Brian Hunter

### ALL-CONFERENCE

André Davis — 100, 200  
 Todd Grignon — 4x800  
 Paul Hayes — 4x800  
 Brian Hunter — Pole Vault  
 Rashad Jenkins — Triple Jump  
 Erick Kingston — Weight Throw  
 Erik Necciai — 4x800  
 Chris Seaton — 5,000  
 Chris Stokes — 55 Hurdles  
 Matt Taylor — 4x800

### ACADEMIC ALL-CONFERENCE

Andrew Lessner  
 Ahmed Sangbana  
 Chris Seaton



## Atlantic 10 Outdoor

### CONFERENCE CHAMPIONS

The Virginia Tech Hokies

### COACH OF THE YEAR

Russ Whitenack

### PERFORMER OF THE MEET

André Davis

### ROOKIE OF THE YEAR

Brian Hunter

### ALL-CONFERENCE

Larry Austin — 4x400  
 André Davis — 100, 200, 4x100  
 Justin Davis — 400 Hurdles, 4x400  
 Mike Donahue — Long Jump  
 Jason Dowdy — 5,000, 10,000  
 Clinton Edwards — 4x400  
 Paul Hayes — 1,500  
 Brian Hunter — Pole Vault  
 Rashad Jenkins — Triple Jump, 4x100  
 Erick Kingston — Hammer Throw  
 Darryl McCoy — 4x100  
 Ahmed Sangbana — 400  
 Paul Strano — Decathlon  
 Chris Stokes — 110 Hurdles  
 Kevin Walker — 4x400

## Tech's A-10 Trophies

The Tech men have won the last three indoor and outdoor Atlantic 10 titles. The 1999 victories were so profound, Tech nearly doubled second-place point totals. With the addition of the cross country team's victories in 1996 and 1997, the Hokies captured back-to-back Triple Crowns in each of those seasons. Pictured below are the Hokies' six track and field trophies. As Tech moves into the BIG EAST in 2000-2001, the competition will be tough, but the men's track team will no doubt be prepared.



The men's track and field team was honored at the UAB football game for its conference victories.

## Virginia Tech's All Americans

Name	Event	Year
Keith Neff	Pole vault	1976
Dennis Scott	60-yard dash	1978
Ray Ackenbom	Two-mile relay	1980
Mike Burns	Two-mile relay	1980
John Dyer	Decathlon	1980
Kenny Lewis	55m high hurdles	1980
Ray McDaniels	Two-mile relay	1980
Bruce Merritt	Two-mile relay	1980
Bob Phillips	Pole vault	1980
Paul Sulik	Hammer throw	1981
Steve Hetherington	Cross country	1982
Phil Saunders	Triple jump	1984
Mark Stickley	10,000-meters	1985
Gary Cobb	1,000-meters, 1,500 meters	1987
Steve Taylor	10,000-meters, cross country	1987
Tony Williams	10,000-meters, cross country	1987
Brian Walter	Cross country	1989
Mike Sergent	Hammer throw	1998
Erick Kingston	Hammer throw	1998



The 1999 Atlantic 10 all-conference team included 15 Hokies and only nine others.

# CONFERENCE AFFILIATION

## Atlantic 10

While Tech's first three year's in the Atlantic 10 conference were productive, the fourth proved to be the best overall. Led by eight teams winning either the regular season or tournament championships, the Virginia Tech athletics program captured the 1998-99 Atlantic 10 Commissioner's Cup.

The University of Dayton, Duquesne University, Fordham University, The George Washington University, La Salle University, University of Massachusetts, University of Rhode Island, St. Bonaventure University, St. Joseph's University, Temple University, Virginia Tech, and Xavier University offer a rich blend of proud academic and athletic traditions to form an impressive athletic alliance.

On June 14, 1994, Linda Bruno was officially introduced as the Atlantic 10's fourth commissioner. She relocated the league office to Philadelphia, placing it in the center of the Atlantic 10's geographic footprint. Bruno also spearheaded the league's entrance into Division I football with the formation of the Atlantic 10 Football Conference in 1997. In addition, in an effort to recognize the athletic and academic achievements of all student-athletes, Bruno instituted the Commissioner's Honor Roll, which cites every Atlantic 10 student-athlete with a 3.0 gpa or better.

The Atlantic 10 Conference will crown champions in 22 sports this season: baseball, men's and women's basketball, men's and women's cross country, field hockey, men's golf, women's gymnastics, women's lacrosse, men's and women's indoor and



outdoor track & field, women's rowing, men's and women's soccer, softball, men's and women's swimming & diving, men's and women's tennis and women's volleyball.

### Hanes-Atlantic 10 Commissioner's Cup

The Virginia Tech men's programs won the Hanes-Atlantic 10 Conference Commissioner's Cup for the third consecutive year, helping the Hokies' program as a whole win the 1998-99 Hanes-Atlantic 10 Commissioner's Cup for the first time. The Tech women's programs finished second.

The men scored 78.0 points and the women finished with 87.5 points. The men won championships in indoor and outdoor track, baseball and tennis, while the women took home titles in indoor track, basketball, swimming & diving, tennis and lacrosse.

For the last seven years, the Atlantic 10 has honored the best all-round athletic programs in the Conference by awarding the Hanes-Atlantic 10 Commissioner's Cup.

In each of the Atlantic 10's 22 championship sports, points are awarded in descending order of finish, equal to the number of teams participating in the championship. Regular season standings are used in those sports in which a round-robin schedule is utilized: baseball, men's and women's basketball, field hockey, lacrosse, men's and women's soccer, softball, and women's volleyball.

Below are the 1998-99 Atlantic 10 Commissioner's Cup standings:

### Hanes-Atlantic 10 Commissioner's Cup Final Standings

Team	Overall	Men	Women
1. Virginia Tech	165.5	78.0	87.5
2. Massachusetts	155.0	54.0	101.0
3. Rhode Island	122.5	62.5	60.0
4. George Washington	113.0	52.5	60.5
5. Temple	99.5	50.0	49.5
6. Dayton	99.0	38.0	61.0
7. St. Joseph's	87.0	29.5	57.5
8. Xavier	85.0	42.5	42.5
9. La Salle	79.0	37.5	41.5
10. Fordham	72.5	36.0	36.5
11. Duquesne	67.0	27.0	40.0
12. St. Bonaventure	57.0	37.5	19.5

## Tech and the BIG EAST

The 2000-2001 season will be a historic one for Virginia Tech as nearly all the university's varsity sports move into the BIG EAST Conference. Only Virginia Tech football teams have faced BIG EAST competition so far, having played a round-robin schedule in the BIG EAST since 1993.



## The IC4A Conference

Virginia Tech is proud to have membership in prestigious athletic conferences such as the BIG EAST Conference for football and the Atlantic 10 Conference for most other sports. Tech's membership in yet another conference adds to the level of competition for the men's and women's track teams.

The Intercollegiate Association of Amateur Athletes of America (IC4A) was founded in 1876. This postseason competition, which was traditionally a men's division, hosts 101 schools on the Eastern Seaboard with the exception of Notre Dame, who was a member dating back to when the program was nationwide.

The Hokies had a successful indoor postseason competition, with the men finishing in second place at the Indoor IC4A Championships and third outdoors. Erick Kingston led the Hokies

by finishing first in the weight and hammer throws, followed by Eddie Boes' third in the weight. André Davis won the 100- and 200-meter dashes outdoors while Brian Hunter added a win in the pole vault. Justin Davis and Chris Stokes both claimed victories in the 800 and 60 hurdles, respectively, at the indoor competition. Tech's 4x400-meter relay team also placed well, finishing second indoors.

The Hokies' success in the postseason was remarkable last season. Following Atlantic 10 victories in both the indoor and outdoor seasons, Tech recorded its highest finishes ever at each of the IC4A championships. The Hokies certainly made their mark in 1999 and plan on continuing that hot streak into the next millennium.

# TRACK PROGRAM HISTORY

Virginia Tech, established in 1872, is a university steeped in tradition, and athletics always has been a major part of the unfolding story.

The Hokies are members of the BIG EAST Conference for football and the Atlantic 10 for most other sports. Among bowl games, conference championships and All-American athletes, Tech's track and field teams have set a standard of success since the introduction of the sport at Virginia Tech.

Track and field made its debut as a Tech sport in the early 1900s. The team, made up only of men at the time, competed in outdoor competitions. Indoor track and field was incorporated into Tech's program in the late 1950s, and the women's track and field team was added in the 1970s.

A host of coaches contributed to the Hokies' success over the years. Coaches like D.J. Woods (1905-06), Doug Divers (1958-64) and H. Richard Redding laid a foundation for the success of Tech's tracksters.

The Hokies' first taste of championship victory came in 1956, when Redding led Tech to its first Southern Conference title. Martin Pushkin coached Tech to indoor and outdoor state championships in 1969 and 1970. Pushkin also led Tech to the NCAA championships during his decade of coaching beginning in 1964.

In 1974, Russ Whitenack took over the reins as Tech's head coach and began what would be an era of victory for the Hokies. The men's team captured indoor and outdoor state championship titles in 1977-78 under Whitenack.

The team continued its success by earning Metro Conference wins in 1987, 1993 and 1994, and dominating the Atlantic 10 Conference in 1997, 1998 and 1999.

The late 1970s marked the start of a string of Tech All-Americans. Keith Neff, a native of Portsmouth, Va., became Tech's first All-American in 1976. In January of that year, he had become the first Virginian ever to pole vault 17 feet, clearing that in the Pitt Invitational Indoor Meet.

Erick Kingston was the most recent Hokie to garner the honor of All-America. In 1998 the sophomore threw a school record-breaking throw of 213'00" to claim the status in the hammer throw.

Building on their recent success, the Hokies are preparing for a new era. This season, Tech welcomes a host of new talent to compete on its state-of-the-art track and field facilities. Tech purchased an eight-lane Mondo indoor track for the 1996-97 season, and built a new outdoor Mondo track during the 1997-98 academic year. Each is equipped with dash lanes, jump and pole vault pits, areas for the throw events and a high tech timing system. These world-class facilities give the Hokies places to train and compete that are as good as anywhere in the nation.

Since the beginning of track and field at Virginia Tech, athletes and coaches alike have been dedicated to the pursuit of excellence. The success of the Hokies' track and field teams has become a tradition that will continue to grow and prosper in coming years.

## Qualifying Standards

### DIVISION I INDOOR

Event	AUTO	PROV
	FAT	FAT
55-Meters	6.16	6.26
60-Meters	6.62	6.72
55-Meter Hurdles	7.23	7.39
60-Meter Hurdles	7.74	7.90
200-Meters	20.90	21.25
400-Meters	46.32	47.05
800-Meters	1:47.65	1:50.00
Mile#	4:00.00	4:05.20
3,000-Meters#	7:56.70	8:10.70
5,000-Meters#	13:58.15	14:18.15
1,600-Meter Relay	3:06.90	3:10.40
DMR-Meters#	9:37.75	9:45.75

\*\* Standards are according to Virginia Tech's banked 200-meter Mondo track and vary depending on track size and specifications.

	METRIC	METRIC
	High Jump	2.25
Pole Vault	5.50	5.25
Long Jump	7.85	7.55
Triple Jump	16.20	15.60
Shot Put	19.00	18.00
35-Pound Weight	21.35	19.30

#-Altitude adjustment available.

### DIVISION I OUTDOOR

Event	AUTO	PROV
	FAT	FAT
100-Meters	10.18	10.34
200-Meters	20.50	20.80
400-Meters	45.40	46.20
800-Meters	1:47.20	1:48.80
1,500-Meters#	3:41.50	3:45.00
Mile#	3:59.20	4:03.04

### DIVISION I OUTDOOR, Continued

EVENT	AUTO	PROV
	FAT	FAT
3,000-M Steeple#	8:43.00	8:54.00
5,000-Meters#	13:48.00	14:07.00
10,000-Meters#	29:05.00	29:55.00
110-Meter Hurdles	13.72	14.00
400-Meter Hurdles	50.10	51.20
400-Meter Relay	39.20	40.00
1,600-Meter Relay	3:03.80	3:07.00

	METRIC	METRIC
	High Jump	2.25
Pole Vault	5.55	5.30
Long Jump	7.95	7.65
Triple Jump	16.30	15.70
Shot Put	19.00	18.00
Discus	60.00	56.50
Javelin	72.00	67.30
Hammer	68.00	61.00
Decathlon	7,600 points	7,100 points

#-Altitude adjustment available.

### IC4A INDOOR

Event	FAT
55-Meters	6.48
60-Meters	6.98
200-Meters	22.30
400-Meters	49.40
500-Meters	1:05.20
800-Meters	1:54.50
1,000-Meters	2:30.30
Mile	4:14.50
3,000-Meters	8:29.80
5,000-Meters	14:50.30
55-Meter Hurdles	7.70
4x400 Relay	3:21.30
4x800 Relay	7:52.00
DMR	10:19.70

**Chris Stokes, Kevin Walker and Jeff Ridgeway (from left, in background photo) swept the conference medals in the 110 hurdles.**

### IC4A INDOOR, Continued

	Meters	Feet
	High Jump	2.06
Shot Put	15.30	50'2.5"
Pole Vault	4.80	15'9"
Weight Throw	16.75	54'11.5"
Long Jump	7.07	23'2.5"
Triple Jump	14.35	47'0"
Pentathlon	3,575 points	

### IC4A OUTDOOR

Event	FAT
100-Meters	10.80
200-Meters	21.80
400-Meters	48.35
800-Meters	1:51.5
1,500-Meters	3:51.5
5,000-Meters	14:36.0
10,000-Meters	31:05.0
110-Meter Hurdles	14.80
400-Meter Hurdles	53.90
3,000-Meter Steeplechase	9:16.0
4x100 Relay	43.90
4x400 Relay	3:18.50
4x800 Relay	7:46.50

	Meters	Feet
	High Jump	2.06
Shot Put	15.40	50'6.25"
Pole Vault	4.80	15'9"
Discus	46.30	151'11"
Long Jump	7.12	23'4.50"
Hammer	51.50	168'11"
Triple Jump	14.40	47'3"
Javelin	56.50	185'4"
Decathlon	6,178 points	

FAT — Fully automated time

# ADMINISTRATION



**Charles Steger**  
University President



**Jim Weaver**  
Director of Athletics



**Sharon McCloskey**  
Senior Associate  
Director of Athletics



**David Chambers**  
Associate Director of  
Athletics for External  
Affairs



**Tom Gabbard**  
Associate Director  
of Athletics for  
Internal Affairs



**Jon Jaudon**  
Associate Director  
of Athletics for  
Administration



**John Ballein**  
Assistant Director  
of Athletics for  
Football Operations



**Tim East**  
Assistant Director of  
Athletics for Marketing and  
Promotions



**Tim Parker**  
Assistant Director  
of Athletics for  
Compliance



**Mike Gentry**  
Assistant Director  
of Athletics for  
Athletic Performance

## Strength and Conditioning

Under the direction of assistant athletic director Mike Gentry, the strength and conditioning program has become a major part of the success of the Virginia Tech track and field program.

"Since 1987, our strength and conditioning program has developed a tradition," said Gentry. "We have teams dedicated to training hard and striving for excellence. The younger student-athletes see the upperclassmen's intensity and it makes everyone want to train to be one's best."

"Our strength and conditioning program is designed to help our student-athletes build overall strength and endurance, while helping them develop self-discipline and realize their potential as athletes," Gentry said. "We have a

comprehensive program utilizing strength/power training, plyometrics, conditioning and flexibility training."

Tech athletes train in the Jim "Bulldog" Haren weight room which was officially dedicated in September 1985 to Haren, a former Hokie football player and long-time supporter of the Virginia Tech Athletics Department.

The weight room recently has been refurbished with new free-weight equipment as well as a new line of Nautilus Next Generation equipment. The facility has been greatly expanded with the completion of the Merryman Athletic Center.

A Durham, N.C. native, Gentry received a B.S. in physical education from Western Carolina University in 1979. He received his master's from the University of North Carolina at Chapel Hill. In 1999, Gentry completed work toward an Ed.D., at Virginia Tech, in curriculum and instruction with an emphasis in motor behavior.

In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for National Strength and Conditioning Professional of the Year.

Assisting Gentry this year are three full-time assistant strength and conditioning coaches: Sonny Sano, Jay Johnson and Christy Haley. Johnson works with the men's track team with the exception of the throwers who are under the guidance of Sano.

## Academic Enrichment

The success of Virginia Tech's track program rests largely on the academic progress of each student athlete. The academic performance of Tech student athletes has improved each year due in part to the Student Athlete Office of Academic Enrichment Programs (SAOAP). The ultimate goal is for all student athletes to successfully complete their degree.

The Student Athlete Office of Academic Enrichment Programs provides programming for student athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education.

Academic facilities for student athletes include the Monogram Room, a large room used as a study hall area adjacent to the SAOAP office in Cassell Coliseum. The HEAT (Hokies Engaging in Advanced Technology) Lab houses over 20 computers on the second floor of Cassell Coliseum. Room 160 in Cassell Coliseum provides an area for private quiet study for the athletes' convenience. Additionally, student athletes can use the Center for Academic Enrichment and Excellence site offices located in Hillcrest and Femoyer Halls.

Together, these spaces provide the student athlete with a variety of study environments conducive to their success. Athletes can use these facilities between classes, after practice, or in the evenings, with flexible hours tailored to make the most of a student athlete's limited time.

The Student Athlete Office of Academic Enrichment Programs is comprised of coordinator Chris Helms, associate coordinator Lois Berg and three assistant coordinators — Colin Howlett, Shelia Clark and Katie Ammons.

Ammons is a former Hokie student athlete who is charged with responsibility for track athletes. She also oversees operation of the HEAT lab and other computing resources available for student athletes. Terrie Repass is the office receptionist and "first contact" person for the SAOAP.

## Some Familiar Faces



**Katie Ammons**  
Academic Coordinator



**Chris Helms**  
SAOAP Coordinator



**Jay Johnson**  
Strength & Conditioning  
Assistant



**Denie Marie**  
Facilities Manager  
(Rector Field House)



**Sonny Sano**  
Strength & Conditioning  
Assistant

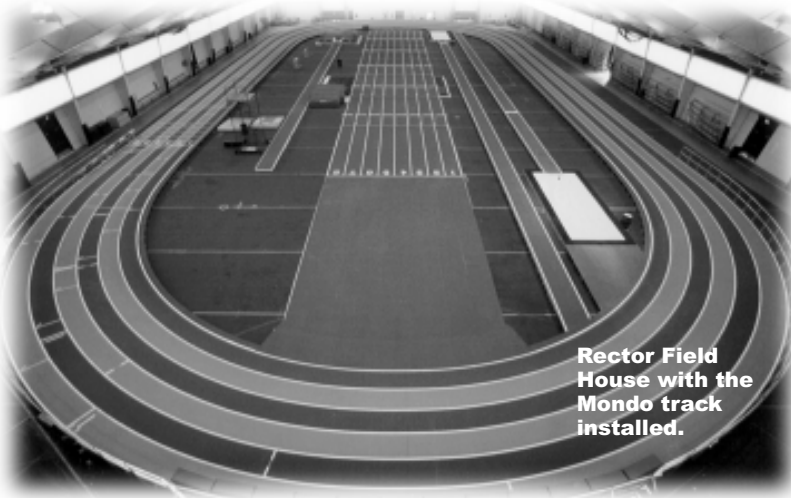


**Joyce Wynn**  
Track Secretary



# TECH'S FIRST-CLASS FACILITIES

## Tech May Have the Country's Best Indoor-Outdoor Track Combo



**Rector Field House with the Mondo track installed.**

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Former U.S. record holder in the pole vault Lawrence Johnson, Olympian distance runner Julie Henner and two-time NCAA champion shot putter Andy Bloom all competed in Rector Field House last year.

The Johnson-Miller Outdoor Track Complex was dedicated in honor of Stuart Johnson and Jack William Miller, Jr., two former Hokie track stars from Richmond, Va., whose loyalty and support made possible the construction of the new track.

Johnson, Tech's Mr. Track in 1952, was the first man elected to the Virginia Tech Hall of Fame solely on his records in track and field. Miller was co-captain of the 1953 track team. Johnson ran the 440, 220 and mile relay. Miller competed in a number of events, but his specialty was the mile run.

"Thanks to these gentlemen, we've got the biggest commitment to track and field in the country," said head men's track coach Russ Whitenack.

"In the past we've had great teams, but when I look to our future I see even better things," Whitenack said.

The Hokies' indoor and outdoor track facilities are among the nation's best.

The latest addition is the Johnson-Miller Outdoor Track Complex. The outdoor oval track has eight 42-inch lanes and is identical to the track at the Atlanta Stadium on which Olympic Games athletes participated in 1996. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

The complex includes pole vault pits, long and triple jump areas, steeplechase lanes and areas for shot put, discus, hammer throw, javelin and high jump events. For sprints, 10 lanes have been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

A nine-foot berm at the south end of the track ultimately will be terraced to provide six rows of seating.

The outdoor track, coupled with a similar indoor track, gives Tech what many believe is the finest track complex in America. The indoor track, one of only a very few of its kind in the U.S., was installed in Rector Field House and used for the first time during the 1996-97 season.



**The Rector Field House training room**



**The Johnson-Miller Outdoor Track Complex**

