

Virginia Tech Track & Field



This Week: Virginia Tech Invitational

January 14-15

Blacksburg, Va.

Rector Field House

www.hokiesports.com/track/
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THIS WEEK

Virginia Tech begins the new year hosting the Virginia Tech Invitational on Friday, January 14 and Saturday, January 15. The Hokies will compete against 14 other squads, including ACC rivals Florida State, NC State, North Carolina, Virginia and Wake Forest. Events are set to begin at 5 p.m. on Friday and will resume at 11 a.m. on Saturday.

QUEEN HARRISON WINS BOWERMAN

Former Tech standout Queen Harrison will need to find room in her already crowded trophy case for perhaps her most prestigious award yet, the 2010 Bowerman Award. The award is given to the most outstanding male and female track and field athlete each season, as voted on by a committee from the United States Track & Field and Cross Country Coaches Association (USTFCCA). Oregon's Ashton Eaton won the men's award.

This award is the culmination of a record-setting season, as Harrison became Tech's first ever women's NCAA Champion when she took the 60-meter hurdle crown during the indoor season. At the outdoor national meet, she became the first athlete in NCAA history to sweep both hurdle events, earning championships in both the 100 and 400-meter hurdles. Additionally, Harrison earned four ACC titles in 2010 and now holds eight school records.

PRESEASON RANKINGS

Virginia Tech's men's team is ranked fifth in the initial preseason poll, released on January 6. This is its highest ranking since 2008 and only the second time in that span that it has cracked the top ten, doing so in the sixth poll last season, where it ranked eighth. Tech is also the highest ranked men's ACC team, with Florida State just behind at the sixth spot. The squad returns six of its seven ACC Champions from 2010 and all four All-Americans: Yavgeniy Olhovskiy (pole vault), Alexander Ziegler (throws), Jared Jodon (pole vault) and Will Mulherin (distance).

Preseason Top 10 as of January 6

Men's

1. Florida
2. LSU
3. Texas A&M
4. Oregon
5. **Virginia Tech**
6. Florida State
7. Texas Tech
8. Penn State
9. Stanford
10. Indiana

Women's

1. Oregon
2. Texas A&M
3. LSU
4. Tennessee
5. Clemson
6. Auburn
7. Arkansas
8. West Virginia
9. Southern Illinois
10. Oklahoma

2011 Indoor Schedule

Date	Meet	Location
Dec. 4	Appalachian Collegiate Indoor	Boone, N.C.
Dec. 4	Liberty Kickoff	Lynchburg, Va.
Jan. 14-15	Virginia Tech Invitational	Blacksburg, Va.
Jan. 21-22	Hokie Invitational	Blacksburg, Va.
Jan. 28-29	Penn State	University Park, Pa.
Feb. 4-5	VT Elite Meet	Blacksburg, Va.
Feb. 18-19	Virginia Tech Challenge	Blacksburg, Va.
Feb. 24-26	ACC Indoor Championships	Blacksburg, Va.
Mar. 5	Virginia Tech Final Qualifier	Blacksburg, Va.
Mar. 11-12	NCAA Indoor Championships	College Station, Texas

2011 Outdoor Schedule

Date	Meet	Location
Mar. 19	Miami Invitational	Coral Gables, Fla.
Mar. 25	Concord Invitational	Athens, W. Va.
Mar. 25-26	Yellow Jacket Invitational	Atlanta, Ga.
Apr. 1-2	Colonial Relays	Williamsburg, Va.
Apr. 1-2	Florida Relays	Gainesville, Fla.
Apr. 8-9	Sun Angel Classic	Tempe, Ariz.
Apr. 15-16	Sea Ray Relays	Knoxville, Tenn.
Apr. 16	High Point Vertklasse	High Point, N.C.
Apr. 21-23	ACC Outdoor Championships	Durham, N.C.
Apr. 29-30	Highlander Invitational	Radford, Va.
Apr. 29-30	Penn Relays	Philadelphia, Pa.
May 5	Liberty Twilight	Lynchburg, Va.
May 12	Distance Classic	Roanoke, Va.
May 13-14	Clemson Tiger Qualifier	Clemson, S.C.
May 13-14	Carolina Qualifier	Chapel Hill, N.C.
May 26-28	NCAA Regionals	Bloomington, Ind.
Jun. 9-11	NCAA Outdoor Championships	Des Moines, Iowa
Jun. 23-26	USA Championships	Eugene, Ore.

Quick Facts

Location Blacksburg, Va.
 Founded 1872
 Enrollment 30,000
 Colors Chicago Maroon
 Burnt Orange
 Nickname Hokies
 Conference Atlantic Coast

T+F Director Dave Cianelli
 Associate Head Coach (Throws)
 Greg Jack
 Sprints, Hurdles, Jumps
 Charles Foster
 Distance Ben Thomas
 Assistant Distance
 Jennifer McGranahan
 Pole Vault Bob Phillips
 Technical Director Stacey Vidt

2010 ACC Finish
 Indoor (m/w) 3rd/3rd
 Outdoor (m/w) 2nd/6th

All-ACC Performers Returning/Lost
 Men's Indoor - 8/1
 Women's Indoor - 3/2
 Men's Outdoor - 8/2
 Women's Outdoor - 1/4



Our Name, Please

When referring to Virginia Tech, we ask that you please leave it at that - Virginia Tech ... Virginia Tech University is not now and never has been a name for the school ... The official name of the university is Virginia Polytechnic Institute and State University ... "VahTech", VPI, VPI&SU, VPI and SU and Va. Tech are also not recognized names and should not be used ... VT is acceptable as a shortended, agate form ...

When referring to the school by its nickname, please use "Hokies" ...

Your help in these matters is appreciated.

HAMMOND TOPS NATIONAL BOARD

Though the season is young, junior Michael Hammond is laying the foundation for a bid at the national finals. He owns the top time in the 3,000 meters so far this season with his 8:07.35 win at the Appalachian Invitational on December 3rd. The second-place finisher at the meet, Tech sophomore Will Mulherin, is right behind Hammond on the national leaderboard at 8:07.68. Senior Eddie Judge, who finished fourth at the meet, ranks 11th nationally at 8:22.13. Devin Cornwall, competing unattached, finished third at 8:19.28, which would rank seventh nationally.

FAST START BURKHARDT

Freshman Samira Burkhardt didn't waste any time impressing in her Virginia Tech debut, earning a convincing win at the Appalachian Invitational, heaving the shot put 51-8.5 (15.76m), over five feet further than the second-place competitor. The Stuttgart, Germany native's distance currently ranks fifth in the nation and third all time at Virginia Tech. Burkhardt's debut mark is three feet shy of the Hokies' all-time record of 54-9.5 (16.70m) set in 2008 by Brittany Pryor.

RECTOR HOSTS ACC CHAMPIONSHIPS

Virginia Tech's indoor track facility, Rector Fieldhouse will again play host to the indoor ACC Championships on Feb. 24-26. This is the sixth consecutive season that Virginia Tech has hosted the event. Rector's banked 200-meter track is one of the few of its kind in the United States and provides an ideal surface to prepare athletes for similar surfaces at the national competition.

2010 SEASON REVIEW

2010 was a memorable season for Virginia Tech that saw unprecedented individual and team success both in conference and nationally. The Hokies earned three individual NCAA titles, 13 All-America honors, and 11 ACC titles. The women's and men's teams both earned top ten finishes at the NCAA Championships, with the women placing fifth and the men 10th. The fifth place finish is the highest showing for any Tech track & field squad,

while the men's tenth-place finish is the highest in men's program history. The men's team earned second and third place finishes at the indoor and outdoor conference meets, respectively, while the women took third and sixth.

Queen Harrison wrote and re-wrote history multiple times over the 2010 season. In the indoor season, she earned an NCAA Championship in the 60-meter hurdles, the first in Tech's women's program history. Then, during the outdoor season, Harrison became the first athlete in NCAA history to sweep both the 100 and 400-meter hurdles, earning her second and third titles to close out an unbelievable career at Tech. She broke five school records during the season and earned four conference titles.

The men's field athletes were recognized for their outstanding performance, as both Yavgeniy Olhovsky and Marcel Lomnický were named USTFCCA Southeast Region Men's Field Athletes of the Year. Tech's coaching staff also received accolades, with Dave Cianelli earning 2010 ACC Men's Coach of the Year honors, his fifth such conference award. Throws coach Greg Jack was named 2010 Southeast Region Men's Assistant Coach of the Year and sprints, hurdles and jumps coach Charles Foster, in his first season at Tech, was named 2010 Southeast Region Women's Assistant Coach of the Year.

Season Leaders

as of January 13

Men's

Event	Name	Time/Dist.
3,000m	Michael Hammond	8:07.35 (1)
Pole Vault	Joe Davis	4.95m (11)

Women's

Event	Name	Time/Dist.
Pole Vault	Emma DeJarnette	3.70m (29)
Shot Put	Samira Burkhardt	15.76m (5)

National Ranking in parentheses

Up Next: Hokie Invitational - Jan. 21-22 - Blacksburg, Va. - Rector Fieldhouse

Men's All-Time Indoor Performers

55 Meters

André Davis6.302000
 Cedric Patrick.....6.371993
 David Clowney6.382005
 Butch Patrick6.381998
 Keith Moyer6.401994

60 Meters

Keith Ricks6.652010
 André Davis6.721999
 Larry Austin6.841998
 David Clowney6.852006
David Wilson6.862010
 Butch Patrick.....6.871998

60 Yards

David Read.....5.91980

200 Meters

André Davis21.162000
Keith Ricks21.262009
 David Clowney21.522006
 Nick Vaughn.....21.532009
J. McCants21.722010
 Buck Grant21.792003

400 Meters

Jordan Price.....47.912006
 Buck Grant47.962001
 Nick Vaughn.....48.162009
 Ali Najjar48.192001
 Amhed Sangbana ..48.191999
 Justin Davis48.211999

500 Meters

Adam Jury1:03.322004
 Ali Najjar1:03.582000
 Dettrick Stith1:03.721999
 Andrew Lessner1:03.811998
 Nick Vaughn.....1:03.862009

800 Meters

Ali Najjar1:49.942001
 Justin Davis1:49.961999
 Gary Cobb1:50.141987
 Billy Berlin.....1:50.152007
Ryan Witt1:50.742009
Nick McLaughlin 1:51.392010

1,000 Meters

Gary Cobb2:21.921987
 Ron Voight2:22.641987
 Paul Hayes2:25.092000
 Ray McDaniels.....2:26.701982
 Billy Berlin.....2:26.792007
Will Mulherin2:27.242010

1,500 Meters

Gary Cobb3:45.01987
 Joe Wilson3:50.61986

Mile

Billy Berlin.....4:02.472009
M. Hammond.....4:03.802010
Ryan Witt4:05.002009
Will Mulherin4:06.402010
 Gary Cobb4:08.101987
 James Scheiner.....4:08.562009

Eddie Judge4:09.062009

Chris Seaton4:09.082001

3,000 Meters

M. Hammond.....8:07.352010
Will Mulherin8:07.682010
 S. Hetherington8:10.901981
Devin Cornwall....8:11.952009
 David Peterson8:13.911983
 Paul LaPenna8:14.822009

5,000 Meters

Tim Covington14:02.001989
 Mark Stickley14:16.001982
 Chris Seaton14:17.012001
 Ricky Greer14:19.801981
 S. Hetherington14:19.901981

55-Meter Hurdles

Chris Stokes7.351999
 Kevin Walker7.431999
 Jason Fullmer7.551994
 Tyrone Howell7.711983

60-Meter Hurdles

Chris Stokes7.821999
Keare Smith7.942009
 Kevin Walker7.942000
 Jason Fullmer8.101997
E. Amegashie8.112010
 Mike Hinton8.202004

60-Yard Hurdles

Kenny Lewis7.11978

4x400-Meter Relay

Stith, Walker,.....3:11.501999
 Sangbana, Davis
 Walker, Di Padova,3:13.302001
 Grant, Najjar
 Stith, Fullmer,3:13.831997
 Davis, Sumner

4x800-Meter Relay

Cobb, Voight,7:22.561987
 Oustrich, Reed
 Ackenbom, Burns, 7:29.21980
 McDaniels, Merritt
 Hayes, Grignon,7:34.122000
 Taylor, Rhue
 Najjar, Grignon,7:37.802000
 Hayes, Taylor

Distance Medley Relay

Judge, Vaughn9:30.242009
Witt, Berlin

Hayes, Grant,9:37.982001
 Najjar, Seaton

Mulherin, McCants 9:41.872010 McLaughlin, Hammond

Mulherin, Iyebote ..9:52.392009
 Scheiner, Judge

Long Jump

Ken Stewart.....25'3" (7.70m) .1984
 Drew Gant.....23'8.75" (7.23m)1980
David Wilson ...23'8.75" (7.23m)2010
 Darryl McCoy ...23'8.25" (7.22m)2000
 James Curd.....23'8.25" (7.22m)1988
 Jerry Gaines23'8" (7.21m) .1971

Triple Jump

Hasheem Halim52'8.25 (16.06m)2010
 Idikoro Eradiri...51'10" (15.80m)2007
 Phil Saunders51'9.75" (15.79m)1986
David Wilson ...51'5" (15.67m)2010
 Ernest Wilford...50'7.50" (15.43m)2000
 Jason Fludd50'0.75" (15.26m)2005

High Jump

Steve Whaley7'1" (2.16m) ...1983
 Jake Howitt6'11" (2.11m)..1985
 John Pierce6'10.5" (2.10m)1975
 Butch Patrick....6'8" (2.03m) ...1998

Pole Vault

Olhovsky18'2.50" (5.55m) .2009
 Mondschein..18'1.25" (5.52m)..2006
 Hunter18'0.50" (5.50m)..2000
 Mueller17'9.25" (5.42m)..2007
Hall17'9.25" (5.42m) .2010
Jodon17'8.5" (5.40m) ...2010
 Phillips17'3.75" (5.28m)..1981
 Neff17'2.5" (5.25m)..1976
 Samaniuk.....17'0.75" (5.20).....2007
Davis16'10.75" (5.15)...2008

Shot Put

Clickett62'11.25" (19.18m)2007
 Norwood61'5.75" (18.74m)2005
Misljenovic .61'4.25" (18.70m) .2010
 Hahn60'9.25" (18.52m)2005
 MacPhee.....59'2.75" (18.05m)2004
 Huntzinger...59'0.25" (17.99m)2006

Weight Throw

Jullien77'10.25" (23.73m)2006
 Anani75'3.50" (22.95m)..2006
Ziegler73'10.25" (22.51m)2010
Lomnicky ..69'8.25" (21.24m) .2010
 Muza69'5.5" (21.16m)....2008
 Kingston.....65'0 (19.1m)2000
 Boes.....64'10" (19.76m).....2000
 Clickett64'4.5" (19.62).....2007
Mahmic64-0.25 (19.51).....2010

Pentathlon

Adam Bowser.....3,683 points.....2000
 Dave Hannett3,680 points.....1995

CURRENT TEAM MEMBERS IN
BOLD

Women's All-Time Indoor Performers

55 Meters

Patrice Potts	6.852007
Britni Spruill	6.962008
Sherlenia Green.....	7.022007
Kristi Castlin	7.042008
Rashida Dodson	7.111997
Damali Hay	7.172000
Jennifer Cook	7.171997

60 Meters

Patrice Potts	7.332008
Funmi Alabi	7.372010
Ogechi Nwaneri	7.392010
Britni Spruill	7.422008
Kristi Castlin	7.472008
Damali Hay	7.612002

200 Meters

Britni Spruill	23.622008
Patrice Potts	23.672007
Aunye Boone	23.872009
Ogechi Nwaneri	24.002010
Damali Hay	24.162002
Sherlenia Green.....	24.202006
Kristi Castlin	24.262010

300 Meters

Britni Spruill	37.932008
Sherlenia Green.....	38.472007
Asia Washington.....	38.482010
Aunye Boone	38.642009
Patrice Potts	39.212008
Funmi Alabi	39.302010
Yvonne Amegashie	39.512010

400 Meters

Queen Harrison	53.062010
Asia Washington	53.662009
Sherlenia Green	53.792006
Yvonne Amegashie	54.872010
Shakirra Pinnock	55.202007
Marie Giles.....	55.262005

500 Meters

Asia Washington	1:11.492010
Queen Harrison	1:12.752008
Sherlenia Green	1:13.772006
Marie Giles.....	1:14.272003
Danya Gordon	1:15.051997
Aunye Boone	1:15.332009
Julie Reeser	1:15.811997

800 Meters

Asia Washington	2:07.882008
Meredith Brooks	2:10.172006
Kristin Price	2:10.852001
Cas Sadosky	2:12.252001
Heather Mullis	2:12.312006
Lauren Lemieux	2:13.372009

1,000 Meters

Tasmin Fanning.....	2:47.072008
Marlies Overbeeke ..	2:47.662004
Natalie Sherbak	2:47.812009
Lauren Pinkston	2:53.502010
Chelsea Alverson	2:54.562000

1,500 Meters

Linda King	4:30.101985
Margarita Lasaga.....	4:35.21987

Mile

Natalie Sherbak	4:40.312009
Marlies Overbeeke ..	4:40.462004
Tasmin Fanning.....	4:40.662007
Kristin Price	4:48.482001
Jessica Fanning	4:50.262007

Sammy Dow

4:53.592010	
<u>3,000 Meters</u>		
Tasmin Fanning	9:01.572008
Natalie Sherbak	9:18.022009
Kristin Price	9:18.772001
Marlies Overbeeke ..	9:36.582003
Jessica Fanning	9:39.352007
Linda King	9:40.501985

5,000 Meters

Natalie Sherbak	16:23.512009
Heidi Allen	16:48.301992
Erin Reddan	17:08.232009
Kelly Clark	17:25.612007
Jennifer Conner	17:31.681997
Stacey Vidt	17:34.082001

55-Meter Hurdles

Kristi Castlin	7.592008
Queen Harrison	7.772008
Jennifer Cook	8.061999
Keosha Sanders	8.202003
Melanie Burgess.....	8.211997
Gunild Krebs	8.282007

60-Meter Hurdles

Queen Harrison	7.942010
Kristi Castlin	8.012010
Leslie Aririguzo	8.342009
Asia Washington.....	8.562009
Keosha Sanders	8.592004
Jennifer Cook	8.611999

4x400-Meter Relay

Harrison, Spruill.....	3:38.622008
Washington, Pinnock		
Harrison, Washington	3:38.742009
Castlin, Boone		
Harrison, Amegashie	3:38.962010
Alabi, Boone		
S. Green, Potts.....	3:39.202007
Harrison, Washington		
Harrison, Amegashie	3:39.692010
Alabi, Boone		
Washington, Spruill.	3:41.182007
Potts, S. Green,		
Harrison, Spruill.....	3:41.272008
Pinnock, Washington		
Washington, Potts.....	3:41.282007
Harrison, S. Green		

4x800-Meter Relay

Morris, Alverson,	9:01.692002
Friedman, Vidt		
Netzer, Sadosky,.....	9:03.661998
Scherrens, Gibbs		
J. Fanning, Clark	9:06.442007
T. Fanning, Sherbak		
Morris, Mullis,	9:06.682004

Distance Medley Relay

J. Fanning, S. Green.,	11:10.842007
Washington, T. Fanning		
J. Fanning, S. Green,	11:12.602007
Washington, T. Fanning		
Sherbak, Harrison ...	11:14.672008
Washington, T. Fanning		
J. Fanning, Pinnock,	11:20.412007
Sherbak, T. Fanning		
J. Fanning, Pinnock,	11:25.272008
Washington, T. Fanning		
J. Fanning, Harrison	11:26.252007
Gentles, T. Fanning		
Price, Hopkins,.....	11:34.782001
Sadosky, Vidt		

Long Jump

April Byrd	19'9"	(6.02m) ..2000
Megan Barnes	19'7.75"	(5.99m)1998
Brandi Smith	19'3.50"	(5.88m)1998
Saskia Triesscheijn..	19'0.50"	(5.80m)2006
Queen Harrison	18'7.25"	(5.67m)2007
Michelle Nowden....	18'4.75"	(5.61m)2004
Gunild Krebs	18'2.25"	(5.54m)2006

Triple Jump

April Byrd	41'4.25"	(12.60m) ..2000
Detra Edmunds.	39'11.50"	(12.18m)1995

High Jump

Katie Ollendick	6'0"	(1.83m) ...1998
Donna Girtler	5'10"	(1.78m) .1984
Saskia Triesscheijn..	5'7"	(1.70m) ...2006
Gunild Krebs	5'5"	(1.65m) ...2005

Pole Vault

Abby Schaffer	13'7.75"	(4.16m)2009
Ashley Early	13'7.25"	(4.15m)2007
Kelly Phillips.....	13'6.50"	(4.13m)2008
Erin Mahony	13'1.75"	(4.01m)2006
Abbey McGrath	13'0.25"	(3.97m)2007
Elise Birnbaum	12'11.5"	(3.95m)2009
Caitlin Thornley	12'8.25"	(3.87m)2009
Emma DeJarnette .	12'3.50"	(3.75m)2010

Shot Put

B. Pryor	54'9.50"	(16.70m) ..2008
C. Ayangbile	53'8.25"	(16.36m) ..2007
S. Burkhardt	51'8.50"	(15.86m) ..2011
P. Allan	49'10.50"	(15.20m) 1999
E. Schroeder.....	49'8.50"	(15.15m) ..2009
J. Williams.....	49'2.25"	(14.99m) ..2003
T. Toon	48'1"	(14.65m)1983
T. Burns	45'10.50"	(13.98m) 2005

Weight Throw

T. Burns	73'3.25"	(22.33m) ..2005
K. Callan	67'4"	(20.52m)2008
B. Pryor	65'11.50"	(20.10) ..2008
D. Habazin	65'3.50"	(19.90).....2009
M. Newby	52'4.50"	(15.96m) .1996
R. Martin	52'4.50"	(15.96m) ..2002
P. Allan	52'1.75"	(15.89m) ..2000

Pentathlon

Saskia Triesscheijn..	4,224 points	...2005
Gunild Krebs	4,009 points	...2006
Katie Ollendick	3,941 points1998
Brandi Smith	3,494 points1997

2011 Men's Roster

Name	Class	Event	Hometown	High School/Other
Derek Aegerter	So.	High Jump	Humble, Texas	Kingwood H.S.
Ebenezer Amegashie	Sr.	Sprints/Hurdles	Dumfries, Va.	Potomac H.S.
Jeffrey Artis-Gray	So.	Sprints/Hurdles/Jumps	Chesapeake, Va.	Western Branch
Jared Berman	So.	Distance	Fairfax, Va.	James Robinson
Ronnie Black	Jr.	High Jump	Newport News, Va.	Menchville
Garrett Bradley	So.	Mid-Distance	Charlottesville, Va.	Albemarle
Scott Campbell	Fr.	Multi Events	Salem, Va.	Salem
Devin Cornwall	Sr.	Distance	Culpepper, Va.	Culpepper County
Jason Cusack	Jr.	Distance	Griswold, Conn.	Griswold
Martin Dally	Fr.	Mid-Distance	Bethesda, Md.	Walter Johnson
Joe Davis	Sr.	Pole Vault	Sarasota, Fla.	Riverview
Leoule Degfae	So.	Distance	Yirgalem, Ethiopia	Thomas A. Edison
Tihut Degfae	So.	Distance	Yirgalem, Ethiopia	Thomas A. Edison
Kevin Dowd	Fr.	Distance	Fairfax, Va.	Fairfax
Ryan Hagen	So.	Distance	Sterling, Va.	Potomac Falls
Hasheem Halim	Jr.	Jumps	Lilburn, Ga.	Berkmar
Hunter Hall	Sr.	Pole Vault	Fort Wayne, Ind.	Homestead
Michael Hammond	Jr.	Mid-Distance	Midlothian, Va.	Midlothian
Eric Hoepker	Jr.	Distance	Haymarket, Va.	Battlefield
Matt Hoogland	Fr.	Pole Vault	Springfield, Va.	Lake Braddock
Jordan Horton-Williams	Fr.	Sprints	Virginia Beach, Va.	Ocean Lakes
Jared Jodon	r-Sr.	Pole Vault	Uniontown, Pa.	Laurel Highlands
Eddie Judge	Sr.	Mid-Distance	Virginia Beach, Va.	F.W. Cox
Kieran Lee	Jr.	Mid-Distance	Glen Allen, Va.	Hermitage
Marcel Lomnický	Jr.	Throws	Nitra, Slovakia	Sport Grammar School Nitra
Sherrod Long	Fr.	Sprints	Charlotte, N.C.	Phillip O. Berry
Denis Mahmic	So.	Throws	Zagreb, Croatia	Railway Technical
Jonathan McCants	So.	Sprints	Alexandria, Va.	West Potomac
Nick McLaughlin	Sr.	Distance	Leesburg, Va.	Heritage
Jeff Miller	Sr.	Mid-Distance	Lorton, Va.	South County
Will Mulherin	So.	Distance	Yorktown, Va.	Tabb
Stephan Munz	So.	Pole Vault	Goppingen, Germany	University of Stuttgart
Yavgeniy Olhovskiy	r-Sr.	Pole Vault	Petah-tivka, Israel	Ort Technnickum Givatium
Grant Pollock	Fr.	Distance	Richmond, Va.	Mills Godwin
Keith Ricks	Jr.	Sprints	Suffolk, Va.	King's Fork
Matt Satterwhite	Sr.	Distance	Charlottesville, Va.	Western Albermarle
Justin Sinclair	Jr.	Sprints	Maplewood, N.J.	The Peddie School
Keare Smith	Jr.	Sprints/Hurdles	Garner, N.C.	Southeast Raleigh Magnet
Rene Stauss	So.	High Jump	Winterlingen, Germany	University of Stuttgart
Matthias Treff	Jr.	Throws	Burgthann, Germany	Sportgymnasium Halle
Chris Walizer	Sr.	Mid-Distance	Hershey, Pa.	Hershey
Brian Welch	Jr.	Distance	Richmond, Va.	Mills Godwin
Darrell Wesh	Fr.	Sprints	Virginia Beach, Va.	Landstown
David Wilson	So.	Sprints/Jumps	Danville, Va.	George Washington
Ryan Witt	Sr.	Distance	Winchester, Va.	Sherando
Alexander Ziegler	So.	Throws	Dischingen, Germany	Schiller Gym Heidenheim
Yazid Zouaimia	Fr.	Distance	Clifton, Va.	Centreville

2011 Women's Roster

Name	Class	Event	Hometown	High School/Other
Funmi Alabi	So.	Sprints	Elkridge, Md.	Long Reach
Leigh Allin	So.	Pole Vault	Lexington, Ky.	Henry Clay
Yvonne Amegashie	So.	Sprints/Hurdles	Woodbridge, Va.	Potomac Senior
Julianne Bigler	Fr.	Distance	Alexandria, Va.	West Potomac
Elizabeth Blackwell	Jr.	Mid-Distance	Harrisonburg, Va.	Harrisonburg, Va.
Aunye Boone	Jr.	Sprints	St. Leonard, Md.	Calvert
Kristen Brown	Fr.	Sprints/Hurdles	Owings Mill, Md.	McDonogh School
Samira Burkhardt	Fr.	Throws	Stuttgart, Germany	Johann Friedrich Von Cotta
Stephanie Cario	Fr.	Distance	Mechanicsville, Va.	Lee Davis
Margaret Castelvechi	Fr.	Distance	Montpelier, Va.	Patrick Henry
Taylor Crosson	Fr.	Distance	Fairfax Station, Va.	James W. Robinson
Emma DeJarnette	So.	Pole Vault	Mechanicsville, Va.	Atlee
Drew Dillon	Fr.	Distance	Roanoke, Va.	Hidden Valley
Courtney Dobbs	Fr.	Distance	Glen Allen, Va.	Deep Run
Sonia Doulamis	Fr.	Distance	Lowell, Mass.	Academy of Notre Dame
Sammy Dow	r-So.	Distance	Midlothian, Va.	Midlothian
Frances Dowd	So.	Distance	Fairfax, Va.	Fairfax
Casey Gresham	So.	Distance	Chesapeake, Va.	Western Branch
Dorotea Habazin	Sr.	Throws	Zagreb, Croatia	Sportska Gimnazija
Shanice Hairston	Fr.	Throws	Martinsville, Va.	Magna Vista
Kaitlyn Hunter	Fr.	Distance	Sterling, Va.	Potomac Falls
Paige Kwartunas	Fr.	Distance	Springfield, Va.	West Springfield
Lauren Lemieux	Jr.	Mid-Distance	Huntsville, Ala.	Virgil I. Grissom
Jackie Merrick	Sr.	Mid-Distance	West Chester, Pa.	Henderson
Madalyn Nuckols	Fr.	Distance	Glen Allen, Va.	Deep Run
Ogechi Nwaneri	Jr.	Sprints	Maplewood, N.J.	Chatham
Katelyn Oldham	So.	Distance	Wilmington, Del.	The Tatnall School
Kelly Phillips	r-Sr.	Pole Vault	Blacksburg, Va.	Blacksburg
Lauren Pinkston	r-So.	Distance	Herndon, Va.	Herndon
Elizabeth Powell	Fr.	Pole Vault	Richmond, Va.	Patrick Henry
Lyndsey Saunders	Fr.	Pole Vault	Herndon, Va.	Chantilly
Samantha Sawyer	Fr.	Distance	Indian Trail, N.C.	Sun Valley
Taryn Schrader	r-Fr.	Distance	Virginia Beach, Va.	Bishop Sullivan Catholic
Ebony Scott	Fr.	Sprints	Raleigh, N.C.	Southeast Raleigh Magnet
Lindsay Skolrood	Fr.	Distance	Roanoke, Va.	Hidden Valley
Mary Catherine Sowder	Fr.	Distance	Roanoke, Va.	Hidden Valley
Erin Stehle	r-So.	Distance	Midlothian, Va.	Midlothian
Corene Steinert	Fr.	Distance	Morris Plains, N.J.	Morristown
Colleen Thom	Fr.	Distance	Yorktown, Va.	Peninsula Catholic
Caitlin Thornley	r-Sr.	Pole Vault	Greensboro, N.C.	Ragsdale
Jessica Trapeni	Sr.	Distance	Fairfax, Va.	Fairfax
Zakiya Tyson	Fr.	Sprints	Durham, N.C.	C.E. Jordan
Jennifer Van Der Sloot	So.	Distance	Morgantown, W. Va.	University
Asia Washington	r-Sr.	Sprints/Hurdles	Piscataway, N.J.	Piscataway
Alex Watt	Fr.	Distance	Springfield, Va.	West Springfield
Erika Weidman	So.	Distance	Alexandria, Va.	T.C. Williams
Taylor Williams	Jr.	Sprints/Hurdles	Hampton, Va.	Bethel
Natalie Woodford	So.	Distance	Roanoke, Va.	Patrick Henry

**Virginia Tech Invitational
January 14-15, 2011
FINAL SCHEDULE**

Friday, January 14, 2011

Start		Field Event
5:00pm	Women	Triple Jump
5:00pm	Men	Triple Jump
5:00pm	Women	Pole Vault - Unseeded
5:00pm	Men	Weight Throw
6:00pm	Women	Weight Throw
7:30pm	Men	Pole Vault - Unseeded

Start		Running Events
5:00pm	Women	60m Dash-Prelim
5:10pm	Men	60m Dash-Prelim
5:25pm	Women	60 Hurdles-Prelim
5:40pm	Men	60 Hurdles-Prelim
5:55pm	Women	Mile Run
6:10pm	Men	Mile Run
6:25pm	Women	60m Dash- Final
6:30pm	Men	60m Dash- Final
6:35pm	Men	60 Hurdles- Final
6:40pm	Women	60 Hurdles- Final
6:50pm	Women	1000m Run
7:00pm	Men	1000m Run
7:15pm	Women	500m Run
7:30pm	Men	500m Run
7:45pm	Women	300m Run
8:05pm	Men	300m Run

Saturday, January 15, 2011

Start		Field Events
11:00am	Men	High Jump (Women to Follow)
11:00am	Women	Pole Vault - Seeded
12:00pm	Men	Shot Put
12:00pm	Women	Long Jump
12:00pm	Men	Long Jump
1:30pm	Men	Pole Vault - Seeded
1:30pm	Women	Shot Put

Start		Running Events
12:15pm	Women	5000m Run
12:40pm	Men	5000m Run
1:00pm	Women	400m Run
1:15pm	Men	400m Run
1:30pm	Women	Distance Medley Relay
1:50pm	Men	Distance Medley Relay
2:05pm	Women	800m Run
2:15pm	Men	800m Run
2:25pm	Women	200m Run
2:40pm	Men	200m Run
3:00pm	Women	3000m Run
3:15pm	Men	3000m Run
3:30pm	Women	4 x 400m Relay
4:05pm	Men	4 x 400m Relay

2011 NCAA DIVISION I MEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.14@	—
60 Meters	6.60@	—
55-Meter Hurdles	7.17@	—
60-Meter Hurdles	7.70@	—
200 Meters		
(Under 200m/220 yds)*	21.48	—
(200m/220 yds)*	21.23	—
(Banked or Over 200m/220 yds)*	20.83	—
400 Meters		
(Under 200m/220 yds)*	47.15	46.9
(200m/220 yds)*	46.75	46.5
(Banked or Over 200m/220 yds)*	46.15	45.9
800 Meters#		
(Under 200m/220 yds)*	1:49.30	1:49.0
(200m/220 yds or less)*	1:48.90	1:48.6
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7
Mile#		
(Under 200m/220 yds)*	4:01.30	4:01.0
(200m/220 yds or less)*	4:00.80	4:00.5
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7
3,000 Meters#		
(Under 200m/220 yds)*	7:58.50	7:58.2
(200m/220 yds or less)*	7:57.20	7:56.9
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2
5,000 Meters#		
(Under 200m/220 yds)*	13:53.30	13:53.0
(200m/220 yds or less)*	13:50.80	13:50.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7
1,600-Meter Relay		
(Under 200m/220 yds)*	3:10.50	3:10.2
(200m/220 yds)*	3:08.90	3:08.6
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2
Mile Relay		
(Under 200m/220 yds)*	3:11.70	3:11.4
(200m/220 yds)*	3:10.10	3:09.8
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4
Distance Medley Relay—Meters#		
(Under 200m/220 yds)*	9:36.10	9:35.8

(200m/220 yds or less)*	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:32.00	9:31.7
Distance Medley Relay—Yards#		
(Under 200m/220 yds)*	9:37.60	9:37.3
(200 m/220 yds or less)*	9:36.50	9:36.2
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC
High Jump	2.24
Pole Vault	5.50
Long Jump	7.90
Triple Jump	16.15
Shot Put	19.30
35-Pound Weight	21.50
Heptathlon	5,675 points

*—Size of track.

#—Altitude adjustment available.

updated 12/02/10

2011 NCAA DIVISION I WOMEN'S INDOOR
TRACK AND FIELD
QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC	
	FAT	MT
55 Meters	6.74@	—
60 Meters	7.26@	—
55-Meter Hurdles	7.57@	—
60-Meter Hurdles	8.14@	—
200 Meters		
(Under 200m/220 yds)*	23.90	—
(200m/220 yds)*	23.70	—
(Banked or Over 200m/220 yds)*	23.20	—
400 Meters		
(Under 200m/220 yds)*	53.60	53.3
(200m/220 yds)*	53.30	53.0
(Banked or Over 200m/220 yds)*	52.60	52.3
800 Meters#		
(Under 200m/220 yds)*	2:06.30	2:06.0
(200m/220 yds or less)*	2:06.00	2:05.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7
Mile#		
(Under 200m/220 yds)*	4:39.40	4:39.1
(200m/220 yds or less)*	4:38.90	4:38.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7
3,000 Meters#		
(Under 200m/220 yds)*	9:17.00	9:16.7
(200m/220 yds or less)*	9:16.00	9:15.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7
5,000 Meters#		
(Under 200m/220 yds)*	16:15.00	16:14.7
(200m/220 yds or less)*	16:12.50	16:12.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2
1,600-Meter Relay		
(Under 200m/220 yds)*	3:38.00	3:37.7
(200m/220 yds)*	3:36.80	3:36.5
(Banked or Over 200m/220 yds)*	3:34.00	3:33.7
Mile Relay		
(Under 200m/220 yds)*	3:39.20	3:38.9
(200m/220 yds)*	3:38.00	3:37.7
(Banked or Over 200m/220 yds)*	3:35.20	3:34.9
Distance Medley Relay—Meters#		
(Under 200m/220 yds)*	11:10.90	11:10.6

(200m/220 yds or less)*	11:09.40	11:09.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2
Distance Medley Relay—Yards#		
(Under 200m/220 yds)*	11:13.40	11:13.1
(200m/220 yds or less)*	11:12.90	11:12.6
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC
High Jump	1.85
Pole Vault	4.30
Long Jump	6.38
Triple Jump	13.30
Shot Put	16.90
20-Pound Weight	21.00
Pentathlon	4,075 points

*—Size of track.

#—Altitude adjustment available.

updated 12/02/10