

# Virginia Tech Track & Field



**This Week: Hokie Invitational**

**January 21-22**

**Blacksburg, Va.**

**Rector Field House**

[www.hokiesports.com/track/](http://www.hokiesports.com/track/)  
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## THIS WEEK

Virginia Tech hosts its second meet of the indoor season, the Hokie Invitational, with two days of competition kicking off on Friday, Jan. 21. Twenty visiting teams are set to participate, including ACC rivals Clemson, Duke, Florida State, NC State, Virginia and Wake Forest.

## WEEKEND RECAP: VIRGINIA TECH INVITATIONAL

In its first home competition of the season, Virginia Tech earned two event titles, a slew of high-placing finishes, and saw solid performances from veterans and newcomers alike. The majority of the Hokie athletes competed in the first day of the meet, where Kieran Lee and Joe Davis earned titles in the mile run and the unseeded pole vault, respectively. Lee was one of seven Hokies to finish in the top 10 in the mile, with Chris Walizer leading the second surge of Hokies, placing fifth at 4:26.25. Davis was the final competitor left on the day, and he saved the best for last, clearing a personal-best height of 17-0.75 (5.20m). This mark ties him for ninth all-time in the indoor pole vault at Virginia Tech.

Keith Ricks, Tech's school record-holder in the 60-meter dash, took second-place in a photo finish at 6.73, just three hundredths of a second shy of the winner, NC State's TJ Graham, and only one hundredth of a second ahead of third place. Leigh Allin tied for second in the women's pole vault, clearing the 11-1.75 (3.65m) mark. Nick McLaughlin won the final heat of the men's 1,000 meters (2:31.88), good for a third-place finish overall. In Saturday's action, Yavgeniy Olhovskiy and Hunter Hall paired for third- and fourth-place finishes, respectively, in the men's pole vault, both clearing 16-7.25 (5.06m). Their teammate on the women's side, Kelly Phillips, was the Hokies' highest finisher in the women's pole vault, taking fourth at 12-9.5 (3.90m).

## PRESEASON RANKINGS

[NOTE: Rankings will not be updated again until Jan. 25, so there are no new rankings following this past weekend's competition] 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 10, 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).

## 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.
<b>Jan. 21-22</b>	<b>Hokie Invitational</b>	<b>Blacksburg, Va.</b>
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 ..... 31,000  
 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.

## TECH AT THE TOP

With the indoor season in full swing, the Hokies are well-represented in the national leaderboards early in the season. Michael Hammond is still Tech's highest-ranking athlete, as he currently sits second on the national performance list in the 3,000 meters (8:07.35). Coming into this past weekend, he held the top spot but was ousted by Alabama's Fred Samoei, who now sits atop the list at 8:03.20. Will Mulherin, who was previously ranked second, slid down with Hammond and is currently third, just behind his teammate at 8:07.68. Joe Davis, who was 11th in the pole vault coming into this past weekend, improved his mark and now sits at eighth with a personal-best height of 17-0.75 (5.20m). Samira Burkhardt, who did not compete this past weekend, saw her mark from December (51-8.5, 15.76m) slide down to 12th nationally. However, she still leads the ACC, nearly a foot and a half ahead of the second-best performer.

## 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 (USTFCCCA). 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.

## RECTOR HOSTS ACC CHAMPIONSHIPS

Virginia Tech's indoor track facility, Rector Field House 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 the 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 10 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 10th-place finish is the highest in men's program history. The men's team earned second and third place finishes at the indoor and

## Hokies in the National Rankings

\*season best mark in parentheses\*

### Men's

Event	Name	Ranking
60m dash	Keith Ricks	15 (6.73)
3,000m	Michael Hammond	2 (8:07.35)
	Will Mulherin	3 (8:07.68)
Pole Vault	Joe Davis	8 (5.20m)
	Hunter Hall	19 (5.06m)
	Yavgeniy Olhovskiy	19 (5.06m)

### Women's

Event	Name	Ranking
Pole Vault	Kelly Phillips	22 (3.90m)
Shot Put	Samira Burkhardt	12 (15.76m)

*Up Next: Penn State - Jan. 28-29 - University Park, Pa. - Ashenfelter Multi-Sport Facility*

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 Lomnicky were named USTFCCCA 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.

## Current Hokie Indoor Conference Champions

Dorotea Habazin.....	2009 .....	Weight Throw
Hunter Hall .....	2010 .....	Pole Vault
Michael Hammond ....	2010 .....	Mile Run
Marcel Lomnicky .....	2009 .....	Weight Throw
Yavgeniy Olhovsky .....	2009 .....	Pole Vault
Kelly Phillips.....	2008 .....	Pole Vault
Ryan Witt.....	2009 .....	800 Meters
Asia Washington .....	2008 .....	4x400m Relay
	2009 .....	400-meters
Alexander Ziegler.....	2010 .....	Weight Throw

## Current Hokie All-Americans

### Hunter Hall

2009..... Indoor ..... Pole Vault (7th)  
2009..... Outdoor ..... Pole Vault (10th)

### Dorotea Habazin

2009..... Outdoor ..... Hammer Throw (4th)  
2010..... Outdoor ..... Hammer Throw (2nd)

### Jared Jodon

2010..... Outdoor ..... Pole Vault (8th)

### Marcel Lomnicky

2009..... Indoor ..... Weight Throw (8th)  
2009..... Outdoor ..... Hammer Throw (1st)  
2010..... Outdoor ..... Hammer Throw (3rd)

### Will Mulherin

2010..... Outdoor ..... 5,000 Meters (5th)

### Yavgeniy Olhovsky

2008..... Indoor ..... Pole Vault (5th)  
2008..... Outdoor ..... Pole Vault (2nd)  
2009..... Indoor ..... Pole Vault (2nd)  
2009..... Outdoor ..... Pole Vault (T-4th)  
2010..... Indoor ..... Pole Vault (T-4th)  
2010..... Outdoor ..... Pole Vault (8th)

### Kelly Phillips

2008..... Outdoor ..... Pole Vault (6th)

### Asia Washington

2007..... Indoor ..... Distance Medley (4th)  
2009..... Outdoor ..... 400m Hurdles (4th)

### Alexander Ziegler

2010..... Indoor ..... Weight Throw (3rd)

### OLHOVSKY POISED FOR HISTORY

Yavgeniy Olhovsky, already a six-time All-American, can tie the all-time Tech record with one more accolade, or set a new record with two more this season. The current men's record-holder is Spyridon Jullien with seven All-America honors. Kristi Castlin earned her seventh All-America honor last season, becoming only the second athlete in Tech history to do so.

## ABDULRAZAAQ AND HENRY EARN ACC WEEKLY HONORS

Virginia's Adams Abdulrazaaq and NC State's Lawanda Henry have been named the men's and women's ACC Track & Field Performers of the Week, respectively. Abdulrazaaq posted the fastest 60-meter hurdles time in the country (7.76), shattering the previous school record of 7.85 in the process. Henry earned a victory in the shot put and placed second in the weight throw at the Virginia Tech Invitational, behind only the current U.S. Champion, Amber Campbell, competing unattached.

## TOP CONFERENCE PERFORMANCES

### MEN'S

Event	Name	School	Mark
60m	TJ Graham	NC State	6.70
200m	La'Mont Jackson	Clemson	21.56
400m	Clayton Parros	UNC	46.91
800m	Anthony Kostelac	Virginia	1:51.59
Mile	Ian Thomas	BC	4:17.59
3,000m	Michael Hammond	VT	8:13.67
5,000m	Doug Black	GT	16:12.85
60m H	Adams Abdulrazaaq	Virginia	7.76
4x400m Relay		Florida State	3:12.52
Distance Medley Relay		Clemson	10:19.25
HJ	Jon Hill	Maryland	2.14m
PV	Parker Smith	UNC	5.21m
LJ	Omar Morrison	GT	7.31m
TJ	Austin Davis	UNC	15.70m
SP	Michael Putman	Florida State	17.74m
WT	Alex Padgett	Clemson	19.75m

### WOMEN'S

Event	Name	School	Mark
60m	Stormy Kendrick	Clemson	7.32
200m	Stephanie Simpson	Florida State	24.22
400m	Tameka Jameson	Miami	53.81
800m	Taylor Bumpas	Maryland	2:13.22
Mile	Kimberly Ruck	Clemson	4:55.13
3,000m	Stephanie Buffo	Clemson	10:00.57
60m H	Brianna Rollins	Clemson	8.19
4x400m Relay		Clemson	3:38.51
Distance Medley Relay		Clemson	3:38.51
HJ	April Sinkler	Clemson	1.79m
PV	Joanna Wright	Georgia Tech	3.95m
LJ	April Sinkler	Clemson	6.03m
TJ	Michelle Jenije	Florida State	12.52m
SP	Samira Burkhardt	VT	15.76m
WT	Brittney Waller	Clemson	20.08m

# Men's All-Time Indoor Performers

## 55 Meters

André Davis .....6.30 .....2000  
 Cedric Patrick.....6.37 .....1993  
 David Clowney .....6.38 .....2005  
 Butch Patrick.....6.38 .....1998  
 Keith Moyer .....6.40 .....1994

## 60 Meters

**Keith Ricks .....6.65 .....2010**  
 André Davis .....6.72 .....1999  
 Larry Austin .....6.84 .....1998  
 David Clowney .....6.85 .....2006  
**David Wilson .....6.86 .....2010**  
 Butch Patrick.....6.87 .....1998

## 60 Yards

David Read.....5.9 .....1980

## 200 Meters

André Davis .....21.16 .....2000  
**Keith Ricks .....21.26 .....2009**  
 David Clowney .....21.52 .....2006  
 Nick Vaughn.....21.53 .....2009  
**J. McCants .....21.72 .....2010**  
 Buck Grant .....21.79 .....2003

## 400 Meters

Jordan Price.....47.91 .....2006  
 Buck Grant .....47.96 .....2001  
 Nick Vaughn.....48.16 .....2009  
 Ali Najjar .....48.19 .....2001  
 Amhed Sangbana ..48.19 .....1999  
 Justin Davis .....48.21 .....1999

## 500 Meters

Adam Jury .....1:03.32 .....2004  
 Ali Najjar .....1:03.58 .....2000  
 Dettrick Stith .....1:03.72 .....1999  
 Andrew Lessner ....1:03.81 .....1998  
 Nick Vaughn.....1:03.86 .....2009

## 800 Meters

Ali Najjar .....1:49.94 .....2001  
 Justin Davis .....1:49.96 .....1999  
 Gary Cobb .....1:50.14 .....1987  
 Billy Berlin.....1:50.15 .....2007  
**Ryan Witt .....1:50.74 .....2009**  
**Nick McLaughlin 1:51.39 .....2010**

## 1,000 Meters

Gary Cobb .....2:21.92 .....1987  
 Ron Voight .....2:22.64 .....1987  
 Paul Hayes .....2:25.09 .....2000  
 Ray McDaniels.....2:26.70 .....1982  
 Billy Berlin.....2:26.79 .....2007  
**Will Mulherin .....2:27.24 .....2010**

## 1,500 Meters

Gary Cobb .....3:45.0 .....1987  
 Joe Wilson .....3:50.6 .....1986

## Mile

Billy Berlin.....4:02.47 .....2009  
**M. Hammond.....4:03.80 .....2010**  
**Ryan Witt .....4:05.00 .....2009**  
**Will Mulherin .....4:06.40 .....2010**  
 Gary Cobb .....4:08.10 .....1987  
 James Scheiner.....4:08.56 .....2009

## Eddie Judge .....4:09.06 .....2009

Chris Seaton .....4:09.08 .....2001

## 3,000 Meters

**M. Hammond.....8:07.35 .....2010**  
**Will Mulherin .....8:07.68 .....2010**  
 S. Hetherington .....8:10.90 .....1981  
**Devin Cornwall....8:11.95 .....2009**  
 David Peterson .....8:13.91 .....1983  
 Paul LaPenna .....8:14.82 .....2009

## 5,000 Meters

Tim Covington .....14:02.00 .....1989  
 Mark Stickley .....14:16.00 .....1982  
 Chris Seaton .....14:17.01 .....2001  
 Ricky Greer .....14:19.80 .....1981  
 S. Hetherington .....14:19.90 .....1981

## 55-Meter Hurdles

Chris Stokes .....7.35 .....1999  
 Kevin Walker .....7.43 .....1999  
 Jason Fullmer .....7.55 .....1994  
 Tyrone Howell .....7.71 .....1983

## 60-Meter Hurdles

Chris Stokes .....7.82 .....1999  
**Keare Smith .....7.94 .....2009**  
 Kevin Walker .....7.94 .....2000  
 Jason Fullmer .....8.10 .....1997  
**E. Amegashie .....8.11 .....2010**  
 Mike Hinton .....8.20 .....2004

## 60-Yard Hurdles

Kenny Lewis .....7.1 .....1978

## 4x400-Meter Relay

Stith, Walker,.....3:11.50 .....1999  
 Sangbana, Davis  
 Walker, Di Padova,3:13.30 .....2001  
 Grant, Najjar  
 Stith, Fullmer, .....3:13.83 .....1997  
 Davis, Sumner

## 4x800-Meter Relay

Cobb, Voight, .....7:22.56 .....1987  
 Oustrich, Reed  
 Ackenbom, Burns, 7:29.2 .....1980  
 McDaniels, Merritt  
 Hayes, Grignon, ....7:34.12 .....2000  
 Taylor, Rhue  
 Najjar, Grignon, ....7:37.80 .....2000  
 Hayes, Taylor

## Distance Medley Relay

**Judge, Vaughn .....9:30.24 .....2009**  
**Witt, Berlin**

Hayes, Grant, .....9:37.98 .....2001  
 Najjar, Seaton

**Mulherin, McCants 9:41.87 .....2010**  
**McLaughlin, Hammond**

Mulherin, Iyebote ..9:52.39 .....2009  
 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 Gaines .....23'8" (7.21m) .1971

## Triple Jump

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

## High Jump

Steve Whaley ....7'1" (2.16m) ...1983  
 Jake Howitt .....6'11" (2.11m)..1985  
 John Pierce .....6'10.5" (2.10m)1975  
 Butch Patrick....6'8" (2.03m) ...1998

## Pole Vault

**Olhovsky .....18'2.50" (5.55m) .2009**  
 Mondschein..18'1.25" (5.52m)..2006  
 Hunter .....18'0.50" (5.50m)..2000  
 Mueller .....17'9.25" (5.42m)..2007  
**Hall .....17'9.25" (5.42m) .2010**  
**Jodon .....17'8.5" (5.40m) ...2010**  
 Phillips .....17'3.75" (5.28m)..1981  
 Neff .....17'2.5" (5.25m)..1976  
 Samaniuk.....17'0.75" (5.20).....2007  
**Davis .....17'0.75" (5.20).....2011**

## Shot Put

Clickett .....62'11.25" (19.18m)2007  
 Norwood ....61'5.75" (18.74m)2005  
**Misljenovic .61'4.25" (18.70m) .2010**  
 Hahn .....60'9.25" (18.52m)2005  
 MacPhee.....59'2.75" (18.05m)2004  
 Huntzinger...59'0.25" (17.99m)2006

## Weight Throw

Jullien .....77'10.25" (23.73m)2006  
 Anani .....75'3.50" (22.95m)..2006  
**Ziegler .....73'10.25" (22.51m)2010**  
**Lomnický ..69'8.25" (21.24m) .2010**  
 Muza .....69'5.5" (21.16m)....2008  
 Kingston.....65'0 (19.1m) .....2000  
 Boes.....64'10" (19.76m).....2000  
 Clickett .....64'4.5" (19.62).....2007  
**Mahmic .....64-0.25 (19.51).....2010**

## Pentathlon

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

CURRENT TEAM MEMBERS IN  
**BOLD**

# Women's All-Time Indoor Performers

## 55 Meters

Patrice Potts .....	6.85	.....2007
Britni Spruill .....	6.96	.....2008
Sherlenia Green.....	7.02	.....2007
Kristi Castlin .....	7.04	.....2008
Rashida Dodson .....	7.11	.....1997
Damali Hay .....	7.17	.....2000
Jennifer Cook .....	7.17	.....1997

## 60 Meters

Patrice Potts .....	7.33	.....2008
<b>Funmi Alabi .....</b>	<b>7.37</b>	<b>.....2010</b>
<b>Ogechi Nwaneri .....</b>	<b>7.39</b>	<b>.....2010</b>
Britni Spruill .....	7.42	.....2008
Kristi Castlin .....	7.47	.....2008
Damali Hay .....	7.61	.....2002

## 200 Meters

Britni Spruill .....	23.62	.....2008
Patrice Potts .....	23.67	.....2007
<b>Aunye Boone .....</b>	<b>23.87</b>	<b>.....2009</b>
<b>Ogechi Nwaneri .....</b>	<b>24.00</b>	<b>.....2010</b>
Damali Hay .....	24.16	.....2002
Sherlenia Green.....	24.20	.....2006
Kristi Castlin .....	24.26	.....2010

## 300 Meters

Britni Spruill .....	37.93	.....2008
Sherlenia Green.....	38.47	.....2007
<b>Asia Washington.....</b>	<b>38.48</b>	<b>.....2010</b>
<b>Aunye Boone .....</b>	<b>38.64</b>	<b>.....2009</b>
Patrice Potts .....	39.21	.....2008
<b>Funmi Alabi .....</b>	<b>39.30</b>	<b>.....2010</b>
<b>Yvonne Amegashie .....</b>	<b>39.51</b>	<b>.....2010</b>

## 400 Meters

Queen Harrison .....	53.06	.....2010
Asia Washington .....	53.66	.....2009
Sherlenia Green.....	53.79	.....2006
<b>Yvonne Amegashie .....</b>	<b>54.87</b>	<b>.....2010</b>
Shakirra Pinnock .....	55.20	.....2007
Marie Giles.....	55.26	.....2005

## 500 Meters

Asia Washington .....	1:11.49	.....2010
Queen Harrison .....	1:12.75	.....2008
Sherlenia Green.....	1:13.77	.....2006
Marie Giles.....	1:14.27	.....2003
Danya Gordon .....	1:15.05	.....1997
<b>Aunye Boone .....</b>	<b>1:15.33</b>	<b>.....2009</b>
Julie Reeser .....	1:15.81	.....1997

## 800 Meters

Asia Washington .....	2:07.88	.....2008
Meredith Brooks .....	2:10.17	.....2006
Kristin Price .....	2:10.85	.....2001
Cas Sadosky .....	2:12.25	.....2001
Heather Mullis .....	2:12.31	.....2006
<b>Lauren Lemieux ....</b>	<b>2:13.37</b>	<b>.....2009</b>

## 1,000 Meters

Tasmin Fanning.....	2:47.07	.....2008
Marlies Overbeeke ..	2:47.66	.....2004
Natalie Sherbak .....	2:47.81	.....2009
<b>Lauren Pinkston ....</b>	<b>2:53.50</b>	<b>.....2010</b>
Chelsea Alverson .....	2:54.56	.....2000

## 1,500 Meters

Linda King .....	4:30.10	.....1985
Margarita Lasaga.....	4:35.2	.....1987

## Mile

Natalie Sherbak .....	4:40.31	.....2009
Marlies Overbeeke ..	4:40.46	.....2004
Tasmin Fanning.....	4:40.66	.....2007
Kristin Price .....	4:48.48	.....2001
Jessica Fanning .....	4:50.26	.....2007

## Sammy Dow .....

<b>4:53.59</b> .....	<b>2010</b>	
<u>3,000 Meters</u>		
Tasmin Fanning.....	9:01.57	.....2008
Natalie Sherbak .....	9:18.02	.....2009
Kristin Price .....	9:18.77	.....2001
Marlies Overbeeke ..	9:36.58	.....2003
Jessica Fanning .....	9:39.35	.....2007
Linda King .....	9:40.50	.....1985

## 5,000 Meters

Natalie Sherbak .....	16:23.51	.....2009
Heidi Allen .....	16:48.30	.....1992
Erin Reddan .....	17:08.23	.....2009
Kelly Clark .....	17:25.61	.....2007
Jennifer Conner .....	17:31.68	.....1997
Stacey Vidt .....	17:34.08	.....2001

## 55-Meter Hurdles

Kristi Castlin .....	7.59	.....2008
Queen Harrison .....	7.77	.....2008
Jennifer Cook .....	8.06	.....1999
Keosha Sanders .....	8.20	.....2003
Melanie Burgess.....	8.21	.....1997
Gunild Krebs .....	8.28	.....2007

## 60-Meter Hurdles

Queen Harrison .....	7.94	.....2010
Kristi Castlin .....	8.01	.....2010
Leslie Aririguzo .....	8.34	.....2009
<b>Asia Washington.....</b>	<b>8.56</b>	<b>.....2009</b>
Keosha Sanders .....	8.59	.....2004
Jennifer Cook .....	8.61	.....1999

## 4x400-Meter Relay

Harrison, Spruill.....	3:38.62	.....2008
<b>Washington, Pinnock</b>		
Harrison, <b>Washington</b>	3:38.74	.....2009
Castlin, Boone		
Harrison, <b>Amegashie</b>	3:38.96	.....2010
<b>Alabi, Boone</b>		
S. Green, Potts.....	3:39.20	.....2007
Harrison, <b>Washington</b>		
Harrison, <b>Amegashie</b>	3:39.69	.....2010
<b>Alabi, Boone</b>		
Washington, Spruill.	3:41.18	.....2007
Potts, S. Green,		
Harrison, Spruill.....	3:41.27	.....2008
Pinnock, Washington		
Washington, Potts....	3:41.28	.....2007
Harrison, S. Green		

## 4x800-Meter Relay

Morris, Alverson, .....	9:01.69	.....2002
Friedman, Vidt		
Netzer, Sadosky,.....	9:03.66	.....1998
Scherrens, Gibbs		
J. Fanning, Clark .....	9:06.44	.....2007
T. Fanning, Sherbak		
Morris, Mullis, .....	9:06.68	.....2004

## Distance Medley Relay

J. Fanning, S. Green.,	11:10.84	.....2007
<b>Washington, T. Fanning</b>		
J. Fanning, S. Green,	11:12.60	.....2007
<b>Washington, T. Fanning</b>		
Sherbak, Harrison ...	11:14.67	.....2008
<b>Washington, T. Fanning</b>		
J. Fanning, Pinnock,	11:20.41	.....2007
Sherbak, T. Fanning		
J. Fanning, Pinnock,	11:25.27	.....2008
<b>Washington, T. Fanning</b>		
J. Fanning, Harrison	11:26.25	.....2007
Gentles, T. Fanning		
Price, Hopkins,.....	11:34.78	.....2001
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
<b>Kelly Phillips.....</b>	<b>13'6.50"</b>	<b>(4.13m)2008</b>
Erin Mahony .....	13'1.75"	(4.01m)2006
Abbey McGrath .....	13'0.25"	(3.97m)2007
<b>Elise Birnbaum .....</b>	<b>12'11.5"</b>	<b>(3.95m)2009</b>
<b>Caitlin Thornley ....</b>	<b>12'8.25"</b>	<b>(3.87m)2009</b>
<b>Emma DeJarnette .</b>	<b>12'3.50"</b>	<b>(3.75m)2010</b>

## Shot Put

B. Pryor .....	54'9.50"	(16.70m) ..2008
C. Ayangbile .....	53'8.25"	(16.36m) ..2007
<b>S. Burkhardt .....</b>	<b>51'8.50"</b>	<b>(15.86m) ..2011</b>
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
<b>D. Habazin .....</b>	<b>65'3.50"</b>	<b>(19.90)....2009</b>
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 points	....1998
Brandi Smith .....	3,494 points	....1997

## 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

**Hokie Invitational  
January 21-22, 2011  
FINAL SCHEDULE**

**\*PLEASE NOTE: RECTOR FIELDHOUSE WILL BE CLOSED  
FRIDAY, JANUARY 21, 9:00am – 10:30am\***

**Friday, January 21, 2011**

<b>Start</b>		<b>Field Event</b>
5:00pm	Women	Triple Jump
5:00pm	Men	Triple Jump
5:00pm	Women (unseeded section)	Pole Vault
5:00pm	Men	Weight Throw
7:00pm	Women	Weight Throw
7:30pm	Men (unseeded section)	Pole Vault

<b>Start</b>		<b>Running Events</b>
4:00pm	Women	3000m Run
4:30pm	Men	3000m Run
5:10pm	Women	60m Hurdles-Prelim
5:35pm	Men	60m Hurdles-Prelim
5:50pm	Women	60m Dash-Prelim
6:10pm	Men	60m Dash-Prelim
6:30pm	Women	600m Run
6:40pm	Men	600m Run
7:00pm	Men	60m Hurdles- <b>Final</b>
7:05pm	Women	60m Hurdles- <b>Final</b>
7:10pm	Women	60m Dash- <b>Final</b>
7:15pm	Men	60m Dash- <b>Final</b>
7:25pm	Women	Mile Run
7:40pm	Men	Mile Run
7:50pm	Women	4 x 800m Relay
8:05pm	Men	4 x 800m Relay
8:20pm	Women	300m Run
8:40pm	Men	300m Run

**Saturday, January 22, 2011**

<b>Start</b>		<b>Field Events</b>
10:00am	Women	High Jump (Men to Follow)
11:00am	Women (seeded section)	Pole Vault
12:00pm	Men	Shot Put
12:00pm	Women	Long Jump
12:00pm	Men	Long Jump
2:00pm	Men (seeded section)	Pole Vault
2:00pm	Women	Shot Put

<b>Start</b>		<b>Running Events</b>
11:00am	Women	5000m Run
11:25am	Men	5000m Run
11:50am	Women	400m Run
12:10pm	Men	400m Run
12:35pm	Women	800m Run
12:50pm	Men	800m Run
1:05pm	Women	200m Run
1:35pm	Men	200m Run
2:05pm	Women	1000m Run
2:15pm	Men	1000m Run
2:25pm	Women	Distance Medley Relay
2:40pm	Men	Distance Medley Relay
2:55pm	Women	4 x 400m Relay
3:30pm	Men	4 x 400m Relay

# 2011 Men's Season Bests

## Updated 1/18/11

### 60 Meter Dash (AQ - 6.60, SR - 6.65, Keith Ricks 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Keith Ricks	6.73 (1-14-11)	6.65 (2010) <b>School Record</b>
Sherrod Long	7.33 (1-14-11)	7.33 (1-14-11)

### 200 Meter Dash (AQ - 20.83, SR - 21.16, Andre Davis 2000)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sherrod Long	23.97 (1-15-11)	23.97 (1-15-11)

### 300 Meter Dash

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jonathan McCants	35.67 (1-15-11)	35.67 (1-15-11)

### 400 Meter Dash (AQ - 46.15, SR - 47.91, Jordan Price 2006)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Scott Campbell	52.26 (1-15-11)	52.26 (1-15-11)

### 1,000 Meters (SR - 2:21.92, Gary Cobb 1987)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Nick McLaughlin	2:31.88 (1-15-11)	2:31.88 (1-15-11)
Jeff Miller	2:32.97 (1-15-11)	2:32.97 (1-15-11)
Garrett Bradley	2:34.64 (1-15-11)	2:34.64 (1-15-11)
Eric Hoepker	2:35.80 (1-15-11)	2:35.80 (1-15-11)
Martin Dally	2:35.84 (1-15-11)	2:35.84 (1-15-11)
Ryan Witt	2:37.90 (1-15-11)	2:37.90 (1-15-11)

### Mile (AQ - 3:59.00, SR - 4:02.47, Billy Berlin 2009)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kieran Lee	4:18.48 (1-14-11)	4:18.48 (1-14-11)
Chris Walizer	4:26.25 (1-14-11)	4:26.25 (1-14-11)
Eddie Judge	4:26.41 (1-14-11)	4:09.06 (2009)
Will Mulherin	4:26.46 (1-14-11)	4:00.93 (2010)
Michael Hammond	4:26.53 (1-14-11)	4:03.80 (2010)
Jason Cusack	4:26.59 (1-14-11)	4:11.32 (2010)
Ryan Hagen	4:26.78 (1-14-11)	4:12.63 (2010)
Tihut Degfae	4:26.88 (1-14-11)	4:25.26 (2010)
Matthew Satterwhite	4:28.25 (1-14-11)	4:28.25 (1-14-11)

3,000 Meters (AQ - 7:54.50, SR - 8:07.35, Michael Hammond 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Michael Hammond	8:13.67 (12-4-10)	8:10.27 (2010)
Will Mulherin	8:07.68 (12-4-10)	8:07.68 (12-4-10)
Eddie Judge	8:22.13 (12-4-10)	8:22.13 (12-4-10)

Pole Vault (AQ - 18-0.5 (5.50m), SR - 18-2.50 (5.55m), Yavgeniy Olhovsky 2009)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Joe Davis	17-0.75 / 5.21m (1-14-11)	17-0.75 / 5.21m (1-14-11)
Yavgeniy Olhovsky	16-7.25 / 5.06m (1-15-11)	18-2.5 / 5.55m (2009)
Hunter Hall	16-7.25 / 5.06m (1-15-11)	17-9.25 / 5.42m (2010)

Long Jump (AQ - 25-11 (7.90m), SR - 25-3 (7.70m), Ken Stewart 1984)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Hasheem Halim	21-10.75 / 6.67m (1-15-11)	22-10 / 6.96m (2009)

Triple Jump (AQ - 52-11.75 (16.15m), SR - 52-8.25 (16.06m), Hasheem Halim 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jeffrey Artis-Grey	49-1 / 14.96m (1-14-11)	49-1 / 14.96m (1-14-11)

# 2011 Women's Season Bests

## Updated 1/18/11

### 60 Meter Hurdles (AQ - 8.14, SR - 7.94, Queen Harrison 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Taylor Williams	9.23 (1-14-11)	9.23 (1-14-11)

### 300 Meter Dash (SR - 37.93, Britni Spruill 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Zakiya Tyson	39.47 (1-14-11)	39.47 (1-14-11)
Ogechi Nwaneri	39.77 (1-14-11)	39.77 (1-14-11)
Funmi Alabi	40.17 (1-14-11)	39.30 (2010)

### 500 Meter Dash (SR - 1:11.49, Asia Washington 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Natalie Woodford	1:15.64 (1-14-11)	1:15.49 (2010)

### 1,000 Meters (SR - 2:47.07, Tasmin Fanning 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Lauren Lemieux	3:03.09 (1-14-11)	3:03.09 (1-14-11)

### Mile (AQ - 4:37.00, SR - 4:40.31, Natalie Sherbak 2009)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Paige Kvartunas	5:04.73 (1-14-11)	5:04.73 (1-14-11)
Sammy Dow	5:04.91 (1-14-11)	4:53.59 (2010)
Jessica Trapeni	5:07.37 (1-14-11)	5:07.37 (1-14-11)
Lauren Pinkston	5:21.40 (1-14-11)	5:09.37 (2010)
Mary Catherine Sowder	5:22.27 (1-14-11)	5:22.27 (1-14-11)
Stephanie Cario	5:31.87 (1-14-11)	5:31.87 (1-14-11)

### Pole Vault (AQ - 18-0.5 (5.50m), SR - 13-7.75 (4.16m), Abby Schaffer 2009)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kelly Phillips	12-9.5 / 3.90m (1-15-11)	13-6.5 / 4.13m (2008)
Emma DeJarnette	12-3.5 / 3.75m (1-15-11)	12-3.5/3.75m (1-15-11)
Leigh Allin	11-11.75 / 3.65m (1-14-11)	11-11.75 / 3.65m (1-14-11)
Caitlin Thornley	11-9.75 / 3.60m (1-15-11)	12-8.25 / 3.87m (2009)
Kristen Brown	11-5.75 / 3.50m (1-14-11)	11-5.75 / 3.50m (1-14-11)

### Shot Put (AQ - 55-5.25 (16.90m), SR - 54-9.5 (16.70m), Brittany Pryor 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Samira Burkhardt	51-8.5/15.76m (12-4-10)	51-8.5/15.76m (12-4-10)

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\*