

Virginia Tech Track & Field



This Week: Penn State National

January 28-29

University Park, Pa.

Ashenfelter Track

www.hokiesports.com/track/
Live Stats: www.flashresults.com
Media Contact: Nathan Sheehan
nsheehan@vt.edu 540-231-6892

THIS WEEK

Virginia Tech hits the road for its only away contest of the indoor season, traveling north to University Park, Pa., for the Penn State National. Two days of events kick off on Friday, Jan. 28 at 6 p.m.

WEEKEND RECAP: HOKIE INVITATIONAL

In its second home competition of the season, Tech took three titles and saw numerous veterans and newcomers in their first competition of the season. Nick McLaughlin earned the Hokies their first win of the weekend, leading the pack in the 600 meters at 1:20.57, with teammates Kieran Lee (1:20.83) and Jeff Miller (1:20.98) not far behind, earning third and fourth-place finishes, respectively. Leigh Allin won the women's unseeded pole vault with a personal-best height of 12-1.75 (3.70m). Samira Burkhardt, in only her second collegiate competition, earned her second victory in the shot put, improving her best distance to 52-10 (16.10m), which currently tops the ACC and ranks 13th in the nation. The Hokie 4x4 squads got their first action of the season, with the women's team of Asia Washington, Yvonne Amegashie, Natalie Woodford and Aunye Boone cruising to a third-place finish at 3:42.04. This mark ranks fourth in the ACC and 19th nationally. Sophomore transfer Jeff Artis-Gray took third in the long jump at 24-4.25 (7.42m), which puts him second all-time in the Hokie record books.

WEEK ONE RANKINGS

On the men's side, the same teams remain in the top ten though the order has shifted for everyone except Texas A&M at No. 3. LSU vaulted over Florida for the top spot, with top national performances in the 60-meter dash and the long jump. The Hokies dropped one spot down to No. 6, but widened the gap between the next top ACC team, Florida State, who now resides at ninth. In the women's top 10, the top six remain the same besides Clemson and Tennessee swapping spots. Oklahoma dropped out of the 10-spot, leaving room for previously 12th-ranked BYU to crack the top 10.

National Top Ten

as of January 25

previous ranking in parentheses

Men's

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

Women's

1. Oregon (1)
2. Texas A&M (2)
3. LSU (3)
4. Clemson (5)
5. Tennessee (4)
6. Arkansas (6)
7. West Virginia (8)
8. SIU (9)
9. Auburn (7)
10. BYU (12)

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 National	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.

FIELD HOUSE RECORDS FALL

Rector Field House saw three records fall over two days of competition at the Hokie Invitational. On Friday, Jan. 21, former Indiana State standout Erica Moore, competing unattached, set a new women's 600-meter record at 1:28.02, besting Hazel Clark's mark of 1:28.87 set last season. Duke's 4x800-meter relay shattered a decade-old record, winning at 8:42.54. The previous best was 8:51.92, set in 2001 by Pittsburgh. On Saturday, Duke's Kate Van Buskirk, a member of Friday's 4x800-meter relay squad, set a Field House and NCAA record in the 1,000 meters, recording a blazing 2:41.00. The previous Field House best of 2:43.40 was set in 2005 by Sara Bowman.

QUEEN HARRISON WINS MACARTHUR AWARD

Former Tech athlete Queen Harrison has been selected by the Norfolk Sports Club as the recipient of the 47th annual General Douglas MacArthur Memorial Trophy, given each year to the top collegiate athlete in the United States who formerly attended high school in Virginia. Harrison, a graduate of Hermitage High School in Henrico, Va., is the first track and field athlete to receive the award, and only the third female, the last being Mimi Smith in 1998. The last Hokie to win the award was former running back Lee Suggs in 2002. The MacArthur award will be presented at the 66th Jamboree of the Norfolk Sports Club on Monday, Feb. 28 at the Waterside Marriott.

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 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

Hokies in the National Rankings

season best mark in parentheses

Men's

Event	Name	Ranking
Triple Jump	Hasheem Halim	16 (15.39m)
3,000m	Michael Hammond	8 (8:07.35)
	Will Mulherin	9 (8:07.68)
Pole Vault	Yavgeniy Olhovsky	11 (5.22m)
	Joe Davis	15 (5.20m)

Women's

Event	Name	Ranking
Shot Put	Samira Burkhardt	13 (16.10m)
4x4 Relay	Washington, Amegashie, Woodford, Boone	18 (3:42.04)

Up Next: VT Elite Meet - Feb. 4-5 - Blacksburg, Va. - Rector Field House

COLLEGIATE RECORD EARNS DUKE'S VAN BUSKIRK WEEKLY HONOR

Duke senior Kate Van Buskirk set a new collegiate record in the 1,000 meters at the Hokie Invitational, coasting to a 2:41.00 finish. This beats the previous record of 2:41.56, set in 1989. Van Buskirk was also a member of Duke's 4x800-meter relay squad that, the previous day, set a new school record. Virginia's Adams Abdulrazaaq and Florida State's Brandon Byram share the honor on the men's side, as both posted school records in their respective events: Byram in the 300 meters and Abdulrazaaq in the 60m hurdles.

TOP CONFERENCE PERFORMANCES

MEN'S

Event	Name	School	Mark
60m	TJ Graham	NC State	6.70
200m	Maurice Mitchell.....	Florida State	20.97
400m	Clayton Parros.....	UNC	46.91
800m	Anthony Kostelac	Virginia	1:51.59
Mile	Emil Heineking	Virginia	4:05.83
3,000m	Andrew Brodeur	Duke	8:10.81
5,000m	Clint McKelvey	Duke	14:33.90
60m H.....	Adams Abdulrazaaq	Virginia	7.75
4x400m Relay		Florida State	3:12.52
Distance Medley Relay		Virginia	9:49.30
HJ.....	T. Anderson/J. Hill	Duke/Maryland	2.14m
PV	Yavgeniy Olhovsky	VT	5.22m
LJ.....	Madanha Chibudu ..	Florida State	7.59m
TJ	Marcus Robinson	Virginia	15.79m
SP.....	Michael Putman.....	Florida State	17.74m
WT	Alex Padgett.....	Clemson	19.75m

WOMEN'S

Event	Name	School	Mark
60m	Stormy Kendrick.....	Clemson	7.22
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	Laura Paulsen.....	Duke	9:45.31
60m H.....	Brianna Rollins	Clemson	8.15
4x400m Relay		Clemson	3:38.51
Distance Medley Relay		Virginia	11:21.19
HJ.....	April Sinkler.....	Clemson	1.79m
PV	Amy Fryt	Duke	4.02m
LJ.....	April Sinkler.....	Clemson	6.09m
TJ	April Sinkler.....	Clemson	12.90m
SP.....	Samira Burkhardt.....	VT	16.10m
WT	Brittney Waller.....	Clemson	20.08m

Men's All-Time Indoor Performers

55 Meters

André Davis6.302000
 Cedric Patrick.....6.371993
 David Clowney6.382005
 Butch Patrick.....6.381998
 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
E. Amegashie8.022011
 Jason Fullmer8.101997
J. Artis-Gray8.162011

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.....23'3" (7.70m) .1984
J. Artis-Gray24'4.25" (7.42m)2011
 Drew Gant23'8.75" (7.23m)1980
David Wilson ...23'8.75" (7.23m)2010
 Darryl McCoy ...23'8.25" (7.22m)2000
 James Curd23'8.25" (7.22m)1988

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
Ronnie Black....6'8.25" (2.04m)2011
 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
Davis17'0.75" (5.21)..... 2011

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
 MacPhee59'2.75" (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
 Kingston65-0 (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
Zakiya Tyson	39.042010
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
Natalie Woodford ..	1:15.642011

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

3,000 Meters

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	52'10"	(16.10m)
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)
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

The PENN STATE NATIONAL
Horace Ashenfelter III Indoor Track
University Park, PA
January 28-29, 2011

FINAL TIME SCHEDULE (as of January 25)

FRIDAY SCHEDULE

Field Events

5:45 PM	Women Weight Throw 20 lb	Finals
5:45 PM	Women Long Jump	Finals
5:45 PM	Men Long Jump	Finals
5:45 PM	Men Pole Vault Inv (Front Runway)	Finals
8:00 PM	Men Weight Throw 35 lb	Finals

Running Events

4:45 PM	Mixed 1 Mile Run NVTC	Finals
5:45 PM	Women Distance Medley	Finals
6:00 PM	Men Distance Medley	Finals
6:15 PM	Women 60 Meter Hurdles	Prelims
6:35 PM	Men 60 Meter Hurdles	Prelims
6:55 PM	Women 60 Meter Dash	Prelims
7:15 PM	Men 60 Meter Dash	Prelims
7:35 PM	Women 5000 Meter Run Inv	Finals
7:50 PM	Women 60 Meter Hurdles	Semis
8:00 PM	Men 60 Meter Hurdles	Semis
8:10 PM	Women 60 Meter Dash	Semis
8:20 PM	Men 60 Meter Dash	Semis
8:30 PM	Men 5000 Meter Run Inv	Finals
8:50 PM	Women Distance Medley Inv	Finals
9:05 PM	Men Distance Medley Inv	Finals
9:20 PM	Women 60 Meter Hurdles	Finals
9:25 PM	Men 60 Meter Hurdles	Finals
9:30 PM	Women 60 Meter Dash	Finals
9:35 PM	Men 60 Meter Dash	Finals

SATURDAY SCHEDULE

Field Events

11:00 AM	Women High Jump	Finals
11:00 AM	Men High Jump	Finals
11:00 AM	Women Shot Put	Finals
3:00 PM	Women Pole Vault	Finals
3:00 PM	Women Pole Vault Invitational	Finals
3:00 PM	Women Triple Jump	Finals
3:00 PM	Men Triple Jump	Finals
3:00 PM	Men Shot Put	Finals

Unseeded Running Events

10:00 AM	Women 400 Meter Dash	Finals
10:20 AM	Men 400 Meter Dash	Finals
10:45 AM	Women 500 Meter Dash	Finals
11:05 AM	500 Meter Dash	Finals
11:20 AM	Women 800 Meter Run	Finals
11:35 AM	Men 800 Meter Run	Finals
11:50 AM	Women 1000 Meter Run	Finals
11:55 AM	Men 1000 Meter Run	Finals
12:05 PM	Women 1 Mile Run	Finals
12:20 PM	Men 1 Mile Run	Finals
12:30 PM	Women 200 Meter Dash	Finals
12:50 PM	Men 200 Meter Dash	Finals
1:10 PM	Women 3000 Meter Run	Finals
1:25 PM	Men 3000 Meter Run	Finals

2:15 PM * PSU Banner Drop Presentation *****

Running Events

2:30 PM	Women 400 Meter Dash Inv	Finals
2:40 PM	Men 400 Meter Dash Inv	Finals
2:55 PM	Women 500 Meter Dash Inv	Finals
3:00 PM	Men 500 Meter Dash Inv	Finals
3:05 PM	Women 800 Meter Run Inv	Finals
3:15 PM	Men 800 Meter Run Inv	Finals
3:25 PM	Women 1000 Meter Run Inv	Finals
3:30 PM	Men 1000 Meter Run Inv	Finals
3:35 PM	Women 1 Mile Run Inv	Finals
3:45 PM	Men 1 Mile Run Inv	Finals
4:00 PM	Women 200 Meter Dash Inv	Finals
4:10 PM	Men 200 Meter Dash Inv	Finals
4:20 PM	Women 3000 Meter Run Inv	Finals
4:35 PM	Men 3000 Meter Run Inv	Finals
4:50 PM	Women 4x800 Meter Relay Inv	Finals
5:05 PM	Men 4x800 Meter Relay Inv	Finals
5:15 PM	Women 4x400 Meter Relay	Finals
5:45 PM	Men 4x400 Meter Relay	Finals
6:10 PM	Women 4x400 Meter Relay Inv	Finals
6:15 PM	Men 4x400 Meter Relay Inv	Finals

2011 Men's Season Bests

Updated 1/24/11

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

Name	Season Best	Career Best
Keith Ricks	6.73 (1-14-11)	6.65 (2010) School Record
Darrell Wesh	6.89 (1-21-11)	6.89 (1-21-11)
Sherrod Long	7.33 (1-14-11)	7.33 (1-14-11)
Justin Sinclair	7.37 (1-14-11)	7.37 (1-14-11)

60 Meter Hurdles (AQ - 7.70, SR - 7.82, Chris Stokes 1999)

Name	Season Best	Career Best
Ebenezer Amegashie	8.02 (1-21-11)	8.02 (1-21-11)
Jeff Artis-Gray	8.16 (1-21-11)	8.16 (1-21-11)
Keare Smith	8.19 (1-21-11)	7.94 (2009)

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

Name	Season Best	Career Best
Keith Ricks	21.78 (1-22-11)	20.86 (2010)
Ebenezer Amegashie	22.44 (1-22-11)	22.44 (1-22-11)
Darrell Wesh	22.60 (1-22-11)	22.60 (1-22-11)
Hasheem Halim	22.62 (1-22-11)	22.62 (1-22-11)
Keare Smith	23.17 (1-22-11)	23.17 (1-22-11)
Sherrod Long	23.97 (1-15-11)	23.97 (1-15-11)

300 Meter Dash

Name	Season Best	Career Best
Jonathan McCants	35.67 (1-15-11)	35.67 (1-15-11)
Scott Campbell	36.15 (1-21-11)	36.15 (1-21-11)
Sherrod Long	39.23 (1-21-11)	39.23 (1-21-11)

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

Name	Season Best	Career Best
Jonathan McCants	49.98 (1-22-11)	49.21 (2010)
Scott Campbell	51.53 (1-22-11)	51.53 (1-22-11)
Sherrod Long	55.05 (1-22-11)	55.05 (1-22-11)

600 Meters (SR - 1:20.16, Ryan Witt 2009)

Name	Season Best	Career Best
Nick McLaughlin	1:20.57 (1-21-11)	1:20.46 (2010)
Kieran Lee	1:20.83 (1-21-11)	1:20.83 (1-21-11)

Jeff Miller	1:20.98 (1-21-11)	1:20.98 (1-21-11)
Martin Dally	1:21.34 (1-21-11)	1:21.34 (1-21-11)
Garrett Bradley	1:22.32 (1-21-11)	1:22.32 (1-21-11)
Ryan Witt	1:24.08 (1-21-11)	1:20.16 (2009)

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

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
Michael Hammond	8:07.35 (12-4-10)	8:07.35 (12-4-10) SR
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)
Jason Cusack	8:37.83 (1-21-11)	8:23.97 (2010)
Ryan Hagen	8:38.11 (1-21-11)	8:38.11 (1-21-11)
Matt Satterwhite	8:39.85 (1-21-11)	8:39.85 (1-21-11)
Tihut Degfae	8:46.97 (1-21-11)	8:46.97 (1-21-11)

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

Name	Season Best	Career Best
Yavgeniy Olhovsky	17-1.5 / 5.22m (1-22-11)	18-2.5 / 5.55m (2009) SR
Joe Davis	17-0.75 / 5.21m (1-14-11)	17-0.75 / 5.21m (1-14-11)
Hunter Hall	16-7.5 / 5.07m (1-22-11)	17-9.25 / 5.42m (2010)

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

Name	Season Best	Career Best
Jeff Artis-Gray	24-4.5 / 7.42m (1-22-11)	24-4.5 / 7.42m (1-22-11)
Hasheem Halim	21-10.75 / 6.67m (1-15-11)	22-10 / 6.96m (2009)

High Jump (AQ - 7-4 (2.24m), SR - 7-1 (2.16m), Steve Whaley 1983)

Name	Season Best	Career Best
Ronnie Black	6-8.25 / 2.04m (1-22-11)	6-10.75 / 2.10m (2010 at VCU)
Derek Aegerter	6-4.25 / 1.94m (1-22-11)	6-4.25 / 1.94m (1-22-11)

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

Name	Season Best	Career Best
Hasheem Halim	50-6 / 15.39m (1-21-11)	52-8.25 / 16.06m (2010) SR
Jeffrey Artis-Grey	49-1 / 14.96m (1-14-11)	49-1 / 14.96m (1-14-11)

4x400m Relay (AQ - 3:06.50, SR - 3:11.50, Stith, Walker, Sangbana, Davis 2009)

Name	Season Best
Amegashie, Artis-Gray, Wesh, Ricks	3:21.93 (1-22-11)
McCants, Halim, Smith, Black	3:25.46 (1-22-11)

2011 Women's Season Bests

Updated 1/24/11

60 Meter Dash (AQ - 7.26, SR - 7.33, Patrice Potts 2008)

Name	Season Best	Career Best
Funmi Alabi	7.45 (1-21-11)	7.37 (2010)
Ogechi Nwaneri	7.51 (1-21-11)	7.39 (2010)

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

Name	Season Best	Career Best
Kristen Brown	8.63 (1-21-11)	8.63 (1-21-11)
Asia Washington	8.88 (1-21-11)	8.56 (2010)
Taylor Williams	9.15 (1-21-11)	9.15 (1-21-11)

200 Meter Dash (AQ - 23.20, SR - 23.62, Britni Spruill 2008)

Name	Season Best	Career Best
Aunye Boone	24.35 (1-22-11)	23.57 (2009)
Zakiya Tyson	24.40 (1-22-11)	24.40 (1-22-11)
Ogechi Nwaneri	24.60 (1-22-11)	23.82 (2010)
Funmi Alabi	24.80 (1-22-11)	24.54 (2010)
Kristen Brown	26.22 (1-22-11)	26.22 (1-22-11)
Taylor Williams	27.00 (1-22-11)	27.00 (1-22-11)

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

Name	Season Best	Career Best
Zakiya Tyson	39.04 (1-21-11)	39.04 (1-21-11)
Asia Washington	39.34 (1-21-11)	38.48 (2010)
Yvonne Amegashie	39.75 (1-21-11)	39.51 (2010)
Ogechi Nwaneri	39.77 (1-14-11)	39.77 (1-14-11)
Funmi Alabi	40.17 (1-14-11)	39.30 (2010)

400 Meter Dash (AQ - 52.60, SR - 53.06, Queen Harrison 2010)

Name	Season Best	Career Best
Natalie Woodford	57.16 (1-22-11)	57.16 (1-22-11)

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

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

600 Meter Dash (SR - 1:31.84, Asia Washington 2009)

Name	Season Best	Career Best
Lauren Lemieux	1:41.11 (1-21-11)	1:36.76 (2010)

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

Name	Season Best	Career Best
Lauren Lemieux	3:03.09 (1-14-11)	3:03.09 (1-14-11)

3,000 Meters (AQ - 9:13.00, SR - 9:01.57, Tasmin Fanning 2008)

Name	Season Best	Career Best
Sammy Dow	10:13.70 (1-21-11)	9:47.21 (2010)
Paige Kwartunas	10:16.85 (1-21-11)	10:16.85 (1-21-11)
Jessica Trapeni	10:22.73 (1-21-11)	10:09.66 (2010)
Mary Catherine Sowder	10:54.56 (1-21-11)	10:54.56 (1-21-11)
Stephanie Cario	11:00.17 (1-21-11)	11:00.17 (1-21-11)

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

Name	Season Best	Career Best
Paige Kwartunas	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)

Name	Season Best	Career Best
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	12-1.75 / 3.70m (1-21-11)	12-1.75 / 3.70m (1-21-11)
Caitlin Thornley	11-9.75 / 3.60m (1-15-11)	12-8.25 / 3.87m (2009)
Kristen Brown	11-8.5 / 3.57m (1-22-11)	11-8.5 / 3.57m (1-22-11)

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

Name	Season Best	Career Best
Samira Burkhardt	52-10/16.10m (1-22-11)	52-10/16.10m (1-22-11)

4x400m Relay (AQ - 3:34.00, SR - 3:38.62, S. Green, Spruill, Washington, Pinnock 2008)

Name	Season Best
Washington, Amegashie, Woodford, Boone	3:42.04 (1-22-11)
Nwaneri, Alabi, Tyson, Scott	3:59.04 (1-22-11)

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