

Virginia Tech Track & Field



This Week: VT Elite Meet February 4-5 Blacksburg, Va. Rector Field House

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THIS WEEK

The Virginia Tech Hokies return home, hosting the VT Elite Meet. Events on Friday, Feb. 4 are set to begin at 5 p.m., with competition resuming on Saturday, Feb. 5 at 11 a.m.

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WEEKEND RECAP: PENN STATE NATIONAL

Joe Davis won his second pole vault competition of the season, improving his personal best to 17-4.5 (5.30m). This mark pushes him to the top of the ACC performance list and ties at fifth-place nationally. All three of Tech's competitors in the 60-meter dash advanced to the semifinals, with Keare Smith narrowly missing the cutoff to the finals, placing 9th at 8.03. In the second day of competition, the Hokies' field event competitors showed their strength, with four top-three finishers. Hasheem Halim won the men's triple jump, improving his season-best distance to 50-11 (15.52m). Tech football standout David Wilson made his season debut, placing third in the triple jump at 50-6.7 (15.41m). Ronnie Black and Kelly Phillips also earned third-place finishes in their respective events, Black in the high jump (6-10.75, 2.10m) and Phillips in the pole vault (12-7.5, 3.85m).

WEEK TWO RANKINGS

Florida reclaimed its top spot on the men's national rankings by the slimmest of margins, in what is essentially a tie at the top between the Gators and LSU. The rest of the top ten remains the same, other than the two ACC schools, Virginia Tech and Florida State, sliding down one spot each. Oregon extended its lead at the top of the women's list, while the other top teams further secured their own spots. Texas leaped 10 spots, landing at #8 this week.

National Top Ten as of February 1

previous ranking in parentheses

Men's

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

Women's

1. Oregon (1)
2. Texas A&M (2)
3. LSU (3)
4. Clemson (4)
5. Tennessee (5)
6. Arkansas (6)
7. BYU (10)
8. Texas (18)
9. West Virginia (7)
10. SIU (8)

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	20 (15.52m)
	David Wilson	28 (15.41m)
3,000m	Michael Hammond	25 (8:07.35)
	Will Mulherin	26 (8:07.68)
Pole Vault	Joe Davis	5 (5.30m)
	Yavgeniy Olhovskiy	17 (5.22m)

Women's

Event	Name	Ranking
Shot Put	Samira Burkhardt	15 (16.10m)

Up Next: Virginia Tech Challenge - Feb. 18-19 - Blacksburg, Va. - Rector Field House

CLEMSON'S MOSS, MARYLAND'S PROFIT GARNER WEEKLY HONORS

Clemson's Miller Moss was named the ACC Men's Indoor Track and Field performer of the week, as he registered a nation-leading mark in the heptathlon, 5,903 points, at the JRF Combined Events Invitational. The mark is a school record and meets the automatic qualifying standard for the NCAA Championships. Maryland's Kiani Profit hit the automatic qualifying mark in the women's pentathlon at the Penn State National Invitational. Her point total of 4,109 ranks third nationally.

TOP CONFERENCE PERFORMANCES

MEN'S

Event	Name	School	Mark
60m	Maurice Mitchell.....	Florida State	6.64
200m	Brandon Byram	Florida State	20.73@
400m	Clayton Parros.....	North Carolina	46.91
800m	Darrin Gibson.....	Florida State	1:50.29
Mile	Emil Heineking	Virginia	4:05.83
3,000m	Michael Fout.....	Florida State	8:10.77
5,000m	Greg Kelsey	Maryland	14:19.70
60m H.....	Adams Abdulrazaaq	Virginia	7.75
4x400m Relay		Florida State	3:10.24
Distance Medley Relay		Virginia	9:49.30
HJ.....	Three Tied.....	Maryland/Duke	2.19m
PV	Joe Davis.....	Virginia Tech	5.30m
LJ.....	Ngonidzashe Makusha... FSU		7.99m@
TJ	Marcus Robinson	Virginia	15.79m
SP.....	Michael Putman.....	Florida State	17.74m
WT	Alex Padgett.....	Clemson	19.75m
Hept.....	Miller Moss.....	Clemson	5,903@

WOMEN'S

Event	Name	School	Mark
60m	Stormy Kendrick.....	Clemson	7.22@
200m	Stormy Kendrick.....	Clemson	23.47
400m	Tameka Jameson.....	Miami	53.81
800m	Caroline King.....	Boston College ...	2:07.60
Mile	Amanda Winslow....	Florida State	4:41.87
3,000m	Pasca Cheruiyot	Florida State	9:13.51
60m H.....	Brianna Rollins	Clemson	8.15
4x400m Relay		Clemson	3:38.51
Distance Medley Relay		Virginia	11:21.19
HJ.....	Patience Coleman .	North Carolina	1.80m
PV	Joanna Wright.....	Georgia Tech... ..	4.30m@
LJ.....	Kimberly Williams... ..	Florida State	6.48m@
TJ	Michelle Jenije	Florida State	13.02m
SP.....	Samira Burkhardt... ..	Virginia Tech	16.10m
WT	Brittney Waller.....	Clemson	20.43m
Pent.	Kiani Profit	Maryland	4,109@

@ = NCAA automatic qualifier

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
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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
Ahmed 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
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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
E. Amegashie	8.02	2011
Jason Fullmer	8.10	1997
J. Artis-Gray	8.16	2011

60-Yard Hurdles

Kenny Lewis	7.1	1978
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4x400-Meter Relay

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

4x800-Meter Relay

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

Distance Medley Relay

Judge, Vaughn, Witt, Berlin	9:30.24	2009
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Hayes, Grant, Najjar, Seaton	9:37.98	2001
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Mulherin, McCants 9:41.87 2010 McLaughlin, Hammond

Mulherin, Iyebote, Scheiner, Judge	9:52.39	2009
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Long Jump

Ken Stewart	25'3"	(7.70m)	1984
J. Artis-Gray	24'4.5"	(7.42m)	2011
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

Triple Jump

Hasheem Halim	52'8.25	(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
Ronnie Black	6'10.5"	(2.10m)	2011
Butch Patrick	6'8"	(2.03m)	1998

Pole Vault

Olhovskiy	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
Davis	17'4.50"	(5.30)	2011
Phillips	17'3.75"	(5.28m)	1981
Neff	17'2.5"	(5.25m)	1976
Samaniuk	17'0.75"	(5.20)	2007

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	6.852007
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)2011

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 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

Virginia Tech Elite Meet

February 4-5, 2011

FINAL SCHEDULE

***PLEASE NOTE: RECTOR FIELDHOUSE WILL BE CLOSED
FRIDAY, FEBRUARY 4, 9:00am – 10:30am***

Friday, February 4, 2011

<u>Start Time</u>		<u>Field Events</u>
5:00pm	Women	Long Jump
5:00pm	Men	Long Jump
5:00pm	Women	Weight Throw
5:00pm	Women	Pole Vault – UNSEEDED
7:00pm	Men	Weight Throw
7:00pm	Men	Pole Vault – UNSEEDED

<u>Start Time</u>		<u>Running Events</u>
5:00pm	Women	Mile Run
5:25pm	Men	Mile Run
5:45pm	Women	60m Hurdles Qual. Heats
6:00pm	Men	60m Hurdles Qual. Heats
6:10pm	Women	60m Dash Qual. Heats
6:20pm	Men	60m Dash Qual. Heats
6:35pm	Women	800m Run
6:45pm	Men	800m Run
6:55pm	Women	3000m Run
7:20pm	Men	3000m Run
7:55pm	Men	60m Hurdles Final
8:00pm	Women	60m Hurdles Final
8:05pm	Women	60m Dash Final
8:10pm	Men	60m Dash Final
8:15pm	Women	400m-Invitational Section
8:20pm	Men	400m-Invitational Section
8:25pm	Women	200m Dash-Open Section
8:40pm	Men	200m Dash-Open Section

Saturday, February 5, 2011

<u>Start Time</u>		<u>Field Events</u>
11:00am	Women	High Jump
11:00am	Women	Pole Vault – SEEDED
12:00pm	Men	Shot Put
12:00pm	Women	Triple Jump
12:00pm	Men	Triple Jump
1:30pm	Men	Pole Vault – SEEDED
2:00pm	Women	Shot Put
2:00pm	Men	High Jump

<u>Start Time</u>		<u>Running Events</u>
1:00pm	Women	Distance Medley Relay
1:15pm	Men	Distance Medley Relay
1:30pm	Women	400m Dash-Open Section
1:45pm	Men	400m Dash-Open Section
2:05pm	Women	200m Dash-Invitational Section
2:15pm	Men	200m Dash-Invitational Section
2:20pm	Women	5000m Run
2:40pm	Men	5000m Run
3:00pm	Women	4 x 400m Relay-Open Section
3:15pm	Women	4 x 400m Relay-Invitational Section
3:20pm	Men	4 x 400m Relay-Open Section
3:35pm	Men	4 x 400m Relay-Invitational Section

2011 Men's Season Bests

Updated 1/31/11

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
Keare Smith	8.02 (1-29-11)	7.94 (2009)
Ebenezer Amegashie	8.02 (1-21-11)	8.02 (1-21-11)
Jeff Artis-Gray	8.10 (1-29-11)	8.10 (1-29-11)

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

Name	Season Best	Career Best
Keith Ricks	21.78 (1-22-11)	21.26 (2009)
Ebenezer Amegashie	22.34 (1-29-11)	22.34 (1-29-11)
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
Joe Davis	17-4.50 / 5.30m (1-28-11)	17-4.50 / 5.30m (1-28-11)
Yavgeniy Olhovsky	17-1.5 / 5.22m (1-22-11)	18-2.5 / 5.55m (2009) SR
Hunter Hall	16-8.75 / 5.10m (1-28-11)	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	22-2.5 / 6.77m (1-28-11)	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	6-10.75 / 2.10m (1-29-11)	6-10.75 / 2.10m (1-29-11)
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	50-11 / 15.52m (1-29-11)	52-8.25 / 16.06m (2010) SR
David Wilson	50-6.75 / 15.41m (1-29-11)	51-5.5 / 15.68m (2010)
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	3:17.66 (1-29-11)
McCants, Halim, Smith, Black	3:25.46 (1-22-11)

2011 Women's Season Bests

Updated 1/31/11

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)
Zakiya Tyson	7.72 (1-28-11)	7.72 (1-28-11)
Ebony Scott	7.85 (1-28-11)	7.85 (1-28-11)

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	24.64 (1-29-11)	24.54 (2010)
Kristen Brown	26.22 (1-22-11)	26.22 (1-22-11)
Natalie Woodford	26.24 (1-29-11)	26.24 (1-29-11)
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
Asia Washington	55.23 (1-29-11)	53.66 (2009)
Yvonne Amegashie	56.72 (1-29-11)	54.87 (2010)
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 Kvartunas	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 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)

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 (1-29-11)	12-8.25 / 3.87m (2009)
Kristen Brown	11-9.75 / 3.60m (1-29-11)	11-9.75 / 3.60m (1-29-11)

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)
Washington, Amegashie, Alabi, Woodford	3:46.76 (1-29-11)
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