

# Virginia Tech Track & Field



## This Week: ACC Championships

February 24-26

Blacksburg, Va.

Rector Field House

[www.hokiesports.com/track/](http://www.hokiesports.com/track/)  
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Media Contact: Nathan Sheehan  
[nsheehan@vt.edu](mailto:nsheehan@vt.edu) 540-231-6892

### THIS WEEK

Virginia Tech hosts the 2011 Indoor ACC Championships. The Hokies have hosted the event every season since joining the ACC in 2005. Events begin on Thursday, Feb. 24 with the combined events at noon.



### FOLLOW HOKIE TRACK ON TWITTER

Fans can now get Virginia Tech Track and Field updates on our official Twitter account, [www.twitter.com/VT\\_Track](http://www.twitter.com/VT_Track). Follow the page to get updates and links to stories to stay up-to-date with everything in the world of Hokie Track.

### HOKIE HISTORY AT THE INDOOR ACC CHAMPIONSHPS

- Since 2005, Tech's first season in the ACC, the Hokies have had at least three conference champions every season.
- The men have had at least one champion five out of the six seasons, and the women have had at least two every season.
- Last season, both the men's and women's teams placed third with five individual titles in total.
- Highest team finish: Men's - 2nd (2008), Women's - 1st (2007, 2008)
- Most conference champions: Men's - 4 (2009), Women's 9 (2008)
- Nine current Hokies have won at least one conference title (six men, three women)
- Three Hokies are defending 2010 titles: Alexander Ziegler (weight throw), Hunter Hall (pole vault) and Michael Hammond (mile run).
- Twelve Hokies have been an indoor ACC champion and an All-American in the same event during the same season.

### National Top Ten as of February 22

\*previous ranking in parentheses\*

#### Men's

1. Florida (1)
2. LSU (2)
3. Indiana (3)
4. Texas A&M (4)
5. Arkansas (5)
6. Stanford (7)
7. BYU (6)
8. Texas (8)
9. Oklahoma (10)
10. Penn State (9)

#### Women's

1. Oregon (1)
2. LSU (2)
3. Texas (3)
4. Arkansas (4)
5. Texas A&M (5)
6. Tennessee (6)
7. Florida State (7)
8. Oklahoma (9)
9. UCF (8)
10. BYU (10)

## 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.
<b>Feb. 24-26</b>	<b>ACC Indoor Championships</b>	<b>Blacksburg, Va.</b>
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.

## ZIEGLER QUALIFIES FOR NATIONALS

In only his second competition of the 2011 indoor season, sophomore Alexander Ziegler earned his ticket to the NCAA Championships, besting the automatic qualifying mark of 70-6.5 (21.50m) with a win at the Virginia Tech Challenge, a new season-best of 70-8 (21.54m). This will be Ziegler's third consecutive trip to the NCAA Championships, as he earned All-American status during the indoor and outdoor meets during his freshman campaign. At last season's indoor national meet, Ziegler took third in the weight throw (72-6.75, 22.10m). Ziegler is the first to beat the men's weight throw automatic qualifying mark in the ACC this season, and only the fifth to do so nationally (four of the five came this past weekend). Ziegler is the second Hokie so far this season to qualify, joining Kelly Phillips in the women's pole vault.

## HAMMOND AND MCLAUGHLIN SET SCHOOL RECORDS

Two school records fell during the first day of competition at the Virginia Tech Challenge, as Michael Hammond and Nick McLaughlin earned victories in the mile run and 600 meters, respectively. Hammond's record came in the first running event of the day, as the Midlothian, Va. native won in 4:01.53, beating the previous best of 4:02.27 set by Billy Berlin in 2009. Hammond made a late push in the last lap to cruise by Duke's Ryan McDermott, who led for the majority of the race. Hammond also set a school record in the 3,000 meters during the early stages of the season, but this was recently broken by Will Mulherin at the VT Elite Meet. Nick McLaughlin finished second in the men's 600 meters, setting a new school record at 1:19.88. Second-place finisher Tihut Degfae's time of 1:20.02 would have also beaten the previous school record of 1:20.16, set by Ryan Witt in 2009. Witt finished fourth in Friday's 600 meters at 1:20.23.

## HAMMOND AND BURKHARDT EARN WEEKLY CONFERENCE HONORS

For their performances at this past weekend's Virginia Tech Challenge, Michael Hammond and Samira Burkhardt earned weekly conference honors, as announced by the ACC Tuesday (See page 5 for more details).

## VIEW FROM THE TOP

Heading into the ACC Championships, six Hokies currently rank at the top of the conference in their event...

- Men's mile - Michael Hammond (4:01.53)
- Men's pole vault - Yavgeniy Olhovskiy (5.47m)
- Women's pole vault - Kelly Phillips (4.30m)
- Men's triple jump - Hasheem Halim (15.94m)
- Women's shot put - Samira Burkhardt (16.69m)
- Men's weight throw - Alex Ziegler (21.54m)

## Hokies in the National Rankings

Men's		
Event	Name	Rank (Mark)
Mile	Michael Hammond	24 (4:01.53)
Weight	Alexander Ziegler @	5 (21.54m)
	Marcel Lomnicky	13 (20.65m)
Pole Vault	Yavgeniy Olhovskiy	3 (5.47m)
	Hunter Hall	10 (5.37m)
	Joe Davis	18 (5.30m)
Triple Jump	Hasheem Halim	11 (15.94m)
Women's		
Event	Name	Rank (Mark)
Pole Vault	Kelly Phillips @	6 (4.30m)
Shot Put	Samira Burkhardt	11 (16.69m)
Weight	Dorotea Habazin	12 (20.14m)

@ = NCAA Automatic Qualifier

*Up Next: Virginia Tech Final Qualifier - Mar. 5 - Blacksburg, Va. - Rector Field House*

## PHILLIPS EARNS WEAVER-JAMES-CORRIGAN AWARD

Redshirt-senior Kelly Phillips was one of 36 ACC student-athletes to earn the Weaver-James-Corrigan scholarship award. The \$5,000 scholarship is given annually to student-athletes who plan on attending graduate school as a reward for their contributions both in their sport and in the community and classroom. After redshirting the 2007 season, Phillips has earned ACC All-Academic honors every season since, as well as three VT Scholar Athlete of the Year honors. She has also been named to the NCAA All-Academic women's track and field team three times. She currently serves as the co-president of the Student Athlete Advisory Committee and volunteers for numerous charities, including Soles 4 Souls with the track team.

## 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 Olhovskiy ..... 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 Olhovskiy

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)

## QUICK NUMBERS

- 6 Lead the ACC in their respective event
- 8 rank in the top 15 nationally
- 9 current Hokies have won at least one indoor ACC title
- 3 will be defending their 2010 ACC titles

# Around The ACC

ATLANTIC COAST CONFERENCE

## HAMMOND EARNS MEN'S HONOR, BURKHARDT AND FRYT SHARE WOMEN'S HONOR

Virginia Tech junior Michael Hammond was named the ACC Men's Track and Field Performer of the Week after setting a new school record in the mile run, winning at the Virginia Tech Challenge in 4:01.53. This puts him at the top of the ACC and ranks 24th nationally. Hokie freshman Samira Burkhardt was one of two to earn Women's Track and Field Co-Performer of the Week after winning the shot put at the Virginia Tech Challenge with a new personal-best 54-9.25 (16.69m), placing her at the top of the conference leaderboard and 11th nationally, the highest ranked freshman in the country in the women's shot put. Duke's Amy Fryt shares the weekly honor with Burkhardt after qualifying for the NCAA Championships in the pole vault (13-11.25, 4.25m)

## TOP CONFERENCE PERFORMANCES

### MEN'S

Event	Name	School	Mark
60m	Maurice Mitchell	Florida State	6.64
200m	Maurice Mitchell	Florida State	20.70@
400m	Charles Cox	North Carolina	46.51
800m	Anthony Kostelac	Virginia	1:49.47
<b>Mile</b>	<b>Michael Hammond</b>	<b>Virginia Tech</b>	<b>4:01.53</b>
3,000m	Ryan Hill	NC State	7:50.78@
5,000m	Michael Fout	Florida State	13:56.52
60m H	Devon Hill	Miami	7.71
4x400m Relay		Florida State	3:10.24
Distance Medley Relay		Virginia	9:36.41
HJ	Dwight Barbiasz	Maryland	2.22m
<b>PV</b>	<b>Yavgeniy Olhovsky</b>	<b>Virginia Tech</b>	<b>5.47m</b>
LJ	Ngonidzashe Makusha	FSU	8.05m@
<b>TJ</b>	<b>Hasheem Halim</b>	<b>Virginia Tech</b>	<b>15.94m</b>
SP	Michael Putman	Florida State	18.11m
<b>WT</b>	<b>Alexander Ziegler</b>	<b>Virginia Tech</b>	<b>21.54m@</b>
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	Ti'erra Brown	Miami	53.62
800m	Violah Lagat	Florida State	2:06.94
Mile	Kate Van Buskirk	Duke	4:35.83@
3,000m	Pasca Cheruiyot	Florida State	9:13.51
5,000m	Pasca Cheruiyot	Florida State	16:05.36@
60m H	Brianna Rollins	Clemson	8.15
4x400m Relay		Clemson	3:38.51
Distance Medley Relay		Duke	11:06.85
HJ	Patience Coleman	North Carolina	1.80m
PV	<b>K. Phillips</b> / J. Wright	<b>VT / GT</b>	4.30m@
LJ	Kimberly Williams	Florida State	6.48m@
TJ	Kimberly Williams	Florida State	13.86m@
<b>SP</b>	<b>Samira Burkhardt</b>	<b>Virginia Tech</b>	<b>16.69m</b>
WT	Brittney Waller	Clemson	20.79m
Pent	Kiani Profit	Maryland	4,109@

# 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**  
**Darrell Wesh .....6.87 .....2011**  
 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

## 800 Meters

Ali Najjar .....1:49.94 .....2001  
 Justin Davis .....1:49.96 .....1999  
 Gary Cobb .....1:50.14 .....1987  
**Tihut Degfae .....1:50.17 .....2011**  
 Billy Berlin.....1:50.15 .....2007  
**Ryan Witt .....1:50.74 .....2009**

## 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

**M. Hammond.....4:01.53 .....2011**  
 Billy Berlin.....4:02.47 .....2009  
**Will Mulherin .....4:03.43 .....2011**  
**Ryan Witt .....4:05.00 .....2009**  
**Chris Walizer .....4:05.04 .....2011**  
**Jason Cusack .....4:06.16 .....2011**  
**Eddie Judge .....4:06.60 .....2011**  
 Gary Cobb .....4:08.10 .....1987  
 James Scheiner.....4:08.56 .....2009

## 3,000 Meters

**Will Mulherin .....8:04.40 .....2011**  
**M. Hammond.....8:07.35 .....2011**  
 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 .....8.10 .....2011**

## 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  
**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 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" (15.68m)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  
**Ronnie Black....6'10.75" (2.10m)2011**  
 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**  
**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**  
**Lomnicky ..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>
<b>Zakiya Tyson .....</b>	<b>39.04</b>	<b>.....2011</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
<b>Asia Washington.....</b>	<b>53.66</b>	<b>.....2009</b>
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>

## 800 Meters

Asia Washington .....	2:07.88	.....2008
Meredith Brooks .....	2:10.17	.....2006
Kristin Price .....	2:10.85	.....2001
<b>Samantha Dow .....</b>	<b>2:11.52</b>	<b>.....2011</b>
<b>Lauren Lemieux .....</b>	<b>2:11.77</b>	<b>.....2011</b>
Cas Sadosky .....	2:12.25	.....2001
Heather Mullis .....	2:12.31	.....2006

## 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
<b>Sammy Dow .....</b>	<b>4:53.03</b>	<b>.....2011</b>

## 3,000 Meters

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>Kristen Brown .....</b>	<b>8.55</b>	<b>.....2011</b>
<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		
<b>Washington, Amegashie,</b>		
<b>Woodford, Boone .....</b>	<b>3:38.85</b>	<b>..... 2011</b>
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

<b>Kelly Phillips.....</b>	<b>14'1.25"</b>	<b>(4.30m)2011</b>
Abby Schaffer .....	13'7.75"	(4.16m)2009
Ashley Early .....	13'7.25"	(4.15m)2007
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>

## Shot Put

B. Pryor .....	54'9.50"	(16.70m) ..2008
<b>S. Burkhardt .....</b>	<b>54'9.25"</b>	<b>(16.69m) ..2011</b>
C. Ayangbile.....	53'8.25"	(16.36m) ..2007
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>D. Habazin .....</b>	<b>66'1"</b>	<b>(20.14m) .....</b>
B. Pryor .....	65'11.50"	(20.10) ..2008
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

**2011 ACC INDOOR TRACK AND FIELD CHAMPIONSHIP SCHEDULE**

**THURSDAY FEB. 24, 2011**

**12:00 Noon- Womens Pentathlon- 60mH, HJ, SP, LJ, 800m**

**12:20 PM- Mens Heptathlon- 60m, LJ, SP, HJ**

**FRIDAY FEB. 25, 2011**

11:00 AM- Heptathlon 60mH

12:15 PM- (approx)- Heptathlon PV

2:40 PM- (approx)- Heptathlon 1000m

**Running Events**

2:00 PM- Mile Women-Q

2:20 PM- Mile Men-Q

2:40 PM- Heptathlon 1000 m

2:45 PM- 60m Hurdles Women-Q

3:05 PM- 60m Hurdles Men-Q

3:30 PM- 400m Women-Q

3:50 PM- 400m Men-Q

4:20 PM- 60m Women-Q

4:35 PM- 60m Men-Q

4:50 PM- 800m Women-Q

5:10 PM- 800m Men-Q

5:30 PM- 200m Women-Q

5:50 PM- 200m Men-Q

6:10 PM- 5000m Women Unseeded Section-FINAL

6:35 PM- 5000m Women Seeded Section-FINAL

7:00 PM- 5000m Men Unseeded Section-FINAL

7:25 PM- 5000m Men Seeded Section-FINAL

7:50 PM- WOMENS DISTANCE MEDLEY RELAY- FINAL

8:05 PM- MENS DISTANCE MEDLEY RELAY- FINAL

**Field Events**

12:00 Noon- High Jump Men-FINAL

1:00 PM- Long Jump Women-FINAL

1:00 PM- Weight Throw Women- FINAL

4:00 PM- Weight Throw Men-FINAL

4:30 PM- Long Jump Men-FINAL

5:30 PM- Pole Vault Women-FINAL

5:30 PM- High Jump Women-FINAL

## **2011 ACC INDOOR TRACK AND FIELD CHAMPIONSHIP SCHEDULE**

### **SATURDAY FEB. 26, 2011**

#### **Running Events**

12:00 Noon- Mile Women- FINAL  
12:10 PM- Mile Men- FINAL  
12:40 PM- 60m Hurdles Women- FINAL  
12:50 PM- 60m Hurdles Men- FINAL  
1:00 PM- 400m Women- FINAL  
1:10 PM- 400m Men- FINAL  
1:20 PM- 60m Women- FINAL  
1:30 PM- 60m Men- FINAL  
1:40 PM- 800m Women- FINAL  
1:50 PM- 800m Men- FINAL  
2:00 PM- 200m Women- FINAL  
2:10 PM- 200m Men- FINAL  
2:20 PM- 3000m Women- unseeded section-FINAL  
2:35 PM- 3000m Women- seeded section-FINAL  
2:55 PM- 3000m Men- unseeded section-FINAL  
3:10 PM- 3000m Men- seeded section-FINAL  
3:25 PM- 4 x 400m Relay Women- FINAL  
3:40 PM- 4 x 400m Relay Men- FINAL

4:00 PM- AWARDS

#### **Field Events**

11:00 AM- Shot Put Women-FINAL  
11:00 AM- Triple Jump Women-FINAL  
12:00 Noon- Pole Vault Men-FINAL  
1:30 PM- Shot Put Men-FINAL  
1:30 PM- Triple Jump Men-FINAL

#### **FACILITY PRACTICE TIMES:**

Weds. Feb. 23- 11:00 AM to 5:00 PM

Thurs. Feb. 24- 8:00 AM to 11:30 AM and 6 PM (after multis) until 9:00 PM

Fri. Feb 25- 8:00 AM to 11:00 AM

Sat. Feb. 26- 8:00 AM to 9:30 AM (Sprint Straight 8:00 am to 9:00 am)

# 2011 Men's Season Bests

## Updated 2/21/11

### 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>
Darrell Wesh	6.87 (2-4-11)	6.87 (2-4-11)
Justin Sinclair	7.28 (2-4-11)	7.28 (2-4-11)
Sherrod Long	7.33 (1-14-11)	7.33 (1-14-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Keare Smith	7.98 (2-4-11)	7.94 (2009)
Ebenezer Amegashie	8.02 (1-21-11)	8.02 (1-21-11)
Jeff Artis-Gray	8.06 (2-4-11)	8.06 (2-4-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Keith Ricks	21.58 (2-5-11)	21.26 (2009)
Jonathan McCants	21.86 (2-4-11)	21.72 (2010)
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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jonathan McCants	49.30 (2-5-11)	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 - 1:19.88, Nick McLaughlin 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Nick McLaughlin	1:19.88 (2-18-11) <b>SR</b>	1:19.88 (2-28-11) <b>SR</b>
Tihut Degfae	1:20.02 (2-18-11)	1:20.02 (2-18-11)
Ryan Witt	1:20.23 (2-18-11)	1:20.16 (2009)
Martin Dally	1:20.63 (2-18-11)	1:20.63 (2-18-11)
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)
Ryan Hagen	1:21.90 (2-18-11)	1:20.74 (2010)
Garrett Bradley	1:22.32 (1-21-11)	1:22.32 (1-21-11)

800 Meters (AQ - 1:48.00, SR - 1:49.94, Ali Najjar 2001)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Tihut Degfae	1:50.17 (2-19-11)	1:50.17 (2-19-11)
Nick McLaughlin	1:51.08 (2-19-11)	1:51.08 (2-19-11)
Chris Walizer	1:51.11 (2-19-11)	1:51.11 (2-19-11)
Michael Hammond	1:51.34 (2-19-11)	1:51.34 (2-19-11)
Ryan Hagen	1:52.50 (2-19-11)	1:52.50 (2-19-11)
Jeff Miller	1:52.51 (2-4-11)	1:52.51 (2-4-11)
Eddie Judge	1:53.66 (2-19-11)	1:53.66 (2-19-11)
Martin Dally	1:54.25 (2-19-11)	1:54.25 (2-19-11)
Kieran Lee	1:54.95 (2-19-11)	1:53.44 (2010)
Will Mulherin	1:55.19 (2-19-11)	1:55.19 (2-19-11)
Ryan Witt	1:55.37 (2-19-11)	1:50.74 (2009)
Jason Cusack	1:55.64 (2-19-11)	1:55.64 (2-19-11)

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 - 4:01.53, Michael Hammond 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Michael Hammond	4:01.53 (2-18-11) <b>SR</b>	4:01.53 (2-18-11) <b>SR</b>
Will Mulherin	4:03.43 (2-18-11)	4:03.43 (2-18-11)
Chris Walizer	4:05.04 (2-18-11)	4:05.04 (2-18-11)
Jason Cusack	4:06.16 (2-18-11)	4:06.16 (2-18-11)
Eddie Judge	4:06.60 (2-18-11)	4:06.60 (2-18-11)
Kieran Lee	4:13.29 (2-4-11)	4:13.29 (2-4-11)
Garrett Bradley	4:21.58 (2-4-11)	4:21.58 (2-4-11)
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 - 8:04.40, Will Mulherin 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Will Mulherin	8:04.40 (2-4-11) <b>SR</b>	8:04.40 (2-4-11) <b>SR</b>
Michael Hammond	8:07.35 (12-4-10)	8:07.35 (12-4-10)
Eddie Judge	8:22.13 (12-4-10)	8:22.13 (12-4-10)
Jason Cusack	8:16.39 (2-4-11)	8:16.39 (2-4-11)
Ryan Hagen	8:23.32 (2-4-11)	8:23.32 (2-4-11)
Joseph Murray	8:37.61 (2-18-11)	8:37.61 (2-18-11)
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 - 18-2.5 (5.55m), Yavgeniy Olhovskiy 2009)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Yavgeniy Olhovskiy	17-11.25 / 5.47m (2-19-11)	18-2.5 / 5.55m (2009) <b>SR</b>
Hunter Hall	17-7.25 / 5.37m (2-19-11)	17-9.25 / 5.42m (2010)
Joe Davis	17-4.50 / 5.30m (1-28-11)	17-4.50 / 5.30m (1-28-11)

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>
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)
Scott Campbell	21-00 / 6.40m (2-18-11)	21-00 / 6.40m (2-18-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Hasheem Halim	52-3.75 / 15.94m (2-19-11)	52-8.25 / 16.06m (2010) <b>SR</b>
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)

Weight Throw (AQ - 70-6.5 (21.50m), SR - 77-10.25 (23.73m), Spyridon Jullien 2006)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Alexander Ziegler	70-8 / 21.54m (2-18-11) <b>AQ</b>	73-10.25 / 22.51m (2010)
Marcel Lomnický	67-9 / 20.65m (2-4-11)	69-8.25 / 21.24m (2010)
Denis Mahmic	62-10.75 / 19.17m (2-18-11)	64-0.25 / 19.51m (2010)

Shot Put (AQ - 63-3.75 (19.30m), SR - 62-11.25 (19.85m), Justin Clickett 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Rene Stauss	46-7.25 / 14.20m (2-5-11)	46-7.25 / 14.20m (2-5-11)

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

<b>Name</b>	<b>Season Best</b>
Amegashie, Artis-Gray, McCants, Ricks	3:14.19 (2-5-11)
Amegashie, Artis-Gray, Wesh, Ricks	3:17.66 (1-29-11)
T. Degfae, McLaughlin, Dally, Miller	3:19.02 (2-5-11)
McCants, Halim, Smith, Black	3:25.46 (1-22-11)

# 2011 Women's Season Bests

## Updated 2/21/11

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Funmi Alabi	7.45 (1-21-11)	7.37 (2010)
Ogechi Nwaneri	7.51 (1-21-11)	7.39 (2010)
Zakiya Tyson	7.67 (2-18-11)	7.67 (2-18-11)
Ebony Scott	7.84 (2-4-11)	7.84 (2-4-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kristen Brown	8.55 (2-18-11)	8.55 (2-18-11)
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Aunye Boone	24.18 (2-5-11)	23.57 (2009)
Zakiya Tyson	24.38 (2-4-11)	24.38 (2-4-11)
Funmi Alabi	24.44 (2-4-11)	24.44 (2-4-11)
Ogechi Nwaneri	24.53 (2-5-11)	23.82 (2010)
Yvonne Amegashie	25.51 (2-4-11)	24.97 (2010)
Natalie Woodford	25.82 (2-4-11)	25.82 (2-4-11)
Kristen Brown	26.17 (2-4-11)	26.17 (2-4-11)
Taylor Williams	26.70 (2-19-11)	26.70 (2-19-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Asia Washington	54.44 (2-4-11)	53.66 (2009)
Natalie Woodford	56.37 (2-5-11)	56.37 (2-5-11)
Yvonne Amegashie	56.48 (2-5-11)	54.87 (2010)
Zakiya Tyson	58.86 (2-5-11)	58.86 (2-5-11)



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)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Frances Dowd	1:34.38 (2-18-11)	1:34.38 (2-18-11)
Lauren Lemieux	1:34.98 (2-18-11)	1:34.98 (2-18-11)

800 Meters (AQ - 2:05.00, SR - 2:07.88, Asia Washington 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Samantha Dow	2:11.52 (2-19-11)	2:11.52 (2-19-11)
Lauren Lemieux	2:11.77 (2-19-11)	2:11.77 (2-19-11)
Frances Dowd	2:13.49 (2-19-11)	2:13.49 (2-19-11)
Paige Kvartunas	2:15.80 (2-19-11)	2:15.80 (2-19-11)
Jessica Trapeni	2:16.47 (2-19-11)	2:16.47 (2-19-11)
Courtney Dobbs	2:25.15 (2-19-11)	2:25.15 (2-19-11)

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)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sammy Dow	9:45.89 (2-4-11)	9:45.89 (2-4-11)
Courtney Dobbs	9:54.69 (2-4-11)	9:54.69 (2-4-11)
Madalyn Nuckols	9:59.16 (2-18-11)	9:59.16 (2-18-11)
Jessica Trapeni	10:10.12 (2-18-11)	10:09.66 (2010)
Paige Kvartunas	10:11.07 (2-4-11)	10:11.07 (2-4-11)
Stephanie Cario	10:24.70 (2-4-11)	10:24.70 (2-4-11)
Erin Stehle	10:29.62 (2-18-11)	10:23.62 (2010)
Mary Catherine Sowder	10:34.64 (2-4-11)	10:34.64 (2-4-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sammy Dow	4:53.03 (2-18-11)	4:53.03 (2-18-11)
Jessica Trapeni	4:55.78 (2-4-11)	4:55.78 (2-4-11)
Paige Kvartunas	4:59.85 (2-18-11)	4:59.85 (2-18-11)
Lauren Lemieux	5:01.84 (2-4-11)	5:01.84 (2-4-11)
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 - 14-1.25 (4.30m), SR - 14-1.25 (4.30m), Kelly Phillips 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kelly Phillips	14-1.25 / 4.30m (2-5-11) <b>AQ, SR</b>	14-1.25 / 4.30m (2-5-11) <b>AQ, SR</b>
Kristen Brown	12-7.5 / 3.85m (2-19-11)	12-7.5 / 3.85m (2-19-11)
Emma DeJarnette	12-3.5 / 3.75m (1-15-11)	12-3.5/3.75m (1-15-11)
Caitlin Thornley	12-2 / 3.71m (2-5-11)	12-8.25 / 3.87m (2009)
Leigh Allin	12-1.75 / 3.70m (1-21-11)	12-1.75 / 3.70m (1-21-11)

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	54-9.25/16.69m (2-19-11)	54-9.25/16.69m (2-19-11)

Weight Throw (AQ - 68-10.75 (21.00m), SR - 73-3.25 (22.33m), Tamara Burns 2005)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Dorotea Habazin	66-1 / 20.14m (2-18-11)	66-1 / 20.14m (2-18-11)

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

<b>Name</b>	<b>Season Best</b>
Washington, Boone, Woodford, Amegashie	3:38.85 (2-19-11)
Washington, Tyson, Boone, Amegashie	3:43.31 (2-5-11)
Washington, Amegashie, Alabi, Woodford	3:46.76 (1-29-11)
Woodford, Alabi, Williams, Nwaneri	3:56.42 (2-5-11)
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\*