

Virginia Tech Track & Field



This Week: Virginia Tech Final Qualifier

March 5

Blacksburg, Va.

Rector Field House

www.hokiesports.com/track/
Twitter: www.twitter.com/VT_Track
Live Stats: www.flashresults.com
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THIS WEEK

Virginia Tech hosts its final home meet of the indoor season, the Virginia Tech Final Qualifier, on Saturday March 5 at Rector Field House. Field events begin at 10 a.m., with running events one hour later.

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. Follow the page to get updates and links to stories to stay up-to-date with everything in the world of Hokie Track.

ACC CHAMPIONS!

Virginia Tech's men's track squad came away victorious on Saturday, winning its first ever ACC championship in convincing fashion. The Hokies earned 140 points, the highest point total since 2006. They also finished 42 points ahead of second-place Florida State, the largest margin of victory since 2008. The consistent strength of their throws and pole vault programs paid off, as these combined for 49 team points. Three student-athletes earned individual championships, as well as nine others earning All-ACC honors. Virginia Tech's women's team earned two individual titles and finished fourth with 65.5 points.

ZIEGLER AND HAMMOND TAKE SECOND CROWNS, MUNZ WINS IN DEBUT

Alexander Ziegler was the first on the men's side to earn a title, winning the men's weight throw Friday (70-4.5, 21.45m), his second-consecutive weight throw title. The podium was all Hokies, as Marcel Lomnický (69-0, 21.03m) and Denis Mahmic (65-4, 19.91m) took second and third to complete the podium sweep, good for 24 team points. Tech has now won five ACC weight throw titles in seven years, including the past three straight. Michael Hammond started Saturday off well for the Hokies, earning his second-consecutive title in the mile run (4:07.47). Tech's third champion, Stephen Munz, not only won his first conference title in the pole vault, but it was his first competition ever

National Top Ten

as of March 1

previous ranking in parentheses

Men's

1. Florida (1)
2. LSU (2)
3. Arkansas (5)
4. Indiana (3)
5. BYU (7)
6. Oregon (12)
7. Texas A&M (4)
8. Oklahoma (9)
9. Nebraska (13)
10. Texas (8)

Women's

1. Oregon (1)
2. LSU (2)
3. Arkansas (4)
4. Texas (3)
5. Texas A&M (5)
6. Tennessee (6)
7. Florida State (7)
8. BYU (10)
9. Clemson (15)
10. Arizona (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

2011 ACC Finish
 Indoor (m/w) 1st/4th
 2010 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.

for Tech. The sophomore transfer from Germany impressed, earning the victory (17-9, 5.41m) over a veteran field. Tech took four of the top five spots in the event, adding 25 team points. Tech has won five of seven indoor conference pole vault titles since joining the ACC in the 2005 season, and all five have come from different student-athletes.

PHILLIPS AND BURKHARDT EARN TITLES

Kelly Phillips was the first on the women's side to earn a gold medal, taking the women's pole vault competition Friday (13-11.25, 4.25m). Phillips earned her first title during the 2008 season, her redshirt freshman season, and has battled injuries since. So far this season, she has also set a new school record and qualified for the NCAA Championships. Samira Burkhardt continued her conference dominance in the shot put, earning the victory with her final attempt, heaving 52-1.25 (15.88m). She has been at the top of the conference performance list all season and she is the highest ranked freshman in the nation in the event.

TWO NEW SCHOOL RECORDS SET

In addition to two titles and four All-ACC honorees, the Hokie women's team set two new school records at the ACC Championships. In the qualifying heats of the 60-meter dash, Funmi Alabi led the field with a time of 7.31, beating the previous record of 7.33 set by Patrice Potts in 2008. In the final event of the championships, the 1,600-meter relay, the Tech team of Asia Washington, Aunye Boone, Natalie Woodford and Yvonne Amegashie earned the bronze medal, finishing in 3:38.16. Washington was a member of the previous record-holding team, which set the mark of 3:38.62 during the 2008 season. The 4x4 relay also helped secure a fourth-place finish for the Hokies as they finished just ahead of Miami in the event, giving Tech a half-point lead over the Hurricanes in the team standings.

LOOKING AHEAD: NCAA CHAMPIONSHIPS

Two Hokies have guaranteed their trips to the national meet next week in College Station, Texas, as Alexander Ziegler and Kelly Phillips have both hit the automatic qualifying standard in their respective events (see below). Of the non-automatic qualifiers, three rank in the top ten heading into this weekend and if they hold their rank, their chances will remain good. Yavgeniy Olhovsky's season-best mark from the Virginia Tech Challenge ranks third in the nation, just shy of the automatic standard of 5.50m. ACC Champion Stephan Munz propelled himself into the national scene in his Hokie debut and now sits just two spots behind Olhovsky in the national rankings. Marcel Lomnicky's All-ACC showing this past weekend moved him to ninth in the nation and should bolster his NCAA resume. The rest who sit anywhere from 11th to 20th could be on the bubble, so they will look to improve their marks to stay ahead of the pack.

Hokies in the National Rankings (Top 20)

Men's		
Event	Name	Rank (Mark)
Weight	Alexander Ziegler@	5 (21.54m)
	Marcel Lomnicky	9 (21.03m)
Pole Vault	Yavgeniy Olhovsky	3 (5.47m)
	Stephan Munz	5 (5.41m)
	Hunter Hall	11 (5.37m)
	Joe Davis	20 (5.30m)
Triple Jump	Hasheem Halim	16 (15.94m)
Women's		
Event	Name	Rank (Mark)
60m Dash	Funmi Alabi	19 (7.31)
Pole Vault	Kelly Phillips@	6 (4.30m)
Shot Put	Samira Burkhardt	12 (16.69m)
Weight	Dorotea Habazin	16 (20.14m)

@ = NCAA Automatic Qualifier

Up Next: NCAA Championships - March 11-12 - College Station, Texas (Texas A&M)

2011 Indoor ACC Championship Final Team Standings

MEN'S

1. Virginia Tech (140)
2. Florida State (98)
3. NC State (83.5)
4. Virginia (77)
5. Clemson (73)
6. North Carolina (67.5)
7. Duke (47)
8. Maryland (22)
9. Wake Forest (20)
10. Miami (17)
11. Georgia Tech (12)
12. Boston College (2)

WOMEN'S

1. Clemson (152)
2. Florida State (100.5)
3. North Carolina (69)
4. Virginia Tech (65.5)
5. Miami (65)
- T-6. Duke (45)
- T-6. Virginia (45)
8. NC State (31)
9. Maryland (28)
10. Boston College (23)
11. Wake Forest (20)
12. Georgia Tech (19)

Current Hokie Indoor Conference Champions

- Samira Burkhardt** 2011**Shot Put**
Dorotea Habazin..... 2009 **Weight Throw**
Hunter Hall 2010**Pole Vault**
Michael Hammond ... 2010 **Mile Run**
2011**Mile Run**
Marcel Lomnicky 2009 **Weight Throw**
Stephan Munz 2011 **Pole Vault**
Yavgeniy Olhovsky 2009**Pole Vault**
Kelly Phillips 2008**Pole Vault**
2011 **Pole Vault**
Ryan Witt 2009 **800 Meters**
Asia Washington 2008 **4x400m Relay**
 2009**400 meters**
Alexander Ziegler 2010 **Weight Throw**
2011 **Weight Throw**

Current Hokie All-Americans

Hunter Hall

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

Dorotea Habazin

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

Jared Jodon

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

Marcel Lomnicky

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

Will Mulherin

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

Yavgeniy Olhovsky

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

Kelly Phillips

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

Asia Washington

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

Alexander Ziegler

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

ACC CHAMPIONSHIP QUICK NUMBERS

- 5 Individual titles (3 men, 2 women)
 16 All-ACC (12 men, 4 women)
 2 school records (women's 60m dash, women's 4x4)

ACC CHAMPIONSHIP MVPS

Men's Track MVP - Maurice Mitchell, Florida State (sprints)

Men's Field MVP - Alex Padgett, Clemson (throws)

Women's Track MVP - Stormy Kendrick, Clemson (sprints)

Women's Field MVP - April Sinkler, Clemson (jumps)

TOP CONFERENCE PERFORMANCES

MEN'S

Event	Name	School	Mark
60m	Maurice Mitchell	Florida State	6.61
200m	Maurice Mitchell	Florida State	20.70@
400m	Charles Cox	North Carolina	46.51
800m	Anthony Kostelac	Virginia	1:49.24
Mile	Michael Hammond	Virginia Tech	4:01.53
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
PV	Yavgeniy Olhovsky	Virginia Tech	5.47m
LJ	Ngonidzashe Makusha	FSU	8.15m@
TJ	Marcus Robinson	Virginia	16.05m
SP	Michael Putman	Florida State	18.11m
WT	Alexander Ziegler	Virginia Tech	21.54m@
Hept	Miller Moss	Clemson	5,903@

WOMEN'S

Event	Name	School	Mark
60m	Stormy Kendrick	Clemson	7.22@
200m	Tarika Williams	Miami	23.27
400m	Marlena Wesh	Clemson	53.10
800m	Caroline King	Boston College	2:06.28
Mile	Kate Van Buskirk	Duke	4:35.83@
3,000m	Anna Nosenko	Wake Forest	9:11.02@
5,000m	Pasca Cheruiyot	Florida State	16:05.36@
60m H	Brianna Rollins	Clemson	8.13@
4x400m Relay		Clemson	3:37.26
Distance Medley Relay		Duke	11:06.85
HJ	Patience Coleman	North Carolina	1.82m
PV	K. Phillips / J. Wright	VT / GT	4.30m@
LJ	Kimberly Williams	Florida State	6.55m@
TJ	Kimberly Williams	Florida State	13.96m@
SP	Samira Burkhardt	Virginia Tech	16.69m
WT	Brittney Waller	Clemson	20.79m
Pent	Kiani Profit	Maryland	4,250@

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
Darrell Wesh6.872011
 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

800 Meters

Ali Najjar1:49.942001
 Justin Davis1:49.961999
 Gary Cobb1:50.141987
Tihut Degfae1:50.172011
 Billy Berlin.....1:50.152007
Nick McLaughlin 1:50.672011

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

M. Hammond.....4:01.532011
 Billy Berlin.....4:02.472009
Will Mulherin4:03.432011
Ryan Witt4:05.002009
Chris Walizer4:05.042011
Jason Cusack4:06.162011
Eddie Judge4:06.602011
 Gary Cobb4:08.101987
 James Scheiner.....4:08.562009

3,000 Meters

Will Mulherin8:04.402011
M. Hammond.....8:07.352011
 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 Stickley.....14:16.001982
 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
J. Artis-Gray7.942011
 Kevin Walker7.942000
E. Amegashie7.982011
 Jason Fullmer8.101997

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

Judge, Mccants, ...9:44.882011
Hagen, Mulherin

Long Jump

Ken Stewart.....25'3" (7.70m) .1984
J. Artis-Gray24'9" (7.54m) ..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 Curd.....23'8.25" (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 ...51'9.25" (15.78m)2011
 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
Ronnie Black....6'10.75" (2.10m)2011
 John Pierce6'10.5" (2.10m)1975
 Butch Patrick.....6'8" (2.03m) ... 1998

Pole Vault

Olhovsky18'2.50" (5.55m) .2009
 Mondschein ..18'1.25" (5.52m)..2006
 Hunter18'0.50" (5.50m)..2000
 Mueller17'9.25" (5.42m)..2007
Hall17'9.25" (5.42m) .2010
Munz.....17'9 (5.41m)2011
Jodon17'8.5" (5.40m) ...2010
Davis17'4.50" (5.30)....2011
 Phillips17'3.75" (5.28m).. 1981
 Neff17' 2.5" (5.25m) ..1976

Shot Put

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

Weight Throw

Jullien77'10.25" (23.73m)2006
 Anani.....75'3.50" (22.95m)..2006
Ziegler73'10.25" (22.51m)2010
Lomnicky ..69'8.25" (21.24m) .2010
 Muza69'5.5" (21.16m)....2008
Mahmic65-4 (19.91m)2011
 Kingston.....65-0 (19.1m)2000
 Boes.....64'10" (19.76m).....2000
 Clickett64'4.5" (19.62).....2007

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

Funmi Alabi	7.312011
Patrice Potts	7.332008
Ogechi Nwaneri	7.392010
Britni Spruill	7.422008
Kristi Castlin	7.472008
Ebony Scott.....	7.602011

200 Meters

Britni Spruill	23.622008
Patrice Potts	23.672007
Aunye Boone.....	23.872009
Ogechi Nwaneri	24.002011
Funmi Alabi	24.052011
Damali Hay	24.162002
Sherlenia Green.....	24.202006

300 Meters

Britni Spruill	37.932008
Sherlenia Green.....	38.472007
Asia Washington.....	38.482010
Aunye Boone.....	38.642009
Zakiya Tyson	39.042011
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
Aunye Boone.....	54.482011
Yvonne Amegashie	54.872010
Shakirra Pinnock	55.202007

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

800 Meters

Asia Washington	2:07.882008
Meredith Brooks	2:10.172006
Kristin Price	2:10.852001
Samantha Dow	2:11.522011
Lauren Lemieux	2:11.772011
Cas Sadosky	2:12.252001
Heather Mullis	2:12.312006

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
Jessica Trapeni	4:51.892011

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
Courtney Dobbs	16:46.632011
Heidi Allen	16:48.301992
Madalyn Nuckols	16:58.052011
Erin Reddan	17:08.232009
Kelly Clark.....	17:25.612007
Jennifer Conner	17:31.681997

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
Kristen Brown	8.502011
Asia Washington.....	8.562009
Keosha Sanders	8.592004
Jennifer Cook	8.611999

4x400-Meter Relay

Washington, Boone	3:38.162011
Woodford, Amegashie	3:38.622008
Harrison, Spruill.....	3:38.622008
Washington, Pinnock	3:38.742009
Harrison, Washington	3:38.742009
Castlin, Boone	3:38.962010
Harrison, Amegashie	3:38.962010
Alabi, Boone	3:39.202007
S. Green, Potts.....	3:39.202007
Harrison, Washington	3:39.692010
Harrison, Amegashie	3:39.692010
Alabi, Boone	3:41.182007
Washington, Spruill.....	3:41.182007
Potts, S. Green,	3:41.272008
Harrison, Spruill.....	3:41.272008
Pinnock, Washington	3:41.272008

4x800-Meter Relay

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

Distance Medley Relay

J. Fanning, S. Green.....	11:10.842007
Washington, T. Fanning	11:12.602007
J. Fanning, S. Green.....	11:12.602007
Washington, T. Fanning	11:14.672008
Sherbak, Harrison	11:14.672008
Lemieux, Woodford	11:17.722011
Dowd, Dow	11:20.412007
Washington, T. Fanning	11:20.412007
J. Fanning, Pinnock.....	11:20.412007
Sherbak, T. Fanning	11:25.272008
J. Fanning, Pinnock,	11:25.272008

Washington, T. Fanning

J. Fanning, Harrison 11:26.252007
Gentles, T. Fanning2007

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

Kelly Phillips.....	14'1.25"	(4.30m)2011
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
Elise Birnbaum	12'11.5"	(3.95m)2009
Caitlin Thornley	12'8.25"	(3.87m)2009

Shot Put

B. Pryor	54'9.50"	(16.70m) ..2008
S. Burkhardt	54'9.25"	(16.69m) ..2011
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
D. Habazin	66'1"	(20.14m)
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 points2006
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 Kvartunas	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 FINAL QUALIFIER
March 5, 2011
FINAL SCHEDULE

<u>START</u>		<u>FIELD EVENT</u>
10:00 AM	MEN	POLE VAULT (UNSEEDED)
10:00 AM	WOMEN	HIGH JUMP
12:00 NOON	WOMEN	POLE VAULT
FOLLOWS WOMEN	MEN	POLE VAULT (SEEDED)
12:00 NOON	MEN	LONG JUMP
12:00 NOON	WOMEN	LONG JUMP
FOLLOWS MEN LJ	MEN	TRIPLE JUMP
FOLLOWS WMN LJ	WOMEN	TRIPLE JUMP
12:00 NOON	MEN	SHOT PUT
FOLLOWS MEN SP	WOMEN	SHOT PUT
FOLLOWS WMN SP	MEN	WEIGHT THROW
FOLLOWS MEN WT	WOMEN	WEIGHT THROW
3:00 PM	MEN	HIGH JUMP

<u>START</u>		<u>RUNNING EVENT</u>
11:10 AM	MEN	5000 M RUN
11:30 AM	WOMEN	5000 M RUN
12:00 NOON	WOMEN	60 M HURDLE (PRELIM)
12:10 PM	MEN	60 M HURDLE (PRELIM)
12:20 PM	WOMEN	60 M DASH (PRELIM)
12:30 PM	MEN	60 M DASH (PRELIM)
12:45 PM	WOMEN	MILE
12:50 PM	MEN	MILE
1:05 PM	MEN	60 M HURDLE (SEMI-FINAL – if needed)
1:15 PM	WOMEN	60 M HURDLE (SEMI-FINAL – if needed)
1:20 PM	WOMEN	60 M DASH (SEMI-FINAL – if needed)
1:25 PM	MEN	60 M DASH (SEMI-FINAL – if needed)
1:35 PM	WOMEN	400 M DASH
1:45 PM	MEN	400 M DASH
2:00 PM	WOMEN	60 M HURDLE FINAL
2:05 PM	MEN	60 M HURDLE FINAL
2:10 PM	WOMEN	60 M DASH FINAL
2:15 PM	MEN	60 M DASH FINAL
2:25 PM	WOMEN	800 M RUN
2:30 PM	MEN	800 M RUN
2:35 PM	WOMEN	200 M DASH
2:50 PM	MEN	200 M DASH
3:05 PM	WOMEN	3000M RUN
3:20 PM	MEN	3000M RUN
3:35 PM	WOMEN	4X400 M RELAY
3:40 PM	MEN	4X400 M RELAY
3:45 PM	MEN	DISTANCE MEDLEY RELAY
4:00 PM	WOMEN	DISTANCE MEDLEY RELAY

2011 Men's Season Bests

Updated 2/28/11

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	6.87 (2-4-11)	6.87 (2-4-11)
Scott Campbell	7.14 (2-24-11)	7.14 (2-24-11)
Rene Stauss	7.15 (2-24-11)	7.15 (2-24-11)
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)

Name	Season Best	Career Best
Jeff Artis-Gray	7.94 (2-25-11)	7.94 (2-25-11)
Keare Smith	7.98 (2-4-11)	7.94 (2009)
Ebenezer Amegashie	7.98 (2-26-11)	7.98 (2-26-11)
Rene Stauss	8.83 (2-25-11)	8.83 (2-25-11)
Scott Campbell	8.86 (2-25-11)	8.86 (2-25-11)

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

Name	Season Best	Career Best
Keith Ricks	21.58 (2-5-11)	21.26 (2009)
Jonathan McCants	21.77 (2-25-11)	21.72 (2010)
Darrell Wesh	21.94 (2-25-11)	21.94 (2-25-11)
Ebenezer Amegashie	22.34 (1-29-11)	22.34 (1-29-11)
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	49.30 (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)

Name	Season Best	Career Best
Nick McLaughlin	1:19.88 (2-18-11) SR	1:19.88 (2-28-11) SR
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)

Name	Season Best	Career Best
Tihut Degfae	1:50.17 (2-19-11)	1:50.17 (2-19-11)
Nick McLaughlin	1:50.67 (2-25-11)	1:50.67 (2-25-11)
Chris Walizer	1:51.11 (2-19-11)	1:51.11 (2-19-11)
Ryan Witt	1:51.33 (2-25-11)	1:50.74 (2009)
Michael Hammond	1:51.34 (2-19-11)	1:51.34 (2-19-11)
Jeff Miller	1:52.21 (2-25-11)	1:52.21 (2-25-11)
Ryan Hagen	1:52.50 (2-19-11)	1:52.50 (2-19-11)
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)
Jason Cusack	1:55.64 (2-19-11)	1:55.64 (2-19-11)

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)
Scott Campbell	2:53.72 (2-25-11)	2:53.72 (2-25-11)
Rene Stauss	2:58.85 (2-25-11)	2:58.85 (2-25-11)

Mile (AQ - 3:59.00, SR - 4:01.53, Michael Hammond 2011)

Name	Season Best	Career Best
Michael Hammond	4:01.53 (2-18-11) SR	4:01.53 (2-18-11) SR
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	4:10.95 (2-25-11)	4:10.95 (2-25-11)
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)

Name	Season Best	Career Best
Will Mulherin	8:04.40 (2-4-11) SR	8:04.40 (2-4-11) SR
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)

Name	Season Best	Career Best
Yavgeniy Olhovskiy	17-11.25 / 5.47m (2-19-11)	18-2.5 / 5.55m (2009) SR
Stephan Munz	17-9 / 5.41m (2-26-11)	17-9 / 5.41m (2-26-11)
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)
Rene Stauss	13-5.25 / 4.10m (2-25-11)	13-5.25 / 4.10m (2-25-11)
Scott Campbell	11-1.75 / 3.40m (2-25-11)	11-1.75 / 3.40m (2-25-11)

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

Name	Season Best	Career Best
Jeff Artis-Gray	24-9 / 7.54m (2-25-11)	24-9 / 7.54m (2-25-11)
Hasheem Halim	23-7.5 / 7.20m (2-25-11)	23-7.5 / 7.20m (2-25-11)
Rene Stauss	23-0 / 7.01m (2-24-11)	23-0 / 7.01m (2-24-11)
Scott Campbell	22-1.5 / 6.74m (2-24-11)	22-1.5 / 6.74m (2-24-11)

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)
Rene Stauss	6-7 / 2.01m (2-24-11)	6-7 / 2.01m (2-24-11)
Derek Aegerter	6-4.25 / 1.94m (1-22-11)	6-4.25 / 1.94m (1-22-11)
Scott Campbell	5-9.75 / 1.77m (2-24-11)	5-9.75 / 1.77m (2-24-11)

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

Name	Season Best	Career Best
Hasheem Halim	52-3.75 / 15.94m (2-19-11)	52-8.25 / 16.06m (2010) SR
David Wilson	51-9.25 / 15.78m (2-26-11)	51-9.25 / 15.78m (2-26-11)
Jeffrey Artis-Grey	49-5.5 / 15.07m (2-26-11)	49-5.5 / 15.07m (2-26-11)

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

Name	Season Best	Career Best
Alexander Ziegler	70-8 / 21.54m (2-18-11) AQ	73-10.25 / 22.51m (2010)
Marcel Lomnický	69-0 / 21.3m (2-25-11)	69-8.25 / 21.24m (2010)
Denis Mahmic	65-4 / 19.91m (2-25-11)	65-4 / 19.91m (2-25-11)

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

Name	Season Best	Career Best
Rene Stauss	46-7.25 / 14.20m (2-5-11)	46-7.25 / 14.20m (2-5-11)
Scott Campbell	31-1 / 9.47m (2-24-11)	31-1 / 9.47m (2-24-11)

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

Name	Season Best
Amegashie, Artis-Gray, McCants, Ricks	3:14.19 (2-5-11)
Amegashie, T. Degfae, McCants, Wesh	3:16.50 (2-26-11)
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)

Distance Medley Relay (AQ - 9:32.00, SR - 9:30.24, Judge, Vaughn, Witt, Berlin 2009)

Name	Season Best
Judge, McCants, Hagen, Mulherin	9:44.88 (2-25-11)

Heptathlon (AQ - 5675 points)

Name	Season Best	Career Best
Rene Stauss	5,282 points	5,282 points
Scott Campbell	4,603 points	4,603 points

2011 Women's Season Bests

Updated 2/28/11

60 Meter Dash (AQ - 7.26, SR - 7.31, Funmi Alabi, 2011)

Name	Season Best	Career Best
Funmi Alabi	7.31 (2-25-11) SR	7.31 (2-25-11) SR
Ogechi Nwaneri	7.43 (2-25-11)	7.39 (2010)
Ebony Scott	7.60 (2-25-11)	7.60 (2-25-11)
Zakiya Tyson	7.67 (2-25-11)	7.67 (2-25-11)

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

Name	Season Best	Career Best
Kristen Brown	8.50 (2-25-11)	8.50 (2-25-11)
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
Ogechi Nwaneri	24.00 (2-25-11)	23.82 (2010)
Funmi Alabi	24.05 (2-25-11)	24.05 (2-25-11)
Aunye Boone	24.18 (2-5-11)	23.57 (2009)
Zakiya Tyson	24.38 (2-4-11)	24.38 (2-4-11)
Ebony Scott	24.88 (2-25-11)	24.88 (2-25-11)
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)

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	53.75 (2-25-11)	53.66 (2009)
Aunye Boone	54.48 (2-25-11)	54.48 (2-25-11)
Yvonne Amegashie	55.80 (2-25-11)	54.87 (2010)
Natalie Woodford	55.89 (2-25-11)	55.89 (2-25-11)
Zakiya Tyson	58.86 (2-5-11)	58.86 (2-5-11)

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
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)

Name	Season Best	Career Best
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)

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

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

Name	Season Best	Career Best
Jessica Trapeni	4:51.89 (2-25-11)	4:51.89 (2-25-11)
Sammy Dow	4:53.03 (2-18-11)	4:53.03 (2-18-11)
Paige Kvartunas	4:55.01 (2-25-11)	4:55.01 (2-25-11)
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)

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

Name	Season Best	Career Best
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)

5,000 Meters (AQ - 16:07.50, SR - 16:23.51, Natalie Sherbak 2009)

Name	Season Best	Career Best
Courtney Dobbs	16:46.63 (2-25-11)	16:46.63 (2-25-11)
Madalyn Nuckols	16:58.05 (2-25-11)	16:58.05 (2-25-11)

Pole Vault (AQ - 14-1.25 (4.30m), SR - 14-1.25 (4.30m), Kelly Phillips 2011)

Name	Season Best	Career Best
Kelly Phillips	14-1.25 / 4.30m (2-5-11) AQ, SR	14-1.25 / 4.30m (2-5-11) AQ, SR
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)

Name	Season Best	Career Best
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)

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

4x400m Relay (AQ - 3:34.00, SR - 3:38.16, Washington, Boone, Woodford, Amegashie 2011)

Name	Season Best
Washington, Boone, Woodford, Amegashie	3:38.16 (2-26-11) School Record
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)

Distance Medley Relay (AQ - 11:05.50, SR - 11:10.84, J. Fanning, S. Green, Washington, T. Fanning 2007)

Name	Season Best
Lemieux, Woodford, Dowd, Dow	11:17.72 (2-25-11)

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.

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