

Virginia Tech Track & Field



This Week: Yellow Jacket Invitational

March 25-26

Atlanta, Ga.

George C. Griffin Track

www.hokiesports.com/track/
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THIS WEEK

Virginia Tech travels to Atlanta, Ga., for the Yellow Jacket Invitational, hosted by Georgia Tech. Two days of events begin on Friday, March 25 at 6 p.m. and Saturday the 26th at 10:30 a.m.

LAST TIME OUT: HURRICANE INVITATIONAL

The Hokies opened the outdoor season at the Hurricane Invitational, hosted by the University of Miami in Coral Gables, Fla. Keith Ricks made an impressive outdoor debut, winning the 200-meter dash (21.10) and placing second in the 100-meter dash (10.47). The women's relays finished in similar fashion, with the 400-meter relay squad of Ebony Scott, Aunye Boone, Zakiya Tyson and Ogechi Nwaneri winning their event (45.16) and the 1,600-meter squad of Boone, Tyson, Yvonne Amegashie and Natalie Woodford placing second (3:46.43). Jeff Artis-Gray showed strong versatility in Miami, placing third in both the 400-meter hurdles (54.05) and the long jump (23-11.5, 7.30m). The Hokies had a 3-4-5 finish in the women's 400-meter dash, with Boone leading the way in third (55.23) followed by Amegashie (55.71) and Funmi Alabi (56.07).

CIANELLI AND BURKHARDT EARN ANNUAL CONFERENCE HONORS

Virginia Tech earned two conference honors for the 2011 indoor track and field season, as announced by the ACC office Monday. Dave Cianelli was named the Men's Track and Field Indoor Coach of the Year, while Samira Burkhardt was named the Women's Indoor Track and Field Freshman of the Year.

This season, Cianelli helped guide the men's team to its first ever ACC Indoor Championship with 140 points, the highest point total at the conference meet since 2006. The Hokies overcame traditional powerhouse Florida State by 42 points, the largest margin of victory since 2008. The men's team earned three event titles with 12 student-athletes earning All-ACC honors. Additionally, two ACC champions, Alexander Ziegler and Michael Hammond, both automatically qualified for the NCAA Championships. The Hokies sent six men total to the NCAA Championships, with four earning All-America honors. This is his second conference coaching accolade, as he was named the ACC Men's Outdoor Coach of the Year last season. Earlier this season, he was named the USTFCCA Southeast Region Men's Head Coach of the Year. He also earned regional and conference honors during the 2007 and 2008 seasons as the East Region Coach of the Year and the ACC Women's Indoor and Outdoor Coach of the Year. *(cont. on page 3)*

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	Hurricane Invitational	Coral Gables, Fla.
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	Spec Towns Invitational	Athens, Ga.
Apr. 8-9	Sun Angel Classic	Tempe, Ariz.
Apr. 9	Track and Field Classic	Lynchburg, Va.
Apr. 15-16	Sea Ray Relays	Knoxville, Tenn.
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

ACC Championships
 2011 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



Qualifying for the NCAA Championships

The top 48 declared athletes in each individual event will qualify to the East Region preliminary round of the NCAA Championships at the University of Indiana, Bloomington, Ind. The same process will take place in the west region at the University of Oregon, Eugene, Ore. From EACH of the two preliminary sites, the top 12 finishers in each individual event and the top 12 relays will qualify to the NCAA Final Championship Meet at Drake University, Des Moines, Iowa on June 8-11, 2012.

Burkhardt's honor comes after one of the most successful debut seasons for any Hokie. Burkhardt won five of her six shot put competitions during the season, including an ACC Championship (52-1.25, 15.88m). Her personal best this season of 54-9.25m (16.69m) is just a quarter of an inch shy of the all-time record at Tech. She spent the majority of the season at the top of the ACC performance list and in the top 20 nationally as the highest ranking true freshman in the women's shot put. Her high spot in the national leaderboards earned her a bid to the NCAA Championships, where she placed 12th (54-3.25, 16.54m) to earn USTFCCCA Second Team All-America honors.

EARLY SEASON CONFERENCE SUCCESS

Though early in the outdoor season, Virginia Tech already owns three of the top spots on the ACC performance list. Keith Ricks' second-place finish of 10.47 in the 100-meter dash at the Hurricane Invitational puts him out in front early by nearly a full second. Aunye Boone leads the way in the 400-meter dash (55.23) followed closely behind by teammates Yvonne Amegashie (55.71) and Funmi Alabi (56.07) in second and third place, respectively. The first-place 4x1 squad of Ebony Scott, Aunye Boone, Zakiya Tyson and Ogechi Nwaneri sits at the top of the conference leaderboard with a time of 45.16.

MENS SQUAD RANKED 16TH

The Hokie men's team is ranked 16th in the USTFCCCA outdoor preseason poll. They finished the indoor season 15th at the NCAA Championships and 12th in the final indoor season poll on March 8. They have been ranked in the top 25 in every poll except one so far in 2011, placing in the top ten four times. They can look to improve their outdoor ranking this season with five former outdoor conference champions and outdoor All-Americans on the current roster. The women's team is ranked 33rd.

CONFERENCE THREE-PEAT

Three Hokies will be able to earn their third consecutive outdoor conference title with a victory this season. Marcel Lomnický will be looking for his third straight title in the hammer throw, along with Will Mulherin in the 5,000 meters and Yavgeniy Olhovskiy in the pole vault. Dorotea Habazin can win her third career conference title, as she won consecutive titles in 2008 and 2009.

OUTDOOR ACC CHAMPIONSHIPS

This year's outdoor conference meet will be hosted by Duke University in Durham, N.C. Three days of events begin on Thursday, April 21 with the heptathlon, decathlon and the men's and women's discus, javelin and 10,000 meters. Admission is free throughout the championships and fans are asked to enter and exit through the east gate of Wallace Wade Stadium.

Outdoor National Rankings (Top 48)

Men's		
Event	Name	Rank (Mark)
100m	Keith Ricks	5 (10.47)
200m	Keith Ricks	8 (21.10)
400m	Jonathan McCants	43 (48.24)
110mh	Ebenezer Amegashie	34 (14.50)
4x400	Amegashie, McCants, Wesh, Ricks	35 (3:15.43)
Women's		
Event	Name	Rank (Mark)
100m	Ogechi Nwaneri	23 (11.73)
200m	Funmi Alabi	34 (24.11)
400m	Aunye Boone	15 (55.23)
	Yvonne Amegashie	34 (55.71)
4x100	Scott, Boone, Tyson, Nwaneri	10 (45.16)
4x400	Boone, Amegashie, Woodford, Tyson	25 (3:46.43)

Up Next: Colonial Relays / Florida Relays - Apr. 1-2 - Williamsburg, Va. / Gainesville, Fla.

Outdoor Preseason Top 25

MEN'S

1. Florida
2. Texas A&M
3. Texas Tech
4. Florida State
5. LSU
6. Southern California
7. Stanford
8. Mississippi State
9. Nebraska
10. Minnesota
11. BYU
12. Oregon
13. Mississippi
14. Arkansas
15. Oklahoma
- 16. Virginia Tech**
17. Texas
18. Auburn
19. Kansas State
20. South Carolina
21. Washington
22. Alabama
23. Georgia
24. UCLA
25. California

WOMEN'S

1. Texas A&M
2. Oregon
3. LSU
4. Oklahoma
5. Southern California
6. Clemson
7. Texas
8. Florida State
9. Arkansas
10. Auburn
11. Arizona
12. Texas Tech
13. Stanford
14. Kansas
15. Tennessee
16. Arizona State
17. BYU
18. Miami
19. Penn State
20. SMU
21. Colorado
22. Washington State
23. Indiana
24. Baylor
25. Southern Illinois
- 33. Virginia Tech**

Current Hokie Outdoor Conference Champions

Dorotea Habazin.....	2008	Hammer Throw
	2009	Hammer Throw
Marcel Lomnicky	2009	Hammer Throw
	2010	Hammer Throw
Will Mulherin.....	2009	5,000 Meters
	2010	5,000 Meters
Yavgeniy Olhovskiy	2009	Pole Vault
	2010	Pole Vault
Matthias Treff	2009	Javelin
Ryan Witt	2009	800 Meters

Current Hokie All-Americans

Hunter Hall

2009..... Indoor Pole Vault (7th)
 2009..... Outdoor Pole Vault (10th)
2011..... Indoor Pole Vault (6th)

Dorotea Habazin

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

Michael Hammond

2011..... Indoor Mile Run (7th)

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..... Outdoor5,000 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)
2011..... Indoor Pole Vault (8th)

Kelly Phillips

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

Asia Washington

2007..... Indoor Distance Medley (4th)
 2009..... Outdoor400m Hurdles (4th)

Alexander Ziegler

2010..... Indoor Weight Throw (3rd)
2011..... Indoor Weight Throw (2nd)

TOP OUTDOOR CONFERENCE PERFORMANCES

MEN'S

Event	Name	School	Mark
100m	Keith Ricks	Virginia Tech	10.47
200m	Ben Major	NC State	21.00
400m	Tyler Dodds	Wake Forest	47.58
800m	Jasen Turnbull	Clemson	1:52.24
1,500m	Shawn Roberts	Georgia Tech	3:47.62
5,000m	Doug Black	Georgia Tech	15:05.07
110mh	Spencer Adams	Clemson	14.21
400mh	Reynaldo Radlin	North Carolina	52.02
Steep	Joe Fulton	Georgia Tech	9:23.48
4x100-meter relay		NC State	41.59
4x400-meter relay		Clemson	3:14.16
HJ	Mykhail Chambers	Georgia Tech	2.05m
PV	Andrew LaHaye	Florida State	5.20m
LJ	Josh Fowler	Clemson	7.35m
TJ	Josh Fowler	Clemson	14.78m
SP	Michael Barbas	Duke	16.97m
Disc	Mike Schallmo	Duke	52.54m
Ham	Alex Padgett	Clemson	58.94m
Jav	Ben Lincoln	Wake Forest	67.80m

WOMEN'S

Event	Name	School	Mark
100m	Marlena Wesh	Clemson	11.70
200m	Teona Rodgers	Florida State	23.49
400m	Aunye Boone	Virginia Tech	55.23
800m	LeeAnna Godwin	North Carolina	2:14.74
1,500m	Alyssa Kulik	Clemson	4:32.16
5,000m	Sarah Turman	Clemson	17:49.41
10k	Moira Kenny	Boston College	39:19.44
100mh	Teona Rodgers	Florida State	13.43
400mh	Leslie Njoku	Georgia Tech	58.39
Steep	Stephanie Buffo	Clemson	10:57.70
4x100-meter relay		Virginia Tech	45.16
4x400-meter relay		Clemson	3:43.75
HJ	Megan Novinger	Miami	1.75m
PV	Joanna Wright	Georgia Tech	4.11m
LJ	April Sinkler	Clemson	5.99m
TJ	Jasmine Brunson	Clemson	12.34m
SP	Michelle Anumba	Duke	15.74m
Disc	Brittany Hampton	NC State	15.74m
Ham	Lawanda Henry	NC State	54.29m
Jav	Chelsea Whalen	Florida State	45.46m
Hept	Nicole Cummings	Miami	4,404

Men's All-Time Outdoor Performers

100 Meters

André Davis	10.24	1999
Keith Ricks	10.38	2010
Dennis Scott	10.42	1980
David Read	10.43	1980
Jevon Jenkins	10.52	2001
Darryl McCoy	10.64	1999

100 Yards

André Releford	9.4	1974
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200 Meters

André Davis	20.78	1999
Keith Ricks	20.86	2010
Robert Nash	21.10	1984
David Read	21.10	1980
Dennis Scott	21.20	1980
Nick Vaughn	21.40	2009

220 Yards

Mac Banks	20.8	1971
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400 Meters

Hilliard Sumner	46.73	1996
Robert Nash	47.20	1984
Nick Vaughn	47.34	2009
Detrick Stith	47.48	1998
Buck Grant	47.72	2003
Justin Davis	47.75	1999

440 Yards

Mac Banks	46.7	1971
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800 Meters

Tim Crossin	1:48.5	1982
Ray Ackenbom	1:49.06	1979
Billy Berlin	1:49.51	2007
Ali Najjar	1:49.91	2000
Brett Matthews	1:50.0	1994
Ryan Witt	1:50.06	2010
Eric Necciai	1:50.25	2002

1,500 Meters

Gary Cobb	3:39.35	1987
Billy Berlin	3:41.88	2007
Michael Hammond	3:42.17	2010
Ray McDaniels	3:45.2	1982
Chris Walizer	3:45.30	2010
James Scheiner	3:46.41	2007
Steve Taylor	3:46.6	1987
Michael Burns	3:46.68	1979
Ryan Witt	3:46.78	2009

MILE

Will Mulherin	4:00.93	2010
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5,000 Meters

Will Mulherin	13:50.76	2010
Steve Taylor	13:52.0	1987
Mark Stickley	14:03.4	1983
Dave Atkiss	14:07.27	2006
Steven Pinard	14:08.0	1983

10,000 Meters

Mark Stickley	28:45.97	1985
Steve Taylor	28:54.1	1987
Tony Williams	28:55.4	1987
Howard Nippert	29:15.0	1986
Chris Seaton	29:27.04	2001

110-Meter Hurdles

Chris Stokes	13.89	1999
Kevin Walker	13.91	2001
Kenny Lewis	14.08	1980
E. Amegashie	14.17	2009

400-Meter Hurdles

Justin Davis	51.28	1999
Kevin Walker	51.47	2000
Robert Chase	52.06	1982
Jason Fullmer	52.46	1996
E. Amegashie	52.83	2010

3,000-Meter Steeplechase

Gene Crane	8:47.2	1978
Robert Herndon	8:54.6	1984
Merle Valetto	8:55.1	1971
Jared Berman	8:55.33	2010
Tim Covington	9:02.1	1989
David Peterson	9:03.5	1983
Rider Claus	9:05.55	2007

4x100-Meter Relay

Smith, Ricks	40.56	2010
Wilson, Amegashie		
Smith, Vaughn	40.84	2009
Amegashie, Ricks		

4x110-Yard Relay

Fallen, Read,	40.7	1980
Lewis, Scott		

4x200-Meter Relay

Renninger, Fludd	1:26.55	2005
Price, Jenkins		

4x400-Meter Relay

Walker, Sangbana, ..	3:10.48	1999
Davis, Stith		
Edwards, Walker, ..	3:11.51	1999
Sangbana, Davis		
Jury, Cook,	3:11.56	2002
Necciai, DiPadova		

4x440-Yard Relay

Chase, Watson,	3:10.2	1982
Nash, Crossin		

4x800-Meter Relay

Walizer, Hammond	7:22.19	2010
Witt, McLaughlin		
Judge, Berlin	7:26.98	2009
J. Miller, Witt		
Jury, D. Vick,	7:30.12	2004
Johnson, Grant		
McDaniels, Crossin, ..	7:32.2	1982
Porr, Watson		

4x1,500-Meter Relay

Scheiner, Cornwall	15:41.32	2007
Clauss, Berlin		
C. Padilla, Judge	15:54.60	2008
Walizer, Clauss		
Hayes, Rhue,	15:54.70	2001
Seaton, Oliver		
Johnson, D. Vick,	16:05.12	2005
Markley, Berlin		
Necciai, Snead,	16:05.61	2002
Atkiss, Lawson		

Distance Medley Relay

Voight, Oustrich,		
Reed, Cobb	9:40.31	1987

Long Jump

Jerry Gaines	24'10"	(7.57m)	1971
Darryl McCoy	24'5"	(7.44m)	2000
James Curd	24'3.75"	(7.41m)	1988
Mike Donahue	24'3.50"	(7.40m)	1999
Mike Halim	23'11.75"	(7.31m)	1981

Triple Jump

Phil Saunders	53'4.5"	(16.27m)	1986
David Wilson	51'5.5"	(15.68m)	2010
Hasheem Halim	51'5"	(15.67m)	2010
Jason Fludd	50'11.5"	(15.53m)	2004
Idikoro Eradiri	50'0.75"	(15.26m)	2005

High Jump

Steve Whaley	7'1"	(2.16m)	1983
Jake Howitt	7'0"	(2.13m)	1985
Hank Bradley	7'0"	(2.13m)	1976
Genesis Ridley	6'9"	(2.06m)	2000
Brian Hunter	6'9"	(2.06m)	2000
Brian Drennen	6'9"	(2.06m)	1994

Pole Vault

B. Mondschein	18'1.75"	(5.53m)	2006
B. Hunter	18'1.25"	(5.52m)	2000
Y. Olhovsky	18'0.5"	(5.50m)	2010
J. Jodon	17'6.50"	(5.35m)	2010
T. Mueller	17'5.75"	(5.33m)	2007
J. Samaniuk	17'5.50"	(5.32m)	2007
H. Hall	17'2.75"	(5.25m)	2010
B. Phillips	17'0.50"	(5.20m)	1980
A. Bingaman	16'10.75"	(5.15m)	2007

Shot Put

S. Hahn	62'10.5"	(19.16m)	2005
J. Clickett	62'8.5"	(19.11m)	2007
R. Norwood	60'10.5"	(18.55m)	2004
I. Misljenovic	60'4"	(18.39m)	2010
S. Huntzinger	56'10"	(17.32m)	2006
J. Fallone	56'2"	(17.12m)	2003

Hammer Throw

M. Lomnický	245'6"	(74.83m)	2010
A. Ziegler	241'9"	(73.68m)	2010
S. Jullien	238'5"	(72.68m)	2005
M. Anani	231'5"	(70.55m)	2006
M. Muza	229'1"	(69.84m)	2008
E. Kingston	221'11"	(67.64m)	1999
M. Sergent	210'1"	(64.04m)	1992
D. Mahmic	203'6"	(62.03m)	2010

Discus

S. Hahn	189'6"	(57.76m)	2005
I. Misljenovic	187'3"	(57.08m)	2009
S. Mehr	178'6"	(54.42m)	1983
M. Sergent	175'5"	(53.48m)	1992
E. Boes	173'9"	(52.96m)	2000
J. Clickett	172'3"	(52.50m)	2007

Javelin

J. Smit	242'9"	(74.00m)	2005
M. Treff	239'10"	(73.10m)	2009
K. Moore	220'8"	(67.25m)	2007
B. Patrowicz	219'3"	(66.84m)	1989
C. Sieben	205'8"	(62.70m)	1994
A. Arad	205'0"	(62.48m)	2007

Old Javelin

David Sage	227-10	(69.44m)	1977
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Decathlon

Ed Nuttycombe	6,951 points	1976
John Dyer	6,939 points	1981
Danny Thompson	6,796 points	1983

Women's All-Time Outdoor Performers

100 Meters

Patrice Potts	11.40	2007
Britni Spruill	11.55	2007
Ogechi Nwaneri	11.57	2009
Funmi Alibi	11.69	2010
Aunye Boone	11.71	2009
Damali Hay	11.76	2002
Kristi Castlin	11.79	2008

200 Meters

Britni Spruill	23.17	2007
Patrice Potts	23.25	2007
Aunye Boone	23.57	2009
Kristi Castlin	23.65	2010
Ogechi Nwaneri	23.82	2010
Danya Gordon.....	24.10	1999
Damali Hay	24.22	2002

400 Meters

Queen Harrison	52.88	2008
Sherlenia Green.....	53.78	2006
Asia Washington.....	54.51	2009
Britni Spruill.....	54.83	2008
Shakirra Pinnock.....	54.89	2008
Yvonne Amegashie	55.11	2010

800 Meters

Marlies Overbeeke	2:06.68	2004
Marie Giles	2:08.26	2005
Tasmin Fanning.....	2:08.27	2008
Asia Washington.....	2:08.37	2008
Meredith Brooks.....	2:08.83	2006
Heather Mullis.....	2:09.96	2004

1,500 Meters

Tasmin Fanning.....	4:17.79	2007
Marlies Overbeeke	4:18.82	2004
Kristin Price.....	4:22.85	2001
Jessica Fanning.....	4:22.86	2008
Cheryl Tuosto.....	4:27.80	1985
Lauren Lemieux	4:27.84	2010

3,000-Meter Run

Cheryl Tuosto.....	9:14.25	1985
Linda King.....	9:15.01	1985
Margarita Lasaga	9:29.1	1987
Natalie Sherbak	9:29.80	2008
Louise Schwetzer	9:33.0	1987
Roxanne Polo.....	9:39.2	1985

5,000 Meters

Tasmin Fanning.....	15:37.73	2008
Kristin Price.....	15:56.68	2001
Linda King.....	16:04.64	1984
Cheryl Tuosto.....	16:05.85	1984
Roxanne Polo.....	16:11.00	1985
Marlies Overbeeke	16:30.33	2004

10,000 Meters

Linda King.....	33:05.96	1984
Magarita Lasaga.....	33:51.00	1987
Natalie Sherbak	34:11.50	2009
Roxanne Polo.....	34:14.00	1986
Heidi Allen.....	35:59.10	1993
Stacy Vidt.....	36:28.40	2003

100-Meter Hurdles

Queen Harrison	12.46	2010
Kristi Castlin	12.81	2008
Sherlenia Green.....	13.20	2008
Leslie Aririguzo	13.55	2009
Brandi Smith	13.77	1999
Katie Ollendick	13.96	1998

400-Meter Hurdles

Queen Harrison	54.55	2010
Sherlenia Green.....	56.66	2007
Asia Washington.....	56.90	2009
Brandi Smith	58.41	1999
Kristi Castlin	60.44	2007
Danielle Gaddy	60.83	2003

3,000-Meter Steeplechase

Sammy Dow	10:35.01	2010
Erin Reddan	10:35.82	2008
Kristin Hart	10:38.22	2006
Kim Milbourn.....	10:47.23	2003
Jessica Morris	10:50.48	2004

4x100-Meter Relay

S. Green, Potts,	44.33	2007
Castlin, Spruill			
S. Green, Castlin,	44.56	2008
Harrison, Spruill			
Spruill, Potts,	44.62	2007
Castlin, S.Green			
Castlin, Alabi	44.76	2010
Boone, Nwaneri			
Spruill, Harrison,	45.01	2008
Pinnock, S.Green			

4x200-Meter Relay

Pinnock, Boone	1:36.23	2009
Aririguzo, Nwaneri			
Gordon, Ollendick.....	1:38.34	1998
Cook, Byrd			
Sanders, Spruill.....	1:38.52	2006
Pinnock, Potts			

4x400-Meter Relay

Harrison, Washington.....	3:32.05	2008
S. Green, Spruill			
Harrison, Amegashie	3:33.15	2010
Washington, Boone			
Spruill, S. Green,	3:34.67	2007
Harrison, Washington			
Harrison, Washington	3:34.68	2008
Pinnock, Spruill			
Spruill, Harrison,	3:36.05	2007
Washington, S. Green			
S. Green, Washington.....	3:36.45	2008
Pinnock, Spruill			

4x800-Meter Relay

Mullis, Morris	8:53.95	2004
Ekemo, Overbeeke			
Brooks, Morris	8:53.99	2004
Overbeeke, Mullis			
Lemieux, Weidman	9:00.98	2010
Pinkston, Dow			

4x1,500-Meter Relay

Sherbak, J. Fanning	18:17.40	2008
Clark, T. Fanning			
Sherbak, Clark.....	18:22.65	2007
Gentles, T. Fanning			
Ekemo, Ference	18:36.43	2004
Morris, Overbeeke			

Sprint Medley Relay

Potts, Spruill,	3:53.69	2007
Pinnock, Washington			

Shuttle Hurdle Relay

Harrison, Castlin	54.27	2010
Washington, Williams			

Distance Medley Relay

T. Fanning, Ference.....	11:30.01	2007
Sherbak, Clark			

High Jump

K. Ollendick.....	5'11.25"	(1.81m)	..1998
S. Triesscheijn	5'8.75"	(1.75m)2006
B. Miller	5'8"	(1.73m)1997
D. Girtler	5'6"	(1.68m)1983
G. Krebs.....	5'5.25"	(1.66m)2006

Pole Vault

A. Early	13'5.75"	(4.11m)2007
K. Phillips	13'5.25"	(4.10m) 2008
E. Mahony	13'5.25"	(4.10m)2008
A. McGrath	12'9.50"	(3.90m)2006
C. Thornley	12'8"	(3.86m) 2010
E. Birnbaum	12'7.50"	(3.85m)2008

Long Jump

A. Byrd.....	20'1.50"	(6.13m)	..2000
M. Barnes	20'0.25"	(6.10m)	..1998
B. Smith	19'9"	(6.02m)1998
M. Nowden.....	19'4"	(5.90m)2003
S. Triesscheijn	19'3.75"	(5.89m)	..2006

Triple Jump

A. Byrd.....	42'5.25"	(12.93m)	..2000
B. Smith	39'8.75"	(12.11m)	..1997
D. Edmunds.....	38'8.25"	(11.79m)	..1995
M. Burgess.....	38'2.75"	(11.65m)	..1998
C. Organ.....	37'3"	(11.35m)1992

Shot Put

B. Pryor.....	55'2.75"	(16.83m)	..2007
C. Ayangbile.....	54'4.00"	(16.56m)	..2007
P. Allan	50'3.50"	(15.33m)	..1998
J. Williams.....	50'1.25"	(15.27m)	..2003
E. Schroeder	49'8.5"	(15.15m)	..2007

Discus Throw

B. Pryor.....	172'10"	(52.69m)	..2009
C. Herman.....	162'6"	(49.54m)2003
T. Burns.....	162'6"	(49.53m)2005
M. Smith	158'9"	(48.40m)1997
E. Schroeder	158'	(48.16m)2009

Hammer Throw

D. Habazin	218'11"	(66.74m) 2010
K. Callan.....	210'2"	(64.05m)2008
B. Pryor.....	208'1"	(63.42m)2008
T. Burns.....	198'5"	(60.48m)2007
P. Allan.....	166'10"	(50.86m)2000

Javelin

D. O'Connell.....	174'2"	(53.10m)	..2002
A. Keats.....	152'0"	(46.32m)	..2005
S. Triesscheijn	151'4"	(46.14m)	..2006
C. Herman.....	135'8"	(41.36m)	..2000
K. Manheimer.....	135'0"	(41.16m)	..1992

Heptathlon

Saskia Triesscheijn	5,833 points	..2006
Katie Ollendick.....	5,378 points	..1998
Gunild Krebs.....	5,315 points	..2006
Brandi Smith	4,661 points	..1997
Dorothea Ku	4,350 points	..1993

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.
Jeff 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

**YELLOW JACKET INVITATIONAL
GEORGE C. GRIFFIN TRACK – GEORGIA TECH
ATLANTA, GEORGIA
FRIDAY-SATURDAY, MARCH 25-26, 2011**

Schedule of Events

FRIDAY

6:00 pm Hammer Throw (W/M to follow)

SATURDAY

Field Events

10:30 am	Shot Put	(W/M to follow)
	Javelin	(W/M to follow)
1:00 pm	Pole Vault	(M/W to follow)
	Long Jump	(M – South Pit)
	Long Jump	(W – North Pit)
1:30 pm	Discus	(W/M to follow)
2:30 pm	High Jump	(W/M to follow)
3:00 pm	Triple Jump	(W – South Pit)
	Triple Jump	(M – North Pit)

** In ALL running events, women will go first followed by the men **

Running Events

12:00 pm	3000m SC
12:30 pm	4 x 100m Relay
12:40 pm	1500m
1:25 pm	100m H / 110m HH
2:00 pm	400m
2:25 pm	100m
2:50 pm	800m
3:35 pm	400m IH
3:55 pm	200m
4:35 pm	5000m
5:15 pm	4 x 400m Relay

schedule subject to change depending on entries

2011 Men's Season Bests

Updated 3/21/11

100 Meter Dash (School Record - 10.24, Andre Davis 1999)

Name	Season Best	Career Best
Keith Ricks	10.24 (3-19-11)	10.24 (3-19-11)
Darrell Wesh	10.77 (3-19-11)	10.77 (3-19-11)
David Wilson	11.01 (3-19-11)	11.01 (3-19-11)

200 Meter Dash (School Record - 20.78, Andre Davis 1999)

Name	Season Best	Career Best
Keith Ricks	21.10 (3-19-11)	20.86 (2010)
Jonathan McCants	21.60 (3-19-11)	21.60 (3-19-11)

400 Meter Dash (School Record - 46.73, Hilliard Sumner 1996)

Name	Season Best	Career Best
Jonathan McCants	48.24 (3-19-11)	48.24 (3-19-11)

110-Meter Hurdles (School Record - 13.89, Chris Stokes 1999)

Name	Season Best	Career Best
Ebenezer Amegashie	14.50 (3-19-11)	14.17 (2009)

400-Meter Hurdles (School Record - 51.28, Justin Davis 1999)

Name	Season Best	Career Best
Ebenezer Amegashie	53.82 (3-19-11)	52.83 (2010)
Jeff Artis-Gray	54.05 (3-19-11)	54.05 (3-19-11)
Ronnie Black	56.03 (3-19-11)	56.03 (3-19-11)

Long Jump (School Record - 24-10 / 7.57m, Jerry Gaines 1971)

Name	Season Best	Career Best
Jeff Artis-Gray	23-11.5 / 7.30m (3-19-11)	23-11.5 / 7.30m (3-19-11)

1,600-Meter Relay (School Record - 3:10.48, Walker, Sangbana, Davis, Stith 1999)

Name	Season Best
Amegashie, McCants, Wesh, Ricks	3:15.43 (3-19-11)

2011 Women's Season Bests

Updated 3/21/11

100 Meter Dash (School Record - 11.40, Patrice Potts 2007)

Name	Season Best	Career Best
Ogechi Nwaneri	11.73 (3-19-11)	11.57 (2009)
Ebony Scott	12.02 (3-19-11)	12.02 (3-19-11)
Zakiya Tyson	12.15 (3-19-11)	12.15 (3-19-11)

200 Meter Dash (School Record - 23.17, Britni Spruill 2007)

Name	Season Best	Career Best
Funmi Alabi	24.11 (3-19-11)	24.11 (3-19-11)
Ogechi Nwaneri	24.84 (3-19-11)	23.82 (2010)
Ebony Scott	24.95 (3-19-11)	24.95 (3-19-11)
Zakiya Tyson	25.11 (3-19-11)	25.11 (3-19-11)
Kristen Brown	25.56 (3-19-11)	25.56 (3-19-11)

400 Meter Dash (School Record - 52.88, Queen Harrison 2008)

Name	Season Best	Career Best
Aunye Boone	55.23 (3-19-11)	55.23 (3-19-11)
Yvonne Amegashie	55.71 (3-19-11)	55.11 (2010)
Funmi Alabi	56.07 (3-19-11)	56.07 (3-19-11)
Natalie Woodford	56.90 (3-19-11)	56.90 (3-19-11)

100-Meter Hurdles (School Record - 12.46, Queen Harrison 2010)

Name	Season Best	Career Best
Kristen Brown	14.03 (3-19-11)	14.03 (3-19-11)

400-Meter Relay (School Record - 44.33, Green, Potts, Castlin, Spruill 2007)

Name	Season Best
Scott, Boone, Tyson, Nwaneri	45.16 (3-19-11)

1,600-Meter Relay (School Record - 3:32.05, Harrison, Washington, Green, Spruill 2008)

Name	Season Best
Boone, Amegashie, Woodford, Tyson	3:46.43 (3-19-11)