

Virginia Tech Track & Field



This Week: Florida Relays/Colonial Relays

April 1-2

Gainesville, Fla.

Williamsburg, Va.

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THIS WEEK

Virginia Tech travels to a pair of relay meets, splitting squads between the Florida Relays in Gainesville, Fla. and the Colonial Relays in Williamsburg, Va.

LAST TIME OUT: YELLOW JACKET INVITATIONAL

Rain came in late Saturday to shorten the meet, but the Hokies won six events up until the end, including sweeps of the men's and women's 4x1 and 100-meter dash. The women's 400-meter relay of Ebony Scott, Funmi Alabi, Zakiya Tyson and Ogechi Nwaneri won in 45.76, while the men's team of David Wilson, Keith Ricks, Darrell Wesh and Ebenezer Amegashie won their race in 40.92. Individual members of each relay also won the 100-meter dash, with Nwaneri leading the women's race at 11.66 while Ricks cruised to a victory at 10.50. Ricks followed up his victory in the 100-meter dash with a second-place finish in the 200-meter dash (21.14). Zakiya Tyson led a 2-3-4 finish in the women's 200-meter dash (24.26) followed by Boone (24.38) and Alabi (24.46). The Hokies combined for a sweep of the men's and women's hammer throw, with Dorotea Habazin throwing 214-3 (65.30m) to win the women's competition, while Denis Mahmic followed suit, taking the men's title at 196-9 (59.98m). Hasheem Halim was Tech's third victor in the field events, besting the field in the men's triple jump at 50-8.75 (15.46m).

RUNAWAY RELAYS

Early in the outdoor season, the men's and women's relays are showing their strength. The women's 400-meter relay has earned victories in consecutive meets and the men earned a win at the Yellow Jacket Invitational. The men's and women's 1,600-meter relays took second at the Hurricane Invitational, but mother nature denied them a chance to repeat last weekend at the Yellow Jacket Invitational.

TOP OF THE CONFERENCE

After this last weekend, Virginia Tech now claims the top spot in six of the events on the ACC performance list. Hokies swept the top times in the 100-meter dash, with Keith Ricks' time from the first weekend (10.47) and Ogechi Nwaneri's time from this past weekend (11.66). Nwaneri is also part of the conference-leading 400-meter relay (45.16) along with Aunye Boone, Zakiya Tyson and Ogechi Nwaneri. Hasheem Halim's win in the triple jump this past weekend (50-8.75, 15.46m) gives him the top ACC spot. Friday's sweep of the hammer throw saw conference-leading performances from Dorotea Habazin (214-3, 65.30m) and Denis Mahmic (196-9, 59.98m).

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.

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.

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 USTFCCA Second Team All-America honors.

MENS SQUAD RANKED 16TH

The Hokie men's team is ranked 16th in the USTFCCA outdoor preseason poll. They finished the indoor season 15th at the NCAA Championships and 12th in the final indoor

Outdoor National Rankings East Region Top 48

Men's		
Event	Name	Rank (Mark)
100m	Keith Ricks	8 (10.47)
	Darrell Wesh	48 (10.74)
200m	Keith Ricks	8 (21.10)
400m	Jonathan McCants	41 (48.24)
110mh	Ebenezer Amegashie	30 (14.50)
400mh	Ebenezer Amegashie	26 (53.24)
	Jeff Artis-Gray	46 (54.05)
4x100	Wilison, Ricks, Wesh, Amegashie	17 (40.92)
4x400	Amegashie, McCants, Wesh, Ricks	35 (3:15.43)
Long Jump	Jeff Artis-Gray	14 (7.30m)
Triple Jump	Hasheem Halim	2 (15.46m)
Hammer	Denis Mahmic	8 (59.98m)
Women's		
Event	Name	Rank (Mark)
100m	Ogechi Nwaneri	7 (11.66)
200m	Funmi Alabi	28 (24.11)
	Zakiya Tyson	38 (24.26)
	Aunye Boone	45 (24.38)
400m	Aunye Boone	22 (55.23)
	Yvonne Amegashie	37 (55.71)
100mh	Kristen Brown	36 (14.03)
400mh	Yvonne Amegashie	23 (1:00.75)
4x100	Scott, Boone, Tyson, Nwaneri	9 (45.16)
	Scott, Alabi, Tyson, Nwaneri	18 (45.76)
	Boone, Amegashie	
4x400	Woodford, Tyson	25 (3:46.43)
Hammer	Dorotea Habazin	1 (65.30m)

Up Next: Spec Towns Invitational (Apr. 8-9) Athens, Ga. / Sun Angel Classic (Apr. 8-9) Tempe, Ariz. / Track and Field Classic (Apr. 9) Lynchburg, Va.

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 Lomnicky will be looking for his third straight title in the hammer throw, along with Will Mulherin in the 5,000 meters and Yavgeniy Olhovsky 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.

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 Olhovsky	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 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)
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	Charles Cox	North Carolina	46.28
800m	Darrin Gibson.....	Florida State	1:50.32
1,500m ..	Shawn Roberts.....	Georgia Tech.....	3:47.62
5,000m ..	Michael Fout.....	Florida State ...	13:46.19
10k.....	Ciaran O'Lionaird	Florida State ...	28:32.30
110mh ...	Spencer Adams.....	Clemson	14.21
400mh ...	Reynaldo Radlin.....	North Carolina	52.02
Steep	Joe Fulton	Georgia Tech.....	9:23.48
4x100-meter relay		Florida State	39.63
4x400-meter relay		North Carolina ...	3:10.72
HJ.....	Dwight Barbiasz	Maryland	2.23m
PV	Andrew LaHaye.....	Florida State	5.20m
LJ.....	Josh Fowler	Clemson	7.35m
TJ.....	Hasheem Halim	Virginia Tech ...	15.46m
SP.....	Michael Putman	Florida State	18.11m
Disc.....	Michael Putman	Florida State	53.87m
Ham	Denis Mahmic	Virginia Tech ...	59.98m
Jav.....	Andy Fahringer	Virginia	73.02m
Dec	Daniel Salgado	Florida State	5,342

WOMEN'S

Event	Name	School	Mark
100m	Ogechi Nwaneri	Virginia Tech	11.66
200m	Teona Rodgers	Florida State	23.49
400m	Zoey Russell	North Carolina	54.63
800m	Caroline King.....	Boston College ...	2:08.25
1,500m ..	Caroline King.....	Boston College ...	4:17.48
5,000m ..	Andie Cozzarelli	NC State	16:44.38
10k.....	Kimberly Ruck.....	Clemson	33:16.45
100mh ...	Teona Rodgers	Florida State	13.26
400mh ...	LaToya James	North Carolina	58.27
Steep	Alyssa Kulik	Clemson	10:18.18
4x100-meter relay		Virginia Tech	45.16
4x400-meter relay		Clemson	3:43.75
HJ.....	Patience Coleman...	North Carolina	1.80m
PV	Joanna Wright.....	Georgia Tech.....	4.11m
LJ.....	Sinkler/McKee	Clemson/GT	5.99m
TJ	Jasmine Brunson.....	Clemson	12.34m
SP.....	Michelle Anumba	Duke	16.18m
Disc.....	Brittany Hampton	NC State	48.86m
Ham	Dorotea Habazin	Virginia Tech ...	65.30m
Jav.....	Andrea Hopkins	Duke	47.80m
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. Olhovskiy	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
Funmi Alibi **24.11** **2011**

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
Y. Amegashie **60.75** **2011**

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



**FLORIDA RELAYS
PERCY BEARD TRACK
GAINESVILLE, FL
APRIL 1st – 2nd, 2011**

FRIDAY SCHEDULE OF EVENTS:

FIELD EVENTS:

HIGH SCHOOLS

10:00am Long Jump (B & G)
Pole Vault (B)
Discus (G) outside field
Shot Put (B)
High Jump (G)

COLLEGIATE & OPEN

2:00pm Long Jump (M)
3:00pm Pole Vault (W)
2:00pm Discus (W)
4:00pm Hammer (M) outside field
Discus (W) Invite
5:30pm High Jump (W)
Discus (M) Invite
6:00pm Long Jump (W)
Hammer (W) outside field
7:00pm Javelin (M)

RUNNING EVENTS:

11:45am 100 Hurdles (HS – G)
12:05pm 100 Hurdles (W)
12:25pm 110 Hurdle (HS -B)
12:45pm 110 Hurdles (M)
1:05pm 400m (W)
1:25pm 400m (M)
1:45pm 100m (HS – G)
2:05pm 100m (HS – B)
2:25pm 100m (W)
2:40pm 100m (M)
2:55pm 800m (W)
3:20pm 800m (M)
3:45pm 400m Hurdles (W)
4:05pm 400m Hurdles (M)
4:25pm Invite 200 (W)
4:35pm Invite 200 (M)
4:45pm 4x200 (HS – G)
5:10pm 4x200 (HS – B)

Evening Session

6:00pm 800m (HS-G)
800m (HS-B)
1500 (W)
1500 (M)
1600 (HS-G)
1600 (HS-B)
Steeplechase (W)
Steeplechase (M)
3200 (HS-G)
3200 (HS-B)
5000m (W)
5000m (M)

SATURDAY SCHEDULE OF EVENTS:

FIELD EVENTS:

HIGH SCHOOLS

10:00am Triple Jump (G & B)
Pole Vault (G)
Discus (B) outside field
Shot Put (G)
High Jump (B)

COLLEGIATE & OPEN

11:30am Javelin (W)
12:30pm Discus (M) outside field
1:00pm Pole Vault (M)
1:30pm Triple Jump (M)
2:30pm Shot Put (W)
Shot Put (W) Invite
4:00pm High Jump (M)
Triple Jump (W)
5:00pm Shot Put (M)
Shot Put (M) Invite

RUNNING EVENTS:

9:00 am 4x1600 (HS-G)
9:30am 4x1600 (HS-B)
12:00pm SMR (W)
12:15pm SMR (M)
12:30pm SHR (W)
12:45pm SHR (M)
1:00pm 4x800 (HS – G)
1:40pm 4x800 (HS – B)
2:20pm 4x100 (W)
2:45pm 4x100 (M)
3:10pm 4x100 (HS – G)
3:25pm 4x100 (HS – B)
3:40pm 4x800 (W)
3:55pm 4x800 (M)
4:10pm 4x200 (W)
4:30pm 4x200 (M)
4:50pm DMR (W)
5:10pm DMR (M)
5:30pm 4x400 (HS – G)
6:05pm 4x400 (HS – B)
6:40pm 4x400 (W)
7:05pm 4x400 (M)

SMR = Sprint Medley Relay (200-200-400-800)

SHR = Shuttle Hurdle Relay

DMR = Distance Medley Relay (1200-400-800-1600)

2011 COLONIAL RELAYS SCHEDULE – As of March 30

Thursday March 30th

At Stimson Throwing Events Area:

4:00 p.m. Women – Hammer Throw Championships (Top 14)
To Follow Women – Hammer Throw Unseeded (minimum measured mark - 40m)

FRIDAY, APRIL 1

At Stimson Throwing Events Area:

9:00 a.m. Men – Hammer Throw Championships (Top 14)
To Follow Men – Hammer Throw Unseeded (minimum measured mark - 40m)
12:00 p.m. Men – Javelin Throw Championships (Top 14)
To Follow Men – Javelin Throw Unseeded (minimum measured mark - 50m)
12:00 p.m. Men – Shot Put Championships (Top 14)
To Follow Men – Shot Put Unseeded (minimum measured mark – 13.50m)
3:30 p.m. Women – Javelin Throw Championships (Top 14)
To Follow Women – Javelin Unseeded (minimum measured mark – 30m)

At Zable Stadium:

FIELD

12:00 p.m. Women – Pole Vault Championship (Top 14)
Progression – 3.40, 3.55, 3.70, 3.85, 3.95, 4.05, 4.15, 4.25, 4.35
12:00 p.m. Men – Long Jump Championships (Top 14)
1:30 p.m. Women – Long Jump Championships (Top 14)
1:30 p.m. Women – High Jump Championships (Top 14)
Progression – 1.60, 1.65, 1.70, 1.75, 1.80, 1.85
3:00 p.m. Men – Pole Vault Championship (Top 14)
Progression – 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15
3:00 p.m. Men- Long Jump Unseeded (minimum measured mark – 6.70m)
4:00 p.m. Men – High Jump Championships (Top 14)
Progression – 1.91, 1.99, 2.04, 2.09, 2.14
5:00 p.m. Women – Long Jump Unseeded (minimum measured mark – 5.20m)

RUNNING

9:00 am Women- 5000m Run Section 2 (unseeded)
9:25 am Men- 5000m Run Section 3 (unseeded)
9:45 am Women – 1500m Run Section 4, 5, 6 (unseeded)
10:05 am Men – 1500m Run Section 4, 5, 6 (unseeded)
10:30 am Women- 100m Dash – Trials
11:05 am Men- 100m Dash- Trials
11:35 a.m. Women – 400m Dash
12:15 p.m. Men – 400m Dash
1:00 p.m. Women – 100m High Hurdles – Trials
1:30 p.m. Men – 110m High Hurdles – Trials
1:50 p.m. Women – 800m Run *first 3 section in lanes
2:30 p.m. Men – 800m Run *first 3 section in lanes
3:10 pm Women- 100m Dash- Semifinals *16 Fastest Times from Trials
3:20 pm Men – 100m Dash – Semifinals *16 Fastest Times from Trials
3:30 p.m. Women – 400m Hurdles – Final
4:05 p.m. Men – 400m Hurdles – Final
5:15 p.m. Women – 3000m Steeplechase
5:30 p.m. Men – 3000m Steeplechase
6:00 p.m. Women – 200m Dash

6:35 p.m. Men – 200m Dash
 7:00 p.m. Women – 1500m Run- Seeded Sections 1, 2, 3
 7:20 p.m. Men – 1500m Run – Seeded Sections 1, 2, 3
 7:40 p.m. Women – 5000m Run- Section 1
 8:00 p.m. Men – 5000m Run- Sections 1, 2
 8:45 p.m. Women – 10,000m Run
 9:35 p.m. Men – 10,000m Run

SATURDAY, APRIL 2

At Stimson Throwing Events Area:

9:00 a.m. Women – Discus Championships (Top 14)
 To Follow Women – Discus Unseeded (minimum measured mark – 36.50m)
 1:00 p.m. Women – Shot Put Championships (Top 14)
 To Follow Women – Shot Put Unseeded (minimum measured mark – 10.67m)
 1:00 p.m. Men – Discus Championships (Top 14)
 To Follow Men – Discus Unseeded (minimum measured mark – 42.50m)

At Zable Stadium:

FIELD

10:00 a.m. Men – Triple Jump Championships (Top 14)
 10:00 a.m. Women – Pole Vault Unseeded
Progression – 2.80, 2.95, 3.10, 3.25, 3.40, 3.50, 3.60, 3.70
 10:00 a.m. Women – High Jump Unseeded
Progression – 1.45, 1.50, 1.55, 1.60, 1.65, 1.70
 11:30 a.m. Women – Triple Jump Championships (Top 14)
 1:00 p.m. Men – Triple Jump Unseeded (minimum measured mark – 13.75m)
 1:00 p.m. Men – High Jump Unseeded
Progression – 1.81, 1.86, 1.91, 1.99, 2.04
 1:00 p.m. Men – Pole Vault Unseeded
Progression – 4.00, 4.15, 4.30, 4.45, 4.60, 4.70, 4.80
 3:00 p.m. Women – Triple Jump Unseeded (minimum measured mark – 10.80m)

RUNNING

11:00 a.m. Women – 3000m
 11:30 a.m. Men – 3000m
 11:45 a.m. Women – 100 Hurdles- Finals – 2 section Final Top 16 from Trials
 11:55 a.m. Men – 110 Hurdles - Finals – 2 section Final Top 16 from Trials
 12:10 p.m. Women – 4 x 800m Relay
 12:30 p.m. Men – 4 x 800m Relay
 12:50 p.m. Women – 4 x 100m Relay
 1:10 p.m. Men – 4 x 100m Relay
 1:25 p.m. Women – DMR
 1:40 p.m. Men – DMR
 1:55 p.m. Women – Sprint Medley (200,200,400,800)
 2:15 p.m. Men – Sprint Medley (200,200,400,800)
 2:30 p.m. Women – 100m Dash – Final – Top 8 from Semifinals
 2:35 p.m. Men – 100m Dash – Final – Top 8 from Semifinals
 2:40 p.m. Women – 4 x 200m Relay
 3:00 p.m. Men – 4 x 200m Relay
 3:15 p.m. Women – 4 x 1500m Relay
 3:40 p.m. Men – 4 x 1500m Relay
 4:00 p.m. Women – 4 x 400m Relay
 4:35 p.m. Men – 4 x 400m Relay

2011 Men's Season Bests

Updated 3/28/11

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

Name	Season Best	Career Best
Keith Ricks	10.47 (3-19-11)	10.38 (2010)
Darrell Wesh	10.74 (3-26-11)	10.74 (3-26-11)
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)
Darrell Wesh	22.13 (3-26-11)	22.13 (3-26-11)

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	53.24 (3-26-11)	52.83 (2010)
Jeff Artis-Gray	54.05 (3-19-11)	54.05 (3-19-11)
Ronnie Black	54.12 (3-26-11)	54.12 (3-26-11)
Scott Campbell	58.48 (3-26-11)	58.48 (3-26-11)

400-Meter Relay (School Record - 40.56, Smith, Ricks, Wilson, Amegashie 2010)

Name	Season Best
Wilson, Ricks, Wesh, Amegashie	40.92 (3-26-11)

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)

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)

Triple Jump (School Record - 53-4.5 (16.27m) Phil Saunders 1986)

Name	Season Best	Career Best
Hasheem Halim	50-8.75 / 15.46m (3-26-11)	51-5 / 15.67m (2010)

Hammer Throw (School Record - 245-6 (74.83m) Marcel Lomnicky 2010)

Name	Season Best	Career Best
Denis Mahmic	196-9 / 59.98m (3-25-11)	203-6 / 62.03m (2010)

2011 Women's Season Bests

Updated 3/28/11

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

Name	Season Best	Career Best
Ogechi Nwaneri	11.66 (3-26-11)	11.57 (2009)
Ebony Scott	12.02 (3-19-11)	12.02 (3-19-11)
Zakiya Tyson	12.07 (3-26-11)	12.07 (3-26-11)

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)
Zakiya Tyson	24.26 (3-26-11)	24.26 (3-26-11)
Aunye Boone	24.38 (3-26-11)	23.57 (2009)
Ogechi Nwaneri	24.80 (3-26-11)	23.82 (2010)
Ebony Scott	24.95 (3-19-11)	24.95 (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 Hurdles (School Record - 54.55, Queen Harrison 2010)

Name	Season Best	Career Best
Yvonne Amegashie	1:00.75 (3-26-11)	1:00.75 (3-26-11)
Natalie Woodford	1:05.09 (3-26-11)	1:05.09 (3-26-11)

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

Name	Season Best
Scott, Boone, Tyson, Nwaneri	45.16 (3-19-11)
Scott, Alabi, Tyson, Nwaneri	45.76 (3-26-11)

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)

Hammer Throw (School Record - 218-11 (66.74m) - Dorotea Habazin 2010)

Name	Season Best	Career Best
Dorotea Habazin	214-3 / 65.30m (3-25-11)	218-11 / 66.74m (2010) SR