

# Virginia Tech Track & Field



**This Week: Spec Towns Invitational/  
Sun Angel Classic / Track and Field Classic**

**April 1-2**

**Athens, Ga.**

**Tempe, Ariz.**

**Lynchburg, Va.**

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## THIS WEEK

The Hokies will again split squads this weekend, competing in three meets. They will travel to Athens, Ga., for the Spec Towns Invitational, Tempe, Ariz., for the Sun Angel Classic and Lynchburg, Va., for the Track and Field Classic.

## LAST TIME OUT: FLORIDA RELAYS/COLONIAL RELAYS

Virginia Tech sent its sprinters, hurdlers, and field events down to Gainesville, Fla., for the Florida Relays, while the distance crew stayed in-state in Williamsburg, Va., for the Colonial Relays. In Florida, Keith Ricks earned two new personal bests, earning third in the 100-meter dash (10.33) and fifth in the 200-meter dash (20.80). For the second weekend in a row, the Hokies swept the hammer throw competitions, with Dorotea Habazin (206-0, 62.80m) and Marcel Lomnicky (240-8, 73.37m) earning titles. Tech placed three in the top ten in the men's pole vault, with Hunter Hall (17-3.5, 5.27m) and Jared Jodon (16-11.5, 5.07m) in the top two spots and Joe Davis in ninth (16-7.5, 5.07m). In the relay events, the highest finisher of the weekend was the women's 400-meter relay of Zakiya Tyson, Funmi Alabi, Aunye Boone and Ogechi Nwaneri, who took sixth in 44.86.

In Williamsburg, Va., all five distance relays finished in the top three, including victories in the men's 4x8 (7:31.39), the men's distance medley relay (9:57.78) and the women's distance medley relay (11:41.93). Michael Hammond led the pack in the men's 1,500 meters (3:46.97), followed by personal-best performances by Will Mulherin in fourth (3:48.81) and Ryan Hagen in sixth (3:49.64).

## LOMNICKY RECEIVING MENTION FOR BOWERMAN

Junior thrower Marcel Lomnicky has been added as receiving mention in the latest Bowerman watchlist, released by the USTFCCA this week. This is the first time this season he has been put on the list, after making his season debut last weekend with a nation-leading performance in the hammer throw (240-8, 73.37m). The Nitra, Slovakia native is a two-time All-American in the hammer throw, including a national championship in 2009. Former Hokie Queen Harrison won the Bowerman award last season.

## 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.
<b>Apr. 8-9</b>	<b>Spec Towns Invitational</b>	<b>Athens, Ga.</b>
<b>Apr. 8-9</b>	<b>Sun Angel Classic</b>	<b>Tempe, Ariz.</b>
<b>Apr. 9</b>	<b>Track and Field Classic</b>	<b>Lynchburg, Va.</b>
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.

## HAMMER TIME!

The hammer throw pair of Marcel Lomnický and Dorotea Habazin have put themselves at the front of the national race early. Lomnický's season-debut throw at the Florida Relays (240-8, 73.37m) is the top-ranking throw in the nation, while Habazin's performance at the previous weekend's Yellow Jacket Invitational (214-3, 65.30m) puts her third nationally and first in the East Region. This should come as no surprise, as both student-athletes have made two consecutive trips to the outdoor NCAA Championship finals. Lomnický was a national champion in 2009 and placed third in 2010, while Habazin took fourth in 2009 and then improved to second in 2010.

## KEITH RICKS RANKS UP

The junior Hokie sprinter set new personal bests in the 100 and 200-meter dash this past weekend, putting him 12th nationally in both events. Ricks' 100-meter dash mark of 10.33 also leads the ACC, while his 200-meter dash time of 20.80 ranks third in the conference. Both marks also rank second all-time at Virginia Tech, with his 200-meter mark only two-hundredths of a second behind Andre Davis' record of 20.78 set in 1999.

## FIELD OF DREAMS

The consistent success of the Hokie field events year-in and year-out is already repeating itself this outdoor season. Of the nine events that have Hokies ranked in the top 20 nationally, five of them are field events, including three in the top ten. Four of Tech's six former ACC Champions on the roster are in field events, as are six of the eight former outdoor All-Americans.

## 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 East Region Top 48**

<b>Men's Event</b>	<b>Name</b>	<b>Rank (Mark)</b>
100m	Keith Ricks	7 (10.33)
200m	Keith Ricks	6 (20.80)
800m	Nick McLaughlin	15 (1:51.00)
1,500m	Michael Hammond	10 (3:46.97)
	Will Mulherin	16 (3:48.81)
	Ryan Hagen	20 (3:49.64)
110mh	E. Amegashie	36 (14.50)
400mh	E. Amegashie	39 (53.42)
4x1	Wilson, Ricks	
	Wesh, Amegashie	19 (40.58)
4x4	McCants, Amegashie	
	Wesh, Artis-Gray	42 (3:13.67)
Pole Vault	Hunter Hall	3 (5.27m)
	Jared Jodon	9 (5.17m)
	Joe Davis	14 (5.07m)
Long Jump	Jeff Artis-Gray	22 (7.30m)
Triple Jump	Hasheem Halim	6 (15.52m)
	David Wilson	32 (14.79m)
Hammer	Marcel Lomnický	1 (73.37m)
<b>Women's</b>		
<b>Event</b>	<b>Name</b>	<b>Rank (Mark)</b>
100m	Ogechi Nwaneri	16 (11.66)
	Funmi Alabi	31 (11.75)
200m	Funmi Alabi	34 (24.06)
400m	Aunye Boone	39 (55.23)
1,500m	Sammy Dow	30 (4:28.84)
400mh	Y. Amegashie	31 (1:00.75)
4x1	Tyson, Alabi,	
	Boone, Nwaneri	11 (44.86)
4x4	Boone, Amegashie,	
	Alabi, Woodford	7 (3:37.57)
Shot Put	Samira Burkhardt	5 (16.17m)
Hammer	Dorotea Habazin	1 (65.30m)

*Up Next: Sea Ray Relays - April 15-16 - Knoxville, Tenn.*

## Week One Top 25

**\*previous rank in parentheses\***

### MEN'S

1. Florida (1)
2. Texas A&M (2)
3. Texas Tech (3)
4. Florida State (4)
5. LSU (5)
6. Mississippi State (8)
7. USC (6)
8. Stanford (7)
9. Nebraska (9)
10. Oregon (12)
11. Minnesota (10)
12. Kansas (26)
13. Arkansas (14)
14. Texas (17)
15. BYU (11)
16. Auburn (18)
17. Oklahoma (15)
18. **Virginia Tech (16)**
19. Kansas State (19)
20. South Carolina (20)
21. UCLA (24)
22. Georgia (23)
23. Mississippi (13)
24. Alabama (22)
25. Princeton (30)

### WOMEN'S

1. Texas A&M (1)
2. LSU (3)
3. Oregon (2)
4. Oklahoma (4)
5. Clemson (6)
6. USC (5)
7. Texas (7)
8. Florida State (8)
9. Arkansas (9)
10. Arizona (11)
11. Tennessee (15)
12. Auburn (10)
13. Texas Tech (13)
14. Baylor (24)
15. Arizona State (16)
16. Stanford (12)
17. SMU (20)
18. Wash. St. (22)
19. BYU (17)
20. Colorado (21)
21. Miami (18)
22. Penn State (19)
23. South. Illinois (25)
24. TCU (27)
25. UCF (45)
34. **Virginia Tech (32)**

## 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..... 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)  
**2011 ..... Indoor ..... 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)  
**2011 ..... Indoor ..... Weight Throw (2nd)**

## TOP OUTDOOR CONFERENCE PERFORMANCES

### MEN'S

### WOMEN'S

Event	Name	School	Mark
<b>100m</b>	<b>Keith Ricks</b>	<b>Virginia Tech</b>	<b>10.33</b>
200m	Maurice Mitchell	Florida State	20.36
400m	Charles Cox	North Carolina	46.28
800m	Darrin Gibson	Florida State	1:50.32
1,500m	Isaac Presson	North Carolina	3:42.59
5,000m	Michael Fout	Florida State	13:46.19
10k	Ciaran O'Lionaird	Florida State	28:32.30
110mh	Tremaine Grant	Florida State	14.12
400mh	Tremaine Grant	Florida State	51.90
Steep	Alex Deir	North Carolina	9:10.30
4x100-meter relay		Florida State	38.87
4x400-meter relay		Clemson	3:08.33
HJ	Dwight Barbiasz	Maryland	2.23m
<b>PV</b>	<b>Hunter Hall</b>	<b>Virginia Tech</b>	<b>5.27m</b>
LJ	Josh Fowler	Clemson	7.35m
TJ	Austin Davis	North Carolina	15.61m
SP	Michael Putman	Florida State	18.65m
Disc	Michael Putman	Florida State	57.96m
<b>Ham</b>	<b>Marcel Lomnicky</b>	<b>Virginia Tech</b>	<b>73.37m</b>
Jav	Andy Fahringer	Virginia	73.02m
Dec	Scott McCullough	Wake Forest	5,781

Event	Name	School	Mark
100m	Marecia Pemberton	Florida State	11.60
200m	Teona Rodgers	Florida State	23.49
400m	Zoey Russell	North Carolina	54.63
800m	Ashley Verplank	North Carolina	2:08.17
1,500m	Caroline King	Boston College	4:17.48
5,000m	Hannah Brooks	Florida State	16:09.81
10k	Kimberly Ruck	Clemson	33:16.45
100mh	Teona Rodgers	Florida State	13.26
400mh	Ti'erra Brown	Miami	56.91
Steep	Alyssa Kulik	Clemson	10:18.18
4x100-meter relay		Clemson	44.41
4x400-meter relay		Clemson	3:35.18
HJ	Coleman/Sinkler	UNC/Clemson	1.80m
PV	Joanna Wright	Georgia Tech	4.22m
LJ	Sinkler/McKee	Clemson/GT	5.99m
TJ	Patricia Mamona	Clemson	13.36m
SP	Michelle Anumba	Duke	16.41m
Disc	Brittany Hampton	NC State	48.86m
<b>Ham</b>	<b>Dorotea Habazin</b>	<b>Virginia Tech</b>	<b>65.30m</b>
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** ..... **10.33** ..... **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

## 200 Meters

André Davis ..... 20.78 ..... 1999  
**Keith Ricks** ..... **20.80** ..... **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

## 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

## 800 Meters

Tim Crossin ..... 1:48.50 ..... 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**

## 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 Clauss ..... 9:05.55 ..... 2007

## 4x100-Meter Relay

**Smith, Ricks** ..... **40.56** ..... **2010**  
**Wilson, Amegashie**  
**Wilson, Ricks** ..... **40.58** ..... **2011**  
**Wesh, Artis-Gray**

## 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, 7:32.20 ..... 1982  
 Porr, Watson

## 4x1,500-Meter Relay

Scheiner, **Cornwall**. 15:41.32 ..... 2007  
 Clauss, Berlin  
**Cusack, Lee, .....** **15:43.34** ..... **2011**  
**Pollock, Cornwall**  
**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

## 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  
**Jeff Artis-Gray** ..... **23'11.5 (7.30m) ..2011**

## 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** ..... **17'3.5" (5.27m) ..2011**  
 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. Fallon ..... 56'2" (17.12m) ..... 2003

## Hammer Throw

**M. Lomnicky.. 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

## 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**  
**Funmi Alibi** ..... **24.06** ..... **2011**  
 Danya Gordon ..... 24.10 ..... 1999

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  
 Margarita 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**  
**Tyson, Alabi** ..... **44.86** ..... **2011**  
**Boone, Nwaneri**

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, Dowman** .... 9:00.98 ..... 2010  
**Pinkston, Weid**

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  
**S. Burkhardt** .. **53'0.75"** (**16.17m**) **2011**  
 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

# SPEC TOWNS NATIONAL TEAM INVITATIONAL

APRIL 8-9, 2011

Revised 3/1/11

## FRIDAY AFTERNOON

2:00 pm	Triple Jump-Women
4:00 pm	Triple Jump-Men
2:30 pm	Shot- Women
3:30 pm	Hammer-Men
5:00 pm	Hammer- Women

## SATURDAY FIELD EVENTS

11:00 am	Javelin- Women
12:00 am	Shot- Men
12:30 am	Pole Vault- Women
12:00 pm	Long Jump- Men
12:15 pm	Javelin- Men
1:00 pm	High Jump- Women
2:00 pm	Long Jump- Women
2:00 pm	Pole Vault- Men
2:30 pm	High Jump- Men
1:30 pm	Discus-Women
3:00 pm	Discus- Men

## SATURDAY TRACK EVENTS

* <b>OPEN</b> SECTIONS	rolling schedule
10:00am	1500m-Women
	1500m-men
	100 Hurdles-women
	110 Hurdles-men
	400m-Women
	400m-Men
	100m-Women
	100m-Men
	800m-Women
	800m-Men
	200m-Women
	200m-Men

## \* **INVITATIONAL** SECTIONS

1:10 pm	5000m-Women
1:35 pm	5000m – Men
1:55 pm	400m Relay - Women
2:00 pm	400m Relay - Men
2:05 pm.	1500m - Women
2:15 pm	1500m - Men
2:25 pm	100 Hurdles- Women
2:30 pm	110 Hurdles-Men
2:35 pm	400m – Women
2:40 pm	400m – Men
2:45 pm	100m – Women
2:50 pm	100m – Men
2:55 pm	800m - Women
3:00 pm	800m - Men
3:10 pm	200m - Women
3:15 pm	200m - Men
3:25 pm	400m Hurdles - Women
3:35 pm	400m Hurdles - Men
3:45 pm	3000m Steeplechase – Women
4:00 pm	3000m Steeplechase - Men
4:15 pm	1600m Relay – Women
4:30 pm	1600m Relay – Men



# 32nd SUN ANGEL TRACK CLASSIC

April 7-9, 2011

Joe Selleh Track at Sun Angel Stadium • Tempe

\*\*\*\*\* **FINAL SCHEDULE - Updated April 6 at 10:45am** \*\*\*\*\*

## THURSDAY, APRIL 7

### High School Field Events – All are FINALS

10:30 am	High Jump	Boys (west zone) & Girls (east zone)
10:30 am	Discus	Boys
10:30 am	Shot Put	Girls (two active sectors)
10:30 am	Long Jump	Boys (west runway) & Girls (east runway)
3:00 pm	Pole Vault	Boys (north runway) & Girls (south runway)
3:00 pm	Discus	Girls
4:00 pm	Shot Put	Boys (two active sectors)
4:00 pm	Triple Jump	Boys (west runway) & Girls (east runway)

### High School Track Events

11:00 am	Girl's 4x800m Relay	Qualifying (Top 12 to Saturday final)
11:25 am	Boys' 4x800m Relay	Qualifying (Top 12 to Saturday final)
11:45 am	Girl's 100m Hurdles	Timed Final
12:15 pm	Boy's 110m Hurdles	Timed Final
12:45 pm	Girl's 100m Dash	Qualifying (Top 9 to Saturday final)
1:05 pm	Boy's 100m Dash	Qualifying (Top 9 to Saturday final)
1:25 pm	Girl's 1,600m Run	Qualifying (Top 16 to Saturday final)
1:50 pm	Boy's 1,600m Run	Qualifying (Top 16 to Saturday final)
2:25 pm	Girl's 4x100m Relay	Qualifying (Top 9 to Saturday final)
2:45 pm	Boy's 4x400m Relay	Qualifying (Top 9 to Saturday final)
3:05 pm	Girl's 400m Dash	Qualifying (Top 9 to Saturday final)
3:25 pm	Boy's 400m Dash	Qualifying (Top 9 to Saturday final)
3:45 pm	Girl's 300m Hurdles	Timed Final
4:15 pm	Boy's 300m Hurdles	Timed Final
4:45 pm	Girl's 800m Run	Qualifying (Top 12 to Saturday final)
5:15 pm	Boy's 800m Run	Qualifying (Top 12 to Saturday final)
5:45 pm	Girl's 200m Dash	Timed Final
6:10 pm	Boy's 200m Dash	Timed Final
6:40 pm	Girl's 3,200m Run	Timed Final
7:40 pm	Boy's 3,200m Run	Timed Final
8:40 pm	Girl's 4x400m Relay	Qualifying (Top 9 to Saturday final)
9:05 pm	Boy's 4x400m Relay	Qualifying (Top 9 to Saturday final)

## FRIDAY, APRIL 8

### Field Events

12:00 pm	Hammer	W Premier, W Open, M Premier, M Open
4:00 pm	Pole Vault	Women Seeded and Unseeded (2 pits)
6:30 pm	Pole Vault	Men Seeded and Unseeded (2 pits)



# 32nd SUN ANGEL TRACK CLASSIC

April 7-9, 2011

Joe Selleh Track at Sun Angel Stadium • Tempe

## SATURDAY, APRIL 9

### Early Session – Field Events

9:00 am	Discus	M Open, W Open, M Premier, W Premier
12:00 pm	High Jump	Women followed by Men
1:00 pm	Long Jump	Women (east runway) & Men (west runway)
3:00 pm	Shot Put	M Open, M Premier, W Open, W Premier
4:00 pm	Javelin	Men followed by Women
7:00 pm	Triple Jump	Women (east runway) & Men (west runway)

### Early Session – Track Events (APPROXIMATE START TIMES)

12:30 pm	Women's 100m Hurdles	All Sections – Timed Final
12:45 pm	Men's 110m Hurdles	All Sections – Timed Final
1:05 pm	Women's 1,500m Run	Early Sections – Timed Final
1:12 pm	Men's 1,500m Run	Early Sections – Timed Final
1:27 pm	Women's 4x100m Relay	Early Sections – Timed Final
1:39 pm	Men's 4x100m Relay	Early Sections – Timed Final
1:50 pm	Women's 400m Dash	Early Sections – Timed Final
2:00 pm	Men's 400m Dash	Early Sections – Timed Final
2:20 pm	Women's 800m Run	Early Sections – Timed Final
2:35 pm	Men's 800m Run	Early Sections – Timed Final
2:45 pm	Women's 100m Dash	Early Sections – Timed Final
3:00 pm	Men's 100m Dash	Early Sections – Timed Final
3:10 pm	Wheelchair 400m Dash	All Sections – Timed Final
3:20 pm	Girl's 4x800m Relay	High School Final
3:35 pm	Boy's 4x800m Relay	High School Final
3:45 pm	Women's 400m Hurdles	All Sections – Timed Final
3:57 pm	Men's 400m Hurdles	All Sections – Timed Final
4:10 pm	Women's 200m Dash	Early Sections – Timed Final
4:22 pm	Men's 200m Dash	Early Sections – Timed Final
4:30 pm	Women's 5,000m Run	Timed Final

### Sun Angel Premiere – Track Events

5:00 pm	Sun Angel Premier Opening	
5:15 pm	Men's 100m Dash	Premier Sections – Timed Final
5:19 pm	Boy's 100m Dash	High School Final
5:23 pm	Women's 100m Dash	Premier Section – Timed Final
5:28 pm	Girl's 100m Dash	High School Final
5:32 pm	Wheelchair 100m Dash	All Sections – Timed Final
5:39 pm	Girl's 800m Run	High School Final
5:44 pm	Boy's 800m Run	High School Final
5:49 pm	Women's 800m Run	Premier Section – Timed Final
5:54 pm	Men's 800m Run	Premier Section – Timed Final
6:00 pm	Women's 3,000m Steeple	Timed Final
6:15 pm	Men's 3,000m Steeple	Timed Final
6:30 pm	Girl's 400m Dash	High School Final
6:33 pm	Boy's 400m Dash	High School Final
6:38 pm	Girl's Bantam 4x100m Relay	Timed Final
6:48 pm	Boy's Bantam 4x100m Relay	Timed Final
6:58 pm	Girl's 4x100m Relay	High School Final
7:05 pm	Boy's 4x100m Relay	High School Final
7:10 pm	Women's 400m Dash	Premier Section – Timed Final
7:17 pm	Men's 400m Dash	Premier Section – Timed Final
7:24 pm	Girl's 1,600m Run	High School Final



# 32nd SUN ANGEL TRACK CLASSIC

April 7-9, 2011

Joe Selleh Track at Sun Angel Stadium • Tempe

***Premier Section (continued)***

<b>7:32 pm</b>	Women's 1,500m Run	Premier Sections – Timed Final
<b>7:47 pm</b>	Men's 5,000m Run	Timed Final
<b>8:04 pm</b>	Women's 200m Dash	Premier Section – Timed Final
<b>8:10 pm</b>	Boy's 1,600m Run	High School Final
<b>8:19 pm</b>	Men's 1,500m Run	Premier Sections – Timed Final
<b>8:34 pm</b>	Men's 200m Dash	Premier Section – Timed Final
<b>8:40 pm</b>	Girl's 4x400m Relay	High School Final
<b>8:46 pm</b>	Boy's 4x400m Relay	High School Final
<b>8:52 pm</b>	Women's 4x400m Relay	All Sections – Timed Final
<b>9:05 pm</b>	Men's 4x400m Relay	All Sections – Timed Final
	High School Awards Presentation	



# TRACK & FIELD CLASSIC

Saturday, April 9<sup>th</sup> 2011

**“TENTATIVE”**

## SCHEDULE OF FIELD EVENTS

TIME	EVENT	SECTION
Event Site	Implement Certification	---
9:30am	Javelin Throw (MEN) <i>*women to follow</i>	FINALS
	Discus –Far Ring– (WOMEN) <i>*men to follow</i>	FINALS
10:00am	Shot Put (MEN) <i>*women to follow</i>	FINALS
	Long Jump (WOMEN) <i>*men to follow</i>	FINALS
	Triple Jump (MEN) <i>*women to follow</i>	FINALS
	Pole Vault (MEN) <i>*women to follow</i>	FINALS
2:00pm	High Jump (MEN) & (WOMEN) <i>*men on red pit / women on blue</i>	FINALS
2:30pm	Hammer –Near Ring– (WOMEN) <i>*men to follow</i>	FINALS
	“Unseeded” Hammer –Far Ring– <i>*if needed - women followed by men</i>	FINALS

**“TENTATIVE”**

## SCHEDULE OF TRACK EVENTS

TIME	EVENT	SECTION
10:00am	100 Meter Hurdles (WOMEN)	TRIALS
10:15am	110 Meter Hurdles (MEN)	TRIALS
10:30am	100 Meter Dash (WOMEN)	TRIALS
10:45am	100 Meter Dash (MEN)	TRIALS
11:05am	3000 Meter Steeplechase (WOMEN)	FINALS
11:25am	3000 Meter Steeplechase (MEN)	FINALS
11:45am	4x100 Meter Relay (WOMEN)	FINALS
11:55am	4x100 Meter Relay (MEN)	FINALS
12:10pm	1500 Meter Run (WOMEN)	FINALS
12:30pm	1500 Meter Run (MEN)	FINALS
12:50pm	400 Meter Dash (WOMEN)	FINALS
1:05pm	400 Meter Dash (MEN)	FINALS
1:30pm	110 Meter Hurdles (MEN)	FINALS
1:35pm	100 Meter Hurdles (WOMEN)	FINALS
1:45pm	100 Meter Dash (WOMEN)	FINALS
1:50pm	100 Meter Dash (MEN)	FINALS
2:00pm	800 Meter Run (WOMEN)	FINALS
2:15pm	800 Meter Run (MEN)	FINALS
2:40pm	400 Meter Hurdles (WOMEN)	FINALS
2:55pm	400 Meter Hurdles (MEN)	FINALS
3:15pm	200 Meter Dash (WOMEN)	FINALS
3:30pm	200 Meter Dash (MEN)	FINALS
3:50pm	5000 Meter Run (WOMEN)	FINALS
4:15pm	5000 Meter Run (MEN)	FINALS
4:40pm	4x400 Meter Relay (WOMEN)	FINALS
4:55pm	4x400 Meter Relay (MEN)	FINALS

# 2011 Men's Season Bests

## Updated 4/4/11

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Keith Ricks	10.33 (4-1-11)	10.33 (4-1-11)
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Keith Ricks	20.80 (4-1-11)	20.80 (4-1-11)
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jonathan McCants	48.24 (3-19-11)	48.24 (3-19-11)

### 800 Meters (School Record - 1:48.50, Tim Crossin 1982)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Nick McLaughlin	1:51.00 (4-1-11)	1:50.36 (2010)
Jeff Miller	1:53.46 (4-1-11)	1:51.07 (2009)
Kieran Lee	1:54.40 (4-1-11)	1:51.77 (2010)
Eric Hoepker	1:55.38 (4-1-11)	1:51.81 (2009)
Garrett Bradley	1:55.82 (4-1-11)	1:55.82 (4-1-11)

### 1,500 Meters (School Record - 3:39.35, Gary Cobb 1987)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Michael Hammond	3:46.97 (4-1-11)	3:42.17 (2010)
Will Mulherin	3:48.81 (4-1-11)	3:48.50 (2009)
Ryan Hagen	3:49.64 (4-1-11)	3:49.64 (4-1-11)
Ryan Witt	3:52.21 (4-1-11)	3:46.78 (2009)
Grant Pollock	3:53.56 (4-1-11)	3:53.56 (4-1-11)
Devin Cornwall	3:55.28 (4-1-11)	3:54.17 (2008)
Jason Cusack	3:56.69 (4-1-11)	3:56.69 (4-1-11)
Matt Satterwhite	3:59.92 (4-1-11)	3:59.92 (4-1-11)

### 3,000 Meters (School Record - 8:03.41 - Steve Taylor 1987)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Matt Satterwhite	8:39.52 (4-2-11)	8:39.52 (4-2-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Ebenezer Amegashie	14.50 (3-19-11)	14.17 (2009)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Ebenezer Amegashie	53.24 (3-26-11)	52.83 (2010)
Jeff Artis-Gray	53.96 (4-1-11)	53.96 (4-1-11)
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)

<b>Name</b>	<b>Season Best</b>
Wilson, Ricks, Wesh, Amegashie	40.58 (4-2-11)

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

<b>Name</b>	<b>Season Best</b>
McCants, Amegashie, Wesh, Artis-Gray	3:13.67 (4-2-11)
Amegashie, McCants, Wesh, Ricks	3:15.43 (3-19-11)

4x8 Relay (School Record - 7:22.19, Walizer, Hammond, McLaughlin, Witt 2010)

<b>Name</b>	<b>Season Best</b>
McLaughlin, Witt, T. Degfae, Hammond	7:38.19 (4-2-11)

4x15 Relay (School Record - 15:41.32, Scheiner, Cornwall, Clauss, Berlin 2007)

<b>Name</b>	<b>Season Best</b>
Cusack, Lee, Pollock, Cornwall	15:43.34 (4-2-11)

Distance Medley Relay (School Record - 9:40.31, Voight, Oustrich, Reed, Cobb 1987)

<b>Name</b>	<b>Season Best</b>
Hagen, Hoepker, Miller, Mulherin	9:57.78 (4-2-11)

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

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Hasheem Halim	50-11 / 15.52m (4-2-11)	51-5 / 15.67m (2010)
David Wilson	48-6.25 / 14.79m (4-2-11)	51-5.5 / 15.68m (2010)



Pole Vault (School Record - 18-1.75 (5.53m) Brian Mondschein 2006)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Hunter Hall	17-3.5 / 5.27m (4-2-11)	17-3.5 / 5.27m (4-2-11)
Jared Jodon	16-11.5 / 5.17m (4-2-11)	17-6.5 / 5.35m (2010)
Joe Davis	16-7.5 / 5.07m (4-2-11)	16-7.5 / 5.07m (4-2-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Marcel Lomnicky	240-8 / 73.37m (4-1-11)	245-6 / 74.83m (2010)
Denis Mahmic	200-7 / 61.15m (4-1-11)	203-6 / 62.03m (2010)

# 2011 Women's Season Bests

## Updated 4/4/11

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Ogechi Nwaneri	11.66 (3-26-11)	11.57 (2009)
Funmi Alabi	11.75 (4-1-11)	11.69 (2010)
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)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Funmi Alabi	24.06 (4-1-11)	24.06 (4-1-11)
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)

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

### 800 Meter Dash (School Record - 2:06.68, Marlies Overbeeke 2004)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Frances Dowd	2:12.00 (4-1-11)	2:12.00 (4-1-11)
Lauren Lemieux	2:15.68 (4-1-11)	2:14.20 (2009)
Lauren Pinkston	2:17.45 (4-1-11)	2:11.43 (2010)
Erika Weidman	2:21.53 (4-1-11)	2:13.04 (2010)

### 1,500 Meters (School Record - 4:17.79, Tasmin Fanning 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sammy Dow	4:28.84 (4-1-11)	4:28.84 (4-1-11)
Jessica Trapeni	4:34.53 (4-1-11)	4:33.18 (2010)
Courney Dobbs	4:44.96 (4-1-11)	4:44.96 (4-1-11)
Madalyn Nuckols	4:47.83 (4-1-11)	4:47.83 (4-1-11)
Taylor Crosson	4:50.76 (4-1-11)	4:50.76 (4-1-11)

5,000 Meters (School Record - 15:37.73, Tasmin Fanning 2008)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Stephanie Cario	17:23.00 (4-1-11)	17:23.00 (4-1-11)
Erin Stehle	17:43.88 (4-1-11)	17:43.88 (4-1-11)
Alex Watt	17:48.42 (4-1-11)	17:48.42 (4-1-11)
Mary Catherine Sowder	18:19.98 (4-1-11)	18:19.98 (4-1-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kristen Brown	14.03 (3-19-11)	14.03 (3-19-11)

400-Meter Hurdles (School Record - 54.55, Queen Harrison 2010)

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

<b>Name</b>	<b>Season Best</b>
Tyson, Alabi, Boone, Nwaneri	44.86 (4-2-11)
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)

<b>Name</b>	<b>Season Best</b>
Boone, Amegashie, Tyson, Woodford	3:37.57 (4-2-11)
Boone, Amegashie, Woodford, Tyson	3:46.43 (3-19-11)

4x15 Relay (School Record - 18:17.40, Sherbak, J. Fanning, Clark, T. Fanning)

<b>Name</b>	<b>Season Best</b>
Dobbs, Trapeni, Crosson, Nuckols	18:53.07 (4-2-11)

Distance Medley Relay (School Record - 11:30.01, T. Fanning, Ference, Sherbak, Clark)

<b>Name</b>	<b>Season Best</b>
Lemieux, Pinkston, Dowd, Dow	11:41.93 (4-2-11)

Pole Vault (School Record - 13-5.75 / 4.11m, Ashley Early 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Kristen Brown	12-0.5 / 3.67m (4-1-11)	12-0.5 / 3.67m (4-1-11)
Caitlin Thornley	12-0.5 / 3.67m (4-1-11)	12-8 / 3.65m (2010)

Shot Put (School Record - 55-2.75 / 16.83m, Brittany Pryor 2007)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Samira Burkhardt	53-0.75 / 16.17m (4-2-11)	53-0.75 / 16.17m (4-2-11)

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

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