

# Virginia Tech Track & Field



## This Week: Sea Ray Relays April 15-16 Knoxville, Tenn.

[www.hokiesports.com/track/](http://www.hokiesports.com/track/)  
Twitter: [www.twitter.com/VT\\_Track](https://twitter.com/VT_Track)  
Media Contact: Nathan Sheehan  
[nsheehan@vt.edu](mailto:nsheehan@vt.edu) 540-231-6892

### THIS WEEK

The Hokies will send a small contingent of pole vaulters to the Sea Ray Relays in Knoxville, Tenn.

### SAMMY DOW SETS A SCHOOL RECORD IN THE STEEPLECHASE

Last Saturday at the Sun Angel Classic, redshirt-sophomore Sammy Dow crushed her own school record in the 3,000-meter steeplechase, cruising to a third-place finish at 10:21.83. The previous record, set by Dow at last season's ACC Championships, was 10:35.01. This is the first school record to be broken so far this outdoor season. This new personal best ranks Dow third in the ACC, third in the NCAA East Region and ninth nationally. Dow is now the second-highest ranked Hokie in the women's national leaderboards behind Dorotea Habazin, who is ranked third in the hammer throw.

### HASHEEM HALIM JUMPS TO SECOND ALL-TIME

Junior jumper Hasheem Halim made a bid to join Dow in breaking another school record on the weekend, setting a new personal-best in the triple jump in Friday action at the Spec Towns Invitational. His new best, 53-2.75 (16.22m), moves him from third-all time to second all-time in the Tech record books, beating out teammate David Wilson's career best of 51-5.5 (15.68m). Halim's mark is less than two inches shy of the current record of 53-4.50 (16.27m), set by Phil Saunders in 1987. Halim owns the indoor triple jump record at 52-8.25 (16.06m), a second-place finish at the 2010 ACC Championships. He has qualified for the NCAA Championships the past two indoor seasons, but has yet to make his outdoor debut on the national stage, though Halim qualified for the NCAA East Regional in 2009. His new personal best puts him at the top of the ACC leaderboard, second in the East Region and fourth nationally.

### LOM-INATION

Marcel Lomnicky continued his dominance in the hammer throw this outdoor season, winning his second-consecutive contest so far this season. His winning throw of 232-6 (70.86m) at the Spec Towns Invitational was nearly 17 feet further than second place. Lomnicky's season best of 240-8 (73.37m), set at the Florida Relays, is the top mark in the nation by a wide margin, beating out second-place Trey Henderson of USC by nearly 13 feet. The mark is still shy of Lomnicky's personal-best mark, which is the Tech outdoor record of 245-6 (74.83m) which he set at last year's Florida Relays en route to a third-place showing at the NCAA Championships and USTFCCA Southeast Region Men's Field Athlete of the Year honors. Lomnicky also received mention in the April update to the Bowerman Award watch list.

## 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.
<b>Apr. 15-16</b>	<b>Sea Ray Relays</b>	<b>Knoxville, Tenn.</b>
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 for the East Region preliminary round of the NCAA Championships at the University of Indiana in 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.

## VIEW FROM THE TOP

Four Tech student-athletes now lead the ACC in their respective event, all four of which are field events. Hasheem Halim's mark in the triple jump is the newest addition (53-2.75, 16.22m). Hunter Hall's pole vault mark (17-3.5, 5.27m) and Marcel Lomnicky's hammer throw mark (240-8, 73.37m) were from the previous week's Florida Relays. Dorotea Habazin's women's hammer throw mark (214-3, 65.30m) has stood the longest, as it was set on March 25 at the Yellow Jacket Invitational.

## ON THE CONFERENCE CUSP

While four Hokies lead the ACC in their respective events, there are even more that are hot on the heels of the conference leaders. Keith Ricks ranks third in both the 100-meter dash (10.33) and 200-meter dash (20.80). Tihut Degfae's 800-meter performance at the Sun Angel Classic (1:49.64) is about half a second behind the current conference leader. The men's and women's 4x1 squads currently sit in second as well. Samira Burkhardt's Florida Relays mark of 53-0.75 (16.17m) puts her less than 10 inches shy of the ACC leader in the shot put.

## MEN'S TEAM CLIMBS TO 16TH

The Tech men's team climbed two spots in the latest national rankings, now sitting in 16th overall. They have been ranked in all three polls so far this season, first at 16th in the preseason poll, 18th in week one and back up to 16th in week two. The Hokies are the second-highest ranked ACC team, only behind Florida State at No. 4. The Hokies and the Seminoles are the only two ACC men's teams to appear in the top 25 so far this season.

## 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	12 (10.33)
	Darrell Wesh	31 (10.51)
200m	Keith Ricks	7 (20.80)
	Tihut Degfae	7 (1:49.64)
800m	Nick McLaughlin	27 (1:51.00)
	Ryan Witt	42 (1:51.65)
	Jeff Miller	44 (1:51.71)
	Michael Hammond	21 (3:46.97)
1,500m	Will Mulherin	41 (3:48.81)
	Will Mulherin	20 (14:08.59)
5,000m	Devin Cornwall	27 (14:12.56)
	Jeff Artis-Gray	26 (14.25)
110mh	E. Amegashie	46 (14.50)
	E. Amegashie	47 (53.24)
400mh	Jason Cusack	32 (9:10.60)
	Wilson, Ricks, Wesh, Amegashie	25 (40.58)
Pole Vault	Hunter Hall	4 (5.27m)
	Jared Jodon	12 (5.17m)
	Joe Davis	17 (5.07m)
Long Jump	Jeff Artis-Gray	39 (7.30m)
	Triple Jump	Hasheem Halim
Hammer	David Wilson	42 (14.79m)
	Marcel Lomnicky	1 (73.37m)
	Denis Mahmic	12 (61.15m)
<b>Women's</b>		
<b>Event</b>	<b>Name</b>	<b>Rank (Mark)</b>
100m	Ogechi Nwaneri	27 (11.66)
	Funmi Alabi	46 (11.75)
200m	Funmi Alabi	47 (24.06)
400m	Aunye Boone	45 (55.23)
800m	Frances Dowd	37 (2:10.19)
1,500m	Lauren Lemieux	42 (4:27.31)
400mh	Y. Amegashie	39 (1:00.75)
Steep 4x1	Sammy Dow	3 (10:21.83)
	Tyson, Alabi, Boone, Nwaneri	14 (44.86)
	Scott, Boone, Tyson, Nwaneri	23 (45.16)
	Scott, Alabi, Tyson, Nwaneri	39 (45.76)
4x4	Boone, Amegashie, Alabi, Woodford	9 (3:37.57)
Shot Put	Samira Burkhardt	7 (16.17m)
Hammer	Dorotea Habazin	1 (65.30m)

*Up Next: ACC Championships - April 21-23 - Durham, N.C.*

## Week Two 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 (6)
7. USC (7)
8. Stanford (8)
9. Texas (14)
10. Nebraska (9)
11. Oregon (10)
12. Arkansas (13)
13. Minnesota (11)
14. Kansas (12)
15. BYU (15)
- 16. Virginia Tech (18)**
17. Oklahoma (17)
18. Auburn (16)
19. Baylor (31)
20. Mississippi (23)
21. Georgia (22)
22. South Carolina (20)
23. UCLA (21)
24. Kansas State (19)
25. Alabama (24)

### WOMEN'S

1. Texas A&M (1)
2. LSU (2)
3. Oregon (3)
4. USC (6)
5. Clemson (5)
6. Texas (7)
7. Oklahoma (4)
8. Arkansas (9)
9. Arizona (10)
10. Florida State (8)
11. Auburn (12)
12. Baylor (14)
13. Tennessee (11)
14. Arizona State (15)
15. Texas Tech (13)
16. Stanford (16)
17. Colorado (20)
18. Wash. State (18)
19. Georgia (31)
20. Washington (32)
21. Miami (21)
22. South. Illinois (23)
23. Penn State (22)
24. TCU (24)
25. Kansas (26)
- 35. Virginia Tech (34)**

## 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

Event	Name	School	Mark
100m	Maurice Mitchell	Florida State	10.28
200m	Maurice Mitchell	Florida State	20.36
400m	Charles Cox	North Carolina	46.28
800m	Darrin Gibson	Florida State	1:49.11
1,500m	Ciaran O'Lionaird	Florida State	3:41.02
5,000m	Michael Fout	Florida State	13:46.19
10k	Ciaran O'Lionaird	Florida State	28:32.30
110mh	Spencer Adams	Clemson	13.62
400mh	Tremaine Grant	Florida State	51.90
Steep	Ryan McDermott	Duke	8:55.89
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	Ngonidzashe Makusha	Fla. St.	8.40m
<b>TJ</b>	<b>Hasheem Halim</b>	<b>Virginia Tech</b>	<b>16.22m</b>
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

### WOMEN'S

Event	Name	School	Mark
100m	Stormy Kendrick	Clemson	11.23
200m	Teona Rodgers	Florida State	23.49
400m	Zoey Russell	North Carolina	54.63
800m	Caroline King	Boston College	2:05.43
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	Brianna Rollins	Clemson	12.96
400mh	Ti'erra Brown	Miami	56.91
Steep	Stephanie Garcia	Virginia	9:56.96
4x100-meter relay		Clemson	44.30
4x400-meter relay		Clemson	3:35.18
HJ	Coleman/Sinkler	UNC/Clemson	1.80m
PV	Joanna Wright	Georgia Tech	4.31m
LJ	Amy Harris	Florida State	6.32m
TJ	Kimberly Williams	Florida State	14.25m
SP	Michelle Anumba	Duke	16.41m
Disc	Brittany Hampton	NC State	49.95m
<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
<b>Keith Ricks</b> .....	<b>10.33</b>	<b>2010</b>
Dennis Scott.....	10.42	1980
David Read.....	10.43	1980
<b>Darrell Wesh</b> .....	<b>10.51</b>	<b>2011</b>
Jevon Jenkins.....	10.52	2001

## 100 Yards

André Releford .....	9.40	1974
----------------------	------	------

## 200 Meters

André Davis .....	20.78	1999
<b>Keith Ricks</b> .....	<b>20.80</b>	<b>2010</b>
Robert Nash.....	21.10	1984
David Read.....	21.10	1980
Dennis Scott.....	21.20	1980
Nick Vaughn.....	21.40	2009

## 220 Yards

Mac Banks .....	20.80	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 .....	46.70	1971
-----------------	-------	------

## 800 Meters

Tim Crossin .....	1:48.50	1982
Ray Ackenbom.....	1:49.06	1979
Billy Berlin.....	1:49.51	2007
<b>Tihut Degfae</b> .....	<b>1:49.64</b>	<b>2011</b>
Ali Najjar.....	1:49.91	2000
Brett Matthews.....	1:50.00	1994
<b>Ryan Witt</b> .....	<b>1:50.06</b>	<b>2010</b>

## 1,500 Meters

Gary Cobb.....	3:39.35	1987
Billy Berlin.....	3:41.88	2007
<b>Michael Hammond</b> .....	<b>3:42.17</b>	<b>2010</b>
Ray McDaniels .....	3:45.20	1982
Chris Walizer.....	3:45.30	2010
James Scheiner.....	3:46.41	2007
Steve Taylor.....	3:46.60	1987
Michael Burns.....	3:46.68	1979
<b>Ryan Witt</b> .....	<b>3:46.78</b>	<b>2009</b>

## Mile

<b>Will Mulherin</b> .....	<b>4:00.93</b>	<b>2010</b>
----------------------------	----------------	-------------

## 5,000 Meters

<b>Will Mulherin</b> .....	<b>13:50.76</b>	<b>2010</b>
Steve Taylor.....	13:52.00	1987
Mark Stickley.....	14:03.40	1983
Dave Atkiss.....	14:07.27	2006
Steven Pinard.....	14:08.00	1983

## 10,000 Meters

Mark Stickley.....	28:45.97	1985
Steve Taylor.....	28:54.10	1987
Tony Williams.....	28:55.40	1987
Howard Nippert.....	29:15.00	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
<b>E. Amegashie</b> .....	<b>14.17</b>	<b>2009</b>

## 400-Meter Hurdles

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

## 3,000-Meter Steeplechase

Gene Crane.....	8:47.20	1978
Robert Herndon.....	8:54.60	1984
Merle Valetto.....	8:55.10	1971
<b>Jared Berman</b> .....	<b>8:55.33</b>	<b>2010</b>
Tim Covington.....	9:02.10	1989
David Peterson.....	9:03.50	1983
Rider Claus.....	9:05.55	2007

## 4x100-Meter Relay

<b>Smith, Ricks</b> .....	40.56	2010
<b>Wilson, Amegashie</b> .....	<b>40.58</b>	<b>2011</b>
<b>Wilson, Ricks</b> .....	<b>40.58</b>	<b>2011</b>
<b>Wesh, Artis-Gray</b> .....	<b>40.58</b>	<b>2011</b>

## 4x110-Yard Relay

Fallen, Read, .....	40.70	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

<b>Walizer, Hammond</b> .....	<b>7:22.19</b>	<b>2010</b>
<b>Witt, McLaughlin</b> .....	<b>7:22.19</b>	<b>2010</b>
<b>Judge, Berlin</b> .....	<b>7:26.98</b>	<b>2009</b>
<b>J. Miller, Witt</b> .....	<b>7:30.12</b>	<b>2004</b>
Jury, D. Vick,.....	7:30.12	2004
Johnson, Grant.....		
McDaniels, Crossin, ..	7:32.20	1982
Porr, Watson.....		

## 4x1,500-Meter Relay

Scheiner, <b>Cornwall</b> .....	15:41.32	2007
Clauss, Berlin.....		
<b>Cusack, Lee</b> ,.....	<b>15:43.34</b>	<b>2011</b>
<b>Pollock, Cornwall</b> .....	<b>15:43.34</b>	<b>2011</b>
C. Padilla, <b>Judge</b> .....	15:54.60	2008
<b>Walizer, Clauss</b> .....	<b>15:54.70</b>	<b>2001</b>
Hayes, Rhue,.....	15:54.70	2001
Seaton, Oliver.....		
Johnson, D. Vick,....	16:05.12	2005
Markley, Berlin.....		

## Distance Medley Relay

Voight, Oustrich, .....	9:40.31	1987
Reed, Cobb.....		

## 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
<b>Jeff Artis-Gray</b> .....	<b>23'11.5</b>	<b>(7.30m)</b>	<b>2011</b>

## Triple Jump

Phil Saunders....	53'4.5"	(16.27m)	1986
<b>Hasheem Halim</b> .....	<b>53'2.75"</b>	<b>(16.22m)</b>	<b>2011</b>
<b>David Wilson</b> ....	<b>51'5.5"</b>	<b>(15.68m)</b>	<b>2010</b>
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
<b>Y. Olhovsky</b> .....	<b>18'0.5"</b>	<b>(5.50m)</b>	<b>2010</b>
<b>J. Jodon</b> .....	<b>17'6.50"</b>	<b>(5.35m)</b>	<b>2010</b>
T. Mueller.....	17'5.75"	(5.33m)	2007
J. Samaniuk.....	17'5.50"	(5.32m)	2007
<b>H. Hall</b> .....	<b>17'3.5"</b>	<b>(5.27m)</b>	<b>2011</b>
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

<b>M. Lomnicky</b> .....	<b>245'6"</b>	<b>(74.83m)</b>	<b>2010</b>
<b>A. Ziegler</b> .....	<b>241'9"</b>	<b>(73.68m)</b>	<b>2010</b>
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
<b>D. Mahmic</b> .....	<b>203'6"</b>	<b>(62.03m)</b>	<b>2010</b>

## 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 Spruill ..... 23.65 ..... 2010  
**Ogechi Nwaneri** .... **23.82** ..... **2010**  
**Funmi Alabi** ..... **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  
**Lauren Lemieux** .... **4:27.31** ..... **2011**  
 Cheryl Tuosto ..... 4:27.80 ..... 1985

3,000-Meter Run  
 Cheryl Tuosto ..... 9:14.25 ..... 1985  
 Linda King ..... 9:15.01 ..... 1985  
 Margarita Lasaga ... 9:29.10 ..... 1987  
 Natalie Sherbak ..... 9:29.80 ..... 2008  
 Louise Schwetzer ... 9:33.00 ..... 1987  
 Roxanne Polo ..... 9:39.20 ..... 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** ..... **10:21.83** ..... **2011**  
 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, Weidman** .... 9:00.98 ..... 2010  
**Pinkston, Dowd**

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. Kreb ..... 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 Kreb ..... 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

# 2011 Sea Ray Relays Time Schedule



<u>Wednesday, April 13</u>	<u>Friday, April 15</u>	<u>Saturday, April 16</u>
2:00 Heptathlon 100mh, HJ, SP, 200m	12:15 M Open Discus 12:35 W Open 3000m Run 1:00 W High Jump	8:45 M Hammer Throw 12:15 W Inv Discus 12:30 M High Jump
2:30 Scott Hartman Decathlon 100m, LJ, SP, HJ, 400m	1:00 W Pole Vault 1:00 W 1500m Run (Sections 3 & 4) 1:15 M 1500m Run (Sections 3 & 4) 1:30 W 800m Run (Sections 4-6) 1:45 M 800m Run (Sections 4-6)	12:40 W Shuttle Hurdle Relay 1:00 M Shuttle Hurdle Relay 1:20 W Distance Medley Relay 1:30 M Long Jump 1:30 W Long Jump
<u>Thursday, April 14</u>	2:00 W 100m Hurdles	1:30 W Javelin
2:00 Scott Hartman Decathlon 110mh, DT, PV, JT, 1500m	2:25 M 110m Hurdles 2:45 W 100m Dash 3:00 W Open Discus 3:10 M 100m Dash 3:35 W 400m Dash	1:40 M Distance Medley Relay 2:00 W 4 x 100m Relay 2:25 M 4 x 100m Relay 2:30 M Inv Pole Vault 2:30 W Shot Put
3:00 Heptathlon LJ, JT, 800m	4:00 M 400m Dash 4:00 M Triple Jump 4:00 W Triple Jump	2:50 W Inv Steeplechase 3:05 M Inv Steeplechase 3:20 W 4 x 800m Relay
7:00 W Hammer Throw	4:25 W 400m Hurdles 4:30 M Open Pole Vault 4:50 M 400m Hurdles 5:10 W 200m Dash 5:35 M 200m Dash 5:45 M Inv Discus 6:00 W 800m Run (Sections 1-3) 6:15 M 800m Run (Sections 1-3) 6:30 W 1500m Run (Sections 1 & 2) 6:45 M 1500m Run (Sections 1 & 2) 7:00 M Shot Put 7:00 W Inv 5000m Run 7:25 M Inv 5000m Run 7:45 W 10,000m Run 8:30 M 10,000m Run	3:30 M Javelin 3:40 M 4 x 800m Relay 4:00 W 4 x 200m Relay 4:20 M 4 x 200m Relay 4:40 W 4 x 1500m Relay 5:05 M 4 x 1500m Relay 5:25 W 4 x 400m Relay 5:45 M 4 x 400m Relay

Updated 02/15/11



# 2011 Men's Season Bests

## Updated 4/12/11

### 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	10.51 (4-9-11)	10.51 (4-9-11)
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)
Nick McLaughlin	49.62 (4-8-11)	49.62 (4-8-11)
Ryan Witt	50.17 (4-8-11)	50.17 (4-8-11)
Tihut Degfae	50.32 (4-8-11)	50.32 (4-8-11)
Jeff Miller	50.86 (4-8-11)	50.86 (4-8-11)
Ronnie Black	54.42 (4-9-11)	54.42 (4-9-11)
Jeff Artis-Gray	54.48 (4-9-11)	54.48 (4-9-11)
Scott Campbell	56.67 (4-9-11)	56.67 (4-9-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Tihut Degfae	1:49.64 (4-9-11)	1:49.64 (4-9-11)
Nick McLaughlin	1:51.00 (4-1-11)	1:50.36 (2010)
Ryan Witt	1:51.29 (4-9-11)	1:50.06 (2010)
Jeff Miller	1:51.71 (4-9-11)	1:51.07 (2009)
Kieran Lee	1:54.40 (4-1-11)	1:51.77 (2010)
Eric Hoepker	1:55.20 (4-9-11)	1:51.81 (2009)
Ryan Hagen	1:55.46 (4-8-11)	1:51.80 (2010)
Grant Pollock	1:55.61 (4-8-11)	1:55.61 (4-8-11)
Garrett Bradley	1:55.82 (4-1-11)	1:55.82 (4-1-11)
Jason Cusack	1:57.28 (4-8-11)	1:57.28 (4-8-11)
Matt Satterwhite	1:59.25 (4-8-11)	1:59.25 (4-8-11)

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)
Kieran Lee	3:52.81 (4-9-11)	3:50.86 (2010)
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)

5,000 Meters (School Record - 13:50.76, Will Mulherin 2010)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Will Mulherin	14:08.59 (4-9-11)	13:50.76 (2010) SR
Michael Hammond	14:12.56 (4-9-11)	14:12.56 (4-9-11)
Devin Cornwall	14:44.43 (4-9-11)	14:25.13 (2008)
Joseph Murray	16:07.84 (4-9-11)	16:07.84 (4-9-11)

3,000 Meter Steeplechase (School Record - 8:42.20, Gene Crane 1978m)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jason Cusack	9:10.60 (4-9-11)	9:05.81 (2010)
Matt Satterwhite	9:49.36 (4-9-11)	9:49.36 (4-9-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jeff Artis-Gray	14.25 (4-9-11)	14.25 (4-9-11)
Ebenezer Amegashie	14.50 (3-19-11)	14.17 (2009)
Scott Campbell	15.87 (4-9-11)	15.87 (4-9-11)

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	53-2.75 / 16.22m (4-8-11)	53-2.75 / 16.22m (4-8-11)
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 4/12/11

### 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	11.98 (4-9-11)	11.98 (4-9-11)
Zakiya Tyson	12.04 (4-9-11)	12.04 (4-9-11)

### 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	24.82 (4-9-11)	24.82 (4-9-11)
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	56.65 (4-9-11)	56.65 (4-9-11)
Frances Dowd	57.60 (4-8-11)	57.60 (4-8-11)
Lauren Pinkston	1:00.59 (4-8-11)	1:00.59 (4-8-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Frances Dowd	2:10.19 (4-9-11)	2:10.19 (4-9-11)
Lauren Lemieux	2:13.33 (4-8-11)	2:13.33 (4-8-11)
Lauren Pinkston	2:13.73 (4-9-11)	2:11.43 (2010)
Sammy Dow	2:15.70 (4-8-11)	2:15.70 (4-8-11)
Erika Weidman	2:21.53 (4-1-11)	2:13.04 (2010)
Alex Watt	2:23.62 (4-9-11)	2:23.62 (4-9-11)
Stephanie Cario	2:23.82 (4-9-11)	2:23.82 (4-9-11)
Erin Stehle	2:28.78 (4-9-11)	2:28.78 (4-9-11)
Mary Catherine Sowder	2:29.00 (4-9-11)	2:29.00 (4-9-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Lauren Lemieux	4:27.31 (4-9-11)	4:27.31 (4-9-11)
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)
Stephanie Cario	4:45.87 (4-9-11)	4:45.87 (4-9-11)
Madalyn Nuckols	4:47.83 (4-1-11)	4:47.83 (4-1-11)
Alex Watt	4:49.21 (4-9-11)	4:49.21 (4-9-11)
Taylor Crosson	4:50.76 (4-1-11)	4:50.76 (4-1-11)
Erin Stehle	4:55.95 (4-9-11)	4:55.95 (4-9-11)
Mary Catherine Sowder	5:00.12 (4-9-11)	5:00.12 (4-9-11)

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Courtney Dobbs	17:00.68 (4-9-11)	17:00.68 (4-9-11)
Madalyn Nuckols	17:08.94 (4-9-11)	17:08.94 (4-9-11)
Stephanie Cario	17:23.00 (4-1-11)	17:23.00 (4-1-11)
Taylor Crosson	17:24.22 (4-9-11)	17:24.22 (4-9-11)
Jessica Trapeni	17:28.00 (4-9-11)	17:25.09 (2010)
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)

3,000 Meter Steeplechase (School Record - 10:21.83, Sammy Dow 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Sammy Dow	10:21.83 (4-9-11) SR	10:21.83 (4-9-11) SR

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)
Taylor Williams	1:08.47 (4-9-11)	1:08.47 (4-9-11)

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>