

Virginia Tech Track & Field



This Week: ACC Championships

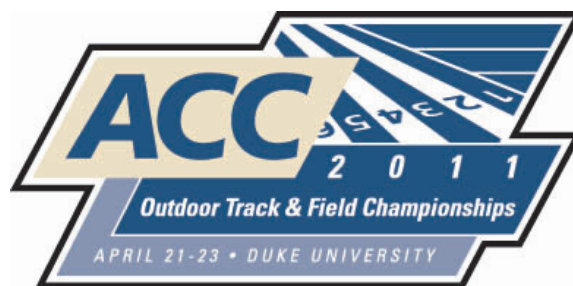
April 21-23

Durham, N.C.

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THIS WEEK

Virginia Tech heads to Durham, N.C., for the 2011 Outdoor ACC Championships. Events at Duke University's Wallace Wade Stadium begin on Thursday, April 21 and carry on until the final day of competition on the Saturday the 23rd.



HOKIES AT THE OUTDOOR CONFERENCE MEET

- 2010 Finish: Men - 2nd, Women - 6th
- Highest Finish: Men - 2nd (2010), Women - 1st (2007, 2008)
- Defending Champions: Marcel Lomnicky - Hammer Throw, Michael Hammond - 5,000 meters, Yavgeniy Olhovskiy - Pole Vault
- Hokie ACC Leaders: Hunter Hall - Men's Pole Vault (17-8.5, 5.40m), Hasheem Halim - Men's Triple Jump (53-2.75, 16.22m), Marcel Lomnicky - Men's Hammer Throw (240-8, 73.37m), Dorotea Habazin - Women's Hammer Throw (214-3, 65.30m).
- Ten Hokies (eight men, two women) earned All-ACC honors at last year's meet.
- Total individual ACC titles won all-time by Tech: Men - 16, Women - 21
- The men's team will be looking for a conference sweep, having won the indoor conference title in Blacksburg. History favors a sweep, as every indoor men's team champion since 2005 (Tech's first year in the ACC) has gone on to win the outdoor men's title.
- The Hokie women's squad has finished at least second in three of the last four outdoor championships, including back-to-back titles in 2007 and 2008.

MEN'S TEAM RANKED 14TH NATIONALLY

The Virginia Tech men's track and field team has climbed to its highest national ranking so far this season. It sits at 14th in the latest USTFCCA national rankings, released Tuesday. The Hokies moved up two spots from their 16th-place ranking in the week two poll. Tech has been ranked in every poll so far this season. The Hokies are only one of two ACC teams to crack the top 25 all season, only behind Florida State who has occupied the No. 4 spot in every poll this season. As many teams, including Tech, competed with partial squads last weekend preparing for their respective conference meets, the Hokies got a good boost in the national rankings thanks to a new PR by Hunter Hall in the pole vault at the Sea Ray Relays. The senior from Fort Wayne, Ind., bested the field at 17-8.5 (5.40m), which currently puts him fourth in the nation and first in both the East Region and the ACC.

2011 Indoor Schedule

Date	Meet	Location
Dec. 4	Appalachian Collegiate Indoor	Boone, N.C.
Dec. 4	Liberty Kickoff	Lynchburg, Va.
Jan. 14-15	Virginia Tech Invitational	Blacksburg, Va.
Jan. 21-22	Hokie Invitational	Blacksburg, Va.
Jan. 28-29	Penn State National	University Park, Pa.
Feb. 4-5	VT Elite Meet	Blacksburg, Va.
Feb. 18-19	Virginia Tech Challenge	Blacksburg, Va.
Feb. 24-26	ACC Indoor Championships	Blacksburg, Va.
Mar. 5	Virginia Tech Final Qualifier	Blacksburg, Va.
Mar. 11-12	NCAA Indoor Championships	College Station, Texas

2011 Outdoor Schedule

Date	Meet	Location
Mar. 19	Hurricane Invitational	Coral Gables, Fla.
Mar. 25-26	Yellow Jacket Invitational	Atlanta, Ga.
Apr. 1-2	Colonial Relays	Williamsburg, Va.
Apr. 1-2	Florida Relays	Gainesville, Fla.
Apr. 8-9	Spec Towns Invitational	Athens, Ga.
Apr. 8-9	Sun Angel Classic	Tempe, Ariz.
Apr. 9	Track and Field Classic	Lynchburg, Va.
Apr. 15-16	Sea Ray Relays	Knoxville, Tenn.
Apr. 21-23	ACC Outdoor Championships	Durham, N.C.
Apr. 29-30	Highlander Invitational	Radford, Va.
Apr. 29-30	Penn Relays	Philadelphia, Pa.
May 5	Liberty Twilight	Lynchburg, Va.
May 12	Distance Classic	Roanoke, Va.
May 13-14	Clemson Tiger Qualifier	Clemson, S.C.
May 13-14	Carolina Qualifier	Chapel Hill, N.C.
May 26-28	NCAA Regionals	Bloomington, Ind.
Jun. 9-11	NCAA Outdoor Championships	Des Moines, Iowa
Jun. 23-26	USA Championships	Eugene, Ore.

Quick Facts

Location Blacksburg, Va.
 Founded 1872
 Enrollment 31,000
 Colors Chicago Maroon
 Burnt Orange
 Nickname Hokies
 Conference Atlantic Coast

T+F Director Dave Cianelli
 Associate Head Coach (Throws)
 Greg Jack
 Sprints, Hurdles, Jumps
 Charles Foster
 Distance Ben Thomas
 Assistant Distance
 Jennifer McGranahan
 Pole Vault Bob Phillips
 Technical Director Stacey Vidt

ACC Championships
 2011 Indoor (m/w) 1st/4th
 2010 Outdoor (m/w) 2nd/6th

All-ACC Performers Returning/Lost
 Men's Indoor - 8/1
 Women's Indoor - 3/2
 Men's Outdoor - 8/2
 Women's Outdoor - 1/4



Qualifying for the NCAA Championships

The top 48 declared athletes in each individual event will qualify 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.

NATIONAL SPOTLIGHT

Along with Hall, five other Hokies are ranked in the top 20 in their respective events, three of which are ranked fourth or higher.

- Marcel Lomnicky - 1st - Men's Hammer Throw (240-8, 73.37m)
- Dorotea Habazin - 3rd - Women's Hammer Throw (214-3, 65.30m)
- Hasheem Halim - 4th - Men's Triple Jump (53-2.75, 16.22m)
- Sammy Dow - 15th - Women's Steeplechase (10:21.83)
- Samira Burkhardt - 19th - Women's Shot Put (53-0.75, 16.17m).

TALE OF TWO SPORTS

While the rest of David Wilson's football teammates will be competing at their spring game on Saturday, April 23, he will be hopping, skipping and jumping towards an ACC title in the triple jump. The sophomore from Danville, Va., earned a silver medal at the indoor meet this season and earned team points for the Hokies last season, finishing fourth in both the indoor and outdoor meet. His outdoor personal-best of 51-5.5 (15.68m), set at last season's outdoor meet, ranks third all-time at Virginia Tech.

TAKE IT OUTSIDE

Since joining the ACC in 2005, 17 Hokies (seven men, 10 women) who won indoor titles have gone on to win an outdoor title in the same season. The highest yearly total of these champions was 2008 for the women (5) and 2009 for the men (4). Five Hokies this season will have a chance at this feat.

- Samira Burkhardt - Shot Put (52-1.25, 15.88m)
- Michael Hammond - Mile Run (4:07.47)
- Stephan Munz - Pole Vault (17-9, 5.41m)
- Kelly Phillips - Pole Vault (13-11.25, 4.25m)
- Alexander Ziegler - Weight Throw (70-4.5, 21.45m)

NO DOUBTING DOW

Sammy Dow became the first Hokie this outdoor season to break a school record, setting a new mark in the 3,000-meter steeplechase of 10:21.83 at the Sun Angel Classic. In what could be a trend moving forward, the record Dow broke was her own, set at last year's ACC Championships.

Outdoor National Rankings East Region Top 48

Men's		
Event	Name	Rank (Mark)
100m	Keith Ricks	13 (10.33)
	Darrell Wesh	34 (10.51)
200m	Keith Ricks	14 (20.80)
	Tihut Degfae	8 (1:49.64)
800m	Nick McLaughlin	31 (1:51.00)
	Ryan Witt	48 (1:51.65)
	Michael Hammond	29 (3:46.97)
1,500m	Will Mulherin	33 (14:08.59)
	Michael Hammond	42 (14:12.56)
5,000m	Jeff Artis-Gray	32 (14.25)
	Jason Cusack	38 (9:10.60)
110m H	Wilson, Ricks,	
	Wesh, Amegashie	29 (40.58)
3k Steep	Hunter Hall	1 (5.40m)
	Jared Jodon	8 (5.20m)
	Joe Davis	20 (5.07m)
4x1	Jeff Artis-Gray	42 (7.30m)
	Hasheem Halim	2 (16.22m)
Pole Vault	David Wilson	46 (14.79m)
	Marcel Lomnicky	1 (73.37m)
Long Jump	Denis Mahmic	14 (61.15m)
Triple Jump		
Hammer		
Women's		
Event	Name	Rank (Mark)
100m	Ogechi Nwaneri	35 (11.66)
400m H	Y. Amegashie	45 (60.75)
3k Steep	Sammy Dow	5 (10:21.83)
4x1	Tyson, Alabi,	
	Boone, Nwaneri	16 (44.86)
4x4	Boone, Amegashie,	
	Alabi, Woodford	10 (3:37.57)
Pole Vault	Kristen Brown	26 (3.90m)
Shot Put	Samira Burkhardt	8 (16.17m)
Hammer	Dorotea Habazin	1 (65.30m)

Up Next: Highlander Invite / Penn Relays - April 29-30 - Radford, Va. / Philadelphia, Pa.

ACC FUN FACTS

- Only twice in the 57-year history of the ACC Championships has there ever been a shared team title. It happened as recently as 2009, when Florida State and Virginia split the top spot, and the only time prior was 1982 with NC State and Clemson.
- Parity has taken a backseat in the men's competition, as Florida State has won every title since 2002 (including the shared title in 2009), except 2004 which Clemson won.
- There have been more changes on the women's side, as five different champions have been crowned in the last decade, including Virginia Tech in 2007 and 2008.
- Only five events at this year's championship stretch back to the original conference meet in 1954: high jump, pole vault, shot put, discus and javelin.
- What are the longest-standing conference meet records? For the women it's Tina Krebs in the 800-meters at the 1984 meet (2:02.81) and the for the men it's Mike Cotton in the 10,000 meters (28:55.1) in 1981!

LOOKING AHEAD

After the conference meet, Tech heads to Philadelphia, Pa., for the historic Penn Relays next weekend on April 29-30. Some will also travel to NRV neighbor Radford for the Highlander Invite.

Current Hokie Outdoor Conference Champions

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

Current Hokie All-Americans

Hunter Hall

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

Dorotea Habazin

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

Michael Hammond

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

Jared Jodon

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

Marcel Lomnicky

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

Will Mulherin

2010..... Outdoor5,000 Meters (5th)

Yavgeniy Olhovsky

2008..... Indoor Pole Vault (5th)
2008..... Outdoor Pole Vault (2nd)
2009..... Indoor Pole Vault (2nd)
2009..... Outdoor Pole Vault (T-4th)
2010..... Indoor Pole Vault (T-4th)
2010..... Outdoor Pole Vault (8th)
2011 Indoor**Pole Vault (8th)**

Kelly Phillips

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

Asia Washington

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

Alexander Ziegler

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

Week Three 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. USC (7)
7. Mississippi St. (6)
8. Stanford (8)
9. BYU (15)
10. Nebraska (10)
11. Texas (9)
12. Arkansas (12)
13. Oregon (11)
- 14. Virginia Tech (16)**
15. Minnesota (13)
16. Arizona (26)
17. Auburn (18)
18. Kansas (14)
19. Georgia (21)
20. Oklahoma (17)
21. Baylor (19)
22. Ole Miss (20)
23. S. Carolina (22)
24. UCLA (23)
25. Alabama (25)

WOMEN'S

1. Texas A&M (1)
2. LSU (2)
3. Oregon (3)
4. USC (4)
5. Clemson (5)
6. Oklahoma (7)
7. Texas (6)
8. Arizona (9)
9. Arkansas (8)
10. Arizona State (10)
11. Auburn (11)
12. Florida State (10)
13. Tennessee (13)
14. Baylor (12)
15. Texas Tech (15)
16. Colorado (17)
17. Stanford (16)
18. SMU (29)
19. Wash. State (19)
20. Georgia (20)
21. Miami (21)
22. South. Illinois (22)
23. TCU (24)
24. BYU (26)
25. Kansas (25)



ACC Championship Records

Men's

Event	Name (School, Year)	Mark
100m	Maurice Mitchell (FSU, 10)	10.11
200m	Walter Dix (FSU, 07)	20.19
400m	Milton Campbell (UNC, 97)	44.83
800m	Paul Ereng (UVA, 88)	1:46.66
1500m	Tom Lancashire (FSU, 06)	3:42.13
Steep	Andrew Lemoncello (FSU, 06)	8:34.84
5000m	Hans Koeleman (Clem, 83)	13:56.76
10k	Mike Cotton (UVA, 81)	28:55.1
4x1	Florida State, 2007	38.78
4x4	Georgia Tech, 1994	3:03.47
110mh	James Purvis (GT, 87)	13.65
400mh	Derrick Adkins (GT, 92)	48.64
HJ	Shawn Brown (FSU, 01)	2.25m
PV	Jeff Bray (FSU, 92)	5.65m
LJ	Eric Bowers (GT, 96)	7.99m
TJ	Alphonso Jordan (GT, 10)	16.62m
SP	Garrett Johnson (FSU, 06)	20.13m
Disc	Andy Bloom (WF, 95)	63.48m
Jav	Sean Murray (UNC, 92)	73.36m
Ham	Marcel Lomnicky (VT, 10)	71.80m
Dec	Stephen Dunphy (UVA, 92)	7,861

Women's

Event	Name (School, Year)	Mark
100m	Marecia Pemberton (FSU, 10)	11.12
200m	Cydonie Mothersill (Clem, 01)	22.57
400m	Monique Hennagan (UNC, 96)	51.44
800m	Tina Krebs (Clem, 84)	2:02.81
1500m	Shalane Flanagan (UNC, 03)	4:13.05
3000m	Claire Forbes (UVA, 92)	9:13.75
Steep	Barbara Parker (FSU, 07)	9:56.29
5000m	Shalane Flanagan (UNC, 03)	15:47.75
10k	Michelle Sikes (WF, 07)	32:58.20
4x1	North Carolina, 1997	44.11
4x4	Florida State, 2007	3:32.11
100mh	Queen Harrison (VT, 10)	12.44
400mh	Queen Harrison (VT, 10)	54.66
HJ	Chaunte Howard (GT, 05)	1.95m
LJ	Kiamesha Otey (UVA, 02)	6.54m
TJ	Tabia Charles (UM, 06)	13.61m
SP	Laura Gerraughty (UNC, 06)	13.61m
Disc	Khadija Talley (UM, 08)	55.76m
Jav	Julia Solo (UVA, 88)	54.38m
Ham	Jamine Moton (Clem, 02)	62.82m
PV	Lacy Janson (FSU, 06)	4.58m
Hept	Liane Weber (Clem, 10)	5,928

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
PV	Hunter Hall	Virginia Tech	5.40m
LJ.....	Ngonidzashe Makusha... Fla. St.....		8.40m
TJ.....	Hasheem Halim	Virginia Tech	16.22m
SP.....	Michael Putman	Florida State	18.65m
Disc.....	Michael Putman	Florida State	57.96m
Ham	Marcel Lomnicky	Virginia Tech	73.37m
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	53.96
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	51.93m
Ham	Dorotea Habazin.....	Virginia Tech	65.30m
Jav.....	Andrea Hopkins	Duke	47.80m
Hept.....	Nicole Cummings.....	Miami	4,404

Men's All-Time Outdoor Performers

100 Meters

André Davis	10.24	1999
Keith Ricks	10.33	2010
Dennis Scott	10.42	1980
David Read	10.43	1980
Darrell Wesh	10.51	2011
Jevon Jenkins	10.52	2001

100 Yards

André Releford	9.40	1974
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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	20.80	1971
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400 Meters

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

440 Yards

Mac Banks	46.70	1971
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800 Meters

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

1,500 Meters

Gary Cobb	3:39.35	1987
Billy Berlin	3:41.88	2007
Michael Hammond	3:42.17	2010
Ray McDaniels	3:45.20	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
Ryan Witt	3:46.78	2009

Mile

Will Mulherin	4:00.93	2010
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5,000 Meters

Will Mulherin	13:50.76	2010
Steve Taylor	13:52.00	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
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	8:47.20	1978
Robert Herndon	8:54.60	1984
Merle Valetto	8:55.10	1971
Jared Berman	8:55.33	2010
Tim Covington	9:02.10	1989
David Peterson	9:03.50	1983
Rider Claus	9:05.55	2007

4x100-Meter Relay

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

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

Walizer, Hammond	7:22.19	2010
Witt, McLaughlin	7:22.19	2010
Judge, Berlin	7:26.98	2009
J. Miller, Witt	7:30.12	2004
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	15:43.34	2011
C. Padilla, Judge	15:54.60	2008
Walizer, Clauss	15:54.70	2001
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
Hasheem Halim	53'2.75"	(16.22m)	2011
David Wilson	51'5.5"	(15.68m)	2010
Jason Fludd	50'11.5"	(15.53m)	2004
Idikoro Eradiri	50'0.75"	(15.26m)	2005

High Jump

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

Pole Vault

B. Mondschein	18'1.75"	(5.53m)	2006
B. Hunter	18'1.25"	(5.52m)	2000
Y. Olhovskiy	18'0.5"	(5.50m)	2010
J. Jodon	17'6.50"	(5.35m)	2010
T. Mueller	17'5.75"	(5.33m)	2007
J. Samaniuk	17'5.50"	(5.32m)	2007
H. Hall	17'3.5"	(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
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Decathlon

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

Women's All-Time Outdoor Performers

100 Meters

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

200 Meters

Britni Spruill	23.17	2007
Patrice Potts	23.25	2007
Aunye Boone	23.57	2009
Kristi 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. 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

2011 ACC Track and Field Championships
theACC.com/championships/11-otf-championship.html
Schedule of Events

Thursday, April 21, 2011

Running Events

8:00 PM W 10,000m final
 8:45 PM M 10,000m final

Field Events

12:30 PM W Discus
 3:00 PM M Discus
 5:30 PM W Javelin
 8:00 PM M Javelin

Combined Events

10:00 AM Heptathlon
 10:30 AM Decathlon

Friday, April 22, 2011

Running Events

4:00 PM W 1,500m prelim
 4:20 PM M 1,500m prelim
 4:40 PM W 100m H prelim
 5:00 PM M 110m H prelim
 5:15 PM W 400m prelim
 5:30 PM M 400m prelim
 5:45 PM W 100m prelim
 6:00 PM M 100m prelim
 6:15 PM W 800m prelim
 6:30 PM M 800m prelim
 6:45 PM W 400m H prelim
 7:00 PM M 400m H prelim
 7:15 PM W 200m prelim
 7:30 PM M 200m prelim
 7:45 PM W 3000m SC final
 8:10 PM M 3000m SC final

Field Events

1:00 PM W Shot Put
 2:00 PM M Long Jump
 4:00 PM M Shot Put
 5:00 PM W Long Jump
 5:00 PM M High Jump
 7:00 PM W High Jump

Combined Events

10:00 AM Heptathlon
 11:00 AM Decathlon

Saturday, April 23, 2011

Running Events

4:00 PM W 4x100m final
 4:10 PM M 4x100m final
 4:20 PM W 1,500m final
 4:30 PM M 1,500m final
 4:40 PM W 100m H final
 4:50 PM M 110m H final
 5:00 PM W 400m final
 5:10 PM M 400m final
 5:20 PM W 100m final
 5:30 PM M 100m final
 5:40 PM W 800m final
 5:50 PM M 800m final
 6:00 PM W 400m H final
 6:10 PM M 400m H final
 6:20 PM W 200m final
 6:30 PM M 200m final
 6:40 PM W 5,000m final
 7:10 PM M 5,000m final
 7:40 PM W 4x400m final
 7:50 PM M 4x400m final

Field Events

12:00 PM M Pole Vault
 12:00 PM W Hammer
 1:00 PM M Triple Jump
 3:00 PM M Hammer
 4:00 PM W Pole Vault
 4:00 PM W Triple Jump

8:10 PM Awards Ceremony

2011 Men's Season Bests

Updated 4/18/11

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

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best
Wilson, Ricks, Wesh, Amegashie	40.58 (4-2-11)

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

Name	Season Best
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)

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

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

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

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

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

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

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

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

Name	Season Best	Career Best
Hasheem Halim	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)

Name	Season Best	Career Best
Hunter Hall	17-8.5 / 5.40m (4-16-11)	17-8.5 / 5.40m (4-16-11)
Jared Jodon	17-0.75 / 5.20m (4-16-11)	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)

Name	Season Best	Career Best
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 4/18/11

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

Name	Season Best	Career Best
Ogechi Nwaneri	11.66 (3-26-11)	11.57 (2009)
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
Aunye Boone	55.23 (3-19-11)	55.23 (3-19-11)
Yvonne Amegashie	55.71 (3-19-11)	55.11 (2010)
Funmi Alabi	56.07 (3-19-11)	56.07 (3-19-11)
Natalie Woodford	56.65 (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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

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

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

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

Name	Season Best
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)

Name	Season Best
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)

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

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

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

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

Name	Season Best	Career Best
Kristen Brown	12-9.5 / 3.90m (4-15-11)	12-9.5 / 3.90m (4-15-11)
Caitlin Thornley	12-0.5 / 3.67m (4-1-11)	12-8 / 3.86m (2010)
Emma DeJarnette	11-5.75 / 3.50m (4-15-11)	12-0 / 3.66 (2010)

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

Name	Season Best	Career Best
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)

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