

# Virginia Tech Track & Field



**This Week: Penn Relays - Philadelphia, Pa.  
Radford Invitational - Radford, Va.**

**April 28-30**

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

## THIS WEEK

This weekend the Hokies head north to Philadelphia, Pa., for the historic Penn Relays. A handful of others will head to NRV neighbor Radford for the running of the Radford Invitational.

## ACC CHAMPIONSHIPS RECAP

- Men - 2nd (153.5 points) Women - 7th (53.5 points)
- Six individual champions
  - Samira Burkhardt - Women's Shot Put (52-3.25, 15.93m)
  - Dorotea Habazin - Women's Hammer Throw (224-3, 68.36m)
  - Hasheem Halim - Men's Triple Jump (52-10, 16.10m)
  - Jared Jodon - Men's Pole Vault (17-2.75, 5.25m)
  - Marcel Lomnicky - Men's Hammer Throw (248-10, 75.84m)
  - Matthias Treff - Men's Javelin (239-6, 73.01m)
- 14 All-ACC performers

## HABAZIN AND LOMNICKY SET ALL-TIME ACC RECORDS

Tech's champions in the women's and men's hammer throw made their mark on ACC history Saturday in Durham, N.C. Habazin didn't waste any time Saturday, setting the new all-time ACC mark on her first throw of 224-3 (68.36m), over 42 feet further than second place. This beats the previous record of 220-6 (67.21m) set by Clemson's Jamine Moton in 2002. This is Habazin's third career hammer throw title, her fourth in any event. Just a few hours later, Lomnicky proved why he is ranked No. 1 in the nation by improving his personal best to set a new all-time ACC record of 245-6 (74.83m). Every single one of Lomnicky's throws would have beat the previous all-time best of 238-5 (72.68m), set by former Hokie Spyridon Jullien in 2005, the Hokies' first season in the ACC. Habazin and Lomnicky's marks are also ACC meet records and school records.

## MEN JUMP TO NO. 7 RANKING

The men's team improved seven spots to their highest ranking of the season, cracking the top 10 in the week four USTFCCA poll. The week four poll is the first poll of the season that ignores preseason data, focusing only on performances from this season, so it typically sees the most movement. Four teams, including Tech, jumped into the top ten.

## 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.
<b>Apr. 29-30</b>	<b>Radford Invitational</b>	<b>Radford, Va.</b>
<b>Apr. 29-30</b>	<b>Penn Relays</b>	<b>Philadelphia, Pa.</b>
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

2011 ACC Championships  
 Indoor (m/w) ..... 1st/4th  
 Outdoor (m/w) ..... 2nd/7th

2010 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.

## CUSACK SETS STEEPLECHASE RECORD

Jason Cusack's second-place performance in Friday's 3,000-meter steeplechase is a new school record at Virginia Tech. It beats the previous record of 8:47.2, a hand-timed record set by Gene Crane in 1978. The steeplechase record was one of the oldest records at Tech, one of only three current events that stretch back to the 1970s.

## DEJA VU?

Reminiscent of the group's indoor performance in the weight throw, the Hokies formidable trio of Marcel Lomnicky, Alexander Ziegler and Denis Mahmic yet again swept the podium, taking the top three spots in the men's hammer throw at the ACC Championships. Mahmic, like he did during the indoor season, came up big with a new PR (208-4, 63.51m) to complete the sweep. Ziegler, who won the indoor weight title, finished second in the hammer throw with what would have been an ACC meet record of 236-2 (71.99m). However it was Lomnicky who took the gold with his all-time ACC record performance of 248-10 (75.84m).

## HASHEEM THE DREAM

After numerous second and third place conference finishes throughout his career, junior Hasheem Halim can finally add a gold medal to the collection with his thrilling victory in the triple jump Saturday. Halim, the final competitor, won the event with his final attempt, leaping 52-10 (16.10m) to take the gold. The second-place finisher wasn't too distraught, as silver-medalist David Wilson gladly congratulated his Hokie teammate.

## SIXTH SENSE

With Jared Jodon's conference title in the men's pole vault, Tech has now won six consecutive ACC championships in the event, three indoor and three outdoor. It was Jodon's first career ACC title, and he becomes the fourth Hokie to contribute to their six-win streak, joining Yavgeniy Olhovskiy (3), Hunter Hall (1) and Stephan Munz (1). Since joining the ACC in 2005, Tech has only failed to win a men's pole vault title four times: during the 2006

and 2008 indoor seasons and the 2007 and 2008 outdoor seasons.

## **Outdoor National Rankings East Region Top 48**

<b>Men's Event</b>	<b>Name</b>	<b>Rank (Mark)</b>
100m	Keith Ricks	15 (10.33)
	Darrell Wesh	41 (10.51)
200m	Keith Ricks	17 (20.80)
800m	Tihut Degfae	14 (1:49.64)
	Nick McLaughlin	35 (1:50.65)
1,500m	Michael Hammond	9 (3:43.62)
5,000m	Will Mulherin	12 (13:55.25)
10k	Devin Cornwall	40 (30:11.55)
110mh	E. Amegashie	21 (14.13)
	Jeff Artis-Gray	36 (14.25)
Steep 4x1	Jason Cusack	5 (8:47.29)
	Wilson, Ricks, Wesh, Amegashie	38 (40.58)
High Jump	Ronnie Black	40 (2.07m)
	Rene Stauss	40 (2.07m)
Pole Vault	Hunter Hall	1 (5.40m)
	Jared Jodon	6 (5.25m)
	Joe Davis	17 (5.15m)
Long Jump	Jeff Artis-Gray	21 (7.50m)
Triple Jump	Hasheem Halim	3 (16.22m)
	David Wilson	5 (16.02m)
	Marcel Lomnicky	1 (75.84m)
Hammer	Alexander Ziegler	2 (71.99m)
	Denis Mahmic	8 (63.51m)
	Matthias Treff	7 (73.01m)
Javelin		
<b>Women's</b>		
100m	Funmi Alabi	34 (11.59)
	Ogechi Nwaneri	45 (11.66)
800m	Frances Dowd	40 (2:09.27)
10k	Courtney Dobbs	26 (35:06.40)
Steep 4x1	Sammy Dow	11 (10:21.83)
	Scott, Alabi, Tyson, Nwaneri	14 (44.68)
4x4	Boone, Amegashie, Alabi, Woodford	10 (3:37.57)
Pole Vault	Kristen Brown	31 (3.90m)
Shot Put	Samira Burkhardt	9 (16.17m)
Hammer	Dorotea Habazin	1 (68.36m)

*Up Next: Liberty Twilight - Thursday, May 5 - Lynchburg, Va.*

## HISTORY OF THE PENN RELAYS

The Penn Relays are the longest uninterrupted collegiate track meet in the country, with the first meet being held on April 21, 1895. The meet was devised as a way to garner interest in a sagging track program at The University of Pennsylvania. The initial facilities were severely lacking, forcing student-athletes to dress in tents posted around the track rather than dedicated dressing facilities. Regardless, the numerous tents provided a festival atmosphere, leading to the "Carnival" term which has been a part of the full meet name (Penn Relay Carnival) since 1910. The Penn Relays predate the first ever NCAA Championships, and for most of its early life was recognized as the only meet that brought together the best contestants from around the United States. Through 116 meets, more athletes have run at the Penn Relays than any single meet in the world.

## LOOKING AHEAD

The Hokies travel to a mid-week meet in nearby Lynchburg, Va., for the Liberty Twilight meet on Thursday, May 5.

## **Current Hokie**

### **Outdoor Conference Champions**

**Samira Burkhardt** ..... 2011 .....**Shot Put**  
**Dorotea Habazin** ..... 2008 ....**Hammer Throw**  
2009 ....**Hammer Throw**  
2011 .. **Hammer Throw**  
**Hasheem Halim** ..... 2011 ..... **Triple Jump**  
**Jared Jodon** ..... 2011 ..... **Pole Vault**  
**Marcel Lomnicky** ..... 2009 ....**Hammer Throw**  
2010 ....**Hammer Throw**  
2011 .. **Hammer Throw**  
Will Mulherin..... 2009 ..... 5,000 Meters  
2010 ..... 5,000 Meters  
Yavgeniy Olhovsky ..... 2009 ..... Pole Vault  
2010 ..... Pole Vault  
**Matthias Treff**..... 2009 ..... Javelin  
2011 ..... **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 .....	N. Makusha.....	Florida State .....	9.97
200m .....	Maurice Mitchell .....	Florida State .....	20.19
400m .....	Brandon O'Connor....	Florida State .....	45.89
800m .....	Anthony Kostelac.....	Virginia .....	1:49.02
1,500m ..	Ciaran O'Lionaird .....	Florida State .....	3:40.69
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 ...	Reynaldo Radlin.....	North Carolina .....	51.89
Steep .....	Ryan McDermott .....	Duke .....	8:45.42
4x100-meter relay .....		Florida State .....	38.87
4x400-meter relay .....		Clemson .....	3:07.17
HJ.....	Dwight Barbiasz .....	Maryland .....	2.23m
<b>PV .....</b>	<b>Hunter Hall.....</b>	<b>Virginia Tech .....</b>	<b>5.40m</b>
LJ.....	N. Makusha.....	Florida State .....	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>75.84m</b>
Jav.....	Andy Fahringer .....	Virginia .....	73.02m
Dec .....	Mateo Sossah .....	North Carolina .....	7,773

### WOMEN'S

Event	Name	School	Mark
100m .....	Stormy Kendrick .....	Clemson .....	11.23
200m .....	Stormy Kendrick .....	Clemson .....	23.09
400m .....	Marlena Wesh .....	Clemson .....	52.28
800m .....	Caroline King.....	Boston College ...	2:04.88
1,500m ..	Kate Van Buskirk .....	Duke .....	4:16.68
5,000m ..	Hannah Brooks .....	Florida State ...	16:09.81
10k.....	Kimberly Ruck.....	Clemson .....	33:16.45
100mh ...	Ti'erra Brown .....	Miami .....	12.94
400mh ...	LaToya James .....	North Carolina .....	55.83
Steep .....	Stephanie Garcia .....	Virginia .....	9:55.10
4x100-meter relay .....		Clemson .....	44.27
4x400-meter relay .....		North Carolina ...	3:34.42
HJ.....	April Sinkler .....	Clemson .....	1.82m
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
<b>Ham .....</b>	<b>Dorotea Habazin.....</b>	<b>Virginia Tech ...</b>	<b>68.36m</b>
Jav.....	Andrea Hopkins .....	Duke .....	47.80m
Hept.....	Liane Weber .....	Clemson .....	5,463

# Men's All-Time Outdoor Performers

## 100 Meters

André Davis .....	10.24	1999
<b>Keith Ricks</b> .....	<b>10.33</b>	<b>2011</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
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## 200 Meters

André Davis .....	20.78	1999
<b>Keith Ricks</b> .....	<b>20.80</b>	<b>2011</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
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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
<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>
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## 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>14.13</b>	<b>2011</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

<b>Jason Cusack</b> .....	<b>8:47.29</b>	<b>2011</b>
Gene Crane.....	8:47.2	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 Clauss .....	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>7:26.98</b>	<b>2009</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>15:54.60</b>	<b>2008</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
<b>Jeff Artis-Gray</b> .....	<b>24'7.25</b>	<b>(7.50m)</b>	<b>2011</b>
Darryl McCoy.....	24'5"	(7.44m)	2000
James Curd .....	24'3.75"	(7.41m)	1988
Mike Donahue .....	24'3.50"	(7.40m)	1999
Mike Halim .....	23'11.75"	(7.31m)	1981

## Triple Jump

Phil Saunders....	53'4.5"	(16.27m)	1986
<b>Hasheem Halim</b> .....	<b>53'2.75"</b>	<b>(16.22m)</b>	<b>2011</b>
<b>David Wilson</b> .....	<b>52'6.75"</b>	<b>(16.02m)</b>	<b>2011</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
<b>Ronnie Black</b> .....	<b>6'9.5"</b>	<b>(2.07m)</b>	<b>2011</b>
<b>Rene Stauss</b> .....	<b>6'9.5"</b>	<b>(2.07m)</b>	<b>2011</b>
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. Olhovskiy</b> .....	<b>18'0.5"</b>	<b>(5.50m)</b>	<b>2010</b>
<b>H. Hall</b> .....	<b>17'8.5"</b>	<b>(5.40m)</b>	<b>2011</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. 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>248'10"</b>	<b>(75.84m)</b>	<b>2011</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>208'4"</b>	<b>(63.51m)</b>	<b>2011</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
<b>M. Treff</b> .....	<b>239'10"</b>	<b>(73.10m)</b>	<b>2009</b>
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
<b>Ogechi Nwaneri</b> .....	<b>11.57</b>	.....	<b>2009</b>
<b>Funmi Alibi</b> .....	<b>11.59</b>	.....	<b>2011</b>
<b>Aunye Boone</b> .....	<b>11.71</b>	.....	<b>2009</b>
Damali Hay .....	11.76	.....	2002
Kristi Castlin .....	11.79	.....	2008

## 200 Meters

Britni Spruill .....	23.17	.....	2007
Patrice Potts .....	23.25	.....	2007
<b>Aunye Boone</b> .....	<b>23.57</b>	.....	<b>2009</b>
Kristi Castlin .....	23.65	.....	2010
<b>Ogechi Nwaneri</b> .....	<b>23.82</b>	.....	<b>2010</b>
<b>Funmi Alibi</b> .....	<b>24.06</b>	.....	<b>2011</b>
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
<b>Yvonne Amegashie</b> .....	<b>55.11</b>	.....	<b>2010</b>

## 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
<b>Frances Dowd</b> .....	<b>2:09.27</b>	.....	<b>2011</b>
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
<b>Lauren Lemieux</b> .....	<b>4:26.16</b>	.....	<b>2011</b>
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
Margarita Lasaga .....	33:51.00	.....	1987
Natalie Sherbak .....	34:11.50	.....	2009
Roxanne Polo .....	34:14.00	.....	1986
<b>Taylor Crosson</b> .....	<b>35:06.40</b>	.....	<b>2011</b>
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
<b>Kristen Brown</b> .....	<b>13.92</b>	.....	<b>2011</b>
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
<b>Y. Amegashie</b> .....	<b>60.75</b>	.....	<b>2011</b>

## 3,000-Meter Steeplechase

<b>Sammy Dow</b> .....	<b>10:21.83</b>	.....	<b>2011</b>
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
<b>Scott, Alabi, Tyson, Nwaneri</b> .....	<b>44.58</b>	.....	<b>2011</b>
Castlin, S.Green .....			
Castlin, <b>Alabi</b> .....	44.76	.....	2010
<b>Boone, Nwaneri</b> .....			
<b>Tyson, Alabi</b> .....	<b>44.86</b>	.....	<b>2011</b>
<b>Boone, Nwaneri</b> .....			

## 4x200-Meter Relay

Pinnock, <b>Boone</b> .....	1:36.23	.....	2009
Aririguzo, <b>Nwaneri</b> .....			
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, <b>Amegashie</b> .....	3:33.15	.....	2010
Washington, <b>Boone</b> .....			
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 .....			
<b>Lemieux, Weidman</b> .....	<b>9:00.98</b>	.....	<b>2010</b>
<b>Pinkston, Dowd</b> .....			

## 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. Krieb .....	5'5.25"	(1.66m)	.....2006

## Pole Vault

A. Early .....	13'5.75"	(4.11m)	.....2007
<b>K. Phillips</b> .....	<b>13'5.25"</b>	<b>(4.10m)</b>	<b>.....2008</b>
E. Mahony .....	13'5.25"	(4.10m)	.....2008
<b>K. Brown</b> .....	<b>12'9.50"</b>	<b>(3.90m)</b>	<b>.....2011</b>
A. McGrath .....	12'9.50"	(3.90m)	.....2006
<b>C. Thornley</b> .....	<b>12'8"</b>	<b>(3.86m)</b>	<b>.....2010</b>
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
<b>S. Burkhardt</b> .....	<b>53'0.75"</b>	<b>(16.17m)</b>	<b>2011</b>
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

<b>D. Habazin</b> .....	<b>224'3"</b>	<b>(68.36m)</b>	<b>.....2011</b>
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 Krieb .....	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 Men's Season Bests

## Updated 4/25/11

### 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)
Scott Campbell	11.17 (4-21-11)	11.17 (4-21-11)

### 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	21.93 (4-22-11)	21.93 (4-22-11)

### 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)
Scott Campbell	51.08 (4-21-11)	51.08 (4-21-11)
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	1:50.65 (4-23-11)	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	3:43.62 (4-23-11)	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)
Scott Campbell	4:58.16 (4-22-11)	4:58.16 (4-22-11)

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	13:55.25 (4-23-11)	13:50.76 (2010) <b>SR</b>
Michael Hammond	14:12.56 (4-9-11)	14:12.56 (4-9-11)
Devin Cornwall	14:42.37 (4-23-11)	14:25.13 (2008)
Joseph Murray	16:07.84 (4-9-11)	16:07.84 (4-9-11)

10,000 Meters (School Record - 28:45.97, Mark Stickley 1982)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Devin Cornwall	30:11.55 (4-21-11)	30:11.55 (4-21-11)

3,000 Meter Steeplechase (School Record - 8:47.29, Jason Cusack 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Jason Cusack	8:47.29 (4-22-11) <b>SR</b>	8:47.29 (4-22-11) <b>SR</b>
Jared Berman	9:09.96 (4-22-11)	8:55.33 (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>
Ebenezer Amegashie	14.13 (4-23-11)	14.13 (4-23-11)
Jeff Artis-Gray	14.25 (4-9-11)	14.25 (4-9-11)
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	53.07 (4-23-11)	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)
Smith, Wesh, Wilson, Amegashie	41.01 (4-23-11)

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

<b>Name</b>	<b>Season Best</b>
McCants, Wesh, Amegashie, Witt	3:13.34 (4-23-11)
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	7:31.39 (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)

High Jump (School Record - 7-1 (2.16m), Steve Whaley 1983)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Ronnie Black	6-9.5 / 2.07m (4-22-11)	6-9.5 / 2.07m (4-22-11)
Rene Stauss	6-9.5 / 2.07m (4-22-11)	6-9.5 / 2.07m (4-22-11)
Scott Campbell	5-5.75 / 1.67m (4-21-11)	5-5.75 / 1.67m (4-21-11)

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	24-7.25 / 7.50m (4-22-11)	24-7.25 / 7.50m (4-22-11)
Hasheem Halim	23-1.75 / 7.05m (4-22-11)	23-1.75 / 7.05m (4-22-11)
David Wilson	22-7.25 / 6.89m (4-22-11)	22-7.25 / 6.89m (4-22-11)
Scott Campbell	21-4.75 / 6.52m (4-21-11)	21-4.75 / 6.52m (4-21-11)

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	52-6.75 / 16.02m (4-23-11)	52-6.75 / 16.02m (4-23-11)
Jeff Artis-Gray	47-5.25 / 14.46m (4-23-11)	47-5.25 / 14.46m (4-23-11)

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	17-8.5 / 5.40m (4-16-11)	17-8.5 / 5.40m (4-16-11)
Jared Jodon	17-2.75 / 5.25m (4-23-11)	17-6.5 / 5.35m (2010)
Joe Davis	16-10.75 / 5.15m (4-23-11)	16-10.75 / 5.15m (4-23-11)
Scott Campbell	12-1.5 / 3.70m (4-22-11)	12-1.5 / 3.70m (4-22-11)

Discus (School Record - 189-6 (57.76m) Sven Hahn 2005)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Scott Campbell	93-4 / 28.46m (4-22-11)	93-4 / 28.46 (4-22-11)

Shot Put (62-10.5 (19.16m) Sven Hahn 2005)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Scott Campbell	30-9.25 / 9.38m (4-21-11)	30-9.25 / 9.38m (4-21-11)

Hammer Throw (School Record - 248-10 (75.84m) Marcel Lomnicky 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Marcel Lomnicky	248-10 / 75.84m (4-23-11)	248-10 / 75.84m (4-23-11)
Alexander Ziegler	236-2 / 71.99m (4-23-11)	241-9 / 73.68m (2010)
Denis Mahmic	208-4 / 63.51m (4-23-11)	208-4 / 63.51m (4-23-11)

Javelin (School Record - 242-9 (74.00m) Jacobus Smit 2005)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Matthias Treff	239-6 / 73.01m (4-21-11)	239-10 / 73.10m (2009)
Rene Stauss	195-8 / 59.65m (4-21-11)	195-8 / 59.65m (4-21-11)
Scott Campbell	114-8 / 34.97m (4-22-11)	114-8 / 34.97m (4-22-11)

Decathlon (School Record - 6951, Ed Nuttycombe 1976)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Scott Campbell	5891 (4-22-11)	5891 (4-22-11)

# 2011 Women's Season Bests

## Updated 4/25/11

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

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Funmi Alabi	11.59 (4-23-11)	11.59 (4-23-11)
Ogechi Nwaneri	11.66 (3-26-11)	11.57 (2009)
Zakiya Tyson	11.81 (4-23-11)	11.81 (4-23-11)
Ebony Scott	11.98 (4-9-11)	11.98 (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	24.46 (4-23-11)	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	2:09.27 (4-23-11)	2:09.27 (4-23-11)
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	4:26.16 (4-22-11)	4:26.16 (4-22-11)
Sammy Dow	4:28.84 (4-1-11)	4:28.84 (4-1-11)
Jessica Trapeni	4:30.89 (4-22-11)	4:30.89 (4-22-11)
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>
Taylor Crosson	16:58.24 (4-23-11)	16:58.24 (4-23-11)
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)
Sammy Dow	17:11.01 (4-23-11)	17:11.01 (4-23-11)
Stephanie Cario	17:23.00 (4-1-11)	17:23.00 (4-1-11)
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)

10,000 Meters (School Record - 33:05.96, Linda King 1984)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Courtney Dobbs	35:06.40 (4-21-11)	35:06.40 (4-21-11)
Stephanie Cario	37:29.23 (4-21-11)	37:29.23 (4-21-11)
Erin Stehle	38:20.11 (4-21-11)	38:20.11 (4-21-11)

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	13.92 (4-23-11)	13.92 (4-23-11)

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>
Scott, Alabi, Tyson, Nwaneri	44.68 (4-23-11)
Tyson, Alabi, Boone, Nwaneri	44.86 (4-2-11)
Scott, Boone, Tyson, Nwaneri	45.16 (3-19-11)

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)
Amegashie, Alabi, Tyson, Woodford	3:43.17 (4-23-11)
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	12-9.5 / 3.90m (4-15-11)	12-9.5 / 3.90m (4-15-11)
Caitlin Thornley	12-2 / 3.71m (4-23-11)	12-8 / 3.86m (2010)
Leigh Allin	12-2 / 3.71m (4-23-11)	12-2 / 3.71m (4-23-11)
Emma DeJarnette	12-2 / 3.71m (4-23-11)	12-2 / 3.71m (4-23-11)

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 - 224-3 (68.36m) - Dorotea Habazin 2011)

<b>Name</b>	<b>Season Best</b>	<b>Career Best</b>
Dorotea Habazin	224-3 / 68.36m (4-23-11)	224-3 / 68.36m (4-23-11) SR