

Virginia Tech Track & Field



This Week: Liberty Twilight Lynchburg, Va. April 28-30

www.hokiesports.com/track/
Twitter: www.twitter.com/VT_Track
Media Contact: Nathan Sheehan
nsheehan@vt.edu 540-231-6892

THIS WEEK

The Hokies will compete in a mid-week contest under the lights, as they travel to Lynchburg, Va., for the Liberty Twilight.

RONNIE BLACK SETS SCHOOL RECORD, NAMED ATHLETE OF THE WEEK

Sophomore transfer Ronnie Black, fresh off an All-ACC showing at the ACC Championships, further improved his personal best in the high jump tying a school record at 7-1 (2.16m) that had stood for nearly three decades. The mark was originally set by Steve Whaley in 1983 and Black is only the second Hokie since then to break the seven-foot mark, the first being Jake Howitt in 1985. Black now ranks 11th in the NCAA East Region and 16th nationally in the high jump. For his performance, he was named Virginia Tech Athlete of the Week. This is the second consecutive week a track and field athlete has won the weekly honor, as all six individual ACC champions won the week prior.

MEN'S 4X8 SETS NEW SCHOOL RECORD

Black's wasn't the only school record to fall this weekend, as the men's 4x8 team of Nick McLaughlin, Tihut Degfae, Michael Hammond and Ryan Witt broke last year's school record, placing sixth in 7:21.28. This beats the previous record set last season of 7:22.19, which included Hammond, McLaughlin and Witt as well.

SEVEN HONORED AT ANNUAL ALL SPORTS BANQUET

The Virginia Tech Athletics Department held its annual banquet on Monday, May 2 to honor academic and athletic achievements for student-athletes from all of the sports at Tech. The track team honored seven for their performances.

Women's Award Winners

Rookie of the Year - Samira Burkhardt

- Earned ACC titles in the indoor and outdoor shot put
- Spent the majority of the indoor season as the highest ranked freshman in the country in the women's shot put
- Placed 12th at the NCAA Championships earning second team All-America honors
- Ranks second all-time in the indoor shot put at Tech and third all-time on the outdoor all-time 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.
Apr. 15-16	Sea Ray Relays	Knoxville, Tenn.
Apr. 21-23	ACC Outdoor Championships	Durham, N.C.
Apr. 29-30	Radford 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

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.

Coaches' Award - Sammy Dow

- Led the team during the indoor season in the 800 and 3,000 meters
- Beat her own previous school record in the 3,000-meter steeplechase to set the new mark at 10:21.83
- Anchored the team-leading distance medley relays during the indoor and outdoor seasons

MVP - Kelly Phillips

- Set a new school record in the indoor pole vault, automatically qualifying for the NCAA Championships with a height of 14-1.25 (4.30m)
- Placed ninth at the national meet earning Second Team All-America honors
- Earned her second career ACC pole vault title

Men's Award Winners

Rookie of the Year - Jeff Artis-Gray

- Earned 14 points between three events at the indoor ACC Championships, including a bronze medal in the long jump (24-9, 7.54m)
- Led the team during the indoor season in the 60-meter hurdles and the long jump
- Currently leads the team in the long jump after a third-place All-ACC finish at the outdoor ACC Championships

Coaches' Award - Nick McLaughlin

- Set a new indoor school record in the 600 meters at the Virginia Tech Challenge (1:19.88)
- Earned All-ACC distinction at the indoor conference meet, placing third in the 800 meters.

Co-MVP - Michael Hammond

- Set a school record in the indoor mile run (3:58.41), automatically qualifying for the NCAA Championships, where he earned All-America honors
- Won his second-consecutive indoor ACC mile run title
- All-ACC in the 1,500 meters at the outdoor conference meet

Outdoor National Rankings East Region Top 48

Men's

Event	Name	Rank (Mark)
100m	Keith Ricks	17 (10.33)
	Darrell Wesh	43 (10.51)
200m	Keith Ricks	17 (20.80)
	Tihut Degfae	15 (1:49.64)
800m	Nick McLaughlin	37 (1:50.65)
	Michael Hammond	10 (3:43.62)
1500m	Will Mulherin	40 (3:46.79)
	Will Mulherin	15 (13:55.25)
5000m	Ebenezer Amegashie	23 (14.13)
	Jeff Artis-Gray	41 (14.25)
110mh	Jason Cusack	5 (8:47.29)
	Wilson, Ricks, Wesh, Amegashie	43 (40.58)
Steep 4x1	Ronnie Black	11 (2.16m)
	Rene Stauss	27 (2.10m)
High Jump	Hunter Hall	1 (5.40m)
	Jared Jodon	6 (5.25m)
Pole Vault	Joe Davis	17 (5.15m)
	Jeff Artis-Gray	22 (7.50m)
Long Jump	Hasheem Halim	4 (16.22m)
	David Wilson	6 (16.02m)
Triple Jump	Marcel Lomnický	1 (75.84m)
	Alexander Ziegler	2 (71.99m)
Hammer	Denis Mahmic	8 (63.51m)
	Matthias Treff	8 (73.01m)
Javelin		

Women's

Event	Name	Rank (Mark)
100m	Funmi Alabi	35 (11.59)
	Ogechi Nwaneri	45 (11.66)
800m	Frances Dowd	43 (2:09.27)
	Courtney Dobbs	29 (35:06.40)
10,000m	Sammy Dow	14 (10:21.83)
	Scott, Alabi, Tyson, Nwaneri	16 (44.68)
Steep 4x1	Boone, Amegashie, Alabi, Woodford	12 (3:37.57)
	Kelly Phillips	33 (3.92m)
4x4	Kristen Brown	34 (3.90m)
	Samira Burkhardt	11 (16.17m)
Pole Vault	Dorotea Habazin	1 (68.36m)
Shot Put		
Hammer		

Up Next:

*Distance Classic - May 12 - Roanoke, Va.
Clemson Tiger Qualifier - May 13-15 - Clemson, S.C.
Carolina Qualifier - May 14-15 - Chapel Hill, N.C.*

Co-MVP - Alexander Ziegler

- Earned his third-consecutive All-America honor, placing second in the weight throw.
- Earned an ACC title in the weight throw at the indoor meet and placed second in the hammer throw at the outdoor ACC meet
- Currently ranks second in the nation in the hammer throw

SERVICE AND ACADEMIC AWARDS

In addition to the team awards, other academic and service awards were presented to student-athletes from a wide range of sports. Here are the track recipients for these other awards.

- Top Six for Service - Kelly Phillips, Aunye Boone
- Student-Athlete Advisory Committee Member of the Year - Kelly Phillips
- Scholar Athletes of the Year - Frances Dowd, Kelly Phillips, Caitlin Thornley

HOKIE HAMMER

Marcel Lomnicky and Alexander Ziegler have separated themselves from the national competition, securing themselves as the top two in the nation in the hammer throw this season.

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 Olhovskiy	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 Olhovskiy

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)

Lomnický is in the top spot (248-10, 75.84m) with Ziegler close behind (236-2, 71.99m). They are the only two so far this year to break the 70-meter mark. Teammate Denis Mahmic, who finished third at the ACC Championships, is ranked 20th in the nation (208-4, 63.51m). Their counterpart on the women's team, ACC Champion Dorotea Habazin, sits at third in the nation (224-3, 68.36m).

TOP OF THE CHARTS

In addition to the three men's hammer throw competitors, seven other Hokies are among the top 20 in the nation in their respective event.

- Dorotea Habazin - 3rd - Women's Hammer Throw - 224-3, 68.36m
- Hunter Hall - 4th - Men's Pole Vault - 17-8.5, 5.40m
- Hasheem Halim - 6th - Triple Jump - 248-10, 75.84m
- David Wilson - 10th - Triple Jump - 236-2, 71.99m
- Jason Cusack - 10th - 3,000-meter steeplechase - 8:47.29
- Matthias Treff - 14th - Javelin - 239-6, 73.01m
- Ronnie Black - High Jump - 7-1, 2.16m

WEEK FIVE RANKINGS

The Hokies dropped two spots from their season-high seventh spot, but still remain in the top 10. Fellow ACC member Florida State dropped back to the No. 4 spot, which they have occupied in five of the six polls this season. The Hokies and the Seminoles still remain as the only ACC men's teams to crack the top 25 all season.

LOOKING AHEAD

The Hokies will have a busy weekend, starting things off on Thursday, May 12 at the Distance Classic in Roanoke, Va. Three days of competition begin in Clemson, S.C., on Friday, May 13 at the Clemson Tiger Qualifier, as teams will get one last weekend to improve their regional standings before the NCAA Regionals in two weeks. Tech will also compete at the Carolina Qualifier in Chapel Hill, N.C., for two days beginning Saturday, May 14.



Week Five Top 25

previous rank in parentheses

MEN'S

1. Texas A&M (1)
2. LSU (2)
3. Florida (4)
4. Florida State (3)
5. Texas Tech (5)
6. Texas (6)
7. USC (8)
8. Nebraska (12)
9. Virginia Tech (7)
10. Arizona (9)
11. Stanford (23)
12. Georgia (11)
13. Baylor (10)
14. Oklahoma (21)
15. Arkansas (15)
16. Mississippi (14)
17. BYU (13)
18. Kansas (16)
19. Penn State (17)
20. Oregon (20)
21. Mississippi St. (18)
22. Auburn (19)
23. UCLA (33)
24. TCU (24)
25. New Mexico (26)

WOMEN'S

1. LSU (1)
2. Texas A&M (2)
3. Oregon (3)
4. Clemson (4)
5. USC (5)
6. Oklahoma (6)
7. Arizona (7)
8. Arkansas (11)
9. Texas (8)
10. Baylor (12)
11. Texas Tech (9)
12. Arizona State (10)
13. Auburn (13)
14. Nebraska (18)
15. Colorado (23)
16. Kansas State (25)
17. UCF (17)
18. North Carolina (14)
19. Georgia (19)
20. South. Illinois (20)
21. Tennessee (16)
22. Wash. State (21)
23. SMU (15)
24. Stanford (27)
25. Kansas (31)

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 ..	Ryan Hill.....	NC State	13:31.67
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
PV	Hunter Hall.....	Virginia Tech	5.40m
LJ.....	N. Makusha.....	Florida State	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 ...	75.84m
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 ..	Amanda Winslow.....	Florida State	4:16.20
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
Ham	Dorotea Habazin.....	Virginia Tech ...	68.36m
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
Keith Ricks	10.33	2011
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	2011
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	14.13	2011

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

Jason Cusack	8:47.29	2011
Gene Crane.....	8:47.2	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		
Wilson, Ricks	40.58	2011
Wesh, Artis-Gray		

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

McLaughlin, Witt ..	7:21.28	2011
T. Degfae, Hammond		
Walizer, Hammond	7:22.19	2010
Witt, McLaughlin		
Judge, Berlin	7:26.98	2009
J. Miller, Witt		
Jury, D. Vick,.....	7:30.12	2004
Johnson, Grant		
McDaniels, Crossin,	7:32.20	1982
Porr, Watson		

4x1,500-Meter Relay

Scheiner, Cornwall ,	15:41.32	2007
Claus, Berlin		
Cusack, Lee,	15:43.34	2011
Pollock, Cornwall		
C. Padilla, Judge	15:54.60	2008
Walizer, Claus		
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
Jeff Artis-Gray	24'7.25	(7.50m)	2011
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
Hasheem Halim	53'2.75"	(16.22m)	2011
David Wilson	52'6.75"	(16.02m)	2011
Jason Fludd.....	50'11.5"	(15.53m)	2004
Idikoro Eradiri ...	50'0.75"	(15.26m)	2005

High Jump

Ronnie Black	7'1"	(2.16m)	2011
Steve Whaley.....	7'1"	(2.16m)	1983
Jake Howitt	7'0"	(2.13m)	1985
Hank Bradley	7'0"	(2.13m)	1976
Rene Stauss	6'9.5"	(2.07m)	2011
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
H. Hall	17'8.5"	(5.40m)	2011
J. Jodon	17'6.50"	(5.35m)	2010
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

M. Lomnicky	248'10"	(75.84m)	2011
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	208'4"	(63.51m)	2011

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	11.59	2011
Aunye Boone	11.71	2009
Damali Hay	11.76	2002
Kristi Castlin	11.79	2008

200 Meters

Britni Spruill	23.17	2007
Patrice Potts	23.25	2007
Aunye Boone	23.57	2009
Kristi Castlin	23.65	2010
Ogechi Nwaneri	23.82	2010
Funmi Alibi	24.06	2011
Danya Gordon	24.10	1999

400 Meters

Queen Harrison	52.88	2008
Sherlenia Green	53.78	2006
Asia Washington	54.51	2009
Britni Spruill	54.83	2008
Shakirra Pinnock	54.89	2008
Yvonne Amegashie	55.11	2010

800 Meters

Marlies Overbeeke	2:06.68	2004
Marie Giles	2:08.26	2005
Tasmin Fanning	2:08.27	2008
Asia Washington	2:08.37	2008
Meredith Brooks	2:08.83	2006
Frances Dowd	2:09.27	2011
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	4:26.16	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
Margarita Lasaga	33:51.00	1987
Natalie Sherbak	34:11.50	2009
Roxanne Polo	34:14.00	1986
Taylor Crosson	35:06.40	2011
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
Kristen Brown	13.92	2011
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
Scott, Alabi,			
Tyson, Nwaneri	44.58	2011
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. Krieb	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
K. Brown	12'9.50"	(3.90m)2011
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	224'3"	(68.36m)2011
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

Liberty Twilight Qualifier
Thursday May 5th, 2011
Final Time Schedule

Field Events:

- 1:00 Discus (Women followed by Men) infield of the track
Shot (Men followed by Women) infield of the track
- 2:00 Pole Vault (Men followed by Women)
Long Jump (Women followed by Men) east pit
Triple Jump to follow Long Jump
- 4:00 Hammer (Women followed by Men) east campus following completion of W shot
- 5:00 High Jump (Men followed by Women)
- 5:30 Javelin (Women followed by Men)

Track Events:

- 2:00 100m Trials (Men followed by Women)
- 2:20 100m Hurdle Trials
- 2:35 110m Hurdle Trials
- 2:50 100m Finals (Men followed by Women)
- 3:05 110m Hurdle Finals
- 3:15 100m Hurdle Finals
- 3:30 200m Finals

Dinner Break

- 5:15 Steeplechase (Men-Women)
- 5:40 4x100m (Men-Women)
- 5:50 1500m (Men-Women)
- 6:10 400m (Men-Women)
- 6:30 800m (Men-Women)
- 6:55 400m Hurdles (Men-Women)
- 7:20 4X400m
- 7:40 5000m (Men- Women)

2011 Men's Season Bests

Updated 5/2/11

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

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

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)
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)

Name	Season Best	Career Best
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	1:54.08 (4-30-11)	1:51.77 (2010)
Grant Pollock	1:55.17 (4-30-11)	1:55.17 (4-30-11)
Eric Hoepker	1:55.20 (4-9-11)	1:51.81 (2009)
Ryan Hagen	1:55.43 (4-30-11)	1:51.80 (2010)
Devin Cornwall	1:55.81 (4-30-11)	1:55.81 (4-30-11)
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	1:58.16 (4-30-11)	1:58.16 (4-30-11)
Jared Berman	1:58.40 (4-30-11)	1:58.40 (4-30-11)
Joey Murray	1:59.13 (4-30-11)	1:59.13 (4-30-11)

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

Name	Season Best	Career Best
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)
Devin Cornwall	3:50.35 (4-30-11)	3:50.35 (4-30-11)
Kieran Lee	3:52.07 (4-30-11)	3:50.86 (2010)
Ryan Witt	3:52.21 (4-1-11)	3:46.78 (2009)
Grant Pollock	3:53.56 (4-1-11)	3:53.56 (4-1-11)
Matt Satterwhite	3:55.72 (4-30-11)	3:55.72 (4-30-11)
Jason Cusack	3:56.69 (4-1-11)	3:56.69 (4-1-11)
Joey Murray	3:59.92 (4-30-11)	3:59.92 (4-30-11)
Jared Berman	4:00.14 (4-30-11)	3:54.30 (2010)
Scott Campbell	4:58.16 (4-22-11)	4:58.16 (4-22-11)

Mile Run (School Record - 4:00.93, Will Mulherin 2010)

Name	Season Best	Career Best
Will Mulherin	4:04.93 (4-30-11)	4:00.93 (2010) SR
Jason Cusack	4:08.89 (4-30-11)	4:08.89 (4-30-11)

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	13:55.25 (4-23-11)	13:50.76 (2010) SR
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
Jason Cusack	8:47.29 (4-22-11) SR	8:47.29 (4-22-11) SR
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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

Name	Season Best
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)

Name	Season Best
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)
McCants, Artis-Gray, Wesh, Miller	3:23.30 (4-29-11)

4x8 Relay (School Record - 7:21.28, McLaughlin, T. Degfae, Hammond, Witt 2011)

Name	Season Best
McLaughlin, T. Degfae, Hammond, Witt	7:21.28 (4-30-11) SR

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
Mulherin, Amegashie, T. Degfae, Hammond	9:46.70 (4-29-11)
Hagen, Hoepker, Miller, Mulherin	9:57.78 (4-2-11)

High Jump (School Record - 7-1 (2.16m), Ronnie Black 2011)

Name	Season Best	Career Best
Ronnie Black	7-1 / 2.16m (4-29-11) SR	7-1 / 2.16m (4-29-11) SR
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)

Name	Season Best	Career Best
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)

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	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)

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	17-2.75 / 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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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 Lomnický 2011)

Name	Season Best	Career Best
Marcel Lomnický	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)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
Scott Campbell	5891 (4-22-11)	5891 (4-22-11)

2011 Women's Season Bests

Updated 5/2/11

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

Name	Season Best	Career Best
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)

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	24.46 (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)

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	2:09.27 (4-23-11)	2:09.27 (4-23-11)
Lauren Lemieux	2:13.18 (4-30-11)	2:13.18 (4-30-11)
Lauren Pinkston	2:13.73 (4-9-11)	2:11.43 (2010)
Sammy Dow	2:14.20 (4-30-11)	2:14.20 (4-30-11)
Madalyn Nuckols	2:21.25 (4-30-11)	2:21.25 (4-30-11)
Erika Weidman	2:21.53 (4-1-11)	2:13.04 (2010)
Taylor Crosson	2:21.57 (4-30-11)	2:21.57 (4-30-11)
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)
Jessica Trapeni	2:24.57 (4-30-11)	2:24.57 (4-30-11)
Courtney Dobbs	2:25.29 (4-30-11)	2:25.29 (4-30-11)

Mary Catherine Sowder	2:27.83 (4-30-11)	2:27.83 (4-30-11)
Erin Stehle	2:28.78 (4-9-11)	2:28.78 (4-9-11)

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

Name	Season Best	Career Best
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	4:37.46 (4-30-11)	4:37.46 (4-30-11)
Madalyn Nuckols	4:37.87 (4-30-11)	4:37.87 (4-30-11)
Taylor Crosson	4:39.96 (4-30-11)	4:39.96 (4-30-11)
Stephanie Cario	4:45.87 (4-9-11)	4:45.87 (4-9-11)
Frances Dowd	4:46.07 (4-30-11)	4:46.07 (4-30-11)
Alex Watt	4:46.93 (4-30-11)	4:46.93 (4-30-11)
Erin Stehle	4:55.95 (4-9-11)	4:55.95 (4-9-11)
Mary Catherine Sowder	4:56.89 (4-30-11)	4:56.89 (4-30-11)

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

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
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)

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

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
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)

Name	Season Best
Boone, Amegashie, Tyson, Woodford	3:37.57 (4-2-11)
Amegashie, Alabi, Tyson, Woodford	3:42.97 (4-28-11)
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
Kelly Phillips	12-10.25 / 3.92m (4-30-11)	13-5.25 / 4.10m (2008)
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)

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

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