

Virginia Tech Track & Field



This Week: Twilight Qualifier - Roanoke, Va.

Tiger Qualifier - Clemson, S.C.

Carolina Relays - Chapel Hill, N.C.

May 12-14

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THIS WEEK

Virginia Tech will compete in three meets, looking to improve seedings in the last weekend of competition before NCAA Regionals. Hokies will split squads between the Twilight Qualifier in Roanoke, Va., the Clemson Tiger Qualifier in Clemson, S.C., and the Carolina Relays in Chapel Hill, N.C.

LAST TIME OUT: LIBERTY TWILIGHT

Tech competed in a one-day meet last Thursday in Radford, Va., winning three events. ACC champion Samira Burkhardt won the shot put, besting the field by over eight feet with a mark of 50-4 (15.34m). The women's pole vaulters swept the top four spots, led by Kelly Phillips and Caitlin Thornley, both clearing 12-11.75 (3.96m). Kristen Brown (12-1.5, 3.70m) and Leigh Allin (11-7.75, 3.55m) finished in third and fourth, respectively. The men's pole vaulters performed similarly, taking three of the top four spots. Hunter Hall led the group, winning the event (17-7, 5.36m) with Jared Jodon (17-1, 5.21m) and Joe Davis (15-7.25, 4.76m) in third and fourth, respectively.

The Amegashie siblings placed second in their respective 400-meter hurdle races, Ebenezer in the men's (53.02) and Yvonne in the women's (1:00.35). Kristen Brown and Taylore Williams finished second (14.28) and 13th (15.71), respectively, in the 100-meter hurdle prelims and then improved their times in the finals with Brown placing third (13.96) and Williams 12th (15.38). Williams also competed in the 400-meter hurdles, placing eighth (1:07.54). Rene Stauss improved his personal-best mark in the javelin, placing second in Thursday's competition with a throw of 196-0 (59.74m). Derek Aegerter also placed eighth in the men's high jump (5-10.5, 1.79m).

RECORD RE-WRITE

So far this season, six new outdoor school records have been set, nearing the total of seven that were set in the indoor season. Marcel Lomnický (248-10, 75.84m) and Dorotea Habazin's (224-3, 68.36m) hammer throw school records, set at the ACC Championships, are also all-time ACC records. Jason Cusack (8:47.29) and Sammy Dow (10:21.83) both own school steeplechase records, with Dow first setting the women's record at the Sun Angel Classic and Jason Cusack setting the men's record two weeks later at the ACC Championships. The men's 4x8 team of Nick McLaughlin, Tihut Degfae, Michael Hammond and Ryan Witt came up big at the Penn Relays, securing the top spot in the all-time records (7:21.28). Ronnie Black also performed well in Philadelphia, tying the all-time high jump mark at 7-1 (2.16m).

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 Relays	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.

HOKIE HAMMER

Marcel Lomnicky and Alexander Ziegler have separated themselves from the national competition, securing the top two in the nation in the hammer throw this season. Lomnicky 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. 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 hammer throwers, six other Hokies are among the top 20 in the nation in their respective events.

- Hunter Hall - 4th - Men's Pole Vault - 17-8.5, 5.40m
- Hasheem Halim - 7th - Triple Jump - 53-2.75, 16.22m
- David Wilson - 12th - Triple Jump - 52-6.75, 16.02m
- Jason Cusack - 13th - 3,000-meter steeplechase - 8:47.29
- Matthias Treff - 15th - Javelin - 239-6, 73.01m
- Ronnie Black - 17th - High Jump - 7-1, 2.16m

WEEK SIX RANKINGS

The men's team maintained their No. 9 ranking in the latest USTFCCA national rankings. There was little movement in the top ten, with only Florida moving ahead of LSU from the No. 3 spot to No. 2. The bottom end of the top 25 saw some new faces, as Washington and Kansas State came in from outside last week's top 25.

NCAA REGIONALS

The Hokies have a week off from competition before resuming on May 26 for the NCAA East Regional Preliminary Meet at Indiana University in Bloomington, Ind. Three days of competition will determine qualifiers for the NCAA Championships in Des Moines, Iowa, June 9-11.

Outdoor National Rankings East Region Top 48

Men's

Event	Name	Rank (Mark)
100m	Keith Ricks	19 (10.33)
200m	Keith Ricks	19 (20.80)
800m	Tihut Degfae	22 (1:49.64)
	Nick McLaughlin	47 (1:50.65)
1,500m	Michael Hammond	10 (3:43.62)
	Will Mulherin	43 (3:46.79)
5,000m	Will Mulherin	15 (13:55.25)
110mH	E. Amegashie	27 (14.13)
	Jeff Artis-Gray	42 (14.25)
Steep	Jason Cusack	8 (8:47.29)
High Jump	Ronnie Black	11 (2.16m)
	Rene Stauss	35 (2.10m)
Pole Vault	Hunter Hall	1 (5.40m)
	Jared Jodon	8 (5.25m)
	Joe Davis	19 (5.15m)
Long Jump	Jeff Artis-Gray	29 (7.50m)
Triple Jump	Hasheem Halim	5 (16.22m)
	David Wilson	8 (16.02m)
Hammer	Marcel Lomnicky	1 (75.84m)
	Alexander Ziegler	2 (71.99m)
	Denis Mahmic	9 (63.51m)
Javelin	Matthias Treff	8 (73.01m)

Women's

Event	Name	Rank (Mark)
100m	Funmi Alabi	40 (11.59)
10,000m	Courtney Dobbs	39 (35:06.40)
Steep	Sammy Dow	18 (10:21.83)
4x1	Scott, Alabi, Tyson, Nwaneri	17 (44.68)
4x4	Boone, Amegashie, Alabi, Woodford	12 (3:37.57)
Pole Vault	Kelly Phillips	29 (3.96m)
	Caitlin Thornley	29 (3.96m)
	Kristen Brown	37 (3.90m)
Shot Put	Samira Burkhardt	12 (16.17m)
Hammer	Dorotea Habazin	1 (68.36m)

Up Next: NCAA East Regionals - Bloomington, Ind. - May 26-28

Week Six Top 20

previous rank in parentheses

MEN'S

1. Texas A&M (1)
2. Florida (3)
3. LSU (2)
4. Florida State (4)
5. Texas Tech (5)
6. Texas (6)
7. USC (7)
8. Nebraska (8)
- 9. Virginia Tech (9)**
10. Arizona (10)
11. Arkansas (15)
12. Stanford (11)
13. Baylor (13)
14. Georgia (12)
15. BYU (17)
16. Oklahoma (14)
17. Kansas (18)
18. Mississippi (16)
19. Penn State (19)
20. Oregon (20)

WOMEN'S

1. LSU (1)
2. Texas A&M (2)
3. Clemson (4)
4. USC (5)
5. Oregon (3)
6. Oklahoma (6)
7. Arkansas (8)
8. Arizona (7)
9. Baylor (10)
10. Texas (9)
11. Texas Tech (11)
12. Arizona State (12)
13. Auburn (13)
14. Nebraska (14)
15. Colorado (15)
16. Kansas State (16)
17. UCF (17)
18. Georgia (19)
19. West Virginia (46)
20. South. Illinois (20)

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..... 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)

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 ...	Tremaine Grant.....	Florida State	51.67
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.....	April Sinkler	Clemson	6.56m
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

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

400 Meters

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

440 Yards

Mac Banks 46.70 1971

800 Meters

Tim Crossin 1:48.50 1982
 Ray Ackenbom 1:49.06 1979
 Billy Berlin 1:49.51 2007
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**

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. Fallone 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

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
Y. Amegashie	60.35	2011
Kristi Castlin	60.44	2007

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
C. Thornley	12'11.75" (3.96m)	2011
K. Brown	12'9.50" (3.90m)	2011
A. McGrath	12'9.50" (3.90m)	2006
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

Clemson Tiger Qualifier
Rock Norman Track & Field Complex
Clemson University
Friday-Saturday May 13-14, 2011

Tentative

Running Events

Friday, May 13th

4:00	100m Hurdles	Women	Prelim
4:30	110m Hurdles	Men	Prelim
4:55	100m Dash	Women	Prelim
5:25	100m Dash	Men	Prelim
5:55	200m Dash (Unseeded)	Women	Final
6:25	200m Dash (Unseeded)	Men	Final
7:30	1500m Run (Seeded)	Women	Final
7:40	1500m Run (Seeded)	Men	Final
7:50	800m Run (Seeded)	Women	Final
8:00	800m Run (Seeded)	Men	Final
8:20	3000m Steeple Chase	Women	Final
8:40	3000m Steeple Chase	Men	Final
9:00	5000m Run	Women	Final
9:25	5000m Run	Men	Final
9:45	10000m Run	Women	Final
10:25	10000m Run	Men	Final

Saturday, May 14th

1:00	4x100m Relay	Women	Final
1:10	4x100m Relay	Men	Final
1:20	Bob Pollock Community Mile Run		
1:30	800m Run (Unseeded)	Women	Final
1:35	800m Run (Unseeded)	Men	Final
1:40	100m Hurdles	Women	Final
1:45	110m Hurdles	Men	Final
1:50	400m Dash	Women	Final
2:10	400m Dash	Men	Final
2:30	100m Dash	Women	Final
2:35	100m Dash	Men	Final
2:40	2000m Steeple Chase	Women	Final
2:50	2000m Steeple Chase	Men	Final
3:00	400m Hurdles	Women	Final
3:10	400m Hurdles	Men	Final
3:20	200m Dash	Women	Final
3:40	200m Dash	Men	Final
4:10	1500m Run (Unseeded)	Women	Final
4:20	1500m Run (Unseeded)	Men	Final
4:30	4x400m Relay	Women	Final
4:40	4x400m Relay	Men	Final

Field Events

Friday, May 13th

3:00	Discus Throw	Women
5:00	Discus Throw	Men
3:00	Pole Vault	Women
5:00	Pole Vault	Men
3:00	Long Jump	Women
5:00	Long Jump	Men

Saturday, May 14th

9:00	Javelin Throw	Men
11:00	Javelin Throw	Women
9:00	Hammer Throw	Men
11:00	Hammer Throw	Women
1:00	Shot Put	Men
3:00	Shot Put	Women
1:00	High Jump	Women
3:00	High Jump	Men
1:00	Triple Jump	Men
3:00	Triple Jump	Women

Kent Taylor- Texas Roadhouse Carolina Invite

Please note: Lacrosse has a scheduled practice time of 7pm

May 14, 2011

4:30 Long Jump-W (Triple Jump to Follow)

4:30 Long Jump-M (Triple Jump to Follow)

4:30 High Jump W (Men to Follow)

8:30 400H W

8:45 400H M

8:55 400m W

9:05 400m M

9:15 800m W

9:25 800m M

9:35 200m W

9:45 200m M

9:55 4x400M W

10:05 4x400M M

10:10 3000m Steeplechase W (depending on entries)

10:25 3000m Steeplechase M

10:40 1500 W

10:50 1500m M

11:00 5000m M

11:20 5000m W

2011 Men's Season Bests

Updated 5/9/11

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	53.02 (5-5-11)	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)
Derek Aegerter	5-10.5 / 1.79m (5-5-11)	5-10.5 / 1.79m (5-5-11)
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 Lomnicky 2011)

Name	Season Best	Career Best
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)

Name	Season Best	Career Best
Matthias Treff	239-6 / 73.01m (4-21-11)	239-10 / 73.10m (2009)
Rene Stauss	196-0 / 59.74m (5-5-11)	196-0 / 59.74m (5-5-11)
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

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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)
Taylor Williams	15.38 (5-5-11)	14.99 (2010)

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

Name	Season Best	Career Best
Yvonne Amegashie	1:00.35 (5-5-11)	1:00.35 (5-5-11)
Natalie Woodford	1:05.09 (3-26-11)	1:05.09 (3-26-11)
Taylor Williams	1:07.54 (5-5-11)	1:01.00 (2010)

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	12-11.75 / 3.96m (5-5-11)	13-5.25 / 4.10m (2008)
Caitlin Thornley	12-11.75 / 3.96m (5-5-11)	12-11.75 / 3.96m (5-5-11)
Kristen Brown	12-9.5 / 3.90m (4-15-11)	12-9.5 / 3.90m (4-15-11)
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