

# 2012 Virginia Tech Track & Field

## Meet Notes #4



**Florida Relays  
(Host: Florida)  
April 6-7**

**James G. Pressly Stadium at Percy Beard Track  
Gainesville, Fla.**

**Live Results: <http://www.deltatiming.com/>**

**Colonial Relays  
(Host: William & Mary)  
April 6-7, 2012**

**Zable Stadium  
Williamsburg, Va.**

**Live Results: <http://www.halfmiletiming.com/>**

### 2012 Indoor Schedule

Date	Meet
12/2-3	at Liberty Kickoff
<b>1/13-14</b>	<b>VT Invite</b>
<b>1/20-21</b>	<b>Hokie Invite</b>
<b>2/3-4</b>	<b>VT Elite Meet</b>
2/10-11	at SPIRE Division I Collegiate Invite (Geneva, Ohio)
<b>2/17-18</b>	<b>VT Challenge</b>
2/23-25	at ACC Indoor Championship (Host: Boston College; Boston, Mass.)
<b>3/3</b>	<b>VT Final Qualifier</b>
3/3	at Notre Dame Alex Wilson Invite
3/9-10	at NCAA Indoor Championship (Host: Boise State; Nampa, Idaho)

### 2012 Outdoor Schedule

Date	Meet
3/16-17	at Miami Hurricane Invite
3/23-24	at Central Florida Invite
3/30-31	at Georgia Tech Yellow Jacket Invite
3/30-31	at NC State Raleigh Relays
3/31	at Texas Relays
4/6-7	at Florida Relays
4/6-7	at William & Mary Colonial Relays
4/13-14	at Tennessee Sea Ray Relays
4/19-21	at ACC Outdoor Championship (Host: Virginia; Charlottesville, Va.)
4/26-28	at Penn Relays
4/27-28	at Cal Brutus Hamilton Invite
4/29	at Stanford Payton Jordan Invite
5/3	at Liberty Twilight
5/10	at Roanoke Distance Classic
5/11-12	at Georgia Tech Invite
5/11-12	at Clemson Tiger Invite
5/13	at NC State Invite
5/24-26	at NCAA East Regional Championship (Host: North Florida; Jacksonville, Fla.)
6/6-9	at NCAA Outdoor Championship (Host: Drake; Des Moines, Iowa)

**Bold** -- denotes home indoor meet held at Rector Field House on campus

### PREVIEWING THE WEEKEND ...

• The Virginia Tech men's and women's track & field teams will split between the Florida Relays in Gainesville, Fla., and William & Mary's Colonial Relays in Williamsburg, Va. this weekend. The Hokie distance crew will compete at William & Mary, while the sprinters, jumpers, throwers and pole vaulters travel to Florida. The Tech men are ranked No. 17 in the USTFCCA's week one outdoor computer ratings.

### LAST TIME OUT ...

• Martina Schultze (pole vault) and Will Mulherin (5000 meters) each set school records as the Hokies competed at three meets - NC State's Raleigh Relays, Georgia Tech's Yellow Jacket Invitational and the Texas Relays - over the weekend. Mulherin, this week's ACC Performer of the Week, won the 5000 meters at the Raleigh Relays on Friday as he reset his own school record with an Olympic Trials provisional qualifying and Division I leading time of 13:49.95. Schultze finished fourth in the pole vault at Texas with a school record vault of 13-11.25 (4.25m).

• At Georgia Tech, the Hokies swept the 4x400 meter relays as the men's team won in 3:10.74, while the women's squad was victorious in 3:41.20. The Hokie women also won the 4x100 meter relay (45.57) and Ronnie Black won the high jump, clearing 6-11 (2.11m). At the Raleigh Relays Saturday, the Hokies took both 4x800 meter relays as the women's team won by nearly 10 seconds, running a time of 8:54.59. The men's team won in 7:31.55.

### CURRENT SCHOOL RECORD HOLDERS ...

• Here's are the current members of the Tech track & field squad who are school record holders (outdoors only):

#### Men

Keith Ricks, 100m, 10.22, 2012  
 Keith Ricks, 200m, 20.75, 2012  
 Will Mulherin, Mile, 4:00.93, 2010  
 Will Mulherin, 5000m, 13:49.95, 2012  
 Jason Cusack, 3000m SC, 8:47.29, 2011  
 Keith Ricks, 4x100m, 40.11, 2012  
 Hasheem Halim, 4x100m, 40.11, 2012  
 Jonathan McCants, 4x100m, 40.11, 2012  
 Darrell Wesh, 4x100m, 40.11, 2012  
 Tihut Degfae, 4x800m, 7:21.28, 2011  
 Michael Hammond, 4x800m, 7:21.28, 2011  
 Ronnie Black, HJ, 7-1.5 (2.17m), 2011  
 Matthias Treff, JT, 255-6 (77.88m), 2011

#### Women

Sammy Dow, 3000m SC, 10:16.15, 2011  
 Aunye Boone, 4x200m, 1:36.23, 2009  
 Ogechi Nwaneri, 4x200m, 1:36.23, 2009  
 Martina Schultze, PV, 13-11.25 (4.25m), 2012

### MEDIA INFORMATION

Men's & Women's Track & Field/Cross Country Contact.....Jim Rodriguez  
 Office Phone.....(540) 231-6892  
 Cell Phone.....(440) 623-2970  
 E-Mail.....jmrodrig@vt.edu



## Virginia Tech Quick Facts

### GENERAL

Location.....	Blacksburg, Va.
Enrollment.....	31,000
Founded.....	1872
Colors.....	Chicago maroon and burnt orange
Nickname.....	Hokies
Conference.....	Atlantic Coast
President.....	Charles W. Steger
Director of Athletics.....	Jim Weaver
Home Facilities.....	Rector Field House (Indoor) Johnson-Miller Track Complex (Outdoor)
Athletics Website.....	www.hokiesports.com
Track & Field Website.....	www.hokiesports.com/track
Track & Field Twitter.....	www.twitter.com/VT_Track
Athletics Facebook.....	www.facebook.com/hokiesports

### COACHING STAFF

Director of Track & Field and Cross Country.....	Dave Cianelli
Alma Mater, Year.....	Bowling Green State University, 1977
Overall Year.....	27th
Year at Virginia Tech.....	11th
Cianelli Office Phone.....	(540) 231-3094
Cianelli E-mail.....	dcianell@vt.edu
Associate Head Coach/Throws.....	Greg Jack
Head XC/Distance.....	Ben Thomas
Sprints/Jumps/Hurdles.....	Charles Foster
Pole Vault.....	Bob Phillips
Assistant Distance.....	Jen McGranahan
Technical Director.....	Stacey Vidt

### HISTORY

Men's ACC Indoor Titles.....	1 (2011)
Men's NCAA Indoor Times Placed.....	13
Men's NCAA Indoor Best Finish.....	t-8th, 2012
Women's ACC Indoor Titles.....	2 (2007-08)
Women's NCAA Indoor Times Placed.....	8
Women's NCAA Indoor Best Finish.....	10th, 2010
Men's ACC Outdoor Titles.....	n/a
Men's NCAA Outdoor Times Placed.....	14
Men's NCAA Outdoor Best Finish.....	5th, 2011
Women's ACC Outdoor Titles.....	2 (2007-08)
Women's NCAA Outdoor Times Placed.....	11
Women's NCAA Outdoor Best Finish.....	5th, 2010
Individual National Champions.....	11

### TEAM REVIEW

2012 Men's ACC Finish (Indoor/Outdoor).....	2nd/-
2012 Women's ACC Finish (Indoor/Outdoor).....	5th/-
2012 Men's NCAA Finish (Indoor/Outdoor).....	t-8th/-
2012 Women's NCAA Finish (Indoor/Outdoor).....	54th/-

## Hokies in the Rankings

### NCAA Performance List-Men

Name, Event.....	East Regional/National Rank.....	Performance
Keith Ricks, 100m.....	5/t-10.....	10.22
Keith Ricks, 200m.....	4/t-10.....	20.75
Darrell Wesh, 100m.....	t-10/t-19.....	10.35
Darrell Wesh, 200m.....	15/t-33.....	21.14
Eric Hoepker, 400m.....	t-41/t-83.....	48.01
Chris Walizer, 1500m.....	3/4.....	3:43.68
Kevin Dowd, 1500m.....	20/37.....	3:48.23
Will Mulherin, 5000m.....	1/1.....	13:49.95
Michael Hammond, 5000m.....	4/5.....	13:58.75
Leoule Degfae, 5000m.....	23/31.....	14:25.95
Jason Cusack, 5000m.....	26/35.....	14:27.41
Grant Pollock, 5000m.....	37/52.....	14:34.06
Ronnie Black, High Jump.....	18/t-32.....	6-11 (2.11m)
Hunter Hall, Pole Vault.....	t-4/t-12.....	17-4.5 (5.30m)
Joe Davis, Pole Vault.....	t-4/t-12.....	17-4.5 (5.30m)
Hasheem Halim, Long Jump.....	11/t-28.....	24-5 (7.44m)
Hasheem Halim, Triple Jump.....	21/t-44.....	49-2.5 (15.00m)
Luka Mustafic, Shot Put.....	36/t-72.....	54-7.25 (16.64m)
Denis Mahmic, Hammer Throw.....	11/22.....	199-4 (60.75m)
Halim, Wesh, McCants, Ricks		
4x100m.....	10/25.....	40.11
McCants, Artis-Gray, Hoepker, Ricks		
4x400m.....	16/38.....	3:10.74

### NCAA Performance List-Women

Name, Event.....	East Regional/National Rank.....	Performance
Ciara Simms, 100m.....	t-14/24.....	11.56
Ciara Simms, 200m.....	t-12/t-33.....	23.85
Ogechi Nwaneri, 100m.....	t-41/t-83.....	11.81
Ogechi Nwaneri, 200m.....	20/t-43.....	23.92
Yvonne Amegashie, 200m.....	t-48/t-108.....	24.37
Yvonne Amegashie, 400m.....	22/36.....	54.52
Sammy Dow, 5000m.....	7/7.....	16:17.43
Leah Nugent, 100m Hurdles.....	40/66.....	13.88
Leah Nugent, 400m Hurdles.....	46/97.....	1:01.45
Martina Schultze, Pole Vault.....	t-3/t-7.....	13-11.25 (4.25m)
Victoria von Eynatten, Pole Vault.....	t-9/t-19.....	13-5.25 (4.10m)
Victoria von Eynatten, Long Jump.....	t-24/t-42.....	19-6 (5.94m)
Valentina Muzaric, Shot Put.....	6/13.....	53-8.25 (16.36m)
Annjulie Vester, Hammer Throw.....	10/29.....	187-11 (57.27m)
Simms, DeCoster, Nugent, Nwaneri		
4x100m.....	16/41.....	45.57
Amegashie, Boone, DeCoster, Woodford		
4x400m.....	19/45.....	3:41.20

Note: performance list according to TFRRS, wind readings of <4.0m/s are accepted as qualifying times.



## Director of Track & Field and Cross Country Dave Cianelli

### THE CIANELLI FILE

#### Virginia Tech (2001-Present)

- 11 NCAA individual champions, the first in Virginia Tech history
- 109 All-Americans
- Two NCAA East Region team championships
- Five ACC team championships
- 90 ACC individual champions
- Twelve BIG EAST conference champions
- 2010 Bowerman Award winner, Queen Harrison
- Had 20 athletes earn All-America performances in 2011, the most in his coaching tenure
- 2012 USTFCCA Men's Indoor Southeast Region Coach of the Year
- 2011 USTFCCA Men's Indoor and Outdoor Southeast Region Coach of the Year
- 2011 ACC Men's Indoor Coach of the Year
- 2010 ACC Men's Outdoor Coach of the Year
- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region Coach of the Year

#### Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

#### Cal-Poly San Luis Obispo (1985-1988)

- 1985-87 NCAA Division II women's cross country champion
- 1985-87 NCAA Division II women's outdoor track runner-up
- 1985-87 CCAA women's cross country conference champion
- 1985-88 CCAA women's outdoor track conference champion
- Individual achievements include one NCAA Division II Champion and 13 All-Americans

#### By The Numbers (Career)

245 All-Americans • 187 Conference champions • 98 Percent graduation rate at Virginia Tech • 39 NCAA champions • 149 School records at Virginia Tech • 23 Olympic and World Championship qualifiers • 20 Top-10 women's NCAA finishes • 15 Top-10 men's NCAA finishes • 3 NCAA Division II cross country national championships • 3 NCAA Division II outdoor track runners-up

*Note: Numbers correct prior to 2012 outdoor track & field season*

In his 11th year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced 11 NCAA individual titles, 109 NCAA All-America performances and 90 conference titles. In addition, Hokie teams have finished in the national top-10 six times and the national top-20 18 times since 2005.

#### NCAA, REGIONAL AND ACC SUCCESS

The 2011 Hokies continued to demonstrate why they are one of the nation's elite track & field programs. The men's team fifth-place finish at the NCAA Outdoor Championships was the highest in program history and matched the finish of the 2010 women's outdoor squad. The men also placed 15th at the NCAA Indoor Championships, won their first-ever ACC Indoor crown and placed second in the conference outdoors. The women finished 20th at the NCAA Outdoor Championships and were third at the indoor conference championship. Alexander Ziegler and Dorotea Habazin each won national titles in the hammer throw and Marcel Lomnický (hammer) and Matthias Treff (javelin) both earned national runner-up finishes. Ziegler also placed second nationally in the indoor weight throw. In all, 14 different Hokies earned a total of 20 All-American performances.

#### USA AND INTERNATIONAL SUCCESS

In the summer of 2011, the Hokies were well represented at the United States Senior and Junior Outdoor Track & Field National Championships. Michael Hammond qualified for the final of the senior 1,500-meter run and finished 13th, while teammates Taylor Crosson and Courtney Dobbs finished second and third, respectively in the 5,000-meters at the USA Junior Outdoor Track & Field Championships. In 2010, Jared Berman placed second in the 3,000-meter steeplechase at the USA Junior Championships and advanced to the IAAF World Junior Championships and where he made the final, placing ninth.

In 2008, Queen Harrison made history when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Binbo Coles who represented the United States in basketball in 1988.

#### COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. This past season, he was awarded both the Men's Indoor and Outdoor Southeast Region Coach of the Year award by the USTFCCA. Cianelli was also named the Men's ACC Indoor Coach of the Year for leading the Hokies to their first-ever ACC Indoor title.

Last year, he was named the 2010 ACC Men's Outdoor Coach of the Year. In 2008, he won the ACC Women's Indoor, ACC Women's Outdoor and East Region Women's Coach of the Year honors for the second straight year. Cianelli also won his second consecutive USTFCCA Women's Indoor Southeast Region Coach of the Year honor in 2008.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack was named the USTFCCA's Men's Outdoor Regional Coach of the Year for the second year in a row in 2011. Jack was also named Men's Indoor Regional Coach of the Year in 2010 and National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and distance coach and has produced 10 All-Americans in cross country and track during his tenure at Tech. Thomas is assisted by former All-SEC runner Jen McGranahan. Long-time assistant Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Phillips earned recognition in 2011 as the USTFCCA's Men's Indoor Regional Assistant Coach of the Year. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Under Foster's coaching, Queen Harrison won three NCAA national titles in the hurdles in 2010 and was selected by Track and Field News as the collegiate athlete of the year and received the 2010 Bowerman Award as the most outstanding female collegiate track and field athlete. Foster was honored in 2008 by the USTFCCA as Men's National Coach of the Year for sprints and hurdles.

#### ACADEMIC EXCELLENCE

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Kelly Phillips became a two-time Capital One Academic All-American in 2011 with her selection to the first team. She also won the NCAA Elite 88 Award, which recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. For the 2011 track season, 16 total individuals were named to the All-ACC Academic team. In addition, the women's cross country team earned USTFCCA All-Academic accolades for the seventh season in a row. In 2010, both Matej Muza and Kristi Castlin were honored as the ACC scholar-athletes of the year for track and field.

#### PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympics, and Tytti Reho won the 2000 NCAA championship in the 800m. In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top-10 nationally 15 separate times.

Cianelli served as the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88, where he helped the cross country team to the NCAA Division II National Championship three consecutive seasons; and the outdoor track & field teams finished as the runner-up at the NCAA Division II Championships three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.



## Women's Roster

Name	Class	Events	Hometown	High School/Other
Leigh Allin	r-So.	Pole Vault	Lexington, Ky.	Henry Clay
Yvonne Amegashie	Jr.	Sprints/Hurdles	Woodbridge, Va.	Potomac Senior
Hayley Billingsley	Fr.	Distance	Monterey, Va.	Highland
Aunye Boone	Sr.	Sprints	St. Leonard, Md.	Calvert
Camille Bouvet	Fr.	Distance	Bethesda, Md.	Walter Johnson
Kristen Brown	So.	Hurdles/Pole Vault	Owings Mills, Md.	McDonogh School
Stephanie Cario	So.	Distance	Mechanicsville, Va.	Lee Davis
Taylor Crosson	So.	Distance	Fairfax Station, Va.	James W. Robinson
Jameice DeCoster	Jr.	Sprints	Glenn Dale, Md.	Elizabeth Seton
Courtney Dobbs	So.	Distance	Glen Allen, Va.	Deep Run
Sammy Dow	Jr.	Distance	Midlothian, Va.	Midlothian
Frances Dowd	Jr.	Mid-Distance	Fairfax, Va.	Fairfax
Shanice Hairston	r-Fr.	Throws	Martinsville, Va.	Magna Vista
Alyson Jones	Fr.	Distance	Herndon, Va.	Oakton
Ginny Jones	Fr.	Distance	Chalfont, Pa.	Central Bucks East
Paige Kwartunas	So.	Distance	Springfield, Va.	West Springfield
Ally Masoero	Fr.	Distance	Marlton, N.J.	Cherokee
Valentina Muzaric	Fr.	Throws	Velika Gorica, Croatia	Gimnazija Zagreb
Madalyn Nuckols	So.	Distance	Glen Allen, Va.	Deep Run
Leah Nugent	Fr.	Sprints/Hurdles	Abington, Pa.	Abington Senior
Ogechi Nwaneri	Sr.	Sprints	Maplewood, N.J.	Chatham
Elizabeth Powell	r-Fr.	Pole Vault	Richmond, Va.	Patrick Henry
Sarah Rapp	Fr.	Distance	Raleigh, N.C.	Cardinal Gibbons
Lyndsey Saunders	r-Fr.	Pole Vault	Herndon, Va.	Chantilly
Samantha Sawyer	r-Fr.	Distance	Indian Trail, N.C.	Sun Valley
Martina Schultze	Fr.	Pole Vault	Uhingen, Germany	University of Stuttgart
Oshin Shukla	Fr.	Distance	Herndon, Va.	Oakton
Ciara Simms	Fr.	Sprints	Stockbridge, Ga.	Dutchtown
Lindsay Skolrood	r-Fr.	Distance	Roanoke, Va.	Hidden Valley
Katarina Smiljanec	Fr.	Mid-Distance	Karlovac, Croatia	General Secondary
Amanda Smith	Fr.	Mid-Distance	Chesapeake, Va.	Grassfield
Corene Steinert	r-Fr.	Distance	Morris Plains, N.J.	Morristown
Deanna Teter	Fr.	Distance	Luray, Va.	Luray
Colleen Thom	r-Fr.	Distance	Yorktown, Va.	Peninsula Catholic
Jennifer Van Der Sloom	Jr.	Distance	Morgantown, W. Va.	University
Annjulie Vester	Fr.	Throws	Homburg, Germany	Gymnasium Johanneum
Victoria von Eynatten	Fr.	Pole Vault	Leinfelden, Germany	University of Tubingen
Alex Watt	So.	Distance	Springfield, Va.	West Springfield
Erika Weidman	Jr.	Mid-Distance	Alexandria, Va.	T.C. Williams
Natalie Woodford	Jr.	Sprints	Roanoke, Va.	Patrick Henry



## Men's Roster

Name	Class	Events	Hometown	High School/Other
Derek Aegerter	So.	High Jump	Humble, Texas	Kingwood
Jeff Artis-Gray	Jr.	Sprints/Jumps/Hurdles	Chesapeake, Va.	Western Branch
Darren Barlow	Fr.	Distance	Midlothian, Va.	Midlothian
Jared Berman	Jr.	Distance	Fairfax, Va.	James W. Robinson
Ronnie Black	Jr.	High Jump	Newport News, Va.	Menchville
Brayden Burleigh	Fr.	Distance	Midlothian, Va.	Midlothian
Scott Campbell	So.	Multi-Events	Salem, Va.	Salem
Juan Campos	Fr.	Distance	Sterling, Va.	Potomac Falls
George Carter	Fr.	Distance	Blacksburg, Va.	Blacksburg
Thomas Curtin	Fr.	Distance	Leesburg, Va.	Loudoun County
Jason Cusack	Jr.	Distance	Griswold, Conn.	Griswold
Martin Dally	r-Fr.	Mid-Distance	Bethesda, Md.	Walter Johnson
Joe Davis	r-Sr.	Pole Vault	Sarasota, Fla.	Riverview
Leoule Degfae	r-So.	Distance	Alexandria, Va.	Thomas A. Edison
Tihut Degfae	Jr.	Mid-Distance	Alexandria, Va.	Thomas A. Edison
Kevin DeWillie	Fr.	Mid-Distance	Hummelstown, Pa.	Hershey
Kevin Dowd	r-Fr.	Distance	Fairfax, Va.	Fairfax
Corey Fuller	Jr.	Sprints/Jumps	Baltimore, Md.	Woodlawn
Ryan Hagen	Jr.	Mid-Distance	Sterling, Va.	Potomac Falls
Hasheem Halim	Sr.	Jumps	Lilburn, Ga.	Berkmar
Hunter Hall °	r-Sr.	Pole Vault	Fort Wayne, Ind.	Homestead
Michael Hammond	Sr.	Mid-Distance	Midlothian, Va.	Midlothian
Eric Hoepker	Sr.	Sprints	Haymarket, Va.	Battlefield
Matt Hoogland	r-Fr.	Pole Vault	Springfield, Va.	Lake Braddock Secondary
Eddie Judge	r-Sr.	Mid-Distance	Virginia Beach, Va.	F.W. Cox
Demitri Knowles	Fr.	Sprints	Lynchburg, Va.	Liberty Christian Academy
Ryan Kuhns	Fr.	Distance	Fredericksburg, Va.	Riverbend
Kieran Lee °	Sr.	Mid-Distance	Glen Allen, Va.	Hermitage
Zach Link	Fr.	Distance	Blacksburg, Va.	Blacksburg
Marcel Lomnický <sup>i</sup>	Sr.	Throws	Nitra, Slovakia	Sport Grammar School Nitra
Denis Mahmic	Jr.	Throws	Zagreb, Croatia	Railway Technical School
Jonathan McCants	Jr.	Sprints	Alexandria, Va.	West Potomac
Daniel McFadden	Fr.	Sprints/Hurdles	Newport News, Va.	Heritage
Mike Miller	Sr.	Pole Vault	Keezletown, Va.	Broadway
Will Mulherin	Sr.	Distance	Yorktown, Va.	Tabb
Joseph Murray	Jr.	Distance	Fredericksburg, Va.	Stafford
Luka Mustafic	Fr.	Throws	Rakitje, Croatia	Gimnasium Samobor
Grant Pollock	r-Fr.	Distance	Richmond, Va.	Mills Godwin
Keith Ricks	Sr.	Sprints	Suffolk, Va.	King's Fork
Corey Shank	So.	Pole Vault	Fort Wayne, Ind.	Northrop
Matthias Treff °	r-Jr.	Throws	Burgthann, Germany	Sportgymnasium Halle
Shaowei Tu	So.	Mid-Distance	Mechanicsville, Va.	Atlee
Chris Uhle	Fr.	Pole Vault	Powell, Ohio	Olentangy Liberty
Chris Walizer	Sr.	Mid-Distance	Hershey, Pa.	Hershey
Brian Welch	r-Jr.	Distance	Richmond, Va.	Mills Godwin
Darrell Wesh	So.	Sprints	Virginia Beach, Va.	Landstown
Connor Wilson	Fr.	Distance	Sterling, Va.	Potomac Falls
Ryan Witt <sup>i</sup>	r-Sr.	Distance	Winchester, Va.	Sherando
Pat Woodford	Fr.	Distance	Roanoke, Va.	Patrick Henry
Alexander Ziegler	Jr.	Throws	Dischingen, Germany	Schiller Gym Heidenheim

<sup>i</sup>-- will compete indoors only

° -- will compete outdoors only







# ACC Outdoor Track & Field Leaders (as of 4/3/12)



## Men

Event	Name, School	Performance
100m	Keith Ricks, Virginia Tech	10.22
200m	Keith Ricks, Virginia Tech	20.75
400m	Javonte Lipsey, North Carolina	47.18
800m	Lance Roller, Virginia	1:48.78
1,500m	Chris Walizer, Virginia Tech	3:43.68
5,000m	Will Mulherin, Virginia Tech	13:49.95
10,000m	Sean Quinn, Florida State	32:21.46
110m H	Devon Hill, Miami	13.51
400m H	Spencer Adams, Clemson	51.43
3,000m SC	Paul Loeser, Wake Forest	8:57.21
4x100m	Virginia Tech	40.11
4x400m	Florida State	3:08.90
HJ	Kris Kornegay-Gober, NC State	7-3 (2.21m)
PV	Nikita Kirillov, Georgia Tech	17-10.5 (5.45m)
LJ	Hasheem Halim, Virginia Tech	24-5 (7.44m)
TJ	Shai Carpenter, Clemson	51-3.75 (15.64m)
SP	Nick Vena, Virginia	62-6.75 (19.07m)
DT	Nathaniel Williams, NC State	189-1 (57.63m)
HT	Vincenzo Chiariello, Virginia	203-4 (61.97m)
JT	Andy Fahringer, Virginia	236-6 (72.10m)
Dec	Alex Hill, Wake Forest	6,278 pts.

## Women

Event	Name, School	Performance
100m	Dezerea Bryant, Clemson	11.46
200m	Dezerea Bryant, Clemson	23.24
400m	Marlena Wesh, Clemson	52.60
800m	Tasha Stanley, North Carolina	2:04.88
1,500m	Violah Lagat, Florida State	4:24.08
5,000m	Lianne Farber, North Carolina	16:15.36
10,000m	n/a	
100m H	Brianna Rollins, Clemson	12.78
400m H	Marlena Wesh, Clemson	58.82
3,000m SC	Alyssa Kulik, Clemson	10:12.25
4x100m	Clemson	43.50
4x400m	Clemson	3:36.06
HJ	T. LaFond, Maryland/A. Melville, Maryland	5-8 (1.73m)
PV	Martina Schultze, Virginia Tech	13-11.25 (4.25m)
LJ	Amy Harris, Florida State	21-0 (6.40m)
TJ	Michelle Jenije, Florida State	44-2.5 (13.47m)
SP	Michelle Anumba, Duke	53-9 (16.38m)
DT	Erin Wykoff, Virginia	171-1 (52.14m)
HT	Anj Julie Vester, Virginia Tech	187-11 (57.27m)
JT	Shannon Sullivan, Duke	158-10 (48.42m)
Hep	Erika Martin, Wake Forest	4,511 pts.



# 2012 Virginia Tech Men's Outdoor Track & Field Season-Best Performance List



## 100m (School Record: 10.22, Keith Ricks, 2012)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Ricks, Keith	SR-4	10.22	UCF Invitational	03/23/12	2.3
Wesh, Darrell	SO-2	10.35	UCF Invitational	03/23/12	2.3
Campbell, Scott	SO-2	11.32	Miami Hurricane Invitational	03/16/12	0.8

## 200m (School Record: 20.75, Keith Ricks, 2012)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Ricks, Keith	SR-4	20.75	UCF Invitational	03/23/12	2.3
Wesh, Darrell	SO-2	21.14	Yellow Jacket Invitational	03/30/12	1.1
McCants, Jonathan	JR-3	21.56	UCF Invitational	03/23/12	1.9

## 400m (School Record: 46.73, Hilliard Sumner, 1996)

Athlete	Year	Time	Meet	Meet Date
Hoepker, Eric	JR-3	48.01	Yellow Jacket Invitational	03/30/12
Artis-Gray, Jeff	JR-3	48.11	Miami Hurricane Invitational	03/16/12
Dally, Martin	SO-2	49.22	Raleigh Relays	03/30/12
McCants, Jonathan	JR-3	49.35	Miami Hurricane Invitational	03/16/12
Wesh, Darrell	SO-2	49.70	Miami Hurricane Invitational	03/16/12
Campbell, Scott	SO-2	50.20	Miami Hurricane Invitational	03/16/12

## 800m (School Record: 1:48.5, Tim Crossin, 1982)

Athlete	Year	Time	Meet	Meet Date
Dally, Martin	SO-2	1:53.74	Raleigh Relays	03/30/12
Lee, Kieran	SR-4	1:54.66	Raleigh Relays	03/30/12

## 1,500m (School Record: 3:39.35, Gary Cobb, 1987)

Athlete	Year	Time	Meet	Meet Date
Walizer, Chris	SR-4	3:43.68	Raleigh Relays	03/30/12
Dowd, Kevin	SO-2	3:48.23	Raleigh Relays	03/30/12
Degfae, Tihut	JR-3	3:51.65	Raleigh Relays	03/30/12
Kuhns, Ryan	FR-1	3:52.69	Raleigh Relays	03/30/12
Lee, Kieran	SR-4	3:54.81	Raleigh Relays	03/30/12
Carter, George	FR-1	3:55.22	Raleigh Relays	03/30/12
Curtin, Thomas	FR-1	3:56.49	Raleigh Relays	03/30/12
DeWillie, Kevin	FR-1	4:03.27	Raleigh Relays	03/30/12
Campos, Juan	FR-1	4:20.34	Raleigh Relays	03/30/12
Campbell, Scott	SO-2	4:47.81	Miami Hurricane Invitational	03/16/12

## 5,000m (School Record: 13:49.95, Will Mulherin, 2012)

Athlete	Year	Time	Meet	Meet Date
Mulherin, William	JR-3	13:49.95	Raleigh Relays	03/30/12
Hammond, Michael	JR-3	13:58.75	Raleigh Relays	03/30/12
Degfae, Leoule	SO-2	14:25.95	Raleigh Relays	03/30/12
Cusack, Jason	SR-4	14:27.41	Raleigh Relays	03/30/12
Pollock, Grant	SO-2	14:34.06	Raleigh Relays	03/30/12
Murray, Joseph	JR-3	14:50.68	Raleigh Relays	03/30/12
Judge, Eddie	SR-4	14:52.19	Raleigh Relays	03/30/12
Welch, Brian	JR-3	15:11.93	Raleigh Relays	03/30/12

## 110m Hurdles (School Record: 13.89, Chris Stokes, 1999)

Athlete	Year	Time	Meet	Meet Date	Wind
<i>Wind-aided (above +3.0m/s):</i>					
Campbell, Scott	SO-2	15.65w	Miami Hurricane Invitational	03/16/12	3.3

## 400m Hurdles (School Record: 51.28, Justin Davis, 1999)

Athlete	Year	Time	Meet	Meet Date
Artis-Gray, Jeff	JR-3	53.70	Yellow Jacket Invitational	03/30/12

## 4x100m (School Record: 40.11, Halim, Wesh, McCants, Ricks, 2012)

Time	Athletes	Meet	Meet Date
40.11	Halim, Wesh, McCants, Ricks	UCF Invitational	03/23/12
41.59	Artis-Gray, Wesh, McCants, Ricks	Miami Hurricane Invitational	03/16/12

## 4x400m (School Record: 3:10.48, Walker, Sangbana, Davis, Stith, 1999)

Time	Athletes	Meet	Meet Date
3:10.74	McCants, Artis-Gray, Hoepker, Ricks	Yellow Jacket Invitational	03/30/12

**4x800m (School Record: 7:21.28, McLaughlin, T. Degfae, Hammond, Witt, 2011)**

Time	Athletes	Meet	Meet Date
7:31.55	Walizer, DeWillie, Dowd, T. Degfae	Raleigh Relays	03/30/12
7:48.36	Kuhns, Carter, Curtin, Campos	Raleigh Relays	03/30/12

**High Jump (School Record: 7'1.5", 2.17m, Ronnie Black, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
Black, Ronnie	JR-3	6'11"	2.11m	Yellow Jacket Invitational	03/30/12
Campbell, Scott	SO-2	5'8.75"	1.75m	Miami Hurricane Invitational	03/16/12

**Pole Vault (School Record: 18'1.75", 5.53m, Brian Mondschein, 2006)**

Athlete	Year	English	Metric	Meet	Meet Date
Davis, Joe	SR-4	17'4.5"	5.30m	2012 Clyde Littlefield Texas Relays	03/28/12
Hall, Hunter	SR-4	17'4.5"	5.30m	2012 Clyde Littlefield Texas Relays	03/28/12
Miller, Michael	JR-3	15'9"	4.80m	UCF Invitational	03/23/12
Uhle, Chris	FR-1	15'9"	4.80m	UCF Invitational	03/23/12
Campbell, Scott	SO-2	12'7.25"	3.84m	Miami Hurricane Invitational	03/16/12

**Long Jump (School Record: 24'10", 7.57m, Jerry Gaines, 1971)**

Athlete	Year	English	Metric	Meet	Meet Date	Wind
Halim, Hasheem	SR-4	24'5"	7.44m	UCF Invitational	03/23/12	1.5
Campbell, Scott	SO-2	22'9.75"	6.95m	Yellow Jacket Invitational	03/30/12	2.0

**Triple Jump (School Record: 53'4.5", 16.27m, Phil Saunders, 1986)**

Athlete	Year	English	Metric	Meet	Meet Date	Wind
Halim, Hasheem	SR-4	49'2.5"	15.00m	Yellow Jacket Invitational	03/30/12	1.3

**Shot Put (School Record: 62'10.5", 19.16m, Sven Hahn, 2005)**

Athlete	Year	English	Metric	Meet	Meet Date
Mustafic, Luka	FR-1	54'7.25"	16.64m	UCF Invitational	03/23/12
Campbell, Scott	SO-2	31'11.25"	9.73m	Miami Hurricane Invitational	03/16/12

**Discus Throw (School Record: 189'6", 57.76m, Sven Hahn, 2005)**

Athlete	Year	English	Metric	Meet	Meet Date
Campbell, Scott	SO-2	101'8"	30.98m	Miami Hurricane Invitational	03/16/12

**Hammer Throw (School Record: 248'10", 75.84m, Marcel Lomnický, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
Mahmic, Denis	JR-3	199'4"	60.75m	UCF Invitational	03/23/12

**Javelin Throw (School Record: 255'6", 77.88m, Matthias Treff, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
Campbell, Scott	SO-2	136'9"	41.69m	Miami Hurricane Invitational	03/16/12

**Decathlon (School Record: 6,951 points, Ed Nuttycombe, 1976)**

Athlete	Year	Pts.	Meet	Meet Date
Campbell, Scott	SO-2	6,261	Miami Hurricane Invitational	03/16/12

w - denotes wind-aided performance

Note: No conversions are applied. Virginia Tech school records recognize wind readings of <3.0m/s.



# 2012 Virginia Tech Women's Outdoor Track & Field Season-Best Performance List



## 100m (School Record: 11.40, Patrice Potts, 2007)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Simms, Ciara	FR-1	11.68	Miami Hurricane Invitational	03/16/12	1.1
Nwaneri, Ogechi	SR-4	11.81	Miami Hurricane Invitational	03/16/12	1.1

*Wind-aided (above +3.0m/s):*

Simms, Ciara	FR-1	11.56w	UCF Invitational	03/23/12	3.4
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## 200m (School Record: 23.17, Britni Spruill, 2007)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Simms, Ciara	FR-1	23.85	UCF Invitational	03/23/12	0.7
Nwaneri, Ogechi	SR-4	23.92	Yellow Jacket Invitational	03/30/12	0.0
Amegashie, Yvonne	JR-3	24.37	Yellow Jacket Invitational	03/30/12	0.0
Boone, Aunye	SR-4	24.65	Miami Hurricane Invitational	03/16/12	0.4
DeCoster, Jameice	JR-3	24.80	Miami Hurricane Invitational	03/16/12	0.4
Nugent, Leah	FR-1	25.02	Miami Hurricane Invitational	03/16/12	0.2
Woodford, Natalie	JR-3	26.26	Miami Hurricane Invitational	03/16/12	0.2

## 400m (School Record: 52.88, Queen Harrison, 2008)

Athlete	Year	Time	Meet	Meet Date
Amegashie, Yvonne	JR-3	54.52	UCF Invitational	03/23/12
Boone, Aunye	SR-4	55.78	UCF Invitational	03/23/12
DeCoster, Jameice	JR-3	55.84	Yellow Jacket Invitational	03/30/12
Woodford, Natalie	JR-3	55.84	Yellow Jacket Invitational	03/30/12
Dowd, Frances	JR-3	56.11	Raleigh Relays	03/30/12
Weidman, Erica	JR-3	1:01.03	Raleigh Relays	03/30/12

## 1,500m (School Record: 4:17.79, Tasmin Fanning, 2007)

Athlete	Year	Time	Meet	Meet Date
Rapp, Sarah	FR-1	4:30.97	Raleigh Relays	03/30/12
Smiljanec, Katarina	FR-1	4:41.27	Raleigh Relays	03/30/12
Watt, Alexandra	SO-2	4:42.33	Raleigh Relays	03/30/12
Smith, Amanda	FR-1	4:43.97	Raleigh Relays	03/30/12
Sawyer, Samantha	SO-2	4:46.33	Raleigh Relays	03/30/12

## 5,000m (School Record: 15:37.73, Tasmin Fanning, 2007)

Athlete	Year	Time	Meet	Meet Date
Dow, Samantha	JR-3	16:17.43	Raleigh Relays	03/30/12
Kvartunas, Paige	SO-2	17:12.38	Raleigh Relays	03/30/12
Crosson, Taylor	SO-2	17:22.28	Raleigh Relays	03/30/12
Cario, Stephanie	SO-2	17:51.36	Raleigh Relays	03/30/12

## 100m Hurdles (School Record: 12.46, Queen Harrison, 2010)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Nugent, Leah	FR-1	13.88	Yellow Jacket Invitational	03/30/12	0.7

## 400m Hurdles (School Record: 54.55, Queen Harrison, 2010)

Athlete	Year	Time	Meet	Meet Date
Nugent, Leah	FR-1	1:01.45	UCF Invitational	03/23/12

## 4x100m (School Record: 44.33, Green, Potts, Castlin, Spruill, 2007)

Time	Athletes	Meet	Meet Date
45.57	Simms, DeCoster, Boone, Nwaneri	Yellow Jacket Invitational	03/30/12
45.81	Simms, DeCoster, Nugent, Nwaneri	Miami Hurricane Invitational	03/16/12

## 4x400m (School Record: 3:32.05, Harrison, Washington, Green, Spruill, 2008)

Time	Athletes	Meet	Meet Date
3:41.20	Amegashie, Boone, DeCoster, Woodford	Yellow Jacket Invitational	03/30/12

## 4x800m (School Record: 8:53.95, Mullis, Morris, Ekemo, Overbeeke, 2004)

Time	Athletes	Meet	Meet Date
8:54.59	Smiljanec, Smith, Rapp, Dowd	Raleigh Relays	03/30/12

## Pole Vault (School Record: 13'11.25", 4.25m, Martina Schultze, 2012)

Athlete	Year	English	Metric	Meet	Meet Date
Schultze, Martina	FR-1	13' 11.25"	4.25m	2012 Clyde Littlefield Texas Relays	03/28/12
von Eynatten, Victoria	FR-1	13' 5.25"	4.10m	UCF Invitational	03/23/12
Allin, Leigh	JR-3	11' 11.75"	3.65m	UCF Invitational	03/23/12
Powell, Elizabeth	SO-2	10' 6"	3.20m	UCF Invitational	03/23/12

**Long Jump (School Record: 20'1.5", 6.13m, April Byrd, 2000)**

Athlete	Year	English	Metric	Meet	Meet Date	Wind (m/s)
von Eynatten, Victoria	FR-1	19'6"	5.94m	UCF Invitational	03/23/12	0.0

**Shot Put (School Record: 56'1", 17.09m, Samira Burkhardt, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
Muzaric, Valentina	FR-1	53'8.25"	16.36m	UCF Invitational	03/23/12

**Hammer Throw (School Record: 224'3", 68.36m, Dorotea Habazin, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
Vester, Annjulie	FR-1	187'11"	57.27m	Miami Hurricane Invitational	03/16/12

*w - denotes wind-aided performance*

*Note: No conversions are applied. Virginia Tech school records recognize wind readings of <3.0m/s.*



**FLORIDA RELAYS  
PERCY BEARD TRACK  
GAINESVILLE, FL  
APRIL 6<sup>th</sup> – 7<sup>th</sup>, 2012**

**FRIDAY, APRIL 6<sup>th</sup> SCHEDULE OF EVENTS:**

**FIELD EVENTS:**

**HIGH SCHOOLS**

10:00am Long Jump (B & G)  
Pole Vault (B)  
Discus (G) outside field  
Shot Put (B)  
High Jump (G)

**FIELD EVENTS**

**COLLEGIATE & OPEN**

12:00pm Hammer (M) outside field  
Discus (W)  
1:00pm Long Jump (W)  
2:30pm Discus (M) outside field  
Javelin (M)  
3:00pm Pole Vault (W)  
Long Jump (M)  
5:30pm High Jump (W)  
Discus (W) Invite  
Hammer (M) Invite  
6:00pm Long Jump (W) Invite  
7:30pm Javelin (W)  
Long Jump (M) Invite

**RUNNING EVENTS:**

9:00am 3200m (HS-G)  
9:30am 3200m (HS-B)  
10:15am 1600m (HS-G)  
10:40am 1600m (HS-B)  
11:05am 800m (HS-G)  
11:30am 800m (HS-B)  
12:30pm 100 Hurdles (HS – G)  
12:50pm 100 Hurdles (W)  
1:15pm 110 Hurdles (HS -B)  
1:35pm 110 Hurdles (M)  
2:00pm 400m (W)  
2:20pm 400m (M)  
2:40pm 100m (HS – G)  
3:00pm 100m (HS – B)  
3:20pm 100m (W)  
3:40pm 100m (M)  
4:00pm 800m (W)  
4:20pm 800m (M)  
4:55pm 400m Hurdles (W)  
5:15pm 400m Hurdles (M)  
5:35pm Invite 200 (W)  
5:50pm Invite 200 (M)  
6:05pm 4x200 (HS – G)  
6:25pm 4x200 (HS – B)

**Evening Session**

7:00pm Invite 800m (HS-G)  
7:05pm Invite 800m (HS-B)  
7:10pm Invite 1600 (HS-G)  
7:20pm Invite 1600 (HS-B)  
7:30pm Invite 3200 (HS-G)  
7:45pm Invite 3200 (HS-B)  
8:00pm 1500 (W)  
8:20pm 1500 (M)  
8:40pm Steeplechase (W)  
8:55pm Steeplechase (M)  
9:10pm 5000m (W)  
9:30pm 5000m (M)

## **SATURDAY, APRIL 7<sup>th</sup> SCHEDULE OF EVENTS:**

### **FIELD EVENTS:**

#### **HIGH SCHOOLS**

10:00am Triple Jump (G & B)  
Pole Vault (G)  
Discus (B) outside field  
Shot Put (G)  
High Jump (B)

### **FIELD EVENTS:**

#### **COLLEGIATE & OPEN**

11:00am Discus (M) Invite  
11:30am Hammer (W)  
1:00pm Pole Vault (M)  
1:30pm Triple Jump (M)  
2:30pm Shot Put (W)  
Shot Put (M) Invite  
4:00pm High Jump (M)  
Triple Jump (W)  
5:00pm Shot Put (M)  
Shot Put (W) Invite

### **RUNNING EVENTS:**

9:00 am 4x1600 (HS-G)  
9:30am 4x1600 (HS-B)  
12:00pm SMR (W)  
12:15pm SMR (M)  
12:30pm SHR (W)  
12:45pm SHR (M)  
1:00pm 4x800 (HS – G)  
1:40pm 4x800 (HS – B)  
2:20pm 4x100 (W)  
2:45pm 4x100 (M)  
3:10pm 4x100 (HS – G)  
3:25pm 4x100 (HS – B)  
3:40pm 4x800 (W)  
3:55pm 4x800 (M)  
4:10pm 4x200 (W)  
4:30pm 4x200 (M)  
4:50pm DMR (W)  
5:10pm DMR (M)  
5:30pm 4x400 (HS – G)  
6:05pm 4x400 (HS – B)  
6:40pm 4x400 (W)  
7:05pm 4x400 (M)

SMR = Sprint Medley Relay (200-200-400-800)

SHR = Shuttle Hurdle Relay

DMR = Distance Medley Relay (1200-400-800-1600)

## 2012 COLONIAL RELAYS SCHEDULE

### THURSDAY APRIL 5<sup>th</sup>

#### At Stimson Throwing Events Area:

4:00 p.m. Women – Hammer Throw Championships (Top 14) (Cut-off 43.29)  
To Follow Women – Hammer Throw Unseeded

### FRIDAY, APRIL 6<sup>th</sup>

#### At Stimson Throwing Events Area:

9:00 a.m. Men – Hammer Throw Championships (Top 14) (Cut-off 45.22m)  
To Follow Men – Hammer Throw Unseeded (*minimum measured mark - 40m*)  
12:00 p.m. Men – Javelin Throw Championships (Top 14) (Cut-off 50.00m)  
To Follow Men – Javelin Throw Unseeded  
12:00 p.m. Men – Shot Put Championships (Top 14) (Cut-off 15.16m)  
To Follow Men – Shot Put Unseeded  
3:30 p.m. Women – Javelin Throw Championships (Top 14) (Cut-off 38.00m)  
To Follow Women – Javelin Unseeded

#### At Zable Stadium:

9:15 am Women- 5000m Run Section 3(*Seed time 18:20 and above*)  
9:40 am Men- 5000m Run Section 4 (*Seed time 15:00 and above*)  
10:00 am Women- 100m Dash – Trials  
10:00 a.m. Men- Long Jump Unseeded  
10:20 am Men- 100m Dash – Trials  
10:40 a.m. Women – 400m Dash  
11:10 a.m. Men – 400m Dash  
11:30 a.m. Women – Long Jump Unseeded  
11:55 a.m. Women – 100m High Hurdles – Trials  
12:00 p.m. Women – PV Championship (Top 12) (Cut-off 3.70) (*Progression: 3.55m, 3.70, 3.85, 3.95, 4.05, 4.15, 4.25*)  
12:00 p.m. Men – Long Jump Championships (Top 14) (Cut-off 6.95m)  
12:35 p.m. Men – 110m High Hurdles – Trials  
12:55 p.m. Women – 800m Run Seeded Section Sections 1,2,3 (8-10 athletes per heat) (*Sub 2:12.00*)  
Women – 800m Run Unseeded Sections 4,5,6,7,8 (Ally Starts)  
1:30 p.m. Women – HJ Championships (Top 12) (Cut-off 1.67m) (*Progression: 1.57m, 1.62, 1.67, 1.72, 1.77, 1.80, 1.83*)  
1:30 p.m. Men – 800m Run Seeded Section Sections 1,2,3 (8-10 athletes per heat) (*Sub 1:52.00*)  
Men – 800m Run Unseeded Sections 4,5,6,7,8 (Ally Starts)  
2:05 p.m. Women- 100m Dash- Semifinals \*16 Fastest Times from Trials  
2:15 p.m. Men – 100m Dash – Semifinals \*16 Fastest Times from Trials  
2:45 p.m. Women – 400m Hurdles – Final  
3:00 p.m. Women – Long Jump Championships (Top 12) (Cut-off 5.56m)  
3:00 p.m. Men – PV Championship (Top 11) (Cut-off 4.60) (*Progression: 4.50m, 4.65, 4.80, 4.90, 5.00, 5.10, 5.20*)  
3:10 p.m. Men – 400m Hurdles – Final  
3:30 p.m. H.S – Girls Distance Medley Championships  
3:45 p.m. H.S. – Boys Distance Medley Championships  
4:00 p.m. Men – HJ Championships (Top 10) (Cut-off 2.04m) (*Progression: 1.96m, 2.01, 2.06, 2.11, 2.14, 2.17, 2.20*)  
4:05 p.m. Men – 3000m Steeplechase – (2 sections~ section 1: seed times faster than 9:15.00 (13))  
4:30 p.m. Women – 3000m Steeplechase – (2 sections~ section 1: seed times faster than 11:05.00 (16))  
5:00 p.m. Women – 200m Dash (6 sections)  
5:25 p.m. Men – 200m Dash (7 sections)  
5:50 p.m. H.S. Girls Mile (1 section)  
6:00 p.m. H.S. Boys Mile (1 section)  
6:00 p.m. H.S. Boys Pole Vault (*Progression: 4.00m, 4.15, 4.45, 4.60, 4.70, 4.80, 4.90*)  
6:10 p.m. Women – 1500m Run- Seeded Sections 1, 2, 3, 4, 5  
6:40 p.m. Men – 1500m Run – Seeded Sections 1, 2, 3, 4, 5, 6  
7:15 p.m. Women – 5000m Run- Seeded Sections – (2 sections~ seed times faster than 18:15.26)  
8:00 p.m. Men – 5000m Run- Seeded Sections – (3 sections~ seed time faster than 14:55)  
8:55 p.m. Women – 10,000m Run  
9:45 p.m. Men – 10,000m Run

\*\*\* Please make sure you have the most update time schedule! W&M will reschedule the meet to fit the number of heats\*\*\*



## 2012 COLONIAL RELAYS SCHEDULE

**SATURDAY, APRIL 7<sup>TH</sup>**

### At Stimson Throwing Events Area:

9:00 a.m. Women – Discus Championships (Top 14) (Cut-off 37.85m)  
To Follow Women – Discus Unseeded  
1:00 p.m. Women – Shot Put Championships (Top 14) (Cut-off 12.09m)  
To Follow Women – Shot Put Unseeded  
1:00 p.m. Men – Discus Championships (Top 14) (Cut-off 47.85m)  
To Follow Men – Discus Unseeded

### At Zable Stadium:

10:00 a.m. Men – Triple Jump Championships (Top 14) (Cut-off 14.30m)  
10:00 a.m. Women – Pole Vault Unseeded (*Progression: 3.05m, 3.20, 3.35, 3.50, 3.60, 3.70*)  
10:00 a.m. Women – High Jump Unseeded (*Progression: 1.45m, 1.50, 1.55, 1.60, 1.65, 1.68, 1.71, 1.74*)  
10:00 a.m. Women – 3000m section 1, 2  
10:30 a.m. Men – 3000m section 1,2  
10:50 a.m. H.S. Boys 3000m – 1 section  
11:10 a.m. Women – 100 Hurdles- Finals – 2 section Final Top 16 from Trials  
11:20 a.m. Men – 110 Hurdles - Finals – 2 section Final Top 16 from Trials  
11:30 a.m. Women – Triple Jump Championships (Top 14) (Cut-off 11.54m)  
11:35 a.m. Women – 4 x 800m Relay  
12:00 p.m. Men – 4 x 800m Relay  
12:20 p.m. Women – 4 x 100m Relay  
12:35 p.m. Men – 4 x 100m Relay  
12:45 p.m. Women – DMR  
1:00 p.m. Men – Pole Vault Unseeded (*Progression: 4.05m, 4.20, 4.35, 4.50, 4.60, 4.70*)  
1:00 p.m. Men – High Jump Unseeded (*Progression: 1.80m, 1.85, 1.90, 1.95, 2.00, 2.03, 2.06*)  
1:00 p.m. Men – Triple Jump Unseeded  
1:10 p.m. Men – DMR  
1:35 p.m. H.S. Girls 4 x 800m – Championships  
1:50 p.m. H.S. Boys 4 x 800m - Championships  
2:05 p.m. Women – Sprint Medley (200,200,400,800)  
2:20 p.m. Men – Sprint Medley (200,200,400,800)  
2:35 p.m. Women – 100m Dash – Final – Top 8 from Semifinals  
2:40 p.m. Men – 100m Dash – Final – Top 8 from Semifinals  
2:50 p.m. Women – 4 x 200m Relay  
3:00 p.m. Women – Triple Jump Unseeded  
3:05 p.m. Men – 4 x 200m Relay  
3:20 p.m. Women – 4 x 1500m Relay  
3:45 p.m. Men – 4 x 1500m Relay  
4:00 p.m. H.S. Girls Pole Vault (*Progression: 2.15m, 2.30, 2.45, 2.60, 2.75, 2.90, 3.00, 3.10*)  
4:05 p.m. Women – 4 x 400m Relay  
4:35 p.m. Men – 4 x 400m Relay

**\*\*\* Please make sure you have the most updated time schedule! W&M will reschedule the meet to fit the number of heats\*\*\***