# 2012 Virginia Tech Track & Field

### **Meet Notes #5**



**Sea Ray Relays** (Host: Tennessee) **April 12-14** 

**Tom Black Track at LaPorte Stadium** Knoxville, Tenn.

Live Results: http://www.flashresults.com/

**Furman Invitational** (Host: Furman) April 14

**Irwin Belk Complex for Track & Field** Greenville, S.C.

Live Results: http://timinginc.com/

### 2012 Indoor Schodule

2012 illuoor Schedule					
Date	Meet				
12/2-3	at Liberty Kickoff				
1/13-14	VT Invite				
1/20-21	Hokie Invite				
2/3-4	VT Elite Meet				
2/10-11	at SPIRE Division I Collegiate Invite				
	(Geneva, Ohio)				
2/17-18	VT Challenge				
2/23-25	at ACC Indoor Championship				
	(Host: Boston College; Boston, Mass.)				
3/3	VT Final Qualifier				
3/3	at Notre Dame Alex Wilson Invite				

at NCAA Indoor Championship

(Host: Boise State; Nampa, Idaho)

3/9-10

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				
4/12-14	at Tennessee Sea Ray Relays				
4/14	at Furman Invitational				
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)				
<b>Bold</b> denotes home indoor meet held at					
Rector Field House on campus					

#### PREVIEWING THE WEEKEND ...

• A small contingent of Hokies head to Knoxville, Tennessee for the Sea Ray Relays at the University of Tennessee, along with the Furman Invitational in Greenville, S.C., this weekend. Slated to compete at Tennessee are the men's and women's pole vaulters, along with Anniulie Vester in the hammer. Eddie Judge (mile) and Kieran Lee (800 meters) are Tech's entries at Furman. This weekend is the final tune-up for Tech prior to the ACC Outdoor Track & Field Championship next week at the University of Virginia in Charlottesville. The Tech men are ranked No. 20 in the USTFCCCA's week two outdoor computer ratings.

#### LAST TIME OUT ...

- Sammy Dow (3000 meter steeplechase), the women's 4x800 meter relay team and the men's 4x400 meter relay team all set school records as the Hokie track & field teams competed at Florida Relays and the Colonial Relays, hosted by William & Mary, over the weekend.
- Running at the Colonial Relays, Dow reset her own school record in the 3000 meter steeplechase with a time of 10:15.91. The women's 4x8 team ran 8:47.76 at Colonial, while the men's 4x4 clocked 3:09.95 at Florida to set Tech records.
- Also earning wins for Tech at William & Mary were the men's 4x800 meter and distance medley relays and Grant Pollock (1500 meters). Annjulie Vester (hammer throw), Valentina Muzaric (shot put, invitational section) and Jeff Artis-Gray (long jump, university section) were victorious at Florida.
- Alexander Ziegler, the defending national champion in the hammer throw, made his season debut in the event at Florida and finished second with a throw of 235-10 (71.88m), a mark that currently ranks second in the NCAA.

#### 2012 SCHOOL RECORDS ...

• Here's a look members of the Tech track & field team who have broken school records in 2012 (outdoors only):

Men	Women
Keith Ricks, 100m, 10.22	Sammy
1/ 1/1 D1 1 000 00 75	

Keith Ricks, 200m, 20.75 Will Mulherin, 5000m, 13:49.95 4x100m: Hasheem Halim, Darrell Wesh, Jonathan McCants, Jeff Artis-Gray, 40.11 4x400m: Jonathan McCants, Jeff Artis-Gray, Eric Hoepker, Keith Ricks, 3:09.95

Dow, 3000m SC, 10:15.91 4x800m: Katarina Smiljanec, Amanda Smith, Frances Dowd, Paige Kvartunas, 8:47.76 Martina Schultze, PV, 13-11.25 (4.25m)

#### **MEDIA INFORMATION**

Men's & Women's Track & Field/Cross Country Contact	Jim Rodriguez
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### **Virginia Tech Quick Facts**

#### **GENERAL**

	Blacksburg, Va.
	1872
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	ewww.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 CountryDave Cianelli
Alma Mater, YearBowling Green State University, 1977
Overall Year27th
Year at Virginia Tech11th
Cianelli Office Phone(540) 231-3094
Cianelli E-maildcianell@vt.edu
Associate Head Coach/ThrowsGreg Jack
Head XC/DistanceBen Thomas
Sprints/Jumps/HurdlesCharles Foster
Pole VaultBob Phillips
Assistant XC/DistanceJen McGranahan
Technical DirectorStacey 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 Division I Performance List-Men**

Name, l	EventEast Re	egional/Nationa	al Rank Performance
Keith R	icks, 100m	6/t-11	10.22
Keith R	icks, 200m	11/t-18	20.75
Darrell	Wesh, 100m	12/19	10.31
Darrell	Wesh, 200m	33/t-58	21.14
Chris W	alizer, 1500m	5/15	3:43.68
Grant P	ollock, 1500m	8/23	3:44.79
Michae	l Hammond, 1500m	11/26	3:45.33
Will Mu	lherin, 1500m	t-27/t-61	3:47.36
Kevin D	owd, 1500m	42/89	3:48.23
	lherin, 5000m		
Michae	l Hammond, 5000m	18/31	13:58.75
Thomas	s Curtin, 5000m	37/65	14:07.71
Jeff Art	is-Gray, 110m Hurdles	t-25/t-44	14.13
Jason C	Cusack, 3000m SC	31/72	9:08.36
Ronnie	Black, High Jump	t-24/t-40	6-11 (2.11m)
Hunter	Hall, Pole Vault	t-7/t-17	17-4.5 (5.30m)
Joe Dav	is, Pole Vault	t-7/t-17	17-4.5 (5.30m)
Chris U	hle, Pole Vault	t-37/t-78	16-4.75 (5.00m)
Jeff Art	is-Gray, Long Jump	9/20	24-9 (7.54m)
Hashee	m Halim, Long Jump	16/t-37	24-5 (7.44m)
Hashee	m Halim, Triple Jump	5/11	51-10 (15.80m)
Luka M	ustafic, Shot Put	16/34	57-9.5 (17.61m)
Alexand	der Ziegler, Hammer Thro	ow2/2	235-10 (71.88m)
Denis N	Mahmic, Hammer Throw	10/23	203-9 (62.10m)
Halim, \	Wesh, McCants, Ricks		
42	k100m	12/31	40.11
McCant	ts, Artis-Gray, Hoepker, Ri	cks	
42	k400m	20/46	3:09.95

#### NCAA Division I Performance List-Women

NCAA Division i Performance	List-women
Name, EventEast Regiona	l/National Rank Performance
Ciara Simms, 100mt-1	6/t-26 11.56
Ciara Simms, 200mt-2	3/t-4823.85
Ogechi Nwaneri, 200m31	/t-5823.92
Yvonne Amegashie, 400m28	5/t-4654.13
Frances Dowd, 800m39	/t-722:09.33
Sammy Dow, 5000m1	
Sarah Rapp, 5000m4	5/70 16:42.22
Leah Nugent, 100m Hurdles4	1/71 13.88
Leah Nugent, 400m Hurdlest-1	
Sammy Dow, 3000m SC 7	7/10 10:15.91
Martina Schultze, Pole Vaultt-	
Victoria von Eynatten, Pole Vault t-9	9/t-2013-5.25 (4.10m)
Victoria von Eynatten, Long Jump t-3.	5/t-5919-6 (5.94m)
Valentina Muzaric, Shot Put	2/855-2.25 (16.82m)
Annjulie Vester, Hammer Throw 8	3/26193-9 (59.07m)
DeCoster, Simms, Boone, Nwaneri	
4x100m2	1/47 45.33
Amegashie, Boone, DeCoster, Woodfor	rd
4x400m 1	2/35 3.38.86

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 USTFCCCA Men's Indoor Southeast Region Coach of the Year
- · 2011 USTFCCCA 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)

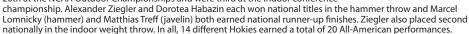
245 All-Americans · 187 Conference champions · 98 Percent graduation rate at Virginia Tech · 39 NCAA champions · 149 School records at Virginia Tech · 23 Olympic and World championship qualifiers · 20 Top-10 women's NCAA finishes · 15 Top-10 men's NCAA finishes · 3 NCAA Division II cross country national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



#### **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 Bimbo 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 USTFCCCA. 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 USTFCCCA 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 USTFCCCA'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 USTFCCCA'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 USTFCCCA 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 USTFCCCA 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 USTFCCCA 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 Kvartunas	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	Karlovac 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 Sloot	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 Lomnicky i	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	
Chris Walizer	Sr.	Mid-Distance		Olentangy Liberty
		Distance	Hershey, Pa.	Hershey Mills Codwin
Brian Welch	r-Jr.		Richmond, Va.	Mills Godwin
Darrell Wesh	So.	Sprints	Virginia Beach, Va.	Landstown Patamas Falls
Connor Wilson	Fr.	Distance	Sterling, Va.	Potomac Falls
Ryan Witt i	r-Sr.	Distance	Winchester, Va.	Sherando
Pat Woodford	Fr.	Distance	Roanoke, Va.	Patrick Henry
Alexander Ziegler	Jr.	Throws	Dischingen, Germany	Schiller Gym Heidenheim

i-- will compete indoors only

<sup>° --</sup> will compete outdoors only



### ACC Outdoor Track & Field Leaders (as of 4/10/12)



### Men

Event Name, School 100mKemar Hyman, Florida State	Performance
200mMaurice Mitchell, Florida State	20.08
400mJavonte Lipsey, North Carolina	47.18
800mCurtis Beach, Duke	1:47.99
1,500mChris Walizer, Virginia Tech	3:43.68
5,000mSean Keveren, Virginia	13:48.34
10,000mMichael Fout, Florida State	28:57.89
110m HDevon Hill, Miami	13.51
400m HSpencer Adams, Clemson	51.43
3,000m SCPaul Loeser, Wake Forest	8:57.21
4x100mVirginia Tech	40.11
4x400mFlorida State	3:08.90
HJT. Anderson, Duke/K. Kornegay-Gober,	NC State 7-3 (2.21m)
PVNikita Kirillov, Georgia Tech	17-10.5 (5.45m)
LJJeff Artis-Gray, Virginia Tech	24-9 (7.54m)
TJHasheem Halim, Virginia Tech	51-10 (15.80m)
SPNick Vena, Virginia	62-6.75 (19.07m)
DTNathaniel Williams, NC State	189-1 (57.63m)
HTAlexander Ziegler, Virginia Tech	235-20 (71.88m)
JTAndy Fahringer, Virginia	236-6 (72.10m)
DecAlex Hill, Wake Forest	6,278 pts.

### Women

<b>Event</b> 100m	Name, School Dezerea Bryant, Clemson	<b>Performance</b> 11.46
200m	Dezerea Bryant, Clemson	23.24
400m	Marlena Wesh, Clemson	52.60
800m	Tasha Stanley, North Carolina	2:04.88
1,500m	Jillian King, Boston College	4:19.74
5,000m	Catherine White, Virginia	16:04.58
10,000m	Andie Cozzarelli, NC State	33:26.45
100m H	Brianna Rollins, Clemson	12.78
400m H	Kiani Profit, Maryland	57.69
3,000m SC .	Alyssa Kulik, Clemson	10:12.25
4x100m	Clemson	43.45
4x400m	Clemson	3:34.01
HJ	Pearl Bickersteth, Virginia	6-0 (1.83m)
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	Valentina Muzaric, Virginia Tech	55-2.25 (16.82m)
DT	Erin Wykoff, Virginia	171-1 (52.14m)
HT	Maureen Laffan, Virginia	195-7 (59.62m)
JT	Shannon Sullivan, Duke	158-10 (48.42m)
Нер	Erika Martin, Wake Forest	4,511 pts.



2012 Virginia Tecl	h Men's O	utdoor Tr	ack & Field Season-Best Per	formance List	
100m (School Record: 10	.22. Keith Ricl	ks. 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	10.31	2012 Pepsi Florida Relays	04/06/12	2.3
Campbell, Scott	SO-2	11.32	Miami Hurricane Invitational	03/16/12	0.8
200m (School Record: 20				33, 13, 12	
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					
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: 1:4	8.5, Tim Cros	sin, 1982)			
Athlete	Year	Time	Meet	Meet Date	
Walizer, Chris	SR-4	1:51.89	2012 Colonial Relays	04/05/12	
Degfae, Tihut	JR-3	1:52.11	2012 Colonial Relays	04/05/12	
Dally, Martin	SO-2	1:53.74	Raleigh Relays	03/30/12	
Hagen, Ryan	JR-3	1:54.42	2012 Colonial Relays	04/05/12	
Lee, Kieran	SR-4	1:54.66	Raleigh Relays	03/30/12	
DeWillie, Kevin	FR-1	1:55.55	2012 Colonial Relays	04/05/12	
1,500m (School Record: 3	3:39.35, Gary	Cobb, 1987)			
Athlete	Year	Time	Meet	Meet Date	
Walizer, Chris	SR-4	3:43.68	Raleigh Relays	03/30/12	
Pollock, Grant	SO-2	3:44.79	2012 Colonial Relays	04/05/12	
Hammond, Michael	JR-3	3:45.33	2012 Colonial Relays	04/05/12	
Mulherin, William	JR-3	3:47.36	2012 Colonial Relays	04/05/12	
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	
Burleigh, Brayden	FR-1	3:57.26	2012 Colonial Relays	04/05/12	
Campos, Juan	FR-1	4:00.10	2012 Colonial Relays	04/05/12	
DeWillie, Kevin	FR-1	4:03.27	Raleigh Relays	03/30/12	
Campbell, Scott	SO-2	4:47.81	Miami Hurricane Invitational	03/16/12	
3,000m (School Record: 8		-			
Athlete	Year	Time	Meet	Meet Date	
Burleigh, Brayden	FR-1	8:24.60	2012 Colonial Relays	04/05/12	
5,000m (School Record: 1					
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	
Curtin, Thomas	FR-1	14:07.71	2012 Colonial Relays	04/05/12	
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	
Kuhns, Ryan	FR-1	14:37.22	2012 Colonial Relays	04/05/12	
Murray Joseph	IB-3	14.50.68	Ralaigh Ralays	03/30/13	

Welch, Brian	JR-3	15:11.93	Raleigh Relays	03/30/12	
110m Hurdles (School R	ecord: 13.89, C	hris Stokes, 19	999)		
Athlete	Year	Time	Meet	Meet Date	Wind
Artis-Gray, Jeff	JR-3	14.13	2012 Pepsi Florida Relays	04/06/12	-0.1
Wind-aided (above +3.0m/	′s):				
Campbell, Scott	SO-2	15.65w	Miami Hurricane Invitational	03/16/12	3.3

Murray, Joseph Judge, Eddie

Dowd, Kevin

JR-3

SR-4

SO-2

14:50.68

14:52.19

14:58.65

Raleigh Relays Raleigh Relays 2012 Colonial Relays

03/30/12

03/30/12

04/05/12

400m Hurdles (Schoo		-	-		Mart Data	
Athlete	Year JR-3	Time 53.70	Meet Vollow lack	ket Invitational	Meet Date 03/30/12	
Artis-Gray, Jeff 3,000m Steeplechase					03/30/12	
Athlete	Year	Time	Meet		Meet Date	
Cusack, Jason	SR-4	9:08.36	2012 Colo	nial Relays	04/05/12	
4x100m (School Reco	rd: 40.11, Halim, W			•		
Time	Athletes		Meet		Meet Date	
40.11	Halim, Wesh,		UCF Invita	tional	03/23/12	
	McCants, Ricks				/ /	
41.59	Artis-Gray, Wesh,		Miami Hur	ricane Invitational	03/16/12	
4x400m (School Reco	McCants, Ricks	ts Artis-Grav	, Hoenker Ri	icks 2012)		
Time	Athletes	its, Ai tis-Gia	Meet	ick3, 2012)	Meet Date	
3:09.95	McCants, Artis-Gra	ay,		i Florida Relays	04/06/12	
	Hoepker, Ricks		·	,		
4x800m (School Reco	rd: 7:21.28, McLau	ghlin, T. Degi	fae, Hammon	nd, Witt, 2011)		
Time	Athletes		Meet		Meet Date	
7:31.55	Walizer, DeWillie,		Raleigh Re	lays	03/30/12	
7.22.42	Dowd, T. Degfae		2012 C-I-	odal Dalassa	04/05/12	
7:32.42	Hagen, T. Degfae, Pollock, Hammon	4	2012 Coloi	niai Reiays	04/05/12	
7:43.43	Lee, Cusack,	J	2012 Coloi	nial Relays	04/05/12	
7.45.45	Carter, Campos		2012 COIO	mar nelays	0-1/03/12	
7:48.36	Kuhns, Carter,		Raleigh Re	elays	03/30/12	
	Curtin, Campos		J	,		
4,000m Distance Med	lley (School Record	l: 9:40.31, Voi	ight, Oustrich	ո, Reed, Cobb, 1987)		
Time	Athletes		Meet		Meet Date	
9:52.46	Walizer, Dally,		2012 Coloi	nial Relays	04/05/12	
11. 1 1 (C. 1 1 D.	DeWillie, Mulherin		L 2011)			
High Jump (School Re	ecord: / 1.5", 2.1/m Year			Meet	Meet Date	
Black, Ronnie	JR-3	English 6′ 11″	Metric 2.11m	Yellow Jacket Invitational	03/30/12	
Campbell, Scott	SO-2	5' 8.75"	1.75m	Miami Hurricane Invitational	03/30/12	
Pole Vault (School Re					00, 10, 12	
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	
Uhle, Chris	FR-1	16′ 4.75″	5.00m	2012 Pepsi Florida Relays	04/06/12	
Miller, Michael	JR-3	15′9″	4.80m	2012 Pepsi Florida Relays	04/06/12	
Shank, Corey	SO-2	15′9″	4.80m	2012 Pepsi Florida Relays	04/06/12	
Hoogland, Matt	SO-2	15′ 1″	4.60m	2012 Pepsi Florida Relays	04/06/12	
Campbell, Scott	SO-2	12′7.25″	3.84m	Miami Hurricane Invitational	03/16/12	
Long Jump (School Re				Mark	Mart Data	\
Athlete	Year JR-3	English 24′ 9″	Metric	Meet	Meet Date 04/06/12	Wind 0.0
Artis-Gray, Jeff Halim, Hasheem	SR-4	24 9 24′ 5″	7.54m 7.44m	2012 Pepsi Florida Relays UCF Invitational	03/23/12	1.5
Campbell, Scott	SO-2	24' 9.75"	6.95m	Yellow Jacket Invitational	03/23/12	2.0
Triple Jump (School R					03/30/12	2.0
Athlete	Year	English	Metric	Meet	Meet Date	Wind
Halim, Hasheem	SR-4	51′10″	15.80m	2012 Pepsi Florida Relays	04/06/12	2.3
Shot Put (School Reco			n, 2005)			
Athlete	Year	English	Metric	Meet	Meet Date	
Mustafic, Luka	FR-1	57'9.5"	17.61m	2012 Pepsi Florida Relays	04/06/12	
Campbell, Scott	SO-2	31′11.25″	9.73m	Miami Hurricane Invitational	03/16/12	
Discus Throw (School						
Athlete	Year	English	Metric	Meet	Meet Date	
Campbell, Scott	SO-2	101′8″	30.98m	Miami Hurricane Invitational	03/16/12	
Hammer Throw (Scho					Moot Data	
Athlete	Year	English	Metric	Meet	Meet Date	
Ziegler, Alexander Mahmic, Denis	JR-3 JR-3	235′ 10″ 203′ 9″	71.88m 62.10m	2012 Pepsi Florida Relays 2012 Pepsi Florida Relays	04/06/12 04/06/12	
Javelin Throw (School					0 <del>1</del> /00/12	
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 Patrico Pot	ts 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 +3.0		11.01	Mani Fameane mytational	03/10/12	1.1
Simms, Ciara	FR-1	11.56w	UCF Invitational	03/23/12	3.4
200m (School Record:			oci invitational	03/23/12	5.1
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:				337 . 37 . 2	0.2
Athlete	Year	Time	Meet	Meet Date	
Amegashie, Yvonne	JR-3	54.13	2012 Pepsi Florida Relays	04/06/12	
DeCoster, Jameice	JR-3	55.73	2012 Pepsi Florida Relays	04/06/12	
Boone, Aunye	SR-4	55.78	UCF Invitational	03/23/12	
Woodford, Natalie	JR-3	55.84	Georgia Tech Yellow Jacket Invitational	03/30/12	
Dowd, Frances	JR-3	56.11	Raleigh Relays	03/30/12	
Weidman, Erika	JR-3	1:01.03	Raleigh Relays	03/30/12	
800m (School Record:		verbeeke, 2			
Athlete	Year	Time	Meet	Meet Date	
Dowd, Frances	JR-3	2:09.33	2012 Colonial Relays	04/05/12	
Smith, Amanda	FR-1	2:10.61	2012 Colonial Relays	04/05/12	
Smiljanec, Katarina	FR-1	2:14.80	2012 Colonial Relays	04/05/12	
Weidman, Erika	JR-3	2:21.06	2012 Colonial Relays	04/05/12	
Sawyer, Samantha	SO-2	2:25.22	2012 Colonial Relays	04/05/12	
1,500m (School Recor	d: 4:17.79, Tasmin	Fanning, 20	07)		
Athlete	Year	Time	Meet	Meet Date	
Rapp, Sarah	FR-1	4:30.97	Raleigh Relays	03/30/12	
Kvartunas, Paige	SO-2	4:34.69	2012 Colonial Relays	04/05/12	
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 Recor	d: 15:37.73, Tasmi	n Fanning, 20	007)		
Athlete	Year	Time	Meet	Meet Date	
Dow, Samantha	JR-3	16:17.43	Raleigh Relays	03/30/12	
Rapp, Sarah	FR-1	16:42.22	2012 Colonial Relays	04/05/12	
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	17:26.54	2012 Colonial Relays	04/05/12	
Watt, Alexandra	SO-2	17:51.70	2012 Colonial Relays	04/05/12	
100m Hurdles (School					
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					
Athlete	Year	Time	Meet	Meet Date	
Nugent, Leah	FR-1	59.68	2012 Pepsi Florida Relays	04/06/12	
3,000m Steeplechase			•		
Athlete	Year	Time	Meet	Meet Date	
Dow, Samantha	JR-3	10:15.91	2012 Colonial Relays	04/05/12	
4x100m (School Reco		otts, Castlin,			
Time	Athletes		Meet	Meet Date	
45.33	DeCoster, Simms,		2012 Pepsi Florida Relays	04/06/12	
45.01	Boone, Nwaneri		Microsi Housian Color Color	02/16/16	
45.81	Simms, DeCoster,		Miami Hurricane Invitational	03/16/12	
	Nugent, Nwaneri				

4x400m (School Recor	d: 3:32.05, Harriso	n, Washingto	n, Green, Sp	oruill, 2008)		
Time	Athletes		Meet		Meet Date	
3:38.86	Amegashie, Boone	,	2012 Pepsi	i Florida Relays	04/06/12	
	DeCoster, Woodfor	d				
4x800m (School Recor	d: 8:47.76, Smiljan	ec, Smith, Do	wd, Kvartur	nas, 2012)		
Time	Athletes		Meet		Meet Date	
8:47.76	Smiljanec, Smith,		2012 Color	nial Relays	04/05/12	
	Dowd, Kvartunas					
8:54.59	Smiljanec, Smith,		Raleigh Re	lays	03/30/12	
	Rapp, Dowd					
Pole Vault (School Rec	ord: 13'11.25", 4.2	5m, Martina S	chultze, 201	12)		
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 Re	cord: 20'1.5", 6.13r	n, 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 Reco	rd: 56′1″, 17.09m, S	amira Burkh	ardt, 2011)			
Athlete	Year	English	Metric	Meet	Meet Date	
Muzaric, Valentina	FR-1	55' 2.25"	16.82m	2012 Pepsi Florida Relays	04/06/12	
Hammer Throw (School	ol Record: 224'3", 6	8.36m, Dorot	ea Habazin,	2011)		
Athlete	Year	English	Metric	Meet	Meet Date	
Vester, Annjulie	FR-1	193′9″	59.07m	2012 Pepsi Florida Relays	04/06/12	

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

### 2012 Sea Ray Relays Time Schedule





Wednesday, April 11	<u>Friday, April 13</u>		Saturday, April 14
MULTI EVENTS	RUNNING EVENTS	C	- 7C/
1:00 Heptathlon	12:35 W 3000m Run		ea Ray Showcase
100mh, HJ, SP, 200m	1:00 W 100m Hurdles		howcase Women's & Men's Heat
	1:20 M 110m Hurdles	12:00	Showcase 200m Dash
1:30 Scott Hartman Decathlon	1:40 W 100m Dash	12:10	Showcase 1500m Run
100m, LJ, SP, HJ, 400m	2:05 M 100m Dash	12:25	Showcase 800m Run
	2:30 W 400m Dash	12:35	Showcase 400m Hurdles
	2:55 M 400m Dash	12:45	Showcase 400m Dash
	3:20 W 400m Hurdles	12:55	Showcase 100m Dash
Thursday, April 12	3:45 M 400m Hurdles	1:05	Showcase Distance Medley Relay
MULTI EVENTS	4:10 W 200m Dash	1:35	Showcase 4x100m Relay
12:00 Scott Hartman Decathlon	4:35 M 200m Dash	1:45	Senior Presentations
110mh, DT, PV, JT, 1500m	5:00 W 3K Steeplechase	1:55	Showcase 4x400m Relay
	5:15 M 3K Steeplechase	2:10	W 4 x 100m Relay
1:00 Heptathlon	5:30 W 800m Run	2:35	M 4 x 100m Relay
LJ, JT, 800m	5:45 M 800m Run	3:00	W Shuttle Hurdle Relay
	6:00 W 1500m Run	3:10	M Shuttle Hurdle Relay
FIELD EVENTS	6:20 M 1500m Run	3:20	W 4 x 800m Relay
5:00 W Hammer Throw	6:40 W 5000m Run	3:40	M 4 x 800m Relay
	7:05 M 5000m Run	4:00	W 4 x 200m Relay
	7:30 W 10,000m Run	4:20	M 4 x 200m Relay
	8:15 M 10,000m Run	4:40	W 4 x 1500m Relay
	FIELD EVENTS	5:05	M 4 x 1500m Relay
	12:15 M Open Discus	5:30	W 4 x 400m Relay
	1:00 W High Jump	5:45	M 4 x 400m Relay
	1:00 W Pole Vault		FIELD EVENTS
	3:00 W Open Discus	8:45	M Hammer Throw
	4:00 M Triple Jump	12:15	W Inv Discus
	4:00 W Triple Jump	12:15	M High Jump
	4:30 M Open Pole Vault	1:30	M Long Jump
	5:45 M Inv Discus	1:30	W Long Jump
	7:00 M Shot Put	1:30	W Javelin
		2:30	M Inv Pole Vault
			W Shot Put
		3:30	M Javelin

Come cheer on the Vols during the 46th Annual Sea Ray Relays at Tom Black Track at LaPorte Stadium! Watch some of the fastest times on the track in the Southeast during Saturday afternoon's Sea Ray Showcase . . . Hope you can keep up!



### Furman Invitational Track & Field Saturday, April 14, 2012 Tentative Rolling Schedule

Time	Event	Estimated	<b>Estimated Format</b>
		Entries	
7:00 am	5,000m race walk	TBD	final
	High School Events		
8:00 am	4 x 100m Relay Girls	16 teams	2 heats of 8
	4 x 100m Relay Boys	16 teams	2 heats of 8
	4 x 800m Relay Girls	16 teams	2 heats of 8
	4 x 800m Relay Boys	16 teams	2 heats of 8
	100m Hurdles Girls	32	4 heats of 8
	100m Hurdles Boys	32	4 heats of 8
	100m Girls	32	4 heats of 8
	100m Boys	32	4 heats of 8
	1600m Girls	32	2 heats of 16
	1600m Boys	32	2 heats of 16
	400m Girls	32	4 heats of 8
	400m Boys	32	4 heats of 8
	400m Hurdles Girls	32	4 heats of 8
	400m Hurdles Boys	32	4 heats of 8
	800m Girls	32	3 heats
	800m Boys	32	3 heats
	200m Girls	32	4 heats of 8
	200m Boys	32	4 heats of 8
	3200m Girls	24	1 heat
	3200m Boys	24	1 heat
12:00	The Blue Shoes Mile	12	1 heat
	*Time permitting the 4 x 400 relays		
	could be run before noon		
	4 x 400m Relay Girls	16 teams	2 heats of 8
	4 x 400m Relay Boys	16 teams	2 heats of 8
	College Events		
1:00 pm	4 x 100m Relay Women	8 teams	1 heat final
	4 x 100m Relay Men	8 teams	1 heat final
	3000m Women	24	1 heat final
	3000m Men	24	1 heat final
	100m Hurdles Women	16	2 heats of 8
	110m Hurdles Men	16	2 heats of 8
	1500m Women	16	1 heat final

1500m Men	16	1 heat final
400m Women	16	2 heats of 8
400m Men	16	2 heats of 8
100m Women	16	2 heats of 8
100m Men	16	2 heats of 8
800m Women	16	2 heats of 8
800m Men	16	2 heats of 8
400m Hurdles Women	Up to 16	2 heats of 8
400m Hurdles Men	Up to 16	2 heats of 8
3000m Steeplechase Women	Up to 16	1 heat final
3000m Steeplechase Men	Up to 16	1 heat final
4 x 400 Relay Women	8 teams	1 heat final
4 x 400 Relay Men	8 teams	1 heat final

### **High School Field Events**

8:00 am	Shot Put Girls	32	2 flights if needed
Follows Girls	Shot Put Boys	32	2 flights if needed
8:00 am	Discus Boys	32	2 flights if needed
Follows Boys	Discus Girls	32	2 flights if needed
8:00 am	Triple Jump Girls	32	2 flights if needed
Follows Girls	Triple Jump Boys	32	2 flights if needed
8:00 am	Long Jump Boys	32	2 flights if needed
Follows Boys	Long Jump Girls	32	2 flights if needed
8:00 am	High Jump Girls	32	2 flights if needed
Follows Girls	High Jump Boys	32	2 flights if needed
8:00 am	Pole Vault Girls	32	2 flights if needed
Follows Boys	Pole Vault Boys	32	2 flights if needed

### **College Field Events**

12:30 pm	Hammer Throw W	Up to 16	Final
Follows W	Hammer Throw M	Up to 16	Final
12:30 pm	Long Jump W	Up to 16	2 flights if needed
Follows W	Long Jump M	Up to 16	2 flights if needed
1:00 pm	Pole Vault W	Up to 16	2 flights if needed
Follows W	Pole Vault M	Up to 16	2 flights if needed
2:00 pm	Javelin W	Up to 16	Final
Follows W	Javelin M	Up to 16	Final
1:30 pm	Shot Put W	Up to 16	Final
Follows W	Shot Put M	Up to 16	Final
2:30 pm	Triple Jump W	Up to 16	Final

Follows W	Triple Jump M	Up to 16	Final
3:00 pm	Discus W	Up to 16	Final
Follows W	Discus M	Up to 16	Final