2012 Virginia Tech Track & Field Meet Notes #7



Penn Relays (Host: Penn) April 26-28, 2012 Franklin Field Philadelphia, Pa. Meet Website: http://thepennrelays.com/ Brutus Hamilton Invitational (Host: Cal) April 27-28, 2012 Edwards Stadium Berkeley, Calif. Live Results: http://recordtiming.com/ Highlander Invitational (Host: Radford) April 28, 2012 Cupp Stadium Radford, Va. Live Results: http://www.scullionstiming.com/ Payton Jordan Invitational (Host: Stanford) April 29, 2012 Cobb Track & Angell Field Stanford, Calif. Live Results: http://recordtiming.com/

2012 Indoor 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
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
4/12-14	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
4/28	at Radford Highlander Invite
4/29	at Stanford Payton Jordan Invite
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 Preliminaries
	(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 split between the historic Penn Relays, the nearby Highlander Invitational at Radford and two meets in California - Cal's Brutus Hamilton Invitational and Stanford's Payton Jordan Invitational - this weekend. Members of the distance crew head to California, while the sprinters and jumpers travel to Penn, while the pole vaulters and other members of the distance group will compete at Radford. The Hokie men enter the weekend ranked No. 17 in the latest USTFCCCA computer ratings.

LAST TIME OUT ...

• The men held off seven-time defending champion Florida State to win their first ever ACC Outdoor title, while the women tied for fourth as competition wrapped up Saturday at the ACC Outdoor Championships at Lannigan Field in Charlottesville.

• The Hokie men scored 153.5 points, bettering FSU by 4.5 points. The women had 74 points and tied for fourth with Duke, just one point out of third.

• Seven Hokies - five men and two women - won ACC individual titles. Will Mulherin (5000 meters), Jason Cusack (3000 meter steeplechase), Hunter Hall (pole vault), Alexander Ziegler (hammer throw) and Matthias Treff (javelin) were the men's winners, while Annjulie Vester (hammer throw) and Martina Schultze (pole vault) were victorious for the women. Treff and Mulherin became three-time ACC Outdoor champions in their event and Treff set an ACC meet record.

• Dave Cianelli was named the ACC Men's Outdoor Track & Field Coach of the Year, the seventh time in his career he has won a conference coaching award.

2012 SCHOOL RECORDS ...

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

Men

.)

Keith Ricks, 100m, 10.21 Keith Ricks, 200m, 20.75 Will Mulherin, 5000m, 13:49.95 4x100m: Jeff Artis-Gray, Darrell Wesh, Jonathan McCants, Keith Ricks, 39.95 4x400m: Jonathan McCants, Jeff Artis-Gray, Eric Hoepker, Keith Ricks, 3:09.95

Women

Sammy Dow, 3000m SC, 10:07.99 Martina Schultze, PV, 14-1.25 (4.30m) 4x800m: Katarina Smiljanec, Amanda Smith, Frances Dowd, Paige Kvartunas, 8:47.76

MEDIA INFORMATION

Men's & Women's Track & Field/Cross Country Contact	Jim Rodriguez
Office Phone	
Cell Phone	
E-Mail	

www.hokiesports.com/track

Virginia Tech Quick Facts

GENERAL

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

COACHING STAFF

Director of Track & Field and Cross Count	ryDave Cianelli
Alma Mater, YearBowling Green S	tate 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 XC/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	1 (2012)
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	
Women's NCAA Outdoor Best Finish	5th, 2010
Individual National Champions	

TEAM REVIEW

2012 Men's ACC Finish (Indoor/Outdoor)	2nd/1st
2012 Women's ACC Finish (Indoor/Outdoor)	5th/t-4th
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

NCAA DIVISION IT ENORMANCE LISUMEN	
Name, Event Performance	
Keith Ricks, 100m 10.21	
Keith Ricks, 200m 15/29 20.75	5
Darrell Wesh, 100m 14/20 10.27	7
Tihut Degfae, 800m1:50.08	3
Michael Hammond, 1500m6/76/7)
Chris Walizer, 1500m	3
Grant Pollock, 1500m)
Will Mulherin, 5000m	5
Michael Hammond, 5000m 22/41 13:58.75	5
Jeff Artis-Gray, 110m Hurdles)
Jason Cusack, 3000m SC	5
Ronnie Black, High Jump t-26/t-496-11 (2.11m))
Hunter Hall, Pole Vault t-3/t-10 17-8.5 (5.40m))
Joe Davis, Pole Vault t-11/t-24 17-4.5 (5.30m))
Mike Miller, Pole Vault t-11/t-24 17-4.5 (5.30m))
Chris Uhle, Pole Vault t-32/t-71 16-8.75 (5.10m))
Jeff Artis-Gray, Long Jump t-17/t-33 24-9 (7.54m))
Hasheem Halim, Long Jump t-31/t-59 24-5 (7.44m))
Hasheem Halim, Triple Jump6/9)
Luka Mustafic, Shot Put)
Alexander Ziegler, Hammer Throw2/2)
Denis Mahmic, Hammer Throw)
Matthias Treff, Javelin Throw4/6)
Artis-Gray, Wesh, McCants, Ricks	
4x100m	5
McCants, Artis-Gray, Hoepker, Ricks	
4x400m3:09.95	5

NCAA Division I Performance List-Women

Name, Event	East Reg	jional/Natior	nal Rank Performance
Ciara Simms, 100m		26/t-43	11.56
Ciara Simms, 200m		t-39/t-76	
Ogechi Nwaneri, 20	0m	48/t-89	
Yvonne Amegashie	400m	14/23	
Sammy Dow, 5000n	n	24/49	
Leah Nugent, 100m	Hurdles	t-47/t-83	
Leah Nugent, 400m	Hurdles	t-22/t-48	
Sammy Dow, 3000n	n SC	6/9	
Martina Schultze, Po	ole Vault	t-2/t-7	14-1.25 (4.30m)
Victoria von Eynatte	en, Pole Vault	t-9/t-25	13-5.25 (4.10m)
Valentina Muzaric, S	hot Put	6/13	55-2.25 (16.82m)
Annjulie Vester, Har	nmer Throw	10/26	196-5 (59.87m)
DeCoster, Simms, Be	oone, Nwaneri	i	
4x100m		31/65	
Amegashie, Boone,	DeCoster, Woo	odford	
4x400m		19/47	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



championship. Alexander Ziegler and Dorotea Habazin each won national titles in the hammer throw and Marcel Lomnicky (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 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 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.



2012 Virginia Tech Track & Field • Meet Notes #7 at Penn/Cal/Stanford/Radford • 4/26-29/12

Women's Roster

Hometown

Name Class Leigh Allin r-So. **Yvonne Amegashie** Jr. Hayley Billingsley Fr. Aunye Boone Sr. Camille Bouvet Fr. Kristen Brown So. Stephanie Cario So. **Taylor Crosson** So. Jameice DeCoster Jr. **Courtney Dobbs** So. Sammy Dow Jr. Frances Dowd Jr. Shanice Hairston r-Fr. **Alyson Jones** Fr. **Ginny Jones** Fr. **Paige Kvartunas** So. Ally Masoero Fr. Valentina Muzaric Fr. Madalyn Nuckols So. Leah Nugent Fr. Ogechi Nwaneri Sr. **Elizabeth Powell** r-Fr. Sarah Rapp Fr. Lyndsey Saunders r-Fr. Samantha Sawyer r-Fr. Martina Schultze Fr. Oshin Shukla Fr. Ciara Simms Fr. Lindsay Skolrood r-Fr. Katarina Smiljanec Fr. Amanda Smith Fr. **Corene Steinert** r-Fr. Deanna Teter Fr. **Colleen** Thom r-Fr. Jennifer Van Der Sloot Jr. Annjulie Vester Fr. Victoria von Eynatten Fr. Alex Watt So. Erika Weidman Jr. Natalie Woodford Jr.

Events Pole Vault Sprints/Hurdles Distance Sprints Distance Hurdles/Pole Vault Distance Distance Sprints Distance Distance Mid-Distance Throws Distance Distance Distance Distance Throws Distance Sprints/Hurdles Sprints Pole Vault Distance Pole Vault Distance Pole Vault Distance Sprints Distance Mid-Distance Mid-Distance Distance Distance Distance Distance Throws Pole Vault Distance Mid-Distance Sprints

Lexington, Ky. Woodbridge, Va. Monterey, Va. St. Leonard, Md. Bethesda, Md. Owings Mills, Md. Mechanicsville, Va. Fairfax Station, Va. Glenn Dale, Md. Glen Allen, Va. Midlothian, Va. Fairfax, Va. Martinsville, Va. Herndon, Va. Chalfont, Pa. Springfield, Va. Marlton, N.J. Velika Gorica, Croatia Glen Allen, Va. Abington, Pa. Maplewood, N.J. Richmond, Va. Raleigh, N.C. Herndon, Va. Indian Trail, N.C. Uhingen, Germany Herndon, Va. Stockbridge, Ga. Roanoke, Va. Karlovac, Croatia Chesapeake, Va. Morris Plains, N.J. Luray, Va. Yorktown, Va. Morgantown, W. Va. Homburg, Germany Leinfelden, Germany Springfield, Va. Alexandria, Va. Roanoke, Va.

High School/Other Henry Clay Potomac Senior Highland Calvert Walter Johnson McDonogh School Lee Davis James W. Robinson **Elizabeth Seton** Deep Run Midlothian Fairfax Magna Vista Oakton **Central Bucks East** West Springfield Cherokee Gimnazija Zagreb Deep Run Abington Senior Chatham Patrick Henry **Cardinal Gibbons** Chantillv Sun Valley University of Stuttgart Oakton Dutchtown Hidden Valley Karlovac General Secondary Grassfield Morristown Luray Peninsula Catholic University Gymnasium Johanneum University of Tubingen West Springfield T.C. Williams Patrick Henry

.



2012 Virginia Tech Track & Field • Meet Notes #7 at Penn/Cal/Stanford/Radford • 4/26-29/12

Men's Roster

Name Derek Aegerter

Class

So. Jeff Artis-Gray Jr. **Darren Barlow** Fr. Jared Berman Jr. **Ronnie Black** Jr. Brayden Burleigh Fr. Scott Campbell So. Juan Campos Fr. George Carter Fr. Thomas Curtin Fr. Jason Cusack Jr. Martin Dally r-Fr. Joe Davis r-Sr. Leoule Degfae r-So. Tihut Degfae Jr. Kevin DeWillie Fr. Kevin Dowd r-Fr. **Corey Fuller** Jr. Ryan Hagen Jr. Hasheem Halim Sr. Hunter Hall ^o r-Sr. Michael Hammond Sr. Eric Hoepker Sr. Matt Hoogland r-Fr. Eddie Judge r-Sr. Demitri Knowles Fr. Ryan Kuhns Fr. Kieran Lee ° Sr. Zach Link Fr Marcel Lomnicky ⁱ Sr. Denis Mahmic Jr. Jonathan McCants Jr. Daniel McFadden Fr. Mike Miller Sr. Will Mulherin Sr. Joseph Murray Jr. Luka Mustafic Fr. Grant Pollock r-Fr. Keith Ricks Sr. Corev Shank So. Matthias Treff ° r-Jr. Shaowei Tu So. Chris Uhle Fr. Chris Walizer Sr. Brian Welch r-Jr. Darrell Wesh So. Connor Wilson Fr. Rvan Wittⁱ r-Sr. Pat Woodford Fr. Alexander Ziegler Jr.

Events High Jump Sprints/Jumps/Hurdles Distance Distance High Jump Distance Multi-Events Distance Distance Distance Distance Mid-Distance Pole Vault Distance Mid-Distance Mid-Distance Distance Sprints/Jumps Mid-Distance Jumps Pole Vault Mid-Distance Sprints Pole Vault Mid-Distance Sprints Distance Mid-Distance Distance Throws Throws Sprints Sprints/Hurdles Pole Vault Distance Distance Throws Distance Sprints Pole Vault Throws Mid-Distance Pole Vault Mid-Distance Distance Sprints Distance Distance Distance Throws

Hometown Humble, Texas Chesapeake, Va. Midlothian, Va. Fairfax, Va. Newport News, Va. Midlothian, Va. Salem, Va. Sterling, Va. Blacksburg, Va. Leesburg, Va. Griswold, Conn. Bethesda, Md. Sarasota, Fla. Alexandria, Va. Alexandria, Va. Hummelstown, Pa. Fairfax, Va. Baltimore, Md. Sterling, Va. Lilburn, Ga. Fort Wayne, Ind. Midlothian, Va. Haymarket, Va. Springfield, Va. Virginia Beach, Va. Lynchburg, Va. Fredericksburg, Va. Glen Allen, Va. Blacksburg, Va. Nitra, Slovakia Zagreb, Croatia Alexandria, Va. Newport News, Va. Keezletown, Va. Yorktown, Va. Fredericksburg, Va. Rakitje, Croatia Richmond, Va. Suffolk, Va. Fort Wavne, Ind. Burgthann, Germany Mechanicsville, Va. Powell, Ohio Hershey, Pa. Richmond, Va. Virginia Beach, Va. Sterling, Va. Winchester, Va. Roanoke, Va. Dischingen, Germany

High School/Other Kingwood Western Branch Midlothian James W. Robinson Menchville Midlothian Salem Potomac Falls Blacksburg Loudoun County Griswold Walter Johnson Riverview Thomas A. Edison Thomas A. Edison Hershey Fairfax Woodlawn Potomac Falls Berkmar Homestead Midlothian Battlefield Lake Braddock Secondary F.W. Cox Liberty Christian Academy Riverbend Hermitage Blacksburg Sport Grammar School Nitra **Railway Technical School** West Potomac Heritage Broadway Tabb Stafford Gimnasium Samobor Mills Godwin King's Fork Northrop Sportgymnasium Halle Atlee **Olentangy Liberty** Hershey Mills Godwin Landstown Potomac Falls Sherando Patrick Henry Schiller Gym Heidenheim

.

-- will compete indoors only

° -- will compete outdoors only



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



•					
100m (School Record: 10.				M	
Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Ricks, Keith	SR-4	10.21	ACC Outdoor Championships	04/19/12	1.2
Wesh, Darrell	SO-2	10.27	ACC Outdoor Championships	04/19/12	0.8
Campbell, Scott	SO-2	11.01	ACC Outdoor Championships	04/19/12	0.8
200m (School Record: 20.	-				
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	21.41	ACC Outdoor Championships	04/19/12	0.0
400m (School Record: 46.	-		N4	Mart Data	
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	
Lee, Kieran	SR-4	51.19	Furman Invitational	04/14/12	
800m (School Record: 1:4					
Athlete	Year	Time	Meet	Meet Date	
Degfae, Tihut	JR-3	1:50.08	ACC Outdoor Championships	04/19/12	
Dally, Martin	SO-2	1:51.57	ACC Outdoor Championships	04/19/12	
Walizer, Chris	SR-4	1:51.89	2012 Colonial Relays	04/05/12	
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	-				
Athlete	Year	Time	Meet	Meet Date	
Hammond, Michael	JR-3	3:41.50	ACC Outdoor Championships	04/19/12	
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	
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	
Hagen, Ryan	JR-3	3:50.57	ACC Outdoor Championships	04/19/12	
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	
Judge, Eddie	SR-4	3:56.97	ACC Outdoor Championships	04/19/12	
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	3:03.41, Steve	•			
Athlete	Year	Time	Meet	Meet Date	
Burleigh, Brayden	FR-1	8:24.60	2012 Colonial Relays	04/05/12	
5,000m (School Record: 1	3:49.95, 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	
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	JR-3	14:50.68	Raleigh Relays	03/30/12	
Judge, Eddie	SR-4	14:52.19	Raleigh Relays	03/30/12	
Dowd, Kevin	SO-2	14:58.65	2012 Colonial Relays	04/05/12	
Welch, Brian	JR-3	15:11.93	Raleigh Relays	03/30/12	
•			5 7		

10,000m (School Reco	ord: 28:45.97, Mar	k Stickley, 19	82)				
Athlete	Year	Time	Meet		Meet Date		
Degfae, Leoule	SO-2	30:21.25	ACC Outd	oor Championships	04/19/12		
Burleigh, Brayden	FR-1	30:44.71		oor Championships	04/19/12		
110m Hurdles (School Record: 13.89, Chris Stokes, 1999)							
Athlete	Year	Time	Meet		Meet Date	Wind	
Artis-Gray, Jeff	JR-3	14.09		oor Championships	04/19/12	-0.1	
Campbell, Scott	SO-2	15.81	ACC Outd	oor Championships	04/19/12	-0.4	
Wind-aided (above +3.0 Campbell, Scott	SO-2	15.65w	Miami Hu	rricane Invitational	03/16/12	3.3	
400m Hurdles (Schoo					03/10/12	5.5	
Athlete	Year	Time	Meet		Meet Date		
Artis-Gray, Jeff	JR-3	53.70		ket Invitational	03/30/12		
3,000m Steeplechase	(School Record: 8	:47.29, Jason					
Athlete	Year	Time	Meet		Meet Date		
Cusack, Jason	SR-4	8:55.36		oor Championships	04/19/12		
4x100m (School Reco		ay, Wesh, Mc		2012)			
Time	Athletes		Meet		Meet Date		
39.95	Artis-Gray, Wesh,		ACC Outd	oor Championships	04/19/12		
10.11	McCants, Ricks			e 1	02/22/12		
40.11	Halim, Wesh,		UCF Invita	itional	03/23/12		
41 50	McCants, Ricks Artis-Gray, Wesh,		Miami Hu	rricane Invitational	03/16/12		
41.59	McCants, Ricks				05/10/12		
4x400m (School Reco		nts. Artis-Gra	v. Hoenker, R	icks, 2012)			
Time	Athletes		Meet	icks, 2012,	Meet Date		
3:09.95	McCants, Artis-Gr	av,		si Florida Relays	04/06/12		
	Hoepker, Ricks				,,		
3:10.74	McCants, Artis-Gr	ay,	Yellow Jac	ket Invitational	03/30/12		
	Hoepker, Ricks						
3:12.70	McCants, Artis-Gr	ay,	ACC Outd	oor Championships	04/19/12		
	Hoepker, Ricks						
4x800m (School Reco		ıghlin, T. Deg		nd, Witt, 2011)			
Time	Athletes		Meet		Meet Date		
7:31.55	Walizer, DeWillie,		Raleigh Re	elays	03/30/12		
7:32.42	Dowd, T. Degfae Hagen, T. Degfae,		2012 Colo	nial Relays	04/05/12		
7.52.42	Pollock, Hammon		2012 0010	illal Nelays	04/03/12		
7:43.43	Lee, Cusack,	iu iu	2012 Colo	nial Relays	04/05/12		
	Carter, Campos		2012 0010		0 1, 00, 12		
7:48.36	Kuhns, Carter,		Raleigh Re	elays	03/30/12		
	Curtin, Campos						
4,000m Distance Med		d: 9:40.31, Vo	ight, Oustric	h, Reed, Cobb, 1987)			
Time	Athletes		Meet		Meet Date		
9:52.46	Walizer, Dally,		2012 Colo	nial Relays	04/05/12		
	DeWillie, Mulherin						
High Jump (School Re							
Athlete	Year	English	Metric	Meet	Meet Date		
Black, Ronnie	JR-3	6'11" 5' 0 75"	2.11m	Yellow Jacket Invitational	03/30/12		
Campbell, Scott Pole Vault (School Re	SO-2	5'8.75" 3m Brian Mc	1.75m	Miami Hurricane Invitational	03/16/12		
Athlete	Year	English	Metric	Meet	Meet Date		
Hall, Hunter	SR-4	17'8.5"	5.40m	ACC Outdoor Championships	04/19/12		
Davis, Joe	SR-4	17' 4.5"	5.30m	ACC Outdoor Championships	04/19/12		
Miller, Michael	JR-3	17'4.5"	5.30m	ACC Outdoor Championships	04/19/12		
Uhle, Chris	FR-1	16' 8.75″	5.10m	ACC Outdoor Championships	04/19/12		
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							
Athlete	Year	English	Metric	Meet	Meet Date	Wind	
Artis-Gray, Jeff	JR-3	24'9"	7.54m	2012 Pepsi Florida Relays	04/06/12	0.0	
Halim, Hasheem	SR-4	24'5" 22'0 75"	7.44m	UCF Invitational Vallow Jacket Invitational	03/23/12	1.5	
Campbell, Scott Triple Jump (School R	SO-2	22'9.75" 27m Phil Sau	6.95m	Yellow Jacket Invitational	03/30/12	2.0	
Athlete	Year	English	Metric	Meet	Meet Date	Wind	
Halim, Hasheem	SR-4	53'1"	16.18m	ACC Outdoor Championships	04/19/12	1.4	
,							

Shot Put (School Record: 62'10.5", 19.16m, Sven Hahn, 2005)							
Athlete	Year	English	Metric	Meet	Meet Date		
Mustafic, Luka	FR-1	57'11.75"	17.67m	ACC Outdoor Championships	04/19/12		
Campbell, Scott	SO-2	31'11.25"	9.73m	Miami Hurricane Invitational	03/16/12		
Discus Throw (School Record	d: 189'6", 57	.76m, Sven Ha	hn, 2005)				
Athlete	Year	English	Metric	Meet	Meet Date		
Mustafic, Luka	FR-1	146′ 2″	44.55m	ACC Outdoor Championships	04/19/12		
Campbell, Scott	SO-2	105′6″	32.15m	ACC Outdoor Championships	04/19/12		
Hammer Throw (School Rec	ord: 248′10'	", 75.84m, Mar	cel Lomnick	y, 2011)			
Athlete	Year	English	Metric	Meet	Meet Date		
Ziegler, Alexander	JR-3	235' 10"	71.88m	2012 Pepsi Florida Relays	04/06/12		
Maĥmic, Denis	JR-3	208'0"	63.39m	ACC Outdoor Championships	04/19/12		
Javelin Throw (School Reco	d: 255′6″, 7	7.88m, Matthia	as Treff, 201	1)			
Athlete	Year	English	Metric	Meet	Meet Date		
Treff, Matthias	JR-3	245'0"	74.68m	ACC Outdoor Championships	04/19/12		
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	6,268	ACC Outd	oor Championships	04/19/12		

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 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	11.79	ACC Outdoor Championships	04/19/12	1.4
Wind-aided (above +3.0			F strengt		
Simms, Ciara	FR-1	11.56w	UCF Invitational	03/23/12	3.4
200m (School Record	l: 23.17, Britni Spru	ill, 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					
Athlete	Year	Time	Meet	Meet Date	
Amegashie, Yvonne	JR-3	53.25	ACC Outdoor Championships	04/19/12	
DeCoster, Jameice	JR-3	55.23	ACC Outdoor Championships	04/19/12	
Boone, Aunye	SR-4	55.78	UCF Invitational	03/23/12	
Woodford, Natalie	JR-3	55.84	Yellow Jacket Invitational	03/30/12	
Dowd, Frances Woldman, Erika	JR-3 JR-3	56.11 1:01.03	Raleigh Relays	03/30/12 03/30/12	
Weidman, Erika 800m (School Record			Raleigh Relays	05/50/12	
Athlete	Year	Time	Meet	Meet Date	
Dowd, Frances	JR-3	2:09.33	2012 Colonial Relays	04/05/12	
Smith, Amanda	FR-1	2:09.55	2012 Colonial Relays	04/05/12	
Smiljanec, Katarina	FR-1	2:10.01	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 Reco				0.,00,12	
Athlete	Year	Time	Meet	Meet Date	
Kvartunas, Paige	SO-2	4:30.47	ACC Outdoor Championships	04/19/12	
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 Reco		-			
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	
10,000m (School Rec Athlete	Year	Time) Meet	Meet Date	
Cario, Stephanie	SO-2	36:41.55	ACC Outdoor Championships	04/19/12	
100m Hurdles (Schoo				U 1 /13/12	
Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Nugent, Leah	FR-1	13.83	ACC Outdoor Championships	04/19/12	2.5
400m Hurdles (Schoo				01/10/12	2.5
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	10:07.99	ACC Outdoor Championships	04/19/12	
4x100m (School Reco	ord: 44.33, Green, P		· · ·		
Time	Athletes		Meet	Meet Date	
45.33	DeCoster, Simms,		2012 Pepsi Florida Relays	04/06/12	
	Boone, Nwaneri				
45.50	DeCoster, Simms,		ACC Outdoor Championships	04/19/12	
	Boone, Nwaneri				

45.57	Simms, DeCoster	r,	Yellow Jac	cket Invitational	03/30/12	
	Boone, Nwaneri					
45.71	Simms, DeCoster,		UCF Invitational		03/23/12	
	Boone, Nwaneri					
45.81	Simms, DeCoster	r,	Miami Hu	rricane Invitational	03/16/12	
	Nugent, Nwaner	i				
4x400m (School Reco	ord: 3:32.05, Harri	son, Washingto	on, Green, S	pruill, 2008)		
Time	Athletes		Meet		Meet Date	
3:38.86	Amegashie, Boo	ne,	2012 Pep	2012 Pepsi Florida Relays		
	DeCoster, Woodf	ford				
3:41.20	Amegashie, Boo	ne,	Yellow Jac	cket Invitational	03/30/12	
	DeCoster, Woodf	ford				
3:41.28	Amegashie, Boo	ne,	ACC Outd	loor Championships	04/19/12	
	DeCoster, Woodf					
4x800m (School Reco	ord: 8:47.76, Smilj	anec, Smith, Do	owd, Kvartu	nas, 2012)		
Time	Athletes		Meet		Meet Date	
8:47.76	Smiljanec, Smith	,	2012 Colo	onial Relays	04/05/12	
	Dowd, Kvartunas	5				
8:54.59	Smiljanec, Smith	,	Raleigh R	elays	03/30/12	
	Rapp, Dowd					
Pole Vault (School Re		-	-	-		
Athlete	Year	English	Metric	Meet	Meet Date	
Schultze, Martina	FR-1	14′ 1.25″	4.30m	ACC Outdoor Championships	04/19/12	
von Eynatten, Victoria		13′ 5.25″	4.10m	UCF Invitational	03/23/12	
Allin, Leigh	JR-3	11′11.75″	3.65m	UCF Invitational	03/23/12	
Saunders, Lyndsey	FR-1	11′11.75″	3.65m	ACC Outdoor Championships	04/19/12	
Powell, Elizabeth	SO-2	10′6″	3.20m	UCF Invitational	03/23/12	
Long Jump (School R						
Athlete	Year	English	Metric	Meet	Meet Date	Wind (m/s)
von Eynatten, Victoria		19′6″	5.94m	UCF Invitational	03/23/12	0.0
Shot Put (School Reco						
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 (Scho						
Athlete	Year	English	Metric	Meet	Meet Date	
Vester, Annjulie	FR-1	196′ 5″	59.87m	ACC Outdoor Championships	04/19/12	

w - denotes wind-aided performance

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





Virginia Tech's Schedule at the 2012 Penn Relays Franklin Field • Philadelphia, Pa. April 26-28, 2012

SCHEDULED EVENTS College Women's 400m Hurdles Championship Event 101 Thursday, 10:00 AM Leah Nugent

College Women's 4x100 HeatsEvent 110Thursday, 1:00 PMTeam AW: Ciara Simms, Jameice DeCoster, Aunye Boone, Ogechi Nwaneri

College Women's 4x400 Heats

Event 160 Thursday, 5:45 PM Team AN: Yvonne Amegashie, Aunye Boone, Jameice DeCoster, Natalie Woodford

College Men's 4x100 Heats

Event 336 Friday, 12:40 PM Team AV: Jeff Artis-Gray, Darrell Wesh, Jonathan McCants, Keith Ricks

College Men's 100m dash Heats

Event 363 Friday, 3:20 PM Darrell Wesh Keith Ricks

College Women's 100m dash Heats

Event 364 Friday, 3:30 PM Ogechi Nwaneri Ciara Simms

College Men's 110m Hurdles Heats Event 353 Friday, 3:40 PM

College Women's 100m Hurdles Heats Event 354 Friday, 3:50 PM Leah Nugent

College Men's 4x400 Heats

Jeff Artis-Gray

Event 369 Friday, 4:40 PM Team BM: Jonathan McCants, Jeff Arts-Gray, Eric Hoepker, Keith Ricks

College Men's High Jump Championship

Event 812 Saturday, 1:30 PM Ronnie Black

College Men's Triple Jump Championship

Event 814 Saturday, 2:00 PM Hasheem Halim

BRUTUS HAMILTON OPEN SCHEDULE 2012 FRIDAY, APRIL 27, 2012



Time	Field Events		
8:30 AM	Hammer (<i>Women</i>)	Top 8 to finals	
10:30 AM	Hammer (<i>Men</i>)	Top 8 to finals	
11:00 AM	Pole Vault (Women)		
11:30 AM	High Jump (<i>Women</i>)		
11:30 AM	Triple Jump (<i>Men</i>)	Top 8 to finals	
12:30 PM	Long Jump (<i>Women</i>)	Top 8 to finals	
12:30 PM	Shot Put (<i>Men</i>)	Top 8 to finals	
12:30 PM	Discus (<i>Women</i>)	Top 8 to finals	
2:00 PM	Triple Jump (Women)	Top 8 to finals	
2:15 PM	High Jump (<i>Men</i>)		
2:15 PM	Discus (<i>Men</i>)	Top 8 to finals	
2:30 PM	Pole Vault (<i>Men</i>)		
2:50 PM	Long Jump (<i>Men</i>)	Top 8 to finals	
3:00 PM	Shot Put (Women)	Top 8 to finals	
Time	Running Events		
12:30 PM	4x100m Relay (<i>Women</i>)		
12:35 PM	4x100m Relay (<i>Men</i>)		
12:40 PM	1500m (<i>Women</i>)		
1:00 PM	1500m (<i>Men</i>)		
1:15 PM	100m Hurdles (<i>Women</i>)		
1:30 PM	100m Hurdles (<i>Men</i>)		
1:45 PM	400m (<i>Women</i>)		
1:55 PM	400m (<i>Men</i>)		
2:05 PM	100m (<i>Women</i>)		
2:15 PM	100m (<i>Men</i>)		
2:25 PM	800m (<i>Women</i>)		
2:35 PM	800m (<i>Men</i>)		
2:50 PM	400m IH (<i>Women</i>)		
3:00 PM	400m IH (<i>Men</i>)		
3:15 PM	200m (<i>Women</i>)		
3:30 PM	200m (<i>Men</i>)		
3:45 PM	3000m Steeplechase (Women)		
4:00 PM	3000m Steeplechase (Men)		
4:15 PM	4x400m Relay (<i>Women</i>)		
4:20 PM	4x400m Relay (<i>Men</i>)		
4:25 PM	5000m-Section 1 (Women)		
4:45 PM	5000m-Section 2 (Women)		
5:05 PM	5000m-Section 1 (<i>Men</i>)		
5:20 PM	5000m-Section 2 (<i>Men</i>)		

BRUTUS HAMILTON INVITE SCHEDULE 2012 SATURDAY, APRIL 28, 2012



Time	Field Events	
9:30 AM	Javelin (<i>Women</i>)	Advance 8 to finals
9:30 AM	Long Jump (Women)	Advance 8 to finals
10:00 AM	Shot Put (Women)	Advance 8 to finals
10:00 AM	High Jump (<i>Women</i>)	Advance 8 to finals
10:00 AM	Pole Vault (Women)	
11:00 AM	Javelin (<i>Men</i>)	Advance 8 to finals
11:10 AM	Long Jump (<i>Men</i>)	Advance 8 to finals
11:45 AM	Shot Put (Men)	Advance 8 to finals
12:30 PM	Discus (<i>Women</i>)	Advance 8 to finals
12:40 PM	High Jump (<i>Men</i>)	
12:45 PM	Pole Vault (Men)	
12:50 PM	Triple Jump (Women)	Advance 8 to finals
2:00 PM	Discus (<i>Men</i>)	Advance 8 to finals
2:30 PM	Triple Jump (Men)	Advance 8 to finals

Time		Running Events	
12:30 PM	Prelims	100m Hurdles (Women)	Top 8 to finals
12:40 PM	Prelims	110M Hurdles (<i>Men</i>)	Top 8 to finals
12:55 PM	Prelims	100m (<i>Women</i>)	Top 8 to finals
1:05 PM	Prelims	100m (<i>Men</i>)	Top 8 to finals
1:15 PM		National Anthem	
1:20 PM		Officials Recognition	
1:30 PM	Final	4x100m Relay (<i>Women</i>)	
1:35 PM	Final	Eddie Hart 4x100m Relay (<i>Men</i>)	
1:45 PM	Final	100m Hurdles (Women)	
1:55 PM	Final	110M Hurdles (<i>Men</i>)	
2:05 PM	Final	400m (<i>Women</i>)	
2:10 PM	Final	400m (<i>Men</i>)	
2:15 PM	Final	100m (<i>Women</i>)	
2:20 PM	Final	100m (<i>Men</i>)	
2:30 PM	Final	400m Low Hurdles (Women)	
2:40 PM	Final	400m Int. Hurdles (Men)	
2:50 PM	Final	Louise Romo 800m (Women)	
3:00 PM	Final	Lon Spurrier 800m (Men)	
3:10 PM	Final	Marilyn Davis 1500m (<i>Women</i>)	
3:20 PM	Final	Don Bowden Mile (<i>Men</i>)	
3:30 PM	Final	200m (<i>Women</i>)	
3:35 PM	Final	200m (<i>Men</i>)	
3:45 PM	Final	4x400m Relay (<i>Women</i>)	
3:50 PM	Final	4x400m Relay (<i>Men</i>)	
			Ac of 2/21/2012



Schedule of EventsFriday, April 27thField Events (Athletes report to event site at least 30 minutes before starting time):12noonWomen's Discus2:00pmMen's Javelin followed by Women
Men's Long Jump followed by Women

Track Events (Coaches report scratches to clerk by 3:00pm.)

- 4:00pm Men's 3,000m Steeplechase
- 4:30pm Women's 3,000m Steeplechase
- 5:00pm Men's 10,000m Run
- 5:30pm Women's 10, 000m Run

Saturday, April 28th

Field Events (Athletes report to event site at least 30 minutes before starting time): Subject to move ahead of schedule.

9:00am	Men's Discus/ Women's Shot Put
10:00am	Women's Pole Vault followed by Men
	Men's Triple Jump followed by Women
11:00am	Women's Hammer/ Men's Shot Put
12:00 noon	Men's High Jump followed Women's
1:00pm	Men's Hammer

Track Events (Coaches report scratches to clerk by 12:00 noon.) All races are timed finals. Subject to move ahead of schedule.

12:00pm	Men's 4x100m Relay
12:15pm	Women's 4x100m Relay
12:30pm	Men's 1500m Run
12:45pm	Women's 1500m Run
12:50pm	Women's 100m Hurdles
12:55pm	Men's 110m Hurdles
1:10pm	Men's 400m Dash
1:25pm	Women's 400m Dash
1:40pm	Men's 100m Dash
1:55pm	Women's 100m Dash
2:10pm	Men's 800m Run
2:25pm	Women's 800m Run
2:40pm	Men's 400m Hurdles
2:55pm	Women's 400m Hurdles
3:10pm	Men's 200m Dash
3:25pm	Women's 200m Dash
3:40pm	Women's 5000m Run
3:55pm	Men's 5000m Run
4:10pm	Men's 4x400m Relay
4:25pm	Women's 4x400m Relay

	ardinal Invitational			
Cobb Track & A				
Sunday, April 29,	, 2012			
TENTATIVE Sch	nedule of Events			
Running Events				
3:15PM	Women's	100 Meters		
3:20PM	Men's	100 Meters		
3:25PM	Women's	100m Hurdles		
3:30PM	Men's	110m Hurdles		
3:35PM	Women's	400 Meters		
3:40PM	Men's	400 Meters		
3:45PM	Men's	200 Meters		
BREAK	Senior Recognition			
4:20PM	Men's	Steeplechase (Section 3)		
4:34PM	Women's	800 Meters (6 Sections)		
4:52PM	Men's	800 Meters (5 Sections)		
5:10PM	Women's	1500 Meters (Section 5)		
5:18PM	Women's	1500 Meters (Section 4)		
5:26PM	Women's	1500 Meters (Section 3)		
5:32PM	Men's	1500 Meters (Section 5)		
5:38PM	Men's	1500 Meters (Section 4)		
5:44PM	Men's	1500 Meters (Section 3)		
5:52PM	Womens'	400 Meter Hurdles		
5:56PM	Women's	5000 Meters (Section 3)		
6:15PM	Men's	5000 Meters (Section 3)		
6:34PM	Women's	Steeplechase (Section 2)		
6:48PM	Women's	Steeplechase (Section 1)		
7:02PM	Men's	Steeplechase (Section 2)		
7:15PM	Men's	Steeplechase (Section 1)		
7:27PM	Women's	1500 Meters (Section 2)		
7:34PM	Women's	1500 Meters (Section 1)		
7:40PM	Men's	1500 Meters (Section 2)		
7:46PM	Men's	1500 Meters (Section 1)		
7:54PM	Women's	5000 Meters (Section 2)		
8:13PM	Men's	5000 Meters (Section 2)		
8:31PM	Women's	5000 Meters (Section 1)		
8:50PM	Men's	5000 Meters (Section 1)		
9:08PM	Women's	Kim McDonald Memorial 10,000 Meters		
9:45PM	Men's	Kim McDonald Memorial 10,000 Meters		
10:20PM	Men's	10,000 Meters (Section 2)		
10:55PM	Women's	10,000 Meters (Section 2)		
Field Events	XX7 1			
1:00PM	Women's	Hammer	6 Throws	
1:30PM	Men's	Javelin	6 Throws	
2:00PM	Women's Pole Vault			
0.00014	Men's pole vault will follow conclusion of women's pole vault			
3:30PM	Women's	Discus	6 Throws	
4:00PM	Women's/Men's - Two Pits	Long Jump	6 Jumps	
5:00PM	Women's High Jump Men's high jump will follow conclusion of women's high jump			
0.00014				
6:00PM	Women's	Shot Put	6 Throws	
6:00PM	Women's	Triple Jump	6 Jumps	