

2012 Virginia Tech Track & Field

Meet Notes #10



2012 NCAA Outdoor Track & Field East Preliminary Round

May 24-26, 2012

Hodges Stadium

Jacksonville, Fla. (Host: North Florida)

Live Results: <http://flashresults.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 Radford Highlander Invite
4/28	at Cal Brutus Hamilton Invite
4/29	at Stanford Payton Jordan Invite
5/5	at Clemson Bob Pollock Invite
5/6	at Duke Twilight
5/10	at Roanoke Twilight
5/11-12	at Clemson Tiger Qualifier
5/13	at NC State Wolfpack Last Chance
5/13	at NC A&T Aggie Classic
5/24-26	at NCAA East Preliminary Round (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 ...

• 37 Virginia Tech student-athletes will represent the Hokies at the 2012 NCAA East Preliminary Round on May 24-26 at Hodges Stadium in Jacksonville, Fla. North Florida is serving as the host institution. The top-48 declared student-athletes and top-24 declared relays will compete for a spot at the NCAA Outdoor Track & Field Championship at Drake from June 6-9. The top 12 student-athletes and top-12 relays from the preliminary rounds (East and West) advance to Des Moines.

• A complete list of Tech's qualifiers can be found on page 2. The regional roster can be found on page 4 and brief bios on each student-athlete can be found on pages 5-9.

LAST TIME OUT ...

• The Hokies competed in four chance last chance meets from May 10-13 as student-athletes had their opportunities to qualify for the NCAA East Preliminary Meet. Michael Hammond and Ronnie Black led the way for Tech as both men turned in school record performances.

• Hammond broke the four-minute barrier in the one mile run and set the school record with a time of 3:58.91 at the Roanoke Twilight Thursday night. He is the only man to go sub-4 in the mile in Tech history and he has now accomplished that feat both indoors and outdoors.

• Black posted an outdoor personal best clearance of 7-3 (2.21m), which broke his outdoor record of 7-1.5 (2.17m), set last year.

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
 Michael Hammond, 1500m, 3:39.22
 Michael Hammond, Mile, 3:58.91
 Will Mulherin, 5000m, 13:41.06
 Ronnie Black, HJ, 7-3 (2.21m)
 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 Kwartunas, 8:47.76

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 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.....	11
Women's NCAA Outdoor Best Finish.....	5th, 2010
Individual National Champions.....	11

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/-

Tech's Regional Qualifiers

Men

Name, Event.....	East Regional Rank.....	Performance
Keith Ricks, 100m.....	10.....	10.21
Darrell Wesh, 100m.....	15.....	10.27
Keith Ricks, 200m.....	16.....	20.75
Jonathan McCants, 200m.....	36.....	21.07
Darrell Wesh, 200m.....	t-43.....	21.14
Tihut Degfae, 800m.....	45.....	1:50.08
Martin Dally, 800m.....	48.....	1:50.16
Michael Hammond, 1500m.....	2.....	3:39.22
Chris Walizer, 1500m.....	11.....	3:42.61
Grant Pollock, 1500m.....	27.....	3:44.79
Kevin Dowd, 1500m.....	42.....	3:45.79
Will Mulherin, 5000m.....	6.....	13:41.06
Thomas Curtin, 5000m.....	30.....	14:02.86
Leoule Degfae, 10000m.....	38.....	29:46.10
Jeff Artis-Gray, 110m Hurdles.....	25.....	14.00
Jason Cusack, 3000m SC.....	17.....	8:55.36
Ronnie Black, High Jump.....	t-10.....	7-3 (2.21m)
Hunter Hall, Pole Vault.....	t-4.....	17-8.5 (5.40m)
Joe Davis, Pole Vault.....	t-12.....	17-4.5 (5.30m)
Mike Miller, Pole Vault.....	t-12.....	17-4.5 (5.30m)
Chris Uhle, Pole Vault.....	t-40.....	16-8.75 (5.10m)
Jeff Artis-Gray, Long Jump.....	t-25.....	24-9 (7.54m)
Hasheem Halim, Triple Jump.....	6.....	53-1 (16.18m)
Luka Mustafic, Shot Put.....	26.....	57-11.75 (17.67m)
Alexander Ziegler, Hammer Throw.....	2.....	240-1 (73.17m)
Denis Mahmic, Hammer Throw.....	12.....	208-0 (63.39m)
Matthias Treff, Javelin Throw.....	5.....	245-0 (74.68m)
Jeff Artis-Gray, Darrell Wesh, Jonathan McCants, Keith Ricks 4x100m.....	12.....	39.95

Women

Name, Event.....	East Regional Rank.....	Performance
Ciara Simms, 100m.....	t-29.....	11.56
Ogechi Nwaneri, 200m.....	16.....	23.51
Ciara Simms, 200m.....	40.....	23.83
Yvonne Amegashie, 400m.....	19.....	53.25
Sarah Rapp, 5000m.....	46.....	16:37.76
Leah Nugent, 100m Hurdles.....	t-47.....	13.72
Leah Nugent, 400m Hurdles.....	37.....	59.68
Sammy Dow, 3000m SC.....	8.....	10:07.99
Martina Schultze, Pole Vault.....	t-2.....	14-1.25 (4.30m)
Victoria von Eynatten, Pole Vault.....	9.....	13-8.25 (4.17m)
Leigh Allin, Pole Vault.....	t-36.....	12-8.25 (3.87m)
Valentina Muzaric, Shot Put.....	5.....	55-2.25 (16.82m)
Annjulie Vester, Hammer Throw.....	11.....	198-10 (60.61m)
Jameice DeCoster, Ciara Simms, Aunye Boone, Ogechi Nwaneri 4x100m.....	23.....	45.33

Note: performance list according to list of declared entries. Top-48 declared student-athletes qualified in individual events, along with the top-24 declared relays.



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 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 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

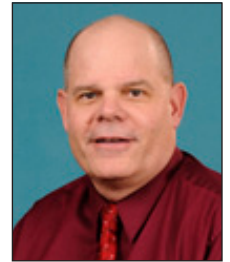
The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Kelly Phillips became a two-time Capital One Academic All-American in 2011 with her selection to the first team. She also won the NCAA Elite 88 Award, which recognizes the true essence of 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.



Virginia Tech's NCAA East Preliminary Roster

Men				
Name	Class	Events	Hometown	High School/Other
Jeff Artis-Gray	Jr.	Sprints/Jumps/Hurdles	Chesapeake, Va.	Western Branch
Ronnie Black	Jr.	High Jump	Newport News, Va.	Menchville
Thomas Curtin	Fr.	Distance	Leesburg, Va.	Loudoun County
Jason Cusack	Sr.	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 Dowd	r-Fr.	Mid-Distance	Fairfax, Va.	Fairfax
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
Denis Mahmic	Jr.	Throws	Zagreb, Croatia	Railway Technical School
Jonathan McCants	Jr.	Sprints	Alexandria, Va.	West Potomac
Mike Miller	Sr.	Pole Vault	Keezletown, Va.	Broadway
Will Mulherin	Sr.	Distance	Yorktown, Va.	Tabb
Luka Mustafic	Fr.	Throws	Rakitje, Croatia	Gimnasium Samobor
Grant Pollock	So.	Mid-Distance	Richmond, Va.	Mills Godwin
Keith Ricks	Sr.	Sprints	Suffolk, Va.	King's Fork
Matthias Treff	r-Jr.	Throws	Burgthann, Germany	Sportgymnasium Halle
Chris Uhle	Fr.	Pole Vault	Powell, Ohio	Olentangy Liberty
Chris Walizer	Sr.	Mid-Distance	Hershey, Pa.	Hershey
Darrell Wesh	So.	Sprints	Virginia Beach, Va.	Landstown
Alexander Ziegler	Jr.	Throws	Dischingen, Germany	Schiller Gym Heidenheim

Women				
Name	Class	Events	Hometown	High School/Other
Leigh Allin	r-So.	Pole Vault	Lexington, Ky.	Henry Clay
Yvonne Amegashie	Jr.	Sprints	Woodbridge, Va.	Potomac Senior
Aunye Boone	Sr.	Sprints	St. Leonard, Md.	Calvert
Jameice DeCoster	Jr.	Sprints	Glenn Dale, Md.	Elizabeth Seton
Sammy Dow	r-Jr.	Distance	Midlothian, Va.	Midlothian
Valentina Muzaric	Fr.	Throws	Velika Gorica, Croatia	Gimnazija Zagreb
Leah Nugent	Fr.	Sprints/Hurdles	Abington, Pa.	Abington Senior
Ogechi Nwaneri	Sr.	Sprints	Maplewood, N.J.	Chatham
Sarah Rapp	Fr.	Distance	Raleigh, N.C.	Cardinal Gibbons
Martina Schultze	Fr.	Pole Vault	Uhingen, Germany	University of Stuttgart
Ciara Simms	Fr.	Sprints	Stockbridge, Ga.	Dutchtown
Annjulie Vester	Fr.	Throws	Homburg, Germany	Gymnasium Johanneum
Victoria von Eynatten	Fr.	Pole Vault	Leinfelden, Germany	University of Tübingen

Pronunciation guide:

Leigh ALLIN: Allen
 Yvonne AMEGASHIE: Ah-meg-osh-e
 LEOULE DEGFAE: "Lee" Deg-fay
 TIHUT DEGFAE: "Tee" Deg-fay
 HASHEEM HALIM: Ha-she-eem Ha-leem
 Denis MAHMIC: Mah-mitch
 Will MULHERIN: Mull-hair-in
 Luka MUSTAFIC: Mu-sta-fitich
 Valentina MUZARIC: Mu-zar-itich
 OGECHI NWANERI: O-getch-e Wan-air-e (silent "n")
 Martina SCHULTZE: Schult-zay
 MATTHIAS Treff: Ma-T-us
 Chris UHLE: U-lee
 Victoria von EYNATTEN: Eye-not-en
 Chris WALIZER: Wall-eye-zer

Coaching Staff (Men's and Women's)

Director of Track & Field and Cross Country: Dave Cianelli
 Associate Head Men's Track & Field Coach/Throws Coach: Greg Jack
 Sprints, Hurdles & Jumps Coach: Charles Foster
 Head Cross Country/Distance Coach: Ben Thomas
 Assistant Cross Country/Distance Coach: Jennifer McGranahan
 Pole Vault Coach: Bob Phillips
 Technical Director: Stacey Vidt



Virginia Tech's NCAA East Preliminary Qualifiers

Leigh Allin

Pole Vault
r-Sophomore
Lexington, Ky.
Henry Clay

Allin's Collegiate Track & Field Bests

Indoor	Outdoor
PV: 12-8 (3.86m)	PV: 12-8.25 (3.87m)



Aunye Boone

4x100m relay
Senior
St. Leonard, Md.
Calvert

Boone's Collegiate Track & Field Bests

Indoor	Outdoor
60m: 7.63	100m: 11.71
200m: 23.87	200m: 23.57
400m: 54.48	400m: 55.23
500m: 1:15.23	



Yvonne Amegashie

400m
Junior
Woodbridge, Va.
Potomac Senior

2012 ACC Outdoor runner-up (400m)

Amegashie's Collegiate Track & Field Bests

Indoor	Outdoor
200m: 24.97	200m: 24.37
400m: 54.39	400m: 53.25
	400m Hurdles: 1:00.35



Thomas Curtin

5000m
Freshman
Leesburg, Va.
Loudoun County

Curtin's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:11.11	1500m: 3:52.98
3000m: 8:09.37	5000m: 14:02.86
5000m: 14:31.19	



Jeff Artis-Gray

110m Hurdles, Long Jump, 4x100m relay
Junior
Chesapeake, Va.
Western Branch

2012 ACC Outdoor runner-up (LJ)
3x All-ACC performer (LJ)

Artis-Gray's Collegiate Track & Field Bests

Indoor	Outdoor
60m H: 7.81-SR	110m H: 14.00
LJ: 24-9 (7.54m)	LJ: 24-9 (7.54m)



Jason Cusack

3000m steeplechase
Senior
Griswold, Conn.
Griswold

2012 ACC champion (3000m SC)
2011 ACC runner-up (3000m SC)

Cusack's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:06.16	3000m SC: 8:47.29-SR
3000m: 8:16.39	



Ronnie Black

High Jump
Junior
Newport News, Va.
Menchville

2x All-American; 2x All-ACC
2012 NCAA Indoor: 13th place
2011 NCAA Outdoor: 7th place

Black's Collegiate Track & Field Bests

Indoor	Outdoor
HJ: 7-3.25 (2.22m)-SR	HJ: 7-3 (2.21m)-SR

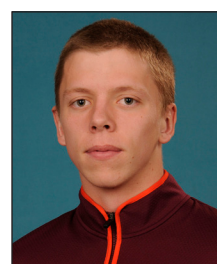


Martin Dally

800m
r-Freshman
Bethesda, Md.
Walter Johnson

Dally's Collegiate Track & Field Bests

Indoor	Outdoor
800m: 1:52.75	800m: 1:50.16



Virginia Tech's NCAA East Preliminary Qualifiers

Joe Davis

Pole Vault
r-Senior
Sarasota, Fla.
Riverview

2011 and 2012 ACC Outdoor runner-up
2011 Outdoor All-American: 8th place

Davis' Collegiate Track & Field Bests

Indoor	Outdoor
PV: 17-7 (5.36m)	PV: 17-4.5 (5.30m)



Sammy Dow

3000m steeplechase
r-Junior
Midlothian, Va.
Midlothian

2011 NCAA Championship qualifier (3000m SC)

Dow's Collegiate Track & Field Bests

Indoor	Outdoor
800m: 2:11.52	800m: 2:06.87
Mile: 4:51.73	1500m: 4:24.50
3000m: 9:40.65	3000m SC: 10:07.99-SR
	5000m: 16:17.43



Jameice DeCoster

4x100m relay
Junior
Glenn Dale, Md.
Elizabeth Seton

DeCoster's Collegiate Track & Field Bests

Indoor	Outdoor
60m: 7.58*	100m: 11.96*
200m: 24.46*	200m: 24.24*
400m: 57.37*	400m: 55.23

*-performance achieved at previous school, Wisconsin



Kevin Dowd

1500 meters
r-Freshman
Fairfax, Va.
Fairfax

Dowd's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:09.46	1500m: 3:45.79
3000m: 8:14.16	



Leoule Degfae

10000m
r-Sophomore
Alexandria, Va.
Thomas A. Edison

Degfae's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:10.99	Mile: 4:05.17
3000m: 8:10.20	5000m: 14:25.07*
5000m: 14:35.87	10000m: 29:46.10

*-performance achieved at previous school, Tennessee



Hasheem Halim

Triple Jump
Senior
Lilburn, Ga.
Berkmar

3x All-American; 2011 ACC Outdoor Champion (TJ)
2012 NCAA Indoor: 3rd place (TJ)
2011 NCAA Outdoor: 4th place (TJ)

Halim's Collegiate Track & Field Bests

Indoor	Outdoor
LJ: 23-11 (7.29m)	LJ: 24-5 (7.44m)
TJ: 53-6.5 (16.32m)-SR	TJ: 53-3.75 (16.25m)



Tihut Degfae

800m
Junior
Alexandria, Va.
Thomas A. Edison

Degfae's Collegiate Track & Field Bests

Indoor	Outdoor
600m: 1:20.02	400m: 50.32
800m: 1:48.90	800m: 1:49.64
	1500m: 3:51.65



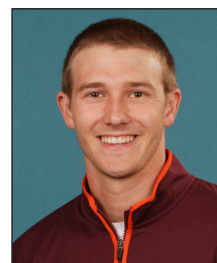
Hunter Hall

Pole Vault
r-Senior
Fort Wayne, Ind.
Homestead

4x All-American
2x ACC Champion: 2012 Outdoor and 2010 Indoor

Hall's Collegiate Track & Field Bests

Indoor	Outdoor
PV: 17-9.25 (5.42m)	PV: 17-8.5 (5.40m)



Virginia Tech's NCAA East Preliminary Qualifiers

Michael Hammond

1500 meters
Senior
Midlothian, Va.
Midlothian

2x All-American; 2010 and 2011 ACC Indoor
Champion (mile)

Hammond's Collegiate Track & Field Bests

Indoor	Outdoor
800m: 1:51.34	800m: 1:49.07
Mile: 3:58.41-SR	1500m: 3:39.22-SR
3000m: 8:07.35	Mile: 3:58.91-SR
	5000m: 13:58.75



Will Mulherin

5000 meters
Senior
Yorktown, Va.
Tabb

2x All-American (2010 Outdoor 5k; 2011 XC)
3x ACC Champion (Outdoor 5000m)

Mulherin's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:03.43	Mile: 4:00.52
3000m: 7:56.58-SR	5000m: 13:41.06-SR



Denis Mahmic

Hammer Throw
Junior
Zagreb, Croatia
Railway Technical School

2012 ACC runner-up (hammer); 4x All-ACC
2011 Outdoor All-American: 14th place

Mahmic's Collegiate Track & Field Bests

Indoor	Outdoor
WT: 67-5.25 (20.55m)	HT: 208-4 (63.51m)



Luka Mustafic

Shot Put
Freshman
Rakitje, Croatia
Gimnasium Samobor

2012 ACC Indoor third place

Mustafic's Collegiate Track & Field Bests

Indoor	Outdoor
SP: 57-11.25 (17.66m)	SP: 57-11.75 (17.67m)



Jonathan McCants

200m; 4x100m relay
Junior
Alexandria, Va.
West Potomac

McCants' Collegiate Track & Field Bests

Indoor	Outdoor
200m: 21.40	200m: 21.07
300m: 34.05-SR	400m: 48.24
400m: 48.50	



Valentina Muzaric

Shot Put
Freshman
Velika Gorica, Croatia
Gimnazija Zagreb

2012 ACC Outdoor third place

Muzaric's Collegiate Track & Field Bests

Outdoor
SP: 55-2.25 (16.82m)



Mike Miller

Pole Vault
Senior
Keezletown, Va.
Broadway

2012 ACC Outdoor third place

Miller's Collegiate Track & Field Bests

Indoor	Outdoor
PV: 16-6.75 (5.05m)	PV: 17-4.5 (5.30m)



Leah Nugent

100m Hurdles; 400m Hurdles
Freshman
Abington, Pa.
Abington Senior

Nugent's Collegiate Track & Field Bests

Indoor	Outdoor
400m: 57.17	100m Hurdles: 13.72
60m Hurdles: 8.49	400m Hurdles: 59.68



Virginia Tech's NCAA East Preliminary Qualifiers

Ogechi Nwaneri

200m; 4x100m relay
Senior
Maplewood, N.J.
Chatham

2009 ACC Indoor third place (60m)

Nwaneri's Collegiate Track & Field Bests

Indoor	Outdoor
60m: 7.36	100m: 11.57
200m: 24.00	200m: 23.51



Martina Schultze

Pole Vault
Freshman
Uhingen, Germany
University of Stuttgart

2012 ACC Outdoor Champion
2012 Indoor All-American: 7th place
2012 ACC Indoor runner-up

Schultze's Collegiate Track & Field Bests

Indoor	Outdoor
PV: 14-1.75 (4.31m)	PV: 14-1.25 (4.30m)-SR



Grant Pollock

1500m
Sophomore
Richmond, Va.
Mills Godwin

Pollock's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:07.72	1500m: 3:44.79



Ciara Simms

100m; 200m; 4x100m relay
Freshman
Stockbridge, Ga.
Dutchtown

Simms' Collegiate Track & Field Bests

Indoor	Outdoor
60m: 7.37	100m: 11.61 (11.56w)
200m: 24.02	200m: 23.83

w - denotes wind-aided



Sarah Rapp

5000m
Freshman
Raleigh, N.C.
Cardinal Gibbons

Rapp's Collegiate Track & Field Bests

Indoor	Outdoor
Mile: 4:56.16	1500m: 4:30.97
3000m: 9:43.05	5000m: 16:37.76
5000m: 17:14.56	



Matthias Treff

Javelin Throw
r-Junior
Burgthann, Germany
Sportgymnasium Halle

2011 NCAA runner-up
ACC meet and all-time record holder
3x ACC Champion

Treff's Collegiate Track & Field Bests

Outdoor
JT: 255-6 (77.88m)-SR



Keith Ricks

100m; 200m; 4x100m relay
Senior
Suffolk, Va.
King's Fork

2012 Indoor All-American: 12th place (60m)
3x All-ACC

Ricks' Collegiate Track & Field Bests

Indoor	Outdoor
60m: 6.61-SR	100m: 10.21-SR
200m: 21.26	200m: 20.75-SR



Chris Uhle

Pole Vault
Freshman
Powell, Ohio
Olentangy Liberty

Uhle's Collegiate Track & Field Bests

Indoor	Outdoor
PV: 16-8.25 (5.09m)	PV: 16-8.75 (5.10m)



Virginia Tech's NCAA East Preliminary Qualifiers

Annjulie Vester

Hammer Throw
Freshman
Homburg, Germany
Gymnasium Johanneum

2012 ACC Champion

Vester's Collegiate Track & Field Bests

Outdoor
HT: 198-10 (60.61m)



Alexander Ziegler

Hammer Throw
Junior
Dischingen, Germany
Schiller Gym Heidenheim

2011 NCAA Champion (hammer throw)
2x NCAA runner-up: 2010 hammer, 2011 weight
2x NCAA third place: 2010 and 2012 weight
5x All-American
3x ACC Champion: 2012 hammer, 2010 and 2011 weight



Ziegler's Collegiate Track & Field Bests

Indoor Outdoor
WT: 75-7.25 (23.04m) HT: 241-9 (73.68m)

Victoria von Eynatten

Pole Vault
Freshman
Leinfelden, Germany
University of Tubingen

2012 ACC Indoor Champion
2012 Indoor All-American: t-8th place
2012 ACC Outdoor runner-up



von Eynatten's Collegiate Track & Field Bests

Outdoor Indoor
PV: 14-4 (4.37m)-SR PV: 13-8.25 (4.17m)

Chris Walizer

1500m
Senior
Hershey, Pa.
Hershey

2012 ACC Indoor runner-up (mile)
2012 ACC Outdoor third place (1500m)

Walizer's Collegiate Track & Field Bests

Indoor Outdoor
800m: 1:50.26 800m: 1:51.82
Mile: 4:05.04 1500m: 3:42.61
Mile: 4:05.24



Darrell Wesh

100m; 200m; 4x100m relay
Sophomore
Virginia Beach, Va.
Landstown

2012 ACC Outdoor third place (100m)

Wesh's Collegiate Track & Field Bests

Indoor Outdoor
60m: 6.71 100m: 10.27
200m: 21.87 200m: 21.14



Breakdown of the Hokies Qualifiers:

Men: 24
Women: 13

Individual Events:

Men: 15
Women: 10

Relays:

Men: 1
Women: 1

By Class (includes redshirts):

Freshmen: 12
Sophomores: 4
Juniors: 10
Seniors: 11

By Event Group:

Sprints/Hurdles: 9
Jumps: 2
Mid-Distance: 6
Distance: 6
Throws: 6
Pole Vault: 7

By Home State/Country:

United States:
Connecticut: 1
Florida: 1
Georgia: 2
Indiana: 1
Maryland: 3
New Jersey: 1
North Carolina: 1
Ohio: 1
Kentucky: 1
Pennsylvania: 2
Virginia: 15

International:
Germany: 5
Croatia: 3



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



100m (School Record: 10.21, Keith Ricks, 2012)

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: 20.75, 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
McCants, Jonathan	JR-3	21.07	Aggie Classic	05/13/12	-1.8
Wesh, Darrell	SO-2	21.14	Yellow Jacket Invitational	03/30/12	1.1

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
Lee, Kieran	SR-4	51.19	Furman Invitational	04/14/12

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

Athlete	Year	Time	Meet	Meet Date
Hammond, Michael	JR-3	1:49.61	Wolfpack Last Chance	05/13/12
Degfae, Tihut	JR-3	1:50.08	ACC Outdoor Championships	04/19/12
Dally, Martin	SO-2	1:50.16	Wolfpack Last Chance	05/13/12
Walizer, Chris	SR-4	1:51.89	2012 Colonial Relays	04/05/12
Lee, Kieran	SR-4	1:52.32	Roanoke College Twilight	05/10/12
DeWillie, Kevin	FR-1	1:52.67	Roanoke College Twilight	05/10/12
Hagen, Ryan	JR-3	1:52.67	2012 Brutus Hamilton Invitational	04/28/12
Judge, Eddie	SR-4	1:52.67	2012 Brutus Hamilton Invitational	04/28/12
Mulherin, William	JR-3	1:53.04	Wolfpack Last Chance	05/13/12
Campos, Juan	FR-1	1:53.48	Wolfpack Last Chance	05/13/12
Dowd, Kevin	SO-2	1:53.53	2012 Brutus Hamilton Invitational	04/28/12
Burleigh, Brayden	FR-1	1:55.22	Radford Highlander Invitational	04/27/12
Carter, George	FR-1	1:56.52	Radford Highlander Invitational	04/27/12
Hoepker, Eric	JR-3	1:58.06	Aggie Classic	05/13/12
Kuhns, Ryan	FR-1	1:59.56	Radford Highlander Invitational	04/27/12
Welch, Brian	JR-3	2:00.79	Radford Highlander Invitational	04/27/12
Murray, Joseph	JR-3	2:02.81	Radford Highlander Invitational	04/27/12

1,500m (School Record: 3:39.22, Michael Hammond, 2012)

Athlete	Year	Time	Meet	Meet Date
Hammond, Michael	JR-3	3:39.22	Payton Jordan Cardinal Invitational	04/29/12
Walizer, Chris	SR-4	3:42.61	Payton Jordan Cardinal Invitational	04/29/12
Mulherin, William	JR-3	3:42.70(1)	Roanoke College Twilight	05/10/12
Pollock, Grant	SO-2	3:44.79	2012 Colonial Relays	04/05/12
Dowd, Kevin	SO-2	3:45.79	Wolfpack Last Chance	05/13/12
Degfae, Leoule	SO-2	3:47.01(1)	2012 Brutus Hamilton Invitational	04/28/12
Hagen, Ryan	JR-3	3:47.42	Wolfpack Last Chance	05/13/12
Burleigh, Brayden	FR-1	3:50.94	Radford Highlander Invitational	04/27/12
Degfae, Tihut	JR-3	3:51.65	Raleigh Relays	03/30/12
Cusack, Jason	SR-4	3:52.44(1)	Roanoke College Twilight	05/10/12
Carter, George	FR-1	3:52.62	Roanoke College Twilight	05/10/12
Kuhns, Ryan	FR-1	3:52.69	Raleigh Relays	03/30/12
Curtin, Thomas	FR-1	3:52.98	Roanoke College Twilight	05/10/12
Lee, Kieran	SR-4	3:54.81	Raleigh Relays	03/30/12
Judge, Eddie	SR-4	3:56.97	ACC Outdoor Track & Field Championships	04/19/12
Campos, Juan	FR-1	4:00.10	2012 Colonial Relays	04/05/12
Welch, Brian	JR-3	4:03.03	Radford Highlander Invitational	04/27/12
DeWillie, Kevin	FR-1	4:03.06	Radford Highlander Invitational	04/27/12
Murray, Joseph	JR-3	4:04.67	Radford Highlander Invitational	04/27/12
Campbell, Scott	SO-2	4:47.81	Miami Hurricane Invitational	03/16/12

Mile (School Record: 3:58.91, Michael Hammond, 2012)

Athlete	Year	Time	Meet	Meet Date
Hammond, Michael	JR-3	3:58.91	Roanoke College Twilight	05/10/12
Mulherin, William	JR-3	4:00.52	Roanoke College Twilight	05/10/12

Degfae, Leoule	SO-2	4:05.17	2012 Brutus Hamilton Invitational	04/28/12
Walizer, Chris	SR-4	4:05.24	Roanoke College Twilight	05/10/12
Cusack, Jason	SR-4	4:11.04	Roanoke College Twilight	05/10/12

3,000m (School Record: 8:03.41, Steve Taylor, 1987)

Athlete	Year	Time	Meet	Meet Date
Burleigh, Brayden	FR-1	8:24.60	2012 Colonial Relays	04/05/12

5,000m (School Record: 13:41.06, Will Mulherin, 2012)

Athlete	Year	Time	Meet	Meet Date
Mulherin, William	JR-3	13:41.06	Payton Jordan Cardinal Invitational	04/29/12
Hammond, Michael	JR-3	13:58.75	Raleigh Relays	03/30/12
Curtin, Thomas	FR-1	14:02.86	Wolfpack Last Chance	05/13/12
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
Welch, Brian	JR-3	14:54.49	Wolfpack Last Chance	05/13/12
Dowd, Kevin	SO-2	14:58.65	2012 Colonial Relays	04/05/12

10,000m (School Record: 28:45.97, Mark Stickley, 1982)

Athlete	Year	Time	Meet	Meet Date
Degfae, Leoule	SO-2	29:46.10	Roanoke College Twilight	05/10/12
Burleigh, Brayden	FR-1	30:00.72	Roanoke College Twilight	05/10/12
Murray, Joseph	JR-3	32:55.17	Roanoke College Twilight	05/10/12

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

Athlete	Year	Time	Meet	Meet Date	Wind
Artis-Gray, Jeff	JR-3	14.00	Aggie Classic	05/13/12	2.7
Campbell, Scott	SO-2	15.81	ACC Outdoor Championships	04/19/12	-0.4

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

Campbell, Scott	SO-2	15.65w	Miami Hurricane Invitational	03/16/12	3.3
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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

3,000m Steeplechase (School Record: 8:47.29, Jason Cusack, 2011)

Athlete	Year	Time	Meet	Meet Date
Cusack, Jason	SR-4	8:55.36	ACC Outdoor Championships	04/19/12

4x100m (School Record: 39.95, Artis-Gray, Wesh, McCants, Ricks, 2012)

Time	Athletes	Meet	Meet Date
39.95	Artis-Gray, Wesh, McCants, Ricks	ACC Outdoor Championships	04/19/12
40.11	Halim, Wesh, McCants, Ricks	UCF Invitational	03/23/12
40.68	Artis-Gray, Wesh, McCants, Ricks	Penn Relays	04/26/12
40.80	Artis-Gray, Wesh, McCants, Ricks	Penn Relays	04/26/12
41.59	Artis-Gray, Wesh, McCants, Ricks	Miami Hurricane Invitational	03/16/12

4x400m (School Record: 3:09.95, McCants, Artis-Gray, Hoepker, Ricks, 2012)

Time	Athletes	Meet	Meet Date
3:09.95	McCants, Artis-Gray, Hoepker, Ricks	2012 Pepsi Florida Relays	04/06/12
3:10.74	McCants, Artis-Gray, Hoepker, Ricks	Yellow Jacket Invitational	03/30/12
3:12.70	McCants, Artis-Gray, Hoepker, Ricks	ACC Outdoor Championships	04/19/12
3:23.30	Dally, DeWillie, Lee, Campos	Wolfpack Last Chance	05/13/12
3:23.73	Dally, Hagen, DeWillie, Hammond	Roanoke College Twilight	05/10/12
3:32.25	Dowd, Campos, Curtin, Carter	Roanoke College Twilight	05/10/12

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

7:32.42	Hagen, T. Degfae, Pollock, Hammond	2012 Colonial Relays	04/05/12
7:43.43	Lee, Cusack, Carter, Campos	2012 Colonial Relays	04/05/12
7:48.36	Kuhns, Carter, Curtin, Campos	Raleigh Relays	03/30/12

4,000m Distance Medley (School Record: 9:40.31, Voight, Oustrich, Reed, Cobb, 1987)

Time	Athletes	Meet	Meet Date
9:52.46	Walizer, Dally, DeWillie, Mulherin	2012 Colonial Relays	04/05/12

High Jump (School Record: 7'3", 2.21m, Ronnie Black, 2012)

Athlete	Year	English	Metric	Meet	Meet Date
Black, Ronnie	JR-3	7'3"	2.21m	Aggie Classic	05/13/12
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
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
Hoogland, Matt	SO-2	15'9"	4.80m	Clemson Tiger Qualifier	05/11/12
Shank, Corey	SO-2	15'9"	4.80m	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 Record: 24'10", 7.57m, Jerry Gaines, 1971)

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"	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	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: 189'6", 57.76m, Sven Hahn, 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 Record: 248'10", 75.84m, Marcel Lomnický, 2011)

Athlete	Year	English	Metric	Meet	Meet Date
Ziegler, Alexander	JR-3	240'1"	73.17m	Bob Pollock Invitational	05/05/12
Mahmic, Denis	JR-3	208'0"	63.39m	ACC Outdoor Championships	04/19/12

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

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 Outdoor Championships	04/19/12

w - denotes wind-aided performance; (1) - denotes converted from mile time

Note: Virginia Tech school records recognize wind readings of <3.0m/s.

Unattached Season-Best Performances

(will not count towards official school records or all-time performance lists)

800m

Athlete	Year	Time	Meet	Meet Date
Link, Zach	FR-1	2:04.77	Radford Highlander Invitational	04/27/12
Woodford, Patrick	FR-1	2:08.73	Radford Highlander Invitational	04/27/12

1500m

Athlete	Year	Time	Meet	Meet Date
Woodford, Patrick	FR-1	4:09.89	Radford Highlander Invitational	04/27/12

10000m

Athlete	Year	Time	Meet	Meet Date
Woodford, Patrick	FR-1	33:29.26	Roanoke College Twilight	05/10/12

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	11.61	Aggie Classic	05/13/12	2.3
Nwaneri, Ogechi	SR-4	11.78	Aggie Classic	05/13/12	0.7
<i>Wind-aided (above +3.0m/s):</i>					
Simms, Ciara	FR-1	11.56w	UCF Invitational	03/23/12	3.4

200m (School Record: 23.17, Britni Spruill, 2007)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Nwaneri, Ogechi	SR-4	23.51	Aggie Classic	05/13/12	0.1
Simms, Ciara	FR-1	23.83	Aggie Classic	05/13/12	-1.2
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	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	JR-3	56.11	Raleigh Relays	03/30/12
Smith, Amanda	FR-1	57.40	2012 Brutus Hamilton Invitational	04/28/12
Weidman, Erika	JR-3	1:01.03	Raleigh Relays	03/30/12

800m (School Record: 2:06.68, Marlies Overbeeke, 2004)

Athlete	Year	Time	Meet	Meet Date
Dow, Samantha	JR-3	2:06.87	Wolfpack Last Chance	05/13/12
Dowd, Frances	JR-3	2:09.33	2012 Colonial Relays	04/05/12
Smith, Amanda	FR-1	2:09.85	Payton Jordan Cardinal Invitational	04/29/12
Kvartunas, Paige	SO-2	2:13.54	2012 Brutus Hamilton Invitational	04/28/12
Smiljanec, Katarina	FR-1	2:14.80	2012 Colonial Relays	04/05/12
Weidman, Erika	JR-3	2:18.81	Radford Highlander Invitational	04/27/12
Rapp, Sarah	FR-1	2:21.08	Radford Highlander Invitational	04/27/12
Sawyer, Samantha	SO-2	2:21.56	Wolfpack Last Chance	05/13/12
Crosson, Taylor	SO-2	2:28.59	Radford Highlander Invitational	04/27/12
Cario, Stephanie	SO-2	2:30.14	Radford Highlander Invitational	04/27/12

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

Athlete	Year	Time	Meet	Meet Date
Dow, Samantha	JR-3	4:24.50	Payton Jordan Cardinal Invitational	04/29/12
Kvartunas, Paige	SO-2	4:30.47	ACC Outdoor Track & Field 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
Weidman, Erika	JR-3	4:52.60	Radford Highlander Invitational	04/27/12
Crosson, Taylor	SO-2	4:53.79	Radford Highlander Invitational	04/27/12
Cario, Stephanie	SO-2	5:00.38	Radford Highlander Invitational	04/27/12

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
Rapp, Sarah	FR-1	16:37.76	Wolfpack Last Chance (College)	05/13/12
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 Record: 33:05.96, Linda King, 1984)

Athlete	Year	Time	Meet	Meet Date
Cario, Stephanie	SO-2	36:41.55	ACC Outdoor Championships	04/19/12

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

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Nugent, Leah	FR-1	13.72	Aggie Classic	05/13/12	0.9

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

Athlete	Year	Time	Meet	Meet Date
Nugent, Leah	FR-1	59.68	2012 Pepsi Florida Relays	04/06/12

3,000m Steeplechase (School Record: 10:07.99, Sammy Dow, 2012)

Athlete	Year	Time	Meet	Meet Date
Dow, Samantha	JR-3	10:07.99	ACC Outdoor Championships	04/19/12

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

Time	Athletes	Meet	Meet Date
45.33	DeCoster, Simms, Boone, Nwaneri	2012 Pepsi Florida Relays	04/06/12
45.50	DeCoster, Simms, Boone, Nwaneri	ACC Outdoor Championships	04/19/12
45.57	Simms, DeCoster, Boone, Nwaneri	Yellow Jacket Invitational	03/30/12
45.71	Simms, DeCoster, Boone, Nwaneri	UCF Invitational	03/23/12
45.74	Simms, DeCoster, Boone, Nwaneri	Penn Relays	04/26/12
45.81	Simms, DeCoster, Nugent, Nwaneri	Miami Hurricane Invitational	03/16/12
46.12	DeCoster, Simms, Boone, Nwaneri	Penn Relays	04/26/12

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

Time	Athletes	Meet	Meet Date
3:38.86	Amegashie, Boone, DeCoster, Woodford	2012 Pepsi Florida Relays	04/06/12
3:40.10	Amegashie, DeCoster, Nugent, Boone	Penn Relays	04/26/12
3:41.20	Amegashie, Boone, DeCoster, Woodford	Yellow Jacket Invitational	03/30/12
3:41.28	Amegashie, Boone, DeCoster, Woodford	ACC Outdoor Championships	04/19/12
3:41.69	Amegashie, Boone, DeCoster, Woodford	Penn Relays	04/26/12
3:44.92	Amegashie, Boone, Woodford, DeCoster	Aggie Classic	05/13/12
3:57.51	Smiljanec, Smith, Kwartunas, Dow	Roanoke College Twilight	05/10/12

4x800m (School Record: 8:47.76, Smiljanec, Smith, Dowd, Kwartunas, 2012)

Time	Athletes	Meet	Meet Date
8:47.76	Smiljanec, Smith, Dowd, Kwartunas	2012 Colonial Relays	04/05/12
8:54.59	Smiljanec, Smith, Rapp, Dowd	Raleigh Relays	03/30/12

Pole Vault (School Record: 14'1.25", 4.30m, Martina Schultze, 2012)

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	FR-1	13' 8.25"	4.17m	Clemson Tiger Qualifier	05/11/12
Allin, Leigh	JR-3	12' 8.25"	3.87m	Clemson Tiger Qualifier	05/11/12
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 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	55' 2.25"	16.82m	2012 Pepsi Florida Relays	04/06/12

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

Athlete	Year	English	Metric	Meet	Meet Date
Vester, Annjulie	FR-1	198' 10"	60.61m	Clemson Tiger Qualifier	05/11/12

w - denotes wind-aided performance

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

2012 NCAA DIVISION I OUTDOOR TRACK AND FIELD EAST PRELIMINARY

Schedule of Events

THURSDAY, MAY 24

<i>Track Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
400 Hurdles	4:30 PM	Men	First Round
400 Hurdles	5:00 PM	Women	First Round
1500 Meters	5:30 PM	Men	First Round
1500 Meters	6:00 PM	Women	First Round
100 Meters	6:30 PM	Men	First Round
100 Meters	6:55 PM	Women	First Round
400 Meters	7:20 PM	Men	First Round
400 Meters	7:45 PM	Women	First Round
800 Meters	8:10 PM	Men	First Round
800 Meters	8:35 PM	Women	First Round
10,000 Meters	9:00 PM	Men	Semifinal
10,000 Meters	9:40 PM	Women	Semifinal

<i>Field Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
Javelin	11:00 AM	Men	First Round
Discus	1:00 PM	Men	First Round
Long Jump	1:00 PM	Men	First Round
Shot Put	1:00 PM	Women	First Round
Javelin	4:30 PM	Women	First Round
Long Jump	5:30 PM	Women	First Round

FRIDAY, MAY 25

<i>Track Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
110 Hurdles	5:00 PM	Men	First Round
100 Hurdles	5:30 PM	Women	First Round
400 Meters	6:00 PM	Men	Quarterfinal
400 Meters	6:15 PM	Women	Quarterfinal
100 Meters	6:30 PM	Men	Quarterfinal
100 Meters	6:45 PM	Women	Quarterfinal
800 Meters	7:00 PM	Men	Quarterfinal
800 Meters	7:15 PM	Women	Quarterfinal
400 Hurdles	7:30 PM	Men	Quarterfinal
400 Hurdles	7:45 PM	Women	Quarterfinal
200 Meters	8:00 PM	Men	First Round
200 Meters	8:25 PM	Women	First Round
3000 Steeplechase	8:50 PM	Men	Quarterfinal
3000 Steeplechase	9:30 PM	Women	Quarterfinal

<i>Field Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
Hammer	10:00 AM	Men	First Round
Pole Vault	11:00 AM	Women	First Round
Discus	3:00 PM	Women	First Round
Triple Jump	4:30 PM	Men	First Round
High Jump	5:00 PM	Women	First Round

SATURDAY, MAY 26

<i>Track Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
4x100 Relay	6:00 PM	Men	Quarterfinal
4x100 Relay	6:15 PM	Women	Quarterfinal
1500 Meters	6:30 PM	Men	Quarterfinal
1500 Meters	6:45 PM	Women	Quarterfinal
110 Hurdles	7:05 PM	Men	Quarterfinal
100 Hurdles	7:20 PM	Women	Quarterfinal
200 Meters	7:35 PM	Men	Quarterfinal
200 Meters	7:50 PM	Women	Quarterfinal
5000 Meters	8:05 PM	Men	Semifinal
5000 Meters	8:45 PM	Women	Semifinal
4x400 Relay	9:25 PM	Men	Quarterfinal
4x400 Relay	9:45 PM	Women	Quarterfinal

<i>Field Event</i>	<i>Time</i>	<i>Division</i>	<i>Round</i>
Pole Vault	11:00 AM	Men	First Round
Hammer	2:00 PM	Women	First Round
Triple Jump	4:30 PM	Women	First Round
High Jump	5:00 PM	Men	First Round
Shot Put	5:00 PM	Men	First Round

2012 NCAA Outdoor Championships
Qualification Procedure Summary

*based on the final release of the NCAA Technical manual
provided by the USTFCCA, and is subject to change by the NCAA at any time*

100m, 200m, 400m, 800m, 100mH/110mH, 400mH		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National First Round	Austin/Jacksonville	96	48	6	8	Top 3 per heat, plus next 9 fastest times
National Quarterfinal	Austin/Jacksonville	54	27	3	9	Top 3 per heat, plus next 3 fastest times
National Semifinal	Des Moines	24	24	3	8	Top 2 per heat, plus next 2 fastest times
National Final	Des Moines	8	8	1	8	

1500m		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National First Round	Austin/Jacksonville	96	48	4	12	Top 5 per heat, plus next 4 fastest times
National Quarterfinal	Austin/Jacksonville	48	24	2	12	Top 5 per heat, plus next 2 fastest times
National Semifinal	Des Moines	24	24	2	12	Top 5 per heat, plus next 2 fastest times
National Final	Des Moines	12	12	1	12	

5000m		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National Semifinal	Austin/Jacksonville	96	48	2	24	Top 5 per heat, plus next 2 fastest times
National Final	Des Moines	24	24	1	24	

10,000m		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National Semifinal	Austin/Jacksonville	96	48	1	48	Top 12 finishers advance
National Final	Des Moines	24	24	1	24	

3000m Steeplechase		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National Quarterfinal	Austin/Jacksonville	96	48	3	16	Top 3 per heat, plus next 3 fastest times
National Semifinal	Des Moines	24	24	2	12	Top 5 per heat, plus next 4 fastest times
National Final	Des Moines	14	14	1	14	

Relays		TOTAL	PER SITE	PER SITE	PER HEAT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Heats	Part. (max.)	Advancement
National Quarterfinal	Austin/Jacksonville	48	24	3	8	Top 3 per heat, plus next 3 fastest times
National Semifinal	Des Moines	24	24	3	8	Top 2 per heat, plus next 2 fastest times
National Final	Des Moines	8	8	1	8	

High Jump, Pole Vault		TOTAL	PER SITE	PER SITE	PER PIT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Pits	Part. (max.)	Advancement
National Semifinal	Austin/Jacksonville	96	48	2	24	Top 12 overall advance (with jump-off if ness.)
National Final	Des Moines	24	24		24	

Long Jump, Triple Jump, Shot Put		TOTAL	PER SITE	PER SITE	PER FLIGHT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Flights	Part. (max.)	Advancement
National Semifinal	Austin/Jacksonville					
-- Trials (3 attempts)	Austin/Jacksonville	96	48	4	12	Top 16 overall advance to three-attempt final
-- Finals (3 attempts)	Austin/Jacksonville	32	16	F	16	Top 12 overall advance
National Final	Des Moines					
-- Trials (3 attempts)	Des Moines	24	24	2	12	Top 8 plus ties advance to three-attempt final
-- Finals (3 attempts)	Des Moines	8	8	F	8	

Discus, Hammer, Javelin		TOTAL	PER SITE	PER SITE	PER FLIGHT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Flights	Part. (max.)	Advancement
National Semifinal	Austin/Jacksonville					
-- Trials (3 attempts)	Austin/Jacksonville	96	48	3	16	Top 16 overall advance to three-attempt final
-- Finals (3 attempts)	Austin/Jacksonville	32	16	F	16	Top 12 overall advance
National Final	Des Moines					
-- Trials (3 attempts)	Des Moines	24	24	2	12	Top 8 plus ties advance to three-attempt final
-- Finals (3 attempts)	Des Moines	8	8	F	8	

Heptathlon/Decathlon		TOTAL	PER SITE	PER SITE	PER FLIGHT	PER SITE
Round	Location	Part. (max.)	Part. (max.)	Flights	Part. (max.)	Advancement
National Final	Des Moines	24				