

# Virginia Tech



13 National Champions | 171 All-Americans | 28 Conference Championships | 437 Individual Conference Champions

## Raleigh Relays March 30-31, 2013

Paul Derr Track  
Raleigh, N.C.

Live Results: [http://www.flashresults.com/2013\\_Meets/outdoor/03-29-RaleighRelays/](http://www.flashresults.com/2013_Meets/outdoor/03-29-RaleighRelays/)

### A look at the meet

- While most of the team will take this week off, the Hokie distance teams will head to NC State for the annual Raleigh Relays one of the largest outdoor meets held on the east coast.
- Both the men's and women's teams have entrants in the 400 meters, 1500 meters and 5,000 meters, while the men's also has entries in the 10,000 meters. Decathlete Matt Hoogland is also traveling with the teams and plans to compete in the 400 meters, discus and javelin.
- Events begin at 8:45 a.m., on Friday and 9:30 a.m., on Saturday.

### Last time out

- The Virginia Tech track & field team returned to the Sunshine State for the second straight week and it was another successful trip as they Ronnie Black, Sarah Kadelka, Jonathan McCants and Denis Mahmic have all recorded wins at the 34th Annual FSU Relays at Mike Long Track.
- Mahmic opened up his final outdoor season as Hokie with a win in the hammer throw after his third toss sailed 203-7 (62.05m). The mark was nearly 24 feet clear of second place. Not to be outdone, mid-year transfer from

Germany, Kadelka kicked off her Tech career with a bang as she captured the top spot in the women's javelin. With four throws already being good enough for the win, the sophomore stepped up and hit a mark of 152-07 (46.50m) on her final throw which jumps to second all-time at Tech.

- In the men's high jump, Black won his second-consecutive competition of the outdoor season as he topped Clemson's Torian Ware. After missing once at 1.96 meters, the senior rattled off four straight clearances before his next miss. He rebounded and cleared 7-0.25 (2.14m), two heights above Ware's final mark, on his second attempt before calling it a day.
- On the track, McCants paced the Hokie men in the 200 meters. The senior captured the win after clocking in at 21.14 while Darrell Wesh wasn't too far behind him in fourth at 21.32. Freshman Tadashi Pinder finished just inside the top 10 at ninth with a time of 21.65. Also, the men's 4x100 relay team of McCants, Pinder, Wesh and Jeff Artis-Gray came in second as they shaved more than a second and a half off of last week's time to come in at 40.20. The slight drop in time moved the group nearly 50 spots on the NCAA's list this season as they jumped into the top 10.
- The women's sprint squad also saw solid performances from both Leah Nugent and Yvonne Amegashie. Nugent came in third in the 100-meter hurdles at 14.03 as only two competitors broke the 14 second mark. In the 400 meters, Amegashie came in fourth clocking in at 53.96, three-hundredths of a second outside the third spot and just over four tenths out of first.

## 2013 Schedule

### Indoor

11/30-12/1	at Liberty Kickoff
<b>1/18-19</b>	<b>VT Invitational</b>
<b>1/25-26</b>	<b>Hokie Invitational</b>
<b>2/8-9</b>	<b>VT Elite Meet</b>
2/8-9	at Husky Classic
<b>2/15-16</b>	<b>VT Challenge</b>
<b>2/21-23</b>	<b>ACC Indoor Championships</b>
3/1-2	at Notre Dame Alex Wilson Invitational
<b>3/2</b>	<b>VT Final Qualifier</b>
3/8-9	at NCAA Indoor Championship (Host: Arkansas; Fayetteville, Ark.)

### Outdoor

Date	Meet
3/15-16	at Hurricane Invitational
3/15-16	at Georgia Relays
3/22-23	at Florida State Relays
3/30-31	at Raleigh Relays
4/5-6	at Florida Relays
4/5-6	at Colonial Relays
4/12-13	at Sea Ray Relays
4/18-20	at ACC Outdoor Championships (Host: NC State; Raleigh, N.C.)
4/25-27	at Penn Relays
4/26-27	at Cal Brutus Hamilton Invitational
4/28	at Peyton Jordan Invitational
5/1	at Liberty Twilight
5/5	at Duke Twilight
5/10	at Roanoke/VT Twilight Qualifier
5/10-11	at Clemson Tiger Qualifier
5/10-11	at Virginia Challenge
5/12	at Aggie Classic
5/12	at Wolfpack Last Chance
5/23-25	at NCAA East Preliminaries (Host: North Carolina A&T; Greensboro, N.C.)
6/5-8	at NCAA Outdoor Championships (Host: Oregon; Eugene, Ore.)

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

## Returning All-Americans

### 2012 Outdoor

Jeff Artis-Gray  
Ronnie Black  
Jonathan McCants  
Martina Schultz  
Matthias Treff  
Darrell Wesh

### 2013 Indoor

Jeff Artis Gray  
Ronnie Black  
Tihut Degfae  
Ryan Hagen  
Martina Schultz  
Darrell Wesh

### Career

Jeff Artis-Gray - 4x  
Ronnie Black - 4x  
Tihut Degfae - 1x  
Ryan Hagen - 1x  
Denis Mahmic - 1x  
Jonathan McCants - 1x  
Martina Schultz - 3x  
Matthias Treff - 2x  
Darrell Wesh - 3x

## Media Information

### Josh Mitchell

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## 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/XC .....	Dave Cianelli
Alma Mater, Yr. ....	Bowling Green, 1977
Overall Year .....	27th
Year at Virginia Tech .....	11th
Cianelli Office Phone .....	(540) 231-3094
Cianelli E-mail.....	dcianell@vt.edu
Associate Head Coach/Throws .....	Greg Jack
Head XC/Distance .....	Ben Thomas
Sprints/Jumps/Hurdles.....	Charles Foster
Pole Vault .....	Bob Phillips
Assistant Distance .....	Natalie Hall
Volunteer Coaches .....	
	Eric Johannigmeier, Distance
	Joe Davis, Hunter Hall and Kelly Phillips, Pole Vault
	Allison Randall, Throws
Technical Director .....	Stacey Vidt

### HISTORY

Men's ACC Indoor Titles.....	2 (2011, 2013)
Men's NCAA Indoor Best Finish.....	T-8th, 2012
Women's ACC Indoor Titles.....	2 (2007-08)
Women's NCAA Indoor Times Placed.....	7
Women's NCAA Indoor Best Finish.....	T-10th, 2008
Men's ACC Outdoor Titles.....	1 (2012)
Men's NCAA Outdoor Best Finish.....	5th, 2011 & 2012
Women's ACC Outdoor Titles.....	2 (2007-08)
Women's NCAA Outdoor Best Finish.....	5th, 2010
Individual National Champions .....	13

### 2012 REVIEW

Men's ACC Finish (Indoor/Outdoor).....	2nd/1st
Women's ACC Finish (Indoor/Outdoor).....	5th/T-4th
Men's NCAA Finish (Indoor/Outdoor) .....	T-8th/5th
Women's NCAA Finish (Indoor/Outdoor).....	54th/NTS
ACC Champions Returning .....	6 (4 Men, 2 Women)
All-Americans Returning.....	9 (7 Men, 2 Women)

## Hokies in the Rankings

### Hokies on the NCAA performance list as of March 25

Leigh Allin	Pole Vault.....	21st.....	10th.....	12-9.5, 3.90m
Yvonne Amegashie	400 meters.....	14th.....	5th.....	53.96
Jeff Artis-Gray	400 meters.....	67th.....	23rd.....	48.21
Ronnie Black	High Jump.....	3rd.....	3rd.....	7-2.5, 2.20m
Taylor Crosson	5000 meters.....	90th.....	50th.....	17:48.01
Sammy Dow	5000 meters.....	46th.....	28th.....	17:29.71
Sarah Kadelka	Javelin Throw.....	13th.....	6th.....	152-7, 46.50m
Madalyn Knuckols	5000 meters.....	64th.....	35th.....	17:37.00
Denis Mahmic	Hammer Throw .....	13th.....	4th.....	203-7, 62.05m
Jonathan McCants	100 meters.....	60th.....	33rd.....	10.65
	200 meters.....	4th.....	1st.....	21.03
Leah Nugent	100 hurdles.....	30th.....	17th.....	13.77
	400 hurdles.....	20th.....	8th.....	60.08
Tadashi Pinder	100 meters.....	71st.....	39th.....	21.03
	200 meters.....	83rd.....	43rd.....	21.65
Sarah Rapp	5000 meters.....	44th.....	26th.....	17:26.38
Martina Schultze	Pole Vault.....	2nd.....	1st.....	14-1.25, 4.30m
Chris Uhle	Pole Vault.....	28th.....	9th.....	16-10.75, 5.15m
Darrell Wesh	200 meters.....	28th.....	13th.....	21.32
Relays	Men's 4x100 .....	9th.....	5th.....	40.20
	Women's 4x100 .....	80th.....	38th.....	46.47

# Hokie Tracks

## Different season, same results

- Week one of the outdoor season proved to be much of the same for Ronnie Black and Martina Schultze. After finishing fourth and third respectively in their events at the indoor championships, Black started off the outdoor season with the second-best jump nationally after the first week while Schultze is tied for first in the pole vault.
- In the win, Schultze tied her school record with a vault of 14-1.25 (4.30m) while Black came up a half an inch shy of his school record with his clearance of 7-2.5 (2.20m).

## Successful first impression

- In her first competition as a Hokie since joining the squad in January, Sarah Kadelka showed a glimpse of what she is capable of. The sophomore captured her first win at the Florida State Relays with a mark of 152-7 (46.50m) which ranks as the second-best throw in school history.

## Say goodbye

- The Hokie men took a huge hit after the NCAA Indoor Track & Field Championships as the eligibility had run out for Michael Hammond, Will Mulherin and Alexander Ziegler. Including cross country, the trio had amassed 11 All-America honors, 20 All-ACC accolades, 12 ACC championships and three national championships. The three were also part of each of the program's three track & field conference championships and Hammond and Mulherin were both on this year's cross country ACC championship squad.
- The squad will also lose the services of Jason Cusack and Eric Hoepker. Cusack won the 3,000 meter steeplechase at the 2012 ACC Outdoor Championships and Hoepker was a part of the distance medley relay team that won the program's first ACC crown in the event at the indoor championships.

## Going out on top

- In the last competition of his career, Alexander Ziegler captured the NCAA weight throw title, the third NCAA championship of his career and first in the weight throw. On his third attempt in the second flight, Ziegler moved into the lead with a throw of 73-8.25 (22.46m), a mark that would not be passed during the finals. It ranked as the third-best throw in the NCAA this season and the second-best of his season. Only one other competitor eclipsed the 22-meter mark during the event.

## Next man up

- Under Associate Head Coach and Throws Coach, Greg Jack, the Virginia Tech track & field program has built a reputation of being one of the top school's for throwers, with his group accounting for 10 of the university's 13 NCAA championships. With the departure of Alexander Ziegler, this will be the first season since 2009 that the Hokies will go into the season without a national champion on its roster as Marcel Lomnicky won his first NCAA crown in the hammer throw at the 2009 NCAA Outdoor Championships.
- In the fold for the men this season is freshman Denis Mahmic and freshman Tomas Kruzliak in the hammer throw. In the javelin, senior Matthias Treff will be joined by Jaka Muhar and Jens Merseburg.
- In his previous trips to the NCAA Championships, Treff has never finished outside the top three.

## Throwing is throwing

- As a former javelin thrower in college, most would assume that

## USTFCCA Rankings (as of March 19)

### Men's Rankings

- |                        |                    |
|------------------------|--------------------|
| 1. Texas A&M           | 16. Texas Tech     |
| 2. Arkansas            | 17. Nebraska       |
| 3. Florida             | 18. Indiana        |
| 4. Texas               | 19. Minnesota      |
| 5. Auburn              | 20. Arizona        |
| 6. Oregon              | 21. Penn State     |
| 7. Wisconsin           | 22. Oklahoma State |
| 8. Southern California | 23. Kansas State   |
| 9. Florida State       | 24. Georgia        |
| 10. LSU                | 25. Iowa State     |
| 11. Mississippi        |                    |
| 12. UCLA               |                    |
| 13. Oklahoma           |                    |
| 14. Mississippi State  |                    |
| 15. Arizona State      |                    |

### Women's Rankings

- |                     |                         |
|---------------------|-------------------------|
| 1. Kansas           | 16. Illinois            |
| 2. Oregon           | 17. Texas Tech          |
| 3. Arizona          | 18. Washington          |
| 4. LSU              | 19. Nebraska            |
| 5. Texas            | 20. Penn State          |
| 6. Texas A&M        | 21. Auburn              |
| 7. Florida          | 22. Colorado            |
| 8. Arizona State    | 23. Southern California |
| 9. Stanford         | 24. UCLA                |
| 10. Clemson         | 25. Michigan State      |
| 11. UCF             |                         |
| 12. Arkansas        |                         |
| 13. Baylor          |                         |
| 14. Georgia         |                         |
| 15. San Diego State |                         |

Greg Jack would be known for producing top-flight javelin throwers, but since Spyridon Jullien came to Blacksburg, Jack's athletes have amassed 10 national championships in the weight and hammer throws. With the departure of three-time national champion Alexander Ziegler, and an influx of javelin throwers this year, Jack is getting back to his roots as he now has five javelin throwers in a stable that includes school record holder Matthias Treff.

## We own them all

- With their ACC indoor championship, the Hokie men now hold all three championships at the same time after winning the 2012 outdoor title last spring and the 2012 cross country title this fall. Clemson and Florida State are the only other school in the ACC to perform this feat since the ACC indoor championships resumed in 1987.

## Contenders

- Since 2009, the men have not finished outside of the top three at the ACC Championships, scoring 95-plus points in each meet.
- The Hokie men captured their first ACC championship two years ago in Blacksburg, the last year Virginia Tech hosted the indoor championships after it moved to Boston last year. The Hokies won the meet running away, putting up 140 points, 42 ahead of second place Florida State.

## Record Breakers

- Combined, the men's and women's teams have broken eight

# Hokie Tracks

school records this season, some multiple times.

- Jeff Artis-Gray (60m hurdles) and Jonathan McCants (300m) each reset their school records on the first weekend of action at the VT Invitational.
- A week later, Ronnie Black topped his previous record in the high jump.
- On Feb. 9, Will Mulherin reset his 3000-meter record, while Martina Schultze broke Victoria von Eynatten's record in the pole vault which was set last year.
- At the ACC Indoor Championships, Schultze reset her record in the pole vault, while Artis-Gray (long jump), McCants (200 meters) and Thomas Curtin (5,000 meters) stamped their names in the Tech record book.
- To book his ticket to the NCAA Indoor Championships, Mulherin reset his record in the 3,000 meters at the Alex Wilson Invitational on last chance weekend.
- At the NCAA Indoor Championships, Black once again topped his mark en route to a fourth-place finish, the highest result of his career at nationals.

## Separating from the pack

- Jeff Artis-Gray is now in possession of five Virginia Tech records, which is currently the most of anyone. Before breaking a near 30-year old record in the long jump at the 2013 ACC Indoor Championship, he was previously tied at four with teammate Michael Hammond and former Hokies Gary Cobb, Keith Ricks and Ryan Witt.
- With outdoor eligibility still remaining this year, Artis-Gray will have the opportunity to add to his legacy in Blacksburg this spring..

## Throwing at the top

- With a runner-up finish in 2011 and a pair of third-place finishes at nationals in the weight throw, Alexander Ziegler opened up his final season at the Hokie Invitational by setting the nation's standard. His heave of 70-9.25 (21.57m) was more than a foot further than the next best mark in the NCAA. Still, the throw was nearly five feet short of his personal best of 75-7.25 (23.04m).
- A week later, he upped his season-best mark to 71-7.5 (21.83m) which ranked third in the NCAA.
- Two weeks later at the ACC Championships, Ziegler erased the both his personal best and the conference meet record with a heave of 77-8.75 (23.69m), the NCAA's longest throw since February 26, 2010 when Walter Henning of LSU recorded a throw of 78-1, 23.80 at the Southeastern Conference Championships. The mark is nearly four feet beyond this season's next best throw.
- His mark ranks eighth all-time in NCAA history.
- Ziegler was named Southeast Region Men's Indoor Field Athlete of the Year this week. It is his second region award after being named Outdoor Field Athlete of the Year last spring.
- After the NCAA Indoor Championships, Ziegler was named ACC Men's Indoor Field Performer of the Year.

## Lucky number three

- In his last ACC championship, Alexander Ziegler won his third individual ACC Indoor Championship this weekend in the weight throw. Ziegler had previously won the event in 2010 and 2011.
- This was his last chance at earning an ACC crown as his eligibility is up after the indoor season.

## Current school record holders

Here's a look at current members of the Tech track & field squad who are school record holders:

### Men

Jeff Artis-Gray		
Indoor 60m Hurdles.....	7.77 .....	2013
Indoor Long Jump.....	25-10, 7.87m.....	2013
Outdoor 4x100 relay.....	39.62.....	2012
Outdoor 4x400 relay .....	3:09.95 .....	2012
Outdoor Long Jump.....	24-11.25, 7.60m .....	2012
Ronnie Black		
Indoor High Jump.....	7-5, 2.26m.....	2012
Outdoor High Jump.....	7-3, 2.21m.....	2012
Thomas Curtin		
5,000 meters.....	14:01.65.....	2013
Tihut Degfae		
Outdoor 4x800 relay .....	7:21.28 .....	2011
Jonathan McCants		
Indoor 200m.....	21.08 .....	2013
Indoor 300m.....	33.58.....	2013
Outdoor 4x100 relay.....	39.62.....	2012
Outdoor 4x400 relay .....	3:09.95 .....	2012
Matthias Treff		
Outdoor Javelin.....	255-6, 77.88m .....	2011
Darrell Wesh		
Outdoor 100m.....	10.15.....	2012
Outdoor 4x100 relay.....	39.62.....	2012

### Women

Yvonne Amegashie		
Indoor 4x400m.....	3:38.16 .....	2011
Sammy Dow		
Outdoor 3000m SC.....	10:03.37 .....	2012
Frances Dowd		
Indoor 600m .....	1:30.99.....	2012
Indoor 800m.....	2:05.18 .....	2012
Outdoor 4x800 relay .....	8:47.76.....	2012
Paige Kwartunas		
Outdoor 4x800 relay .....	8:47.76.....	2012
Martina Schultze		
Indoor Pole Vault .....	14-7.25, 4.45m.....	2013
Outdoor Pole Vault.....	14-1.25, 4.30m.....	2012
Katarina Smiljanec		
Outdoor 4x800 relay .....	8:47.76.....	2012
Amanda Smith		
Outdoor 4x800 relay .....	8:47.76.....	2012
Natalie Woodford		
Indoor 4x400m.....	3:38.16 .....	2011

## Jumping to new heights

- Already in possession of Tech's indoor and outdoor high jump records, Ronnie Black has no where to go but up, distancing himself from the others on the list. The senior did just that on Jan. 26, increasing his record two more inches to 7-4.25 (2.24m). That wasn't the last time Black would surpass his record though. In his last indoor season at Tech, at the NCAA Indoor Championships, he jumped 7-5 (2.26m) on his first attempt en route to a fourth-place finish, the highest of his career.

## Hokie Tracks

### Vaulting into the record books

- Two-time All-American Martina Schultze has won three straight pole vault competitions this year, topping out at a school-record mark of 14-4.5 (4.38m) on her first attempt at the VT Elite Meet.
- The sophomore moved to second in the NCAA at the ACC Indoor Championships as she shattered her school record with a vault of 14-7.25 (4.45m). Not only was the mark a school record, it was also a new meet record and a European Indoor Championships qualifying mark. .

### Quick learning curve

- Despite never having competed in the weight throw prior to coming to Tech from Slovakia, Tomas Kruzliak heaved the 35-lb. weight just over 65 feet in his first competition. He has since eclipsed 69 feet to rank 12th nationally.

### Record-breaking start to 2013

- Seniors Jeff Artis-Gray and Jonathan McCants opened up their seasons at VT Invitational by topping their already school record marks in the 60m hurdles and 300m.
- After finishing his prelim in the 60m hurdles in 7.87, Artis-Gray shaved a tenth of a second off of his time in the finals to come in at 7.77, 0.04 seconds faster than the school record he set at the VT Elite Meet in 2012.
- Jonathan McCants capped off night one of the VT Invitational by clocking a time of 33.58 in the 300m, nearly five tenths of second faster than his previous school record of 34.05 which he set at the Hokie Invitational in 2012.

### German connection

- Currently, the Hokies have eight athletes from Germany competing in four different events. Matthias Treff and transfer Sabine Kopplin in the javelin, Annjulie Vester in the weight throw/hammer throw, Stephan Munz and Martina Schultze in the pole vault, and Benny Unger in the hurdles.
- The Hokies added two, Jens Merseburg and Sarah Kadelka to the roster during January. Both are javelin throwers from the Karlsruhe Institute of Technology.

### Back in Blacksburg

- After winning the pole vault at the 2011 ACC Indoor Championships in his first-ever event for the Hokies, Stephan Munz was back in Germany last year to complete his undergraduate degree. The Goeppingen native is now back at Tech as a graduate student this year while he continues his Hokie career.

### High-flying German

- In her first year at Tech, pole vaulter Martina Schultze made an immediate impact as she earned All-America honors during both seasons and went one-two at the indoor and outdoor ACC Championships with teammate Victoria von Eynatten. Schultze claimed gold at outdoors with von Eynatten coming out on top at indoors.

### A small world

- Associate head coach and throws coach Greg Jack is looking to strike gold for a second time in Nitra, a city 4,700 miles away from Blacksburg, this time in hammer thrower Tomas Kruzliak. The Slovakian hails from the same city as former Hokie and two-time national champion Marcel Lomnický.

### Two for one

- Adding to his group of throwers halfway through the year, Associate Head Coach Greg Jack managed to sign a pair of javelin throwers from the Karlsruhe Institute of Technology in Karlsruhe, Germany. Jens Merseburg will have two years of eligibility while Sarah Kadelka will have three.

### Summer success in Mexico

- Junior sprinter Darrell Wesh earned a gold medal last summer at the NACAC Under-23 Championships in Guanajuato, Mexico as he teamed with Charles Silmon, Marcus Rowland and Keenan Brock in the 4x100m relay. Wesh ran the lead leg for the group that ran a time of 38.94, besting teams from the Bahamas (39.65) and Jamaica (39.67).

### Seeing double

- When you hear or see the name Degfae, know that it could be either Leoule or Tihut. Since Leoule joined his brother at Tech after transferring from Tennessee after one year, the two have competed together during only two seasons at Tech, once on the cross country team in 2011 and the other was the 2012 outdoor season.
- Leoule redshirted the entire 2011 season after joining the Hokies and Tihut redshirted the 2011 indoor season.

### All-American siblings

- By finishing fourth in the 100 meters at the NCAA Outdoor Track & Field Championships, Darrell Wesh joined his older sister Marlena as an All-American in the Wesh family.
- A senior at Clemson, Marlena is a five-time All-American and competed for Haiti in the 2012 Olympic Games.
- Darrell is a three-time All-American, earning honors at the 2012 NCAA Outdoor Championships and the 2013 NCAA Indoor Championships.

### Sticking to the East

- With only two trips to the West Coast on their travel schedule this year, the makeup of this year's Hokies show that the team tends to remain east of the Mississippi. The furthest athlete west of Blacksburg is from Huntsville, Ala., and 54 of the team's 87 athletes are from the state of Virginia.

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



## THE CIANELLI FILE

### Virginia Tech (2001-Present)

- 13 NCAA individual champions, the first in Virginia Tech history
- 136 All-Americans
- Two NCAA East Region team championships
- Eight ACC team championships
- 106 ACC individual champions
- 12 BIG EAST Conference champions
- Had 19 athletes earn 24 All-America honors in 2012, the most in his coaching tenure
- 2012 USTFCAA Men's Indoor and Outdoor Southeast Region Coach of the Year
- 2013 ACC Men's Indoor Coach of the Year
- Eight-time ACC Coach of the Year
- 10-time USTFCCCA Southeast 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

- 271 All-Americans · 199 Conference champions · 98 Percent graduation rate at Virginia Tech · 40 NCAA champions
- 91 School records at Virginia Tech · 24 Olympic and World championship qualifiers · 17 Top-10 women's NCAA finishes · 12 Top-10 men's NCAA finishes
- 3 NCAA Division II cross country national championships · 3 NCAA Division II outdoor track runners-up

Entering his 12th 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 12 NCAA individual titles, 125 NCAA All-America performances and 110 individual conference titles. In addition, Hokie teams have finished in the national top-10 seven times and the national top-20 18 times since 2005.

### NCAA, REGIONAL AND ACC SUCCESS

The 2012 Hokies continued to demonstrate why they are one of the nation's elite track and field programs. The men's team finished fifth place at the 2012 NCAA Outdoor Championships equaling their program-best finish from 2011. The men also finished a program best tied for eighth at the NCAA Indoor Championships. In addition, the men won their first ever ACC Outdoor Team Championship in 2012 to go along with ACC Indoor Championship they won in 2011. Marcel Lomnický (35 lb. weight throw at indoors) and Alexander Ziegler (hammer throw at outdoors) both won NCAA National Championships in 2012. Other top finishes at the NCAA Championships included Hasheem Halim in the triple jump (3rd indoors, 4th outdoors), Darrell Wesh (4th in the 100 meters at outdoors), Matthias Treff (3rd in the javelin at outdoors), Michael Hammond (4th in the 1500 meters at outdoors) and Ziegler (3rd in the 35 lb. weight throw at indoors). The women finished a solid fourth at the ACC Outdoor Championship and the team produced five NCAA All-Americans with freshman Martina Schultze leading the way with All-American honors both indoor and outdoor in the pole vault.

### USA AND INTERNATIONAL SUCCESS

2012 brought another outstanding year for the Hokies at the U.S. Olympic Trials and international competitions. Virginia Tech had three individuals at the U.S. Olympic Trials in Eugene, Ore. Darrell Wesh in the 100 meters, Keith Ricks in the 200 meters and Ronnie Black in the high jump. In addition, Wesh and Ricks were both selected to represent the USA at the North American, Central American and Caribbean Championships in Mexico. Wesh brought home the gold medal as a member of the 4x100 meter relay and Ricks won the bronze medal in the 200 meters. 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. For the 2012 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 Outdoor Coach of the Year for leading the Hokies to their first-ever ACC Outdoor title. He has been selected as the ACC Coach of the Year seven times and the USTFCCCA Region Coach of the year 10 times.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack has produced nine NCAA individual national championships with his throwers. Jack has multiple Men's Indoor and Outdoor Southeast Region Assistant Coach of the Year honors to his credit and was named 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 14 All-Americans in cross country and track during his tenure at Tech. Thomas is assisted by former Hokie Natalie Hall. 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. Frances Dowd won the NCAA Elite 89 Award in 2012 for the indoor season, honoring the student-athlete with the highest GPA at the NCAA Championships. 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.

## Men's Roster

Name	Class	Events	Hometown	High School/Other
Jared Allison	Fr.	Pole Vault	Seven Valleys, Pa.	Dallastown
Jeff Artis-Gray	Sr.	Sprints/Jumps/Hurdles	Chesapeake, Va.	Western Branch
Darren Barlow	r-Fr.	Distance	Midlothian, Va.	Midlothian
Jared Berman	r-So.	Distance	Fairfax, Va.	James W. Robinson
Ronnie Black	Sr.	High Jump	Newport News, Va.	Menchville
Scott Campbell	So.	Multi-Events	Salem, Va.	Salem
Juan Campos	So.	Distance	Sterling, Va.	Potomac Falls
George Carter	So.	Distance	Blacksburg, Va.	Blacksburg
Travis Correra	Fr.	Mid-Distance	Bellport, N.Y.	Bellport
Thomas Curtin	So.	Distance	Leesburg, Va.	Loudoun County
Martin Dally	r-So.	Mid-Distance	Bethesda, Md.	Walter Johnson
Leoule Degfae	r-Jr.	Distance	Alexandria, Va.	Thomas A. Edison
Tihut Degfae	Sr.	Mid-Distance	Alexandria, Va.	Thomas A. Edison
Kevin DeWillie	So.	Mid-Distance	Hummelstown, Pa.	Hershey
Kevin Dowd	r-So.	Distance	Fairfax, Va.	Fairfax
Armando Drain	Fr.	Sprints/Hurdles	Reston, Va.	South Lakes
James Ertel	Fr.	Mid-Distance	Rockville, Md.	Thomas S. Wooton
Ryan Hagen	Sr.	Mid-Distance	Sterling, Va.	Potomac Falls
Matt Hoogland	r-So.	Pole Vault	Springfield, Va.	Lake Braddock Secondary
Brad Johnson	Fr.	Pole Vault	Virginia Beach, Va.	Kellam
Demitri Knowles	So.	Sprints	Lynchburg, Va.	Liberty Christian Academy
Tomas Kruzliak	Fr.	Throws	Nitra, Slovakia	Sportove Gymnazium
Ryan Kuhns	So.	Distance	Fredericksburg, Va.	Riverbend
Matt Little	Fr.	Distance	Huntsville, Ala.	Huntsville
Denis Mahmic	Sr.	Throws	Zagreb, Croatia	Railway Technical School
Jonathan McCants	Sr.	Sprints	Alexandria, Va.	West Potomac
Michael McNamee	Fr.	Mid-Distance	Oakton, Va.	Oakton
Jens Merseburg	Jr.	Throws	Manhheim, Germany	Karlsruhe Institute of Technology
Jaka Muhar	Fr.	Throws	Jesinice, Slovenia	Gimnazija Jesenice
Stephan Munz	Jr.	Pole Vault	Goeppingen, Germany	Werner-Heisenber Gymnasium
Tadashi Pinder	Fr.	Sprints	Locust Grove, Ga.	Luella
Grant Pollock	Jr.	Distance	Richmond, Va.	Mills Godwin
Stuart Robertson	Fr.	Distance	Huddleston, Va.	Staunton River
Garrett Smith	Fr.	Sprints/Jumps	Bristow, Va.	Osbourn Park
Matthias Treff	r-Sr.	Throws	Burgthann, Germany	Sportgymnasium Halle
Chris Uhle	So.	Pole Vault	Powell, Ohio	Olentangy Liberty
Benny Unger	Jr.	Hurdles	Tettngang, Germany	Monfort Gymnasium Tettngang
Brian Welch	r-Jr.	Distance	Richmond, Va.	Mills Godwin
Darrell Wesh	Jr.	Sprints	Virginia Beach, Va.	Landstown
Patrick Woodford	Fr.	Distance	Roanoke, Va.	Patrick Henry

### Breakdown by state/country

Alabama: 1  
 Georgia: 1  
 Maryland: 2  
 New York: 1  
 Pennsylvania: 2  
 Ohio: 1  
 Virginia: 25  
 Croatia: 1  
 Germany: 4  
 Slovakia: 1  
 Slovenia: 1

### Pronunciation Guide

Leoule Degfae .....LEE deg-FAY  
 Tihut Degfae.....TEE deg-FAY  
 Tomas Kruzliak.....TOE-mas CRUGE-lee-ack (like luge)  
 Denis Mahmic .....MOM-itich  
 Jens Merseburg.....YENS  
 Jaka Muhar .....YAKA MOO-har  
 Stephan Munz.....steh-FAHN  
 Tadashi Pinder.....tuh-DAH-shee  
 Chris Uhle.....YOU-lee

## Women's Roster

Name	Class	Events	Hometown	High School/Other
Leigh Allin	r-Jr.	Pole Vault	Lexington, Ky.	Henry Clay
Yvonne Amegashie	Sr.	Sprints/Hurdles	Woodbridge, Va.	Potomac Senior
Yeni Aromolaran	Fr.	Sprints/Jumps	Frederick, Va.	Govenor Thomas Johnson
Kaila Blackburn	Fr.	Distance	Richmond, Va.	Monacan
Camille Bouvet	So.	Distance	Bethesda, Md.	Walter Johnson
Taylor Crosson	r-So.	Distance	Fairfax Station, Va.	James W. Robinson
Jameice DeCoster	Sr.	Sprints	Glenn Dale, Md.	Elizabeth Seton
Courtney Dobbs	r-So.	Distance	Glen Allen, Va.	Deep Run
Erica Dobbs	Fr.	Distance	Glen Allen, Va.	Deep Run
Johnna Dominick	Fr.	Jumps	Haymarket, Va.	Battlefield
Sammy Dow	r-Sr.	Distance	Midlothian, Va.	Midlothian
Frances Dowd	r-Jr.	Distance	Fairfax, Va.	Fairfax
Grace Giampietro	Fr.	Pole Vault	Phoenixville, Pa.	Villa Maria Academy
Hannah Gray	Fr.	Distance	Chesapeak, Va.	Grassfield
Jenna Hadley	Fr.	Distance	Clinton, N.J.	North Hunterdon
Shanice Hairston	So.	Throws	Martinsville, Va.	Magna Vista
Ashley Hayes	Fr.	Distance	Severna Park, Md.	Severna Park
Lauren Jaeger	Fr.	Distance	Blacksburg, Va.	Blacksburg
Ginny Jones	So.	Distance	Chalfont, Pa.	Central Bucks East
Sarah Kadelka	So.	Throws	Karlsruhe, Germany	Karlsruhe Institute of Technology
Tazmin Kaiser	Fr.	Distance	Blacksburg, Va.	Blacksburg
Sabine Kopplin	So.	Throws	Filderstadt, Germany	Sportgymnasium Jena
Paige Kvartunas	r-So.	Distance	Springfield, Va.	West Springfield
Shaquera Leach	Fr.	Sprints/Hurdles/Jumps	Ashburn, Va.	Briar Woods
Shalonda Mitchell	So.	Mid-Distance	Richmond, Va.	Varina
Colleen Moore	Fr.	Distance	Perkiomenville, Pa.	Boyertown
Shannon Morton	Fr.	Mid-Distance	Chesapeake, Va.	Indian River
Britani Myers	Fr.	Mid-Distance	Winchester, Va.	John Handley
Rachel Nichols	Fr.	Distance	Cape Elizabeth, Maine	Cape Elizabeth
Madalyn Nuckols	Jr.	Distance	Glen Allen, Va.	Deep Run
Leah Nugent	So.	Sprints/Hurdles	Abington, Pa.	Abington Senior
Elizabeth Powell	r-So.	Pole Vault	Richmond, Va.	Patrick Henry
Amanda Presler	Fr.	Distance	Broadlands, Va.	Briar Woods
Sarah Rapp	So.	Distance	Raleigh, N.C.	Cardinal Gibbons
Lyndsey Saunders	r-So.	Pole Vault	Herndon, Va.	Chantilly
Erinn Schaal	r-Fr.	Pole Vault	Fairfax, Va.	Paul VI
Martina Schultze	So.	Pole Vault	Uhingen, Germany	University of Stuttgart
Katherine Sheridan	Fr.	Distance	Vienna, Va.	Thomas Jefferson
Oshin Shukla	r-Fr.	Distance	Herndon, Va.	Oakton
Ciara Simms	So.	Sprints	Stockbridge, Ga.	Dutchtown
Katarina Smiljanec	So.	Mid Distance	Karlovac, Croatia	Karlovac General Secondary
Amanda Smith	So.	Mid-Distance	Chesapeake, Va.	Grassfield
Leigh Ann Soistmann	Fr.	Mid-Distance	Yorktown, Va.	Tabb
Annjulie Vester	So.	Throws	Homburg, Germany	Gymnasium Johanneum
Alex Watt	Jr.	Distance	Springfield, Va.	West Springfield
Natalie Woodford	Sr.	Sprints	Roanoke, Va.	Patrick Henry

### Breakdown by state/country

Kentucky: 1  
 Georgia: 1  
 Maine: 1  
 Maryland: 3  
 New Jersey: 1  
 North Carolina: 1  
 Pennsylvania: 4  
 Virginia: 29  
 Croatia: 1  
 Germany: 4

### Pronunciation Guide

Yvonne Amegashie.....ahm-e-GOSH-ee  
 Adeyeni Aromolaran.....ADD-a-YEN-ee R-o-mo-lar-en  
 Kaila Blackburn.....KAY-la  
 Jameice DeCoster.....ja-MEES DE-cahst-er  
 Johnna Dominick.....JOHN-a  
 Sabine Kopplin.....suh-BEAN  
 Paige Kvartunas.....CAR-tune-os  
 Erinn Schaal.....SHALL  
 Martina Schultze.....shultz-A  
 Katarina Smiljanec.....SMIL-yan-ic  
 Annjulie Vester.....anne-joo-LEE







## ACC Outdoor Track & Field Leaders



### Men

Event	Name, School	Performance
100m	Snoddy Broderick (Georgia Tech)	10.32
200m	Jonathan McCants (Virginia Tech)	21.03
400m	Brunson Miller (Clemson)	46.24
800m	Thomas Bojanowski (Wake Forest)	1:51.33
1,500m	Kyle Graves (Wake Forest)	3:48.36
5,000m	Phil Fairleigh (Duke)	14:32.68
10,000m	Sean Quinn (Florida State)	30:50.68
110m H	Tremaine Grant (Florida State)	14.28
400m H	Rilwan Alowonle (North Carolina)	52.42
3000mS	Ty McCormack (Clemson)	8:55.21
4x100m	Clemson	39.84
4x400m	Clemson	3:14.71
HJ	Ronnie Black (Virginia Tech)	7-2.5 (2.20m)
PV	Aaron Unterberger (Georgia Tech)	17-4.5 (5.30m)
LJ	Jameel Abdul-Mateen (Clemson)	24-5.75 (7.46m)
TJ	Jonathan Gardner (Georgia Tech)	52-3.75 (15.94m)
SP	Isaiah Simmons (Miami)	60-4 (18.39m)
DT	Nathaniel Williams (NC State)	180-2 (54.93m)
HT	Denis Mahmic (Virginia Tech)	203-7 (62.05m)
JT	Ben Lincoln (Wake Forest)	247-3 (75.36m)

### Women

Event	Name, School	Performance
100m	Alyssa McClure (Miami)	11.70
200m	Dezerea Bryant (Clemson)	23.76
400m	Marlena Wesh (Clemson)	54.55
800m	Taneisha Cordell (Miami)	2:07.97
1,500m	Brianna Blanton (Clemson)	4:27.67
5,000m	Katie Townsend (Georgia Tech)	17:04.14
100m H	Kendra Harrison (Clemson)	13.53
400m H	Leah Nugent (Virginia Tech)	1:00.1
3000mS	Brianna Feerst (Clemson)	11:06.33
4x100m	Clemson	43.95
4x400m	Miami	3:40.85
HJ	Amber Melville (Maryland)	5-11.25 (1.81m)
PV	Martina Schultze (Virginia Tech)	14-1.25 (4.30m)
LJ	Julienne McKee (Georgia Tech)	20-9 (6.32m)
TJ	Jhanelle McLeod (Georgia Tech)	42-11.5 (13.09m)
SP	Michelle Anumba (Duke)	52-4 (15.95m)
DT	Tremanisha Taylor (NC State)	167-1 (50.94m)
HT	Nicole Chavis (NC State)	178-2 (54.30m)
JT	Jessie Merckle (Wake Forest)	165-1 (50.32m)
Hep	Jazmyne Childs (NC State)	4,002

## 2013 Virginia Tech Men's Outdoor Track & Field Performance List



### 100m (School Record: 10.15, Darrell Wesh, 2012)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Jonathan McCants	Sr.	10.65	Hurricane Invitational	3/16/2013	2.1
Tadashi Pinder	Fr.	10.68	Hurricane Invitational	3/16/2013	0.5

### 200m (School Record: 20.45, Keith Ricks, 2012)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Jonathan McCants	Sr.	21.03	Hurricane Invitational	3/16/2013	1.1
		21.14	FSU Relays	3/23/2013	-0.6
Darrell Wesh	Jr.	21.32	FSU Relays	3/23/2013	-0.6
Tadashi Pinder	Fr.	21.65	FSU Relays	3/23/2013	-0.5
		21.87	Hurricane Invitational	3/16/2013	

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

Athlete	Year	Time	Meet	Meet Date
Jeff Artis-Gray	Sr.	48.21	Hurricane Invitational	3/16/2013
		48.53	FSU Relays	3/22/2013
Darrell Wesh	Jr.	49.49	Hurricane Invitational	3/16/2013
Jonathan McCants	Sr.	49.95	FSU Relays	3/22/2013
Benny Unger	Jr.	50.27	FSU Relays	3/22/2013

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

Athlete	Year	Time	Meet	Meet Date

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

Athlete	Year	Time	Meet	Meet Date

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

Athlete	Year	Time	Meet	Meet Date

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

Athlete	Year	Time	Meet	Meet Date

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

Athlete	Year	Time	Meet	Meet Date
Leoule Degfae	r-Jr.	15:06.62	Georgia Relays	3/15/2013
Brian Welch	r-Jr.	15:07.09	Georgia Relays	3/15/2013
Darren Barlow	r-Fr.	15:08.63	Georgia Relays	3/15/2013
Ryan Kuhns	So.	15:23.28	Georgia Relays	3/15/2013
George Carter	So.	15:29.13	Georgia Relays	3/15/2013
Juan Campos	So.	15:34.79	Georgia Relays	3/15/2013
Kevin DeWillie	So.	16:28.65	Georgia Relays	3/15/2013
Michael McNamee	Fr.	16:39.00	Georgia Relays	3/15/2013



Travis Correa	Fr.	17:01.21	Georgia Relays	3/15/2013	
Martin Dally	r-So.	17:54.45	Georgia Relays	3/15/2013	
<b>10,000m (School Record: 28:45.97, Mark Stickley, 1982)</b>					
Athlete	Year	Time	Meet	Meet Date	
<b>110m Hurdles (School Record: 13.89, Chris Stokes, 1999)</b>					
Athlete	Year	Time	Meet	Meet Date	Wind
<i>Wind-aided (above +3.0m/s):</i>					
<b>400m Hurdles (School Record: 51.28, Justin Davis, 1999)</b>					
Athlete	Year	Time	Meet	Meet Date	
<b>3,000m Steeplechase (School Record: 8:47.29, Jason Cusack, 2011)</b>					
Athlete	Year	Time	Meet	Meet Date	
<b>4x100m (School Record: 39.62, Artis-Gray, Wesh, McCants, Ricks, 2012)</b>					
Time	Athletes		Meet	Meet Date	
	Wesh, Artis-Gray				
	Pinder, McCants				
40.20			FSU Relays	3/22/2013	
41.75			Hurricane Invitational	3/16/2013	
<b>4x400m (School Record: 3:09.95, McCants, Artis-Gray, Hoepker, Ricks, 2012)</b>					
Time	Athletes		Meet	Meet Date	
<b>4x800m (School Record: 7:21.28, McLaughlin, T. Degfae, Hammond, Witt, 2011)</b>					
Time	Athletes		Meet	Meet Date	
<b>4,000m Distance Medley (School Record: 9:40.31, Voight, Oustrich, Reed, Cobb, 1987)</b>					
Time	Athletes		Meet	Meet Date	
<b>High Jump (School Record: 7'3", 2.21m, Ronnie Black, 2012)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
Ronnie Black	Sr.				
		7-2.5	2.20m	Hurricane Invitational	3/15/2013
		7-0.25	2.14m	FSU Relays	3/22/2013
<b>Pole Vault (School Record: 18'1.75", 5.53m, Brian Mondschein, 2006)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
Chris Uhle					
		16-10.75	5.15m	Hurricane Invitational	3/15/2013
<b>Long Jump (School Record: 24'11.25", 7.60m, Jeff Artis-Gray, 2012)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
<b>Triple Jump (School Record: 54'1.25", 16.49m, Hasheem Halim, 2012)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
<b>Hammer Throw (School Record: 248'10", 75.84m, Marcel Lomnicky, 2011)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
Denis Mahmic	Sr.	203-7	62.05m	FSU Relays	3/22/2013
<b>Javelin Throw (School Record: 255'6", 77.88m, Matthias Treff, 2011)</b>					
Athlete	Year	English	Metric	Meet	Meet Date
<b>Decathlon (School Record: 6,951 points, Ed Nuttycombe, 1976)</b>					
Athlete	Year	Pts.	Meet	Meet Date	

## 2013 Virginia Tech Women's Outdoor Track & Field Performance List



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

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
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Wind-aided (above +3.0m/s):

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

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Yvonne Amegashie	Sr.	24.64	FSU Relays	3/23/2013	-0.1
		24.81	Hurricane Invitational	3/16/2013	0.1
Jameice DeCoster	Sr.	25.06	Hurricane Invitational	3/16/2013	0.1
		25.25	FSU Relays	3/23/2013	-0.1
Yeni Aromolaran	Fr.	25.09	FSU Relays	3/23/2013	-0.5
		25.37	Hurricane Invitational	3/16/2013	0.1
Shaquera Leach	Fr.	25.44	FSU Relays	3/23/2013	-0.6
Elizabeth Powell	So.	25.44	FSU Relays	3/23/2013	-1.2
		25.67	Hurricane Invitational	3/16/2013	1.7

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

Athlete	Year	Time	Meet	Meet Date
Yvonne Amegashie	Sr.	53.96	FSU Relays	3/22/2013
Jameice DeCoster	Sr.	56.36	FSU Relays	3/22/2013
Shaquera Leach	Fr.	57.24	Hurricane Invitational	3/16/2013
		57.85	FSU Relays	3/22/2013

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

Athlete	Year	Time	Meet	Meet Date
Natalie Woodford	Sr.	2:17.30	Hurricane Invitational	3/16/2013

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

Athlete	Year	Time	Meet	Meet Date
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### 5,000m (School Record: 15:37.73, Tasmin Fanning, 2007)

Athlete	Year	Time	Meet	Meet Date
Sarah Rapp	So.	17:26.38	Georgia Relays	3/15/2013
Sammy Dow	r-Jr.	17:29.71	Georgia Relays	3/15/2013
Madalyn Nuckols	Jr.	17:37.00	Georgia Relays	3/15/2013
Taylor Crosson	r-So.	17:48.01	Georgia Relays	3/15/2013
Alex Watt	Jr.	17:49.65	Georgia Relays	3/15/2013
Paige Kwartunas	r-So.	17:51.61	Georgia Relays	3/15/2013
Courtney Dobbs	r-So.	18:26.19	Georgia Relays	3/15/2013
Hannah Gray	Fr.	18:27.29	Georgia Relays	3/15/2013
Shannon Morton	Fr.			



Katarina Smiljanec	So.	18:40.38	Georgia Relays	3/15/2013
Britani Myers	Fr.	18:48.23	Georgia Relays	3/15/2013
Frances Dowd	r-Sr.	19:03.33	Georgia Relays	3/15/2013
Amanda Smith	So.	19:04.38	Georgia Relays	3/15/2013
Erica Dobbs	Fr.	19:04.77	Georgia Relays	3/15/2013
		19:51.19	Georgia Relays	3/15/2013

**10,000m (School Record: 33:05.96, Linda King, 1984)**

Athlete	Year	Time	Meet	Meet Date
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**100m Hurdles (School Record: 12.46, Queen Harrison, 2010)**

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Leah Nugent	So.	13.77	Hurricane Invitational	3/16/2013	1.1
		14.03	FSU Relays	3/22/2013	-2.3

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

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

Athlete	Year	Time	Meet	Meet Date
Leah Nugent	So.	60.08	Hurricane Invitational	3/16/2013

**3,000m Steeplechase (School Record: 10:03.37, Sammy Dow, 2012)**

Athlete	Year	Time	Meet	Meet Date
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**4x100m (School Record: 44.33, Green, Potts, Castlin, Spruill, 2007)**

Time	Athletes	Meet	Meet Date
46.74	DeCoster, Aromolaran Leach, Amegashie	Hurricane Invitational	3/16/2013

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

Time	Athletes	Meet	Meet Date
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**4x800m (School Record: 8:47.76, Smiljanec, Smith, Dowd, Kwartunas, 2012)**

Time	Athletes	Meet	Meet Date
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**Pole Vault (School Record: 14'1.25", 4.30m, Martina Schultze, 2012)**

Athlete	Year	English	Metric	Meet	Meet Date
Martina Schultze	So.	14-1.25	4.30m	Hurricane Invitational	3/15/2013
Leigh Allin		12-9.5	3.90m	Hurricane Invitational	3/15/2013
Erinn Schaal		10-11.75	3.35m	Hurricane Invitational	3/15/2013
Lyndsey Saunders		10-6	3.20m	Hurricane Invitational	3/15/2013

**High Jump (School Record: 5'11.25", 1.81, Katie Ollendick, 1998)**

Athlete	Year	English	Metric	Meet	Meet Date
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**Hammer Throw (School Record: 224'3", 68.36m, Dorotea Habazin, 2011)**

Athlete	Year	English	Metric	Meet	Meet Date
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**Javelin Throw (School Record: 174'2", 53.10m, Dee O'Connell, 2002)**

Athlete	Year	English	Metric	Meet	Meet Date
Sarah Kadelka	So.	152-7	46.50m	FSU Relays	3/22/2013