

Virginia Tech



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

Sea Ray Relays April 12-13

Tom Black Track at LaPorte Stadium
Knoxville, Tenn.

Live Results: http://branchsportstech.com/2013_Meets/outdoor/04-11-searay/Day1.htm

A look at the meets

- With the ACC Outdoor Track and Field Championships on the horizon, it will be a relatively quiet weekend for the Hokies. As is usual for this weekend, the pole vault crew will be headed to Knoxville, Tenn., this weekend for the 46th annual Sea Ray Relays.
- Competing in the women's pole vault at 1 p.m., on Friday will be Leigh Allin, Lyndsey Saunders and Erinn Schall. The men's competition which starts at 4:30 p.m., Friday features Matt Hoogland and Chris Uhle.
- Also, competing Friday afternoon in the women's high jump at 1 p.m., is freshman Johnna Dominick.

Last time out

- With less than two weeks until the ACC Outdoor Track and Field Championships the Hokies looked to be ready after strong performances last weekend at the Pepsi Florida Relays and Colonial Relays.
- In all, the Hokies hauled four victories and 16 top-three finishes .
- The mid-distance crews showed off their depth in Williamsburg, Va., as the Hokies went 2-3-5 in men's 1500 meters and the women's 800 meters. Grant

Pollock led the way on the men's side while it was Amanda Smith paced the women's trio.

- With a time of 4:20.58 in the women's 1500 meters, freshman Shannon Morton was the lone winner on day one for the Hokies as she moved inside the NCAA's top 15 this season. Day two saw a Tech sweep in the 4x800-meter relay teams which had a mix of 800 and 1500-meter runners.
- In Florida, a pair of Hokies tied their school records while another broke their record.
- In a loaded 100-meter field that included professional and top collegiate talent, Darrell Wesh nearly grabbed the win at the line after a strong close to the race clocking in at a wind-aided 10.15, three-thousandths of a second back of first.
- Jeff Arits-Gray slightly upped his previous record in the long jump with a leap of 24-11.75 (7.61m) on his second attempt as he finished second in the event, a quarter of an inch outside of first.
- Ronnie Black's third consecutive outdoor win in the high jump closed out the weekend as he cleared his record height of 7-3 (2.21m) on his third attempt to secure the victory. The senior attempted to shatter his record by clearing 7-6 (2.29m) but was on successful on his three attempts.

Returning All-Americans

2012 Outdoor

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

Career

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

2013 Indoor

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

2013 Schedule

Indoor

11/30-12/1	at Liberty Kickoff
1/18-19	VT Invitational
1/25-26	Hokie Invitational
2/8-9	VT Elite Meet
2/8-9	at Husky Classic
2/15-16	VT Challenge
2/21-23	ACC Indoor Championships
3/1-2	at Notre Dame Alex Wilson Invitational
3/2	VT Final Qualifier
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
4/4-6	at Florida Relays
4/4-6	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

Media Information

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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 April 8

Leigh Allin			
Pole Vault.....	50th	26th	12-9.5, 3.90m
Yvonne Amegashie			
400 meters.....	38th	17th	53.96
Jeff Artis-Gray			
110 Hurdles.....	19th	9th	13.90
Long Jump.....	12th	8th	24-11.75, 7.61m
Darren Barlow			
1500 meters.....	87th	42nd	3:49.31
Jared Berman			
3000 steeplechase... 75th.....	36th		9:12.78
Ronnie Black			
High Jump.....	8th	6th	7-3, 2.21m
Juan Campos			
1500 meters.....	N/A	50th	3:49.78
George Carter			
1500 meters.....	62nd	31st	3:48.11
Thomas Curtin			
10,000 meters.....	73rd	45th	30:07.30
Leoule Degfae			
1500 meters.....	42nd	19th	4:46.98
10,000 meters.....	72nd	44th	30:07.23
Tihut Degfae			
800 meters.....	32nd	18th	1:49.99
Sammy Dow			
3000 steeplechase... 54th.....	30th		10:38.84
Frances Dowd			
800 meters.....	92nd	49th	2:09.41
Ryan Hagen			
1500 meters.....	49th	24th	3:47.50
Sarah Kadelka			
Javelin Throw.....	30th	15th	153-1, 46.65m
Tomas Kruzliak			
Hammer Throw.....	2nd	1st	227-0, 69.61m
Paige Kwartunas			
5000 meters.....	71st	N/A	16:37.24
Denis Mahmic			
Hammer Throw.....	25th	11th	203-7, 62.05m
Jonathan McCants			
200 meters.....	27th	16th	21.03
400 meters.....	N/A	45th	47.91
Shannon Morton			
1500 meters.....	14th	5th	4:20.58
Leah Nugent			
100 hurdles.....	58th	32nd	13.77
400 hurdles.....	38th	20th	59.83
Grant Pollock			
1500 meters.....	31st	16th	3:45.85
Martina Schultze			
Pole Vault.....	7th	2nd	14-1.25, 4.30m
Amanda Smith			
800 meters.....	50th	24th	2:07.87
Chris Uhle			
Pole Vault.....	52nd	22nd	16-10.75, 5.15m
Darrell Wesh			
100 meters.....	3rd	2nd	10.15
200 meters.....	75th	37th	21.32
Relays			
Men's 4x100 A.....	22nd	11th	40.20
Mens 4x100 B.....	23rd	12th	40.21
Women's 4x400 A... N/A.....	42nd		3:43.08

Hokie Tracks

Firing on all cylinders

• Despite a slow start to his first 100-meter race of the season, Darrell Wesh found another gear half way through as he produced a school record tying time of 10.15. In a heat that featured Southern Cal's Canadian Olympian Aaron Brown in lane four, Florida State freshman phenom Marvin Bracy in lane five and former U.S. champion Mike Rodgers in lane six, Wesh found himself on the outside in lane eight. With all of the focus in middle lanes, the junior hit his stride in the latter half of the race and nearly grabbed the win from outside. Wesh (10.146) was just barely edged out at the line by Brown (10.143).

Another get from Nitra

• In his first hammer throw competition as a Hokie, Tomas Kruzliak displayed why Associate Head Coach Greg Jack went back to Nitra, Slovakia to pluck his latest thrower. On his second attempt at the Pepsi Florida Relays, the freshman hit a mark of 227-0 (69.18m) best for second in the NCAA this season.

• Kruzliak also finished second in the event to former Tech two-time NCAA champion and 2012 Olympian Marcel Lomnický, also of Nitra.

One jump at a time

• Coming off of a school record setting performance at the NCAA Indoor Championship to finish fourth, high jumper Ronnie Black has continued his string of success in the outdoor season. The senior is three-for-three on the season after winning the event at the 69th Pepsi Florida Relays by tying his school record of 7-3 (2.21m).

Another record falls

• At the Pepsi Florida Relays, Jeff Artis-Gray narrowly broke his school record in the long jump, topping his previous mark by a half an inch with his jump of 24-11.75 (7.61m). He previously set the school mark at last year's NCAA East Prelims.

• This was the third school record that Artis-Gray has broken this year after previously topping his indoor 60-meter hurdle mark and Ken Stewart's indoor long jump record which stood since 1984.

Freshman statement

• After winning her section a week earlier, Shannon Morton turned in one of the top 1500-meter times in the region. Her time of 4:20.58 is both second all-time at Virginia Tech and is currently the second-fastest mark in the ACC.

• A day later, Morton helped the 800-meter trio of Amanda Smith, Frances Dowd and Katarina Smiljanec to a win in the 4x800 relay.

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.

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 was tied for first in the pole vault after the first weekend.

• In the win, Schultze tied her school record with a vault of 14-1.25

USTFCCCA Rankings (as of April 9)

Men's Rankings

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

Women's Rankings

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

(4.30m) while Black came up a half an inch shy of his school record with his clearance of 7-2.5 (2.20m).

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 Lomnický 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 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.

Hokie Tracks

We own them all

- By capturing the ACC indoor crown in the winter in Blacksburg, the Hokie men are only the second school since 1989 to simultaneously hold all three conference championships. Last spring, the squad captured its first ACC outdoor conference championship in program history by topping perennial power Florida State and followed that up by winning its first conference cross country crown in the fall on its home course.
- Clemson and Florida State are the only other schools in the ACC to perform this feat since the ACC indoor championships resumed in 1987.
- The Hokies will be looking to join Clemson (1) and Maryland (8) as the only men's programs in ACC history to win all three championships during the same year.

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 outdoor championship last year in Charlottesville, snapping Florida State's dominant run that began in 2002. 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 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.

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

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.....	24-11.75, 7.61m.....	2013
Ronnie Black		
Indoor High Jump.....	7-5, 2.26m.....	2013
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		
Indoor 60 meters.....	6.57.....	2013
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 Kvartunas		
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

accolades, 12 ACC championships and three nationals 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.

Hokie Tracks

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.

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.

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 Lomnicky (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 Correa	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.	Osborn 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 DegfaeLEE deg-FAY
 Tihut Degfae.....TEE deg-FAY
 Tomas Kruzliak.....TOE-mas CRUGE-lee-ack (like luge)
 Denis MahmicMOM-itich
 Jens Merseburg.....YENS
 Jaka MuharYAKA MOO-har
 Stephan Munz.....steh-FAHN
 Tadashi Pinder.....tuh-DAH-shee
 Matthias Treff.....muh-TEE-us
 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	Darrell Wesh (Virginia Tech)	10.15
200m	Dentrarius Locke (Florida State)	20.72
400m	Brunson Miller (Clemson)	45.93
800m	Brandon Lasaster (Georgia Tech)	1:48.34
1500m	Kyle King (Virginia)	3:44.25
5,000m	Ty McCormack (Clemson)	13:52.59
10,000m	Breandan O'Neill (Florida State)	28:57.44
110m H	Spencer Adams (Clemson)	13.40
400m H	Rilwan Alowonle (North Carolina)	52.05
3000mS	Zak Seddon (Florida State)	8:45.63
4x100m	Clemson	39.84
4x400m	North Carolina	3:10.49
HJ	James Harris (Florida State)	7-4.25 (2.24m)
PV	Andrew LaHaye (Florida State)	17-5 (5.31m)
LJ	Jameel Abdul-Mateen (Georgia Tech)	24-10 (7.63m)
TJ	Jonathan Gardner (Georgia Tech)	52-3.75 (15.94m)
SP	Isaiah Simmons (Miami)	60-4 (18.39m)
DT	Nathaniel Williams (NC State)	182-4 (55.58m)
HT	Tomas Kruzliak (Virginia Tech)	227-0 (69.18m)
JT	Ben Lincoln (Wake Forest)	247-3 (75.36m)
Dec	Curtis Beach (Duke)	8,011

Women

Event	Name, School	Performance
100m	Dezerea Bryant (Clemson)	11.43
200m	Dezerea Bryant (Clemson)	23.45
400m	Marlena Wesh (Clemson)	53.55
800m	Cydney Ross (Duke)	2:05.54
1500m	Vicky Fouhy (Virginia)	4:19.01
5,000m	Amanda Winslow (Florida State)	16:00.46
10,000m	Catherine White (Virginia)	33:07.36
100m H	Brianna Rollins (Clemson)	12.54
400m H	Kendra Harrison (Clemson)	57.20
3000mS	Colleen Quigley (Florida State)	10:06.72
4x100m	Clemson	43.95
4x400m	Clemson	3:33.10
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)	43-11.25 (13.39m)
SP	Michelle Anumba (Duke)	54-11.5 (16.75m)
DT	Kellion Knibb (Florida State)	174-5 (53.17m)
HT	Brittany Waller (Clemson)	188-3 (57.38m)
JT	Jessie Merckle (Wake Forest)	165-1 (50.32m)
Hep	Karli Johonnot (Duke)	4,849



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)
Darrell Wesh	Jr.	10.15	Florida Relays	4/5/2013	2.1
Jonathan McCants	Sr.	10.65	Hurricane Invitational	3/16/2013	2.1
Tadashi Pinder	Fr.	10.68	Hurricane Invitational	3/16/2013	0.5
		10.69	Florida Relays	4/5/2013	1.2

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
Jonathan McCants	Sr.	47.91	Florida Relays	4/5/2013
		49.95	FSU Relays	3/22/2013
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
Martin Dally	r-So.	49.59	Raleigh Relays	3/29/2013
Benny Unger	Jr.	50.27	FSU Relays	3/22/2013
Tihut Degfae	Sr.	50.30	Raleigh Relays	3/29/2013
Kevin DeWillie	So.	51.10	Raleigh Relays	3/29/2013
Michael McNamee	Fr.	51.73	Raleigh Relays	3/29/2013
Matt Hoogland	r-So.	55.59	Raleigh Relays	3/29/2013

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

Athlete	Year	Time	Meet	Meet Date
Tihut Degfae	Sr.	1:49.99	Colonial Relays	4/5/2013
Kevin DeWillie	So.	1:52.67	Colonial Relays	4/5/2013
Martin Dally	r-So.	1:53.20	Colonial Relays	4/5/2013

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

Athlete	Year	Time	Meet	Meet Date
Grant Pollock	Jr.	3:45.85	Colonial Relays	4/5/2013
Leoule Degfae	r-Jr.	3:46.98	Colonial Relays	4/5/2013
Ryan Hagen	Sr.	3:47.50	Colonial Relays	4/5/2013



George Carter	So..	3:48.11	Colonial Relays	4/5/2013
Darren Barlow	r-Fr.	3:49.14	Raleigh Relays	3/29/2013
Juan Campos	So.	3:49.78	Colonial Relays	4/5/2013
Thomas Curtin	So.	3:51.64	Colonial Relays	4/5/2013
Ryan Kuhns	So.	3:53.49	Raleigh Relays	3/29/2013
Tihut Degfae	Sr.	4:00.67	Raleigh Relays	3/29/2013
Kevin DeWillie	So.	4:01.52	Raleigh Relays	3/29/2013
Martin Dally	r-So	4:03.59	Raleigh Relays	3/29/2013

3,000m (School Record: 8:03.41, Steve Taylor, 2013)

Athlete	Year	Time	Meet	Meet Date
Brian Welch	r-Jr.	8:27.72	Colonial Relays	4/5/2013
Stuart Robertson	Fr.	8:38.99	Colonial Relays	4/5/2013

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

Athlete	Year	Time	Meet	Meet Date
Ryan Kuhns	So.	14:25.17	Colonial Relays	4/5/2013
		15:23.28	Georgia Relays	3/15/2013
Ryan Hagen	Sr.	14:25.96	Raleigh Relays	3/29/2013
Grant Pollock	Jr.	14:27.26	Raleigh Relays	3/29/2013
Darren Barlow	r-Fr.	14:29.60	Colonia Relays	4/5/2013
		15:08.63	Georgia Relays	3/15/2013
George Carter	So.	14:38.14	Raleigh Relays	3/29/2013
		15:29.13	Georgia Relays	3/15/2013
Juan Campos	So.	14:44.42	Raleigh Relays	3/29/2013
		15:34.79	Georgia Relays	3/15/2013
Jared Berman	r-So.	14:50.87	Raleigh Relays	3/29/2013
Stuart Robertson	Fr.	15:05.82	Raleigh Relays	3/29/2013
Leoule Degfae	r-Jr.	15:06.62	Georgia Relays	3/15/2013
Brian Welch	r-Jr.	15:07.09	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

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

Athlete	Year	Time	Meet	Meet Date
Leoule Degfae	r-Jr.	30:07.23	Raleigh Relays	3/29/2013

Thomas Curtin	So.	30:07.30	Raleigh Relays	3/29/2013
Brian Welch	r-Jr.	31:34.67	Raleigh Relays	3/29/2013

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

Athlete	Year	Time	Meet	Meet Date	Wind
Jeff Artis-Gray	Sr.	13.90 (w)	Florida Relays	4/5/2013	3.6

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

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

Athlete	Year	Time	Meet	Meet Date
Benny Unger	Jr.	53.71	Florida Relays	4/5/2013
Armando Drain	Fr.	58.09	Florida Relays	4/5/2013

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

Athlete	Year	Time	Meet	Meet Date
Jared Berman	r-So.	9:12.78	Colonial Relays	4/5/2013

4x100m (School Record: 39.62, Artis-Gray, Wesh, McCants, Ricks, 2012)

Time	Athletes	Meet	Meet Date
40.20	Wesh, Artis-Gray	FSU Relays	3/22/2013
41.75	Pinder, McCants	Hurricane Invitational	3/16/2013
40.21	Smith, Pinder McCants, Wesh	Florida Relays	4/6/2013

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

Time	Athletes	Meet	Meet Date

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

Time	Athletes	Meet	Meet Date
7:34.09	Hagen, DeWillie Pollock, T. Degfae	Colonial Relays	4/6/2013

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

Time	Athletes	Meet	Meet Date
9:57.23	Welch, Hoogland Campos, Robertson	Colonial Relays	4/6/2013
10:10.91	Curtin, Dally Carter, Degfae	Colonial Relays	4/6/2013

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

Athlete	Year	English	Metric	Meet	Meet Date
Ronnie Black	Sr.	7-3	2.21m	Florida Relays	4/6/2013
		7-2.5	2.20m	Hurricane Invitational	3/15/2013
		7-0.25	2.14m	FSU Relays	3/22/2013

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

Athlete	Year	English	Metric	Meet	Meet Date
Chris Uhle	So.	16-10.75	5.15m	Hurricane Invitational	3/15/2013
		16-4.75	5.00m	Florida Relays	3/6/2013



Long Jump (School Record: 24'11.75", 7.61m, Jeff Artis-Gray, 2012)

Athlete	Year	English	Metric	Meet	Meet Date	Wind
Jeff Artis-Gray	Sr.					
		24-11.75	7.61m	Florida Relays	4/5/2013	1.4
Matt Hoogland	r-So.					
		19-1.25	5.82m	Colonial Relays	4/5/2013	0.8

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

Athlete	Year	English	Metric	Meet	Meet Date
Matt Hoogland	r-So.				
		100-2	30.54m	Raleigh Relays	3/29/2013

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

Athlete	Year	English	Metric	Meet	Meet Date
Tomas Kruzliak	Fr.				
		227-0	69.18m	Florida Relays	4/6/2013
Denis Mahmic	Sr.				
		203-7	62.05m	FSU Relays	3/22/2013
		184-0	56.09m	Florida Relays	4/5/2013

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

Athlete	Year	English	Metric	Meet	Meet Date

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

Athlete	Year	Pts.	Meet	Meet Date

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

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

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

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
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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
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Yvonne Amegashie	Sr.	53.96	FSU Relays	3/22/2013
		55.20	Florida Relays	4/5/2013
Jameice DeCoster	Sr.	56.36	FSU Relays	3/22/2013
Amanda Smith	So.	56.78	Raleigh Relays	3/29/2013
Shaquera Leach	Fr.	57.24	Hurricane Invitational	3/16/2013
		57.85	FSU Relays	3/22/2013
Frances Dowd	r-Sr.	57.31	Raleigh Relays	3/29/2013
Katarina Smiljanec	So.	58.42	Raleigh Relays	3/29/2013
Shannon Morton	Fr.	58.82	Raleigh Relays	3/29/2013
Ashley Hayes	Fr.	59.33	Raleigh Relays	3/29/2013
Britani Myers	Fr.	59.92	Raleigh Relays	3/29/2013
Shalonda Mitchell	So.	60.49	Raleigh Relays	3/29/2013
Leigh Ann Soistmann	Fr.	63.26	Raleigh Relays	3/29/2013

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

Athlete	Year	Time	Meet	Meet Date
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Amanda Smith	So.	2:07.87	Colonial Relays	4/5/2013
Frances Dowd	r-Sr.	2:09.41	Colonial Relays	4/5/2013
Katarina Smiljanec	So.	2:11.07	Colonial Relays	4/5/2013
Ashley Hayes	Fr.	2:12.17	Colonial Relays	4/5/2013
Shalonda Mitchell	So.	2:15.67	Colonial Relays	4/5/2013
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
Shannon Morton	Fr.	4:20.58	Colonial Relays	4/5/2013
		4:28.21	Raleigh Relays	3/29/2013
Paige Kwartunas	So.	4:29.99	Colonial Relays	4/5/2013
Amanda Smith	So.	4:33.98	Raleigh Relays	3/29/2013
Katarina Smiljanec	So.	4:34.84	Raleigh Relays	3/29/2013
Frances Dowd	r-Sr.	4:39.95	Raleigh Relays	3/29/2013
Madalyn Nuckols	Jr.	4:43.32	Raleigh Relays	3/29/2013
Taylor Crosson	r-So.	4:44.92	Raleigh Relays	3/29/2013
Hannah Gray	Fr.	4:46.03	Raleigh Relays	3/29/2013
Courtney Dobbs	r-So.	4:47.40	Raleigh Relays	3/29/2013
Britani Myers	Fr.	4:52.27	Raleigh Relays	3/29/2013
Erica Dobbs	Fr.	4:57.57	Raleigh Relays	3/29/2013
Ashley Hayes	Fr.	4:58.70	Raleigh Relays	3/29/2013
Shalonda Mitchell	So.	5:13.25	Raleigh Relays	3/29/2013
Leigh Ann Soistmann	Fr.	5:30.00	Raleigh Relays	3/29/2013

3,000m (School Record: 9:14.25, Cheryl Tuosto, 1985)

Athlete	Year	Time	Meet	Meet Date
Sarah Rapp	So.	10:06.65	Colonial Relays	4/5/2013
Alex Watt	Jr.	10:10.17	Colonial Relays	4/5/2013
Erica Dobbs	Fr.	10:37.48	Colonial Relays	4/5/2013

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

Athlete	Year	Time	Meet	Meet Date
Paige Kwartunas	r-So.	16:37.24	Raleigh Relays	3/29/2013
		17:51.61	Georgia Relays	3/15/2013
Courtney Dobbs	r-So.	16:58.54	Colonial Relays	4/5/2013
Madalyn Nuckols	Jr.	17:11.53	Colonial Relays	4/5/2013
		17:37.00	Georgia Relays	3/15/2013
Taylor Crosson	r-So.	17:16.46	Colonial Relays	4/5/2013
		17:48.01	Georgia Relays	3/15/2013
Sammy Dow	r-Jr.	17:22.32	Raleigh Relays	3/29/2013
		17:29.71	Georgia Relays	3/15/2013
Sarah Rapp	So.	17:26.38	Georgia Relays	3/15/2013
Hannah Gray	Fr.	17:32.62	Colonial Relays	4/5/2013
		18:27.29	Georgia Relays	3/15/2013
Alex Watt	Jr.	17:35.30	Raleigh Relays	3/29/2013

Shannon Morton	Fr.	17:49.65	Georgia Relays	3/15/2013
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
		13.83	Florida Relays	3/5/2013	0.1
		14.03	FSU Relays	3/22/2013	-2.3

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

Athlete	Year	Time	Meet	Meet Date
Leah Nugent	So.	59.83	Florida Relays	3/5/2013
		60.08	Hurricane Invitational	3/16/2013

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

Athlete	Year	Time	Meet	Meet Date
Sammy Dow	r-Sr.	10:38.84	Colonial Relays	4/5/2013

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
46.77	Powell, DeCoster Amegashie, Aromolaran	Florida Relays	4/6/2013

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

Time	Athletes	Meet	Meet Date
3:43.08	DeCoster, Amegashie Woodford, Nugent	Florida Relays	4/6/2013

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

Time	Athletes	Meet	Meet Date
8:52.74	Morton, Smiljanec Smith, Dowd	Colonial Relays	4/6/2013
9:02.16	Hayes, Kwartunas Dow, Mitchell	Colonial Relays	4/6/2013

Distance Medley Relay (School Record: 11:30.01, T. Fanning, Ference, Sherbak, Clark, 2007)

Time	Athletes	Meet	Meet Date
12:19.22	Rapp, Mitchell Watt, E. Dobbs	Colonial Relays	4/6/2013

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

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Athlete	Year	English	Metric	Meet	Meet Date
Martina Schultze	So.	14-1.25	4.30m	Hurricane Invitational	3/15/2013
		13-1.5	4.00m	Florida Relays	4/5/2013
Leigh Allin	r-Jr.	12-9.5	3.90m	Hurricane Invitational	3/15/2013
		11-9.75	3.60m	Florida Relays	4/5/2013
Erinn Schaal	r-Fr.	10-11.75	3.35m	Hurricane Invitational	3/15/2013
Lyndsey Saunders	r-So.	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
Johnna Dominick	Fr.	5-3.25	1.61m	Colonial Relays	4/6/2013

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.	153-1	46.65m	Florida Relays	4/5/2013
		152-7	46.50m	FSU Relays	3/22/2013

w - denotes wind-aided performance

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