



VIRGINIA

2017 CAVALIER TRACK & FIELD NOTES

2017 Indoor Schedule

- 1/13-14 Virginia Tech Invitational (Blacksburg, Va.)
1/21 Notre Dame Invitational (Notre Dame, Ind.)
1/28 Darius Dixon Memorial Invitational
(Lynchburg, Va.)
2/3 Crimson Elite Meet (Boston, Mass.)
2/4 Scarlett & White Meet (Boston, Mass.)
2/10-11 Liberty Elite Invitational (Lynchburg, Va.)
2/11 Millrose Games (NYRR Wanamaker Mile)
(New York, N.Y.)
2/18 UCS Invitational (Winston-Salem, N.C.)
2/23-25 ACC Championships (Notre Dame, Ind.)
3/10-11 NCAA Championships (College Station,
Texas)

2017 Outdoor Schedule

- 3/24 Raleigh Relays (Raleigh, N.C.)
3/25 Hurricane Twilight (Miami, Fla.)
3/30-4/1 Texas Relays (Austin, Texas)
**4/8 UVA QUAD (Columbia, Maryland,
Penn)**
4/21-22 VIRGINIA CHALLENGE
4/22-23 VIRGINIA Grand Prix
5/12-14 ACC Championships (Atlanta, Ga.)
5/25-27 NCAA East Prelims (Lexington, Ky.)
6/7-10 NCAA Championships (Eugene, Ore.)

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March 30-April 1, 2017

Austin, Texas • Mike A. Myers Stadium

Virginia Cavaliers at Texas Relays



THIS WEEK

- The Cavaliers continue their outdoor season, traveling to Austin, Texas, to compete in the Texas Relays.
- Christine Bohan opened outdoor competition with a first-place finish in the women's shot put. Bohan threw for a mark of 16.05-meters for the 12th best toss in the nation and the sixth best in the East Region.
- UVA broke an all-time record on the men's side with Zach Herriott clocking a time of 28.44.22 in the 10,000-meters. He snapped a 36-year old record set by Mike Cotton in 1981.
- Sam Young matched the all-time UVA first-year title for the pole vault. Young cleared 5.05-meters to tie for third in all-time school performances and first in freshman performances for the event.

RANKINGS

- The Virginia men are ranked No. 6 in the latest USTFCCA national standings.

NOTABLE

- Four Cavaliers earned All-America honors during the 2017 indoor season. Jordan Young and Oghenakpobo Efekoro finished the year with first-team honors while Zach Herriott and Jordan Scott notched a spot on the second-team. Young finished the NCAA Indoor Championships as the third-overall competitor in the weight throw, reaching a mark of 22.41. Efekoro also took third overall with a personal best mark of 19.13-meters in the shot put. Herriott placed 12th in the 5,000 meters (13:59.99) and Scott placed 10th in the triple jump (15.69 meters).
- The team returns Filip Mihaljevic and Henry Wynne (Westport, Conn.) as 2016 outdoor first-team All-America recipients, finishing inside the top-8 nationally in their events. Mihaljevic earned the program's first NCAA field title, taking home the NCAA championship in the men's shot put. He also claimed fifth in the discus. Wynne added a third-place finish in the 1,500 meters to help elevate the Cavaliers in the team standings.
- Adding to the roster, Jordan Young and Efekoro grabbed 2016 second-team All-America honors for the men while Cleo Boyd notched the honor for the women's team.

Virginia Coaching Staff

Bryan Fetzer
Todd Morgan
Pete Watson
Mario Wilson

Martin Maric

Director of Track and Field/Cross Country
Assistant Coach - Women's Distance
Assistant Coach - Men's Distance
Assistant Coach - Horizontal Jumps/Men's High Jump/
Javelin/Decathlon
Assistant Coach - Throws

Schedule of Probable UVA Entries**Thursday, March 30**

3:00p - Men's Hammer Throw	Orn Jonsson
3:30p - Men's Pole Vault	Jernigan, Young

Friday, March 31

11:00a- Women's Shot Put (B)	Bohan
11:00a- Women's Long Jump (B)	Barron
12:30p- Women's Javelin (A)	Bohan
1:30p- Women's Triple Jump (B)	Barron, McKee
1:30p- Men's Triple Jump (B)	Worrell
4:00p- Men's Triple Jump (A)	Scott

Saturday, April 1

5:00p - Men's Shot Put (A)	Efekoro
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All times Eastern

Pronunciation Guide

Oghenakpobo Efekoro	po-bo eff-a-core-oh
Filip Mihaljevic	fill-ip me-HIGH-la-vich
Henry Wynne	win

Virginia Seeds for NCAA East Preliminary
MEN
5,000m

	Time	Rank
Wynne	13:43.53	1
Madden	14:05.05	3

10,000m

	Time	Rank
Herriott	28:44.22	2
Demarest	29:07.78	7
Cook	29:18.20	10
Weaverling	29:29.90	14
Corbett	29:45.51	18
Klau	30:10.82	25

400mH

	Time	Rank
Bowman	52.76	13

4x100m Relay

	Time	Rank
Virginia	3:43.91	18

Pole Vault

	Mark	Rank
Young	5.05m	11
Jernigan	4.90m	24

Shot Put

	Mark	Rank
Plesko	17.16m	30

Hammer Throw

	Mark	Rank
Young	65.24m	6

WOMEN
100m

	Time	Rank
McKenzie	11.74	25

800m

	Time	Rank
Brickhill	2:11.20	26

5,000m

	Time	Rank
Hawling	17:14.24	38

100mH

	Time	Rank
Leonard	13.71	23
Woodley	13.88	33

400mH

	Time	Rank
Sullivan	1:00.51	27
Smith	1:01.53	43

4x100m Relay

	Time	Rank
Virginia	45.77	23

Pole Vault

	Mark	Rank
Freix	3.75m	36

Long Jump

	Mark	Rank
Barron	5.98m	21
McKee	5.80m	42

Shot Put

	Mark	Rank
Bohan	16.05m	9

Discus

	Mark	Rank
Bohan	49.52m	21

Javelin

	Mark	Rank
Mautz	47.04m	12

Men's Top Outdoor 2017 Performances and Personal Bests
100 METERS **2017** **PR**

200 METERS **2017** **Out-PR**

Dixon	21.88	21.88
Jackson	22.69	22.69

400 METERS **2017** **Out-PR**

Dixon	49.04	48.85
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800 METERS **2017** **Out-PR**

Carrington	1:52.23	1:49.98
Novak	1:55.73	1:55.73
Hagen	1:56.41	1:51.29
Ernst	1:57.48	1:57.48
Keough	1:58.92	1:58.92
Neish	2:02.59	2:02.59

1,500 METERS **2017** **PR**

Hagen	3:52.05	3:52.05
Novak	3:55.50	3:45.35
Neish	3:56.94	3:58.94
Keough	3:58.01	3:58.01
Ernst	3:58.88	3:58.88

5,000 METERS **2017** **Out-PR**

Wynne	13:43.53	13:43.53
Madden	14:05.05	13:57.01

10,000 METERS **2017** **PR**

Herriott	28:44.22	28:44.22
Demarest	29:07.78	29:07.78
Cook	29:18.20	29:18.20
Weaverling	29:29.90	29:29.90
Corbett	29:45.51	29:45.51
Klau	30:10.82	30:10.82

110m HURDLES **2017** **PR**

Bowman	14.76	14.46
Jackson	15.03(w)	14.58
Lint	15.03(w)	14.93
Claiborne	16.00	16.00

400m HURDLES **2017** **PR**

Bowman	52.76	52.76
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3,000m STEEPLECHASE **2017** **PR**

HIGH JUMP **2017** **Out-PR**

POLE VAULT **2017** **Out-PR**

S. Young	5.05m	5.05m
	16'6.75"	16'6.75"
Jernigan	4.90m	4.96m
	16:0.75"	16'3.25"

LONG JUMP **2017** **Out-PR**

Claiborne	6.39m	6.39m
	20'11.75"	20'11.75"

TRIPLE JUMP **2017** **Out-PR**

SHOT PUT **2017** **Out-PR**

Plesko	17.16m	17.16m
	56'3.75"	56'3.75"
Williams	15.98m	15.98m
	52'5.25"	52'5.25"

DISCUS **2017** **PR**

Williams	48.87m	52.04m
	160'4"	170'9"
Plesko	48.34m	48.34m
	158'7"	158'7"
Bouselli	46.61m	46.61m
	152'11"	152'11"

HAMMER **2017** **PR**

J. Young	65.24m	70.73m
	214'0"	232'1"

JAVELIN **2017** **PR**

Bouselli	54.59m	60.89m
	179'1"	199'9"
Lint	50.56m	50.56m
	165'10"	165'10"

DECATHLON **2017** **PR**

HEPTATHLON **2017** **PR**

4x100 Relay **2017**

4x400 Relay **2017**

Bowman, Carrington, Lint, Dixon	3:17.16
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Women's Top Outdoor 2017 Performances and Personal Bests

100 METERS	2017	PR
McKenzie	11.74(w)	11.75

200 METERS	2017	Out-PR
Wright	24.76	24.21
McKenzie	24.91	24.21
Ezumah	25.03	24.99
Woodley	25.32	25.32
Leonard	25.65	25.65

400 METERS	2017	Out-PR
Ezumah	57.22	54.87

800 METERS	2017	Out-PR
Brickhill	2:11.20	2:10.05
Angermeier	2:23.50	2:23.50
Lansing	2:27.97	2:27.97

1,500 METERS	2017	PR
Angermeier	4:43.00	4:43.00
Lansing	4:49.24	4:49.24

5,000 METERS	2017	Out-PR
Hawling	17:14.24	17:14.24
Mackenzie	17:29.79	17:29.79
Fakler	17:36.82	16:18.59

10,000 METERS	2016	PR

100m HURDLES	2017	PR
Leonard	13.71	13.67
Woodley	13.88	13.88

400m HURDLES	2017	PR
Sullivan	1:00.51	1:00.51
Smith	1:01.53	58.17

3,000m STEEPLECHASE	2017	PR

HIGH JUMP	2017	Out-PR

POLE VAULT	2017	Out-PR
Freix	3.75m 12'3.5"	3.75m 12'3.5"

LONG JUMP	2017	Out-PR
Barron	5.98m 19'7.5"	6.22m 20'5"
McKee	5.80m 19'0.5"	5.80m 19'0.5"

TRIPLE JUMP	2016	Out-PR

SHOT PUT	2016	Out-PR
Bohan	16.05m 52'8"	16.87m 55'4.25"
Green	12.34m 40'6"	12.61m 41'4.5"

DISCUS	2016	PR
Bohan	49.52m 162'6"	49.52m 162'6"
Green	46.36m 152'1"	50.15m 164'6"

HAMMER	2017	PR
Bohan	49.53m 162'6"	49.53m 162'6"

JAVELIN	2016	PR
Mautz	47.04m 154'4"	47.15m 154'8"

DECATHLON	2017	PR

HEPTATHLON	2016	PR

4x100 Relay	2017
McKenzie, Wright, Leonard, Jefferson	45.77

4x400 Relay	2017
Jefferson, Sullivan, Wright, Ezumah	3:43.91
Smith, Brickhill, Woodley, Lansing	3:53.99

OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Sonya Fridy	11.36	1987
200 meters	Sonya Fridy	23.17	1987
400 meters	Sonya Fridy	51.93	1987
800 meters	Gail Bryant	2:04.21	1985
1,500 meters	Morgane Gay	4:13.20	2012
5,000 meters	Margaret Groos	15:51.24	1980
10,000 meters	Patty Matava	32:58.64	1987
100-meter hurdles	Ayla Smith	13.51	2009
400-meter hurdles	Ayla Smith	56.54	2011
3,000-meter steeplechase	Stephanie Garcia	9:47.29	2011
4x100-meter relay	Chaney, Wright, Lavender, McKenzie	44.56	2015
4x400-meter relay	Ezumah, Lavender, Fabrizio, Wright	3:35.74	2014
High Jump	Ann Bair	1.88m (6' 2")	1983
Pole Vault	Bridget Guy	4.23m (13' 10.5")	2016
Long Jump	Dana Boone	6.65m (21' 9.75")	1990
Triple Jump	Tomika Ferguson	13.21m (43' 4.25")	2007
Shot Put	Christine Bohan	16.87m (55' 4.25")	2016
Discus Throw	Billie-Jo Grant	56.06m (183' 11")	2008
Hammer Throw	Maureen Laffan	59.91m (196' 6")	2012
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Rebecca Grube	5,512 points	1994

OUTDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Gerald Howard	10.42	1995
200 meters	Gerald Howard	20.79	1995
400 meters	Payton Hazzard	45.88	2015
800 meters	Paul Ereng	1:43.16	1989
1,500 meters	Henry Wynne	3:38.05	2016
5,000 meters	Kris Herdt	13:37.44	1987
10,000 meters	Zach Herriott	28:44.22	2017
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
3,000-meter steeplechase	Jan Foerster	8:34.78	2007
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Herman Moore/Greg Byers	2.19m (7' 2.25")	1988/1982
Pole Vault	David Sullivan	5.35m (17' 6.75")	2005
Long Jump	Greg Byers	7.70m (25' 3.25")	1982
Triple Jump	Marcus Robinson	16.46m (54' 0")	2012
Shot Put	Filip Mihaljevic	20.16m (66' 1.75")	2015
Discus Throw	Filip Mihaljevic	63.11m (207' 0")	2015
Hammer Throw	Hilmar Jonsson	71.52m (234' 8")	2016
Javelin Throw	Andy Farhinger	75.19m (246' 8")	2012
Decathlon	Stephen Dunphy	7,920 points	1992

Men's Outdoor Top 10 List
100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
3. Shay Clark	10.50	'02
4. Edwin Brown	10.52	'85
5. Scott Kimball	10.53	'03
6. Bruce Randolph	10.69	'84
7. Jarrett Hagwood	10.72	'02
8. Mauri Anderson	10.74	'80
9. Orren Prunty	10.84	'02
Ben Jullien	10.84	'96

200 METERS

1. Gerald Howard	20.79	'95
2. Ben Sarpong	20.87	'95
3. Edwin Brown	20.90	'85
4. Reuben Jones	21.16	'08
5. Kellen Blassingame	21.24	'05
6. Payton Hazzard	21.27	'15
7. Conlon Bonner	21.28	'08
8. Scott Kimball	21.31	'02
9. Eric Adderly	21.32	'82
10. Rauh Turner	21.39	'98

400 METERS

1. Payton Hazzard	45.88	'15
2. Kellen Blassingame	46.02	'05
3. Meikle Paschal	46.61	'08
4. Kevin Anding	46.84	'10
5. Jim Bruce	46.94	'79
6. Ben Kurgat	46.96	'88
7. Jason Young	47.07	'04
8. Gerald Howard	47.23	'95
9. Leon Palmer	47.26	'84
10. Aundre Oldacre	47.52	'98

800 METERS

1. Paul Ereng	1:43.16	'89
2. Robby Andrews	1:44.71	'11
3. Lance Roller	1:46.11	'10
4. Ray Brown	1:46.74	'83
5. Ben Kurgat	1:47.32	'90
6. John Hinton	1:47.33	'84
7. Greg Canty	1:47.44	'80
8. Anthony Kostelac	1:48.96	'12
9. Vince Draddy	1:49.05	'81
10. Nathan Kiley	1:49.31	'16

1,500 METERS

1. Henry Wynne	3:38.05	'16
2. John Hinton	3:40.24	'83
3. Vince Draddy	3:40.44	'81
4. Robby Andrews	3:40.77	'11
5. Mike Marsella	3:41.35	'15
6. Patrick Todd	3:41.51	'12
7. Andrew Jesien	3:41.78	'09
8. Ray Weeden	3:43.65	'99
9. Kyle King	3:44.25	'13
10. Brett Johnson	3:44.44	'11

5,000 METERS

1. Kris Herdt	13:37.44	'87
2. Henry Wynne	13:43.53	'17
3. Sean Keveren	13:48.34	'12
4. Jim Hays	13:55.2h	'85
5. Kyle King	13:55.60	'12
6. Ryan Collins	13:55.94	'09
7. Mike Cotton	13:56.44	'81
8. Mark Amirault	13:59.21	'13
9. Chase Weaverling	14:01.20	'16
9. Ryan Foster	14:02.83	'06

10,000 METERS

1. Zach Herriott	28:44.22	'17
2. Mike Cotton	28:55.34	'81
3. Andrew Dumm	28:59.25	'07
4. Brent Demarest	29:07.78	'17
5. Adam Visokay	29:11.13	'15
6. Trey Miller	29:14.21	'10
7. Ryan Foster	29:16.79	'06
8. Lachlan Cook	29:18.20	'17
9. Chase Weaverling	29:29.90	'17
10. Sean Keveren	29:31.86	'12

110m HURDLES

1. Adams Abdulrazaaq	13.66	'11
2. Barry Word	13.88	'84
3. George Johnson	13.91	'82
4. Jarrett Hagwood	14.13	'02
5. Kevin Williams	14.14	'79
6. Rob Archer	14.16	'84
7. Ronde Barber	14.22	'94
8. DreQuan Hoskey	14.23	'14
9. Mike Abidin	14.27	'82
10. Isi Azeke	14.31	'05

400m HURDLES

1. Steve Delice	50.02	'10
2. Karl Williams	50.34	'79
3. Rob Archer	50.80	'84
4. Bruce Berry	51.09	'85
5. Kevin Williams	51.54	'79
6. Adams Abdulrazaaq	51.79	'08
7. George Johnson	51.98	'81
8. Dave Revelle	52.05	'84
9. Bob Wilks	52.21	'84
10. Brandon Burton	52.34	'13

3000m STEEPLECHASE

1. Jan Foerster	8:34.78	'07
2. Rob Cook	8:39.36	'94
3. Kyle King	8:39.72	'15
4. Steve Finley	8:40.56	'10
5. Adam Visokay	8:43.60	'15
6. Mike Cotton	8:44.44	'81
7. Will Gray	8:45.82	'16
8. Soeren Linder	8:51.89	'05
9. Tim Lloyd	8:53.84	'80
10. John Hinton	8:55.14	'84

Men's Outdoor Top 10 Lists

HIGH JUMP

1. Herman Moore.....	2.19m (7' 2.25")	'88
Greg Byers.....	2.19m (7' 2.25")	'82
3. Greg Nelson.....	2.10m (6' 10.75")	'10
Chris Clementson.....	2.10m (6' 10.75")	'02
Mike Riso.....	2.10m (6' 10.75")	'02
Bob Lund.....	2.10m (6' 10.75")	'91
7. Cordell Green.....	2.09m (6' 10.25")	'95
8. Wes Dungan.....	2.08m (6' 9.75")	'94
9. Tommy DeVita.....	2.07m (6' 9.5")	'13
10. Arthur Gennari.....	2.05m (6' 8.75")	'10

POLE VAULT

1. David Sullivan.....	5.35m (17' 6.75")	'05
2. Brian Shafer.....	5.20m (17' 0.75")	'93
3. Tom Cooke.....	5.05m (16' 6.75")	'95
Sam Young.....	5.05m (16' 6.75")	'17
5. Jeff Jernigan.....	4.96m (16' 3.25")	'16
6. Jeff McClurg.....	4.95m (16' 2.75")	'07
7. David Lewis.....	4.89m (16' 0.75")	'06
8. David Hood.....	4.88m (16' 0.0")	'88
9. Mike Hood.....	4.85m (15' 11.0")	'91
Greg Blair.....	4.85m (15' 11.0")	'04

LONG JUMP

1. Greg Byers.....	7.70m (25' 3.25")	'82
2. Mike Harvey.....	7.67m (25' 2")	'69
3. Wes Dungan.....	7.48m (24' 6.5")	'94
Tiki Barber.....	7.48m (24' 6.5")	'95
5. Keith Witherspoon.....	7.45m (24' 5.25")	'76
6. Bruce Randolph.....	7.43m (24' 4.5")	'84
7. Dion Woolfolk.....	7.41m (24' 3.75")	'96
8. Stephen Dunphy.....	7.39m (24' 3")	'94
Jarrett Hagwood.....	7.39m (24' 3")	'02
10. Chris Rogers.....	7.31m (23' 11.75")	'15

TRIPLE JUMP

1. Marcus Robinson.....	16.46m (54' 0")	'12
2. Keith Witherspoon.....	16.27m (53' 4.50")	'76
3. Ryan Satchell.....	15.98m (52' 5.25")	'14
4. Chike Chukwolozie.....	15.94m (52' 3.75")	'90
5. Aaron Worrell.....	15.70m (51' 6.25")	'16
6. Greg Byers.....	15.56m (51' 0.75")	'84
7. Cornell Grayson.....	15.55m (51' 0.50")	'90
8. Donald Scott.....	15.43m (50' 7.50")	'94
9. Mike Mosley.....	15.25m (50' 0.5")	'85
10. DeMargo Hopson.....	15.19m (49' 10.0")	'88

SHOT PUT

1. Filip Mihaljevic.....	20.16m (66' 1.75")	'15
2. Jordan Young.....	19.80m (64' 11.5")	'15
3. Oghenakpobo Efekoro ...	19.53m (64' 1")	'16
4. Nick Vena.....	19.51m (64' 0.25")	'12
5. Yemi Ayeni.....	18.23m (59' 9.75")	'09
6. Kevin Latham.....	17.48m (57' 4")	'85
7. Nace Plesko.....	17.16m (56' 3.75")	'17
8. Mike Murphy.....	17.15m (56' 3.25")	'93
9. Thom McKinney.....	17.06m (55' 11.75")	'91
10. Al Sinesky.....	16.83m (55' 2.75")	'69

DISCUS

1. Filip Mihaljevic.....	63.11m (207' 0")	'15
2. Jordan Young.....	62.27m (204' 3")	'15
3. Yemi Ayeni.....	61.11m (200' 6")	'07
4. Larry Wilson.....	57.91m (190' 0")	'99
5. Kevin Latham.....	56.71m (186' 1")	'79
6. Phil Vincenzes.....	55.98m (183' 8")	'82
7. Nick Vena.....	54.84m (179' 11")	'12
8. Mike Murphy.....	52.78m (173' 2")	'93
9. Tim Bilmanis.....	52.57m (172' 6")	'01
10. James Williams.....	52.04m (170' 9")	'16

HAMMER THROW

1. Hilmar Jonsson.....	71.52m (234' 8")	'16
2. Jordan Young.....	70.73m (232' 1")	'15
3. Vincenzo Chiariello.....	64.29m (210' 11")	'12
4. Bill Johnston.....	58.19m (190' 11")	'01
5. Robert Guider.....	55.67m (182' 8")	'10
6. James Fuson.....	55.53m (182' 2")	'12
7. Phil Vincenzes.....	53.23m (174' 8")	'79
8. Walker Anderson.....	52.68m (172' 10")	'04
9. James Williams.....	51.22m (168' 0")	'16
10. Thom McKinney.....	46.99m (154' 2")	'90

JAVELIN (new)

1. Andy Fahringer.....	75.19m (246' 8")	'12
2. Brian Kollar.....	74.22m (243' 6")	'01
3. John Welch.....	72.19m (236' 10")	'02
4. Steve Kiessling.....	69.67m (228' 7")	'92
5. Kyle Smith.....	69.43m (227' 9")	'15
6. James Murdock.....	63.93m (209' 9")	'02
7. Stephen Dunphy.....	61.62m (202' 2")	'94
8. Anthony Bouselli.....	60.89m (199' 9")	'16
9. Greg Trzcinski.....	56.96m (186' 10")	'97
10. Justin Schwartz.....	56.70m (186' 0")	'96

DECATHLON

1. Stephen Dunphy.....	7,920	'92
2. Willy Pirtle.....	7,676	'82
3. John Bryan.....	7,666	'81
4. Jack Lint.....	7,179	'15
5. David Lewis.....	7,105	'08
6. Christian Lavorgna.....	7,064	'16
7. Cam Collins.....	7,004	'16
8. Bill Smith.....	6,863	'83
9. Sean Sullivan.....	6,847	'96
10. John Anderson.....	6,814	'95

Women's Outdoor Top 10 List
100 METERS

1. Sonya Fridy11.36 '87
2. Kiamesha Otey11.43..... '01
3. Kelly Miller11.48..... '99
4. Pam Lemons11.57..... '93
5. Brenda Brown11.64..... '84
6. Peyton Chaney11.71..... '14
7. Julie Sandy11.74..... '89
8. Valentia Alleyne11.75..... '94
- Tori McKenzie 11.75 '16**
10. Talia Wise11.80..... '08

200 METERS

1. Sonya Fridy23.17..... '87
2. Jordan Lavender23.42..... '14
3. Kiamesha Otey23.46..... '03
4. Peyton Chaney23.50..... '16
5. Kelly Miller23.61..... '99
6. Janne'a Bridgeford23.69..... '08
7. Pam Lemons.....23.83..... '93
8. Talia Wise23.86..... '08
9. Julie Sandy.....23.87..... '89
10. Brenda Brown23.94..... '81

400 METERS

1. Sonya Fridy51.93..... '87
2. Jordan Lavender52.48..... '14
3. Lisa Garrett52.64..... '83
4. Carielle Doe53.22..... '03
5. Angela Lee54.05..... '98
6. Michelle Samuels54.59..... '92
- 7. Andrea Wright 54.80 '14**
8. Talia Wise54.81..... '08
- 9. Chimere Ezumah 54.87 '14**
10. Gail Bryant54.90..... '85

800 METERS

1. Gail Bryant2:04.21 '85
2. Vanessa Fabrizio2:04.77 '14
3. Kim Kelly2:05.23 '84
4. Vicky Fouhy2:05.55 '13
5. Lyndsay Harper2:05.84 '11
6. Jill Haworth.....2:06.31 '82
7. Phyllis Buber2:06.96 '86
8. Linda Nicholson.....2:07.54 '80
9. Kim Liggins2:08.24 '92
10. Morgane Gay2:08.29 '09

1,500 METERS

1. Morgane Gay4:13.20 '12
2. Vicky Fouhy4:14.51 '13
3. Michelle Rowen4:15.37 '87
4. Jill Haworth.....4:16.06 '83
5. Lesley Welch.....4:16.54 '82
6. Margaret Groos4:16.74 '81
7. Lisa Welch4:17.74 '82
8. Claire Forbes4:18.58 '90
9. Stephanie Garcia4:18.30 '11
10. Iona Lake4:21.30 '15

5,000 METERS

1. Margaret Groos15:51.24 .. '80
2. Patty Matava15:56.41 .. '86
3. Catherine White16:04.58.. '12
4. Barbara Strehler16:07.70... '13
- 5. Cleo Boyd..... 16:09.23 '16**
6. Chelsea Ley.....16:12.62... '12
- 7. Maria Hauger 16:14.18 '14**
8. Iona Lake16:15.93... '15
- 9. Sarah Fakler..... 16:18.59 '15**
10. Lesley Welch.....16:21.60 .. '82

10,000 METERS

1. Patty Matava32:58.64 .. '87
2. Catherine White33:07.36... '13
3. Aileen O'Connor33:28.20 .. '81
4. Emily Harrison33:40.34... '08
5. Martha White33:40.50 .. '83
6. Kara Scanlin.....33:53.32... '07
7. Katie Read33:54.92... '07
8. Jane Maxwell33:55.98 .. '03
9. Anna Corrigan33:58.46... '11
10. Jen Flack34:14.12... '14

100m HURDLES

1. Ayla Smith.....13.51..... '09
- 2. Ciara Leonard 13.67 '16**
3. Lauren Echko13.72..... '08
4. Chidi Uche13.77..... '10
5. Rebecca Grube.....13.81 '94
- 6. Heather Smith 13.88 '16**
- Alexis Woodley..... 13.88 '17**
8. Michelle Johnson13.90 '86
9. Kimberlee Turko.....13.93 '98
10. Alisha Tucker14.03 '93

400m HURDLES

1. Ayla Smith56.54..... '11
2. Erin Crawford56.87..... '06
3. Angela Lee57.11..... '97
4. Aisha Naibe-Wey57.84..... '16
- 5. Heather Smith 58.17 '16**
6. Vivian Scruggs58.54..... '81
7. Natalie Randolph.....58.98 '03
8. Angela Griffith59.05 '91
9. Karen Hatchett59.49..... '82
10. Kristina Chapman.....59.61 '10

3000m STEEPLECHASE

1. Stephanie Garcia9:47.29 '11
2. Dawn Cleary.....9:59.30 '03
3. Iona Lake10:01.58... '15
4. Melanie Matthews10:13.31 .. '02
5. Vicky Fouhy10:20.63... '14
6. Sara Sargent.....10:20.64... '15
7. Janine Ricci10:24.65... '05
8. Samantha Stafford10:36.02... '09
9. Kendall Cowne10:39.82... '15
10. Rosemary Barber10:51.59... '11

Women's Outdoor Top 10 Lists

HIGH JUMP

1. Ann Bair	1.88m (6' 2").....	'83
2. Sherry Gould	1.86m (6' 1.25").....	'93
3. Pearl Bickersteth	1.83m (6' 0").....	'12
Moiria Cronin	1.83m (6' 0").....	'13
5. Robin Landes	1.81m (5' 11.25").....	'88
6. Rachel Marks.....	1.79m (5' 10.75").....	'06
7. Meggie Schuelke.....	1.76m (5' 9.25").....	'04
Emily Kianka.....	1.76m (5' 9.25").....	'12
9. Karen DiDonato	1.75m (5' 9.0").....	'91
10. Kate Doyle	1.74m (5' 8.75").....	'90

POLE VAULT

1. Bridget Guy	4.23m (13' 10' 5")	'16
2. Vika Osipenko.....	3.81m (12' 6")	'03
3. Katie Freix.....	3.75m (12' 3.5")	'17
4. Sarah DeVita.....	3.71m (12' 2")	'15
5. Katie Darraugh.....	3.69m (12' 1.5").....	'09
6. Kathryn Pettine.....	3.65m (11' 11.75").....	'05
7. Annica White.....	3.51m (11' 6.5")	'01
8. Lauren Taggart	3.49m (11' 5.75")	'03
Alicia LaRoche	3.49m (11' 5.75")	'04

LONG JUMP

1. Dana Boone.....	6.65m (21' 9.75")	'90
2. Kiamesha Otey	6.54m (21' 5.50")	'02
3. Sonya Fridy.....	6.42m (21' 0.75")	'86
4. Nicole Kimbrough.....	6.39m (20' 11.50").....	'95
5. Kelly Miller	6.33m (20' 9.25")	'96
Tomika Ferguson	6.33m (20' 9.25")	'06
7. Edy Ndem.....	6.28m (20' 7.25")	'14
8. Mia Barron	6.22m (20' 5")	'16
9. Rebecca Grube	6.15m (20' 2.25")	'94
10. Pam Lemons.....	6.12m (20' 1")	'92
Beth Sheehan	6.12m (20' 1")	'85

TRIPLE JUMP

1. Tomika Ferguson.....	13.21m (43' 4.25").....	'07
2. Dallas Rose.....	13.20m (43' 3.75").....	'14
3. Dana Boone	13.05m (42' 9.75").....	'91
4. Naccolle Guinn.....	12.71m (41' 8.50").....	'01
5. Jessica Caldwell.....	12.50m (41' 0.25").....	'14
6. Nicole Kimbrough.....	12.49m (40' 11.75").....	'95
Atalaya Jones.....	12.49m (40' 11.75").....	'93
8. Curtrell Frye.....	12.48m (40' 11.50").....	'02
9. Britni Strates.....	12.46m (40' 10.5")	'12
10. Tiffany King.....	12.41m (40' 8.50").....	'97

SHOT PUT

1. Christine Bohan	16.87m (55' 4.25")	'16
2. Eliese Mitchell.....	16.16m (53' 0.25").....	'03
3. Billie-Jo Grant	15.77m (51' 9").....	'06
4. Maureen Laffan.....	15.34m (50' 4").....	'10
5. Emily Vannoy	15.30m (50' 2.5").....	'10
6. Alexa Manning	14.97m (49' 1.5").....	'08
7. Kelly Bodiford	14.83m (48' 8")	'91
8. Amy Brown	14.25m (46' 9")	'99
9. Lauren Connelly.....	14.12m (46' 4")	'96
10. Jen Blake.....	14.04m (46' 0.75").....	'93

DISCUS

1. Billie-Jo Grant	56.06m (183' 11").....	'08
2. Kelly Bodiford	54.08m (177' 5")	'93
3. Erin Wykoff.....	53.78m (176' 5").....	'12
4. Caitlin Kelly.....	52.37m (171' 10").....	'09
5. Eliese Mitchell	52.17m (171' 2")	'02
6. Julia Solo	52.04m (170' 9")	'86
7. Carter Green	50.15m (164' 6").....	'16
8. Amy Bilmanis	49.99m (164' 0")	'06
9. Amy Brown	49.89m (163' 8")	'99
10. Hillary Wilson	49.81m (163' 5")	'00

HAMMER THROW

1. Maureen Laffan.....	59.91m (196' 6")	'12
2. Eliese Mitchell.....	56.95m (186' 10")	'03
3. Erin Wykoff.....	53.45m (175' 4")	'12
4. Lauren Connelly.....	51.31m (168' 4")	'96
5. Inhar Chong	50.29m (165' 0")	'00
6. Alexa Manning	50.17m (164' 7")	'08
7. Ann Crouse.....	49.89m (163' 8")	'99
8. Logan Clements.....	49.67m (162' 11").....	'14
9. Christine Bohan	49.53m (162' 6")	'17
10. Amy Bilmanis	47.68m (156' 5")	'06

JAVELIN (new)

1. Ann Crouse.....	57.38m (188' 3")	'99
2. Inge Jorgenson	54.23m (177' 11")	'05
3. Meghan Briggs.....	52.65m (172' 9")	'09
4. Abbey Karin.....	52.60m (172' 7")	'13
5. Christine Bohan	47.70m (156' 6").....	'16
6. Caitlin Mautz	47.15m (154' 8").....	'15
7. Annie Bobiak.....	46.89m (153' 10").....	'05
8. Tara Karin.....	46.33m (152' 0")	'10
9. Kristen Buck	42.47m (139' 4")	'94
10. Indira Morton	42.37m (139' 0")	'09

HEPTATHLON

1. Rebecca Grube.....	5,512	'94
2. Susan Brownell.....	5,458	'82
3. Beth Sheehan	5,407	'86
4. Ann Bair	5,387	'83
5. Sherry Gould.....	5,166	'93
6. Angela Griffith.....	4,967	'98
7. Suzanne Sweeney.....	4,915	'97
8. Katie Kiladis	4,855	'97
9. Bianca DeBartolo.....	4,854	'07
10. Anna Finger.....	4,791	'13

Men's Outdoor Freshman Records

100 METERS

1. Gerald Howard 10.46 '93
2. Jason Dickerson 10.50 '77
3. Reuben Jones 10.65 '05
4. Edwin Brown 10.76 '81
5. Ben Julien 10.84 '96

200 METERS

1. Gerald Howard 20.90 '93
2. Conlon Bonner 21.28 '08
3. Scott Kimball 21.78 '00
4. Kellen Blassingame 21.80 '03
5. Reuben Jones 21.84 '05

400 METERS

1. Meikle Paschal 46.61 '08
2. Ben Kurgat 46.96 '88
3. Payton Hazzard 47.29 '12
4. Rauh Turner 47.56 '97
5. Patrick Farmer 47.83 '11

800 METERS

1. Paul Ereng 1:44.31 '88
2. Robby Andrews 1:45.54 '10
3. Lance Roller 1:47.88 '09
4. Anthony Kostelac 1:49.02 '11
5. Ben Kurgat 1:49.28 '88

1,500 METERS

1. Robby Andrews 3:41.09 '10
2. **Matthew Novak..... 3:45.35 '16**
3. John Hinton 3:46.10 '82
4. **Henry Wynne..... 3:46.48 '14**
5. Alex Tatu 3:46.63 '04

5,000 METERS

1. Kyle King 13:55.60 '12
2. Andy Biladeau 14:06.73 '06
3. Emil Heineking 14:11.40 '08
4. Ryan Collins 14:12.85 '08
5. Sean Keveren 14:14.46 '09

10,000 METERS

1. Adam Visokay 29:14.50 '14
2. **Lachlan Cook..... 29:18.20 '17**
3. **Brent Demarest..... 29:32.72 '15**
4. **Chase Weaverling . 29:39.30 '15**
5. **Zach Herriott..... 29:45.35 '14**

110m HURDLES

1. Kevin Williams 14.14 '77
2. Adams Abdulrazaaq 14.19 '08
3. Ronde Barber 14.22 '94
4. Mike Abidin 14.27 '82
5. Jarrett Hagwood 14.34 '02

400m HURDLES

1. Karl Williams 51.77 '77
2. Adams Abdulrazaaq 51.79 '08
3. Greg Nelson 52.43 '08
4. Devin Brewer 52.52 '12
5. Kevin Williams 52.88 '77

3,000m STEEPLECHASE

1. John Hinton 8:58.21 '82
2. Colin Mearns 9:03.92 '11
3. Jim Hays 9:10.69 '82
4. Mike Cotton 9:27.88 '78
5. Andrew Filachek 9:32.77 '00

HIGH JUMP

1. Herman Moore 2.20m (7' 2.5") '88
2. Greg Byers 2.17m (7' 1.25") '81
3. Mike Riso 2.10m (6' 10.75") '02
4. Tommy Devita 2.04m (6' 8.25") '11
5. Greg Nelson 2.01m (6' 7") '08

POLE VAULT

1. Brain Shafer 5.05m (16' 6.75") '90
2. **Sam Young 5.05m (16' 6.75") '17**
3. David Sullivan 4.90m (16' 0.75") '03
4. Jake Williams 4.88m (16' 0") '01
5. Greg Blair 4.82m (15' 9.75") '03

LONG JUMP

1. Greg Byers 7.33m (24' 0.5") '81
2. Stephen Dunphy 7.30m (23' 11.5") '90
3. Marcus Robinson 7.25m (23' 9.25") '08
4. Marion Mason 7.24m (23' 9") '98
5. **Aaron Worrell 7.24m (23' 9") '15**

TRIPLE JUMP

1. Keith Witherspoon .. 15.96m (52' 4.5") '72
2. Greg Byers 15.29m (50' 2") '81
3. Ryan Satchell 15.25m (50' 0.5") '12
4. Marcus Robinson 14.91m (48' 11") '08
5. Demargo Hopson ... 14.79m (48' 6.25") '86

SHOT PUT

1. **Filip Mihaljevic 19.56m (64' 2.25") '14**
2. **Oghenakpobo Efekoro 19.53m (64' 1") '16**
3. Nick Vena 19.51m (64' 0.25") '12
4. Mike Theuerkauf 15.90m (52' 2") '89
5. **James Williams..... 15.89m (52' 1.75") '15**

DISCUS

1. **Filip Mihaljevic..... 60.41m (198' 2") '14**
2. Larry Wilson 55.45m (181' 11") '96
3. Nick Vena 54.84m (179' 11") '12
4. Yemi Ayeni 54.18m (177' 9") '06
5. Phil Vincenzes 52.53m (172' 4") '77

HAMMER THROW

1. **Hilmar Jonsson 71.52m (234' 8") . '16**
2. Bill Johnston 57.89m (189' 11") '00
3. Robert Guider 55.68m (182' 8") '10
4. Vincenzo Chiariello ..52.37m (171' 10") '09
5. Walker Anderson 50.57m (165' 11") '03

JAVELIN

1. Brian Kollar 68.53m (224' 10") '99
2. Steve Kessling 68.25m (223' 11") '90
3. **Anthony Bouselli .. 58.96m (193' 5") '15**
4. James Murdock 57.79m (189' 7") '99
5. John Brian 49.66m (162' 11") '78

DECATHLON

1. **Jack Lint..... 7,179 '15**
2. Sean Sullivan 6,847 '96
3. Stephen Dunphy 6,711 '90
4. John Brian 6,626 '78
5. **Cam Collins..... 6,485 '15**

Women's Outdoor Freshman Records

100 METERS

1. Kelly Miller 11.70 '96
2. Kiamesha Otey 11.72 '00
3. Talia Wise 11.85 '06
4. Leslie Satchell 11.89 '95
5. Janne'a Bridgeford . 11.90 '05

200 METERS

1. Peyton Chaney 24.02 '13
2. Leslie Satchell 24.04 '95
3. Kelly Miller 24.14 '96
4. Jordan Lavender 24.19 '12
5. Andrea Wright 24.21 '14

400 METERS

1. Jordan Lavender 53.44 '12
2. Lisa Garrett 54.14 '81
3. **Andrea Wright 54.80 '14**
4. **Chimere Ezumah .. 54.87 '14**
5. Michelle Samuels 55.15 '91

800 METERS

1. Vanessa Fabrizio..... 2:06.76 '12
2. Morgane Gay 2:08.29 '09
3. Gail Bryant 2:11.00 '82
4. Ariane Sloan 2:11.23 '07
5. Erin O'Doherty 2:11.28 '02

1,500 METERS

1. Morgane Gay 4:15.56 '09
2. Lesley Welch 4:16.84 '82
3. Lisa Welch 4:17.60 '82
4. Claire Forbes 4:18.52 '90
5. Margaret Groos 4:21.10 '78

5,000 METERS

1. Chelsea Ley..... 16:12.62..... '12
2. **Maria Hauger..... 16:14.18..... '14**
3. Lesley Welch 16:21.60 '82
4. **Sarah Fakler..... 16:22.19..... '14**
5. Kathleen Stevens..... 16:26.91 '12

10,000 METERS

1. Jen Flack 34:14.12 '14
2. **Sarah Fakler..... 34:15.20..... '14**
3. **Maria Hauger..... 34:16.28..... '14**
4. Beni Gras 34:34.17 '91
5. Katherine Walker 35:31.42 '11

100-METER HURDLES

1. **Ciara Leonard 13.67 '16**
2. Lauren Echko 13.86 '06
3. **Alexis Woodley 13.88 '17**
4. Kim Turko 13.93 '98
5. Alisha Tucker 14.03 '93

400-METER HURDLES

1. Angela Lee 57.64 '96
2. Erin Crawford 58.56 '04
3. Karen Hatchett 59.49 '82
4. Ayla Smith 60.02 '07
5. Kristina Chapman ... 60.83 '08

3,000m STEEPLECHASE

1. Stephanie Garcia 10:15.83 '07
2. Sara Sargent 10:49.81 '14
3. Kendall Cowne 10:54.54 '14
4. Janine Ricci 10:55.86 '04
5. Ariel Karabinus 11:06.49 '11

HIGH JUMP

1. Ann Bair 1.86m (6' 1.25") '80
2. Meggie Schuelke 1.76m (5' 9.25") '04
3. Pearl Bickersteth 1.74m (5' 8.5") '10
4. Susan Brownell 1.73m (5' 8") '80
5. Emily Kianka 1.72m (5' 7.75") '11

POLE VAULT

1. **Bridget Guy..... 4.11m (13'5.75") '15**
2. **Katie Freix 3.67m (12'0.5") . '15**
3. Viktoria Osipenko ... 3.56m (11' 8.5") '00
4. Kathryn Pettine 3.49m (11' 5.75")... '04
5. Alica LaRoche 3.35m (10' 11.75") '03
Katie Darraugh 3.35m (10' 11.75").. '07

LONG JUMP

1. Kelly Miller 6.33m (20' 9.25")... '96
2. Nicole Kimbrough .. 6.29m (20' 7.75")... '94
3. **Mia Barron 6.22m (20' 5") '16**
4. Sonya Fridy 6.12m (20' 1")..... '84
5. Dana Boone 6.03m (19' 9.25")... '88

TRIPLE JUMP

1. Dallas Rose..... 12.66m (41' 6.5")... '10
2. Atalaya Jones 12.49m(40'11.75") '93
3. Britni Strates..... 12.46m (40' 10.5") '12
4. **Mia Barron 12.40m (40' 8.25") '16**
5. Tomika Ferguson 12.35m (40' 6.25") '04

SHOT PUT

1. Emily Vannoy..... 15.30m (50' 2.5")... '10
2. **Christine Bohan.... 14.62m (47-11.75)'14**
3. Maureen Laffan 14.58m (47' 10")... '09
4. Kristi Martin 13.99m(45'10.75") '97
5. Elise Mitchell 13.74m (45' 1") '00

DISCUS

1. Julia Solo 52.04m (170' 9")... '86
2. Amy Bilmanis 51.77m (169' 10") . '06
3. Amy Brown 48.77m (160' 0")... '95
4. Emily Vannoy..... 47.96m (157' 4")... '10
5. Erin Wykoff 47.02m (154' 3")... '09

HAMMER THROW

1. Elise Mitchell 54.46m (178' 8")... '00
2. Amy Bilmanis 47.68m (156' 5")... '06
3. Alexa Manning 46.18m (151' 6")... '06
4. Erin Wykoff 45.85m (150' 5")... '09
5. Maureen Laffan 43.36m (142' 3")... '09

JAVELIN

1. Julia Solo 52.04m (170' 9")... '86
2. Ann Crouse 50.85m (166' 10") . '95
3. Inge Jorgensen 50.24m (164' 10") . '00
4. **Caitlin Mautz 44.62m (146' 5") '15**
5. Meghan Briggs 44.45m (145' 10") . '07

HEPTATHLON

1. Ann Bair 5,578 '80
2. Susan Brownell 5,419 '80
3. Rebecca Grube 4,996 '92
4. **Alana Herran..... 4,771 '16**
5. Katie Kiladis 4,610 '95

Relay Records

Women

4x100m Relay

1.	44.56	Chaney, Wright , Lavender, McKenzie	2015
2.	45.11	Kimbrough, Satchell, Edmundson, Alleyne	1995
3.	45.18	Harvey, Otey, Randolph, Doe	2003
4.	45.19	Rose, Wright, Chaney , Lavender	2014
5.	45.21	Smith, Wright, Chaney, McKenzie	2016

4x400m Relay

1.	3:35.74	Ezumah , Lavender, Fabrizio, Wright	2014
2.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985
3.	3:36.42	Randolph, Otey, Gore, Doe	2003
4.	3:36.73	Ezumah , Lavender, Chaney, Wright	2014
5.	3:37.65	Smith , Lavender, Fabrizio, Wright	2015

Non-NCAA Championship Event Relay Records

4x200m Relay

1:36.25	Chaney, McKenzie, Wright, Lavender	2015
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4x800m Relay

8:32.13	Bryant, Nicholson, Welch, Haworth	1982
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Distance Medley Relay

10:57.13	Gay, Smith, Harper, Garcia	2011
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Men

4x100m Relay

1.	40.25	Randolph, Archer, Brown, Palmer	1984
2.	40.37	Bonner, Jones, Abdulrazaaq, Paschal	2008
3.	40.46	Hagwood, Clark, Young, Kimball	2002
4.	40.68	Scott, Barber, Barber, Howard	1994
5.	40.71	Peerman, Lee, Jones, Blassingame	2007

4x400m Relay

1.	3:07.11	Anding, Roller, Bryan, Hazzard	2012
2.	3:07.14	Kugrat, Johnson, Brook, Ereng	1988
3.	3:08.20	Muth, Williams, Williams, Bruce	1979
4.	3:08.26	Carrington, Kiley , Brewer, Hazzard	2015
5.	3:08.44	Muth, Williams, Williams, Bruce	1978

Non-NCAA Championship Event Relay Records

4x200m Relay

1:25.30	Virginia	2002
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4x800m Relay

7:12.15	Johnson, Roller, Kostelac, Andrews	2011
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Distance Medley Relay

9:25.56	Revelle, Hinton, Brown, Draddy	1983
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