

VIRGINIA™

2021 CAVALIER TRACK & FIELD NOTES

2021 Indoor Schedule

1/15-16	Virginia Tech Invitational Blacksburg, Va.
1/22-23	Hokie Invitational Blacksburg, Va.
2/1	Virginia Beach Invitational Virginia Beach, Va.
2/5-6	Doc Hale Elite Meet Blacksburg, Va.
2/12-13	Tiger Paw Invite Clemson, S.C.
2/12-13	Darius Dixon Memorial Invite Lynchburg, Va.
2/19-20	Virginia Tech Challenge Blacksburg, Va.
2/19-20	JDL DMR Invitational Winston-Salem, N.C.
2/25-27	ACC Indoor Championships Clemson, S.C.
3/12-13	NCAA Indoor Championships Fayetteville, Ark.

UVA Coaching Staff

Vin Lananna	Director of Track and Field & CC Associate AD for Administration
Jason Dunn	Asst. Men's & Women's Track & Field Coach (Distance)
Nicole Freitag	Asst. Men's & Women's Track & Field Coach (Distance)
Mario Wilson	Asst. Men's & Women's Track & Field Coach (Jumps/Decathlon)
Martin Maric	Asst. Men's & Women's Track & Field Coach (Throws)
Michelle Freeman	Asst. Men's & Women's Track & Field Coach (Sprints/Hurdles)

Media Information

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February, 12-13 2021

Clemson Indoor Complex • Clemson, SC
Liberty Indoor Track Complex • Lynchburg, VA

Virginia Cavaliers at Tiger Paw Invitational (Clemson) & Darius Dixon Memorial Invite (Liberty)



The Meets

- The Hoos split up this weekend, sending student-athletes to Clemson for its Tiger Paw Invitational and to Liberty for the Darius Dixon Memorial Invite. Both competitions take place on Friday and Saturday.
- No fans or spectators are permitted at the meets.

Tiger Paw Invitational

- A total of 15 teams will gather at Clemson for this weekend's action. Competition gets underway at noon on Friday and 11 a.m. on Saturday.
- This weekend's Tiger Paw Invitational will host some of the nation's top teams with Georgia, Kentucky, NC State, North Carolina A&T, Tennessee, Virginia and Virginia Tech all entering with either their men's or women's team nationally ranked. The UVA men figure 20th in the latest standings.
- UVA will be represented by six men and 12 women at Clemson.
- Owayne Owens will compete in the triple jump after tying the UVA record (7.58m / 24-10.5) his last time out at the Virginia Beach Invitational. Jordan Willis, who owns the UVA all-time mark in the 200m (21.42) and ranks No. 3 on the 400m (46.61), will compete in those two events.
- On the women's side, school record holders Halle Hazzard (60m / 7.24) and Jada Seaman (200m / 23.56) will race in those events. Seaman, who owns the all-time UVA record in the long jump (6.46m / 21-2.5), will be joined in that competition by Khyasia Caldwell (4th all-time). Caldwell will also go in the triple jump after making her collegiate debut in that competition last weekend.
- Streaming: The meet will be streamed online by ACC Network Extra (ACCNX). Viewers must have access to the ACC Network via their broadcast provider to view the stream. Viewers will need to be prepared to log in to their TV provider on ESPN's webpage after clicking the "Watch Live" link above.

Darius Dixon Memorial Invite

- A total of 16 teams will gather at the Liberty Indoor Track Complex. Events start at 3 p.m. Friday and 11 a.m. on Saturday.
- Virginia has 11 men and nine women headed to Lynchburg for the meet.
- Several UVA competitors are top seeds on event performance lists – Michaela Meyer 800m (unattached), Randy Neish (1000m) and Rohann Asfaw (3000m).

National Leaders

- After a month of competition, Virginia has five performances that rank in the top-10 nationally for this season:
- The men's distance medley relay team of Randy Neish, Brandon Outlaw, Conor Murphy and Wes Porter are fourth in the nation with a time of 9:48.73.
- Owayne Owens opened the season with a career-best triple jump mark of 16.35m (53'7.75"), which currently ranks fourth in the NCAA.
- At the Virginia Beach Invitational, Derek Johnson's time in 5000m (14.16.93) ranks seventh best in the nation.
- Halle Hazzard's time of 7.29 from the Virginia Beach Invitational ranks 10th.
- Jada Seaman is also 10th with a long jump of 6.35m (20-10) at last weekend's Doc Hale Virginia Tech Elite meet.

Meet Schedule of Probable UVA Entries

Tiger Paw Invitational

Friday - February 12

Noon	W-Long Jump	Caldwell, Seaman, Zeni
Noon	M-Shot Put	Lemmon, Romero
Noon	W-60mH (prelims)	Saunders, Still
12:30	M-60mH (prelims)	Wilson
1:15p	W-60m (prelims)	Bonnick, Hazzard, Zeni
1:55p	W-400m	Knight, Parenchuk
2:30p	M-400m	Willis
3:00p	W-Shot Put	Jones
3:20p	W-60mH (finals)	Still
3:30p	M-60mH (finals)	Wilson
3:40p	W-60m (finals)	Bonnick, Hazzard, Zeni

Saturday - February 13

11:00a	M-Weight Throw	Kunzman, Lemmon, Romero
11:00a	W-High Jump	Hawkins, Still
11:00a	M-Triple Jump	Owens
1:00p	W-Triple Jump	Caldwell, Rice, Saunders
1:05p	W-200m	Bonnick, Hazzard, Seaman
1:55p	M-200m	Willis
3:10p	M-4x400	Hazzard, Seaman, Knight, Parenchuk

Darius Dixon Memorial Invite

Friday - February 12

4:30p	M-60m (prelims)	Davis
5:00p	M-400m	Pendarvis
4:30p	M-60m (finals)	Davis
5:30p	Mile	Ibrahim, Sado
7:30p	W-DMR	

Saturday - February 13

11:00a	W-Shot Put	Kristjansdottir
12:40p	M-800m	Bellamy, Murphy JeanPierre (unatt.)
12:40p	W-800m	Sabbakhan, Seasholtz Meyer (unatt.)
1:00p	M-1000m	Hunter, Neish
1:10p	M-200m	Davis
1:40p	M-3000m	Asfaw, Crites, Diehl

Italics- Event dependent upon prelim performance

*All times Eastern

Women's NCAA Indoor Champions

Aileen O'Conner	5000m - 1981 AIAW
Jill Haworth	1500m - 1981 AIAW
Virginia	DMR - 1982 AIAW
(Linda Nicholson, Karen Hatchett, Lisa Welch, Jill Haworth)	

Women's ACC Indoor Champions

1987	Sonya Fridy	60y
	Michelle Rowen	Mile
	Virginia	Mile Relay
	LaTanya Wynn	TJ
1988	Robin Landes	HJ
	Latanya Wynn	TJ
1989	Dana Boone	LJ
1990	Claire Forbes	Mile
	Claire Forbes	3000m
1991	Kelly Bodiford	SP
1992	Claire Forbes	3000m
	Virginia	2-Mile Relay
1993	Sherry Gould	HJ
1994	Sherry Gould	HJ
1995	Rebecca Grube	LJ
1996	Lauren Connolly	WT
1997	Virginia	DMR
2001	Nacole Guinn	TJ
2003	Kiamesha Otey	LJ
2010	Maureen Laffan	SP
	Virginia	DMR
2011	Virginia	DMR
2012	Pearl Bickersteth	HJ
2014	Jordan Lavender	400m
2016	Iona Lake	Mile
2020	Jada Seaman	LJ

Men's NCAA Indoor Champions

Paul Ereng	800m - 1989 NCAAAs
Robby Andrews	800m - 2010 NCAAAs
Henry Wynne	Mile - 2016 NCAAAs
Jordan Scott	Triple Jump- 2019 NCAAAs

Men's ACC Indoor Champions

1954	Ray Quillen	HJ
1957	Henry Davenport	PV
1958	Henry Davenport	PV
	Clarence Roberts	PV
1968	Mike Harvey	LJ
1970	Jim Shannon	LJ
1972	Kent Merritt	60y
	Virginia	Mile Relay
1973	Kent Merritt	60y
1975	Keith Witherspoon	TJ
1976	Keith Witherspoon	TJ
1977	Greg Canty	1000y
1978	Greg Canty	1000y
	Virginia	2-Mile Relay
1979	Greg Canty	1000y
	Virginia	2-Mile Relay
1980	Greg Canty	1000y
1988	Herman Moore	HJ
1989	Paul Ereng	800m
	Ben Kurgat	800m
1990	Herman Moore	HJ
1991	Cornell Grayson	TJ
	Ben Kurgat	800m
	Thom McKinney	SP
1992	Ben Kurgat	800m
1993	Michael Murphy	WT
1994	Rob Cook	3000m
2005	McGavock Dunbar	800m
2008	Virginia	DMR
2009	Ryan Collins	5000m
2010	Robby Andrews	800m
	Ryan Collins	5000m
	Virginia	DMR
2011	Ryan Collins	5000m
	Anthony Kostelac	800m
	Marcus Robinson	TJ
2012	Mark Amirault	5000m
	Marcus Robinson	TJ
2015	Payton Hazzard	400m
	Filip Mihaljevic	SP
	Jordan Young	WT
	Virginia	DMR
2016	Filip Mihaljevic	SP
	Henry Wynne	Mile
	Virginia	DMR
2017	Filip Mihaljevic	SP
	Jack Lint	Hept
	Jordan Scott	TJ
	Jordan Young	WT
2019	Jordan Scott	TJ
2020	Brenton Foster	HJ
	Derek Pekar	Hept
	Jordan Scott	TJ
	Sam Young	PV



Women's Top Indoor 2021 Performances Per Event

WOMEN'S 60 METERS	TIME	WOMEN'S 5000 METERS	TIME	WOMEN'S TRIPLE JUMP	MARK
Halle Hazzard	7.29	Hannah Moran	16:42.63	Khyasia Caldwell	12.49m
Jada Seaman	7.37				40'11.75"
Kayla Bonnick	7.51	WOMEN'S 60M HURDLES	TIME	Nadia Saunders	12.23m
		Nadia Saunders	8.77		40'1.5"
		Alix Still	8.80	Zoe Rice	11.87m
					38'11.5"
WOMEN'S 200 METERS	TIME	WOMEN'S HIGH JUMP	MARK	WOMEN'S SHOT PUT	MARK
Jada Seaman	23.56	Rebecca Hawkins	1.76m	Maria Deaviz	15.43m
Halle Hazzard	24.04		5'9.25"		50'7.5"
Kayla Bonnick	24.72	*Alix Still	1.71m	Brittany Jones	14.56m
			5'7.25"		47'9.25"
		Gabi Hayes	1.60m	Thelma Kristjansdottir	14.08m
			5'3"		46'2.5"
WOMEN'S 400 METERS	TIME	WOMEN'S POLE VAULT	MARK	WOMEN'S WEIGHT THROW	MARK
Anzhelika Parenchuk	56.08	Maya Maloney	3.90m		
Andrenette Knight	56.52		12'9.5"	PENTATHLON	SCORE
Abby Comella	58.53	Gabriella Recce	3.74m	Alix Still	3,781
			12'3.25"	WOMEN'S DMR	TIME
		Riley Larsen	3.70m		
			12'1.5"	4x400m	TIME
WOMEN'S 800 METERS	TIME	WOMEN'S LONG JUMP	MARK	Seasholtz, Knight, Hazzard, Bonnick	3:45.63
Alahna Sabbakhan	2:10.82	Jada Seaman	6.35m	Knight, Hazzard, Seasholtz, Sabbakhan	3:47.92
Keara Seasholtz	2:12.07		20'10"		
Alix Still	2:23.03	Khyasia Caldwell	6.09m		
			19'11.75"		
WOMEN'S 1,000 METERS	TIME	Alix Still	5.73m		
			18'9.75"		
WOMEN'S MILE	TIME				
Ellie Desmond	4:56.88				
Claire Bolton	4:57.86				
Olivia Sargent	5:03.70				
WOMEN'S 3000 METERS	TIME				
Hannah Moran	9:46.48				
Kiera Bothwell	10:04.60				

Men's Top Indoor 2021 Performances Per Event

MEN'S 60 METERS	TIME	MEN'S 5000 METERS	TIME	MEN'S SHOT PUT	MARK
Nigel Davis	7.03	Derek Johnson	14:16.93	Claudio Romero	18.44m
Owayne Owens	7.08	Justin Diehl	14:33.25		60'6"
Ayende Watson	7.25	Peter Morris	14:33.64	Jacob Lemmon	16.47m
					54'0.5"
MEN'S 200 METERS	TIME	MEN'S 60M HURDLES	TIME	Elby Omohundro	12.06m
Jordan Willis	21.83	Jeremiah Wilson	8.34		39'7"
Jay Pendarvis	22.28	Derek Pekar	8.66	MEN'S WEIGHT THROW	MARK
Nigal Davis	22.66			Ty Kunzman	19.18m
		MEN'S HIGH JUMP	MARK		62'11.25"
MEN'S 400 METERS	TIME	MEN'S POLE VAULT	MARK	Jacob Lemmon	18.93m
Jordan Willis	48.39	Kane Aldrich	4.95m		62'1.25"
Jay Pendarvis	50.35		16'2.75"	Claudio Romero	18.47m
Keith Fraser	51.26	Colin Duignan	4.90m		60'7.25"
			16'0.75"	HEPTATHLON	SCORE
MEN'S 800 METERS	TIME	Derek Pekar	4.50m		
Conor Murphy	1:49.91		14'9"	MEN'S DMR	TIME
Liam Bellamy	1:51.75	MEN'S LONG JUMP	MARK	Neish, Outlaw, Murphy, Porter	9:48.73
		Owayne Owens	7.58m		
MEN'S 1,000 METERS	TIME		24'10.5"	4X400M	TIME
		Ayende Watson	6.89m	Willis, Outlaw, Murphy, Frasier	3:21.16
MEN'S MILE	TIME	Derek Pekar	6.79m		
Randy Neish	4:05.40		22'3.5"		
Yasin Sado	4:06.35	MEN'S TRIPLE JUMP	MARK		
Ka'eo Kruse	4:11.74	Owayne Owens	16.35m		
			53' 7.75"		
MEN'S 3000 METERS	TIME	Ayende Watson	14.37m		
Wes Porter	8:06.18		47'1.75"		
Yasin Sado	8:12.95				
Derek Johnson	8:17.17				

* Multis athlete



Men's Indoor Top 10 List

60 METERS

1. Shay Clark 6.71 '01
2. Reuben Jones 6.79 '08
3. Adam Cummings 6.86 '13
4. Michael Johnson 6.87 '04
5. Jarrett Hagwood 6.89 '02
Leo McLaughlin 6.89 '11
7. Scott Kimball 6.93 '00
8. Adams Abdulrazaaq 6.94 '11
9. Payton Hazzard 6.95 '15
10. Matt Meyer 6.96 '09

200 METERS

1. **Jordan Willis** 21.42 '20
2. Gerald Howard 21.53 '95
3. Scott Kimball 21.78 '00
Reuben Jones 21.78 '08
Payton Hazzard 21.78 '14
6. Conlon Bonner 21.79 '08
7. Shay Clark 21.81 '02
8. Kellen Blassingame 21.85 '06
9. **Brandon Outlaw** 21.89 '20
10. Rahn Turner 22.00 '98

400 METERS

1. **Brandon Outlaw** 46.58 '20
2. Payton Hazzard 46.60 '15
3. **Jordan Willis** 46.61 '20
4. Kellen Blassingame 46.73 '06
5. Kevin Anding 47.46 '11
6. Alfred Shirley 47.53 '18
7. Ben Kurgat 47.61 '89
8. Paul Ereng 47.64 '88
9. Meikle Paschal 48.04 '09
10. Charles Bowman 48.16 '17

800 METERS

1. Paul Ereng 1:44.84 '88
2. Ben Kurgat 1:47.31 '91
3. Robby Andrews 1:48.02 '10
4. McGavock Dunbar 1:49.18 '04
5. Nathan Kiley 1:49.20 '16
6. John Hinton 1:49.24 '84
Anthony Kostelac 1:49.24 '11
8. Lance Roller 1:49.47 '10
9. Rob Pearce 1:49.75 '99
10. **Conor Murphy** 1:49.91 '21

MILE

1. Vince Draddy 3:58.2h '82
2. Henry Wynne 3:58.74 '16
3. AJ Ernst 3:59.38 '20
4. Mike Marsella 3:59.97 '15
5. Kyle King 4:02.15 '15
6. Patrick Todd 4:02.70 '12
7. John Minen 4:02.77 '10
8. Kris Herdt 4:02.92 '87
9. Anthony Kostelac 4:02.99 '12
10. Alex Tatu 4:03.00 '05

3000 METERS

1. Ari Klau 7:51.57 '20
2. Henry Wynne 7:53.89 '16
3. Mark Amirault 7:54.08 '12
4. Adam Visokay 7:54.24 '16
5. Kris Herdt 7:54.90 '87
6. Emil Heineking 7:58.36 '11
7. Kyle King 8:00.23 '15
8. Jan Foerster 8:02.54 '07
9. Andy Biladeau 8:04.30 '08
10. AJ Ernst 8:05.31 '19

5000 METERS

1. Zach Herriott 13:45.37 '17
2. Ryan Collins 13:46.41 '10
3. Chase Weaverling 13:54.39 '17
4. Brent Demarest 13:56.03 '17
5. Thomas Madden 13:57.01 '15
6. Alex Corbett 14:00.56 '19
7. Kris Herdt 14:02.00 '89
8. Mark Amirault 14:03.01 '12
9. Ari Klau 14:03.31 '19
10. Chris Foley 14:03.67 '12

60 HURDLES

1. Adams Abdulrazaaq 7.75 '11
2. Drequan Hoskey 7.79 '14
3. Jarrett Hagwood 7.93 '02
4. Marion Mason 8.01 '01
5. Cary Chandler 8.03 '01
Aaron Shepperd 8.03 '11
Emmanuel Jackson 8.03 '19
8. Gemayel Hazard 8.09 '02
9. Herb Reid 8.16 '01
Isi Azeke 8.16 '06

HIGH JUMP

1. **Brenton Foster** 2.26m (7'5") '20
2. Herman Moore 2.21m (7'3") '90
3. Greg Nelson 2.14m (7'0.25") '10
4. Greg Byers 2.13m (6'11.75") '82
Trey Causey 2.13m (6'11.75") '19
6. Bob Lund 2.09m (6'10.25") '93
7. Mike Riso 2.08m (6'10") '02
Kevin Jackson 2.08m (6'10") '77
9. David Sullivan 2.05m (6'8.75") '06
Arthur Gennari 2.05m (6'8.75") '08
Tommy DeVita 2.05m (6'8.75") '13

POLE VAULT

1. Sam Young 5.38m (17'7.75") '20
1. David Sullivan 5.30m (17'4.75") '05
2. Brian Shafer 5.20m (17'0.75") '93
Jeff Jernigan 5.10m (16'8.75") '17
5. Tommy Cooke 5.05m (16'6.75") '95
6. Matt Armentrout 5.01m (16.5.25") '13
7. Danny Thompson 4.98m (16'4") '81
8. **Kane Aldrich** 4.95m (16'2.75") '21
9. Greg Blair 4.90m (16'1") '05
David Lewis 4.90m (16'1") '08
- Colin Duignan** 4.90m (16'0.75") '21

LONG JUMP

1. **Owayne Owens** 7.58m (24'10.5") '21
2. Jordan Scott 7.58m (24'10.5") '19
3. Matt Meyer 7.52m (24'8.25") '09
4. Marion Mason 7.50m (24'7.25") '01
Tiki Barber 7.50m (24'7.25") '94
6. Bruce Randolph 7.48m (24'6.5") '84
7. Keith Witherspoon 7.45m (24'5.25") '76
8. **Ayende Watson** 7.41m (24'3.75") '19
9. Stephen Dunphy 7.40m (24'3.25") '92
10. Mauri Anderson 7.39m (24'3") '82

TRIPLE JUMP

1. Jordan Scott 17.20m (55'10.25") '20
2. Marcus Robinson 16.63m (54'6.75") '12
3. **Owyane Owens** 16.35m (53'7.75") '21
4. Keith Witherspoon 16.16m (53'0.25") '76
5. Greg Byers 15.98m (52'5") '85
6. Aaron Worrell 15.87m (52'1") '17
7. Cornell Grayson 15.74m (51'7.75") '90
8. Chike Chukwulozie 15.64m (51'3.75") '91
9. Ryan Satchell 15.62m (51'3") '14
10. Ivan Glasgow 15.34m (50'4") '82

SHOT PUT

1. Filip Mihaljevic 20.87m (68'5.75") '16
2. Oghenakpobo Efekoro 19.84m (65'1.25") '17
3. Jordan Young 19.15m (62'10") '15
4. Nick Vena 18.92m (62'1") '12
5. Yemi Ayeni 18.80m (61'8.25") '09
6. Nace Plesko 18.71m (61'4.75") '19
7. **Claudio Romero** 18.44m (60'6") '21
7. Kevin Latham 17.62m (57'9.75") '84
8. Thom McKinney 17.12m (56'2") '91
9. Mike Murphy 17.10m (56'1.25") '93
10. Pete Sheehan 16.91m (55'5.75") '91

WEIGHT THROW

1. Jordan Young 22.92m (75'2.5") '15
2. Hilmar Jonsson 21.37m (70'1.5") '18
3. Oghenakpobo Efekoro 19.90m (65'13.5") '18
4. Vincenzo Chiariello 19.38m (63'7") '12
5. **Ty Kunznan** 19.18m (62'11.25") '21
6. **Jacob Lemmon** 18.93m (62'1.25") '21
7. **Claudio Romero** 18.47m (60'7.25") '21
8. Thom McKinney 18.43m (60'5.75") '91
9. Thomas Fuson 18.18m (59'7.75") '11
10. Mike Murphy 17.77m (58'3.75") '93

HEPTATHLON

1. Jack Lint 5,546 '17
2. **Derek Pekar** 5,362 '20
3. David Sullivan 5,178 '04
4. David Lewis 5,139 '08
5. Christian Lavorgna 5,113 '16
6. **Elby Omohundro** 5,038 '20
7. Cam Collins 4,972 '16
8. Anthony Dunavant 4,970 '14
9. Jack Claiborne 4,821 '17
10. Thomas Codevilla 4,360 '05



Men's Indoor Freshman Records

60 METERS

1. Adam Cummings.....6.86.....'13
2. Leo McLaughlin6.89.....'11
3. Reuben Jones.....6.92.....'05
4. Matt Meyer.....6.97.....'09
5. Conlon Bonner.....6.98.....'08

200 METERS

1. Conlon Bonner.....21.79.....'08
2. **Brandon Outlaw**.....22.03.....'18
3. Ben Sargong.....22.16.....'92
4. Adam Abdulrazaaq22.24.....'08
5. **Jay Pendarvis**.....22.28.....'21

300 METERS

1. Anthony Swan.....34.11.....'86
2. Adam Abdulrazaaq34.63.....'08
3. Patrick Farmer34.74.....'11
4. Conlon Bonner.....34.78.....'08
5. Charles Bowman.....34.82.....'16

400 METERS

1. **Brandon Outlaw**.....47.18.....'18
2. Alfred Shirley47.53.....'18
3. Paul Ereng.....47.64.....'88
4. Meikle Paschal48.11.....'08
5. Ben Kurgat.....48.26.....'88

500 METERS

1. Paul Ereng.....1:02.02.....'88
2. Alfred Shirley1:03.05.....'18
3. Bruce Berry1:03.31.....'85
4. Ray Brown1:03.80.....'81
5. Dwayne Brake.....1:03.97.....'83

800 METERS

1. Robby Andrews1:48.39.....'10
2. Anthony Kostelac1:49.24.....'11
3. Paul Ereng.....1:49.31.....'88
4. **Conor Murphy**1:49.91.....'21
5. Nathan Kiley1:51.08.....'14

1000 METERS

1. Rob Pearce.....2:27.69.....'97
2. Billy Convey.....2:28.30.....'84
3. TJ Hobart2:28.40.....'11
4. Brett Johnson2:28.47.....'10
5. Ken Cheeseman2:29.80.....'85

MILE

1. Alex Tatu4:03.00.....'05
2. Mike Marsella.....4:03.18.....'14
3. Matthew Novak.....4:03.93.....'16
4. Sintayehu Taye.....4:04.04.....'09
5. Henry Wynne4:04.37.....'14

3,000 METERS

1. Adam Visokay.....7:57.46.....'14
2. **Wes Porter**8:06.18.....'21
3. Brent Demarest8:09.59.....'15
4. Connor Rog8:09.76.....'14
5. Chase Weaverling8:11.28.....'16

5,000 METERS

1. Thomas Madden13:57.01.....'15
2. Chris Foley14:03.67.....'12
3. Chase Weaverling14:03.72.....'16
4. Brent Demarest14:14.74.....'15
5. Connor Rog14:15.23.....'14

60m HURDLES

1. Adam Abdulrazaaq7.98.....'08
2. Aaron Sheppherd8.03.....'11
3. Jarrett Hagwood.....8.05.....'99
4. Marion Mason8.23.....'98
- Devin Brewer8.23.....'12
- Jack Lint8.23.....'16

HIGH JUMP

1. Trey Causey2.13m(6'11.75").....'19
2. Mike Riso.....2.08m (6' 10").....'02
3. Tommy DeVita.....2.04m (6' 8.5").....'11
4. Arthur Gennari2.03m (6' 8").....'07
5. Gerald Howard.....2.00m (6' 7").....'93
- Cordell Green2.00m (6' 7").....'95

POLE VAULT

1. Sam Young5.10m (16' 8.75) ...'17
2. David Sullivan.....4.97m (16' 3.75").. '03
3. Brian Shafer.....4.90m (16' 1").....'90
4. Jake Williams4.87m (16' 0").....'91
5. Greg Blair.....4.82m (15' 10").....'03

LONG JUMP

1. Matt Meyer.....7.52m (24' 8.25").. '09
2. Tiki Barber.....7.48m (24' 6.75").. '94
3. **Ayende Watson** ...7.41m (24'3.75")... '19
4. Jordan Scott.....7.38m (24' 2.5") ...'17
5. Marion Mason7.24m (23' 9.25").. '98

TRIPLE JUMP

1. Jordan Scott.....16.36m (53' 8.25").. '17
2. Aaron Worrell.....15.64m (51'3.75")... '14
3. **Owyane Owens**.....15.27m (50' 1.25")'20
4. Ryan Satchell15.02m (49' 3.5").. '12
5. Darryl Smith14.70m (48' 4").....'79

SHOT PUT

1. Filip Mihaljevic19.63m (64'5").....'15
2. Nick Vena.....18.92m (62' 1").....'12
3. Oghenakpobo Efekoro...18.82m (61' 9").....'16
4. **Claudio Romero**...18.44m (60'6" '21
5. Mike Theuerkauf....16.51m (54' 2").....'89

WEIGHT THROW

1. Hilmar Jonsson.....20.32m (66' 8")..... '16
2. **Jacob Lemmon**18.93m (62'1.25") '21
3. Oghenakpobo Efekoro...18.86m (61' 10.5").. '16
4. **Claudio Romero**...18.47m (60' 7.25")'21
5. Vincenzo Chiarello16.40m (53' 9.75") '09

HEPTATHLON

1. Jack Lint5,358.....'16
2. **Derek Pekar**5,354.....'20
3. Anthony Dunavant.....4,970.....'14
4. Jack Claiborne4,821.....'17
5. Cam Collins.....4,793.....'15

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



Women's Indoor Top 10 List

60 METERS

- Halle Hazzard** 7.24 '20
- Jada Seaman** **7.37** '**21**
- Kiamesha Otey 7.37 '03
- Sonja Fridy..... 7.39 '86
- Peyton Chaney 7.40 '16
- Anna Jefferson** 7.40 '20
- Pam Lemons 7.43 '93
- Jordan Lavender..... 7.49 '15
- Janne'a Bridgeford 7.50 '08
- Kayla Bonnicks** **7.51** '**21**

200 METERS

- Jada Seaman**..... **23.56** '**21**
- Halle Hazzard** 23.79 '20
- Jordan Lavender..... 23.80 '15
- Peyton Chaney 23.84 '16
- Anna Jefferson** 23.92 '20
- Danielle Williams 23.97 '12
- Kelly Miller 24.17 '99
- Angela Lee 24.30 '99
- Kiamesha Otey 24.34 '03
- Pam Lemons 24.37 '94

400 METERS

- Jordan Lavender..... 52.59 '13
- Andrenette Knight** 53.50 '20
- Anna Jefferson** 53.33 '19
- Lisa Garrett 54.07 '81
- Angela Lee 54.29 '99
- Carielle Doe 54.52 '02
- Cathron Birge 54.61 '90
- Sonja Fridy 54.95 '87
- Angela Griffith 55.38 '92
- Erin Crawford 55.42 '07

800 METERS

- Vanessa Fabrizio 2:07.24 '15
- Emma Call..... 2:07.39 '17
- Lyndsay Harper 2:07.64 '11
- Morgane Gay 2:08.07 '09
- Kim Kelly 2:09.27 '85
- Alahna Sabbakhan**..... 2:09.57 '20
- Jill Haworth..... 2:09.62 '83
- Cathron Birge 2:09.71 '90
- Colette Gnade 2:09.80 '13
- Sandy Schuler 2:09.90 '85

MILE

- Jill Haworth 4:34.32 '82
- Morgane Gay 4:34.38 '12
- Vicky Fouhy 4:34.87 '13
- Lesley Welch 4:35.56 '82
- Iona Lake 4:36.11 '16
- Marissa Schmidt 4:41.10 '82
- Michele Rowen 4:41.57 '87
- Lisa Welch 4:41.96 '82
- Catherine White 4:42.80 '11
- Margaret Groos 4:43.9h '79

3,000 METERS

- Cleo Boyd 9:18.20 '17
- Claire Forbes 9:18.80 '92
- Stephanie Garcia 9:19.44 '11
- Martha White..... 9:19.58 '83
- Iona Lake 9:22.75 '15
- Barbara Strehler 9:22.85 '14
- Morgan Kelly..... 9:23.21 '15
- Catherine White 9:24.43 '10
- Patty Matava 9:25.83 '87
- Michele Rowen 9:25.8h '85

5,000 METERS

- Margaret Groos 15:34.71 '81
- Cleo Boyd 16:04.76 '17
- Morgan Kelly..... 16:10.73 '15
- Barbara Strehler 16:16.32 '14
- Emily Harrison 16:16.53 '08
- Lesley Welch..... 16:21.6h '82
- Maria Hauger 16:22.07 '14
- Anna Corrigan 16:25.81 '12
- Kara Scanlin 16:27.61 '08
- Martha White 16:31.6h '82

60 HURDLES

- Alexis Woodley 8.31 '20
- Ciara Leonard 8.38 '18
- Ayla Smith 8.39 '09
- Andrenette Knight** 8.48 '20
- Heather Smith 8.54 '16
- Kim Turko 8.55 '01
- Chidi Uche 8.58 '10
- Lauren Echko 8.60 '09
- Bianca DeBartolo 8.65 '07
- Kristina Chapman 8.68 '11

HIGH JUMP

- Sherry Gould 1.87m (6' 1.5") '94
- Ann Bair 1.83m (6' 0") '83
- Robin Landes 1.82m (5' 11.25") '88
- Karen DiDonato 1.80m (5' 10.75") '91
- Pearl Bickersteth..... 1.79m (5'10.5") '12
- Rachel Marks 1.78m (5' 10") '04
- Rebecca Hawkins** .. **1.76m (5'9.25")** .. '**21**
- Kate Doyle..... 1.75m (5' 8.75") .. '90
- Janelle Clayton..... 1.74m (5' 8.5") '10
- Susan Brownell..... 1.73m (5' 8.25") .. '80
- Karen Hatchett 1.73m (5' 8.25") .. '81

POLE VAULT

- Bridget Guy..... 4.41m (14'5.5") '19
- Maya Maloney** 3.97m (13'0.25") '20
- Sarah DeVita 3.97m (13'0.25") '15
- Theresa Demaria 3.96m (12'11.75") '17
- Katie Freix 3.95m (12'11.5") '18
- Vika Osenko 3.80m (12' 5.75") '03
- Riley Larsen** 3.80m (12'5.5") '20
- Katie Darraugh..... 3.75m (12' 3.5") '10
- Gabriella Recce** **3.74m (12' 3.25")**..... '**21**
- Annica While 3.60m (11' 9.75") '01
- Kathryn Pettine 3.60m (11' 9.75") '05
- Kate Kaufman..... 3.60m (11' 9.75") '16
- Trina Barcarola** **3.60m (11'9.75")** '**21**

LONG JUMP

- Jada Seaman**..... 6.46m (21' 2.5")..... '20
- Dana Boone 6.44m (21' 1.50") '91
- Kiamesha Otey 6.39m (20' 11.75") '02
- Sonja Fridy..... 6.38m (20' 11.25") '87
- Khyasia Caldwell**.... 6.29m (20' 7.75") '20
- Nicole Kimbrough..... 6.27m (20' 7") '95
- Kelly Miller 6.22m (20' 5") '99
- Angela Griffith 6.15m (20' 2.25") '92
- Latanya Wynn 6.10m (20' 0.25") '88
- Tomika Ferguson..... 6.09m (19' 11.75") '06
- Mia Barron 6.09m (19' 11.75") '18

TRIPLE JUMP

- Tomika Ferguson 13.53m (44' 4.75") '07
- Naccolle Guinn 13.14m (43' 1.25") '01
- Kelly McKee..... 13.00m (42'8") '19
- Dallas Rose..... 12.98m (42' 7") '12
- Dana Boone 12.86m (42' 2.25") '91
- Michele Johnson 12.78m (41' 11") '87
- Mia Barron 12.71m (41'8.5") '17
- Rashawnda James ... 12.59m (41' 3.75") '09
- Khyasia Caldwell** **12.49m (40' 11.75")**..... '**21**
- Curtrell Frye 12.45m (40' 10.25") '02

SHOT PUT

- Billie-Jo Grant 16.55m (54' 3.5") '08
- Christine Bohan 16.53m (54' 2.75") '16
- Brittany Jones** 16.27m (53'4.5") '20
- Maureen Laffan 15.97m (52' 4.75") '10
- Eliese Mitchell 15.72m (51' 7") '03
- Kelly Bodiford 15.65m (51' 4.25") '91
- Maria Deaviz** **15.43m (50'7.4)**..... '**21**
- Emily Vannoy 15.42m (50' 7.25") '10
- Anna Grant 14.94m (49' 0.25") '08
- Alexa Manning 14.93m (48' 11.75") '08
- T. Kristjansdottir** ... **14.08m (46' 2.5")** '**21**

WEIGHT THROW

- Eliese Mitchell 20.06m (65' 9.75") '02
- Maureen Laffan 18.54m (60' 10") '12
- Erin Wykoff 17.75m (58' 3") '12
- Jade Baker 17.46m (57'3.5") '19
- Alexa Manning 17.09m (56' 1") '08
- Ann Crouse..... 17.08m (56' 0.5") '96
- Eve Mustafic**..... 16.92m (55'6.25") '19
- Lauren Connelly 16.67m (54' 8.25") '96
- Logan Clements..... 16.30m (53'5.75") '14
- Brittany Jones** 16.24m (53' 3.5") '18

PENTATHLON

- Susan Brownell..... 4,153..... '82
- Rebecca Grube 4,108..... '95
- Holly Sullivan 3,912..... '18
- Ayla Smith 3,879..... '09
- Sherry Gould 3,789..... '94
- Alix Still**..... **3,781**..... '**21**
- Beth Sheehan 3,678..... '83
- Bianca DeBartolo 3,661..... '07
- Anna Finger 3,659..... '13
- Curtrell Frye 3,644..... '02

All-time lists are based on a student-athlete's best time/mark



Women's Indoor Freshman Records

60-METER DASH

- 1. **Halle Hazzard** 7.32 '19
- 2. **Jada Seaman** 7.46 '20
- 3. **Kayla Bonnick**..... **7.51** '**21**
- 4. Jordan Lavender..... 7.57 '12
- 5. Peyton Chaney 7.60 '13
- Torii McKenzie 7.60 '14

200-METER DASH

- 1. **Jada Seaman** 23.93 '20
- 2. **Halle Hazzard** 24.09 '19
- 3. Jordan Lavender..... 24.25 '12
- 4. Peyton Chaney 24.31 '13
- 5. Kiana Hairston..... 24.48 '15

300-METER DASH

- 1. Jordan Lavender..... 39.05 '12
- 2. Julie Sandy..... 39.43 '87
- 3. **Anna Jefferson** 39.63 '17
- 4. Kiana Hairston..... 40.15 '15
- 5. **Kayla Bonnick**..... **40.25** '**21**

400-METER DASH

- 1. Jordan Lavender..... 54.69 '12
- 2. Michelle Samuels 55.81 '91
- 3. Meagan Gillespie 56.07 '09
- 4. **Anzhelika Parenchuk** ... **56.08** '**21**
- 5. Chimere Ezumah..... 56.27 '14

500-METER DASH

- 1. Cathron Birge 1:14.16 '87
- 2. Phyllis Buber..... 1:14.90 '84
- 3. Ayla Smith..... 1:14.91 '07
- 4. Lyndsay Harper 1:16.22 '08
- 5. Shelley McBride 1:16.68 '86

800-METER RUN

- 1. Emma Call 2:07.39 '17
- 2. Morgane Gay 2:08.07 '09
- 3. Vanessa Fabrizio 2:08.79 '11
- 4. Sandy Schuler 2:09.90 '85
- 5. Alexia Roux..... 2:11.34 '16

1000-METER RUN

- 1. Sandy Schuler 2:44.40 '85
- 2. Shelley McBride 2:50.40 '86
- 3. **Maddie Rennyson** 2:54.65 '18
- 4. Claire Forbes 2:55.31 '90
- 5. Alexia Roux..... 2:56.80 '16

1-MILE RUN

- 1. Claire Forbes 4:49.48 '90
- 2. Tasia Potasinski..... 4:51.49 '10
- 3. Megan Rebholz 4:53.87 '15
- 4. Lara Drauglis 4:53.94 '91
- 5. Michelle Rowen..... 4:54.10 '84

3000-METER RUN

- 1. Maria Hauger..... 9:29.20 '14
- 2. Sarah Fakler 9:37.45 '14
- 3. Katharine Walker..... 9:38.96 '11
- 4. Megan Rebholz 9:42.55 '15
- 5. Cleo Boyd..... 9:47.23 '14

5000-METER RUN

- 1. Lesley Welch..... 16:21.60 '82
- 2. Maria Hauger..... 16:22.07 '14
- 3. Cleo Boyd..... 16:29.16 '14
- 4. Sarah Fakler 16:32.01 '14
- 5. Katharine Walker..... 16:46.02 '11

60-METER HURDLES

- 1. Alexis Woodley 8.56 '17
- 2. Ayla Smith 8.68 '07
- 3. Kim Turko 8.69 '98
- 4. Ciara Leonard 8.74 '16
- 5. Shantell Bingham..... 8.82 '12
- Nadia Sauders** **8.77** '**21**

HIGH JUMP

- 1. Karen Didonota..... 1.71m (5'7.5").... '87
- 2. Janelle Clayton..... 1.70m (5' 7")..... '10
- Pearl Bickersteth..... 1.70m (5' 7")..... '10
- Emily Kianka..... 1.70m (5' 7")..... '11
- Moir Cronin..... 1.70m (5' 7")..... '12

POLE VAULT

- 1. Bridget Guy..... 3.97m (13' 0.25")'15
- Maya Maloney** 3.97m (13'0.25")'20
- 3. Theresa Demaria..... 3.96m(12'11.75) '17
- 4. Katie Freix..... 3.82m (12' 6.5").. '15
- 5. **Riley Larsen**..... 3.77m (12'4.5").. '20

LONG JUMP

- 1. **Jada Seaman**..... 6.46m (21' 2.5").. '20
- 2. Kiamesha Otey 6.00m (19' 8.25").. '00
- 3. Sonja Fridy..... 5.99m (19' 8").... '84
- 4. Dana Boone 5.96m (19' 6.75")'88
- 5. Mia Barron 5.94m (19' 6").... '15

TRIPLE JUMP

- 1. Dallas Rose..... 12.56m (41' 2.5")'10
- 2. Mia Barron 12.33m (40' 5.5").. '15
- 3. Britni Strates 12.32m (40' 5").. '12
- 4. **Nadia Saunders** **12.23m (40' 1.5")** '**21**
- 5. Rashawanda James ... 12.19m (40' 0").. '08

SHOT PUT

- 1. Maria Deaviz..... 15.43m (50' 7.5")'21
- 2. Emily Vannoy 15.42m (50' 7.25")'10
- 3. **Brittany Jones**..... 15.21m (49'11").. '18
- 4. Anna Grant 14.94m (49' 0.25").. '08
- 5. Christine Bohan 14.78m (48' 6")... '14

WEIGHT THROW

- 1. **Eva Mustafic**..... 16.92m (55'6.25")..19
- 2. **Brittany Jones** 16.24m (53'3.5")'18
- 3. Emily Vannoy 16.00m (52' 6").. '10
- 4. Kristy Martin..... 15.50m (50' 10.5")'97
- 5. Erin Wykoff 15.11m (49' 7").. '09

PENTATHLON

- 1. Beth Sheehan..... 3,678 '83
- 2. Katie Ollendick 3,443 '94
- 3. Holly Sullivan 3,411 '16
- 4. Alana Herran 3,396 '16
- 5. **Alix Still**..... 3,288 '19

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



Indoor Relay Records

Women

4x400

- 3:39.43 Chaney, Fabrizio, Wright, Lavender 2014
- 3:39.77 Ezumah, Fabrizio, Wright, Lavender 2015
- 3:39.93 Sandy, Hinton, Birge, Fridy 1987
- 3:40.40 Chaney, Lavender, Ezumah, Wright 2014
- 3:41.26 Wright, Ezumah, Lavender, Hairston 2015

DMR

- 10:59.33 Gay, Smith, Harper, Garcia 2011
- 11:14.15 Gay, Fabrizio, Harper, Garcia 2011
- 11:19.39 Welch, Welch, Garrett, Haworth 1982
- 11:21.19 Fabrizio, Weatherly, Gnade, Garcia 2011
- 11:22.32 Sargent, Lavender, Fabrizio, Fouhy 2014

Men

4x400

- 3:11.76 **Willis**, Shirley, Dixon, **Outlaw** 2018
- 3:11.93 Bowman, Carrington, Kiley, Dixon 2017
- 3:12.52 Hazzard, Kiley, Carrington, Bartha 2015
- 3:12.55 Hayes, Taylor, Kugrat, Ereng 1989
- 3:12.90 Revelle, Adderly, Pirtle, Palmer 1982

DMR

- 9:29.86 Jesien, Paschal, Roller, Taye 2009
- 9:31.23 Kostelac, Hazzard, Burton, Gilland 2013
- 9:32.36 Marsella, Hazzard, Kiley, King 2015
- 9:34.38 Johnson, Anding, Kostelac, Heineking 2011
- 9:34.78 Gilland, Anding, Roller, Kostelac 2012

School Records for events that are not contested at current NCAA Championships

WOMEN

55 Meters

6.82 Sonya Fridy 1986

55m Hurdles

7.90 Michele Johnson 1986

60 Yards

6.9h Brenda Brown 1981

60y Hurdles

7.8h Susan Brownell 1982

300 Meters

39.05 Jordan Lavender 2012

440 Yards

54.0h Lisa Garrett 1981

500 Meters

1:09.89 Sonya Fridy 1987

600 Yards

1:24.67 Phyllis Buber 1985

600 Meters

1:31.58 Keara Seasholtz 2021

880 Yards

2:10.27 Kim Kelly 1985

1,000 Meters

2:44.40 Sandy Schuler 1985

1,000 Yards

2:30.43 Kim Kelly 1985

1,500 Meters

4:17.24 Margaret Groos 1981

Two-Mile

9:52.3h Margaret Groos 1980

Three-Mile

15:25.25 Martha White 1982

4x800m Relay

8:55.19 Fabrizio, Weatherly, Gnade, Garcia 2011

MEN

55 Meters

6.21 Bruce Randolph 1984

55m Hurdles

7.33 Robert Archer 1984

60 Yards

6.0h Kent Merritt 1972

300 Meters

34.04 Jordan Willis 2021

440 Yards

49.9h John Morris 1970

500 Meters

1:02.44 Paul Ereng 1988

500 Yards

1:02.79 David Revelle 1983

600 Meters

1.11.99 Dwayne Brake 1983

600 Yards

109.8h David Revelle 1983

880 Yards

1:56.1h James Wood 1973

1,000 Meters

2:20.57 Ray Brown 1984

1,000 Yards

2:07.31 Ray Brown 1984

1,500 Meters

3:45.04 John Hinton 1985

Two-Mile

8:40.49 Kris Herdt 1987

Three-Mile

13:43.03 Colin Peddie 1985

Pentathlon

3,915 Stephen Dunphy 1991

4x800m Relay

7:26.49 Vrhovac, A. Bowman, Taye, Andrews 2010