



2022 INDOOR BESTS

Women's Top 2022 Indoor Performances Per Event

WOMEN'S 60 METERS

TIME	
Jada Seaman	7.45
Kayla Bonnick	7.55
Jada Pierre	7.57
Tara Zeni	7.93

WOMEN'S 200 METERS

TIME	
Jada Seaman	24.58
Kayla Bonnick	25.18
Jada Pierre	25.72

WOMEN'S 400 METERS

TIME	
Anzhelica Parenchuk	57.98
Abby Comella	59.09

WOMEN'S 800 METERS

TIME	
Claire Frazier Bolton	2:12.75

WOMEN'S 1,000 METERS

TIME	

WOMEN'S MILE

TIME	

WOMEN'S 3000 METERS

TIME	
Veronic Boire	9:34.79
Taylor Jones	9:53.75
Liza Neely	10:22.19
Lila Fenner	10:41.39
Amelia Kokernak	10:41.81

WOMEN'S 5000 METERS

TIME	
Margot Appleton	16:49.45
Helena Lindsay	17:01.24

WOMEN'S 60M HURDLES

TIME	
Alix Still	8.86
Nadia Saunders	8.87
Zoe Rice	8.93

WOMEN'S HIGH JUMP

MARK	
Bex Hawkins	1.76m

WOMEN'S POLE VAULT

MARK	
Maya Maloney	3.94m
Gabriella Recce	3.90m
Trina Barcarola	3.80m
Riley Larsen	3.65m

WOMEN'S LONG JUMP

MARK	
Jada Seaman	5.71m
Alix Still	5.55m
Tara Zeni	5.50m

WOMEN'S TRIPLE JUMP

MARK	
Zoe Rice	11.91m
Nadia Saunders	11.76m

WOMEN'S SHOT PUT

MARK	
Maria Deaviz	15.72m
Ashley Anumba	14.90m
Morgan Johnson	12.57m

WOMEN'S WEIGHT THROW

MARK	

PENTATHLON

SCORE	

WOMEN'S DMR

TIME	

4x400m

TIME	
Sabbakhan, Seasholtz Bolton, Coppolino	3:50.51

Men's Top 2022 Indoor Performances Per Event

MEN'S 60 METERS

TIME	
Tavares Kelly	6.95
Jay Pendarvis	7.02
Nigal Davis	7.13

MEN'S 200 METERS

TIME	
Tavares Kelly	22.74
Jeremiah Wilson	22.84
Nigal Davis	23.24

MEN'S 400 METERS

TIME	
Jordan Willis	49.02
Will Trent	51.95

MEN'S 800 METERS

TIME	

MEN'S 1,000 METERS

TIME	

MEN'S MILE

TIME	

MEN'S 3000 METERS

TIME	
Connor Murphy	8:16.92
Jacob Hunter	8:18.02
Johnny Rogers	8:21.38

MEN'S 5000 METERS

TIME	
Derek Johnson	14:12.08
Ka'eo Kruse	14:25.15
Jackson Braddock	14:40.46

MEN'S 60M HURDLES

TIME	
Jeremiah Wilson	8.30

MEN'S HIGH JUMP

MARK	
Jacob Kelly	1.95m

MEN'S POLE VAULT

MARK	
Kane Aldrich	4.60m
Kyle Mosteller	4.60m

MEN'S LONG JUMP

MARK	
Heldi Valikaj	7.22m
Ayende Watson	7.02m

MEN'S TRIPLE JUMP

MARK	
Owayne Owens	16.23m
Ayende Watson	14.46m

MEN'S SHOT PUT

MARK	
Claudio Romero	17.54m

MEN'S WEIGHT THROW

MARK	
Jacob Lemmon	16.97m

HEPTATHLON

SCORE	

MEN'S DMR

TIME	

4X400M

TIME	
Pendarvis, Sherman Trent, Willis	3:17.64

* Multis athlete



VIRGINIA INDOOR RECORDS

INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Halle Hazzard	7.23	2021
200 meters	Halle Hazzard	23.45	2021
400 meters	Jordan Lavender	52.59	2013
800 meters	Vanessa Fabrizio	2:07.24	2015
Mile	Jill Haworth	4:34.32	1982
3,000 meters	Cleo Boyd	9:18.20	2017
5,000 meters	Margaret Groos	15:34.71	1981
60-meter hurdles	Alexis Woodley	8.31	2020
4x400-meter relay	Chaney, Fabrizio, Wright, Lavender	3:39.43	2014
Distance Medley Relay	Gay, Smith, Harper, Garcia	10:59.33	2011
High Jump	Sherry Gould	1.87m (6' 1.5")	1994
Pole Vault	Bridget Guy	4.41m (14' 5.5")	2019
Long Jump	Jada Seaman	6.46m (21'2.5")	2020
Triple Jump	Tomika Ferguson	13.53m (44' 4.75")	2007
Shot Put	Billie-Jo Grant	16.55m (54' 3.5")	2008
Weight Throw	Eliese Mitchell	20.06m (65' 9.75")	2002
Pentathlon	Susan Brownell	4,153	1982

INDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Shay Clark	6.71	2001
200 meters	Jordan Willis	21.42	2020
400 meters	Brandon Outlaw	46.58	2020
800 meters	Paul Ereng	1:44.84	1988
Mile	Vince Draddy	3:58.2h	1982
3,000 meters	Ari Klau	7:51.57	2020
5,000 meters	Zach Herriott	13:45.37	2017
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Willis, Shirley, Dixon, Outlaw	3:11.76	2018
Distance medley relay	Jesien, Paschal, Roller, Taye	9:29.86	2009
High Jump	Brenton Foster	2.26m (7' 5")	2020
Pole Vault	Sam Young	5.38m (17' 7.75")	2020
Long Jump	Owayne Owens	7.58m (24'10.5")	2021
	Jordan Scott	7.58m (24'10.5")	2019
Triple Jump	Jordan Scott	17.02m (55' 10.25")	2020
Shot Put	Filip Mihaljevic	20.87m (68' 5.75")	2016
Weight Throw	Jordan Young	22.92m (75' 2.5")	2015
Heptathlon	Jack Lint	5,546	2017



UVA INDOOR RELAY RECORDS

WOMEN'S INDOOR RECORDS

4x400

1.	3:39.43	Chaney, Fabrizio, Wright, Lavender	2014
2.	3:39.77	Ezumah, Fabrizio, Wright, Lavender	2015
3.	3:39.93	Sandy, Hinton, Birge, Fridy	1987
4.	3:40.40	Chaney, Lavender, Ezumah, Wright	2014
5.	3:40.79	Parenchuk, Seaman, Sabbakhan, Knight	2021

DMR

1.	10:59.33	Gay, Smith, Harper, Garcia	2011
2.	11:14.15	Gay, Fabrizio, Harper, Garcia	2011
3.	11:19.39	Welch, Welch, Garrett, Haworth	1982
4.	11:21.19	Fabrizio, Weatherly, Gnade, Garcia	2011
5.	11:22.32	Sargent, Lavender, Fabrizio, Fouhy	2014

MEN'S INDOOR RECORDS

4x400

1.	3:11.76	Willis, Shirley, Dixon, Outlaw	2018
2.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
3.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015
4.	3:12.55	Hayes, Taylor, Kugrat, Ereng	1989
5.	3:12.79	Pendarvis, Willis, Davis, Outlaw	2021

DMR

1.	9:29.86	Jesien, Paschal, Roller, Taye	2009
2.	9:31.23	Kostelac, Hazzard, Burton, Gilland	2013
3.	9:32.36	Marsella, Hazzard, Kiley, King	2015
4.	9:34.38	Johnson, Anding, Kostelac, Heineking	2011
5.	9:34.78	Gilland, Anding, Roller, Kostelac	2012



WOMEN'S INDOOR TOP PERFORMANCES

60 METERS

1.	Halle Hazzard	7.23	'21
2.	Jada Seaman	7.37	'21
3.	Kiamesha Otey	7.37	'03
4.	Sonja Fridy	7.39	'86
5.	Peyton Chaney	7.40	'16
	Anna Jefferson	7.40	'20
7.	Pam Lemons	7.43	'93
8.	Jordan Lavender	7.49	'15
9.	Kayla Bonnick.....	7.47	'21
10.	Janne'a Bridgeford	7.50	'08

200 METERS

1.	Halle Hazzard	23.45	'21
2.	Jada Seaman	23.56	'21
3.	Jordan Lavender	23.80	'15
4.	Peyton Chaney	23.84	'16
5.	Anna Jefferson	23.92	'20
6.	Danielle Williams	23.97	'12
7.	Kayla Bonnick.....	24.14	'21
8.	Kelly Miller	24.17	'99
9.	Angela Lee	24.30	'99
10.	Kiamesha Otey	24.34	'03

400 METERS

1.	Jordan Lavender	52.59	'13
2.	Andrenette Knight	53.50	'20
3.	Anna Jefferson	53.33	'19
4.	Lisa Garrett	54.07	'81
5.	Angela Lee	54.29	'99
6.	Carliele Doe	54.52	'02
7.	Cathron Birge	54.61	'90
8.	Sonja Fridy	54.95	'87
9.	Angela Griffith	55.38	'92
10.	Erin Crawford	55.42	'07

800 METERS

1.	Vanessa Fabrizio	2:07.24	'15
2.	Emma Call.....	2:07.39	'17
3.	Lyndsay Harper	2:07.64	'11
4.	Morgane Gay	2:08.07	'09
5.	Keara Seasholtz	2:08.43	'21
6.	Alahna Sabbakhan.....	2:09.19	'21
7.	Kim Kelly	2:09.27	'85
8.	Jill Haworth	2:09.62	'83
9.	Cathron Birge	2:09.71	'90
10.	Colette Gnade	2:09.80	'13

MILE

1.	Jill Haworth	4:34.32	'82
2.	Morgane Gay	4:34.38	'12
3.	Vicky Fouhy.....	4:34.87	'13
4.	Lesley Welch	4:35.56	'82
5.	Iona Lake	4:36.11	'16
6.	Marissa Schmidt	4:41.10	'82
7.	Michele Rowen	4:41.57	'87
8.	Lisa Welch	4:41.96	'82
9.	Catherine White.....	4:42.80	'11
10.	Margaret Groos.....	4:43.9h	'79

3,000 METERS

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

5,000 METERS

1.	Margaret Groos	15:34.71	'81
2.	Cleo Boyd.....	16:04.76	'17
3.	Morgan Kelly.....	16:10.73	'15
4.	Barbara Strehler	16:16.32	'14
5.	Emily Harrison	16:16.53	'08
6.	Lesley Welch	16:21.6h	'82
7.	Maria Hauger.....	16:22.07	'14
8.	Anna Corrigan.....	16:25.81	'12
9.	Kara Scanlin.....	16:27.61	'08
10.	Martha White.....	16:31.6h	'82

60 HURDLES

1.	Alexis Woodley	8.31	'20
2.	Ciara Leonard	8:38	'18
3.	Ayla Smith.....	8.39	'09
4.	Andrenette Knight	8.48	'20
5.	Heather Smith	8.54	'16
6.	Kim Turko	8.55	'01
7.	Chidi Uche.....	8.58	'10
8.	Lauren Echko	8.60	'09
9.	Alix Still*	8.62	'21
10.	Bianca DeBartolo	8.65	'07

HIGH JUMP

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

POLE VAULT

1.	Bridget Guy.....	4.41m (14'5.5")	'19
2.	Maya Maloney ... 4.12m (13'6.25").....	'20	
	Sarah DeVita.....	3.97m (13'0.25")	'15
4.	Theresa Demaria	3.96m (12'11.75")	'17
5.	Katie Freix	3.95m (12'11.5")	'18
6.	Gabriella Recce .. 3.90m (12'9.5").....	'22	
7.	Vika Oспенко	3.80m (12' 5.75")	'03
	Riley Larsen	3.80m (12'5.5")	'20
	Trina Barcarola ... 3.80m (12'5.5").....	'22	
10.	Katie Darraugh	3.75m (12' 3.5")	'10

LONG JUMP

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

TRIPLE JUMP

1.	Tomika Ferguson	13.53m (44' 4.75").....	'07
2.	Naccolle Guinn	13.14m (43' 1.25").....	'01
3.	Khyasia Caldwell.....	13.05m (42' 9.75").....	'21
4.	Kelly McKee	13.00m (42'8")	'19
5.	Dallas Rose.....	12.98m (42' 7")	'12
6.	Dana Boone	12.86m (42' 2.25").....	'91
7.	Michele Johnson	12.78m (41' 11")	'87
8.	Mia Barron	12.71m (41'8.5")	'17
9.	Rashawnda James.....	12.59m (41' 3.75").....	'09
10.	Zoe Rice.....	12.47m (40' 11").....	'21

SHOT PUT

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

WEIGHT THROW

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

PENTATHLON

1.	Susan Brownell.....	4,153	'82
2.	Rebecca Grube	4,108	'95
3.	Alix Still.....	3,974	'21
4.	Holly Sullivan	3,912	'18
5.	Ayla Smith	3,879	'09
6.	Sherry Gould	3,789	'94
7.	Beth Sheehan.....	3,678	'83
8.	Bianca DeBartolo.....	3,661	'07
9.	Anna Finger	3,659	'13
10.	Curtrell Frye.....	3,644	'02

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



MEN'S INDOOR TOP PERFORMANCES

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 Abdulrazaq.....	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.	Rauhn 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.	Jay Pendarvis	48.10		'21

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 Abdulrazaq.....	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.	Kane Aldrich	5.02m (16' 5.5")		'21
7.	Matt Armentrout	5.01m (16' 5.25")		'13
8.	Danny Thompson	4.98m (16' 4")		'81
9.	Colin Duignan	4.92m (16' 0.75")		'21
10.	Greg Blair	4.90m (16' 1")		'05
	David Lewis	4.90m (16' 1")		'08

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	17.02m(55'10.25).....	'20
2.	Marcus Robinson	16.63m (54'6.75")	'12
3.	Owyane Owens	16.53m (54'2.75").....	'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
8.	Kevin Latham.....	17.62m (57' 9.75")		'84
9.	Thom McKinney	17.12m (56' 2")		'91
10.	Mike Murphy.....	17.10m (56' 1.25")		'93

WEIGHT THROW

1.	Jordan Young	22.92m (75'2.5")		'15
2.	Hilmar Jonsson.....	21.37m (70' 1.5")		'18
3.	Jacob Lemmon	20.05m (65'9.5")		'21
4.	Oghenakpobo Efekoro	19.90m (65' 13.5")		'18
5.	Vincenzo Chiariello.....	19.38m (63' 7")		'12
6.	Ty Kunzman	19.18m (62'11.25")		'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



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1. Halle Hazzard 7.32 '19
2. **Jada Seaman** 7.46 '20
3. **Kayla Bonnick** **7.47** **'21**
4. Jordan Lavender 7.57 '12
5. Peyton Chaney 7.60 '13
- Tori McKenzie 7.60 '14

200-METER DASH

1. **Jada Seamon** 23.93 '20
2. Halle Hazzard 24.09 '19
3. **Kayla Bonnick** **24.14** **'21**
4. Jordan Lavender 24.25 '12
5. Peyton Chaney 24.31 '13

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. **Keara Seasholtz** **2:08.43** **'21**
4. Vanessa Fabrizio 2:08.79 '11
5. Sandy Schuler 2:09.90 '85

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 Saunders** **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 Seamon** 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



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 Outlaw22.03 '18
3. Ben Sargong.....22.16 '92
4. Adam Abdulrazaaq22.24 '08
5. **Jay Pendarvis22.28 '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 Outlaw47.18 '18
2. Alfred Shirley47.53 '18
3. Paul Ereng.....47.64 '88
4. **Jay Pendarvis48.10 '21**
5. Meikle Paschal48.11 '08

500 METERS

1. Paul Ereng.....1:02.02 '88
2. Alfred Shirley1:03.05 '18
3. Bruce Berry1:03.31 '85
4. Ray Brown.....1:03.80 '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 Murphy1:49.91 '21**
5. Nathan Kiley.....1:51.08 '14

1000 METERS

1. Rob Pearce.....2:27.69 '97
2. Billy Convey2:28.30 '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 Visokay7:57.46 '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 Madden.....13:57.01 '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. **Jeremiah Wilson.....8.20 '21**
5. Marion Mason8.23 '98
- Devin Brewer8.23 '12
- Jack Lint8.23 '16

HIGH JUMP

1. Trey Causey2.13m (6' 11.75") '19
2. Mike Riso2.08m (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 Sullivan4.97m (16' 3.75") '03
3. Brian Shafer4.90m (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 Mihaljevic.....19.63m (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 20.05m (65' 9.5") '21**
3. Oghenakpobo Efekoro.....18.86m (61' 10.5") '16
4. **Claudio Romero..... 18.47m (60' 7.25") '21**
5. Vincenzo Chiarello.....16.40m (53' 9.75") '09

HEPTATHLON

1. Jack Lint5,358 '16
2. **Derek Pekar5,354 '20**
3. Anthony Dunavant4,970 '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



2022 OUTDOOR SEASON BESTS

Women's Top 2022 Outdoor Performances Per Event

<u>WOMEN'S 100 METERS</u>	<u>TIME</u>	<u>WOMEN'S LONG JUMP</u>	<u>MARK</u>
<u>WOMEN'S 200 METERS</u>	<u>TIME</u>	<u>WOMEN'S TRIPLE JUMP</u>	<u>MARK</u>
<u>WOMEN'S 400 METERS</u>	<u>TIME</u>	<u>WOMEN'S SHOT PUT</u>	<u>MARK</u>
<u>WOMEN'S 800 METERS</u>	<u>TIME</u>	<u>WOMEN'S DISCUS</u>	<u>MARK</u>
<u>WOMEN'S 1,500 METERS</u>	<u>TIME</u>	<u>WOMEN'S HAMMER</u>	<u>MARK</u>
<u>WOMEN'S 3000 STEEPLECHASE</u>	<u>TIME</u>	<u>WOMEN'S JAVELIN</u>	
<u>WOMEN'S 5000 METERS</u>	<u>TIME</u>	<u>WOMEN'S HEPTATHLON</u>	
<u>WOMEN'S 10000 METERS</u>	<u>TIME</u>	<u>4x100m</u>	<u>TIME</u>
<u>WOMEN'S 100M HURDLES</u>	<u>TIME</u>	<u>4x400m</u>	<u>TIME</u>
<u>WOMEN'S 400M HURDLES</u>	<u>TIME</u>		
<u>WOMEN'S HIGH JUMP</u>	<u>MARK</u>		
<u>WOMEN'S POLE VAULT</u>	<u>MARK</u>		

Men's Top 2022 Outdoor Performances Per Event

<u>MEN'S 100 METERS</u>	<u>TIME</u>	<u>MEN'S HIGH JUMP</u>	<u>MARK</u>
<u>MEN'S 200 METERS</u>	<u>TIME</u>	<u>MEN'S POLE VAULT</u>	<u>MARK</u>
<u>MEN'S 400 METERS</u>	<u>TIME</u>	<u>MEN'S LONG JUMP</u>	<u>MARK</u>
<u>MEN'S 800 METERS</u>	<u>TIME</u>	<u>MEN'S TRIPLE JUMP</u>	<u>MARK</u>
<u>MEN'S 1,500 METERS</u>	<u>TIME</u>	<u>MEN'S SHOT PUT</u>	<u>MARK</u>
<u>MEN'S MILE</u>	<u>TIME</u>	<u>MEN'S DISCUS</u>	<u>MARK</u>
<u>MEN'S 3000 STEEPLECHASE</u>	<u>TIME</u>	<u>MEN'S HAMMER</u>	<u>SCORE</u>
<u>MEN'S 5000 METERS</u>	<u>TIME</u>	<u>MEN'S JAVELIN</u>	<u>SCORE</u>
<u>MEN'S 10000 METERS</u>	<u>TIME</u>	<u>MEN'S DMR</u>	<u>TIME</u>
<u>MEN'S 110M HURDLES</u>	<u>TIME</u>	<u>4x100m</u>	<u>TIME</u>
<u>MEN'S 400M HURDLES</u>	<u>TIME</u>	<u>4x400m</u>	<u>TIME</u>

* Multis athlete

(w) Wind assistance



VIRGINIA OUTDOOR RECORDS

OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
200 meters	Sonja Fridy	23.17	1987
400 meters	Sonja Fridy	51.93	1987
800 meters	Michaela Meyer	2:00.28	2021
1,500 meters	Michaela Meyer	4:04.02	2021
5,000 meters	Margaret Groos	15:51.24	1980
10,000 meters	Patty Matava	32:58.64	1987
100-meter hurdles	Ciara Leonard	13.26	2018
400-meter hurdles	Andrenette Knight.....	55.75	2021
	Ayla Smith	56.54	2011
3,000-meter steeplechase.....	Stephanie Garcia	9:47.29	2011
4x100-meter relay	Jefferson, Seaman, Bonnick, Hazzard	43.75	2021
4x400-meter relay	Jefferson, Seaman, Meyer, Knight	3:30.44	2021
High Jump	Ann Bair.....	1.88m (6' 2").....	1983
Pole Vault	Bridget Guy	4.46m (14' 7.5").....	2018
Long Jump.....	Dana Boone	6.65m (21' 9.75").....	1990
Triple Jump	Kelly McKee	13.70m (44' 11.5").....	2019
Shot Put	Maria Deaviz.....	17.18m (56' 4.5")	2021
Discus Throw	Billie-Jo Grant.....	56.06m (183' 11").....	2008
Hammer Throw	Jade Baker.....	63.61m (208' 8").....	2019
Javelin Throw	Ann Crouse	57.38m (188' 3").....	1999
Heptathlon	Rebecca Grube.....	5,512 points	1994

* at NACAC U18/U23 Championships 2019 in Mexico

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	Alfred Shirley.....	45.84	2018
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	Derek Johnson	8:28.72	2021
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25.....	1984
4x400-meter relay.....	Anding Roller, Bryan, Hazzard.....	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25").....	2021
Pole Vault	David Sullivan	5.35m (17' 6.75").....	2005
Long Jump.....	Jordan Scott.....	7.83m (25' 8.25").....	2019
Triple Jump	Jordan Scott	17.08m (56' 0.5").....	2019
Shot Put.....	Filip Mihaljevic.....	21.30m (69' 10.75").....	2017
Discus Throw	Claudio Romero	65.78m (215' 10")	2021
Hammer Throw	Hilmar Jonsson	75.26m (246' 11").....	2019
Javelin Throw	Ethan Dabbs	76.04m (249' 6")	2019
Decathlon.....	Stephen Dunphy.....	7,920 points	1992



UVA OUTDOOR RELAY RECORDS

RELAYS

WOMEN'S OUTDOOR RECORDS

4x100

1.	43.75	Jefferson Seaman, Bonnick , Hazzard	2021
3.	43.90	Jefferson, Seaman , Caldwell, Bonnick	2021
3.	44.36	Bonnick , Hazzard, Seaman , Jefferson	2021
4.	44.92	Leonard, Hazzard, Woodley, Jefferson	2019
5.	45.02	Bonnick , Caldwell, Seaman , Jefferson	2021

4x400

1.	3:30:44	Jefferson, Seaman, Meyer , Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz , Knight	2021
3.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985
5.	3:36.42	Randolph, Otey, Gore, Doe	2003

MEN'S OUTDOOR RECORDS

4x100

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

4x400

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.	3:08.30	Kiley, Bowman, Carrington, Dixon	2017
5.	3:08.34	Willis , Shirley, Outlaw, Lint	2018



WOMEN'S OUTDOOR TOP PERFORMANCES

100 METERS

1.	Halle Hazzard*	11.20	'19
2.	Sonja Fridy	11.36	'87
3.	Kiamesha Otey	11.43	'01
4.	Jada Seaman	11.44	'21
5.	Kelly Miller	11.48	'99
6.	Kayla Bonnick	11.51	'21
7.	Pam Lemons	11.57	'93
8.	Tori McKenzie	11.63	'17
9.	Brenda Brown	11.64	'84
10.	Peyton Chaney	11.71	'14

* at NACAC U18/U23 Championships 2019 in Mexico

200 METERS

1.	Sonja Fridy	23.17	'87
2.	Jada Seaman	23.22	'21
3.	Anna Jefferson	23.39	'19
4.	Jordan Lavender	23.42	'14
5.	Kiamesha Otey	23.46	'03
6.	Peyton Chaney	23.50	'16
7.	Kelly Miller	23.61	'99
8.	Halle Hazzard	23.68	'19
9.	Janne'a Bridgeford	23.69	'08
10.	Pam Lemons	23.83	'93

400 METERS

1.	Sonja Fridy	51.93	'87
2.	Anna Jefferson	52.39	'18
3.	Jordan Lavender	52.48	'14
4.	Lisa Garrett	52.64	'83
5.	Carielle Doe	53.22	'03
6.	Angela Lee	54.05	'98
7.	Michelle Samuels	54.59	'92
8.	Andrea Wright	54.80	'14
9.	Talia Wise	54.81	'08
10.	Andrenette Knight	54.83	'18

800 METERS

1.	Michaela Meyer	2:00.28	'21
2.	Gail Bryant	2:04.21	'85
3.	Vanessa Fabrizio	2:04.77	'14
4.	Kim Kelly	2:05.23	'84
5.	Vicky Fouhy	2:05.55	'13
6.	Lyndsay Harper	2:05.84	'11
7.	Keara Seasholtz	2:06.12	'21
8.	Jill Haworth	2:06.31	'82
9.	Phyllis Buber	2:06.96	'86
10.	Alahna Sabbakhan	2:07.25	'21

1,500 METERS

1.	Michaela Meyer	4:04.02	'21
2.	Morgane Gay	4:13.20	'12
3.	Vicky Fouhy	4:14.51	'13
4.	Michelle Rowen	4:15.37	'87
5.	Jill Haworth	4:16.06	'83
6.	Lesley Welch	4:16.54	'82
7.	Margaret Groos	4:16.74	'81
8.	Lisa Welch	4:17.74	'82
9.	Claire Forbes	4:18.58	'90
10.	Stephanie Garcia	4:18.30	'11

5,000 METERS

1.	Margaret Groos	15:51.24	'80
2.	Patty Matava	15:56.41	'86
3.	Catherine White	16:04.58	'12
4.	Barbara Strehler	16:07.70	'13
5.	Cleo Boyd	16:09.23	'16
6.	Chelsea Ley	16:12.62	'12
7.	Maria Hauger	16:14.18	'14
8.	Iona Lake	16:15.93	'15
9.	Sarah Fakler	16:18.59	'15
10.	Lesley Welch	16:21.60	'82

10,000 METERS

1.	Patty Matava	32:58.64	'87
2.	Catherine White	33:07.36	'13
3.	Aileen O'Connor	33:28.20	'81
4.	Hannah Moran	33:38.31	'21
5.	Emily Harrison	33:40.34	'08
6.	Martha White	33:40.50	'83
7.	Kara Scanlin	33:53.32	'07
8.	Katie Read	33:54.92	'07
9.	Jane Maxwell	33:55.98	'03
10.	Anna Corrigan	33:58.46	'11

100m HURDLES

1.	Ciara Leonard	13.26	'18
2.	Alexis Woodley	13.31	'18
3.	Andrenette Knight	13.37	'21
4.	Ayla Smith	13.51	'09
5.	Lauren Echko	13.72	'08
6.	Heather Smith	13.76	'16
7.	Chidi Uche	13.77	'10
8.	Rebecca Grube	13.81	'94
9.	Alana Herran	13.86	'17
10.	Michelle Johnson	13.90	'86

400m HURDLES

1.	Andrenette Knight	55.75	'21
1.	Ayla Smith	56.54	'11
3.	Erin Crawford	56.87	'06
4.	Angela Lee	57.11	'97
5.	Aisha Naibe-Wey	57.84	'16
6.	Alana Herran	58.03	'18
7.	Heather Smith	58.17	'16
8.	Vivian Scruggs	58.54	'81
9.	Natalie Randolph	58.98	'03
10.	Angela Griffith	59.05	'91

3000m STEEPLECHASE

1.	Stephanie Garcia	9:47.29	'11
2.	Dawn Cleary	9:59.30	'03
3.	Iona Lake	10:01.58	'15
4.	Kiera Bothwell	10:03.88	'21
5.	Melanie Matthews	10:13.31	'02
6.	Vicky Fouhy	10:20.63	'14
7.	Sara Sargent	10:20.64	'15
8.	Janine Ricci	10:24.65	'05
9.	Helena Lindsay	10:25.50	'21
10.	Samantha Stafford	10:36.02	'09

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
	Moirá 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.	Rebecca Hawkins	1.75m (5' 8.75")	'21
	Karen DiDonato	1.75m (5' 8.75")	'91

POLE VAULT

1.	Bridget Guy	4.46m (14' 7.5")	'18
2.	Maya Maloney	4.08m (13' 4.5")	'21
3.	Katie Freix	4.01m (13' 1.75")	'18
4.	Theresa Demaria	3.93m (12' 10.75")	'17
5.	Trina Barcarola	3.83m (12' 6.75")	'21
	Gabriella Recce	3.83m (12' 6.75")	'21
7.	Vika Osipenko	3.81m (12' 6")	'03
8.	Riley Larsen	3.71m (12' 1")	'21
9.	Sarah DeVita	3.71m (12' 2")	'15
10.	Katie Darraugh	3.69m (12' 1.5")	'09

LONG JUMP

1.	Dana Boone	6.65m (21' 9.75")	'90
2.	Jada Seaman	6.56m (21' 6.25")	'21
3.	Kiamesha Otey	6.54m (21' 5.50")	'02
4.	Sonja Fridy	6.42m (21' 0.75")	'86
5.	Nicole Kimbrough	6.39m (20' 11.50")	'95
6.	Kelly Miller	6.33m (20' 9.25")	'96
	Tomika Ferguson	6.33m (20' 9.25")	'06
8.	Edy Ndem	6.28m (20' 7.25")	'14
9.	Khyasia Caldwell	6.26m (20' 6.5")	'21
10.	Mia Barron	6.22m (20' 5")	'16

TRIPLE JUMP

1.	Kelly McKee	13.70m (44' 11.5")	'19
2.	Khyasia Caldwell	13.33m (43' 9")	'21
3.	Tomika Ferguson	13.21m (43' 4.25")	'07
4.	Dallas Rose	13.20m (43' 3.75")	'14
5.	Dana Boone	13.05m (42' 9.75")	'91
6.	Mia Barron	12.96m (42' 6.25")	'18
7.	Zoe Rice	12.79m (41' 11.5")	'21
8.	Nacole Guinn	12.71m (41' 8.50")	'01
9.	Jessica Caldwell	12.50m (41' 0.25")	'14
10.	Nicole Kimbrough	12.49m (40' 11.75")	'95

SHOT PUT

1.	Maria Deaviz	17.18m (56' 4.5")	'21
2.	Christine Bohan	16.87m (55' 4.25")	'16
3.	Brittany Jones	16.17m (53' 0.75")	'19
4.	Eliese Mitchell	16.16m (53' 0.25")	'03
5.	Billie-Jo Grant	15.77m (51' 9")	'06
6.	Maureen Laffan	15.34m (50' 4")	'10
7.	Emily Vannoy	15.30m (50' 2.5")	'10
8.	Alexa Manning	14.97m (49' 1.5")	'08
9.	Kelly Bodiford	14.83m (48' 8")	'91
10.	Amy Brown	14.25m (46' 9")	'99

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.	Thelma Kristjánsdóttir	53.62m (175' 11")	'21
5.	Caitlin Kelly	52.37m (171' 10")	'09
6.	Eliese Mitchell	52.17m (171' 2")	'02
7.	Julia Solo	52.04m (170' 9")	'86
8.	Christine Bohan	50.79m (166' 8")	'17
9.	Carter Green	50.24m (164' 10")	'18
10.	Amy Bilmanis	49.99m (164' 0")	'06

HAMMER THROW

1.	Jade Baker	63.61m (208' 8")	'19
2.	Eva Mustafic	61.99m (203' 4")	'21
3.	Maureen Laffan	59.91m (196' 6")	'12
4.	Eliese Mitchell	56.95m (186' 10")	'03
5.	Brittany Jones	54.05m (177' 4")	'21
6.	Erin Wykoff	53.45m (175' 4")	'12
7.	Lauren Connolly	51.31m (168' 4")	'96
8.	Inhar Chong	50.29m (165' 0")	'00
9.	Alexa Manning	50.17m (164' 7")	'08
10.	Ann Crouse	49.89m (163' 8")	'99

JAVELIN

1.	Ann Crouse	57.38m (188' 3")	'99
2.	Julia Solo	55.98m (183' 8")	'89
3.	Inge Jorgensen	54.23m (177' 11")	'05
4.	Meghan Briggs	52.65m (172' 9")	'09
5.	Abbey Karin	52.60m (172' 7")	'13
6.	Marija Bogavac	48.96m (160' 7")	'17
7.	Caitlin Mautz	48.66m (159' 8")	'17
8.	Christine Bohan	48.03m (157' 7")	'17
9.	Annie Bobiak	46.89m (153' 10")	'05
10.	Tara Karin	46.33m (152' 0")	'10

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.	Alix Still	5,370	'21
6.	Holly Sullivan	5,317	'17
7.	Sherry Gould	5,166	'93
8.	Angela Griffith	4,967	'98
9.	Suzanne Sweeney	4,915	'97
10.	Katie Kiladis	4,855	'97

Current Cavaliers in Bold

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



MEN'S OUTDOOR TOP PERFORMANCES

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.	Justice Dixon	10.71	'21
8.	Jarrett Hagwood	10.72	'02
9.	Mauri Anderson	10.74	'80
10.	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.	Jordan Willis	21.16	'21
	Reuben Jones	21.16	'08
6.	Kellen Blassingame	21.24	'05
7.	Payton Hazzard	21.27	'15
8.	Conlon Bonner	21.28	'08
9.	Scott Kimball	21.31	'02
10.	Eric Adderly	21.32	'82

400 METERS

1.	Alfred Shirley	45.84	'18
2.	Payton Hazzard	45.88	'15
3.	Kellen Blassingame	46.02	'05
4.	Jordan Willis	46.10	'21
	Brandon Outlaw	46.13	'21
6.	Meikle Paschal	46.61	'08
7.	Kevin Anding	46.84	'10
8.	Jim Bruce	46.94	'79
9.	Nathan Kiley	46.95	'17
10.	Ben Kurgat	46.96	'88

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.	Conor Murphy	1:48.57	'21
	Anthony Kostelac	1:48.96	'12
10.	Vince Draddy	1:49.05	'81

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.	Wes Porter	3:41.98	'21
	Randy Niesh	3:43.61	'21
10.	Ray Weeden	3:43.65	'99

5,000 METERS

1.	Kris Herdt	13:37.44	'87
2.	Henry Wynne	13:43.53	'17
3.	Rohann Asfaw	13:44.74	'21
	Sean Keveren	13:48.34	'12
5.	Wes Porter	13:51.41	'21
	Zach Herriott	13:53.47	'17
7.	Derek Johnson	13:54.46	'21
	Jim Hays	13:55.2h	'85
	Kyle King	13:55.60	'12
10.	Ryan Collins	13:55.94	'09

10,000 METERS

1.	Zach Herriott	28:44.22	'17
2.	Brent Demarest	28:54.69	'19
3.	Mike Cotton	28:55.34	'81
4.	Andrew Dumm	28:59.25	'07
	Lachlan Cook	29:10.03	'19
6.	Rohann Asfaw	29:10.81	'21
	Adam Visokay	29:11.13	'15
	Trey Miller	29:14.21	'10
	Alex Corbett	29:16.11	'21
10.	Harry Monroe	29:16.26	'21

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.	Alfred Shirley	51.30	'18
6.	Kevin Williams	51.54	'79
7.	Adams Abdulrazaaq	51.79	'08
8.	George Johnson	51.98	'81
9.	Dave Revelle	52.05	'84
10.	Bob Wilks	52.21	'84

3000m STEEPLECHASE

1.	Derek Johnson	8:32.95	'21
2.	Jan Foerster	8:34.78	'07
3.	Rob Cook	8:39.36	'94
4.	Kyle King	8:39.72	'15
5.	Steve Finley	8:40.56	'10
6.	Adam Visokay	8:43.60	'15
7.	Mike Cotton	8:44.44	'81
8.	Will Gray	8:45.82	'16
9.	Soeren Linder	8:51.89	'05
10.	Tim Lloyd	8:53.84	'80

HIGH JUMP

1.	Brenton Foster	2.27m (7'5.25")	'21
2.	Herman Moore	2.19m (7'2.25")	'88
	Greg Byers	2.19m (7'2.25")	'82
4.	Trey Causey	2.13m (6'11.75")	'19
5.	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
9.	Cordell Green	2.09m (6'10.25")	'95
10.	Wes Dungan	2.08m (6'9.75")	'94

POLE VAULT

1.	David Sullivan	5.35m (17'6.75")	'05
2.	Sam Young	5.25m (17'2.75")	'21
3.	Brian Shafer	5.20m (17'0.75")	'93
4.	Jeff Jernigan	5.15m (16'10.75")	'17
5.	Joey Kelly	5.05m (16'6.75")	'21
6.	Tom Cooke	5.05m (16'6.75")	'95
7.	Jeff McClurg	4.95m (16'2.75")	'07
8.	David Lewis	4.89m (16'0.75")	'06
9.	David Hood	4.88m (16'0.0")	'88
10.	Mike Hood	4.85m (15'11.0")	'91
	Greg Blair	4.85m (15'11.0")	'04

LONG JUMP

1.	Jordan Scott	7.83m (25'8.25")	'19
2.	Greg Byers	7.70m (25'3.25")	'82
3.	Mike Harvey	7.67m (25'2")	'69
4.	Owayne Owens	7.48m (24'6.5")	'21
5.	Wes Dungan	7.48m (24'6.5")	'94
	Tiki Barber	7.48m (24'6.5")	'95
7.	Keith Witherspoon	7.45m (24'5.25")	'76
8.	Bruce Randolph	7.43m (24'4.5")	'84
9.	Dion Woolfolk	7.41m (24'3.75")	'96
10.	Trey Causey	7.40m (24'3.5")	'19

TRIPLE JUMP

1.	Jordan Scott	17.08m (56'0.5")	'19
2.	Marcus Robinson	16.46m (54'0")	'12
3.	Owayne Owens	16.45m (53'11.75")	'21
4.	Keith Witherspoon	16.27m (53'4.50")	'76
5.	Ryan Satchell	15.98m (52'5.25")	'14
6.	Chike Chukwolie	15.94m (52'3.75")	'90
7.	Aaron Worrell	15.72m (51'7")	'17
8.	Greg Byers	15.56m (51'0.75")	'84
9.	Cornell Grayson	15.55m (51'0.50")	'90
10.	Donald Scott	15.43m (50'7.50")	'94

SHOT PUT

1.	Filip Mihaljevic	21.30m (69'10.75")	'17
2.	Oghenakpobo Efekoro	20.39m (66'10.75")	'17
3.	Jordan Young	19.80m (64'11.5")	'15
4.	Nick Vena	19.51m (64'0.25")	'12
5.	Claudio Romero	18.47m (60'7.25")	'21
6.	Yemi Ayeni	18.23m (59'9.75")	'09
7.	Nace Plesko	18.30m (61'0.05")	'17
8.	Kevin Latham	18.04m (59'2.5")	'85
9.	Mike Murphy	17.15m (56'3.25")	'93
10.	Thom McKinney	17.06m (55'11.75")	'91

DISCUS

1.	Claudio Romero	65.78m (215'10")	'21
2.	Filip Mihaljevic	63.76m (209'2")	'17
3.	Jordan Young	62.27m (204'3")	'15
4.	Yemi Ayeni	61.11m (200'6")	'07
5.	Jacob Lemmon	58.54m (192'1")	'21
6.	Larry Wilson	57.91m (190'0")	'99
7.	Kevin Latham	56.71m (186'1")	'85
8.	Phil Vincenzes	55.98m (183'8")	'82
9.	Nace Plesko	55.19m (181'1")	'18
10.	Nick Vena	54.84m (179'11")	'12

HAMMER THROW

1.	Hilmar Jonsson	75.26m (246'11")	'19
2.	Jordan Young	70.73m (232'1")	'15
3.	Jacob Lemmon	66.14m (217'0")	'21
4.	Vincenzo Chiariello	64.29m (210'11")	'12
5.	Oghenakpobo Efekoro	60.88m (199'9")	'19
6.	Ty Kunzman	60.58m (198'9")	'21
7.	Bill Johnston	58.19m (190'11")	'01
8.	Robert Guider	55.67m (182'8")	'10
9.	James Fuson	55.53m (182'2")	'12
10.	Phil Vincenzes	53.23m (174'8")	'79

JAVELIN

1.	Ethan Dabbs	76.04m (249'6")	'19
2.	Andy Fahringer	75.19m (246'8")	'12
3.	Brian Kollar	74.22m (243'6")	'01
4.	John Welch	72.19m (236'10")	'02
5.	Steve Kiessling	69.67m (228'7")	'92
6.	Kyle Smith	69.43m (227'9")	'15
7.	James Murdock	63.93m (209'9")	'02
8.	Stephen Dunphy	61.62m (202'2")	'94
9.	Tucker Rizzi	61.46m (201'8")	'18
10.	Anthony Bouselli	60.89m (199'9")	'16

DECATHLON

1.	Stephen Dunphy	7,920	'92
2.	Willy Pirtle	7,676	'82
3.	John Bryan	7,666	'81
4.	Jack Lint	7,478	'17
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

Current Cavaliers in Bold

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



WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1.	Jada Seaman	11.44	'21
2.	Kayla Bonnick	11.51	'21
3.	Kelly Miller	11.70	'96
4.	Kiamesha Otey	11.72	'00
5.	Talia Wise	11.85	'06

200 METERS

1.	Jada Seaman	23.22	'21
2.	Kayla Bonnick	24.01	'21
3.	Peyton Chaney	24.02	'13
4.	Leslie Satchell	24.04	'95
5.	Kelly Miller	24.14	'96

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.	Keara Seasholtz	2:06.12	'21
2.	Vanessa Fabrizio	2:06.76	'12
3.	Alahna Sabbakhan	2:07.25	'21
4.	Morgane Gay	2:08.29	'09
5.	Ellie Desmond	2:08.52	'21

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
	Alexis Woodley	13.67	'17
3.	Lauren Echko	13.86	'06
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.	Kiera Bothwell	10:55.59	'18
5.	Janine Ricci	10:55.86	'04

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.	Maya Maloney	4.08m (13' 4.5")	'21
3.	Theresa Demaria	3.93m (12' 10.75")	'17
4.	Trina Barcarola	3.83m (12' 6.75")	'21
	Gabriella Recce	3.83m (12' 6.75")	'21
5.	Riley Larsen	3.71m (12' 2")	'21

LONG JUMP

1.	Jada Seaman	6.56m (21' 6.25")	'21
2.	Kelly Miller	6.33m (20' 9.25")	'96
3.	Nicole Kimbrough	6.29m (20' 7.75")	'94
4.	Mia Barron	6.22m (20' 5")	'16
5.	Sonja Fridy	6.12m (20' 1")	'84
	Khyasia Caldwell	6.12m (20' 1")	'18

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.	Nadia Saunders	12.36m (40' 6.75")	'21

SHOT PUT

1.	Maria Deaviz	17.18m (56' 4.5")	'21
2.	Brittany Jones	15.69m (51' 5.75")	'18
3.	Emily Vannoy	15.30m (50' 2.5")	'10
4.	Christine Bohan	14.62m (47' 11.75")	'14
5.	Maureen Laffan	14.58m (47' 10")	'09
6.	Kristi Martin	13.99m (45' 10.75")	'97

DISCUS

1.	Julia Solo	52.04m (170' 9")	'86
2.	Amy Bilmanis	51.77m (169' 10")	'06
3.	Thelma Krisjandottir	50.92m (167' 1")	'19
4.	Maria Deaviz	48.99m (160' 9")	'21
5.	Amy Brown	48.77m (160' 0")	'95

HAMMER THROW

1.	Eva Mustafic	61.18m (200' 9")	'19
2.	Elise Mitchell	54.46m (178' 8")	'00
3.	Brittany Jones	53.80m (176' 6")	'18
4.	Amy Bilmanis	47.68m (156' 5")	'06
5.	Alexa Manning	46.18m (151' 6")	'06

JAVELIN

1.	Ann Crouse	50.85m (166' 10")	'95
2.	Inge Jorgensen	50.24m (164' 10")	'00
3.	Caitlin Mautz	44.62m (146' 5")	'15
4.	Meghan Briggs	44.45m (145' 10")	'07
5.	Tara Karin	43.64m (143' 2")	'09

HEPTATHLON

1.	Susan Brownell	5,419	'80
2.	Ann Bair	5,340	'80
3.	Rebecca Grube	4,996	'92
4.	Alana Herran	4,771	'16
5.	Katie Kiladis	4,610	'95

Current Cavaliers in Bold

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



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.	Jordan Willis	21.70	'18
4.	Scott Kimball	21.78	'00
5.	Alfred Shirley	21.78	'18

400 METERS

1.	Alfred Shirley	45.84	'18
2.	Meikle Paschal	46.61	'08
3.	Ben Kurgat	46.96	'88
4.	Payton Hazzard	47.29	'12
5.	Jordan Willis	47.11	'18

800 METERS

1.	Paul Ereng	1:44.31	'88
2.	Robby Andrews	1:45.54	'10
3.	Lance Roller	1:47.88	'09
4.	Conor Murphy	1:48.57	'21
5.	Anthony Kostelac	1:49.02	'11

1,500 METERS

1.	Robby Andrews	3:41.09	'10
2.	Wes Porter	3:41.98	'21
3.	Matthew Novak	3:45.35	'16
4.	John Hinton	3:46.10	'82
5.	Conor Murphy	3:46.50	'21

5,000 METERS

1.	Wes Porter	13:51.41	'21
2.	Kyle King	13:55.60	'12
3.	Lachlan Cook	13:58.01	'17
4.	Andy Biladeau	14:06.73	'06
5.	Emil Heineking	14:11.40	'08

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.	Alfred Shirley	51.30	'18
2.	Karl Williams	51.77	'77
3.	Adams Abdulrazaaq	51.79	'08
4.	Greg Nelson	52.43	'08
5.	Devin Brewer	52.52	'12

3,000m STEEPLECHASE

1.	Yasin Sado	8:55.14	'21
1.	John Hinton	8:58.21	'82
2.	Colin Mearns	9:03.92	'11
3.	Jim Hays	9:10.69	'82
4.	Derek Johnson	9:14.03	'19

HIGH JUMP

1.	Herman Moore	2.19m (7' 2.25")	'88
2.	Greg Byers	2.17m (7' 1.25")	'81
3.	Trey Causey	2.13m (6' 11.75")	'19
4.	Mike Riso	2.10m (6' 10.75")	'02
5.	Tommy Devita	2.04m (6' 8.25")	'11

POLE VAULT

1.	Sam Young	5.09m (16' 8.25")	'17
2.	Brain Shafer	5.05m (16' 6.75")	'90
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.	Jordan Scott	7.54m (24' 9")	'17
2.	Greg Byers	7.33m (24' 0.5")	'81
3.	Stephen Dunphy	7.30m (23' 11.5")	'90
4.	Marcus Robinson	7.25m (23' 9.5")	'08
5.	Marion Mason	7.24m (23' 9")	'98
	Aaron Worrell	7.24m (23' 9")	'15

TRIPLE JUMP

1.	Jordan Scott	16.44m (53' 11.25")	'17
2.	Keith Witherspoon	15.96m (52' 4.5")	'72
3.	Greg Byers	15.29m (50' 2")	'81
4.	Ryan Satchell	15.25m (50' 0.5")	'12
5.	Marcus Robinson	14.91m (48' 11")	'08

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.	Claudio Romero	18.47m (60' 7.25")	'21
5.	Mike Theuerkauf	15.90m (52' 2")	'89

DISCUS

1.	Claudio Romero	65.78m (215' 10")	'21
2.	Filip Mihaljevic	60.41m (198' 2")	'14
3.	Jacob Lemmon	58.54m (191' 1")	'21
4.	Larry Wilson	55.45m (181' 11")	'96
5.	Nick Vena	54.84m (179' 11")	'12

HAMMER THROW

1.	Hilmar Jonsson	71.52m (234' 8")	'16
2.	Jacob Lemmon	66.16m (217' 0")	'21
3.	Bill Johnston	57.89m (189' 11")	'00
4.	Robert Guider	55.68m (182' 8")	'10
5.	Vincenzo Chiariello	52.37m (171' 10")	'09

JAVELIN

1.	Ethan Dabbs	76.04m (249' 6")	'19
2.	Brian Kollar	68.53m (224' 10")	'99
3.	Steve Kessler	68.25m (223' 11")	'90
4.	Anthony Bouselli	58.96m (193' 5")	'15
5.	James Murdock	57.79m (189' 7")	'99

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

Current Cavaliers in Bold

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



NON-NCAA EVENT RECORDS

Events that are not contested at current NCAA Championships

INDOOR - WOMEN

55 Meters

6.82 Sonja 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 Sonja 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

INDOOR - 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

1:09.8h 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

OUTDOOR - WOMEN

3,000 Meters

9:07.84 Margaret Groos 1979

2,000m Steeplechase

6:59.52 Sara Sargent 2014

Old Javelin

55.98m (183' 8") Julia Solo 1989

4x200m Relay

1:36.25 Chaney, McKenzie, Wright, Lavender 2015

4x800m Relay

8:32.13 Bryant, Nicholson, Welch, Haworth 1982

4x1,500m Relay

17:48.76 Downey, Schuler, McBride, Rowen 1987

Distance Medley Relay

10:57.13 Gay, Smith, Harper, Garcia 2011

OUTDOOR - MEN

100 Yards

9.3h Kent Merritt 1973

220 Yards

20.6s Tony Sepp 1960

440 Yards

47.7h John Morris 1970

120y Hurdles

13.8h Kevin Williams 1977

400y Hurdles

50.9h Karl Williams 1977

3,000 Meters

8:14.33 Brent Demarest 2015

Old Javelin

72.24m (237' 0") Ed Mikula 1978

4x200m Relay

1:25.30 Virginia 2002

4x800m Relay

7:12.15 Johnson, Roller, Kostelac, Andrews 2011

4x1,500m Relay

15:09.34 Sullivan, Brown, Hodge, Draddy 1981

4xMile Relay

16:22.49 Taye, Tschirhart, Heineking, Jesien 2009

Distance Medley Relay

9:25.56 Revelle, Hinton, Brown, Draddy 1983

Shuttle Hurdle Relay

57.10 Abidin, Wilks, Word, Archer 1982

Sprint Medley Relay

3:15.20 Palmer, Archer, E. Brown, R. Brown 1984



LANNIGAN FIELD RECORDS

LANNIGAN FIELD WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Ka'Tia Seymour	Florida State	11.14	2019
200 meters	Rochelle Stevens	Morgan State	22.84	1987
400 meters	Marlena Wesh	Clemson	51.43	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
3,000 meters	Betty Springs	NC State	9:01.6	1983
5,000 meters	Hannah Steelman	NC State	15:30.87	2021
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler Crean, Aveni	Duke	3:32.92	2021
High Jump	Nicole Green	North Carolina	1.88m (6' 2")	2019
Pole Vault	Maddie Gardner	West Virginia	4.47m (14-8)	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 11")	2019
Discus Throw	Katelyn Daniels	Michigan State	59.07m (193' 9")	2016
Hammer Throw	Laura Igaune	Latvia	69.56m (228' 2")	2019
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

LANNIGAN FIELD MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Andre Ewers	Florida State	10.06	2019
200 meters	Andre Ewers	Florida State	20.31	2019
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
Mile	Jack Salisbury	Georgetown	3:56.22	2021
3,000 meters	Garrett Jeffries	Missouri	8:25.07	2008
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
	Samuel Shultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Luca Wieland	Minnesota	7.91m (25' 11.5")	2016
Triple Jump	Jordan Scott	Virginia	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Sam Mattis	Penn	65.12m (213' 8")	2016
Hammer Throw	Hilmar Jonsson	Virginia	75.26m (246' 11")	2019
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013
Decathlon	Gonzalo Barroilhet	Florida State	8,065 points	2012



VIRGINIA CHALLENGE RECORDS

VIRGINIA CHALLENGE WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	USA	23.18	2014
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.97	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
5,000 meters	Hannah Steelman	NC State	15:30.87	2021
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Walker, Barnes, Hannan, Cavin	Ohio State	3:34.00	2015
High Jump	Moirá Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Maddie Gardner	West Virginia	4.47m (14' 8.0")	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 10.9")	2019
Discus Throw	Katelyn Daniels	Michigan State	56.04m (183' 10")	2015
Hammer Throw	Stamatia Scarvelis	Greece	69.28m (227' 3")	2021
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

VIRGINIA CHALLENGE MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
200 meters	Segun Makinde	Ottawa	20.56	2014
	Rondell Sorrillo	Nike	20.56	2016
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Moffett, Smith, Chisena, Kowalchuk	Penn State	39.49	2017
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
Pole Vault	Scott Houston	Vaulthouse Elite	5.50m (18' 0.5")	2021
Long Jump	Luca Wieland/Khalid Slocum	Minnesota/Monmouth	7.91m (25' 11.5")	2016/2019
Triple Jump	Jordan Scott	Virginia	17.07m (56' 0.05")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Claudio Romero	Virginia	64.39m (211' 3")	2021
Hammer Throw	Daniel Haugh	Kennesaw State	74.78m (245' 4.1")	2019
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018



VIRGINIA CUP RECORDS

VIRGINIA CUP WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Peyton Chaney	Virginia	11.68	2015
200 meters	Le'Quisha Parker	Hampton	23.72	2014
400 meters	Ciarra Morris	James Madison	55.42	2013
800 meters	Ce'aira Brown	Hampton	2:11.45	2014
1,500 meters	Iona Lake	Virginia	4:27.10	2015
3,000 meters	Kathleen Stevens	Virginia	10:05.92	2014
100-meter hurdles	Breana Norman	Hampton	13.60	2014
400-meter hurdles	Ansley Gebben	Liberty	1:01.25	2014
2,000-meter steeplechase	Sara Sargent	Virginia	6:59.52	2014
3,000-meter steeplechase	Betel Yosef	Liberty	11:15.39	2013
4x100-meter relay	Rose, Wright, Chaney, Lavender	Virginia	45.19	2014
4x400-meter relay	Ezumah, Fabrizio, Brickhill, Smith	Virginia	3:43.20	2014
High Jump	Moirra Cronin	Virginia	1.70m (5' 7")	2013
Pole Vault	Bridget Guy	Virginia	3.80m (12' 5.5")	2015
Long Jump	Edy Ndem	Virginia	6.01m (19' 8.75")	2014
Triple Jump	Dallas Rose	Virginia	12.93m (42' 5.25")	2014
Shot Put	Christine Bohan	Virginia	15.96m (52' 4.5")	2015
Discus Throw	Mychelle Cumings	Liberty	49.92m (163' 9")	2015
Hammer Throw	Jennifer Nicholson Smith	Liberty	50.76m (166' 6")	2015
Javelin Throw	Abbey Karin	Virginia	45.63m (149' 8")	2014

VIRGINIA CUP MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	ConRoy Smith	Liberty	10.57	2014
200 meters	ConRoy Smith	Liberty	21.37	2014
400 meters	Stephen Racanelli	Liberty	48.09	2015
800 meters	John Sherret	Liberty	1:52.52	2015
1,500 meters	Drew Paisley	Virginia	3:57.00	2013
3,000 meters	Thomas Porter	Virginia	8:35.23	2014
110-meter hurdles	Vincent Wyatt	Radford	13.72	2014
400-meter hurdles	Andre Washington	Liberty	53.95	2013
	Ryan Davis	Liberty	53.95	2015
3,000-meter steeplechase	Sam Hush	VCU	9:30.88	2013
4x100-meter relay	Spruel, Washington, Williams, Robbins	Liberty	41.12	2013
4x400-meter relay	Black, Okezie, Ibadin, Hutchison	Hampton	3:12.40	2014
High Jump	Tommy DeVita	Virginia	2.05m (6' 8.75")	2013
Pole Vault	Cody Bingham	Liberty	4.90m (16' 0.75")	2013
	Ken Ritchey	Liberty	4.90m (16' 0.75")	2015
Long Jump	Aklesso Agama	Liberty	7.32m (24' 0.25")	2015
Triple Jump	Ryan Satchell	Virginia	15.71m (51' 6.5")	2014
Shot Put	Jordan Young	Virginia	18.64m (61' 2")	2015
Discus Throw	Filip Mihaljevic	Virginia	60.11m (197' 2")	2014
Hammer Throw	Ryan Smith	Liberty	54.75m (179' 7")	2013
Javelin Throw	Steve Feister	Liberty	67.65m (221' 11")	2015



VIRGINIA GRAND PRIX RECORDS

VIRGINIA GRAND PRIX WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	USA	23.18	2014
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Nicole Sifuentes	Saucony	4:09.35	2015
5,000 meters	Rachele Schulist	Michigan State	15:36.33	2015
10,000 meters	Tara Jameson	Iona	33:38.50	2016
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Walker, Barnes, Hannan, Cavin	Ohio State	3:34.00	2015
High Jump	Moirá Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Bridge Guy	Virginia	4.46m (14' 7.5")	2018
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Nikki Okwelogu	Harvard	16.78m (55' 0.75")	2015
Discus Throw	Katelyn Daniels	Michigan State	56.04m (183' 10")	2015
Hammer Throw	Jillian Weir	Canada	66.13m (216' 11")	2017
Javelin Throw	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

VIRGINIA GRAND PRIX MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
200 meters	Segun Makinde	Ottawa	20.56	2014
	Rondell Sorrillo	Nike	20.56	2016
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
Mile	Jack Salisbury	Georgetown	3:56.22	2021
5,000 meters	Chartt Miller	Iona	13:49.60	2017
10,000 meters	Arsene Guillorel	Samford	29:00.69	2018
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Moffett, Smith, Chisena, Kowalchuk	Penn State	39.49	2017
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Ryan Lockard	Minnesota	2.20m (7' 2.5")	2016
Pole Vault	Noah Gary	Michigan State	5.35m (17-6.5)	2017
Long Jump	Luca Wieland	Minnesota	7.91m (25' 11.5")	2016
Triple Jump	Olu Olamigoke	Nigeria	16.73m (54' 10.75")	2014
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Eshan Hadadi	Iran	64.01m (210' 0")	2013
Hammer Throw	Sean Donnelly	Minnesota	73.31m (240' 6")	2016
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018