



VIRGINIA INDOOR SCHEDULE

Dec. 2	Liberty Kickoff Lynchburg, Va.
Jan. 14-15	Virginia Tech Invitational Blacksburg, Va.
Jan. 21-22	Hokie Invitational Blacksburg, Va.
Feb. 4-5	Doc Hale VT Elite Blacksburg, Va.
Feb. 5	Columbia Challenge New York, N.Y.
Feb. 5	Camel City Invitational Winston-Salem, N. C.
Feb. 11	Valentine Invitational Boston, Mass.
Feb. 11-12	Tiger Paw Invite Clemson, S.C.
Feb. 11-12	Darius Dixon Memorial Invite Lynchburg, Va.
Feb. 18-19	Virginia Tech Challenge Blacksburg, Va.
Feb. 24-26	ACC Indoor Championships Blacksburg, Va.
March 11-12	NCAA Indoor Championships Birmingham, Ala.

VIRGINIA COACHING STAFF

Vin Lananna	Director of Track and Field & CC Associate AD for Administration
Trevor Dunbar	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)
LaRon Bennett	Asst. Men's & Women's Track & Field Coach (Sprints/Hurdles)

MEDIA INFORMATION

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ACC Indoor Track & Field Championships February, 24-26, 2022

Rector Field House • Blacksburg, Va.



The Virginia men's and women's track and field teams will compete at the 2022 ACC Indoor Championships at the Rector Fieldhouse in Blacksburg, Va. from Feb. 24-26. A total of 30 men and 28 women will represent the Hoos at the competition.

Multi events will open competition on Thursday (Feb. 24) at 11 a.m. with the distance medley relays kicking off the track events at 6 p.m. Competition will resume on Friday (Feb. 25) beginning with the heptathlon at 10 a.m. and ending with the men's and women's 5k at 6:55 p.m. The meet will resume on Saturday (Feb.26) at 12 p.m. with men's shot put and will end with the 4x400m relays. An award ceremony will be held following the completion of the day's events.

How to Follow

Fans can watch the action on Friday and Saturday on ACCNX, through the ESPN app. Links to the stream and to live results are available at VirginiaSports.com. Live results are available online through Flash Results.

High Seeds

Virginia has several men's and women's competitors ranked among the top seeds who will be competing in this year's meet. Here's a look:

Men

Triple Jump - Owayne Owens - No. 1 seed (16.60m)
Mile Run - Ka'eo Kruse - No. 4 seed (4:01.56)
Mile Run - Yasin Sado - No. 5 Seed (4:01.82)

Women

Mile Run - Mia Barnett - No. 1 seed (4:35.09)
60-meters - Jada Seaman - No. 4 seed (7.39)
Long Jump - Jada Seaman - No. 5 seed (6.17m)

National Rankings

- Owayne Owens finished his the season with a personal best mark in the triple jump (16.60m) that ranks third in the NCAA this season.

Last Year

- The Virginia women posted their best finish in an ACC Indoor Championship since 1995 as they placed third as a team.
- Jada Seaman repeated as the ACC long jump champion as she edged out teammate Khyasia Caldwell by a quarter of an inch for the first-place medal as the two performers took first and second place.
- Seaman became the first Cavalier to win back-to-back titles since Sherry Gould won the high jump in 1993 and 1994.
- Alix Still placed third in the pentathlon and earned first team All-ACC accolades. Her 3974 points rank third on the Virginia all-time indoor performance list.
- Owayne Owens brought home Virginia's fourth triple jump title in the past five years. His leap of 16.48m claimed the gold medal and earned the Montego Bay native All-ACC honors
- Jordan Willis placed third in the 400m with his season-best time of 46.64. Brandon Outlaw finished fourth at 46.69.



VIRGINIA MEN'S COMPETITORS

Competitor	Event	Date/Time
Kane Aldrich	Pole Vault	Saturday - 1 p.m.
Rohan Asfaw	3,000m	Saturday - 3:55 p.m.
	5000m	Friday - 7:20 p.m.
Liam Bellamy	800m	Friday - 5:45 p.m.
Jackson Braddock	Mile	Friday - 2:10 p.m.
	3000m	Saturday - 3:55 p.m.
Nigal Davis	200m	Friday - 6:30 p.m.
Colin Duignan	Pole Vault	Saturday - 1 p.m.
Jack Eliason	5000m	Friday - 7:30 p.m.
Jacob Hunter	3000m	Saturday - 3:55 p.m.
Derek Johnson	5000m	Friday - 7:20 p.m.
Jacob Kelly	High Jump	Friday - 12 p.m.
Tavares Kelly	60m	Friday - 5:10 p.m.
	200m	Friday - 6:30 p.m.
Ka'eo Kruse	Mile	Friday - 2:10 p.m.
Jacob Lemmon	Weight Throw	Friday - 2 p.m.
Kyle Mosteller	Pole Vault	Saturday - 1 p.m.
Nathan Mountain	Mile	Friday - 2:10 p.m.
	3000m	Saturday - 3:55 p.m.
Connor Murphy	800m	Friday - 5:45 p.m.
Owayne Owens	Long Jump	Friday - 4:30 p.m.
	Triple Jump	Saturday - 3 p.m.
Derek Pekar	Heptathlon	Thursday - 11 a.m.
Jay Pendarvis	200m	Friday - 6:30 p.m.
Wes Porter	Mile	Friday - 2:10 p.m.
	3000m	Saturday - 3:55 p.m.
Johnny Rogers	5000m	Friday - 7:20 p.m.
Claudio Romero	Shot Put	Saturday - 12:00 p.m.
	Weight Throw	Friday - 2 p.m.
Yasin Sado	Mile	Friday - 2:10 p.m.
	3000m	Saturday - 3:55 p.m.
Alex Sherman	400m	Friday - 4:20 p.m.
Will Trent	400m	Friday - 4:20 p.m.
Heldi Valikaj	Long Jump	Friday - 4:30 p.m.
	Triple Jump	Saturday - 3 p.m.
Justin Wachtel	Mile	Friday - 2:10 p.m.
Jordan Willis	400m	Friday - 4:20 p.m.
Jeremiah Wilson	60m Hurdles	Friday - 3:35 p.m.
Davis Young	800m	Friday - 5:45 p.m.

Men's NCAA Indoor Champions

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

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
2021	Owayne Owens	TJ



VIRGINIA WOMEN'S COMPETITORS

Competitor	Event	Date/Time
Emily Alexandru	400m	Friday - 4 p.m.
Ashley Anumba	Shot Put	Saturday - 2:30 p.m.
Margot Appleton	Mile	Friday - 1:40 p.m.
	3000m	Saturday - 3:20 p.m.
Trina Barcarola	Pole Vault	Friday - 5 p.m.
Mia Barnett	Mile	Friday - 1:40 p.m.
	3000m	Saturday - 3:20 p.m.
Claire Frazier Bolton	800m	Friday - 5:30 p.m.
Kayla Bonnicks	60m	Friday - 4:55 p.m.
	200m	Friday - 6:05 p.m.
Abby Comella	400m	Friday - 4 p.m.
Sydney Coppolino	800m	Friday - 5:30 p.m.
Caroline Dannenbaum	Pole Vault	Friday - 5 p.m.
Maria Deaviz	Shot Put	Saturday - 2:30 p.m.
Ellie Desmond	Mile	Friday - 1:40 p.m.
	3000m	Saturday - 3:20 p.m.
Bex Hawkins	High Jump	Friday - 6:45 p.m.
Morgan Johnson	Shot Put	Saturday - 2:30 p.m.
	Weight Throw	Friday - 5 p.m.
Taylor Jones	Mile	Friday - 1:40 p.m.
	3000m	Saturday - 2:30 p.m.
Riley Larsen	Pole Vault	Friday - 5 p.m.
Helena Lindsay	3000m	Saturday - 2:30 p.m.
	5000m	Friday - 6:55 p.m.
Maya Maloney	Pole Vault	Friday - 5 p.m.
Anzhelika Parenchuk	800m	Friday - 5:30 p.m.
Jada Pierre	60m	Friday - 4:55 p.m.
Janae Profit	Shot Put	Saturday - 2:30 p.m.
	Weight Throw	Friday - 5 p.m.
Gabriella Recce	Pole Vault	Friday - 5 p.m.
Zoe Rice	Long Jump	Friday - 1 p.m.
	Triple Jump	Saturday - 12 p.m.
Alahna Sabbakhan	800m	Friday - 5:30 p.m.
Kaiya Saunders	Shot Put	Saturday - 2:30 p.m.
Jada Seaman	60m	Friday - 4:55 p.m.
	200m	Friday - 6:05 p.m.
	Long Jump	Friday - 1 p.m.
Keara Seasholtz	800m	Friday - 5:30 p.m.
Alix Still	Pentathlon	Thursday 11 a.m.

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
2021	Jada Seaman	LJ



WOMEN'S 2022 TOP INDOOR PERFORMANCES

WOMEN'S 60 METERS

NAME	TIME
Jada Seaman	7.39
Kayla Bonnick	7.44
Jada Pierre	7.57
Tara Zeni	7.93

WOMEN'S 200 METERS

NAME	TIME
Jada Seaman	23.82
Kayla Bonnick	25.06
Jada Pierre	25.72

WOMEN'S 400 METERS

NAME	TIME
Emily Alexandru	56.58
Anzhelica Parenchuk	56.95
Abby Comella	58.14

WOMEN'S 800 METERS

NAME	TIME
Alahna Sabbakhan	2:08.20
Claire Frazier Bolton	2:10.68
Keara Seasholtz	2:10.70
Ellie Desmond	2:14.10
Sydney Coppolino	2:15.65

WOMEN'S 1,000 METERS

NAME	TIME
Ellie Desmond	2:53.74

WOMEN'S MILE

NAME	TIME
Mia Barnett	4:35.09
Margot Appleton	4:45.35
Taylor Jones	4:50.75
Helena Lindsay	4:52.16
Ellie Desmond	4:55.73

WOMEN'S 3000 METERS

NAME	TIME
Helena Lindsay	9:27.53
Veronic Boire	9:34.79
Taylor Jones	9:53.75
Liza Neely	10:22.19
Lila Fenner	10:41.39

WOMEN'S 5000 METERS

NAME	TIME
Margot Appleton	16:49.45
Helena Lindsay	17:01.24

WOMEN'S 60M HURDLES

NAME	TIME
Alix Still	8.69
Jada Pierre	8.74
Nadia Saunders	8.87
Zoe Rice	8.93
Trina Barcarola	8.94

WOMEN'S HIGH JUMP

NAME	MARK
Bex Hawkins	1.77m
*Alix Still	1.66m

WOMEN'S POLE VAULT

NAME	MARK
Trina Barcarola	4.00m
Maya Maloney	3.94m
Gabriella Recce	3.92m
Caroline Dannenbaum	3.80m
Riley Larsen	3.80m

WOMEN'S LONG JUMP

NAME	MARK
Jada Seaman	6.17m

NAME	MARK
*Alix Still	5.86m
Zoe Rice	5.68m
Gabriella Recce	5.63m
Tara Zeni	5.52m

WOMEN'S TRIPLE JUMP

NAME	MARK
Zoe Rice	12.15m
Nadia Saunders	11.76m

WOMEN'S SHOT PUT

NAME	MARK
Maria Deaviz	16.42m
Ashley Anumba	15.27m
Kaiya Saunders	15.12m
Morgan Johnson	14.67m
Janae Profit	14.16m

WOMEN'S WEIGHT THROW

NAME	MARK
Morgan Johnson	16.35m
Maria Deaviz	16.16m
Janae Profit	15.64m

PENTATHLON

NAME	SCORE
Alix Still	3849

WOMEN'S DMR

NAME	TIME
Appleton, Seaman, Sabbakhan, Barnett	11:07.12

4x400m

NAME	TIME
Parenchuk, Seasholtz Alexandru, Sabbakhan	3:46.61

* Multis Athlete

MEN'S 2022 TOP INDOOR PERFORMANCES

MEN'S 60 METERS

NAME	TIME
Tavares Kelly	6.92
Jay Pendarvis	6.98
Nigal Davis	7.08
Jerlan Fish	7.16

MEN'S 200 METERS

NAME	TIME
Jordan Willis	21.57
Jay Pendarvis	21.61
Alex Sherman	22.00
Nigal Davis	22.36
Tavares Kelly	22.45

MEN'S 400 METERS

NAME	TIME
Jordan Willis	47.12
Alex Sherman	48.48
Jay Pendarvis	48.88
Nigal Davis	50.13
Will Trent	50.15

MEN'S 800 METERS

NAME	TIME
Liam Bellamy	1:50.74
Connor Murphy	1:51.73
Davis Young	1:54.11

MEN'S 1,000 METERS

NAME	TIME
Will Baginski	2:25.06

MEN'S MILE

NAME	TIME
Ka'eo Kruse	4:01.56
Wes Porter	4:01.82
Yasin Sado	4:02.70
Nathan Moutain	4:03.27

Jackson Braddock	4:03.76
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MEN'S 3000 METERS

NAME	TIME
Wes Porter	7:56.81
Rohan Asfaw	7:58.14
Yasin Sado	8:02.75
Nathan Mountain	8:10.22
Jacob Hunter	8:11.35

MEN'S 5000 METERS

NAME	TIME
Rohan Asfaw	14:01.85
Derek Johnson	14:12.08
Ka'eo Kruse	14:25.15
Jackson Braddock	14:40.46

MEN'S 60M HURDLES

NAME	TIME
Jeremiah Wilson	8.30

MEN'S HIGH JUMP

NAME	MARK
Jacob Kelly	2.08m

MEN'S POLE VAULT

NAME	MARK
Colin Duignan	5.00m
Kane Aldrich	4.80m
Kyle Mosteller	4.65m

MEN'S LONG JUMP

NAME	MARK
Owayne Owens	7.40m
Heldi Valikaj	7.22m
Ayende Watson	7.02m

MEN'S TRIPLE JUMP

NAME	MARK
Owayne Owens	16.60m
Heldi Valikaj	14.86m
Ayende Watson	14.46m
Dejon Mayo	14.21m

MEN'S SHOT PUT

NAME	MARK
Claudio Romero	18.29m
Luke Smith	12.67m

MEN'S WEIGHT THROW

NAME	MARK
Jacob Lemmon	19.83m

HEPTATHLON

NAME	SCORE
Sado, Willis, Murphy, Porter	9:30.51*

MEN'S DMR

NAME	TIME
Sado, Willis, Murphy, Porter	9:30.51*

* Converted from flat to banked track (9:38.25 - Flat)

4X400M

NAME	TIME
Sherman, Willis Davis, Pendarvis	3:11.64

* Multis athlete



VIRGINIA 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

VIRGINIA 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



ACC WOMEN'S INDOOR CHAMPIONSHIP MEET RECORDS

Event	Name	Time/Mark	Date
60 meters	Tonya Carter, Florida State	7.15	2000
60m hurdles	Brianna Rollins, Clemson	2013	2013
200 meters	Ka'Tia Seymour, Florida State	22.82	2020
400 meters	Shakima Wimbley, Miami.....	51.20	2017
800 meters	Lindsey Butler, Virginia Tech	2:01.96	2021
Mile	Jessica Harris, Notre Dame	4:33.80	2017
3,000 meters	Elly Henes, NC State.....	9:00.53	2021
5,000 meters	Molly Seidel, Notre Dame	15:19.64	2016
1,600 meter relay	Miami	3:32.84	2019
Distance Medley Relay	Florida State	10:57.41	2013
High Jump.....	Chaunte Howard, Georgia Tech	1.90m (6'2.75").....	2004
Long Jump	Kierra Foster, Maryland.....	6.60m (21'8").....	2006
Triple Jump.....	Kim Williams, Florida State	14.23m (46'8.25").....	2010
Pole Vault.....	Megan Clark, Duke.....	4.52m (14'9.75").....	2016
Shot Put	Laura Gerraughty, North Carolina	18.87m (61'11").....	2006
Weight Throw	Debbie Ajagbe, Miami.....	22.55m (73'11.75").....	2020
Pentathlon	Michelle Atherley, Miami	4498 points	2019

ACC MEN'S INDOOR CHAMPIONSHIP MEET RECORDS

Event	Name	Time/Mark	Date
60 meters	Jacoby Ford, Clemson	6.51	2009
60m hurdles	Trey Cunningham, Florida State	7.60	2020
200 meters	Shawn Crawford, Clemson	20.43	2000
400 meters	Jacory Patterson, Virginia Tech.....	45.38	2021
800 meters	Patrick Joseph, Virginia Tech.....	1:46.23	2017
Mile	Yared Nuguse, Notre Dame	3:55.62	2020
3,000 meters	Thomas Curtin, Virginia Tech	7:52.92	2015
5,000 meters	Antonio Lopez Segura, Virginia Tech	13:49.86	2021
1,600 meter relay	North Carolina.....	3:06.66	2020
Distance Medley Relay	Virginia Tech.....	9:31.05	2017
High Jump	James Harris, Florida State	2.24m (7'4.25").....	2014
Long Jump.....	Ngoni Harris, Florida State	8.21m (26'11.25").....	2009
Triple Jump	Manuel Ziegler, Virginia Tech.....	16.61m (54'6").....	2015
Pole Vault.....	Torben Laidig, Virginia Tech	5.55m (18'2.50").....	2017
Shot Put.....	Daniel McArthur, North Carolina	20.69m (67'10.75").....	2021
Weight Throw	Josh Davis, NC State	23.83m (78'2.25").....	2018
Heptathlon	Curtis Beach, Duke.....	5987 points	2014



MEN'S ALL-TIME INDOOR PERFORMANCE 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. **Tavares Kelly 6.92 '22**
8. Scott Kimball 6.93 '00
9. Adams Abdulrazaaq 6.94 '11
10. Payton Hazzard 6.95 '15

200 METERS

1. **Jordan Willis 21.42 '20**
2. Gerald Howard 21.53 '95
3. **Jay Pendarvis 21.61 '22**
4. Scott Kimball 21.78 '00
- Reuben Jones 21.78 '08
- Payton Hazzard 21.78 '14
7. Conlon Bonner 21.79 '08
8. Shay Clark 21.81 '02
9. Kellen Blassingame 21.85 '06
10. Brandon Outlaw 21.89 '20

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. **Ka'eo Kruse 4:01.56 '22**
6. **Wes Porter 4:01.82 '22**
7. Kyle King 4:02.15 '15
8. Patrick Todd 4:02.70 '12
- Yasin Sado 4:02.70 '22**
9. John Minen 4:02.77 '10
10. Kris Herdt 4:02.92 '87

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. **Wes Porter 7:56.81 '22**
7. **Rohan Asfaw 7:58.14 '22**
8. Emil Heineking 7:58.36 '11
9. Kyle King 8:00.23 '15
10. Jan Foerster 8:02.54 '07

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. **Rohan Asfaw 14:01.85 '22**
8. Kris Herdt 14:02.00 '89
9. Mark Amirault 14:03.01 '12
10. Ari Klau 14:03.31 '19

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
- Jacob Kelly 2.08m (6'9.75") '22**
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. **Colin Duignan 5.00m (16'4.75") '22**
9. Danny Thompson 4.98m (16' 4") '81
10. **Colin Duignan 4.92m (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 17.02m(55'10.25) '20
2. Marcus Robinson 16.63m (54'6.75") '12
3. **Owyane Owens 16.60m (54'5.5") '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. Oghenekpobo 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. Oghenekpobo 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



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. **Jay Pendarvis**.....**48.10**.....**'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 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 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 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 Hagwood8.05.....'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 Sullivan.....4.97m (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 Efeboro...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 Efeboro...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 ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

- Halle Hazzard7.23 '21
- Jada Seaman7.37 '21**
- Kiamesha Otey7.37 '03
- Sonja Fridy7.39 '86
- Peyton Chaney7.40 '16
- Anna Jefferson7.40 '20
- Pam Lemons7.43 '93
- Kayla Bonnick.....7.44 '21**
- Jordan Lavender7.49 '15
- Janne'a Bridgeford7.50 '08

200 METERS

- Halle Hazzard23.45 '21
- Jada Seaman23.56 '21**
- Jordan Lavender23.80 '15
- Peyton Chaney23.84 '16
- Anna Jefferson23.92 '20
- Danielle Williams23.97 '12
- Kayla Bonnick.....24.14 '21**
- Kelly Miller24.17 '99
- Angela Lee24.30 '99
- Kiamesha Otey24.34 '03

400 METERS

- Jordan Lavender52.59 '13
- Andrenette Knight53.50 '20
- Anna Jefferson53.33 '19
- Lisa Garrett54.07 '81
- Angela Lee54.29 '99
- Carielle Doe54.52 '02
- Cathron Birge54.61 '90
- Sonja Fridy54.95 '87
- Angela Griffith55.38 '92
- Erin Crawford55.42 '07

800 METERS

- Vanessa Fabrizio2:07.24 '15
- Emma Call2:07.39 '17
- Lyndsay Harper2:07.64 '11
- Morgane Gay2:08.07 '09
- Alahna Sabbakhan.....2:08.20 '22**
- Keara Seasholtz2:08.43 '21**
- Kim Kelly2:09.27 '85
- Jill Haworth2:09.62 '83
- Cathron Birge2:09.71 '90
- Colette Gnade2:09.80 '13

MILE

- Jill Haworth4:34.32 '82
- Morgane Gay4:34.38 '12
- Vicky Fouhy4:34.87 '13
- Mia Barnett4:35.09 '22**
- Lesley Welch4:35.56 '82
- Iona Lake4:36.11 '16
- Marissa Schmidt4:41.10 '82
- Michele Rowen4:41.57 '87
- Lisa Welch4:41.96 '82
- Catherine White4:42.80 '11

3,000 METERS

- Cleo Boyd9:18.20 '17
- Claire Forbes9:18.80 '92
- Stephanie Garcia9:19.44 '11
- Martha White9:19.58 '83
- Iona Lake9:22.75 '15
- Barbara Strehler9:22.85 '14
- Morgan Kelly9:23.21 '15
- Catherine White9:24.43 '10
- Patty Matava9:25.83 '87
- Michele Rowen9:25.8h '85

5,000 METERS

- Margaret Groos15:34.71 '81
- Cleo Boyd16:04.76 '17
- Morgan Kelly16:10.73 '15
- Barbara Strehler16:16.32 '14
- Emily Harrison16:16.53 '08
- Lesley Welch16:21.6h '82
- Maria Hauger16:22.07 '14
- Anna Corrigan16:25.81 '12
- Kara Scanlin16:27.61 '08
- Martha White16:31.6h '82

600 HURDLES

- Alexis Woodley8.31 '20
- Ciara Leonard8.38 '18
- Ayla Smith8.39 '09
- Andrenette Knight8.48 '20
- Heather Smith8.54 '16
- Kim Turko8.55 '01
- Chidi Uche8.58 '10
- Lauren Echko8.60 '09
- Alix Still*8.62 '21**
- Bianca DeBartolo8.65 '07

HIGH JUMP

- Sherry Gould1.87m (6' 1.5") '94
- Ann Bair1.83m (6' 0") '83
- Robin Landes1.82m (5' 11.25") '88
- Karen DiDonato1.80m (5' 10.75") '91
- Pearl Bickersteth .. 1.79m (5'10.5") '12
- Rachel Marks1.78m (5' 10") '04
- Rebecca Hawkins1.77m (5'9.75")..... '22**
- Kate Doyle.....1.75m (5' 8.75") '90
- Janelle Clayton1.74m (5' 8.5") '10
- Susan Brownell.....1.73m (5' 8.25") '80
- Karen Hatchett1.73m (5' 8.25") '81

POLE VAULT

- Bridget Guy.....4.41m (14'5.5") '19
- Maya Maloney 4.12m (13'6.25")..... '20**
- Trina Barcarola ... 4.00m (13'1.5")..... '22**
- Sarah DeVita3.97m (13'0.25") '15
- Theresa Demaria .. 3.96m (12'11.75") '17
- Katie Freix3.95m (12'11.5") '18
- Gabriella Recce .. 3.92m (12'10.25")..... '22**
- Vika Osenko3.80m (12' 5.75") '03
- Riley Larsen3.80m (12'5.5") '20**
- Caroline Danenbaum 3.80m (12'5.5") '22**
- Katie Darraugh3.75m (12' 3.5") '10

LONG JUMP

- Jada Seaman.....6.46m (21' 2.5")..... '20**
- Dana Boone6.44m (21' 1.50") '91
- Kiamesha Otey6.39m (20' 11.75") '02
- Sonja Fridy6.38m (20' 11.25")..... '87
- Khyasia Caldwell ... 6.29m (20' 7.75") '20
- Nicole Kimbrough.. 6.27m (20' 7") '95
- Kelly Miller6.22m (20' 5") '99
- Angela Griffith6.15m (20' 2.25") '92
- Latanya Wynn6.10m (20' 0.25") '88
- Tomika Ferguson...6.09m (19' 11.75")..... '06
- Mia Barron6.09m (19' 11.75")..... '18

TRIPLE JUMP

- Tomika Ferguson ..13.53m (44' 4.75")..... '07
- Naccolle Guinn13.14m (43' 1.25")..... '01
- Khyasia Caldwell.....13.05m (42' 9.75")..... '21
- Kelly McKee13.00m (42'8") '19
- Dallas Rose.....12.98m (42' 7") '12
- Dana Boone12.86m (42' 2.25")..... '91
- Michele Johnson ..12.78m (41' 11") '87
- Mia Barron12.71m (41'8.5") '17
- Rashawnda James12.59m (41' 3.75")..... '09
- Zoe Rice.....12.47m (40' 11")..... '21**

SHOT PUT

- Billie-Jo Grant ... 16.55m (54' 3.5") '08
- Christine Bohan ... 16.53m (54' 2.75") '16
- Maria Deaviz 16.62m (53'10.05") '22**
- Brittany Jones16.27m (53'4.5") '20
- Maureen Laffan ...15.97m (52' 4.75") '10
- Eliese Mitchell ... 15.72m (51' 7") '03
- Kelly Bodiford15.65m (51' 4.25") '91
- Emily Vannoy15.42m (50' 7.25") '10
- Ashley Anumba .. 15.27m (49'5.5) '22**
- Kaiya Saunders .. 15.12m (49' 7.25")..... '22**

WEIGHT THROW

- Eliese Mitchell20.06m (65' 9.75") '02
- Maureen Laffan .. 18.54m (60' 10") '12
- Erin Wykoff17.75m (58' 3") '12
- Jade Baker17.46m (57'3.5")..... '19
- Alexa Manning 17.09m (56' 1") '08
- Ann Crouse17.08m (56' 0.5") '96
- Eva Mustafic.....16.92m (55'6.25")..... '19
- Lauren Connelly ...16.67m (54' 8.25")..... '96
- Morgan Johnson. 16.35m (53' 7.75")..... '22**
- Logan Clements.. 16.30m (53'5.75") '14

PENTATHLON

- Susan Brownell.....4,153 '82
- Rebecca Grube4,108 '95
- Alix Still.....3,974 '21**
- Holly Sullivan3,912 '18
- Ayla Smith3,879 '09
- Sherry Gould3,789 '94
- Beth Sheehan3,678 '83
- Bianca DeBartolo.....3,661 '07
- Anna Finger3,659 '13
- Curtrell Frye.....3,644 '02

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



MEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

- Halle Hazzard** 7.32 '19
- Jada Seaman** 7.46 '20
- Kayla Bonnick** **7.48** '**21**
- Jordan Lavender 7.57 '12
- Peyton Chaney 7.60 '13
- Tori McKenzie 7.60 '14

200-METER DASH

- Jada Seaman** 23.93 '20
- Halle Hazzard** **23.45** '**21**
- Kayla Bonnick** **24.14** '**21**
- Jordan Lavender 24.25 '12
- Peyton Chaney 24.31 '13

300-METER DASH

- Jordan Lavender 39.05 '12
- Julie Sandy 39.43 '87
- Anna Jefferson** 39.63 '17
- Kiana Hairston 40.15 '15
- Kayla Bonnick** **40.25** '**21**

400-METER DASH

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

500-METER DASH

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

800-METER RUN

- Emma Call 2:07.39 '17
- Morgane Gay 2:08.07 '09
- Keara Seasholtz** **2:08.43** '**21**
- Vanessa Fabrizio 2:08.79 '11
- Sandy Schuler 2:09.90 '85

1000-METER RUN

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

1-MILE RUN

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

3000-METER RUN

- Maria Hauger 9:29.20 '14
- Sarah Fakler 9:37.45 '14
- Katharine Walker 9:38.96 '11
- Megan Rebholz 9:42.55 '15
- Cleo Boyd 9:47.23 '14

5000-METER RUN

- Lesley Welch 16:21.60 '82
- Maria Hauger 16:22.07 '14
- Cleo Boyd 16:29.16 '14
- Sarah Fakler 16:32.01 '14
- Katharine Walker 16:46.02 '11

60-METER HURDLES

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

HIGH JUMP

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

POLE VAULT

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

LONG JUMP

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

TRIPLE JUMP

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

SHOT PUT

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

WEIGHT THROW

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

PENTATHLON

- Beth Sheehan 3,678 '83
- Katie Ollendick 3,443 '94
- Holly Sullivan 3,411 '16
- Alana Herran 3,396 '16
- 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
- 3:39.36* Chaney, Lavender, Ezumah, Wright 2014
- 3:40.79 Parenchuk, Seaman, Sabbakhan, Knight 2021**

DMR

- 10:56.84 Barnett, Parenchuk, Appleton, Seasholtz 2022**
- 10:59.33 Gay, Smith, Harper, Garcia 2011
- 11:00.05* Appleton, Seaman, Sabbakhan, Barnett 2022**
- 11:13.70 Barnett, Seasholtz, Bolton, Appleton 2022**
- 11:14.15 Gay, Fabrizio, Harper, Garcia 2011

Men

4x400

- 3:11.64 Sherman, Willis, Davis, Pendarvis 2022**
- 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

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

NON-NCAA EVENT RECORDS

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



MEN'S ACC INDOOR CHAMPIONSHIP HISTORY

ACC 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	400m
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
	Sam Young	PV
	Jordan Scott	TJ
	Derek Pekar	Hept
2021	Owayne Owens	TJ

ALL-ACC

1987	David Hood
	Kris Herdt
1988	Herman Moore
1989	Ben Kurgat
	Paul Ereng
1990	Thom McKinney
	Brian Shafer
	Herman Moore
1991	Thom McKinney
	Ben Kurgat
1992	Ben Kurgat
1993	Mike Murphy
1994	Rob Cook
	Mark Hammons
2001	Shay Clark
	Stephen Gross
	Bob Thiele
2002	Jarrett Hagwood
2003	David Sullivan
2004	McGavock Dunbar
2005	McGavock Dunbar
	David Sullivan
2006	Kellen Blassingame

	Alex Tatu
	Kevin McHale
2007	Alex Tatu
	Jordan Orr
	Jan Foerster
2008	Yemi Ayeni
	Andy Biladeau
	Ryan Foster
	Andrew Jesien
	Brian Lee
	Jordan Orr
	Alex Tatu
2009	Adams Abdulrazaaq
	Yemi Ayeni
	Kevin Anding
	Alex Bowman
	Ryan Collins
	Emil Heineking
	Brian Lee
	Andrew Lobb
	Greg Nelson
	Meikle Paschal
	Lance Roller
	Sintayehu Taye
	Kevin Tschirhart
2010	Adams Abdulrazaaq
	Kevin Anding
	Robby Andrews
	Alex Bowman
	Ryan Collins
	Marcus Robinson
	Lance Roller
	Sintayehu Taye
2011	Adams Abdulrazaaq
	Kevin Anding
	Ryan Collins
	Brett Johnson
	Anthony Kostelac
	Marcus Robinson
2012	Mark Amirault
	Kevin Anding
	Chris Foley
	Thomas Porter
	Marcus Robinson
	Nick Vena
2013	Ryan Satchell
2014	Drequan Hoskey
	Mike Marsella
	Thomas Porter
	Ryan Satchell
	Aaron Worrell
2015	Payton Hazzard
	Kyle King
	Mike Marsella
	Filip Mihaljevic
	Henry Wynne
	Jordan Young
2016	Oghenakpobo Efekoro
	Kenneth Hagen
	Nathan Kiley
	Filip Mihaljevic
	Matthew Novak
	Adam Visokay
	Henry Wynne
	Hilmar Jonsson (2nd)
	Aaron Worrell (2nd)
2017	Zach Herriott
	Filip Mihaljevic
	Oghenakpobo Efekoro
	Jack Lint
	Jordan Scott
	Henry Wynne
	Jordan Young
	Brent Demarest (2nd)
	Hilmar Jonsson (2nd)
	Nace Plesko (2nd)
	Chase Weaverling (2nd)
	Aaron Worrell (2nd)
	Sam Young (2nd)
2018	Jordan Scott

	Oghenakpobo Efekoro
	Hilmar Jonsson
	Mike Marsella (2nd)
	Nace Plesko (2nd)
2019	Brenton Foster
	Jordan Scott
	Trey Causey (2nd)
	Ari Klau (2nd)
	Emmanuel Jackson (2nd)
	Hilmar Jonsson (2nd)
2020	Brenton Foster
	Sam Young
	Jordan Scott
	Derek Pekar
	Owayne Owens
	AJ Ernst
	Brandon Outlaw (2nd)
	Jordan Willis (2nd)
	Rohann Asfaw (2nd)
2021	Kane Aldrich (2nd)
	Jacob Lemmon (2nd)
	Elby Omohundro (2nd)
	Brandon Outlaw (2nd)
	Owayne Owens (1st)
	Claudio Romero (2nd)
	Jordan Willis (1st)

ACC PERFORMER OF THE YEAR

1991	Ben Kurgat
2016	Henry Wynne (track)
2017	Jordan Young (field)
2019	Jordan Scott (field)
2020	Jordan Scott (field)

ACC CHAMPIONSHIP FIELD MVP

2015	Jordan Young
2020	Jordan Scott

ACC MEET FIELD MVP

2010	Robby Andrews
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VIRGINIA YEAR-BY-YEAR

1954	4th (5)	1996	8th (20)
1955	6th (7.5)	1997	7th (29)
1956	6th (8)	1998	6th (31)
1957	4th (13)	1999	6th (37)
1958	6th (7.8)	2000	8th (31)
1959	T-7th (2)	2001	6th (68)
1960	T-6th (8.2)	2002	8th (32)
1961	5th (13.33)	2003	7th (28)
1962	6th (13.5)	2004	6th (35)
1963	8th (0)	2005	4th (54)
1964	8th (5)	2006	6th (55)
1965	8th (9)	2007	7th (49)
1966	8th (4)	2008	5th (76.5)
1967	8th (1)	2009	3rd (94)
1968	6th (8)	2010	4th (77)
1969	6th (11)	2011	4th (77)
1970	6th (11)	2012	4th (80)
1971	7th (12)	2013	7th (38)
1972	5th (18)	2014	6th (54)
1973	6th (14)	2015	3rd (71)
1974	5th (10)	2016	3rd (64)
1975	4th (20)	2017	2nd (98)
1976	5th (17)	2018	6th (49)
1977	6th (17.5)	2019	5th (49)
1978	5th (26)	2020	3rd (87)
1979	5th (25.5)	2021	7th (40)
1980	6th (32)		
1987	6th (31)		
1988	6th (38)		
1989	5th (50)		
1990	4th (60)		
1991	4th (70.2)		
1992	7th (33)		
1993	7th (36)		
1994	7th (44)		
1995	7th (32)		

**WOMEN'S ACC INDOOR CHAMPIONSHIP HISTORY****ACC CHAMPIONS**

1987	Sonya Fridy	60
	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	Naccole 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 Seman	LJ
2021	Jada Seaman	LJ

ALL-ACC

1987	Sandy Schuler
	Latanya Wynn
	Michele Johnson
	Cathron Birge
	Sonja Fridy
	Cherlene Hinton
	Michelle Rowen
	Julie Sandy
1988	Latanya Wynn
	Charlene Hinton
	Robin Landes
1989	Dana Boone
1990	Dana Boone
	Claire Forbes
1991	Kelly Bodiford
	Claire Forbes
1992	Jen Garvin
	Claire Forbes
	Michelle Samuels
	Lara Drauglis
	Kim Liggins
1993	Sherry Gould
1994	Rebecca Grube
	Michelle Samuels
	Pam Lemons
	Bernarda Gras
	Sherry Gould
	Mia Richardson
1995	Rebecca Grube
	Nicole Kimbrough
1996	Lauren Connolly
	Ann Crouse

1997	Tracey Freyre
	Astrid Gotthard
	Talitha Green
	Jen Gruia
	Nicole Kimbrough
1999	Ann Crouse
	Jennifer Owens
2000	Jeanna Composti
	Eliese Mitchell
	Kimesha Otey
2001	Naccole Guinn
	Eliese Mitchell
	Kiamesha Otey
2002	Carielle Doe
	Kim Turko
	Kiamesha Otey
	Naccole Guinn
2003	Ellen Dwyer
	Eliese Mitchell
	Kiamesha Otey
2004	Rachel Marks
	Meggie Shuelke
2008	Kathleen Darraugh
	Emily Harrison
	Kara Scanlin
2010	Rosemary Barber
	Lyndsay Harper
	Maureen Laffan
	Tasia Potasinski
	Chidi Uche
2011	Vanessa Fabrizio
	Stephanie Garcia
	Morgane Gay
	Lyndsay Harper
2012	Pearl Bickersteth
	Anna Corrigan
	Morgane Gay
	Dallas Rose
2013	Vicky Fouhy
	Jordan Lavender
	Dallas Rose
2014	Jordan Lavender
2015	Christine Bohan
	Jordan Lavender
2016	Christine Bohan
	Peyton Chaney
	Iona Lake
	Bridget Guy (2nd)
2017	Mia Barron
	Christine Bohan (2nd)
	Cleo Boyd
	Emma Call (2nd)
	Kelly McKee (2nd)
2018	Mia Barron
	Kelly McKee
	Gabrielle Hayes (2nd)
	Brittany Jones (2nd)
	Holly Sullivan (2nd)
2019	Halle Hazzard
	Bridget Guy

	Kelly McKee
	Anna Jefferson (2nd)
	Carly Feyerabend (2nd)
2020	Jada Seaman
	Khyasia Caldwell
	Anna Jefferson (2nd)
	Andrenette Knight (2nd)
	Alix Still (2nd)
2021	Kayla Bonnick (2nd)
	Khyasia Caldwell (1st), (2nd)
	Bex Hawkins (2nd)
	Halle Hazzard (1st), (2nd)
	Brittany Jones (2nd)
	Andrenette Knight (2nd)
	Maya Maloney (2nd)
	Jada Seaman
	Alix Still
	4x400m (2nd)
	(Parenchuk, Seaman, Sabbakhan, Knight)

ACC CHAMPIONSHIP TRACK MVP

2014	Jordan Lavender
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ACC FRESHMAN FIELD PERFORMER OF THE YEAR

2020	Jada Seaman
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ACC COACH OF THE YEAR

1987	Fred Binggeli
1994	Fred Binggeli

VIRGINIA YEAR-BY-YEAR

1987	1st (132)
1988	2nd (69)
1989	3rd (55)
1990	3rd (54)
1991	3rd (74)
1992	3rd (71)
1993	4th (51.5)
1994	2nd (112)
1995	3rd (75)
1996	5th (63)
1997	4th (62)
1998	7th (44)
1999	6th (59)
2000	5th (52)
2001	4th (80)
2002	5th (63)
2003	4th (74.5)
2004	9th (26.5)
2005	11th (11)
2006	9th (39.5)
2007	8th (34)
2008	5th (57)
2009	8th (29)
2010	10th (33)
2011	T-6th (45)
2012	4th (59)
2013	7th (46)
2014	T-10th (32)
2015	9th (35.5)
2016	9th (37)
2017	10th (31)
2018	9th (34.5)
2019	9th (31)
2020	10th (34)
2021	3rd (72.5)