

WOMEN'S 2022 SEASON-BEST OUTDOOR PERFORMANCES

WOMEN'S 100 METERS

	TIME
Jada Seaman	11.43
Kayla Bonnick	11.48

WOMEN'S 200 METERS

	TIME
Jada Seaman	23.18
Kayla Bonnick	24.01
Abby Comella	24.83
Alix Still	25.28

WOMEN'S 400 METERS

	TIME
Abby Comella	55.49
Alahna Sabbakhan	57.24

WOMEN'S 800 METERS

	TIME
Alahna Sabbakhan	2:05.97
Mia Barnett	2:06.11
Sydney Coppolino	2:07.26
Keara Seasholtz	2:08.92
Claire Frazier Bolton	2:09.00

WOMEN'S 1,500 METERS

	TIME
Mia Barnett	4:11.32
Margot Appleton	4:17.17
Taylor Jones	4:27.34
Anna Workman	4:28.65
Keara Seasholtz	4:32.92

WOMEN'S 3000 STEEPLECHASE

	TIME
Helena Lindsay	10:20.92
Amelia Kokernak	11:04.80

WOMEN'S 5000 METERS

	TIME
Helena Lindsay	16:26.97

Lila Fenner	17:56.00
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WOMEN'S 10000 METERS

	TIME
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WOMEN'S 100M HURDLES

	TIME
Alix Still*	13.82
Emily Alexandru	16.83

WOMEN'S 400M HURDLES

	TIME
Anzhelika Parenchuk	1:01.56
Emily Alexandru	1:01.77

WOMEN'S HIGH JUMP

	MARK
Bex Hawkins	1.76m
Alix Still*	1.65m
Carly Tarentino	1.61m

WOMEN'S POLE VAULT

	MARK
Trina Barcarola	4.06m
Gabriella Recce	3.95m
Maya Maloney	3.91m
Caroline Dannenbaum	3.91m
Riley Larsen	3.70m

WOMEN'S LONG JUMP

	MARK
Zoe Rice	6.19m
Alix Still*	6.17m
Jada Seaman	6.12m
Jordan Hardy	5.81m
Mia Abulencia	5.65m

WOMEN'S TRIPLE JUMP

	MARK
Jordan Hardy	12.32m

Zoe Rice	11.98m
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WOMEN'S SHOT PUT

	MARK
Maria Deaviz	17.32m
Ashley Anumba	15.29m
Janae Profit	14.84m
Kalya Saunders	14.42m
Morgan Johnson	13.97m

WOMEN'S DISCUS

	MARK
Ashley Anumba	56.67m
Maria Deaviz	52.58m
Thelma Kristjansdottir	51.51m
Sadey Rodriguez	48.52m
Janae Profit	47.79m

WOMEN'S HAMMER

	MARK
Jada Marsh	55.05m
Morgan Johnson	50.18m

WOMEN'S JAVELIN

	MARK
Alix Still*	32.72m

WOMEN'S HEPTATHLON

	POINTS
Alix Still*	4474

4x100m

	TIME
Rice, Seaman, Still*, Bonnick	45.58

4x400m

	TIME
Parenchuk, Seasholtz, Sabbakhan, Alexandru	3:48.81

MEN'S 2022 SEASON-BEST OUTDOOR PERFORMANCES

MEN'S 100 METERS

	TIME
Jay Pendarvis	10.56(w)
Jordan Willis	10.58(w)
Nigal Davis	10.81
Tavares Kelly	10.88
Jerlan Fish	10.94(w)

MEN'S 200 METERS

	TIME
Jordan Willis	21.02
Jay Pendarvis	21.08(w)
Nigal Davis	21.88(w)
Jerlan Fish	22.25(w)
Will Trent	22.29

MEN'S 400 METERS

	TIME
Jordan Willis	46.48
Jay Pendarvis	47.40
Nigal Davis	49.16
Will Trent	49.59
Liam Bellamy	50.22

MEN'S 800 METERS

	TIME
Conor Murphy	1:49.26
Wes Porter	1:51.72
Liam Bellamy	1:52.42
Ethan Zeh	1:52.44
Davis Young	1:52.71

MEN'S 1,500 METERS

	TIME
Wes Porter	3:39.73
Ka'eo Kruse	3:40.04
Nathan Mountain	3:40.04
Conor Murphy	3:41.49
Yasin Sado	3:43.29

MEN'S 3000 STEEPLECHASE

	TIME
Yasin Sado	8:41.36
Nathan Mountain	8:45.42
Ka'eo Kruse	8:52.63

MEN'S 5000 METERS

	TIME
Wes Porter	13:36.84
Yasin Sado	13:42.84
Rohann Asfaw	13:51.23
Justin Wachtel	14:02.48
Jacob Hunter	14:05.61

MEN'S 10000 METERS

	TIME
Rohann Asfaw	28:53.84
Peter Morris	30:07.99
Johnny Rogers	30:36.90
Harry Monroe	30:45.03
Nick Karayianis	30:47.17

MEN'S 110M HURDLES

	TIME
Jeremiah Wilson	14.37

MEN'S 400M HURDLES

	TIME
Alex Sherman	53.47
Jeremiah Wilson	56.89

MEN'S HIGH JUMP

	MARK
Jacob Kelly	1.95m

MEN'S POLE VAULT

	MARK
Kyle Mosteller	4.75m
Colin Duignan	4.75m
Tyler Lynch	4.60m
Kane Aldrich	4.60m

MEN'S LONG JUMP

	MARK
Owayne Owens	7.28m
Heldi Valikaj	7.25m

MEN'S TRIPLE JUMP

	MARK
Owayne Owens	16.14m
Heldi Valikaj	14.85m
Dejon Mayo	14.35m

MEN'S SHOT PUT

	MARK
Claudio Romero	17.59m

MEN'S DISCUS

	MARK
Claudio Romero	64.31m
Jacob Lemmon	57.03m

MEN'S HAMMER

	MARK
Evangelos Fradelakis	61.85m
Jacob Lemmon	61.36m
John Fay	55.78m

MEN'S JAVELIN

	MARK
Ethan Dabbs	71.62m
Thomas Dickinson	60.55m

MEN'S DMR

	TIME
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4x100m

	TIME
Kelly, Davis, Fish, Pendarvis	41.46

4x400m

	TIME
Willis, Pendarvis	3:11.19

Davis, Sherman

(w) Wind assistance

* Multis athlete

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	4:09.78	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.....	17.32m (56' 10")	2022
Discus Throw	Ashley Anumba.....	56.67m (185' 11")	2022
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	Wes Porter	13:36.84	2022
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.....	80.41m (263' 10")	2022
Decathlon.....	Stephen Dunphy.....	7,920 points	1992

WOMEN'S RELAY 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 RELAY 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 ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1. Halle Hazzard*	11.20	'19
2. Sonja Fridy	11.36	'87
3. Kiamesha Otey	11.43	'01
Jada Seaman	11.43	'22
Kelly Miller	11.48	'99
Kayla Bonnick	11.48	'22
Pam Lemons	11.57	'93
Tori McKenzie	11.63	'17
Brenda Brown	11.64	'84
Peyton Chaney	11.71	'14

* at NACAC U18/U23 Championships 2019 in Mexico

200 METERS

1. Sonja Fridy	23.17	'87
Jada Seaman	23.18	'22
Anna Jefferson	23.39	'19
Jordan Lavender	23.42	'14
Kiamesha Otey	23.46	'03
Peyton Chaney	23.50	'16
Kelly Miller	23.61	'99
Halle Hazzard	23.68	'19
Janne'a Bridgeford	23.69	'08
Pam Lemons	23.83	'93

400 METERS

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

800 METERS

1. Michaela Meyer	2:00.28	'21
Gail Bryant	2:04.21	'85
Vanessa Fabrizio	2:04.77	'14
Kim Kelly	2:05.23	'84
Vicky Fouhy	2:05.55	'13
Lyndsay Harper	2:05.84	'11
Alahna Sabbakhan	2:05.97	'22
Mia Barnett	2:06.11	'22
Keara Seasholtz	2:06.12	'21
Jill Haworth	2:06.31	'82

1,500 METERS

1. Michaela Meyer	4:09.78	'21
Mia Barnett	4:11.32	'22
Morgane Gay	4:13.20	'12
Vicky Fouhy	4:14.51	'13
Michelle Rowen	4:15.37	'87
Jill Haworth	4:16.06	'83
Lesley Welch	4:16.54	'82
Margaret Groos	4:16.74	'81
Margot Appleton	4:17.17	'22
Lisa Welch	4:17.74	'82

5,000 METERS

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

10,000 METERS

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

100m HURDLES

1. Ciara Leonard	13.26	'18
Alexis Woodley	13.31	'18
Andrenette Knight	13.37	'21
Ayla Smith	13.51	'09
Lauren Echko	13.72	'08
Heather Smith	13.76	'16
Chidi Uche	13.77	'10
Rebecca Grube	13.81	'94
Alix Still*	13.82	'22
Alana Herran	13.86	'17

400m HURDLES

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

3000m STEEPLECHASE

1. Stephanie Garcia	9:47.29	'11
Dawn Cleary	9:59.30	'03
Iona Lake	10:01.58	'15
Kiera Bothwell	10:03.88	'21
Melanie Matthews	10:13.31	'02
Vicky Fouhy	10:20.63	'14
Sara Sargent	10:20.64	'15
Helena Lindsay	10:20.92	'22
Janine Ricci	10:24.65	'05
Samantha Stafford	10:36.02	'09

HIGH JUMP

1. Ann Bair	1.88m (6' 2")	'83
Sherry Gould	1.86m (6' 1.25")	'93
Pearl Bickersteth	1.83m (6' 0")	'12
Maira Cronin	1.83m (6' 0")	'13
Robin Landes	1.81m (5' 11.25")	'88
Rachel Marks	1.79m (5' 10.75")	'06
Meggie Schuelke	1.76m (5' 9.25")	'04
Emily Kianka	1.76m (5' 9.25")	'12
Rebecca Hawkins	1.76m (5' 9.25")	'22
Karen DiDonato	1.75m (5' 8.75")	'91

POLE VAULT

1. Bridget Guy	4.46m (14' 7.5")	'18
Maya Maloney	4.08m (13' 4.5")	'21
Trina Barcarola	4.06m (13' 3.75")	'22
Katie Freix	4.01m (13' 1.75")	'18
Gabriella Recce	3.95m (12' 11.5")	'22
Theresa Demaria	3.93m (12' 10.75")	'17
Caroline Dannenbaum	3.90m (12' 9.5")	'22
Vika Osipenko	3.81m (12' 6")	'03
Riley Larsen	3.71m (12' 1")	'21
Sarah DeVita	3.71m (12' 1")	'15
Katie Darraugh	3.69m (12' 1.5")	'09

LONG JUMP

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

TRIPLE JUMP

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

SHOT PUT

1. Maria Deaviz	17.32m (56' 10")	'22
Christine Bohan	16.87m (55' 4.25")	'16
Brittany Jones	16.17m (53' 0.75")	'19
Eliese Mitchell	16.16m (53' 0.25")	'03
Billie-Jo Grant	15.77m (51' 9")	'06
Maureen Laffan	15.34m (50' 4")	'10
Emily Vannoy	15.30m (50' 2.5")	'10
8. Ashley Anumba	15.29m (50' 2")	'22
Alexa Manning	14.97m (49' 1.5")	'08
10. Janae Profit	14.84m (48' 8.25")	'22

DISCUS

1. Ashley Anumba	56.67m (185' 11")	'22
Billie-Jo Grant	56.06m (183' 11")	'08
Kelly Bodiford	54.08m (177' 5")	'93
Erin Wykoff	53.78m (176' 5")	'12
5. Thelma Kristjansdottir	53.62m (175' 11")	'21
6. Maria Deaviz	52.58m (172' 6")	'22
Caitlin Kelly	52.37m (171' 10")	'09
Eliese Mitchell	52.17m (171' 2")	'02
Julia Solo	52.04m (170' 9")	'86
Christine Bohan	50.79m (166' 8")	'17

HAMMER THROW

Jade Baker	63.61m (208' 8")	'19
Eva Mustafic	61.99m (203' 4")	'21
Maureen Laffan	59.91m (196' 6")	'12
Eliese Mitchell	56.95m (186' 10")	'03
5. Jada Marsh	55.05m (180' 7")	'22
Brittany Jones	54.05m (177' 4")	'21
Erin Wykoff	53.45m (175' 4")	'12
Lauren Connelly	51.31m (168' 4")	'96
Inhar Chong	50.29m (165' 0")	'00
10. Morgan Johnson	50.18m (164' 7")	'22

JAVELIN

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

HEPTATHLON

1. Rebecca Grube	5,512	'94
Susan Brownell	5,458	'82
Beth Sheehan	5,407	'86
Ann Bair	5,387	'83
5. Alix Still	5,370	'21
Holly Sullivan	5,317	'17
Sherry Gould	5,166	'93
Angela Griffith	4,967	'98
Suzanne Sweeney	4,915	'97
Katie Kiladis	4,855	'97

Current Cavaliers in Bold

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



MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
3. Shay Clark	10.50	'02
4. Edwin Brown	10.52	'85
5. Scott Kimball	10.53	'03
6. Bruce Randolph	10.69	'84
7. 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	21.02	'22
5. 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
5. 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
9. Anthony Kostelac	1:48.96	'12
10. Vince Draddy	1:49.05	'81

1,500 METERS

1. Henry Wynne	3:38.05	'16
2. Wes Porter	3:39.73	'22
3. Ka'eo Kruse	3:40.04	'22
4. John Hinton	3:40.24	'83
5. Vince Draddy	3:40.44	'81
6. Robby Andrews	3:40.77	'11
7. Nathan Mountain	3:40.99	'22
8. Mike Marsella	3:41.35	'15
9. Conor Murphy	3:41.49	'22
10. Patrick Todd	3:41.51	'12

5,000 METERS

1. Wes Porter	13:36.84	'22
2. Kris Herdt	13:37.44	'87
3. Henry Wynne	13:43.53	'17
4. Yasin Sado	13:42.84	'22
5. Rohann Asfaw	13:44.74	'21
6. Sean Keveren	13:48.34	'12
7. Zach Herriott	13:53.47	'17
8. Derek Johnson	13:54.46	'21
9. Jim Hays	13:55.2h	'85
10. Kyle King	13:55.60	'12

10,000 METERS

1. Zach Herriott	28:44.22	'17
2. Rohann Asfaw	28:53.84	'22
3. Brent Demarest	28:54.69	'19
4. Mike Cotton	28:55.34	'81
5. Andrew Dumm	28:59.25	'07
6. Lachlan Cook	29:10.03	'19
7. Adam Visokay	29:11.13	'15
8. Trey Miller	29:14.21	'10
9. 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. Yasin Sado	8:41.36	'22
7. Adam Visokay	8:43.60	'15
8. Mike Cotton	8:44.44	'81
9. Nathan Mountain	8:45.42	'22
10. Will Gray	8:45.82	'16

HIGH JUMP

1. Brenton Foster	2.27m (7' 5.25")	'21
2. Herman Moore	2.19m (7' 2.25")	'88
3. 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. Henry 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 Chukwolozie	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. Evangelos Fradelakis	61.85m (202' 11")	'22
6. Oghenakpobo Efekoro	60.88m (199' 9")	'19
7. Ty Kunzmann	60.58m (198' 9")	'21
8. Bill Johnston	58.19m (190' 11")	'01
9. John Fay	55.78m (183' 0")	'22
10. Robert Guider	55.67m (182' 8")	'10
10. James Fuson	55.53m (182' 2")	'12

JAVELIN

1. Ethan Dabbs	80.41m (263' 10")	'22
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 Miller11.70**'96**
4. Kiamesha Otey11.72**'00**
5. Talia Wise11.85**'06**

200 METERS

1. Jada Seaman**23.22****'21**
2. Kayla Bonnick**24.01****'21**
3. Peyton Chaney24.02**'13**
4. Leslie Satchell24.04**'95**
5. Kelly Miller24.14**'96**

400 METERS

1. Jordan Lavender53.44**'12**
2. Lisa Garrett54.14**'81**
3. Andrea Wright54.80**'14**
4. Chimere Ezumah54.87**'14**
5. Michelle Samuels55.15**'91**

800 METERS

1. Mia Barnett**2:06.11****'22**
2. Keara Seasholtz**2:06.12****'21**
3. Vanessa Fabrizio2:06.76**'12**
2. Alahna Sabbakhan**2:07.25****'21**
4. Morgane Gay2:08.29**'09**
5. Ellie Desmond**2:08.52****'21**

1,500 METERS

1. Mia Barnett**4:11.32****'22**
2. Morgane Gay4:15.56**'09**
3. Lesley Welch4:16.84**'82**
4. Margot Appleton**4:17.17****'22**
5. Lisa Welch4:17.60**'82**

5,000 METERS

1. Chelsea Ley16:12.62**'12**
2. Maria Hauger16:14.18**'14**
3. Lesley Welch16:21.60**'82**
4. Sarah Fakler16:22.19**'14**
5. Kathleen Stevens16:26.91**'12**

10,000 METERS

1. Jen Flack34:14.12**'14**
2. Sarah Fakler34:15.20**'14**
3. Maria Hauger34:16.28**'14**
4. Beni Gras34:34.17**'91**
5. Katherine Walker35:31.42**'11**

100-METER HURDLES

1. Ciara Leonard13.67**'16**
- Alexis Woodley13.67**'17**
3. Lauren Echko13.86**'06**
4. Kim Turko13.93**'98**
5. Alisha Tucker14.03**'93**

400-METER HURDLES

1. Angela Lee57.64**'96**
2. Erin Crawford58.56**'04**
3. Karen Hatchett59.49**'82**
4. Ayla Smith60.02**'07**
5. Kristina Chapman60.83**'08**

3,000m STEEPLECHASE

1. Stephanie Garcia10:15.83**'07**
2. Sara Sargent10:49.81**'14**
3. Kendall Cowne10:54.54**'14**
4. Kiera Bothwell10:55.59**'18**
5. Janine Ricci10:55.86**'04**

HIGH JUMP

1. Ann Bair1.86m (6' 1.25")**'80**
2. Meggie Schuelke1.76m (5' 9.25")**'04**
3. Pearl Bickersteth1.74m (5' 8.5")**'10**
4. Susan Brownell1.73m (5' 8")**'80**
5. Emily Kianka1.72m (5' 7.75")**'11**

POLE VAULT

1. Bridget Guy4.11m (13'5.75")**'15**
2. Maya Maloney**4.08m (13' 4.5")****'21**
3. Theresa Demaria3.93m (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 Miller6.33m (20' 9.25")**'96**
3. Nicole Kimbrough6.29m (20' 7.75")**'94**
4. Mia Barron6.22m (20' 5")**'16**
5. Sonja Fridy6.12m (20' 1")**'84**
- Khyasia Caldwell6.12m (20'1")**'18**

TRIPLE JUMP

1. Dallas Rose12.66m (41' 6.5")**'10**
2. Atalaya Jones12.49m(40'11.75")**'93**
3. Britni Strates12.46m (40' 10.5")**'12**
4. Mia Barron12.40m (40' 8.25")**'16**
5. Nadia Saunders**12.36m (40' 6.75")****'21**

SHOT PUT

1. **Maria Deaviz17.18m (56' 4.5")**'21****
2. Brittany Jones15.69m (51'5.75")**'18**
3. Emily Vannoy15.30m (50' 2.5")**'10**
4. Christine Bohan14.62m (47-11.75)**'14**
5. Maureen Laffan14.58m (47' 10")**'09**
6. Kristi Martin13.99m(45'10.75")**'97**

DISCUS

1. Julia Solo52.04m (170' 9")**'86**
2. Amy Bilmanis51.77m (169' 10")**'06**
3. **Thelma Krisjandottir... 50.92m (167'1")**'19****
4. **Maria Deaviz..... 48.99m (160' 9")**'21****
5. Amy Brown48.77m (160' 0")**'95**

HAMMER THROW

1. Eva Mustafic61.18m (200'9")**'19**
2. **Jada Marsh..... 55.05m (180' 7")**'22****
3. Elise Mitchell54.46m (178' 8")**'00**
4. Brittany Jones53.80m (176'6")**'18**
5. Amy Bilmanis47.68m (156' 5")**'06**

JAVELIN

1. Ann Crouse50.85m (166' 10")**'95**
2. Inge Jorgensen50.24m (164' 10")**'00**
3. Caitlin Mautz44.62m (146' 5")**'15**
4. Meghan Briggs44.45m (145' 10")**'07**
5. Tara Karin43.64m (143'2")**'09**

HEPTATHLON

1. Susan Brownell5,419**'80**
2. Ann Bair5,340**'80**
3. Rebecca Grube4,996**'92**
4. Alana Herran4,771**'16**
5. Katie Kiladis4,610**'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. Nathan Mountain	3:40.99	'22
2. Robby Andrews	3:41.09	'10
3. Wes Porter	3:41.98	'21
4. Matthew Novak	3:45.35	'16
5. John Hinton	3:46.10	'82

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. Nathan Mountain	8:45.42	'22
2. Yasin Sado	8:55.14	'21
3. John Hinton	8:58.21	'82
4. Colin Mearns	9:03.92	'11
5. Jim Hays	9:10.69	'82

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
Heldi Valikaj	7.25m (23'9.5")	'22

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. John Fay	55.78m (183' 0")	'22
4. Robert Guider	55.68m (182' 8")	'10

JAVELIN

1. Ethan Dabbs	76.04m (249' 6")	'19
2. Brian Kollar	68.53m (224' 10")	'99
3. Steve Kessling	68.25m (223' 11")	'90
4. Thomas Dickinson	60.55m (198' 8")	'22
5. Anthony Bouselli	58.96m (193' 5")	'15

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

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			
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	

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 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	Katelyn Tuohy	NC State	15:14.61	2022
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	Parker Stokes	Georgetown	8:32.22	2022
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 Shoultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Qeshun Watson-Riggins	FIU	7.93m (26'0.25")	2022
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	Ethan Dabbs	Virginia	80.41m (263'9")	2022



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
	Jada Seaman	Virginia	23.18	2022
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	Katelyn Tuohy	NC State	15:14.61	2022
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	Moira 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	Ashley Anumba	Virginia	56.67m (185'11")	2022
Hammer Throw	Stamatia Scarvelis	Greece	69.28m (227' 3")	2021
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021

VIRGINIA CHALLENGE MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
	Jaylan Mitchell	USA	10.20	2022
200 meters	Ibrahim Ayorinde	Princeton	20.51	2022
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	Parker Stokes	Georgetown	8:32.22	2022
4x100-meter relay	Ndhlovu, Ayorinde, Duncan, Sholars	Princeton	39.36	2022
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	Queshun Watson-Riggins	FIU	7.39m (26'0.25")	2022
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	64.79m (212' 6")	2022
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 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	Moira 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 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	Moira 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 Guillourel	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

WOMEN'S 2022 SEASON-BEST INDOOR PERFORMANCE LIST
WOMEN'S 60 METERS **TIME**

Jada Seaman	7.28
Kayla Bonnicks	7.39
Jada Pierre	7.57
Tara Zeni	7.93

WOMEN'S 200 METERS **TIME**

Jada Seaman	23.53
Kayla Bonnicks	24.76
Jada Pierre	25.72

WOMEN'S 400 METERS **TIME**

Emily Alexandru	56.58
Anzhelica Parenchuk	56.95
Abby Comella	57.25

WOMEN'S 800 METERS **TIME**

Alahna Sabbakhan	2:05.74
Keara Seasholtz	2:07.69
Sydney Coppolino	2:09.18
Claire Frazier Bolton	2:09.24
Ellie Desomond	2:14.10

WOMEN'S 1,000 METERS **TIME**

Ellie Desomond	2:53.74
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WOMEN'S MILE **TIME**

Mia Barnett	4:33.54
Margot Appleton	4:37.46
Taylor Jones	4:50.75
Helena Lindsay	4:52.16
Ellie Desomond	4:55.73

WOMEN'S 3000 METERS **TIME**

Helena Lindsay	9:27.53
Veronic Boire	9:34.79
Ellie Desomond	9:42.12
Taylor Jones	9:42.50
Liza Neely	10:22.19

WOMEN'S 5000 METERS **TIME**

Helena Lindsay	16:32.72
Margot Appleton	16:49.45

WOMEN'S 60M HURDLES **TIME**

Alix Still	8.55
Jada Pierre	8.74
Nadia Saunders	8.87
Zoe Rice	8.93
Trina Barcarola	8.94

WOMEN'S HIGH JUMP **MARK**

Bex Hawkins	1.78m
*Alix Still	1.66m

WOMEN'S POLE VAULT **MARK**

Trina Barcarola	4.11m
Maya Maloney	3.96m
Gabriella Recce	3.92m
Caroline Dannenbaum	3.81m
Riley Larsen	3.81m

WOMEN'S LONG JUMP **MARK**

Jada Seaman	6.17m
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Zoe Rice	5.95m
*Alix Still	5.86m
Gabriella Recce	5.63m
Tara Zeni	5.52m

WOMEN'S TRIPLE JUMP **MARK**

Zoe Rice	12.30m
Nadia Saunders	11.76m

WOMEN'S SHOT PUT **MARK**

Maria Deaviz	16.75m
Ashley Anumba	16.04m
Kaiya Saunders	15.12m
Morgan Johnson	14.67m
Janae Profit	14.16m

WOMEN'S WEIGHT THROW **MARK**

Morgan Johnson	16.63m
Maria Deaviz	16.16m
Janae Profit	15.64m

PENTATHLON **SCORE**

Alix Still	3978
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WOMEN'S DMR **TIME**

Barnett, Parenchuk, Seasholtz, Appleton	10:56.84
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4x400m **TIME**

Parenchuk, Seaman, Sabbakhan, Seasholtz	3:41.37
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* Multis Athlete

MEN'S 2022 SEASON-BEST INDOOR PERFORMANCE LIST
MEN'S 60 METERS **TIME**

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

MEN'S 200 METERS **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 **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 **TIME**

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

MEN'S 1,000 METERS **TIME**

Will Baginski	2:25.06
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MEN'S MILE **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 **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 **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 **TIME**

Jeremiah Wilson	8.30
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MEN'S HIGH JUMP **MARK**

Jacob Kelly	2.08m
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MEN'S POLE VAULT **MARK**

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

MEN'S LONG JUMP **MARK**

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

MEN'S TRIPLE JUMP **MARK**

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

MEN'S SHOT PUT **MARK**

Claudio Romero	18.29m
Luke Smith	12.67m

MEN'S WEIGHT THROW **MARK**

Jacob Lemmon	19.83m
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HEPTATHLON **SCORE**

Derek Pekar	3037
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MEN'S DMR **TIME**

Sado, Willis, Murphy, Porter	9:30.51*
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* Converted from flat to banked track (9:38.25 - Flat)

4X400M **TIME**

Sherman, Willis	3:11.64
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Davis, Pendarvis
* Multis athlete

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	Alahna Sabbakhan	2:05.74	2022
Mile	Mia Barnett	4:33.54	2022
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	Barnett, Parenchuk, Seasholtz, Appleton	10:56.84	2022
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	Maria Deaviz	16.75m (54' 11.5")	2022
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	Sherman, Willis, Davis, Pendarvis	3:11.64	2022
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

WOMEN'S RELAY 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.	3:39.36*	Chaney, Lavender, Ezumah, Wright	2014
5.	3:40.79	Parenchuk, Seaman, Sabbakhan, Knight	2021

*Time converted from flat to banked track

4.	3:40.40 (Flat)		
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DMR

1.	10:56.84	Barnett, Parenchuk, Seasholtz, Appleton	2022
2.	10:59.33	Gay, Smith, Harper, Garcia	2011
3.	11:00.05*	Appleton, Seaman, Sabbakhan, Barnett	2022
4.	11:13.70	Barnett, Seasholtz, Bolton, Appleton	2022
5.	11:14.15	Gay, Fabrizio, Harper, Garcia	2011

*Time converted from flat to banked track

2.	11:07.12 (Flat)		
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MEN'S RELAY RECORDS

4x400

1.	3:11.64	Sherman, Willis, Davis, Pendarvis	2022
2.	3:11.76	Willis, Shirley, Dixon, Outlaw	2018
3.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
4.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015
5.	3:12.55	Hayes, Taylor, Kugrat, Ereng	1989

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 ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

1. Halle Hazard	7.23 '21
2. Jada Seaman	7.28 '22
3. Kiamesha Otey	7.37 '03
4. Sonja Fridy	7.39 '86
Kayla Bonnick	7.39 '22
6. Peyton Chaney	7.40 '16
Anna Jefferson	7.40 '20
8. Pam Lemons	7.43 '93
9. Jordan Lavender	7.49 '15
10. Janne'a Bridgeford	7.50 '08

200 METERS

1. Halle Hazard	23.45 '21
2. Jada Seaman	23.53 '22
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. Carielle 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. Alahna Sabbakhan	2:05.74 '22
2. Vanessa Fabrizio	2:07.24 '15
3. Emma Call	2:07.39 '17
4. Lyndsay Harper	2:07.64 '11
5. Keara Seasholtz	2:07.69 '22
6. Morgane Gagnon	2:08.07 '09
7. Sydney Coppolino	2:09.18 '22
8. Claire Frazier Bolton	2:09.24 '22
9. Kim Kelly	2:09.27 '85
10. Jill Haworth	2:09.62 '83

MILE

1. Mia Barnett	4:33.54 '22
2. Jill Haworth	4:34.32 '82
3. Morgane Gagnon	4:34.38 '12
4. Vicky Fouhy	4:34.87 '13
5. Lesley Welch	4:35.56 '82
6. Iona Lake	4:36.11 '16
7. Margot Appleton	4:37.46 '22
8. Marissa Schmidt	4:41.10 '82
9. Michele Rowen	4:41.57 '87
10. Lisa Welch	4:41.96 '82

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

600 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
Alix Still	8.55 '22
8. Chidi Uche	8.58 '10
9. Lauren Echko	8.60 '09
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
Rebecca Hawkins	1.78m (5' 10") '22
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
3. Trina Barcarola	4.11m (13' 5.75") '22
4. Sarah DeVita	3.97m (13' 0.25") '15
5. Theresa Demaria	3.96m (12' 11.75") '17
6. Katie Freix	3.95m (12' 11.5") '18
7. Gabriella Recce	3.92m (12' 10.25") '22
8. Riley Larsen	3.81m (12' 6") '20
Caroline Danenbaum	3.81m (12' 6") '22
9. Vika Oспенко	3.80m (12' 5.75") '03
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. Maria Deaviz	16.75m (54' 11.5") '22
2. Billie-Jo Grant	16.55m (54' 3.5") '08
3. Christine Bohan	16.53m (54' 2.75") '16
4. Brittany Jones	16.27m (53' 4.5") '20
5. Ashley Anumba	16.04m (52' 7.5") '22
6. Maureen Laffan	15.97m (52' 4.75") '10
7. Eliese Mitchell	15.72m (51' 7") '03
8. Kelly Bodiford	15.65m (51' 4.25") '91
9. Emily Vannoy	15.42m (50' 7.25") '10
10. Kaiya Saunders	15.12m (49' 7.25") '22

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. Morgan Johnson	16.63m (54' 6.75") '22
10. Logan Clements	16.30m (53' 5.75") '14

PENTATHLON

1. Susan Brownell	4,153 '82
2. Rebecca Grube	4,108 '95
3. Alix Still	3,978 '22
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 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
6. Leo McLaughlin6.89 '11
7. **Tavares Kelly.....6.92 '22**
8. Scott Kimball.....6.93 '00
9. Adams Abdulrazaaq.....6.94 '11
10. Payton Hazzard6.95 '15

200 METERS

1. **Jordan Willis.....21.42 '20**
2. Gerald Howard21.53 '95
3. **Jay Pendarvis21.61 '22**
4. Scott Kimball.....21.78 '00
- Reuben Jones.....21.78 '08
- Payton Hazzard21.78 '14
7. Conlon Bonner.....21.79 '08
8. Shay Clark.....21.81 '02
9. Kellen Blasingame21.85 '06
10. Brandon Outlaw21.89 '20

400 METERS

1. Brandon Outlaw46.58 '20
2. Payton Hazzard46.60 '15
3. **Jordan Willis.....46.61 '20**
4. Kellen Blasingame46.73 '06
5. Kevin Anding.....47.46 '11
6. Alfred Shirley47.53 '18
7. Ben Kurgat47.61 '89
8. Paul Ereng.....47.64 '88
9. Meikle Paschal48.04 '09
10. **Jay Pendarvis48.10 '21**

800 METERS

1. Paul Ereng.....1:44.84 '88
2. Ben Kurgat1:47.31 '91
3. Robby Andrews1:48.02 '10
4. McGavock Dunbar.....1:49.18 '04
5. Nathan Kiley.....1:49.20 '16
6. John Hinton.....1:49.24 '84
- Anthony Kostelac1:49.24 '11
8. Lance Roller1:49.47 '10
9. Rob Pearce.....1:49.75 '99
10. **Conor Murphy1:49.91 '21**

MILE

1. Vince Draddy3:58.2h '82
2. Henry Wynne3:58.74 '16
3. AJ Ernst3:59.38 '20
4. Mike Marsella.....3:59.97 '15
5. **Ka'eo Kruse4:01.56 '22**
6. **Wes Porter4:01.82 '22**
7. Kyle King.....4:02.15 '15
8. Patrick Todd.....4:02.70 '12
- Yasin Sado4:02.70 '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 Wynne7:53.89 '16
3. Mark Amirault.....7:54.08 '12
4. Adam Visokay7:54.24 '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 Foerster8:02.54 '07

5000 METERS

1. Zach Herriott13:45.37 '17
2. Ryan Collins13:46.41 '10
3. Chase Weaverling13:54.39 '17
4. Brent Demarest13:56.03 '17
5. Thomas Madden13:57.01 '15
6. **Rohann Asfaw14:00.25 '22**
7. Alex Corbett.....14:00.56 '19
8. Kris Herdt.....14:02.00 '89
9. Mark Amirault.....14:03.01 '12
10. Ari Klau14:03.31 '19

60 HURDLES

1. Adams Abdulrazaaq.....7.75 '11
2. Dreqan Hoskey7.79 '14
3. Jarrett Hagwood.....7.93 '02
4. Marion Mason8.01 '01
5. Cary Chandler8.03 '01
- Aaron Shepperd8.03 '11
- Emmanuel Jackson8.03 '19
8. Gemayel Hazard.....8.09 '02
9. Herb Reid.....8.16 '01
- Isi Azeke8.16 '06

HIGH JUMP

1. **Brenton Foster2.26m (7'5") '20**
2. Herman Moore.....2.21m (7' 3") '90
3. Greg Nelson2.14m (7' 0.25") '10
4. Greg Byers2.13m (6'11.75") '82
- Trey Causey2.13m (6'11.75") '19
6. Bob Lund2.09m (6' 10.25") '93
7. Mike Riso2.08m (6' 10") '02
- Kevin Jackson.....2.08m (6' 10") '77
- Jacob Kelly2.08m (6'9.75")..... '22**
9. David Sullivan2.05m (6' 8.75") '06
- Arthur Gennari2.05m (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 Sullivan5.30m (17' 4.75") '05
2. Brian Shafer5.20m (17' 0.75") '93
- Jeff Jernigan5.10m (16' 8.75)..... '17
5. Tommy Cooke5.05m (16' 6.75") '95
6. **Kane Aldrich5.02m (16' 5.5")..... '21**
7. Matt Armentrout5.01m (16' 5.25") '13
8. **Colin Duignan5.00m (16'4.75) '22**
9. Danny Thompson4.98m (16' 4") '81
10. Greg Blair4.90m (16'1") '05
- David Lewis4.90m (16'1") '08

LONG JUMP

1. **Owayne Owens7.58m (24'10.5")..... '21**
2. Jordan Scott7.58m (24'10.5)..... '19
3. Matt Meyer.....7.52m (24' 8.25") '09
4. Marion Mason7.50m (24' 7.25") '01
- Tiki Barber.....7.50m (24' 7.25") '94
6. Bruce Randolph7.48m (24' 6.5") '84
7. Keith Witherspoon ..7.45m (24' 5.25") '76
8. **Ayende Watson.....7.41m (24'3.75") '19**
9. Stephen Dunphy7.40m (24' 3.25") '92
10. Mauri Anderson7.39m (24' 3") '82

TRIPLE JUMP

1. Jordan Scott17.02m(55'10.25)..... '20
2. Marcus Robinson16.63m (54'6.75") '12
3. **Owyane Owens16.60m (54'5.5")..... '21**
4. Keith Witherspoon ..16.16m (53' 0.25")..... '76
5. Greg Byers15.98m (52' 5") '85
6. Aaron Worrell15.87m (52' 1") '17
7. Cornell Grayson15.74m (51' 7.75")'90
8. Chike Chukwulozie ..15.64m (51' 3.75") '91
9. Ryan Satchell15.62m (51' 3") '14
10. Ivan Glasgow15.34m (50' 4") '82

SHOT PUT

1. Filip Mihaljevic20.87m (68' 5.75")..... '16
2. Oghenekpobo Efekoro19.84m (65'1.25") '17
3. Jordan Young19.15m (62'10") '15
4. Nick Vena18.92m (62' 1") '12
5. Yemi Ayeni.....18.80m (61' 8.25") '09
6. Nace Plesko18.71m (61'4.75") '19
7. **Claudio Romero....18.44m (60-6) '21**
8. Kevin Latham.....17.62m (57' 9.75")..... '84
9. Thom McKinney17.12m (56' 2") '91
10. Mike Murphy.....17.10m (56' 1.25")'93

WEIGHT THROW

1. Jordan Young22.92m (75'2.5")..... '15
2. Hilmar Jonsson21.37m (70' 1.5")..... '18
3. **Jacob Lemmon20.05m (65'9.5")..... '21**
4. Oghenekpobo Efekoro19.90m (65' 13.5") '18
5. Vincenzo Chiariello.....19.38m (63' 7") '12
6. Ty Kunzman19.18m (62'11.25")..... '21
7. **Claudio Romero....18.47m (60'7.25")..... '21**
8. Thom McKinney18.43m (60' 5.75") '91
9. Thomas Fuson18.18m (59'7.75") '11
10. Mike Murphy.....17.77m (58' 3.75") '93

HEPTATHLON

1. Jack Lint5,546 '17
2. **Derek Pekar5,362 '20**
3. David Sullivan5,178 '04
4. David Lewis5,139 '08
5. Christian Lavorgna5,113 '16
6. **Elby Omohundro5,038 '20**
7. Cam Collins.....4,972 '16
8. Anthony Dunavant4,970 '14
9. Jack Claiborne4,821 '17
10. Thomas Codevilla.....4,360 '05



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1. Halle Hazzard7.32 '19
- 2. Jada Seaman7.46 '20**
- 3. Kayla Bonnick.....7.47 '21**
4. Jordan Lavender7.57 '12
5. Peyton Chaney7.60 '13
Tori McKenzie7.60 '14

200-METER DASH

- 1. Jada Seamon23.93 '20**
2. Halle Hazzard24.09 '19
- 3. Kayla Bonnick.....24.14 '21**
4. Jordan Lavender24.25 '12
5. Peyton Chaney24.31 '13

300-METER DASH

1. Jordan Lavender39.05 '12
2. Julie Sandy39.43 '87
3. Anna Jefferson39.63 '17
4. Kiana Hairston40.15 '15
- 5. Kayla Bonnick.....40.25 '21**

400-METER DASH

1. Jordan Lavender54.69 '12
2. Michelle Samuels55.81 '91
3. Meagan Gillespie56.07 '09
- 4. Anzhelika Parenchuk56.08 '21**
5. Chimere Ezumah56.27 '14

500-METER DASH

1. Cathron Birge1:14.16 '87
2. Phyllis Buber1:14.90 '84
3. Ayla Smith1:14.91 '07
4. Lyndsay Harper1:16.22 '08
5. Shelley McBride1:16.68 '86

800-METER RUN

1. Emma Call2:07.39 '17
2. Morgane Gay2:08.07 '09
- 3. Keara Seasholtz2:08.43 '21**
4. Vanessa Fabrizio2:08.79 '11
5. Sandy Schuler2:09.90 '85

1000-METER RUN

1. Sandy Schuler2:44.40 '85
2. Shelley McBride2:50.40 '86
3. Maddie Rennyson2:54.65 '18
4. Claire Forbes2:55.31 '90
5. Alexia Roux2:56.80 '16

1-MILE RUN

- 1. Mia Barnett4:33.54 '22**
2. Claire Forbes4:49.48 '90
- 3. Margot Appleton4:37.46 '22**
4. Tasia Potasynski4:51.49 '10
5. Megan Rebholz4:53.87 '15

3000-METER RUN

1. Maria Hauger9:29.20 '14
- 2. Veronic Boire9:34.79 '22**
3. Sarah Fakler9:37.45 '14
4. Katharine Walker9:38.96 '11
5. Megan Rebholz9:42.55 '15

5000-METER RUN

1. Lesley Welch16:21.60 '82
2. Maria Hauger16:22.07 '14
3. Cleo Boyd16:29.16 '14
4. Sarah Fakler16:32.01 '14
5. Katharine Walker16:46.02 '11

60-METER HURDLES

1. Alexis Woodley8.56 '17
2. Ayla Smith8.68 '07
3. Kim Turko8.69 '98
4. Ciara Leonard8.74 '16
- Jada Pierre.....8.74 '22**
5. Shantell Bingham8.82 '12
- Nadia Saunders8.77 '21**

HIGH JUMP

1. Karen Didonota1.71m (5'7.5") '87
2. Janelle Clayton1.70m (5'7") '10
- Pearl Bickersteth1.70m (5'7") '10
- Emily Kianka1.70m (5'7") '11
- Moira Cronin1.70m (5'7") '12

POLE VAULT

1. Bridget Guy3.97m (13' 0.25") '15
- Maya Maloney3.97m (13'0.25") '20**
3. Theresa Demaria3.96m(12'11.75) '17
4. Katie Freix3.82m (12' 6.5") '15
- 5. Riley Larsen3.77m (12'4.5") '20**

LONG JUMP

- 1. Jada Seaman6.46m (21' 2.5") '20**
2. Kiamesha Otey6.00m (19' 8.25") '00
3. Sonja Fridy5.99m (19' 8") '84
4. Dana Boone5.96m (19' 6.75") '88
5. Mia Barron5.94m (19' 6") '15

TRIPLE JUMP

1. Dallas Rose12.56m (41' 2.5") '10
2. Mia Barron12.33m (40' 5.5") '15
3. Britni Strates12.32m (40' 5") '12
- 4. Nadia Saunders12.23m (40' 1.5") '21**
5. Rashawanda James 12.19m (40' 0") '08

SHOT PUT

1. Maria Deaviz15.43m (50' 7.5") '21
2. Emily Vannoy15.42m (50' 7.25") '10
3. Brittany Jones15.21m (49'11") '18
4. Anna Grant14.94m (49'0.25") '08
5. Christine Bohan14.78m (48' 6") '14

WEIGHT THROW

1. Eva Mustafic16.92m (55'6.25") '19
2. Brittany Jones16.24m (53'3.5") '18
3. Emily Vannoy16.00m (52' 6") '10
- 4. Janae Profit.....15.64m (51'3.75") '22**
5. Kristy Martin15.50m (50' 10.5") '97

PENTATHLON

1. Beth Sheehan3,678 '83
2. Katie Ollendick3,443 '94
3. Holly Sullivan3,411 '16
4. Alana Herran3,396 '16
- 5. Alix Still3,288 '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 McLaughlin.....	6.89	'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. Alex Sherman.....	22.00	'22
2. Brandon Outlaw.....	22.03	'18
3. Ben Sargong.....	22.16	'92
4. Adam Abdulrazaaq.....	22.24	'08

300 METERS

1. Anthony Swan.....	34.11	'86
2. Adam Abdulrazaaq.....	34.63	'08
3. Patrick Farmer.....	34.74	'11
4. Conlon Bonner.....	34.78	'08
5. Charles Bowman.....	34.82	'16

400 METERS

1. Brandon Outlaw.....	47.18	'18
2. Alfred Shirley.....	47.53	'18
3. Paul Ereng.....	47.64	'88
4. Jay Pendarvis.....	48.10	'21
5. Meikle Paschal.....	48.11	'08

500 METERS

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

800 METERS

1. Robby Andrews.....	1:48.39	'10
2. Anthony Kostelac.....	1:49.24	'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 Convey.....	2:28.30	'84
3. TJ Hobart.....	2:28.40	'11
4. Brett Johnson.....	2:28.47	'10
5. Ken Cheeseman.....	2:29.80	'85

MILE

1. Alex Tatu.....	4:03.00	'05
2. Mike Marsella.....	4:03.18	'14
3. Nathan Mountain.....	4:03.27	'22
4. Matthew Novak.....	4:03.93	'16
5. Sintayehu Taye.....	4:04.04	'09

3,000 METERS

1. Adam Visokay.....	7:57.46	'14
2. Wes Porter.....	8:06.18	'21
3. Brent Demarest.....	8:09.59	'15
4. Connor Rog.....	8:09.76	'14
5. Nathan Mountain.....	8:10.22	'22

5,000 METERS

1. Thomas Madden.....	13:57.01	'15
2. Chris Foley.....	14:03.67	'12
3. Chase Weaverling.....	14:03.72	'16
4. Brent Demarest.....	14:14.74	'15
5. Connor Rog.....	14:15.23	'14

60m HURDLES

1. Adam Abdulrazaaq.....	7.98	'08
2. Aaron Sheppherd.....	8.03	'11
3. Jarrett Hagwood.....	8.05	'99
4. Jeremiah Wilson.....	8.20	'21
5. Marion Mason.....	8.23	'98
Devin Brewer.....	8.23	'12
Jack Lint.....	8.23	'16

HIGH JUMP

1. Trey Causey.....	2.13m (6' 11.75")	'19
2. Mike Riso.....	2.08m (6' 10")	'02
3. Tommy DeVita.....	2.04m (6' 8.5")	'11
4. Arthur Gennari.....	2.03m (6' 8")	'07
5. Gerald Howard.....	2.00m (6' 7")	'93
Cordell Green.....	2.00m (6' 7")	'95

POLE VAULT

1. Sam Young.....	5.10m (16' 8.75")	'17
2. David Sullivan.....	4.97m (16' 3.75")	'03
3. Brian Shafer.....	4.90m (16' 1")	'90
4. Jake Williams.....	4.87m (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 Mason.....	7.24m (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 Satchell.....	15.02m (49' 3.5")	'12
5. Heidi Valikaj.....	14.86m (48' 9")	'22

SHOT PUT

1. Filip Mihaljevic.....	19.63m (64' 5")	'15
2. Nick Vena.....	18.92m (62' 1")	'12
3. Oghenekpobo 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. Oghenekpobo 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 Lint.....	5,358	'16
2. Derek Pekar.....	5,354	'20
3. Anthony Dunavant.....	4,970	'14
4. Jack Claiborne.....	4,821	'17
5. Cam Collins.....	4,793	'15

Current Cavaliers in Bold

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