



VIRGINIA

2018 CAVALIER TRACK & FIELD NOTES

2018 Indoor Schedule

- 1/19-20 Larry Wiecezorek Invite (Iowa City, Iowa)
1/26-27 Liberty Kickoff (Lynchburg, Va.)
2/2-3 Power 5 Invite (Ann Arbor, Mich.)
2/9-10 Tiger Paw Invitational (Clemson, S.C.)
2/9-10 Valentine's Invitational (Boston, Mass.)
2/17 Alex Wilson Invitational (Notre Dame, Ind.)
2/17 UCS Invitational- Relays only (Winston Salem, N.C.)
2/22-24 ACC Championships (Clemson, S.C.)
3/9-10 NCAA Championships (College Station, Texas)

2018 Outdoor Schedule

- 3/17-18 Hurricane Invitational (Miami, Fla.)
3/30 Raleigh Relays (Raleigh, N.C.)
3/30-31 Fred Hardy Invitational (Richmond, Va.)
4/7 UVA vs. Maryland, Bucknell, Georgetown
4/20-21 VIRGINIA CHALLENGE
4/28 Virginia Grand Prix
5/10-12 ACC Championships (Miami, Fla.)
5/24-26 NCAA East Prelims (Tampa, Fla.)
6/6-9 NCAA Championships (Eugene, Ore.)

Media Information

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Feb. 2-3, 2018

Ann Arbor, Mich. • U-M Indoor Track Building

Virginia Cavaliers at Power 5 Invite



THIS WEEK

- Anna Jefferson paced the women's team at the Liberty Kickoff (Jan. 26-27), finishing first in the 500m with a time of 1:13.99 and fifth in the 200m with a time of 24.36. Her time in the 200m ranked seventh on UVA's all-time performance list.
- Alexis Woodley's time of 8.52 in the 60m hurdles ranked third in school history. She finished second at the meet.
- AJ Ernst and Oghenakpobo Efekoro led the men's team last weekend, finishing first in the 3000m run and the shot put, respectively. Ernst recorded a time of 8:22.46, while Efekoro recorded a mark of 18.16m (59'7").
- The Cavaliers enter with the top seed in three events as Jordan Scott and Kelly McKee sit atop the men's and women's triple jump, respectively, and Efekoro holds the top seed in the shot put. Additionally, three athletes rank third in their respective events: Mike Marsella in the 800m run, Alex Corbett in the 5000m run and Mia Barron in the triple jump.

NOTABLE

- Freshman Halle Hazzard was named Grenada's Junior Sportswoman of the Year for her performance at the 2017 U20 CARIFTA games the 2017 OECS Track and Field Championships.
- Redshirt junior Oghenakpobo Efekoro and junior Hilmar Jonsson were named preseason All-Americans by FloTrack. Efekoro was ranked second in the shot put, while Jonsson was ranked sixth in the weight throw.
- Jordan Scott earned ACC Field Performer of the Week honors on January 23 for his effort in the triple jump at the Larry Wiecezorek Invitational. With a shortened approach, Scott recorded a mark of 15.75m (51'8.25").
- The men's team ranks 24th in this week's USTFCCA poll.

THE 2017 INDOOR SEASON

- The men's team tied for 16th at last year's NCAA Championships.
- The Cavaliers had four athletes earn All-America honors with Jordan Young receiving the accolade in the weight throw, Oghenakpobo Efekoro in the shot put, Zach Herriott in the 5000m and Jordan Scott in the triple jump. The team returned Efekoro and Scott.

Virginia Coaching Staff

Bryan Fetzer	Director of Track and Field/Cross Country
Todd Morgan	Assistant Coach - Women's Distance
Pete Watson	Assistant Coach - Men's Distance
Mario Wilson	Assistant Coach - Horizontal Jumps/ Decathlon
Martin Maric	Assistant Coach - Throws
Michelle Freeman	Assistant Coach - Sprints and Hurdles

Meet Schedule of Probable UVA Entries

Friday - February 2

12:30p (Pent) 60m Hurdles	Feyerabend, Sullivan
1:10p (Pent) High Jump	Feyerabend, Sullivan
3:10p (Pent) Shot Put	Feyerabend, Sullivan
4:15p (Pent) Long Jump	Feyerabend, Sullivan
4:15p W- 60m Hurdles	Herran, Leonard, Woodley
4:27p M- 60m Hurdles	Jackson, Lint
4:35p W- 60m Dash	Jefferson
4:47p M- 60m Dash	Jackson
5:15p (Pent) 800m	Feyerabend, Sullivan
5:42p M- 5000m	Corbett, Klau
6:02p W- DMR	Virginia
6:15p M- DMR	Virginia
6:30p W- Weight Throw	Baker, Jones
6:47p W- 200m	Woodley
7:10p M- 400m	Dixon, Lint, Willis
7:41p M- Mile	Hagen, Neish

Saturday - February 3

11:00a W- High Jump	Feyerabend, Hayes
11:00a M- Weight Throw	Jonsson
11:00a W- Shot Put	Jones
11:00a W- Long Jump	Barron, McKee
12:00p W- Pole Vault	Freix, Guy,
12:00p W- 60m Hurdles Finals	<i>Herran, Leonard, Woodley</i>
12:05p M-60m Hurdles Finals	<i>Jackson, Lint</i>
12:10p W- 60m Dash Finals	<i>Jefferson</i>
12:15p M- 60m Dash Finals	<i>Jackson</i>
12:30p M- Pole Vault	Geuskens, Young
12:42p M-Mile	Dodds
12:45p M- Triple Jump	Scott
1:00p W- 400m	Jefferson
1:15p M-Shot Put	Efekoro, Geuskens, Plesko
1:16p M- 400m	Outlaw, Shirley
1:48p M- 800m	Marsella
2:15p W- Triple Jump	Barron, McKee
2:45p M- 3000m	Cook, Demarest, Ernst, Weaverling
3:00p 4x400m Relay	Virginia

Power 5 Invite

Feyerabend, Sullivan
Feyerabend, Sullivan
Feyerabend, Sullivan
Feyerabend, Sullivan
Herran, Leonard, Woodley
Jackson, Lint
Jefferson
Jackson
Feyerabend, Sullivan
Corbett, Klau
Virginia
Virginia
Baker, Jones
Woodley
Dixon, Lint, Willis
Hagen, Neish

Power 5 Invite

Feyerabend, Hayes
Jonsson
Jones
Barron, McKee
Freix, Guy,
<i>Herran, Leonard, Woodley</i>
<i>Jackson, Lint</i>
<i>Jefferson</i>
<i>Jackson</i>
Geuskens, Young
Dodds
Scott
Jefferson
Efekoro, Geuskens, Plesko
Outlaw, Shirley
Marsella
Barron, McKee
Cook, Demarest, Ernst, Weaverling
Virginia

Pronunciation Guide

Brent Demarest	demm-are-ist
Oghenakpobo Efekoro	po-bo eff-a-core-oh
Nathan Kiley	ky-lee
TJ Graass	grass
Nace Plesko	Nawt-say plesh-koe
Noah Toney	Tony
Conal Wilson	con-ell

Mia Barron	my-ah
Jill Bracaglia	Brack a gill ia
Kate Eiselt	eye-silt
Katie Freix	fricks
Raeann Giannattasio	Jan-an sta-ci-o
Caitlin Mautz	motts
Megan Rebholz	reb-holes

All times Eastern

Men's Top Indoor 2018 Performances and Personal Bests

60 METERS	2018	PR
Lint		7.10
Geuskens	7.15	7.15
Jackson	7.18	7.18
Claiborne		7.26
Collins		7.33

200 METERS	2018	In-PR
Outlaw	22.03	22.03
Dixon	22.67	22.25
Jackson		22.51

400 METERS	2018	In-PR
Dixon	49.93	49.29
Bowman		49.13
Barnes		49.64

600 METERS	2018	In-PR
Shirley	1:19.99	1:19.99
Outlaw	1:20.28	1:20.28
Dixon	1:25.29	1:25.29

800 METERS	2018	In-PR
Kiley		1:49.20
Hagen		1:50.87
Carrington	1:55.16	1:50.96
Marsella		1:51.12
Ernst		1:52.92
Neish		1:54.68
Toney	1:56.08	1:56.08

1,000 METERS	2018	In-PR
Buscaglia	2:32.84	2:32.84
Marsella	2:24.30	2:24.30
Dodds	2:27.81	2:27.81
Hagen	2:28.02	2:28.02
Neish	2:29.15	2:29.15
Buscaglia	2:31.64	2:31.64
Collins		2:38.40
Lint		2:40.12
Claiborne		2:49.74

MILE	2018	PR
Ernst	4:14.85	4:06.05
Novak		4:03.93
Hagen		4:12.47
Neish		4:14.86
Wilson	4:21.70	4:21.70
Amabile		4:23.85
Marsella		3:59.97
Pace		4:19.29
Klau		4:19.46

3000 METERS	2018	PR
Demarest		8:09.59
Weaverling		8:11.28
Marsella	8:16.54	8:13.51
Madden		8:17.92
Novak		8:18.39
Corbett	8:19.30	8:24.54
Pace	8:32.34	8:20.77
Ernst	8:22.46	8:22.46
Klau	8:29.03	8:29.03
Amabile	8:37.03	8:37.03
Teller	8:39.95	8:39.95
Dodds	8:49.97	8:49.97

5000 METERS	2018	PR
Weaverling		13:54.39
Demarest		13:56.03
Corbett		14:12.73
Madden		13:57.01

60m HURDLES	2018	PR
Jackson	8.15	8.15
Bowman		8.25
Lint	8.63	8.23
Claiborne		8.64
Collins		9.29

HIGH JUMP	2018	PR
Collins		6-4.25
		1.94m
Lint		6-4.25
		1.94m
Claiborne	6-2.75	6-2.75
	1.90m	1.90m

POLE VAULT	2018	In-PR
S. Young	16-0.75	16-8.75
	4.90m	5.10m
Lint		14-11
		4.55m
Claiborne		13-7.25
		4.15m
Collins		13-5.25
		4.10m

LONG JUMP	2018	PR
Scott		24-2.5
		7.38m
Lint		23-1
		7.04m
Geuskens	22-0.25	22-0.25
	6.71m	6.71m
Collins		21-9.5
		6.64m
Claiborne		21-3
		6.48m

TRIPLE JUMP	2018	PR
Scott	51-8.25	53-8.25
	15.75m	16.36m

SHOT PUT	2018	PR
Efekoro	59-7	65-1
	18.16m	19.84m
Plesko	55-2	58-7.5
	16.81m	17.87m
Williams	50-0.5	55-0.5
	15.25m	16.78m
Collins		45-8
		13.92m
Lint		44-2
		13.46m
Geuskens	40-7.75	40-7.75
	12.39m	12.39m
Claiborne		33-0.75
		10.08m

WEIGHT THROW	2018	PR
Jonsson		67-11.5
		20.71m
Efekoro		61-10.5
		18.86m
Williams		48-5.25
		14.76m

HEPTATHLON	2018	PR
Lint		5,546
Collins		4,972
Claiborne		4,821
Geuskens	2,206	2,206

4x400 Relay	2018	PR
Virginia	3:15.28	

Women's Top Indoor 2018 Performances and Personal Bests

60 METERS	2018	PR
Hazzard	7.54	7.54
Jefferson		7.64
Hairston	7.99	7.72
Baker		7.86
Leonard	7.88	7.88
Woodley	7.91	7.91

200 METERS	2018	PR
Hairston	26.38	24.48
Jefferson	24.36	24.36
Hazzard	24.96	24.96
Woodley		25.31
Leonard		25.91
Herran		25.80

400 METERS	2018	PR
Hairston		57.09
Jefferson		59.00

600 METERS	2018	PR
Jefferson	1:34.48	1:34.48
Rennyson	1:36.87	1:36.87
Herran	1:41.82	1:41.82

800 METERS	2018	PR
Call		2:07.39
Sullivan	2:17.65	2:14.86
Rennyson	2:18.62	2:18.62
Lansing		2:19.23
Herran		2:26.36
Feyerabend		2:44.03

MILE	2018	PR
Call		4:59.88
MacKenzie		5:00.39
Bothwell	5:10.41	5:10.41
Lansing		5:13.26
Ehrental	5:20.43	5:20.43
Sargent	5:21.22	5:21.22
Rebholz		4:53.07

3000 METERS	2018	PR
Mulhern		9:50.29
MacKenzie		9:56.60
Rebholz		9:42.55

60m HURDLES	2018	PR
Leonard	8.52	8.38
Woodley	8.52	8.52
Herran	8.97	8.84
Feyerabend		9.19
Sullivan	9.15	9.09

HIGH JUMP	2018	PR
Feyerabend	5-5	5-75
	1.65m	1.67m
Sullivan	5-4.25	5-4.25
	1.63m	1.63m
Hayes	5-3	5-3
	1.60m	1.60m
Herran		5-1.25
		1.56m

POLE VAULT	2018	PR
Guy	13-5-2.5	13-8.25
	4.10m	4.17m
DeMaria		12-11.75
		3.96m
Freix	12-1.5	12-6.25
	3.70m	3.82m

LONG JUMP	2018	PR
McKee		19-5
		5.92m
Barron	19-5.25	19-6
	5.92m	5.94m
Herran		17-9.25
		5.42m
Sullivan	18-9.25	18-9.25
	5.72	5.72m
Feyerabend		15-4
		4.67m

TRIPLE JUMP	2018	PR
Barron	40-11.75	41-8.75
	12.49m	12.71m
McKee	41-10.75	41-10.75
	12.77m	12.77m

SHOT PUT	2018	PR
Jones	49-0.25	49-0.25
	14.94m	14.94m
Green		39-10.5
		12.16m
Sullivan	30-0	30-8.75
	9.14m	9.37m
Herran		30-0.25
		9.15m
Hayes	29-7.25	29-7.25
	9.02m	9.02m
Feyerabend		25-4
		7.72m

WEIGHT THROW	2018	PR
Jones	51-5	51-5
	15.67m	15.67m
Baker	49-3	49-3
	15.01m	15.01m

PENTATHLON	2018	PR
Sullivan	3,744	3,738
Herran		3,424
Feyerabend		3,057

Men's Indoor Top 10 List

60 METERS

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

200 METERS

1. Gerald Howard	21.53	'95
2. Scott Kimball	21.78	'00
Reuben Jones	21.78	'08
Payton Hazzard	21.78	'14
5. Conlon Bonner	21.79	'08
6. Shay Clark	21.81	'02
7. Kellen Blassingame	21.85	'06
8. Ruhn Turner	22.00	'98
9. Brandon Outlaw	22.03	'18
10. Jason Young	22.08	'01

400 METERS

1. Payton Hazzard	46.60	'15
2. Kellen Blassingame	46.73	'06
3. Kevin Anding	47.46	'11
4. Ben Kurgat	47.61	'89
5. Paul Ereng	47.64	'88
6. Meikle Paschal	48.04	'09
7. Charles Bowman	48.16	'17
8. Jason Young	48.31	'04
9. David Bartha	48.59	'14
10. Ruhn Turner	48.60	'98

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. Kenneth Hagen	1:50.87	'16

MILE

1. Vince Draddy	3:58.2h	'82
2. Henry Wynne	3:58.74	'16
3. Mike Marsella	3:59.97	'15
4. Kyle King	4:02.15	'15
5. Patrick Todd	4:02.70	'12
6. John Minen	4:02.77	'10
7. Kris Herdt	4:02.92	'87
8. Anthony Kostelac	4:02.99	'12
9. Alex Tatu	4:03.00	'05
10. Mark Amirault	4:03.40	'13

3000 METERS

1. Henry Wynne	7:53.89	'16
2. Mark Amirault	7:54.08	'12
3. Adam Visokay	7:54.24	'16
4. Kris Herdt	7:54.90	'87
5. Emil Heineking	7:58.36	'11
6. Kyle King	8:00.23	'15
7. Jan Foerster	8:02.54	'07
8. Andy Biladeau	8:04.30	'08
9. Soeren Lindner	8:07.17	'05
10. Evan Chiplock	8:08.03	'15

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. Kris Herdt	14:02.00	'89
7. Mark Amirault	14:03.01	'12
8. Chris Foley	14:03.67	'12
9. Thomas Porter	14:12.34	'14
10. Tim Springfield	14:14.0h	'84

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
7. Gemalay Hazard	8.09	'02
8. Emmanuel Jackson	8.15	'18
9. Herb Reid	8.16	'01
Isi Azeke	8.16	'06

HIGH JUMP

1. Herman Moore	2.21m (7' 3")	'90
2. Greg Nelson	2.14m (7' 0.25")	'10
3. Greg Byers	2.13m (7' 0")	'82
4. Bob Lund	2.09m (6' 10.25")	'93
5. Mike Riso	2.08m (6' 10")	'02
Kevin Jackson	2.08m (6' 10")	'77
7. David Sullivan	2.05m (6' 8.75")	'06
Arthur Gennari	2.05m (6' 8.75")	'08
Tommy DeVita	2.05m (6' 8.75")	'13
10. Cordell Green	2.04m (6' 8.25")	'98
Wes Dungan	2.04m (6' 8.25")	'94

POLE VAULT

1. David Sullivan	5.30m (17' 4.75")	'05
2. Brian Shafer	5.20m (17' 0.75")	'93
3. Sam Young	5.10m (16' 8.75")	'17
Jeff Jefferey	5.10m (16' 8.75")	'17
5. Tommy Cooke	5.05m (16' 6.75")	'95
6. Matt Armentrout	5.01m (16.5.25")	'13
7. Danny Thompson	4.98m (16' 4")	'81
8. Greg Blair	4.90m (16' 1")	'05
David Lewis	4.90m (16' 1")	'08
10. Danny Smith	4.89m (16' 0.5")	'85

LONG JUMP

1. Matt Meyer	7.52m (24' 8.25")	'09
2. Marion Mason	7.50m (24' 7.25")	'01
Tiki Barber	7.50m (24' 7.25")	'94
4. Bruce Randolph	7.48m (24' 6.5")	'84
5. Keith Witherspoon	7.45m (24' 5.25")	'76
6. Stephen Dunphy	7.40m (24' 3.25")	'92
7. Mauri Anderson	7.39m (24' 3")	'82
8. Jordan Scott	7.38m (24' 2.5")	'17
9. Jarrett Hagwood	7.34m (24' 1")	'01
10. Simon Facey	7.30m (23' 11.5")	'97

TRIPLE JUMP

1. Marcus Robinson	16.63m (54' 6.75")	'12
2. Jordan Scott	16.36m (53' 8.25")	'17
3. Keith Witherspoon	16.16m (53' 0.25")	'76
4. Greg Byers	15.98m (52' 5")	'85
5. Aaron Worrell	15.87m (52' 1")	'17
6. Cornell Grayson	15.74m (51' 7.75")	'90
7. Chike Chukwulozie	15.64m (51' 3.75")	'91
8. Ryan Satchell	15.62m (51' 3")	'14
9. Ivan Glasgow	15.34m (50' 4")	'82
10. Donald Scott	15.22m (49' 11.25")	'95

SHOT PUT

1. Filip Mihaljevic	20.87m (68' 5.75")	'16
2. Oghenakpobo Efekoro	19.84m (65' 1.25")	'17
3. Jordan Young	19.15m (62' 10")	'15
4. Nick Vena	18.92m (62' 1")	'12
5. Yemi Ayeni	18.80m (61' 8.25")	'09
6. Nace Plesko	17.87m (58' 7.5")	'17
7. Kevin Latham	17.62m (57' 9.75")	'84
8. Thom McKinney	17.12m (56' 2")	'91
9. Mike Murphy	17.10m (56' 1.25")	'93
10. Pete Sheehan	16.91m (55' 5.75")	'91

WEIGHT THROW

1. Jordan Young	22.92m (75' 2.5")	'15
2. Hilmar Jonsson	20.71m (67' 11.5")	'17
3. Vincenzo Chiariello	19.38m (63' 7")	'12
4. Oghenakpobo Efekoro	18.86m (61' 10.5")	'16
5. Thom McKinney	18.43m (60' 5.75")	'91
6. Thomas Fuson	18.18m (59' 7.75")	'11
7. Mike Murphy	17.77m (58' 3.75")	'93
8. Bill Johnston	17.19m (56' 4.75")	'01
9. Al Sinesky	16.83m (55' 2.75")	'70
10. Pete Sheehan	16.50m (54' 1.75")	'91

HEPTATHLON

1. Jack Lint	5,546	'17
2. David Sullivan	5,178	'04
3. David Lewis	5,139	'08
4. Christian Lavorgna	5,113	'16
5. Cam Collins	4,972	'16
6. Anthony Dunavant	4,970	'14
7. Jack Claiborne	4,821	'17
8. Thomas Codevilla	4,360	'05
9. John Michael Pirtle	3,951	'13
10. Alex Mulchandani	3,464	'11



Men's Indoor Freshman Records

60 METERS

1. Adam Cummings6.86.....'13
2. Leo McLaughlin6.89.....'11
3. Reuben Jones.....6.92.....'05
4. Matt Meyer.....6.97.....'09
5. Conlon Bonner6.98.....'08

200 METERS

1. Conlon Bonner21.79.....'08
2. **Brandon Outlaw22.03'18**
3. Ben Sargong22.16.....'92
4. Adam Abdulrazaaq22.24'08
5. David Bartha.....22.43'14

300 METERS

1. Anthony Swan.....34.11'86
2. Adam Abdulrazaaq34.63'08
3. Patrick Farmer.....34.74'11
4. Conlon Bonner34.78'08
5. Charles Bowman34.82'16

400 METERS

1. Paul Ereng.....47.64'88
2. Meikle Paschal.....48.11'08
3. Ben Kurgat.....48.26'88
4. Leon Palmer48.50'82
5. David Bartha.....48.59'14

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 Brake1:03.97.....'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. Nathan Kiley.....1:51.08.....'14
5. **Mike Marsella.....1:51.41.....'14**

1000 METERS

1. Rob Pearce2:27.69'97
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. **Matthew Novak4:03.93'16**
4. Sintayehu Taye.....4:04.04'09
5. Henry Wynne.....4:04.37'14

3,000 METERS

1. Adam Visokay7:57.46'14
2. **Brent Demarest8:09.59'15**
3. Connor Rog.....8:09.76'14
4. **Chase Weaverline8:11.28'16**
5. Kyle King8:13.85'12

5,000 METERS

1. Thomas Madden.....13:57.01.....'15
2. Chris Foley.....14:03.67'12
3. **Chase Weaverling14:03.72'16**
4. **Brent Demarest14:14.74'15**
5. Connor Rog.....14:15.23'14

60m HURDLES

1. Adam Abdulrazaaq7.98'08
2. Aaron Sheppherd.....8.03.....'11
3. Jarrett Hagwood8.05.....'99
4. Marion Mason8.23'98
- Devin Brewer8.23'12
- Jack Lint.....8.23'16**

HIGH JUMP

1. Mike Riso2.08m (6' 10").....'02
2. Tommy DeVita.....2.04m (6' 8.5").....'11
3. Arthur Gennari2.03m (6' 8").....'07
4. Gerald Howard2.00m (6' 7")'93
- Cordell Green2.00m (6' 7")'95

POLE VAULT

1. **Sam Young5.10m (16' 8.75)'17**
2. David Sullivan.....4.97m (16' 3.75").. '03
3. Brian Shafer.....4.90m (16' 1").....'90
4. Jake Williams.....4.87m (16' 0").....'91
5. Greg Blair4.82m (15' 10").....'03

LONG JUMP

1. Matt Meyer.....7.52m (24' 8.25").. '09
2. Tiki Barber7.48m (24' 6.75").. '94
3. **Jordan Scott7.38m (24' 2.5")'17**
4. Marion Mason7.24m (23' 9.25").. '98
5. Simon Facey7.23m (23' 8.75").. '95

TRIPLE JUMP

1. **Jordan Scott16.36m (53' 8.25).....'17**
2. Aaron Worrell15.64m (51'3.75").....'14
3. Ryan Satchell15.02m (49' 3.5")... '12
4. Darryl Smith14.70m (48' 4").....'79
5. Marcus Robinson 14.63m (48' 0.25") '08

SHOT PUT

1. Filip Mihaljevic.....19.63m (64'5").....'15
2. Nick Vena18.92m (62' 1").....'12
3. **Oghenakpobo Efeboro 18.82m (61' 9").....'16**
4. Mike Theuerkauf..16.51m (54' 2").....'89
5. James Fuson.....15.58m (51' 1.5").....'11

WEIGHT THROW

1. **Hilmar Jonsson...20.32m (66' 8").....'16**
2. **Oghenakpobo Efeboro 18.86m (61' 10.5").....'16**
3. Vincenzo Chiarello 16.40m (53' 9.75")'09
4. Robert Guider.....15.63m (51' 3.5") ... '10
5. **James Williams ..14.76m (48' 5.25").....'16**

HEPTATHLON

1. **Jack Lint.....5,358'16**
2. Anthony Dunavant.....4,970'14
3. **Jack Claiborne4,821'17**
4. Cam Collins.....4,793'15
5. Christian Lavorgna4,693'12

Current Cavaliers in Bold

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

Women's Indoor Top 10 List

60 METERS

1. Kiamesha Otey	7.37	'03
2. Sonja Fridy	7.39	'86
3. Peyton Chaney	7.40	'16
4. Pam Lemons	7.43	'93
5. Jordan Lavender	7.49	'15
6. Janne'a Bridgeford	7.50	'08
7. Dana Boone	7.54	'91
Tori McKenzie	7.54	'16
Halle Hazzard	7.54	'18
10. Nicole Kimbrough	7.57	'97

200 METERS

1. Jordan Lavender	23.80	'15
2. Peyton Chaney	23.84	'16
3. Danielle Williams	23.97	'12
4. Kelly Miller	24.17	'99
5. Angela Lee	24.30	'99
6. Kiamesha Otey	24.34	'03
7. Anna Jefferson	24.36	'18
8. Pam Lemons	24.37	'94
9. Talia Wise	24.38	'06
10. Julie Sandy	24.39	'89

400 METERS

1. Jordan Lavender	52.59	'13
2. Lisa Garrett	54.07	'81
3. Angela Lee	54.29	'99
4. Carielle Doe	54.52	'02
5. Cathron Birge	54.61	'90
6. Sonja Fridy	54.95	'87
7. Angela Griffith	55.38	'92
8. Erin Crawford	55.42	'07
9. Ashley Gore	55.54	'06
10. Michelle Samuels	55.80	'94

800 METERS

1. Vanessa Fabrizio	2:07.24	'15
2. Emma Call	2:07.39	'17
3. Lyndsay Harper	2:07.64	'11
4. Morgane Gay	2:08.07	'09
5. Kim Kelly	2:09.27	'85
6. Jill Haworth	2:09.62	'83
7. Cathron Birge	2:09.71	'90
8. Colette Gnade	2:09.80	'13
9. Sandy Schuler	2:09.90	'85
10. Kim Liggins	2:09.93	'92

MILE

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

3,000 METERS

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

5,000 METERS

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

60 HURDLES

1. Ciara Leonard	8:38	'17
2. Ayla Smith	8.39	'09
3. Alexis Woodley	8.52	'18
4. Heather Smith	8.54	'16
5. Kim Turko	8.55	'01
6. Chidi Uche	8.58	'10
7. Lauren Echko	8.60	'09
8. Bianca DeBartolo	8.65	'07
9. Kristina Chapman	8.68	'11
10. Naccolle Guinn	8.72	'01

HIGH JUMP

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

POLE VAULT

1. Bridget Guy	4.17m (13'8.25")	'16
2. Sarah DeVita	3.97m (13'0.25")	'15
3. Theresa Demaria	3.96m (12'11.75")	'17
4. Katie Freix	3.82m (12'6.25")	'15
5. Vika Oспенko	3.80m (12' 5.75")	'03
6. Katie Darraugh	3.75m (12' 3.5")	'10
7. Annica White	3.60m (11' 9.75")	'01
Kathryn Pettine	3.60m (11' 9.75")	'05
Kate Kaufman	3.60m (11' 9.75")	'16
10. Lauren Taggart	3.50m (11' 5.75")	'04

LONG JUMP

1. Dana Boone	6.44m (21' 1.50")	'91
2. Kiamesha Otey	6.39m (20' 11.75")	'02
3. Sonja Fridy	6.38m (20' 11.25")	'87
4. Nicole Kimbrough	6.27m (20' 7")	'95
5. Kelly Miller	6.22m (20' 5")	'99
6. Angela Griffith	6.15m (20' 2.25")	'92
7. Latanya Wynn	6.10m (20' 0.25")	'88
8. Tomika Ferguson	6.09m (19' 11.75")	'06
9. Pam Lemons	6.06m (19' 10.75")	'93
10. Rashawnda James	6.02m (19' 9")	'09

TRIPLE JUMP

1. Tomika Ferguson	13.53m (44' 4.75")	'07
2. Naccolle Guinn	13.14m (43' 1.25")	'01
3. Dallas Rose	12.98m (42' 7")	'12
4. Dana Boone	12.86m (42' 2.25")	'91
5. Michele Johnson	12.78m (41' 11")	'87
6. Kelly McKee	12.77m (41' 10.75")	'18
7. Mia Barron	12.71m (41'8.5")	'17
8. Rashawnda James	12.59m (41' 3.75")	'09
9. Curtrell Frye	12.45m (40' 10.25")	'02
10. Tiffany King	12.37m (40' 7")	'96

SHOT PUT

1. Billie-Jo Grant	16.55m (54' 3.5")	'08
2. Christine Bohan	16.53m (54' 2.75")	'16
3. Maureen Laffan	15.97m (52' 4.75")	'10
4. Eliese Mitchell	15.72m (51' 7")	'03
5. Kelly Bodiford	15.65m (51' 4.25")	'91
6. Emily Vannoy	15.42m (50' 7.25")	'10
7. Anna Grant	14.94m (49' 0.25")	'08
Brittany Johnson	14.94m (49'0.25")	'18
9. Alexa Manning	14.93m (48' 11.75")	'08
10. Amy Brown	14.05m (46' 1.25")	'99

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. Alexa Manning	17.09m (56' 1")	'08
5. Ann Crouse	17.08m (56' 0.5")	'96
6. Lauren Connelly	16.67m (54' 8.25")	'96
7. Logan Clements	16.30m (53' 5.75")	'14
8. Christine Bohan	16.09m (52' 9.5")	'15
9. Hillary Wilson	16.05m (52' 8")	'00
10. Emily Vannoy	16.00m (52' 6")	'10

PENTATHLON

1. Susan Brownell	4,153	'82
2. Rebecca Grube	4,108	'95
3. Ayla Smith	3,879	'09
4. Sherry Gould	3,789	'94
5. Holly Sullivan	3,744	'18
6. Beth Sheehan	3,678	'83
7. Bianca DeBartolo	3,661	'07
8. Anna Finger	3,659	'13
9. Curtrell Frye	3,644	'02
10. Katie Kiladis	3,567	'99

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



Women's Indoor Freshman Records

60-METER DASH

1. **Halle Hazzard** **7.54** '18
2. Jordan Lavender 7.57 '12
3. Peyton Chaney 7.60 '13
Tori McKenzie 7.60 '14
5. Anna Jefferson 7.64 '17

200-METER DASH

1. Jordan Lavender 24.25 '12
2. Peyton Chaney 24.31 '13
3. Kiana Hairston 24.48 '15
4. Andrea Wright 24.55 '14
5. Leslie Satchell 24.80 '95

300-METER DASH

1. Jordan Lavender 39.05 '12
2. Julie Sandy 39.43 '87
3. **Anna Jefferson** 39.63 '17
4. **Kiana Hairston** 40.15 '15
5. Jenni Weatherly 40.61 '09

400-METER DASH

1. Jordan Lavender 54.69 '12
2. Michelle Samuels 55.81 '91
3. Meagan Gillespie 56.07 '09
4. **Chimere Ezumah** **56.27** '14
5. Leslie Satchell 56.67 '95

500-METER DASH

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

800-METER RUN

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

1000-METER RUN

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

1-MILE RUN

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

3000-METER RUN

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

5000-METER RUN

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

60-METER HURDLES

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

HIGH JUMP

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

POLE VAULT

1. **Bridget Guy** **3.97m (13' 0.5")** '15
2. **Theresa Demaria** **3.96m (12'11.75)** '17
3. **Katie Freix** **3.82m (12' 6.5")** '15
4. Kate Kaufman 3.60m (11' 9.75") '16
5. Katie Darraugh 3.52m (11' 6.75") '07

LONG JUMP

1. Kiamesha Odey 6.00m (19' 8.25") '00
2. Sonja Fridy 5.99m (19' 8") '84
3. Dana Boone 5.96m (19' 6.75") '88
4. **Mia Barron** **5.94m (19' 6")** '15
5. Kelly Miller 5.80m (19' 0.5") '96

TRIPLE JUMP

1. Dallas Rose 12.56m (44' 6") '10
2. **Mia Barron** **12.33m (40' 5.5")** '15
3. Britni Strates 12.32m (40' 5") '12
4. Rashawanda James 12.19m (40' 0") '08
5. Mishanta Reyes 12.13m (39' 9.75") '99

SHOT PUT

1. Emily Vannoy 15.42m (50' 7.25") '10
2. Anna Grant 14.94m (49' 0.25") '08
Jones Brittnay **14.94m (49' 0.25")** '18
4. Christine Bohan 14.78m (48' 6") '14
5. Kristy Martin 13.87m (45' 6.25") '97

WEIGHT THROW

1. Emily Vannoy 16.00m (52' 6") '10
2. **Brittany Jones** **15.67m (51' 5")** '18
3. Kristy Martin 15.50m (50' 10.5") '97
4. Erin Wykoff 15.11m (49' 7") '09
5. Maureen Laffan 14.84m (48' 8.5") '09

PENTATHLON

1. Beth Sheehan 3,678 '83
2. Katie Ollendick 3,443 '94
3. **Holly Sullivan** 3,411 '16
4. **Alana Herran** 3,396 '16
5. Rachel Volentine 3,108 '91

Current Cavaliers in Bold

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



Indoor Relay Records

Women

4x400

1. 3:39.43 Chaney, Fabrizio, Wright, Lavender 2014
2. 3:39.77 Ezumah, Fabrizio, Wright, Lavender 2015
3. 3:39.93 Sandy, Hinton, Birge, Fridy 1987
4. 3:40.40 Chaney, Lavender, Ezumah, Wright 2014
5. 3:41.26 Wright, Ezumah, Lavender, Hairston 2015

DMR

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

Men

4x400

1. **3:11.93** **Bowman, Carrington, Kiley, Dixon** **2017**
2. 3:12.52 Hazzard, Kiley, Carrington, Bartha 2015
3. 3:12.55 Hayes, Taylor, Kugrat, Ereng 1989
4. 3:12.90 Revelle, Adderly, Pirtle, Palmer 1982
5. 3:13.12 Anding, Roller, Lee, Paschal 2009

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

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

WOMEN

55 Meters

6.82 Sonya Fridy 1986

55m Hurdles

7.90 Michele Johnson 1986

60 Yards

6.9h Brenda Brown 1981

60y Hurdles

7.8h Susan Brownell 1982

300 Meters

39.05 Jordan Lavender 2012

440 Yards

54.0h Lisa Garrett 1981

500 Meters

1:09.89 Sonya Fridy 1987

600 Yards

1:24.67 Phyllis Buber 1985

600 Meters

1:32.88 Natalia Kuhn 2013

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

34.11 Anthony Swan 1986

440 Yards

49.9h John Morris 1970

500 Meters

1:02.44 Paul Ereng 1988

500 Yards

1:02.79 David Revelle 1983

600 Meters

1:11.99 Dwayne Brake 1983

600 Yards

1:09.8h David Revelle 1983

880 Yards

1:56.1h James Wood 1973

1,000 Meters

2:20.57 Ray Brown 1984

1,000 Yards

2:07.31 Ray Brown 1984

1,500 Meters

3:45.04 John Hinton 1985

Two-Mile

8:40.49 Kris Herdt 1987

Three-Mile

13:43.03 Colin Peddie 1985

Pentathlon

3,915 Stephen Dunphy 1991

4x800m Relay

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

Virginia in the National Top 50**MEN**

Triple Jump	Mark	Rank
Scott	15.75m (51'8.25")	16

Shot Put	Mark	Rank
Oghenakpobo Efekoro	18.16m (59'7")	37

WOMEN

Pole Vault	Time	Rank
Guy	4.10m (13'5.25")	25

Triple Jump	Mark	Rank
McKee	12.77m (41'10.75)	23
Barron	12.49m (40'11.75)	41

Pentathlon	Mark	Rank
Sullivan	3,744	34