



VIRGINIA

2018 CAVALIER TRACK & FIELD NOTES

2018 Indoor Schedule

- 1/19-20 Larry Wieczorek 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.)

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Jan. 19-20, 2018

Iowa City, Iowa. • UI Recreation Building

Virginia Cavaliers at Larry Wieczorek Invitational



THIS WEEK

- The Cavaliers open the indoor season with Larry Wieczorek Invitational.
- Virginia will have nine male athletes and 18 female athletes compete in their first indoor season with the team.
- Coming off the cross country season, the men's team finished 16th at the NCAA Championships with senior Brent Demarest earning All-America honors (19th).
- Demarest's performance was the second-best individual finish in school history.
- Senior Frances Schmiede concluded her athlete career with a 42nd place finish at the women's NCAA cross country championships.

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 with Jordan Young receiving the honor 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.
- The team graduated Filip Mihaljevic (10-time All-American) and Jordan Young (10-time All-American) on the men's side and Christine Bohan (two-time All-American) on the women's side.

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-America by FloTrack. Efekoro was ranked second in the shot put, while Jonsson was ranked sixth in the weight throw.
- Brent Demarest earned All-America during the 2017 cross country season, finishing 19th at the NCAA Championships.

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 - January 19	Larry Wieczorek Invitational
Heptathlon	Geuskens
12:00p 60m	
12:40p Long Jump	
1:30p Shot Put	
2:20p High Jump	
Pentathlon	Sullivan
12:15p 60m Hurdles	
12:50p High Jump	
2:20p Shot Put	
3:10p Long Jump	
4:00p 800m	
3:00p W Pole Vault	Freix, Guy
3:00p W High Jump	Feyerabend, Hayes
4:00p M High Jump	Claiborne
5:00p W Weight Throw	Jones
6:00p W Long Jump	Barron, McKee
6:30p M Pole Vault	Young
7:00p W 600m	Herran, Rennyson,
7:15p M 600m	Dixon, Outlaw, Shirley
7:30 W 200m	Hazzard
8:00p M 1000m	Buscaglia
8:10p W 600m Premier	Jefferson
Saturday - January 20	Larry Wieczorek Inviational
Heptathlon	Geuskens
2:30p 60m Hurdles	
3:30p Pole Vault	
5:05p 1,000m	
1:00p W Shot Put	Jones
3:45p W 60mH	Leonard
3:50p W 60mH Olympic	Herran, Woodley
3:57p M 60mH	Jackson
4:02p M 60mH Olympic	Claiborne
4:10p W 800m	Rennyson
4:40p W 60m Prelims	Hazzard
4:45p W 60m Olympic	Leonard, Woodley
4:55p M 60m Olympic	Jackson
5:00p W/M Triple Jump	Barron, McKee /Scott
5:30p M Shot Put	Plesko, Williams
5:50p M 800m Premier	Carrington
6:00p *W 60mH Finals	
6:10p *M 60mH Finals	
6:35p Larry Wieczorek Mile	Ernst
6:50p *W 60m Finals	
7:00p *M 60m Finals	
7:25p M 3000m Premier	Corbett, Dodds, Klau, Marsella
7:50p W 4x400m Relay	Virginia
8:05p M 4x400m Relay	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

**If qualify for final from prelims*

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. Rahn Turner	22.00	'98
9. Jason Young	22.08	'01
10. Tchaka Owen	22.09	'91
Austin Von Ohlsen	22.09	'11

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. Rahn 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. Mark Amirault	4:03.40	'13
10. Brett Johnson	4:03.62	'11

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	'17
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 Efeboro	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 Efeboro	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

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
9. Nicole Kimbrough	7.57	'97
10. Kelly Miller	7.58	'99

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. Pam Lemons	24.37	'94
8. Talia Wise	24.38	'06
9. Julie Sandy	24.39	'89
10. Angela Griffith	24.48	'92
Kiana Hairston	24.48	'15

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. Heather Smith	8.54	'16
4. Kim Turko	8.55	'01
5. Alexis Woodley	8.56	'17
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. Mia Barron	12.71m (41'8.5")	'17
7. Rashawnda James	12.59m (41' 3.75")	'09
8. Kelly McKee	12.57m (41' 3")	'17
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. Alexa Manning	14.93m (48' 11.75")	'08
8. Amy Brown	14.05m (46' 1.25")	'99
9. Kristy Martin	13.87m (45' 6.25")	'97
10. Erin Wykoff	13.83m (45' 4.5")	'10

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	3,738	'17
6. Bianca DeBartolo	3,661	'07
7. Anna Finger	3,659	'13
8. Curtrell Frye	3,644	'02
9. Katie Kiladis	3,567	'99
10. Erika Pietrzak	3,464	'91

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



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. Ben Sargong22.16.....'92
3. Adam Abdulrazaaq22.24'08
4. David Bartha.....22.43'14
5. Austin Von Ohlsen22.49'11

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. Bruce Berry1:03.31.....'85
3. Ray Brown1:03.80'81
4. Dwayne Brake1:03.97.....'83
5. Michael Johnson.....1:04.50.....'86

600 METERS

1. Dwayne Brake1:11.99.....'83
2. David Revelle.....1:12.39'81
3. Patrick Redmond1:13.89.....'93
4. Chris Snead1:13.99.....'83
5. Robby Andrews1:19.35'10

800 METERS

1. Robby Andrews1:48.39.....'10
2. Anthony Kostelac.....1:49.24.....'11
3. Paul Ereng.....1:49.31.....'88
4. Nathan Kiley1:51.08.....'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 Taye4:04.04 '09
5. Henry Wynne.....4:04.37 '14

3,000 METERS

1. Adam Visokay7:57.46 '14
2. **Brent Demarest.....8:09.59.....'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 Foley14:03.67 '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 Lint8.23.....'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 Scott.....7.38m (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 Smith.....14.70m (48' 4")..... '79
5. Marcus Robinson14.63m (48' 0.25")..... '08

SHOT PUT

1. Filip Mihaljevic.....19.63m (64'5")..... '15
2. Nick Vena18.92m (62' 1")..... '12
3. **Oghenakpobo Efekoro 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 Efekoro 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 Lint5,358 '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 Freshman Records

60-METER DASH

- Jordan Lavender..... 7.57 '12
- Peyton Chaney 7.60 '13
Tori McKenzie..... 7.60 '14
- Anna Jefferson 7.64 '17**
- Janne'a Bridgeford ... 7.68 '05

200-METER DASH

- Jordan Lavender..... 24.25 '12
- Peyton Chaney 24.31 '13
- Kiana Hairston 24.48 '15**
- Andrea Wright..... 24.55 '14
- Leslie Satchell 24.80 '95

300-METER DASH

- Jordan Lavender..... 39.05 '12
- Julie Sandy..... 39.43 '87
- Anna Jefferson 39.63 '17**
- Kiana Hairston 40.15 '15**
- Jenni Weatherly 40.61 '09

400-METER DASH

- Jordan Lavender..... 54.69 '12
- Michelle Samuels 55.81 '91
- Meagan Gillespie..... 56.07 '09
- Chimere Ezumah 56.27 '14**
- Leslie Satchell 56.67 '95

500-METER DASH

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

600-METER RUN

- Meagan Gillespie..... 1:34.36 '09
- Lauri Collins 1:38.40 '82
- Cathy Fitzpatrick..... 1:38.90 '83
- Amy Parker 1:48.91 '93

800-METER RUN

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

1000-METER RUN

- Sandy Schuler..... 2:44.40 '85
- Shelley McBride..... 2:50.40 '86
- Claire Forbes 2:55.31 '90
- Alexia Roux..... 2:56.80 '16
- Megan Rebholz..... 2:59.77 '15**

1-MILE RUN

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

3000-METER RUN

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

5000-METER RUN

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

60-METER HURDLES

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

HIGH JUMP

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

POLE VAULT

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

LONG JUMP

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

TRIPLE JUMP

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

SHOT PUT

- Emily Vannoy 15.42m (50' 7.25") '10
- Anna Grant..... 14.94m (49' 0.25") '08
- Christine Bohan..... 14.78m (48' 6")... '14
- Kristy Martin 13.87m (45' 6.25") '97
- Maureen Laffan..... 13.75m (45' 1.5") '09

WEIGHT THROW

- Emily Vannoy 16.00m (52' 6") . '10
- Kristy Martin 15.50m (50' 10.5") '97
- Erin Wykoff..... 15.11m (49' 7") ... '09
- Maureen Laffan..... 14.84m (48' 8.5") '09
- Alexa Manning 14.40m (47' 3") '06

PENTATHLON

- Beth Sheehan..... 3,678 '83
- Katie Ollendick 3,443 '94
- Holly Sullivan 3,411 '16**
- Alana Herran..... 3,396 '16**
- 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

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

DMR

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

Men

4x400

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

DMR

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

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

WOMEN

55 Meters

6.82 Sonya Fridy 1986

55m Hurdles

7.90 Michele Johnson 1986

60 Yards

6.9h Brenda Brown 1981

60y Hurdles

7.8h Susan Brownell 1982

300 Meters

39.05 Jordan Lavender 2012

440 Yards

54.0h Lisa Garrett 1981

500 Meters

1:09.89 Sonya Fridy 1987

600 Yards

1:24.67 Phyllis Buber 1985

600 Meters

1:32.88 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