



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 David Hemery Valentine Invite (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

- 3/16-17 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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March 30-31, 2018

Raleigh, N.C. • Paul Derr Track & Field Facility
Richmond, Va. • Fred Hardy Track

Virginia Cavaliers

at

Raleigh Relays | Fred Hardy Invitational



This Week

- The Cavaliers will compete in their second week of competition during the outdoor season, after opening the season at the Hurricane Invitational March 16-17. The men's distance team will compete at the Raleigh Relays on Friday, while members of both programs will compete at the Fred Hardy Invitational on Friday and Saturday.
- Virginia has three student-athletes ranked in the top 15 of the NCAA. Bridget Guy holds the top mark in the pole vault, clearing a height of 4.30m (14'1.25"). Hilmar Jonsson ranks fourth in the hammer with a mark of 70.93m (232'8"), while Mia Baron ranks 14th in the triple jump with a mark of 12.57m (41'3").
- In the opening week of competition, the Cavaliers set three school records. Guy set a record in the pole vault, while Alfred Shirley set a freshman record in the 400m hurdles (51.75) and Brittany Jones set a freshman record in the shot put with a mark of 15.31m (50'2.75").

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.
- Guy was named ACC Field Performer of the Week after winning the pole vault at the Hurricane Invitational. Her performance ranks first in the NCAA.
- The Cavalier men's team is ranked 20th in the USTFCCA preseason poll.

THE 2017 OUTDOOR SEASON

- The men's team finished third at the NCAA Championships last season, scoring 36 points from the throwing unit. The Cavaliers recorded the best finish from an ACC school since FSU placed second in 2011. Six student-athletes earned All-America honors with four returning to competition this year. Efekoro finished third in the shot put and Hilmar Jonsson finished fourth in the hammer. Jack Lint and Scott earned honorable mentions in the decathlon and triple jump, respectively.
- The men's team finished second at the ACC Championships, while the women's team placed eighth at the ACC Championships

Virginia Coaching Staff

Bryan Fetzer
Todd Morgan
Pete Watson
Mario Wilson
Martin Maric
Michelle Freeman

Director of Track and Field/Cross Country
Assistant Coach - Women's Distance
Assistant Coach - Men's Distance
Assistant Coach - Horizontal Jumps/ Decathlon
Assistant Coach - Throws
Assistant Coach - Sprints and Hurdles

Meet Schedule of Probable UVA Entries

Friday - March 30
7:21p 5000m
9:25p 10000m
Raleigh Relays

Marsella

Cook, Corbett, Klau, Pace, Teller,
Weaverling

Friday - March 30
2:00p M- Shot Put
W- Shot Put
3:00p W- Pole Vault
M- Pole Vault
3:00p W-Triple Jump
3:30p M- Javelin
4:00p W- High Jump
5:30p W- 5000m
6:55p W- 400m Hurdles
7:10p M- 400m Hurdles
7:25p W- 1500m
7:55p M- 1500m
Fred Hardy

Geusekns

Hayes, Sullivan

Freix, Guy, Masloff

Young

Barron

Geuskens

Feyerabend, Hayes

Karas, Moran, Mulhern

Knight, Sullivan

Lint, Shirley

Bothwell, Call, Davidson, Martingayle

Amabile, Hagen, Neish, Novak

Saturday- March 31
10:00a W- Long Jump
11:00a W- 100m Hurdles prelims
11:15a M- 110m Hurdles Prelims
11:25a W-100m Dash
12:00p W- 800m Run
12:20p M- 800m Run
12:55p M- 400m Dash
2:00p W- 200m Dash
2:25p M- 200m Dash
Fred Hardy

Barron, Caldwell

Knight, Leonard, Woodley

Claiborne, Jackson, Lint

Hairston, Hazzard, Jefferson

Lansing

Toney

Dixon, Outlaw, Willis

Hairston, Hazzard, Jefferson, Woodley

Outlaw, Shirley, Willis

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 Outdoor 2018 Performances and Personal Bests

100 METERS	2018	PR
Lint	---	11.05
Claiborne	---	11.31

200 METERS	2018	Out-PR
Dixon	---	21.69
Outlaw	21.79	21.79
Jackson	---	22.29

400 METERS	2018	Out-PR
Dixon	---	48.06
Carrington	---	48.63
Willis	48.82	48.82
Lint	---	49.64
Claiborne	---	50.94

800 METERS	2018	Out-PR
Marsella	---	1:49.53
Carrington	---	1:49.98
Hagen	---	1:51.29
Novak	---	1:55.73
Ernst	---	1:57.48
Toney	1:58.29	1:58.29
Neish	---	2:02.59

1,500 METERS	2018	PR
Marsella	---	3:41.35
Novak	---	3:45.35
Cook	---	3:47.53
Hagen	---	3:50.58
Ernst	---	3:50.88
Demarest	---	3:51.25
Neish	---	3:54.54
Amabile	---	4:01.79
Lint	4:38.38	4:38.38
Claiborne	---	5:02.44

5,000 METERS	2018	Out-PR
Cook	----	13:58.01
Weaverling	---	14:01.20
Demarest	---	14:10.94
Novak	---	14:19.05
Hopper	14:48.92	14:48.92
Klau	---	15:09.96
Amabile	---	15:42.25

10,000 METERS	2018	PR
Demarest	---	29:07.78
Cook	---	29:18.20
Weaverling	---	29:29.90
Corbett	---	29:45.51
Klau	---	30:10.82

110m HURDLES	2018	PR
Jackson	14.67	14.48
Lint	15.25	14.63
Claiborne	16.16	15.51

400m HURDLES	2018	PR
Shirley	51.75	51.75
Lint	55.08	55.08
Jackson	---	57.76

2,000m	2018	PR
STEEPLECHASE		
Novak	---	5:57.91

HIGH JUMP	2018	Out-PR
Lint	---	1.95m 6'4.75"
Claiborne	---	1.87m 6'1.5"

POLE VAULT	2018	Out-PR
Young	5.05m 16'6.75"	5.09m 16'8.25"
Lint	---	4.50m 14'9"
Claiborne	---	4.00m 13'1.5"
Collins	----	4.15m 13'7.25"

LONG JUMP	2018	Out-PR
Scott	---	7.54m 24'9"
Lint	---	7.21m 23'8"
Claiborne	---	6.64m 21'9.75"

TRIPLE JUMP	2018	Out-PR
J. Scott	---	16.44m 53'11.25"

SHOT PUT	2018	Out-PR
Efekoro	---	20.39m 66'10.75"
Plesko	17.99m 59:25"	18.30m 61'0.5"
Williams	16.02m 52'6.75"	16.66m 54'8"
Lint	---	13.57m 44'6.25"
Claiborne	---	10.68m 35'0.5"

DISCUS	2018	PR
Plesko	49.78m 163'4"	51.99m 170'7"
Williams	48.77m 160'	52.04m 170'9"
Efekoro	---	51.19m 167'11"
Bouselli	---	46.61m 152'11"
Lint	---	41.20m 135'2"
Claiborne	---	33.00m 108'3"

HAMMER	2018	PR
Jonsson	72.38 237'5.5"	72.38 237'5.5"
Williams	---	51.22m 168'0"

JAVELIN	2018	PR
Bouselli	52.03m 170'8"	60.89m 199'9"
Lint	---	52.06m 170'10"
Claiborne	---	38.78m 127'3"
Plesko	49.04m 160'11"	49.04m 160'11"

DECATHLON	2018	PR
Lint	----	7478
Claiborne	---	6294

4x400 Relay	2018
Willis, Shirley, Outlaw, Lint	3:12.04

Women's Top Outdoor 2018 Performances and Personal Bests

100 METERS	2018	PR
Hazzard	11.86	11.86
Hairston	----	12.04
Wright	----	12.10
Baker	----	12.62

200 METERS	2018	Out-PR
Hazzard	24.49	24.49
Hairston	----	24.52
Woodley	24.75	24.75
Sullivan	----	25.17
Leonard	25.40	25.40
Herran	----	25.35

400 METERS	2018	Out-PR
Jefferson	54.42	54.42
Knight	54.83	54.83
Hairston	57.11	57.11
Herran	57.71	57.71

800 METERS	2018	Out-PR
Sullivan	---	2:14.15
Lansing	---	2:15.00
Herran	---	2:24.59

1,500 METERS	2018	PR
Mulhern	---	4:32.46
Rebholz	---	4:44.77
Lansing	---	4:49.24

5,000 METERS	2018	Out-PR
Mulhern	----	16:28.18
Rebholz	----	16:31.44
Mackenzie	---	17:29.79

10,000 METERS	2018	PR
Rebholz	----	35:43.90

100m HURDLES	2018	PR
Leonard	---	13.41
Woodley	14.11	13.67
Herran	---	13.86
Sullivan	---	14.50
Feyerabend	---	14.58

400m HURDLES	2018	PR
Sullivan	---	1:00.34
Jefferson	1:06.37	1:06.37

2,000m STEEPLECHASE	2018	PR
Mackenzie	----	7:00.59

HIGH JUMP	2018	Out-PR
Feyerabend	---	1.71m
		5'7.25"
Sullivan	---	1.62m
		5'3.75"
Herran	---	1.61m
		5'3.25"

POLE VAULT	2018	Out-PR
Guy	4.30m	4.30m
	14'1.25"	14'1.25"
Demaria	---	3.93m
		12'10.5"
Freix	----	3.78m
		12'4.75"

LONG JUMP	2018	Out-PR
Barron	5.9m	6.22m
	19'4.25"	20'4.75"
Caldwell	6.05m	6.05m
	19'10.25"	19'10.25"
McKee	---	5.87m
		19'3.25"
Sullivan	---	5.72m
		18'9.25"
Herran	---	5.65m
		18'6.5"

TRIPLE JUMP	2018	Out-PR
McKee	---	13.17m
		43'2.5"
Barron	12.57m	12.75m
	41'3"	41'10"

SHOT PUT	2018	Out-PR
Jones	15.31m	15.31m
	50'2.75"	50'2.75"
Green	12.40m	12.61m
	40'8.25"	41'4.25"
Sullivan	---	10.52m
		34'6"
Herran	----	9.00m
		29'6.5"

DISCUS	2018	PR
Green	45.45m	50.15m
	149'1"	164'6"
Bogavac	----	44.94m
		147'5"
Jones	43.20m	43.20m
	141'9"	141'9"

HAMMER	2018	PR
Baker	53.58m	53.58m
	175'9"	175'9"
Green	----	35.83m
	----	117'7"

JAVELIN	2018	PR
Bogavac	----	48.96m
		160'7.5"
Mautz	46.93m	48.66m
	154'	159'7.75"
Geller	33.22m	33.22m
	109'	109'
Sullivan	---	33.55m
		110'1"
Baker	----	26.68m
		87'6"
Herran	----	25.55m
		83'9.75"

HEPTATHLON	2018	PR
Sullivan	---	5317
Herran	----	4771

4x100 Relay	2018

4x400 Relay	2018
Knight, Hairston, Woodley, Jefferson	3:43.33

Men's Outdoor Top 10 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. Jarrett Hagwood	10.72	'02
8. Mauri Anderson	10.74	'80
9. 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. Reuben Jones	21.16	'08
5. Kellen Blassingame	21.24	'05
6. Payton Hazzard	21.27	'15
7. Conlon Bonner	21.28	'08
8. Scott Kimball	21.31	'02
9. Eric Adderly	21.32	'82
10. Rauh Turner	21.39	'98

400 METERS

1. Payton Hazzard	45.88	'15
2. Kellen Blassingame	46.02	'05
3. Meikle Paschal	46.61	'08
4. Kevin Anding	46.84	'10
5. Jim Bruce	46.94	'79
6. Nathan Kiley	46.95	'17
7. Ben Kurgat	46.96	'88
8. Jason Young	47.07	'04
9. Gerald Howard	47.23	'95
10. Leon Palmer	47.26	'84

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. Anthony Kostelac	1:48.96	'12
9. Vince Draddy	1:49.05	'81
10. Nathan Kiley	1:49.31	'16

1,500 METERS

1. Henry Wynne	3:38.05	'16
2. John Hinton	3:40.24	'83
3. Vince Draddy	3:40.44	'81
4. Robby Andrews	3:40.77	'11
5. Mike Marsella	3:41.35	'15
6. Patrick Todd	3:41.51	'12
7. Andrew Jesien	3:41.78	'09
8. Ray Weeden	3:43.65	'99
9. Kyle King	3:44.25	'13
10. Brett Johnson	3:44.44	'11

5,000 METERS

1. Kris Herdt	13:37.44	'87
2. Henry Wynne	13:43.53	'17
3. Sean Keveren	13:48.34	'12
4. Zach Herriott	13:53.47	'17
5. Jim Hays	13:55.2h	'85
6. Kyle King	13:55.60	'12
7. Ryan Collins	13:55.94	'09
8. Mike Cotton	13:56.44	'81
9. Lachlan Cook	13:58.01	'17
10. Mark Amirault	13:59.21	'13

10,000 METERS

1. Zach Herriott	28:44.22	'17
2. Mike Cotton	28:55.34	'81
3. Andrew Dumm	28:59.25	'07
4. Brent Demarest	29:07.78	'17
5. Adam Visokay	29:11.13	'15
6. Trey Miller	29:14.21	'10
7. Ryan Foster	29:16.79	'06
8. Lachlan Cook	29:18.20	'17
9. Chase Weaverling	29:29.90	'17
10. Sean Keveren	29:31.86	'12

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. Kevin Williams	51.54	'79
6. Alfrid Shirley	51.75	'18
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. Jan Foerster	8:34.78	'07
2. Rob Cook	8:39.36	'94
3. Kyle King	8:39.72	'15
4. Steve Finley	8:40.56	'10
5. Adam Visokay	8:43.60	'15
6. Mike Cotton	8:44.44	'81
7. Will Gray	8:45.82	'16
8. Soeren Linder	8:51.89	'05
9. Tim Lloyd	8:53.84	'80
10. John Hinton	8:55.14	'84

HIGH JUMP

1. Herman Moore	2.19m (7' 2.25")	'88
Greg Byers	2.19m (7' 2.25")	'82
3. 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
7. Cordell Green	2.09m (6' 10.25")	'95
8. Wes Dungan	2.08m (6' 9.75")	'94
9. Tommy DeVita	2.07m (6' 9.5")	'13
10. Arthur Gennari	2.05m (6' 8.75")	'10

POLE VAULT

1. David Sullivan	5.35m (17' 6.75")	'05
2. Brian Shafer	5.20m (17' 0.75")	'93
3. Jeff Jernigan	5.15m (16' 10.75")	'17
4. Sam Young	5.09m (16' 8.25")	'17
5. Tom Cooke	5.05m (16' 6.75")	'95
6. Jeff McClurg	4.95m (16' 2.75")	'07
7. David Lewis	4.89m (16' 0.75")	'06
8. David Hood	4.88m (16' 0.0")	'88
9. Mike Hood	4.85m (15' 11.0")	'91
Greg Blair	4.85m (15' 11.0")	'04

LONG JUMP

1. Greg Byers	7.70m (25' 3.25")	'82
2. Mike Harvey	7.67m (25' 2")	'69
3. Jordan Scott	7.54m (24' 9")	'17
4. Wes Dungan	7.48m (24' 6.5")	'94
Tiki Barber	7.48m (24' 6.5")	'95
6. Keith Witherspoon	7.45m (24' 5.25")	'76
7. Bruce Randolph	7.43m (24' 4.5")	'84
8. Dion Woolfolk	7.41m (24' 3.75")	'96
9. Stephen Dunphy	7.39m (24' 3")	'94
Jarrett Hagwood	7.39m (24' 3")	'02

TRIPLE JUMP

1. Marcus Robinson	16.46m (54' 0")	'12
2. Jordan Scott	16.44m (53' 11.25")	'17
3. Keith Witherspoon	16.27m (53' 4.50")	'76
4. Ryan Satchell	15.98m (52' 5.25")	'14
5. Chike Chukwolie	15.94m (52' 3.75")	'90
6. Aaron Worrell	15.72m (51' 7")	'17
7. Greg Byers	15.56m (51' 0.75")	'84
8. Cornell Grayson	15.55m (51' 0.50")	'90
9. Donald Scott	15.43m (50' 7.50")	'94
10. Mike Mosley	15.25m (50' 0.5")	'85

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. Yemi Ayeni	18.23m (59' 9.75")	'09
6. Nace Plesko	18.30m (61' 0.05")	'17
7. Kevin Latham	18.04m (59' 2.5")	'85
8. Mike Murphy	17.15m (56' 3.25")	'93
9. Thom McKinney	17.06m (55' 11.75")	'91
10. Al Sinesky	16.83m (55' 2.75")	'69

DISCUS

1. Filip Mihaljevic	63.76m (209' 2")	'17
2. Jordan Young	62.27m (204' 3")	'15
3. Yemi Ayeni	61.11m (200' 6")	'07
4. Larry Wilson	57.91m (190' 0")	'99
5. Kevin Latham	56.71m (186' 1")	'85
6. Phil Vincenzes	55.98m (183' 8")	'82
7. Nick Vena	54.84m (179' 11")	'12
8. Mike Murphy	52.78m (173' 2")	'93
9. Tim Bilmanis	52.57m (172' 6")	'01
10. James Williams	52.04m (170' 9")	'16

HAMMER THROW

1. Hilmar Jonsson	72.38m (237' 6")	'17
2. Jordan Young	70.73m (232' 1")	'15
3. Vincenzo Chiariello	64.29m (212' 11")	'12
4. Bill Johnston	58.19m (190' 11")	'01
5. Robert Guider	55.67m (182' 8")	'10
6. James Fuson	55.53m (182' 2")	'12
7. Phil Vincenzes	53.23m (174' 8")	'79
8. Walker Anderson	52.68m (172' 10")	'04
9. James Williams	51.22m (168' 0")	'16
10. Thom McKinney	46.99m (154' 2")	'90

JAVELIN

1. Andy Fahringer	75.19m (246' 8")	'12
2. Brian Kollar	74.22m (243' 6")	'01
3. John Welch	72.19m (236' 10")	'02
4. Steve Kiessling	69.67m (228' 7")	'92
5. Kyle Smith	69.43m (227' 9")	'15
6. James Murdock	63.93m (209' 9")	'02
7. Stephen Dunphy	61.62m (202' 2")	'94
8. Anthony Bouselli	60.89m (199' 9")	'16
9. Greg Trzcinski	56.96m (186' 10")	'97
10. Justin Schwartz	56.70m (186' 0")	'96

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



Men's Indoor 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. Scott Kimball 21.78 '00
- 4. Brandon Outlaw.... 21.79 '18**
5. Kellen Blassingame 21.80 '03

400 METERS

1. Meikle Paschal 46.61 '08
2. Ben Kurgat 46.96 '88
3. Payton Hazzard 47.29 '12
4. Rauh Turner 47.56 '97
5. Patrick Farmer 47.83 '11

800 METERS

1. Paul Ereng 1:44.31 '88
2. Robby Andrews 1:45.54 '10
3. Lance Roller 1:47.88 '09
4. Anthony Kostelac..... 1:49.02 '11
5. Ben Kurgat 1:49.28 '88

1,500 METERS

1. Robby Andrews 3:41.09 '10
2. Matthew Novak 3:45.35 '16
3. John Hinton 3:46.10 '82
4. Henry Wynne..... 3:46.48 '14
5. Alex Tatu 3:46.63 '04

5,000 METERS

1. Kyle King 13:55.60 '12
- 2. Lachlan Cook..... 13:58.01 '17**
3. Andy Biladeau 14:06.73 '06
4. Emil Heineking 14:11.40 '08
5. Ryan Collins 14:12.85 '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 Abdulrazaq 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 51.75 '18**
2. Karl Williams 51.77 '77
3. Adams Abdulrazaq 51.79 '08
4. Greg Nelson 52.43 '08
5. Devin Brewer 52.52 '12

3,000m STEEPLECHASE

1. John Hinton 8:58.21 '82
2. Colin Mearns 9:03.92 '11
3. Jim Hays 9:10.69 '82
4. Mike Cotton 9:27.88 '78
5. Andrew Filachek 9:32.77 '00

HIGH JUMP

1. Herman Moore 2.20m (7' 2.5") '88
2. Greg Byers 2.17m (7' 1.25") '81
3. Mike Riso 2.10m (6' 10.75") '02
4. Tommy Devita 2.04m (6' 8.25") '11
5. Greg Nelson 2.01m (6' 7") '08

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' 9.25") '08
5. Marion Mason 7.24m (23' 9") '98
- Aaron Worrell 7.24m (23' 9") '15

TRIPLE JUMP

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

SHOT PUT

1. Filip Mihaljevic..... 19.56m (64' 2.25") .. '14
- 2. Oghenekpobo Efeoro 19.53m (64' 1") '16**
3. Nick Vena..... 19.51m (64' 0.25") '12
4. Mike Theuerkauf 15.90m (52' 2") '89
- 5. James Williams..... 15.89m (52' 1.75") '15**

DISCUS

1. Filip Mihaljevic..... 60.41m (198' 2") '14
2. Larry Wilson 55.45m (181' 11") . '96
3. Nick Vena 54.84m (179' 11") . '12
4. Yemi Ayeni 54.18m (177' 9") '06
5. Phil Vincenzes 52.53m (172' 4") '77

HAMMERTHROW

- 1. Hilmar Jonsson 71.52m (234' 8") '16**
2. Bill Johnston 57.89m (189' 11") . '00
3. Robert Guider..... 55.68m (182' 8") '10
4. Vincenzo Chiariello ..52.37m (171' 10") '09
5. Walker Anderson 50.57m (165' 11") . '03

JAVELIN

1. Brian Kollar 68.53m (224' 10") . '99
2. Steve Kessler 68.25m (223' 11") . '90
- 3. Anthony Bouselli .. 58.96m (193' 5") '15**
4. James Murdock 57.79m (189' 7") '99
5. John Brian 49.66m (162' 11") . '78

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

Women's Outdoor Top 10 List

100 METERS

1. Sonja Fridy.....	11.36	'87
2. Kiamesha Otey.....	11.43	'01
3. Kelly Miller.....	11.48	'99
4. Pam Lemons.....	11.57	'93
5. Tori McKenzie.....	11.63	'17
6. Brenda Brown.....	11.64	'84
7. Peyton Chaney.....	11.71	'14
8. Julie Sandy.....	11.74	'89
9. Valentia Alleyne.....	11.75	'94
10. Talia Wise.....	11.80	'08

200 METERS

1. Sonja Fridy.....	23.17	'87
2. Jordan Lavender.....	23.42	'14
3. Kiamesha Otey.....	23.46	'03
4. Peyton Chaney.....	23.50	'16
5. Kelly Miller.....	23.61	'99
6. Janne'a Bridgeford.....	23.69	'08
7. Pam Lemons.....	23.83	'93
8. Talia Wise.....	23.86	'08
9. Julie Sandy.....	23.87	'89
10. Brenda Brown.....	23.94	'81

400 METERS

1. Sonja Fridy.....	51.93	'87
2. Jordan Lavender.....	52.48	'14
3. Lisa Garrett.....	52.64	'83
4. Carielle Doe.....	53.22	'03
5. Angela Lee.....	54.05	'98
6. Anna Jefferson.....	54.42	'18
7. Michelle Samuels.....	54.59	'92
8. Andrea Wright.....	54.80	'14
9. Talia Wise.....	54.81	'08
10. Andrenette Knight.....	54.83	'18

800 METERS

1. Gail Bryant.....	2:04.21	'85
2. Vanessa Fabrizio.....	2:04.77	'14
3. Kim Kelly.....	2:05.23	'84
4. Vicky Fouhy.....	2:05.55	'13
5. Lyndsay Harper.....	2:05.84	'11
6. Jill Haworth.....	2:06.31	'81
7. Phyllis Buber.....	2:06.96	'86
8. Linda Nicholson.....	2:07.54	'80
9. Kim Liggins.....	2:08.24	'92
10. Morgane Gay.....	2:08.29	'09

1,500 METERS

1. Morgane Gay.....	4:13.20	'12
2. Vicky Fouhy.....	4:14.51	'13
3. Michelle Rowen.....	4:15.37	'87
4. Jill Haworth.....	4:16.06	'83
5. Lesley Welch.....	4:16.54	'82
6. Margaret Groos.....	4:16.74	'81
7. Lisa Welch.....	4:17.74	'82
8. Claire Forbes.....	4:18.58	'90
9. Stephanie Garcia.....	4:18.30	'11
10. Iona Lake.....	4:21.30	'15

5,000 METERS

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

10,000 METERS

1. Patty Matava.....	32:58.64	'87
2. Catherine White.....	33:07.36	'13
3. Aileen O'Connor.....	33:28.20	'81
4. Emily Harrison.....	33:40.34	'08
5. Martha White.....	33:40.50	'83
6. Kara Scanlin.....	33:53.32	'07
7. Katie Read.....	33:54.92	'07
8. Jane Maxwell.....	33:55.98	'03
9. Anna Corrigan.....	33:58.46	'11
10. Jen Flack.....	34:14.12	'14

100m HURDLES

1. Ciara Leonard.....	13.41	'17
2. Ayla Smith.....	13.51	'09
3. Alexis Woodley.....	13.67	'17
4. Lauren Echko.....	13.72	'08
5. Heather Smith.....	13.76	'16
6. Chidi Uche.....	13.77	'10
7. Rebecca Grube.....	13.81	'94
8. Alana Herran.....	13.86	'17
9. Michelle Johnson.....	13.90	'86
10. Kimberlee Turko.....	13.93	'98

400m HURDLES

1. Ayla Smith.....	56.54	'11
2. Erin Crawford.....	56.87	'06
3. Angela Lee.....	57.11	'97
4. Aisha Naibe-Wey.....	57.84	'16
5. Heather Smith.....	58.17	'16
6. Vivian Scruggs.....	58.54	'81
7. Natalie Randolph.....	58.98	'03
8. Angela Griffith.....	59.05	'91
9. Karen Hatchett.....	59.49	'82
10. Kristina Chapman.....	59.61	'10

3000m STEEPLECHASE

1. Stephanie Garcia.....	9:47.29	'11
2. Dawn Cleary.....	9:59.30	'03
3. Iona Lake.....	10:01.58	'15
4. Melanie Matthews.....	10:13.31	'02
5. Vicky Fouhy.....	10:20.63	'14
6. Sara Sargent.....	10:20.64	'15
7. Janine Ricci.....	10:24.65	'05
8. Samantha Stafford.....	10:36.02	'09
9. Kendall Cowne.....	10:39.82	'15
10. Rosemary Barber.....	10:51.59	'11

HIGH JUMP

1. Ann Bair.....	1.88m (6' 2")	'83
2. Sherry Gould.....	1.86m (6' 1.25")	'93
3. Pearl Bickersteth.....	1.83m (6' 0")	'12
Moiria Cronin.....	1.83m (6' 0")	'13
5. Robin Landes.....	1.81m (5' 11.25")	'88
6. Rachel Marks.....	1.79m (5' 10.75")	'06
7. Meggie Schuelke.....	1.76m (5' 9.25")	'04
Emily Kianka.....	1.76m (5' 9.25")	'12
9. Karen DiDonato.....	1.75m (5' 9.0")	'91
10. Kate Doyle.....	1.74m (5' 8.75")	'90

POLE VAULT

1. Bridget Guy.....	4.30m (14' 1.25")	'18
2. Theresa Demaria.....	3.93m (12' 10.75")	'17
3. Vika Osipenko.....	3.81m (12' 6")	'03
4. Katie Freix.....	3.78m (12' 4.75")	'17
5. Sarah DeVita.....	3.71m (12' 2")	'15
6. Katie Darraugh.....	3.69m (12' 1.5")	'09
7. Kathryn Pettine.....	3.65m (11' 11.75")	'05
8. Annica White.....	3.51m (11' 6.5")	'01
9. Lauren Taggart.....	3.49m (11' 5.75")	'03
Alicia LaRoche.....	3.49m (11' 5.75")	'04

LONG JUMP

1. Dana Boone.....	6.65m (21' 9.75")	'90
2. Kiamesha Otey.....	6.54m (21' 5.50")	'02
3. Sonja Fridy.....	6.42m (21' 0.75")	'86
4. Nicole Kimbrough.....	6.39m (20' 11.50")	'95
5. Kelly Miller.....	6.33m (20' 9.25")	'96
Tomika Ferguson.....	6.33m (20' 9.25")	'06
7. Edy Ndem.....	6.28m (20' 7.25")	'14
8. Mia Barron.....	6.22m (20' 5")	'16
9. Rebecca Grube.....	6.15m (20' 2.25")	'94
10. Pam Lemons.....	6.12m (20' 1")	'92
Beth Sheehan.....	6.12m (20' 1")	'85

TRIPLE JUMP

1. Tomika Ferguson.....	13.21m (43' 4.25")	'07
2. Dallas Rose.....	13.20m (43' 3.75")	'14
3. Kelly McKee.....	13.17m (43' 2.5")	'17
4. Dana Boone.....	13.05m (42' 9.75")	'91
5. Mia Barron.....	12.75m (41' 10")	'17
6. Naccolle Guinn.....	12.71m (41' 8.50")	'01
7. Jessica Caldwell.....	12.50m (41' 0.25")	'14
8. Nicole Kimbrough.....	12.49m (40' 11.75")	'95
Atalaya Jones.....	12.49m (40' 11.75")	'93
10. Curtrell Frye.....	12.48m (40' 11.50")	'02

SHOT PUT

1. Christine Bohan.....	16.87m (55' 4.25")	'16
2. Eliese Mitchell.....	16.16m (53' 0.25")	'03
3. Billie-Jo Grant.....	15.77m (51' 9")	'06
4. Maureen Laffan.....	15.34m (50' 4")	'10
5. Brittany Jones.....	15.31m (50' 2.75")	'18
6. Emily Vannoy.....	15.30m (50' 2.5")	'10
7. Alexa Manning.....	14.97m (49' 1.5")	'08
8. Kelly Bodiford.....	14.83m (48' 8")	'91
9. Amy Brown.....	14.25m (46' 9")	'99
10. Lauren Connelly.....	14.12m (46' 4")	'96

DISCUS

1. Billie-Jo Grant.....	56.06m (183' 11")	'08
2. Kelly Bodiford.....	54.08m (177' 5")	'93
3. Erin Wykoff.....	53.78m (176' 5")	'12
4. Caitlin Kelly.....	52.37m (171' 10")	'09
5. Eliese Mitchell.....	52.17m (171' 2")	'02
6. Julia Solo.....	52.04m (170' 9")	'86
7. Christine Bohan.....	50.79m (166' 8")	'17
8. Carter Green.....	50.15m (164' 6")	'16
9. Amy Bilmanis.....	49.99m (164' 0")	'06
10. Amy Brown.....	49.89m (163' 8")	'99

HAMMER THROW

1. Maureen Laffan.....	59.91m (196' 6")	'12
2. Eliese Mitchell.....	56.95m (186' 10")	'03
3. Jade Baker.....	53.58m (175' 9")	'18
4. Erin Wykoff.....	53.45m (175' 4")	'12
5. Lauren Connelly.....	51.31m (168' 4")	'96
6. Inhar Chong.....	50.29m (165' 0")	'00
7. Alexa Manning.....	50.17m (164' 7")	'08
8. Ann Crouse.....	49.89m (163' 8")	'99
9. Logan Clements.....	49.67m (162' 11")	'14
10. Christine Bohan.....	49.53m (162' 6")	'17

JAVELIN

1. Ann Crouse.....	57.38m (188' 3")	'99
2. Inge Jorgenson.....	54.23m (177' 11")	'05
3. Meghan Briggs.....	52.65m (172' 9")	'09
4. Abbey Karin.....	52.60m (172' 7")	'13
5. Marija Bogavac.....	48.96m (160' 7")	'17
6. Caitlin Mautz.....	48.66m (159' 8")	'17
7. Christine Bohan.....	48.03m (157' 7")	'17
8. Annie Bobiak.....	46.89m (153' 10")	'05
9. Tara Karin.....	46.33m (152' 0")	'10
10. Kristen Buck.....	42.47m (139' 4")	'94

HEPTATHLON

1. Rebecca Grube.....	5,512	'94
2. Susan Brownell.....	5,458	'82
3. Beth Sheehan.....	5,407	'86
4. Ann Bair.....	5,387	'83
5. Holly Sullivan.....	5,317	'17
6. Sherry Gould.....	5,166	'93
7. Angela Griffith.....	4,967	'98
8. Suzanne Sweeney.....	4,915	'97
9. Katie Kiladis.....	4,855	'97
10. Bianca DeBartolo.....	4,854	'07



Women's Indoor Freshman Records

100 METERS

1. Kelly Miller 11.70 '96
2. Kiamesha Otey 11.72 '00
3. Talia Wise 11.85 '06
- 4. Halle Hazzard 11.86 '18**
5. Leslie Satchell 11.89 '95

200 METERS

1. Peyton Chaney 24.02 '13
2. Leslie Satchell 24.04 '95
3. Kelly Miller 24.14 '96
4. Jordan Lavender 24.19 '12
5. Andrea Wright 24.21 '14

400 METERS

1. Jordan Lavender 53.44 '12
2. Lisa Garrett 54.14 '81
- 3. Anna Jefferson 54.42 '18**
4. Andrea Wright 54.80 '14
5. Chimere Ezumah 54.87 '14

800 METERS

1. Vanessa Fabrizio 2:06.76 '12
2. Morgane Gay 2:08.29 '09
- 3. Gail Bryant 2:11.00 '82**
4. Ariane Sloan 2:11.23 '07
5. Erin O'Doherty 2:11.28 '02

1,500 METERS

1. Morgane Gay 4:15.56 '09
2. Lesley Welch 4:16.84 '82
3. Lisa Welch 4:17.60 '82
4. Claire Forbes 4:18.52 '90
5. Margaret Groos 4:21.10 '78

5,000 METERS

1. Chelsea Ley 16:12.62 '12
2. Maria Hauger 16:14.18 '14
3. Lesley Welch 16:21.60 '82
4. Sarah Fakler 16:22.19 '14
5. Kathleen Stevens 16:26.91 '12

10,000 METERS

1. Jen Flack 34:14.12 '14
2. Sarah Fakler 34:15.20 '14
3. Maria Hauger 34:16.28 '14
4. Beni Gras 34:34.17 '91
5. Katherine Walker 35:31.42 '11

100-METER HURDLES

- 1. Ciara Leonard 13.67 '16**
- Alexis Woodley 13.67 '17**
3. Lauren Echko 13.86 '06
4. Kim Turko 13.93 '98
5. Alisha Tucker 14.03 '93

400-METER HURDLES

1. Angela Lee 57.64 '96
2. Erin Crawford 58.56 '04
3. Karen Hatchett 59.49 '82
4. Ayla Smith 60.02 '07
5. Kristina Chapman 60.83 '08

3,000m STEEPLECHASE

1. Stephanie Garcia 10:15.83 '07
2. Sara Sargent 10:49.81 '14
3. Kendall Cowne 10:54.54 '14
4. Janine Ricci 10:55.86 '04
5. Ariel Karabinus 11:06.49 '11

HIGH JUMP

1. Ann Bair 1.86m (6' 1.25") '80
2. Meggie Schuelke 1.76m (5' 9.25") '04
3. Pearl Bickersteth 1.74m (5' 8.5") '10
4. Susan Brownell 1.73m (5' 8") '80
5. Emily Kianka 1.72m (5' 7.75") '11

POLE VAULT

- 1. Bridget Guy 4.11m (13' 5.75") '15**
- 2. Theresa Demaria 3.93m (12' 10.75") '17**
- 3. Katie Freix 3.67m (12' 0.5") '15**
4. Viktoria Osipenko 3.56m (11' 8.5") '00
5. Kathryn Pettine 3.49m (11' 5.75") '04

LONG JUMP

1. Kelly Miller 6.33m (20' 9.25") '96
2. Nicole Kimbrough 6.29m (20' 7.75") '94
- 3. Mia Barron 6.22m (20' 5") '16**
4. Sonja Fridy 6.12m (20' 1") '84
- 5. Khyasia Caldwell 6.05m (19' 10.25") '18**

TRIPLE JUMP

1. Dallas Rose 12.66m (41' 6.5") '10
2. Atalaya Jones 12.49m (40' 11.75") '93
3. Britni Strates 12.46m (40' 10.5") '12
- 4. Mia Barron 12.40m (40' 8.25") '16**
5. Tomika Ferguson 12.35m (40' 6.25") '04

SHOT PUT

- 1. Brittany Jones 15.31m (50' 2.75") '18**
2. Emily Vannoy 15.30m (50' 2.5") '10
3. Christine Bohan 14.62m (47' 11.75") '14
4. Maureen Laffan 14.58m (47' 10") '09
5. Kristi Martin 13.99m (45' 10.75") '97

DISCUS

1. Julia Solo 52.04m (170' 9") '86
2. Amy Bilmanis 51.77m (169' 10") '06
3. Amy Brown 48.77m (160' 0") '95
4. Emily Vannoy 47.96m (157' 4") '10
5. Erin Wykoff 47.02m (154' 3") '09

HAMMER THROW

1. Elise Mitchell 54.46m (178' 8") '00
2. Amy Bilmanis 47.68m (156' 5") '06
3. Alexa Manning 46.18m (151' 6") '06
4. Erin Wykoff 45.85m (150' 5") '09
5. Maureen Laffan 43.36m (142' 3") '09

JAVELIN

1. Julia Solo 52.04m (170' 9") '86
2. Ann Crouse 50.85m (166' 10") '95
3. Inge Jorgensen 50.24m (164' 10") '00
- 4. Caitlin Mautz 44.62m (146' 5") '15**
5. Meghan Briggs 44.45m (145' 10") '07

HEPTATHLON

1. Ann Bair 5,578 '80
2. Susan Brownell 5,419 '80
3. Rebecca Grube 4,996 '92
- 4. Alana Herran 4,771 '16**
5. Katie Kiladis 4,610 '95

Outdoor Relay Records

Women

4x100

1. 44.56 Chaney, Wright, Lavender, McKenzie 2015
2. 45.11 Kimbrough, Satchell, Edmundson, Alleyne 1995
3. 45.18 Harvey, Otey, Randolph, Doe 2003
4. 45.19 Rose, Wright, Chaney, Lavender 2014
5. 45.48 Garrick, Chapman, Gillespie, Williams 2010

4x400

1. 3:35.74 Ezumah, Lavender, Fabrizio, Wright 2014
2. 3:36.24 Fridy, Crockett, Buber, Fitzpatrick 1985
3. 3:36.42 Randolph, Otey, Gore, Doe 2003
4. 3:36.73 Ezumah, Lavender, Chaney, Wright 2014
5. 3:37.65 Smith, Lavender, Fabrizio, Wright 2015

Non-NCAA Championship Event Relay Records

4x200m Relay

- 1:36.25 Chaney, McKenzie, Wright, Lavender 2015

4x800m Relay

- 8:32.13 Bryant, Nicholson, Welch, Haworth 1982

Distance Medley Relay

- 10:57.13 Gay, Smith, Harper, Garcia 2011

Men

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. 3:08.44 Muth, Williams, Williams, Bruce 1978

Non-NCAA Championship Event Relay Records

4x200m Relay

- 1:25.30 Virginia 2002

4x800m Relay

- 7:12.15 Johnson, Roller, Kostelac, Andrews 2011

Distance Medley Relay

- 9:25.56 Revelle, Hinton, Brown, Draddy 1983

Virginia in the National Top 50**MEN**

400m Hurdles	Mark	Rank
Shirley	51.75	20

Pole Vault	Mark	Rank
Young	5.05m (16'6.75')	39

Shot Put	Mark	Rank
Plesko	17.99m (59'0.25")	24

Hammer	Mark	Rank
Jonsson	70.93m (232'8")	4

4x400 Relay	Mark	Rank
Virginia	3:12.04	43

WOMEN

400m	Time	Rank
Jefferson	54.42	35

Pole Vault	Mark	Rank
Guy	4.30m (14'1.25")	1

Long Jump	Mark	Rank
Caldwell	6.05m (19'10.25")	33

Triple Jump	Mark	Rank
Barron	12.57m (41'3")	14

Shot Put	Mark	Rank
Jones	15.31m (50'2.75")	34

Javelin	Mark	Rank
Mautz	46.93m (154'0")	31

4x400 Relay	Mark	Rank
Virginia	3:43.33	37