



VIRGINIA INDOOR RECORDS

INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Halle Hazzard	7.24	2020
200 meters	Jada Seaman	23.76	2020
400 meters	Jordan Lavender	52.59	2013
800 meters	Vanessa Fabrizio	2:07.24	2015
Mile	Jill Haworth	4:34.32	1982
3,000 meters	Cleo Boyd	9:18.20	2017
5,000 meters	Margaret Groos	15:34.71	1981
60-meter hurdles	Alexis Woodley	8.31	2020
4x400-meter relay	Chaney, Fabrizio, Wright, Lavender	3:39.43	2014
Distance Medley Relay	Gay, Smith, Harper, Garcia	10:59.33	2011
High Jump	Sherry Gould	1.87m (6' 1.5")	1994
Pole Vault	Bridget Guy	4.41m (14' 5.5")	2019
Long Jump	Jada Seaman	6.46m (21'2.5")	2020
Triple Jump	Tomika Ferguson	13.53m (44' 4.75")	2007
Shot Put	Billie-Jo Grant	16.55m (54' 3.5")	2008
Weight Throw	Eliese Mitchell	20.06m (65' 9.75")	2002
Pentathlon	Susan Brownell	4,153	1982

INDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Shay Clark	6.71	2001
200 meters	Jordan Willis	21.42	2020
400 meters	Brandon Outlaw	46.58	2020
800 meters	Paul Ereng	1:44.84	1988
Mile	Vince Draddy	3:58.2h	1982
3,000 meters	Ari Klau	7:51.57	2020
5,000 meters	Zach Herriott	13:45.37	2017
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Willis, Shirley, Dixon, Outlaw	3:11.76	2018
Distance medley relay	Jesien, Paschal, Roller, Taye	9:29.86	2009
High Jump	Brenton Foster	2.26m (7' 5")	2020
Pole Vault	Sam Young	5.38m (17' 7.75")	2020
Long Jump	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 INDOOR TOP MARKS

60 METERS

1. Halle Hazzard7.24 '20
2. Kiamesha Otey7.37 '03
3. Sonja Fridy.....7.39 '86
4. Peyton Chaney7.40 '16
5. **Anna Jefferson**7.40 '20
6. Pam Lemons7.43 '93
7. **Jada Seaman**7.46 '20
7. Jordan Lavender.....7.49 '15
8. Janne'a Bridgeford7.50 '08
9. Dana Boone7.54 '91
9. Tori McKenzie7.54 '16

200 METERS

1. **Jada Seaman**.....23.76 '20
2. **Halle Hazzard**23.79 '20
3. Jordan Lavender.....23.80 '15
4. Peyton Chaney23.84 '16
5. **Anna Jefferson**23.92 '20
6. Danielle Williams23.97 '12
7. Kelly Miller24.17 '99
8. Angela Lee24.30 '99
9. Kiamesha Otey24.34 '03
10. Pam Lemons24.37 '94

400 METERS

1. Jordan Lavender.....52.59 '13
2. **Andrenette Knight**53.50 '20
3. **Anna Jefferson**53.33 '19
4. Lisa Garrett54.07 '81
5. Angela Lee54.29 '99
6. Carielle Doe54.52 '02
7. Cathron Birge54.61 '90
8. Sonja Fridy54.95 '87
9. Angela Griffith55.38 '92
10. Erin Crawford55.42 '07

800 METERS

1. Vanessa Fabrizio2:07.24 '15
2. Emma Call.....2:07.39 '17
3. Lyndsay Harper2:07.64 '11
4. Morgane Gay2:08.07 '09
5. Kim Kelly2:09.27 '85
6. **Alahna Sabbakhan**.....2:09.57 '20
7. Jill Haworth.....2:09.62 '83
8. Cathron Birge2:09.71 '90
9. Colette Gnade2:09.80 '13
10. Sandy Schuler2:09.90 '85

MILE

1. Jill Haworth4:34.32 '82
2. Morgane Gay4:34.38 '12
3. Vicky Fouhy.....4:34.87 '13
4. Lesley Welch4:35.56 '82
5. Iona Lake4:36.11 '16
6. Marissa Schmidt4:41.10 '82
7. Michele Rowen4:41.57 '87
8. Lisa Welch4:41.96 '82
9. Catherine White4:42.80 '11
10. Margaret Groos4:43.9h '79

3,000 METERS

1. Cleo Boyd.....9:18.20 '17
1. Claire Forbes9:18.80 '92
3. Stephanie Garcia9:19.44 '11
4. Martha White9:19.58 '83
5. Iona Lake9:22.75 '15
6. Barbara Strehler9:22.85 '14
7. Morgan Kelly.....9:23.21 '15
8. Catherine White9:24.43 '10
9. Patty Matava9:25.83 '87
10. Michele Rowen9:25.8h '85

5,000 METERS

1. Margaret Groos15:34.71 '81
2. Cleo Boyd.....16:04.76 '17
3. Morgan Kelly.....16:10.73 '15
4. Barbara Strehler16:16.32 '14
5. Emily Harrison16:16.53 '08
6. Lesley Welch.....16:21.6h '82
7. Maria Hauger.....16:22.07 '14
8. Anna Corrigan16:25.81 '12
9. Kara Scanlin.....16:27.61 '08
10. Martha White16:31.6h '82

60 HURDLES

1. Alexis Woodley.....8.31 '20
2. Ciara Leonard8:38 '18
3. Ayla Smith8.39 '09
4. **Andrenette Knight**8.48 '20
5. Heather Smith8.54 '16
6. Kim Turko8.55 '01
7. Chidi Uche8.58 '10
8. Lauren Echko8.60 '09
9. Bianca DeBartolo8.65 '07
10. Kristina Chapman8.68 '11

HIGH JUMP

1. Sherry Gould1.87m (6' 1.5") '94
2. Ann Bair1.83m (6' 0") '83
3. Robin Landes1.82m (5' 11.25") '88
4. Karen DiDonato1.80m (5' 10.75") '91
5. Pearl Bickersteth.....1.79m (5'10.5") ... '12
6. Rachel Marks1.78m (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
9. Karen Hatchett1.73m (5' 8.25") .. '81

POLE VAULT

1. Bridget Guy.....4.41m (14'5.5") ... '19
2. **Maya Maloney**3.97m (13'0.25") '20
1. Sarah DeVita3.97m (13'0.25") '15
3. Theresa Demaria3.96m (12'11.75")'17
4. Katie Freix3.95m (12'11.5") '18
6. Vika Ospenko3.80m (12' 5.75") '03
1. **Riley Larsen**.....3.80m (12'5.5") ... '20
8. Katie Darraugh.....3.75m (12' 3.5") .. '10
9. Annica While.....3.60m (11' 9.75") '01
1. Kathryn Pettine.....3.60m (11' 9.75") '05
1. Kate Kaufman.....3.60m (11' 9.75") '16

LONG JUMP

1. **Jada Seaman**.....6.46m (21' 2.5").....'20
2. Dana Boone6.44m (21' 1.50") '91
3. Kiamesha Otey6.39m (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 Miller6.22m (20' 5") '99
8. Angela Griffith.....6.15m (20' 2.25") '92
9. Latanya Wynn6.10m (20' 0.25") '88
10. Tomika Ferguson.....6.09m (19' 11.75") '06
1. Mia Barron6.09m (19' 11.75") '18

TRIPLE JUMP

1. Tomika Ferguson.....13.53m (44' 4.75") '07
2. Naccole Guinn13.14m (43' 1.25") '01
3. Kelly McKee.....13.00m (42'8") ... '19
4. Dallas Rose.....12.98m (42' 7") ... '12
5. Dana Boone12.86m (42' 2.25") '91
6. Michele Johnson.....12.78m (41' 11") '87
7. Mia Barron12.71m (41'8.5") '17
8. Rashawnda James ...12.59m (41' 3.75") '09
9. Curtrell Frye.....12.45m (40' 10.25") '02
10. Tiffany King12.37m (40' 7") ... '96

SHOT PUT

1. Billie-Jo Grant16.55m (54' 3.5") '08
2. Christine Bohan16.53m (54' 2.75") '16
3. **Brittany Jones**16.27m (53'4.5") ... '20
4. Maureen Laffan15.97m (52' 4.75") '10
5. Eliese Mitchell15.72m (51' 7") ... '03
6. Kelly Bodiford15.65m (51' 4.25") '91
7. Emily Vannoy15.42m (50' 7.25") '10
8. Anna Grant14.94m (49' 0.25") ... '08
9. Alexa Manning14.93m (48' 11.75") '08
10. Amy Brown14.05m (46' 1.25") '99

WEIGHT THROW

1. Eliese Mitchell20.06m (65' 9.75") '02
2. Maureen Laffan18.54m (60' 10") '12
3. Erin Wykoff17.75m (58' 3") ... '12
4. Jade Baker17.46m (57'3.5") '19
5. Alexa Manning17.09m (56' 1") ... '08
6. Ann Crouse.....17.08m (56' 0.5") '96
7. **Eve Mustafic**.....16.92m (55'6.25")..... '19
8. Lauren Connelly16.67m (54' 8.25") '96
9. Logan Clements.....16.30m (53'5.75")'14
10. **Brittany Jones**16.24m (53' 3.5") '18

PENTATHLON

1. Susan Brownell.....4,153..... '82
2. Rebecca Grube4,108..... '95
3. Holly Sullivan3,912..... '18
4. Ayla Smith.....3,879..... '09
5. Sherry Gould3,789..... '94
6. Beth Sheehan3,678..... '83
7. Bianca DeBartolo.....3,661..... '07
8. Anna Finger3,659..... '13
9. **Alix Still**.....3,657..... '20
10. Curtrell Frye3,644..... '02

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



MEN'S INDOOR TOP MARKS

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. Jordan Willis	21.42.....	'20
2. Gerald Howard.....	21.53.....	'95
3. Scott Kimball.....	21.78.....	'00
Reuben Jones.....	21.78.....	'08
Payton Hazzard.....	21.78.....	'14
6. Conlon Bonner.....	21.79.....	'08
7. Shay Clark.....	21.81.....	'02
8. Kellen Blassingame.....	21.85.....	'06
9. Brandon Outlaw	21.89.....	'20
10. Rauh Turner.....	22.00.....	'98

400 METERS

1. Brandon Outlaw	46.58.....	'20
2. Payton Hazzard.....	46.60.....	'15
3. Jordan Willis	46.61.....	'20
4. Kellen Blassingame.....	46.73.....	'06
5. Kevin Anding.....	47.46.....	'11
6. Alfred Shirley.....	47.53.....	'18
7. Ben Kurgat.....	47.61.....	'89
8. Paul Ereng.....	47.64.....	'88
9. Meikle Paschal.....	48.04.....	'09
10. Charles Bowman.....	48.16.....	'17

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. AJ Ernst.....	3:59.38.....	'20
4. Mike Marsella.....	3:59.97.....	'15
5. Kyle King.....	4:02.15.....	'15
6. Patrick Todd.....	4:02.70.....	'12
7. John Minen.....	4:02.77.....	'10
8. Kris Herdt.....	4:02.92.....	'87
9. Anthony Kostelac.....	4:02.99.....	'12
10. Alex Tatu.....	4:03.00.....	'05

3000 METERS

1. Ari Klau.....	7:51.57.....	'20
2. Henry Wynne.....	7:53.89.....	'16
3. Mark Amirault.....	7:54.08.....	'12
4. Adam Visokay.....	7:54.24.....	'16
5. Kris Herdt.....	7:54.90.....	'87
6. Emil Heineking.....	7:58.36.....	'11
7. Kyle King.....	8:00.23.....	'15
8. Jan Foerster.....	8:02.54.....	'07
9. Andy Biladeau.....	8:04.30.....	'08
10. AJ Ernst	8:05.31.....	'19

5000 METERS

1. Zach Herriott.....	13:45.37.....	'17
2. Ryan Collins.....	13:46.41.....	'10
3. Chase Weaverling.....	13:54.39.....	'17
4. Brent Demarest.....	13:56.03.....	'17
5. Thomas Madden.....	13:57.01.....	'15
6. Alex Corbett	14:00.56.....	'19
7. Kris Herdt.....	14:02.00.....	'89
8. Mark Amirault.....	14:03.01.....	'12
9. Ari Klau.....	14:03.31.....	'19
10. Chris Foley.....	14:03.67.....	'12

60 HURDLES

1. Adams Abdulrazaaq.....	7.75.....	'11
2. Drequan Hoskey.....	7.79.....	'14
3. Jarrett Hagwood.....	7.93.....	'02
4. Marion Mason.....	8.01.....	'01
5. Cary Chandler.....	8.03.....	'01
Aaron Shepperd.....	8.03.....	'11
Emmanuel Jackson.....	8.03.....	'19
8. Gemayel Hazard.....	8.09.....	'02
9. Herb Reid.....	8.16.....	'01
Isi Azeke.....	8.16.....	'06

HIGH JUMP

1. Brenton Foster	2.26m (7'5").....	'20
2. Herman Moore.....	2.21m (7'3").....	'90
3. Greg Nelson.....	2.14m (7'0.25").....	'10
4. Greg Byers.....	2.13m (6'11.75").....	'82
Trey Causey.....	2.13m (6'11.75").....	'19
6. Bob Lund.....	2.09m (6'10.25").....	'93
7. Mike Riso.....	2.08m (6'10").....	'02
Kevin Jackson.....	2.08m (6'10").....	'77
9. David Sullivan.....	2.05m (6'8.75").....	'06
Arthur Gennari.....	2.05m (6'8.75").....	'08
Tommy DeVita.....	2.05m (6'8.75").....	'13

POLE VAULT

1. Sam Young	5.38m (17'7.75").....	'20
1. David Sullivan.....	5.30m (17'4.75").....	'05
2. Brian Shafer.....	5.20m (17'0.75").....	'93
Jeff 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
Kane Aldrich	4.90m (16'.75").....	'20

LONG JUMP

1. Jordan Scott.....	7.58m (24'10.5).....	'19
2. Matt Meyer.....	7.52m (24'8.25").....	'09
3. Marion Mason.....	7.50m (24'7.25").....	'01
Tiki Barber.....	7.50m (24'7.25").....	'94
5. Bruce Randolph.....	7.48m (24'6.5").....	'84
6. Keith Witherspoon.....	7.45m (24'5.25").....	'76
7. Ayende Watson	7.41m (24'3.75").....	'19
8. Stephen Dunphy.....	7.40m (24'3.25").....	'92
9. Mauri Anderson.....	7.39m (24'3").....	'82
10. Jarrett Hagwood.....	7.34m (24'1").....	'01

TRIPLE JUMP

1. Jordan Scott.....	17.20m (55'10.25).....	'20
2. Marcus Robinson.....	16.63m (54'6.75").....	'12
3. Owyane Owens	16.25m (53'3.75").....	'20
4. Keith Witherspoon.....	16.16m (53'0.25").....	'76
5. Greg Byers.....	15.98m (52'5").....	'85
6. Aaron Worrell.....	15.87m (52'1").....	'17
7. Cornell Grayson.....	15.74m (51'7.75").....	'90
8. Chike Chukwulozie.....	15.64m (51'3.75").....	'91
9. Ryan Satchell.....	15.62m (51'3").....	'14
10. Ivan Glasgow.....	15.34m (50'4").....	'82

SHOT PUT

1. Filip Mihaljevic.....	20.87m (68'5.75").....	'16
2. 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.....	18.71m (61'4.75").....	'19
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.....	21.37m (70'1.5").....	'18
3. Oghenakpobo Efekoro.....	19.90m (65'13.5").....	'18
4. Vincenzo Chiariello.....	19.38m (63'7").....	'12
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. Derek Pekar	5,362.....	'20
3. David Sullivan.....	5,178.....	'04
4. David Lewis.....	5,139.....	'08
5. Christian Lavorgna.....	5,113.....	'16
6. Elby Omohundro	5,038.....	'20
7. Cam Collins.....	4,972.....	'16
8. Anthony Dunavant.....	4,970.....	'14
9. Jack Claiborne.....	4,821.....	'17
10. Thomas Codevilla.....	4,360.....	'05



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1. **Halle Hazzard** 7.32 '19
2. **Jada Seaman** 7.46 '20
3. Jordan Lavender 7.57 '12
4. Peyton Chaney 7.60 '13
5. Tori McKenzie 7.60 '14

200-METER DASH

1. **Jada Seamon** 23.93 '20
2. **Halle Hazzard** 24.09 '19
3. Jordan Lavender 24.25 '12
4. Peyton Chaney 24.31 '13
5. Kiana Hairston 24.48 '15

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
3. Pearl Bickersteth 1.70m (5'7") '10
4. Emily Kianka 1.70m (5'7") '11
5. Moira Cronin 1.70m (5'7") '12

POLE VAULT

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

LONG JUMP

1. **Jada Seamon** 6.09m (19'11.75") '20
2. Kiamesha Odey 6.00m (19'8.25") '00
3. Sonja Fridy 5.99m (19'8") '84
4. Dana Boone 5.96m (19'6.75") '88
5. Mia Barron 5.94m (19'6") '15

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. **Brittany Jones** 15.21m (49'11") '18
3. Anna Grant 14.94m (49'0.25") '08
4. Christine Bohan 14.78m (48'6") '14
5. **Thelma Kristjansdottir** 14.04m (46'0.75") '19

WEIGHT THROW

1. **Eva Mustafic** 16.92m (55'6.25") '19
2. **Brittany Jones** 16.24m (53'3.5") '18
3. Emily Vannoy 16.00m (52'6") '10
4. Kristy Martin 15.50m (50'10.5") '97
5. Erin Wykoff 15.11m (49'7") '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. **Alix Still** 3,288 '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 McLaughlin6.89.....'11
3. Reuben Jones.....6.92.....'05
4. Matt Meyer.....6.97.....'09
5. Conlon Bonner.....6.98.....'08

200 METERS

1. Conlon Bonner.....21.79.....'08
2. **Brandon Outlaw**.....22.03.....'18
3. Ben Sargong.....22.16.....'92
4. Adam Abdulrazaaq22.24.....'08
5. Alfred Shirley22.31.....'18

300 METERS

1. Anthony Swan.....34.11.....'86
2. Adam Abdulrazaaq34.63.....'08
3. Patrick Farmer34.74.....'11
4. Conlon Bonner.....34.78.....'08
5. Charles Bowman.....34.82.....'16

400 METERS

1. **Brandon Outlaw**.....47.18.....'18
2. Alfred Shirley47.53.....'18
3. Paul Ereng.....47.64.....'88
4. Meikle Paschal48.11.....'08
5. Ben Kurgat.....48.26.....'88

500 METERS

1. Paul Ereng.....1:02.02.....'88
2. Alfred Shirley1:03.05.....'18
3. Bruce Berry1:03.31.....'85
4. Ray Brown1:03.80.....'81
5. Dwayne Brake.....1:03.97.....'83

800 METERS

1. Robby Andrews1:48.39.....'10
2. Anthony Kostelac1:49.24.....'11
3. Paul Ereng.....1:49.31.....'88
4. Nathan Kiley.....1:51.08.....'14
5. Mike Marsella.....1:51.41.....'14

1000 METERS

1. Rob Pearce.....2:27.69.....'97
2. Billy Convey2:28.30.....'84
3. TJ Hobart2:28.40.....'11
4. Brett Johnson2:28.47.....'10
5. Ken Cheeseman2:29.80.....'85

MILE

1. Alex Tatu4:03.00.....'05
2. Mike Marsella.....4:03.18.....'14
3. Matthew Novak.....4:03.93.....'16
4. Sintayehu Taye.....4:04.04.....'09
5. Henry Wynne4:04.37.....'14

3,000 METERS

1. Adam Visokay.....7:57.46.....'14
2. Brent Demarest8:09.59.....'15
3. Connor Rog8:09.76.....'14
4. Chase Weaverling8:11.28.....'16
5. **Rohann Asfaw**8:13.81.....'19

5,000 METERS

1. Thomas Madden13:57.01.....'15
2. Chris Foley14:03.67.....'12
3. Chase Weaverling14:03.72.....'16
4. Brent Demarest14:14.74.....'15
5. Connor Rog14:15.23.....'14

60m HURDLES

1. Adam Abdulrazaaq7.98.....'08
2. Aaron Sheppherd8.03.....'11
3. Jarrett Hagwood.....8.05.....'99
4. Marion Mason8.23.....'98
- Devin Brewer8.23.....'12
- Jack Lint8.23.....'16

HIGH JUMP

1. Trey Causey2.13m(6'11.75).....'19
2. Mike Riso2.08m (6' 10") '02
3. Tommy DeVita.....2.04m (6' 8.5") '11
4. Arthur Gennari.....2.03m (6' 8") '07
5. Gerald Howard.....2.00m (6' 7") '93
- Cordell Green2.00m (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 Williams4.87m (16' 0").....'91
5. Greg Blair.....4.82m (15' 10").....'03

LONG JUMP

1. Matt Meyer.....7.52m (24' 8.25").. '09
2. Tiki Barber.....7.48m (24' 6.75").. '94
3. **Ayende Watson** ...7.41m (24'3.75")... '19
4. Jordan Scott.....7.38m (24' 2.5") ... '17
5. Marion Mason7.24m (23' 9.25").. '98

TRIPLE JUMP

1. Jordan Scott.....16.36m (53' 8.25).. '17
2. Aaron Worrell.....15.64m (51'3.75")... '14
3. **Owyane Owens**.....15.27m (50' 1.25") '20
4. Ryan Satchell15.02m (49' 3.5").. '12
5. Darryl Smith14.70m (48' 4")..... '79

SHOT PUT

1. Filip Mihaljevic.....19.63m (64'5") '15
2. Nick Vena18.92m (62' 1") '12
3. Oghenekpabo 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. Oghenekpabo 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 Williams14.76m (48' 5.25").. '16

HEPTATHLON

1. Jack Lint5,358.....'16
2. **Derek Pekar**5,354.....'20
3. Anthony Dunavant.....4,970.....'14
4. Jack Claiborne4,821.....'17
5. Cam Collins.....4,793.....'15

Current Cavaliers in Bold

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



WOMEN'S INDOOR 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.	3:40.40	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

WOMEN'S OUTDOOR RECORDS

4x100			
1.	44.56	Chaney, Wright, Lavender, McKenzie	2015
2.	44.92	Leonard, Hazzard , Woodley, Jefferson	2019
3.	45.11	Kimbrough, Satchell, Edmundson, Alleyne	1995
4.	45.18	Harvey, Otey, Randolph, Doe	2003
5.	45.19	Rose, Wright, Chaney, Lavender	2014

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

MEN'S INDOOR RECORDS

4x400			
1.	3:11.76	Willis , Shirley, Dixon, Outlaw	2018
2.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
3.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015
4.	3:12.55	Hayes, Taylor, Kugrat, Ereng	1989
5.	3:12.90	Revelle, Adderly, Pirtle, Palmer	1982

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

MEN'S OUTDOOR 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



VIRGINIA OUTDOOR RECORDS

2020-21 FACT BOOK

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	Gail Bryant	2:04.21	1985
1,500 meters	Morgane Gay	4:13.20	2012
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	Ayla Smith	56.54	2011
3,000-meter steeplechase.....	Stephanie Garcia.....	9:47.29	2011
4x100-meter relay	Chaney, Wright, Lavender, McKenzie	44.56	2015
4x400-meter relay	Ezumah, Lavender, Fabrizio, Wright	3:35.74	2014
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.....	Christine Bohan.....	16.87m (55' 4.25").....	2016
Discus Throw	Billie-Jo Grant.....	56.06m (183' 11").....	2008
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

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	Kris Herdt	13:37.44	1987
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.....	Jan Foerster	8:34.78	2007
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	2.23m (7' 3.75")	2019
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	Filip Mihaljevic.....	63.76m (209' 2").....	2017
Hammer Throw	Hilmar Jonsson	75.26m (246' 11").....	2019
Javelin Throw	Ethan Dabbs.....	76.04m (249' 6")	2019
Decathlon.....	Stephen Dunphy.....	7,920 points	1992



WOMEN'S OUTDOOR TOP MARKS

100 METERS

1. Halle Hazzard	11.20	'19
2. Sonja Fridy	11.36	'87
3. Kiamesha Otey	11.43	'01
4. Kelly Miller	11.48	'99
5. Pam Lemons	11.57	'93
6. Tori McKenzie	11.63	'17
7. Brenda Brown	11.64	'84
8. Peyton Chaney	11.71	'14
9. Julie Sandy	11.74	'89
10. Valentin Alleyne	11.75	'94

200 METERS

1. Sonja Fridy	23.17	'87
2. Anna Jefferson	23.39	'19
3. Jordan Lavender	23.42	'14
4. Kiamesha Otey	23.46	'03
5. Peyton Chaney	23.50	'16
6. Kelly Miller	23.61	'99
7. Halle Hazzard	23.68	'19
8. Janna'a Bridgeford	23.69	'08
9. Pam Lemons	23.83	'93
10. Talia Wise	23.86	'08

400 METERS

1. Sonja Fridy	51.93	'87
2. Anna Jefferson	52.39	'18
3. Jordan Lavender	52.48	'14
4. Lisa Garrett	52.64	'83
5. Carielle Doe	53.22	'03
6. Angela Lee	54.05	'98
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	'82
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	13.26	'18
2. Alexis Woodley	13.31	'18
3. Ayla Smith	13.51	'09
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. Andrenette Knight	56.94	'18
4. Angela Lee	57.11	'97
5. Aisha Naibe-Wey	57.84	'16
6. Alana Herran	58.03	'18
7. Heather Smith	58.17	'16
8. Vivian Scruggs	58.54	'81
9. Natalie Randolph	58.98	'03
10. Angela Griffith	59.05	'91

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. Kiera Bothwell	10:30.29	'19
9. Samantha Stafford	10:36.02	'09
10. Kendall Cowne	10:39.82	'15

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
Moira 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	4.46m (14' 7.5")	'18
2. Katie Freix	4.01m (13' 1.75")	'18
3. Theresa Demaria	3.93m (12' 10.75")	'17
4. Vika Osipenko	3.81m (12' 6")	'03
5. Sarah DeVita	3.71m (12' 2")	'15
6. Katie Darragh	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
Khyasia Caldwell	6.15m (20' 2.25")	'19

TRIPLE JUMP

1. Kelly McKee	13.70m (44' 11.5")	'19
2. Tomika Ferguson	13.21m (43' 4.25")	'07
3. Dallas Rose	13.20m (43' 3.75")	'14
4. Dana Boone	13.05m (42' 9.75")	'91
5. Mia Barron	12.96m (42' 6.25")	'18
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. Brittany Jones	16.17m (53' 0.75")	'19
3. Eliese Mitchell	16.16m (53' 0.25")	'03
3. Billie-Jo Grant	15.77m (51' 9")	'06
5. Maureen Laffan	15.34m (50' 4")	'10
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. Thelma Kristjansdottir	50.92m (167' 1")	'19
8. Christine Bohan	50.79m (166' 8")	'17
9. Carter Green	50.24m (164' 10")	'18
10. Amy Bilmanis	49.99m (164' 0")	'06

HAMMER THROW

1. Jade Baker	63.61m (208' 8")	'19
2. Eva Mustafic	61.18m (200' 9")	'19
3. Maureen Laffan	59.91m (196' 6")	'12
4. Eliese Mitchell	56.95m (186' 10")	'03
5. Brittany Jones	53.80m (176' 6")	'18
6. Erin Wykoff	53.45m (175' 4")	'12
7. Lauren Connelly	51.31m (168' 4")	'96
8. Inhar Chong	50.29m (165' 0")	'00
9. Alexa Manning	50.17m (164' 7")	'08
10. Ann Crouse	49.89m (163' 8")	'99

JAVELIN

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

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 OUTDOOR FRESHMAN RECORDS

100 METERS

1. Kelly Miller11.70 '96
2. Kiamesha Otey11.72 '00
3. Talia Wise11.85 '06
4. **Halle Hazzard**11.86 '18
5. Leslie Satchell11.89 '95

200 METERS

1. Peyton Chaney.....24.02 '13
2. Leslie Satchell24.04 '95
3. Kelly Miller24.14 '96
4. Jordan Lavender.....24.19 '12
5. Andrea Wright24.21 '14
- Halle Hazzard**24.21 '18

400 METERS

1. Jordan Lavender.....53.44 '12
2. Lisa Garrett54.14 '81
3. Andrea Wright54.80 '14
4. Chimere Ezumah54.87 '14
5. Michelle Samuels.....55.15 '91

800 METERS

1. Vanessa Fabrizio2:06.76 '12
2. Morgane Gay2:08.29 '09
3. **Madelin Rennyson**.....2:09.77 '19
4. Gail Bryant2:11.00 '82
5. Ariane Sloan2:11.23 '07
5. Erin O'Doherty2:11.28 '02

1,500 METERS

1. Morgane Gay4:15.56 '09
2. Lesley Welch4:16.84 '82
3. Lisa Welch4:17.60 '82
4. Claire Forbes4:18.52 '90
5. Margaret Groos4:21.10 '78

5,000 METERS

1. Chelsea Ley16:12.62 '12
2. Maria Hauger16:14.18 '14
3. Lesley Welch16:21.60 '82
4. Sarah Fakler.....16:22.19 '14
5. Kathleen Stevens16:26.91 '12

10,000 METERS

1. Jen Flack34:14.12 '14
2. Sarah Fakler.....34:15.20 '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 Sargent.....10:49.81 '14
3. Kendall Cowne10:54.54 '14
4. **Kiera Bothwell**10:55.59 '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. Theresa Demaria.....3.93m (12' 10.75")..... '17
3. Katie Freix.....3.67m (12'0.5") '15
4. Viktoria Osipenko3.56m (11' 8.5") ... '00
5. Kathryn Pettine3.49m (11' 5.75") . '04

LONG JUMP

1. Kelly Miller6.33m (20' 9.25") . '96
2. Nicole Kimbrough6.29m (20' 7.75") . '94
3. Mia Barron.....6.22m (20' 5") '16
4. Sonja Fridy6.12m (20' 1") '84
- Khyasia Caldwell**..... 6.12m (20'1") '18

TRIPLE JUMP

1. Dallas Rose12.66m (41' 6.5") . '10
2. Atalaya Jones12.49m(40'11.75")'93
3. Britni Strates.....12.46m (40' 10.5")'12
4. Mia Barron.....12.40m (40' 8.25").. '16
5. Tomika Ferguson12.35m (40' 6.25")'04

SHOT PUT

1. **Brittany Jones**.....15.69m (51'5.75") '18
2. Emily Vannoy.....15.30m (50' 2.5") . '10
3. Christine Bohan.....14.62m (47-11.75).. '14
4. Maureen Laffan14.58m (47' 10").. '09
5. 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. Amy Brown48.77m (160' 0") .. '95
5. **Sadey Rodriguez**48.29m (158'5") ... '19

HAMMER THROW

1. **Eva Mustafic**61.18m (200'9") ... '19
2. Elise Mitchell54.46m (178' 8") .. '00
3. **Brittany Jones**.....53.80m (176'6") ... '18
4. Amy Bilmanis47.68m (156' 5") .. '06
5. Alexa Manning46.18m (151' 6") .. '06

JAVELIN

1. Ann Crouse50.85m (166' 10") '95
2. Inge Jorgensen50.24m (164' 10") '00
3. **Caitlin Mautz**.....44.62m (146' 5") .. '15
4. Meghan Briggs44.45m (145' 10") '07
5. Tara Karin43.64m (143'2") ... '09

HEPTATHLON

1. Ann Bair5,578 '80
2. Susan Brownell5,419 '80
3. Rebecca Grube4,996 '92
4. Alana Herran.....4,771 '16
5. Katie Kiladis4,610 '95



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. 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. **Rohann Asfaw** 14:12.57..... '19

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. John Hinton 8:58.21 '82
2. Colin Mearns 9:03:92..... '11
3. Jim Hays 9:10.69 '82
4. **Derek Johnson** 9:14.03..... '19
5. Mike Cotton 9:27.88 '78

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
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. Oghenakpobo Efekoro 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

HAMMER THROW

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 Chiariello52.37m (171' 10") '09
5. Walker Anderson 50.57m (165' 11")'03

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. Anthony Bouselli 58.96m (193'5") .. '15
5. James Murdock 57.79m (189' 7") .. '99

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



NON-NCAA EVENT RECORDS

Events that are not contested at current NCAA Championships

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			
1:32.88	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	

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			
34.11	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	

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 RECORDS

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	Hanna Green	Virginia Tech	2:02.17	2017
1,500 meters	Nicole Sifuentes	Saucony	4:09.35	2015
3,000 meters	Betty Springs	NC State	9:01.6	1983
5,000 meters	Rachele Schulist	Michigan State	15:36.33	2015
10,000 meters	Anna Rohrer	Notre Dame	33:30.73	2019
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	Fluker, Pringley, Harrison, Wesh	Clemson	3:33.68	2012
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	Daniel 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	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
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
3,000 meters	Garrett Jeffries	Missouri	8:25.07	2008
5,000 meters	Randy Reina	Unattached	13:39.09	1986
10,000 meters	Arsene Guillourel	Samford	29:00.69	2018
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
High Jump	Samuel Shoultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Luca Wieland/Khalid Slocum	Minnesota/Monmouth	7.91m (25' 11.5")	2016/2019
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	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013
Decathlon	Gonzalo Barroilhet	Florida State	8,065 points	2012



VIRGINIA CHALLENGE RECORDS

VIRGINIA CHALLENGE WOMEN'S RECORDS

Event.....	Name.....	Affiliation.....	Time/Mark.....	Year
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	Hanna Green.....	Virginia Tech	2:02.17	2017
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	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	Katelyn Daniels	Michigan State	56.04m (183' 10").....	2015
Hammer Throw.....	Stamatia Scarvelis	Tennessee.....	66.45m (218' 0.14").....	2019
Javelin Throw	Irena Sediva.....	Virginia Tech	55.96m (183' 7").....	2016
Heptathlon.....	Chelsea Carrier-Eades	USA.....	5,930 points	2016

VIRGINIA CHALLENGE 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
5,000 meters.....	Chartt Miller	Iona	13:49.60	2017
10,000 meters.....	Arsene Guillorel	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/Khalid Slocum	Minnesota/Monmouth	7.91m (25' 11.5")	2016/2019
Triple Jump.....	Jordan Scott.....	Virginia	17.07m (56' 0.05")	2019
Shot Put.....	Filip Mihaljevic.....	Virginia	20.52m (67' 4")	2017
Discus Throw	Eshan Hadadi	Iran	64.01m (210' 0")	2013
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 RECORDS

VIRGINIA CUP WOMEN'S RECORDS

2020-21 FACT BOOK

Event	Name	Affiliation	Time/Mark	Year
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