

VIRGINIA™

2021 CAVALIER TRACK & FIELD NOTES

2021 Indoor Schedule

| | |
|---------|---|
| 1/15-16 | Virginia Tech Invitational (Blacksburg, Va.) |
| 1/22-23 | Hokie Invitational (Blacksburg, Va.) |
| 2/1 | Virginia Beach Invitational (Virginia Beach, Va.) |
| 2/5-6 | Doc Hale Elite Meet (Blacksburg, Va.) |
| 2/12-13 | Tiger Paw Invite (Clemson, S.C.) |
| 2/12-13 | VMI Indoor Classic (Lexington, Va.) |
| 2/19-20 | Virginia Tech Challenge (Blacksburg, Va.) |
| 2/25-27 | ACC Indoor Championships (Clemson, S.C.) |
| 3/12-13 | NCAA Indoor Championships (Fayetteville, Ark.) |

Media Information

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January 15-16, 2021

Rector Field House • Blacksburg, Va.

Virginia Cavaliers at Virginia Tech Invitational



The Meet

- The Cavaliers will compete against Duke, High Point, North Carolina, Rhode Island, Syracuse and host Virginia Tech this weekend
- Duke opened its season at the Orange and Purple meet, hosted by Clemson on Jan. 9, with sophomore Ezra Mellinger leading the team with three first-place finishes
- The Virginia Tech Invitational will serve as the season opener for six teams, including: UVA, High Point, North Carolina, Rhode Island, Syracuse and Virginia Tech

The Hoos

- Friday's meet will be the first of seven regular-season competitions for UVA and the first of four meets at Rector Field House
- UVA will send 22 women and 14 men to the two-day competition in Blacksburg
- Of those traveling with the Cavaliers, 14 will be competing in their first indoor competition as a collegiate athlete

Last Season

- Despite the shortened season due to the Covid-19 pandemic, the Cavaliers are looking to build off a strong 2020 indoor track and field showing
- Virginia won five ACC titles at the conference championships, including a one-two finish in the men's triple jump and women's long jump
- Virginia captured 14 All-ACC honors at the 2020 conference championships from 13 athletes
- Of those 13 student-athletes, nine will compete with the Cavaliers for the 2021 indoor track and field season
- Returners Owayne Owens (Montego Bay, Jamaica), Jada Seaman (Pikesville, Md.) and Khyasia Caldwell (Pocono Summit, Pa.) earned All-America honors last year as the jumps trio qualified for the NCAA Championships
- Owens captured the seventh-best triple jump mark the country during the 2020 season, while Seaman and Caldwell recorded the sixth and 16th-best long jump mark, respectively

Virginia Coaching Staff

| | |
|------------------|---|
| Vin Lananna | Director of Track and Field and Cross Country/ Associate Athletics Director for Administration |
| Jason Dunn | Assistant Men's and Women's Assistant Track and Field Coach (Distance) |
| Nicole Freitag | Assistant Men's and Women's Track and Field Coach (Distance) |
| Mario Wilson | Assistant Men's and Women's Track and Field Coach (Jumps/Decathlon) |
| Martin Maric | Assistant Men's and Women's Track and Field Coach (Throws) |
| Michelle Freeman | Assistant Men's and Women's Track and Field Coach (Sprints/Hurdles) |

Meet Schedule of Probable UVA Entries

Friday - January 15

| | |
|--------------|--------------------------------|
| 5:00p | W-Triple Jump |
| 5:00p | W-Pole Vault (unseeded) |
| 5:00p | M-Weight Throw |
| 6:05p | W-60m Hurdles (prelims) |
| 6:20p | M-60m Hurdles (prelims) |
| 6:30p | W-60m Dash (prelims) |
| 6:40p | M-60m Dash (prelims) |
| 6:50p | W-Mile Run |
| 7:00p | M-Triple Jump |
| 7:20p | W-60m Dash (final) |
| 7:30p | M-60m Dash (final) |
| 7:30p | M-Pole Vault (unseeded) |
| 7:45p | M-60m Hurdles (final) |
| 7:55p | W-60m Hurdles (final) |
| 8:05p | W-500m Run |
| 8:10p | M-500m Run |
| 8:25p | W-300m Run |
| 8:35p | M-300m Run |

Saturday - January 16

| | |
|---------------|------------------------------|
| 11:00a | W-High Jump |
| 11:00a | W-Pole Vault (seeded) |
| 12:00p | M-Shot Put |
| 12:00p | W-Long Jump |
| 1:20p | W-DMR |
| 1:30p | M-High Jump |
| 1:40p | M-DMR |
| 1:55p | W-800m Run |
| 2:00p | W-Shot Put |
| 2:00p | M-Long Jump |
| 2:25p | M-200m Run |
| 3:20p | W-4x400m Relay |

Virginia Tech Invitational

| |
|---|
| Saunders |
| Barcarola, Larsen |
| Kunzman, Lemmon, Remero |
| Still |
| Pekar, Wilson |
| Bonnick, Caldwell, Hazzard, Seaman |
| Davis |
| Desmond |
| Owens |
| <i>Bonnick, Caldwell, Hazzard, Seaman</i> |
| <i>Davis</i> |
| Aldrich, Duignan, Pekar |
| <i>Pekar, Wilson</i> |
| <i>Still</i> |
| Comella, Knight |
| Frasier |
| Bonnick, Caldwell, Hazzard, Seaman |
| Davis, Outlaw, Pendarvis, Willis, Wilson |

| |
|--------------------------------|
| Hawkins, Still |
| Maloney, Recce |
| Lemmon, Romero |
| Abulencia, Caldwell, Seaman |
| Virginia |
| Pekar |
| Virginia |
| Bolton, Sabbakhan, Seasholtz |
| Deaviz, Jones, Kristjansdottir |
| Watson |
| Pendarvis |
| Virginia |

Italics- Event dependent upon prelim performance

*All times Eastern

Women's NCAA Indoor Champions

| | |
|---|-------------------|
| Aileen O'Conner | 5000m - 1981 AIAW |
| Jill Haworth | 1500m - 1981 AIAW |
| Virginia | DMR - 1982 AIAW |
| (Linda Nicholson, Karen Hatchett, Lisa Welch, Jill Haworth) | |

Women's ACC Indoor Champions

| | | |
|------|-------------------|--------------|
| 1987 | Sonya Fridy | 60y |
| | Michelle Rowen | Mile |
| | Virginia | Mile Relay |
| | LaTanya Wynn | TJ |
| 1988 | Robin Landes | HJ |
| | Latanya Wynn | TJ |
| 1989 | Dana Boone | LJ |
| 1990 | Claire Forbes | Mile |
| | Claire Forbes | 3000m |
| 1991 | Kelly Bodiford | SP |
| 1992 | Claire Forbes | 3000m |
| | Virginia | 2-Mile Relay |
| 1993 | Sherry Gould | HJ |
| 1994 | Sherry Gould | HJ |
| 1995 | Rebecca Grube | LJ |
| 1996 | Lauren Connolly | WT |
| 1997 | Virginia | DMR |
| 2001 | Nacole Guinn | TJ |
| 2003 | Kiamesha Otey | LJ |
| 2010 | Maureen Laffan | SP |
| | Virginia | DMR |
| 2011 | Virginia | DMR |
| 2012 | Pearl Bickersteth | HJ |
| 2014 | Jordan Lavender | 400m |
| 2016 | Iona Lake | Mile |
| 2020 | Jada Seaman | LJ |

Men's NCAA Indoor Champions

| | |
|---------------|--------------------------|
| Paul Ereng | 800m - 1989 NCAAAs |
| Robby Andrews | 800m - 2010 NCAAAs |
| Henry Wynne | Mile - 2016 NCAAAs |
| Jordan Scott | Triple Jump- 2019 NCAAAs |

Men's ACC Indoor Champions

| | | |
|------|-------------------|--------------|
| 1954 | Ray Quillen | HJ |
| 1957 | Henry Davenport | PV |
| 1958 | Henry Davenport | PV |
| | Clarence Roberts | PV |
| 1968 | Mike Harvey | LJ |
| 1970 | Jim Shannon | LJ |
| 1972 | Kent Merritt | 60y |
| | Virginia | Mile Relay |
| 1973 | Kent Merritt | 60y |
| 1975 | Keith Witherspoon | TJ |
| 1976 | Keith Witherspoon | TJ |
| 1977 | Greg Canty | 1000y |
| 1978 | Greg Canty | 1000y |
| | Virginia | 2-Mile Relay |
| 1979 | Greg Canty | 1000y |
| | Virginia | 2-Mile Relay |
| 1980 | Greg Canty | 1000y |
| 1988 | Herman Moore | HJ |
| 1989 | Paul Ereng | 800m |
| | Ben Kurgat | 800m |
| 1990 | Herman Moore | HJ |
| 1991 | Cornell Grayson | TJ |
| | Ben Kurgat | 800m |
| | Thom McKinney | SP |
| | Ben Kurgat | 800m |
| 1992 | Michael Murphy | WT |
| 1993 | Rob Cook | 3000m |
| 1994 | Rob Cook | 3000m |
| 2005 | McGavock Dunbar | 800m |
| 2008 | Virginia | DMR |
| 2009 | Ryan Collins | 5000m |
| 2010 | Robby Andrews | 800m |
| | Ryan Collins | 5000m |
| | Virginia | DMR |
| 2011 | Ryan Collins | 5000m |
| | Anthony Kostelac | 800m |
| | Marcus Robinson | TJ |
| 2012 | Mark Amirault | 5000m |
| | Marcus Robinson | TJ |
| 2015 | Payton Hazzard | 400m |
| | Filip Mihaljevic | SP |
| | Jordan Young | WT |
| | Virginia | DMR |
| 2016 | Filip Mihaljevic | SP |
| | Henry Wynne | Mile |
| | Virginia | DMR |
| 2017 | Filip Mihaljevic | SP |
| | Jack Lint | Hept |
| | Jordan Scott | TJ |
| | Jordan Young | WT |
| 2019 | Jordan Scott | TJ |
| 2020 | Brenton Foster | HJ |
| | Derek Pekar | Hept |
| | Jordan Scott | TJ |
| | Sam Young | PV |



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. **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 Blessingame 21.85 '06
9. **Brandon Outlaw** 21.89 '20
10. Rahn 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 Blessingame 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") .. '08
Arthur Gennari 2.05m (6'8.75") .. '06
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. Miike 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. Miike 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



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 Shirley.....22.31.....'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 Shirley.....47.53.....'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 Shirley.....1:03.05.....'18
3. Bruce Berry.....1:03.31.....'85
4. Ray Brown.....1:03.80.....'81
5. Dwayne Brake.....1:03.97.....'83

800 METERS

1. Robby 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 Convey.....2:28.30.....'84
3. TJ Hobart2:28.40.....'11
4. Brett Johnson.....2:28.47.....'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 Causey.....2.13m(6'11.75).....'19
2. Mike Riso.....2.08m (6' 10").....'02
3. Tommy DeVita.....2.04m (6' 8.5").....'11
4. Arthur Gennari.....2.03m (6' 8").....'07
5. Gerald Howard.....2.00m (6' 7").....'93
- Cordell 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 Smith.....14.70m (48' 4") '79

SHOT PUT

1. Filip Mihaljevic.....19.63m (64'5").....'15
2. Nick Vena.....18.92m (62' 1").....'12
3. Oghenekpobo Efekoro.....18.82m (61' 9").....'16
4. 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. Oghenekpobo Efekoro.....18.86m (61' 10.5").. '16
3. Vincenzo Chiarello16.40m (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 Claiborne.....4,821.....'17
5. Cam Collins.....4,793.....'15

Current Cavaliers in Bold

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



Women's Indoor Top 10 List

60 METERS

- Halle Jefferson** 7.24 '20
- Kiamesha Otey 7.37 '03
- Sonja Fridy..... 7.39 '86
- Peyton Chaney 7.40 '16
- Anna Jefferson** 7.40 '20
- Pam Lemons 7.43 '93
- Jada Seaman** 7.46 '20
- Jordan Lavender..... 7.49 '15
- Janne'a Bridgeford 7.50 '08
- Dana Boone 7.54 '91
- Tori McKenzie 7.54 '16

200 METERS

- Jada Seaman**..... 23.76 '20
- Halle Hazzard** 23.79 '20
- Jordan Lavender..... 23.80 '15
- Peyton Chaney 23.84 '16
- Anna Jefferson** 23.92 '20
- Danielle Williams 23.97 '12
- Kelly Miller 24.17 '99
- Angela Lee 24.30 '99
- Kiamesha Otey 24.34 '03
- Pam Lemons 24.37 '94

400 METERS

- Jordan Lavender..... 52.59 '13
- Andrenette Knight** 53.50 '20
- Anna Jefferson** 53.33 '19
- Lisa Garrett 54.07 '81
- Angela Lee 54.29 '99
- Carielle Doe 54.52 '02
- Cathron Birge 54.61 '90
- Sonja Fridy 54.95 '87
- Angela Griffith 55.38 '92
- Erin Crawford 55.42 '07

800 METERS

- Vanessa Fabrizio 2:07.24 '15
- Emma Call..... 2:07.39 '17
- Lyndsay Harper 2:07.64 '11
- Morgane Gay 2:08.07 '09
- Kim Kelly 2:09.27 '85
- Alahna Sabbakhan** 2:09.57 '20
- Jill Haworth..... 2:09.62 '83
- Cathron Birge 2:09.71 '90
- Colette Gnade 2:09.80 '13
- Sandy Schuler 2:09.90 '85

MILE

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

3,000 METERS

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

5,000 METERS

- Margaret Groos 15:34.71 '81
- Cleo Boyd 16:04.76 '17
- Morgan Kelly..... 16:10.73 '15
- Barbara Strehler 16:16.32 '14
- Emily Harrison 16:16.53 '08
- Lesley Welch..... 16:21.6h '82
- Maria Hauger..... 16:22.07 '14
- Anna Corrigan..... 16:25.81 '12
- Kara Scanlin..... 16:27.61 '08
- Martha White 16:31.6h '82

60 HURDLES

- Alexis Woodley..... 8.31 '20
- Ciara Leonard..... 8.38 '18
- Ayla Smith 8.39 '09
- Andrenette Knight** 8.48 '20
- Heather Smith 8.54 '16
- Kim Turko 8.55 '01
- Chidi Uche 8.58 '10
- Lauren Echko 8.60 '09
- Bianca DeBartolo..... 8.65 '07
- Kristina Chapman 8.68 '11

HIGH JUMP

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

POLE VAULT

- Bridget Guy..... 4.41m (14'5.5") '19
- Maya Maloney** 3.97m (13'0.25") '20
- Sarah DeVita 3.97m (13'0.25") '15
- Theresa Demaria 3.96m (12'11.75") '17
- Katie Freix 3.95m (12'11.5") '18
- Vika Oспенko 3.80m (12' 5.75") '03
- Riley Larsen** 3.80m (12'5.5") '20
- Katie Darraugh..... 3.75m (12' 3.5") '10
- Annica While..... 3.60m (11' 9.75") '01
- Kathryn Pettine 3.60m (11' 9.75") '05
- Kate Kaufman..... 3.60m (11' 9.75") '16

LONG JUMP

- Jada Seaman**..... 6.46m (21' 2.5") '20
- Dana Boone 6.44m (21' 1.50") '91
- Kiamesha Otey 6.39m (20' 11.75") '02
- Sonja Fridy..... 6.38m (20' 11.25") '87
- Khyasia Caldwell**..... 6.29m (20' 7.75") '20
- Nicole Kimbrough..... 6.27m (20' 7") '95
- Kelly Miller 6.22m (20' 5") '99
- Angela Griffith..... 6.15m (20' 2.25") '92
- Latanya Wynn 6.10m (20' 0.25") '88
- Tomika Ferguson..... 6.09m (19' 11.75") '06
- Mia Barron 6.09m (19' 11.75") '18

TRIPLE JUMP

- Tomika Ferguson 13.53m (44' 4.75") '07
- Naccolle Guinn 13.14m (43' 1.25") '01
- Kelly McKeel..... 13.00m (42'8") '19
- Dallas Rose..... 12.98m (42' 7") '12
- Dana Boone 12.86m (42' 2.25") '91
- Michele Johnson..... 12.78m (41' 11") '87
- Mia Barron 12.71m (41'8.5") '17
- Rashawnda James ... 12.59m (41' 3.75") '09
- Curtrell Frye 12.45m (40' 10.25") '02
- Tiffany King 12.37m (40' 7") '96

SHOT PUT

- Billie-Jo Grant 16.55m (54' 3.5") '08
- Christine Bohan 16.53m (54' 2.75") '16
- Brittany Jones** 16.27m (53'4.5") '20
- Maureen Laffan 15.97m (52' 4.75") '10
- Eliese Mitchell 15.72m (51' 7") '03
- Kelly Bodiford 15.65m (51' 4.25") '91
- Emily Vannoy 15.42m (50' 7.25") '10
- Anna Grant 14.94m (49' 0.25") '08
- Alexa Manning 14.93m (48' 11.75") '08
- Amy Brown 14.05m (46' 1.25") '99

WEIGHT THROW

- Eliese Mitchell 20.06m (65' 9.75") '02
- Maureen Laffan 18.54m (60' 10") '12
- Erin Wykoff 17.75m (58' 3") '12
- Jade Baker 17.46m (57'3.5") '19
- Alexa Manning 17.09m (56' 1") '08
- Ann Crouse..... 17.08m (56' 0.5") '96
- Eve Mustafic**..... 16.92m (55'6.25") '19
- Lauren Connelly 16.67m (54' 8.25") '96
- Logan Clements..... 16.30m (53'5.75") '14
- Brittany Jones** 16.24m (53' 3.5") '18

PENTATHLON

- Susan Brownell..... 4,153 '82
- Rebecca Grube 4,108 '95
- Holly Sullivan 3,912 '18
- Ayla Smith 3,879 '09
- Sherry Gould 3,789 '94
- Beth Sheehan 3,678 '83
- Bianca DeBartolo 3,661 '07
- Anna Finger 3,659 '13
- Alix Still**..... 3,657 '20
- Curtrell Frye 3,644 '02

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



Women's Indoor Freshman Records

60-METER DASH

- 1. **Halle Hazzard** 7.32 '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
- Pearl Bickersteth 1.70m (5'7") '10
- Emily Kianka 1.70m (5'7") '11
- Moira Cronin 1.70m (5'7") '12

POLE VAULT

- 1. Bridget Guy 3.97m (13' 0.25") '15
- 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

Indoor Relay Records

Women

4x400

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

DMR

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

Men

4x400

| | | | |
|----|---------|---------------------------------------|------|
| 1. | 3:11.76 | 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 |

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

109.8h David Revelle 1983

880 Yards

1:56.1h James Wood 1973

1,000 Meters

2:20.57 Ray Brown 1984

1,000 Yards

2:07.31 Ray Brown 1984

1,500 Meters

3:45.04 John Hinton 1985

Two-Mile

8:40.49 Kris Herdt 1987

Three-Mile

13:43.03 Colin Peddie 1985

Pentathlon

3,915 Stephen Dunphy 1991

4x800m Relay

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