

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	Darius Dixon Memorial Invite Lynchburg, Va.
2/19-20	Virginia Tech Challenge Blacksburg, Va.
2/19-20	JDL DMR Invitational Winston-Salem, N.C.
2/25-27	ACC Indoor Championships Clemson, S.C.
3/12-13	NCAA Indoor Championships Fayetteville, Ark.

Media Information

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February, 5-6 2021

Rector Fieldhouse • Blacksburg, Va.

Virginia Cavaliers at Doc Hale VT Elite Meet



The Meet

- UVA has a quick turnaround after competing at Monday's Virginia Beach Invitational.
- The Cavaliers will send 13 women and nine men to the two-day competition.
- Tennessee and Iowa State will join eight ACC schools (Virginia, Virginia Tech, Duke, North Carolina, Pittsburgh, Syracuse, Louisville and Boston College) in the nine-team field.

National Leaders

- After three weeks of competition, Virginia has four performances that rank in the top-10 nationally for this season:
- The men's distance medley relay team of Randy Neish, Brandon Outlaw, Conor Murphy and Wes Porter are fourth in the nation with a time of 9:48.73.
- Owayne Owens opened the season with a career-best triple jump mark of 16.35m (53'7.75"), which currently ranks fourth in the NCAA.
- At the Virginia Beach Invitational, Derek Johnson's time in 5000m (14.16.93) ranks fourth best in the nation.
- Halle Hazzard has won the 60m twice, finishing first at the Virginia Tech Invitational and Hokie Invitational. Her time of 7.31 from the Virginia Tech Invitational ranks ninth nationally.

Last Time Out - Virginia Beach Invitational

- Owayne Owens used a series of personal-best performances to win the long jump competition with a school-record tying mark of 7.58m (24-10.5). Entering the competition with a career-best leap of 7.17m (23-6.25), Owens improved on that jump with an effort of 7.23m (23-8.75) in his second attempt. On his fifth try he erased that mark by going 7.39m (24-3). On his sixth and final attempt, he won the competition by tying the UVA record Jordan Scott set in 2019.
- Jada Seaman improved on her school record in the 200m by winning that event with a time of 23.56.
- First-year Keara Seasholtz toppled the UVA all-time mark in the 600m with a winning time of 1:31.58. That bettered a performance that had stood since 2013.
- Andrenette Knight crossed the finish line first in the 400m at 56.52.
- Brittany Jones won the shot put with a throw of 14.43m (47-4.25)
- Alix Still beat the field in the long jump with a distance of 5.73m (18-9.75), a PR.
- Conor Murphy (running in the 800m for the first time this season, placed first with a time of 1:49.91.
- The women's 4x400 relay team of Halle Hazzard Knight, Seasholtz and Alahna Sabbakhan won with a time of 3:45.63.

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 - February 5

5:00p	M-Weight Throw	Kunzman, Romero
5:00p	W-Pole Vault (unseeded)	Barcarola, Larsen
5:00p	W-Long Jump	Caldwell, Seaman, Zeni
5:00p	M-800m	Bellamy
5:45p	M-60m (prelims)	Davis
5:55p	W-60m (prelims)	Zeni
6:55p	M-60m (finals)	<i>Davis</i>
7:00p	M-Long Jump	Watson
7:00p	M-Pole Vault (unseeded)	Aldrich, Duignan, Pekar
7:05p	W-60m (finals)	<i>Zeni</i>
7:15p	M-400m	Frasier
7:30p	W-400m	Comella, Parenchuk

Saturday - February 6

11:00a	W-Pole Vault	Maloney, Recce
Noon	W-High Jump	Hawkins
Noon	M-Shot Put	Romero
Noon	W-Triple Jump	Caldwell, Rice, Saunders
2:00p	M-High Jump	Pekar
2:00p	M-Pole Vault	Aldrich, Duignan
2:00p	W-Shot Put	Kristjansdottir
2:00p	M-Triple Jump	Watson
2:30p	M-200m	Davis

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 NCAAs
Robby Andrews	800m - 2010 NCAAs
Henry Wynne	Mile - 2016 NCAAs
Jordan Scott	Triple Jump- 2019 NCAAs

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
1992	Ben Kurgat	800m
1993	Michael Murphy	WT
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



Women's Top Indoor 2021 Performances Per Event

WOMEN'S 60 METERS	TIME	WOMEN'S 5000 METERS	TIME	WOMEN'S TRIPLE JUMP	MARK
Halle Hazzard	7.29	Hannah Moran	16:42.63	Nadia Saunders	11.95m 39'2.5"
Jada Seaman	7.37	WOMEN'S 60M HURDLES	TIME	WOMEN'S SHOT PUT	MARK
Kayla Bonnick	7.51	Nadia Saunders	8.77	Maria Deaviz	15.43m 50'7.5"
WOMEN'S 200 METERS	TIME	Alix Still	8.80	Brittany Jones	14.56m 47'9.25"
Jada Seaman	23.56	WOMEN'S HIGH JUMP	MARK	Thelma Kristjansdottir	13.75m 45'1.5"
Halle Hazzard	24.04	Rebecca Hawkins	1.76m 5'9.25"	WOMEN'S WEIGHT THROW	MARK
Kayla Bonnick	24.72	Gabi Hayes	1.60m 5'3"	PENTATHLON	SCORE
WOMEN'S 400 METERS	TIME	*Alix Still	1.71m 5'7.25"	Alix Still	3,781
Andrenette Knight	56.52	WOMEN'S POLE VAULT	MARK	WOMEN'S DMR	TIME
Abby Comella	59.47	Maya Maloney	3.90m 12'9.5"	4x400m	TIME
WOMEN'S 800 METERS	TIME	Gabriella Recce	3.70m 12'1.5"	Seasholtz, Knight, Hazzard, Bonnick	3:45.63
Alahna Sabbakhan	2:10.82	Riley Larsen	3.70m 12'1.5"	Knight, Hazzard, Seasholtz, Sabbakhan	3:47.92
Keara Seasholtz	2:12.07	WOMEN'S LONG JUMP	MARK		
WOMEN'S 1,000 METERS	TIME	Khyasia Caldwell	6.09m 19'11.75"		
WOMEN'S MILE	TIME	Jada Seaman	5.87m 19'3.25"		
Ellie Desmond	4:56.88	Alix Still	5.73m 18'9.75"		
Claire Bolton	4:57.86				
Olivia Sargent	5:03.70				
WOMEN'S 3000 METERS	TIME				
Hannah Moran	9:46.48				
Kiera Bothwell	10:04.60				

Men's Top Indoor 2021 Performances Per Event

MEN'S 60 METERS	TIME	MEN'S 5000 METERS	TIME	MEN'S SHOT PUT	MARK
Nigel Davis	7.03	Derek Johnson	14:16.93	Claudio Romero	18.44m 60'6"
Owayne Owens	7.08	Justin Diehl	14:33.25	Jacob Lemmon	16.47m 54'0.5"
Ayende Watson	7.25	Peter Morris	14:33.64	Elby Omohundro	12.06m 39'7"
MEN'S 200 METERS	TIME	MEN'S 60M HURDLES	TIME	MEN'S WEIGHT THROW	MARK
Jordan Willis	21.83	Jeremiah Wilson	8.34	Ty Kunzman	19.18m 62'11.25"
Jay Pendarvis	22.28	Derek Pekar	8.66	Jacob Lemmon	18.93m 62'1.25"
Nigal Davis	22.71	MEN'S HIGH JUMP	MARK	Claudio Romero	18.47m 60'7.25"
MEN'S 400 METERS	TIME	MEN'S POLE VAULT	MARK	HEPTATHLON	SCORE
Jordan Willis	48.39	Kane Aldrich	4.90m 16'0.75"	MEN'S DMR	TIME
Jay Pendarvis	50.35	Colin Duignan	4.90m 16'0.75"	Neish, Outlaw, Murphy, Porter	9:48.73
MEN'S 800 METERS	TIME	Derek Pekar	4.30m 14'1.25"	4X400M	TIME
Conor Murphy	1:49.91	MEN'S LONG JUMP	MARK	Willis, Outlaw, Murphy, Frasier	3:21.16
MEN'S 1,000 METERS	TIME	Owayne Owens	7.58m 24'10.5"		
MEN'S MILE	TIME	Ayende Watson	6.89m 22'7.25"		
Randy Neish	4:06.13	Derek Pekar	6.79m 22'3.5"		
Yasin Sado	4:06.35	MEN'S TRIPLE JUMP	MARK		
Rohann Asfaw	4:20.34	Owayne Owens	16.35m 53' 7.75"		
MEN'S 3000 METERS	TIME				
Wes Porter	8:06.18				
Yasin Sado	8:12.95				
Derek Johnson	8:17.17				

* Multis athlete



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. **Conor Murphy** 1:49.91 '21

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 Jernigan 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 (16'0.75") '21
- Colin Duignan** 4.90m (16'0.75") '21

LONG JUMP

1. **Owayne Owens** 7.58m (24'10.5") .. '21
2. Jordan Scott 7.58m (24'10.5) ... '19
3. Matt Meyer 7.52m (24'8.25") '09
4. Marion Mason 7.50m (24'7.25") '01
Tiki Barber 7.50m (24'7.25") '94
6. Bruce Randolph 7.48m (24'6.5") .. '84
7. Keith Witherspoon ... 7.45m (24'5.25") '76
8. **Ayende Watson** 7.41m (24'3.75") .. '19
9. Stephen Dunphy 7.40m (24'3.25") '92
10. Mauri Anderson 7.39m (24'3") '82

TRIPLE JUMP

1. Jordan Scott 17.20m (55'10.25) '20
2. Marcus Robinson 16.63m (54'6.75") '12
3. **Owyane Owens** 16.35m (53'7.75") '21
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. **Claudio Romero** 18.44m (60'6") '21
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. **Ty Kunzman** 19.18m (62'11.25") '21
6. **Jacob Lemmon** 18.93m (62'1.25") '21
7. **Claudio Romero** 18.47m (60'7.25") '21
8. Thom McKinney 18.43m (60'5.75") '91
9. Thomas Fuson 18.18m (59'7.75") '11
10. Mike Murphy 17.77m (58'3.75") '93

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. **Jay Pendarvis**.....22.28.....'21

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. **Conor Murphy**1:49.91.....'21
5. Nathan Kiley1:51.08.....'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 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. **Wes Porter**8:06.18.....'21
3. Brent Demarest8:09.59.....'15
4. Connor Rog8:09.76.....'14
5. Chase Weaverling8:11.28.....'16

5,000 METERS

1. Thomas Madden.....13:57.01.....'15
2. Chris Foley14:03.67.....'12
3. Chase Weaverling14:03.72.....'16
4. Brent Demarest14:14.74.....'15
5. Connor 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 Riso.....2.08m (6' 10").....'02
3. Tommy DeVita.....2.04m (6' 8.5").....'11
4. Arthur Gennari2.03m (6' 8").....'07
5. Gerald Howard.....2.00m (6' 7").....'93
- Cordell Green2.00m (6' 7").....'95

POLE VAULT

1. Sam Young5.10m (16' 8.75) ...'17
2. David Sullivan.....4.97m (16' 3.75").. '03
3. Brian Shafer.....4.90m (16' 1").....'90
4. Jake 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 Mihaljevic19.63m (64'5").....'15
2. Nick Vena.....18.92m (62' 1").....'12
3. Oghenakpobo Efekoro...18.82m (61' 9").....'16
4. **Claudio Romero**...18.44m (60'6" '21
5. Mike Theuerkauf....16.51m (54' 2").....'89

WEIGHT THROW

1. Hilmar Jonsson.....20.32m (66' 8")..... '16
2. **Jacob Lemmon**18.93m (62'1.25") '21
3. Oghenakpobo Efekoro...18.86m (61' 10.5").. '16
4. **Claudio Romero**...18.47m (60' 7.25")'21
5. Vincenzo Chiarello16.40m (53' 9.75") '09

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 Top 10 List

60 METERS

- Halle Hazzard** 7.24 '20
- Jada Seaman** **7.37** '**21**
- 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
- Jordan Lavender..... 7.49 '15
- Janne'a Bridgeford 7.50 '08
- Kayla Bonnicks** **7.51** '**21**

200 METERS

- Jada Seaman**..... **23.56** '**21**
- 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
- Rebecca Hawkins** .. **1.76m (5'9.25")** .. '**21**
- 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 Osenko 3.80m (12' 5.75") '03
- Riley Larsen** 3.80m (12'5.5") '20
- Katie Darraugh..... 3.75m (12' 3.5") '10
- Gabriella Recce** **3.70m (12' 1.5")** .. '**21**
- Annica While 3.60m (11' 9.75") '01
- Kathryn Pettine 3.60m (11' 9.75") '05
- Kate Kaufman..... 3.60m (11' 9.75") '16
- Trina Barcarola** **3.60m (11'9.75")** '**21**

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 McKeen..... 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
- Maria Deaviz** **15.43m (50'7.4")** '**21**
- 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
- Alix Still**..... **3,781**..... '**21**
- Beth Sheehan 3,678..... '83
- Bianca DeBartolo 3,661..... '07
- Anna Finger 3,659..... '13
- 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. **Kayla Bonnick**..... **7.51** '**21**
- 4. Jordan Lavender..... 7.57 '12
- 5. Peyton Chaney 7.60 '13
- Tori McKenzie 7.60 '14

200-METER DASH

- 1. **Jada Seaman** 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. **Kayla Bonnick**..... **40.25** '**21**

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
- Nadia Sauders** **8.77** '**21**

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 Seaman**..... 6.46m (21' 2.5").. '20
- 2. Kiamesha Otey 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 (41' 2.5")'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. Maria Deaviz..... 15.43m (50' 7.5")'21
- 2. Emily Vannoy 15.42m (50' 7.25")'10
- 3. **Brittany Jones**..... 15.21m (49'11").. '18
- 4. Anna Grant 14.94m (49' 0.25").. '08
- 5. Christine Bohan 14.78m (48' 6")... '14

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
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55m Hurdles

7.90	Michele Johnson	1986
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60 Yards

6.9h	Brenda Brown	1981
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60y Hurdles

7.8h	Susan Brownell	1982
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300 Meters

39.05	Jordan Lavender	2012
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440 Yards

54.0h	Lisa Garrett	1981
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500 Meters

1:09.89	Sonya Fridy	1987
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600 Yards

1:24.67	Phyllis Buber	1985
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600 Meters

1:31.58	Keara Seasholtz	2021
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880 Yards

2:10.27	Kim Kelly	1985
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1,000 Meters

2:44.40	Sandy Schuler	1985
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1,000 Yards

2:30.43	Kim Kelly	1985
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1,500 Meters

4:17.24	Margaret Groos	1981
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Two-Mile

9:52.3h	Margaret Groos	1980
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Three-Mile

15:25.25	Martha White	1982
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4x800m Relay

8:55.19	Fabrizio, Weatherly, Gnade, Garcia	2011
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MEN

55 Meters

6.21	Bruce Randolph	1984
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55m Hurdles

7.33	Robert Archer	1984
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60 Yards

6.0h	Kent Merritt	1972
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300 Meters

34.04	Jordan Willis	2021
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440 Yards

49.9h	John Morris	1970
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500 Meters

1:02.44	Paul Ereng	1988
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500 Yards

1:02.79	David Revelle	1983
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600 Meters

1.11.99	Dwayne Brake	1983
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600 Yards

109.8h	David Revelle	1983
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880 Yards

1:56.1h	James Wood	1973
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1,000 Meters

2:20.57	Ray Brown	1984
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1,000 Yards

2:07.31	Ray Brown	1984
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1,500 Meters

3:45.04	John Hinton	1985
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Two-Mile

8:40.49	Kris Herdt	1987
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Three-Mile

13:43.03	Colin Peddie	1985
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Pentathlon

3,915	Stephen Dunphy	1991
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4x800m Relay

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