



# 2021 OUTDOOR SEASON BESTS

## Women's Top 2021 Outdoor Performances Per Event

### WOMEN'S 100 METERS

|               | TIME  |
|---------------|-------|
| Halle Hazzard | 11.33 |
| Jada Seaman   | 11.56 |
| Kayla Bonnick | 11.60 |

### WOMEN'S 200 METERS

|                | TIME     |
|----------------|----------|
| Halle Hazzard  | (w)23.15 |
| Jada Seaman    | (w)23.18 |
| Anna Jefferson | (w)23.86 |

### WOMEN'S 400 METERS

|                | TIME  |
|----------------|-------|
| Anna Jefferson | 53.90 |
| Jada Seaman    | 55.48 |
| Abby Comella   | 56.44 |

### WOMEN'S 800 METERS

|                  | TIME    |
|------------------|---------|
| Michaela Meyer   | 2:02.20 |
| Keara Seasholtz  | 2:07.59 |
| Alahna Sabbakhan | 2:08.38 |

### WOMEN'S 1,500 METERS

|                | TIME    |
|----------------|---------|
| Michaela Meyer | 4:20.30 |
| Ellie Desmond  | 4:28.28 |
| Hannah Moran   | 4:30.92 |

### WOMEN'S 3000 STEEPLECHASE

|                 | TIME     |
|-----------------|----------|
| Kiera Bothwell  | 10:22.28 |
| Helena Lindsay  | 10:25.50 |
| Amelia Kokernak | 11:38.93 |

### WOMEN'S 5000 METERS

|                | TIME     |
|----------------|----------|
| Helena Lindsay | 16:48.63 |
| Kiera Bothwell | 17:01.87 |
| Liza Neely     | 17:56.78 |

### WOMEN'S 10000 METERS

|              | TIME     |
|--------------|----------|
| Hannah Moran | 34:30.32 |

### WOMEN'S 100M HURDLES

|                   | TIME  |
|-------------------|-------|
| Andrenette Knight | 13.55 |
| Alix Still*       | 13.98 |
| Zoe Rice          | 14.59 |

### WOMEN'S 400M HURDLES

|                   | TIME  |
|-------------------|-------|
| Andrenette Knight | 58.02 |
| Alix Still*       | 14:10 |
| Nadia Saunders    | 14:79 |

### WOMEN'S HIGH JUMP

|                 | MARK             |
|-----------------|------------------|
| Rebecca Hawkins | 1.73m (5' 8")    |
| Alix Still*     | 1.65m (5' 5")    |
| Gabi Hayes      | 1.56m (5' 1.25") |

### WOMEN'S POLE VAULT

|                 | MARK              |
|-----------------|-------------------|
| Maya Maloney    | 3.95m (12' 11.5") |
| Gabriella Recce | 3.80m (12' 5.5")  |
| Trina Barcarola | 3.66m (12' 0")    |

### WOMEN'S LONG JUMP

|                  | MARK                 |
|------------------|----------------------|
| Khyasia Caldwell | (w)6.34m (20' 9.75") |
| Jada Seaman      | 6.13m (20' 1.5")     |
| Alex Still       | 5.95m (19' 6.25")    |

### WOMEN'S TRIPLE JUMP

|                  | MARK                 |
|------------------|----------------------|
| Khyasia Caldwell | (w)12.71m (41' 8.5") |
| Nadia Saunders   | (w)12.14m (39' 10")  |
| Zoe Rice         | (w)11.90m (39' 0.5") |

### WOMEN'S SHOT PUT

|                 | MARK                |
|-----------------|---------------------|
| Maria Deaviz    | 17.18m (56' 4.5")   |
| Brittany Jones  | 14.90m (48' 10.75") |
| Kaiya Saunders* | 13.07m (42' 10.75") |

### WOMEN'S DISCUS

|                        | MARK              |
|------------------------|-------------------|
| Thelma Kristjansdottir | 52.99m (173' 10") |
| Sadey Rodriguez        | 47.75m (156' 8")  |
| Maria Deaviz           | 45.62m (149' 8")  |

### WOMEN'S HAMMER

|                | MARK             |
|----------------|------------------|
| Eva Mustafic   | 59.89m (196' 6") |
| Brittany Jones | 54.05m (177' 4") |

### WOMEN'S JAVELIN

|                 | MARK              |
|-----------------|-------------------|
| Kaiya Saunders* | 36.39m (119' 4")  |
| Jessica Geller  | 36.26m (118' 11") |

### 4x100m

|                                     | TIME  |
|-------------------------------------|-------|
| Bonnick, Hazzard, Seaman, Jefferson | 44.36 |

### 4x400m

|  | TIME    |
|--|---------|
| Comella, Seasholtz, Sabbakhan, Parenchuk | 3:46.70 |

## Men's Top 2021 Outdoor Performances Per Event

### MEN'S 100 METERS

|                | TIME     |
|----------------|----------|
| Brandon Outlaw | (w)10.65 |
| Nigal Davis    | (w)10.89 |
| Tavares Kelly  | (w)10.94 |

### MEN'S 200 METERS

|                | TIME     |
|----------------|----------|
| Jordan Willis  | (w)21.14 |
| Brandon Outlaw | (w)21.22 |
| Justice Dixon  | 21.90    |

### MEN'S 400 METERS

|                | TIME  |
|----------------|-------|
| Jordan Willis  | 46.10 |
| Brandon Outlaw | 46.35 |
| Jay Pendarvis  | 48.41 |

### MEN'S 800 METERS

|              | TIME    |
|--------------|---------|
| Conor Murphy | 1:51.83 |
| Yasin Sado   | 1:52.40 |
| Davis Young  | 1:56.50 |

### MEN'S 1,500 METERS

|              | TIME    |
|--------------|---------|
| Wes Porter   | 3:45.58 |
| Conor Murphy | 3:46.50 |
| Yasin Sado   | 3:47.54 |

### MEN'S MILE

|             | TIME    |
|-------------|---------|
| Randy Neish | 4:05.40 |
| Yasin Sado  | 4:06.35 |
| Ka'eo Kruse | 4:11.74 |

### MEN'S 5000 METERS

|               | TIME     |
|---------------|----------|
| Rohann Asfaw  | 14:07.79 |
| Randy Neish   | 14:24.00 |
| Bryson Crites | 14:35.01 |

### MEN'S 110M HURDLES

|                 | TIME  |
|-----------------|-------|
| Jeremiah Wilson | 14.63 |
| Derek Pekar*    | 15.21 |
| Elby Omohundro* | 16.09 |

### MEN'S 400M HURDLES

|                 | TIME  |
|-----------------|-------|
| Keith Frasier   | 54.53 |
| Jeremiah Wilson | 57.46 |

### MEN'S HIGH JUMP

|                 | MARK             |
|-----------------|------------------|
| Brenton Foster  | 2.08m (6' 9.75") |
| Derek Pekar*    | 1.90m (6' 2.75") |
| Elby Omohundro* | 1.85m (6' 0.75") |

### MEN'S POLE VAULT

|              | MARK              |
|--------------|-------------------|
| Sam Young    | 5.25m (17' 2.75") |
| Joey Kelly   | 5.05m (16' 6.75") |
| Kane Aldrich | 4.80m (15' 9")    |

### MEN'S LONG JUMP

|                | MARK                 |
|----------------|----------------------|
| Owayne Owens   | 7.48m (24' 6.5")     |
| Brenton Foster | (w)7.46m (24' 5.75") |
| Derek Pekar*   | 7.15m (23' 5.5")     |

### MEN'S TRIPLE JUMP

|               | MARK              |
|---------------|-------------------|
| Owayne Owens  | 16.29m (53' 5.5") |
| Ayende Watson | 14.27m (46' 10")  |
| Dejon Mayo    | 14.22m (46' 8")   |

### MEN'S SHOT PUT

|                 | MARK               |
|-----------------|--------------------|
| Claudio Romero  | 18.47m (60' 7.25") |
| Derek Pekar*    | 12.50m (41' 0.25") |
| Elby Omohundro* | 11.79m (38' 8.25") |

### MEN'S DISCUS

|                | MARK              |
|----------------|-------------------|
| Claudio Romero | 62.56m (205' 3")  |
| Jacob Lemmon   | 58.54m (192' 1")  |
| Ty Kunzman     | 39.89m (130' 10") |

### MEN'S HAMMER

|                | SCORE            |
|----------------|------------------|
| Jacob Lemmon   | 66.15m (217' 0") |
| Ty Kunzman     | 57.70m (189' 4") |
| Claudio Romero | 45.76m (150' 1") |

### MEN'S JAVELIN

|              | SCORE            |
|--------------|------------------|
| Ethan Dabbs  | 67.57m (221' 8") |
| Derek Pekar* | 50.96m (167' 2") |
| Luke Smith*  | 41.78m (137' 1") |

### MEN'S DMR

|                               | TIME    |
|-------------------------------|---------|
| Neish, Outlaw, Murphy, Porter | 9:48.73 |

### 4x100m

|                                  | TIME  |
|----------------------------------|-------|
| Kelly, Willis, Outlaw, Dixon     | 40.83 |
| Pendarvis, Willis, Outlaw, Dixon | 45.70 |

### 4x400m

|                              | TIME    |
|------------------------------|---------|
| Dixon, Willis, Outlaw, Kelly | 3:14.62 |

(w) Wind assistance

\* Multis athlete



# VIRGINIA OUTDOOR RECORDS

## OUTDOOR WOMEN'S RECORDS

| Event                          | Name   | Time/Mark                      | Date        |
|--------------------------------|--|--------------------------------|-------------|
| <b>100 meters</b> .....        | <b>Halle Hazzard*</b> .....                      | <b>11.20</b> .....             | <b>2019</b> |
| 200 meters .....               | Sonja Fridy .....                                | 23.17 .....                    | 1987        |
| 400 meters .....               | Sonja Fridy .....                                | 51.93 .....                    | 1987        |
| <b>800 meters</b> .....        | <b>Michaela Meyer</b> .....                      | <b>2:02.20</b> .....           | <b>2021</b> |
| 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        |
| <b>4x100-meter relay</b> ..... | <b>Bonnick, Hazzard, Seaman, Jefferson</b> ..... | <b>44.55</b> .....             | <b>2021</b> |
| 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        |
| <b>Shot Put</b> .....          | <b>Maria Deaviz</b> .....                        | <b>17.18m (56' 4.5")</b> ..... | <b>2021</b> |
| 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        |

\* at NACAC U18/U23 Championships 2019 in Mexico

## 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        |
| <b>High Jump</b> .....        | <b>Brenton Foster</b> .....          | <b>2.23m (7' 3.75")</b> ..... | <b>2019</b> |
| 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        |
| <b>Javelin Throw</b> .....    | <b>Ethan Dabbs</b> .....             | <b>76.04m (249' 6")</b> ..... | <b>2019</b> |
| Decathlon.....                | Stephen Dunphy.....                  | 7,920 points .....            | 1992        |



# UVA OUTDOOR RELAY RECORDS

## RELAYS

### WOMEN'S OUTDOOR RECORDS

#### 4x100

|    |       |   |             |
|----|-------|---|-------------|
| 1. | 44.36 | <b>Bonnick, Hazzard, Seaman, Jefferson</b>          | <b>2021</b> |
| 2. | 44.92 | Leonard, <b>Hazzard</b> , Woodley, <b>Jefferson</b> | 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 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 | <b>Willis</b> , Shirley, <b>Outlaw</b> , Lint | 2018 |



# WOMEN'S OUTDOOR TOP PERFORMANCES

## 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. Jada Seaman    | 11.56 | '21 |
| 6. Pam Lemons     | 11.57 | '93 |
| 7. Kayla Bonnick  | 11.60 | '21 |
| 8. Tori McKenzie  | 11.63 | '17 |
| 9. Brenda Brown   | 11.64 | '84 |
| 10. Peyton Chaney | 11.71 | '14 |

\* at NACAC U18/U23 Championships 2019 in Mexico

## 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. Janne'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. Michaela Meyer   | 2:02.20 | '21 |
| 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 |
| 7. Jill Haworth     | 2:06.31 | '82 |
| 8. Phyllis Buber    | 2:06.96 | '86 |
| 9. Linda Nicholson  | 2:07.54 | '80 |
| 10. Keara Seasholtz | 2:07.59 | '21 |

## 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. Michaela Meyer  | 4:20.30 | '21 |

## 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. Andrenette Knight | 13.55 | '21 |
| 5. Lauren Echko      | 13.72 | '08 |
| 6. Heather Smith     | 13.76 | '16 |
| 7. Chidi Uche        | 13.77 | '10 |
| 8. Rebecca Grube     | 13.81 | '94 |
| 9. Alana Herran      | 13.86 | '17 |
| 10. Michelle Johnson | 13.90 | '86 |

## 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 Scroggs    | 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. Kiera Bothwell     | 10:22.28 | '21 |
| 8. Janine Ricci       | 10:24.65 | '05 |
| 9. Helena Lindsay     | 10:25.50 | '21 |
| 10. Samantha Stafford | 10:36.02 | '09 |

## 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 |
| Moirá 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. Maya Maloney    | 3.95m (12' 11.5")  | '21 |
| 4. Theresa Demaria | 3.93m (12' 10.75") | '17 |
| 5. Vika Osipenko   | 3.81m (12' 6")     | '03 |
| 6. Gabriella Recce | 3.80m (12' 5.5")   | '21 |
| 7. Sarah DeVita    | 3.71m (12' 2")     | '15 |
| 8. Katie Darragh   | 3.69m (12' 1.5")   | '09 |
| 9. Trina Barcarola | 3.66m (12' 0")     | '21 |
| 10. Riley Larsen   | 3.65m (11' 11.75") | '21 |
| Kathryn Pettine    | 3.65m (11' 11.75") | '05 |

## 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. Maria Deaviz    | 17.18m (56' 4.5")  | '21 |
| 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 |
| 5. Billie-Jo Grant | 15.77m (51' 9")    | '06 |
| 6. Maureen Laffan  | 15.34m (50' 4")    | '10 |
| 7. Emily Vannoy    | 15.30m (50' 2.5")  | '10 |
| 8. Alexa Manning   | 14.97m (49' 1.5")  | '08 |
| 9. Kelly Bodiford  | 14.83m (48' 8")    | '91 |
| 10. Amy Brown      | 14.25m (46' 9")    | '99 |

## 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. Thelma Kristjánsdóttir | 52.99m (173' 10") | '21 |
| 5. Caitlin Kelly          | 52.37m (171' 10") | '09 |
| 6. Eliese Mitchell        | 52.17m (171' 2")  | '02 |
| 7. Julia Solo             | 52.04m (170' 9")  | '86 |
| 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  | 54.05m (177' 4")  | '21 |
| 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 |

## Current Cavaliers in Bold

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





# MEN'S OUTDOOR TOP PERFORMANCES

## 100 METERS

|                    |       |     |
|--------------------|-------|-----|
| 1. Gerald Howard   | 10.42 | '95 |
| 2. Reuben Jones    | 10.45 | '08 |
| 3. Shay Clark      | 10.50 | '02 |
| 4. Edwin Brown     | 10.52 | '85 |
| 5. Scott Kimball   | 10.53 | '03 |
| 6. Bruce Randolph  | 10.69 | '84 |
| 7. Jarrett Hagwood | 10.72 | '02 |
| 8. Mauri Anderson  | 10.74 | '80 |
| 9. Oren Prunty     | 10.84 | '02 |
| Ben Jullien        | 10.84 | '96 |

## 200 METERS

|                         |              |            |
|-------------------------|--------------|------------|
| 1. Gerald Howard        | 20.79        | '95        |
| 2. Ben Sarpong          | 20.87        | '95        |
| 3. Edwin Brown          | 20.90        | '85        |
| 4. <b>Jordan Willis</b> | <b>21.16</b> | <b>'21</b> |
| 5. Reuben Jones         | 21.16        | '08        |
| 6. Kellen Blassingame   | 21.24        | '05        |
| 7. Payton Hazzard       | 21.27        | '15        |
| 8. Conlon Bonner        | 21.28        | '08        |
| 9. Scott Kimball        | 21.31        | '02        |
| 10. Eric Adderly        | 21.32        | '82        |

## 400 METERS

|                          |              |            |
|--------------------------|--------------|------------|
| 1. Alfred Shirley        | 45.84        | '18        |
| 2. Payton Hazzard        | 45.88        | '15        |
| 3. Kellen Blassingame    | 46.02        | '05        |
| 4. <b>Jordan Willis</b>  | <b>46.10</b> | <b>'21</b> |
| 5. <b>Brandon Outlaw</b> | <b>46.35</b> | <b>'21</b> |
| 6. Meikle Paschal        | 46.61        | '08        |
| 7. Kevin Anding          | 46.84        | '10        |
| 8. Jim Bruce             | 46.94        | '79        |
| 9. Nathan Kiley          | 46.95        | '17        |
| 10. Ben Kurgat           | 46.96        | '88        |

## 800 METERS

|                     |         |     |
|---------------------|---------|-----|
| 1. Paul Ereng       | 1:43.16 | '89 |
| 2. Robby Andrews    | 1:44.71 | '11 |
| 3. Lance Roller     | 1:46.11 | '10 |
| 4. Ray Brown        | 1:46.74 | '83 |
| 5. Ben Kurgat       | 1:47.32 | '90 |
| 6. John Hinton      | 1:47.33 | '84 |
| 7. Greg Canty       | 1:47.44 | '80 |
| 8. Anthony Kostelac | 1:48.96 | '12 |
| 9. Vince Draddy     | 1:49.05 | '81 |
| 10. Nathan Kiley    | 1:49.31 | '16 |

## 1,500 METERS

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

## 5,000 METERS

|                  |          |     |
|------------------|----------|-----|
| 1. Kris Herdt    | 13:37.44 | '87 |
| 2. Henry Wynne   | 13:43.53 | '17 |
| 3. Sean Keveren  | 13:48.34 | '12 |
| 4. Zach Herriott | 13:53.47 | '17 |
| 5. Jim Hays      | 13:55.2h | '85 |
| 6. Kyle King     | 13:55.60 | '12 |
| 7. Ryan Collins  | 13:55.94 | '09 |
| 8. Mike Cotton   | 13:56.44 | '81 |
| 9. Ari Klau      | 13:57.63 | '18 |
| 10. Lachlan Cook | 13:58.01 | '17 |

## 10,000 METERS

|                        |                 |            |
|------------------------|-----------------|------------|
| 1. Zach Herriott       | 28:44.22        | '17        |
| 2. Brent Demarest      | 28:54.69        | '19        |
| 3. Mike Cotton         | 28:55.34        | '81        |
| 4. Andrew Dumm         | 28:59.25        | '07        |
| 5. Lachlan Cook        | 29:10.03        | '19        |
| 6. Adam Visokay        | 29:11.13        | '15        |
| 7. Trey Miller         | 29:14.21        | '10        |
| 8. Ryan Foster         | 29:16.79        | '06        |
| 9. <b>Alex Corbett</b> | <b>29:18.99</b> | <b>'19</b> |
| 10. Chase Weaverling   | 29:28.92        | '18        |

## 110m HURDLES

|                      |       |     |
|----------------------|-------|-----|
| 1. Adams Abdulrazaaq | 13.66 | '11 |
| 2. Barry Word        | 13.88 | '84 |
| 3. George Johnson    | 13.91 | '82 |
| 4. Jarrett Hagwood   | 14.13 | '02 |
| 5. Kevin Williams    | 14.14 | '79 |
| 6. Rob Archer        | 14.16 | '84 |
| 7. Ronde Barber      | 14.22 | '94 |
| 8. DreQuan Hoskey    | 14.23 | '14 |
| 9. Mike Abidin       | 14.27 | '82 |
| 10. Isi Azeke        | 14.31 | '05 |

## 400m HURDLES

|                      |       |     |
|----------------------|-------|-----|
| 1. Steve Delice      | 50.02 | '10 |
| 2. Karl Williams     | 50.34 | '79 |
| 3. Rob Archer        | 50.80 | '84 |
| 4. Bruce Berry       | 51.09 | '85 |
| 5. Alfred Shirley    | 51.30 | '18 |
| 6. Kevin Williams    | 51.54 | '79 |
| 7. Adams Abdulrazaaq | 51.79 | '08 |
| 8. George Johnson    | 51.98 | '81 |
| 9. Dave Revelle      | 52.05 | '84 |
| 10. Bob Wilks        | 52.21 | '84 |

## 3000m STEEPLECHASE

|                  |         |     |
|------------------|---------|-----|
| 1. Jan Foerster  | 8:34.78 | '07 |
| 2. Rob Cook      | 8:39.36 | '94 |
| 3. Kyle King     | 8:39.72 | '15 |
| 4. Steve Finley  | 8:40.56 | '10 |
| 5. Adam Visokay  | 8:43.60 | '15 |
| 6. Mike Cotton   | 8:44.44 | '81 |
| 7. Will Gray     | 8:45.82 | '16 |
| 8. Soeren Linder | 8:51.89 | '05 |
| 9. Tim Lloyd     | 8:53.84 | '80 |
| 10. John Hinton  | 8:55.14 | '84 |

## HIGH JUMP

|                          |                        |            |
|--------------------------|------------------------|------------|
| 1. <b>Brenton Foster</b> | <b>2.23m (7'3.75")</b> | <b>'19</b> |
| 2. Herman Moore          | 2.19m (7'2.25")        | '88        |
| Greg Byers               | 2.19m (7'2.25")        | '82        |
| 4. Trey Causey           | 2.13m (6'11.75")       | '19        |
| 5. Greg Nelson           | 2.10m (6'10.75")       | '10        |
| Chris Clementson         | 2.10m (6'10.75")       | '02        |
| Mike Riso                | 2.10m (6'10.75")       | '02        |
| Bob Lund                 | 2.10m (6'10.75")       | '91        |
| 9. Cordell Green         | 2.09m (6'10.25")       | '95        |
| 10. Wes Dungan           | 2.08m (6'9.75")        | '94        |

## POLE VAULT

|                      |                         |            |
|----------------------|-------------------------|------------|
| 1. David Sullivan    | 5.35m (17'6.75")        | '05        |
| 2. <b>Sam Young</b>  | <b>5.25m (17'2.75")</b> | <b>'21</b> |
| 3. Brian Shafer      | 5.20m (17'0.75")        | '93        |
| 4. Jeff Jernigan     | 5.15m (16'10.75")       | '17        |
| 5. <b>Joey Kelly</b> | <b>5.05m (16'6.75")</b> | <b>'21</b> |
| 6. Tom Cooke         | 5.05m (16'6.75")        | '95        |
| 7. Jeff McClurg      | 4.95m (16'2.75")        | '07        |
| 8. David Lewis       | 4.89m (16'0.75")        | '06        |
| 9. David Hood        | 4.88m (16'0.0")         | '88        |
| 10. Mike Hood        | 4.85m (15'11.0")        | '91        |
| Greg Blair           | 4.85m (15'11.0")        | '04        |

## LONG JUMP

|                        |                        |            |
|------------------------|------------------------|------------|
| 1. Jordan Scott        | 7.83m (25'8.25")       | '19        |
| 2. Greg Byers          | 7.70m (25'3.25")       | '82        |
| 3. Mike Harvey         | 7.67m (25'2")          | '69        |
| 4. <b>Owayne Owens</b> | <b>7.48m (24'6.5")</b> | <b>'21</b> |
| 5. Wes Dungan          | 7.48m (24'6.5")        | '94        |
| Tiki Barber            | 7.48m (24'6.5")        | '95        |
| 7. Keith Witherspoon   | 7.45m (24'5.25")       | '76        |
| 8. Bruce Randolph      | 7.43m (24'4.5")        | '84        |
| 9. Dion Woolfolk       | 7.41m (24'3.75")       | '96        |
| 10. Trey Causey        | 7.40m (24'3.5")        | '19        |

## TRIPLE JUMP

|                        |                         |            |
|------------------------|-------------------------|------------|
| 1. Jordan Scott        | 17.08m (56'0.5")        | '19        |
| 2. Marcus Robinson     | 16.46m (54'0")          | '12        |
| 3. <b>Owayne Owens</b> | <b>16.29m (53'5.5")</b> | <b>'21</b> |
| 4. Keith Witherspoon   | 16.27m (53'4.50")       | '76        |
| 5. Ryan Satchell       | 15.98m (52'5.25")       | '14        |
| 6. Chike Chukwolie     | 15.94m (52'3.75")       | '90        |
| 7. Aaron Worrell       | 15.72m (51'7")          | '17        |
| 8. Greg Byers          | 15.56m (51'0.75")       | '84        |
| 9. Cornell Grayson     | 15.55m (51'0.50")       | '90        |
| 10. Donald Scott       | 15.43m (50'7.50")       | '94        |

## SHOT PUT

|                          |                          |            |
|--------------------------|--------------------------|------------|
| 1. Filip Mihaljevic      | 21.30m (69'10.75")       | '17        |
| 2. Oghenakpobo Efekoro   | 20.39m (66'10.75")       | '17        |
| 3. Jordan Young          | 19.80m (64'11.5")        | '15        |
| 4. Nick Vena             | 19.51m (64'0.25")        | '12        |
| 5. <b>Claudio Romero</b> | <b>18.47m (60'7.25")</b> | <b>'21</b> |
| 6. Yemi Ayeni            | 18.23m (59'9.75")        | '09        |
| 7. Nace Plesko           | 18.30m (61'0.05")        | '17        |
| 8. Kevin Latham          | 18.04m (59'2.5")         | '85        |
| 9. Mike Murphy           | 17.15m (56'3.25")        | '93        |
| 10. Thom McKinney        | 17.06m (55'11.75")       | '91        |

## DISCUS

|                          |                        |            |
|--------------------------|------------------------|------------|
| 1. Filip Mihaljevic      | 63.76m (209'2")        | '17        |
| 2. <b>Claudio Romero</b> | <b>62.56m (205'3")</b> | <b>'21</b> |
| 3. Jordan Young          | 62.27m (204'3")        | '15        |
| 4. Yemi Ayeni            | 61.11m (200'6")        | '07        |
| 5. <b>Jacob Lemmon</b>   | <b>58.54m (192'1")</b> | <b>'21</b> |
| 6. Larry Wilson          | 57.91m (190'0")        | '99        |
| 7. Kevin Latham          | 56.71m (186'1")        | '85        |
| 8. Phil Vincenzes        | 55.98m (183'8")        | '82        |
| 9. Nace Plesko           | 55.19m (181'1")        | '18        |
| 10. Nick Vena            | 54.84m (179'11")       | '12        |

## HAMMER THROW

|                        |                        |            |
|------------------------|------------------------|------------|
| 1. Hilmar Jonsson      | 75.26m (246'11")       | '19        |
| 2. Jordan Young        | 70.73m (232'1")        | '15        |
| 3. <b>Jacob Lemmon</b> | <b>66.14m (217'0")</b> | <b>'21</b> |
| 4. Vincenzo Chiariello | 64.29m (210'11")       | '12        |
| 5. Oghenakpobo Efekoro | 60.88m (199'9")        | '19        |
| 6. Bill Johnston       | 58.19m (190'11")       | '01        |
| 7. <b>Ty Kunzman</b>   | <b>57.70m (189'4")</b> | <b>'21</b> |
| 8. Robert Guider       | 55.67m (182'8")        | '10        |
| 9. James Fuson         | 55.53m (182'2")        | '12        |
| 10. Phil Vincenzes     | 53.23m (174'8")        | '79        |

## JAVELIN

|                       |                        |            |
|-----------------------|------------------------|------------|
| 1. <b>Ethan Dabbs</b> | <b>76.04m (249'6")</b> | <b>'19</b> |
| 2. Andy Fahringer     | 75.19m (246'8")        | '12        |
| 3. Brian Kollar       | 74.22m (243'6")        | '01        |
| 4. John Welch         | 72.19m (236'10")       | '02        |
| 5. Steve Kiessling    | 69.67m (228'7")        | '92        |
| 6. Kyle Smith         | 69.43m (227'9")        | '15        |
| 7. James Murdock      | 63.93m (209'9")        | '02        |
| 8. Stephen Dunphy     | 61.62m (202'2")        | '94        |
| 9. Tucker Rizzi       | 61.46m (201'8")        | '18        |
| 10. Anthony Bouselli  | 60.89m (199'9")        | '16        |

## DECATHLON

|                       |       |     |
|-----------------------|-------|-----|
| 1. Stephen Dunphy     | 7,920 | '92 |
| 2. Willy Pirtle       | 7,676 | '82 |
| 3. John Bryan         | 7,666 | '81 |
| 4. Jack Lint          | 7,478 | '17 |
| 5. David Lewis        | 7,105 | '08 |
| 6. Christian Lavorgna | 7,064 | '16 |
| 7. Cam Collins        | 7,004 | '16 |
| 8. Bill Smith         | 6,863 | '83 |
| 9. Sean Sullivan      | 6,847 | '96 |
| 10. John Anderson     | 6,814 | '95 |

## Current Cavaliers in Bold

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



# WOMEN'S OUTDOOR FRESHMAN RECORDS

## 100 METERS

|                  |       |     |
|------------------|-------|-----|
| 1. Jada Seaman   | 11.56 | '21 |
| 2. Kayla Bonnick | 11.60 | '21 |
| 3. Kelly Miller  | 11.70 | '96 |
| 4. Kiamesha Otey | 11.72 | '00 |
| 5. Talia Wise    | 11.85 | '06 |

## 200 METERS

|                    |       |     |
|--------------------|-------|-----|
| 1. Peyton Chaney   | 24.02 | '13 |
| 2. Kayla Bonnick   | 24.03 | '21 |
| 3. Leslie Satchell | 24.04 | '95 |
| 4. Kelly Miller    | 24.14 | '96 |
| 5. Jordan Lavender | 24.19 | '12 |

## 400 METERS

|                     |       |     |
|---------------------|-------|-----|
| 1. Jordan Lavender  | 53.44 | '12 |
| 2. Lisa Garrett     | 54.14 | '81 |
| 3. Andrea Wright    | 54.80 | '14 |
| 4. Chimere Ezumah   | 54.87 | '14 |
| 5. Michelle Samuels | 55.15 | '91 |

## 800 METERS

|                     |         |     |
|---------------------|---------|-----|
| 1. Vanessa Fabrizio | 2:06.76 | '12 |
| 2. Keara Seasholtz  | 2:07.59 | '21 |
| 3. Morgane Gay      | 2:08.29 | '09 |
| 4. Alahna Sabbakhan | 2:08.38 | '21 |
| 5. Madelin Rennyson | 2:09.77 | '19 |

## 1,500 METERS

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

## 5,000 METERS

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

## 10,000 METERS

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

## 100-METER HURDLES

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

## 400-METER HURDLES

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

## 3,000m STEEPLECHASE

|                     |          |     |
|---------------------|----------|-----|
| 1. Stephanie Garcia | 10:15.83 | '07 |
| 2. Sara Sargent     | 10:49.81 | '14 |
| 3. Kendall Cowne    | 10:54.54 | '14 |
| 4. Kiera Bothwell   | 10:55.59 | '18 |
| 5. Janine Ricci     | 10:55.86 | '04 |

## HIGH JUMP

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

## POLE VAULT

|                    |                    |     |
|--------------------|--------------------|-----|
| 1. Bridget Guy     | 4.11m (13' 5.75")  | '15 |
| 2. May Maloney     | 3.95m (12' 11.5")  | '21 |
| 3. Theresa Demaria | 3.93m (12' 10.75") | '17 |
| 4. Gabriella Recce | 3.80m (12' 5.5")   | '21 |
| 5. Katie Freix     | 3.67m (12' 0.5")   | '15 |

## LONG JUMP

|                     |                   |     |
|---------------------|-------------------|-----|
| 1. Kelly Miller     | 6.33m (20' 9.25") | '96 |
| 2. Nicole Kimbrough | 6.29m (20' 7.75") | '94 |
| 3. Jada Seaman      | 6.13m (21' 1.5")  | '21 |
| 4. Mia Barron       | 6.22m (20' 5")    | '16 |
| 5. Sonja Fridy      | 6.12m (20' 1")    | '84 |
| Khyasia Caldwell    | 6.12m (20' 1")    | '18 |

## TRIPLE JUMP

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

## SHOT PUT

|                    |                     |     |
|--------------------|---------------------|-----|
| 1. Maria Deaviz    | 17.18m (56' 4.5")   | '21 |
| 2. Brittany Jones  | 15.69m (51' 5.75")  | '18 |
| 3. Emily Vannoy    | 15.30m (50' 2.5")   | '10 |
| 4. Christine Bohan | 14.62m (47' 11.75") | '14 |
| 5. Maureen Laffan  | 14.58m (47' 10")    | '09 |
| 6. Kristi Martin   | 13.99m (45' 10.75") | '97 |

## DISCUS

|                         |                   |     |
|-------------------------|-------------------|-----|
| 1. Julia Solo           | 52.04m (170' 9")  | '86 |
| 2. Amy Bilmanis         | 51.77m (169' 10") | '06 |
| 3. Thelma Krisjandottir | 50.92m (167' 1")  | '19 |
| 4. Amy Brown            | 48.77m (160' 0")  | '95 |
| 5. Sadey Rodriguez      | 48.29m (158' 5")  | '19 |

## HAMMER THROW

|                   |                  |     |
|-------------------|------------------|-----|
| 1. Eva Mustafic   | 61.18m (200' 9") | '19 |
| 2. Elise Mitchell | 54.46m (178' 8") | '00 |
| 3. Brittany Jones | 53.80m (176' 6") | '18 |
| 4. Amy Bilmanis   | 47.68m (156' 5") | '06 |
| 5. Alexa Manning  | 46.18m (151' 6") | '06 |

## JAVELIN

|                   |                   |     |
|-------------------|-------------------|-----|
| 1. Ann Crouse     | 50.85m (166' 10") | '95 |
| 2. Inge Jorgensen | 50.24m (164' 10") | '00 |
| 3. Caitlin Mautz  | 44.62m (146' 5")  | '15 |
| 4. Meghan Briggs  | 44.45m (145' 10") | '07 |
| 5. Tara Karin     | 43.64m (143' 2")  | '09 |

## HEPTATHLON

|                   |       |     |
|-------------------|-------|-----|
| 1. Susan Brownell | 5,419 | '80 |
| 2. Ann Bair       | 5,340 | '80 |
| 3. Rebecca Grube  | 4,996 | '92 |
| 4. Alana Herran   | 4,771 | '16 |
| 5. Katie Kiladis  | 4,610 | '95 |

## Current Cavaliers in Bold

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



# 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 |
| <b>3. Jordan Willis</b> | 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 |
| <b>5. Jordan Willis</b> | 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        |
| <b>3. Wes Porter</b>   | <b>3:45.58</b> | <b>'21</b> |
| <b>4. Conor Murphy</b> | <b>3:46.50</b> | <b>'21</b> |
| 5. John Hinton         | 3:46.10        | '82        |

## 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        |
| <b>5. Rohann Asfaw</b> | <b>14:12.57</b> | <b>'19</b> |

## 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        |
| <b>4. Derek Johnson</b> | <b>9:14.03</b> | <b>'19</b> |
| 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. <b>Sam Young</b> | <b>5.09m (16' 8.25")</b> | <b>'17</b> |
| 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        |
| <b>4. Claudio Romero</b> | <b>18.47m (60' 7.25")</b> | <b>'21</b> |
| 5. Mike Theuerkauf       | 15.90m (52' 2")           | '89        |

## DISCUS

|                          |                         |            |
|--------------------------|-------------------------|------------|
| <b>1. Claudio Romero</b> | <b>62.56m (205' 3")</b> | <b>'21</b> |
| 2. Filip Mihaljevic      | 60.41m (198' 2")        | '14        |
| <b>3. Jacob Lemmon</b>   | <b>58.54m (191' 1")</b> | <b>'21</b> |
| 4. Larry Wilson          | 55.45m (181' 11")       | '96        |
| 5. Nick Vena             | 54.84m (179' 11")       | '12        |

## HAMMER THROW

|                        |                         |            |
|------------------------|-------------------------|------------|
| 1. Hilmar Jonsson      | 71.52m (234' 8")        | '16        |
| <b>2. Jacob Lemmon</b> | <b>66.16m (217' 0")</b> | <b>'21</b> |
| 3. Bill Johnston       | 57.89m (189' 11")       | '00        |
| 4. Robert Guider       | 55.68m (182' 8")        | '10        |
| 5. Vincenzo Chiariello | 52.37m (171' 10")       | '09        |

## JAVELIN

|                       |                         |            |
|-----------------------|-------------------------|------------|
| <b>1. Ethan Dabbs</b> | <b>76.04m (249' 6")</b> | <b>'19</b> |
| 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 |

## Current Cavaliers in Bold

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



# 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

**1:31.58 Keara Seasholtz 2021**

#### 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

34.04 Jordan Willis 2021

#### 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

### 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,<br>Carter, Gray  | Kentucky          | 43.14              | 2016 |
| 4x400-meter relay        | Fluker, Pringley,<br>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                 | Danniel 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        |
| <b>1,500 meters</b>      | <b>Henry Wynne</b>                   | <b>Virginia</b>  | <b>3:38.05</b>           | <b>2016</b> |
| 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,<br>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                         | Minnesota        | 7.91m (25' 11.5")        | 2016        |
| <b>Triple Jump</b>       | <b>Jordan Scott</b>                  | <b>Virginia</b>  | <b>17.08m (56' 0.5")</b> | <b>2019</b> |
| <b>Shot Put</b>          | <b>Filip Mihaljevic</b>              | <b>Virginia</b>  | <b>20.52m (67' 4")</b>   | <b>2017</b> |
| Discus Throw             | Sam Mattis                           | Penn             | 65.12m (213' 8")         | 2016        |
| <b>Hammer Throw</b>      | <b>Hilmar Jonsson</b>                | <b>Virginia</b>  | <b>75.26m (246' 11")</b> | <b>2019</b> |
| Javelin Throw            | Andy Farhinger                       | Heart Care Group | 76.54m (251' 1")         | 2013        |
| Decathlon                | Gonzalo Barroilhet                   | Florida State    | 8,065 points             | 2012        |



# 2021 INDOOR BESTS

## Women's Top 2021 Indoor Performances Per Event

| WOMEN'S 60 METERS | TIME |
|-------------------|------|
| Halle Hazzard     | 7.23 |
| Jada Seaman       | 7.37 |
| Kayla Bonnick     | 7.47 |

| WOMEN'S 200 METERS | TIME  |
|--------------------|-------|
| Halle Hazzard      | 23.45 |
| Jada Seaman        | 23.56 |
| Kayla Bonnick      | 24.14 |

| WOMEN'S 400 METERS  | TIME  |
|---------------------|-------|
| Andrenette Knight   | 54.56 |
| Anzhelika Parenchuk | 56.08 |
| Abby Comella        | 58.53 |

| WOMEN'S 800 METERS | TIME    |
|--------------------|---------|
| Keara Seasholtz    | 2:08.43 |
| Alahna Sabbakhan   | 2:09.19 |
| *Alix Still        | 2:21.70 |

| WOMEN'S 1,000 METERS | TIME |
|----------------------|------|
|----------------------|------|

| WOMEN'S MILE    | TIME    |
|-----------------|---------|
| Ellie Desmond   | 4:56.88 |
| Claire Bolton   | 4:57.86 |
| Maddie Rennyson | 4:59.35 |

| WOMEN'S 3000 METERS | TIME    |
|---------------------|---------|
| Hannah Moran        | 9:39.64 |
| Lindsay Helena      | 9:45.63 |
| Kiera Bothwell      | 9:56.19 |

| WOMEN'S 5000 METERS | TIME     |
|---------------------|----------|
| Hannah Moran        | 16:42.63 |
| Lindsay Helena      | 16:56.41 |

| WOMEN'S 60M HURDLES | TIME |
|---------------------|------|
| *Alix Still         | 8.62 |
| Nadia Saunders      | 8.77 |

| WOMEN'S HIGH JUMP | MARK             |
|-------------------|------------------|
| Rebecca Hawkins   | 1.76m<br>5'9.25" |
| *Alix Still       | 1.71m<br>5'7.25" |
| Gabi Hayes        | 1.60m<br>5'3"    |

| WOMEN'S POLE VAULT | MARK              |
|--------------------|-------------------|
| Maya Maloney       | 4.12m<br>13'6.25" |
| Gabriella Recce    | 3.74m<br>12'3.25" |
| Riley Larsen       | 3.70m<br>12'1.5"  |

| WOMEN'S LONG JUMP | MARK             |
|-------------------|------------------|
| Jada Seaman       | 6.35m<br>20'10"  |
| Khyasia Caldwell  | 6.18m<br>20'3.5" |
| *Alix Still       | 5.80m<br>19'0.5" |

| WOMEN'S TRIPLE JUMP | MARK                |
|---------------------|---------------------|
| Khyasia Caldwell    | 12.49m<br>40'11.75" |
| Zoe Rice            | 12.47m<br>40'11"    |
| Nadia Saunders      | 12.23m<br>40'1.5"   |

| WOMEN'S SHOT PUT       | MARK               |
|------------------------|--------------------|
| Maria Deaviz           | 15.43m<br>50'7.5"  |
| Brittany Jones         | 15.88m<br>52'1.25" |
| Thelma Kristjansdottir | 14.08m<br>46'2.5"  |

| WOMEN'S WEIGHT THROW | MARK |
|----------------------|------|
|----------------------|------|

| PENTATHLON | SCORE |
|------------|-------|
| Alix Still | 3,974 |

| WOMEN'S DMR                           | TIME     |
|---------------------------------------|----------|
| Bolton, Parenchuk, Rennyson, Bothwell | 11:36.57 |
| Bothwell, Seasholtz, Bolton, Moran    | 11:40.18 |
| Desmond, Sabbakhan, Rennyson, Lindsay | 11:45.99 |

| 4x400m                               | TIME    |
|--------------------------------------|---------|
| Parenchuk, Seaman, Aabbakhan, Knight | 3:40.79 |
| Seasholtz, Knight, Hazzard, Bonnick  | 3:45.63 |

## Men's Top Indoor Indoor Performances Per Event

| MEN'S 60 METERS | TIME |
|-----------------|------|
| Nigel Davis     | 7.03 |
| Owayne Owens    | 7.08 |
| Ayende Watson   | 7.25 |

| MEN'S 200 METERS | TIME  |
|------------------|-------|
| Jordan Willis    | 21.55 |
| Jay Pendarvis    | 22.28 |
| Nigal Davis      | 22.44 |

| MEN'S 400 METERS | TIME  |
|------------------|-------|
| Jordan Willis    | 46.64 |
| Brandon Outlaw   | 46.69 |
| Jay Pendarvis    | 48.10 |

| MEN'S 800 METERS | TIME    |
|------------------|---------|
| Conor Murphy     | 1:49.91 |
| Liam Bellamy     | 1:51.75 |

| MEN'S 1,000 METERS | TIME |
|--------------------|------|
|--------------------|------|

| MEN'S MILE  | TIME    |
|-------------|---------|
| Randy Neish | 4:05.40 |
| Yasin Sado  | 4:06.35 |
| Ka'eo Kruse | 4:11.74 |

| MEN'S 3000 METERS | TIME    |
|-------------------|---------|
| Wes Porter        | 8:06.18 |
| Yasin Sado        | 8:12.95 |
| Derek Johnson     | 8:17.17 |

| MEN'S 5000 METERS | TIME     |
|-------------------|----------|
| Derek Johnson     | 14:16.93 |
| Justin Diehl      | 14:33.25 |
| Peter Morris      | 14:33.64 |

| MEN'S 60M HURDLES | TIME |
|-------------------|------|
| Jeremiah Wilson   | 8.20 |
| *Derek Pekar      | 8.66 |

| MEN'S HIGH JUMP | MARK              |
|-----------------|-------------------|
| Kane Aldrich    | 5.02m<br>16'5.5"  |
| Colin Duignan   | 4.92m<br>16'1.75" |
| *Derek Pekar    | 4.50m<br>14'9"    |

| MEN'S LONG JUMP | MARK              |
|-----------------|-------------------|
| Owayne Owens    | 7.58m<br>24'10.5" |
| Ayende Watson   | 6.89m<br>22'7.25" |
| *Derek Pekar    | 6.79m<br>22'3.5"  |

| MEN'S TRIPLE JUMP | MARK               |
|-------------------|--------------------|
| Owayne Owens      | 16.53m<br>54'2.75" |
| Ayende Watson     | 14.37m<br>47'1.75" |

| MEN'S SHOT PUT | MARK              |
|----------------|-------------------|
| Claudio Romero | 18.44m<br>60'6"   |
| Jacob Lemmon   | 16.47m<br>54'0.5" |
| Elby Omohundro | 12.06m<br>39'7"   |

| MEN'S WEIGHT THROW | MARK                |
|--------------------|---------------------|
| Jacob Lemmon       | 20.05m<br>65'9.5"   |
| Ty Kunzman         | 19.18m<br>62'11.25" |
| Claudio Romero     | 18.47m<br>60'7.25"  |

| HEPTATHLON     | SCORE |
|----------------|-------|
| Elby Omohundro | 5014  |

| MEN'S DMR                     | TIME    |
|-------------------------------|---------|
| Neish, Outlaw, Murphy, Porter | 9:48.73 |

| 4X400M                           | TIME    |
|----------------------------------|---------|
| Pendarvis, Willis, Davis, Outlaw | 3:12.79 |
| Willis, Outlaw, Murphy, Frasier  | 3:21.16 |

\* Multis athlete



# VIRGINIA INDOOR RECORDS

## INDOOR WOMEN'S RECORDS

| Event                       | Name                                     | Time/Mark                    | Date        |
|-----------------------------|--|------------------------------|-------------|
| <b>60 meters</b> .....      | <b>Halle Hazzard</b> .....               | <b>7.23</b> .....            | <b>2021</b> |
| <b>200 meters</b> .....     | <b>Halle Hazzard</b> .....               | <b>23.45</b> .....           | <b>2021</b> |
| 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        |
| <b>Long Jump</b> .....      | <b>Jada Seaman</b> .....                 | <b>6.46m (21'2.5")</b> ..... | <b>2020</b> |
| 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        |
| <b>200 meters</b> .....        | <b>Jordan Willis</b> .....                  | <b>21.42</b> .....            | <b>2020</b> |
| <b>400 meters</b> .....        | <b>Brandon Outlaw</b> .....                 | <b>46.58</b> .....            | <b>2020</b> |
| 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        |
| <b>4x400-meter relay</b> ..... | <b>Willis, Shirley, Dixon, Outlaw</b> ..... | <b>3:11.76</b> .....          | <b>2018</b> |
| 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        |
| <b>Long Jump</b> .....         | <b>Owayne Owens</b> .....                   | <b>7.58m (24'10.5")</b> ..... | <b>2021</b> |
|                                | 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        |



# UVA INDOOR RELAY RECORDS

## 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. | <b>3:40.79</b> | <b>Parenchuk, Seaman, Sabbakhan, Knight</b> | <b>2021</b> |

### 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'S INDOOR RECORDS

### 4x400

|    |                |   |             |
|----|----------------|---|-------------|
| 1. | 3:11.76        | <b>Willis, Shirley, Dixon, Outlaw</b>   | 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. | <b>3:12.79</b> | <b>Pendarvis, Willis, Davis, Outlaw</b> | <b>2021</b> |

### 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 |



# WOMEN'S INDOOR TOP PERFORMANCES

## 60 METERS

|                              |      |     |
|------------------------------|------|-----|
| 1. Halle Hazzard .....       | 7.23 | '21 |
| 2. Jada Seaman .....         | 7.37 | '21 |
| 3. Kiamesha Otey .....       | 7.37 | '03 |
| 4. Sonja Fridy .....         | 7.39 | '86 |
| 5. Peyton Chaney .....       | 7.40 | '16 |
| Anna Jefferson .....         | 7.40 | '20 |
| 7. Pam Lemons .....          | 7.43 | '93 |
| 8. Jordan Lavender .....     | 7.49 | '15 |
| 9. Kayla Bonnick .....       | 7.47 | '21 |
| 10. Janne'a Bridgeford ..... | 7.50 | '08 |

## 200 METERS

|                            |       |     |
|----------------------------|-------|-----|
| 1. Halle Hazzard .....     | 23.45 | '21 |
| 2. Jada Seaman .....       | 23.56 | '21 |
| 3. Jordan Lavender .....   | 23.80 | '15 |
| 4. Peyton Chaney .....     | 23.84 | '16 |
| 5. Anna Jefferson .....    | 23.92 | '20 |
| 6. Danielle Williams ..... | 23.97 | '12 |
| 7. Kayla Bonnick .....     | 24.14 | '21 |
| 8. Kelly Miller .....      | 24.17 | '99 |
| 9. Angela Lee .....        | 24.30 | '99 |
| 10. Kiamesha Otey .....    | 24.34 | '03 |

## 400 METERS

|                            |       |     |
|----------------------------|-------|-----|
| 1. Jordan Lavender .....   | 52.59 | '13 |
| 2. Andrenette Knight ..... | 53.50 | '20 |
| 3. Anna Jefferson .....    | 53.33 | '19 |
| 4. Lisa Garrett .....      | 54.07 | '81 |
| 5. Angela Lee .....        | 54.29 | '99 |
| 6. Carielle Doe .....      | 54.52 | '02 |
| 7. Cathron Birge .....     | 54.61 | '90 |
| 8. Sonja Fridy .....       | 54.95 | '87 |
| 9. Angela Griffith .....   | 55.38 | '92 |
| 10. Erin Crawford .....    | 55.42 | '07 |

## 800 METERS

|                           |         |     |
|---------------------------|---------|-----|
| 1. Vanessa Fabrizio ..... | 2:07.24 | '15 |
| 2. Emma Call .....        | 2:07.39 | '17 |
| 3. Lyndsay Harper .....   | 2:07.64 | '11 |
| 4. Morgane Gay .....      | 2:08.07 | '09 |
| 5. Keara Seasholtz .....  | 2:08.43 | '21 |
| 6. Alahna Sabbakhan ..... | 2:09.19 | '21 |
| 7. Kim Kelly .....        | 2:09.27 | '85 |
| 8. Jill Haworth .....     | 2:09.62 | '83 |
| 9. Cathron Birge .....    | 2:09.71 | '90 |
| 10. Colette Gnade .....   | 2:09.80 | '13 |

## MILE

|                          |         |     |
|--------------------------|---------|-----|
| 1. Jill Haworth .....    | 4:34.32 | '82 |
| 2. Morgane Gay .....     | 4:34.38 | '12 |
| 3. Vicky Fouhy .....     | 4:34.87 | '13 |
| 4. Lesley Welch .....    | 4:35.56 | '82 |
| 5. Iona Lake .....       | 4:36.11 | '16 |
| 6. Marissa Schmidt ..... | 4:41.10 | '82 |
| 7. Michele Rowen .....   | 4:41.57 | '87 |
| 8. Lisa Welch .....      | 4:41.96 | '82 |
| 9. Catherine White ..... | 4:42.80 | '11 |
| 10. Margaret Groos ..... | 4:43.9h | '79 |

## 3,000 METERS

|                           |         |     |
|---------------------------|---------|-----|
| 1. Cleo Boyd .....        | 9:18.20 | '17 |
| Claire Forbes .....       | 9:18.80 | '92 |
| 3. Stephanie Garcia ..... | 9:19.44 | '11 |
| 4. Martha White .....     | 9:19.58 | '83 |
| 5. Iona Lake .....        | 9:22.75 | '15 |
| 6. Barbara Strehler ..... | 9:22.85 | '14 |
| 7. Morgan Kelly .....     | 9:23.21 | '15 |
| 8. Catherine White .....  | 9:24.43 | '10 |
| 9. Patty Matava .....     | 9:25.83 | '87 |
| 10. Michele Rowen .....   | 9:25.8h | '85 |

## 5,000 METERS

|                           |          |     |
|---------------------------|----------|-----|
| 1. Margaret Groos .....   | 15:34.71 | '81 |
| 2. Cleo Boyd .....        | 16:04.76 | '17 |
| 3. Morgan Kelly .....     | 16:10.73 | '15 |
| 4. Barbara Strehler ..... | 16:16.32 | '14 |
| 5. Emily Harrison .....   | 16:16.53 | '08 |
| 6. Lesley Welch .....     | 16:21.6h | '82 |
| 7. Maria Hauger .....     | 16:22.07 | '14 |
| 8. Anna Corrigan .....    | 16:25.81 | '12 |
| 9. Kara Scanlin .....     | 16:27.61 | '08 |
| 10. Martha White .....    | 16:31.6h | '82 |

## 600 HURDLES

|                            |      |     |
|----------------------------|------|-----|
| 1. Alexis Woodley .....    | 8.31 | '20 |
| 2. Ciara Leonard .....     | 8.38 | '18 |
| 3. Ayla Smith .....        | 8.39 | '09 |
| 4. Andrenette Knight ..... | 8.48 | '20 |
| 5. Heather Smith .....     | 8.54 | '16 |
| 6. Kim Turko .....         | 8.55 | '01 |
| 7. Chidi Uche .....        | 8.58 | '10 |
| 8. Lauren Echko .....      | 8.60 | '09 |
| 9. Alix Still* .....       | 8.62 | '21 |
| 10. Bianca DeBartolo ..... | 8.65 | '07 |

## HIGH JUMP

|                            |                   |     |
|----------------------------|-------------------|-----|
| 1. Sherry Gould .....      | 1.87m (6' 1.5")   | '94 |
| 2. Ann Bair .....          | 1.83m (6' 0")     | '83 |
| 3. Robin Landes .....      | 1.82m (5' 11.25") | '88 |
| 4. Karen DiDonato .....    | 1.80m (5' 10.75") | '91 |
| 5. Pearl Bickersteth ..... | 1.79m (5' 10.5")  | '12 |
| 6. Rachel Marks .....      | 1.78m (5' 10")    | '04 |
| 7. Rebecca Hawkins .....   | 1.76m (5' 9.25")  | '21 |
| 8. Kate Doyle .....        | 1.75m (5' 8.75")  | '90 |
| 9. Janelle Clayton .....   | 1.74m (5' 8.5")   | '10 |
| 10. Susan Brownell .....   | 1.73m (5' 8.25")  | '80 |
| Karen Hatchett .....       | 1.73m (5' 8.25")  | '81 |

## POLE VAULT

|                          |                    |     |
|--------------------------|--------------------|-----|
| 1. Bridget Guy .....     | 4.41m (14' 5.5")   | '19 |
| 2. Maya Maloney .....    | 4.12m (13' 6.25")  | '20 |
| Sarah DeVita .....       | 3.97m (13' 0.25")  | '15 |
| 4. Theresa Demaria ..... | 3.96m (12' 11.75") | '17 |
| 5. Katie Freix .....     | 3.95m (12' 11.5")  | '18 |
| 6. Vika Oспенко .....    | 3.80m (12' 5.75")  | '03 |
| Riley Larsen .....       | 3.80m (12' 5.5")   | '20 |
| 8. Katie Darraugh .....  | 3.75m (12' 3.5")   | '10 |
| 9. Gabriella Recce ..... | 3.74m (12' 3.25")  | '21 |
| 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 |
| Trina Barcarola .....    | 3.60m (11' 9.75")  | '21 |

## LONG JUMP

|                           |                    |     |
|---------------------------|--------------------|-----|
| 1. Jada Seaman .....      | 6.46m (21' 2.5")   | '20 |
| 2. Dana Boone .....       | 6.44m (21' 1.50")  | '91 |
| 3. Kiamesha Otey .....    | 6.39m (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 Miller .....     | 6.22m (20' 5")     | '99 |
| 8. Angela Griffith .....  | 6.15m (20' 2.25")  | '92 |
| 9. Latanya Wynn .....     | 6.10m (20' 0.25")  | '88 |
| 10. Tomika Ferguson ..... | 6.09m (19' 11.75") | '06 |
| Mia Barron .....          | 6.09m (19' 11.75") | '18 |

## TRIPLE JUMP

|                           |                    |     |
|---------------------------|--------------------|-----|
| 1. Tomika Ferguson .....  | 13.53m (44' 4.75") | '07 |
| 2. Naccolle Guinn .....   | 13.14m (43' 1.25") | '01 |
| 3. Khyasia Caldwell ..... | 13.05m (42' 9.75") | '21 |
| 4. Kelly McKee .....      | 13.00m (42' 8")    | '19 |
| 5. Dallas Rose .....      | 12.98m (42' 7")    | '12 |
| 6. Dana Boone .....       | 12.86m (42' 2.25") | '91 |
| 7. Michele Johnson .....  | 12.78m (41' 11")   | '87 |
| 8. Mia Barron .....       | 12.71m (41' 8.5")  | '17 |
| 9. Rashawnda James .....  | 12.59m (41' 3.75") | '09 |
| 10. Zoe Rice .....        | 12.47m (40' 11")   | '21 |

## SHOT PUT

|                              |                     |     |
|------------------------------|---------------------|-----|
| 1. Billie-Jo Grant .....     | 16.55m (54' 3.5")   | '08 |
| 2. Christine Bohan .....     | 16.53m (54' 2.75")  | '16 |
| 3. Brittany Jones .....      | 16.27m (53' 4.5")   | '20 |
| 4. Maureen Laffan .....      | 15.97m (52' 4.75")  | '10 |
| 5. Eliese Mitchell .....     | 15.72m (51' 7")     | '03 |
| 6. Kelly Bodiford .....      | 15.65m (51' 4.25")  | '91 |
| 7. Maria Deaviz .....        | 15.43m (50' 7.4")   | '21 |
| 8. Emily Vannoy .....        | 15.42m (50' 7.25")  | '10 |
| 9. Anna Grant .....          | 14.94m (49' 0.25")  | '08 |
| 10. Alexa Manning .....      | 14.93m (48' 11.75") | '08 |
| 10. T. Kristjansdottir ..... | 14.08m (46' 2.5")   | '21 |

## WEIGHT THROW

|                          |                    |     |
|--------------------------|--------------------|-----|
| 1. Eliese Mitchell ..... | 20.06m (65' 9.75") | '02 |
| 2. Maureen Laffan .....  | 18.54m (60' 10")   | '12 |
| 3. Erin Wykoff .....     | 17.75m (58' 3")    | '12 |
| 4. Jade Baker .....      | 17.46m (57' 3.5")  | '19 |
| 5. Alexa Manning .....   | 17.09m (56' 1")    | '08 |
| 6. Ann Crouse .....      | 17.08m (56' 0.5")  | '96 |
| 7. Eve Mustafic .....    | 16.92m (55' 6.25") | '19 |
| 8. Lauren Connelly ..... | 16.67m (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 Grube .....    | 4,108 | '95 |
| 3. Alix Still .....       | 3,974 | '21 |
| 4. Holly Sullivan .....   | 3,912 | '18 |
| 5. Ayla Smith .....       | 3,879 | '09 |
| 6. Sherry Gould .....     | 3,789 | '94 |
| 7. Beth Sheehan .....     | 3,678 | '83 |
| 8. Bianca DeBartolo ..... | 3,661 | '07 |
| 9. Anna Finger .....      | 3,659 | '13 |
| 10. Curtrell Frye .....   | 3,644 | '02 |

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





# MEN'S INDOOR TOP PERFORMANCES

## 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. <b>Jordan Willis</b> .....  | 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. <b>Brandon Outlaw</b> ..... | 21.89 | '20 |
| 10. Rauh Turner.....           | 22.00 | '98 |

## 400 METERS

|                                |              |     |
|--------------------------------|--------------|-----|
| 1. <b>Brandon Outlaw</b> ..... | 46.58        | '20 |
| 2. Payton Hazzard.....         | 46.60        | '15 |
| 3. <b>Jordan Willis</b> .....  | 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. <b>Jay Pendarvis</b> ..... | <b>48.10</b> | '21 |

## 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. <b>Conor Murphy</b> ..... | <b>1:49.91</b> | '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 |

## 600 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. <b>Brenton Foster</b> ..... | 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 Jernigan.....            | 5.10m (16'8.75")        | '17 |
| 5. Tommy Cooke.....           | 5.05m (16'6.75")        | '95 |
| 6. <b>Kane Aldrich</b> .....  | <b>5.02m (16'5.5")</b>  | '21 |
| 7. Matt Armentrout.....       | 5.01m (16'5.25")        | '13 |
| 8. Danny Thompson.....        | 4.98m (16'4")           | '81 |
| 9. <b>Colin Duignan</b> ..... | <b>4.92m (16'0.75")</b> | '21 |
| 10. Greg Blair.....           | 4.90m (16'1")           | '05 |
| David Lewis.....              | 4.90m (16'1")           | '08 |

## LONG JUMP

|                               |                         |     |
|-------------------------------|-------------------------|-----|
| 1. <b>Owayne Owens</b> .....  | <b>7.58m (24'10.5")</b> | '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. <b>Ayende Watson</b> ..... | <b>7.41m (24'3.75")</b> | '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. <b>Owyane Owens</b> ..... | <b>16.53m (54'2.75")</b> ..... | '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. <b>Claudio Romero</b> ..... | <b>18.44m (60'6)</b> ..... | '21 |
| 8. Kevin Latham.....           | 17.62m (57'9.75").....     | '84 |
| 9. Thom McKinney.....          | 17.12m (56'2").....        | '91 |
| 10. Mike Murphy.....           | 17.10m (56'1.25").....     | '93 |

## WEIGHT THROW

|                                |                                 |     |
|--------------------------------|---------------------------------|-----|
| 1. Jordan Young.....           | 22.92m (75'2.5").....           | '15 |
| 2. Hilmar Jonsson.....         | 21.37m (70'1.5").....           | '18 |
| 3. <b>Jacob Lemmon</b> .....   | <b>20.05m (65'9.5")</b> .....   | '21 |
| 4. Oghenakpobo Efekoro.....    | 19.90m (65'13.5").....          | '18 |
| 5. Vincenzo Chiariello.....    | 19.38m (63'7").....             | '12 |
| 6. <b>Ty Kunzman</b> .....     | <b>19.18m (62'11.25")</b> ..... | '21 |
| 7. <b>Claudio Romero</b> ..... | <b>18.47m (60'7.25")</b> .....  | '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. <b>Derek Pekar</b> .....    | <b>5,362</b> | '20 |
| 3. David Sullivan.....         | 5,178        | '04 |
| 4. David Lewis.....            | 5,139        | '08 |
| 5. Christian Lavorgna.....     | 5,113        | '16 |
| 6. <b>Elby Omohundro</b> ..... | <b>5,038</b> | '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

- Halle Hazzard** .....7.32 ..... '19
- Jada Seaman** .....7.46 ..... '20
- Kayla Bonnick**.....**7.47** .....**'21**
- Jordan Lavender .....7.57 ..... '12
- Peyton Chaney .....7.60 ..... '13
- Tori McKenzie .....7.60 ..... '14

## 200-METER DASH

- Jada Seamon** .....23.93 ..... '20
- Halle Hazzard** .....24.09 ..... '19
- Kayla Bonnick**.....**24.14** .....**'21**
- Jordan Lavender .....24.25 ..... '12
- Peyton Chaney .....24.31 ..... '13

## 300-METER DASH

- Jordan Lavender .....39.05 ..... '12
- Julie Sandy .....39.43 ..... '87
- Anna Jefferson** .....39.63 ..... '17
- Kiana Hairston .....40.15 ..... '15
- Kayla Bonnick**.....**40.25** .....**'21**

## 400-METER DASH

- Jordan Lavender .....54.69 ..... '12
- Michelle Samuels .....55.81 ..... '91
- Meagan Gillespie .....56.07 ..... '09
- Anzhelika Parenchuk** .....**56.08** .....**'21**
- Chimere Ezumah .....56.27 ..... '14

## 500-METER DASH

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

## 800-METER RUN

- Emma Call.....2:07.39 ..... '17
- Morgane Gay .....2:08.07 ..... '09
- Keara Seasholtz** .....**2:08.43** .....**'21**
- Vanessa Fabrizio .....2:08.79 ..... '11
- Sandy Schuler .....2:09.90 ..... '85

## 1000-METER RUN

- Sandy Schuler .....2:44.40 ..... '85
- Shelley McBride .....2:50.40 ..... '86
- Maddie Rennyson** .....2:54.65 ..... '18
- Claire Forbes .....2:55.31 ..... '90
- Alexia Roux.....2:56.80 ..... '16

## 1-MILE RUN

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

## 3000-METER RUN

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

## 5000-METER RUN

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

## 60-METER HURDLES

- Alexis Woodley .....8.56 ..... '17
- Ayla Smith .....8.68 ..... '07
- Kim Turko .....8.69 ..... '98
- Ciara Leonard .....8.74 ..... '16
- Shantell Bingham.....8.82 ..... '12
- Nadia Saunders** .....**8.77** .....**'21**

## HIGH JUMP

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

## POLE VAULT

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

## LONG JUMP

- Jada Seaman**.....6.46m (21' 2.5") ..... '20
- Kiamesha Otey .....6.00m (19' 8.25") ..... '00
- Sonja Fridy .....5.99m (19' 8") ..... '84
- Dana Boone .....5.96m (19' 6.75") ..... '88
- Mia Barron .....5.94m (19' 6") ..... '15

## TRIPLE JUMP

- Dallas Rose.....12.56m (41' 2.5") ..... '10
- Mia Barron .....12.33m (40' 5.5") ..... '15
- Britni Strates .....12.32m (40' 5") ..... '12
- Nadia Saunders**.....**12.23m (40' 1.5")** .....**'21**
- Rashawanda James 12.19m (40' 0") ..... '08

## SHOT PUT

- Maria Deaviz.....15.43m (50' 7.5") ..... '21
- Emily Vannoy .....15.42m (50' 7.25") ..... '10
- Brittany Jones** .....15.21m (49'11") ..... '18
- Anna Grant .....14.94m (49' 0.25") ..... '08
- Christine Bohan .....14.78m (48' 6") ..... '14

## WEIGHT THROW

- Eva Mustafic**.....16.92m (55'6.25") ..... '19
- Brittany Jones** .....16.24m (53'3.5") ..... '18
- Emily Vannoy .....16.00m (52' 6") ..... '10
- Kristy Martin.....15.50m (50' 10.5") ..... '97
- Erin Wykoff .....15.11m (49' 7") ..... '09

## PENTATHLON

- Beth Sheehan.....3,678 ..... '83
- Katie Ollendick .....3,443 ..... '94
- Holly Sullivan .....3,411 ..... '16
- Alana Herran .....3,396 ..... '16
- 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 McLaughlin .....6.89 ..... '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 Abdulrazaaq .....22.24 ..... '08
5. **Jay Pendarvis** .....**22.28** ..... '**21**

## 300 METERS

1. Anthony Swan .....34.11 ..... '86
2. Adam Abdulrazaaq .....34.63 ..... '08
3. Patrick Farmer .....34.74 ..... '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. **Jay Pendarvis** .....**48.10** ..... '**21**
5. Meikle Paschal .....48.11 ..... '08

## 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 Andrews .....1:48.39 ..... '10
2. Anthony Kostelac .....1:49.24 ..... '11
3. Paul Ereng.....1:49.31 ..... '88
4. **Conor Murphy** .....**1:49.91** ..... '**21**
5. Nathan Kiley.....1:51.08 ..... '14

## 1000 METERS

1. Rob Pearce.....2:27.69 ..... '97
2. Billy Convey .....2:28.30 ..... '84
3. TJ Hobart .....2:28.40 ..... '11
4. Brett Johnson .....2:28.47 ..... '10
5. Ken Cheeseman .....2:29.80 ..... '85

## MILE

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

## 3,000 METERS

1. Adam Visokay .....7:57.46 ..... '14
2. **Wes Porter**.....**8:06.18** ..... '**21**
3. Brent Demarest .....8:09.59 ..... '15
4. Connor Rog .....8:09.76 ..... '14
5. Chase Weaverling .....8:11.28 ..... '16

## 5,000 METERS

1. Thomas Madden .....13:57.01 ..... '15
2. Chris Foley .....14:03.67 ..... '12
3. Chase Weaverling .....14:03.72 ..... '16
4. Brent Demarest .....14:14.74 ..... '15
5. Connor Rog .....14:15.23 ..... '14

## 60m HURDLES

1. Adam Abdulrazaaq .....7.98 ..... '08
2. Aaron Sheppherd .....8.03 ..... '11
3. Jarrett Hagwood.....8.05 ..... '99
4. **Jeremiah Wilson**.....**8.20** ..... '**21**
5. Marion Mason .....8.23 ..... '98
- Devin Brewer .....8.23 ..... '12
- Jack Lint .....8.23 ..... '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 Green .....2.00m (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 Williams .....4.87m (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 Mason .....7.24m (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 Satchell .....15.02m (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. **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** .....**20.05m (65' 9.5")** ..... '**21**
3. Oghenekpobo Efekoro .....18.86m (61' 10.5") ..... '16
4. **Claudio Romero**.....**18.47m (60' 7.25")** ..... '**21**
5. Vincenzo Chiarello.....16.40m (53' 9.75") ..... '09

## HEPTATHLON

1. Jack Lint .....5,358 ..... '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



# VIRGINIA CHALLENGE RECORDS

## VIRGINIA CHALLENGE WOMEN'S RECORDS

| Event                    | Name                               | Affiliation             | Time/Mark            | Date             |
|--------------------------|------------------------------------|-------------------------|----------------------|------------------|
| 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             |
| <b>High Jump</b>         | <b>Moira Cronin/Madeline Fagan</b> | <b>Virginia/Georgia</b> | <b>1.83m (6' 0")</b> | <b>2013/2017</b> |
| 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        |
| <b>1,500 meters</b>      | <b>Henry Wynne</b>                 | <b>Virginia</b>    | <b>3:38.05</b>            | <b>2016</b> |
| 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   |
| <b>Triple Jump</b>       | <b>Jordan Scott</b>                | <b>Virginia</b>    | <b>17.07m (56' 0.05")</b> | <b>2019</b> |
| <b>Shot Put</b>          | <b>Filip Mihaljevic</b>            | <b>Virginia</b>    | <b>20.52m (67' 4")</b>    | <b>2017</b> |
| 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

| Event                           | Name                                      | Affiliation     | Time/Mark                 | Date        |
|---------------------------------|---|-----------------|---------------------------|-------------|
| <b>100 meters</b>               | <b>Peyton Chaney</b>                      | <b>Virginia</b> | <b>11.68</b>              | <b>2015</b> |
| 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        |
| <b>1,500 meters</b>             | <b>Iona Lake</b>                          | <b>Virginia</b> | <b>4:27.10</b>            | <b>2015</b> |
| <b>3,000 meters</b>             | <b>Kathleen Stevens</b>                   | <b>Virginia</b> | <b>10:05.92</b>           | <b>2014</b> |
| 100-meter hurdles               | Breana Norman                             | Hampton         | 13.60                     | 2014        |
| 400-meter hurdles               | Ansley Gebben                             | Liberty         | 1:01.25                   | 2014        |
| <b>2,000-meter steeplechase</b> | <b>Sara Sargent</b>                       | <b>Virginia</b> | <b>6:59.52</b>            | <b>2014</b> |
| 3,000-meter steeplechase        | Betel Yosef                               | Liberty         | 11:15.39                  | 2013        |
| <b>4x100-meter relay</b>        | <b>Rose, Wright, Chaney, Lavender</b>     | <b>Virginia</b> | <b>45.19</b>              | <b>2014</b> |
| <b>4x400-meter relay</b>        | <b>Ezumah, Fabrizio, Brickhill, Smith</b> | <b>Virginia</b> | <b>3:43.20</b>            | <b>2014</b> |
| <b>High Jump</b>                | <b>Moira Cronin</b>                       | <b>Virginia</b> | <b>1.70m (5' 7")</b>      | <b>2013</b> |
| <b>Pole Vault</b>               | <b>Bridget Guy</b>                        | <b>Virginia</b> | <b>3.80m (12' 5.5")</b>   | <b>2015</b> |
| <b>Long Jump</b>                | <b>Edy Ndem</b>                           | <b>Virginia</b> | <b>6.01m (19' 8.75")</b>  | <b>2014</b> |
| <b>Triple Jump</b>              | <b>Dallas Rose</b>                        | <b>Virginia</b> | <b>12.93m (42' 5.25")</b> | <b>2014</b> |
| <b>Shot Put</b>                 | <b>Christine Bohan</b>                    | <b>Virginia</b> | <b>15.96m (52' 4.5")</b>  | <b>2015</b> |
| Discus Throw                    | Mychelle Cumings                          | Liberty         | 49.92m (163' 9")          | 2015        |
| Hammer Throw                    | Jennifer Nicholson Smith                  | Liberty         | 50.76m (166' 6")          | 2015        |
| <b>Javelin Throw</b>            | <b>Abbey Karin</b>                        | <b>Virginia</b> | <b>45.63m (149' 8")</b>   | <b>2014</b> |

## 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        |
| <b>1,500 meters</b>      | <b>Drew Paisley</b>                   | <b>Virginia</b> | <b>3:57.00</b>           | <b>2013</b> |
| <b>3,000 meters</b>      | <b>Thomas Porter</b>                  | <b>Virginia</b> | <b>8:35.23</b>           | <b>2014</b> |
| 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        |
| <b>High Jump</b>         | <b>Tommy DeVita</b>                   | <b>Virginia</b> | <b>2.05m (6' 8.75")</b>  | <b>2013</b> |
| 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        |
| <b>Triple Jump</b>       | <b>Ryan Satchell</b>                  | <b>Virginia</b> | <b>15.71m (51' 6.5")</b> | <b>2014</b> |
| <b>Shot Put</b>          | <b>Jordan Young</b>                   | <b>Virginia</b> | <b>18.64m (61' 2")</b>   | <b>2015</b> |
| <b>Discus Throw</b>      | <b>Filip Mihaljevic</b>               | <b>Virginia</b> | <b>60.11m (197' 2")</b>  | <b>2014</b> |
| Hammer Throw             | Ryan Smith                            | Liberty         | 54.75m (179' 7")         | 2013        |
| Javelin Throw            | Steve Feister                         | Liberty         | 67.65m (221' 11")        | 2015        |





# VIRGINIA GRAND PRIX RECORDS

## VIRGINIA GRAND PRIX WOMEN'S RECORDS

| Event                    | Name                               | Affiliation             | Time/Mark               | Date             |
|--------------------------|------------------------------------|-------------------------|-------------------------|------------------|
| 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             |
| <b>High Jump</b>         | <b>Moira Cronin/Madeline Fagan</b> | <b>Virginia/Georgia</b> | <b>1.83m (6' 0")</b>    | <b>2013/2017</b> |
| <b>Pole Vault</b>        | <b>Bridge Guy</b>                  | <b>Virginia</b>         | <b>4.46m (14' 7.5")</b> | <b>2018</b>      |
| 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                 | Nikki Okwelogu                     | Harvard                 | 16.78m (55' 0.75")      | 2015             |
| Discus Throw             | Katelyn Daniels                    | Michigan State          | 56.04m (183' 10")       | 2015             |
| Hammer Throw             | Jillian Weir                       | Canada                  | 66.13m (216' 11")       | 2017             |
| Javelin Throw            | Irena Sediva                       | Virginia Tech           | 55.96m (183' 7")        | 2016             |
| Heptathlon               | Chelsea Carrier-Eades              | USA                     | 5,930 points            | 2016             |

## VIRGINIA GRAND PRIX 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        |
| <b>1,500 meters</b>      | <b>Henry Wynne</b>                 | <b>Virginia</b>  | <b>3:38.05</b>        | <b>2016</b> |
| 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                       | Minnesota        | 7.91m (25' 11.5")     | 2016        |
| Triple Jump              | Olu Olamigoke                      | Nigeria          | 16.73m (54' 10.75")   | 2014        |
| <b>Shot Put</b>          | <b>Filip Mihaljevic</b>            | <b>Virginia</b>  | <b>20.52m (67'4")</b> | <b>2017</b> |
| Discus Throw             | Eshan Hadadi                       | Iran             | 64.01m (210' 0")      | 2013        |
| Hammer Throw             | Sean Donnelly                      | Minnesota        | 73.31m (240' 6")      | 2016        |
| Javelin Throw            | Andy Farhinger                     | Heart Care Group | 76.54m (251' 1")      | 2013        |
| Decathlon                | Tim Ehrhardt                       | Michigan State   | 8,044 points          | 2018        |