



# 2021 OUTDOOR SEASON BESTS

## Women's Top 2021 Outdoor Performances Per Event

### WOMEN'S 100 METERS

NAME	TIME
Halle Hazzard	11.33
Jada Seaman	11.44
Kayla Bonnick	11.60

### WOMEN'S 200 METERS

NAME	TIME
Halle Hazzard	(w)23.15
Jada Seaman	(w)23.18
Anna Jefferson	23.85

### WOMEN'S 400 METERS

NAME	TIME
Anna Jefferson	53.90
Jada Seaman	55.48
Anzhelika Parenchuk	55.59

### WOMEN'S 800 METERS

NAME	TIME
Michaela Meyer	2:01.82
Keara Seasholtz	2:06.12
Alahna Sabbakhan	2:08.12

### WOMEN'S 1,500 METERS

NAME	TIME
Michaela Meyer	4:11.62
Ellie Desmond	4:21.63
Hannah Moran	4:27.81

### WOMEN'S 3000 STEEPLECHASE

NAME	TIME
Kiera Bothwell	10:22.28
Helena Lindsay	10:25.50
Amelia Kokernak	11:26.79

### WOMEN'S 5000 METERS

NAME	TIME
Hanna Moran	16:28.93
Helena Lindsay	16:48.63
Kiera Bothwell	17:01.87

### WOMEN'S 10000 METERS

NAME	TIME
Hannah Moran	33:38.31

### WOMEN'S 100M HURDLES

NAME	TIME
Andrenette Knight	13.37
Alix Still*	13.85
Zoe Rice	14.59

### WOMEN'S 400M HURDLES

NAME	TIME
Andrenette Knight	56.54
Alix Still*	14:10
Nadia Saunders	14:79

### WOMEN'S HIGH JUMP

NAME	MARK
Rebecca Hawkins	1.75m (5' 8.75")
Alix Still*	1.65m (5' 5")
Gabi Hayes	1.60m (5' 3")

### WOMEN'S POLE VAULT

NAME	MARK
Maya Maloney	4.08m (13' 4.5")
Trina Barcarola	3.83m (12' 6.75")
Gabriella Recce	3.83m (12' 6.75")

### WOMEN'S LONG JUMP

NAME	MARK
Jada Seaman	6.56m (21' 6.25")
Khyasia Caldwell	(w)6.34m (20' 9.75")
Zoe Rice	5.97m (19' 7")

### WOMEN'S TRIPLE JUMP

NAME	MARK
Khyasia Caldwell	13.33m (43' 8.75")
Zoe Rice	12.79m (41' 11.5")
Nadia Saunders	(w)12.36m (40' 6.75")

### WOMEN'S SHOT PUT

NAME	MARK
Maria Deaviz	17.18m (56' 4.5")
Brittany Jones	14.91m (48' 11")
Kaiya Saunders*	13.91m (45' 7.75")

### WOMEN'S DISCUS

NAME	MARK
Thelma Kristjansdottir	52.99m (173' 10")
Maria Deaviz	48.99m (160' 8")
Sadey Rodriguez	48.46m (159' 0")

### WOMEN'S HAMMER

NAME	MARK
Eva Mustafic	61.99m (203' 4")
Brittany Jones	54.05m (177' 4")

### WOMEN'S JAVELIN

NAME	MARK
Kaiya Saunders*	36.39m (119' 4")
Jessica Geller	36.26m (118' 11")
Alix Still*	32.02m (105' 1")

### WOMEN'S HEPTATHLON

NAME	SCORE
Alix Still	5371

### 4x100m

NAME	TIME
Bonnick, Hazzard, Seaman, Jefferson	44.36

### 4x400m

NAME	TIME
Parenchuk, Knight, Seaman, Jefferson	3:36.44
Comella, Seasholtz, Sabbakhan, Parenchuk	3:46.70

## Men's Top 2021 Outdoor Performances Per Event

### MEN'S 100 METERS

NAME	TIME
Brandon Outlaw	(w)10.65
Justice Dixon	10.71
Nigal Davis	(w)10.89

### MEN'S 200 METERS

NAME	TIME
Jordan Willis	(w)21.14
Brandon Outlaw	(w)21.22
Justice Dixon	21.66

### MEN'S 400 METERS

NAME	TIME
Jordan Willis	46.10
Brandon Outlaw	46.35
Jay Pendarvis	48.41

### MEN'S 800 METERS

NAME	TIME
Conor Murphy	1:49.51
Yasin Sado	1:52.40
Davis Young	1:53.61

### MEN'S 1,500 METERS

NAME	TIME
Wes Porter	3:42.92
Randy Neish	3:43.61
Conor Murphy	3:46.50

### MEN'S MILE

NAME	TIME
Wes Porter	4:00.08
Conor Murphy	4:00.09
Randy Neish	4:02.47

### WOMEN'S 3000 STEEPLECHASE

NAME	TIME
Derek Johnson	8:46.00
Yasin Sado	8:57.84

### MEN'S 5000 METERS

NAME	TIME
Wes Porter	13:51.41
Rohann Asfaw	14:07.79
Yasin Sado	14:17.00

### MEN'S 10000 METERS

NAME	TIME
Rohann Asfaw	29:13.95
Alex Corbett	29:16.11
Harry Monroe	29:16.26

### MEN'S 110M HURDLES

NAME	TIME
Jeremiah Wilson	14.63
Derek Pekar*	15.21
Elby Omohundro*	16.09

### MEN'S 400M HURDLES

NAME	TIME
Keith Frasier	53.79
Jeremiah Wilson	57.46

### MEN'S HIGH JUMP

NAME	MARK
Brenton Foster	2.24m (7' 4.25")
Derek Pekar*	1.90m (6' 2.75")
Elby Omohundro*	1.85m (6' 0.75")

### MEN'S POLE VAULT

NAME	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

NAME	MARK
Owayne Owens	7.48m (24' 6.5")
Brenton Foster	(w)7.46m (24' 5.75")
Ayende Watson	7.35m (24' 1.5")

### MEN'S TRIPLE JUMP

NAME	MARK
Owayne Owens	16.45m (53' 11.75")
Dejon Mayo	14.91m (48' 11")
Ayende Watson	14.27m (46' 10")

### MEN'S SHOT PUT

NAME	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

NAME	MARK
Claudio Romero	64.39m (211' 3")
Jacob Lemmon	58.54m (192' 1")
Ty Kunzman	39.89m (130' 10")

### MEN'S HAMMER

NAME	SCORE
Jacob Lemmon	66.15m (217' 0")
Ty Kunzman	60.58m (198' 9")
Claudio Romero	45.76m (150' 1")

### MEN'S JAVELIN

NAME	SCORE
Ethan Dabbs	71.45m (234' 5")
Derek Pekar*	50.96m (167' 2")
Luke Smith*	41.78m (137' 1")

### MEN'S DMR

NAME	TIME
Neish, Outlaw, Murphy, Porter	9:48.73

### 4x100m

NAME	TIME
Kelly, Willis, Outlaw, Dixon	40.83
Pendarvis, Willis, Outlaw, Dixon	45.70

### 4x400m

NAME	TIME
Dixon, Outlaw, Murphy, Frasier	3:13.48
Dixon, Willis, Outlaw, Kelly	3:14.62



# 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>2:01.82</b> .....	<b>2021</b>
<b>1,500 meters</b> .....	<b>Michaela Meyer</b> .....	<b>4:11.62</b> .....	<b>2021</b>
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
<b>400-meter hurdles</b> .....	<b>Andrenette Knight</b> .....	<b>56.54</b> .....	<b>2021</b>
	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>2.24 (7' 4.25")</b> .....	<b>2021</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
<b>Discus Throw</b> .....	<b>Claudio Romero</b> .....	<b>64.39m (211' 3")</b> .....	<b>2021</b>
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.	<b>44.36</b>	<b>Bonnick, Hazzard, Seaman, Jefferson</b>	<b>2021</b>
2.	44.92	Leonard, <b>Hazzard</b> , Woodley, <b>Jefferson</b>	2019
3.	<b>45.02</b>	<b>Bonnick, Caldwell, Seaman, Jefferson</b>	<b>2021</b>
4.	45.11	Kimbrough, Satchell, Edmundson, Alleyne	1995
5.	45.18	Harvey, Otey, Randolph, Doe	2003

#### 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.	<b>3:36.44</b>	<b>Parenchuk, Knight, Seaman, Jefferson</b>	<b>2021</b>
5.	3:36.73	Ezumah, Lavender, Chaney, Wright	2014

### 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. Jada Seaman	11.44	'21
5. Kelly Miller	11.48	'99
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. Jada Seaman	23.54	'21
7. Kelly Miller	23.61	'99
8. Halle Hazzard	23.68	'19
9. Janne'a Bridgeford	23.69	'08
10. Pam Lemons	23.83	'93

## 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	2:01.82	'21
2. Gail Bryant	2:04.21	'85
3. Vanessa Fabrizio	2:04.77	'14
4. Kim Kelly	2:05.23	'84
5. Vicky Fouhy	2:05.55	'13
6. Lyndsay Harper	2:05.84	'11
7. Keara Seasholtz	2:06.12	'21
8. Jill Haworth	2:06.31	'82
9. Phyllis Buber	2:06.96	'86
10. Linda Nicholson	2:07.54	'80

## 1,500 METERS

1. Michaela Meyer	4:11.62	'21
2. Morgane Gay	4:13.20	'12
3. Vicky Fouhy	4:14.51	'13
4. Michelle Rowen	4:15.37	'87
5. Jill Haworth	4:16.06	'83
6. Lesley Welch	4:16.54	'82
7. Margaret Groos	4:16.74	'81
8. Lisa Welch	4:17.74	'82
9. Claire Forbes	4:18.58	'90
10. Stephanie Garcia	4:18.30	'11

## 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. Hannah Moran	33:38.31	'21
5. Emily Harrison	33:40.34	'08
6. Martha White	33:40.50	'83
7. Kara Scanlin	33:53.32	'07
8. Katie Read	33:54.92	'07
9. Jane Maxwell	33:55.98	'03
10. Anna Corrigan	33:58.46	'11

## 100m HURDLES

1. Ciara Leonard	13.26	'18
2. Alexis Woodley	13.31	'18
3. Andrenette Knight	13.37	'21
4. Ayla Smith	13.51	'09
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. Andrenette Knight	56.54	'21
1. Ayla Smith	56.54	'11
3. Erin Crawford	56.87	'06
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. Rebecca Hawkins	1.75m (5' 9")	'21
Karen DiDonato	1.75m (5' 9")	'91

## POLE VAULT

1. Bridget Guy	4.46m (14' 7.5")	'18
2. Maya Maloney	4.08m (13' 4.5")	'21
3. Katie Freix	4.01m (13' 1.75")	'18
4. Theresa Demaria	3.93m (12' 10.75")	'17
5. Trina Barcarola	3.83m (12' 6.75")	'21
Gabriella Recce	3.83m (12' 6.75")	'21
7. Vika Osipenko	3.81m (12' 6")	'03
8. Riley Larsen	3.71m (12' 1")	'21
9. Sarah DeVita	3.71m (12' 2")	'15
10. Katie Darraugh	3.69m (12' 1.5")	'09

## LONG JUMP

1. Dana Boone	6.65m (21' 9.75")	'90
2. Jada Seaman	6.56m (21' 6.25")	'21
3. Kiamesha Otey	6.54m (21' 5.50")	'02
4. Sonja Fridy	6.42m (21' 0.75")	'86
5. Nicole Kimbrough	6.39m (20' 11.50")	'95
6. Kelly Miller	6.33m (20' 9.25")	'96
Tomika Ferguson	6.33m (20' 9.25")	'06
8. Edy Ndem	6.28m (20' 7.25")	'14
9. Khyasia Caldwell	6.23m (20' 5.25")	'21
10. Mia Barron	6.22m (20' 5")	'16

## TRIPLE JUMP

1. Kelly McKee	13.70m (44' 11.5")	'19
2. Khyasia Caldwell	13.33m (43' 9")	'21
3. Tomika Ferguson	13.21m (43' 4.25")	'07
4. Dallas Rose	13.20m (43' 3.75")	'14
5. Dana Boone	13.05m (42' 9.75")	'91
6. Mia Barron	12.96m (42' 6.25")	'18
7. Zoe Rice	12.79m (41' 11.5")	'21
8. Naccolle Guinn	12.71m (41' 8.50")	'01
9. Jessica Caldwell	12.50m (41' 0.25")	'14
10. Nicole Kimbrough	12.49m (40' 11.75")	'95

## SHOT PUT

1. Maria Deaviz	17.18m (56' 4.5")	'21
2. Christine Bohan	16.87m (55' 4.25")	'16
3. Brittany Jones	16.17m (53' 0.75")	'19
4. 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 Vanny	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 Kristjansdóttir	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	61.99m (203' 4")	'21
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. Alix Still	5,370	'21
6. Holly Sullivan	5,317	'17
7. Sherry Gould	5,166	'93
8. Angela Griffith	4,967	'98
9. Suzanne Sweeney	4,915	'97
10. Katie Kiladis	4,855	'97

## 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
<b>7. Justice Dixon</b>	<b>10.71</b>	<b>'21</b>
8. Jarrett Hagwood	10.72	'02
9. Mauri Anderson	10.74	'80
10. Orren Prunty	10.84	'02
Ben Jullien	10.84	'96

## 200 METERS

1. Gerald Howard	20.79	'95
2. Ben Sarpong	20.87	'95
3. Edwin Brown	20.90	'85
<b>4. Jordan Willis</b>	<b>21.16</b>	<b>'21</b>
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
<b>4. Jordan Willis</b>	<b>46.10</b>	<b>'21</b>
<b>5. 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
<b>8. Wes Porter</b>	<b>3:42.92</b>	<b>'21</b>
<b>9. Randy Niesh</b>	<b>3:43.61</b>	<b>'21</b>
10. Ray Weeden	3:43.65	'99

## 5,000 METERS

1. Kris Herdt	13:37.44	'87
2. Henry Wynne	13:43.53	'17
3. Sean Keveren	13:48.34	'12
<b>4. Wes Porter</b>	<b>13:51.41</b>	<b>'21</b>
Zach Herriott	13:53.47	'17
6. Jim Hays	13:55.2h	'85
7. Kyle King	13:55.60	'12
8. Ryan Collins	13:55.94	'09
9. Mike Cotton	13:56.44	'81
10. Ari Klau	13:57.63	'18

## 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
<b>7. Rohann Asfaw</b>	<b>29:13.95</b>	<b>'21</b>
8. Trey Miller	29:14.21	'10
<b>9. Alex Corbett</b>	<b>29:16.11</b>	<b>'21</b>
<b>10. Harry Monroe</b>	<b>29:16.26</b>	<b>'21</b>

## 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
<b>8. Derek Johnson</b>	<b>8:46.00</b>	<b>'21</b>
9. Soeren Linder	8:51.89	'05
10. Tim Lloyd	8:53.84	'80

## HIGH JUMP

<b>1. Brenton Foster</b>	<b>2.24m (7'4.25")</b>	<b>'21</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
<b>2. 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
<b>5. 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
<b>4. 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
<b>3. Owayne Owens</b>	<b>16.45m (53' 11.75")</b>	<b>'21</b>
4. Keith Witherspoon	16.27m (53' 4.50")	'76
5. Ryan Satchell	15.98m (52' 5.25")	'14
6. Chike Chukwolozie	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
<b>5. 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

<b>1. Claudio Romero</b>	<b>64.39m (211' 3")</b>	<b>'21</b>
2. Filip Mihaljevic	63.76m (209' 2")	'17
3. Jordan Young	62.27m (204' 3")	'15
4. Yemi Ayeni	61.11m (200' 6")	'07
<b>5. 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
<b>3. 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
<b>6. Ty Kunzman</b>	<b>60.58m (198' 9")</b>	<b>'21</b>
7. Bill Johnston	58.19m (190' 11")	'01
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

<b>1. 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	11.44	'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. Jada Seaman	23.54	'21
2. Kayla Bonnick	24.01	'21
3. Peyton Chaney	24.02	'13
4. Leslie Satchell	24.04	'95
5. Kelly Miller	24.14	'96

## 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. Keara Seasholtz	2:06.12	'21
2. Vanessa Fabrizio	2:06.76	'12
3. Alahna Sabbakhan	2:08.12	'21
4. Morgane Gay	2:08.29	'09
5. Ellie Desmond	2:08.52	'21

## 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. Maya Maloney	4.08m (13' 4.5")	'21
3. Theresa Demaria	3.93m (12' 10.75")	'17
4. Trina Barcarola	3.83m (12' 6.75")	'21
Gabriella Recce	3.83m (12' 6.75")	'21
5. Riley Larsen	3.71m (12' 2")	'21

## LONG JUMP

1. Jada Seaman	6.56m (21' 6.25")	'21
2. Kelly Miller	6.33m (20' 9.25")	'96
3. Nicole Kimbrough	6.29m (20' 7.75")	'94
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. Nadia Saunders	12.36m (40' 6.75")	'21

## 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. Maria Deaviz	48.99m (160' 9")	'21
5. Amy Brown	48.77m (160' 0")	'95

## 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
<b>2. Wes Porter</b>	<b>3:42.92</b>	'21
3. Matthew Novak	3:45.35	'16
4. John Hinton	3:46.10	'82
<b>5. Conor Murphy</b>	<b>3:46.50</b>	'21

## 5,000 METERS

<b>1. Wes Porter</b>	<b>13:51.41</b>	'21
2. Kyle King	13:55.60	'12
3. Lachlan Cook	13:58.01	'17
4. Andy Biladeau	14:06.73	'06
5. Emil Heineking	14:11.40	'08

## 10,000 METERS

1. Adam Visokay	29:14.50	'14
2. Lachlan Cook	29:18.20	'17
3. Brent Demarest	29:32.72	'15
4. Chase Weaverling	29:39.30	'15
5. Zach Herriott	29:45.35	'14

## 110m HURDLES

1. Kevin Williams	14.14	'77
2. Adams 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

<b>1. Yasin Sado</b>	<b>8:57.84</b>	'21
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>	'19

## 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>	5.09m (16' 8.25")	'17
2. Brain Shafer	5.05m (16' 6.75")	'90
3. David Sullivan	4.90m (16' 0.75")	'03
4. Jake Williams	4.88m (16' 0")	'01
5. Greg Blair	4.82m (15' 9.75")	'03

## LONG JUMP

1. Jordan Scott	7.54m (24' 9")	'17
2. Greg Byers	7.33m (24' 0.5")	'81
3. Stephen Dunphy	7.30m (23' 11.5")	'90
4. Marcus Robinson	7.25m (23' 9.5")	'08
5. Marion Mason	7.24m (23' 9")	'98
Aaron Worrell	7.24m (23' 9")	'15

## TRIPLE JUMP

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

## SHOT PUT

1. Filip Mihaljevic	19.56m (64' 2.25")	'14
2. Oghenakpobo Efekoro	19.53m (64' 1")	'16
3. Nick Vena	19.51m (64' 0.25")	'12
<b>4. Claudio Romero</b>	<b>18.47m (60' 7.25")</b>	'21
5. Mike Theuerkauf	15.90m (52' 2")	'89

## DISCUS

<b>1. Claudio Romero</b>	<b>64.39m (211' 3")</b>	'21
2. Filip Mihaljevic	60.41m (198' 2")	'14
<b>3. Jacob Lemmon</b>	<b>58.54m (191' 1")</b>	'21
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>	'21
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>	76.04m (249' 6")	'19
2. Brian Kollar	68.53m (224' 10")	'99
3. Steve Kessling	68.25m (223' 11")	'90
4. Anthony Bouselli	58.96m (193' 5")	'15
5. James Murdock	57.79m (189' 7")	'99

## DECATHLON

1. Jack Lint	7,179	'15
2. Sean Sullivan	6,847	'96
3. Stephen Dunphy	6,711	'90
4. John Brian	6,626	'78
5. Cam Collins	6,485	'15

## 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
<b>800 meters</b>	<b>Michaela Meyer</b>	<b>Virginia</b>	<b>2:01.82</b>	<b>2021</b>
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
3,000 meters	Betty Springs	NC State	9:01.6	1983
5,000 meters	Hannah Steelman	NC State	15:30.87	2021
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
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	Hoffman, Brown-Soler Crean, Aveni	Duke	3:32.92	2021
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	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
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>
Mile	Jack Salisbury	Georgetown	3:56.22	2021
3,000 meters	Garrett Jeffries	Missouri	8:25.07	2008
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
<b>High Jump</b>	<b>Brenton Foster</b>	<b>Virginia</b>	<b>2.24m (7' 4.25")</b>	<b>2021</b>
	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
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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 5'9.25"
*Alix Still	1.71m 5'7.25"
Gabi Hayes	1.60m 5'3"

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

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

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

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

WOMEN'S WEIGHT THROW	MARK
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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
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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 16'5.5"
Colin Duignan	4.92m 16'1.75"
*Derek Pekar	4.50m 14'9"

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

MEN'S TRIPLE JUMP	MARK
Owayne Owens	16.53m 54'2.75"
Ayende Watson	14.37m 47'1.75"

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

MEN'S WEIGHT THROW	MARK
Jacob Lemmon	20.05m 65'9.5"
Ty Kunzman	19.18m 62'11.25"
Claudio Romero	18.47m 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. Eva 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 Blessingame .....	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 Blessingame .....	46.73	'06
5. Kevin Anding.....	47.46	'11
6. Alfred Shirley.....	47.53	'18
7. Ben Kurgat.....	47.61	'89
8. Paul Ereng.....	47.64	'88
9. Meikle Paschal.....	48.04	'09
10. <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. Oghenekpobo 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. Oghenekpobo 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
- Moirá 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
<b>800 meters</b>	<b>Michaela Meyer</b>	<b>Virginia</b>	<b>2:01.97</b>	<b>2021</b>
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
5,000 meters	Hannah Steelman	NC State	15:30.87	2021
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
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	Greece	69.28m (227' 3")	2021
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
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	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
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
<b>High Jump</b>	<b>Brenton Foster</b>	<b>Virginia</b>	<b>2.24m (7' 4.25")</b>	<b>2021</b>
Pole Vault	Scott Houston	Vaulthouse Elite	5.50m (18' 0.5)	2021
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>
<b>Discus Throw</b>	<b>Claudio Romero</b>	<b>Virginia</b>	<b>64.39m (211' 3")</b>	<b>2021</b>
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
<b>800 meters</b>	<b>Michaela Meyer</b>	<b>Virginia</b>	<b>2:01.82</b>	<b>2021</b>
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>
Mile	Jack Salisbury	Georgetown	3:56.22	2021
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