



# 2022 INDOOR BESTS

## Women's Top 2022 Indoor Performances Per Event

### WOMEN'S 60 METERS

NAME	TIME
Jada Seaman	7.45
Kayla Bonnick	7.50
Jada Pierre	7.57
Tara Zeni	7.93

### WOMEN'S 200 METERS

NAME	TIME
Jada Seaman	24.58
Kayla Bonnick	25.18
Jada Pierre	25.72

### WOMEN'S 400 METERS

NAME	TIME
Anzhelica Parenchuk	57.98
Abby Comella	59.09
Emily Alexandru	59.26

### WOMEN'S 800 METERS

NAME	TIME
Claire Frazier Bolton	2:12.75
Alix Still	2:22.57

### WOMEN'S 1,000 METERS

NAME	TIME
Ellie Desmond	2:53.74

### WOMEN'S MILE

NAME	TIME
Mia Barnett	4:40.43
Margot Appleton	4:45.35

### WOMEN'S 3000 METERS

NAME	TIME
Veronic Boire	9:34.79
Helena Lindsay	9:38.83
Taylor Jones	9:53.75
Liza Neely	10:22.19

Lila Fenner	10:41.39
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### WOMEN'S 5000 METERS

NAME	TIME
Margot Appleton	16:49.45
Helena Lindsay	17:01.24

### WOMEN'S 60M HURDLES

NAME	TIME
Alix Still	8.69
Jada Pierre	8.74
Nadia Saunders	8.87
Zoe Rice	8.93
Trina Barcarola	9.12

### WOMEN'S HIGH JUMP

NAME	MARK
Bex Hawkins	1.76m
Alix Still	1.61m

### WOMEN'S POLE VAULT

NAME	MARK
Maya Maloney	3.94m
Gabriella Recce	3.90m
Trina Barcarola	3.80m
Riley Larsen	3.65m

### WOMEN'S LONG JUMP

NAME	MARK
Jada Seaman	5.71m
Alix Still	5.64m
Gabriella Recce	5.63m
Tara Zeni	5.52m
Mia Abulencia	5.25m

### WOMEN'S TRIPLE JUMP

NAME	MARK
Zoe Rice	12.15m
Nadia Saunders	11.76m

### WOMEN'S SHOT PUT

NAME	MARK
Maria Deaviz	16.42m
Ashley Anumba	14.90m
Janae Profit	14.16m
Kaiya Saunders	13.98m
Morgan Johnson	12.57m

### WOMEN'S WEIGHT THROW

NAME	MARK
Maria Deaviz	16.42m
Janae Profit	14.62m

### PENTATHLON

NAME	SCORE
Alix Still	3849

### WOMEN'S DMR

NAME	TIME
Alexandru, Appleton, Bolton, Comella	11:13.70
Barnett, Coppolino, Sabbakhan, Desmond	11:51.33

### 4x400m

NAME	TIME
Sabbakhan, Alexandru	3:47.03
Seasholtz, Seaman	
Sabbakhan, Seasholtz	3:50.51
Bolton, Coppolino	

## Men's Top 2022 Indoor Performances Per Event

### MEN'S 60 METERS

NAME	TIME
Tavares Kelly	6.95
Jay Pendarvis	6.98
Nigal Davis	7.08

### MEN'S 200 METERS

NAME	TIME
Tavares Kelly	22.74
Jeremiah Wilson	22.84
Nigal Davis	23.24

### MEN'S 400 METERS

NAME	TIME
Jordan Willis	47.34
Jay Pendarvis	49.16
Will Trent	51.95

### MEN'S 800 METERS

NAME	TIME
Will Baginski	2:25.06

### MEN'S 1,000 METERS

NAME	TIME
Will Baginski	2:25.06

### MEN'S MILE

NAME	TIME
Ka'eo Kruse	4:01.56
Yasin Sado	4:03.36
Jacob Hunter	4:11.43

### MEN'S 3000 METERS

NAME	TIME
Connor Murphy	8:16.92
Jacob Hunter	8:18.02
Johnny Rogers	8:21.38

### MEN'S 5000 METERS

NAME	TIME
Derek Johnson	14:12.08
Ka'eo Kruse	14:25.15
Jackson Braddock	14:40.46

### MEN'S 60M HURDLES

NAME	TIME
Jeremiah Wilson	8.30

### MEN'S HIGH JUMP

NAME	MARK
Jacob Kelly	1.95m

### MEN'S POLE VAULT

NAME	MARK
Colin Duignan	4.75m
Kane Aldrich	4.75m
Kyle Mosteller	4.60m

### MEN'S LONG JUMP

NAME	MARK
Heldi Valikaj	7.22m
Ayende Watson	7.02m

### MEN'S TRIPLE JUMP

NAME	MARK
Owayne Owens	16.23m
Heldi Valikaj	14.75m
Ayende Watson	14.46m
Dejon Mayo	14.07m

### MEN'S SHOT PUT

NAME	MARK
Claudio Romero	18.29m

### MEN'S WEIGHT THROW

NAME	MARK
Jacob Lemmon	18.25m

### HEPTATHLON

NAME	SCORE
Mountain, Wilson, Baginski, Hunter	9:48.78
Sado, Trent, Bellamy, Porter	9:50.06
Kruse, Davis, Murphy, Asfaw	9:50.35

### MEN'S DMR

NAME	TIME
Mountain, Wilson, Baginski, Hunter	9:48.78
Sado, Trent, Bellamy, Porter	9:50.06
Kruse, Davis, Murphy, Asfaw	9:50.35

### 4X400m

NAME	TIME
Pendarvis, Sherman	3:17.64
Trent, Willis	

\* Multis athlete



# VIRGINIA INDOOR RECORDS

## INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Halle Hazzard	7.23	2021
200 meters	Halle Hazzard	23.45	2021
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>
400 meters	Brandon Outlaw	46.58	2020
800 meters	Paul Ereng	1:44.84	1988
Mile	Vince Draddy	3:58.2h	1982
3,000 meters	Ari Klau	7:51.57	2020
5,000 meters	Zach Herriott	13:45.37	2017
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
<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, Teye	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.	<b>11:13.70</b>	<b>Barnett, Seasholtz, Bolton, Appleton</b>	<b>2022</b>
3.	11:14.15	Gay, Fabrizio, Harper, Garcia	2011
4.	11:19.39	Welch, Welch, Garrett, Haworth	1982
5.	11:21.19	Fabrizio, Weatherly, Gnade, Garcia	2011

## 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
<b>2. Jada Seaman .....</b>	<b>7.37</b>	<b>'21</b>
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
<b>9. Kayla Bonnick.....</b>	<b>7.47</b>	<b>'21</b>
10. Janne'a Bridgeford.....	7.50	'08

## 200 METERS

1. Halle Hazzard .....	23.45	'21
<b>2. Jada Seaman .....</b>	<b>23.56</b>	<b>'21</b>
3. Jordan Lavender .....	23.80	'15
4. Peyton Chaney .....	23.84	'16
5. Anna Jefferson.....	23.92	'20
6. Danielle Williams .....	23.97	'12
<b>7. Kayla Bonnick.....</b>	<b>24.14</b>	<b>'21</b>
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
<b>5. Keara Seasholtz .....</b>	<b>2:08.43</b>	<b>'21</b>
<b>6. Alahna Sabbakhan.....</b>	<b>2:09.19</b>	<b>'21</b>
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
<b>6. Mia Barnett .....</b>	<b>4:40.43</b>	<b>'22</b>
7. Marissa Schmidt .....	4:41.10	'82
8. Michele Rowen .....	4:41.57	'87
9. Lisa Welch .....	4:41.96	'82
10. Catherine White .....	4:42.80	'11

## 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

## 60 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
<b>9. Alix Still* .....</b>	<b>8.62</b>	<b>'21</b>
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
<b>7. Rebecca Hawkins 1.76m (5'9.25").....</b>	<b>'21</b>	
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
<b>2. Maya Maloney ... 4.12m (13'6.25") .....</b>	<b>'20</b>	
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
<b>6. Gabriella Recce .. 3.90m (12'9.5").....</b>	<b>'22</b>	
7. Vika Oспенко .....	3.80m (12' 5.75")	'03
<b>Riley Larsen .....</b>	<b>3.80m (12'5.5")</b>	<b>'20</b>
<b>Trina Barcarola ... 3.80m (12'5.5").....</b>	<b>'22</b>	
10. Katie Darraugh .....	3.75m (12' 3.5")	'10

## LONG JUMP

<b>1. Jada Seaman.....</b>	<b>6.46m (21' 2.5").....</b>	<b>'20</b>
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
<b>10. Zoe Rice.....</b>	<b>12.47m (40' 11").....</b>	<b>'21</b>

## SHOT PUT

1. Billie-Jo Grant .....	16.55m (54' 3.5")	'08
2. Christine Bohan ..	16.53m (54' 2.75")	'16
<b>3. Maria Deaviz .....</b>	<b>16.62m (53'10.05") .....</b>	<b>'22</b>
4. Brittany Jones.....	16.27m (53'4.5")	'20
5. Maureen Laffan ..	15.97m (52' 4.75")	'10
6. Eliese Mitchell ...	15.72m (51' 7")	'03
7. Kelly Bodiford .....	15.65m (51' 4.25")	'91
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

## 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
<b>3. Alix Still.....</b>	<b>3,974</b>	<b>'21</b>
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 Abdulrazaq.....	6.94	'11
9. Payton Hazzard.....	6.95	'15
<b>Tavares Kelly.....</b>	<b>6.95</b>	<b>'22</b>
10. Matt Meyer.....	6.96	'09

## 200 METERS

<b>1. Jordan Willis.....</b>	<b>21.42</b>	<b>'20</b>
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 Blasingame.....	21.85	'06
9. Brandon Outlaw.....	21.89	'20
10. Rauh Turner.....	22.00	'98

## 400 METERS

1. Brandon Outlaw.....	46.58	'20
2. Payton Hazzard.....	46.60	'15
<b>3. Jordan Willis.....</b>	<b>46.61</b>	<b>'20</b>
4. Kellen Blasingame.....	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
<b>10. Jay Pendarvis.....</b>	<b>48.10</b>	<b>'21</b>

## 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
<b>10. Conor Murphy.....</b>	<b>1:49.91</b>	<b>'21</b>

## 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
<b>5. Ka'eo Kruse.....</b>	<b>4:01.56</b>	<b>'22</b>
6. Kyle King.....	4:02.15	'15
7. Patrick Todd.....	4:02.70	'12
8. John Minen.....	4:02.77	'10
9. Kris Herdt.....	4:02.92	'87
10. Anthony Kostelac.....	4:02.99	'12

## 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 Abdulrazaq.....	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

<b>1. Brenton Foster.....</b>	<b>2.26m (7'5")</b>	<b>'20</b>
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
<b>6. Kane Aldrich.....</b>	<b>5.02m (16'5.5")</b>	<b>'21</b>
7. Matt Armentrout.....	5.01m (16'5.25")	'13
8. Danny Thompson.....	4.98m (16'4")	'81
<b>9. Colin Duignan.....</b>	<b>4.92m (16'0.75")</b>	<b>'21</b>
10. Greg Blair.....	4.90m (16'1")	'05
David Lewis.....	4.90m (16'1")	'08

## LONG JUMP

<b>1. Owayne Owens.....</b>	<b>7.58m (24'10.5")</b>	<b>'21</b>
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
<b>8. Ayende Watson.....</b>	<b>7.41m (24'3.75")</b>	<b>'19</b>
9. Stephen Dunphy.....	7.40m (24'3.25")	'92
10. Mauri Anderson.....	7.39m (24'3")	'82

## TRIPLE JUMP

1. Jordan Scott.....	17.02m(55'10.25")	'20
2. Marcus Robinson.....	16.63m (54'6.75")	'12
<b>3. Owyane Owens.....</b>	<b>16.53m (54'2.75")</b>	<b>'21</b>
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
<b>7. Claudio Romero.....</b>	<b>18.44m (60'6")</b>	<b>'21</b>
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
<b>3. Jacob Lemmon.....</b>	<b>20.05m (65'9.5")</b>	<b>'21</b>
4. Oghenekpobo Efekoro.....	19.90m (65'13.5")	'18
5. Vincenzo Chiariello.....	19.38m (63'7")	'12
6. Ty Kunzman.....	19.18m (62'11.25")	'21
<b>7. Claudio Romero.....</b>	<b>18.47m (60'7.25")</b>	<b>'21</b>
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
<b>2. Derek Pekar.....</b>	<b>5,362</b>	<b>'20</b>
3. David Sullivan.....	5,178	'04
4. David Lewis.....	5,139	'08
5. Christian Lavorgna.....	5,113	'16
<b>6. Elby Omohundro.....</b>	<b>5,038</b>	<b>'20</b>
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

- Mia Barnett** .....**4:40.43** ..... '**22**
- Claire Forbes .....4:49.48 ..... '90
- Margot Appleton** .....**4:45.35** ..... '**22**
- Tasia Potasinski .....4:51.49 ..... '10
- Megan Rebholz .....4:53.87 ..... '15

## 3000-METER RUN

- Maria Hauger .....9:29.20 ..... '14
- Veronic Boire** .....**9:34.79** ..... '**22**
- Sarah Fakler .....9:37.45 ..... '14
- Katharine Walker .....9:38.96 ..... '11
- Megan Rebholz .....9:42.55 ..... '15

## 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. **Heldi Valikaj.....14.75m (48'4.75") ..... '22**

## 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



# 2022 OUTDOOR SEASON BESTS

## Women's Top 2022 Outdoor Performances Per Event

<b>WOMEN'S 100 METERS</b>	<b>TIME</b>	<b>WOMEN'S LONG JUMP</b>	<b>MARK</b>
<b>WOMEN'S 200 METERS</b>	<b>TIME</b>	<b>WOMEN'S TRIPLE JUMP</b>	<b>MARK</b>
<b>WOMEN'S 400 METERS</b>	<b>TIME</b>	<b>WOMEN'S SHOT PUT</b>	<b>MARK</b>
<b>WOMEN'S 800 METERS</b>	<b>TIME</b>	<b>WOMEN'S DISCUS</b>	<b>MARK</b>
<b>WOMEN'S 1,500 METERS</b>	<b>TIME</b>	<b>WOMEN'S HAMMER</b>	<b>MARK</b>
<b>WOMEN'S 3000 STEEPLECHASE</b>	<b>TIME</b>	<b>WOMEN'S JAVELIN</b>	
<b>WOMEN'S 5000 METERS</b>	<b>TIME</b>	<b>WOMEN'S HEPTATHLON</b>	
<b>WOMEN'S 10000 METERS</b>	<b>TIME</b>	<b>4x100m</b>	<b>TIME</b>
<b>WOMEN'S 100M HURDLES</b>	<b>TIME</b>	<b>4x400m</b>	<b>TIME</b>
<b>WOMEN'S 400M HURDLES</b>	<b>TIME</b>		
<b>WOMEN'S HIGH JUMP</b>	<b>MARK</b>		
<b>WOMEN'S POLE VAULT</b>	<b>MARK</b>		

## Men's Top 2022 Outdoor Performances Per Event

<b>MEN'S 100 METERS</b>	<b>TIME</b>	<b>MEN'S HIGH JUMP</b>	<b>MARK</b>
<b>MEN'S 200 METERS</b>	<b>TIME</b>	<b>MEN'S POLE VAULT</b>	<b>MARK</b>
<b>MEN'S 400 METERS</b>	<b>TIME</b>	<b>MEN'S LONG JUMP</b>	<b>MARK</b>
<b>MEN'S 800 METERS</b>	<b>TIME</b>	<b>MEN'S TRIPLE JUMP</b>	<b>MARK</b>
<b>MEN'S 1,500 METERS</b>	<b>TIME</b>	<b>MEN'S SHOT PUT</b>	<b>MARK</b>
<b>MEN'S MILE</b>	<b>TIME</b>	<b>MEN'S DISCUS</b>	<b>MARK</b>
<b>MEN'S 3000 STEEPLECHASE</b>	<b>TIME</b>	<b>MEN'S HAMMER</b>	<b>SCORE</b>
<b>MEN'S 5000 METERS</b>	<b>TIME</b>	<b>MEN'S JAVELIN</b>	<b>SCORE</b>
<b>MEN'S 10000 METERS</b>	<b>TIME</b>	<b>MEN'S DMR</b>	<b>TIME</b>
<b>MEN'S 110M HURDLES</b>	<b>TIME</b>	<b>4x100m</b>	<b>TIME</b>
<b>MEN'S 400M HURDLES</b>	<b>TIME</b>	<b>4x400m</b>	<b>TIME</b>

\* Multis athlete

(w) Wind assistance





# VIRGINIA OUTDOOR RECORDS

## OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
200 meters	Sonja Fridy	23.17	1987
400 meters	Sonja Fridy	51.93	1987
<b>800 meters</b>	<b>Michaela Meyer</b>	<b>2:00.28</b>	<b>2021</b>
<b>1,500 meters</b>	<b>Michaela Meyer</b>	<b>4:04.02</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
400-meter hurdles	Andrenette Knight	55.75	2021
	Ayla Smith	56.54	2011
3,000-meter steeplechase	Stephanie Garcia	9:47.29	2011
<b>4x100-meter relay</b>	<b>Jefferson, Seaman, Bonnick, Hazzard</b>	<b>43.75</b>	<b>2021</b>
<b>4x400-meter relay</b>	<b>Jefferson, Seaman, Meyer, Knight</b>	<b>3:30.44</b>	<b>2021</b>
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
<b>3,000-meter steeplechase</b>	<b>Derek Johnson</b>	<b>8:28.72</b>	<b>2021</b>
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25")	2021
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>65.78m (215' 10")</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

<b>1. 43.75</b>	Jefferson <b>Seaman, Bonnick</b> , Hazzard	<b>2021</b>
<b>3. 43.90</b>	Jefferson, <b>Seaman</b> , Caldwell, <b>Bonnick</b>	<b>2021</b>
<b>3. 44.36</b>	<b>Bonnick</b> , Hazzard, <b>Seaman</b> , Jefferson	<b>2021</b>
4. 44.92	Leonard, Hazzard, Woodley, Jefferson	2019
<b>5. 45.02</b>	<b>Bonnick</b> , Caldwell, <b>Seaman</b> , Jefferson	<b>2021</b>

#### 4x400

<b>1. 3:30:44</b>	Jefferson, <b>Seaman, Meyer</b> , Knight	<b>2021</b>
<b>2. 3:32.35</b>	Jefferson, <b>Seaman, Seasholtz</b> , Knight	<b>2021</b>
3. 3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4. 3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985
5. 3:36.42	Randolph, Otey, Gore, Doe	2003

### 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, Outlaw, 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. <b>Jada Seaman</b>	<b>11.44</b>	<b>'21</b>
5. Kelly Miller	11.48	'99
6. <b>Kayla Bonnick</b>	<b>11.51</b>	<b>'21</b>
7. Pam Lemons	11.57	'93
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. <b>Jada Seaman</b>	<b>23.22</b>	<b>'21</b>
3. Anna Jefferson	23.39	'19
4. Jordan Lavender	23.42	'14
5. Kiamesha Otey	23.46	'03
6. Peyton Chaney	23.50	'16
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. <b>Michaela Meyer</b>	<b>2:00.28</b>	<b>'21</b>
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. <b>Keara Seasholtz</b>	<b>2:06.12</b>	<b>'21</b>
8. Jill Haworth	2:06.31	'82
9. Phyllis Buber	2:06.96	'86
10. <b>Alahna Sabbakhan</b>	<b>2:07.25</b>	<b>'21</b>

## 1,500 METERS

1. <b>Michaela Meyer</b>	<b>4:04.02</b>	<b>'21</b>
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	55.75	'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 Scruggs	58.54	'81
9. Natalie Randolph	58.98	'03
10. Angela Griffith	59.05	'91

## 3000m STEEPLECHASE

1. Stephanie Garcia	9:47.29	'11
2. Dawn Cleary	9:59.30	'03
3. Iona Lake	10:01.58	'15
4. Kiera Bothwell	10:03.88	'21
5. Melanie Matthews	10:13.31	'02
6. Vicky Fouhy	10:20.63	'14
7. Sara Sargent	10:20.64	'15
8. Janine Ricci	10:24.65	'05
9. <b>Helena Lindsay</b>	<b>10:25.50</b>	<b>'21</b>
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
Moira Cronin	1.83m (6' 0")	'13
5. Robin Landes	1.81m (5' 11.25")	'88
6. Rachel Marks	1.79m (5' 10.75")	'06
7. Meggie Schuelke	1.76m (5' 9.25")	'04
Emily Kianka	1.76m (5' 9.25")	'12
9. <b>Rebecca Hawkins</b>	<b>1.75m (5' 8.75")</b>	<b>'21</b>
Karen DiDonato	1.75m (5' 8.75")	'91

## POLE VAULT

1. Bridget Guy	4.46m (14' 7.5")	'18
2. <b>Maya Maloney</b>	<b>4.08m (13' 4.5")</b>	<b>'21</b>
3. Katie Freix	4.01m (13' 1.75")	'18
4. Theresa Demaria	3.93m (12' 10.75")	'17
5. <b>Trina Barcarola</b>	<b>3.83m (12' 6.75")</b>	<b>'21</b>
<b>Gabriella Recce</b>	<b>3.83m (12' 6.75")</b>	<b>'21</b>
7. Vika Osipenko	3.81m (12' 6")	'03
8. <b>Riley Larsen</b>	<b>3.71m (12' 1")</b>	<b>'21</b>
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. <b>Jada Seaman</b>	<b>6.56m (21' 6.25")</b>	<b>'21</b>
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	6.26m (20' 6.5")	'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. <b>Zoe Rice</b>	<b>12.79m (41' 11.5")</b>	<b>'21</b>
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. <b>Maria Deaviz</b>	<b>17.18m (56' 4.5")</b>	<b>'21</b>
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 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. <b>Thelma Kristjánsdóttir</b>	<b>53.62m (175' 11")</b>	<b>'21</b>
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. <b>Alix Still</b>	<b>5,370</b>	<b>'21</b>
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
7. Justice Dixon	10.71	'21
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
4. <b>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
4. <b>Jordan Willis</b>	<b>46.10</b>	<b>'21</b>
5. Brandon Outlaw	46.13	'21
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. <b>Conor Murphy</b>	<b>1:48.57</b>	<b>'21</b>
9. Anthony Kostelac	1:48.96	'12
10. Vince Draddy	1:49.05	'81

## 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. <b>Wes Porter</b>	<b>3:41.98</b>	<b>'21</b>
9. Randy Niesh	3:43.61	'21
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. <b>Rohann Asfaw</b>	<b>13:44.74</b>	<b>'21</b>
4. Sean Keveren	13:48.34	'12
5. <b>Wes Porter</b>	<b>13:51.41</b>	<b>'21</b>
6. Zach Herriott	13:53.47	'17
7. <b>Derek Johnson</b>	<b>13:54.46</b>	<b>'21</b>
8. Jim Hays	13:55.2h	'85
9. Kyle King	13:55.60	'12
10. Ryan Collins	13:55.94	'09

## 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. <b>Rohann Asfaw</b>	<b>29:10.81</b>	<b>'21</b>
7. Adam Visokay	29:11.13	'15
8. Trey Miller	29:14.21	'10
9. Alex Corbett	29:16.11	'21
10. <b>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. <b>Derek Johnson</b>	<b>8:32.95</b>	<b>'21</b>
2. Jan Foerster	8:34.78	'07
3. Rob Cook	8:39.36	'94
4. Kyle King	8:39.72	'15
5. Steve Finley	8:40.56	'10
6. Adam Visokay	8:43.60	'15
7. Mike Cotton	8:44.44	'81
8. Will Gray	8:45.82	'16
9. Soeren Linder	8:51.89	'05
10. Tim Lloyd	8:53.84	'80

## HIGH JUMP

1. Brenton Foster	2.27m (7'5.25")	'21
2. Herman Moore	2.19m (7' 2.25")	'88
3. 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
6. Chris Clementson	2.10m (6' 10.75")	'02
7. Mike Riso	2.10m (6' 10.75")	'02
8. 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. Sam Young	5.25m (17' 2.75")	'21
3. Brian Shafer	5.20m (17' 0.75")	'93
4. Jeff Jernigan	5.15m (16' 10.75")	'17
5. Joey Kelly	5.05m (16' 6.75")	'21
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>16.45m (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 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. Oghenekpobo 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. <b>Claudio Romero</b>	<b>65.78m (215' 10")</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
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. Oghenekpobo Efekoro	60.88m (199'9")	'19
6. Ty Kunzman	60.58m (198' 9")	'21
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

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	11.44	'21
2. Kayla Bonnick	11.51	'21
3. Kelly Miller	11.70	'96
4. Kiamesha Otey	11.72	'00
5. Talia Wise	11.85	'06

## 200 METERS

1. Jada Seaman	23.22	'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	2:07.25	'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
<b>4. Conor Murphy</b>	<b>1:48.57</b>	<b>'21</b>
5. Anthony Kostelac	1:49.02	'11

## 1,500 METERS

1. Robby Andrews	3:41.09	'10
<b>2. Wes Porter</b>	<b>3:41.98</b>	<b>'21</b>
3. Matthew Novak	3:45.35	'16
4. John Hinton	3:46.10	'82
<b>5. Conor Murphy</b>	<b>3:46.50</b>	<b>'21</b>

## 5,000 METERS

<b>1. Wes Porter</b>	<b>13:51.41</b>	<b>'21</b>
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>8:55.14</b>	<b>'21</b>
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>

## 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>	<b>'21</b>
5. Mike Theuerkauf	15.90m (52' 2")	'89

## DISCUS

<b>1. Claudio Romero</b>	<b>65.78m (215' 10")</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>	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

<b>55 Meters</b>			
6.82	Sonja Fridy	1986	
<b>55m Hurdles</b>			
7.90	Michele Johnson	1986	
<b>60 Yards</b>			
6.9h	Brenda Brown	1981	
<b>60y Hurdles</b>			
7.8h	Susan Brownell	1982	
<b>300 Meters</b>			
39.05	Jordan Lavender	2012	
<b>440 Yards</b>			
54.0h	Lisa Garrett	1981	
<b>500 Meters</b>			
1:09.89	Sonja Fridy	1987	
<b>600 Yards</b>			
1:24.67	Phyllis Buber	1985	
<b>600 Meters</b>			
<b>1:31.58</b>	<b>Keara Seasholtz</b>	<b>2021</b>	
<b>880 Yards</b>			
2:10.27	Kim Kelly	1985	
<b>1,000 Meters</b>			
2:44.40	Sandy Schuler	1985	
<b>1,000 Yards</b>			
2:30.43	Kim Kelly	1985	
<b>1,500 Meters</b>			
4:17.24	Margaret Groos	1981	
<b>Two-Mile</b>			
9:52.3h	Margaret Groos	1980	
<b>Three-Mile</b>			
15:25.25	Martha White	1982	
<b>4x800m Relay</b>			
8:55.19	Fabrizio, Weatherly, Gnade, Garcia	2011	

### INDOOR - MEN

<b>55 Meters</b>			
6.21	Bruce Randolph	1984	
<b>55m Hurdles</b>			
7.33	Robert Archer	1984	
<b>60 Yards</b>			
6.0h	Kent Merritt	1972	
<b>300 Meters</b>			
34.04	Jordan Willis	2021	
<b>440 Yards</b>			
49.9h	John Morris	1970	
<b>500 Meters</b>			
1:02.44	Paul Ereng	1988	
<b>500 Yards</b>			
1:02.79	David Revelle	1983	
<b>600 Meters</b>			
1:11.99	Dwayne Brake	1983	
<b>600 Yards</b>			
1:09.8h	David Revelle	1983	
<b>880 Yards</b>			
1:56.1h	James Wood	1973	
<b>1,000 Meters</b>			
2:20.57	Ray Brown	1984	
<b>1,000 Yards</b>			
2:07.31	Ray Brown	1984	
<b>1,500 Meters</b>			
3:45.04	John Hinton	1985	
<b>Two-Mile</b>			
8:40.49	Kris Herdt	1987	
<b>Three-Mile</b>			
13:43.03	Colin Peddie	1985	
<b>Pentathlon</b>			
3,915	Stephen Dunphy	1991	
<b>4x800m Relay</b>			
7:26.49	Vrhovac, A. Bowman, Taye, Andrews	2010	

### OUTDOOR - WOMEN

<b>3,000 Meters</b>			
9:07.84	Margaret Groos	1979	
<b>2,000m Steeplechase</b>			
6:59.52	Sara Sargent	2014	
<b>Old Javelin</b>			
55.98m (183' 8")	Julia Solo	1989	
<b>4x200m Relay</b>			
1:36.25	Chaney, McKenzie, Wright, Lavender	2015	
<b>4x800m Relay</b>			
8:32.13	Bryant, Nicholson, Welch, Haworth	1982	
<b>4x1,500m Relay</b>			
17:48.76	Downey, Schuler, McBride, Rowen	1987	
<b>Distance Medley Relay</b>			
10:57.13	Gay, Smith, Harper, Garcia	2011	

### OUTDOOR - MEN

<b>100 Yards</b>			
9.3h	Kent Merritt	1973	
<b>220 Yards</b>			
20.6s	Tony Sepp	1960	
<b>440 Yards</b>			
47.7h	John Morris	1970	
<b>120y Hurdles</b>			
13.8h	Kevin Williams	1977	
<b>400y Hurdles</b>			
50.9h	Karl Williams	1977	
<b>3,000 Meters</b>			
8:14.33	Brent Demarest	2015	
<b>Old Javelin</b>			
72.24m (237' 0")	Ed Mikula	1978	
<b>4x200m Relay</b>			
1:25.30	Virginia	2002	
<b>4x800m Relay</b>			
7:12.15	Johnson, Roller, Kostelac, Andrews	2011	
<b>4x1,500m Relay</b>			
15:09.34	Sullivan, Brown, Hodge, Draddy	1981	
<b>4xMile Relay</b>			
16:22.49	Taye, Tschirhart, Heineking, Jesien	2009	
<b>Distance Medley Relay</b>			
9:25.56	Revelle, Hinton, Brown, Draddy	1983	
<b>Shuttle Hurdle Relay</b>			
57.10	Abidin, Wilks, Word, Archer	1982	
<b>Sprint Medley Relay</b>			
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



# 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
High Jump	Moira Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Maddie Gardner	West Virginia	4.47m (14' 8.0")	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 10.9")	2019
Discus Throw	Katelyn Daniels	Michigan State	56.04m (183' 10")	2015
Hammer Throw	Stamatia Scarvelis	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
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
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
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
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
Triple Jump	Jordan Scott	Virginia	17.07m (56' 0.05")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
<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
100 meters	Peyton Chaney	Virginia	11.68	2015
200 meters	Le'Quisha Parker	Hampton	23.72	2014
400 meters	Ciarra Morris	James Madison	55.42	2013
800 meters	Ce'aira Brown	Hampton	2:11.45	2014
1,500 meters	Iona Lake	Virginia	4:27.10	2015
3,000 meters	Kathleen Stevens	Virginia	10:05.92	2014
100-meter hurdles	Breana Norman	Hampton	13.60	2014
400-meter hurdles	Ansley Gebben	Liberty	1:01.25	2014
2,000-meter steeplechase	Sara Sargent	Virginia	6:59.52	2014
3,000-meter steeplechase	Betel Yosef	Liberty	11:15.39	2013
4x100-meter relay	Rose, Wright, Chaney, Lavender	Virginia	45.19	2014
4x400-meter relay	Ezumah, Fabrizio, Brickhill, Smith	Virginia	3:43.20	2014
High Jump	Moira Cronin	Virginia	1.70m (5' 7")	2013
Pole Vault	Bridget Guy	Virginia	3.80m (12' 5.5")	2015
Long Jump	Edy Ndem	Virginia	6.01m (19' 8.75")	2014
Triple Jump	Dallas Rose	Virginia	12.93m (42' 5.25")	2014
Shot Put	Christine Bohan	Virginia	15.96m (52' 4.5")	2015
Discus Throw	Mychelle Cumings	Liberty	49.92m (163' 9")	2015
Hammer Throw	Jennifer Nicholson Smith	Liberty	50.76m (166' 6")	2015
Javelin Throw	Abbey Karin	Virginia	45.63m (149' 8")	2014

## VIRGINIA CUP MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	ConRoy Smith	Liberty	10.57	2014
200 meters	ConRoy Smith	Liberty	21.37	2014
400 meters	Stephen Racanelli	Liberty	48.09	2015
800 meters	John Sherret	Liberty	1:52.52	2015
1,500 meters	Drew Paisley	Virginia	3:57.00	2013
3,000 meters	Thomas Porter	Virginia	8:35.23	2014
110-meter hurdles	Vincent Wyatt	Radford	13.72	2014
400-meter hurdles	Andre Washington	Liberty	53.95	2013
	Ryan Davis	Liberty	53.95	2015
3,000-meter steeplechase	Sam Hush	VCU	9:30.88	2013
4x100-meter relay	Spruel, Washington, Williams, Robbins	Liberty	41.12	2013
4x400-meter relay	Black, Okezie, Ibadin, Hutchison	Hampton	3:12.40	2014
High Jump	Tommy DeVita	Virginia	2.05m (6' 8.75")	2013
Pole Vault	Cody Bingham	Liberty	4.90m (16' 0.75")	2013
	Ken Ritchey	Liberty	4.90m (16' 0.75")	2015
Long Jump	Aklesso Agama	Liberty	7.32m (24' 0.25")	2015
Triple Jump	Ryan Satchell	Virginia	15.71m (51' 6.5")	2014
Shot Put	Jordan Young	Virginia	18.64m (61' 2")	2015
Discus Throw	Filip Mihaljevic	Virginia	60.11m (197' 2")	2014
Hammer Throw	Ryan Smith	Liberty	54.75m (179' 7")	2013
Javelin Throw	Steve Feister	Liberty	67.65m (221' 11")	2015



# 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
High Jump	Moira Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Bridge Guy	Virginia	4.46m (14' 7.5")	2018
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
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
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
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
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