



HOKIES®

16 Individual National Champions | 14 Combined Team ACC Championships | 79 All-Americans

#NCAATF

Mar. 8-9, 2019 | ALL DAY | Birmingham, ALABAMA
NCAA Indoor Championships | Birmingham CrossPlex

VIRGINIA TECH INFORMATION

Virginia Tech



Hokies

USTFCCA Poll Men.....59

USTFCCA Poll Women.....19

Last Meet.....ACC Indoor Championships

ACC Point-Scorers Returning/Lost.....30/10

Newcomers.....37 (24 Men, 13 Women)

Head Coach.....Dave Cianelli (18th year)

Alma Mater.....Bowling Green State

Alma Mater.....Eric Johannigmeier (5th year)

Alma Mater.....Illinois

Distance Coach.....Jason Cusack (1st year)

Alma Mater.....Virginia Tech

Jumps Coach.....Paul Zalewski (6th year)

Alma Mater.....Cortland

Pole Vault Coach.....Bob Phillips (35th year)

Alma Mater.....Virginia Tech

Sprints Coach.....Tim Vaught (4 year)

Alma Mater.....Western Carolina

Throws Coach.....Andrew Dubs (2nd year)

Alma Mater.....Connecticut

ACC INDOOR CHAMPIONSHIPS

- Virginia Tech claimed their fifth ACC Indoor Championship on the men's side, while the women finished third in Blacksburg, Virginia.
- The title marked the 14th overall for the Virginia Tech track and field and cross country programs since the school joined the ACC in 2004-05 season.
- The men racked up over 100 points for the third-straight indoor season, as they scored 117 points.
- The women posted 84 points, marking their highest finish since 2008 when they won the ACC.
- The men's and women's team had a combined 10 conference champions.
- Jacory Patterson became the first Hokie in program history to win 400-meter dash during the Indoor season.

PROGRAM HISTORY

'19 ACC Indoor Finish.....Men 1st, Women 3rd
'18 NCAA Indoor Finish.....Men 4th, Women 14th
'18 ACC Outdoor Finish.....Men 3rd, Women 2nd
'18 NCAA Outdoor Finish.....Men 15th, Women 10th
ACC Championships.....7 Men, 6 Women
NCAA Individual Champions.....10 Men, 6 Women

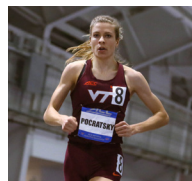
THE STARTING LINE

- Virginia Tech track and field enters the NCAA Indoor Championships with six total student-athletes as one sprinter, two pole vaulters, three distance runners and the women's DMR team represents the Hokies.
- Eight school records have been reset this winter for Virginia Tech, including Jacory Patterson's times in the 200 (20.84), 300 (32.49) and 400 (46.04), Kennedy Dennis' time in the 300 (37.88), Eszter Bajnok's marks in the triple jump (13.04m, 42'9.5") and long jump (6.11m, 20'0.5"), Rachel Baxter's mark in the pole vault (4.47m, 14'8") and Sara Freix's time in the 5,000 meters (16:07.09).
- Rachel Pocratsky's 800-meter time (2:03.43) is the fourth-fastest time in the country, while Rachel Baxter's vault is No. 5 in the nation.

LAST TIME OUT

- Six event titles highlighted Virginia Tech track and field at the ACC Indoor Championships on Feb. 21-23 at Rector Field House.
- The women's DMR team won the ACC indoor title for the second-straight year as Sarah Edwards, Arlicia Bush, Shannon Quinn and Rachel Pocratsky crossed the finish line with a time of 11:08.02
- Once again the Hokies dominance in the pole vault was shown as Deakin Volz and Joel Benitez went 1-2 on the mens side, while Rachel Baxter broke the school record (4.46m) to win the event on the women's side.
- Jacory Patterson won the 400 meters and become the first Hokie to ever do so during the indoor season.
- Pocratsky took the gold in the 800 for second consecutive indoor season at ACCs, while Edwards won the mile and Peter Seufer earned gold in the 3,000 meters.
- Newcomer Isaiah Rogers was named ACC Field MVP after earning silver in the shot put (18.19) and the weight throw (20.74)

WHO TO WATCH



- Rachel Pocratsky is coming off a gold-medal run in the 800 at the ACCs. The Senior's season-best time is No. 4 nationally (2:03.43)

2019 SCHEDULE

JANUARY

11-12	VIRGINIA TECH INVITATIONAL	BLACKSBURG, VA.
18-19	HOKIE INVATATIONAL	BLACKSBURG, VA.
25-26	BOB POLLOCK INVATATIONAL	CLEMSON, S.C.
	IOWA BLACK AND GOLD PREMIER	IOWA CITY, IA.

FEBRUARY

1-2	CAMEL CITY INVITATIONAL	WINSTON-SALEM, N.C.
	"DOC HALE" ELITE MEET	BLACKSBURG, VA.
8-9	IOWA STATE CLASSIC	AMES, IA.
	TIGER PAW INVITATIONAL	CLEMSON, S.C.
15-16	VIRGINIA TECH CHALLENGE	BLACKSBURG, VA.
	DMR INVITATIONAL	WINSTON-SALEM, N.C.
21-23	ACC INDOOR CHAMPIONSHIPS	BLACKSBURG, VA.

MARCH

8-9	NCAA INDOOR CHAMIONSHIPS	BIRMINGHAM, ALA
22-23	FLORIDA STATE RELAYS	TALLAHASSEE, FLA.
	VANDERBILT BLACK & GOLD INVITATIONAL	NASHVILLE, TENN.
	WINTHROP INVITATIONAL	ROCK HILL, S.C.
27-30	TEXAS RELAYS	AUSTIN, TEXAS
29-30	FLORIDA RELAYS	GAINESVILLE, FLA.
	RALEIGH RELAYS	RALEIGH, N.C.

APRIL

5-6	GEORGIA- SPEC TOWNS INVITATIONAL	ATHENS, GA.
11-13	TENNESSEE RELAYS	KNOXVILLE, TENN.
12-13	TRITON INVITATIONAL	SAN DIEGO, CALIF.
19-20	WAR EAGLE CLASSIC	AUBURN, ALA.
	DUKE INVITATIONAL	DURHAM, N.C.
25-27	PENN RELAYS	PHILADELPHIA, PA.
26-27	UNIVERSITY OF LOUISVILLE	LOUISVILLE, KY.
	VIRGINIA GRAND PRIX	CHARLOTTEVILLE, VA.

MAY

1	LIBERTY TWILIGHT QUALIFIER	LYNCHBURG, VA.
4	TENNESSEE CHALLENGE	KNOXVILLE, TENN.
9-11	ACC OUTDOOR CHAMPIONSHIPS	MIAMI, FLA.
23-25	NCAA EAST PRELIMINARIES	TAMPA, FLA.

JUNE

5-8	NCAA OUTDOOR CHAMPIONSHIPS	AUSTIN, TEXAS.
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SOCIAL



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Name	Class	Event	Hometown	High School/Other
Brian Baker	Fr.	Distance	Doylestown, Pa.	Central Bucks West
Cole Beck	Fr.	Sprints	Blacksburg, Va.	Blacksburg
Owen Buck	Jr.	Mid-Distance	Seattle, Wash.	Ballard
Matthias Cannon	Fr.	Distance	Glen Allen, Va.	Deep Run
Chauncey Chambers	Fr.	Jumps	Springfield, Va.	Robert E. Lee
Jayron Cheatham	Fr.	Jumps	Chesapeake, Va.	Oscar Smith
Michael Davenport	Jr.	Sprints/Jumps	Winston-Salem, N.C.	Woodberry Forest
Jaelyn Demory	r-So.	Pole Vault	Fairfax, Va.	Woodbridge Senior
Ben Fleming	r-Fr.	Distance	Blacksburg, Va.	Blacksburg
Hans Gallagher	Fr.	Sprints	Flanders, N.J. / West Morris Mendham	
Clint Gault	Fr.	Distance	Poquoson, Va.	Poquoson
Miles Green	Fr.	Sprints/Hurdles	Philadelphia, Pa.	Saint Joseph's Prep
Will Griffen	r-Fr.	Distance	Elkins Park, Pa.	Cheltenham
Matthew Harding	Jr.	Distance	Conwy, North Wales	Rydal Penrhos / UNC Asheville
James Holt	Jr.	Jumps	Glenmoore, Pa.	Downingtown STEM Academy
Osman Humeida	r-Fr.	Distance	South Riding, Va.	Freedom
Jones, Tyson	Fr.	Throws	Goodyear, Ariz.	Dessert Edge
Jack Joyce	r-Jr.	Distance	Ashburn, Va.	Briar Woods
Tyler Leaser	Fr.	Distance	Milton, Pa.	Milton
Joel Leon Benitez	Fr.	Pole Vault	Nottingham, United Kingdom	Millfield
Tahjere Lewis	Fr.	Sprints	Hampton, Va.	Hampton
Antonio Lopez Segura	Fr.	Mid-Distance	Barcelona, Spain	Colgan
Donovan Louis	Fr.	Sprints/Jumps	Triangle, Va.	Potomac
John Manilli	Fr.	Multi Events	Alexandria, Va.	Patriot
Matthew Manilli	So.	Multi Events	Alexandria, Va.	Patriot
Bashir Mosavel-lo	So.	Distance	Richmond, Va.	Deep Run
Sean Murphy	Fr.	Multi Events	Fairfax, Va.	Woodgrove
Mussie, Simeon	Fr.	Distance	Silver Spring, Md.	Albert Einstein
Ben Nibbelink	Fr.	Distance	Leesburg, Va.	Tuscarora
Jacory Patterson	Fr.	Sprints	Columbia, S.C.	Dreher
Eldon Phillips	Fr.	Distance	Silver Spring, Md.	Northwood
Noah Ramsey	Fr.	Sprints	Christiansburg, Va.	Blacksburg
Harrison Rice	Fr.	Pole Vault	Richmond, Va.	St. Christopher's School
Isaiah Rogers	Jr.	Throws	Smyrna, Ga.	Campbell/TCU
Peter Seufer	r-Jr.	Distance	Lynchburg, Va.	E.C. Glass
Fitsum Seyoum	r-So.	Distance	Leesburg, Va.	Tuscarora
Logan Sheppard	Fr.	Distance	Forest, Va.	Jefferson Forest
Thierry Siewe Yanga	So.	Mid-Distance	Silver Spring, Md.	Montgomery Blair
Derek Tay	Fr.	Sprints	Bristow, Va.	Patriot
Joseph Tay	Jr.	Sprints	Bristow, Va.	Patriot
Deakin Volz	Sr.	Pole Vault	Bloomington, Ind.	Bloomington South
Dave Whitfield	So.	Distance	Upper Darby, Pa.	Monsignor Bonner
Zachary Witt	r-So.	Distance	Glen Allen, Va.	Glen Allen/Christopher Newport
Diego Zarate	r-Jr.	Distance	Germantown, Md.	Northwest



Name	Class	Event	Hometown	High School/Other
Stefanie Aeschlimann	So.	Triple Jump	Wettstetten, Germany	Reuchlin
Eszter Bajnok	Jr.	Jumps	Kethely, Hungary	Kaposvari Munkacsy Mihaly
Rachel Baxter	So.	Pole Vault	Orange, Calif.	Canyon
Lauren Berman	r-Jr.	Distance	Fairfax, Va.	James W. Robinson
Ella Breidenstine	r-So.	Distance	Hummelstown, Pa.	Lower Dauphin
Brown, Kanajzae	Jr.	Sprints	Bridgeport, Conn.	Central Magnet / High Point
Ellie Brush	So.	Distance	Mason, Ohio	Mason
Arlicia Bush	Jr.	Sprints	Princeton, Ky.	Ridge View
Copeland, Kayla	Fr.	Sprints	Ashburn, Va.	Stone Bridge
Kennedy Dennis	So.	Sprints	Greenville, S.C.	Berea
Kaylah Duke	Fr.	Sprints	Chesapeake, Va.	Oscar Smith
Olivia Duston	Fr.	Distance	Herndon, Va.	Herndon
Enid Duut	Fr.	Throws	Neptunusof, Netherlands	Krimpenerwaard College
Sarah Edwards	Jr.	Distance	Bellingham, Mass.	Bellingham
Sara Freix	Jr.	Distance	Centreville, Va.	Westfield
Pavla Kuklova	r-Jr.	Throws	Opava, Czech Republic	Secondary School of Nursing
Cecilia Marenick	So.	Triple Jump	High Point, N.C.	Southwest Guilford
Laurel Miller	So.	Jumps	Charleston, W.Va.	Ripley / College of Charleston
Imagine Patterson	Fr.	Sprints/Hurdles	Rock Hill, S.C.	Summerville
Maya Pighet	Fr.	Sprints/Jumps	Charlotte, N.C.	Olympic
Rachel Pocratsky	Sr.	Mid-Distance	Gaithersburg, Md.	Our Lady of Good Counsel
Shannon Quinn	Sr.	Mid-Distance	Camp Hill, Pa.	Trinity
Kayla Richardson	Jr.	Distance	Blacksburg, Va.	Blacksburg
Zanelle Richie	Fr.	Sprints	Petersburg, Va.	Thomas Dale
Paige Ritter	So.	Pole Vault	Harrisburg, Pa.	East Pennsboro
Emily Schiesl	So.	Distance	Burke, Va.	Lake Braddock
Erin Shaffrey	Fr.	Jumps	Reisterstown, Md.	Maryvale Prep
Nykah Smith	Fr.	Sprints	Atlanta, Ga.	Maynard Jackson
Catherine Stone	Jr.	Mid-Distance	Vienna, Va.	James Madison
Amanda Swaak	Sr.	Distance	Vienna, Va.	James Madison
Caitlan Tate	So.	Sprints	Atlanta, Ga.	Brookwood
Emma Thor	r-Fr.	Throws	Knivsta, Sweden	Celsiuskolan
Kajsa Wennberg	r-Fr.	Throws	Uppsala, Sweden	Katedralskolan Uppsala
Allie Zolkiewicz	Fr.	Distance	Sykesville, Md.	South Carroll/Carroll Community College

PRONUNCIATIONS

Osman Humeida	Hu-MEE-duh
Matthew Manilli	Muh-NIL-e
Bashir Mosavel-Lo	Mos-uh-VEL-oh
Peter Seufer	SOY-fer
Fitsum Seyoum	SAY-oh-um
Thierry Siewe Yanga	TIER-ee Sew YANG-uh
Diego Zarate	Dee-AY-go Zer-AH-tey

Stefanie Aeschlimann	EYE-cul-men
Kanajzae Brown	Kuh-nah-zhae
Eszter Bajnok	BYE-knock
Ella Breidenstine	BRI-den-stine
Arlicia Bush	Ar-LEE-see-uh
Enid Duut	Ay-nid
Sara Freix	Frix
Pavla Kuklova	PAHV-luh Kook-LOV-uh
Emily Schiesl	Shy-sel
Nykah Smith	Nye- Kuh
Kajsa Wennberg	Ky-shuh



2018 Honors & Awards

USTFCCCA Southeast Region Assistant Coach of the Year

Ben Thomas (Men, Indoor)

USTFCCCA Southeast Region Track Athlete of the Year

Neil Gourley (Men, Indoor)

FloTrack Preseason Indoor All-Americans

Rachel Baxter, Neil Gourley, Lisa Gunnarsson, Torben Laidig, Patrick Joseph

ACC Performer of the Week

Lisa Gunnarsson - Jan. 30

Rachel Pocratsky - Jan. 30

Rachel Pocratsky - Feb. 13

Lisa Gunnarsson - April 3

Rachel Baxter - April 17

First Team All-ACC Indoor (Men)

Joel Leon Benitez (pole vault)

Vincent Ciattei (mile) – champion

Greg Chiles (4x400)

Michael Davenport (4x400)

Neil Gourley (DMR, 800) – champion in both

Daniel Jaskowak (DMR) – champion

Patrick Joseph (4x400)

Torben Laidig (pole vault)

Peter Seufer (3,000; 5,000)

Brandon Thomas (DMR; 4x400) – champ. (DMR)

Diego Zarate (mile)

Deakin Volz (pole vault) – champion

Thierry Siewe Yanga (DMR) – champion

Second Team All-ACC Indoor (Men)

Greg Chiles (200)

Vincent Ciattei (3,000)

Jaelyn Demory (pole vault)

Patrick Joseph (800)

Mackenzie Muldoon (heptathlon)

First Team All-ACC Indoor (Women)

Eszter Bajnok (triple jump) – champion

Rachel Baxter (pole vault)

Arlicia Bush (DMR) – champion

Sarah Edwards (DMR, 3,000) – champion (DMR)

Lisa Gunnarsson (pole vault) – champion

Rachel Pocratsky (800, DMR) – champion in both

Shannon Quinn (DMR) – champion

Second Team All-ACC Indoor (Women)

Stefanie Aeschlimann (triple jump)

Eszter Bajnok (long jump)

Laurie Barton (800)

Courtney Blanden (4x400)

Arlicia Bush (4x400)

Kennedy Dennis (4x400)

Caitlan Tate (4x400)

Katie Kennedy (mile)

NCAA Indoor All-Americans

Laurie Barton - distance medley (first team)

Rachel Baxter - pole vault (second team)

Courtney Blanden - distance medley (first team)

Greg Chiles - distance medley champ. (first team)

Vincent Ciattei - distance medley champ., mile (first team 2x)

Sarah Edwards - distance medley (first team)

Neil Gourley - distance medley champ., mile (first team 2x)

Lisa Gunnarsson - pole vault (first team)

Patrick Joseph - distance medley champ., mile (first team 2x)

Katie Kennedy - distance medley (first team)

Torben Laidig - pole vault (second team)

Rachel Pocratsky - 800 meters (first team)

Deakin Volz - pole vault (first team)

FloTrack Preseason Outdoor All-Americans

Marek Barta, Vincent Ciattei, Sarah Edwards,

Lisa Gunnarsson, Torben Laidig, Deakin Volz

First Team All-ACC Outdoor (Men)

Peter Seufer (10,000) – champion

Vincent Ciattei (1,500 & 800) – champion 1,500

Marek Barta (discus) – champion

Greg Chiles (400 hurdles)

Diego Zarate (1,500)

Deakin Volz (pole vault)

Torben Laidig (pole vault)

Fitsum Seyoum (3,000 steeplechase)

Second Team All-ACC Outdoor (Men)

Joel Leon Benitez (pole vault)

James Steck (pole vault)

Lawrence Harris (4x100 & 100)

Samuel Denmark (4x100)

Joseph Tay (4x100)

Michael Davenport (4x100)

Bashir Mosavel-Lo (800)

Peter Seufer (5,000)

First Team All-ACC Outdoor (Women)

Emma Thor (hammer) – champion

Eszter Bajnok (long jump & triple jump) – champion both

Rachel Pocratsky (800 & 1,500) – champion both

Pavla Kuklova (hammer)

Lisa Gunnarsson (pole vault)

Rachel Baxter (pole vault)

Sarah Edwards (3,000 steeplechase)

Second Team All-ACC Outdoor (Women)

Katie Kennedy (1,500)

Laurie Barton (800)

Stefanie Aeschlimann (triple jump)

Lindsay Herra (discus)

Sara Freix (10,000)

NCAA Outdoor All-Americans

Eszter Bajnok - triple jump (first team)

Rachel Baxter - pole vault (first team)

Joel Leon Benitez - pole vault (first team)

Vincent Ciattei - 1,500 (first team)

Lisa Gunnarsson - pole vault (first team)

Pavla Kuklova - hammer throw (first team)

Torben Laidig - pole vault (first team)

Rachel Pocratsky - 1,500 (first team)

Greg Chiles - 400 hurdles (second team)

Emma Thor - hammer throw (second team)

Deakin Volz - pole vault (first team)

Diego Zarate - 1,500 (second team)

USTFCCCA Southeast Region Assistant Coach of the Year

Ben Thomas (Men, Outdoor)

USTFCCCA Southeast Region Field Athlete of the Year

Lisa Gunnarsson (Women, Outdoor)

ACC Men's Field Athlete of the Year

Torben Laidig (Men, Outdoor)

CoSIDA Google Cloud Academic All-District

Vincent Ciattei

Torben Laidig

Emma Thor

CoSIDA Google Cloud Academic All-America

Vincent Ciattei

Torben Laidig



Tech Men's Indoor Track and Field Records





<i>Event</i>	<i>Time/Mark</i>	<i>Name</i>	<i>Year</i>
60m	6.57	Darrell Wesh	2013
200m	20.84	Jacory Patterson	2019
300m	32.49	Jacory Patterson	2019
400m	46.14	Jacory Patterson	2019
500m	1:03.32	Adam Jury	2004
600m	1:17.26	Drew Piazza	2017
800m	1:46.23	Patrick Joseph	2017
1,000m	2:20.54	Neil Gourley	2017
1,500m	3:40.66	Vincent Ciattei	2018
Mile	3:58.36	Vincent Ciattei	2018
3,000m	7:52.54	Will Mulherin	2013
5,000m	13:37.10	Thomas Curtin	2016
60m Hurdles	7.77	Jeff Artis-Gray	2013
4x400m	3:09.33	Chiles, Thomas Joseph, Davenport	2018
4x800m	7:22.56	Cobb, Voight, Oustrich, Reed	1987
DMR	9:30.24	Judge, Vaughn, Witt, Berlin	2009
High Jump	7'5" (2.26m)	Ronnie Black	2013
Pole Vault	18'6.75" (5.66m)	Deakin Volz	2017
Long Jump	25'10" (7.87m)	Jeff Artis-Gray	2013
Triple Jump	54'6" (16.61m)	Manuel Ziegler	2015
Shot Put	62'11.25" (19.18m)	Justin Clickett	2007
Weight Throw	77'10.25" (23.73m)	Spyridon Jullien	2006
Heptathlon	5,282 points	Rene Stauss	2011
Discontinued Events			
60yd	5.9	David Read	1980
55m	6.30	André Davis	2000
55m Hurdles	7.35	Chris Stokes	1999
60 yd Hurdles	7.1	Kenny Lewis	1978
Pentathlon	3,683 points	Adam Bowser	2000







Tech Women's Indoor Track and Field Records

<i>Event</i>	<i>Time/Mark</i>	<i>Name</i>	<i>Year</i>
60m	7.26	Funmi Alabi	2011
200m	23.60	Courtney Blanden	2017
300m	37.88	Kennedy Dennis	2019
400m	53.06	Queen Harrison	2010
500m	1:11.49	Asia Washington	2010
600m	1:27.39	Hanna Green	2017
800m	2:02.13	Hanna Green	2017
1,000m	2:41.98	Rachel Pocratsky	2018
1,500m	4:13.70	Rachel Pocratsky	2018
Mile	4:34.01	Rachel Pocratsky	2018
3,000m	9:08.77	Tasmin Fanning	2008
5,000m	16:07.09	Sara Freix	2019
60m Hurdles	7.94	Queen Harrison	2010
4x200m	1:36.43*	Potts, Spruill, Castlin, Harrison	2008
4x400m	3:36.83	C. Blanden, K. Dennis, C. Tate, A. Bush	2018
4x800m	8:33.50	Smiljanec, Dowd, A. Smith, H. Green	2014
DMR	10:53.62	K. Kennedy, C. Blanden, L. Barton, S. Edwards	2018
High Jump	6'0" (1.83m)	Katie Ollendick	1998
Pole Vault	14'7.5" (4.46m)	Lisa Gunnarsson	2018
Long Jump	20'0.5" (6.11m)	Eszter Bajnok	2019
Triple Jump	42'9.5" (13.04m)	Eszter Bajnok	2019
Shot Put	54'9.5" (16.70m)	Brittany Pryor	2008
Weight Throw	73'3.25" (22.33m)	Tamara Burns	2005
Pentathlon	4,224 points	Saskia Triesscheijn	2006











*Collegiate Record



*Current team members in **bold** type*
Times in tenths of seconds are hand-timed.

	<p>JOEL LEON BENITEZ</p> <p>Pole Vault • So. • Nottingham, United Kingdom</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>5.37 meters (17ft., 7.25 in.) • 5.45 meters (17 ft., 10.5 in.)</p>	<p>LAST MEET: 5.15 meters (16 feet, 10.75 inches) @ ACC Indoor Champ.</p> <p>NOTE: Earned a Silver medal at the ACC Indoor Championships with a clearance of 5.15 meters (16 feet, 10.75 inches) ... Has yet to compete in 2019 ... Qualified for the NCAA Outdoor Championships at the NCAA East Preliminary Round by placing second in the pole vault with a height of 5.35 meters (17 feet, 6.5 inches).</p>	<p>SEASON BEST</p> <p>Indoor: 5.15 (16 ft., 10.75 in.)</p> <p>Outdoor:</p>
	<p>HARRISON RICE</p> <p>Pole Vault • Fr. • Richmond, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>4.95 (16 ft., 2.75 in.) •</p>	<p>LAST MEET: 4.95 meters (16 feet, 2.75 inches) @ ACC Indoor Champ.</p> <p>NOTE: Finished fifth at the ACC indoor championships with a mark of 4.95 meters (16 feet, 2.75 inches) Placed eighth in the pole vault at the Virginia Tech Challenge with a leap of 4.75 meters (15 feet, 7 inches) ... Leaped a personal-best height of 4.90 meters (16 feet, 0.75 inches) in the pole vault to place seventh at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: 4.95 (16 ft., 2.75 in.)</p> <p>Outdoor:</p>
	<p>DEAKIN VOLZ</p> <p>Pole Vault • Sr. • Bloomington, Ind.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>5.66m (18 ft., 6.75 in.) • 5.60m (17 ft., 10.5 in.)</p>	<p>LAST MEET: 5.45 meters (17 feet, 10.5 inches) @ACC Indoor Champ.</p> <p>NOTE: Won gold at the ACC Indoor Championships with a height of 5.45 meters (17 feet, 10.5 inches) ... Finished first in the pole vault at the Virginia Tech Challenge with a height of 5.50 meters (18 feet, 0.5 inches) ... Leaped a height of 5.55 meters (18 feet, 2.5 inches) to place second in the pole vault at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: 5.55m (18 ft., 2.5 in.)</p> <p>Outdoor:</p>
	<p>RACHEL BAXTER</p> <p>Pole Vault • So. • Orange, Calif.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>4.47m (14 ft., 8 in.) • 4.37m (14 ft., 8 in.)</p>	<p>LAST MEET: 4.47 meters (14 feet, 8 inches) @ ACC Indoor Champ.</p> <p>NOTE: Broke a indoor school record with a jump of 4.47 meters (14 feet, 8 inches) to win gold at teh ACC Indoor Championships ... Finished fourth in the pole vault at the Virginia Tech Challenge with a height of 4.20 meters (13 feet, 9.25 inches) ... Placed second at the Doc Hale Elite Meet with a mark of 4.33 meters (14 feet, 2.5 inches).</p>	<p>SEASON BEST</p> <p>Indoor: 4.47m (17 ft., 8 in.)</p> <p>Outdoor:</p>










	<p>TYSON JONES</p> <p>Throws • Fr. • Goodyear, AZ</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>SP - 17.57m (57 ft., 7.75 in.) •</p>	<p>LAST MEET: 17.69 meters (58 feet, 0.5 inches) @ ACC Indoor Champ.</p> <p>NOTE: Finished fifth in the shot put at the ACC Indoor Championships with a personal-best throw of 17.69 meters (58 feet, 0.5 inches) Placed second in the men's shot put event at the Virginia Tech Challenge ... At Iowa, placed fifth at the Black and Gold Premier in the shot put, tossing a mark of 17.24 meters (56 feet, 6.75 inches).</p>	<p>SEASON BEST</p> <p>Indoor: SP-17.69m (58 ft., 0.5 in.)</p> <p>Outdoor:</p>
	<p>ISAIAH ROGERS</p> <p>Throws • Jr. • Smyrna, Ga.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>SP - 75.59m (57 ft., 8.5 in.) • H - 57.96m (190 ft., 2 in.)</p>	<p>LAST MEET: 18.19 meters (59 feet, 8.25 inches) @ ACC Indoor Champ.</p> <p>NOTE: Was named ACC men's field MVP after winning silver in the shot put with a throw of 18.19 meters (59 feet, 8.25 inches) and silver in the weight throw with a mark of 20.74 meters (68 feet 0.5 inches) ... Both throws were personal bests ... Finished fifth in the weight at the Clemson Tiger Paw Invitational with a mark of 20.61 meters (67 feet 7.5 inches).</p>	<p>SEASON BEST</p> <p>Indoor: WT-20.74m (68 ft., 0.5 in.) SP-18.19m (59 ft., 8.25 in.)</p> <p>Outdoor:</p>
	<p>ENID DUUT</p> <p>Throws • So. • Neptunusof, Netherlands</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>.</p>	<p>LAST MEET:</p> <p>NOTE: Has yet to compete in the 2018 indoor.</p>	<p>SEASON BEST</p> <p>Indoor:</p> <p>Outdoor:</p>
	<p>PAVLA KUKLOVA</p> <p>Throws • r-Jr. • Opava, Czech Republic</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>W - 18.95m (62 ft., 2.25 in.) • H - 66.18m (217 ft., 1 in.)</p>	<p>LAST MEET: 18.43 meters (60 feet., 5.75 inches) @ ACC Indoor Champ.</p> <p>NOTE: Threw a mark of 18.43 meters (60 feet, 5.75 inches) at the ACC Indoor Championships ... Earned a fourth-place finish in the weight at the Doc Hale Elite meet, throwing a personal-best distance of 18.95 meters (62 feet, 2.25 inches) ... Placed eighth in the weight at a the Hokie Invitational with her mark of 18.38m (60 feet, 3.75 inches)</p>	<p>SEASON BEST</p> <p>Indoor: WT-18.95m (62 ft., 2.25 in.)</p> <p>Outdoor:</p>
	<p>EMMA THOR</p> <p>Throws • Jr. • Knivsta, Sweden</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>W - 18.85m (61 ft., 10.25 in.) • H - 64.85m (212 ft., 0 in.)</p>	<p>LAST MEET: 18.85 meters (61 feet, 10.25 inches) @ VT Challenge</p> <p>NOTE: At the Virginia Tech Challenge, took second and set a personal best in the weight throw, tossing a mark of 18.85 meters (61feet, 10.25 inches) ...Competed in the weight throw at the Doc Hale Elite Meet and placed sixth with a mark of 18.44 meters (60 feet, 6 inches) ... Placed fifth in the weight at the Hokie Invitational with a mark of 18.48 meters (60 feet, 7.75 inches).</p>	<p>SEASON BEST</p> <p>Indoor: WT-18.85m (61 ft., 10.25 in.)</p> <p>Outdoor:</p>
	<p>KAJSA WENNBERG</p> <p>Throws • Jr. • Uppsala, Sweden</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>W - 17.09m (56 ft., 1 in.) • H - 58.73m (192 ft., 8 in.)</p>	<p>LAST MEET: 17.09 meters (56 feet, 1 inch) @ACC Indoor Champ.</p> <p>NOTE: Threw a personal best 17.09 meters (56 feet, 1 inch) at the ACC Indoor Championships ... Set a new personal best in the weight throw at the Virginia Tech Challenge with a mark of 16.75 meters (54 feet, 11.5 inches) ... Finished ninth in the weight throw at the Doc Hale Elite Meet with a length of 16.31 meters (53 feet, 6.25 inches).</p>	<p>SEASON BEST</p> <p>Indoor: WT-17.09m (56 ft., 1 in.)</p> <p>Outdoor:</p>

	<p>JAELYN DEMORY</p> <p>Multi-Events • r-So. • Fairfax, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>PV- 5.00m (16'4.75") • PV- 4.95m (16'2.75")</p>	<p>LAST MEET: Heptathlon - 5,086 points @ ACC Indoor Championships</p> <p>NOTE: Earned silver at the ACC Indoor Championships in the heptathlon with a personal-best 5,086 points ... Finished seventh in the pole vault at the Doc Hale Elite Meet with a height of 4.90 meters (16 feet, 0.75 inches) ... Placed third in the pole vault, leaping a height of 4.85 meters (15 feet, 11 inches) ... Placed tenth in the pole vault with a mark 4.70 meters (15 feet, 5 inches).</p>	<p>SEASON BEST</p> <p>Indoor: PV- 4.90m (16 ft., 0.75 in.) Heptathlon - 5,086 points</p> <p>Outdoor:</p>
	<p>JOHN MANILLI</p> <p>Multi-Events • Fr. • Alexandria, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p>	<p>LAST MEET:</p> <p>NOTE: Has yet to compete in the 2019 indoor</p>	<p>SEASON BEST</p> <p>Indoor:</p> <p>Outdoor:</p>
	<p>MATTHEW MANILLI</p> <p>Multi-Events • So. • Alexandria, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Heptathlon - 4,939 •</p>	<p>LAST MEET: Heptathlon - 4,889 points @ ACC Indoor Championships</p> <p>NOTE: Finished fourth at the ACC Indoor Championships in the heptathlon with 4,899 points ...as yet to compete in the 2019 indoor ... Finished eighth in the heptathlon at the ACC Indoor Championships with 4,939 points.</p>	<p>SEASON BEST</p> <p>Indoor: Heptathlon - 4,889 points</p> <p>Outdoor:</p>
	<p>SEAN MURPHY</p> <p>Multi-Events • Fr. • Fairfax, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Heptathlon - 4,685 •</p>	<p>LAST MEET: Pole vault - 3.65m (11 feet, 11.75 inches) @ VT Challenge</p> <p>NOTE: Placed fifth in the pole vault at the Virginia Tech Challenge with a leap of 3.65 meters (11 feet, 11.75 inches) ... Ran a time of 8.67 seconds in the 60 meter hurdles and jumped 1.67 meters (6 feet, 4.75 inches) in the high jump at the Clemson Tiger Paw Invitational ... Threw 12.12 meters (39 feet, 9.25 inches) to finish sixth at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: Heptathlon - 4,685 points</p> <p>Outdoor:</p>
	<p>CHAUNCEY CHAMBERS</p> <p>Multi-Events • Fr. • Springfield, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>TJ - 15.42 (50'7.25") •</p>	<p>LAST MEET: TJ - 15.32 (50 feet, 3.25 inches) @ ACC Indoor Championships</p> <p>NOTE: Placed fifth at the ACC Indoor Championships with a leap of 15.08m (49 feet, 5.75 inches) ... Finished fourth in the triple jump at the Doc Hale Elite meet with a mark of 15.08m (49 feet, 5.75 inches) ... Jumped 14.77m (48 feet, 5.5 inches) to finish fourth at the Clemson Bob Pollock Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: TJ- 15.42m (50 ft., 7.25 in.)</p> <p>Outdoor:</p>
	<p>DONOVAN LOUIS</p> <p>Multi-Events • Fr. • Triangle, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Pentathlon - 3,120 pts. • Heptathlon - 4,117 pts.</p>	<p>LAST MEET: LJ - 7.13m (23 feet, 4.75 inches) @ ACC Indoor Champ.</p> <p>NOTE: Leaped a personal best 7.13m (23 feet, 4.75 inches) in the long jump at the ACC Indoor Championships ... Finished third in the long jump at the Virginia Tech Challenge with a mark of 6.92m (22 feet, 8.5 inches) ... Ran 6.99 to finish ninth in the 60 meter dash and finished 11th in the 200 with a time of 22.53 at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: LJ- 7.13, (23 ft., 4.75 in.)</p> <p>Outdoor:</p>
	<p>STEFANIE AESCHLIMANN</p> <p>Jumps • So. • Wettstetten, Germany</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>TJ - 12.62m (41 ft., 1.75 in.) • TJ - 12.96m (42 ft., 6.25 in.)</p>	<p>LAST MEET: TJ-11.89 meters (39 feet, 0.25 inches) @ ACC Indoor Champ. Invitational.</p> <p>NOTE: Leaped 11.89 meters (39 feet, 0.25 inches) in the tripple jump at the ACC Indoor Championships ... Turned in a jump of 12.09 meters (39 feet, 8 inches), finishing seventh in the tripple jump at the Bob Pollock Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: 12.25m (40 ft., 2.25 in.)</p> <p>Outdoor:</p>
	<p>ESZTER BAJNOK</p> <p>Jumps • Jr. • Kethely, Hungary</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>LJ - 6.11m (20 ft., 0.5 in.) • TJ - 13.39m (43 ft., 11.25 in.)</p>	<p>LAST MEET: TJ-13.04 meters (42 feet, 9.5 inches) @ ACC Indoor Champ.</p> <p>NOTE: Earned bronze in the tripple jump at the ACC indoor Championships with a mark of 12.95 meters (42 feet, 6 inches) ... Also placed eighth in the long jump with a leap of 16.04 meters (19 feet, 9.75 inches) Clinched a new personal best in the tripple jump at theBob Pollock Invitational with a mark of 13.04 meters (42 feet, 9.5 inches).</p>	<p>SEASON BEST</p> <p>Indoor: LJ- 6.11m (20 ft., 0.5 in.) TJ- 13.04m (42 ft., 9.5 in.)</p> <p>Outdoor:</p>
	<p>Laurel Miller</p> <p>Jumps • So. • Charleston, W. Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>HJ - 1.67m (5 ft., 5.75 in.) •</p>	<p>LAST MEET: HJ1.64 meters (5 feet, 4.5 inches) @ ACC Indoor Champ.</p> <p>NOTE: Finished ninth at the ACC Indoor Championships with a jump of 1.634meters (5 feet, 4.5 inches) ... Jumped 1.63 meters (5 feet, 4.25 inches) to finish second at the Virginia Tech Invitational ... First year with Virginia Tech after transferring from the College of Chareleston.</p>	<p>SEASON BEST</p> <p>Indoor: TJ- 1.64m (5 ft., 4.5 in.)</p> <p>Outdoor:</p>

	<p>COLE BECK</p> <p>Sprints • Fr. • Blacksburg, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 6.77, 200m - 21.77 •</p>	<p>LAST MEET: 60 meters - 6.73 @ ACC Indoor Championships</p> <p>NOTE: Set a new personal-best in the 60-meter dash with a time of 6.73 in the ACC Indoor Championships ... Also set a PR in the 200-meter dash with a time of 21.36 ... Ran a time of 6.81 seconds in the 60-meter dash prelims at the Virginia Tech Challenge.</p>	<p>SEASON BEST</p> <p>Indoor: 60m - 6.73 200m - 21.36</p> <p>Outdoor:</p>
	<p>MICHAEL DAVENPORT</p> <p>Sprints • Jr. • Winston-Salem, N.C.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 6.92, 200m - 21.26 • 100m - 10.43, 200m - 20.97</p>	<p>LAST MEET: 200 meters - 21.64 @ Doc Hale Elite Meet</p> <p>NOTE: Was a member of the DMR team that finished second at the ACC Indoor Championships ... Clocked a time of 21.64 seconds in the 200-meter-dash at the Doc Hale Elite Meet ... Collected a fourth place finish in the 200-meter dash with a time of 21.56 seconds and a ninth place finish in the 400-meter dash with a time of 48.57 seconds at the Bob Pollock Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: 200m - 21.56 300m - 33.89 400m - 48.57</p> <p>Outdoor:</p>
	<p>MILES GREEN</p> <p>Sprints/Hurdles • Fr. • Philadelphia, Pa.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>400m - 48.448 •</p>	<p>LAST MEET: 400 meters - 47.38 @ ACC Indoor Championships</p> <p>NOTE: Finished fourth at the ACC Indoor Championships with a personal-best time of 47.38 in the 400-meter dash ... Was also a member of the 4x400 relay team that finished fifth ... Ran the 400 as a member of the DMR team that ran a time of 9:37.98 to finish sixth at the JDL DMR Invitational ... Finished sixth in the 400-meter dash at the Doc Hale Elite Meet with a time of 48.89.</p>	<p>SEASON BEST</p> <p>Indoor: 400m - 47.38 200m - 22.32</p> <p>Outdoor:</p>
	<p>JACORY PATTERSON</p> <p>Sprints/Hurdles • Fr. • Columbia, S.C.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>200m - 20.84, 400m - 46.04 •</p>	<p>LAST MEET: 400 meters - 46.04 @ ACC Indoor Championships</p> <p>NOTE: Reset the school record in the 400-meter dash with a time of 46.04 to earn gold at the ACC Indoor Championships ... Ran a school record time of 46.14 seconds in the 400-meter dash at the Doc Hale Elite Meet ... Placed first in the 200-meter dash with a Tech record 20.84 seconds at the Bob Pollock Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: 200m - 20.84 400m - 46.04</p> <p>Outdoor:</p>
	<p>NOAH RAMSEY</p> <p>Sprints • So. • Christiansburg, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 6.98, 200m - 22.62 •</p>	<p>LAST MEET: 60 meters - 7.05 @ Virginia Tech Challenge</p> <p>NOTE: Tallied a time of 7.05 in the 60-meter dash at the Virginia Tech Challenge ... Placed eighth in the 60-meter dash at the Doc Hale Elite Meet with a time of 7.06 seconds. Also ran 22.66 to finish 12th in the 200-meter dash ... Finished 16th in the 60-meter dash with a time of 7:04 and 10th in the 200-meter dash with a time of 22.66 at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: 200m - 22.62 60m - 6.98</p> <p>Outdoor:</p>
	<p>JOSEPH TAY</p> <p>Sprints • Jr. • Bristow, Va</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 6.86 • 100m - 10.78</p>	<p>LAST MEET: 60 meters - 6.96 @ ACC Indoor Championships</p> <p>NOTE: Ran 6.96 in the 60-meter dash at the ACC Indoor Championships ... Collected a time of 6.91 seconds in the 60-meter dash at the Virginia Tech Challenge ... Finished seventh in the 60-meter dash with a time of 6.99 seconds and placed 10th in the 200-meter dash with a time of 22.69 at the Bob Pollock Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: 60m - 6.91</p> <p>Outdoor:</p>
	<p>KANAJZAE BROWN</p> <p>Sprints • Jr. • Bridgeport, Conn.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 7.54, 200m - 24.46 •</p>	<p>LAST MEET: 60 meters - 7.59 @ ACC Indoor Championships</p> <p>NOTE: Ran 7.59 in the 60-meter dash and also ran 24.82 in the 200-meter dash at the ACC Indoor Championships ... Placed third in the 60-meter dash with a time 7.54 and finished fourth in the 200-meter dash with a time of 24.46 at the Virginia Tech Challenge ... Ran a time of 7.66 seconds in the 60-meter dash at the Doc Hale Elite Meet to finish at eighth.</p>	<p>SEASON BEST</p> <p>Indoor: 60m - 7.54 200m - 24.46</p> <p>Outdoor:</p>
	<p>ARLICIA BUSH</p> <p>Sprints • Jr. • Princeton, Ky.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>400m - 53.92 • 200m - 24.21, 400m - 52.29</p>	<p>LAST MEET: 400 meters - 53.92 @ ACC Indoor Championships</p> <p>NOTE: Placed fifth in the 400-meter dash with a personal-best time of 53.92 in the ACC Indoor Championships ... Also ran the 400 as a member of the DMR team that earned gold ... Ran the 400 as a member of the DMR team that ran a time of 9:37.98 to finish second with teth fastest time in the country at the JDL DMR Invitational.</p>	<p>SEASON BEST</p> <p>Indoor: 400m - 53.92</p> <p>Outdoor:</p>
	<p>KAYLA COPELAND</p> <p>Sprints/Hurdles • FR. • Ashbur, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 7.71, 200m - 25.14 •</p>	<p>LAST MEET: 60 meters - 7.71 @ ACC Indoor Championships</p> <p>NOTE: Ran a personal-best time of 25.14 in the 200-meter dash at the ACC Indoor Championships ... Collected a time of 7.71 seconds in the 60-meter dash to place sixth at the Virginia Tech Challenge ... Clocked a time of 25.47 seconds in the 200-meter dash to finish 14th at the Doc Hale Elite Meet.</p>	<p>SEASON BEST</p> <p>Indoor: 600m - 7.71 200m - 225.14</p> <p>Outdoor:</p>
	<p>KENNEDY DENNIS</p> <p>Sprints • So. • Greenville, S.C.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>60m - 7.29, 200 - 23.71 • 100m - 11.56</p>	<p>LAST MEET: 60 meters - 7.33 @ ACC Indoor Championships</p> <p>NOTE: Finished fifth at the ACC Indoor Championships in the 200-meter dash with a time of 23.71, also placed fifth in the 60-meter dash with a time of 7.33 ... Was the anchor of a 4x400 team that placed second with a time of 3:38.12 ... Ran a time of 7.38 in the 60-meter dash to place second at the Virginia Tech Challenge.</p>	<p>SEASON BEST</p> <p>Indoor: 60m - 7.29 200m - 23.71</p> <p>Outdoor:</p>

	IMAGINE PATTERSON	LAST MEET: 400 meters - 57.46 @ ACC Indoor Championships NOTE: Ran a time of 57.46 in the 400-meter dash at the ACC Indoor Championships ... Was also a member of the 4x400 relay team that earned silver ... Recorded a personal best time of 8.54 seconds in the 60 meter hurdles at the Doc Hale Elite Meet ... Ran a personal-best time of 24.94 seconds in the 00 meter to finish 13th at the Bob Pollock Invitational. Alos clocked a time of 57.14 seconds to finish fifth in the 400.	SEASON BEST Indoor: 400m - 56.34 60h - 8.54 Outdoor:
	Sprints/Hurdles • Fr. • Rock Hill, S.C.		
	Top Mark Indoor • Top Mark Outdoor 60h - 8.54, 400m - 56.34 •		
	NYKAH SMITH	LAST MEET: 400 meters - 54.39 @ ACC Indoor Championships NOTE: Collected a personal-best time of 54.39 in the 400-meter dash at the ACC Indoor Championships ... Was also a member of the 4x400 relay team that earned silver ... Recorded a persoanl best time of 54.48 seconds in the 400 at the Virginia Tech Challenge ... Collected a personal-best time of 24.25 seconds in the 200 meter dash to place fourth at the Doc Hale Elite Meet.	SEASON BEST Indoor: 200m - 24.25 400m - 54.39 Outdoor:
	Sprints • Fr. • Atlanta, Ga.		
	Top Mark Indoor • Top Mark Outdoor 200m - 24.25, 400m - 54.39 •		

	OWEN BUCK	LAST MEET: 800 meters - 1:52.46 @ ACC Indoor Championships	SEASON BEST
	Mid-Distance • So. • Seattle, Wash.	NOTE: Competed in the 800-meter race at the ACC Indoor Championships and ran the distance in a time of 1:52.46 ... Also, ran the third leg of the distance medley relay at the ACC meet, and the group won a silver medal with a time of 9:45.03 ... Won the 800 at the Virginia Tech Challenge with a time of 1:52.06 ... Ran the 800 at the Iowa State Classic in a time of 1:52.02.	Indoor: 800m - 1:52.02
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	800m - 1:51.08 • 400m - 50.46, 800m - 1:50.06		
	BEN FLEMING	LAST MEET: 3,000 meters - 8:22.51 @ ACC Indoor Championships	SEASON BEST
	Distance • r-Fr. • Blacksburg, Va.	NOTE: Competed in the 3,000-meter race at the ACC Indoor Championships and ran the distance in a time of 8:22.51 ... Ran the 3,000 at the Iowa State Classic in a time of 8:19.05 ... Won the unseeded 3,000 at the Camel City Invitational with a time of 8:15.78 ... Came in ninth in the mile at the Hokie Invitational with a time of 4:08.63.	Indoor: 3,000m - 8:15.78 Mile - 4:07.51
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	3,000m - 8:15.78, Mile - 4:07.51 • 3,000s - 9:08.76		
	JACK JOYCE	LAST MEET: 3,000 meters - 8:29.08 @ ACC Indoor Championships	SEASON BEST
	Distance • r-So. • Ashburn, Va.	NOTE: Was fourth in the 3,000-meter race at the Iowa State Classic, running the distance in a time of 8:09.98 ... Finished third in the unseeded 3,000 at the Camel City Invitational with a time of 8:17.41 ... Was seventh in the mile at the Hokie Invitational with a time of 4:08.14 ... Came in second in the 1,000 at the Virginia Tech Invitational with a time of 2:26.61.	Indoor: 3,000m - 8:09.98
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	3,000m - 8:09.98 • 5,000m - 14:06.72		
	BASHIR MOSAVEL-LO	LAST MEET: 800 meters - 1:48.74 @ ACC Indoor Championships	SEASON BEST
	Distance • So. • Richmond, Va.	NOTE: Finished fourth in the 800-meter race at the ACC Indoor Championships with a time of 1:48.74 ... Also, ran the anchor leg of the distance medley relay at the ACC meet, and the quartet won a silver medal with a time of 9:45.03.	Indoor: 800m - 1:49.46 Mile - 4:02.13
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	800m - 1:48.74 • 800m - 1:48.66		
	ELDON PHILLIPS	LAST MEET: 800 meters - 1:56.20 @ Virginia Tech Challenge	SEASON BEST
	Mid-Distance • Fr. • Blacksburg, Va.	NOTE: Came in fourth in the 800-meter race at the Virginia Tech Challenge with a time of 1:56.20 ... Ran the 800 at the Iowa State Classic in a time of 1:52.39 ... Finished second in the 800 at the Doc Hale Elite Meet with a time of 1:52.32 ... Ran unattached in the 1,000 at the Virginia Tech Invitational and was 12th with a time of 2:33.54.	Indoor: 800m - 1:52.32
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	800m - 1:56.20 •		
	PETER SEUFER	LAST MEET: 3,000 - 7:59.60 @ ACC Indoor Championships	SEASON BEST
	Distance • r-Jr. • Lynchburg, Va.	NOTE: Won a gold medal in the 3,000-meter race at the ACC Indoor Championships with a personal-best time of 7:59.60 ... Added a silver medal in the 5,000 at the league meet, finishing the race in a time of 14:04.65 ... Was part of the DMR team that came in sixth at the JDL DMR Invitational with a time of 9:37.98 — the 10th-fastest time in school history.	Indoor: 5,000 - 13:52.32 3,000 - 7:59.60
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	5,000m - 13:52.32 • 5,000m - 14:21.59		
	FITSUM SEYOUM	LAST MEET: 5,000 - 14:21.52 @ ACC Indoor Championships	SEASON BEST
	Distance • r-Fr. • Leesburg, Va.	NOTE: Finished ninth in the 5,000-meter race at the ACC Indoor Championships with a time of 14:21.52 ... Came in second in the mile race at the Virginia Tech Challenge with a time of 4:12.80 ... Finished ninth in the unseeded 3,000-meter race at the Camel City Invitational with a time of 8:33.88 ... Was 12th in the mile at the Hokie Invitational with a time of 4:11.26.	Indoor: Mile - 4:11.26 3,000 - 8:33.88
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	5,000m - 14:24.04 • 3,000s - 8:49.26		
	THIERRY SIEWE YANGA	LAST MEET: 800 meters - 1:53.28 @ ACC Indoor Championships	SEASON BEST
	Distance • So. • Silver Spring, Md.	NOTE: Competed in the 800-meter race at the ACC Indoor Championships and ran the distance in a time of 1:53.28 ... Won the 800 at the Doc Hale Elite Meet with a time of 1:52.28 ... Finished 12th in the 1,000 at the Hokie Invitational with a time of 2:30.98 ... Was third in the 1,000 at the Virginia Tech Invitational with a time of 2:26.73.	Indoor: 800m - 1:52.28
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	800m - 1:52.28 • 800m - 1:51.10, 1,500m - 3:55.64		
	DAVE WHITFIELD	LAST MEET: Mile - 4:22.44 @ ACC Indoor Championships	SEASON BEST
	Distance • So. • Upper Darby, Pa.	NOTE: Competed in the mile race at the ACC Indoor Championships and ran the distance in a time of 4:22.44 ... Also competed in the 3,000 at the league meet, running the distance in a time of 8:49.33 ... Came in second in the 1,000 at the Virginia Tech Challenge, running the race in a personal-best time of 2:27.43.	Indoor: 800m - 1:52.79 Mile - 4:13.67
	Top Mark Indoor • Top Mark Outdoor		Outdoor:
	800m - 1:53.79 • 800m - 1:53.20, 1,500m - 3:58.20		

	<p>DIEGO ZARATE</p> <p>Distance • r-Jr. • Germantown, Md.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Mile - 4:00.04 • 1,500m - 3:43.38</p>	<p>LAST MEET: Mile - 4:03.54 @ ACC Indoor Championships</p> <p>NOTE: Won the bronze medal in the mile race at the ACC Indoor Championships with a time of 4:03.54 ... Also ran the 3,000 at the league meet and finished the distance in a time of 8:35.10 ... Came in fifth in the mile race at the Iowa State Classic with a personal-best time of 4:00.44 ... Finished second in the elite mile race at the Camel City Invitational with a time of 4:03.37.</p>	<p>SEASON BEST</p> <p>Indoor: Mile - 4:00.44</p> <p>Outdoor:</p>
	<p>LAUREN BERMAN</p> <p>Distance • r-Jr. • Fairfax, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Mile - 4:46.41 • 5,000m - 16:12.55</p>	<p>LAST MEET: Mile - 4:46.41 @ ACC Indoor Championships</p> <p>NOTE: Competed in the mile at the ACC Indoor Championships and ran the event in a time of 4:46.41 ... Ran the mile in a time of 4:52.46 at the Iowa State Classic ... Was eighth in the unseeded 3,000-meter race at the Camel City Invitational with a time of 10:03.04 ... Came in eighth in the mile at the Hokie Invitational with a time of 4:51.31.</p>	<p>SEASON BEST</p> <p>Indoor: Mile - 4:46.41</p> <p>Outdoor:</p>
	<p>ELLIE BRUSH</p> <p>Distance • So. • Mason, Ohio</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>3,000m - 10:00.37 • 800m - 2:18.88, 1,500m - 4:46.26</p>	<p>LAST MEET: 3,000 - 10:22.25 @ ACC Indoor Championships</p> <p>NOTE: Competed in the 800-meter race at the ACC Indoor Championships and ran the distance in a time of 2:11.10 ... Also competed in the 3,000 at the league's indoor meet and ran the event in a time of 10:22.25 ... Won her first collegiate race when she came in first in the 1,000 at the Virginia Tech Challenge ... Ran that race in a personal-best time of 2:53.55.</p>	<p>SEASON BEST</p> <p>Indoor: 3,000 - 10:00.37</p> <p>Outdoor:</p>
	<p>SARAH EDWARDS</p> <p>Distance • Jr. • Bellingham, Mass.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>Mile - 4:36.49, 3,000m - 9:33.53 • 1,500m - 4:22.50</p>	<p>LAST MEET: Mile - 4:41.56 @ ACC Indoor Championships</p> <p>NOTE: Won two gold medals at the ACC Indoor Championships ... Took first place in the mile with a time of 4:41.56, becoming the first Tech female ever to win the mile at the ACC Championships ... Also was the leadoff for the distance medley relay team that won the gold medal with a time of 11:08.02.</p>	<p>SEASON BEST</p> <p>Indoor: Mile - 4:36.49 3,000 - 9:33.53</p> <p>Outdoor:</p>
	<p>SARA FREIX</p> <p>Distance • Jr. • Centreville, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>5,000m - 16:07.09 • 10,000m - 34:12.33</p>	<p>LAST MEET: 5,000 - 16:11.48 @ ACC Indoor Championships</p> <p>NOTE: Won the bronze medal in the 5,000-meter race at the ACC Indoor Championships with a time of 16:11.48 — her first ACC individual medal ... Also, came in seventh in the 3,000 at the league meet with a time of 9:27.43 ... Broke the school record in the 5,000 at the Iowa State Classic, finishing the race in a time of 16:07.09 to come in 12th overall.</p>	<p>SEASON BEST</p> <p>Indoor: 3,000m - 9:21.72 5,000m - 16:07.09</p> <p>Outdoor:</p>
	<p>RACHEL POCRATSKY</p> <p>Distance • Sr. • Gaithersburg, Md.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>800m - 2:03.17 • 800m - 2:02.67, 1,500m - 4:10.03</p>	<p>LAST MEET: 800 - 2:03.43 @ ACC Indoor Championships</p> <p>NOTE: Won two gold medals at the ACC Indoor Championships ... Was first in the 800 at the league meet, running the distance in a time of 2:03.43 and tying the facility record set by Hanna Green in 2015 ... Also anchored the women's distance medley relay team that won the gold medal with a time of 11:08.02.</p>	<p>SEASON BEST</p> <p>Indoor: 800m - 2:03.43</p> <p>Outdoor:</p>
	<p>Shannon Quinn</p> <p>Distance • Sr. • Camp Hill, Pa.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>800m - 2:06.58 • 800m - 2:09.25</p>	<p>LAST MEET: 800 - 2:06.72 @ ACC Indoor Championships</p> <p>NOTE: Won her first individual medal at an ACC meet when she took the bronze in the 800 at the ACC Indoor Championships in a personal-best time of 2:06.58 ... Also ran the third leg of the distance medley relay at the ACC Indoor Championships and helped the quartet win the gold medal with a time of 11:08.02.</p>	<p>SEASON BEST</p> <p>Indoor: 800m - 2:06.58</p> <p>Outdoor:</p>
	<p>KAYLA RICHARDSON</p> <p>Distance • Jr. • Blacksburg, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>5,000m - 16:43.72 • 3,000s - 10:50.71</p>	<p>LAST MEET: 5,000 - 17:28.40 @ ACC Indoor Championships</p> <p>NOTE: Competed in the 5,000-meter race at the ACC Indoor Championships, running the event in a time of 17:28.40 ... Was 11th in the 5,000 at the Iowa State Classic with a time of 16:43.72 ... Ran the mile at the Hokie Invitational in a time of 5:11.46 ... Came in third in the mile at the Virginia Tech Invitational with a time of 5:03.03.</p>	<p>SEASON BEST</p> <p>Indoor: 5,000m - 16:43.72</p> <p>Outdoor:</p>
	<p>CATHERINE STONE</p> <p>Mid-Distance • Jr. • Vienna, Va.</p> <p>Top Mark Indoor • Top Mark Outdoor</p> <p>800m - 2:11.52 • 800m - 2:13.78</p>	<p>LAST MEET: 800 - 2:08.72 @ ACC Indoor Championships</p> <p>NOTE: Finished sixth in the 800-meter race at the ACC Indoor Championships with a time of 2:08.72 ... Ran the 800-meter race at the Iowa State Classic in a time of 2:11.52 ... Finished third in the 800 at the Doc Hale Elite Meet with a time of 2:16.19 ... Was seventh in the 1,000 at the Hokie Invitational with a time of 2:57.24</p>	<p>SEASON BEST</p> <p>Indoor: 800m - 2:08.72</p> <p>Outdoor:</p>