VIRGINIA TECH TRACK & FIELD/CROSS COUNTRY

2019 Indoor and Outdoor ACC Men's Team Champions

ACC

CHAMPION

ACC

MEN'S INDOOR TRACK & FIELD

2019

WEICOME /// DAVE CIANELLI – Director of Track & Field/Cross Country



VISION FOR THE PROGRAM

- Develop the best student-athletes possible and graduate them
- Provide a world-class educational experience
- Provide elite level coaching
- Win championships

an era of excellence ///

2001-2019: The Cianelli Years

- 17 NCAA individual National Championships
- 258 All-America Honors
- 96 All-Americans
- 15 ACC Team Championships
- 200 ACC Individual Champions
- Four Top 5 Team Finishes at the NCAA National Track and Field Championships
- 12 Top 10 Team Finishes at the NCAA National Track and Field Championships
- 29 Top 20 Team Finishes at the NCAA National Track and Field Championships
- 13 ACC Track and Field Athletes of the Year
- 2010 Bowerman Award Winner
- Six Olympic Team Members
- 93 New School Records at Virginia Tech
- 19 Academic All-America Selections

Contact Coach Cianelli Email: dcianell@vt.edu Phone: (540) 231-3094



rector field house

RGINIATI

With renovations to Rector Fieldhouse completed in January of 2019, we were able to host several national class competitions culminating with the ACC Indoor Track and Field Championships in late February. Student athletes, coaches, officials and spectators were extremely impressed with the new facility. Rector Fieldhouse provides our program with a world class facility which will attract the best student-athletes and give them a world class home they can be proud of.















2015 acc indoor champs ///

CK & FIELD

















2018 NCAA INDOOR NATIONAL CHAMPIONSHIPS/// FOURTH PLACE A. INDOOR TRACK AND FIELD CH.

2016 OLYMPIC BRONZE MEDALIST

RioZo1

Rio2016

kristi castlin



- First female Olympic medalist in Virginia Tech history, part of the historic U.S. sweep in the 100-Meter Hurdles
- Seven-time NCAA All-American—most All-America honors in the history of Virginia Tech women's track & field
- Three-time ACC Champion
- 2016 Olympian Rio Games
- ACC Scholar-Athlete of the Year in 2010
- 2007 Pan-American Junior Games Gold Medalist, 100-Meter Hurdles

Spyridon jullien

- Four-time NCAA National Champion
 - 2005 and 2006 Hammer Throw
 - 2005 and 2006 35-lb. Weight Throw
- Seven-time NCAA All-American
- Six-time Conference Champion
- ACC All-time Record Holder Hammer and Weight Throws
- Top 10 all-time collegiate ranking 35-lb. weight throw (77'10-1/4"/ 23.73m)

narcel lomnicky

- Two-time NCAA National Champion
 - 2009 Hammer Throw
 - 2012 35-lb. Weight Throw
- Six-time NCAA All-American
- Five-time ACC Champion
- ACC All-time Record Holder Hammer Throw (248' 10"/75.84m)
- Top 10 All-time Collegiate Ranking Hammer Throw
- 2012 Olympian London Games
- 2013 World Championship Finalist 8th Place Hammer Throw
- 2015 World Championship Finalist 8th Place Hammer Throw

Noines, IA - June 8-

2016 Olympian – Rio Games – 5th
 Place Hammer Throw (249' 3"/75.97m)

queen harrison

- Three-time NCAA National Champion
 - 2010 60-Meter Hurdles
 - 2010 100-Meter Hurdles
 - 2010 400-Meter Hurdles
- Six-time NCAA All-American
- Nine-time ACC Champion
- ACC All-time Record Holder -
 - 100-Meter Hurdles (12.61)
 - 400-Meter Hurdles (54.55)
- 2008 Olympian Beijing Games 400-Meter Hurdles
- 2010 Bowerman Award Winner
- 2010 Track and Field News Collegiate Athlete of the Year
- 2013 World Championships 5th Place, 100-Meter Hurdles
- 2015 Pan-American Games Gold Medalist, 100-Meter Hurdles



alexander ziegler

NATIONAL CHAMPION

- Three-time NCAA National Champion
 - 2011 Hammer Throw
 - 2012 Hammer Throw
 - 2013 35-lb. Weight Throw
- Seven-time NCAA All-American
- Four-time ACC Champion
- Top 10 All-time Collegiate Ranking Hammer Throw (248' 7"/ 75.78m)
- Top 10 All-time Collegiate Ranking 35-lb. Weight Throw (77' 8-3/4"/23.69m)
- 2013 ACC Men's Track and Field Scholar-Athlete of the Year
- 2013 USTFCCCA Men's Scholar-Athlete of the Year
- 2016 German National Champion Hammer Throw

dorotea habaz

- NCAA National Champion
 - 2011 Hammer Throw
- Three-time NCAA All-American
- Four-time ACC Champion
- ACC All-time Record Holder Hammer Throw (224'3"/68.36m)

tomas kruzliak

NATIONAL CHAMPION

- NCAA National Champion
 - 2013 Hammer Throw
- Five-time All-American
- 2013, 2014, 2015 ACC Champion
- 2013, 2014 ACC Field Performer of the Year
- 2013 ACC Freshman of the Year

irena sediva

NATIONAL CHAMPION

- Two-Time NCAA National Champion
 - 2015 Javelin
 - 2017 Javelin
- Two-Time ACC Champion
 - 2015 Javelin
 - 2017 Javelin
- ACC All-time Record Holder Javelin (196'6"/59.89m)
- ACC Meet Record Holder Javelin (192'6"/58.68m)
- Bronze Medal 2015 World University Games

2018 national champions dmr ///

LEFT TO RIGHT: VINCENT CIATTEI, GREG CHILES, PATRICK JOSEPH AND NEIL GOURLEY

ALL-AMERICA 2018, 2019

rachel procratsk

KARISA NELSON

• Four Time NCAA All-American

- Eight Time ACC Champion
- Virginia Tech School Record Holder
 - 1000M 2:41.98
 - Mile (Indoor) 4:34.01
 - 1500m 4:10.03
 - 4x800m (Outdoor) 8:25.24
 - DMR (Outdoor) 11:11.00
- 2019 Indoor NCAA 3rd Place Finisher 800m

ALL-AMERICA 2017, 2018

vincent ciattei

- Five Time NCAA All-American
- Three Time ACC Champion
- 2018 ACC Indoor Scholar Athlete of the Year
- 2018 National Champion Distance Medley Relay

Vincent

Ciattei

- Virginia Tech Indoor School Record
 Mile 3:58.36
- 2018 NCAA Indoor Runner up Mile
- 2018 NCAA Outdoor Runner up 1500 Meters
- 2017 NCAA Indoor Runner up Distance Medley Relay
- 2017 Penn Relays Champion 4x800 Meter Relay

ALL-AMERICA 2015, 2016, 2017, 2018

- Six Time NCAA All-American
- Four Time ACC Champion
- 2018 National Champion Distance Medley Relay
- 2017 Penn Relays Champion 4x800 Meter Relay
- Virginia Tech Indoor School Record
 - 1000 Meters 2:20.54
- 800 Meter PR 1:46.12
- 1500 Meter PR 3:35.95
- Mile PR 3:57.11
- 2019 British Champion 1500 Meters
- 2019 Team Great Britain member World Track and Field Championships Doha, Qatar

ALL-AMERICA 2015, 2016, 2017, 2018

patrick joseph

- Six time NCAA All-American
- Three Time ACC Champion
- 2018 National Champion Distance Medley Relay
- 2017 Penn Relays Champion 4x800 Meter Relay
- Virginia Tech Indoor School Record
 800 Meters 1:46.23
- ACC Indoor Meet Record Holder
 800 Meters 1:46.23

ALL-AMERICA 2014, 2016, 2017, 2018

torben laidig

- Seven Time NCAA
 All-American
- Two Time ACC Champion
- 2017 and 2018 ACC Outdoor Scholar Athlete of the Year
- Virginia Tech Outdoor School Record Holder
 - 18'8-1/4" (5.70m)
- ACC All Time Record Holder
 18'8-1/4" (5.70m)

ALL-AMERICA 2014, 2015, 2016, 2017

nanna green

- Six-time NCAA All-American
- Six-time ACC Champion
- ACC Meet Record 800 Meters 2:01.28
- Virginia Tech School Records 800 Meters – 2:01.17 Mile – 4:32.50
- NCAA Runner-up 800 Meters 2016 Indoor 2017 Indoor 2017 Outdoor
- 2016 Olympic Trials Qualifier
- 2019 IAAF World Championships Qualifier 800m
- 2019 Team USA member World Track and Field Championships - Doha, Qatar

ALL-AMERICA 2017

Two-time NCAA All-American

GLG

- 2017 Penn Relays Champion 4x800m Relay
- 2017 ACC Outdoor ACC Champion 800m
- Virginia Tech School Record Holder 600m – 1:17.26 800m (Outdoor) – 1:45.31 4x800m (Outdoor) – 7:13.75
- Represented Team USA 2018 NACAC Championships, Toronto, Canada

Piazza

Arrovo

 Two-time USATF Championships 800m Finalist -2017, 2018

ALL-AMERICA 2015, 2016

thomas curtin

TRACK & HELB CRUMPHONS

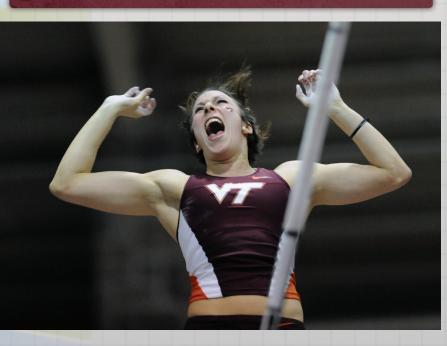
Thomas

COW

- Six-time NCAA All-American
- Seven-time ACC Champion
- 2015 ACC Cross-Country Champion
- Virginia Tech School Records Indoor 5,000-Meters (13:37.10) Outdoor 5,000-Meters (13:27.64)

martina schultze

ALL-AMERICA 2012, 2013, 2014



- Six-time NCAA All-American
- Five-time ACC Champion

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- Virginia Tech Indoor School Record 14' 7-1/4" (4.45 m)
- Virginia Tech Outdoor School Record 14' 9" (4.50 m)
- 2013 World University Games Silver Medalist

ALL-AMERICA 2012, 2013, 2014

darrel wesh

- Four-time NCAA All-American
- 2016 Olympian, Rio De Janeiro, Brazil
- Virginia Tech School Record Holder 60m (6.57) 100m (10.14)
- 2013 ACC Champion 200 Meters

ALL-AMERICA 2011, 2012, 2013

ronnie black

- Five-time NCAA All-American
- Virginia Tech School Record Holder High Jump, 7' 5" (2.26m)
- 2013 ACC Champion



artis-gray

• Five-time NCAA All-American

NORTH

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R NORTH FLO

- Virginia Tech School Record Holder Long Jump, 26' ³/₄"(7.94m)
 110m Hurdles (13.84)
 60m Hurdles (7.77)
- 2013 ACC Champion Long Jump

ALL-AMERICA 2011, 2012, 2013

will mulherin

- Four-time NCAA All-American
- Six-time ACC Champion
- 2012 ACC Cross Country Champion
- Virginia Tech School Records 3,000-Meters (7:52.54) 5,000-Meters (13:41.06)

ALL-AMERICA 2011, 2012, 2013

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- Four-time NCAA All-American
- 2012 Outdoor NCAA Fourth Place Finisher - 1500m
- Two-time ACC Champion
- Virginia Tech School Record Holder 1500m (3:39.22) Mile (Outdoor) 3:58.91

ALL-AMERICA 2011, 2012

hasheem halim

- Four-time NCAA All-American
- Virginia Tech School Record Holder Triple Jump, 54' 1 ¼" (16.49m)
- 2011 ACC Champion

ALL-AMERICA 2012

keith ricks

• Two-time NCAA All-American

5

56

• Virginia Tech School Record Holder 200m (20.45)

ALL-AMERICA 2008, 2011

kelly phillips



- Two-time NCAA All-American
- Two-time ACC Champion
- NCAA Top "88" Award Winner 2010 Women's Indoor Track and Field
- Two-time Academic All-American
- Six-time ACC All-Academic Team
- USTFCCCA All-Academic Selection 2009-2011
- Finalist for NCAA Woman of the Year 2011

ALL-AMERICA 2007, 2008

tasmin fanning

- Four-time NCAA All-American
- 2008 Olympic Trials Finalist 5,000 Meters (15:37.73)
- Third-place Finish 2008 NCAA Cross Country Championships
- 2008 ACC Champion 3000 Meters

brian mondschein

ALL-AMERICA 2005, 2006

- Three-time NCAA All-American
- Five-time Conference Champion
- 2008 Olympic Trials Qualifier
- Virginia Tech Outdoor School Record Holder – 18' 1-3/4" (5.53m)

all-america pole vaulters ///

BRAD JOHNSON Virginia Beach, VA JENIA OLHOVSKY Petah-tivka, Israel HUNTER HALL Fort Wayne, IN MARTINA SCHULTZE Uhingen, Germany BRIAN MONDSCHIEN Hummelstown, PA JOE DAVIS Tampa, FL KELLY PHILLIPS Blacksburg, VA BRIAN HUNTER Virginia Beach, VA TORBEN LAIDIG Schwäbisch Hall, Germany CHRIS UHLE Columbus, OH DEAKIN VOLZ Bloomington, IN JARED JODON Uniontown, PA STEPHAN MUNZ Göppingen, Germany VICTORIA VON EYNATTEN Leinfelden, Germany THORSTEN MÜELLER Stuttgart, Germany BOB PHILLIPS Baltimore, MD KEITH NEFF Annandale, VA JOEL BENITEZ Nottingham, United Kingdom RACHEL BAXTER Orange, California LISA GUNNARSSON Stockholm, Sweeden









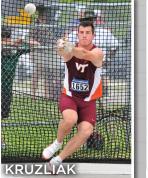
T. LAIDIG



nmer athletes ///









SPYRIDON JULLIEN

- Four-time NCAA Champion
- Seven-time All-American
- Hammer Throw Personal Best, 238' 5" (72.68m)

MARCEL LOMNICKY

- Two-time Olympian 2012, 2016
- Two-time NCAA Champion
- Six-time All-American
- Hammer Throw Personal Best, 248' 10" (75.84m)

ALEXANDER ZIEGLER

- Three-time NCAA Champion
- Seven-time All-American
- Hammer Throw Personal Best, 248' 7" (75.78m)

TOMAS KRUZLIAK

- NCAA National Champion
- Five-time All-American
- Hammer Throw Personal Best, 232' 5" (70.84m)

DOROTEA HABAZIN

- NCAA National Champion
- Three-time All-American
- Hammer Throw Personal Best, 224' 3" (68.36m)

PAVLA KUKLOVA

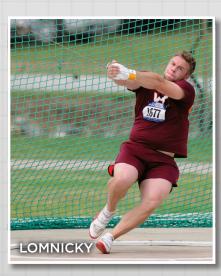
- Three-time NCAA All-American
- Hammer Throw Personal Best, 219' 4" (66.87m)

EMMA THOR

- Two-time NCAA All-American
- Hammer Throw Personal Best, 214' 3" (65.31m)

KRISTEN CALLAN

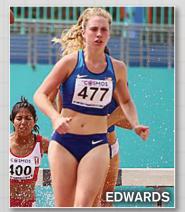
- Four-time NCAA All-American
- Hammer Throw Personal Best, 210' 2" (64.05m)







team usa members ///









JARED BERMAN

• 2010 World Junior Championships – Moncton, Canada – 3,000 Meter Steeplechase

LAURIE BARTON

 2017 Pan American Junior Championships – 800 Meters – Trujillo, Peru

RACHEL BAXTER

- 2016 USA Junior Gold Medalist
- 2017 Pan American Junior Championships Gold Medalist, Pole Vault – Trujillo, Peru
- 2018 World Junior Championships—Tampere, Finland—Pole Vault
- 2019 World University Games, Pole Vault, Naples, Italy—Silver Medalist



KRISTEN CALLAN

- 2004 USA Junior Champion Hammer Throw
- 2004 World Junior Championships Italy

KRISTI CASTLIN

- 2007 USA Junior Champion 100 Meter Hurdles
- 2007 Pan American Junior Championships Gold Medalist, 100 Meter Hurdles
- 2016 Olympic Games Bronze Medalist, 100 Meter Hurdles — Rio de Janeiro, Brazil

THOMAS CURTIN

 2011 USA International Junior Cross Country Championships — Edinboro, Scotland

SARAH EDWARDS

CALLAN

- 2017 Pan American Junior Championships—Gold Medalist, 3,000 Meter Steeplechase—Trujillo, Peru
- 2019 World University Games, 3000m Steeplechase, Naples, Italy

MILES GREEN

 2019 World University Games, 400m Hurdles, Naples, Italy

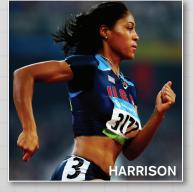
SHERLENIA GREEN

 2007 NACAC Championships — Bronze Medalist, 400 Meter Hurdles

team usa members continued ///

















QUEEN HARRISON

- 2008 USA Olympic Team Beijing, China, 400 Meter Hurdles
- 2007 USA Junior Champion 400 Meter Hurdles
- 2007 Pan American Junior Championships Gold Medalist, 400 Meter Hurdles
- 2011 World Championships Dageu, South Korea – 400 Meter Hurdles
- 2013 World Championships Moscow, Russia 100 Meter Hurdles, 5th place
- 2015 Pan American Games Edmonton, Canada 100 Meter Hurdles, Gold Medalist

TYSON JONES

2019 World University Games, Shot Put, Naples, Italy

PATRICK JOSEPH

- 2014 USA Junior Champion 1,500 Meters
- 2014 World Junior Championships Eugene, Oregon, 1,500 Meters

BEN NIBBELINK

 2019 Pan American U20 Championships, 3000m Steeplechase, San Jose, Costa Rica

RACHEL POCRATSKY

2019 World University Games, 800m, Naples, Italy

KEITH RICKS

- 2012 NACAC Championships Bronze Medalist, 200 Meters
- 2009 Pan American Junior Championships 200 Meters

DARRELL WESH

 2012 NACAC Championships — Gold Medalist, 4x100 Meter Relay

PETER SEUFER

 2015 USA International Junior Cross Country Championships — Edinboro, Scotland

DEAKIN VOLZ

 2016 World Junior Championships — Gold Medalist, Pole Vault — Bydgoszcz, Poland

DIEGO ZARATE

- 2016 USA Junior Champion 1,500 Meters
- 2016 World Junior Championships Bydgoszcz, Poland, 1,500 Meters







STEFANIE AESCHLIMANN - Triple Jump, Germany **MOSEN ANANI** – Hammer Throw, Egypt ESZTER BAJNOK - Triple Jump, Long Jump, Hungary MAREK BARTA - Discus Throw, Czech Republic JOEL BENITEZ - Pole Vault, Great Britain SAMIRA BURKHARDT - Shot Put, Germany NEIL GOURLEY - 1,500 Meters, Great Britain (Scotland) LISA GUNNARSSON - Pole Vault, Sweden **DOROTEA HABAZIN** – Hammer Throw, Croatia SVEN HAHN - Shot Put, Germany HASHEEM HALIM – Triple Jump, Virgin Islands SPYRIDON JULLIEN - Hammer Throw, Greece **SABINE KOPPLIN** – Javelin Throw, Germany TOMAS KRUZLIAK - Hammer Throw, Slovakia PAVLA KUKLOVA – Hammer Throw, Czech Republic TORBEN LAIDIG - Pole Vault, Germany MARCEL LOMNICKY - Hammer Throw, Slovakia IGOR MISLJENOVIC - Discus Throw, Croatia LUKA MUSTAFIC - Shot Put, Croatia JAKA MUHAR - Javelin Throw, Slovenia MATIJA MUHAR - Javelin Throw, Slovenia

MATEJ MUZA - Hammer Throw, Croatia VALENTINA MUZARIC - Shot Put, Croatia SORINA NWACHUKWU - 4 x 400 Meters, Germany YEVGENIY OLHOVSKY - Pole Vault, Israel MARLIES OVERBEEKE - Cross Country, Netherlands ANASTAS PAPASOV - Hammer Throw, Hungary MARTINA SCHULTZE - Pole Vault, Germany **IRENA SEDIVA** – Javelin Throw, Czech Republic ANTONIO LOPEZ SEGURA - 1500m, Spain KATARINA SMILJANIC - 800 Meters, Croatia KOBUS SMIT – Javelin Throw, South Africa **RENE STAUSS** – Decathlon, Germany EMMA THOR - Hammer Throw, Sweden SASKIA TRESSCHEIJN - Heptathlon, Germany TOMAS VASILIAUSKAS - Hammer Throw, Lithuania EVA VIVOD - Javelin Throw, Slovenia VICTORIA VON EYNATTEN - Pole Vault, Germany KAJSA WENNBERG - Hammer Throw, Sweden ALEXANDER ZIEGLER – Hammer Throw, Germany MANUEL ZIEGLER - Triple Jump, Germany













coaching staff ///

Dave Cianelli

Jason Cusack

Andrew Dubs

Eric Johannigmeier



Director of Track & Field/ Cross Country

Bob Phillips



Pole Vault Coach



Assistant Cross Country/

Distance Coach

Sprints, Hurdles & Relays Coach



Throws Coach

Paul Zalewski



Jumps and Multi-Events Coach/Technical Director



Head Cross Country/ Distance Coach

Katie Kennedy



Director of Operations

student-athlete support services///

support staff ///



STRENGTH & CONDITIONING Brandon Dillard



ADMINISTRATIVE ASSISTANT Debbie Clifton



TRAVEL COORDINATOR Lauren Burns



ACADEMIC SUPPORT Nick Vaccaro

ATHLETIC TRAINERS





Naomi Sheppard Logan Speicher The Athletics Office of Student-Athlete Development creates programs designed to enhance student-athletes in five areas: athletic excellence, academic excellence, personal and leadership development, and community outreach and career development. The program has been previously honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a program of excellence. ACADEMIC SUPPORT



MATT MAYOTTE Director of Student-Athlete Academic Support Services

STUDENT-ATHLETE DEVELOPMENT



REYNA GILBERT-LOWRY

Senior Associate Athletics Director of Student-Athlete Development/SWA

track & field at tech ///

WHAT'S A HOKIE?

The answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer

and a contest for such a purpose was held by the student body.

Senior O.M. Stull won first prize for his "Hokie" yell which is still used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Tech teams and for those people loyal to Tech athletics.

The official university school colors — Chicago Maroon and Burnt Orange — also were introduced in 1896. The colors were chosen by a committee because they made a 'unique combination' not worn elsewhere at the time. The official definition of "Hokie" is "a loyal Virginia Tech Fan."

johnson miller track complex ///

The Johnson-Miller Track Complex serves as the outdoor home for the Tech men's and women's track and field teams. The facility sits adjacent to Tech's Rector Field House, which houses the indoor track, and is another piece in Virginia Tech's commitment to a top-tier track and field program.

Cross country course ///

The Virginia Tech cross country team holds most of its practices and its home meets on the Virginia Tech Cross Country Course, located on the Tech campus adjacent to Smithfield Plantation.

Tech has the luxury of competing and training on a course designed solely for cross country competition, affording the team an opportunity to have exclusive rights to the use of the facility. The all-grass course provides an ideal surface for racing and training. Located on the southwest end of campus near the corner of Southgate Drive and U.S. 460, the course guides runners through a rural terrain of meadows, cornfields and wooded locations typical of the Tech surroundings. The course was built and opened for racing in 1993.

WWWWWWWWWWWW

The athletics department opened a brand new, \$1 million Olympic sports training center in 2012 dedicated solely for the Hokies' Olympic sports, thanks to a donation from the family of W.A. and Mae Street, originally from Grundy, Va.

olympic sports weight room ///

The Olympic Sports Athletic Performance Center features more than 6,000 square feet filled with weights, barbells, weight racks and other assorted equipment designed to help one get stronger, bigger and faster. The new center also features an 1,800 square-foot mezzanine level designed with equipment to help enhance the functional movement of Tech's athletes and thus prevent injuries.

academic enrichment center ///

Our Academic Enrichment Center has over 18,000 square feet of stateof-the-art facilities, including 10 staff offices, 20 tutor rooms, numerous classrooms, three study rooms, a conference room, 45-station computer lab, reference library, and training table.

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academic achievement ///

ACADEMIC ALL-AMERICANS

ACADEMIC ALL-AMERICANS

Track & Field Academic All-Americans

Year	Name
1997	Katie Ollendick
1998	Katie Ollendick
2004	Marlies Overbeeke
2005	Brian MacPhee
2006	Gunild Kreb
2007	Gunild Kreb
2007	Joe Samaniuk
2008	Sherlenia Green
2010	Matej Muza
2010	Kelly Phillips
2011	Kelly Phillips
2012	Frances Dowd
2012	Alexander Ziegler
2013	Alexander Ziegler
2014	Frances Dowd
2014	Stephan Munz
2018	Vincent Ciattei
2018	Torben Laidig

Team 1st 1st

2nd 2nd

2nd

1st

3rd 1st

2nd

3rd

1st

1st 2nd

1st

1st

2nd 2nd 1st The Virginia Tech women's track and field team were named All-Academic for the 2019 indoor and outdoor seasons by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).



Cross Country Academic All-Americans

YearName2004Marlies Overbeeke

Team 2nd

The Virginia Tech men's and women's cross country teams were named All-Academic teams for the 2018 cross country season by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

athletics complex ///

INGINIA TECH

the university ///

VIRGINIA TECH AT A GLANCE

- Located in Blacksburg, Virginia
- Nine college and graduate School
- 100 bachelor's degree programs
- 150 master's and doctoral degree programs
- 31,000+ full-time students

- 14:1 student-faculty ratio
- Main campus includes more than 135 buildings, 2,600 acres, and an airport

- Ranked 43rd in university research in the United States
- Has an adjacent corporate research center, as well as centers in Roanoke, Northern Virginia, and Newport News

virginia tech among leaders ///

2019 NATIONAL RANKINGS

Princeton review: Virginia Tech "takes a hands-on, engaging approach to education, preparing scholars to be leaders in their fields and communities"; 2017.

- #3: Their Students Love These Colleges
- #7: Best Quality of Life
- #14: Happiest Students

Niche.com:

#1: Best College Food
#3: Best Campus (No. 1 in Virginia)
#7: Best Big Colleges
#8: Top Public Universities
#8: Best Student Life

Southern Living: Best College Town in the South

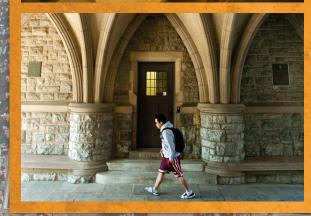
Livability: Top 100 Best Places to Live

Sperling's: #8: Emerging Metropolitan Areas

residence life at virginia tech ///









At Virginia Tech, you can be part of a community of more than 9,000 students who call our residence halls home.

tech dining ranked no. 1///



Willer an an im i 🖉 y i i i i

Dining Services boasts a tradition of award-winning programming, venues, and service.

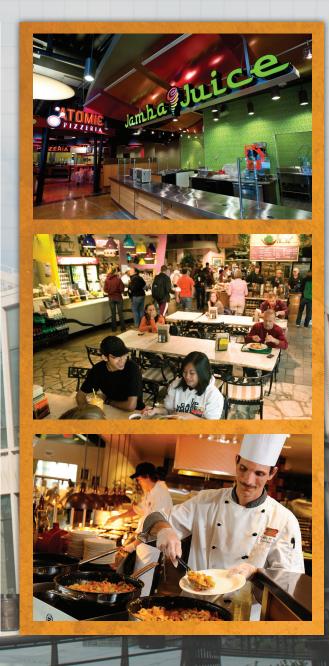
In the past five years, more than 50 colleges and businesses have benchmarked the program and its facilities. We have received numerous awards for our chefs, facilities, franchises, and program.

2019

- No. 1, Best Campus Food, Niche.com
- No. 3, Best Campus Food, "Best of 384 Colleges: 2019 Edition," The Princeton Review
- Winner 2019 Food Management Menu Madness Tournament, Food Management
- No. 1, Sales Volume College and University, Freshens
- No. 4, College Power Players, Food Management

2018

- Ranked No. 1 for the Best Campus Food for 2018, according to Niche. com
- Ranked No. 6 for the Best Campus Food, "Best of 382 Colleges: 2018 Edition, The Princeton Review
- Ranked No. 2 for the 50 Best Colleges with the Best Food 2017-2018, Best Value Schools



tech dining ranked no.

(coffee shop)

(food court)

DXpress at Dietrick Hall (grab-n-go)

Hokie Grill & Co., at Owens Hall

Squires (Student Center) Food Court

- Au Bon Pain
- Burger '37
- **D2** at Dietrick Hall
- Mangia! (Italian)
- Olives (vegetarian/vegan)
- Eden's (salads, soups, breads)
- Gauchos (Brazilian, American)
- La Patisserie (waffles, desserts)
- Pan Asia (Asian)

- - Farms & Fields Project (organic, local)

 - Sweet Temptations (pies, cakes, pastries)

Salsas (South of the border) **Owens Food Court at Owens Hall** East Side Deli (New York-style deli) Bowl Dynasty (Asian) Carvery (hot meals) **Deet's Place at Dietrick Hall**

- Flip's (American classics)
- Frank's Deli (sandwiches)
- Freshens (yogurt, smoothies)
- The Garden (soup, salad, fruit bar)
- La Cantina (Mexican)
- Lotsa Pasta (noodles & sauces)
- The Oasis (cold beverages)
- Philly City (Philly cheese steak/chicken)

ON-CAMPUS DINING CENTERS

Turner Place at Lavery Hall

Atomic Pizzeria

Jamba Juice

Origami

Soup Garden

Dolci e Caffé

Bruegger's Bagels

1972 Fire Grill

O'doba Mexican Grill

Vet Med Cafe (grab-n-go)

West End Market at Cochrane Hall was the first true marketplace-style dining operation on a university campus in the United States when it opened in 1999. West End Market features made-to-order items prepared before the customers and offers specialties such as London broil, lobster, and steak on a daily basis.









DIACKSDURG, VIRGINIA /// HOME of the HOKIES



Nestled on a plateau between the Blue Ridge and Allegheny mountains, the Town of Blacksburg is part of Montgomery County in the heart of Southwest Virginia's New River Valley.

Because of the town's award-winning services, reasonable cost of living, safety, moderate climate, and abundant leisure activities, Blacksburg is consistently ranked among the country's best places to live and has a nationwide reputation as a well-managed, stable, and forward-looking community.

the acc /// VT [Competing in America's Top Conference]

The 2019 Indoor Track and Field season was another successful one for the Hokies. The season started off with a bang as freshman Jacory Patterson set a world indoor under-20 record in the 300m with a mark of 32.49 seconds. Jacory's mark stands #2 all-time among collegians and is #9 all-time in the United States. Each week the team continued to have outstanding performances as our highly ranked freshman class began to demonstrate their talent. New school records were set by Kennedy Dennis in the 300m, Sara Freix in the 5000m, Rachel Baxter in the pole vault, Eszter Bajnok in both the long jump and triple Jump, and Jacory Patterson in the 200m, 300m and 400m.

Our season always points toward the ACC Championships which were held in Blacksburg on February 21-23. Both our women's and men's teams vied for the championship right down to the final event. The men ultimately won the Team Championship with 117 points, and our Women finished third only 7 points behind first place. The Hokies earned 7 ACC Individual Event Titles, totalling 189 since joining the Atlantic Coast Conference.

Women's 800m-Rachel Pocratsky- 2:03.43 Facility record Women's Mile- Sarah Edwards- 4:41.56 Women's Pole Vault- Rachel Baxter- 14' 8" School Record Women's Distance Medley Relay- S. Edwards, A. Bush, S. Quinn, R. Pocratsky- 11:08.02 Men's 400m- Jacory Patterson- 46.04 School Record Men's 3000m- Peter Seufer- 7:59.60 Men's Pole Vault- Deakin Volz- 17' 10.5"

On March 8-9 at the NCAA National Championships in Birmingham, Alabama, 9 Hokies earned All America honors. Rachel Pocratsky's 3rd place finish in the 800 meters led the women, with Sarah Edward and Rachel Baxter finishing 6th in the Mile and Pole Vault, respectively. On the men's side All American honors were earned by Deakin Volz in the Pole Vault and Bashir Mosavel-Lo in the 800m. The 9 All America honors brings our program's total since 2002 to 251 All America honors earned by 95 All American athletes. In the history of Virginia Tech those totals are 287 All America Honors earned by 123 All American athletes. Our 2019 Women's NCAA team placed 15th, making nine top-15 finishes at the National Championships in program history—a great way to cap off our 2019 Indoor season!

In the outdoor season, freshman sensation Jacory Patterson needed little time to make his mark as he crushed the school record in the 400 meters in his very first race of the season at the Florida Relays with a time of 45.76 seconds. Jacory would lower his record two more times during the season ending up with a 45.46 performance at the NCAA East preliminary meet in May. At the time Jacory was ranked number one Junior (Under 20) in the world in the 400 meters. Jacory teamed up with Joseph Tay, Michael Davenport and Freshman Cole Beck to break the school record twice in the 4x100m relay. Their time of 39.24 at the NCAA preliminary meet qualified the group to the NCAA Finals in Austin, Texas. At the NCAA finals, seven Hokies earned All American honors: Pavla Kuklova (Hammer), Sarah Edwards (1500m), Rachel Pocratsky (1500m), Miles Green (400m Hurdles),

Bashir Mosavel-Lo (800m), Peter Seufer (5000m), and Deakin Volz (Pole Vault). Adding these seven All-America Honors, our program has now collected 294 All-America Honors earned by 124 student athletes.

New School records set during the 2019 outdoor season included the Women's Distance Medley Relay (Sarah Edwards, Nykah Smith, Shannon Quinn, Rachel Pocratsky), Women's Long Jump (Eszter Bajnok) and Triple Jump (Eszter Bajnok). On the Men's side new school records were set in the 4x100m relay (Joseph Tay, Jacory Patterson, Michael Davenport, Cole Beck), 400m (Jacory Patterson), 3000m Steeplechase (Fitsum Seyoum) and the Decathlon (Jaelyn Demory).

The 2019 ACC Outdoor Championships were held in May in Charlottesville, Virginia, and the Hokies were ready to show that their indoor title was no fluke. In one of the great comebacks on the final day, the Hokie Men overtook the University of Virginia with two events remaining and went on the win the title with 123 points to 117 for UVA. At the start of the final day after the first two events the score was UVA 100-VT 62. For the remainder of the meet Virginia Tech outscored UVA 61 to 17 to complete the biggest comeback since the 2017 miracle in Atlanta where we were down 95-39 (56 points!) to UVA with only 12 events remaining and came all the way back to win the meet 120-119. Individual men's ACC Champions included, Jacory Patterson in the 400m, Bashir Mosavel-Lo in the 800m, Miles Green in the 400m hurdles, Fitsum Seyoum in the 3000m Steeplechase, Deakin Volz in the Pole Vault and Jaelyn Demory in the Decathlon. On the Women's side senior Rachel Pocratsky concluded her ACC career in style as she duplicated her 800m-1500m double win from 2018 again in 2019. The women's team finished in 4th place with 77 points. The 8 ACC Individual Championships won at the 2019 outdoor meet brings the total number of ACC Individual Championships won, since we joined the ACC in the fall of 2004, to 200! Of the 29 men that competed at the ACC meet, 17 were freshman and only two seniors (Deakin Volz, Pole Vault and Peter Seufer, 5000m & 10,000m). On the women's side we had four athletes competing in their last ACC outdoor meet- Rachel Pocratsky (800m & 1500m), Lauren Berman (1500m), Pavla Kuklova (Hammer) and Shannon Quinn (800m).

Hokies were well represented on team USA and other countries during summer international meets. Rachel Baxter, Sarah Edwards, Rachel Pocratsky, Miles Green and Tyson Jones all represented the United States at the World University Games in Naples, Italy. Baxter won the Silver Medal in the pole vault after missing all of May and most of June due to injury. Benjamin Nibbelink made the USA Junior Team and competed at the Junior Pan American Championships in Costa Rica. Pavla Kuklova (Czech Republic) was a finalist at the World University Games in the Hammer. Joel Benitez (United Kingdom, Pole Vault), and Emma Thor (Sweden, Hammer) both placed in the top 7 at the European U23 Championships in Sweden. Antonio Lopez Segura (Spain, 1500m) placed 7th at the U20 European Championships.



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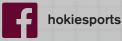


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Winning Championships ... It Has a Nice Ring To It!

