

# VIRGINIA TECH TRACK & FIELD

## INFORMATION

### ABOUT VIRGINIA TECH

School . . . . . Virginia Tech  
City/Zip . . . . . Blacksburg, Va. 24061  
Founded . . . . . 1872  
Enrollment . . . . . 37,000  
Nickname . . . . . Hokies  
Colors . . . . . Chicago Maroon, Burnt Orange  
President . . . . . Dr. Timothy Sands  
Athletic Director . . . . . Whit Babcock  
Mascot . . . . . HokieBird  
Conference . . . . . Atlantic Coast Conference  
Athletic Website . . . . . www.hokiesports.com

### VENUE INFORMATION

Court . . . . . Rector Field House  
Built . . . . . 1971  
Seasons in Use . . . . . 54  
Renovated . . . . . 2018

### TRACK & FIELD INFORMATION

ACC Conference Titles . . 9 Women, 12 Men  
All-Americans . . . . . 69 Women, 97 Men  
All-American Honors 160 Women, 230 Men  
NCAA Appearances . . 39 Women, 45 Men  
Individual National Champions . . . . . 20

### COACHING STAFF

Director of T&F . . . . . Ben Thomas (1st)  
Alma Mater . . . . . Virginia Tech '92

Associate Head Coach. Alan Dunson (2nd)  
Assistant Coach. . . . . Bob Phillips (40th)  
Assistant Coach. . . . . John Ellis (1st)  
Assistant Coach. . . . . Cleopatra Borel (1st)  
Assistant Coach. . . . . Tim Sykes (1st)  
Assistant Coach. . . . . Tra'von Phillips (1st)  
Assistant Coach. . . . . Katie Kennedy (7th)

### EVENT GROUPS BREAKDOWN

Throwers . . . . . 5 Women, 3 Men  
Sprinters/Hurdles . . . . 9 Women, 9 Men  
Jumps/Multis . . . . . 2 Women, 7 Men  
Pole Vault . . . . . 6 Women, 5 Men  
Distance . . . . . 18 Women, 22 Men  
TOTAL . . . . . 40 women, 46 men

## KEY STORYLINES

### Ben Thomas takes the reins

Ben Thomas, the previous head coach of the Virginia Tech track & field, has now taken over the program as the Director of Track & Field and Cross Country. This comes after Dave Cianelli, the 2024 USTFCCA Hall of Fame inductee and 2024 Virginia Tech Sports Hall of the Fame inductee, retired in the summer of 2024. Thomas was the head cross country and distance coach at VT from 2001 to 2018 and then returned as the director-in-waiting (head coach) from Oregon in 2023.

### Fixsen is BACK

Julia Fixsen returned to the vault after taking a year to recover from an injury. The graduate student was the 2023 NCAA Outdoor Individual Champion in the pole vault, with a result of 4.45m (14'7.25").

### Judson Lincoln IV sights set on records

Junior sprinter, Judson Lincoln IV, looks to break records in his third year with the program, posting a 32.37 in the 300m at the Clemson Invite to open the season, positioning himself at 4th in the USTFCCA/NCAA All-Time records, just 0.09 from the Tech record and 0.38 from the collegiate record, both held by former Hokie, Jacory Patterson. Lincoln IV's current best indoor 400m is 45.53, sitting just behind the program record of 45.14, which is also the ACC record.

### Top-tier jumps recruit makes Virginia Tech debut

Federico Bruno is a five-time Italian National Champion (U20 & U23) in the triple jump. He holds a career-best of 16.31m (53'5") in the event.

### Lookin' for a four-peat

The women's team is looking to extend their consecutive conference ITF title streak from three to four in the 2025 season. Major returners such as Fixsen, Killinen and Price will take over the leadership reins for the fairly youthful squad.

### Couttie shifts from rough terrain to the even-keeled track

The first cross country All-American for Virginia Tech since 2019, George Couttie, is preparing for his first indoor season as a Hokie. The sophomore will specialize in the 800m and 1500m.

### Tech adds four to staff

Cleo Borel joins the staff as the throws coach from Texas State. A four-time Olympian, Coach Borel still holds the Rector Field House record in the shot put at 19.48m (63'11").  
Tim Sykes returns to the distance program, as an assistant coach, from Akron.  
John Ellis joins the staff as the jumps & multis coach, from Arizona State.  
Tra'von Phillips joins Dunson and the sprints & hurdles group as Assistant Coach.

## INDOOR SCHEDULE

Jan. 17-18	Virginia Tech Invite	Blacksburg, Va.	All Groups
Jan. 24	Red Raider Invite	Lubbock, Texas	Sprints/Hurdles
Jan. 24-25	Hokie Invitational	Blacksburg, Va.	All Except Sprints/Hurdles
Jan. 31-Feb. 1	Carolina Challenge	Columbia, S.C.	Pole Vault
Feb. 7-8	Doc Hale Invitational	Blacksburg, Va.	All Groups
Feb. 14-15	Don Kirby Elite Invite	Albuquerque, N.M.	Jumps/Multis
Feb. 14-15	Tiger Paw Invitational	Clemson, S.C.	Sprints/Hurdles/Throws
Feb. 21-22	Terrier DMR Challenge	Boston, Mass.	Distance
Feb. 21-22	Virginia Tech Challenge	Blacksburg, Va.	All Except Distance
Mar. 1-3	ACC Championship	Louisville, Ky.	All Groups
Mar. 14-15	NCAA Championship	Virginia Beach, Va.	All Groups

## COACHES



**BEN THOMAS**  
Director of  
Track & Field



**ALAN DUNSON**  
Associate HC  
Sprints/Hurdles



**BOB PHILLIPS**  
Assistant Coach  
Pole Vault



**JOHN ELLIS**  
Assistant Coach  
Jumps & Multis



**CLEO BOREL**  
Assistant Coach  
Throws



**TIM SYKES**  
Assistant Coach  
Distance



**TRA'VON PHILLIPS**  
Assistant Coach  
Sprint/Hurdles



**KATIE KENNEDY**  
Assistant Coach  
Distance

# VIRGINIA TECH TRACK & FIELD

## THE BEN THOMAS FILE



### BEN THOMAS

Director of Track & Field and Cross Country

#### SO FAR AS DIRECTOR OF TRACK & FIELD, CROSS COUNTRY, AT VIRGINIA TECH...

Heading into the 2024 cross country season, Virginia Tech was not in the nationals conversations. Throughout the season, Thomas coached George Couttie to All-ACC honors. At the NCAA Southeast Regional, the Virginia Tech men's team upset the No. 5 Wake Forest squad to secure an at-large bid to the NCAA Championship. The effort was led by George Couttie's first-place finish in the 10k in 29:41.7. Couttie, Nicholas Kipchirchir and Sharon Chepchirchir were all awarded NCAA All-Region honors. The fourth place team finish at the regional was the highest since Tech's second-place finish in 2019. Couttie was also the first Hokie to capture the event win since Peter Seufer in 2019. At Nationals, the Hokies finished 26th overall, with George Couttie leading the squad with a 14th place finish. The finish garnered Couttie All-American honors, the first of his career and the first for cross country since Peter Seufer in 2019, and the third highest finish in program history.

During his time at Oregon as the associate head coach, Thomas recruited and coached Cole Hocker. In the 2024 Paris Summer Olympics, Hocker shocked the world by upsetting Jakob Ingebrigsten and Josh Kerr in the 1500m final, to collect Olympic Gold in Olympic and American record fashion with his 3:27.65 mark.

#### CAREER HIGHLIGHTS...

In his third year at Oregon, Thomas lit the indoor track world on fire, coaching Cooper Teare to the collegiate records and national championships in the mile (3:50.39) and the 1500m (3:35.46), and Cole Hocker, Luis Peralta, Charlie Hunter and Cooper Teare to the DMR (9:19.42). Teare's indoor mile record is still standing, while Teare (3:35.46) and Hocker (3:35.63) shift to second and third in the collegiate records for the 1500m.

Just prior to his original departure from VT, Thomas coached Vincent Ciattei, Greg Chiles, Patrick Joseph and Neil Gourley to the indoor national championship in the DMR where the captured the win in 9:30.76.

### AT VIRGINIA TECH (2001-2018, 2023-PRES.)

7x USTFCCCA Southeast Region  
Assistant Coach of the Year

1x USTFCCCA National Assistant Coach of the Year

84 VT All-American Accolades

4 Cross Country NCAA Appearances

13 ACC Team Championships

2012 ACC Cross Country Champions

1x World Championship Qualifier (Neil Gourley)

1x National Champion

60x ACC Individual Champions

2x BIG EAST Individual Champions

### CAREER TOTALS (1992-PRES.)

10x USTFCCCA Southeast Region Assistant Coach of the Year

3x USTFCCCA National Assistant Coach of the Year

3 Olympians - C. Hocker, A. Sharangabo, C. Hunter

1x Olympic Gold - Cole Hocker, Paris 2024;

1500m in 3:27.65 (Olympic Record)

84 VT All-Americans

90 Oregon All-Americans

174 Total All-Americans

9 Cross Country NCAA Appearances

3 NCAA Team Titles (Oregon)

4 Pac-12 Individual Titles (Oregon)

3 Pac-12 Team Titles (Oregon)

3 Broken Collegiate Records (1500m, Mile, DMR) -  
(mile still standing - Teare, 2021, 3:50.39)

3x World Championship Qualifiers (Neil Gourley, Cole  
Hocker, Cooper Teare)

13x NCAA Individual National Champions

## ACC FINISHES

### MEN

INDOOR	OUTDOOR
2024 . . . 3rd	2024 . . . 2nd
2023 . . . 1st	2023 . . . 5th
2022 . . . 1st	2022 . . . 2nd
2021 . . . 1st	2021 . . . 2nd
2020 . . . 2nd	2020 . . . -
2019 . . . 1st	2019 . . . 1st
2018 . . . 2nd	2018 . . . 3rd
2017 . . . 1st	2017 . . . 1st
2016 . . . 5th	2016 . . . 1st
2015 . . . 1st	2015 . . . 3rd
2014 . . . 5th	2014 . . . 5th
2013 . . . 1st	2013 . . . 2nd
2012 . . . 2nd	2012 . . . 1st
2011 . . . 1st	2011 . . . 2nd
2010 . . . 3rd	2010 . . . 2nd
2009 . . . 2nd	2009 . . . 3rd
2008 . . . 9th	2008 . . . 6th
2007 . . . 6th	2007 . . . 7th
2006 . . . 4th	2006 . . . 7th
2005 . . . 6th	2005 . . . 6th

### WOMEN

INDOOR	OUTDOOR
2024 . . . 1st	2024 . . . 7th
2023 . . . 1st	2023 . . . 2nd
2022 . . . 1st	2022 . . . 8th
2021 . . . 4th	2021 . . . 7th
2020 . . . 1st	2020 . . . -
2019 . . . 3rd	2019 . . . 4th
2018 . . . 2nd	2018 . . . 2nd
2017 . . . 8th	2017 . . . 1st
2016 . . . 12th	2016 . . . 9th
2015 . . . 8th	2015 . . . 1th
2014 . . . 5th	2014 . . . 6th
2013 . . . 9th	2013 . . . 7th
2012 . . . 5th	2012 . . . T-4th
2011 . . . 4th	2011 . . . 7th
2010 . . . 3rd	2010 . . . 6th
2009 . . . 4th	2009 . . . 2nd
2008 . . . 1st	2008 . . . 1st
2007 . . . 1st	2007 . . . 1st
2006 . . . 4th	2006 . . . 5th
2005 . . . 9th	2005 . . . 9th

# VIRGINIA TECH TRACK & FIELD

## STAFF NOTES



### CLEOPATRA BOREL

#### Coaching Achievements

- » **THREE** NCAA First Round Qualifiers
- » **ONE** Team Championship
- » **THREE** Individual Conference Champions
- » **THREE** Broken Program Records (Texas State & UTRGV)

#### Athletic Achievements

- » **1X** NCAA Division I Individual Champion
- » **3X** First Team All-American
- » **4X** Olympian ('04, '08, '12, '16)
- » **1X** Olympic Finalist
- » **1X** Pan American Games Gold Medalist



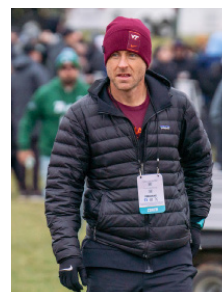
### BOB PHILLIPS

#### Coaching Achievements

- » **MORE** ACC Individual Champions in the Pole Vault than all other ACC schools combined
- » **55** Total Individual Conference Champions in the Pole Vault
- » **66** All-Americans
- » **1X** USTFCCA Southeast Region Assistant Coach of the Year
- » **TWO** U.S. Junior Champions
- » **ONE** World Junior Champion
- » **FIVE** U.S. Olympic Trials Qualifiers
- » **ONE** U.S. Champion
- » **ONE** Olympian
- » **THREE** World Championship Qualifiers

#### Athletic Achievements

- » **1X** First Team All-American (Pole Vault)
- » **2X** Virginia Intercollegiate Individual Title
- » **3X** Metro Conference Individual Title



### TIM SYKES

#### Coaching Achievements (DI)

- » **26** All-Americans
- » **EIGHT** Conference Team Titles
- » **17X** Conference Individual Champions
- » **32X** All-Conference Performers
- » **ONE** Rookie of the Year Performer
- » **12X** Broken Program Records
- » **FOUR** Performers of the Week
- » **SIX** Championship Track MVPs
- » **ONE** Ohio XC Athlete of the Year

#### Athletic Achievements

- » **1X** Ultramarathon Trail Winner
- » **4X** Marathon Winner
- » **2X** All-American
- » **2X** All-Conference Performer



### JOHN ELLIS

#### Coaching Achievements

- » **EIGHT** All-Americans
- » **13** Conference Individual Champions
- » **THREE** Conference Records (C-USA)
- » **35** All-Conference Performers
- » **12** Program Records
- » **1X** USTFCCA South Region Assistant Coach of the Year

#### Athletic Achievements

- » **5X** NAIA Team National Champions



### ALAN DUNSON

#### Coaching Achievements (at VT)

- » **EIGHT** All-Americans
  - » **FIVE** Conference Individual Champions
  - » **13X** All-Conference Performers
  - » **THREE** Performers of the Week
  - » **FOUR** Broken Program Records
  - » **ONE** ACC Championship Track MVP
- #### Athletic Achievements
- » **1X** All-American



### TRA'VON PHILLIPS

#### Coaching Achievements

- » **ONE** Outdoor National Champion (4x400m)
  - » **13** Conference Individual Champions
  - » **18** All-Americans
  - » **53** All-Conference Selections
  - » **1X** USTFCCA South Region Assistant Coach of the Year
  - » **1X** Coaching Staff of the year (Saginaw St.)
  - » **12** Broken Program Records (Saginaw St.)
  - » **17** National Provisional Qualifying Marks
- #### Athletic Achievements
- » **2X** Program Record Holder (SVSU - 4x100m & 200m)
  - » **10X** All-Conference Selection

# VIRGINIA TECH TRACK & FIELD

## MEET NOTES

### CLEMSON OPENER

- » **Judson Lincoln IV** opened the indoor slate with a 32.37 300m. The mark moved Lincoln to #4 All-Time in the NCAA from his previous position of #11, and he replaced his second-place slot in the Virginia Tech All-Time Indoor records with his new career-best. The 32.37 is just 0.09 off of Jacory Patterson's program record and 0.38 off of the collegiate record, also held by Patterson.
- » **Cay Bobb** slid into the Virginia Tech Women's Indoor All-Time Performers list with her 38.34 300m outing, her first meet as a Hokie. She now holds the fourth fastest time for Tech.
- » **Janiya Johnson** tossed out a 7.48 60m to sneak in to the Virginia Tech Women's Indoor All-Time Performers list, where she now holds the fastest result.
- » **Tomas Kersulis** snuck into the Virginia Tech Men's Indoor All-Time Performers list with his 33.66 mark in the 300m, placing himself ninth on the list in his first outing as a Hokie.

### VIRGINIA TECH INVITATIONAL

- » **14** All-Time Top-10 Performers
- » **10** Career-Bests
- » **5** Event Wins
- » **16** ACC Indoor Championship Qualifying Standards reached
- » **George Couttie** captured the event win in the 3,000m with a 7:52.29, placing himself No. 2 in the Virginia Tech all-time top-10 performers list.
- » **Katie Bohlke's** indoor collegiate debut placed her No. 9 on the all-time top-10 performers list with a 9:22.34 in the 3000m, and she finished first among the collegiate athletes.
- » **Sara Killinen** tied her career-best weigh throw result of 22.66m in the weight throw and captured the event win. The original 22.66m PR result was at the 2023 ACC Indoor Championships, and was the throw that helped Killinen qualify for Indoor Nationals.
- » **Kahleje Tillmon** moved from the No. 6 to No. 5 slot on the all-time top-10 list with his career-best 33.33 in the 300m.
- » **Julia Fixsen** boasted a career-best mark of 4.51m in the pole vault, which pushed her into No. 1 slot in the NCAA and ACC after two weeks of competition. The 4.51m came after 20 months off of competing. She sits at No. 9 in the World Athletics rankings.
- » **Maddox Hamm and Ben Conacher** both achieved personal-bests and earned a spot in the top-10 all-time performers list in the pole vault. Hamm reached 5.57m, and a second-place finish in the event while Conacher tallied a 5.52m mark, finishing third. Hamm sits a No. 1 in the ACC & No. 3 in NCAA (1/24).

- » **Federico Lorenzo Bruno** had his American collegiate debut in the triple jump, tallying a result of 15.73m, which gave him the No. 8 slot in the all-time top-10 records and he finished as the top collegiate competitor.
- » **Madison McConico** earned her slot in the top-10 all-time performers list with her 12.27m result in the triple jump.
- » **Kahleje Tillmon, Judson Lincoln IV, Tomas Kersulis and Ali Diaby** combined in the men's 4x400m to collect an event win and an all-time top-10 performance with their 3:08.00.

### RED RAIDER INVITE (sprinters only)

- » **3** All-Time Top-10 Performers
- » **1** Program Record
- » **1** ACC Record
- » **Tomas Kersulis (46.58), Kahleje Tillmon (45.82), Ali Diaby (46.76) and Judson Lincoln IV (44.84)** teamed up in the men's 4x400m to shatter the ACC and Virginia Tech program record in 3:03.99. The result places them fourth in the NCAA thus far in the 2025 indoor season.
- » **Cay Bobb** boasted a tied career-best 23.95 in the 200m to move into the No. 9 slot on the VT all-time performers list.
- » **Judson Lincoln IV and Kahleje Tillmon** each refreshed their times in the 200m all-time performers list for Tech. Lincoln IV tallied a career-best 20.70 to elevate his No. 3 slot while Tillmon captured a 21.03 PR to move from No. 11 to No. 6.

### HOKIE INVITATIONAL

- » **4** Event Wins
- » **13** Personal-Bests
- » **9** Top-10 Performances
- » **Julia Fixsen** boasted her first event win of the season, reaching a new PR of 4.58m in the pole vault. The day before the meet, Tori Thomas (Illinois) vaulted a 4.57m to take the national lead, Fixsen recaptured that with her 4.58m mark.
- » **George Couttie** earns his second No. 2 slot in the VT all-time top-10 performers list in his 1000m debut. His 2:20.01 was good for the top collegiate performer in the event, followed by Nick Plant at 2:20.25. Couttie and Plant finished less than two seconds behind Olympians Cole **Hocker** and Cooper **Teare**. Couttie is now No. 2 all-time in the 1000m and 3000m. He, as of 1/26/25, ranks 6th in the 1000m and 21st in the 3000m in the NCAA.
- » **Star Price** dominated in the 1000m, recording a PR of 2:43.29, a time drop of 4.84 seconds, to become No. 9 in the nation so far in 2025 and No. 3 all-time for VT.

- » **Virginia Tech** debuted the DMR at the Hokie Invitational, with **Nick Plant** (2:53.98), **Sam Herenton** (47.00), **Christian Jackson** (1:50.79) and **George Couttie** (4:04.65) capturing the event win and the national lead in 9:36.41.

### GAMECOCK CHALLENGE (PV only)

- » **5** Top-Five Event Finishes
- » **1** Personal-Best
- » **Erin Kelleher** reset the PR of 4.12m, which she set in her previous outing, with a new PR of 4.13m in the meet.
- » **Erin Kelleher, Chiara Sistermann, Ben Conacher, Maddox Hamm and Conner McClure** each finished in the top-five of their event, with Kelleher and Conacher capturing the runner-up slots.

# VIRGINIA TECH TRACK & FIELD

## STANDOUTS

### POLE VAULT

#### JULIA FIXSEN

##### Achievements

- » **1X** NCAA OTF National Champion (2023, Pole Vault - 4.45m (14'7.25"))
- » **4X** All-American
- » **4X** All-ACC Performer
- » **1X** ACC Performer of the Week
- » **1X** ACC Field Athlete of the Year
- » **1X** USTFCCCA Field Athlete of the Year
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the Pole Vault (4.58m)
- » **4th** in the Virginia Tech All-Time Outdoor Performers list for the Pole Vault (4.45m)

#### BEN CONACHER

##### Achievements

- » **1X** All-American
- » **3X** All-BigXII Pole Vaulter
- » **5.52m** Personal-Best

### THROWS

#### SARA KILLINEN

##### Achievements

- » **4X** All-American
- » **8X** All-ACC Performer
- » **2X** ACC Performer of the Week
- » **Hammer Throw** Program Record Holder (71.02m, 2022, OTF)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the weight throw (22.66m)

#### KATRIN BRZYSZKOWSKA

##### Achievements

- » **3X** All-ACC Performer
- » **Shot Put** Program Record Holder (17.39m, 2024, OTF)
- » **1X** Czech National Champion (2024, Shot Put)
- » **1X** Czech U23 Champion (2023, Shot Put)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the shot put (17.09m)

### DISTANCE

#### STAR PRICE

##### Achievements

- » **1X** ACC ITF Individual Champion (DMR)
- » **1X** All-American
- » **4X** All-ACC Performer
- » **1X** ACC Performer of the Week
- » **DMR** Program Record Holder (10:52.51, 2022)
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the 500m (1:12.92)
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the 1000m (2:43.29)
- » **4th** in the Virginia Tech All-Time Indoor Performers list for the 600m (1:29.79)
- » **4th** in the Virginia Tech All-Time Indoor Performers list for the 800m (2:03.42)
- » **3rd** in the Virginia Tech All-Time Outdoor Performers list for the 800m (2:02.50)

#### NICK PLANT

##### Achievements

- » **5X** All-American
- » **5X** All-ACC Performer
- » **3X** ACC Individual Champion (4x400m, OTF | DMR, 800m ITF)
- » **1X** ACC Performer of the Week
- » **1X** ACC Freshman of the Year
- » **DMR** Program Record Holder (9:22.17, 2024)
- » **1,000m** Program Record Holder (2:19.99, 2024, ITF)
- » **1500m** Program Record Holder (3:37.88, 2024, OTF)

#### CHRISTIAN JACKSON

##### Achievements

- » **1X** All-American
- » **2X** All-ACC Performer
- » **DMR** Program Record Holder (9:22.17, 2024)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the 600m (1:17.64)

### SPRINTS/HURDLES

#### JUDSON LINCOLN IV

##### Achievements

- » **4X** All-American
- » **4X** All-ACC Performer
- » **1X** ACC Championship Track MVP (OTF)
- » **4X** ACC Performer of the Week
- » **1X** USATF National U20 Champion (400m)
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the 200m (20.70)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the 300m (32.37)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the 400m (45.53)
- » **4x400m** Program Record Holder (3:03.99, 2025, ITF)
- » **400m** Program Record Holder (44.55, 2024, OTF)
- » **4x400m** Program Record Holder (3:01.62, 2024, OTF)
- » **4x400m** Program Record Holder (3:03.99, 2025, ITF)

#### CAY BOBB

##### Achievements

- » **1X** All-American
- » **4X** Bermuda National Record Holder (400m ITF, 400m OTF, 200m OTF, 500m ITF)
- » **4th** in the Virginia Tech All-Time Indoor Performers list for the 300m (38.29)
- » **9th** in the Virginia Tech All-Time Indoor Performers list for the 300m (23.95)

### JUMPS/MULTIS

#### NATE PARIS

##### Achievements

- » **1X** All-ACC Performer
- » **1X** ACC Rookie of the Week
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the long jump (7.60m)
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the heptathlon (5,608 pts)

#### FEDERICO BRUNO

##### Achievements

- » **5X** Italian National Champion (U20 & U23) in the triple jump
- » **SILVER** medalist at the 2023 U23 Indoor Championships in the triple jump
- » **16.31m** Personal-Best

# VIRGINIA TECH TRACK & FIELD

## ALL-AMERICANS (Indoors by event)

### WOMEN

#### 60m Hurdles

First Team . . . . . 5\*  
Second Team . . . . . 1  
\*1 National Champion

#### 400m

All-American (COVID) . . . 1

#### 800m

First Team . . . . . 9\*  
Second Team . . . . . 2  
\*1 National Champion

#### Mile

First Team . . . . . 1  
Second Team . . . . . 3  
All-American (COVID) . . . 1

#### 3,000m

First Team . . . . . 1  
All-American (COVID) . . . 1

#### DMR

First Team . . . . . 8  
Second Team . . . . . 12  
All-American (COVID) . . . 4

#### Long Jump

First Team . . . . . 1

#### Triple Jump

First Team . . . . . 1  
Second Team . . . . . 2

#### High Jump

Second Team . . . . . 1

#### Pole Vault

First Team . . . . . 10\*  
Second Team . . . . . 4  
All-American (COVID) . . . 1  
\*1 National Champion

#### Shot Put

First Team . . . . . 3  
Second Team . . . . . 1

#### Weight Throw

First Team . . . . . 5  
Second Team . . . . . 3

#### Pentathlon

First Team . . . . . 2

### MEN

#### 60m

First Team . . . . . 1  
Second Team . . . . . 2

#### 200m

Second Team . . . . . 1

#### 400m

First Team . . . . . 2  
All-American (COVID) . . . 1

#### 800m

First Team . . . . . 3  
Second Team . . . . . 2

#### 1,000m

First Team . . . . . 1

#### Mile

First Team . . . . . 4  
Second Team . . . . . 2  
All-American (COVID) . . . 1

#### 3,000m

First Team . . . . . 3  
Second Team . . . . . 3  
All-American (COVID) . . . 1

#### 5,000m

First Team . . . . . 2  
All-American (COVID) . . . 1

#### DMR

First Team . . . . . 16\*  
Second Team . . . . . 12  
All-American (COVID) . . . 4  
\*4 National Champions

#### Long Jump

First Team . . . . . 1

#### Triple Jump

First Team . . . . . 2  
Second Team . . . . . 3

#### High Jump

First Team . . . . . 1  
Second Team . . . . . 1

#### Pole Vault

First Team . . . . . 15  
Second Team . . . . . 3  
Honorable Mention. . . . 2

#### Shot Put

Second Team . . . . . 2

#### Weight Throw

First Team . . . . . 10\*  
Second Team . . . . . 4  
\*4 National Champions

#### Heptathlon

Second Team . . . . . 2

## USTFCCA NATIONAL RANKINGS

### WEEK 1

#### ---TEAM---

Men's . . . . . #9  
Women's . . . . . #20

#### ---EVENT GROUP---

Women's Pole Vault . . . . . #1  
Julia Fixsen, Chiara Sisterman  
Erin Kelleher, Lyndsey Reed  
Men's Pole Vault . . . . . #3  
Maddox Hamm, Ben Conacher  
Conner McClure, Jack Helmich  
Men's 200m . . . . . #9  
Judson Lincoln IV, Kahleje Tillmon  
Ali Diaby, Tomas Kersulis  
Men's 3000m . . . . . #9  
George Couttie, Declan Rymer  
Ben Reynolds, Luke Affolder  
Men's Long Jump. . . . . #22  
Caleb Stephens, Nate Paris  
Maaliah Cabell, Stuart Pirtle

### WEEK 2

#### ---TEAM---

Men's . . . . . #12  
Women's . . . . . NR

#### ---EVENT GROUP---

Women's Pole Vault . . . . . #1  
Julia Fixsen, Chiara Sisterman  
Erin Kelleher, Lyndsey Reed  
Men's Pole Vault . . . . . #4  
Maddox Hamm, Ben Conacher  
Conner McClure, Jack Helmich  
Men's 200m . . . . . #14  
Judson Lincoln IV, Kahleje Tillmon  
Ali Diaby, Tomas Kersulis  
Men's 3000m . . . . . #12  
George Couttie, Declan Rymer  
Ben Reynolds, Ryan Fowkes  
Men's Long Jump. . . . . #32  
Caleb Stephens, Nate Paris  
Maaliah Cabell, Stuart Pirtle

# VIRGINIA TECH TRACK & FIELD

## CAREER-BESTS (INDOOR)

### SPRINTS & HURDLES

#### ---WOMEN---

#### K. Bechard

200m. . . . .	25.35
300m. . . . .	40.11
400m. . . . .	55.42

#### C. Bobb

60m. . . . .	7.76
200m. . . . .	23.95
300m. . . . .	38.29
400m. . . . .	53.50
500m. . . . .	1:12.23

#### M. Collins

300m. . . . .	39.39
400m. . . . .	56.11

#### S. Curtis

Not Yet Completed . . . . .

#### L. Daley

60m. . . . .	7.90
300m. . . . .	40.35

#### J. Johnson

60m. . . . .	7.48
300m. . . . .	39.89

#### A. Krahe

300m. . . . .	42.85
400m. . . . .	1:01.35

#### F. Nasir

300m. . . . .	39.10
400m. . . . .	55.48

#### T. Pridgen

Not Yet Completed . . . . .

#### ---MEN---

#### A. Diaby

60m. . . . .	6.66
200m. . . . .	21.04
300m. . . . .	33.41
400m. . . . .	47.34

#### S. Herenton

400m. . . . .	47.82
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#### M. James

60m. . . . .	6.84
200m. . . . .	22.23
300m. . . . .	34.51
400m. . . . .	48.21
500m. . . . .	1:04.46

#### T. Kersulis

60m. . . . .	6.80
200m. . . . .	21.05
300m. . . . .	32.88
400m. . . . .	45.78
500m. . . . .	1:02.19

#### J. Lincoln IV

60m. . . . .	6.81
200m. . . . .	20.70
300m. . . . .	32.37
400m. . . . .	45.53

#### C. Meyer

60m. . . . .	6.78
200m. . . . .	21.79
300m. . . . .	34.77
400m. . . . .	49.15

#### J. Roberson

200m. . . . .	22.33
400m. . . . .	48.53

#### E. Taylor

60m. . . . .	7.08
60m Hurdles . . . . .	8.45
200m. . . . .	22.28
300m. . . . .	35.76

#### K. Tillmon

60m. . . . .	6.76
200m. . . . .	21.03
300m. . . . .	33.33
400m. . . . .	47.65

### DISTANCE

#### ---WOMEN---

#### K. Bohlke

1,000m. . . . .	2:45.64
3,000m. . . . .	9:22.34

#### K. Bonser

3,000m. . . . .	10:03.37
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#### L. Butler

No Indoor Eligibility Remaining . . . . .

#### S. Chepchirchir

3,000m. . . . .	9:57.93
5,000m. . . . .	16:42.31

#### E. Coe

1,000m. . . . .	2:29.86
Mile . . . . .	4:48.37
3,000m. . . . .	9:32.53

#### K. Elakari

1,000m. . . . .	2:50.79
Mile . . . . .	4:55.96

#### S. Holgado

1,000m. . . . .	2:54.54
3,000m. . . . .	9:41.16

#### R. Johnson

Not Yet Completed . . . . .

#### C. Jones

3,000m. . . . .	10:17.44
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#### F. Jeruto

Not Yet Completed . . . . .

#### A. Legault

600m. . . . .	1:33.25
800m. . . . .	2:13.66
1,000m. . . . .	2:52.22
Mile . . . . .	4:56.60

#### A. MacGrath

Not Yet Completed . . . . .

#### M. K. McGranahan

Mile . . . . .	4:58.72
3,000m. . . . .	9:49.45
5,000m. . . . .	17:24.59

#### S. Nolan

Not Yet Completed . . . . .

#### S. Price

500m. . . . .	1:12.92
600m. . . . .	1:29.79
800m. . . . .	2:03.42
1,000m. . . . .	2:43.29
Mile . . . . .	4:53.93

#### L. Pugsley

Not Yet Completed . . . . .

#### A. Rigby

3,000m. . . . .	10:05.73
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#### L. Waters

1,000m. . . . .	2:49.35
Mile . . . . .	4:48.70
3,000m. . . . .	9:35.15

#### ---MEN---

#### L. Affolder

1,000m. . . . .	2:25.09
Mile . . . . .	4:06.43
3,000m. . . . .	8:12.37
5,000m. . . . .	14:41.53

#### N. Atchue

Not Yet Completed . . . . .

#### L. Chepkoei

Not Yet Completed . . . . .

#### R. Chevalier

1,000m. . . . .	2:36.19
Mile . . . . .	4:01.04
3,000m. . . . .	8:03.23

#### E. Coleman

600m. . . . .	1:20.79
1,000m. . . . .	2:22.73
Mile . . . . .	3:59.21
3,000m. . . . .	8:01.16

#### G. Couttie

800m. . . . .	1:50.45
1,000m. . . . .	2:20.01
Mile . . . . .	4:01.23
3,000m. . . . .	7:52.29

#### C. Davis

1,000m. . . . .	2:26.35
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#### D. DeCambre

600m. . . . .	1:19.93
800m. . . . .	1:50.59
1,000m. . . . .	2:22.65
3,000m. . . . .	8:18.37

# VIRGINIA TECH TRACK & FIELD

## CAREER-BESTS (INDOOR)

### R. Fowkes

1,000m. . . . . 2:26.51  
 Mile . . . . . 4:18.24  
 3,000m. . . . . 8:03.76

### S. Hubert

Mile . . . . . 4:14.11  
 3,000m. . . . . 8:20.13  
 5,000m. . . . . 14:49.93

### V. Idhammar

800m. . . . . 1:51.38  
 1,000m. . . . . 2:20.55  
 Mile . . . . . 3:57.76  
 3,000m. . . . . 8:16.77

### C. Jackson

600m. . . . . 1:17.64  
 800m. . . . . 1:47.51  
 1,000m. . . . . 2:22.30  
 Mile . . . . . 4:12.61

### C. Johnson

Not Yet Competed . . . . .

### N. Kasperowski

Not Yet Competed . . . . .

### R. Kelly

1,000m. . . . . 2:23.87  
 3,000m. . . . . 8:15.91

### N. Kipchirchir

Not Yet Competed . . . . .

### N. Plant

600m. . . . . 1:18.40  
 800m. . . . . 1:47.26  
 Mile . . . . . 3:59.50

### M. Pueschner

400m. . . . . 48.62  
 600m. . . . . 1:20.23  
 800m. . . . . 2:02.26

### B. Reynolds

800m. . . . . 1:53.12  
 1,000m. . . . . 2:24.12  
 Mile . . . . . 4:09.70  
 3,000m. . . . . 8:05.33

### D. Rymer

1,000m. . . . . 2:23.78  
 Mile . . . . . 3:59.55  
 3,000m. . . . . 7:59.07

### A. Schroff

800m. . . . . 1:50.29  
 Mile . . . . . 4:06.47

### A. Tikhe

Mile . . . . . 4:15.42  
 3,000m. . . . . 8:17.13

### G. Winter

Mile . . . . . 4:14.33  
 3,000m. . . . . 8:24.31

### W. Winter

1,000m. . . . . 2:29.68  
 3,000m. . . . . 8:22.82

## THROWS ---WOMEN---

### K. Brzyszkowska

Shot Put . . . . 16.92m (55'6.25")

### S. Killinen

Weight Throw .22.66m (74'4.25")

### M. Pestana

Not Yet Competed . . . . .

### K. Seyfang

No Indoor Eligibility Remaining .

### B. Stejfova

Weight Throw . . 20.29m (66'7")

## ---MEN---

### L. Baroke

Weight Throw 18.25m (59'10.75")

### V. Puchko

Not Yet Competed . . . . .

### D. Simmonds

Shot Put . . . . . 17.55m (57'7")

## POLE VAULT

### ---WOMEN---

### J. Fixsen

Pole Vault . . . . 4.58m (15'0.25")

### E. Kelleher

Pole Vault . . . . 4.13m (13'6.5")

### K. Lovercheck

Pole Vault . . . . 3.84m (12'7.25")

### L. Reed

Pole Vault . . . . 4.41m (14'5.5")

### C. Sistermann

Pole Vault . . . . 4.33m (14'2.5")

### K. Stimmel

Pole Vault . . . . 4.45m (14'7.25")

## ---MEN---

### B. Conacher

Pole Vault . . . . 5.52m (18'1.25")

### M. Hamm

Pole Vault . . . . 5.57m (18'3.25")

### J. Helmich

Pole Vault . . . . 4.97m (16'3.5")

### C. McClure

Pole Vault . . . . 5.55m (18'2.5")

### J. Rice

Pole Vault . . . . 5.30m (17'4.5")

## JUMPS & MULTIS

### ---WOMEN---

### W. Hock

Long Jump . . . . 5.31m (17'5.25")

### M. McConico

Triple Jump . . 12.44m (40'9.75")

## ---MEN---

### H. Anderson

High Jump . . . . 1.91m (6'3.25")

### F.L. Bruno

Triple Jump . . 15.75m (51'8.25")

### M. Cabell

Long Jump . . . . 6.92m (22'8.5")

### G. Norton

Not Yet Competed . . . . .

### N. Paris

60m. . . . . 6.89  
 60m Hurdles . . . . 8.32  
 1,000m . . . . . 2:47.30  
 High Jump . . . . 2.00m (6'6.75")  
 Long Jump . . . . 7.60m (24'11.25")  
 Shot Put . . . . . 12.33m (40'5.5")  
 Pole Vault . . . . 4.48m (14'8.25")  
 Heptatlon . . . . . 5,608 pts

### S. Pirtle

60m Hurdles . . . . 8.34  
 Long Jump . . . . 6.86m (22'6.25")  
 High Jump . . . . 1.90m (6'2.75")

### C. Stephens

60m. . . . . 7.03  
 Long Jump . . . . 7.37m (24'2.25")  
 Triple Jump . . . 14.72m (48'3.5")

# EVENT RECORDS (INDOOR)

## MEN

### VIRGINIA TECH RECORDS

EVENT	TIME/MARK	NAME
60m	6.57	D. Wesh (2013) / C. Beck (2023)
200m	20.62	J. Patterson (2021) / C. Beck (2023)
300m	32.28	J. Patterson (2020)
400m	45.14^	J. Patterson (2021)
500m	1:02.79	P. Forrest (2021)
600m	1:17.26	D. Piazza (2017)
800m	1:46.23	P. Joseph (2017)
1,000m	2:19.99	N. Plant (2024)
Mile	3:56.79	A. Lopez Segura (2022)
3,000m	7:49.03	A. Lopez Segura (2022)
5,000m	13:36.36	P. Seuffer (2020)
60m Hurdles	7.77	J. Artis-Gray (2013)
<b>4x400m</b>	<b>3:03.99</b>	<b>T. Kersulis, K. Tillmon, A. Diaby, J. Lincoln IV (2025)</b>
4x800m	7:22.56	G. Cobb, R. Voight, J. Oustrich, B. Reed (1987)
DMR	9:22.71	N. Plant, J. Lincoln IV, C. Jackson, E. Coleman (2024)
Long Jump	25'10" (7.87m)	J. Artis-Gray (2013)
Triple Jump	54'6" (16.61m)	M. Ziegler (2015)
High Jump	7'5" (2.26m)	R. Black (2013)
Pole Vault	18'6.75" (5.66m)^	D. Volz (2017)
Shot Put	62'11.25" (19.18m)	J. Clickett (2007)
Weight Throw	77'10.25" (23.73m)	S. Jullien (2006)
Heptathlon	5,835 pts	J. Spotswood (2022)

### ACC

EVENT	TIME/MARK
60m	6.51
200m	20.26
400m	45.14
800m	1:44.84*
Mile	3:48.32
3,000m	7:30.15*
5,000m	13:09.30
60m Hurdles	7.38
<b>4x400m</b>	<b>3:03.99</b>
4x800m	7:17.45*
DMR	9:17.92
Long Jump	8.37m (27'5.5")
Triple Jump	17.02m (55'10.25")
High Jump	2.32m (7'7.25")
Pole Vault	5.66m (18'6.75")
Shot Put	21.51m (70'7")
Weight	23.94m (78'6.5")
Heptathlon	6,190 pts

### USTFCCCA

EVENT	TIME/MARK
60m	6.45
200m	20.02
300m	31.99
400m	44.49
500m	59.87
600m	1:14.79
800m	1:44.84
1,000m	2:16.84
1,500m	3:34.72
Mile	3:48.32
3,000m	7:30.15
5,000m	12:57.14
60m Hurdles	7.35
4x400m	3:00.77
4x800m	7:17.45
DMR	9:16.40
Long Jump	8.59m (28'2.25")
Triple Jump	17.54m (57'6.5")
High Jump	2.37m (7'9.25")
Pole Vault	6.00m (19'8.25")
Shot Put	21.85m (71'8.25")
Weight	25.58m (83'11.25")
Pentathlon	4,451 pts
Heptathlon	6,639 pts

## WOMEN

### VIRGINIA TECH RECORDS

EVENT	TIME/MARK	NAME
60m	7.62	F. Alabi (2011)
200m	23.38	C. Tate (2020)
300m	37.15	C. Tate (2020)
400m	52.42	C. Tate (2020)
500m	1:11.49	A. Washington (2010)
600m	1:27.39	H. Green (2017)
800m	2:01.23	L. Butler (2022)
1,000m	2:41.00	L. Butler (2024)
Mile	4:31.41	L. Butler (2023)
3,000m	9:08.77	T. Fanning (2008)
5,000m	15:52.18	S. Freix (2020)
60m Hurdles	7.94	Q. Harrison (2010)
4x200m	1:36.43*	P. Potts, B. Spruill, K. Castlin, Q. Harrison (2008)
4x400m	3:36.24	C. Tate, K. Dennis, N. Smith, A. Bush (2020)
4x800m	8:33.50	K. Smiljanec, F. Dowd, A. Smith, H. Green (2014)
DMR	10:52.51	H. Ballowe, B. Malikova, S. Price, L. Butler (2024)
Long Jump	21'1.25" (6.43m)	V. Gorlova (2024)
Triple Jump	44'9.50" (13.65m)	V. Gorlova (2024)
High Jump	6'0" (1.83m)	K. Ollendick (1998)
Pole Vault	15'1.75" (4.62m)^	R. Baxter (2022)
Shot Put	56'11.5" (17.36m)	E. Henderson (2021)
Weight Throw	77'8.75" (23.69m)^	R. Mammel (2023)
Pentathlon	4,224 pts	S. Triesscheijn (2006)

### ACC

EVENT	TIME/MARK
60m	7.11
200m	22.80
400m	51.07
800m	2:01.21
Mile	4:24.26*
3,000m	8:35.20*
5,000m	15:00.75
60m Hurdles	7.78
4x400m	3:30.88
4x800m	8:38.71
DMR	10:44.62
Long Jump	6.60m (21'8")
Triple Jump	14.23m (46'8.25")
High Jump	1.93m (6'4")
Pole Vault	4.62m (15'1.75")
Shot Put	19.15m (62'10")
Weight	23.96m (77'8.85")
Pentathlon	4,547 pts

### USTFCCCA

EVENT	TIME/MARK
60m	6.94
200m	22.01
300m	35.80
400m	49.48
500m	1:08.40
600m	1:25.16
800m	1:58.40
1,000m	2:38.58
1,500m	4:06.49
Mile	4:24.26
3,000m	8:35.20
5,000m	14:52.57
60m Hurdles	7.72
4x400m	3:21.75
4x800m	8:25.5
DMR	10:43.39
Long Jump	7.03m (23'0.75")
Triple Jump	15.12m (49'7.25")
High Jump	2.00m (6'6.75")
Pole Vault	4.75m (15'7")
Shot Put	19.57m (64'2.5")
Weight	25.56m (83'10.25")
Pentathlon	4,746 pts

\* Collegiate Record

^ ACC Record

# RECTOR FIELD HOUSE FACILITY RECORDS

## MEN

EVENT	TIME/MARK	NAME, AFFILIATION	YEAR
55m	6.17	Travis Padgett, Clemson	2007
60m	6.51	Jacoby Ford, Clemson & Christian Coleman, Tennessee	2009 & 2017
200m	20.42	Milton Campbell, Unattached	2006
300m	32.28	Jacory Patterson, Virginia Tech	2020
400m	45.83	Jacory Patterson, Virginia Tech	2021
500m	1:01.21	Bryce Sprating, Unattached	2020
600m	1:17.26	Drew Piazza, Virginia Tech	2017
800m	1:46.87	Robert Heppenstall, Wake Forest	2019
1000m	2:18.05	Tinoda Matsatsa, Georgetown	2024
Mile	3:53.38	Matt Wisner, SOVA	2024
3000m	7:49.79	Dylan Jacobs, Notre Dame	2022
5000m	13:47.48	Matthew Lane, William & Mary	2001
55m Hurdles	7.23	Thomas Hilliard, South Carolina	2007
60m Hurdles	7.40	Trey Cunningham, Florida State	2022
4x200m	1:27.05	Clemson	2008
4x400m	3:07.08	Baylor	1999
4x800m	7:24.28	Virginia Tech	2014
DMR	9:33.73	Arkansas	1999
Long Jump	26'11.25" (8.21m)	Ngonidzashe Makusha, Florida State	2009
Triple Jump	55'6.26" (16.92m)	Clive Pullen, Unattached	2019
High Jump	7'7.75" (2.33m)	Darryl Sullivan, Tennessee	2020
Pole Vault	19'4.25" (5.90m)	Austin Miller, Vaulthouse	2024
Shot Put	70'10" (21.59m)	Adam Nelson, Nike	2008
Weight Throw	79'6.75" (24.25m)	Denzel Comenentia, Netherlands	2021
Pentathlon	4,110 pts.	Stephen Harris, Tennessee	2003
Heptathlon	5,979 pts.	Felix Wolter, Pittsburgh	2022

## WOMEN

EVENT	TIME/MARK	NAME, AFFILIATION	YEAR
55m	6.82	Jessica Young, Richmond	2007
60m	7.15	Tonya Carter, Florida State	2000
200m	22.82	Dezerea Bryant, Kentucky	2014
300m	36.67	Francena McCorory, Hampton	2007
400m	51.15	Christine Amertil, Speed Dymanic	2003
500m	1:09.98	Erica Moore, Nike	2013
600m	1:27.39	Hanna Green, Virginia Tech	2017
800m	2:01.23	Lindsey Butler, Virginia Tech	2022
1000m	2:38.96	Josette Norris, Reebok	2022
Mile	4:34.11	Susan Kuijken, Florida State	2009
3000m	9:01.31	Nicole Fegans, Georgia Tech	2022
5000m	15:36.50	Margaret Groos, Virginia	1979
55m Hurdles	7.59	Kristi Castlin, Virginia Tech	2008
60m Hurdles	7.90	Brianna Rollins, Clemson	2013
4x200m	1:36.43*	Virginia Tech	2008
4x400m	3:32.70	Tennessee	2016
4x800m	8:33.50	Virginia Tech	2014
DMR	10:53.75	Virginia Tech	2022
Long Jump	21'10.75" (6.67m)	Shara Proctor, Florida	2014
Triple Jump	46'8.25" (14.23m)	Kimberly Williams, Florida State	2024
High Jump	6'2.75" (1.90m)	Jeannelle Scheper, South Carolina	2010
Pole Vault	15'9.25" (4.81m)	Bridget Williams, Team ESSX	2010
Shot Put	63'11" (19.48m)	Cleopatra Borel, VT Elite	2004
Weight Throw	81'1" (24.71m)	Annette Echikunwoke, USA	2023
Pentathlon	4,498 pts.	Michelle Atherley, Miami	2019

# WOMEN'S ROSTER

NAME	YEAR	HOMETOWN	HIGH SCHOOL (PREV. INSTITUTION)
<b>SPRINTS</b>			
Krystalann Bechard	GR	Ontario, Canada	Tecumseh Vista Academy (Miami)
Cay Bobb	GR	Joppa, Md.	Hartford Technical (UMBC)
Micayla Collins	FR	Seneca, N.C.	Seneca
Sophia Curtis	FR	Ocean City, N.J.	Ocean City
Logan Daley	FR	Hempstead, N.Y.	Holy Trinity
Janiya Johnson	FR	Statesville, N.C.	Statesville
Ashley Krahe	FR	Northville, Mich.	Northville
Farah Nasir	FR	Columbia, Md.	Gainsville
Teri Pridgen	FR	Concord, N.C.	Cannon
<b>DISTANCE</b>			
Katie Bohlke	FR	Newington, Conn.	Newington
Kylie Bonser	SO	Midlothian, Va.	Midlothian
Lindsey Butler	GR	Corning, N.Y.	Corning
Sharon Chepchirchir	FR	Kapsabet, Kenya	A.I.C. Laboret Girls School (Akron)
Elizabeth Coe	SO	Bethesda, Md.	Wakefield
Kenza Elakari	SO	Springfield, Va.	West Springfield
Sophia Holgado	FR	Middletown, Del.	Padua Academy
Rena Johnson	FR	Bristow, Va.	Patriot
Caitlyn Jones	SO	Hilliard, Ohio	Hilliard Davidson
Faith Kipmaiyo Jeruto	FR	Eldoret, Kenya	Fr Mair
Avery Legault	SO	Mason, Ohio	William Mason
Aidan MacGrath	FR	Springfield, Va.	West Springfield
Mary Kate McGranahan	GR	New York, N.Y.	Trinity (Amherst)
Sidney Nolan	FR	Gainesville, Va.	Patriot
Star Price	SR	Glen Allen, Va.	Glen Allen
Lia Pugsley	SO	Sterling, Va.	St. Paul VI Catholic (Tennessee)
Anna Rigby	FR	Bristow, Va.	Patriot
Lila Waters	SO	Great Falls, Va.	Langley
<b>THROWS</b>			
Katrin Brzyszkowska	JR	Orlova, Czech Republic	
Sara Killinen	GR	Lapua, Finland	Kuortaneen Lukio
Mariana Pestana	SO	Portugal, Funchal	Madeira University
Katie Seyfang	GR	Washington Court House, Ohio	Miami Trace (Bowling Green)
Barbora Stejfova	JR	Tanvald, Czech Republic	
<b>POLE VAULT</b>			
Julia Fixsen	GR	Shoreview, Minn.	Mounds View (Georgia)
Erin Kelleher	SR	Avondale, Pa.	Padua Academy
Kelsey Lovercheck	JR	Pendleton, Ore.	Baker Early College (Michigan Tech)
Lyndsey Reed	GR	State College, Pa.	State College Area (Ole Miss)
Chiara Sistermann	SO	Grafelfing, Germany	
Kenna Stimmel	JR	Castalia, Ohio	Margaretta
<b>JUMPS &amp; MULTIS</b>			
Willa Hock	SO	Avon, Conn.	Loomis Chaffee
Madison McConico	JR	Chester, Va.	Thomas Dale (Georgia)

# MEN'S ROSTER

NAME	YEAR	HOMETOWN	HIGH SCHOOL (PREV. INSTITUTION)
<b>SPRINTS</b>			
Ali Diaby	SR	Tolland, Conn.	Tolland (Central Connecticut State)
Sam Herenton	GR	Chicago, Ill.	Providence St. Mel (UCLA)
Maximus James	JR	Chantilly, Va.	Chantilly
Tomas Kersulis	GR	Pleasanton, Calif.	Foothill (Cornell)
Judson Lincoln IV	JR	Columbia, Md.	Oakland Mills
Calvin Meyer	SO	Farifax, Va.	James Madison (George Mason)
Julian Roberson	FR	Broadlands, Va.	Bullis
Evan Taylor	SO	San Jose, Calif.	Lynbrook
Kahleje "KJ" Tillmon	SR	Tucker, Ga.	Tucker
<b>DISTANCE</b>			
Luke Affolder	SR	Chestfield, Va.	Lloyd C. Bird (Oregon)
Nathan Atchue	SO	Moneta, Va.	Franklin County (Tennessee)
Linus Chepkochei	FR	Eldoret, Kenya	RCEA Biwwot Ngelel Tarit
Ryan Chevalier	SO	Loveland, Ohio	Loveland
Ethan Coleman	JR	Mechanicsville, Va.	Hanover
George Couttie	SO	Harrogate, England	Rossett (Charleston (W.V.))
Cameron Davis	FR	Baltimore, Md.	Calvert Hall College
Dylan DeCambre	SO	Hackensack, N.J.	Bergen County Academies
Ryan Fowkes	GR	East Hampton, N.Y.	East Hampton (George Washington)
Sam Hubert	GR	Shawnee, Kan.	De Soto (Kansas)
Viktor Idhammar	JR	Huddleston, N.C.	Cary
Christian Jackson	SO	Stafford, Va.	Colonial Forge
Carter Johnson	FR	Brentwood, Tenn.	Brentwood Academy
Nayan Kasperowski	FR	Lorton, Va.	South County
Roan Kelly	FR	Randolph, N.Y.	Randolph Central
Nicholas Kipchirchir	FR	Eldoret, Kenya	Tulwongetuny Secondary
Nick Plant	SR	Canfield, Ohio	Canfield
Matt Pueschner	JR	Tuscon, Ariz.	Ironwood Ridge (Oregon)
Ben Reynolds	JR	Caerphilly, Wales	Cardiff (Oregon)
Declan Rymer	JR	Downington, Pa.	Downington STEM Academy
Andrew Schroff	GR	Lewis Center, Ohio	Olentangy Orange (Miami (OH))
Arnav Tikhe	JR	Herndon, Va.	Oakton
Garrett Winter	JR	Parchment, Mich.	Parchment
William Winter	SO	Parchment, Mich.	Parchment
<b>THROWS</b>			
Lukas Baroke	SO	Graenichen, Switzerland	University of Zurich
Vlad Puchko	SO	Minsk, Belarus	
Denzs Simmonds	FR	Kingston, Jamaica	Calabar (Iowa Western CC)
<b>POLE VAULT</b>			
Ben Conacher	GR	Katy, Texas	Katy Cinco Ranch (Baylor)
Maddox Hamm	SO	Scottsboro, Ala.	Scottsboro
Jack Helmich	SO	Wayzata, Minn.	Wayzata
Conner McClure	SR	Green, Ohio	Green
Jacob Rice	GR	San Diego, Calif.	Rancho Bernardo
<b>JUMPS &amp; MULTIS</b>			
Hayden Anderson	FR	Central, S.C.	Daniel
Federico Bruno	GR	Novara, Italy	Liceo Scientifico A. Antonello (Parma)
Maaliah Cabell	SO	Staunton, Va.	Staunton
Gabe Norton	SO	Arab, Ala.	Arab
Nate Paris	SO	Nanaimo, British Columbia	Nanaimo District (British Columbia)
Stuart Pirtle	FR	New Market, Va.	Stonewall Jackson/Mountain View
Caleb Stephens	SR	Rolesville, N.C.	Millbrook