

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, 13 Men
 All-Americans 69 Women, 97 Men
 All-American Honors 163 Women, 241 Men
 NCAA Appearances 40 Women, 46 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, 5 Men
 Pole Vault 6 Women, 5 Men
 Distance 18 Women, 22 Men
 TOTAL 40 women, 44 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"). She brought home the ACC title in the pole vault and reached a PR of 4.58m indoors.

Judson Lincoln IV sights set on records

Lincoln IV broke the 4x400m (3:03.99) and 200m (20.56) program records during indoor season, and posted top 15 NCAA all-time marks in the 300m (32.37) and

500m (1:01.22). He captured the individual ACC titles in the 200m and 400m indoors and the 200m, 400m and 4x400m titles in the 2024 outdoor season. Lincoln IV is out to solidify his dominance post-Indoor Nationals.

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 outdoor season as a Hokie. The sophomore will specialize in the 800m and 1500m.

OUTDOOR SCHEDULE

March 21-22	Hurricane Invitational	Coral Gables, Fla.	Throws
March 21-22	Bob Davidson Challenge	High Point, N.C.	Sprints/Hurdles, Jumps
March 28-29	Texas Relays	Austin, Texas	Pole Vault
March 28-29	Raleigh Relays	Raleigh, N.C.	All Except Pole Vault & Throws
April 4-5	Florida Relays	Gainesville, Fla.	Throws
April 4-5	Virginia Grand Prix	Charlottesville, Va.	Sprints/Hurdles, Jumps
April 4-5	Vertklasse Meeting	High Point, N.C.	Pole Vault
April 11-12	44 Farms Team Invitational	College Station, Texas	Sprints
April 11-12	Gamecock Invite	Columbia, S.C.	Pole Vault
April 10-12	Duke Invitational	Durham, N.C.	All Except Pole Vault & Throws
April 18-19	Wake Forest Invitational	Winston-Salem, N.C.	All Except Pole Vault
April 27	Virginia High Performance	Charlottesville, Va.	Jumps/Distance/Pole Vault
May 2	Big Orange Invitational	Knoxville, Tenn.	All Except Distance
May 2	Hill City Twilight	Lynchburg, Va.	Distance
May 15-17	ACC Championships	Winston-Salem, N.C.	All Groups
May 28-29	NCAA First Round East	Jacksonville, Fla.	All Groups
June 11-14	NCAA Championships	Eugene, Ore.	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 Coultie 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 Coultie's first-place finish in the 10k in 29:41.7. Coultie, 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. Coultie was also the first Hokie to capture the event win since Peter Seufer in 2019. At Nationals, the Hokies finished 26th overall, with George Coultie leading the squad with a 14th place finish. The finish garnered Coultie 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 they captured the win in 9:30.76.

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

- 7x USTFCCA Southeast Region Assistant Coach of the Year
- 1x USTFCCA National Assistant Coach of the Year
- 98 VT All-American Accolades
- 4 Cross Country NCAA Appearances
- 14 ACC Team Championships
- 2012 ACC Cross Country Champions
- 1x World Championship Qualifier (Neil Gourley)
- 1x National Champion
- 65x ACC Individual Champions
- 2x BIG EAST Individual Champions

CAREER TOTALS (1992-PRES.)

- 10x USTFCCA Southeast Region Assistant Coach of the Year
- 3x USTFCCA 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)
- 98 VT All-Americans
- 90 Oregon All-Americans
- 188 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
2025 . . . 1st	2024 . . 2nd
2024 . . 3rd	2023 . . 5th
2023 . . . 1st	2022 . . 2nd
2022 . . . 1st	2021 . . 2nd
2021 . . . 1st	2020 . . . -
2020 . . 2nd	2019 . . . 1st
2019 . . . 1st	2018 . . 3rd
2018 . . 2nd	2017 . . . 1st
2017 . . . 1st	2016 . . . 1st
2016 . . 5th	2015 . . 3rd
2015 . . . 1st	2014 . . 5th
2014 . . 5th	2013 . . 2nd
2013 . . . 1st	2012 . . . 1st
2012 . . 2nd	2011 . . 2nd
2011 . . . 1st	2010 . . 2nd
2010 . . 3rd	2009 . . 3rd
2009 . . 2nd	2008 . . 6th
2008 . . 9th	2007 . . 7th
2007 . . 6th	2006 . . 7th
2006 . . 4th	2005 . . 6th
2005 . . 6th	

WOMEN

INDOOR	OUTDOOR
2025 . . 6th	2024 . . 7th
2024 . . . 1st	2023 . . 2nd
2023 . . . 1st	2022 . . 8th
2022 . . . 1st	2021 . . 7th
2021 . . 4th	2020 . . . -
2020 . . . 1st	2019 . . 4th
2019 . . 3rd	2018 . . 2nd
2018 . . 2nd	2017 . . . 1st
2017 . . 8th	2016 . . 9th
2016 . . 12th	2015 . . . 1st
2015 . . 8th	2014 . . 6th
2014 . . 5th	2013 . . 7th
2013 . . 9th	2012 . . T-4th
2012 . . 5th	2011 . . 7th
2011 . . 4th	2010 . . 6th
2010 . . 3rd	2009 . . 2nd
2009 . . 4th	2008 . . . 1st
2008 . . . 1st	2007 . . . 1st
2007 . . . 1st	2006 . . 5th
2006 . . 4th	2005 . . 9th
2005 . . 9th	

VIRGINIA TECH TRACK & FIELD

STAFF NOTES



CLEOPATRA BOREL

Coaching Achievements

- » **THREE** NCAA First Round Qualifiers
- » **TWO** Team Championships
- » **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
- » **56** Total Individual Conference Champions in the Pole Vault
- » **68** 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)

- » **31** All-Americans
- » **NINE** Conference Team Titles
- » **17X** Conference Individual Champions
- » **40X** All-Conference Performers
- » **ONE** Rookie of the Year Performer
- » **16X** 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

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

Athletic Achievements

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



ALAN DUNSON

Coaching Achievements (at VT)

- » **14** All-Americans
 - » **SEVEN** Conference Individual Champions
 - » **19X** All-Conference Performers
 - » **FOUR** Performers of the Week
 - » **SEVEN** Broken Program Records
 - » **TWO** ACC Championship Track MVP
- #### Athletic Achievements
- » **1X** All-American



TRA'VON PHILLIPS

Coaching Achievements

- » **ONE** Outdoor National Champion (4x400m)
 - » **13** Conference Individual Champions
 - » **23** All-Americans
 - » **59** 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

HURRICANE INVITATIONAL

- » 2 event wins
- » 2 all-time top 10 performances
- » **Vlad Puchko** captured the discus event win with a throw of 55.73m.
- » **Katie Seyfang** collected her first event win of the season in the shot put with a 16.15m toss.

BOB DAVIDSON TEAM CHALLENGE

- » 1 all-time top 10 performance
- » 5 top 5 finishes
- » **Janiya Johnson** boasted an 11.61 in the 100m to become the No. 6 all-time performer for VT.

TEXAS RELAYS

- » 2 all-time top 10 performances
- » 2 top 5 finishes
- » **Lyndsey Reed** reached a Virginia Tech-best height of 4.37m in the pole vault, landing No. 6 all-time for VT.
- » **Ben Conacher** vaulted to 5.45m to secure the No. 10 all-time spot for Virginia Tech.

RALEIGH RELAYS

- » 3 all-time top 10 performances
- » **Nicholas Kipchirchir** ran for 8:22.51 in the 10,000m to land No. 2 all-time for Virginia Tech and post the 13th best mark in the NCAA so far this season.
- » **Sam Hubert** placed himself No. 6 all-time for VT with his 29:10.00 10,000m.
- » **Ali Diaby** boasted a huge personal-best in the 200m of 20.71 to elevate his standing to No. 8 all-time for Tech.

FLORIDA RELAYS

- » 1 event win
- » 1 all-time top 10 performance
- » **Mariana Pestana** secured a massive PR from her previous outing to reach 65.28m in the hammer throw, moving from No. 8 all-time to No. 5. She was the top collegiate finisher in the event.
- » **Katie Seyfang** collected her second event win of the 2025 season with a 16.17m shot put toss in the women's shot put collegiate event.

VERTKLASSE MEETING

- » 3 all-time top 10 performances
- » 2 event wins
- » 1 program record
- » **Vlad Puchko** threw discus for a personal-best, program record, meet record and facility record of 63.15m. He ranks fifth in the country in the event after the weekend. He also picked up his second event win of the season.

- » **Erin Kelleher** reached a pole vault personal-best of 4.22m at the meet, landing No. 10 all-time for Tech.
- » **Chiara Sistermann** elevated her standing as No. 7 all-time for VT with her outdoor PR of 4.32m.
- » **Maddox Hamm** collected his second career event win and first of the season with a 5.40m vault.

GAMECOCK INVITE

- » **Lyndsey Reed** collected her 12th career event win in the pole vault with a 4.27m height.

OKLAHOMA THROWS SERIES

- » **Vlad Puchko** threw for 61.80m in his first outing to finish third overall and as the second top collegiate finisher and then threw 61.33m in his second outing of the weekend.

44 FARMS TEAM INVITATIONAL

- » 4 all-time top 10 performances
- » **Cay Bobb** posted a 52.44 in the 400m to become the No. 2 all-time performer for Tech.
- » **Both the 4x100m and 4x400m** finished second in the meet and recorded all-time top performances for Virginia Tech. The 4x100m (Diaby, Tillmon, Kersulis, Meyer) posted a 39.45 for the No. 6 all-time mark and the 4x400m (Kersulis, Tillmon, Diaby, Lincoln IV) ran a 3:04.34 for the No. 3 all-time performance.
- » **Tomas Kersulis** boasted a season-best 46.26 in the 400m to land No. 6 all-time for Tech.

DUKE INVITATIONAL

- » 2 event wins
- » 3 all-time top 10 performances
- » **Declan Rymer** collected his second career event win in the 5,000m with a mark of 13:58.59.
- » **Ben Reynolds** posted the No. 10 all-time top mark for Tech in the 5,000m with his 13:59.80 personal-best.
- » **Sam Herenton** earned his first event win in the outdoor 400m with the No. 4 all-time performance for Virginia Tech of 46.13. He was also the top collegiate performer in the 200m with a time of 21.03m
- » **1-2-3-5** finish in the 5,000m for Virginia Tech men - (1) Rymer, (2) Reynolds, (3) Coleman, (5) G. Winter.

WAKE FOREST INVITATIONAL

- » 10 event wins
- » 8 all-time top 10 performances
- » **Declan Rymer** captured a go-ahead win in the steeplechase with his 8:40.22 for the No. 4 all-time performance for Tech.
- » **Ali Diaby** captured his first career event win in the 400m with his 46.10 for the No. 4 all-time top performance for VT.
- » **Christian Jackson** dominated in the 800m for the event win and No. 3 all-time top performance with his personal-best 1:46.36.
- » **Nicholas Kipchirchir** posted a valiant 5,000m with a result of 13:39.18 for the No. 3 mark all-time and a fifth place finish in a loaded field.
- » **Both 4x100m** relays, men's (39.79) and women's (45.43), captured event wins and Virginia Tech all-time top performances.
- » **Mariana Pestana** earned her first career event win in a VT jersey with a 64.92m hammer throw while **Barbora Stejfova** finished third with a 60.85m toss.
- » **Katrin Brzyszkowska** accumulated her sixth career event win in the shot put with her 16.54m results while **Katie Seyfang** finished second at 15.74m.
- » **Caleb Stephens** won the long jump with a 7.13m distance, his longest of the season.
- » **Lukas Baroke** finished as the top collegiate performer in the hammer throw with a distance of 63.01m
- » **Madison McConico** collected the event win in the triple jump with her No. 7 all-time top mark of 12.42m.

VIRGINIA TECH TRACK & FIELD

STANDOUTS

POLE VAULT

JULIA FIXSEN

Achievements

- » **1X** NCAA OTF National Champion (2023, Pole Vault - 4.45m (14'7.25"))
- » **5X** All-American
- » **4X** All-ACC Performer
- » **1X** ACC Performer of the Week
- » **1X** ACC Field Athlete of the Year
- » **1X** USTFCCA 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)
- » **4.58m** Personal-Best

MADDOX HAMM

Achievements

- » **1X** All-American
- » **2X** All-ACC Pole Vault
- » **5.61m** Personal-Best
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the Pole Vault (5.61m)
- » **4th** in the Virginia Tech All-Time Indoor Performers list for the Pole Vault (5.55m)

THROWS

VLAD PUCHKO

Achievements

- » **4X** All-American
- » **1X** All-ACC Performer
- » **3X** ACC Performer of the Week
- » **Discus** Program Record Holder (71.02m, 2022, OTF)
- » **Belarus National Champion** in 2024 for discus (60.35m)

KATRIN BRZYSZKOWSKA

Achievements

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

DISTANCE

STAR PRICE

Achievements

- » **1X** ACC ITF Individual Champion (DMR)
- » **2X** All-American
- » **5X** All-ACC Performer
- » **1X** ACC Performer of the Week
- » **800m** Program Record Holder (2:01.17, ITF, 2025)
- » **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)
- » **3rd** in the Virginia Tech All-Time Outdoor Performers list for the 800m (2:02.50)

NICK PLANT

Achievements

- » **6X** All-American
- » **5X** All-ACC Performer
- » **4X** ACC Individual Champion (4x400m, OTF | DMR, 800m x2 ITF)
- » **1X** ACC Performer of the Week
- » **1X** ACC Freshman of the Year
- » **DMR** Program Record Holder (9:19.88, 2025)
- » **1,000m** Program Record Holder (2:19.99, 2024, ITF)
- » **1500m** Program Record Holder (3:37.88, 2024, OTF)
- » **800m** Rector Field House Facility Record Holder (1:46.85, 2025, ITF)

GEORGE COUTTIE

Achievements

- » **2X** All-American
- » **Mile** Program Record Holder (3:55.44, 2025, ITF)
- » **3,000m** Program Record Holder (7:40.18, 2025, ITF)
- » **DMR** Program Record Holder (9:19.88, 2025)

CHRISTIAN JACKSON

Achievements

- » **2X** All-American
- » **2X** All-ACC Performer
- » **DMR** Program Record Holder (9:19.88, 2025)
- » **2nd** in the Virginia Tech All-Time Indoor Performers list for the 600m (1:17.64)
- » **5th** in the Virginia Tech All-Time Indoor Performers list for the 800m (1:47.18)

SPRINTS/HURDLES

JUDSON LINCOLN IV

Achievements

- » **5X** All-American
- » **4X** All-ACC Performer
- » **1X** ACC Championship Track MVP (OTF)
- » **4X** ACC Performer of the Week
- » **1X** USATF National U20 Champion (400m)
- » **TOP 5 in 8 EVENTS** in the Virginia Tech All-Time Indoor Performers list - 300m (ITF, 2nd, 32.37), 400m (ITF, 2nd, 45.53) + records
- » **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)
- » **500m** Program Record Holder (1:01.22, 2025, ITF)
- » **200m** Program Record Holder (20.56, 2025, ITF)
- » **200m, 400m** 2025 ACC Indoor Individual Champion
- » **200m, 400m, 4x400m** 2024 ACC Outdoor Individual Champion
- » **400m, 4x400m** 2024 ACC Indoor Individual Champion

CAY BOBB

Achievements

- » **1X** All-American
- » **1X** All-ACC Performer
- » **4X** Bermuda National Record Holder (400m ITF, 400m OTF, 200m OTF, 500m ITF)
- » **TOP 10 in 4 EVENTS** in the Virginia Tech All-Time Indoor Performers list - 200m (ITF, 9th, 23.95), 300m (ITF, 4th, 38.29), 400m (ITF, 3rd, 52.69), 500m (ITF, 1st, 1:10.54)

JUMPS/MULTIS

NATE PARIS

Achievements

- » **1X** All-American
- » **1X** All-ACC Performer
- » **1X** ACC Field Performer of the Week
- » **1X** ACC Rookie of the Week
- » **3rd** in the Virginia Tech All-Time Indoor Performers list for the long jump (7.60m)
- » **Heptathlon** Program Record Holder (5,858 pts, 2025, ITF)

FEDERICO LORZENO 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
- » **1X** All-ACC

VIRGINIA TECH TRACK & FIELD

ALL-AMERICANS (outdoors by event)

WOMEN

200m	
Second Team	1
100m Hurdles	
First Team	4
Second Team	1
200m Hurdles	
First Team	1
400m Hurdles	
First Team	1
Second Team	3
800m	
First Team	4
Second Team	1
1,500	
First Team	3
Second Team	2
3,000m	
First Team	1
5,000m	
First Team	1
Second Team	1
10,000m	
First Team	4
Steeplechase	
Second Team	1
Triple Jump	
First Team	1
Second Team	2
Pole Vault	
First Team	9
Second Team	4
Shot Put	
First Team	1
Second Team	3
Discus	
First Team	2
Second Team	1
Javelin	
First Team	3
Second Team	4
Hammer Throw	
First Team	9
Second Team	6
Heptathlon	
First Team	2

MEN

100m	
First Team	1
Second Team	3
400m	
First Team	1
400m Hurdles	
First Team	2
800m	
First Team	2
Second Team	4
1,500m	
First Team	6
Second Team	4
5,000m	
First Team	3
Second Team	2
10,000m	
First Team	3
Steeplechase	
Second Team	3
4x400m Relay	
Second Team	3
High Jump	
First Team	1
Second Team	3
Long Jump	
First Team	1
Second Team	1
Triple Jump	
First Team	3
Second Team	2
Pole Vault	
First Team	14
Second Team	9
Shot Put	
First Team	2
Discus	
First Team	2
Javelin	
First Team	2
Second Team	1
Hammer Throw	
First Team	20
Second Team	3
Decathlon	
First Team	1

USTFCCA NATIONAL RANKINGS

VIRGINIA TECH TRACK & FIELD

CAREER-BESTS (OUTDOOR)

SPRINTS & HURDLES

---WOMEN---

K. Bechard

200m 24.79
400m 55.23

C. Bobb

100m 12.03
200m 23.44
400m 51.84
800m 2:18.01

M. Collins

100m 11.96

S. Curtis

Not Yet Competed

L. Daley

100m 11.84
200m 24.15
400m 56.17

J. Johnson

100m 11.61
200m 24.10

A. Krahe

400mH 1:08.50

F. Nasir

Not Yet Competed

T. Pridgen

Not Yet Competed

SPRINTS & HURDLES

---MEN---

A. Diaby

100 10.52
200m 20.71
400m 46.01

S. Herenton

100m 10.63
200m 21.03
400m 46.13

M. James

200m 21.72
400m 47.99

T. Kersulis

200m 20.80
400m 45.91

J. Lincoln IV

100m 10.68
200m 20.51
400m 44.55

C. Meyer

100m 10.46
200m 21.13
400m 47.69

J. Roberson

200m 21.54
400m 48.00

E. Taylor

100m 11.00
110mH 14.95
200m 21.57

K. Tillmon

100m 10.23
200m 20.41
400m 47.32

DISTANCE

---WOMEN---

K. Bohlke

Not Yet Competed

K. Bonser

1,500m 4:42.62
5,000m 17:38.80
10,000m 35:11.40

L. Butler

400m 54.90
800m 2:01.32
1,500m 4:07.96
5,000m 16:17.59

S. Chepchirchir

1,500m 4:40.33
5,000m 16:34.80
10,000m 35:05.70

E. Coe

800m 2:11.90
1,500m 4:25.14
5,000m 16:27.98

K. Elakari

400m 58.10
800m 2:07.97
1,500m 4:30.77

S. Holgado

800m 2:11.94
1,500m 4:34.91
5,000m 16:43.06

R. Johnson

Not Yet Competed

C. Jones

1,500m 4:39.92
5,000m 17:38.15

F. Jeruto Kipmaiyo

5,000m 16:37.59

A. Legault

400m 59.47
800m 2:14.89
1,500m 4:34.93

A. MacGrath

Not Yet Competed

M. K. McGranahan

1,500m 4:41.32
5,000m 16:46.76
10,000m 35:33.55
Steeplechase 10:23.50

S. Nolan

Not Yet Competed

S. Price

400m 55.28
800m 2:02.50
1,500m 4:23.63

L. Pugsley

Not Yet Competed

A. Rigby

5,000m 35:20.62

L. Waters

800m 2:13.17
1,500m 4:27.64
5,000m 16:39.19
Steeplechase 10:46.38

DISTANCE

---MEN---

L. Affolder

800m 1:51.26
1,500m 3:44.99
5,000m 14:18.47

N. Atchue

1,500m 3:59.30
5,000m 14:36.85

L. Chepkoechi

5,000m 14:21.97
10,000m 29:35.57

R. Chevalier

800m 1:52.54
1,500m 3:46.89
5,000m 14:46.03

E. Coleman

800m 1:50.03
1,500m 3:41.57
mile 4:07.58
5,000m 14:04.60

G. Couttie

1,500m 3:43.70

C. Davis

800m 1:52.53
1,500m 3:53.75
Steeplechase 9:22.76

D. DeCambre

400m 49.73
800m 1:47.89
1,500m 3:45.55

VIRGINIA TECH TRACK & FIELD

CAREER-BESTS (INDOOR)

S. Hubert

1,500m 3:51.29
5,000m 14:25.58
10,000m 29:10.00

V. Idhammar

800m 1:48.63
1,500m 3:39.66
5,000m 14:20.16

C. Jackson

400m 49.34
800m 1:46.36
1,500m 3:52.98

C. Johnson

800m 1:53.87
1,500m 3:52.60

N. Kasperowski

Not Yet Competed

R. Kelly

800m 1:50.80
1,500m 3:46.52

N. Kipchirchir

5,000m 13:39.18

N. Plant

400m 48.97
800m 1:46.35
1,500m 3:38.98

M. Pueschner

Not Yet Competed

B. Reynolds

800m 1:50.91
1,500m 3:49.51
5,000m 13:59.80

D. Rymer

1,500m 3:43.52
mile 4:00.70
5,000m 13:58.38
Steeplechase 8:40.22

A. Schroff

800m 1:49.08
1,500m 3:44.37

A. Tikhe

1,500m 4:00.11
5,000m 14:28.18
10,000m 30:15.93

G. Winter

1,500m 4:01.44
5,000m 14:09.17
Steeplechase 9:05.40

W. Winter

800m 1:50.09
1,500m 3:44.87
5,000m 14:12.99

THROWS

---WOMEN---

K. Brzyszkowska

Shot Put 17.06m (55'6.25")
Discus 47.96m (157'4")

M. Pestana

Hammer Throw . 65.28m (214'2")

B. Stejfova

Hammer Throw 62.90m (206'4")

THROWS

---MEN---

L. Baroke

Hammer Throw . 64.68m (212'2")

V. Puchko

Discus 63.15m (207'2")

D. Simmonds

Shot Put 17.92m (58'9.5")
Discus 52.19m (171'3")

POLE VAULT

---WOMEN---

J. Fixsen

Pole Vault 4.45m (14'7.25")

E. Kelleher

Pole Vault 4.05m (13'3.5")

K. Lovercheck

Pole Vault 3.82m (12'6.25")

L. Reed

Pole Vault 4.41m (14'5.5")

C. Sistermann

Pole Vault 4.30m (14'1.25")

K. Stimmel

Pole Vault 4.45m (14'7.25")

POLE VAULT

---MEN---

B. Conacher

Pole Vault 5.45m (17'10.5")

M. Hamm

Pole Vault 5.55m (18'2.5")

J. Helmich

Pole Vault 4.97m (16'3.5")

C. McClure

Pole Vault 5.75m (18'10.25")

J. Rice

Pole Vault 5.30m (17'4.5")

JUMPS & MULTIS

---WOMEN---

W. Hock

Long Jump 5.43m (17'9.75")

M. McConico

Long Jump 5.06m (16'7.25")
Triple Jump 12.42m (40'9")

JUMPS & MULTIS

---MEN---

F. Bruno

Not Yet Competed

M. Cabell

Long Jump 7.11m (23'4")

N. Paris

100m 10.55
110m Hurdles 14.62
200m 21.60
1,500m 5:01.13
400m 48.49
High Jump 1.94m (6'4.25")
Long Jump 7.13m (23'4.75")
Shot Put 12.10m (39'8.5")
Discus 35.00m (114'10")
Javelin 48.62m (159'6")
Pole Vault 4.20m (13'9.25")
Decathlon 7,232 pts

S. Pirtle

Not Yet Competed

C. Stephens

Long Jump 7.30m (23'11.5")
Triple Jump . . . 15.08m (49'5.75")

EVENT RECORDS (OUTDOOR)

MEN

VIRGINIA TECH RECORDS

EVENT	TIME/MARK	NAME
100m	9.97	C. Beck (2023)
200m	20.41	K. Tillmon (2022)
400m	44.55	J. Lincoln (2024)
800m	1:46.02	D. Piazza (2017)
1,500m	3:37.8	N. Plant (2024)
5,000m	13:27.64	T. Curtin (2016)
10,000m	28:09.86	A. Lopez Segura (2023)
Steeplechase	8:31.23	F. Seyoum (2021)
110m Hurdles	14.12	S. McLendon (2022)
400m Hurdles	50.04	G. Chiles (2018)
4x100m	38.69	K. Tillmon, T.Walker, K. Harrison, C. Beck (2022)
4x400m	3:01.62	K. Harrison, K. Tillmon, A. Diaby, J. Lincoln IV (2024)
Long Jump	24'11.75" (7.61m)	J. Artis-Gray (2013)
Triple Jump	53'3.75" (16.25m)	H. Halim (2011)
High Jump	7'3.75" (2.23m)	R. Black (2013)
Pole Vault	18'10.25" (5.75m)	C. McClure (2024)
Shot Put	64'9.75" (19.75m)	T. Jones (2021)
Discus	203'1" (61.90m)	U. Puchko (2024)
Hammer Throw	248'10" (75.84m)	M. Lomnický (2011)
Javelin	255'6" (77.88m)	M. Treff (2011)
Decathlon	7,532 pts	S. Murphy (2024)

ACC

EVENT	TIME/MARK
100m	9.89
200m	19.69
400m	44.59
800m	1:43.16
1,500m	3:34.68
5,000m	13:17.51
10,000m	27:38.54
Steeplechase	9:21.72
110m Hurdles	13.00
400m Hurdles	47.90
4x100m	38.08
4x400m	2:59.95
Long Jump	8.40m (27'0.75")
Triple Jump	17.08m (56'0.5")
High Jump	2.29m (7'6")
Pole Vault	5.7m (18'8.5")
Shot Put	21.30m (69'10.75")
Discus	67.02m (219'10")
Hammer	75.84m(248'10")
Decathlon	8,084pts

USTFCCCA

EVENT	TIME/MARK
100m	9.82
200m	19.69
400m	43.61
800m	1:43.25
1,500m	3:33.74
Steeplechase	8:05.4
5,000m	13:06.32
10,000m	26:52.72
110m Hurdles	12.98
400m Hurdles	47.02
4x100m	37.90
4x400m	2:57.74
Long Jump	8.74m (28'8.25")
Triple Jump	17.87m (58'7.5")
High Jump	2.38m (7'9.75")
Pole Vault	6.00m (19'8.25")
Shot Put	22.00m (71'8.25")
Discus	71.00m (232'11")
Hammer	81.94m (292'10")
Javelin	89.10m (292'4")
Decatlon	8,961 pts

WOMEN

VIRGINIA TECH RECORDS

EVENT	TIME/MARK	NAME
100m	11.49	K. Davis (2021)
200m	23.01	C. Blanden (2017)
400m	52.24	C. Blanden (2017)
800m	2:01.17	H. Green (2015)
1,500m	4:07.15	L. Butler (2024)
5,000m	15:54.38	T. Fanning (2017)
10,00m	33:55.23	S. Freix (2021)
Steeplechase	9:52.89	S. Edwards (2017)
100m Hurdles	12.44	Q. Harrison (2010)
400m Hurdles	54.66^	Q. Harrison (2010)
4x100m	44.58	E. Scott, F. Alabi, Z. Tyson, O. Nwaneri (2011)
4x400m	3:32.57	C. Blanden, A. Tchume, N. McKiver, A. Bush (2017)
4x800m	8:34.38	S. Quinn, S. Edwards, S. Freix, R. Procratsky (2019)
Long Jump	21'7" (6.58m)	V. Gorlova (2024)
Triple Jump	44'9.75" (13.66m)	E. Bajnok (2019)
High Jump	5'8.75" (1.75m)	J. Dominick (2015)
Pole Vault	15'1" (4.60m)^	R. Baxter (2022)
Shot Put	56'6.25" (17.23m)	E. Henderson (2021)
Discus	193' (58.83m)	E. Henderson (2022)
Hammer Throw	233' (71.02m)^	S. Killinen (2022)
Javelin	192'9.25" (57.76m)	I. Sediva (2015)
Heptathlon	5,753 pts	S. Triesscheijn (2006)

ACC

EVENT	TIME/MARK
100m	11.05
200m	22.43
400m	50.40
800m	1:58.55
1,500m	4:06.19
3,000m	8:59.79
5,000m	15:14.61
10,000m	31:58.99
Steeplechase	9:24.92
100m Hurdles	12.39
400m Hurdles	54.66
4x100m	42.78
4x400m	3:27.85
Long Jump	6.75m (22'1.75")
Triple Jump	14.25m (46'9")
High Jump	1.98m (6'6")
Pole Vault	4.63m (15'2.25")
Shot Put	18.82m (61'9")
Discus	62.73m (205'10")
Hammer	71.02m (233')
Javelin	69.03m (196'11")
Heptathlon	6,352 pts

USTFCCCA

EVENT	TIME/MARK
100m	10.75
200m	21.36
400m	48.89
800m	1:57.73
1,500m	3:59.90
5,000m	14:52.18
10,000m	30:50.43
Steeplechase	9:15.24
100m Hurdles	12.36
400m Hurdles	52.75
4x100m	41.55
4x400m	3:17.96
Long Jump	7.14m (23'5.25")
Triple Jump	14.78m (48'6")
High Jump	1.99m (6'6.25")
Pole Vault	4.73m (15'6.25")
Shot Put	20.01m (65'7.75")
Discus	70.22m (230'5")
Hammer	77.67m (254'10")
Javelin	64.19m (210'7")
Heptathlon	6,527 pts

* Collegiate Record
^ ACC Record

WOMEN'S ROSTER

NAME	YEAR	HOMETOWN	HIGH SCHOOL (PREV. INSTITUTION)
SPRINTS			
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
DISTANCE			
Katie Bohlke	FR	Newington, Conn.	Newington
Kylie Bonser	SO	Midlothian, Va.	Midlothian
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
THROWS			
Katrin Brzyszkowska	JR	Orlova, Czech Republic	
Sara Killinen	GR	Lapua, Finland	Kuortaneen Lukio
Mariana Pestana	SO	Portugal, Funchal	Madeira University
Barbora Stejfova	JR	Tanvald, Czech Republic	
POLE VAULT			
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
JUMPS & MULTIS			
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)
SPRINTS			
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
DISTANCE			
Luke Affolder	SR	Chestfield, Va.	Lloyd C. Bird (Oregon)
Nathan Atchue	SO	Moneta, Va.	Franklin County (Tennessee)
Linus Chepkochei	FR	Eldoret, Kenya	RCEA Biwot 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
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
THROWS			
Lukas Baroke	SO	Graenichen, Switzerland	University of Zurich
Vlad Puchko	SO	Minsk, Belarus	
Denzs Simmonds	FR	Kingston, Jamaica	Calabar (Iowa Western CC)
POLE VAULT			
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
JUMPS & MULTIS			
Federico Bruno	GR	Novara, Italy	Liceo Scientifico A. Antonello (Parma)
Maaliah Cabell	SO	Staunton, Va.	Staunton
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