



VIRGINIA

**Cavalier Track & Field/Cross Country
2023-24 Fact Book**





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SCHOOL FACTS

Location	Charlottesville, Va.
Founded	1819 (by Thomas Jefferson)
Enrollment	23,372 (15,669 undergraduates)
President	Jim Ryan
Nickname	Cavaliers
Colors	Orange and Blue
Conference	ACC
Athletics Director	Carla Williams
Executive Assoc. AD/SWA	Armani Dawkins

TRACK & FIELD INFORMATION

Director of Track and Field and Cross Country/Associate Athletics Director for Administration

Vin Lananna (434) 243-2802

Assistant Coaches

Trevor Dunbar tdunbar@virginia.edu

Joelle Amaral coachjoelle@virginia.edu

Mario Wilson mariowilson@virginia.edu
(434) 982-5647

Brandon Amo bvt2pq@virginia.edu

LaRon Bennett vky3fr@virginia.edu

Office Location: McCue Center
Home Facility for Cross Country: Panorama Farms
Home Facility for Track & Field: Lannigan Field

MEDIA INFORMATION

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2023-24 MEN'S ROSTER

Name	Yr.	Events	Hometown (High School/Previous School)
Will Anthony	So.	Cross Country/Distance	Whitby, Poriua, New Zealand/Scots College
Billy Atkinson	Sr.	Cross Country/Distance	Manhattan Beach, Calif. / Mira Costa HS
Liam Bellamy	Sr.	Middle Distance	Richmond, Va. / Collegiate School
Shane Cohen	Sr.	Middle Distance	Huntingdon Valley, Pa. /Lower Moreland HS / Tampa
Aidan Cox	Fr.	Middle Distance	Northwood, N.J. / Coe Brown Academy
Thomas Dickinson	Jr.	Javelin	Scranton, Pa. / Scranton Prep
Peter Djan	So.	Sprints	Woodbridge, Va. / Patomac Senior HS
James Donahue	So.	Distance	Reading, Mass./Belmont Hill School
Cayden Dyer	Fr.	Distance	Loveland, Ohio / Loveland
Jack Eliason	Sr.	Cross Country/Distance	Crozet, Va. / Western Albemarle HS
John Fay	Jr.	Throws	Barrington, R.I. / Bishop Hendricken
Matthew Fernando	So.	Distance	Atlanta, Ga. / Westminster
Jerlan Fish	Jr.	Sprints	Bowie, Md./The Lawrenceville School
David Frasier	So.	Combined	Chesapeake, Va./IMG Academy
Gage Gose	Fr.	Sprints/Hurdles	Lander, Wyo. / Lander Valley
Jacob Hunter	Sr.	Cross Country/Distance	Leesburg, Va. / Loudoun Valley HS
Andrew Jones	Jr.	Cross Country/Distance	Gainesville, Ga. / North Hall
Nick Karayianis	Sr.	Cross Country/Distance	Potomac, Md. / Bullis HS
Michael Koepke	So.	Sprints	Charlotte, N.C./Ardrey Kell
Miles Lanham	Fr.	Jumps	Annandale, Va. / Annandale
Alex Leath	Fr.	Middle Distance	Vestavia Hills, Ala. / Vestavia Hills
Jacob Lemmon	Sr.	Throws	Sanibel, Fla. / Fort Myers HS
Tyler Lynch	Sr.	Pole Vault	Manassas, Va. / Battlefield HS
Jaden Lyons	So.	Sprints	Freeport, N.Y./Kellenburg Memorial
Gary Martin	So.	Middle Distance	Warminster, Pa./Archbishop Wood
Owen McArdle	Fr.	Distance	Arlington, Va./Yorktown
Griffin McCauley	Gr.	Distance	Stone Mountain, Ga./Paideia School/Brown
Kyle Mosteller	Sr.	Pole Vault	Amherst County, Va. / Amherst County HS
Nathan Mountain	Jr.	Cross Country/Distance	Cincinnati, Ohio / St. Xavier
Conor Murphy	Sr.	Middle Distance	Providence, R.I. / Classical HS
Jay Pendarvis	Sr.	Sprints	Annandale, Va. / Bullis School
Sebastian Phillips	Fr.	Pole Vault	Woodberry Forest, Va. / Woodberry Forest
Myles Plummer	Fr.	Middle Distance	Franklin Park, N.J./Union Catholic
Wes Porter	Sr.	Cross Country/Distance	Kansas City, Mo. / Rockhurst HS
Ethan Robinson	Sr.	Combined	Glenmoore, Pa./Tennessee
Justin Rogers	So.	Pole Vault	Hershey, Pa./Hershey HS
Yasin Sado	Sr.	Distance	Aurora, Colo. / Gateway HS
Luke Schroeder	So.	Sprints	Alexandria, Va./Bullis School
Alex Sherman	Jr.	Sprints	Newton, Mass. / Newton North
Scott Sikorski	Gr.	Cross Country/Distance	Chicago, Ill. / Nazareth Academy / Rochester
Luke Smith	Sr.	Combined	Cranberry Township, Pa. / Seneca Valley HS
Demick Starling	Sr.	Sprints	Nashville, Tenn. / East Nashville Magnet HS
Henry Sullivan	So.	Combined	Crozet, Va./Western Albemarle
Isaac Theissen	So.	Cross Country/Distance	Abingdon, Va. / Abingdon / Tennessee
William Trent	Jr.	Sprints	Charlottesville, Va. / Monticello
Heldi Valikaj	Jr.	Jumps	Shkoder, Albania / Shkolla Austriake
Justin Wachtel	Jr.	Cross Country/Distance	Forsyth, Ga. / Mary Persons
Evans White	So.	Sprints	Lorton, Va. / South County
Jeremiah Wilson	Fr.	Hurdles	Salem, Va. / Salem HS
Tyler Zawatski	So.	Javelin	Manalapan, N.J. / Freehold Township HS

Note: For bio information on UVA team members, visit their web page on VirginiaSports.com



2023-24 WOMEN'S ROSTER

Name	Yr.	Events	Hometown (High School/Previous School)
Sarah Akpan	So.	Sprints	Houston, Texas / Houston Stratford
Sophia Akpan	So.	Sprints/Hurdles	Houston, Texas / Houston Stratford
Emily Alexandru	Sr.	Hurdles/Middle Distance	Trumbull, Conn. / Trumbull HS
Margot Appleton	Jr.	Cross Country/Distance	Mattapoissett, Mass. / Portsmouth Abbey School
Sophie Atkinson	Jr.	Cross Country/Distance	Katy, Texas / Cinco Ranch
Lizzy Bader	Gr.	Cross Country/Distance	Kennett Square, Pa. / Padua Academy / Penn
Trina Barcarola	Sr.	Pole Vault	Scranton, Pa. / Western Wayne
Kayla Bonnick	Sr.	Sprints	St. Catherine, Jamaica / St. Jago HS
Aryana Boostani	So.	Sprints	San Diego, Calif. / Cathedral Catholic
Hanne Borstlap	Gr.	Pole Vault	Antwerp, Belgium / Princeton
Gillian Bushee	Fr.	Cross Country/Distance	Herndon, Va. / Herndon
Abby Comella	Sr.	Sprints	Wellesley, Mass. / Wellesley HS
Addison Cox	Jr.	Cross Country/Distance	Northwood, N.H. / Coe-Brown Academy
Tori Daniels	Fr.	Sprints	Valley Stream, N.Y. / Valley Stream South
Caroline Dannenbaum	Jr.	Pole Vault	Bernardsville, N.J. / Pingry School
Tatum David	Fr.	Cross Country/Distance	Olney, Ill. / Olney (Richland County)
Ellie Desmond	Sr.	Cross Country/Distance	Ashburn, Va. / Broad Run HS
Cate DeSousa	Fr.	Cross Country/Distance	Oceanport, N.J. / Red Bank Catholic
Katie Dorsey	So.	Distance	Wilmington, Del. / Padua Academy
Brooke'Lyn Drakeford	Fr.	Sprints/Hurdles	Piscataway, N.J. / Piscataway
Lila Fenner	Sr.	Cross Country/Distance	Portland, Ore. / Catlin Gable HS
Ariel Fletcher	Fr.	Sprints/Hurdles	Virginia Beach, Va. / Tallwood
Grace Flynn	Fr.	Jumps	Suffolk, Va. / Nanesmond River
Jordan Hardy	Jr.	Jumps	Virginia Beach, Va. / Hampton
Maggie Hock	Gr.	Middle Distance	Avon, Conn. / Phillips Exeter / Princeton
Luci Ilnicki-Lambert	Jr.	Cross Country/Distance	Redwood City, Calif. / Sacred Heart Schools
Elizabeth Imoh	Fr.	Sprints/Hurdles	Wichester, Va. / John Handley
Lola Kolawole	Fr.	Sprints	Whitefish Bay, Wis. / Whitefish Bay
Mahkaia Lee	Sr.	Jumps	Redonodo Breach, Calif. / Redondo HS / San Jose St.
Bree Lumpkin	Jr.	Throws	Avon Lake, Ohio / Avon Lake HS / Walsh
Brooke Lumpkin	Jr.	Throws	Avon Lake, Ohio / Avon Lake HS / Walsh
Amelia Maughan	So.	Distance	Chapel Hill, N.C. / Chapel Hill
Abigail Meckes	So.	Javelin	Leighton, Pa. / Leighton Area HS
Camryn Menninger	Jr.	Cross Country/Distance	Winchester, Mass. / Winchester HS / NYU
Marlee Morgan	So.	Sprints	Houston, Tx. / Westbury
Anzhelika Parenchuk	Sr.	Middle Distance	Barnaul, Russia / Lyceum No. 124
Janae Profit	Jr.	Throws	Dunwoody, Ga. / St. Pius X Catholic
Gabriella Recce	Sr.	Jumps	Harrisburg, Pa. / Central Dauphin HS
Celia Rifaterra	So.	Jumps	Spain / FIU
Samantha Romano	So.	Pole Vault	Glen Allen, Va. / Glen Allen
Alahna Sabbakhan	Sr.	Middle Distance/Sprints	Washington D.C. / St. John's College HS
Jenny Schilling	Jr.	Cross Country/Distance	Leesburg, Va. / Heritage
Keara Seasholtz	Sr.	Middle Distance	Wayne, Pa. / Radnor HS
Esther Seeland	Gr.	Middle Distance	State College, Pa. / State College Area HS / Messiah
Elsa Spoor	Fr.	Combined	New Vernon, N.J. / Chatham
Clark Stewart	Fr.	Cross Conutry/Distance	Mountain Brook, Ala. / Mountain Brook
Carly Tarentino	Jr.	Jumps	Clark, N.J. / A.L. Johnson
Caroline Timm	Gr.	Cross Conutry/Distance	Poughkeepsie, N.Y. / Our Lady of Lourdes / Kennesaw St.
Libby White	Fr.	Jumps	Scotland / AYR Seaforth
Anna Workman	Sr.	Middle Distance	Kingston, Ontario / Kingston Collegiate and Vocational Institute

Note: For bio information on UVA team members, visit their web page on VirginiaSports.com



DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY ASSOCIATE ATHLETICS DIRECTOR

- Fifth season at Virginia
- 24 Individual All-Americans at Virginia (2 relays)
- 2 NCAA Champions (individual) at Virginia
- 19 ACC Champions at Virginia

Vin Lananna was named the Director of Track and Field and Cross Country/Associate Athletics Director for Administration in September of 2019, joining the Cavaliers as one of the most respected and successful track and field and cross country coaches in the country.

It has not taken long for Lananna to impact the Cavalier program and the local running scene. During the fall of 2020, UVA was announced as the host site for the 2023 NCAA Cross Country Championships.

The 2023-24 indoor season saw a record breaking run from the men's distance medley relay team. The quartet of Wes Porter, Alex Sherman, Alex Leath and Conor Murphy recorded the fourth-fastest time in collegiate history to break the Virginia program record. At the indoor ACC Championships, the men's DMR team won gold. Ten Cavaliers achieved All-American status while 10 first team All-ACC and 13 second team All-ACC honros were earned.

In 2022 the Cavalier men recorded their highest finish since the 2017 season and their third-best finish all-time as the Hoos took 14th place with 18 points.

The outdoor season was highlighted by junior Claudio Romero who won the NCAA discus title, the first men's individual title since the 2017 season. The NCAA and ACC Champion was named the ACC Men's Field Athlete of the Year becoming just the third Virginia competitor to garner the honor. Two weeks later, Ethan Dabbs claimed the javelin title at the USTF Outdoor Championships following a second-place finish at the NCAA Championships. The UVA men and women saw 6 competitors finish with All-American honors. The Hoos combined for two individual All-American honors as well as the women's DMR squad at the NCAA Indoor Championships.

The Virginia men placed third at the ACC Championships for the second-consecutive season marking the sixth time in seven years that the Hoos have finished in the league's top three. The Cavalier women placed seventh at the outdoor championships where Maria Deaviz took the shot put title.

The UVA had two champions at the ACC indoor meet where the women finished fifth while the men placed 10th.

Virginia's Rohann Asfaw and Derek Johnson each picked up all-region honors during the 2021 cross country campaign.

In his second season at the helm, Lananna saw the UVA women tied for 16th at the NCAA Outdoor Championships, the program's best finish since 1983. Combined with the men's finish (28th), it is the best overall program showing at the NCAA Championships in program history.

The season's highlight was graduate student Michaela Meyer winning the 800-meter championship at the NCAA Championships, the first individual title in the women's program's history. Meyer went on to be named the ACC's Scholar-Athlete of the Year. At the NCAA Outdoor Championships, eight women earned All-America status in 12 events while five men did the same. UVA had three women earn All-American status at the Indoor championships, the most since 2011.

The UVA women finished third at the ACC Indoor Championships to record their best result in 26 years. UVA won seven ACC Outdoor individual titles and two indoor championships. UVA sent 36 competitors to the NCAA East Preliminary Championships, the most in program history.

In his first season at the helm of the UVA track and field and cross country teams, the Cavalier men made their 17th NCAA Cross Country Championship appearance, earning the automatic berth to the national



meet with a first-place finish at the NCAA Southeast Regional Championships. All five of UVA men's scoring runners earned All-Southeast Region honors for their performance at the regional meet.

The 2020 team received an at-large invitation to the Championships held in 2021.

During his first indoor season, five Cavaliers earned All-America honors for qualifying for the NCAA Indoor Championships as Jada Seaman and Khyasia Caldwell qualified in the women's long jump, Jordan Scott and Owayne Owens qualified in the men's triple jump, and Brenton Foster qualified in the men's high jump. Scott led the NCAA in the triple jump, capturing the 17th-best all-time jump by a performer in NCAA history. His leap of 17.20m (55'10.25") set an ACC and UVA record. Scott was named the USTFCCA Southeast Regional Field Athlete of the Year, the ACC Field Athlete of the Year, and the ACC Field Athlete of the Meet.

The men's team finished third at the ACC Championships, with four Cavaliers winning ACC titles. The men's team set five school records during the season. On the women's side, Seaman and Caldwell finished 1-2 at ACCs in the long jump. The women's team set four UVA records during the season.

During the 2021 indoor season, the Cavalier women posted their best finish (third) at the ACC Championships since 1995. A total of nine Cavalier individuals and one relay team earned All-ACC honors during the meet, the most ever for the program since the championship started in 1987.

Owens won the ACC triple jump crown and went on to earn first-team All-America honors at the NCAA Championships where he placed sixth. Seaman repeated as the conference long jump champ and placed 12th at the NCAA meet. Sprinter Halle Hazzard also earned first-team All-America accolades at the NCAAs with an eighth-place showing in the 60-meter dash.

Building highly-successful programs has been a big part of Lananna's impact on the sport.

Under his direction, the teams at Stanford and Oregon combined to win 11 NCAA team championships and produced numerous NCAA individual champions, conference champions, and Olympic medalists. He has led teams to 42 conference championships for three-plus decades as a head coach.

A five-time NCAA cross country coach of the year, Lananna was inducted into the United States Track and Field and Cross Country Coaches Association's Hall of Fame in 2012.



In his last collegiate head coaching stint, Lananna led the Oregon program for seven seasons (2005-12). During his tenure, Oregon won six NCAA titles (2007-08 men's cross country, 2009 men's indoor track and field, 2010-11-12 women's indoor track and field) and 13 conference titles (2006-07-08 men's cross country, 2007-08-09-10-11-12 men's track and field, 2009-10-11-12 women's track and field). He also coached several Olympians and numerous NCAA and Pac-12 event champions.

Lananna was named the 2012 Pac-12 men's and women's coach of the year for the third time at Oregon and was previously honored as the 2007 and 2008 national men's cross country coach of the year. He also served as Team USA's head coach for the 2011 IAAF World Championships and was the co-chair for both the 2008 and 2012 U.S. Olympic Team Trials, hosted at Oregon's Hayward Field.

Following his resignation as the director of track and field and cross country in September of 2012, Lananna remained a member of the Ducks' athletic administration as an associate athletic director, a position he held since coming to Eugene in 2005. He acted as the department's sport supervisor for track and field.

Renowned for his ability to develop talent, Lananna's reputation as an exceptional coach was secured during his tenure as director of track and field at Stanford from 1992 to 2003. In his time on The Farm, Lananna built one of the nation's elite programs. His cross country and track and field teams claimed five NCAA team championships, 35 top-10 NCAA finishes, and 22 NCAA individual titles. The 2000 men's track and field team won the school's first outdoor title since 1934. The Cardinal men and women also won 17 Pacific-10 Conference team titles and 45 individual conference crowns in addition to 15 West Regional cross country championships.

As the Stanford head coach, Lananna received three national coach of the year cross country honors, nine West Region Cross Country Coach of the Year awards, 10 Pacific-10 Cross Country Coach of the Year honors, and two Pacific-10 Track and Field Coach of the Year awards. He also served on the NCAA Track and Field Committee from 2001-03. In 2004, Lananna traveled to Greece as an assistant coach for Team USA at the Olympic Games in Athens. He has also served as an assistant coach at the 1999 Track and Field World Championships and as head coach in the 1990 and 1996 World Championships and 1994 World Junior Championships in cross country. While working for the Cardinal, Lananna was a co-founder of the Nike Farm Team for professional middle-distance and distance runners and helped organize the University's efforts to host the 2002 and 2003 USA Outdoor Championships and an annual IAAF Grand Prix meet.

Between his coaching stints at Stanford and Oregon, Lananna served as athletic director and physical education professor at Ohio's Oberlin College for two years (2003-2005).

Throughout his career, Lananna has been a guiding force for developing track and field in the United States outside his official duties as a collegiate head coach.

From its inception in 2008 until his resignation as president in 2018, he was involved in the direction and leadership of TrackTown USA, a non-profit organization committed to setting a standard of excellence in the sports of track and field and running by hosting premier events, creating a supportive environment for elite athletic performances and improving facilities.

While working at Oregon and for TrackTown USA, he helped to lead the organization of the 2014 IAAF World Junior Championships, the 2015 USA Track & Field Outdoor Championships, the 2016 IAAF World Indoor Championships, and three Olympic Trials (2008, 2012 and 2016). He also played a significant role in Oregon being selected as the site for seven NCAA Track & Field Championships (2010, 2013-2018) and the 2009 and 2011 USATF Championships.

At Oregon, he helped establish and oversee Oregon Track Club Elite, the professional branch of the Oregon Track Club. Based in Eugene, it has produced an impressive number of Olympic medal winners, world champions and American champions under his direction.



Lananna was instrumental in the two-year renovation of Oregon's historic Hayward Field, which has been the site for numerous national competitions, including the 2021 and 2022 NCAA Outdoor Track and Field Championships.

In 2016, he was elected the president of USA Track and Field.

Lananna has an impressive resume coaching U.S. competitors on the world stage. He was the men's track and field coach for the 2016 Olympic Games in Rio de Janeiro after previously serving as the men's head coach at the 2011 IAAF World Championships in Daegu, South Korea, men's distance coach at the 2004 Olympic Games in Athens, Greece, and U.S. distance coach at the 1999 World Championships in Seville, Spain. He served as the United States head coach for the 1990 IAAF World Cross Country Championships and 1996 IAAF World Cross Country Championships. Lananna led the East team to a track and field title at the 1990 U.S. Olympic Festival.

Lananna arrived at Stanford after serving as assistant athletic director and head coach for cross country and track and field at Dartmouth. In 12 seasons with the Big Green, Lananna's teams won five Heptagonal Track & Field titles and eight straight Heptagonal Cross Country titles. His cross country teams appeared in the NCAA Championships 12 consecutive times, including two runner-up finishes (1986 and 1987). He was named the NCAA Coach of the Year in 1986.

His coaching career began in 1975 when Lananna was named head coach of cross country at his alma mater, C.W. Post, in Greenvale, NY. As an athlete (1971-75), he ran cross country and track and field and was captain of the 1974 team that finished fourth in the NCAA Division II Championships. He obtained his undergraduate degree from C.W. Post in 1975 in history and psychology.

Lananna received his master of arts degree from Long Island University in 1989. He and his wife, Elizabeth, have two sons – Brian and Scott – who are graduates of Dartmouth.

Lananna's NCAA Team Championships

- 2012 – Oregon Women's Indoor Track & Field
- 2011 – Oregon Women's Indoor Track & Field
- 2010 – Oregon Women's Indoor Track & Field
- 2009 – Oregon Men's Indoor Track & Field
- 2008 – Oregon Men's Cross Country
- 2007 – Oregon Men's Cross Country
- 2002 – Stanford Men's Cross Country
- 2000 – Stanford Men's Outdoor Track & Field
- 1997 – Stanford Men's Cross Country
- 1996 – Stanford Men's Cross Country
- 1996 – Stanford Women's Cross Country



ASSISTANT TRACK AND FIELD/CROSS COUNTRY COACH



Trevor Dunbar joined the Virginia coaching staff in the spring of 2021 as an assistant coach for distance runners. He spent the previous season as an assistant coach at California where he coached the Golden Bears' distance competitors. Prior to that, he worked for two seasons at Florida State as an operations assistant with the distance program. In his first season on Grounds, Dunbar helped steeplechaser Derek Johnson to some remarkable achievements. After earning all-ACC honors, he went on to run a school-record 8:32.95 in the NCAA finals to earn first-team All-America honors thanks to a seventh-place finish. Two days later at the TrackTown Qualifier, he improved that mark down to 8:27.72 to make the Olympic Trials. His season came to an end in the Olympic Trials qualifying round, where he finished 15th overall in 8:32.97.

Dunbar's coaching resume includes a year of experience as a volunteer assistant at Boston University in 2018-19. He previously served as a volunteer coach at his alma mater – Oregon – from 2014 to 2016.

At Virginia, Dunbar is reunited with his collegiate coach – Vin Lananna – from the start of his career at Oregon. He helped the Ducks to a pair of NCAA track & field championships (2014), grabbing five All-American honors while establishing collegiate-bests of 3:38.38 in the 1,500-meters, 7:51.55 in the 3,000-meters, 13:26.90 in the 5,000-meters and 28:52.39 in the 10,000-meters.

A native of Kodiak, Alaska, his decorated running career includes seven high school state championships and multiple state records. He spent his first two collegiate seasons at the University of Portland, where he earned two cross country All-American honors while competing for the Pilots (2009-11) before transferring to Oregon where he graduated with a degree in business administration.

As a professional runner, Dunbar first ran representing Nike Inc. (2014-17) before moving on to the Boston Athletic Association (B.A.A.) in 2018, running both at national and international competitions. Dunbar has represented Team USA both in cross country and on the track.



ASSISTANT TRACK AND FIELD/CROSS COUNTRY COACH



Joelle Amaral joined the Virginia program in the fall of 2022 to coach the middle-distance and distance runners for the Cavaliers. She came to UVA after serving as an assistant at Eastern Kentucky from 2019-2022.

The 2023-24 indoor season saw six school records fall with five Cavaliers earning All-American honors and seven earning All-ACC. Amaral helped Margot Applton to a fifth place finish (4:29.07) at the Indoor NCAA Championships. Appleton broke her own school record which she set earlier in the season en route to becoming to first Virginia women's miler to finish in the top-5 at the NCAA meet in the event in back-to-back seasons. The women's distance medley relay broke the Virginia program record three times this season with the fastest coming at the Indoor ACC Championship when the quartet finished second in 10:50.58. Success does not stop there, Appleton, Jenny Schilling and Annaworkman found their way to the podium at the conference championship. Appleton smashed the school record in the 3000m (8:57.53) finishing second and Schilling set a new personal-best to finish third in the 5000m (16:02.57). Workman lead her preliminary heat wire-to-wire before finishing third in the mile (4:39.37).

The 2023 Cross Country season saw a 15th place team finish for the women at the NCAA Cross Country Championship on the Cavaliers home course, Panorama Farms. Virginia's top performer was Jenny Schilling, who completed the 6,000-meter course in 20:06.4 to garner All-American honors. Schilling shaved more than six seconds off her previous time from this year's pre-nationals race, which was also held at Panorama Farms.

The Virginia women finished third at the ACC Cross Country Championships for the second-consecutive year with a total of 82 points. Margot Appleton (19:44.5) led the team for the 6k race placing fifth overall followed by Jenny Schilling (20:04.6), Caroline Timm (20:20.3) and Anna Workman (20:21.9). Schilling, Timm and Anna Workman were all named to the All-ACC team.

The 2023 Outdoor season saw an impressive run from Margot Appleton. Appleton qualified for the NCAA East Preliminary round in the 1500m and 5000m where she secured her spot at the 2023 Outdoor NCAA Championships. After advancing to the quarterfinals for the first time in her career, Appleton made the most of her opportunity running a well-executed race to secure the third of five automatic qualifying places running 4:14.54. Her performance marked the first time Appleton had quali-

fied for the NCAA Outdoor Championships while set to make her third appearance at an NCAA Championship meet during the 2022-23 athletic season. At the ACC Outdoor Championships, Appleton ran personal-best 4:08.96 to win her first Outdoor ACC title in the event.

Sophie Atkinson was another Cavalier to book a ticket to the NCAA Championships after placing eighth overall in the 10,000 meters. Atkinson entered as the east semifinal round as the 39th seed then posted a personal-best time of 33:53.56 to surge into eighth and secure her qualifying position. She became the first Cavalier to qualify for the NCAA Championships in the 10,000 meters since 2016 when Cleo Boyd placed ninth at the meet.

Anna Workman and Eshter Seeland also qualified to the quarterfinal round. Workman posted the fifth-fastest qualifying time running personal-best 4:18.82. In the quarterfinals, she bettered her time once more posting 4:14.65 – just .37 seconds off the final time qualifier for the NCAA Championships. Workman ranks seventh all-time at Virginia in the 1500m. In her second appearance at the NCAA east preliminary meet, Workman qualified for the NCAA quarterfinal round for the first time in her career. Seeland clocked 4:19.80 for the eighth-fastest qualifying time.

The 2023 indoor season marked more progress for the Cavaliers. Margot Appleton led the way with an impressive campaign in both the mile and the 3000m. She hit a personal-best mile time of 4:33.82 at the David Hemery Valentine Invitational which would eventually qualify her for the NCAA Championships where she finished fourth to earn first team All-American honors as the lowest seed in the competition. Appleton also broke the Virginia 3000m record on two occasions setting the mark at 9:04.17 finishing fourth at the ACC Indoor Championships.

The Cavalier DMR team also set a Virginia record running 10:55.94 at the ACC Championships in a fourth-place finish. The squad had also run a time of 11:02.00 at the JDL DMR Invitational during the regular season. The converted time of 10:54.99 missed qualification for the NCAA Championships by less than a second.

In her first season at Virginia, Amaral guided the Cavalier women to an impressive season on the cross country course. After a third-place finish at the ACC Championships, Virginia earned an at-large bid to the NCAA Championships where they placed ninth overall. The performance was the first top-10 finish since the 2013 season and just the fifth all-time.

Eastern Kentucky, Amaral helped lead Ahmed Jaziri to the Colonels' first-ever NCAA title in the 3,000-meter steeplechase and helped Laura Taborda become the first woman in EKU history to qualify for the NCAA Championships in the same event. In all, Amaral helped guide the Colonels to three conference championships in cross country. She also coached the distance runners to a total of 10 individual conference titles and three All-American honors across indoor and outdoor track and field seasons in her time at EKU.

Amaral began her coaching career at Kentucky, serving as a graduate assistant from 2017-2019. She served as an assistant coach to the distance runners and handled operations for the cross country team.

A native of Randolph, N.J., Amaral earned her undergraduate degree from Washington in communication studies with a minor in nutritional sciences. She earned a master's degree in kinesiology and health promotions from Kentucky.



ASSISTANT TRACK AND FIELD COACH



- 11th season at Virginia
- 1 NCAA Champion at Virginia
- 28 All-Americans at Virginia
- 19 ACC Champions at Virginia

Mario Wilson, who has been a part of 23 conference champion teams in over 20 years of NCAA Division I coaching experience, joined the Virginia staff in July of 2012. He coaches the jumps, sprints and the decathletes for the Cavaliers.

Wilson was the 2010 and 2020 United States Track and Field and Cross Country Coaches Association (USTFCCCA) Southeast Region Assistant Coach of the Year and has been part of two Mid-Atlantic Region Coaching Staff's of the Year and seven conference coaching staff's of the year.

During the 2021 indoor season, Wilson saw the Cavaliers continue to excel in the jumps at the ACC Championships. Owayne Owens claimed UVA's fourth conference triple jump title in five years and went on to earn first-team All-America status at the NCAA Indoor Championships. Jada Seaman repeated as the ACC long jump champ and placed 12th at the NCAA meet.

During the 2021 outdoor campaign, Seaman was ninth in the NCAA long jump after winning the ACC title in the event. Owens won the triple jump and Brenton Foster took home the gold in the high jump. Foster set the school record in the high jump (2.27m / 7' 5.25") during the season.

During the 2019-20 season, Wilson was named the 2020 USTFCCCA Men's Southeast Regional Assistant Coach of the Year after coaching four Cavaliers to ACC titles at the men's conference championships. Foster won the high jump, Derek Pekar won the heptathlon, Sam Young won the pole vault and Jordan Scott won the triple jump to lead the Cavaliers at ACCs. Scott was also named the USTFCCCA Southeast Region Field Athlete of the Year, the ACC Field Athlete of the Year and ACC Field Athlete of the Meet. He captured the 17th-best all-time jump by a performer in the triple jump, clearing 17.20m (55'10.25") to set an ACC and UVA record.

Wilson's jumpers and multis athletes earned six All-ACC honors at the meet and set three UVA records. On the women's side, Seaman and Khyasia Caldwell finished 1-2 in the long jump at the ACC Championships. Seaman set a UVA record in the event. Her and Caldwell, along with Scott, Foster and Owayne Owens (triple jump) were named All-Americans for advancing to the NCAA Championships.

Wilson coached Jordan Scott to a national triple jump title at the 2019 NCAA Indoor Championships, capturing the first national title by a male ACC competitor in the event. Scott's performance earned him the title of USTFCCCA Southeast Regional Athlete of the Year and ACC Performer of the Year. Bridget Guy made history becoming the first indoor female pole vaulter in school history, with a fifth-place finish at the national championships.

At the 2019 NCAA Outdoor Championships, Wilson's athletes recorded

three All-American honors as Scott finished second in the triple jump, Guy finished fourth in the pole vault and Kelly McKee placed fifth in the triple jump. Additionally, Scott captured the ACC title in the long jump and triple jump, and Guy recorded the conference title in the pole vault. Guy was named UVA's IMP Award recipient as the school's top female athlete of the year, while Scott was named the USTFCCCA Southeast Regional Athlete of the Year, ACC Performer of the Year and ACC Meet Field MVP

Wilson's athletes set three school records during the 2017-18 season with Bridget Guy (pole vault), McKee (triple jump) and Jordan Scott (triple jump), setting UVA records in events. Guy earned All-America honors in the pole vault, finishing fourth in the event at the outdoor championships. McKee captured second-team All-America in the triple jump while Scott recorded the national honor in the triple jump during the indoor (honorable mention) and outdoor (second-team) seasons.

During the 2017 season, Wilson led decathlete Jack Lint (outdoor) and triple jumper Jordan Scott (indoor and outdoor) to All-America honors. Lint and Scott both claimed ACC indoor titles earning first in the heptathlon and triple jump, respectively. Lint set a UVA record in the heptathlon while Scott broke the freshman indoor and outdoor triple jump and the outdoor long jump records.

In 2016, Wilson guided Christian Lavorgna to a second-place finish in the decathlon at the ACC Outdoor Championships. He mentored Jack Lint to a school record in the heptathlon and Bridget Guy to the indoor and outdoor pole vault school marks. Guy took home second-team All-ACC honors in both seasons, while Caitlin Mautz was a second-team performer in the women's javelin.

Wilson led men's triple jumper Ryan Satchell and men's javelin thrower Kyle Smith to qualify for the NCAA Outdoor Championship in 2015, while Jack Lint set the school freshman record in the decathlon. Prior to that, men's triple-jumper Ryan Satchell and women's triple-jumper Dallas Rose each won the ACC championship at the 2014 outdoor meet and finished seventh at the 2014 NCAA Outdoor Championships.

In his first season at Virginia, Wilson coached four All-ACC honorees, including NCAA Indoor Qualifier Dallas Rose in the women's triple jump and NCAA Outdoor Qualifier Abbey Karin in the women's javelin.

Wilson came to Virginia after four years as an assistant at Clemson, where he mentored Miller Moss to the 2011 NCAA indoor national championship in the heptathlon as well as 13 additional All-Americans. Moss went on to earn a bronze medal at the 2011 USATF Championships.

Wilson helped guide the Tigers to six Atlantic Coast Championship titles, including 10 individual conference champions, and to a fourth-place finish at the 2012 NCAA Outdoor Championships.

Prior to Clemson, Wilson was an assistant at New Mexico from 2007-09, where he tutored four All-Americans and nine NCAA participants, including Katie Coronado, who was the national runner-up in the javelin in 2008. He helped lead Bucknell to 10 Patriot League cross country and track and field team championships from 2002 to 2007. At Bucknell, he coached an NCAA finalist in the women's pole vault, 11 NCAA East Regional qualifiers and 25 individual Patriot League champions.

Wilson graduated from Marist in 1998 with a degree in psychology. He earned a master's degree in education in 2004 from St. Francis (PA), where he began his collegiate coaching career. From 1998-2002, St. Francis won seven Northeast Conference team titles and Wilson coached 32 school record holders.

Wilson was a standout football player at Marist, where he was a four-year starter and was named the 1998 Marist College Sportsman of the Year.



ASSISTANT TRACK AND FIELD COACH



Brandon Amo arrives in Charlottesville ahead of the 2023-24 season following an impressive season as an assistant at Harvard in 2022-23. During his only season in Cambridge, Amo led Kenneth Ikeji and Stephanie Ratcliffe to a sweep of the NCAA hammer throw titles as each set collegiate-leading marks in the process. In all, Amo led three Crimson throwers to first-team All-American honors as Estel Valeanu placed sixth in the discus.

Under the direction of Amo, the Crimson throwers were a crucial piece of Harvard's sweep of the 2023 Ivy League team titles. The Harvard women's throwers accounted for 51 points from their events while the men racked up a total of 40. Between both men and women, Amo's throwers secured six gold medals at the conference championships.

Amo competed as a thrower at Rhode Island where he graduated with a degree in biological sciences and kinesiology in 2018. At Rhode Island, Amo was the 2018 A-10 Champion in the hammer throw and a two-time A-10 champion in the weight throw (2017, 2018). He was also the conference runner-up in the weight throw in 2016.

In addition to his coaching resume within the NCAA, Amo also founded the RISE Athletics developmental program, through which he has coached athletes of all different ages with the primary goal of helping young throwers achieve their goals of competing at the collegiate level. Through his involvement with the program, Amo has had the opportunity to work with USA trials qualifiers as well as Olympic qualifiers.



ASSISTANT TRACK AND FIELD COACH



LaRon Bennett joined the Virginia program in the fall of 2021 to coach the sprints, hurdles and relays for the Cavaliers. He came to UVA after heading up the program at Belhaven University (Jackson, Miss.) from 2019 to 2021.

At Division III Bellhaven, Bennett served as the director of track and field and cross country. He managed all aspects of the program, saw the program host its first home meet and the American Southwest Conference Outdoor Championships, and was involved in the development and planning for a \$1.8 million outdoor track facility. In just three seasons, his student-athletes posted 20 all-time top-10 school performances, two All-American and conference champions and seven were ranked in the top-10 national performance lists.

From 2012 to 2017, Bennett was on the staff at Drake, serving as the Bulldogs interim co-head coach in his final season in Des Moines (Iowa). During his tenure, Drake student-athletes earned nine Missouri Valley Conference (MVC) Elite 18 awards, given on the basis of the highest GPA combined with the highest event finisher at the conference meet. He coached nine student-athletes in NCAA first round competition with four MVC champions.

Bennett started his coaching path at his alma mater, Georgia, where he worked as a volunteer assistant. During his tenure with the Bulldogs he coached two SEC champions and 18 All-Americans.

While competing at Georgia, Bennett was a three-time All-American in the 400-meter hurdles (2003-2005) and team captain for one of the top squads in the country.

Bennett competed in the 400-meter hurdles in four United States Olympic Trials (2004, 2008, 2012, 2016) with a semifinal appearance in 2012. He was a silver medalist in the 4x400 relay and a bronze medalist in the 400-meter hurdles at the 2007 Pan American Games in Rio de Janeiro, Brazil. He finished sixth in the 400-meter hurdles at the USATF Championships in 2010.

A native of Brunswick, Ga., Bennett earned his undergraduate degree from Georgia in child and family development and has a master's in secondary education from the University of Phoenix. He and his wife, Kali, have a son, Malachi, and daughter, Naomi.



COACHES & SUPPORT STAFF

2023-24 FACT BOOK



Stacy
Rider

Sports Medicine



Destiny
Colman

Academic Coordinator



Brianna
Bartaczewicz

Sports Medicine



Kelli
Thomas

Academic Coordinator



Rebecca
Story

Graduate Assistant



Dr. Karen
Egan

Associate Sports
Psychologist



WOMEN'S PANORAMA FARMS HISTORY

WOMEN'S MEET HISTORY AT PANORAMA FARMS

VIRGINIA/PANORAMA FARMS INVITATIONAL

Year	Team Champion	UVA	Individual Champion
2009	Villanova (17)	2nd (42)	Shelia Reid (Nova, 20:13.43)
2010	Texas Tech (20)	2nd (55)	Rose Tanui (TTU, 20:21.87)
2011	Virginia (27)	1st (27)	Ashley Schnell (UNCG, 21:03.42)
2012	Wisconsin (35)	3rd (57)	Cally Macumber (UK, 17:29.2)
2013	Virginia (42)	1st (42)	Elaina Balouris (W&M, 16:31.8)
2014	Virginia (37)	1st (37)	Sarah Fakler (UVA, 20:39.0)
2015	Virginia (30)	1st (30)	Iona Lake (UVA, 16:49.6)
2016	BYU (47)	4th (127)	Regan Rome (W&M, 17:01.1)
2017	Virginia (41)	1st (41)	Caroline Sang (UNCC, 17:05.7)
2018	CANCELLED		
2019	Michigan State (42)	8th (181)	Jessica Pascoe (Florida, 20:14.5)
2022	Virginia (30)	1st (30)	Amina Maatoug (Duke, 16:57.3)
2023	NAU (48)	3rd (123)	Elise Stearns (NAU, 16:18.9)

CAVALIER CLASSIC

Year	Team Champion	UVA	Individual Champion
2019	Tennessee (36)	3rd (72)	Katie Thronson (Tenn, 17:01.7)

VIRGINIA PANORAMA FARMS OPEN (FORMERLY CAVALIER OPEN)

Year	Team Champion	UVA	Individual Champion
2001	Virginia (35)	1st (35)	Sheela Agrawal (Una, 21:18.7)
2002	Georgetown (21)	2nd (36)	
2003	Duke (39)	2nd (40)	Mary Harrelson (Una, 21:23.00)
2004	Individuals Only -		
2005	W&M (15)	DNR	Dawn Cromer (Una, 17:46.27)
2006	Individuals Only -		
2007	Individuals Only -		
2008	Individuals Only -		
2009	Individuals Only -		
2010	Individuals Only -		
2011	Individuals Only -		

LOU ONESTY

Year	Team Champ	UVA	Individual Champion
2001	W&M (31)	2nd (37)	Sharon O'Connor (UVA, 18:45.6)
2002	Duke (29)	3rd (52)	Caroline Bierbaum (Duke, 16:59)
2003	Duke	4th	Ali Henderson (W&M, 17:38.30)
2004	Virginia (33)	1st (33)	Jessica Fanning (VT, 18:06.10)
2005	Virginia (40)	1st (40)	Emily Harrison (UVA, 17:44.23)
2006	Virginia (29)	1st (29)	Michelle Sikes (WF, 17:20.40)
2007	Virginia (30)	1st (30)	Emily Harrison (UVA, 17:16.50)
2008	Virginia (18)	1st (18)	Lauretta Dezubay (UVA, 17:55.01)
2009	Virginia (19)	1st (19)	Lauretta Dezubay (UVA, 17:42.50)
2010	Virginia (15)	1st (15)	Stephanie Garcia (UVA, 17:55.35)
2011	Virginia (15)	1st (15)	Anna Corrigan (UVA, 18:04.50)

ACC CHAMPIONSHIPS

Year	Team Champion	UVA	Individual Champion
2006	NC State (59)	3rd (104)	Julia Lucas (NC State, 20:42.1)
2007	FSU (64)	8th (160)	Susan Kujiken (FSU, 20:23.5)
2014	UVA (57)	3rd (109)	Liv Westphal (BC, 19:43.8)
2022	NC State (34)	3rd (98)	Katelyn Tuhoy (NCSU, 19:08.9)

NCAA SOUTHEAST REGIONAL

Year	Team Champion	UVA Finish	Individual Champion
2013	Virginia (57)	1st (57)	Emily Stites (W&M, 19:57.5)
2015	Virginia (53)	1st (53)	Letitia Saayman (CCU, 20:25.1)
2016	NC State (53)	6th (190)	Annie Bothma (CCU, 20:15.4)
2017	NC State (68)	7th (202)	Caroline Sang (UNCC, 20:05.8)
2019	NC State (48)	7th (250)	Elly Henes (NC State, 19:48.9)

NCAA CROSS COUNTRY CHAMPIONSHIPS

Year	Team Champion	UVA Finish
Individual Champion		
2023	NC State (123)	
15th (400)	Parker Valby (Florida, 18:55.2)	

TOP COURSE TIMES - WOMEN

WOMEN'S COLLEGE - 5000M

1.	16:18.9	Elise Stearns, NAU	9/23/2023
2.	16:19.7	Chloe Scrimgeour, Georgetown	9/23/2023
3.	16:21.5	Margot Appleton, Virginia	9/23/2023
4.	16:23.1	Perri Bockrath, Kentucky	10/15/2022
5.	16:23.8	Phoebe Anderson, Columbia	9/23/2023
6.	16:25.9	Emily Covert, Colorado	9/23/2023
7.	16:26.4	Amy Bunnage, Stanford	9/23/2023
8.	16:27.5	Amina Maatoug, Duke	9/23/2023
9.	16:29.2	Tori Herman, Kentucky	10/15/2022
10.	16:30.3	Annika Reiss, NAU	9/23/2023
11.	16:33.2	Gracelyn Larkin, NAU	9/23/2023
12.	16:34.8	Kimberley May, Providence	9/23/2023
13.	16:35.6	Addie Engel, Ohio State	9/23/2023
14.	16:38.3	Katie Osika, Michigan State	9/23/2023
15.	16:38.9	Mia Barnett, Virginia	10/15/2022
16.	16:39.3	Melissa Riggins, Georgetown	9/23/2023
17.	16:40.5	Keira Moore, NAU	9/23/2023
18.	16:40.7	Sophie O'Sullivan, Washington	9/23/2023
19.	16:42.9	Camryn Menninger, Virginia	10/15/2022
20.	16:43.1	Maggi Congson, NAU	9/23/2023
21.	16:43.4	Emily Boutin, Navy	9/23/2023
22.	16:44.5	Chloe Foerster, Washington	9/23/2023
23.	16:45.0	Anna Workman, Virginia	9/23/2023
24.	16:46.6	Lucy Jenks, Stanford	9/23/2023
25.	16:47.1	Karrie Baloga, Colorado	9/23/2023

WOMEN'S COLLEGE - 6000M

1.	18:55.2	Parker Valby, Florida	11/18/2023
2.	19:05.7	Doris Lemngole, Alabama	11/18/2023
3.	19:08.9	Katelyn Tuhoy, NC State	10/28/2022
4.	19:20.0	Olivia Markezich, Notre Dame	11/18/2023
5.	19:20.0	Kelsey Chimel, NC State	10/28/2022
6.	19:22.1	Hilda Olemomoi, Alabama	11/18/2023
7.	19:26.9	Flomena Asekol, Florida	11/18/2023
8.	19:27.5	Billah Jepkirui, Oklahoma St.	11/18/2023
9.	19:28.4	Chloe Scrimgeour, Georgetown	11/18/2023
10.	19:29.9	Amina Maatoug, Duke	11/18/2023
11.	19:30.8	Maia Ramsden	11/18/2023
12.	19:33.8	Sydney Thorvaldson, Arkansas	11/18/2023
13.	19:34.1	Kaylee Mitchell, Oregon State	11/18/2023
14.	19:35.6	Gracelyn Larkin, NAU	11/18/2023
15.	19:36.2	Carmen Alder, BYU	10/14/2023
16.	19:36.5	Aubrey Frentheway, BYU	11/18/2023
17.	19:36.8	Annika Reiss, NAU	11/18/2023
18.	19:37.7	Rosina Machu, Gonzaga	11/18/2023
19.	19:39.4	Greta Karinauskaitė, CBU	11/18/2023
20.	19:40.1	Juliet Cherubet, Texas Tech	11/18/2023
21.	19:41.5	Judy Kosegi, South Carolina	11/18/2023
22.	19:45.7	Samantha Bush, NC State	10/28/2022
23.	19:47.0	Maddy Elmore, Oregon	10/14/2023
24.	19:47.5	Katie Thornson, Notre Dame	10/28/2022
25.	19:48.9	Elly Henes, NC State	11/15/2019

* Panorama Farms created a new course prior to the 2019 cross country season



MEN'S PANORAMA FARMS HISTORY

MEN'S MEET HISTORY

VIRGINIA/PANORAMA FARMS INVITATIONAL

Year	Team Champ	UVA	Individual Champion
2009	Virginia (30)	1st (30)	Emil Heineking (UVA, 23:16.19)
2010	Duke (31)	2nd (40)	Emil Heineking (UVA, 23:47.79)
2011	Virginia (39)	1st (39)	Paul Chelimo (UNCG, 23:36.05)
2012	Oklahoma (40)	3rd (66)	Kemoy Campbell (ARK, 24:07.7)
2013	UNC (58)	3rd (101)	Soufiane Bouchikhi (EKU, 23:22.4)
2014	Virginia (47)	1st (47)	Ty McCormack (Auburn, 23:52.0)
2015	Virginia (41)	1st (41)	Erik Peterson (Butler, 23:45.9)
2016	BYU (39)	3rd (82)	Justyn Knight (Syracuse, 23:13.9)
2017	Virginia (54)	1st (55)	Amon Kemboi (Campbell 23:31.5)
2018	CANCELLED		
2019	Virginia (35)	1st (35)	Morgan Beadlescomb (Michigan State, 23:58.7)
2022	Virginia (21)	1st (21)	Justin Wachtel (UVA, 17:43.6)
2023	NAU (71)	7th (214)	Drew Bosley (NAU, 23:20.3)

CAVALIER CLASSIC

Year	Team Champion	UVA	Individual Champion
2019	Virginia (29)	1st (29)	Rohann Asfaw (UVA, 24:25.9)

VIRGINIA PANORAMA FARMS OPEN (FORMERLY CAVALIER OPEN)

Year	Team Champ	UVA	Individual Champion
2001	W&M (26)	3rd (61)	Terry Brennan (Una, 24:21.5)
2002	W&M (24)	3rd (83)	Felix Chrobog (GT, 25:48)
2003	Duke (15)	DNR	Jona Reinhardt (Una, 25:51.00)
2004	Indiv Only	-	Brad Yewer (Una, 25:04.07)
2005	W&M (15)	DNR	Jason Schoener (Una, 25:20.05)
2006	Indiv Only	-	Tristan Colangelo (Una, 24:09.1)
2007	Indiv Only	-	Kevin Tschirhart (Virginia, 24:41.7)
2008	Indiv Only	-	Tom Burke (W&M, 24:52.30)
2009	Indiv Only	-	Bobby Peavey (Una, 24:51.75)
2010	Indiv Only	-	Brett Johnson (Virginia, 24:58.76)
2011	Indiv Only	-	Everett Hackett (Una, 24:31.19)

LOU ONESTY

Year	Team Champ	UVA	Individual Champion
2001	W&M (20)	2nd (46)	Will Christian (Virginia, 25:26.1)
2002	Duke (26)	3rd (77)	Chris Williams (Duke, 24:28)
2003	Duke (42)	3rd (52)	Will Christian (Virginia, 24:28.90)
2004	W&M (46)	3rd (62)	Josh McDougal (LU, 24:41.70)
2005	Virginia (28)	1st (28)	David Kemboi (NSU, 24:21.84)
2006	Liberty (41)	2nd (88)	Josh McDougal (LU, 24:14.50)
2007	Duke (35)	2nd (55)	Andy Biladeau (UVA, 24:25.80)
2008	Virginia (19)	1st (19)	Trey Miller (Virginia, 24:53.80)
2009	Virginia (28)	1st (28)	Emil Heineking (UVA, 24:04.80)
2010	NSU (38)	2nd (43)	Josef Tessema (NSU, 25:03.25)
2011	GT (20)	2nd (72)	Josef Tessema (NSU, 25:00.70)

ACC CHAMPIONSHIPS

Year	Team Champ	UVA	Individual Champion
2006	NC State (31)	3rd (87)	Itay Magidi (Clemson, 23:52.5)
2007	Virginia (32)	1st (32)	Chris Kollar (NC State, 24:02.1)
2014	Syracuse (32)	4th (121)	Martin Hehir (Syracuse, 23:15.2)
2022	Wake Forest (44)	6th (125)	Carter Soloman (Notre Dame, 22:55.9)

NCAA SOUTHEAST REGIONAL

Year	Team Champ	UVA	Individual Champion
2013	EKU (58)	2nd (96)	Paul Chelimo (UNCG, 28:37.3)
2015	LOU (77)	2nd (96)	Thomas Curtin (VT, 29:07.9)
2016	NC State (90)	2nd (105)	Amon Terer (Campbell, 28:48.7)
2017	Furman (55)	3rd (130)	Lawrence Kipkoech (Campbell, 28:45.3)
2019	Virginia (79)	1st (79)	Peter Seuffer (Virginia Tech, 29:20.7)

NCAA CROSS COUNTRY CHAMPIONSHIPS

Year	Team Champ	UVA	Individual Champion
2023	Okla. St. (49)	22nd (512)	Graham Blanks (Harvard, 28:37.7)

TOP COURSE TIMES - MEN

MEN'S COLLEGE - 8000M

1.	22:55.0	Ben Shearer, Arkansas	10/14/2023
2.	22:55.9	Carter Soloman, Notre Dame	10/28/2022
3.	22:56.1	Parker Wolfe, North Carolina	10/28/2022
4.	22:58.6	Saseen Abdalla, Tennessee	10/14/2023
5.	23:00.2	Nickolas Scudder, Charlotte	10/15/2022
6.	23:04.2	Kirami Yego, Arkansas	10/14/2023
7.	23:09.2	Aaron Las Heras, Wake Forest	10/28/2022
8.	23:09.4	Luke Tewalt, Wake Forest	10/28/2022
9.	23:09.6	Chandler Gibbens, Kansas	10/14/2023
10.	23:11.5	Zach Facioni, Wake Forest	10/15/2022
		Patrick Kiprof, Arkansas	10/14/2023
11.	23:12.4	Thomas Vanoppen, Wake Forest	10/28/2022
12.	23:12.7	Ian Shanklin, NC State	10/28/2022
13.	23:12.9	Nathan Lawler, Syracuse	10/28/2022
14.	23:15.4	Zach Facioni, Wake Forest	10/28/2022
15.	23:17.1	Jacob McLeod, Arkansas	10/14/2023
16.	23:17.9	Izaiah Steury, Notre Dame	10/28/2022
17.	23:18.3	Joshua Methner, Notre Dame	10/28/2022
18.	23:19.0	Antonio Lopez Segura, VT	10/28/2022
19.	23:19.7	Noah Carey, Syracuse	10/28/2022
20.	23:19.9	Justin Wachtel, Virginia	10/28/2022
21.	23:19.5	Anthony Camerieri, Ole Miss	10/15/2022
22.	23:20.1	Robinson Snider, NC State	10/28/2022
		Dylan Throop, Penn	10/14/2023
23.	23:20.3	Drew Bosley, NAU	9/23/2023
24.	23:20.8	Patrick Anderson, North Carolina	10/28/2022
25.	23:21.2	Isaac Alonzo, Texas	10/15/2022

MEN'S COLLEGE - 10000M

1.	28:37.7	Graham Blanks, Harvard	11/18/2023
2.	28:40.7	Habtom Samuel, New Mexico	11/18/2023
3.	28:55.8	Ky Robinson, Stanford	11/18/2023
4.	28:59.7	Denis Kingetich, Oklahoma St.	11/18/2023
5.	29:03.8	Drew Bosley, NAU	11/18/2023
6.	29:04.2	Nico Young, NAU	11/18/2023
7.	29:07.7	Patrick Kiprof, Arkansas	11/18/2023
8.	29:11.10	Brian Mausau, Oklahoma St.	11/18/2023
9.	29:12.6	Parker Wolfe, North Carolina	11/18/2023
10.	29:13.3	Fouad Messaoudi, Oklahoma St.	11/18/2023
11.	29:14.1	Devin Hart, Texas	11/18/2023
12.	29:16.1	Victor Shitsama, Oklahoma St.	11/18/2023
13.	29:17.2	Kirami Yego, Arkansas	11/18/2023
14.	29:17.5	Liam Murphy, Villanova	11/18/2023
15.	29:20.2	Alex Maier, Oklahoma St.	11/18/2023
16.	29:20.7	Peter Seuffer, Virginia Tech	11/15/2019
17.	29:22.1	Sanele Masondo, Iowa St.	11/18/2023
18.	29:24.4	Athanas Kioko, Campbell	11/15/2019
19.	29:26.8	Alex Phillip, North Carolina	11/18/2023
20.	29:28.7	Ryan Adams, Furman	11/15/2019
21.	29:29.1	Aaron Las Heras, NAU	11/18/2023
22.	29:30.8	Perry Mackinnon, Syracuse	11/18/2023
23.	29:31.5	Victor Kiprof, Alabama	11/18/2023
24.	29:32.6	Santiago Prosser, Alabama	11/18/2023
25.	29:32.7	Jason Bowers, ETSU	11/18/2023

* Panorama Farms created a new course prior to the 2019 cross country season



WOMEN'S NCAA CROSS COUNTRY HISTORY

NCAA CHAMPIONSHIP RESULTS

1981 NCAA CHAMPIONS (36 pts*)

3.	Aileen O'Connor	16:27.7
5.	Lesley Welch	16:27.9
8.	Lisa Welch	16:38.2
12.	Jill Haworth	16:48.0
19.	Marisa Schmitt	17:03.5
26.	Dana Slater	17:07.6
40.	Mary Wright	17:24.1

1982 NCAA CHAMPIONS (48 pts)

1.	Lesley Welch	16:36.7
4.	Jill Haworth	17:12.0
12.	Dana Slater	17:23.3
18.	Marisa Schmitt	17:30.8
29.	Martha White	17:40.3
43.	Mary Wright	17:55.2

1985

26.	Patty Matava	16:59.7
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1986

16.	Patty Matava	17:26.8
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1987

18.	Patty Matava	16:45.5
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1989

109.	Claire Forbes	18:20.3
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1991 18th Place (418 pts)

41.	Claire Forbes	17:39
101.	Beni Gras	18:23
122.	Sharon Servidio	18:39
141.	Marcia West	18:56
142.	Kendra Hickman	18:56
163.	Lara Drauglis	19:33
166.	Jen Koster	19:37

1992

26.	Claire Forbes	17:56.3
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1993 17th Place (380 pts)

56.	Lara Drauglis	17:35.4
78.	Sharon Serridio	17:50.5
87.	Anjanette Arabian	17:55.7
125.	Bernarda Gras	18:18.7
147.	Dana Keener	18:44.5
152.	Marianne Livingston	18:48.4
163.	Michelle Loschert	18:59.4

1999

27.	Jennifer Owens	17:20.8
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2001 9th Place (303 pts)

6.	Jennifer Owens	20:43
72.	Sarah Folse	21:52
92.	Dawn Cleary	22:05
96.	Meghan McGarvey	22:07
121.	Ellen Dwyer	22:19
176.	Meghan Schwartz	22:51
219.	Jolene Hampson	23:20

2002 20th Place (510 pts)

75.	Jane Maxwell	21:02.6
102.	Ellen Dwyer	21:18.6
152.	Meg McGarvey	21:39.4
154.	Kara Scanlin	21:41.3
166.	Dawn Cleary	21:48.8
174.	Ashley Seaton	21:52.0
203.	Sharon O'Connor	22:09.6

2004

109.	Emily Harrison	22:02.1
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2005 26th Place (605 pts)

38.	Emily Harrison	20:31.1
67.	Kara Scanlin	20:50.1
195.	Laura Hodges	20:00.9
221.	Katie Read	22:24.5
225.	Lauretta Dezubay	22:29.2
250.	Jennifer Dolson	23:34.8
253.	Janine Ricci	23:54.6

2006 14th Place (383 pts)

20.	Emily Harrison	21:13.8
25.	Kara Scanlin	21:16.4
66.	Katie Read	21:49.2
175.	Laura Hodges	22:42.3
186.	Lauretta Dezubay	22:51.2
227.	Janine Ricci	23:36.8
230.	Sara Casscells	23:44.9

2007

6.	Emily Harrison	20:15.0
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2008 26th Place (14th Place)

87.	Lauretta Dezubay	21:07.2
108.	Morgane Gay	21:16.0
133.	Stephanie Garcia	21:25.3
197.	Samantha Stafford	21:57.5
222.	Sara Casscells	22:18.2
238.	Lyndsay Harper	22:47.4
245.	Susan Brooks	23:15.7

2009 15th Place (391 pts)

4.	Catherine White	19:59.5
44.	Stephanie Garcia	20:47.6
92.	Lauretta Dezubay	21:15.5
116.	Morgane Gay	21:24.8
220.	Laurel MacMillan	22:25.1
237.	Samantha Stafford	22:51.8
250.	Jen Hovland	23:32.2

2010 21st Place (460 pts)

84.	Stephanie Garcia	21:13.8
86.	Barbara Strehler	21:14.2
126.	Morgane Gay	21:32.2
132.	Katherine Walker	21:36.3
182.	Ariel Karabinus	22:06.2
253.	Lyndsay Harper	DNF

2011 20th Place (466 pts)

22.	Morgane Gay	20:09.9
87.	Anna Corrigan	20:55.0
106.	Chelsea Ley	21:17.7
132.	Kathleen Stevens	21:30.8
149.	Katherine Walker	21:43.9
153.	Chelsea France	21:46.9
179.	Barbara Strehler	22:03.5

2012

33.	Catherine White	20:11.8
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2013 9th Place (283 pts)

24.	Barbara Strehler	20:35.3
63.	Maria Hauger	21:01.3
74.	Kathleen Stevens	21:07.8
100.	Cleo Boyd	21:20.9
130.	Vicky Fouhy	21:30.5
150.	Sarah Fakler	21:39.4
183.	Sara Sargent	21:54.3

2014 15th Place (433 pts)

41.	Morgan Kelly	20:46.5
102.	Iona Lake	21:12.6
109.	Kathleen Stevens	21:15.7
144.	Cleo Boyd	21:31.3
168.	Sara Sargent	21:40.4
191.	Sarah Fakler	21:51.3
248.	Megan Rebholz	23:16.3

2015 15th Place (386 pts)

67.	Cleo Boyd	20:38.5
76.	Megan Rebholz	20:41.1
92.	Iona Lake	20:47.4
123.	Sarah Astin	21:00.4
176.	Maria Hauger	21:21.9
209.	Carly Hamilton	21:44.3
247.	Emily Mulhern	22:46.4

2017

42.	Frances Schmiede	20:14.2
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2018

95.	Abbey Green	21:03.7
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2022 9th Place (93 pts)

44.	Mia Barnett	20:15.3
46.	Sophie Atkinson	20:15.9
55.	Margot Appleton	20:18.2
65.	Anna Workman	20:23.9
144.	Esther Seeland	20:43.1
159.	Camryn Menninger	21:00.6
197.	Linnaea Kavulich	21:19.8

* NCAA meet record

SOUTHEAST REGIONAL RESULTS

Year	Place	Points
2003	8th	N/A
2004	5th	155
2005	3rd	149
2006	4th	109
2007	6th	166
2008	Champions	105
2009	2nd	113
2010	Champions	65
2011	Champions	113
2012	8th	251
2013	Champions	57
2014	2nd	82
2015	Champions	53
2016	6th	190
2017	7th	202
2018	6th	192
2019	7th	250
2020	No meet	
2022	3rd	109



WOMEN'S CROSS COUNTRY HONORS

NATIONAL CHAMPIONS

Margaret Groos 1979 AAU
Lesley Welch 1982 NCAA
Lesley Welch 1982 TAC

ALL-AMERICANS

1978 Margaret Groos
Janet MacColl
Martha White
1979 Margaret Groos
Aileen O'Conner
1980 Aileen O'Conner
1981 Jill Haworth
Aileen O'Conner
Marisa Schmitt
Vivian Scruggs
Lesley Welch
Lisa Welch
1982 Jill Haworth
Marisa Schmitt
Dana Slater
Lesley Welch
Martha White
1985 Patti Matava
1986 Patti Matava
1987 Patti Matava
1999 Jennifer Owens
2001 Jennifer Owens
2006 Emily Harrison
2006 Kara Scanlin
2007 Emily Harrison
2009 Catherine White
2011 Morgane Gay
2012 Catherine White
2013 Barbara Strehler
(prior to 1981 were AIAW honors)

ALL-SOUTHEAST REGION

2001 Sarah Folse (17th)
Dana Coons (18th)
2002 Jennifer Owens (3rd)
Sarah Folse (8th)
Meghan McGarvey (17th)
2003 Jane Maxwell (14th)
2004 Emily Harrison (6th)
2005 Emily Harrison (5th)
Kara Scanlin (7th)
2006 Emily Harrison (6th)
Kara Scanlin (7th)
Katie Read (14th)
2007 Emily Harrison (2nd)
Stephanie Garcia (25th)
2008 Laretta Dezubay (6th)
Morgane Gay (7th)
Stephanie Garcia (9th)
2009 Catherine White (1st)
Morgane Gay (8th)
Stephanie Garcia (18th)
Laretta Dezubay (25th)

2010 Morgane Gay (4th)
Barbara Strehler (8th)
Stephanie Garcia (10th)
Katherine Walker (17th)
2011 Morgane Gay (3rd)
Anna Corrigan (10th)
Chelsea Ley (19th)
2012 Catherine White (4th)
Barbara Strehler (20th)
2013 Barbara Strehler (3rd)
Maria Hauger (9th)
Sarah Fakler (11th)
Cleo Boyd (14th)
Kathleen Stevens (20th)
Sara Sargent (22nd)
2014 Iona Lake (3rd)
Morgan Kelly (4th)
Sarah Fakler (11th)
Cleo Boyd (7th)
Sarah Astin (11th)
Emily Mulhern (12th)
Megan Rebholz (13th)
Iona Lake (15th)
2016 Emily Mulhern (8th)
2017 Frances Schmiede (7th)
Beth Hawling (14th)
2018 Abbey Green (7th)
2019 Gabrielle Karas (25th)
2022 Sophie Atkinson (13th)
Margot Appleton (16th)
Mia Barnett (24th)

ACC CHAMPIONS

1978 Margaret Groos
1982 Lesley Welch
1987 Patty Matava
1992 Claire Forbes

ALL-ACC

1985 Patty Matava
1986 Patty Matava
1987 Patty Matava
1988 Lianne McVey
1990 Claire Forbes
1991 Claire Forbes
1992 Claire Forbes
1993 Lara Drauglis
Beni Gras
1997 Cheryl Twomey
1998 Jen Owens
1999 Sarah Folse
Jen Owens
2000 Sarah Folse
2001 Jen Owens
2002 Jane Maxwell
Kara Scanlin
2003 Jane Maxwell
2004 Emily Harrison
2005 Emily Harrison
2006 Emily Harrison
Katie Read
Kara Scanlin
2007 Emily Harrison
2008 Laretta Dezubay
Stephanie Garcia
2009 Morgane Gay

Catherine White

2010 Stephanie Garcia
Morgane Gay
Barbara Strehler
2011 Barbara Strehler
2012 Catherine White
2013 Barbara Strehler
Maria Hauger
Kathleen Stevens
Sarah Fakler
2014 Sarah Fakler
Iona Lake
Morgan Kelly
2015 Cleo Boyd
Iona Lake
Emily Mulhern
2016 Emily Mulhern
2017 Frances Schmiede
Beth Hawling
2018 Abbey Green
2020 Hannah Moran
2022 Margot Appleton
Camryn Menninger
Mia Barnett

ACC FRESHMAN OF THE YEAR

2013 Maria Hauger

SOUTHEAST REGION COACH OF THE YEAR

2013 Todd Morgan
2015 Todd Morgan

ACC COACH OF THE YEAR

2015 Todd Morgan

USTFCCCA

ALL-ACADEMIC

2009 Morgane Gay
Catherine White
2010 Stephanie Garcia
Morgane Gay
2011 Anna Corrigan
2012 Barbara Strehler
Catherine White
2013 Cleo Boyd
Sarah Fakler
Kathleen Stevens
Barbara Strehler
2014 Sarah Fakler
Morgan Kelly
Iona Lake
2015 Cleo Boyd
Iona Lake
Emily Mulhern
Megan Rebholz
2017 Beth Hawling

Frances Schmiede
2018 Abbey Green
2022 Margot Appleton
Sophie Atkinson

ALL-ACC ACADEMIC

2006 Laura Hodges
Katherine Read
2007 Stephanie Garcia
2008 Laretta Dezubay
Stephanie Garcia
Morgane Gay
Samantha Stafford
2009 Stephanie Garcia
Morgane Gay
Catherine White
2010 Stephanie Garcia
Barbara Strehler
2011 Anna Corrigan
Kathleen Stevens
Barbara Strehler
2012 Kathleen Stevens
Barbara Strehler
Catherine White
2013 Vicky Fouhy
Kathleen Stevens
Barbara Strehler
2014 Cleo Boyd
Sarah Fakler
Iona Lake
Kathleen Stevens
2015 Cleo Boyd
Sarah Fakler
Iona Lake
Emily Mulhern
Megan Rebholz
2016 Emily Mulhern
2017 Beth Hawling
Frances Schmiede
2018 Abbey Green
2020 Kiera Bothwell
Hannah Moran
2022 Margot Appleton
Sophie Atkinson
Addison Cox
Ellie Desmond
Luci Ilnicki-Lambert
Linnaea Kavulich
Camryn Menninger
Esther Seeland
Anna Workman



WOMEN'S ACC CROSS COUNTRY HISTORY

2023-24 FACT BOOK

1978

NC State	36
Maryland	46
Virginia	48
North Carolina	84
Wake Forest	117
Clemson	135

1979

NC State	30
Virginia	35
Maryland	75
North Carolina	111
Clemson	122
Wake Forest	167

1980

NC State	29
Virginia	37
Maryland	72
North Carolina	112
Clemson	112
Wake Forest	175

1981

Virginia	33
NC State	52
Clemson	69
Maryland	96
North Carolina	115
Wake Forest	163

1982

Virginia	20
Clemson	43
NC State	74
North Carolina	114
Maryland	118
Wake Forest	159
Duke	185

1983

NC State	31
Clemson	37
North Carolina	78
Virginia	103
Maryland	131
Wake Forest	155

1984

NC State	29
Clemson	51
North Carolina	69
Virginia	104
Wake Forest	129
Maryland	132
Duke	172
Georgia Tech	221

1985

NC State	22
Clemson	75
Wake Forest	80
North Carolina	91
Virginia	93
Maryland	130
Georgia Tech	217
Duke	222

1986

Clemson	41
Wake Forest	50
Virginia	62
Maryland	98
North Carolina	141
Georgia Tech	147
Duke	156

1987

NC State	28
Wake Forest	45
Clemson	97
Virginia	122
Georgia Tech	124
Maryland	160
Duke	165
North Carolina	169

1988

NC State	28
Clemson	77
Maryland	86
Wake Forest	110
Georgia Tech	116
North Carolina	117
Virginia	162
Duke	179

1989

NC State	37
Clemson	65
Wake Forest	92
Georgia Tech	114
North Carolina	129
Virginia	129
Maryland	141
Duke	189

1990

NC State	36
Clemson	46
Virginia	61
North Carolina	111
Wake Forest	118
Maryland	172
Georgia Tech	189
Duke	191

1991

NC State	25
Clemson	59
Virginia	70
North Carolina	90
Florida State	154
Duke	179
Wake Forest	181
Maryland	205
Georgia Tech	231

1992

NC State	38
Wake Forest	41
Virginia	57
North Carolina	57
Florida State	164
Clemson	165
Georgia Tech	176
Duke	200
Maryland	245

1993

NC State	46
Virginia	64
Clemson	72
North Carolina	73
Wake Forest	118
Georgia Tech	178
Florida State	195
Duke	199
Maryland	224

1994

North Carolina	40
Wake Forest	48
Georgia Tech	68
Virginia	87
Clemson	97
Duke	171
Maryland	194
Florida State	235

1995

NC State	40
Wake Forest	70
North Carolina	108
Virginia	116
Georgia Tech	128
Clemson	135
Duke	153
Maryland	212
Florida State	220

1996

NC State	38
North Carolina	49
Virginia	98
Clemson	101
Wake Forest	103
Georgia Tech	133
Duke	199
Maryland	218
Florida State	247

1997

NC State	28
Wake Forest	48
North Carolina	70
Virginia	110
Duke	111
Clemson	157
Georgia Tech	161
Maryland	227
Florida State	247

1998

NC State	32
North Carolina	65
Wake Forest	75
Clemson	99
Virginia	114
Duke	155
Georgia Tech	207
Florida State	220
Maryland	223

1999

North Carolina	44
NC State	56
Virginia	77
Wake Forest	96
Duke	104
Clemson	163
Georgia Tech	167
Florida State	214
Maryland	259

2000

NC State	43
North Carolina	52
Wake Forest	92
Duke	106
Virginia	107
Florida State	128
Georgia Tech	143
Clemson	253
Maryland	263

2001

NC State	39
North Carolina	55
Virginia	80
Georgia Tech	107
Duke	136
Wake Forest	149
Florida State	156
Maryland	263
Clemson	273

2002

NC State	61
Wake Forest	61
Virginia	78
Duke	81
North Carolina	88
Florida State	134
Maryland	203
Georgia Tech	214
Clemson	284

2003

North Carolina	40
NC State	44
Wake Forest	62
Duke	120
Florida State	135
Virginia	142
Maryland	209
Georgia Tech	229
Clemson	282

2004

Duke	29
North Carolina	56
NC State	71
Wake Forest	94
Virginia	163
Florida State	168
Virginia Tech	197
Maryland	205
Clemson	270
Georgia Tech	272
Miami	305

2005

Duke	20
NC State	91
Wake Forest	104
Boston College	106
North Carolina	128
Virginia	177
Florida State	196
Maryland	214
Virginia Tech	235
Georgia Tech	281
Miami	323
Clemson	327

2006

NC State	59
Duke	88
Virginia	104
Florida State	118
Virginia Tech	123
North Carolina	138
Boston College	150
Wake Forest	166
Georgia Tech	194
Maryland	217
Clemson	343
Miami	384

2007

Florida State	64
NC State	102
Boston College	106
North Carolina	118
Virginia Tech	121
Duke	123
Wake Forest	127
Virginia	160
Maryland	236
Clemson	257
Georgia Tech	277
Miami	390

2008

Florida State	27
Boston College	106
Wake Forest	112
Duke	124
Virginia	124
North Carolina	137
Virginia Tech	150
Clemson	170
Maryland	236
NC State	262
Georgia Tech	289
Miami	392

2009

Florida State	37
Duke	71
Virginia	84
NC State	109
North Carolina	137
Boston College	144
Maryland	192
Wake Forest	204
Clemson	221
Virginia Tech	284
Georgia Tech	312
Miami	380

2010

Florida State	52
Virginia	75
Duke	99
Boston College	100
North Carolina	123
NC State	137
Wake Forest	206
Virginia Tech	207
Clemson	208
Maryland	311
Georgia Tech	315
Miami	353

2011

Florida State	20
Boston College	79
Virginia	113
NC State	113
North Carolina	118
Clemson	159
Duke	161
Virginia Tech	180
Maryland	258
Wake Forest	264
Georgia Tech	328
Miami	369

2012

Florida State	35
Duke	67
Boston College	82
NC State	86
North Carolina	152
Virginia	170
Clemson	191
Wake Forest	222
Georgia Tech	258
Virginia Tech	260
Maryland	296
Miami	350

2013

Florida State	52
Virginia	65
Syracuse	108
Notre Dame	124
Duke	130
Boston College	151
NC State	183
Virginia Tech	188
North Carolina	204
Wake Forest	246
Clemson	336
Georgia Tech	389
Pittsburgh	399
Maryland	404
Miami	447



WOMEN'S ACC CROSS COUNTRY HISTORY

2014

North Carolina	57
Florida State	99
Virginia	109
NC State	119
Notre Dame	132
Virginia Tech	161
Boston College	162
Syracuse	162
Wake Forest	233
Duke	276
Georgia Tech	289
Louisville	290
Clemson	369
Pittsburgh	388
Miami	505

2015

Virginia	71
NC State	75
Notre Dame	96
Syracuse	141
North Carolina	150
Boston College	159
Florida State	172
Virginia Tech	213
Pittsburgh	241
Clemson	244
Duke	275
Wake Forest	290
Louisville	312
Georgia Tech	407
Miami	450

2016

NC State	53
Notre Dame	74
Virginia Tech	153
Louisville	157
Syracuse	184
Clemson	207
Pitt	207
Wake Forest	207
Florida State	213
Virginia	220
Duke	245
Boston College	247
UNC	299
Georgia Tech	347
Miami	446

2017

NC State	43
Louisville	109
Virginia Tech	129
Syracuse	134
Wake Forest	166
Notre Dame	175
Duke	180
Virginia	182
Florida State	210
Pitt	210
UNC	244
Georgia Tech	258
Boston College	348
Clemson	378
Miami	461

2018

NC State	67
Notre Dame	68
Syracuse	83
Florida State	128
Virginia Tech	161
Duke	179
Georgia Tech	184
Wake Forest	195
Virginia	230
Boston College	291
Clemson	294
North Carolina	294
Pittsburgh	320
Louisville	324
Miami	497

2019

NC State	64
Florida State	76
Notre Dame	116
Virginia Tech	146
Syracuse	154
Wake Forest	158
Boston College	159
North Carolina	196
Duke	202
Georgia Tech	138
Virginia	276
Louisville	314
Clemson	352
Pittsburgh	410
Miami	493

2020

NC State	47
Georgia Tech	99
Florida State	109
Duke	114
North Carolina	116
Notre Dame	116
Virginia	205
Syracuse	237
Boston College	261
Wake Forest	287
Virginia Tech	292
Louisville	303
Clemson	320
Pittsburgh	406
Miami	447

2021

NC State	20
North Carolina	87
Florida State	102
Syracuse	105
Notre Dame	114
Boston College	216
Virginia Tech	219
Georgia Tech	229
Duke	247
Virginia	263
Wake Forest	268
Pittsburgh	373
Louisville	399
Miami	407
Clemson	407

2022

NC State	34
Notre Dame	38
Virginia	98
North Carolina	109
Florida State	148
Syracuse	191
Duke	195
Virginia Tech	219
Wake Forest	226
Georgia Tech	240
Boston College	339
Miami	340
Pitt	368
Clemson	424
Louisville	434

VIRGINIA

YEAR-BY-YEAR	
1978	3rd (48)
1979	2nd (35)
1980	2nd (37)
1981	1st (33)
1982	1st (20)
1983	4th (103)
1984	4th (104)
1985	5th (93)
1986	3rd (62)
1987	4th (122)
1988	7th (162)
1989	6th (129)
1990	3rd (61)
1991	3rd (70)
1992	3rd (57)
1993	2nd (64)
1994	4th (87)
1995	4th (116)
1996	3rd (98)
1997	4th (110)
1998	5th (114)
1999	3rd (77)
2000	5th (107)
2001	3rd (80)
2002	3rd (78)
2003	6th (142)
2004	5th (163)
2005	6th (177)
2006	3rd (104)
2007	8th (160)
2008	5th (124)
2009	3rd (84)
2010	2nd (75)
2011	3rd (113)
2012	6th (170)
2013	2nd (65)
2014	3rd (109)
2015	1st (71)
2016	10th (220)
2017	8th (182)
2018	9th (230)
2019	11th (276)
2020	7th (205)
2021	10th (263)
2022	3rd (98)



MEN'S NCAA CROSS COUNTRY HISTORY

NCAA CHAMPIONSHIP RESULTS

1939

55. Charles E. Chamberlain 23:16

1970 38th Place (1,052 pts)

288. Henry Barron 32:39:0
293. James Wood 32:55:0
296. Wallace Andrew 33:00:0
302. Joseph Cacciapaglia 33:36:0

1972

56. Philip Meyer 29:51:0

1977

48. Chris Fox 30:10.6

1979

77. Mike Cotton 30:46.2

1980

48. Mike Cotton 30:22.8

1983 18th Place (353 pts)

60. Timothy Springfield 31:06.8
65. Colin Peddie 31:10.4
68. John Hinton 31:12.9
106. Gregory Coan 31:36.6
150. James Hays 32:38.3
162. William Convey 33:05.3
174. James Brooks 33:46.6

1984 5th Place (190 pts)

19. Timothy Springfield 30:14.8
22. Colin Peddie 30:20.2
57. John Hinton 30:53.6
63. James Hays 30:56.9
81. James Brooks 31:40.8
152. John 32:30.1
170. Greg Coan 33:17.4

1998

62. Bobby Thiele 31:39.1

1999

26. Bobby Thiele 31:05.6

2000

113. Bobby Thiele 31:51.3

2001

68. Walton Kingsberry 30:36:00

2003 30th Place (801 pts)

164. Will Christian 31:26.1
171. Andy Filachek 31:27.9
201. Alex Tatu 31:47.5
222. Dave Vitto 32:15.6
223. Walton Kingsberry 32:16.6
237. Ryan Neubart 32:50.1
248. James Atchison 34:06.1

2004

201. Soeren Lindner 33:38.5

2005 26th Place (550 pts)

103. Jan Foerster 30:58.3
111. Andrew Dumm 31:00.5
129. Ryan Foster 31:15.4
173. Andy Biladeau 31:39.6
183. Jeff Eggleston 31:44.0
208. Soeren Lindner 31:58.8
227. Alex Tatu 32:18.2

2006 14th Place (446 pts)

32. Jan Foerster 31:38.0
99. Andrew Dumm 32:37.1
115. Andy Biladeau 32:43.3
165. Taylor Smith 33:12.5
177. Andrew Jesien 33:26.4
236. Alex Tatu 34:37.2

2007 12th Place (374 pts)

42. Jan Foerster 30:37.1
56. Emil Heineking 30:43.6
72. Ryan Foster 30:56.4
126. Taylor Smith 31:21.3
173. Andy Biladeau 31:41.3
200. Kevin Tschirhart 32:05.2
216. Andrew Jesien 32:28.8

2008 14th Place (383 pts)

26. Emil Heineking 30:02.0
70. Ryan Collins 30:38.4
99. Ryan Foster 30:54.7
123. Andy Biladeau 31:04.6
158. Andrew Jesien 31:22.0
190. Graham Tribble 31:40.2
247. Trey Miller 33:11.7

2009 15th Place (408 pts)

41. Ryan Collins 30:22.0
68. Emil Heineking 30:36.7
122. Sintayehu Taye 31:08.8
133. Graham Tribble 31:13.9
141. Trey Miller 31:18.1
164. Andrew Revelle 31:28.6
188. Sean Keveren 31:47.1

2010 17th Place (386 pts)

32. Ryan Collins 30:24.9
71. Emil Heineking 30:52.3
82. Sean Keveren 30:57.7
107. Sintayehu Taye 31:16.2
172. Chris Foley 31:50.3
181. Drew Paisley 31:59.5
244. Zach Vrhovac 35:20.4

2011

27. Mark Amirault 29:56.8

2012 14th Place (382 pts)

22. Zach Gates 29:48.3
72. Mark Amirault 30:30.4
99. Kyle King 30:42.8
109. Thomas Porter 30:50.4
189. Jack St. Marie 31:32.0
238. Drew Paisley 32:40.3

2013 13th Place (370 pts)

18. Kyle King 30:27.3
63. Thomas Porter 31:00.4
93. Zach Herriott 31:16.7
123. Adam Visokay 31:31.2
156. Thomas Madden 31:50.9
169. Drew Paisley 31:58.0
183. Chris Foley 32:09.0

2014 21st Place (502 pts)

81. Zach Herriott 31:25.3
84. Connor Rog 31:26.4
88. Kyle King 31:27.6
164. Thomas Madden 32:03.8
174. Chase Weaverling 32:09.5
226. Adam Visokay 33:14.4
228. Trevor Hopper 33:17.2

2015 22nd Place (480 pts)

55. Chase Weaverling 30:38.8
59. Henry Wynne 30:40.3
150. Thomas Madden 31:27.6
166. Brent Demarest 31:33.5
171. Zach Herriott 31:36.7
177. Evan Chiplock 31:41.3
222. Adam Visokay 32:27.6

2016 18th Place (476 pts)

42. Brent Demarest 30:28.6
53. Zach Herriott 30:34.1
103. Lachlan Cook 30:53.4
181. Chase Weaverling 31:28.4
208. Ari Klau 31:48.0
224. AJ Ernst 32:00.4
250. Matt Novak 34:05.4

2017 16th Place (476 pts)

19. Brent Demarest 29:43.6
85. Lochlan Cook 30:32.7
101. Chase Weaverling 30:43.0
115. Ari Klau 30:52.3
197. Alex Corbett 31:35.7
230. Kenneth Hagen 32:09.8
237. Johnny Pace 32:33.8

2018

31. Brent Demarest 29:54.4

2019 20th (468 pts)

57. Alex Corbett 31:33.9
64. Peter Morris 31:36.4
110. Randy Neisth 32:02.0
159. AJ Ernst 32:28.0
170. Lachlan Cook 32:34.3

2021 (for 2020)

158. Peter Morris 32:18.7
223. Harry Monroe 33:36.1

2022 22nd (557 pts)

105. Derek Johnson 30:14.7
129. Will Anthony 30:26.7
136. Justin Wachtel 30:28.7
143. Wes Porter 30:33.4
148. Yasin Sado 30:36.2
163. Gary Martin 30:43.6
184. Rohann Asfaw 30:53.1

SOUTHEAST REGIONAL RESULTS

Year	Place	Points
2003	4th	N/A
2004	4th	118
2005	2nd	91
2006	4th	131
2007	4th	116
2008	2nd	67
2009	5th	133
2010	6th	185
2011	9th	238
2012	Champions	64
2013	2nd	96
2014	Champions	75
2015	2nd	96
2016	2nd	105
2017	3rd	130
2018	3rd	102
2019	Champions	79
2019	No event due to pandemic	
2022	2nd	83



MEN'S CROSS COUNTRY HONORS

ALL-AMERICANS

- 1980** Mike Cotton
- 1984** Collin Peddie
- 1984** Tim Springfield
- 1999** Bobby Thiele
- 2007** Emil Heineking
- 2008** Emil Heineking
- 2010** Ryan Collins
- 2011** Mark Amirault
- 2012** Zach Gates
- 2013** Kyle King
- 2017** Brent Demarest
- 2018** Brent Demarest

ALL-SOUTHEAST REGION

- 2003** Will Christian (7th)
Walton Kingsbery (13th)
- 2004** Soeren Lindner (9th)
Will Christian (10th)
Ryan Foster (17th)
- 2005** Jan Foerster (4th)
Ryan Foster (11th)
Andrew Dumm (18th)
- 2006** Jan Foerster (5th)
Andrew Dumm (14th)
- 2007** Emil Heineking (14th)
Andy Biladeau (21st)
Jan Foerster (22nd)
Ryan Foster (25th)
- 2008** Emil Heineking (3rd)
Ryan Foster (4th)
Ryan Collins (10th)
Graham Tribble (19th)
- 2009** Emil Heineking (7th)
Ryan Collins (14th)
Graham Tribble (21st)
- 2010** Emil Heineking (5th)
Ryan Collins (7th)
- 2011** Mark Amirault (3rd)
- 2012** Zach Gates (4th)
Kyle King (10th)
Thomas Porter (14th)
Mark Amirault (17th)
Drew Paisley (19th)
- 2013** Kyle King (5th)
Thomas Porter (9th)
Zach Herriott (18th)
- 2014** Adam Visokay (6th)
Kyle King (7th)
Zach Herriott (11th)
Chase Weaverling (24th)
- 2015** Henry Wynne (12th)
Chase Weaverling (14th)
Zach Herriott (17th)
Thomas Madden (25th)
- 2016** Zach Herriott (9th)
Lachlan Cook (12th)
Chase Weaverling (14th)
- 2017** Lachlan Cook (6th)

- 2018** Brent Demarest (7th)
Brent Demarest (6th)
AJ Ernst (13th)
Ari Klau (19th)
Alex Corbett (25th)
- 2019** AJ Ernst (11th)
Ari Klau (15th)
Alex Corbett (16th)
Peter Morris (17th)
Lachlan Cook (20th)
- 2022** Justin Wachtel (3rd)
Derek Johnson (10th)
Yasin Sado (22nd)
Rohann Asfaw (23rd)
Will Anthony (25th)

ACC CHAMPIONS

- 2008** Ryan Foster
- 2009** Emil Heineking
- 2010** Emil Heineking

ALL-ACC

- 1986** Ken Cheeseman
- 1988** Ken Cheeseman
Andrew Hudson
- 1990** Andrew Hudson
Matt White
- 1992** Rob Cook
- 1994** Andrew Carnahan
- 1998** Bobby Thiele
- 1999** Bobby Thiele
- 2000** Matt Ruhl
Bobby Thiele
Justin Wood
- 2003** Will Christian
- 2004** Will Christian
Ryan Foster
- 2005** Andy Biladeau
Andrew Dumm
Jan Foerster
Ryan Foster
Soeren Lindner
Alex Tatu
- 2006** Andy Biladeau
Jan Foerster
- 2007** Andy Biladeau
Jan Foerster
Ryan Foster
Emil Heineking
- 2008** Andy Biladeau
Ryan Collins
Ryan Foster
Emil Heineking
- 2009** Ryan Collins
Emil Heineking
- 2010** Ryan Collins
Emil Heineking
- 2011** Mark Amirault
- 2012** Zach Gates
Kyle King
Thomas Porter
- 2013** Kyle King

- 2014** Thomas Porter
Connor Rog
Zach Herriott
- 2015** Chase Weaverling
Henry Wynne
- 2016** Lachlan Cook
Brent Demarest
Zach Herriott
Chase Weaverling
- 2017** Lachlan Cook
Brent Demarest
Chase Weaverling
- 2018** Brent Demarest
Ari Klau
Randy Neish
- 2019** Peter Morris
AJ Ernst
Alex Corbett
- 2020** Rohann Asfaw
Randy Neish
Harry Monroe
- 2021** Rohann Asfaw
- 2022** Justin Wachtel
Yasin Sado
Wes Porter

ACC FRESHMAN OF THE YEAR

- 2005** Andy Biladeau
- 2007** Emil Heineking
- 2012** Conner Rog
- 2013** Thomas Madden
- 2016** Lachlan Cook

ACC COACH OF THE YEAR

- 1984** Dennis Craddock
- 1985** Dennis Craddock
- 2005** Jason Dunn
- 2007** Jason Dunn
- 2008** Jason Vigilante

SOUTHEAST REGION COACH OF THE YEAR

- 2014** Pete Watson

USTFCCA

ALL-ACADEMIC

- 2011** Mark Amirault
- 2012** Mark Amirault
Zach Gates
Drew Paisley
Thomas Porter
- 2013** Thomas Porter
- 2014** Chase Weaverling
- 2015** Thomas Madden
Chase Weaverling
- 2016** Zach Herriott
Chase Weaverling

- 2020** Pete Morris
Harry Monroe
- 2022** Will Anthony
Rohann Asfaw
Derek Johnson
Justin Wachtel

ALL-ACC ACADEMIC

- 2005** Andrew Dumm
Jan Foerster
Ryan Foster
- 2006** Andrew Dumm
Andrew Jesien
Taylor Smith
- 2007** Emil Heineking
Andrew Jesien
Taylor Smith
- 2008** Andrew Jesien
- 2009** Emil Heineking
Trey Miller
- 2010** Emil Heineking
Sean Keveren
- 2011** Sean Keveren
Drew Paisley
David Wilson
- 2012 Mark Amirault
Zach Gates
Sean Keveren
Drew Paisley
Thomas Porter
Jack St. Marie
- 2013** Thomas Madden
Drew Paisley
Thomas Porter
- 2015** Thomas Madden
Adam Visokay
Chase Weaverling
- 2016** Zach Herriott
Chase Weaverling
- 2017** Chase Weaverling
- 2018** Brent Demarest
AJ Ernst
- 2019** AJ Ernst
Peter Morris
Randy Neish
- 2020** Rohan Asfaw
Randy Neish
Wes Porter
Harry Monroe
- 2022** Will Anthony
Rohann Asfaw
Jack Eliason
Jacob Hunter
Derek Johnson
Gary Martin
Nate Mountain
Conor Murphy
Wes Porter
Justin Wachtel



MEN'S ACC CROSS COUNTRY HISTORY

1954

Maryland	26
North Carolina	36
Duke	96
Virginia	114
Wake Forest	141

1955

No team competition

1956

North Carolina	36
Maryland	81
Virginia	96
Clemson	115
NC State	131
Wake Forest	137
Duke	164
South Carolina	165

1957

North Carolina	45
Clemson	89
Maryland	94
NC State	97
Duke	104
Virginia	109
Wake Forest	121

1958

Duke	47
North Carolina	66
Maryland	68
NC State	129
Clemson	142
Virginia	164
Wake Forest	165
South Carolina	180

1959

Duke	44
Maryland	64
NC State	87
North Carolina	107
Virginia	123
Clemson	144
Wake Forest	163

1960

North Carolina	25
Maryland	38
Duke	61
NC State	120
Virginia	144

1961

North Carolina	37
Duke	48
Maryland	52
Clemson	141
NC State	150
Wake Forest	152
Virginia	179

1962

North Carolina	31
Duke	51
Maryland	51
Wake Forest	119
Clemson	164
Virginia	170
South Carolina	181
NC State	215

1963

North Carolina	52
Duke	68
Maryland	75
NC State	96
Wake Forest	110
Clemson	137
South Carolina	143
Virginia	219

1964

Maryland	45
North Carolina	72
Virginia	77
South Carolina	82
Wake Forest	101
Clemson	142
Duke	173

1965

Maryland	25
Duke	62
North Carolina	87
Virginia	115
Wake Forest	117
South Carolina	123
NC State	199

1966

Maryland	30
North Carolina	52
Wake Forest	82
Duke	99
South Carolina	149
NC State	158
Virginia	168
Clemson	201

1967

Maryland	27
Duke	52
North Carolina	82
NC State	135
Wake Forest	147
Virginia	153
South Carolina	171
Clemson	174

1968

Maryland	34
Duke	66
North Carolina	86
Clemson	119
NC State	120
Virginia	159
South Carolina	165
Wake Forest	219

1969

Maryland	49
Duke	65
North Carolina	80
Virginia	111
NC State	115
South Carolina	119
Clemson	157
Wake Forest	198

1970

Duke	42
North Carolina	66
NC State	71
Maryland	77
Clemson	138
Virginia	147
Wake Forest	185
South Carolina	196

1971

North Carolina	34
Duke	36
Maryland	87
NC State	88
Clemson	141
Virginia	159
Wake Forest	199

1972

Maryland	36
Duke	57
NC State	69
North Carolina	85
Virginia	112
Clemson	157
Wake Forest	189

1973

Duke	38
Maryland	47
North Carolina	61
NC State	89
Virginia	142
Clemson	147
Wake Forest	158

1974

Maryland	29
Duke	56
North Carolina	59
NC State	116
Virginia	132
Clemson	139
Wake Forest	168

1975

Duke	23
Maryland	38
NC State	114
Clemson	115
Virginia	122
North Carolina	133
Wake Forest	189

1976

Maryland	43
North Carolina	49
Duke	95
Clemson	98
NC State	122
Virginia	137
Wake Forest	146

1977

Duke	56
NC State	71
Virginia	77
Clemson	91
North Carolina	102
Maryland	104
Wake Forest	159

1978

Clemson	41
North Carolina	66
Maryland	77
NC State	89
Wake Forest	109
Virginia	124
Duke	157

1979

North Carolina	37
Maryland	62
NC State	77
Clemson	87
Virginia	122
Wake Forest	145
Duke	173
Georgia Tech	174

1980

Clemson	27
NC State	45
Virginia	94
Maryland	113
North Carolina	127
Duke	128
Wake Forest	202
Georgia Tech	216

1981

Clemson	42
North Carolina	55
Virginia	71
Maryland	114
NC State	118
Wake Forest	132
Duke	182
Georgia Tech	190

1982

Clemson	33
Virginia	66
North Carolina	98
NC State	99
Wake Forest	100
Maryland	148
Georgia Tech	166
Duke	202

1983

Clemson	40
Wake Forest	54
Virginia	70
Maryland	92
NC State	167
North Carolina	167
Georgia Tech	187
Duke	202

1984

Virginia	42
Clemson	57
NC State	73
Georgia Tech	127
Maryland	134
North Carolina	135
Wake Forest	141
Duke	199

1985

North Carolina	54
NC State	60
Clemson	84
Wake Forest	85
Maryland	102
Georgia Tech	148
Virginia	150
Duke	207

1986

NC State	46
Maryland	61
North Carolina	71
Clemson	77
Virginia	122
Wake Forest	147
Georgia Tech	165
Duke	199

1987

Clemson	38
NC State	54
North Carolina	63
Maryland	92
Wake Forest	104
Georgia Tech	151
Duke	211
Virginia	DNF

1988

Clemson	27
Wake Forest	50
North Carolina	84
Virginia	98
Maryland	122
Georgia Tech	157
Duke	184
NC State	X

1989

Wake Forest	31
Clemson	36
NC State	72
Virginia	112
Maryland	114
Georgia Tech	166
North Carolina	184
Duke	187

1990

Wake Forest	44
NC State	50
Virginia	64
Clemson	104
North Carolina	148
Maryland	153
Duke	188
Georgia Tech	189

1991

NC State	52
Wake Forest	61
North Carolina	63
Clemson	68
Virginia	147
Georgia Tech	152
Florida State	200
Maryland	210
Duke	235

1992

NC State	46
Wake Forest	48
Clemson	91
North Carolina	105
Georgia Tech	106
Virginia	122
Maryland	211
Florida State	230
Duke	233

1993

Wake Forest	36
NC State	59
Clemson	69
Georgia Tech	92
Virginia	118
Duke	183
North Carolina	211
Florida State	220
Maryland	237

1994

Wake Forest	46
NC State	53
Georgia Tech	108
North Carolina	110
Clemson	114
Virginia	127
Duke	176
Maryland	200
Florida State	273

1995

NC State	18
Wake Forest	67
North Carolina	121
Virginia	133
Duke	148
Clemson	152
Georgia Tech	161
Maryland	161
Florida State	230

1996

NC State	30
Wake Forest	40
North Carolina	82
Duke	114
Clemson	127
Virginia	143
Florida State	217
Georgia Tech	222
Maryland	231

1997

NC State	24
Wake Forest	73
Clemson	75
North Carolina	86
Duke	117
Virginia	184
Georgia Tech	188
Maryland	220
Florida State	232

1998

NC State	26
Duke	75
Clemson	94
Virginia	101
North Carolina	121
Wake Forest	169
Georgia Tech	201
Florida State	210
Maryland	248

1999

NC State	16
Duke	70
Wake Forest	99
Virginia	106
Clemson	126
Georgia Tech	162
North Carolina	179
Florida State	218
Maryland	249



MEN'S ACC CROSS COUNTRY HISTORY

2023-24 FACT BOOK

2000

Duke	39
NC State	49
Virginia	54
Wake Forest	84
North Carolina	163
Clemson	180
Florida State	188
Georgia Tech	218
Maryland	262

2001

NC State	26
Wake Forest	45
Duke	94
Virginia	114
Florida State	134
Georgia Tech	153
Clemson	187
North Carolina	221
Maryland	274

2002

NC State	17
Duke	69
Virginia	95
Clemson	103
Florida State	123
Wake Forest	148
North Carolina	187
Maryland	219
Georgia Tech	243

2003

NC State	27
Florida State	66
Virginia	83
Clemson	130
Wake Forest	139
Georgia Tech	156
Maryland	161
North Carolina	183
Duke	206

2004

NC State	47
Florida State	48
Virginia	85
Clemson	87
Duke	99
Wake Forest	172
Maryland	198
Georgia Tech	227
Virginia Tech	249
North Carolina	295
Miami	313

2005

Virginia	30
Florida State	38
NC State	103
Wake Forest	136
Duke	142
Virginia Tech	174
Clemson	175
North Carolina	198
Boston College	201
Maryland	304
Miami	342
Georgia Tech	356

2006

NC State	31
Florida State	79
Virginia	87
Duke	124
Clemson	132
Virginia Tech	145
Boston College	196
North Carolina	213
Wake Forest	217
Maryland	261
Georgia Tech	315
Miami	348

2007

Virginia	32
NC State	39
Florida State	130
Clemson	137
Virginia Tech	139
Duke	156
Wake Forest	193
Boston College	195
Maryland	206
North Carolina	246
Georgia Tech	271
Miami	381

2008

Virginia	40
NC State	56
Virginia Tech	75
Florida State	80
Duke	127
Maryland	199
Boston College	199
North Carolina	209
Clemson	212
Georgia Tech	239
Wake Forest	342
Miami	372

2009

NC State	56
Virginia	71
Florida State	72
Duke	74
Virginia Tech	122
North Carolina	138
Maryland	219
Georgia Tech	239
Wake Forest	281
Boston College	287
Clemson	293
Miami	395

2010

Florida State	43
NC State	81
North Carolina	84
Virginia	92
Duke	93
Wake Forest	209
Virginia Tech	242
Maryland	244
Boston College	254
Clemson	267
Georgia Tech	271
Miami	357

2011

NC State	51
Florida State	55
North Carolina	84
Virginia Tech	116
Duke	116
Virginia	169
Wake Forest	212
Maryland	232
Georgia Tech	239
Clemson	268
Boston College	281
Miami	372

2012

Virginia Tech	55
Virginia	61
Florida State	62
NC State	74
Duke	112
North Carolina	149
Wake Forest	209
BC	246
Georgia Tech	272
Clemson	280
Miami	342

2013

Syracuse	64
North Carolina	84
Notre Dame	105
Virginia	108
Virginia Tech	120
Duke	137
Florida State	145
NC State	154
Georgia Tech	256
Wake Forest	274
Clemson	341
Pittsburgh	366
BC	382
Miami	409

2014

Syracuse	32
NC State	90
North Carolina	95
Virginia	121
Florida State	158
Virginia Tech	163
Notre Dame	189
Louisville	191
Clemson	245
Georgia Tech	277
Wake Forest	291
Duke	296
Pittsburgh	353
BC	435
Miami	500

2015

Syracuse	45
NC State	95
Virginia	115
Virginia Tech	120
Louisville	130
Notre Dame	147
Florida State	172
Duke	187
North Carolina	189
Georgia Tech	209
Clemson	318
BC	360
Wake Forest	410
Miami	488

2016

Syracuse	29
Virginia	72
NC State	82
Virginia Tech	128
Florida State	134
North Carolina	182
Louisville	203
Georgia Tech	224
Pitt	246
Notre Dame	257
Duke	311
Boston College	337
Wake Forest	345
Clemson	346
Miami	440

2017

Syracuse	27
Virginia Tech	73
NC State	98
Virginia	100
Florida State	152
Wake Forest	182
Notre Dame	206
Georgia Tech	238
Duke	261
Pitt	285
UNC	315
Clemson	345
Miami	370
Boston College	378
Louisville	384

2018

Notre Dame	57
Syracuse	61
NC State	85
Virginia	128
Wake Forest	154
Virginia Tech	183
Florida State	186
Duke	205
North Carolina	232
Louisville	245
Georgia Tech	250
Boston College	353
Pittsburgh	358
Clemson	395
Miami	491

2019

Syracuse	68
Notre Dame	73
Virginia Tech	100
Virginia	100
Wake Forest	116
Florida State	155
Duke	162
NC State	164
Georgia Tech	255
North Carolina	298
Pittsburgh	315
Louisville	341
Boston College	405
Clemson	412
Miami	466

2020

Notre Dame	40
NC State	54
Wake Forest	86
Virginia	92
Duke	134
Syracuse	135
North Carolina	196
Virginia Tech	222
Florida State	225
Pittsburgh	282
Clemson	335
Georgia Tech	342
Louisville	384
Boston College	457
Miami	472

2021

Notre Dame	32
Syracuse	84
Wake Forest	104
North Carolina	110
Florida State	134
NC State	141
Duke	161
Virginia	211
Virginia Tech	273
Louisville	292
Pittsburgh	299
Georgia Tech	341
Boston College	436
Clemson	446
Miami	479

2022

Wake Forest	44
Syracuse	86
North Carolina	87
Notre Dame	92
NC State	118
Virginia	125
Duke	181
Virginia Tech	251
Florida State	255
Pitt	292
Georgia Tech	319
Louisville	234
Clemson	359
Boston College	451
Miami	455

VIRGINIA

YEAR-BY-YEAR

1954	4th (114)
1955	-
1956	3rd (96)
1957	7th (109)
1958	6th (164)
1959	5th (123)
1960	5th (144)
1961	7th (179)
1962	6th (170)
1963	8th (219)
1964	3rd (77)
1965	4th (115)
1966	7th (168)
1967	6th (153)
1968	6th (159)
1969	4th (111)
1970	6th (147)
1971	7th (159)
1972	5th (112)
1973	5th (142)
1974	5th (132)
1975	5th (122)
1976	6th (137)
1977	3rd (77)
1978	6th (124)
1979	5th (122)
1980	3rd (94)
1981	3rd (71)
1982	2nd (66)
1983	3rd (70)
1984	1st (42)
1985	7th (150)
1986	5th (122)
1987	8th (DNF)
1988	4th (98)
1989	4th (112)
1990	3rd (64)
1991	5th (147)
1992	6th (122)
1993	5th (118)
1994	6th (127)
1995	4th (133)
1996	6th (143)
1997	6th (184)
1998	4th (101)
1999	4th (106)
2000	3rd (54)
2001	4th (114)
2002	3rd (95)
2003	3rd (83)
2004	3rd (85)
2005	1st (30)
2006	3rd (87)
2007	1st (32)
2008	1st (40)
2009	2nd (71)
2010	4th (92)
2011	6th (169)
2012	2nd (61)
2013	4th (108)
2014	4th (121)
2015	3rd (115)
2016	2nd (72)
2017	4th (100)
2018	4th (128)
2019	4th (100)
2020	4th (92)
2021	8th (211)
2022	6th (125)



WOMEN'S INDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Aileen O'Conner 5000m - 1981 AIAW
 Jill Haworth 1500m - 1981 AIAW
 Virginia DMR - 1982 AIAW
 (Linda Nicholson, Karen Hatchett, Lisa Welch, Jill Haworth)

ALL-AMERICANS

1980 Brenda Brown DMR
 Susan Brownell Pent
 Jill Haworth DMR
 Linda Nicholson DMR
 Vivian Scruggs DMR

1981 Ann Bair HJ
 Brenda Brown DMR
 Susan Brownell Pent
 Lisa Garrett 400m
 Jill Haworth 4x800m
 Jill Haworth DMR
 Linda Nicholson DMR
 Linda Nicholson 4x800m
 Marisa Schmitt 4x800m
 Vivian Scruggs 4x800m
 Vivian Scruggs DMR

1982 Susan Brownell Pent
 Gail Bryant 400m
 Gail Bryant 4x400m
 Lisa Garrett 4x400m
 Karen Hatchett DMR
 Kim Hatchett 4x400m
 Jill Haworth Mile
 Jill Haworth DMR
 Linda Nicholson 4x400
 Linda Nicholson DMR
 Aileen O'Conner Two-Mile
 Aileen O'Conner 5000m
 Marisa Schmitt Mile
 Lesley Welch Three-Mile
 Lesley Welch Two-Mile
 Lisa Welch DMR
 Martha White Two-Mile
 Martha White Three-Mile

1983 Ann Bair HJ
 Lisa Garrett 440y
 Jill Haworth Mile
 Jeannette Kelly 880y

1984 Gail Bryant 4x800m
 Veronica Haberl 4x800m
 Kim Kelly 1000m
 Kim Kelly 4x800m
 Michelle Rowen 4x800m

1985 Gail Bryant 4x800m
 Phyllis Buber 4x800m
 Kim Kelly 4x800m
 Sandy Schuler 4x800m
 Sandy Schuler 1000m

1986 Phyllis Buber 4x800m
 Shelly McBride 4x800m
 Michelle Rowen 4x800m
 Sandy Schuler 4x800m

1987 Sonya Fridy 500m
 Sonya Fridy LJ
 Michelle Rowen Mile

1989 Dana Boone TJ
1991 Dana Boone LJ
1992 Claire Forbes 3000m
1993 Sherry Gould HJ
1994 Sherry Gould HJ
1994 Pam Lemons 200m
1995 Rebecca Grube LJ
1997 Kelly Miller LJ
2001 Naccole Guinn TJ
2002 Kiamesha Otey LJ
2003 Kiamesha Otey LJ

2006 Tomika Ferguson TJ
2007 Tomika Ferguson TJ
2008 Emily Harrison 5000m
2011 Stephanie Garcia DMR
 Morgane Gay DMR
 Lyndsay Harper DMR
 Ayla Smith DMR

2012 Morgane Gay Mile
 Dallas Rose (2nd) TJ
 Vicky Fouhy (2nd) Mile
 Dallas Rose (2nd) TJ

2013 Jordan Lavender (2nd) 400m
2016 Iona Lake (2nd) Mile
2019 Bridget Guy PV
2020 Jada Seaman LJ
 Khyasia Caldwell LJ

2021 Halle Hazzard 60m
 Jada Seaman (2nd) LJ
 Alix Still (2nd) Pent

2022 Mia Barnett DMR
 Jada Seaman DMR
 Alahna Sabbakhan DMR
 Margot Appleton DMR
 Mia Barnett (2nd) Mile

2023 Margot Appleton Mile
2024 Margot Appleton Mile
 Maggie Hock DMR
 Alahna Sabbakhan DMR
 Caroline Timm DMR
 Anna Workman DMR

(prior to 1982 were AIAW honors)

NCAA CHAMPIONSHIP RESULTS

1983 Ann Bair HJ 4th 5' 10"
 Lisa Garrett 440y 4th 55.33
 Jill Haworth Mile 2nd 4:45.96
 Jeannette Kelly 880y 5th 2:10.72
 Martha White 2-mile 8th 10:16.39

1984 Virginia 4x800m 4th 8:44.21
 (Bryant, Haberl, Rowen, Kelly)
 Virginia 4x400m 3:46.03
 (Bryant, Hatchett, Buber, Crockett)
 Gail Bryant 500m 1:14.19
 Kim Kelly 1,000m 7th 2:48.00

1985 Beth Sheehan Hept. 11th 5254 pts
 Gail Bryant 800m 8th 2:04.21

1986 Virginia 4x800m 3rd 8:39.58
 (Buber, McBride, Rowan, Schuler)
 Virginia 4x400m 3rd 3:44.16
 (Fitzpatrick, Crockett, Duke, Fridy)
 Sonja Fridy 55m 6.97
 Michelle Johnson 55H 8.25

1988 Latanya Wynn LJ
 Robin Landis HJ

1989 Dana Boone TJ 4th 40' .75"

1990 Dana Boone LJ

1991 Dana Boone TJ 9th 41' 1/2"
 Dana Boone LJ 20' 3.75"
 Kelly Bodiford SP 18th 44' 10.75"
 Virginia 4x800m
 (Figlar, Liggins, Taylor, Colombell)

1992 Claire Forbes 3,000m
 Virginia 4x800m
 (Samuels, Liggins, Ward, Drauglis)

1994 Pam Lemons 200m 4th 24.37
 Sherry Gould HJ 2nd 1.87

1995 Rebecca Grube LJ 10th 21' .5"
 Nicole Kimbrough LJ 16th 18' 5"

2001 Naccole Guinn TJ 10th 12.91m

2002 Kiamesha Otey LJ 5th 6.26m
 Eliese Mitchell WT 14th 18.97m

2003 Kiamesha Otey 60m 15th 7.40
 Kiamesha Otey LJ 10th 6.05m
 Eliese Mitchell WT 16th 17.46m

2006 Tomika Ferguson TJ 6th 13.32m

2007 Tomika Ferguson TJ 8th 12.98m

2008 Emily Harrison 5000m 9th 16:19.85

2011 Virginia DMR 3rd 10:59.79
 (Garcia, Gay, Harper, Smith)

2012 Morgane Gay Mile 5th 4:41.40
 Dallas Rose TJ 12th 40'9.5"

2013 Vicky Fouhy Mile 12th 4:41.29
 Dallas Rose TJ 13th 41'9.75"

2014 Jordan Lavender 400m 12th 52.99

2016 Iona Lake Mile 15th 4:48.11

2019 Bridget Guy Pole Vault 5th 4.41m

2020 NCAA Championships cancelled due to pandemic

2021 Halle Hazzard 60m 8th 7.27
 Jada Seaman LJ 12th 6.33m
 Alix Still Hept 13th 3904 pts

2022 Virginia DMR 7th 11:04.88
 (Barnett, Seaman, Sabbakhan, Appleton)
 Mia Barnett Mile 10th 4:42.91

2023 Margot Appleton Mile 4th 4:35.83

2024 Margot Appleton Mile 5th 4:29.07
 Virginia DMR 12th 11:11.25
 (Timm, Sabbakhan, Hock, Workman)



WOMEN'S INDOOR ACC HISTORY

NCAA CHAMPIONSHIP FINISHES

1983	T-5th (17.25)
1984	T-29th (4)
1985	T-25th (6)
1986	T-24th (6)
1987	9th (16)
1989	T-28th (4)
1992	T-40th (1)
1993	T-38th (1)
1994	T-27th (7)
1995	T-40th (3)
2002	T-37th (4)
2006	T-48th (3)
2007	T-69th (1)
2011	T-30th (6)
2012	T-43rd (4)
2019	T-48th(4)
2020	Cancelled
2021	T-52nd(1)
2022	47th (2)
2023	31st (5)
2024	T-38 (4)

ACC CHAMPIONS

1987	Sonya Fridy	60y
	Michelle Rowen	Mile
	Virginia	Mile Relay
	LaTanya Wynn	TJ
1988	Robin Landes	HJ
	Latanya Wynn	TJ
1989	Dana Boone	LJ
1990	Claire Forbes	Mile
	Claire Forbes	3000m
1991	Kelly Bodiford	SP
1992	Claire Forbes	3000m
	Virginia	2-Mile Relay
1993	Sherry Gould	HJ
1994	Sherry Gould	HJ
1995	Rebecca Grube	LJ
1996	Lauren Connolly	WT
1997	Virginia	DMR
2001	Naccolle Guinn	TJ
2003	Kiamesha Otey	LJ
2010	Maureen Laffan	SP
	Virginia	DMR
2011	Virginia	DMR
2012	Pearl Bickersteth	HJ
2014	Jordan Lavender	400m
2016	Iona Lake	Mile
2020	Jada Seaman	LJ
2021	Jada Seaman	LJ
2022	Maria Deaviz	SP

ALL-ACC

1987	Sandy Schuler
	Latanya Wynn
	Michele Johnson
	Cathron Birge
	Sonja Fridy
	Cherlene Hinton
	Michelle Rowen
	Julie Sandy
1988	Latanya Wynn
	Charlene Hinton
	Robin Landes

1989	Dana Boone
1990	Dana Boone
	Claire Forbes
1991	Kelly Bodiford
	Claire Forbes
1992	Jen Garvin
	Claire Forbes
	Michelle Samuels
	Lara Drauglis
	Kim Liggins
1993	Sherry Gould
1994	Rebecca Grube
	Michelle Samuels
	Pam Lemons
	Bernarda Gras
	Sherry Gould
	Mia Richardson
1995	Rebecca Grube
	Nicole Kimbrough
1996	Lauren Connolly
	Ann Crouse
1997	Tracey Freyre
	Astrid Gotthard
	Talitha Green
	Jen Gruia
	Nicole Kimbrough
1999	Ann Crouse
	Jennifer Owens
2000	Jeanna Composti
	Eliese Mitchell
	Kimesha Otey
2001	Naccolle Guinn
	Eliese Mitchell
	Kiamesha Otey
2002	Carielle Doe
	Kim Turko
	Kiamesha Otey
	Naccolle Guinn
2003	Ellen Dwyer
	Eliese Mitchell
	Kiamesha Otey
2004	Rachel Marks
	Meggie Shuelke
2008	Kathleen Darraugh
	Emily Harrison
	Kara Scanlin
2010	Rosemary Barber - DMR
	Lyndsay Harper - DMR
	Maureen Laffan - SP
	Tasia Potasinski - DMR
	Chidi Uche - DMR
2011	Vanessa Fabrizio - DMR
	Stephanie Garcia - 3000m, DMR
	Morgane Gay -DMR
	Lyndsay Harper - DMR
2012	Pearl Bickersteth
	Anna Corrigan
	Morgane Gay
	Dallas Rose
2013	Vicky Fouhy - Mile
	Jordan Lavender - 400m
	Dallas Rose - TJ
2014	Jordan Lavender - 200m, 400m
2015	Christine Bohan - SP
	Jordan Lavender - 200m, 400m
	(2nd), 4x400m (2nd), DMR (2nd)
2016	Christine Bohan - SP
	Peyton Chaney - 60m, 200m
	(2nd), 4x400m (2nd)
	Iona Lake - Mile
	Bridget Guy - PV (2nd)
2017	Mia Barron - TJ
	Christine Bohan - SP (2nd)
	Cleo Boyd - 5000m
	Emma Call - 800m (2nd)
	Kelly McKee - TJ (2nd)
2018	Mia Barron - LJ, TJ (2nd)
	Kelly McKee - TJ
	Gabrielle Hayes - HJ (2nd)
	Brittany Jones - SP (2nd)
	Holly Sullivan - Pent (2nd)
2019	Halle Hazzard - 60m
	Bridget Guy - PV
	Kelly McKee - TJ
	Anna Jefferson - 400m (2nd)
	Carly Feyerabend - HJ (2nd)
2020	Jada Seaman - LJ
	Khyasia Caldwell - LJ
	Anna Jefferson - 200m(2nd),400m(2nd)
	Andrenette Knight - 400m (2nd)
	Alix Still - Pent (2nd)
2021	Kayla Bonnick - 60m (2nd)
	Khyasia Caldwell - LJ (1st), TJ (2nd)
	Rebecca Hawkins - HJ (2nd)
	Halle Hazzard - 60m (1st), 200m (2nd)
	Brittney Jones - SP (2nd)
	Andrenette Knight - 400m (2nd)
	Maya Maloney - PV (2nd)
	Jada Seaman - LJ (1st), 200m (1st)
	Alix Still - Pent (1st)
	4x400 (2nd)
	(Parenchuk, Seaman, Sabbakhan, Knight)
2022	Jada Seaman - 200m (1st) 60m (2nd)
	Alahna Sabbakhan - 800m (2nd)
	Mia Barnett - Mile (2nd)
	Margot Appleton - Mile (2nd)
	Rebecca Hawkins - HJ (1st)
	Maria Deaviz - SP (1st)
	Ashley Anumba - SP (2nd)
	Alix Still - Pent (2nd)
	DMR (2nd)
	(Barnett, Seasholtz, Sabbakhan, Appleton)
2023	Alix Still - Pent. (1st)
	Esther Seeland - 800m (1st)
	Kayla Bonnick - 60m (2nd)
	Margot Appleton - 3000 (2nd)
	Sam Romano - PV (2nd)
2024	Margot Appleton - 3000m (1st), DMR (2nd)
	Jenny Schilling - 5000m (1st)
	Celia Rifaterra - HJ (1st)
	Alahna Sabbakhan- DMR (2nd)
	Maggie Hock - DMR (2nd)
	Anna Workman - Mile (1st), DMR (2nd)
	Caroline Timm (2nd)
	Samantha Romano (1st)
	Carly Tarentino - HJ (2nd)



ACC CHAMPIONSHIP

TRACK MVP

2014 Jordan Lavender

ACC FRESHMAN FIELD

PERFORMER OF THE YEAR

2020 Jada Seaman

ACC COACH OF THE YEAR

1987 Fred Binggeli

1994 Fred Binggeli

ALL-ACC ACADEMIC

2009 Ayla Smith

2011 Ayla Smith

2012 Anna Corrigan
Jordan Lavender
Dallas Rose

2013 Peyton Chaney
Anna Finger
Colette Gnade
Jordan Lavender
Dallas Rose

2014 Barbara Strehler
Vicky Fouhy

2015 Barbara Strehler

2016 Christine Bohan

2017 Christine Bohan
Cleo Boyd
Kelly McKee

2018 Brittany Jones
Kelly McKee
Holly Sullivan

2019 Carly Feyerabend
Bridget Guy
Halle Hazzard

2020 Kelly McKee
Halle Hazzard
Jada Seaman

2021 Alix Still
Kayla Bonnick
Rebecca Hawkins

2022 Halle Hazzard
Brittany Jones
Andrenette Knight

2023 Maya Maloney
Jada Seaman
Alix Still

2022 Margot Appleton
Maria Deaviz
Rebecca Hawkins

2023 Anzhelika Parenchuk
Jada Seaman
Keara Seasholtz

2023 Sarah Akpan
Emily Alexandru
Margot Appleton

2023 Sophie Atkinson
Trina Barcarola
Kayla Bonnick

2023 Hanne Borstlap
Addison Cox

Caroline Dannenbaum
Ellie Desmond
Maya Maloney
Camryn Menninger
Anzhelika Parenchuk
Janae Profit
Sam Romano
Alahna Sabbakhan
Kaiya Saunders
Jada Seaman
Keara Seasholtz
Esther Seeland
Alix Still



WOMEN'S INDOOR ACC HISTORY

1987

Virginia	132
North Carolina	85
Maryland	57
Georgia Tech	35
NC State	22
Clemson	22
Wake Forest	10
Duke	8

1988

North Carolina	172
Virginia	69
Maryland	58
Clemson	36
Georgia Tech	29
Wake Forest	20
NC State	14
Duke	3

1989

North Carolina	143
Clemson	83
Virginia	55
NC State	50
Georgia Tech	49
Maryland	38
Wake Forest	12
Duke	4

1990

North Carolina	177
Clemson	92
Virginia	54
Georgia Tech	41
Maryland	25
NC State	22
Wake Forest	15
Duke	7

1991

North Carolina	150
Clemson	120
Virginia	74
NC State	26
Georgia Tech	22
Wake Forest	15
Maryland	14
Duke	2

1992

Clemson	107
North Carolina	95
Virginia	71
Georgia Tech	57
Florida State	52
NC State	33
Maryland	12
Wake Forest	7
Duke	0

1993

North Carolina	142
Clemson	136.5
Florida State	77
Virginia	51.5
Georgia Tech	48
Wake Forest	44
NC State	25
Maryland	19
Duke	3

1994

North Carolina	152
Virginia	112
Clemson	92.5
Florida State	76.5
Georgia Tech	57
Wake Forest	37
Duke	8
Maryland	8
NC State	2

1995

North Carolina	192
Clemson	88
Virginia	75
Georgia Tech	65
Wake Forest	48
Florida State	41
Maryland	22
NC State	9
Duke	6

1996

North Carolina	192
Clemson	102.5
Florida State	73
NC State	67
Virginia	63
Georgia Tech	38
Maryland	25
Duke	12.5
Wake Forest	6

1997

North Carolina	163.0
Florida State	103.0
Clemson	99.0
Virginia	62.0
Maryland	53.0
NC State	43.0
Georgia Tech	38.0
Duke	23.0

1998

North Carolina	184
Clemson	131
Georgia Tech	61
Florida State	56
NC State	52
Maryland	47
Virginia	44
Duke	27
Wake Forest	21

1999

North Carolina	121
Clemson	100
Georgia Tech	91
Florida State	72.33
Maryland	71
Virginia	59
NC State	50.33
Wake Forest	47.33
Duke	11

2000

North Carolina	158
Florida State	128
Maryland	71
Georgia Tech	61
Virginia	52
NC State	51
Wake Forest	44
Clemson	34
Duke	24

2001

North Carolina	144
Clemson	98
Georgia Tech	83.5
Virginia	80
Wake Forest	63.5
Maryland	58
Florida State	47
Duke	36
NC State	12

2002

Georgia Tech	122
North Carolina	113
NC State	78.5
Clemson	73
Virginia	63
Florida State	63
Maryland	62
Wake Forest	36.5
Duke	13

2003

UNC	129.5
Georgia Tech	110.5
Florida State	85
Virginia	74.5
NC State	66
Wake Forest	53
Duke	40.5
Maryland	37
Clemson	27

2004

UNC	124.5
Georgia Tech	109
Clemson	97
NC State	91.5
Florida State	78
Maryland	50.5
Wake Forest	48.5
Duke	36.5
Virginia	26.5

2005

Miami	138
North Carolina	100
Georgia Tech	98
Duke	65
Clemson	55.5
Florida State	52
Wake Forest	38
NC State	37
Virginia Tech	36.5
Maryland	32
Virginia	11

2006

Miami	117
North Carolina	96
Florida State	81
Virginia Tech	70
Georgia Tech	67.5
NC State	58.83
Maryland	46.5
Duke	43
Virginia	39.5
Wake Forest	18
Clemson	15
BC	10.66

2007

Virginia Tech	136
Miami	99
North Carolina	75.5
Florida State	65.5
Clemson	59.33
Duke	56.50
Georgia Tech	49
Virginia	34
Boston College	32.5
Wake Forest	20
NC State	19.66
Maryland	16

2008

Virginia Tech	138
North Carolina	88.5
Florida State	88.5
Miami	75
Virginia	57
Boston College	6
NC State	43
Clemson	32
Georgia Tech	30
Wake Forest	29
Duke	18
Maryland	16

2009

Florida State	132
North Carolina	104
Clemson	85
Virginia Tech	83.3
Miami	61
NC State	47
Georgia Tech	37.3
Virginia	29
Duke	26.3
Wake Forest	24
Boston College	23
Maryland	10

2010

Clemson	145.5
Florida State	93
Virginia Tech	74
Duke	60
Miami	56
NC State	40
North Carolina	37.5
Boston College	36
Georgia Tech	36
Virginia	33
Wake Forest	32
Maryland	11

2011

Clemson	152
Florida State	100
North Carolina	69
Virginia Tech	69.5
Miami	65
Duke	45
Virginia	45
NC State	31
Maryland	28
Boston College	23
Wake Forest	20
Georgia Tech	19

2012

Clemson	166
Florida State	87
North Carolina	85
Virginia	59
Virginia Tech	53
Duke	48
NC State	47
Maryland	35
Miami	32
Boston College	26
Georgia Tech	21
Wake Forest	4

2013

Clemson	141.5
Florida State	100
Duke	82
NC State	61.5
Maryland	59
North Carolina	57
Virginia	46
Miami	42
Virginia Tech	36
Boston College	16
Wake Forest	13
Georgia Tech	8

2014

Florida State	95.6
Duke	83
Notre Dame	65
Miami	62
Virginia Tech	52
Maryland	50
North Carolina	49
Clemson	45
NC State	39
Virginia	32
Syracuse	32
Pittsburgh	26
Georgia Tech	12.5
Wake Forest	11
Boston College	7

2015

Clemson	102
Florida State	81
Notre Dame	74
North Carolina	62.5
Duke	59.5
NC State	55.5
Miami	48
Virginia Tech	44.5
Virginia	35.5
Syracuse	34
Wake Forest	19.5
Louisville	16
Boston College	13
Georgia Tech	10
Pittsburgh	8

2016

Miami	85
Clemson	83
Notre Dame	82
Florida State	70
Duke	59
North Carolina	47.5
NC State	42
Louisville	38.5
Virginia	37
Georgia Tech	34
Syracuse	27
Virginia Tech	25.5
Boston College	13
Wake Forest	9.5
Pittsburgh	9

2017

Miami	113
Clemson	98
Florida State	74
Louisville	57.5
Notre Dame	48
Duke	44.5
North Carolina	44
Virginia Tech	41
NC State	35
Virginia	31
Wake Forest	24
Pittsburgh	19
Georgia Tech	14
Syracuse	12
Boston College	7

2018

Florida State	91
Virginia Tech	81
Louisville	73
Clemson	73
North Carolina	61
Duke	48
Miami	48
NC State	36
Virginia	34.5
Notre Dame	31
Syracuse	27.5
Pittsburgh	26
Georgia Tech	14
Wake Forest	10
Boston College	9



WOMEN'S INDOOR ACC HISTORY

2019

Miami	91
Florida State	85
Virginia Tech	84
Louisville	63
Duke	60
NC State	58
Clemson	39
Notre Dame	33
Virginia	31
North Carolina	29
Syracuse	29
Wake Forest	23
Georgia Tech	20
Pitt	12
Boston College	4

2020

Virginia Tech	105.5
Miami	73
Notre Dame	61
Clemson	58
Duke	53.5
Florida State	52
Louisville	50
NC State	44
Georgia Tech	44
Virginia	34
Wake Forest	25
North Carolina	24
Pittsburgh	19
Boston College	13
Syracuse	2

2021

Florida State	95
Miami	85
Virginia	72.5
Virginia Tech	62.5
Clemson	62
Duke	59
Louisville	46
NC State	43
North Carolina	30.5
Notre Dame	28
Georgia Tech	26.5
Wake Forest	22
Pittsburgh	14
Syracuse	10
Boston College	7

2022

Duke	86
Virginia Tech	86
Miami	76
NC State	75
Virginia	67
North Carolina	59.5
Florida State	43
Notre Dame	42.5
Clemson	41.5
Louisville	29
Georgia Tech	23.5
Wake Forest	17
Boston College	7
Syracuse	6
Pittsburgh	4

2023

Virginia Tech	93
Duke	91
Clemson	68
NC State	61
Miami	60
Florida State	53
Notre Dame	53
Louisville	42
Virginia	39.5
North Carolina	32
Pitt	23
Georgia Tech	17
Boston College	11
Syracuse	11
Wake Forest	8.5

2024

Virginia Tech	92
Clemson	80.5
Notre Dame	70
Duke	64
Florida State	61
Miami	52
Virginia	50.5
NC State	41
Louisville	34
Pittsburgh	31
North Carolina	23.5
Georgia Tech	21.5
Boston College	18
Wake Forest	13
Syracuse	10

VIRGINIA

YEAR-BY-YEAR

1987	1st (132)
1988	2nd (69)
1989	3rd (55)
1990	3rd (54)
1991	3rd (74)
1992	3rd (71)
1993	4th (51.5)
1994	2nd (112)
1995	3rd (75)
1996	5th (63)
1997	4th (62)
1998	7th (44)
1999	6th (59)
2000	5th (52)
2001	4th (80)
2002	5th (63)
2003	4th (74.5)
2004	9th (26.5)
2005	11th (11)
2006	9th (39.5)
2007	8th (34)
2008	5th (57)
2009	8th (29)
2010	10th (33)
2011	T-6th (45)
2012	4th (59)
2013	7th (46)
2014	T-10th (32)
2015	9th (35.5)
2016	9th (37)
2017	10th (31)
2018	9th (34.5)
2019	9th (31)
2020	10th (34)
2021	3rd (72.5)
2022	5th (67)
2023	9th (39.5)
2024	7th (50.5)



MEN'S INDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Paul Ereng	800m - 1989 NAAs
Robby Andrews	800m - 2010 NAAs
Henry Wynne	Mile - 2016 NAAs
Jordan Scott	Triple Jump- 2019 NAAs

ALL-AMERICANS

1976	Keith Witherspoon	TJ
1978	Greg Canty	1000y
1979	Greg Canty	1000y
1981	Chuck Brown	DMR
	Vince Draddy	DMR
	Theo Hodge	DMR
	David Revelle	DMR
1982	Ray Brown	800m
1985	John Hinton	1000m
1987	Kris Herdt	3000m
1988	Paul Ereng	800m
1989	Paul Ereng	800m
1991	Ben Kurgat	800m
2007	Brian Lee	DMR
	Kevin McHale	DMR
	Jordan Orr	DMR
	Alex Tatu	DMR
2009	Andrew Jesien	DMR
	Meikle Paschal	DMR
	Lance Roller	DMR
	Sintayehu Taye	DMR
2010	Robby Andrews	800m
	Ryan Collins	3000m
2011	Adams Abdulrazaaq (2nd)	60mH
	Marcus Robinson (2nd)	TJ
2012	Marcus Robinson	TJ
	Nick Vena (2nd)	SP
2013	Brandon Burton (2nd)	DMR
	Taylor Gilland (2nd)	DMR
	Payton Hazzard (2nd)	DMR
	Anthony Kostelac (2nd)	DMR
2015	Jordan Young	WT
	Payton Hazzard	DMR
	Nathan Kiley	DMR
	Mike Marsella	DMR
	Henry Wynne	DMR
	Filip Mihaljevic (2nd)	SP
2016	Filip Mihaljevic	SP
	Henry Wynne	Mile
	Kenneth Hagen (2nd)	DMR
	Robby Keough (2nd)	DMR
	Nathan Kiley (2nd)	DMR
	Matthew Novak (2nd)	DMR
2017	Jordan Young	WT
	Oghenakpobo Efekoro	SP
	Zach Herriott (2nd)	5000m
	Jordan Scott (2nd)	TJ
2018	Jordan Scott (2nd)	TJ
2019	Jordan Scott	TJ
	Brenton Foster (2nd)	HJ
2020	Brenton Foster	HJ
	Owayne Owens	TJ
	Jordan Scott	TJ
2021	Owayne Owens	TJ
2022	Owayne Owens	TJ
2023	Owayne Owens	TJ
	Conor Murphy	Mile
2024	Wes Porter	DMR
	Alex Sherman	DMR
	Alex Leath	DMR
	Yasin Sado	DMR
	Gary Martin	Mile

NCAA CHAMPIONSHIP RESULTS

1984	John Hinton	800m	7th	1:50.72
	Ray Brown	1,000m	4th	2:25.46
	Greg Byers	TJ		49' 10"
	Bruce Randolph	55m		6.44
1985	Jim Hays	5,000m	7th	14:09.56
	John Hinton	1,500m	9th	3:44.23
1988	Paul Ereng	800m		
1989	Paul Ereng	800m	1st	1:47.69
	Ben Kurgat	800m	7th	1:49.83
1990	Herman Moore	HJ		
1991	Ben Kurgat	800m	3rd	1:47.31
1992	Ben Kurgat	800m		
2005	Virginia	DMR	9th	9:42.43
	(Blasingame, Dunbar, Orr, Tatu)			
	Winston Howard	55m4th-pre		6.32
2007	Virginia	DMR	7th	9:40.18
	(Lee, McHale, Orr, Tatu)			
2009	Yemi Ayeni	SP	12th	17.66m
	Virginia	DMR	6th	9:36.89
	(Jesien, Paschal, Roller, Taye)			
2010	Robby Andrews	800m	1st	1:48.39
	Ryan Collins	5000m	11th	14:06.98
2011	Adams Abdulrazaaq	60mH	12th	7.85
	Marcus Robinson	TJ	11th	15.92m
2012	Marcus Robinson	TJ	5th	53'0.75"
	Nick Vena	SP	14th	59'10.5"
2013	Virginia	DMR	10th	9:43.70
	(Kostelac, Hazzard, Burton, Gilland)			
2015	Jordan Young	WT	4th	22.87m
	Virginia	DMR	6th	9:33.24
	(Wynne, Hazzard, Kiley, Marsella)			
	Filip Mihaljevic	SP	14th	18.40m
2016	Henry Wynne	Mile	1st	4:06.63
	Filip Mihaljevic	SP	2nd	67' 2"
	Virginia	DMR	10th	9:53.16
	(Keough, Kiley, Hagen, Novak)			

2017	Jordan Young	WT	3rd	22.41m
	Oghenakpobo Efekoro	SP	3rd	19.84m
	Zach Herriott	5000m	12th	13:59.99
	Jordan Scott	TJ	10th	15.69m

2018	Jordan Scott	TJ	12th	15.84m
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2019	Jordan Scott	TJ	1st	16.89m
	Brenton Foster	HJ	11th	2.20m

2020
NCAA Championships cancelled due to pandemic

2021	Owayne Owens	TJ	6th	16.53m
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2022	Owayne Owens	TJ	8th	16.13m
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2023	Owayne Owens	TJ	3rd	16.69m
	Conor Murphy	Mile	6th	4:04.22

2024	Virginia	DMR	3rd	9:27.18
	(Porter, Sherman, Leath,Sado)			
	Gary Martin	Mile	10th	4:12.44

NCAA CHAMPIONSHIP TEAM FINISHES

1984	T-39th (4)
1985	T-27th (6)
1988	T-51st (1)
1989	T-16th (10)
2007	T-57th (2)
2009	T-47th (3)
2010	T-20th (10)
2012	T-45th (4)
2015	T-23rd (8)
2016	T-8 (18)
2017	T-16 (12)
2019	T-20 (10)
2020	Cancelled
2021	T-46th (3)
2022	60th (1)
2023	28th (9)
2024	T-36 (6)

USTFCCCA Regional Athletes of the Year

2020	Jordan Scott
2019	Jordan Scott
2012	Marcus Robinson

USTFCCCA Regional Asst. Coach of the Year

2020	Mario Wilson
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MEN'S INDOOR ACC HISTORY

ACC CHAMPIONS

1954	Ray Quillen	HJ
1957	Henry Davenport	PV
1958	Henry Davenport	PV
	Clarence Roberts	PV
1968	Mike Harvey	LJ
1970	Jim Shannon	LJ
1972	Kent Merritt	60y
	Virginia	Mile Relay
1973	Kent Merritt	60y
1975	Keith Witherspoon	TJ
1976	Keith Witherspoon	TJ
1977	Greg Canty	1000y
1978	Greg Canty	1000y
	Virginia	2-Mile Relay
1979	Greg Canty	1000y
	Virginia	2-Mile Relay
1980	Greg Canty	1000y
1988	Herman Moore	HJ
1989	Paul Ereng	800m
	Ben Kurgat	400m
1990	Herman Moore	HJ
1991	Cornell Grayson	TJ
	Ben Kurgat	800m
	Thom McKinney	SP
1992	Ben Kurgat	800m
1993	Michael Murphy	WT
1994	Rob Cook	3000m
2005	McGavock Dunbar	800m
2008	Virginia	DMR
2009	Ryan Collins	5000m
2010	Robby Andrews	800m
	Ryan Collins	5000m
	Virginia	DMR
2011	Ryan Collins	5000m
	Anthony Kostelac	800m
	Marcus Robinson	TJ
2012	Mark Amirault	5000m
	Marcus Robinson	TJ
2015	Payton Hazzard	400m
	Filip Mihaljevic	SP
	Jordan Young	WT
	Virginia	DMR
2016	Filip Mihaljevic	SP
	Henry Wynne	Mile
	Virginia	DMR
2017	Filip Mihaljevic	SP
	Jack Lint	Hept
	Jordan Scott	TJ
	Jordan Young	WT
2019	Jordan Scott	TJ
2020	Brenton Foster	HJ
	Sam Young	PV
	Jordan Scott	TJ
	Derek Pekar	Hept
2021	Owayne Owens	TJ
2022	Owayne Owens	TJ
2024	Virginia	DMR

ALL-ACC

1987	David Hood	
	Kris Herdt	
1988	Herman Moore	

1989	Ben Kurgat	
	Paul Ereng	
1990	Thom McKinney	
	Brian Shafer	
	Herman Moore	
1991	Thom McKinney	
	Ben Kurgat	
1992	Ben Kurgat	
1993	Mike Murphy	
1994	Rob Cook	
	Mark Hammons	
2001	Shay Clark	
	Stephen Gross	
	Bob Thiele	
2002	Jarrett Hagwood	
2003	David Sullivan	
2004	McGavock Dunbar	
2005	McGavock Dunbar	
	David Sullivan	
2006	Kellen Blassingame	
	Alex Tatu	
	Kevin McHale	
2007	Alex Tatu	
	Jordan Orr	
	Jan Foerster	
2008	Yemi Ayeni	
	Andy Biladeau	
	Ryan Foster	
	Andrew Jesien	
	Brian Lee	
	Jordan Orr	
	Alex Tatu	
2009	Adams Abdulrazaaq	
	Yemi Ayeni	
	Kevin Anding	
	Alex Bowman	
	Ryan Collins	
	Emil Heineking	
	Brian Lee	
	Andrew Lobb	
	Greg Nelson	
	Meikle Paschal	
	Lance Roller	
	Sintayehu Taye	
	Kevin Tschirhart	
2010	Adams Abdulrazaaq - 60H	
	Kevin Anding - DMR	
	Robby Andrews - 800m, DMR	
	Alex Bowman - DMR	
	Ryan Collins - 5000m	
	Marcus Robinson - TJ	
	Lance Roller - 800m	
	Sintayehu Taye - DMR	
2011	Adams Abdulrazaaq - 60	
	Kevin Anding - 400m	
	Ryan Collins - 5000m	
	Brett Johnson - Mile	
	Anthony Kostelac - 800	
	Marcus Robinson - TJ	
2012	Mark Amirault	
	Kevin Anding	
	Chris Foley	
	Thomas Porter	
	Marcus Robinson	

	Nick Vena	
2013	Ryan Satchell - TJ	
2014	Drequan Hoskey - 60H	
	Mike Marsella - 800m	
	Thomas Porter - 3000m	
	Ryan Satchell - TJ	
	Aaron Worrell - TJ	
2015	Payton Hazzard - 400m, DMR,	
	4x400m (2nd)	
	Kyle King - DMR, 3000m	
	Mike Marsella - DMR, Mile (2nd)	
	Filip Mihaljevic - SP	
	Henry Wynne - DMR, Mile (2nd)	
	Jordan Young - SP, WT	
2016	Oghenakpobo Efekoro - SP	
	Kenneth Hagen - DMR	
	Nathan Kiley - DMR	
	Filip Mihaljevic - SP	
	Matthew Novak - DMR	
	Adam Visokay - 3000	
	Henry Wynne - Mile, 3000m	
	Hilmar Jonsson - WT (2nd)	
	Aaron Worrell - TJ (2nd)	
2017	Zach Herriott - 5000m	
	Filip Mihaljevic - SP	
	Oghenakpobo Efekoro - SP	
	Jack Lint - Hep	
	Jordan Scott - TJ	
	Henry Wynne - Mile, 3000m	
	Jordan Young - WT	
	Brent Demarest - 5000m (2nd)	
	Hilmar Jonsson - WT (2nd)	
	Nace Plesko - SP (2nd)	
	Chase Weaverling - 5000m (2nd)	
	Aaron Worrell - TJ (2nd)	
	Sam Young - PV (2nd)	
2018	Jordan Scott - TJ	
	Oghenakpobo Efekoro - SP, WT (2nd)	
	Hilmar Jonsson - WT	
	Mike Marsella - Mile (2nd), DMR (2nd)	
	Nace Plesko - SP (2nd)	
2019	Brenton Foster - HJ	
	Jordan Scott - TJ, LJ	
	Trey Causey - HJ (2nd)	
	Ari Klau - 3000m (2nd)	
	Emmanuel Jackson - 60m (2nd)	
	Hilmar Jonsson - WT	
2020	Brenton Foster - HJ	
	Sam Young - PV	
	Jordan Scott - TJ, LJ (2nd)	
	Derek Pekar - Hep	
	Owayne Owens - TJ	
	AJ Ernst - Mile	
	Brandon Outlaw - 400m (2nd), DMR (2nd)	
	Jordan Willis - 400m (2nd)	
	Rohann Asfaw - 3000m (2nd)	
2021	Kane Aldrich - PV (2nd)	
	Jacob Lemmon - WT (2nd)	
	Elby Omohundro - Hept (2nd)	
	Brandon Outlaw - 400m (2nd)	
	Owayne Owens - TJ (1st)	
	Claudio Romero - SP (2nd)	
	Jordan Willis - 400m (1st)	



MEN'S INDOOR ACC HISTORY

2022 Jordan Willis - 400m (1st)
Owayne Owens - TJ (1st)
Nathan Mountain - Mile (2nd)

2023 Jacob Lemmon - WT (1st)
Wes Porter - Mile (1st)
Conor Murphy - 800 (1st)
Justin Rogers - PV (1st)
Owayne Owens - TJ (1st)
James Donahue - Mile (2nd)
Ethan Robinosn - Hep (2nd)

2024 Shane Cohen - DMR (1st)
Jacob Lemmon - WT (1st)
Jayden Lyons - DMR (1st)
Gary Martin - 3000m (1st),
Mile (1st)
Conor Murphy - DMR (1st)
Wes Porter - DMR (1st)
Will Anthony - 5000m (2nd)
Peter Djan - 60m Hurdles (2nd)
John Fay - WT (2nd)
Nate Mountain - Mile (2nd)
Justin Rogers - PV (2nd)
Alex Sherman - 400m (2nd)

ACC PERFORMER OF THE YEAR

1991 Ben Kurgat
2016 Henry Wynne (track)
2017 Jordan Young (field)
2019 Jordan Scott (field)
2020 Jordan Scott (field)

ACC MEET FIELD MVP

2015 Jordan Young
2020 Jordan Scott

ACC FRESHMAN OF THE YEAR

2010 Robby Andrews

ALL-ACC ACADEMIC

2009 Kevin Anding
2010 Kevin Anding
2011 Kevin Anding
2012 Mark Amirault
Kevin Anding
Christopher Foley
Taylor Gilland
Christian Lavorgna
Thomas Porter
2013 Mark Amirault
Matthew Armentrout
Taylor Gilland
Christian Lavorgna
Bryan Lewis
Thomas Porter
Ryan Satchell
2014 Thomas Porter
Aaron Worell
2015 Thomas Madden
Filip Mihaljevic
Ryan Satchell
2016 Robby Keough
Christian Lavorgna
Jack Lint
Filip Mihaljevic
Adam Visokay
Chase Weaverling
2017 Zach Herriott
Jeff Jernigan
Jack Lint
Filip Mihaljevic
Chase Weaverling
Aaron Worrell
Henry Wynne
2018 Mike Marsella
Hilmar Jonsson
Nace Plesko
2019 Hilmar Jonsson
2020 AJ Ernst
Elby Omohundro
Owayne Owens
Derek Pekar
Jordan Willis
Sam Young
2021 Kane Aldrich
Jacob Lemmon
Elby Omohundro
Owayne Owens
Claudio Romero
Jordan Willis
2022 Owayne Owens
Jordan Willis
Nathan Mountain
2023 Will Anthony
Liam Bellamy
Tom Corel
Nigal Davis
Peter Djan
James Donahue
Jack Eliason
John Fay
Jacob Hunter
Derek Johnson

Andrew Jones
Jacob Lemmon
Jaden Lyons
Gary Martin
Kyle Mosteller
Nate Mountain
Conor Murphy
Owayne Owens
Wes Porter
Justin Rogers
Alex Sherman
Heldi Valikaj
Evans White IV
Ethan Zeh



MEN'S INDOOR ACC HISTORY

1954

Maryland	53.75
UNC	33.75
Duke	32
Virginia	5
South Carolina	4.75
Clemson	.75

1955

North Carolina	36
Maryland	35.50
Duke	24
South Carolina	14
NC State	9
Virginia	7.50
Clemson	6

1956

Maryland	52.50
Duke	28
North Carolina	26
NC State	15
Clemson	11
Virginia	8
South Carolina	2.5
Wake Forest	0

1957

Maryland	61.50
North Carolina	32
Duke	20.50
Virginia	13
Clemson	7.50
NC State	6.50
South Carolina	2
Wake Forest	0

1958

Maryland	52.40
North Carolina	29.5
Duke	18.50
South Carolina	18.5
Clemson	9
Virginia	7.80
NC State	5.40
Wake Forest	1.50

1959

Maryland	72.50
North Carolina	23.5
Duke	21
South Carolina	10
Clemson	9
NC State	3
Virginia	2
Wake Forest	2

1960

Maryland	82
North Carolina	30
Duke	28.70
South Carolina	25.9
Clemson	10
Virginia	8.20
NC State	8.20
Wake Forest	0

1961

Maryland	81.50
North Carolina	48.5
Duke	20.33
Clemson	19
Virginia	13.33
South Carolina	9
NC State	3
Wake Forest	0.33

1962

Maryland	61
UNC	44.4
Clemson	28.50
Duke	22.50
South Carolina	17.5
Virginia	13.50
NC State	4
Wake Forest	3.50

1963

Maryland	81.50
North Carolina	56
Duke	25.50
Clemson	22
South Carolina	4
Wake Forest	4
NC State	2
Virginia	0

1964

Maryland	82
North Carolina	37
South Carolina	22
Duke	17
Clemson	16
Wake Forest	10
NC State	6
Virginia	5

1965

Maryland	91
North Carolina	18
Duke	15
South Carolina	14
NC State	12
Clemson	11
Wake Forest	10
Virginia	9

1966

Maryland	85
North Carolina	32.5
NC State	16
Duke	15
South Carolina	13
Clemson	8
Wake Forest	5.50
Virginia	4

1967

Maryland	79
North Carolina	34
Clemson	18
Duke	17.50
South Carolina	14.5
NC State	13
Wake Forest	3
Virginia	1

1968

Maryland	106
North Carolina	32
Duke	20
South Carolina	12
NC State	10
Virginia	8
Clemson	4
Wake Forest	0

1969

Maryland	103.50
North Carolina	27.5
Duke	19
South Carolina	16
Clemson	13
Virginia	11
NC State	2
Wake Forest	0

1970

Maryland	76.50
North Carolina	34.5
South Carolina	24
Duke	21
Clemson	18
Virginia	11
NC State	6
Wake Forest	1

1971

Maryland	49.50
Duke	34
North Carolina	32
South Carolina	30
Clemson	17.50
NC State	12
Virginia	12
Wake Forest	5

1972

Maryland	66.50
North Carolina	51.5
Clemson	23
NC State	20
Virginia	18
Duke	8
Wake Forest	5

1973

Maryland	81
North Carolina	36
Duke	31
Clemson	23
NC State	16
Virginia	14
Wake Forest	7

1974

Maryland	88.50
North Carolina	45.5
NC State	29
Duke	21
Virginia	10
Clemson	7
Wake Forest	7

1975

Maryland	104.33
North Carolina	27
NC State	25.33
Virginia	20
Duke	16
Clemson	13.33
Wake Forest	2

1976

Maryland	86.50
North Carolina	42
NC State	40.50
Clemson	17.50
Virginia	17
Duke	16.50
Wake Forest	3

1977

Maryland	77.50
North Carolina	43.4
NC State	38
Clemson	21
Duke	19.50
Virginia	17.50
Wake Forest	7

1978

Maryland	69
NC State	44
North Carolina	38
Clemson	26
Virginia	26
Duke	20
Wake Forest	4

1979

Maryland	77
North Carolina	50
NC State	29.50
Clemson	27
Virginia	25.50
Duke	10
Wake Forest	3

1980

Maryland	134
Clemson	108
North Carolina	62.5
NC State	60.50
Georgia Tech	42.50
Virginia	32
Duke	16.50
Wake Forest	7

No indoor meet held between 1981-1986

1987

Clemson	103
NC State	97
Georgia Tech	84
North Carolina	57
Maryland	51
Virginia	31
Duke	9
Wake Forest	2

1988

NC State	128
Georgia Tech	107
Clemson	77
North Carolina	63
Maryland	44
Virginia	38
Wake Forest	2
Duke	1

1989

Clemson	155
NC State	113
North Carolina	60
Georgia Tech	60
Virginia	50
Maryland	30
Wake Forest	20
Duke	7

1990

Clemson	150
North Carolina	96
NC State	77
Virginia	60
Georgia Tech	58
Wake Forest	30
Duke	14
Maryland	11

1991

Clemson	111
NC State	107.2
North Carolina	89.6
Virginia	70.2
Georgia Tech	68
Wake Forest	43
Maryland	7
Duke	0

1992

Clemson	136
North Carolina	112
NC State	68
Florida State	61
Wake Forest	42
Georgia Tech	35
Virginia	33
Maryland	9
Duke	0

1993

Clemson	156
North Carolina	132
Florida State	83
Georgia Tech	82
NC State	78
Wake Forest	45
Virginia	36
Maryland	6
Duke	5

1994

Florida State	133
Clemson	106
Georgia Tech	94
North Carolina	92
NC State	66
Wake Forest	60
Virginia	44
Maryland	20
Duke	8

1995

North Carolina	192
Clemson	89.5
Wake Forest	85
NC State	76
Georgia Tech	59
Florida State	55.5
Virginia	32
Duke	20
Maryland	13

1996

UNC	148.5
NC State	147.5
Clemson	117.0
Florida State	53.5
Wake Forest	49.0
Georgia Tech	41.5
Maryland	30.0
Virginia	20.0
Duke	16.0

1997

Clemson	155.5
North Carolina	141
Georgia Tech	75
NC State	69
Wake Forest	51
Florida State	48.5
Duke	30
Virginia	29
Maryland	24

1998

Clemson	144.0
UNC	134.5
NC State	130.0
Florida State	73.0
Georgia Tech	64.0
Virginia	31.0
Maryland	20.5
Duke	19.0
Wake Forest	7.0

1999

Clemson	162.0
North Carolina	112.5
NC State	108.0
Florida State	80.0
Wake Forest	44.5
Virginia	37.0
Georgia Tech	30.0
Duke	30.0
Maryland	20.0

2000

Clemson	168.0
North Carolina	89.0
NC State	86.0
Florida State	75.0
Georgia Tech	65.0
Wake Forest	58.0
Duke	40.0
Virginia	31.0
Maryland	11.0



2001	
Clemson	181
North Carolina	93
Florida State	86
Wake Forest	77
NC State	69
Virginia	68
Duke	22
Georgia Tech	21
Maryland	7
2002	
Clemson	132
Florida State	95
Georgia Tech	94
NC State	82
North Carolina	77
Wake Forest	60
Duke	32
Virginia	32
Maryland	14
2003	
Florida State	135.5
Clemson	111.5
Georgia Tech	105.5
North Carolina	99
NC State	84.5
Duke	36
Virginia	28
Wake Forest	19
Maryland	5
2004	
Florida State	164
Clemson	142
NC State	88
North Carolina	83
Georgia Tech	72
Virginia	35
Duke	27
Maryland	25
Wake Forest	23
2005	
Florida State	162.5
Clemson	160
North Carolina	65
Virginia	54
Georgia Tech	50
Virginia Tech	43.5
Wake Forest	38
NC State	37
Maryland	27
Duke	16
Miami	10
2006	
Florida State	160.5
Clemson	95
North Carolina	64
Virginia Tech	60
Wake Forest	56
Virginia	55
NC State	52
Georgia Tech	39
Miami	36
Maryland	29
Duke	8.5
Boston College	7

2007	
Florida State	128
Clemson	106.5
NC State	70
Georgia Tech	63
North Carolina	56
Virginia Tech	50.5
Virginia	49
Wake Forest	47
Maryland	37
Miami	29
Duke	19
Boston College	8
2008	
Florida State	135.5
Georgia Tech	85
Clemson	83
North Carolina	78
Virginia	76.5
NC State	67
Maryland	41
Miami	34
Virginia Tech	30
Wake Forest	24
Duke	7
Boston College	1
2009	
Florida State	125
Virginia Tech	98.5
Virginia	94
North Carolina	61.5
Clemson	57
NC State	49
Wake Forest	46
Georgia Tech	43
Miami	31
Duke	28
Maryland	23
Boston College	3
2010	
Florida State	107
UNC	103.5
Virginia Tech	97
Virginia	77
NC State	63
Clemson	61
Georgia Tech	44
Duke	38.5
Miami	29
Wake Forest	21
Maryland	11
Boston College	10
2011	
Virginia Tech	140
Florida State	98
NC State	83.5
Virginia	77
Clemson	73
North Carolina	67.5
Duke	47
Maryland	22
Wake Forest	20
Miami	17
Georgia Tech	12
Boston College	2

2012	
Florida State	123
Virginia Tech	95.5
North Carolina	84.5
Virginia	80
Clemson	78
NC State	61
Duke	47
Georgia Tech	33.5
Maryland	28
Miami	19
Wake Forest	10
Boston College	2.5
2013	
Virginia Tech	153
Florida State	136
Clemson	91
North Carolina	75
Duke	52
Georgia Tech	39
Virginia	38
NC State	35
Miami	31
Wake Forest	9
Boston College	4
2014	
Florida State	97
North Carolina	89
Notre Dame	84
Duke	67
Virginia Tech	65
Virginia	54
Pittsburgh	44
Georgia Tech	44
Miami	39
NC State	31
Clemson	23
Syracuse	17
Wake Forest	9
2015	
Virginia Tech	101
Florida State	86.5
Virginia	71
North Carolina	67
Clemson	63
Syracuse	41
Duke	39
Miami	37.5
Louisville	29
Pittsburgh	29
NC State	29
Notre Dame	26
Wake Forest	24
Georgia Tech	20
2016	
Syracuse	88.0
Clemson	76.50
Virginia	64.0
NC State	62.0
Virginia Tech	58.0
Florida State	55.0
Notre Dame	45.0
Miami	44.0
Louisville	38.50
Pittsburgh	28.0
Wake Forest	27.0
Duke	26.0
Georgia Tech	25.0

North Carolina	23.0
2017	
Virginia Tech	109
Virginia	98
Florida State	86
Clemson	76
Syracuse	47
Louisville	47
NC State	39
Notre Dame	33
North Carolina	29
Georgia Tech	28
Miami	24
Pittsburgh	21
Duke	14
Wake Forest	11
2018	
Florida State	111
Virginia Tech	107
Clemson	76
Syracuse	62
NC State	52
Virginia	49
Louisville	44
Georgia Tech	37
Notre Dame	35
Duke	25
North Carolina	23
Miami	21
Wake Forest	11
Pittsburg	9
2019	
Virginia Tech	117
Florida State	117
NC State	61
Clemson	51
Virginia	49
Notre Dame	41
Syracuse	33
Georgia Tech	32
Duke	30.5
Louisville	29
Miami	28
North Carolina	23
Pitt	22
Wake Forest	20.5
Boston College	6
2020	
Florida State	140
Virginia Tech	109
Virginia	87
Notre Dame	70
North Carolina	47
Clemson	36
NC State	34
Wake Forest	30
Duke	25
Louisville	24
Pittsburgh	22
Miami	16
Georgia Tech	11
Syracuse	9
Boston College	3
2021	
Virginia Tech	136
North Carolina	81
Florida State	76

Clemson	48
Pittsburgh	48
Notre Dame	44
Virginia	40
Louisville	38.5
Duke	32
Miami	27.5
Georgia Tech	25
NC State	25
Wake Forest	23
Syracuse	13
Boston College	4
2022	
Virginia Tech	105
Florida State	72
Clemson	70
North Carolina	66
Notre Dame	61
Miami	60
Duke	45
Louisville	35
Wake Forest	34
Virginia	32
Pittsburgh	27
NC State	24
Syracuse	12
Georgia Tech	10
Boston College	9
2023	
Virginia Tech	110.5
Florida State	76
Clemson	74.5
Louisville	68.5
North Carolina	63
Virginia	49.5
Miami	39
Wake Forest	35
Syracuse	30
NC State	27
Notre Dame	24
Duke	18
Georgia Tech	14
Boston College	2
2024	
North Carolina	93
Florida State	84
Virginia Tech	82
Clemson	81
Virginia	64
Miami	53
Louisville	48
Notre Dame	41
Duke	27
Syracuse	26
Wake Forest	18
Pittsburgh	17
Georgia Tech	9
NC State	8
Boston College	6
VIRGINIA YEAR-BY-YEAR	
1954	4th (5)
1955	6th (7.5)
1956	6th (8)
1957	4th (13)
1958	6th (7.8)
1959	T-7th (2)
1960	T-6th (8.2)

1961	5th (13.33)
1962	6th (13.5)
1963	8th (0)
1964	8th (5)
1965	8th (9)
1966	8th (4)
1967	8th (1)
1968	6th (8)
1969	6th (11)
1970	6th (11)
1971	7th (12)
1972	5th (18)
1973	6th (14)
1974	5th (10)
1975	4th (20)
1976	5th (17)
1977	6th (17.5)
1978	5th (26)
1979	5th (25.5)
1980	6th (32)
1987	6th (31)
1988	6th (38)
1989	5th (50)
1990	4th (60)
1991	4th (70.2)
1992	7th (33)
1993	7th (36)
1994	7th (44)
1995	7th (32)
1996	8th (20)
1997	7th (29)
1998	6th (31)
1999	6th (37)
2000	8th (31)
2001	6th (68)
2002	8th (32)
2003	7th (28)
2004	6th (35)
2005	4th (54)
2006	6th (55)
2007	7th (49)
2008	5th (76.5)
2009	3rd (94)
2010	4th (77)
2011	4th (77)
2012	4th (80)
2013	7th (38)
2014	6th (54)
2015	3rd (71)
2016	3rd (64)
2017	2nd (98)
2018	6th (49)
2019	5th (49)
2020	3rd (87)
2021	7th (40)
2022	10th (32)
2023	6th (49.5)
2024	5th (64)



WOMEN'S OUTDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Aileen O'Conner	10000m	1981	AIAW
Kiamesha Otey	LJ	2003	USATF
Stephanie Garcia	Steeple	2007	USATF Juniors
Michaela Meyer	800m	2021	NCAA Outdoor

ALL-AMERICANS

1979	Margaret Groos	4+m
1981	Susan Brownell	Hept
	Aileen O'Conner	10000m
1982	Susan Brownell	Hept
	Aileen O'Conner	10000m
1983	Lisa Garrett	400m
	Kim Kelly	1500m
	Martha White	5000m
	Martha White	10000m
1984	Gail Bryant	800m
1985	Gail Bryant	800m
1986	Michelle Rowen	1500m
	Beth Sheehan	Hept
1987	Sonya Fridy	200m
	Sonya Fridy	400m
	Sonya Fridy	LJ
	Michelle Rowen	1500m
	Julia Solo	Javelin
1988	Patti Matava	5000m
	Julia Solo	Javelin
1989	Dana Boone	TJ
	Julia Solo	Javelin
1990	Dana Boone	LJ
1991	Dana Boone	LJ
	Dana Boone	TJ
1992	Claire Forbes	3000m
1993	Kelly Bodiford	Dis
	Sherry Gould	HJ
1994	Lara Drauglis	1500m
	Rebecca Grube	Hept
1995	Ann Crouse	Javelin
1997	Angela Lee	400mH
1997	Kelly Miller	LJ
1998	Angela Lee	400mH
1999	Ann Crouse	Javelin
2001	Inge Jorgensen	Javelin
2003	Dawn Cleary	3000mSC
	Kiamesha Otey	LJ
2004	Inge Jorgensen	Javelin
2005	Billie-Jo Grant	Dis
	Inge Jorgensen	Javelin
2006	Erin Crawford	400mH
	Billie-Jo Grant	Dis
2007	Katie Read	10000m
2008	Billie-Jo Grant	Dis
2009	Meghan Briggs	Javelin
	Stephanie Garcia	3000mSC
	Morgane Gay	1500m
	Billie-Jo Grant	Dis
	Caitlin Kelly	2009
2011	Stephanie Garcia	3000mSC
	Morgane Gay	1500m
	Lyndsay Harper (2nd)	800m
	Ayla Smith (2nd)	400mH
	Erin Wykoff (2nd)	Dis
2012	Morgane Gay (2nd)	1500m
	Maureen Laffan (2nd)	Ham
	Catherine White (2nd)	10000m
	Chelsea Ley (HM)	5000m
	Kathleen Stevens (HM)	5000m
2013	Abbey Karin (HM)	Javelin
	Barbara Strehler (HM)	5000m
2014	Dallas Rose	TJ

	Jen Flack (HM)	10000m
2015	Christine Bohan (HM)	SP
	Jordan Lavender (HM)	400m
2016	Cleo Boyd (HM)	10000m
2017	Christine Bohan (2nd)	SP
2018	Bridget Guy	PV
	Andrenette Knight (2nd)	400mH
	Kelly McKee (2nd)	TJ
2019	Bridget Guy	PV
	Andrenette Knight (2nd)	400mH
	Kelly McKee	TJ
2021	Michaela Meyer	800m
	Michaela Meyer (HM)	4x400
	Andrenette Knight	400mH
	Andrenette Knight (HM)	4x400
	Jada Seaman (2nd)	LJ, 4x100
	Jada Seaman (HM)	4x400
	Anna Jefferson (2nd)	4x100
	Anna Jefferson (HM)	4x400
	Kayla Bonnick (2nd)	4x100
	Halle Hazzard (2nd)	4x100
	Maria Deaviz (HM)	SP
	Khyasia Caldwell (HM)	LJ
2022	Maria Deaviz	SP
	Ashley Anumba (2nd)	DT
2023	Margot Appleton	1500
	Ashley Anumba	DT

(prior to 1982 were AIAW honors)

NCAA CHAMPIONSHIP RESULTS

1983	Virginia	4x400m	9th	3:39.17
	(Bryant, Hatchett, Hatchett, Garrett)			
	Lisa Garrett	400m	17th	53.85
	Jeanette Kelly	800m	8th	2:07.56
	Jill Haworth	1500m	4th	4:16.89
	Martha White	5000m	7th	16:21.62
	Mary Jean Wright	5000m	25th	17:00.85
	Martha White	10000m	8th	34:02.15
	Mary Jean Wright	10000m	22nd	35:31.1
	Ann Bair	HJ	5th	1.81m
1984	Jeanette Kelly	800m	15th	2:08.09
	Virginia	Mile Relay	DQ	DQ
1985	Gail Bryant	800m	8th	2:05.64
	Kim Kelly	800m	19th	2:08.19
	Beth Sheehan	Hep	11th	5254
	Virginia	4x400m	17th	3:40.18
	(Fridy, Crockett, Hatchett, Bryant)			
1986	Virginia	4x400m	DNF	DNF
	(Buber, Crockett, Fitzpatrick, Fridy)			
	Sonja Fridy	LJ	15th	6.06
	Elizabeth Sheehan	Hep	11th	5407
	Julia Solo	Jav	14th	47.76m
	Patricia Matara	10000m	11th	33:32.44
1987	Sonja Fridy	200m	10th	23.39
	Sonja Fridy	400m	4th	52.27
	Sonja Fridy	LJ	3rd	6.38m
	Michelle Rowan	1500m	9th	4:17.13

Julia Solo	Jav	7th	51.10m
Kris Herdt	5000m	10th	15:00.3

1988	Kris Herdt	5000m	13th	14:41.9
	Patricia Matara	5000m	7th	16:09.02
	Julia Solo	Jav	8th	166' 4"

1989	Dana Boone	LJ	16th	6.11m
	Dana Boone	TJ	9th	12.50m
	Julia Solo	Jav	2nd	55.56m

1990	Claire Forbes	1500m	9th	4:18.52
	Dana Boone	LJ	2nd	6.29m
	Dana Boone	TJ	23rd	12.08m

1991	Claire Forbes	1500m	15th	4:28.15
	Dana Boone	LJ	5th	6.29m
	Dana Boone	TJ	8th	12.67m
	Kelly Bodiford	SP	14th	13.79m
	Karen DiDonato	HJ	20th	1.80m

1992	Claire Forbes	3000m	4th	9:29.73
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1993	Sherry Gauld	HJ	5th	1.86m
	Kelly Bodiford	Discus	9th	50.00m

1994	Lara Drauglis	1500m	8th	4:23.84
	Sharon Servidio	10000m	13th	35:37.54
	Rebecca Grube	Hep	8th	5333

1995	Nicole Kimbrough	LJ	19th	5.84m
	Ann Crouse	Jav	10th	48.54m

1996	Sharon Servidio	10000m	16th	35:18.92
	Angela Lee	400mH	16th	59.37
	Kelly Miller	LJ	19th	5.80m
	Ann Crouse	Jav	13th	45.72m

1997	Angela Lee	400mH	6th	57.8
	Kelly Miller	LJ	9th	6.11m
	Ann Crouse	Jav	13th	48.56m

1998	Nicole Kimbrough	LJ	13th	6.02m
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1999	Angela Lee	400mH	17th	1:00.37
	Arin Crouse	Jav	10th	49.47m

2000	Inge Jorgensen	Jav	19th	42.58m
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2001	Inge Jorgensen	Jav	4th	51.21m
	Kiamesha Otey	100m	20th	11.87
	Dana Koons	10000m	16th	36:30.67

2002	Kiamesha Otey	LJ	20th	5.93m
	Melanie Matthews	Steeple	16th	10:32.18
	Dawn Cleary	Steeple	13th	10:22.70



WOMEN'S OUTDOOR NCAA HISTORY

2003			
Dawn Cleary	Steeple	6th	10:00.09
Kiamesha Otey	LJ	11th	6.14m
Eliese Mitchell	SP	16th	15.50m
Kiamesha Otey	200m	23rd	24.36
Jane Maxwell	10000m	11th	33:55.98
Sarah Folse	10000m	DNF	DNF

2004			
Inge Jorgensen	Jav	8th	49.23m

2005			
Anne Bobiak	Jav	22nd	44.00m
Inge Jorgensen	Jav	3rd	165' 2"
Billie-Jo Grant	Discus	9th	51.41m
Tomika Ferguson	TJ	28th	12.16m
Erin Crawford	400mH	16th	59.20

2006			
Erin Crawford	400mH	6th	56.87
Billie-Jo Grant	Discus	6th	52.28m
Billie-Jo Grant	SP	20th	49' 11"

2007			
Katie Read	10000m	10th	33:54.92
Emily Harrison	10000m	13th	34:05.24
Kara Scanlin	10000m	20th	35:01.62
Erin Crawford	400mH	16th	59.50
Stephanie Garcia	Steeple	24th	10:22.16
Tomika Ferguson	TJ	14th	13.04m

2008			
Stephanie Garcia	Steeple	16th	10:27.14
Emily Harrison	10000m	14th	35:15.47
Kara Scanlin	10000m	DNF	DNF
Billie-Jo Grant	Discus	8th	50.26m
Meghan Briggs	Jav	25th	44.64

2009			
Billie-Jo Frant	Discus	6th	50.48m
Caitlin Kelly	Discus	4th	51.47m
Morgane Gay	1500m	10th	4:19.59
Stephanie Garcia	Steeple	9th	10:14.35
Meghan Briggs	Jav	9th	50.05m

2010			
Meghan Briggs	Jav	14th	47.42m
Tara Karin	Jav	18th	46.09m

2011			
Stephanie Garcia	Steeple	2nd	9:47.29
Morgane Gay	1500m	7th	4:17.40
Lyndsay Harper	800m	13th	2:05.91
Ayla Smith	400mH	10th	56.54
Erin Wykoff	Disc	12th	51.09m

2012			
Morgane Gay	1500m	11th	4:19.44
Maureen Laffan	Hammer	14th	196' 6"
Chelsea Ley	5000m	DNF	DNF
Kathleen Stevens	5000m	21st	17:24.29
Catherine White	10000m	10th	33:21.55

2013			
Abbey Karin	Javelin	19th	44.14m
Barbara Strehler	5000m	22nd	16:39.68

2014			
Dallas Rose	TJ	7th	43' 3"
Jen Flack	10000m	23rd	35:22.42

2015

Christine Bohan	SP	23rd	14.23m
Jordan Lavender	400m	23rd	54.35

2016			
Cleo Boyd	10000m	9th	33:11.22

2017			
Christine Bohan	SP	11th	16.59m

2018			
Bridget Guy	PV	T-4th	4.30m
Kelly McKee	TJ	9th	13.23m
Andrenette Knight	400mH	10th	57.89

2019			
Bridget Guy	PV	5th	4.45m
Andrenette Knight	400mH	12th	57.66
Kelly McKee	TJ	5th	13.51m

2021			
Michaela Meyer	800m	1st	2:00.28
Andrenette Knight	400mH	3rd	55:81
Jada Seaman	LJ	9th	6.36m
Khyasia Caldwell	LJ	23rd	5.88m
Maria Deaviz	SP	19th	16.36m
Virginia	4x100m	16th	44.21
(Jefferson, Seaman, Bonnick, Hazzard)			
Virginia	4x400m	17th	3:37.153
(Jefferson, Seaman, Meyer, Knight)			

2022			
Maria Deaviz	SP	4th	17.97m
Ashley Anumba	DT	15th	52.24m
Helena Lindsay	3000 SC	19th	10:14.78
Jada Seaman	200m	23rd	23.94

2023			
Ashley Anumba	DT	2nd	61.13m
Margot Appleton	1500m	3rd	4:09.30

NCAA CHAMPIONSHIP FINISHES

1982	T-11th (40)
1983	T-10th (37)
1985	T-49th (1)
1986	T-55th (1)
1987	T-30th (7)
1988	T-42nd (3)
1989	T-29th (8)
1990	T-25th (8)
1991	T-39th (5)
1992	T-34th (5)
1993	T-36th (4)
1994	T-55th (2)
1997	T-52nd (3)
2001	T-40th (5)
2003	T-55th (3)
2004	T-76th (1)
2005	T-44th (6)
2006	T-34th (7)
2008	T-62nd (1)
2009	T-36th (8)
2011	T-29th (10)
2014	T-54th (2)

2018	T-43rd (4.5)
2019	T-30th (9)
2020	– Season cancelled due to pandemic
2021	T-16th (16)
2022	41st (5)

USTFCCCA ALL-ACADEMIC

2012	Anna Corrigan Abbey Karin Kathleen Stevens Catherine White
2013	Anna Finger Vicky Fouhy Jordan Lavender Abbey Karin Kathleen Stevens Barbara Strehler Catherine White
2014	Cleo Boyd Sarah Fakler Jen Flack Vicky Fouhy Abbey Karin Edy Ndem Kathleen Stevens Barbara Strehler
2015	Sarah DeVita Sarah Fakler
2016	Iona Lake Aisha Naibe-Wey Caroline Clark Megan Rebholz Emily Mulhern Cleo Boyd
2017	Caitlin Mautz Ciara Leonard



WOMEN'S OUTDOOR ACC HISTORY

ACC CHAMPIONS

1983	Ann Bair	Hep
	Ann Bair	HJ
	Lisa Garrett	200m
	Lisa Garrett	400m
	Kim Hatchett	100mH
	Kim Hatchett	400mH
	Virginia	4x400m
1984	Gail Bryant	400 mH
	Sonja Fridy	100 Meter Dash
	Sonja Fridy	200 Meter Dash
	Michee Johnson	TJ
	Patty Matava	5000m
	Virginia	4x100m
	Virginia	4x400m
1985	Gail Bryant	400m
	Gail Bryant	400mH
	Sonya Fridy	LJ
	Michee Johnson	TJ
	Vanya Lewis	Discus
	Virginia	4x100m
	Virginia	4x400m
	Nevada Tinsley	100m
	Kelly Warner	Javelin
1986	Phyllis Buber	800m
	Kim Duke	400mH
	Sonya Fridy	LJ
	Sonya Fridy	100m
	Sonya Fridy	200m
	Lisa Jeter	Discus
	Lisa Jeter	SP
	Michee Johnson	TJ
	Beth Sheehan	Hep
	Julia Solo	Javelin
	Virginia	4x100m
	Virginia	4x400m
1987	Sonya Fridy	LJ
	Sonya Fridy	100m
	Sonya Fridy	200m
	Lisa Jeter	SP
	Patty Matava	5000m
	Julia Solo	Javelin
	Virginia	4x100m
1988	Dana Boone	LJ
	Dana Boone	TJ
	Julia Solo	Javelin
	Virginia	4x100m
1989	Julia Solo	Javelin
	Suzanne Sweeney	Hep
1990	Dana Boone	LJ
	Claire Forbes	1500m
	Claire Forbes	5000m
1991	Kelly Bodiford	SP
	Dana Boone	LJ
	Dana Boone	TJ
	Claire Forbes	1500m
	Claire Forbes	5000m
1992	Claire Forbes	5000m
	Beni Gras	10000m
1993	Kelly Bodiford	Discus
	Sherry Gould	Hep
1994	Rebecca Grube	Hep

1995	Amy Brown	Discus
	Louren Connolly	Hammer
	Virginia	4x100m
1996	Amy Brown	Discus
	Ann Crouse	Javelin
	Angela Lee	400mH
	Sharon Servidio	10000m
1997	Amy Brown	Discus
	Ann Crouse	Javelin
	Angela Lee	400mH
1998	Angela Lee	400mH
1999	Ann Crouse	Javelin
	Angela Lee	400mH
2000	Inge Jorgensen	Javelin
2001	Dana Coons	10000m
	Inge Jorgensen	Javelin
2002	Eliese Mitchell	Discus
	Kiamesha Otey	LJ
2003	Anne Bobiak	Javelin
	Dawn Cleary	3000mSC
	Carrielle Doe	400m
	Jane Maxwell	10000m
2004	Inge Jorgensen	Javelin
2005	Billie-Jo Grant	Discus
	Inge Jorgensen	Javelin
2008	Meghan Briggs	Javelin
	Stephanie Garcia	3000mSC
2009	Meghan Briggs	Javelin
2010	Meghan Briggs	Javelin
2011	Stephanie Garcia	3000mSC
2012	Catherine White	10000m
	Erin Wykoff	Discus
2013	Jordan Lavender	400m
	Catherine White	10000m
2014	Jordan Lavender	400m
	Dallas Rose	TJ
2015	Iona Lake	3000mSC
2016	Cleo Boyd	5000m
	Cleo Boyd	10000m
2018	Bridget Guy	Pole Vault
2019	Bridget Guy	Pole Vault
	Anna Jefferson	400m
	Andrenette Knight	400mH
2021	Andrenette Knight	400mH
	Michaela Meyer	1500m
	Jada Seaman	LJ
2022	Maria Deaviz	SP
2023	Margot Appleton	1500
	Virginia	4x100m
2024	Margot Appleton	1500

ALL-ACC

1986	Beth Sheehan
	Phyllis Buber
	Kim Duke
	Tracy Crockett
	Julia Solo
	Shelly McBride
	Michele Johnson
	Lisa Jeter
	Charlene Hinton
	Sonja Fridy
	Patty Matava

	Cathy Fitzpatrick
1987	Julia Solo
	Michelle Rowen
	Julia Sandy
	Lisa Jeter
	Kim Duke
	Phyllis Buber
	Patty Matava
	Sonja Fridy
	Charlene Hinton
1988	Latanya Wynn
	Dana Boone
	Suzanne Sweeney
	Leslie Stiff
	Charlene Hinton
	Julia Solo
1989	Dana Boone
	Julia Sandy
	Julia Solo
	Suzanne Sweeney
1990	Cathron Birge
	Kelly Bodiford
	Claire Forbes
	Dana Boone
	Suzanne Sweeney
	Julia Sandy
1991	Angela Griffith
	Dana Boone
	Claire Forbes
	Kelly Bodiford
1992	Claire Forbes
	Beni Gras
	Sharon Servidio
1993	Kelly Bodiford
	Sherry Gould
	Kendra Hickman
1994	Nicole Kimbrough
	Rebecca Grube
	Sharon Servidio
1995	Valentia Alleyne
	Amy Brown
	Ann Crouse
	Chrissie Edmundson
	Nicole Kimbrough
	Leslie Satchell
1996	Amy Brown
	Lauren Connolly
	Ann Crouse
	Linda Denny
	Angie Lee
	Sharon Servidio
	Catrina Bindel
	Cindy Moreshead
	Nicole Stevenson
1997	Amy Brown
	Ann Crouse
	Angela Lee
1998	Angela Lee
	Dana Thul
1999	Amy Brown
	Ann Crouse
	Angela Lee
	Kelly Miller
2000	Curtrell Frye



WOMEN'S OUTDOOR ACC HISTORY

2001 Inge Jorgensen
Elise Mitchell
Hillary Wilson
Dana Coons
Naccole Guinn
Inge Jorgenson
Eliese Mitchell

2002 Annie Bobiak
Dawn Cleary
Curtrell Frye
Ingrid Marable
Kiamesha Otey

2003 Anne Bobiak
Dawn Cleary
Carielle Doe
Sarah Folse
Jane Maxwell
Eliese Mitchell
Kiamesha Otey
Natalie Randolph

2004 Inge Jorgensen
Meggie Schuelke

2005 Annie Bobiak
Erin Crawford
Billie-Jo Grant

2006 Inge Jorgensen
Erin Crawford
Billie-Jo Grant

2007 Amy Bilmanis
Meghan Briggs
Erin Crawford
Billie-Jo Grant

2008 Janne'a Bridgeford
Meghan Briggs
Stephanie Garcia
Billie-Jo Grant
Emily Harrison

2009 Meghan Briggs
Morgane Gay
Billie-Jo Grant
Tara Karin
Caitlin Kelly

2010 Meghan Briggs - Javelin
Emily Vannoy - SP

2011 Stephanie Garcia - Steeple
Morgane Gay - 1500m
Tara Karin - Javelin
Maureen Laffan - Hammer

2012 Pearl Bickersteth - HJ
Morgane Gay - 1500m, 5000m
Tara Karin - Javelin
Maureen Laffan - Hammer
Jordan Lavender - 400m
Catherine White -5000m, 10,000m
Erin Wykoff - Discus

2013 Vanessa Fabrizio - 800m
Vicky Fouhy - 1500m
Abbey Karin - Javelin
Jordan Lavender - 400m, 200m
Catherine White - 10,000m

2014 Vanessa Fabrizio - 800m, 4x400m
Jordan Lavender - 200m, 400m,
4x100m, 4x400m

2015 Dallas Rose - TJ, 4x100m
Iona Lake - Steeple
Christine Bohan - SP (2nd)
Peyton Chaney - 4x100m (2nd)
Bridget Guy - PV (2nd)
Jordan Lavender -400m(2nd),
4x100 (2nd)
Caitlin Mautz - Javelin (2nd)
Tori McKenzie - 4x100m (2nd)
Andrea Wright - 4x100m (2nd)

2016 Christine Bohan - SP, Dis. (2nd),
Jav. (2nd)
Cleo Boyd - 5000m, 10,000m
Iona Lake - Steeple
Aisha Naibe-Wey - 400H
Heather Smith - 400H
Peyton Chaney - 200m (2nd)
Bridget Guy - PV (2nd)
Caitlin Mautz - Javelin (2nd)

2017 Kelly McKee - TJ
Christine Bohan-SP(2nd) Dis. (2nd), Jav. (2nd)
Carly Feyerabend - HJ (2nd)
Marija Bogavac - Javelin (2nd)
Holly Sullivan - Hep (2nd)

2018 Khyasia Caldwell - LJ
Bridget Guy - PV
Anna Jefferson - 400m
Andrenette Knight - 400H
Kelly McKee - LJ, TJ
Carly Feyerabend - HJ (2nd)
Ciara Lenoard - 100H (2nd)
Holly Sullivan - Hep (2nd)
Alexis Woodley - 100H (2nd)

2019 Bridget Guy - PV
Andrenette Knight - 400H
Anna Jefferson - 200m, 400m
Marija Bogavac - Javelin
Brittany Jones - SP
Halle Hazzard - 100m
Kelly McKee - TJ
Kiera Bothwell - Steeple (2nd)
Ciara Leonard - 100H (2nd)
Thelma Kristjansdottir - Discus (2nd)
Caitlin Mautz - Javelin (2nd)

2021 Jada Seaman - LJ (1st), 200(2nd)
Michaela Meyer - 800, 1500
Andrenette Knight - 400H
Kiera Bothwell - Steeple
4x400m (2nd)
Rebecca Hawkins - HJ
Khyasia Caldwell - TJ (2nd)
Maria Deaviz - SP (2nd)
Thelma Kristjansdottir - DT (2nd)
Alix Still - Pentathlon

2022 Maria Deaviz - SP (1st), DT (2nd)
Mia Barnett - 1500m (2nd)
Helena Lindsay - SC (2nd)
Jada Seaman - LJ (2nd)
Jordan Hardy - TJ (2nd)
Ashley Anumba - DT
Thelma Kristjansdottir - DT (2nd)
Alix Still - Heptathlon (2nd)

2023 Margot Appleton - 1500 (1st)
Jada Seaman - 4x100m (1st)

Sarah Akpan - 4x100m (1st)
Kayla Bonnick - 4x100m (1st)
Jada Pierre - 4x100m (1st)
Esther Seeland - 1500m (1st)
Sam Romano - PV (1st)
Hanne Borstlap - PV (2nd)
Jada Seaman - LJ (2nd)
Alix Still - Hep. (2nd)
Jordan Hardy - TJ (2nd)
Sarah Akpan - 100m (2nd)
Kayla Bonnick - 100m (2nd)

2017 Margot Appleton - 1500m (1st),
5000m (1st)
Sarah Akpan - 100m (2nd), 200m (2nd)
Brooke Lumpkin SP (2nd)
Camryn Menninger - 10,000m (2nd)
Celia Rifaterra - HJ (1st)
Samantha Romano - PV (2nd)
Carly Tarentino - HJ (2nd)
Caroline Timm - 1500m (2nd)
Janee Profit DT - (2nd)

Note: Honorees are on First Team unless otherwise noted
2nd-team All-ACC was instated in 2015

ACC PERFORMER OF THE YEAR

1990 Claire Forbes
1992 Claire Forbes

ACC MEET TRACK MVP

2014 Jordan Lavender

ACC FRESHMAN OF THE YEAR

2009 Morgane Gay
2022 Mia Barnett

ACC COACH OF THE YEAR

1984 Dennis Craddock
1985 Dennis Craddock
1986 Doug Williamson
1990 Fred Binggeli
1995 Fred Binggeli (Co-COY)

ACC SCHOLAR-ATHLETE OF THE YEAR

2016 Cleo Boyd
2021 Michaela Meyer

ALL-ACC ACADEMIC

2006 Megan Schuelke
2007 Amy Bilmanis
Stephanie Garcia
Billie-Jo Grant
Katie Read



WOMEN'S OUTDOOR ACC HISTORY

Kara Scanlin
Ayla Smith
2008 Billie-Jo Grant
Ayla Smith
Kathryn Tershel
2009 Amy Bilmanis
Ayla Smith
2011 Anna Corrigan
Stephanie Garcia
Morgane Gay
Lyndsay Harper
Dallas Rose
Ayla Smith
2012 Morgane Gay
Abbey Karin
Jordan Lavender
Kathleen Stevens
Catherine White
2013 Peyton Chaney
Anna Finger
Vicky Fouhy
Abbey Karin
Jordan Lavender
Barbara Strehler
Catherine White
2014 Peyton Chaney
Jen Flack
Edy Ndem
Dallas Rose
Barbara Strehler
2016 Christine Bohan
Cleo Boyd
Peyton Chaney
Iona Lake
Aisha Naibe-Wey
2017 Marija Bogavac
Christine Bohan
Kelly McKee
Holly Sullivan
2018 Carly Feyerabend
Bridget Guy
Ciara Leonard
Kelly McKee
Holly Sullivan
2019 Kiera Bothwell
Marija Bogavac
Bridget Guy
Halle Hazzard
Brittany Jones
Thelma Kristjansdottir
Ciara Leonard
Caitlin Mautz
2021 Kayla Bonnick
Rebecca Hawkins
Halle Hazzard
Anna Jefferson
Andrenette Knight
Maya Maloney
Michaela Meyer
Jada Seaman
Alix Still
Thelma Kristjansdottir
2022 Rebecca Hawkins
Helena Lindsay

Jada Seaman
2023 Emily Alexandru
Ashley Anumba
Sophie Atkinson
Margot Appleton
Kayla Bonnick
Trina Barcarola
Hanne Borstlap
Abby Comella
Addison Cox
Caroline Dannenbaum
Maya Maloney
Janae Profit
Samantha Romano
Alahna Sabbakhan
Kaiya Saunders
Jada Seaman
Keara Seasholtz
Esther Seeland
Alix Still
Anna Workman



WOMEN'S OUTDOOR ACC HISTORY

1983

Virginia	196
Maryland	122
North Carolina	78
NC State	76
Clemson	47
Wake Forest	1

1984

Virginia	219
UNC	170.5
Maryland	113
Clemson	32
NC State	25.50
Wake Forest	20

1985

Virginia	226
NC State	127
Maryland	114
North Carolina	69
Duke	29
Clemson	13
Wake Forest	4

1986

Virginia	217
NC State	152
North Carolina	96
Maryland	38
Clemson	35
Georgia Tech	28
Duke	18
Wake Forest	4

1987

Virginia	185
North Carolina	145
Maryland	75
Georgia Tech	71
NC State	56
Wake Forest	23
Clemson	21
Duke	9

1988

North Carolina	226
Virginia	107
Georgia Tech	66
Maryland	54
Clemson	54
NC State	38
Wake Forest	22
Duke	16

1989

North Carolina	193
Virginia	116
Clemson	111
Georgia Tech	72
NC State	49
Maryland	23
Wake Forest	14
Duke	10

1990

North Carolina	217
Virginia	142
Clemson	135
Georgia Tech	42
NC State	22
Duke	14
Maryland	10
Wake Forest	7

1991

Clemson	178
North Carolina	175
Virginia	125
Georgia Tech	44
NC State	30
Maryland	28
Wake Forest	7
Duke	2

1992

North Carolina	171
Clemson	164
Virginia	146
Florida State	95
Georgia Tech	75
Wake Forest	40
Maryland	28
NC State	15
Duke	5

1993

North Carolina	198
Clemson	127
Virginia	122
Florida State	110.50
Wake Forest	92
Georgia Tech	47.50
Maryland	18
NC State	13
Duke	8

1994

North Carolina	242
Virginia	136
Florida State	115
Clemson	110
Georgia Tech	55
Wake Forest	49
Maryland	15
NC State	11
Duke	8

1995

North Carolina	199
Virginia	118
Clemson	116
Florida State	104
Wake Forest	87
Maryland	44
Georgia Tech	41
Duke	13
NC State	12

1996

North Carolina	186
Florida State	148
Virginia	132
Clemson	112
Wake Forest	58
NC State	45
Georgia Tech	44
Duke	29
Maryland	24

1997

North Carolina	199
Florida State	134.5
Clemson	110
Virginia	90.50
NC State	76
Georgia Tech	69
Maryland	43
Wake Forest	34
Duke	11

1998

North Carolina	187
Clemson	148
Florida State	97.50
Georgia Tech	97
NC State	78
Wake Forest	59
Virginia	54.50
Maryland	53
Duke	41

1999

Clemson	142.50
Florida State	126.50
North Carolina	114
Virginia	111.50
Maryland	95
Georgia Tech	85
Wake Forest	66
NC State	58.50
Duke	17

2000

Florida State	192
North Carolina	183
Maryland	86.50
Virginia	86
NC State	60.50
Georgia Tech	60
Clemson	57
Wake Forest	54
Duke	39

2001

North Carolina	181
Clemson	167
Florida State	116
Virginia	109
Georgia Tech	76
Maryland	66
NC State	40
Wake Forest	34
Duke	30

2002

UNC	176.5
Florida State	128
Georgia Tech	127
NC State	99.50
Clemson	99
Virginia	92
Maryland	49
Wake Forest	29
Duke	18

2003

North Carolina	238
Florida State	157
Virginia	138
Clemson	73
Georgia Tech	64
NC State	51
Wake Forest	43
Duke	33
Maryland	21

2004

UNC	186.5
Georgia Tech	146
Florida State	130
NC State	89
Wake Forest	70
Clemson	69
Virginia	51.50
Duke	46
Maryland	28

2005

Miami	142
North Carolina	122
Georgia Tech	112
Florida State	82
NC State	67
Clemson	62.50
Virginia	59
Duke	54.50
Virginia Tech	48.50
Wake Forest	40
Maryland	28.50

2006

Miami	154
Florida State	112
North Carolina	105
Georgia Tech	86
Virginia Tech	73.50
Virginia	56.50
Duke	51
Maryland	51
NC State	47
Clemson	40
Wake Forest	24
Boston College	19

2007

Virginia Tech	144.5
Miami	113
Florida State~	101
Georgia Tech	82
North Carolina	77
Virginia	69
Wake Forest	54
Clemson	47.50
Duke	45
NC State	38
Maryland	30
Boston College	18

2008

Virginia Tech	172
Miami	127
North Carolina	115
Florida State	105.5
Virginia	92
Georgia Tech	40
Clemson	39.50
Boston College	39
Maryland	28
Wake Forest	28
NC State	21
Duke	11

2009

Florida State	160
Virginia Tech	127
North Carolina	123
Virginia	74
Miami	69
Georgia Tech	55.50
NC State	52.50
Clemson	44
Wake Forest	35
Maryland	35
Duke	33
Boston College	8

2010

Clemson	177
Florida State	124
North Carolina	89
Miami	84
Duke	61
Virginia Tech	56
Georgia Tech	54.50
Virginia	43
Maryland	40
Wake Forest	31
Boston College	31
NC State	28.50

2011

Clemson	202
Florida State	132.5
North Carolina	117.5
Duke	81.5
Virginia	62.5
Miami	57
Virginia Tech	53.5
NC State	39.5
Maryland	34
Georgia Tech	19
Boston College	15
Wake Forest	3

2012

Clemson	185
Virginia	100
Florida State	75
Virginia Tech	74
Duke	74
North Carolina	69
Miami	61
NC State	58
Maryland	49
Georgia Tech	32
Boston College	26
Wake Forest	14

2013

Clemson	151
Florida State	146
NC State	82
Virginia	76
Duke	76
North Carolina	66
Virginia Tech	56
Maryland	48.5
Wake Forest	32.5
Georgia Tech	29
Miami	27
Boston College	25

2014

Florida State	111
Notre Dame	96
Miami	94
Duke	77
NC State	73
Virginia Tech	69
Virginia	60
North Carolina	55
Clemson	43
Maryland	40
Syracuse	36
Wake Forest	23
Pittsburgh	19
Georgia Tech	15
Boston College	5

2015

Clemson	113.5
Florida State	94.5
Miami	93
North Carolina	78.5
Notre Dame	72
Louisville	61
NC State	59
Duke	51
Virginia	48.5
Syracuse	33
Virginia Tech	32
Wake Forest	31
Pittsburgh	21
Boston College	19
Georgia Tech	11



WOMEN'S OUTDOOR ACC HISTORY

2016

Florida State	106.5
Miami	88
Clemson	85
Virginia	77
Notre Dame	69
Duke	66
NC State	56
Louisville	47
Virginia Tech	45.1
North Carolina	42.4
Syracuse	33
Wake Forest	30
Pitt	29
Boston College	26
Georgia Tech	19

2017

Virginia Tech	124.5
Florida State	118.5
Miami	108
Clemson	95
Duke	77.5
Louisville	62
Notre Dame	53
Virginia	36.5
NC State	31
Wake Forest	28.5
Syracuse	25
Georgia Tech	19
Pittsburgh	19
North Carolina	18.5
Boston College	1

2018

Miami	117
Virginia Tech	111
Florida State	102.5
Clemson	74
Louisville	69.5
Virginia	63
Duke	51.5
North Carolina	50.5
Notre Dame	49
NC State	37
Pittsburgh	25
Syracuse	21
Georgia Tech	19
Wake Forest	16
Boston College	12

2019

Florida State	134
Miami	92.5
Virginia	84
Virginia Tech	77
Clemson	66
NC State	56
Notre Dame	55
Duke	51
Louisville	45
North Carolina	44
Syracuse	38
Wake Forest	29.5
Georgia Tech	27
Pittsburgh	12
Boston College	6

2021

Duke	110
Florida State	110
Virginia	92
Miami	87
Clemson	69
NC State	69
Virginia Tech	63
Notre Dame	53
North Carolina	46.5
Louisville	38.5
Georgia Tech	36
Pittsburgh	20
Wake Forest	15
Syracuse	8
- Boston College	0

2022

Miami	108
Duke	100.5
Florida State	99
NC State	91
Clemson	67
Louisville	64
Virginia	54.25
Virginia Tech	54
North Carolina	53.25
Notre Dame	50
Georgia Tech	31
Wake Forest	17
Pittsburgh	11
Boston College	10
Syracuse	9

2023

Duke	145.5
Virginia Tech	84.5
Miami	83
Florida State	78
Virginia	76.5
NC State	73
Notre Dame	59
North Carolina	47
Louisville	39
Clemson	34
Pitt	25
Wake Forest	24.5
Boston College	16
Georgia Tech	16
Syracuse	14

2024

Duke	133
Clemson	118.5
Notre Dame	74
Virginia	74
Florida State	68
Miami	66
Virginia Tech	63
Louisville	42
NC State	39.5
Pittsburgh	37
Wake Forest	37
Georgia Tech	23
North Carolina	19
Syracuse	18
Boston College	6

VIRGINIA

YEAR-BY-YEAR

1983	1st (196)
1984	1st (219)
1985	1st (226)
1986	1st (217)
1987	1st (185)
1988	2nd (107)
1989	2nd (116)
1990	2nd (142)
1991	3rd (125)
1992	3rd (146)
1993	3rd (122)
1994	2nd (136)
1995	2nd (118)
1996	3rd (132)
1997	4th (90.5)
1998	7th (54.5)
1999	4th (111.5)
2000	4th (86)
2001	4th (109)
2002	6th (92)
2003	3rd (138)
2004	7th (51.5)
2005	7th (59)
2006	6th (56.5)
2007	6th (69)
2008	5th (92)
2009	4th (74)
2010	8th (43)
2011	5th (62.5)
2012	2nd (100)
2013	T-4th (76)
2014	7th (60)
2015	9th (48.5)
2016	4th (77)
2017	8th (36.5)
2018	6th (63)
2019	3rd (84)
2021	3rd (92)
2022	7th (54.25)
2023	5th (76.5)
2024	3rd (74)



MEN'S OUTDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Paul Ereng	800m	1988 NCAA
Paul Ereng	800m	1989 NCAA
Robby Andrews	800m	2011 NCAA
Filip Mihaljevic	Shot Put	2016 NCAA
Filip Mihaljevic	Shot Put	2017 NCAA
Filip Mihaljevic	Discus	2017 NCAA
Claudio Romero	Discus	2022 NCAA

ALL-AMERICANS

1979	Karl Williams	400mH
1981	Mike Cotton	3000mSC
	Willy Pirtle	Decath
1985	Jim Hays	5000m
	John Hinton	1500m
1988	Paul Ereng	800m
1989	Paul Ereng	800m
1991	Stephen Dunphy	Decath
1992	Stephen Dunphy	Decath
1994	Rob Cook	3000mSC
2000	Brian Kollar	Jav
2001	Brian Kollar	Jav
	John Welch	Jav
2002	John Welch	Jav
2007	Yemi Ayeni	Dis
	Jan Foerster	3000mSC
2008	Yemi Ayeni	Dis
2009	Yemi Ayeni	Dis
2010	Robby Andrews	800m
	Steve Finley	3000mSC
	Lance Roller	800m
2011	Robby Andrews	800m
	Adams Abdulrazaaq (2nd)	110mH
	Andy Fahringer (2nd)	Jav
	Brett Johnson (2nd)	1500m
2012	Marcus Robinson	TJ
	Lance Roller (2nd)	800m
	Vincenzo Chiariello (HM)	Ham
	Brett Johnson (HM)	1500m
	Sean Keveren (HM)	10000m
	Patrick Todd (HM)	1500m
2013	Thomas Porter (2nd)	10000m
	Mark Amirault (HM)	5000m
2014	Filip Mihaljevic	SP
	Filip Mihaljevic	Disc
	Ryan Satchell	TJ
	Kyle King (2nd)	3000mSC
	Thomas Porter (2nd)	10000m
	Adam Visokay (HM)	10000m
2015	Filip Mihaljevic	Discus
	Jordan Young	Discus
	Jordan Young	Hammer
	Payton Hazzard (2nd)	400m
	Filip Mihaljevic (2nd)	SP
	Jordan Young (2nd)	SP
	Kyle King (HM)	3000mSC
	Ryan Satchell (HM)	TJ
	Kyle Smith (HM)	Javelin
	Henry Wynne (HM)	1500m
2016	Filip Mihaljevic	SP
	Filip Mihaljevic	Discus
	Henry Wynne	1500m
	Oghenakpobo Efekoro (2nd)	SP
	Jordan Young (2nd)	Discus
	William Gray (HM)	3000mSC
2017	Filip Mihaljevic	SP
	Filip Mihaljevic	Discus
	Hilmar Jonsson	Hammer
	Oghenakpobo Efekoro	SP
	Jordan Young	Discus

	Jordan Young (2nd)	Hammer		
	Jordan Scott (HM)	TJ		
	Jack Lint (HM)	Dec		
2018	Oghenakpobo Efekoro	SP		
	Hilmar Jonsson (2nd)	HT		
	Alfred Shirley III (2nd)	400m		
	Mike Marsella (2nd)	1500m		
	Jordan Scott (2nd)	TJ		
2019	Ethan Dabbs	Jav		
	Brent Demarest (2nd)	10000m		
	Oghenakpobo Efekoro (2nd)	SP		
	Brenton Foster (2nd)	HJ		
	Hilmar Orn Jonsson	Ham		
2021	Jordan Scott	TJ		
	Derek Johnson	SC		
	Claudio Romero	DT		
	Jacob Lemmon	DT		
	Owayne Owens (2nd)	TJ		
	Sam Young (HM)	PV		
2022	Claudio Romero	DT		
	Ethan Dabbs	JT		
	Jacob Lemmon (2nd)	DT		
	Yasin Sado (2nd)	SC		
2023	Ethan Dabbs	JT		
	Nate Mountain	SC		
	Derek Johnson	SC		
	Owayne Owens	TJ		
	Conor Murphy	800m		

NCAA CHAMPIONSHIP RESULTS

1934				
	Grover Everett	220LH	DNQ	
1940				
	Frank Fuller	120HH	4th	
1943				
	Tom Todd	120HH	6th	
1958				
	Henry Davenport	PV	-	Scr
1967				
	Tom Harvey	LJ	4th pre	24' 2"
1968				
	Michael Harvey	LJ	19th	23' 5"
1972				
	Keith Witherspoon	TJ	5th	51' 9.5"
1975				
	Keith Witherspoon	TJ	8th	51' 10.25"
1976				
	Keith Witherspoon	TJ	10th	15.42
1977				
	Karl Williams	400mH	18th	52.32
1978				
	Karl Williams	400mH	25th	52.48
1979				
	Karl Williams	400mH	6th	50.51
	Virginia	4x400m	15th	3:11.51
	(Williams, Bruce, Williams, Muth)			
	Phil Vincenzes	Discus	21st	54.42m

	Greg Canty	800m	10th	1:49.87
1980				
	John Bryan	Dec	12th	7259
	Michael Cotton	Steeple	DNF	DNF
	Greg Canty	800m	12th	1:48.44
	Carl Scott	400mH	DQ	DQ
1981				
	Michael Cotton	10000m	6th	29:19.48
	William Pirtle	Dec	6th	7569
1982				
	Ray Brown	800m	3rd	1:48.46
1983				
	Raymond Brown	800m	16th	1:48.41
	John Hinton	1500m	3rd	3:41.08
	Vincent Draddy	1500m	-	DQ
1984				
	Ray Brown	800m	7th	1:49.25
	Barry Word	110mHH	21st	13.97
	Robert Archer	400mHH	21st	52.30
1985				
	John Hinton	1500m	9th	3:44.02
	Jim Hays	5000m	7th	14:09.28
	Bruce Berry	400mH	24th	52.02
1988				
	Paul Ereng	800m	1st	1:46.76
1989				
	Paul Ereng	800m	1st	1:47.50
1990				
	Herman Moore	HJ	-	NH
1991				
	Ben Kurgat	800m	14th	1:50.74
	Steve Dunphy	Dec	9th	7450
	Steven Kiessling	Jav	11th	67.84m
1992				
	Steve Dunphy	Dec	5th	7920
1993				
	Robert Cook	Steeple	28th	9:07.95
1994				
	Robert Cook	Steeple	8th	8:53.53
1995				
	Gerald Howard	200m	15th	21.72
	Ben Sarpong	200m	24th	21.52
1999				
	Ray Weeden	1500m	19th	4:00.16
2000				
	Brian Kollar	Jav	2nd	72.20m
2001				
	Brian Kollar	Jav	6th	68.69m
	John Welch	Jav	7th	68.33m
2002				
	John Welch	Jav	7th	71.46m
2004				



MEN'S OUTDOOR NCAA HISTORY

Kellen Blasingame 400m 13th 46.45m

2005

McGavock Dunbar 800m 19th 1:49.50
Kellen Blasingame 400m 13th 46.50
David Sullivan PV 14th 5.00m

2006

Andy Biladeau 5000m 21st 14:20.64
Jan Foerster Steeple 23rd 9:07.97
Soeren Lindner Steeple 26th 9:26.76

2007

Andrew Dumm 10000m 19th 29:52.90
Jan Foerster Steeple 6th 8:34.78
Yemi Ayeni Discus 7th 59.67m

2008

Andrew Jesien 1500m 13th 3:45.30
Yemi Ayeni Discus 2nd 59.5m

2009

Lance Roller 800m 14th 1:48.31
Andrew Jesien 1500m 20th 3:47.25
Yemi Ayeni Discus 4th 58.25m

2010

Robby Andrews 800m 2nd 1:46.83
Ryan Collins 10k 19th 29:48.76
Steve Delice 400mH 15th 51.24
Steve Finley Steeple 11th 9:00.61
Marcus Robinson TJ 23rd 14.81m
Andy Fahringer Jav 18th 63.80m
Lance Roller 800m 6th 1:47.64

2011

Adams Abdulrazaaq 110mH 13th 13.66
Robby Andrews 800m 1st 1:44.71
Andy Fahringer Jav 11th 70.38m
Brett Johnson 1500m 8th 3:47.96

2012

Vincenzo Chiariello Hammer 19th 199'0"
Brett Johnson 1500m 17th 3:44.63
Sean Keveren 10000m 18th 30:15.40
Marcus Robinson TJ 6th 54'0"
Lance Roller 800m 10th 1:47.07
Patrick Todd 1500m 23rd 3:50.58

2013

Mark Amirault 5000m DNF DNF
Thomas Porter 10000m 16th 30:14.96

2014

Ryan Satchell TJ 7th 52'5.25"
Filip Mihaljevic SP 7th 64'2.25"
Filip Mihaljevic Discus 8th 193'1"
Kyle King 3000mSC 12th 8:43.99
Thomas Porter 10000m 16th 29:50.74
Adam Visokay 10000m 23rd 32:25.14

2015

Filip Mihaljevic Discus 3rd 62.48m
Jordan Young Discus 6th 60.13m
Jordan Young Hammer 7th 68.16m
Filip Mihaljevic SP 9th 19.51m

Jordan Young SP 10th 18.97m
Payton Hazzard 400m 12th 46.42
Kyle King 3000mSC 18th 8:54.44
Henry Wynne 1500m 22nd 3:50.91
Ryan Satchell TJ 23rd 15.37m
Kyle Smith Jav 23rd 64.33m

2016

Filip Mihaljevic SP 1st 20.71m
Henry Wynne 1500m 3rd 3:38.35
Filip Mihaljevic Discus 5th 60.28m
Oghenakpobo Efekeoro SP 11th 18.82m
Jordan Young Discus 12th 57.02m
William Gray 3000mSC 19th 8:51.91

2017

Filip Mihaljevic SP 1st 21.30m
Filip Mihaljevic Discus 1st 63.76m
Jordan Young Discus 3rd 61.94m
Oghenakpobo Efekeoro SP 4th 19.70m
Hilmar Jonsson Hammer 4th 72.38m
Jordan Young Hammer 9th 69.71m
Jordan Scott TJ 18th 15.50m
Jack Lint Dec DNF DNF

2018

Oghenakpobo Efekeoro SP 6th 20.28m
Hilmar Jonsson HT 11th 69.94m
Alfred Shirley III 400m 15th 46.06
Mike Marsella 1500m 11th 3:52.39
Jordan Scott TJ 10th 15.96m

2019

Ethan Dabbs Jav 7th 72.23m
Brent Demarest 10000m 14th 29:54.20
Oghenakpobo Efekeoro SP 12th 19.16m
Brenton Foster HJ 16th 2.18m
Hilmar Orn Jonsson HT 3rd 73.31m
Jordan Scott TJ 2nd 17.01m

2021

Claudio Romero DT 3rd 61.36m
Jacob Lemmon DT 5th 57.78m
Derek Johnson SC 7th 8:32.95
Owayne Owens TJ 15th 15.77m
Sam Young PV NH

2022

Claudio Romero DT 1st 66.17m
Ethan Dabbs JT 2nd 79.68m
Yasin Sado SC 14th 8:41.63
Jacob Lemmon DT 15th 56.77m
Owayne Owens TJ 19th 15.80m

2023

Ethan Dabbs JT 2nd 79.27m
Nate Mountain SC 4th 8:35.99
Conor Murphy 800m 5th 1:46.43
Owayne Owens TJ 6th 16.36m
Derek Johnson SC 8th 8:37.29

NCAA CHAMPIONSHIP TEAM FINISHES

1940 T-28th (4)
1943 T-30th (1)
1972 T-43rd (2)
1979 T-46th (1)
1981 T-43rd (2)
1982 T-38th (13)
1983 46th (10)
1984 T-56th (6)
1985 T-65th (2)
1988 T-24th (10)
1989 T-26th (10)
1992 T-50th (4)
1994 T-72nd (1)
2000 T-30th (8)
2001 T-39th (5)
2002 T-59th (2)
2007 T-46th (5)
2008 T-31st (8)
2009 T-48th (5)
2010 T-23rd (11)
2011 T-25th (10)
2012 T-56th (3)
2014 T-44th (5)
2015 17th (11)
2016 7th (20)
2017 3rd (36)
2018 55th (3)
2019 T-18th (16)
2021 T-28th (12)
2022 14th (18)
2023 T-11th (21)



USTFCCCA

ALL-ACADEMIC

- 2012** Mark Amirault
Kevin Anding
Chris Foley
Taylor Gilland
Sean Keveren
Thomas Porter
Marcus Robinson
- 2013** Mark Amirault
Taylor Gilland
Thomas Porter
- 2014** Thomas Porter
- 2015** Christian Lavorgna
Jack Lint
Thomas Madden
Filip Mihaljevic
Chase Weaverling
- 2016** William Gray
Christian Lavorgna
Jack Lint
- 2017** Jeff Jernigan
Zach Herriott
Thomas Madden
Jack Lint
Jake Dixon

BOWERMAN SEMIFINALIST

- 2017** Filip Mihaljevic
- 2011** Robby Andrews

USTFCCCA Regional Athletes of the Year

- 2019** Jordan Scott
- 2021** Claudio Romero
- 2022** Claudio Romero
- 2023** Ethan Dabbs

USTFCCCA Regional Assistant Coaches of the Year

- 2015** Martin Maric
- 2022** Martin Maric
- 2023** Steve Lemke



MEN'S OUTDOOR ACC HISTORY

ACC CHAMPIONS

1954	George Gratten	220yH
1957	Pat Whtaker	PV
1958	Henry Davenport	PV
	Clarence Roberts	PV
	Pat Whtaker	PV
1961	Gil Faccio	440y
1969	Mike Harvey	TJ
1971	Kent Merritt	100y
	Jim Shannon	LJ
1972	Kent Merritt	100y
	Kent Merritt	220y
	Virginia	4x400m
1973	Kent Merritt	100y
1975	Keith Witherspoon	TJ
1976	Keith Witherspoon	TJ
1977	Karl Williams	400mH
1978	Greg Canty	800m
1979	John Bryan	Dec
	Greg Canty	800m
	Mike Cotton	3000mSC
1980	Greg Canty	800m
	Will Pirtle	Dec
1981	Mike Cotton	10000m
	Vince Draddy	1500m
1982	Greg Byers	HJ
	Virginia	4x400m
1983	Ray Brown	800m
	John Hinton	1500m
1984	Ray Brown	800m
	John Hinton	3000mSC
	Bruce Randolph	LJ
	Virginia	4x100m
	Dennis Craddock	1984
1985	John Hinton	800m
	Kevin Latham	Discus
1988	Paul Ereng	800m
1989	Paul Ereng	800m
1990	Chike Chukwulozie	TJ
	Steve Kiessling	Javelin
	Ben Kurgat	800m
	Herman Moore	HJ
1991	Stephen Dunphy	Dec
	Cornell Grayson	TJ
	Steve Kiessling	Javelin
	Michael Theuerkauf	SP
1992	Stephen Dunphy	Dec
1993	Rob Cook	3000mSC
1994	Rob Cook	3000mSC
	Rob Cook	5000m
	Steven Dunphy	Dec
	Mark Hammons	10000m
1995	John Anderson	Dec
1997	Larry Wilson	Discus
1998	Larry Wilson	Discus
1999	John Welch	Javelin
	Larry Wilson	Discus
2000	Brian Kollar	Javelin
2001	Brian Kollar	Javelin
2002	John Welch	Javelin
2003	Brian Kollar	Javelin
	McGavock Dunbar	800m
2004	Will Christian	5000m

2006	Andrew Dumm	5000m
	Ryan Foster	10000m
2007	Yemi Ayeni	Discus
	Jan Foerster	5000m
2008	Yemi Ayeni	Discus
	Andrew Jesien	1500m
	David Lewis	Dec
2009	Adam Abdulrazaaq	110mH
	Yemi Ayeni	Discus
2010	Lance Roller	800m
	Sintayehu Taye	1500m
2011	Anthony Kostelac	800m
2012	Lance Roller	800m
	Virginia	4x400m
	Marcus Robinson	TJ
	Nick Vena	SP
	Nick Vena	Discus
2014	Filip Mihaljevic	Discus
	Ryan Satchell	TJ
	Kyle King	3000mSC
2015	Filip Mihaljevic	SP
	Filip Mihaljevic	Discus
2016	Hilmar Jonsson	Hammer
	Filip Mihaljevic	SP
	Filip Mihaljevic	Discus
	Henry Wynne	1500m
2017	Filip Mihaljevic	SP
	Filip Mihaljevic	Discus
	Hilmar Jonsson	Hammer
2018	Hilmar Jonsson	Hammer
2019	Jordan Scott	Long Jump
	Jordan Scott	Triple Jump
	Ethan Dabbs	Javelin
	Hilmar Jonsson	Hammer
	Oghenakpobo Efekoro	Shot Put
	Brenton Foster	High Jump
2021	Brenton Foster	High Jump
	Claudio Romero	Discus
	Owayne Owens	TJ
	Ethan Dabbs	JT
2022	Ethan Dabbs	JT
	Claudio Romero	DT
2023	Ethan Dabbs	JT
	Owayne Owens	TJ
	Nathan Mountain	SC
2024	Nathan Mountain	SC

ALL-ACC

1988	Ben Kurgat
	Paul Ereng
1989	Paul Ereng
	Herman Moore
	Peter Sheehan
1990	Steve Kiessling
	Chike Chukwulozie
	Brian Shafer
	Herman Moore
	Ben Kurgat
1991	Eric Sorensen
	Michael Theuerkauf
	Stephen Dunphy
	Steve Kiessling
	Peter Sheeha

	Ben Kurgat
	Cornell Grayson
	Michael Murphy
	Mike Guegan
1992	Steve Dunphy
	Steve Kiessling
1993	Rob Cook
	Gerald Howard
1994	Mark Hammons
	Steve Dunphy
	Rob Cook
1995	John Anderson
1996	Sean Sullivan
1997	Matt Illian
	Larry Wilson
1998	Larry Wilson
1999	Brian Kollar
	Raymond Weeden
	John Welch
	Larry Wilson
2000	Bill Johnson
	Brian Kollar
2001	Tim Bilmanis
	Bill Johnson
	Brian Kollar
	James Murdock
	Matt Ruhl
	Bob Thiele
	John Welch
2002	Jarrett Hagwood
	Mike Riso
	John Welch
	Ted DeVos
2003	McGavock Dunbar
	Andy Filacheck
	Brian Kollar
2004	Kellen Blassingame
	Will Christian
	McGavock Dunbar
	David Sullivan
2005	Kellen Blassingame
	McGavock Dunbar
	Ryan Foster
	Soeren Lindner
	David Sullivan
	Alex Tatu
2006	Andy Biladeau
	Andrew Dumm
	Ryan Foster
	Soeren Lindner
	Kevin McHale
2007	Yemi Ayeni
	Andrew Dumm
	Jan Foerster
	Kevin McHale
2008	Yemi Ayeni
	Andrew Jesien
	David Lewis
	Andrew Lobb
	Meikle Paschal
2009	Adams Abdulrazaaq
	Kevin Anding
	Yemi Ayeni
	Ryan Collins



MEN'S OUTDOOR ACC HISTORY

- Steve Finley
Emil Heineking
Andrew Jesien
Andrew Lobb
Meikle Paschal
Marcus Robinson
Lance Roller
- 2010** Adams Abdulrazaaq - 110H, 4x400m
Kevin Anding - 4x400m
Robby Andrews - 800m, 4x400m
Alex Bowman - 1500m
Ryan Collins - 5000m, 10,000m
Steve Delice - 400H
Andy Fahringer - Javelin
Steve Finley - SC
Trey Miller - 10,000m
Marcus Robinson - TJ
Lance Roller - 800m, 4x400m
Sintayehu Taye - 1500m
- 2011** Adams Abdulrazaaq - 110H
Robby Andrews - 1500m
Anthony Kostelac - 800m
Andrew Mearns - SC
Lance Roller - 800m
- 2012** Kevin Anding - 4x400m
Ozzie Bryan - 4x400m
Vincenzo Chiariello - Hammer
Andy Fahringer - Javelin
Payton Hazzard - 400m, 4x400m
Sean Keveren - 5000m, 10,000m
Marcus Robinson - TJ
Lance Roller - 800m, 4x400m
Nick Vena - SP, Discus
- 2013** Mark Amirault - 5000m
Thomas Porter - 10,000m
Ryan Satchell - TJ
- 2014** Payton Hazzard - 400m
Kyle King - SC
Filip Mihaljevic - SP, Discus
Ryan Satchell - TJ
- 2015** Jack Lint - Dec
Mike Marsella - 1500m
Filip Mihaljevic - SP, Discus
Jordan Young - SP, Discus, Hammer
Payton Hazzard - 200m (2nd), 400m (2nd), 4x400m (2nd)
Zach Herriott - 10,000m(2nd)
Kyle King - 5000m (2nd)
Chris Rogers - LJ (2nd)
Ryan Satchell - TJ (2nd)
Kyle Smith - Javelin (2nd)
Adam Visokay - SC (2nd)
- 2016** Oghenakpobo Efekoro - SP
Hilmar Jonsson - Hammer
Christian Lavournga - Dec
Filip Mihaljevic - SP, Discus
Henry Wynne - 1500m
Jordan Young - Discus
Cam Collins - Dec (2nd)
William Gray - SC (2nd)
Aaron Worrell - TJ (2nd)
- 2017** Brent Demarest - 10,000m, 5000m (2nd)

- Filip Mihaljevic - SP, Discus
Oghenakpobo Efekoro - SP
Jordan Young - Discus, Hammer
Hilmar Jonsson - Hammer
Jack Lint - Dec
Nathan Kiley - 400m (2nd), 4x400m (2nd)
Henry Wynne - 1500m (2nd)
Lachlan Cook - 5000m (2nd), 10,000m (2nd)
Zach Herriott - 10,000 (2nd)
Charles Bowman - 110H (2nd), 4x400m (2nd)
Jeff Jernigan - PV (2nd)
Sam Young - PV (2nd)
Jordan Scott - LJ (2nd)
Nace Plesko - SP (2nd)
- 2018** Oghenakpobo Efekoro - SP
Hilmar Jonsson - Hammer
Mike Marsella - 1500m (2nd)
Matthew Novak - SC (2nd)
Nace Plesko - SP (2nd), Discus (2nd)
Jordan Scott - LJ (2nd), TJ (2nd)
Alfred Shirley - 400H (2nd), 4x400m (2nd)
Sam Young - PV (2nd)
- 2019** Ethan Dabbs - Javelin
Oghenakpobo Efekoro - SP, Discus (2nd)
Brenton Foster - HJ
Hilmar Jonsson - Hammer
Jordan Scott - LJ, TJ
Brent Demarest - HJ, 10,000m, 5000m (2nd)
Nace Plesko - Discus, SP (2nd)
Ayende Watson - LJ
Sam Young - PV
Lachlan Cook - 5000m (2nd)
Matthew Novak - 3000m(2nd)
Jordan Willis - 400m (2nd), 4x400m (2nd)
- 2021** Brandon Outlaw - 400m
Jordan Willis - 400m (2nd)
Conor Murphy - 800m
Randy Neish - 800m (2nd)
Wes Porter - 1500m
Derek Johnson - SC (2nd)
Brenton Foster - HJ
Owayne Owens - TJ
Claudion Romero- DT (1st) SP (2nd)
Jacob Lemmon - DT (2nd), HT (2nd)
Ethan Dabbs - JT
- 2022** Jordan Willis - 400m
Wes Porter - 1500m
Ka'eo Kruse - 1500m (2nd)
Yasin Sado - SC
Nathan Mountain - SC (2nd)
Alex Sherman - 400mH (2nd)
Colin Duignan - PV (2nd)
Owayne Owens - TJ
Claudio Romero - DT
Evangelos Fradelakis - HT (2nd)
Ethan Dabbs - JT

- 2023** Ethan Dabbs - JT
Owayne Owens - TJ
Nate Mountain - Steeple
Derek Johnson - Steeple
John Fay - HT (2nd)
Ethan Robinson - Dec. (2nd)
Yasin Sado - Steeple (2nd)
Conor Murphy - 1500, 800 (2nd)
Kenton Bachmann - 800 (2nd)
Jack Eliason - 5000 (2nd)
- 2024** Will Anthony - 5000m (1st), 10,000m (1st)
John Fay - HT (1st)
Jacob Lemmon - DT (1st)
Gary Martin - 1500m (1st)
Nate Mountain - 3000mSC (1st)
Ethan Robinson - Dec (1st)
Yasin Sado - 3000mSC (1st)
Wes Porter - 1500m
Justin Wachtel - 10,000m (2nd)
Tyler Zawatski - JT (2nd)

Honorees are on First Team unless otherwise noted 2nd-team All-ACC was instated in 2015

ACC PERFORMER OF THE YEAR

- 1972** Kent Merritt
- 1994** Rob Cook
- 2010** Robby Andrews (track)
- 2016** Filip Mihaljevic (field)
- 2016** Henry Wynne (track)
- 2017** Filip Mihaljevic (field)
- 2019** Jordan Scott (field)
- 2022** Claudio Romero (field)
- 2023** Ethan Dabbs (field)

ACC MEET FIELD MVP

- 2012** Nick Vena
- 2015** Jordan Young
- 2016** Filip Mihaljevic
- 2017** Filip Mihaljevic (Co)
- 2019** Jordan Scott

ACC FRESHMAN OF THE YEAR

- 2010** Robby Andrews
- 2011** Anthony Kostelac
- 2014** Filip Mihaljevic

ACC COACH OF THE YEAR

- 1984** Dennis Craddock
- 2001** Randy Bungard
- 2009** Jason Vigilante



2019 Bryan Fetzer

ACC SCHOLAR-ATHLETE OF THE YEAR

2017 Filip Mihaljevic

2023 Ethan Dabbs

ALL-ACC ACADEMIC

2006 Stephen Hiltner

2007 Kellen Blassingame

Andrew Dumm

Jan Foerster

Ryan Foster

Andrew Jesien

Taylor Smith

2008 Kyle Galle

Arthur Gennari

Aaron Klansek

David Lewis

2009 Andrew Jesien

2010 Kevin Anding

Alex Bowman

Steve Delice

Sean Keveren

William Miller

2011 Andrew Revelle

2012 Kevin Anding

Andrew Fahringer

Sean Keveren

Marcus Robinson

2013 Mark Amirault

Matthew Armentrout

Taylor Gilland

Christian Lavorgna

Drew Paisley

Thomas Porter

Ryan Satchell

2014 David Bartha

Christian Lavorgna

Filip Mihaljevic

Thomas Porter

Ryan Satchell

Adam Visokay

2015 Jack Lint

Filip Mihaljevic

Ryan Satchell

2016 Christian Lavorgna

Filip Mihaljevic

Aaron Worrell

2017 Zach Herriott

Jeff Jernigan

Jack Lint

Filip Mihaljevic

Nace Plesko

Henry Wynne

2018 Hilmar Jonsson

Mike Marsella

Nace Plesko

2019 Hilmar Jonsson

Nace Plesko

Matthew Novak

Jordan Willis

2021 Rohann Asfaw

Brenton Foster

Derek Johnson

Jacob Lemmon

Wes Porter

Owayne Owens

Claudio Romero

Jordan Willis

2022 Evangelos Fradelakis

Ka'eo Kruse

Jacob Lemmon

Nathan Mountain

Owayne Owens

Jordan Willis

2023 Rohann Asfaw

Liam Bellamy

Tom Corel

Ethan Dabbs

Nigal Davis

Justin Diehl

Peter Djan

Jack Eliason

Jacob Hunter

Derek Johnson

Gary Martin

Nate Mountain

Elby Omohundro

Owayne Owens

Wes Porter

Justin Rogers

Alex Sherman



MEN'S OUTDOOR ACC HISTORY

1954

Maryland	59.2
North Carolina	57.7
Duke	42.9
South Carolina	35.2
Virginia	16.5
Clemson	6.5
NC State	5

1955

UNC	55.25
Maryland	54
Duke	37
S. Carolina	28.25
Virginia	16.5
Clemson	16
NC State	13
Wake Forest	5

1956

Maryland	71
Duke	36.2
North Carolina	32.9
Clemson	25.5
South Carolina	25.2
Virginia	20.5
NC State	8.7
Wake Forest	5

1957

Maryland	83.5
North Carolina	47.5
Duke	32.5
South Carolina	24.5
Virginia	23.5
Clemson	13
NC State	.5
Wake Forest	0

1958

Maryland	72.5
Duke	44
North Carolina	37
South Carolina	24
Clemson	23
Virginia	22.5
NC State	2
Wake Forest	0

1959

Maryland	106.5
Duke	37
North Carolina	30
South Carolina	20
Clemson	12.7
Virginia	8.75
NC State	6
Wake Forest	3

1960

Maryland	98
Duke	40
North Carolina	28.5
South Carolina	20
Clemson	19.5
Virginia	16
Wake Forest	2
NC State	1

1961

Maryland	82.5
North Carolina	44.5
Duke	40
South Carolina	21
Clemson	21
Virginia	16
NC State	0
Wake Forest	0

1962

Maryland	77.5
North Carolina	43
Duke	34
South Carolina	28
Clemson	26
Virginia	22
Wake Forest	2.5
NC State	2

1963

Maryland	100.5
Duke	46
North Carolina	43.5
Clemson	37
South Carolina	13
Virginia	7
Wake Forest	6
NC State	2

1964

Maryland	95
Clemson	61
North Carolina	41
South Carolina	23
Duke	17
Virginia	8
NC State	6
Wake Forest	4

1965

Maryland	95
Clemson	38
North Carolina	35
South Carolina	32
Duke	20
NC State	17
Wake Forest	10
Virginia	8

1966

Maryland	103
South Carolina	54
North Carolina	23
Duke	19
NC State	17
Clemson	15
Wake Forest	14
Virginia	10

1967

Maryland	98
NC State	37
Clemson	29
South Carolina	28
North Carolina	26
Duke	18
Virginia	13
Wake Forest	6

1968

Maryland	134
South Carolina	31
Clemson	31
North Carolina	28
Duke	19
Virginia	18
NC State	10
Wake Forest	1

1969

Maryland	117.5
S. Carolina	50.5
Duke	35
North Carolina	28
Clemson	19
Virginia	14
NC State	7
Wake Forest	1

1970

Maryland	89
South Carolina	47
Clemson	37
North Carolina	31
Duke	30
Wake Forest	15
NC State	12
Virginia	11

1971

Maryland	71
South Carolina	66
Duke	41
North Carolina	40
Virginia	30
Clemson	24
NC State	16
Wake Forest	0

1972

Maryland	104.5
North Carolina	44.5
Duke	39
Clemson	35
Virginia	34
NC State	20
Wake Forest	11

1973

Maryland	110.5
Duke	63
NC State	45
North Carolina	39
Virginia	21
Clemson	18.5
Wake Forest	7

1974

Maryland	127
North Carolina	52
NC State	49
Duke	41
Clemson	13
Wake Forest	12
Virginia	10

1975

Maryland	105.5
NC State	67.5
Clemson	48
Duke	33
North Carolina	28
Virginia	20
Wake Forest	2

1976

Maryland	124.5
NC State	57.5
Duke	35
North Carolina	33
Clemson	30
Virginia	24
Wake Forest	0

1977

Maryland	208
North Carolina	105
NC State	83
Virginia	74
Clemson	62
Duke	46
Wake Forest	11

1978

Maryland	182.5
NC State	121
Virginia	84
North Carolina	78
Clemson	58.5
Duke	42
Wake Forest	16

1979

Maryland	212
Virginia	101.5
Georgia Tech	86
NC State	75.5
North Carolina	67
Clemson	50
Duke	21
Wake Forest	6

1980

Clemson	150
Maryland	138
NC State	106
Virginia	87
North Carolina	65
Georgia Tech	48
Duke	13
Wake Forest	13

1981

Maryland	167.5
NC State	157
Clemson	88
Virginia	73
North Carolina	51
Georgia Tech	45
Duke	24.5
Wake Forest	14

1982

Clemson	144
NC State	144
Maryland	118
Virginia	90
Georgia Tech	47
North Carolina	43
Duke	32
Wake Forest	0

1983

NC State	169
Clemson	163
Virginia	106
Maryland	84
Georgia Tech	45
North Carolina	37
Duke	14
Wake Forest	2

1984

NC State	161
Virginia	146
Clemson	125.5
Maryland	102
Georgia Tech	53
Wake Forest	13
North Carolina	10
Duke	9

1985

NC State	161
Clemson	117
Georgia Tech	108
Virginia	90
Maryland	86
North Carolina	47
Duke	8
Wake Forest	3

1986

NC State	171
Clemson	155
Georgia Tech	93.5
North Carolina	90.5
Maryland	80
Virginia	16
Duke	10
Wake Forest	4

1987

NC State	157
Clemson	140
Georgia Tech	133
North Carolina	88.5
Maryland	86
Virginia	10.5
Wake Forest	1
Duke	1

1988

NC State	174.5
UNC	134.5
Clemson	102
Georgia Tech	99
Maryland	46
Virginia	43
Wake Forest	18
Duke	5

1989

Clemson	148
NC State	146
Georgia Tech	75
North Carolina	69
Virginia	69
Maryland	54
Wake Forest	44
Duke	15

1990

Clemson	161
NC State	135
North Carolina	100
Georgia Tech	80
Virginia	79
Maryland	32
Wake Forest	27
Duke	6

1991

Clemson	165
NC State	115
North Carolina	109
Virginia	107
Georgia Tech	79
Wake Forest	33
Maryland	10
Duke	0

1992

UNC	178.5
Clemson	178
Florida State	123
Georgia Tech	89
NC State	74.5
Wake Forest	69
Virginia	35
Maryland	23
Duke	8

1993

Clemson	181
North Carolina	158
NC State	126.5
Florida State	112.5
Georgia Tech	67
Wake Forest	65
Virginia	45
Maryland	17
Duke	5

1994

North Carolina	168
Florida State	164
Clemson	127
NC State	105
Virginia	79
Georgia Tech	78
Wake Forest	35
Maryland	11
Duke	5



MEN'S OUTDOOR ACC HISTORY

1995

North Carolina	164
Wake Forest	133
Clemson	124.5
Florida State	98
NC State	85
Virginia	61
Georgia Tech	54
Duke	36
Maryland	15.5

1996

NC State	196.5
North Carolina	152
Clemson	146
Florida State	110
Georgia Tech	75.5
Wake Forest	51
Maryland	34
Virginia	29
Duke	21

1997

Clemson	216
North Carolina	174
NC State	125.5
Florida State	82.5
Georgia Tech	59.5
Wake Forest	50
Duke	39.5
Virginia	37
Maryland	28

1998

Clemson	194
North Carolina	178
NC State	123
FSU	106.33
Georgia Tech	82.33
Virginia	51
Wake Forest	44.33
Duke	25
Maryland	15

1999

North Carolina	178
Clemson	157.5
Wake Forest	108.5
NC State	98.5
Florida State	90.5
Virginia	57
Georgia Tech	55
Duke	50
Maryland	24

2000

Clemson	179.33
Florida State	132
NC State	117
North Carolina	111
Georgia Tech	81.67
Wake Forest	81
Duke	45
Virginia	44
Maryland	21

2001

Clemson	189
Florida State	183
Virginia	108
North Carolina	97.5
Wake Forest	84.5
NC State	84.5
Georgia Tech	44
Duke	22.5
Maryland	12

2002

Florida State	201.5
Clemson	158
North Carolina	118
NC State	103
Georgia Tech	81
Virginia	67.5
Wake Forest	63
Maryland	17
Duke	10

2003

Florida State	202
Clemson	166
North Carolina	98
NC State	94
Georgia Tech	94
Virginia	73.5
Wake Forest	45.5
Duke	41
Maryland	2

2004

Clemson	224
Florida State	176
North Carolina	104
Georgia Tech	103
NC State	81
Virginia	53
Wake Forest	34
Duke	23
Maryland	20

2005

Florida State	222.5
Clemson	151
North Carolina	81.5
Virginia	80
Georgia Tech	65
Virginia Tech	60
NC State	47
Wake Forest	46
Maryland	32
Duke	27
Miami	5

2006

Florida State	161
Clemson	119
Wake Forest	106
Virginia	88
North Carolina	85
NC State	60
Virginia Tech	58
Georgia Tech	52.5
Miami	39
Maryland	23.5
Duke	23
Boston College	3

2007

Florida State	166.5
Clemson	118
NC State	99.5
Virginia	81
North Carolina	77
Georgia Tech	71
Virginia Tech	57
Maryland	44
Wake Forest	35
Miami	30
Duke	29
Boston College	4

2008

Florida State	141
Clemson	124
NC State	96.5
Virginia	94.5
North Carolina	93
Virginia Tech	67
Georgia Tech	66
Maryland	54
Miami	36
Duke	36
Wake Forest	7
Boston College	0

2009

Florida State	141
Virginia	141
Virginia Tech	130
Georgia Tech	81
North Carolina	72
Clemson	69
Duke	61
Wake Forest	45
Miami	40
Maryland	22
Boston College	9
NC State	7

2010

Florida State	138.5
Virginia Tech	130
Virginia	125
North Carolina	117.5
Clemson	75.5
Wake Forest	60
Georgia Tech	48.5
Duke	38
NC State	37
Miami	28
Maryland	18
Boston College	10

2011

Florida State	174.5
Virginia Tech	153.5
North Carolina	112.5
Clemson	89
Duke	86.5
Virginia	67
NC State	50
Wake Forest	38
Miami	21
Maryland	20
Georgia Tech	5
Boston College	0

2012

Virginia Tech	153.5
Florida State	149
Virginia	113
North Carolina	94.5
Clemson	78
Duke	59
NC State	58
Maryland	31
Wake Forest	28
Georgia Tech	26
Miami	22
Boston College	4

2013

Florida State	149
Virginia Tech	138
Clemson	114
North Carolina	113
Duke	66
Virginia	63
Georgia Tech	53
NC State	39
Miami	36
Wake Forest	26
Maryland	13
Boston College	2

2014

Florida State	113
North Carolina	110
Notre Dame	88
Duke	81
Virginia Tech	78
Syracuse	72
Pittsburgh	58
Virginia	53
Miami	44
NC State	32
Clemson	31
Georgia Tech	22
Wake Forest	21
Maryland	14
Boston College	0

2015

Florida State	136
Virginia	100
Virginia Tech	98
Clemson	89
North Carolina	67
Duke	53
Syracuse	51
Louisville	40
Notre Dame	37
Pittsburgh	37
Miami	36
NC State	33
Georgia Tech	22
Wake Forest	18
Boston College	0

2016

Virginia Tech	129
NC State	93
Virginia	80
Florida State	72
North Carolina	72
Louisville	61.5
Clemson	61
Miami	58
Syracuse	48
Pitt	43
Notre Dame	32
Wake Forest	27
Duke	26.5
Georgia Tech	15
Boston College	0

2017

Virginia Tech	120
Virginia	119
Florida State	104
NC State	78
Louisville	64
Clemson	61
North Carolina	55
Duke	53
Syracuse	50
Pittsburgh	34
Georgia Tech	25
Notre Dame	23
Wake Forest	22
Miami	9
Boston College	0

2018

Florida State	116
Syracuse	108
Virginia Tech	105.5
Louisville	71
Clemson	56
Virginia	55
North Carolina	51.5
NC State	49
Miami	45
Duke	45
Pittsburgh	41.5
Notre Dame	35.5
Georgia Tech	33
Wake Forest	4

2019

Virginia Tech	123
Virginia	117
Florida State	102.5
Pittsburgh	62
Clemson	52.5
Louisville	52
North Carolina	50
Miami	48
Notre Dame	40
Georgia Tech	38
Duke	38
Syracuse	33
NC State	27
Boston College	16
Wake Forest	15

2021

Florida State	136
Virginia Tech	116.5
Virginia	92
Notre Dame	80.5
North Carolina	75
Clemson	65
Miami	45
Duke	40
NC State	40
Louisville	36
Pittsburgh	35.5
Wake Forest	22
Syracuse	14
Georgia Tech	9.5
Boston College	7

2022

Florida State	149
Virginia Tech	93
Virginia	83
North Carolina	78
Miami	61
Clemson	59
Duke	59
Notre Dame	55
Louisville	53
Wake Forest	42
NC State	40
Pittsburgh	30
Syracuse	10
Boston College	4
Georgia Tech	1

2023

Clemson	92
Florida State	91
Virginia	89.5
Louisville	89.5
Virginia Tech	84.5
North Carolina	73.5
Niami	59
Duke	51
Notre Dame	42
Wake Forest	40
Syracuse	36
Pitt	27
NC State	23
Georgia Tech	15

2024

Virginia	107
Virginia Tech	102.33
North Carolina	102
Florida State	95
Miami	83
Clemson	77.33
Duke	70.33
Pittsburgh	37
Notre Dame	35
Syracuse	30
Wake Forest	30
Louisville	20
NC State	13
Georgia Tech	12
Boston College	5



MEN'S OUTDOOR ACC HISTORY

VIRGINIA

YEAR-BY-YEAR

1954	5th (16.5)
1955	5th (16.5)
1956	6th (20.5)
1957	5th (23.5)
1958	6th (22.5)
1959	6th (8.75)
1960	6th (16)
1961	6th (16)
1962	6th (22)
1963	6th (7)
1964	6th (8)
1965	8th (8)
1966	8th (10)
1967	7th (13)
1968	6th (18)
1969	6th (14)
1970	8th (11)
1971	5th (30)
1972	5th (34)
1973	5th (21)
1974	7th (10)
1975	6th (20)
1976	6th (24)
1977	4th (74)
1978	3rd (84)
1979	2nd (101.5)
1980	4th (87)
1981	4th (73)
1982	4th (90)
1983	3rd (106)
1984	2nd (146)
1985	4th (90)
1986	6th (16)
1987	6th (10.5)
1988	6th (43)
1989	T-4th (69)
1990	5th (79)
1991	4th (107)
1992	7th (35)
1993	7th (45)
1994	5th (79)
1995	6th (61)
1996	8th (29)
1997	8th (37)
1998	6th (51)
1999	6th (57)
2000	8th (44)
2001	3rd (108)
2002	6th (67.5)
2003	6th (73.5)
2004	6th (53)
2005	4th (80)
2006	4th (88)
2007	4th (81)
2008	4th (94.5)
2009	T-1st (141)
2010	3rd (125)
2011	6th (67)
2012	3rd (113)
2013	6th (63)
2014	8th (53)
2015	2nd (100)
2016	3rd (80)
2017	2nd (119)
2018	6th (55)
2019	2nd (117)
2021	3rd (92)
2022	3rd (83)
2023	T-3rd (89.5)
2024	1st (107)



VIRGINIA INDOOR RECORDS

INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Halle Hazzard	7.23	2021
200 meters	Halle Hazzard	23.45	2021
400 meters	Jordan Lavender	52.59	2013
800 meters	Esther Seeland	2:03.43	2023
Mile	Margot Appleton	4:29.07	2024
3,000 meters	Margot Appleton	8:57.53	2024
5,000 meters	Margaret Groos	15:34.71	1981
60-meter hurdles	Alexis Woodley	8.31	2020
4x400-meter relay	Chaney, Fabrizio, Wright, Lavender	3:39.43	2014
Distance Medley Relay	Workman, Sabbakhan, Hock, Appleton	10:50.58	2024
High Jump	Sherry Gould	1.87m (6' 1.5")	1994
Pole Vault	Bridget Guy	4.41m (14' 5.5")	2019
Long Jump	Jada Seaman	6.46m (21' 2.5")	2020
Triple Jump	Tomika Ferguson	13.53m (44' 4.75")	2007
Shot Put	Maria Deaviz	16.75m (54' 11.5")	2022
Weight Throw	Eliese Mitchell	20.06m (65' 9.75")	2002
Pentathlon	Alix Still	4,177	2023

INDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
60 meters	Shay Clark	6.71	2001
200 meters	Jordan Willis	21.42	2020
400 meters	Brandon Outlaw	46.58	2020
800 meters	Paul Ereng	1:44.84	1988
Mile	Gary Martin	3:54.73	2024
3,000 meters	Gary Martin	7:47.49	2024
5,000 meters	Yasin Sado	13:31.87	2024
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Sherman, Willis, Davis, Pendarvis	3:11.64	2022
Distance medley relay	Murphy, Sherman, Leath, Martin	9:18.95	2024
High Jump	-Brenton Foster	2.26m (7' 5")	2020
Pole Vault	Sam Young	5.38m (17' 7.75")	2020
Long Jump	Owayne Owens	7.58m (24' 10.5")	2021
	Jordan Scott	7.58m (24' 10.5")	2019
Triple Jump	Jordan Scott	17.02m (55' 10.25")	2020
Shot Put	Filip Mihaljevic	20.87m (68' 5.75")	2016
Weight Throw	Jordan Young	22.92m (75' 2.5")	2015
Heptathlon	Jack Lint	5,546	2017



UVA INDOOR RELAY RECORDS

WOMEN'S INDOOR RECORDS

4x400

1.	3:39.43	Chaney, Fabrizio, Wright, Lavender	2014
2.	3:39.65	Akpan, Seaman, Parenchuk, Sabbakhan	2023
3.	3:39.77	Ezumah, Fabrizio, Wright, Lavender	2015
4.	3:39.93	Sandy, Hinton, Birge, Fridy	1987
5.	3:40.40	Chaney, Lavender, Ezumah, Wright	2014

DMR

1.	10:50.58	Workman, Sabbakhan, Hock, Appleton	2024
2.	10:52.22	Workman, Sabbakhan, Hock, Appleton	2024
3.	10:55.45	Appleton, Sabbakhan, Timm, Workman	2024
4.	10:55.94	Seeland, Alexandru, Seasholtz, Appleton	2023
5.	10:56.84	Barnett, Parenchuk, Seasholtz, Appleton	2022

MEN'S INDOOR RECORDS

4x400

1.	3:11.64	Sherman, Willis, Davis, Pendarvis	2022
2.	3:11.76	Willis, Shirley, Dixon, Outlaw	2018
3.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
4.	3:12.19	Sherman, White IV, Gose, Lyons	2024
5.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015

DMR

1.	9:18.95	Murphy, Sherman, Leath, Martin	2024
2.	9:23.71	Murphy, Sherman, Martin, Porter	2023
3.	9:27.18	Porter, Sherman, Leath, Sado	2024
4.	9:27.80	Martin, Sherman, Murphy, Sado	2023
5.	9:29.86	Jesien, Paschal, Roller, Taye	2009



WOMEN'S INDOOR TOP PERFORMANCES

60 METERS

1. Halle Hazzard	7.23	'21
2. Jada Seaman	7.28	'22
3. Kayla Bonnick	7.35	'23
4. Kiamesha Otey	7.37	'03
5. Sonja Fridy	7.39	'86
6. Peyton Chaney	7.40	'16
Anna Jefferson.....	7.40	'20
8. Pam Lemons	7.43	'93
Sarah Akpan	7.43	'24
10. Kayla Bonnick	7.46	'24

200 METERS

1. Halle Hazzard	23.45	'21
2. Jada Seaman	23.53	'22
3. Sarah Akpan	23.69	'24
4. Jordan Lavender	23.80	'15
5. Peyton Chaney	23.84	'16
6. Anna Jefferson.....	23.92	'20
7. Danielle Williams	23.97	'12
8. Sarah Akpan	24.00	'23
9. Kayla Bonnick	24.14	'21
10. Kelly Miller	24.17	'99

400 METERS

1. Jordan Lavender	52.59	'13
2. Andrenette Knight	53.50	'20
3. Anna Jefferson.....	53.33	'19
4. Lisa Garrett	54.07	'81
5. Angela Lee	54.29	'99
6. Carielle Doe	54.52	'02
7. Cathron Birge	54.61	'90
8. Anzhelika Parenchuk	54.88	'22
9. Sonja Fridy	54.95	'87
10. Angela Griffith	55.38	'92

800 METERS

1. Esther Seeland	2:03.43	'23
2. Caroline Timm	2:05.23	'24
3. Maggie Hock	2:05.25	'24
4. Alahna Sabbakhan	2:05.74	'22
5. Vanessa Fabrizio	2:07.24	'15
6. Maggie Hock	2:07.36	'24
7. Emma Call.....	2:07.39	'17
8. Lyndsay Harper	2:07.64	'11
9. Keara Seasholtz	2:07.69	'22
10. Morgane Gay	2:08.07	'09

MILE

1. Margot Appleton	4:29.07	'24
2. Anna Workman	4:31.91	'24
3. Mia Barnett	4:33.54	'22
4. Jill Haworth	4:34.32	'82
5. Morgane Gay	4:34.38	'12
6. Vicky Fouhy.....	4:34.87	'13
7. Lesley Welch	4:35.56	'82
8. Iona Lake	4:36.11	'16
9. Caroline Timm	4:36.24	'24
10. Ellie Desmond	4:41.09	'23

3,000 METERS

1. Margot Appleton	8:57.53	'24
2. Jenny Schilling	9:16.17	'24
3. Cleo Boyd	9:18.20	'17
4. Claire Forbes	9:18.80	'92
5. Stephanie Garcia	9:19.44	'11
6. Martha White	9:19.58	'83
7. Sophie Atkinson	9:20.87	'23
8. Gillian Brushee.....	9:23.01	'24
9. Camryn Menninger	9:23.96	'23
10. Iona Lake	9:22.75	'15

5,000 METERS

1. Margaret Groos	15:34.71	'81
2. Cleo Boyd.....	16:04.76	'17
3. Morgan Kelly.....	16:10.73	'15
4. Jenny Schilling	16:15.08	'24
5. Barbara Strehler	16:16.32	'14
6. Emily Harrison	16:16.53	'08
7. Lesley Welch	16:21.6h	'82
8. Maria Hauger.....	16:22.07	'14
9. Anna Corrigan	16:25.81	'12
10. Kara Scanlin.....	16:27.61	'08

60 HURDLES

1. Alexis Woodley.....	8.31	'20
2. Ciara Leonard	8.38	'18
3. Ayla Smith	8.39	'09
4. Alix Still.....	8.41	'23
5. Andrenette Knight	8.48	'20
6. Heather Smith	8.54	'16
7. Kim Turko	8.55	'01
8. Chidi Uche	8.58	'10
9. Lauren Echko	8.60	'09
10. Bianca DeBartolo.....	8.65	'07

HIGH JUMP

1. Sherry Gould	1.87m (6' 1.5")	'94
2. Celia Rifatterra.....	1.84m (6' 0.5")	'24
3. Ann Bair	1.83m (6' 0")	'83
4. Robin Landes	1.82m (5' 11.25")	'88
5. Karen DiDonato	1.80m (5' 10.75")	'91
6. Pearl Bickersteth ..	1.79m (5'10.5")	'12
7. Rachel Marks	1.78m (5' 10")	'04
Rebecca Hawkins..	1.78m (5'10")	'22
9. Kate Doyle.....	1.75m (5' 8.75")	'90
Carly Tarentino.....	1.75m (5' 8.75")	'24
10. Janelle Clayton	1.74m (5' 8.5")	'10

POLE VAULT

1. Bridget Guy.....	4.41m (14'5.5")	'19
2. Sam Romano.....	4.24m (13'11")	'24
3. Maya Maloney.....	4.12m (13'6.25")	'20
4. Trina Barcarola.....	4.11m (13'5.75")	'22
5. Hanne Borstlap	4.00m (13'1.5")	'23
Gabriella Recce....	4.00m (13'1.5")	'24
7. Sarah DeVita	3.97m (13'0.25")	'15
8. Theresa Demaria ..	3.96m (12'11.75")	'17
9. Katie Freix	3.95m (12'11.5")	'18
Caroline Danenbaum	3.95m (12' 11.5")	'24

LONG JUMP

1. Jada Seaman	6.46m (21' 2.5")	'20
2. Dana Boone	6.44m (21' 1.50")	'91
3. Kiamesha Otey	6.39m (20' 11.75")	'02
4. Sonja Fridy	6.38m (20' 11.25")	'87
5. Khyasia Caldwell ..	6.29m (20' 7.75")	'20
6. Nicole Kimbrough..	6.27m (20' 7")	'95
7. Kelly Miller	6.22m (20' 5")	'99
8. Angela Griffith	6.15m (20' 2.25")	'92
9. Jordan Hardy	6.12m (20'1")	'23
10. Latanya Wynn	6.10m (20' 0.25")	'88

TRIPLE JUMP

1. Tomika Ferguson ..	13.53m (44' 4.75")	'07
2. Naccolle Guinn	13.14m (43' 1.25")	'01
3. Khyasia Caldwell.....	13.05m (42' 9.75")	'21
4. Kelly McKee	13.00m (42'8")	'19
5. Dallas Rose.....	12.98m (42' 7")	'12
6. Jordan Hardy	12.87m (42'2.75")	'24
7. Dana Boone	12.86m (42' 2.25")	'91
8. Michele Johnson. .	12.78m (41' 11")	'87
9. Mia Barron	12.71m (41'8.5")	'17
10. Rashawnda James	12.59m (41' 3.75")	'09

SHOT PUT

1. Maria Deaviz.....	16.75m (54' 11.5")	'22
2. Billie-Jo Grant	16.55m (54' 3.5")	'08
3. Christine Bohan ..	16.53m (54' 2.75")	'16
4. Brittany Jones.....	16.27m (53'4.5")	'20
5. Ashley Anumba ..	16.04m (52' 7.5")	'22
6. Maureen Laffan ..	15.97m (52' 4.75")	'10
7. Eliese Mitchell ..	15.72m (51' 7")	'03
8. Kelly Bodiford	15.65m (51' 4.25")	'91
9. Brooke Lumpkin.....	15.48m (50' 9.5")	'24
10. Emily Vannoy	15.42m (50' 7.25")	'10

WEIGHT THROW

1. Eliese Mitchell	20.06m (65' 9.75")	'02
2. Maureen Laffan ..	18.54m (60' 10")	'12
3. Bree Lumpkin....	18.32m (60' 1.25")	'24
4. Erin Wykoff	17.75m (58' 3")	'12
5. Jade Baker	17.46m (57'3.5")	'19
6. Alexa Manning	17.09m (56' 1")	'08
7. Ann Crouse	17.08m (56' 0.5")	'96
8. Eva Mustafic.....	16.92m (55'6.25")	'19
9. Lauren Connelly ..	16.67m (54' 8.25")	'96
10. Morgan Johnson .	16.63m (54' 6.75")	'22

PENTATHLON

1. Alix Still.....	4,177	'23
2. Susan Brownell.....	4,153	'82
3. Rebecca Grube	4,108	'95
4. Holly Sullivan	3,912	'18
5. Ayla Smith	3,879	'09
6. Sherry Gould	3,789	'94
7. Beth Sheehan.....	3,678	'83
8. Bianca DeBartolo.....	3,661	'07
9. Anna Finger	3,659	'13
10. Curtrell Frye.....	3,644	'02

All-time lists are based on a student-athlete's best time/mark



MEN'S INDOOR TOP PERFORMANCES

60 METERS

1. Shay Clark.....	6.71	'01
2. Reuben Jones.....	6.79	'08
3. Adam Cummings.....	6.86	'13
4. Michael Johnson.....	6.87	'04
5. Jarrett Hagwood.....	6.89	'02
6. Leo McLaughlin.....	6.89	'11
7. Tavares Kelly.....	6.92	'22
8. Scott Kimball.....	6.93	'00
Peter Djan.....	6.93	'24
10. Adams Abdulrazaaq.....	6.94	'11

200 METERS

1. Jordan Willis.....	21.42	'20
2. Gerald Howard.....	21.53	'95
3. Jay Pendarvis.....	21.54	'23
4. Michael Koepke.....	21.77	'24
5. Scott Kimball.....	21.78	'00
Reuben Jones.....	21.78	'08
Payton Hazzard.....	21.78	'14
9. Conlon Bonner.....	21.79	'08
10. Shay Clark.....	21.81	'02

400 METERS

1. Brandon Outlaw.....	46.58	'20
2. Payton Hazzard.....	46.60	'15
3. Jordan Willis.....	46.61	'20
4. Kellen Blassingame.....	46.73	'06
5. Alex Sherman.....	47.23	'24
6. Kevin Anding.....	47.46	'11
7. Alfred Shirley.....	47.53	'18
8. Ben Kurgat.....	47.61	'89
9. Paul Ereng.....	47.64	'88
10. Evans White IV.....	47.98	'24

800 METERS

1. Paul Ereng.....	1:44.84	'88
2. Conor Murphy.....	1:46.95	'24
3. Ben Kurgat.....	1:47.31	'91
4. Robby Andrews.....	1:48.02	'10
5. Shane Cohen.....	1:48.15	'24
6. Gary Martin.....	1:48.71	'24
7. Alex Leath.....	1:49.10	'24
8. McGavock Dunbar.....	1:49.18	'04
9. Nathan Kiley.....	1:49.20	'16
10. John Hinton.....	1:49.24	'84
Anthony Kostelac.....	1:49.24	'11

MILE

1. Gary Martin.....	3:54.73	'24
2. Conor Murphy.....	3:55.24	'23
3. Yasin Sado.....	3:55.93	'24
4. Wes Porter.....	3:56.83	'23
5. James Donahue.....	3:57.44	'23
6. Nate Mountain.....	3:58.16	'24
7. Vince Draddy.....	3:58.2h	'82
8. Will Anthony.....	3:58.39	'24
9. Wes Porter.....	3:58.57	'24
10. Henry Wynne.....	3:58.74	'16

3000 METERS

1. Gary Martin.....	7:47.49	'24
2. Ari Klau.....	7:51.57	'20
3. Conor Murphy.....	7:53.17	'24
4. Will Anthony.....	7:53.77	'24
5. Henry Wynne.....	7:53.89	'16
6. Mark Amirault.....	7:54.08	'12
7. Adam Visokay.....	7:54.24	'16
8. Kris Herdt.....	7:54.90	'87
9. Wes Porter.....	7:56.81	'22
10. Yasin Sado.....	7:56.83	'24

5000 METERS

1. Yasin Sado.....	13:31.87	'24
2. Derek Johnson.....	13:39.88	'23
3. Zach Herriott.....	13:45.37	'17
4. Ryan Collins.....	13:46.41	'10
5. Chase Weaverling.....	13:54.39	'17
6. Brent Demarest.....	13:56.03	'17
7. Thomas Madden.....	13:57.01	'15
8. Rohann Asfaw.....	14:00.25	'22
9. Alex Corbett.....	14:00.56	'19
10. Kris Herdt.....	14:02.00	'89

600 HURDLES

1. Adams Abdulrazaaq.....	7.75	'11
2. Drequan Hoskey.....	7.79	'14
3. Peter Djan.....	7.80	'24
4. Jarrett Hagwood.....	7.93	'02
David Frasier.....	7.93	'24
6. Ethan Robinson.....	7.97	'24
7. Marion Mason.....	8.01	'01
8. Jeremiah Wilson.....	8.02	'24
9. Cary Chandler.....	8.03	'01
Aaron Shepperd.....	8.03	'11
Emmanuel Jackson.....	8.03	'19

HIGH JUMP

1. Brenton Foster.....	2.26m (7' 5")	'20
2. Herman Moore.....	2.21m (7' 3")	'90
3. Greg Nelson.....	2.14m (7' 0.25")	'10
4. Greg Byers.....	2.13m (6' 11.75")	'82
Trey Causey.....	2.13m (6' 11.75")	'19
6. Bob Lund.....	2.09m (6' 10.25")	'93
7. Mike Riso.....	2.08m (6' 10")	'02
Kevin Jackson.....	2.08m (6' 10")	'77
Jacob Kelly.....	2.08m (6' 9.75")	'22
9. David Sullivan.....	2.05m (6' 8.75")	'06
Arthur Gennari.....	2.05m (6' 8.75")	'08
Tommy DeVita.....	2.05m (6' 8.75")	'13

POLE VAULT

1. Sam Young.....	5.38m (17' 7.75")	'20
2. David Sullivan.....	5.30m (17' 4.75")	'05
3. Brian Shafer.....	5.20m (17' 0.75")	'93
4. Justin Rogers.....	5.18m (17' 0")	'23
5. Jeff Jernigan.....	5.10m (16' 8.75")	'17
6. Tommy Cooke.....	5.05m (16' 6.75")	'95
7. Kane Aldrich.....	5.02m (16' 5.5")	'21
8. Matt Armentrout.....	5.01m (16' 5.25")	'13
9. Colin Duignan.....	5.00m (16' 4.75")	'22
10. Danny Thompson.....	4.98m (16' 4")	'81

LONG JUMP

1. Owayne Owens.....	7.58m (24' 10.5")	'21
2. Jordan Scott.....	7.58m (24' 10.5")	'19
3. Matt Meyer.....	7.52m (24' 8.25")	'09
4. Marion Mason.....	7.50m (24' 7.25")	'01
Tiki Barber.....	7.50m (24' 7.25")	'94
6. Bruce Randolph.....	7.48m (24' 6.5")	'84
7. Heldi Valikaj.....	7.46m (24' 5.75")	'24
8. Keith Witherspoon.....	7.45m (24' 5.25")	'76
9. Ayende Watson.....	7.41m (24' 3.75")	'19
10. Stephen Dunphy.....	7.40m (24' 3.25")	'92

TRIPLE JUMP

1. Jordan Scott.....	17.02m (55' 10.25")	'20
2. Owyane Owens.....	16.69m (54' 9.25")	'23
3. Marcus Robinson.....	16.63m (54' 6.75")	'12
4. Keith Witherspoon.....	16.16m (53' 0.25")	'76
5. Greg Byers.....	15.98m (52' 5")	'85
6. Aaron Worrell.....	15.87m (52' 1")	'17
7. Cornell Grayson.....	15.74m (51' 7.75")	'90
8. Chike Chukwulozie.....	15.64m (51' 3.75")	'91
9. Ryan Satchell.....	15.62m (51' 3")	'14
10. Ivan Glasgow.....	15.34m (50' 4")	'82
Heldi Valikaj.....	15.34m (50' 4")	'24

SHOT PUT

1. Filip Mihaljevic.....	20.87m (68' 5.75")	'16
2. Oghenekpobo Efekoro.....	19.84m (65' 1.25")	'17
3. Jordan Young.....	19.15m (62' 10")	'15
4. Nick Vena.....	18.92m (62' 1")	'12
5. Yemi Ayeni.....	18.80m (61' 8.25")	'09
6. Nace Plesko.....	18.71m (61' 4.75")	'19
7. Claudio Romero.....	18.44m (60' 6")	'21
8. Kevin Latham.....	17.62m (57' 9.75")	'84
9. Thom McKinney.....	17.12m (56' 2")	'91
10. Mike Murphy.....	17.10m (56' 1.25")	'93

WEIGHT THROW

1. Jordan Young.....	22.92m (75' 2.5")	'15
2. Jacob Lemmon.....	22.18m (72' 9.25")	'23
3. John Fay.....	21.73m (71' 3.5")	'24
4. Hilmar Jonsson.....	21.37m (70' 1.5")	'18
5. Oghenekpobo Efekoro.....	19.90m (65' 13.5")	'18
6. Vincenzo Chiariello.....	19.38m (63' 7")	'12
7. Ty Kunzman.....	19.18m (62' 11.25")	'21
8. Claudio Romero.....	18.47m (60' 7.25")	'21
9. Thom McKinney.....	18.43m (60' 5.75")	'91
10. Thomas Fuson.....	18.18m (59' 7.75")	'11

HEPTATHLON

1. Jack Lint.....	5,546	'17
2. Ethan Robinson.....	5,503	'24
3. Derek Pekar.....	5,362	'20
4. David Sullivan.....	5,178	'04
5. David Lewis.....	5,139	'08
6. Christian Lavorgna.....	5,113	'16
7. David Frasier.....	5,110	'24
8. Elby Omohundro.....	5,038	'20
9. Cam Collins.....	4,972	'16
10. Anthony Dunavant.....	4,970	'14



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1. Halle Hazzard 7.32 '19
2. Jada Seaman 7.46 '20
3. **Kayla Bonnick** **7.47** '**21**
4. **Sarah Akpan** **7.48** '**23**
5. Jordan Lavender 7.57 '12

200-METER DASH

1. Jada Seaman 23.76 '20
2. **Sarah Akpan** **24.00** '**23**
2. Halle Hazzard 24.09 '19
3. **Kayla Bonnick** **24.14** '**21**
4. Jordan Lavender 24.25 '12

300-METER DASH

1. Jordan Lavender 39.05 '12
2. Julie Sandy 39.43 '87
3. Anna Jefferson 39.63 '17
4. Kiana Hairston 40.15 '15
5. **Kayla Bonnick** **40.25** '**21**

400-METER DASH

1. Jordan Lavender 54.69 '12
2. **Ariel Fletcher** **55.80** '**24**
2. Michelle Samuels 55.81 '91
3. Meagan Gillespie 56.07 '09
4. **Anzhelika Parenchuk** **56.08** '**21**
5. Chimere Ezumah 56.27 '14

500-METER DASH

1. Cathron Birge 1:14.16 '87
2. Phyllis Buber 1:14.90 '84
3. Ayla Smith 1:14.91 '07
4. Lyndsay Harper 1:16.22 '08
5. Shelley McBride 1:16.68 '86

800-METER RUN

1. Emma Call 2:07.39 '17
2. Morgane Gay 2:08.07 '09
3. **Keara Seasholtz** **2:08.43** '**21**
4. Vanessa Fabrizio 2:08.79 '11
5. Sandy Schuler 2:09.90 '85

1000-METER RUN

1. Sandy Schuler 2:44.40 '85
2. Shelley McBride 2:50.40 '86
3. Maddie Rennyson 2:54.65 '18
4. Claire Forbes 2:55.31 '90
5. **Cate DeSousa** **2:56.09** '**24**

1-MILE RUN

1. Mia Barnett 4:33.54 '22
2. Claire Forbes 4:49.48 '90
3. **Margot Appleton** **4:37.46** '**22**
4. **Cate DeSousa** **4:47.92** '**24**
5. Tasia Potasinski 4:51.49 '10

3000-METER RUN

1. **Jenny Schilling** **9:16.17** '**24**
2. Maria Hauger 9:29.20 '14
3. Veronic Boire 9:34.79 '22
4. **Gillian Bushee** **9:35.58** '**24**
5. Sarah Fakler 9:37.45 '14

5000-METER RUN

1. Lesley Welch 16:21.60 '82
2. Maria Hauger 16:22.07 '14
3. Cleo Boyd 16:29.16 '14
4. Sarah Fakler 16:32.01 '14
5. **Addison Cox** **16:37.83** '**23**

60-METER HURDLES

1. Alexis Woodley 8.56 '17
2. Ayla Smith 8.68 '07
3. Kim Turko 8.69 '98
4. Ciara Leonard 8.74 '16
4. **Jada Pierre** **8.74** '**22**
5. Shantell Bingham 8.82 '12
- Nadia Sauders 8.77 '21

HIGH JUMP

1. Karen Didonota 1.71m (5' 7.5") '87
2. Janelle Clayton 1.70m (5' 7") '10
- Pearl Bickersteth 1.70m (5' 7") '10
- Emily Kianka 1.70m (5' 7") '11
- Moir Cronin 1.70m (5' 7") '12

POLE VAULT

1. **Sam Romano** **4.20m (13'9.25")** '**23**
2. Bridget Guy 3.97m (13' 0.25") '15
- Maya Maloney 3.97m (13'0.25") '20
4. Theresa Demaria 3.96m(12'11.75) '17
5. Katie Freix 3.82m (12' 6.5") '15

LONG JUMP

1. Jada Seaman 6.46m (21' 2.5") '20
2. **Jordan Hardy** **6.12m (20'1")** '**23**
3. Kiamesha Otey 6.00m (19' 8.25") '00
4. Sonja Fridy 5.99m (19' 8") '84
5. Dana Boone 5.96m (19' 6.75") '88

TRIPLE JUMP

1. **Jordan Hardy** **12.86m (42'2.25")** '**23**
2. Dallas Rose 12.56m (41' 2.5") '10
3. Mia Barron 12.33m (40' 5.5") '15
4. Britni Strates 12.32m (40' 5") '12
5. Nadia Saunders 12.23m (40' 1.5") '21

SHOT PUT

1. Maria Deaviz 15.43m (50' 7.5") '21
2. Emily Vannoy 15.42m (50' 7.25") '10
3. Brittany Jones 15.21m (49'11") '18
4. Anna Grant 14.94m (49' 0.25") '08
5. Christine Bohan 14.78m (48' 6") '14

WEIGHT THROW

1. Eva Mustafic 16.92m (55'6.25") '19
2. Brittany Jones 16.24m (53'3.5") '18
3. Emily Vannoy 16.00m (52' 6") '10
4. **Janae Profit** **15.64m (51'3.75")** '**22**
5. Kristy Martin 15.50m (50' 10.5") '97

PENTATHLON

1. Beth Sheehan 3,678 '83
2. Katie Ollendick 3,443 '94
3. Holly Sullivan 3,411 '16
4. Alana Herran 3,396 '16
5. **Elsa Spoor** **3,315** '**24**

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



MEN'S INDOOR FRESHMAN RECORDS

60 METERS

1. Adam Cummings 6.86 '13
 2. Leo McLaughlin 6.89 '11
 3. Reuben Jones 6.92 '05
 4. Matt Meyer 6.97 '09
 5. Conlon Bonner 6.98 '08
- Peter Djan 6.98 '23**

200 METERS

1. Conlon Bonner 21.79 '08
2. **Alex Sherman 22.00 '22**
3. Brandon Outlaw 22.03 '18
4. **Evans White IV 22.13 '23**
5. Ben Sargong 22.16 '92

300 METERS

1. Anthony Swan 34.11 '86
1. Adam Abdulrazaaq 34.63 '08
3. Patrick Farmer 34.74 '11
4. Conlon Bonner 34.78 '08
5. Charles Bowman 34.82 '16

400 METERS

1. Brandon Outlaw 47.18 '18
2. Alfred Shirley 47.53 '18
3. Paul Ereng 47.64 '88
4. **Jay Pendarvis 48.10 '21**
5. Meikle Paschal 48.11 '08

500 METERS

1. Paul Ereng 1:02.02 '88
2. Alfred Shirley 1:03.05 '18
3. Bruce Berry 1:03.31 '85
4. Ray Brown 1:03.80 '81
5. Dwayne Brake 1:03.97 '83

800 METERS

1. Robby Andrews 1:48.39 '10
2. **Alex Leath 1:49.10 '24**
3. Anthony Kostelac 1:49.24 '11
4. Paul Ereng 1:49.31 '88
5. **Conor Murphy 1:49.91 '21**

1000 METERS

1. **Alex Leath 2:23.36 '24**
2. Rob Pearce 2:27.69 '97
2. Billy Convey 2:28.30 '84
3. TJ Hobart 2:28.40 '11
4. Brett Johnson 2:28.47 '10
5. Ken Cheeseman 2:29.80 '85

MILE

1. **Gary Martin 3:56.83 '23**
2. **James Donahue 3:57.44 '23**
3. Alex Tatu 4:03.00 '05
4. Mike Marsella 4:03.18 '14
5. **Nathan Mountain 4:03.27 '22**

3,000 METERS

1. Adam Visokay 7:57.46 '14
2. **Will Anthony 8:01.81 '23**
3. **Wes Porter 8:06.18 '21**
4. Brent Demarest 8:09.59 '15
5. Connor Rog 8:09.76 '14

5,000 METERS

1. Thomas Madden 13:57.01 '15
2. Chris Foley 14:03.67 '12
3. Chase Weaverling 14:03.72 '16
4. **Andrew Jones 14:08.23 '23**
5. Brent Demarest 14:14.74 '15

60m HURDLES

1. **David Frasier 7.93 '24**
 2. Adam Abdulrazaaq 7.98 '08
 3. **Jeremiah Wilson 8.02 '24**
 4. Aaron Sheppherd 8.03 '11
 5. Jarrett Hagwood 8.05 '99
- Peter Djan 8.05 '23**

HIGH JUMP

1. Trey Causey 2.13m (6' 11.75") '19
 2. Mike Riso 2.08m (6' 10") '02
 3. Tommy DeVita 2.04m (6' 8.5") '11
 4. Arthur Gennari 2.03m (6' 8") '07
 5. Gerald Howard 2.00m (6' 7") '93
- Cordell Green 2.00m (6' 7") '95

POLE VAULT

1. **Justin Rogers 5.18m (17'0") '23**
2. Sam Young 5.10m (16' 8.75) '17
3. David Sullivan 4.97m (16' 3.75") '03
4. Brian Shafer 4.90m (16' 1") '90
5. Jake Williams 4.87m (16' 0") '91

LONG JUMP

1. Matt Meyer 7.52m (24' 8.25") '09
2. Tiki Barber 7.48m (24' 6.75") '94
3. Ayende Watson 7.41m (24' 3.75") '19
4. Jordan Scott 7.38m (24' 2.5") '17
5. Marion Mason 7.24m (23' 9.25") '98

TRIPLE JUMP

1. Jordan Scott 16.36m (53' 8.25) '17
2. Aaron Worrell 15.64m (51' 3.75") '14
3. Owyane Owens 15.27m (50' 1.25") '20
4. Ryan Satchell 15.02m (49' 3.5") '12
5. **Heldi Valikaj 14.86m (48'9") '22**

SHOT PUT

1. Filip Mihaljevic 19.63m (64' 5") '15
2. Nick Vena 18.92m (62' 1") '12
3. Oghenekpobo Efekoro 18.82m (61' 9") '16
4. Claudio Romero 18.44m (60' 6") '21
5. Mike Theuerkauf 16.51m (54' 2") '89

WEIGHT THROW

1. **John Fay 20.72m (67' 11.75") ... '23**
2. Hilmar Jonsson 20.32m (66' 8") '16
3. **Jacob Lemmon 20.05m (65' 9.5") '21**
4. Oghenekpobo Efekoro 18.86m (61' 10.5") '16
5. Claudio Romero 18.47m (60' 7.25") '21

HEPTATHLON

1. Jack Lint 5,358 '16
2. Derek Pekar 5,354 '20
3. **David Frasier 5,110 '24**
4. Anthony Dunavant 4,970 '14
5. **Henry Sullivan 4,912 '24**

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



VIRGINIA OUTDOOR RECORDS

OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
200 meters	Jada Seaman	23.06	2022
400 meters	Sonja Fridy	51.93	1987
800 meters	Michaela Meyer	2:00.28	2021
1,500 meters	Michaela Meyer	4:04.02	2021
5,000 meters	Margot Appleton	15:18.21	2024
10,000 meters	Jenny Schilling	32:44.19	2024
100-meter hurdles	Ciara Leonard	13.26	2018
400-meter hurdles	Andrenette Knight	55.75	2021
	Ayla Smith	56.54	2011
3,000-meter steeplechase	Stephanie Garcia	9:47.29	2011
4x100-meter relay	Bonnick, Seaman, Pierre, Akpan	43.71	2023
4x400-meter relay	Jefferson, Seaman, Meyer, Knight	3:30.44	2021
High Jump	Ann Bair	1.88m (6' 2")	1983
Pole Vault	Bridget Guy	4.46m (14' 7.5")	2018
Long Jump	Dana Boone	6.65m (21' 9.75")	1990
Triple Jump	Kelly McKee	13.70m (44' 11.5")	2019
Shot Put	Maria Deaviz	17.32m (56' 10")	2022
Discus Throw	Ashley Anumba	61.56m (201' 11")	2023
Hammer Throw	Jade Baker	63.61m (208' 8")	2019
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Alix Still	5,662 points	2023

* at NACAC U18/U23 Championships 2019 in Mexico

OUTDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Gerald Howard	10.42	1995
200 meters	Gerald Howard	20.79	1995
400 meters	Jordan Willis	45.70	2022
800 meters	Paul Ereng	1:43.16	1989
1500 meters	Gary Martin	3:37.66	2024
5,000 meters	Gary Martin	13:31.51	2024
10,000 meters	Will Anthony	28:21.93	2024
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
3,000-meter steeplechase	Nate Mountain	8:20.68	2024
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25")	2021
Pole Vault	David Sullivan	5.35m (17' 6.75")	2005
Long Jump	Jordan Scott	7.83m (25' 8.25")	2019
Triple Jump	Jordan Scott	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	21.30m (69' 10.75")	2017
Discus Throw	Claudio Romero	67.02m (219' 10")	2022
Hammer Throw	Hilmar Jonsson	75.26m (246' 11")	2019
Javelin Throw	Ethan Dabbs	82.92m (273' 0")	2022
Decathlon	Stephen Dunphy	7,920 points	1992

*at Elliott Denman NJ International



UVA OUTDOOR RELAY RECORDS

RELAYS

WOMEN'S OUTDOOR RECORDS

4x100

1.	43.71	Bonnick , Seaman, Pierre, Akpan	2023
2.	43.75	Jefferson Seaman, Bonnick , Hazzard	2021
3.	43.90	Jefferson, Seaman, Caldwell, Bonnick	2021
4.	44.24	Akpan , Bonnick , Pierre, Seaman	2023
5.	44.32	Bonnick , Akpan , Fletcher , Morgan	2024

4x400

1.	3:30:44	Jefferson, Seaman, Meyer, Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz , Knight	2021
3.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4.	3:35.77	Akpan , Seaman, Sabbakhan , Alexandru	2023
5.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985

MEN'S OUTDOOR RECORDS

4x100

1.	40.25	Randolph, Archer, Brown, Palmer	1984
2.	40.37	Bonner, Jones, Abdulrazaaq, Paschal	2008
3.	40.46	Hagwood, Clark, Young, Kimball	2002
4.	40.57	Davis, Djan , Pendarvis , Fish	2023
5.	40.68	Scott, Barber, Barber, Howard	1994

4x400

1.	3:07.11	Anding, Roller, Bryan, Hazzard	2012
2.	3:07.14	Kugrat, Johnson, Brook, Ereng	1988
3.	3:08.20	Muth, Williams, Williams, Bruce	1979
4.	3:08.30	Kiley, Bowman, Carrington, Dixon	2017
5.	3:08.34	Willis, Shirley, Outlaw, Lint	2018



WOMEN'S OUTDOOR TOP PERFORMANCES

100 METERS

1. Halle Hazzard*	11.20	'19
2. Sonja Fridy	11.36	'87
3. Kayla Bonnick	11.42	'23
4. Kiamesha Otey	11.43	'01
Jada Seaman	11.43	'22
6. Kelly Miller	11.48	'99
7. Sarah Akpan	11.49	'24
8. Pam Lemons	11.57	'93
9. Jada Pierre	11.62	'23
10. Tori McKenzie	11.63	'17

* at NACAC U18/U23 Championships 2019 in Mexico

200 METERS

1. Jada Seaman	23.06	'22
2. Sonja Fridy	23.17	'87
3. Anna Jefferson	23.39	'19
4. Sarah Akpan	23.40	'24
5. Jordan Lavender	23.42	'14
6. Kiamesha Otey	23.46	'03
7. Peyton Chaney	23.50	'16
8. Kelly Miller	23.61	'99
9. Halle Hazzard	23.68	'19
10. Janna'a Bridgeford	23.69	'08

400 METERS

1. Sonja Fridy	51.93	'87
2. Anna Jefferson	52.39	'18
3. Jordan Lavender	52.48	'14
4. Lisa Garrett	52.64	'83
5. Carielle Doe	53.22	'03
6. Angela Lee	54.05	'98
7. Michelle Samuels	54.59	'92
8. Alahna Sabbakhan	54.67	'23
9. Andrea Wright	54.80	'14
10. Talia Wise	54.81	'08

800 METERS

1. Michaela Meyer	2:00.28	'21
2. Gail Bryant	2:04.21	'85
Esther Seeland	2:04.21	'23
4. Vanessa Fabrizio	2:04.77	'14
5. Kim Kelly	2:05.23	'84
6. Maggie Hock	2:05.40	'24
7. Alahna Sabbakhan	2:05.45	'24
8. Vicky Fouhy	2:05.55	'13
9. Keara Seasholtz	2:05.73	'23
10. Lyndsay Harper	2:05.84	'11

1,500 METERS

1. Michaela Meyer	4:04.02	'21
	*4:09.78	'21
2. Margot Appleton	4:08.96	'23
3. Mia Barnett	4:11.32	'22
4. Esther Seeland	4:12.55	'23
5. Anna Workman	4:12.73	'24
6. Morgane Gay	4:13.20	'12
7. Vicky Fouhy	4:14.51	'13
8. Caroline Timm	4:14.96	'24
9. Michelle Rowen	4:15.37	'87
10. Jill Haworth	4:16.06	'83

5,000 METERS

1. Margot Appleton	15:18.21	'24
2. Margaret Groos	15:51.24	'80
3. Patty Matava	15:56.41	'86
4. Anna Workman	16:00.80	'24
5. Catherine White	16:04.58	'12
6. Barbara Strehler	16:07.70	'13
7. Camryn Menninger	16:08.94	'24
8. Cleo Boyd	16:09.23	'16
9. Chelsea Ley	16:12.62	'12
10. Sophie Atkinson	16:12.68	'23

10,000 METERS

1. Jenny Schilling	32:44.19	'24
2. Patty Matava	32:58.64	'87
3. Catherine White	33:07.36	'13
4. Aileen O'Connor	33:28.20	'81
5. Hannah Moran	33:38.31	'21
6. Emily Harrison	33:40.34	'08
7. Martha White	33:40.50	'83
8. Kara Scanlin	33:53.32	'07
9. Sophie Atkinson	33:53.56	'23
10. Katie Read	33:54.92	'07

100m HURDLES

1. Ciara Leonard	13.26	'18
2. Alexis Woodley	13.31	'18
3. Andrenette Knight	13.37	'21
4. Ayla Smith	13.51	'09
5. Alix Still*	13.68	'23
6. Lauren Echko	13.72	'08
7. Jada Pierre	13.73	'23
8. Heather Smith	13.76	'16
9. Chidi Uche	13.77	'10
10. Rebecca Grube	13.81	'94

400m HURDLES

1. Andrenette Knight	55.75	'21
2. Ayla Smith	56.54	'11
3. Erin Crawford	56.87	'06
4. Angela Lee	57.11	'97
5. Aisha Naibe-Wey	57.84	'16
6. Alana Herran	58.03	'18
7. Heather Smith	58.17	'16
8. Emily Alexandru	58.37	'23
9. Vivian Scroggs	58.54	'81
10. Natalie Randall	58.98	'03

3000m STEEPLECHASE

1. Stephanie Garcia	9:47.29	'11
2. Dawn Cleary	9:59.30	'03
3. Iona Lake	10:01.58	'15
4. Helena Lindsay	10:02.27	'22
5. Kiera Bothwell	10:03.88	'21
6. Melanie Matthews	10:13.31	'02
7. Vicky Fouhy	10:20.63	'14
8. Sara Sargent	10:20.64	'15
9. Janine Ricci	10:24.65	'05
10. Samantha Stafford	10:36.02	'09

HIGH JUMP

1. Ann Bair	1.88m (6' 2")	'83
2. Sherry Gould	1.86m (6' 1.25")	'93
3. Pearl Bickersteth	1.83m (6' 0")	'12
4. Moira Cronin	1.83m (6' 0")	'13
5. Robin Landes	1.81m (5' 11.25")	'88
6. Rachel Marks	1.79m (5' 10.75")	'06
7. Celia Rifatterra	1.79m (5' 10.75")	'24
8. Carly Tarentino	1.78m (5' 10")	'24
9. Meggie Schuelke	1.76m (5' 9.25")	'04
10. Emily Kianka	1.76m (5' 9.25")	'12
11. Rebecca Hawkins	1.76m (5' 9.25")	'22
12. Karen DiDonato	1.75m (5' 8.75")	'91

POLE VAULT

1. Bridget Guy	4.46m (14' 7.5")	'18
2. Sam Romano	4.34m (14' 2.75")	'24
3. Hanne Borstlap	4.18m (13' 8.5")	'23
4. Trina Barcarola	4.09m (13' 5")	'23
5. Maya Maloney	4.08m (13' 4.5")	'21
6. Katie Freix	4.01m (13' 1.75")	'18
7. Caroline Dannenbaum	3.98m (13' 0.75")	'23
8. Gabriella Recce	3.95m (12' 11.5")	'22
9. Theresa Demaria	3.93m (12' 10.75")	'17
10. Vika Osipenko	3.81m (12' 6")	'03

LONG JUMP

1. Dana Boone	6.65m (21' 9.75")	'90
2. Jada Seaman	6.56m (21' 6.25")	'21
3. Kiamesha Otey	6.54m (21' 5.50")	'02
4. Sonja Fridy	6.42m (21' 0.75")	'86
5. Nicole Kimbrough	6.39m (20' 11.50")	'95
6. Kelly Miller	6.33m (20' 9.25")	'96
7. Tomika Ferguson	6.33m (20' 9.25")	'06
8. Edy Ndem	6.28m (20' 7.25")	'14
9. Khyasia Caldwell	6.26m (20' 6.5")	'21
10. Mia Barron	6.22m (20' 5")	'16

TRIPLE JUMP

1. Kelly McKee	13.70m (44' 11.5")	'19
2. Jordan Hardy	13.41m (44' 0")	'23
3. Khyasia Caldwell	13.33m (43' 9")	'21
4. Tomika Ferguson	13.21m (43' 4.25")	'07
5. Dallas Rose	13.20m (43' 3.75")	'14
6. Dana Boone	13.05m (42' 9.75")	'91
7. Mia Barron	12.96m (42' 6.25")	'18
8. Zoe Rice	12.79m (41' 11.5")	'21
9. Naccolle Guinn	12.71m (41' 8.50")	'01
10. Jessica Caldwell	12.50m (41' 0.25")	'14

SHOT PUT

1. Maria Deaviz	17.32m (56' 10")	'22
2. Christine Bohan	16.87m (55' 4.25")	'16
3. Ashley Anumba	16.19m (53' 1.5")	'23
4. Brittany Jones	16.17m (53' 0.75")	'19
5. Eliese Mitchell	16.16m (53' 0.25")	'03
6. Janae Profit	16.11m (52' 10.25")	'24
7. Billie-Jo Grant	15.77m (51' 9")	'06
8. Kaiya Saunders	15.50m (50' 10.25")	'23
9. Brooke Lumpkin	15.38m (50' 5.5")	'24
10. Maureen Laffan	15.34m (50' 4")	'10
11. Emily Vannoy	15.30m (50' 2.5")	'10

DISCUS

1. Ashley Anumba	61.13m (200' 6")	'23
2. Billie-Jo Grant	56.06m (183' 11")	'08
3. Kelly Bodiford	54.08m (177' 5")	'93
4. Erin Wykoff	53.78m (176' 5")	'12
5. Thelma Kristjansdottir	53.62m (175' 11")	'21
6. Maria Deaviz	52.58m (172' 6")	'22
7. Janae Profit	53.45m (172' 1")	'23
8. Caitlin Kelly	52.37m (171' 10")	'09
9. Eliese Mitchell	52.17m (171' 2")	'02
10. Julia Solo	52.04m (170' 9")	'86

HAMMER THROW

1. Jade Baker	63.61m (208' 8")	'19
2. Eva Mustafaic	61.99m (203' 4")	'21
3. Maureen Laffan	59.91m (196' 6")	'12
4. Bree Lumpkin	58.54m (192' 1")	'23
5. Eliese Mitchell	56.95m (186' 10")	'03
6. Jada Marsh	55.19m (181' 1")	'23
7. Brittany Jones	54.05m (177' 4")	'21
8. Erin Wykoff	53.45m (175' 4")	'12
9. Morgan Johnson	51.99m (170' 7")	'23
10. Lauren Connelly	51.31m (168' 4")	'96

JAVELIN

1. Ann Crouse	57.38m (188' 3")	'99
2. Julia Solo	55.98m (183' 8")	'89
3. Inge Jorgensen	54.23m (177' 11")	'05
4. Meghan Briggs	52.65m (172' 9")	'09
5. Abbey Karin	52.60m (172' 7")	'13
6. Marija Bogavac	48.96m (160' 7")	'17
7. Caitlin Mautz	48.66m (159' 8")	'17
8. Christine Bohan	48.03m (157' 7")	'17
9. Annie Bobiak	46.89m (153' 10")	'05
10. Tara Karin	46.33m (152' 0")	'10

HEPTATHLON

1. Alix Still	5,662	'23
2. Rebecca Grube	5,512	'94
3. Susan Brownell	5,458	'82
4. Beth Sheehan	5,407	'86
5. Ann Bair	5,387	'83
6. Holly Sullivan	5,317	'17
7. Sherry Gould	5,166	'93
8. Angela Griffith	4,967	'98
9. Suzanne Sweeney	4,915	'97
10. Katie Kiladis	4,855	'97

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark

Conforming to international and USTFCCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists



MEN'S OUTDOOR TOP PERFORMANCES

100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
3. Demick Starling	10.46	'23
4. Jay Pendarvis	10.49	'22
5. Shay Clark	10.50	'02
6. Edwin Brown	10.52	'85
7. Scott Kimball	10.53	'03
8. Nigal Davis	10.54	'22
9. Peter Djan	10.61	'24
10. Bruce Randolph	10.69	'84
Ethan Robinson	10.69	'24

200 METERS

1. Gerald Howard	20.79	'95
2. Ben Sarpong	20.87	'95
3. Edwin Brown	20.90	'85
4. Jordan Willis	20.97	'22
5. Reuben Jones	21.16	'08
6. Kellen Blassingame	21.24	'05
7. Jay Pendarvis	21.26	'23
Evans White IV	21.26	'24
9. Payton Hazzard	21.27	'15
10. Conlon Bonner	21.28	'08

400 METERS

1. Jordan Willis	45.70	'22
2. Alfred Shirley	45.84	'18
3. Payton Hazzard	45.88	'15
4. Kellen Blassingame	46.02	'05
5. Brandon Outlaw	46.13	'21
6. Meikle Paschal	46.61	'08
7. Kevin Anding	46.84	'10
8. Jim Bruce	46.94	'79
9. Nathan Kiley	46.95	'17
10. Ben Kurgat	46.96	'88

800 METERS

1. Paul Ereng	1:43.16	'89
2. Robby Andrews	1:44.71	'11
3. Lance Roller	1:46.11	'10
4. Conor Murphy	1:46.43	'23
5. Ray Brown	1:46.74	'83
6. Shane Cohen	1:46.89	'24
7. Ben Kurgat	1:47.32	'90
8. John Hinton	1:47.33	'84
9. Greg Canty	1:47.44	'80
10. Gary Martin	1:47.54	'24

1,500 METERS

1. Gary Martin	3:37.66	'24
2. Henry Wynne	3:38.05	'16
3. Wes Porter	3:39.54	'24
4. Nathan Mountain	3:39.68	'22
5. Conor Murphy	3:39.75	'23
6. Ka'eo Kruse	3:40.04	'22
7. John Hinton	3:40.24	'83
8. James Donahue	3:40.27	'24
10. Vince Draddy	3:40.44	'81
10. Yasin Sado	3:40.67	'23

5,000 METERS

1. Gary Martin	13:31.51	'24
2. Nate Mountain	13:32.65	'24
3. Will Anthony	13:35.50	'24
4. Wes Porter	13:36.84	'22
5. Kris Herdt	13:37.44	'87
6. Henry Wynne	13:43.53	'17
7. Yasin Sado	13:42.84	'22
8. Rohann Asfaw	13:44.74	'21
9. Derek Johnson	13:45.51	'23
10. Jack Eliason	13:47.07	'23

10,000 METERS

1. Will Anthony	28:21.93	'24
2. Zach Herriott	28:44.22	'17
3. Rohann Asfaw	28:53.84	'22
4. Brent Demarest	28:54.69	'19
5. Mike Cotton	28:55.34	'81
6. Andrew Dumm	28:59.25	'07
7. Andrew Jones	29:05.55	'24
8. Lachlan Cook	29:10.03	'19
9. Adam Visokay	29:11.13	'15
10. Trey Miller	29:14.21	'10

110m HURDLES

1. Adams Abdulrazaaq	13.66	'11
2. Barry Word	13.88	'84
3. George Johnson	13.91	'82
4. Jeremiah Wilson	14.01	'24
5. Peter Djan	14.03	'24
6. Jarrett Hagwood	14.13	'02
7. Kevin Williams	14.14	'79
8. Rob Archer	14.16	'84
9. Ronde Barber	14.22	'94
10. DreQuan Hoskey	14.23	'14

400m HURDLES

1. Steve Delice	50.02	'10
2. Karl Williams	50.34	'79
3. Alex Sherman	50.54	'24
4. Rob Archer	50.80	'84
5. Bruce Berry	51.09	'85
6. Alfred Shirley	51.30	'18
7. Kevin Williams	51.54	'79
8. Adams Abdulrazaaq	51.79	'08
9. George Johnson	51.98	'81
10. Dave Revelle	52.05	'84

3000m STEEPLECHASE

1. Nate Mountain	8:20.68	'24
2. Derek Johnson	8:25.23	'23
3. Yasin Sado	8:30.78	'24
4. Jan Foerster	8:34.78	'07
5. Rob Cook	8:39.36	'94
6. Kyle King	8:39.72	'15
7. Steve Finley	8:40.56	'10
8. Adam Visokay	8:43.60	'15
9. Mike Cotton	8:44.44	'81
10. Will Gray	8:45.82	'16

HIGH JUMP

1. Brenton Foster	2.27m (7'5.25")	'21
2. Herman Moore	2.19m (7'2.25")	'88
3. Greg Byers	2.19m (7'2.25")	'82
4. Trey Causey	2.13m (6'11.75")	'19
5. Greg Nelson	2.10m (6'10.75")	'10
Chris Clementson	2.10m (6'10.75")	'02
Mike Riso	2.10m (6'10.75")	'02
Bob Lund	2.10m (6'10.75")	'91
9. Cordell Green	2.09m (6'10.25")	'95
10. Wes Dungan	2.08m (6'9.75")	'94

POLE VAULT

1. David Sullivan	5.35m (17'6.75")	'05
2. Sam Young	5.25m (17'2.75")	'21
3. Brian Shafer	5.20m (17'0.75")	'93
4. Justin Rogers	5.17m (16'8.75")	'24
5. Jeff Jernigan	5.15m (16'10.75")	'17
6. Joey Kelly	5.05m (16'6.75")	'21
Tom Cooke	5.05m (16'6.75")	'95
8. Colin Duignan	5.03m (16'6")	'22
9. Jeff McClurg	4.95m (16'2.75")	'07
10. David Lewis	4.89m (16'0.75")	'06

LONG JUMP

1. Jordan Scott	7.83m (25'8.25")	'19
2. Greg Byers	7.70m (25'3.25")	'82
3. Mike Harvey	7.67m (25'2")	'69
4. Owayne Owens	7.59m (24'11")	'21
5. Wes Dungan	7.48m (24'6.5")	'94
Tiki Barber	7.48m (24'6.5")	'95
7. Keith Witherspoon	7.45m (24'5.25")	'76
8. Bruce Randolph	7.43m (24'4.5")	'84
9. Dion Woolfolk	7.41m (24'3.75")	'96
10. Trey Causey	7.40m (24'3.5")	'19

TRIPLE JUMP

1. Jordan Scott	17.08m (56'0.5")	'19
2. Owayne Owens	16.61m (54'6")	'22
3. Marcus Robinson	16.46m (54'0")	'12
4. Keith Witherspoon	16.27m (53'4.50")	'76
5. Ryan Satchell	15.98m (52'5.25")	'14
6. Chike Chukwolozie	15.94m (52'3.75")	'90
7. Aaron Worrell	15.72m (51'7")	'17
8. Greg Byers	15.56m (51'0.75")	'84
9. Cornell Grayson	15.55m (51'0.50")	'90
10. Donald Scott	15.43m (50'7.50")	'94

SHOT PUT

1. Filip Mihaljevic	21.30m (69'10.75")	'17
2. Oghenakpobo Efekoro	20.39m (66'10.75")	'17
3. Jordan Young	19.80m (64'11.5")	'15
4. Nick Vena	19.51m (64'0.25")	'12
5. Claudio Romero	18.47m (60'7.25")	'21
6. Yemi Ayeni	18.23m (59'9.75")	'09
7. Nace Plesko	18.30m (61'0.05")	'17
8. Kevin Latham	18.04m (59'2.5")	'85
9. Mike Murphy	17.15m (56'3.25")	'93
10. Thom McKinney	17.06m (55'11.75")	'91

DISCUS

1. Claudio Romero	67.02m (219'10")	'22
2. Filip Mihaljevic	63.76m (209'2")	'17
3. Jordan Young	62.27m (204'3")	'15
4. Yemi Ayeni	61.11m (200'6")	'07
5. Jacob Lemmon	60.50m (197'0")	'24
6. Larry Wilson	57.91m (190'0")	'99
7. Kevin Latham	56.71m (186'1")	'85
8. Phil Vincenzes	55.98m (183'8")	'82
9. Nace Plesko	55.19m (181'1")	'18
10. Nick Vena	54.84m (179'11")	'12

HAMMER THROW

1. Hilmar Jonsson	75.26m (246'11")	'19
2. Jordan Young	70.73m (232'1")	'15
3. John Fay	68.41m (224'5")	'24
4. Jacob Lemmon	66.14m (217'0")	'21
5. Vincenzo Chiariello	64.29m (210'11")	'12
6. Evangelos Fradelakis	64.22m (205'4")	'22
7. John Fay	63.72m (209'1")	'23
8. Oghenakpobo Efekoro	60.88m (199'9")	'19
9. Ty Kunzman	60.58m (198'9")	'21
10. Bill Johnston	58.19m (190'11")	'01

JAVELIN

1. Ethan Dabbs	82.92m (272'0")	'22
2. Andy Fahringer	75.19m (246'8")	'12
3. Brian Kollar	74.22m (243'6")	'01
4. John Welch	72.19m (236'10")	'02
5. Steve Kiessling	69.67m (228'7")	'92
6. Kyle Smith	69.43m (227'9")	'15
8. Tyler Zawatski	64.70m (212'3")	'23
7. James Murdock	63.93m (209'9")	'02
8. Stephen Dunphy	61.62m (202'2")	'94
9. Tucker Rizzi	61.46m (201'8")	'18
10. Thomas Dickinson	61.22m (200'10")	'23

DECATHLON

1. Stephen Dunphy	7,920	'92
2. Willy Pirtle	7,676	'82
3. John Bryan	7,666	'81
4. Jack Lint	7,478	'17
5. Ethan Robinson	7,435	'24
6. David Lewis	7,105	'08
7. Christian Lavorgna	7,064	'16
8. David Frasier	7,055	'24
9. Cam Collins	7,004	'16
10. Bill Smith	6,863	'83
10. Sean Sullivan	6,847	'96

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WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1. Jada Seaman11.44'21
2. **Kayla Bonnick11.51'21**
3. **Sarah Akpan11.52'23**
4. Jada Pierre11.62'23
5. Kelly Miller11.70'96

200 METERS

1. Jada Seaman23.22'21
2. **Sarah Akpan23.57'23**
3. **Ariel Fletcher23.85'24**
4. **Kayla Bonnick24.01'21**
5. Peyton Chaney24.02'13

400 METERS

1. Jordan Lavender53.44'12
2. Lisa Garrett54.14'81
3. Andrea Wright54.80'14
4. Chimere Ezumah54.87'14
5. **Ariel Fletcher55.03'24**

800 METERS

1. Mia Barnett2:06.11'22
2. **Keara Seasholtz2:06.12'21**
3. Vanessa Fabrizio2:06.76'12
4. **Alahna Sabbakhan2:07.25'21**
5. Morgane Gay2:08.29'09
6. **Ellie Desmond2:08.52'21**

1,500 METERS

1. Mia Barnett4:11.32'22
2. Morgane Gay4:15.56'09
3. Lesley Welch4:16.84'82
4. **Margot Appleton4:17.17'22**
5. Lisa Welch4:17.60'82

5,000 METERS

1. Chelsea Ley16:12.62'12
2. **Sophie Atkinson16:12.68'23**
3. Maria Hauger16:14.18'14
4. **Margot Appleton16:17.51'22**
5. Lesley Welch16:21.60'82

10,000 METERS

1. **Sophie Atkinson34:12.62'23**
2. Jen Flack34:14.12'14
3. Sarah Fakler34:15.20'14
4. Maria Hauger34:16.28'14
5. Beni Gras34:34.17'91

100-METER HURDLES

1. Ciara Leonard13.67'16
- Alexis Woodley13.67'17
3. Jada Pierre13.73'23
3. Lauren Echko13.86'06
4. Kim Turko13.93'98

400-METER HURDLES

1. Angela Lee57.64'96
2. Erin Crawford58.56'04
3. Karen Hatchett59.49'82
4. Ayla Smith60.02'07
5. **Sophia Akpan60.02'23**

3,000m STEEPLECHASE

1. Stephanie Garcia10:15.83'07
2. Sara Sargent10:49.81'14
3. Kendall Cowne10:54.54'14
4. Kiera Bothwell10:55.59'18
5. Janine Ricci10:55.86'04

HIGH JUMP

1. Ann Bair1.86m (6' 1.25")'80
2. Meggie Schuelke1.76m (5' 9.25")'04
3. Pearl Bickersteth1.74m (5' 8.5")'10
4. Susan Brownell1.73m (5' 8")'80
- Grace Flynn1.73m (5' 8")'24**
- Elsa Spoor1.73m (5' 8")'24**

POLE VAULT

1. **Sam Romano4.28m (14' 0.5")'23**
2. Bridget Guy4.11m (13' 5.75")'15
3. Maya Maloney4.08m (13' 4.5")'21
4. Theresa Demaria3.93m (12' 10.75")'17
5. **Trina Barcarola3.83m (12' 6.75")'21**
- Gabriella Recce3.83m (12' 6.75")'21**

LONG JUMP

1. Jada Seaman6.56m (21' 6.25")'21
2. Kelly Miller6.33m (20' 9.25")'96
3. Nicole Kimbrough6.29m (20' 7.75")'94
4. Mia Barron6.22m (20' 5")'16
5. Sonja Fridy6.12m (20' 1")'84
- Khyasia Caldwell6.12m (20' 1")'18

TRIPLE JUMP

1. Dallas Rose12.66m (41' 6.5")'10
2. Atalaya Jones12.49m(40'11.75")'93
3. Britni Strates12.46m (40' 10.5")'12
4. Mia Barron12.40m (40' 8.25")'16
5. Nadia Saunders12.36m (40' 6.75")'21

SHOT PUT

1. Maria Deaviz17.18m (56' 4.5")'21
2. Brittany Jones15.69m (51' 5.75")'18
3. Emily Vannoy15.30m (50' 2.5")'10
4. Christine Bohan14.62m (47-11.75)'14
5. Maureen Laffan14.58m (47' 10")'09
6. Kristi Martin13.99m(45'10.75")'97

DISCUS

1. Julia Solo52.04m (170' 9")'86
2. Amy Bilmanis51.77m (169' 10")'06
3. Thelma Krisjandottir50.92m (167' 1")'19
4. Maria Deaviz48.99m (160' 9")'21
5. Amy Brown48.77m (160' 0")'95

HAMMER THROW

1. Eva Mustafic61.18m (200'9")'19
2. Jada Marsh55.05m (180'7")'22
3. Elise Mitchell54.46m (178' 8")'00
4. Brittany Jones53.80m (176'6")'18
5. Amy Bilmanis47.68m (156' 5")'06

JAVELIN

1. Ann Crouse50.85m (166' 10")'95
2. Inge Jorgensen50.24m (164' 10")'00
3. Caitlin Mautz44.62m (146' 5")'15
4. Meghan Briggs44.45m (145' 10")'07
5. Tara Karin43.64m (143'2")'09

HEPTATHLON

1. Susan Brownell5,419'80
2. Ann Bair5,340'80
3. Rebecca Grube4,996'92
4. Alana Herran4,771'16
5. Katie Kiladis4,610'95

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MEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1. Gerald Howard	10.46	'93
Demick Starling	10.46	'23
3. Jason Dickerson	10.50	'77
4. Reuben Jones	10.65	'05
5. Edwin Brown	10.76	'81

200 METERS

1. Gerald Howard	20.90	'93
2. Conlon Bonner	21.28	'08
3. Jaden Lyons	21.50	'23
4. Jordan Willis	21.70	'18
5. Demick Starling	21.71	'23

400 METERS

1. Alfred Shirley	45.84	'18
2. Meikle Paschal	46.61	'08
3. Ben Kurgat	46.96	'88
4. Payton Hazzard	47.29	'12
5. Jordan Willis	47.11	'18

800 METERS

1. Paul Ereng	1:44.31	'88
2. Robby Andrews	1:45.54	'10
3. Gary Martin	1:47.74	'23
4. Lance Roller	1:47.88	'09
3. Conor Murphy	1:48.57	'21
5. Anthony Kostelac	1:49.02	'11

1,500 METERS

1. Gary Martin	3:39.53	'23
2. James Donahue	3:40.27	'24
3. Nathan Mountain	3:40.99	'22
4. Robby Andrews	3:41.09	'10
5. Wes Porter	3:41.98	'21

5,000 METERS

1. Wes Porter	13:35.50	'24
2. Wes Porter	13:51.41	'21
3. Kyle King	13:55.60	'12
4. Lachlan Cook	13:58.01	'17
5. Andy Biladeau	14:06.73	'06

10,000 METERS

1. Will Anthony	28:21.93	'24
2. Adam Visokay	29:14.50	'14
3. Lachlan Cook	29:18.20	'17
4. Brent Demarest	29:32.72	'15
5. Chase Weaverling	29:39.30	'15

110m HURDLES

1. Kevin Williams	14.14	'77
2. Adams Abdulrazaaq	14.19	'08
3. Ronde Barber	14.22	'94
4. Mike Abidin	14.27	'82
5. Jarrett Hagwood	14.34	'02

400m HURDLES

1. Alfred Shirley	51.30	'18
2. Karl Williams	51.77	'77
3. Adams Abdulrazaaq	51.79	'08
4. Alex Sherman	52.42	'22
5. Greg Nelson	52.43	'08

3,000m STEEPLECHASE

1. Nathan Mountain	8:39.42	'22
2. Yasin Sado	8:55.14	'21
3. John Hinton	8:58.21	'82
4. Colin Mearns	9:03.92	'11
5. Jim Hays	9:10.69	'82

HIGH JUMP

1. Herman Moore	2.19m (7' 2.25")	'88
2. Greg Byers	2.17m (7' 1.25")	'81
3. Trey Causey	2.13m (6' 11.75")	'19
4. Mike Riso	2.10m (6' 10.75")	'02
5. Tommy Devita	2.04m (6' 8.25")	'11

POLE VAULT

1. Sam Young	5.09m (16' 8.25")	'17
2. Brain Shafer	5.05m (16' 6.75")	'90
3. Justin Rogers	5.00m (16' 4.75")	'23
4. David Sullivan	4.90m (16' 0.75")	'03
5. Jake Williams	4.88m (16' 0")	'01

LONG JUMP

1. Jordan Scott	7.54m (24' 9")	'17
2. Greg Byers	7.33m (24' 0.5")	'81
3. Stephen Dunphy	7.30m (23' 11.5")	'90
4. Heldi Valikaj	7.27m (23' 9.5")	'22
5. Marcus Robinson	7.25m (23' 9.5")	'08

TRIPLE JUMP

1. Jordan Scott	16.44m (53' 11.25")	'17
2. Keith Witherspoon	15.96m (52' 4.5")	'72
3. Greg Byers	15.29m (50' 2")	'81
4. Ryan Satchell	15.25m (50' 0.5")	'12
5. Marcus Robinson	14.91m (48' 11")	'08

SHOT PUT

1. Filip Mihaljevic	19.56m (64' 2.25")	'14
2. Oghenakpobo Efeboro	19.53m (64' 1")	'16
3. Nick Vena	19.51m (64' 0.25")	'12
4. Claudio Romero	18.47m (60' 7.25")	'21
5. Mike Theuerkauf	15.90m (52' 2")	'89

DISCUS

1. Claudio Romero	65.78m (215' 10")	'21
2. Filip Mihaljevic	60.41m (198' 2")	'14
3. Jacob Lemmon	58.54m (191' 1")	'21
4. Larry Wilson	55.45m (181' 11")	'96
5. John Fay	55.78m (183' 0")	'22

HAMMER THROW

1. Hilmar Jonsson	71.52m (234' 8")	'16
2. Jacob Lemmon	66.16m (217' 0")	'21
3. Bill Johnston	57.89m (189' 11")	'00
4. John Fay	55.78m (183' 0")	'22
4. Robert Guider	55.68m (182' 8")	'10

JAVELIN

1. Ethan Dabbs	76.04m (249' 6")	'19
2. Brian Kollar	68.53m (224' 10")	'99
3. Steve Kessling	68.25m (223' 11")	'90
4. Tyler Zawatski	64.70m (212' 3")	'23
5. Thomas Dickinson	61.22m (200' 10")	'22

DECATHLON

1. Jack Lint	7,179	'15
2. Sean Sullivan	6,847	'96
3. Stephen Dunphy	6,711	'90
4. John Brian	6,626	'78
5. Cam Collins	6,485	'15

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark

Conforming to international and USTFCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists



NON-NCAA EVENT RECORDS

INDOOR - WOMEN

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

INDOOR - MEN

55 Meters			
6.21	Bruce Randolph	1984	
55m Hurdles			
7.33	Robert Archer	1984	
60 Yards			
6.0h	Kent Merritt	1972	
300 Meters			
33.62	Jordan Willis	2020	
440 Yards			
49.9h	John Morris	1970	
500 Meters			
1:02.44	Paul Ereng	1988	
500 Yards			
1:02.79	David Revelle	1983	
600 Meters			
1.11.99	Dwayne Brake	1983	
600 Yards			
109.8h	David Revelle	1983	
880 Yards			
1:56.1h	James Wood	1973	
1,000 Meters			
2:20.57	Ray Brown	1984	
1,000 Yards			
2:07.31	Ray Brown	1984	
1,500 Meters			
3:45.04	John Hinton	1985	
Two-Mile			
8:40.49	Kris Herdt	1987	
Three-Mile			
13:43.03	Colin Peddie	1985	
Pentathlon			
3,915	Stephen Dunphy	1991	
4x800m Relay			
7:26.49	Vrhovac, A. Bowman, Taye, Andrews	2010	

OUTDOOR - WOMEN

3,000 Meters			
9:07.84	Margaret Groos	1979	
2,000m Steeplechase			
6:59.52	Sara Sargent	2014	
Old Javelin			
55.98m (183' 8")	Julia Solo	1989	
4x200m Relay			
1:36.25	Chaney, McKenzie, Wright, Lavender	2015	
4x800m Relay			
8:32.13	Bryant, Nicholson, Welch, Haworth	1982	
4x1,500m Relay			
17:08.05	Appleton, David, Seeland, Workman	2024	
Distance Medley Relay			
10:48.55	Appleton, Sabbahkan, Seeland, Workman	2024	

OUTDOOR - MEN

100 Yards			
9.3h	Kent Merritt	1973	
220 Yards			
20.6s	Tony Sepp	1960	
440 Yards			
47.7h	John Morris	1970	
120y Hurdles			
13.8h	Kevin Williams	1977	
400y Hurdles			
50.9h	Karl Williams	1977	
3,000 Meters			
8:14.33	Brent Demarest	2015	
Old Javelin			
72.24m (237' 0")	Ed Mikula	1978	
4x200m Relay			
1:25.30	Virginia	2002	
4x800m Relay			
7:12.15	Johnson, Roller, Kostelac, Andrews	2011	
4x1,500m Relay			
15:09.34	Sullivan, Brown, Hodge, Draddy	1981	
4xMile Relay			
15:52.30	Anthony, Martin, Sado, Porter	2024	
Distance Medley Relay			
9:25.56	Revelle, Hinton, Brown, Draddy	1983	
Shuttle Hurdle Relay			
57.10	Abidin, Wilks, Word, Archer	1982	
Sprint Medley Relay			
3:15.20	Palmer, Archer, E. Brown, R. Brown	1984	



LANNIGAN FIELD RECORDS

LANNIGAN FIELD WOMEN'S RECORDS

2023-24 FACT BOOK

Event	Name	Affiliation	Time/Mark	Date
100 meters	Ka'Tia Seymour	Florida State	11.14	2019
200 meters	Rochelle Stevens	Morgan State	22.84	1987
400 meters	Marlena Wesh	Clemson	51.43	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
3,000 meters	Betty Springs	NC State	9:01.6	1983
5,000 meters	Katelyn Tuohy	NC State	15:14.61	2022
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler Crean, Aveni	Duke	3:32.92	2021
High Jump	Nicole Green	North Carolina	1.88m (6' 2")	2019
Pole Vault	Maddie Gardner	West Virginia	4.47m (14-8)	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63'11")	2019
Discus Throw	Katelyn Daniels	Michigan State	59.07m (193' 9")	2016
Hammer Throw	Brooke Andersen	United States	79.80m (261'10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

LANNIGAN FIELD MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Andre Ewers	Florida State	10.06	2019
200 meters	Andre Ewers	Florida State	20.31	2019
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Cooper Teare	USA	3:32.16	2024
Mile	Jack Salisbury	Georgetown	3:56.22	2021
3,000 meters	James Donahue	Virginia	8:17.36	2024
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Matthew Wilkinson	Under Armour	8:18.53	2024
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
	Samuel Shoultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Queshun Watson-Riggins	FIU	7.93m (26'0.25")	2022
Triple Jump	Jordan Scott	Virginia	17.08m (56'0.5")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67'4")	2017
Discus Throw	Sam Mattis	Penn	65.12m (213' 8")	2016
Hammer Throw	Hilmar Jonsson	Virginia	75.26m (246'11")	2019
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265'2")	2023



VIRGINIA CHALLENGE RECORDS

VIRGINIA CHALLENGE WOMEN'S RECORDS

2023-24 FACT BOOK

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	USA	23.18	2014
	Jada Seaman	Virginia	23.18	2022
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.97	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
5,000 meters	Katelyn Tuohy	NC State	15:14.61	2022
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler, Crean, Aveni	Duke	3:32.92	2021
High Jump	Moira Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Maddie Gardner	West Virginia	4.47m (14' 8.0")	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 10.9")	2019
Discus Throw	Ashley Anumba	Virginia	58.92m (193' 4")	2023
Hammer Throw	Brooke Andersen	United States	79.80m (261' 10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

VIRGINIA CHALLENGE MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
	Jaylan Mitchell	USA	10.20	2022
200 meters	Ibrahim Ayorinde	Princeton	20.51	2022
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Ahmad Young	Ole Miss	13.54	2023
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Parker Stokes	Georgetown	8:32.22	2022
4x100-meter relay	Ndhlovu, Ayorinde, Duncan, Sholars	Princeton	39.36	2022
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
Pole Vault	Scott Houston	Vaulthouse Elite	5.50m (18' 0.5")	2021/23
Long Jump	Qeshun Watson-Riggins	FIU	7.93m (26' 0.25")	2022
Triple Jump	Jordan Scott	Virginia	17.07m (56' 0.05")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Claudio Romero	Virginia	64.79m (212' 6")	2022
Hammer Throw	Daniel Haugh	Kennesaw State	74.78m (245' 4.1")	2019
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265' 2")	2023
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018



VIRGINIA CUP RECORDS

VIRGINIA CUP WOMEN'S RECORDS

2023-24 FACT BOOK

Event	Name	Affiliation	Time/Mark	Date
100 meters	Peyton Chaney	Virginia	11.68	2015
200 meters	Le'Quisha Parker	Hampton	23.72	2014
400 meters	Ciarra Morris	James Madison	55.42	2013
800 meters	Ce'aira Brown	Hampton	2:11.45	2014
1,500 meters	Iona Lake	Virginia	4:27.10	2015
3,000 meters	Kathleen Stevens	Virginia	10:05.92	2014
100-meter hurdles	Breana Norman	Hampton	13.60	2014
400-meter hurdles	Ansley Gebben	Liberty	1:01.25	2014
2,000-meter steeplechase	Sara Sargent	Virginia	6:59.52	2014
3,000-meter steeplechase	Betel Yosef	Liberty	11:15.39	2013
4x100-meter relay	Rose, Wright, Chaney, Lavender	Virginia	45.19	2014
4x400-meter relay	Ezumah, Fabrizio, Brickhill, Smith	Virginia	3:43.20	2014
High Jump	Moira Cronin	Virginia	1.70m (5' 7")	2013
Pole Vault	Bridget Guy	Virginia	3.80m (12' 5.5")	2015
Long Jump	Edy Ndem	Virginia	6.01m (19' 8.75")	2014
Triple Jump	Dallas Rose	Virginia	12.93m (42' 5.25")	2014
Shot Put	Christine Bohan	Virginia	15.96m (52' 4.5")	2015
Discus Throw	Mychelle Cumings	Liberty	49.92m (163' 9")	2015
Hammer Throw	Jennifer Nicholson Smith	Liberty	50.76m (166' 6")	2015
Javelin Throw	Abbey Karin	Virginia	45.63m (149' 8")	2014

VIRGINIA CUP MEN'S RECORDS

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



VIRGINIA GRAND PRIX RECORDS

VIRGINIA GRAND PRIX WOMEN'S RECORDS

2023-24 FACT BOOK

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	United States	23.18	2014
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Nicole Sifuentes	Saucony	4:09.35	2015
5,000 meters	Rachele Schulist	Michigan State	15:36.33	2015
10,000 meters	Tara Jameson	Iona	33:38.50	2016
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Walker, Barnes, Hannan, Cavin	Ohio State	3:34.00	2015
High Jump	Moirá Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Bridget Guy	Virginia	4.46m (14' 7.5")	2018
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Nikki Okwelogu	Harvard	16.78m (55' 0.75")	2015
Discus Throw	Ashley Anumba	Virginia	58.00m (190' 3")	2023
Hammer Throw	Jill Shippee	United States	73.01m (239' 6")	2023
Javelin Throw	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

VIRGINIA GRAND PRIX MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	United States	10.20	2014
200 meters	Segun Makinde	Ottawa	20.56	2014
	Rondell Sorrillo	Nike	20.56	2016
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
Mile	Jack Salisbury	Georgetown	3:56.22	2021
5,000 meters	Chartt Miller	Iona	13:49.60	2017
10,000 meters	Arsene Guillorel	Samford	29:00.69	2018
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	United States	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Moffett, Smith, Chisena, Kowalchuk	Penn State	39.49	2017
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Ryan Lockard	Minnesota	2.20m (7' 2.5")	2016
Pole Vault	Noah Gary	Michigan State	5.35m (17-6.5)	2017
Long Jump	Luca Wieland	Minnesota	7.91m (25' 11.5")	2016
Triple Jump	Olu Olamigoke	Nigeria	16.73m (54' 10.75")	2014
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Eshan Hadadi	Iran	64.01m (210' 0")	2013
Hammer Throw	Sean Donnelly	Minnesota	73.31m (240' 6")	2016
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018