



VIRGINIA

Cavalier Track & Field/Cross Country 2024-25 Fact Book





TABLE OF CONTENTS

2	General Information/Quick Facts
3	2023-24 Men's Roster
4	2023-24 Women's Roster
5-6	Vin Lananna
7	Trevor Dunbar
8	Joelle Amaral
9	Mario Wilson
10	Brandon Amo
11	LaRon Bennett
12	Coaches/Support Staff

CROSS COUNTRY

13	Panorama Farms - Women's Results
14	Panorama Farms - Men's Results
15	Women's Cross Country NCAA History
16	Women's Cross Country Honors
17-18	Women's Cross Country ACC Finishes
19	Men's Cross Country NCAA History
20	Men's Cross Country Honors
21-22	Men's Cross Country ACC Finishes

INDOOR TRACK AND FIELD HISTORY

23	Women's Indoor NCAA History
24	Women's Indoor ACC History
25-26	Women's Indoor ACC Finishes
27	Men's Indoor NCAA History
28-29	Men's Indoor ACC History
30-31	Men's Indoor ACC Finishes

OUTDOOR TRACK AND FIELD HISTORY

32-33	Women's Outdoor NCAA History
34-35	Women's Outdoor ACC History
36-37	Women's Outdoor ACC Finishes
38-39	Men's Outdoor NCAA History
40-41	Men's Outdoor ACC History
42-43	Men's Outdoor ACC Finishes

RECORDS/ALL-TIME PERFORMANCES

44-45	Virginia Indoor Records
46	Women's Indoor Top Performances
47	Men's Indoor Top Performances
48	Women's Indoor Freshman Records
49	Men's Indoor Freshman Records
50-51	Virginia Outdoor Records
52	Women's Outdoor Top Performances
53	Men's Outdoor Top Performances
54	Women's Outdoor Freshman Records
55	Men's Outdoor Freshman Records
56	Non-NCAA Event School Records
57	Lannigan Field Records
58	Virginia Challenge Records
59	Virginia Cup Records
60	Virginia Grand Prix Records

QUICK FACTS

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	coachvin@virginia.edu (434) 243 - 1067
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Assistant Coaches

Trevor Dunbar	tdunbar@virginia.edu
Joelle Amaral	coachjoelle@virginia.edu
Mario Wilson	mariowilson@virginia.edu
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

Jen Dietrich
Assistant Director of Athletic Communications
(Track & Field/Cross Country Contact)

Cell:	434.365.9413
Email:	jdietrich@virginia.edu



2024-25 MEN'S ROSTER

Name	Yr.	Events	Hometown (High School/Previous School)
Bram Amran	So.	Throws	Alexandri City, Va. / Alexandri City High School
Will Anthony	Jr.	Cross Country/Distance	Whitby, Poriua, New Zealand/Scots College
Billy Atkinson	Sr.	Cross Country/Distance	Manhattan Beach, Calif. / Mira Costa HS
Adam Balewicz	Fr.	Cross Country/Distance	Bolton, Mass. / Nashoba Regional High School
Aidan Cox	So.	Middle Distance	Northwood, N.J. / Coe Brown Academy
Mark Cyr	Fr.	Throws	San Juan Capistrano, Calif. / St. Margaret's Episcopal
Will Daley	Sr.	Cross Country/Distance	Denver, Colo. / East Denver / Dartmouth
Keyandre Davis	Jr.	Throws	Bigstone Gap, Va. / USC Upstate
Thomas Dickinson	Sr.	Throws	Scranton, Pa. / Scranton Prep
Peter Djan	Jr.	Sprints	Woodbridge, Va. / Patomac Senior HS
James Donahue	Jr.	Distance	Reading, Mass./Belmont Hill School
Cayden Dyer	So.	Distance	Loveland, Ohio / Loveland
Jack Eliason	Sr.	Cross Country/Distance	Crozet, Va. / Western Albemarle HS
John Fay	Sr.	Throws	Barrington, R.I. / Bishop Hendricken
Jerlan Fish	Sr.	Sprints	Bowie, Md./The Lawrenceville School
James Ford	Fr.	Middle Distance	Auckland, New Zealand / Kings College
David Frasier	Jr.	Combined	Chesapeake, Va./IMG Academy
Jacob Garnett	So.	Sprints	Midlothian, Va. / James River High School / VMI
Gage Gose	So.	Sprints/Hurdles	Lander, Wyo. / Lander Valley
Isaiah Hewton	Fr.	Jumps	Dumfries, Va. / Potomac Senior High School
Caleb Holman	Fr.	Jumps	Charleston, S.C. / West Ashley High School
Andrew Jones	Sr.	Cross Country/Distance	Gainesville, Ga. / North Hall
Michael Koepke	Jr.	Sprints	Charlotte, N.C./Ardrey Kell
Tobias L'Esperance	Gr.	Cross Country/Distance	Northampton, Mass. / North Hampton HS / Trinity
Alex Leath	So.	Middle Distance	Vestavia Hills, Ala. / Vestavia Hills
Jaden Lyons	Jr.	Sprints	Freeport, N.Y./Kellenburg Memorial
Gary Martin	Jr.	Middle Distance	Warminster, Pa./Archbishop Wood
Bazil Mathes	Fr.	Cross Country/Distance	Charlottesville, Va. Monticello High School
Richard Moreno	Jr.	Cross Country/Distance	Los Angeles, Calif. / Loyola HS of LA / Dartmouth
Nathan Mountain	Sr.	Cross Country/Distance	Cincinnati, Ohio / St. Xavier
Conor Murphy	Sr.	Middle Distance	Providence, R.I. / Classical HS
Jeremiah Nubbe	Jr.	Throws	Yelm, Wash. / Rainer High School / Texas
Charles Perry	Fr.	Cross Country/Distance	Mobile, Ala. / UMS-Wright
Myles Plummer	Sr.	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	Jr.	Pole Vault	Hershey, Pa./Hershey HS
Max Russo	Gr.	Sprints	New Bern, N.C. / Oratory Prep High School / Bowdoin
Brock Schenck	Fr.	Throws	Bordenton, N.J. / Bordenton Regional High School
Alex Sherman	Sr.	Sprints	Newton, Mass. / Newton North
Scott Sikorski	Gr.	Cross Country/Distance	Chicago, Ill. / Nazareth Academy / Rochester
Henry Sullivan	Jr.	Combined	Crozet, Va./Western Albemarle
Alexander Valencia	Fr.	Cross Country/Distance	Westfield, N.J. / Westfield High School
Heldi Valikaj	Sr.	Jumps	Shkoder, Albania / Shkolla Austriake
Justin Wachtel	Sr.	Cross Country/Distance	Forsyth, Ga. / Mary Persons
Evans White	Jr.	Sprints	Lorton, Va. / South County
Jimmy Wischusen	Fr.	Cross Country/Distance	Cranford, N.J. / Union Catholic High School
Tyler Zawatski	Jr.	Javelin	Manalapan, N.J. / Freehold Township HS

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



2024-25 WOMEN'S ROSTER

Name	Yr.	Events	Hometown (High School/Previous School)
Sarah Akpan	Jr.	Sprints	Houston, Texas / Houston Stratford
Sophia Akpan	Jr.	Sprints/Hurdles	Houston, Texas / Houston Stratford
Emily Alexandru	Sr.	Hurdles/Middle Distance	Trumbull, Conn. / Trumbull HS
Margot Appleton	Sr.	Cross Country/Distance	Mattapoissett, Mass. / Portsmouth Abbey School
Sophie Atkinson	Sr.	Cross Country/Distance	Katy, Texas / Cinco Ranch
Trina Barcarola	Sr.	Pole Vault	Scranton, Pa. / Western Wayne
Amanda Boateng	Fr.	Sprints	Woodbridge, Va. / Freedom High School
Aryana Boostani	Sr.	Sprints	San Diego, Calif. / Cathedral Catholic
Theresa Breckley	Fr.	Throws	Culpeper, Va. / Culpeper High School
Gillian Bushee	So.	Cross Country/Distance	Herndon, Va. / Herndon
Addison Cox	Jr.	Cross Country/Distance	Northwood, N.H. / Coe-Brown Academy
Tori Daniels	So.	Sprints	Valley Stream, N.Y. / Valley Stream South
Tatum David	So.	Cross Country/Distance	Olney, Ill. / Olney (Richland County)
Cate DeSousa	So.	Cross Country/Distance	Oceanport, N.J. / Red Bank Catholic
Katie Dorsey	Jr.	Distance	Wilmington, Del. / Padua Academy
Brooke'Lyn Drakeford	So.	Sprints/Hurdles	Piscataway, N.J. / Piscataway
Christiana Ellina	Jr.	Throws	Paphos, Cyprus / FIU
Mary Ellen Eudaly	Jr.	Cross Country/Distance	Tampa, Fla. / Cambridge Christian HS / Arkansas
Ariel Fletcher	So.	Sprints/Hurdles	Virginia Beach, Va. / Tallwood
Grace Flynn	So.	Jumps	Suffolk, Va. / Nanesmond River
Josephine Genereux	Jr.	Throws	Greenwich, Conn. / Greenwich High School
Jordan Hardy	Sr.	Jumps	Virginia Beach, Va. / Hampton High School
Lily Hulland	Gr.	Jumps	Malaga, Spain / Loughborough University
Luci Ilnicki-Lambert	Sr.	Cross Country/Distance	Redwood City, Calif. / Sacred Heart Schools
Elizabeth Imoh	So.	Sprints/Hurdles	Wichester, Va. / John Handley
Annie Jackson	Gr.	Middle Distance	Dorchester, Mass. / Boston Latin School / Dartmouth
Annika Kelly	Gr.	Throws	Barrington, R.I. / Barrington High School / Princeton
Suzie Kennelly	Fr.	Throws	Auckland, New Zealand / Kings College
Stella Kermes	Fr.	Cross Country/Distance	Waxhaw, N.C. / Cuthbertson High School
Lola Kolawole	So.	Sprints	Whitefish Bay, Wis. / Whitefish Bay
Mahkaia Lee	Sr.	Jumps	Redonodo Breach, Calif. / Redondo HS / San Jose St.
Siobhan Loughney	Sr.	Throws	Elkins Park, Pa. / Bishop McDevitt
Bree Lumpkin	Sr.	Throws	Avon Lake, Ohio / Avon Lake HS / Walsh
Brooke Lumpkin	Sr.	Throws	Avon Lake, Ohio / Avon Lake HS / Walsh
Amelia Maughan	Jr.	Distance	Chapel Hill, N.C. / Chapel Hill
Abigail Meckes	Jr.	Javelin	Leighton, Pa. / Leighton Area HS
Camryn Menninger	Sr.	Cross Country/Distance	Winchester, Mass. / Winchester HS / NYU
Marlee Morgan	Jr.	Sprints	Houston, Tx. / Westbury
Drew Muller	Fr.	Cross Country/Distance	Grand Rapids, Mich. / East Grand Rapids High School
Tatum Olesen	Fr.	Cross Country/Distance	Atherton, Calif.
Sarah Peer	Fr.	Cross Country/Distance	Westlake, Ohio / Westlake High School
Janae Profit	Sr.	Throws	Dunwoody, Ga. / St. Pius X Catholic
Gabriella Recce	Sr.	Jumps	Harrisburg, Pa. / Central Dauphin HS
Celia Rifaterra	Jr.	Jumps	Spain / FIU
Elizabeth Robinson	Fr.	Sprints	Henrico, Va. / Couglas Freeman High School
Maya Rollins	Fr.	Sprints	Ann Arbor, Mich. / Ann Arbor Pioneer HS
Samantha Romano	Jr.	Pole Vault	Glen Allen, Va. / Glen Allen
Jenny Schilling	Sr.	Cross Country/Distance	Leesburg, Va. / Heritage
Laila Simpson	Fr.	Sprints	Fairfax, Va. / fairfax High School
Elsa Spoor	So.	Combined	New Vernon, N.J. / Chatham
Clark Stewart	So.	Cross Conutry/Distance	Mountain Brook, Ala. / Mountain Brook
Kaela Swift	Fr.	Sprints	Brooklyn, N.Y. / Medgar Evans College Prep High School
Carly Tarentino	Sr.	Jumps	Clark, N.J. / A.L. Johnson
Caroline Timm	Gr.	Cross Conutry/Distance	Poughkeepsie, N.Y. / Our Lady of Lourdes / Kennesaw St.
Estel Valeanu	Gr.	Throws	Ramat Gan, Israel / Blich HS / Harvard / LSU
Libby White	So.	Jumps	Scotland / AYR Seaforth
Ella Woehlcke	Fr.	Middle Distance	Collegeville, Pa. / Mount Saint Joseph High School

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

- Sixth season at Virginia
- 2 ACC Conference Team Title at Virginia (1 Men, 1 Women)
- 37 Individual All-Americans at Virginia (2 Relay)
- 3 Individual NCAA Champions at Virginia
- 1 Relay NCAA Champion at Virginia
- 34 Individual ACC Champions at Virginia
- 1 ACC Relay 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.

The 2023-2024 track & field season was record setting for the Cavaliers. The Virginia men won the first ACC Outdoor Conference Championships team title (outright) scoring a total of 107 points. Nate Mountain won back-to-back gold medals in the men's 3000 meter steeplechase followed by teammate Yasin Sado who won the silver, leading the Cavaliers to go 1-2 in the event for the second straight year. At the NCAA Outdoor Championships, the Virginia men finished inside the top-10 as a team scoring a total 26 points to finish eighth overall. Shane Cohen won the the NCAA 800 meter title in a blistering 1:44.97 to become just the second collegiate athlete to record a sub-1:45 time for 800 meters this season. Mountain raced his way to a NCAA runner-up performance in the men's 3000 meter steeplechase pulling along his teammate in Sado to a seventh place finish. Jacob Lemmon and Wes Porter also earned first team All-American honors finishing fourth and sixth in the discus and 1500 meters.

Both Virginia men's and women's team finished in the top three as a team at the ACC Outdoor Championships as the women finished third scoring a total 74 points. Margot Appleton won back-to-back gold medals in the women's 1500 meter run before going on to earn the silver medal in the women's 5000 meters. Appleton earned first team All-American honors at the NCAA Outdoor Championships with her fourth place finish in the women's 5000 meters. At the ACC Outdoor Championships, 24 All-ACC accolades were earned by the Cavaliers between men and women.

The Cavaliers are known for showing up each time they step on the track and the 2024 Penn Relays was a prime example. The 4x1500m relay team of Will Anthony, Gary Martin, Wes Porter and Yasin Sado etched their name in the record books recording the No.2 time in collegiate history and No.4 time in the world. The quartet clocked 15:52.30 to dip under the previous collegiate record and set the Virginia record in the event.

The Indoor season was highlighted by the men's and women's distance medley relay (DMR). The men's team of Alex Leath, Wes Porter, Alex Sherman and Yasin Sado finished third at the NCAA Indoor Championships for the best finish by the Cavaliers since a sixth place finish in 2015. Continuing to show their depth, the relay team of James Donahue, Shane Cohen, Jaden Lyons and Wes Porter won gold at the ACC Indoor Championships. A third contingent of Cavaliers including Gary Martin, Alex Leath, Conor Murphy and Alex Sherman combined efforts to record the No.4 time all-time collegially and set the Virginia record with their time of 9:18.95. At the time, this was the best time in the ACC and second best in the NCAA. Gary Martin ran the fastest split in the NCAA that weekend clocking 3:51.94 for 1600 meters.

The Virginia women also impressed in the DMR as the quartet set the program record three times in a single season. Margot Appleton, Alahna Sabbakhan, Caroline Timm and Anna Workman started the season setting the record at 10:55.4. Before the group of Maggie Hock, Appleton, Sabbakhan and Workman lowered the record running 10:52.22. When it mattered most, Appleton, Hock, Sabbakhan and Workman showed up and recorded the third school record of the season at 10:50.58 to finish runner-up at the ACC Indoor Championships. At the ACC Indoor Championships, 10 Hoos earned first team All-ACC honors while 13 earned second team All-ACC accolades between both men's and women's teams.



The 2023 cross country season was a landmark campaign for the Cavalier program. In the fall of 2020, just more than a year after Lananna's arrival, the NCAA announced that Virginia would host the 2023 NCAA Division I Men's and Women's Cross Country Championships, marking the first time it would do that since 1987 when the meet was run at the Foxfield Course. Over 30 years latter, the meet returned to Charlottesville and was met with extraordinary excitement from the local community. The meet sold out with approximately 5,000 tickets distributed as an enthusiastic crowd provided an exceptional backdrop to a pair of tightly contested races.

Both Virginia's men's and women's teams qualified for the NCAA Championships for the second-consecutive season—marking the first time both programs made the field in back-to-back years since the 2014 and 2015 championships. Virginia's path to the championships was a difficult one. The Cavaliers hosted a pair of the nation's toughest meets at their home course including the Virginia Invitational, and XC23 Pre-National. That strength of schedule proved a major factor as both Cavalier teams qualified for the championships via at-large selections, the first time both programs have done that in the same season since 2006.

Virginia's indoor campaign in 2023 saw three student-athletes earn All-American status at the NCAA Championships where Owayne Owens placed third in the triple jump with a personal-best mark, Margot Appleton finished fourth in the women's mile, and Conor Murphy took sixth in the men's mile.

Seven Virginia records were broken over the course of the season including the men's and women's DMR, women's 3000m (Margot Appleton), men's 5000m (Derek Johnson), men's mile (Conor Murphy), women's 800m (Esther Seeland) and Alix Still (Pentathlon).

The highlight of Virginia's regular season in 2023 took place at Boston University's David Hemery Valentine Invitational when five different milers on the men's side broke four minutes in the mile on the same day (Conor Murphy, Wes Porter, Gary Martin, Nate Mountain, James Donahue). Murphy set the Virginia record at 3:55.24 while Gary Martin set the UVA freshman record at 3:56.83. Just one day prior, Esther Seeland set the Virginia 800m record at 2:03.43.

The 2022 cross country season was highlighted by an impressive showing from the Virginia women. After placing third at the ACC Championships and earning an at-large bid to the NCAA Championships in Stillwater, Oklahoma, the team raced to a ninth-place finish marking the fifth time the women's program has cracked the top-10



and accomplished the feat for the first time since the 2013 season. The Virginia men qualified automatically for the championships thanks to their second-place finish at the Southeast Regional Championships and placed 22nd overall at the NCAA meet.

In the 2022 outdoor season 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 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 fin-



ished 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.

The Virginia men put together a record setting 2023-2024 season. The 2024 outdoor season saw the teams first (outright) ACC Men's Championships team title in program history scoring a total of 107 points. The team went on to finish eighth at the Outdoor NCAA Championships with 26 points and led by five First Team All-Americans and three honorable mention. Dunbar qualified eight athletes in four events for the NCAA. Dunbar's athletes were responsible for 69 of the men's total 107 points and six medals to win the men's ACC Outdoor title. Furthermore, five athletes including Shane Cohen, Gary Martin, Nate Mountain, Yasin Sado and Wes Porter qualified for their first US Olympic Team Trials.

At the NCAA Outdoor Championships, Shane Cohen became just the third Virginia athlete to win the 800m NCAA title clocking personal-best 1:44.97. In thrilling fashion, Cohen became only the second collegiate athlete to run sub 1:45 for 800m. Cohen finished third at the ACC Outdoor Championships.

Throughout the season, Nate Mountain (8:20.68) and Yasin Sado (8:27.13) led the country in the men's 3000mSC. The two went on to finish first and second at the ACC Outdoor Championships with Mountain winning back-to-back ACC gold medals. At the NCAA Outdoor Championships, Mountain finished runner-up while Sado finished seventh. Gary Martin and Wes Porter asserted their dominance in the men's 1500m from finishing second and third at the ACC Outdoor Championships to qualifying for the NCAA Outdoor Championships where Porter went on to finish sixth.

Will Anthony also had a strong season earning the silver medal in the 10,000m (29:18.80) and bronze medal in the 5000m (13:40.17). In his first outdoor season, Anthony qualified to the NCAA Outdoor Championships in the men's

10,000m.

The men's 4xMile team of Will Anthony, Gary Martin, Yasin Sado and Wes Porter made history at the 2024 Penn Relays. The quartet recorded the fourth-fastest time in the world, second-fastest time in NCAA history and a Virginia school record for the 4xMile race clocking 15:52.30. The Cavaliers were just one of three collegiate teams to dip under 16 minutes for the relay and surpass the collegiate record in the event.

The 2023-2024 Indoor season saw the Virginia men finishing seventh as a team at the ACC Indoor Championships with 50.5 points. The season was highlighted by the men's distance medley relay team of Wes Porter, Alex Sherman, Alex Leath and Yasin Sado finishing third at the Indoor NCAA Championships after the quartet of Shane Cohen, James Donahue, Jayden Lyons and Wes Porter won gold at the ACC Indoor Championships.

Putting on a show at the ACC Indoor Championships, Gary Martin earned silver in the mile and bronze in the 3000m. The final of the men's mile at the ACC Championships was comprised of four Cavaliers including James Donahue, Gary Martin, Nate Mountain and Wes Porter. Martin qualified for his first NCAA Indoor Championships where he went on to record the fourth fastest qualifying time to the final. This is the second season with more than one Cavalier running sub-4 in the mile on the same day- Nate Mountain (3:58.16), Will Anthony (3:58.39) and Wes Porter (3:58.85) and then Yasin Sado (3:55.93), Wes Porter (3:58.57) and James Donahue (3:58.83).

The Cavalier distance medley relay team put on a show at the Arkansas Qualifier recording fourth-fastest time in collegiate history and setting the Virginia school record. The group of Gary Martin, Alex Leath, Alex Sherman and Conor Murphy clocked 9:18.95 with Martin running the fastest split in the NCAA that weekend with 3:51.94 for 1600 meters.

During the 2023 Cross Country season, the Cavalier men finished third at the ACC Championships scoring 77 points before finishing inside the top-25 scoring 512 points for 22nd at the NCAA Championships. Three men in Will Anthony, Nate Mountain and Yasin Sado earned USTFCCA All-Southeast Region while four men in Gary Martin, Anthony, Mountain and Sado garnered All-ACC accolades.

Virginia hosted the NCAA Cross Country Championships in 2023 for the first time since the 1987 season. The 2023 Cross Country Championships were just the fourth NCAA Championship event hosted at UVA with a sold out the crowd of 6,723 fans in attendance. Both men's and women's teams qualified for the NCAA Championships in back-to-back seasons for the first time since 2014-2015.

The Virginia distance runners put together an impressive campaign which saw many highlights throughout the 2022-2023 year including a spectacular team performance at Boston University's David Hemery Valentine Invitational. Five Cavalier milers (Conor Murphy, Gary Martin, Wes Porter, Nate Mountain, James Donahue) broke the prestigious four-minute barrier on the same day. Of those two, Conor Murphy broke a 41-year-old Virginia record running 3:55.24 while



ASSISTANT TRACK AND FIELD/CROSS COUNTRY COACH

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Conor Murphy went on to qualify for the NCAA Championships in the mile where he placed sixth overall to earn first-team All-American honors for the first time in his career. The junior also placed second at the ACC Indoor Championships with a personal-best time of 1:47.33.

The Cavaliers distance medley relay team was phenomenal as well throughout the season as they broke the Virginia record twice including a time of 9:23.71 which ranked as No.7 on the all-time program list when it was run. Virginia ranked 15th on the NCAA DMR list at the end of the season missing qualification for the national championships by three places.

The 2022 cross country season was an improvement for the Virginia men. After placing sixth at the ACC Championships, the Cavaliers were led by Justin Wachtel and Derek Johnson to a second-place finish at the NCAA regional meet to secure automatic qualification to the NCAA Championships. The Cavaliers would finish 22nd overall at the NCAA Championships in Stillwater, Oklahoma. Justin Wachtel, Yasin Sado and Wes Porter garnered All-ACC honors while Wachtel, Derek Johnson, Yasin Sado, Rohann Asfaw and Will Anthony made All-Southeast Region.

In Dunbar's first indoor campaign he helped to oversee the development of an impressive squad of men's mile runners as the Cavaliers made up four of the ten qualifiers for the finals of the men's mile at the ACC Championships (Wes Porter, Nate Mountain, Yasin Sado, Ka'eo Kruse). The Cavalier men also placed fifth in the distance medley relay.

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 2024 outdoor track and field season proved a successful one for the Virginia distance runners. The Virginia women finished third as a team at the ACC Outdoor Championships earning a total of 74 points with the women's distance group being responsible for 27 points. Margot Appleton won the Outdoor ACC 1500m crown for the second straight year as well as bringing home the bronze medal in the women's 5000m run. Appleton went on to finish fourth in the 5000m at the Outdoor NCAA Championships. Another stellar season for Appleton under Amaral earning her second All-American and All-ACC First Team honors in as many years. Also garnering All-ACC accolades was Camryn Menninger and Caroline Timm. Menninger ran a big personal best of 34:11.41 in the women's 10,000m at the conference championships to take fourth place. Timm finished fifth in the women's 1500m with a new personal best of 4:14.96 at the ACC Championships.

At the Penn Relays, Cavalier distance runners made a statement in both men's and women's distance relay events. The women's 4x1500m relay team of Margot Appleton, Tatum David, Esther Seeland and Anna Workman set the Virginia record in the event clocking 17:08.05. The distance medley relay team of Margot Appleton, Alahna Sabbahkan, Esther Seeland and Anna Workman also set a program record combining efforts to record a time of 10:48.55.

The Virginia distance runners put together a record setting 2023-24 indoor season including breaking six program records, earning five All-American and seven All-ACC honors. This season alone, the women's distance medley relay team took down the Virginia program record in the event three times. Alahna Sabbahkan, Caroline Timm, Anna Workman and Margot Appleton were the first to break the record in 10:55.45 at the Penn State National Open. Next, the quartet of Maggie Hock, Workman, Sabbahkan and Appleton bested the record by three second clocking 10:52.22 at the David Hemery Valentine Invitational. The same four of Hock, Workman, Sabbahkan and Appleton went on to smash their own record winning the silver medal at the Indoor ACC Championships in 10:50.58 and earn All-ACC accolades. Their time qualified for the 2024 Indoor NCAA Championships where the relay team earned second team All-American honors.

Margot Appleton took down the Virginia record in her first mile race of the year with a blazing 4:30.87 to rank as high as fourth in the NCAA and ultimately qualify for the Indoor NCAA Championships. Appleton broke her own school record in Boston, Mass. finishing fifth in 4:29.07 to earn first team All-American honors and become the first Virginia women's mile to finish in the top-five in the event at the Indoor NCAA Championships in back-to-back seasons. At the Indoor ACC Championships, Appleton ran a new personal-best 8:57.53 to break the Virginia program record and bring home the silver medal. Also at the ACC Championships, Jenny Schilling ran an impressive 16:02.57 for 5000m to finish third earning the bronze medal. In the mile, Anna Workman led her preliminary heat wire to wire before finishing third in the ACC clocking 4:39.37 alongside teammate Caroline Timm who scored in fifth place with a time of 4:40.84. Amaral guided Appleton, Workman and Timm to earn All-ACC honors.

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 qualified 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.



ASSISTANT TRACK AND FIELD/CROSS COUNTRY COACH

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.

At 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 ECU 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 ECU.

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 24 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.

The 2023-24 season proved successful for Wilson's athlete as he led Celia Rifatterra to All-American Honorable Mention honors in her first season at Virginia as well as four All-ACC selections. Among the all conference selections is Celia Rifatterra (HJ), Ethan Robinson (Dec), Samantha Romano (PV) and Carly Tarentino (PV). Rifatterra finished runner-up at the ACC Outdoor Championships clearing 1.79m/5-10.50 while Ethan Robinson earned bronze in the decathlon scoring a total of 7435 points. Under Wilson's leadership, the Cavaliers performed at big meets. Carly Tarentino won the prestigious Penn Relays in the women's high jump.

During the indoor season, Celia Rifatterra earned her first ACC silver medal of her career in the women's high jump and Samantha Romano earned bronze in the women's pole vault. Wilson led four Cavaliers to indoor All-ACC performances including Celia Rifatterra, Justin Rogers, Samantha Romano and Carly Tarentino.

In 2023, Wilson's crew impressed during the indoor season. A tweak in Owayne Owens' triple jump technique led to a pair of personal-best performances including a third-place finish at the NCAA Championships where he soared to a mark of 16.69m (54'9.25"). Alix Still broke out with an incredible campaign as well when at the ACC Championships a personal-best point total of 4,177 in the pentathlon broke a 41-year-old Virginia record in the event and set a Scottish national record. Still won silver with a second-place finish.

In addition to the success of two veteran athletes, Wilson oversaw an impressive season from a pair of freshman pole vaulters Samantha Romano and Justin Rogers. After steady improvement throughout the season, Romano broke out in the final meet of the regular season clearing a huge personal-best of 4.20m (13'9.25") to shatter a Virginia freshman record and rank second on the UVA all-time list. Romano would go on to match

the mark at the ACC Championships and finish fifth. Rogers tied a Virginia freshman record as well in his final appearance of the regular season, but at the ACC Championships he surpassed his best setting a new mark of 5.18 meters (17'0") becoming the first Virginia freshman to clear 17 feet. Rogers placed third at the ACC Championships.

The consistency of Wilson's jumpers was once again on display in the 2022 season. Beginning with the indoor season, Owayne Owens claimed his fifth ACC triple jump title going on to earn first team All-American status with an eighth place finish at the NCAA Indoor Championships.

In the 2022 outdoor season, Owens recorded his a personal-best performance jumping 16.61m (54'6") to win at Penn Relays. The triple jumper took silver at the ACC Outdoor Championships before going on to qualify once again for the NCAA Championships. On the women's side of the event, Wilson guided freshman Jordan Hardy to an impressive outdoor campaign in the triple jump. After steady improvement throughout the season, Hardy recorded personal bests in both the long jump (6.00m/19'8.25") and triple jump (12.38m/40'7.5") to place eighth and sixth respectively.

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.



ASSISTANT TRACK AND FIELD COACH

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 USTFCCA 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 first year in Charlottesville, Amo led three throwers to NCAA Outdoor appearances. Jacob Lemmon finished sixth in the men's discus throw to earn First Team All-American honors while John Fay and Janae Profit earned Honorable Mention accolades for their performances in the men's hammer throw and women's shot put. Amo led a contingent of Cavaliers to All-ACC honors as Jacob Lemmon earned the silver medal in the discus and John Fay garnered bronze in the hammer throw to earn First Team status. Brooke Lumpkin (SP), Janae Profit (SP) and Tyler Zawatski (JT) garnered Second Team All-ACC honors with their performance at the conference meet.

The Virginia men won the first ACC Championship team title for the first time outright in program history scoring a total 107 points before going on to finish eighth as a team at the NCAA Outdoor Championships with 26 points.

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.

During the 2024-23 season, Bennett led two athletes to outdoor All-ACC accolades in Alex Sherman and Sarah Akpan. Sherman earned the silver medal at the ACC Outdoor Championships in the 400m hurdles and qualified for the NCAA East Preliminary round and the 2024 US Olympic Team Trials. Sarah Akpan doubled in the 100m and 200m, earning all conference honors in both events. The Virginia men won the first ACC Outdoor Championships team title for the first time outright in program history with a total 107 points.

The 2023-24 indoor season saw an impressive distance medley relay (DMR) performance by Gary Martin, Alex Leath, Alex Sherman and Conor Murphy at the Arkansas Qualifier. The quartet set the Virginia record and ran fourth-fastest time in collegiate history clocking a blistering 9:18.95. Under Bennetts' leadership, Sherman was also member of Virginia's third place DMR team at the NCAA Indoor Championships.

During the 2022 outdoor season, Jada Seaman advanced to the NCAA Championships in the 200 meters after running personal bests in both the prelims (23.06) and finals (23.00). At the ACC Championships, Jordan Willis took second place while setting the Virginia 400m record with his time of 45.70.

In his first season with the UVA sprints and hurdles program, Bennett guided Jordan Willis to an All-ACC finish in the 400m meters indoors while coaching the 4x400 meter squad to a school-record performance at the Tiger Paw Invitational (3:11.64). On the women's side, Bennet guided Jada Seaman to a third-place finish in the 200m at the ACC Indoor Championships as well as a second-team All-ACC place in the 60 meters.

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.



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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)
2024	UNC (23)	2nd (33)	Brynne Brown (UNC, 16:32.2)

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	-	Kayley Byrne (W&M, 18:37.30)
2007	Individuals Only	-	Dawn Cromer (Una, 18:05.6)
2008	Individuals Only	-	Kelly McElroy (W&M, 18:46.93)
2009	Individuals Only	-	Jessica Propst (Una, 18:18.24)
2010	Individuals Only	-	Kathleen Stevens (Una, 18:26.28)
2011	Individuals Only	-	Julia Webb (Una, 17:54.32)

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 Kuijken (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		2023NC 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.	16:32.2	Brynne Brown, UNC	9/14/2024
12.	16:33.2	Gracelyn Larkin, NAU	9/23/2023
13.	16:34.8	Kimberley May, Providence	9/23/2023
14.	16:34.9	Fatima Alanis, UNC	9/14/2024
15.	16:35.6	Addie Engel, Ohio State	9/23/2023
16.	16:38.3	Katie Osika, Michigan State	9/23/2023
17.	16:38.9	Mia Barnett, Virginia	10/15/2022
18.	16:39.3	Melissa Riggins, Georgetown	9/23/2023
19.	16:40.5	Keira Moore, NAU	9/23/2023
20.	16:40.7	Sophie O'Sullivan, Washington	9/23/2023
21.	16:42.0	Gillian Bushee, UVA	9/14/2024
22.	16:42.9	Camryn Menninger, Virginia	10/15/2022
23.	16:43.1	Maggi Congson, NAU	9/23/2023
24.	16:43.4	Emily Boutin, Navy	9/23/2023
25.	16:44.3	Jenny Schilling, UVA	9/14/2024

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)
2024	UNC (31)	2nd (31)	Ethan Strand (UNC, 23:49.8)

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 Solomon (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 Solomon, 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.	22:58.9	Gary Martin, Virginia	10/19/2024
6.	23:00.2	Nickolas Scudder, Charlotte	10/15/2022
7.	23:04.2	Kirami Yego, Arkansas	10/14/2023
8.	23:09.2	Aaron Las Heras, Wake Forest	10/28/2022
9.	23:09.4	Luke Tewalt, Wake Forest	10/28/2022
10.	23:09.6	Chandler Gibbens, Kansas	10/14/2023
11.	23:11.5	Zach Facioni, Wake Forest	10/15/2022
		Patrick Kiprop, Arkansas	10/14/2023
12.	23:12.1	Luke Tewalt, Wake Forest	10/19/2024
13.	23:12.4	Thomas Vanoppen, Wake Forest	10/28/2022
14.	23:12.7	Ian Shanklin, NC State	10/28/2022
15.	23:12.9	Nathan Lawler, Syracuse	10/28/2022
16.	23:15.4	Zach Facioni, Wake Forest	10/28/2022
17.	23:16.0	George Couttie, Virginia Tech	10/19/2024
18.	23:17.1	Jacob McLeod, Arkansas	10/14/2023
19.	23:17.9	Izaiah Steury, Notre Dame	10/28/2022
20.	23:18.3	Joshua Methner, Notre Dame	10/28/2022
21.	23:19.0	Antonio Lopez Segura, VT	10/28/2022
22.	23:19.6	Will Anthony, Virginia	10/19/2024
23.	23:19.7	Noah Carey, Syracuse	10/28/2022
24.	23:19.9	Justin Wachtel, Virginia	10/28/2022
25.	23:19.5	Anthony Camerieri, Ole Miss	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 Kiprop, Arkansas	11/18/2023
8.	29:11.1	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 Kiprop, 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

2023 15th Place (400 pts)

39.	Jenny Schilling	20:06.4
51.	Margot Appleton	20:13.2
105.	Anna Workman	20:42.1
158.	Camryn Menninger	21:05.3
159.	Gillian Bushee	21:05.8
186.	Caroline Timm	21:21.9

2024 14th (388 pts)

18.	Margot Appleton	19:51.0
52.	Jenny Schilling	20:13.4
112.	Tatum David	20:37.6
151.	Gillian Bushee	20:49.6
167.	Camryn Menninger	20:55.1
191.	Cate DeSousa	21:07.2
196.	Sophie Atkinson	21:08.3

* NCAA meet record



WOMEN'S CROSS COUNTRY HONORS

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
2023	3rd	123
2024	2nd	85

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)	
2023	Jenny Schilling
2024	Margot Appleton

ALL-SOUTHEAST REGION

2001	Sarah Folse (17th) Dana Coons (18th)
2002	Jennifer Owens (3rd) Sarah Folse (8th) Meghan McGarvey (17th) Jane Maxwell (14th)
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	Lauretta Dezubay (6th) Morgane Gay (7th) Stephanie Garcia (9th)
2009	Catherine White (1st) Morgane Gay (8th) Stephanie Garcia (18th) Lauretta Dezubay (25th)
2010	Morgane Gay (4th) Barbara Strehler (8th) Stephanie Garcia (10th) Katherine Walker (17th) Morgane Gay (3rd) Anna Corrigan (10th) Chelsea Ley (19th)
2012	Catherine White (4th) Barbara Strehler (20th) Barbara Strehler (3rd)
2013	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)
2015	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)
2023	Jenny Schilling (39th)
2024	Margot Appleton (5th) Jenny Schilling (6th) Gillian Bushee (21st) Sophie Atkinson (24th)

ACC CHAMPIONS

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

ALL-ACC

1985	Patti Matava
1986	Patti 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	Lauretta 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
2023	Margot Appleton Jenny Schilling Caroline Timm Anna Workman
2024	Margot Appleton Jenny Schilling

ACC FRESHMAN OF THE YEAR

2013	Maria Hauger
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SOUTHEAST REGION COACH OF THE YEAR

2013	Todd Morgan
2015	Todd Morgan

ACC COACH OF THE YEAR

2015	Todd Morgan
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USTFCCA

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 Schmeide
2018	Abbey Green
2022	Margot Appleton Sophoe Atkinson
2023	Margot Appleton Jenny Schilling
2024	Margot Appleton Sophie Atkinson Gillian Bushee Jenny Schilling



WOMEN'S CROSS COUNTRY HONORS

ALL-ACC ACADEMIC

- 2006** Laura Hodges
Katherine Read
- 2007** Stephanie Garcia
- 2008** Lauretta 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 Schmeide
- 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
- 2023** Margot Appleton
Sophie Atkinson
Lizzy Bader
Gillian Bushee
Cate DeSousa
Lila Fenner
Luci Ilnicki-Lambert
Camryn Menninger
Jenny Schilling
Caroline Timm
Anna Workman
- 2024** Margot Appleton
Sophie Atkinson
Gillian Bushee
Tatum David
Cate DeSousa
Luci Ilnicki-Lambert
Stella Kermes

Camryn Menninger
Tatum Olesen
Sarah Peer
Jenny Schilling



WOMEN'S ACC CROSS COUNTRY HISTORY

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
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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

2023

NC State	37
Notre Dame	80
Virginia	82
Syracuse	167
North Carolina	172
Boston College	183
Duke	186
Wake Forest	200
Georgia Tech	264
Virginia Tech	267
Florida State	275
Pittsburgh	330
Louisville	333
Clemson	339
Miami	412

2024

Notre Dame	115
Stanford	121
North Carolina	121
Virginia	152
NC State	160
Boston College	185
Florida State	190
Syracuse	197
Wake Forest	200
Louisville	202
Clemson	221
Georgia Tech	298
Virginia Tech	329
SMU	367
Cal	392
Pittsburgh	410
UMiami	551
Duke	549

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)
2023	3rd (82)
2024	4th (115)



MEN'S NCAA CROSS COUNTRY HISTORY

NCAA CHAMPIONSHIP RESULTS

1939

55.	Charles E. Chamberlain	23:16
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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
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1977

48.	Chris Fox	30:10.6
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1979

77.	Mike Cotton	30:46.2
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1980

48.	Mike Cotton	30:22.8
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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
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1999

26.	Bobby Thiele	31:05.6
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2000

113.	Bobby Thiele	31:51.3
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2001

68.	Walton Kingsberry	30:36:00
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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
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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
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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
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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

2023 22nd (512 pts)

61.	Will Anthony	30:07.9
73.	Yasin Sado	30:18.8
118.	Wes Porter	30:43.4
172.	Nate Mountain	31:17.2
201.	Jacob Hunter	31:45.6
219.	Gary Martin	32:20.8
232.	Justin Wachtel	33:02.7

2024 21st (487 pts)

13.	Gary Martin	29:02.3
109.	Will Anthony	29:58.4
140.	Justin Wachtel	30:10.1
152.	Nate Mountain	30:15.9
178.	Wes Porter	30:31.0
179.	Jack Eliason	30:31.2
186.	Andrew Jones	30:37.1



MEN'S CROSS COUNTRY HONORS

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 COVID19	
2022	2nd	83
2023	5th	136
2024	Champions	79

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
2024	Gary Martin

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)

2010	Ryan Collins (14th) Graham Tribble (21st) 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) Brent Demarest (7th)
2018	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)
2023	
2024	Gary Martin (8th) Will Anthony (9th) Andrew Jones (17th) Nate Mountain (19th)

ACC CHAMPIONS

2008	Ryan Foster
2009	Emil Heineking
2010	Emil Heineking
2024	Gary Martin

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

2003	Bobby Thiele Justin Wood
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 Thomas Porter
2014	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
2023	Will Anthony Gary Martin Nate Mountain Yasin Sado
2024	Gary Martin Will Anthony Nate Mountain

ACC PERFORMER OF THE YEAR

2024	Gary Martin
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ACC SCHOLAR-ATHLETE OF THE YEAR

2024	Gary Martin
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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
2019	Vin Lananna

USTFCCCA

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
2023	Will Anthony Nate Mountain
2024	Will Anthony Andrew Jones Gary Martin Nate Mountain



MEN'S CROSS COUNTRY HONORS

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

2021 Rohann Asfaw
Derek Johnson

2022 Will Anthony
Rohann Asfaw
Jack Eliason
Jacob Hunter
Derek Johnson
Gary Martin
Nate Mountain
Conor Murphy
Wes Porter
Justin Wachtel

2023 Will Anthony
Jack Eliason
Jacob Hunter
Nick Karayianis
Gary Martin
Nate Mountain
Wes Porter
Justin Wachtel

2024 Will Anthony
Jack Eliason
Jacob Hunter
Andrew Jones
Gary Martin
Nate Mountain
Wes Porter
Scott Sikorski
Justin Wachtel
Jimmy Wischusen



MEN'S ACC CROSS COUNTRY HISTORY

1954 Maryland 26 North Carolina 36 Duke 96 Virginia 114 Wake Forest 141	1963 North Carolina 52 Duke 68 Maryland 75 NC State 96 Wake Forest 110 Clemson 137 South Carolina 143 Virginia 219	1971 North Carolina 34 Duke 36 Maryland 87 NC State 88 Clemson 141 Virginia 159 Wake Forest 199	1979 North Carolina 37 Maryland 62 NC State 77 Clemson 87 Virginia 122 Wake Forest 145 Duke 173 Georgia Tech 174	1986 NC State 46 Maryland 61 North Carolina 71 Clemson 77 Virginia 122 Wake Forest 147 Georgia Tech 165 Duke 199	1993 Wake Forest 36 NC State 59 Clemson 69 Georgia Tech 92 Virginia 118 Duke 183 North Carolina 211 Florida State 220 Maryland 237
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	1964 Maryland 45 North Carolina 72 Virginia 77 South Carolina 82 Wake Forest 101 Clemson 142 Duke 173	1972 Maryland 36 Duke 57 NC State 69 North Carolina 85 Virginia 112 Clemson 157 Wake Forest 189	1980 Clemson 27 NC State 45 Virginia 94 Maryland 113 North Carolina 127 Duke 128 Wake Forest 202 Georgia Tech 216	1987 Clemson 38 NC State 54 North Carolina 63 Maryland 92 Wake Forest 104 Georgia Tech 151 Duke 211 Virginia DNF	1994 Wake Forest 46 NC State 53 Georgia Tech 108 North Carolina 110 Clemson 114 Virginia 127 Duke 176 Maryland 200 Florida State 273
1957 North Carolina 45 Clemson 89 Maryland 94 NC State 97 Duke 104 Virginia 109 Wake Forest 121	1965 Maryland 25 Duke 62 North Carolina 87 Virginia 115 Wake Forest 117 South Carolina 123 NC State 199	1973 Duke 38 Maryland 47 North Carolina 61 NC State 89 Virginia 142 Clemson 147 Wake Forest 158	1981 Clemson 42 North Carolina 55 Virginia 71 Maryland 114 NC State 118 Wake Forest 132 Duke 182 Georgia Tech 190	1988 Clemson 27 Wake Forest 50 North Carolina 84 Virginia 98 Maryland 122 Georgia Tech 157 Duke 184 NC State X	1995 NC State 18 Wake Forest 67 North Carolina 121 Virginia 133 Duke 148 Clemson 152 Georgia Tech 161 Maryland 161 Florida State 230
1958 Duke 47 North Carolina 66 Maryland 68 NC State 129 Clemson 142 Virginia 164 Wake Forest 165 South Carolina 180	1966 Maryland 30 North Carolina 52 Wake Forest 82 Duke 99 South Carolina 149 NC State 158 Virginia 168 Clemson 201	1974 Maryland 29 Duke 56 North Carolina 59 NC State 116 Virginia 132 Clemson 139 Wake Forest 168	1982 Clemson 33 Virginia 66 North Carolina 98 NC State 99 Wake Forest 100 Maryland 148 Georgia Tech 166 Duke 202	1989 Wake Forest 31 Clemson 36 NC State 72 Virginia 112 Maryland 114 Georgia Tech 166 North Carolina 184 Duke 187	1996 NC State 30 Wake Forest 40 North Carolina 82 Duke 114 Clemson 127 Virginia 143 Florida State 217 Georgia Tech 222 Maryland 231
1959 Duke 44 Maryland 64 NC State 87 North Carolina 107 Virginia 123 Clemson 144 Wake Forest 163	1967 Maryland 27 Duke 52 North Carolina 82 NC State 135 Wake Forest 147 Virginia 153 South Carolina 171 Clemson 174	1975 Duke 23 Maryland 38 NC State 114 Clemson 115 Virginia 122 North Carolina 133 Wake Forest 189	1983 Clemson 40 Wake Forest 54 Virginia 70 Maryland 92 NC State 167 North Carolina 167 Georgia Tech 187 Duke 202	1990 Wake Forest 44 NC State 50 Virginia 64 Clemson 104 North Carolina 148 Maryland 153 Duke 188 Georgia Tech 189	1997 NC State 24 Wake Forest 73 Clemson 75 North Carolina 86 Duke 117 Virginia 184 Georgia Tech 188 Maryland 220 Florida State 232
1960 North Carolina 25 Maryland 38 Duke 61 NC State 120 Virginia 144	1968 Maryland 34 Duke 66 North Carolina 86 Clemson 119 NC State 120 Virginia 159 South Carolina 165 Wake Forest 219	1976 Maryland 43 North Carolina 49 Duke 95 Clemson 98 NC State 122 Virginia 137 Wake Forest 146	1984 Virginia 42 Clemson 57 NC State 73 Georgia Tech 127 Maryland 134 North Carolina 135 Wake Forest 141 Duke 199	1991 NC State 52 Wake Forest 61 North Carolina 63 Clemson 68 Virginia 147 Georgia Tech 152 Florida State 200 Maryland 210 Duke 235	1998 NC State 26 Duke 75 Clemson 94 Virginia 101 North Carolina 121 Wake Forest 169 Georgia Tech 201 Florida State 210 Maryland 248
1961 North Carolina 37 Duke 48 Maryland 52 Clemson 141 NC State 150 Wake Forest 152 Virginia 179	1969 Maryland 49 Duke 65 North Carolina 80 Virginia 111 NC State 115 South Carolina 119 Clemson 157 Wake Forest 198	1977 Duke 56 NC State 71 Virginia 77 Clemson 91 North Carolina 102 Maryland 104 Wake Forest 159	1985 North Carolina 54 NC State 60 Clemson 84 Wake Forest 85 Maryland 102 Georgia Tech 148 Virginia 150 Duke 207	1992 NC State 46 Wake Forest 48 Clemson 91 North Carolina 105 Georgia Tech 106 Virginia 122 Maryland 211 Florida State 230 Duke 233	1999 NC State 16 Duke 70 Wake Forest 99 Virginia 106 Clemson 126 Georgia Tech 162 North Carolina 179 Florida State 218 Maryland 249
1962 North Carolina 31 Duke 51 Maryland 51 Wake Forest 119 Clemson 164 Virginia 170 South Carolina 181 NC State 215	1970 Duke 42 North Carolina 66 NC State 71 Maryland 77 Clemson 138 Virginia 147 Wake Forest 185 South Carolina 196	1978 Clemson 41 North Carolina 66 Maryland 77 NC State 89 Wake Forest 109 Virginia 124 Duke 157			



MEN'S ACC CROSS COUNTRY HISTORY

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 2023 North Carolina 49 Syracuse 65 Virginia 77 Notre Dame 86 Florida State 117 Wake Forest 131 Duke 205 NC State 207 Pittsburgh 277 Georgia Tech 280 Virginia Tech 312 Clemson 332 Boston College 294 Louisville 429 Miami 470	2024 Wake Forest 60 Stanford 69 North Carolina 80 Virginia 94 Syracuse 122 Notre Dame 127 NC State 210 Virginia Tech 213 Cal 290 Florida State 296 Duke 345 Georgia Tech 370 Pittsburgh 373 Boston College 389 Louisville 416 Clemson 431 UMIam 498
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MEN'S ACC CROSS COUNTRY HISTORY

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)
2023	3rd (77)
2024	4th (94)



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 4x400m
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 Naccolle 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
2013 Vicky Fouhy (2nd) Mile
Dallas Rose (2nd) TJ
2014 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
2025 Margot Appleton Mile
Margot Appleton 3000m
(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 Naccolle 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

2025		
Marot Appleton	Mile 10th	4:36.01
Marot Appleton	3000m 13th	9:08.02

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)
2025	—

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
2025	Margot Appleton	Mile

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)
	Brittnay 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)



2025 Margot Appleton - Mile (1st),
3000m (1st)
Sophie Atkinson - 5000m (2nd)
Tatum David - Mile (2nd)
Lily Hulland - TJ (2nd)
Brooke Lumpkin - SP (2nd)
Celia Rifaterra - HJ (2nd)
Carly Tarentino - HJ (2nd)
Lauren Yeboah-Kodie (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
Barbara Strehler

2014 Vicky Fouhy
Barbara Strehler

2015 Christine Bohan

2016 Christine Bohan
Peyton Chaney
Iona Lake

2017 Christine Bohan
Cleo Boyd
Kelly McKee

2018 Brittany Jones
Kelly McKee
Holly Sullivan

2019 Carly Feyerabend
Bridget Guy
Halle Hazzard
Kelly McKee

2020 Halle Hazzard
Jada Seaman
Alix Still

2021 Kayla Bonnick
Rebecca Hawkins
Halle Hazzard
Brittany Jones
Andrenette Knight
Maya Maloney
Jada Seaman
Alix Still

2022 Margot Appleton
Maria Deaviz
Rebecca Hawkins

2023

Anzhelika Parenchuk
Jada Seaman
Keara Seasholtz
Sarah Akpan
Emily Alexandru
Margot Appleton
Sophie Atkinson
Trina Barcarola
Kayla Bonnick
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
Florida State	85
Virginia	74.5
NC State	66
Wake Forest	53
Duke	40.5
Maryland	37
Clemson	27

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

2025

Clemson	89
Stanford	65
Louisville	62
Virginia	55
Florida State	54
Virginia Tech	53
Notre Dame	47
Pitt	46
North Carolina	37
Duke	35
NC State	34
Cal	31
Miami	31
Wake Forest	14
Georgia Tech	5
SMU	3
Boston College	2
Syracuse	0

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)
2025	4th (55)



MEN'S INDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Paul Ereng	800m - 1989 NCAAAs
Robby Andrews	800m - 2010 NCAAAs
Henry Wynne	Mile - 2016 NCAAAs
Jordan Scott	Triple Jump- 2019 NCAAAs
Virginia	DMR - 2025 NCAAAs
(Wes Porter, Alex Sherman, Conor Murphy, Gary Martin)	

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
2025	Gary Martin	3000m
	Jeremiah Nubbe	WT
	Gary Martin	DMR
	Wes Porter	DMR
	Alex Sherman	DMR
	Conor Murphy	DMR

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
	(Blassingame, 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

2025	Virginia	DMR	1st 9:27.18
	(Porter, Sherman, Murphy, Martin)		
	Gary Martin	3000m	2nd 7:52.69
	Jeremiah Nubbe	WT	4th 24.17m

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)
2025	T-6th (23)



MEN'S INDOOR ACC HISTORY

USTFCCCA Regional Athletes of the Year

2020	Jordan Scott
2019	Jordan Scott
2012	Marcus Robinson

USTFCCCA Regional Coach of the Year

2025	Vin Lananna
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USTFCCCA Regional Asst. Coach of the Year

2020	Mario Wilson
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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
2025	Gary Martin	3000m
	Jeremiah Nubbe	WT

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)
	Zach Herriott - 5000m
2017	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



MEN'S INDOOR ACC HISTORY

	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)
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)
2025	Peter Djan - 60mH (2nd)
	Keyandre Davis - WT (1st)
	Caleb Holman - TJ (2nd)
	Gary Martin - 3000m (1st), 5000m (1st)
	Jeremiah Nubbe - WT (1st)
	Ethan Robinson - Hep (1st), 60mH (2nd)
	Alex Sherman - 400m (2nd)
	Wes Porter - Mile (1st)
	Justin Wachtel - 3000m (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
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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



39 | VIRGINIA TRACK AND FIELD/CROSS COUNTRY

**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 (6)
2025	2nd (75)



WOMEN'S OUTDOOR NCAA HISTORY

NATIONAL CHAMPIONS

Aileen O'Conner	10000m	1981 AIAW
Kiamasha 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
	Kiamasha 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	
2024	Margot Appleton	5000	
	Celia Rifaterra (HM)	HJ	

(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

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 Servido	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

1999			
Angela Lee	400mH	17th	1:00.37
Arin Crouse	Jav	10th	49.47m

2000			
Inge Jorgensen	Jav	19th	42.58m

2001			
Inge Jorgensen	Jav	4th	51.21m
Kiamasha Otey	100m	20th	11.87
Dana Koons	10000m	16th	36:30.67

2002			
Kiamasha Otey	LJ	20th	5.93m



WOMEN'S OUTDOOR NCAA HISTORY

Melanie Matthews	Steeple	16th	10:32.18
Dawn Cleary	Steeple	13th	10:22.70
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
2024			
Margot Appleton	5000m	4th	15:24.24
Celia Rifaterra	HJ	18th	1.77m
Janae Profit	SP	X	X

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)
2023	17th (14)
2024	40th (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

USTFCCCA Regional Asst. Coach of the Year

2009	Carrie Lane
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WOMEN'S OUTDOOR ACC HISTORY

ACC CHAMPIONS

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

1995	Amy Brown	Discus
	Louren Connolly	Hammer
	Virginia	4x100m
	Amy Brown	Discus
	Ann Crouse	Javelin
1996	Angela Lee	400mH
	Sharon Servidio	10000m
	Amy Brown	Discus
	Ann Crouse	Javelin
	Angela Lee	400mH
1997	Angela Lee	400mH
	Ann Crouse	Javelin
	Angela Lee	400mH
	Ann Crouse	Javelin
	Angela Lee	400mH
1998	Angela Lee	400mH
	Ann Crouse	Javelin
	Angela Lee	400mH
	Inge Jorgensen	Javelin
	Dana Coons	10000m
1999	Inge Jorgensen	Javelin
	Eliese Mitchell	Discus
	Kiamesha Otey	LJ
	Anne Bobiak	Javelin
	Dawn Cleary	3000mSC
2000	Carrielle Doe	400m
	Jane Maxwell	10000m
	Inge Jorgensen	Javelin
	Billie-Jo Grant	Discus
	Inge Jorgensen	Javelin
2001	Meghan Briggs	Javelin
	Stephanie Garcia	3000mSC
	Meghan Briggs	Javelin
	Meghan Briggs	Javelin
	Stephanie Garcia	3000mSC
2002	Catherine White	10000m
	Erin Wykoff	Discus
	Jordan Lavender	400m
	Catherine White	10000m
	Jordan Lavender	400m
2003	Dallas Rose	TJ
	Iona Lake	3000mSC
	Cleo Boyd	5000m
	Cleo Boyd	10000m
	Bridget Guy	Pole Vault
2004	Bridget Guy	Pole Vault
	Anna Jefferson	400m
	Andrenette Knight	400mH
	Andrenette Knight	400mH
	Michaela Meyer	1500m
2005	Jada Seaman	LJ
	Maria Deaviz	SP
	Margot Appleton	1500
	Virginia	4x100m
	Margot Appleton	1500
2006	Margot Appleton	1500
	Christiana Ellina	Javelin
	Celia Rifaterra	HJ
	Jenny Schilling	10,000m

ALL-ACC

1986	Beth Sheehan	Hep
	Phyllis Buber	800m
	Kim Duke	400mH
	Tracy Crockett	Hep
	Julia Solo	Javelin
1987	Shelly McBride	Hep
	Michele Johnson	Hep

1988	Lisa Jeter	Discus
	Charlene Hinton	Hammer
	Sonja Fridy	200m
	Patty Matava	5000m
	Cathy Fitzpatrick	400mH
1989	Julia Solo	Javelin
	Michelle Rowen	400mH
	Julia Sandy	400mH
	Lisa Jeter	400mH
	Kim Duke	400mH
1990	Phyllis Buber	800m
	Patty Matava	5000m
	Sonja Fridy	5000m
	Charlene Hinton	5000m
	Latanya Wynn	5000m
1991	Dana Boone	5000m
	Suzanne Sweeney	5000m
	Leslie Stiff	5000m
	Charlene Hinton	5000m
	Julia Solo	5000m
1992	Dana Boone	5000m
	Julia Sandy	5000m
	Julia Solo	5000m
	Suzanne Sweeney	5000m
	Cathron Birge	5000m
1993	Kelly Bodiford	5000m
	Claire Forbes	5000m
	Dana Boone	5000m
	Suzanne Sweeney	5000m
	Julia Sandy	5000m
1994	Angela Griffith	5000m
	Dana Boone	5000m
	Claire Forbes	5000m
	Kelly Bodiford	5000m
	Claire Forbes	5000m
1995	Beni Gras	5000m
	Sharon Servidio	5000m
	Valentia Alleyne	5000m
	Amy Brown	5000m
	Ann Crouse	5000m
1996	Chrissie Edmundson	5000m
	Nicole Kimbrough	5000m
	Leslie Satchell	5000m
	Amy Brown	5000m
	Lauren Connolly	5000m
1997	Ann Crouse	5000m
	Linda Denny	5000m
	Angie Lee	5000m
	Sharon Servidio	5000m
	Catrina Bindel	5000m
1998	Cindy Moreshead	5000m
	Nicole Stevenson	5000m
	Amy Brown	5000m
	Ann Crouse	5000m
	Angela Lee	5000m
1999	Angela Lee	5000m
	Dana Thul	5000m
	Amy Brown	5000m



WOMEN'S OUTDOOR ACC HISTORY

	Ann Crouse Angela Lee Kelly Miller
2000	Curtrell Frye Inge Jorgensen Elise Mitchell Hillary Wilson
2001	Dana Coons Nacole Guinn Inge Jorgensen 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 Inge Jorgensen
2006	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 Vanessa Fabrizio - 800m, 4x400m Jordan Lavender - 200m, 400m, 4x100m, 4x400m Dallas Rose - TJ, 4x100m
2015	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)
2024	Margot Appleton - 1500m (1st), 5000m (1st) Sarah Akpan - 100m (2nd), 200m (2nd) Brooke Lumpkin SP (2nd) Camryn Menninger - 10,000m (2nd) Celia Rifatterra - HJ (1st) Samantha Romano - PV (2nd) Carly Tarentino - HJ (2nd) Caroline Timm - 1500m (2nd) Janae Profit DT - (2nd)
2025	Emily Alexandru - 400mH (1st) Margot Appleton - 1500m (1st) Christiana Ellina - Javelin (1st) Celia Rifatterra - HJ (1st) Maya Rollins - 100mH (1st) Jenny Schilling - 10,000m (1st) Carly Tarentino - HJ (1st) Sarah Akpan - 200m (2nd) Lily HULLand - TJ (2nd) Annika Kelly - HT (2nd) Estel Valeanu - SP (2nd), 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
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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)



WOMEN'S OUTDOOR ACC HISTORY

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
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
Virginiai	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
Virginiai	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

2025

Virginia	93
Louisville	89
Clemson	86
Florida State	73
Duke	72
California	61
Miami	51
North Carolina	48
Stanford	46
Virginia Tech	46
NC State	45
Notre Dame	38
Pitt	23
SMU	13
Wake Forest	13
Georgia Tech	11
Syracuse	8
Boston College	3

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	T-3rd (74)
2025	1st (93)



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
Shane Cohen	800m	2024 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 Orr Jonsson	Ham
	Jordan Scott	TJ
2021	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
2024	Will Anththony (HM)	10,000m
	Shane Cohen	800m
	John Fay (HM)	HT
	Jacob Lemmon	DT
	Gary Martin (HM)	1500m
	Nate Mountain	3000mSC
	Wes Porter	1500m
	Yasin Sado	3000mSC

NCAA CHAMPIONSHIP RESULTS

1934	Grover Everett	220LH	DNQ
1940	Frank Fuller	120HH	4th
1943	Tom Todd	120HH	6th
1958	Henry Davenport	PV	–
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



MEN'S OUTDOOR NCAA HISTORY

2001				
Brian Kollar	Jav	6th	68.69m	
John Welch	Jav	7th	68.33m	

2002				
John Welch	Jav	7th	71.46m	

2004				
Kellen Blassingame	400m	13th	46.45m	

2005				
McGavock Dunbar	800m	19th	1:49.50	
Kellen Blassingame	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 Efekoro	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 Efekoro	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 Efekoro	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 Efekoro	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	

2024				
Will Anthony	10,000m	18th	28:56.48	
Shane Cohen	800m	1st	1:44.79	
John Fay	HT	23rd	65.23m	
Jacob Lemmon	DT	6th	60.43m	
Gary Martin	1500m	21st	3:41.43	
Nate Mountain	3000mSC	2nd	8:25.71	
Wes Porter	1500m	6th	3:40.39	
Yasin Sado	3000mSC	7th	8:28.17	

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)
2024	8th (26)



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 Coach of the Year

2024	Vin Lananna
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USTFCCCA Regional Asst. 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 Sorense
	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
	Steve Finley



MEN'S OUTDOOR ACC HISTORY

	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 Lavarnga - 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 Claudio 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)
2025	Keyandre Davis - HT (2nd) John Fay - HT (2nd) Alex Sherman - 400mH (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 Fetzner

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 Lavgorgna
Drew Paisley
Thomas Porter
Ryan Satchell
2014 David Bartha
Christian Lavgorgna
Filip Mihaljevic
Thomas Porter
Ryan Satchell
Adam Visokay
2015 Jack Lint
Filip Mihaljevic
Ryan Satchell
2016 Christian Lavgorgna
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

2024

Duke	86	2000	8th (44)
North Carolina	82	2001	3rd (108)
California	79.83	2002	6th (67.5)
Virginia Tech	78.83	2003	6th (73.5)
Florida State	74	2004	6th (53)
Clemson	70	2005	4th (80)
Pitt	61	2006	4th (88)
Louisville	50.33	2007	4th (81)
Miami	50	2008	4th (94.5)
NC State	40	2009	T-1st (141)
Stanford	38.5	2010	3rd (125)
Wake Forest	28	2011	6th (67)
Virginia	25	2012	3rd (113)
Notre Dame	20	2013	6th (63)
Syracuse	19	2014	8th (53)
Georgia Tech	15	2015	2nd (100)
Boston College	0	2016	3rd (80)

VIRGINIA

YEAR-BY-YEAR

1954	5th (16.5)	2019	2nd (117)
1955	5th (16.5)	2021	3rd (92)
1956	6th (20.5)	2022	3rd (83)
1957	5th (23.5)	2023	T-3rd (89.5)
1958	6th (22.5)	2024	1st (107)
1959	6th (8.75)	2025	13th (25)
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)		



VIRGINIA INDOOR RECORDS

INDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
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	4:25.03	2025
3,000 meters	Margot Appleton	8:46.23	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
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	3:48.82	2025
3,000 meters	Gary Martin	7:36.09	2024
5,000 meters	Gary Martin	13:30.69	2025
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Sherman, Gose, Russo, White IV	3:09.79	2025
Distance medley relay	Porter, Sherman, Murphy, Martin	9:14.19	2025
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	Jeremiah Nubbe	24.17m (79' 3.75")	2025
Heptathlon	Ethan Robinson	5,747	2025



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.	3:40.21	Alexandru, Drakeford, Fletcher, Akpan	2025

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.	3:09.79	Sherman, Gose, Russo, White IV	2025
2.	3:10.56	Sherman, Gose, Russo, White IV	2025
3.	3:11.64	Sherman, Willis, Davis, Pendarvis	2022
4.	3:11.76	Willis, Shirley, Dixon, Outlaw	2018
5.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017

DMR

1.	9:14.19	Porter, Sherman, Murphy, Martin	2025
2.	9:15.12	Porter, Sherman, Murphy, Martin	2025
3.	9:18.95	Murphy, Sherman, Leath, Martin	2024
4.	9:23.71	Murphy, Sherman, Martin, Porter	2023
5.	9:27.18	Porter, Sherman, Leath, Sado	2024



WOMEN'S INDOOR TOP PERFORMANCES

660 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
	Sarah Akpan	7.39	'25
7.	Peyton Chaney	7.40	'16
	Anna Jefferson.....	7.40	'20
9.	Pam Lemons	7.43	'93
10.	Jordan Laavener	7.49	'15

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.	Kayla Bonnick.....	24.14	'21
9.	Kelly Miller	24.17	'99
10.	Ariel Fletcher	24.29	'25

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.	Ariel Fletcher	55.24	'24

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.	Margot Appleton	2:06.27	'25
6.	Vanessa Fabrizio	2:07.24	'15
7.	Maggie Hock	2:07.36	'24
8.	Emma Call.....	2:07.39	'17
9.	Annie Jackson.....	2:07.53	'25
10.	Lyndsay Harper	2:07.64	'11

MILE

1.	Margot Appleton	4:25.03	'25
2.	Anna Workman	4:31.91	'24
3.	Tatum David.....	4:32.04	'25
4.	Mia Barnett	4:33.54	'22
5.	Jill Haworth	4:34.32	'82
6.	Morgane Gay	4:34.38	'12
7.	Vicky Fouhy.....	4:34.87	'13
8.	Lesley Welch	4:35.56	'82
9.	Iona Lake	4:36.11	'16
10.	Caroline Timm.....	4:36.24	'24

3,000 METERS

1.	Margot Appleton	8:46.23	'24
2.	Jenny Schilling	9:07.13	'24
3.	Sophie Atkinson	9:14.22	'25
4.	Cleo Boyd.....	9:18.20	'17
5.	Claire Forbes	9:18.80	'92
6.	Stephanie Garcia	9:19.44	'11
7.	Martha White.....	9:19.58	'83
8.	Gillian Brushee.....	9:19.59	'25
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.	Jenny Schilling	15:37.62	'25
3.	Sophie Atkinson	15:51.45	'25
4.	Cleo Boyd.....	16:04.76	'17
5.	Gillian Bushee.....	16:10.26	'25
6.	Morgan Kelly.....	16:10.73	'15
7.	Barbara Strehler	16:16.32	'14
8.	Emily Harrison	16:16.53	'08
9.	Lesley Welch	16:21.6h	'82
10.	Maria Hauger.....	16:22.07	'14

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.	Maya Rollins	8.42	'25
6.	Andrenette Knight	8.48	'20
7.	Heather Smith	8.54	'16
8.	Kim Turko	8.55	'01
9.	Chidi Uche.....	8.58	'10
10.	Lauren Echko	8.60	'09

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
	Carly Tarentino.....	1.80m (5' 10.75")	'24
7.	Pearl Bickersteth ..	1.79m (5'10.5")	'12
8.	Rachel Marks	1.78m (5' 10")	'04
	Rebecca Hawkins..	1.78m (5'10")	'22
10.	Kate Doyle.....	1.75m (5' 8.75")	'90

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.....	4.10m (13'5.25")	'23
6.	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.	Lily Hulland	12.89m (42'3.25")	'24
7.	Jordan Hardy	12.87m (42'2.75")	'24
8.	Dana Boone	12.86m (42' 2.25")	'91
9.	Michele Johnson ..	12.78m (41' 11")	'87
10.	Mia Barron	12.71m (41'8.5")	'17

SHOT PUT

1.	Maria Deaviz.....	16.75m (54' 11.5")	'22
2.	Brooke Lumpkin ..	16.74m (54'11.25")	'25
3.	Billie-Jo Grant	16.55m (54' 3.5")	'08
4.	Christine Bohan ..	16.53m (54' 2.75")	'16
5.	Brittany Jones.....	16.27m (53'4.5")	'20
6.	Ashley Anumba	16.04m (52' 7.5")	'22
7.	Maureen Laffan ..	15.97m (52' 4.75")	'10
8.	Estel Valeanu	15.91m (52'2.50")	'25
9.	Janae Profit	15.89m (52' 1.75")	'25
10.	Eliese Mitchell ..	15.72m (51' 7")	'03

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
	Estel Valeanu	18.32m (60' 1.25")	'25
5.	Erin Wykoff	17.75m (58' 3")	'12
6.	Jade Baker	17.46m (57'3.5")	'19
7.	Alexa Manning	17.09m (56' 1")	'08
8.	Ann Crouse	17.08m (56' 0.5")	'96
9.	Eva Mustafic.....	16.92m (55'6.25")	'19
10.	Lauren Connelly ..	16.67m (54' 8.25")	'96

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.	Peter Djan.....	6.73	'25
3.	Reuben Jones.....	6.79	'08
4.	Adam Cummings.....	6.86	'13
5.	Michael Johnson.....	6.87	'04
6.	Evans White IV.....	6.88	'25
7.	Jarrett Hagwood.....	6.89	'02
	Leo McLaughlin	6.89	'11
9.	Ethan Robinson.....	6.91	'24
10.	Tavares Kelly	6.92	'22

200 METERS

1.	Jordan Willis.....	21.42	'20
2.	Alex Sherman	21.43	'25
3.	Evans White IV.....	21.52	'24
4.	Gerald Howard.....	21.53	'95
5.	Jay Pendarvis.....	21.54	'23
6.	Michael Koepeke	21.77	'24
7.	Alex Sherman	21.70	'24
8.	Scott Kimball.....	21.78	'00
	Reuben Jones.....	21.78	'08
	Payton Hazzard.....	21.78	'14
10.	Conlon Bonner.....	21.79	'08

400 METERS

1.	Brandon Outlaw.....	46.58	'20
2.	Payton Hazzard.....	46.60	'15
3.	Jordan Willis.....	46.61	'20
4.	Alex Sherman	46.69	'25
5.	Kellen Blassingame	46.73	'06
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.....	47.67	'25

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	3:48.82	'25
2.	Wes Porter.....	3:54.58	'25
3.	Conor Murphy	3:55.24	'23
4.	Yasin Sado.....	3:55.93	'24
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.	Henry Wynne	3:58.74	'16
10.	AJ Ernst.....	3:59.38	'20

3000 METERS

1.	Gary Martin	7:36.09	'24
2.	Ari Klau.....	7:51.57	'20
3.	Will Anthony	7:52.13	'25
4.	Justin Wachtel	7:52.49	'25
5.	Conor Murphy	7:53.17	'24
6.	Henry Wynne.....	7:53.89	'16
7.	Mark Amirault.....	7:54.08	'12
8.	Adam Visokay.....	7:54.24	'16
9.	Kris Herdt.....	7:54.90	'87
10.	Will Daley	7:56.28	'25

5000 METERS

1.	Gary Martin	13:30.69	'25
2.	Yasin Sado.....	13:31.87	'24
3.	Derek Johnson.....	13:39.88	'23
4.	Will Anthony	13:40.83	'25
5.	Zach Herriott	13:45.37	'17
6.	Ryan Collins.....	13:46.41	'10
7.	Andrew Jones.....	13:48.26	'25
8.	Chase Weaverling.....	13:54.39	'17
9.	Brent Demarest.....	13:56.03	'17
10.	Thomas Madden.....	13:57.01	'15

600 HURDLES

1.	Adams Abdulrazaaq.....	7.75	'11
2.	Peter Djan.....	7.77	'25
3.	Drequan Hoskey.....	7.79	'14
4.	Ethan Robinson.....	7.81	'25
5.	Jarrett Hagwood.....	7.93	'02
6.	David Frasier.....	7.93	'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 Jennigan.....	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.	Caleb Holman.....	15.67m (51'5")	'25
9.	Chike Chukwulozie ..	15.64m (51' 3.75")	'91
10.	Ryan Satchell.....	15.62m (51' 3")	'14

SHOT PUT

1.	Filip Mihaljevic.....	20.87m (68' 5.75")	'16
2.	Oghenakpobo 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.	Jeremiah Nubbe.....	24.17m (79' 3.75")	'25
2.	Jordan Young.....	22.92m (75'2.5")	'15
3.	Jacob Lemmon.....	22.18m (72'9.25")	'23
4.	John Fay.....	21.73m (71' 3.5")	'24
5.	Keyandre Davis	21.46m (70-5)	'25
6.	Hilmar Jonsson.....	21.37m (70' 1.5")	'18
7.	Oghenakpobo Efekoro ..	19.90m (65' 13.5")	'18
8.	Vincenzo Chiariello.....	19.38m (63' 7")	'12
9.	Ty Kunzman.....	19.18m (62'11.25")	'21
10.	Claudio Romero.....	18.47m (60'7.25")	'21

HEPTATHLON

1.	Ethan Robinson.....	5,747	'25
2.	Jack Lint.....	5,546	'17
3.	Derek Pekar.....	5,362	'20
4.	David Sullivan.....	5,178	'04
5.	David Frasier.....	5,176	'24
6.	David Lewis.....	5,139	'08
7.	Christian Lavorgna.....	5,113	'16
8.	Elby Omohundro.....	5,038	'20
9.	Cam Collins.....	4,972	'16
10.	Anthony Dunavant.....	4,970	'14

Current Cavaliers in Bold

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



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.	Margot Appleton	4:37.46	'22
3.	Stella Kermes	4:41.06	'25
4.	Tatum Olesen	4:44.82	'25
5.	Claire Forbes	4:49.48	'90

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.	Jenny Schilling	16:02.57	'24
2.	Lesley Welch	16:21.60	'82
3.	Maria Hauger	16:22.07	'14
4.	Cleo Boyd	16:29.16	'14
5.	Sarah Fakler	16:32.01	'14

60-METER HURDLES

1.	Maya Rollins	8.42	'25
2.	Alexis Woodley	8.56	'17
3.	Ayla Smith	8.68	'07
4.	Kim Turko	8.69	'98
5.	Ciara Leonard	8.74	'16
	Jada Pierre	8.74	'22

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.	Theresa Breckley ...	16.01m (52' 6.25")	'25
4.	Emily Vannoy	16.00m (52' 6")	'10
5.	Janae Profit	15.64m (51' 3.75")	'22

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
2. 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. Caleb Holman	7.29m (23' 11")	'25

TRIPLE JUMP

1. Jordan Scott	16.36m (53' 8.25")	'17
2. Caleb Holman	15.67m (51' 5")	'25
3. Aaron Worrell	15.64m (51' 3.75")	'14
4. Owyane Owens	15.27m (50' 1.25")	'20
5. Ryan Satchell	15.02m (49' 3.5")	'12

SHOT PUT

1. Filip Mihaljevic	19.63m (64' 5")	'15
2. Nick Vena	18.92m (62' 1")	'12
3. Oghenakpobo 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. Oghenakpobo 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	Annika Kelly	64.81m (212-7)	2025
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	3:33.71	2025
5,000 meters	Gary Martin	13:16.82	2025
10,000 meters	Andrew Jones	28:20.95	2025
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Alex Sherman	49.98	2025
3,000-meter steeplechase	Yasin Sado**	8:17.39	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 Portland Track Festival, **Penn Relays Summer Showcase #3



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.	44.30	Bonnick, Akpan , Fletcher , Morgan	2024
	44.30	Fletcher , Kolawole , Akpan , Akpan	2025

4x400

1.	3:30:44	Jefferson, Seaman, Meyer, Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz, Knight	2021
3.	3:33.14	Akpan , Fletcher , Alexandru , Drakeford	2025
4.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
5.	3:35.77	Akpan , Seaman, Sabbakhan, Alexandru	2023

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. Sarah Akpan	11.29	'24
3. Sonja Fridy	11.36	'87
4. Kayla Bonnick	11.42	'23
5. Kiamasha Otey	11.43	'01
6. Jada Seaman	11.43	'22
7. Kelly Miller	11.48	'99
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. Sarah Akpan	23.09	'24
3. Sonja Fridy	23.17	'87
4. Anna Jefferson	23.39	'19
5. Jordan Lavender	23.42	'14
6. Kiamasha Otey	23.46	'03
7. Peyton Chaney	23.50	'16
8. Kelly Miller	23.61	'99
9. Halle Hazzard	23.68	'19
10. Janne'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. Ariel Fletcher	54.19	'25
8. Michelle Samuels	54.59	'92
9. Alahna Sabbakhan	54.67	'23
10. Andrea Wright	54.80	'14

800 METERS

1. Michaela Meyer	2:00.28	'21
2. Gail Bryant	2:04.21	'85
3. Esther Seeland	2:04.21	'23
4. Vanessa Fabrizio	2:04.77	'14
5. Tatum David	2:05.12	'25
6. Kim Kelly	2:05.23	'84
7. Maggie Hock	2:05.40	'24
8. Alahna Sabbakhan	2:05.45	'24
9. Annie Jackson	2:05.50	'25
10. Vicky Fouhy	2:05.55	'13

1,500 METERS

1. Michaela Meyer	4:04.02	'21
	*4:09.78	'21
2. Margot Appleton	4:05.68	'25
3. Mia Barnett	4:11.32	'22
4. Esther Seeland	4:11.91	'24
5. Anna Workman	4:12.73	'24
6. Morgane Gay	4:13.20	'12
7. Tatum David	4:14.47	'25
8. Vicky Fouhy	4:14.51	'13
9. Caroline Timm	4:14.96	'24
10. Michelle Rowen	4:15.37	'87

5,000 METERS

1. Margot Appleton	15:18.21	'24
2. Margaret Groos	15:51.24	'80
3. Jenny Schilling	15:53.43	'25
4. Patty Matava	15:56.41	'86
5. Anna Workman	16:00.80	'24
6. Gillian Bushee	16:04.33	'25
7. Catherine White	16:04.58	'12
8. Barbara Strehler	16:07.70	'13
9. Camryn Menninger	16:08.94	'24
10. Cleo Boyd	16:09.23	'16

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. Sophie Atkinson	33:29.46	'25
6. Hannah Moran	33:38.31	'21
7. Emily Harrison	33:40.34	'08
8. Martha White	33:40.50	'83
9. Kara Scanlin	33:53.32	'07
10. Katie Read	33:54.92	'07

100m HURDLES

1. Ciara Leonard	13.26	'18
2. Alexis Woodley	13.31	'18
3. Maya Rollins	13.33	'25
4. Andrenette Knight	13.37	'21
5. Ayla Smith	13.51	'09
6. Sophia Akpan	13.66	'25
7. Alix Still*	13.68	'23
8. Lauren Echko	13.72	'08
9. Jada Pierre	13.73	'23
10. Heather Smith	13.76	'16

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. Emily Alexandru	58.13	'25
8. Heather Smith	58.17	'16
9. Vivian Scruggs	58.54	'81
10. Natalie Randolph	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. Celia Rifaterra	1.86m (6' 1.25")	'25
4. Pearl Bickersteth	1.83m (6' 0")	'12
5. Moira Cronin	1.83m (6' 0")	'13
6. Robin Landes	1.81m (5' 11.25")	'88
7. Carly Tarantino	1.80m (5' 10.75")	'25
8. Rachel Marks	1.79m (5' 10.75")	'06
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	4.10m (13' 5.25")	'25
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. Kiamasha 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. Lily Hlland	13.19m (23' 3.25")	'25
7. Dana Boone	13.05m (42' 9.75")	'91
8. Mia Barron	12.96m (42' 6.25")	'18
9. Lauren Yeboah-Kodie	12.87m (42' 4.75")	'25
10. Zoe Rice	12.79m (41' 11.5")	'21

SHOT PUT

1. Maria Deaviz	17.32m (56' 10")	'22
2. Christine Bohan	16.87m (55' 4.25")	'16
3. Estel Valeanu	16.50m (54' 1.75")	'25
4. Janae Profit	16.28m (53' 3")	'24
5. Ashley Anumba	16.19m (53' 1.5")	'23
6. Brittany Jones	16.17m (53' 0.75")	'19
7. Eliese Mitchell	16.16m (53' 0.25")	'03
8. Billie-Jo Grant	15.77m (51' 9")	'06
9. Kaiya Saunders	15.50m (50' 10.25")	'23
10. Brooke Lumpkin	15.38m (50' 5.5")	'24

DISCUS

1. Ashley Anumba	61.13m (200' 6")	'23
2. Estel Valeanu	57.28m (187' 11")	'25
3. Billie-Jo Grant	56.06m (183' 11")	'08
4. Kelly Bodiford	54.08m (177' 5")	'93
5. Erin Wykoff	53.78m (176' 5")	'12
6. Thelma Kristjansdottir	53.62m (175' 11")	'21
7. Janae Profit	53.45m (172' 1")	'23
8. Maria Deaviz	52.58m (172' 6")	'22
9. Caitlin Kelly	52.37m (171' 10")	'09
10. Eliese Mitchell	52.17m (171' 2")	'02

HAMMER THROW

1. Annika Kelly	64.81m (212' 7")	'25
2. Jade Baker	63.61m (208' 8")	'19
3. Eva Mustafic	61.99m (203' 4")	'21
4. Maureen Laffan	59.91m (196' 6")	'12
5. Estel Valeanu	58.97m (193' 5")	'25
6. Bree Lumpkin	58.54m (192' 1")	'23
7. Eliese Mitchell	56.95m (186' 10")	'03
8. Jada Marsh	55.19m (181' 1")	'23
9. Brittany Jones	54.05m (177' 4")	'21
10. Erin Wykoff	53.45m (175' 4")	'12
11. Morgan Johnson	51.99m (170' 7")	'23

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. Christiana Ellina	52.59m (172' 6")	'25
7. Marija Bogavac	48.96m (160' 7")	'17
8. Caitlin Mautz	48.66m (159' 8")	'17
9. Christine Bohan	48.03m (157' 7")	'17
10. Annie Bobiak	46.89m (153' 10")	'05

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
Peter Djan	10.45	'25
4. Demick Starling	10.46	'23
5. Jay Pendarvis	10.49	'22
6. Shay Clark	10.50	'02
7. Edwin Brown	10.52	'85
8. Scott Kimball	10.53	'03
9. Nigal Davis	10.54	'22
10. Ethan Robinson	10.67	'25

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. Alex Sherman	21.03	'25
6. Evans White IV	21.11	'25
7. Reuben Jones	21.16	'08
8. Kellen Blassingame	21.24	'05
9. Jay Pendarvis	21.26	'23
10. Payton Hazzard	21.27	'15

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. Evans White IV	46.67	'25
8. Kevin Anding	46.84	'10
9. Jim Bruce	46.94	'79
10. Nathan Kiley	46.95	'17

800 METERS

1. Paul Ereg	1:43.16	'89
2. Shane Cohen	1:44.65	'24
3. Robby Andrews	1:44.71	'11
4. Lance Roller	1:46.11	'10
5. Conor Murphy	1:46.43	'23
6. Ray Brown	1:46.74	'83
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	3:33.71	'25
2. Wes Porter	3:35.63	'24
3. Henry Wynne	3:38.05	'16
4. Nathan Mountain	3:39.68	'22
5. James Donahue	3:39.72	'25
6. Conor Murphy	3:39.75	'23
7. Ka'eo Kruse	3:40.04	'22
8. John Hinton	3:40.24	'83
9. Vince Draddy	3:40.44	'81
10. Yasin Sado	3:40.67	'23

5,000 METERS

1. Gary Martin	13:16.82	'25
2. Nate Mountain	13:32.65	'24
3. Justin Wachtel	13:34.44	'25
4. Will Anthony	13:35.50	'24
5. Wes Porter	13:36.84	'22
6. Kris Herdt	13:37.44	'87
7. Henry Wynne	13:43.53	'17
8. Yasin Sado	13:42.84	'22
9. Rohann Asfaw	13:44.74	'21
10. Derek Johnson	13:45.51	'23

10,000 METERS

1. Andrew Jones	28:20.95	'25
2. Will Anthony	28:21.12	'25
3. Zach Herriott	28:44.22	'17
4. Rohann Asfaw	28:53.84	'22
5. Brent Demarest	28:54.69	'19
6. Mike Cotton	28:55.34	'81
7. Andrew Dumm	28:59.25	'07
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. Peter Djan	13.87	'25
3. Barry Word	13.88	'84
4. George Johnson	13.91	'82
5. Ethan Robinson	13.92	'25
6. Jeremiah Wilson	13.95	'25
7. Jarrett Hagwood	14.13	'02
8. Kevin Williams	14.14	'79
9. Rob Archer	14.16	'84
10. Ronde Barber	14.22	'94

400m HURDLES

1. Alex Sherman	49.98	'25
2. Steve Delice	50.02	'10
3. Karl Williams	50.34	'79
4. Rob Archer	50.80	'84
5. Bruce Berry	51.09	'85
6. Gage Gose	51.12	'25
7. Alfred Shirley	51.30	'18
8. Kevin Williams	51.54	'79
9. Adams Abdulrazaaq	51.79	'08
10. George Johnson	51.98	'81

3000m STEEPLECHASE

1. Yasin Sado	8:17.39	'24
2. Nate Mountain	8:20.68	'24
3. Derek Johnson	8:25.23	'23
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
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 (17' 0")	'24
5. Jeff Jernigan	5.15m (16' 10.75")	'17
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 Chukwolie	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. Jacob Lemmon	62.56m (205' 3")	'24
4. Jordan Young	62.27m (204' 3")	'15
5. Yemi Ayeni	61.11m (200' 6")	'07
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. Jeremiah Nubbe	73.04m (239' 7")	'25
3. Jordan Young	70.73m (232' 1")	'15
4. John Fay	68.41m (224' 5")	'24
5. Keyandre Davis	67.12m (220' 2")	'25
6. Jacob Lemmon	66.14m (217' 0")	'21
7. Vincenzo Chiariello	64.29m (210' 11")	'12
8. Evangelos Fradelakis	64.22m (205' 4")	'22
9. Mark Cyr	63.04m (206' 9.75")	'25
10. Oghenakpobo Efekoro	60.88m (199' 9")	'19

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. Ethan Robinson	7,603	'24
5. Jack Lint	7,478	'17
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

Current Cavaliers in Bold

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WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1.	Jada Seaman	11.44	'21
2.	Kayla Bonnick	11.51	'21
3.	Sarah Akpan	11.52	'23
4.	Jada Pierre	11.62	'23
5.	Kelly Miller	11.70	'96

200 METERS

1.	Jada Seaman	23.22	'21
2.	Sarah Akpan	23.57	'23
3.	Ariel Fletcher	23.85	'24
4.	Kayla Bonnick	24.01	'21
5.	Peyton Chaney	24.02	'13

400 METERS

1.	Jordan Lavender	53.44	'12
2.	Lisa Garrett	54.14	'81
3.	Andrea Wright	54.80	'14
4.	Chimere Ezumah	54.87	'14
5.	Ariel Fletcher	55.03	'24

800 METERS

1.	Mia Barnett	2:06.11	'22
2.	Keara Seasholtz	2:06.12	'21
2.	Vanessa Fabrizio	2:06.76	'12
3.	Alahna Sabbakhan	2:07.25	'21
4.	Ella Woehlcke	2:07.64	'25
5.	Morgane Gay	2:08.29	'09

1,500 METERS

1.	Mia Barnett	4:11.32	'22
2.	Morgane Gay	4:15.56	'09
3.	Lesley Welch	4:16.84	'82
4.	Margot Appleton	4:17.17	'22
5.	Stella Kermes	4:17.47	'25

5,000 METERS

1.	Chelsea Ley	16:12.62	'12
2.	Sophie Atkinson	16:12.68	'23
2.	Maria Hauger	16:14.18	'14
3.	Margot Appleton	16:17.51	'22
4.	Lesley Welch	16:21.60	'82

10,000 METERS

1.	Sophie Atkinson	34:12.62	'23
2.	Jen Flack	34:14.12	'14
3.	Sarah Fakler	34:15.20	'14
4.	Maria Hauger	34:16.28	'14
5.	Beni Gras	34:34.17	'91

100-METER HURDLES

1.	Ciara Leonard	13.67	'16
	Alexis Woodley	13.67	'17
3.	Jada Pierre	13.73	'23
	Maya Rollins	13.73	'25
3.	Lauren Echko	13.86	'06
4.	Kim Turko	13.93	'98

400-METER HURDLES

1.	Angela Lee	57.64	'96
2.	Erin Crawford	58.56	'04
3.	Karen Hatchett	59.49	'82
4.	Ayla Smith	60.02	'07
5.	Sophia Akpan	60.02	'23

3,000m STEEPLECHASE

1.	Stephanie Garcia	10:15.83	'07
2.	Sara Sargent	10:49.81	'14
3.	Kendall Cowne	10:54.54	'14
4.	Kiera Bothwell	10:55.59	'18
5.	Janine Ricci	10:55.86	'04

HIGH JUMP

1.	Ann Bair	1.86m (6' 1.25")	'80
2.	Meggie Schuelke	1.76m (5' 9.25")	'04
3.	Pearl Bickersteth	1.74m (5' 8.5")	'10
4.	Susan Brownell	1.73m (5' 8")	'80
	Grace Flynn	1.73m (5' 8")	'24
	Elsa Spoor	1.73m (5' 8")	'24

POLE VAULT

1.	Sam Romano	4.28m (14' 0.5")	'23
2.	Bridget Guy	4.11m (13' 5.75")	'15
3.	Maya Maloney	4.08m (13' 4.5")	'21
4.	Theresa Demaria	3.93m (12' 10.75")	'17
5.	Trina Barcarola	3.83m (12' 6.75")	'21
	Gabriella Recce	3.83m (12' 6.75")	'21

LONG JUMP

1.	Jada Seaman	6.56m (21' 6.25")	'21
2.	Kelly Miller	6.33m (20' 9.25")	'96
3.	Nicole Kimbrough	6.29m (20' 7.75")	'94
4.	Mia Barron	6.22m (20' 5")	'16
5.	Sonja Fridy	6.12m (20' 1")	'84
	Khyasia Caldwell	6.12m (20' 1")	'18

TRIPLE JUMP

1.	Dallas Rose	12.66m (41' 6.5")	'10
2.	Atalaya Jones	12.49m (40' 11.75")	'93
3.	Britni Strates	12.46m (40' 10.5")	'12
4.	Mia Barron	12.40m (40' 8.25")	'16
5.	Nadia Saunders	12.36m (40' 6.75")	'21

SHOT PUT

1.	Maria Deaviz	17.18m (56' 4.5")	'21
2.	Brittany Jones	15.69m (51' 5.75")	'18
3.	Emily Vannoy	15.30m (50' 2.5")	'10
4.	Christine Bohan	14.62m (47' 11.75")	'14
5.	Maureen Laffan	14.58m (47' 10")	'09
6.	Kristi Martin	13.99m (45' 10.75")	'97

DISCUS

1.	Julia Solo	52.04m (170' 9")	'86
2.	Amy Bilmanis	51.77m (169' 10")	'06
3.	Thelma Krisjandottir	50.92m (167' 1")	'19
4.	Maria Deaviz	48.99m (160' 9")	'21
5.	Amy Brown	48.77m (160' 0")	'95

HAMMER THROW

1.	Eva Mustafic	61.18m (200' 9")	'19
2.	Jada Marsh	55.05m (180' 7")	'22
3.	Elise Mitchell	54.46m (178' 8")	'00
4.	Brittany Jones	53.80m (176' 6")	'18
5.	Amy Bilmanis	47.68m (156' 5")	'06

JAVELIN

1.	Ann Crouse	50.85m (166' 10")	'95
2.	Inge Jorgensen	50.24m (164' 10")	'00
3.	Caitlin Mautz	44.62m (146' 5")	'15
4.	Meghan Briggs	44.45m (145' 10")	'07
5.	Tara Karin	43.64m (143' 2")	'09

HEPTATHLON

1.	Susan Brownell	5,419	'80
2.	Ann Bair	5,340	'80
3.	Rebecca Grube	4,996	'92
4.	Alana Herran	4,771	'16
5.	Katie Kiladis	4,610	'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
3. Lance Roller	1:47.88	'09
4. 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. Kyle King	13:55.60	'12
3. Lachlan Cook	13:58.01	'17
4. Jimmy Wischusen	14:05.72	'25
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. Gage Gose	52.38	'24
5. Alex Sherman	52.42	'22

3,000m STEEPLECHASE

1. Nathan Mountain	8:39.42	'22
2. Yasin Sado	8:55.14	'21
2. 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
2. Stephen Dunphy	7.30m (23' 11.5")	'90
4. Heldi Valikaj	7.27m (23' 9.5")	'22
Caleb Holman	7.27m (23' 9.5")	'25
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. Caleb Holman	15.10m (49' 6.50")	'25

SHOT PUT

1. Filip Mihaljevic	19.56m (64' 2.25")	'14
2. Oghenakpobo Efekoro	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. Nick Vena	54.84m (179' 11")	'12

HAMMER THROW

1. Hilmar Jonsson	71.52m (234' 8")	'16
2. Jacob Lemmon	66.16m (217' 0")	'21
3. Mark Cyr	63.04m (206' 9.75")	'25
4. Bill Johnston	57.89m (189' 11")	'00
5. John Fay	55.78m (183' 0")	'22

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

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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		
4:08.33	Margot Appleton	2025
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		
1:09.8h	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		
3:33.41	Gary Martin	2025
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		
10:42.16	David, Fletcher, Jackson, Appleton	2025

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

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	Daniel 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

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	Gary Martin	Virginia	13:16.82	2025
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 Shultz	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	Rudy Winkler	NYAC	78.27m (256' 9")	2025
Javelin Throw	Ethan Dabbs	Virginia	80.82m (265'2")	2023



VIRGINIA CHALLENGE RECORDS

VIRGINIA CHALLENGE WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Alicia Burnet	Missouri	11.23	2025
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	Celia Rifaterra	Virginia	1.84m (6' 0.5")	2025
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	Gary Martin	Virginia	13:16.82	2025
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	Matthew Wilkinson	Under Armour	8:18.53	2024
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	Queshun 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

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	Moirá 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

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 Sorillo	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