




VIRGINIA OUTDOOR SCHEDULE

Mar. 23-25	Raleigh Relays Raleigh, N.C.
Mar. 29-1	Texas Relays Austin, Texas
April 1	Virginia Quadrangular Charlottesville, Va.
April 6-8	Duke Invitational/Spec Towns Invitational Durham, N.C./Athens, Ga.
April 15	Virginia Grand Prix Charlottesville, Va.
April 20-22	Virginia Challenge Charlottesville, Va.
April 27-29	Penn Relays Philadelphia, Pa.
April 30	Virginia High Performance Charlottesville, Va.
May 11-13	ACC Outdoor Championships Raleigh, N.C.
May 24-27	NCAA East Regionals Albuquerque, N.M.
June 7-10	NCAA Outdoor Championships Austin, Texas

VIRGINIA COACHING STAFF

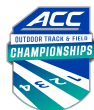
Vin Lananna	Director of Track and Field & XC Associate AD for Administration
Mario Wilson	Asst. Men's & Women's Track & Field Coach (Jumps/Multis)
Trevor Dunbar	Asst. Men's & Women's Track & Field Coach (Distance)
Joelle Amarall	Asst. Men's & Women's Track & Field Coach (Distance)
Steve Lemke	Asst. Men's & Women's Track & Field Coach (Throws)
LaRon Bennett	Asst. Men's & Women's Track & Field Coach (Sprints/Hurdles)

MEDIA INFORMATION

Quinn Hull • @quinnhull11 
Assistant Director of Athletic Communications
(Track & Field Contact)

Cell: (603) 231-0026
Email: quinn.hull@virginia.edu

Website: virginiasports.com
Twitter: @UVAtfcc



2023 ACC Outdoor Championships Thursday, May 11 - Saturday, May 13

Paul Derr Track • Raleigh, N.C.

The Virginia men's and women's track and field teams are set to compete at the ACC Outdoor Championships as the meet will be held at the Paul Derr Track on Thursday (May 11) through Saturday (May 13).

How to Follow

Expanded coverage of the ACC Men's and Women's Outdoor Track & Field Championships will be streamed live each day via ACC Network Extra as follows: Thursday from 11 a.m. until 9 p.m., Friday from 11 a.m. through 9 p.m., and Saturday from 2 p.m. until the championship's conclusion at approximately 9 p.m. Steve Schlanger will be on the call, with former Duke head coach Norm Ogilvie returning on color commentary and Hailey Hunter as sideline reporter.

Links to the ACCNX live stream, live stats and the overall meet schedule are available at VirginiaSports.com. Updates will also be posted to the team's official Twitter account (@UVAtfcc).

Cavaliers in the Nation's Top-25

Men

- Ethan Dabbs - Sr., Javelin, 80.82m (265'2")
- Owayne Owens - Sr., Triple Jump, 16.53m (54'2.75")
- Nate Mountain - So., 3000 SC, 8:34.99
- Derek Johnson - Gr., 3000 SC, 8:38.54
- Conor Murphy - Jr., 800 meters, 1:47.27

Women

- Margot Appleton - So., 1500, 4:08.96
- Ashley Anumba - Gr., Discus, 59.37m (194'9")
- Margot Appleton - So., 5000m, 15:36.28
- Jordan Hardy - So., Triple Jump, 13.41m (44'0")
- Alix Still - Jr., Heptathlon, 5662 points
- Esther Seeland - Gr., 800m, 4:12.55
- Sam Romano - Fr., Pole Vault, 4.20m (13'9.25")

The Start Line

- Nate Mountain (3000 SC) and Ethan Dabbs (Javelin) both lead the ACC in their individual events - The women's 4x100m also leads the conference
- Ethan Dabbs, the reigning ACC Champion in the Javelin has a chance to win his fourth consecutive title in the event - he would become the first to achieve the feat in the javelin and the 12th to do so in any event.
- A total of 22 Cavalier men and women enter the meet ranked in the top five of their events

Virginia at the ACC Championships

- In 2022, the Virginia men placed third while the women placed seventh
- In all, three Cavaliers won ACC titles at last season's ACC Championships
- Ethan Dabbs looks to defend his title after setting an ACC and ACC Championships record at the meet last season (82.92m/272'0")
- The Virginia men have won the ACC title once in program history (2009)
- Virginia's mens team has finished top-3 for three straight years
- The Cavalier women won their first five ACC titles (1983-87) but have not earned the title since then
- Virginia's women have finished top-3 in two of their last three seasons
- A total of three Cavaliers on the 2023 squad have won gold at an ACC Championship in their careers

RECORD BREAKERS

In the 2023 season, three Virginia women's records have fallen while two stellar first-years have put their names in the record books among the best freshmen in program history:

Women's School Records Broken:

Margot Appleton	5000 Meters	15:36.28	Virginia Challenge (4/21)
Ashley Anumba*	Discus Throw	59.37m (194'9")	Raleigh Relays (3/25)
Alix Still	Heptathlon.....	5662 Points.....	Virginia Challenge (4/21)

*Raleigh Relays Record

Women's UVA Freshman Records Broken:

Sam Romano	Pole Vault	4.20m (13'9.25")	Virginia Challenge (4/21)
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Men's UVA Freshman Records Broken:

Gary Martin.....	1500 Meters	3:39.53	Virginia Challenge (4/21)
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Men's School Records in Non-NCAA Events:

Men's 4xMile	Porter, Martin, Mountain, Murphy	16:14.48	Penn Relays (4/29)
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VIRGINIA'S SEVEN SUB-FOUR MILERS

Charlottesville-area native, Jack Eliason became the seventh active member of the Virginia team run the prestigious four-minute mile - five of whom ran under four minutes on the same day during the 2022-23 indoor season. The list includes:

Conor Murphy	3:55.24
Wes Porter	3:56.83
Gary Martin	3:56.83
James Donahue.....	3:57.44
Yasin Sado.....	3:58.92
Nate Mountain.....	3:59.01
Jack Eliason	3:59.64

The Cavaliers currently rank fourth nationally in the 1500m according to the USTFCCA's Event Squad Rankings. Six Cavaliers rank in the ACC's top 15:

4. Gary Martin	3:39.53
6. Nate Mountain.....	3:39.68
7. Conor Murphy	3:39.75
11. Yasin Sado.....	3:40.67
12. Wes Porter	3:41.51
14. Jack Eliason	3:41.89 (Conv.)

CONSISTENCY PERSONIFIED

These four Cavaliers have put together their best seasons to date spanning cross country, indoor and outdoor track and field. Each comes off an appearance at the NCAA Indoor Track and Field Championships:

Owayne Owens: Has put together yet another incredible season in the final year of his career. Owens placed third at the ACC Indoor Championships in the triple jump and recorded a personal-best at the NCAA Indoor Championships placing third overall - hist best finish at an NCAA Championship meet.

Margot Appleton: A driving force behind Virginia's run to a ninth-place finish at the NCAA Cross Country Championships, Appleton led the team to it's first top-10 finish since 2013. She shattered a personal-best in the indoor mile as part of a campaign in which she finished fourth at the NCAAs after qualifying as the 16th and final seed. She broke the Virginia 5000-meter record at the Virginia Challenge and went under 4:15 in the women's 1500 clocking 4:08.96 at Raleigh Relays.

Conor Murphy: From the onset of the indoor season, Murphy shattered a Virginia record in the mile running sub-four for the first time in his career before going on to win silver in the 800 meters at the ACC Championships clocking a PB of 1:47.33. In his first appearance at an NCAA Championships, Murphy finished sixth in the mile as an All-American.

Alix Still: Her indoor season hit a high point at the ACC Championships where Still won silver in the pentathlon while setting a Virginia record and a Scottish national record while earning a berth at the NCAA Indoor Championships. Still has already set the Virginia record in the heptathlon at the Virginia Challenge.

TOP-TIER THROWERS

Assistant coach Steve Lemke is a legend in the throwing world. In his first season at UVA, Lemke has two of the meet's top throwers eying the gold. Ethan Dabbs (Javelin) and Ashley Anumba both hold Virginia records in their events.

Dabbs' Quest for Four

- A season ago, Ethan Dabbs won gold in the javelin marking a conference and meet record (82.92m)
- Dabbs won his third consecutive title in 2022 becoming one of just six men to win three ACC javelin titles
- A fourth consecutive title would make him the first to do it in the javelin - 12th in any event

An Extended Stay in Eugene

- Dabbs finished as the runner up at last season's NCAA Championships at Hayward Field in Eugene, Ore.
- He returned for the USATF Championships where he won gold on the same field
- Dabbs went on to represent Team USA at the World Athletics Championships in Oregon

Anumba Laying Down the Law

- Ashley Anumba has broken the UVA discus record on five occasions since arriving at Virginia in 2022
- She most recently set the mark at 59.37m (193'9") with her first throw of the season at Raleigh Relays
- Anumba placed third at last season's ACC Championships and made an appearance at the NCAA Outdoor Track & Field Championships - She currently ranks second in the ACC and sixth in the NCAA
- Anumba is enrolled in UVA Law School and continues to thrive despite the rigorous work load involved

SEELAND'S INSTANT IMPACT

Virginia's Esther Seeland has been a difference maker in the women's middle distance events and even on the cross country course as a transfer out of Division III Messiah.

Middle Distance Excellence

- At Messiah, Seeland was an NCAA Champion in both the indoor and outdoor 800 as well as the outdoor 1500
- In her indoor 800m debut, she set the Virginia record and broke it twice more over the course of a season in which she won silver at the ACC Championships.
- Outdoors, Seeland is tied for second all-time at Virginia after running 2:04.21. She trails another former UVA transfer and NCAA Champion, Michaela Meyer (2:00.28) on the all-time list.
- She ranks fourth on the Virginia all-time list with her time of 4:12.55 - that time ranks 18th nationally this season

From the Pitch to Panorama Farms

- A three-time individual champion on the track, Seeland also competed on the soccer team at Division III Messiah
- In 2019 Seeland led her team to an NCAA D-III title while winning the NCAA Elite 90 Award which is awarded to the competitor participating in an NCAA Championship final with the highest GPA
- In 2022, Seeland made her first appearance on the cross country course as she helped lead the Cavaliers to a ninth-place finish at the NCAA Championships - the program's first top-10 finish since 2013.

STEEPLECHASE STARS

Virginia's duo of Nate Mountain and Derek Johnson pose a real threat in the 3000-meter steeplechase as both rank among the best in the nation this season

Mountain's Rise

- Still relatively new to the event, Nate Mountain ran his first-ever race in the Steeplechase as a freshman in 2022
- A season ago, Mountain placed fourth at the ACC Championships running 8:39.42 - a time which qualified him for the NCAA East Preliminary Round where he placed 17th
- This season, Mountain ran a personal-best of 8:34.99 at the Virginia Grand Prix - good for fourth all-time at UVA

Johnson's Return

- After an All-American campaign in the 3000 SC in 2021 when he placed seventh in the event at the NCAA Championships, Johnson was sidelined for 2021-22 due to injury
- In 2022-23 he is back in impressive form leading the Cavaliers to an automatic qualifier in the 2022 Cross Country season - the Hoos went on to finish 22nd at the NCAA Championships
- Indoors, Johnson set the Virginia 5000m record at BU's David Hemery Valentine Invitational (13:39.88)
- Outdoors, Johnson holds the Virginia record in the 3000 SC (8:32.95) and currently ranks 12th in the NCAA

FRESHMAN PHENOM

Gary Martin was voted Virginia Athletics' Men's Rookie of the Year by the at the annual Hoos Choice awards.

High School Star

- Martin was a renowned recruiting prospect out of high school after running a pair of sub-four miles including the fourth-fastest high school time in U.S. history.
- He was also a New Balance Indoor and Outdoor mile champion

2023 Indoor

- Martin burst out the gate during the indoor season running the second-fastest mile time in Virginia history clocking 3:56.83 - a time that stands as a Virginia freshman record
- Martin did well to qualify for the mile finals at the ACC Indoor Championships and finished 10th overall in the event
- The first-year was also a valuable piece on the Cavalier DMR team which set a UVA record at the Arkansas Qualifier as the team ran 9:23.71
- The Cavalier DMR team was disqualified at the ACC Championships following a first-place finish and missed NCAA qualification by three places

Outdoor Season

- The success carried outdoors as Martin hit a high point at the Virginia Challenge in the 1500 meters running 3:39.53 in the 1500 meters - the second fastest-time in UVA history that ranks fourth in the ACC this season.
- At the Virginia Grand Prix, Martin won the 800 meters with a time of 1:47.74 - a time that ranks fifth in the ACC this season

AIR JORDAN

Virginia Sophomore Jordan Hardy has quickly climbed her way up the ACC lists in both the triple jump and long jump:

2021-22 Season

- Hardy showed early signs of success at the 2022 ACC Outdoor Championships as a freshman
- The first-year scored points for Virginia in both the triple jump (6th/12.38m) and long jump (8th, 6.00m) while recording marks which at the time stood as her personal bests

2023 Indoors

- Hardy's indoor campaign peaked at the Tiger Paw Invitational where she set the Virginia indoor freshman record in the triple jump (12.86m) and leaped to a personal-best 6.12 meters in the long jump
- She would falter briefly at the ACC Championships placing 14th in the LJ and 13th in the TJ

2023 Outdoors

- Hardy turned in a breakthrough performance at the Virginia Challenge winning the triple jump while joining the 13-meter club and 44-foot club in the same day (13.41m/44'0")
- The mark ranks second in the ACC and 13th in the NCAA this season

SHORT SPRINTERS

Relay Leading the Way

- A trip to Athens, Georgia yielded the women's 4x100 relay teams' best result of the season. A team of Sarah Akpan, Kayla Bonnick, Jada Pierre and Jada Seaman raced to a win posting 44.24 - a time that leads the ACC

Always a Threat

- Jada Seaman eyes another All-ACC finish this season. The senior ranks ninth in the 200 with her time of 23.51, but is capable of an explosive performance whenever she steps on the track.
- A season ago, Seaman set the Virginia record in the 200 meters running 23.06 at the NCAA East Preliminaries. At the same meet she ran a wind-aided 23.00 (+2.0)
- Seaman Also ranks ninth in the 100m this season with her seed time of 11.40

An Exciting First Year

- Sarah Akpan has had a strong opening season at UVA and enters the meet ranked fifth overall in the 100m.
- Akpan has also run the fastest 200 meter time of any Virginia woman this season (23.50)

From the Gridiron to the Track

- Virginia's Demick Starling, a member of the Cavalier football team has made the transition to track and field in 2023
- A wide receiver on the football team, Starling has a background in track and field after competing in high school where he was named all-state by the Tennessee Writers Association
- At Virginia, Demick has specialized in the 100-meter dash running 10.57 - the eighth-fastest time in UVA history

DUAL THREAT HURLERS

Virginia’s top 400-hurdlers, Alex Sherman and Emily Alexandru have been on a consistent upward trend over the course of the 2023 season.

- Each posted consecutive personal bests this season, culminating in a Cavalier sweep of the 400-hurdles at the Virginia Challenge.
- Sherman led the way for the men posting 51.23 a time that ranks fifth on the UVA all-time performance list and third in the ACC this season. Sherman scored at the ACCs last season placing eighth in the event.
- Alexandru followed up with a victory and personal-best of her own of 58.37 which ranks eighth on the UVA all-time list and eighth in the ACC this season

BEEN HERE BEFORE

Three active Cavaliers have been crowned ACC Champions previously in their careers and have the opportunity to add to their totals this season:

Jada Seaman	Long Jump (Indoor).....	2021, '20
	Long Jump (Outdoor)	2021
Owayne Owens	Triple Jump (Indoor)	2021, '22
	Triple Jump (Outdoor).....	2021
Ethan Dabbs	Javelin.....	2019, '21, '22

ACADEMIC SUCSESS

Scholar Athlete of the Year

- Owayne Owens led the Virginia program on the academic side after being named the ACC Scholar Athlete of the Year - An award that recognizes the conference’s elite athletes who excell at the highest level in the classroom.
- He becomes the first Virginia athlete to win the award for the indoor track season - fourth overall
- Owens graduates with a masters in Leadership and Public Policy

Additionally, Virginia led the ACC with a combined 45 selections to the All-ACC Academic Teams for the indoor season. The top-five include:

Virginia.....	45
Duke.....	42
Louisville.....	37
Notre Dame.....	33
Virginia Tech.....	32

PRONUNCIATION GUIDE

Women

Sarah Akpan	AK-pawn
Sophia Akpan.....	AK-pawn
Emily Alexandru.....	Alex-AN-droo
Ashley Anumba.....	ASH-lee, A-NOOM-ba
Margot Appleton.....	MAR-go, APPLE-ton
Sophie Atkinson	SO-fee, AT-kin-son
Trina Barcarola	TREE-na, BAR-cah-ROLL-a
Kayla Bonnick	KAY-la, BON-ick
Hanne Borstlap	HAWN-a, BOR-stlap
Abby Comella	A-bee, CO-mel-a
Addison Cox.....	ADD-i-son, COX
Caroline Dannenbaum	DAN-en-BAUM
Jordan Hardy	HARD-EE
Bree Lumpkin.....	LUMP-kin
Brooke Lumpkin	LUMP-kin
Maya Maloney	MY-a, MA-LOW-ney
Jada Marsh.....	JAY-da
Jada Pierre.....	JAY-da
Janae Profit.....	Ja-NAY
Sam Romano	Ro-MA-no
Alahna Sabbakhan.....	A-LON-a, SA-ba-KON
Kaiya Saunders	KY-a, SON-ders
Jada Seaman	JAY-da, SEE-men
Keara Seasholtz.....	KEY-ara, SEE-sho-lts
Esther Seeland.....	ES-ter, SEE-land
Alix Still	AL-ex, STILL
Carly Tarentino	CAR-ley, TAR-en-TI-no
Anna Workman	AN-a, WORK-man

Men

Rohann Asfaw	RO-Hawn, AS-faw
Kenton Bachmann	KEN-ton, BOCK-men
Liam Bellamy	LEE-am, BELL-amy
Ethan Dabbs	EE-than, DAB-s
Nigal Davis.....	N-EYE-jal, DAY-vis
Thomas Dickinson	TOM-as, DICK-en-son
Justin Diehl.....	DEEL
Peter Djan.....	GIAN (Like “Giant” without the T)
Jack Eliason.....	ee-LYE-a-son
John Fay	FAY
Jacob Hunter.....	HUN-ter
Derek Johnson	JON-son
Andrew Jones.....	AN-drew, JO-nes
Tyler Lych.....	LI-nch
Jaden Lyons	JAY-den, LIONS
Gary Martin.....	MAR-tin
Nathan Mountain.....	MOUNT-ain
Conor Murphy.....	MUR-fee
Elby Omohundro	O-mo-HOO-n-dro
Owayne Owens	o-WAYNE, O-wens
Jay Pendarvis	pen-DAR-vis
Wes Porter	POR-ter
Ethan Robinson.....	ROB-in-son
Justin Rogers	RO-jers
Yasin Sado.....	YAH-seen, SAY-doh
Alex Sherman.....	SHER-man
Demick Starling	De-MEEK, STAR-ling
Evans White	EV-ans, WHITE
Tyler Zawatski.....	za-WAT-ski