




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 Amaral	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

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2023 NCAA Outdoor Track & Field Championships Wednesday, June 7 - Saturday, June 10

Mike A. Myers Stadium - Austin, Texas

The Virginia men's and women's track and field teams are set to send nine individual athletes (five men, four women) to the NCAA Track & Field Championships in Austin, Texas. The men's events will take place on Wednesday (June 7) and Friday (June 9) while the women's competition will be held on Thursday (June 8) and Saturday (June 10).

How to Follow

Live coverage of the NCAA Men's and Women's NCAA Track & Field Championships will be broadcast live each day on the ESPN family of networks. Links to the ESPN broadcasts, 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).

Round	Date	Start Time (ET)	Network
Men's Day One	Wed., June 7	7:30 p.m.	ESPN2
Women's Day One	Thurs., June 8	8:30 p.m.	ESPN2
Men's Day Two	Fri., June 9	9 p.m.	ESPN2
Women's Day Two	Sat. June 10	9 p.m.	ESPN2

Hoos in the Nation's Top-25 (Regular Season)

Prior to the start of the NCAA first round, the Cavaliers own some of the nation's top times and marks from the regular season:

Men

- Ethan Dabbs - Sr., Javelin, 80.82m (265'2")
- Owayne Owens - Sr., Triple Jump, 16.61m (54'6')
- Nate Mountain - So., 3000 SC, 8:32.05
- Derek Johnson - Gr., 3000 SC, 8:33.82
- Conor Murphy - Jr., 800 meters, 1:47.27

Women

- Margot Appleton - So., 1500, 4:08.96
- Ashley Anumba - Gr., Discus, 59.37m (194'9")
- Alix Still - Jr., Heptathlon, 5662 points

Qualifier Notes:

- Virginia has qualified at least one men's steeplechaser in five of the last eight seasons
- Ethan Dabbs and Owayne Owens each make their third trip to the NCAA Championships. Ashley Anumba makes her fourth trip overall and second with Virginia
- Alix Still is the first UVA qualifier in the heptathlon since 1994
- Conor Murphy became the first UVA qualifier in the men's 800 meters since 2012
- Margot Appleton became the first UVA qualifier in the 1500 meters since 2012
- Sophie Atkinson is the first UVA qualifier in the 10,000 since 2016
- A native of Katy, Texas, Atkinson returns to her home state for the NCAA Championships. She qualified as the 40th seed out of the east region.
- No Virginia competitor has ever won an individual title in any of the events the Cavaliers are entered in this season

Virginia's...

Last Men's Individual Title..... Claudio Romero, 2022 (DT)
Last Women's Individual Title Michaela Meyer, 2021 (800m)
Highest Men's NCAA Finish 3rd (2017)
Highest Women's NCAA Finish..... 10th (1983)

ROSTER BREAKDOWN BY EVENT

Women:

Name	Event	Seed	Seed Time/Mark	Outdoor Best
Margot Appleton	1500m	22	4:14.54	4:08.96
Sophie Atkinson	10,000m	20	33:53.56	34:12.62
Alix Still	Heptathlon	22	5,662 points	5,662 points
Ashley Anumba	Discus	10	55.22m	60.97m

Men:

Name	Event	Seed	Seed Time/Mark	Outdoor Best
Conor Murphy	800m	20	1:50.23	1:47.27
Nate Mountain	3000 Steeplechase	12	8:37.40	8:32.05
Derek Johnson	3000 Steeplechase	19	8:44.73	8:33.78
Owayne Owens	Triple Jump	5	16.25m	16.61m
Ethan Dabbs	Javelin Throw	8	72.90m	82.92m

PRONUNCIATION GUIDE

Women

Ashley Anumba.....ASH-lee, A-NOOM-ba
 Margot Appleton.....MAR-go, APPLE-ton

Men

Owayne Owens.....o-WAYNE, O-wens

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	60.97m (200'0").....	Tucson Elite Classic (5/19)
		59.37m (194'9").....	Raleigh Relays (3/25)
Alix Still.....	Heptathlon	5662 Points	Virginia Challenge (4/21)
Virginia	Women's 4x100 meters.....	43.71	ACC Championships (5/13)

Women's UVA Freshman Records Broken:

Sam Romano	Pole Vault	4.28m (14'05")	ACC Championships (5/11)
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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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*NCAA Championships Competitors Bolded

ACC CHAMPIONS

Of Virginia's nine competitors at the NCAA Championships, four won titles in their respective events at the ACC Championships this season. That list includes:

Ethan Dabbs - Javelin, 73.09m

- First-ever competitor to win four ACC men's javelin titles
- Third Virginia athlete to win four ACC titles in any event

Owayne Owens - Triple Jump, 16.61m

- Matched an outdoor-best mark
- Fourth ACC triple jump title - second outdoors

Nate Mountain - 3000 Steeplechase, 8:32.05

- First Cavalier to win the steeplechase title since 2014 (Kyle King)
- Personal best time trails only Derek Johnson for the school record
- First ACC title for Mountain

Margot Appleton - 1500 Meters, 4:14.58

- First ACC title for Appleton
- Second Cavalier to win the title in three seasons - both under head coach Vin Lananna (Michaela Meyer '21)
- Meyer went on to win an NCAA title in the 800 meters during the 2021 season becoming the first Cavalier to win a women's title at the NCAA Championships (Previous Cavalier titles were won in the AIAW)

*Women's 4x100m won first ACC title since 1995 - Second team out of qualification to NCAA Championships

MURPHY THE MILER

Conor Murphy is set to compete at the NCAA Championships in the 800 meters, but over the course of the 2023 season, he has stood out as one the top runners in a stable of impressive milers within the Virginia program. The 2023 indoor season featured a school-record mile time from Murphy who led five milers to sub-four-minute times on the same day. His time leads a total of seven active Cavaliers who have broken the four-minute barrier:

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

Murphy placed sixth in the mile at the NCAA Indoor Championships to earn the first individual All-American honors of his career.

CONSISTENCY PERSONIFIED

Four of Virginia's competitors have put together particularly impressive seasons spanning the indoor and outdoor track and field seasons as well as cross country. The following individuals are set to compete at the outdoor championships following an appearance at the indoor championships in March:

Owayne Owens: Virginia's veteran triple jumper has put together yet another incredible season in the final year of his collegiate 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 - his best finish at an NCAA Championship meet. Owens won his fourth ACC Triple Jump crown at the ACC Outdoor Championships.

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 its 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. She won her first-ever ACC title in the 1500m at the ACC Outdoor Championships.

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 Indoor 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. Murphy earned second-team All-ACC status in both the 1500m and 800m at the ACC Outdoor Championships.

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. That total ranks 22nd in the nation which put Still through to the NCAA Championships in Austin.

A SEASONED COMPETITOR

Ethan Dabbs enters the NCAA championships as a seasoned veteran with a wealth of experience in championship meets. Dabbs has won gold at both the ACC and USATF Championships, but the NCAA title is one that has eluded him so far.

Rare Air for Dabbs

- At the ACC Outdoor Championships, Ethan Dabbs became just the fourth competitor to win four ACC titles in the men's javelin and the 12th to win four men's titles in any event (third Cavalier to accomplish the feat)
- A season ago, Ethan Dabbs won gold in the javelin marking a conference and meet record (82.92m)
- This season, Dabbs set a Virginia Challenge and Lannigan Field record with his season-best throw of 80.82 meters

NCAA Championship Experience

- 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
- Dabbs has qualified for the NCAA Championships in two of the three seasons in which he has competed
- He has failed to qualify for the meet only once in his career (2021) throwing through injury

Returning to Austin

- Dabbs' first appearance at an NCAA Championship meet came at Mike A. Myers Stadium in 2019 where he earned All-American honors with a seventh-place finish
- Dabbs has competed at Mike A. Myers Stadium this season at the 95th Clyde Littlefield Texas Relays where he placed sixth in the competition (74.87 meters / 245'8")

Stiff Competition

- The field of competition includes each of the previous two Champions: Marc Minichello (Georgia), Tzurriel Pedigo (LSU)
- Three competitors have surpassed 80 meters this season: Keyshawn Strachan (Auburn), Ethan Dabbs (Virginia), Marc Minichello (Georgia)
- Nine of the meet's competitors faced off at Texas Relays earlier this season. Here are the results:

1. Keyshawn Strachan (Auburn).....	84.27m
2. Chinecherm Prosper Nnamdi (Baylor).....	79.98m
4. Tzurriel Pedigo (LSU).....	77.61m
5. Cameron Bates (BYU).....	76.07m
6. Ethan Dabbs (Virginia).....	74.87m
8. Marc Minichello (Georgia).....	73.89m
9. Arthur Petersen (Nebraska).....	73.13m
12. Benji Phillips (NDSU).....	71.54m
14. Matt Kraft (NDSU).....	63.41m

LAYING DOWN THE LAW

Virginia's Ashley Anumba has continued to impress on the track throughout her second year as a law student at UVA.

- Anumba has broken the UVA discus record on six occasions since arriving at Virginia in 2022
- She broke her own mark with her first throw of the season that reached 59.37m (193'9") at Raleigh Relays - She would go on to break the record once more this season
- Anumba won silver at the ACC Outdoor Championships in the Discus throwing 58.50 meters. She also threw a personal-best of 16.19 meters in the shot put to place seventh.

A Trip to Tucson

- At the Tucson Elite Classic, Anumba once again broke the Virginia discus record marking 60.97m (200'0") for the win
- She is one of six NCAA Division I throwers to break 60 meters this season and one of just four to hit 200 meters

Returning to the NCAAs

- Anumba is set to make her fourth appearance at the NCAA Championships - Two with Penn, two with Virginia
- She has improved her placement in each appearance finishing 21st (2018), 19th (2019) and 15th (2022).

STEEPLECHASE STARS

For the fifth time in eight seasons, the Virginia Cavaliers will be represented in the men's 3000-steeplechase at the NCAA Championships. This season features a repeat qualifier as well as a newcomer. The Cavaliers have been a force in the event so far this season taking 22 points from the steeple at the ACC Championships which featured a 1-2 finish from Nate Mountain and Derek Johnson.

Mountain's Rise

- 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 just slightly missing NCAA qualification
- This season, Mountain ran a then-best of 8:34.99 at the Virginia Grand Prix and went on to become the first Cavalier to win the event at the ACC Championships posting a personal best of 8:32.05 which ranks second all-time at UVA
- The 2023 championships will be Mountain's first experience at an NCAA Championship meet after running the fastest qualifying time at the East Regional

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 a 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 (8:28.72) which he set in 2021
- This season, Johnson finished second at the ACC Championships posting 8:33.82 - He ran the seventh-fastest qualifying time at the East Regional

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

Ten Academic All-District Selections

Virginia landed ten selections to the College Sports Communicators Academic All-District Teams:

- Women: Hanne Borstlap, Keara Seasholtz, Esther Seeland, Alix Still, Anna Workman
- Men: Derek Johnson, Nate Mountain, Owayne Owens, Alex Sherman, Justin Wachtel



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	15:36.28	2023
10,000 meters	Patty Matava	32:58.64	1987
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*	60.97m (200' 0")	2023
Hammer Throw	Jade Baker	63.61m (208' 8")	2019
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Alix Still	5,662 points	2023

* at NACAC U18/U23 Championships 2019 in Mexico

*at Tucson Elite Classic

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
1,500 meters	Henry Wynne	3:38.05	2016
5,000 meters	Wes Porter	13:36.84	2022
10,000 meters	Zach Herriott	28:44.22	2017
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
3,000-meter steeplechase	Derek Johnson	8:28.72	2021
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