




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

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2023 NCAA East Regional Preliminaries

Wednesday, May 24 - Saturday, May 27

Hodges Stadium • Jacksonville, Fla.

The Virginia men's and women's track and field teams are set to send 29 individual athletes (12 men, 17 women) and two relay squads to the NCAA East Preliminary qualifier in Jacksonville, Fla. where the top 12 finishers in each event will advance to the NCAA Championships. The men's events will take place on Wednesday (May 24) and Friday (May 26) while the women's competition will be held on Thursday (May 25) and Saturday May 26).

How to Follow

Live coverage of the NCAA Men's and Women's East Preliminary Round will be streamed live each day via ESPN+. Links to the ESPN+ 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).

Hoos in the Nation's Top-25

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
- Yasin Sado - Jr., 3000 SC, 8:42.48

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")
- Virginia 4x100m, 43.71
- Esther Seeland - Gr., 800m, 4:12.55
- Sam Romano - Fr., Pole Vault, 4.28m (14'0.5")
- Alix Still - Jr., Heptathlon, 5662 points

High Seeds

- The Cavaliers have 10 athletes (5 men, 5 women) entering the meet as a top-10 seed in their respective events
- Reigning ACC Champions Ethan Dabbs (Javelin) and Nathan Mountain (3000 SC), enter as the top seeds in the east region.
- Four more Cavaliers enter the meet as a top-five seed including Margot Appleton (2, 1500m), Ashley Anumba (4, DT), Derek Johnson (3, 3000 SC), Owayne Owens (4, TJ)
- Ranking 22nd nationally in the Heptathlon, Alix Still qualifies directly to the NCAA Championships in the event.

Seeking a Return Trip

Four Cavaliers enter the meet seeking their second consecutive trip to the NCAA Championships:

Ethan Dabbs: NCAA runner up in the javelin

Ashley Anumba: Second-team All-American in the discus

Yasin Sado: Second-team All-American in 3000-meter steeplechase

Owayne Owens: 19th in the triple jump

Jada Seaman: 23rd in the 200 meters

ROSTER BREAKDOWN BY EVENT

Women:

Name	Event	Seed	Time/Mark
Sarah Akpan	100m	24	11.34
Kayla Bonnick	100m	28	11.36
Keara Seasholtz	800m	37	2:05.73
Margot Appleton	1500m	2	4:08.96
Esther Seeland	1500m	9	4:12.55
Anna Workman	1500m	44	4:19.42
Sophie Atkinson	10,000m	40	34:12.62
Emily Alexandru	400 Hurdles	33	58.37
Carly Tarentino	High Jump	44	1.75m
Sam Romano	Pole Vault	9	4.28m
Hanne Borstlap	Pole Vault	16	4.18m
Trina Barcarola	Pole Vault	34	4.09m
Jada Seaman	Long Jump	26	6.26m
Alix Still	Long Jump	42	6.17m
Jordan Hardy	Triple Jump	6	13.41m
Janae Profit	Shot Put	32	15.75m
.....	Discus	34	51.48m
Ashley Anumba	Discus	4	59.37m
Virginia	4x100m	9	43.71
Virginia	4x400m	20	3:35.77

Men:

Name	Event	Seed	Time/Mark
Conor Murphy	800m	9	1:47.27
Kenton Bachmann	800m	32	1:48.56
Wes Porter	1500m	33	3:41.51
Jack Eliason	5000m	23	13:47.07
Alex Sherman	400 Hurdles	21	51.09
Nate Mountain	3000 Steeplechase	1	8:32.05
Derek Johnson	3000 Steeplechase	3	8:33.78
Yasin Sado	3000 Steeplechase	11	8:42.48
Owayne Owens	Triple Jump	4	16.61m
John Fay	Hammer Throw	33	63.72m
Ethan Dabbs	Javelin Throw	1	80.82m
Tyler Zawatski	Javelin Throw	45	64.70m

PRONUNCIATION GUIDE

Women

Sarah Akpan	AK-pawn
Emily Alexandru	Alex-AN-droo
Ashley Anumba	ASH-lee, A-NOOM-ba
Margot Appleton	MAR-go, APPLE-ton
Trina Barcarola	TREE-na, BAR-cah-ROLL-a
Hanne Borstlap	HAWN-a, BOR-stlap
Janae Profit	Ja-NAY
Jada Seaman	JAY-da, SEE-men
Keara Seasholtz	KEY-era, SEE-sho-Its
Esther Seeland	ES-ter, SEE-land
Carly Tarentino	CAR-ley, TAR-en-TEE-no

Men

Kenton Bachmann	KEN-ton, BOCK-men
Jack Eliason	ee-LYE-a-son
Owayne Owens	o-WAYNE, O-wens
Yasin Sado	YAH-seen, SAY-doh
Tyler Zawatski	za-WAT-ski

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)

*Raleigh Relays Record

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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ACC CHAMPIONS

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:

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)

Women's 4x100m (Kayla Bonnick, Jada Seaman, Jada Pierre, Sarah Akpan), 43.71

- School record performance bests the previous time of 43.75
- Bonnick and Seaman helped set the previous record in 2021
- First 4x100 title since 1995 season

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

Wes Porter is entered in the men's 1500 and is set to compete in the men's 1500 meters for the Cavaliers. Porter won bronze at the ACC Indoor Championships in the mile, but was disqualified after winning his 1500m heat at the ACC Outdoor Championships.

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 - 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 and puts Still through to the NCAA Championships in Austin.

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 eyeing NCAA Qualification for the second consecutive season. Ethan Dabbs (Javelin) and Ashley Anumba both hold Virginia records in their events.

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 for Dabbs

- 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 missed NCAAs placing 14th at the qualifiers the last time the meet was held in Jacksonville (2021) throwing through injury

Anumba Laying Down the Law

- Ashley 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.
- Anumba is enrolled in UVA Law School and continues to thrive despite the rigorous work load involved

A Trip to Tucson

- At the Tucson Elite Classic, Anumba once again broke the Virginia discus record marking 60.97m (200'0") to take 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

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

A trio of Cavalier steeplechasers including Nate Mountain, Derek Johnson and Yasin Sado all look a threat to qualify for the NCAA Championships after scoring a combined 22 points at the ACC Championships two weeks prior:

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

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

Sado Back in Action

- Sado qualified for the NCAA Championships in the steeplechase a season ago earning second-team All-American status after a 14th-place finish. He also won silver at the ACC Championships in 2022.
- This season, Sado had not gone over a single hurdle until the ACC Championships. Despite his last steeplechase competition coming nearly a year prior, Sado clocked 8:42.48 to place fifth earning second-team All-ACC honors.

WOMEN'S RELAYS

Champions in the 4x100

- A trip to Athens, Georgia yielded the women's 4x100 relay teams' best result of the regular season season. A team of Sarah Akpan, Kayla Bonnick, Jada Pierre and Jada Seaman raced to a win posting 44.24
- That same squad raced to a school record-performance to win gold at the ACC Championships clocking 43.71
- That time earns the Cavaliers the 9th seed at the East Regionals

Upward Trend in the 4x400

- Virginia's best regular season performance in the 4x400m also came at the Spec Towns Invitational as Emily Alexandru, Sarah Akpan, Alahna Sabbakhan and Jada Seaman clocked 3:41.93
- At the ACC Championships, those same four improved their best time of the season in a fourth-place finish with a time of 3:35.77
- The Virginia women are seeded 20th overall

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
- Hardy turned in a second-team All-ACC performance once again in the triple jump placing sixth with a mark of 12.62 meters

DUAL THREAT HURDLERS

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

Sweeping the Virginia Challenge

- 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 what was then a personal-best time of 51.23 to take the victory
- Alexandru followed up with a victory and personal-best of her own of 58.37 which ranks eighth on the UVA all-time list

ACC Success

- Alex Sherman Delivered in a big spot for the Cavalier men as he turned on the jets clocking a personal-best time of 51.09 seconds to take third - his highest-ever finish at an ACC Championship meet.
- On the women's side, Emily Alexandru posted a time of 58.89 seconds to earn second-team All-ACC honors.

ACADEMIC SUCCESS

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 excel 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