




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 Charlottesville, Va.
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 Virginia Challenge

Thursday, April 20 - Saturday, April 22

Lannigan Field • Charlottesville, Va.

The Virginia men's and women's track and field teams are set to host the third of four home meets this season as the Virginia Challenge comes to Lannigan Field on Thursday (April 20) through Saturday (April 22).

How to Follow

The Virginia Challenge will be live streamed on ACC Network Extra for a two-hour window on Friday (April 21) from 7-9 p.m. 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

3. Owayne Owens - Gr., Triple Jump, 16.53m (54'2.75")
4. Nathan Mountain - So., 3000 SC, 8:34.99
7. Derek Johnson - Gr., 3000 SC, 8:38.54
7. Ethan Dabbs - Sr., Javelin, 74.87m (245'8")
21. Gary Martin - Fr., 800m, 1:47.74
23. Conor Murphy - Jr., 1500m, 3:39.75
25. Gary Martin - Fr., 1500m, 3:40.08

Women

2. Margot Appleton - So., 1500m, 4:40.96
5. Ashley Anumba - Gr., Discus, 59.37m (194'9")
15. Esther Seeland - Gr., 1500m, 4:12.55
21. Alix Still - Sr., Heptathlon, 5491 points
22. Virginia 4x100m Relay, 44.24

Virginia Challenge Notes

- Last season, the Virginia Challenge produced 139 regional qualifiers to the NCAA Regional qualifying meets
- Eight meet records were set at the 2022 and 3 Lannigan Field records were broken - Virginia athletes accounted for four of those marks
- Nine champions from the 2022 Virginia Challenge return to Lanigan Field this season
- Virginia had six athletes win events at the meet a season ago, four return to compete this season

Virginia Notes

- Four Cavalier transfers are set to compete in the Virginia Challenge after competing for their former schools a season ago including Esther Seeland (Messiah), Tom Corel (Wagner), Kenton Bachmann (Wake Forest) and Hanne Borstlap (Princeton)
- Esther Seeland eyes the Virginia 800 meter record following an impressive performance at the Virginia Grand Prix which ranks fourth at UVA (2:04.89)
- Ashley Anumba set a UVA and Virginia Challenge record last season with a then-personal best throw of 56.67 meters. Since then, Anumba has shattered the school record throwing 59.37 meters
- Owayne Owens is set to compete in the triple jump - he eyes his third-consecutive win at the meet
- Ethan Dabbs set a Virginia Challenge, ACC, and school record last season with his throw that reached 80.41 meters - the USATF Champion has since thrown farther with a personal best of 82.92 meters

UVA Transfers at Last Season's Virginia Challenge

- Esther Seeland - 2nd, 800m Invitational (2:03.66)
- Kenton Bachmann, 10th, 800m Invitational (1:49.52)
- Tom Corel - 12th, 400m (48.16)
- Hanne Borstlap, 8th, Pole Vault (3.66m)

2022 VIRGINIA CHALLENGE WINNERS

Women:

100 Meters	Cha'Mia Rothwell	United States	11.38
200 Meters	Jada Seaman (=MR) *	Virginia	23.18
400 Meters	Marissa White*	Temple	53.84
800 Meters (Invite).....	Michaela Meyer.....	Nike	2:02.92
1500 Meters (Invite).....	Michaela Meyer.....	Nike	4:11.03
3000 SC (Invite).....	Kayley Delay	Yale	9:44.71
5000 Meters (Invite).....	Katelyn Tuhoy (FR).....	NC State	15:14.61
10000 Meters (Invite).....	Adelyn Ackley	Liberty.....	33:49.00
100M Hurdles	Yasmin Brooks.....	Penn State	13.38
400M Hurdles.....	Brooke Overholt	Cornell	58.19
4x100 Relay	Duke	45.07
4x400 Relay	Penn*	3:37.10
High Jump (Invite).....	Sanaa Barnes	Villanova	1.82m
Pole Vault (Invite)	Sommer Knight	East Carolina	4.31m
Long Jump	Breana Gambrell	Penn State	6.30m
Triple Jump	Michelle Cobb	NC State	13.08m
Shot Put	Monique Reddick	Garage Strength.....	17.27m
Discus (Invite)	Ashley Anumba (MR) *	Virginia	56.67m
Hammer	Nayoka Clunis*	Jamaica.....	64.08m
Javelin.....	Rhema Otabor	FIU.....	54.94m
Heptathlon.....	Tamira Chapman*	NC State	5614 points

Men:

100 Meters	Jaylan Mitchell (=MR)	United States	10.20
200 Meters	Ibrahim Ayorinde (MR)*	Princeton.....	20.51
400 Meters	Jordan Willis	Virginia	46.48
800 Meters (Invite).....	Kyle Burke	Lehigh.....	1:48.45
1500 Meters (Invite).....	Thomas Vanoppen.....	Wake Forest.....	3:40.73
3000 SC (Invite).....	Parker Stokes (FR)	Georgetown	8:32.22
5000 Meters (Invite).....	Alex Ostberg	North Carolina	13:35.67
10000 Meters (Invite).....	Haftu Strintzos.....	Villanova	28:34.41
110M Hurdles.....	Cameron Murray*	NC State	13.94
400 Hurdles	Wellington Ventura	Connecticut	51.48
4x100 Relay	Princeton (MR)*	39.36
4x400 Relay	Pitt*	3:07.40
High Jump (Invite).....	Kennedy Sauder	Liberty.....	2.16m
Pole Vault (Invite)	Scott Houston.....	Vaulthouse	5.41m
Long Jump	Queshun Watson-Riggins	FIU.....	7.93m
Triple Jump	Owayne Owens *	Virginia	16.27m
Shot Put	Christopher Licata	Princeton.....	19.41m
Discus (Invite).....	Claudio Romero (MR)	Virginia	64.79m
Hammer	Vlad Pavlenko	United States	71.90m
Javelin.....	Ethan Dabbs (FR) *	Virginia	80.41m

Current Virginia Athletes in Bold

* Notates athletes entered in the 2023 meet



CONOR MURPHY MIDDLE DISTANCE

Junior • Providence, R.I.

Notes:

- First-team all-american in the mile at 2023 NCAA Indoor Championships - finished sixth
- First-team All-ACC in the 800m - placed second with a PB time of 1:47.33
- Set the Virginia record in the mile while breaking the four-minute barrier for the first time in his career posting 3:55.24; Murphy led five Cavaliers to sub-four-minute times in Boston (2/11)
- Ranks No. 23 nationally in the 1500m with a time of 3:39.75
- Ran an outdoor best in the 800m running 1:48.12 at the Virginia Grand Prix
- Placed ninth in the 800 Meters Invitational section at the Virginia Challenge in 2022



GARY MARTIN MIDDLE DISTANCE

Freshman • Warminster, Pa.

Notes:

- Ranked No. 21 in NCAA Division I in the 800m after his win at the Virginia Grand Prix posting 1:47.74
- Ranked No. 25 in the 1500m with his time of 3:40.08
- Top middle-distance recruit in 2022 - Two high school sub-four miles including the fourth-fastest high school mile time in U.S. history (3:57.98, 3:57.89), third-fastest high school 800m in Pennsylvania history - New Balance indoor and outdoor mile champion
- Set a Virginia freshman record in his collegiate debut in the mile posting 3:56.83, the second-fastest time run in Virginia history (2/11)
- Qualified for the mile finals at the ACC Indoor Championships



OWAYNE OWENS JUMPS

Grad Student • Montego Bay, Jamaica

Notes:

- First-team All-American in the triple jump after placing third at the NCAA Indoor Championships jumped a personal-best 16.69m
- Placed fourth at the Texas Relays in the triple jump posting 16.53m
- Chasing his third-consecutive triple jump victory at the Virginia Challenge
- Three-time ACC Champion in triple jump (Indoor: 2021, 2022 Outdoor: 2021)
- Holds the Virginia indoor record in the long jump with his career-best of 7.58 meters set in 2021



ETHAN DABBS JAVELIN

Senior • Johnstown, Pa.

Notes:

- NCAA runner-up in the javelin at the 2022 championships
- USATF Champion in the Javelin
- Placed sixth at the Texas Relays in the javelin throwing 74.87 meters
- Virginia and ACC Record holder in the javelin (82.92m/273'0")
- Won the Virginia Challenge in 2022 throwing a meet and facility record (80.41m)
- Competed for Team USA at the World Athletics Championships in 2022
- Placed third at the NACAC Championships in 2022



WES PORTER MIDDLE DISTANCE

Junior • Kansas City, Mo.

Notes:

- First-team All-ACC after finishing third in the mile at the ACC Indoor Championships
- Set the Virginia 5000-meter record at the Virginia Challenge in 2022 (13:36.84) placing fourth
- Placed second in the 1500 meters at the ACC Outdoor Championships in 2022
- Ranks second all-time at UVA in the 1500m with his time of 3:39.73
- Ran the second-fastest mile in UVA history at 3:56.83 - his second-ever sub-four mile



JUSTIN ROGERS POLE VAULT

Freshman • Hershey, Pa.

Notes:

- First-team All-ACC in the pole vault after a third-place finish at the ACC Indoor Championships
- Virginia indoor freshman record holder with his mark of 5.18m (17'0")
- 2022 USA U20 pole vault champion
- Three-time indoor and outdoor Pennsylvania state record holder
- New balance national champion



MARGOT APPLETON DISTANCE

Sophomore • Mattapoisett, Mass.

Notes:

- First-team All-American in the mile after placing fourth at the NCAA Indoor Championships
- Posted a personal-best in the mile running 4:33.82 - .28 seconds off the Virginia record
- Ran the second-fastest 1500m time in Virginia history this season posting 4:08.96
- Ran the ninth-fastest 5000m time in UVA history at last season's ACC Championships
- Qualified for the NCAA East Regional Preliminaries in the 1500m in 2022



ESTHER SEELAND MIDDLE DISTANCE

Grad Student • State College, Pa. (Messiah)

Notes:

- Transferred from to UVA ahead of the 2022-23 athletic season from Division III Messiah
- Ran the fourth-fastest outdoor 800 in UVA history at the Virginia Grand Prix (2:04.89)
- Placed second in the 800m Invitational at the Virginia Challenge last season running for Messiah (2:03.66)
- Set UVA indoor 800m record in a second place finish at the ACC Championships (2:03.43)
- Three-time NCAA Division III Champion at Messiah (Indoor/Outdoor 800m, 1500m | All-American in 3k)
- Played soccer at Division III Messiah, where she won an NCAA title in 2019 and received the NCAA Elite 90 Academic Award (Highest GPA of a competitor in the NCAA Championship final).
- Ran cross country for the first time, helping Virginia to a third-place finish at the ACC Championships
- Born in Cairns, Australia



ANNA WORKMAN MIDDLE DISTANCE

Sophomore • Kingston, Ontario

Notes:

- Won the 1500 meters at the Virginia Grand Prix clocking 4:21.65
- Helped Virginia to a ninth-place finish at the NCAA Cross Country Championships - Virginia's first top-10 finish since 2013
- Ran a personal-best 1500m (4:19:56) and 5000m time (17:07.71) at the ACC Outdoor Championships in 2022
- Qualified for the NCAA East Regional qualifiers in the 1500m in 2022



KAYLA BONNICK SPRINTS

Senior • St. Catherine, Jamaica

Notes:

- Second-team All-American as a member of the UVA 4x100m team in 2021
- Second-team All-ACC in the 60m dash at the 2023 ACC Indoor Championships
- Ran a personal-best in the 100m at last season's Penn Relays clocking 11.47 - ranks fifth all-time at UVA in the event
- Placed fourth in the 100m at last season's Virginia Challenge running what was then a personal best 11.51



HANNE BORSTLAP POLE VAULT

Graduate Student • Antwerp, Belgium (Princeton)

Notes:

- Transferred to Virginia in the 2022-23 season from Princeton
- Ranks second-all time at Virginia after three outdoor competitions with a personal-best mark of 4.11m (13'5.75")
- Competed at the Virginia Challenge last season for Princeton placing eighth (3.66m/12'0")
- Ivy League runner-up in 2019



SAM ROMANO POLE VAULT

Freshman • Glen Allen, Va.

Notes:

- Ranks 10th all-time outdoors at UVA with her mark of 3.85 meters (12'7.5")
- Soared past a Virginia freshman record with a mark of 4.20m at the Virginia Tech Challenge passing Bridget Guy's mark of 3.95m
- Matched that mark at the ACC Indoor Championships where she placed fifth
- Romano's mark ranks second all-time on the Virginia indoor list as she trails Guy's mark of 4.41m
- Adidas All-American in pole vault in high school



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	4:09.78	2021
5,000 meters	Margaret Groos	15:51.24	1980
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	Jefferson, Seaman, Bonnicks, Hazzard	43.75	2021
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.....	59.37m (194' 9")	2023
Hammer Throw	Jade Baker.....	63.61m (208' 8")	2019
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Rebecca Grube.....	5,512 points	1994

* 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
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



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	Danniel Thomas-Dodd	Jamaica	19.48m (63' 11")	2019
Discus Throw	Katelyn Daniels	Michigan State	59.07m (193' 9")	2016
Hammer Throw	Jill Shippee	United States	73.01m (239' 6")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

LANNIGAN FIELD MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Andre Ewers	Florida State	10.06	2019
200 meters	Andre Ewers	Florida State	20.31	2019
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
Mile	Jack Salisbury	Georgetown	3:56.22	2021
3,000 meters	Garrett Jeffries	Missouri	8:25.07	2008
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Devon Hill	Miami	13.35	2012
400-meter hurdles	Bershawn Jackson	Nike	48.76	2014
3,000-meter steeplechase	Parker Stokes	Georgetown	8:32.22	2022
4x100-meter relay	Hyman, Williams, Mitchell, Ambler	Florida State	39.08	2012
4x400-meter relay	Villanova	Villanova	3:05.01	1985
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
	Samuel Shoultz	Maryland	2.24m (7' 4.25")	2018
Pole Vault	Deakin Volz	Virginia Tech	5.62m (18' 5.25")	2019
Long Jump	Qeshun Watson-Riggins	FIU	7.93m (26' 0.25")	2022
Triple Jump	Jordan Scott	Virginia	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Sam Mattis	Penn	65.12m (213' 8")	2016
Hammer Throw	Hilmar Jonsson	Virginia	75.26m (246' 11")	2019
Javelin Throw	Ethan Dabbs	Virginia	80.41m (263' 9")	2022



VIRGINIA CHALLENGE WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	USA	23.18	2014
	Jada Seaman	Virginia	23.18	2022
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.97	2021
1,500 meters	Josette Norris	Reebok Boston TC	4:07.35	2021
5,000 meters	Katelyn Tuohy	NC State	15:14.61	2022
10,000 meters	Amanda Vestri	Syracuse	32:43.15	2021
100-meter hurdles	Queen Harrison	Asics	12.70	2014
400-meter hurdles	Autumne Franklin	Harvard	55.70	2016
3,000-meter steeplechase	Leah O'Connor	Michigan State	9:41.88	2015
4x100-meter relay	Oliver, Hitchcock, Carter, Gray	Kentucky	43.14	2016
4x400-meter relay	Hoffman, Brown-Soler, Crean, Aveni	Duke	3:32.92	2021
High Jump	Maira Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Maddie Gardner	West Virginia	4.47m (14' 8.0")	2019
Long Jump	Kenyattia Hackworth	Unattached	6.79m (22' 3.5")	2016
Triple Jump	Ayana Alexander	Trinidad & Tobago	14.14m (46' 4.75")	2012
Shot Put	Danniel Thomas-Dodd	Jamaica	19.48m (63' 10.9")	2019
Discus Throw	Ashley Anumba	Virginia	56.67m (185'11")	2022
Hammer Throw	Stamatia Scarvelis	Greece	69.28m (227' 3")	2021
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021

VIRGINIA CHALLENGE MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
	Jaylan Mitchell	USA	10.20	2022
200 meters	Ibrahim Ayorinde	Princeton	20.51	2022
400 meters	Brycen Spratling	Pittsburgh	45.22	2014
800 meters	Isaiah Harris	Penn State	1:45.12	2017
1,500 meters	Henry Wynne	Virginia	3:38.05	2016
5,000 meters	Zach Facioni	Wake Forest	13:35.33	2021
10,000 meters	Adriaan Wildschutt	Florida State	28:25.11	2021
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Parker Stokes	Georgetown	8:32.22	2022
4x100-meter relay	Ndhlovu, Ayorinde, Duncan, Sholars	Princeton	39.36	2022
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Brenton Foster	Virginia	2.24m (7' 4.25")	2021
Pole Vault	Scott Houston	Vaulthouse Elite	5.50m (18' 0.5")	2021
Long Jump	Queshun Watson-Riggins	FIU	7.39m (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	80.41m (263'9")	2022
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018



WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1. Halle Hazzard*	11.20	'19
2. Sonja Fridy	11.36	'87
3. Kiamasha Otey	11.43	'01
Jada Seaman	11.43	'22
5. Kayla Bonnick	11.47	'22
6. Kelly Miller	11.48	'99
7. Pam Lemons	11.57	'93
8. Tori McKenzie	11.63	'17
9. Brenda Brown	11.64	'84
10. Sarah Akpan	11.70	'23

* at NACAC U18/U23 Championships 2019 in Mexico

200 METERS

1. Jada Seaman	23.06	'22
2. Sonja Fridy	23.17	'87
3. Anna Jefferson	23.39	'19
4. Jordan Lavender	23.42	'14
5. Kiamasha Otey	23.46	'03
6. Peyton Chaney	23.50	'16
7. Sarah Akpan	23.57	'23
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. Michelle Samuels	54.59	'92
8. Andrea Wright	54.80	'14
9. Talia Wise	54.81	'08
10. Andrenette Knight	54.83	'18

800 METERS

1. Michaela Meyer	2:00.28	'21
2. Gail Bryant	2:04.21	'85
3. Vanessa Fabrizio	2:04.77	'14
4. Esther Seeland	2:04.89	'23
5. Kim Kelly	2:05.23	'84
6. Vicky Fouhy	2:05.55	'13
7. Lyndsay Harper	2:05.84	'11
8. Alahna Sabbakhan	2:05.97	'22
9. Mia Barnett	2:06.11	'22
10. Keara Seasholtz	2:06.12	'21

1,500 METERS

1. Michaela Meyer	4:09.78*	'21
2. Margot Appleton	4:08.96	'23
3. Mia Barnett	4:11.32	'22
4. Esther Seeland	4:12.55	'23
5. Morgane Gay	4:13.20	'12
6. Vicky Fouhy	4:14.51	'13
7. Michelle Rowen	4:15.37	'87
8. Jill Haworth	4:16.06	'83
9. Lesley Welch	4:16.54	'82
10. Margaret Groos	4:16.74	'81

5,000 METERS

1. Margaret Groos	15:51.24	'80
2. Patty Matava	15:56.41	'86
3. Catherine White	16:04.58	'12
4. Barbara Strehler	16:07.70	'13
5. Cleo Boyd	16:09.23	'16
6. Chelsea Ley	16:12.62	'12
7. Maria Hauger	16:14.18	'14
8. Iona Lake	16:15.93	'15
9. Margot Appleton	16:17.51	'22
9. Sarah Fakler	16:18.59	'15

10,000 METERS

1. Patty Matava	32:58.64	'87
2. Catherine White	33:07.36	'13
3. Aileen O'Connor	33:28.20	'81
4. Hannah Moran	33:38.31	'21
5. Emily Harrison	33:40.34	'08
6. Martha White	33:40.50	'83
7. Kara Scanlin	33:53.32	'07
8. Katie Read	33:54.92	'07
9. Jane Maxwell	33:55.98	'03
10. Anna Corrigan	33:58.46	'11

100m HURDLES

1. Ciara Leonard	13.26	'18
2. Alexis Woodley	13.31	'18
3. Andrenette Knight	13.37	'21
4. Ayla Smith	13.51	'09
5. Alix Still*	13.69	'23
6. Lauren Echko	13.72	'08
7. Heather Smith	13.76	'16
8. Chidi Uche	13.77	'10
9. Rebecca Grube	13.81	'94
10. Alana Herran	13.86	'17

400m HURDLES

1. Andrenette Knight	55.75	'21
2. Ayla Smith	56.54	'11
3. Erin Crawford	56.87	'06
4. Angela Lee	57.11	'97
5. Aisha Naibe-Wey	57.84	'16
6. Alana Herran	58.03	'18
7. Heather Smith	58.17	'16
8. Vivian Scruggs	58.54	'81
9. Emily Alexandru	58.60	'23
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. Pearl Bickersteth	1.83m (6' 0")	'12
4. Moira Cronin	1.83m (6' 0")	'13
5. Robin Landes	1.81m (5' 11.25")	'88
6. Rachel Marks	1.79m (5' 10.75")	'06
7. Meggie Schuelke	1.76m (5' 9.25")	'04
8. Emily Kianka	1.76m (5' 9.25")	'12
Rebecca Hawkins	1.76m (5' 9.25")	'22
10. Karen DiDonato	1.75m (5' 8.75")	'91

POLE VAULT

1. Bridget Guy	4.46m (14' 7.5")	'18
2. Hanne Borstlap	4.11m (13' 5.75")	'23
3. Maya Maloney	4.08m (13' 4.5")	'21
4. Trina Barcarola	4.06m (13' 3.75")	'22
5. Katie Freix	4.01m (13' 1.75")	'18
6. Hanne Borstlap	4.00m (13' 1.5")	'23
7. Gabriella Recce	3.95m (12' 11.5")	'22
8. Theresa Demaria	3.93m (12' 10.75")	'17
9. Caroline Dannenbaum	3.91m (12' 10")	'22
10. Sam Romano	3.85m (12' 7.5")	'23

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. Khyasia Caldwell	13.33m (43' 9")	'21
3. Tomika Ferguson	13.21m (43' 4.25")	'07
4. Dallas Rose	13.20m (43' 3.75")	'14
5. Dana Boone	13.05m (42' 9.75")	'91
6. Mia Barron	12.96m (42' 6.25")	'18
7. Zoe Rice	12.79m (41' 11.5")	'21
8. Naccolle Guinn	12.71m (41' 8.50")	'01
9. Jordan Hardy	12.61m (41' 4.5")	'23
9. Jessica Caldwell	12.50m (41' 0.25")	'14
10. Nicole Kimbrough	12.49m (40' 11.75")	'95

SHOT PUT

1. Maria Deaviz	17.32m (56' 10")	'22
2. Christine Bohan	16.87m (55' 4.25")	'16
3. Brittany Jones	16.17m (53' 0.75")	'19
4. Eliese Mitchell	16.16m (53' 0.25")	'03
5. Billie-Jo Grant	15.77m (51' 9")	'06
6. Janae Profit	15.75m (51' 8.25")	'23
7. Ashley Anumba	15.73m (51' 7.25")	'22
8. Maureen Laffan	15.34m (50' 4")	'10
9. Emily Vannoy	15.30m (50' 2.5")	'10
10. Kaiya Saunders	15.22m (49' 11.25")	'23

DISCUS

1. Ashley Anumba	59.37m (194' 9")	'23
2. Billie-Jo Grant	56.06m (183' 11")	'08
3. Kelly Bodiford	54.08m (177' 5")	'93
4. Erin Wykoff	53.78m (176' 5")	'12
5. Thelma Kristjansdottir	53.62m (175' 11")	'21
6. Maria Deaviz	52.58m (172' 6")	'22
7. Caitlin Kelly	52.37m (171' 10")	'09
8. Eliese Mitchell	52.17m (171' 2")	'02
9. Julia Solo	52.04m (170' 9")	'86
10. Janae Profit	51.24m (168' 1")	'23

HAMMER THROW

1. Jade Baker	63.61m (208' 8")	'19
2. Eva Mustafic	61.99m (203' 4")	'21
3. Maureen Laffan	59.91m (196' 6")	'12
4. Bree Lumpkin	58.54m (192' 1")	'23
5. Eliese Mitchell	56.95m (186' 10")	'03
6. Jada Marsh	55.19m (181' 1")	'23
7. Brittany Jones	54.05m (177' 4")	'21
8. Erin Wykoff	53.45m (175' 4")	'12
9. Morgan Johnson	53.49m (175' 7")	'23
10. Lauren Connelly	51.31m (168' 4")	'96

JAVELIN

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

HEPTATHLON

1. Rebecca Grube	5,512	'94
5. Alix Still	5,491	'23
2. Susan Brownell	5,458	'82
3. Beth Sheehan	5,407	'86
4. 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 USTFCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists



MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
3. Jay Pendarvis	10.49	'22
4. Shay Clark	10.50	'02
5. Edwin Brown	10.52	'85
6. Scott Kimball	10.53	'03
7. Nigal Davis	10.54	'22
8. Bruce Randolph	10.69	'84
9. Justice Dixon	10.71	'21
10. Jarrett Hagwood	10.72	'02

200 METERS

1. Gerald Howard	20.79	'95
2. Ben Sarpong	20.87	'95
3. Jordan Brown	20.90	'85
4. Jordan Willis	20.97	'22
5. Reuben Jones	21.16	'08
6. Kellen Blassingame	21.24	'05
7. Payton Hazzard	21.27	'15
8. Conlon Bonner	21.28	'08
9. Scott Kimball	21.31	'02
10. Eric Adderly	21.32	'82

400 METERS

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

800 METERS

1. Paul Ereng	1:43.16	'89
2. Robby Andrews	1:44.71	'11
3. Lance Roller	1:46.11	'10
4. Ray Brown	1:46.74	'83
5. Ben Kurgat	1:47.32	'90
6. John Hinton	1:47.33	'84
7. Greg Canty	1:47.44	'80
8. Gary Martin	1:47.74	'23
9. Conor Murphy	1:48.12	'22
10. Anthony Kostelac	1:48.96	'12

1,500 METERS

1. Henry Wynne	3:38.05	'16
2. Wes Porter	3:39.73	'22
3. Conor Murphy	3:39.75	'23
4. Ka'eo Kruse	3:40.04	'22
5. Gary Martin	3:40.08	'23
6. John Hinton	3:40.24	'83
7. Vince Draddy	3:40.44	'81
8. Yasin Sado	3:40.67	'23
9. Robby Andrews	3:40.77	'11
10. Nathan Mountain	3:40.99	'22

5,000 METERS

1. Wes Porter	13:36.84	'22
2. Kris Herdt	13:37.44	'87
3. Henry Wynne	13:43.53	'17
4. Yasin Sado	13:42.84	'22
5. Rohann Asfaw	13:44.74	'21
6. Nate Mountain	13:48.25	'23
7. Sean Keveren	13:48.34	'12
8. Zach Herriott	13:53.47	'17
9. Derek Johnson	13:54.46	'21
10. Jim Hays	13:55.2h	'85

10,000 METERS

1. Zach Herriott	28:44.22	'17
2. Rohann Asfaw	28:53.84	'22
3. Brent Demarest	28:54.69	'19
4. Mike Cotton	28:55.34	'81
5. Andrew Dumm	28:59.25	'07
6. Lachlan Cook	29:10.03	'19
7. Adam Visokay	29:11.13	'15
8. Trey Miller	29:14.21	'10
9. Alex Corbett	29:16.11	'21
10. Harry Monroe	29:16.26	'21

110m HURDLES

1. Adams Abdulrazaaq	13.66	'11
2. Barry Word	13.88	'84
3. George Johnson	13.91	'82
4. Jarrett Hagwood	14.13	'02
5. Kevin Williams	14.14	'79
6. Rob Archer	14.16	'84
7. Ronde Barber	14.22	'94
8. DreQuan Hoskey	14.23	'14
9. Mike Abidin	14.27	'82
10. Isi Azeke	14.31	'05

400m HURDLES

1. Steve Delice	50.02	'10
2. Karl Williams	50.34	'79
3. Rob Archer	50.80	'84
4. Bruce Berry	51.09	'85
5. Alfred Shirley	51.30	'18
6. Alex Sherman	51.36	'23
7. Kevin Williams	51.54	'79
8. Adams Abdulrazaaq	51.79	'08
9. George Johnson	51.98	'81
10. Dave Revelle	52.05	'84

3000m STEEPLECHASE

1. Derek Johnson	8:32.95	'21
2. Yasin Sado	8:33.39	'22
3. Jan Foerster	8:34.78	'07
4. Nathan Mountain	8:34.99	'23
5. Rob Cook	8:39.36	'94
6. Kyle King	8:39.72	'15
7. Steve Finley	8:40.56	'10
8. Adam Visokay	8:43.60	'15
9. Mike Cotton	8:44.44	'81
10. Will Gray	8:45.82	'16

HIGH JUMP

1. Brenton Foster	2.27m (7' 5.25")	'21
2. Herman Moore	2.19m (7' 2.25")	'88
3. Greg Byers	2.19m (7' 2.25")	'82
4. Trey Causey	2.13m (6' 11.75")	'19
5. Greg Nelson	2.10m (6' 10.75")	'10
6. Chris Clementson	2.10m (6' 10.75")	'02
7. Mike Riso	2.10m (6' 10.75")	'02
8. 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. Jeff Jernigan	5.15m (16' 10.75")	'17
5. Joey Kelly	5.05m (16' 6.75")	'21
6. Tom Cooke	5.05m (16' 6.75")	'95
7. Colin Duignan	5.03m (16' 6")	'22
8. Jeff McClurg	4.95m (16' 2.75")	'07
9. David Lewis	4.89m (16' 0.75")	'06
10. David Hood	4.88m (16' 0.0")	'88

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
6. Tiki Barber	7.48m (24' 6.5")	'95
7. Keith Witherspoon	7.45m (24' 5.25")	'76
8. Bruce Randolph	7.43m (24' 4.5")	'84
9. Dion Woolfolk	7.41m (24' 3.75")	'96
10. Trey Causey	7.40m (24' 3.5")	'19

TRIPLE JUMP

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

SHOT PUT

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

DISCUS

1. Claudio Romero	67.02m (219' 10")	'22
2. Filip Mihaljevic	63.76m (209' 2")	'17
3. Jordan Young	62.27m (204' 3")	'15
4. Yemi Ayeni	61.11m (200' 6")	'07
5. Jacob Lemmon	58.54m (192' 1")	'21
6. Larry Wilson	57.91m (190' 0")	'99
7. Kevin Latham	56.71m (186' 1")	'85
8. Phil Vincenzes	55.98m (183' 8")	'82
9. Nace Plesko	55.19m (181' 1")	'18
10. Nick Vena	54.84m (179' 11")	'12

HAMMER THROW

1. Hilmar Jonsson	75.26m (246' 11")	'19
2. Jordan Young	70.73m (232' 1")	'15
3. Jacob Lemmon	66.14m (217' 0")	'21
4. Vincenzo Chiariello	64.29m (210' 11")	'12
5. Evangelos Fradelakis	64.22m (205' 4")	'22
6. John Fay	62.36m (204' 7")	'23
5. Oghenakpobo Efekoro	60.88m (199' 9")	'19
6. Ty Kunzmann	60.58m (198' 9")	'21
7. Bill Johnston	58.19m (190' 11")	'01
9. Robert Guider	55.67m (182' 8")	'10
10. James Fuson	55.53m (182' 2")	'12

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
7. James Murdock	63.93m (209' 9")	'02
8. Tyler Zawatski	63.00m (206' 8")	'23
8. Stephen Dunphy	61.62m (202' 2")	'94
9. Tucker Rizzi	61.46m (201' 8")	'18
10. Anthony Bouselli	60.89m (199' 9")	'16

DECATHLON

1. Stephen Dunphy	7,920	'92
2. Willy Pirtle	7,676	'82
3. John Bryan	7,666	'81
4. Jack Lint	7,478	'17
5. David Lewis	7,105	'08
6. Christian Lavogna	7,064	'16
7. Cam Collins	7,004	'16
8. Bill Smith	6,863	'83
9. Sean Sullivan	6,847	'96
10. John Anderson	6,814	'95

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