



### VIRGINIA INDOOR SCHEDULE

Nov. 30 - Dec. 1	Liberty Kickoff Lynchburg, Va.
Dec. 2	Sharon Colyear-Danville Season Opener Boston, Mass.
Jan. 12-13	Virginia Tech Invitational Blacksburg, Va.
Jan. 19-20	Hokie Invitational Blacksburg, Va.
Jan. 26-27	Penn State National State College, Pa.
Feb. 2-3	Doc Hale VT Elite Blacksburg, Va.
Feb. 9-10	Valentine Invite/Eagle Elite/Tiger Paw Invite Boston, Mass./Clemson, S.C.
Feb. 16-17	Terrier DMR/Arkansas Qual/VT Challenge Boston, Mass./Fayetteville, Ark./Blacksburg, Va.
Feb. 22-24	ACC Indoor Championships Boston, Mass.
March 8-9	NCAA Indoor Championships Boston, Mass.

### 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)
Brandon Amo	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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### NCAA Indoor Track & Field Championships

**Friday, March 8 - Saturday, March 9**

the TRACK at new balance • Boston, Mass.



The Virginia men's and women's track and field teams continue the championship seasons at the NCAA Indoor Championships beginning Friday (March 8) and running through Saturday (March 9) at the TRACK at new balance in Boston, Mass.

#### How to Follow

The NCAA Indoor Championships will be live streamed on ESPN+ on both days of competition. Links to the ESPN+ live stream, live stats and the overall meet schedule are available at [VirginiaSports.com](http://VirginiaSports.com). Updates will also be posted to the team's official Twitter account (@UVAtfcc).

#### Hoos in the Rankings (NCAA)

##### Men

- 10. Conor Murphy - Sr., 800m, 1:46.95
- 11. Gary Martin - So., Mile, 3:54.73
- 4. Distance Medley Relay, 9:18.95

##### Women

- 12. Margot Appleton - Jr., Mile, 4:30.87
- 14. Anna Workman - Sr., Mile, 4:31.91
- 11. Distance Medley Relay, 10:50.58

#### Schedule of Events

##### Friday:

- 4:00 p.m. | Men's Mile Semifinal (Gary Martin)
- 4:50 p.m. | Men's 800m Semifinal (Conor Murphy)
- 6:00 p.m. | Men's Distance Medley Relay
- 7:00 p.m. | Women's Mile Semifinal (Margot Appleton and Anna Workman)
- 9:00 p.m. | Women's Distance Medley Relay

##### Saturday:

- 4:00 p.m. | Men's Mile Final
- 4:30 p.m. | Men's 800m Final
- 7:00 p.m. | Women's Mile Final

#### Virginia NCAA Indoor Championships Notes

- Last season, the men's team finished 28th with nine points and the women finished 31st with five points.
- Four Cavaliers qualified for the 2023 Indoor NCAA Championships including Margot Appleton, Conor Murphy, Owayne Owens and Alex Still.
- Appleton surged from seventh to fourth place in the semifinal clocking 4:42.10 in the women's mile to qualify through to the final.
- In the final, Appleton crossed the line in 4:35.83 to finish fourth and earn 1st team All-American status.
- Appleton became the second Virginia women's miler to place in the top-4 in the event at the Indoor NCAA Championships.
- Conor Murphy recorded the third fastest qualifying time in the men's mile at 4:03.01.
- Murphy finished sixth in the final of the men's mile to earn 1st team All-American honors for the first time in his career.
- Owayne Owens cleared 16.69m/54'9.25" in the men's triple jump to finish third and earn the bronze medal.
- Owen's mark was good for second all-time in program history behind Jordan Scott's 17.02m/55'10.25" in 2019.
- In the women's pentathlon, Alex Still scored 4034 points to finish 14th overall and earn 2nd team All-American status for the second time in her career (2023, 2021).



## Gary Martin **mile**

**Sophomore • Warminster, Pa.**

**Seed: 11th, 3:54.73 (PB)**

### 2024 Highlights

Martin got off to a fast start in 2024 running a personal-best 7:47.49 for 3000m at the Penn State National Open (Jan.26-27) in his season opener. The sophomore went on to record his current seed time of 3:54.73 in the mile at the Eagle Elite meet (Feb.9-10) and break the Virginia program record in the event. At the Arkansas Qualifier (Feb.16), Martin contributed to the distance medley relay team's record breaking run. The Cavaliers recorded the fourth-fastest time in collegiate history to break the school record in a time of 9:18.95. On the anchor leg, Martin recorded the fastest split in the NCAA for 1600m clocking 3:51.94.

At the 2024 Indoor ACC Championships, Martin placed in both the mile and 3000m. Martin finished second in the mile in another sub-four minute performance, crossing the line in 3:56.15. Later the same day, Martin secured the bronze medal in the 3000m clocking 7:54.59.

### Other Notes:

- This marks Martin's first Indoor NCAA Championship appearance
- First time earning ACC Honors (first team All-ACC mile and 3000m) after winning silver in the mile and bronze in the 3000m at the ACC Indoor Championships
- Holds the Virginia indoor record in the mile, 3000m and distance medley relay



## Conor Murphy **800m**

**Senior • Providence, R.I.**

**Seed: 10th, 1:46.95**

### 2024 Highlights

Murphy got off to a fast start in 2024 running a personal-best 7:53.17 for 3000m at the Sharon Colyear-Danville meet (Dec.2) in his season opener. The senior went on the record his current seed time of 1:46.95 at the Penn State National Open (Jan.26-27) finishing second in the field of competition. At the Arkansas Qualifier (Feb.16), Murphy contributed to the distance medley relay team's record breaking run. The Cavaliers recorded the fourth-fastest time in collegiate history to break the school record in a time of 9:18.95.

At the 2024 Indoor ACC Championships, Murphy finished sixth in the 800m clocking 1:48.38 to pick up points for the Cavaliers. Murphy earns his second indoor All-ACC honor earning second team All-ACC for his performance in Boston.

### Notes:

- This marks Murphy's second Indoor NCAA Championship appearance
- Three-time All-ACC for 800m (1st-team outdoor 2021, 1st-team indoor 2023, 2nd-team indoor 2024)
- Two-time All-American (1st-team mile indoor 2023, 1st-team 800m outdoor 2023)



## Margot Appleton **mile**

**Junior • Mattapoisett, Mass.**

**Seed: 12th, 4:30.87 (PB)**

### 2024 Highlights

Appleton started the season on a high note breaking the Virginia program record in new personal-best 4:30.87 for the mile at the Penn State National Open (Jan.26-27). At the same meet, Appleton contributed to the distance medley relay that finished first overall to break the school record clocking 10:55.45. Continuing her dominance in the mile event, Appleton finished second overall, first among collegiate athletes at the Terrier DMR Challenge (Feb.16) crossing the line in 4:31.06.

At the Indoor ACC Championships, Appleton earned the silver medal in both events she competed. Appleton broke her own school record in the 3000m crossing the line in 8:57.53. The junior contributed to the distance medley relay team winning silver and breaking the school record for the second time in as many weeks. The relay recorded its seed time for the NCAA Championships of 10:50.58.

### Notes:

- This marks Appleton's third Indoor NCAA Championship appearance
- Eight-time All-ACC (Cross Country 2022 and 2023, 1st-team indoor 3000m (2024) and outdoor 1500 (2023), and 2nd-team indoor DMR (2022), mile (2022), 3000m (2023) and DMR (2024))
- Three-time All-American (indoor DMR (2022), mile (2023) and outdoor 1500m (2023))
- Holds the Virginia indoor record in the mile, 3000m and distance medley relay



## Anna Workman **mile**

**Senior • Kingston, Ontario**

**Seed: 14th, 4:31.91 (PB)**

### 2024 Highlights

Appleton started the season strong

Workman started the season strong recording her seed time and new personal-best 4:31.91 at the Penn State National Open (Jan.26-27). At the same meet, Workman contributed to the distance medley relay team that finished first overall to break the school record clocking 10:55.45. At the David Hemery Valentine Invitational (Feb.9-10), Workman ran a personal-best in the 1500m clocking 4:14.58 to finish seventh overall.

At the Indoor ACC Championships, Workman earned the bronze medal in the mile crossing the line in 4:39.37. The senior also contributed to the distance medley relay team winning silver and breaking the school record for the second time in as many weeks. The relay recorded its seed time for the NCAA Championships of 10:50.58.

### Notes:

- This marks Workman's first Indoor NCAA Championship appearance
- First time earning ACC honors (mile and DMR) after winning bronze in the mile and silver in the DMR.
- Holds the Virginia indoor record in the distance medley relay



## WOMEN'S 2023-24 SEASON-BEST INDOOR PERFORMANCE LIST

### WOMEN'S 60 METERS

#### TIME

Sarah Akpan	7.43
Kayla Bonnick	7.46
Lola Kolawole	7.61
Ariel Fletcher	7.73
Marlee Morgan	7.87

### WOMEN'S 200 METERS

#### TIME

Sarah Akpan	23.69
Kayla Bonnick	24.76
Lola Kolawole	24.91
Ariel Fletcher	24.97
Aryana Boostani	25.76

### WOMEN'S 400 METERS

#### TIME

Anzhelika Parenchuk	55.69
Ariel Fletcher	55.80
Brooke'Lyn Drakeford	56.98
Emily Alexandru	57.31
Tori Daniels	1:00.44

### WOMEN'S 800 METERS

#### TIME

Caroline Timm	2:05.23
Maggie Hock	2:05.25
Alahna Sabbakhan	2:05.95
Keara Seasholtz	2:07.72

### WOMEN'S MILE

#### TIME

Margot Appleton	4:30.87
Anna Workman	4:31.91
Caroline Timm	4:36.24
Tatum David	4:45.10

### WOMEN'S 3000 METERS

#### TIME

Margot Appleton	8:57.53
Jenny Schilling	9:16.17
Gillian Bushee	9:23.01
Lizzy Bader	9:55.95
Lila Fenner	9:58.84

### WOMEN'S 5000 METERS

#### TIME

Jenny Schilling	16:15.08
Camryn Menninger	16:42.87

### WOMEN'S 60M HURDLES

#### TIME

Brooke'Lyn Drakeford	9.08
Liz Imoh	9.23
Sophia Akpan	9.26
Elsa Spoor*	10.05

### WOMEN'S HIGH JUMP

#### MARK

Celia Rifaterra	1.84m
Carly Tarentino	1.75m
Elsa Spoor*	1.68m

### WOMEN'S POLE VAULT

#### MARK

Sam Romano	4.24m
Gabriella Recce	4.00m
Caroline Dannenbaum	3.95m
Trina Barcarola	3.82m

### WOMEN'S LONG JUMP

#### MARK

Jordan Hardy	6.09m
Mahkaia Lee	5.87m
Elsa Spoor*	4.85m

### WOMEN'S TRIPLE JUMP

#### MARK

Jordan Hardy	12.87m
Mahkaia Lee	12.16m

### WOMEN'S SHOT PUT

#### MARK

Brooke Lumpkin	15.19m
Janae Profit	15.32m
Elsa Spoor*	8.66m

### WOMEN'S WEIGHT THROW

#### MARK

Bree Lumpkin	18.32m
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### PENTATHLON

#### SCORE

Elsa Spoor	3315
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### WOMEN'S DMR

#### TIME

Appleton, Sabbakhan	10:50.58
Hock, Workman	

### 4x400m

#### TIME

Akpan, Parenchuk	3:43.08
Drakeford, Alexandru	

\* Combined Athlete

^ Run on 200-meter flat track

## MEN'S 2023-24 SEASON-BEST INDOOR PERFORMANCE LIST

### MEN'S 60 METERS

#### TIME

Peter Djan	6.93
Ethan Robinson*	6.98
Evans White IV	7.02
Michael Koepke	7.02
Jay Pendarvis	7.08

### MEN'S 200 METERS

#### TIME

Michael Koepke	21.77
Jay Pendarvis	21.83
Evans White IV	21.88
Alex Sherman	22.00
Jaden Lyons	22.01

### MEN'S 400 METERS

#### TIME

Alex Sherman	47.23
Evans White IV	47.98
Jaden Lyons	47.99
Gage Gose	48.96
Luke Schroeder	50.88

### MEN'S 800 METERS

#### TIME

Conor Murphy	1:46.95
Shane Cohen	1:48.15
Gary Martin	1:48.71
Alex Leath	1:49.10
Myles Plummer	1:52.13

### MEN'S MILE

#### TIME

Gary Martin	3:54.73
Yasin Sado	3:55.93
Nate Mountain	3:58.16
Will Anthony	3:58.39

### MEN'S 3000 METERS

#### TIME

Gary Martin	7:47.49
Conor Murphy	7:53.17
Will Anthony	7:53.77
Yasin Sado	7:56.83
Nate Mountain	7:59.44

### MEN'S 5000 METERS

#### TIME

Yasin Sado	13:31.87
Jacob Hunter	14:17.98

### MEN'S 60M HURDLES

#### TIME

Peter Djan	7.80
David Frasier	7.93
Ethan Robinson *	7.97
Jeremiah Wilson	8.02
Henry Sullivan*	8.21

### MEN'S HIGH JUMP

#### MARK

Ethan Robinson*	1.94m
David Frasier*	1.82m
Henry Sullivan*	1.81m
Luke Smith*	1.63m

### MEN'S POLE VAULT

#### MARK

Justin Rogers	5.10m
Ethan Robinson*	4.70m
Tyler Lynch	4.60m
Henry Sullivan*	4.45m
David Frasier*	4.25m

### MEN'S LONG JUMP

#### MARK

Heldi Valikaj	7.46m
Ethan Robinson*	7.14m

David Frasier*	6.62m
Luke Smith*	6.27m
Henry Sullivan*	6.17m

### MEN'S TRIPLE JUMP

#### MARK

Heldi Valikaj	15.34m
Miles Lanham	13.80m

### MEN'S SHOT PUT

#### MARK

David Frasier	13.00m
Henry Sullivan*	12.80m
Luke Smith*	12.58m
Ethan Robinson*	11.96m

### MEN'S WEIGHT THROW

#### MARK

Jacob Lemmon	22.11m
John Fay	21.73m

### HEPTATHLON

#### SCORE

Ethan Robinson	5503
David Frasier	5110
Henry Sullivan	4912
Luke Smith	4387

### MEN'S DMR

#### TIME

Murphy, Sherman	9:18.95
Leath, Martin	

### 4X400M

#### TIME

Sherman, White IV	3:12.19
Gose, Lyons	



## INDOOR WOMEN'S RECORDS

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
<b>Mile .....</b>	<b>Margot Appleton .....</b>	<b>4:30.87 .....</b>	<b>2024</b>
<b>3,000 meters .....</b>	<b>Margot Appleton .....</b>	<b>8:57.53 .....</b>	<b>2024</b>
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
<b>Distance Medley Relay .....</b>	<b>Workman, Sabbakhan, Hock, Appleton .....</b>	<b>10:50.58 .....</b>	<b>2024</b>
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
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
<b>Mile .....</b>	<b>Gary Martin .....</b>	<b>3:54.73 .....</b>	<b>2024</b>
<b>3,000 meters .....</b>	<b>Gary Martin .....</b>	<b>7:47.49 .....</b>	<b>2024</b>
<b>5,000 meters .....</b>	<b>Yasin Sado .....</b>	<b>13:31.87 .....</b>	<b>2024</b>
60-meter hurdles .....	Adams Abdulrazaaq .....	7.75 .....	2011
4x400-meter relay .....	Sherman, Willis, Davis, Pendarvis .....	3:11.64 .....	2022
<b>Distance medley relay .....</b>	<b>Murphy, Sherman, Leath, Martin .....</b>	<b>9:18.95 .....</b>	<b>2024</b>
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 .....	Jordan Young .....	22.92m (75' 2.5") .....	2015
Heptathlon .....	Jack Lint .....	5,546 .....	2017