



### VIRGINIA OUTDOOR SCHEDULE

Mar. 23	Virginia Triangular Charlottesville, Va.
Mar. 28-30	Raleigh Relays Raleigh, N.C.
Apr. 4-6	Duke Invitational Durham, N.C.
Apr. 12-13	Virginia Grand Prix Charlottesville, Va.
Apr. 19-20	Virginia Challenge Charlottesville, Va.
Apr. 25-27	Penn Relays Philadelphia, Pa.
Apr. 28	Virginia High Performance Charlottesville, Va.
May 9-11	ACC Outdoor Championships Atlanta, Ga.
May 22-25	NCAA East Preliminary Lexington, Ky.
Jun. 5-8	NCAA Outdoor Championships Eugene, Ore.

### 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)
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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### ACC Outdoor Track & Field Championships Thursday, May 9 - Saturday, May 11

George C. Griffin Track & Field Facility • Atlanta, Ga.

The Virginia men's and women's track and field teams begin the championship season at the ACC Outdoor Championships beginning Thursday (May 9) and running through Saturday (May 11) at George C. Griffin Track & Field Facility on the Georgia Tech campus in Atlanta, Georgia.

#### How to Follow

The ACC Outdoor Championships will be live streamed on ACCN on all three days of competition. Links to the ACCN 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 (ACC/NCAA)

##### Men

- 1/1. Nate Mountain - Jr., 3000mSC, 8:20.68
- 2/22. Will Anthony - Fr., 10,000m, 28:21.93
- 2/24. Alex Sherman - Jr., 400mH, 50.54
- 3/9. Yasin Sado - Sr., 3000mSC, 8:34.08
- 3/8. Gary Martin - So., 1500m, 3:37.66
- 3/12. Gary Martin - So., 5000m, 13:31.51
- 3/15. Jacob Lemmon - Jr., DT, 60.50m
- 3/22. John Fay - So., HT, 68.41m
4. David Frasier - Fr., Dec, 7055 pts
4. Jacob Lemmon - Jr., HT, 65.44m
- 4/13. Nate Mountain - Jr., 5000m, 13:32.65
- 5/20. Will Anthony - Fr., 5000m, 13:35.50
- 5/18. Wes Porter - Sr., 1500m, 3:39.54
- 6/27. Gary Martin - So., 800m, 1:47.46
6. Justin Rogers - So., PV, 5.17m
- 6/25. James Donahue - Fr., 1500m, 3:40.27
6. Virginia - 4x400mR, 3:09.13
7. Virginia - 4x100mR, 40.92
- 7/30. Shane Cohen - Sr., 800m, 1:47.54
7. Jeremiah Wilson - Jr., 100mH, 14.01
7. Heldi Valikaj - Jr., TJ, 15.23m
7. Tyler Zawatski - So., JT, 62.89m
7. Ethan Robinson - Jr., Dec, 6182 pts
9. Thomas Dickinson - Jr., JT, 61.15m
9. Peter Djan - So., 100mH, 14.03
9. Wes Porter - Sr., 5000m, 13:44.24
10. Gage Gose - Fr., 400mH, 52.87
11. Conor Murphy - Sr., 1500m, 3:40.88
11. Luke Smith - Sr., Dec, 2859 pts
12. Ethan Robinson - Jr., 100mH, 14.17 (w)
13. Conor Murphy - Sr., 800m, 1:48.79
13. Heldi Valikaj - Jr., LJ, 7.44m (w)
14. Ethan Robinson - Jr., HJ, 1.97m
14. Tyler Lynch - So., PV, 4.77m
15. Peter Djan - So., 100m, 10.50 (w)
16. James Donahue - Fr., 800m, 1:49.11
16. Jeremiah Wilson - Jr., 400mH, 53.82
17. David Frasier - Fr., 100mH, 14.37
17. Ethan Robinson - Jr., PV, 4.65m
18. David Frasier - Fr., HJ, 1.91m
18. Andrew Jones - So., 10,000m, 29:05.56
18. Justin Wachtel - So., 5000m, 13:53.28
18. David Frasier - Fr., SP, 12.54m
18. Ethan Robinson - Jr., JT, 50.11m
19. David Frasier - Fr., JT, 50.10m
19. Alex Sherman - Jr., 400m, 47.67
19. Yasin Sado - Sr., 1500m, 3:41.86
20. Evans White IV - So., 400m, 47.69
20. Evans White IV - So., 200m, 21.26
20. Ethan Robinson - Jr., SP, 11.99m
20. Luke Smith - Sr., JT, 48.28m
21. Gage Gose - Fr., 110mH, 14.88 (w)
21. Alex Leath - Fr., 800m, 1:49.64
21. David Frasier - Fr., LJ, 7.02m
21. Sebastian Phillips - Fr., PV, 4.47m
22. Luke Smith - Sr., SP, 11.92m
22. Justin Wachtel - So., 10,000m, 29:18.38
23. Andrew Jones - So., 5000m, 13:56.08
24. Jaden Lyons - So., 400m, 47.92

##### Women

- 1/4. Margot Appleton - Jr., 5000m, 15:18.21
- 2/13. Samantha Romano - So., PV, 4.34m
2. Celia Rifaterra - So., HJ, 1.79m
- 3/8. Jenny Schilling - So., 10,000m, 32:44.19
- 3/17. Margot Appleton - Jr., 1500m, 4:11.41
4. Janae Profit - Jr., SP, 16.11m
5. Carly Tarentino - Jr., HJ, 1.78m
- 5/26. Esther Seeland - Sr., 1500m, 4:12.64
5. Sarah Akpan - So., 100m, 11.41 (w)
5. Virginia - 4x100mR, 45.24
6. Esther Seeland - Sr., 800m, 2:03.72
- 6/27. Anna Workman - Sr., 1500m, 4:12.73
6. Janae Profit - Jr., DT, 51.79m
7. Mahkaia Lee - Jr., LJ, 6.21m
7. Virginia - 4x400mR, 3:38.27
7. Emily Alexandru - Sr., 400mH, 59.23
8. Jordan Hardy - Jr., TJ, 12.53m
8. Brooke Lumpkin - Jr., SP, 15.38m
10. Brooke Lumpkin - Jr., JT, 41.86m
10. Jordan Hardy - Jr., LJ, 6.14m
10. Elsa Spoor - Fr., Hep, 4323 pts
11. Sarah Akpan - So., 200m, 23.51
11. Gabriella Recce - Sr., PV, 3.99m
12. Siobhan Loughney - Jr., JT, 41.60m
12. Hanne Borstlap - Sr., PV, 3.95m
13. Libby White - Fr., TJ, 12.31m (w)
13. Bree Lumpkin - Jr., HT, 56.14m
13. Maggie Hock - Sr., 800m, 2:05.40
14. Anna Workman - Sr., 5000m, 16:00.80
14. Alahna Sabbahkan - Sr., 800m, 2:05.45
15. Abigail Meckes - So., JT, 39.76m
15. Elsa Spoor - Fr., HJ, 1.69m
15. Grace Flynn - Fr., HJ, 1.69m
15. Elizabeth Bader - Jr., 3000mSC, 10:40.59
15. Mahkaia Lee - Jr., TJ, 11.95m
16. Brooke Lyn Drakeford - Fr., 400mH, 1:01.68
16. Keara Seasholtz - Sr., 800m, 2:05.75
17. Caroline Timm - Sr., 1500m, 4:17.16
17. Ariel Fletcher - Fr., 400m, 55.03
18. Ariel Fletcher - Fr., 200m, 23.85
18. Kayla Bonnick - Sr., 100m, 11.70
19. Caroline Dannenbaum - Sr., PV, 3.76m
19. Sophia Akpan - So., 400mH, 1:01.90
19. Angel Parenchuk - Sr., 400m, 55.22
20. Tatum David - Fr., 1500m, 4:19.79
21. Ariel Fletcher - Fr., 100m, 11.79
21. Sophia Akpan - So., 110mH, 14.19
22. Camryn Menninger - Jr., 5000m, 16:17.30
22. Camryn Menninger - Jr., 10,000m, 34:27.63
24. Elizabeth Imoh - Fr., 100mH, 14.32
24. Elizabeth Imoh - Fr., 400mH, 1:02.59



## Gary Martin 800m, 1500m, 5000m

**Sophomore • Warminster, Pa.**

**Seed (800m): 6th, 1:47.46 (PB)**

**Seed (1500m): 3rd, 3:37.66 (PB)**

**Seed (5000m): 3rd, 13:31.51 (PB)**

### 2024 Highlights

Gary Martin continued his dominante sophomore compaign into the 2024 outdoor season. Martin took down the school record in the men's 5000m finishing runner-up in a time of 13:31.51 at the Raleigh Relays and earned ACC Men's Track Athelte of the Week for his performance. At the Bryan Clay Invitational, Martin ran a blistering 3:37.66 to set the Virginia record in the men's 1500m. At the Virginia Challenge, Martin recorded a new personal-best of 1:47.46 in the men's 800m to become nineth all-time in Virginia history. His success does not stop there as Martin anchored Virginia's DMR and 4xMile to record setting performances at the prestigious Penn Relays. In the College Men's DMR Championship of America, Martin exected a tacticle race to cross the line in 9:36.61. The College Men's 4xMile Championship of America, Martin capped of a thrilling race where the Cavaliers recorded the second-fastest time in collegiate history and fourth-fastest time in world history breaking the Virginia record in the non-NCAA event clocking 15:52.30. The Cavaliers became one of three teams to record the first sub-16 minute 4xMile relay in collegiate history. He was awarded ACC Men's Track Athlete of the Week for the second time this season for his performance in Philadelphia.

At the ACC Indoor 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 broze medal in the 3000m clocking 7:54.59. At the 2024 NCAA Championships, Martin got tangled up with 100m to go and suffered a tough fall. After getting back up, Martin finished the race in 4:12.44 for 10th.



## Nate Mountain 3000m Steeplechase, 5000m

**Junior • Cincinnati, Ohio**

**Seed (3000mSC): 1st, 8:20.68 (PB)**

**Seed (5000m): 4th, 13:32.65 (PB)**

### 2024 Highlights

Nate Mountain solidified himself as a top conetneder with his performance at the Virginia Challenge where he shattered the Virginia school record in the men's 3000m steeplechase. Pulled along by Matthew Wilkinson of Under Amours facility record performnce, Mountain crossed the line in 8:20.68 to well achieve the US Olympic Trials "A" Standard and lead the NCAA in the event. Not only etching his name in the record books in the steeplechase, Mountain recorded the second-fastest 5000m time in Virginia history with his time of 13:32.65 at the Raleigh Relays.

At the ACC Indoor Championships, Mountain was one of four Cavaliers to qualify for the men's mile final. Mountain ran a strong race crossing the line in 4:00.26 for six place and put points on the board.



## Yasin Sado 3000m Steeplechase

**Senior • Aurora, Colo.**

**Seed: 3rd, 8:34.08**

### 2024 Highlights

Yasin Sado returns to his steeplechase ways here in the outdoor season. The Virginia Challenge saw an incredibly competative race where Sado cleared all the barriers cleanly to cross the line in 8:24.08 and finish nineth overall. Sado was a member of Virginia's record setting 4xMile team at the 2024 Penn Relays. Sado turned in a split of 3:56.97 on the penultimate leg handing the baton off to anchor Gary Martin in the lead. The Cavaliers recorded the seocnd-fastest time in collegiate history and the fourth-fastest time in world history, taking down the Virginia record in the event. The quartet got the baton around the track in 15:52.30 to finish second and become one of three teams to record the first sub-16 minute 4xMile relay in collegiate history.

At the ACC Indoor Championships, Sado doubled in the men's 3000m and 5000m in Boston, Mass. Sado finished nineth in the 5000m clocking 13:58.64 and tenth in the 3000m with his time of 7:57.30. At the NCAA Indoor Championships, Sado played a vital role in the men's DMR team's third place finish with a time of 9:27.18.



## Margot Appleton 1500m, 5000m

**Junior • Mattapoisett, Mass.**  
**Seed (1500): 3rd, 4:11.41**  
**Seed (5000m): 1st, 15:18.21 (PB)**

### 2024 Highlights

Margot Appleton started the outdoor season with a bang as she set the Virginia record, NC State's Paul Derr Facility record and Raleigh Relays meet record in the women's 5000m clocking 15:18.21. Her record setting season does not stop there as the junior played a vital role in Virginia's record setting run at the 2024 Penn Relays. Appleton was a member of both Virginia's third place women's DMR and 4x1500m relay. In the DMR, Appleton led things off for the Cavaliers clocking 3:15.15 for the 1200m leg to contribute to the quartet's time of 10:48.55 before coming back the following day to anchor the 4x1500m to break the 36-year-old Virginia record in the non-NCAA event with thier time of 17:08.05. Appleton led the Cavaliers DMR to set the Virginia record and rank fourth in collegiate history in the non-NCAA event.

At the ACC Indoor 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 for second. The junior also contributed to the DMR team winning silver and breaking the school school record for the second time in as many weeks. At the NCAA Indoor Championships, Appleton became the first Virginia miler to finish in the top-five in the event in back-to-back seasons. Appleton finished fifth in the women's mile in a time of 4:29.07 to break her own school record.



## Samantha Romano Pole Vault

**Sophomore • Glenn Allen, Va.**  
**Seed: 2nd, 4.34m/14-2.75 (PB)**

### 2024 Highlights

Samantha Romano started the 2024 outdoor season strong clearing 4.13m/13-6.5 in the women's pole vault at the Virginia Opener. Continuing to better her mark, Romano cleared a new personal-best of 4.34m/14-2.75 on her home track at the Virginia Challenge. The sophomore has won four of the six competitions she has competed in this season with all of her final marks above 4.00m. She entered the outdoor conference championships ranked second in the ACC and 13th in the NCAA.

At the ACC Indoor Championships, Romano cleared to 4.23m/13-10.5 in the women's pole vault to finish third and earn the bronze medal in the women's pole vault competition. After entering the competition at 3.88m/12-8.75, Romano cleared each height on her second or third attempt. She was over the bar at 4.23m on her third attempt to secure the bronze before knocking the bar down at what would have been a new indoor personal-best at 4.33m/14-2.50.



## Celia Rifatterra High Jump

**Sophomore • Spain**  
**Seed: 2nd, 1.79m/5-10.5**

### 2024 Highlights

Celia Rifatterra has been a tough competitor all season clearing season-best and outdoor personal-best 1.79m/5-10.5 on her home track at the Virginia Grand Prix. Since then, all of her marks have been over 1.70m/5-7. She is not far off her personal-best of 1.84m/6-0.5 set during the 2023-24 indoor season at the Hokie Invitational. She enters the outdoor championships ranked second in the ACC.

At the Indoor ACC Championships, Rifatterra cleared 1.83m/6-0 in the women's high jump to finish second and bring home the silver medal. She entered the competition at 1.67m/5-5.75 and proceeded to clear the first three bars on her first attempt at each height before clearing 1.83m on her third attempt to finish runner-up.



## Jenny Schilling 10,000m

**Junior • Leesburg, Va.**  
**Seed: 3rd, 32:34.19 (PB)**

### 2024 Highlights

Jenny Schilling opened her outdoor campaign setting the Virginia record in the women's 10,000m at the Raleigh Relays. Schilling executed a tactical race crossing the line in 32:44.19 to finish fifth (fourth among collegiates) and take down the 36-year-old Virginia record which stood at 32:58.64 by Patty Matava.

At the Indoor ACC Championships, Schilling doubled in the 3000m and 5000m in Boston, Mass. Despite finishing 11th in the 3000m with her time of 9:26.22, Schilling earned her spot on the podium in the 5000m. The junior clocked 16:02.57 for 5000m to finish third and secure the bronze.



## Virginia ACC Outdoor Championships Notes

- Last season, the men's team finish 3rd with 89.5 points with the women in 5th with 76.5 points
- In all, 4 individual Cavaliers and one relay won ACC titles at last season's ACC Championships with two individuals and two members of the relay team returning in 2024
- Virginia brought home five gold medals by way of Margot Appleton (1500m), Ethan Dabbs (javelin), Nate Mountain (3000mSC), Owayne Owens (triple jump) and the Virginia women's 4x100m relay team
- At last year's championships, Ethan Dabbs made history becoming the first-ever competitor to win four ACC men's javelin titles. Dabbs won the competition on his first throw of the competition as he marked 73.09m/239-9
- While first to win four javelin titles, Dabbs became the 12th competitor to win four ACC titles in any men's events. Among both men and women, he is only the 20th athlete to accumulate four titles
- The Virginia men have won the ACC title once in program history (2009)
- Virginia's men's team has finished top-3 for four 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 four seasons





### WOMEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

#### WOMEN'S 100 METERS

	TIME
Sarah Akpan	11.51
Kayla Bonnick	11.70
Marlee Morgan	12.10
Lola Kolawole	12.26
Mahkaia Lee	12.59

#### WOMEN'S 200 METERS

	TIME
Sarah Akpan	23.51
Ariel Fletcher	23.85
Kayla Bonnick	24.27
Marlee Morgan	24.97
Lola Kolawole	25.17

#### WOMEN'S 400 METERS

	TIME
Ariel Fletcher	55.03
Angel Parenchuk	55.22
Tori Daniels	58.91

#### WOMEN'S 800 METERS

	TIME
Esther Seeland	2:03.72
Maggie Hock	2:05.40
Alahna Sabbhkan	2:05.45
Keara Seasholtz	2:05.75
Tatum David	2:11.32

#### WOMEN'S 1,500 METERS

	TIME
Margot Appleton	4:11.41
Esther Seeland	4:12.64
Anna Workman	4:12.73
Caroline Timm	4:17.16
Tatum David	4:19.79

#### WOMEN'S 5000 METERS

	TIME
Margot Appleton	15:18.21
Anna Workman	16:00.80
Camryn Menninger	16:17.30

Gillian Buschee	16:26.66
Sophie Atkinson	16:58.27

#### WOMEN'S 10,000 METERS

	TIME
Jenny Schilling	32:44.19
Camry Menninger	34:27.63

#### WOMEN'S 100M HURDLES

	TIME
Sophia Akpan	14.19
Elizabeth Imoh	14.32
Brooke'Lyn Drakeford	14.82
Elsa Spoor	16.55

#### WOMEN'S 400M HURDLES

	TIME
Emily Alexandru	59.23
Brooke'Lyn Drakeford	1:01.68
Sophia Akpan	1:01.90
Elizabeth Imoh	1:02.89
Angel Parenchuk	1:04.39

#### WOMEN'S 3000 METER STEEPLE

	TIME
Elizabeth Bader	10:40.59

#### WOMEN'S HIGH JUMP

	MARK
Celia Rifaterra	1.79m
Carly Tarentino	1.78m
Elsa Spoor*	1.69m
Grace Flynn	1.66m

#### WOMEN'S POLE VAULT

	MARK
Sam Romano	4.34m
Gabrielle Recce	3.99m
Hanne Borstlap	3.95m
Caroline Dannenbaum	3.76m

#### WOMEN'S LONG JUMP

	MARK
Mahkaia Lee	6.21m

Jordan Hardy	6.14m
Gabrielle Recce	5.66m
Libby White	4.93m
Elsa Spoor*	4.55m

#### WOMEN'S TRIPLE JUMP

	MARK
Jordan Hardy	12.53m
Mahkaia Lee	11.95m
Libby White	11.95m

#### WOMEN'S SHOT PUT

	MARK
Janae Profit	16.11m
Brooke Lumpkin	15.38m
Elsa Spoor*	8.37m

#### WOMEN'S DISCUS

	MARK
Janae Profit	51.79m

#### WOMEN'S HAMMER

	MARK
Bree Lumpkin	56.14m

#### WOMEN'S JAVELIN

	MARK
Brooke Lumpkin	41.86m
Siobhan Loughney	41.60m
Abigail Meckes	39.76m
Elsa Spoor*	23.25m

#### WOMEN'S HEPTATHLON

	POINTS
Elsa Spoor*	4323

#### 4x100m

	TIME
Bonnick, Akpan Fletcher, Morgan	45.24

#### 4x400m

	TIME
Akpan, Fletcher Sabbhkan, Alexandru	3:38.27

### MEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

#### MEN'S 100 METERS

	TIME
Peter Djan	10.50 (w)
Jay Pendarvis	10.75 (w)
Jerlan Fish	10.89
Michael Koepke	10.97
Luke Smith*	11.60

#### MEN'S 200 METERS

	TIME
Evans White IV	21.26
Jay Pendarvis	21.48
Jerlan Fish	21.67
Jayden Lyons	21.76
Michael Koepke	22.33

#### MEN'S 400 METERS

	TIME
Alex Sherman	47.67
Evans White IV	47.69
Jaden Lyons	47.92
Luke Schroeder	49.03
Ethan Robinson*	49.36

#### MEN'S 800 METERS

	TIME
Gary Martin	1:47.46
Shane Cohen	1:47.54
Conor Murphy	1:48.79
James Donahue	1:49.11
Alex Leath	1:49.64

#### MEN'S 1,500 METERS

	TIME
Gary Martin	3:37.66
Wes Porter	3:39.54
James Donahue	3:40.27
Conor Murphy	3:40.88
Yasin Sado	3:41.86

#### MEN'S 5000 METERS

	TIME
Gary Martin	13:31.51
Nate Mountain	13:32.65
Will Anthony	13:35.50
Wes Porter	13:44.24
Justin Wachtel	13:53.28

#### MEN'S 1000 METERS

	TIME
Will Anthony	28:21.93
Andrew Jones	29:05.56
Justin Wachtel	29:18.38

#### MEN'S 110M HURDLES

	TIME
Jeremiah Wilson	14.01
Peter Djan	14.03
Ethan Robinson*	14.20
David Frasier*	14.37
Gage Gose	14.93

#### MEN'S 400M HURDLES

	TIME
Alex Sherman	50.54
Gage Gose	52.87
Jeremiah Wilson	53.82

#### MEN'S 3000 STEEPLECHASE

	TIME
Nate Mountain	8:20.68
Yasin Sado	8:34.08

#### MEN'S HIGH JUMP

	MARK
Ethan Robinson*	1.97m
David Frasier*	1.91m

#### MEN'S POLE VAULT

	MARK
Justin Rogers	5.17m
Tyler Lynch	4.77m
Ethan Robinson*	4.65m
Sebastian Phillips	4.47m
David Frasier*	4.05m

#### MEN'S LONG JUMP

	MARK
Heldi Valikaj	7.44m
David Frasier*	7.02m
Ethan Robinson*	6.86m

#### MEN'S TRIPLE JUMP

	MARK
Heldi Valikaj	15.23m

#### MEN'S SHOT PUT

	MARK
David Frasier*	12.54m
Ethan Robinson*	11.99m
Luke Smith*	11.92m

#### MEN'S DISCUS

	MARK
Jacob Lemmon	60.50m
David Frasier*	40.19m
Ethan Robinson*	39.10m
Luke Smith*	18.13m

#### MEN'S HAMMER

	MARK
John Fay	68.41m
Jacob Lemmon	65.44m

#### MEN'S JAVELIN

	MARK
Tyler Zawatski	62.89m
Thomas Dickinson	61.15m
Ethan Robinson*	50.11m
David Frasier*	50.10m
Luke Smith*	48.28m

#### MEN'S DECATHLON

	POINTS
David Frasier	7055
Ethan Robinson	6182
Luke Smith	2859

#### 4x100m

	TIME
Pendarvis, White IV Fish, Djan	40.92

#### 4x400m

	TIME
Lyons, White IV Gose, Sherman	3:09.13



### 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
<b>5,000 meters</b>	<b>Margot Appleton</b>	<b>15:18.21</b>	<b>2024</b>
<b>10,000 meters</b>	<b>Jenny Schilling</b>	<b>32:44.19</b>	<b>2024</b>
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
<b>4x100-meter relay</b>	<b>Bonnick, Seaman, Pierre, Akpan</b>	<b>43.71</b>	<b>2023</b>
<b>4x400-meter relay</b>	<b>Jefferson, Seaman, Meyer, Knight</b>	<b>3:30.44</b>	<b>2021</b>
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	61.56m (201' 11")	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

### 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
<b>1500 meters</b>	<b>Gary Martin</b>	<b>3:37.66</b>	<b>2024</b>
<b>5,000 meters</b>	<b>Gary Martin</b>	<b>13:31.51</b>	<b>2024</b>
<b>10,000 meters</b>	<b>Will Anthony</b>	<b>28:21.93</b>	<b>2024</b>
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
<b>3,000-meter steeplechase</b>	<b>Nate Mountain</b>	<b>8:20.68</b>	<b>2024</b>
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

\*at Elliott Denman NJ International