



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

Jen Dietrich
Assistant Director of Athletic Communications
(Track & Field Contact)

Cell: (434) 365-9413
Email: jdietrich@virginia.edu

Website: virginiaspports.com
Twitter: @UVAtfcc

NCAA Outdoor Track & Field East Regional Wednesday, May 22 - Saturday, May 25

UK Outdoor Track & Field Complex • Lexington, Ky.



The Virginia men's and women's track and field teams continue the championship season at the NCAA East Regional Championship beginning Wednesday (May 22) and running through Saturday (May 25) at the UK Outdoor Track & Field Complex on the campus of the University of Kentucky in Lexington, Ky.

How to Follow

The NCAA East Regional will be live streamed on ESPN+ on all four days of competition. 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 Rankings (NCAA Seed Marks) Men

- Nate Mountain - Jr., 3000mSC, 8:20.68
- Gary Martin - So., 1500m, 3:37.66
- Yasin Sado - Sr., 3000mSC, 8:30.78
- Will Anthony - Fr., 10,000m, 28:21.93
- John Fay - So., HT, 68.41m/244-5
- Jacob Lemmon - Jr., DT, 60.50m/198-6
- Wes Porter - Jr., 1500m, 3:39.54
- Shane Cohen - Sr., 800m, 1:46.89
- James Donahue - Fr., 1500m, 3:40.27
- Alex Sherman - Jr., 400mH, 50.34
- Alex Leath - Fr., 800m, 1:47.77
- Conor Murphy - Sr., 1500m, 3:40.88
- Justin Rogers - So., PV, 5.17m/16-11.5
- Justin Wachtel - Sr., 5000m, 13:49.71
- Tyler Zawatski - Jr., JT, 62.89m/206-4

Women

- Margot Appleton - Jr., 5000m, 15:18.21
- Samantha Romano - So., PV, 4.34m/14-2.75
- Celia Rifatterra - So., HJ, 1.79m/5-10.5
- Esther Seeland - Sr., 1500m, 4:12.64
- Anna Workman - Sr., 1500m, 4:12.73
- Virginia - 4x400m Relay, 44.32
- Carly Tarentino - Jr., HJ, 1.78m/5-10
- Virginia - 4x100m Relay, 3:36.49
- Janae Progit - Jr., SP, 16.11m/52-10.25
- Caroline Timm - Jr., 1500m, 4:14.96
- Mahkaia Lee - Jr., LJ, 6.21m/20-4.5
- Maggie Hock - Jr., 800m, 2:05.40
- Janae Profit - Jr., Discus, 51.79m/169-11
- Alahna Sabbahkan - Sr., 800m, 2:05.45
- Sarah Akpan - So., 200m, 23.40
- Sarah Akpan - So., 100m, 11.41
- Emily Alexandru - Jr., 400mH, 58.90
- Brooke Lumpkin - Jr., SP, 15.38m/50-5.5



Nate Mountain 3000m Steeplechase

Junior • Cincinnati, Ohio

Seed: 1st, 8:20.68 (PB)

2024 Highlights

Nate Mountain solidified himself as a top performer with his performance at the Virginia Challenge where he shattered the Virginia school record in the men's 3000m steeplechase. Picked along by Matthew Wilkinson of Under Amours facility record performance, 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. Mountain went back-to-back in the 3000m steeplechase at the ACC Outdoor Championships winning the gold in a meet record time of 8:30.05. The Cavaliers went 1-2 in the event for the second straight year, Mountain and Derek Johnson in 2023 while Mountain and Sado achieved the same feat in 2024. Mountain entered the NCAAs ranked first in the ACC and NCAA.

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 a sixth place finish.



Gary Martin 1500m

Sophomore • Warminster, Pa.

Seed: 3rd, 3:37.66 (PB)

2024 Highlights

Gary Martin continued his dominant sophomore campaign 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 Athlete 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 ninth 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 executed a tactical race to cross the line in 9:36.61. In the College Men's 4xMile Championship of America, Martin capped off 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. Martin earned the silver medal at the ACC Outdoor Championships clocking 3:40.87 for 1500m.

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 bronze medal in the 3000m clocking 7:54.59. At the 2024 NCAA Indoor 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 in the men's mile final.



Yasin Sado 3000m Steeplechase

Senior • Aurora, Colo.

Seed: 4th, 8:30.78 (PB)

2024 Highlights

Yasin Sado returns to his steeplechase ways here in the outdoor season. The Virginia Challenge saw an incredibly competitive race where Sado cleared all the barriers cleanly to cross the line in 8:24.08 and finish ninth 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 second-fastest time in collegiate history and the fourth-fastest time in world history while taking down the Virginia record in the event. The quartet got the baton around the track in 15:52.30 to finish second in the 4xMile and become one of three teams to record the first sub-16 minute 4xMile relay in collegiate history. Sado ran a three second personal best in the 3000m steeplechase at the ACC Outdoor Championships to earn the silver medal for the Cavaliers to go 1-2 for the second straight year.

At the ACC Indoor Championships, Sado doubled in the men's 3000m and 5000m in Boston, Mass. Sado finished ninth 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.



Will Anthony 10,000m

Freshman • Whitby, Porua, New Zealand

Seed: 4th, 28:21.93 (PB)

2024 Highlights

Will Anthony opened his 2024 outdoor season in record setting fashion. Anthony broke the Virginia program record in the 10,000m by over 20 seconds as the first finisher across the line in 28:21.93 at the Raleigh Relays. He earned ACC Rookie of the Week honors for his performance in North Carolina. Cutting the distance in half, Anthony continued his winning streak at the Virginia Challenge recording a new personal-best 13:35.50 for 5000m on his home track. At the 2024 Penn Relays, Anthony ran a leg of Virginia's record setting 4xMile team that recorded the fourth fastest time in world history dipping under the previous collegiate record and setting the Virginia record in the event. Anthony doubled in the 5000m and 10,000m at the ACC Outdoor Championship putting his dominance on display. He earned the silver medal in the 10,000m (29:18.80) and bronze in the 5000m (13:40.17).

At the ACC Indoor Championships, Anthony doubled in the 3000m and 5000m in Boston, Mass. With a strong performance, Anthony finished fifth in the 5000m with his time of 13:52.07 while falling back to 13th in the 3000m clocking 7:58.79.



Margot Appleton 5000m

Junior • Mattapoisett, Mass.

Seed: 3rd, 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 their 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. Appleton went back-to-back in the women's 1500m earning gold at the ACC Outdoor Championships before returning to the track in the afternoon to take on the women's 5000m where she finished third in a stacked field. Appleton ranks in the top-20 in two events heading into the NAAs including the 1500m (3rd ACC, 19th NCAA) and 5000m (1st ACC, 5th NCAA).

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 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: 5th, 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 seven competitions she has competed in this season with all of her final marks above 4.00m. She enters the NCAA championship season ranked second in the ACC and 15th in the NCAA. At the ACC Outdoor Championships, Romano cleared 4.17m/13-8.25 to finish fourth and earn second team All-ACC honors.

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: 13th, 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. At the ACC Outdoor Championships, Rifatterra equaled her personal-best 1.79m/5-10.50 to earn the silver medal and earn first team All-ACC status.

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.



Esther Seeland 1500m

Senior • State College, Pa.

Seed: 15th, 4:12.64

2024 Highlights

Esther Seeland opened the 2024 outdoor season winning the 3000m at the Virginia Opener in a new personal-best of 9:19.53. Seeland went on to run her seed time of 4:12.64 at the Raleigh Relays where she recorded a fifth place finish in a competitive field. At the 2024 Penn Relays, Seeland played a vital role in Virginia's record setting relays including the DMR and 4x1500m. Virginia finished third in the Championships of America DMR clocking 10:48.55 to set the school record in the non-NCAA event. In the Championships of America 4x1500m, Seeland ran the lead off leg setting the Cavaliers up for a runner-up performance clocking 17:08.05. At the ACC Outdoor Championship, Seeland finished 21st overall in the preliminary round crossing the line in 2:08.78.

Virginia NCAA Outdoor Championships Notes

- Last season, the men’s team finished 11th with 21 points with the women in 17th place with 14 points.
- Men’s team finish and points total rank third highest in program history.
- Both men’s and women’s teams finished the highest among ACC competitors, the first time in program history for the women to achieve the feat.
- Five Cavaliers earned All-American status at the 2023 Outdoor NCAA Championships including Ethan Dabbs, Nate Mountain, Derek Johnson, Owayne Owens and Conor Murphy.
- Ethan Dabbs won silver in the javelin throw (79.27m/260-1) to match his finish from 2022 and earn his third first team All-American honor of his career.
- Nate Mountain finished fourth in the men’s 3000m steeplechase (8:35.99) to earn his first first team All-American honor of his career.
- Earning his second All-American honor, Derek Johnson recorded an eighth place finish in the men’s 3000m steeplechase (8:37.29).
- Becoming the fourth Cavalier to be named All-American in the outdoor triple jump, Owayne Owens capped off his final season with a sixth place finish (16.36m/53-8.25).
- With a blazing surge in the final meters of the race, Conor Murphy finished fifth in the men’s 800m clocking 1:46.43.
- Margot Appleton executed in a stacked field of runners finishing third in the women’s 1500m (4:09.30) and earned the first All-American honors in the event since Morgane Gay in 2009.
- In her final meet as a Cavalier, Ashley Anumba set the Virginia school record in the women’s discus throwing for 61.13m/200-6 and earn the silver medal.



Schedule of Events

Wednesday:

- 10:00 a.m. | Men’s Hammer First Round (John Fay)
- 1:00 p.m. | Men’s Javelin First Round (Tyler Zawatski)
- 6:30 p.m. | Men’s Pole Vault First Round (Justin Rogers)
- 6:30 p.m. | Men’s 1500m First Round (Gary Martin, Wes Porter, James Donahue, Conor Murphy)
- 7:50 p.m. | Men’s 800m First Round (Shane Cohen, Alex Leath)
- 8:20 p.m. | Men’s 400m Hurdles First Round (Alex Sherman)
- 9:10 p.m. | Men’s 10,000m Semifinal (Will Anthony)



Thursday:

- 6:00 p.m. | Women’s Long Jump First Round (Mahkaia Lee)
- 6:30 p.m. | Women’s Pole Vault First Round (Samantha Romano)
- 6:30 p.m. | Women’s Shot Put First Round (Janae Profit, Brooke Lumpkin)
- 6:30 p.m. | Women’s 1500m First Round (Esther Seeland, Anna Workman, Caroline Timm)
- 7:00 p.m. | Women’s 100m First Round (Sarah Akpan)
- 7:50 p.m. | Women’s 800m First Round (Maggie Hock, Alahna Sabbahkan)
- 8:20 p.m. | Women’s 400m Hurdles First Round (Emily Alexandru)
- 8:45 p.m. | Women’s 200m First Round (Sarah Akpan)



Friday:

- 1:00 p.m. | Men’s Discus First Round (Jacob Lemmon)
- 5:15 p.m. | Men’s 1500m Quarterfinals
- 5:40 p.m. | Men’s 3000m Steeplechase Quarterfinals (Nate Mountain, Yasin Sado)
- 7:05 p.m. | Men’s 800m Quarterfinals
- 7:25 p.m. | Men’s 400m Hurdles Quarterfinals
- 8:10 p.m. | Men’s 5000m Semifinals (Justin Wachtel)

Saturday:

- 1:00 p.m. | Women’s Discus First Round (Janae Profit)
- 2:00 p.m. | Women’s High Jump First Round (Celia Rifaterra, Carly Tarentino)
- 5:00 p.m. | Women’s 4x100m Relay Quarterfinals
- 5:15 p.m. | Women’s 1500m Quarterfinals
- 6:35 p.m. | Women’s 100m Quarterfinals
- 7:05 p.m. | Women’s 800m Quarterfinals
- 7:25 p.m. | Women’s 400m Hurdles Quarterfinals
- 7:50 p.m. | Women’s 200m Quarterfinals
- 8:10 p.m. | Women’s 5000m Semifinals (Margot Appleton)
- 8:45 p.m. | Women’s 4x400m Relay Quarterfinals



Pending Qualification



WOMEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

WOMEN'S 100 METERS

	TIME
Sarah Akpan	11.49
Kayla Bonnick	11.70
Marlee Morgan	12.10
Lola Kolawole	12.26
Mahkaia Lee	12.59

WOMEN'S 200 METERS

	TIME
Sarah Akpan	23.40
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	4:14.96
Tatum David	4:19.79

WOMEN'S 5000 METERS

	TIME
Margot Appleton	15:18.21
Anna Workman	16:00.80
Camryn Menninger	16:08.94

Gillian Buschee	16:26.66
Sophie Atkinson	16:58.27

WOMEN'S 10,000 METERS

	TIME
Jenny Schilling	32:44.19
Camry Menninger	34:11.41

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	1:01.57
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*	1.73m
Grace Flynn	1.73m

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
Elsa Spoor*	5.16m
Libby White	4.93m

WOMEN'S TRIPLE JUMP

	MARK
Jordan Hardy	12.53m
Mahkaia Lee	12.26m
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*	4522

4x100m

	TIME
Bonnick, Akpan Fletcher, Morgan	44.32

4x400m

	TIME
Akpan, Fletcher Sabbhkan, Alexandru	3:36.49

MEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

MEN'S 100 METERS

	TIME
Peter Djan	10.61
Ethan Robinson	10.69
Jay Pendarvis	10.75 (w)
Jerlan Fish	10.89
Michael Koepke	10.97

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
Evans White IV	47.26
Alex Sherman	47.67
Jaden Lyons	47.92
Ethan Robinson*	48.09
Luke Schroeder	49.03

MEN'S 800 METERS

	TIME
Shane Cohen	1:46.89
Gary Martin	1:47.46
Alex Leath	1:47.77
Conor Murphy	1:48.79
James Donahue	1:49.11

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	13:49.71

MEN'S 1000 METERS

	TIME
Will Anthony	28:21.93
Andrew Jones	29:05.56
Justin Wachtel	29:18.38
Jacob Hunter	30:12.62

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	52.38
Jeremiah Wilson	53.82

MEN'S 3000 STEEPLECHASE

	TIME
Nate Mountain	8:20.68
Yasin Sado	8:30.78

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*	13.41m
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*	50.50m
David Frasier*	50.55m
Luke Smith*	48.28m

MEN'S DECATHLON

	POINTS
Ethan Robinson	7435
David Frasier	7055
Luke Smith	2859

4x100m

	TIME
Pendarvis, White IV Robinson*, Djan	40.76

4x400m

	TIME
Lyons, Sherman, Gose, White IV	3:08.46



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	15:18.21	2024
10,000 meters	Jenny Schilling	32:44.19	2024
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	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
1500 meters	Gary Martin	3:37.66	2024
5,000 meters	Gary Martin	13:31.51	2024
10,000 meters	Will Anthony	28:21.93	2024
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
3,000-meter steeplechase	Nate Mountain	8:20.68	2024
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