The Virginia men’s and women’s track and field continue the championship season at the NCAA Outdoor Championships beginning Wednesday (June 5) and running through Saturday (June 8) at the historic Hayward Field on the campus of the University of Oregon in Eugene, Oregon.

How to Follow

The NCAA Outdoor Championships will be live streamed on ESPN+ on all three 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 Regular Season)

Men
1. Nate Mountain - Jr., 3000mSC, 8:20.68
8. Gary Martin - So., 1500m, 3:37.66
10. Yasin Sado - Sr., 3000mSC, 8:30.78
16. Jacob Lemmon - Jr., Discus, 60.50m
20. Shane Cohen - Sr., 800m, 1:46.89
22. Will Anthony - Fr., 10,000m, 28:21.93
23. Wes Porter - Jr., 1500m, 3:39.54
24. John Fay - So., Hammer, 68.41m

Women
5. Margot Appleton - Jr., 5000m, 15:18.21
36. Celia Rifaterra - So., High Jump, 1.79m

Cavalier Seed Marks

Men
1. Yasin Sado - Sr., 3000mSC, 8:27.13
2. Nate Mountain - Jr., 3000mSC, 8:31.36
2. Shane Cohen - Sr., 800m, 1:45.36
6. Jacob Lemmon - Jr., Discus, 60.51m
14. Will Anthony - Fr., 10,000m, 29:08.24
21. Gary Martin - So., 1500m, 3:45.54
22. Wes Porter - Jr., 1500m, 3:45.73
23. John Fay - So., Hammer, 64.65m

Women
8. Margot Appleton - Jr., 5000m, 15:43.02
23. Celia Rifaterra - So., High Jump, 1.81m
24. Janae Profit - Jr., Shot Put, 16.28m

Schedule of Events

*Times are all Pacific Time*

**Wednesday:**
2:00 p.m. | Men’s Hammer Throw Final (John Fay)
4:46 p.m. | Men’s 1500 Semi (Gary Martin, Wes Porter)
5:02 p.m. | Men’s 3000m Steeplechase Semi (Nate Mountain, Yasin Sado)
6:14 p.m. | Men’s 800m Semi (Shane Cohen)
7:08 p.m. | Men’s 10,000m Final (Will Anthony)

**Thursday:**
7:40 p.m. | Women’s Shot Put Final (Janae Profit)

**Friday:**
5:35 p.m. | Men’s Discus Semi (Jacob Lemmon)
6:12 p.m. | Men’s 1500m Final
6:24 p.m. | Men’s 3000m Steeplechase Final
7:14 p.m. | Men’s 800m Final

**Saturday:**
2:00 p.m. | Women’s High Jump (Celia Rifaterra)
4:25 p.m. | Women’s 5000m Final (Margot Appleton)

Pending qualification
Gary Martin 1500m

Sophomore • Warminster, Pa.
Seed: 21st, 3:45.54
PB: 3:37.66

2024 Highlights
Outdoor:
- One of four Cavalier men to qualify for the NCAA East Regional in the 1500m, then one of three to qualify for the quarterfinal and finally, one of two to punch their tickets to the NCAA Outdoor Championships.
- ACC silver medalist in the 1500m (3:40.87), leading the Cavaliers to a 2:3 finish.
- Martin took down the school record in the men’s 5000m finishing runner-up (13:31.51) at Raleigh Relays.
- 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 1:48.15 for 800m to become ninth all-time in Virginia history.
- Anchored the both Virginia’s DMR (9:36.61) and 4xMile (15:52.30) teams at the Penn Relays to record setting performances. The 4xMile team set the Virginia record, 4th fastest in world history, 2nd fastest in collegiate history while dipping under the previous collegiate record to become one of three teams to run sub-16 minute relay.
- Martin holds the school record in the 1500m (3:37.66) and 5000m (13:31.51) as well as ranking 10th in the 800m (1:47.54) all-time in Virginia history.

Indoors:
- ACC silver medalist in the mile (3:56.15) and bronze medalist in the 5000m (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.
- Set personal bests in the mile (3:54.73) and 3000m (7:47.49) this indoor season.
- Martin holds the school record in the mile (3:54.73) and 3000m (7:47.49) as well as ranking 6th in the 800m (1:48.15) all-time in Virginia history.

Shane Cohen 800m

Senior • Huntington Valley, Pa.
Seed: 2nd, 1:45.36
PB: 1:45.36

2024 Highlights
Outdoor:
- Ran personal-best 1:45.36 for 800m to finish fourth overall and punch his ticket to NCAAs.
- ACC bronze medalist in the 800m (1:46.89).
- Recorded new outdoor personal best 1:45.36 at the NCAA East Regional to punch his ticket to NCAAs.
- Member of Virginia’s third place 4x800m (7:16.75) relay team at the Penn Relays.
- Recorded personal-best 3:47.34 for 1500m at Raleigh Relays.
- Cohen ranks 3rd (1:45.36) all-time in Virginia history.

Indoors:
- Member of the gold medal winning DMR team (9:33.46) at the ACC Championships.
- Finished 11th in the 800m (1:50.22) at ACCs.
- Recorded indoor personal best 1:48.15 for 800m with fifth place finish at Arkansas Qualifier.
- Cohen ranks 5th in the 800m (1:48.15) all-time in Virginia history.

Wes Porter 1500m

Senior • Kansas City, Mo.
Seed: 22nd, 3:45.73
PB: 3:45.73

2024 Highlights
Outdoor:
- One of four Cavalier men to qualify for the NCAA East Regional in the 1500m, then one of three to qualify for the quarterfinal and finally, one of two to punch their tickets to the NCAA Outdoor Championships.
- ACC bronze medalist in the 1500m (3:40.87), leading the Cavaliers to a 2:3 finish.
- Member of Virginia's third place 4x800m (7:16.75) relay team at the Penn Relays.
- Porter ranks 3rd (3:39.54) all-time in Virginia history.

Indoors:
- Member of the gold medal winning DMR team (9:33.46) at the ACC Championships.
- Finished 7th in the mile (4:00.88) at the ACC Championships.
- 2024 NCAA Indoor third place DMR (9:27.18)
Nate Mountain 3000m Steeplechase

Junior • Cincinnati, Ohio
Seed: 2nd, 8:31.36
PB: 8:20.68

2024 Highlights
Outdoor:
- Ran 8:31.36 at the NCAA East Regional to finish second and punch his ticket to his second consecutive NCAA Outdoor Championships.
- Won back-to-back gold medals in the 3000m steeplechase at the ACC Championships in meet record time (8:30.05), leading the Cavaliers to a 1-2 finish for the second consecutive year (Mountain and Derek Johnson in 2023; Mountain and Sado in 2024).
- Set the Virginia record in the men’s 3000m steeplechase (8:20.68) to lead the country consistently throughout the season and achieve the Olympic ‘A’ Standard.
- Recorded the second fastest 5000m (13:32.65) in Virginia history.

Indoor:
- Mountain was one of four Cavaliers to qualify for the men’s mile final at ACCs where he went on to finish sixth in (4:00.26).
- Recorded personal bests in the mile (3:58.16) and 3000m (7:59.44) this indoor season.
- Mountain ranks 6th in the mile (3:58.16) all-time in Virginia history.

Yasin Sado 3000m Steeplechase

Senior • Aurora, Colo.
Seed: 1st, 8:27.13
PB: 8:27.13

2024 Highlights
Outdoor:
- Recorded a solo personal-best 8:27. at the NCAA East Regional to set the UK track facility record, NCAA East Regional record and notch the number one seed going into the NCAA Outdoor Championships.
- 2024 ACC Outdoor silver medalist in the 3000m steeplechase ( ), leading the Cavaliers to a 1-2 in the event for the second straight year (Mountain and Derek Johnson in 2023; Mountain and Sado in 2024).
- Member of the Virginia Penn Relays 4xMile (15:52.30) team that set the Virginia record, 4th fastest in world history, 2nd fastest in collegiate history & dipped under the previous collegiate record to become one of three teams to run sub-16 minute relay. Sado split 3:56.97 on the penultimate leg.
- Sado ranks 3rd in the steeplechase (8:27.13) all-time in Virginia history.

Indoor:
- Double in the 3000m (7:57.30, 9th) and 5000m (13:58.64, 10th) at the ACC Championships.
- 2024 NCAA Indoor third place DMR (9:27.18).
- Sado holds the school record in the 5000m (13:31.87) and ranks 3rd in the mile (3:55.93) all-time in Virginia history.

Will Anthony 10,000m

Freshman • Whitby, Poruia, New Zealand
Seed: 14th, 29:08.24
PB: 28:21.93

2024 Highlights
Outdoor:
- Ran 29:08.24 in the 10,000m to finish second at the NCAA East Regional to punch his ticket to his first NCAA Outdoor Championships.
- ACC silver medalist in the 10,000m (29:18.80) and bronze medalist in the 5000m (13:40.17).
- Member of the Virginia Penn Relays 4xMile (15:52.30) team that set the Virginia record, 4th fastest in world history, 2nd fastest in collegiate history & dipped under the previous collegiate record to become one of three teams to run sub-16 minute relay.
- Anthony shattered the Virginia record by more than 20 seconds at Raleigh Relays clocking 28:21.93 for 10,000m and earned ACC Rookie of the Week.
- Recorded personal-best 13:35.50 in the 5000m at the Virginia Challenge.

Indoor:
- Doubled in the 3000m (7:58.79, 13th) and 5000m (13:52.07, 5th) at the ACC Indoor Championships.
- Set personal bests in the 1500 (3:42.39) and mile (3:58.39) at the BU Valentine Invitational.
- Recorded personal-best 7:53.77 in the 3000m at the Penn State National Open.

Cross Country:
- Finished 7th at the NCAA Southeast Regional in personal-best 29:03.7 for 10k.
- Finished 7th at the ACC Cross Country Championships in personal-best 23:21.5 for 8k.
Jacob Lemmon  **Discus**

**Senior • Fort Myers, Fla.**  
**Seed: 6th, 59.51m**  
**PB: 60.50m**

**2024 Highlights**

**Outdoor:**
- ACC silver medalist in the discus throw (60.31m/197-10).
- Finished 10th in hammer throw (60.78m/199-5) at ACCs.
- Recorded personal-best 60.50m/198-6 at Virginia High Performance meet the day after winning the discus throw (60.40m/197-0) at the Penn Relays.
- Threw for 59.51m/195-3 at the NCAA East Regional to finish second and punch his ticket to his third NCAA Outdoor Championships in four years.
- Lemmon ranks 5th (60.50m) all-time in discus and 4th (66.14m) in hammer throw in Virginia history.

**Indoor:**
- ACC bronze medalist in the weight throw (21.57m/70-9.25)
- Finished top-five in each competition for which he competed this indoor season.

John Fay  **Hammer**

**Junior • Barrington, R.I.**  
**Seed: 23rd, 64.65m**  
**PB: 68.41m**

**2024 Highlights**

**Outdoor:**
- ACC bronze medalist in the hammer throw (66.55m/218-4).
- Threw for 64.65m/212-1 to finish 11th in the hammer throw and punch his ticket to his first NCAA Outdoor Championships.
- Recorded personal-best 68.41m/224-5 at the Raleigh Relays.
- Fay ranks 3rd (85.41m) all-time in the hammer throw in Virginia history.

**Indoor:**
- Fourth place finish in the weight throw (21.19m/69-6.25) at the ACC Indoor Championships.
- Recorded personal-best 21.73m/71-3.5 at the Clemson Tiger Paw Invitational.
- Finished top-five in each meet he competed in this indoor season.
Margot Appleton 5000m

Junior • Mattapoisett, Mass.
Seed: 8th, 15:43.02
PB: 15:18.21

2024 Highlights

Outdoor:
- Back-to-back ACC gold medalist in the 1500m (4:11.04)
- ACC bronze medalist in the 5000m (15:36.95)
- Ran 15:43.02 in the 5000m to punch her ticket to her second consecutive NCAA Outdoor Championships. Last season she contested the 1500m at NCAAs, this season she will take on the 5000m.
- Set the Virginia record, NC State's Paul Derr Facility record and Raleigh Relays meet record clocking 15:18.21 for 5000m.
- Anchored Virginia's school record setting DMR (10:48.55) and 4x1500m relay. (17:08.05). The DMR recored the fourth fastest time in collegiate history while the 4x1500m broke the 36-year-old Virginia record.
- Appleton holds the school record in the 5000m (15:18.21) and ranks 2nd in the 1500m (4:08.96) in Virginia history.

Indoor:
- ACC silver medalist in the 3000m (8:57.53) in Virginia program record time.
- ACC silver medalist in the DMR (10:50.58) which broke 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 personal-best 4:29.07 to break her own school record.

Celia Rifaterra High Jump

Sophomore • Spain
Seed: 23rd, 1.81m
PB: 1.81m

2024 Highlights

Outdoor:
- Cleared new outdoor personal-best 1.81m/5-11.25 to finish 12th and punch her ticket to her first NCAA Outdoor Championships.
- ACC silver medalist in the high jump equaling her then personal-best 1.79m/5-10.50.
- Cleared 1.79m/5-10.5 for the first time at the Virginia Grand Prix. Since then, all of her marks have been over 1.70m/5-7.
- Rifaterra ranks t-5th (1.81m) all-time in Virginia history.

Indoor:
- ACC silver medalist in the high jump clearing 1.83m/6-0
- Set an indoor personal-best 1.84m/6-0.5 at the Hokie Invitational.

Janae Profit Shot Put

Junior • Dunwoody, Ga.
Seed: 24th, 16.28m
PB: 16.28m

2024 Highlights

Outdoor:
- Threw personal-best 16.28m/53-5 in shot put to finish 12th at the NCAA East Regional and punch her ticket to her first NCAA Outdoor Championships.
- Competed in the discus throw (49.93m/163-10, 28th) at the NCAA East Regional.
- Doubled at the ACC Outdoor Championships in shot put (15.28m/50-1.75, 7th) and discus throw (51.62m/169-4, 5th).
- Competed in the shot put (15.85m/52-0, 2nd) and discus throw (49.46m/163-3, 7th) at the Penn Relays.
- Finished top-ten in each competition she competed during the regular season in both the shot put and discus throw.
- Profit ranks 3rd all-time in shot put (16.28m) and 7th all-time in discus (53.45m) in Virginia history.

Indoor:
- Competed in the shot put at the ACC Indoor Championships.
- Finished in the top-ten in each competition during the regular season in the shot put.
Virginia ACC 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.
WOMEN’S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

WOMEN’S 100 METERS  TIME
Gillian Buschee  16:26.66
Sophie Atkinson  16:58.27

WOMEN’S 10,000 METERS  TIME
Jenny Schilling  32:44.19
Carrick Menninger  34:11.41

WOMEN’S 100M HURDLES  TIME
Sophia Akpan  14.19
Elizabeth Imoh  14.43
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  10:46.59

WOMEN’S HIGH JUMP  MARK
Celia Kifaterra  1.81m
Carl 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
Maikaia Lee  6.21m

WOMEN’S 400M HURDLES  TIME
Gage Gose  51.24m
David Frasier*  50.55m
Ethan Robinson*  50.50m
Thomas Dickinson  51.15m
Tyler Zawatski  51.89m

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  1:45.26
Gary Martin  1:47.46
Alex Leath  1:47.77
Conor Murphy  1:48.79
James Donahue  1:49.11

MEN’S 100 METERS  TIME
Will Anthony  10.61
Ethan Robinson  10.69
Jay Pendearvis  10.75 (w)
Jerlan Fish  10.89
Michael Koepe  10.97

MEN’S 3000 METER STEEPLE  TIME
Nate Mountain  8:20.68
Yasin Sado  8:27.13

MEN’S HIGH JUMP  MARK
Ethan Robinson*  1.97m
David Frasier*  1.91m

MEN’S 10000 METERS  TIME
Will Anthony  28:21.93
Andrew Jones  28:02.86
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  50.34
Gage Gose  52.38
Jeremiah Wilson  53.82

MEN’S 300 METER STEEPLE  TIME
Luke Smith  8:20.68

MEN’S 3000 METER STEEPLE  TIME
Nate Mountain  8:20.68
Yasin Sado  8:27.13

MEN’S JAVELIN  MARK
Luke Smith*  50.55m
Ethan Robinson*  50.50m
Thomas Dickinson  51.15m
Ethan Robinson*  51.15m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
David Frasier*  14.20
Gage Gose  14.93

MEN’S 800 METERS  TIME
Shane Cohen  1:45.26
Gary Martin  1:47.46
Alex Leath  1:47.77
Conor Murphy  1:48.79
James Donahue  1:49.11

MEN’S POLE VAULT  MARK
Justin Rogers  5.17m
Tyler Lynch  4.77m
Ethan Robinson*  4.65m
Sebastian Phillips  4.66m
David Frasier*  4.05m

MEN’S JUMP  MARK
Heidi Valikaj  7.44m
David Frasier  7.02m
Ethan Robinson*  6.86m

MEN’S 100 METERS  TIME
Peter Djan  10.61
Ethan Robinson*  10.69
Jay Pendearvis  10.75 (w)
Jerlan Fish  10.89
Michael Koepe  10.97

MEN’S 10,000 METERS  TIME
Will Anthony  28:21.93
Andrew Jones  28:02.86
Justin Wachtel  29:18.38
Jacob Hunter  30:12.62

MEN’S SHOT PUT  MARK
Sabbahkan,Alexandru  12.26m
Nate Mountain  12.26m
Libby White  11.95m

MEN’S 3000 METER STEEPLE  TIME
Nate Mountain  8:20.68
Yasin Sado  8:27.13

MEN’S HAMMER  MARK
Elsa Spoor*  23.25m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
David Frasier*  14.20
Gage Gose  14.93

MEN’S 300 METER STEEPLE  TIME
Luke Smith  8:20.68

MEN’S DISCUS  MARK
Luke Smith*  11.95m

MEN’S 10000 METERS  TIME
Will Anthony  28:21.93
Andrew Jones  28:02.86
Justin Wachtel  29:18.38
Jacob Hunter  30:12.62

MEN’S 3000 METER STEEPLE  TIME
Nate Mountain  8:20.68
Yasin Sado  8:27.13

MEN’S JAVELIN  MARK
Luke Smith*  50.55m
Ethan Robinson*  50.50m
Thomas Dickinson  51.15m
Ethan Robinson*  51.15m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
David Frasier*  14.20
Gage Gose  14.93

MEN’S 300 METER STEEPLE  TIME
Luke Smith  8:20.68

MEN’S SHOT PUT  MARK
Sabbahkan,Alexandru  12.26m
Nate Mountain  12.26m
Libby White  11.95m

MEN’S 3000 METER STEEPLE  TIME
Nate Mountain  8:20.68
Yasin Sado  8:27.13

MEN’S HAMMER  MARK
Elsa Spoor*  23.25m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
David Frasier*  14.20
Gage Gose  14.93

MEN’S 300 METER STEEPLE  TIME
Luke Smith  8:20.68

MEN’S DISCUS  MARK
Elsa Spoor*  23.25m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
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Elsa Spoor*  23.25m

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Elsa Spoor*  23.25m

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MEN’S HAMMER  MARK
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MEN’S DISCUS  MARK
Elsa Spoor*  23.25m

MEN’S 110M HURDLES  TIME
Ethan Robinson*  35.80m
David Frasier*  14.20
Gage Gose  14.93

MEN’S 300 METER STEEPLE  TIME
Luke Smith  8:20.68

MEN’S HAMMER  MARK
Elsa Spoor*  23.25m
### OUTDOOR WOMEN’S RECORDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time/Mark</th>
<th>Date</th>
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<tbody>
<tr>
<td>100 meters</td>
<td>Halle Hazzard*</td>
<td>11.20</td>
<td>2019</td>
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<tr>
<td>200 meters</td>
<td>Jada Seaman</td>
<td>23.06</td>
<td>2022</td>
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<tr>
<td>400 meters</td>
<td>Sonja Fridy</td>
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<tr>
<td>800 meters</td>
<td>Michaela Meyer</td>
<td>2:00.28</td>
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<tr>
<td>1,500 meters</td>
<td>Michaela Meyer</td>
<td>4:04.02</td>
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<td>5,000 meters</td>
<td>Margot Appleton</td>
<td>15:18.21</td>
<td>2024</td>
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<tr>
<td>10,000 meters</td>
<td>Jenny Schilling</td>
<td>32:44.19</td>
<td>2024</td>
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<td>100-meter hurdles</td>
<td>Clara Leonard</td>
<td>13.26</td>
<td>2018</td>
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<tr>
<td>400-meter hurdles</td>
<td>Andrenette Knight</td>
<td>55.75</td>
<td>2021</td>
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<td>Ayla Smith</td>
<td>56.54</td>
<td>2011</td>
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<td>3,000-meter steeplechase</td>
<td>Stephanie Garcia</td>
<td>9:47.29</td>
<td>2011</td>
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<td>4x100-meter relay</td>
<td>Bonnick, Seaman, Pierre, Akpan</td>
<td>43.71</td>
<td>2023</td>
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<tr>
<td>4x400-meter relay</td>
<td>Jefferson, Seaman, Meyer, Knight</td>
<td>3:30.44</td>
<td>2021</td>
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<tr>
<td>High Jump</td>
<td>Ann Bair</td>
<td>1.88m (6' 2&quot;)</td>
<td>1983</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Bridget Guy</td>
<td>4.46m (14' 7.5&quot;)</td>
<td>2018</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Dana Boone</td>
<td>6.65m (21' 9.75&quot;)</td>
<td>1990</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Kelly McKee</td>
<td>13.70m (44' 11.5&quot;)</td>
<td>2019</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Maria Deaviz</td>
<td>17.32m (56' 10&quot;)</td>
<td>2022</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>Ashley Anumba</td>
<td>61.56m (201'11&quot;)</td>
<td>2023</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Jade Baker</td>
<td>63.61m (208' 8&quot;)</td>
<td>2019</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>Ann Crouse</td>
<td>57.38m (188' 3&quot;)</td>
<td>1999</td>
</tr>
<tr>
<td>Heptathlon</td>
<td>Alix Still</td>
<td>5,662 points</td>
<td>2023</td>
</tr>
</tbody>
</table>

* at NACAC U18/U23 Championships 2019 in Mexico

### OUTDOOR MEN’S RECORDS

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time/Mark</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 meters</td>
<td>Gerald Howard</td>
<td>10.42</td>
<td>1995</td>
</tr>
<tr>
<td>200 meters</td>
<td>Gerald Howard</td>
<td>20.79</td>
<td>1995</td>
</tr>
<tr>
<td>400 meters</td>
<td>Jordan Willis</td>
<td>45.70</td>
<td>2022</td>
</tr>
<tr>
<td>800 meters</td>
<td>Paul Eneng</td>
<td>1:43.16</td>
<td>1989</td>
</tr>
<tr>
<td>1500 meters</td>
<td>Gary Martin</td>
<td>3:37.66</td>
<td>2024</td>
</tr>
<tr>
<td>5,000 meters</td>
<td>Gary Martin</td>
<td>13:31.51</td>
<td>2024</td>
</tr>
<tr>
<td>10,000 meters</td>
<td>Will Anthony</td>
<td>28:21.93</td>
<td>2024</td>
</tr>
<tr>
<td>110-meter hurdles</td>
<td>Adams Abdulrazaq</td>
<td>13.66</td>
<td>2011</td>
</tr>
<tr>
<td>400-meter hurdles</td>
<td>Steve Delice</td>
<td>50.02</td>
<td>2010</td>
</tr>
<tr>
<td>3,000-meter steeplechase</td>
<td>Nate Mountain</td>
<td>8:20.68</td>
<td>2024</td>
</tr>
<tr>
<td>4x100-meter relay</td>
<td>Randolph, Archer, Brown, Palmer</td>
<td>40.25</td>
<td>1984</td>
</tr>
<tr>
<td>4x400-meter relay</td>
<td>Anding Roller, Bryan, Hazzard</td>
<td>3:07.11</td>
<td>2012</td>
</tr>
<tr>
<td>High Jump</td>
<td>Brenton Foster</td>
<td>2.27 (7' 5.25&quot;)</td>
<td>2021</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>David Sullivan</td>
<td>5.35m (17' 6.75&quot;)</td>
<td>2005</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Jordan Scott</td>
<td>7.83m (25' 8.25&quot;)</td>
<td>2019</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Jordan Scott</td>
<td>17.08m (56' 0.5&quot;)</td>
<td>2019</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Filip Mihaljevic</td>
<td>21.30m (69' 10.75&quot;)</td>
<td>2017</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>Claudio Romero</td>
<td>67.02m (219' 10&quot;)</td>
<td>2022</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Hilmar Jonssson</td>
<td>75.26m (246'11&quot;)</td>
<td>2019</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>Ethan Dabbs</td>
<td>82.92m (273' 0&quot;)</td>
<td>2022</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Stephen Dunphy</td>
<td>7,920 points</td>
<td>1992</td>
</tr>
</tbody>
</table>

* at Elliott Denman NJ International