

WOMEN'S 2022-23 SEASON-BEST INDOOR PERFORMANCE LIST

WOMEN'S 60 METERS	TIME	WOMEN'S 3000 METERS	TIME	WOMEN'S SHOT PUT	MARK
Jada Seaman	7.46	Addison Cox	9:46.28	Ashley Anumba	15.16m
Kayla Bonnick	7.51	Linnaea Kavulich	9:59.19	Janae Profit	14.79m
Sarah Akpan	7.66			Brooke Lumpkin	14.49m
Jada Pierre	7.66	WOMEN'S 5000 METERS	TIME	Kaiya Saunders	13.47m
Sophia Akpan	7.94			Morgan Johnson	13.02m
WOMEN'S 200 METERS	TIME	WOMEN'S 60M HURDLES	TIME	WOMEN'S WEIGHT THROW	MARK
Jada Seaman	24.40	Alix Still	8.63	Bree Lumpkin	15.84m
Sarah Akpan	24.98	Jada Pierre	8.68	Morgan Johnson	14.53m
Kayla Bonnick	25.08			Brooke Lumpkin	13.94m
Jada Pierre	25.54	WOMEN'S HIGH JUMP	MARK	Jada Marsh	13.55m
Sophia Akpan	26.12	Alix Still*	1.68m		
WOMEN'S 400 METERS	TIME	Carly Tarentino	1.68m	PENTATHLON	SCORE
Anzhelika Parenchuk	55.55	WOMEN'S POLE VAULT	MARK	Alix Still	4083
Abby Comella	56.87	Trina Barcarola	4.00m	WOMEN'S DMR	TIME
Emily Alexandru	56.87	Hanne Borstlap	4.00m	Seeland, Alexandru	11:24.44
Alahna Sabbakhan	57.63	Maya Maloney	3.90m	Seasholtz, Desmond	
WOMEN'S 800 METERS	TIME	Sam Ramono	3.83m		
Keara Seasholtz	2:12.93	Riley Larsen	3.73m	4x400m	TIME
Alix Still	2:18.38	WOMEN'S LONG JUMP	MARK	Alexandru, Parenchuk	3:45.23
WOMEN'S 1,000 METERS	TIME	Jordan Hardy	5.83m	Sabbakhan, Seasholtz	
		Tara Zeni	5.47m		
WOMEN'S MILE	TIME	WOMEN'S TRIPLE JUMP	MARK		
Luci Ilnicki-Lambert	5:12.55	Jordan Hardy	12.63m		

* Combined Athlete

MEN'S 2022-23 SEASON-BEST INDOOR PERFORMANCE LIST

MEN'S 60 METERS	TIME	MEN'S 60M HURDLES	TIME
Jay Pendarvis	6.95	Peter Djan	8.05
Nigal Davis	7.00	David Frasier	8.14
Peter Djan	7.06	MEN'S HIGH JUMP	MARK
Jerlan Fish	7.08		
MEN'S 200 METERS	TIME	MEN'S POLE VAULT	MARK
Jay Pendarvis	21.70	Kyle Mosteller	4.90m
Nigal Davis	22.47	Justin Rogers	4.86m
Jerlan Fish	22.51	Tyler Lynch	4.71m
Peter Djan	22.95	MEN'S LONG JUMP	MARK
MEN'S 400 METERS	TIME	Owayne Owens	7.38m
Alex Sherman	47.90	Heldi Valikaj	7.12m
Tom Corel	48.30	MEN'S TRIPLE JUMP	MARK
Evans White	49.02	Heldi Valikaj	15.00m
Luke Schroeder	50.27	MEN'S SHOT PUT	MARK
Jaden Lyons	52.50		
MEN'S 800 METERS	TIME	MEN'S WEIGHT THROW	MARK
Liam Bellamy	1:53.89	Jacob Lemmon	20.47m
MEN'S 1,000 METERS	TIME	John Fay	18.31m
		HEPTATHLON	SCORE
MEN'S MILE	TIME		
		MEN'S DMR	TIME
MEN'S 3000 METERS	TIME	Murphy, Fish	9:37.44
		Donnahue, Johnson	
MEN'S 5000 METERS	TIME	4X400M	TIME
		White, Sherman	3:15.89
		Pendarvis, Corel	

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	Alahna Sabbakhan	2:05.74	2022
Mile	Mia Barnett	4:33.54	2022
3,000 meters	Cleo Boyd	9:18.20	2017
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
Distance Medley Relay	Barnett, Parenchuk, Seasholtz, Appleton	10:56.84	2022
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	Susan Brownell	4,153	1982

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
Mile	Vince Draddy	3:58.2h	1982
3,000 meters	Ari Klau	7:51.57	2020
5,000 meters	Zach Herriott	13:45.37	2017
60-meter hurdles	Adams Abdulrazaaq	7.75	2011
4x400-meter relay	Sherman, Willis, Davis, Pendarvis	3:11.64	2022
Distance medley relay	Jesien, Paschal, Roller, Taye	9:29.86	2009
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

WOMEN'S RELAY RECORDS

4x400

1.	3:39.43	Chaney, Fabrizio, Wright, Lavender	2014
2.	3:39.77	Ezumah, Fabrizio, Wright, Lavender	2015
3.	3:39.93	Sandy, Hinton, Birge, Fridy	1987
4.	3:39.36*	Chaney, Lavender, Ezumah, Wright	2014
5.	3:40.79	Parenchuk, Seaman, Sabbakhan, Knight	2021

*Time converted from flat to banked track

4.	3:40.40 (Flat)		
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DMR

1.	10:56.84	Barnett, Parenchuk, Seasholtz, Appleton	2022
2.	10:59.33	Gay, Smith, Harper, Garcia	2011
3.	11:00.05*	Appleton, Seaman, Sabbakhan, Barnett	2022
4.	11:13.70	Barnett, Seasholtz, Bolton, Appleton	2022
5.	11:14.15	Gay, Fabrizio, Harper, Garcia	2011

*Time converted from flat to banked track

2.	11:07.12 (Flat)		
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MEN'S RELAY RECORDS

4x400

1.	3:11.64	Sherman, Willis, Davis, Pendarvis	2022
2.	3:11.76	Willis , Shirley, Dixon, Outlaw	2018
3.	3:11.93	Bowman, Carrington, Kiley, Dixon	2017
4.	3:12.52	Hazzard, Kiley, Carrington, Bartha	2015
5.	3:12.55	Hayes, Taylor, Kugrat, Ereng	1989

DMR

1.	9:29.86	Jesien, Paschal, Roller, Taye	2009
2.	9:31.23	Kostelac, Hazzard, Burton, Gilland	2013
3.	9:32.36	Marsella, Hazzard, Kiley, King	2015
4.	9:34.38	Johnson, Anding, Kostelac, Heineking	2011
5.	9:34.78	Gilland, Anding, Roller, Kostelac	2012



WOMEN'S ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

1.	Halle Hazard	7.23	'21
2.	Jada Seaman	7.28	'22
3.	Kiamesha Otey	7.37	'03
4.	Sonja Fridy	7.39	'86
	Kayla Bonnick	7.39	'22
6.	Peyton Chaney	7.40	'16
	Anna Jefferson	7.40	'20
8.	Pam Lemons	7.43	'93
9.	Jordan Lavender	7.49	'15
10.	Janne'a Bridgeford	7.50	'08

200 METERS

1.	Halle Hazard	23.45	'21
2.	Jada Seaman	23.53	'22
3.	Jordan Lavender	23.80	'15
4.	Peyton Chaney	23.84	'16
5.	Anna Jefferson	23.92	'20
6.	Danielle Williams	23.97	'12
7.	Kayla Bonnick	24.14	'21
8.	Kelly Miller	24.17	'99
9.	Angela Lee	24.30	'99
10.	Kiamesha Otey	24.34	'03

400 METERS

1.	Jordan Lavender	52.59	'13
2.	Andrenette Knight	53.50	'20
3.	Anna Jefferson	53.33	'19
4.	Lisa Garrett	54.07	'81
5.	Angela Lee	54.29	'99
6.	Carielle Doe	54.52	'02
7.	Cathron Birge	54.61	'90
8.	Sonja Fridy	54.95	'87
9.	Angela Griffith	55.38	'92
10.	Erin Crawford	55.42	'07

800 METERS

1.	Alahna Sabbakhan	2:05.74	'22
2.	Vanessa Fabrizio	2:07.24	'15
3.	Emma Call	2:07.39	'17
4.	Lyndsay Harper	2:07.64	'11
5.	Keara Seasholtz	2:07.69	'22
6.	Morgane Gayer	2:08.07	'09
7.	Sydney Coppolino	2:09.18	'22
8.	Claire Frazier Bolton	2:09.24	'22
9.	Kim Kelly	2:09.27	'85
10.	Jill Haworth	2:09.62	'83

MILE

1.	Mia Barnett	4:33.54	'22
2.	Jill Haworth	4:34.32	'82
3.	Morgane Gayer	4:34.38	'12
4.	Vicky Fouhy	4:34.87	'13
5.	Lesley Welch	4:35.56	'82
6.	Iona Lake	4:36.11	'16
7.	Margot Appleton	4:37.46	'22
8.	Marissa Schmidt	4:41.10	'82
9.	Michele Rowen	4:41.57	'87
10.	Lisa Welch	4:41.96	'82

3,000 METERS

1.	Cleo Boyd	9:18.20	'17
	Claire Forbes	9:18.80	'92
3.	Stephanie Garcia	9:19.44	'11
4.	Martha White	9:19.58	'83
5.	Iona Lake	9:22.75	'15
6.	Barbara Strehler	9:22.85	'14
7.	Morgan Kelly	9:23.21	'15
8.	Catherine White	9:24.43	'10
9.	Patty Matava	9:25.83	'87
10.	Michele Rowen	9:25.8h	'85

5,000 METERS

1.	Margaret Groos	15:34.71	'81
2.	Cleo Boyd	16:04.76	'17
3.	Morgan Kelly	16:10.73	'15
4.	Barbara Strehler	16:16.32	'14
5.	Emily Harrison	16:16.53	'08
6.	Lesley Welch	16:21.6h	'82
7.	Maria Hauger	16:22.07	'14
8.	Anna Corrigan	16:25.81	'12
9.	Kara Scanlin	16:27.61	'08
10.	Martha White	16:31.6h	'82

600 HURDLES

1.	Alexis Woodley	8.31	'20
2.	Ciara Leonard	8.38	'18
3.	Ayla Smith	8.39	'09
4.	Andrenette Knight	8.48	'20
5.	Heather Smith	8.54	'16
6.	Kim Turko	8.55	'01
	Alix Still	8.55	'22
8.	Chidi Uche	8.58	'10
9.	Lauren Echko	8.60	'09
10.	Bianca DeBartolo	8.65	'07

HIGH JUMP

1.	Sherry Gould	1.87m (6' 1.5")	'94
2.	Ann Bair	1.83m (6' 0")	'83
3.	Robin Landes	1.82m (5' 11.25")	'88
4.	Karen DiDonato	1.80m (5' 10.75")	'91
5.	Pearl Bickersteth	1.79m (5' 10.5")	'12
6.	Rachel Marks	1.78m (5' 10")	'04
	Rebecca Hawkins	1.78m (5' 10")	'22
8.	Kate Doyle	1.75m (5' 8.75")	'90
9.	Janelle Clayton	1.74m (5' 8.5")	'10
10.	Susan Brownell	1.73m (5' 8.25")	'80
	Karen Hatchett	1.73m (5' 8.25")	'81

POLE VAULT

1.	Bridget Guy	4.41m (14' 5.5")	'19
2.	Maya Maloney	4.12m (13' 6.25")	'20
3.	Trina Barcarola	4.11m (13' 5.75")	'22
4.	Hanne Borstlap	4.00m (13' 1.5")	'23
5.	Sarah DeVita	3.97m (13' 0.25")	'15
6.	Theresa Demaria	3.96m (12' 11.75")	'17
7.	Katie Freix	3.95m (12' 11.5")	'18
8.	Gabriella Recce	3.92m (12' 10.25")	'22
9.	Sam Romano	3.83m (12' 2.75")	'23
10.	Riley Larsen	3.81m (12' 6")	'20
	Caroline Danenbaum	3.81m (12' 6")	'22

LONG JUMP

1.	Jada Seaman	6.46m (21' 2.5")	'20
2.	Dana Boone	6.44m (21' 1.50")	'91
3.	Kiamesha Otey	6.39m (20' 11.75")	'02
4.	Sonja Fridy	6.38m (20' 11.25")	'87
5.	Khyasia Caldwell	6.29m (20' 7.75")	'20
6.	Nicole Kimbrough	6.27m (20' 7")	'95
7.	Kelly Miller	6.22m (20' 5")	'99
8.	Angela Griffith	6.15m (20' 2.25")	'92
9.	Latanya Wynn	6.10m (20' 0.25")	'88
10.	Tomika Ferguson	6.09m (19' 11.75")	'06
	Mia Barron	6.09m (19' 11.75")	'18

TRIPLE JUMP

1.	Tomika Ferguson	13.53m (44' 4.75")	'07
2.	Naccolle Guinn	13.14m (43' 1.25")	'01
3.	Khyasia Caldwell	13.05m (42' 9.75")	'21
4.	Kelly McKee	13.00m (42' 8")	'19
5.	Dallas Rose	12.98m (42' 7")	'12
6.	Dana Boone	12.86m (42' 2.25")	'91
7.	Michele Johnson	12.78m (41' 11")	'87
8.	Mia Barron	12.71m (41' 8.5")	'17
10.	Jordan Hardy	12.63m (41' 5.25")	'23
9.	Rashawnda James	12.59m (41' 3.75")	'09

SHOT PUT

1.	Maria Deaviz	16.75m (54' 11.5")	'22
2.	Billie-Jo Grant	16.55m (54' 3.5")	'08
3.	Christine Bohan	16.53m (54' 2.75")	'16
4.	Brittany Jones	16.27m (53' 4.5")	'20
5.	Ashley Anumba	16.04m (52' 7.5")	'22
6.	Maureen Laffan	15.97m (52' 4.75")	'10
7.	Eliese Mitchell	15.72m (51' 7")	'03
8.	Kelly Bodiford	15.65m (51' 4.25")	'91
9.	Emily Vannoy	15.42m (50' 7.25")	'10
10.	Kaiya Saunders	15.12m (49' 7.25")	'22

WEIGHT THROW

1.	Eliese Mitchell	20.06m (65' 9.75")	'02
2.	Maureen Laffan	18.54m (60' 10")	'12
3.	Erin Wykoff	17.75m (58' 3")	'12
4.	Jade Baker	17.46m (57' 3.5")	'19
5.	Alexa Manning	17.09m (56' 1")	'08
6.	Ann Crouse	17.08m (56' 0.5")	'96
7.	Eva Mustafic	16.92m (55' 6.25")	'19
8.	Lauren Connelly	16.67m (54' 8.25")	'96
9.	Morgan Johnson	16.63m (54' 6.75")	'22
10.	Logan Clements	16.30m (53' 5.75")	'14

PENTATHLON

1.	Susan Brownell	4,153	'82
2.	Rebecca Grube	4,108	'95
3.	Alix Still	4,083	'23
4.	Holly Sullivan	3,912	'18
5.	Ayla Smith	3,879	'09
6.	Sherry Gould	3,789	'94
7.	Beth Sheehan	3,678	'83
8.	Bianca DeBartolo	3,661	'07
9.	Anna Finger	3,659	'13
10.	Curtrell Frye	3,644	'02

All-time lists are based on a student-athlete's best time/mark



MEN'S ALL-TIME INDOOR PERFORMANCE LIST

60 METERS

1. Shay Clark.....6.71 '01
2. Reuben Jones.....6.79 '08
3. Adam Cummings.....6.86 '13
4. Michael Johnson.....6.87 '04
5. Jarrett Hagwood.....6.89 '02
6. Leo McLaughlin6.89 '11
7. **Tavares Kelly.....6.92 '22**
8. Scott Kimball.....6.93 '00
9. Adams Abdulrazaaq.....6.94 '11
10. Payton Hazzard6.95 '15
- Jay Pendarvis6.95 '23**

200 METERS

1. **Jordan Willis.....21.42 '20**
2. Gerald Howard.....21.53 '95
3. **Jay Pendarvis21.61 '22**
4. Scott Kimball.....21.78 '00
- Reuben Jones.....21.78 '08
- Payton Hazzard21.78 '14
7. Conlon Bonner.....21.79 '08
8. Shay Clark.....21.81 '02
9. Kellen Blassingame21.85 '06
10. Brandon Outlaw21.89 '20

400 METERS

1. Brandon Outlaw46.58 '20
2. Payton Hazzard46.60 '15
3. **Jordan Willis.....46.61 '20**
4. Kellen Blassingame46.73 '06
5. Kevin Anding.....47.46 '11
6. Alfred Shirley.....47.53 '18
7. Ben Kurgat47.61 '89
8. Paul Ereng.....47.64 '88
9. **Alex Sherman47.90 '23**
10. Meikle Paschal48.04 '09

800 METERS

1. Paul Ereng.....1:44.84 '88
2. Ben Kurgat1:47.31 '91
3. Robby Andrews1:48.02 '10
4. McGavock Dunbar.....1:49.18 '04
5. Nathan Kiley.....1:49.20 '16
6. John Hinton1:49.24 '84
- Anthony Kostelac1:49.24 '11
8. Lance Roller1:49.47 '10
9. Rob Pearce.....1:49.75 '99
10. **Conor Murphy1:49.91 '21**

MILE

1. Vince Draddy3:58.2h '82
2. Henry Wynne3:58.74 '16
3. AJ Ernst3:59.38 '20
4. Mike Marsella.....3:59.97 '15
5. **Ka'eo Kruse4:01.56 '22**
6. **Wes Porter4:01.82 '22**
7. Kyle King.....4:02.15 '15
8. Patrick Todd.....4:02.70 '12
- Yasin Sado4:02.70 '22**
9. John Minen.....4:02.77 '10
10. Kris Herdt.....4:02.92 '87

3000 METERS

1. Ari Klau.....7:51.57 '20
2. Henry Wynne7:53.89 '16
3. Mark Amirault.....7:54.08 '12
4. Adam Visokay7:54.24 '16
5. Kris Herdt.....7:54.90 '87
6. **Wes Porter.....7:56.81 '22**
7. **Rohan Asfaw.....7:58.14 '22**
8. Emil Heineking.....7:58.36 '11
9. Kyle King.....8:00.23 '15
10. Jan Foerster8:02.54 '07

5000 METERS

1. Zach Herriott13:45.37 '17
2. Ryan Collins13:46.41 '10
3. Chase Weaverling13:54.39 '17
4. Brent Demarest13:56.03 '17
5. Thomas Madden13:57.01 '15
6. **Rohann Asfaw14:00.25 '22**
7. Alex Corbett.....14:00.56 '19
8. Kris Herdt.....14:02.00 '89
9. Mark Amirault.....14:03.01 '12
10. Ari Klau14:03.31 '19

600 METERS

1. Adams Abdulrazaaq.....7.75 '11
2. Dreqan Hoskey7.79 '14
3. Jarrett Hagwood.....7.93 '02
4. Marion Mason8.01 '01
5. Cary Chandler.....8.03 '01
- Aaron Shepperd.....8.03 '11
- Emmanuel Jackson8.03 '19
8. **Peter Djan.....8.05 '23**
9. Gemayel Hazard.....8.09 '02
10. **David Frasier.....8.14 '23**

HIGH JUMP

1. **Brenton Foster2.26m (7'5") '20**
2. Herman Moore.....2.21m (7'3") '90
3. Greg Nelson2.14m (7'0.25") '10
4. Greg Byers2.13m (6'11.75") '82
- Trey Causey2.13m (6'11.75") '19
6. Bob Lund2.09m (6'10.25") '93
7. Mike Riso2.08m (6'10") '02
- Kevin Jackson.....2.08m (6'10") '77
- Jacob Kelly2.08m (6'9.75") '22**
9. David Sullivan.....2.05m (6'8.75") '06
- Arthur Gennari2.05m (6'8.75") '08
- Tommy DeVita.....2.05m (6'8.75") '13

POLE VAULT

1. Sam Young.....5.38m (17'7.75") '20
1. David Sullivan.....5.30m (17'4.75") '05
2. Brian Shafer.....5.20m (17'0.75") '93
- Jeff Jernigan5.10m (16'8.75") '17
5. Tommy Cooke5.05m (16'6.75") '95
6. **Kane Aldrich5.02m (16'5.5") '21**
7. Matt Armentrout5.01m (16'5.25") '13
8. **Colin Duignan5.00m (16'4.75") '22**
9. Danny Thompson4.98m (16'4") '81
10. Greg Blair4.90m (16'1") '05
- David Lewis4.90m (16'1") '08
- Kyle Mosteller.....4.90m (16'1") '23**

LONG JUMP

1. **Owayne Owens.....7.58m (24'10.5") '21**
2. Jordan Scott.....7.58m (24'10.5") '19
3. Matt Meyer.....7.52m (24'8.25") '09
4. Marion Mason7.50m (24'7.25") '01
- Tiki Barber7.50m (24'7.25") '94
6. Bruce Randolph7.48m (24'6.5") '84
7. Keith Witherspoon ..7.45m (24'5.25") '76
8. **Ayende Watson.....7.41m (24'3.75") '19**
9. Stephen Dunphy7.40m (24'3.25") '92
10. Mauri Anderson7.39m (24'3") '82

TRIPLE JUMP

1. Jordan Scott17.02m(55'10.25) '20
2. Marcus Robinson.....16.63m (54'6.75") '12
3. **Owayne Owens16.60m (54'5.5") '21**
4. Keith Witherspoon ..16.16m (53'0.25") '76
5. Greg Byers15.98m (52'5") '85
6. Aaron Worrell15.87m (52'1") '17
7. Cornell Grayson15.74m (51'7.75")'90
8. Chike Chukwulozie ..15.64m (51'3.75") '91
9. Ryan Satchell15.62m (51'3") '14
10. Ivan Glasgow15.34m (50'4") '82

SHOT PUT

1. Filip Mihaljevic20.87m (68'5.75") '16
2. Oghenekpobo Efekoro.....19.84m (65'1.25") '17
3. Jordan Young19.15m (62'10") '15
4. Nick Vena.....18.92m (62'1") '12
5. Yemi Ayeni.....18.80m (61'8.25") '09
6. Nace Plesko18.71m (61'4.75") '19
7. **Claudio Romero....18.44m (60'6") '21**
8. Kevin Latham.....17.62m (57'9.75") '84
9. Thom McKinney17.12m (56'2") '91
10. Mike Murphy.....17.10m (56'1.25")'93

WEIGHT THROW

1. Jordan Young22.92m (75'2.5") '15
2. Hilmar Jonsson21.37m (70'1.5") '18
3. **Jacob Lemmon.....20.47m (67'2") '23**
4. Oghenekpobo Efekoro19.90m (65'13.5") '18
5. Vincenzo Chiariello.....19.38m (63'7") '12
6. Ty Kunzman19.18m (62'11.25") '21
7. **Claudio Romero....18.47m (60'7.25") '21**
8. Thom McKinney18.43m (60'5.75") '91
9. Thomas Fuson.....18.18m (59'7.75") '11
10. Mike Murphy.....17.77m (58'3.75") '93

HEPTATHLON

1. Jack Lint5,546 '17
2. **Derek Pekar5,362 '20**
3. David Sullivan.....5,178 '04
4. David Lewis5,139 '08
5. Christian Lavorgna5,113 '16
6. **Elby Omohundro5,038 '20**
7. Cam Collins.....4,972 '16
8. Anthony Dunavant4,970 '14
9. Jack Claiborne4,821 '17
10. Thomas Codevilla.....4,360 '05



WOMEN'S INDOOR FRESHMAN RECORDS

60-METER DASH

1. Halle Hazzard 7.32 '19
- 2. Jada Seaman 7.46 '20**
- 3. Kayla Bonnick 7.47 '21**
4. Jordan Lavender 7.57 '12
5. Peyton Chaney 7.60 '13
- Tori McKenzie 7.60 '14

200-METER DASH

- 1. Jada Seaman 23.93 '20**
2. Halle Hazzard 24.09 '19
- 3. Kayla Bonnick 24.14 '21**
4. Jordan Lavender 24.25 '12
5. Peyton Chaney 24.31 '13

300-METER DASH

1. Jordan Lavender 39.05 '12
2. Julie Sandy 39.43 '87
3. Anna Jefferson 39.63 '17
4. Kiana Hairston 40.15 '15
- 5. Kayla Bonnick 40.25 '21**

400-METER DASH

1. Jordan Lavender 54.69 '12
2. Michelle Samuels 55.81 '91
3. Meagan Gillespie 56.07 '09
- 4. Anzhelika Parenchuk 56.08 '21**
5. Chimere Ezumah 56.27 '14

500-METER DASH

1. Cathron Birge 1:14.16 '87
2. Phyllis Buber 1:14.90 '84
3. Ayla Smith 1:14.91 '07
4. Lyndsay Harper 1:16.22 '08
5. Shelley McBride 1:16.68 '86

800-METER RUN

1. Emma Call 2:07.39 '17
2. Morgane Gay 2:08.07 '09
- 3. Keara Seasholtz 2:08.43 '21**
4. Vanessa Fabrizio 2:08.79 '11
5. Sandy Schuler 2:09.90 '85

1000-METER RUN

1. Sandy Schuler 2:44.40 '85
2. Shelley McBride 2:50.40 '86
3. Maddie Rennyson 2:54.65 '18
4. Claire Forbes 2:55.31 '90
5. Alexia Roux 2:56.80 '16

1-MILE RUN

- 1. Mia Barnett 4:33.54 '22**
2. Claire Forbes 4:49.48 '90
- 3. Margot Appleton 4:37.46 '22**
4. Tasia Potasinski 4:51.49 '10
5. Megan Rebholz 4:53.87 '15

3000-METER RUN

1. Maria Hauger 9:29.20 '14
- 2. Veronic Boire 9:34.79 '22**
3. Sarah Fakler 9:37.45 '14
4. Katharine Walker 9:38.96 '11
5. Megan Rebholz 9:42.55 '15

5000-METER RUN

1. Lesley Welch 16:21.60 '82
2. Maria Hauger 16:22.07 '14
3. Cleo Boyd 16:29.16 '14
4. Sarah Fakler 16:32.01 '14
5. Katharine Walker 16:46.02 '11

60-METER HURDLES

1. Alexis Woodley 8.56 '17
2. Ayla Smith 8.68 '07
3. Kim Turko 8.69 '98
4. Ciara Leonard 8.74 '16
- Jada Pierre 8.74 '22**
5. Shantell Bingham 8.82 '12
- Nadia Sauders 8.77 '21**

HIGH JUMP

1. Karen Didonota 1.71m (5' 7.5") '87
2. Janelle Clayton 1.70m (5' 7") '10
- Pearl Bickersteth 1.70m (5' 7") '10
- Emily Kianka 1.70m (5' 7") '11
- Maira Cronin 1.70m (5' 7") '12

POLE VAULT

1. Bridget Guy 3.97m (13' 0.25") '15
- Maya Maloney 3.97m (13' 0.25") '20**
3. Theresa Demaria 3.96m (12' 11.75") '17
- 4. Sam Romano 3.83m (12' 6.75") '23**
4. Katie Freix 3.82m (12' 6.5") '15

LONG JUMP

- 1. Jada Seaman 6.46m (21' 2.5") '20**
2. Kiamesha Otey 6.00m (19' 8.25") '00
3. Sonja Fridy 5.99m (19' 8") '84
4. Dana Boone 5.96m (19' 6.75") '88
5. Mia Barron 5.94m (19' 6") '15

TRIPLE JUMP

1. Dallas Rose 12.56m (41' 2.5") '10
2. Mia Barron 12.33m (40' 5.5") '15
3. Britni Strates 12.32m (40' 5") '12
- 4. Nadia Saunders 12.23m (40' 1.5") '21**
5. Rashawanda James 12.19m (40' 0") '08

SHOT PUT

1. Maria Deaviz 15.43m (50' 7.5") '21
2. Emily Vannoy 15.42m (50' 7.25") '10
3. Brittany Jones 15.21m (49' 11") '18
4. Anna Grant 14.94m (49' 0.25") '08
5. Christine Bohan 14.78m (48' 6") '14

WEIGHT THROW

1. Eva Mustafic 16.92m (55' 6.25") '19
2. Brittany Jones 16.24m (53' 3.5") '18
3. Emily Vannoy 16.00m (52' 6") '10
- 4. Janae Profit 15.64m (51' 3.75") '22**
5. Kristy Martin 15.50m (50' 10.5") '97

PENTATHLON

1. Beth Sheehan 3,678 '83
2. Katie Ollendick 3,443 '94
3. Holly Sullivan 3,411 '16
4. Alana Herran 3,396 '16
- 5. Alix Still 3,288 '19**

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



MEN'S INDOOR FRESHMAN RECORDS

60 METERS

1. Adam Cummings.....6.86 '13
2. Leo McLaughlin6.89 '11
3. Reuben Jones.....6.92 '05
4. Matt Meyer.....6.97 '09
5. Conlon Bonner.....6.98 '08

200 METERS

1. Conlon Bonner.....21.79 '08
2. **Alex Sherman22.00 '22**
2. Brandon Outlaw22.03 '18
3. Ben Sargong.....22.16 '92
4. Adam Abdulrazaaq22.24 '08

300 METERS

1. Anthony Swan.....34.11 '86
2. Adam Abdulrazaaq34.63 '08
3. Patrick Farmer34.74 '11
4. Conlon Bonner.....34.78 '08
5. Charles Bowman.....34.82 '16

400 METERS

1. Brandon Outlaw47.18 '18
2. Alfred Shirley47.53 '18
3. Paul Ereng.....47.64 '88
4. **Jay Pendarvis48.10 '21**
5. Meikle Paschal48.11 '08

500 METERS

1. Paul Ereng.....1:02.02 '88
2. Alfred Shirley1:03.05 '18
3. Bruce Berry1:03.31 '85
4. Ray Brown1:03.80 '81
5. Dwayne Brake.....1:03.97 '83

800 METERS

1. Robby Andrews1:48.39 '10
2. Anthony Kostelac1:49.24 '11
3. Paul Ereng.....1:49.31 '88
4. **Conor Murphy1:49.91 '21**
5. Nathan Kiley.....1:51.08 '14

1000 METERS

1. Rob Pearce.....2:27.69 '97
2. Billy Convey2:28.30 '84
3. TJ Hobart2:28.40 '11
4. Brett Johnson2:28.47 '10
5. Ken Cheeseman2:29.80 '85

MILE

1. Alex Tatu4:03.00 '05
2. Mike Marsella.....4:03.18 '14
3. **Nathan Mountain4:03.27 '22**
4. Matthew Novak.....4:03.93 '16
5. Sintayehu Taye.....4:04.04 '09

3,000 METERS

1. Adam Visokay.....7:57.46 '14
2. **Wes Porter.....8:06.18 '21**
3. Brent Demarest8:09.59 '15
4. Connor Rog8:09.76 '14
5. **Nathan Mountain8:10.22 '22**

5,000 METERS

1. Thomas Madden.....13:57.01 '15
2. Chris Foley14:03.67 '12
3. Chase Weaverling14:03.72 '16
4. Brent Demarest14:14.74 '15
5. Connor Rog14:15.23 '14

60m HURDLES

1. Adam Abdulrazaaq7.98 '08
2. Aaron Sheppherd8.03 '11
3. Jarrett Hagwood.....8.05 '99
3. **Peter Djan.....8.05 '23**
4. **Jeremiah Wilson8.20 '21**
5. Marion Mason8.23 '98
- Devin Brewer8.23 '12
- Jack Lint8.23 '16

HIGH JUMP

1. Trey Causey2.13m (6' 11.75") '19
2. Mike Riso2.08m (6' 10") '02
3. Tommy DeVita.....2.04m (6' 8.5") '11
4. Arthur Gennari2.03m (6' 8") '07
5. Gerald Howard2.00m (6' 7") '93
- Cordell Green2.00m (6' 7") '95

POLE VAULT

1. Sam Young5.10m (16' 8.75") '17
2. David Sullivan.....4.97m (16' 3.75") '03
3. Brian Shafer4.90m (16' 1") '90
4. Jake Williams4.87m (16' 0") '91
5. **Justin Rogers4.86m (16' 0.75") '23**

LONG JUMP

1. Matt Meyer.....7.52m (24' 8.25") '09
2. Tiki Barber.....7.48m (24' 6.75") '94
3. **Ayende Watson.....7.41m (24' 3.75") '19**
4. Jordan Scott.....7.38m (24' 2.5") '17
5. Marion Mason7.24m (23' 9.25") '98

TRIPLE JUMP

1. Jordan Scott.....16.36m (53' 8.25") '17
2. Aaron Worrell.....15.64m (51' 3.75") '14
3. **Owyane Owens15.27m (50' 1.25") '20**
4. Ryan Satchell15.02m (49' 3.5") '12
5. **Heldi Valikaj.....14.86m (48' 9") '22**

SHOT PUT

1. Filip Mihaljevic19.63m (64' 5") '15
2. Nick Vena.....18.92m (62' 1") '12
3. Oghenekpobo Efekoro18.82m (61' 9") '16
4. **Claudio Romero.....18.44m (60' 6") '21**
5. Mike Theuerkauf16.51m (54' 2") '89

WEIGHT THROW

1. Hilmar Jonsson.....20.32m (66' 8") '16
2. **Jacob Lemmon20.05m (65' 9.5") '21**
3. Oghenekpobo Efekoro18.86m (61' 10.5") '16
4. **Claudio Romero.....18.47m (60' 7.25") '21**
5. Vincenzo Chiarello.....16.40m (53' 9.75") '09

HEPTATHLON

1. Jack Lint5,358 '16
2. **Derek Pekar5,354 '20**
3. Anthony Dunavant4,970 '14
4. Jack Claiborne4,821 '17
5. Cam Collins.....4,793 '15

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark

WOMEN'S 2022 SEASON-BEST OUTDOOR PERFORMANCES
WOMEN'S 100 METERS **TIME**

Jada Seaman	11.43
Kayla Bonnick	11.47

WOMEN'S 200 METERS **TIME**

Jada Seaman	23.00(w)
Kayla Bonnick	23.97
Abby Comella	24.83
Alix Still*	25.02

WOMEN'S 400 METERS **TIME**

Abby Comella	55.49
Anzhelika Parenchuk	56.45
Alahna Sabbakhan	56.79

WOMEN'S 800 METERS **TIME**

Alahna Sabbakhan	2:05.97
Mia Barnett	2:06.11
Sydney Coppolino	2:06.15
Keara Seasholtz	2:07.10
Claire Frazier Bolton	2:09.00

WOMEN'S 1,500 METERS **TIME**

Mia Barnett	4:11.32
Margot Appleton	4:17.17
Taylor Jones	4:19.24
Anna Workman	4:19.56
Keara Seasholtz	4:32.92

WOMEN'S 3000 STEEPLECHASE **TIME**

Helena Lindsay	10:02.27
Amelia Kokernak	11:04.80

WOMEN'S 5000 METERS **TIME**

Margot Appleton	16:17.51
Helena Lindsay	16:26.97
Mia Barnett	16:32.91
Anna Workman	17:07.71
Taylor Jones	17:14.90

WOMEN'S 100M HURDLES **TIME**

Alix Still*	13.82
Emily Alexandru	16.83

WOMEN'S 400M HURDLES **TIME**

Emily Alexandru	1:01.01
Anzhelika Parenchuk	1:01.56

WOMEN'S HIGH JUMP **MARK**

Bex Hawkins	1.76m
Carly Tarentino	1.70m
Alix Still	1.66m

WOMEN'S POLE VAULT **MARK**

Trina Barcarola	4.06m
Gabriella Recce	3.95m
Maya Maloney	3.94m
Caroline Dannenbaum	3.91m
Riley Larsen	3.70m

WOMEN'S LONG JUMP **MARK**

Zoe Rice	6.19m
Alix Still*	6.17m
Jada Seaman	6.12m
Jordan Hardy	6.00m
Mia Abulencia	5.66m

WOMEN'S TRIPLE JUMP **MARK**

Jordan Hardy	12.38m
Zoe Rice	12.32m

WOMEN'S SHOT PUT **MARK**

Maria Deaviz	17.32m
Ashley Anumba	15.29m
Janae Profit	14.84m
Kalya Saunders	14.42m
Morgan Johnson	13.97m

WOMEN'S DISCUS **MARK**

Ashley Anumba	57.53m
Maria Deaviz	52.58m
Thelma Kristjansdottir	51.51m
Sadey Rodriguez	48.52m
Jada Marsh	48.12m

WOMEN'S HAMMER **MARK**

Jada Marsh	55.05m
Morgan Johnson	50.18m

WOMEN'S JAVELIN **MARK**

Alix Still*	34.52m
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WOMEN'S HEPTATHLON **POINTS**

Alix Still*	5481
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4x100m **TIME**

Rice, Seaman, Still*, Bonnick	45.58
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4x400m **TIME**

Parenchuk, Seasholtz, Sabbakhan, Alexandru	3:48.81
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MEN'S 2022 SEASON-BEST OUTDOOR PERFORMANCES
MEN'S 100 METERS **TIME**

Jay Pendarvis	10.49
Nigal Davis	10.54
Jordan Willis	10.58(w)
Tavares Kelly	10.88
Jerlan Fish	10.94(w)

MEN'S 200 METERS **TIME**

Jordan Willis	20.97
Jay Pendarvis	21.08(w)
Nigal Davis	21.59
Jerlan Fish	22.22
Will Trent	22.29

MEN'S 400 METERS **TIME**

Jordan Willis	45.70
Jay Pendarvis	47.40
Nigal Davis	49.16
Will Trent	49.18
Matt Jean-Pierre	49.76

MEN'S 800 METERS **TIME**

Conor Murphy	1:48.51
Ethan Zeh	1:49.07
Liam Bellamy	1:50.36
Wes Porter	1:51.72
Davis Young	1:52.19

MEN'S 1,500 METERS **TIME**

Wes Porter	3:39.73
Ka'eo Kruse	3:40.04
Nathan Mountain	3:40.99
Yasin Sado	3:41.22
Conor Murphy	3:41.49

MEN'S 3000 STEEPLECHASE **TIME**

Yasin Sado	8:33.39
Nathan Mountain	8:39.42
Ka'eo Kruse	8:52.63

MEN'S 5000 METERS **TIME**

Wes Porter	13:36.84
Yasin Sado	13:42.84
Rohann Asfaw	13:51.23
Justin Wachtel	14:02.48
Jacob Hunter	14:05.61

MEN'S 10000 METERS **TIME**

Rohann Asfaw	28:53.84
Peter Morris	30:07.99
Justin Wachtel	30:14.40
Harry Monroe	30:25.27
Johnny Rogers	30:36.90

MEN'S 110M HURDLES **TIME**

Jeremiah Wilson	14.37
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MEN'S 400M HURDLES **TIME**

Alex Sherman	52.42
Jeremiah Wilson	54.72

MEN'S HIGH JUMP **MARK**

Jacob Kelly	2.04m
Derek Pekar*	2.01m

MEN'S POLE VAULT **MARK**

Colin Duignan	5.03m
Kyle Mosteller	4.81m
Tyler Lynch	4.67m
Kane Aldrich	4.66m
Derek Pekar*	4.66m

MEN'S LONG JUMP **MARK**

Owayne Owens	7.28m
Ayende Watson	7.28m
Heldi Valikaj	7.27m

MEN'S TRIPLE JUMP **MARK**

Owayne Owens	16.61m
Heldi Valikaj	14.98m
Dejon Mayo	14.35m

MEN'S SHOT PUT **MARK**

Claudio Romero	17.59m
Evangelos Fradelakis	13.51m

MEN'S DISCUS **MARK**

Claudio Romero	67.02m
Jacob Lemmon	58.02m

MEN'S HAMMER **MARK**

Evangelos Fradelakis	64.22m
Jacob Lemmon	62.59m
John Fay	55.78m

MEN'S JAVELIN **MARK**

Ethan Dabbs	82.92m
Thomas Dickinson	60.55m

4x100m **TIME**

Kelly, Willis, Pendarvis, Davis	40.83
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4x400m **TIME**

Pendarvis, Sherman	3:09.69
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Davis, Willis

(w) Wind assistance

* Multis athlete

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^	59.06m (193' 9")	2022
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

^ at National Sports Festival in Nigeria

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

WOMEN'S RELAY RECORDS

4x100

1.	43.75	Jefferson Seaman, Bonnick , Hazzard	2021
3.	43.90	Jefferson, Seaman , Caldwell, Bonnick	2021
3.	44.36	Bonnick , Hazzard, Seaman , Jefferson	2021
4.	44.92	Leonard, Hazzard, Woodley, Jefferson	2019
5.	45.02	Bonnick , Caldwell, Seaman , Jefferson	2021

4x400

1.	3:30:44	Jefferson, Seaman, Meyer , Knight	2021
2.	3:32.35	Jefferson, Seaman, Seasholtz , Knight	2021
3.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985
5.	3:36.42	Randolph, Otey, Gore, Doe	2003

MEN'S RELAY RECORDS

4x100

1.	40.25	Randolph, Archer, Brown, Palmer	1984
2.	40.37	Bonner, Jones, Abdulrazaaq, Paschal	2008
3.	40.46	Hagwood, Clark, Young, Kimball	2002
4.	40.68	Scott, Barber, Barber, Howard	1994
5.	40.71	Peerman, Lee, Jones, Blassingame	2007

4x400

1.	3:07.11	Anding, Roller, Bryan, Hazzard	2012
2.	3:07.14	Kugrat, Johnson, Brook, Ereng	1988
3.	3:08.20	Muth, Williams, Williams, Bruce	1979
4.	3:08.30	Kiley, Bowman, Carrington, Dixon	2017
5.	3:08.34	Willis , Shirley, Outlaw, Lint	2018



WOMEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1. Jada Seaman**11.44****'21**
2. Kayla Bonnick**11.51****'21**
3. Kelly Miller11.70 '96
4. Kiamesha Otey11.72 '00
5. Talia Wise11.85 '06

200 METERS

1. Jada Seaman**23.22****'21**
2. Kayla Bonnick**24.01****'21**
3. Peyton Chaney24.02 '13
4. Leslie Satchell24.04 '95
5. Kelly Miller24.14 '96

400 METERS

1. Jordan Lavender53.44 '12
2. Lisa Garrett54.14 '81
3. Andrea Wright54.80 '14
4. Chimere Ezumah54.87 '14
5. Michelle Samuels55.15 '91

800 METERS

1. Mia Barnett**2:06.11****'22**
2. Keara Seasholtz**2:06.12****'21**
3. Vanessa Fabrizio2:06.76 '12
2. Alahna Sabbakhan**2:07.25****'21**
4. Morgane Gay2:08.29 '09
5. Ellie Desmond**2:08.52****'21**

1,500 METERS

1. Mia Barnett**4:11.32****'22**
2. Morgane Gay4:15.56 '09
3. Lesley Welch4:16.84 '82
4. Margot Appleton**4:17.17****'22**
5. Lisa Welch4:17.60 '82

5,000 METERS

1. Chelsea Ley16:12.62 '12
2. Maria Hauger16:14.18 '14
3. Margot Appleton**16:17.51****'22**
4. Lesley Welch16:21.60 '82
5. Sarah Fakler16:22.19 '14

10,000 METERS

1. Jen Flack34:14.12 '14
2. Sarah Fakler34:15.20 '14
3. Maria Hauger34:16.28 '14
4. Beni Gras34:34.17 '91
5. Katherine Walker35:31.42 '11

100-METER HURDLES

1. Ciara Leonard13.67 '16
- Alexis Woodley13.67 '17
3. Lauren Echko13.86 '06
4. Kim Turko13.93 '98
5. Alisha Tucker14.03 '93

400-METER HURDLES

1. Angela Lee57.64 '96
2. Erin Crawford58.56 '04
3. Karen Hatchett59.49 '82
4. Ayla Smith60.02 '07
5. Kristina Chapman60.83 '08

3,000m STEEPLECHASE

1. Stephanie Garcia10:15.83 '07
2. Sara Sargent10:49.81 '14
3. Kendall Cowne10:54.54 '14
4. Kiera Bothwell10:55.59 '18
5. Janine Ricci10:55.86 '04

HIGH JUMP

1. Ann Bair1.86m (6' 1.25") '80
2. Meggie Schuelke1.76m (5' 9.25") '04
3. Pearl Bickersteth1.74m (5' 8.5") '10
4. Susan Brownell1.73m (5' 8") '80
5. Emily Kianka1.72m (5' 7.75") '11

POLE VAULT

1. Bridget Guy4.11m (13'5.75") '15
2. Maya Maloney**4.08m (13' 4.5")****'21**
3. Theresa Demaria3.93m (12' 10.75") '17
4. Trina Barcarola**3.83m (12' 6.75")****'21**
- Gabriella Recce**3.83m (12' 6.75")****'21**
5. Riley Larsen**3.71m (12' 2")****'21**

LONG JUMP

1. Jada Seaman**6.56m (21' 6.25")****'21**
2. Kelly Miller6.33m (20' 9.25") '96
3. Nicole Kimbrough6.29m (20' 7.75") '94
4. Mia Barron6.22m (20' 5") '16
5. Sonja Fridy6.12m (20' 1") '84
- Khyasia Caldwell6.12m (20' 1") '18

TRIPLE JUMP

1. Dallas Rose12.66m (41' 6.5") '10
2. Atalaya Jones12.49m(40' 11.75") '93
3. Britni Strates12.46m (40' 10.5") '12
4. Mia Barron12.40m (40' 8.25") '16
5. Nadia Saunders**12.36m (40' 6.75")****'21**

SHOT PUT

1. **Maria Deaviz17.18m (56' 4.5") '21**
2. Brittany Jones15.69m (51'5.75") '18
3. Emily Vannoy15.30m (50' 2.5") '10
4. Christine Bohan14.62m (47-11.75) '14
5. Maureen Laffan14.58m (47' 10") '09
6. Kristi Martin13.99m(45'10.75") '97

DISCUS

1. Julia Solo52.04m (170' 9") '86
2. Amy Bilmanis51.77m (169' 10") '06
3. **Thelma Krisjandottir... 50.92m (167'1") '19**
4. **Maria Deaviz..... 48.99m (160' 9") '21**
5. Amy Brown48.77m (160' 0") '95

HAMMER THROW

1. Eva Mustafic61.18m (200'9") '19
2. **Jada Marsh..... 55.05m (180' 7") '22**
3. Elise Mitchell54.46m (178' 8") '00
4. Brittany Jones53.80m (176'6") '18
5. Amy Bilmanis47.68m (156' 5") '06

JAVELIN

1. Ann Crouse50.85m (166' 10") '95
2. Inge Jorgensen50.24m (164' 10") '00
3. Caitlin Mautz44.62m (146' 5") '15
4. Meghan Briggs44.45m (145' 10") '07
5. Tara Karin43.64m (143'2") '09

HEPTATHLON

1. Susan Brownell5,419 '80
2. Ann Bair5,340 '80
3. Rebecca Grube4,996 '92
4. Alana Herran4,771 '16
5. Katie Kiladis4,610 '95

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



MEN'S OUTDOOR FRESHMAN RECORDS

100 METERS

1. Gerald Howard	10.46	'93
2. Jason Dickerson	10.50	'77
3. Reuben Jones	10.65	'05
4. Edwin Brown	10.76	'81
5. Ben Julien	10.84	'96

200 METERS

1. Gerald Howard	20.90	'93
2. Conlon Bonner	21.28	'08
3. Jordan Willis	21.70	'18
4. Scott Kimball	21.78	'00
5. Alfred Shirley	21.78	'18

400 METERS

1. Alfred Shirley	45.84	'18
2. Meikle Paschal	46.61	'08
3. Ben Kurgat	46.96	'88
4. Payton Hazzard	47.29	'12
5. Jordan Willis	47.11	'18

800 METERS

1. Paul Ereng	1:44.31	'88
2. Robby Andrews	1:45.54	'10
3. Lance Roller	1:47.88	'09
4. Conor Murphy	1:48.57	'21
5. Anthony Kostelac	1:49.02	'11

1,500 METERS

1. Nathan Mountain	3:40.99	'22
2. Robby Andrews	3:41.09	'10
3. Wes Porter	3:41.98	'21
4. Matthew Novak	3:45.35	'16
5. John Hinton	3:46.10	'82

5,000 METERS

1. Wes Porter	13:51.41	'21
2. Kyle King	13:55.60	'12
3. Lachlan Cook	13:58.01	'17
4. Andy Biladeau	14:06.73	'06
5. Emil Heineking	14:11.40	'08

10,000 METERS

1. Adam Visokay	29:14.50	'14
2. Lachlan Cook	29:18.20	'17
3. Brent Demarest	29:32.72	'15
4. Chase Weaverling	29:39.30	'15
5. Zach Herriott	29:45.35	'14

110m HURDLES

1. Kevin Williams	14.14	'77
2. Adams Abdulrazaaq	14.19	'08
3. Ronde Barber	14.22	'94
4. Mike Abidin	14.27	'82
5. Jarrett Hagwood	14.34	'02

400m HURDLES

1. Alfred Shirley	51.30	'18
2. Karl Williams	51.77	'77
3. Adams Abdulrazaaq	51.79	'08
4. Alex Sherman	52.42	'22
5. Greg Nelson	52.43	'08

3,000m STEEPLECHASE

1. Nathan Mountain	8:39.42	'22
2. Yasin Sado	8:55.14	'21
3. John Hinton	8:58.21	'82
4. Colin Mearns	9:03.92	'11
5. Jim Hays	9:10.69	'82

HIGH JUMP

1. Herman Moore	2.19m (7' 2.25")	'88
2. Greg Byers	2.17m (7' 1.25")	'81
3. Trey Causey	2.13m (6' 11.75")	'19
4. Mike Riso	2.10m (6' 10.75")	'02
5. Tommy Devita	2.04m (6' 8.25")	'11

POLE VAULT

1. Sam Young	5.09m (16' 8.25")	'17
2. Brain Shafer	5.05m (16' 6.75")	'90
3. David Sullivan	4.90m (16' 0.75")	'03
4. Jake Williams	4.88m (16' 0")	'01
5. Greg Blair	4.82m (15' 9.75")	'03

LONG JUMP

1. Jordan Scott	7.54m (24' 9")	'17
2. Greg Byers	7.33m (24' 0.5")	'81
3. Stephen Dunphy	7.30m (23' 11.5")	'90
4. Heldi Valikaj	7.27m (23' 9.5")	'22
5. Marcus Robinson	7.25m (23' 9.5")	'08

TRIPLE JUMP

1. Jordan Scott	16.44m (53' 11.25")	'17
2. Keith Witherspoon	15.96m (52' 4.5")	'72
3. Greg Byers	15.29m (50' 2")	'81
4. Ryan Satchell	15.25m (50' 0.5")	'12
5. Marcus Robinson	14.91m (48' 11")	'08

SHOT PUT

1. Filip Mihaljevic	19.56m (64' 2.25")	'14
2. Oghenakpobo Efekoro	19.53m (64' 1")	'16
3. Nick Vena	19.51m (64' 0.25")	'12
4. Claudio Romero	18.47m (60' 7.25")	'21
5. Mike Theuerkauf	15.90m (52' 2")	'89

DISCUS

1. Claudio Romero	65.78m (215' 10")	'21
2. Filip Mihaljevic	60.41m (198' 2")	'14
3. Jacob Lemmon	58.54m (191' 1")	'21
4. Larry Wilson	55.45m (181' 11")	'96
5. John Fay	55.78m (183' 0")	'22

HAMMER THROW

1. Hilmar Jonsson	71.52m (234' 8")	'16
2. Jacob Lemmon	66.16m (217' 0")	'21
3. Bill Johnston	57.89m (189' 11")	'00
4. John Fay	55.78m (183' 0")	'22
4. Robert Guider	55.68m (182' 8")	'10

JAVELIN

1. Ethan Dabbs	76.04m (249' 6")	'19
2. Brian Kollar	68.53m (224' 10")	'99
3. Steve Kessling	68.25m (223' 11")	'90
4. Thomas Dickinson	60.55m (198' 8")	'22
5. Anthony Bouselli	58.96m (193' 5")	'15

DECATHLON

1. Jack Lint	7,179	'15
2. Sean Sullivan	6,847	'96
3. Stephen Dunphy	6,711	'90
4. John Brian	6,626	'78
5. Cam Collins	6,485	'15

Current Cavaliers in Bold

All-time lists are based on a student-athlete's best time/mark



NON-NCAA EVENT RECORDS

INDOOR - WOMEN

55 Meters			
6.82	Sonja Fridy	1986	
55m Hurdles			
7.90	Michele Johnson	1986	
60 Yards			
6.9h	Brenda Brown	1981	
60y Hurdles			
7.8h	Susan Brownell	1982	
300 Meters			
33.62	Jordan Willis	2020	
440 Yards			
54.0h	Lisa Garrett	1981	
500 Meters			
1:09.89	Sonja Fridy	1987	
600 Yards			
1:24.67	Phyllis Buber	1985	
600 Meters			
1:31.58	Keara Seasholtz	2021	
880 Yards			
2:10.27	Kim Kelly	1985	
1,000 Meters			
2:44.40	Sandy Schuler	1985	
1,000 Yards			
2:30.43	Kim Kelly	1985	
1,500 Meters			
4:17.24	Margaret Groos	1981	
Two-Mile			
9:52.3h	Margaret Groos	1980	
Three-Mile			
15:25.25	Martha White	1982	
4x800m Relay			
8:55.19	Fabrizio, Weatherly, Gnade, Garcia	2011	

INDOOR - MEN

55 Meters			
6.21	Bruce Randolph	1984	
55m Hurdles			
7.33	Robert Archer	1984	
60 Yards			
6.0h	Kent Merritt	1972	
300 Meters			
34.04	Jordan Willis	2021	
440 Yards			
49.9h	John Morris	1970	
500 Meters			
1:02.44	Paul Ereng	1988	
500 Yards			
1:02.79	David Revelle	1983	
600 Meters			
1.11.99	Dwayne Brake	1983	
600 Yards			
109.8h	David Revelle	1983	
880 Yards			
1:56.1h	James Wood	1973	
1,000 Meters			
2:20.57	Ray Brown	1984	
1,000 Yards			
2:07.31	Ray Brown	1984	
1,500 Meters			
3:45.04	John Hinton	1985	
Two-Mile			
8:40.49	Kris Herdt	1987	
Three-Mile			
13:43.03	Colin Peddie	1985	
Pentathlon			
3,915	Stephen Dunphy	1991	
4x800m Relay			
7:26.49	Vrhovac, A. Bowman, Taye, Andrews	2010	

OUTDOOR - WOMEN

3,000 Meters			
9:07.84	Margaret Groos	1979	
2,000m Steeplechase			
6:59.52	Sara Sargent	2014	
Old Javelin			
55.98m (183' 8")	Julia Solo	1989	
4x200m Relay			
1:36.25	Chaney, McKenzie, Wright, Lavender	2015	
4x800m Relay			
8:32.13	Bryant, Nicholson, Welch, Haworth	1982	
4x1,500m Relay			
17:48.76	Downey, Schuler, McBride, Rowen	1987	
Distance Medley Relay			
10:57.13	Gay, Smith, Harper, Garcia	2011	

OUTDOOR - MEN

100 Yards			
9.3h	Kent Merritt	1973	
220 Yards			
20.6s	Tony Sepp	1960	
440 Yards			
47.7h	John Morris	1970	
120y Hurdles			
13.8h	Kevin Williams	1977	
400y Hurdles			
50.9h	Karl Williams	1977	
3,000 Meters			
8:14.33	Brent Demarest	2015	
Old Javelin			
72.24m (237' 0")	Ed Mikula	1978	
4x200m Relay			
1:25.30	Virginia	2002	
4x800m Relay			
7:12.15	Johnson, Roller, Kostelac, Andrews	2011	
4x1,500m Relay			
15:09.34	Sullivan, Brown, Hodge, Draddy	1981	
4xMile Relay			
16:22.49	Taye, Tschirhart, Heineking, Jesien	2009	
Distance Medley Relay			
9:25.56	Revelle, Hinton, Brown, Draddy	1983	
Shuttle Hurdle Relay			
57.10	Abidin, Wilks, Word, Archer	1982	
Sprint Medley Relay			
3:15.20	Palmer, Archer, E. Brown, R. Brown	1984	



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	Laura Igaune	Latvia	69.56m (228'2")	2019
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	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	Moirá 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

VIRGINIA CUP WOMEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Peyton Chaney	Virginia	11.68	2015
200 meters	Le'Quisha Parker	Hampton	23.72	2014
400 meters	Ciarra Morris	James Madison	55.42	2013
800 meters	Ce'aira Brown	Hampton	2:11.45	2014
1,500 meters	Iona Lake	Virginia	4:27.10	2015
3,000 meters	Kathleen Stevens	Virginia	10:05.92	2014
100-meter hurdles	Breana Norman	Hampton	13.60	2014
400-meter hurdles	Ansley Gebben	Liberty	1:01.25	2014
2,000-meter steeplechase	Sara Sargent	Virginia	6:59.52	2014
3,000-meter steeplechase	Betel Yosef	Liberty	11:15.39	2013
4x100-meter relay	Rose, Wright, Chaney, Lavender	Virginia	45.19	2014
4x400-meter relay	Ezumah, Fabrizio, Brickhill, Smith	Virginia	3:43.20	2014
High Jump	Moira Cronin	Virginia	1.70m (5' 7")	2013
Pole Vault	Bridget Guy	Virginia	3.80m (12' 5.5")	2015
Long Jump	Edy Ndem	Virginia	6.01m (19' 8.75")	2014
Triple Jump	Dallas Rose	Virginia	12.93m (42' 5.25")	2014
Shot Put	Christine Bohan	Virginia	15.96m (52' 4.5")	2015
Discus Throw	Mychelle Cumings	Liberty	49.92m (163' 9")	2015
Hammer Throw	Jennifer Nicholson Smith	Liberty	50.76m (166' 6")	2015
Javelin Throw	Abbey Karin	Virginia	45.63m (149' 8")	2014

VIRGINIA CUP MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	ConRoy Smith	Liberty	10.57	2014
200 meters	ConRoy Smith	Liberty	21.37	2014
400 meters	Stephen Racanelli	Liberty	48.09	2015
800 meters	John Sherret	Liberty	1:52.52	2015
1,500 meters	Drew Paisley	Virginia	3:57.00	2013
3,000 meters	Thomas Porter	Virginia	8:35.23	2014
110-meter hurdles	Vincent Wyatt	Radford	13.72	2014
400-meter hurdles	Andre Washington	Liberty	53.95	2013
	Ryan Davis	Liberty	53.95	2015
3,000-meter steeplechase	Sam Hush	VCU	9:30.88	2013
4x100-meter relay	Spruel, Washington, Williams, Robbins	Liberty	41.12	2013
4x400-meter relay	Black, Okezie, Ibadin, Hutchison	Hampton	3:12.40	2014
High Jump	Tommy DeVita	Virginia	2.05m (6' 8.75")	2013
Pole Vault	Cody Bingham	Liberty	4.90m (16' 0.75")	2013
	Ken Ritchey	Liberty	4.90m (16' 0.75")	2015
Long Jump	Aklesso Agama	Liberty	7.32m (24' 0.25")	2015
Triple Jump	Ryan Satchell	Virginia	15.71m (51' 6.5")	2014
Shot Put	Jordan Young	Virginia	18.64m (61' 2")	2015
Discus Throw	Filip Mihaljevic	Virginia	60.11m (197' 2")	2014
Hammer Throw	Ryan Smith	Liberty	54.75m (179' 7")	2013
Javelin Throw	Steve Feister	Liberty	67.65m (221' 11")	2015

VIRGINIA GRAND PRIX 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
400 meters	Mary Wineberg	NYAC	52.06	2012
800 meters	Michaela Meyer	Virginia	2:01.82	2021
1,500 meters	Nicole Sifuentes	Saucony	4:09.35	2015
5,000 meters	Rachele Schulist	Michigan State	15:36.33	2015
10,000 meters	Tara Jameson	Iona	33:38.50	2016
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	Walker, Barnes, Hannan, Cavin	Ohio State	3:34.00	2015
High Jump	Moira Cronin/Madeline Fagan	Virginia/Georgia	1.83m (6' 0")	2013/2017
Pole Vault	Bridge Guy	Virginia	4.46m (14' 7.5")	2018
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	Nikki Okwelogu	Harvard	16.78m (55' 0.75")	2015
Discus Throw	Katelyn Daniels	Michigan State	56.04m (183' 10")	2015
Hammer Throw	Jillian Weir	Canada	66.13m (216' 11")	2017
Javelin Throw	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

VIRGINIA GRAND PRIX MEN'S RECORDS

Event	Name	Affiliation	Time/Mark	Date
100 meters	Mark Jelks	USA	10.20	2014
200 meters	Segun Makinde	Ottawa	20.56	2014
	Rondell Sorrillo	Nike	20.56	2016
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
5,000 meters	Chartt Miller	Iona	13:49.60	2017
10,000 meters	Arsene Guillourel	Samford	29:00.69	2018
110-meter hurdles	Vincent Wyatt	Radford	13.65	2014
400-meter hurdles	Bershawn Jackson	USA	48.76	2014
3,000-meter steeplechase	Ole Hesselbjerg	Eastern Kentucky	8:33.78	2015
4x100-meter relay	Moffett, Smith, Chisena, Kowalchuk	Penn State	39.49	2017
4x400-meter relay	Bruton, Page, Faust, Blanks	Ohio State	3:05.91	2015
High Jump	Ryan Lockard	Minnesota	2.20m (7' 2.5")	2016
Pole Vault	Noah Gary	Michigan State	5.35m (17-6.5)	2017
Long Jump	Luca Wieland	Minnesota	7.91m (25' 11.5")	2016
Triple Jump	Olu Olamigoke	Nigeria	16.73m (54' 10.75")	2014
Shot Put	Filip Mihaljevic	Virginia	20.52m (67' 4")	2017
Discus Throw	Eshan Hadadi	Iran	64.01m (210' 0")	2013
Hammer Throw	Sean Donnelly	Minnesota	73.31m (240' 6")	2016
Javelin Throw	Andy Farhinger	Heart Care Group	76.54m (251' 1")	2013