

### WOMEN'S 2023 SEASON-BEST OUTDOOR PERFORMANCES

<b>WOMEN'S 100 METERS</b>	<b>TIME</b>	<b>WOMEN'S 5000 METERS</b>	<b>TIME</b>	<b>WOMEN'S SHOT PUT</b>	<b>MARK</b>
Sarah Akpan	11.34(w)	Margot Appleton	15:36.28	Ashley Anumba	16.19m
Kayla Bonnick	11.36(w)	Sophie Atkinson	16:12.68	Janae Profit	15.75m
Jada Pierre	11.45(w)	Anna Workman	16:52.95	Kaiya Sanders	15.50m
Jada Seaman	11.47	Lila Fenner	18:05.99	Brooke Lumpkin	15.17m
Aryana Boostani	12.34			Alix Still*	11.79m
<b>WOMEN'S 200 METERS</b>	<b>TIME</b>	<b>WOMEN'S 10,000 METERS</b>	<b>TIME</b>	<b>WOMEN'S DISCUS</b>	<b>MARK</b>
Jada Seaman	23.51	Sophie Atkinson	33:53.56	Ashley Anumba	61.13m
Sarah Akpan	23.57	Addison Cox	35:07.90	Janae Profit	52.45m
Kayla Bonnick	23.86			Kaiya Saunders	50.16m
Jada Pierre	24.31	<b>WOMEN'S 100M HURDLES</b>	<b>TIME</b>	Jada Marsh	40.26m
Alix Still*	24.79	Alix Still*	13.68		
		Jada Pierre	13.73	<b>WOMEN'S HAMMER</b>	<b>MARK</b>
<b>WOMEN'S 400 METERS</b>	<b>TIME</b>	<b>WOMEN'S 400M HURDLES</b>	<b>TIME</b>	Bree Lumpkin	58.54m
Alahna Sabbakhan	54.67	Emily Alexandru	58.37	Jada Marsh	55.19m
Abby Comella	57.50	Sophia Akpan	1:02.37	Morgan Johnson	51.99m
Esther Seeland	58.88			<b>WOMEN'S JAVELIN</b>	<b>MARK</b>
Sophia Akpan	59.92	<b>WOMEN'S HIGH JUMP</b>	<b>MARK</b>	Brooke Lumpkin	40.30m
Aryana Boostani	1:00.35	Carly Tarentino	1.75m	Kaiya Saunders	38.70m
		Alix Still*	1.66m	Abigail Meckes	37.99m
<b>WOMEN'S 800 METERS</b>	<b>TIME</b>	<b>WOMEN'S POLE VAULT</b>	<b>MARK</b>	Alix Still*	37.77m
Esther Seeland	2:04.21	Sam Romano	4.28m	Bree Lumpkin	34.27m
Keara Seasholtz	2:05.73	Hanne Borstlap	4.18m		
Amelia Maughan	2:12.38	Trina Barcarola	4.09m	<b>WOMEN'S HEPTATHLON</b>	<b>POINTS</b>
Claire Frazier Bolton	2:12.46	Maya Maloney	4.00m	Alix Still	5662
Lily James	2:12.69	Caroline Dannenbaum	3.98m		
<b>WOMEN'S 1,500 METERS</b>	<b>TIME</b>	<b>WOMEN'S LONG JUMP</b>	<b>MARK</b>	<b>4x100m</b>	<b>TIME</b>
Margot Appleton	4:08.96	Jada Seaman	6.26m	Bonnick, Seaman	43.71
Esther Seeland	4:12.55	Alix Still *	6.17m	Pierre, Akpan	
Anna Workman	4:14.65	Jordan Hardy	6.04m		
Ellie Desmond	4:25.86	Tara Zeni	5.67m	<b>4x400m</b>	<b>TIME</b>
Sophie Atkinson	4:27.50			Akpan, Seaman	3:35.77
		<b>WOMEN'S TRIPLE JUMP</b>	<b>MARK</b>	Sabbakhan, Alexandru	
		Jordan Hardy	13.41m		

### MEN'S 2023 SEASON-BEST OUTDOOR PERFORMANCES

<b>MEN'S 100 METERS</b>	<b>TIME</b>	<b>MEN'S 10000 METERS</b>	<b>TIME</b>	<b>MEN'S TRIPLE JUMP</b>	<b>MARK</b>
Nigal Davis	10.45 (w)	Rohann Asfaw	29:32.07	Owayne Owens	16.61m
Demick Starling	10.46	Justin Diehl	29:43.68		
Jay Pendarvis	10.55 (w)	Andrew Jones	29:43.90	<b>MEN'S SHOT PUT</b>	<b>MARK</b>
Ethan Robinson*	10.73	Nick Karayianis	29:44.44	Henry Sullivan	13.04m
Peter Djan	10.78	Jacob Hunter	30:31.77	Ethan Robinson	12.49m
				Luke Smith	12.21m
<b>MEN'S 200 METERS</b>	<b>TIME</b>	<b>MEN'S 110M HURDLES</b>	<b>TIME</b>	Elby Omohundro	11.97m
Jay Pendarvis	21.05(w)	Peter Djan	14.70		
Jaden Lyons	21.50	Ethan Robinson	14.85	<b>MEN'S DISCUS</b>	<b>MARK</b>
Nigal Davis	21.70(w)	Henry Sullivan*	15.13	David Frasier*	42.23m
Demick Starling	21.71	Luke Smith*	16.08	Elby Omohundro*	41.90m
Jerlan Fish	21.86			Ethan Robinson*	38.06m
<b>MEN'S 400 METERS</b>	<b>TIME</b>	<b>MEN'S 400M HURDLES</b>	<b>TIME</b>	Luke Smith*	37.34m
Jaden Lyons	47.56	Alex Sherman	51.09	Henry Sullivan*	37.04m
Evans White IV	47.88			<b>MEN'S HAMMER</b>	<b>MARK</b>
Luke Schroeder	48.40	<b>MEN'S 3000 STEEPLECHASE</b>	<b>TIME</b>	John Fay	63.72m
Tom Corel	48.40	Nate Mountain	8:32.05		
Jay Pendarvis	48.92	Derek Johnson	8:33.82	<b>MEN'S JAVELIN</b>	<b>MARK</b>
		Yasin Sado	8:42.48	Ethan Dabbs	80.82m
<b>MEN'S 800 METERS</b>	<b>TIME</b>	<b>MEN'S HIGH JUMP</b>	<b>MARK</b>	Tyler Zawatski	64.70m
Conor Murphy	1:46.43	Ethan Robinson*	1.95m	Thomas Dickinson	61.22m
Gary Martin	1:47.74	Elby Omohundro*	1.94m	Ethan Robinson*	48.48m
Kenton Bachmann	1:48.56	David Frasier*	1.88m	Luke Smith*	45.19m
Liam Bellamy	1:49.00	Henry Sullivan*	1.64m		
Myles Plummer	1:50.82			<b>MEN'S DECATHLON</b>	<b>POINTS</b>
<b>MEN'S 1,500 METERS</b>	<b>TIME</b>	<b>MEN'S POLE VAULT</b>	<b>MARK</b>	Henry Sullivan	5,694
Gary Martin	3:39.53	Justin Rogers	5.00m		
Nate Mountain	3:39.68	Tyler Lynch	4.88m	<b>4x100m</b>	<b>TIME</b>
Conor Murphy	3:39.75	Kyle Mosteller	4.75m	Pendarvis, Davis,	40.57
Yasin Sado	3:40.67	Ethan Robinson*	4.30m	Fish, Djan	
Wes Porter	3:41.51	Elby Omohundro*	4.25m		
<b>MEN'S 5000 METERS</b>	<b>TIME</b>	<b>MEN'S LONG JUMP</b>	<b>MARK</b>	<b>4x400m</b>	<b>TIME</b>
Derek Johnson	13:45.51	Owayne Owens	7.59m	Corel, Sherman	3:08.66
Jack Eliason	13:47.07	Heldi Valikaj	7.34m	White IV, Lyons	
Nathan Mountain	13:48.25	Elby Omohundro*	6.89m		
Wes Porter	14:02.62	Ethan Robinson	6.67m		
Justin Diehl	14:04.23	Luke Smith	6.55m		

### OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
<b>200 meters</b>	<b>Jada Seaman</b>	<b>23.06</b>	<b>2022</b>
400 meters	Sonja Fridy	51.93	1987
800 meters	Michaela Meyer	2:00.28	2021
1,500 meters	Michaela Meyer	4:04.02	2021
<b>5,000 meters</b>	<b>Margot Appleton</b>	<b>15:36.28</b>	<b>2023</b>
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
<b>4x100-meter relay</b>	<b>Bonnick, Seaman, Pierre, Akpan</b>	<b>43.71</b>	<b>2023</b>
<b>4x400-meter relay</b>	<b>Jefferson, Seaman, Meyer, Knight</b>	<b>3:30.44</b>	<b>2021</b>
High Jump	Ann Bair	1.88m (6' 2")	1983
Pole Vault	Bridget Guy	4.46m (14' 7.5")	2018
Long Jump	Dana Boone	6.65m (21' 9.75")	1990
Triple Jump	Kelly McKee	13.70m (44' 11.5")	2019
<b>Shot Put</b>	<b>Maria Deaviz</b>	<b>17.32m (56' 10")</b>	<b>2022</b>
<b>Discus Throw</b>	<b>Ashley Anumba</b>	<b>61.56m (201' 11")</b>	<b>2023</b>
Hammer Throw	Jade Baker	63.61m (208' 8")	2019
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
<b>Heptathlon</b>	<b>Alix Still</b>	<b>5,662 points</b>	<b>2023</b>

\* 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
<b>400 meters</b>	<b>Jordan Willis</b>	<b>45.70</b>	<b>2022</b>
800 meters	Paul Ereng	1:43.16	1989
1,500 meters	Henry Wynne	3:38.05	2016
<b>5,000 meters</b>	<b>Wes Porter</b>	<b>13:36.84</b>	<b>2022</b>
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
<b>3,000-meter steeplechase</b>	<b>Derek Johnson*</b>	<b>8:25.23</b>	<b>2023</b>
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25")	2021
Pole Vault	David Sullivan	5.35m (17' 6.75")	2005
Long Jump	Jordan Scott	7.83m (25' 8.25")	2019
Triple Jump	Jordan Scott	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	21.30m (69' 10.75")	2017
<b>Discus Throw</b>	<b>Claudio Romero</b>	<b>67.02m (219' 10")</b>	<b>2022</b>
Hammer Throw	Hilmar Jonsson	75.26m (246' 11")	2019
<b>Javelin Throw</b>	<b>Ethan Dabbs</b>	<b>82.92m (273' 0")</b>	<b>2022</b>
Decathlon	Stephen Dunphy	7,920 points	1992

\*at Elliott Denman NJ International

### WOMEN'S RELAY RECORDS

#### 4x100

1.	<b>43.71</b>	<b>Bonnick, Seaman, Pierre, Akpan</b>	<b>2023</b>
2.	<b>43.75</b>	Jefferson <b>Seaman, Bonnick</b> , Hazzard	<b>2021</b>
3.	<b>43.90</b>	Jefferson, <b>Seaman</b> , Caldwell, <b>Bonnick</b>	<b>2021</b>
4.	<b>44.24</b>	<b>Akpan, Bonnick, Pierre, Seaman</b>	<b>2023</b>
5.	<b>44.36</b>	<b>Bonnick</b> , Hazzard, <b>Seaman</b> , Jefferson	<b>2021</b>

#### 4x400

1.	<b>3:30:44</b>	Jefferson, <b>Seaman, Meyer</b> , Knight	<b>2021</b>
2.	<b>3:32.35</b>	Jefferson, <b>Seaman, Seasholtz</b> , Knight	<b>2021</b>
3.	3:35.74	Ezumah, Lavender, Fabrizio, Wright	2014
4.	<b>3:35.77</b>	<b>Akpan, Seaman, Sabbakhan, Alexandru</b>	<b>2023</b>
5.	3:36.24	Fridy, Crockett, Buber, Fitzpatrick	1985

### 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.	<b>40.57</b>	<b>Davis, Djan, Pendarvis, Fish</b>	<b>2023</b>
5.	40.68	Scott, Barber, Barber, Howard	1994

#### 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	<b>Willis</b> , Shirley, Outlaw, Lint	2018



### WOMEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

#### 100 METERS

1.	Halle Hazzard*	11.20	'19
2.	Sonja Fridy	11.36	'87
3.	<b>Kayla Bonnick</b>	<b>11.42</b>	<b>'23</b>
4.	Kiamesha Otey	11.43	'01
	<b>Jada Seaman</b>	<b>11.43</b>	<b>'22</b>
6.	Kelly Miller	11.48	'99
7.	<b>Sarah Akpan</b>	<b>11.52</b>	<b>'23</b>
8.	Pam Lemons	11.57	'93
9.	<b>Jada Pierre</b>	<b>11.62</b>	<b>'23</b>
10.	Tori McKenzie	11.63	'17

\* at NACAC U18/U23 Championships 2019 in Mexico

#### 200 METERS

1.	<b>Jada Seaman</b>	<b>23.06</b>	<b>'22</b>
2.	Sonja Fridy	23.17	'87
3.	Anna Jefferson	23.39	'19
4.	Jordan Lavender	23.42	'14
5.	Kiamesha Otey	23.46	'03
6.	Peyton Chaney	23.50	'16
7.	<b>Sarah Akpan</b>	<b>23.57</b>	<b>'23</b>
8.	Kelly Miller	23.61	'99
9.	Halle Hazzard	23.68	'19
10.	Janne'a Bridgeford	23.69	'08

#### 400 METERS

1.	Sonja Fridy	51.93	'87
2.	Anna Jefferson	52.39	'18
3.	Jordan Lavender	52.48	'14
4.	Lisa Garrett	52.64	'83
5.	Carielle Doe	53.22	'03
6.	Angela Lee	54.05	'98
7.	Michelle Samuels	54.59	'92
8.	<b>Alahna Sabbakhan</b>	<b>54.67</b>	<b>'23</b>
9.	Andrea Wright	54.80	'14
10.	Talia Wise	54.81	'08

#### 800 METERS

1.	Michaela Meyer	2:00.28	'21
2.	Gail Bryant	2:04.21	'85
	<b>Esther Seeland</b>	<b>2:04.21</b>	<b>'23</b>
4.	Vanessa Fabrizio	2:04.77	'14
5.	Kim Kelly	2:05.23	'84
6.	Vicky Fouhy	2:05.55	'13
7.	<b>Keara Seasholtz</b>	<b>2:05.73</b>	<b>'23</b>
8.	Lyndsay Harper	2:05.84	'11
9.	<b>Alahna Sabbakhan</b>	<b>2:05.97</b>	<b>'22</b>
10.	Mia Barnett	2:06.11	'22

#### 1,500 METERS

1.	Michaela Meyer	4:04.02	'21
		*4:09.78	'21
2.	<b>Margot Appleton</b>	<b>4:08.96</b>	<b>'23</b>
3.	Mia Barnett	4:11.32	'22
4.	<b>Esther Seeland</b>	<b>4:12.55</b>	<b>'23</b>
5.	Morgane Gay	4:13.20	'12
6.	Vicky Fouhy	4:14.51	'13
7.	<b>Anna Workman</b>	<b>4:14.65</b>	<b>'23</b>
8.	Michelle Rowen	4:15.37	'87
9.	Jill Haworth	4:16.06	'83
10.	Lesley Welch	4:16.54	'82

#### 5,000 METERS

1.	<b>Margot Appleton</b>	<b>15:36.28</b>	<b>'23</b>
2.	Margaret Groos	15:51.24	'80
3.	Patty Matava	15:56.41	'86
4.	Catherine White	16:04.58	'12
5.	Barbara Strehler	16:07.70	'13
6.	Cleo Boyd	16:09.23	'16
7.	Chelsea Ley	16:12.62	'12
8.	<b>Sophie Atkinson</b>	<b>16:12.68</b>	<b>'23</b>
9.	Maria Hauger	16:14.18	'14
10.	Iona Lake	16:15.93	'15

#### 10,000 METERS

1.	Patty Matava	32:58.64	'87
2.	Catherine White	33:07.36	'13
3.	Aileen O'Connor	33:28.20	'81
4.	Hannah Moran	33:38.31	'21
5.	Emily Harrison	33:40.34	'08
6.	Martha White	33:40.50	'83
7.	Kara Scanlin	33:53.32	'07
8.	<b>Sophie Atkinson</b>	<b>33:53.56</b>	<b>'23</b>
9.	Katie Read	33:54.92	'07
10.	Jane Maxwell	33:55.98	'03

#### 100m HURDLES

1.	Ciara Leonard	13.26	'18
2.	Alexis Woodley	13.31	'18
3.	Andrenette Knight	13.37	'21
4.	Ayla Smith	13.51	'09
5.	<b>Alix Still*</b>	<b>13.68</b>	<b>'23</b>
6.	Lauren Echko	13.72	'08
7.	<b>Jada Pierre</b>	<b>13.73</b>	<b>'23</b>
8.	Heather Smith	13.76	'16
9.	Chidi Uche	13.77	'10
10.	Rebecca Grube	13.81	'94

#### 400m HURDLES

1.	Andrenette Knight	55.75	'21
2.	Ayla Smith	56.54	'11
3.	Erin Crawford	56.87	'06
4.	Angela Lee	57.11	'97
5.	Aisha Naibe-Wey	57.84	'16
6.	Alana Herran	58.03	'18
7.	Heather Smith	58.17	'16
8.	<b>Emily Alexandru</b>	<b>58.37</b>	<b>'23</b>
9.	Vivian Scruggs	58.54	'81
10.	Natalie Randolph	58.98	'03

#### 3000m STEEPLECHASE

1.	Stephanie Garcia	9:47.29	'11
2.	Dawn Cleary	9:59.30	'03
3.	Iona Lake	10:01.58	'15
4.	<b>Helena Lindsay</b>	<b>10:02.27</b>	<b>'22</b>
5.	Kiera Bothwell	10:03.88	'21
6.	Melanie Matthews	10:13.31	'02
7.	Vicky Fouhy	10:20.63	'14
8.	Sara Sargent	10:20.64	'15
9.	Janine Ricci	10:24.65	'05
10.	Samantha Stafford	10:36.02	'09

#### HIGH JUMP

1.	Ann Bair	1.88m (6' 2")	'83
2.	Sherry Gould	1.86m (6' 1.25")	'93
3.	Pearl Bickersteth	1.83m (6' 0")	'12
	Moir Cronin	1.83m (6' 0")	'13
5.	Robin Landes	1.81m (5' 11.25")	'88
6.	Rachel Marks	1.79m (5' 10.75")	'06
7.	Meggie Schuelke	1.76m (5' 9.25")	'04
	Emily Kianka	1.76m (5' 9.25")	'12
	<b>Rebecca Hawkins</b>	<b>1.76m (5' 9.25")</b>	<b>'22</b>
10.	Karen DiDonato	1.75m (5' 8.75")	'91
	<b>Carly Tarentino</b>	<b>1.75m (5' 8.75")</b>	<b>'23</b>

#### POLE VAULT

1.	Bridget Guy	4.46m (14' 7.5")	'18
2.	<b>Sam Romano</b>	<b>4.28m (14' 0.5")</b>	<b>'23</b>
3.	<b>Hanne Borstlap</b>	<b>4.18m (13' 8.5")</b>	<b>'23</b>
4.	<b>Trina Barcarola</b>	<b>4.09m (13' 5")</b>	<b>'23</b>
5.	<b>Maya Maloney</b>	<b>4.08m (13' 4.5")</b>	<b>'21</b>
6.	Katie Freix	4.01m (13' 1.75")	'18
7.	<b>Gabriella Recce</b>	<b>3.95m (12' 11.5")</b>	<b>'22</b>
8.	Theresa Demaria	3.93m (12' 10.75")	'17
9.	<b>Caroline Dannenbaum</b>	<b>3.91m (12' 10")</b>	<b>'22</b>
10.	Vika Osipenko	3.81m (12' 6")	'03

#### LONG JUMP

1.	Dana Boone	6.65m (21' 9.75")	'90
2.	<b>Jada Seaman</b>	<b>6.56m (21' 6.25")</b>	<b>'21</b>
3.	Kiamesha Otey	6.54m (21' 5.50")	'02
4.	Sonja Fridy	6.42m (21' 0.75")	'86
5.	Nicole Kimbrough	6.39m (20' 11.50")	'95
6.	Kelly Miller	6.33m (20' 9.25")	'96
	Tomika Ferguson	6.33m (20' 9.25")	'06
8.	Edy Ndem	6.28m (20' 7.25")	'14
9.	Khyasia Caldwell	6.26m (20' 6.5")	'21
10.	Mia Barron	6.22m (20' 5")	'16

#### TRIPLE JUMP

1.	Kelly McKee	13.70m (44' 11.5")	'19
2.	<b>Jordan Hardy</b>	<b>13.41m (44' 0")</b>	<b>'23</b>
3.	Khyasia Caldwell	13.33m (43' 9")	'21
4.	Tomika Ferguson	13.21m (43' 4.25")	'07
5.	Dallas Rose	13.20m (43' 3.75")	'14
6.	Dana Boone	13.05m (42' 9.75")	'91
7.	Mia Barron	12.96m (42' 6.25")	'18
8.	<b>Zoe Rice</b>	<b>12.79m (41' 11.5")</b>	<b>'21</b>
9.	Nacole Guinn	12.71m (41' 8.50")	'01
10.	Jessica Caldwell	12.50m (41' 0.25")	'14

#### SHOT PUT

1.	<b>Maria Deaviz</b>	<b>17.32m (56' 10")</b>	<b>'22</b>
2.	Christine Bohan	16.87m (55' 4.25")	'16
3.	<b>Ashley Anumba</b>	<b>16.19m (53' 1.5")</b>	<b>'23</b>
4.	Brittany Jones	16.17m (53' 0.75")	'19
5.	Eliese Mitchell	16.16m (53' 0.25")	'03
6.	Billie-Jo Grant	15.77m (51' 9")	'06
7.	<b>Janae Profit</b>	<b>15.75m (51' 8.25")</b>	<b>'23</b>
8.	<b>Kaiya Saunders</b>	<b>15.50m (50' 10.25")</b>	<b>'23</b>
9.	Maureen Laffan	15.34m (50' 4")	'10
10.	Emily Vannoy	15.30m (50' 2.5")	'10

#### DISCUS

1.	<b>Ashley Anumba</b>	<b>61.13m (200' 6")</b>	<b>'23</b>
2.	Billie-Jo Grant	56.06m (183' 11")	'08
3.	Kelly Bodiford	54.08m (177' 5")	'93
4.	Erin Wykoff	53.78m (176' 5")	'12
5.	<b>Thelma Kristjansdottir</b>	<b>53.62m (175' 11")</b>	<b>'21</b>
6.	<b>Maria Deaviz</b>	<b>52.58m (172' 6")</b>	<b>'22</b>
7.	<b>Janae Profit</b>	<b>53.45m (172' 1")</b>	<b>'23</b>
8.	Caitlin Kelly	52.37m (171' 10")	'09
9.	Eliese Mitchell	52.17m (171' 2")	'02
10.	Julia Solo	52.04m (170' 9")	'86

#### HAMMER THROW

1.	Jade Baker	63.61m (208' 8")	'19
2.	Eva Mustafic	61.99m (203' 4")	'21
3.	Maureen Laffan	59.91m (196' 6")	'12
4.	<b>Bree Lumpkin</b>	<b>58.54m (192' 1")</b>	<b>'23</b>
5.	Eliese Mitchell	56.95m (186' 10")	'03
6.	<b>Jada Marsh</b>	<b>55.19m (181' 1")</b>	<b>'23</b>
7.	Brittany Jones	54.05m (177' 4")	'21
8.	Erin Wykoff	53.45m (175' 4")	'12
9.	<b>Morgan Johnson</b>	<b>51.99m (170' 7")</b>	<b>'23</b>
10.	Lauren Connelly	51.31m (168' 4")	'96

#### JAVELIN

1.	Ann Crouse	57.38m (188' 3")	'99
2.	Julia Solo	55.98m (183' 8")	'89
3.	Inge Jorgensen	54.23m (177' 11")	'05
4.	Meghan Briggs	52.65m (172' 9")	'09
5.	Abbey Karin	52.60m (172' 7")	'13
6.	Marija Bogavac	48.96m (160' 7")	'17
7.	Caitlin Mautz	48.66m (159' 8")	'17
8.	Christine Bohan	48.03m (157' 7")	'17
9.	Annie Bobiak	46.89m (153' 10")	'05
10.	Tara Karin	46.33m (152' 0")	'10

#### HEPTATHLON

1.	<b>Alix Still</b>	<b>5,662</b>	<b>'23</b>
2.	Rebecca Grube	5,512	'94
3.	Susan Brownell	5,458	'82
4.	Beth Sheehan	5,407	'86
5.	Ann Bair	5,387	'83
6.	Holly Sullivan	5,317	'17
7.	Sherry Gould	5,166	'93
8.	Angela Griffith	4,967	'98
9.	Suzanne Sweeney	4,915	'97
10.	Katie Kiladis	4,855	'97

#### Current Cavaliers in Bold

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

Conforming to international and USTFCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists





### MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

#### 100 METERS

1. Gerald Howard	10.42	'95
2. Reuben Jones	10.45	'08
<b>3. Demick Starling</b>	<b>10.46</b>	<b>'23</b>
<b>4. Jay Pendarvis</b>	<b>10.49</b>	<b>'22</b>
5. Shay Clark	10.50	'02
6. Edwin Brown	10.52	'85
7. Scott Kimball	10.53	'03
<b>8. Nigal Davis</b>	<b>10.54</b>	<b>'22</b>
9. Bruce Randolph	10.69	'84
10. Justice Dixon	10.71	'21

#### 200 METERS

1. Gerald Howard	20.79	'95
2. Ben Sarpong	20.87	'95
3. Edwin Brown	20.90	'85
<b>4. Jordan Willis</b>	<b>20.97</b>	<b>'22</b>
5. Reuben Jones	21.16	'08
6. Kellen Blassingame	21.24	'05
<b>7. Jay Pendarvis</b>	<b>21.26</b>	<b>'23</b>
8. Payton Hazzard	21.27	'15
9. Conlon Bonner	21.28	'08
10. Scott Kimball	21.31	'02

#### 400 METERS

<b>1. Jordan Willis</b>	<b>45.70</b>	<b>'22</b>
2. Alfred Shirley	45.84	'18
3. Payton Hazzard	45.88	'15
4. Kellen Blassingame	46.02	'05
5. Brandon Outlaw	46.13	'21
6. Meikle Paschal	46.61	'08
7. Kevin Anding	46.84	'10
8. Ben Bruce	46.94	'79
9. Nathan Kiley	46.95	'17
10. Ben Kurgat	46.96	'88

#### 800 METERS

1. Paul Ereg	1:43.16	'89
2. Robby Andrews	1:44.71	'11
3. Lance Roller	1:46.11	'10
<b>4. Conor Murphy</b>	<b>1:46.43</b>	<b>'23</b>
5. Ray Brown	1:46.74	'83
6. Ben Kurgat	1:47.32	'90
7. John Hinton	1:47.33	'84
8. Greg Canty	1:47.44	'80
<b>9. Gary Martin</b>	<b>1:47.74</b>	<b>'23</b>
<b>10. Kenton Bachmann</b>	<b>1:48.56</b>	<b>'23</b>

#### 1,500 METERS

1. Henry Wynne	3:38.05	'16
<b>2. Gary Martin</b>	<b>3:39.53</b>	<b>'23</b>
<b>3. Nathan Mountain</b>	<b>3:39.68</b>	<b>'22</b>
<b>4. Wes Porter</b>	<b>3:39.73</b>	<b>'22</b>
<b>5. Conor Murphy</b>	<b>3:39.75</b>	<b>'23</b>
<b>6. Ka'eo Kruse</b>	<b>3:40.04</b>	<b>'22</b>
7. John Hinton	3:40.24	'83
8. Vince Draddy	3:40.44	'81
<b>9. Yasin Sado</b>	<b>3:40.67</b>	<b>'23</b>
10. Robby Andrews	3:40.77	'11

#### 5,000 METERS

<b>1. Wes Porter</b>	<b>13:36.84</b>	<b>'22</b>
2. Kris Herdt	13:37.44	'87
3. Henry Wynne	13:43.53	'17
<b>4. Yasin Sado</b>	<b>13:42.84</b>	<b>'22</b>
<b>5. Rohann Asfaw</b>	<b>13:44.74</b>	<b>'21</b>
<b>6. Derek Johnson</b>	<b>13:45.51</b>	<b>'23</b>
<b>7. Jack Eliason</b>	<b>13:47.07</b>	<b>'23</b>
<b>8. Nate Mountain</b>	<b>13:48.25</b>	<b>'23</b>
9. Sean Keveren	13:48.34	'12
10. Zach Herriott	13:53.47	'17

#### 10,000 METERS

1. Zach Herriott	28:44.22	'17
<b>2. Rohann Asfaw</b>	<b>28:53.84</b>	<b>'22</b>
3. Brent Demarest	28:54.69	'19
4. Mike Cotton	28:55.34	'81
5. Andrew Dumm	28:59.25	'07
6. Lachlan Cook	29:10.03	'19
7. Adam Visokay	29:11.13	'15
8. Trey Miller	29:14.21	'10
9. Alex Corbett	29:16.11	'21
<b>10. Harry Monroe</b>	<b>29:16.26</b>	<b>'21</b>

#### 110m HURDLES

1. Adams Abdulrazaaq	13.66	'11
2. Barry Word	13.88	'84
3. George Johnson	13.91	'82
4. Jarrett Hagwood	14.13	'02
5. Kevin Williams	14.14	'79
6. Rob Archer	14.16	'84
7. Ronde Barber	14.22	'94
8. DreQuan Hoskey	14.23	'14
9. Mike Abidin	14.27	'82
10. Isi Azeke	14.31	'05

#### 400m HURDLES

1. Steve Delice	50.02	'10
2. Karl Williams	50.34	'79
3. Rob Archer	50.80	'84
4. Bruce Berry	51.09	'85
<b>Alex Sherman</b>	<b>51.09</b>	<b>'23</b>
6. Alfred Shirley	51.30	'18
7. Kevin Williams	51.54	'79
8. Adams Abdulrazaaq	51.79	'08
9. George Johnson	51.98	'81
10. Dave Revelle	52.05	'84

#### 3000m STEEPLECHASE

<b>1. Derek Johnson</b>	<b>8:25.23</b>	<b>'23</b>
<b>2. Nathan Mountain</b>	<b>8:32.05</b>	<b>'23</b>
<b>3. Yasin Sado</b>	<b>8:33.39</b>	<b>'22</b>
4. Jan Foerster	8:34.78	'07
5. Rob Cook	8:39.36	'94
6. Kyle King	8:39.72	'15
7. Steve Finley	8:40.56	'10
8. Adam Visokay	8:43.60	'15
9. Mike Cotton	8:44.44	'81
10. Will Gray	8:45.82	'16

#### HIGH JUMP

1. Brenton Foster	2.27m (7' 5.25")	'21
2. Herman Moore	2.19m (7' 2.25")	'88
3. Greg Byers	2.19m (7' 2.25")	'82
4. Trey Causey	2.13m (6' 11.75")	'19
5. Greg Nelson	2.10m (6' 10.75")	'10
6. Chris Clementson	2.10m (6' 10.75")	'02
7. Mike Riso	2.10m (6' 10.75")	'02
8. Bob Lund	2.10m (6' 10.75")	'91
9. Cordell Green	2.09m (6' 10.25")	'95
10. Wes Dungan	2.08m (6' 9.75")	'94

#### POLE VAULT

1. David Sullivan	5.35m (17' 6.75")	'05
2. Sam Young	5.25m (17' 2.75")	'21
3. Brian Shafer	5.20m (17' 0.75")	'93
4. Jeff Jernigan	5.15m (16' 10.75")	'17
5. Joey Kelly	5.05m (16' 6.75")	'21
6. Tom Cooke	5.05m (16' 6.75")	'95
7. Colin Duignan	5.03m (16' 6")	'22
<b>8. Justin Rogers</b>	<b>5.00m (16' 4.75")</b>	<b>'23</b>
9. Jeff McClurg	4.95m (16' 2.75")	'07
10. David Lewis	4.89m (16' 0.75")	'06

#### LONG JUMP

1. Jordan Scott	7.83m (25' 8.25")	'19
2. Greg Byers	7.70m (25' 3.25")	'82
3. Mike Harvey	7.67m (25' 2")	'69
<b>4. Owayne Owens</b>	<b>7.59m (24' 11")</b>	<b>'21</b>
5. Wes Dungan	7.48m (24' 6.5")	'94
6. Tiki Barber	7.48m (24' 6.5")	'95
7. Keith Witherspoon	7.45m (24' 5.25")	'76
8. Bruce Randolph	7.43m (24' 4.5")	'84
9. Dion Woolfolk	7.41m (24' 3.75")	'96
10. Trey Causey	7.40m (24' 3.5")	'19

#### TRIPLE JUMP

1. Jordan Scott	17.08m (56' 0.5")	'19
<b>2. Owayne Owens</b>	<b>16.61m (54' 6")</b>	<b>'22</b>
3. Marcus Robinson	16.46m (54' 0")	'12
4. Keith Witherspoon	16.27m (53' 4.50")	'76
5. Ryan Satchell	15.98m (52' 5.25")	'14
6. Chike Chukwolozie	15.94m (52' 3.75")	'90
7. Aaron Worrell	15.72m (51' 7")	'17
8. Greg Byers	15.56m (51' 0.75")	'84
9. Cornell Grayson	15.55m (51' 0.50")	'90
10. Donald Scott	15.43m (50' 7.50")	'94

#### SHOT PUT

1. Filip Mihaljevic	21.30m (69' 10.75")	'17
2. Oghenakpobo Efekoro	20.39m (66' 10.75")	'17
3. Jordan Young	19.80m (64' 11.5")	'15
4. Nick Vena	19.51m (64' 0.25")	'12
<b>5. Claudio Romero</b>	<b>18.47m (60' 9.75")</b>	<b>'21</b>
6. Yemi Ayeni	18.23m (59' 9.75")	'09
7. Nace Plesko	18.30m (61' 0.05")	'17
8. Kevin Latham	18.04m (59' 2.5")	'85
9. Mike Murphy	17.15m (56' 3.25")	'93
10. Thom McKinney	17.06m (55' 11.75")	'91

#### DISCUS

<b>1. Claudio Romero</b>	<b>67.02m (219' 10")</b>	<b>'22</b>
2. Filip Mihaljevic	63.76m (209' 2")	'17
3. Jordan Young	62.27m (204' 3")	'15
4. Yemi Ayeni	61.11m (200' 6")	'07
<b>5. Jacob Lemmon</b>	<b>58.54m (192' 1")</b>	<b>'21</b>
6. Larry Wilson	57.91m (190' 0")	'99
7. Kevin Latham	56.71m (186' 1")	'85
8. Phil Vincenzes	55.98m (183' 8")	'82
9. Nace Plesko	55.19m (181' 1")	'18
10. Nick Vena	54.84m (179' 11")	'12

#### HAMMER THROW

1. Hilmar Jonsson	75.26m (246' 11")	'19
2. Jordan Young	70.73m (232' 1")	'15
<b>3. Jacob Lemmon</b>	<b>66.14m (217' 0")</b>	<b>'21</b>
4. Vincenzo Chiariello	64.29m (210' 11")	'12
<b>5. Evangelos Fradelakis</b>	<b>64.22m (205' 4")</b>	<b>'22</b>
<b>6. John Fay</b>	<b>63.72m (209' 1")</b>	<b>'23</b>
7. Oghenakpobo Efekoro	60.88m (199' 9")	'19
8. Ty Kunzmann	60.58m (198' 9")	'21
9. Bill Johnston	58.19m (190' 11")	'01
10. Robert Guider	55.67m (182' 8")	'10
11. James Fuson	55.53m (182' 2")	'12

#### JAVELIN

<b>1. Ethan Dabbs</b>	<b>82.92m (272' 0")</b>	<b>'22</b>
2. Andy Fahringer	75.19m (246' 8")	'12
3. Brian Kollar	74.22m (243' 6")	'01
4. John Welch	72.19m (236' 10")	'02
5. Steve Kiessling	69.67m (228' 7")	'92
6. Kyle Smith	69.43m (227' 9")	'15
<b>8. Tyler Zawatski</b>	<b>64.70m (212' 3")</b>	<b>'23</b>
7. James Murdock	63.93m (209' 9")	'02
9. Stephen Dunphy	61.62m (202' 2")	'94
10. Tucker Rizzi	61.46m (201' 8")	'18
<b>10. Thomas Dickinson</b>	<b>61.22m (200' 10")</b>	<b>'23</b>

#### DECATHLON

1. Stephen Dunphy	7,920	'92
2. Willy Pirtle	7,676	'82
3. John Bryan	7,666	'81
4. Jack Lint	7,478	'17
5. David Lewis	7,105	'08
<b>6. Ethan Robinson</b>	<b>7,100</b>	<b>'23</b>
7. Christian Lavorgna	7,064	'16
8. Cam Collins	7,004	'16
9. Bill Smith	6,863	'83
10. Sean Sullivan	6,847	'96

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### WOMEN'S OUTDOOR FRESHMAN RECORDS

#### 100 METERS

1. Jada Seaman .....**11.44** .....**'21**
2. Kayla Bonnick .....**11.51** .....**'21**
3. Sarah Akpan .....**11.52** .....**'23**
4. Jada Pierre .....**11.62** .....**'23**
5. Kelly Miller .....11.70 ..... '96

#### 200 METERS

1. Jada Seaman .....**23.22** .....**'21**
2. Sarah Akpan .....**23.57** .....**'23**
3. Kayla Bonnick .....**24.01** .....**'21**
4. Peyton Chaney .....24.02 ..... '13
5. Leslie Satchell .....24.04 ..... '95

#### 400 METERS

1. Jordan Lavender .....53.44 ..... '12
2. Lisa Garrett .....54.14 ..... '81
3. Andrea Wright .....54.80 ..... '14
4. Chimere Ezumah .....54.87 ..... '14
5. Michelle Samuels .....55.15 ..... '91

#### 800 METERS

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

#### 1,500 METERS

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

#### 5,000 METERS

1. Chelsea Ley .....16:12.62 ..... '12
2. Sophie Atkinson .....**16:12.68** .....**'23**
2. Maria Hauger .....16:14.18 ..... '14
3. Margot Appleton .....**16:17.51** .....**'22**
4. Lesley Welch .....16:21.60 ..... '82

#### 10,000 METERS

1. Sophie Atkinson .....**34:12.62** .....**'23**
2. Jen Flack .....34:14.12 ..... '14
3. Sarah Fakler .....34:15.20 ..... '14
4. Maria Hauger .....34:16.28 ..... '14
5. Beni Gras .....34:34.17 ..... '91

#### 100-METER HURDLES

1. Ciara Leonard .....13.67 ..... '16
- Alexis Woodley .....13.67 ..... '17
3. Jada Pierre .....**13.73** .....**'23**
3. Lauren Echko .....13.86 ..... '06
4. Kim Turko .....13.93 ..... '98

#### 400-METER HURDLES

1. Angela Lee .....57.64 ..... '96
2. Erin Crawford .....58.56 ..... '04
3. Karen Hatchett .....59.49 ..... '82
4. Ayla Smith .....60.02 ..... '07
5. Sophia Akpan .....**60.02** .....**'23**

#### 3,000m STEEPLECHASE

1. Stephanie Garcia .....10:15.83 ..... '07
2. Sara Sargent .....10:49.81 ..... '14
2. Kendall Cowne .....10:54.54 ..... '14
4. Kiera Bothwell .....10:55.59 ..... '18
5. Janine Ricci .....10:55.86 ..... '04

#### HIGH JUMP

1. Ann Bair .....1.86m (6' 1.25") ..... '80
2. Meggie Schuelke .....1.76m (5' 9.25") ..... '04
3. Pearl Bickersteth .....1.74m (5' 8.5") ..... '10
4. Susan Brownell .....1.73m (5' 8") ..... '80
5. Emily Kianka .....1.72m (5' 7.75") ..... '11

#### POLE VAULT

1. Sam Romano .....**4.28m (14' 0.5")** .....**'23**
2. Bridget Guy .....4.11m (13'5.75") ..... '15
3. Maya Maloney .....**4.08m (13' 4.5")** .....**'21**
4. Theresa Demaria .....3.93m (12' 10.75") ..... '17
5. Trina Barcarola .....**3.83m (12' 6.75")** .....**'21**
- Gabriella Recce .....**3.83m (12' 6.75")** .....**'21**

#### LONG JUMP

1. Jada Seaman .....**6.56m (21' 6.25")** .....**'21**
2. Kelly Miller .....6.33m (20' 9.25") ..... '96
3. Nicole Kimbrough .....6.29m (20' 7.75") ..... '94
4. Mia Barron .....6.22m (20' 5") ..... '16
5. Sonja Fridy .....6.12m (20' 1") ..... '84
- Khyasia Caldwell .....6.12m (20' 1") ..... '18

#### TRIPLE JUMP

1. Dallas Rose .....12.66m (41' 6.5") ..... '10
2. Atalaya Jones .....12.49m(40'11.75") ..... '93
3. Britni Strates .....12.46m (40' 10.5") ..... '12
4. Mia Barron .....12.40m (40' 8.25") ..... '16
5. Nadia Saunders .....**12.36m (40' 6.75")** .....**'21**

#### SHOT PUT

1. **Maria Deaviz .....17.18m (56' 4.5") ..... '21**
2. Brittany Jones .....15.69m (51'5.75") ..... '18
3. Emily Vannoy .....15.30m (50' 2.5") ..... '10
4. Christine Bohan .....14.62m (47-11.75) ..... '14
5. Maureen Laffan .....14.58m (47' 10") ..... '09
6. Kristi Martin .....13.99m(45'10.75") ..... '97

#### DISCUS

1. Julia Solo .....52.04m (170' 9") ..... '86
2. Amy Bilmanis .....51.77m (169' 10") ..... '06
3. **Thelma Krisjandottir... 50.92m (167'1") ..... '19**
4. **Maria Deaviz..... 48.99m (160' 9") ..... '21**
5. Amy Brown .....48.77m (160' 0") ..... '95

#### HAMMER THROW

1. Eva Mustafic .....61.18m (200'9") ..... '19
2. **Jada Marsh..... 55.05m (180'7") ..... '22**
3. Elise Mitchell .....54.46m (178' 8") ..... '00
4. Brittany Jones .....53.80m (176'6") ..... '18
5. Amy Bilmanis .....47.68m (156' 5") ..... '06

#### JAVELIN

1. Ann Crouse .....50.85m (166' 10") ..... '95
2. Inge Jorgensen .....50.24m (164' 10") ..... '00
3. Caitlin Mautz .....44.62m (146' 5") ..... '15
4. Meghan Briggs .....44.45m (145' 10") ..... '07
5. Tara Karin .....43.64m (143'2") ..... '09

#### HEPTATHLON

1. Susan Brownell .....5,419 ..... '80
2. Ann Bair .....5,340 ..... '80
3. Rebecca Grube .....4,996 ..... '92
4. Alana Herran .....4,771 ..... '16
5. Katie Kiladis .....4,610 ..... '95

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### MEN'S OUTDOOR FRESHMAN RECORDS

#### 100 METERS

1. Gerald Howard	10.46	'93
<b>Demick Starling</b>	<b>10.46</b>	<b>'23</b>
3. Jason Dickerson	10.50	'77
4. Reuben Jones	10.65	'05
5. Edwin Brown	10.76	'81

#### 200 METERS

1. Gerald Howard	20.90	'93
2. Conlon Bonner	21.28	'08
<b>3. Jaden Lyons</b>	<b>21.50</b>	<b>'23</b>
4. Jordan Willis	21.70	'18
<b>5. Demick Starling</b>	<b>21.71</b>	<b>'23</b>

#### 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
<b>3. Gary Martin</b>	<b>1:47.74</b>	<b>'23</b>
4. Lance Roller	1:47.88	'09
<b>4. Conor Murphy</b>	<b>1:48.57</b>	<b>'21</b>
5. Anthony Kostelac	1:49.02	'11

#### 1,500 METERS

<b>1. Gary Martin</b>	<b>3:39.53</b>	<b>'23</b>
<b>2. Nathan Mountain</b>	<b>3:40.99</b>	<b>'22</b>
3. Robby Andrews	3:41.09	'10
<b>4. Wes Porter</b>	<b>3:41.98</b>	<b>'21</b>
5. Matthew Novak	3:45.35	'16

#### 5,000 METERS

<b>1. Wes Porter</b>	<b>13:51.41</b>	<b>'21</b>
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
<b>5. Andrew Jones</b>	<b>25:43.90</b>	<b>'23</b>

#### 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
<b>4. Alex Sherman</b>	<b>52.42</b>	<b>'22</b>
5. Greg Nelson	52.43	'08

#### 3,000m STEEPLECHASE

<b>1. Nathan Mountain</b>	<b>8:39.42</b>	<b>'22</b>
<b>2. Yasin Sado</b>	<b>8:55.14</b>	<b>'21</b>
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

<b>1. Sam Young</b>	<b>5.09m (16' 8.25")</b>	<b>'17</b>
2. Brain Shafer	5.05m (16' 6.75")	'90
<b>3. Justin Rogers</b>	<b>5.00m (16' 4.75")</b>	<b>'23</b>
4. David Sullivan	4.90m (16' 0.75")	'03
5. Jake Williams	4.88m (16' 0")	'01

#### 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
<b>4. Heldi Valikaj</b>	<b>7.27m (23' 9.5")</b>	<b>'22</b>
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
<b>4. Claudio Romero</b>	<b>18.47m (60' 7.25")</b>	<b>'21</b>
5. Mike Theuerkauf	15.90m (52' 2")	'89

#### DISCUS

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

#### HAMMER THROW

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

#### JAVELIN

<b>1. Eithan Dabbs</b>	<b>76.04m (249' 6")</b>	<b>'19</b>
2. Brian Kollar	68.53m (224' 10")	'99
3. Steve Kessling	68.25m (223' 11")	'90
<b>4. Tyler Zawatski</b>	<b>64.70m (212' 3")</b>	<b>'23</b>
<b>5. Thomas Dickinson</b>	<b>61.22m (200' 10")</b>	<b>'22</b>

#### 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

Conforming to international and USTFCCCA standards, performances in which wind reading exceeds 2.0 meters-per-second are not included on the top-10 lists



### NON-NCAA EVENT RECORDS

#### INDOOR - WOMEN

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

#### INDOOR - MEN

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

#### OUTDOOR - WOMEN

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

#### OUTDOOR - MEN

<b>100 Yards</b>			
9.3h	Kent Merritt	1973	
<b>220 Yards</b>			
20.6s	Tony Sepp	1960	
<b>440 Yards</b>			
47.7h	John Morris	1970	
<b>120y Hurdles</b>			
13.8h	Kevin Williams	1977	
<b>400y Hurdles</b>			
50.9h	Karl Williams	1977	
<b>3,000 Meters</b>			
8:14.33	Brent Demarest	2015	
<b>Old Javelin</b>			
72.24m (237' 0")	Ed Mikula	1978	
<b>4x200m Relay</b>			
1:25.30	Virginia	2002	
<b>4x800m Relay</b>			
7:12.15	Johnson, Roller, Kostelac, Andrews	2011	
<b>4x1,500m Relay</b>			
15:09.34	Sullivan, Brown, Hodge, Draddy	1981	
<b>4xMile Relay</b>			
16:14.48	Porter, Martin, Mountain, Murphy	2023	
<b>Distance Medley Relay</b>			
9:25.56	Reville, Hinton, Brown, Draddy	1983	
<b>Shuttle Hurdle Relay</b>			
57.10	Abidin, Wilks, Word, Archer	1982	
<b>Sprint Medley Relay</b>			
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	Brooke Andersen	United States	79.80m (261'10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	United States	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	80.82m (265'2")	2023

**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
	<b>Jada Seaman</b>	<b>Virginia</b>	<b>23.18</b>	<b>2022</b>
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
<b>Discus Throw</b>	<b>Ashley Anumba</b>	<b>Virginia</b>	<b>58.92m (193'4")</b>	<b>2023</b>
Hammer Throw	Brooke Andersen	United States	79.80m (261'10")	2023
Javelin Throw	Alexandra Roberts	Wake Forest	56.32m (184' 9")	2021
Heptathlon	Chelsea Carrier-Eades	USA	5,930 points	2016

**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	Ahmad Young	Ole Miss	13.54	2023
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")	2021/23
Long Jump	Queshun Watson-Riggins	FIU	7.93m (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
<b>Javelin Throw</b>	<b>Ethan Dabbs</b>	<b>Virginia</b>	<b>80.82m (265'2")</b>	<b>2023</b>
Decathlon	Tim Ehrhardt	Michigan State	8,044 points	2018

**VIRGINIA CUP WOMEN'S RECORDS**

<b>Event</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time/Mark</b>	<b>Date</b>
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**

<b>Event</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time/Mark</b>	<b>Date</b>
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**

<b>Event</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time/Mark</b>	<b>Date</b>
100 meters	Kate Hall	Georgia	11.36	2017
200 meters	Paris Daniels	United States	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	Bridget 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
<b>Discus Throw</b>	<b>Ashley Anumba</b>	<b>Virginia</b>	<b>58.00m (190' 3")</b>	<b>2023</b>
Hammer Throw	Jill Shippee	United States	73.01m (239' 6")	2023
Javelin Throw	Irena Sediva	Virginia Tech	55.96m (183' 7")	2016
Heptathlon	Chelsea Carrier-Eades	United States	5,930 points	2016

**VIRGINIA GRAND PRIX MEN'S RECORDS**

<b>Event</b>	<b>Name</b>	<b>Affiliation</b>	<b>Time/Mark</b>	<b>Date</b>
100 meters	Mark Jelks	United States	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	United States	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

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

#### WOMEN'S 60 METERS

NAME	TIME
Kayla Bonnick	7.35
Jada Seaman	7.40
Sarah Akpan	7.48
Jada Pierre	7.52
Sophia Akpan	7.94

#### WOMEN'S 200 METERS

NAME	TIME
Jada Seaman	23.74
Sarah Akpan	24.00
Kayla Bonnick	24.43
Jada Pierre	24.65
Sophia Akpan	26.03

#### WOMEN'S 400 METERS

NAME	TIME
Anzhelika Parenchuk	54.88
Emily Alexandru	55.82
Abby Comella	56.87
Alahna Sabbakhan	57.63
Keara Seasholtz	57.78

#### WOMEN'S 800 METERS

NAME	TIME
Esther Seeland	2:03.43
Alahna Sabbakhan	2:07.67
Keara Seasholtz	2:08.21
Alix Still*	2:18.38

#### WOMEN'S MILE

NAME	TIME
Margot Appleton	4:33.82
Ellie Desmond	4:41.09
Rebecca Story	5:00.25
Luci Ilnicki-Lambert	5:12.55

#### WOMEN'S 3000 METERS

NAME	TIME
Margot Appleton	9:04.17 <sup>^</sup>
Sophie Atkinson	9:20.87
Camryn Menninger	9:23.96
Ellie Desmond	9:24.18
Addison Cox	9:42.23

#### WOMEN'S 5000 METERS

NAME	TIME
Camryn Menninger	16:35.92
Addison Cox	16:37.83

#### WOMEN'S 60M HURDLES

NAME	TIME
Alix Still*	8.41
Jada Pierre	8.68
Sophia Akpan	9.64

#### WOMEN'S HIGH JUMP

NAME	MARK
Carly Tarentino	1.70m
Alix Still*	1.68m

#### WOMEN'S POLE VAULT

NAME	MARK
Sam Ramono	4.20m
Trina Barcarola	4.10m
Hanne Borstlap	4.00m
Maya Maloney	3.95m
Caroline Dannenbaum	3.81m

#### WOMEN'S LONG JUMP

NAME	MARK
Jada Seaman	6.18m
Jordan Hardy	6.12m
Alix Still*	5.97m
Tara Zeni	5.48m

#### WOMEN'S TRIPLE JUMP

NAME	MARK
Jordan Hardy	12.86m

#### WOMEN'S SHOT PUT

NAME	MARK
Ashley Anumba	15.67m
Janae Profit	15.36m
Kaiya Saunders	15.13m
Brooke Lumpkin	14.49m
Morgan Johnson	13.02m

#### WOMEN'S WEIGHT THROW

NAME	MARK
Bree Lumpkin	15.84m
Morgan Johnson	15.38m
Brooke Lumpkin	13.94m
Jada Marsh	13.55m

#### PENTATHLON

NAME	SCORE
Alix Still	4177

#### WOMEN'S DMR

NAME	TIME
Seeland, Alexandru	10:55.94 <sup>^</sup>
Seasholtz, Appleton	

#### 4x400m

NAME	TIME
Akpan, Seaman	3:39.65
Parenchuk, Sabbakhan	

\* Combined Athlete

<sup>^</sup> Run on 200-meter flat track

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

#### MEN'S 60 METERS

NAME	TIME
Jay Pendarvis	6.95
Nigal Davis	6.95
Peter Djan	6.98
Jerlan Fish	7.08

#### MEN'S 200 METERS

NAME	TIME
Jay Pendarvis	21.54
Evans White IV	22.13
Nigal Davis	22.25
Jerlan Fish	22.51
Peter Djan	22.95

#### MEN'S 400 METERS

NAME	TIME
Alex Sherman	47.42
Tom Corel	48.30
Jaden Lyons	48.32
Evans White IV	48.53
Luke Schroeder	49.44

#### MEN'S 800 METERS

NAME	TIME
Conor Murphy	1:47.33
Gary Martin	1:50.01
Myles Plummer	1:51.91
Ethan Zeh	1:52.28
Kenton Bachmann	1:52.62

#### MEN'S MILE

NAME	TIME
Conor Murphy	3:55.24
Gary Martin	3:56.83
Wes Porter	3:56.83
James Donahue	3:57.44
Nate Mountain	3:59.01

#### MEN'S 3000 METERS

NAME	TIME
Derek Johnson	7:58.11
Yasin Sado	7:58.53 <sup>^</sup>
Will Anthony	8:01.81
Jacob Hunter	8:01.88
Jack Eliason	8:02.17

#### MEN'S 5000 METERS

NAME	TIME
Derek Johnson	13:39.88
Jacob Hunter	14:05.03
Andrew Jones	14:08.23
Rohann Asfaw	14:11.97
Nick Karayianis	14:26.29

#### MEN'S 60M HURDLES

NAME	TIME
Peter Djan	8.05
David Frasier	8.14
Ethan Robinson*	8.14

#### MEN'S HIGH JUMP

NAME	MARK
Ethan Robinson*	1.91m

#### MEN'S POLE VAULT

NAME	MARK
Justin Rogers	5.18m
Kyle Mosteller	4.90m
Tyler Lynch	4.71m
Ethan Robinson*	4.15m

#### MEN'S LONG JUMP

NAME	MARK
Owayne Owens	7.38m
Heldi Valikaj	7.15m
Ethan Robinson*	6.64m

#### MEN'S TRIPLE JUMP

NAME	MARK
Owayne Owens	16.69m
Heldi Valikaj	15.00m

#### MEN'S SHOT PUT

NAME	MARK
Ethan Robinson*	12.09m

#### MEN'S WEIGHT THROW

NAME	MARK
Jacob Lemmon	22.18m
John Fay	20.72m

#### HEPTATHLON

NAME	SCORE
Ethan Robinson*	5,221

#### MEN'S DMR

NAME	TIME
Murphy, Sherman	9:23.71
Martin, Porter	

#### 4X400M

NAME	TIME
Sherman, Corel	3:13.36
White IV, Lyons	

\* Combined Athlete

<sup>^</sup> Run on 200-meter flat track



**INDOOR WOMEN'S RECORDS**

<b>Event</b>	<b>Name</b>	<b>Time/Mark</b>	<b>Date</b>
60 meters .....	Halle Hazzard .....	7.23 .....	2021
200 meters .....	Halle Hazzard .....	23.45 .....	2021
400 meters .....	Jordan Lavender .....	52.59 .....	2013
<b>800 meters .....</b>	<b>Esther Seeland .....</b>	<b>2:03.43 .....</b>	<b>2023</b>
Mile .....	Mia Barnett.....	4:33.54 .....	2022
<b>3,000 meters .....</b>	<b>Margot Appleton.....</b>	<b>9:04.17 .....</b>	<b>2023</b>
5,000 meters .....	Margaret Groos .....	15:34.71 .....	1981
60-meter hurdles .....	Alexis Woodley .....	8.31 .....	2020
4x400-meter relay .....	Chaney, Fabrizio, Wright, Lavender.....	3:39.43 .....	2014
<b>Distance Medley Relay .....</b>	<b>Seeland, Alexandru, Seasholtz, Appleton....</b>	<b>10:55.94 .....</b>	<b>2023</b>
High Jump .....	Sherry Gould .....	1.87m (6' 1.5").....	1994
Pole Vault .....	Bridget Guy .....	4.41m (14' 5.5").....	2019
<b>Long Jump.....</b>	<b>Jada Seaman .....</b>	<b>6.46m (21'2.5") .....</b>	<b>2020</b>
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
<b>Pentathlon .....</b>	<b>Alix Still .....</b>	<b>4,177 .....</b>	<b>2023</b>

**INDOOR MEN'S RECORDS**

<b>Event</b>	<b>Name</b>	<b>Time/Mark</b>	<b>Date</b>
60 meters .....	Shay Clark .....	6.71 .....	2001
200 meters .....	Jordan Willis .....	21.42 .....	2020
400 meters .....	Brandon Outlaw .....	46.58 .....	2020
800 meters .....	Paul Ereng .....	1:44.84 .....	1988
<b>Mile.....</b>	<b>Conor Murphy .....</b>	<b>3:55.24 .....</b>	<b>2023</b>
3,000 meters .....	Ari Klau.....	7:51.57 .....	2020
<b>5,000 meters .....</b>	<b>Derek Johnson .....</b>	<b>13:39.88 .....</b>	<b>2023</b>
60-meter hurdles .....	Adams Abdulrazaaq .....	7.75 .....	2011
<b>4x400-meter relay .....</b>	<b>Sherman, Willis, Davis, Pendarvis.....</b>	<b>3:11.64 .....</b>	<b>2022</b>
<b>Distance medley relay .....</b>	<b>Murphy, Sherman, Martin, Porter .....</b>	<b>9:23.71 .....</b>	<b>2023</b>
High Jump .....	-Brenton Foster.....	2.26m (7' 5").....	2020
Pole Vault .....	Sam Young.....	5.38m (17' 7.75").....	2020
<b>Long Jump.....</b>	<b>Owayne Owens .....</b>	<b>7.58m (24'10.5") .....</b>	<b>2021</b>
	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.	<b>3:39.65</b>	<b>Akpan, Seaman, Parenchuk, Sabbakhan</b>	<b>2023</b>
3.	3:39.77	Ezumah, Fabrizio, Wright, Lavender	2015
4.	3:39.93	Sandy, Hinton, Birge, Fridy	1987
5.	3:40.40	Chaney, Lavender, Ezumah, Wright	2014

#### DMR

1.	<b>10:55.94</b>	<b>Seeland, Alexandru, Seasholtz, Appleton</b>	<b>2023</b>
2.	<b>10:56.84</b>	Barnett, <b>Parenchuk, Seasholtz, Appleton</b>	<b>2022</b>
3.	10:59.33	Gay, Smith, Harper, Garcia	2011
4.	<b>11:02.00</b>	<b>Seeland, Alexandru, Seasholtz, Appleton</b>	<b>2023</b>
5.	<b>11:05.44</b>	<b>Seeland, Seaman, Sabbakhan, Appleton</b>	<b>2023</b>

### MEN'S RELAY RECORDS

#### 4x400

1.	<b>3:11.64</b>	<b>Sherman, Willis, Davis, Pendarvis</b>	<b>2022</b>
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.	<b>9:23.71</b>	<b>Murphy, Sherman, Martin, Porter</b>	<b>2023</b>
2.	<b>9:27.80</b>	<b>Martin, Sherman, Murphy, Sado</b>	<b>2023</b>
3.	9:29.86	Jesien, Paschal, Roller, Taye	2009
4.	9:31.23	Kostelac, Hazzard, Burton, Gilland	2013
5.	9:32.36	Marsella, Hazzard, Kiley, King	2015



### WOMEN'S ALL-TIME INDOOR PERFORMANCE LIST

#### 60 METERS

1. Halle Hazard .....	7.23	'21
<b>2. Jada Seaman .....</b>	<b>7.28</b>	<b>'22</b>
<b>3. Kayla Bonnick .....</b>	<b>7.35</b>	<b>'23</b>
4. Kiamesha Otey .....	7.37	'03
5. Sonja Fridy .....	7.39	'86
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
<b>2. Jada Seaman .....</b>	<b>23.53</b>	<b>'22</b>
3. Jordan Lavender .....	23.80	'15
4. Peyton Chaney .....	23.84	'16
5. Anna Jefferson .....	23.92	'20
6. Danielle Williams .....	23.97	'12
<b>7. Sarah Akpan .....</b>	<b>24.00</b>	<b>'23</b>
<b>8. Kayla Bonnick .....</b>	<b>24.14</b>	<b>'21</b>
9. Kelly Miller .....	24.17	'99
10. Angela Lee .....	24.30	'99

#### 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
<b>8. Anzhelika Parenchuk .....</b>	<b>54.88</b>	<b>'22</b>
9. Sonja Fridy .....	54.95	'87
10. Angela Griffith .....	55.38	'92

#### 800 METERS

<b>1. Esther Seeland .....</b>	<b>2:03.43</b>	<b>'23</b>
<b>2. Alahna Sabbakhan .....</b>	<b>2:05.74</b>	<b>'22</b>
2. Vanessa Fabrizio .....	2:07.24	'15
3. Emma Call .....	2:07.39	'17
4. Lyndsay Harper .....	2:07.64	'11
<b>5. Keara Seasholtz .....</b>	<b>2:07.69</b>	<b>'22</b>
6. Morgane Gay .....	2:08.07	'09
<b>7. Sydney Coppolino .....</b>	<b>2:09.18</b>	<b>'22</b>
<b>8. Claire Frazier Bolton .....</b>	<b>2:09.24</b>	<b>'22</b>
9. Kim Kelly .....	2:09.27	'85

#### MILE

<b>1. Mia Barnett .....</b>	<b>4:33.54</b>	<b>'22</b>
<b>2. Margot Appleton .....</b>	<b>4:33.82</b>	<b>'23</b>
3. Jill Haworth .....	4:34.32	'82
4. Morgane Gay .....	4:34.38	'12
5. Vicky Fouhy .....	4:34.87	'13
6. Lesley Welch .....	4:35.56	'82
7. Iona Lake .....	4:36.11	'16
<b>8. Ellie Desmond .....</b>	<b>4:41.09</b>	<b>'23</b>
9. Marissa Schmidt .....	4:41.10	'82
10. Michele Rowen .....	4:41.57	'87

#### 3,000 METERS

<b>1. Margot Appleton .....</b>	<b>9:04.17</b>	<b>'23</b>
2. Cleo Boyd .....	9:18.20	'17
3. Claire Forbes .....	9:18.80	'92
4. Stephanie Garcia .....	9:19.44	'11
5. Martha White .....	9:19.58	'83
<b>6. Sophie Atkinson .....</b>	<b>9:20.87</b>	<b>'23</b>
<b>7. Camryn Menninger .....</b>	<b>9:23.96</b>	<b>'23</b>
8. Iona Lake .....	9:22.75	'15
9. Barbara Strehler .....	9:22.85	'14
10. Morgan Kelly .....	9:23.21	'15

#### 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
<b>4. Alix Still .....</b>	<b>8.41</b>	<b>'23</b>
5. Andrenette Knight .....	8.48	'20
6. Heather Smith .....	8.54	'16
7. Kim Turko .....	8.55	'01
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
<b>Rebecca Hawkins 1.78m (5' 10") .....</b>	<b>'22</b>	
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
<b>2. Sam Romano .....</b>	<b>4.20m (13'9.25")</b>	<b>'23</b>
<b>3. Maya Maloney .....</b>	<b>4.12m (13'6.25")</b>	<b>'20</b>
<b>4. Trina Barcarola .....</b>	<b>4.11m (13'5.75")</b>	<b>'22</b>
<b>5. Hanne Borstlap .....</b>	<b>4.00m (13'1.5")</b>	<b>'23</b>
6. Sarah DeVita .....	3.97m (13'0.25")	'15
7. Theresa Demaria .....	3.96m (12'11.75")	'17
8. Katie Freix .....	3.95m (12'11.5")	'18
<b>9. Gabriella Recce .....</b>	<b>3.92m (12'10.25")</b>	<b>'22</b>
<b>10. Riley Larsen .....</b>	<b>3.81m (12'6")</b>	<b>'20</b>
<b>Caroline Danenbaum 3.81m (12'6") .....</b>	<b>'22</b>	

#### LONG JUMP

<b>1. Jada Seaman .....</b>	<b>6.46m (21' 2.5")</b>	<b>'20</b>
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
<b>9. Jordan Hardy .....</b>	<b>6.12m (20'1")</b>	<b>'23</b>
10. Latanya Wynn .....	6.10m (20' 0.25")	'88

#### 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
<b>Jordan Hardy .....</b>	<b>12.86m (42'2.25")</b>	<b>'23</b>
8. Michele Johnson .....	12.78m (41' 11")	'87
9. Mia Barron .....	12.71m (41'8.5")	'17
10. Rashawnda James .....	12.59m (41' 3.75")	'09

#### SHOT PUT

<b>1. Maria Deaviz .....</b>	<b>16.75m (54' 11.5")</b>	<b>'22</b>
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
<b>5. Ashley Anumba .....</b>	<b>16.04m (52' 7.5")</b>	<b>'22</b>
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
<b>10. Janae Profit .....</b>	<b>15.36m (50'4.75")</b>	<b>'23</b>

#### 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
<b>9. Morgan Johnson .....</b>	<b>16.63m (54' 6.75")</b>	<b>'22</b>
10. Logan Clements .....	16.30m (53'5.75")	'14

#### PENTATHLON

<b>1. Alix Still .....</b>	<b>4,177</b>	<b>'23</b>
2. Susan Brownell .....	4,153	'82
3. Rebecca Grube .....	4,108	'95
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
Leo McLaughlin .....	6.89	'11
7. Tavares Kelly .....	6.92	'22
8. Scott Kimball.....	6.93	'00
9. Adams Abdulrazaaq.....	6.94	'11
10. Payton Hazzard .....	6.95	'15
<b>Jay Pendarvis .....</b>	<b>6.95</b>	<b>'23</b>
<b>Nigal Davis.....</b>	<b>6.95</b>	<b>'23</b>

#### 200 METERS

1. Jordan Willis.....	21.42	'20
2. Gerald Howard.....	21.53	'95
<b>3. Jay Pendarvis .....</b>	<b>21.54</b>	<b>'23</b>
4. Scott Kimball.....	21.78	'00
Reuben Jones.....	21.78	'08
Payton Hazzard .....	21.78	'14
7. Conlon Bonner.....	21.79	'08
8. Shay Clark.....	21.81	'02
9. Kellen Blassingame .....	21.85	'06
10. Brandon Outlaw .....	21.89	'20

#### 400 METERS

1. Brandon Outlaw .....	46.58	'20
2. Payton Hazzard .....	46.60	'15
3. Jordan Willis.....	46.61	'20
4. Kellen Blassingame .....	46.73	'06
<b>5. Alex Sherman .....</b>	<b>47.42</b>	<b>'23</b>
6. Kevin Anding.....	47.46	'11
7. Alfred Shirley .....	47.53	'18
8. Ben Kurgat .....	47.61	'89
9. Paul Ereng.....	47.64	'88
10. Meikle Paschal .....	48.04	'09

#### 800 METERS

1. Paul Ereng.....	1:44.84	'88
2. Ben Kurgat .....	1:47.31	'91
<b>3. Conor Murphy .....</b>	<b>1:47.33</b>	<b>'23</b>
4. Robby Andrews .....	1:48.02	'10
5. McGavock Dunbar.....	1:49.18	'04
6. Nathan Kiley.....	1:49.20	'16
7. John Hinton.....	1:49.24	'84
Anthony Kostelac .....	1:49.24	'11
9. Lance Roller.....	1:49.47	'10
10. Rob Pearce.....	1:49.75	'99

#### MILE

<b>1. Conor Murphy .....</b>	<b>3:55.24</b>	<b>'23</b>
<b>2. Gary Martin .....</b>	<b>3:56.83</b>	<b>'23</b>
<b>Wes Porter.....</b>	<b>3:56.83</b>	<b>'23</b>
<b>4. James Donahue.....</b>	<b>3:57.44</b>	<b>'23</b>
5. Vince Draddy .....	3:58.2h	'82
6. Henry Wynne.....	3:58.74	'16
<b>7. Nate Mountain .....</b>	<b>3:59.01</b>	<b>'23</b>
8. AJ Ernst .....	3:59.38	'20
9. Mike Marsella.....	3:59.97	'15
10. Ka'eo Kruse .....	4:01.56	'22

#### 3000 METERS

1. Ari Klau.....	7:51.57	'20
2. Henry Wynne .....	7:53.89	'16
3. Mark Amirault.....	7:54.08	'12
4. Adam Visokay .....	7:54.24	'16
5. Kris Herdt.....	7:54.90	'87
<b>6. Wes Porter.....</b>	<b>7:56.81</b>	<b>'22</b>
<b>7. Derek Johnson .....</b>	<b>7:58.11</b>	<b>'23</b>
<b>8. Rohan Asfaw.....</b>	<b>7:58.14</b>	<b>'22</b>
9. Emil Heineking.....	7:58.36	'11
<b>10. Yasin Sado .....</b>	<b>7:58.53</b>	<b>'23</b>

#### 5000 METERS

<b>1. Derek Johnson .....</b>	<b>13:39.88</b>	<b>'23</b>
2. Zach Herriott .....	13:45.37	'17
3. Ryan Collins .....	13:46.41	'10
4. Chase Weaverling .....	13:54.39	'17
5. Brent Demarest .....	13:56.03	'17
6. Thomas Madden .....	13:57.01	'15
<b>7. Rohan Asfaw .....</b>	<b>14:00.25</b>	<b>'22</b>
8. Alex Corbett.....	14:00.56	'19
9. Kris Herdt.....	14:02.00	'89
10. Mark Amirault.....	14:03.01	'12

#### 600 HURDLES

1. Adams Abdulrazaaq.....	7.75	'11
2. Drequan Hoskey .....	7.79	'14
3. Jarrett Hagwood.....	7.93	'02
4. Marion Mason .....	8.01	'01
5. Cary Chandler.....	8.03	'01
Aaron Shepperd.....	8.03	'11
Emmanuel Jackson .....	8.03	'19
<b>8. Peter Djan.....</b>	<b>8.05</b>	<b>'23</b>
9. Gemayel Hazard.....	8.09	'02
<b>10. David Frasier.....</b>	<b>8.14</b>	<b>'23</b>
<b>Ethan Robinson.....</b>	<b>8.14</b>	<b>'23</b>

#### HIGH JUMP

1. Brenton Foster.....	2.26m (7'5")	'20
2. Herman Moore.....	2.21m (7' 3")	'90
3. Greg Nelson .....	2.14m (7' 0.25")	'10
4. Greg Byers .....	2.13m (6'11.75")	'82
Trey Causey .....	2.13m (6'11.75")	'19
6. Bob Lund .....	2.09m (6' 10.25")	'93
7. Mike Riso.....	2.08m (6' 10")	'02
Kevin Jackson.....	2.08m (6' 10")	'77
Jacob Kelly.....	2.08m (6'9.75")	'22
9. David Sullivan .....	2.05m (6' 8.75")	'06
Arthur Gennari .....	2.05m (6' 8.75")	'08
Tommy DeVita.....	2.05m (6' 8.75")	'13

#### POLE VAULT

1. Sam Young.....	5.38m (17' 7.75")	'20
2. David Sullivan .....	5.30m (17' 4.75")	'05
3. Brian Shafer .....	5.20m (17' 0.75")	'93
<b>4. Justin Rogers .....</b>	<b>5.18m (17'0")</b>	<b>'23</b>
5. Jeff Jernigan.....	5.10m (16' 8.75")	'17
6. Tommy Cooke .....	5.05m (16' 6.75")	'95
7. Kane Aldrich.....	5.02m (16' 5.5")	'21
8. Matt Armentrout .....	5.01m (16' 5.25")	'13
9. Colin Duignan .....	5.00m (16'4.75")	'22
10. Danny Thompson .....	4.98m (16' 4")	'81

#### LONG JUMP

<b>1. Owayne Owens.....</b>	<b>7.58m (24'10.5")</b>	<b>'21</b>
2. Jordan Scott.....	7.58m (24'10.5")	'19
3. Matt Meyer.....	7.52m (24' 8.25")	'09
4. Marion Mason .....	7.50m (24' 7.25")	'01
Tiki Barber.....	7.50m (24' 7.25")	'94
6. Bruce Randolph .....	7.48m (24' 6.5")	'84
7. Keith Witherspoon ..	7.45m (24' 5.25")	'76
8. Ayende Watson .....	7.41m (24'3.75")	'19
9. Stephen Dunphy .....	7.40m (24' 3.25")	'92
10. Mauri Anderson .....	7.39m (24' 3")	'82

#### TRIPLE JUMP

1. Jordan Scott.....	17.02m(55'10.25)	'20
<b>2. Owyane Owens.....</b>	<b>16.69m (54'9.25")</b>	<b>'23</b>
3. Marcus Robinson....	16.63m (54'6.75")	'12
4. Keith Witherspoon ..	16.16m (53' 0.25")	'76
5. Greg Byers .....	15.98m (52' 5")	'85
6. Aaron Worrell .....	15.87m (52' 1")	'17
7. Cornell Grayson .....	15.74m (51' 7.75")	'90
8. Chike Chukwulozie ..	15.64m (51' 3.75")	'91
9. Ryan Satchell .....	15.62m (51' 3")	'14
10. Ivan Glasgow .....	15.34m (50' 4")	'82

#### SHOT PUT

1. Filip Mihaljevic.....	20.87m (68' 5.75")	'16
2. Oghenekpobo Efekoro....	19.84m (65'1.25")	'17
3. Jordan Young.....	19.15m (62'10")	'15
4. Nick Vena.....	18.92m (62' 1")	'12
5. Yemi Ayeni.....	18.80m (61' 8.25")	'09
6. Nace Plesko .....	18.71m (61'4.75")	'19
7. Claudio Romero .....	18.44m (60-6)	'21
8. Kevin Latham.....	17.62m (57' 9.75")	'84
9. Thom McKinney .....	17.12m (56' 2")	'91
10. Mike Murphy.....	17.10m (56' 1.25")	'93

#### WEIGHT THROW

1. Jordan Young.....	22.92m (75'2.5")	'15
<b>2. Jacob Lemmon .....</b>	<b>22.18m (72'9.25")</b>	<b>'23</b>
3. Hilmar Jonsson.....	21.37m (70' 1.5")	'18
<b>4. John Fay.....</b>	<b>20.72m (67'11.75")</b>	<b>'23</b>
5. Oghenekpobo Efekoro ..	19.90m (65' 13.5")	'18
6. Vincenzo Chiariello....	19.38m (63' 7")	'12
7. Ty Kunzman .....	19.18m (62'11.25")	'21
8. Claudio Romero .....	18.47m (60'7.25")	'21
9. Thom McKinney .....	18.43m (60' 5.75")	'91
10. Thomas Fuson.....	18.18m (59'7.75")	'11

#### HEPTATHLON

1. Jack Lint .....	5,546	'17
<b>2. Derek Pekar.....</b>	<b>5,362</b>	<b>'20</b>
<b>3. Ethan Robinson.....</b>	<b>5,221</b>	<b>'23</b>
4. David Sullivan.....	5,178	'04
5. David Lewis .....	5,139	'08
6. Christian Lavorgna .....	5,113	'16
<b>7. Elby Omohundro .....</b>	<b>5,038</b>	<b>'20</b>
8. Cam Collins.....	4,972	'16
9. Anthony Dunavant .....	4,970	'14
10. Jack Claiborne .....	4,821	'17
11. 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. **Sarah Akpan ..... 7.48 ..... '23**
5. Jordan Lavender ..... 7.57 ..... '12

#### 200-METER DASH

1. **Jada Seaman..... 23.76 ..... '20**
2. **Sarah Akpan..... 24.00 ..... '23**
2. Halle Hazzard ..... 24.09 ..... '19
3. **Kayla Bonnick..... 24.14 ..... '21**
4. Jordan Lavender ..... 24.25 ..... '12

#### 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 Potasynski..... 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. Addison Cox ..... 9:42.23 ..... '23

#### 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. **Addison Cox..... 16:37.83 ..... '23**

#### 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
4. **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
- Moira Cronin..... 1.70m (5' 7") ..... '12

#### POLE VAULT

1. **Sam Romano..... 4.20m (13'9.25") ..... '23**
2. Bridget Guy..... 3.97m (13' 0.25") ..... '15
- Maya Maloney..... 3.97m (13'0.25") ..... '20**
4. Theresa Demaria .... 3.96m(12'11.75)..... '17
5. Katie Freix ..... 3.82m (12' 6.5") ..... '15

#### LONG JUMP

1. **Jada Seaman..... 6.46m (21' 2.5") ..... '20**
2. **Jordan Hardy ..... 6.12m (20'1") ..... '23**
3. Kiamesha Otey ..... 6.00m (19' 8.25") ..... '00
4. Sonja Fridy ..... 5.99m (19' 8") ..... '84
5. Dana Boone ..... 5.96m (19' 6.75") ..... '88

#### TRIPLE JUMP

1. **Jordan Hardy ..... 12.86m (42'2.25") ..... '23**
2. Dallas Rose..... 12.56m (41' 2.5") ..... '10
3. Mia Barron ..... 12.33m (40' 5.5")..... '15
4. Britni Strates ..... 12.32m (40' 5") ..... '12
5. Nadia Saunders..... 12.23m (40' 1.5")..... '21

#### 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 McLaughlin .....6.89 ..... '11
3. Reuben Jones.....6.92 ..... '05
4. Matt Meyer.....6.97 ..... '09
5. Conlon Bonner.....6.98 ..... '08
- Peter Djan.....6.98 ..... '23**

#### 200 METERS

1. Conlon Bonner.....21.79 ..... '08
- 2. Alex Sherman .....22.00 ..... '22**
3. Brandon Outlaw .....22.03 ..... '18
- 4. Evans White IV.....22.13 ..... '23**
5. Ben Sargong.....22.16 ..... '92

#### 300 METERS

1. Anthony Swan .....34.11 ..... '86
2. Adam Abdulrazaaq .....34.63 ..... '08
3. Patrick Farmer .....34.74 ..... '11
4. Conlon Bonner.....34.78 ..... '08
5. Charles Bowman.....34.82 ..... '16

#### 400 METERS

1. Brandon Outlaw .....47.18 ..... '18
2. Alfred Shirley .....47.53 ..... '18
3. Paul Ereng .....47.64 ..... '88
- 4. Jay Pendarvis .....48.10 ..... '21**
5. Meikle Paschal .....48.11 ..... '08

#### 500 METERS

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

#### 800 METERS

1. Robby Andrews .....1:48.39 ..... '10
2. Anthony Kostelac .....1:49.24 ..... '11
3. Paul Ereng .....1:49.31 ..... '88
- 4. Conor Murphy .....1:49.91 ..... '21**
- 5. Gary Martin .....1:50.01 ..... '23**

#### 1000 METERS

1. Rob Pearce.....2:27.69 ..... '97
2. Billy Convey .....2:28.30 ..... '84
3. TJ Hobart .....2:28.40 ..... '11
4. Brett Johnson.....2:28.47 ..... '10
5. Ken Cheeseman .....2:29.80 ..... '85

#### MILE

- 1. Gary Martin .....3:56.83 ..... '23**
- 2. James Donahue .....3:57.44 ..... '23**
- Alex Tatu .....4:03.00 ..... '05
4. Mike Marsella.....4:03.18 ..... '14
- 5. Nathan Mountain .....4:03.27 ..... '22**

#### 3,000 METERS

1. Adam Visokay .....7:57.46 ..... '14
- 2. Will Anthony .....8:01.81 ..... '23**
- 3. Wes Porter.....8:06.18 ..... '21**
4. Brent Demarest .....8:09.59 ..... '15
5. Connor Rog .....8:09.76 ..... '14

#### 5,000 METERS

1. Thomas Madden .....13:57.01 ..... '15
2. Chris Foley .....14:03.67 ..... '12
3. Chase Weaverling .....14:03.72 ..... '16
- 4. Andrew Jones.....14:08.23 ..... '23**
5. Brent Demarest .....14:14.74 ..... '15

#### 60m HURDLES

1. Adam Abdulrazaaq .....7.98 ..... '08
2. Aaron Sheppard .....8.03 ..... '11
3. Jarrett Hagwood.....8.05 ..... '99
- Peter Djan.....8.05 ..... '23**
- 5. David Frasier .....8.14 ..... '23**

#### HIGH JUMP

1. Trey Causey .....2.13m (6' 11.75") ..... '19
2. Mike Riso .....2.08m (6' 10") ..... '02
3. Tommy DeVita.....2.04m (6' 8.5") ..... '11
4. Arthur Gennari .....2.03m (6' 8") ..... '07
5. Gerald Howard .....2.00m (6' 7") ..... '93
- Cordell Green .....2.00m (6' 7") ..... '95

#### POLE VAULT

- 1. Justin Rogers .....5.18m (17' 0") ..... '23**
2. Sam Young .....5.10m (16' 8.75) ..... '17
3. David Sullivan .....4.97m (16' 3.75") ..... '03
4. Brian Shafer .....4.90m (16' 1") ..... '90
5. Jake Williams .....4.87m (16' 0") ..... '91

#### 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 Mason .....7.24m (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 Owens .....15.27m (50' 1.25") ..... '20**
4. Ryan Satchell .....15.02m (49' 3.5") ..... '12
- 5. Heldi Valikaj.....14.86m (48' 9") ..... '22**

#### SHOT PUT

1. Filip Mihaljevic .....19.63m (64' 5") ..... '15
2. Nick Vena .....18.92m (62' 1") ..... '12
3. Oghenakpobo Efekoro ....18.82m (61' 9") ..... '16
4. Claudio Romero .....18.44m (60' 6") ..... '21
5. Mike Theuerkauf .....16.51m (54' 2") ..... '89

#### WEIGHT THROW

- 1. John Fay .....20.72m (67' 11.75")... '23**
2. Hilmar Jonsson.....20.32m (66' 8") ..... '16
- 3. Jacob Lemmon .....20.05m (65' 9.5") ..... '21**
4. Oghenakpobo Efekoro ....18.86m (61' 10.5") ..... '16
5. Claudio Romero .....18.47m (60' 7.25") ..... '21

#### HEPTATHLON

1. Jack Lint .....5,358 ..... '16
- 2. Derek Pekar.....5,354 ..... '20**
3. Anthony Dunavant .....4,970 ..... '14
4. Jack Claiborne .....4,821 ..... '17
5. Cam Collins.....4,793 ..... '15

#### Current Cavaliers in Bold

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