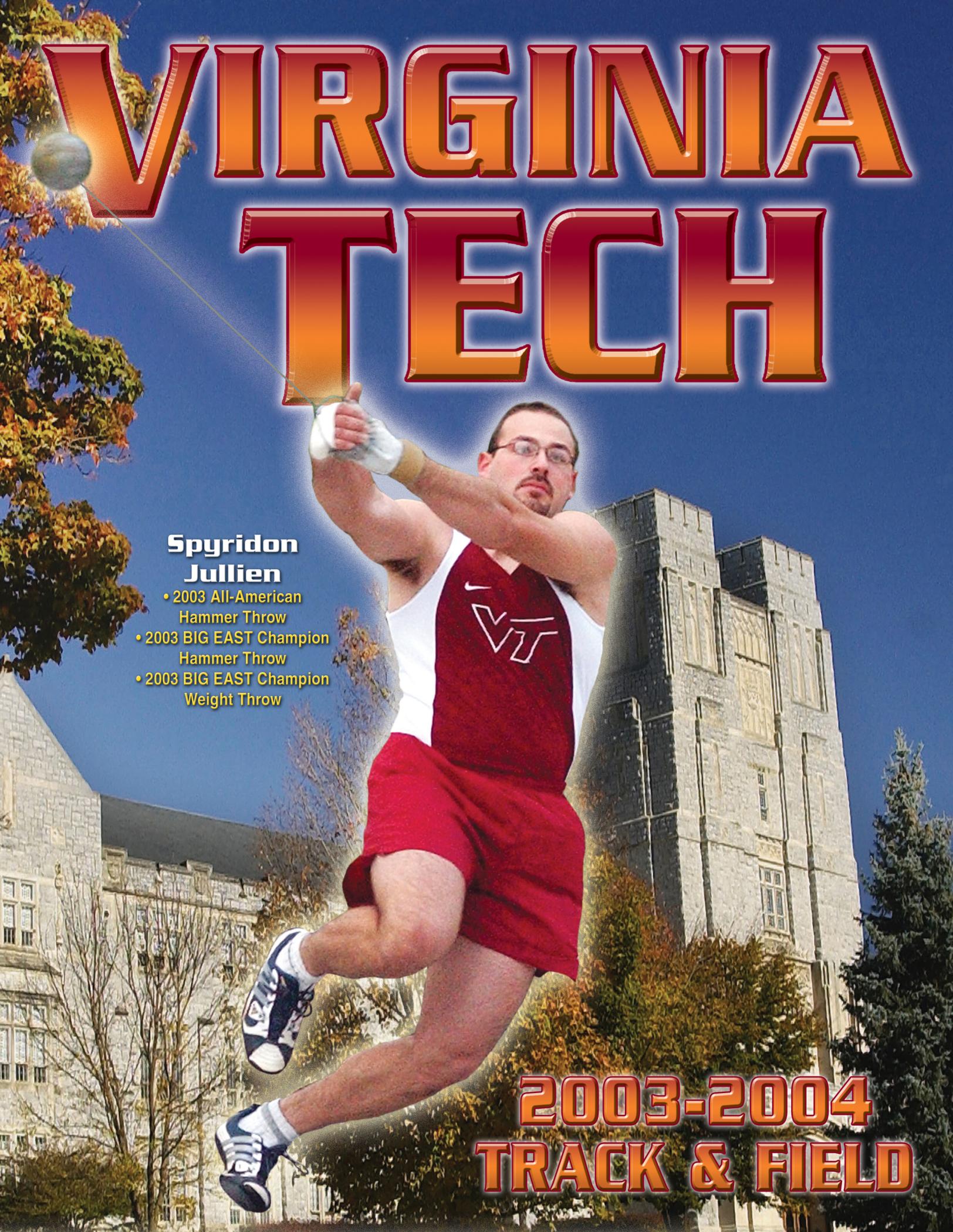


# VIRGINIA TECH



**Spyridon  
Jullien**

- 2003 All-American  
Hammer Throw
- 2003 BIG EAST Champion  
Hammer Throw
- 2003 BIG EAST Champion  
Weight Throw

**2003-2004  
TRACK & FIELD**

# Virginia Tech

## A RESEARCH UNIVERSITY IN ACTION

The top research institution in the commonwealth, Virginia Polytechnic Institute and State University is a comprehensive university of national and international prominence. Virginia's premiere land-grant university, Virginia Tech has grown from a small college of 132 students into the largest institution of higher education in the state during its 131-year history.

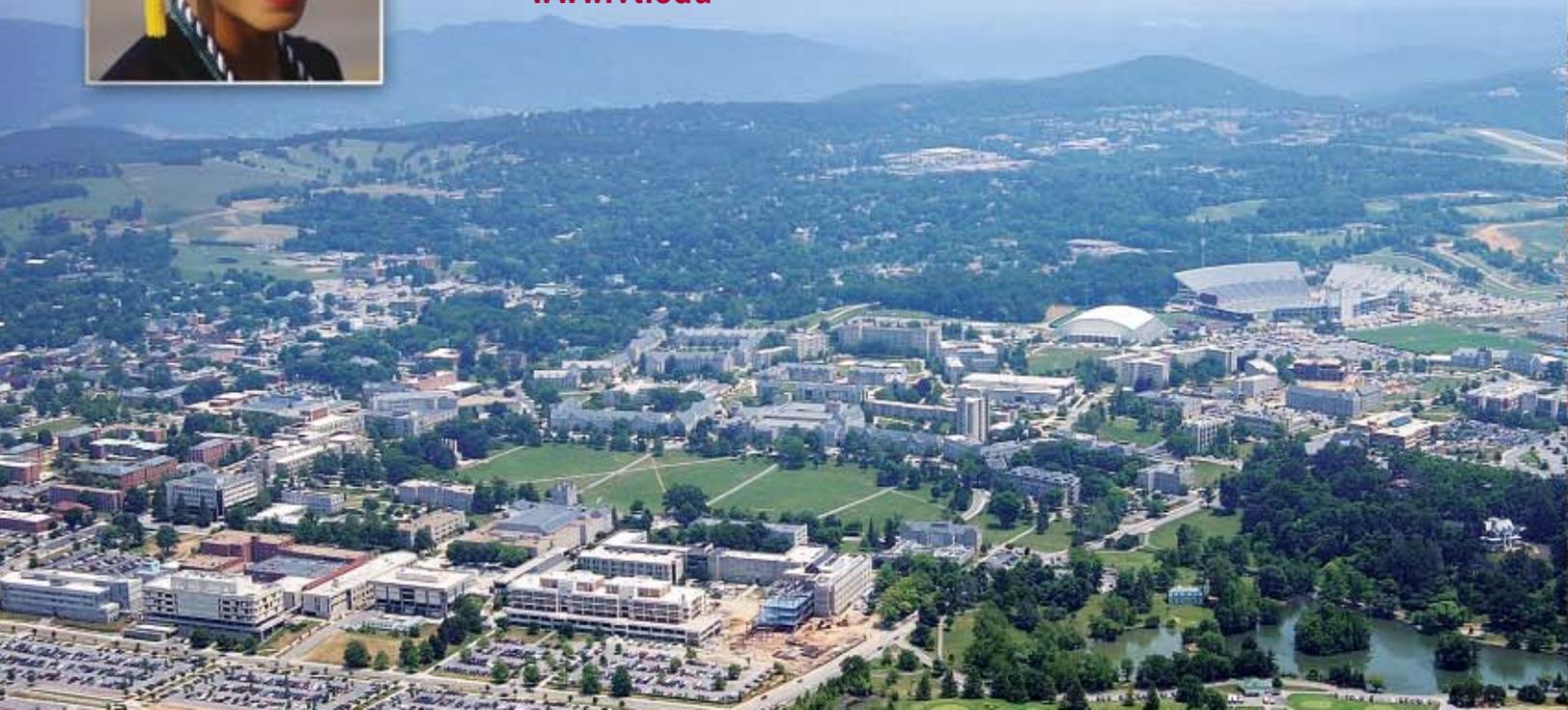
Recognizing that higher education is a key force behind the quality of American life, economic competitiveness, and our democratic form of government, President Charles W. Steger has challenged the university to become one of the country's top 30 research institutions by the end of the decade.

Virginia Tech was established in 1872 as an all-male military school dedicated to the original land-grant mission of teaching agriculture and engineering. Today, the co-educational institution, which operates a European studies center based in Switzerland and educational, research and outreach/Extension facilities throughout Virginia, has recognized programs in music, business, architecture and the humanities, as well as its traditional strengths in the sciences, engineering and technology.

Virginia Tech is organized into eight colleges – Agriculture and Life Sciences, Architecture and Urban Studies, Science, Pamplin College of Business, Engineering, Liberal Arts and Human Sciences, Natural Resources, and Virginia-Maryland Regional College of Veterinary Medicine. Together, the colleges offer about 175 bachelor's, master's and doctoral degree programs to approximately 28,000 students, who hail from countries throughout the world.

Virginia Tech follows the dictates of its motto, *Ut Prosim* ("That I May Serve"), focusing on its land-grant missions of instruction, research, and solving the problems of society through outreach and Extension activities. Through the generation of new knowledge and the outreach mandate, the university disseminates practical knowledge through the classroom and to society as a whole. It is a university that puts knowledge to work.

Visit Virginia Tech on the Internet at  
[www.vt.edu](http://www.vt.edu)



# 2003-2004 track & field

## the university

Location ..... Blacksburg, Va.  
 Founded ..... 1872  
 Enrollment ..... 28,000  
 Colors ..... Chicago maroon & burnt orange  
 Nickname ..... Hokies  
 Conference ..... BIG EAST  
 President ..... Dr. Charles Steger  
 Director of Athletics ..... Jim Weaver  
 Assoc. A.D./Track Administrator ..... Tom Gabbard

## track & field facts

Director of track & field ..... Dave Cianelli  
 Sprints, hurdles and jumps coach ..... Terry Winston  
 Throws coach ..... Greg Jack  
 Distance coach ..... Ben Thomas  
 Assistant distance coach ..... Mary Jayne Harrelson  
 Secretary ..... Diane Buckland  
 Track & field office phone ..... 540-231-5037  
 Track and field fax ..... 540-231-6686  
 2003 BIG EAST indoor finish (m/w) ..... Fifth/13th  
 2003 BIG EAST outdoor finish (m/w) ..... Third/10th  
 Men's indoor all-BIG EAST returning/lost ..... 5/0  
 Women's indoor all-BIG EAST returning/lost ..... 1/0  
 Men's outdoor all-BIG EAST returning/lost ..... 6/1  
 Women's outdoor all-BIG EAST returning/lost ..... 0/2

## sports information

Sports Information Director ..... Dave Smith  
 Associate ..... Anne Panella  
 Assistants ..... David Knachel, Bryan Johnston,  
 ..... Bill Dyer, Torye Hurst  
 Interns ..... Brandi Bonkowski, Ty Patton, Matt Schabert  
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 Sports information phone ..... 540-231-6726  
 Sports information fax ..... 540-231-6984  
 Hokies on the Web ..... www.hokiesports.com



Sports Information  
Track & Field Contact

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## 2004 schedule

### Indoor Season

Date	Event	Location
Dec. 6	at VMI Invitational	Lexington, Va.
Jan. 23-24	Virginia Tech Invitational	Blacksburg, Va.
Jan. 30-31	at Rod McCravy Memorial	Lexington, Ky.
Feb. 13-14	Virginia Tech Challenge	Blacksburg, Va.
Feb. 21-22	at BIG EAST Championships	Syracuse, N.Y.
Mar. 6	Virginia Tech Last Chance	Blacksburg, Va.
Mar. 12-13	at NCAA Championships	Fayetteville, Ark.

### Outdoor Season

Date	Event	Location
Mar. 20	at Charlotte Invitational	Charlotte, N.C.
Mar. 26-27	at Raleigh Relays	Raleigh, N.C.
Apr. 9-10	at Sea Ray Relays	Knoxville, Tenn.
Apr. 10	at Lou Onesty Invitational	Charlottesville, Va.
Apr. 16-18	at Mt. SAC Relays	Walnut, Calif.
Apr. 24	Virginia Tech Invitational	Blacksburg, Va.
May 1-2	at BIG EAST Championships	Piscataway, N.J.
May 14-15	at Georgia Tech Invitational	Atlanta, Ga.
May 28-29	NCAA Regionals	Gainesville, Fla.
June 9-12	NCAA Championships	Austin, Texas

## media guide credits

The 2004 Virginia Tech track & field media guide is a publication of the Virginia Tech Sports Information Office, and was written by SID intern Ty Patton. The guide was designed and edited by Ty Patton and Anne Panella. Photography and cover design by David Knachel. The University Visual Communications Photo Lab also contributed images for this publication.

## college town complements the university

One of America's best college towns, Blacksburg is a perfect setting for Virginia Tech.

Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, Blacksburg combines the laid-back lifestyle of a small town with the amenities one would expect to find around a major center of higher education. Together, the town and university have worked hard to create a progressive community that ranks among the nation's elite living environments.

Virginia Tech and the Town of Blacksburg gained national and international attention by creating the world's first "electronic village." Businesses and industries have been drawn by the potential of the quaint town.



*Blacksburg and Virginia Tech were featured prominently last fall as one of America's greatest Homecoming towns in a popular MTV television show "I Bet You Will."*

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that distinguish the area.

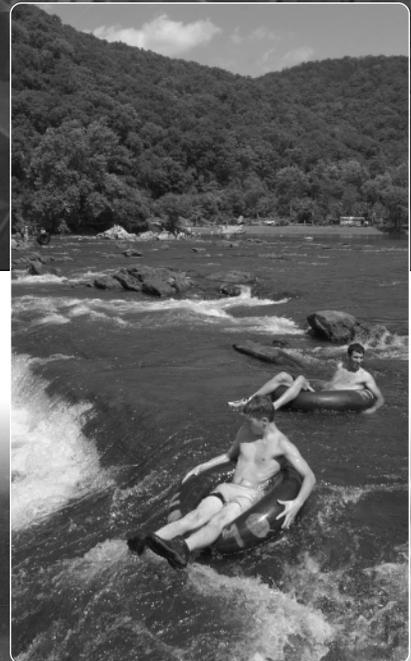
The nearly 36,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

Blacksburg's location (adjacent to major interstate highways) provides convenient access to most points in the southern and eastern parts of the country.

More information on Blacksburg can be found on the Web site of the Blacksburg Electronic Village, [www.bev.net](http://www.bev.net) or the town's Web site, [www.blacksburg.va.us](http://www.blacksburg.va.us).



*From the fun of tubing on the New River (right) to the bustle of Steppin' Out (above) to Main Street on a quiet winter evening (below), Blacksburg and the surrounding areas have much to offer.*



**T**he top research institution in the commonwealth, Virginia Polytechnic Institute and State University is a comprehensive university of national and international prominence. Virginia's premiere land-grant university, Virginia Tech has grown from a small college of 132 students into the largest institution of higher education in the state during its 131-year history.

Recognizing that higher education is a key force behind the quality of American life, economic competitiveness, and our democratic form of government, President Charles W. Steger has challenged the university to become one of the country's top 30 research institutions by the end of the decade. Tech is currently ranked 49th in the nation.

Among recent research innovations, Tech teamed with Wake Forest University to establish the Virginia Tech-Wake Forest University School of Biomedical Engineering and Sciences to offer M.S. and Ph.D. degrees in biomedical engineering (BME) and to be the focus of collaborative research. The university's Virginia Bioinformatics Institute is leading the way in helping scientists merge computers and biotechnology to sort through complicated genetic material to speed research. And the university's partnership with the University of Virginia and Carilion Health System to form the Carilion Biomedical Institute is improving health care worldwide and increasing economic development opportunities in Southwest Virginia.

In other areas, Virginia Tech has one of the most comprehensive and successful programs to support state and local economic development, according to a study conducted by the Southern Growth Policies Board and funded in part by the National Science Foundation. The study report, *Innovation U: New University Roles in a Knowledge Economy*, named the nation's 12 most successful universities in terms of outreach, economic development and technology transfer practices.

Virginia Tech was established in 1872 as an all-male military school dedicated to the original land-grant mission of teaching agriculture and engineering. Today, the co-educational institution, which operates a European studies center based in Switzerland and educational, research and outreach/Extension facilities throughout Virginia, has recognized programs in music, business, architecture and the humanities, as well as its traditional strengths in the sciences, engineering and technology.

While participation in the Virginia Tech Corps of Cadets is now voluntary, the corps, which has approximately 700 cadets, remains a proud tradition of the university. Virginia Tech is one of only three public universities in the nation with a military component and a large civilian population.

Virginia Tech is organized into eight colleges – Agriculture and Life Sciences, Architecture and Urban Studies, Science, Pamplin College of Business, Engineering, Liberal Arts and Human Sciences, Natural Resources and Virginia-Maryland Regional College of Veterinary Medicine. Together, the colleges offer about 175 bachelor's, master's and doctoral degree programs to approximately 26,000 students, who hail from countries throughout the world.

The university's 2,600-acre main campus is home to more than 100 buildings, hundreds of research laboratories, the Donaldson Brown Hotel and Conference Center and an airport. Adjoining the campus is the 120-acre Corporate Research Center, home to more than 100 companies and 1,800 employees who take advantage of the university's research and faculty expertise. Within five miles of campus is a 1,700-acre research farm.

Virginia Tech follows the dictates of its motto, *Ut Prosim* ("That I May Serve"), focusing on its land-grant missions of instruction, research, and solving the problems of society through outreach and Virginia Cooperative Extension





activities. Through the generation of new knowledge and the outreach mandate, the university disseminates practical knowledge through the classroom and to society as a whole. It is a university that puts knowledge to work.

## **Instruction**

Eight colleges offer more degree programs than any other university in the state, with 62 undergraduate and 115 graduate programs. In addition, the university is one of the nation's leaders in integrating instructional technology into the curriculum, requiring all entering students to have a computer. The university's Math Emporium has been hailed as an innovative way to break the credit-for-contact model of classroom instruction.

## **Research**

With annual research expenditures of about \$232 million and more than 100 research centers, Virginia Tech consistently ranks among the top institutions in industry-supported research and in the top 10 in the number of patents issued each year.

The university's faculty and students are involved in more than 4,000 research projects in fields ranging from

biotechnology to nanotechnology, from the environment and energy to food and health, and from transportation to computing information.

## **Outreach**

Virginia Tech is involved in a multitude of projects as part of its outreach mission.

Outreach efforts also focus on education and distance learning techniques — satellite videoconferencing, multimedia, interactive video, interactive computer conferencing and web-based courses, for example — to meet the various needs of working adults and other nontraditional students. Professionals, organizations and communities also tap Virginia Tech's vast resources, expertise and research results through Continuing Education, which offers hundreds of programs annually.

Virginia Cooperative Extension, operated jointly in the commonwealth by Virginia Tech and Virginia State University, has been helping people improve their economic, cultural and social well-being for nearly 90 years. With 107 city/county offices, and more than 61,000 volunteers, more than one million participants benefit annually from Extension's non-formal educational. Extension has touched virtually every life in the state in some way.

## **academic accomplishments of track & field athletes**

### **Graduation Rates – 2002 report**

Men's Track & Field, Cross Country – 100 percent  
Women's Track & Field, Cross Country – 100 percent

### **Cumulative Team GPAs**

Entire Program – 3.04\*  
Women's Track & Field – 2.91\*  
Men's Track & Field – 2.91\*  
Women's Cross Country – 3.33\*  
Men's Cross Country – 3.19

### **Fall 2003 Academic Report**

Program GPA – 3.10\*  
Women's Track & Field GPA – 3.09\*  
Men's Track & Field GPA – 2.96\*  
Women's Cross Country GPA – 3.28\*  
Men's Cross Country GPA – 3.11

25 student-athletes with a GPA of 3.5 or higher  
55 student-athletes with a GPA of 3.0 or higher  
29 student-athletes on the Dean's List

*\*Indicates the highest GPA in the program's history*

***“Coming to Virginia Tech has offered two great things ... academics and athletics. The elements that I have learned here for success, such as hard work, determination and perseverance, are skills that will allow me to be successful in the real world.”***

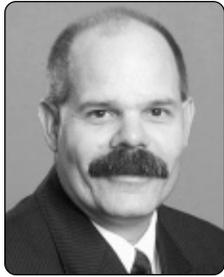
***— Marie Giles, Hampton, Va.***

### **2003 Skelton Award Winner**

Josiah Oliver

### **2002-03 BIG EAST Academic All-Stars**

David Atkiss	Buck Grant	Jessica Hammack
William Collins	Michael Lawson	Christy Herman
David Cook	Jeremy Lowry	Jessica Morris
Darrell Curtis	Ryan Norwood	Jackie Nicholson
Jason Fludd	Justin Skaare	Marlies Overbeeke
Casey Frazier	Marcus Tepaske	Kristy VanCour
		Monique Vanloo
		Stacey Vidt
		January Williams



## Dave Cianelli • director of track & field

Virginia Tech athletics took a landmark step three years ago by entering the BIG EAST

Conference for competition in all sports. Membership in such a major conference brought with it a new level of potential for performance and recruiting. The athletic department felt that to maximize this potential in the areas of track & field and cross country, one person should oversee all aspects of the programs. This led to the hiring of the Hokies' first director of track & field and cross country, Dave Cianelli.

"We have one goal, and that is to be the best in the conference," Cianelli said. "The fact that our conference is one of the nation's strongest will automatically put us at a top level nationally if we achieve our goal. We plan to accomplish this goal through recruiting and by developing better and better talent."

An entirely new coaching staff was brought in to help Cianelli achieve this goal. Former South Carolina hurdler Terry Winston is the sprints coach, and Greg Jack was brought in from the University of Pittsburgh to serve as the throws coach. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is two-time NCAA champion Mary Jayne Harrelson. Cianelli coaches the multi-event performers in addition to his duties as director.

Last season the results of Cianelli's direction became evident as the Hokies enjoyed unprecedented success at the conference level. The men's team improved from 13th to third in the conference, the biggest single-season improvement in conference history.

The 2002-03 season also saw four individual BIG EAST champions, an All-American, and the first NCAA cross country championship qualifier since 1990.

Cianelli came to Tech after serving as the women's assistant coach for 13 years at Southern

Methodist University in Dallas, Texas. He also maintained the program's records, assisted with meet management and administrative duties, and annually served as the SMU Cross Country Invitational meet director.

While at SMU, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Among these standout athletes were 1992 Olympic 200-meter quarterfinalist Cameron Taylor of New Zealand and Tytti Reho, the 2000 NCAA Champion at 800 meters. From a team standpoint, both the men's and women's teams captured the 1995 Southwest Conference title and earned a spot at the NCAA Championships. During his 13 years with SMU, the track & field teams finished in the top 10 nationally 15 different times.

A native of Bethesda, Md., Cianelli competed in sprints, the decathlon and the long jump at Bowling Green State University. He graduated with a B.S., in physical education from Bowling Green in 1977.

Prior to his tenure at SMU, Cianelli was the assistant women's track & field coach at Cal Poly-San Luis Obispo from 1985-88. The cross country teams won the

### *cianelli by the numbers*

- 139 All-Americans**
- 100 Conference Champions**
- 100 Percent graduation rate at Virginia Tech**
- 28 NCAA Champions**
- 23 School records at Virginia Tech**
- 19 Olympic and World Championship qualifiers**
- 8 Top-10 women's NCAA finishes**
- 7 Top-10 men's NCAA finishes**
- 3 NCAA Division II Cross Country National Championships**
- 3 NCAA Division II Outdoor Track Runners-up**

NCAA Division II National Championship three consecutive seasons and the outdoor track teams finished as the runner-up at the Division II Championship three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli is married to Ellen Lawrence. They have a daughter Mariah, who is 8, and a son Sebastian, who is 4.

"What attracted me to Blacksburg and Virginia Tech was the tremendous amount of support that runs between the community and the university," Cianelli said.

### *cianelli's resume*

#### **virginia tech (2001-present)**

- **Five BIG EAST Champions**
- **The largest single-season improvement in the history of the BIG EAST**
- **Three All-Americans**
- **Highest cross country regional finish in school history**
- **Highest women's track and cross country gpa in school history**
- **Highest men's cross country gpa in school history**

#### **smu (1988-2001)**

- **19 Olympic and World Championship competitors, 27 NCAA Champions, 123 All-Americans and 95 SWC Champions**
- **1995 SWC Men's and Women's Cross Country Championships**
- **15th place at the 1995 Women's NCAA Cross Country Championships**
- **21st place at the 1995 Men's NCAA Cross Country Championships**

#### **cal-poly san luis obispo (1985-88)**

- **NCAA Division II Women's Cross Country National Championship (1985-87)**
- **NCAA Division II Women's Outdoor Track Runner-up (1985-87)**
- **CCAA Women's Cross Country and Outdoor Track Championships (1985-88)**
- **Coached one National Champion and 13 All-Americans**



## **Terry Winston • sprints coach**

Terry Winston enters his third season with the Hokie track and field program as the sprints

coach for both the men and women. He has a combined eight years of collegiate coaching experience. Winston also works with the hurdlers and jumpers.

"We're very fortunate to have someone of Terry's caliber on our coaching staff here at Virginia Tech," said director of track & field Dave Cianelli. "He is great teacher and an outstanding recruiter."

In 2002, Winston established himself as one of the elite hurdle coaches in the nation with two athletes finishing among the top-five in the 400-meter hurdles at the U.S. Championships.

He helped former Tech standout

Brandi Smith to a fourth-place finish at the U.S. meet in 2002, after she failed to qualify in 2001. Smith's performance was one of the best turnarounds in her event.

Winston joined the Tech staff after four successful years as the men's and women's assistant track coach at Southwest Missouri State. While at SMS, he helped guide the women's 4x400 relay team to All-American honors in 1999. His women's teams also captured three indoor conference titles and one outdoor conference title, in addition to the three medals they won at the Central American and Caribbean Championships in 1999.

Prior to his tenure at SMS, Winston served as the men's and women's assistant track coach at Marshall University from 1996-97. His men's team won the Southern Conference Championship in 1997, led by Minnesota Vikings star

### **winston's resume**

#### **virginia tech (2001-present)**

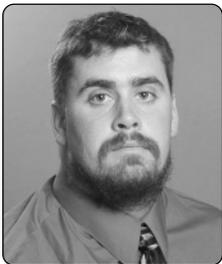
- Two top-five finishers at the U.S. Championships
- Six NCAA Regional qualifiers
- Six school records

#### **sms (1997-2001)**

- Two U.S. Championships qualifiers
- Four-time MVC Champion
- Three medalists at the Central American Championships
- 1999 4x400-meter All-American relay team

receiver Randy Moss.

A native of Alton, Ill., Winston received his B.S., in criminal justice from the University of South Carolina in 1995. He competed for the Gamecocks from 1992-94 and was the Southeastern Conference runner-up in the 55 and 110-meter hurdles in 1994.



## **Greg Jack • throws coach**

After just two seasons at Virginia Tech, Greg Jack has transformed the throws squad into one of the nation's

premier groups of throwers.

In 2003 alone, Jack's throwers set five new school records and one BIG EAST Championships record. Three athletes were BIG EAST Champions, while three more were runners-up.

Spyridon Jullien and Jacobus Smit both competed at the NCAA Championships with Jullien taking sixth place in the hammer throw, earning All-America honors.

Jullien was also ranked third in the nation in the weight throw and second in the hammer as well as being named the USTCA National Field Athlete of the Week.

Jullien was the second Tech athlete Jack has coached to All-American levels as in 2002 Dee O'Connell garnered All-America status

in the javelin. O'Connell also finished third at the 2003 U.S. Championships. Jack also coaches volunteer Cleopatra Borel who holds the Trinidad and Tobago national record and is one of the top shot put athletes in the world.

The improvements of Jack's athletes came as a surprise to no one. "All of his athletes have made quantum performance leaps," said Dave Cianelli. "Coach Jack possesses the work ethic, intensity, and technical knowledge to become one of the best throwing coaches in the nation."

Prior to Virginia Tech, Jack achieved remarkable success at Pittsburgh in his first coaching position. Under his direction, Pittsburgh athletes broke six school records in throwing events. The program produced a women's NCAA and ECAC javelin qualifier as well as an Olympic Trials javelin qualifier.

A native of Ottawa, Canada, the 27-year-old Jack graduated from Florida State with a B.S. in physical education. He was an eight-time all-ACC selection while competing for the Seminoles and was the

### **jack's resume**

#### **virginia tech (2001-present)**

- Two All-Americans
- Four BIG EAST Champions
- Seven school records
- One BIG EAST Athlete of the Meet
- One USTCA National Field Athlete of the Week
- One U.S. Championships competitor

#### **pittsburgh (1999-2001)**

- Six school records
- One ECAC Champion
- One Olympic Trials qualifier

1997 conference champion in the shot put. He also had the honor of representing Canada in the discus and javelin at the Canada vs. USA Dual Meet.

"I think Virginia Tech offers a great opportunity for athletes in the throwing events," said Jack. "Coach Cianelli is aggressively moving the program forward and has enabled our throwing squad to attract the best throwers in the United States and around the world."



## **Ben Thomas • distance coach**

Former Hokie Ben Thomas returned to Blacksburg in 2001 as the cross country and distance

coach for the men and women. Thomas ran both cross country and middle distance for Tech in the early '90s.

Thomas has a combined nine years of collegiate coaching experience. During his three seasons as the cross country coach, Thomas has developed the squad into one of the top teams in this region. This past cross country season, the women's team had its best season in over two decades with Marlies Overbeeke becoming the Hokies' first female NCAA All-American.

Before returning to his alma mater, Thomas served as the men's and women's distance coach at the University of Georgia. Prior to that, he was the head track and cross country coach at Brevard College in North Carolina for a year and a half. While at Brevard, Thomas was named 1999 NAIA Region XII Coach of the Year

after leading the men's cross country team to the NAIA Region XII title. He also coached four All-Americans, including three-time NAIA national champion Alexis Sharangabo. In 2000, Thomas coached the fastest collegiate male and female milers in the nation - Sharangabo and Mary Jayne Harrelson, who is the assistant distance coach at Tech.

Before his tenure at Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999. There he coached several all-conference performers including Harrelson, the 1999 and 2001 NCAA 1,500-meter champion. The ASU women were Southern Conference champions in 1996 and North Carolina Collegiate champions in 1996 and 1998.

A native of Lynchburg, Va., Thomas earned his B.S. in English and communication studies from Tech in 1992. He was an all-conference performer in the 800 in 1992. He earned his M.S. in education from Lynchburg College in 1999.

### **thomas' resume**

#### **virginia tech (2001-Present)**

- **One NCAA Cross Country All-American**
- **Two NCAA Cross Country Championships Qualifiers**
- **Four All-Region Cross Country Runners**
- **Highest Women's Finish at Regionals in 17 years**

#### **brevard college (1999-01)**

- **One three-time NAIA National Champion**
- **One two-time Olympian**
- **Two Cross Country World Championships Qualifiers**
- **2000 NAIA Region XII men's and women's team champions**
- **1999 NAIA Region XII Coach of the Year**
- **1999 NAIA Region XII men's team champion**

#### **appalachian state (1995-99)**

- **One two-time NCAA National Champion**
- **1996, 98 & 99 North Carolina Collegiate Team Champion**
- **1998 Southern Conference Team Champions**
- **1996 Southern Conference Team Champions**



## **Mary Jayne Harrelson • assistant distance coach**

Mary Jayne Harrelson enters her third season as the assistant cross country

and distance coach. Harrelson's knowledge of distance running goes far beyond her two years of coaching. She had a banner career at Appalachian State University, where she was coached by current Tech cross country coach Ben Thomas.

Harrelson joined the Tech program after serving as a volunteer assistant for Thomas at the University of Georgia. She was a six-time All-American and won two NCAA 1,500-meter titles at ASU. Furthermore, she was named 2001 NCAA Woman of the Year for the state of North

Carolina and made the finals in two events at the 2000 U.S. Olympic Trials. She was also named the Southern Conference Female Athlete of the Year in 1999 and 2001 on top of winning 23 conference championships.

A native of North Carolina, Harrelson graduated from Appalachian State in 2001 with a B.S. in criminal justice. Her personal goals include a spot on the 2004 Olympic team at either the 1,500 or 5,000-meter distance.

### **harrelson's highlights**

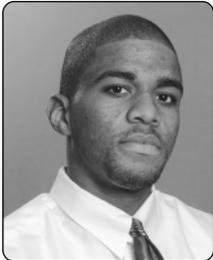
- **Silver medalist in the 1,500 meters at the 2003 Pan Am Games**
- **Second place in the 800 meters and mile at the 2002 USATF Championships**
- **Was fifth in the 1,500 meters and sixth in the 800 meters at the 2000 Olympic Trials**
- **2000-01 NCAA Woman of the Year for North Carolina**
- **Third place at the USATF indoor mile in 2000**
- **Two-time NCAA National Champion in the 1,500 meters, 1999 & 2001**
- **2001 NCAA Runner-up in the 800 meters**
- **1999 NCAA Runner-up in the mile**
- **Fourth place in the 1,500 meters at the 2001 World University Games**
- **Two-time Southern Conference Female Athlete of the Year**
- **Six-time NCAA All-American**
- **2000 and 2002 World Cross Country Championships Qualifier**



## **Cleopatra Borel • throws**

Cleopatra Borel returns for her second season on the Tech coaching staff bringing with her a wealth of international and collegiate experience. This past summer, Borel represented her native Trinidad and Tobago in the Pan-American Games, finishing sixth. She holds the Trinidad and Tobago national record in the shot put and placed second in the NACAC Championships. Borel holds a personal best of 60-3 in the shot, and is currently ranked first in the world indoors.

During her collegiate career, Borel was the 2002 NCAA Champion in the shot put while competing for the University of Maryland, Baltimore County. Borel was also an All-American and the UMBC Female Athlete of the Year in 2001 and 2002. Borel graduated from UMBC in 2002 with a degree in interdisciplinary studies/health psychology degree.



## **Clinton Edwards • sprints**

Clinton Edwards returns to his alma mater as a coach after competing as a standout sprinter for the Hokies from 1998-2002. Edwards was the 2000 Atlantic 10 indoor champion in the 200 meters and also competed on the A-10 champion 4x400-meter relay team. In addition he also recorded a personal best of 21.20 in the 200 meters. Edwards graduated from Tech in 2002 with a degree in family financial management.



## **Denise O'Connell • throws**

Dee O'Connell is in her second season on the Tech coaching staff after finishing up an All-American career for the Hokies in 2002. During the 2003 year, O'Connell was third in the javelin at the U.S. Championships and was also ranked third in the U.S. by *Track & Field News*. O'Connell also turned in a gold-medal performance at the 2002 NACAC Championships with a throw of 173-10. Her personal best is 175-1.

As an athlete at Tech, O'Connell was an All-American in the javelin and the 2002 BIG EAST champion in the event. She graduated in 2002 with a degree in political science.



## **Bob Phillips • pole vault**

Former Tech All-American Bob Phillips returns to coach the Hokies' vaulters this season. While competing for Tech, Phillips set the school record in the indoor and outdoor vault and was named an All-American in 1980. Phillips was also a member of the U.S. National Team that took on Great Britain. He was inducted into the Tech Hall of Fame in 1999.

His coaching resume includes All-American Brian Hunter and last year's impressive performance from the men's vaulters that finished first, second, and fourth at the BIG EAST outdoor meet.

Phillips is a native of Baltimore, Md., and holds three degrees from Tech. He earned his bachelor's degree in physical education and continued to earn his master's and doctorate in accounting.



## **Melinda Sallins • administrative assistant, sprints/hurdles**

Melinda Sallins is in her third year as a volunteer coach and will also assume administrative assistant duties this season. Sallins continues to compete post-collegiately and was fifth in the 400-meter hurdles at the 2003 U.S. Championships. She has also made the finals at the U.S.

Championships in each of the last four years and was ranked sixth by *Track & Field News* last season.

Sallins came to Virginia Tech after serving as volunteer coach at Southwest Missouri State, her alma mater. During her career at SMS, Sallins was a two-time All-American in the hurdles and was inducted into the SMS Hall of Fame in 2003.



## **Alexis Sharangabo • distance**

Alexis Sharangabo is in his second year on the Tech staff and brings a wealth of international experience. Sharangabo is a two-time Olympian, representing his native Rwanda in the 1,500 meters in the 1996 Atlanta and 2000 Sydney Games. Sharangabo is also the Rwandan record holder in both the mile and 1,500 meters.

Sharangabo competed collegiately at Brevard College where he was a six-time NAIA National Champion in both cross country and track. He won the 2000 Falmouth Mile and 2000 Maine Distance 1,500 meters.

## Men's Track Roster

<b>DAVID ATKISS</b>	Jr. Hatfield, Pa./North Penn .....	Distance
<b>CHRISTIAN BARLOW</b>	Fr. Springfield, Va./St. Joseph's .....	Distance
<b>ADAM BINGAMAN</b>	So. New Berlinville, Pa./Boyertown .....	Pole Vault
<b>WILLIAM COLLINS</b>	So. Chesterfield, Va./Manchester .....	Throws
<b>DAVID COOK</b>	Jr. Pataskala, Ohio/St. Charles .....	Sprints
<b>MIKE D'AMATO</b>	So. Midlothian, Va./Midlothian .....	Distance
<b>VICTOR DAVIS</b>	So. Richmond, Va./Monacan .....	Hurdles
<b>IDIKORO ERADIRI</b>	Fr. Ashburn, Va./Broad Run .....	Triple Jump
<b>JASON FLUDD</b>	Jr. Stafford, Va./Brooke Point .....	Triple Jump
<b>DAVID FRITZ</b>	Sr. Conesus, N.Y./Livonia .....	Pole Vault
<b>BUCK GRANT</b>	Sr. Centreville, Va./Centreville .....	Distance
<b>DANIEL GORE</b>	So. Leonardtown, Pa./Leonardtown .....	Pole Vault
<b>ANTOINE HARRIS</b>	So. Queens, N.Y./Holy Cross .....	Distance
<b>ANTHONY JENKINS</b>	Jr. Baltimore, Md./Woodlawn .....	Hurdles
<b>ALEX JOHNSON</b>	So. Phoenix, Ariz./Brophy Prep .....	Distance
<b>SPYRIDON JULLIEN</b>	So. Athens, Greece/Holargos .....	Throws
<b>ADAM JURY</b>	Jr. Catskill, N.Y./Roundout Valley .....	Distance
<b>MICHAEL LAWSON</b>	Jr. Foster, R.I./Ponaganset .....	Distance
<b>BRIAN MacPHEE</b>	Sr. Golden Lake, Ont./UNC Asheville .....	Throws
<b>BRIAN MARKLEY</b>	Fr. Lovettsville, Va./Loudoun .....	Distance
<b>BRIAN MONDSCHIN</b>	So. Hummelstown, Pa./Hershey .....	Pole Vault
<b>RYAN NORWOOD</b>	Jr. Cheyenne, Wyo./East .....	Throws
<b>JOSIAH OLIVER</b>	Sr. Richmond, Va./Governor's School .....	Distance
<b>DARNELL PARKER</b>	Fr. Milwaukee, Wis./Milwaukee School of the Arts .....	Sprints
<b>ROSS PEARLMAN</b>	Fr. Lutherville, Md./Pikesville .....	Hurdles
<b>JORDAN RAJAN</b>	So. Downingtown, Pa./Downingtown .....	Hurdles
<b>MATT RENNINGER</b>	So. Barto, Pa./Boyertown .....	Sprints
<b>MATT ROGERS</b>	Fr. Niskayuna, N.Y./Niskayuna .....	Sprints
<b>JOE SAMANIUK</b>	Fr. Rexford, N.Y./Shenendehowa .....	Pole Vault
<b>CHRISTOPHER SCOTT</b>	Fr. Virginia Beach, Va./Cox .....	Distance
<b>DAN SHIPMAN</b>	So. Mechanicsburg, Va./Cumberland Valley .....	Pole Vault
<b>JUSTIN SKAARE</b>	Jr. Mechanicsburg, Va./Cumberland Valley .....	Distance
<b>JACOBUS SMIT</b>	So. Pretoria, South Africa/Potchefstroom Univ. ....	Javelin
<b>L.A. SNEAD</b>	Jr. Burke, Va./Robinson .....	Distance
<b>DUNCAN VICK</b>	Fr. Richmond, Va./Freeman .....	Distance

## Women's Track Roster

<b>CIERA AYANGBILE</b>	Fr. Fulton, Ill./Fulton .....	Throws
<b>AMANDA BOSWELL</b>	Fr. Virginia Beach, Va./Princess Anne .....	Distance
<b>ELEANOR BOYCE</b>	Fr. Fairfax, Va./Paul VI .....	Distance
<b>MEREDITH BROOKS</b>	Fr. Burke, Va./Robinson .....	Distance
<b>DOMINIQUE BUNAI</b>	Fr. New York, N.Y./LaGuardia .....	Sprints
<b>TAMARA BURNS</b>	So. Virginia Beach, Va./Ocean Lakes .....	Distance
<b>KRISTEN CALLAN</b>	Fr. Monroe, N.Y./Woodbury .....	Throws
<b>KATIE CAMPBELL</b>	So. Bristol, Va./John Battle .....	Multi-Events
<b>KATIE DANYKO</b>	So. Sterling Hts., Mich./Stevenson .....	Distance
<b>KELLY DICK</b>	Fr. Burke, Va./Lake Braddock .....	Distance
<b>JENN DIETZ</b>	Fr. Springfield, Va./Robert E. Lee .....	Distance
<b>MORGAN EKEMO</b>	Fr. Eagle River, Alaska/Chugiak .....	Distance
<b>SAMANTHA FERENCE</b>	Fr. Clifton, Va./Robinson .....	Distance
<b>DANIELLE GADDY</b>	Sr. Brooklyn, N.Y./Randolph .....	Sprints/Hurdles
<b>REGINA GALAN</b>	Jr. Sickerville, N.J./Highland .....	Pole Vault
<b>MARIE GILES</b>	Sr. Hampton, Va./Bethel .....	Sprints
<b>JENNIFER GLODOWSKI</b>	Fr. Schuyler, Neb./Schuyler Central .....	Throws
<b>VICTORIA GREEN</b>	Jr. Chesapeake, Va./Deep Creek .....	Sprints
<b>JESSICA HAMMACK</b>	Jr. Chesterfield, Va./Manchester .....	Distance
<b>TIFFANY HOWELL</b>	Fr. Virginia Beach, Va./Kellam .....	Distance
<b>ASHLEY HUGHES</b>	Fr. Norfolk, Va./Norfolk Academy .....	Distance
<b>CATHERINE JACKSON</b>	Fr. Forest, Va./Jefferson Forest .....	Distance
<b>KIMBERLY JOHNSTON</b>	So. Newport News, Va./Old Bridge .....	Pole Vault
<b>KATHARINE KAMER</b>	Fr. Richmond, Va./Mills Godwin .....	Distance
<b>ASHLEIGH KEATS</b>	Fr. Salina, Kan./Salina Central .....	Throws
<b>IMANI MACK</b>	Jr. Chesapeake, Va./Hickory .....	Sprints
<b>ERIN MAHONY</b>	Fr. Virginia Beach, Va./Kempsville .....	Pole Vault
<b>ABBY McGRATH</b>	Fr. Burke, Va./Lake Braddock .....	Distance/Pole Vault
<b>KIM MILBOURN</b>	r-Sr. Fairfax, Va./Robinson .....	Distance
<b>JESSICA MORRIS</b>	Jr. Coatesville, Va./Great Valley .....	Distance
<b>HEATHER MULLIS</b>	Fr. Virginia Beach, Va./Cox .....	Distance
<b>JACQUELINE NICHOLSON</b>	Jr. Clayton, N.J./Clayton .....	Sprints/Hurdles
<b>MICHELLE NOWDEN</b>	So. Washington, D.C./Seton .....	Jumps/Sprints
<b>MORIAH O'BRIEN</b>	So. Woodbridge, Va./Osborn Park .....	Distance
<b>SHAMANE ONWUDIACHI</b>	Jr. Laurel, Md./Laurel .....	Sprints/Hurdles
<b>MARLIES OVERBEEKE</b>	Sr. Rotterdam, The Netherlands/Erasmus Univ. ....	Distance
<b>KEOSHA SANDERS</b>	So. Stafford, Va./Brooke Point .....	Sprints/Hurdles
<b>REBECCA SINGH</b>	Fr. Millsboro, Del./Sussex .....	Distance
<b>SHANEA THOMAS</b>	Sr. Hampton, Va./Bethel .....	Sprints/Jumps
<b>SASKIA TRIESSCHEIJN</b>	So. Berlin, Germany/Humboldt Univ. ....	Multi-Events
<b>KRISTY VANCOUR</b>	Sr. Evans Mills, N.Y./SUNY Cobleskill .....	Distance
<b>STACEY VIDT</b>	Sr. Allison Park, Pa./Hampton .....	Distance
<b>JENNIFER WADE</b>	So. Roanoke, Va./Cave Spring .....	Pole Vault
<b>MICHELLE ZORN</b>	Jr. Lincoln, Neb./Southern Miss .....	Throws

**E**ntering his third season at the helm of Virginia Tech track and field, director Dave Cianelli feels that this season will lay the cornerstone for a nationally competitive program. With the best recruiting class in the program's history, the women appear to be poised to make waves at the conference level and on the national stage.

"I feel that our newcomers, combined with the returnees, will put us in a position to make a big jump in the BIG EAST. In addition, we should have several people in a position to compete at the national championships," Cianelli said. "Our goal is the same as it has always been, we want to be at the top of the conference. This recruiting class is a huge step in that direction. There are going to be several individuals that will contribute immediately at the conference level, and several that will be national-level contributors in the future if not immediately."

The success of this year's squad will rely heavily upon the performance of the newcomers. Over half of the team are true freshmen with a few transfers sprinkled in, leaving the youthful squad lacking experience at the collegiate level. "Our success will depend on how well the newcomers adapt to the level of competition and the higher intensity level of training," said Cianelli.

One area flush with newcomers is Greg Jack's throws crew. An entirely new, but very talented, corps will be looking to live up to its impressive scholastic billing.

"This group of freshmen is as good as any in the country. In my estimation it's the best female throws recruiting class in the nation," Cianelli said.

Kristen Callan should have an immediate impact at Virginia Tech. Callan comes to Blacksburg as the nation's top high school hammer and weight thrower and was named to *Track & Field News*' 2003 High School All-American Team. Callan is joined by another high school All-American in Ashleigh Keats. The coaching staff expects Keats to be an all-conference athlete in the javelin with the potential to compete nationally in her freshman year.

Rounding out Tech's stellar recruiting class is shot putter Jennifer Glodowski who was among the nation's top scholastic throwers last season. "Callan, Keats, and Glodowski are all ranked in the top echelon of their recruiting class. I expect they're going to be huge contributors this season, which is rare for true freshmen," Cianelli said.

Joining that trio will be fellow freshmen Ciera Ayangbile and transfer Michelle Zorn, who competed for Southern Mississippi last season. Also helping out the throwers will be heptathlete Saskia Triesscheijn in the javelin. As a heptathlete Triesscheijn has the potential to be one of the best in the nation.

Ben Thomas and Mary Jayne Harrelson's distance runners are another group that has seen an influx of freshmen. "This is a very young, but talented group with a

few seasoned veterans to provide leadership as the season progresses," Cianelli said.

Senior Marlies Overbeeke is anticipated to be a major force on the track after her All-American cross country season. The coaching staff is expecting to see her at the NCAA

Championships after provisionally qualifying in the mile last season. Seniors Stacey Vidt and Kim Milbourn will handle the longer 5,000 and 10,000-meter races, with Milbourn also competing extensively in the steeplechase.

Junior Jessica Morris returns from an injury-plagued 2002-03 season with unlimited potential and range. Cianelli feels confident she has the versatility to compete in any of the distance events, but believes that the steeplechase will become her signature event. Sophomore Moriah O'Brien is coming off a very strong cross country season and will focus on the 5,000 and 10,000 meters this season.

Joining the upperclassmen are 14 freshmen including Morgan Ekemo, Samantha Ference, and Abby McGrath, who all have the potential to contribute immediately. Ekemo, a multiple Alaskan state champion, has tremendous range and will compete in races varying between 800 and 5,000 meters.

Hurdles have always been a strong area at Tech and this year is no different. Coach Terry Winston's hurdle crew is bolstered with the addition of Keosha

Sanders, a transfer from Iowa State. The sophomore was a multiple Virginia state champion and is expected to be a force at the conference level after a season in the Big XII Conference. Complimenting Sanders will be BIG EAST finalist Danielle Gaddy, Shamane Onwudiachi and Jackie Nicholson.

Triesscheijn will compete in individual events such as the hurdles and javelin, but will serve primarily as a heptathlete and pentathlete, an area in which Cianelli feels she's already an NCAA championship caliber athlete. "Saskia is a great talent and I look forward to seeing her compete this year," said Cianelli.

Sophomore Michelle Nowden returns as the team's top long jumper after posting a personal best of 19-4 last season. Coach Winston sees Nowden moving past 20 feet and scoring at the BIG EAST meet this season.

The vertical jumpers are another youthful, but deep squad. Former Tech All-American vaulter Bob Phillips returns to coach Kim Johnston, who owns the Tech indoor and outdoor vault records. Joining her will be Jennifer Wade, Regina Galan, Erin Mahony, and distance runner Abby McGrath who will also compete in the vault.

Cianelli believes that his top-notch recruiting class, combined with the returning veterans will provide the nucleus of a team that should be highly-competitive and accomplish this young squad's goal of being one of top teams in the BIG EAST and the top BIG EAST team at the NCAA Championships.



**Danielle Gaddy**



## marlies overbeeke

**senior - distance**  
**rotterdam, netherlands - erasmus**

• **ncaa cross country all-american** •

- **indoor school record - 1,000m** •
- **indoor school record - mile** •
- **outdoor school record - 800m** •

**2003 Cross Country:** Became Tech's first female NCAA All-American, finishing 29th at the NCAA Championships ... Had Tech's highest finish ever at the Regional Championships, finishing fifth ... Was eighth at the BIG EAST meet ... Was the top-collegiate finisher in all regular season meets.

**2002-03:** Provisionally qualified for the NCAA Championships in the mile ... Finished sixth in the BIG EAST in the 1,500 meters with a time of 4:24.37 ... Set the school record in the 800 meters with a

2:09.61 sixth-place finish at the Mt. SAC Relays ... Was the top finisher in the 3,000 meters at UVa with a time of 9:39.89 ... Finished third in the 1,000 meters at the BIG EAST Indoor Championships with a school-record time of

### overbeeke's personal bests

- 800m - 2:09.61**
- 1,000m - 2:49.19**
- 1,500m - 4:22.86**
- mile - 4:46.37**
- 3,000m - 9:36.58**

2:49.19 ... Also set the school record in the mile with a first-place time of 4:46.37 at the Tech Challenge.

**At Erasmus:** Competed in national meets for PAC Rotterdam ... Member of the Dutch national team ... Dutch national student cross country champion ... Finished fourth at cross country nationals ... In 2002 set two personal bests of 4:23.57 in the 1,500 meters and 2:09.19 in the 800 meters.

**Personal:** Born June 25, 1980 in Amderstam, The Netherlands ... Daughter of Nico and Tine Overbeeke ... Enrolled in sociology at the graduate level.





## stacey vidt

**senior - distance**  
**allison park, pa. - hampton**

• **ncaa cross country qualifier** •

- **indoor school record - 4x800m** •
- **indoor school record - dmr** •
- **outdoor school record - dmr** •

**2002-03:** Was an NCAA qualifier during the cross country season ... Finished fourth in the 10,000 meters at the BIG EAST Outdoor Championships with a time of 36:32.55 ... Finished fourth in the 5,000 meters at the Mt. SAC Relays in 16:52.83 ... Indoors, ran a best of 5:01.10 in the mile at the Kroger Invitational, finishing seventh ... Was 12th in the 5,000 meters at the BIG EAST meet with a time of 17:56.44.

**2001-2002:** Earned second place at Father Diamond in the 3,000 ... Ran a team-best 4:56.39 in the mile, which earned her sixth place at the Tech Last Chance Meet ... Ran a leg on the 4x800 relay team that finished seventh at the BIG EAST indoor championships and set a school record ... Took second in the 3,000 at the Rod McCravy Memorial Meet with a time of 10:03.79 ... Placed third in the mile at the Virginia Tech Challenge ... Member of the DMR team that placed fifth at the BIG EAST Indoor Championships ... Named Tech's MVP for the third straight cross country season ... Redshirted the outdoor season.

**2000-2001:** Qualified provisionally for the NCAAs in the steeplechase with a school-record time of 10:59.35, which earned her fifth at the BIG EAST championships ... Also took

10th place in the 5,000 at the conference championships ... Ran the 1,600 leg on the DMR that qualified for the indoor NCAAs ... Won the steeplechase at the Gobbler Invitational ... Won the 5,000 at the Virginia Tech Challenge ... Proved her ability and

consistency once again as Tech's cross country MVP for the second straight season ... Was the team's top finisher in five meets including a win at the Alumni Meet and a top-30 finish at the NCAA Regional competition.

**1999-2000:** Set a new school record in the mile (5:02.43) and was the top runner in the 3,000 (10:09.51) during indoor track ... Ran a personal-best time of 17:47.66 to finish fifth at the Sea Ray Relays during outdoor ... Took fifth in the indoor 3,000 and fourth in the outdoor 3,000 at the A-10 Championships... Named the cross country team's outstanding runner in her first season ... Earned a place on the all-conference team after taking ninth at the A-10 championships ... Took second place in the first cross country meet of her collegiate career, running a season-best time of 18:17.19 at the Alumni Meet ... Was the Hokies' top finisher at the conference and district championships.

**High School:** Set four school records including a 5:05 in the 1,600 and a 10:55 for the 3,200 ... Earned four letters and four MVPs in track ... Three-time WPIAL champion ... Placed fifth at the PIAA state meet in the 3,200 in 1999 ...



Recorded a seventh-place finish in the mile at the prestigious Penn Relays her senior year ... Named female athlete of the year in 1999 for her high school ... Twice the WPIAL champion and team MVP for coach Tom Tobin at Hampton ... Earned third-team all-northeast region honors for her 21st-place finish at the Footlocker regionals in 1998 ... Ran a personal best of 18:16 for 5k.

**Personal:** Born July 24, 1980, in Pittsburgh, Pa. ... Daughter of Dr. Louis and Pamela Vidt ... Enrolled in human nutrition, foods and exercise.



## kristen callan

**freshman - throws**  
**monroe, n.y. - woodbury**

• indoor school record - weight throw •

**High School:** Named to the *Track & Field News* High School All-American Team in 2002 and 2003 ... Was the National Scholastic Indoor Champion and the NIKE Indoor Classic

Champion in the 20-pound weight throw ... Her best mark of 57-1.75 ranked as the best high school performance in the nation ... Outdoors, was the nation's top scholastic hammer thrower with a personal best throw of 186-2, ranking her fifth on the all-time U.S. high school performance list ...

**callan's personal bests**

**weight throw - 59-5.5**  
**hammer throw - 186-2**

Was a two-time national champion in the weight throw and a seven-time All-American in the weight and hammer throw ... Is also the New York state record holder in the hammer and weight throw.

**Personal:** Born April 5, 1985 in Goshen, N.Y. ... Is the daughter of Rich and Fran Callen ... Is majoring in interdisciplinary studies.



## morgan ekemo

**freshman - distance**  
**eagle river, alaska - chugiak**

**High School:** Named the cross country MVP her junior and senior seasons ... Led her team to the 2002 state and region championships ... Named an All-American in the 3,200 meters at the 2003 Indoor National Scholastic Championships ... Was 10th in the 3,000 meters at the 2002 U.S. Junior Nationals ... Holds the school records in the 800, 1,600, and 3,200 meters ... Was also the state champion in the 3,200 meters and second in the 800 and 1,600 meters.

**Personal:** Morgan Marie Ekemo was born on February 14, 1984 in Anchorage, Alaska ... Daughter of Ronald and Elizabeth Ekemo ... Enrolled in university studies.

**ekemo's personal bests**

**800m - 2:13.76**  
**mile - 4:58.03**  
**3,000m - 9:55.83**  
**5,000m - 17:30.10**



## danielle gaddy

**senior - sprints/hurdles**  
**brooklyn, n.y. - philip randolph**

• indoor school record - 4x400m •

**2002-03:** Finished seventh at the BIG EAST Outdoor Championships in the 400-meter hurdles with a time of 61.84 ... Took first in the 400-meter hurdles at the FAMU relays ... Had an outdoor hurdle best of 60.83 at the BIG EAST prelims ... Finished third in the 400 meters at the Virginia Tech Invitational with a time of 57.89 ... Indoors, ran a leg of the 4x400-meter relay that finished seventh at the BIG EAST ... Took fourth at the Tech Challenge 500 meters with a time of 1:17.53.

**gaddy's  
personal bests**

**400h - 60.83**  
**400m - 57.89**

**2001-2002:** Competed in a variety of events for the Hokies ... Placed fourth in the 400 hurdles at the Raleigh Relays ...

Took fifth at the Clemson Invitational ... Member of the 4x400 relay team that placed seventh at the BIG EAST Outdoor Championships ... Finished sixth in the 400 at the Mt. San



Antonio College Relays ... Ran a season-best 61.11 in the 400-meter hurdles at the Mt. San Antonio College Relays ... Placed ninth in the 400 hurdles at the Weems Baskin Relays.

**2000-2001:** Saw action in various events during her freshman season ... A constant on both the 4x400 and sprint medley relay teams ... Had the top 500 time of the season for the Hokies with a mark of 1:21.19 at the National Open ... Took sixth place in the 400 hurdles at the Gobbler Invitational.

**High School:** A top 400 hurdler for coach Phyllis Anderson at A.P. Randolph ... Two-time state qualifier ... Reached the finals in the 400 hurdles at the national USATF meet ... Twice the city champion in the 400 hurdles.

**Personal:** Born April 25, 1982, in New York, N.Y. ... Daughter of Dyon J. Gaddy ... Has two siblings: Shamare and Michael ... Career objective is to be in fashion merchandising ... Enrolled in marketing.



## marie giles

**senior - sprints**  
**hampton, va. - bethel**

• outdoor school record - 400m •  
 • indoor school record - 500m •  
 • indoor school record - 4x400m •

**2002-03:** Set the outdoor school record in the 400 meters with a time of 55.13, finishing 18th at the Georgia Tech Invitational ... Finished 11th in the 400 meters at the Raleigh Relays with a time of 56.03 ... Competed on the 4x100-meter relay squad that was seventh at the BIG EAST meet ... Indoors, holds the school record in the 500 meters with a mark of 1:14.27, set at the Tech Challenge ... Had a season best jump of 18-1.5 ... Had an indoor 400 meter best of 56.20, finishing fourth at the Rod McCravy meet.

**2001-2002:** Transferred to Tech from the University of Alabama ... Was a 2002 NCAA provisional qualifier in the indoor 400 meters with a time of 54.69.

**giles'  
personal bests**

**200m - 24.69**  
**400m - 54.69**  
**500m - 1:14.27**

**High School:** Named the 1999 *Daily Press* Athlete of the Year ... Garnered all-district, all-region and all-state honors all four years at Bethel ... Was an indoor and outdoor All-American in the 4x200 and 4x400 from 1998-2000 ... All-American in the 400 her senior year ... Earned four letters for coach Edward Williams ... Personal-bests

of 54.46 in the 400 meters and 18-10 in the long jump.

**Personal:** Daughter of Thomas and Marie Giles ... Born on March 4, 1982 in England ... Has two siblings, Angela and Jean-Pierre ... Career goal is to be a physical therapist ... Enrolled in health, nutrition, food and exercise.





## jennifer glodowski

**freshman - throws**  
**schuyler, neb. - schuyler central**

**High School:** Was the Nebraska all-class gold medal winner in the shot put in 2003 ... Was all-state in shot put three years ... Holds the area and school records in the shot put ...

**glodowski's  
personal bests**

**shot put - 47-10.75**

Was the 2002 Youth Athletics National Champion in the shot put ... Was a four-time all-area and conference golfer ... Also an all-area center in basketball ... Named her school's senior woman athlete of the year and weightlifter of the year.

**Personal:** Daughter of Don and Peg Glodowski ... Born Aug. 15, 1984 ... Is majoring in university studies and wishes to teach or coach.



## ashleigh keats

**freshman - throws**  
**salina, kan. - salina central**



**High School:** Was a 2002 *Track & Field News* All-American selection in the javelin ... A sixth place finisher at the USA Junior Heptathlon Championships ... Led Salina Central High School to the 2002 state track and field title by winning four individual events — the 100m-hurdles, javelin, triple jump and long jump — becoming the 12th woman in state history to accomplish the feat ... Also won the javelin at the Adidas Scholastic National Championships in Raleigh, N.C. ... Was fifth at the USA Junior Championships in Palo Alto, Calif. ... Was also a standout volleyball player at Salina Central.

**keats'  
personal bests**

**javelin - 152-10**

**Personal:** Daughter of Graham and Chris Keats ... Was born June 29, 1985 in Peterborough, Ontario ... Is majoring in biology and hopes to become an obstetrician.



## jessica morris

**junior - distance**  
**coatesville, pa. - great valley**

• indoor school record - 4x800m •

**2002-03:** Finished fourth at the BIG EAST indoor meet in the mile with a time of 4:55.60 ... Was fifth in the 3,000 meters at the Rod McCravy Invitational with a 9:46.90 mark ... Redshirted the outdoor season.

**2001-2002:** Enjoyed a successful freshman year in both indoor and outdoor seasons ... Placed third in the 5,000 at the Clemson Invitational ... Ran a leg on the 4x800 relay team that finished seventh at the BIG EAST indoor championships ... Finished fifth at the Rod McCravy Memorial Meet with a time of 10:19.15 in the 3,000 ... Turned in a season-best time of 5:03.22 in the mile, which earned her sixth place at the Virginia Tech Challenge ... Member of the DMR team that placed fifth at the BIG EAST indoor championships ... Brought

**morris'**  
**personal bests**

**mile - 4:55.60**  
**3,000m 9:46.90**

home a seventh place finish in the mile at Father Diamond ... Has a personal record of 4:39.23 in the 1,500 meters ... Named to the BIG EAST All-Academic Team.

**High School:** Earned three letters for coaches Mike Kelly and Paul Hazor at Great Valley ... Named the team's outstanding distance runner ... Captain of the soccer team during her junior and senior seasons ... Named first-team all-area ... 2000 state champion in the 500-yard freestyle for her club swim team.

**Personal:** Born May 10, 1983 ... Daughter of Joseph and Anne Morris ... Enrolled in human nutrition, foods and exercise.



## keosha sanders

**sophomore - sprints/hurdles**  
**stafford, va. - brooke point**

**Prior to Tech:** Redshirted the 2003 season at Iowa State University ... Competed the entire 2002 season for the Cyclones, finishing 10th in the 400-meter hurdles at the Big 12 Championships.

**High School:** Accounted for 28 of her team's 43 points at the 2001 Virginia AAA Indoor State Championships, winning both the 55-meter hurdles and 300 meters, leading Brooke Point to a second place finish ... Was a high school All-American and finished second at the NIKE Indoor Classic.

**Personal:** Daughter of Wayne and Diane Sanders ... Born on Nov. 29, 1983 in Fayetteville, N.C. ... Her father was a member of the T.C. Williams football team featured in *Remember the Titans* ... Majoring in human services.





**saskia triesscheijn**  
*sophomore/multi-events*  
*berlin, germany/humboldt university*

One of the top young multi-event athletes in Germany ... Will make an immediate impact at Tech in the heptathlon and javelin.

**Prior to Tech:** Represented Germany in the 2003 European Cup, competing in the heptathlon ... Has recorded personal bests of 5,559 points in the heptathlon, 4,065 points in the pentathlon, and 156-4 in the javelin.

**Personal:** Has traveled extensively through Europe and is fluent in five languages ... Born on June 16, 1981 ... Daughter of Paul and Ute Triesscheijn ... Majoring in biology.



**ciera ayangbile**  
*freshman - throws*  
*fulton, ill. - fulton*

**High School:** Was second in the state in the shot put her senior year and seventh in the discus ... Finished second in the shot put her junior year and third her sophomore year ... Was also an all-state hitter and blocker in volleyball.

**Personal:** Daughter of Gberga and Sundra Ayangbile ... Her older brother, Jaba, was a state champion in the 100-meters ... Is majoring in biology/pre-med.



**meredith brooks**  
*freshman - distance*  
*burke, va. - robinson*

**High School:** Was a two-time district champion in the indoor 500 meters ... Finished third at regionals twice in the 500 meters ... Was a member of the state champion 4x800-

meter relay team ... Placed sixth at the Nike Indoor Classic in the 4x400-meter relay.

**Personal:** Born Sept. 23, 1985 in Monterey, Calif. ... Daughter of James and Gail Brooks ... Father was a Delaware state champion in wrestling and wrestled for Navy ... Is enrolled in university studies.



**dominique bunai**  
*freshman - sprints*  
*new york, n.y. - laguardia*

**High School:** Competed for Atoms Track Club for six years ... Was named the *Student Athletes Inc.*, student athlete of the year (1998) ... Finished second in the 800 meters at the 1999

Colgate Women's Games.

**Personal:** Was born Dec. 2, 1985 ... Daughter of Geraldin Bunai ... Is majoring in sociology with a minor in math.



**tamara burns**

*sophomore - distance*  
*va. beach, va. - ocean lakes*

**2002-03:** Outdoor 800 meter best of 2:22.33 at UVa ... Ran a leg of the 4x800-meter relay for a team that came in eighth at the BIG EAST

outdoor meet ... Indoors, finished 11th in the 800 meters at the Tech Challenge.

**High School:** Lettered in cross country and track all four years ... Was the three-time MVP of her track team ... Named the most improved athlete in cross country ... Ran a leg of the 4x800-meter relay for a team that finished fourth in the state.

**Personal:** Tamara Beth Burns was born October 5, 1984 in Norfolk, Va. ... Daughter of Joel and Felicity Burns ... Enrolled in university studies.

**burns'**  
**personal bests**

**800m - 2:22.33**



## katie danyko

**sophomore - distance**  
**royal oak, mich.**  
**adlai e. stevenson**

**2002-03:** Came in fourth at the Tech Challenge in the indoor 5,000 meters with a time of 18:11.07 ...

Outdoors, finished first in the 10,000 meters with a time of 39:23.37 at the Virginia Tech Invitational.

**High School:** Earned All-Midwest honors at Footlocker Cross Country Championships ... Garnered all-state honors ... Was county, conference and regional champion ... Placed 19th at world junior cross country trials ... Named Ms. Cross Country as the best senior in the state in 2002 ... Earned four

**danyko's personal bests**

**5,000m - 17:31.50**

letters in cross country and track and field for coach Kevin Hanson at Stevenson ... Placed eighth at USA Junior Nationals in the 5k with a time of 17:31.

**Personal:** Kathryn Marie Danyko was born December 14, 1983, in Royal Oak, Mich. ... Daughter of Dave and Bobbie Danyko ... Plays the piano and the clarinet ... Has two siblings, Lauren and Steve ... Enrolled in university studies.



## jenn dietz

**freshman - distance**  
**springfield, va.**  
**robert e. lee**

**High School:** Lettered four years in cross country for Coach Barry Mensh at Robert E. Lee High School

... Two-time all-district performer ... All-region and state qualifier ... Team captain and MVP in her junior and senior years ... Earned *Washington Post* all-Metro honorable mention accolades ... Also lettered four years in indoor track and three years in outdoor track ... A four-time all-district performer in indoor track ... As a senior, finished first in the district in both the indoor 1,600 and 3,200 meters ... Earned all-region and all-state honors in the indoor 3,200 meters ... Turned in three all-district performances in outdoor track, winning the championships in the 1,600 and 3,200 meters ... An all-region performer in the outdoor 3,200 meters ... Named her high school's Sportswoman of the Year as a junior.

**Personal:** Jennifer Lauren Dietz was born June 3, 1985 in Groton, Conn. ... Daughter of Stephen and Patricia Dietz ... Enrolled in university studies.



## samantha ference

**freshman - distance**  
**clifton, va. - robinson**

**High School:** A four-year letterwinner in track and cross country

for Coach Jeremy Workman at James W. Robinson High School ... Twice earned all-state honors in cross country ... Her team won the state AAA cross country championship in 2001 ... A three-time all-state performer in the 1,600 meters ... Won four state championships as a member of the 4x800-meter relay team ... Twice named a Nike All-American in the 4x800-meter relay ... Received *Washington Post* all-Metro honors.

**Personal:** Samantha Swift Ference was born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Undecided on a major.



## victoria green

**junior - sprints**  
**chesapeake, va.**  
**deep creek**

**2002-03:** Was eighth in the 200 meters with a season best of 25.12 at the Virginia Tech Invitational ... Was

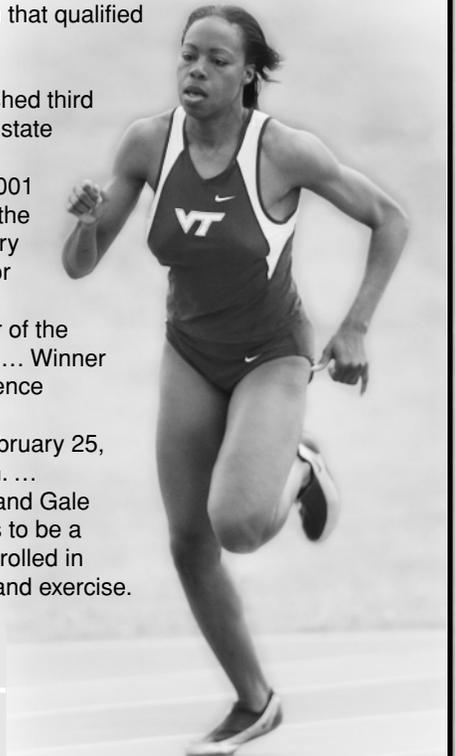
fifth at the VT Invitational with a mark of 57.22 in the 400 meters ... Was a solid performer on the 4x400-meter relay team that qualified for the NCAA Regional Championships.

**High School:** Finished third in the 400 at the indoor state meet and fourth at the outdoor state meet in 2001 ... Named all-district in the 400 and for cross country ... Earned four letters for coach David Waddell at Deep Creek ... Member of the National Honor Society ... Winner of the Academic Excellence Award.

**Personal:** Born February 25, 1983, in Nashville, Tenn. ... Daughter of Roosevelt and Gale Green ... Career goal is to be a physical therapist ... Enrolled in human nutrition, foods and exercise.

**green's personal bests**

**200m - 25.12**  
**400m - 57.22**





**jessica hammack**  
*junior - distance*  
*chesterfield, va. - manchester*

**2002-03:** Ran a season best in the 800 meters at UVa with a time of 2:24.54 ... Recorded a personal best at UVa in the 1,500 meters with a 4:58.17 finish ... Indoors, finished

10th in the 800 meters at the Tech Challenge with a season best of 2:23.59.

**2001-2002:** Had a successful freshman campaign for the Hokies ... Placed sixth at the Knoxville Invitational in the 800 and 1,500 ... Ran a season-best time of 4:58.40 in the 1,500 at the Weems Baskin Relays ... Took home eighth place in the 1,500 at the Clemson Invitational ... Named to the BIG EAST All-Academic Team.

**hammack's personal bests**

**800m - 2:23.59**  
**1,500m - 4:58.17**

**High School:** Earned eight letters between track and cross country for coach Paul Kline at Manchester ... Named Rookie of the Year as a freshman ... Winner of the coach's award ... Member of the cross country team that won the state title.

**Personal:** Born July 6, 1983 in Chesterfield, Va. ... Daughter of Mike and Mary Jo Hammack ... Enrolled in biology.



**cate jackson**  
*freshman - distance*  
*forest, va. - jefferson forest*

**High School:** A four-year letterwinner in cross country and indoor and outdoor track at Jefferson Forest High School ... Earned all-district, all-region, all-state and all-

area honors in all three sports ... Named the district and area runner of the year in cross country ... Team won two cross country state championships and finished second in 2002 ... Also won an indoor track state championship in 2001 and outdoor state championships in 1999, 2000 and 2001 ... Member of a 4x1,600-meter relay team which finished seventh in the nation.

**Personal:** Catherine Jordan Jackson was born December 2, 1984 in Huntington, W. Va. ... Daughter of Larry and Cathy Jackson ... Majoring in communications.



**kim johnston**  
*sophomore - pole vault*  
*newport news, va.*  
*old bridge*

- indoor school record - pole vault•
- outdoor school record - pole vault•

**2002-03:** Came in eighth at the BIG EAST outdoor meet, equaling her own school record of 11-5.75 ... Set the outdoor mark of 11-5.75 with a 12th place finish at the Pomona-Pitzer Relays ... Indoors, set the school

record twice with a best of 11-5.75 at the Tech Challenge.

**High School:** Named to the GMC all-red division, GMC all-county and GMC all-conference teams ... Member of the team that earned second-team all-Middlesex County honors in the 4x400 ... Served as captain of the outdoor track and field team ... Holds the Old Bridge school record in the pole vault ... Received the Old Bridge Coach's Association award for excellence in academics and athletics ... Earned four varsity letters for indoor and outdoor track ... Earned four varsity letters as a soccer player.

**johnston's personal bests**

**pole vault - 11-5.75**

**Personal:** Kimberly Johnston was born on March 4, 1984 in Newport News, Va. ... Daughter of Wayne and Rebecca Johnston ... Hobbies include surfing, hiking and rock climbing ... Career goal is to be an architect or a mechanical engineer ... Enrolled in university studies.



**katherine kamer**  
*freshman - distance*  
*richmond, va. - mills godwin*

**High School:** Was a four year letterwinner at Mills Godwin High School coached by Kemper Towler ...

Was named to the all-state team in the 1,600 meters and all-district and all-region in both the 1,600 meters and 1,000 meters.

**Personal:** Was born May 5, 1985 in Long Beach, Calif. ... Daughter of Ed and Judi Kramer ... Majoring in engineering and is a member of the National Spanish Honor Society.



**abby mcgrath**  
*freshman*  
*distance/pole vault*  
*burke, va. - lake braddock*

**High School:** Was an all-district member on the state champion cross country squad ... Finished third in the

Great American Race her senior year ... Was the district and regional runner-up her senior season ... Was all-district, region, and state in the 800 meters ... Had a personal best of 10-2 in the pole vault ... Led her team to consecutive indoor state championships her sophomore and junior seasons ... Was also an all-region catcher in softball.

**Personal:** Born on March 3, 1985 ... Daughter of Thomas and Cynthia McGrath ... Father is a retired Navy Seal ... Is majoring in university studies and intends to enroll in veterinary school.



## kim milbourn

**senior - distance**  
**fairfax, va. - robinson**

**2002-03:** Set the 3,000-meter steeplechase school record with a time of 10:47.23 at the Mt. SAC Relays, finishing fifth ... Was ninth in

the steeplechase at the BIG EAST meet ... Had an indoor 3,000 meter time of 10:00.60, finishing 10th at the BIG EAST meet ... Was seventh at the Tech Last Chance in the mile with a time of 4:58.76.

**2001-2002:** Successful runner at a variety of distances ... Placed second with a season-best time at the Virginia Tech Challenge in the 5,000 (17:56.82) ... Captured third at Father Diamond in the 3,000 ... Redshirted the outdoor season.

**2000-2001:** Captured fourth in the 5,000 at the Virginia Tech Challenge finishing in 18:34.10 ... Had top team performance in the 10,000 at the Sea Ray Relays ... Also saw success in cross country by placing in the top 20 in four races during the season ... Her highest finish was fourth at the alumni meet ... Finished 12th at the Walt Disney World Classic with a season-best time of 18:31.26.

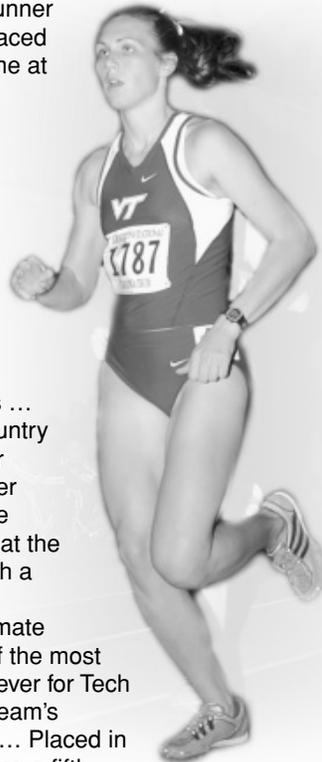
**1999-2000:** Joined teammate Stacey Vidt to make up one of the most successful pairs of freshmen ever for Tech cross country ... Named the team's outstanding rookie performer ... Placed in the top 10 three times, including a fifth place finish at the Virginia Tech Invitational

where she ran 18:41 ... Finished 21st overall at the conference championships ... Captured third in the 10,000 at the A-10 championships ... Ran a personal best 18:08.42 in the outdoor 5,000.

**High School:** Earned three letters for coach Jeremy

Workman at Robinson ... Finished tenth in the Junior/Senior race at the Foot Locker regionals ... Member of the 1997 state championship cross country team ... Named all-Metro honorable mention in 1997 ... Earned All-America honors for a second-place finish in the DMR at the indoor national scholastic meet ... Member of the 1997 Virginia State Indoor 4x800 championship relay team.

**Personal:** Daughter of Chip and Rae Ann Milbourn ... Born November 1, 1980 in Fairfax, Va. ... Double majoring in chemistry and human nutrition, foods and exercise.



### **milbourn's** **personal bests**

**sc - 10:47.23**  
**3,000m - 10:00.06**  
**10,000m - 36:48.00**



## jacqueline nicholson

**junior - sprints/hurdles**  
**clayton, n.j. - clayton**

**2002-03:** Had a season-best 400-meter hurdle time of 1:04.81, finishing

third at the FAMU Relays ... Finished second at the Virginia Tech Invitational with a 100-meter hurdle time of 14.59 ... Took first place in the Virginia Tech Invitational 400-meter hurdles with a 1:08.01 finish ...

Indoors, had a 60-meter hurdle best of 8.96, taking seventh place at the Tech Challenge ... Was 26th in the 200 meters at the Tech Challenge with a time of 25.76.

**2001-2002:** Placed second in the 100 hurdles at the Knoxville Invitational ... Took fifth at the Clemson Invitational with a season-best time of 14.97 ... Captured seventh at the Weems Baskin Relays.

**High School:** Gloucester County champion in the 100 hurdles ... South Jersey and New Jersey state champion in the 400 hurdles ... Four-time tri-county champion in the 100 hurdles ... Garnered Tri-County first team honors four years ... Named to all-South Jersey team four years ... Earned four letters for coaches Steve Everett and Mike Placko ... Letter four years in field hockey ... Named Outstanding Senior Athlete.

**Personal:** Daughter of Donald and Judith Nicholson ... Born January 17, 1983, in Lubbock, Texas ... Career objective is to be a social worker ... Enrolled in university studies.

### **nicholson's** **personal bests**

**100h - 14.59**  
**400h - 1:04.81**



## michelle nowden

**sophomore - sprints/jumps**  
**washington, d.c.**  
**elizabeth seton**

**2002-03:** Tied for 11th at the BIG EAST Championships in the long jump with a leap of 19-4 ... Finished 10th in the 200-meter dash at the Virginia Tech Invitational with a time of 26.37 ... Indoors, finished 13th in the BIG EAST long jump competition ... Had a 60-meter best of 8.00, finishing 19th at the Tech Challenge.

**High School:** Was a three-time member of the all-county first team ... Had a personal-best distance of 18-08 in the long jump ... Participated in swimming and cheerleading ... Was an All-American in cheerleading.

**Personal:** Born on July 29, 1984, in Washington, D.C. ... Daughter of Talmadge and Paulette Nowden ... Career goal is to be a forensic pathologist ... Enrolled in biochemistry.

### **nowden's** **personal bests**

**long jump - 19-4**



## moriah o'brien

**sophomore - distance  
woodbridge, va.  
osbourn park**

**2002-03:** Was second in the 10,000 meters at the Virginia Tech Invitational ... Indoors, ran an 18:40.28 5,000 meters at the Tech

Challenge, finishing sixth.

**High School:** Cross country captain two years ... Placed 12th in cross country state competition ... Member of the all-mile state team ... Garnered all-state and all-Metro honors ... Earned four letters in cross country for coach Mike Schusten ... Three-time cross country MVP ... District champion in the 1,000 ... Member of the district-champion 4x800 relay team ... Two-time captain for indoor and outdoor track ... Named Female Athlete of the Year ... Earned three varsity letters in track for coaches Mike Feldman and Mike Schuster.

**Personal:** Born July 2, 1983 in Washington, D.C. ... Daughter of John O'Brien and Jeanne Larson O'Brien ... Career objective is to be an architect or industrial designer ... Enrolled in university studies.

**o'brien's  
personal bests**

**5,000m - 18:40.28**



## shamane onwudiachi

**junior - sprints/hurdles  
laurel, md. - laurel**

**2002-03:** Took fourth in the 100-meter hurdles at the Virginia Tech Invitational ... Ran the 400

meters in 57.86 to finish sixth at the Virginia Tech Invitational ... Ran on both of Tech's relay squads that finished seventh at the BIG EAST Championships ... Indoors, had a 60-meter hurdle best of 9.04 at the Tech Challenge.

**2001-2002:** Proved her ability in several different events ... Finished eighth in the 100 at the Clemson Invitational ... Member of the 4x100 relay team that finished sixth at the BIG EAST Outdoor Championships.

**High School:** County

champion in the 55 hurdles ... State champion as a member of the 4x800 relay team ... Winner of the Leadership Award ... Member of the outdoor SMR that finished fourth in the nation and indoor SMR that finished sixth in the nation ...

Earned four letters for coach Louis Warren at Laurel.

**Personal:** Born August 10, 1983, in Huntsville, Ala. ... Daughter of Benjamin and Felicia Onwudiachi ... Has four sisters: Jessica, Tiffany, Desiree and Whitney ... Career goal is to be a pediatrician ... Enrolled in human nutrition, foods and exercise.

**onwudiachi's  
personal bests**

**100h - 14.90  
200m - 25.75  
60h - 9.04**



## kristy vancour

**senior - distance  
evans mills, n.y.  
suny cobleskill**

**2002-03:** Was second in the steeplechase at the Virginia Tech Invitational with a time of 11:47.85 ... Ran a 10:21.81 3,000 meters to finish 11th at UVa.

**SUNY Cobleskill:** Named All-American and Academic All-American while at SUNY Cobleskill ... Two-time national NJCAA Champion ... Two-time conference champion ... Member of team that won National Team Championship in 2000 ... Named SUNY Cobleskill Female Athlete of the Year for 2001.

**High School:** Served as captain her senior year at Indian River Central ... Named Most Valuable Player for coach Jim Mattingly.

**Personal:** Kristy Marie VanCour was born June 15, 1982 in Watertown, N.Y. ... Daughter of Lawrence VanCour ... Has one sister, Jamie, and two brothers, Steven and Justin ... Enrolled in dairy science.

**vancour's  
personal bests**

**sc - 11:47.85  
3k - 10:21.81**



## jennifer wade

**sophomore - pole vault  
roanoke, va. - cave spring**

**2002-03:** Redshirted the outdoor season ... Indoors, finished ninth at the Father Diamond meet ... Finished 10th at the Rod McCravy Invitational.

**High School:**

Garnered all-district and all-region honors ... Set the Northwest region indoor pole vault record ... Earned all-state honors in Virginia ... Earned four varsity letters for coach Meggan Dery at Cave Spring ... Also ran the 200, 400 and 4x400 relay.

**Personal:** Daughter of Jim and Ellen Wade ... Born in Roanoke, Va., on September 14, 1984 ... Both parents are Virginia Tech alumni ... Enrolled in business.

**wade's  
personal bests**

**pole vault - 10-6**



## michelle zorn

**junior - throws  
lincoln, neb. - southern miss**

**At Southern Miss:** Competed for USM in both track and field and golf ... Was the Eagles' top thrower last season.

**High School:** Finished 10th at the state golf tournament ... Earned a golf

scholarship to Southern Mississippi ... Also competed two years in track ... Was named Lincoln East's Woman Athlete of the Year.

**Personal:** Was born on Sept. 30, 1982 ... Daughter of Tomas and JoAnn Zorn ... Older sister Debbie was an academic All-American golfer at the University of Buena Vista ... Is majoring in finance.

**zorn's  
personal bests**

**shot put - 44-1**



## **amanda boswell**

*freshman - distance  
virginia beach, va.  
princess anne*



## **ashley hughes**

*freshman - distance  
norfolk, va.  
norfolk academy*



## **eleanor boyce**

*freshman - distance  
fairfax, va. - paul vi*



## **imani mack**

*junior - sprints  
chesapeake, va. - hickory*



## **katie campbell**

*sophomore - multi-events  
bristol, va. - john s. battle*



## **erin mahony**

*freshman - pole vault  
virginia beach, va.  
kempsville*



## **kelly dick**

*freshman - distance  
burke, va. - lake braddock*



## **heather mullis**

*freshman - distance  
virginia beach, va. - cox*



## **regina galan**

*junior - pole vault  
sickerville, n.y. - highland*



## **rebecca singh**

*freshman - distance  
millsboro, del.  
sussex technical*



## **tiffany howell**

*freshman - distance  
virginia beach, va. - kellam*



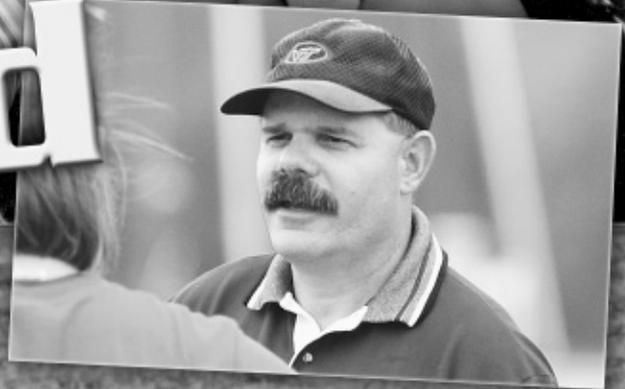
## **shanea thomas**

*senior - sprints/jumps  
hampton, va. - bethel*



# This Is VIRGINIA Track





**T**he men's track and field team made history last season with the largest single-season improvement in conference history. The Hokies finished third at last year's BIG EAST Outdoor Championships, a 10-place improvement from their 13th place finish in 2002. While an improvement of such epic proportions may no longer be possible, the Hokies are looking to maintain that level of excellence and remain one of the top teams in the BIG EAST.

For the Hokies to remain in the top echelon of the BIG EAST, director of track and field Dave Cianelli knows it will require the diversity last year's squad lacked. "We need to score more points on the track," Cianelli said. "The majority of our points have come in field events. If we can add points in other areas it will make us that much stronger at the conference level."

Aiding the team is the fact that nearly all top performers are returning, including All-American hammer thrower Spyridon Jullien, giving Cianelli a squad he feels is even stronger than last season's.

Jullien will lead the throwers, easily Tech's strongest area last season, and this year should be no different with everyone returning. NCAA javelin qualifier Jacobus Smit is poised for a breakout season in his second year of collegiate competition. Indoor school record holder Brian MacPhee returns in the shot put, joined by outdoor record holder Ryan Norwood and BIG EAST scorer Will Collins. In addition, MacPhee was all-conference in the weight throw last season and Collins will join him as one of the top athletes in that event.

The coaching staff expects all five to make significant contributions at the conference level. "This is a great crew returning that will make a major impact in the BIG EAST," said Cianelli. "We believe that Jullien, Smit, MacPhee and Norwood will all qualify for the NCAA Championships."

The distance events are one area in which the coaches are confident they can develop more conference scorers. David Atkiss is the top returning distance runner, however, he sat out the cross country season due to injury. If he can maintain his health he should definitely score in the 10,000 meters. Michael Lawson also has the potential to make an impact on this team. "With the way Mike looked in cross country, he's going to be outstanding in the 3,000 and 5,000 meter races," Cianelli said.

L.A. Snead and Justin Skaare will hold down the 1,000 and 1,500 meter events with the remainder of the distance crew focusing on the 800 meters. Antoine Harris returns after a successful freshman season. Backing up Harris is a very deep group, including Alex Johnson, Chris Scott and Duncan Vick. Buck Grant, who finished fourth in the BIG EAST in the 400 meters will be taking his talents to the 800 meters for his senior season. Adam Jury is Tech's top returning 800-meter runner and will be looking to break the 1:50 mark in that event.

"Our middle distance group should be quite good,"



Michael Lawson

David Atkiss

Cianelli said. "Our 800-meter group has the potential to be outstanding this season."

Another athlete poised for a breakout season is junior Jason Fludd, who ended his 2003 season as a BIG EAST runner-up in the triple jump. Fludd returns as one of the top jumpers in a very deep conference and the coaching staff agrees that he's barely scratched the surface of his potential. Complacency won't be an option for Fludd as freshman Idikoro Eradiri will be there to push the upperclassmen. Eradiri, the Virginia State Champion in the triple jump, possesses tremendous natural talent and should immediately perform at a high level.

Anthony Jenkins and Victor Davis will continue to develop as the Hokies' top weapons in the hurdles. Expect the Tech sprint crew to focus primarily on the 400 meters with seniors Adam Jury, David Cook, and Matt Renninger providing solid depth and strength. Cianelli feels that this year's sprinters should also combine for some exciting relay performances.

The Hokies return BIG EAST Champion Brian Mondschein as their top pole vaulter, who is in position for "a breakout season," according to Cianelli. With Dave Fritz returning, the Hokies have two of the top four in the BIG EAST, and the arrival of transfer Adam Bingaman should fill the void left by the graduation of Marcus Tepaske. Dan Shipman, Ryan Gore, and Joe Samaniuk will give this group the depth needed to continue to be one of the strongest group of vaulters in the conference.

After last season's history making improvement, Cianelli believes that this squad should have no problem maintaining that level of excellence. With a lot of talent returning, competitive newcomers, and a challenging schedule, this edition of the Tech track and field team should remain in the upper tier of the BIG EAST.



## spyridon jullien

**sophomore - throws**  
**athens, greece - holargos**

**2002-03:** Finished sixth at the NCAA Championships in the hammer throw with a mark of 223-5, earning All-America honors ... Took first place in the BIG EAST with a personal best and school record of 228-4 ... Ranked second in the nation in the hammer throw and third in the weight throw ... Set the school record three times and finished third at regionals ... Indoors, finished 16th in the NCAA Championships weight throw competition with a toss of 64-0.5 ... Won the BIG EAST Indoor Championships with a meet and school record of 71-3.25 ... Set the school record three times during the indoor season ... Finished first or second in

### **jullien's personal bests**

**hammer throw - 228-4**  
**weight throw - 71-3.25**

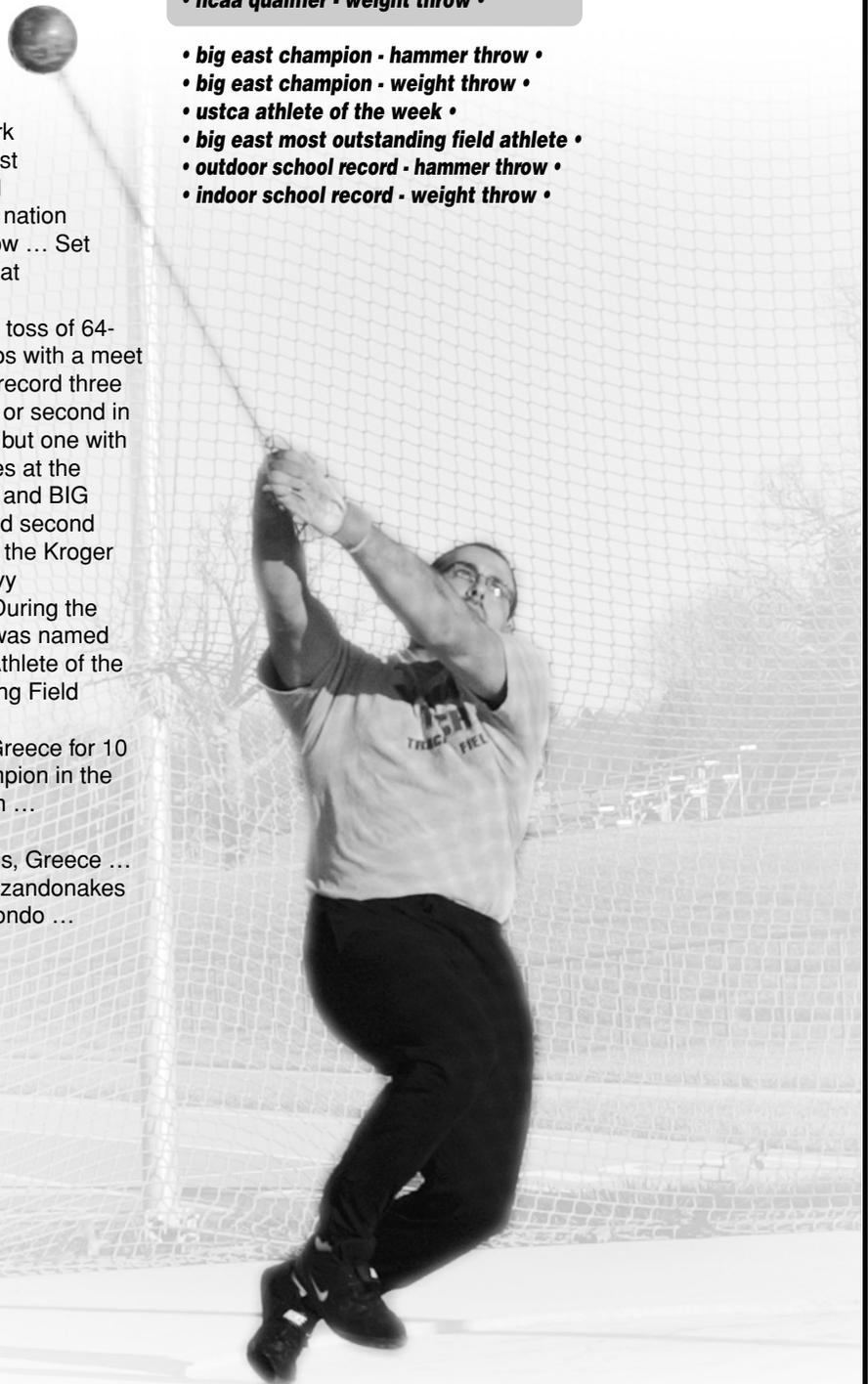
all indoor meets but one with first place finishes at the Father Diamond and BIG EAST meets, and second place finishes at the Kroger and Rod McCravy Invitationals ... During the indoor season, was named the U.S. Track Coaches' Association Division I Athlete of the Week ... Named the BIG EAST Most Outstanding Field Athlete.

**High School:** Threw for Ethnikos team in Greece for 10 years ... Named two-time under-23 Greek champion in the hammer throw ... Named third Balkan champion ... Recorded a career-best throw of 211-06.

**Personal:** Born on June 21, 1981, in Athens, Greece ... Son of Gerard-Louis Jullien and Stavroula Kalatzandonakes ... Sister was named Greek champion in taekwondo ... Studied violin ... Majoring in physical education.

- **ncaa all-american - hammer throw** •
- **ncaa qualifier - weight throw** •

- **big east champion - hammer throw** •
- **big east champion - weight throw** •
- **ustca athlete of the week** •
- **big east most outstanding field athlete** •
- **outdoor school record - hammer throw** •
- **indoor school record - weight throw** •





## **jacobus smit**

**sophomore - throws**  
**pretoria, south africa - garsfontein**

- **ncaa qualifier - javelin** •
- **big east runner-up - javelin** •
- **outdoor school record - javelin** •

**2002-03:** Finished second in the conference in the javelin with a school-record throw of 225-7 ... Also took top honors at the FAMU Relays and Virginia Tech Invitational ... Finished ninth at the Sea Ray Relays with a throw of 203-10 and eighth at the Mt. SAC Relays with a mark of 208-4 ... Qualified for the NCAA Championships, finishing ninth in his flight with a throw of 192-8.

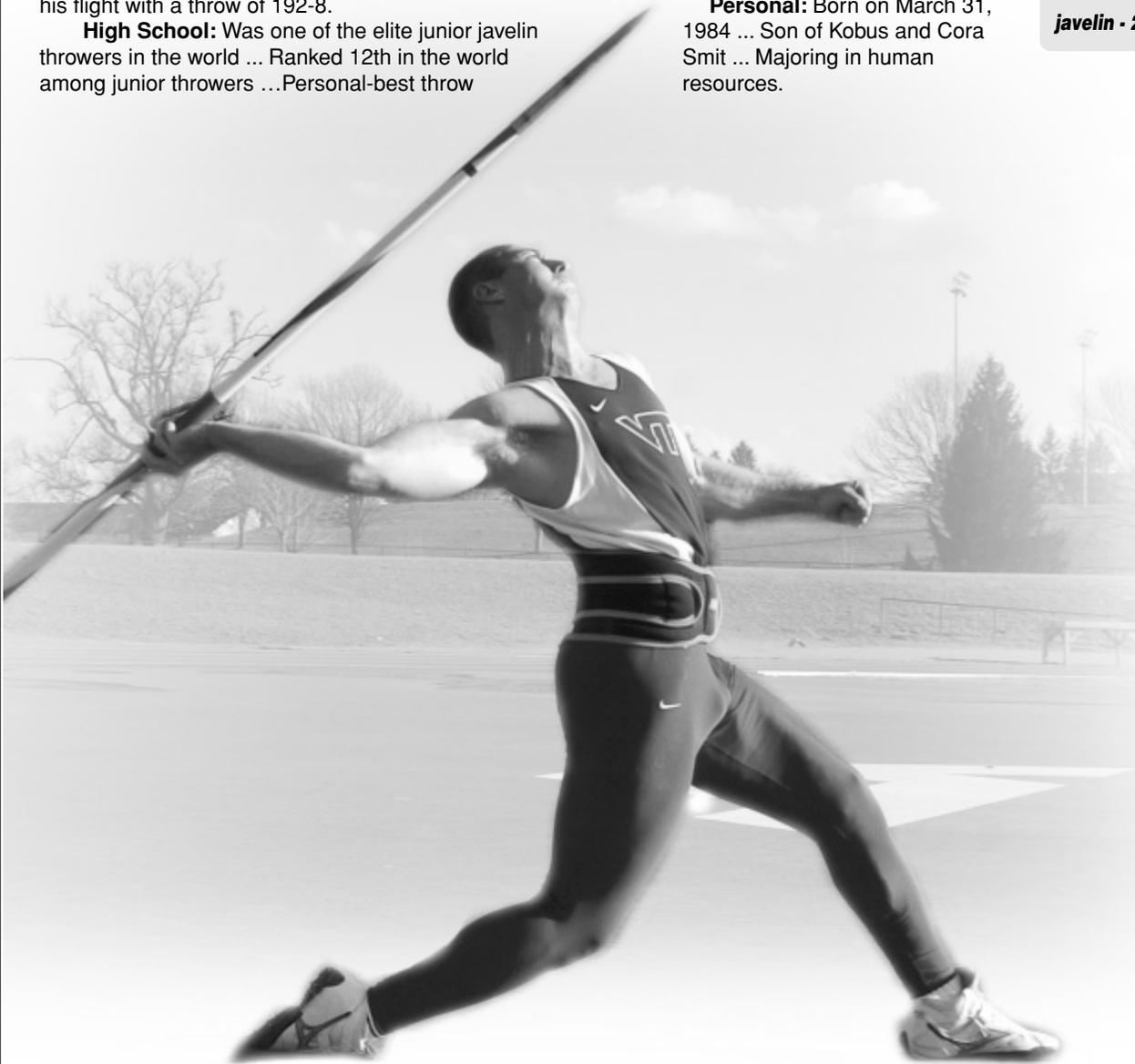
**High School:** Was one of the elite junior javelin throwers in the world ... Ranked 12th in the world among junior throwers ... Personal-best throw

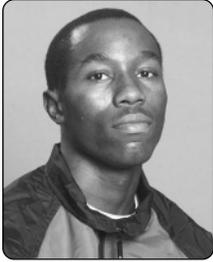
of 239-1 feet ... South African High School national champion in 2001 ... Runner-up at the 2001 South African Junior Championships ... Top-ranked junior in South Africa in 2002 ... Ranked fourth in South Africa the same year.

**Personal:** Born on March 31, 1984 ... Son of Kobus and Cora Smit ... Majoring in human resources.

**smit's  
personal bests**

**javelin - 239-1**





## jason fludd

**junior - jumps**  
**stafford, va. - brooke point**

• **big east runner-up - triple jump** •

**2002-03:** Finished second in the triple jump at the BIG EAST Outdoor Championships with a leap of 49-11 ... Was first at the Virginia Tech Invitational (48-6) ... Was eighth at the BIG EAST indoor meet with a triple jump mark of 47-1.75 ... Recorded five other top five finishes in the triple jump ...

Was also a member of the 4x400-meter relay team that finished sixth in the BIG EAST.

**2001-2002:** Placed second at the Virginia Tech Challenge in the triple jump ... Took home third

place at the Kroger Invitational ... Qualified for the BIG EAST Indoor Championships in the triple jump at the Father Diamond meet ... Finished fourth at the Clemson Invitational ... Finished tied for seventh at the BIG EAST Outdoor Championships ... Named to the All-BIG EAST Academic Team.

**High School:** Named to the Verizon USATF All-America team in the triple jump ... All-state and all-Metro performer for coach J.C. Hall ... 2000 state champion in the triple jump ...

**fludd's  
 personal bests**

**triple jump - 49-11**



Had a career-best of 49-11 in the triple jump ...

Named Athlete of the Year in 2000 by the *Freelance Star*.

**Personal:** Born April 6, 1982, in Honolulu, Hawaii ... Son of Alphonzo and Valarie Fludd ... Has one brother, Terrance, who is 17 ... Enrolled in communications.



## brian macphee

**senior - throws**  
**golden lake, ont. - st. matthews**

• **indoor school record - shot put** •

• **all-big east - shot put** •

• **all-big east - weight throw** •

**2002-03:** During the indoor season he finished third at the BIG EAST Championships in both the shot put (56-6) and the weight throw (56-8.5) ... Set the school record in the indoor shot put with a first place mark of 57-5 at the VMI Invitational ... Finished fourth in the shot put at the BIG EAST Outdoor meet with a throw of 53-6.25 ... Was 10th in the discus at the BIG EAST meet with a mark of 143-8 ... Took third place in the discus at the Mt. SAC Relays with a 163-8 throw ... Had an outdoor best of 55-9.25.

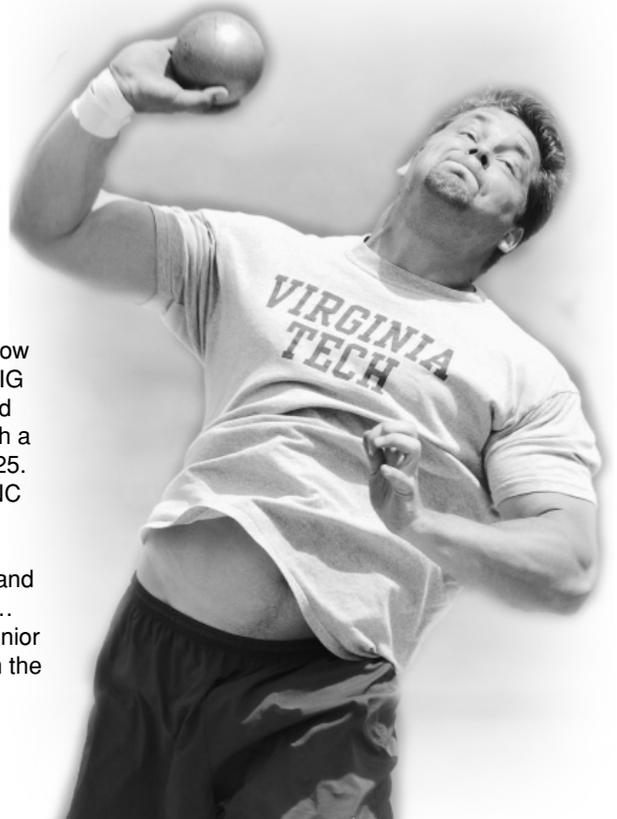
**2001-2002:** Transferred to Tech from UNC Asheville ... Two-time Big South Conference champion in the shot put.

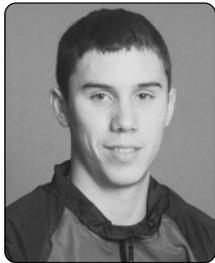
**High School/Other:** Earned seven OFSAA medals in the shot put and discus ... Competed for Canada on the Canadian Junior Team in 2000 ... Won second place in the discus and third in the shot put at Canadian Junior Nationals ... Named junior Athlete of the Year ... Set personal records in the shot put every year at OFSAA.

**Personal:** Born March 26, 1981, in Pembroke, Ontario ... Son of William and Brenda MacPhee ... Career goal is to be a teacher ... Enrolled in history.

**macphee's  
 personal bests**

**shot put - 57-5**  
**weight throw - 56-8.5**  
**discus - 163-8**





## brian mondschein

**sophomore - pole vault**  
**hummelstown, pa. - hershey**

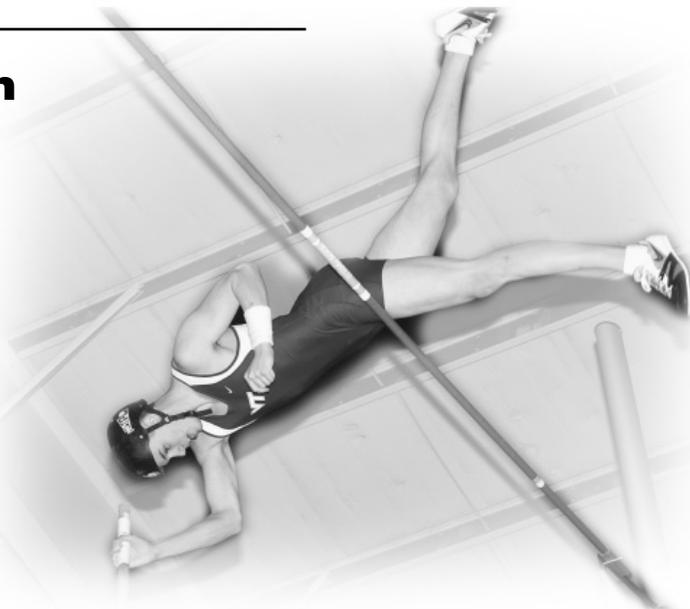
• big east champion - pole vault •

**2002-03:** Was the conference champion at the BIG EAST outdoor meet, clearing 16-4.75 ... Finished first at the FAMU Relays and fifth at the Raleigh Relays with a mark of 16-0.75 ... Finished second at the BIG EAST indoor meet with a height of 16-8.75 ... Had an indoor best of 16-10.75 at the Tech Last Chance meet.

**2001-2002:** Placed first at Father Diamond in the pole vault ... Vaulted a season-high 16-05 feet at the Tech Last Chance Meet ... Took home second place at the Rod McCravy Memorial Meet ... Tied for third at the Virginia Tech Challenge ... Top freshman at the BIG EAST Indoor Championships with a fourth-place finish ... Redshirted the outdoor season.

**High School:** 2001 Pennsylvania state champion in the pole vault during both the indoor and outdoor seasons ... Penn Relays pole vault champion ... Two-time conference champion for coach Robert Watson at Hershey ... Holds the conference record of 15-10 in the pole vault.

**Personal:** Son of Mark and Judy Mondschein ... Father



is a former PIAA pole vault record holder and state champion ... Grandfather was an Olympian and NCAA high jump champion ... Born January 9, 1983, in Durham, N.C. ... Career goal is to design cars ... Enrolled in mechanical engineering.

**mondschein's personal bests**

**pole vault - 16-10.75**



## ryan norwood

**junior - throws**  
**cheyenne, wyo. - east**

• big east runner-up - shot put •  
 • outdoor school record - shot put •



**2002-03:** Finished second in the indoor shot put at the conference meet with a throw of 56-7.5 ... Was third in the BIG EAST in the outdoor shot put with a mark of 53-7 ... Was an NCAA Regional finalist with an outdoor best of 56-7.5.

**2001-2002:** Qualified for the BIG EAST championships and finished second in the shot put at Father Diamond with a throw of 51-09.25 ... Placed third in the shot put at the Kroger Invitational and the Knoxville Invitational ... Took fifth at the Raleigh Relays ... Finished ninth at the Blue Heaven Rumble ... Placed eight at the BIG EAST Outdoor Championships ... Named to the BIG EAST All-Academic Team.

**High School:** Two-time all-state and all-conference performer in the shot put and discus ... Named athlete of the year twice while at East ...

**norwood's personal bests**

**shot put - 56-7.5**

Earned four letters for coach Ellie Zuber ... Member of the National Honor Society and named Student Athlete of the Year.

**Personal:** Born in Colorado Springs, Colo., on September 5, 1981 ... Son of Charlie and Connie Norwood ... Both parents are teachers ... Enrolled in computer science.



## david atkiss

**junior - distance**  
**hatfield, pa. - north penn**

**2002-03:** Was second in the 5,000 meters at the Tech Challenge with a time of 15:02.23 ... Only ran in three meets during the indoor season and sat out the outdoor campaign.

**2001-2002:** Was the top freshman in the 10,000 at the BIG EAST Outdoor Championships... Finished fifth at the BIG EAST Outdoor Championships in the 10,000 ... Placed second at the Virginia Tech Challenge in the 5,000 with a time of 15:08.97 ... Finished seventh twice in the 5,000 ... Took home a sixth-place finish at the Father Diamond meet in the 3,000 ... Sixth-place finish at the Tech Last Chance meet in the 5,000 ... Had a season-best time of 14:57.19 in the 5,000 at the Sea Ray Relays ... Finished eighth at the Clemson Invitational in the 1,500 (4:04.07) ... Had a season-best time of 30:11.07 in the 10,000.

**High School:** Two-time third place finisher at the PIAA state cross country championships ... Three-time letterwinner and senior captain for coach Ron Jaros at North Penn ...

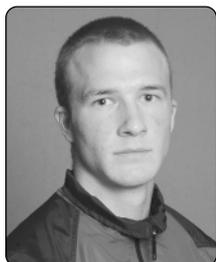
### atkiss' personal bests

**5,000m - 14:57.19**  
**10,000m - 30:11.07**

Two-time North Penn booster club and *North Penn Reporter* MVP ... Has a 5k personal record of 15:36 and the Neshaminy H.S. course record of 15:39 ... First-team all-league three consecutive years ... First in

4x800 at Nike National Championship and indoor state champion in 4x800 relay ... A 2001 All-American in the 4x800 ... League champion in the 3,200.

**Personal:** Born August 12, 1982 in Landsdale, Pa. ... Son of Donald and Sally Atkiss ... Enrolled in business information technology.



## adam bingaman

**sophomore - pole vault**  
**new berlinville, pa.**  
**boyertown**

**2002-03:** Transferred from Syracuse where he was fifth at the 2003 BIG EAST outdoor championships and has a personal best of 16-1.

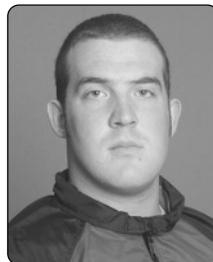
**High School:** Mercury All-American Athlete of the Year ... Earned all-county and all-state

honors ... Was the state champion in 2002 and competed in the Penn Relays.

**Personal:** Born Oct. 6, 1983 ... Son of Theodore and Linda Bingaman ... Majoring in computer science.

### bingaman's personal bests

**pole vault - 16-1**



## william collins

**sophomore - throws**  
**chesterfield, va. - manchester**

**2002-03:** Came in sixth in the shot put at the BIG EAST Outdoor Championships with a throw of 50-7.25 ... Was also ninth indoors with a heave of 50-0 and 10th in the weight

throw with a mark of 48-11 ... Finished the indoor season with personal bests of 52-11 in the weight throw and 50-4.75 in the shot put ... Outdoors, recorded bests of 50-11.5 in the

shot and 148-3 in the discus ... On the entire season, recorded 14 top-10 finishes in 17 competitions.

**High School:** Was a three-time regional champion in the shot put, finishing fifth in the state twice ... Also tied for second in

the state in the discus ... Was named the *Richmond Times-Dispatch* scholar athlete of the year runner-up.

**Personal:** Was born May 2, 1984 in Richmond, Va. ... Son of L. Dennis and JoAnn Collins ... Majoring in engineering.

### collins' personal bests

**shot put - 50-11.5**  
**weight throw - 52-11**  
**discus - 148-3**



## david cook

**junior - sprints**  
**pataskala, ohio - st. charles**

**2002-03:** Redshirted the indoor season ... Outdoors, recorded personal bests of 22.30 in the 200 meters and 49.80 in the 400 meters at the Virginia Tech Invitational.

**2001-2002:** Member of the 4x400 relay team that took first at the Mt. San Antonio College Relays and had a season best time of 3:11.56 ... Took eighth place in the 200 at the Knoxville Invitational ... Member of the DMR team that took

seventh at the BIG EAST Indoor Championships ... On the 4x100 relay team that took ninth at the BIG EAST Outdoor Championships ... Ran a leg on the 4x400 relay team that finished sixth at the BIG EAST championships ... Placed 10th in

the 100 at the Clemson Invitational ... Named to the BIG EAST All-Academic Team.

**High School:** All-league performer in the 200 and 400 ... Named MVP of track team ... Earned four letters for coach Al Hostetler at St. Charles Prep ... Named to the academic all-Ohio team ... Doubled as the captain of the basketball team.

**Personal:** Born May 18, 1982, in Columbus, Ohio ... Son of Peter and Dawn Gallen ... Career objective is to be an environmental consultant ... Enrolled in environmental sciences.

### cook's personal bests

**400m - 49.80**  
**200m - 22.30**



## victor davis

**sophomore - hurdles**  
**richmond, va. - monacan**

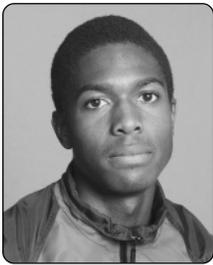
**2002-03:** Outdoors, was fifth at the BIG EAST Championships in the 400-meter hurdles with a time of 55.09 ... Also recorded a season-best time of 16.14 in the 110-meter hurdles at the Raleigh Relays.

**High School:** 2001 Dominion District runner of the year ... District champion in the 55, 110 and 300 hurdles his junior year ... Team captain and team MVP for coach Danny Parsons ... Two-time All-Academic Dominion District ... All-region all-Metro performer in the 55, 110 and 300 hurdles his junior year.

**davis' personal bests**

**400h - 55.09**

**Personal:** Victor L. Davis, Jr., was born in Portsmouth, Va., on January 7, 1982 ... Son of Dr. Victor and Rosa Davis ... Career goal is to be a physical therapist ... Enrolled in exercise and health promotion.



## idikoro eradiri

**freshman - triple jump**  
**ashburn, va. - broad run**

**High School:** Was the 2003 AA Virginia State Champion in the triple jump ... Personal best mark of 48-7 was the best jump by any scholastic athlete in Virginia.

**Personal:** Idikoro Eradiri was born on March 16, 1985 ... Son of Okpo and Mary Eradiri ... Is majoring in engineering.



## david fritz

**senior - pole vault**  
**conesus, n.y. - livonia**

**2002-03:** Was third at the BIG EAST outdoor meet, clearing 15-9 ... Also cleared 15-9 to tie for sixth at the Raleigh Relays and Pomona-Pitzer Invitational ... Indoors, had a best of

16-0.75, finishing third at the Kroger Invitational.

**2001-2002:** Vaulted his way to a second-place finish at the Father Diamond meet ... Placed fifth at the Tech Last Chance meet ... Captured sixth at the BIG EAST Indoor Championships with a personal-best vault of 16-2.75 ... Finished sixth at the Raleigh Relays ... Tied for sixth at the Virginia Tech Challenge ... Captured seventh at the Rod McCravy Memorial Meet ... Tied for ninth at the

**fritz's personal bests**

**pole vault - 16-2.75**

Knoxville Invitational ... Named to the BIG EAST All-Academic Team.

**2000-01:** Had an outdoor best of 14-11.0 at the Gobbler Invitational, finishing sixth ... Cleared 15-1 indoors to finish 13th at the Pepsi Invitational.

**High School:** Qualified for the USATF junior nationals ... Finished fifth in the state and was second in the Empire Games.

**Personal:** David A. Fritz is the son of John and Linda Fritz ... Born in New York on May 14, 1982 ... Has one brother: John, 21 ... Enrolled in computer science.



## buck grant

**senior - sprints**  
**centreville, va. - centreville**

• indoor school record - 400m •

**2002-03:** Place fourth in the 400 meters at the indoor conference meet with a 48.14 finish and eighth in the 200 meters with a time of 22.74 ... Had a 400-meter season best of 48.02 at the Kroger Invitational ... Also ran a leg of the indoor 4x400-meter relay that finished sixth at the BIG EAST Championships (3:18.66) ... Outdoors, finished first in the 400-meter hurdles at the FAMU relays with a time of 53.48 ... Was 10th in the 400 meters at the Mt. SAC Relays in 47.72.

**2001-2002:** Was redshirted.

**2000-2001:** Broke the school record in the indoor 400 with a time of 47.96 at the Last Chance Invitational ... A

**grant's personal bests**

**200m - 21.79**  
**400m - 47.71**

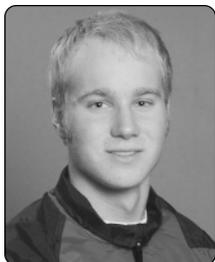
member of the DMR team that finished tenth at the NCAAs and broke the school record with a time of 9:37.98 ... Had the best time of the outdoor season in the 400 at 47.71 in the Gobbler Invitational ... Finished fourth in the 400 at the BIG EAST conference championships ...

Took seventh in the 200 with a season-best time of 22.21 and second in the 400 at UNCC ... Won the 400 at Christopher Newport and finished fourth at Tennessee ... Had the best time of the season for the Hokies in the 500 with a 1:04.74 at the BIG EAST indoor preliminaries ... Key component of the 4x100, 4x200, 4x400 and distance medley relay teams.

**1999-2000:** Stepped right into action and was a top quarter-miler as a freshman ... Took fourth at the conference championships in the outdoor 400 with a time of 47.95 ... Earned top honors at the Spring Gobbler Invitational in the 400 ... A key contributor on the 4x400 relay team.

**High School:** An All-American as a member of the 4x400 relay team that took second place at the national championships ... Earned all-district, all-region and all-state honors ... Played soccer as well.

**Personal:** Born August 5, 1981, in Chantilly, Va. ... Son of Elige and Julie Grant ... Has two younger sisters, Haley, 18, and Jordan, 13 ... Enrolled in geophysics.



## ryan gore

**sophomore - pole vault  
leonardtwn, md.  
leonardtwn**

**2002-03:** Cleared a personal best of 15-7 in his indoor collegiate debut, the Father Diamond meet ... Finished

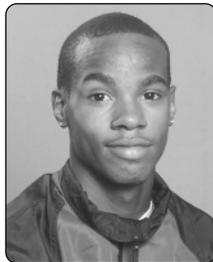
15th at the BIG EAST Indoor Championships with a height of 14-9 ... Finished second at the FAMU Relays, clearing an outdoor best of 15-5.5.

**High School:** 2002 Maryland state pole vault champion ... Indoor conference, regional and state champion ... Holds the indoor division record in the pole vault with a leap of 15-00 feet ... Outdoor conference, regional and state champion in the pole vault ... Placed third in the state competition in 2000.

**Personal:** Daniel Ryan Gore is the son of Daniel Gore and Julie Gore ... Born April 9, 1984 in New Orleans, La. ... Has four siblings: Chris, Alissa, Ethan and Janielle ... Enrolled in physics.

**gore's  
personal bests**

**pole vault - 15-7**



## antoine harris

**sophomore - distance  
queens, n.y. - holy cross**

**2002-03:** Ran a leg of the Distance Medley Relay, finishing eighth at the conference meet ...

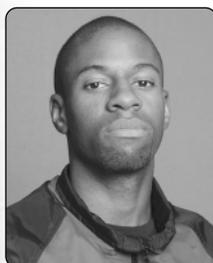
Was also a member of 4x800-meter relay squad that took ninth place at the BIG EAST Indoor Championships ... Outdoors, ran on the 4x800-meter relay team which took eighth at the conference meet ... Finished the season with a personal best 800 meter time of 1:52.73, finishing eighth at the Pomona-Pitzer Relays.

**High School:** A four-year letterwinner in cross country at Holy Cross ... Ran in the mile, half mile, and quarter mile for coach James Wilkerson ... A city champion in the indoor mile ... Named city's most valuable runner three years straight and maintained second honors three out of his four quarters.

**Personal:** Born October 9, 1984 in Brooklyn, N.Y. ... Son of Russell and Wanda Harris ... Enrolled in computer science.

**harris'  
personal bests**

**800m - 1:52.73  
mile - 4:25.87**



## anthony jenkins

**junior - sprints  
baltimore, md. - woodlawn**

**2002-03:** Finished seventh at the BIG EAST Outdoor meet in the 400-meter hurdles with a time of 55.21 ... Was eighth at the FAMU Relays in the same event (55.98) ... Indoors, ran a leg of the 4x400-meter relay that finished sixth ... Was 14th in the 400 meters at the Father Diamond meet with a time of 51.13 ... Had an indoor best 400-meter time of 50.23.

**2001-2002:** Recorded a sixth-place finish in the 400 hurdles at the Clemson Invitational with a season-best time of 56.71 ... Placed 12th at the Clemson Invitational in the 400 ... Captured 12th place in the 400 hurdles at the Raleigh Relays ... Had a season-best indoor time in the 400 at the Tech Last Chance meet (50.03) ... Finished 12th at the Father Diamond meet in the 500 with a time of 1:06.79.

**High School:** County and region champion in the 500 and 300 hurdles ... State runner-up in the 300 and as a member of the 4x400 relay team ... Member of the 4x400 relay team that won the state title ... Earned three varsity letters for coach Michael Sye at Woodlawn.

**Personal:** Son of Ray and Rhonda Jenkins ... Born April 12 1982 in Baltimore, Md ... Seeking a career in defense engineering for the United States ... Enrolled in electrical engineering.

**jenkins'  
personal bests**

**400m - 50.23  
400h - 53.81**



**Anthony Jenkins**



**alex johnson**  
*sophomore - distance*  
*phoenix, ariz. - brophy prep*

**2002-03:** Had an indoor season best in the 800 meters with a time of 1:57.17, finishing 17th at the Tech Last Chance meet ... Ran a leg of the DMR that finished eighth at the BIG EAST Indoor Championships ... During the outdoor season ran a best of 1:55.74, finishing 21st at UVa ... Had an outdoor best of 4:10.90 in the 1,500 meters at the Raleigh Relays.

**High School:** Earned a letter for coach Michael Keahon ... Also a two-time letterwinner in track, competing in the 400, 800, 4x400 and 4x800 ... Voted Most Valuable Sprinter as a junior ... Named the Most Improved Athlete his senior year ... Received all-state accolades in the 800 as a senior ... Finished second at the Arizona Meet of Champions ... His best time of 1:54.90 in the 800 set a new school record.

**Personal:** Born October 9, 1984 in Phoenix, Ariz. ... Son of Robert and Rita Johnson ... Enrolled in engineering.

**johnson's personal bests**

**800m - 1:54.90**  
**1,500m - 4:10.90**



**adam jury**  
*junior - distance*  
*catskill, n.y. - roundout valley*

**2002-03:** Came in sixth in the 500 meters at the BIG EAST indoor meet with a time of 1:04.17 ... Took top honors in the same event at the Tech Challenge (1:03.71) ... Was also a

member of the 4x400-meter relay team that took sixth at the BIG EAST meet ... Outdoors, had a season best time of 1:51.91 in the 800 meters at the Mt. SAC Relays.

**2001-2002:** Captured fourth place in the 600 at the Kroger Invitational with a time of 1:20.76 ... Ran a leg on the 4x400 relay team that took home first at the Mt. San Antonio College Relays in a time of 3:11.56 ... Took fourth place at the Clemson Invitational in the 800 ... Had a season-best indoor time in the 400 at the Virginia Tech Challenge (49.70) ... Season-best time in the 800 of 1:51.99 ... Named to the BIG EAST All-Academic Team.

**High School:** Holds the Roundout Valley school record in the 400 with a time of 49.80 ... Earned four letters for coach Mike Oriner ... Finished seventh at the New York state meeting two years in a row in the 200 ... Named Most Outstanding Performer three times ... Placed seventh at the state meet in the 400 ... Also played soccer.

**Personal:** Adam Jury was born March 21, 1982, in High Falls, N.Y. ... Son of Robert and Elissa Jury ... Hobbies include snowboarding, fishing and mountain biking ... Majoring in mechanical engineering.

**jury's personal bests**

**500m - 1:03.71**  
**800m - 1:51.91**



**michael lawson**  
*junior - distance*  
*foster, r.i. - ponaganset*

**2002-03:** Took 15th in the 5,000 meters at the BIG EAST Outdoor Championships with a time of 15:04.49 ... Ran a season-best time of 14:47.56 in the 5,000 meters at the Mt. SAC Relays, finishing 17th ... Took 13th place in the 3,000 meters at the BIG EAST indoor meet with a time of 8:35.75 ... Had a personal-best 3,000-meter time of 8:29.56 and 4:09.82 in the mile.

**2001-2002:** Finished fourth at the Father Diamond meet in the 3,000 ... Took home 15th place at the Virginia Tech Challenge ... Had a season-best time in the 3,000 of 8:41.42 at the Rod McCravy Memorial Meet ... Finished 22nd at the Sea Ray Relays in the 5,000.

**High School:** A first-team All-New England, all-state, all-class and all-division performer for coach Jim Caron ... Led Ponaganset to a third-place team finish with a fifth overall at the New England championships.

**Personal:** Born May 24, 1983 in Providence, R.I. ... Son of James and Gail Lawson ... One brother Nicholas, 15 ... Enrolled in engineering.

**lawson's personal bests**

**mile - 4:09.82**  
**3,000m - 8:29.56**  
**5,000m - 14:47.56**



**josiah oliver**  
*senior - distance*  
*richmond, va. governor's school*

**2002-03:** Had an indoor best of 8:42.15 in the 3,000 meters, finishing 14th at the Kroger Invitational ... Ran a 1:58.08 800 meters at the Tech

Last Chance meet ... Outdoors, placed fourth at the Virginia Tech Invitational in the 1,500 meters with a time of 4:07.42.

**2001-2002:** Competed in all five cross country meets for the Hokies ... Best performance of the season came at the Great American Festival, where he posted a career-best time of 26:00 and finished second ... Named a BIG EAST Academic All-Star ... Also named to the Virginia Tech All-Academic Team.

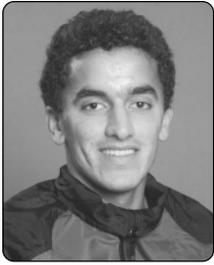
**2000-2001:** Consistent performer in the steeplechase and 1,500 during his first collegiate track season ... Ran a leg on the 4x1,500 relay team that broke the school record at the Raleigh Relays.

**High School:** Colonial District runner-up in the 800 and the 1,600 in 2000 ... Finished ninth at the state meet in the 1,600 ... Earned four track letters and three cross country letters for coach Jim Holdren.

**Personal:** Born April 16, 1982 in Richmond, Va. .... Son of Marcus and Carol Oliver ... Both parents are Virginia Tech graduates ... Majoring in mechanical engineering.

**oliver's personal bests**

**3,000m - 8:42.15**



## jordan rajan

**sophomore - hurdles  
downingtown, pa.  
downingtown**

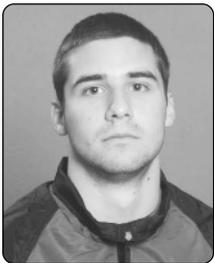
**2002-03:** Ran in the 110-meter hurdles at the Virginia Tech Invitational, finishing fourth ... Came in fifth at the Virginia Tech Invitational in the 400-meter hurdles with a 57.67 finish ... Indoors, recorded a personal best of 8.90 in the 60-meter hurdles and 23.17 in the 200-meter dash.

**rahan's  
personal bests**

**400h - 57.67**

**High School:** Lettered four years for coach George Read at Downingtown ... Placed sixth in the state in the 60 high hurdles ... Served as team captain his senior year ... Member of the 4x400 relay team that set the school record at Downingtown ... Named to the all-area team in spring track and field.

**Personal:** Born in Coatesville, Pa., on January 17, 1984 ... Son of C.I. and Pamela Rajan ... Hobbies include archery and biking ... Has two brothers, Jason, 16, and Justin, 14 ... Enrolled in university studies.



## matt renninger

**sophomore - sprints  
barto, pa. - boyertown**

**2002-03:** Had an indoor best of 23.12 at the Tech Challenge in the 200 meters and 51.69 in the 400 meters at the Tech Challenge ...

Competed in one outdoor meet with a seventh place finish in the 100 meters (11.29).

**High School:** Was a state bronze medalist in the 100 ... Selected to the all-state team in the 100 meters ... Has a personal best in the 100 with a time of 10.78 ... Lettered three years for coach Ron Hoffmann at Boyertown Area ... Named track and field Most Valuable Player.

**renninger's  
personal bests**

**100m - 11.15  
200m - 23.12**

**Personal:** Son of Lynn and Deb Renninger ... Born February 8, 1984, in Allentown, Pa. ... Hobbies include golf and basketball ... Career goal is to be a teacher and coach ... Enrolled in university studies.

# hokiesports.com



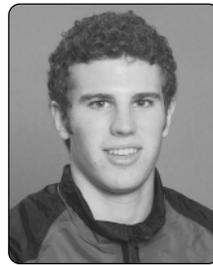
## joe samaniuk

**freshman - pole vault  
rexford, n.y.  
shenendehowa**

**2002-03:** Redshirted the indoor and outdoor seasons.

**High School:** Named Most Valuable Newcomer his sophomore year ... Earned three letters for coach Donald Paretta at Shenendehowa ... Named Most Versatile and Most Valuable Junior ... Winner of the 2002 Shenendehowa Track Leadership Award ... Garnered Most Valuable Senior.

**Personal:** Born August 26, 1984 in Albany, N.Y. ... Son of Robert Hayes and Kathy Samaniuk-Hayes ... Has four sisters and three brothers ... Enrolled in general engineering.



## dan shipman

**sophomore - pole vault  
mechanicsburg, pa.  
cumberland**

**2002-03:** Had an indoor best of 15-5 to tie for ninth at the Tech Challenge ... Cleared 14-6 to finish

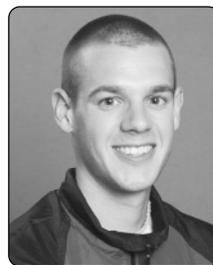
14th at the Father Diamond meet .... Redshirted the outdoor season.

**High School:** Earned a second-place finish at the district competition his senior year ... Had a personal-best vault of 14-9 ... Mid-Penn Champion his senior year ... Earned three varsity letters for coach Bill Bixler at Cumberland.

**Personal:** Son of Rick and Jean Shipman ... Born in Harrisburg, Pa., on November 30, 1983 ... Hobbies include mountain biking and skiing ... Enrolled in university studies.

**shipman's  
personal bests**

**pv - 15-7**



## justin skaare

**junior - distance  
mechanicsburg, pa.  
cumberland**

**2002-03:** Was seventh in the 1,000 meters at the BIG EAST Indoor meet with a time of 2:32.26 ...

Finished 12th in the mile at the Kroger Invitational with a 4:17.94 finish ... Outdoors, finished 30th in the 1,500 meters at the Mt. SAC Relays with a time of 3:50.41 ... Took seventh place in the

*Continued on next page*

**skaare's  
personal bests**

**1,000m - 2:29.47  
1,500m - 3:50.41  
5,000m - 14:44.38**

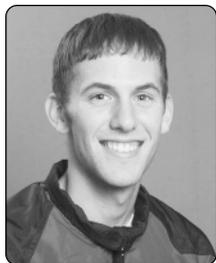
## skaare *continued*

5,000 meters at the Raleigh Relays, finishing in 14:44.38.

**2001-2002:** Placed 12th at the Clemson Invitational in the 5,000 ... Recorded a 14th-place finish in the 1,500 with a time of 3:57 at the Knoxville Invitational ... Ran a 4:19 indoor mile ... Named to the BIG EAST All-Academic Team.

**High School:** All-county team member and two-time letterman for coach Steve Koons in cross country ... District champion and sixth-place finisher at the state meet with a time of 4:18 in the 1,600.

**Personal:** Born in Pittsburgh, Pa. ... Son of Richard and Jane Skaare ... Enrolled in business.



## I.a. snead

**junior - distance  
burke, va. - robinson**

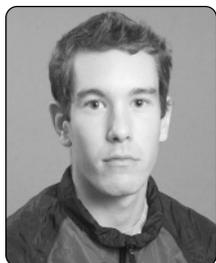
**2002-03:** Finished 12th in the BIG EAST indoor mile ... Had a personal-best mile time of 4:13.93, finishing fourth at the Tech Challenge ... Also ran a leg of the DMR that finished

eighth at the BIG EAST meet ... Outdoors, finished seventh at UVa with a 1,500 meter time of 3:53.24.

**2001-2002:** Placed fourth in the 1,500 at the Knoxville Invitational ... Ran a leg on the 4x800 relay team that finished fifth at the BIG EAST Indoor Championships ... Finished fourth at Father Diamond in the mile with a time of 4:16.91 ... Member of the DMR team that finished seventh at the BIG EAST Indoor Championships ... Finished eighth in the mile at the Virginia Tech Challenge ... Took home eighth place in the 5,000 at the Clemson Invitational.

**High School:** A three-time all-state cross country performer for coach Jeremy Workman at the well-recognized J.W. Robinson program ... Two-time district champion and three-time letterwinner ... Helped team to a state title in 1999 ... all-Metro second team during his junior and senior years ... Was a seven-time all-state and six-time all-district champion during indoor and outdoor track ... Placed second in the 1,600 at the indoor state championships in 2000 ... Holds personal records of 4:13.72 for 1,600 and 9:23.91 for 3,200.

**Personal:** Leonard Alexander Snead IV was born October 24, 1982 in Norfolk, Va. ... Son of Alex and Susan Snead ... Enrolled in engineering.



## duncan vick

**freshman - distance  
richmond, va. - freeman**

**High School:** Earned three letters in cross country for Coach Mark Harvey at Douglas Freeman High School ... Was all-district/all-academic in 2002 and 2003 ... Team captain and

coach's award winner as a senior ... Also lettered three years in indoor and outdoor track ... Received academic all-district,

all-region and all-state recognition in 2003 for indoor and outdoor track ... Finished eighth in the 1,000m at the VHSL State Indoor Track Championships and seventh in the 800m at the outdoor championships ... Named the team's most valuable runner for both indoor and outdoor track as a senior ...

**Personal:** Duncan Emory Vick was born May 20, 1985 in Richmond, Va. ... Son of Martha and Brian Vick ... Majoring in English.

## others to watch



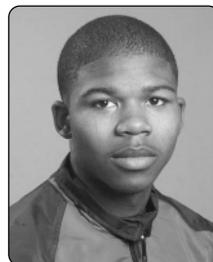
## christian barlow

**freshman - distance  
springfield, va.  
st. joseph's**



## mike d'amato

**sophomore - distance  
midlothian, va.  
midlothian**



## darnell parker

**freshman - sprints  
milwaukee, wisc.  
milwaukee school of the arts**



## ross pearlman

**freshman - hurdles  
lutherville, md. - pikesville**



## matt rogers

**freshman - sprints  
niskayuna, n.y.  
niskayuna**

## indoor and outdoor track facilities rank among the best in the country

**T**ech's trio of outstanding track and cross country facilities was completed with the addition of the Johnson-Miller Outdoor Track Complex. The outdoor oval track, has eight 42-inch lanes and is identical to the track used in Atlanta's Olympic stadium during the 1996 Olympic games. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

"The facilities enable us to attract and develop the highest level of talent available," Director of Track & Field and Cross Country Dave Cianelli said. "This will enable our program to reach the elite rankings at the conference and national level."

The complex includes a pole vault pit, long and triple jump areas, steeplechase lanes and areas for shot put, discus, hammer throw, javelin and high jump. For sprints, 10 lanes have been placed in one stretch at the south side of the track. In addition, Tech uses the state-of-the-art Finish Lynx timing system for quick and accurate results.

A nine-foot berm on the south side of the track ultimately will be terraced to provide seating.

The outdoor track, coupled with a



similar indoor track, gives Tech what many believe is the finest track complex in America. The 200-meter, banked indoor track, one of only a very few of its kind in the U.S., was installed in the Rector Field House and used for the first time during the 1996-97 season.

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians

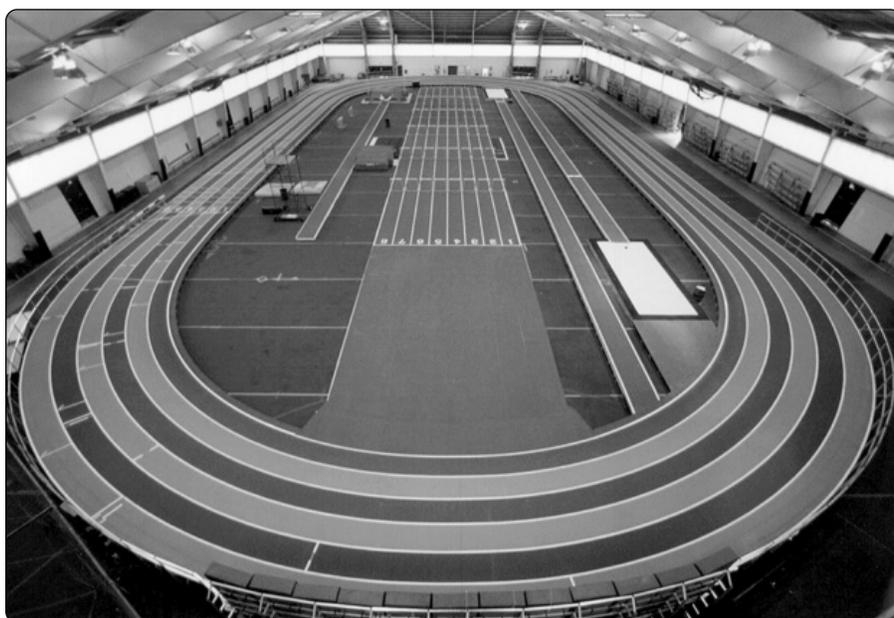
have competed in Rector Field House during recent years, including 2000 Olympic silver medalist pole vaulter Lawrence Johnson, Olympian distance runner Julie Henner, two-time NCAA champion shot putter Andy Bloom and high school mile record holder Alan Webb.

The Johnson-Miller Outdoor Track Complex was dedicated in honor of Stuart Johnson and Jack William Miller, Jr., two former Hokie track stars from Richmond, Va., whose loyalty and support made the construction of the new track possible.

"Our program is indebted to these two individuals," Cianelli said. "Their generosity has allowed us to have world-class facilities right on our campus."

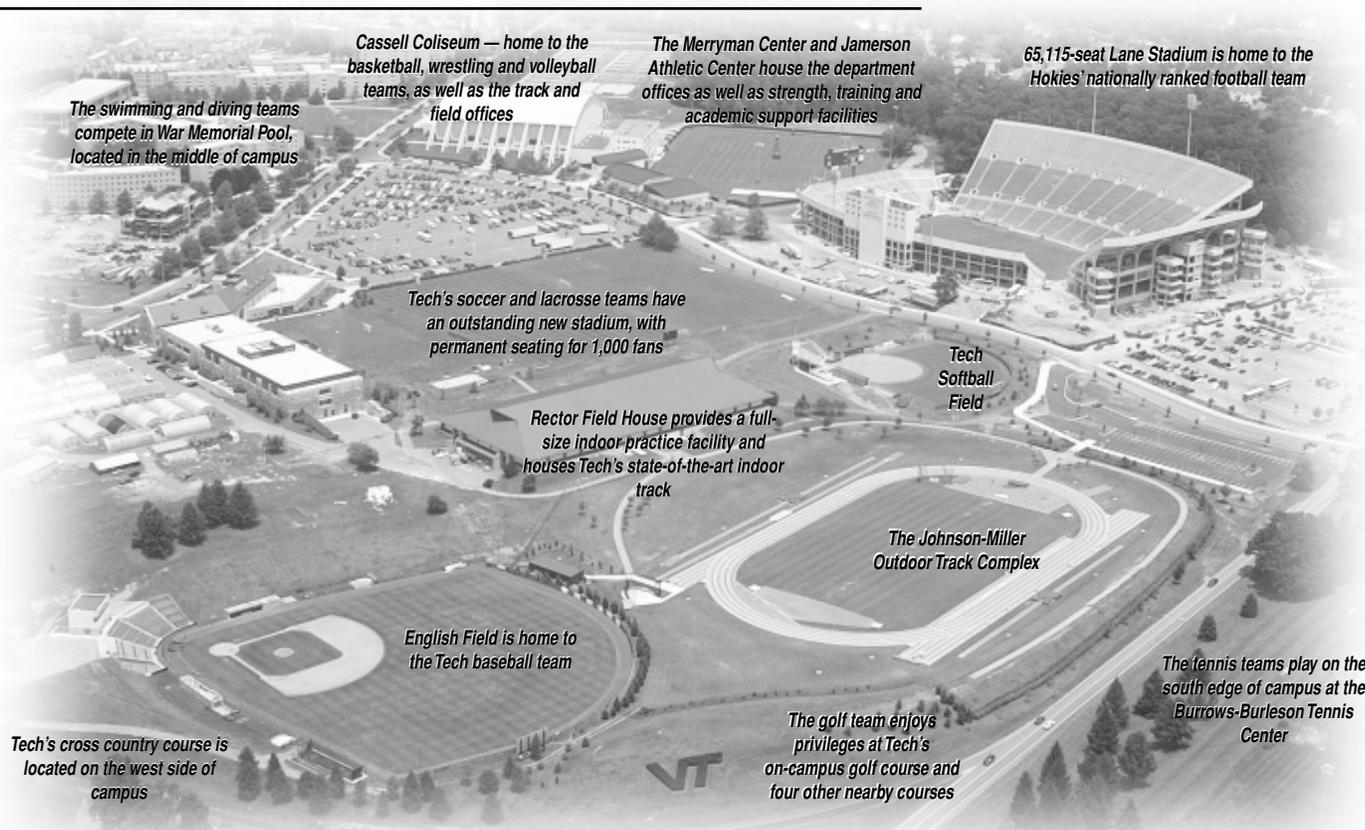
Johnson, Tech's "Mr. Track" in 1952, was the first man elected to the Virginia Tech Hall of Fame solely on his records in track and field. Miller was co-captain of the 1953 track team. Johnson ran the 440, 220 and mile relay. Miller competed in a number of events, but his specialty was the mile.

"Throughout my years of coaching and travelling, I believe our facilities rank with any in the country," Cianelli said. "Of all the facilities I have seen, Tech's rank at the top."



# tech's athletic complex

2003-04 VIRGINIA TECH TRACK & FIELD



The swimming and diving teams compete in War Memorial Pool, located in the middle of campus

Cassell Coliseum — home to the basketball, wrestling and volleyball teams, as well as the track and field offices

The Merryman Center and Jamerson Athletic Center house the department offices as well as strength, training and academic support facilities

65,115-seat Lane Stadium is home to the Hokies' nationally ranked football team

Tech's soccer and lacrosse teams have an outstanding new stadium, with permanent seating for 1,000 fans

Tech Softball Field

Rector Field House provides a full-size indoor practice facility and houses Tech's state-of-the-art indoor track

The Johnson-Miller Outdoor Track Complex

English Field is home to the Tech baseball team

The tennis teams play on the south edge of campus at the Burrows-Burleson Tennis Center

Tech's cross country course is located on the west side of campus

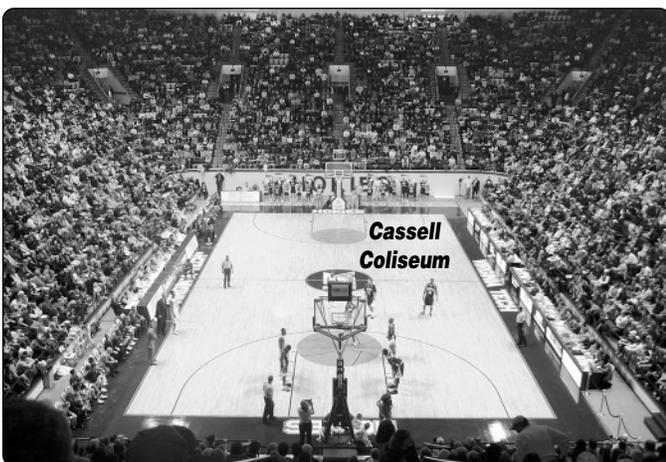
The golf team enjoys privileges at Tech's on-campus golf course and four other nearby courses



The Merryman Center



Lane Stadium/  
Worsham Field



Cassell Coliseum



English Field

## johnson-miller outdoor track records

### Men

Event	Time	Name	Team	Date
100m	10.19	Anthony Jones	Asics	4/17/99
200m	20.76	Anthony Jones	Asics	4/17/99
400m	46.27	Jebreh Harris	Tennessee	4/21/01
800m	1:49.91	Ali Najjar	Virginia Tech	5/7/00
1,500m	3:52.63	Tony Cosey	Adidas	4/21/01
3,000m	8:24.05	Stephen Githuka	Liberty	4/3/99
5,000m	14:40.68	Joe Driscoll	Adidas	4/26/03
10,000m	31:43.70	Mike Cox	Virginia Tech	5/3/98
110h	13.43	Dawane Wallace	Unattached	4/21/01
400h	50.09	James Carter	Md. Elite	4/22/00
3,000 sc	9:12.08	Casey Batey	Unattached	4/22/00
4x100m	39.41		JC All-Stars	4/3/99
4x400m	3:10.43		Temple	5/3/98
4x800m	7:30.24		La Salle	5/3/98
HJ	7-0.25	Jason Farr	East Tennessee	4/3/99
PV	18-1.5	Brian Hunter	Virginia Tech	4/22/00
LJ	24-3.5	Mike Donahue	Virginia Tech	5/1/99
<b>TJ</b>	<b>48-6</b>	<b>Jason Fludd</b>	<b>Virginia Tech</b>	<b>4/26/03</b>
<b>SP</b>	<b>55-9.25</b>	<b>Brian MacPhee</b>	<b>Virginia Tech</b>	<b>4/26/03</b>
DT	182-6	Vic Morency	UMass	5/7/00
HT	221-11	Erick Kingston	Virginia Tech	5/1/99
JT	229-7	Vic Morency	UMass	5/1/99

### Women

Event	Time	Name	Team	Date
100m	11.69	Erica Witter	UT Alumni	4/22/00
200m	23.54	Erica Witter	UT Alumni	4/22/00
400m	54.01	Saidah Jones	Unattached	4/3/99
800m	2:06.49	Michelle Ballentine	Glyph	4/21/01
1,500m	4:26.29	Kim McGreevy	Unattached	4/22/00
3,000m	9:48.00	Theresa Carroll	La Salle	5/3/98
5,000m	17:22.68	Sarah Hirsch	UMass	5/2/99
10,000m	37:47.47	Elena Gomez	La Salle	5/3/98
100h	13.72	Michelle Trefz	Rhode Island	5/3/98
400h	59.24	Brandi Smith	Virginia Tech	5/2/99
3,000 sc	11:14.26	Kim Malcolm	Georgetown	4/26/03
4x100m	45.92		Tennessee	4/17/99
4x400m	3:44.67		Virginia Tech	5/2/99
4x800m	9:03.03		St. Joseph's	5/3/98
HJ	5-10	Katie Ollendick	Virginia Tech	5/3/98
PV	12-5.5	Stephanie Maugham	Rhode Island	5/6/00
	12-5.5	Kylene Nixon	South Carolina	4/21/01
LJ	20-2.25	Dhelanda Irish	UMass	5/1/99
TJ	42-2	April Byrd	Virginia Tech	5/1/99
SP	51-6.25	Cleopatra Borel	VT Elite	4/26/03
DT	170-11	DeSaya Williams	Penn State	4/22/00
HT	200-2	Michelle Boswell	Unattached	4/21/01
JT	160-7	Dee O'Connell	Unattached	4/26/03

## rector field house indoor records

### Men

Event	Time	Name	Team	Date
60m	6.56	Shawn Crawford	Clemson	2/18/00
200m	20.43	Shawn Crawford	Clemson	2/19/00
400m	46.01	Angelo Taylor	Georgia Tech	2/23/98
500m	1:02.05	Marvin Watts	South Carolina	1/17/98
800m	1:47.49	Anders Christiansen	William & Mary	2/26/99
1,000m	2:20.55	Hudson Souza	Brazil	2/23/01
Mile	3:59.44	Hudson Souza	Brazil	2/24/01
3,000m	7:53.26	Tim Broe	Alabama	1/22/99
5,000m	13:47.48	Matthew Lane	William & Mary	2/9/01
60h	7.50	Allen Johnson	Unattached	1/18/03
4x400m	3:07.08		Baylor	2/5/99
4x800m	7:37.76		North Carolina	2/12/00
DMR	9:33.73		Arkansas	2/12/99
HJ	7-5.75	David Furman	Florida	2/14/98
PV	19-0.5	Lawrence Johnson	Adidas	2/24/01
LJ	26-4.25	Roland McGhee	Unattached	2/14/98
TJ	55-1.5	Allen Simms	George Mason	1/19/01
SP	66-11.5	Andy Bloom	Nike	2/7/98
WT	69-9.75	Sal Gigante	North Carolina	2/23/02

### Women

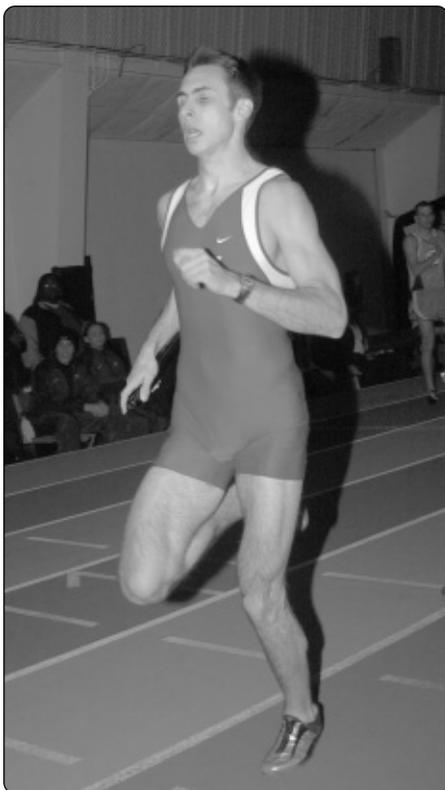
Event	Time	Name	Team	Date
60m	7.00	Tonique Williams	South Carolina	1/17/97
200m	22.85	Michelle Collins	George Williams	1/18/03
400m	51.15	Christine Amertil	Speed Dynamic	3/1/03
500m	1:12.28	Chantee Earl	Pittsburgh	1/12/99
800m	2:04.77	Heather Hennigar	Canada	3/1/03
1,000m	2:46.14	Jill Snyder	Addias	1/18/03
Mile	4:37.41	Shalane Flanagan	North Carolina	2/17/01
3,000m	9:08.31	Nnenna Lynch	Unattached	2/14/98
5,000m	15:36.50	Margaret Groos	Virginia	1979
60h	7.94	Mellissa Morrison	S.C. Elite	1/22/99
4x400m	3:35.05		Florida	2/5/99
4x800m	8:51.92		Pittsburgh	1/20/01
DMR	11:08.04		North Carolina	2/23/02
HJ	6-0.75	Mares Cadienhead	Abilene Christian	3/1/03
	6-0.75	Chaunte Howard	Georgia Tech	3/1/03
PV	13-11.25	Thorey Elisdottir	Georgia	2/3/01
LJ	21-2.75	Ola Sesay	North Carolina	2/18/00
TJ	46-4	Tiombe Hurd	Nike	2/24/01
SP	60-6	Teri Tunks	Nike	2/24/01
WT	71-7.25	Dawn Ellerbee	Unattached	1/18/03

Current team members in **bold type**.

## indoor track records

Event	Time	Name	Year
60 yd	5.9	David Read	1980
55m	6.30	André Davis	2000
60m	6.72	André Davis	2000
200m	21.16	André Davis	2000
<b>400m</b>	<b>47.96</b>	<b>Buck Grant</b>	<b>2001</b>
500m	1:03.58	Ali Najjar	2000
600m	1:20.1	Brett Matthews	1994
800m	1:49.94	Ali Najjar	2001
1,000m	2:21.92	Gary Cobb	1987
1,500m	3:45.0	Gary Cobb	1987
Mile	4:08.1	Gary Cobb	1987
2,000m	5:24.1	Mike Cox	1994
3,000m	8:03.41	Steve Taylor	1987
5,000m	14:02.0	Tim Covington	1989
60 yd h	7.1	Kenny Lewis	1978
55h	7.35	Chris Stokes	1999
60h	7.82	Chris Stokes	1999
4x400m	3:11.50	Stith, Walker, Sangbana, Davis	1999
4x800m	7:22.56	Cobb, Voigt, Oustrich, Reed	1987
DMR	9:37.98	Hayes, Grant, Najjar, Seaton	2001
HJ	7-1	Steve Whaley	1983
PV	18-0.5	Brian Hunter	2000
LJ	25-3	Ken Stewart	1984
TJ	51-9.75	Phil Saunders	1986
<b>SP</b>	<b>57-5</b>	<b>Brian MacPhee</b>	<b>2003</b>
<b>WT</b>	<b>71-3.25</b>	<b>Spyridon Jullien</b>	<b>2003</b>
Pentathlon	3,683	Adam Bowser	2000

All times prior to 1991 are not fully automated.



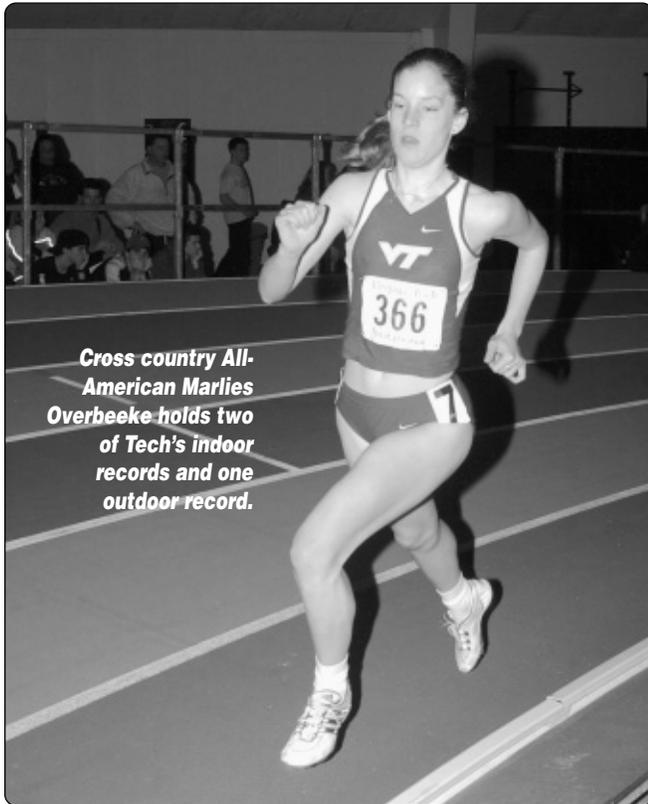
**Buck Grant holds the Tech indoor record in the 400, and was a member of the Hokies' record-setting DMR team in 2001.**

**André Davis, now a standout wide receiver for the Cleveland Browns, holds nearly every Tech record in the sprints.**



## outdoor track records

Event	Time	Name	Year
100yd	9.4	André Releford	1974
100m	10.24	André Davis	1999
200m	20.78	André Davis	1999
400m	46.73	Hilliard Sumner	1996
800m	1:48.5	Tim Crossin	1982
1,500m	3:39.35	Gary Cobb	1987
3,000m	8:03.41	Steve Taylor	1987
5,000m	13:52.0	Steve Taylor	1987
10,000m	28:45.97	Mark Stickley	1982
110h	13.89	Chris Stokes	1999
400h	51.28	Justin Davis	1999
3,000 sc	8:47.2	Gene Crane	1978
4x110yd	40.7	Fallen, Read, Lewis, Scott	1980
4x100m	41.16	Austin, McCoy, Jenkins, Davis	2000
4x440yd	3:10.2	Chase, Watson, Nash, Crossin	1982
4x400m	3:10.48	Walker, Sangbana, Davis, Stith	1999
4x800m	7:32.2	McDaniels, Crossin, Porr, Watson	1982
4x1,500m	15:54.70	Hayes, Rhue, Seaton, Oliver	2001
DMR	9:40.31	Voight, Oustrich, Reed, Cobb	1987
SMR	3:20.7	Chase, Read, Cooper, Crossin	1983
HJ	7-1	Steve Whaley	1983
PV	18-1.25	Brian Hunter	2000
LJ	24-10	Jerry Gaines	1971
TJ	53-4.5	Phil Saunders	1986
<b>SP</b>	<b>56-8.5</b>	<b>Ryan Norwood</b>	<b>2003</b>
DT	178-6	Steve Mehr	1983
<b>HT</b>	<b>228-4</b>	<b>Spyridon Jullien</b>	<b>2003</b>
<b>JT</b>	<b>225-6</b>	<b>Jacobus Smit</b>	<b>2003</b>
Decathlon	6,951	Ed Nuttycombe	1976



**Cross country All-American Marlies Overbeeke holds two of Tech's indoor records and one outdoor record.**

## outdoor track records

Event	Time	Name	Year
100m	11.76	Damali Hay	2002
200m	24.10	Danya Gordon	1999
400m	<b>55.13</b>	<b>Marie Giles</b>	<b>2003</b>
800m	<b>2:09.61</b>	<b>Marlies Overbeeke</b>	<b>2003</b>
1,500m	4:22.85	Kristin Price	2001
3,000m	9:14.25	Cheryl Tuosto	1985
5,000m	15:56.68	Kristin Price	2001
10,000m	33:05.96	Linda King	1984
100h	13.77	Brandi Smith	1999
400h	58.41	Brandi Smith	1999
3000 sc	<b>10:47.23</b>	<b>Kim Milbourn</b>	<b>2003</b>
4x100m	46.65	Ricks, Cook, Byrd, Hay	1999
4x200m	1:38.34	Gordon, Ollendick, Cook, Byrd	1998
4x400m	3:42.48	Hopkins, Gordon, Hobson, Smith	1999
4x800m	9:03.66	Netzer, Sadosky, Scherrens, Gibbs	1998
4x1,500m	18:58.47	Alverson, <b>Vidt</b> , Stumpf, <b>Milbourn</b>	2000
4x1,600m	21:20.4	Barrett, Ward, McMahon, Shea	1994
DMR	11:54.77	Alverson, Wagner, Sadosky, <b>Vidt</b>	2000
SMR	3:58.62	Hay, Cook, Smith, Gibbs	1999
HJ	5-11.25	Katie Ollendick	1998
PV	<b>11-6</b>	<b>Kim Johnston</b>	<b>2003</b>
LJ	20-1.5	April Byrd	2000
TJ	42-5.25	April Byrd	2000
SP	50-3.5	Paula Allan	1998
DT	162-6	Christy Herman	2002
HT	166-10	Paula Allan	2000
JT	174-02	Dee O'Connell	2002
Heptathlon	5,378	Katie Ollendick	1998

## indoor track records

Event	Time	Name	Year
55m	7.11	Rashida Dodson	1997
60m	7.61	Damali Hay	2000, 2002
200m	24.16	Damali Hay	2002
300m	41.20	Cindy Ross	1985
400m	55.36	Brandi Smith	1999
500m	<b>1:14.27</b>	<b>Marie Giles</b>	<b>2003</b>
600m	1:37.46	Donna Tonini	1983
800m	2:10.85	Kristin Price	2001
1,000m	<b>2:49.19</b>	<b>Marlies Overbeeke</b>	<b>2003</b>
1,500m	4:30.10	Linda King	1985
Mile	<b>4:46.37</b>	<b>Marlies Overbeeke</b>	<b>2003</b>
2,000m	6:20.28	Kristin Price	2001
3,000m	9:18.77	Kristin Price	2001
5,000m	16:48.30	Heidi Allen	1992
55h	8.06	Jennifer Cook	1999
60h	8.61	Jennifer Cook	1999
4x400m	3:47.56	<b>Giles, Gaddy, Onwudiachi, Vanloo</b>	2003
4x800m	<b>9:01.69</b>	<b>Morris, Alverson, Friedman, Vidt</b>	2002
DMR	<b>11:34.78</b>	Price, Hopkins, Sadosky, <b>Vidt</b>	2001
HJ	6-0	Katie Ollendick	1998
PV	<b>11-6</b>	<b>Kim Johnston</b>	<b>2003</b>
LJ	19-9	April Byrd	2000
TJ	41-4.25	April Byrd	2000
SP	49-10.5	Paula Allan	1999
WT	<b>59-5.5</b>	<b>Kristen Callan</b>	<b>2003</b>
Pentathlon	3,941	Katie Ollendick	1998

All times prior to 1991 are not fully automated.



**Senior Marie Giles holds the Tech record in the outdoor 400 meters and indoor 500 meters.**

## men's all-time outdoor performance list

### 100 Meters

André Davis	10.24	1999
Dennis Scott	10.42	1980
David Read	10.43	1980
Jevon Jenkins	10.52	2001
Darryl McCoy	10.64	1999

### 100 Yards

André Releford	9.4	1974
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### 200 Meters

André Davis	20.78	1999
Robert Nash	21.1	1984
David Read	21.1	1980
Dennis Scott	21.2	1980
Clinton Edwards	21.45	2001

### 220 Yards

Mac Banks	20.8	1971
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### 400 Meters

Hilliard Sumner	46.73	1996
Robert Nash	47.2	1984

### Buck Grant

Charles Edwards	47.7	1984
Justin Davis	47.75	1999

### 440 Yards

Mac Banks	46.7	1971
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### 800 Meters

Tim Crossin	1:48.5	1982
Ray Ackenbom	1:49.06	1979
Ali Najjar	1:49.91	2000
Brett Mathews	1:50.0	1994
Eric Necciai	1:50.25	2002

### 1,500 Meters

Gary Cobb	3:39.35	1987
Ray McDaniels	3:45.2	1982
Michael Burns	3:45.68	1979
Steve Taylor	3:46.6	1987
Ron Voight	3:46.83	1987

### 5,000 Meters

Steve Taylor	13:52.0	1987
Mark Stickley	14:03.0	1983
Steven Pinard	14:08.0	1983
Chris Seaton	14:13.61	2001
David Peterson	14:14.6	1983
Tony Williams	14:14.6	1988

### 10,000 Meters

Mark Stickley	28:45.97	1982
Steve Taylor	28:54.1	1987
Tony Williams	28:55.4	1987
Howard Nippert	29:15.0	1986
Chris Seaton	29:27.04	2001

### 110-Meter Hurdles

Chris Stokes	13.89	1999
Kevin Walker	13.91	2001
Kenny Lewis	14.08	1980
Jason Fullmer	14.31	1996

### 120-Yard Hurdles

Jerry Gains	14.1	1971
Mike Kacz	14.1	1975

### 400-Meter Hurdles

Justin Davis	51.28	1999
Kevin Walker	51.47	2000
Rober Chase	52.06	1982
Jason Fullmer	52.46	1996

### 440-Yard Hurdles

Mike Kacz	51.8	1975
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### 3,000-Meter Steeplechase

Gene Crane	8:47.2	1978
Robert Herndon	8:54.6	1984
Merle Valetto	8:55.1	1971
Tim Covington	9:02.1	1989
David Peterson	9:03.5	1983

### 4x100-Meter Relay

Austin, McCoy,	41.16	2000
Jenkins, Davis		
Virginia Tech	41.1	1984
Virginia Tech	41.5	1983
Virginia Tech	41.8	1992

### 4x110-Yard Relay

Fallen, Read,	40.7	1980
Lewis, Scott		

### 4x400-Meter Relay

Walker, Sangbana,	3:10.48	1999
Davis, Stith		
Edwards, Walker,	3:11.51	1999
Sangbana, Davis		
Jury, Cook,	3:11.56	2002
Necciai, DiPadova		

### 4x440-Yard Relay

Chase, Watson,	3:10.2	1982
Nash, Crossin		

### 4x800-Meter Relay

McDaniels, Crossin,	7:32.2	1982
Porr, Watson		
Hayes, Grignon,	7:34.54	2000
Taylor, Rhue		
Hayes, Grignon,	7:35.40	1999
Taylor, Necciai		

### 4x1,500-Meter Relay

Hayes, Rhue,	15:54.70	2001
Seaton, Oliver		
Necciai, Snead,	16:05.61	2002
Atkiss, Lawson		
King, Rumble,	16:06.80	1997
Lang, Yost		
Taylor, Carter,	16:08.03	1999
Krycinski, Hayes		
Hayes, Krycinski,	16:11.07	2000
Hettenbaugh, Lindner		

### Long Jump

Jerry Gains	24-10	1971
Darryl McCoy	24-05	2000
Mike Donahue	24-3.5	1999
Mike Halim	23-11.75	1981
Whitey Curd	23-9	1986

### Triple Jump

Phil Saunders	53-4.5	1986
Jason Fludd	49-11	2003
Jim Eckenrode	48-10.5	1986
Jason Fludd	48-6	2002
Mark Zesinger	48-4	1992

### High Jump

Steve Whaley	7-1	1983
Jake Howitt	7-0	1985
Hank Bradley	7-0	1976
Genesis Ridley	6-9	2000
Brian Hunter	6-9	2000
Brian Drennen	6-9	1994

### Pole Vault

Brian Hunter	18-1.25	2000
Bob Phillips	17-0.5	1980
Chris Williams	17-0	1994
Keith Neff	16-7.5	1977
Brian Mondeschein	16-4.75	2003
Marcus Tepaske	16-0.75	2003

### Shot Put

Ryan Norwood	56-8.5	2003
John Fallone	56-2	2003
Brian MacPhee	55-9.25	2003
Barry White	55-8	1972
Scott Alexander	54-11.75	1971

### Hammer Throw

Spyridon Jullien	228-4	2003
Erick Kingston	221-11	1999
Mike Sergent	210-1	1992
Eddie Boes	195-9	2000
Paul Sulik	195-6	1981

### Discus

Steve Mehr	178-6	1983
Mike Sergent	175-5	1992
Eddie Boes	173-9	2000
Barry White	168-10	1972
Dave Steranko	166-0	1978

### Javelin

Jacobus Smit	225-6	2003
Bill Patrowicz	219-3	1989
Chris Sieben	205-8	1994
Bryan Smith	196-6	1988
John Patrowicz	196-5	1992

### Old Javelin

David Sage	227-10	1977
Chris Brevig	225-6	1977

### Decathlon

Ed Nuttycombe	6,951	1976
John Dyer	6,939	1981
Danny Thompson	6,796	1983
Dave Hannett	6,671	1994
Randy Bungard	6,384	1987

## men's all-time indoor performance list

### 55 Meters

André Davis	6.30	2000
Cedric Patrick	6.37	1993
Butch Patrick	6.38	1998
Keith Moyer	6.40	1994
Ike Charlton	6.41	1998

### 60 Meters

André Davis	6.72	1999
Larry Austin	6.84	1998
Butch Patrick	6.87	1998
Ike Charlton	6.87	1998
Kevin Jones	6.96	2002

### 60 Yards

David Read	5.9	1980
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### 200 Meters

André Davis	21.16	2000
<b>Buck Grant</b>	<b>21.79</b>	<b>2003</b>
Clinton Edwards	22.06	2002
Ahmed Sangbana	22.07	1999
Cedric Patrick	22.14	1993

### 400 Meters

<b>Buck Grant</b>	<b>47.96</b>	<b>2001</b>
Ali Najjar	48.19	2001
Amhed Sangbana	48.19	1999
Justin Davis	48.21	1999
Hilliard Sumner	48.34	1996

### 500 Meters

Ali Najjar	1:03.58	2000
<b>Adam Jury</b>	<b>1:03.71</b>	<b>2003</b>
Detrick Stith	1:03.72	1999
Andrew Lessner	1:03.81	1998
<b>Buck Grant</b>	<b>1:04.47</b>	<b>2003</b>

### 800 Meters

Ali Najjar	1:49.94	2001
Justin Davis	1:49.96	1999
Gary Cobb	1:50.14	1987
Eric Necciai	1:51.53	2002

### 1,000 Meters

Gary Cobb	2:21.92	1987
Ron Voigt	2:22.64	1987
Paul Hayes	2:25.09	2000
Ray McDaniels	2:26.7	1982
Tim Crossin	2:27.8	1983

### 1,500 Meters

Gary Cobb	3:45.0	1987
Joe Wilson	3:50.6	1986
Ray Ackenbom	3:51.6	1981
Ron Voigt	3:52.2	1987

### Mile

Gary Cobb	4:08.1	1987
Chris Seaton	4:09.08	2001
Tim Covington	4:09.3	1989
<b>Michael Lawson</b>	<b>4:09.86</b>	<b>2003</b>
Ray McDaniels	4:10.6	1980

### 3,000 Meters

Steve Taylor	8:03.41	1987
Steve Hetherington	8:10.9	1981
David Peterson	8:13.91	1983
Chris Seaton	8:17.07	2001
Robert White	8:22.0	1980

### 5,000 Meters

Tim Covington	14:02.0	1989
Jay Lambe	14:02.8	1982
Mark Stickley	14:03.8	1982
Chris Seaton	14:17.01	2001
Ricky Greer	14:19.8	1981

### 55-Meter Hurdles

Chris Stokes	7.35	1999
Kevin Walker	7.43	1999
Jason Fullmer	7.55	1994
Tyrone Howell	7.71	1983

### 60-Meter Hurdles

Chris Stokes	7.82	1999
Kevin Walker	7.94	2000
Jason Fullmer	8.10	1997

### 60-Yard Hurdles

Kenny Lewis	7.1	1978
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### 4x400-Meter Relay

Stith, Walker, Sangbana, Davis	3:11.50	1999
Walker, Di Padova, Grant, Najjar	3:13.30	2001
Stith, Fullmer, Davis, Sumner	3:13.83	1997

### 4x800-Meter Relay

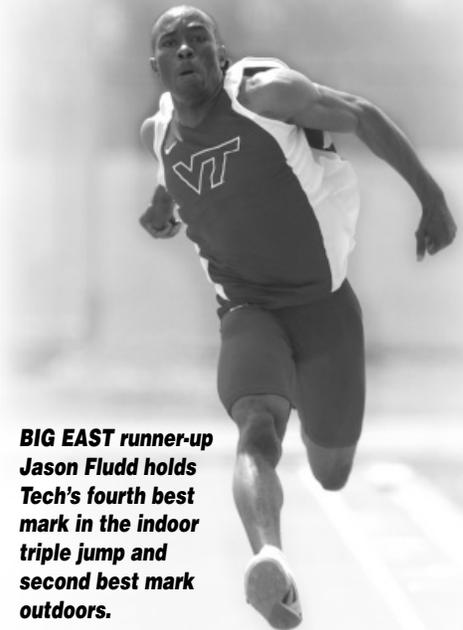
Cobb, Voigt, Oustrich, Reed	7:22.56	1987
Ackenbom, Burns, McDaniels, Merritt	7:29.2	1980
Hayes, Grignon, Taylor, Rhue	7:34.12	2000
Najjar, Grignon, Hayes, Taylor	7:37.80	2000

### Distance Medley Relay

Hayes, Grant, Najjar, Seaton	9:37.98	2001
Dowdy, Stith, Showers, Johns	9:54.08	1998
Hayes, Najjar, Taylor, Rhue	9:55.36	2000
McDaniels, Crossin, Nash, Porr	10:00.37	1982

### Long Jump

Ken Stewart	25-3	1984
Drew Gant	23-8.75	1980
Darryl McCoy	23-8.25	2000
Jerry Gaines	23-8	1971
Keith Moyer	23-6	1993



**BIG EAST runner-up Jason Fludd holds Tech's fourth best mark in the indoor triple jump and second best mark outdoors.**

### Triple Jump

Phil Saunders	51-9.75	1986
Ernest Wilford	50-7.5	2000
Gillet Ford	49-2.75	1980
<b>Jason Fludd</b>	<b>49-1.5</b>	<b>2003</b>
Jim Eckenrode	48-7.5	1985

### High Jump

Steve Whaley	7-1	1983
Jake Howitt	6-11	1985
John Pierce	6-10.5	1975
Butch Patrick	6-8	1998

### Pole Vault

Brian Hunter	18-0.5	2000
Bob Phillips	17-3.75	1981
Keith Neff	17-0	1976
<b>Brian Mondschein</b>	<b>16-10.75</b>	<b>2003</b>
Chris Williams	16-8	1993

### Shot Put

<b>Brian MacPhee</b>	<b>57-5</b>	<b>2003</b>
Barry White	56-8.5	1973
<b>Ryan Norwood</b>	<b>56-7.5</b>	<b>2003</b>
John Fallon	56-4.25	2003
Scott Alexander	55-0.5	1972

### Weight Throw

<b>Spyridon Jullien</b>	<b>71-3.25</b>	<b>2003</b>
Erick Kingston	65-0	2000
Eddie Boes	64-10	2000
Mike Sergent	63-1.75	1989
Dan O'Conner	62-4.5	1978

### Pentathlon

Adam Bowser	3,683	2000
Dave Hannett	3,680	1995

## women's all-time outdoor performance list

### 100 Meters

Damali Hay	11.76	2002
Rashida Dodson	12.01	1997
Cindy Ross	12.04	1985
Jennifer Cook	12.07	1999
Keisha Ricks	12.11	1999

### 200 Meters

Danya Gordon	24.10	1999
Damali Hay	24.22	2002
Cindy Ross	24.50	1985
Marie Giles	24.69	2003
Monique Vanloo	24.89	2003

### 400 Meters

Marie Giles	55.13	2003
Danya Gordon	55.18	1999
Lynette Hopkins	55.73	2000
Katie Ollendick	56.06	1998
Brandi Smith	56.65	1998

### 800 Meters

Marlies Overbeeke	2:09.61	2003
Louise Schweitzer	2:11.6	1987
Cas Sadosky	2:11.89	2000
Chelsea Alverson	2:13.22	2000
Dayna Friedman	2:13.24	2002

### 1,500 Meters

Kristin Price	4:22.85	2001
Marlies Overbeeke	4:22.86	2003
Cheryl Tuosto	4:27.80	1985
Linda King	4:28.21	1985
Lousie Schwetzer	4:28.51	1988

### 3,000-Meter Run

Cheryl Tuosto	9:14.25	1985
Linda King	9:15.01	1985
Margarita Lasaga	9:29.1	1987
Louise Schwetzer	9:33.0	1987
Roxanne Polo	9:39.2	1985

### 5,000 Meters

Kristin Price	15:56.68	2001
Linda King	16:04.64	1984
Cheryl Tuosto	16:05.85	1984
Roxanne Polo	16:11.0	1985
Lori McKee	16:45.3	1984

### 10,000 Meters

Linda King	33:05.96	1984
Magarita Lasaga	33:51.0	1987
Roxanne Polo	34:14.0	1986
Heidi Allen	35:59.1	1993
Stacey Vidt	36:28.40	2003

### 100-Meter Hurdles

Brandi Smith	13.77	1999
Katie Ollendick	13.96	1998
Jennifer Cook	14.13	2000
Melanie Burgess	14.20	1998
Sandra Nichols	14.30	1983

### 400-Meter Hurdles

Brandi Smith	58.41	1999
Danielle Gaddy	60.83	2003
Danielle Hobson	61.56	1999
Erin Graham	61.62	1996
Katie Ollendick	63.96	1997

### 3,000-Meter Steeplechase

Kim Milbourn	10:47.23	2003
Stacey Vidt	10:59.35	2001

### 4x100-Meter Relay

Ricks, Cook	46.65	1999
Byrd, Hay		
Gordon, Ollendick	46.96	1997
Cook, Byrd		
Hopkins, Vanloo	47.11	2000
Cook, Hay		

### 4x400-Meter Relay

Hopkins, Gordon	3:42.48	1999
Hobson, Smith		
Vanloo, Hopkins	3:44.58	2002
Gaddy, Hay		
Giles, Onwudiachi	3:45.48	2003
Green, Gaddy		
Gordon, Ollendick	3:46.85	1998
Hopkins, Smith		

### 4x800-Meter Relay

Netzer, Sadosky	9:03.66	1998
Scherrrens, Gibbs		
Overbeeke, Burns	9:03.70	2003
Milbourn, Vidt		
Sadosky, Alverson	9:06.22	2000
VanHorn, McNeeley		
Hunt, Alverson	9:08.25	1999
McNeeley, Gibbs		
Hunt, Alverson	9:09.08	1999
McNeeley, Ingersoll		

### High Jump

Katie Ollendick	5-11.25	1998
Bridgette Miller	5-8	1997
Donna Girtler	5-6	1983
Cecile Organ	5-4.5	1992

### Pole Vault

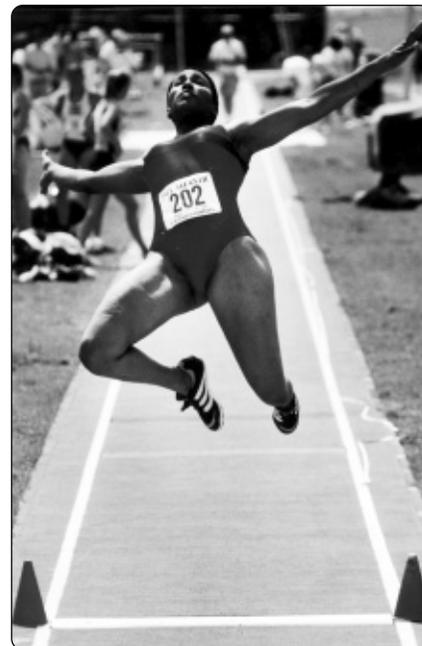
Kim Johnston	11-5.75	2003
Kelly Fisher	10-6	2000
Regina Galan	9-0.25	2002
Lauren McKissick	9-0.25	2002

### Long Jump

April Byrd	20-1.5	2000
Megan Barnes	20-0.25	1998
Brandi Smith	19-9	1998
Michelle Nowden	19-4	2003
Detra Edmunds	18-9.25	1994

### Triple Jump

April Byrd	42-5.25	2000
Brandi Smith	39-8.75	1997
Detra Edmunds	38-8.25	1995
Melanie Burgess	38-2.75	1998
Cecil Organ	37-3	1992



Six-time Atlantic 10 champion April Byrd holds Tech's all-time best marks in the triple and long jumps.

### Shot Put

Paula Allan	50-3.5	1998
January Williams	50-1.25	2003
Michelle Smith	44-5.5	1997
Darcy Smith	41-3.25	1994
Johli Carscallen	40-10.25	1996

### Discus Throw

Christy Herman	162-6	2003
Michelle Smith	158-9	1997
Paula Allan	151-7	1996
Darcy Smith	141-5	1983
Nancy Gilmore	140-11	1993

### Hammer Throw

Paula Allan	166-10	2000
Michelle Smith	163-1	1998
Meredith Newby	155-6	1995
M. Zengolowski	154-2	1998
Johli Carscallen	151-3	1995

### Javelin

Dee O'Connell	174-2	2002
Christy Herman	135-8	2000
Kari Manheimer	135-0	1992
Jessica Read	134-10	1997
Cheryl Stinson	127-1	2000

### Heptathlon

Katie Ollendick	5,378	1998
Brandi Smith	4,661	1997
Dorothea Ku	4,350	1993
Michelle Smith	4,043	1995
Donna Girtler	3,920	1983

## women's all-time indoor performance list

### 55 Meters

Rashida Dodson	7.11	1997
Damali Hay	7.17	2000
Jennifer Cook	7.17	1997
Cindy Ross	7.22	1985
Keisha Ricks	7.29	1999

### 60 Meters

Damali Hay	7.61	2002
Rashida Dodson	7.67	1997
Jennifer Cook	7.75	1998
Keisha Ricks	7.80	1999
Lynette Hopkins	7.82	1998

### 200 Meters

Damali Hay	24.16	2002
Monique Vanloo	24.74	2002
<b>Marie Giles</b>	<b>25.15</b>	<b>2003</b>
Dayna Gordon	25.28	1998
Brandi Smith	25.30	1999

### 400 Meters

Brandi Smith	55.36	1999
Danya Gordon	56.15	1998
<b>Marie Giles</b>	<b>56.20</b>	<b>2003</b>
Erin Graham	56.54	1996
Lynette Hopkins	56.85	2000

### 500 Meters

<b>Marie Giles</b>	<b>1:14.27</b>	<b>2003</b>
Danya Gordon	1:15.05	1997
Julie Reeser	1:15.81	1997
Danielle Hobson	1:16.11	1999
Erin Graham	1:16.60	1996

### 800 Meters

Kristin Price	2:10.85	2001
Cas Sadosky	2:12.25	2001
Dayna Friedman	2:13.77	2002
Michelle VanHorn	2:14.95	2001
Kim Gibbs	2:15.22	1999

### 1,000 Meters

<b>Marlies Overbeeke</b>	<b>2:49.19</b>	<b>2003</b>
Chelsea Alverson	2:54.56	2000
Linda King	2:56.50	1985
Cheryl Tuosto	2:56.5	1986
Cas Sadosky	2:57.19	2001

### 1,500 Meters

Linda King	4:30.10	1985
Margarita Lasaga	4:35.2	1987

### Mile

<b>Marlies Overbeeke</b>	<b>4:46.37</b>	<b>2003</b>
Kristin Price	4:48.48	2001
<b>Jessica Morris</b>	<b>4:55.60</b>	<b>2003</b>
<b>Stacey Vidt</b>	<b>4:56.39</b>	<b>2002</b>
<b>Kim Milbourn</b>	<b>4:58.96</b>	<b>2003</b>

### 3,000 Meters

Kristin Price	9:18.77	2001
<b>Marlies Overbeeke</b>	<b>9:36.58</b>	<b>2003</b>
Linda King	9:40.50	1985
<b>Jessica Morris</b>	<b>9:46.90</b>	<b>2003</b>
<b>Kim Milbourn</b>	<b>10:00.60</b>	<b>2003</b>
<b>Stacey Vidt</b>	<b>10:03.79</b>	<b>2002</b>

### 5,000 Meters

Heidi Allen	16:48.30	1992
Jennifer Conner	17:31.68	1997
<b>Stacey Vidt</b>	<b>17:34.08</b>	<b>2001</b>
Roxanne Polo	17:37.33	1983
Johanna Stumpf	17:46.30	2000

### 55-Meter Hurdles

Jennifer Cook	8.06	1999
Melanie Burgess	8.21	1997
Erin Graham	8.39	1995
Dorothea Ku	8.40	1992
Brandi Smith	8.47	1997

### 60-Meter Hurdles

Jennifer Cook	8.61	1999
Melanie Burgess	8.90	1997
<b>Jacqueline Nicholson</b>	<b>8.96</b>	<b>2003</b>
<b>Shamane Onwudiachi</b>	<b>9.04</b>	<b>2003</b>
Brandi Smith	9.09	1997

### 4x400-Meter Relay

<b>Giles, Gaddy, Onwudiachi, Vanloo</b>	<b>3:47.56</b>	<b>2003</b>
Gordon, Hobson, Hopkins, Smith	3:49.95	1999
Ollendick, Smith, Gordon, Hopkins	3:50.25	1998
Ricks, Hobson, Hopkins, Smith	3:50.63	1999
Reeser, Smith, Ollendick, Gordon	3:52.59	1997

### 4x800-Meter Relay

Morris, Alverson, Friedman, Vidt	9:01.69	2002
Netzer, Sadosky, Scherrrens, Gibbs	9:03.66	1998
Hunt, Netzer, Van Sickle, Sadosky	9:11.38	1998
<b>Morris, Overbeeke, Van Horn, Vidt</b>	<b>9:11.59</b>	<b>2003</b>
Sadosky, VanHorn, Friedman, Price	9:14.30	2001

### Distance Medley Relay

Price, Hopkins, Sadosky, Vidt	11:34.78	2001
<b>Morris, Vanloo, Friedman, Vidt</b>	<b>11:44.05</b>	<b>2002</b>
Sadosky, Hopkins, Friedman, Vidt	11:52.71	2001
Ingersoll, Hopkins, Alverson, Stumpf	11:58.24	1999

### Long Jump

April Byrd	19-9	2000
Megan Barnes	19-7.75	1998
Brandi Smith	19-3.5	1998
Melanie Burgess	18-4.5	1997
Detra Edmunds	18-4	1995

### Triple Jump

April Byrd	41-4.25	2000
Detra Edmunds	39-11.5	1995

### High Jump

Katie Ollendick	6-0	1998
Donna Girtler	5-10	1984

### Pole Vault

<b>Kim Johnston</b>	<b>11-5.75</b>	<b>2003</b>
Kelly Fisher	10-6	2001
<b>Regina Galan</b>	<b>9-0.25</b>	<b>2002</b>

### Shot Put

Paula Allan	49-10.5	1999
January Williams	49-2.25	2003
Tracey Toon	48-1	1983
Darcy Smith	45-9.5	1983
Michelle Smith	45-6.25	1998

### Weight Throw

<b>Kristen Callan</b>	<b>59-5.5</b>	<b>2003</b>
Meredith Newby	52-4.5	1996
Ronnie Martin	52-4.5	2002
Paula Allan	52-1.75	2000
Dee O'Connell	48-4.75	2002

### Pentathlon

Katie Ollendick	3,941	1998
Brandi Smith	3,494	1997
Michelle Smith	3,051	1996



*In addition to her personal achievements, Stacey Vidt (right) has been a member of the top-three DMR teams in school history, as well as the top 4x800-meter relay team.*



**Mike Sergent** was named an All-American in 1992, finishing seventh in the hammer throw.

## men

- Ray Ackenbom**  
1980 ..... Indoor ..... Two-mile relay (5th)
- Mike Burns**  
1980 ..... Indoor ..... Two-mile relay (5th)
- Gary Cobb**  
1987 ..... Indoor ..... 1,000 meters (6th)  
1987 ..... Outdoor ..... 1,500 meters (7th)
- John Dyer**  
1980 ..... Outdoor ..... Decathlon
- Steve Hetherington**  
1982 ..... Cross country (16th)
- Brian Hunter**  
2000 ..... Indoor ..... Pole vault (3rd)
- Spyridon Jullien**  
2003 ..... Outdoor ..... Hammer throw (6th)
- Erick Kingston**  
1998 ..... Outdoor ..... Hammer throw (8th)  
2000 ..... Outdoor ..... Hammer throw (6th)
- Kenny Lewis**  
1980 ..... Indoor ..... 60-yard hurdles (3rd)
- Ray McDaniels**  
1980 ..... Indoor ..... Two-mile relay (5th)
- Bruce Merritt**  
1980 ..... Indoor ..... Two-mile relay (5th)
- Keith Neff**  
1976 ..... Indoor ..... Pole vault (5th)
- Bob Phillips**  
1980 ..... Outdoor ..... Pole vault (5th)



Current Tech volunteer coach **Bob Phillips** earned All-American honors in 1980, with a fifth-place finish at the NCAA Outdoor Championships.

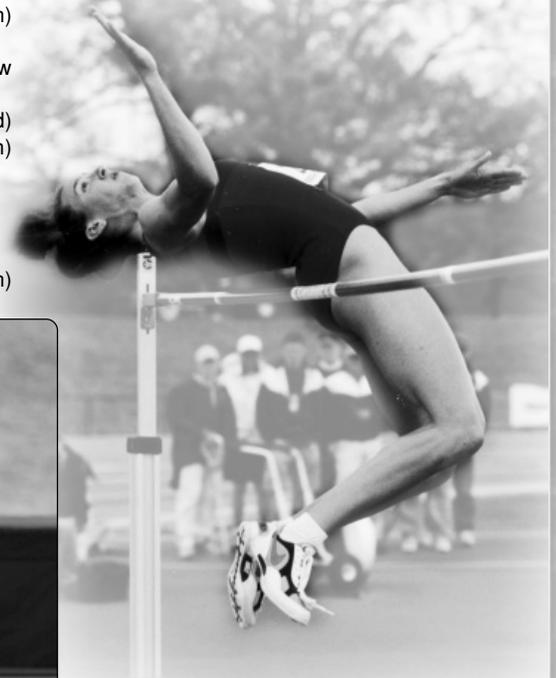
- Phil Saunders**  
1987 ..... Outdoor ..... Triple jump (11th)
- Dennis Scott**  
1978 ..... Indoor ..... 60 yards (5th)
- Mike Sergent**  
1992 ..... Outdoor ..... Hammer throw (7th)
- Mark Stickley**  
1985 ..... Outdoor ..... 10,000 meters (8th)
- Paul Sulik**  
1981 ..... Outdoor ..... Hammer throw
- Steve Taylor**  
1987 ..... Outdoor ..... 10,000 meters (3rd)  
1987 ..... Cross country (9th)
- Brian Walter**  
1989 ..... Cross country (30th)
- Tony Williams**  
1987 ..... Outdoor ..... 10,000 meters (8th)  
1987 ..... Cross country (19th)



**Dee O'Connell** earned All-America honors in 2002 and went on to finish first at the NACAC Championships in 2002 and third at the U.S. Championships in 2003.

## women

- Lucy Hawk Banks**  
1980 ..... Outdoor ..... 800 meters
- Tracy Deely**  
1981 ..... Cross country
- Linda King**  
1984 ..... Outdoor ..... 10,000 meters (6th)  
1985 ..... Outdoor ..... 10,000 meters (4th)
- Margarita Lasaga**  
1987 ..... Outdoor ..... 10,000 meters (8th)
- Lori McKee Taylor**  
1981 ..... Cross country  
1982 ..... Outdoor ..... 3,000 meters
- Dee O'Connell**  
2002 ..... Outdoor ..... Javelin (11th)
- Katie Ollendick**  
1998 ..... Indoor ..... High jump (12th)  
1998 ..... Outdoor ..... Heptathlon (8th)
- Marlies Overbeeke**  
2003 ..... Cross country (29th)
- Kristin Price**  
2001 ..... Indoor ..... 3,000 meters (4th)  
2001 ..... Outdoor ..... 5,000 meters (10th)
- Judy Williams**  
1981 ..... Outdoor ..... 10,000 meters



**Katie Ollendick** was a two-event All-American, earning the honor in the indoor high jump and heptathlon in 1998. Ollendick still holds the school record in the indoor and outdoor high jump, heptathlon, and pentathlon.

# conference champions

## Men's Indoor

### Southern Conference

1932	Swart	Shot Put
1933	Lloyd Turn	High Jump
1942	Wayne McMullin	60 yards
1952	William Johnson	440 yards
	Ben Lankford	High Jump
1953	Dave Shafer	Two Mile
	Ben Lankford	High Jump
	T.J. Roberts	Pole Vault
1954	Ben Lankford	High Jump
	T.J. Roberts	Pole Vault
1955	Bob Wingfield	880 yards
1956	Bob Wingfield	880 yards
	Bob McCoy	70 yard HH
	VT	Mile relay
1957	Bob Wingfield	880 yards
	VT	Mile relay
1958	Len Muse	Shot Put
1959	Jim Nichols	Long Jump
	Bill Spengler	Pole Vault
1962	Howard Melton	Long Jump
1963	Gene Simpson	880 yards

### Metro Conference

1979	Dennis Scott	55 meters
	Kenny Lewis	55 hurdles
1980	Ray Ackenbom	880 yards
	Ray Ackenbom	Mile
	Robbie White	Two Mile
	Robbie White	Three Mile
	Kenny Lewis	60 yard HH
	Paul Sulik	Weight Throw
1983	Steve Whaley	High Jump
	Danny Thompson	Pole Vault
	Eric Robinson	Triple Jump
1987	Gary Cobb	1,000 meters
	Gary Cobb	Mile
1993	Cedric Patrick	200 meters
	Jay Gallant	400 meters
1993	Travis Walter	3,000 meters
	Travis Walter	5,000 meters
	VT	4x400 Relay
	Chris Williams	Pole Vault
1994	Matt Zacharias	5,000 meters
	Christ Williams	Pole Vault
1995	Hilliard Sumner	200 meters
	Hilliard Sumner	400 meters
	Jason Fullmer	55 hurdles
	Justin Davis	4x400 relay
	Detrick Stith	4x400 relay
	Hilliard Sumner	4x400 relay
	Geoff Tonini	4x400 relay
	Greg Henley	Long Jump
	Dave Hannett	Pentathlon

### Atlantic 10 Conference

1997	Detrick Stith	500 meters
	Justin Davis	800 meters
	Mike Cox	5,000 meters
	Jason Fullmer	55 hurdles
	Brian Drennan	High Jump
1998	Butch Patrick	55 meters
	Matt Zacharias	5,000 meters
	Chris Stokes	55 hurdles
	Nick DeLuca	Shot Put
	Erick Kingston	Weight Throw
1999	Andre Davis	55 meters
	Andre Davis	200 meters
	Chris Seaton	5,000 meters
	Chris Stokes	55 hurdles
	Todd Grignon	4x800 relay
	Paul Hayes	4x800 relay
	Eric Necciai	4x800 relay
	Matt Taylor	4x800 relay
	Rashad Jenkins	Triple Jump
	Brian Hunter	Pole Vault
	Erick Kingston	Weight Throw
2000	André Davis	55 meters
	André Davis	200 meters
	Clinton Edwards	400 meters
	Matt Taylor	800 meters

2000	Paul Hayes	1,000 meters
	Chris Seaton	5,000 meters
	Kevin Walker	55 hurdles
	Brian Coffield	4x800 relay
	Todd Grignon	4x800 relay
	Ali Najjar	4x800 relay
	Matt Taylor	4x800 relay
	Darry McCoy	Long Jump
	Ernest Wilford	Triple Jump
	Brian Hunter	Pole Vault
	Eddie Boes	Weight Throw

### BIG EAST Conference

2003	Spyridon Jullien	Weight Throw
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## Women's Indoor

### Metro Conference

1993	Heidi Allen	5,000 meters
	Dorothea Ku	High Jump
1994	no information	
1995	Jen Chapman	800 meters
	Amy Cowan	4x400 relay
	Detra Edmunds	4x400 relay
	Erin Graham	4x400 relay
	Julie Reeser	4x400 relay
	Detra Edmunds	Triple Jump
	Johli Carscallen	Shot Put
	Meredith Newby	Weight Throw

### Atlantic 10 Conference

1997	Rashida Dodson	55 meters
	Rashida Dodson	200 meters
	Jennifer Conner	5,000 meters
	Jennifer Cook	55 hurdles
	Leslie Mitchell	Triple Jump
1997	Katie Ollendick	High Jump
	Paul Allan	Shot Put
1998	Megan Barnes	Long Jump
	Katie Ollendick	High Jump
	Michelle Smith	Shot Put
1999	Stephenie Ingersoll	3,000
	Danielle Hobson	4x400 relay
	Lynette Hopkins	4x400 relay
	Keisha Ricks	4x400 relay
	Brandi Smith	4x400 relay
	April Byrd	Long Jump
2000	Paula Allen	Shot Put
	Lynette Hopkins	400 meters
	April Byrd	Long Jump
	April Byrd	Triple Jump
	Paula Allen	Weight Throw

## Men's Outdoor

### Southern Conference

1926	Lund	Discus
1928	Lund	Discus
1929	Penn	Two Mile
1931	Swart	Shot Put
1933	Lloyd Turner	High Jump
1935	Ivan Mothershead	Mile
1936	Rollins	High Jump
1937	Martin Shokey	Discus
1938	Ellis	Pole Vault
1948	Frank Magill	880 yards
1949	Bob Monroe	High Jump
1951	William Johnson	440 yards
	George Cochran	Javelin
1952	Stu Johnson	440 yards
	VT	Mile relay
1953	Dave Schafer	Mile
1954	Frank Tardy	Two Mile
1954	Frank Tardy	Two Mile
	Ben Lankford	High Jump
1955	Dick Arnold	440 yards
	Bob Wingfield	880 yards
	Charles Catlett	Two Mile
	VT	Mile relay
1956	Dick Arnold	440 yards
	Bob Wingfield	880 yards
	Alger Pugh	120 yard HH
1957	Bob Wingfield	880 yards

1957	Bill Shepheard	120 yard HH
1958	Len Muse	Shot Put
1959	Howard Melton	Long Jump
1960	John Finch	Two Mile
	Jim Nichols	Long Jump
1961	Lou Castagnola	Two Mile
	Howard Melton	Long Jump
1962	Kent Harris	100 yards
1963	J.W. Carter	Triple Jump
1964	Fred Vaughan	Discus
	J.W. Carter	Triple Jump
1965	Fred Vaughan	Discus

### Metro Conference

1979	Bob Phillips	Pole Vault
	Paul Sulik	Hammer Throw
1980	Bob Phillips	Pole Vault
	Paul Sulik	Hammer Throw
	John Dyer	Decathlon
1981	Mike Halim	Long Jump
	Steve Whaley	High Jump
1981	Bob Phillips	Pole Vault
	Steve Mehr	Discus
	Paul Sulik	Hammer Throw
	John Dyer	Decathlon
1982	Tim Crossin	800 meters
	Mark Stickley	10,000 meters
	Dave Hook	Hammer Throw
1983	Steve Pinard	5,000 meters
	Mark Stickley	10,000 meters
	David Peterson	3,000 SC
	Steve Mehr	Hammer Throw
1984	Danny Thompson	Decathlon
	Douglas Law	5,000 meters
	Kevin Haxter	Pole Vault
	Steve Moran	Hammer Throw
1985	Tony Williams	5,000 meters
	Tony Williams	10,000 meters
	Phil Saunders	Triple Jump
1986	Gary Cobb	1,500 meters
	Howard Nippert	10,000 meters
	Todd Giszack	3,000 SC
	Phil Saudners	Triple Jump
1987	Gary Cobb	1,500 meters
	Steve Taylor	5,000 meters
	Phil Saunders	Triple Jump
1989	Tim Covington	5,000 meters
	Tim Covington	3,000 SC
1990	Tim Covington	5,000 meters
	Brian Walter	10,000 meters
	Tim Covington	3,000 SC
1991	Wally Granville	5,000 meters
1992	Chris Williams	Pole Vault
	Mike Sergent	Discus
	Mike Sergent	Hammer Throw
	Corey Lamb	Decathlon
1993	None	
1994	Brett Matthews	800 meters
	Chris Sieban	Javelin
1995	Jason Fullmer	110 hurdles
	Justin Davis	400 hurdles

### Atlantic 10 Conference

1996	No meet	
1997	Hilliard Sumner	400 meters
	Mike Cox	10,000 meters
	Jason Fullmer	110 hurdles
	Jim Fitzgerald	Pole Vault
	Eddie Boes	Discus
1998	Andre Davis	100 meters
	Andre Davis	200 meters
	Mike Cox	10,000 meters
	Kevin Walker	110 hurdles
	Kevin Walker	400 hurdles
	Jarrett Ferguson	Long Jump
	Nathan Bath	Pole Vault
	Nick DeLuca	Shot Put
	Erick Kingston	Hammer Throw
1999	Andre Davis	100 meters
	Andre Davis	200 meters
	Ahmed Sangbana	400 meters
	Paul Hayes	1,500 meters

Continued on following page

1999	Jason Dowdy .....	5,000 meters
	Jason Dowdy .....	10,000 meters
	Chris Stokes .....	110 hurdles
	Justin Davis .....	400 hurdles
	Larry Austin .....	4x100 relay
	Andre Davis .....	4x100 relay
	Rashad Jenkins .....	4x100 relay
	Darryl McCoy .....	4x100 relay
	Justin Davis .....	4x400 relay
	Clinton Edwards .....	4x400 relay
	Ahmed Sangbana .....	4x400 relay
	Kevin Walker .....	4x400 relay
	Mike Donahue .....	Long Jump
	Rashad Jenkins .....	Triple Jump
	Brian Hunter .....	Pole Vault
	Erick Kingston .....	Hammer Throw
	Paul Strano .....	Decathlon
2000	André Davis .....	100 meters
	André Davis .....	200 meters
	Ali Najjar .....	800 meters
	Kevin Walker .....	110 hurdles
	Kevin Walker .....	400 hurdles
	Larry Austin .....	4x100 relay
	Andre Davis .....	4x100 relay
	Rashad Jenkins .....	4x100 relay
	Darryl McCoy .....	4x100 relay
	Darryl McCoy .....	Long Jump
	Ernest Wilford .....	Triple Jump
	Brian Hunter .....	Pole Vault
	Erick Kingston .....	Hammer Throw
	Adam Bowser .....	Decathlon

### BIG EAST Conference

2001	Jevon Jenkins .....	100 meters
	Kevin Walker .....	110 hurdles
2003	Spyridon Jullien .....	Hammer Throw
	Brian Mondschein .....	Pole Vault

### Women's Outdoor

#### Metro Conference

1989	Gwen Roller .....	5,000 meters
1990	Heidi Allen .....	5,000 meters
1992	Dorothea Ku .....	Heptathlon
	Cecil Organ .....	High Jump
1993	Heidi Allen .....	10,000 meters
	Nancy Gilmore .....	Discus
1994	Detra Edmunds .....	Triple Jump
1995	Michelle Smith .....	Discus
	Michelle Smith .....	Shot Put

#### Atlantic 10 Conference

1997	Mandy Workman .....	10,000 meters
	Melanie Burgess .....	Long Jump
	Katie Ollendick .....	High Jump
	Paula Allan .....	Shot Put
	Jessica Read .....	Javelin
1998	Brandi Smith .....	400 hurdles
	Megan Barnes .....	Long Jump
	April Byrd .....	Triple Jump
	Katie Ollendick .....	High Jump
	Paula Allan .....	Shot Put
	Michelle Smith .....	Discus
	Dee O'Connell .....	Javelin
1999	Damali Hay .....	100 meters
	Danya Gordon .....	200 meters
	Brandi Smith .....	400 hurdles
	Danya Gordon .....	4x400 relay
	Danielle Hobson .....	4x400 relay
	Lynette Hopkins .....	4x400 relay
	Brandi Smith .....	4x400 relay
	April Byrd .....	Triple Jump
	M. Zengilowsky .....	Hammer Throw
	Dee O'Connell .....	Javelin
2000	Damali Hay .....	4x400 relay
	Lynette Hopkins .....	4x400 relay
	Joy Hsubuga .....	4x400 relay
	Monique Vanloo .....	4x400 relay
	April Byrd .....	Triple Jump
	April Byrd .....	Long Jump

### BIG EAST Conference

2001	Kristin Price .....	5,000 meters
2002	Dee O'Connell .....	Javelin
2003	Christy Herman .....	Discus

## 2003 year in review

The 2003 campaign was Virginia Tech's most successful season during the Cianelli era. With one All-American, three NCAA qualifiers, four BIG EAST Champions, 11 school records and the biggest single-season improvement in conference history, the Hokies made serious strides towards becoming one of the top programs in the BIG EAST.

Tech's throwers made the biggest step as they emerged on the national scene thanks to freshman standout Spyridon Jullien's sixth-place finish in the hammer throw at the NCAA Championships. Jullien's mark of 228-4 was at one point the second best throw in the nation. Jullien was one of two throwers to reach the NCAA level as classmate

### BIG EAST honors

#### Indoor All- Conference Team Men

Spyridon Jullien, Weight Throw  
 Brian MacPhee, Weight Throw, Shot Put  
 Ryan Norwood, Shot Put  
 Brian Mondschein, Pole Vault

#### Women

Marlies Overbeeke, 1,000 meters

#### Outdoor All- Conference Team Men

Spyridon Jullien, Hammer Throw  
 Jacobus Smit, Javelin Throw  
 John Fallone, Shot Put  
 Ryan Norwood, Shot Put  
 Brian Mondschein, Pole Vault  
 David Fritz, Pole Vault  
 Jason Fludd, Triple Jump

#### Women

Christy Herman, Discus  
 January Williams, Shot Put

#### 2002-03 BIG EAST Academic All-Stars

David Atkiss	Jessica Hammack
William Collins	Christy Herman
David Cook	Jessica Morris
Darrell Curtis	Jackie Nicholson
Jason Fludd	Marlies Overbeeke
Casey Frazier	Kristy VanCour
Buck Grant	Monique Vanloo
Michael Lawson	Stacey Vidt
Jeremy Lowry	January Williams
Ryan Norwood	
Justin Skaare	
Marcus Tepaske	

### team awards

#### Women

Marlies Overbeeke  
 MVP

Victoria Green  
 Coach's Award

Marie Giles  
 Rookie of the Year

#### Men

Spyridon Jullien  
 MVP

David Cook  
 Coach's Award

Will Collins  
 Rookie of the Year

Jacobus Smit also competed in the javelin. Tech also had 18 other individuals qualify for NCAA Regional competition.

At the BIG EAST Outdoor Championships Tech's men's team recorded the largest single season improvement ever with a third-place finish. The team had finished 13th in 2002. The men had two individual champions as Jullien took top honors in the hammer throw while Brian Mondschein won the pole vault. The women's team finished 10th behind Christy Herman's championship performance in the discus.

Prior to the BIG EAST Championships, the Hokies enjoyed a successful west coast road trip. The team returned from the Mt. SAC and Pomona-Pitzer relays with four new school records as Jullien (hammer), Marlies Overbeeke (800 meters), Kim Milbourn (steeplechase) and Kim Johnston (pole vault) all eclipsed the previous Tech marks.

At the annual Raleigh Relays, the Hokies made another solid appearance, setting two school records. Kim Johnston cleared the previous record in the pole vault. Tech also garnered five other top-10 performances at the relays.

The Hokies' outdoor success had its roots in the indoor season as the women bettered five school records en route to a 13th-place finish at the BIG EAST meet. The men came in fifth behind a first-place finish from Jullien in the weight throw, who set a new BIG EAST meet record. For his efforts Jullien was named the field athlete of the meet and the USTCA National Field Athlete of the Week. Jullien also qualified for the NCAA Championships, finishing 16th in the event.

## Dr. Charles Steger • university president



**F**ew people within the university community are unaware of Virginia Tech's national leadership aspirations. Setting

his sights on joining the nation's truly elite universities, President Charles W. Steger laid down the challenge to become ranked among the top 30 research universities by decade's end and energized the university community in the process.

Virginia Tech achieved double digit growth in research expenditures for the

past two years hitting \$232 million in fiscal year 2002, which propelled the institution back into the nation's Top 50 research universities.

Under Steger's leadership, the university completed a strategic plan creating the outline for national leadership of a comprehensively engaged university. The university recently completed a campus wide restructuring of colleges and departments in concert with the strategic plan.

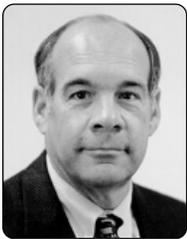
A registered architect and former dean of Tech's College of Architecture and Urban Studies, Steger was an architect of a different sort as the leader of the university's successful fund raising campaign. Under his leadership as vice president for development

and university relations, the Campaign for Virginia Tech raised \$337 million. Last year, the university raised a record \$70 million.

Steger's ties to Virginia Tech span four decades as a student, professor, dean, vice president, and now president. While on the faculty, he twice won teaching excellence awards. When he became dean of the college in 1981, he was the youngest architecture dean in the nation at 33 years of age.

Steger received his Bachelor and Master of Architecture and a Ph.D., in Environmental Science and Engineering from Virginia Tech.

## Jim Weaver • director of athletics



**J**ames C. Weaver, whose innovative ideas and work as a reformer have made him one of college

athletics' most popular administrators, is the director of athletics at Virginia Tech.

Weaver, 58, was appointed on September 24, 1997 and has been a tireless leader in behalf of Tech athletics. In his years on the job at Tech, Weaver has taken steps to place increased emphasis on projects benefiting student-athletes.

Weaver is also committed to the continuing improvement of Tech's facilities.

To meet a growing demand for Virginia Tech football, Weaver spearheaded the construction of the south end zone project to expand seating capacity to 65,115 for the 2002 season. A north end zone addition was completed prior to the 2001 season. Renovations are underway for the west side of Lane Stadium as well.

This year, Weaver represented the BIG EAST at the NCAA's Sportsmanship Summit and he is the BIG EAST AD representative on the Bowl Championship Series committee.

Weaver came to Tech from Western Michigan University where he was

director of athletics from January, 1996 until he came to Blacksburg. Prior to that, he was AD for three and a half years at UNLV, where he reconstructed a troubled athletic department.

A native of Harrisburg, Pa., Weaver was a center and linebacker on Penn State teams coached by the legendary Rip Engle and Joe Paterno.

Weaver graduated from Penn State in 1967 with a bachelor's degree in psychology and rehabilitation education. He received a master's in college counselor education, also from Penn State, in 1968.

Weaver started a coaching career as an assistant at Penn State for six seasons. He later

was the offensive coordinator at Iowa State and head coach for one season at Villanova in 1974. He also spent five years as an assistant professor at Clarion State and three years as director of franchise sales at Athletic Attic.

Prior to landing the athletic director's job at UNLV, Weaver spent nine years at the University of Florida, which was sanctioned by the NCAA in 1983. He was a strong force at Florida in the field of compliance and concluded his time there as associate athletic director.

Weaver and his wife Traci have four sons — Josh, Paul, Cole and Craig.



**Sharon McCloskey**  
Senior Associate  
Director of Athletics



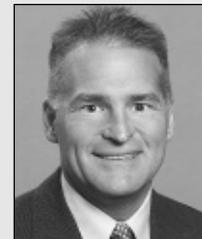
**David Chambers**  
Senior Associate AD  
for External Affairs



**Tom Gabbard**  
Associate AD  
for Internal Affairs



**Jon Jaudon**  
Associate AD  
for Administration



**John Ballein**  
Associate AD for  
Football Operations



**Randy Butt**  
Associate AD  
for Financial Affairs



**Tim East**  
Assistant AD for  
Marketing & Promotions



**Mike Gentry**  
Assistant AD for  
Athletic Performance



**Tim Parker**  
Assistant AD  
for Compliance



**Sandy Smith**  
Assistant AD for  
Ticketing Services

## student athlete academic support services

The success of Virginia Tech's athletic program rests largely on the academic progress of each student-athlete. The academic performance of Tech student-athletes has improved each year due in part to Student Athlete Academic Support Services (SAASS).

Chris Helms, in his fifth year at Tech, is responsible for the development and leadership of the SAASS office. Helms oversees an office comprised of associate directors Lois Berg and Colin Howlett, assistant directors Katie Ammons, Renia Edwards and Drew Scales, and secretary Terrie Repass. Ammons oversees the coordination for the track & field and cross country teams.

Student-athletes devote many hours to practice, conditioning and training that are not required of all students. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential.

SAASS provides programming for all student-athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study

hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education. Additionally, student-athletes are referred to and encouraged to take advantage of other campus agencies charged with helping students in their academic pursuits.

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall adjacent to the SAASS office in Cassell Coliseum. The HEAT Lab (Hokies Engaging in Advanced Technology) houses over 26 computers on the second floor of Cassell Coliseum and laptop computers are also available for Tech athletes to use when traveling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.

Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices, located in Hillcrest and Femoyer Halls.

With the help of these resources, the Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 70 percent in 2003 as compared to the national average of 60 percent. The 71 percent student-athlete graduation rate marks the fifth time in the last 10 years that Tech has reached that level.



Chris Helms



Colin Howlett



Lois Berg



Katie Ammons

## office of student life

The Office of Student Life at Virginia Tech helps in providing assistance to student-athletes in a number of areas. This office, which is run by Megan Armbruster, director of student life, is dedicated to enhancing the quality of the student-athlete experience through the many programs that it implements.

One program that the office sponsors is the CHAMPS/Life Skills Program, which provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives. The goal of this program is to enhance five areas of commitment that are vital to personal growth of student-athletes. Those areas are service, academic excellence, career development, athletic excellence and personal development. This program



Megan Armbruster  
Director of  
Student Life

attempts to build individual confidence, promote respect for diversity, enhance interpersonal relationships, develop leadership skills, and enable each person to make a valuable contribution to the community.

### Hokies With Heart

Another program developed by the Office of Student Life, Hokies With Heart, promotes the involvement of student-athletes in community service activities. In the past year, Virginia Tech athletes participated in nearly 50 community service projects. This program has a major local impact because the different service projects help to build a positive relationship between student-athletes and the surrounding community.

### VT-SAAC

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between the athletics administration and student-athletes to better serve their needs. The program is completely run by student-athletes and each team has two representatives. The

representatives then report back to the team on any issues that the team should be aware of or discuss.

This program also encourages involvement of student-athletes on campus and in the community. The student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness. SAAC also attempts to enhance the overall image of student-athletes to those outside of the Virginia Tech athletic family by serving as positive role models.

### Outstanding Student-Athletes

Each month, the Office of Student Life awards recognition to a student-athlete for participation in community service projects and dedication to the Hokies With Heart program.

The student-athletes of the month are chosen based on their willingness to be involved with the community.

## athletic performance

**T**here's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has combined strength and conditioning with nutrition and sport psychology to the benefit of its student-athletes. At Tech, these areas are part of the student-athlete's preparation – not just for race day, but also for life after college. Virginia Tech tries to provide the best services, facilities and support staff for all of its student-athletes, to make them better athletes and better people.

### Strength & Conditioning

Thanks to the direction of Assistant Athletic Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

Gentry is in his 16th year as the Hokies' director of strength and conditioning. His duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. A native of Durham, N.C., Gentry received a bachelor's degree in physical education from Western Carolina University in 1979 and a Master's from the University of North Carolina at Chapel Hill in 1981. He received his doctorate in curriculum and instruction, with an emphasis in motor behavior, from Virginia Tech in 1999. In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for the National Strength and Conditioning Professional of the Year.

The cross country and track & field teams train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the Haren Weight Room is a 5,000-square foot weight room officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department.



**Terry Mitchell**

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, assistant director of strength and conditioning, Terry Mitchell, strength and conditioning coordinator of men's Olympic sports,

who handles track and field, and Emily Chones, strength and conditioning coordinator for women's Olympic sports. Gentry will also have the services of four graduate assistants — Erin O'Neil, Lisa Guarneri, Gabe Teeple and Jarrett Ferguson.

### Sports Nutrition

A nutrition program was added to the athletics department in July 2000 to better serve Tech student-athletes.

In July 2002, Amy Freel, former coordinator of student life, became the full-time sports nutritionist in the athletics department.

Freel works one-on-one with student-athletes to provide them with information that they need on their diet. She also provides individual



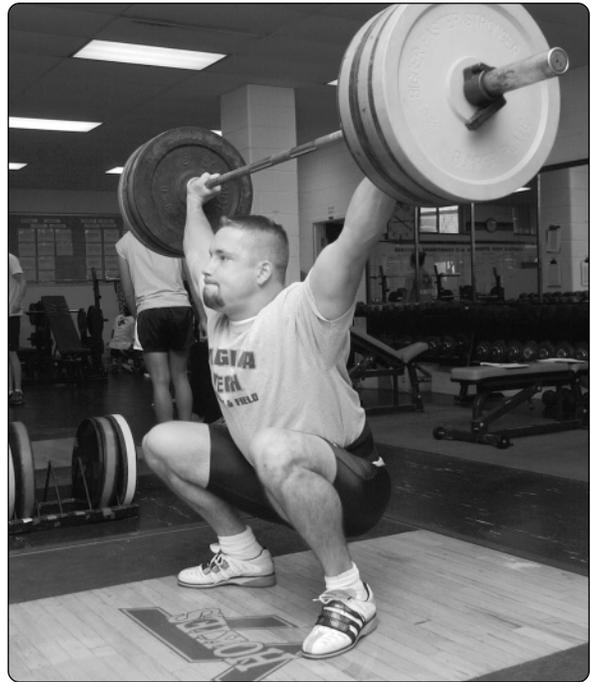
**Amy Freel**

players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and how to eat to improve performance. "It is extremely beneficial for our student-athletes to have nutrition education and counseling available to them in order for them to remain successful in their sports and outside of athletics," Freel said. "The individualized nutrition educations allow me and the athletes to get very specific on their nutritional, personal and sport specific goals."

### Sport Psychology

Another addition to the athletics department as of August 2000 is sport psychology. The licensed psychologists, Dr. Gary Bennett and Dr. Robert Miller, associate director of the Thomas E. Cook Counseling Center, counsel student-athletes either individually or as a team.

The psychologists meet with student-athletes on an individual basis for personal counseling, performance enhancement and to discuss the mental aspects of the game. As a team, the sport psychologists work on team building, communication and performance enhancement.



Gentry says, "I've always felt that (sports psychology) was an important element. We want to be a holistic model of an athletics department and we wanted to and needed to include sports psychology in that model."

"One of the dangers of sport psychology is that it can be totally about sports and there is that perception," Miller says. "We try to talk about a variety of issues, such as nutrition or academics. We want to be broader and help the person as a whole, not just with performance."



**Dr. Robert Miller**

"We see those other outside things as interfering with an athletes' ability to perform," Bennett says. "We feel we can help athletes perform better by addressing those concerns."

The psychologists also offer an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week.

## sports medicine

**T**he Virginia Tech Sports Medicine Department is an ever-changing and developing unit that strives to provide the most current and comprehensive care to all student-athletes. The department, under the leadership of Gunnar Brolinson, D.O., Delmas Bolin, M.D., and Mike Goforth, director of athletic training, is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

A professional staff — including primary care physicians who are Board certified in family medicine and sports

medicine, orthopaedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists — is available to manage the health care of athletes.

Tech recently completed its first full year in the new 4,300-square-foot Eddie Ferrell Memorial Training Room. The new facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes.

Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing it in the top five percent nationally.



**Mike Goforth**  
Director of  
Athletic Training



**Amy Davis**  
Athletic Trainer

## the BIG EAST conference

**A**s The BIG EAST Conference celebrates its 25th anniversary in 2003-04, it takes pride in its long list of accomplishments. Providing opportunities to excel amongst the nation's best, both athletically and academically, has always been its mission.

Since opening its doors in 1979, the league has won 22 national championships in six different sports and 118 student-athletes have won individual national titles. The BIG EAST has always been able to boast that some of its best students are also some of its best athletes. More than 300 student-athletes have earned Academic All-America honors, including Connecticut basketball standout Emeka Okafor who earned first team recognition last year. A BIG EAST student-athlete has won the Honda-Broderick Cup as Collegiate Woman of the Year four times, the last by Notre Dame soccer player Cindy Daws in 1997-98.

BIG EAST student-athletes have continued their success after leaving the classrooms and playing fields. Former Connecticut women's basketball standout Dr. Leigh Curl was inducted into the Verizon Academic All-America Hall of Fame in 1999. Former Georgetown men's basketball star Dikembe Mutombo was named a winner of the President's Service Award, the highest honor in the U.S. for volunteer service.

The BIG EAST continued to thrive amongst the nation's elite in 2002-03. It became the first conference to win the men's and women's NCAA titles and the men's NIT Championship in the same year. The Syracuse men won their first national championship, the Connecticut



women took home their fourth national title and St. John's won the NIT for the sixth time. The BIG EAST has won each of the last four women's basketball titles.

In the classroom, 21 student-athletes earned 2002-03 Academic All-America honors, including 10 who garnered first team accolades. UConn's Diana Taurasi was the consensus national player of the year in women's basketball. Additionally, she was the women's basketball Honda Award winner.

Whether it's the student-athletes or the league as a whole, moving forward successfully has been the norm for the conference that was formed in 1979.

In the spring of 2001, the BIG EAST added women's lacrosse to its growing list of sports and the inaugural women's golf championship was held in the spring of 2003.

When the 1990s began, The BIG EAST Conference had just completed its eighth season with nine members. The league was arguably as healthy as a conference could be. The BIG EAST was a headline-grabber immediately, especially in men's basketball, its signature sport. The BIG EAST Football Conference did not exist.

The '90s was a decade of enormous change in college athletics with conferences adding new members and new leagues beginning. The BIG EAST was no different than most groups. The BIG EAST Football Conference, with eight members, became a major player in college football immediately after its inception in 1991.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St. John's, Georgetown and Syracuse Universities. Seton Hall, Connecticut and Boston College completed the original seven-school alliance.

After one season, Villanova was added and began play in 1980-81. Two seasons later, Pittsburgh joined the group and started competition in '82-83.

Miami was admitted in 1990 and began BIG EAST competition in '91-92. Rutgers, West Virginia and Notre Dame joined in '94 and started to compete in '95-96.

While the membership has increased, the focus of the BIG EAST remains unchanged. It is a group that reflects a tradition of broad-based programs, led by administrators and coaches who place a constant emphasis on academic integrity.

The BIG EAST Conference has enjoyed a leadership role nationally. Its student-athletes own significantly high graduation rates and their record of scholastic achievement notably reflect a balance between intercollegiate athletics and academics.

Any successful consortium enjoys outstanding leadership. Michael Tranghese, the league's first full-time employee, and for 11 years the associate of Dave Gavitt, took over the Commissioner's reins in June, 1990. In his first year at the helm, he administered the formation of The BIG EAST Football Conference.

The BIG EAST has its headquarters in Providence where the conference administers to more than 5,500 athletes in 23 sports.

# Blacksburg, Va.

## COLLEGE TOWN, U.S.A.



One of America's classic college towns, Blacksburg is a perfect setting for Virginia Tech.

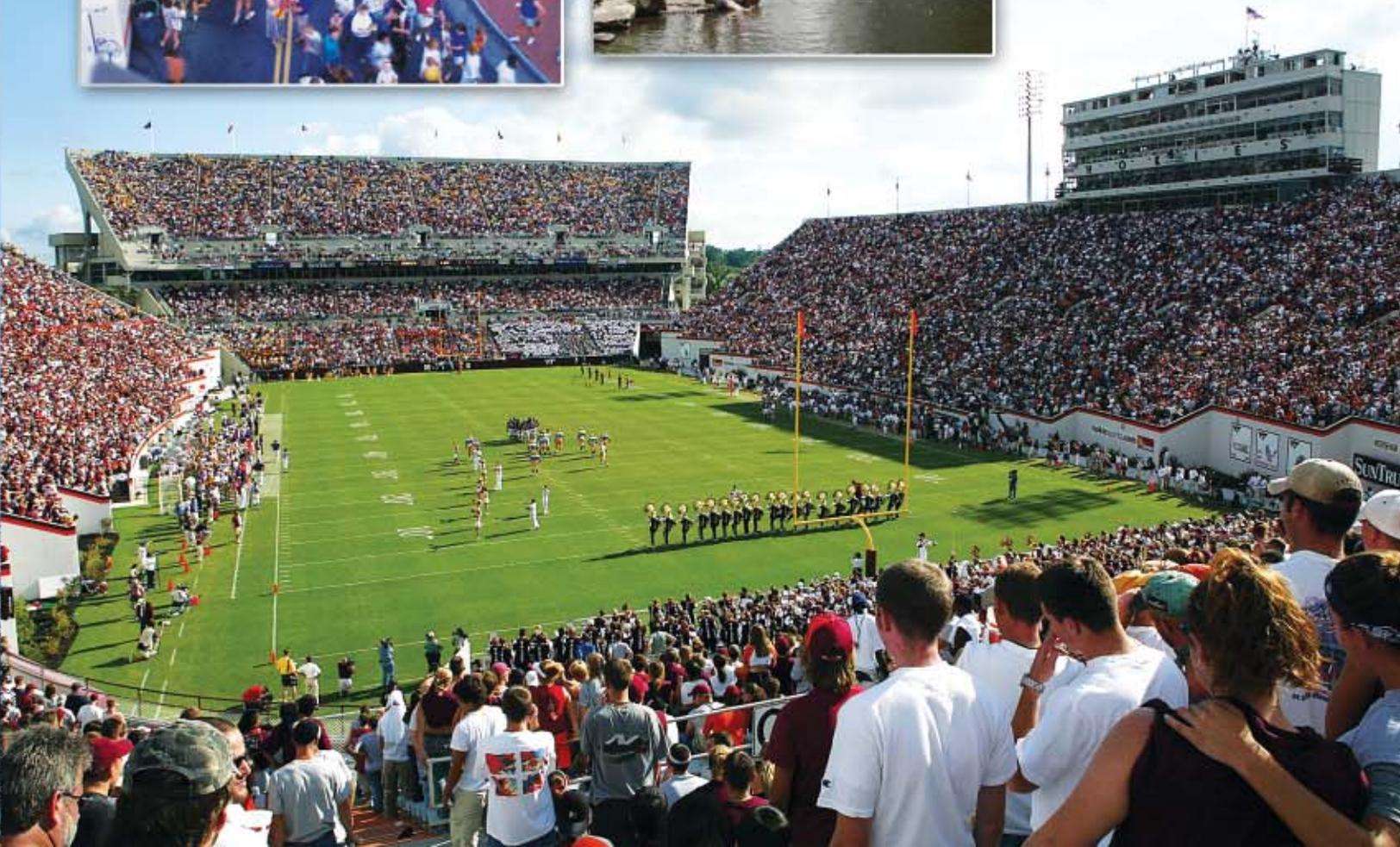
Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, Blacksburg combines the laid-back lifestyle of a small town with the amenities one would expect to find around a major center of higher education. Together, the town and university have worked hard to create a progressive community that ranks among the nation's elite living



environments. Blacksburg was recently named one of the Top 10 places to live by *Outside* magazine.

Virginia Tech and the Town of Blacksburg gained national and international attention by creating the world's first "electronic village." Businesses and industries have been drawn by the quaint town's potential.

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. The nearly 40,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River.



**Brian  
Mondschein**

• 2003 BIG EAST Champion  
Pole Vault

**Marlies  
Overbeeke**

• 2003 All-American  
Cross Country

**Jacobus  
Smit**

• 2003 NCAA Qualifier  
Javelin

**Stacey Vidt**

• 2002 NCAA Qualifier, Cross Country

**Jason Fludd**

• 2003 BIG EAST Runnerup  
Triple Jump