

VIRGINIA TECH



KRISTEN CALLAN
USA Junior National Champion
Hammer Throw



SPYRIDON JULLIEN
NCAA National Meet Runner Up
Three-Time NCAA All-American
Hammer Throw

2004-2005 TRACK & FIELD

VIRGINIA TECH

Virginia Polytechnic Institute and State University is a public institution with a world-renowned reputation in high-technology fields, such as engineering, architecture and the sciences. The university teaches more than 28,000 students, including 2,000 international students representing 110 countries. Virginia Tech, as the university is popularly known, offers more than 70 undergraduate majors and nearly 110 graduate degree programs taught by nationally and internationally recognized scholars.

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 College of Veterinary Medicine.

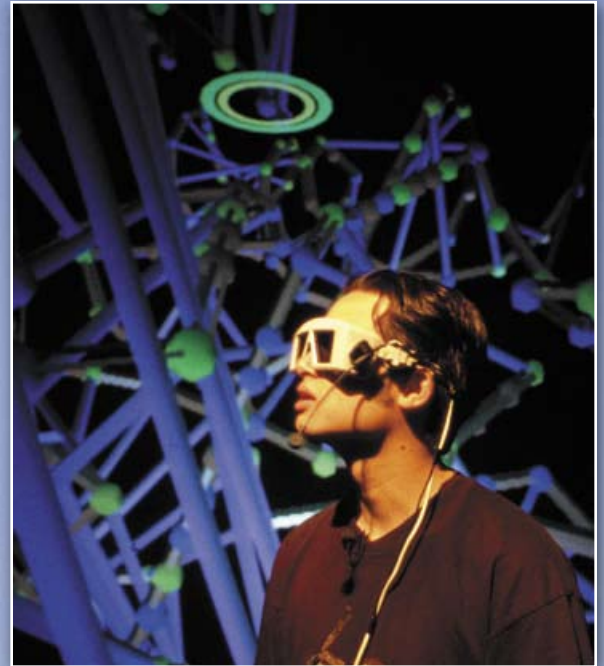
RESEARCH: With 3,700 ongoing research projects, Virginia Tech is the state's top research university and one of the top in the nation.

TECHNOLOGY: At Virginia Tech, technology is part of every student's daily vocabulary. Students learn better and faster, keep in touch with home and with the world, generate working relationships with teachers, and ready themselves for success in tomorrow's workplace.

RESIDENTIAL & DINING PROGRAMS: Each year, more than 8,700 students live on campus, 4,000 of whom are upperclassmen. The on-campus experience includes a wide variety of activities such as study skills sessions, movie nights and intramural sport teams.

Each residence hall room is equipped with high-tech communications systems that provide voice mail and Ethernet access. Rooms are also equipped with a cable TV outlet that provides a wide variety of instructional, entertainment, news and foreign language programs.

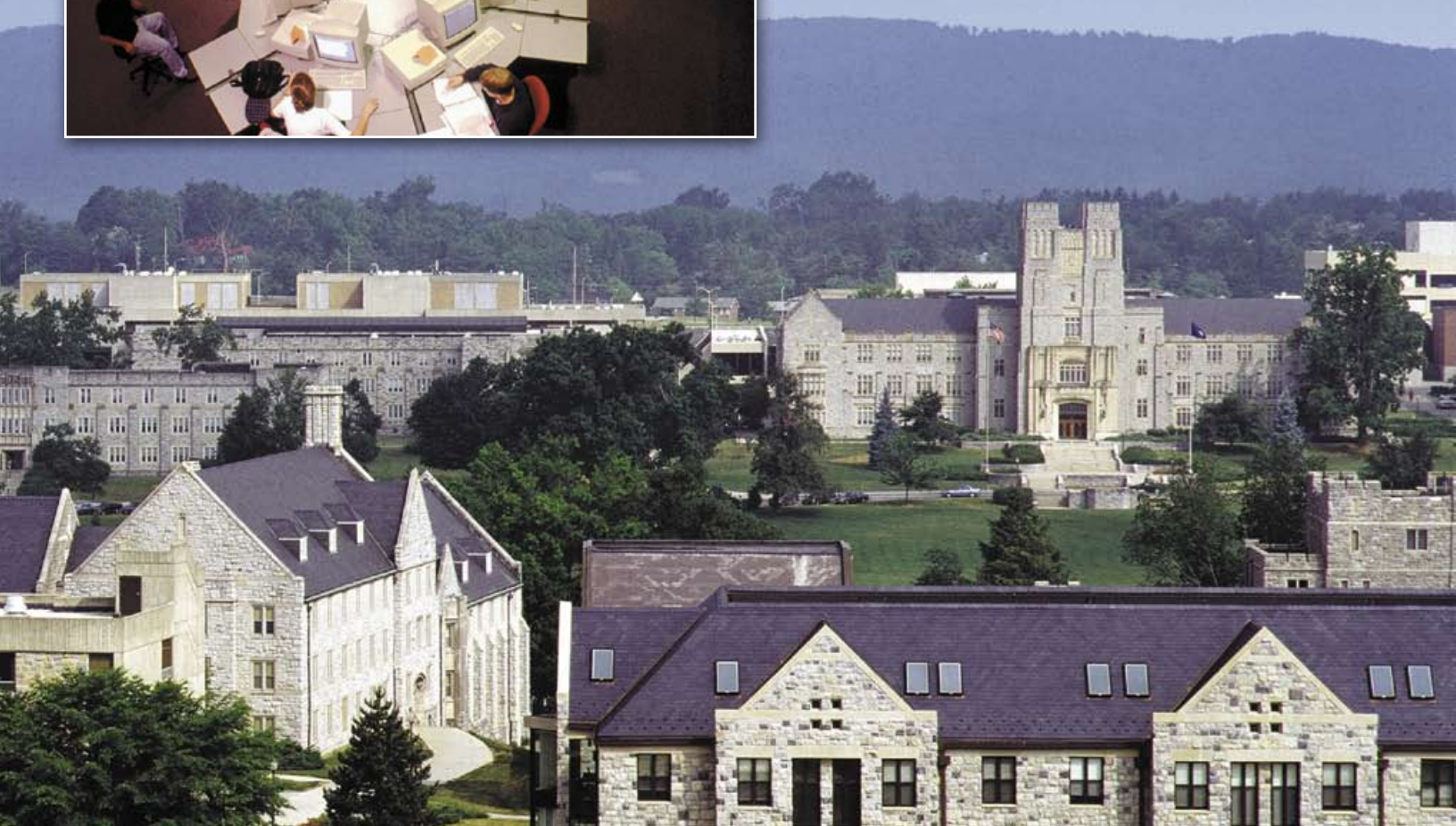
Dining centers include specialty dining areas, all-you-care-to-eat buffets and a 12-station food court.



STUDENT LIFE: More than 500 student organizations on campus serve academic, athletic, service, religious, arts and special interests, among others.

Tennis, golf, hiking, camping, cycling, jogging, canoeing and kayaking, swimming and horseback riding are favorite activities which can be enjoyed on or near campus year-round.

HOKIE SPORTS: Virginia Tech athletics teams compete at the NCAA Division I level in 21 men's and women's sports. Tech became a member of the Atlantic Coast Conference for all sports on July 1, 2004.



VIRGINIA TECH

2004-05 Track & Field Media Guide

The University

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

Track & Field Quick Facts

Director of track & field Dave Cianelli
 Associate men's track & field head coach (throws) Greg Jack
 Sprints, hurdles and jumps coach Lawrence Johnson
 Distance coach Ben Thomas
 Assistant distance coach Stacey Vidt
 Secretary Diane Buckland
 Track & field office phone 540-231-5037
 Track and field fax 540-231-6686
 2004 BIG EAST indoor finish (m/w) Fifth/12th
 2004 BIG EAST outdoor finish (m/w) Fifth/Ninth
 Men's indoor all-BIG EAST returning/lost 3/0
 Women's indoor all-BIG EAST returning/lost 0/1
 Men's outdoor all-BIG EAST returning/lost 5/0
 Women's outdoor all-BIG EAST returning/lost 3/1

Sports Information

Sports Information Director Dave Smith
 Associate Anne Panella
 Assistants Bill Dyer, Torye Hurst
 David Knachel, Bryan Johnston
 Interns Laura Culbertson, Brent Hager, John Holinka
 Secretary Donna Smith
 Sports information phone 540-231-6726
 Sports information fax 540-231-6984
 Hokies on the Web www.hokiesports.com



Sports Information
 Track & Field Contact

Laura Culbertson
 540-231-6892 (office)
 512-7911-9546 (cell)
 email: lkc@vt.edu

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

2005 Schedule

INDOOR SEASON

Date	Event	Location
Dec. 3	at Clemson Invitational	Clemson, S.C.
Jan. 14-15	Virginia Tech Invitational	Blacksburg, Va.
Jan. 21-22	at Clemson Invitational	Clemson, S.C.
Feb. 5	at North Carolina Invitational	Chapel Hill, N.C.
Feb. 11-12	Virginia Tech Challenge	Blacksburg, Va.
Feb. 17-19	at ACC Championships	Chapel Hill, N.C.
Mar. 5	Virginia Tech Last Chance	Blacksburg, Va.
Mar. 11-12	at NCAA Championships	Fayetteville, Ark.

OUTDOOR SEASON

Date	Event	Location
Mar. 19	at Wake Forest Invitational	Winston-Salem, N.C.
Mar. 25-26	at Raleigh Relays	Raleigh, N.C.
Apr. 2	at UNC Charlotte Invitational	Charlotte, N.C.
Apr. 9	at Clemson Invitational	Clemson, S.C.
Apr. 15-16	at SeaRay Relays	Knoxville, Tenn.
Apr. 21-23	at ACC Championships	Tallahassee, Fla.
April 28-30	at Penn Relays	Philadelphia, Pa.
May 13-14	at Georgia Tech Invitational	Atlanta, Ga.
May 27-28	at NCAA Regionals	Randalls Island, N.Y.
June 8-11	at NCAA Championships	Sacramento, Calif.
June 23-26	at USA Junior & Senior Champs	Carson, Calif.

Table of Contents

2005 Schedule, Hokie Quick Facts	1
This Is Virginia Tech	2-3
Virginia Tech Track & Field	4-5
Coaching Staff	6-10
Dave Cianelli, Director of Track & Field	6
Greg Jack, Associate Head Men's Track & Field Coach (Throws)	7
Lawrence Johnson, Sprints Coach	8
Ben Thomas, Distance Coach	9
Stacey Vidt, Assistant Distance Coach	9
Volunteer Coaches	10
2005 Women's Outlook and Roster	11
Women's Profiles	12-22
Women To Watch	23
2005 Men's Outlook and Roster	24
Men's Profiles	25-33
Men To Watch	34
2004 Review	35
School Records	36-37
Top All-Time Performances	38-41
All-Americans	42
Conference Champions	43-45
Facility Records	46
Facilities	47
Administration	48
Support	49-50
Tech's Athletic Complex	51
ACC Conference	52

hokiesports.com

THIS IS VIRGINIA TECH



The focus of student campus activity and the hub of much of the performing and visual arts at the university, Squires Student Center contains theatres, the Perspective Art Gallery, the Black Cultural Center, pool tables, bowling lanes, restaurants, ballrooms and administrative offices for many student organizations. The original student center, built in 1937, has undergone several major renovations, but the brick facade of the original building is visible in the second-floor lobby area.



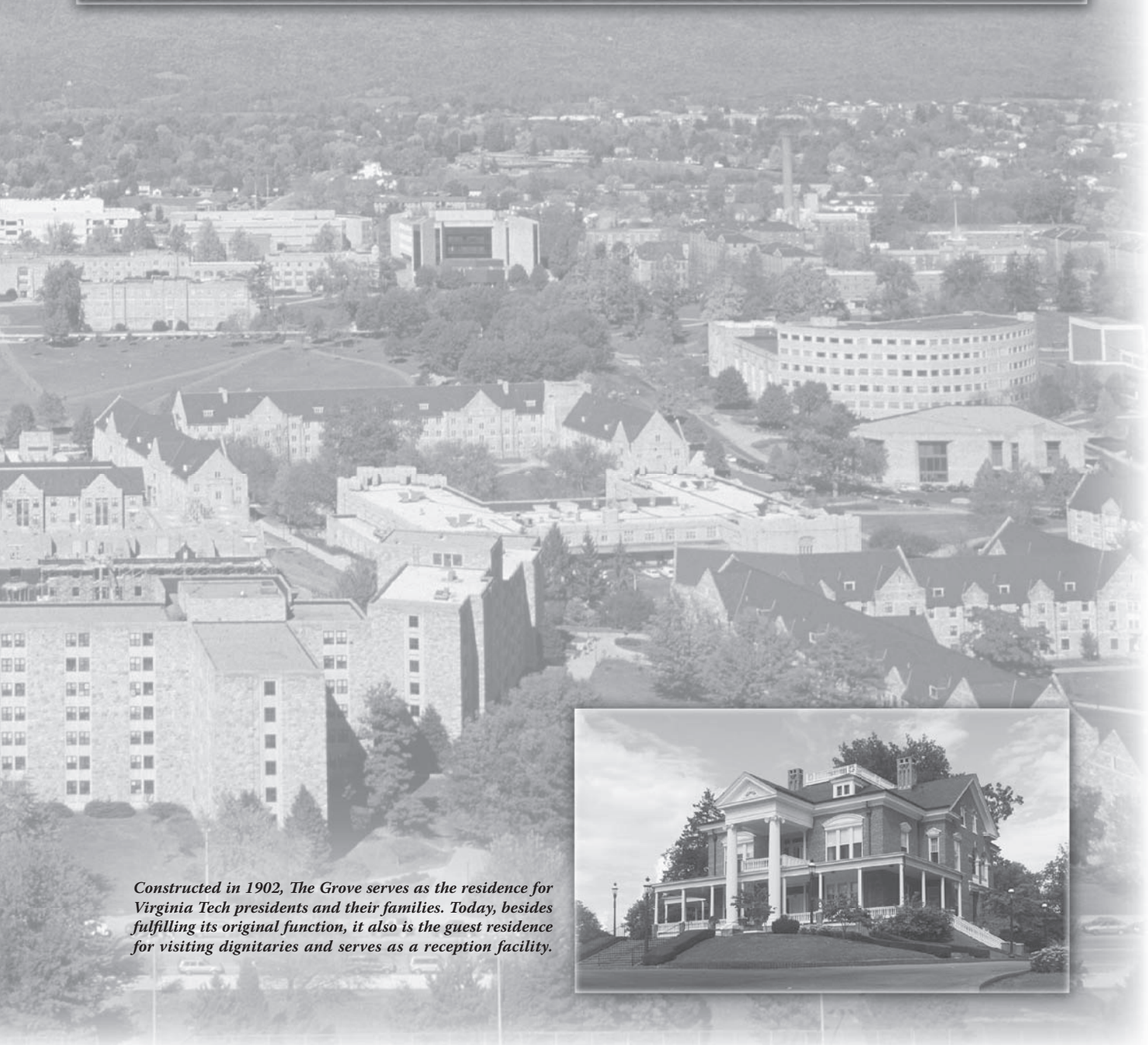
The Duck Pond provides a peaceful respite for students, faculty, staff and visitors — as well as for flocks of ducks and geese. The pond was created in 1937. A smaller lake, just north of the Duck Pond, is known as the Ice Pond — so called because it was the source of ice for the campus until a refrigeration plant opened in 1898-99.



Col. William B. Preston established the Smithfield estate — named for his wife, Susanna Smith — in 1772 after an earlier settlement known as Draper's Meadow was wiped out in an Indian massacre. The oldest part of the existing house was built in 1790. A state historic landmark, Smithfield is open for tours April through November. Call 540/951-2060 for details.



Torgersen Hall, home to Virginia Tech's Advanced Communications and Information Technology Center, provides a high-tech environment in which researchers, teachers and students can interact in innovative and effective ways. The building includes high-tech auditoriums; observational booths for watching and taping experimental teaching techniques; the CAVE, Tech's sophisticated virtual reality environment for advanced research and learning; and an electronic reading room occupying the arch that spans the Mall.



Constructed in 1902, The Grove serves as the residence for Virginia Tech presidents and their families. Today, besides fulfilling its original function, it also is the guest residence for visiting dignitaries and serves as a reception facility.

THIS IS Virginia Tech TRACK & FIELD



*Jessica Morris runs on Tech's
200-meter banked track inside
Rector Fieldhouse.*

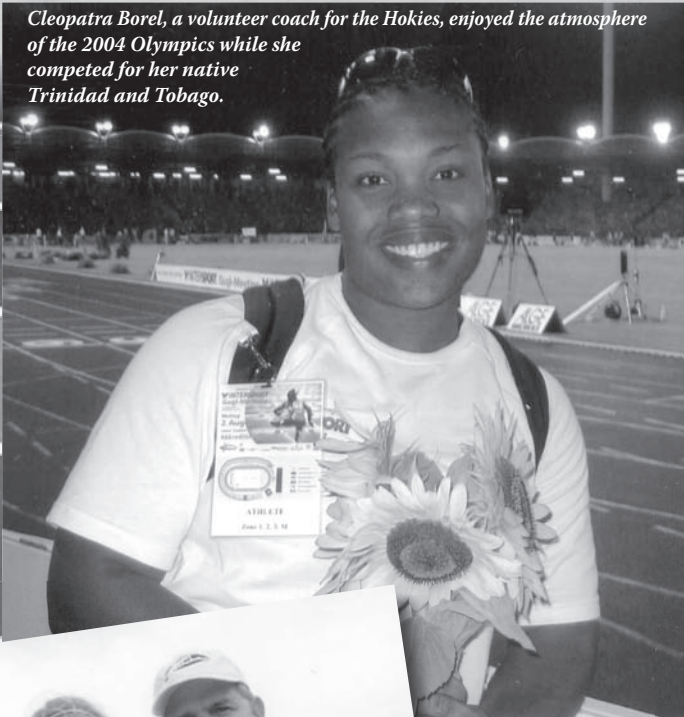


*Several track and field athletes pose
with Maurice Green, 2000 Olympic
champion, at a meet last year.*

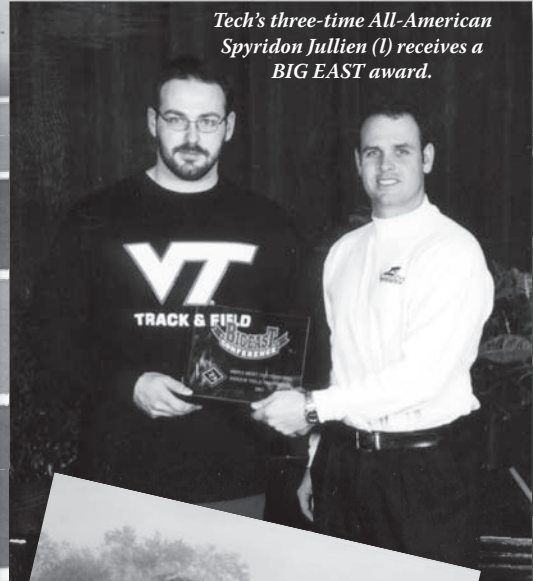
The Virginia Tech 2005 throws squad: Top row (l-r) Ciera Ayangbile, William Collins, Jacobus Smith, Brian MacPhee, Sven Hahn and Spyridon Jullien; bottom row (l-r) Steve Huntzinger, Ashleigh Keats, Kristen Callan, Tamara Burns and Ryan Norwood.



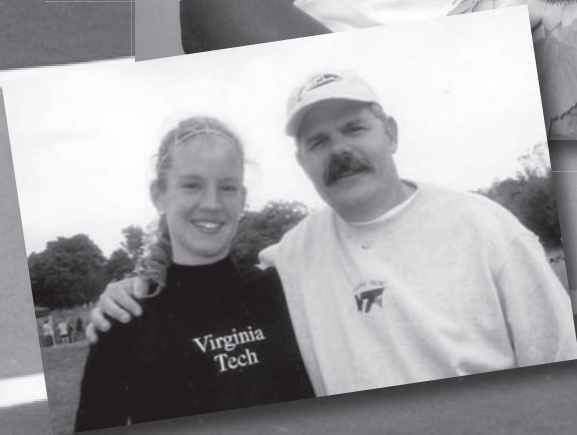
Cleopatra Borel, a volunteer coach for the Hokies, enjoyed the atmosphere of the 2004 Olympics while she competed for her native Trinidad and Tobago.



Tech's three-time All-American Spyridon Jullien (l) receives a BIG EAST award.



Three-time All-American Marlies Overbeeke takes time out for a picture with Coach Cianelli before a cross country meet.



Tamara Burns and Ciera Ayangbile having fun before practice.

COACHING STAFF



Dave Cianelli • Director of Track & Field

Three years ago, Dave Cianelli was brought to Blacksburg to direct the Virginia Tech track and field program into the BIG EAST Conference. This season Cianelli finds himself in a similar position as he holds the enviable task of guiding the Hokies into the Atlantic Coast Conference.

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

If Cianelli's first three years at the reins are any indication, the future is certainly bright for Tech's track & field and cross country programs. During the past three years, Cianelli has six All-Americans and 12 conference champions, seven of them in 2004 alone.

Cianelli has the luxury of working with one of the nation's most accomplished coaching staffs. Greg Jack was brought in from the University of Pittsburgh to serve as the throws coach in 2001. Jack begins his fourth season at Tech with a promotion. He is now the associate head men's track & field coach for the Hokies. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is Stacey Vidt, an NCAA all-region cross country runner for the Hokies. Cianelli recently hired Lawrence Johnson, formerly of Southern Illinois, to be Tech's sprints coach beginning this season. Cianelli coaches the multi-event performers in addition to his duties as director.

Cianelli came to Tech with plenty of cross country experience, having served as the women's cross country and distance coach for five 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 quarter-finalist Cameron Taylor of New Zealand and Tytti Reho, 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 and field teams finished in the top 10 nationally 15 different times.

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

Cianelli's Resumé

Virginia Tech (2001-Present)

- 12 BIG EAST Champions
- Six All-Americans
- In 2003, Tech's men's track and field program had the largest single-season improvement in the history of the BIG EAST Conference
- In 2003, Tech women had the highest cross country regional finish in school history
- In 2003, Tech women's track and cross country teams and the men's cross country squad had the highest GPA in school history

Southern Methodist University (1988-2001)

- Eight top-10 finishes at the women's NCAA Track & Field Championships
- Seven top-10 finishes at the men's NCAA Track & Field Championships
- 1995 men's and women's Southwest Conference cross country champions
- 1995 women's NCAA cross country championships, 15th place finish
- 1995 men's NCAA cross country championships, 21st place finish
- Individual achievements included 19 Olympic and World Championships competitors, 27 NCAA champions, 123 All-Americans, 95 conference champions

Cal-Poly San Luis Obispo (1985-1988)

- 1985-87 NCAA Division II women's cross country champion
- 1985-87 NCAA Division II women's outdoor track runner-up
- 1985-87 CCAA women's cross country conference champion
- 1985-88 CCAA women's outdoor track conference champion
- Individual achievements include one NCAA Division II Champion and 13 All-Americans

A native of Bethesda, Md., Cianelli competed in sprints, the decathlon and the long jump at Bowling Green 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 and cross country coach at Cal Poly-San Luis Obispo from 1985-88. The cross country teams won the 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's coaching campaign started at San Marcos High School in Santa Barbara, Calif., where he was the head track & field coach from 1982-84. During these three years, he coached seven junior national qualifiers in the heptathlon and decathlon. One of those individuals, Dori Tressler, was a two-time Mt. SAC Relays champion in the heptathlon and set the prep meet record for the event with a score of 4,917 points.

Cianelli and his wife, Ellen, have a daughter Mariah, who is 9, and a son Sebastian, who is 5. "What attracted me to Blacksburg and Virginia Tech was the tremendous amount of support that runs between the community and the university," Cianelli said.



Greg Jack

◆ Associate Head Men's Track and Field Coach (Throws)

Greg Jack begins his fourth season at Virginia Tech as the new associate head men's track and field coach. The past three years Jack has been the Hokie throws coach.

Dave Cianelli, director of track and field, said, "Greg Jack has earned this promotion as a result of his tremendous work ethic in building our throws program to a national level. We will continue to seek and develop high level throwers here at Virginia Tech because of Coach Jack."

Jack and his throwers are coming off a superb 2004 season, which saw NCAA, conference, school and international improvement. He had several athletes place in the top-five at the NCAA East Regional Championships. Spyridon Jullien's second place performance in the hammer throw (231'11"; 70.70m) at the NCAA outdoor championships earned him his third All-America honor and is the program's highest individual finish in history. Jullien was fourth at the NCAA indoor championships in the 35 lb. weight throw.

Jack's Hokie thrower squad claimed four BIG EAST Conference Championships, two indoor and two outdoor. It also continues to break school records with five last year.

Kristen Callan, one of Jack's female throwers, won the hammer throw at the U.S. Junior Championships and set a meet record with a throw of 193'11" (59.11m). She represented the United States at the International Association of Athletics Federation World Junior Championships that were held in Italy this past summer.

With 2004 being an Olympic year, Jack took advantage of the opportunity and was able to serve as a national coach for the country of Trinidad and Tobago. As the national coach, he helped Cleopatra Borel capture her country's national championship with a new record, finish tenth in the shot put finals at the Olympics in Athens and earn a top eight ranking by the IAAF. Borel set a personal record of 63'11" (19.48m) in the shot put in 2004.

In 2003, two of Jack's throwers represented Tech at the NCAA Championships. Jullien took sixth place in the hammer throw at the championships and reached All-America status for the first time. Three athletes were BIG EAST Champions, while three more were runners-up. They broke five school records and one BIG EAST Championship record in the men's weight throw.

Jack's first year coaching at Virginia Tech in 2002 saw Dee O'Connell win the BIG EAST javelin throw, earn All-America honors and have a fifth place finish at the U.S. Championships. O'Connell took fifth place at the 2002 U.S. Championships and most recently she posted third place finishes at the 2003 U.S. Championships and the 2004 U.S. Olympic Trials.

At Tech, Jack has coached a total of four All-Americans, seven NCAA qualifiers, eight conference champions, three conference record holders, eight school record holders, a North America, Central America and Caribbean under-23 Champion and one USA Junior Champion.

The accomplishments 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

Jack's Resumé

Virginia Tech (2001-present)

- 2004 Olympic shot put finalist, Cleopatra Borel
- 2004 Olympic games national coach for Trinidad and Tobago
- 2004 U.S. Olympic Trials third-place finisher in women's javelin, Dee O'Connell
- 2004 USA Junior Champion in women's hammer, Kristen Callan
- Eight athletes representing seven countries in international competition
- Four All-Americans
- NCAA runner-up in the hammer, Spyridon Jullien
- Seven NCAA qualifiers
- Eight BIG EAST Conference Champions
- Three BIG EAST Conference record holders (men's weight, women's javelin and men's shot put)
- Eight school records
- One BIG EAST Conference Athlete of the Meet
- One United States Track Coaches Association (USTCA) National Field Athlete of the Week
- Two U.S. Championships competitors in the men and women's javelin
- 2002 North America, Central America and Caribbean (NACAC) under-23 Champion

Pittsburgh (1999-2001)

- Six school records
- One BIG EAST Conference Champion in men's shot put
- One BIG EAST Conference Athlete of the Meet for men's field events
- One Eastern College Athletic Conference (ECAC) Champion in women's javelin
- One 2000 Olympic Trials qualifier in women's javelin
- Also served as Assistant Coach of Strength and Conditioning

in his first coaching position. Under his direction, Pittsburgh athletes broke six school records in throwing events. The program produced a 2000 Olympic Trials and NCAA qualifier who was an Eastern College Athletic Conference women's javelin champion. Jack also coached the BIG EAST men's shot put champion who was named the conference's most outstanding indoor field athlete.

The Ottawa, Canada native 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 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.

29-year-old Jack recently married the former Jacquie Keats, DC (Doctor of Chiropractic) and they currently reside in Blacksburg.

"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."



Lawrence Johnson

◆ Sprints, Hurdles, Jumps Coach

Virginia Tech recently added Lawrence Johnson to the track and field coaching staff. Johnson will coach Tech's men and women sprinters, hurdlers and jumpers.

Johnson has spent the last two seasons coaching the Lady Saluki sprinters, hurdlers and jumpers. In the fall of 2004, he added the men's sprinters, hurdlers and jumpers to his responsibilities at Southern Illinois.

Johnson's athletes under his tutelage rewrote nine school indoor and outdoor records and three Missouri Valley Conference/ conference meet records.



Also during his time at SIUC, Johnson directed nine MVC indoor champions, four MVC runner-ups, two MVC outdoor champions, seven MVC outdoor runner-ups, 24 All-MVC selections, three MVC scholar selections, eight NCAA regional qualifiers, two All-Mid-East region selections, two NCAA national meet qualifiers and one NCAA All-American.

Last season was a break out year for the Saluki women sprinters, hurdlers and jumpers under Johnson's watchful eye. Inna Turevsky emerged as a force in the triple jump event at the MVC indoor and outdoor championships. Turevsky established both a indoor meet record and school record and qualified for the NCAA regional outdoor meet.

Senior Korto Dunbar continued her dominance in the hurdles. She successfully defended her 60-meter hurdles and 100-meter hurdles crowns and broke her own MVC indoor meet record. She also provisionally qualified for the 2004 NCAA national indoor meet and was selected to the NCAA Mid-East all-region team.

Sprint sensation Kelsey Toussaint, widely regarded as one of the best overall sprinters in the MVC, truly lived up to that billing. Toussaint finished third in the 60 meters at the indoor conference championships and took third in both the 200 and 400 meters at the league's outdoor meet. Not to mention, she anchored both the 4x100 and 4x400 relays and qualified for the NCAA regional championships in three events.

Newcomers Sherlenia Green, Marquita Vines and Leslie Murillo also served notice to the Valley. Each scored at the indoor and outdoor championships as freshmen. All three also competed at the USA Junior National competition, and Vines came away with All-American honors in the 400-meter hurdles.

In 2003, Johnson coached Latrice Gray-Murphy to All-American status in the high jump at the 2003 NCAA outdoor national championships, breaking a 13-year Saluki hiatus from the All-American platform. Dunbar also competed in the sprint hurdle at nationals, and broke the MVC all-time record in the process.

Prior to SIU, Johnson served as a graduate assistant coach at the University of Arkansas for the Lady Razorbacks. He primarily assisted Associate Head Coach Rolando Green and the Arkansas sprints crew. Johnson had been Green's top assistant throughout the Lady Razorbacks' amazing run to back-to-back SEC Triple Crown Championships.

While earning his degree, Johnson was a member of the track team, where he helped Arkansas to four SEC championships, as well as a national indoor and outdoor championship in 1998.

Prior to running with the Hogs, Johnson ran for Long Beach City College, where he was team captain and MVP. He was South Coast Conference champion in the 400 meters, as his team finished runner-up in Southern California. He also earned an Associate of Arts degree in physical education and recreation from Long Beach City College in 1996.

In 1995, Johnson was on the Triple Crown Junior College Track and Field national championship team at Blinn College. He was a Texas track and field finalist in the 400 meters in 1994.

Johnson, who is currently in the process of finishing his master's degree in physical adaptation/education from Arkansas, hails from Prairie View, Texas. Johnson and his wife Lilly, their two daughters, Desirae (11) and Lania Amerie (1 year), and son, Lawrence Christopher (5), are in the process of relocating from Carbondale to Blacksburg.



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 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. He guided the 2004 women's team to a top-ten NCAA regional finish and a freshman to all-region honors. The men's team improved one place higher than at last year's regional meet.

In 2003, the women's team had its best season in 18 years and its first NCAA All-American women, Marlies Overbeeke. The men saw the first Hokie since 1999 earn all-region honors.

Over the past three seasons, Thomas has coached a distance crew that broke school track records in the 800, 1,000, 1,500 meters, 3,000m steeplechase and the mile along with the 4x800 and the 4x1,500 meter relays. The women's team also advanced four athletes to the NCAA Regional Championships, competing in the 800, 1,500, 5,000 meters and 3,000m steeplechase.

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.

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 was a 1992 graduate of Virginia Tech with a B.A. in English and communication studies. He ran both cross country and middle distance for Tech in the early '90s.

Thomas' Resumé

Virginia Tech (2001-Present)

- One NCAA cross country All-American
- Two NCAA cross country championship qualifiers
- Five All-Region cross country runners
- Highest women's cross country finish at NCAA regionals in 17 years

Brevard College (1999-01)

- One three-time NAIA national champion
- One two-time Olympian
- Two cross country World Championship 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 Coach of the Year



Stacey Vidt

◆ Assistant Distance Coach

Stacey Vidt, a Tech alum, begins her coaching career this winter as the assistant distance coach. She was a distance runner for Tech's cross country and track & field teams from 1999-2003.

"Stacey Vidt is a perfect fit for our coaching staff," said Cianelli. "She believes in our program and the direction we are heading. Stacey's work ethic and can-do attitude represent what Virginia Tech is all about. As a product of our program, she represents what we are all about."

Vidt was a distance runner for Tech's cross country and track & field teams from 1999-2003. A four-time cross country team MVP, Vidt ended her senior season in 2002 as an NCAA all-southeast region runner for her 19th place finish in the race and an NCAA cross country national championship qualifier. She earned all-conference honors as a freshman for her ninth place finish at the 1999 Atlantic-10 championships and was Tech's number one runner at the regional meet that year.



In track, Vidt was a 2001 NCAA provisional qualifier in the 3,000-meter steeplechase and distance medley relay. She also qualified for the 2003 NCAA regionals in the 5,000 meters. Vidt recorded a fourth place finish in the 10,000 meters and two fifth place finishes at the BIG EAST Championships. She set five school track records, three indoor and two outdoor during her Hokie career. Vidt currently holds three of the five records, the indoor and outdoor distance medley relay and the indoor 4x800m relay.

Besides being Tech's cross country MVP for all four years, Vidt was named Blacksburg Sports Club Outstanding Senior in 2003 and track's Rookie of the Year in 2000.

She has personal bests of 4:34.1 in the 1,500 meters, 10:03.79 in the 3,000 meters, 16:52 in the 5,000 meters and 36:28.40 in the 10,000 meters.

Vidt was a human nutrition, foods and exercise graduate in the spring of 2003. Her academic awards are just as numerous as her athletic honors. She was named a BIG EAST Academic All-Star and to the Athletic Director's honor roll in 2003. She also made the 2002-03 Dean's List.

A native of Allison Park, Pa., Vidt attended Hampton High School. She was a two-time letterwinner and MVP in cross country and a four-time letterwinner and MVP for track.

Vidt was a two-time first-team all-state selection in cross country with her best finish of fourth place in the state meet coming in her junior year. She won the WPIAL regional cross country meet two years in a row. After her senior year, she was named Female Athlete of the Year.

Vidt was a three-time WPIAL regional track champion in the 800 meters, 1,600 meters and the 3,200 meters and set four school records.

VOLUNTEER COACHES



Cleopatra Borel • Throws

Cleopatra Borel returns for her third season on the Tech volunteer coaching staff bringing with her a wealth of international and collegiate experience.

Her most recent accomplishment is placing eighth in the shot put for her native country, Trinidad & Tobago, at the International Association of Athletics Federations World Finals in Monaco in September. She finished tenth at the 2004 Olympics which were held at Olympia's ancient stadium near Athens, Greece. Borel, the Trinidad & Tobago national record holder, won her country's national championship this year.

In 2003, Borel was sixth at the Pan-American Games and placed second in the NACAC Championships.

She has a personal best of 63-11 (19.48m) in the shot, and was ranked sixth for the 2004 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 Atlantic 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.



Ann McGranahan • Distance

Ann McGranahan joins the Tech track & field staff this year as a volunteer coach with the distance crew. McGranahan has been a post-collegiate runner for New Balance the last two years since her graduation from Villanova in 2002.

This past fall, she finished third in the women's only run (5k) in Greensboro and had fourth place finishes at Ntelos (8k) in Richmond and at the Boston Mayor's Cup (5k).

In 2003, McGranahan finished ninth in the 5,000 meters with a personal best time of 15:45.76 at the USA Outdoor Championships. She was runner-up at the USATF New England Cross Country Championships and took fourth place at the USATF Fall National Cross Country Championships. McGranahan was the 2003 Minnesota Distance Classic 5,000 meter champion with a time of 16:00.22.

At Villanova, she was an eight-time NCAA qualifier in cross country and track and a three-time BIG EAST 10,000 meter champion. In 2000, McGranahan was the Mid-Atlantic Regional and BIG EAST Conference cross country champion.

McGranahan has personal bests of 4:25 in the 1,500 meters, 9:21 in the 3,000 meters, 15:45.76 in the 5,000 meters and 26:36 in the 8,000 meters (road).

A native of Pensacola, Fla., McGranahan was Florida's cross country, 1-mile and 2-mile state champion in high school.

McGranahan is 25 years old and recently married Tech's cross country coach, Ben Thomas. They reside in Blacksburg, Va.



Bob Phillips • Pole Vault

Former Virginia Tech All-American Bob Phillips coaches the Hokies' vaulters this season.

At Tech he coached Brian Hunter to All-America status in 2000. Phillips guided the Tech men vaulters to first, second, and fourth place at the 2003 BIG EAST Conference Outdoor Championships. He is currently coaching two-time BIG EAST champion Brian Mondschein.

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.

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

• Sprints/Hurdles

• Administrative Assistant

Melinda Sallins is in her fourth season as a volunteer coach and is in her third year as administrative assistant for the track and field program.

Sallins has a personal best time of 56.02 in the 400 meter hurdles and continues to compete post-collegiately. Most recently, she finished tenth in the 400m hurdles at the U.S. Olympic Trials in Sacramento, Calif.

At the 2003 U.S. Championships, she had a fifth place finish in the 400m hurdles. 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 third year on the Tech staff and brings a wealth of international experience.

Sharangabo is a two-time Olympian who represented his native Rwanda in the 1,500 meters in the 1996 Atlanta and 2000 Sydney games. He is also the Rwandan record holder in both the mile and 1,500 meters (3:38.10).

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.

2005 WOMEN'S OUTLOOK

With only five seniors on this year's edition of the Virginia Tech's women's track & field team, head coach Dave Cianelli has a youth movement on his hands.

"Three-quarters of our team are either freshmen or sophomores. I like what I see in our future," added Cianelli.

The Hokies lost two-time All-American Marlies Overbeeke, but with an outstanding freshman middle distance group in place the outlook for this area is incredibly bright. Jessica Fanning and Natalie Sherbak are two of the best middle distance talents coming out of Virginia over the past several years.

Cianelli remarked, "They are the cornerstones for our future."

Fanning is coming off an outstanding freshman cross country season where she earned All-ACC and All-NCAA Southeast Region honors.

Returning for her sophomore year is 800-meter specialist Heather Mullis. In 2004, Mullis came out of nowhere to place fifth at the BIG EAST Championships and was an NCAA regional qualifier after running 2:09.98 at the Georgia Tech Invitational.

The throws crew has proven to be a mainstay under Coach Greg Jack. Kristen Callan had a sensational freshman year in 2004. She obliterated the school records in the 20 lb. weight throw (60'3"; 18.36m) and the hammer throw (193'11"; 59.11m). She was a finalist at the NCAA East Regional Championships and was the USA Junior Champion in the hammer. This past summer, Callan represented the U.S. at the World Junior Championships in Grosseto, Italy.

Tamara Burns, a junior transfer from Elm Creek, Neb., joins the throws group this year and will bring strong credentials with her. Burns, a four-time junior college All-American, was a National Junior College Champion in the weight. The multi-talented thrower has personal bests of 68'7.25" (20.91m) in the 20 lb. weight, 46'11" (14.30m) in the shot put and 164' (50.00m) in the discus. Back from an injury redshirt year is Ashleigh Keats, a 2003 high school All-American in the javelin.

The multi-events will be another strong area for the Hokies in 2005. Returning is NCAA national meet qualifier Saskia Triesscheijn. Triesscheijn was an All-BIG EAST selection in 2004 and will be looking to improve on her personal best of 5,559 points in the heptathlon.

Joining Triesscheijn is newcomer Gunild Kreb. Kreb, a junior transfer from Germany, has a heptathlon best of 5,343 points and is also a conference level thrower. Rounding out this group is BIG EAST qualifier Katie Campbell and freshman Stephanie Myers.

The sprint-hurdle crew will be led by senior Marie Giles. Giles has been an NCAA provisional qualifier in the 400 meters and holds school records in the 400 and 500 meters. Top recruit Britni Spruill, from powerhouse Bethel High School in Hampton, Va., brings a 24.61 200-meters and 19'

(5.79m) long jump talent to Tech. She was also a member of several All-American relays while at Bethel.

Senior Jackie Nicholson and Shamane Onwudiachi will have a large share of relay duties along with hurdling. Junior Keosha Sanders came on strong at the end of the 2004 season and will run both hurdle events along with relays. Junior Victoria Green and Imani Mack will see action on the 1,600-meter relay, along with the long sprints.

A deep pole vault crew will have a young, talented group of four headed by school record holder Erin Mahony (11'11.75"; 3.65m). Joining Mahony are fellow sophomore Abbey McGrath (11'6.25"; 3.51m) and juniors Jennifer Wade (11'6.25"; 3.51) and Kim Johnston (11'6"; 3.50m). Coach Bob Phillips has done an outstanding job developing this group as the average improvement from high school has been over two feet for each athlete.

"There is no question this is our strongest team since I have been here at Tech," concluded Cianelli. "We will make some noise at the ACC Championships and will certainly take our largest contingent to the NCAA Championships."

2005 Virginia Tech Women's Roster

Name	Yr.	Hometown	High School	Event
Afua Amponsah.....	Fr.	Dale City, Va.	Garfield.....	Sprints/Hurdles
Meredith Brooks.....	So.	Burke, Va.	Robinson.....	Mid-Distance
Tamara Burns	Jr.	Elm Creek, Neb.....	Elm Creek	Throws
Kristen Callan.....	So.	Monroe, N.Y.	Woodbury.....	Throws
Katie Campbell	Jr.	Bristol, Va.	John Battle	Multi-Events
Katie Danyko.....	Jr.	Sterling Hts., Mich.....	Stevenson	Distance
Kelly Dick	So.	Burke, Va.	Lake Braddock.....	Distance
Jenn Dietz.....	So. ...	Springfield, Va.	Robert E. Lee	Distance
Morgan Ekemo	So.	Eagle River, Alaska	Chugiak.....	Distance
Jessica Erickson.....	Fr.	Herndon, Va.	Herndon.....	Distance
Jessica Fanning	Fr.	Charlottesville, Va.	Western Albemarle	Distance
Samantha Ference.....	So.	Clifton, Va.....	Robinson.....	Distance
Marie Giles.....	Sr.	Hampton, Va.	Bethel	Sprints
Victoria Green	Jr.	Chesapeake, Va.	Deep Creek	Sprints
Kristin Hart.....	Fr.	Herndon, Va.	Herndon.....	Distance
Catherine Jackson.....	So.	Forest, Va.....	Jefferson Forest	Distance
Kimberly Johnston	So.	Old Bridge, N.J.....	Old Bridge	Pole Vault
Ashleigh Keats.....	Fr.	Salina, Kan.....	Salina Central.....	Throws
Gunild Kreb.....	Jr.	Winterbach, Germany	Univ. of Fridericana ...	Multi-Events
Michelle Lindsay	Jr.	Vienna, Va.....	Oakton.....	Distance
Imani Mack	Sr.	Chesapeake, Va.	Hickory	Sprints
Erin Mahony.....	So.	Virginia Beach, Va.	Kempsville.....	Pole Vault
Abbey McGrath	So.	Burke, Va.	Lake Braddock.....	Pole Vault
Jessica Morris.....	Sr.	Coatesville, Pa.	Great Valley	Distance
Heather Mullis.....	So.	Virginia Beach, Va.	Cox	Mid-Distance
Stephanie Myers	Fr.	Manassas, Va.	Osborn	Multi-Events
Jacqueline Nicholson. Sr.	Clayton, N.J.	Clayton	Clayton	Sprints/Hurdles
Shamane Onwudiachi. Sr.	Laurel, Md.....	Laurel.....	Laurel.....	Sprints/Hurdles
Keosha Sanders.....	Jr.	Stafford, Va.	Brooke Point.....	Sprints/Hurdles
Natalie Sherbak	Fr.	Virginia Beach, Va.	Kellam	Distance
Britni Spruill.....	Fr.	Hampton, Va.	Bethel	Sprints/Jumps
Laurel Thomas	Fr.	Berkeley Springs, W.Va.	Berkeley Springs.....	Distance
Tina Tremmel.....	Jr.	Dossenheim, Germany	Gymnasiun Netphen ...	Distance
Saskia Triesscheijn	Jr.	Berlin, Germany	Humboldt Univ.	Multi-Events
Jennifer Wade	Jr.	Roanoke, Va.....	Cave Spring	Pole Vault

WOMEN'S PROFILES



Kristen Callan

Throws

Sophomore

Monroe, N.Y./Woodbury

- 2004 IAAF World Junior Championships (15th) •
- 2004 USA Junior Nationals (1st) •
- 2004 NCAA Outdoor Regional finalist •
- 2004 BIG EAST Academic All-Star •
- 2004 All-BIG EAST - Hammer Throw •
- Outdoor School Record - Hammer Throw •
- Indoor School Record - Weight Throw •

Callan's PR

Hammer Throw -
193'11" (59.11m)
Weight Throw -
60'10.75" (18.56m)

2004 Outdoor: Broke her own school hammer throw record five times during the season ... Was 15th in the women's hammer at the IAAF World Junior Track & Field Championships in Italy ... Won the hammer throw at the USA Junior National Championships in College Station, Texas with her personal best and meet record of 193'11" (59.11m) ... Threw 192' (58.52m) and was a finalist at the NCAA East Regional Championships ... Claimed second place at the BIG EAST Championships posting a mark of 189'8" (57.82m) ... Finished fourth at the Mt. SAC Relays with a mark of 186'3" (56.78m) ... Took 12th at the

Georgia Tech Invitational with a toss of 185'11" (56.66m) ... Won the hammer throw at the Virginia Tech Invite with 181'4" (55.28m) ... Was sixth at both the Raleigh and SeaRay Relays ... Broke the four year school hammer throw record in her first outdoor meet, the Raleigh Relays, with 181' ... Named BIG EAST Academic All-Star.

2004 Indoor: Finished fourth at the BIG EAST Indoor Championships with a throw of 59'7.5" (18.17m) ... Broke the two year school record in her first collegiate meet and grabbed her first place finish, throwing 59'5.5" (18.12m) at the VMI Invitational ... Finally set the school record at the Virginia Tech Challenge with a mark of 60'3" (18.36m) while claiming first place in the event ... Also won the weight throw at the Rod McCravy Memorial with a throw of 59'3" (18.06m) ... Grabbed first place at the Virginia Tech Invitational with a 58'8.5" (17.89m) performance.

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 ... 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. ... Daughter of Rich and Fran Callan ... Interdisciplinary studies major.





Saskia Triesscheijn

Multi-Events

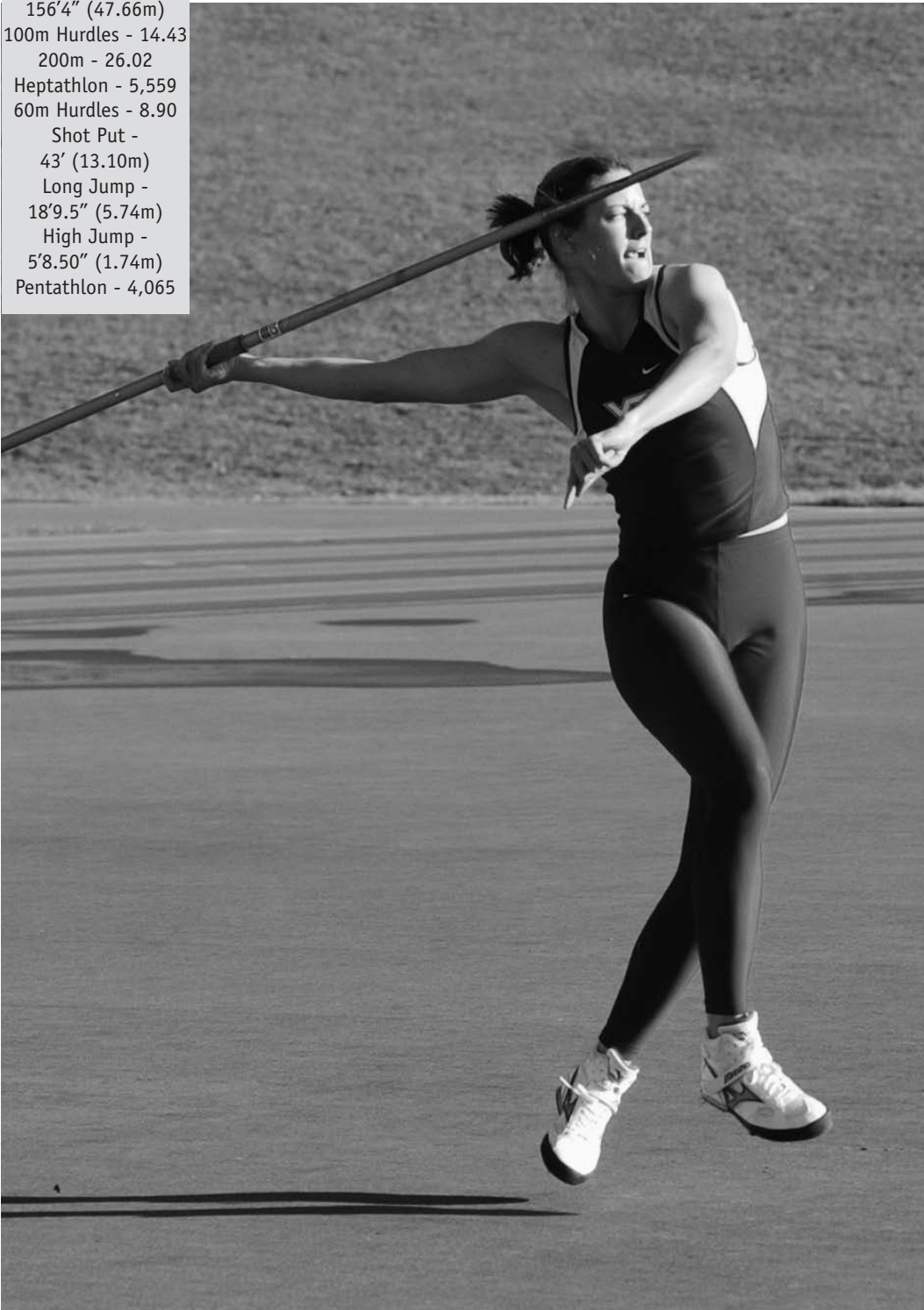
Junior

Berlin, Germany/Humboldt University

Triesscheijn's PR

Javelin -
156'4" (47.66m)
100m Hurdles - 14.43
200m - 26.02
Heptathlon - 5,559
60m Hurdles - 8.90
Shot Put -
43' (13.10m)
Long Jump -
18'9.5" (5.74m)
High Jump -
5'8.50" (1.74m)
Pentathlon - 4,065

- 2004 NCAA Outdoor Championship qualifier - Heptathlon •
- 2004 NCAA Indoor Championship qualifier - Pentathlon •
- All-BIG EAST - Heptathlon •
- BIG EAST Academic All-Star •



2004 Outdoor: Finished 14th in the heptathlon with 5,216 points at the NCAA Championships ... Qualified for the NCAA Championships by winning the California Invitational heptathlon with her season best of 5,292 points ... Was third at the BIG EAST Championships in the hep... Also a NCAA Regional qualifier in the javelin with a throw of 143'2" (43.64m) ... Named BIG EAST Academic All-Star.

2004 Indoor: Provisionally qualified in the pentathlon for the NCAA Championships with 3,783 points at the Tech Challenge ... Finished ninth in the long jump and 14th in the shot put at the BIG EAST Championships.

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" (47.66m) in the javelin.

Personal: Has traveled extensively through Europe and is fluent in three languages ... Born June 16, 1981 ... Daughter of Paul and Ute Triesscheijn ... Biology major.



Tamara Burns

Throws

Junior

Elm Creek, Neb./Elm Creek
(Cloud County CC)

Burns' PR

20 lb. Weight Throw
- 65'6" (19.96m)
Shot Put -
46'11" (14.30m)
Discus Throw -
164' (50.00m)
Hammer Throw -
170' (51.82m)

Prior to Tech: Was a thrower at Cloud County Community College in Concordia, Kansas for coach Ted Schmitz ... National Junior College Champion in the weight throw ... A four-time junior college All-American ... 2004 NSCAA All-American for the discus and hammer ... Finished second at nationals in the discus and hammer ... Holds the school record in the weight, discus and hammer ... Had bests of 45'11" (14.00m) in the shot put, 164' (50.00m) in the discus throw and 170' (51.82m) for the hammer throw.

High School: A four-year letterman in track at Elm Creek High School under coach Don Richmond ... Senior year, Class D state champion in the shot put and discus ... Named All-Class Gold in shot put ... Broke the Class D state record in the shot put five times ... Won the shot put and discus competing against three other states at a senior All-Star meet ... Holds school records in shot put and discus throw ... Outstanding Thrower at the 2001 Down Under International Games in Australia ... Also played middle hitter two years for the volleyball team ... Was team captain ... Named first-team all-region and honorable mention all-state ... Was sophomore class president and two-time class vice president.

Personal: Born on December 21, 1983 in Eureka, Calif. ... Daughter of Timothy and Natalie Burns ... Health, nutrition, foods and exercise major ... Has one brother, Michael Burns (17).



Morgan Ekemo

Distance

Sophomore

Eagle River, Alaska/Chugiak

Ekemo's PR

1,500m - 4:31.54
5,000m - 16:51.49
Mile - 4:57.37
3,000m - 9:47.94

- NCAA Regional qualifier - 5,000 meters •
- Outdoor School Record - 4x800m Relay •
- Outdoor School Record - 4x1,500m Relay •

2004 Cross Country: Did not compete.

2004 Outdoor: NCAA Regional qualifier in the 5,000 meters ... Was a member of the school record breaking 4x800m relay team that finished sixth at the SeaRay Relays in 8:53.95 ... Ran a leg on the 4x1,500m relay team that set the school record in a time of 18:36.43 (3rd) at the SeaRay Relays ... Her top 5,000m time of 16:51.49 was recorded at the Raleigh Relays ... Posted a season best 1,500 meter time of 4:31.54 at the Mt. SAC Relays.

2004 Indoor: Was ninth in the 3,000 meters at the BIG EAST Championships with her season best time of 9:47.94 ... Took fifth in the mile at the Virginia Tech Last Chance Meet with her season best time of 4:57.27.

2003 Cross Country: Was the Hokies' second best finisher at the NCAA Eastern Regional Championships with a time of 21:14.80, finishing 34th ... Was 40th in the BIG EAST Championships with a time of 22:40 ... Finished eighth at the Blue Ridge Open with a 5 kilometer time of 17:15.00 ... Came in 39th at the Chile Pepper Open ... Turned in 13th and sixth-place performances to open the season at the Virginia Tech Invitational and Hokie Invitational.

High School: 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 ... Named the cross country MVP her junior and senior seasons ... Led her team to the 2002 state and region cross country championships.

Personal: Born on February 14, 1984 in Anchorage, Alaska ... Daughter of Ronald and Elizabeth Ekemo ... Enrolled in university studies.





Jessica Fanning

Distance
Freshman
Charlottesville, Va./
Western Albemarle

Fanning's PR

800m - 2:14.51
1,600m - 4:54.39
3,200m - 11:02.50

2004 Cross Country: Named NCAA All-Southeast Region for her 14th place finish at regionals and was the third freshman finisher in the race ... Became Virginia Tech's first ALL-ACC cross country runner ... Had a time of 22:38.9 for 13th place out of the 84 runner-field in the six kilometer women's ACC championship race

... Led the women's team to a seventh place finish in its first-ever ACC Championships hosted by Maryland ... Was Tech's top finisher in four out of the six meets ... Won the women's 5k race with a time of 18:06.10 and led the Tech's women team to a second place finish at the Lou Onesty Invitational in the Hokies first meeting with an ACC cross country team in the inaugural season ... Fanning was honored as Virginia Tech's Athlete of the Week for her performance ... Had the only Tech top-ten finish at the Chile Pepper Invite ... Was the women's 4.7k top collegiate finisher and second place overall (14:52.41) in the Hokies first meet of the season, Festival in the Fields ... She led the women to their first team scoring victory of the season in the meet.

High School: Four year letterwinner in track and cross country at Western Albemarle High School ... Led her high school to six team state titles in track and cross country ... Four-time member of the all-state outdoor track team for the 1,600 meters as she finished second place all four years ... A two-time member of the all-state outdoor track team for the 4x800m and the 4x400m relays ... All-American at Indoor Nationals for the distance medley relay (DMR) and finished 10th in the mile run at In-



door National Meet (NIC) in 2004 ... Named MVP for track and took 15th place in the mile at Outdoor Nationals in 2003 ... In the 2003 indoor season, named to the all-state track team for the 1,600 meters, 4x800m and the 4x400m relays, earned All-America honors at Indoor Nationals for the 4x800m relay and named team MVP... Named most improved for track in 2001 ... Holds high school records in the 1,600 meters, 400 meters, 4x800m and 4x400m relays ... Two-time all-state member, team captain and MVP in cross country ... Named Jefferson District Runner of the Year in 2002

... In 2001, named Dulles District Runner of the Year and honored with the coaches award ... Earned first-team Dulles District for cross country in 2000 and named most improved.

Personal: Born on March 20, 1986 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Interior design major.



Marie Giles

Sprints
Senior
Hampton, Va./Bethel

Giles' PR

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

- Outdoor School Record - 400m •
- Indoor School Record - 500m •
- Indoor School Record - 4x400m •

2004 Outdoor: Did not compete.

2004 Indoor: Did not compete.

2003 Outdoor: Broke the four year 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 Championships.

2003 Indoor: Set the school record in the 500 meters with a mark of 1:14.27 at the Tech Challenge ... Had an indoor 400 meter best of 56.20, for a fourth place finish at the Rod McCravy meet.

2002 Indoor: 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.

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: Born on March 4, 1982 in England ... Daughter of Thomas and Marie Giles ... Health, nutrition, food and exercise major ... Has two siblings, Angela and Jean-Pierre.





Jessica Morris

Distance
Senior
Coatesville, Pa./Great Valley

Morris' PR

1,000m - 2:58.60
Mile - 4:55.60
3,000m - 9:46.90
3,000m SC - 10:50.48
5,000m - 17:11.61

- All-BIG EAST - 3,000m Steeplechase and 4x800m Relay •
- BIG EAST Academic All-Star •
- Outdoor School Record - 4x800m Relay •
- Outdoor School Record - 4x1,500m Relay •
- Indoor School Record - 4x800m •

2004 Outdoor: Finished third in the steeplechase with a time of 10:54.23 at the BIG EAST Championships ... Recorded a season best steeplechase with a time of 10:50.48 at Mt. SAC Relays ... Clocked a season best time of 17:11.61 in the 5,000 meters at the Raleigh Relays ... Was a member of the school record breaking 4x800m relay team that finished sixth at the SeaRay Relays in 8:53.95 ... 4x800m relay team that took third at the BIG EAST Championships ... Was a member of the 4x1,500m relay team that set the school record in a time of 18:36.43 (3rd) at the SeaRay Relays ... Named BIG EAST Academic All-Star.

2004 Indoor: Ran the 1,000 and 3,000 meters and the 4x800m relay ... Had four top 10 finishes during the indoor season ... Finished third in the 1,000 meters with a season best time of 2:58.60 at the Virginia Tech Invitational ... Had a season best time in the 3,000 meters (9:55.74) at the Rod McCravy Memorial ... Ran a leg in the 4x800m relay that took sixth at the BIG EAST Championships.

2003 Outdoor: Redshirted.

2003 Indoor: Finished fourth at the BIG EAST Championships 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 time.

2002 Outdoor: Had a personal record of 4:39.23 in the 1,500 meters at the BIG EAST Championships ... Named to the BIG EAST All-Academic Team.

2002 Indoor: Placed third in the 5,000 meters at the Clemson Invitational ... Ran a leg on the 4x800 relay team that finished seventh at the BIG EAST Championships ... Finished fifth at the Rod McCravy Memorial meet with a time of 10:19.15 in the 3,000 meters ... 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 distance medley relay (DMR) team that placed fifth at the BIG EAST Championships ... Brought home a seventh place finish in the mile at Father Diamond.

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 ... Human nutrition, food and exercise major.



Keosha Sanders

Sprints/Hurdles
Junior
Stafford, Va./Brooke Point

Sanders' PR

100m H - 14.10
400m H - 1:01.72
55m - 7.29
60m - 7.74
60m H - 8.59

- Indoor School Record - 60m Hurdles •

2004 Outdoor: Competed in the 100 and 400 meter hurdles and the 4x400m relay ... Took 10th at the BIG EAST Championships in the 100m hurdles with her season best time of 14.10 ... Finished third (100m hurdles) at the Virginia Tech Invitational ... Competed five other times in the 100m hurdles ... Had a season best time of 1:01.72 in the 400m hurdles at the Georgia Tech

Invitational ... Was a member of the 4x400m relay team that took seventh at BIG EAST Championships.

2004 Indoor: Competed in the 55 and 60 meters and the 55 and 60m hurdles also in the 4x400m and the DMR ... Had two first place finishes and ten top-ten finishes during the season ... Finished 13th in the 60m and 60m hurdles at the BIG EAST Championships ... Posted a season best 55m (7.29) and 55m hurdle (8.20) time and won the events at the VMI Invitational ... Recorded 7.74 in the 60m and 8.59 in the 60m hurdles for her season bests.

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





Natalie Sherbak
Distance
Freshman
Virginia Beach, Va./Kellam

Sherbak's PR

800m - 2:14.62
 1,000m - 2:56.42
 1,600m - 4:54.49
 3,200m - 10:58.05

2004 Cross Country: Was 38th at the NCAA Southeast Region Cross Country Championships ... Finished 30th at the ACC Championships with a 6k time of 23:13.5 ... Had a time of 21:52.5 (6k) for 24th place out of a 254-runner field at the Chile Pepper Invitational ... Finished sixth in Virginia's Lou Onesty Invite with a 5k time of 18:39.60 ... Ran unattached at the Festival in the Fields meet and had a fifth-place performance.

High School: Four-year letterwinner in track and a three-year letterman in cross country for Coach William Bernard at Kellam High School ... Capped her senior year with six state titles ... 2004 Virginia State AAA champion

in the outdoor 4x800m relay, 1,600m and the 800m ... Also the 2004 state champion in the indoor 1,000m and the 4x800m relay ... Ran a leg on the 2003 indoor state champion 4x800m relay team in a school record time of 9:22.32 ... Finished fifth at the 2003 indoor state meet in the 1,000m with 3:00.43 ... At the 2002 VHSL AAA outdoor state meet, she finished third in the 800m ... Placed seventh in the 1,000m at the 2002 indoor state meet ... Ran an indoor 1,000m in 3:14.71 to set a Cox High School freshman record and had an outdoor 800m best of 2:20.14 in 2001 ... 2003 Virginia AAA

cross country champion with a time of 18:37.70 and was the first Beach District runner since 1979 to win the Virginia state cross country meet ... Also 2003 Eastern Region and Beach District cross country champion ... In 2002, placed 5th at the state cross country championships (19:31.24) with only one underclassmen before her ... Finished sixth in the 2001 Eastern Region cross country meet with a time of 19.23 while team took second place ... Earned all-district, all-regional and all-state honors ... Voted team captain and team MVP ... Honored with the coaches award.

Personal: Born December 20, 1985 in Jacksonville, Fla. ... Daughter of Todd and Rebecca Motley and Michael Sherbak ... Business major.



Britni Spruill
Sprints/Jumps
Freshman
Hampton, Va./Bethel

Spruill's PR

200m - 24.61
 400m - 56.19
 Long Jump -
 19' (5.79m)
 55m - 7.17
 300m - 39.97

High School: Two year letterwinner in track at Bethel High School under the direction of coach Edward Williams ... Was honored with the coaches award for four consecutive years ... Named outstanding senior athlete in 2004 ... Captain of the team that won the 2004 Indoor and Outdoor Virginia AAA State Championships ... Team also won state outdoor titles in 2001 and 2003 ... Had an outdoor 200m PR of 24.61 at the 2004 Landstown Invitational ... Won the 400m at the 2004 Eastern Region outdoor meet with a PR time

of 56.19 and took second at the Virginia AAA state meet ... Member of the 2003 Virginia state champion 400m relay team ... Placed third in the outdoor long jump at the 2003 VHSL AAA state meet with her PR jump of 19'0" Won the indoor long jump with a PR mark of 18'9.50" at the 2004 CNU Showcase ... Was runner-up in the 300m at the 2003 indoor state meet and had two third place finishes in 2002 and 2004 ... Won the indoor 300m at the 2002 Microtel Invitational with in PR time of 39.97 ... Set a personal best time in the 55m (7:17) for a third place finish at the 2001 Seton Hall Invitational ... Graduated with highest honors and was fourth in her class with a 4.25 GPA.

Personal: Born on May 30, 1986 in Houston, Texas ... Daughter of Glen and Iris Spruill ... Health, nutrition, foods and exercise major ... Has one brother, Jerrell (14).





Afua Amponsah

Sprints/Hurdles

Freshman

Dale City, Va./Gar-Field

Amponsah's PR

100m HH - 14.15
300m LH - 44.63
300m - 41.40
55m HH - 7.99
55m - 7.22

High School: Won the 100m high hurdles and the 100m dash at the 2003 Gar-Field Invitational with personal record times of 14.15 in the 100m HH and 12.40 in the 100m ... Finished second in the 300m LH with a PR time of 44.63 at the 2003 VHSL AAA state outdoor meet ... Northwest Region 2003 Indoor Champion in the 55m with a personal best time of 7:22, 55m high hurdles with 7.99 (PR) and the 300m in 42.39 and earned athlete of the week honors for her performance ... PRed in the 300m at the 2003 state indoor meet with 41.40 for a fourth place finish and took third in the 55m.

Personal: Born June 7, 1985 in Ghana ... Daughter of Abena Amponsah ... Sociology major.

Women's Academic Awards & Honors

2003-04 Academic All-American: Marlies Overbeeke

2003-04 BIG EAST Academic All-Stars

Meredith Brooks
Kristen Callan
Jenn Dietz
Samantha Ference
Regina Galan
Victoria Green
Ashleigh Keats
Abby McGrath
Kimberly Milbourn
Jessica Morris
Heather Mullis
Jacqueline Nicholson
Michelle Nowden
Moriah O'Brien
Shamane Onwudiachi
Marlies Overbeeke
Saskia Triesscheijn
Kristy VanCour
Jennifer Wade

2003-04 Dean's List (3.4-4.00)

Jenn Dietz
Regina Galan
Ashley Hughes
Catherine Jackson
Imani Mack
Abbey McGrath
Kim Milbourn
Jessica Morris
Heather Mullis
Jackie Nicholson
Michelle Nowden
Marlies Overbeeke
Shamane Onwudiachi
Shanea Thomas
Kristy Vancour
Jennifer Wade

2003 Skelton Award Winner: Jessica Morris

Graduation Rates – 2003 report
Women's Track & Field, Cross Country – 94 percent

Cumulative Team GPAs
Women's Track & Field – 3.08
Women's Cross Country – 3.21



Meredith Brooks

Distance

Sophomore

Burke, Va./Robinson

Brooks' PR

800m - 2:13.1

- All-BIG EAST - 4x800m Relay •
- BIG EAST Academic All-Star •

2004 Outdoor: Competed in the 800 and 1,500 meters and the 4x800m relay ... A member of the 4x800m relay team that took third at the BIG EAST Championships ... Named BIG EAST

Academic All-Star.

2004 Indoor: Finished 12th in the 800m preliminaries with a time of 2:18.56 at the BIG EAST Championships ... Had a season best time of 2:16.59 in the 800m at the Rod McCravy Memorial meet ... Ran a leg in the 4x800m relay that took sixth at the BIG EAST Championships.

High School: Was a two-time district champion in the indoor 500 meters ... Finished third at regionals twice in the 500m ... 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 ... University studies major.



Katie Campbell

Multi-Events

Junior

Bristol, Va./John S. Battle

Campbell's PR

60m H - 9.72
Pentathlon - 3,114

2004 Outdoor: Did not compete.

2004 Indoor: Placed 13th in the pentathlon at the BIG EAST Championships ... Was 20th in the 400ms at the Rod McCravy Invitational with a time of 1:03.10.

High School: Competed on the track team for three years at John S. Battle High School ... Had a personal best long jump mark of 17'6.25" at the 2002 state outdoor meet ... Won the 100m HH (16.14) and PRed in the triple jump (35'7.50") at the 2002 Judy Thomas Invitational ... Finished second in the 100m HH with a personal record time of 16:05 and the 300m IH with 47.01 (PR) at the 2001 VHSL A outdoor state meet ... Also at the state outdoor meet finished third in the long jump and fourth in the triple jump ... Finished fifth in a three-mile PR time of 20:02.01 at the 2001 Abingdon Invitational ... Took third place in the 5,000m at the 2001 Maroon Tide Invitational with a best time of 20:10.00.

Personal: Born on July 27, 1984 in Bristol, Va. ... Daughter of Mark and Libby Campbell ... Animal science major ... Has two sisters, Emily (17) and Maggie (16).



Katie Danyko

Distance

Junior

Royal Oak, Mich./

Adlai E. Stevenson

Danyko's PR

5,000m - 17:31.50
10,000m - 37:32.31

2004 Outdoor: Recorded a season best time in the 5,000m with 18:21.78 for an eighth place showing at the Long Beach Invitational ... At the SeaRay Relays, came in seventh with her season best time of 37:32.31.

2004 Indoor: Did not compete.

2003 Outdoors: Finished first in the 10,000 meters with a time of 39:23.37 at the Virginia Tech Invitational.

2003 Indoor: Came in fourth at the Virginia Tech Challenge in the 5,000 meters with a time of 18:11.07.

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

Personal: Born December 14, 1983, in Royal Oak, Mich. ... Daughter of Dave and Bobbie Danyko ... University studies major ... Has two siblings, Lauren and Steve.



Jenn Dietz

Distance

Sophomore

Springfield, Va./Robert E. Lee

• BIG EAST Academic All-Star •

Dietz's PR

3,000m - 10:39.61

2004 Outdoor: Finished in eighth place in the 3,000 meters with a time of 10:39.61 at the Tar Heel Opener ... Named BIG EAST Academic All-Star.

2004 Indoor: Ran the 3,000 meters twice ... Had a season best time of 10:45.74 in the 3,000m at the Virginia Tech Challenge.

High School: Lettered four years in indoor track and three years in outdoor track for Coach Barry Mensh at Robert E. Lee High School ... 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 ... Lettered four years in cross country ... 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.

Personal: Born June 3, 1985 in Groton, Conn. ... Daughter of Stephen and Patricia Dietz ... University studies major.



Samantha Ference

Distance

Sophomore

Clifton, Va./Robinson

• Outdoor School Record - 4x1,500m Relay •
• BIG EAST Academic All-Star •

Ference's PR

800m - 2:17.4
Mile - 5:06.1
3,000m - 10:27.17

2004 Outdoor: Competed in the 1,500 and 3,000 meters and the 4x1,500m relay ... Took fifth place in the 1,500m with a time of 4:53.06 at the Tech Invitational... Clocked 10:27.17 in the 3,000m at the Tar Heel Opener ... Was a member of the 4x1,500m relay team that set the school record in a time of 18:36.43 (3rd) at the SeaRay Relays ... Named BIG EAST Academic All-Star.

2004 Indoor: Set season bests in the 800 meters and the mile at the Rod McCravy Memorial meet ... Had a season best 1,000m time of 3:03.11 at the Virginia Tech Invitational.

High School: A four-year letterwinner in track and cross country for Coach Jeremy Workman at James W. Robinson High School ... 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 ... Two-time all-state honoree in cross country ... Her team won the state AAA cross country championship in 2001.

Personal: Born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Undecided on a major.



Victoria Green

Sprints

Junior

Chesapeake, Va./Deep Creek

• BIG EAST Academic All-Star •

Green's PR

200m - 25.12
400m - 57.22
500m - 1:17.41

2004 Outdoor: Had three top 10 finishes and competed in the 200, 400 meters and the 4x400m relay ... Posted season best times in the 200m (25.98) for a sixth place finish and in the 400m (58.68) for a second place showing at the Virginia Tech Invitational. ... Was a member of the 4x400m relay team that took seventh at BIG EAST Championships ... Named BIG EAST Academic All-Star.

2004 Indoor: At the Virginia Tech Challenge, recorded season best times in the 200 and 500 meters (1:17.42) ... Ran a leg in the 4x400m relay that took third at the Rod McCravy Memorial.

2003 Outdoor: 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 time 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 400m at the indoor state meet and fourth at the outdoor state meet in 2001 ... Named all-district in the 400m 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 ... Human nutrition, foods and exercise major.



Kristin Hart

Distance Freshman Herndon, Va./Herndon

Hart's PR

800m - 2:26
1,000m - 3:04
1,600m - 5:11
3,200m - 11:08

... In cross country, was the 2003 district champion and her team won the 2003 district championships, back-to-back regional and state titles ... Finished ninth in the 2003 state cross country meet and took third in 2001... Was a four-time all-district, three-time all-region and a two-time all-state member ... A two-time All-Met and Who's Who in sports honoree ... Named team captain for the cross country team her senior year ... Was a member of the honor roll.

Personal: Born June 3, 1986 in Fairfax, Va. ... Daughter of Rex and Monica Hart ... Political science major ... Has two sisters, Cindy (20), who is a junior at Tech and Tori (10).



Kim Johnston

Pole Vault Junior Old Bridge, N.J./Old Bridge

Johnston's PR

Pole Vault -
11'6" (3.51m)

2004 Outdoor: Did not compete.

2004 Indoor: Recorded a season best jump of 11'6" (3.51m) in the pole vault at the VMI Invitational.

2003 Outdoor: Came in eighth at the BIG EAST outdoor meet, equaling her own school record of 11'5.75" (3.50m) ... Set the outdoor mark of 11'5.75" with a 12th place finish at the Pomona-Pitzer Relays

2003 Indoor: Set the school record twice with a best of 11'5.75" (3.50m) 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 4x400m relay ... Served as captain of the indoor and outdoor track and field teams ... 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.

Personal: Born on March 4, 1984 in Newport News, Va. ... Daughter of Wayne and Rebecca Johnston ... Human nutrition, foods and exercise major.



Ashleigh Keats

Throws Freshman Salina, Kan./Salina Central

Keats' PR

Javelin -
152'10" (46.58m)

• BIG EAST Academic All-Star •

2004: Did not compete ... Named BIG EAST Academic All-Star.

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.

Personal: Born June 29, 1985 in Peterborough, Ontario ... Daughter of Graham and Chris Keats ... Biology major ... Hopes to become an obstetrician.



Gunild Kreb

Multi-Events Junior Winterbach, Germany

Kreb's PR

Heptathlon -
5,343 points
Pentathlon -
3,895 points

Prior to Tech: Graduate of Karlsruhe University with a Bachelor of Science degree in Health Management in 2004 ... Was a qualifier to the World Junior Championships in 1998 ... In 2002, qualified to the German national under-23 team ... Placed fifth at the German Pentathlon Championships in 2003 ... Has personal bests of 5,343 points in the heptathlon and 3,895 points in the pentathlon ... Her pr's for individual events

include a 14.28 in the 100-meter hurdles, 5'8.75" (1.75m) in the high jump, 46'4" (14.12m) in the shot put, 25.06 in the 200 meters, 18'11.75" (5.78m) in the long jump, 122'1" (37.22m) in the javelin throw and 2:20.74 in the 800 meters.

Personal: Has a grandfather who lives in Wisconsin and an uncle who lives in New York ... Is a graduate student majoring in health promotions.



Erin Mahony

Pole Vault

Sophomore

Virginia Beach, Va./Kempsville

Mahony's PR

Pole Vault -
11'11.75" (3.65m)

- Outdoor School Record - Pole Vault •

2004 Outdoor: Broke the pole vault school record and finished second with a jump of 11'8" (3.56m) at the Virginia Tech Invitational ... Won the EMU Invite with a jump of 11'6" (3.50m) ...

Finished ninth at the BIG EAST Championships and took fourth at the Tar Heel Opener with 11'3.75" (3.45m).

2004 Indoor: Finished ninth at the BIG EAST Championships with a personal best jump of 11'5.75" (3.50m) ... Had a jump of 11'3.75" (3.45m) for a seventh place finish at the Tech Challenge ... Tied for first at the VMI Invitational.

High School: Was a pole vaulter at Kempsville High School ... Jumped 9' at the 2003 Beach District and Eastern Region championships ... Tied for first place at the district meet and tied for second at the regional meet.

Personal: Born on December 31, 1984 in Tulsa, Okla. ... Daughter of Mary and Denis Mahony ... Industrial and systems engineer major.



Abbey McGrath

Pole Vault

Sophomore

Burke, Va./Lake Braddock

McGrath's PR

Pole Vault -
11'6.25" (3.51m)

- BIG EAST Academic All-Star •

2004 Outdoor: Had two top ten performances in the pole vault ... Finished 10th at the BIG EAST Championships ... Jumped a season best of 11'6.25" (3.51m) at the Raleigh Relays and tied for 16th place ... Tied for fourth

at the SeaRay Relays with a mark of 10'11.75" (3.35m) ... Named BIG EAST Academic All-Star.

2004 Indoor: Took 10th place in the pole vault at the BIG EAST Championships ... Posted a season best jump in the pole vault with 11'3.75" (3.45m) at the Virginia Tech Last Chance meet and at the Tech Challenge ... Had four top ten finishes.

High School: Earned all-district, region, and state honors in the 4x800-meter relay ... Had a personal best of 10'2" (2.10m) in the pole vault ... Led her team to consecutive indoor state championships her sophomore and junior seasons ... Was an all-district member on the state champion cross country squad ... Team finished third in the Great American Race her senior year ... District and regional winner her junior season ... 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 ... Biology major ... Intends to enroll in veterinary school.



Heather Mullis

Distance

Sophomore

Virginia Beach, Va./Cox

Mullis' PR

800m - 2:09.96
500m - 1:17.36

- NCAA Regional qualifier - 800m •
- All-BIG EAST - 4x800m Relay •
- BIG EAST Academic All-Star •
- Outdoor School Record - 4x800m Relay •
- USATF Junior National qualifier •

2004 Outdoor: Qualified for NCAA regionals in the 800 meters at the Georgia Tech Invitational with a personal best of 2:09.96 ... Was fifth in the 800 meters at the BIG EAST Championships with a time of 2:11.73 ... Won the Virginia Tech Invitational with a time of 2:12.89 ... Was a member of the school record breaking 4x800m relay team that finished sixth at the SeaRay Relays in 8:53.95 ... 4x800m relay team that took third at the BIG EAST Championships ... Named BIG EAST Academic All-Star.

2004 Indoor: Was 10th in the 500 meters at the BIG EAST Championships with a time of 1:17.36 ... Finished third in the 800 meters at the Rod McCravy Memorial with a season-best time of 2:15.53 ... Ran a leg in the 4x800m relay that took sixth at the BIG EAST Championships.

High School: Was named her high school's most outstanding runner three years in a row ... Finished eighth in the 400 meters at the state championship ... Was fourth in the state in the indoor 500 meters ... Personal best times of 57.1 in the 400 meters and 1:18.3 in the 500 meters ... Also finished 13th in the district for cross country.

Personal: Born on February 7, 1985 in Virginia Beach, Va. ... Daughter of David and Rose Mullis ... Biology major.



Jacqueline Nicholson

Sprints/Hurdles

Senior

Clayton, N.J./Clayton

Nicholson's PR

100m H - 14.51
60m H - 8.96
200m - 25.97

- BIG EAST Academic All-Star •

2004 Outdoor: Competed in the 100 and 400 meter hurdles and the 4x400m relay ... Finished 14th in the 100m hurdles with a time of 14.61 at the BIG EAST Championships ... Had a season best time of 14.51 in 100m hurdles for a fourth place finish at the Virginia Tech Invitational ... Posted a time of 1:04.33 in the 400m hurdles for a season best at the Long Beach Invitational ... Was a member of the 4x400m relay team that took seventh at BIG EAST Championships ... Named BIG EAST Academic All-Star.

2004 Indoor: Competed in the 200 meters and the 55 and 60 meter hurdles ... Recorded season best times in the 200m (25.97) and the 60m hurdles (9.12) at the Tech Challenge ... Took fourth place in the 55m hurdles at the VMI Invitational.

2003 Outdoor: 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

Continued on following page

Nicholson

Continued from previous page

the Virginia Tech Invitational 400 meter hurdles with a 1:08.01 finish.

2003 Indoor: 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.

2002 Outdoor: 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 ... Lettered four years in field hockey ... Named Outstanding Senior Athlete.

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



Shamane Onwudiachi

Sprints/Hurdles

Senior

Laurel, Md./Laurel

Onwudiachi's PR

100m H - 14.90
400m - 57.86
60m H - 9.04

- BIG EAST Academic All-Star •

2004 Outdoor: Posted season best times in the 100 meter hurdles and 200 meters at the Virginia Tech Invitational ... Was a member of

the 4x400m relay team that took seventh at BIG EAST Championships ... Named BIG EAST Academic All-Star.

2004 Indoor: Nabbed seventh in the 55m hurdles at the VMI Invitational ... Finished 11th in the 60 meter hurdles at the Tech Last Chance meet.

2003 Outdoor: Ran a leg on the 4x400 meter relay team that qualified for NCAA regional ... 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.

2003 Indoor: Had a 60 meter hurdle best of 9.04 at the Tech Challenge.

2002 Outdoor: 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 ... Human nutrition, foods and exercise major ... Career goal is to be a pediatrician ... Has four sisters: Jessica, Tiffany, Desiree and Whitney.



Tremmel's PR

3,000m SC - 10:18.15
3,000m - 9:34.84
5,000m - 16:34.17

Tina Tremmel

Distance

Junior

Dossenheim, Germany

Prior to Virginia Tech: A member of the 2004 German National Team that participated in the World Student Cross Country Championships ... In 2002, the German National Champion in the 3,000m steeple (10:18) ... Has personal bests of 2:17 in the 800m; 4:34 for the 1,500m; 9:35 in the 3,000m and 16:34 for the 5,000m.

Personal: Born on January 9, 1981 in Marburg, Germany ... Daughter of Peter Tremmel and Karen Weise ... Human nutrition and exercise major.



Wade's PR

Pole Vault -
11'6.25" (3.51m)

Jennifer Wade

Pole Vault

Junior

Roanoke, Va./Cave Spring

- Indoor School Record - Pole Vault •
- BIG EAST Academic All-Star •

2004 Outdoor: Finished 10th in the pole vault with her season best mark of 11'3.75" (3.45m) at the BIG EAST Championships ... Took fourth at the EMU and Virginia Tech Invitionals ... Named BIG EAST Academic All-Star.

2004 Indoor: Broke school record in pole vault with her season best jump of 11'6.25" (3.51m) ... Had three top 10 finishes during the season.

2003 Outdoor: Redshirted.

2003 Indoor: 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 200m, 400m and 4x400m relay.

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

WOMEN TO WATCH



Kelly Dick
Distance
Sophomore
Burke, Va. - Lake Braddock



Imani Mack
Sprints
Senior
Chesapeake, Va./Hickory



Jessica Erickson
Distance
Freshman
Herndon, Va./Herndon



Stephanie Myers
Multi-Events
Freshman
Manassas, Va./Osbourn



Catherine Jackson
Distance
Sophomore
Forest, Va./Jefferson Forest



Laurel Thomas
Distance
Freshman
**Berkley Springs, W. Va./
Berkley Springs**



Michelle Lindsay
Distance
Junior
Vienna, Va./Oakton

What Is a Hokie?

That's a frequently asked question in Virginia Tech athletics, and the answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer, and a contest for that purpose was held by the student body. Senior O.M. Stull won first prize for his "Hokie" yell which is still used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Virginia Tech teams and those people loyal to Tech athletics. The official school colors — Chicago maroon and burnt orange — also were introduced in 1896. They were chosen because they made a "unique combination" not worn elsewhere at the time.



MEN'S OUTLOOK

With the entire Virginia Tech NCAA national and regional teams returning along with a stable of new talents, head coach Dave Cianelli has good reason to be excited about the 2005 season.

Top returnees on the men's team include a 2004 NCAA national meet runner-up, five NCAA meet qualifiers, five defending conference champions and every scorer from the ninth place NCAA regional team.

Heading the list is Spyridon Jullien, the 2004 NCAA national runner-up in the hammer throw. His second place finish at the meet is the highest in the history of Virginia Tech.

Joining Jullien is Ryan Norwood. Norwood was last year's BIG EAST Conference outdoor shot put champion and record holder. Brian MacPhee returns for the outdoor season after winning the BIG EAST Conference indoor shot put championship.

Brian Mondschein will lead an outstanding crew of pole vaulters. Mondschein had a breakout season in 2004 with his second BIG EAST Conference title and his first berth in the NCAA championships after a third place finish at the NCAA regional meet. Mondschein's jump of 17'3.25" (5.26m) ranks him third on the Virginia Tech all-time performance list.

Jacobus Smit, another national meet qualifier, is back for his third season after placing fifth in the javelin in the always-tough east regional meet.

Sven Hahn, one of the Hokies top throws recruit, brings national level credentials with him to Blacksburg. He has personal bests of 61'11 (18.87m) in the shot put and 186'3" (56.78m) in the discus throw. Steve Huntzinger, a transfer and former Virginia AAA champion in the shot put and discus, will be a factor in both events at the ACC Championships.

Jason Fludd leads a strong one-two punch in the triple jump. Fludd is the defending BIG EAST champion in the triple jump after his PR performance of 50'11.50" (15.53m) at the 2004 conference meet. Idikoro Eradiri will also be a factor in the jumps at the ACC championships. He placed fifth at the 2004 BIG EAST championships as a freshman.

The core of the 400-meter and 400-meter hurdle athletes are back for 2005 and are led by Anthony Jenkins and Victor Davis. David Cook returns after a year off due to an injury and will be a mainstay on the 1,600-meter relay.

Veteran Matt Renninger and newcomer Jordan Price will also be regulars on the relay teams.

David Clowney, who is a receiver on the 2004 ACC champion football team, is the top short sprinter and enjoyed an excellent freshman season in 2004. Clowney topped off his season as a finalist in the 60 meters at the BIG EAST indoor championships.

The distance crew returns two members of the school record 4x800-meter relay for 2004. Duncan Vick and Alex Johnson will both see a lot of relay action in 2005 along with making a run at the finals of the 800

meters at the ACC meet.

Newcomers James Scheiner and Billy Berlin are expected to have an immediate impact for the Hokies. Junior Dave Atkiss returns after a redshirt season and will be very tough at 5,000 and 10,000 meters.

Freshmen Rider Clauss, Andrew Montgomery, Zach Thomas and Brian McVey make this a very young but talented group.

Among the already deep throws crew is junior Will Collins. Collins is a multiple BIG EAST scorer in the throws.

The pole vault group adds another quality jumper in Adam Bingaman. After a redshirt year in 2004, Bingaman will be looking to top the 17-foot mark this year. Ryan Gore was a BIG EAST scorer in 2004 and will look to do the same in the ACC as will sophomore Joe Saminiuk.

With a mixture of proven upperclassmen and freshman talent, the 2005 men's squad has the makings of the strongest team in recent school history.

"This group has the talent to be a factor at the ACC Championships," said Cianelli. "This will be our best team since I've been here and I expect a lot of excitement in 2005."

2005 Virginia Tech Men's Roster

Name	Yr.	Hometown	High School	Event
David Atkiss	Jr.	Hatfield, Pa.	North Penn	Distance
Billy Berlin	Fr.	Midlothian, Va.	Midlothian	Distance
Adam Bingaman	So.	New Berlinville, Pa.	Boyertown	Pole Vault
Robert Clauss	Fr.	Madison, Wis.	Madison West	Distance
David Clowney	So.	Delray Beach, Fla.	Atlantic	Sprints
William Collins	Jr.	Chesterfield, Va.	Manchester	Throws
David Cook	Jr.	Pataskala, Ohio	St. Charles	Sprints
Victor Davis	Jr.	Richmond, Va.	Monacan	Hurdles
Idikoro Eradiri	So.	Ashburn, Va.	Broad Run	Triple Jump
Dan Forgeng	Fr.	Hatboro, Pa.	Hatboro-Horsham	Distance
Jason Fludd	Sr.	Stafford, Va.	Brooke Point	Triple Jump
Daniel Gore	Jr.	Leonardtwn, Md.	Leonardtwn	Pole Vault
Kyle Guglielmo	Fr.	Virginia Beach, Va.	Cox	Mid-Distance
Sven Hahn	Jr.	Stuttgart, Germany	Univ. of Stuttgart	Throws
Stephen Huntzinger	So.	Fairfax, Va.	James Robinson (W&M)	Throws
Anthony Jenkins	Sr.	Baltimore, Md.	Woodlawn	Hurdles
Alex Johnson	Jr.	Phoenix, Ariz.	Brophy Prep	Mid-Distance
Spyridon Jullien	Jr.	Athens, Greece	Holargos	Throws
Brian MacPhee	Sr.	Golden Lake, Ont.	UNC Asheville	Throws
Brian Markley	So.	Lovettsville, Va.	Loudoun	Distance
Matt Miller	Fr.	Harrisonburg, Va.	Turner Ashby	Mid-Distance
Bryan McVey	Fr.	Arlington Hts., Ill.	Buffalo Grove	Distance
Brian Mondschein	Jr.	Hummelstown, Pa.	Hershey	Pole Vault
Andrew Montgomery	Fr.	Falls Church, Va.	George Mason	Distance
Ryan Norwood	Sr.	Cheyenne, Wyo.	East	Throws
Chris O'Keefe	Fr.	Vienna, Va.	Oakton	Mid-Distance
Jordan Price	Fr.	Newport News, Va.	Denbigh Baptist	Mid-Distance
Matt Renninger	Jr.	Barto, Pa.	Boyertown	Sprints
Joe Saminiuk	So.	Rexford, N.Y.	Shenendehowa	Pole Vault
James Scheiner	Fr.	Centreville, Va.	Westfield	Distance
Jacobus Smit	Jr.	Pretoria, South Africa	Potchefstroom Univ.	Javelin
Leonard Snead	Sr.	Burke, Va.	Robinson	Distance
Zach Thomas	Fr.	Sewickley, Pa.	Quaker Valley	Distance
Duncan Vick	So.	Richmond, Va.	Freeman	Mid-Distance
Mark Weider	Fr.	Harrisburg, Pa.	Central Dauphin	Mid-Distance

MEN'S PROFILES



Jullien's PR

Hammer Throw -
231'11" (70.70m)
Weight Throw -
76' (23.16m)

Spyridon Jullien

Throws

Junior

Athens, Greece/Holargos

- Three-time NCAA All-American - Hammer and Weight Throw •
- Two-time BIG EAST Champion-Hammer Throw •
- Two-time BIG EAST Champion-Weight Throw •
- BIG EAST Record Holder-Weight Throw •
- 2003 Indoor USTCA National Athlete of the Week •

- 2003 Indoor BIG EAST Most Outstanding Field Athlete •
- Outdoor School Record-Hammer Throw •
- Indoor School Record-Weight Throw •

2004 Outdoor: Broke his own school record in the hammer throw seven times during the season ... Posted his season best throw of 231'11" (70.70m) at the NCAA Championships for second place ... Finished second at regionals with a mark of 222'2" (67.72m) ... Won his second consecutive BIG EAST hammer throw title with a throw of 223'7" (68.14m) ... Took third at the Georgia Tech Invitational ... Was first at both the Virginia Tech Invitational and Raleigh Relays with throws of 218'3" (66.52m) and 211'8"

(64.52m), respectively ... Was the second collegian in the invitational section at the Mt. SAC Relays.

2004 Indoor: Was an All-American in the weight throw with a fourth place throw of 69'8" (21.23m) at the NCAA Championships ... Won his second BIG EAST Championship with a mark of 66'6.5" (20.28m) ... Won the Virginia Tech Last Chance competition with a throw of 67'6.75" (20.59m) ... Had a total of five first place finishes in the indoor season.

2003 Outdoor: Finished sixth at the NCAA Championships in the hammer throw with a mark of 223'5" (68.10m), earning All-America honors ... Took first place in the BIG EAST with a personal best and school record of 228'4" (69.60m) ... Ranked second in the nation in the hammer throw and third in the weight throw ... Broke the school record three times and finished third at regionals.

2003 Indoor: Finished 16th in the NCAA Championships weight throw competition with a toss of 64'0.5" (19.52m) ... Won the BIG EAST Indoor Championships with a meet and school record of 71'3.25" (21.73m) ... Set the school record three times during the indoor season ... Finished first or second in 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" (64.48m).

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





Jacobus Smit
Throws
Junior
**Pretoria, South Africa/
 Garsfontein**

Smit's PR

Javelin -
 239'1" (72.88m)

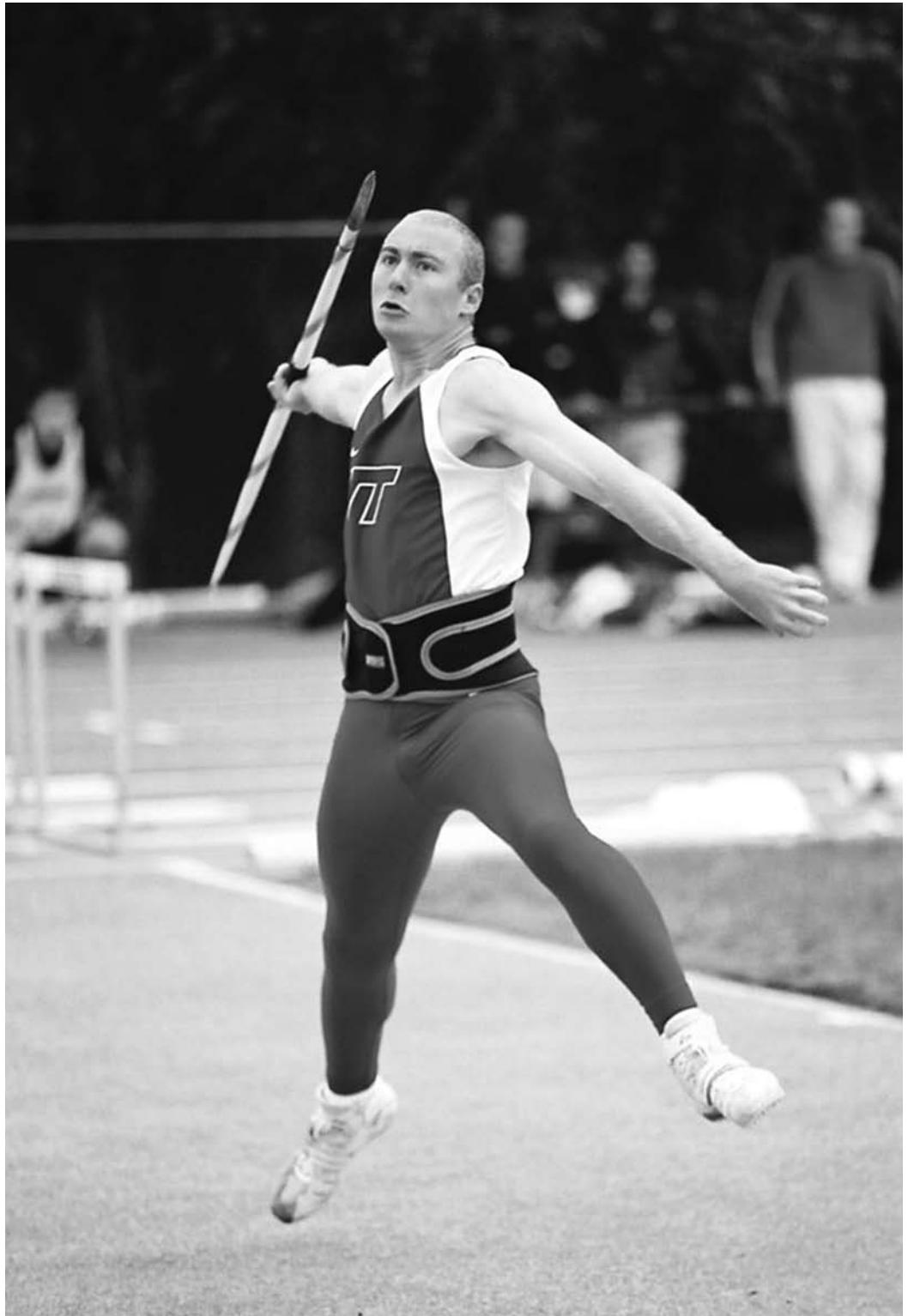
2004 Outdoor: Finished 17th at the NCAA Championships ... Took fifth place with a throw of 228'4" (69.60m) at the NCAA East Regional Championships ... Was second at the BIG EAST Championships with a throw of 214'4" (65.34m) ... Broke own school javelin record three times during the season ... Set the school record of 237'9" (72.48m) at the SeaRay Relays, finishing third ... Was first at the Tar Heel Open with a 223'8" (68.18m) mark ... Finished second at the Georgia Tech Invitational with a throw of 235'11" (71.92m) ... Came in fifth at the Raleigh Relays in 215'3" (65.62m).

2003 Outdoor: Finished second in the conference in the javelin with a school-record throw of 225'7" (68.76m) ... Also took top honors at the FAMU Relays and Virginia Tech Invitational ... Finished ninth at the SeaRay Relays with a throw of 203'10" (62.14m) and eighth at the Mt. SAC Relays with a mark of 208'4" ... Qualified for the NCAA Championships.

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" (72.88) ... 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 ... Human resources major.

- Two-time NCAA Championship qualifier - Javelin •
- 2004 NCAA All-Region - Javelin •
- 2004 BIG EAST Outdoor runner-up - Javelin •
- Outdoor School Record - Javelin •





Jason Fludd
Jumps
Senior
Stafford, Va./Brooke Point

- 2004 BIG EAST Outdoor Champion - Triple Jump •
- 2004 NCAA Regional qualifier - Triple Jump •

Fludd's PR

Triple Jump -
 50'11.5" (15.53m)

2004 Outdoor: Won the BIG EAST Triple Jump Championship by over a foot with a season best jump of 50'11.5" (15.53m), the second longest in school history ... Won the Virginia Tech Invitational with a mark of 47'5" (14.45m) ... Was seventh at

the Mt. SAC Relays and third at the Long Beach Invitational ... Came in sixth at the SeaRay Relays and 17th at the Raleigh Relays ... Was 20th at the NCAA East Regional Championships ... Also ran extensively on the 4x400 meter relay team which finished sixth at the BIG EAST Championships ... The relay team recorded a season best time of 3:13.41 (12th) at the Mt. SAC Relays.



2004 Indoor: Ran exclusively on the 4x400 meter relay squad that finished sixth at the BIG EAST Championships with a time of 3:13.81 ... Posted a time in the 4x400m of 3:16.42 at the Tech Challenge.

2003 Outdoor: Finished second in the triple jump at the BIG EAST Outdoor Championships with a leap of 49'11" (15.22m) ... Was first at the Virginia Tech Invitational (48'6"; 14.78m).

2003 Indoor: Was eighth at the BIG EAST indoor meet with a triple jump mark of 47'1.75" (14.37m) ... 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.

2002 Outdoor: Finished fourth at the Clemson Invitational ... Finished tied for seventh at the BIG EAST Outdoor Championships ... Named to the All-BIG EAST Academic Team.

2002 Indoor: Placed second at the Virginia Tech Challenge in the triple jump ... Took home third place at the Kroger Invitational ... Qualified for the BIG EAST Championships in the triple jump at the Father Diamond meet.

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 ... Had a career-best of 49'11" (15.21m) 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 Valerie Fludd ... Communications major ... Has one brother, Terrance, who is 17.



Sven Hahn
Throws
Junior
Stuttgart, Germany/
Univ. of Stuttgart

Hahn's PR

Shot Put -
 61'11" (18.87m)
 Discus -
 186'3" (56.78m)

Prior to Tech: A five-time national champion in Germany ... In 1997, was a two-time champion under-18 (discus/winter and shot put) ... A two-time champion under-20 (indoor and outdoor shot put) for the 1998 and 1999 seasons ... The 2002 under-23 shot put champion ... Took eighth in the shot put at the 2003 National Senior Championships ... Was 12th at the

2003 Universiade in Korea ... Participated in the 1999 European Junior Championships and in the 1998 World Junior Championships ... A 25-time state champion at several age levels.

Personal: Born on October 17, 1980 in Stuttgart, Germany ... Son of Gunter and Silvia Hahn ... English major ... Married to Katharina Hahn.





Brian MacPhee

Throws

Senior

Golden Lake, Ont./

St. Matthews

MacPhee's PR

Shot Put -
59'2.75" (18.05m)
Weight Throw -
59'4.75" (18.10m)
Discus -
163'8" (49.90m)

- 2004 BIG EAST Indoor Champion - Shot Put •
- Two-time All-BIG EAST - Shot Put •
- Two-time All-BIG EAST - Weight Throw •
- Indoor School Record - Shot Put •

2004 Outdoor: Did not compete.

2004 Indoor: BIG EAST shot put champion with a throw of 57'6.5 (17.54m) ... Broke the school record with 59'2.75' (18.05m) and won the event at the Virginia Tech Last Chance meet

... Finished third in the weight throw with 57'9.75" (17.62m) at the BIG EAST Championships ... Had a season best throw of 59'4.75" (18.10m) at the Tech Invitational for a third place finish ... Had two more top-five performances.

2003 Outdoor: Finished fourth in the shot put at the BIG EAST outdoor meet with a throw of 53'6.25" (16.31m) ... Was 10th in the discus at the BIG EAST meet with a mark of 143'8" (43.78m) ... Took third place in the discus at the Mt. SAC Relays with a 163'8" (49.90m) throw ... Had an outdoor best of 55'9.25" (17.00m).

2003 Indoor: Finished third at the BIG EAST Championships in both the shot put (56'6"; 17.22m) and the weight throw (56'8.5"; 17.28m) ... Set the school record in the indoor shot put with a first place mark of 57'5" (17.50m) at the VMI Invitational.

2001-02: Thrower at 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 ... History major ... Career goal is to be a teacher.



Brian Mondschein

Pole Vault

Junior

Hummelstown, Pa./

Hershey

Mondschein's PR

Pole Vault -
17'3.50" (5.26m)

- 2004 NCAA National Championship qualifier - Pole Vault •
- 2004 NCAA All-Region - Pole Vault •
- Two-time BIG EAST Outdoor Champion - Pole Vault •

2004 Outdoor: Finished third at the NCAA East Region Championships with a personal best of 17'3.50" (5.26m) ... Won the BIG EAST Championship by more than a foot with a mark of 17'0.75" (5.20m) ... Won the Georgia Tech and Virginia Tech invitationals with a heights of 16'10.75" (5.15m) and 16'6" (5.03m) ... Was second at the SeaRay Relays with a mark of 16'4.75" (5.00m) ... Fourth at the Raleigh Relays, clearing 16'0.75" (4.90m).

2004 Indoor: Redshirted.

2003 Outdoor: Was the conference champion at the BIG EAST meet, clearing 16'4.75" (5.00m) ... Finished first at the FAMU Relays and fifth at the Raleigh Relays with a mark of 16'0.75" (4.90m).

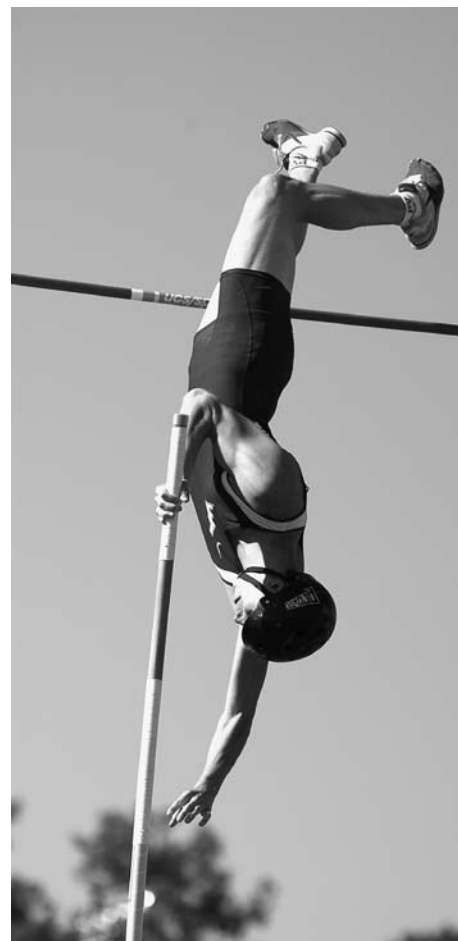
2003 Indoor: Finished second at the BIG EAST indoor meet with a height of 16'8.75" (5.10m) ... Had an indoor best of 16'10.75" (5.15m) at the Tech Last Chance meet.

2002 Outdoor: Redshirted.

2002 Indoor: Placed first at Father Diamond in the pole vault ... Vaulted a season-high 16'05" (5.01m) 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 Championships with a fourth-place finish.

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" (4.83m) in the pole vault.

Personal: Born January 9, 1983, in Durham, N.C. ... 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 ... Mechanical engineering major ... Career goal is to design cars.





Ryan Norwood

Throws

Senior

Cheyenne, Wyo./ East

- 2004 NCAA Regional finalist - Shot Put •
- 2004 BIG EAST Outdoor Champion - Shot Put •
- BIG EAST Record Holder - Shot Put •
- 2003-04 BIG EAST Indoor runner-up - Shot Put •
- Outdoor School Record - Shot Put •

Norwood's PR

Shot Put -
60'10.50" (18.55m)

2004 Outdoor: Won the BIG EAST Shot Put Championship with a meet record of 60'10.5"

(18.55m), winning by more than four feet and setting a school record ... Took ninth at the NCAA East Regional Championships with 57'9.5" (17.61m) ... Was fourth at the SeaRay Relays with an NCAA qualifying mark of 58'9.5" (17.92m) ... Fifth at the Raleigh Relays with a throw of 56'1.75" (17.11m).

2004 Indoor: Held the school indoor shot put record with a provisional qualifying throw of 58'6.75" (17.85m) at the Virginia Tech Challenge ... Was the BIG EAST shot put runner-up with a mark of 57'6.5" (17.54m) ... Also second at the Virginia Tech Last Chance meet with a mark of 56'11.25" (17.35m) ... Won the VMI Invitational with a throw of 56'6.5" (17.23m).

2003 Outdoor: Was third in the BIG EAST Championships in the shot put with a mark of 53'7" (16.33m) ... Was an NCAA Regional finalist with an outdoor best of 56'7.5" (17.26).

2003 Indoor: Finished second in the shot put at the BIG EAST Championships with a throw of 56'7.5" (17.26m).

2002 Outdoor: Placed eighth at the BIG EAST Championships ... Named to the BIG EAST All-Academic Team.

2002 Indoor: Qualified for the BIG EAST championships and finished second in the shot put at Father Diamond with a throw of 51'9.25" (15.78m) ... 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.

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

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



David Atkiss

Distance

Junior

Hatfield, Pa./North Penn

Atkiss' PR

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

2004 Outdoor: Won the 5,000 meters at the Virginia Tech Invitational with a time of 15:32.85 ... Posted a season best time in the 5,000m with 15:05.98 at the SeaRay Relays and took fifth place.

2004 Indoor: Did not compete.

2003 Outdoor: Did not compete.

2003 Indoor: Was second in the 5,000 meters at the Tech Challenge with a time of 15:02.23.

2002 Outdoor: 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 SeaRay 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 10,000m at the Mt. SAC Relays.

High School: 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 ... 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 ... 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.

Personal: Born August 12, 1982 in Landsdale, Pa. ... Son of Donald and Sally Atkiss ... Business information technology major.



Billy Berlin

Distance

Freshman

Midlothian, Va./Midlothian

Berlin's PR

800m - 1:55.86
1,000m - 2:31.17
1,600m - 4:21.36

High School: Three-year letterwinner in track and two-year letterman in cross country at Midlothian High School under Coach Stan Morgan ... Named team MVP and captain for track ... Was only athlete in Virginia to earn all-state honors in all five distance events (800m, 1,000m, 1,600m, 3,200m and cross country) in 2004 ... Finished

third in the outdoor 1,500m with a PR time of 4:03.87 at the 2004 Victor Cahoo Track Classic ... Had an outdoor 1,600m best of 4:21.36 for third place at the 2004 Central Region meet ... At the 2004 Gar-Field Invite, clocked 1:55.86 for third place in the outdoor 800m ... Was the 2004 central region indoor 4x800 and 1,000m (2:34.23) champion ... Finished third in the indoor 1,000m with a personal best time of 2:31.17 at the 2004 VHSL AAA state meet ... Midlothian, Dominion District, Central Region and Ashe Center record holder in the 1,000m ... Was a two-time national champion in the 4xmile at NIC ... Was 18th of 211 runners with 4:29.77 in the indoor 1,600m at the 2004 Microtel Invitational ... Named cross country team

Continued on following page

Berlin

Continued from previous page

MVP and led team to the 2003 state AAA championship title ... Earned all-district, all-region, all-state and all-south cross country honors ... SCA Representative and named to the Distinguished Honor Roll.

Personal: Born on April 7, 1986 in Richmond, Va. ... Son of Russell and Beverly Berlin ... Business information technology major ... His grandfather is Harold Robert Berlin, Lehigh University's record holder in cross country two mile ... Don Berlin, Billy's uncle, was the Virginia state champion in the backstroke.



Adam Bingaman

Pole Vault
Sophomore
New Berlinville, Pa./
Boyertown

Bingaman's PR

Pole Vault -
16'1" (4.90m)

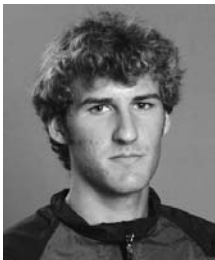
2004 Outdoor: Did not compete.

2004 Indoor: Did not compete.

2003: Transferred from Syracuse where he was fifth at the 2003 BIG EAST Championships and had a personal best of 16'1" (4.90m).

High School: Mercury All-Area Athlete of the Year ... Earned all-county and all-state honors ... Was the AAA state champion in 2002 and competed in the Penn Relays.

Personal: Born Oct. 6, 1983 ... Son of Theodore and Linda Bingaman ... Electrical engineering major.



Rider Clauss

Distance
Freshman
Madison, Wis./Madison West

Clauss' PR

1,600m - 4:20.77
3,200m - 9:27.50

High School: Was a three-year letterwinner in cross country and a four-year letterman in track under Coach Thomas Kaufman at Madison West High School ... Was a two-time team captain for track ... Two-time state qualifier in the 1,600m and a state qualifier in the 3,200m and the 4x800m ... Finished ninth in 2003 and

sixth in 2004 in the 1,600m at the state meet ... Anchored 4x800m relay which finished fifth at the 2004 state meet ... Competed for Team Wisconsin at Midwest Senior All-Star meet ... Named cross country team captain ... Was a three-time all-city and all-conference and a two-time all-state cross country member ... Placed fourth individually and his team finished runner-up at the 2003 state cross country meet ... Holds the 5K school record with a time of 16:01.

Personal: Born on November 4, 1985 in Cincinnati, Ohio ... Son of Allen and Arrietta Clauss ... Engineering major ... Has two brothers, Arthur and Warren, 14 and two sisters, Anna, 20 and Eulalia, 16.



Clowney's PR

60m - 6.87
200m - 21.66

David Clowney

Sprints
Sophomore
Delray Beach, Fla./Atlantic

2004 Outdoor: Did not compete.

2004 Indoor: Finished eighth in the 60m with a time of 7.01 at the BIG EAST Championships ... Posted a season best 60m time of 6.87 in the prelims of the conference championships ... Had three top-ten finishes in the 60 meters ... Was second (60m) at the Virginia Tech Invitational ...

Took 10th place at the BIG EAST meet in the 200m with a time of 22.49 ... Recorded at 200m best of 22.21 at the Tech Invitational for 11th place.

2003 Football: Saw action in 12 games, playing 96 snaps on offense and 44 on special teams ... Had five receptions for 67 yards and a score on the season ... Had two passes for 37 yards against UCF ... Hauled in a 27-yard touchdown pass from Marcus Vick late in the game.

High School: A sprinter on the track team ... Was a state finalist in the 200 meters and a regional finalist in the 100 meters ... An honorable mention Class 5A all-state selection as a senior ... Lettered four seasons as a receiver and safety for Coach Chris Bean at Atlantic High ... Named to the All-Palm Beach County Team as published by *The Palm Beach Post Sun-Sentinel* ... Made one of the season's biggest plays, a 95-yard touchdown catch against Ely in the regional finals ... Totaled 25 catches for 576 yards and a county-best 10 touchdowns ... Returned three kicks for 245 yards and two touchdowns ... Caught three passes for 120 yards and two touchdowns in a game against Wellington High ... Led his team to an undefeated regular season ... Hauled in 39 passes his junior season ... Also lettered two years as a guard in basketball.

Personal: Born on July 7, 1985 in Long Island, NY ... Son of Maria and Tracy Bean ... University studies major.



Collins' PR

Shot Put -
52'9.5" (16.09m)
Weight Throw -
56'8" (17.26m)
Discus -
148'3" (45.20m)

William Collins

Throws
Junior
Chesterfield, Va./
Manchester

2004 Outdoor: Finished eighth in the shot put at the BIG EAST Championships with a throw of 51'4.25" (15.65m) ... Posted a season best with 52'0.5" (15.86m) at the SeaRay Relays which was 11th place ... Was second at the Virginia Tech Invitational, 11th at the Long Beach Invitational and 22nd at the Raleigh Relays.

2004 Indoor: Had nine top 10 performances during the indoor season ... Finished eighth in the shot put with 50'6.25" (15.40m) and seventh in the weight throw with 52'9.5" (16.09m) at the BIG EAST Championships ... Recorded season best throws at the conference championships ... Took third and fourth place at the VMI Invitational.

2003 Outdoor: Came in sixth in the shot put at the BIG EAST Championships with a throw of 50'7.25" (15.42m) ... Recorded bests of 50'11.5" (15.53m) in the shot and 148'3" (45.20m) in the discus ... On the entire season, recorded 14 top 10 finishes in 17 competitions.

2003 Indoor: Was also ninth indoors with a heave of 50'0" (15.24m)

and 10th in the weight throw with a mark of 48'11" (14.91m) ... Finished the indoor season with personal bests of 52'11" (16.13m) in the weight throw and 50'4.75" (15.36m) in the shot put.

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: Born on May 2, 1984 in Richmond, Va. ... Son of L. Dennis and JoAnn Collins ... Engineering major.



David Cook
Sprints
Junior
Pataskala, Ohio/St. Charles

Cook's PR
200m - 22.30
400m - 49.80

2004 Outdoor: Did not compete.

2004 Indoor: Did not compete.

2003 Outdoor: Recorded personal bests of 22.30 in the 200 meters and 49.80 in the 400 meters at the Virginia Tech Invitational.

2003 Indoor: Redshirted.

2002 Outdoor: Member of the 4x400m 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 ... On the 4x100m 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.

2002 Indoor: Member of the DMR team that took seventh at the BIG EAST Indoor Championships.

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 ... Environmental sciences major ... Career objective is to be an environmental consultant.



Victor Davis
Hurdles
Junior
Richmond, Va./Monacan

Davis' PR
400m H - 55.09
400m - 51.27

2004 Outdoor: Finished 12th in the 400 meter hurdles with a time of 55.38 at the BIG EAST Championships ... Recorded a season best time of 55.21 at the Virginia Tech Invitational for a second place finish ... Was 20th at the Long Beach Invitational and 42nd at the Raleigh Relays.

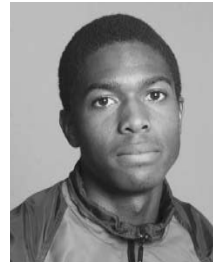
2004 Indoor: Posted a season best time in the 400 meters with 51.27 (20th) at the Rod McCravy Memorial ... Was 37th at the Tech Challenge in the 400m.

2003 Outdoor: Was fifth at the BIG EAST Championships in the 400 meter hurdles with a time of 55.09.

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.

Personal: Born on January 7, 1982 in Portsmouth, Va. ... Son of Dr. Victor and Rosa Davis ... Exercise and health promotion major ... Career goal is to be a physical therapist.



Idikoro Eradiri
Triple Jump
Sophomore
Ashburn, Va./Broad Run

Idikoro's PR
Triple Jump -
49'1.50" (14.97m)

2004 Outdoor: Finished fifth at the BIG EAST Championships in the triple jump with a season best mark of 48'0.5" (14.64m) ... Jumped 47'11" (14.61m) at the Georgia Tech Invitational for a 12th place finish ... Was 10th and 11th at the Raleigh and Mt. SAC Relays ... Took second at the Virginia Tech Invitational with a jump of 46'10.25" (14.28m).

2004 Indoor: Did not compete.

High School: Was the 2003 AA Virginia State Champion in the triple jump ... Personal best mark of 48'7" (14.81m) was the best jump by any scholastic athlete in Virginia.

Personal: Born on March 16, 1985 ... Son of Okpo and Mary Eradiri ... Engineering major.



Daniel Gore
Pole Vault
Junior
Leonardtwn, Md./
Leonardtwn

Gore's PR
Pole Vault -
16'1" (4.90m)

2004 Outdoor: Finished fourth with a jump of 15'7" (4.75m) in the pole vault at the BIG EAST Championships ... Jumped a season best 15'11" (4.85m) at the Tar Heel Opener for a third place finish ... Had four top-five place jumps.

2004 Indoor: Took eighth in the pole vault at the BIG EAST Championships with a mark of 15'3" (4.65m) ... Posted a season best jump of 15'9" (4.80m) at the Virginia Tech Last Chance meet and finished in sixth place ... In all five competitions, recorded top 10 finishes ... Was also sixth at the Rod McCravy Memorial and tied for ninth at the Tech Invitational.

2003 Outdoor: Finished second at the FAMU Relays, clearing an outdoor best of 15'5.5" (4.71m).

2003 Indoor: Cleared a personal best of 15'7" (4.75m) in his indoor collegiate debut, the Father Diamond meet ... Finished 15th at the BIG EAST Indoor Championships with a height of 14'9" (4.50m).

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' (4.57m) ... Outdoor conference, regional and state champion in the pole vault ... Placed third in the state competition in 2000.

Personal: Born April 9, 1984 in New Orleans, La. ... Son of Daniel and Julie Gore ... Physics major ... Has four siblings: Chris, Alissa, Ethan and Janielle.



**Stephen
Huntzinger**
Throws
Sophomore
Fairfax, Va./James Robinson

Huntzinger's PR

Shot Put -
56'1.25" (17.10m)
Discus -
156'8" (47.76m)

Prior to Tech: Competed at William and Mary for the 2004 season. Won the discus throw with a season best mark of 156'8" (47.76m) at the Lou Onesty Invitational ... Finished 22nd in the discus and seventh in the shot put at the 2004 ECAC/IC4A outdoor championships ... Was second at the 2004 CAA in the outdoor shot put with a PR throw of 54'3.75" (16.55m) ... Finished second in the indoor shot put with a throw of 52'1.50" (15.88m) at the Virginia Tech Challenge.

High School: Two-time Patriot District, Northern Region and VHSL AAA State champion in the outdoor discus and shot put ... Had a personal best discus throw of 188'3" (57.38m) and outdoor shot put throw of 64'1.50" (19.54m) at the 2003 Arcadia Invitational ... Also district, region and state champion in the indoor shot put ... At the 2003 Microtel Invitational, set best indoor shot put with a mark of 63'7" (19.38m).

Personal: Born November 6, 1984 in Arlington, Va. ... Son of Steve and Judy Huntzinger ... Finance major ... Wants to pursue a career in investment banking ... Has one sister, Ann (17).



Anthony Jenkins
Sprints
Senior
Baltimore, Md./Woodlawn

Jenkins' PR

400m Hurdles - 53.81
400m - 50.23
500m - 1:05.05

2004 Outdoor: Ran the 400 meter hurdles at the SeaRay Relays and at the BIG EAST Championships ... Also a member of the 4x400m relay team.

2004 Indoor: Competed in the 400 and 500 meters and had one top-five finish ... Clocked 50.31 in the 400m for a 19th place finish at the Rod McCravy Memorial ... Also finish 19th in the

500m with a time of 1:05.05 at the Virginia Tech Invitational.

2003 Outdoor: Finished seventh at the BIG EAST Championships in the 400 meter hurdles with a time of 55.21 ... Was eighth at the FAMU Relays in the same event (55.98).

2003 Indoor: 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.

2002 Outdoor: 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.

2002 Indoor: 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 meters and 300m hurdles ... State runner-up in the 300m hurdles 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: Born April 12 1982 in Baltimore, Md. ... Son of Ray and Rhonda Jenkins ... Electrical engineering major ... Seeking a career in defense engineering for the United States.



Alex Johnson
Mid-Distance
Junior
Phoenix, Ariz./Brophy Prep

Johnson's PR

800m - 1:52.96
500m - 1:06.02

2004 Outdoor: Ran a leg on the school record setting 4x800m relay (7:30.12) at the SeaRay Relays that placed fourth ... Had a 800 meters season best time of 1:52.96 at the Long Beach Invitational for a fifth place finish ... Also finished fifth in the 800m at the Tar Heel Opener and took seventh at the Virginia Tech Invitational.

2004 Indoor: Finished sixth in the 500 meters with a time of 1:06.02 and 19th in the 800 meters with 1:56.54 at the Virginia Tech Challenge.

2003 Outdoor: Ran a best of 1:55.74 in the 800m, finishing 21st at Virginia.

2003 Indoor: Had a season best in the 800 meters with a time of 1:57.17 at the Tech Last Chance meet ... Ran a leg of the DMR that finished eighth at the BIG EAST Championships.

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 ... Engineering major.



Joe Samaniuk
Pole Vault
Sophomore
Rexford, N.Y./
Shenendehowa

Samaniuk's PR

Pole Vault -
15'9" (4.80m)

2004 Outdoor: Cleared a season best height of 15'6" (4.73m) at the Virginia Tech Invitational for a second place finish ... Was 12th at the SeaRay Relay with a jump of 15'1" (4.60m).

2004 Indoor: Had a season best mark of 15'3" (4.65m) at the Virginia Tech Challenge and Invitational.

2003 Outdoor: Redshirted.

2003 Indoor: Redshirted.

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 ... General engineering major ... Has four sisters and three brothers.



James Scheiner

Distance
Freshman
Centreville, Va./Westfield

Scheiner's PR

1,600m - 4:13.96
3,200m - 9:20.73

High School: A four-year letterman in cross country and track under coaches Scott Berquist and Emily Utter at Westfield High School ... Member of the national and state champion 4x800 meter relay team ... 2004 VHSL AAA State team champions in track ... A three-time All-American ... Named All-Met, all-region, all-district and all-state ... Voted team captain and team MVP ... 2004 Concord District champion in the outdoor 1,600m with a personal best time of 4:13.96 and took third in the 3,200m with a best of 9:34.84 ... Had a personal best 800m time of 1:58.55 at the Allen Johnson Invitational in 2004 ... Was the 2004 Northern Region champion in the 3,200m with his personal best time of 9:20.73 ... Won the indoor 1,600m race in PR time of 4:22.02 at the 2004 district meet ... Took fourth place (2:38.50) in the indoor 1,000m at the FUMA Invite ... Finished second in the 2003 district cross country meet and third in the regional meet ... Was eighth in the 2004 AAA state cross country championships.

Personal: Born on March 18, 1986 in Ridge Crest, Calif. ... Son of Robin Rann and John Scheiner ... University studies major ... Has a brother, Joshua, 21; and a sister, Katherine, 19.



Zach Thomas

Distance
Freshman
Sewickley, Pa./
Quaker Valley

Thomas' PR

1,600m - 4:25.30
3,200m - 9:22.51

High School: Four-year letterwinner in cross country and track under Coach David Noyes at Quaker Valley High School ... Two-time team captain for cross country ... WPIAL District individual champion in 2003 and a member of the three-time WPIAL championship team (2000, 2001 and 2002) ... Also a three-time state medalist ... WPIAL District individual champion in the 3,200 meters in 2003 ... Three-time WPIAL runner up in the 3,200m ... Sixth-place PIAA state medalist ... Holds the school record in the 3,200m.

Personal: Born on September 27, 1985 in Pittsburgh, Pa. ... Son of Joseph and Deborah Thomas ... Engineering major ... Is the younger brother of former Hokie distance runner Matt Thomas.



Duncan Vick

Mid-Distance
Sophomore
Richmond, Va./Freeman

Vick's PR

800m - 1:53.46
1,000m - 2:33.51

2004 Outdoor: Ran a leg on the school record 4x800 meter relay (7:30.12) at the SeaRay Relays that placed fourth ... Posted a season best 800 meter time (1:53.46) at the SeaRay Relays ... Ran the 1,500 meters in 4:03.84 at the Raleigh Relays ... Finished second in the 800m (1:54.35) at the Virginia Tech Invitational ... Named Tech Freshman Track Performer of the Year.

2004 Indoor: Ran in the 1,000 meters in a time of 2:35.59 at the BIG EAST Championships ... Clocked 2:33.51 (1,000m) at the Virginia Tech Invitational ... Recorded season best 800m time (1:53.96) at the Tech Last Chance meet and took sixth place.

High School: 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 ... Earned three letters in cross country for Coach Mark Harvey at Douglas Freeman High School ... Was all-district and all-academic in 2002 and 2003 ... Team captain and coach's award winner as a senior.

Personal: Born May 20, 1985 in Richmond, Va. ... Son of Martha and Brian Vick ... English major.

Men's Academic Awards & Honors

2003-04 BIG EAST/Aéropostale Scholar-Athlete: Josiah Oliver

2003-04 BIG EAST Academic All-Stars

David Atkiss
William Collins
David Cook
Jason Fludd
Elige Grant
Alex Johnson
Adam Jury
Michael Lawson
Brian Markley
Josiah Oliver
Ryan Norwood
Joe Samaniuk

2003-04 Dean's List (3.4-4.00)

Adam Bingaman
William Cook
Michael Lawson
Josiah Oliver
Ross Pearlman
Joe Jamaniuk

2003 Skelton Award Winner: Josiah Oliver

Graduation Rates – 2003 report

Men's Track & Field, Cross Country – 88 percent

Cumulative Team GPAs

Men's Track & Field – 2.96
Men's Cross Country – 3.07

MEN TO WATCH



Dan Forgeng
Distance
Freshman
Hatboro, Pa./
Hatboro-Horsham



Kyle Guglielmo
Mid-Distance
Freshman
Virginia Beach, Va./Cox



Brian Markley
Distance
Sophomore
Lovettsville, Va./
Louden Valley



Bryan McVey
Distance
Freshman
Arlington Hts., Ill./
Buffalo Grove



Matt Miller
Distance
Freshman
Harrisonburg, Va./
Turner Ashby



Andrew Montgomery
Distance
Freshman
Falls Church, Va./
George Mason



Chris O'Keefe
Mid-Distance
Freshman
Vienna, Va./Oakton



Jordan Price
Mid-Distance
Freshman
Newport News, Va./
Denbigh Baptist



Matt Renninger
Sprints
Junior
Barto, Pa./Boyertown



Mark Wieder
Mid-Distance
Freshman
Harrisburg, Pa./
Central Dauphin

2004 REVIEW

The Virginia Tech track and field teams ended its final BIG EAST Conference competition year with success. The Hokies had eight NCAA qualifiers, seven BIG EAST champions and broke 14 school records in 2004.

Indoor

Spyridon Jullien earned All-America honors for his fourth place finish at the NCAA Indoor Championships in Fayetteville, Ark. **Marlies Overbeeke** was a finalist in the mile at the championships and two other Hokies were provisional qualifiers.

At the BIG EAST Indoor Championships, Tech's men's team tied its conference best-ever performance with 57 points for a fifth place finish. Two Hokie men won individual titles in the throw events. **Spyridon Jullien** became the BIG EAST weight throw champion for the second-time in his career. **Brian MacPhee** won the conference shot put title and **Ryan Norwood** was the runner-up.

On the women's side, **Marlies Overbeeke** became the first Tech woman to win a BIG EAST indoor individual title in the school's last year in the conference, which was the 1,000 meters in a new school record time of 2:47.66.

The indoor season saw four school records broken or set. **Brian MacPhee** broke the shot put record he set in 2003 when he won the event at the Virginia Tech Last Chance meet with a mark of 59'2.75".

Kristen Callan broke the two year school record in the weight throw by more than seven feet in her first collegiate competition and set it at 60'3". **Koasha Sanders** broke a five-year school record in the 60m hurdles with a new time of 8.59. **Jennifer Wade** claimed the new school pole vault record with her jump of 11'6.25".

2004 BIG EAST Honors

Men	Indoor All-Conference Team	Women
Spyridon Jullien, Weight Throw Champion Brian MacPhee, Shot Put Champion & Weight Ryan Norwood, Shot Put	Marlies Overbeeke, 1,000m Champion	
Men	Outdoor All-Conference Team	Women
Jason Fludd, Triple Jump Champion Spyridon Jullien, Hammer Throw Champion Brian Mondschein, Pole Vault Champion Ryan Norwood, Shot Put Champion Jacobus Smit, Javelin Throw	Meredith Brooks, 4x800m relay Kristen Callan, Hammer Throw Jessica Morris, 3,000m SC & 4x800m relay Heather Mullis, 4x800m relay Marlies Overbeeke, 1,500m Saskia Triesscheijn, Heptathlon	
Men	2003-04 BIG EAST Academic All-Stars	Women
David Atkiss William Collins David Cook Jason Fludd Elige Grant Alex Johnson Adam Jury Michael Lawson Brian Markley Josiah Oliver Ryan Norwood Joe Samaniuk	Meredith Brooks Kristen Callan Jenn Dietz Samantha Ference Regina Galan Victoria Green Ashleigh Keats Abbey McGrath Kimberly Milbourn Jessica Morris	Heather Mullis Jacqueline Nicholson Michelle Nowden Moriah O'Brien Shamane Onwudiachi Marlies Overbeeke Saskia Triesscheijn Kristy VanCour Jennifer Wade

2004 Team Awards

Men	MVP	Women
Spyridon Jullien		Marlies Overbeeke
Men	Coaches Award	Women
William Collins		Imani Mack
Men	Rookie Award	Women
Duncan Vick		Saskia Triesscheijn
Men	Strength Award	Women
Adam Jury		Shanea Thomas

Outdoor

Spyridon Jullien, Marlies Overbeeke, Brian Mondschein, Jacobus Smit and **Saskia Triesscheijn** represented Tech at the NCAA Outdoor Championships in Austin, Texas. Jullien shattered his own school record in the hammer throw and finished as the runner-up. His second place is Tech's highest individual finish at the NCAA track and field championships. He also earned his third All-America honor.

Overbeeke had an eighth-place finish time in the 1,500m and was named All-American for the third time in her career.

Mondschein jumped in the pole vault, Smit placed in the javelin throw and Triesscheijn competed in the heptathlon.

Tech had 10 NCAA regional qualifiers and three athletes ranked in the top 10 nationally. The men's squad scored 18 points and tied for ninth place with Georgetown and Connecticut while the Hokie women took 40th place out of 110 teams at the NCAA East Regional Championships in Gainesville, Fla.

The Hokies also had their best showing at the conference outdoor championships. The men claimed four individual champions en route to a fifth place finish (63 points). Four men were BIG EAST individual champions and two of them won their event for the second time.

The women had their best-ever finish with a ninth place performance (44 points).

During the outdoor season, Tech broke school records in nine separate events. **Spyridon Jullien, Ryan Norwood** and **Jacobus Smit** broke their own school records. **Duncan Vick, Alex Johnson, Adam Jury** and **Buck Grant** set the men's 4x800m relay with a time of 7:30.12.

Kristen Callan set the hammer throw school record with a mark of 193'11" at the USA Junior National Championships, winning the individual title.

Marlies Overbeeke broke her own 800m school record with 2:06.68. The women's 4x800m (8:53.95) and 4x1,500m relay (18:36.43) school records were set in 2004 by **Heather Mullis, Jessica Morris, Morgan Ekemo, Marlies Overbeeke** and **Sam Ference**.

Erin Mahony jumped 11'8" to claim the new pole vault school record.

After the 2004 collegiate competition season ended, **Kristen Callan** won the hammer throw with her personal best of 193'11" at the USA Junior National Championships in College Station, Texas. She then represented the United States at the IAAF World Junior Championships in Grosseto, Italy.

SCHOOL RECORDS

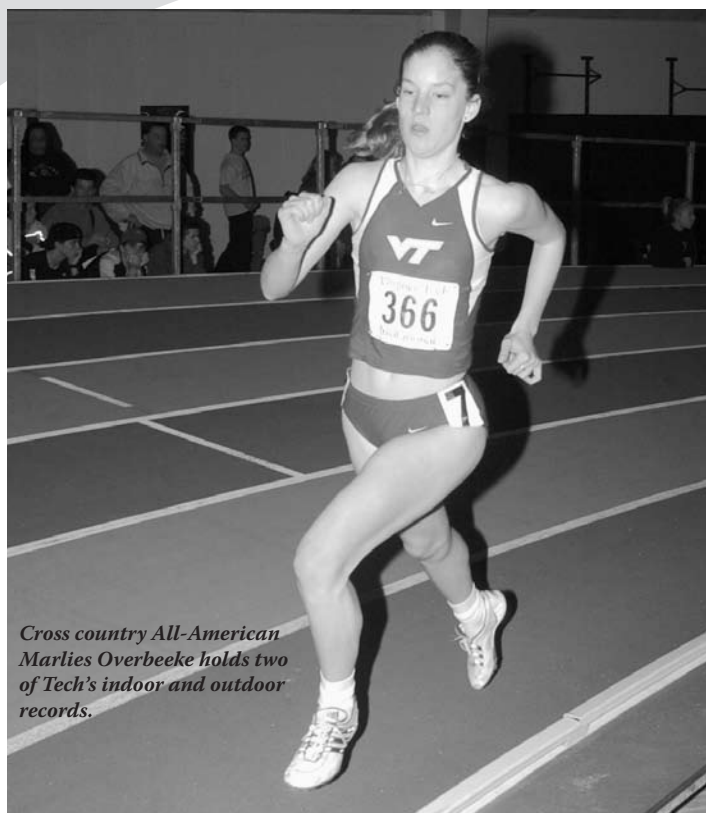
Women's Outdoor Track Records

Event	Time/Mark	Name	Year
100m	11.76	Damali Hay	2002
200m	24.10	Danya Gordon	1999
400m	55.13	Marie Giles	2003
800m	2:06.68	Marlies Overbeeke	2004
1,500m	4:18.82	Marlies Overbeeke	2004
3,000m	9:14.25	Cheryl Tuosto	1985
5,000m	15:56.68	Kristin Price	2001
10,000m	33:05.96	Linda King	1984
100m Hurdles	13.77	Brandi Smith	1999
400m Hurdles	58.41	Brandi Smith	1999
3,000m SC	10:47.23	Kim Milbourn	2003
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	8:53.95	Mullis, Morris, Ekemo, Overbeeke	2004
4x1,500m	18:36.43	Ekemo, Ference, Morris, Overbeeke	2004
4x1,600m	21:20.4	Barrett, Ward, McMahon, Shea	1994
DMR	11:54.77	Alverson, Wagner, Sadosky, Vidt	2000
SMR	3:58.62	Hay, Cook, Smith, Gibbs	1999
High Jump	5'11.25" (1.81m)	Katie Ollendick	1998
Pole Vault	11'8" (3.56m)	Erin Mahony	2004
Long Jump	20'1.5" (6.14m)	April Byrd	2000
Triple Jump	42'5.25" (12.93m)	April Byrd	2000
Shot Put	50'3.5" (15.33m)	Paula Allan	1998
Discus Throw	162'6" (49.54m)	Christy Herman	2002
Hammer Throw	193'11" (59.11m)	Kristen Callan	2004
Javelin Throw	174'02" (53.10m)	Dee O'Connell	2002
Heptathlon	5,378 points	Katie Ollendick	1998

Current team members in **bold** type.



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



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

Women's Indoor Track Records

Event	Time/Mark	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	1:14.27	Marie Giles	2003
600m	1:37.46	Donna Tonini	1983
800m	2:10.85	Kristin Price	2001
1,000m	2:47.66	Marlies Overbeeke	2004
1,500m	4:30.10	Linda King	1985
Mile	4:40.46	Marlies Overbeeke	2004
2,000m	6:20.28	Kristin Price	2001
3,000m	9:18.77	Kristin Price	2001
5,000m	16:48.30	Heidi Allen	1992
55m Hurdles	8.06	Jennifer Cook	1999
60m Hurdles	8.59	Keosha Sanders	2004
4x400m	3:47.56	Giles, Gaddy, Onwudiachi, Vanloo	2003
4x800m	9:01.69	Morris, Alverson, Friedman, Vidt	2002
DMR	11:34.78	Price, Hopkins, Sadosky, Vidt	2001
High Jump	6'0" (1.83m)	Katie Ollendick	1998
Pole Vault	11'11.75" (3.65m)	Erin Mahony	2005
Long Jump	19'9" (6.02m)	April Byrd	2000
Triple Jump	41'4.25" (12.60m)	April Byrd	2000
Shot Put	49'10.5" (15.20m)	Paula Allan	1999
Weight Throw	68'7.25" (20.91m)	Tamara Burns	2005
Pentathlon	3,941 points	Katie Ollendick	1998

Current team members in **bold** type.

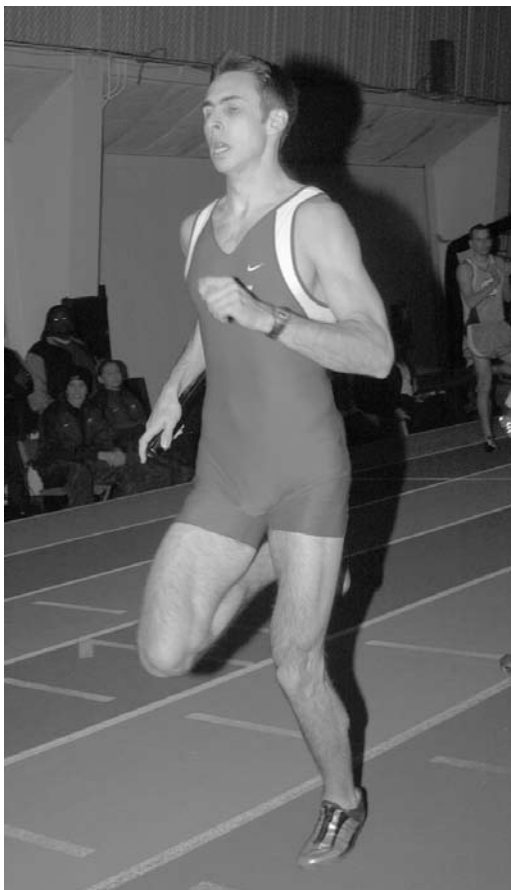
All times prior to 1991 are not fully automated.

Men's Indoor Track Records

Event	Time/Mark	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
400m	47.96	Buck Grant	2001
500m	1:03.32	Adam Jury	2004
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 Hurdles	7.1	Kenny Lewis	1978
55m Hurdles	7.35	Chris Stokes	1999
60m Hurdles	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
High Jump	7'1" (2.16m)	Steve Whaley	1983
Pole Vault	18'0.5" (5.50m)	Brian Hunter	2000
Long Jump	25'3" (7.70m)	Ken Stewart	1984
Triple Jump	51'9.75" (15.79m)	Phil Saunders	1986
Shot Put	61'11" (18.87m)	Sven Hahn	2005
Weight Throw	76' (23.16m)	Spyridon Jullien	2005
Pentathlon	3,683 points	Adam Bowser	2000

Current team members in **bold** type.

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.

Men's Outdoor Track Records

Event	Time/Mark	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
110m Hurdles	13.89	Chris Stokes	1999
400m Hurdles	51.28	Justin Davis	1999
3,000m 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	7:30.12	Jury, Vick, Johnson, Grant	2004
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
High Jump	7'1" (2.16m)	Steve Whaley	1983
Pole Vault	18'1.25" (5.52m)	Brian Hunter	2000
Long Jump	24'10" (7.57m)	Jerry Gaines	1971
Triple Jump	53'4.5" (16.27m)	Phil Saunders	1986
Shot Put	60'10.50" (18.55m)	Ryan Norwood	2004
Discus Throw	178'6" (54.40m)	Steve Mehr	1983
Hammer Throw	231'11" (70.70m)	Spyridon Jullien	2004
Javelin Throw	237'9" (72.48m)	Jacobus Smit	2004
Decathlon	6,951 points	Ed Nuttycombe	1976

Current team members in **bold** type.

TOP ALL-TIME PERFORMERS

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
Keosha Sanders	7.29	2003

60 Meters

Damali Hay	7.61	2002
Rashida Dodson	7.67	1997
Keosha Sanders	7.74	2004
Jennifer Cook	7.75	1998
Keisha Ricks	7.80	1999

200 Meters

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

400 Meters

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

500 Meters

Marie Giles	1:14.27	2003
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
Marlies Overbeeke	2:14.60	2004
Michelle VanHorn	2:14.95	2001

1,000 Meters

Marlies Overbeeke	2:47.66	2004
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

Marlies Overbeeke	4:40.46	2004
Kristin Price	4:48.48	2001
Jessica Morris	4:55.60	2003
Stacey Vidt	4:56.39	2002
Morgan Ekemo	4:57.27	2004

3,000 Meters

Kristin Price	9:18.77	2001
Marlies Overbeeke	9:36.58	2003
Linda King	9:40.50	1985
Jessica Morris	9:46.90	2003
Morgan Ekemo	9:47.94	2004

5,000 Meters

Heidi Allen	16:48.30	1992
Jennifer Conner	17:31.68	1997
Stacey Vidt	17:34.08	2001
Moriah O'Brien	17:36.95	2004
Roxanne Polo	17:37.33	1983

55-Meter Hurdles

Jennifer Cook	8.06	1999
Keosha Sanders	8.20	2003
Melanie Burgess	8.21	1997
Erin Graham	8.39	1995
Dorothea Ku	8.40	1992

60-Meter Hurdles

Keosha Sanders	8.59	2004
Jennifer Cook	8.61	1999
Melanie Burgess	8.90	1997
Jacqueline Nicholson	8.96	2003
Shamane Onwudiachi	9.04	2003

4x400-Meter Relay

Giles, Gaddy, Onwudiachi, Vanloo	3:47.56	2003
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, Scherrens, Gibbs	9:03.66	1998
Morris, Mullis, Brooks, Overbeeke	9:06.68	2004
Van Sickle, Sadosky, Morris, Overbeeke, Van Horn, Vidt	9:11.59	2003
Sadosky, VanHorn, Friedman, Price	9:14.30	2001

Distance Medley Relay

Price, Hopkins, Sadosky, Vidt	11:34.78	2001
Morris, Vanloo, Friedman, Vidt	11:44.05	2002
Ekemo, Green, Mullis, Morris	11:50.42	2004
Sadosky, Hopkins, Friedman, Vidt	11:52.71	2001
Ingersoll, Hopkins, Alverson, Stumpf	11:58.24	1999

Long Jump

April Byrd	19'9" (6.02m)	2000
Megan Barnes	19'7.75" (5.99m)	1998
Brandi Smith	19'3.50" (5.88m)	1998
Saskia Triesscheijn	18'6.75" (5.66m)	2004
Michelle Nowden	18'4.75" (5.61m)	2004

Triple Jump

April Byrd	41'4.25" (12.60m)	2000
Detra Edmunds	39'11.50" (12.18m)	1995

High Jump

Katie Ollendick	6'0" (1.83m)	1998
Donna Girtler	5'10" (1.78m)	1984

Pole Vault

Erin Mahony	11'11.75" (3.65m)	2005
Jennifer Wade	11'6.25" (3.51m)	2004
Kim Johnston	11'5.75" (3.50m)	2003
Abbey McGrath	11'3.75" (3.45m)	2004
Kelly Fisher	10'6" (3.20m)	2001
Regina Galan	10'6" (3.20m)	2004

Shot Put

Paula Allan	49'10.50" (15.20m)	1999
January Williams	49'2.25" (14.99m)	2003
Tracey Toon	48'1" (14.65m)	1983
Darcy Smith	45'9.50" (13.96m)	1983
Michelle Smith	45'6.25" (13.87m)	1998

Weight Throw

Tamara Burns	68'7.25" (20.91m)	2005
Kristen Callan	61'9.75" (18.84m)	2005
Meredith Newby	52'4.50" (15.96m)	1996
Ronnie Martin	52'4.50" (15.96m)	2002
Paula Allan	52'1.75" (15.89m)	2000

Pentathlon

Katie Ollendick	3,941 points	1998
Saskia Triesscheijn	3,783 points	2004
Brandi Smith	3,494 points	1997
Katie Campbell	3,114 points	2004
Michelle Smith	3,051 points	1996

Stacey Vidt has been a member of the top-three DMR teams in school history, as well as the top 4x800-meter relay team.



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	2:06.68	2004
Heather Mullis	2:09.96	2004
Louise Schweitzer	2:11.6	1987
Cas Sadosky	2:11.89	2000

1,500 Meters

Marlies Overbeeke	4:18.82	2004
Kristin Price	4:22.85	2001
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
Marlies Overbeeke	16:30.33	2004

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
Keosha Sanders	14.10	2004
Jennifer Cook	14.13	2000
Melanie Burgess	14.20	1998

400-Meter Hurdles

Brandi Smith	58.41	1999
Danielle Gaddy	60.83	2003
Danielle Hobson	61.56	1999
Erin Graham	61.62	1996
Keosha Sanders	61.72	2004

3,000-Meter Steeplechase

Kim Milbourn	10:47.23	2003
Jessica Morris	10:50.48	2004
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

Mullis, Morris	8:53.95	2004
Ekemo, Overbeeke		
Brooks, Morris	8:53.99	2004
Overbeeke, Mullis		
Netzer, Sadosky	9:03.66	1998
Scherrens, Gibbs		
Overbeeke, Burns	9:03.70	2003
Milbourn, Vidt		
Sadosky, Alverson	9:06.22	2000
VanHorn, McNeeley		

4x1,500m

Ekemo, Ference	18:36.43	2004
Morris, Overbeeke		

High Jump

Katie Ollendick	5'11.25" (1.81m)	1998
Bridgette Miller	5'8" (1.73m)	1997
Donna Girtler	5'6" (1.68m)	1983
Saskia Triesscheijn	5'6" (1.68m)	2004

Pole Vault

Erin Mahony	11'8" (3.56m)	2004
Kim Johnston	11'5.75" (3.50m)	2003
Abby McGrath	11'3.75" (3.45m)	2004
Jennifer Wade	11'3.75" (3.45m)	2004
Kelly Fisher	10'6" (3.20m)	2000
Regina Galan	10'6" (3.20m)	2004

Long Jump

April Byrd	20'1.50" (6.13m)	2000
Megan Barnes	20'0.25" (6.10m)	1998
Brandi Smith	19'9" (6.02m)	1998
Michelle Nowden	19'4" (5.90m)	2003
Detra Edmunds	18'9.25" (5.72m)	1994

Triple Jump

April Byrd	42'5.25" (12.93m)	2000
Brandi Smith	39'8.75" (12.11m)	1997
Detra Edmunds	38'8.25" (11.79m)	1995
Melanie Burgess	38'2.75" (11.65m)	1998
Cecil Organ	37'3" (11.35m)	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	50'3.50" (15.33m)	1998
January Williams	50'1.25" (15.27m)	2003
Ciera Ayangbile	46'5.50" (14.16m)	2004
Michelle Zorn	45'11.75" (14.01m)	2004
Michelle Smith	44'5.50" (13.55m)	1997

Discus Throw

Christy Herman	162'6" (49.54m)	2003
Michelle Smith	158'9" (48.40m)	1997
Paula Allan	151'7" (46.20m)	1996
Darcy Smith	141'5" (43.10m)	1983
Nancy Gilmore	140'11" (42.96m)	1993

Hammer Throw

Kristen Callan	193'11" (59.11m)	2004
Paula Allan	166'10" (50.86m)	2000
Michelle Smith	163'1" (49.72m)	1998
Meredith Newby	155'6" (47.40m)	1995
M. Zengolowski	154'2" (47.00m)	1998

Javelin

Dee O'Connell	174'2" (53.10m)	2002
Saskia Triesscheijn	143'3" (43.66m)	2004
Christy Herman	135'8" (41.36m)	2000
Kari Manheimer	135'0" (41.16m)	1992
Jessica Read	134'10" (41.10m)	1997

Heptathlon

Katie Ollendick	5,378 points	1998
Saskia Triesscheijn	5,292 points	2004
Brandi Smith	4,661 points	1997
Dorothea Ku	4,350 points	1993

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
David Clowney	6.87	2004
Butch Patrick	6.87	1998
Ike Charlton	6.87	1998

60 Yards

David Read	5.9	1980
------------	-----	------

200 Meters

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

400 Meters

Buck Grant	47.96	2001
Ali Najjar	48.19	2001
Ahmed Sangbana	48.19	1999
Justin Davis	48.21	1999
Hilliard Sumner	48.34	1996

500 Meters

Adam Jury	1:03.32	2004
Ali Najjar	1:03.58	2000
Detrick Stith	1:03.72	1999
Andrew Lessner	1:03.81	1998
Buck Grant	1:04.47	2003

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 McDaniel	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
Michael Lawson	4:09.86	2003
Ray McDaniel	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
Mike Lawson	8:18.30	2004

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
Mike Hinton	8.20	2004

60-Yard Hurdles

Kenny Lewis	7.1	1978
-------------	-----	------

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, Ackenbom, Burns, McDaniels, Merritt	7:22.56	1987
Hayes, Grignon, Taylor, Rhue	7:29.2	1980
Hayes, Grignon, Najjar, Grignon, Hayes, Taylor	7:34.12	2000
Najjar, Grignon, Hayes, Taylor	7:37.80	2000
Harris, Johnson , Vick , Grant	7:42.28	2004

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
McDaniel, Crossin, Nash, Porr	10:00.37	1982

Long Jump

Ken Stewart	25'3" (7.70m)	1984
Drew Gant	23'8.75" (7.23m)	1980
Darryl McCoy	23'8.25" (7.22m)	2000
Jerry Gaines	23'8" (7.21m)	1971
Keith Moyer	23'6" (7.16m)	1993

Triple Jump

Phil Saunders	51'9.75" (15.79m)	1986
Ernest Wilford	50'7.50" (15.43m)	2000
Jason Fludd	49'6.25" (15.09m)	2005
Gillet Ford	49'2.75" (15.01m)	1980
Idikoro Eradiri	49'1.50" (14.97m)	2005

High Jump

Steve Whaley	7'1" (2.16m)	1983
Jake Howitt	6'11" (2.11m)	1985
John Pierce	6'10.5" (2.10m)	1975
Butch Patrick	6'8" (2.03m)	1998

Pole Vault

Brian Hunter	18'0.50" (5.50m)	2000
Bob Phillips	17'3.75" (5.27m)	1981
Keith Neff	17'0" (5.18m)	1976
Brian Mondschein	16'10.75" (5.15m)	2003
Chris Williams	16'8" (5.08m)	1993

Shot Put

Sven Hahn	60'3.25" (18.37m)	2005
Ryan Norwood	59'8.25" (18.19m)	2005
Brian MacPhee	59'2.75" (18.05m)	2004
Barry White	56'8.50" (17.28m)	1973
John Fallone	56'4.25" (17.17m)	2003
Steven Huntzinger	56'1.25" (17.10m)	2005

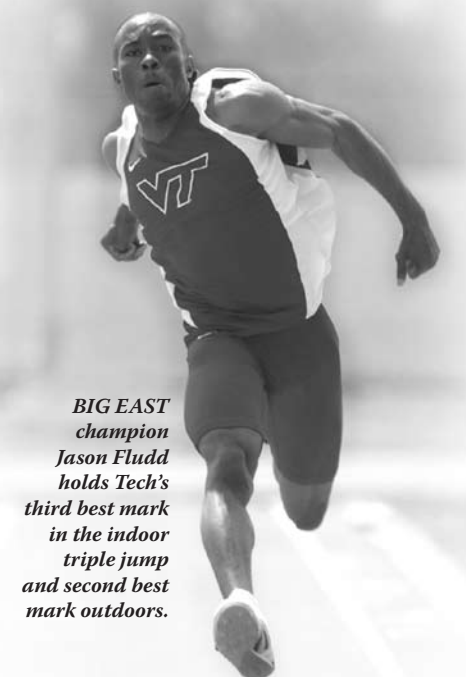
Weight Throw

Spyridon Jullien	76' (23.16m)	2005
Erick Kingston	65'0" (19.81m)	2000
Eddie Boes	64'10" (19.76m)	2000
Mike Sergent	63'1.75" (19.24m)	1989
Dan O'Conner	62'4.50" (19.01m)	1978

Pentathlon

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

Current team members in **bold** type.



**BIG EAST
champion
Jason Fludd
holds Tech's
third best mark
in the indoor
triple jump
and second best
mark outdoors.**

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
----------------	-----	------

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
-----------	------	------

400 Meters

Hilliard Sumner	46.73	1996
Robert Nash	47.2	1984
Buck Grant	47.72	2003
Justin Davis	47.75	1999
Charles Edwards	47.7	1984

440 Yards

Mac Banks	46.7	1971
-----------	------	------

800 Meters

Tim Crossin	1:48.5	1982
Ray Ackenbom	1:49.06	1979
Ali Najjar	1:49.91	2000
Brett Matthews	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
Robert Chase	52.06	1982
Jason Fullmer	52.46	1996

440-Yard Hurdles

Mike Kacz	51.8	1975
-----------	------	------

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

Jury, Vick	7:30.12	2004
Johnson, Grant		
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 Gaines	24'10" (7.57m)	1971
Darryl McCoy	24'5" (7.44m)	2000
Mike Donahue	24'3.50" (7.40m)	1999
Mike Halim	23'11.75" (7.31m)	1981
Whitey Curd	23'9" (7.24m)	1986

Triple Jump

Phil Saunders	53'4.50" (16.27m)	1986
Jason Fludd	50'11.50" (15.53m)	2004
Jim Eckenrode	48'10.50" (14.90m)	1986
Mark Zesinger	48'4" (14.73m)	1992
Idikoro Eradiri	48'0.5" (14.64m)	2004

High Jump

Steve Whaley	7'1" (2.16m)	1983
Jake Howitt	7'0" (2.13m)	1985
Hank Bradley	7'0" (2.13m)	1976
Genesis Ridley	6'9" (2.06m)	2000
Brian Hunter	6'9" (2.06m)	2000
Brian Drennen	6'9" (2.06m)	1994

Pole Vault

Brian Hunter	18'1.25" (5.52m)	2000
Brian Mondeschein	17'3" (5.26m)	2004
Bob Phillips	17'0.50" (5.20m)	1980
Chris Williams	17'0" (5.18m)	1994
Keith Neff	16'7.50" (5.07m)	1977
Marcus Tepaske	16'0.75" (4.89m)	2003

Shot Put

Ryan Norwood	60'10.50" (18.55m)	2004
John Fallone	56'2" (17.12m)	2003
Brian MacPhee	55'9.25" (17.00m)	2003
Bary White	55'8" (16.97m)	1972
Scott Alexander	54'11.75" (16.75m)	1971

Hammer Throw

Spyridon Jullien	231'11" (70.70m)	2004
Erick Kingston	221'11" (67.64m)	1999
Mike Sergeant	210'1" (64.04m)	1992
Eddie Boes	195'9" (59.68m)	2000
Paul Sulik	195'6" (59.60m)	1981

Discus

Steve Mehr	178'6" (54.42m)	1983
Mike Sergeant	175'5" (53.48m)	1992
Eddie Boes	173'9" (52.96m)	2000
Barry White	168'10" (51.46m)	1972
Dave Steranko	166'0" (50.60m)	1978

Javelin

Jacobus Smit	237'9" (72.48m)	2004
Bill Patrowicz	219'3" (66.84m)	1989
Chris Sieben	205'8" (62.70m)	1994
Bryan Smith	196'6" (59.90m)	1988
John Patrowicz	196'5" (59.86m)	1992

Old Javelin

David Sage	227'10" (69.44m)	1977
Chris Brevig	225'6" (68.74m)	1977

Decathlon

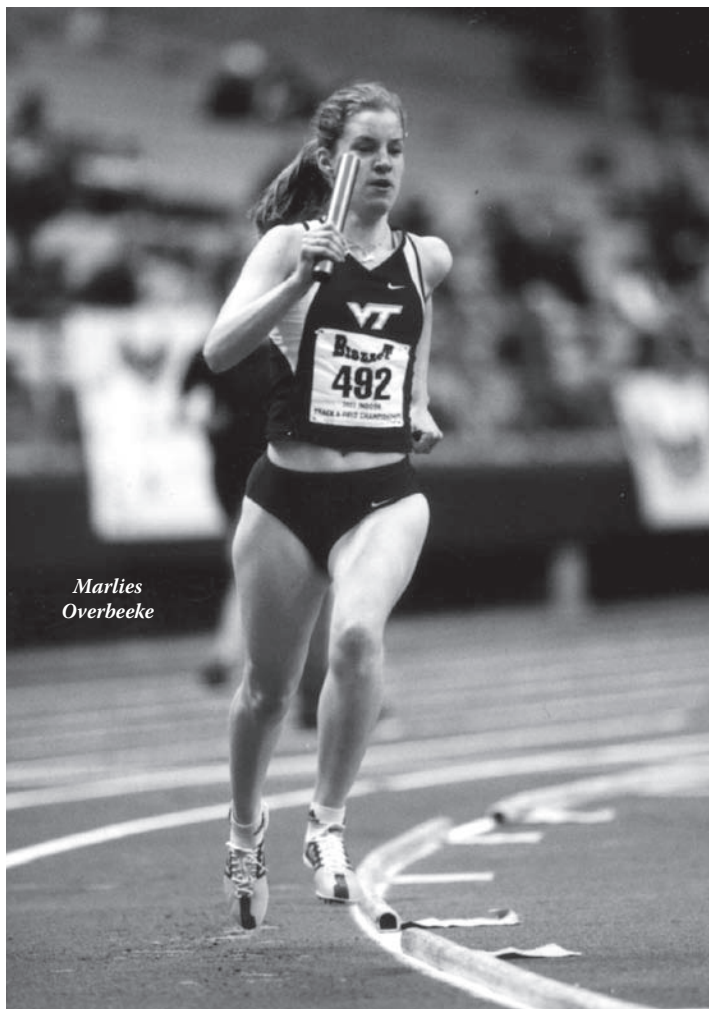
Ed Nuttycombe	6,951 points	1976
John Dyer	6,939 points	1981
Danny Thompson	6,796 points	1983
Dave Hannett	6,671 points	1994
Randy Bungard	6,384 points	1987

Current team members in **bold** type.

ALL-AMERICANS

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)
	2004..... Outdoor	1,500 meters (8th)
Kristin Price	2001..... Indoor.....	3,000 meters (4th)
	2001..... Outdoor	5,000 meters (10th)
Judy Williams	1981..... Outdoor	10,000 meters



Marlies Overbeeke



Spyridon Jullien

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)
	2004..... Indoor.....	Weight throw (4th)
	2004..... Outdoor	Hammer throw (2nd)
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)
Phil Saunders	1987..... Outdoor	Triple jump (11th)
Dennis Scott	1978..... Indoor.....	60 yards (5th)
Mike Sergent	1992..... Outdoor	Hammer throw (7th)
Mark Stickle	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)

CONFERENCE CHAMPIONS

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

BIG EAST Conference

2004.....	Marlies Overbeeke.....	1,000 meters
-----------	------------------------	--------------

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



Katie Ollendick

Men's Indoor

Southern Conference

1932	Jim Swart	Shot Put
1933	Bill Turner	High Jump
1942	Paul McMullin	.60 yards
1952	Stu Johnson	440 yards
	Ben Lankford	High Jump
1953	Dave Shafer	Two Mile
	Ben Lankford	High Jump
	T.J. Roberts	Pole Vault
1954	Ashton Violette	440 yards
	Frank Tardy	Two Mile
	Virginia Tech	Mile Relay
	Ben Lankford	High Jump
	Ben Lankford	Long Jump
1955	Bob Wingfield	880 yards
1956	Dick Arnold	440 yards
	Bob Wingfield	880 yards
	Bob McCoy	70 yard HH
	Virginia Tech	Mile relay
1957	Bob Wingfield	880 yards
	Virginia Tech	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
	Virginia Tech	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
	André 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 Kingson	Weight Throw
2000	André Davis	.55 meters
	André Davis	200 meters
	Clinton Edwards	400 meters
	Matt Taylor	800 meters
	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
2004	Spyridon Jullien	Weight Throw
	Brian MacPhee	Shot Put

Men's Outdoor

Southern Conference

1926	Lund	Discus
1928	Lund	Discus
1929	Penn	Two Mile
1931	Jim Swart	Shot Put
1933	Bill Turner	High Jump
1935	Ivan Mothershead	Mile
1936	Forrest Rollins	High Jump
1937	Martin Shokey	Discus
1938	Jud Ellis	Pole Vault
1948	Frank Magill	880 yards
1949	Bob Monroe	High Jump
1951	Don Cochran	Javelin
1952	Stu Johnson	440 yards
	Virginia Tech	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
	Virginia Tech	Mile relay
1956	Dick Arnold	440 yards
	Bob Wingfield	880 yards
	Alger Pugh	120 yard HH
	Virginia Tech	Mile Relay
1957	Bob Wingfield	880 yards
1957	Bill Shephard	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 Saunders..... 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	
	Jason Dowdy..... 5,000 meters	
	Jason Dowdy..... 10,000 meters	
	Chris Stokes..... 110 hurdles	



Mike Sergent

1999.....	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	
2004.....	Jason Fludd..... Triple Jump	
	Spyridon Jullien..... Hammer Throw	
	Brian Mondschein..... Pole Vault	
	Ryan Norwood..... Shot Put	

Current team members in **bold** type.

FACILITY RECORDS

Rector Field House Indoor Records

Men

Event	Time/Mark	Name	Team	Date
60m	6.56	Shawn Crawford	Clemson	2/18/00
200m	20.43	Shawn Crawford	Clemson	2/19/00
400m	46.00	Ato Modibo	Clemson	2/19/00
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
60m H	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
High Jump	7'5.75"	David Furman	Florida	2/14/98
Pole Vault	19'0.5"	Lawrence Johnson	Adidas	2/24/01
Long Jump	26'4.25"	Roland McGhee	Unattached	2/14/98
Triple Jump	55'1.5"	Allen Simms	George Mason	1/19/01
Shot Put	69'0.75"	Reese Hoffa	NYAC	2/14/04
Weight	76'	Spyridon Jullien	Virginia Tech	1/14/05
Pentathlon	4,110	Stephen Harris	Tennessee	1/17/03
Heptathlon	4,491	Jordan Crawford	Liberty	1/24/04

Women

Event	Time/Mark	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	1:10.08	Tamara King-Foster	Alpha Omega	1/23/04
800m	2:03.79	Beata Rudzinska	Akron	3/6/04
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
60m H	7.94	Melissa 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
High Jump	6'0.75"	Mares Cadienhead	Abilene Christian	3/1/03
	6'0.75"	Chaunte Howard	Georgia Tech	3/1/03
Pole Vault	13'11.25"	Thorey Elisdottir	Georgia	2/3/01
Long Jump	21'2.75"	Ola Sesay	North Carolina	2/18/00
Triple Jump	46'4"	Tiombe Hurd	Nike	2/24/01
Shot Put	63'11"	Cleopatra Borel	Unattached	2/14/04
Weight	71'7.25"	Dawn Ellerbee	Unattached	1/18/03
Pentathlon	4,042	Antionette Wilks	South Carolina	1/17/03

Current team members in **bold** type.

Johnson-Miller Outdoor Track Records

Men

Event	Time/Mark	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
110m H	13.43	Dawane Wallace	Unattached	4/21/01
400m H	50.09	James Carter	Md. Elite	4/22/00
3,000m 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
High Jump	7'0.25"	Jason Farr	East Tennessee	4/3/99
Pole Vault	18'1.5"	Brian Hunter	Virginia Tech	4/22/00
Long Jump	24'3.5"	Mike Donahue	Virginia Tech	5/1/99
Triple Jump	48'6"	Jason Fludd	Virginia Tech	4/26/03
Shot Put	56'10"	Brian MacPhee	Virginia Tech	4/24/04
Discus	182'6"	Vic Morency	UMass	5/7/00
Hammer	221'11"	Erick Kingston	Virginia Tech	5/1/99
Javelin	229'7"	Vic Morency	UMass	5/1/99

Women

Event	Time/Mark	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	4:23.99	Catherine Berry	Nike	4/24/04
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	5/398
100m H	13.72	Michelle Trefz	Rhode Island	5/3/98
400m H	59.24	Brandi Smith	Virginia Tech	5/2/99
3,000m SC	11:08.26	Cath Fotin-Major	Wake Forest	4/24/04
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
High Jump	5'10"	Katie Ollendick	Virginia Tech	5/3/98
Pole Vault	12'5.5"	Stephanie Maugham	Rhode Island	5/6/00
	12'5.5"	Kylene Nixon	South Carolina	4/21/01
Long Jump	20'2.25"	Dhelanda Irish	UMass	5/1/99
Triple Jump	42'2"	April Byrd	Virginia Tech	5/1/99
Shot Put	60'0.50"	Cleopatra Borel	VT Elite	4/24/04
Discus	170'11"	DeSaya Williams	Penn State	4/22/00
Hammer	200'2"	Michelle Boswell	Unattached	4/21/01
Javelin	183'5.50"	Dee O'Connell	Unattached	4/24/04

Current team members in **bold** type.

FACILITIES

Indoor and Outdoor Track Facilities Rank Among the Best in the Country

Tech'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

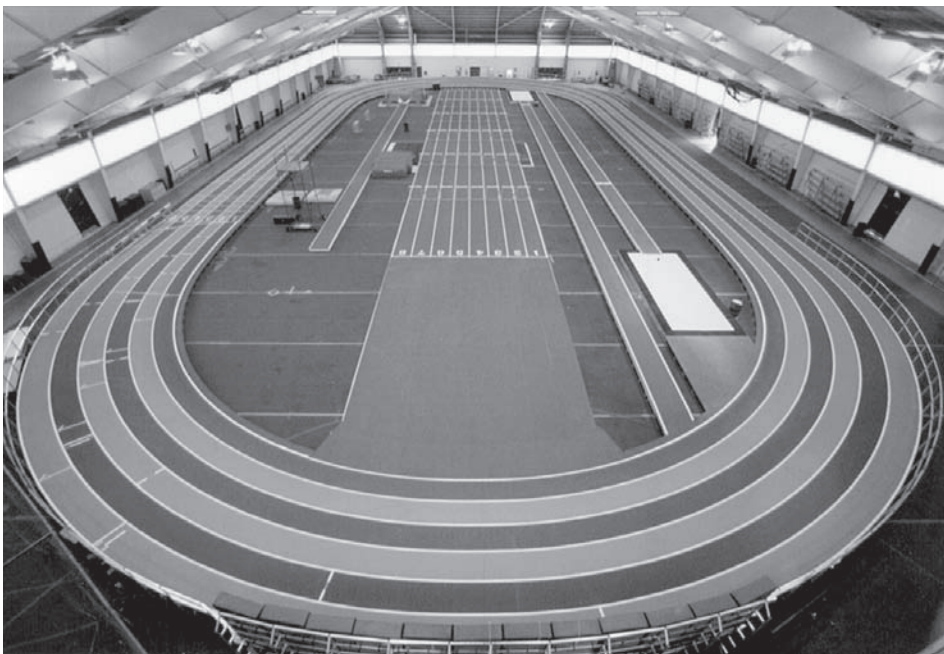
brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 2000 Olympic silver medalist pole vaulter Lawrence Johnson, Olympian distance runner Julie Henner, two-time NCAA champion shot putter Andy Bloom and high school mile record 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."





CHARLES W. STEGER

University President

Most people in the university community are keenly aware of Virginia Tech's aspiration to become a leading national research university. Setting his sights on joining the nation's truly elite universities, President Charles W. Steger intends for Virginia Tech to be ranked among the top research universities by the end of the decade. His vision has energized the entire university community and has led to new educational and research initiatives across campus and throughout the state.

A registered architect and former dean of Virginia 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 that concluded in 1998. Under his leadership, as vice president for development and university relations, the Campaign for Virginia Tech raised \$337 million. Last year, the university raised \$62 million, \$8 million more than it did the previous year.

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 of Architecture and Urban Studies in 1981, he was the youngest architecture dean in the nation at 33 years of age.

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



JIM WEAVER

Director of Athletics

James 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, 59, was appointed on September 24, 1997 and has been a tireless leader on 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 presiding over Tech's move into the Atlantic Coast Conference in 2004-05. Last summer, Virginia Tech and Miami were officially introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

"I'm excited for our fans and our constituency," Weaver said. "This membership is something that the fan base and alumni and friends of Virginia Tech have wanted for a long time. It's home for us. We've had prior relationships with these institutions for many years and this is something our fans are excited about. I'm happy for them, for our coaches and for our student-athletes."

A top personal priority for Weaver is the continuing improvement of Tech's facilities. When it comes to athletic facilities, Weaver has a simple philosophy. "As soon as you sit still in terms of facilities, you have taken a step backward," he says.

The installation of 1,000 permanent seats has been completed on a regulation-size field for the men's and women's varsity soccer teams and the women's lacrosse team. The lighted game field is adjacent to two full-size practice fields.

Major renovations on the west side of Lane Stadium are currently underway. The fencing that surrounds the stadium will be replaced with an actual entrance, additional luxury suites will be constructed, as well as two private club seating areas, new concession stands, a new ticket office, new athletic fund offices, an Athletics Hall of Fame and a new student academic service area.

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. The \$37 million expansion project includes an 11,000-seat double deck and provides 15 luxury suites, as well as club level seating and amenities.

A north end zone addition was completed prior to the 2001 season. That section added over 5,000 permanent seats.

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 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.

Athletics Administration



Sharon McCloskey
Senior Associate
Director of Athletics/
SWA



David Chambers
Senior Associate
Director of Athletics
for External Affairs



Tom Gabbard
Associate Director
of Athletics for
Internal Affairs



Jon Jaudon
Associate Director
of Athletics for
Administration



Randy Butt
Associate Director
of Athletics for
Financial Affairs



John Ballein
Associate Director
of Athletics for
Football Operations



Tim East
Assistant Director
of Athletics for
Marketing
and Promotions



Mike Gentry
Assistant Director
of Athletics for
Athletic Performance



Tim Parker
Assistant Director
of Athletics for
Compliance



Sandy Smith
Assistant Director
of Athletics for
Ticketing Services

SUPPORT

Student Athlete Academic Support Services

The success of Virginia Tech's athletics 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 the Student Athlete Academic Support Services (SAASS).

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 62 percent. The 70 percent student-athlete graduation rate marks the second straight year and five in the last 10 years that Tech has reached that level.

In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. For the sixth consecutive record setting year, 482 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs during the 2003 calendar year. These student-athletes and students from support areas were recognized at the Athletic Director's Honors Breakfast last spring.

Student-athletes are the most visible student component of a university. They entertain thousands of fans, students and alumni. Their athletic ability and achievement is the primary focus for national media attention. Athletic events bring back not only faithful alumni, but are a welcome mat for potential new students.

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.

The Virginia Tech Student Athlete Academic Support Services office is committed to providing fundamental and supplemental programming,



Chris Helms



Katie Ammons

consistent with university and NCAA policy, aimed at enhancing each student athlete's educational experience.

Stakeholders of the office's mission include student athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its stakeholders that are founded on trust and respect, and provides the following services to accommodate their needs:

- University and NCAA information
- Orientation
- Academic assessment
- The development of an effective student life program
- Appropriate referrals
- Monitored study environments
- Tutorial programs
- State of the art technological learning assistance
- Student Athlete academic performance evaluations

The expectations of the Virginia Tech community are that each student-athlete achieves their maximum academic and athletic potential. With the proper assistance, facilities and encouragement, these potentials can become a reality.

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall area, adjacent to the SAASS office in Cassell Coliseum. The HEAT (Hokies Engaging in Advanced Technology) Lab and its satellite sites house over 40 computers on the second floor and third floors of Cassell Coliseum. Laptop computers are also available for Tech athletes to use when travelling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.

Chris Helms, in his sixth year at Tech, is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office.

Katie Ammons is an assistant director who begins her sixth year and works with the men's and women's cross country and men's and women's track programs.

Athletics Office of Student Life

The Athletics Office of Student Life at Virginia Tech is committed to developing the total student-athlete. Megan Armbruster, Director of the Office of Student Life, is dedicated to enhancing the quality of the student-athlete experience through the programs that this office administers.

Last year, each athletic team was encouraged to complete two or more personal development workshops on a variety of different topics. Some subjects included How to Live Off-Campus, Media Relations, Alcohol 101 and Student-Athlete Scrutiny and Community Conduct. In addition, a Women's Sports Summit, attended by seven women's athletics teams, focused on issues such as healthy relationships and healthy body image.

In addition to workshops held by each team, Virginia Tech student-athletes participate in community outreach, with over 500 volunteer available opportunities just last year. Members of Hokie teams took trips to local hospitals and nursing homes, in addition to visiting numerous schools in Montgomery County. Student-athletes visited local high schools in November for American Education Week, middle schools in March for Read Across America Week and elementary schools in April for Winning Choices Week, impacting over 4,000 students.



Megan Armbruster

A new outreach program, developed by the Office of Student Life, is the team community partners program, where each athletic team selects one local charity on which to focus its philanthropic efforts during the academic year.

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport team who meet twice a month to discuss issues and concerns regarding their sports and the department of athletics.

The SAAC encourages their teammates to get involved both on campus and in the community. The SAAC Representatives help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness.

In close collaboration with the Virginia Tech Career Services Center, programs and workshops are designed specifically for student-athletes. Resume design, career fair etiquette, mock interviews, interview attire and mini-career fairs are just a few examples of workshops hosted by the Athletics Office of Student Life.

Armbruster says, "The goal of our office is to provide students with the total college experience. When athletes graduate, I want them to look back and believe they had full access to a variety of opportunities while at Virginia Tech."

Athletic Performance

There'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 17th 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.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, director of strength and conditioning, Terry Mitchell, assistant strength and conditioning coordinator, and Jamie Meyer, strength and conditioning coordinator for Olympic sports, who works with the cross country team. Gentry will also have the services of four graduate assistants.



Jamie Meyer

Sports Nutrition

A new program was added to the athletics department in July 2000 — sports nutrition. The department is continually evolving to best serve the student-athlete.

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 players with diet



Amy Freel

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

Virginia Tech also offers another important service to all its student-athletes – sport psychology. Dr. Gary Bennett coordinates the sport psychology department, which offers psychological and performance enhancement services for student-athletes. Bennett also works closely with the Cook Counseling Center.

Bennett meets with student-athletes on an individual basis for personal counseling and to discuss the mental aspects of the game. He also works on team building, communication and performance enhancement.

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

"We try to address all the various factors that affect student-athletes' performance on and off the field," Bennett says. "We believe we can help athletes perform better by addressing those concerns."

The sport psychology department 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 and also meet weekly with teams as the need arises.

A new addition to the sport psychology resources is the Dynavision 2000, a unique conditioning and training program designed to increase focus and concentration, improve coordination and visuomotor reactions, and increase peripheral awareness. Virginia Tech is privileged to be one of only a handful of schools with this cutting-edge technology.

The response to the sport psychology program has been very positive. The student-athletes are very receptive to the services offered by the doctors. The sport psychology office reaches out to athletes who may not have considered going to the counseling service that is offered to all students at Virginia Tech.

"It is a great resource for our coaches and our athletes," Gentry says. "We've improved a lot in areas of strength and conditioning, nutrition and in sport psychology. It's all about becoming a well-rounded athletic program and helping student-athletes. We want to give them all the resources we can, to put them in a position to be successful."



Dr. Gary Bennett

Sports Medicine

The 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.

Amy Davis ATC, is in her second year as the Certified Athletic Trainer for the track and field program. Amy has a degree from High Point University in Sports Medicine and most recently worked as a clinical athletic trainer and high school outreach athletic trainer at Williamsburg Physical Therapy.

A professional staff — including primary care physicians who are Board

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

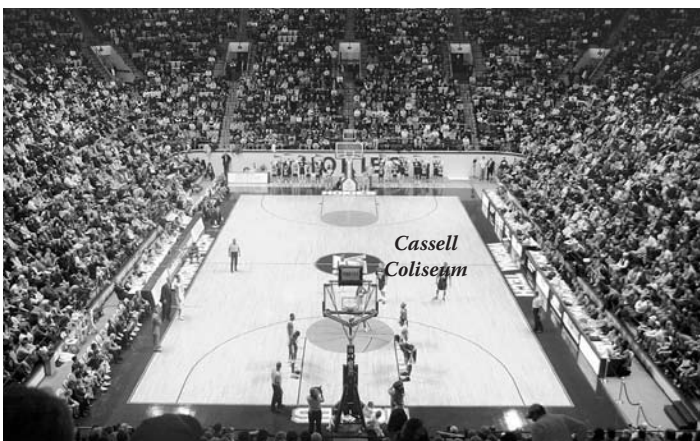
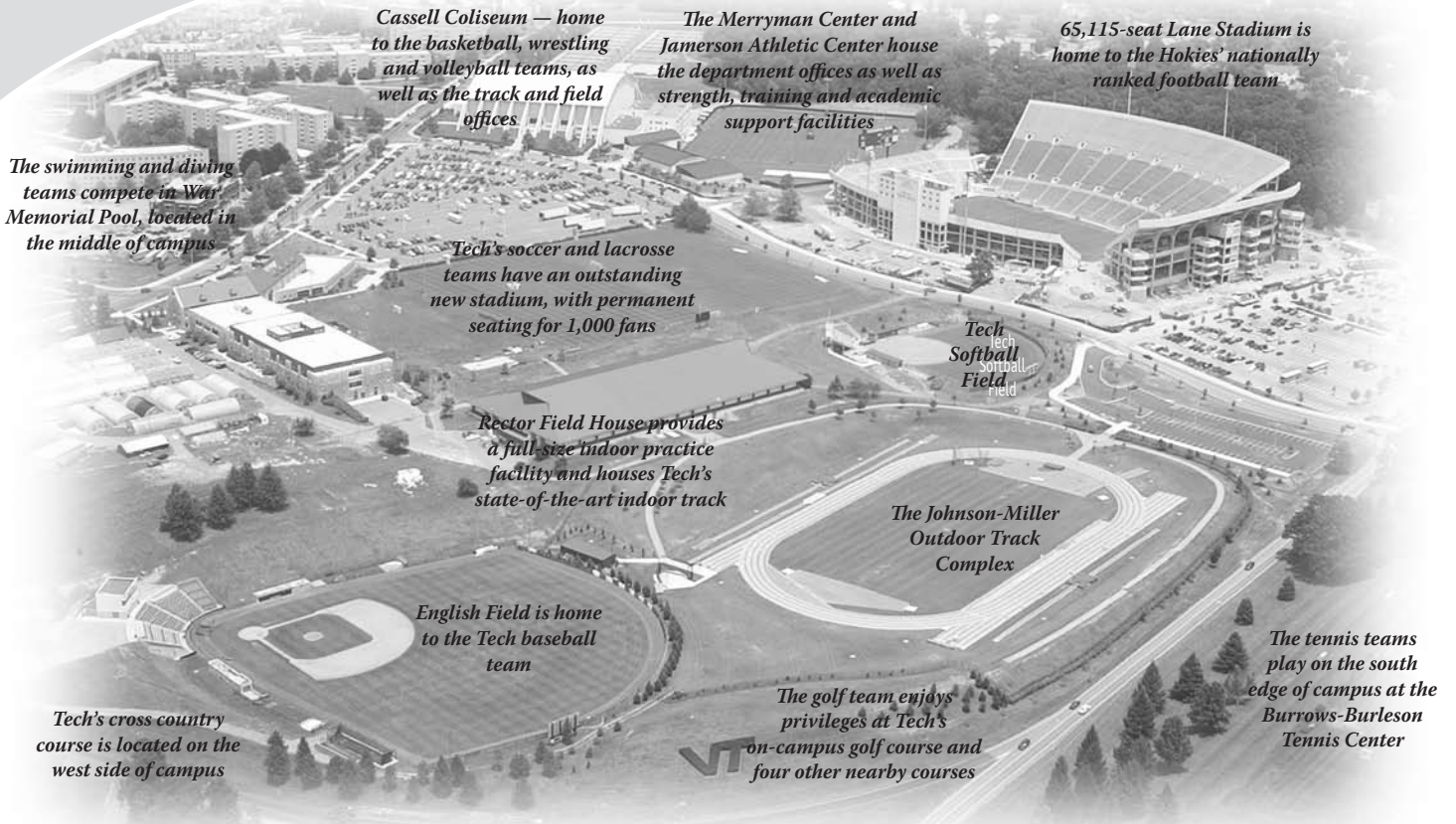
Tech recently completed its second year in the 4,300-square-foot Eddie Ferrell Memorial Training Room. The facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes.

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



Amy Davis

TECH'S ATHLETIC COMPLEX



THE ATLANTIC COAST CONFERENCE

THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 52nd year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 91 national championships, including 47 in women's competition and 44 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 116 times in men's competition and 57 times in women's action.

2003-04 IN REVIEW

The 2003-04 academic year concluded with the league pocketing three more national team titles and six individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 14 years.

The ACC's 2003-04 national champions were Wake Forest in field hockey, North Carolina in women's soccer and Virginia in women's lacrosse. Overall, 66 ACC teams took part in post-season play compiling a 101-66-4 (.596) record.

A total of 169 student-athletes from the ACC earned first, second or third-team All-America honors this past year. In addition, the ACC produced nine national Players of the Year, two national Rookies of the Year and three national Coaches of the Year recipients.

The ACC placed at least one team in the top 10 nationally in 17 sports. In all, 31 ACC teams finished their season with a top 10 ranking.

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2004-05 academic year - 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The

first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Tech. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting with the 2005-06 academic year.

SCHOOL AFFILIATIONS

Clemson: Charter member of the Southern Intercollegiate Athletic Association in 1894, a charter member of the Southern Conference in 1921, a charter member of the Atlantic Coast Conference (ACC) in 1953.

Duke: Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

Florida State: Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

Georgia Tech: Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of Southern Conference in 1921, charter member of the SEC in 1932, joined the ACC in April, 1978.

Maryland: Charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

Miami: Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

North Carolina: Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

N.C. State: Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

Virginia: Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, resigned from Southern Conference in December 1936, joined the ACC in December, 1953.

Virginia Tech: Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference on Feb. 5, 1991; joined the ACC in July, 2004.

Wake Forest: Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.

ACC Staff Directory

Commissioner.....	John. D. Swofford
Associate Commissioner	Frederick E. Barakat
Associate Commissioner	Jeff Elliott
Associate Commissioner	Bernadette McGlade
Associate Commissioner/Compliance & Governance	Shane Lyons
Assistant Commissioner/External Relations	Mike Finn
Assistant Commissioner/Student-Athlete Welfare	DeLores S. Todd
Assistant Commissioner/Media Relations	Brian A. Morrison
Coordinator of Football Officials	Tommy Hunt
Director of Video Services.....	W. Scott McBurney
Director of Championships.....	Davis Whitfield
Director of Information Systems.....	Christina Tracey
Business Manager	Lynne Herndon
Assistant Director/Compliance	Amy Huchhausen
Assistant Director/Media Relations	Amy Yakola
Assistant/Media Relations	Sarah Brown
Assistant Director/Video Services	Josh Klaff
Assistant Director/Women's Basketball	Kara McBurney
Executive Assistant to the Commissioner	Cel DiAmico
Administrative Asst./Media Relations/Video Services	Barbara J. Dery
Administrative Assistant/Men's Basketball	Kathy C. Hunt
Administrative Assistant/Championships	Jennie Barrett
Administrative Assistant/Compliance/Student-Athlete Welfare	Tracey Haith
Administrative Assistant/External Relations/Football.....	Blake Fromen
Administrative Assistant/Administration/Business	Susan Anthony
Administrative Assistant/Receptionist.....	Emily Watkins
Website Editor.....	Harrison Rand

BLACKSBURG, VA.



One of America's best college towns, Blacksburg is a perfect setting for a great university like 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.

Established in 1798 by John and William Black, the town is surrounded by scenic mountain views that accentuate the area. Since its founding, Blacksburg has grown to become the largest town in Virginia.

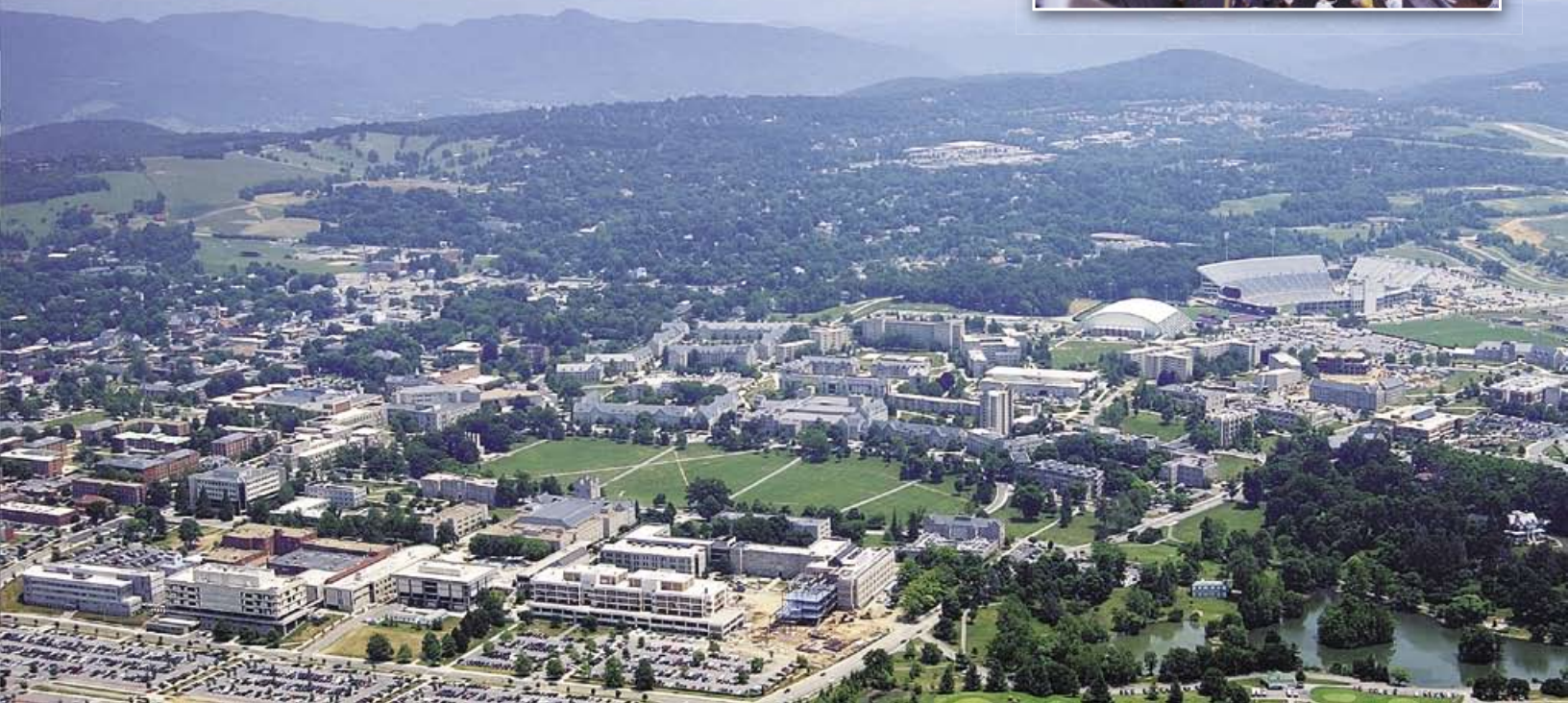
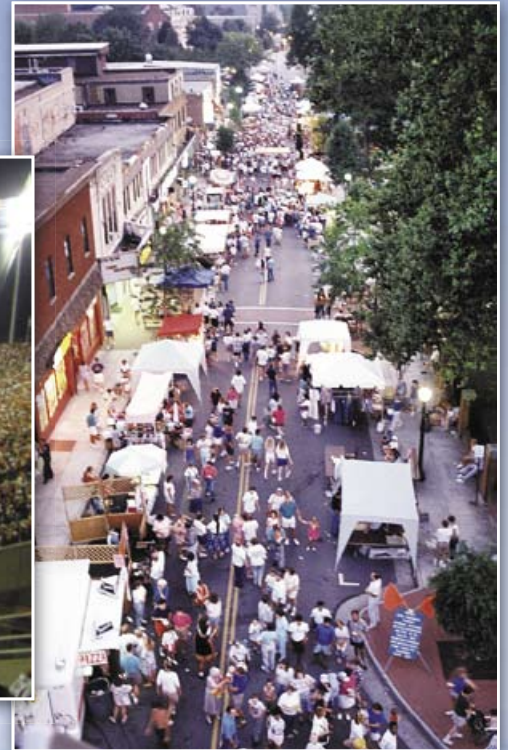
The nearly 36,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

Blacksburg was recently named by *Outside* magazine as one of the top 10 places to live in America.

The town'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 or at www.blacksburg.va.us.

From peaceful outings at the nearby Cascades, to thrilling Tech football games at Lane Stadium, to downtown festivals, the Blacksburg area has a lot to offer.





BRIAN MONDSCHEN
NCAA National Meet Qualifier
Two-Time BIG EAST Champion
Pole Vault

SASKIA TRIESSCHEIJN
NCAA National Meet Qualifier
Heptathlon

JASON FLUDD
BIG EAST Champion
Triple Jump

JACOBUS SMIT
NCAA National Meet Qualifier
Javelin

BRIAN MACPHEE
BIG EAST Indoor Champion
Shot Put

MARLIES OVERBEEKE
Two-Time NCAA All-American
Cross Country/1,500 Meters

RYAN NORWOOD
BIG EAST Outdoor Champion
and Record Holder
Shot Put