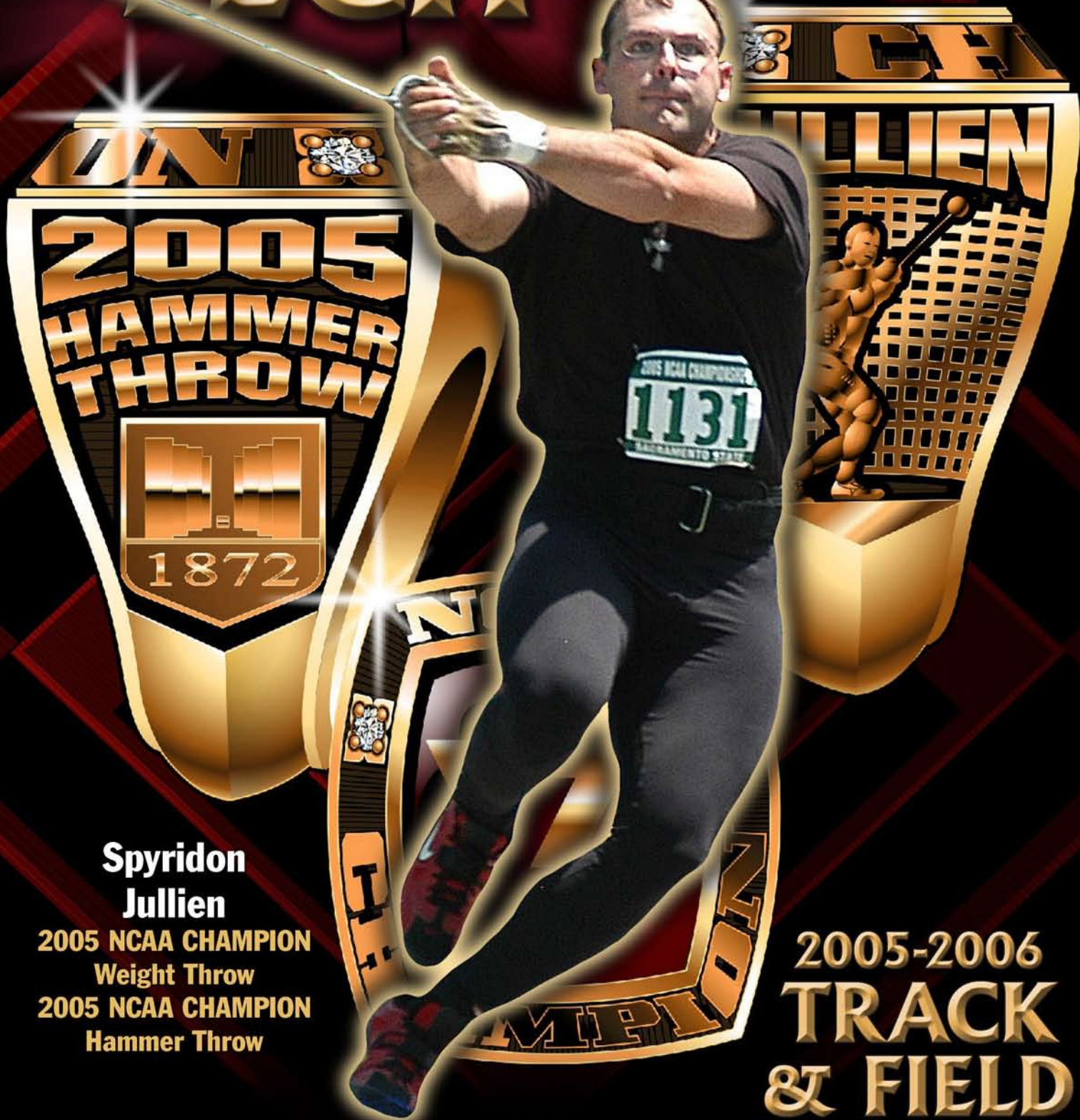


VIRGINIA TECH



**Spyridon
Jullien**

**2005 NCAA CHAMPION
Weight Throw
2005 NCAA CHAMPION
Hammer Throw**

**2005-2006
TRACK
& FIELD**

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.

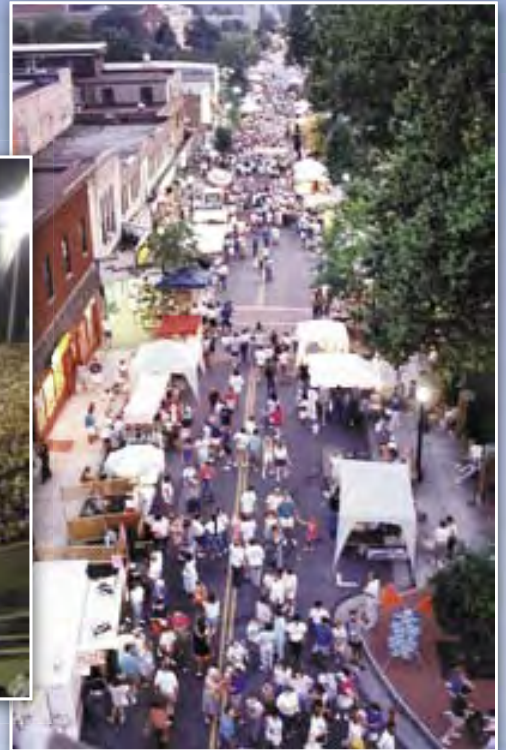
The nearly 42,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

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.



VIRGINIA TECH

2005-06 TRACK & FIELD

2005-06 SCHEDULE



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
Associate 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	Penny Martin
Track & field office phone.....	540-231-5037
Track and field fax.....	540-231-6686
2005 ACC indoor finish (m/w)	Sixth/Ninth
2005 ACC outdoor finish (m/w)	Sixth/Ninth
Men's indoor all-ACC returning/lost.....	2/1
Women's indoor all-ACC returning/lost.....	6/0
Men's outdoor all-ACC returning/lost.....	4/0
Women's outdoor all-ACC returning/lost.....	3/0

SPORTS INFORMATION

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Associate.....	Anne Panella
Assistants.....	Bill Dyer, Torye Hurst
.....	David Knachel, Bryan Johnston
Secretary	Donna Smith
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Sports Information fax.....	(540) 231-6984
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Track & Field Contact.....	Brent C. Hager
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Media guide credits

The 2006 Virginia Tech track & field media guide is a publication of the Virginia Tech Sports Information Office, and was written by Brent C. Hager and former intern Laura Culbertson. The guide was edited by Hager, Associate SID Anne Panella, Assistant SID Dave Knachel and student assistant Sharon Brown. Photography and cover design by David Knachel. Design by Eric Carr. The University Visual Communications Photo Lab also contributed images for this publication. Printed by Southern Printing Company of Blacksburg, Va.

Indoor Season

Date	Event	Location
Dec. 2-3	Clemson Opener	Clemson, S.C.
Dec. 3	VMI Invitational	Lexington, Va.
Jan. 13-14	Virginia Tech Invitational	Blacksburg, Va.
Jan. 20-21	Clemson Invitational	Clemson, S.C.
Jan. 27-28	Pole Vault Summit	Reno, Nev.
Feb. 3-4	Husker Invitational	Lincoln, Neb.
Feb. 4	Liberty Record Bash	Lynchburg, Va.
Feb. 10-11	Penn State Invitational	State College, Pa.
Feb. 17-18	Virginia Tech Challenge	Blacksburg, Va.
Feb. 23-25	ACC Championships	Blacksburg, Va.
Mar. 4	Virginia Tech Last Chance	Blacksburg, Va.
Mar. 10-11	NCAA Championships	Fayetteville, Ark.

Outdoor Season

Date	Event	Location
Mar. 18	Hurricane Invitational	Miami, Fla.
Mar. 24-25	Florida State Relays	Tallahassee, Fla.
Apr. 1	UNC Charlotte Invitational	Charlotte, N.C.
Apr. 7-8	Texas Relays	Austin, Texas
Apr. 7-8	Duke Invitational	Durham, N.C.
Apr. 14-15	Sea Ray Relays	Knoxville, Tenn.
Apr. 20-22	ACC Championships	Winston-Salem, N.C.
Apr. 27-29	Penn Relays	Philadelphia, Pa.
Apr. 30	Stanford Invitational	Palo Alto, Calif.
May 3	Liberty Invitational	Lynchburg, Va.
May 12-13	Georgia Tech Invitational	Atlanta, Ga.
May 26-27	NCAA East Regionals	Greensboro, N.C.
June 7-10	NCAA National Championships	Sacramento, Calif.
June 22-25	USA Track & Field Championships	Indianapolis, Ind.

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THIS IS VIRGINIA TECH

A RESEARCH UNIVERSITY IN ACTION



From a meager beginning in October of 1872, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. As Virginia's largest university, with 25,600 students on campus, and one of the top research institutions in the nation, it is an institution that firmly embraces a history of putting knowledge to work. That tradition is rooted in the motto, *Ut Prosim: "That I May Serve,"* and Virginia Tech's land-grant missions of instruction, research, and solving the problems of society through public service and outreach activities.

Instruction

Virginia Tech's eight colleges (Agriculture & Life Sciences, Architecture & Urban Studies, Pamplin College of Business, Engineering, Liberal Arts & Human Sciences, Natural Re-

sources, Science, and Virginia-Maryland Regional College of Veterinary Medicine, plus the Graduate School) offer more degree programs than any other university in the state with 60 undergraduate and 110 graduate programs. Virginia Tech is one of the nation's leaders in developing and using new instructional technologies.

Research

With annual research expenditures of about \$269 million, Virginia Tech consistently ranks among the top research universities in the United States. With more than 100 research centers, the university also consistently ranks among the top institutions in industry-supported research and near the top 10 in the number of patents issued each year.

The university's faculty and students are involved in more

than 3,700 research projects in fields ranging from biotechnology to materials, from the environment and energy to food and health, and from transportation to computing information.

Outreach and International Affairs

As part of its outreach mission, Virginia Tech is involved in a multitude of economic and community development projects. For example, it helps global marketing efforts, investigates better uses for strip-mined land, helps clean the Chesapeake Bay and other state waterways, directs reforestation in Senegal — and the list goes on.

Outreach efforts focus on education and the dissemination of knowledge in the global society in which we live.

Professionals, organizations, and communities tap Virginia Tech's vast resources, expertise, and research results through hundreds of continuing education programs, part of Outreach Program Development. Virginia Tech has a long history of providing innovative distance learning techniques, such as satellite videoconferencing, multimedia, interactive video, interactive computer conferencing, and web-based courses, to meet the various needs of working adults and other nontraditional students.

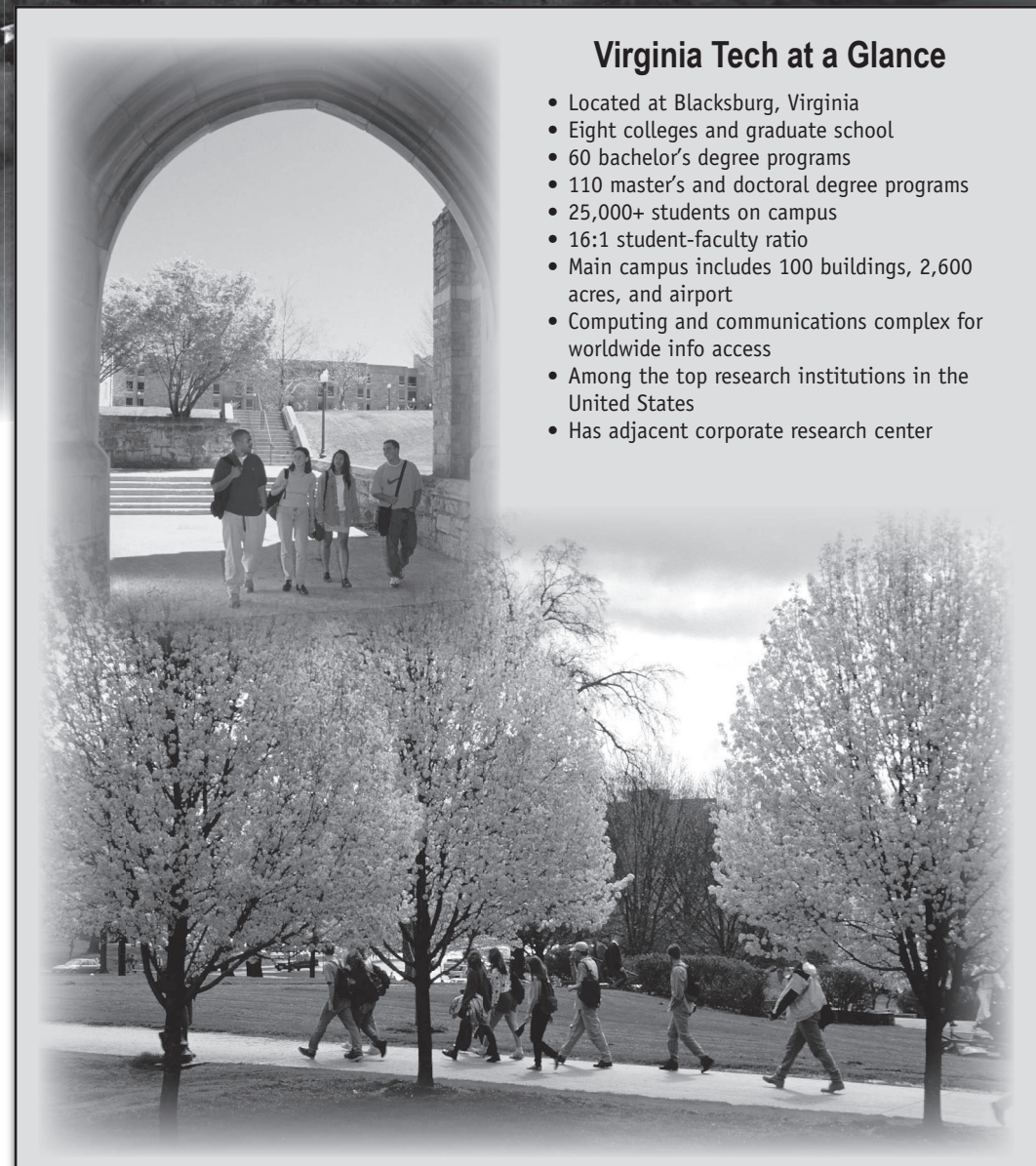
The Inn at Virginia Tech and Skelton Conference Center on campus have been completed, and The Hotel Roanoke and Conference Center in Roanoke, also owned by Virginia Tech, support the university's outreach education mission by working with faculty to plan and host conferences.

THIS IS VIRGINIA TECH



Virginia Tech manages more than \$30 million in funded economic development projects in 27 countries and encourages faculty to develop global course content and study abroad opportunities for students. In 2002-2003, 2,089 students from 113 foreign countries are studying at Virginia Tech while more than 800 Virginia Tech students are studying abroad.

Virginia Cooperative Extension, operated jointly in the Commonwealth by Virginia Tech and Virginia State University, has been helping people improve their economic, cultural, and social well-being for more than 85 years now. With 107 city/county offices, and more than 44,000 volunteers and 160 programs Extension reaches and teaches millions of Virginians annually.



Virginia Tech at a Glance

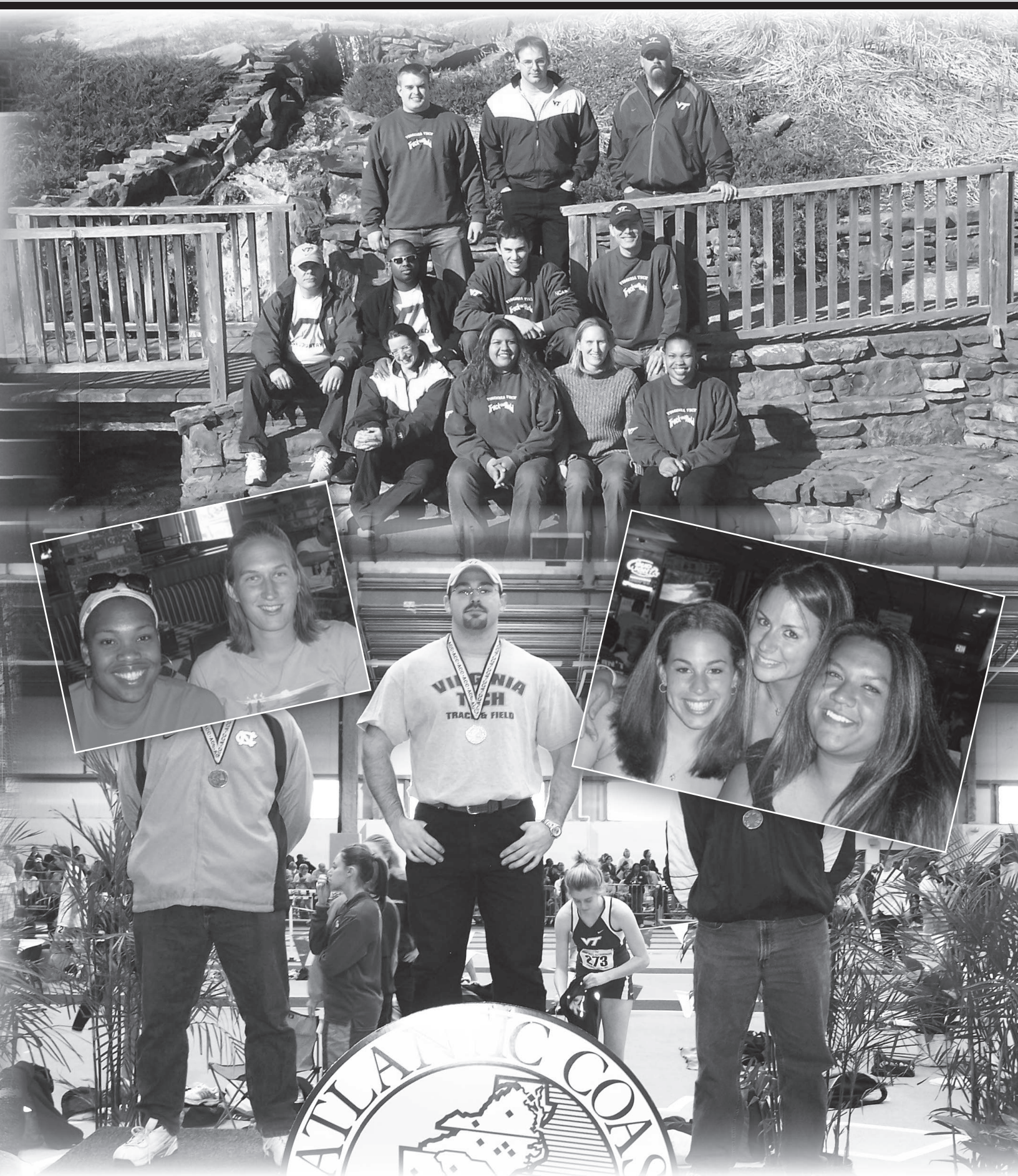
- Located at Blacksburg, Virginia
- Eight colleges and graduate school
- 60 bachelor's degree programs
- 110 master's and doctoral degree programs
- 25,000+ students on campus
- 16:1 student-faculty ratio
- Main campus includes 100 buildings, 2,600 acres, and airport
- Computing and communications complex for worldwide info access
- Among the top research institutions in the United States
- Has adjacent corporate research center

Virginia Tech

TRACK & FIELD



VIRGINIA TECH TRACK & FIELD



THE COACHING STAFF



DAVE CIANELLI

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY

Dave Cianelli enters his fifth year at Virginia Tech. He guided the Hokies

into the Atlantic Coast Conference last season and into the BIG EAST Conference in 2001. Now that the Hokies have a permanent conference home, Cianelli looks to develop Tech's men's and women's athletes into top competitors in the ACC and at the NCAA level.

"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 national level. We plan to accomplish this goal through recruiting and by developing better and better talent."

If Cianelli's first four years at the reins are any indication, the future is certainly bright for Tech's track & field and cross country programs. During the past four years, Cianelli had 15 All-Americans and 18 conference champions, six of them in 2005 alone.

In 2005, the men's track team achieved the highest finish (13th) at the NCAA National Championship in the history of the program.

In addition, Spyridon Jullien became the first individual national champion in any sport at Virginia Tech.

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 began 2005 with a promotion to associate head men's track and field coach. Former Hokie and NAIA Region XII Coach of the Year Ben Thomas is the cross country coach and his assistant is Stacey Vidt, a former NCAA all-region cross country runner for the Hokies. Cianelli hired Lawrence Johnson, formerly of Southern Illinois, to be Tech's sprints coach in January 2005. 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.

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

CIANELLI BY THE NUMBERS

151	All-Americans
113	Conference champions
100	Percent graduation rate at Virginia Tech
30	NCAA champions
43	School records at Virginia Tech
19	Olympic and World championship qualifiers
9	Top-10 women's NCAA finishes
9	Top-10 men's NCAA finishes
3	NCAA division II cross country national championships
3	NCAA division II outdoor track runners-up

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.

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.

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.

Cianelli and his wife, Ellen, have a daughter Mariah, who is 10, and a son Sebastian, who is 6. "What attracted me to Blacksburg and Virginia Tech was the tremendous amount of support that runs between the community and the university," Cianelli said.

THE CIANELLI FILE

Virginia Tech (2001-Present)

- Two NCAA individual national champions, the first in Virginia Tech history
- Fifteen All-Americans
- Six Atlantic Coast Conference champions
- Twelve BIG EAST Conference champions
- Had the most track & field athletes earn All-American honors in a single season during his coaching tenure last season (nine)
- Men's track & field team had highest team finish (13th) at the 2005 NCAA Outdoor Championships in school history
- Men's track & field team had highest team finish (16th) at the 2005 NCAA Indoor Championships 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

THE COACHING STAFF



GREG JACK

ASSOCIATE HEAD MEN'S TRACK AND FIELD COACH (THROWS)

Greg Jack, the associate head men's track and field coach, begins

his fifth season at Virginia Tech. Jack coaches the Hokie throws crew.

Dave Cianelli, director of track and field, said, "Greg Jack has 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 school-record setting 2005 season. At the 2005 NCAA Indoor Championships, thrower Spyridon Jullien became the school's first NCAA champion by winning the men's 35-pound weight throw. Jullien then captured the hammer national title at the NCAA Outdoor Championships in June.

In addition to Jullien, Jack coached four others who earned All-America honors. Tamara Burns (indoor weight throw), Kristen Callan (outdoor hammer), Sven Hahn (outdoor shot put) and Ryan Norwood (indoor shot put) all earned All-America honors. In the ACC, Jullien and javelin thrower Jacobus Smit won three ACC individual titles and six Hokie throwers were named All-ACC.

In 2004, Jack had several athletes place in the top-five at the NCAA East Regional Championships. 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. Jullien took fourth place 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.

Callan won the hammer throw at the 2004 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 Grosseto, Italy.

With 2004 being an Olympic year, Jack took advantage of the opportunity to participate in the Olympics by serving 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 10th in the shot put finals at the Olympics in Athens and earn a top-eight world 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 while reaching 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 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 10 All-Americans, 17 NCAA qualifiers, 11 conference champions, six 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 coming to Virginia Tech, Jack achieved remarkable success at Pittsburgh in his first coaching position. Under his direction,

Pittsburgh athletes broke six school records in throwing events. The program produced a 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.

Thirty-year-old Jack is married to the former Jacquie Keats, a 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."

THE JACK FILE

Virginia Tech (2001-present)

- 2005 NCAA outdoor champion in the hammer throw, Spyridon Jullien
- 2005 NCAA indoor champion in the 35-pound weight, Spyridon Jullien
- 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
- 2004 World Junior Championships competitor, Kristen Callan
- Coached nine athletes representing eight countries in international competition
- Ten All-Americans
- Seventeen NCAA qualifiers
- One NCAA East Region champion
- Three Atlantic Coast Conference champions
- Eight BIG EAST Conference champions
- Two ACC record holders (men's weight and men's hammer)
- Three BIG EAST Conference record holders (men's weight, women's javelin and men's shot put)
- Eleven school records
- One BIG EAST Conference Athlete of the Meet
- One United States Track Coaches Association (USTCA) Regional Indoor & Outdoor Athlete of the Year
- 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

THE COACHING STAFF

LAWRENCE JOHNSON



SPRINTS, HURDLES, JUMPS COACH

Lawrence Johnson enters his second season with the Hokie track and field program, after joining the staff in January of 2005. After just one season at Virginia Tech, Johnson recruited and signed the best sprint and hurdle class in school history. "Lawrence has had an immediate impact with our program," Director of Track Dave Cianelli said. "He brings a wealth of excitement, enthusiasm, knowledge and leadership skills to guide the Hokies sprint, hurdles and jumps squads to be the best in the ACC and nationally."

During his first season, Johnson's group broke six school records, produced five regional qualifiers, two All-ACC performers, and one All-American. The Hokie upperclassmen really thrived under Johnson's watchful eye, making spectacular improvements. Saskia Treisscheijn announced herself to the ACC and the NCAA by turning in performances that garnered her All-ACC and NCAA All-American multi-event athlete accolades

as well as shattering the school record in the indoor pentathlon. Team captain Marie Giles took a "leap of faith" and changed her event her senior season. Giles moved up from the 400m-dash to the 800m-run during her senior outdoor campaign and it paid huge dividends. She went from being an upstart, to one of the best 800m runners in the ACC and the East region. Her 800m-performance move her to No. 2 all-time in school history and she remained No. 1 all-time indoor and outdoor in school history over 400m. Victoria Green developed a "take no prisoner" attitude during her senior campaign. She ran an amazing 400m leg on the victorious All-ACC indoor distance medley relay and was a 400m outdoor ACC finalist.

Johnson, affectionately known as "Boogie," joined the Hokies after a two-year stint with the Southern Illinois men and women's team. During his time at Southern Illinois, Johnson's athletes rewrote nine school records and three Missouri Valley Conference records. In just two seasons, he directed nine MVC champions, four MVC runner-ups, two MVC outdoor champions, seven MVC outdoor runner-ups, 24 All-MVC selections, three MVC scholar selections, eight Mid-East regional qualifiers, two All-Mid-East regional selections, two NCAA meet participants, and one NCAA All-American.

In 2003, Johnson coached Latrice Gray-Murphy to All-American status in the high jump at the 2003 outdoor NCAA National Championship, breaking a 13 year Saluki hiatus from the All-American platform. Korto Dunbar also competed in the 100m hurdles at the national outdoor championship and shattered the MVC all-time conference record in the process.

Prior to SIUC, Johnson served as a graduate assistant coach at the University of Arkansas. He assisted with the sprinters, hurdlers, and jumps crew and was Associate Head Coach Lonnie 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 well renowned University of Arkansas men's track and field team. As an athlete, Johnson helped the Hogs to four SEC indoor and outdoor championships and the 1998 NCAA National outdoor championship.

Prior to running with the Hogs, Johnson ran for Long Beach City College, where he was team captain and MVP. He was the 1996 South Coast Conference champion in the 400m, as his team finished runner-up in Southern California. He also earned an Associates of Arts degree in physical education and recreation from Long Beach City in 1998. In 1995, Johnson was a member of the Triple Crown National Championship Junior College track and field team at Blinn College. He was also a Texas high school all state finalist in the 400m.

Johnson and his wife Lilly have four children, Desirae La'shae, Lawrence Christopher, Laniah Amerie, and Lukas Allen.



THE COACHING STAFF



BEN THOMAS

HEAD CROSS COUNTRY/DISTANCE COACH

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

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

Thomas has a combined nine years of collegiate coaching experience. During his four seasons as the cross country coach, Thomas has developed the squad into one of the top teams in this region.

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

Thomas 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.

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

Before coming to Tech, Thomas served as the men's and women's distance coach at the University of Georgia for six months. Prior to that, he

was the head track & field 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. The team went on to place fifth at the NAIA Cross Country National Championships. In 2000, the men's team took fourth at nationals while the women finished 14th. He also coached four All-Americans, including three-time NAIA national champion Alexis Sharangabo.

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

A native of Lynchburg, Va., Thomas earned a B.A., in English from Virginia Tech in 1992. He also completed coursework for

an M.A., in education from Lynchburg College in 1999. Thomas began his career coaching track at E.C. Glass High School (1992-94) in Lynchburg, and then cross country at Blacksburg High School (1994-95). He has also won the Draper Mile, a local road race, on six occasions.

"Being at Virginia Tech is a dream come true," Thomas said when he was hired. "This is where I wanted to coach, so it's a real blessing to be back in Blacksburg."

THE THOMAS FILE

Virginia Tech (2001-Present)

- Two NCAA All-Americans (cross country, 2003 and 1,500m, 2004)
- Two NCAA cross country qualifiers
- Six NCAA All-Region cross country runners
- One All-BIG EAST cross country runner
- One All-ACC cross country runner

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 champions
- 1996 Southern Conference champion
- 1996 Southern Conference Coach of the Year



STACEY VIDT

ASSISTANT CROSS COUNTRY/DISTANCE COACH

Stacey Vidt, a Tech alum, is in her second year as the assistant distance coach, having joined the staff last winter.

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 Director of Track and Field Dave 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."

In the fall, Vidt worked with NCAA All-Region cross country runner Tasmin Fanning.

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.

On May 22, 2003, Vidt ran her first marathon in Cleveland, Ohio, finishing in a time of 3:16:19. She was the 11th female out of 400 to cross the line

and placed 117th overall out of 1,600 runners.

Vidt, a human nutrition, foods and exercise graduate in the spring of 2003, also earned a master's in muscle physiology from Virginia Tech in 2005. 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.

She was inducted into Hampton High School's Hall of Fame in September of 2005.

THE COACHING STAFF



CLEOPATRA BOREL-BROWN

Throws
Administrative
Assistant

Cleopatra Borel-Brown returns for her fourth season on the Tech volunteer coaching staff and is in her first year as

administrative assistant for the track and field program, bringing with her a wealth of international and collegiate experience.

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

In 2003, Borel-Brown was sixth at the Pan-American Games, and in 2002 placed second in the NACAC Championships and 4th at the Commonwealth Games.

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

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



CLINTON EDWARDS

Sprints

Clinton Edwards begins his third season at his alma mater as a volunteer coach after competing as a standout sprinter for the Hokies from 1998-2002. Edwards was the 2000 Atlantic 10 indoor champion in the 400 meters and also was the first leg on the 1999 Atlantic 10 outdoor champion

4x400 meter relay team, which owns the second fastest outdoor 4 x 400 meter relay time in school history.

He helped the Hokies dominate the Atlantic 10, winning both the indoor and outdoor team titles from 1999-2000, before moving to the Big East. Edwards placed sixth the following year in the 200 meters at the 2001 Big East Outdoor Championship meet. He holds the fourth fastest indoor and fifth fastest 200 meter times in Tech history in addition to being twice named to the All-Atlantic 10 and All-Big East teams.

Edwards also recorded a personal best of 21.10 in the 200 meters, while competing post-collegiately in 2003. Edwards graduated from Tech in 2003 with a degree in family financial management. He is currently pursuing his master's in public administration at Virginia Tech.



MARIE GILES

Sprints/Hurdles

Marie Giles returns to her alma mater and is in her first year as a volunteer coach after a standout career as a sprinter for the Hokies from 2003-2005. Giles holds the indoor school record in the 400m and 500m events. She also holds the outdoor school record in the 400m and is a part of the school-record holding sprint-medley relay team. Giles was also a 2005

outdoor ACC finalist and NCAA regional qualifier in the 800m. Giles graduated from Tech in 2005 with a degree in human nutrition, food and exercise.



ANN McGRANAHAN

Distance

Ann McGranahan begins her second year on 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 2001.

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.

At Villanova, she was an eight-time NCAA qualifier in cross country and track and a two-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 4:24 in the 1,500 meters, 9:21 in the 3,000 meters, 15:45.76 in the 5,000 meters and 26:29 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 26 years old and is married to Tech's cross country coach, Ben Thomas. They reside in Newport, Va.



BOB PHILLIPS

Pole Vault

Former Virginia Tech All-American Bob Phillips enters his 16th year as coach of the Hokie pole vaulters.

Phillips returns every member except one from the 2005 men's and women's squad that scored a combined 40 points at the ACC Championships. He guided the Tech men vaulters to first, fifth, sixth and seventh-place finishes at Tech's first-ever ACC indoor championship. He led the Tech men vaulters to first, second and fourth place at the 2003 BIG EAST Conference Outdoor Championships. This past season, Brian Mondschein captured the ACC indoor and outdoor and NCAA East Region Championships. In addition, Mondschein earned All-America honors both indoor and outdoor in 2005. On the women's side, Phillips has already coached two ACC scorers and one NCAA regional qualifier.

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 Sports Hall of Fame in 1999.

Phillips has coached vaulters to 14 conference championship titles and was himself a three-time Metro Conference Champion.

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.

2006 WOMEN'S OUTLOOK

With a group of seasoned veterans to go along with the best recruiting class ever assembled at Virginia Tech, the women's 2005-06 track and field team could be the best in the school's history.

"Our recruiting class is certainly the deepest and what I believe is the most talented during my tenure," Dave Cianelli, director of track and field said. "Overall, we will continue to be strong in the throws, multi-events and pole vault with our returnees. The recruiting class gives us depth in sprints, hurdles and distance events."

The Hokies' excellent returnees will include three All-Americans. Senior Tamara Burns, junior Kristen Callan and senior Saskia Triesscheijn. In 2005, Triesscheijn earned All-America honors in the pentathlon. Burns earned these honors in the weight throw while Callan did so in the hammer throw.

In addition to these three, fellow senior Gunild Kreb could also be in the mix at the NCAA Championships in the multi-events. Last year, she was a provisional qualifier for the NCAAs.

"Under the excellent guidance of Coach Greg Jack, our throwers again will be outstanding," Cianelli said. "We return All-Americans Tamara Burns and Kristen Callan. Tamara has already proven to be one of the best in the nation in the weight throw and Kristen will again be a top national-level contender in the hammer throw. Ciera Ayangbile and Ashleigh Keats will be among the best in the ACC in the shot put and javelin."

The sprints/hurdles group has extremely high expectations this season. An outstanding recruiting class that featured four high school All-Americans and bolstered by an outstanding transfer means Tech should definitely make some noise at the ACC Championships in 2006.

Mycaiah Clemons, Sherlenia Green, Shakirra Pinnock and Patrice Potts will join returnees Britni Spruill and Jackie Nicholson to form the core of the most talented sprint crew ever at Virginia Tech.

Freshmen Jessica Battle and Ashley Brown add to Tech's youth movement and will be vying for spots on both sprint and 4x400m relays.

"In one short year, Coach Lawrence Johnson has assembled the most talented sprint/hurdle crew ever at Tech," Cianelli said. "We will rely on freshmen Patrice Potts, Mycaiah Clemons and Shakirra Pinnock to shoulder much of the load. With junior transfer Sherlenia Green, We have an established performer who will provide leadership for a very young group. This crew will give us a dimension at the ACC Championships that we need to be successful as a team."

The distance crew features an extremely young group with no seniors. Although young, the team is experienced. Three members, Meredith Brooks, Jessica Fanning and Natalie Sherbak, return from last season's ACC Championship

distance medley relay team. Two returners, Brooks and Heather Mullis, participated at the NCAA East Region Championships.

Tasmin Fanning, coming off an outstanding freshman cross country season, Sam Ference, Heather Fisher, Kristin Hart, Nicole Pederson and Erin Reddan could all provide points for Tech at the conference meet.

"Last year, the crew proved that they can compete at the ACC level," Cianelli said. "They can do the same thing this year as individual scorers and finalists at the ACC Championships.

"Coach Bob Phillips has done an outstanding job with our vault crew," Cianelli said.

He returns NCAA regional qualifier and school-record holder Abbey McGrath and Erin Mahony, who was All-ACC indoors last season. With juniors Jennifer Wade, Kim Johnston and freshman Diana Sciambi, the team will be in position to score a lot of points at the ACC Championships and could qualify multiple people for the NCAAs. Under Phillips, the vaulters have become one of the strongest areas for Tech.

"Our team goal is and always will be to be the best in the ACC and top-10 nationally," Cianelli said. "From a talent standpoint, this year's team is our best since I've been here. Our last two recruiting classes have set the foundation for us to reach all of our goals."

2006 VIRGINIA TECH WOMEN'S ROSTER

Name	Yr.	Hometown	Previous School	Event
Ciera Ayangbile	So.	Fulton, Ill.	Fulton	Throws
Jessica Battle	Fr.	Richmond, Va.	Varina	Sprints/Hurdles
Meredith Brooks	Jr.	Burke, Va.	Robinson	Mid-Distance
Ashley Brown	Fr.	Charlottesville, Va.	Charlottesville	Sprints
Tamara Burns	Sr.	Elm Creek, Neb.	Cloud County C.C.	Throws
Kristen Callan	Jr.	Monroe, N.Y.	Woodbury	Throws
Mycaiah Clemons	Fr.	New Kensington, Pa.	Valley	Sprints/Hurdles
Jenn Dietz	Jr.	Springfield, Va.	Robert E. Lee	Distance
Jessica Fanning	So.	Crozet, Va.	Western Albemarle	Distance
Tasmin Fanning	Fr.	Crozet, Va.	Western Albemarle	Distance
Samantha Ference	Jr.	Clifton, Va.	Robinson	Distance
Heather Fisher	Fr.	Herndon, Va.	Herndon	Distance
Sherlenia Green	Jr.	Vernon Hills, Ill.	Southern Ill.	Sprints
Rachel Hamilton	Fr.	Gainesville, Va.	Brentsville District	Distance
Kristin Hart	So.	Herndon, Va.	Herndon	Distance
Catherine Jackson	So.	Forest, Va.	Jefferson Forest	Distance
Kimberly Johnston	Jr.	Old Bridge, N.J.	Old Bridge	Pole Vault
Ashleigh Keats	So.	Salina, Kan.	Salina Central	Throws
Gunild Kreb	Sr.	Winterbach, Germany	Univ. of Fridericiana	Multi-Events
Erin Mahony	Jr.	Virginia Beach, Va.	Kempsville	Pole Vault
Abbey McGrath	Jr.	Burke, Va.	Lake Braddock	Pole Vault
Meagan Montgomery	Fr.	Richmond, Va.	Douglass Freeman	Distance
Heather Mullis	Jr.	Virginia Beach, Va.	Cox	Mid-Distance
Jaqueline Nicholson	Sr.	Clayton, N.J.	Clayton	Sprints/Hurdles
Nicole Pederson	Fr.	Herndon, Va.	South Lakes	Distance
Shakirra Pinnock	Fr.	Hampton, Va.	Bethel	Sprints
Patrice Potts	Fr.	Greensville, Va.	Brunswick	Sprints
Erin Reddan	Fr.	Bricktown, N.J.	Brick Township	Distance
Kyra Rosow	Fr.	Scarsdale, N.Y.	Edgemont	Distance
Keosha Sanders	Sr.	Stafford, Va.	Brooke Point	Sprints/Hurdles
Diana Sciambi	Fr.	Great Falls, Va.	Langley	Pole Vault
Natalie Sherbak	So.	Virginia Beach, Va.	Kellam	Distance
Britni Spruill	So.	Hampton, Va.	Bethel	Sprints/Jumps
Saskia Triesscheijn	Sr.	Berlin, Germany	Humboldt Univ.	Multi-Events
Jennifer Wade	Jr.	Roanoke, Va.	Cave Spring	Pole Vault

TAMARA BURNS



THROWS

SENIOR

ELM CREEK, NEB.

ELM CREEK H.S.

(CLOUD COUNTY CC)

PR: 20 lb. Weight Throw - 73'3.75" (22.33m);

Shot Put - 46'11" (14.30m);

Discus Throw - 164' (50.00m);

Hammer Throw - 195'6" (59.59m)

- 2005 All-American - Weight Throw •
- 2005 NCAA Regional qualifier - Hammer & Discus •
- 2005 NCAA Indoor Championships qualifier •
- 2005 All-ACC - Weight and Hammer Throw •
- Indoor School Record - Weight Throw (2005) •

2005 Outdoor: Threw the shot put, discus and hammer ... Was an NCAA regional qualifier in the hammer and discus throw ... Placed 12th in the hammer at the NCAA East Region Championships with a mark of 169'2" (51.56m) ... Finished third in the hammer with a personal-best mark of 195'6" (59.59m) at the ACC Championships ... Earned All-ACC honors for finishing third at the conference championships ... Was seventh in the discus throw and 13th in the shot put at the ACC championships ... Had season-best throws in the shot (45'5.25"; 13.85m) and discus (162'6"; 49.53m) at the Charlotte Invitational.

2005 Indoor: Threw the 20 lb. weight 66'5.25" (20.25m) for 12th place at the NCAA Championships ... Earned first NCAA division I All-American honor of her career ... All-ACC honor for placing third in the weight throw event ... Won the weight throw and set the school record at 68'7.25" (20.91m) at the Carolina Classic ... Finished seventh in the women's shot put with a mark of 44'11.50" (13.70m) at the ACC Championships ... Threw a season-best 45'10.50" (13.98m) in the shot put for a seventh-place finish at the Virginia Tech Challenge ... Awarded Virginia Tech's Track and Field Female Rookie of the Year.

Prior to Tech: Was a thrower at Cloud County Community College in Concordia, Kansas for coach Ted Schmitz ... National Junior College runner-up in the weight throw ... A four-time junior college All-American ... 2004 NJCAA All-American for the discus, hammer and weight ... 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 coaches Mark Stone and 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 (46'11.5") ... Won the shot put (46'8") and discus (159'3 - a personal best) competing against three other states at a senior All-Star meet ... Named Outstanding Female Performer for Nebraska at the Senior All-Star Meet ... Outstanding Thrower at the 2001 Down Under International Games in Australia ... Was first in the shot put, second in the hammer and third in the discus at the meet ... Was second in the shot put and third in the discus at the Junior Olympic Nationals ... Holds Nebraska's sixth-best all-time shot put throw ... First in the shot put at the 2002 Adidas Indoor Midwest Classic ... 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 ... Two-time recipient of the Citizenship Award ... 2001 and 2002 Class D State Powerlifting champion and state-record holder in the deadlift with 400 lbs.

Personal: Born on December 21, 1983 in Eureka, Calif. ... Daughter of Timothy and Natalie Burns ... Human development major ... Has one brother, Michael.



KRISTEN CALLAN



THROWS

JUNIOR

MONROE, N.Y.

WOODBURY H.S.

PR: HAMMER THROW - 203'10" (62.13m);

WEIGHT THROW - 63'7.50" (19.39m)

- 2005 All-American - Hammer Throw •
- 2005 NCAA Outdoor Championships finalist - Hammer Throw •
- 2005 NCAA Indoor Championships provisional qualifier - Weight Throw •
- 2005 All-ACC - Hammer Throw •
- 2004 IAAF World Junior National Championship - Hammer Throw •
- 2004 USA Junior National Champion (Hammer Throw) •
- 2004 and 2005 NCAA Outdoor Regional finalist - Hammer Throw •
- 2004 All-BIG EAST - Hammer Throw •
- 2004 BIG EAST Academic All-Star •
- Outdoor School Record - Hammer Throw (2005) •

2005 Outdoor: Placed 10th in the finals of the hammer throw at the NCAA Championships with her throw of 196'2" (59.79m) ... Earned All-America honors for being the eighth American finisher in the finals of the hammer throw at the outdoor national meet ... Threw six NCAA regional qualifying marks in the hammer ... Placed second in the hammer at the ACC Championships with a new school- and personal-best throw of 203'10" (62.13m) ... Ranked fifth in the NCAA Division I East Region performance list and 11th on the national list with her personal-best mark ... Earned All-ACC honors for finishing second at the conference championships ... An NCAA Championships automatic qualifier after finishing fourth in the hammer at the NCAA East Region Championships with a mark of 195'4" (59.54m) ... At the Georgia Tech Invitational, threw the hammer 197'11" (60.32m) for fourth place in the event ... Won the hammer throw at Tennessee's SeaRay Relays with 197'8" (60.25m) ... Had six top-five finishes during the season.

2005 Indoor: Qualified for the NCAA Championships in the weight with seven provisional throws during the season ... Set a personal best in the weight throw with 63'7.50" (19.39m) at the ACC Championships, which placed her fourth in the event ... Had five top-five performances ... Threw over 60' in six competitions ... Took fourth place at the Virginia Tech Challenge with a mark of 62'10.75" (19.17m) ... Improved her throw by three feet from the 2004 season.

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 ... Set the school record at the Virginia Tech Challenge with a mark of 60'3" (18.36m) while claiming first place in the event ... 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 ... 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 ... History major.



WOMEN'S PROFILES

SASKIA TRIESSCHEIJN



MULTI-EVENTS SENIOR BERLIN, GERMANY HUMBOLDT UNIVERSITY

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

- 2005 All-American - Pentathlon •
- 2004 and 2005 NCAA Outdoor Championship qualifier - Heptathlon •
- 2004 and 2005 NCAA Indoor Championship qualifier - Pentathlon •
- 2005 NCAA Regional qualifier - Javelin Throw •
- 2005 All-ACC - Heptathlon *
- 2004 All-BIG EAST - Heptathlon •
- 2004 BIG EAST Academic All-Star •

2005 Outdoor: Finished in 22nd place of the heptathlon with 5,094 points at the NCAA Championships ... Provisionally qualified in the heptathlon to compete at the NCAA Championships twice ... Finished third in the heptathlon with 5,367 points at the ACC Championships, earning All-ACC honors ... Won the heptathlon at the Ole Miss Invitational with 5,323 points ... Qualified for the NCAA East Region Championships in the javelin with a throw of 143'1" (43.62m) in the event of the heptathlon at the ACC Championships ... Won several events of the heptathlon during the season ... Took first place in the 800 meters of the heptathlon with a time of 2:19.71 and placed first in the javelin throw with 143'1" (43.62m) at the ACC Championships ... Finished first in the shot put of the heptathlon at the Ole Miss Invite with a throw of 42'1.25" (12.83m).

2005 Indoor: Earned All-America honors at the 2005 NCAA championships at Arkansas for a sixth-place finish (4,048 points) out of the 17-competitor field in the women's indoor pentathlon event ... Triesscheijn is Virginia Tech women's track & field first indoor All-American since 2001 ... Scored 929 points in the first event of the women's indoor pentathlon, the 60-meter hurdles, with a time of 8.91 ... Then cleared a school season best of 5'7" (1.70m) in the high jump for 859 points, which was the second event of the pentathlon ... In the third event, the shot put, she finished in second place (733 points) with her throw of 42'11.50" (13.09m) ... Had a mark of 17'7.50" (5.37m) in the long jump ... Concluded the event running a personal-best 800 meter time of 2:16.74 for fifth place (868 points) in the race ... Broke Tech's seven-year school record in the pentathlon with a season best and NCAA automatic of 4,058 points at the Virginia Tech Last Chance Invite.

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 an 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.



SHERLENIA GREEN



**SPRINTS
JUNIOR
VERNON HILLS, ILL.
VERNON HILLS H.S.
PR: 400m - 55.55**

Prior to Tech: Collected five indoor meet titles in 2004 ... Finished third in the 200-meter dash at the MVC Indoor Championships ... Member of school record outdoor 4x100-

meter relay team, which qualified for the NCAA Regionals ... Indoor career bests are 7.69 in the 60-meter dash, 24.90 in the 200-meter and 18-05.50 in the long jump ... Outdoor career bests are 12.02 in the 100-meter, 24.62 in the 200-meters and 55.55 in the 400-meters.

High School: Garnered MVP, all-conference and all-state honors in each of her four years at Vernon Hills High School ... Conference champion in both the 100-meters and long jump as a senior ... Also finished first in the 100-meters and runner-up in the long jump at sectionals.

Personal: Born March 22, 1985 in Rockford, Ill. ... Daughter of James Green and Shirley Wimbley ... Sociology major ... Has two brothers, Steven and Mackson.



PATRICE POTTS



**SPRINTS
FRESHMAN
GREENSVILLE, VA.
BRUNSWICK H.S.
PR: 100m - 11.69;
200m - 24.19**

Top sprint recruit in the history of Virginia Tech ... Ranked No. 18 in the United States in the 100 meters in 2005 ...

High School: 2005 Nike High School All-American ... Was

runner-up in the 100-meter and 200-meter dashes at the 2005 Golden West Invitational, the oldest and one of the most prestigious high school invitationals in the United States ... Three-time Virginia State AA champion in 2005, in the 55-meter dash (indoor) and 100-meter and 200-meter outdoor ... Set a state meet record in the 100-meter dash ... Runner-up in the 100 meters and 200 meters at the 2005 Southern Track Classic, the top high school invitational in Virginia ... Ranked No. 3 all-time, all divisions in Virginia high schools in the 100-meter dash with a time of 11.69 ... Ranked No. 4 all-time, all divisions in Virginia high schools in the 200-meter dash with a time of 24.19 ... 2005 Dye-State Elite performer in the 100- and 200-meter dash ... 2005 Brunswick High School Athlete of the Year ... A 2005 inductee into the Brunswick High School Hall of Fame ... A four-year letterwinner in track and field under Coach Martin Astrop ... Two-year basketball letterwinner ... Four-year first-team all-district, regional and state performer ... Four-time team MVP.

Personal: Born September 9, 1987 in Greensville, Va. ... Daughter of Shirley Williams and David Potts ... University studies major ... Has three siblings, Crystal, Richard and Dallas.



WOMEN'S PROFILES

JESSICA FANNING



DISTANCE
SOPHOMORE
CROZET, VA.
WESTERN ALBEMARLE H.S.
PR: 800m - 2:14.51;
Mile - 4:52.83;
3,000m - 10:00.82

- 2005 ACC Champion - DMR •
- 2005 NCAA All-Southeast Region - Cross Country •
- 2005 All-ACC selection - Cross Country •

2005 Outdoor: Took 18th place in the prelims of the 800m with 2:15.46 at the ACC Championships ... Ran the 1,500m in 4:41.51 at the Duke Invitational to place 41st in the event ... Was 36th in the 5,000m with 17:55.20 at the Raleigh Relays.

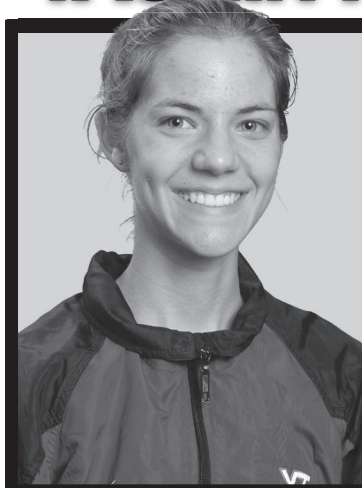
2005 Indoor: Honored by the ACC as all-conference member for winning the distance medley race at the conference championships ... Ran the anchor leg (1,600 meters) of the relay and won the race in the last 20 meters ... This was Tech's first distance medley relay conference title for the track and field program and the Hokie women's first indoor relay conference champion since 1999 ... Finished third with a personal-best mile time of 4:52.83 and took sixth place in the 800m with 2:18.06 at the Virginia Tech Last Chance meet ... Had a season-best 3,000m time of 10:00.82 set at the Virginia Tech Invite.

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 in the women's ACC championship race ... Led the women's team to a seventh-place finish in its first-ever ACC Championships ... 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 Tech's women's team to a second-place finish at the Lou Onesty Invitational ... 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, the 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 cross country and track at Western Albemarle High School ... Led her high school to six team state titles in cross country and track ... 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 honors for cross country in 2000 and named most improved ... All-American at Indoor Nationals for the distance medley relay and finished 10th in the mile run at Indoor National Meet in 2004 ... In 2003, named to the all-state indoor 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 ... Four-time member of the all-state outdoor track team for the 1,600 meters as she finished in second place all four years ... A two-time member of the all-state outdoor track team for the 4x800m and the 4x400m relays ... Named MVP for track and took 15th place in the mile at Outdoor Nationals in 2003 ... Holds high school records in the 1,600 meters, 400 meters, 4x800m and 4x400m relays.

Personal: Born March 20, 1986 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Architecture major ... Sister, Tasmin runs cross country and track & field for Virginia Tech.

TASMIN FANNING



DISTANCE
FRESHMAN
CROZET, VA.
WESTERN ALBEMARLE H.S.
PR: 800m - 2:14.37
1,600m - 5:02.09

2005 Cross Country: Earned all-region honors at the NCAA Southeast Regional Championships for her 22nd-

place performance with a 6k time of 21:05.7 ... In her first collegiate race, she won the VT Alumni Meet with a time of 17:12.91 ... Won the 5k Mountaineer Open in 18:03.98 ... Was the top Tech runner at the Penn State Invitational, finishing the 6k course in 22:10, earning 42nd place ... Finished 19th at the ACC Championships with a time of 20:17.2 ...

High School: Earned All-American honors in the 4x800m relay and the distance medley relay ... Voted team captain and MVP in 2004 ... A four-time all-state cross country runner ... Led the cross country team to three AA Virginia state titles and the track team to three AA state championships ... Was the 2004 Jefferson District and Region II cross country champion ... Also won the Fork Union, Woodberry Forest and Charles Lauck Invitationals in 2004 ... At the AA Virginia state cross country championships, Fanning claimed the runner-up spot in 2004 and was third in 2003 ... Her track accomplishments include being a four-time AA Virginia state champion in the 4x800m relay, an all-state performer 13 times for the indoor and outdoor seasons and Nike Indoor Classic All-American for her fourth-place showing in the 800m ... Won the district title in the 800m and the 4x800m relay ... Took second at the Region II Championships in the 800m and the 4x800m relay ... Holds the 800m, 4x400m relay, 4x800m relay and the distance medley relay records at Western Albemarle ... Personal records include a 2:14.37 in the 800m, 5:02.09 in the 1,600m and a 18:33.78 in the 5,000m ... Was a member of the National Honor Society and graduated with honors.

Personal: Born August, 27 1987 in Seattle, Wash. ... Daughter of Elizabeth Fanning ... Human nutrition, foods and exercise and communication major ... Sister, Jessica, runs cross country and track & field for Virginia Tech.



WOMEN'S PROFILES

MYCAIAH CLEMONS



SPRINTS/HURDLES
FRESHMAN
NEW KENSINGTON, PA.
VALLEY H.S.
PR: 100h - 14.1;
200m - 25.1

High School: 2005 high school All-American .. Was No. 4 in the U.S. in the 55m hurdles ... A four-year letterwinner at Valley High School under Coach George Webb ... Two-time MVP at the Baldwin Invitational ... Senior year, won the most distinguished athlete

award ... Ran a 14.1 in the 100 hurdles her senior year and had a long jump of 18'9" ... Member of the National Honor Society.

Personal: Born March 28, 1987 in Monroeville, Pa. ... Daughter of Tonie Vaughn and Lance Clemons ... Human development major ... Siblings are Wes, Myrah, Toney and My'lesha.

HEATHER MULLIS



DISTANCE
JUNIOR
VIRGINIA BEACH, VA.
COX H.S.
PR: 800m - 2:09.96

- 2004 NCAA Regional qualifier - 800m •
- 2004 All-BIG EAST selection - 4x800m Relay •
- 2004 BIG EAST Academic All-Star •
- Outdoor School Record - 4x800m Relay •
- USATF Junior National qualifier •

2005 Outdoor: Placed 18th in the 800m with a season-best time of 2:13.47 at the Georgia Tech Invitational ... Was seventh in the 800m with 2:20.78 at the Liberty Twilight Invitational ... Finished in 22nd place in the 800m race at the Duke Invitational ... Ran the 400m in 59.41 to grab 25th place at the Duke Invitational.

2005 Indoor: Did not compete.

2004 Outdoor: Qualified for NCAA regionals in the 800m at the Georgia Tech Invitational with a personal best of 2:09.96 ... Was fifth in the 800m 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 and 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: Named her high school's most outstanding runner three years in a row ... Finished eighth in the 400m at the state championship ... Was fourth in the state in the indoor 500m ... Personal-best times of 57.1 in the 400m and 1:18.3 in the 500m ... Also finished 13th in the district for cross country.

Personal: Born February 7, 1985 in Virginia Beach, Va. ... Daughter of David and Rose Mullis ... Political science and finance major.



SHAKIRRA PINNOCK



SPRINTS
FRESHMAN
HAMPTON, VA.
BETHEL H.S.
PR: 400m - 55.11



High School: Four-time All-America honors ... National champion her senior year in the indoor 4x200m relay ... Garnered All-America honors in the 4x400m relay and the indoor 400m ... Was All-American her sophomore season on the 4x200m relay team ... Three-time all-state ... Two-time coaches award ... Had a time of 55.11 in the 400m her senior season.

Personal: Born November 18, 1986 in Miami, Fla. ... Daughter of Sandra and Theodore Pinnock ... Human nutrition, foods and exercise major ... Has three siblings, Maressa, Anthony and Teddy.

WOMEN'S PROFILES

GUNILD KREB



MULTI-EVENTS
SENIOR
WINTERBACH,
GERMANY
UNIV. OF FRIDERICIANA
PR: Heptathlon - 5,343

- 2005 NCAA Outdoor Championship qualifier - Heptathlon •
- 2005 NCAA Indoor Championship qualifier - Pentathlon •

2005 Outdoor: Finished fourth in the heptathlon with an NCAA provisional point total of 5,094 at the ACC Championships ... Won the shot put event of the heptathlon event at the conference championships with a throw of 42'10.75" (13.07m) ... Recorded 5,038 points in the heptathlon for fourth place in the event at the Ole Miss Invitational.

2005 Indoor: Had an NCAA provisional qualifying score of 3,818 points for second place in the pentathlon at the Virginia Tech Last Chance meet and etched herself into third place in Tech's all-time indoor performance list ... Earned five team points for her fourth-place finish in the pentathlon with 3,670 points at the ACC Championships.

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 ... 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: Born March 8, 1981 in Schorndorf, Germany ... Has a grandfather who lives in Wisconsin and an uncle who lives in New York ... Is a graduate student majoring in health promotions.

NATALIE SHERBAK

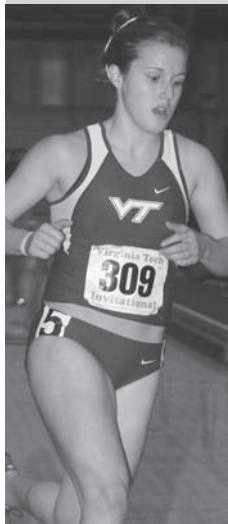


DISTANCE
SOPHOMORE
VIRGINIA BEACH, VA.
KELLAM H.S.
PR: 800m - 2:14.62;
1,000m - 2:56.42;
1,500m - 4:30.43

- 2005 ACC Champion - DMR •

2005 Outdoor: Finished ninth in the 1,500m finals at the ACC Championships with a new personal-best time of 4:30.43 ... Also had a 1,500m time of 4:33.29 at the Duke Invitational, which placed her 22nd in the race ... Ran the 800m at four meets ... Was 24th in the 800m with 2:14.80 at the Georgia Tech Invitational.

2005 Indoor: Honored by the ACC as an all-conference member for winning the distance medley race at the conference championships ... This is Tech's first distance medley relay conference title for the track and field program and the Hokie women's first indoor relay conference champion since 1999 ... At the Virginia Tech Last Chance meet, recorded an 800 meter time of 2:19.02 for seventh place in the race and finished in fifth place in the mile with 4:58.96. Posted a 3,000 meter time of 10:28.92 to finish in 19th place at the home invitational.



High School: Four-year letterwinner in track and a three-year letterwinner 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 runner-up in the 1,600 ... Ran a leg on the 2003 indoor state champion 4x800m relay team in a school-record time of 9:22.32 ... In 2004 earned All-American honors finishing sixth in the mile at the Nike Indoor Championships with a time of 4:56.59, and anchored the fourth-place 4xmile relay ... Finished fifth at the 2003 indoor state meet in the 1,000m ... 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 ... 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 underclassman 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 ... Named *Virginian Pilot* Athlete of the Year and Virginia Beach Public Schools Athlete of the year ... Three-year letterwinner in field hockey ... Earned all-district honors and voted team MVP in the 2002 season.

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

CIERA AYANGBILE



THROWS
SOPHOMORE
FULTON, ILL.
FULTON H.S.
PR: Shot Put - 47'2.50"

- 2005: Did not compete.
- 2004: Finished fifth at the BIG

EAST in the shot put ... Had a best of 46'5.5"

High School: A four-year letterwinner in track for Coach Craig Halfner at Fulton High School in Illinois ... Finished second in the shot put two times and third once ... Two-time team MVP.

Personal: Born July 17, 1985 in Perry, Ga. ... Daughter of Gbenga and Sundra Ayangbile ... Human development major ... Has two siblings, Jabulani and Tokunbo.

WOMEN'S PROFILES

MEREDITH BROOKS



**DISTANCE
JUNIOR
BURKE, VA.
ROBINSON H.S.
PR: 800m - 2:09.52**

- 2005 NCAA Regional qualifier - 800 meters •
- 2005 ACC Champion - DMR •
- 2004 All-BIG EAST selection - 4x800m Relay •
- 2004 BIG EAST Academic All-Star •

2005 Outdoor: Placed 17th in the prelims of the 800m with a new personal-best time of 2:09.52 at the NCAA East Region Championships ... Qualified for the NCAA region meet by running the 800m in 2:09.56 at the ACC Championships ... Finalist at the ACC Championships in the 800m ... Had a 400m season-best time of 59.55 at the Duke Invitational.

2005 Indoor: Honored by the ACC as an all-conference member for winning the distance medley race at the conference championships ... Part of Tech's first distance medley relay conference title for the track and field program and the Hokie women's first indoor relay conference champion since 1999 ... Clocked a personal and school season-best time in the 800m with 2:13.00 at the Virginia Tech Last Chance meet.

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 500m ... Finished third at regionals twice in the 500m ... Was a member of the state champion 4x800m relay team ... Was on the sixth-place team at the Nike Indoor Classic in the 4x400m 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 ... Mechanical engineering major.



JACQUELINE NICHOLSON



**SPRINTS/HURDLES
SENIOR/GRADUATE
STUDENT
CLAYTON, N.J.
CLAYTON H.S.
PR: 400H - 61.13;
100H - 14.24; 200 - 24.99**

2005 Outdoor: Was a member of the 4x400 team that finished fourth at the ACC Championships ... Also finished seventh at ACC

Championships in the 400 hurdles ... Finished 14th in the 400 hurdles at Penn Relays with a time of 1:01.13, which was the third-fastest time in school history ... Member of the 4x100 team that finished eighth at the ACC Championships ... Was on the sprint medley relay team that set a new school record at Penn Relays ... Set a personal record in the 200m at the Charlotte Invitational with a time of 25.56 ... Finished fifth at the Clemson Invitational in the 100 hurdles and 400m hurdles with times of 14.30 and 1:03.26 ... Ran a season-best time of 14.22 in the 100 hurdles at the SeaRay Relays ... Also competed on the 4x200 and 4x100 relays ... Named to the All-ACC Academic Team.

2005 Indoor: Was on the 4x400 relay that set a school record of 3:43 at the Virginia Tech Last Chance meet ... Finished second at the Virginia Tech Last Chance Meet in the 200 with personal record time of 24.99, which is the third fastest time in school history ... Ran the fastest 200 meter time recorded all season, Member of the 4x400 team that finished sixth at the ACC Championships ... Finished 11th in the 200m at the Carolina Classic ... Competed in the 55m hurdles, 60m hurdles, 200m and 4x400 relay.

2004 Outdoor: Competed in the 100 and 400m 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 the 100m hurdles for a fourth-place finish at the Virginia Tech Invitational ... Member of the 4x400m relay team that finished seventh at the BIG EAST Championships ... Also qualified for the BIG EAST Championships in the 100 hurdles ... Finished fourth at the Ponom-Putlizer Meet in the 400 hurdles ... BIG EAST Academic All-Star.

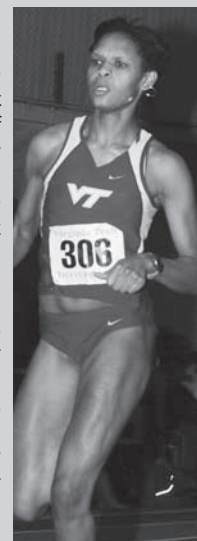
2004 Indoor: Recorded season-best times in the 200m hurdles (25.97) and the 60m hurdles (9.12) at the Tech Challenge ... Took fourth place in the 44m hurdles at the VMI Invitational.

2003 Indoor: Had a 60m hurdle best of 8.96 at the Tech Challenge ... Was 26th in the 200m 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 100m hurdles ... South Jersey and New Jersey state champion in the 400m 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 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 ... Graduated in May, 2005 ... Pursuing a master's in educational leadership and policy studies.



WOMEN'S PROFILES

ASHLEIGH KEATS



THROWS
SOPHOMORE
SALINA, KAN.
SALINA CENTRAL H.S.
PR: Javelin: 152'

- 2005 NCAA Regional qualifier - Javelin •
- 2004 BIG EAST Academic All-Star •

2005 Outdoor: Placed 26th with a throw of 123'11" (37.76m) in the javelin at the NCAA East Region Championships ... Recorded two NCAA regional qualifying marks in the javelin

throw ... Finished ninth in the javelin at the ACC Championships ... Placed third in the javelin throw with a season-best mark of 152' (46.32m) at the Clemson Invitational ... At the Raleigh Relays, threw the javelin 144'9" (44.11m) to place third in the event ... Threw the javelin in six competitions and posted five top-10 finishes.

2005 Indoor: Did not compete.

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 & 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 ... Chemistry major.

ARBEY MCGRATH



POLE VAULT
JUNIOR
BURKE, VA.
LAKE BRADDOCK H.S.
PR: 12'8.00"

- 2005 NCAA Regional qualifier - Pole Vault •
- Outdoor School Record - Pole Vault •
- Indoor School Record - Pole Vault •
- 2004 BIG EAST Academic All-Star •

2005 Outdoor: Broke the school pole vault record with a new personal best and NCAA

regional qualifying mark of 12'5.50" (3.80m) to place 11th at Tennessee's SeaRay Relays ... Finished third in the pole vault at the Clemson Invitational with a jump of 11'11.75" (3.65m) ... Recorded five top-10 finishes during the outdoor season.

2005 Indoor: Set a personal best with a jump of 11'7.75" (3.55m) to tie for eighth place in the pole vault at the Virginia Tech Challenge ... Placed eighth at the home Last Chance Meet with a mark of 11'6.25" (3.51m) ... Cleared 11'3.75" (3.45m), which tied her for 10th overall at the ACC Championships ... Competed in seven meets and jumped 3.45m or more in four of the competitions.

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, 4x400m relay and pole vault ... Had a personal best of 10'2" in the pole vault ... Led her team to consecutive AAA indoor state championships her sophomore and junior seasons ... Was an all-district member on the state champion cross country squad ... District and regional winner her junior season ... Was also an all-region catcher in softball.

Personal: Born March 3, 1985 ... Daughter of Thomas and Cynthia McGrath ... Father is a retired Navy Seal ... Biology major with a chemistry minor ... Hopes to attend veterinary school at Virginia Tech.

ERIN MAHONY



POLE VAULT
JUNIOR
VIRGINIA BEACH, VA.
KEMPSVILLE H.S.
PR: 12'1.50"

- 2005 All-ACC selection - Pole Vault •
- Indoor School Record - Pole Vault •

2005 Outdoor: Competed in the pole vault at six meets ... Tied for seventh place with a jump of 11'9.75" (3.60m) at the ACC Championships ... Cleared a season best 11'11.75" (3.65m) to place

fourth at the Clemson Invitational ... Jumped 11'5.75" (3.50m) at the Georgia Tech Invitational and Tennessee's Sea Ray Relays.

2005 Indoor: Broke the school record in the pole vault and set a new personal best with a jump of 12' (3.66m) at the Virginia Tech Last Chance meet and finished in sixth place in the event ... Tied for third place with a height of 11'9.75" (3.60m) at the ACC Championships ... Earned All-ACC honors for her third-place finish at the conference championships ... Won the pole vault event at the VMI Invitational with 11'9.75" (3.60m) ... Competed seven times during the season and recorded jumps over 3.60m in four of the competitions.

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 engineering major.

NICOLE PEDERSON



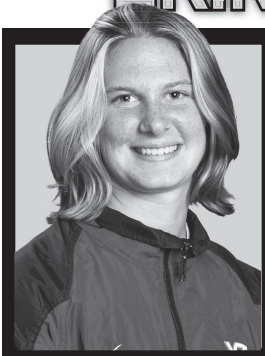
DISTANCE
FRESHMAN
HERNDON, VA.
SOUTH LAKES H.S.
PR: 1,600m - 5:06; 3,200m - 11:15

High School: All-state in cross country her senior season ... Three-time all-region and all-district in cross country ... District champion in cross country and in the mile for outdoor track ... Four-time all-state swimmer ... Won a state championship her senior season in swimming ... Member of the National Honor Society ... Finalist for the Wendy's High School Heisman ... Has a personal best of 18:25 in the three mile and 19:42 in the 5,000m.

Personal: Born November 24, 1986 in Robbinsdale, Minn. ... Daughter of Mari Parisi and Mike Pederson ... Human nutrition, foods and exercise major.

WOMEN'S PROFILES

ERIN REDDAN



DISTANCE
FRESHMAN
BRICKTOWN, N.J.
BRICK TOWNSHIP H.S.
PR: 1,600m - 5:09; 3,200m - 11:10

High School: Four-year letterwinner on the cross country team under coaches Don Blair and Kathleen C. Meehan at Brick Township High School ... Voted captain her senior year ... Named second-team all-county in 2002 and 2004 ... Shore Coaches Champions in

2002 ... Team placed second at 2002 county championships ... Roxbury Invitational team champions in 2003 ... For track & field, anchored her team's school record-setting distance medley relay team to a time of 12:16 ... Ran a 5:10 split for 1,600m ... Placed fourth at indoor MOC in the 3,200 meters with 11:10 in 2005 ... Finished fourth at the Ocean County Championships in a time of 5:12 ... Took third place in the 3,200 meters at the Ocean Counties and Shore Conference meets in 2005.

Personal: Born June 17, 1987 in Long Branch, N.J. ... Daughter of Scott and Margaret Reddan ... Human nutrition, foods and exercise major.

KRISTIN HART



DISTANCE
SOPHOMORE • HERNDON, VA.
HERNDON H.S.
PR: 1,500m - 4:43.57

2005 Outdoor: Finished 26th in the prelims of the 1,500m with a time of 4:55.91 and took 29th place in the 5,000m with 18:27.91 at the ACC Championships ... Had a season-best 1,500m time of 4:43.57 for a sixth-place showing in the event at the Virginia Tech Invitational.

2005 Indoor: Placed 14th in the 800m and finished 12th in the mile at the Virginia Tech Last Chance meet ... Ran the 1,000 meters in 3:15.71 for a seventh-place finish at the Duke Invitational ... Recorded two top-10 finishes in the 1,500m.

High School: A four-year letterwinner in track and cross country at Herndon High School under coaches Mike Mahoney, Sinclair Adam Seavey and Pete Sherry ... Was the district champion in the 3,200m during the 2003 indoor track season ... Runner-up in the 2-mile at the 2004 district outdoor meet ... Recorded best 1,000m time of 3:04 for second place at the district meet ... Named MVP for indoor track her sophomore year ... 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 and Torri.

SAMANTHA FERENCE



DISTANCE
JUNIOR
CLIFTON, VA.
ROBINSON H.S.
PR: 800m - 2:15.89;
1,500m - 4:43.22

• Outdoor School Record -
4x1,500m Relay (2005) •

2005 Outdoor: At the ACC Championships, placed 22nd in the prelims of the 800m with 2:19.25 and took 25th place in the prelims of the 1,500m with a time of 4:55.58 ... Had an 800m season-best time of 2:18.39 to take seventh place in the race at the Lions' Invitational ... Placed seventh in the 1,500m with a season-best time of 4:43.93 at the Duke Invitational ... Ran the 800m in three meets and ran the 1,500m at four meets during the season.

2005 Indoor: Did not compete.

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 800m 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 1,600m ... Won four state championships as a member of the 4x800m 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 ... Team won the state AAA cross country championship in 2001.

Personal: Born September 14, 1985 in Fairfax, Va. ... Daughter of Bill and Brenda Ference ... Urban affairs and planning major ... Horticulture minor.

JENNIFER WADE



POLE VAULT
JUNIOR • ROANOKE, VA.
CAVE SPRING H.S.
PR: 11'9.75"

2005 Outdoor: Placed sixth in the pole vault with a new personal-best mark of 11'9.75" (3.60m) at the ACC Championships ... Tied for seventh place in the pole vault at the Georgia Tech Invitational by clearing 11'5.75" (3.50m) ... At Tennessee's SeaRay Relays, tied for 15th

place ... Was eighth at the Clemson Invitational by jumping 10'11.75" (3.35m) ... Also a member of ACC Honor Roll.

2005 Indoor: Did not compete.

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 Invitationals ... Named BIG EAST Academic All-Star.

2004 Indoor: Broke school record in the 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 Derey at Cave Spring.

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

WOMEN'S PROFILES

BRITNI SPRUILL



SPRINTS/JUMPS
SOPHOMORE
HAMPTON, VA.
BETHEL H.S.
PR: 200m - 24.61;
400m - 56.19

2005 Outdoor: Took 14th place in the prelims of the 100m with 12.20 and 19th place in the prelims of the 200m with a time of 25.54 at the ACC Championships ... Had a

200m season-best time of 24.93 at the Georgia Tech Invitational to grab 30th place in the race ... Also at the Georgia Tech Invite, had a 400m time of 56.24, which placed her 29th in the event ... Ran the 200 meters at four meets.

2005 Indoor: Clocked 7.91 in the 60 meters for a 19th-place finish in the race and jumped 18'1" (5.51m) in the long jump to take 11th place at the Virginia Tech Invitational ... Recorded a 400 meter time of 56.99 (5th) at the home Last Chance meet ... Finished eighth in the 200 meters with a time of 25.94 at the Clemson opener.

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 a 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 May 30, 1986 in Houston, Texas ... Daughter of Glen and Iris Spruill ... Health, nutrition, foods and exercise major ... Has one brother, Jerrell.

KIM JOHNSTON



POLE VAULT
JUNIOR
OLD BRIDGE, N.J.
OLD BRIDGE H.S.
PR: 11'6.00"

2005 Outdoor: Competed in the pole vault at three meets ... Cleared 10'11.75" (3.35m) to tie for 20th place at Tennessee's Sea Ray Relays ... Tied for fifth with 10'11.75" (3.35m) at the Clemson Relays ... Jumped 10'6" (3.20m) to tie for 10th place at the Clemson Invitational.

2005 Indoor: Had a season-best clearance of 11'1.75" (3.40m) in the pole vault to tie for 15th place at the Virginia Tech Challenge ... Tied for ninth place at Tech's Last Chance meet with a height of 11'0.25" (3.36m) ... Competed in all six competitions during the season and jumped over 3.35m four times.

2004 Outdoor: Redshirted.

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

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 jump of 11'5.75" (3.50m) at the Tech Challenge.

High School: Four-time member of the GMC all-area, GMC all-conference, GMC all-county and GMC all-red division teams ... Member of the squad that earned second-team all-Middlesex County honors in the 4x400m relay and 100m HH relay ... Named outdoor track MVP ... Served as captain of the indoor and outdoor track & 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 ... Two-time member of GMC all-area and all-conference teams ... First-team all-county in 2000 and second-team all-county in 2001 ... Earned GMC all-academic honors in both soccer and track all four years of high school.

Personal: Born on March 4, 1984 in Newport News, Va. ... Daughter of Wayne and Rebecca Johnston ... Human nutrition, foods and exercise major ... Psychology minor ... Plans to go to graduate school for physical therapy ... Enjoys surfing.

JESSICA BATTLE



HURDLES
FRESHMAN
RICHMOND, VA.
VARINA H.S.
PR: 100HH - 14.5

High School: A varsity letterwinner at Varina High School under Coach Neil Mathews ... All-state indoor track in the high hurdles ... District champion in the 100m high hurdles

and the 4x400m relay team ... All-district performer ... Has the school record in the 100m and 300m high hurdles ... Two-time team MVP ... Two-year captain ... Member of the National Honor Society and Science Honor Society ... Beta club member ... All-region and all-state academic team.

Personal: Born March 10, 1987 in Richmond, Va. ... Daughter of James and Wilma Battle ... Political science major ... Has one sibling, Jasmine.

ASHLEY BROWN



SPRINTS
FRESHMAN
CHARLOTTESVILLE, VA.
CHARLOTTESVILLE H.S.
PR: 200m - 26.1; 400m - 58.58

High School: A four-time varsity letterwinner at Charlottesville High School under Coach Curtis Elder ... Five-time all-state ... Six-time all-district ... State champion in the 300m and 4x200m relay ... Qualified and ran at

nationals in the 400m ... Holds school records in the 4x100 relay, 4x200 relay, 4x400 relay, 300m and 400m ... Member of the National Honor Society ... Recipient of the William and Mary Leadership Award.

Personal: Born May 3, 1987 in Charlottesville, Va. ... Daughter of Whitley and Juelene Brown ... International studies major ... Has three siblings, Marlaina, Whitley and Manah.

OTHERS TO WATCH



JENN DIETZ
JUNIOR
DISTANCE
SPRINGFIELD, VA.
ROBERT E. LEE



MEAGAN MONTGOMERY
FRESHMAN
DISTANCE
RICHMOND, VA.
DOUGLASS FREEMAN



HEATHER FISHER
FRESHMAN
DISTANCE
HERNDON, VA.
HERNDON, H.S.



KYRA ROSOW
FRESHMAN
SPRINTS/HURDLES
SCARSDALE, N.Y.
EDGEMONT H.S.



RACHEL HAMILTON
FRESHMAN
DISTANCE
NOKESVILLE, VA.
BRENTSVILLE DISTRICT
H.S.



KEOSHA SANDERS
SENIOR
SPRINTS/HURDLES
STAFFORD, VA.
BROOKE POINT H.S.



CATHERINE JACKSON
JUNIOR
DISTANCE
FOREST, VA.
JEFFERSON FOREST



DIANA SCIAMBI
FRESHMAN
POLE VAULT
GREAT FALLS, VA.
LANGLEY



2006 MEN'S OUTLOOK

When director of track and field Dave Cianelli was hired in 2001, he immediately began to lay the cornerstone for the program's success. In addition to having 15 student-athletes earn All-America honors since his arrival, the 2004-05 team was the first to have a national champion and a top-20 national team finish. The 2005-06 team will have a lot of experience returning, but the newcomers should add plenty of depth to the squad and challenge the upperclassmen for top honors. This year, the team is poised to build off last season's success and bring back more individual national championships, All-Americans and a top-10 national team finish.

"This year's men's team is the most talented since I've been at Tech," Cianelli said. "Both our conference and national teams will be strong. Our team goals are to finish in the top four at the ACC Championships and the top 10 at the NCAA National Championships. It will be a very exciting year for Virginia Tech track and field."

Two of the four All-Americans return from last year's track and field team, including two-time defending national champion Spyridon Jullien. The squad also boasts several national qualifiers in the field events, while the track portion of the team proves itself as one of the best in the conference and will contend nationally in 2005-06.

With Jullien, who won national championships in the 35-lb. weight throw and the hammer throw, back for his senior season, the team has a shot at a better finish at nationals than last year. Pushing Jullien for the top spot, not only on the team, but as the best thrower in the NCAA, will be freshman Mohsen Anani. Fellow freshman Matej Muza will add additional strength in the weight and hammer throws. ACC Champion and NCAA national finalist Jacobus Smit returns in the javelin. Smit will compete for top national honors. Steven Huntzinger and Will Collins will throw the shot put and discus for Tech this season. Huntzinger will be one of the top shot putters in the ACC and has an excellent chance to qualify for the national championships.

"Under the guidance of Coach Greg Jack, our throwers will again be one of the top groups in the nation," Cianelli said. "With the return of Spyridon and the addition of Mohsen and Matej, we will be dominant in the weight and hammer throws. Steve Huntzinger has developed in the shot put and should be a national-level athlete. Jacobus is one of the top returning javelin throwers and Will Collins will help us at the conference in the weight and shot put."

Senior Brian Mondschein will lead the way for the vaulters. The returning All-American placed second nationally outdoors and fifth indoors last season. Under the guidance of Coach Bob Phillips, Mondschein should challenge for a national title. With the continued development of Adam Bingaman and Joe Samaniuk, the vaulters form one of the best teams in the NCAA.

"The group as a whole will be the strongest vault crew ever at Virginia Tech," Cianelli said. "More than one of them will be at nationals."

The sprints crew has the chance to be very competitive at the conference level and qualify for the East Region Championships.

"Kendall Cones, Jordan Price, Matt Renninger and Alex Reid will have to be contributors at the conference championships if we are to move up," Cianelli stated. "With a more balanced team, the sprint crew can pick up points for us."

Reid was the scholastic indoor national champion in the high hurdles in high school.

After football season ends, Tech track and field will thrive from the addition of David Clowney and Brandon Dillard. Both should help contribute beginning with the indoor season.

The distance team is paced by senior David Atkiss, a returning ACC scorer. The rest of the group could step in and help out at the conference level. Andrew Montgomery, James Scheiner and Duncan Vick will help shoulder the load while newcomers Paul Ahern, Derrick Robbins and Jason Vick will help immediately. Ahern was a high school All-American in the mile.

At the conference and national level, the Hokies want to be able to draw points from other areas, but will rely heavily on the throws and vault crews.

"As a team, we focus on the ACC Championships," Cianelli said. "At the NCAA National Championships, our goal is to finish in the top 10 and be recognized with the elite programs."

2005-2006 VIRGINIA TECH MEN'S ROSTER

Name	Yr.	Hometown	Previous School	Event
Paul Ahern	Fr.	Londonderry, N.H.	Londonderry	Distance
Mohsen Anani	Fr.	Cairo, Egypt	Cairo Higher Institute	Throws
David Atkiss	Sr.	Hatfield, Pa.	North Penn	Distance
Christian Barlow	Jr.	Springfield, Pa.	St. Joseph's	Distance
Billy Berlin	So.	Midlothian, Va.	Midlothian	Distance
Adam Bingaman	Jr.	New Berlinville, Pa.	Boyetown	Pole Vault
Robert Clauss	So.	Madison, Wis.	Madison West	Distance
David Clowney	Jr.	Delray Beach, Fla.	Atlantic	Sprints
William Collins	Sr.	Chesterfield, Va.	Manchester	Throws
Kendall Cones	Fr.	Centreville, Pa.	Westfield	Sprints
Brandon Dillard	Fr.	Martinsville, Va.	Bassett	Sprints
Dan Forgeng	So.	Hatboro, Pa.	Hatboro-Horsham	Distance
Joe Gates	Fr.	Leesburg, Va.	Stone Bridge	Jumps
Kyle Guglielmo	So.	Virginia Beach, Va.	Cox	Mid-Distance
Stephen Huntzinger	So.	Fairfax, Va.	James Robinson (W&M)	Throws
Alex Johnson	Sr.	Phoenix, Ariz.	Brophy Prep	Mid-Distance
Spyridon Jullien	Jr.	Athens, Greece	Holargos	Throws
Brian Markley	Sr.	Lovettsville, Va.	Loudoun	Distance
Bryan McVey	So.	Arlington Hts., Ill.	Buffalo Grove	Distance
Patrick Moffat	Fr.	Ridgefield, Conn.	Ridgefield	Distance
Brian Mondschein	Sr.	Hummelstown, Pa.	Hershey	Pole Vault
Andrew Montgomery	So.	Falls Church, Va.	George Mason	Distance
Matej Muza	Fr.	Zagreb, Croatia	Sportska Gimnazija	Throws
Chris Padilla	Fr.	Shelton, Conn.	Shelton	Mid-Distance
Phillip Padilla	Fr.	Shelton, Conn.	Shelton	Mid-Distance
Jordan Price	So.	Newport News, Va.	Denbigh Baptist	Sprints
Alex Reid	Fr.	Middletown, N.Y.	Middletown	Sprints/Hurdles
Matt Renninger	Jr.	Barto, Pa.	Boyetown	Sprints
Derrick Robbins	Fr.	Newport News, Va.	Woodside	Distance
Joe Samaniuk	Jr.	Rexford, N.Y.	Shenendehowa	Pole Vault
James Scheiner	So.	Centreville, Va.	Westfield	Distance
Ian Shreckengast	So.	Pittsburgh, Pa.	North Hills	Distance
Jacobus Smit	Sr.	Pretoria, South Africa	Potchefstroom Univ.	Javelin
Zach Thomas	So.	Seewickley, Pa.	Quaker Valley	Distance
Duncan Vick	Jr.	Richmond, Va.	Freeman	Mid-Distance
Jason Vick	Fr.	Oakton, Va.	Oakton	Distance

MEN'S PROFILES

SPYRIDON JULLIEN



THROWS SENIOR ATHENS, GREECE HOLARGOS

PR: Hammer Throw - 238'5" (72.68m);
Weight Throw - 76'3.50" (23.25m)

- 2005 NCAA Indoor Weight Throw Champion •
- 2005 NCAA Outdoor Hammer Throw Champion •
- Three-time NCAA All-American - Hammer Throw •
- Two-time NCAA All-American - Weight Throw •
- Two-time ACC Champion - Weight and Hammer Throw •
- Two-time All-ACC - Weight and Hammer Throw •
- ACC Championship record holder for the Weight and Hammer Throw •
- Two-time ACC Track & Field Performer of the Week •
- Two-time BIG EAST Champion - Hammer Throw •
- Two-time BIG EAST Champion - Weight Throw •
- Two-time All-BIG EAST selection - Hammer Throw •
- Two-time All-BIG EAST selection - Weight Throw •

- 2005 United States Track Coaches Association Southeast Region Indoor Athlete of the Year •
- 2005 United States Track Coaches Association Southeast District Outdoor Athlete of the Year •
- 2003 BIG EAST Championship record holder - Weight Throw •
- 2003 United States Track Coaches Association National Indoor Athlete of the Week •
- 2003 Indoor BIG EAST Most Outstanding Field Athlete •
- Outdoor School and ACC Overall record holder with the No. 1 hammer throw mark in the nation of 2005 (238'5"; 72.68m) •
- Indoor School and Rector Field House record holder with the No. 1 weight throw mark in the nation of 2005 (76'3.50"; 23.25m) •

2005 Outdoor: Won the NCAA championship in the hammer with a mark of 231'1" (70.43m) and earned the third All-America honor of his career in the event ... Won the NCAA East Region hammer throw title with a mark of 219'11" (67.04m) ... Won the ACC men's hammer throw title with a new ACC meet and Florida State's Mike Long Track record of 233'7" (71.27m) ... Named to the All-ACC outdoor track & field team ... A two-time ACC Track & Field Performer of the Week ... Set the school and ACC overall hammer throw record with the No. 1 mark in the nation (238'5"; 72.68m) at the Clemson Invitational ... Won five hammer throw competitions.

2005 Indoor: Won Virginia Tech's first national championship at the NCAA Indoor Championships at Arkansas ... He is also the first NCAA champion for the Hokie track & field program ... Won the men's 35 lb. weight throw NCAA title with his throw of 76'0.75" (23.18m), which was close to four feet farther than his competitors ... Earned 10 points for the men's team and his fourth All-America honor at the NCAA Championships ... Became Virginia Tech's first ACC individual champion on the first day of the Atlantic Coast Conference Indoor Championships at North Carolina ... He picked up 10 team points when he won the men's 35 lb. weight throw event with his fifth NCAA automatic qualifying mark of 75'9.50" (23.10m); his mark shattered the previous ACC Indoor Championship meet record by almost nine feet and he also broke his own Eddie Smith Field House record ... Set the school and Rector Fieldhouse records with a season-best throw of 76'3.50" (23.25m) at the Virginia Tech Last Chance meet ... Also holds records at Clemson and North Carolina's track & field facilities set during the season.

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 ... Human nutrition, foods and exercise major ... Studied violin ... Sister was named Greek champion in taekwondo.

MEN'S PROFILES

BRIAN MONDSCHHEIN



POLE VAULT
SENIOR
HUMMELSTOWN, PA.
HERSHEY H.S.
PR: POLE VAULT - 17'8.50" (5.40m)

- 2005 Outdoor All-American - Pole Vault •
- 2005 Indoor All-American - Pole Vault •
- Three-time NCAA Championship qualifier - Pole Vault •
- 2005 NCAA East Region Champion - Pole Vault •
- 2004 NCAA All-Region - Pole Vault •
- 2005 ACC Indoor and Outdoor Champion - Pole Vault •
- Two-time All-ACC - Pole Vault •
- Two-time BIG EAST Outdoor Champion - Pole Vault •

2005 Outdoor: Tied his personal-best height of 17'8.50" (5.40m) with his second-place finish at the NCAA Championships ... Earned eight points for Tech's men's team and his second All-America honor ... NCAA East Region and ACC pole vault champion ... Won the ACC championship by clearing 17'6.50" (5.35m) ... Claimed the NCAA East region championship by jumping 17'1" (5.21m) ... Had seven first-place finishes during the year ... Tied for second in the pole vault at the historic Penn Relays ... Finished fourth (17'4.50"; 5.30m) in the pole vault at Tennessee's SeaRay Relays.

2005 Indoor: Earned first All-America honor of his Hokie career at the NCAA championships by tying his personal-best jump of 17'8.50" (5.40m) for fifth place in the pole vault event ... Set his PR of 17'8.50" (5.40m) at the Virginia Tech Last Chance meet to win the event ... Cleared 16'10.75" (5.15m) to grab the ACC men's pole vault title ... Won five pole vault competitions during the season and recorded eight NCAA provisional jumps.

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 invitational with 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 Mondschhein ... 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.



MEN'S PROFILES

JACOBUS SMIT



THROWS
SENIOR
PRETORIA, SOUTH AFRICA
GARSFONTEIN
PR: JAVELIN - 242'9" (74.00m)

- 2005 NCAA Championship finalist - Javelin •
- 2005 ACC Champion - Javelin •
- 2004 & 2005 NCAA All-Region - Javelin •
- 2004 BIG EAST Outdoor runner-up - Javelin •
- Outdoor School Record - Javelin •

2005 Outdoor: Finished first in the javelin throw at the Charlotte Invitational with an NCAA regional, new school- and personal-best mark of 242'9" (74.00m) ... Won the ACC javelin throw championships with a mark of 236'5" (72.06m) ... Threw the javelin 228'9" (69.73m) to win the event at the Georgia Tech Invitational ... Placed fourth in the javelin at the NCAA East Region Championships with a throw of 227'3" (69.27m) ... Placed 12th in the javelin finals at the NCAA Championships with a mark of 207'7" (63.28m).

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.

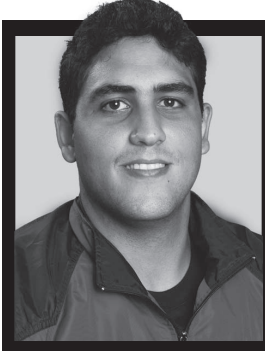
High School: Was one of the elite junior javelin throwers in the world ... Ranked 12th in the world among junior throwers ... Personal-best throw of 239'1" (72.89) ... South African High School national champion in 2001 ... Runner-up at the 2001 South African Junior Championships ... Top-ranked junior in South Africa in 2002 ... Ranked fourth in South Africa the same year.

Personal: Born on March 31, 1983 in Pretoria, South Africa ... Son of Kobus and Cora Smit ... Human nutrition, foods and exercise major.



MEN'S PROFILES

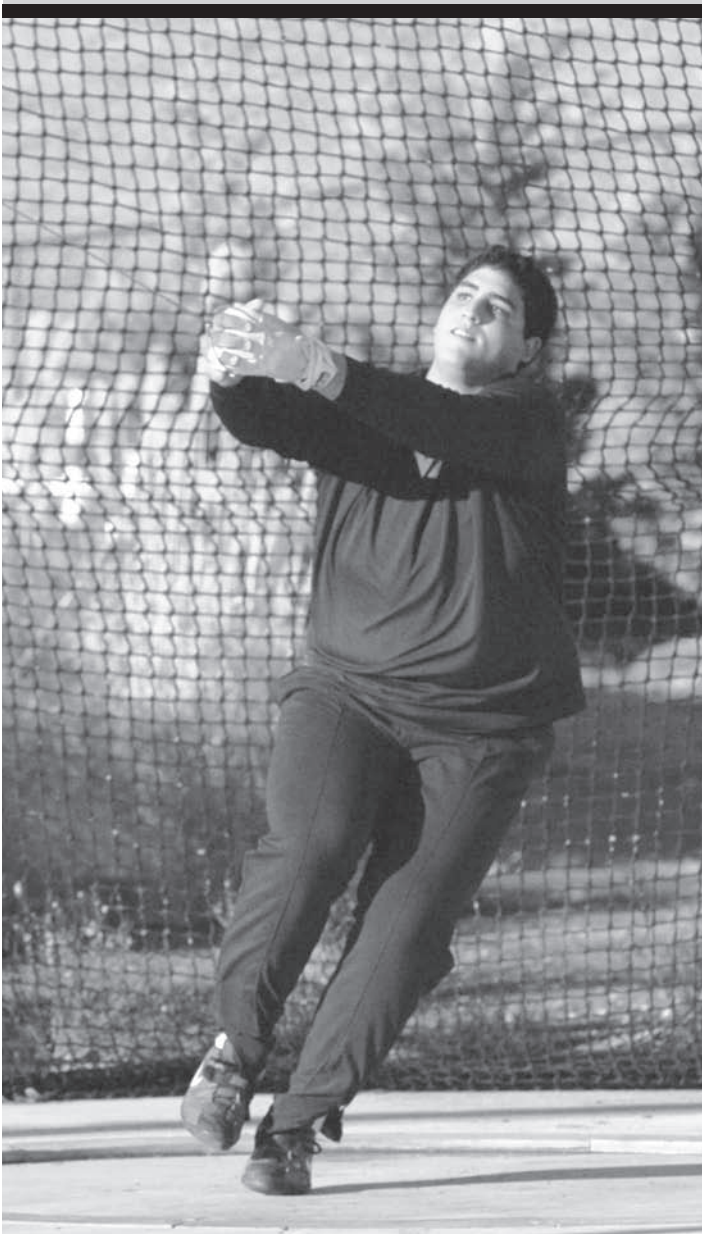
MOHSEN ANANI



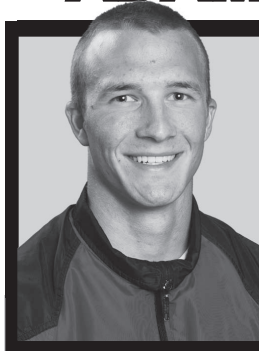
THROWS
FRESHMAN
CAIRO, EGYPT
CAIRO HIGHER INSTITUTE
PR: 35lb Weight Throw - 74'1" (22.58m)
Hammer Throw - 247'1" (75.31m)

Prior to Tech: Has been a World Championships competitor ... World Junior Championships silver medalist ... African and Arab Junior Gold medalist ... PAN ARAB Games Silver medalist ... Egyptian Junior and Senior record holder ... African and Arab junior record holder ... Best performance in the hammer throw is 247'1".

Personal: Born May 21, 1985 in Tunisia ... Son of Mohamed Anani and Alya Mellouli ... History major ... Has a sibling, Sadok.



ADAM BINGAMAN



POLE VAULT
JUNIOR
NEW BERLINVILLE, PA.
BOYERTOWN H.S.
PR: Pole Vault - 16'6.75" (5.05m)

2005 Outdoor: Tied for eighth at the NCAA East Region Championships in the pole vault by jumping 16'1.25" (4.91m) ... Placed sixth in the pole vault with 16'2.75" (4.95m) at the ACC Championships ... Cleared a personal best 16'6.75" (5.05m) to grab second place at the Georgia Tech Invitational ... Was the second-place finisher in the pole vault at the Clemson Relays and Tennessee's SeaRay Relays ... Recorded six top-10 finishes in all six meets he competed in.

2005 Indoor: Set a personal record in the pole vault at the Virginia Tech Challenge with a jump of 16'7" (5.05m) to tie for third place in the event ... Tied for seventh place with 15'5" (4.70m) at the ACC Championships ... Competed in seven meets and jumped at least 4.90m in four of the competitions.

2004 Outdoor: Did not compete due to an injury.

2004 Indoor: Did not compete due to an injury.

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.

by the way, what is a Hokie?

That's the most often-asked question in Virginia Tech athletics. 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 such a purpose was held by the student body. Senior O.M. Stull won first prize for his "Hokie" yell which still is 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 Tech teams and for 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.



*Tech's lovable mascot,
The HokieBird*

MEN'S PROFILES

PAUL AHERN



DISTANCE
FRESHMAN
LONDONDERRY, N.H.
LONDONDERRY H.S.
PR: 1,600m: 4:15

High School: Reached high school All-America status last season with his fourth-place finish in the mile (4:17.08) at the 2005 National Scholastic Indoor Championships ...

Three-time state champion and state record holder in the 1,000m ... Finished as the runner-up at the Disney Cross Country Classic ... Helped Londonderry High School team and coaches Larry Martin and Paul Dutton capture six team state championships ... Placed fourth at the Class L championships at 1,600m... Finished third at Loucks Games (N.Y.) in the 1,600m with a time of 4:20 ... Personal bests are 1:53.08 in the 800 meters, 2:31.45 for the 1,000m and 4:17.08 for the mile ... 5,000 meters cross country personal best is 15:38.

Personal: Born December 25, 1985 in Lowell, Mass. ... Son of Patricia LaPenna ... Human nutrition, foods and exercise major.

DAVID ATKISS



DISTANCE
GRADUATE STUDENT
HATFIELD, PA.
NORTH PENN H.S.
PR: 5,000m - 14:22.89;
10,000m - 30:11.07

2005 Outdoor: Ran the 1,500, 3,000 and 5,000 meters during the season ... Set a personal best in the 5,000 meters with

14:22.89 to take 20th place at the Penn Relays ... Finished eighth in the 5,000 meters with a time of 14:28.16 and scored one point at the ACC Championships ... Won the 5,000 meter at the Georgia Tech Invitational with 14:54.67 ... Ran the 3,000 meters in 8:28.50 (12th place) and the 1,500 meters in 3:54.42 (21st place) at the Duke Invitational.

2005 Indoor: Placed 14th in the 5,000 meters in a time of 15:00.11 at the ACC Championships ... Had a school season-best 3,000m time of 8:44.17 at the Virginia Tech Challenge, which placed him 25th in the race ... Took seventh place in the mile with 4:19.40 at Tech's Last Chance meet.

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 ... Earned his business information technology degree ... Working on his MBA degree.



MATEJ MUZA

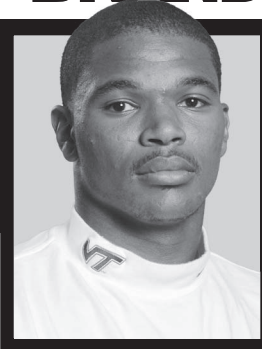


THROWS
FRESHMAN
ZAGREB, CROATIA
SPORTSKA GIMNAZIJA
PR: 35lb Weight - 63'6.25" (19.36m)
Hammer Throw - 200'3" (61.04m)

High School: One of the top junior hammer throwers in Croatia ... Personal best of 200'3" (61.04m).

Personal: Born January 3, 1987 in Vinkovci, Croatia ... Son of Davor and Nevenka Muza ... University studies major.

BRANDON DILLARD



SPRINTS
FRESHMAN
MARTINSVILLE, VA.
BASSETT H.S.
PR: 100m - 10.5; 200m - 21.6

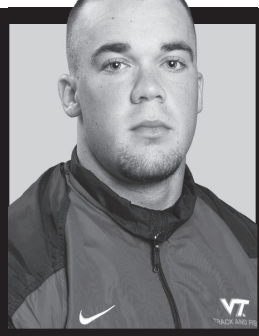
High School: A four-year letterwinner under Coach Ron Proffitt at Bassett High School ... State runner of the year during his senior campaign ... Two-time runner of the year in the district and region ... Three-

time team MVP ... Owns the school record in the 100m, 200m and 4x100m ... Member of the National Honor Society and was a Wendy's High School Heisman finalist.

Personal: Born February 3, 1987 in Martinsville, Va. ... Son of Anthony and Linda Dillard ... University studies major.

MEN'S PROFILES

STEPHEN HUNTZINGER



THROWS
R-SOPHOMORE
FAIRFAX, VA.
JAMES ROBINSON H.S.
PR: Shot Put - 58'2" (17.73m);
Discus - 157'4" (47.96m)

2005 Outdoor: Redshirted and competed unattached ... Won the Duke Invitational with a throw of 17.10m ... Second at the

SeaRay Invitational Open with a throw of 17.33m ... Won the George Mason Invitational with a personal best in the shot of 17.73m ... Had a personal best in the discus at the SeaRay Invitational with a throw of 47.96m.

2005 Indoor: Set a new personal best in the shot put with a throw of 56'10" (17.32m) at the Virginia Tech Challenge to take eighth place in the event ... Threw the shot put 56'1.25" (17.10m) for a fifth-place finish at the Clemson Invitational ... Placed ninth at the ACC Championships in the shot put with 55'9" (16.99m).

Prior to Tech: Competed at William and Mary for the 2004 outdoor 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).

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.

DUNCAN VICK



MID-DISTANCE
JUNIOR
RICHMOND, VA.
FREEMAN H.S.
PR: 800m - 1:51.98;
1,000m - 2:33.51

2005 Outdoor: Finished in 10th place in the prelims of the 800 meters with a personal-record time of 1:51.98 at the ACC

Championships ... Was on the third-place team at the Duke Invitational in the 4x800m relay ... Ran the 1,500 meters in 3:57.28 to grab fifth place at the Duke Invitational.

2005 Indoor: Placed ninth in the 800 meters at the Virginia Tech Last Chance meet in a time of 1:55.13 ... Was on the first-place DMR team at the Virginia Tech Invitational.

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 a 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.

KENDALL CONES



SPRINTS
FRESHMAN
CENTREVILLE, VA.
WESTFIELD H.S.
PR: 400m: 49.8;
500m: 1:07.5; 800m: 1:57

High School: Earned three letters for indoor/outdoor track and field ... Member

of five district champion teams ... Three-time member of the Northern region championship teams ... Won one VHSL Outdoor state championship ... All-state, all-region and all-district in the 500m his senior season ... Earned the scholar athlete award.

Personal: Born March 1, 1987 in Upper Marlboro, Md. ... Son of Kenneth and Jackie Cones ... Marketing major ... Has three siblings, Sean, Kimberly and Kenneth Cones III.

DERRICK ROBBINS



DISTANCE
FRESHMAN
NEWPORT NEWS, VA.
WOODSIDE H.S.
PR: 800m-1:53; 5k-15:30

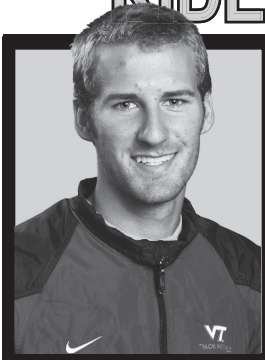
High School: A twelve-time all-state performer for Coach Al Dornman at Woodside High School ... Peninsula District Champion at 800 and 1,600 meters ... Runner-up in

the 1,600m at the 2003 Virginia State AAA Indoor Championships ... Took second place in the 3,200m at the Eastern Region Championships ... Placed third in the 1,000m at the 2005 state indoor meet ... Took third in the 1,600m at the 2003 and 2004 state outdoor meets ... Was third at the 2003 state cross country championships ... Personal bests include 1:53.87 for the 80m, 2:31.74 for the 1,000m, 4:17.13 in the 1,600m and 9:29.68 in the 3,200m event ... Personal best in the 5,000m for cross country is 15:24.

Personal: Born January 28, 1986 in Newport News, Va. ... Son of Linwood and Della Robbins ... University studies major.

MEN'S PROFILES

RIDER CLAUSS



DISTANCE
SOPHOMORE
MADISON, WIS.
MADISON WEST H.S.
PR: 3,000m - 8:46.81;
5,000m - 14:53.74

2005 Outdoor: Finished in 28th place in the 5,000 meters with a time of 15:31.25 at the ACC Championships ... Had a season-best

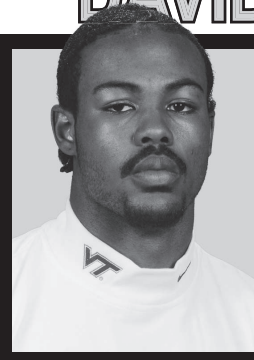
5,000 meter time of 14:53.74 to take 25th place at the Duke Invitational ... At the Lions' Invitational, ran the 1,500 meters in 4:09.07 to place 19th and clocked 2:01.74 in the 800 meters to grab 19th place in the race ... Had a 1,500 meters season-best time of 4:02.31 at the Raleigh Relays.

2005 Indoor: Placed 36th in the 3,000 meters in a time of 8:57.36 at the ACC Championships ... Had a personal season-best 3,000m time of 8:46.81 set at the Virginia Tech Last Chance meet ... Ran the 800 meters in 1:59.28 at the Tech Challenge.

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 ... Mechanical engineering major ... Has two brothers, Arthur and Warren, 14 and two sisters, Anna, 20 and Eulalia, 16.

DAVID CLOWNEY



SPRINTS
JUNIOR
DELRAY BEACH, FLA.
ATLANTIC H.S.
PR: 100m - 10.5; 200m - 21.4

2005 Outdoor: Finished in 10th place in the prelims of the 200 meters with a time of 21.78 and tied for 18th place in the 100 meter

prelims with 10.90 at the ACC Championships.

2005 Indoor: Finished 11th in the 200 meters with a time of 22.40 and placed 13th in the 60 meters with a school season-best time of 6.94 at the ACC Championships ... Took ninth place in the 60 meter finals at the Carolina Classic with 6.95.

2004 Football: Played in 12 games, catching 20 passes for 263 yards and two touchdowns ... Earned his first collegiate start against Florida A&M ... Caught a 16-yard touchdown pass on Tech's first offensive play ... Hauled in a 34-yard touchdown pass in the second quarter of the Georgia Tech game.

2004 Outdoor: Did not compete.

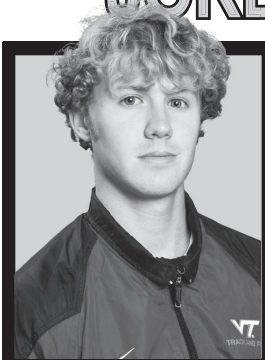
2004 Indoor: Finished eighth in the 60m with a time of 7.01 at the BIG EAST Championships ... Posted a season-best 60m time of 6.87 in the prelims of the conference championships ... Had three top-ten finishes in the 60 meters ... Was second (60m) at the Virginia Tech Invitational ... Took 10th place at the BIG EAST meet in the 200m with a time of 22.49 ... Recorded a 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 ... Residential property management major.

JORDAN PRICE



SPRINTS
SOPHOMORE
NEWPORT NEWS, VA.
DENHIGH BAPTIST H.S.
PR: 200m - 21.99;
400m - 48.59

2005 Outdoor: Was eighth at the Charlotte Invitational in the 200m with a time of 22.17 ... Was 10th at the ACC Championships in the 400m with a personal best 48.59.

2005 Indoor: Ran a season-best time of 21.99 in the 200m at the Virginia Tech Last Chance Invitational, placing fourth ... Was 12th in the 500m at the Virginia Tech Invitational ... Finished 11th at the ACC Championships in the 400m with a time of 50.34.

High School: Five-time all-state at Denhigh Baptist under Coach Greg Hardy ... Won state championships in the 200m and twice on the 4x800m relay team ... Three-time team captain and two-time team MVP ... Owns four individual school records and is a part of two relay school records.

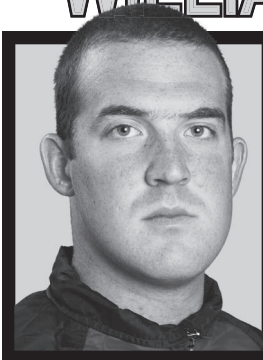
Personal: Born March 7, 1986 in Newport News, Va. ... Son of Robert and Debra Price ... Mechanical engineering major ... Has a brother, Scott.



hokiesports.com

MEN'S PROFILES

WILLIAM COLLINS



THROWS
SENIOR
CHESTERFIELD, VA.
MANCHESTER H.S.
PR: SHOT PUT - 52'9.5" (16.09M);
WEIGHT THROW - 56'8" (17.26M);
DISCUS - 148'3" (45.20M)

2005 Outdoor: Redshirted.

2005 Indoor: Placed seventh in the weight throw with 54'6.50" (16.62m) and finished in 11th place with 50' (15.24m) at the ACC Championships ... Set a personal-best mark of 56'8" (17.27) in the weight throw for a third-place finish in the event and threw a personal season-best 51'10.50" (15.81m) in the shot put at the Carolina Classic.

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 ... Civil engineering major.

JOE SAMANIUK



POLE VAULT
JUNIOR
REXFORD, N.Y.
SHENENDEHOWA H.S.
PR: POLE VAULT - 16'2.75" (4.95M)

2005 Outdoor: Cleared 16'0.75" (4.90m) to place fifth in the event at the Georgia Tech Invitational ... Tied for ninth place in the pole vault at the ACC Championships with a mark

of 15'3" (4.65m) ... Was the second-place finisher in the pole vault with a jump of 15'7" (4.75m) at the Charlotte Invitational .. Took 11th place in the pole vault at Tennessee's SeaRay Relays.

2005 Indoor: Set a new personal best in the pole vault at the Virginia Tech Challenge by clearing 16'1" (4.90m) to tie for eighth place in the event ... Placed sixth at the ACC Championships with a jump of 15'11" (4.85m) ... At Tech's Last Chance meet, he tied for 10th place with 15'9.25" (4.81m).

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 Relays 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.

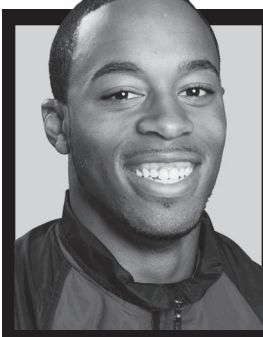
2003 Outdoor: Redshirted.

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

ALEX REID



HURDLES
FRESHMAN
MIDDLETOWN, N.Y.
MIDDLETOWN H.S.
PR: 400IH: 53.8

High School: National scholastic champion in 2005 in the 60m hurdles ... Ranked No. 4 in the U.S. in the event ... All-state his senior year ... Three-time state qualifier ... Two-time national qualifier ... National

indoor champion in the 60m hurdles ... 400m state champion ... Owns all school records in the hurdles.

Personal: Born October 24, 1986 in Smithtown Long Island, N.Y. ... Son of Gwendonly Reid ... Graphic design major.

ANDREW MONTGOMERY



DISTANCE
SOPHOMORE
FALLS CHURCH, VA.
GEORGE MASON H.S.
PR: 5,000m: 14:59

2005 Cross Country: Had a fifth-place performance at the Virginia Tech Invitational with a time of 19:26.75 ... Was third at the VT Alumni Meet in 25:10.66 ... Placed 59th at the Penn State Invitational in 26:28 ...

Had a time of 24:53.2 at the ACC Championships, earning 31st place ... Finished 45th at the NCAA Southeast Regional Championships.

2005 Outdoor: Did not compete.

2005 Indoor: Did not compete.

High School: Placed second in the 2002 and 2003 VHSL A state cross country meets (5,000m) ... Runner-up at the 2003 Bull Run District meet ... Was third at the 2001 state cross country meet and fourth in 2000 ... Had a best 5,000m time of 16:25.00 at the 2003 Footlocker South Regional meet ... Member of the 2002 and co-captain of the 2004 VHSL A state champion soccer teams.

Personal: Born April 23, 1986 in Washington, D.C. ... Son of John and Melanie Montgomery ... Architecture major.

MEN'S PROFILES

BILLY BERLIN



DISTANCE
SOPHOMORE
MIDLOTHIAN, VA.
MIDLOTHIAN H.S.
PR: 1,000M - 2:31.17;
1,500M - 3:53.43
MILE - 4:13.32

2005 Outdoor: Finished in 18th place in the 1,500 meters with a time of 3:53.43 at the Duke Invitational ... Injured after the Duke meet.

2005 Indoor: At the Virginia Tech Last Chance meet, took third place in the mile with 4:13.32 and finished in 15th place in the 800 meters ... The 4:13.32 mile was a season best for the team ... Ran a personal best of 3:02 on the 1,200 leadoff leg for the DMR.

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 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 ... Has an older sister, Jesse, and a younger brother, Andrew.

JAMES SCHEINER



DISTANCE
SOPHOMORE
CENTREVILLE, VA.
WESTFIELD H.S.
PR: Mile - 4:13.96

2005 Outdoor: Did not compete.

2005 Indoor: Did not compete.

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 ... Building construction major ... Has a brother, Joshua, and a sister, Katherine.

MATT RENNINGER



SPRINTS
JUNIOR
BOYERTWON, PA.
BOYERTOWN H.S.
100m: 10.78; 200m: 21.98

2005 Outdoor: Had a personal-best time of 21.98 at the Clemson Invitational, finishing in 10th ... Was 23rd at the Charlotte

Invitational in the 400m.

2005 Indoor: Was fifth at the Virginia Tech Invitational with a time of 7.08 in the 60m ... Had a 200m time of 22.44.

2004 Outdoor: Finished sixth at the Virginia Tech Invitational in the 100m with a time of 11.08.

2004 Indoor: Had a time of 23.22 in the 200m at the Virginia Tech Challenge.

2003 Outdoor: Did not compete.

2003 Indoor: Recorded a time of 23.12 in the 200m at the Virginia Tech Challenge.

High School: Earned four varsity letters in both indoor and outdoor track ... Earned all-state honors in the 100m his senior year ... All-county in the 100m and 200m events ... Set seven school records.

Personal: Born February 8, 1984 in Allentown, Pa. ... Son of Deb and Lynn Renninger ... Human nutrition, foods and exercise major ... Has a brother, Mark.

JASON VICK



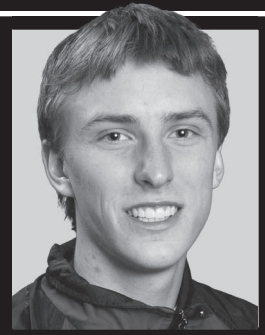
DISTANCE
FRESHMAN
OAK HILL, VA.
OAKTON H.S.
1,600m: 4:16; 3,200m: 9:27

High School: Member of the All-American 4x1,600m relay team ... Five-time all-Northern region selection ... Five-time all-state selection ... Won the state

championship in the 3,200m ... Was the runner-up in the 1,600m with a time of 4:19.42 at the Concorde District Championships ... Set a personal record 4:16.30 to finish second at the Northern Region Championships.

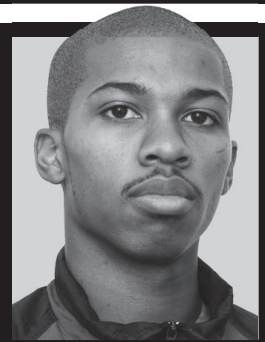
Personal: Born August 26, 1986 in Los Angeles, Calif. ... Son of Alan and Cindy Vick ... Political science major.

OTHERS TO WATCH



CHRISTIAN BARLOW
JUNIOR
DISTANCE
SPRINGFIELD, PA.
ST. JOSEPH'S H.S.

DAN FORGENG
SOPHOMORE
DISTANCE
HATBORO, PA.
HATBORO-HORSHAM H.S.



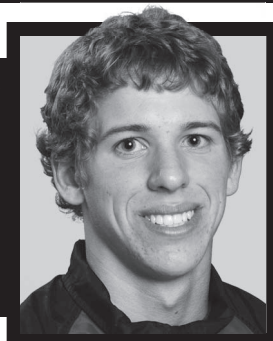
JOE GATES
FRESHMAN
JUMPS
LEESBURG, VA.
STONE BRIDGE H.S.

KYLE GUGLIELMO
SOPHOMORE
MID-DISTANCE
VIRGINIA BEACH, VA.
COX H.S.

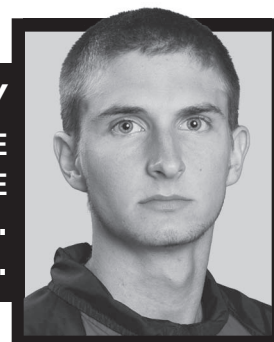


ALEX JOHNSON
SENIOR
MID-DISTANCE
PHOENIX, ARIZ.
BROPHY PREP

BRIAN MARKLEY
JUNIOR
DISTANCE
LOVETTSVILLE, VA.
LOUDON H.S.



BRYAN McVEY
SOPHOMORE
DISTANCE
ARLINGTON HEIGHTS, ILL.
BUFFALO GROVE H.S.



CHRIS PADILLA
FRESHMAN
MID-DISTANCE
SHELTON, CONN.
SHELTON H.S.

PHILLIP PADILLA
FRESHMAN
MID-DISTANCE
SHELTON, CONN.
SHELTON H.S.



IAN SHREKENGAST
SOPHOMORE
DISTANCE
NORTH HILLS, PA.
NORTH HILLS H.S.

ZACH THOMAS
SOPHOMORE
DISTANCE
SEWICKLEY, PA.
QUAKER VALLEY H.S.



The 2004-05 Virginia Tech track and field indoor and outdoor seasons will forever be etched in history, not only in the athletics department, but also in the university's eyes. Many will remember it as Tech's inaugural season in the Atlantic Coast Conference, but most will remember it as the year that junior Spyridon Jullien won the school its first-ever national championship in any varsity sport.

INDOOR

During the indoor season, the talented Tech men's squad finished 16th at the NCAA Championships behind Jullien's first national title, which came in the weight throw. For his performance, he was named the USTCA Athlete of the Year for the Southeast Region. Jullien, along with Brian Mondschein (pole vault) and Ryan Norwood (shot put), earned All-America honors. Jullien and Mondschein would each win an ACC Championship and would be named All-ACC in addition to Norwood.

The women's team was led by Tamara Burns (weight throw) and Saskia Triesscheijn (pentathlon), each earning All-America honors for their performances at the NCAA Championships.

At the ACC Championships, the women's team had seven members garner marks good enough for All-ACC honors. In addition to Burns, Kristen Callan (weight throw) and Erin Mahony (pole vault) earned individual All-ACC honors. The distance medley relay team of Natalie Sherbak, Victoria Green, Meredith Brooks and Jessica Fanning took home first place, securing their spot on the All-ACC team.

OUTDOOR

Jullien led the men to their highest-ever finish nationally, finishing 13th at the NCAA Outdoor Championships. He was named the USTCA Outdoor Athlete of the Year after winning the hammer throw.

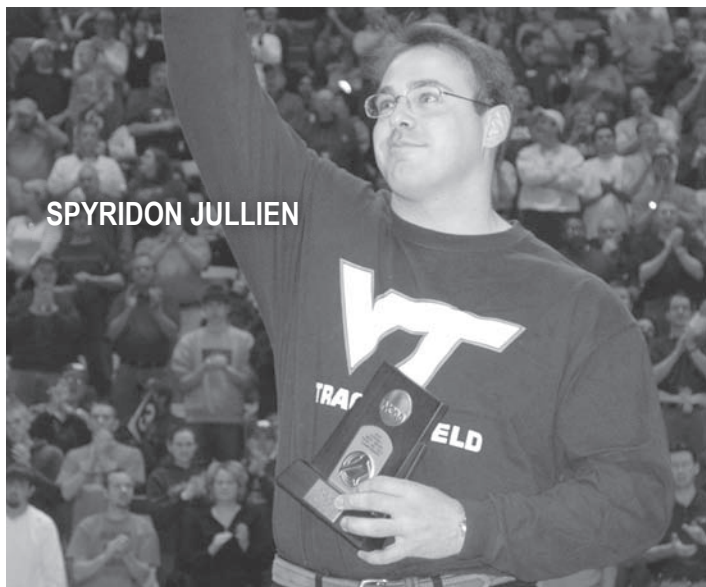
Tech had three athletes on the men's side earn All-America honors for their efforts at the NCAA Outdoor Championships. Mondschein (pole vault), Sven Hahn (shot put) and Jullien (hammer throw). All earned these honors in addition to the All-ACC accolades they received.

En route to the NCAAs, Jullien and Mondschein each won a regional title, helping the men finish sixth in the East Region.

The women were led by Callan and Triesscheijn during the season. Both qualified for the NCAA Outdoor Championships, with Callan advancing in the hammer throw while Triesscheijn did so in the heptathlon.

At the NCAAs, Callan placed 10th in the hammer and earned All-America honors.

The women finished 28th in the East Region after placing ninth at the ACC Championships. At the ACC Championships, Tamara Burns, Callan and Triesscheijn were each named All-ACC for placing in the top three in their event.



SPYRIDON JULLIEN

2004-05 AWARDS

2004-05 ACC All-Academic
 Adam Bingaman
 William Collins
 David Cook
 Jason Fludd
 Stephen Huntzinger
 Brian Mondschein
 Ryan Norwood
 Christopher O'Keefe
 Joeseoph Samaniuk
 Duncan Vick

2004-05 ACC All-Academic
 Kristen Callan
 Kathryn Campbell
 Victoria Green
 Kimberly Johnston
 Ashleigh Keats
 Erin Mahony
 Abbey McGrath
 Stephanie Myers
 Jaqueline Nicholson
 Britni Spruill
 Jennifer Wade

Academic All-America: Brian MacPhee
Academic All-District III: Brian MacPhee

USTCA Outdoor Athlete of the Year: Spyridon Jullien
USTCA Indoor Athlete of the Year - Southeast Region: Spyridon Jullien

2004-05 Team Awards

<u>Men</u>	<u>MVP</u>	<u>Women</u>
Spyridon Jullien		Marie Giles
<u>Men</u>	<u>Coaches Award</u>	<u>Women</u>
Brian Mondschein		Victoria Green
<u>Men</u>	<u>Rookie Award</u>	<u>Women</u>
Sven Hahn		Tamara Burns



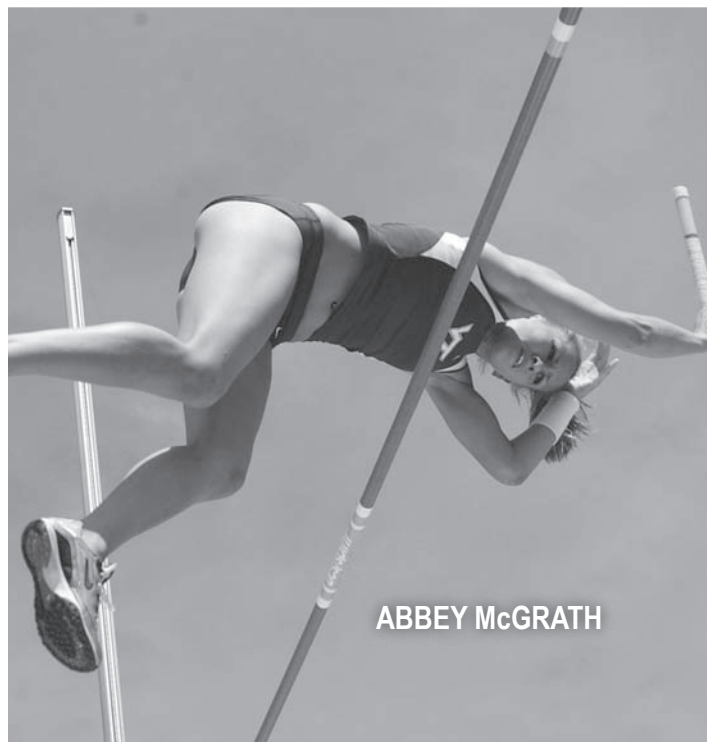
MARIE GILES

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
	3:58.62	Spruill, Nicholson, Green, Giles	2005
High Jump	5'11.25" (1.81m)	Katie Ollendick	1998
Pole Vault	12'5.50" (3.80m)	Abbey McGrath	2005
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	203'10" (62.13m)	Kristen Callan	2005
Javelin Throw	174'02" (53.10m)	Dee O'Connell	2002
Heptathlon	5,378 points	Katie Ollendick	1998

Current team members in **bold** type.



ABBEY McGRATH



SASKIA TRIESSCHEIJN

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	55.26	Marie Giles	2005
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	3:43.09	Giles, Green, Nicholson, Spruill	2005
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	12'8 (3.86m)	Abbey McGrath	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	73'3.25" (22.33m)	Tamara Burns	2005
Pentathlon	4,058 points	Saskia Triesscheijn	2005

Current team members in **bold** type.
All times prior to 1991 are not fully automated.

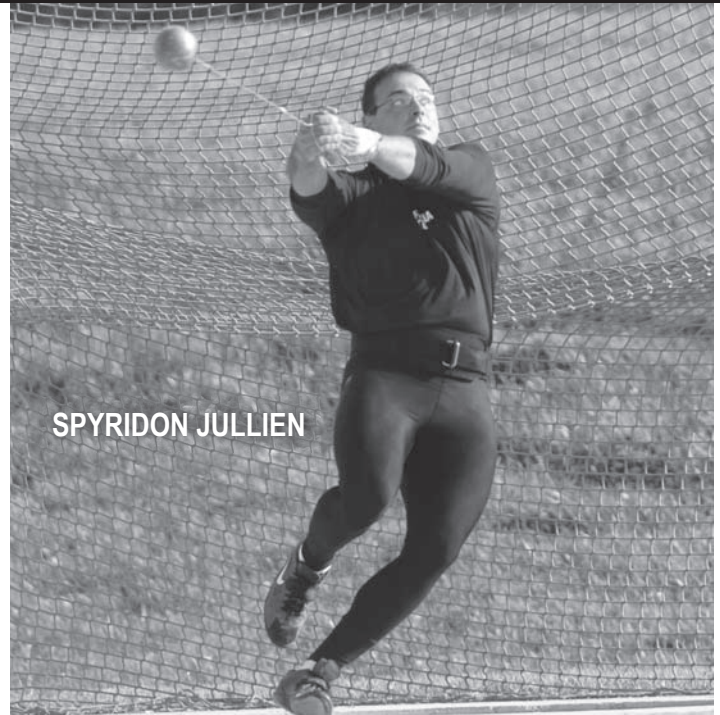
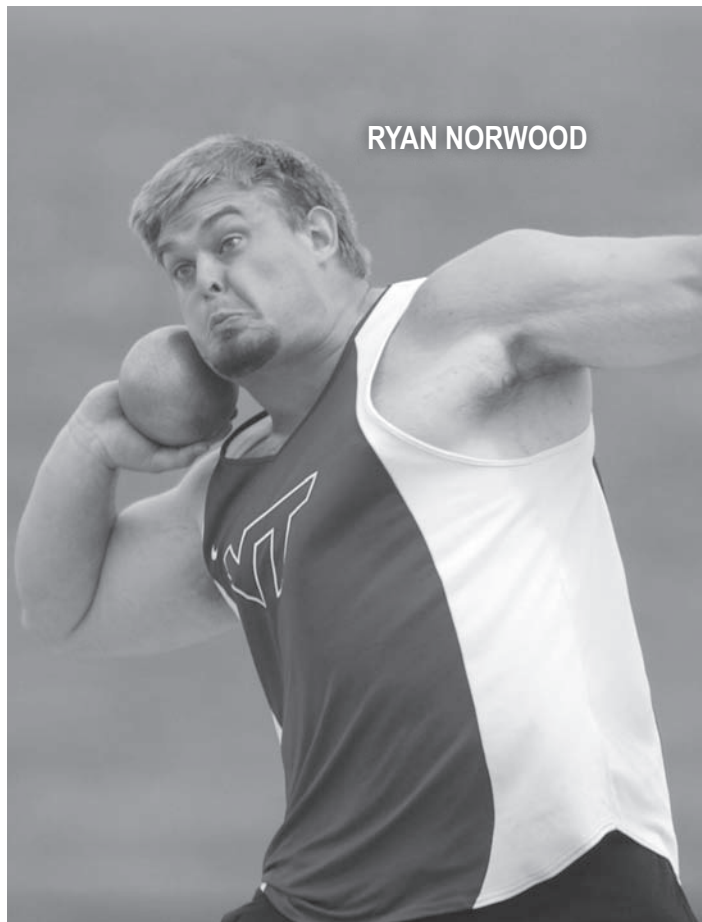
SCHOOL RECORDS

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	61'5.75" (18.74m)	Ryan Norwood	2005
Weight Throw	76'3.50" (23.25m)	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.



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
4x200m	1:26.55	Renninger, Fludd Price, Jenkins	2005
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	62'10.50" (19.16m)	Sven Hahn	2005
Discus Throw	189'6" (57.76m)	Sven Hahn	2005
Hammer Throw	238'5" (72.68m)	Spyridon Jullien	2005
Javelin Throw	242'9" (74.00m)	Jacobus Smit	2005
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
Marie Giles	7.84	2005

200 Meters

Damali Hay	24.16	2002
Monique Vanloo	24.74	2002
Jacqueline Nicholson	24.99	2005
Marie Giles	25.15	2003
Dayna Gordon	25.28	1998
Brandi Smith	25.30	1999

400 Meters

Marie Giles	55.26	2005
Brandi Smith	55.36	1999
Victoria Green	55.94	2005
Danya Gordon	56.15	1998
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
Victoria Green	1:16.07	2005
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
Meredith Brooks	2:13.00	2005
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 Fanning	4:52.83	2005
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
Jacqueline Nicholson	8.40	2005

60-Meter Hurdles

Keosha Sanders	8.59	2004
Jennifer Cook	8.61	1999
Melanie Burgess	8.90	1997
Saskia Triesscheijn	8.90	2005
Jacqueline Nicholson	8.96	2003
Shamane Onwudiachi	8.98	2005

4x400-Meter Relay

Giles, Green,	3:43.09	2005
Nicholson, Spruill		
Giles, Gaddy,	3:47.56	2003
Onwudiachi, Vanloo		
Gordon, Hobson,	3:49.95	1999
Hopkins, Smith		
Ollendick, Smith,	3:50.25	1998
Gordon, Hopkins		
Ricks, Hobson,	3:50.63	1999
Hopkins, Smith		
Reeser, Smith,	3:52.59	1997
Ollendick, Gordon		

4x800-Meter Relay

Morris, Alverson,	9:01.69	2002
Friedman, Vidt		
Netzer, Sadosky,	9:03.66	1998
Scherrens, Gibbs		
Morris, Mullis,	9:06.68	2004
Brooks, Overbeeke		
Van Sickle, Sadosky		
Morris, Overbeeke,	9:11.59	2003
Van Horn, Vidt		
Sadosky, VanHorn,	9:14.30	2001
Friedman, Price		

Distance Medley Relay

Price, Hopkins,	11:34.78	2001
Sadosky, Vidt		
Sherbak, Green,	11:39.20	2005
Brooks, Fanning		
Morris, Vanloo,	11:44.05	2002
Friedman, Vidt		
Ekemo, Green,	11:50.42	2004
Mullis, Morris		
Sadosky, Hopkins,	11:52.71	2001

Friedman, Vidt

Ingersoll, Hopkins,	11:58.24	1999
Alverson, Stumpf		

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
Britni Spruill	18'1" (5.51m)	2005

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
Saskia Triesscheijn	5'7" (1.70m)	2005
Gunild Kreb	5'4.50" (1.64m)	2005

Pole Vault

Abbey McGrath	12'8.00" (3.86m)	2005
Erin Mahony	12'1.5" (3.70m)	2005
Jennifer Wade	11'7.75" (3.55m)	2005
Kim Johnston	11'5.75" (3.50m)	2003
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
Ciera Ayangbile	47'2.50" (14.39m)	2005
Tamara Burns	45'10.50" (13.98m)	2005
Darcy Smith	45'9.50" (13.96m)	1983
Michelle Smith	45'6.25" (13.87m)	1998

Weight Throw

Tamara Burns	73'3.25" (22.33m)	2005
Kristen Callan	63'7.50" (19.39m)	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

Saskia Triesscheijn	4,058 points	2005
Katie Ollendick	3,941 points	1998
Gunild Kreb	3,818 points	2005
Brandi Smith	3,494 points	1997
Katie Campbell	3,114 points	2004
Michelle Smith	3,051 points	1996



JESSICA FANNING

TOP ALL-TIME PERFORMERS

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
Victoria Green	55.16	2005
Danya Gordon	55.18	1999
Lynette Hopkins	55.73	2000
Katie Ollendick	56.06	1998
Britni Spruill	56.24	2005
Brandi Smith	56.65	1998

800 Meters

Marlies Overbeeke	2:06.68	2004
Marie Giles	2:08.26	2005
Meredith Brooks	2:09.52	2005
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 Schweitzer	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 Schweitzer	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

Jackie Nicholson	61.32	2005
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		
Giles, Green	47.04	2005

Nicholson, Onwudiachi

Hopkins, Vanloo	47.11	2000
Cook, Hay		

4x200-Meter Relay

Gordon, Ollendick	1:38.34	1998
Cook, Byrd		
Spruill, Nicholson	1:39.14	2005
Green, Giles		

4x400-Meter Relay

Hopkins, Gordon	3:42.48	1999
Hobson, Smith		
Giles, Green	3:43.02	2005

Nicholson, Spruill

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		
Brooks, Sherbak	9:03.45	2005

Fanning, Ference

Netzer, Sadosky	9:03.66	1998
Scherrens, Gibbs		
Overbeeke, Burns	9:03.70	2003
Milbourn, Vidt		

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

Abbey McGrath	12'5.50" (3.80m)	2005
Erin Mahony	11'11.75" (3.65m)	2005
Jennifer Wade	11'9.75" (3.60m)	2005
Kim Johnston	11'5.75" (3.50m)	2003
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



KRISTEN CALLEN

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

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
Tamara Burns	45'5.25" (13.85m)	2005
Michelle Smith	44'5.50" (13.55m)	1997

Discus Throw

Christy Herman	162'6" (49.54m)	2003
Tamara Burns	162'6" (49.53m)	2005
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	203'10" (62.13m)	2005
Tamara Burns	195'6" (59.59m)	2005
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
Ashleigh Keats	152' (46.32m)	2005
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	5,367 points	2005
Gunild Kreb	5,094 points	2005
Brandi Smith	4,661 points	1997
Dorothea Ku	4,350 points	1993

TOP ALL-TIME PERFORMERS

MEN'S ALL-TIME INDOOR PERFORMANCE LIST

55 Meters

André Davis	6.30	2000
Cedric Patrick	6.37	1993
David Clowney	6.38	2005
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
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200 Meters

André Davis	21.16	2000
Buck Grant	21.79	2003
Jordan Price	21.99	2005
Clinton Edwards	22.06	2002
Ahmed Sangbana	22.07	1999

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 McDaniels	2:26.7	1982
Tim Crossin	2:27.8	1983

1,500 Meters

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

Mile

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



3,000 Meters

Steve Taylor	8:03.41	1987
Steve Hetherington	8:10.9	1981
David Peterson	8:13.91	1983
Chris Seaton	8:17.07	2001
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
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4x400-Meter Relay

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

4x800-Meter Relay

Cobb, Voigt,	7:22.56	1987
Oustrich, Reed		
Ackenbom, Burns,	7:29.2	1980

McDaniels, Merritt

Hayes, Grignon,	7:34.12	2000
Taylor, Rhue		
Najjar, Grignon,	7:37.80	2000
Hayes, Taylor		
Berlin, Markley,	7:38.67	2005
Johnson,		
Harris, Johnson,	7:42.28	2004
Vick, Grant		

Distance Medley Relay

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

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	50'0.75" (15.26m)	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
Brian Mondschein	17'8.50" (5.40m)	2005
Bob Phillips	17'3.75" (5.27m)	1981
Keith Neff	17'0" (5.18m)	1976
Chris Williams	16'8" (5.08m)	1993
Adam Bingaman	16'6.75" (5.05m)	2005

Shot Put

Ryan Norwood	61'5.75" (18.74m)	2005
Sven Hahn	60'9.25" (18.52m)	2005
Brian MacPhee	59'2.75" (18.05m)	2004
Steven Huntzinger	56'10" (17.32m)	2005
Barry White	56'8.50" (17.28m)	1973

Weight Throw

Spyridon Jullien	76'3.50" (23.25m)	2005
Mohsen Anani	74'1.00" (22.58m)	2005
Erick Kingston	65'0" (19.81m)	2000
Eddie Boes	64'10" (19.76m)	2000
Matej Muza	63'6.25" (19.36m)	2005
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

TOP ALL-TIME PERFORMERS

MEN'S ALL-TIME OUTDOOR PERFORMANCE LIST

100 Meters

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

100 Yards

André Releford	9.4	1974
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200 Meters

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

220 Yards

Mac Banks	20.8	1971
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400 Meters

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

440 Yards

Mac Banks	46.7	1971
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800 Meters

Tim Crossin	1:48.5	1982
Ray Ackenbom	1:49.06	1979
Ali Najjar	1:49.91	2000
Brett 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	1985
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 Gaines	14.1	1971
Mike Kacz	14.1	1975

400-Meter Hurdles

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

440-Yard Hurdles

Mike Kacz	51.8	1975
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3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x110-Yard Relay

Fallen, Read, Lewis, Scott	40.7	1980
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4x200-Meter Relay

Renninger, Fludd, Price, Jenkins	1:26.55	2005
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4x400-Meter Relay

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

4x440-Yard Relay

Chase, Watson, Nash, Crossin	3:10.2	1982
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4x800-Meter Relay

Jury, Vick, Johnson, Grant	7:30.12	2004
McDaniels, Crossin, Porr, Watson	7:32.2	1982
Hayes, Grignon, Taylor, Rhue	7:34.54	2000

Hayes, Grignon, Taylor, Necciai	7:35.40	1999
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4x1,500-Meter Relay

Hayes, Rhue, Seaton, Oliver	15:54.70	2001
Johnson, Vick, Markley, Berlin	16:05.12	2005
Necciai, Snead, Atkiss, Lawson	16:05.61	2002
King, Rumple, Lang, Yost	16:06.80	1997
Taylor, Carter, Krycinski, Hayes	16:08.03	1999

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
Idikoro Eradiri	50'0.75"	(15.26m)	2005
Jim Eckenrode	48'10.50"	(14.90m)	1986
Mark Zesinger	48'4"	(14.73m)	1992

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	17'8.50"	(5.40m)	2005
Bob Phillips	17'0.50"	(5.20m)	1980
Chris Williams	17'0"	(5.18m)	1994
Keith Neff	16'7.50"	(5.07m)	1977
Adam Bingaman	16'6.75"	(5.05m)	2005
Joe Samaniuk	16'0.75"	(4.90m)	2005
Marcus Tepaske	16'0.75"	(4.90m)	2003

Shot Put

Sven Hahn	62'10.50"	(19.16m)	2005
Ryan Norwood	60'10.50"	(18.55m)	2004
John Fallone	56'2"	(17.12m)	2003
Brian MacPhee	55'9.25"	(17.00m)	2003
Barry White	55'8"	(16.97m)	1972
Scott Alexander	54'11.75"	(16.75m)	1971

Hammer Throw

Spyridon Jullien	238'5"	(72.68m)	2005
Erick Kingston	221'11"	(67.64m)	1999
Mike Sergent	210'1"	(64.04m)	1992
Eddie Boes	195'9"	(59.68m)	2000
Paul Sulik	195'6"	(59.60m)	1981

Discus

Sven Hahn	189'6"	(57.76m)	2005
Steve Mehr	178'6"	(54.42m)	1983
Mike Sergent	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	242'9"	(74.00m)	2005
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
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
Tamara Burns	2005	Indoor	Weight throw (12th)
Kristen Callan	2005	Outdoor	Hammer throw (10th)
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)
Saskia Triesscheijn	2005	Indoor	Pentathlon (6th)
Judy Williams	1981	Outdoor	10,000 meters



MARLIES OVERBEEKE



SVEN HAHN

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
Sven Hahn	2005	Outdoor	Shot put (6th)
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)
	2005	Indoor	Weight throw (1st)
	2005	Outdoor	Hammer throw (1st)
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)
Brian Mondschein	2005	Indoor	Pole vault (5th)
	2005	Outdoor	Pole vault (2nd)
Keith Neff	1976	Indoor	Pole vault (5th)
Ryan Norwood	2005	Indoor	Shot Put (11th)
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

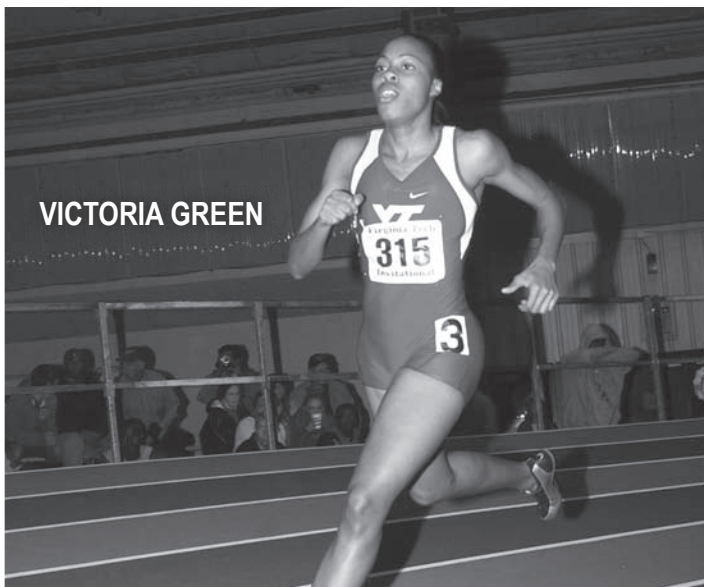
1997.....	Rashida Dodson.....	.55 meters
	Rashida Dodson.....	200 meters
	Jennifer Conner.....	5,000 meters
	Jennifer Cook.....	.55 hurdles
	Leslie Mitchell.....	Triple Jump
1997.....	Katie Ollendick.....	High Jump
	Paul Allan.....	Shot Put
1998.....	Megan Barnes.....	Long Jump
	Katie Ollendick.....	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
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Atlantic Coast Conference

2005.....	Natalie Sherbak.....	Distance medley relay
	Victoria Green.....	Distance medley relay
	Meredith Brooks.....	Distance medley relay
	Jessica Fanning.....	Distance medley relay



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



CONFERENCE CHAMPIONS

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

1999	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

Atlantic Coast Conference

2005	Spyridon Jullien	Weight Throw
	Brian Mondschein	Pole Vault

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

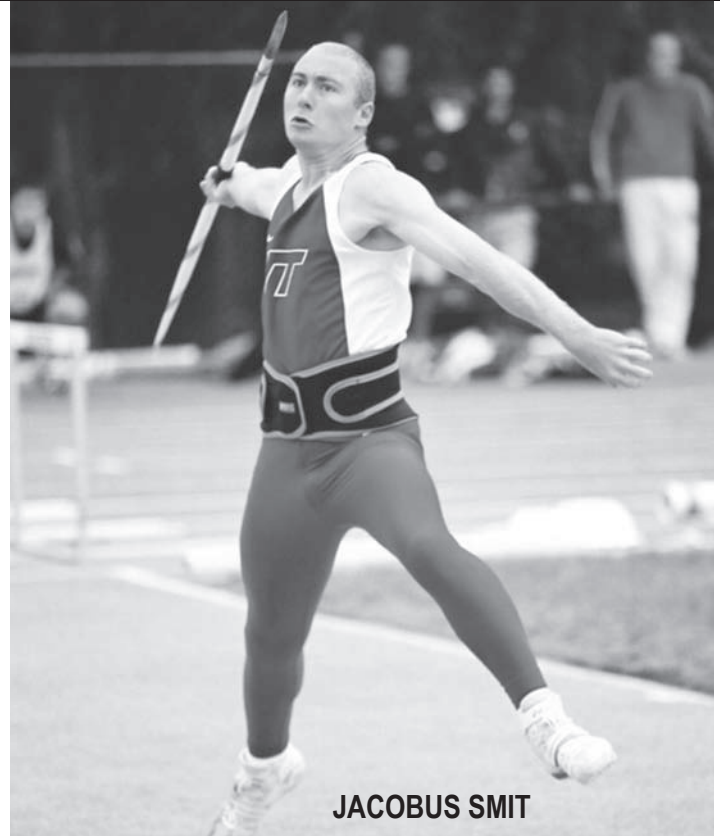
CONFERENCE CHAMPIONS

Metro Conference

1979	Bob Phillips..... Pole Vault	Paul Sulik..... Hammer Throw
1980	Bob Phillips..... Pole Vault	Paul Sulik..... Hammer Throw
1981	John Dyer..... Decathlon	Mike Halim..... Long Jump
	Steve Whaley..... High Jump	Bob Phillips..... Pole Vault
	Steve Mehr..... Discus	Paul Sulik..... Hammer Throw
	John Dyer..... Decathlon	Tim Crossin..... 800 meters
1982	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	Gary Cobb..... 1,500 meters
1986	Howard Nippert..... 10,000 meters	Todd Giszack..... 3,000 SC
	Phil Saunders..... Triple Jump	Gary Cobb..... 1,500 meters
1987	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	Wally Granville..... 5,000 meters
1991	Chris Williams..... Pole Vault	Mike Sergent..... Discus
1992	Mike Sergent..... Hammer Throw	Corey Lamb..... Decathlon
1993	None	Brett Matthews..... 800 meters
1994	Chris Sieban..... Javelin	Jason Fullmer..... 110 hurdles
1995	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
	Justin Davis..... 400 hurdles
	Larry Austin..... 4x100 relay
	Andre Davis..... 4x100 relay



JACOBUS SMIT

1999	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

Atlantic Coast Conference

2005	Spyridon Jullien..... Hammer Throw
	Jacobus Smit..... Javelin Throw
	Brian Mondschein..... Pole Vault

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	76'3.50"	Spyridon Jullien	Virginia Tech	3/5/05
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	Mellissa Morrison	S.C. Elite	1/22/99
4x400m	3:35.05		Florida	2/5/99
4x800m	8:51.92		Pittsburgh	1/20/01
DMR	11:08.04		North Carolina	2/23/02
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	21'3.50"	Tabia Charles	Miami	3/5/05
Triple Jump	46'4"	Tiombe Hurd	Nike	2/24/01
Shot Put	63'11"	Cleopatra Borel	Unattached	2/14/04
Weight	73'0.75"	Jenny Dahlgren	Georgia	2/11/05
Pentathlon	4,058	Saskia Triesscheijn	Virginia Tech	3/5/05

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	5/3/98
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



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

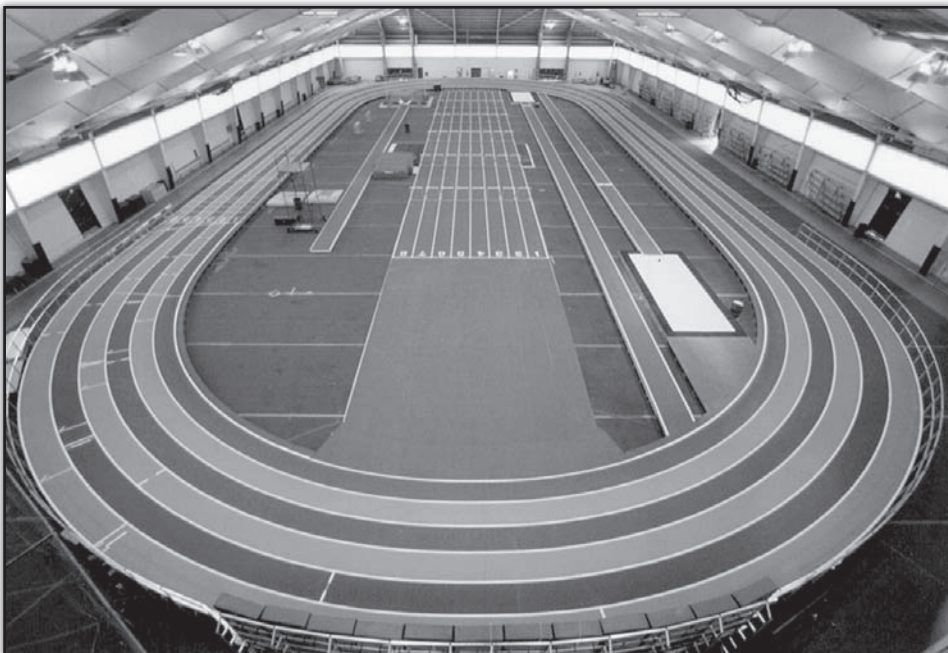
Bloom and high school mile record holder Alan Webb.

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 among the best."





CHARLES W. STEGER

University President

Now in his sixth year as President of Virginia Tech, Dr. Charles Steger has charted a course to bolster the university's research enterprise and compete among the nation's elite research institutions. Under his direction, the university

has adopted a strategic plan, which is guiding the growth of the research enterprise, fostering outreach initiatives, and increasing quality across all aspects of the academic community.

Steger's ties to Virginia Tech span five different 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, at age 33, the youngest architecture dean in the nation.

President Steger will be forever credited with negotiating Virginia Tech's entrance into the Atlantic Coast Conference—a fifty-year dream come true for Hokie fans.

As Vice President for Development and University Relations, Steger built a critical base of private support when he led the Campaign for Virginia Tech, which raised more than \$337 million. Today, private support from Virginia Tech's alumni and friends continues to play an essential role in this university community. Last year, the university raised \$77 million, a 15 percent increase over the previous year.

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, 60, was appointed on Sept. 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 and fans.

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.

Major renovations on the west side of Lane Stadium are nearing completion. In addition to luxury suites and other game day amenities, the structure will house a ticket office, athletic fund offices, an Athletics Hall of fame and a new student academic services area.

Additional projects completed in the past year include renovations of Olympic sport locker rooms, a new golf team building at the River Course, filming capability at the tennis center, new practice fields (one natural and one artificial) at Moseley Field, and a driveway for buses at Cassell Coliseum.

Weaver presided over Tech's move into the Atlantic Coast Conference in 2004-05. Virginia Tech and Miami were officially introduced as the 10th and 11th members of the ACC, effective July 1, 2004.

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.

Weaver brings a "Penn State mentality" to the position. He says that various schools' interest in him as a reformer through the years can be traced to Penn State and its reputation for how it conducts business in intercollegiate athletics.

It was with the Nittany Lions' football team that Weaver first made a name for himself in athletics. He was a center and linebacker on Penn State teams coached by the legendary Rip Engle and Joe Paterno.

A native of Harrisburg, Pa., Weaver was recruited to Penn State by Engle. He

played three seasons under Engle and one under Paterno, who is still the coach of the Nittany Lions.

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 drew rave reviews at UNLV for his fund-raising expertise. He generated nearly \$15 million in his time there.

While at Western Michigan, Weaver announced creation of a \$7 million football enter, stabilized fluctuating revenues and installed a CHAMPS Life Skills program.

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

ATHLETICS ADMINISTRATION



Sharon McCloskey
Senior Associate
Director of Athletics



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



Tim Parker
Assistant Director
of Athletics for
Compliance



Mike Gentry
Assistant Director
of Athletics for
Athletic Performance



Sandy Smith
Assistant Director
of Athletics for
Ticketing Services

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

The success of Virginia Tech's track and field 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 is a school best 74 percent for 2005. This marks the third time in the last four years that Virginia Tech's student athlete graduation rate has been 70 percent or better.

In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. For the 2004 calendar year, 425 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs. 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, 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.

SAASS provides programming for student-athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education. Additionally, student-athletes are referred to and encouraged to take advantage of other campus agencies charged with helping students in their academic pursuits.

In the 2005-06 academic year the SAASS office will be moving to the West Side of Lane Stadium. Here, student athletes will have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms, and direct access to the SAASS staff. This complex will be a focal point for the Athletics Department, both aesthetically and pragmatically, and provide a centralized place for student athlete services.

The new facility features:

- More than 18,000 square feet of functional space
- 10 Staff Offices
- 18 Private Tutor Rooms
- State-Of-The-Art Classroom
- 45 Station Computer Lab
- Three Reading/Study Rooms
- Conference Room
- Reference Library

Together, these spaces provide the student-athlete with a variety of study environments conducive to their success. Athletes can use these facilities between classes, after practice or in the evenings, with flexible hours tailored to make the most of a student-athlete's limited time.

Beginning his seventh year at Virginia Tech, Chris Helms is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office. Helms oversees an office comprised of two associate directors, three assistant directors, a systems analyst, an intern, and a secretary forming a group of professionals serving the needs of all student-athletes.

In addition to his duties directing SAASS, Helms serves as a liaison between the academic and athletic communities and is an ad hoc member of the University Athletic Committee.

Helms came to Tech from Michigan State University, where he served as the assistant director of the Student Athlete 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 and Jessica Hood are dedicated to enhancing the quality of the student-athlete experience through the programs that this office administers.

Virginia Tech student-athletes obtain personal development education through workshops and mandatory speakers. Presentation topics include gambling, alcohol abuse, sexual violence and healthy relationships, media relations, and manners and etiquette dinners.

The Athletics Office of Student Life community outreach program is "Hokies with Heart." Student-athletes are encouraged to volunteer throughout their college experience. In collaboration with the Virginia Tech Corp of Cadets and student leadership, the "Hokies with Heart" program works together with the Montgomery County Public Schools System to visit with local school kids about the importance of education and character development. In 2004, the student-athletes also volunteered with the Montgomery County Christmas Store, Virginia Tech White Ribbon Campaign and Hokies United Tsunami Relief Campaign.

Each athletic team at Virginia Tech is encouraged to select one local charity on which to focus its philanthropic efforts throughout the year. The track and field team's community partner are the Families of Company C.

In close collaboration with the Virginia Tech Career Services Center, career development programs 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. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting along with securing internships and coops during their college careers. In 2005, both Cintas Corporation and NVR Inc. hosted workshops providing student-athletes the opportunity to hear job search strategies directly from employers.

The Virginia Tech Athletics Office of Student Life is responsible for nominating

student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. This year, Jessica Morris, a member of the cross country team, was named the Virginia Tech Undergraduate Woman of the Year. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. The 2004 calendar year listed 315 student-athletes with this honor. Bob Ritchie, men's basketball, and Mallory Soldner, women's soccer, received the Skelton Award for Academic Excellence in Athletics. The award is given to one male and one female student-athlete who demonstrate leadership, outstanding academic excellence and community involvement. The recipients of the award receive a \$5,000 scholarship donated by Dr. Bill and Peggy Skelton.

Several athletes from the Virginia Tech track & field team have received various academic awards. Twenty-five Hokies were named to the Athletic Director's Honor Roll in 2004. Joseph Samaniuk and Jacqueline Nicholson were named to the 2004 Virginia Tech All-Academic Team for attaining the highest GPA in 2004 on the track & field team.

The Virginia Tech Student Athlete Advisory Committee (SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport. These representatives meet twice a month to discuss issues and concerns regarding their sports, department of athletics, ACC and NCAA legislation. The student-athletes encourage their teammates to get involved both on campus and in the community. Each year SAAC sponsors a canned food drive during the basketball season. The track & field team representatives are Jordan Price, Adam Bingaman, Kim Johnston, Brittani Spruilli, and Jennifer Wade.

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

Sports Nutrition

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete's life, and that's why in July 2002, the athletics department implemented the sports nutrition program. Amy Freel serves as the director.

Freel works individually with student-athletes to provide them with information they need on their diet. She also provides individual players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and eating choices to improve performance.

She also designs pre-season menus, snacks and training table menus for the soccer team.

"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 education allows me and the athletes to get very specific on their nutritional, personal and sport-specific goals."

The sports nutritionist works with the "Training Edge," a dining option for health-conscious students and athletes, to design menus for training tables and daily menu selections.

Also in July 2002, the Virginia Tech Athletics Department purchased the BOD POD body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BOD POD is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) through air displacement within five minutes. Research has shown that an increase in lean muscle mass will increase athletic performance. The Sports Nutrition Program has helped countless Tech athletes maximize their athletic performance.

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 offers 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 recent 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."

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 18th 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 track and field teams. Gentry will also have the services of four graduate assistants.

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 is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

Tetsuo Oeda and Sarah Farden are the Certified Athletic Trainers for the cross country and track and field programs.

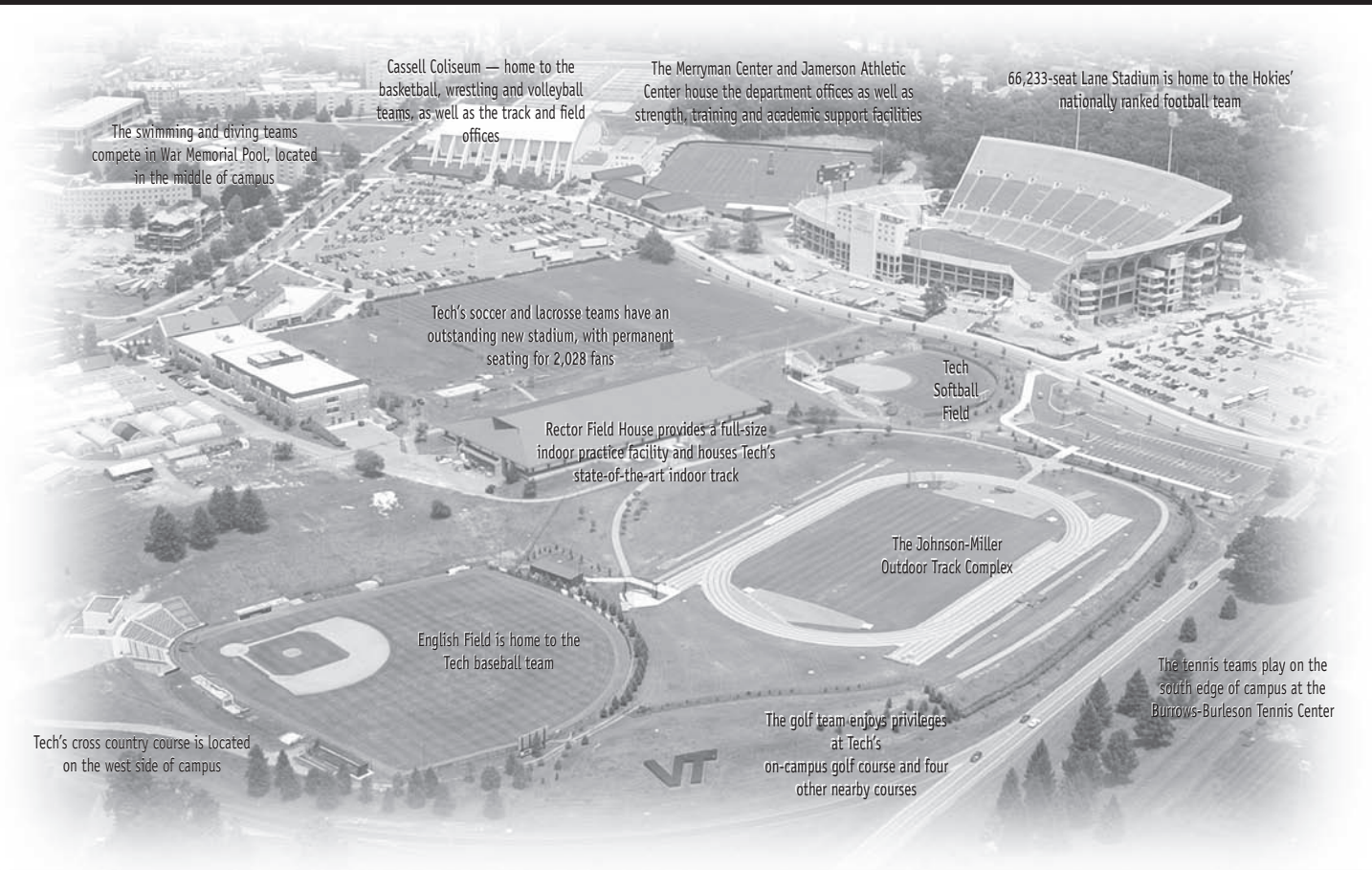
A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopedic surgeons,

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 fourth 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.

VIRGINIA TECH'S ATHLETIC COMPLEX



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

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

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

66,233-seat Lane Stadium is home to the Hokies' nationally ranked football team

Tech's soccer and lacrosse teams have an outstanding new stadium, with permanent seating for 2,028 fans

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

Tech Softball Field

The Johnson-Miller Outdoor Track Complex

English Field is home to the Tech baseball team

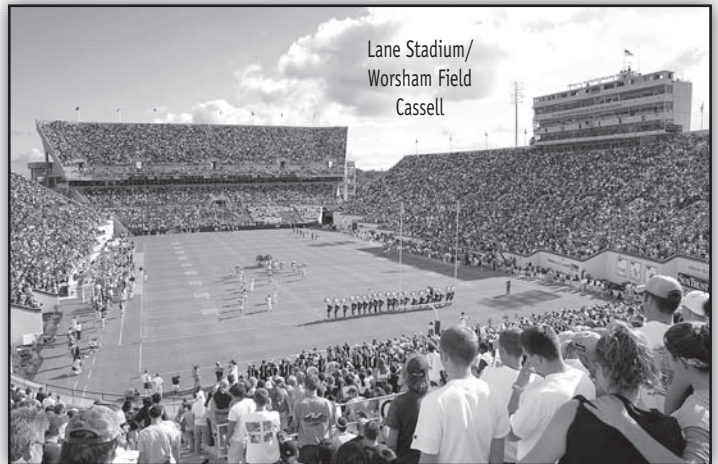
Tech's cross country course is located on the west side of campus

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

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



The Merryman Center



Lane Stadium/
Worsham Field
Cassell



Coliseum



English Field

THE ATLANTIC COAST CONFERENCE

The Tradition

Consistency. It is 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 53rd 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 94 national championships, including 49 in women's competition and 45 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 119 times in men's competition and 61 times in women's action.

2004-05 in Review

The 2004-05 academic year concluded with the league pocketing three more national team titles and seven individual NCAA crowns. In all, the ACC has won 51 national team titles over the last 15 years.

The ACC's 2004-05 national champions were Wake Forest in field hockey, North Carolina in men's basketball and Duke in women's golf. In addition, a total of 181 student-athletes from the ACC earned first, second or third-team All-America honors this past year.

The Championships

The conference will conduct championship competition in 25 sports during the 2005-06 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 Sedgfield 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 Sedgfield 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 Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

School Affiliations

BOSTON COLLEGE — Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

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.

NC 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 in Feb. 5, 1991; became a Big East member for all sports beginning July 1, 2000; joined the ACC in July, 2004.

WAKE FOREST — Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.



VIRGINIA TECH

From a meager beginning in October of 1872, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. As Virginia's largest university, with 25,600 students on campus, and one of the top research institutions in the nation, it is an institution that firmly embraces a history of putting knowledge to work. That tradition is rooted in the motto, *Ut Prosim*: "That I May Serve," and Virginia Tech's land-grant missions of instruction, research, and solving the problems of society through public service and outreach activities.

INSTRUCTION

Virginia Tech's eight colleges (Agriculture & Life Sciences, Architecture & Urban Studies, Pamplin College of Business, Engineering, Liberal Arts & Human Sciences, Natural Resources, Science, and Virginia-Maryland Regional College of Veterinary Medicine, plus the Graduate School) offer more degree programs than any other university in the state with 60 undergraduate and 110 graduate programs. Virginia Tech is one of the nation's leaders in developing and using new instructional technologies.

RESEARCH

With annual research expenditures of about \$269 million, Virginia Tech consistently ranks among the top research universities in the United States. With more than 100 research centers, the university also consistently ranks among the top institutions in industry-supported research and near the top 10 in the number of patents issued each year.

The university's faculty and students are involved in more than 3,700 research projects in fields ranging from biotechnology to materials, from the environment and energy to food and health, and from transportation to computing information.



OUTREACH and INTERNATIONAL AFFAIRS

As part of its outreach mission, Virginia Tech is involved in a multitude of economic and community development projects. For example, it helps global marketing efforts, investigates better uses for strip-mined land, helps clean the Chesapeake Bay and other state waterways, directs reforestation in Senegal — and the list goes on.

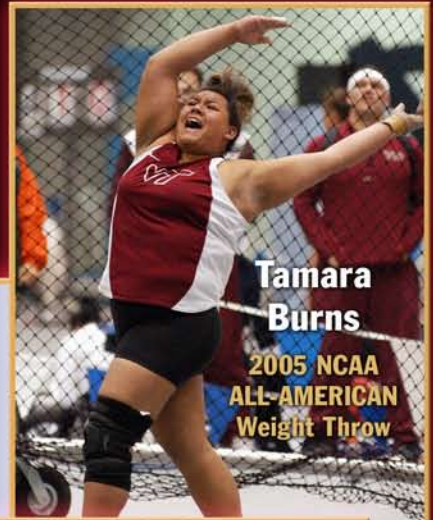
Outreach efforts focus on education and the dissemination of knowledge in the global society in which we live.

Visit Virginia Tech on the Internet at www.vt.edu.

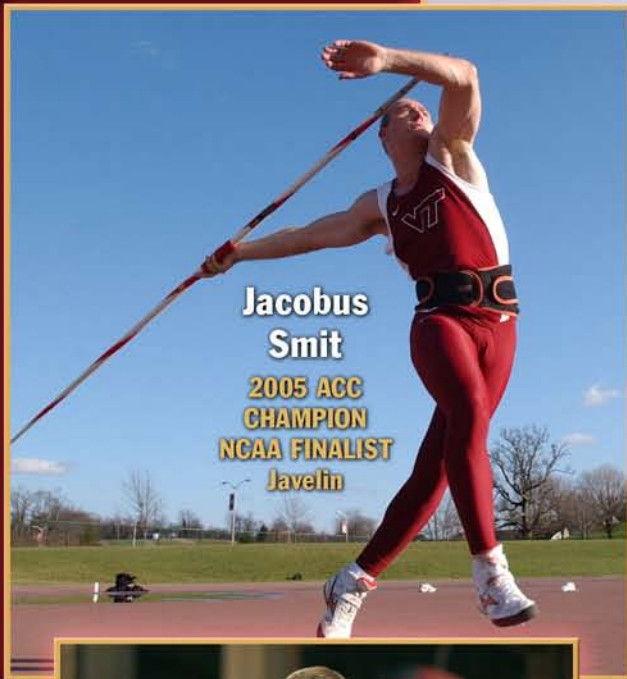




Kristen Callan
2005 NCAA
ALL-AMERICAN
Hammer Throw



Tamara Burns
2005 NCAA
ALL-AMERICAN
Weight Throw



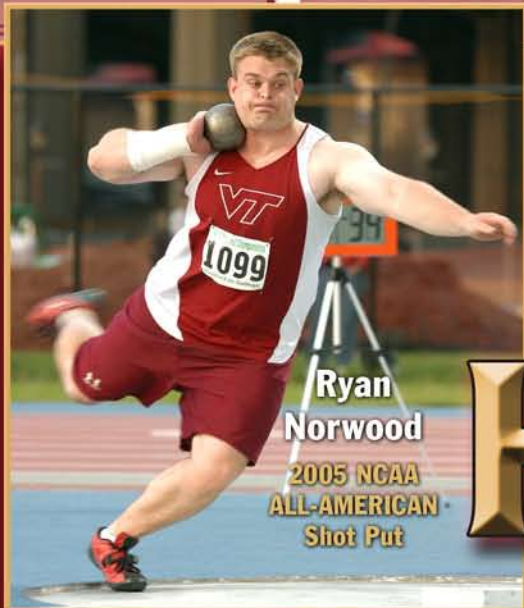
Jacobus Smit
2005 ACC
CHAMPION
NCAA FINALIST
Javelin



Brian Mondschein
2005 NCAA RUNNER-UP
TWO-TIME ALL-AMERICAN
Pole Vault



Saskia Triesscheijn
2005 NCAA
ALL-AMERICAN
Pentathlon



Ryan Norwood
2005 NCAA
ALL-AMERICAN
Shot Put



Sven Hahn
2005 NCAA
ALL-AMERICAN
Shot Put

HOKIES