

2007 ACC CHAMPIONS

2007 Women's
Indoor Track & Field
ACC Champions



VIRGINIA TECH

2007 Women's
Outdoor Track & Field
ACC Champions
& NCAA East
Region Champions



2007-08 TRACK & FIELD

ERIN MAHONY
Pole Vault

- 2007 ACC Indoor Champion
- 2007 NCAA East Regional Champion

ASHLEY EARLY
Pole Vault

- 2007 ACC Outdoor Champion

SHERLENIA GREEN
400m Hurdles

- 2007 ACC Champion
- 2007 USA Championship Finalist
- 2007 USA Team- NACAC Games- Bronze Medalist

TAMARA BURNS
Weight & Hammer Throws

- Two-Time All-American
- Two-Time ACC Champion

PATRICE POTTS
60m, 100m

- 2007 ACC Indoor & Outdoor Champion



Boston College
Clemson
Duke
Florida State
Georgia Tech
Maryland
Miami
North Carolina
NC State
Virginia
Virginia Tech
Wake Forest

Virginia Tech

2007-08 TRACK & FIELD

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 head men's track & field coach (throws)	Greg Jack
Associate head women's track & field coach (sprints, hurdles and jumps)	Lawrence Johnson
Distance coach	Ben Thomas
Assistant distance coach	Stacey Vidt
Secretary	Alva Slusher
Track & field office phone	540-231-5037
Track and field fax	540-231-6686
2007 ACC indoor finish (m/w)	Sixth/First
2007 ACC outdoor finish (m/w)	Seventh/First
Men's indoor all-ACC returning/lost	2/2
Women's indoor all-ACC returning/lost	8/1
Men's outdoor all-ACC returning/lost	4/1
Women's outdoor all-ACC returning/lost	9/1

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INDOOR SCHEDULE

Date	Event	Location
Dec. 1	Liberty Kickoff Invitational	Lynchburg, Va.
Jan. 11-12	VIRGINIA TECH INVITATIONAL	Blacksburg, Va.
Jan. 18-19	Niswonger Invitational	Johnson City, Tenn.
Jan. 25-26	Penn State National Invitational	State College, Pa.
Feb. 8-9	VIRGINIA TECH ELITE	Blacksburg, Va.
Feb. 15-16	Tyson Invitational	Fayetteville, Ark.
Feb. 22-23	VIRGINIA TECH CHALLENGE	Blacksburg, Va.
Feb. 28-Mar. 1	ACC Indoor Championships	Chapel Hill, N.C.
Mar. 8	VIRGINIA TECH LAST CHANCE	Blacksburg, Va.
Mar. 14-15	NCAA Championships	Fayetteville, Ark.

OUTDOOR SCHEDULE

Date	Event	Location
Mar. 22	Miami Invitational	Miami, Fla.
Mar. 21-22	Wake Forest Open	Winston-Salem, N.C.
Mar. 28-29	Raleigh Relays	Raleigh, N.C.
Mar. 29	Weems Baskins Relays	Columbia, S.C.
Apr. 3-5	Texas Relays	Austin, Texas
Apr. 4-5	Duke Invitational	Durham, N.C.
Apr. 5	Clemson Invitational	Clemson, S.C.
Apr. 5	Stanford Invitational	Palo Alto, Calif.
Apr. 11-12	Sea Ray Relays	Knoxville, Tenn.
Apr. 17-19	ACC Outdoor Championships	Atlanta, Ga.
Apr. 25-26	Drake Relays	Des Moines, Iowa
May 1	Liberty Twilight	Lynchburg, Va.
May 9	North Carolina Elite	Chapel Hill, N.C.
May 16-17	Georgia Tech Invitational	Atlanta, Ga.
May 30-31	NCAA Regional Championships	Tallahassee, Fla.
June 11-14	NCAA National Championships	Des Moines, Iowa
June 27-July 6	USA Olympic Trials	Eugene, Ore.

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MEDIA GUIDE CREDITS

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A Research University in Action

Beginning in 1872 with 132 students and two programs of study, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. With about 26,000 full-time students in Blacksburg and more than 2,000 other students statewide, the university produces world-class scholarship in a challenging academic environment. University tradition is firmly rooted in our motto, *Ut Prosim* (That I May Serve), and our historic land-grant mission is brought to life through learning, discovery, and engagement.

Virginia Tech's challenging academic standards attract high-achieving students. Our eight colleges (Agriculture & Life Sciences,

Architecture & Urban Studies, Engineering, Liberal Arts & Human Sciences, Natural Resources, Pamplin Business, Science, and Virginia-Maryland Regional College of Veterinary Medicine) and Graduate School offer more degree programs than any other university in the state. Virginia Tech is one of the nation's leaders in developing and using instructional technologies. More than 85 percent of our departments offer e-learning courses, which have attracted more than 96,000 enrollments (credit and noncredit) since 1998. During this time, more than 3,500 different courses have been offered by more than 700 different faculty members.

The university's groundbreaking research transforms lives and communities. With annual research expenditures of nearly \$322 million,

Virginia Tech is ranked 56th among research universities in the United States. The university, which has more than 100 research centers, also consistently ranks among the top institutions in industry-supported research and near the top 10 in the number of patents issued each year.

Professionals, organizations, and communities tap Virginia Tech's vast resources, expertise, and research results through hundreds of continuing and professional education programs and five campus centers located throughout the state. Virginia Tech has a long history of providing innovative distance-learning techniques to meet the various needs of working adults and other nontraditional students.

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 90 years. With 107 city/county offices, tens of thousands of volunteers, and programs across the state, Extension reaches and teaches millions of Virginians annually.



HOKIE STONE

Hokie Stone is used to construct most of the buildings on the beautiful Tech campus. This natural rock is 475-million-year-old dolomite limestone, mined from a quarry located less than a mile from Lane Stadium/Worsham Field. In constructing the buildings at Tech, a stone mason shapes individual stones, arranges them and cements them together with mortar to create walls of great strength and durability.



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



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 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 weight thrower Spyridon Jullien 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."

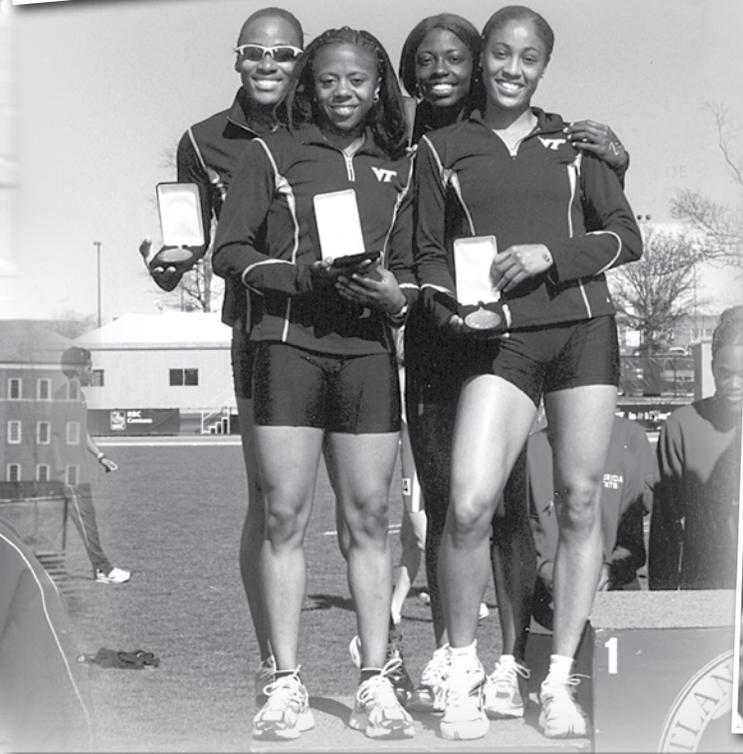
Johnson, Tech's "Mr. Track" in 1952, was the first man elected to the Virginia Tech Hall of Fame solely on his records in track and field. He ran the 440, 220 and mile relay. Miller was co-captain of the 1953 track team, and competed in a number of events, but his specialty was the mile.

"Throughout my years of coaching and travelling, I believe our facilities rank with any in the country," Cianelli said.

THIS IS VIRGINIA TECH

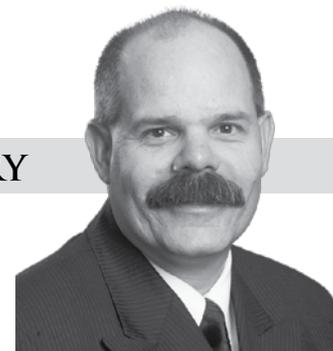


TRACK AND FIELD!



Dave Cianelli

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY



Entering his seventh year as Director of Virginia Tech Track & Field and Cross Country, Dave Cianelli has built the Hokie program into one of the elite programs in the Atlantic Coast Conference and NCAA East Region. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced four NCAA individual titles, 40 NCAA All-Americans and 34 conference champions. In addition, Hokie teams have finished in the national top 20 six times since 2005.

TO THE TOP OF ACC AND NCAA EAST REGION

Last year represented the program's finest year as the women's track & field team captured both the Indoor and Outdoor ACC Championships. The women's Indoor ACC title was the first by an Olympic sport team at Virginia Tech since joining the conference in 2004. The women went on to capture their first NCAA East Regional Championship, beating perennial powers South Carolina, Florida, Georgia and Penn State while the men continued their string of top-10 NCAA East Regional finishes. The women followed their effort at the ACC Indoor Championships with a performance that will not soon be forgotten, as they won the ACC Outdoor Championships in College Park, Md.

USA AND INTERNATIONAL SUCCESS

The success continued past the NCAA Championships as both Kristi Castlin and Queen Harrison won USA Junior titles in the 100m hurdles and 400m hurdles, respectively, while Sherlenia Green was a USA Senior finalist in the 400m hurdles. All three represented the United States at championship meets in July. At the Pan-American Junior Championships in Brazil, Castlin and Harrison captured gold medals, both setting meet records. Green won the bronze medal in the 400m hurdles at the North American, Central American and Caribbean Championships. In addition to setting a new American Junior Record in the 100m hurdles (12.91), Castlin ended 2007 as the top-ranked junior 100m hurdler in the world and No. 4 on the all-time world list. Harrison finished the year as the No. 1-ranked junior 400m hurdler in the world as well as the No. 2-ranked 100m hurdler. Harrison's marks of 12.98 in the 100m hurdles and 55.81 in the 400m hurdles ranks her as the No. 2 junior combination hurdler of all time.

COACH OF THE YEAR HONORS

In 2007, Cianelli was named the NCAA East Region Women's Coach of the Year as well as the NCAA Southeast Region Indoor Coach of the Year by the USTFCCA. In addition, Cianelli was also named the ACC Women's Coach of the Year during both the 2007 indoor and outdoor seasons.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's track & field coach Greg Jack was named National Throws Coach of the

Year in 2006 and associate head women's track and field coach Lawrence Johnson followed suit in 2007 by being dubbed the National Women's Sprint/Hurdles Coach of the Year. Former Hokie and NAIA Region XII Coach of the Year, Ben Thomas is the cross country coach. Thomas is assisted by former Tech NCAA all-region cross country runner, Stacey Vidt. Long-time assistant, Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters.

ACADEMIC EXCELLENCE

The Virginia Tech Track & Field and cross country programs continue to achieve at a high level in the classroom, leading the ACC Academic All-Conference selections. In addition, both men's and women's cross country teams have been USTFCCA All-Academic Teams for three consecutive years. The men's and women's track & field teams ended 2007 with the highest team GPA's in the history of the program, with the women finishing the 2007 spring semester with a 3.45 GPA while the men earned a 3.06.

Gunild Krebs and Joe Samaniuk were selected to the *ESPN The Magazine*/CoSIDA Academic All-American team and Adam Bingaman won an NCAA Post-Graduate Scholarship for his outstanding academic record in engineering.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in five seasons as the women's cross country and distance coach at Southern Methodist University in Dallas, Texas. With the Mustangs, Cianelli worked with 19 Olympic and World Championship competitors, 27 NCAA individual champions, 123 All-Americans and 95 individual conference champions. Cameron Taylor of New Zealand was a quarterfinalist in the 200m at the 1992 Olympic games and Tytti Reho won the 2000 NCAA championship in the 800m.

In cross country, both the men's and women's teams captured the 1995 Southwest Conference titles and earned a spot in the NCAA Championships. During 13 years at SMU, the track & field teams finished in the top 10 nationally 15 separate times.

Cianelli served as the assistant women's track & field and cross country coach at Cal Poly-San Luis Obispo from 1985-88, where he led the cross country team to the NCAA Division II National Championship three consecutive seasons and the outdoor track & field teams finished as the runner-up at the NCAA Division II Championships three years in a row. Individual honors during his four years included 13 All-Americans and one NCAA champion.

Cianelli started his coaching career at San Marcos High School in Santa Barbara, Calif., as the head track & field coach from 1982-84. In three seasons, he coached seven junior national qualifiers in the heptathlon and decathlon.

PERSONAL

A native of Bethesda, Md., Cianelli was a student-athlete at Bowling Green State University, competing in sprints, the decathlon

CIANELLI BY THE NUMBERS

- 176 All-Americans
- 129 Conference champions
- 100 Percent graduation rate at Tech
- 32 NCAA champions
- 92 School records at Virginia Tech
- 22 Olympic and World championship qualifiers
- 17 Top-10 women's NCAA finishes
- 12 Top-10 men's NCAA finishes
- 3 NCAA Division II XC national championships
- 3 NCAA Division II outdoor track runners-up

THE CIANELLI FILE

- Virginia Tech (2001-Present)**
- Four NCAA individual champions, the first in Virginia Tech history
 - Forty All-Americans
 - One NCAA East Region team championship
 - Two ACC team championships
 - Twenty-two ACC individual champions
 - Twelve BIG EAST Conference champions
 - Had the most track & field athletes earn All-America honors in a single season during his coaching tenure in 2007 (14)
 - 2007 ACC Women's Indoor Coach of the Year
 - 2007 ACC Women's Outdoor Coach of the Year
 - 2007 NCAA East Region Women's Coach of the Year
 - 2007 NCAA Southeast Region Indoor Coach of the Year
- 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

and the long jump. He graduated in 1977 with a B.S., in physical education.

Cianelli and his wife, Ellen, have a daughter Mariah (12) and son Sebastian (8).

Greg Jack

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



Greg Jack, the associate head men's track and field coach, is in his seventh season at Virginia Tech, and coaches the Hokie throws crew.

"I consider Greg Jack to be one of the top throws coaches in the nation," Dave Cianelli, director of track and field, said. "He consistently develops and prepares his athletes as well as any coach I have seen during my 27 years in the business."

Last season was another successful one for the Tech throws. In addition to 12 All-ACC selections, two Hokies earned a total of four All-America honors.

The 2006 season concluded with Jack being named the USTFCCA's National Throws Coach of the Year after all three of his hammer throw athletes earned All-America honors, including the national champion. In 2006, three throwers earned All-America honors during the indoor season and four in the outdoor season. During the indoor season, weight thrower Spyridon Jullien won his second straight NCAA weight throw title while Mohsen Anani and Tamara Burns each recorded top-eight finishes in the event. During the outdoor campaign, Jullien won the NCAA hammer throw title to conclude his Virginia Tech career with four national championships. Additionally, Anani, Kristen Callan and Matej Muza each recorded All-America honors.

Jack and his throwers had a school-record-setting 2005 season. At the 2005 NCAA Indoor Championships, 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. Burns (indoor weight throw), 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 was 231'11" (70.70m) at the NCAA outdoor championships and 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 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 21 All-Americans, 34 NCAA qualifiers, 17 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 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-one-year-old Jack is married to the former Jacquie Keats, a doctor of chiropractics, and they currently reside in Blacksburg. Twin daughters MacKenzie and Morgan were born on Oct. 25, 2007.

"I think Virginia Tech offers a great opportunity for athletes in the throwing events," Jack said. "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 AT VIRGINIA TECH

Virginia Tech (2001-present)

- 2007 All-America honors — Justin Clickett (indoor and outdoor shot put), Brittany Pryor (indoor and outdoor shot put)
- Three ACC champions in 2007
- 2007 NCAA East Regional champion — Brittany Pryor
- 12 athletes earned All-ACC selections in 2007
- Cleopatra Borel-Brown ranked eighth in the world in the shot put in 2007
(Third-place finish at the Pan-American Games; fifth-place finish at the IAAF World Final Championships)
- **2006 USTFCCA'S NATIONAL MEN'S THROWS COACH OF THE YEAR**
- **2006 USTFCCA'S EAST REGION MEN'S THROWS COACH OF THE YEAR**
- 2006 NCAA outdoor champion in the hammer throw, Spyridon Jullien
- 2006 NCAA indoor champion in the 35-pound weight throw, Spyridon Jullien
- 2006 World Junior Championships competitor, Matej Musza
- 2006 World Junior Championships competitor, Kristen Callan
- 2005 NCAA outdoor champion in the hammer throw, Spyridon Jullien
- 2005 NCAA indoor champion in the 35-pound weight throw, 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
- Twenty-one All-Americans
- Thirty NCAA qualifiers
- Three NCAA East Region champions
- Nine Atlantic Coast Conference champions
- Eight BIG EAST Conference champions
- One NCAA East Region record holder (men's hammer)
- 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)
- Established new school records in all throws
- One BIG EAST Conference Athlete of the Meet
- Two United States Track Coaches Association (USTCA) Regional Indoor & Outdoor Athletes of the Year
- Two U.S. Championships competitors in the men and women's javelin
- 2002 North America, Central America and Caribbean (NACAC) under-23 Champion

Lawrence Johnson

ASSOCIATE HEAD WOMEN'S TRACK & FIELD COACH (SPRINTS, HURDLES, JUMPS, MULTIS)



The newly promoted associate head women's coach, Lawrence "Boogie" Johnson, is embarking on his fourth season with the Virginia Tech track and field programs, after joining the Hokie coaching staff in January of 2005. He oversees the sprinters, hurdlers, jumpers, and multi-event athletes for both the men's and women's programs. After just three seasons, Johnson has recruited and signed two of the best sprint and hurdle classes in school history, while bringing a wealth of excitement, enthusiasm, knowledge and leadership to the program. Johnson has developed Tech's women's sprint/hurdle crew into the premiere sprint/hurdle crew in the Atlantic Coast Conference and East Region while establishing Tech's sprint/hurdle program on the national level as well.

In 2007, Johnson guided the Hokie women's sprinters and hurdlers to their best indoor and outdoor seasons in school history, at the same time becoming the first women's team in Virginia Tech's affiliation with the Atlantic Coast Conference to win a team championship. In total, the indoor sprinter/hurdler crew broke a total of nine school records, tallied one Atlantic Coast Conference individual champion, one Atlantic Coast champion runner-up, amassed 10 All-Atlantic Coast Conference performances, and concluded their indoor campaign by garnering three NCAA Indoor All-Americans.

The 2007 outdoor season was truly magical for the Hokie sprinters and hurdlers. The Hokies women's team captured the ACC outdoor championship title four days after the April 16 tragedy. The team was determined to turn the tragedy into triumph for the Hokie Nation, the state of Virginia, and the entire world. With heavy hearts and a renewed sense for the value

of life and opportunity, the speedsters displayed one of the most dominating sprint performances in ACC history. Johnson's sprint/hurdlers combined for three individual ACC titles, two ACC runner-up performances, 12 All-ACC performances, and one ACC meet record performance.

Johnson's sprinters continued to enjoy banner success throughout the postseason, starting at the East Regional Outdoor Championship. Kristi Castlin claimed the 100H title, shattering the East Regional meet record. Queen Harrison triumphed to win the women's 400H title and was the runner-up in the women's 100H event behind her teammate Castlin. The women's 4x100m relay team of Sherlenia "Shell" Green, Patrice Potts, Kristi Castlin and Britni Spruill dashed to a second place finish as the women's team captured the overall team title.

Harrison electrified the crowd at the NCAA outdoor track and field championships competing in both the 100H and the 400H, earning All-America status in both events. Castlin finished ninth place in the 100H event to also claim All-America status. Spruill concluded the Hokies success by earning All-America status in the women's 200m dash.

Johnson's Hokie hurdle crew extended its impressive season by competing at the USA track and field national championship collecting two gold medals and one silver medal from the junior division of the championship, and an eighth place finish in the senior division to bring home plenty of hardware to Blacksburg.

Harrison led the medal count for the Hokie hurdlers during the summer of 2007. She won the gold medal in the 400H at the USATF junior championship and was the silver medalist in the 100H earning her way onto the 2007 USA Junior Pan American Championship team.

In Brazil, Harrison blazed the field to capture the gold medal in the 400H and was the silver medalist behind her Hokie teammate Kristi Castlin in the 100H. Harrison 400H gold medal performance also broke the Pan American meet record. Castlin got back to her winning ways by winning gold at the USATF junior championship meet, breaking the meet record in the process. Her victory qualified her for the 2007 USA Junior Pan American Championship team in Sao Paulo, Brazil. Kristi went on to win the gold medal at the Pan American and helped the USA Junior Pan American team to its best performance in the history of the meet.

Sprint captain Shell Green placed eighth at the USATF senior championships to earn a berth onto the USA NACAC team that competed in San Salvador, El Salvador, where Green achieved the bronze medal.

Johnson joined the Hokies after a two-year stint with the Southern Illinois men's and women's teams.

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 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 associate of arts degree in physical education and recreation from Long Beach City in 1998. In 1995, Johnson was a member of the 1995 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 JOHNSON FILE

Virginia Tech (2005-present)

2007 NATIONAL WOMEN'S SPRINT/HURDLE COACH OF THE YEAR

2007 EAST REGIONAL WOMEN'S SPRINT/HURDLE COACH OF THE YEAR

- 8 All-Americans
- 2 NCAA East Regional individual champions
- 6 All-East Region selections
- 6 ACC individual champions
- 22 All-ACC selections
- 2 All-time ACC meet records
- 2 USA Track & Field junior champions (100h & 400h)
- 1 USA national junior record holder (100h)
- 2 Pan American champions (100h & 400h)
- 2 Pan American meet record holders (100h & 400h)
- 2 number one world ranked juniors (100h & 400h)
- American junior record holder 100h
- No. 4 All-time American junior 100h
- No. 4 All-time world junior 100h
- No. 8 All-time world junior 100h
- No. 1 All-time American junior combination hurdler (100h & 400h)
- No. 2 All-time world junior combination hurdler (100h & 400h)
- No. 6 All-time American junior 400h
- No. 20 All-time world junior 400h

Southern Illinois – 2002-04

- Guided his athletes to nine school indoor/outdoor records and three MVC meet records.
- Coached nine MVC indoor champions
- Coached four MVC indoor runners-up
- Coached two MVC outdoor champions
- Coached seven MVC outdoor runners-up
- Coached 24 all-MVC selections
- Coached three MVC scholar-athletes
- Coached eight NCAA regional qualifiers
- Coached two all-mideast regional picks
- Coached two NCAA national qualifiers
- Coached one NCAA All-American

Arkansas 2000-2002

- Back-to-back SEC Triple Crown Team Championships.
- Coached student-athletes to eight All-America honors.
- Coached one national champion performer.
- Coached one NCAA runner-up.

Ben Thomas

HEAD CROSS COUNTRY/DISTANCE COACH

Ben Thomas has been Virginia Tech's head cross country coach since 2001 and now has 12 years of collegiate coaching experience. During his six seasons coaching at Tech, the Hokies have emerged as contenders in not only the Atlantic Coast Conference and the NCAA Southeast Region, but the entire nation. Thomas is extremely familiar with the Hokie program, having competed in cross country and middle distance for Tech from 1988 to 1992.

In the 2007 cross country season, Tasmin Fanning became the fourth women's cross country All-American with a 12th-place finish at the NCAA Cross Country Championships. Three Tech runners on the women's side also earned NCAA All-Southeast Regional honors with top-14 finishes at the region meet. Fanning, Natalie Sherbak, and Kelly Clark earned All-ACC honors, and Paul LaPenna earned the Hokies' first-ever All-ACC honor for the men's team.

The women's DMR team placed fourth at the 2007 NCAA indoor championships. All-American Tasmin Fanning, an NCAA national meet qualifier in the 1,500 meters, set a new Tech record with a time of 4:17.79. Billy Berlin, a 2007 NCAA national meet qualifier in the 1,500, ranked in the top 10 in the nation with a time of 3:41.88.

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg. 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. 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 coached four All-Americans during his stint at Brevard, including three-time NAIA national champion Alexis Sharangabo.

Before 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, including the 1999 and 2001 NCAA 1,500m champion, Mary Jayne Harrelson. The ASU women were Southern Conference champions in 1996 and North Carolina Collegiate Conference champions in 1996 and 1998.

A native of Lynchburg, Va., Thomas earned a B.A., in English from Virginia Tech in 1992 before completing coursework for an M.A., in education from Lynchburg College in 1999. Thomas began his coaching career with the track and field team at E.C. Glass High School (1992-94) in Lynchburg and coaching cross country at Blacksburg High School (1994-95).

Thomas and his wife, Ann McGranahan, a volunteer assistant coach with the program, reside in Blacksburg.



THE THOMAS FILE

Virginia Tech (2001-Present)

- Seven NCAA All-Americans (cross country, 2003, 2007; 1,500m, 2004; DMR, 2007)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Nine NCAA cross country participants
- Thirteen NCAA All-Region cross country runners
- Five All-ACC cross country runners
- One All-BIG EAST cross country runner
- Three ACC Champions (track)
- One BIG EAST Champion (track)
- Eighteen school records (track)

Brevard College (1999-01)

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

Appalachian State (1995-99)

- One two-time NCAA National Champion
- 1996, 98 & 99 North Carolina Collegiate team champion
- 1996 Southern Conference champion
- 1996 Southern Conference Coach of the Year

Stacey Vidt

ASSISTANT CROSS COUNTRY/DISTANCE COACH

Former Tech cross country runner Stacey Vidt is in her fourth year with the cross country and track and field teams. Vidt joined the coaching staff in the spring of 2005 as the assistant distance coach after competing as a distance runner for Tech's cross country and track and field teams from 1999-2003.

During her first year coaching the cross country team, Vidt worked with all-region performer Tasmin Fanning. In her second season, Vidt guided the 2006 women's team, which produced five NCAA All-Southeast Region performers and qualified for the NCAA National Championships.

A four-time cross country team MVP as a student-athlete at Tech, Vidt ended her collegiate career in 2002 as an NCAA All-Southeast Region runner with a 19th-place finish and qualified for the NCAA Cross Country Championships. She earned all-conference honors as a freshman after a ninth-place finish at the 1999 Atlantic-10 Championships and was Tech's top runner at the regional meet that year.

On the track, Vidt was a provisional qualifier for the 2001 NCAA Championships in the 3,000m

steeplechase and indoor distance medley relay. She also qualified for the 2003 NCAA Southeast Regional in the 5,000m. Vidt recorded a fourth-place finish in the 10,000m and two fifth-place finishes at the BIG EAST Conference Championships. She set five school track records, three indoor and two outdoor, during her career and was a member of the indoor 4x800m relay that still holds the school record.

Vidt was Tech's cross country MVP all four years and she was also named the Blacksburg Sports Club Outstanding Senior in 2003 as well as the track and field team's Rookie of the Year in 2000.

Vidt continues to compete in marathons. In October of 2007 she ran in the Marine Corps Marathon in Washington, D.C., where she finished with a time of 2:59:03, placing her eighth among females and 154th overall out of 15,000 runners in the event.

Vidt, a human nutrition, foods and exercise graduate in the spring of 2003, went on to earn a master's degree in muscle physiology from Virginia Tech in 2007. Her academic awards are just as numerous as her athletic honors, including recognition as a BIG EAST Academic



All-Star as well as inclusion on 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, where 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 a fourth-place finish in the state meet during 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 800m, 1,600m and the 3,200m and set four school records. Her school records in the 800m, 1,600m and 3,200m events are still standing.

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

THE COACHING STAFF

Bob Phillips POLE VAULT

Former Virginia Tech All-American Bob Phillips begins his 22nd year as coach of the Hokie pole vaulters.

The 2007 campaign was another record-filled year for Phillips' vaulters.

The crew recorded 21 personal bests throughout the indoor and outdoor seasons. Thorsten Mueller became Virginia Tech's fifth All-American in the pole vault with a seventh-place finish at the NCAA Indoor National Championships. A record five vaulters qualified for the NCAA Outdoor Championships, more than any other team in the country. A record seven vaulters qualified for the NCAA Regional Championships with junior Erin Mahony becoming Tech's first-ever women's NCAA Regional vault champion while freshman Ashley Early finished just behind her in the silver medal spot. On the men's side, three Virginia Tech vaulters advanced to nationals from the regional meet, including bronze medalist and NCAA Academic All-American Joe Samaniuk. In ACC championship action, Virginia Tech vaulters won three of the four 2007 vault titles, had six conference medalists, and scored 74 conference points. Conference champions included Mahony (indoors), Early (outdoors), and Mueller (indoors). Early had a stellar first year, setting both the indoor and outdoor school records and ranking as one of the top freshmen in the country.

In 2006, three vaulters scored points at the outdoor regional championships, while senior Brian Mondschein earned All-America honors for his fourth-place finish at the NCAA outdoor championships. During the indoor season, Phillips' men's and women's squads scored a combined 30 points at the ACC indoor championships. Four Tech vaulters achieved NCAA national automatic or provisional qualifying marks. For the men, Mondschein and Samaniuk earned All-ACC honors, while Mahony placed second with a school-record vault of 13'1.75" to gain all-conference honors as well. The pole vault crews then tallied 23 points at the ACC outdoor championships, with Mondschein winning his third ACC championship. Mondschein captured the ACC indoor and outdoor crowns as well as the NCAA East Regional championship in 2005. On the women's side, Phillips coached three ACC scorers and two NCAA regional qualifiers, including All-ACC performer, Mahony.

While competing at Tech, Phillips set the school record in the indoor and outdoor vault. He was a four-time NCAA national qualifier and was named an All-American in 1980. Phillips



was also a member of the U.S. National Team that took on Great Britain in 1984 and competed at the U.S. Olympic Trials in July of that year. He was inducted into the Tech Sports Hall of Fame in 1999. Phillips has coached vaulters to 18 conference championship titles and was also a three-time Metro Conference, four-time indoor Virginia collegiate, and four-time outdoor Virginia collegiate champion.

Phillips is a native of Baltimore, Md., and holds three degrees from Tech. He earned his bachelor's degree in physical education, a master's in accountancy with a concentration in accounting information systems, and a Ph.D., in business administration with a major in accounting and minors in information systems and finance.

Ann McGranahan DISTANCE



Ann McGranahan begins her fourth year on the Tech track and field staff as a volunteer coach with the distance crew. McGranahan has been a post-collegiate runner for New Balance 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 27 years old and is married to Tech's cross country coach, Ben Thomas. They reside in Blacksburg, Va.

Brian Mondschein POLE VAULT



Brian Mondschein begins his second season as a volunteer coach a year after completing his collegiate career as the most decorated pole vaulter in Virginia Tech history.

One of only three individuals to earn All-

America status three times at Virginia Tech, he also won five conference titles in the process (two BIG EAST, three ACC). He owns the school record in both the indoor (18'1.25") and outdoor (18'1.75") pole vault events. Mondschein qualified for the NCAA national championships a total of five times in his career.

A native of Hummelstown, Pa., Mondschein won a Pennsylvania state championship while starring at Hershey High School before majoring in mechanical engineering at Tech.

Cleopatra Borel-Brown ADMINISTRATIVE ASSISTANT



Cleopatra Borel-Brown returns for her sixth season as part of the Tech track and field staff. She was a volunteer throws coach for four years, and is in her second year as administrative assistant for the track and field program, bringing with

her a wealth of international and collegiate experience.

Her most recent accomplishment was winning the shot put at the 2007 North American Central American and Caribbean Championships for her native country, Trinidad and Tobago. Borel-Brown also took the 2007 shot put crowns at the World Athletic Final and the International Association of Athletics Federations Brazil Grand Prix.

In 2006, she was named the Trinidad & Tobago Female Athlete of the Year, after finishing third at both the Commonwealth Games and the CAC Championships. Borel-Brown finished ninth in the preliminary round of the World Championships in Helsinki, Finland in August of 2005. Borel-Brown was eighth at the IAAF World Finals in Monaco in September, 2004. She finished 10th at the 2004 Olympics which were held at Olympia's ancient stadium near Athens, Greece. Borel-Brown, the Trinidad and Tobago national record holder, won her country's national championship in 2005.

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.

2007 Season Accomplishments in Shot Put

North American Central American and Caribbean (NACAC) Track & Field Championships - First
World Athletic Final - Fifth
Pan-American Games - Third
Outdoor personal record - 18.91m (62'0.50') at the Papendal in the Netherlands
Trinidad and Tobago Senior Championships - First
IAAF Brazil Grand Prix - First
IAAF Grand Prix (France) - Second

2006 Season Accomplishments in Shot Put

National Amateur Athletic Association (Trinidad and Tobago Track and Field Association) Female Athlete of the Year
Commonwealth Games - Third (First and only female medal for Trinidad and Tobago)
CAC Championships - Third

2008 Women's Outlook

After sweeping the 2007 Indoor and Outdoor Atlantic Coast Conference Championships and winning the NCAA East Regional Championship for the first time in school history, the 2008 Virginia Tech women's track and field team accepts the challenge of achieving a higher level this year.

"Last year was a landmark season for our program. The 2008 season represents the opportunity for our women's team to be considered among the elite in the nation," Director of Track and Field Dave Cianelli said.

SPRINTS/ HURDLES/ JUMPS

This multi-talented group will be a core strength of the reigning ACC champions. USTFCCA's 2007 National Women's Sprint/Hurdle Coach of the Year, Lawrence Johnson, will be working with a cast of athletes who have already demonstrated national and world class capabilities.

Johnson's hurdle crew might be the best in the country. Sophomores Kristi Castlin and Queen Harrison both were the No. 1 ranked Juniors (age 19 and under) in the world in the 100 meter hurdles (12.82) and the 400 meter hurdles (55.81) respectively in 2007. Castlin set a new American Junior record in the 100 meter hurdles

and Harrison was ranked right behind her on the World Junior list in the 100 meter hurdles with her time of 12.98 seconds. Both Castlin (100m hurdles) and Harrison (400m hurdles) were 2007 USA Junior Champions and Pan American Junior gold medalists. Each earned two NCAA All-America honors during their freshman seasons. Senior Sherlenia Green was the 2007 ACC champion and a USA Senior Championship finalist in the 400 meter hurdles in her first season in the event. She won the bronze medal in the 400m hurdles at the 2007 NACAC Games in El Salvador.

The sprint events will be handled by senior Britni Spruill and juniors Patrice Potts and Shakirra Pinnock. Potts was the 2007 ACC champion at 60 meters and 100 meters and qualified to the NCAA National Championships in both the 100 and 200 meters. Spruill earned All-America honors in the 200 meters outdoors and set the current school record of 23.17 at the NCAA East Regional Championships. Pinnock was an ACC finalist in the 400 meters indoors. Green, Potts, Castlin and Spruill joined forces to set the school record of 44.33 in the 4x100 meter relay and finish second at the NCAA East Regional Championships. Sophomore Asia Washington showed her versatility

by racing every distance from 60 to 800 meters during the season. She earned All-America honors as a member of the distance medley relay that finished fourth at the 2007 NCAA Indoor Championships. The 4x400 meter relay of Spruill, Green, Harrison and Washington set the school record indoors (3:39.20) and outdoors (3:34.67) and ranked as one of the top relays in the NCAA East Region.

THROWS

The 2006 USTFCCA National Throws Coach of the Year, Greg Jack, welcomes back senior All-American Kristen Callan and junior All-American Brittany Pryor along with All-ACC selection Ciera Ayangbile.

"The quality and versatility of our throws group makes them one of the best in the NCAA. It is a veteran crew and, as always, I expect them to be at their best at the championship meets," said Cianelli.

Two-time All-American Callan will compete in the weight throw indoor and hammer throw outdoor. The former USA Junior champion is the current school record holder in the hammer throw with a distance of 62.94m (206'6") and also was an NCAA National Indoor meet qualifier in the weight throw with a mark of 20.37m (66'10"). Two-time All-American Pryor won the indoor and outdoor ACC titles in the shot put and also is the reigning NCAA East Regional champion in the same event. Pryor's personal bests of 16.83m (55'2.75") in the shot put, 51.44m (168'9") in the discus, 55.83m (183'2") in the hammer and 19.57m (64'2.5") in the weight, make her one of the top all-around throwers in the nation.

Ayangbile was the ACC indoor runner-up in the shot put and qualified to the NCAA indoor and outdoor championships in 2007.

DISTANCE

The 2008 Hokie distance team will be led by junior All-Americans Tasmin and Jessica Fanning and All-ACC cross country selection Natalie Sherbak.

Coaches Ben Thomas and Stacey Vidt will also be looking to sophomore Kelly Clark and junior Erin Reddan to be major factors in the ACC and NCAA East Region.

"I believe our distance group will be huge contributors in our quest to win the ACC and East Region championships. All of our top runners have national meet experience which will be an advantage at the 2008 National meets," said Cianelli.

Two-time All-American Tasmin Fanning has established herself among the elite distance runners in the country with her 12th place finish at the 2007 NCAA National Cross Country Championships. Fanning anchored the Virginia Tech distance medley relay to a fourth place finish at the 2007 NCAA Indoor National Meet

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2007-08 VIRGINIA TECH WOMEN'S ROSTER

Name	Class	Event	Hometown	High School/Other
Ciera Ayangbile	Sr.	Throws	Fulton, Ill.	Fulton
Elise Birnbaum	So.	Pole Vault	Orlando, Fla.	Arkansas State Univ.
Erin Bragg	Fr.	Distance	Richmond, Va.	Deep Run
Kristen Callan	r-Sr.	Throws	Monroe, N.Y.	Woodbury
Kristi Castlin	So.	Sprint/Hurdles	Douglasville, Ga.	Chapel Hill
Kelly Clark	So.	Distance	Salem, Va.	Glenvar
Ashley Early	So.	Pole Vault	Charlottesville, Va.	Western Albemarle
Jessica Fanning	r-Jr.	Distance	Charlottesville, Va.	Western Albemarle
Tasmin Fanning	Jr.	Distance	Charlottesville, Va.	Western Albemarle
Megan Fuson	So.	Distance	Richmond, Va.	Deep Run
Sherlenia Green	Sr.	Sprints/Hurdles	Vernon Hills, Ill.	Southern Illinois Univ.
Queen Harrison	So.	Sprints/Hurdles	Richmond, Va.	Hermitage
Lindsey King	Fr.	Distance	Norcross, Ga.	Norcross
Lisa MacPherson	So.	Distance	Powhatan, Va.	Jefferson Forest
Erin Mahony	r-Sr.	Pole Vault	Virginia Beach, Va.	Kempsville
Jackie Merrick	Fr.	Distance	West Chester, Pa.	Henderson
Kelly Phillips	r-Fr.	Pole Vault	Blacksburg, Va.	Blacksburg
Shakirra Pinnock	Jr.	Sprints	Hampton, Va.	Bethel
Patrice Potts	Jr.	Sprints	Greensville, Va.	Brunswick
Brittany Pryor	r-Jr.	Throws	Niagra Falls, N.Y.	Syracuse Univ.
Erin Reddan	Jr.	Distance	Bricktown, N.J.	Brick Township
Erika Schroeder	So.	Throws	Bismarck, N.D.	Century
Diana Sciambi	r-Fr.	Pole Vault	Great Falls, Va.	Langley
Natalie Sherbak	r-Jr.	Distance	Virginia Beach, Va.	Kellam
Amber Sholl	Fr.	Distance	Virginia Beach, Va.	Ocean Lakes
Britni Spruill	Sr.	Sprints	Hampton, Va.	Bethel
Caitlin Thornley	So.	Pole Vault	Greensboro, N.C.	Ragsdale
Kristy Tobin	Fr.	Distance	Chesapeake, Va.	Great Bridge
Jessica Trapani	Fr.	Distance	Fairfax, Va.	Fairfax
Asia Washington	So.	Sprints	Piscataway, N.J.	Piscataway
Ashley Zanko	Fr.	Distance	Dublin, Ohio	Coffman

r- redshirt

Kristen Callan

R-Senior • Throws • Monroe, N.Y. • Woodbury H.S.

PR: Hammer Throw - 62.94m (206'6"); Weight Throw - 20.37m (66'10")

- 2005, 2006 All-American
- 2007 NCAA Indoor Championships Qualifier – Weight Throw
- 2007 ACC Runner-up – Weight Throw
- 2006 All-ACC Academic Team
- 2006 All-American – Hammer Throw
- 2006 All-ACC – Hammer Throw
- 2006 Texas Relays Champion – Hammer Throw
- 2005 All-American – Hammer Throw
- 2005 NCAA Outdoor Championships Finalist – Hammer Throw
- 2005 NCAA Indoor Championships Provisional Qualifier – Weight Throw
- 2005 All-ACC selection – Hammer Throw
- 2004 IAAF World Junior Championships – Hammer Throw
- 2004 USA Junior National Champion – Hammer Throw
- 2004, 2005 and 2006 NCAA Outdoor Regional Finalist – Hammer Throw
- 2004 All-BIG EAST – Hammer Throw
- 2004 BIG EAST Academic All-Star
- Outdoor School Record – Hammer Throw (2006)



2007 Outdoor (Redshirt): Competed unattached and took first place in the hammer throw with a 61.87m (203'00") mark while unattached at the UNC Elite meet ... Finished first as an unattached competitor at the Radford Collegiate with a 62.68m (205'8") effort.

2007 Indoor: Took 12th place in the weight throw at the NCAA Championships with a heave of 19.37m (63'6.75") ... Earned All-ACC recognition with a 19.81m (65'0") mark for second place in the weight throw at the conference meet, finishing just .04m behind the conference champion ... Recorded a personal-best 20.37m (66'10") effort for second place in the weight throw at the Virginia Tech Last Chance Meet ... Won Virginia Tech Challenge crown in the weight throw with a 19.94m (65'5") mark ... Weight throw runner-up at the Sykes-Sabok Challenge Cup with a 19.86m (65'2") mark.

2006 Outdoor: Earned All-America honors at the NCAA Championships with a throw of 62.09m (203'8"), finishing seventh ... Qualified for the NCAA Championships with her fifth-place performance at the NCAA East Region meet, having a mark of 59.81m (196'3") ... Earned All-ACC honors with her second-place finish at the ACC Championships with an effort of 60.39m (198'1") ... Won the Texas Relays with a school record-setting mark of 62.94m (206'6") ... Recorded an NCAA regional qualifying standard of 60.32m (197'11") in her first-place effort in the hammer throw at the Hurricane Invitational ... Won the Florida State Relays with a throw of 62.05m (203'6") ... Won the Georgia Tech Invitational with a throw of 60.99m (200'1").

2006 Indoor: Redshirted.

2005 Outdoor: Placed 10th in the finals of the hammer throw at the NCAA Championships with a throw of 196'2" (59.79m) to earn All-America honors ... Placed second in the hammer at the ACC Championships with a then-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 ... 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 59.54m (195'4") ... At the Georgia Tech Invitational, threw the hammer 60.32m (197'11") for fourth place in the event ... Won the hammer throw at Tennessee's SeaRay Relays with a 60.25m (197'8") effort.

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 a 19.39-meter (63'7.50") mark at the ACC Championships, which placed her fourth in the event ... Took fourth place at the Virginia Tech Challenge with a mark of 19.17m (62'10.75") ... 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 a meet record of 59.11m (193'11") ... Threw 58.52m (192') and was a finalist at the NCAA East Regional Championships ... Claimed second place at the BIG EAST Conference Championships, posting a mark of 57.82m (189'8") ... Finished fourth at the Mt. SAC Relays with a mark of 56.78m (186'3") ... Took 12th place at the Georgia Tech Invitational with a toss of 56.66m (185'11") ... Won the hammer throw at the Virginia Tech Invite with 55.28m (181'4") ... Was sixth at both the Raleigh and SeaRay Relays ... Broke the school hammer throw record in her first outdoor meet, the Raleigh Relays, with 55.18m (181') ... Named BIG EAST Academic All-Star.

2004 Indoor: Finished fourth at the BIG EAST Indoor Championships with a throw of 18.17m (59'7.5") ... Broke the school record in her first collegiate meet and grabbed a first-place finish, throwing 18.12m (59'5.5") at the VMI Invitational ... Set the school record at the Virginia Tech Challenge with a mark of 18.36m (60'3") while claiming first place in the event ... Won the weight throw at the Rod McCravy Memorial with a throw of 18.06m (59'3") ... Grabbed first place at the Virginia Tech Invitational with a 17.89m (58'8.5") 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 17.41m (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 56.74m (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.

Kristi Castlin

Sophomore • Sprints/Hurdles • Douglasville, Ga. • Chapel Hill H.S.

PR: 55m – 7.16; 60m – 7.84; 55m Hurdles – 7.61; 60m Hurdles – 8.20;
100m – 11.8; 100m Hurdles – 12.82; 400m Hurdles – 60.44

- 2007 No. 1-ranked junior in the world – 100m Hurdles (12.91)
- No. 4 all-time World Junior – 100m Hurdles (12.91)
- American Junior record holder – 100m Hurdles (12.91)
- 2007 All-American – 100m Hurdles
- 2007 All-American – 60m Hurdles
- Gold medal winner at the 2007 Finish Line USA Junior Outdoor Championships – (meet record 13.07)
- Gold medal winner at the 2007 Pan American Junior Championships – 100m Hurdles (meet record 13.02)
- 2007 ACC Champion – 100m Hurdles (12.82)
- 2007 ACC Outdoor Freshman of the Year
- School record holder – 55m Hurdles, 60m Hurdles, 100m Hurdles, 4x100m Relay



2007 Outdoor: Captured the gold medal in the 100-meter hurdles at the 2007 Pan American Junior Championships with a meet record 13.02 effort ... Also took first place in the event at the Finish Line USA Junior Outdoor Championships with a meet record of 13.07 ... ACC Freshman of the Year ... Finished ninth in the 100-meter hurdles at the NCAA Championships ... Registered a 12.91 100-meter hurdle time at the NCAA East Regional, which broke the 28-year-old American junior 100-meter hurdle record ... Recorded personal best and school record time of 12.82 time to win the 100-meter hurdles at the ACC Championships ... Ran the 400-meter hurdles at the Texas Relays in a personal-best 60.44 time ... Won 100-meter hurdles event at the Georgia Tech Invitational with a 13.18 performance ... Member of 4x100-meter relay that placed second at the NCAA East Regional meet in a school record 44.33 ... Took seventh overall in the 100-meter hurdles at the Penn Relays (13.70) ... Won 100-meter hurdle event at the Weems Baskin Invitational ... Named to All-ACC Academic Track & Field team.



2007 Indoor: Indoor All-American with a ninth-place finish in 60-meter hurdles in a school-record time of 8.20 at the NCAA Championships ... Finished second at the ACC Championships with a 60-meter hurdle time of 8.21 ... All-ACC in 60-meter hurdles ... Won the 55-meter hurdle event at the Virginia Tech Last Chance with a personal best and school record time of 7.61 ... Took 55-meter hurdle crown at the Penn State Sykes-Sabok Challenge Cup with a 7.68 time.

High School: Her time of 13.73 in the 100-meter hurdles stands as the Georgia state record, and ranked her 10th in the nation for the 2006 season ... Two-time state champion in the 100-meter hurdles ... State champion in the 300-meter hurdles during senior season ... Atlanta Track Club all-state team member in the 100-meter hurdles and 300-meter hurdles ... Holds the school record in the 100-meter hurdles, 300-meter hurdles, triple jump, 4x100-meter and 4x400-meter relays ... Douglas County Athlete of the Year ... Two-year varsity cheerleader ... Wendy's High School Heisman nominee ... Member of the National Honor Society ... Member of the National French Honor Society.

Personal: Born July 7, 1988 in Douglasville, Ga. ... Daughter of Kimberly and Rodney Castlin ... Political science major.

Image provided by Photo Run

Ashley Early

Pole Vault • Sophomore • Charlottesville, Va. • Western Albemarle H.S.

PR: 4.15m (13'7.25")

- 2007 ACC Champion – Outdoor Pole Vault
- 2007 NCAA National Meet Qualifier
- School record holder – Indoor and Outdoor Pole Vault

2007 Outdoor: Won the ACC pole vault crown with a personal-best and school record height of 4.11m (13'5.75") ... Placed 21st at the NCAA Championships with a 3.75m (12'3.5") mark ... Finished second at the NCAA East Regional Championships with a 4.06m (13'3") height ... Either Early or teammate Erin Mahony won every meet in which they competed through the NCAA East Regional championship.

2007 Indoor: Runner-up at the ACC Championships ... Set school record at the VT Last Chance at 4.02m (13'2 1/4") ... Took third place at the Niswonger Invitational with a height of 3.80m (12'5.5") ... Was the third finisher at the Rod McCravy Memorial meet with a 3.75m (12'3.5") height.

High School: Was a four-time Virginia AA state champion in the pole vault ... Ranked 12th in the nation for the 2006 season, and is the all-time Virginia state record holder with a mark of 3.91m (12'10") ... Four-time high school All-American ... Two-time National Scholastic Indoor Championships (NSIC) All-American ... Nike Outdoor Nationals All-American during junior season ... National Junior Olympic Championships All-American ... Milestat.com Athlete of the Year during junior season ... Three-time state champion ... Two-time Women In Sports (WINS) Athlete of the Year ... Holds the district, region and state records ... Wendy's High School Heisman nominee.

Personal: Born September 4, 1987 in Charlottesville, Va. ... Daughter of Jana Early ... Human development major.



Jessica Fanning

Distance • Junior • Charlottesville, Va. • Western Albemarle H.S.

PR: 800m - 2:14.51; 1,500m - 4:26.52; Mile - 4:50.26;
3,000m - 9:39.35; 5,000m - 16:57.79

- 2007 All-American – Distance Medley Relay
- 2007 NCAA All-Southeast Region – Cross Country
- 2006 NCAA All-Southeast Region – Cross Country
- 2005 ACC Champion – Distance Medley Relay
- 2004 NCAA All-Southeast Region – Cross Country
- 2004 All-ACC – Cross Country
- School Record Holder – Indoor Distance Medley Relay



2007 Cross Country: Was the 22nd finisher at the NCAA Southeast Regional, finishing 6k in 21:15.80 ... Earned highest finish of the season with a fourth-place time of 19:27.09 in the Lenoir-Rhyne Invitational ... Registered another top-10 finish with a sixth-place effort at the William & Mary Inter-Regional (21:32.7) ... Teamed with Kelly Clark for third place at the Wake Forest Relays, completing the course in 35:57 ... Ran 6k in 23:00.01 to place 46th at the ACC Championships ... Finished 49th in the Chile Pepper Invitational, with a time of 22:16.7.

2007 Outdoor: Redshirted.

2007 Indoor: Earned All-American honors by leading off the school record-setting distance medley relay that finished fourth with a school record time of 11:10.84 at the NCAA Championships and also finished second at the ACC Championships (11:26.25) ... Also placed 13th in the 3,000-meter race at the conference meet ... Placed fourth in the mile at the Virginia Tech Challenge (4:50.26) ... Earned fifth place in the 3,000-meter with a 9:39.35 time at the Sykes-Sabok Challenge Cup.

2006 Cross Country: Was the third Hokie to finish at the NCAA Championships, taking 121st overall in a 6k time of 22:19 ... Placed 25th at the NCAA Southeast Regional in a time of 21:28, earning All-Region honors for the second time in three years.

2006 Outdoor: Was 18th at the NCAA East Region meet in the 1,500-meter race, crossing the finish line in 4:33.66 ... Placed fourth in the 3,000-meter race at the Duke Invitational with a time of 9:50.41 ... Had two top-10 finishes at the Lou Onesty Invitational ... Finished fifth in the 1,500-meter race with a time of 4:32.79 ... Qualified for the finals in the 1,500-meter race with the fifth-best time in school history at the ACC Championships, posting a time of 4:28.35 ... Was 10th in the finals of the event with a time of 4:31.39 ... Won the 1,500-meter race at the Liberty Invitational with a personal best time of 4:26.52 ... Recorded a personal-best time of 16:57.79 to finish second in the 5,000-meter race at the Georgia Tech Invitational.

2006 Indoor: Placed seventh in the 3,000-meter event at the Virginia Tech Invitational (10:12.20) ... Was on the first-place distance medley relay team with a time of 11:43.23 at the Penn State Open, the third-fastest in school history ... Set a then-personal-best time of 9:54.41 in the 3,000m at the PSU Open ... Placed second at the Virginia Tech Challenge in the mile with a time of 4:57.49 ... Was on the fourth-place distance medley relay team at the ACC Championships.

2005 Outdoor: Took 18th place in the prelims of the 800-meter race with a time of 2:15.46 at the ACC Championships.

2005 Indoor: Anchored the ACC champion distance medley team at the conference championships ... Ran the anchor leg (1,600 meters) of the relay and won the race in the last 20 meters, which won Tech's first distance medley relay conference title and was the school's first women's ACC event championship ... Finished third with a personal-best mile time of 4:52.83 and took sixth place in the 800-meter race with a time of 2:18.06 at the Virginia Tech Last Chance meet ... Had a season-best 3,000-meter time of 10:00.82 set at the Virginia Tech Invite.

High School: Four year letterwinner in cross country and track at Western Albemarle ... 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 the indoor national meet in 2004 ... In 2003, named to the all-state indoor track team for the 1,600-meter race, 4x800-meter and 4x400-meter relays, earned All-America honors at Indoor Nationals for the 4x800-meter 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-meter event as she finished in second place all four years ... A two-time member of the all-state outdoor track team for the 4x800-meter and the 4x400-meter 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-meter and 400-meter races, and the 4x800-meter and 4x400-meter 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

Junior • Distance • Charlottesville, Va. • Western Albemarle H.S.

PR: 800m - 2:10.54; 1,500m - 4:17.79; Mile- 4:40.66
3,000m - 9:26.18; 5,000m - 16:14.51

- 2007 All-American – Cross Country
- 2007 All-American – Distance Medley Relay
- NCAA National Meet Qualifier – 1,500m
- School Record Holder – 1,500m
- School Record Holder – Indoor and Outdoor Distance Medley Relay



2007 Cross Country: Finished 12th out of 255 runners at the NCAA Championships with a time of 20:32, the highest individual finish at the national meet in school history ... Performance also earned her All-American honors for the second time in her career ... Just the fourth woman in school history to earn All-American recognition in cross country, and the first to do so since 2003 ... Was an All-NCAA Southeast region performer for third consecutive season with a season-best 6k time of 20:05.05, which placed third ... Finished fourth at the ACC Championships at 20:57.7 ... Three-time Virginia Tech Athlete of the Week (Oct. 1, Oct. 29, and Nov. 26) ... Registered first-place overall finishes in three of six meets in which she ran.

2007 Outdoor: Won 1,500-meter race at the Vanderbilt Invitational with a school-record time of 4:17.79 ... Finished 15th in the 1,500-meter run (4:20.93) at the NCAA Championships ... Member of distance medley relay team that set a new school record by more than 24 seconds at the Sea Ray Relays (11:30.01) ... Finished 6th in the 1,500-meter race at the NCAA East regional (4:23.12) ... Finished second in the 1,500 meters at the ACC Championships to earn All-ACC honors ... Top finisher in the 5,000-meter race at the Duke Invitational with a personal-record time of 16:14.51 ... Won 800-meter race at the Liberty Twilight Qualifier with a personal-best time of 2:10.54 ... Named to All-ACC Academic Track & Field team.

2007 Indoor: Member of All-American distance medley that finished fourth in the NCAA Championships with an 11:10.84 performance ... The distance medley relay was runner-up at the ACC Championships, combining for a time of 11:26.25 ... Fourth-place finisher in the 3,000-meter race at the ACC Championships with a time of 9:27.50 ... Awarded ACC Indoor Track and Field Performer of the Week (Feb. 19) after winning the mile at the VT Challenge in a time of 4:40.66 ... Runner-up in the 3,000-meter race at the Sykes-Sabok Challenge Cup with a personal-record time of 9:26.18.

2006 Cross Country: Led Tech to an 18th place finish at the national championships with an individual finish of 77th, taking 61st in team scoring with a time of 21:55 ... Earned NCAA All-Southeast region honors for the second straight year after finishing 18th in 21:10 ... Claimed 42nd at the ACC Championships in 22:48 ... Took 50th at the Chile Pepper Invite in 21:49, and ninth at the William & Mary Inter-Regional in 22:19 ... Turned in the second individual time of 17:04 at the 5k Wake Forest Relays while pairing with Kelly Clark to finish as the top team, and earned ACC Performer of the Week honors for her efforts ... Was named to both the All-ACC Academic Team and the USTFCCA NCAA Division I All-Academic Team.

2006 Outdoor: Placed 13th at the NCAA East Region meet in the 1,500m with a time of 4:28.09 ... Recorded a regional qualifying mark in the 1,500m after finishing in a personal-best time of 4:24.69 for third at the Georgia Tech Invitational ... The time is the third fastest in school history ... Placed seventh at the Florida State Relays in the 1,500m with a time of 4:39.35 ... Set a then-personal-best with her time of 4:31.72 at the Duke Invitational in the 1,500m ... Placed 32nd in the 800m at the Duke Invitational with a time of 2:15.09 ... Finished fifth in the 3,000m with a time of 9:56.91 at the Lou Onesty Invitational ... Finished eighth in the 5,000m at the ACC Championships with a time of 16:51.94, qualifying for the NCAA regional meet ... Was 13th in the 1,500m at the meet ... Was second in the 800m at the Liberty Invitational with a time of 2:11.93.

2006 Indoor: Was on the second-place 4x800m relay team at the Virginia Tech Invitational with a time of 9:18.81 ... Was on the first-place distance-medley relay team with a time of 11:43.23 at the Penn State Invitational ... The time is the third fastest in school history ... Finished 18th in the 800m at the Penn State Invitational with a time of 2:16.18 ... Was on the fourth-place distance medley relay team at the ACC Championships ... Finished 11th in the 3,000m at the ACC Championships with a time of 9:49.56 ... Set a personal-best time of 4:51.70 in the mile at the Virginia Tech Last Chance meet, winning the race.

2005 Cross Country: Earned all-region honors at the NCAA Southeast Regional Championships for her 22nd-place performance with a time of 21:05.7 ... In her first collegiate race, 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: 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 ... At the AA Virginia state cross country championships, 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 4x800-meter 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 800-meter dash ... Won the district title in the 800-meter race and the 4x800-meter relay ... Took second at the Region II Championships in the 800-meter race and the 4x800-meter relay ... Holds the 800-meter, 4x400-meter relay, 4x800-meter relay and the distance medley relay records at Western Albemarle ... Career bests include a 2:14.37 in the 800-meter dash, 5:02.09 in the 1,600-meter and a 18:33.78 in the 5,000-meter race ... Was a member of the National Honor Society and graduated with honors.

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

Sherlenia Green

Senior • Sprints/Hurdles • Vernon Hills, Ill. • Vernon Hills H.S. • Southern Illinois

PR: 55m – 7.02; 60m – 7.66; 200m – 24.20; 300m – 38.47;
400m – 53.79; 500m-1:13.77; 400m Hurdles – 56.66

- Bronze medalist at 2007 NACAC Senior Championships - 400m Hurdles
- 2007 USA Championship finalist – 400m Hurdles
- 2007 All-American – Distance Medley Relay
- NCAA National Meet Qualifier – 400m Hurdles
- 2007 ACC Champion - 400m Hurdles
- 2007 All-ACC – 400m and 400m Hurdles
- 2006 All-ACC – 400m
- 2006 NCAA Indoor Championship Qualifier – 400m
- 2006 All-ACC Academic Team
- Outdoor School Record – 4x100m Relay (2007)
- Outdoor School Record – 4x400m Relay (2007)
- Indoor School Record – 4x400m Relay (2007)
- Indoor School Record – Distance Medley Relay (2007)
- Indoor School Record – 500m (2007)
- Indoor School Record – 400m (2006)



2007 Outdoor: Captured the bronze medal in the 400-meter hurdles at the 2007 North America, Central America and Caribbean (NACAC) Senior Championships ... Advanced to the 400-meter hurdle finals at the AT&T USA Outdoor Championships ... Member of school-record setting 4x400-meter relay (3:34.67) at the Weems Baskins Relays ... Finished 14th in the NCAA in the 400-meter hurdles ... Qualified for NCAA Championships in the 400-meter hurdles with a fourth-place finish at the NCAA East Regional in a time of 57.31 ... Won the ACC 400-meter hurdle final with a personal-best and then-school record time of 56.66 ... Part of 4x100-meter relay set a school record by running in 44.33 for second place at the NCAA East Regional championships ... Member of third place teams in the 4x100-meter and 4x400-meter relays at the ACC Championships ... Named to All-ACC Academic Track & Field team.

2007 Indoor: Member of All-American distance medley relay that took fourth place at the NCAA Championships with a time of 11:10.84 ... All-ACC performer in the 400-meter dash, finishing third at the conference meet with a 54.91 time ... Also finished seventh in the 200-meter dash at the conference meet (24.64) ... Won the 400-meter dash at the VT Last Chance Invitational, completing the race in 54.31 ... Led off 4x400-meter relay that set school record at the Penn State National Open (3:39.20) ... Ran third leg of 4x400-meter relay that finished third at conference meet in 3:42.54 ... Was fourth-place finisher in the 400-meter dash (54.07) and the sixth-place runner in the 200-meter dash at the Sykes-Sabok Challenge Cup with a personal-best time of 24.20.

2006 Outdoor: Redshirted.

2006 Indoor: Ran a school-record time of 1:13.77 in the 500-meter dash at the Virginia Tech Invitational, finishing sixth ... Recorded two personal bests at the Penn State Open in the 60-meter dash with a time of 7.68 and a provisional qualifying mark in the 400-meter dash with a time of 54.38 ... Finished ninth in the 200-meter race with a personal-best time of 24.28 ... Set a school record in the ACC 400-meter finals with her third-place finish time of 53.79 ... Was on the fourth-place 4x400-meter relay team that set a school-record of 3:42.03 at the ACC Championships.

Prior to Tech: Collected five indoor meet titles in 2004 at Southern Illinois ... 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 Regional meet ... Indoor career bests at SIU were 7.69 in the 60-meter dash, 24.90 in the 200-meter and 5.62m (18'5.5") in the long jump ... Outdoor career bests were 12.02 in the 100-meters, 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-meter dash and long jump as a senior ... Also finished first in the 100-meter race 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.



Queen Harrison

Sophomore • Sprints/Hurdles • Richmond, Va. • Hermitage H.S.



PR: 55m Hurdles – 7.81; 60m Hurdles – 8.48;
100m Hurdles – 12.98; 400m Hurdles – 55.81; 200m – 24.57;
Triple Jump– 12.41m (40'8.75"); Long Jump – 5.96m (19'6.75")

- Two-time All-American – 400m Hurdles, 100m Hurdles (2007)
- No. 1-ranked Junior 400m Hurdler in the world in 2007 (55.81)
- No. 2 ranked Junior 100m Hurdler in the world in 2007 (12.98)
- No. 2 all-time World Junior Combination Hurdler – 100m Hurdles, 400m Hurdles
- No. 4 all-time American Junior - 100m Hurdles (12.98)
- No.6 all-time American Junior – 400m Hurdles (55.81)
- Gold medal winner at the 2007 Pan Am Junior Championships – 400m Hurdles
- Silver medal winner at the 2007 Pan Am Junior Championships – 100m Hurdles
- Gold medal winner at the 2007 Finish Line USA Junior Outdoor Championships – 400m Hurdles
- Silver medal winner at the 2007 USA Junior Outdoor Championships – 100m Hurdles
- Set meet record in 400m Hurdles at Pan Am Junior Championships – 400m Hurdles (56.25)
- Indoor school record – 4x400m relay (3:39.20)
- School record – 400m Hurdles (55.81)
- Outdoor school record - 4x400m relay (3:34.67)

2007 Outdoor: Won gold in the 400-meter hurdles and silver in the 100-meter hurdles at the Pan American Junior Championships ... Captured gold at the Finish Line USA Junior Outdoor Championships ... Earned All-American honors twice ... Was ranked No. 1 in the 2007 World Junior rankings with a 55.81 time in the 400-meter hurdles ... Placed third at the NCAA Championships in the 400-meter hurdles with a school record time of 55.81 ... Finished fifth at the NCAA national meet with a personal-best time of 12.98 in the 100-meter hurdles ... Won the NCAA East Regional championships in the 400-meter hurdles with a 56.09 effort ... Took second place in the 400-meter hurdles at the ACC Championships, with a 56.80 performance in the finals ... First collegiate finisher in the 400-meter hurdles at the Georgia Tech Invitational (57.35).

2007 Indoor: Established a personal-best in the semifinals of the 60-meter hurdles at the Penn State National Open with a prelim time of 8.48 ... Placed eighth overall in the finals of the same event, ran the third leg in 4x400-meter relay that finished second at the PSU National Open with a school record performance of 3:39.20 ... Runner-up in the 55-meter hurdle race with a time of 7.81 at the Sykes-Sabok Challenge Cup.

High School: Was a two-time Virginia AAA state champion, winning the outdoor long jump in 2004, and the indoor long jump in 2005 ... Her 300-meter hurdle time of 42.15 that ranked 12th in the nation in 2006 ... Triple jump mark of 12.41m (40'8.75") ranked her sixth ... Two-time indoor track athlete of the year by *Richmond Times-Dispatch* ... Nike Indoor Nationals triple jump runner-up during junior season to earn All-America honors ... Also earned All-America honors in the 4x200-meter relay during junior season ... Holds 11 school records, including three relay teams ... Three-time team MVP ... Won multiple district and regional championships in her high school career ... Member of the Future Business Leaders of America ... All-state academic team ... All-region and all-district academic team.

Personal: Born September 10, 1988 in Loch Sheldrake, N.Y. ... Daughter of William Harrison and Alicia Wingate ... Business marketing major.



Erin Mahony

R-Senior • Pole Vault • Virginia Beach, Va. • Kempsville H.S.

PR: 4.06m (13'3.75")

- 2007 ACC Champion – Indoor Pole Vault
- 2007 NCAA East Regional Champion – Pole Vault
- 2007 NCAA National Meet Qualifier
- 2007 All-ACC Academic Team
- 2006 All-ACC – Pole Vault
- 2006 All-ACC Academic Team
- 2005 All-ACC – Pole Vault

2007 Outdoor: Tied for 14th at the NCAA Championships with a 3.90m (12'9.5") height ... Won the NCAA East Regional Championships with a personal-best vault of 4.06m (13'3.75") ... Tied teammate Ashley Early for first place at the UNC Elite Meet with a height of 3.90m (12'9.5") ... Registered a first-place height of 3.90m (12'9.5") at the Liberty Qualifier ... Took first place at the Shippensburg Paul Kaiser Classic, with a height of 3.79m (12'5.25") ... Placed second at the Clemson Invitational with a 3.80m (12'5.5") height ... Won pole vault title with a 3.95m (12'11.5") effort at the Weems Baskin Invitational.

2007 Indoor: Earned first ACC crown in the pole vault with a height of 4.00m (13'1.5") ... Won the pole vault crown at the Sykes-Sabok Challenge Cup with a 4.00-meter (13'1.5") mark ... Runner-up at the Penn State National Open with a height of 3.80m (12'5.5") ... Finished second at the Niswonger Invitational with a 3.80m (12'5.5").

2006 Outdoor: Redshirted.

2006 Indoor: Earned All-ACC honors after a second-place finish at the ACC Championships after shattering the school record with an NCAA provisional mark of 4.01m (13'1.75") ... Placed fourth at the Virginia Tech Invitational with a vault of 3.65m (11'11.75") ... Placed fourth at the Clemson Invitational with a vault of 3.65m (11'11.75") ... Vaulted 3.75m (12'3.50") at the Penn State Open to place fourth ... Won the Virginia Tech Challenge with a vault of 3.93m (12'10.75") ... Named to All-ACC Academic Team.

2005 Outdoor: Competed in the pole vault at six meets ... Tied for seventh place with a jump of 3.60m (11'9.75") at the ACC Championships ... Cleared a season-best 3.65m (11'11.75") to place fourth at the Clemson Invitational ... Jumped 3.50m (11'5.75") at the Georgia Tech Invitational and Tennessee's Sea Ray Relays.

2005 Indoor: Broke the then-school record in the pole vault and set a then-personal best with a jump of 3.66m (12') at the Virginia Tech Last Chance meet and finished in sixth place in the event ... Tied for third place with a height of 3.60m (11'9.75") 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 3.60m (11'9.75") ... Competed seven times during the season and recorded jumps over 3.60m (11'9.75") in four of the competitions.

2004 Outdoor: Broke the pole vault then-school record and finished second with a jump of 3.56m (11'8") at the Virginia Tech Invitational ... Won the EMU Invite with a jump of 3.50m (11'6") ... Finished ninth at the BIG EAST Championships and took fourth at the Tar Heel Opener with 3.45m (11'3.75").

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

High School: Was a pole vaulter at Kempsville ... Jumped 2.74m (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.



Patrice Potts

Junior • Sprints • Greenville, Va. • Brunswick H.S.

PR: 55m - 6.85; 60m - 7.35; 100m - 11.40; 200m - 23.25; 400m - 55.86

- 2007 ACC Champion - 60m
- 2007 ACC Champion - 100m
- 2007 NCAA National Meet Qualifier - 100m, 200m
- 2006 All-ACC - 100m
- 2006 NCAA Regional Qualifier - 100m
- Indoor School Record - 60m (2007)
- Indoor School Record - 55m (2007)
- Indoor School Record - 200m (2007)
- Outdoor School Record - 100m (2007)
- Outdoor School Record - 4x100m Relay (2007)
- Outdoor School Record - Sprint Medley Relay (2007)

2007 Outdoor: ACC 100-meter dash champion (11.40) ... Member of 4x100-meter relay that set a school record by taking second place with a 44.33 effort at the NCAA East Regional ... Finished third at the NCAA East Regional in the 100-meter dash with an 11.63 performance ... Was the top collegiate finisher in the 100-meter dash at the Georgia Tech Invitational (11.58) ... All-ACC performer in the 200-meter dash with a personal best time of 23.25 ... Registered eighth-place finish in the 60-meter dash at the Hurricane Invitational (55.86).

2007 Indoor: ACC champion in the 60-meter dash at indoor championships ... Member of third-place ACC 4x400-meter relay that ran in 3:42.54 at the conference meet... All-ACC for the 60 and 200-meter dashes ... Turned in the conference's top 55 and 60-meter dash times: 6.85 in the 55-meter dash for second place at the VT Last Chance Invitational, then a 7.35 60-meter dash time at the Sykes-Sabok Challenge Cup ... At the same meet, set the school record in the 200-meter dash with a 23.67 performance and had the second-best 200-meter dash time in the conference ... Claimed event title in the 60-meter dash with a school record time of 7.35, .09 second faster than her previous best mark.



2006 Outdoor: Placed 19th in the 100-meter dash at the NCAA East Region meet with a time of 11.79 ... Set the school record in the 100-meter dash at the Hurricane Invitational with a time of 11.70, which was also an NCAA regional qualifying time ... Placed 15th in the 200-meter dash with a time of 24.52 at the Hurricane Invitational ... Broke the school record with a regional qualifying time of 11.68 in the 100-meter dash at the Texas Relays, finishing 12th ... Part of the 4x100-meter relay team that set the school record at the Texas Relays with a time of 46.18 ... Placed 18th at the Sea Ray Relays in the 100-meter with a time of 11.75 ... Earned All-ACC honors for her third-place finish in the 100-meter dash, recording a time of 11.68 at the ACC Championships ... Recorded a personal-best time of 24.28 in the prelims at the ACC Championships in the 200-meter race ... Finished eighth in the 200-meter dash at the ACC Championships in 25.09 ... Part of the sixth-place 4x100-meter relay at the ACC Championships with a time of 46.42 ... Finished third in the 200-meter race at the Liberty Invitational in 24.77 ... Was 17th in the 100-meter event at the Georgia Tech Invitational with a time of 12.04 ... Placed 34th in the 200-meter race at the same meet in 25.39.

2006 Indoor: Broke the school record in the 60-meter sprint at the Virginia Tech Last Chance meet with a time of 7.45, finishing fourth ... Shattered the school record in the 60-meter event during her first collegiate race with a time of 7.50 in the preliminaries at the Clemson Invitational ... Placed third in the 60-meter dash with a time of 7.51 at the Penn State Invitational ... Was part of the sixth-place 4x400-meter relay team with a time of 3:48.59 at the Penn State Invitational ... Set a personal-best time in the 200-meter dash at the Penn State Open with a time of 24.43, finishing eighth ... Finished fourth in the 60-meter finals after finishing with a personal-best time of 7.48 in the prelims, which is a school record ... Placed 13th in the 200-meter race with a time of 24.59 ... Placed fourth in the 60-meter dash with a time of 7.46 at the ACC Championships.

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-meter and 200-meter events at the 2005 Southern Track Classic, the top high school invitational in Virginia ... Ranked third all-time in all divisions of Virginia high schools in the 100-meter dash with a time of 11.69 ... Ranked fourth all-time in all divisions of

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 dashes ... 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 Greenville, Va. ... Daughter of Shirley Williams and David Potts ... University studies major ... Has three siblings, Crystal, Richard and Dallas.



Brittany Pryor

R-Junior • Throws • Niagara Falls, N.Y. • Niagara Falls H.S. • Syracuse University

PR: Shot Put – 16.83m (55'2.75"); Discus – 51.44m (168'9");
Hammer Throw – 55.85m (183'3"); Weight Throw – 19.57m (64'2.5")

- Two-time All-American – Shot Put (2007)
- 2007 ACC Indoor Champion – Shot Put
- 2007 ACC Outdoor Champion – Shot Put
- 2007 NCAA East Regional Champion – Shot Put
- 2007 NCAA National Meet Qualifier – Discus
- School record holder – Indoor Shot Put
- School record holder – Outdoor Shot Put
- School record holder – Discus

2007 Outdoor: Earned All-American honors by finishing ninth in the shot put at the NCAA Championships with a mark of 16.19m (53'1.5") ... NCAA East Regional shot put champion with a mark of 16.65m (54'7") ... ACC shot put champion with 16.76m (55'0") and placed fourth in the hammer throw with a personal record of 55.85 (183'3") ... Became first-ever Hokie woman to win ACC Track & Field Performer of the Week honors (March 27) after setting the school discus record (50.41m, 165'5") and finishing second in the shot put (16.34m, 53'7.5") at the Wake Forest Relays ... Finished as the top collegiate and second overall at the UNC Elite Meet by setting the school record in the shot put (16.83m, 55'2.75") ... Took second place in the discus at the Highlander Challenge (49.74m, 162'2") ... Earned first place at the Weems Baskin Invitational (16.51m, 54'2.25").

2007 Indoor: Took seventh place in the shot put at the NCAA Championships with a 16.33m (53'7.75") mark to earn All-American status... Won the ACC shot put championship and earned all-conference honors with a 15.70m (51'6.5") mark at the conference meet ... Finished fourth in the weight throw at the conference meet, throwing a personal-best of 19.57m (64'2.5") ... Won event title at the Sykes-Sabok Challenge Cup with a shot put of 16.52m (54'2.5") ... Also finished third in the weight throw at the same meet (19.08m, 62'7.25") ... Tossed a 16.27m (53'4.5") shot put for first place at the Liberty On Track Open ... Was the weight throw runner-up with 18.45m (60'6.5") at the same meet.

Prior to Tech: Redshirted in 2006 ... As a freshman at Syracuse in 2005, finished fourth at the BIG EAST Conference Indoor Championship in the shot put with a toss of 14.57m (47'9.75") ... Took third at the ECAC Championship in the shot put with 14.63m (48') ... Won the discus with 50.42m (165'5") at the BIG EAST Outdoor Championship and finished second in the shot put with 14.89m (48'10.25") and hammer throw with 53.84m (176'8") ... Named Most Outstanding Field Performer at the BIG EAST Outdoor Championship ... Finished second in the shot put with a throw of 15.12m (49'7.25"), third in the discus throw with 46.42m (152'3"), and fifth in the hammer throw with 53.38m (175'1") at the ECAC Championship ... Placed 25th at the NCAA Championships in the discus, with a throw of 45.88m (150'6").

... Placed 25th at the NCAA Championships in the discus, with a throw of 45.88m (150'6").

High School: State champion in shot put (2001, 2003, 2004) ... State champion in discus (2002) ... Took fifth place in the shot put at nationals (2001) ... 2001 All-American ... Four-year captain ... Four-time all-state, all-county and all-league ... Three-time Section VI ... Named Kiwanis Athlete of the Year (2004) ... Niagara Falls High School Athlete of the Year (2004) ... Member of the National Honor Society.

Personal: Born February 16, 1986 ... Daughter of Vicki Pryor and James Jackson ... Has four brothers, three sisters ... Coached by Syracuse native David Bonner ... Majoring in human development.



Britni Spruill

Senior • Sprints • Hampton, Va. • Bethel H.S.

PR: 55m - 7.04; 60m - 7.52; 100m - 11.55; 200m - 23.17;
300m - 38.26; 400m - 56.19

- 2007 All-American - 200m
- 2007 NCAA National Meet Qualifier - 100m, 200m
- 2007 NCAA East Region Finalist - 100m, 200m
- 2007 All-ACC - 100m
- Indoor School Record - 300m (2007)
- Indoor School Record - 4x400m Relay (2007)
- Outdoor School Record - 200m (2007)
- Outdoor School Record - 4x100m Relay (2007)
- Outdoor School Record - Sprint Medley Relay (2007)
- Outdoor School Record - 4x400m Relay (2007)
- 2006 NCAA Regional Qualifier - 200m
- Indoor School Record - 200m (2006)

2007 Outdoor: Placed 14th in the 200-meter dash (23.35) at the NCAA Championships ... Finished 21st in the 100-meter dash at the national meet (11.59), just .04 off her personal best ... Led off school-record setting 4x400-meter relay (3:34.67) ... Member of sprint medley that ranked No. 8 in the U.S. by *Track & Field News* ... Anchored 4x100-meter relay that set a school record of 44.33 while finishing second at the NCAA East Regional Championships ... Finished fifth in the 100-meter dash with a personal-best time

of 11.55 and 200-meter dash (23.17) at the NCAA East Regional Championships ... Placed third in the 100-meter dash to earn all-conference honors at the ACC Championships (11.62) ... First collegiate finisher in the 200-meter dash at the Georgia Tech Invitational (23.90) ... Registered 17th-place finish in the 400-meter dash at the Hurricane Invitational (56.82) ... Named to All-ACC Academic Track & Field team.

2007 Indoor: Set school record in 300-meter dash, completing the race in 38.26 at the VT Invitational ... Took fourth place in the 60-meter dash at the ACC Conference Championships, crossing the finish line in 7.53 ... Led off third-place 4x400-meter relay that completed the race in 3:42.54 at the ACC Championships ... Also finished fourth in the 200-meter dash at the ACC Championships ... Recorded season-best 200-meter dash of 24.12 at the VT Last Chance Invitational ... Earned 10th place at the Sykes-Sabok Challenge Cup with a 200-meter dash time of 24.63.

2006 Outdoor: Was 26th in a time of 24.65 in the 200-meter dash at the NCAA East Regional meet ... Recorded a time of 11.97 in the 100-meter race at the Hurricane Invitational to finish 14th ... Had a personal-best time of 24.17 in the 200-meter race at the Hurricane Invitational to finish ninth ... Part of the 4x100-meter relay team that set the school record at the Texas Relays with a time of 46.18 ... Was sixth in the 200-meter dash at the ACC Championships, finishing in 24.20 ... Recorded a then-personal-best time of 11.94 in the preliminary round of the 100-meter sprint at the ACC Championships ... Placed eighth at the ACC Championships in the final heat of the 100-meter dash ... Part of the sixth-place 4x100-meter relay at the ACC Championships with a time of 46.42 ... Set the school record in the 200-meter dash with a time of 23.47, winning the Liberty Invitational ... Finished 13th in the 200-meter at the Georgia Tech Invitational after recording a time of 24.30.

2006 Indoor: Recorded an NCAA provisional mark of 23.74 in her first-place effort in the 200-meter race at the Virginia Tech Last Chance meet, breaking the school record ... Set a school record in the 300-meter race with a personal-best time of 39.54, finishing third at the Virginia Tech Invitational ... Finished third in the 200-meter dash at the Penn State Open ... Was fourth in the 60-meter sprint with a time of 7.52 at the same meet, recording the second-best time in school history ...

Placed seventh in the 60-meter dash with a time of 7.65 at the ACC Championships ... Was sixth in the 200-meter dash finals with a time of 23.95 at the ACC Championships ... Was on the fourth-place 4x400-meter relay team with a school-record time of 3:42.03 at the ACC Championships.

2005 Outdoor: Took 14th place in the prelims of the 100-meter dash with a time of 12.20 and 19th place in the prelims of the 200-meter event with a time of 25.54 at the ACC Championships ... Had a season-best 200-meter time of 24.93 at the Georgia Tech Invitational to grab 30th place in the race ... Also at the Georgia Tech Invite, had a 400-meter time of 56.24, which placed 29th in the event.

2005 Indoor: Clocked 7.91 in the 60-meter race for a 19th-place finish in the race and jumped 5.51m (18'1") in the long jump to take 11th place at the Virginia Tech Invitational ... Recorded a 400-meter dash of 56.99 for fifth place at the VT Last Chance meet ... Finished eighth in the 200-meter dash 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 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 200-meter dash personal record of 24.61 at the 2004 Landstown Invitational ... Won the 400-meter dash at the 2004 Eastern Regional outdoor meet with a then-personal record time of 56.19 and took second at the Virginia AAA state meet ... Member of the 2003 Virginia state champion 400-meter relay team ... Placed third in the outdoor long jump at the 2003 VHSL AAA state meet with a then-personal best jump of 5.79m (19'0") ... Won the indoor long jump with a personal record mark of 5.72m (18'9.50") at the 2004 CNU Showcase ... Was runner-up in the 300-meter race at the 2003 indoor state meet and had two third-place finishes in 2002 and 2004 ... Won the indoor 300-meter dash at the 2002 Microtel Invitational with a personal-best 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.

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

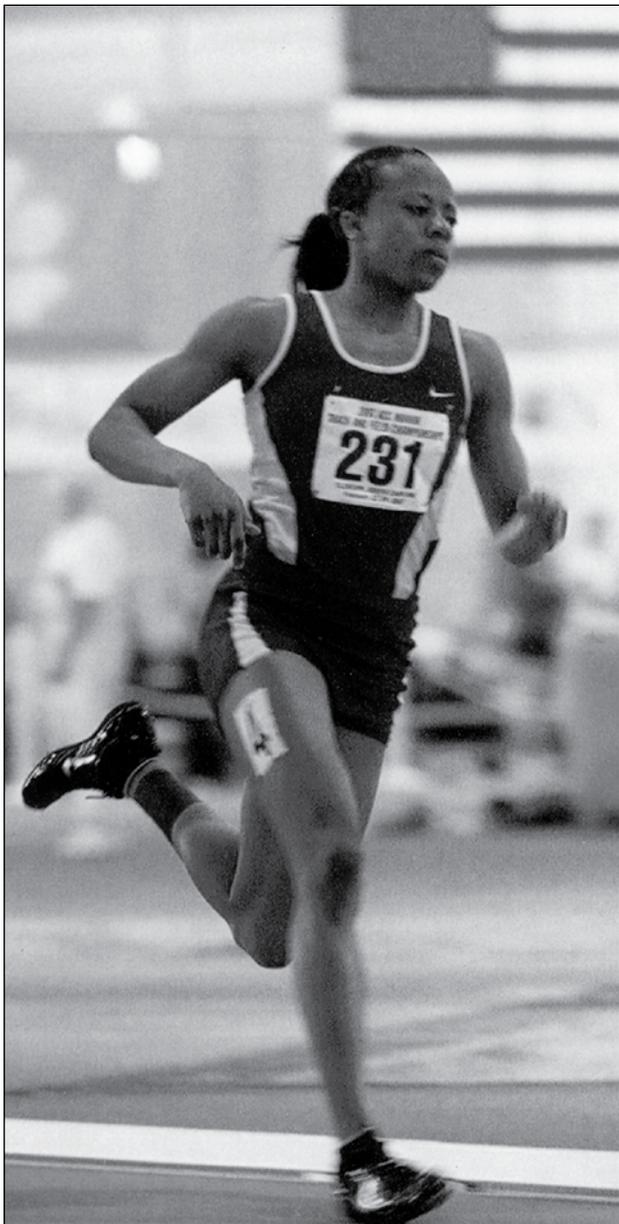


Asia Washington

Sophomore • Sprints • Piscataway, N.J. • Piscataway H.S.

PR: 400m – 55.32; 500m – 1:14.85; 800m – 2:09.13;
Long Jump – 5.86m (19'3")

- 2007 All-American – Distance Medley Relay
- School Record Holder – Indoor 800m (2007)
- School Record Holder – Indoor 4x400m Relay (2007)
- School Record Holder – Indoor Distance Medley Relay (2007)
- School Record Holder – Outdoor 4x400m Relay (2007)
- School Record Holder – Outdoor Sprint Medley Relay (2007)



2007 Cross Country: Won the 4,000-meter event at the Hokie Open with a 15:05.5 time ... Took seventh place at the Virginia Tech Invitational with a 4.2k time of 15:16 ... Finished 24th individually (19:15) and teamed with Megan Fuson for the 19th-place duo at the Wake Forest Relays (40:54).

2007 Outdoor: Ran a personal-best 800-meter at the Georgia Tech Invitational with a 2:09.13 time to finish as the second collegiate finisher ... Anchored school record-holding 4x400-meter relay (3:34.67) ... Anchored sprint medley relay that established a new school record (3:53.69) and ranked No. 8 in the country by *Track & Field News* ... Placed 14th at the NCAA's East Regional meet in the 800-meter dash with a time of 2:09.97 ... Was 20th at the Hurricane Invitational in the 200-meter dash with a time of 24.96 to finish 16th in the 400-meter dash (56.75) ... Named to All-ACC Academic Track & Field team.

2007 Indoor: Earned All-American honors after running the 800-meter leg of the distance medley that finished fourth at the NCAA Championships with a school-record effort of 11:10.84 ... Anchored 4x400-meter relay that finished third at the ACC Championships (3:42.54) ... Owns school record in the indoor 800-meter (2:09.66) that earned a sixth-place finish at Penn State Open ... Took fifth place at the ACC Championships in the 800-meters with a time of 2:10.50 ... Anchored school record indoor 4x400-meter relay (3:39.20) during a second-place finish at the Penn State National Open ... At the Sykes-Sabok Challenge Cup, registered a seventh-place finish in the 800-meters at 2:12.11.

High School: Was a member of the New Jersey outdoor track and field state championship team in 2005, individually winning the long jump and placing second in the 800-meters ... Earned eight letters under coaches Pete Buccino and Larry Lester ... Recorded bests of 55.32 in the 400-meters, 2:11.31 in the 800-meters, as well as a 5.86m (19'3") distance in the long jump ... School and county record holder in the long jump, 400-meter and 800-meter sprints ... Two-time Indoor GR IV state champion in 4x400m relay ... Also the indoor GR IV state champion in the 4x200-meter relay and the sprint medley relay her senior year ... Received the coach's MVP award her senior year ... Following her junior year, was named the Athlete of the Year by the *Courier News*, *Home News Tribune*, and the *Star-Ledger* ... Earned a Greater Middlesex County Scholar-Athlete Award.

Personal: Born Feb. 25, 1988 in Newark, N.J. ... Daughter of Alvin and Tia Washington ... Has two siblings, Aja and Richie ... Majoring in business.

Ciera Ayangbile

Senior • Throws • Fulton, Ill. • Fulton H.S.



PR: Shot put – 16.56m (54'4")

- 2007 National Meet Qualifier – Shot Put (Indoor and Outdoor)
- 2007 All-ACC – Shot Put

2007 Outdoor: Threw personal record of 16.56m (54'4") at the Wake Forest Invitational ... Took fifth place at the ACC Outdoor Championships ... Registered a mark of 15.36m (50'4") in the shot put to take ninth place at the NCAA East Regional ... Finished third in the Texas Relays' 'A' flight with a 15.45m (50'8.25") effort.

2007 Indoor: Finished 14th at the NCAA Championships, marking at 15.08m (49'5.75") ... Runner-up to teammate Brittany Pryor at the ACC Indoor Championships ... Set school record of 16.36m (53'8.25") at the University of Kentucky's McCravy Invitational while meeting the NCAA provisional qualifying mark in the process ... Earned second place at the Sykes-Sabok Challenge Cup with a mark of 15.75m (51'8.25) ... Took event title at the Liberty Kickoff Invitational at a mark of 15.61m (51'2.75").

2006 Outdoor: Placed 11th at the NCAA East Region meet with a heave of 14.63m (48') ... Recorded a then-personal-best toss of 15.13m (49'7.75") as the top collegiate finisher at the Liberty Invitational ... Placed sixth in the shot put at the Hurricane Invitational with an effort of 13.66m (44'9.75") ... Finished second at the Florida State Relays with an effort of 13.80m (45'3.50") ... Recorded a regional qualifying mark at the Texas Relays with an effort of 14.38m (47'2.25") to finish sixth ... Was fifth at the ACC Championships with a then-personal-best mark of 14.83m (48'8") ... Had a mark of 15.03m (49'3.75") to finish third at the Georgia Tech Invitational.

2006 Indoor: Placed fifth at the ACC Championships in the shot put with a then-personal-best effort of 14.79m (48'6.25") ... Finished third in the shot put at the Clemson Invitational with a throw of 14.39m (47'2.5") ... Was 12th at the Penn State Open in the shot put with an effort of 13.39m (43'11.25") ... Finished eighth at the Virginia Tech Challenge in the shot put with an effort of 14.36m (47'1.50").

2005: Did not compete.

2004: Finished fifth at the BIG EAST Conference Outdoor Championships in the shot put ... Had a then-personal-best toss of 14.16m (46'5.5").

High School: A four-year letterwinner in track for coach Craig Halfner at Fulton ... 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.

Kelly Clark

Sophomore • Distance • Salem, Va. • Glenvar H.S.



PR: 1,000m – 2:57.84; 1,500m – 4:36.65; Mile – 4:56.80; 3,000m – 9:41.01; 5,000m – 16:50.59

- 2007 All-ACC – Cross Country
- 2006 NCAA All-Southeast Region – Cross Country

2007 Cross Country: Earned All-ACC recognition for the first time in her career with a 13th-place finish in the 6k at the ACC Championships (21:38.8) ... Teamed with Jessica Fanning for third place at the Wake Forest Relays, completing the course in 35:57 ... Took third individually at the Lenoir-Rhyne Invitational with a 5k time of 19:09.70 ... Fifth finisher at the William & Mary Inter-Regional with a 6k run of 21:31.9 ... Earned 27th-place finish at the Chile Pepper Invitational with a time of 21:50.08 ... Placed 70th at the NCAA Southeast Regional Championships (22:04.10).

2007 Outdoor: Anchored school-record distance medley relay (11:30.01) ... Member of school record 4x1,500-meter relay (18:22.65) that won the Sea Ray Relays ... Placed second in the 1,500-meters at the Liberty Twilight meet (4:36.65) ... Registered fifth-place finish in the 5,000-meter race at the Duke Invitational with a personal-best time of 16:50.59.

2007 Indoor: Finished 19th at the ACC Championships in the 5,000-meter race, crossing the finish line in 17:25.61 ... Had team's best performance of the season in the 1,000-meters (2:57.84) ... Set a personal best of 9:41.01 in the 3,000 meters at the Sykes-Sabok Challenge at Penn State ... Placed seventh in the mile at the VT Challenge, clocking in at 4:56.80 ... Led off second-place distance medley relay that took second place at the same meet.

2006 Cross Country: Was the Hokies' fourth finisher at the NCAA Championships in a 6k time of 22:20 ... Named an All-Region performer at the NCAA Southeast Regional for her 12th-place finish with a 6k time of 21:05 ... Was the second Hokie finisher (17th) at the ACC Championships in 21:59 (6k) ... Ran a 6k time of 21:33 at the Chile Pepper Invite ... In her first collegiate meet at the Wake Forest Relays, paired with Tasmin Fanning to finish as the first-place duo while individually recording the fourth-best overall 5k time of 17:24.

High School: Was a five-time Virginia A state champion, winning the state cross country meet in 2003, the 1,600-meter race in 2006, and the 3,200-meter race in 2004, 2005, and 2006 ... Three-time first-team all-state ... Three-time member of the all-district team ... Two-time first-team All-Timesland selection ... First-team All-Met her junior season ... Had a then-personal best with a cross country time of 17:37.00 at the Region C meet during senior campaign.

Personal: Born June 5, 1988 in Salem, Va. ... Daughter of Craig and Nancy Clark ... University studies major.

Lisa MacPherson

Sophomore • Distance • Powhatan, Va. • Jefferson Forest H.S.



PR: 3,000m – 10:18.51; 5,000m - 17:52.22

2007 Cross Country: Helped the Hokies win the team title by registering a season-best performance at the Lenoir-Rhyne Invitational, with a season-high finish of seventh in the 5k race at a time of 20:04 ... Placed 36th at the William & Mary Inter-Regional, crossing the finish line in 23:23 ... Tech's fifth finisher at the Chile Pepper Invitational, with a 79th-place performance after completing 6k in 22:49.

2007 Outdoor: Ran 18:18.58 in 5,000-meter race at the Duke Invitational ... Recorded a personal record in the 3,000-meter race with a 10:18.51 time at the Sea Ray Relays.

2007 Indoor: Ran personal record of 17:52.22 in the 5,000 meters to take sixth place at Penn State's Sykes-Sabok Challenge Cup ... Crossed the finish of the 5,000-meter race in 18:10.37 at the ACC Championships to earn 23rd place ... Finished in ninth place of the 3,000-meter race at 10:31.10 ... Led off fifth-place distance medley relay at the VT Challenge.

2006 Cross Country: Was the Hokies' seventh-place finisher at both the NCAA Championships and the NCAA Southeast Regional ... Took second-place at the Virginia Tech Invitational.

High School: Three-time letterwinner for cross country, indoor track and outdoor track ... Two-time all-state performer for cross country ... Two-time all-region runner ... Three-time all-district student-athlete for cross country ... Two-time district runner of the year ... Member of the National Honor Society ... Member of the Mu Alpha Theta Math Honor Society.

Personal: Born November 25, 1987 in Richmond, Va. ... Daughter of Bob and Ann Carter MacPherson ... Human nutrition, foods and exercise major.

Kelly Phillips

R-Freshman • Pole Vault • Blacksburg, Va. • Blacksburg H.S.



PR: 3.80m (12'5.5")

2007 Outdoor: Redshirted ... Jumped in five meets as an unattached athlete, raising her personal best to 3.75m (12'3.75"), a mark that would have been sixth in school history ... Opened the season with a 3.50m (11'5.5") clear at the Wake Forest Open ... Registered a height of 3.65m (11'11.75") to finish sixth at the Weems Baskin Relays ... Finished second at the Paul Keiser Classic with a jump of 3.51m (11'6.25") ... Finished third at the Liberty Twilight meet with a personal-best jump of 3.75m (12'3.75") ... Finished season with a sixth-place finish at the UNC Elite Meet, registering a jump of 3.65m (11'11.75").

2007 Indoor: Redshirted ... Jumped 3.45m (11'3.75") in her first event at the Liberty Twilight as an unattached athlete ... Jumped 3.52m (11'6.5") in her only other meet.

High School: Competed in gymnastics ... During junior season, won Level Nine State and Mid-East Regional championships on the uneven parallel bars ... Level Nine State and Mid-East Regional medalist on the vault ... Level Nine Eastern Nationals qualifier on the vault during junior and senior years ... Honor roll student.

Personal: Born September 2, 1988 in Blacksburg, Va. ... Daughter of Bob and Katherine Phillips ... Double-majoring in biology and human nutrition, foods and exercise ... Father, Bob, was an All-American vaulter for Tech in 1980.

Women's Outlook *Continued from page 11*

and a new school record of 11:10.84 seconds. She also established a new school record of 4:17.79 in the 1,500 meters. Jessica Fanning led off that All-American distance medley relay and will run the mile and 3,000 meters indoor along with the 1,500 meters outdoor. Sherbak qualified to the 2007 NCAA Outdoor Championships in the 10,000 meters and is one of the top returners in the 5,000 meters in the ACC. Clark proved to be one of the top freshman distance runners in the ACC in 2007, and will be a factor at the conference and regional levels. Clark was an NCAA East regional qualifier in the 5,000 meters in 2007.

POLE VAULT

Virginia Tech pole vault coach Bob Phillips will be working with his most talented crew of vaulters in the history of the program.

"Coach Phillips continues to develop his vaulters to higher levels each year. His athletes' performances have proved to me that he is one of the best in the business, anywhere in the world," said Cianelli.

ACC outdoor champion and school record holder (4.11m, 13'5.75"), Ashley Early, begins her sophomore season along with ACC indoor champion and NCAA East Regional champion, senior Erin Mahony (4.06m, 13'3.75"). ACC sixth place finisher Caitlin Thornley begins her second season at Tech and will look to be at the top of the conference and region. Freshman Kelly Phillips is ready to make her first season in a Tech uniform a great one. Arkansas State transfer, Elise Birnbaum is a fantastic addition to an already deep and talented vault crew. Sophomore Diana Sciambi will expect to be in the mix at the ACC championships and as an NCAA Regional qualifier this season.

Shakirra Pinnock

Junior • Sprints • Hampton, Va. • Bethel H.S.



PR: 55m – 7.33; 60m – 8.00; 200m – 25.29;
300m – 40.14; 400m – 55.11

- **Outdoor School Record – Sprint Medley Relay (2007)**
- **Outdoor School Record – 4x100m Relay (2006)**

2007 Outdoor: Member of school record-holding sprint medley relay that placed fourth at the Texas Relays with a 3:53.69 time ... Finished 27th in the 400-meter dash at the Georgia Tech Invitational (57.81) ... Placed 27 at the Hurricane Invitational in the 200-meter dash with a time of 25.29.

2007 Indoor: Finished in eighth place in the 400-meter dash (56.07) at the conference meet ... Part of first-place distance medley relay that finished in a school record time of 11:20.41 to win the event at the Sykes-Sabok Challenge Cup ... Led off 4x400-meter relay that took fourth place (3:43.87) and finished eighth in the 400-meter dash with a season-best effort of 55.20 at the Challenge Cup ... Came in third place in the 400-meter dash at the VT Last Chance Invitational with a time of 56.05.

2006 Outdoor: Finished 15th in the 800-meters at the Florida State Relays ... Part of the 4x100-meter relay team that set the school record at the Texas Relays with a time of 46.18 ... Placed 11th in a time of 56.82 at the ACC Championships in the 400-meter race ... Part of the sixth-place 4x100-meter relay team at the ACC Championships with a time of 46.42 ... Was fifth in the 400-meter dash at the Liberty Invitational.

2006 Indoor: Was on the sixth-place 4x400-meter relay at the Penn State Open, recording a time of 3:45.69, which is the second-fastest time in school history ... Was part of the sixth-place 4x400-meter relay team at the PSU Open with a time of 3:48.59 ... Recorded a time of 57.20 at the Virginia Tech Challenge in the 400-meter dash, finishing 10th ... Placed 17th at the ACC Championships in the 400-meter race with a time of 57.33 ... Finished fourth in the 400-meter dash at the Virginia Tech Last Chance meet with a time of 57.48.

High School: Four-time All-American ... National champion her senior year in the indoor 4x200-meter relay ... Garnered All-America honors in the 4x400-meter relay and the indoor 400-meter race ... Was an All-American her sophomore season as part of the 4x200-meter relay ... Three-time all-state ... Two-time coaches award ... Had a time of 55.11 in the 400-meter race during 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.

Erin Reddan

Junior • Distance • Bricktown, N.J. • Brick Township H.S.



PR: 1,500m – 4:36.50; 3,000m Steeplechase – 10:43.66;
5,000m – 16:57.97

2007 Cross Country: Best performance of the season helped the Hokies win the team title at the Lenoir-Rhyne Invitational by registering a season-best performance with a season-high finish of fifth in the 5k race at a time of 19:35 ... Also helped Tech claim the team championship at the William & Mary Inter-Regional with a 6k effort of 21:37, which earned eighth place in the individual standings ... Combined with Lindsey King for 10th place at the Wake Forest Relays, completing the course in 38:28.

2007 Outdoor: Finished eighth in the steeplechase at the ACC Championships with an NCAA Regional Qualifying time of 10:43.66 ... Placed 29th in the 3,000-meter steeplechase at the NCAA East Regional with a time of 10:52.65 ... Took fourth place in the 1,500-meter dash at the Liberty Twilight meet (4:44.98) ... Ran a personal-best 5,000-meter race in 16:57.97 for ninth place at the Duke Invitational.

2007 Indoor: Anchored first-place distance medley relay (11:58.29) at the VT Challenge ... Finished 21st at the ACC Championships in the 5,000-meter race (17:41.11) ... Turned in a second-place finish in the 5,000-meter race (17:28.92) at the Sykes-Sabok Challenge Cup, the fourth-fastest time in school history.

2006 Cross Country: Was the Hokies' sixth finisher at the NCAA National Championships, finishing in 24:25 ... Also was the sixth Hokie to cross the line at the NCAA Southeast Regional, placing 66th in a time of 22:21 ... Won the Hokie Open with a 4.7k time of 17:37 ... Placed third at the VMI Invite, and fifth at the Virginia Tech Invitational.

2006 Outdoor: Redshirted.

2006 Indoor: Ran the 3,000-meter race in 10:33.52, finishing eighth at the Virginia Tech Invitational ... Placed 28th in the mile at the Virginia Tech Challenge.

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 (12:16) ... Placed fourth at indoor MOC in the 3,200-meter race with a time of 11:10 in 2005 ... Finished fourth at the Ocean County Championships in a time of 5:12 ... Took third place in the 3,200-meter race 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.

Erika Schroeder

Sophomore • Throws • Bismarck, N.D. • Century H.S.



PR: Shot put – 15.15m (49'8.5"); Discus – 47.86m (157')

2007 Outdoor: Finished eighth in the discus at the ACC Championships with a mark of 46.87m (153'9") ... Won the 'B' flight in the shot put at the Texas Relays with a personal-best mark of 15.15m (49'8.5") ... Placed 14th at the NCAA East Regional with a mark of 14.70m (48'2") ... Won the discus at Radford's Highlander Challenge with a throw of 45.46m (149'2").

2007 Indoor: Earned 10th place at the ACC Championships in the shot put with a mark of 14.05m (46'1.25") ... Placed fifth at the Sykes-Sabok Challenge Cup with a mark of 15.11m (49'7") ... Finished in third place at the Penn State National Open with a heave of 14.59m (47'10.5") ... Took third place in the shot put at Liberty's On Track Open with a 14.59m (47'10.5") mark.

High School: Ranked second in the nation in the discus for the 2005 season, and 15th in the nation in the shot put for the 2006 season ... Four-time state discus champion, becoming only the second person to win four straight North Dakota state titles ... Two-time indoor state champion in the shot put ... One state championship in the outdoor shot put ... AAU Junior Olympic All-America status in the shot put and discus ... Wendy's High School Heisman Nominee ... Four-time MVP ... School record holder in the shot put and discus ... Member of the National Honor Society ... Three-time honoree of the Presidential Academic Award ... Nominated for North Dakota Sportswoman of the Year during senior season ... Member of the Bismarck-Mandan Quarterback Club ... Placed second at the state meet in the shot put on two occasions and was third once.

Personal: Born May 22, 1988 in Bismarck, N.D. ... Daughter of Nathaniel and Phyllis Schroeder ... University studies major ... Sister Natalia runs marathons.



Erika Schroeder

Natalie Sherbak

R-Junior • Distance • Virginia Beach, Va. • Kellam H.S.



PR: 800m – 2:14.62; 1,000m – 2:56.42; 1,500m – 4:28.12; 5,000m – 16:32.38; 10,000m – 34:35.87

- 2007 All-ACC – Cross Country
- 2007 NCAA All-Southeast Region – Cross Country
- 2007 NCAA National Meet Qualifier – 10,000m
- 2006 NCAA All-Southeast Region – Cross Country

2007 Cross Country: Registered four top-five finishes in the six meets in which she competed ... Was the runner-up at the Lenoir-Rhyne Invitational, crossing the 5k finish line in 18:58 ... Teamed with Tasmin Fanning for first place at the Wake Forest Relays with a combined time of 34:10 ... Registered another third-place finish in the 6k race at the William & Mary Inter-Regional with a time of 20:57 ... Took fifth in a time of 20:56 in the 6k race at the Chile Pepper Invitational.

2007 Outdoor: Placed 19th in the 10,000-meter race at the NCAA Championships ... Finished 11th in the 5,000-meter race at the NCAA East Regional in a personal-best 16:32.38 ... Anchored the 4x1,500-meter relay that set a school record with a time of 18:22.65 and won the Sea Ray Relays ... Part of the distance medley relay that completed the race in a school record time of 11:30.01 for seventh place at the same meet ... Took fifth place in the 10,000-meter race at the ACC Championships with an NCAA national meet qualifying mark of 34:35.87 ... Earned first place in the 1,500m race at the Liberty Twilight with a personal-best performance of 4:28.12 ... Was second finisher in the 5,000-meter race at the Duke Invitational with a time effort of 16:38.68 ... Named to All-ACC Academic Track & Field team.

2007 Indoor: Earned fifth place in the 5,000-meter race at the ACC Championships, completing the race in a school record time of 16:44.91... At the Sykes-Sabok Challenge Cup, finished fifth in the 3,000-meter race in 9:47.10 ... Finished sixth at the Virginia Tech Challenge in the mile with a time of 4:53.33.

2006 Cross Country: Was the fifth Hokie finisher at the NCAA Championships, taking 133rd overall in a time of 22:23 ... Took 20th place at the NCAA Southeast Regional in a time of 21:21 to earn all-region honors ... Was Tech's top finisher at the ACC Championships, placing 16th in 21:55 ... Ran 6k in 21:08 to claim 26th place at the Chile Pepper Festival ... Led the Hokies at the William & Mary Colonial Inter-Regional Challenge with a second-place time of 21:46 ... Placed fifth overall at the Wake Forest Relays.

2006 Outdoor: Redshirted.

2006 Indoor: Redshirted.

Continued on following page

Sherbak *Continued*

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

2005 Indoor: Honored by the ACC as an all-conference selection for winning the distance medley race at the conference championships, which was Tech's first distance medley relay conference title and the Hokie women's first indoor relay conference championships 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.

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 4x800-meter relay, 1,600-meter race and the 800-meter run ... Also the 2004 state champion in the indoor 1,000-meter race and was the runner-up in the 1,600-meter event ... Ran a leg on the 2003 indoor state champion 4x800-meter relay that ran 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 1,000-meter race ... At the 2002 VHSL AAA outdoor state meet, finished third in the 800-meter run ... Placed seventh in the 1,000-meter race 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 fifth 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 the 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 Norfolk *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 2002.



Natalie Sherbak

all-district, all-regional and all-state honors ... Voted team captain and team MVP ... Honored with the coaches award ... Named Norfolk *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 2002.

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

Elise Birnbaum

Sophomore • Pole Vault • Orlando, Fla.
Winter Park H.S. • Arkansas State



PR: 3.75m (12'3.5")

Prior to Tech: Won the bronze medal as a member of the Arkansas State squad at the Sun Belt Conference Indoor Championships ... Earned silver medal at the Sun Belt's outdoor championships during her freshman season with the Indians.

High School: Attended Winter Park High School ... Registered a then-personal-best vault of 3.66m (12'0"), which ranked as the second-highest vault in the state of Florida.

Personal: Born April 11, 1988 in Flint, Michigan ... Daughter of Mark and Erica Birnbaum ... Graphic design major.

Kristy Tobin

Freshman • Distance • Chesapeake, Va. • Great Bridge H.S.



PR: 800m-2:12.39; 1,000m-2:56.30; 1,600m-4:53.02; 5k XC-18:11

2007 Cross Country: Finished eighth at the Lenoir-Rhyne Invitational with a 5k cross country time of 20:13 ... Competed at the Chile Pepper Invitational, with a 6k cross country time of 23:41.

High School: Won both indoor and outdoor Virginia State AAA 1,600-meter championships during junior season ... 1,600-meter personal best ranked as

WOMEN TO WATCH

the 16th-best time of any returning athlete in the nation ... Accumulated eight individual regional championships as well as 11 district championships ... Honored as the Outstanding Female High School Cross Country Runner by the Tidewater Striders ... Named 2005 Outstanding Metropolitan Cross Country Runner by the Norfolk Sports Club ... Received VHSL Academic Excellence Award from 2003 through 2005.

Personal: Born September 30, 1988 ... Daughter of Michael and Patricia Tobin ... University studies major.

Caitlin Thornley

Sophomore • Pole Vault • Greensboro, N.C. • Ragsdale H.S.



PR: 3.82m (12'6.25")

2007 Outdoor: Reached a season-high height of 3.80m (12'5.5") at the Weems Baskin Invitational ... Finished fifth in the pole vault at the UNC Elite Meet with 3.65m (11'11.75") ... Tied for seventh at the Clemson Invitational with a mark of 3.35m (10'11.75") ... Was seventh at the Wake Forest Open with a 3.70m (12'1.5") height.

2007 Indoor: Tied for third at the VT Challenge with a personal-best height of 3.82m (12'6.25") ... Placed sixth at the ACC Championships with a vault of 3.80m (12'5.5") ... Claimed fourth place at the Liberty Kickoff Invitational at a height of 3.60m (11'9.75") ... Registered a ninth-place performance at the VT Last Chance with a height of 3.72m (12'2.5") ... Finished fifth in the pole vault at the Niswonger Invitational at a height of 3.65m (11'11.75") ... Vaulted 3.60m (11'9.75") to register a sixth-place finish at the Rod McCravy Memorial with 3.60m, (11'9.75").

High School: Holds the all-time North Carolina state record with a personal-best vault of 12'4" ... First female to ever clear 12' in competition in the state of North Carolina ... Two-time state champion in the event ... Finished in the top five every year at the state championship ... Four-time letterwinner in track and field and two-time letterwinner in soccer ... Helped her school win the state championship her senior season ... Member of the National Honor Society, Beta Club and a four-time scholar athlete.

Personal: Born May 13, 1988 in Rochester Hills, Michigan ... Daughter of Glenn and Susan Thornley ... Environmental science major.



Erin Bragg

Freshman
Distance
Richmond, Va.
Deep Run H.S.



Megan Fuson

Sophomore
Distance
Richmond, Va.
Deep Run H.S.



Lindsey King

Freshman
Distance
Norcross, Ga.
Norcross H.S.



Jackie Merrick

Freshman
Distance
West Chester, Pa.
Henderson H.S.



Diana Sciambi

r-Freshman
Pole Vault
Great Falls, Va.
Langley H.S.



Amber Sholl

Freshman
Distance
Virginia Beach, Va.
Ocean Lakes H.S.



Jessica Trapeni

Freshman
Distance
Fairfax, Va.
Fairfax H.S.



Ashley Zanko

Freshman
Distance
Dublin, Ohio
Coffman H.S.

2008 Men's Outlook

Similar to the 2006 team that featured four-time national champion thrower Spyridon Jullien and three-time All-American pole vaulter Brian Mondschein, the 2008 Tech team will be led by three very talented athletes — three-time All-American Justin Clickett in the shot put, All-American hammer thrower Matej Muza and NCAA national meet qualifier Billy Berlin in the 1,500 meters. Clickett holds the school record in the indoor shot put with a mark of 19.18m (62'11.25"), Muza is one of the top returning hammer throwers in the nation with his best of 67.81m (222'5") and Berlin is ranked among the best in the country with his 3:41.88 in the 1,500 meters.

"Our men's team has the talent to be in the top ten at the 2008 NCAA outdoor championships. This is our goal for this season," Director of Track and Field Dave Cianelli said.

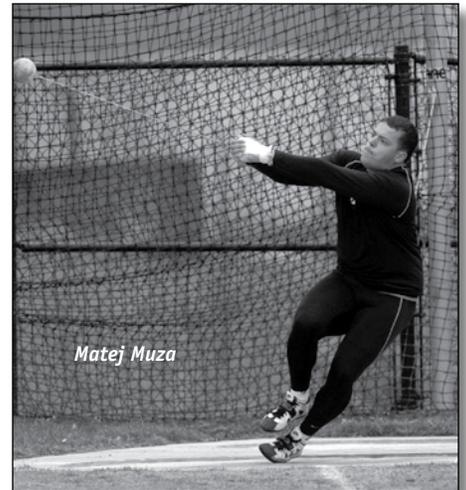
THROWS

Bolstered by Clickett, a three-time All-American and three-time conference shot put champion, and Muza, an All-American in the hammer throw, the Hokies should once again be a force in the throws at the conference, regional and national levels.

In addition to Clickett and Muza, Coach Greg Jack, who was selected 2006 USTFCCA National Throws Coach of the Year, has another All-ACC and NCAA regional finalist in Kevin Moore. Moore threw a personal best 67.25m (220'8") in the javelin to finish seventh at the 2007 NCAA East Regional. He also earned All-ACC honors by placing third at the 2007 ACC Championships. Sophomore Igor Misljenovic was an ACC scorer in 2007 in the shot put and will look to move up into the top three in 2008 and be a national meet qualifier.

POLE VAULT

Coach Bob Phillips' pole vault squad is coming off its best season ever, placing three performers in the NCAA Outdoor Championships for the first time and one earning All-America honors indoors. Redshirt sophomore Yavgeniy Olhovsky will lead this young and talented group. Olhovsky set a personal best of 5.35m (17' 6.5") in 2007 and will be looking to top 18 feet in 2008. Another sophomore, Jared Jodon, 4.95m (16'3") placed at the ACC Championships as a freshman in 2007 and now has his sights set on 17 feet in 2008. Top recruits Hunter Hall, 5.08m (16'8"), from Ft. Wayne Indiana, Joe Davis, 4.83m (15'10"), out of Sarasota, Florida and Tim Beierle, 4.73m (15'6"), from Harrisonburg, Va., were all three the best in



Matej Muza

their states and one of the best in their regions. Another freshman, Michael Miller of Keezletown, Va., will add depth to an already deep team.

SPRINTS/HURDLES/JUMPS

Coach Lawrence Johnson will be working with a very young sprints/hurdles/jumps crew this season. Incoming freshman Cedric Hudson was the third ranked long jumper in the state of Virginia last year with his personal best of 7.32m (24'0.25").

Ebenezer Amegashle placed third at the 2007 Virginia State AAA championships in the 300 hurdles and has a best of 38.46 in the event.

DISTANCE

The Hokies will feature a young group of distance runners that will be led by juniors Billy Berlin and James Scheiner and senior Rider Claus. Berlin had his best season in 2007 when he finished runnerup at the ACC championships in the 800 meters with a personal best of 1:49.51. He went on to run one of the fastest 1,500 meter times in the nation when he won the Vanderbilt Invitational in 3:41.88. Berlin finished 5th at the NCAA East Regional Championships to qualify for his first NCAA National Championship.

Scheiner also placed at the ACC Championships in the 1,500 meters and has a personal best of 3:46.41 which qualified him to the NCAA East Regional meet. Claus is a two-time ACC scorer in the 3,000 meter steeplechase and has a best of 9:05.55. Paul LaPenna is coming off an All-ACC cross country season and will be a factor in the conference at 5,000 meters.

Sophomore Devin Cornwall had an excellent freshman campaign in 2007 and will be vying for a top finish in the 5,000 meters and 10,000 meters at the ACC meet. Junior Andrew Montgomery and senior Zach Thomas will also be looking to place at the ACC championships in either the 5,000 or 10,000 meters. A large group of freshmen will be looking to get in the scoring mix at the ACC Championships and will include Jeff Miller from Lorton, Va., and Eddie Judge of Virginia Beach, Va.

2007-2008 VIRGINIA TECH MEN'S ROSTER

Name	Class	Event	Hometown	High School/Other
Ebenezer Amegashle	Fr.	Sprints/Hurdles	Dumfries, Va.	Potomac
Tim Beierle	Fr.	Pole Vault	Harrisonburg, Va.	Harrisonburg
Billy Berlin	Jr.	Mid-Distance	Midlothian, Va.	Midlothian
Rider Claus	Sr.	Distance	Madison, Wis.	West
Justin Clickett	r-Sr.	Throws	Union City, Pa.	University of Pittsburgh
Devin Cornwall	So.	Distance	Culpeper, Va.	Culpeper County
Joe Davis	Fr.	Pole Vault	Sarasota, Fla.	Riverview
Kyle Guglielmo	Sr.	Mid-Distance	Virginia Beach, Va.	Cox
Hunter Hall	Fr.	Pole Vault	Fort Wayne, Ind.	Homestead
Cedric Hudson	Fr.	Jumps	Stafford, Va.	Mountain View
Jared Jodon	So.	Pole Vault	Uniontown, Pa.	Laurel Highlands
Eddie Judge	Fr.	Distance	Virginia Beach, Va.	Cox
Kevin Kadak	So.	Mid-Distance	Forest, Va.	Jefferson Forest
Matt Kroetch	Fr.	Distance	Oakton, Va.	Oakton
Paul LaPenna	Jr.	Distance	Londonderry, N.H.	Londonderry
Kieran Lee	So.	Mid-Distance	Glen Allen, Va.	Hermitage
Nick McLaughlin	Fr.	Distance	Leesburg, Va.	Heritage
Jeff Miller	Fr.	Mid-Distance	Lorton, Va.	South County
Michael Miller	Fr.	Pole Vault	Keezletown, Va.	Broadway
Igor Misljenovic	So.	Throws	Zagreb, Croatia	XIII Gimnacija
Andrew Montgomery	r-Jr.	Distance	Falls Church, Va.	George Mason
Kevin Moore	Sr.	Throws	Willow Grove, Pa.	La Salle Univ.
Matej Muza	Jr.	Throws	Zagreb, Croatia	Sportska Gymnazija
Alex Nissen	Fr.	Distance	Herndon, Va.	Herndon
Yavgeniy Olhovsky	So.	Pole Vault	Petah-tikva, Israel	Ort Technnickum Givataim
Chris Padilla	Jr.	Mid-Distance	Shelton, Conn.	Shelton
Phillip Padilla	Jr.	Mid-Distance	Shelton, Conn.	Shelton
Matt Saunders	Fr.	Distance	Reston, Va.	Reston
James Scheiner	Jr.	Distance	Centreville, Va.	Westfield
Zach Thomas	Sr.	Distance	Sewickley, Pa.	Quaker Valley
Chris Walizer	Fr.	Mid-Distance	Hershey, Pa.	Hershey
Ryan Witt	Fr.	Distance	Winchester, Va.	Sherando

r - redshirt

Billy Berlin

Junior • Mid-Distance • Midlothian, Va. • Midlothian H.S.

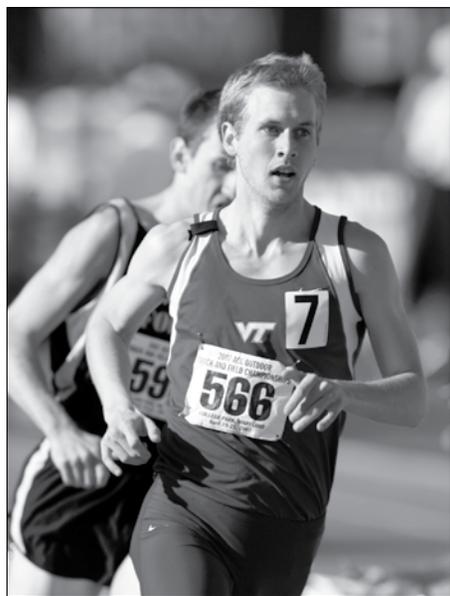
PR: 800m-1:49.51; 1,000m-2:26.79; 1,500m-3:41.88; Mile-4:06.74; 10k XC-31:17

- 2007 All-ACC – 800m
- 2007 All-NCAA East Region – 1,500m
- 2007 – NCAA National Meet Qualifier – 1,500m
- ACC Cross Country Performer of the Week – Sept. 25, 2007
- School record - Mile

2007 Cross Country: First Tech men's cross country runner to ever be recognized as the Atlantic Coast Conference's Performer of the Week on Sept. 25 after winning the event title at the Lenoir-Rhyne Invitational with an 8k time of 26:47 ... Finished third at the Wake Forest Relays, teaming with James Scheiner for a combined time of 46:10 ... Ran 10k in 31:14.05 at the NCAA Southeast Regional for 38th place ... Earned 15th-place at the William & Mary Inter-Regional with an 8k effort of 25:04 ... 26th-place finisher at the Chile Pepper Invitational at a time of 31:09 ... Ran 27:00 8k time for 79th-place at the ACC Championships.

2007 Outdoor: Anchored school record-setting 4x1,500-meter relay that ran in 15:41.32 to take first place at Tennessee's Sea Ray Relays ... Earned 22nd place at the NCAA Championships in the 1,500-meter race, with a time of 3:47.50 ... Finished fifth in the 1,500-meter race at the NCAA East Regional Championship with a time of 3:43.02 ... All-ACC in the 800-meter run with a personal best of 1:49.51 ... Recorded personal-best 1,500-meter time of 3:41.88 to win the event at the Vanderbilt Twilight II ... Led off 4x400-meter relay that took first place at the Liberty Twilight ... Broke nine-year-old Matthes-Hopkins Track Complex record in the 1,500-meter at the Liberty Twilight Qualifier, with a 3:48.63 time ... Captured first place in the 800-meters at the Duke Invitational (1:52.80).

2007 Indoor: Broke a 20-year school record in the mile with a personal-best mile of 4:06.74 for second place at the VT Challenge ... Was sixth-place finisher in the mile at the ACC Championships with a time of 4:07 ... Recorded a then-personal best in the 800-meter run with a 1:50.15 time to earn first place at the Last Chance Invitational ... At the same meet, took the event title in the 1,000-meter race with a personal-best time of 2:26.79 ... Led off distance medley relay that finished second (10:15.14) at the VT Challenge.



2006 Cross Country: Finished 24th at the ACC Championships with an 8k time of 25:23 ... Placed 31st at the William & Mary Inter-Regional in 27:32 ... Took 68th place at the Chile Pepper Invitational with a time of 31:17.1.

2006 Outdoor: Finished third in the 1,500-meter race at the Florida State Relays with a time of 3:56.12 ... Had a personal-best time of 1:52.69 in his seventh-place performance at the Lou Onesty Invitational in the 800-meters ... Advanced to the finals of the 1,500-meter race at the ACC Championships with a time of 3:54.60 ... Recorded a personal-best time of 3:48.67 in the finals, placing fourth.

2006 Indoor: Was 17th in the 1,000-meter with a time of 2:33.38 at the Virginia Tech Invitational ... Was 10th in the 800-meter at the Penn State Open with a time of 1:55.17 ... Was part of the sixth-place distance medley relay team at the PSU Open with a time of 10:13.19 ... Placed 11th in the mile at the ACC Championships with a time of 4:18.61 ... Ran the mile in a personal-best time of 4:12.52 for fourth place at the Virginia Tech Last Chance meet.

2005 Cross Country: Placed 10th at the VT Alumni Meet with a time of 25:54.01 .. Did not compete the rest of the season because of an injury.

2005 Outdoor: Redshirted.

2005 Indoor: Ran unattached 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.

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 (800, 1,000, 1,600, 3,200-meter races and cross country) in 2004 ... Finished third in the outdoor 1,500-meter race with a personal record time

of 4:03.87 at the 2004 Victor Cahoo Track Classic ... Had an outdoor 1,600-meter 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 800-meters ... Was the 2004 central region indoor 4x800-meter relay and 1,000-meter (2:34.23) champion ... Finished third in the indoor 1,000-meter run with a then-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 1,000-meter race ... Was a two-time national champion in the 4xMile relay at NIC ... Was 18th of 211 runners with 4:29.77 in the indoor 1,600-meter race 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 April 7, 1986 in Richmond, Va. ... Son of Russell and Beverly Berlin ... His grandfather, Harold Robert Berlin, is Lehigh University's record holder in cross country two mile ... Uncle, Don, was the Virginia state champion in the backstroke ... Business information technology major.

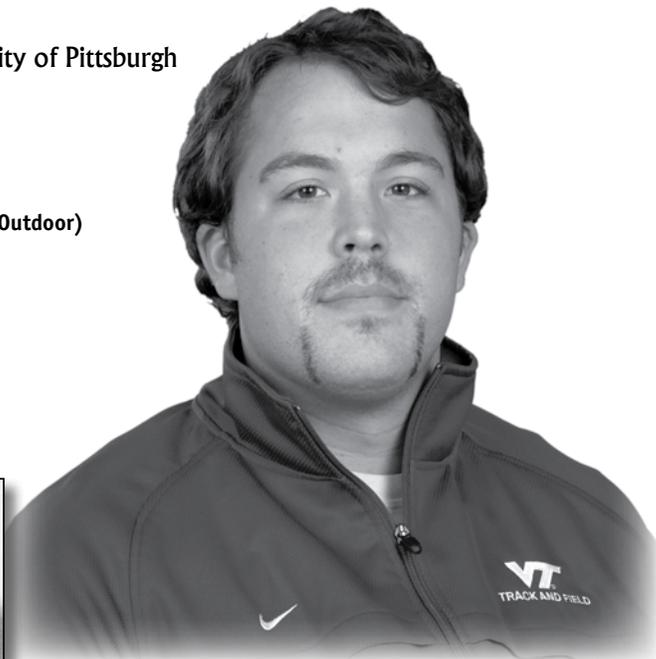


Justin Clickett

R-Senior • Throws • Union City, Pa. • Union City H.S. • University of Pittsburgh

PR: Shot Put – 19.23m (63'1.25"); Discus – 52.50m (172'3");
35- lb. Weight Throw – 19.62m (64'4.5")

- Three-time All-American – Shot Put (2005 Indoor, 2007 Indoor, 2007 Outdoor)
- 2007 All-ACC – Indoor and Outdoor Shot Put
- 2007 All-ACC – Discus
- 2007 All-ACC – 35-lb. Weight Throw
- 2005-06 BIG EAST Champion – Shot Put
- 2005 IC4A Champion – Shot Put
- BIG EAST All-Academic Team (2006)
- School record – Indoor Shot Put



2007 Outdoor: Earned All-American distinction by placing sixth in the shot put at the NCAA Championships, with an outdoor personal best of 19.11m (62'8.5") ... Qualified for the national meet in the shot put at the NCAA East regional with a 19.02m (62'5") effort ... Earned All-ACC honors by placing third in the shot put at the ACC Championships with a throw of 18.79m (61'7.75") ... Took second place at the UNC Elite Meet with a put of 18.53m (60'9.5").

2007 Indoor: Ninth-place finisher in the shot put at the NCAA Championships with an 18.88m (61'11.5") effort which earned All-America status ... Earned All-ACC honors in both the shot put and the weight throw ... Finished second in the shot put with 18.91m (62'0.5") and also earned runner-up honors with a then-personal record of 19.57m (64'2.5") in the weight throw at the ACC Championships ... Took the shot put crowns with marks of 19.03m (62'5.25") at the McCravy Invitational, 18.44m (60'6") at the Sykes-Sabok Challenge Cup and 19.18m (62'11.25") at the Liberty Kickoff Invitational.

Prior to Tech: Threw for three years at the University of Pittsburgh, earning Indoor All-American honors in the shot put in 2005 ... Also was the 2005 IC4A champion in the shot put ... Twice captured the BIG EAST Conference indoor shot put title, in both 2005 and 2006 ... Was named the 2006 BIG EAST Indoor Most Valuable Field Performer ... Was a Junior All-American in 2004 ... Member of the USA Junior Team ... National junior runner-up and a world junior finalist ... Owns Pittsburgh school records in the indoor and outdoor shot put and weight throw.

High School: Was the 2003 Pennsylvania Male Track Athlete of the Year ... A two-time Pennsylvania state champion (once in the shot put and once in the discus) ... Set the PIAA AA state record in the shot put with an effort of 64'5.75" ... Was a two-time District 10 champion ... Was a two-time Erie County League champion and record holder ... A member of the National Honor Society.

Personal: Born April 12, 1985 ... Son of Thomas and Cindy Clickett ... Majoring in business management.

Matej Muza

Junior • Throws • Zagreb, Croatia • Sportska Gimnazija

PR: 35 lb.-Weight – 20.20m (66'3.25"); Hammer Throw – 67.81m (222'5")

- All-American - Hammer Throw (2006)
- 2007 All-ACC – Hammer Throw
- 2007 All-ACC – Weight Throw
- 2006 All-ACC Academic Team



2007 Outdoor: Marked a personal best of 67.81m (222'5") in the hammer throw for second place at the ACC Championships ... Finished second in the hammer throw at the UNC Elite Meet with a 67.18m (220'5") mark ... Took third place at the Texas Relays with a 66.98m (219'5") effort.

2007 Indoor: Earned All-ACC honors in the weight throw with a third-place finish thanks to a 19.21m (63'0.25") mark ... Recorded a personal-best of 20.20m (66'3.25") in the weight throw for fourth place at the VT Last Chance meet ... Finished sixth in the weight throw with an 18.95m (62'2.25") mark at the Sykes-Sabok Challenge Cup.

2006 Outdoor: Represented Croatia at the World Junior Championships in Beijing, China ... Earned All-America honors with his sixth-place finish at the NCAA Championships ... Recorded a personal-best throw of 66.03m (216'7") on fifth attempt ... Finished sixth at the NCAA East Region meet with a mark of 62.10m (203'9") ... Recorded an NCAA Regional qualifying standard of 63.13m (207'1.50") at the Hurricane Invitational ... Finished third at the Florida State Relays with an effort of 64.45m (211'5") ... Finished fourth at the Texas Relays with a then-personal-best throw of 65.11m (213'7") ... Had a personal-best throw of 65.15m (213'9") to place fourth at the ACC Championships, which was the fourth-best mark in school history ... Won the Liberty Invitational with a throw of 64.31m (210'11") ... Finished sixth at the Georgia Tech Invitational with a mark of 63.25m (207'6").

2006 Indoor: Recorded a throw of 19.63m (64'5") for a fifth-place finish at the ACC Championships ... Earned an NCAA provisional mark of 19.36m (63'6.25") for his fifth-place performance at the Clemson Invitational in the weight throw ... Was fourth in the weight throw at the Virginia Tech Invitational with an NCAA provisional mark of 19.55m (64'1.75") ... Finished 10th in the weight throw at the Husker Invitational with a mark of 18.30m (60'0.5") ... Recorded the fifth-best throw in school history with an NCAA provisional mark of 19.65m (64'5.75") for a fourth-place finish at the Virginia Tech Challenge.

High School: One of the top junior hammer throwers in Croatia ... Held a then-personal-best mark of 61.04m (200'3").

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

Tim Beierle

Freshman • Pole Vault • Harrisonburg, Va.
Harrisonburg H.S.



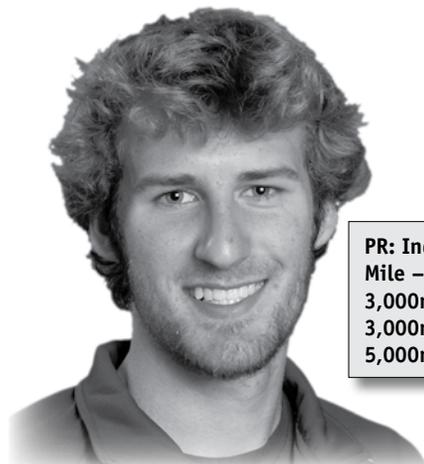
PR: 4.72m (15'6")

High School: Finished ninth at the Nike Indoor National meet ... Won Virginia AA state championship during junior and senior seasons ... Took state's indoor crown as a senior with a meet record height and personal best of 4.72m (15'6") ... Two-time Valley District and Region II champion ... Two-time outdoor district and regional champion ... All-region performer on the 4x200-meter and 4x400-meter relays ... Member of the National Honor Society.

Personal: Born Jan. 19, 1989 in Harrisonburg, Va. ... Son of Tom and Brenda Beierle ... Intends to major in human nutrition, food and exercise.

Rider Clauss

Senior • Distance • Madison, Wis. • Madison West H.S.



PR: Indoor 1,000m – 2:31.87;
Mile – 4:15.33;
3,000m – 8:25.29;
3,000m steeplechase – 9:05.55;
5,000m – 14:35.05

- NCAA Regional Qualifier – Steeplechase (2006, 2007)
- 2006 All-ACC Academic Team

2007 Cross Country: Earned consecutive sixth-place finishes in his first two competitions of the season: Ran 6k in 19:00 at the VT Invitational and completed 8k in 27:11 at the Lenoir-Rhyne Invitational ... Finished 32nd at the ACC Championships with an 8k time of 25:12 ... Took 33rd in the 8k at the William & Mary Inter-Regional (25:44) ... 92nd finisher with a 10k run of 32:39 at the Chile Pepper Invitational.

2007 Outdoor: Took eighth place in the 3,000-meter steeplechase at the ACC Championships with a personal-best time of 9:05.55, which

met the NCAA's regional qualifying mark ... Member of distance medley relay which finished seventh at the Sea Ray Relays.

2007 Indoor: Set new personal best with a 4:15.33 effort in the mile which earned 14th at the VT Challenge ... Claimed 14th place in the 3,000-meters at the ACC Championships in 8:36.09 ... Ran third leg of distance medley relay that finished third at the VT Challenge ... Took fifth in the 3,000-meters with a time of 8:29.89.

2006 Cross Country: Finished 76th at the NCAA Southeast Regional with a 10k effort of 32:46 ... Was runner-up and team's highest finisher at the Hokie Open in 19:35 ... Took 10th place at the Wake Forest Relays with a 22:24 time.

2006 Outdoor: Finished 17th in the 3,000-meter steeplechase at the NCAA East Regional meet with a time of 9:17.55 ... Had a personal-best time of 14:50.48 for fourth place in the 5,000-meter at the Florida State Relays ... Finished 12th in the 1,500m at the Lou Onesty Invitational in a time of 3:55.11 ... Recorded a personal-best time of 9:06.16 in the 3,000-meter steeplechase at the ACC Championships, qualifying for the regional meet while placing eighth ... Was second in the 1,500-meter race at the Liberty Invitational with a time of 3:56.85 ... Recorded a personal-best time of 14:49.55 in the 5,000-meter at the Georgia Tech Invitational to finish third.

2006 Indoor: Set a personal-best time of 8:25.29 in the 3,000-meter run at the Penn State Open, finishing fourth ... Placed 15th in the mile at the Virginia Tech Challenge with a time of 4:16.75.

2005 Cross Country: Placed 11th at the Virginia Tech Invitational with a time of 19:57.19 ... Finished fourth at the VT Alumni Meet with a time of 25:16.63 ... Was eighth at the Mountaineer Open with a time of 20:20.15.

2005 Outdoor: Finished in 28th place in the 5,000-meter race 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.

2005 Indoor: Had a personal season-best 3,000-meter time of 8:46.81 set at the Virginia Tech Last Chance meet.

2004 Cross Country: Recorded a 49th-place finish at the ACC Championships in a time of 26:37.20 ... Had top-25 performances during the season at the Bobcat Invitational (sixth), the Festival in the Fields (12th) and at the Lou Onesty Invitational (25th).

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 1,600-meter race and a state qualifier in the 3,200-meter event and the 4x800-meter relay ... Finished ninth in 2003 and sixth in 2004 in the 1,600-meter event at the state meet ... Anchored 4x800-meter 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 selection 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 Nov. 4, 1985 in Cincinnati, Ohio ... Son of Allen and Arrietta Clauss ... Mechanical engineering major ... Has two brothers (Arthur and Warren) and two sisters (Anna and Eulalia).

Hunter Hall

Freshman • Pole Vault
Fort Wayne, Ind
Homestead H.S.



PR: 5.08m (16'8")

MEN'S PROFILES

High School: Took third place as a senior and fourth place as a junior at the Nike Indoor National meet ... Indiana indoor and outdoor state champion as a junior ... Established new state sophomore record with season-best height of 5.02m (16'6") ... Two-time conference champion, and established meet record with a 4.92m (16'2") height ... Indoor and outdoor state champion and established school record height of 5.08m (16'8") ... Also ranked fifth in the nation during the indoor season ... Ran in 4x100-meter relay and 4x400-meter relays ... Has a personal best of 22.9 in the 200-meter dash ... Honor roll student.

Personal: Born Nov. 3, 1988 in Dallas, Texas ... Father, Randy, won the 1980 NCAA Pole Vault Championship at Texas A&M ... Mother, Alicia, ran track and specialized in the 400-meter dash at Texas Women's University ... A communications major.

Cedric Hudson

Freshman • Sprints/Jumps • Stafford, Va. • Mountain View H.S.



PR: Long Jump – 7.32m (24'0.25")

High School: During his senior year was Commonwealth District and Northwest Region champion both indoor and outdoor in the long jump ... Personal best of 24' 1/4" came at the 2007 Dogwood Invitational ... Was ranked third in Virginia in the long jump for the 2007 season.

Personal: Born June 1, 1989 in Homestead, Fla. ... Son of Dwanna and Thomas Hudson ... Majoring in university studies.

Kevin Moore

Senior • Throws • Willow Grove, Pa.
LaSalle Catholic H.S. • LaSalle University



PR: Javelin – 67.25m (220'8")

- 2007 NCAA East Regional Finalist – Javelin
- 2007 All-ACC - Javelin
- 2006 NCAA East Regional Finalist – Javelin
- 2006 Atlantic 10 Champion – Javelin
- 2006 USA Junior All-American – Javelin

2007 Outdoor: Earned All-ACC honors for third-place finish at the ACC Championships ... Threw a personal best in the javelin for seventh place at the NCAA East Regional with 67.25m (220'8") ... Placed third at the UNC Elite meet with a distance of 66.45m (218') ... Took third at the Texas Relays with 66.85m (219'4") ... Turned in a first-place performance at the Weems Baskin Invitational with a throw of 67.18m (220'5").

Prior to Tech: Threw javelin for two years at LaSalle University ... Won the javelin at the 2006 Atlantic 10 Conference Championships, and was honored as a USA Junior All-American ... Narrowly missed qualifying for the NCAA Championships with a sixth-place finish at the east regional.

High School: First-team All-Catholic League at LaSalle High School.

Personal: Born July 1, 1986 in Willow Grove, Pa. ... Son of Bill and Joanne Moore ... Has three siblings: Brian, Pat and Keiran ... Majoring in computer science.

Yavgeniy Olhovsky

Sophomore • Pole Vault • Petah-Tikya, Israel
Ort Technikum Givataim



PR: 5.35m (17'6.5")

2007 Outdoor: Redshirted ... Finished fourth at the 2007 Israeli Championships with a personal best of 5.35 meters (17'6.5"), which qualified him for the 2007 World University Games.

2007 Indoor: Redshirted ... Jumped 5.00m (16'4.75") as an unattached competitor for an eighth-place finish in the pole vault at the Virginia Tech Challenge.

High School: Finished 11th at the 2002 world junior championships ... Attended Ort Technikum Givataim and vaulted under coach Pavel Kogan ... Improved his vault by one meter during high school ... Cleared a personal best 5.30m (17'4.75") during his senior season ... Also competed in the long jump ... Had a personal best long jump effort of 7.09m (23'3.25").

Personal: Born Dec. 22, 1983 in Nikolaev, Ukraine ... Son of Alexander and Margarita Olhovsky ... University studies major.

Ebenezer Amegashle

Freshman • Sprints/Hurdles • Dumfries, Va. • Potomac H.S.



PR: 110m Hurdles – 14.5;
300m Hurdles – 38.46

High School: Finished third at the 2007 VHSL State Championships in the 300-meter hurdles ... Two-time All-American in the 4x200-meter relays, placing second in 2005-06 and sixth in 2006-07 ... Member of 4x400-meter relay state championship team in 2004-05.

Personal: Born Oct. 24, 1988 in Alexandria, Va. ... Majoring in university studies.

2007 Outdoor: Registered a personal best 5,000-meter time of 14:26.52 to finish 18th at the Duke Invitational ... Placed second in the 5,000-meter race at the Vanderbilt Twilight (14:45) ... Ran second leg of school record-setting 4x1,500-meter relay (15:41.32) that won the Sea Ray Relays ... Took first place in the 5,000-meter race at the Liberty Twilight Qualifier (14:33.73) ... Led off distance medley relay which finished seventh at the Sea Ray Relays.

2007 Indoor: Finished 11th in the 5,000-meter race at the ACC Championships (14:43.14) ... Was the fourth finisher in the 3,000-meter race at the Sykes-Sabok Challenge Cup (8:24.93) ... Established new personal best in the mile with a 4:16.12 time for 16th at the VT Challenge ... Also led off the third-place distance medley relay at the same meet.

2006 Cross Country: Named ACC Freshman of the Year ... Took third place at the Wake Forest Relays with a five-mile time of 22:16 ... Finished 27th at the ACC Championships in 25:31 ... Crossed the finish line in 32:08 to place 45th at the NCAA Southeast Regional meet ... Ran 8k in 25:07 for a 15th-place finish at the William and Mary Inter-Regional meet ... Finished 60th at the Chile Pepper with a time of 31:05.

High School: Three-year letterwinner in cross country ... Also lettered in soccer, indoor track and outdoor track ... Northwest Region champion and Cedar Run district champion during his senior season of cross country ... Commonwealth district champion during junior year ... All-northwest region his junior year ... All-district his sophomore cross country season ... Owns the school and course record for the 5k ... All-region in the 1,600-meter and 3,200-meter races ... Owns the school record in the 1,600-meter and 3,200-meter races ... All-district in the 800-meter and 1,600-meter races in outdoor track ... Member of the National Honor Society.

Personal: Born Dec. 26, 1987 in Hartford, Conn. ... Son of Bruce and Patricia Cornwall ... Psychology major.

Devin Cornwall

Sophomore • Distance • Culpeper, Va.
Culpeper County H.S.



PR: Mile-4:16.12;
3,000m-8:24.93;
5,000m-14:26.52;
10k XC-30:57

• 2006 ACC Freshman of the Year – Cross Country

2007 Cross Country: Compiled a pair of top-10 finishes in first two meets in which he ran: earned third-place at the Lenoir-Rhyne Invitational with an 8k time of 26:51 and 10th with a 24:52 time in the 8k at the William & Mary Inter-Regional ... Registered 18th-place performance at the ACC Championships with an 8k effort of 24:40 ... Earned 23rd place at the Chile Pepper Invitational, completing 10k in 30:57.

Joe Davis

Freshman • Pole Vault • Sarasota, Fla. • Riverview H.S.



PR: 4.83m (15'10")

High School: Set Florida's state high school pole vault record twice ... Won state championship with a then-state record of 4.75m (15'7") during junior year ... Repeated as state champion as a senior with a new state record of 4.83m (15'10") ... Team MVP during final two seasons ... Served as team captain during senior season ... Also lettered in golf for four years ... Scholar-athlete during all four years.

Personal: Born Dec. 1, 1988 in Winter Park, Fla. ... Son of Robert and Amy Davis ... Has a sister, Caroline ... Majoring in building construction.

Jared Jodon

Sophomore • Pole Vault • Uniontown, Pa. • Laurel Highlands



PR: 4.95m (16'2.75")

2007 Outdoor: Placed 11th at the ACC Championships with a mark of 4.85m (15'11") ... Took fifth place in the pole vault at the UNC Elite Meet with a season-best 4.90-meter (16'0.75") effort ... Cleared 4.70m (15'5") at the Wake Forest Open.

2007 Indoor: Finished eighth at the ACC Championships, clearing 4.82m (15'9.75") ... Registered 4.75m (15'7") height for an 11th-place finish at the VT Last Chance Invitational ... With a 4.80-meter height (15'9"), earned third place at the Liberty Kickoff Invitational ... Earned sixth at the Sykes-Sabok Challenge Cup with a pole vault of 4.90m (16'0.75") ... Placed seventh at the Niswonger Invitational with a height of 4.87m (15'11.75).

High School: Won the prestigious Golden West Track & Field meet with a personal-best performance of 4.95m (16'2.75") ... State champion during his senior season ... Was a silver medalist at the Penn Relays ... Owns the state and school record with a vault of 4.93m (16'2") ... TSTCA outdoor champion ... TSTCA indoor silver medalist ... Four-year letterman ... Member of the National Honor Society.

Personal: Born December 10, 1987 in Pittsburgh, Pa. ... Son of Thomas and Lynette Jodon ... Biology major.

Eddie Judge

Freshman • Distance • Virginia Beach, Va. • F.W. Cox H.S.



PR: 1,600m-4:15.28; 5k XC-15:30

2007 Cross Country: Finished in the top-10 at both of Tech's home meets: seventh at the VT Invitational with a 6k time of 19:00 and was sixth at the Hokie Open, completing 6k in 19:43 ... Tied for 19th place at the Wake Forest Relays, combining with Chris Padilla for a 23:22 7k time ... 12th-place finisher at the Lenoir-Rhyne Invitational, completing 8k in 28:20 ... Took 49th at the William & Mary Inter-Regional with an 8k time of 26:15 ... 112th finisher with a 33:04 time in the 10k race at the Chile Pepper Invitational.

High School: Earned All-America status after finishing fifth in the mile at the Nike National Indoor Track Championships as a senior ... Finished fourth at the Virginia State AAA Cross Country meet last season after winning regional championship ... Three-time all-state honoree ... Has won six regional titles during career ... Honor student.

Personal: Born January 5, 1989 ... Son of Joseph and Katherine Judge ... Business major.

Matt Kroetch

Freshman • Distance • Oakton, Va. • Oakton H.S.
Longwood University



PR: 8k XC – 25:30; 10,000m – 30:37.53

2007 Cross Country: Finished 38th at the ACC Championships, running 8k in 25:27 ... 43rd finisher in the 8k race (31:50) at the Chile Pepper Invitational ... Placed 74th at the NCAA Southeast Regional, completing 10k in 31:59.95.

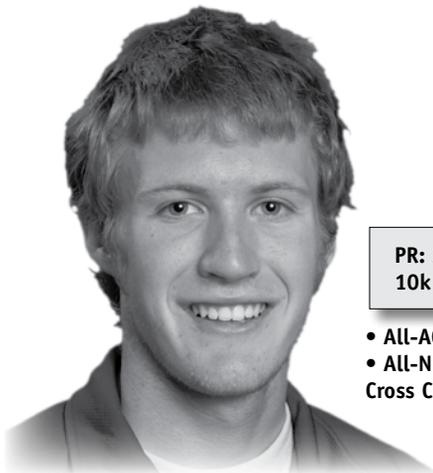
Prior to Tech: At Longwood University, earned All-East Region honors with an eighth-place finish at the IC4A University Division Men's Cross Country Championships.

High School: Earned All-America honors in 5K ... Owns the Oakton High School outdoor track 5K record ... Named to all-district teams eight times, all-region six times and all-state four times during career ... First team all-district in cross country during senior season as well as first team all-region, first team all-state, *Washington Post* First Team, All-Metropolitan and All-South ... Indoor 3,200-meter race district champion and MVP during senior season ... Outdoor district 3,200-meter race champion and MVP.

Personal: Born May 23, 1982 in Alexandria, Va. ... Son of Brent and Mary Kroetch ... University studies major.

Paul LaPenna

Sophomore • Distance • Londonderry, N.H.
Londonderry H.S.



PR: 3,000m-8:28.68;
10k XC-30:04

- All-ACC Cross Country – 2007
- All-NCAA Southeast Region Cross Country – 2006

2007 Cross Country: Earned All-ACC honors with an 11th-place finish at the conference championships, completing 8k in 24:27 ... Placed 11th with a time of 24:53 in the 8k at the William & Mary Inter-Regional ... Finished as the runner-up in the first two meets in which he ran: teamed with Zach Thomas at the Wake Forest Relays to complete 7k in 22:50, then ran 8k in 26:51 at the Lenoir-Rhyne Invitational ... Took 32nd at the NCAA Southeast Regional, completing 10k in 31:03.60 ... Was 38th at the 10k Chile Pepper Invitational (31:42).

2007 Outdoor: Did not compete.

2007 Indoor: Did not compete.

2006 Cross Country: Named to USTFCCA Southeast All-Region team ... Finished 21st in both the ACC Championships (25:08) and NCAA Southeast Regional (31:27) ... Registered a pair of top-10 finishes ... One of five Hokies to finish in top 10 at the Wake Forest Relays with a sixth-place finish in 22:35 ... Was team's second-highest finisher at the William and Mary Inter-Regional meet with a 10th-place effort in 24:56 ... Took 28th at the Chile Pepper Invitational with a time of 30:04.

2006 Outdoor: Finished sixth at the Florida State Relays in the 5,000-meter race with a time of 14:54.21 ... Ran the 3,000-meter race in 8:52.02 at the Duke Invitational ... Was 17th in the 1,500-meter race at the Lou Onesty Invitational in a time of 3:55.85 ... Finished 25th at the ACC Championships in the 5,000-meter race with a time of 15:08.55 ... Finished third in the 1,500-meter race at the Liberty Invitational in 4:01.90.

2006 Indoor: Part of the fourth-place distance medley relay team at the Virginia Tech Invitational with a time of 10:28.08 ... Had a personal-best time in the 3,000-meter time of 8:28.68 in his eighth-place finish at the Penn State Open ... Placed 17th in the mile at the Virginia Tech Challenge with a time of 4:17.16 ... Was on the sixth-place distance medley relay team at the ACC Championships with a time of 10:06.27 ... Placed 22nd at the ACC Championships in the 3,000-meter race with a time of 8:45.84 ... Was seventh in the mile at the Virginia Tech Last Chance meet with a time of 4:17.49.

2005 Cross Country: Was fourth at the Virginia Tech Invitational in 19:24.89 ... Placed fourth overall at the Mountaineer Open with a time of 19:56.23 ... Was 34th at the ACC Championships with a time of 24:55.8 ... Garnered 71st place at the NCAA Southeast Regional Championships with a time of 32:04.9 ... Named to the All-ACC Academic team.

High School: Reached high school All-America status 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 1,000-meter event ... Finished as the runner-up at the Disney Cross Country Classic ... Helped Londonderry and coaches Larry Martin and Paul Dutton capture six team state championships ... Placed fourth in the

1,600-meter event at the Class L championships ... Finished third at Loucks Games (N.Y.) in the 1,600-meter race with a time of 4:20 ... Personal bests are 1:53.08 in the 800-meter, 2:31.45 for the 1,000-meter and 4:17.08 for the mile ... 5k cross country personal best is 15:38.

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

Jeff Miller

Freshman • Mid-Distance • Lorton, Va.
South County Secondary H.S.



PR: 800m-1:52.7; 1,000m-2:32.1

High School: Finished third in the 1,000-meter race at the Virginia State Indoor Championships ... Six-time Northern Regional and District champion ... Member of the National Junior Honor Society ... Intends to major in Biology.

Personal: Born August 15, 1989 ... Son of Jean Miller ... University studies major.

Igor Misljenovic

Sophomore • Throws • Zagreb, Croatia • XIII Gimnazija



PR: Shot Put – 17.28m (56'8.5");
Discus – 49.28m (161'8")

2007 Outdoor: Finished ninth at the ACC Outdoor Championships with a throw of 16.18m (53'1") ... Won the shot put at Radford's Highlander Challenge with a mark of 16.06m (52'8.25").

2007 Indoor: Took eighth place in the shot put at the ACC Championships with a season-best mark of 16.16m (53'0.25").

High School: Threw for coach Ivan Ivancic ... Recorded personal bests of 17.28m (56'8.5") in the shot put and 49.28m (161'8") in the discus ... Represented Croatia at the European Junior Championships in 2005 ... Was the Junior Indoor Champion of Croatia in the shot put in both 2005 and 2006.

Personal: Born Oct. 8, 1987 in Zagreb, Croatia ... Son of Slobodan and Zeljka Misljenovic ... Enrolled in human nutrition, foods and exercise.

Andrew Montgomery

Junior • Distance • Falls Church, Va.
George Mason H.S.



PR: 3,000m-8:44.93; 5,000m-14:46.24; 10,000m-30:58.64

2007 Outdoor: Ran 30:58.64 in 10,000-meters at the ACC Championships to finish 14th.

2007 Indoor: Member of fifth-place distance medley relay at the VT Challenge (10:33.55).

2006 Cross Country: Was the second Hokie finisher at the NCAA Southeast Regional, taking 35th in 31:52 ... Placed 26th at the ACC Championships in a time of 25:29 ... Took 44th at the Chile Pepper Festival in 30:40 ... Led the team in eighth place at the William & Mary Colonial Inter-Regional Challenge with a mark of 24:53 ... Recorded the fourth best individual time at the Wake Forest Relays.

2006 Outdoor: Redshirted.

2006 Indoor: Placed fifth in the 5,000-meter dash with a time of 15:23.75 at the Virginia Tech Invitational ... Placed 14th in the 3,000-meter dash at the Penn State Open with a time of 8:44.93 ... Placed 31st in the mile at the Virginia Tech Challenge with a time of 4:22.86 ... Finished 15th in the 5,000-meter run at the ACC Championships with a time of 15:09.52.

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 Open 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 (5,000-meter run) ... 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 5,000-meter 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.

Chris Padilla

Junior • Mid-Distance • Shelton, Conn. • Shelton H.S.



PR: 800m-1:55.10; 1,500m-3:59.10

2007 Cross Country: Took event title at the Hokie Open with a 6.1k-time of 18:48 ... Took eighth place at the Lenoir-Rhyne Invitational, clocking in with an 8k time of 27:22 ... Registered an 11th-place finish at the Wake Forest Relays at a combined time of 23:22 ... Took 15th at the VT Invite by crossing the finish line of the 5.9k race at 19:24.

2007 Outdoor: Recorded a personal-best time of 3:59.10 in the 1,500-meter race at the ACC Championships.

2007 Indoor: Member of third-place distance medley relay at the VT Challenge (10:26.07).

2006 Cross Country:

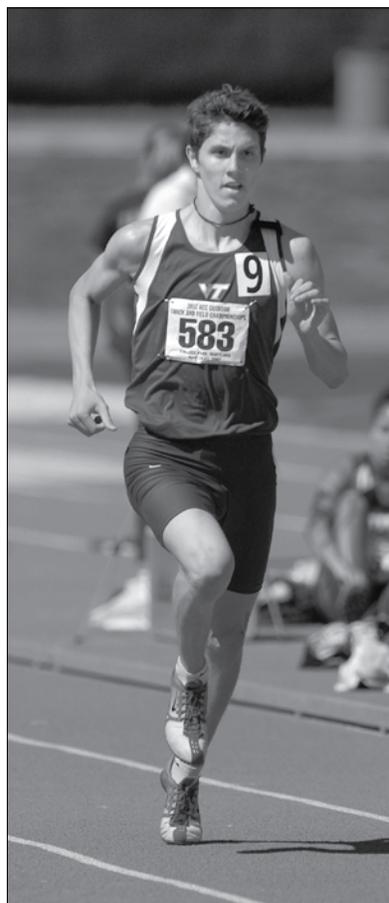
Was the fourth finisher at the Tech Invitational in a time of 20:47 ... Took sixth place at the Hokie Open (20:39).

2005 Cross Country:

Finished 17th at the VT Alumni Meet in 26:33.56 ... Was 25th at the Mountaineer Open with a time of 21:30.71.

High School: Won the 800m and the 4x800m relay titles at the SCC Championships ... Was all-state in the 4x800-meter relay and the 800-meter dash ... All-New England in the 4x800-meter relay for indoor and outdoor ... Set seven school records ... Team captain his senior year ... Two-time coaches-award-of-excellence recipient ... Member of the Spanish Honor Society.

Personal: Born on Feb. 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.



Phillip Padilla

Junior • Mid-Distance • Shelton, Conn. • Shelton H.S.



PR: 1,500m-4:01.30;
Mile-4:21.52;
3,000m-8:40.06;
5,000m-15:22.82;
10k XC-31:38

2007 Outdoor: Took 22nd in the 800-meter run at the Duke Invitational ... Runner-up in his heat of the 1,500-meter race at the same meet (4:01.30).

2007 Indoor: Ran second leg of ninth-place distance medley relay at the ACC Championships (10:10.71) ... Also picked up 19th-place finish in the 3,000-meter run with an 8:40.06 time at the conference meet ... Led off distance medley relay that finished fifth (10:33.55) at the VT Challenge.

2006 Cross Country: One of five Hokies to place in top 10 at the Wake Forest Relays, with a ninth-place effort in 22:42 ... Took 55th place at the ACC Championships at 26:17 ... Finished 43rd in the William and Mary Inter-Regional with a time of 26:04 ... Placed 78th at the NCAA Southeast Regional meet in 32:49 and was 84th at the Chile Pepper Invitational in 31:38.

2005 Cross Country: Finished 14th at the Virginia Tech Invitational with a time of 20:04.92 ... Placed 16th at the VT Alumni Meet in 26:32.14 ... Was 16th at the Mountaineer Open with a time of 20:44.51.

High School: Won the 1,600-meter race and the 4x800-meter relay titles at the SCC Championships ... Four-time cross country MVP ... Two-time all-area and all-conference ... Two-time outdoor MVP and one-time indoor MVP ... Holds the school record for 1,600-meter race and 4x800-meter relay ... Member of the Spanish Honor Society.

Personal: Born Feb. 6, 1987 in Derby, Conn. ... Son of Oswald and Dorothy Padilla ... Industrial design major.

of 31:22 in the 10k ... Took 40th in the 8k race at the ACC Championships in a time of 25:31.

2007 Outdoor: Finished seventh in the 1,500-meter at the ACC Championships with a time of 3:49.84 ... Led off school record 4x1,500-meter relay that finished in 15:41.32 at the Sea Ray Relays, which gave them the event title ... Placed 24th in the 1,500-meter race at the NCAA East Regional (3:54.98) ... Member of 4x400-meter relay that won the Liberty Twilight ... Ran personal-best 1,500-meter time of 3:46.41 to take seventh at the Vanderbilt Twilight and qualify for the regional meet ... Finished second in the 1,500-meters at the Liberty Twilight (3:54.84).

2007 Indoor: Anchored the distance medley relay that finished ninth at the ACC Championships with a time of 10:10.71 ... Took first place in the 3,000-meter race at the Sykes-Sabok Challenge Cup (8:20.83) ... Ran a personal-best mile in 4:08.60 to finish seventh and also finished seventh in the 1,000-meter race at the VT Invitational (2:30.91) ... Ran second leg of distance medley relay that finished second at the Virginia Tech Challenge.

2006 Cross Country: Team's second-highest finisher with a third-place effort at the Hokie Open (19:35) ... Ran season-best 32:01 in 10k at the Chile Pepper Invitational ... Finished 59th in 32:32 at the NCAA Southeast Regional ... Took 39th with a 25:52 time at the William and Mary Inter-Regional.

2005 Cross Country: Finished 10th at the Virginia Tech Invitational with a time of 19:56.13 ... Was second at the VT Alumni Meet in 25:03.26 ... Had a fifth-place finish at the Mountaineer Open with a time of 20:07.92 ... Placed 70th at the Penn State Open with a time of 26:36 ... Was 35th at the ACC Championships with a time of 24:59.3 ... Finished 137th at the NCAA Southeast Regional Championships with a time of 33:14.4.

2004 Cross Country: Ran in four meets ... Finished 102nd in the 10k NCAA Southeast Regional Championships with a time of 32:47.70 ... Was 70th in the 8k race at the ACC Championships in a time of 27:29.50 ... Took 37th place at Virginia's Lou Onesty Invitational in a time of 26:30.50 ... Was 65th at the Chile Pepper Invitational.

High School: A four-year letterman in cross country and track under coaches Scott Berquist and Emily Utter at Westfield ... Member of the national and state champion 4x800-meter relay team along with claiming the state championship title in track ... Three-time All-American ... Named all-Met, all-region, all-district and all-state ... Voted team captain and team MVP.

Personal: Born March 18, 1986 in Ridge Crest, Calif. ... Son of Zoë Rann and John Scheiner ... Has a brother (Joshua, 23) and a sister (Katherine, 21) ... Building construction major.

James Scheiner

Junior • Distance • Centreville, Va. • Westfield H.S.



PR: 1,500m-3:46.41;
3,000m-8:20.83

• 2007 NCAA East Regional Qualifier – 1,500m

2007 Cross Country: Registered season-high finish at the Wake Forest Relays, teaming with Billy Berlin for eighth place in a combined 7k time of 23:17 ... Finished 17th at the William & Mary Inter-Regional, running 8k in 25:08 ... Earned 32nd at the Chile Pepper Invitational, registering a time

Zach Thomas

Senior • Distance • Sewickley, Pa. • Quaker Valley H.S.



PR: 5,000m – 14:50.68;
10,000m – 30:53.44

2007 Cross Country: Teamed with Paul LaPenna for second place at the Wake Forest Relays at a combined time of 45:52 ... Was the fifth-place finisher in the individual standings with a 23:02 time ... Had season-high finish of fourth at the Lenoir-Rhyne Invitational, completing 8k in 26:56.

MEN'S PROFILES

2007 Outdoor: Placed 12th in the 10,000-meter race at the ACC Championships with a personal record of 30:53.44.

2007 Indoor: Ran third leg of distance medley relay that finished second (10:15.14) at the VT Challenge ... Earned eighth place in the 5,000-meter race with a 14:50.68 effort at the Sykes-Sabok Invitational.

2006 Cross Country: Ran for the Hokies at the NCAA Southeast Regional, taking 94th in a time of 33:00 ... Placed 52nd at the ACC Championships, crossing the line in 26:11.

2006 Outdoor: Placed seventh at the Florida State Relays in the 5,000-meter event with a personal-best time of 14:57.82 ... Posted a time of 31:59.01 in the 10,000-meter race at the ACC Championships, finishing 11th.

2006 Indoor: Finished 13th in the 5,000-meter run at the ACC Championships in 15:00.71.

2005 Cross Country: Redshirted.

2005 Outdoor: Ran a season-best 5,000-meter time of 14:59.51 to place third in the event at the Raleigh Relays.

2005 Indoor: Had a 3,000-meter time of 8:47.63 to take 30th place at the Virginia Tech Challenge.

2004 Cross Country: Finished 63rd at the ACC Championships in a time of 27:14.60.

High School: Four-year letterwinner in cross country and track under coach David Noyes at Quaker Valley High School ... Two-time team captain for cross country ... WPIAL District individual champion in 2003 and a member of the three-time WPIAL championship team (2000, 2001 and 2002) ... Also a three-time state medalist ... WPIAL District individual champion in the 3,200 meters in 2003.

Personal: Born on Sept. 27, 1985 in Pittsburgh, Pa. ... Son of Joseph and Deborah Thomas ... Mining engineering major.

MEN TO WATCH



Kyle Guglielmo

Senior
Mid-Distance
Virginia Beach, Va.
Cox H.S.



Alex Nissen

Freshman
Distance
Herndon, Va.
Herndon H.S.



Kevin Kadak

Sophomore
Mid-Distance
Forest, Va.
Jefferson Forest H.S.



Matt Saunders

Freshman
Distance
Reston, Va.
Reston



Kieran Lee

Sophomore
Mid-Distance
Glen Allen, Va.
Hermitage



Chris Walizer

Freshman
Mid-Distance
Hershey, Pa.
Hershey H.S.



Nick McLaughlin

Freshman
Distance
Leesburg, Va.
Heritage H.S.



Ryan Witt

Freshman
Distance
Winchester, Va.
Sherando H.S.



Michael Miller

Freshman
Pole Vault
Keezletown, Va.
Broadway H.S.

2006-07 Review

The 2007 edition of the Virginia Tech track and field team established a heightened sense of expectation for the Hokies as the program took itself to new levels with repeated accomplishments not only at the Atlantic Coast Conference Championships and NCAA competition, but on the international stage as well.

"This young team established themselves at a high level during the 2007 season. This year they have the opportunity to put the program among the elite teams in the nation," Director of Track and Field and Cross Country Dave Cianelli said.

Tech's women's team won the school's first ever NCAA East Regional Championship after sweeping both the Atlantic Coast Conference indoor and outdoor championships. In a two month span, the Tech women's team won the first ACC title for any Virginia Tech Olympic sport team at the indoor championships, then showed it was no fluke when it captured the outdoor championship in convincing fashion.

The men's team continued its three year string of top ten NCAA East Region finishes with a ninth place finish. The men were sixth at the ACC Indoor Championships and turned in a seventh-place finish outdoor. Both squads combined to establish 29 new school records. Ten different Hokies earned 14 All-American honors, which was the most in the history of the program, eclipsing the record of 10 set in 2006.

INDOOR SEASON

The Hokie women got the championship season off to a fantastic start as they won their first ACC team championship by a convincing score of 136 points to 99 points for runnerup Miami. The women won three individual ACC titles during the meet with Patrice Potts taking the 60-meter dash, Brittany Pryor winning the shot put and Erin Mahony topping the field in the pole vault. In addition, the Tech women turned in seven All-ACC performances with Ashley Early in the pole vault, Ciera Ayangbile in the shot put, Gunild Krebs in the pentathlon, Kristen Callan in the 20-lb. weight throw, Sherlenia Green in the 400 meters, Potts in the 200 meters and Kristi Castlin in the 60 meter hurdles. On the men's side, Thorsten Mueller won the ACC title in the pole vault with a personal best of 5.42 m (17'9.25"). Other All-ACC performances were turned in by Justin Clickett in the shot put and 35-lb. weight throw, Matej Muza in the 35-lb. weight throw and Joe Samaniuk in the pole vault.

The Hokie women took their conference success on to the NCAA Championships as the distance medley relay team of Jessica Fanning, Sherlenia Green, Asia Washington and Tasmin Fanning finished fourth with a school record time of 11:10.84 to earn All-

America honors. In the shot put, Pryor finished seventh and Castlin took ninth in the 60-meter hurdles, with a new school record of 8.20, as both athletes took home All-America plaques. With the men, Thorsten Mueller followed up his ACC title with a seventh place finish to earn his first All-America certificate, while Justin Clickett earned his second indoor All-America honor in the shot put. Tech qualified a school record 11 athletes to the NCAA National Indoor Championships.

OUTDOOR SEASON

The Tech women's team followed up its ACC indoor crown by capturing the ACC outdoor championship with an amazing team performance. Standing in second place heading into the final day of the conference championship meet, the Hokies produced six ACC individual champions, seven school records and 10 All-ACC performances as they ran away with the title with 144.5 points

to 113 points for second-place Miami. The six individual ACC titles belonged to Potts in the 100 meters, Castlin in the 100-meter hurdles, Green in the 400-meter hurdles, Early in the pole vault, Pryor in the shot put and Tamara Burns in the hammer throw. The seven school records were set in the 100 meters (11.40), 200 meters (23.25), 100-meter hurdles (12.82), 400-meter hurdles (56.66), pole vault with a height of 4.11 meters (13'5.75"), shot put with a throw of 16.76 meters (55'0"), and the team of Britni Spruill, Potts, Castlin and Green in the 4x100-meter relay with a time of 44.62 seconds.

On the men's side six All-ACC performances were turned in, led by Muza's second place in the hammer throw with a distance of 67.81 meters (222'5") and Billy Berlin's second place finish in the 800 meters with a personal best of 1:49.51. Other All-ACC performances were registered by Clickett in the discus throw and shot put, Kevin Moore in the javelin throw and Adam Bingaman in the pole vault.

After taking their second ACC crown of the year, the Hokie women went on to win the NCAA East Regional Championships for the first time in school history. The Tech women's team ran away with the title, scoring 89 points while beating traditional SEC powers South Carolina, Florida and Georgia along with Big Ten heavyweight Penn State. Tech finished the meet with four individual champions and a total of 16 NCAA All-East Region performances. In the 100-meter hurdles freshman Castlin and Queen Harrison swept the top two places with Castlin setting a new American Junior record in the final with a time of 12.91 and Harrison setting a personal best of 13.12. Harrison came back to win the 400-meter hurdles setting a new school record of 56.09 and Green automatically qualified to the national championships with a fifth place finish in a time of 57.31. In the sprints, Spruill had a career meet with a fifth place finish in both the 100 and 200 meters. Spruill set a new school record of 23.17 in the 200 meters and a personal best of 11.55 in the 100 meters. Potts took third in the 100-meter final after running 11.44 in the qualifying round. The 4x100-meter relay team of Green, Potts, Castlin and Spruill took the silver medal with a new school record of 44.33 seconds. In the field, Erin Mahony and Ashley Early also swept the top two places in the pole vault as each athlete cleared 4.06 meters (13'3.75") with Mahony taking the title on fewer misses. Pryor won gold in the shot put with a distance of 16.65 meters (54'7.5") and came back to set a school record and take fifth in the discus with a throw of 51.44 meters (168'9").

On the men's side, the team extended its record of top ten finishes with a ninth place team finish. Scorers for the men were Clickett with a third place throw in the shot put of 19.02 meters (62'5"). Joe Samaniuk led three Virginia Tech vaulters into the top seven with his personal best vault of 5.31 meters



Kristi Castlin turned in a winning performance in the 100-meter hurdles at the ACC championships.



Britni Spruill, Shell Green, Asia Washington and Queen Harrison celebrate winning the 2007 ACC Outdoor Championship.

2006-07 Awards

Academic All-America:

Adam Bingaman
Gunild Kreb
Joe Samaniuk

Academic All-District III:

Joseph Samaniuk (1st Team)
Adam Bingaman (2nd Team)
Gunild Kreb (1st Team)

VaSID Academic All-State:

Gunild Kreb
Joseph Samaniuk

TEAM AWARDS

MVP

Men: Justin Clickett
Women: Patrice Potts

COACHES AWARD

Men: Billy Berlin
Women: Ashley Early

ROOKIE AWARD

Men: Thorsten Mueller
Women: Kristi Castlin

All-ACC Academic Team (Men)

Adam Bingaman, Rider Claus, Matej Muza, Joseph Samaniuk

Athletic Director's Honor Roll (Men)

Adam Bingaman
Mike Fitzgerald
Kevin Kadak
Igor Misljenovic
Matej Muza
Joe Samaniuk
Rider Claus
Devin Cornwall
Kyle Guglielmo
Paul LaPenna
Brian Markley
Andrew Montgomery
Chris Padilla
Phil Padilla
Zach Thomas
Duncan Vick
Jason Vick

ACC Women's Outdoor Sportsmanship Award

Presented to the team

ACC Outdoor Freshman of the Year

Kristi Castlin

USTFCCCA Women's Sprints/Hurdles Coach of the Year

Lawrence Johnson

USTFCCCA Southeast Region Indoor Coach of the Year

Dave Cianelli

NCAA East Region Women's Coach of the Year

Dave Cianelli

ACC Women's Outdoor Coach of the Year

Dave Cianelli

ACC Women's Indoor Coach of the Year

Dave Cianelli

All-ACC Academic Team (Women)

Kristin Castlin, Ashley Early, Tasmín Fanning, Sherlenia Green, Gunild Kreb, Queen Harrison, Natalie Sherbak, Britni Spruill, Asia Washington

Athletic Director's Honor Roll (Women)

Jessica Battle	Gunild Kreb
Kristen Callan	Lisa MacPherson
Kristi Castlin	Abby McGrath
Kelly Clark	Ashley Morgenstern
Dana Comber	Jamie Nichols
Samantha DeAlto	Nicole Pederson
Jennifer Dietz	Shakirra Pinnock
Ashley Early	Erin Reddan
Jessica Fanning	Diana Sciambi
Tasmín Fanning	Natalie Sherbak
Megan Fuson	Amber Sholl
Fiona Gentles	Britni Spruill
Sherlenia Green	Caitlin Thornley
Queen Harrison	Jennifer Wade
Ashleigh Keats	Asia Washington



(17'5.25"). Adam Bingaman finished fourth and Thorsten Mueller took seventh.

On the track, Berlin qualified to his first national championship with a fifth place time of 3:43.02 in the 1,500 meters. Six men were honored as NCAA All-East Region.

The Hokies traveled a record 14 athletes to the NCAA national championships in Sacramento, Calif. The Tech squad came away from the meet with six All-America honors. Harrison turned in possibly the best combination 100-meter hurdle/400-meter hurdle performance in the history of the NCAA meet. She ran personal bests of 12.98 seconds to take fifth in the 100-meter hurdle event and then came back on the final day to finish third in the 400-meter hurdles, again with a personal best and school record 55.81 seconds. Harrison earned All-America honors for her performances. Castlin ran 13.11 to place ninth in the 100-meter hurdle final to also earn All-America honors. Brittany Pryor finished ninth in the final of the shot put while Spruill earned All-America in the 200 meters. With the men, Clickett earned the third All-America honor of his career, finishing sixth in the final of the shot put with a throw of 19.11 meters (62'8.5").

INTERNATIONAL

The Virginia Tech track and field program made an impact at the USA Championships in Indianapolis, Ind., as three Hokie women made the USA national team and competed in international competition. Freshman Castlin and Harrison dominated the USA Junior Championships as they finished one-two in the 100-meter hurdles with Kristi setting a new meet record of 13.07 and Harrison taking the silver in 13.12. Harrison then won the 400-meter hurdles going away in a time of 56.86 seconds. Both athletes represented the United States at the Pan American Junior Championships in Brazil.

Castlin continued her championship form, winning the gold medal in the 100-meter hurdles, again setting a meet record of 13.02. Harrison picked up the silver medal with a time of 13.20 seconds. Harrison then won her gold medal in the 400-meter hurdles, also setting a new meet record of 56.25 seconds. For their seasons, along with her American Junior record, Kristi was ranked as the number one Junior (age 19 and under) in the world in the 100-meter hurdles for 2007 and is the number four Junior all-time. Harrison was ranked as the number one Junior in the world in the 400-meter hurdles for 2007 and is number two in the 100-meter hurdles. Harrison also ended her season as the number two Junior combination 100m/400m hurdler of all-time. Rising senior Green was a finalist in the senior 400-meter hurdles at the USA Championships and qualified for the USA team that traveled to the North American, Central American and Caribbean championships in El Salvador. Green won the bronze medal at the meet and helped the United States to a dominating performance.

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, 61, 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. He created a comprehensive awards program for letterwinners and has initiated and funded an annual awards banquet. The Monogram Club was revitalized in 1998 and provides several benefits to former Hokie athletes, trainers and managers.

A top personal priority for Weaver is the continuing improvement of Tech's facilities. Progress is evident in a number of projects which have recently concluded, while several major endeavors are on the horizon.

The remodeling of Lane Stadium's west side was completed in time for Tech's 2006 home opener. It involved the construction of additional new luxury suites, a new President's

area, four private club seating areas, a ticket office, athletic fund offices, a memorabilia area and a new student academic services area. In addition, a satellite truck staging area was constructed on the west side for local television stations to use.

A \$20 million basketball practice facility has been approved by the Board of Visitors. It will boast two practice gyms, a 3,000 square-foot basketball weight room, coach's offices, film rooms and locker rooms. Groundbreaking is projected for summer 2008 so as to be finished in time for the 2009 basketball season.

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.

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. During that time, the Lions played in five bowl games — the Cotton, Gator, Sugar and Orange (twice).

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. He was a strong force at Florida in the field of compliance and concluded his time there as associate athletics 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 the creation of a \$7 million football center, stabilized fluctuating revenues and installed a CHAMPS Life Skills program.

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

Athletics Management Staff



Sharon McCloskey
Senior Associate
A.D./SWA



Randy Butt
Associate A.D. for
Financial Affairs



Tim East
Associate A.D. for
External Affairs



Tom Gabbard
Associate A.D. for
Internal Affairs



Jon Jaudon
Associate A.D. for
Administration



John Ballein
Football Operations



Mike Gentry
Athletic Performance



Mike Goforth
Athletic Training



Chris Helms
Academic Support



Pam Linkous
Human Resources



Lu Merritt
Development



Tim Parker
Compliance



Dave Smith
Athletics Communications



Sandy Smith
Ticketing Services



Cara Walters
Game Operations



Jeremy Wells
Marketing & Promotions



Russ Whitenack
Monogram Club

Student Athlete Academic Support

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 was a school-best 76 percent for 2007. That marks the fourth time in the last six years that Virginia Tech's student-athlete graduation rate has been 70 percent or better.

In addition to posting impressive graduation figures, current Virginia Tech student-athletes continue to excel in the classroom. For the 2006 calendar year, 449 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.

The SAASS office is committed to providing fundamental and supplemental programming, consistent with University and NCAA policy, aimed at enhancing each student athlete's educational experience.

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 2006-07 academic year the SAASS

office moved to the West Side of Lane Stadium. Student athletes now have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms, and direct access to the SAASS staff. This complex is a focal point for the Athletics Department, both aesthetically and pragmatically, and provides 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, a state-of-the-art classroom, 45 station computer lab, three reading/study rooms, a conference room and a reference library.

Beginning his ninth 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 an associate director, four assistant directors, two learning specialists, a systems analyst, an intern and a secretary forming a group of professionals serving the needs of all student-athletes.

Katie Ammons and Molly Tye work specifically with the cross country and track programs. Ammons is beginning her ninth year and is a former standout Hokie student-athlete.



Track and field athletes supported a recent Special Olympics event at Cassell Coliseum.

Athletics Office of Student Life

The programs and services implemented by the Virginia Tech Athletics Office of Student Life are inspired by the NCAA/CHAMPS Life Skills Program. The program was honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a Program of Excellence.

Two members of each sport team serve on the Student Athlete Advisory Committee (SAAC) each academic year. Highlights of the 2006-2007 SAAC include the first student-athlete formal dance in January, a toy drive competition among the sports teams for the Montgomery County Christmas store collecting over 1,200 toys, a canned food drive competition versus University of Virginia's SAAC (donating over 4,000 canned foods to the local food banks) and participating in Virginia Tech's Relay for Life. For the first time in school history, SAAC sponsored two members on Homecoming Court – Bryan Collier (men's soccer) and Jessica Botzum (women's swimming and diving).

Virginia Tech student-athletes obtain personal

development education through workshops and speakers. Last year, they welcomed Michael Franzese to campus. Franzese, the son of a kingpin in New York's Columbo crime family, talked to student-athletes about the downfalls of gambling and the importance of integrity in themselves, their athletics and their community. Topics covered in these presentations include appropriate campus and community conduct, media relations, sport psychology, drug and alcohol education, sports agent relations, gambling and healthy relationships.

Student-athletes are offered workshops on topics such as resumé design, career fair etiquette, interview skills, interview attire and mini-career fairs. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting along with securing internships and co-ops during their college careers.

Andrew Montgomery (men's cross country) and Jessica Botzum (women's swimming and diving) 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.

Hokie student-athletes volunteered over 1,400 hours in the local community last year. In addition, over 400 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters in 2006. The accomplishments are even more amazing in the context of the 2006-2007 athletic seasons being some of the most successful in Virginia Tech history.

Virginia Tech student-athletes are more involved than ever in local schools, community groups and hospitals. Today's student-athletes are setting a high standard for those to come.

The Athletics Office of Student Life is under the direction of coordinator Patricia Lovett.

Athletic Performance

STRENGTH TRAINING

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

Track and field athletes train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the 5,000-square foot weight room was officially dedicated in September 1985 to Haren, a former Hokie football player and long-time supporter of the Virginia Tech Athletics Department. The teams also use the state-of-the-art weight room on the lower level of the Merryman Center. With the two facilities, the Hokies have more than 22,000-square feet of training space.

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.

"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."

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.

"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.

The sport psychology resources include 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 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."

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.

A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopaedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sport psychologists, nutritionists and orthotists — is available to manage the health care of Tech athletes.

As part of the evolution, Tech recently completed its sixth full year in the 4,300-square-foot Eddie Ferrell Memorial Training Room. This area consolidated the training rooms that existed in the Merryman Center and Cassell Coliseum. The facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes.

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

A vital part of student-athletes services is the access to the Schiffert Student Health Center in McComas Hall. The center also has a fully operational diagnostic laboratory, X-ray facilities and eight full-time physicians.

Tech also maintains a special relationship with Montgomery Regional Hospital. Montgomery Regional Hospital is the choice for state-of-the-art equipment to perform surgeries, diagnostic imaging and processing of laboratory requests.



The Eddie Ferrell Memorial Training Room

The Record Book

FACILITY RECORDS

RECTOR FIELD HOUSE INDOOR RECORDS

<i>Men</i>				
Event	Time/Mark	Name	Team	Date
55m	6.17	Travis Padgett	Clemson	3/3/07
60m	6.56	Shawn Crawford	Clemson	2/18/00
200m	20.42	Milton Campbell	Unattached	2/18/06
300m	33.44	Michael Bingham	Wake Forest	1/12/07
400m	45.87	Milton Campbell	Unattached	2/18/06
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
55m H	7.23	Thomas Hilliard	South Carolina	3/3/07
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	77'6.50"	Spyridon Jullien	Virginia Tech	1/13/06
Pentathlon	4,110	Stephen Harris	Tennessee	1/17/03
Heptathlon	5,515	Ryan Koontz	Clemson	2/24/06

<i>Women</i>				
Event	Time/Mark	Name	Team	Date
55m	6.82	Jessica Young	Richmond	3/3/07
60m	7.00	Tonique Williams	South Carolina	1/17/97
200m	22.85	Michelle Collins	George Williams	1/18/03
300m	36.67	Francena McCorory	Hampton	1/12/07
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	2:43.40	Sarah Bowman	Fauquier H.S.	2/26/05
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
55m H	7.61	Kristi Castlin	Virginia Tech	3/3/07
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	6'2"	Sheena Gordon	North Carolina	2/25/06
Pole Vault	14'1.75"	Lacy Janson	Florida State	2/24/06
Long Jump	21'8"	Kierra Foster	Maryland	2/25/06
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

<i>Men</i>				
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

<i>Women</i>				
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

SCHOOL RECORDS



Justin Clickett

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	47.91	Jordan Price	2006
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	4:06.74	Billy Berlin	2007
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	18'1.25" (5.52m)	Brian Mondschein	2006
Long Jump	25'3" (7.70m)	Ken Stewart	1984
Triple Jump	51'10" (15.80m)	Idikoro Eradiri	2007
Shot Put	62'11.25" (19.18m)	Justin Clickett	2007
Weight Throw	77'10.25" (23.73m)	Spyridon Jullien	2006
Pentathlon	3,683 points	Adam Bowser	2000

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

WOMEN'S INDOOR TRACK RECORDS

Event	Time/Mark	Name	Year
55m	6.85	Patrice Potts	2007
60m	7.35	Patrice Potts	2007
200m	23.67	Patrice Potts	2007
300m	38.26	Britni Spruill	2007
400m	53.79	Sherlenia Green	2006
500m	1:13.77	Sherlenia Green	2006
600m	1:37.33	Heather Mullis	2006
800m	2:09.66	Asia Washington	2007
1,000m	2:47.66	Marlies Overbeeke	2004
1,500m	4:30.10	Linda King	1985
Mile	4:40.46	Marlies Overbeeke	2004
3,000m	9:18.77	Kristin Price	2001
5,000m	16:44.91	Natalie Sherbak	2007
55m Hurdles	7.61	Kristi Castlin	2007
60m Hurdles	8.20	Kristi Castlin	2007
4x400m	3:39.20	S. Green, Potts Harrison, Washington	2007
4x800m	9:01.69	Morris, Alverson, Friedman, Vidt	2002
DMR	11:10.84	J. Fanning, S. Green Washington, T. Fanning	2007
High Jump	6'0" (1.83m)	Katie Ollendick	1998
Pole Vault	13'7.25" (4.15m)	Ashley Early	2007
Long Jump	19'9" (6.02m)	April Byrd	2000
Triple Jump	41'4.25" (12.60m)	April Byrd	2000
Shot Put	54'2.5" (16.52m)	Brittany Pryor	2007
Weight Throw	73'3.25" (22.33m)	Tamara Burns	2005
Pentathlon	4,224 points	Saskia Triesscheijn	2006

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



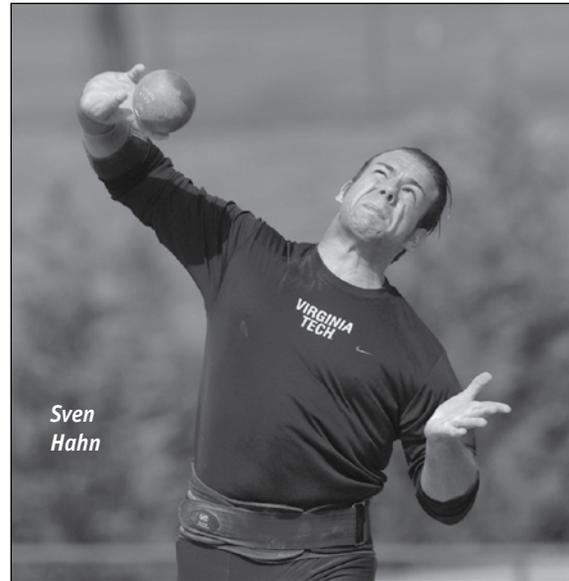
Sherlenia Green

SCHOOL RECORDS

WOMEN'S OUTDOOR TRACK RECORDS

Event	Time/Mark	Name	Year
100m	11.40	Patrice Potts	2007
200m	23.17	Britni Spruill	2007
400m	55.13	Marie Giles	2003
800m	2:06.68	Marlies Overbeeke	2004
1,500m	4:17.79	Tasmin Fanning	2007
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	12.82	Kristi Castlin	2007
400m Hurdles	55.81	Queen Harrison	2007
3,000m SC	10:38.22	Kristin Hart	2006
4x100m	44.33	Green, Potts, Castlin, Spruill	2007
4x200m	1:38.34	Gordon, Ollendick, Cook, Byrd	1998
4x400m	3:34.67	Spruill, S. Green, Harrison, Washington	2007
4x800m	8:53.95	Mullis, Morris, Ekemo, Overbeeke	2004
4x1,500m	18:22.65	Sherbak, Clark, Gentles, T. Fanning	2007
4x1,600m	21:20.4	Barrett, Ward, McMahon, Shea	1994
DMR	11:30.01	T. Fanning, Ference, Sherbak, Clark	2007
SMR	3:53.69	Potts, Spruill, Pinnock, Washington	2007
High Jump	5'11.25" (1.81m)	Katie Ollendick	1998
Pole Vault	13'5.75" (4.11m)	Ashley Early	2007
Long Jump	20'1.5" (6.13m)	April Byrd	2000
Triple Jump	42'5.25" (12.93m)	April Byrd	2000
Shot Put	55'2.75" (16.83m)	Brittany Pryor	2007
Discus Throw	168'9" (51.44m)	Brittany Pryor	2007
Hammer Throw	206'6" (62.94m)	Kristen Callan	2006
Javelin Throw	17'4'02" (53.10m)	Dee O'Connell	2002
Heptathlon	5,833 points	Saskia Triesscheijn	2006

Current team members in **bold type**.



Sven Hahn

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, D. Vick, Johnson, Grant	2004
4x1,500m	15:41.32	Scheiner, Cornwall, Clauss, Berlin	2007
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	18'1.75" (5.53m)	Brian Mondschein	2006
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**.



Queen Harrison

Women's All-Time Indoor Performance List

55 Meters

Patrice Potts	6.85	2007
Sherlenia Green	7.02	2007
Britni Spruill	7.04	2007
Rashida Dodson	7.11	1997
Kristi Castlin	7.16	2007
Damali Hay	7.17	2000
Jennifer Cook	7.17	1997

60 Meters

Patrice Potts	7.35	2007
Britni Spruill	7.52	2006
Damali Hay	7.61	2002
Sherlenia Green	7.66	2006
Rashida Dodson	7.67	1997
Keosha Sanders.....	7.74	2004
Kristi Castlin	7.84	2007

200 Meters

Patrice Potts	23.67	2007
Britni Spruill	23.74	2006
Damali Hay	24.16	2002
Sherlenia Green	24.20	2006
Monique Vanloo	24.74	2002
Jacqueline Nicholson	24.99	2005
Marie Giles.....	25.15	2003

300 Meters

Britni Spruill	38.26	2007
Sherlenia Green	38.47	2007
Shakirra Pinnock.....	40.14	2007

400 Meters

Sherlenia Green	53.79	2006
Shakirra Pinnock	55.20	2007
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

500 Meters

Sherlenia Green	1:13.77	2006
Marie Giles.....	1:14.27	2003
Asia Washington	1:14.85	2007
Danya Gordon.....	1:15.05	1997
Julie Reeser	1:15.81	1997
Victoria Green	1:16.07	2005
Danielle Hobson	1:16.11	1999

800 Meters

Asia Washington	2:09.66	2007
Meredith Brooks.....	2:10.17	2006
Kristin Price	2:10.85	2001
Cas Sadosky	2:12.25	2001
Heather Mullis	2:12.31	2006
Dayna Friedman	2:13.77	2002

1,000 Meters

Marlies Overbeeke	2:47.66	2004
Chelsea Alverson.....	2:54.56	2000
Linda King	2:56.50	1985
Cheryl Tuosto	2:56.50	1986
Cas Sadosky	2:57.19	2001
Kelly Clark	2:57.84	2007

1,500 Meters

Linda King	4:30.10	1985
Margarita Lasaga.....	4:35.2	1987
Mile		
Marlies Overbeeke	4:40.46	2004
Tasmin Fanning	4:40.66	2007
Kristin Price	4:48.48	2001
Jessica Fanning	4:50.26	2007
Natalie Sherbak	4:53.33	2007
Jessica Morris.....	4:55.60	2003

3,000 Meters

Kristin Price	9:18.77	2001
Tasmin Fanning	9:26.18	2007
Marlies Overbeeke	9:36.58	2003
Jessica Fanning	9:39.35	2007
Linda King	9:40.50	1985
Kelly Clark	9:41.01	2007

5,000 Meters

Natalie Sherbak	16:44.91	2007
Heidi Allen.....	16:48.30	1992
Kelly Clark	17:25.61	2007
Erin Reddan	17:28.92	2007
Jennifer Conner	17:31.68	1997
Stacey Vidt	17:34.08	2001

55-Meter Hurdles

Kristi Castlin	7.61	2007
Queen Harrison	7.81	2007
Jennifer Cook.....	8.06	1999
Keosha Sanders.....	8.20	2003
Melanie Burgess.....	8.21	1997
Gunild Krebs	8.28	2007

60-Meter Hurdles

Kristi Castlin	8.20	2007
Queen Harrison	8.48	2007
Keosha Sanders.....	8.59	2004
Jennifer Cook	8.61	1999
Saskia Triesscheijn	8.69	2005
Jacqueline Nicholson	8.74	2006

4x400-Meter Relay

S. Green, Potts, Harrison, Washington	3:39.20	2007
Washington, Spruill	3:41.18	2007
Potts, S. Green		
Washington, Potts	3:41.28	2007
Harrison, S. Green		
S. Green, Spruill	3:42.03	2006
Sanders, Nicholson		
Giles, V. Green,	3:43.09	2005
Nicholson, Spruill		

4x800-Meter Relay

Morris, Alverson.....	9:01.69	2002
Friedman, Vidt		
Netzer, Sadosky,.....	9:03.66	1998
Scherrens, Gibbs		
J. Fanning, Clark	9:06.44	2007
T. Fanning, Sherbak		
Morris, Mullis,.....	9:06.68	2004
Brooks, Overbeeke		
Morris, Overbeeke,.....	9:11.59	2003
Van Horn, Vidt		

Distance Medley Relay

J. Fanning, S. Green, ...	11:10.84	2007
Washington, T. Fanning		
J. Fanning, Pinnock, ...	11:20.41	2007
Sherbak, T. Fanning		
J. Fanning, Harrison	11:26.25	2007
Gentles, T. Fanning		
Price, Hopkins,	11:34.78	2001
Sadosky, Vidt		
Sherbak, V. Green,	11:39.20	2005
Brooks, J. Fanning		
J. Fanning, Mullis	11:43.23	2006
Fisher, T. Fanning		

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	19'0.50" (5.80m).....	2006
Queen Harrison	18'7.25" (5.67m)	2007
Michelle Nowden.....	18'4.75" (5.61m).....	2004
Gunild Krebs	18'2.25" (5.54m).....	2006

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).....	2006
Gunild Krebs	5'5" (1.65m).....	2005

Pole Vault

Ashley Early	13'7.25" (4.15m)	2007
Erin Mahony	13'1.75" (4.01m)	2006
Abbey McGrath	13'0.25" (3.97m).....	2007
Caitlin Thornley	12'6.25" (3.82m)	2007
Jennifer Wade	12'2.00" (3.71m).....	2006
Kim Johnston	11'10" (3.61m)	2006

Shot Put

Brittany Pryor	54'2.50" (16.52m) ..	2007
Ciera Ayangbile	53'8.25" (16.36m) ..	2007
Paula Allan	49'10.50" (15.20m)	1999
Erika Schroeder	49'7" (15.11m)	2007
January Williams	49'2.25" (14.99m)	2003
Tracey Toon.....	48'1" (14.65m)	1983
Tamara Burns.....	45'10.50" (13.98m)	2005
Darcy Smith	45'9.75" (13.96m)	1983

Weight Throw

Tamara Burns.....	73'3.25" (22.33m)	2005
Kristen Callan	66'10" (20.37m)	2007
Brittany Pryor	64'2.5" (19.57m)	2007
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	4,224 points	2005
Gunild Krebs	4,009 points	2006
Katie Ollendick	3,941 points	1998
Brandi Smith	3,494 points	1997

Women's All-Time Outdoor Performance List

100 Meters

Patrice Potts	11.40	2007
Britni Spruill	11.55	2007
Damali Hay	11.76	2002
Rashida Dodson	12.01	1997
Cindy Ross	12.04	1985

200 Meters

Britni Spruill	23.17	2007
Patrice Potts	23.25	2007
Danya Gordon.....	24.10	1999
Damali Hay	24.22	2002
Cindy Ross	24.50	1985

400 Meters

Marie Giles	55.13	2003
Victoria Green	55.16	2005
Danya Gordon.....	55.18	1999
Lynette Hopkins.....	55.73	2000
Patrice Potts	55.86	2007

800 Meters

Marlies Overbeeke	2:06.68	2004
Marie Giles	2:08.26	2005
Meredith Brooks.....	2:08.83	2006
Asia Washington	2:09.13	2007
Heather Mullis	2:09.96	2004
Tasmin Fanning	2:10.54	2007

1,500 Meters

Tasmin Fanning	4:17.79	2007
Marlies Overbeeke	4:18.82	2004
Kristin Price	4:22.85	2001
Jessica Fanning	4:26.52	2006
Cheryl Tuosto	4:27.80	1985
Natalie Sherbak	4:28.12	2007

3,000-Meter Run

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

5,000 Meters

Kristin Price	15:56.68	2001
Linda King	16:04.64	1984
Cheryl Tuosto	16:05.85	1984
Roxanne Polo	16:11.0	1985
Tasmin Fanning	16:14.51	2007

10,000 Meters

Linda King	33:05.96	1984
Margarita Lasaga.....	33:51.0	1987
Roxanne Polo	34:14.0	1986
Natalie Sherbak	34:35.87	2007
Heidi Allen.....	35:59.1	1993

100-Meter Hurdles

Kristi Castlin	12.82	2007
Queen Harrison	12.98	2007
Brandi Smith	13.77	1999
Katie Ollendick	13.96	1998
Keosha Sanders.....	14.10	2004

400-Meter Hurdles

Queen Harrison	55.81	2007
Sherlenia Green	56.66	2007
Brandi Smith.....	58.41	1999
Kristi Castlin	60.44	2007
Danielle Gaddy	60.83	2003

3,000-Meter Steeplechase

Kristin Hart.....	10:38.22	2006
Erin Reddan	10:43.66	2007
Kim Milbourn	10:47.23	2003
Jessica Morris.....	10:50.48	2004
Stacey Vidt	10:59.35	2001

4x100-Meter Relay

S. Green, Potts, Castlin, Spruill	44.33	2007
Potts, Spruill	46.18	2006
Pinnock, Sanders	46.40	2006
Ricks, Cook, Byrd, Hay	46.65	1999
Gordon, Ollendick, Cook, Byrd	46.96	1997

4x200-Meter Relay

Gordon, Ollendick.....	1:38.34	1998
Cook, Byrd	1:38.52	2006
Pinnock, Potts	1:39.14	2005
Spruill, Nicholson	1:39.14	2005
V. Green, Giles	1:39.14	2005

4x400-Meter Relay

Spruill, S. Green, Harrison, Washington	3:34.67	2007
Hopkins, Gordon, Hobson, Smith	3:42.48	1999
Giles, V. Green, Nicholson, Spruill	3:43.02	2005
Vanloo, Hopkins, Gaddy, Hay	3:44.58	2002
Giles, Onwudiachi, V. Green, Gaddy	3:45.48	2003

4x800-Meter Relay

Mullis, Morris	8:53.95	2004
Ekemo, Overbeeke	8:53.95	2004
Brooks, Morris	8:53.99	2004
Overbeeke, Mullis	8:53.99	2004
Brooks, Sherbak, Fanning , Ference	9:03.45	2005

4x1,500-Meter Relay

Sherbak, Clark	18:22.65	2007
Gentles, T. Fanning	18:36.43	2004
Ekemo, Ference, Morris, Overbeeke	18:36.43	2004

Sprint Medley Relay

Potts, Spruill, Pinnock, Washington	3:53.69	2007
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Distance Medley Relay

T. Fanning, Ference, Sherbak, Clark	11:30.01	2007
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High Jump

Katie Ollendick	5'11.25" (1.81m).....	1998
Saskia Triesscheijn	5'8.75" (1.75m)	2006
Bridgette Miller	5'8" (1.73m).....	1997
Donna Girtler	5'6" (1.68m).....	1983
Gunild Kreb.....	5'5.25" (1.66m)	2006

Pole Vault

Ashley Early	13'5.75" (4.11m)	2007
Erin Mahony	13'3.75" (4.06m)	2007
Abbey McGrath	12'9.50" (3.90m).....	2006
Jennifer Wade	12'6.25" (3.82m).....	2006
Caitlin Thornley	12'5.50" (3.80m)	2007

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
Saskia Triesscheijn	19'3.75" (5.89m).....	2006

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

Brittany Pryor	55'2.75" (16.83m)	2007
Ciera Ayangbile	54'4.00" (16.56m)	2007
Paula Allan	50'3.50" (15.33m) ...	1998
January Williams.....	50'1.25" (15.27m) ...	2003
Erika Schroeder	49'8.5" (15.15m)	2007

Discus Throw

Brittany Pryor	168'9" (51.44m) ..	2007
Christy Herman.....	162'6" (49.54m).....	2003
Tamara Burns.....	162'6" (49.53m).....	2005
Michelle Smith.....	158'9" (48.40m).....	1997
Erika Schroeder	153'9" (46.87m) ..	2007

Hammer Throw

Kristen Callan	206'6" (62.94m) ..	2006
Tamara Burns.....	198'5" (60.48m).....	2007
Brittany Pryor	183'3" (55.85m) ..	2007
Paula Allan	166'10" (50.86m) ...	2000
Michelle Smith.....	163'1" (49.72m).....	1998

Javelin

Dee O'Connell	174'2" (53.10m).....	2002
Ashleigh Keats.....	152'0" (46.32m).....	2005
Saskia Triesscheijn	151'4" (46.14m).....	2006
Christy Herman.....	135'8" (41.36m).....	2000
Kari Manheimer.....	135'0" (41.16m).....	1992

Heptathlon

Saskia Triesscheijn	5,833 points	2006
Katie Ollendick	5,378 points	1998
Gunild Kreb.....	5,315 points	2006
Brandi Smith	4,661 points	1997
Dorothea Ku	4,350 points	1993

Current team members in **bold** type.

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.....	6.85	2006
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
David Clowney.....	21.52	2006
Buck Grant.....	21.79	2003
Jordan Price.....	21.91	2005
Matt Renninger.....	22.01	2006

400 Meters

Jordan Price.....	47.91	2006
Buck Grant.....	47.96	2001
Ali Najjar.....	48.19	2001
Amhed Sangbana.....	48.19	1999
Justin Davis.....	48.21	1999

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
Jordan Price.....	1:04.06	2006

800 Meters

Ali Najjar.....	1:49.94	2001
Justin Davis.....	1:49.96	1999
Gary Cobb.....	1:50.14	1987
Billy Berlin.....	1:50.15	2007
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.....	2:26.70	1982
Billy Berlin.....	2:26.79	2007
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

Billy Berlin.....	4:06.74	2007
Gary Cobb.....	4:08.1	1987
James Scheiner.....	4:08.60	2007
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
James Scheiner.....	8:20.83	2007

5,000 Meters

Tim Covington.....	14:02.0	1989
Mark Stickley.....	14:16.0	1982
Chris Seaton.....	14:17.01	2001
Ricky Greer.....	14:19.8	1981
Steven Hetherington.....	14:19.9	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
Alex Reid.....	8.36	2006

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, Miller		
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

Idikoro Eradiri.....	51'10" (15.80m)	2007
Phil Saunders.....	51'9.75" (15.79m)	1986
Ernest Willford.....	50'7.50" (15.43m)	2000
Jason Fludd.....	50'0.75" (15.26m)	2005
Gillet Ford.....	49'2.75" (15.01m)	1980

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 Mondschein.....	18'1.25" (5.52m)	2006
Brian Hunter.....	18'0.50" (5.50m)	2000
Thorsten Mueller.....	17'9.25" (5.42m)	2007
Bob Phillips.....	17'3.75" (5.28m)	1981
Joe Samaniuk.....	17'0.75" (5.20m)	2007
Keith Neff.....	17'0" (5.18m)	1976
Adam Bingaman.....	16'10" (5.13m)	2007
Chris Williams.....	16'8" (5.08m)	1993

Shot Put

Justin Clickett.....	62'11.25" (19.18m)	2007
Ryan Norwood.....	61'5.75" (18.74m)	2005
Sven Hahn.....	60'9.25" (18.52m)	2005
Brian MacPhee.....	59'2.75" (18.05m)	2004
Stephen Huntzinger.....	59'0.25" (17.99m)	2006
Barry White.....	56'8.50" (17.28m)	1973

Weight Throw

Spyridon Jullien.....	77'10.25" (23.73m)	2006
Mohsen Anani.....	75'3.50" (22.95m)	2006
Matej Muza.....	66'3.25 (20.20m)	2007
Erick Kingston.....	65'0" (19.81m)	2000
Eddie Boes.....	64'10" (19.76m)	2000
Justin Clickett.....	64'4.5" (19.62m)	2007

Pentathlon

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

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
Jordan Price.....	47.97	2006

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

Billy Berlin..... 1:49.51..... 2007

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
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Billy Berlin..... 3:41.88..... 2007

Ray McDaniels.....	3:45.2	1982
James Scheiner.....	3:46.41	2007
Steve Taylor.....	3:46.6	1987
Michael Burns.....	3:46.68	1979
Ron Voight.....	3:46.83	1987

5,000 Meters

Steve Taylor.....	13:52.0	1987
Mark Stickley.....	14:03.4	1983
Dave Atkiss.....	14:07.27	2006
Steven Pinard.....	14:08.0	1983
Chris Seaton.....	14:13.61	2001

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
Robert 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
Rider Claus	9:05.55	2007

4x100-Meter Relay

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

4x110-Yard Relay

Fallen, Read.....	40.7	1980
Lewis, Scott		

4x200-Meter Relay

Renninger, Fludd.....	1:26.55	2005
Price, Jenkins		

4x400-Meter Relay

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

4x440-Yard Relay

Chase, Watson,.....	3:10.2	1982
Nash, Crossin		

4x800-Meter Relay

Jury, D. Vick.....	7:30.12	2004
Johnson, Grant		
McDaniels, Crossin,.....	7:32.2	1982
Porr, Watson		
Hayes, Grignon,.....	7:34.54	2000
Taylor, Rhue		
Hayes, Grignon,.....	7:35.40	1999
Taylor, Necciai		

4x1,500-Meter Relay

Scheiner, Cornwall ...	15:41.32	2007
Claus, Berlin		
Hayes, Rhue,.....	15:54.70	2001
Seaton, Oliver		
Johnson, D. Vick.....	16:05.12	2005
Markley, Berlin		
Necciai, Snead,.....	16:05.61	2002
Atkiss, Lawson		

Distance Medley Relay

Voight, Oustrich,		
Reed, Cobb.....	9:40.31	1987

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 Mondschein.....	18'1.75"	(5.53m)	2006
Brian Hunter.....	18'1.25"	(5.52m)	2000
Thorsten Mueller.....	17'5.75"	(5.33m)	2007
Joe Samaniuk.....	17'5.50"	(5.32m)	2007
Bob Phillips.....	17'0.50"	(5.20m)	1980
Chris Williams.....	17'0"	(5.18m)	1994
Adam Bingaman.....	16'10.75"	(5.15m)	2007

Shot Put

Sven Hahn.....	62'10.50"	(19.16m)	2005
Justin Clickett.....	62'8.5"	(19.11m)	2007
Ryan Norwood.....	60'10.50"	(18.55m)	2004
Stephen Huntzinger.....	56'10"	(17.32m)	2006
John Fallone.....	56'2"	(17.12m)	2003
Brian MacPhee.....	55'9.25"	(17.00m)	2003

Hammer Throw

Spyridon Jullien.....	238'5"	(72.68m)	2005
Mohsen Anani.....	231'5"	(70.55m)	2006
Matej Muza.....	222'5"	(67.81m)	2007
Erick Kingston.....	221'11"	(67.64m)	1999
Mike Sergent.....	210'1"	(64.04m)	1992
Eddie Boes.....	195'9"	(59.68m)	2000

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
Justin Clickett.....	172'3"	(52.50m)	2007
Barry White.....	168'10"	(51.46m)	1972

Javelin

Jacobus Smit.....	242'9"	(74.00m)	2005
Kevin Moore.....	220'8"	(67.25m)	2007
Bill Patrowicz.....	219'3"	(66.84m)	1989
Chris Sieben.....	205'8"	(62.70m)	1994
Asael Arad.....	205'0"	(62.48m)	2007
Bryan Smith.....	196'6"	(59.90m)	1988

Old Javelin

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

Decathlon

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

Current team members in **bold** type.

ALL-AMERICANS

MEN

Ray Ackenbom	1980.....Indoor.....Two-mile relay (5th)
Mohsen Anani	2006.....Indoor.....Weight throw (4th)
	2006.....Outdoor.....Weight throw (4th)
Mike Burns	1980.....Indoor.....Two-mile relay (5th)
Justin Clickett	2007.....Indoor.....Shot Put (9th)
	2007.....Outdoor.....Shot Put (6th)
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)
	2006.....Indoor.....Weight throw (1st)
	2006.....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)
	2006.....Outdoor.....Pole Vault (4th)
Thorsten Mueller	2007.....Indoor.....Pole Vault (T-7th)
Matej Muza	2006.....Outdoor.....Hammer throw (6th)
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)



WOMEN

Lucy Hawk Banks	1980.....Outdoor.....800 meters
Tamara Burns	2005.....Indoor.....Weight throw (12th)
	2006.....Indoor.....Weight throw (6th)
Kristen Callan	2005.....Outdoor.....Hammer throw (10th)
	2006.....Outdoor.....Hammer throw (7th)
Kristi Castlin	2007.....Indoor.....60-meter hurdles (9th)
	2007.....Outdoor.....100-meter hurdles (9th)
Tracy Deely	1981.....Cross country
Jessica Fanning	2007.....Indoor.....DMR (4th)
Tasmin Fanning	2007.....Indoor.....DMR (4th)
	2007.....Cross Country (12th)
Sherlenia Green	2007.....Indoor.....DMR (4th)
Queen Harrison	2007.....Outdoor.....100-meter hurdles (5th)
	2007.....Outdoor.....400-meter hurdles (3rd)
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)
Brittany Pryor	2007.....Indoor.....Shot Put (7th)
	2007.....Outdoor.....Shot Put (9th)
Britni Spruill	2007.....Outdoor.....200 meters (14th)
Saskia Triesscheijn	2005.....Indoor.....Pentathlon (6th)
	2006.....Indoor.....Pentathlon (3rd)
	2006.....Outdoor.....Heptathlon (4th)
Asia Washington	2007.....Indoor.....DMR (4th)
Judy Williams	1981.....Outdoor.....10,000 meters

ACC 'Tradition of Excellence'

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 55th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate athletic 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 105 national championships, including 56 in women's competition and 49 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 139 times in men's competition and 86 times in women's action.

The Virginia Cavaliers won the league's first track and field national title claiming the women's AIAW indoor crown in 1981. In 2007, Florida State captured its second-straight men's track and field national championship, winning the outdoor title in Sacramento, Calif., by a 6-point margin. The two wins by the Seminoles are the only NCAA track and field national championships won by an ACC school in the league's 55-year history.

In addition, Florida State's women's team has laid claim to three NCAA track and field national titles, an outdoor crown in 1984 and back-to-back indoor championships in 1985 and 1986. In 1984, the Seminoles captured five individual event titles, including a pair of relay championships. Randy Givens, a six-time NCAA champion at Florida State, collected four titles (100m, 200m, 400m relay and 1600m relay) in 1984 leading the Seminoles to the team title.

Since 1953, member schools have garnered 111 individual titles in both men's and women's indoor and outdoor track and field, while teams have finished in the top five at the NCAA indoor and outdoor championships a combined 22 times.

The 2007 indoor and outdoor track and field season was one of the best in conference history as the ACC registered a team national championship, 13 individual titles and 85 All-America accolades in 97 combined events.

At the NCAA Indoor Track and Field Championship in Fayetteville, Ark., the ACC set a new league-high with six event individual national champions. Two Florida State athletes won titles on the men's side, helping to propel the Seminoles to a second-place finish. A conference record eleven schools on the women's side recorded points in 2007.

The outdoor season concluded out on the west coast at the Alex G. Spanos Sports Complex in Sacramento, Calif. with the ACC garnering seven individual national titles. Along with Florida State's title on the men's side, the Duke Blue Devils had the best finish on the women's side placing a school-best 12th place. In all, five ACC teams finished in the top 20 at the NCAA meet, another first for the conference.

The Florida State men and Virginia Tech women completed the indoor/outdoor sweep capturing both league titles in 2007. Through the history of ACC track and field, the Maryland men have won the most titles obtaining a combined 52 indoor and outdoor league crowns including consecutive indoor titles from 1956-1980 and successive outdoor championships from 1956-1979. Legendary head coach Jim Kehoe led the Terrapins to 30 of those conference championships. Clemson's Bob Pollock is second on the men's list as he has led the Tigers to 20 of their 22 conference championships.

On the women's side, North Carolina has won 29 indoor and outdoor titles all coming under the tutelage of head coach Dennis Craddock. Craddock leads all active coaches in the ACC with 40 conference championships which include 32 women's titles and eight men's titles (four outdoor, two indoor and two cross country). In 2007, Florida State's Bob Bramen joined Craddock and Miami's Amy Deem as one of only three coaches in the ACC to win multiple indoor and outdoor titles.

Since 1903, ACC schools have produced 21 Rhodes Scholars who have also lettered in athletics while at their respective institutions. Of those 21 student-athletes, 10 have competed in the sport of track and field and cross country. In the last two years, three student-athletes have been named Rhodes Scholars including Wake Forest's Michelle Sikes (2007), Duke's Charles Salmen (2007) and Florida State's Garrett Johnson (2006). Other ACC track and field Rhodes Scholars include Virginia's Benjamin Baker (1922), Charles Gleave (1926), Murat Williams (1935), Luke Harvey Poe (1938) and James B. Whitlach (1947), North Carolina's Karen Stevenson (1979) and Wake Forest's Maria Merritt (1987).

2006-07 IN REVIEW

The 2006-07 academic year concluded with league teams capturing five national team titles and 24 individual NCAA crowns. In all, the ACC has won 39 national team titles over the last 11 years. The ACC has won two or more NCAA titles in 25 of the past 27 years.

A total of 137 ACC teams placed in NCAA



2006-07 NATIONAL CHAMPIONSHIPS

Field Hockey	Maryland
Women's Soccer	North Carolina
Women's Tennis	Georgia Tech
Women's Golf.....	Duke
Men's Track & Field.....	Florida State

post-season competition in 2006-07. League teams compiled a 109-70-7 (.605) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 181 student-athletes earn first team All-America honors this past year. Overall, the league had 250 first, second or third team All-Americans. In addition, the ACC produced nine national Player of the Year and six national Coach of the Year honorees.

THE CHAMPIONSHIPS

The conference will conduct championship competition in 24 sports during the 2007-08 academic year — 12 for men and 12 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, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

HISTORY

The Atlantic Coast Conference was founded on May 8, 1953 with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest.

On December 4, 1953, conference officials 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 South Carolina tendered its resignation. The ACC operated with seven members until April 3, 1978, when Georgia Tech was admitted.

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

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

CONFERENCE CHAMPIONS

Women's Indoor

METRO CONFERENCE

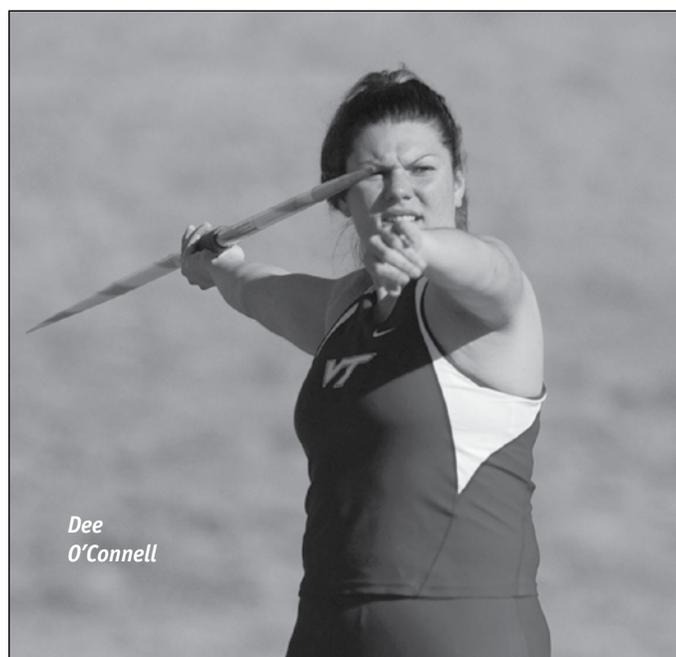
1993	Heidi Allen.....5,000 meters
	Dorothea KuHigh Jump
1994	no information
1995	Jen Chapman..... 800 meters
	Amy Cowan4x400 relay
	Detra Edmunds.....4x400 relay
	Erin Graham4x400 relay
	Julie Reeser.....4x400 relay
	Detra Edmunds.....Triple Jump
	Johli Carscallen.....Shot Put
	Meredith NewbyWeight Throw

ATLANTIC 10 CONFERENCE

1997	Rashida Dodson 55 meters
	Rashida Dodson 200 meters
	Jennifer Conner5,000 meters
	Jennifer Cook 55 hurdles
	Leslie MitchellTriple Jump
	Katie Ollendick.....High Jump
	Paul AllanShot Put
1998	Megan Barnes Long Jump
	Katie Ollendick.....High Jump
1999	Michelle Smith.....Shot Put
	Stephenie Ingersoll.....3,000
	Danielle Hobson.....4x400 relay
	Lynette Hopkins.....4x400 relay
	Keisha Ricks4x400 relay
	Brandi Smith4x400 relay
2000	April Byrd Long Jump
	Paula Allen.....Shot Put
	Lynette Hopkins..... 400 meters
	April Byrd Long Jump
	April ByrdTriple Jump
	Paula Allen.....Weight Throw

BIG EAST CONFERENCE

2004	Marlies Overbeeke.....1,000 meters
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Dee
O'Connell

ATLANTIC COAST CONFERENCE

2005	Natalie SherbakDistance medley relay
	Victoria GreenDistance medley relay
	Meredith BrooksDistance medley relay
2006	Jessica FanningDistance medley relay
	Tamara BurnsWeight Throw
	Gunild KrebsPentathlon
2007	Patrice Potts..... 60 meters
	Erin Mahony Pole Vault
	Brittany Pryor..... Shot Put

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 SmithShot 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 ByrdTriple Jump
	Katie Ollendick.....High Jump
	Paula Allan.....Shot Put
	Michelle Smith Discus
1999	Dee O'ConnellJavelin
	Damali Hay..... 100 meters
	Danya Gordon 200 meters
	Brandi Smith 400 hurdles
	Danya Gordon4x400 relay
	Danielle Hobson.....4x400 relay
	Lynette Hopkins.....4x400 relay
	Brandi Smith4x400 relay
	April ByrdTriple Jump
	M. Zengilowsky Hammer Throw
2000	Dee O'ConnellJavelin
	Damali Hay.....4x400 relay
	Lynette Hopkins4x400 relay
	Joy Hsubuga.....4x400 relay
	Monique Vanloo4x400 relay
	April ByrdTriple Jump
	April Byrd Long Jump

BIG EAST CONFERENCE

2001	Kristin Price5,000 meters
2002	Dee O'ConnellJavelin
2003	Christy Herman Discus

ATLANTIC COAST CONFERENCE

2006	Saskia Triesscheijn..... Heptathlon
2007	Patrice Potts..... 100 meters
	Kristi Castlin 100-meter hurdles
	Sherlenia Green 400-meter hurdles
	Ashley Early Pole Vault
	Brittany Pryor..... Shot Put
	Tamara Burns Hammer Throw

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 Kingston	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
2006	Mohsen Anani	Weight Throw
2007	Thorsten Mueller	Pole Vault

Men's Outdoor

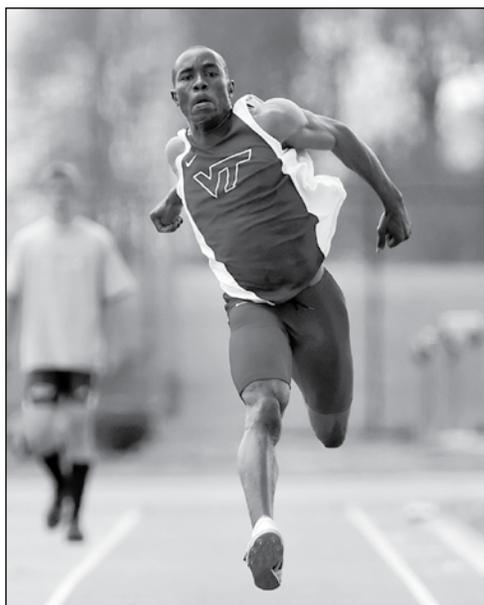
SOUTHERN CONFERENCE

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



Jason
Fludd

1995	Jason Fullmer..... 110 hurdles Justin Davis..... 400 hurdles
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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 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

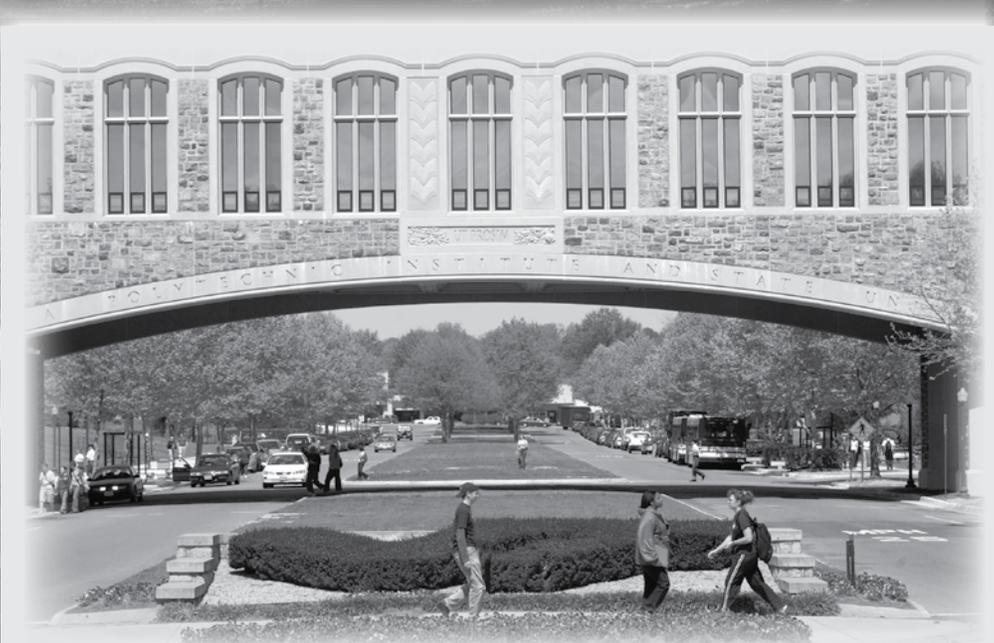
2001	Jevon Jenkins..... 100 meters Kevin Walker..... 110 hurdles
2003	Spyridon Jullien..... Hammer Throw Brian Mondschein..... Pole Vault
2004	Jason Fludd..... Triple Jump Spyridon Jullien..... Hammer Throw Brian Mondschein..... Pole Vault Ryan Norwood..... Shot Put

ATLANTIC COAST CONFERENCE

2005	Spyridon Jullien..... Hammer Throw Jacobus Smit..... Javelin Throw Brian Mondschein..... Pole Vault
2006	Mohsen Anani..... Hammer Throw Brian Mondschein..... Pole Vault

Yes, Virginia Tech!

THE CAMPUS



Virginia Tech Principles of Community

Virginia Tech is a public land-grant university, committed to teaching and learning, research, and outreach to the Commonwealth of Virginia, the nation, and the world community. Learning from the experiences that shape Virginia Tech as an institution, we acknowledge those aspects of our legacy that reflected bias and exclusion. Therefore, we adopt and practice the following principles as fundamental to our on-going efforts to increase access and inclusion and to create a community that nurtures learning and growth for all of its members:

We affirm the inherent dignity and value of every person and strive to maintain a climate for work and learning based on mutual respect and understanding.

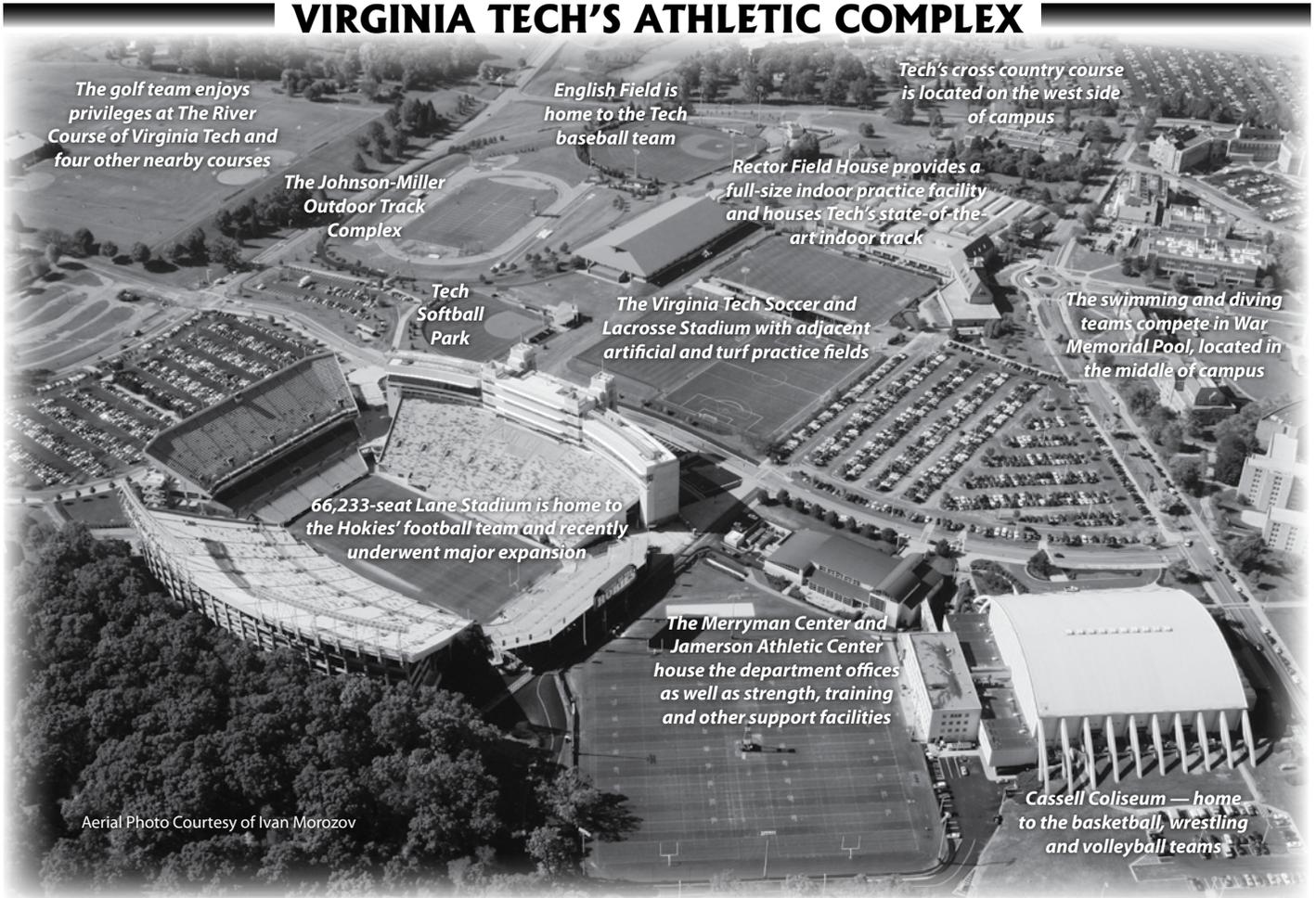
We affirm the right of each person to express thoughts and opinions freely. We encourage open expression within a climate of civility, sensitivity, and mutual respect.

We affirm the value of human diversity because it enriches our lives and the university. We acknowledge and respect our differences while affirming our common humanity.

We reject all forms of prejudice and discrimination, including those based on age, color, disability, gender, national origin, political affiliation, race, religion, sexual orientation, and veteran status. We take individual and collective responsibility for helping to eliminate bias and discrimination and for increasing our own understanding of these issues through education, training, and interaction with others.

We pledge our collective commitment to these principles in the spirit of the Virginia Tech motto of *Ut Prosim* (That I May Serve).

VIRGINIA TECH'S ATHLETIC COMPLEX



The golf team enjoys privileges at The River Course of Virginia Tech and four other nearby courses

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

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

Tech Softball Park

The Virginia Tech Soccer and Lacrosse Stadium with adjacent artificial and turf practice fields

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

66,233-seat Lane Stadium is home to the Hokies' football team and recently underwent major expansion

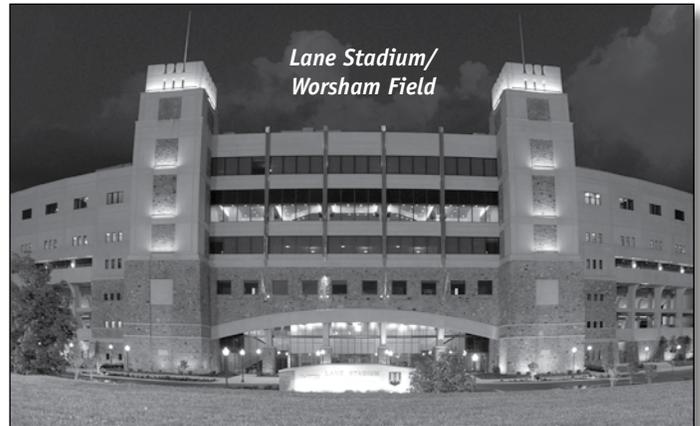
The Merryman Center and Jamerson Athletic Center house the department offices as well as strength, training and other support facilities

Cassell Coliseum — home to the basketball, wrestling and volleyball teams

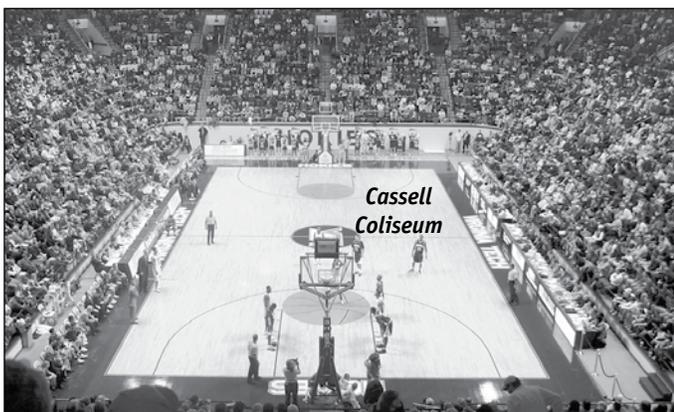
Aerial Photo Courtesy of Ivan Morozov



Tech Softball Field



Lane Stadium/
Worsham Field



Cassell Coliseum



The Merryman Center Weight Room

BLACKSBURG, VA

AND THE NEW RIVER VALLEY





KRISTEN CALLAN
Hammer Throw

• Two-time All-American



MATEJ MUZA
Hammer Throw

• 2006 All-American



KRISTI CASTLIN
100m Hurdles

• 2007 ACC Champion
• 2007 NCAA East Regional Champion
• 2007 USA Junior Champion
• 2007 USA Pan American Junior Champion
• American Junior Record Holder
• Two-time All-American

QUEEN HARRISON
400m Hurdles

• 2007 ACC Champion
• 2007 NCAA East Regional Champion
• 2007 USA Junior Champion
• 2007 USA Pan American Junior Champion
• Two-time All-American



JESSICA FANNING, SHERLENIA GREEN, ASIA WASHINGTON, TASMIN FANNING
Distance Medley Relay

• 2007 All-Americans



THORSTEN MUELLER
Pole Vault

• 2007 All-American
• 2007 ACC Indoor Champion



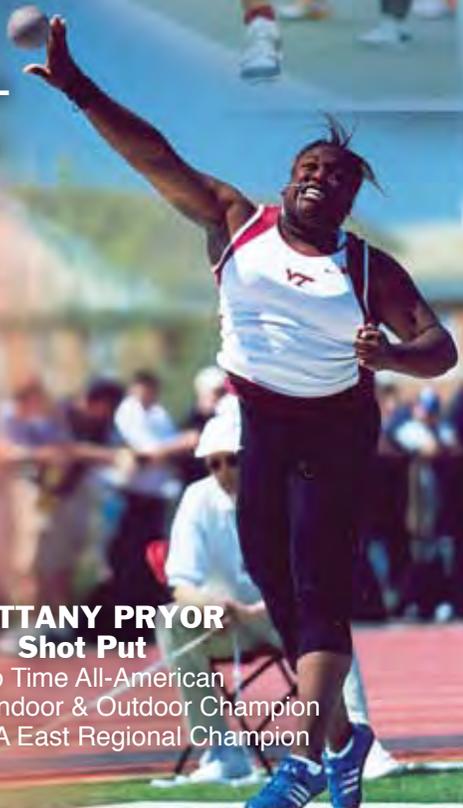
BRITNI SPRUILL
200m

• 2007 All-American



JUSTIN CLICKETT
Shot Put

• Three-time All-American



BRITTANY PRYOR
Shot Put

• Two Time All-American
• 2007 ACC Indoor & Outdoor Champion
• 2007 NCAA East Regional Champion