

VIRGINIA TECH

2009-2010 TRACK & FIELD



MARCEL LOMNICKY
2009 NCAA Champion

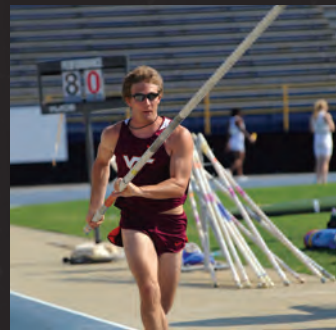




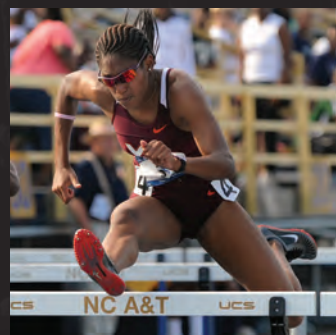
QUEEN HARRISON
All-American, ACC Champion, 2008 Olympian



YAVGENIY OLHOVSKY
All-American, ACC Champion



HUNTER HALL
All-American



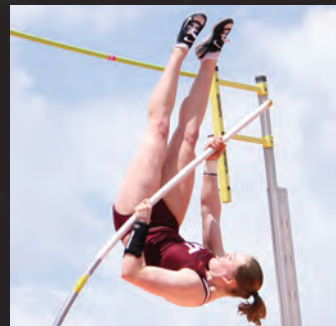
KRISTI CASTLIN
All-American, ACC Champion



ASIA WASHINGTON
All-American, ACC Champion



DOROTEA HABAZIN
All-American, ACC Champion



KELLY PHILLIPS
All-American, ACC Champion

VIRGINIA TECH

2009-2010 TRACK & FIELD



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THE UNIVERSITY

Location	Blacksburg, Va.
Founded	1872
Enrollment	30,000
Colors	Chicago maroon & burnt orange
Nickname.....	Hokies
Conference.....	Atlantic Coast
President	Dr. Charles Steger
Director of Athletics.....	Jim Weaver
Associate A.D./Track Administrator	Chris Helms

ATHLETICS COMMUNICATIONS

Assistant A.D. for Athletics Communications.....	Dave Smith
Publications Director.....	Anne Panella
Associate Directors.....	Bill Dyer, Torye Hurst, Bryan Johnston
Assistant Director	Matt Kovatch
Photography Coordinator	David Knachel
Secretary	Donna Smith
Athletics Communications Phone.....	(540) 231-6726
Athletics Communications Fax	(540) 231-6984
Hokies on the Web	www.hokiesports.com
Track & Field Contact	Kevin Hunt
Office Phone.....	(540) 231-1494
Cell Phone.....	(773) 600-7028
E-mail	kevinh5@vt.edu

TRACK & FIELD QUICK FACTS

Director of track & field	Dave Cianelli
Associate head track & field coach (throws).....	Greg Jack
Sprints, hurdles and jumps coach	Charles Foster
Distance coach	Ben Thomas
Assistant distance coach	Jennifer McGranahan
Pole Vault Coach	Bob Phillips
Technical Director	Stacey Vidt
Secretary	Alva Slusher
Track & field office phone	540-231-5037
Track and field fax	540-231-6686
2009 ACC indoor finish (m/w).....	Second/Fourth
2008 ACC outdoor finish (m/w).....	Third/Second
Men's indoor all-ACC performers returning/lost	7/1
Women's indoor all-ACC performers returning/lost	5/1
Men's outdoor all-ACC performers returning/lost	7/1
Women's outdoor all-ACC performers returning/lost.....	5/2

INDOOR SCHEDULE

Date	Event	Location
Jan. 15-16	Virginia Tech Invitational	Blacksburg, Va.
Jan. 22-23	Hokie Invitational	Blacksburg, Va.
Jan. 29-30	Penn State National	State College, Pa.
Feb. 5-6	VT Elite Meet	Blacksburg, Va.
Feb. 19-20	Virginia Tech Challenge	Blacksburg, Va.
Feb. 25-27	ACC Championships	Blacksburg, Va.
March 6	Virginia Tech Final Qualifier	Blacksburg, Va.
March 12-13	NCAA Championships	Fayetteville, Ark.

OUTDOOR SCHEDULE

Date	Event	Location
March 19-20	Clemson Invitational	Clemson, S.C.
March 20	Miami Invitational	Miami, Fla.
March 26-27	Raleigh Relays	Raleigh, N.C.
March 27	Weems Baskins Invitational	Columbia, S.C.
April 2-3	Florida Relays	Gainesville, Fla.
April 2-3	Colonial Relays	Williamsburg, Va.
April 9-10	Sea Ray Relays	Knoxville, Tenn.
April 15-17	ACC Championships	Clemson, S.C.
April 23-24	Penn Relays	Philadelphia, Pa.
April 25	Vertklasse Meet	High Point, N.C.
April 29	Liberty Twilight	Lynchburg, Va.
April 30-May 1	Jessie Owens Classic	Columbus, Ohio
April 30-May 1	Oregon Relays	Eugene, Ore.
May 1	Stanford Invitational	Palo Alto, Calif.
May 14-15	Georgia Tech Invitational	Atlanta, Ga.
May 16	North Carolina Elite	Chapel Hill, N.C.
May 27-29	NCAA Regional Championships	Greensboro, N.C.
June 9-12	NCAA National Championships	Eugene, Ore.
June 24-27	USA Championships	Des Moines, Iowa



VIRGINIA TECH



TRACK AND FIELD



THE 2008 SUMMER OLYMPICS

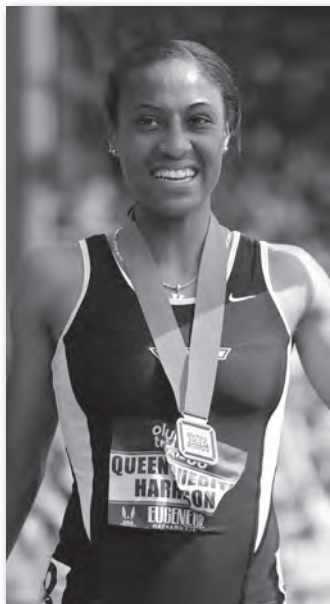
THE JOURNEY OF QUEEN HARRISON

Rising senior Queen Harrison made Tech history by becoming the first Hokie track and field athlete to compete for the U.S. at the Olympics, when she placed second in the 400-meter hurdles at the U.S. Olympic Trials to earn a spot on the 2008 U.S. Olympic team.

The finals race at the Trials will go down in history as one of the most impressive feats accomplished by any Hokie athlete. In a field featuring some of the best runners in America, Harrison trailed in fourth place. After clearing the last hurdle, the Richmond, Va., native found another obstacle in her way as the runner in lane seven stumbled into Harrison's lane. Harrison jumped over the downed athlete, and still finished strong, leaping from fourth to second in the final 100-meters, running 54.60 to ensure a spot on the U.S. Olympic team.

Harrison not only became the first Tech track and field athlete to compete for the U.S. in the Olympic games, she became the first Tech female to earn a spot on the American Olympic team.

In Beijing, Harrison advanced to the semi-final round, where she placed seventh in her heat with a time of 55.88. No doubt, her Olympic achievement will put her, and Virginia Tech, on the international track and field stage for many years to come.



Harrison celebrates at the U.S. Olympic Trials after placing second in the 400-meter hurdles to earn a spot on the 2008 U.S. Olympic team.



In Beijing, Harrison advanced to the semi-final round, where she placed seventh in her heat with a time of 55.88.



BLACKSBURG, VIRGINIA

COLLEGE TOWN, USA

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

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

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

by the potential of the quaint town.

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

More than 43,000 residents (including students) enjoy a close proximity to a variety of recreation areas such as the Blue Ridge Parkway, Appalachian Trail, Claytor Lake and the New River. The region features a moderate climate and four distinct seasons.

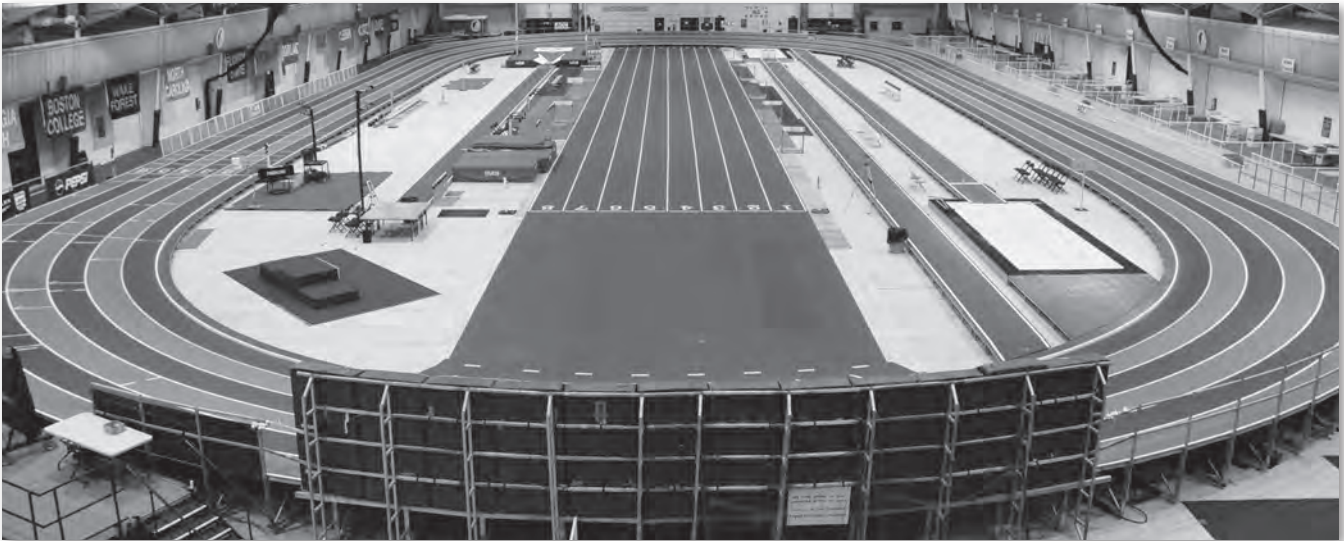
Blacksburg's location (adjacent to major interstate highways) provides convenient access to most points in the southern and eastern parts of the country.

**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.

INDOOR AND OUTDOOR TRACK FACILITIES



Tech's trio of outstanding track and cross country facilities was completed with the addition of the Johnson-Miller Outdoor Track Complex. The outdoor oval track has eight 42-inch lanes and is identical to the track used in Atlanta's Olympic stadium during the 1996 Olympic games. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

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

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

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

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

The indoor track has been host to several of the east coast's top invitationals, attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Many Olympians have competed in Rector Field House during recent years, including 2000 Olympic silver medalist pole vaulter



Lawrence Johnson, Olympian distance runner Julie Henner, two-time NCAA champion 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. Miller was co-captain of the 1953 track team. Johnson ran the 440-yard and 220-yard dash and mile relay. Miller competed in a number of events, but his specialty was the mile.

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

DAVE CIANELLI

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY

Entering his ninth 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 five NCAA individual titles, 67 NCAA All-Americans and 77 conference champions. In addition, Hokie teams have finished in the national top 20 12 times since 2005.



Top of The ACC & NCAA East Region

The 2009 Virginia Tech Hokie squads capped off a successful year with record-breaking showings in the NCAA Outdoor Championships. Freshman Marcel Lomnický won Tech's third national championship in the men's hammer throw, and first national championship since 2006, while the women's squad placed 12th at the meet, marking the highest finish in team history at the NCAA Outdoor Championships. The Tech men placed second at the ACC Indoor Championships, the highest finish for the squad since joining the league, and 16th at the NCAA Outdoor Championships. The women's squad earned fourth at the indoor conference championships, and 35th at the NCAA indoor meet. On the year, the Hokies notched 12 All-America honors and 20 conference championships.

USA and International Success

2009 proved to be another successful year for the Hokies internationally. Keith Ricks took second in the 200-meter dash at the Junior U.S. Championships to qualify for the Junior Pan-American games, where he finished 9th. Kristi Castlin, Asia Washington and former Hokie Brian Mondschein also competed at the U.S.A. Championships.

Queen Harrison made history in 2008 when she earned a spot on the U.S. Olympic team, by finishing second in 400-meter hurdles to qualify in the event. Harrison, running against some of the best athletes in the world, ran an incredible race at the U.S. Olympic Trials in Eugene, Ore. The Richmond, Va., native, not even running at 100 percent due to a hamstring injury suffered in the NCAA Championships two weeks earlier, had to leap over a runner, who had fallen in her lane down the homestretch, and still came from behind to earn the runner-up finish. Harrison was the first Tech track and field athlete to represent any country in the Olympics and only the second Hokie to become an American Olympian in any sport, following Bimbo Coles who represented the United States in basketball in 1988. Seven other Hokie track and field athletes competed in the Olympic

trials. Kristi Castlin (100-meter hurdles), Tasmin Fanning (5,000-meters), Brittany Pryor (hammer throw), Kristen Callan (hammer throw), Sherlenia Green (400-meter and 100-meter hurdles) and Justin Clickett (shot put) all represented Virginia Tech with pride at the Trials.

Coach of the Year Honors

Cianelli's illustrious career is proven by the awards he has collected throughout his career. In 2008 he won the ACC Women's Indoor, ACC Women's Outdoor and East Region Women's Coach of the Year honors for the second straight year. Cianelli also won his second consecutive USTFCCCA indoor women's Southeast Region Coach of the Year honor in 2008.

Cianelli has assembled one of the most accomplished coaching staffs in America. Associate head men's and women's track & field coach Greg Jack was named National Throws Coach of the Year in 2006. Former Hokie and NAIA Region XII Coach of the Year, Ben Thomas is the cross country coach. Charles Foster, the Hokies new sprints, hurdles and jumps coach, was selected Sprint Coach of the Year in 2008. Long-time assistant, Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters and has produced 23 conference champions.

Academic Excellence

The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. Tasmin Fanning garnered the USTFCCCA Cross Country Scholar Athlete of the Year Award, while 17 Hokies earned Academic All-ACC honors in 2009. In addition, both men's and women's cross country teams and the women's track and field team have been USTFCCCA All-Academic Teams for five consecutive years.

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 Olympics 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 helped 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

CIANELLI BY THE NUMBERS

- 203 All-Americans
- 210 Conference champions
- 100 Percent graduation rate at Virginia Tech
- 33 NCAA champions
- 106 School records at Virginia Tech
- 23 Olympic and World championship qualifiers
- 18 Top-10 women's NCAA finishes
- 12 Top-10 men's NCAA finishes
- 3 NCAA Division II cross country national championships

THE CIANELLI FILE

Virginia Tech (2001-Present)

- Five NCAA individual champions, the first in Virginia Tech history
- Sixty-seven All-Americans
- Two NCAA East Region team championships
- Four ACC team championships
- Sixty-five ACC individual champions
- Twelve BIG EAST Conference champions
- Had 14 athletes earn All-America honors in 2007 and 2008, the most in his coaching tenure.
- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region 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
- 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

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

Cianelli and his wife, Ellen, have a daughter Mariah (14) and son Sebastian (10).

GREG JACK

ASSOCIATE HEAD TRACK & FIELD COACH (THROWS)

Greg Jack, the associate head track and field coach, is in his ninth 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, Jack mentored another NCAA Champion, Marcel Lomnicky, who won the hammer throw at the national meet with a toss of 235-06. The title marked Jack's fifth national championship as a throws coach at Tech. Jack also guided Lomnicky, who joined the Hokies in January, to NCAA East Regional and ACC crowns in



the hammer throw, as well as an All-America honor and an ACC championship in the weight throw. On the women's side, Hokie throwers amassed two All-America accolades and three ACC titles of their own. Dorotea Habazin, who earned USTFCCCA Women's Southeast Region Field Athlete of the Year, captured All-America recognition in the hammer throw and won the weight and hammer throw at the ACC indoor and outdoor meets, respectively, while Brittany Pryor won her sixth All-America honor in the hammer throw and her fifth ACC title with a victory in the discus at the conference outdoor meet, to cap her illustrious career.

In 2008, Jack guided his veteran-laden unit to a strong campaign, with five ACC Championships and six throwers earning All-American status. Under Jack's tutelage, Pryor won four ACC titles and three All-America honors, along with earning the indoor USTFCCCA Southeast Region Women's Field Athlete of the Year, while Kristen Callan, Justin Clickett and Matej Muza all achieved All-America accolades.

The 2007 season was another successful one for the Tech throwers, with 12 All-ACC selections, four All-America honors and concluding with Jack being named the USTFCCCA'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. During the outdoor campaign, Jullien won the NCAA hammer throw title to conclude his Virginia Tech career with four national championships.

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, 2005 and coached four others who earned All-America honors.

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.

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-American 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.

In international action, 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. Jack served 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.

At Tech, Jack has coached a total of 32 All-Americans, 48 NCAA qualifiers, 28 conference champions, six conference record holders, 10 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.

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.

THE JACK FILE AT VIRGINIA TECH

Virginia Tech (2001-present)

- Six ACC Champions in 2009
- 2009 All-America honors – Marcel Lomnicky (2), Brittany Pryor (1), Dorotea Habazin (1)
- 2009 NCAA East Regional Champion - Marcel Lomnicky
- 2008 All-America honors – Justin Clickett (1), Brittany Pryor (3), Kristen Callan (2)
- 2007 All-America honors - Justin Clickett (2), Brittany Pryor (2)
- Three ACC champions 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 USTFCCCA's national Men's throws Coach of the Year
- 2006 USTFCCCA'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
- Thirty-one All-Americans
- Forty-eight NCAA qualifiers
- Four NCAA East Region champions
- Twenty-one 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 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 under-23 Champion

Pittsburgh (1999-2001)

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

CHARLES FOSTER

SPRINTS, HURDLES AND JUMPS COACH

Charles Foster joins the Virginia Tech track and field staff for the 2009-10 season as assistant coach in charge of sprints, hurdles and jumps. Foster inherits a talented, veteran-laden unit for the campaign featuring All-Americans Kristi Castlin, Asia Washington and Queen Harrison.

"Virginia Tech and our track and field program are very fortunate to have attracted a coach

with the success record of Charles Foster," Director of Track and Field and Cross Country Dave Cianelli said. "Coach Foster is a winner, in every sense of the word. He has been a part of 19 ACC championship teams during his

coaching career and was a world record holder and a USA Olympian himself."

In his career, Foster has coached two Olympic gold medalists, one silver medalist and a bronze medalist, along with 12 Olympians and more than 50 All-Americans. He has coached on teams that have won a total of 19 ACC team championships in track and field.

Prior to coming to Tech, Foster spent 10 years as the sprints, hurdles and relays coach for the men's track and field team at Clemson, where the



United States Track and Field and Cross Country Coaches Association named him the NCAA Assistant Track Coach of the Year in 2008.

Before his time with Clemson, he worked on the Special Olympics World Summer Games Organizing Committee from 1997-99, and was the Manager for Sports Planning on the Atlanta Committee for the 1996 Olympic Games from 1992-97. While on the committee, Foster's responsibilities included the Olympic Stadium Hub, which entailed managing and planning for the Olympic sports of track and field, baseball, field hockey, sport shooting and softball.

Foster began his coaching career at North Carolina as an assistant track coach from 1986-92. Along with working with the sprints and hurdles units with the Tar Heels, he assisted in the design of a new track and field stadium.

As an athlete, Foster was a member of the 1976 United States Olympic Team that competed in Montreal, Canada. He won the high hurdles at the Olympic Trials that year to earn a spot on the squad. A former world record holder in the high hurdles event, Foster received the Distinguished Citizen Award of North Carolina, the highest award presented in the state.

Foster completed his undergraduate degree at North Carolina Central in 1975, where he received a Bachelor of Science in Recreation Administration. He then did two years of postgraduate studies in Therapeutic Recreation and Administration at the University of North Carolina.

Foster is married to Sophronia Foster and has a daughter, Sydney (13).

THE FOSTER FILE

Virginia Tech (first year)

Clemson (1999-2008)

- Named NCAA Assistant Track Coach of the Year (2008)
- Ten ACC team championships
- Three national champions
- Twenty-eight All-Americans
- Coached squad to 40 ACC event titles
- 56 NCAA qualifiers

Atlanta Committee for 1996 Olympic Games (1992-1997)

- Responsible for Olympic Stadium Hub
- Oversaw the management and planning of Olympic baseball, field hockey, softball and shooting at the 1996 Olympic Games in Atlanta.

North Carolina (1986-1992)

- Instrumental in Tar Heels' No. 1 ranking in the dual meet power rankings.
- Nine ACC team championships
- 35 NCAA All-Americans

BEN THOMAS

HEAD CROSS COUNTRY/DISTANCE COACH

Ben Thomas has been Virginia Tech's head cross country coach since 2001 and now has 15 years of collegiate coaching experience. During eight 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.



On the track, Thomas has coached a distance crew that has broken school track records in the outdoor 800m, 1,000m, 1,500m, 3,000m steeplechase, mile and indoor 5,000m as well as the 4x800m, the 4x1,500m and the distance medley relays. Last season alone, Thomas' distance unit broke five Tech records, and won seven ACC individual championships. Natalie Sherbak earned All-America honors for the first time in her career, finishing ninth in the mile at the NCAA Indoor Championships.

In cross country, Devin Cornwall achieved all-region status for the first time in his cross country career in 2009. In 2008, Tasmin Fanning placed ninth at the U.S. Olympic Trials in the 5000 meter event. Thomas also guided Fanning to two All-America performances at the NCAA Championships. She placed third in 2008, the highest finish ever by a

Virginia Tech athlete, and 12th out of 255 runners in 2007. Thomas led the women's squad to the best season in program history in 2006 by posting an 18th-place finish in their first-ever appearance at the NCAA Championships. The Hokie women reached the national meet following a third-place effort at the NCAA Southeast Regional behind an unprecedented five all-region performers. The men captured their best-ever point total at the ACC Outdoor Championships and had their best performance in the NCAA Southeast Regional since 1995. Paul LaPenna became the first Hokie to earn all-region honors since 2003, while Cornwall was named the ACC Freshman of the Year.

Thomas served as the men's and women's distance coach at the University of Georgia for six months before arriving in Blacksburg, and prior to that he was the head track and field and cross country coach at Brevard College. 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. Before Brevard, Thomas was the women's cross country coach and assistant track coach at Appalachian State University from 1995-1999.

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 & 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, reside in Blacksburg.

THE THOMAS FILE

Virginia Tech (2001-Present)

- Ten NCAA All-Americans (cross country, 2003, 2007, 2008; 1,500m, 2004; DMR, 2007; 5,000m, 2008; mile, 2009)
- 18th-place women's team finish at 2006 NCAA Cross Country Championships
- Eleven NCAA Championships cross country participants
- Nineteen NCAA All-Region cross country runners
- Eight All-ACC cross country runners
- One All-BIG EAST cross country runner
- Twelve ACC Champions (track)
- One BIG EAST Champion (track)
- Twenty-three 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

JENNIFER MCGRANAHAN

ASSISTANT CROSS COUNTRY/DISTANCE COACH

Jennifer McGranahan joins the Hokies for the 2009-10 season as the assistant cross country coach and assistant distance coach.

McGranahan comes to Tech from Pensacola, Fla., where she served as a personal trainer for her own business, Swiftly Running, and head coach for a specialty running store, in 2008 and 2009. She coached the My First 5k, the Pensacola Double Bridge 15k and the My First 10k programs, in addition to creating and implementing new 12-



16 week training programs to help adults progress their running fitness.

From 2006-07, McGranahan was a graduate assistant coach for the cross country and track and field men's and women's teams at the University of West Florida. She was charged with the day-to-day training, recruitment of athletes and travel arrangements for the Argonauts. She also was a graduate assistant for the exercise science department and taught the lab, "Exercise Testing and Prescription" to undergraduates.

While at West Florida, McGranahan worked at an internship with the Wellness Center at NAS Pensacola. She implemented training programs for active, dependent and retired personnel as assistant to the head trainer at the base.

Prior to her time at West Florida, McGranahan served as the head girls and boys cross country coach at St. Mary's High School in Colorado Springs, Colo., and worked at The Country Club of Colorado as aquatics manager from 2003-05.

In 2002-03, McGranahan coached at Carmichael Training Systems, a coaching service that improves all levels of an athlete's endurance and aerobic development, in Colorado Springs, Colo.

As an athlete at the University of Florida, McGranahan was an All-SEC and All-Regional cross country runner. She also achieved All-SEC honors in the 5,000- and 10,000-meters in track. She was also the top Gator runner at the 1997 NCAA Cross Country Championships, finishing 31st, and placed second at the National Junior Cross Country Championships as a freshman.

At Pensacola High School, McGranahan broke the meet record in the Vulcan cross country meet, clocking a time of 17:10 in the 5k race.

McGranahan received her bachelor's degree in sports management from the University of Florida in 2002 and earned her master's in exercise science from West Florida in December of 2007.

BOB PHILLIPS

ASSISTANT TRACK & FIELD COACH (POLE VAULT)

Former Virginia Tech All-American Bob Phillips begins his 26th year as coach of the Hokie pole vaulters.

The pole vaulting corps racked up the accolades in 2009. Yavgeniy Olhovsky continued his stellar Tech career, notching two All-America honors and setting an indoor ACC and school record with a vault of 18-02.50 at the VT Elite Meet. Olhovsky also swept the conference titles in the event at the indoor and outdoor meets. Phillips coached Hunter Hall to two All-America honors and helped newcomer Abby Schaffer to the indoor ACC women's pole vault title. Schaffer also set the school's indoor record on the women's side, clearing 13-07.75 at the VT Challenge.



2008 was another successful notch in Phillips' hall of fame belt, guiding Tech pole vaulters to three All-America honors, two ACC championships and five all-conference performances. In the indoor season, Phillips coached his daughter, Kelly Phillips, to the

conference crown in the pole vault as a freshman. On the men's side, Olhovsky burst onto the scene with a second-place effort in the pole vault at the Indoor ACC Championships and a fifth-place vault of 17-08.50 at the NCAA Indoor Championships. Olhovsky came back in the outdoor season and received another All-America honor in the pole vault, clearing 17-02.75 for a tie for second place at the NCAA Outdoor Championships. Erin Mahony won her second ACC pole vault title with a vault of 12-09.50 in the outdoor season. Mahony and Phillips both qualified for the national meet, with Phillips capturing All-American status placing sixth overall.

The 2007 campaign was another record-filled year for Phillips' vaulters. Thorsten Mueller became Virginia Tech's fifth All-American in the pole vault with a seventh-place finish at the NCAA Indoor National Championships. Five vaulters qualified for the NCAA Outdoor Championships, more than any other team in the country and seven vaulters qualified for the NCAA Regional Championships, including Mahony who became Tech's first-ever women's NCAA Regional vault champion. On the men's side, three Virginia Tech vaulters advanced to nationals, 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).

In 2006, senior Brian Mondschein earned All-America honors for the third time with 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. The pole vault crews then tallied 23 points at the ACC outdoor championships, with Mondschein winning his third ACC championship.

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 23 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.

STACEY VIDT

TECHNICAL DIRECTOR

Former Tech cross country runner Stacey Vidt is in her fifth year with the cross country and track & field teams, and her first as Technical Director. Vidt assumed the role of Technical Director in the summer of 2009, after spending 2005-09 as the assistant distance coach. Vidt competed



as a distance runner for Tech's cross country and track & field teams from 1999-2003.

As Technical Director, Vidt handles the operations aspects of the squad. Her responsibilities include the team itineraries and budget, travel arrangements, team liaison to the equipment

and compliance departments, administrative duties on recruitment of athletes and more. Her position is essential to the successful operation of the program.

During her first year as assistant cross country coach, 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. In 2007, Vidt helped Fanning become Tech's fourth woman, second NCAA

and eighth overall All-American in cross country. Vidt and Fanning followed that up in 2008 with another All-America honor in cross country, and a Southeast Regional championship, a first for a Tech runner, male or female.

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 3,000-meter steeplechase and indoor distance medley relay. She also qualified for the 2003 NCAA Southeast Regional in the 5,000-meter. Vidt recorded a fourth-place finish in the 10,000-meter 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. She had personal bests of 4:34.10 in the 1,500-meter, 10:03.79 in the 3,000-meter, 16:52 in the 5,000-meter and

36:28.40 in the 10,000-meter.

Vidt has competed in three marathons. She ran her personal best time of 2:59.03 at the Marine Corps Marathon on Oct. 28, 2007 in Washington D.C. The effort raised over 100,000 dollars for the Hokie Spirit Memorial Fund.

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.

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 800-meter, 1,600-meter and the 3,200-meter and set four school records. Her school records in the 800-meter, 1,600-meter and 3,200-meter events are still standing.

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

VOLUNTEER COACHES

ADAM BINGAMAN POLE VAULT

Adam Bingaman enters his third year as volunteer assistant coach at his alma mater, Virginia Tech.



While with the Hokies, Bingaman regionally qualified twice in the pole vault and earned a trip to the NCAA Championships in 2007 with a fourth-place vault at the East Regional meet. He also

recorded an All-ACC selection in 2007 in the pole vault.

Bingaman graduated magna cum laude from Virginia Tech in May 2008 with a B.S. in electrical engineering. Bingaman is a native of New Berlinville, Pa.

WILL COLLINS THROWS

Former Virginia Tech thrower Will Collins joins the Virginia Tech track and field coaching staff this season as a volunteer coach who will assist with the throws unit.



Collins was a finalist in both the weight throw and shot put at both the ACC and Big East indoor and outdoor championships in his time with the Hokies.

His best conference finish came at the 2003 Big East Outdoor Championships, where he placed sixth in the shot put.

The Chesterfield, Va., native graduated in 2006 with a degree in civil engineering from Virginia Tech.

ADAM LINKENAUER JUMPS

After a decorated career at Clemson, Adam Linkenauger joins the Virginia Tech track and field staff as a volunteer coach for the 2009-10 season. Linkenauger will assist sprints/hurdles/jumps coach Charles Foster.



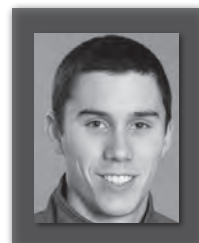
A native of Roanoke, Va., Linkenauger attended Lord Botetourt High School where he was a three-time High School All-American in

the high jump, as well as the 2003 Penn Relays' high jump champion. At Clemson he won seven ACC titles, including four consecutive outdoor championships. He qualified for the NCAA Championships six times in his collegiate career and owns a personal best of 7-03.75.

BRIAN MONDSCHN POLE VAULT

Brian Mondschein begins his fourth season as a volunteer coach, 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 the outdoor (18'1.75") pole vault event. Mondschein qualified for the NCAA National Championships a total of five times in his career and was a 2008 Olympic trials qualifier.



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

ERIN MAHONY POLE VAULT

Erin Mahony enters her second season as a volunteer assistant coach, after completing her Virginia Tech track and field career in 2008. Mahony will be working with the pole vaulters during the 2010 season.



During the 2008 season, Mahony solidified her place as one of the most prolific pole vaulters in Tech history. She won the pole vault competition at the NCAA East Regional for the second straight

year, claimed the ACC crown for the women's outdoor pole vault and qualified for her second consecutive national outdoor meet.

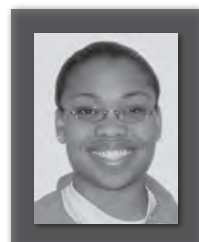
In her career, Mahony finished with two ACC Championships, four All-ACC honors, as well as being named to the All-ACC academic teams in 2005 and 2006.

Hailing from Virginia Beach, Va., Mahony received a B.S. in industrial and systems engineering from Virginia Tech in 2008.

CLEOPATRA BOREL-BROWN THROWS

Cleopatra Borel-Brown returns for her eighth season as a volunteer coach for the Tech track and field program. She was a volunteer throws coach for four years and was an administrative assistant for the track and field program through the 2009 season. She brings with her a wealth of international and collegiate experience.

Borel-Brown earned a spot on the Trinidad and Tobago Olympic team again in 2008,



her second trip to the Olympic Games, and competed in the shot put in Beijing, China, finishing 17th overall in the qualifying round.

She won 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 ninth 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 at 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.

2008 Season Accomplishments in Shot Put

- Olympian in the shot put for Trinidad & Tobago

2007 Season Accomplishments in Shot Put

- North American Central American and Caribbean 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
- Indoor Personal Record: 19.48 m (63'11")

MEN'S ROSTER

Name	Class	Event	Hometown	High School/Other
Ebenezer Amegashie	Jr.	Sprints/Hurdles	Dumfries, Va.	Potomac
Jared Berman	Fr.	Distance	Fairfax, Va.	James Robinson
Ronnie Black	So.	Jumps	Newport News, Va.	Menchville/VCU
Logan Collins	So.	Mid-Distance	Orange, Va.	Orange County
William Comfort	Fr.	Sprints	Alexandria, Va.	West Potomac
Devin Cornwall	Sr.	Distance	Culpeper, Va.	Culpeper County
Jason Cusack	So.	Distance	Griswold, Conn.	Griswold
Joe Davis	Jr.	Pole Vault	Sarasota, Fla.	Riverview
Tihut Degfae	Fr.	Distance	Yirgalem, Ethiopia	Thomas A. Edison
Ryan Hagen	Fr.	Distance	Sterling, Va.	Potomac Falls
Hasheem Halim	So.	Jumps	Lilburn, Ga.	Berkmar
Hunter Hall	r-Jr.	Pole Vault	Fort Wayne, Ind.	Homestead
Michael Hammond	So.	Mid-Distance	Midlothian, Va.	Midlothian
Eric Hoepker	So.	Mid-Distance	Haymarket, Va.	Battlefield
Nobel Iyebote	So.	Sprints	Lorton, Va.	South County
Jared Jodon	Jr.	Pole Vault	Uniontown, Pa.	Laurel Highlands
Eddie Judge	Jr.	Mid-Distance	Virginia Beach, Va.	Cox
Matt Kroetch	Sr.	Distance	Oakton, Va.	Oakton
Marcel Lomnicky	So.	Throws	Nitra, Slovakia	Sport Grammar School Nitra
Denis Mahmic	Fr.	Throws	Zagreb, Croatia	Railway Technical School
Jonathan McCants	Fr.	Sprints	Alexandria, Va.	West Potomac
Nick McLaughlin	Jr.	Mid-Distance	Leesburg, Va.	Heritage
Jeff Miller	Jr.	Mid-Distance	Lorton, Va.	South County
Mike Miller	Jr.	Pole Vault	Keezletown, Va.	Broadway
Igor Misljenovic	Sr.	Throws	Zagreb, Croatia	XIII Gimnazija
Will Mulherin	So.	Distance	Yorktown, Va.	Tabb
Matej Muza	Sr.	Throws	Zagreb, Croatia	Sportska Gimnazia
Yavgeniy Olhovksy	Sr.	Pole Vault	Petah-tivka, Israel	Ort Technnickum Givataim
Keith Ricks	So.	Sprints	Suffolk, Va.	King's Fork
Keare Smith	So.	Sprints/Hurdles	Garner, N.C.	Southeast Raleigh Magnet
Matthias Treff	So.	Throws	Burgthann, Germany	Sportgymnasium Halle
Chris Walizer	Jr.	Mid-Distance	Hershey, Pa.	Hershey
Brian Welch	So.	Distance	Richmond, Va.	Mills E. Godwin
David Wilson	Fr.	Sprints, Jumps	Danville, Va.	George Washington
Ryan Witt	Jr.	Mid-Distance	Winchester, Va.	Sherando
Alexander Ziegler	Fr.	Throws	Dischingen, Germany	Schiller Gym Heidenheim

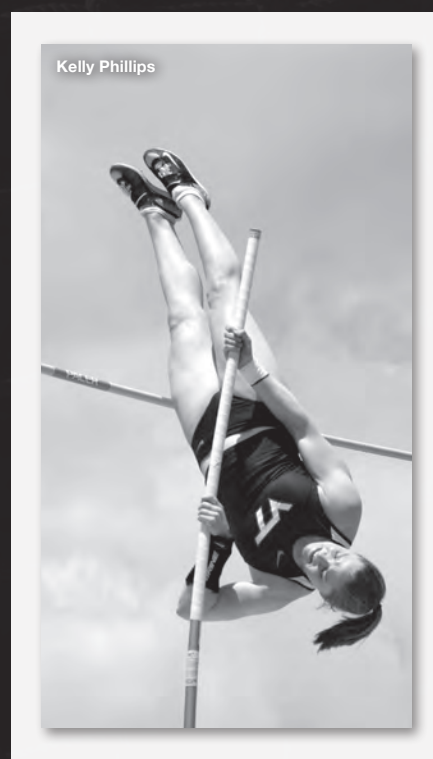


Yavgeniy Olhovksy

WOMEN'S ROSTER

Name	Class	Event	Hometown	High School/Other
Funmi Alabi	Fr.	Sprints	Elkridge, Md.	Long Reach
Leigh Allin	Fr.	Pole Vault	Lexington, Ky.	Henry Clay
Yvonne Amegashie	Fr.	Sprints/Hurdles	Woodbridge, Va.	Potomac Senior
Elise Birnbaum	Sr.	Pole Vault	Orlando, Fla.	Winter Park
Aunye Boone	So.	Sprints	St. Leonard, Md.	Calvert
Kristi Castlin	Sr.	Sprints/Hurdles	Douglasville, Ga.	Chapel Hill
Emma DeJarnette	Fr.	Pole Vault	Mechanicsville, Va.	Atlee
Sammy Dow	r-Fr.	Distance	Midlothian, Va.	Midlothian
Frances Dowd	Fr.	Distance	Fairfax, Va.	Fairfax
Casey Gresham	Fr.	Distance	Chesapeake, Va.	Western Branch
Dorotea Habazin	Jr.	Throws	Zagreb, Croatia	Sportska Gimnazija
Queen Harrison	Sr.	Sprints/Hurdles	Richmond, Va.	Hermitage
Kelly Kavanaugh	Fr.	Distance	Fairfax, Va.	James Robinson
Lindsey King	Jr.	Distance	Norcross, Ga.	Norcross
Lauren Lemieux	So.	Mid-Distance	Huntsville, Ala.	Virgil I. Grissom
Julianna Levy	Fr.	Mid-Distance	San Ramon, Calif.	California
Jackie Merrick	Jr.	Mid-Distance	West Chester, Pa.	Henderson
Ogechi Nwaneri	So.	Sprints	Maplewood, N.J.	Chatham
Katelyn Oldham	Fr.	Distance	Wilmington, Del.	The Tatnall School
Kelly Phillips	r-Jr.	Pole Vault	Blacksburg, Va.	Blacksburg
Lauren Pinkston	r-Fr.	Distance	Herndon, Va.	Herndon
Taryn Schrader	Fr.	Distance	Virginia Beach, Va.	Bishop Sullivan Catholic
Erin Stehle	r-Fr.	Distance	Midlothian, Va.	Midlothian
Caítlín Thornley	r-Jr.	Pole Vault	Greensboro, N.C.	Ragsdale
Jessica Trapani	Jr.	Distance	Fairfax, Va.	Fairfax
Jennifer van der Sloot	Fr.	Distance	Morgantown, W. Va.	University
Anne Vaughan	Fr.	Distance	Ashland, Va.	St. Catherine's School
Erika Weidman	Fr.	Distance	Alexandria, Va.	T.C. Williams
Natalie Woodford	Fr.	Mid-Distance	Roanoke, Va.	Patrick Henry
Asia Washington	Sr.	Sprints/Hurdles	Piscataway, N.J.	Piscataway
Taylor Williams	So.	Sprints/Hurdles	Hampton, Va.	Bethel

r- redshirt



Kelly Phillips

WOMEN'S OUTLOOK

The Virginia Tech women's track and field squad compiled a terrific 2008-09 season, featuring six All-America honors, 10 ACC champions and seven school records. As a team, the Hokies tied for 12th at the NCAA Outdoor Championships, the best finish at the meet in Tech history, and earned second place at the ACC Outdoor Championships. After the season, Kristi Castlin and Asia Washington competed in the U.S. Track and Field Championships, in the 100-meter hurdles and the 400-meter hurdles, respectively, continuing Tech's excellent legacy in national events. The squad also performed well outside of the track as well. Kristi Castlin, Asia Washington, Shakirra Pinnock, Natalie Sherbak, Erika Schroeder and Kelly Phillips all garnered All-ACC academic accolades on the year. Castlin, Washington, Phillips and Sherbak, along with Elise Birnbaum, Caitlin Thornley, and Abby Schaffer all achieved USTFCCCA All-Academic recognition as well. With 17 athletes returning off last year's squad, the Tech women look to reach new heights in the 2009-10 campaign.

"There is no doubt that our women's team will continue to challenge for ACC titles," Tech Director of Track and Field Championship Dave Cianelli said. "What makes this year so exciting is, I believe we can be a top-five team at the NCAA Championships. Our returning athletes will have to do their jobs and our freshmen will have to step up to the challenge."

Sprints/Hurdles/Jumps

The Hokie sprints and hurdles unit is coming back this season healthy and has a chance to deliver a special season for Virginia Tech track and field. 2009 All-Americans Castlin and Washington, along with Queen Harrison, a 2008 Olympian and three-time All-American, give the Hokies a strong trio to anchor the unit under the direction of new sprints, jumps and hurdles coach Charles Foster.

Castlin tallied her fourth and fifth All-America honors with runner-up finishes at the NCAA Indoor 60-meter hurdles and the NCAA Outdoor 100-meter hurdles, respectively, last year. Washington had a breakout year in 2008-09, winning the ACC championship in the 400-meter dash during the indoor season and qualifying for the national meet in the event. The Piscataway, N.J., native followed that up with a third place finish in the 400-meter hurdles at the ACC Outdoor meet, and her second All-America honor with a fourth-place finish in the event at the NCAA Outdoor meet. Prior to suffering a hamstring injury, Harrison was having her best season, winning outdoor conference titles in the

100-meter and 400-meter hurdles, garnering the ACC Women's Performer of the Year award.

The Hokies also bring back All-ACC sprinters Aunye Boone and Ogechi Nwaneri. As freshmen in 2009, Boone placed third at the ACC meet in the 200-meters in a personal-best time of 23.57, and Nwaneri finished third in the 60-meters during the indoor season, as well as being a finalist in the 100- and 200-meters at the ACC Outdoor Championships. Nwaneri recorded a career-best time of 7.40 in the 60-meters, while running personal records of 11.57 and 23.82 in the 100- and 200-meters, respectively.

Tech welcomes two highly-recruited freshmen in Funmi Alabi and Yvonne Amegashie in 2009-10. Alabi out of Long Reach High School in Columbia, Md., was a Nike Outdoor National Meet Finalist in the 100-meters with a time of 11.70. Amegashie was one of the top 400-meter runners in Virginia over the past two years at Potomac High School in Woodbridge, Va. She brings a 400-meter personal-best time of 55.19 to Virginia Tech.

Throws

Returning to the Hokies throws unit this season will be Dorotea Habazin, who is coming off a stellar 2008-09 year. Habazin won ACC titles in the weight throw and the hammer throw, and received berths to the NCAA meet in both events. At the NCAA Outdoor meet, the Zagreb, Croatia product finished fourth to achieve her first career All-America accolade. Habazin launched a 216-06 throw at the Georgia Tech Invite to break her own school record in the event. As the lone returner to the women's throws unit, Habazin will be called upon in a big capacity for the Hokies this season.

Distance

The women's distance crew lost a lot of production off of last year's squad. Natalie Sherbak, who won the indoor 5,000-meter and outdoor 10,000-meter ACC crowns, four-time All-American Tasmin Fanning, 2007 All-American Jessica Fanning and 2008 All-ACC competitor Erin Reddan all were lost to graduation. Replacing them will be several talented, but young, runners looking to surprise this year.

Lauren Lemieux will look to lead the way with the distance unit. The Huntsville, Ala., native primarily ran middle distance in her freshman campaign, and performed well. She won the 800-meters at the Liberty Twilight, and placed first in the 1,500-meters at the HP Vertklasse Meet. Junior Jessica Trapeni had a strong cross country campaign, consistently being the first Hokie across the line. Trapeni competed in

the longer distances for the most part in 2008-09, with her top finish coming in the outdoor 5,000-meters at the Tar Heel Classic with a time of 17:38.27. After a promising 2009 cross country season, Trapeni, Lemieux, along with redshirt freshmen Sammy Dow and Lauren Pinkston will pace the distance unit.

Juniors Lindsey King, Jackie Merrick and sophomore Erin Stehle, along with newcomers Frances Dowd, Casey Gresham, Kelly Kavanaugh, Julianna Levy, Katelyn Oldham, Taryn Schrader, Anne Vaughan, Erika Weidman, Natalie Woodford and Jennifer van der Sloot will give the unit depth this season. Kavanaugh gained valuable experience, running in the 2009 Southeast Regional during the cross country season, while Kavanaugh and Gresham also ran in the 2009 ACC Cross Country Championships.

Pole Vault

Always a strength for the Hokie track and field program, 2009 should be no different for the women's pole vault unit, as the squad brings back three strong vaulters, Kelly Phillips, Elise Birnbaum and Caitlin Thornley, as well as adds two highly touted freshmen, Leigh Allin and Emma DeJarnette.

Though injured for a period during the indoor season, Phillips, daughter of Tech pole vault coach Bob Phillips, still managed to tie for second at the ACC indoor meet. Coming off a wrist injury, Phillips cleared 13-01.50 at the meet. The Blacksburg, Va., native regionally qualified in the outdoor season, with a season-best, sixth-place effort at the ACC Outdoor Championships, vaulting 12-07.50. Phillips earned All-American recognition in 2008, and now fully recovered, looks to return to that status this season.

Phillips is joined by returnees Elise Birnbaum and Caitlin Thornley. Both athletes made great strides last year, as each regionally qualified and notched personal records during the indoor season. Birnbaum cleared a personal-best 12-11.50 at the VT Challenge, while Caitlin Thornley also earned a career-best vault of 12-08.25 at the Final Qualifier. As both continue to improve, the duo could be strong contenders in the ACC and national meets.

Tech also adds two championship athletes to the group this year in Allin and DeJarnette. Allin is a two-time Kentucky state champion in the pole vault, and set the state record in the pole vault as a senior. DeJarnette won three state championships of her own at Atlee High in Mechanicsville, Va., for coach Kyle Bishop. Both athletes bring a pedigree of success to the already-impressive Hokie pole vault corps.

KRISTI CASTLIN

SENIOR • SPRINTS/HURDLES | DOUGLASVILLE, GA. • CHAPEL HILL H.S.

2009 Outdoor: Competed at the USA Championships, where she advanced to the semifinals of the 100-meter hurdles ... Garnered her second All-



America accolade in the 100-meter hurdles, finishing runner-up at the NCAA Championships with a time of 13.15 ... Won the NCAA East Regional championship in the 100-meter hurdles with a season-best time of 12.89 ...

Placed second at the ACC Championships in the 100-meter hurdles with a time of 13.28 ... Ran under 13 seconds in the 100-meter hurdles three times on the season ... Earned runner-up in the 100-meter hurdles, clocking 13.04 at the Texas Relays ... Won the Georgia Tech Invite's 100-meter hurdles ... Named to USTFCCCA and ACC all-academic squads.

2009 Indoor: Achieved third straight All-America honor in the 60-meter hurdles, clocking 8.07 to finish third ... Won the ACC title in the 60-meter hurdles with a season-best time of 8.03 ... Finished first in the 60-meter hurdles at the Virginia Tech Invitational ... Ran fastest time in the semis of the Penn State National's 60-meter hurdles, crossing the line in 8.05 ... Placed second in the 60-meter hurdles with a time of 8.28 at the VT Hokie Invite ... Earned academic all-conference accolades.

2008 Outdoor: Advanced to the semifinals of the 100-meter hurdles at the Olympic Trials where she ran a time of 13.00 for 14th place ... Qualified for NCAA Championships in the 100-meter hurdles after finishing fifth at the NCAA East Regional ... In the 100-meter hurdles at the Miami Invitational, Castlin earned a career-best time of 12.81 ... Conference champion in the 100-meter hurdles, clocking in at 12.89 ... Also scored for the Hokies at the ACC Championships in the 100-meter and 200-meter dashes with third and sixth-place finishes, respectively ... Member of 4x100-meter relay squad that earned fourth overall with time of 44.60 ... Finished second in the 100-meter hurdles at the NACAC under-23 championships ... Won the 100-meter hurdles at the UNC Elite and the Hurricane Invitational, and finished runner-up in the event at the Georgia Tech Invitational ...

2008 Indoor: Earned third All-America honor, and second in the 60-meter hurdles, at the NCAA Indoor Championships, where she ran 8.02 and finished runner-up ... Ran third leg of collegiate record setting 4x200-meter squad with time of 1:36.43 ... Ran personal best and school record in the 60-meter hurdles with a time of 8.01 at the Virginia Tech Last Chance Meet ... Set school record in the 55-meter hurdles at the Virginia Tech Invitational with a time of 7.59 ... Placed second in the 60-meter hurdles at the ACC Indoor Championships, running 8.15 ... Scored at the conference meet for the Hokies with an eighth-

PR: 55m – 7.04; 60m – 7.47; 55m Hurdles – 7.59; 60m Hurdles – 8.01; 100m – 11.79; 100m Hurdles – 12.81; 200m – 23.99

- 2008 Olympic Trials qualifier
- 2007, 2008, 2009 All-American – 60-meter hurdles
- 2007, 2008 All-American – 100m Hurdles
- 2009 ACC Champion – 60m Hurdles
- 2007, 2008 ACC Champion – 100m hurdles
- 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)
- 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 Outdoor Freshman of the Year
- School record holder – 55m Hurdles, 60m Hurdles, 4x200m Relay, 4x100m Relay

place finish in the 60-meter dash ... Ran automatic-qualifying time of 8.07 in the 60-meter hurdles at the Virginia Tech Elite meet ... Named co-Performer of the Week in the ACC on January 15.

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.

DOROTEJA HABAZIN

JUNIOR • THROWS | ZAGREB, CROATIA

2009 Outdoor: Achieved her first All-America accolade, tossing a 214-11 in the hammer throw for fourth place at the NCAA Championships ...



Broke school record in the hammer with a launch of 216-06, winning the event at the Georgia Tech Invitational ... Took first in the hammer throw at the NCAA East Regional, with a mark of 207-11 ... Named Southeast Region Field Athlete of the Year for her effort ... Won second consecutive ACC hammer throw crown ... Placed second in the event at the Texas Relays.

2009 Indoor: Claimed first ACC indoor title in the weight throw, tossing 64-02.50 ... Just missed All-American status with a ninth-place showing in the national meet's weight throw, throwing 65-02 ... Tossed a career-best 65-03.50 in the Final Qualifier ... Won the weight throw title at the VT Challenge and placed second in the event at both the VT Elite and the VT Hokie Invitational.

2008 Outdoor: Launched a personal-best and school record toss of 213-11 in the hammer throw to win the conference title at the ACC Championships ... The throw also set an ACC Meet record ... Threw the hammer 200-10 for fourth place in the NCAA East Regional to qualify for the national meet ... Tossed a 197-05 in the prelims of the hammer throw at the NCAA Championships ... Recorded three victories in the hammer throw on the season ... Finished second in the hammer throw at the Sea Ray Relays with a throw of 206-03.

2008 Indoor: Scored points for Virginia Tech at her ACC Championship meet with a fifth-place finish in the weight throw, tossing a 59-01.50.

High School: Four-time junior national champion in the hammer throw ... Placed Fourth at the World Youth Championships in 2005 ... Tossed a 197-foot launch for 20th-place in the hammer throw in the European Junior Championships in 2007 ... Won the Croatian Junior Championship in 2004, 2005 and 2006 ... Her then-personal-best throw of 217-8 earned her a No. 2 World Junior ranking in the event for 2007 ... Was top ranked junior hammer thrower in Croatia from 2004-2007.

Personal: Born June 14, 1988 in Zagreb, Croatia ... Daughter of Mirko and Biserka Habazin ... Enrolled in university studies.

PR: Hammer Throw – 65.98m (216-06); Weight Throw – 19.90m (65-03.50)

- 2009 All-American – Hammer Throw
- 2009 ACC Champion – Weight Throw
- 2008, 2009 ACC Champion – Hammer Throw
- 2008 NCAA Indoor National Meet Qualifier – Weight Throw
- 2008 NCAA Outdoor National Meet Qualifier – Hammer Throw
- School Record Holder – Hammer Throw (216'06")



QUEEN HARRISON

SENIOR • SPRINTS/HURDLES | RICHMOND, VA. • HERMITAGE H.S.



PR: PR: 55m Hurdles – 7.77; 60m Hurdles – 8.02; 100m Hurdles – 12.70; 400m Hurdles – 54.60; 400m – 52.88

- 2008 Olympian
- Three-time All-American – 60m Hurdles (2008), 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 (3:38.62)
- Outdoor school record - 4x400m relay (3:32.05), 400m (52.88), 100m-hurdles (12.70), 400m Hurdles (54.60)

2009 Outdoor: Swept the hurdles competitions at the ACC meet, winning the 400-meter and 100-meter hurdles with times of 56.03 and 13.14, respectively ... Won ACC Women's Performer of the Year for her effort at the conference meet ... Finished first in the 400-meter hurdles at Texas Relays with time of 57.38 ... Injury forced her to miss NCAA Regional and Championship meets.



2009 Indoor: Ran career-best 8.02 in the 60-meter hurdles en route to winning the event at the Penn State National ... Won the 400-meters at the Penn State National, clocking 53.67 ... Earned ACC

Performer of the Week on Feb. 3 ... Placed third in the 500-meters at the Virginia Invitational.

2008 Outdoor: Made Virginia Tech history by becoming only the second Hokie, and first female Tech track and field athlete to earn a spot on the U.S. Olympic squad ... Advanced to the semifinals in the 400-meter hurdles at the Olympic Games ... Finished second in the 400-meter hurdles finals with a school-record time of 54.60 at the Olympic Trials to ensure herself a spot on the American team ... Won the 100-meter hurdles and 400-meter hurdles East Regional title with times of 12.70, a school record, and 54.69 ... Set the school record in the outdoor 400-meter dash coming in at 52.88 at the Georgia Tech Invitational ... Ran opening leg of the 4x400-meter relay squad

that took runner-up at the NCAA East Regional ... Sprinted third leg on the 4x100-meter relay team that finished fourth at the regional meet ... Won seven individual races on the season, three in the 100-meter hurdles and two each in the 400-meter hurdles and 400-meter dash ... Qualified for the national meet in the 100-meter hurdles, 400-meter hurdles, 4x100-meter relay and the 4x400-meter relay.

2008 Indoor: Earned All-American status for the third time with a third-place finish in the 60-meter hurdles at the NCAA Championships ... Member of ACC champion 4x400-meter relay squad that crossed the line in 3:41.27 ... Ran opening leg of school-record 4x400-meter relay unit that earned a time of 3:38.62 ... Finished second at the conference meet in the 400-meter dash with time of 55.07 ... Claimed fourth at the ACC Championships in the 60-meter hurdles ... Set school record in the 500-meter dash with time of 1:12.75 ... Member of collegiate record-setting 4x200-meter relay squad that crossed the line in 1:36.43.

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 season-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 former 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 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.

KELLY PHILLIPS

R-JUNIOR • POLE VAULT | BLACKSBURG, VA. • BLACKSBURG H.S.

2009 Outdoor: Took sixth at the ACC Championships' pole vault with a regional-qualifying clearance of 12-07.50 ... Matched season-best vault of 12-07.50 in an eighth-place effort at the Texas Relays ... Finished fourth in the pole vault at the Tar Heel Classic ... Selected to USTFCCCA all-academic squad ... Earned ACC all-academic honors.



2009 Indoor: In first competition of the season, tied for second in the pole vault at the ACC Championships, clearing 13-01.50 ... Placed fourth with a vault of 13-02.25

at the Final Qualifier ... Received ACC all-academic recognition.

2008 Outdoor: Achieved All-American status with a six-place vault of 13-05.25 at the NCAA Championships ... Finished runner-up in the pole vault at the NCAA East Regional, clearing 13-03.75 ... Placed fifth in the pole vault at the ACC Championships with a vault of 12-01.50.

2008 Indoor: Qualified for the national meet in the pole vault ... Won the ACC title in the pole vault, clearing 13-01.50 ... Vaulted a personal best 13-06.50 in a first-place effort at the Penn State National Invite ... Tallied four victories, and two runner-ups in the pole vault on the season.

2007 Outdoor: Redshirted ... Jumped in five meets as an unattached athlete, raising her season 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 season-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 12, 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.

PR: 4.13m (13'6.5")

- 2009 All-ACC – Indoor Pole Vault
- 2008 All-American – Pole Vault
- 2008 ACC Champion – Indoor Pole Vault
- 2008 Indoor National Qualifier (Pole Vault)
- 2008 Outdoor National Qualifier (Pole Vault)



ASIA WASHINGTON

SENIOR • SPRINTS/HURDLES | PISCATAWAY, N.J. • PISCATAWAY H.S.

2009 Outdoor: Garnered her first outdoor All-America honor in the 400-meter hurdles, placing fourth with a time of 57.05 ... Earned a third place finish in the 400-meter hurdles at the ACC Championships, crossing the line in a personal best 56.90 ... Finished sixth at the NCAA East Regional in the 400-meter hurdles ... Placed second at the Texas Relays' 400-meter hurdles with a time of 58.41 ... Took fourth in the



200- and 400-meters at the Liberty Twilight.

2009 Indoor: Qualified for the national meet in the 400-meter dash ... Captured the ACC crown in the 400-meters with a time of 54.18 ... Clocked a career-best and school record 53.66 at the Final Qualifier ... Broke the school records in the 500- and 600-meters, crossing the line in 1:12.23 and 1:31.84, respectively ... Placed first in both events ... Crossed the line in third in the VT Elite's 800-meters, clocking 2:11.75 ... Finished seventh in the 60-meter hurdles with a time of 8.56 ... Competed in six different events on the season ... Earned academic All-ACC honors.

2008 Outdoor: Earned sixth place in the 800-meter run at the ACC Championships with a time of 2:09.37 ... Qualified for the NCAA Championships in the 400-meter hurdles ... Ran second leg of the NCAA East Regional runner-up 4x400-meter relay squad that set a school record of 3:32.05 ... Took ninth at the NCAA East Regional in the 400-meter hurdles ... Won the 800-meter crown at the Murray Neely Invitational.

2008 Indoor: Broke her own school record in the 800-meter run at the Virginia Tech Last Chance meet, clocking 2:07.88 ... Member of the ACC Champion 4x400-meter relay unit that ran a time of 3:41.27 ... Sprinted the third leg on the school-record setting 4x400-meter relay squad at the Virginia Tech Elite Meet ... Ran the 800-meter leg of the distance medley relay team that placed second at the ACC Championships ... Placed 10th in the 800-meter run at the conference meet.

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 season-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

PR: 400m – 53.66; 500m – 1:12.23; 600m – 1:31.84; 800m – 2:07.88; 400m Hurdles – 56.90

- 2009 All-American – 400m Hurdles
- 2007 All-American – Distance Medley Relay
- 2009 ACC Champion – Indoor 400m
- 2008 ACC Champion - 4x400-meter relay
- 2008 NCAA National Meet Qualifier - 400m Hurdles
- School Record Holder – Indoor 800m (2008), Indoor 500m (2009), Indoor 600m (2009), Indoor 400m (2009)
- School Record Holder – Indoor 4x400m Relay (2008)
- School Record Holder – Indoor Distance Medley Relay (2007)
- School Record Holder – Outdoor 4x400m Relay (2007)
- School Record Holder – Outdoor Sprint Medley Relay (2007)

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) ... Set 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.

ELISE BIRNBAUM

SENIOR • POLE VAULT
ORLANDO, FLA., WINTER PARK H.S., ARKANSAS STATE

PR: PV - 3.95m (12'11.5")



2009 Outdoor: Took third in the pole vault at the Tar Heel Classic with an outdoor season-best 12-07.50 ... Earned 15th in the pole vault at the NCAA East Regional, vaulting 12-06 ... Tied for fifth in the event at the Texas Relays ... Finished runner-up in the pole vault twice on the season, at the Liberty Twilight and the Fred Hardy Invitational.



2009 Indoor: Vaulted a personal-best 12-11.50 at the VT Challenge for third place in the pole vault ... Won the event at the VT Elite Meet with a clearance of 12-06.75 ... Finished third in the Penn

State National's pole vault, clearing 12-08 ... Placed 10th in the event at the conference meet.

2008 Outdoor: Placed fourth in the pole vault at the ACC Championships, clearing 12-05.50 ... Won the pole vault at the Liberty Twilight with a vault of 12-07.75 ... Regionally qualified in the pole vault, and earned 14th at the meet with a vault of 12-00.

2008 Indoor: Cleared a season-best 12-09.50 at the Virginia Tech Challenge for fourth place ... Registered her highest finish of the season, with a runner-up placing in the pole vault at the Niswonger Invitational ... Finished third in the pole vault at the Penn State National Invite ... Placed fourth at the Virginia Tech Invitational and the Liberty Kickoff Invitational.

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.

AUNYE BOONE

SOPHOMORE • SPRINTS
ST. LEONARD, MD., CALVERT H.S.

PRs: 100m - 11.71; 200m - 23.57; 300m - 38.64

• 2009 All-ACC - Outdoor 200m



2009 Outdoor: Earned All-ACC honors with a bronze medal in the 200 meters at the ACC Outdoor Championships ... Clocked a personal-best 23.57 in the 200-meters at the conference meet, while registering a collegiate-best 11.71 in the 100-meter dash at the meet ... Finished second in the 200-meter dash at the Sea Ray Relays, crossing the line in 24.21 ... Recorded a runner-up showing in the 100-meters at the Liberty Twilight, timing in at 11.74.



2009 Indoor: Clocked an NCAA provisional-qualifying 23.87 at the Final Qualifier in the 200-meter dash ... Came

in second at the Penn State National's 200-meters with a time of 24.20 ... Won the 300-meter dash at the VT Hokie Invitational with a personal-best 38.64.

High School: Four-time All-State honoree and Southern Maryland Athlete of the Year recipient ... Ran a 40.3 300-meter dash at the state meet, breaking a 20-year old record ... Nine-time 2A Maryland state champion ... As a junior won the state championship in the 100-, 200-, 300-, 400- and 500-meter dashes ... Won 14 regional championships in high school career ... First-team all-met selection by the Washington Post in 2008... Nike Nationals qualifier ... Holds prep bests 6.94 in the 55-meters, 11.64 in the 100-meters, 24.1 in the 200-meters and 55.2 in the 400-meters ... Coached by John Major and John Parker ... President of Calvert's National Honor Society ... Four-year member of the honor roll ... Won Maryland Most Outstanding Actor award three times ... Chose Virginia Tech over Penn State and Maryland.

Personal: Born Oct. 28, 1990 in Glen, Burnie, Md. ... Daughter of Russell and Lisa Walker ... Has one brother, Remington Walker (10) ... English major.

LAUREN LEMIEUX

SOPHOMORE • DISTANCE
HUNTSVILLE, ALA., VIRGIL I. GRISSOM H.S.

PRs: 800m – 2:13.37; 1500m – 4:32.82



2009 Cross Country: Competed at the NCAA Southeast Regional ... Recorded best finish of the season at the Dual in the Elk, where she placed second with a 4,000-meter time of 16:22 ... Took third at the Hokie Open ... Earned 63rd at the ACC Championships.



2009 Outdoor: Won the 800-meters at the Liberty Twilight with a time of 2:14.20 ... Ran a personal-best 4:32.82 in the 1,500-meters at the HP Vertklasse Meet to finish first.

2009 Indoor: Clocked a career-best 2:13.37 in the Final Qualifier's 800-meters.

High School: Clocked a career-best time of 19:36 for a 5,000-meter cross country race as a junior ... Received All-Metro Runner honors her senior and junior years ... Member of National Honor Society ... Recipient of Tim Byrne Scholar Athlete Award ... Was Vice President of National English Honor Society ... Coached by David Yates.

Personal: Born Dec. 18, 1989 ... Daughter of Victoria and Gregory Lemieux ... Her father, Gregory, ran cross country and track for the Hokies from 1977-80 ... Has one sister, Andrea, and two brothers, Gregory and Eric ... Majoring in engineering science and mechanics.

OGECHI NWANERI

SOPHOMORE • SPRINTS
MAPLEWOOD, N.J., CHATHAM H.S.

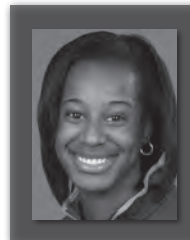
PRs: 60m – 7.40; 100m – 11.57; 200m – 23.82

• 2009 All-ACC – Indoor 60m



2009 Outdoor: Added seven points to the Tech team total after racing to fifth and sixth-place finishes in the 200- and 100-meters, respectively, at the ACC Outdoor Championships ... Clocked in at

24.09 in the 200-meters and 11.66 in the 100-meters in the meet ... Ran career-best 11.57 for fourth place in the 100-meters at the Sea Ray Relays ... Recorded a personal-record time of 23.82 in a fourth-place showing at the Georgia Tech Invitational ... Just missed qualifying for the national meet in 100-meter dash after placing sixth at the NCAA East Regional ... Anchored second-place 4x100-meter relay squad at the ACC meet, which crossed the line in 45.14 ... Helped 4x400-meter relay unit to sixth place finish at the ACC Championships with time of 3:43.17.



2009 Indoor: Earned All-ACC honors by placing third in the 60-meter dash at the ACC Championships ... Clocked a 7.43 in the 60-meters and a 24.34 in the 200-meters at the meet ... Crossed the line in a personal-record 7.40 in the 60-meter dash for first place at the VT Challenge ... Took third at the VT Elite's 60-meter dash.

High School: Placed third in the 60-meter dash at the Nike Indoor Nationals to achieve All-America honors ... Four-time All-State, all-county and all-conference honoree ... Named Performer of the Year as a senior ... Freshman of the year in 2005 ... Sprinted personal-best of 6.93 in the 55-meter dash, the fifth-best time in New Jersey history, and third fastest in the nation in 2008 ... Holds personal records of 7.55 in the 60-meters, 11.65 in the 100-meters and 23.96 in the 200-meters ... Lettered eight times in high school, three in indoor track, four in outdoor track and one in basketball ... Coached by Terrence Ferguson ... National Achievement Scholarship Program participant ... Chose Virginia Tech over Penn State, Florida State and Maryland.

Personal: Born Aug. 16, 1990 in Livingston, N.J. ... Daughter of Tony and Teresa Nwaneri ... Has two brothers Anthony (27) and Michael (26), and both played soccer at Richmond ... Human nutrition foods and exercise major.

FUNMI ALABI

FRESHMAN • SPRINTS
ELKRIDGE, MD., LONG REACH H.S.

PRs: 55m – 7.00; 100m – 11.70;
200m – 24.34

High School: 2009 Nike Outdoor National meet finalist in the 100 meters where she ran a personal best of 11.70. Made first-team all-state twice, and second-team all-state once in prep career ... Three-time, first-team all-district honoree ... Earned first-team All-Metro



honors as a junior ... Named Columbia Flyer and Howard County Player of the Year in 2008 ... Was team's freshman of the year ... Collected team MVP honors three times ... Competed on Howard County Championship team as a freshman ... Lettered seven times in track and field ... Earned honor roll accolades all four years ... Member of National Honor Society and Black Student Union ... Honorable Mention Maryland Scholar ... Coached by Errick Henlon.

Personal: Born April 25, 2009 ... Daughter of Timothy Babalude and Tosin Alabi ... Has three siblings, Oluwakayode, Seye and Imoleayo ... Enrolled in university studies.

YVONNE AMEGASHIE

FRESHMAN • SPRINTS/HURDLES
WOODBIDGE, VA., POTOMAC SENIOR H.S.

PRs: 200m – 24.74;
300m – 40.31; 400m – 55.19;
300m Hurdles – 43.54

High School: Won 21 district and eight Northwest Region championships in prep career ... Took second-place in the 400-meters and 300-meter hurdles at the Virginia State AAA Championships as a junior and senior, respectively ...



Finished 10th in the 400-meters at the Nike Outdoor Nationals ... Named All-State and all-region as a freshman and sophomore ... Four-time all-area honoree ... Received Potomac News Athlete of the Year recognition as a senior ... Broke district records in the 55- and 200-meter dashes ... Set school records in the 300-meter hurdles and the 400-meter dash ... Won Team MVP honors four times ... Lettered in track all four years ... Coached by Steve Petrosky.

Personal: Born Dec. 22, 1990 ... Daughter of Evans and Irene Amegashie ... Has one sister, Sylvia, and two brothers, Patrick and Ebenezer, who is a junior on the Tech track squad ... Enrolled in university studies.

EMMA DEJARNETTE

FRESHMAN • POLE VAULT
MECHANICSVILLE, VA., ATLEE H.S.

PR: PV – 3.81m (12' 6")

High School: Won three Virginia State AAA titles at Atlee High in the pole vault, two indoors and one outdoors ... Received All-State honors as a sophomore and freshman as well ... Five-time region and eight-time district champion ... Holds prep best



of 12-06 ... Named *Richmond Times Dispatch* Scholar-Athlete of the Year finalist ... Lettered in track and field all four years ... Coached by Kyle Bishop.

Personal: Born Sept. 25, 1991 ... Daughter of Eddie and Penny DeJarnette ... Has one twin brother, Ben, who is a distance runner for the Oregon track and field squad ... Majoring in psychology.

SAMMY DOW

R-FRESHMAN • DISTANCE
MIDLOTHIAN, VA., MIDLOTHIAN H.S.

PRs: 1,600m – 5:07; 3,200m – 11:09;
6k XC – 22:16.26



2009 Cross Country: Won ACC Performer of the Week after capturing the Hokie Open individual title ... Paired up with Lauren Pinkston to place third as a unit at the Virginia Tech Relays ... Ran best 5,000-meter split of any Hokie, clocking 18:42.8 ... Finished 15th out of 93 runners at the VT Alumni Invite ... Took 66th at the NCAA Southeast Regional.

2009 Outdoor: Redshirted.

2009 Indoor: Redshirted.

2008 Cross Country: One of the squad's top seven runners as a freshman ... Competed in six meets for the Tech ... Ran career-best 6,000-meter cross country race at the ACC Championships, crossing the line in 22:34.2 for 59th place ... Competed in the NCAA Southeast Regional for the Hokies ... Placed 20th at the Virginia Tech Invitational, running the 4.6k course in 17:39.8.

High School: Earned all-state honors as a junior ... Four-time all-region and all-district honoree ... Helped Midlothian to three VSHL AAA cross country state titles ... Holds personal best time of 18:40 in a 5,000-meter cross country race ... Member of the National Honor Society and a Richmond Sports Backers Scholar-Athlete finalist ... Coached by Stan Morgan.

Personal: Born Nov. 9, 1990 in Schenectady, N.Y. ... Daughter of Kathleen and Glenn Dow ... Has one brother Kyle (14) ... Went to same high school as teammate Erin Stehle and men's runner Michael Hammond ... Human nutrition foods and exercise major.

FRANCES DOWD

FRESHMAN • DISTANCE
FAIRFAX, VA. FAIRFAX H.S.

PRs: 800m – 2:12.01;
1,600m – 5:06.80;
5k XC – 18:31;



2009 Cross Country: Redshirted
High School: Virginia AAA Outdoor State champion in the 800-meter run in 2009 ... Two-time all-region in cross country ... Achieved first-team all-district in cross country as a sophomore ... Named team MVP for cross country squad as a junior and senior ... Won Rookie of the Year honors as a freshman and Most Improved accolades as a sophomore ... First-team All-Northern Region in the 800-meters ... Set school records in the 800 and 1,600-meters ... Earned eight letters in high school career ... Coached by Mark Whalley.

Personal: Born Sept. 25, 1990 in Fairfax, Va. ... Daughter of Ken and Donna Dowd ... Has three sisters, Katie, Amy, Anna and one brother, Kevin ... Went to same high school as teammate Jessica Trapani ... Majoring in business management.

KELLY KAVANAUGH

FRESHMAN • DISTANCE
FAIRFAX, VA., JAMES ROBINSON SECOND.

PRs: 800m – 2:16; 1,000m 2:57.44;
1,600m – 5:07; 6k XC – 22:56.2



2009 Cross Country: Ran in every cross country meet on the season, including the NCAA Southeast Regional ... Clocked a 6,000-meter cross country race career-best time of 22:56.2 with the ACC Championships ... Finished 28th out of 133 runners at the Blue Ridge Open ... Recorded best finish of the season at the Hokie Open, where she took fourth.

High School: Earned all-district honors in cross country as a sophomore and helped lead team to Concord District Championships ... Named Robinson High's Rookie of the Year in cross country her freshman season ... Two-time all-state and five-time all-region honoree in track and field career ... Broke 20-year record for Robinson High with a time of 2:57.44 in the 1,000-meters ... Won the Robinson Athletic Booster Award for indoor and outdoor track ... Nominated for the Donna De Verona Spirit of the Sport Award ... Also swam in high school, helping team to a third-place finish at the state championships ... Nine-time Scholar Athlete Award recipient ... Earned 13 varsity letters in high school career ... Coached by Jeremy Workman.

Personal: Born May 9, 1991 ... Daughter of Linda and Mark Kavanaugh ... Has brother Ryan ... Mother, the former Linda Dragon, competed in the 1972, 76 and 80 Olympic Games in kayaking for the United States ... Majoring in English.

CAITLIN THORNLEY

R-JUNIOR • POLE VAULT
GREENSBORO, N.C. RAGSDALE H.S.

PR: 3.87m (12'8.25")

2009 Outdoor: Regionally qualified in the pole vault with a first-place clearance of 12-07.50 at the HP Vertklasse Meet ... Came in ninth in the pole vault at the ACC Championships, vaulting 12-01.50 ... Took seventh at the Texas Relays, reaching 12-01.50.



2009 Indoor: Cleared a career-best 12-08.25 at the Final Qualifier's

pole vault ... Finished second in the pole vault at the Penn State National ... Vaulted 12-05.50 in a sixth-place showing at the VT Challenge.

2008 Outdoor: Redshirted.

2008 Indoor: Redshirted.

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 season-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 in soccer ... 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.

JESSICA TRAPENI

JUNIOR • DISTANCE
FAIRFAX, VA., FAIRFAX H.S.

PR: 1500m – 4:43.25; 3,000m – 10:16.46; 5,000m – 17:38.27

2009 Cross Country: Tech's top finisher at the NCAA Southeast Regional, placing 55th overall ... Recorded a top-50 finish at the ACC Championships, finishing 49th ... Teamed up with Lindsey King to win the Virginia Tech Relays crown ... Ran a 5,000-meter split time of 19:01.3 at the Relays ... Won the Dual in the Elk with a 4,000-meter time of 16:18.



2009 Outdoor: Clocked a career-best 17:38.27 in the 5,000-meters at the Tar Heel Classic for second place ... Finished second in the 1,500-meters at the Liberty Twilight, running a 4:43.25 ... Crossed the line in fourth at the HP Vertklasse Meet's 1,500-meter run ... Ran in the 5,000- and 10,000-meters at the ACC Championships.

2009 Indoor: Earned a career-best 10:16.46 in the 3,000-meters at the ACC Championships ... Crossed the line in the mile in a personal-record time of 5:15.47 at the VT Challenge.

2008 Outdoor: Won the 5,000-meter run at the Liberty Twilight with a time of 18:09.94 ... Clocked 18:11.53 in the 5,000-meters at the Duke Invitational.

2008 Indoor: Earned second place in the 3,000-meters at Virginia Tech's Last Chance Meet with a time of 10:34.32 ... Ran the mile run in 5:16.38 at the Virginia Tech Challenge for 15th place.

2007 Cross Country: Ran 15:13 for second place in the Hokie Open.

High School: Earned spot on All-American track and field team in a one mile relay at Nike Outdoor Nationals ... Placed second at AAA VHSL State Meet in the two-mile ... Earned 11 letters ... School-record holder in cross country three mile and 5k ... Member of Athletic Honor Roll all four years ... Earned VHSL State Competition Award of Excellence in 1600m during freshman year ... Selected to Virginia High School Coaches Association All-State team ... Voted school's Most Outstanding Athlete during senior year ... Had cross country team's highest GPA (3.917) ... Member of National Honor Society and Science Honor Society.

Personal: Born April 5, 1989 in Washington D.C. ... Daughter of Joseph and Marilyn Trapeni ... Majoring in biochemistry.

NATALIE WOODFORD

FRESHMAN • MID-DISTANCE
ROANOKE, VA., PATRICK HENRY H.S.

PR: 400m – 56.84; 500m – 1:15.49; 1,000m – 3:03.41

2009 Cross Country: Redshirted.

High School: Helped team to Western Valley District Cross Country team championship three times ... Garnered all-district honors in cross country all four years ... Earned Virginia AAA all-state honors three



times in track and field ... Won regional championship in the 500-meters as a freshman ... Seven-time Northwest All-region honoree ... Totaled 19 all-district honors, including 11 district championships in high school cross country and track and field career ... Broke school record in the 400-, 500-, 800- and 1,000-meters, as well as the 4x400- and 4x800-meter relays ... Named All-Timesland by the *Roanoke Times* all four years ... Lettered 12 times ... Coached by Chad Cox and James Earl Jones ... Received Scholar-athlete award.

Personal: Born Nov. 12, 1990 in Roanoke, Va. ... Daughter of Danny and Elizabeth Woodford ... Has one brother, Patrick, and one sister Alina ... Majoring in psychology.

LEIGH ALLIN

FRESHMAN • POLE VAULT
LEXINGTON, KY. • HENRY CLAY H.S.

PR: PV – 3.60m (11'10")

High School: Captured state titles in the pole vault as a junior and a senior ... Set state and Henry Clay High record in the pole vault ... Also set school record in the triple jump her sophomore year ... Earned first-team All-State accolades her junior and senior years, and received second-team All-State honors as a sophomore ... District and regional champion in pole vault in 2009 ... Owns prep best of 11-10 ... Lettered three years in track and field ... Coached by Demetrius Gay and Ray Sabbiatine ... Achieved first-team academic All-State status for three years ... Member of National Honor Society, and National Merit commended.

Personal: Born Oct. 5, 1990 ... Daughter of Mike and Linda Allin ... Has one brother, Case, who plays football at John Carroll University ... Majoring in engineering.



LINDSEY KING

JUNIOR • DISTANCE
NORCROSS, GA. • NORCROSS H.S.

PRs: 5000m – 18:20.26; 5K XC-18:21.1;

2009 Cross Country: Paired up with Jessica Trapeni to capture the Virginia Tech Relays title ... Ran the fastest 5k split at the meet at 18:21.1 ... Placed 83rd at the ACC Championships.

2009 Outdoor: Placed fifth in the 5,000-meter run at the Fred Hardy Invite with a time of 18:20.26.

2009 Indoor: Ran in the 1,000- and 3,000-meter runs on the year ... Recorded 14th-place effort in the 3,000-meters at the VT Challenge.

2008 Cross Country: Competed in four events on the season ... Finished 71st at the ACC Championships with a 6k time of 22:50.8.

2007 Cross Country: Took third place at the Hokie Open with a 4k time of 15:18 ... Recorded a pair of ninth-place finishes at the VT Invite (5k in 15:19) and the Lenoir-Rhyne Invitational (5k in 20:19).

High School: Team MVP at Norcross ... State qualifier and took fifth at regionals with a 19:25 effort ... Recorded a personal-best 19:10 ... All-Metro and All-State Honorable Mention honoree during senior season ... All-County honoree and ran 19:58 at regionals during junior season ... Named Team's Most Dedicated Player during sophomore year ... Earned the Team's Coaches Award twice ... Earned Scholar-Athlete Award for each season she participated ... Graduated with honors and was a member of the Senior Beta Club.

Personal: Born May 3, 1989 in Atlanta, Ga. ... Daughter of Chuck and Cindy King ... Civil engineering major.



4x100-meter relay (48.95) and 4x400-meter relay (4:02.26) ... Four-year member of California Scholarship Federation ...



Received Lachica/Patterson Scholarship ... Awarded the San Ramon Rotary Club Scholarship ... Lettered four times in track and field ... Coached by Mark Karbo and T.J. Williams.

Personal: Born Oct. 16, 1990, in San Ramon, Calif.

... Daughter of Robert and Olivia Levy ... Has one sister, Andrea, and one brother Daniel ... Majoring in industrial and systems engineering.

JACKIE MERRICK

JUNIOR • DISTANCE
WEST CHESTER, PA. • HENDERSON H.S.

PRs: 4.6k XC – 15:22; 800m – 2:16.43; 1500m – 4:42.95

2009 Cross Country: Redshirted.
2009 Outdoor: Finished runner-up in the 1,500-meters at the HP Vertklasse Meet with a time of 4:42.95 ...

Registered a third-place finish at the Liberty Twilight's 800-meters ... Clocked a season-best 2:16.43 in the 800-meters for ninth place at the Tar Heel Classic.

2009 Indoor: Ran in the 600- and 800-meters on the season ... Clocked a 2:20.06 at the VT Challenge for 15th place.

2008: Earned sixth and 19th at the Hokie Open and the Virginia Tech Invitational, respectively.

2007: Placed fourth at the Hokie Open with a time of 15:22.

High School: Named MVP of cross country squad in 2006 ... Helped cross country team place third in state cross country meet as a sophomore ... Ran on indoor state champion distance medley relay squad ... Earned first-team PTFCA distance medley relay ... Member of school-record distance medley relay unit ... Recorded prep bests of 18:42 in the 5,000-meter cross country run, 11:40.17 in the 3,200-meter run and 5:12.14 in the 1,600-meter run ... Member of National Honor Society ... Coached by Bill Lott.

Personal: Born June 18, 1989 ... Daughter of Carl and Lori Merrick ... Has one brother, Mike ... Majoring in mechanical engineering.



CASEY GRESHAM

FRESHMAN • DISTANCE
CHESAPEAKE, VA. • WESTERN BRANCH H.S.

PRs: 1,600m – 5:18; 3,200m – 11:14
6k XC – 23:42.4

2009 Cross Country: Competed in six cross country events, including the ACC Championships ... Placed 35th out of 93 runners at the VT Alumni Invite ... Teamed up with Kelly Kavanaugh to place sixth at the Virginia Tech Relays.

High School: Received all-state, all-region and all-district honors in cross country in 2009

... Won the Marine Corps Female Athlete Award as a senior ... Named Most Outstanding distance runner her senior and junior years ... Helped team to third-place finish at state meet as a junior ... Three-time scholar athlete ... Member of the National Honors Society ... Earned a combined 12 letters in cross country and track ... Coached by Ryan Carroll in cross country and Claude Toukene in track.

Personal: Born January 31, 1991 ... Daughter of Don and Robin Gresham ... Has two brothers Dillon and Bradley ... Majoring in history.



JULIANNA LEVY

FRESHMAN • DISTANCE
SAN RAMON, CALIF. • CALIFORNIA H.S.

PR: 800m – 2:17.96

2009 Cross Country: Redshirted.

High School: Helped high school to East Bay Athletic League and Northern California Section titles in track and field in 2008 ... Member of nationally ranked distance medley relay squad ... First-team all league as a senior and second-team all-district as a junior ... Ranked in top ten in track and field with points scored in school history ... Broke school record in the 800-meters (2:17.96),

KATELYN OLDHAM

FRESHMAN • DISTANCE
WILMINGTON, DEL. • THE TATNALL SCHOOL

PR: 800m - 2:20; 1,600m - 5:16;
5k XC - 19:04

2009 Cross Country: Redshirted.

High School: Received third-team all-state honors in cross country her senior and junior seasons ... First-team all-county in 2007 ... Ran at Nike Team Nationals as a junior ... Garnered first-team all-state her junior year ... Coached by Patrick Castagno ... Graduated cum laude.



Personal: Born on January 21, 1991 ... Daughter of Elizabeth and Steven Oldham ... Has one brother Josh ... Enrolled in university studies.

LAUREN PINKSTON

R-FRESHMAN • DISTANCE
HERNDON, VA. • HERNDON H.S.

PRs: 800m - 2:16.43; 1,000m - 3:00.36; 6K XC - 22:44.2

2009 Cross Country: Competed in the NCAA Southeast Regional and the ACC Championships ... Teamed up with Sammy Dow to finish third at the Virginia Tech Relays ... Placed 30th out of 93 runners at the VT Alumni Invite.

2009 Outdoor: Redshirted.

2009 Indoor: Redshirted.

2008 Cross Country: One of the Hokies' top seven runners as a freshman ... Ran a 23:02 at the NCAA Southeast Regional ... Earned a career-best 6k of 22:49 at the ACC Championships for 69th place ... Competed in six meets for Tech.

High School: Member of regional championship cross country squad as a junior ... Ran a personal best of 19:44.96 in a 5k cross country race ... Earned six varsity letters in high school career ... Coached by Peter Sherry ... Achieved academic award for maintaining 3.5 grade point average all seasons ... Member of National Honor Society

Personal: Born Sept. 1, 1990 in Houston, Texas ... Daughter of Tom and Sherry Pinkston ... Enrolled in university studies.



TARYN SHRADER

FRESHMAN • DISTANCE • VIRGINIA BEACH,
VA. • BISHOP SULLIVAN CATHOLIC H.S.

PRs: 1,600m - 5:15; 3,000m - 11:47
5K XC-18:46

2009 Cross Country: Redshirted.

High School: Won Virginia State Catholic and Tidewater Conference of Independent Schools cross country championship all four years ... Four-time, first-team VISAA honoree ... Took second in the Footlocker Senior Race ... Named team MVP all four years of her career ...



Competed in swimming and soccer as well ... Lettered 13 times at Bishop Sullivan Catholic ... Coached by Marty Campbell ... Member of National Honor Society, German National Honor Society and Bishop Sullivan's 2009 Academic Athlete.

Personal: Born Jan. 29, 1991 in Norfolk, Va. ... Daughter of Steve and LJ Schrader ... Has three sisters, Meghan, Mandy, Colleen and one brother, Ryan ... Majoring in biological sciences.

ERIN STEHLE

R-FRESHMAN • DISTANCE
MIDLOTHIAN, VA. • MIDLOTHIAN H.S.

PRs: 6k XC - 23:43.02

2009 Cross Country: Competed in all seven cross country meets on the season ... Ran a 6k cross country career-best 23:43.02 at the NCAA Southeast Regional ... Placed 98th at the ACC Championships ... Recorded a sixth-place showing at the Hokie Open.

2009 Outdoor: Redshirted.

2009 Indoor: Redshirted.

2008: Coupled with Chrissy Sane to earn sixth place out of 20 pairs at the Virginia Tech Relays ... Clocked a 23:40 6k split and combined with Sane to run a 12k effort of 48:15.



High School: Was a four-time all-district and all-region honoree ... Earned all-state honors as a sophomore ... Received Coaches Award as a senior ... Helped lead team to state championships as a senior ... Awarded 12 letters in cross country and track and field combined ... Coached by Stan Morgan.

Personal: Born Feb. 12, 1990 in Midlothian,

Va. ... Daughter of Richard and Diana Stehle ... Has one brother, Eric, who was swimmer at George Mason ... Went to same high school as teammate Sammy Dow and men's cross country runner Michael Hammond ... Human nutrition, foods and exercise major.

JENNIFER VAN DER SLOOT

FRESHMAN • DISTANCE
MORGANTOWN, W. VA. • UNIVERSITY H.S.

PRs: 800m - 2:20.8; 1600m - 5:09.8
3,200m - 11:36.9; 5k XC - 19:48.69

2009 Cross Country: Teamed up with Erin Stehle to place eighth at the Virginia Tech Relays ... Took 68th at the Blue Ridge Open.

High School: Notched all-conference honors in cross country her freshman season ... Won



the 1,600-meter conference crown as a senior ... Was a conference and regional champion in the 800-meters in 2007 ... Earned eight letters combined in cross country and track and field ... Coached by Ed Frohnapfel ... Member of the National Honor Society ... National Merit Scholar winner.

Personal: Born June 22, 1991 in Medicine Hat, Alberta, Canada ... Daughter of Paul and Patricia van der Sloot ... Has one sister, Kathryn, and two brothers, Thomas and Samuel ... Majoring in architecture.

ANNE VAUGHAN

FRESHMAN • DISTANCE
ASHLAND, VA. • ST. CATHERINE'S H.S.

PR: 5k XC - 18:27

2009 Cross Country: Redshirted.

High School: Named team's MVP in cross country her senior year ... Began running cross country and track her senior year ... Lettered twice, once in cross country and once in outdoor track ... Holds prep bests of 18:27 in a 5,000-meter cross country race and 11:28 in the outdoor 3,200-meters ...

Coached by Dave Bloor.

Personal: Born Feb. 22, 1991 in Richmond, Va. ... Daughter of Gregory and Frances Vaughan ... Majoring in business.





ERIKA WEIDMAN

FRESHMAN • DISTANCE
ALEXANDRIA, VA. • T.C. WILLIAMS H.S.

PRs: 800m - 2:16.15; 1,000m - 3:03.03
4K XC - 16:37.3

2009 Cross Country: Took 16th at the Hokie Open with a 4k time of 16:37.3.

High School: Won the Alexandria City Cross Country Championship as a sophomore ... Three-time all-state and all-region honoree in track ... Competed in eight Virginia AAA Indoor and Outdoor Track State meets ... Named team MVP for track her freshman, sophomore and junior years ... Was team captain for track and field team as a sophomore, junior and senior ... Received Alexandria/Arlington All-Extra first team honors ... Also played soccer in high school ... Garnered all-met honorable mention and first-team all-district recognition ... Coached by Michael Hughes in cross country and Marshall Edmonds in track ... Member of National Honor Society, National Junior Honor Society, Math Honor Society and Art Honor Society ... Received VHSL



Academic Excellence Award, Scholar-Athlete All District Award and Barbara Bartnek Scholar-Athlete Award ... Lettered three times in cross country and eight times in track and field.

Personal: Born Feb. 21, 1991, in Washington D.C. ... Daughter of Allen and Lisa Weidman ... Has one brother, Stephen ... Majoring in biochemistry.

TAYLORE WILLIAMS

SOPHOMORE • SPRINTS/HURDLES
HAMPTON, VA. • BETHEL H.S.

PRs: 60m Hurdles - 9.36; 400m - 1:00.31; 400m Hurdles - 1:05.59

2009 Outdoor: Member of distance medley relay squad that came in first at the Colonial Relays with a time of 11:39.67 ... Finished seventh in the 400-meter hurdles with a time of 1:09.53 at the Liberty Twilight ... Clocked a career-best 1:05.59 at the Georgia Tech Invitational.

2009 Indoor: Placed 11th in the 600-meter run at the VT Hokie Invitational with a time of 1:43.42 ... Ran second leg of 10th-place distance medley relay squad at the ACC Championships ... Competed in six different events throughout the season.



High School: Was a four-year letterwinner in track and field all four years ... Member of 2005-06 Virginia AAA State Championship team at Bethel High School ... Bethel High earned runner-up at the state meet in 2007-08 ... Holds personal bests of 43.70 in the 300-meter hurdles and 1:03 in the 400-meter hurdles ... Also competed in cross country in high school ... Member of the National

Honor Society. Father, Eddie Williams, is the coach of national track power Bethel High School in Hampton, Va.

Personal: Born Aug. 11, 1990 ... Daughter of Jacqueline and Edward Williams ... Has two siblings, Nyra (10) and Edward Jr. (13) ... Majoring in biochemistry.

MEN'S OUTLOOK

After an outstanding 2008-09 season, the Virginia Tech men's track and field squad prepares for the 2009-10 campaign, looking to use the historic success it achieved last year as a springboard to new heights this season. The men's squad composed one of the best seasons it has ever had last year. The Hokies finished second at the ACC Indoor Championships with 98.50 points, increasing their 2008 point total by a staggering 68.50 points. They carried that momentum to a 22nd-place finish at the NCAA Indoor meet, where three Hokies achieved All-American status. In the outdoor season the squad battled for the ACC title all the way to the end of the meet, ending up in third with 130 points, and finished 16th at the national meet, its best finish since 2006. At the NCAA Outdoor Championships Marcel Lomnický won Tech's first national championship since 2006 in the hammer throw. The Hokies brought their on-the-track achievements with them into the classroom. Matej Muza, Michael Hammond, Hasheem Halim and Matthias Treff all earned USTFCCA All-Academic team spots, while Treff, Halim, Will Mulherin and Phil Padilla garnered Academic All-ACC honors as well. With all the success the team accomplished last year, and the stable of talented athletes returning, the Hokies are primed for a big season in 2009-10.

"I am extremely excited about this season for our men's program," Tech Director of Track and Field Dave Cianelli said. "We have 90 percent of our ACC meet points returning from last year. I believe we are in a position to make a run at the team title in both the indoor and outdoor seasons. We also have added enough quality to place in the top ten at the NCAA Championships. These are our goals for 2010 and I have tremendous confidence in our coaches and athletes and what they can achieve."

Throws

Any discussion on the 2009 men's track and field squad must begin with 2009 hammer throw national champion Lomnický. The Nitra, Slovakia native, launched a 235-06 throw at the outdoor national meet to become Tech's first national champion since 2006, which, coincidentally, was Spyridon Jullien who also won the hammer throw. Lomnický also captured East Regional and ACC titles in the hammer throw, while earning an ACC crown and an All-America honor in the weight throw during the indoor season. Making Lomnický's achievements even more impressive, he did not join the Hokies until January. Now after some time in the Hokie program, Lomnický is set to ascend to historic heights this year.

Another strong returnee to the Hokie throws crew is javelin thrower Treff. Battling an elbow injury for most of the year, Treff competed in his first collegiate meet at the ACC Outdoor Championships, and all he did was launch a 239-10 to win the ACC title in the event. He took third at the regional meet's javelin throw to earn a berth to the NCAA Championships, but the elbow injury forced him to miss the national meet. With successful rehab this summer, Treff should be ready to go for the outdoor season, and show the Hokie faithful what he can do.

Joining Lomnický and Treff on the throws front, is Muza and Igor Misljenovic. Muza redshirted last outdoor season, and took second in the weight throw at the ACC meet last February. A two-time All-

American, Muza has a best of 229-01 in the hammer throw. Misljenovic recorded a pair of fourth-place finishes at the outdoor meet in the discus and the shot put, and placed fifth at the conference indoor meet in the shot put. Always a steady competitor, Misljenovic will be an asset to an already-impressive throws unit.

The Hokies welcome two new hammer throwers for 2010, Denis Mahmic, who will join the team in January, and Alexander Ziegler. Ziegler was ninth at the 2006 World Junior Championships, and is one of the top young hammer throwers in Germany. His personal best from 2009 is 237-09. Mahmic is the top junior hammer thrower in Croatia with a career best of 204-09.

Pole vault

The pole vaulting crew for Virginia Tech in 2009-10 could be the best in the nation. The group will feature All-Americans Yavgeniy Olhovskiy and Hunter Hall. Olhovskiy received the 2009 NCAA Southeast Region Field Athlete of the Year honors, and garnered All-America accolades and ACC crowns in the pole vault in both the indoor and outdoor seasons. He also set a new Virginia Tech indoor record of 18-02.50, and a new ACC meet record. The Petah-Tivka, Israel native also had a busy off-season. Olhovskiy won the Israel national championship in the pole vault to earn a berth into the world championships in the event. The experience he obtained there, competing against the best pole vaulters in the world, should prove extremely useful this coming season. Hall put together an outstanding season as well last year, netting his first two All-America accolades of his career, tying for seventh and placing 10th in the event at the indoor and outdoor national meets, respectively.

Jared Jodon, who redshirted the outdoor campaign, and Joe Davis, who redshirted the indoor season, will both add tremendous depth. Jodon owns an All-ACC honor on his resume, and Davis is a strong vaulter who placed fourth at the outdoor conference meet last year. Mike Miller also comes back for the Hokies, after placing fifth and eighth in at the ACC Indoor and Outdoor Championships, respectively.

Sprints/Hurdles/Jumps

The Hokies welcome new sprints/hurdles/jumps coach Charles Foster to a young, but talented squad. Tech could choose no better person to lead the unit, as Foster holds 17 years of experience coaching in the Atlantic Coast Conference and has produced three national champions and 63 All-Americans. Foster takes over a young group that continually improved throughout last season.

Keare Smith and Ebenezer Amegashie will anchor the hurdles unit. Smith earned All-ACC honors in his inaugural ACC outdoor meet with a third-place finish in the 110-meter hurdles and regionally qualified in the event as well. Amegashie compiled the best season of his career last year, placing sixth and seventh in the 110- and 400-meter hurdles, respectively, at the outdoor conference meet. The Dumfries, Va., product also qualified for his first regional meet in the 110-meter hurdles. The duo looks to continue to make strides in the hurdles events this season.

In sprints action, Keith Ricks had an outstanding

freshman campaign. Ricks was a finalist at both the indoor and outdoor conference meets in the 200-meter dash, as well as placing fourth in the 100-meter dash at the ACC Outdoor Championships. He capped off his terrific season by qualifying for the Junior Pan-American Championships in the 200-meter dash in Port of Spain, Trinidad and Tobago. The international experience will prove significant heading into Ricks' sophomore season.

Continuing the list of newcomers who performed well last year, Halim shined in the triple jump. The Lilburn, Ga., native claimed All-ACC honors at the conference indoor meet, finishing third in the triple jump. Halim continued his stellar campaign into the outdoor season, where he regionally qualified in the triple jump with a leap of 50-10.00 at the Georgia Tech Invite.

Tech will add William Comfort and Jonathan McCants into the sprints/hurdles/jumps fray, along with returnee Nobel Iyebote and Tech football player David Wilson. McCants and Comfort own numerous all-state honors, both coming out of West Potomac High School in Alexandria, Va. Wilson was a highly touted football recruit out of George Washington High in Danville, Va., and rated as one of the top running backs in the nation. He was the Nike Indoor National Champion in the triple jump, and his mark of 51-05.75 set a meet record and was the best distance in the nation in 2009.

Distance

The Tech distance unit returns several impressive performers from last year's squad, including two ACC champions and four regional qualifiers. The Hokies lose 2009 mile and 1,500-meter ACC champion Billy Berlin, but bring back plenty of talent to again make noise in ACC and NCAA action.

Leading the way for the Hokies will be Ryan Witt, who won both the indoor and outdoor 800-meter ACC titles in 2009. Witt used his experience at the 2008 U.S. Junior Championships to springboard to a successful 2009 track and field campaign. With two ACC crowns on his belt, Witt sets his sights even higher this year. Joining Witt in the middle distance events are Eddie Judge and Hammond. Both were ACC finalists in the 1,500-meters in 2009 and qualified to the Regional Championships.

Will Mulherin, who captured co-ACC Outdoor Freshman of the Year recognition last year after winning the 5,000-meter ACC championship, will hold down the long distance events. Mulherin is coming off a strong cross country season, in which he finished seventh overall at the ACC Championships for his first all-conference honor in cross country. Devin Cornwall will also compete in the long distance events, and is coming off an all-conference and all-region cross country season himself.

Jason Cusack took fifth in the ACC 3,000-meter steeplechase, and Matt Kroetch, who placed eighth in the 10,000-meters in the conference meet last season, both return. Nick McLaughlin and Eric Hoepker were both ACC finalists last season in the 800-meters, placing sixth and seventh, respectively. Brian Welch, Chris Walizer, Logan Collins and Jeff Miller, along with newcomers Jared Berman, Tihut Degfae and Ryan Hagen round out a strong distance unit for the Hokies.

HUNTER HALL

JUNIOR • POLE VAULT • FORT WAYNE, IND. • HOMESTEAD H.S.

2009 Outdoor: Earned his second All-America honor in the pole vault, finishing 10th with a clearance of 17-02.75 at the NCAA



Championships ... Took third in the pole vault at the NCAA East Regional, with a height of 16-11 ... Placed seventh in the pole vault at the ACC Championships ... Won the event

at the Tar Heel Classic, vaulting 17-00.75.

2009 Indoor: Garnered his first All-America honor, tying for seventh place in the pole vault at the NCAA Championships ... Cleared 17-02.75 in the All-America performance ... Vaulted a personal-best 17-07.75 in the pole vault at the Final Qualifier, earning second place ... Came in second at the pole vault at the ACC Championships with a height of 17-06.50 ... Tallied six other top-three finishes in the event on the season, including a runner-up effort at the Penn State National.

2008 Outdoor: Redshirted.

2008 Indoor: Placed fifth at the ACC Championships' pole vault with a clearance of 16-04.75 ... Cleared a personal-best height of 16-10.75 at the Virginia Tech Invitational to tie for ninth ... Earned fourth place in the pole vault at the Penn State National Invitational.

High School: Took third place as a junior and fourth place as a senior at the Nike Indoor National meet ... Earned seventh-place finish as a sophomore, and established a 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 ... Personal best of 22.9 in the 200-meter dash ... Honor roll student.

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

PR: 5.38m (17'7.75")

- 2009 All-American - Indoor Pole Vault
- 2009 All-American - Outdoor Pole Vault
- 2009 All-ACC - Indoor Pole Vault



MARCEL LOMNICKY

SOPHOMORE • THROWS • NITRA, SLOVAKIA • SPORT GRAMMAR SCHOOL NITRA



PRs: 35 lb.-Weight – 20.99m (68' 10.5");
Hammer Throw – 71.78m (235'6")

- 2009 National Champion – Hammer Throw
- 2009 All-American – Weight Throw
- 2009 NCAA East Regional Champion – Hammer Throw
- 2009 ACC Champion – Weight Throw, Hammer Throw

2009 Outdoor: Won third hammer throw title in Virginia Tech history with a first-place performance in the hammer throw at the NCAA Championships ... Tossed a personal-best 235-06 at the meet ... Became Tech's first national champion since Spyridon Jullien captured the hammer throw title in 2006 ... Won all five hammer throw competitions he competed in on the season ... Captured the NCAA East Regional championship in the hammer throw with a throw of 232-05 ... Took first in the hammer throw at the ACC Championships, with a throw of 232-01 ... Threw 235-03 to place first in the hammer throw at the Texas Relays ... Finished first in the Georgia Tech Invitational's hammer throw with a toss of 233-06.

2009 Indoor: Joined the Hokies in January and earned All-America honors in the weight throw in his first collegiate season ... Finished eighth in the event with a career-best toss of 68-10.50 at the NCAA Championships ... Won the ACC Championship in the weight throw with a throw of 68-07 ... Captured first place in the weight throw at the VT Elite Meet, earning a mark of 68-02.25.

High School: Owns the Slovakian junior record in the hammer throw with a mark of 238-05 ... Placed third at the European U23 Championships in the hammer in 2007 ... Won the bronze medal in the event at the World Junior Championships in 2006 in Beijing ... Named Slovak Best Athlete of the year in 2007 and 2008 ... Coached by Milos Gasaj.

Personal: Born July 6, 1987 in Nitra, Slovakia ... Son of Viera Lomnicka ... Has one sister, Nikola, who also throws the hammer ... Majoring in business.



WILL MULHERIN

SOPHOMORE • DISTANCE • YORKTOWN, VA. • TABB H.S.

2009 Cross Country: Received All-ACC honors for the first time in his career, finishing seventh with an 8,000-meter time of 23:34.4 ... Placed 16th at the Chile Pepper Invite with a career-best 10,000-meter time of 30:23.64 ... Recorded consecutive top-five finishes at the VT Alumni Invite and the Dual in the Elk, placing third and fourth, respectively.



2009 Outdoor: Won the ACC championship in the 5,000-meters, clocking a 14:15.54 ... Named co-Freshman of the Year in the conference ... Regionally qualified in the 5,000-meters with a time of 13:58.18 at the Stanford Invitational, finishing seventh ... Placed 17th in the 5,000-meters at the NCAA East Regional ... Took first in the 3,000-meter run at the Fred Hardy Invitational, running an 8:18.18 ... Ran a season-best 3:48.50 in the 1,500-meters for third place at the Tar Heel Classic.

2009 Indoor: Finished first in the 1,000-meter run at the VT Challenge with a time of 2:27.30 ... Clocked a career-best 8:13.76 en route to a 15th-place showing at the Alex Wilson Invite ... Took fourth in the 3,000-meters at the VT Elite Meet, crossing the finish line in 8:17.00.

2008 Cross Country: Competed at the NCAA Southeast Regional, finishing 96th out of 212 runners ... Finished 20th out of 103 competitors at the ACC Championships, clocking an 8,000-meter time of 25:12.8 ... Was the second Hokie runner across the line, with a seventh-place showing at the Virginia Tech Invitational ... Ran a career-best 10k time of 30:45 at the Chile Pepper Invite, placing 42nd ... Coupled with Logan Collins to clock a 16k time of 50:49 for fifth place at the Virginia Tech Relays ... Ran a 25:17 8k split at the Relays.

High School: Finished third in the VHSL AA Cross Country State Championships with a time of 15:23 in the 5,000-meter race ... Named all-state as a senior ... Three-time all-region and all-district honoree ... Earned most outstanding honors in cross country as a junior and senior ... Was team MVP as a sophomore ... Awarded 10 letters in cross country and track and field combined for coach George Coulter ... Member of National Honor Society.

Personal: Born March 14, 1990 in Newport News, Va. ... Son of Matthew and Elizabeth Mulherin ... Has three brothers, Ben, 22, Tim, 24 and Matthew, 26 ... Engineering major.

PRs: 1,000m – 2:27.30; 1500m – 3:48.50; 3,000m – 8:13.76; 5,000m – 13:58.18; 10k XC – 30:23.64

- 2009 ACC Champion – Outdoor 5,000-Meter Run
- 2009 Outdoor Track and Field Co-Freshman of the Year
- 2009 All-ACC - Cross Country



MATEJ MUZA

SENIOR • THROWS • ZAGREB, CROATIA • SPORTSKA GIMNAZIJA

2009 Outdoor: Redshirted.

2009 Indoor: Finished runner-up in the weight throw with a toss of 66-10.75 at the ACC Championships ... Racked up one victory and two other second-place efforts on the season



in the weight throw ... Won the VT Challenge, throwing a 62-02.50 ... Placed second at the VT Elite and Final Qualifier with tosses of 65-06.25 and 65-04.25, respectively ... Earned academic All-ACC honors during indoor season ... Member of

USTFCCCA All-Academic squad.

2008 Outdoor: Earned his second All-America honor with a fifth-place performance in the hammer throw at the NCAA Championships, tossing a career-best 229-01 ... Finished runner-up in the NCAA East Regional's hammer throw with a throw of 217-05 ... Placed second at the ACC Championships with a toss of 216-11 in the event ... Named to academic All-ACC team ... Won the hammer throw at the Duke Invitational and the Liberty Twilight.

2008 Indoor: Redshirted.

2007 Outdoor: Marked a former personal-best of 67.81m (222'6") 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 in the hammer throw ... 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 a 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

**PRs: 35 lb.-Weight – 21.16m (69'5.25");
Hammer Throw – 69.84m (229'1")**

- 2009, 2007 All-ACC – Weight Throw
- 2009, 2008, 2006 Academic All-ACC
- 2008, 2006 All-American – Hammer Throw
- 2008, 2007 All-ACC – Hammer Throw
- 2008 All-Region – Hammer Throw



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 a mark of 19.36m (64'6.25") 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 a 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 a 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 January 3, 1987 in Vinkovci, Croatia ... Son of Davor and Nevenka Muza ... Geography major.

YAVGENIY OLHOVSKY

SENIOR • POLE VAULT • PETAH-TIKYA, ISRAEL • ORT TECHNIKUM GIVATAIM

2009 Outdoor: Won the national title in the pole vault at the Israel Athletics Championships to earn a bid to the World Championships ... Cleared 17-08.75 to finish



16th in his section at the World Championships ... Recorded his third All-America accolade in the pole vault, tying for fourth at the NCAA Championships ... Cleared 17-06.50 at the meet ... Registered outdoor season-best 17-11.75 en route to the ACC Championship in the pole vault ... Tied for fifth at the NCAA East Regional, vaulting 16-11 ...

Earned automatic bid to the national meet with a 17-03 clearance in the jump off at the regional meet ... Won the Liberty Invitational's pole vault with a height of 16-00.75 ... Earned mark of 16-06.75 for second place in the pole vault at the Sea Ray Relays.

2009 Indoor: Broke indoor pole vault school record with a clearance of 18-02.50 at the VT Elite Meet ... Claimed second All-America career honor with a 17-10.50 effort in the pole vault, finishing second at the NCAA Championships... Captured ACC championship in the pole vault with a vault of 18-00.50 ... Tied for second at the VT Challenge with a 17-05.50 clearance ... Won the Liberty Kickoff's pole vault, clearing 17-00.75.

2008 Outdoor: Registered a runner-up finish at the NCAA Championships, matching former Hokie Brian Mondschein for the highest finish at the national meet by a Tech pole vaulter ... Tied for second in the pole vault at the East Regional meet, clearing 17-05, to earn a trip to the NCAA Championships ... Placed second at the ACC Championships with a height of 16-08.75 ... Cleared 17-05 to win the pole vault at the Duke Invitational.

2008 Indoor: Garnered his first All-America honor with a fifth-place effort at the NCAA Championships, clearing 17-08.50 ... Finished runner-up at the ACC Championships' pole vault with a vault of 17-04.50 ... Won the pole vault at the Penn State National Invite with a clearance of 17-04.50 ... Vaulted 17-07.75 at the Virginia Tech Last Chance meet for fourth place.

2007 Outdoor: Did not compete.

2007 Indoor: Redshirted ... Jumped 5.00m (16'4.75") as an unattached competitor for an eighth-place finish in the pole vault at the VT 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 of 7.09m (23'3.25").

Personal: Born December 22, 1983 in Nikolaev, Ukraine ... Son of Alexander and Margarita Olhovskiy ... Economics and science double major.

PR: 5.55m (18' 2.5")

- Three-time All-American – Pole Vault (Indoor and outdoor)
- 2009 ACC Champion – Indoor Pole Vault
- 2009 ACC Champion – Outdoor Pole Vault
- 2008 All-ACC – Pole Vault



MATTHIAS TREFF

SOPHOMORE • THROWS • BURGTHANN, GERMANY • SPORTGYMNASIUM HALLE



PR: Javelin – 73.10m (239'10")

- 2009 ACC Champion – Javelin
- 2009 NCAA Qualifier - Javelin

2009 Outdoor: In his first competition of the year he captured the ACC crown in the javelin with a toss of 239-10 ... Took third in the NCAA East Regional's javelin throw with a launch of 212-10 ... Suffered elbow injury which forced him to miss the NCAA Championships ...

Member of USTFCCCA Division I All-Academic squad ... Named to All-ACC academic team.

2009 Indoor: Did not compete

High School: Took seventh in the javelin at the Under-18 World Championships in 2005 in Marrakech ... Held personal best in the

javelin throw of 232-02 ... Coached by Maria Ritschel.

Personal: Born Feb. 27, 1988 in Nuremberg, Germany ... Son of Siegfried and Andrea Treff ... Has one sister, Kathrin (24) ... Majoring in engineering.

RYAN WITT

JUNIOR • DISTANCE • WINCHESTER, VA. • SHERANDO H.S.

2009 Cross Country: Ran in four meets on the season ... Best finish came at the Virginia Tech Relays, where he combined with Eddie Judge to take second place.



2009 Outdoor: Won the ACC Championship in the 800-meter run with a time of 1:50.93 ... Qualified for the NCAA East Regional in the 800-meters, where he finished 26th, clocking 1:51.87 ... Crossed the finish line in 3:46.78 at

the Stanford Invitational's 1,500-meters, placing third ... Took fourth in the 1,500-meters at the Colonial Relays with a time of 3:49.82.

2009 Indoor: Captured his first ACC title in the 800-meters with a career-best time of 1:50.74 ... Ran 4:05.00 in the mile which is number two on the Virginia Tech all-time list ... Took first in the 600-meter run with a time of 1:20.16 at the VT Challenge ... Finished runner-up in the 800-meters at the VT Elite Meet, running 1:52.23.

2008 Cross Country: Competed in five meets for the Hokies on the season ... Recorded a 66th-place effort in the ACC Championships, clocking 26:22.8 ... Won the Hokie Open, covering the 6k course in 19:42 ... Placed 18th at the Virginia Tech Invitational with a time of 25:01 ... Crossed the line in 64th place with a time of 31:24 at the Chile Pepper Invitational.

2008 Outdoor: Clocked season-best 1:52.98 in the 800-meter run at the Liberty Twilight for fifth place ... Ran 3:48.60 in the 1,500-meters at the Georgia Tech Invitational for 12th place.

2008 Indoor: Ran 4:16.16 in the mile run at the Virginia Tech Challenge for 16th place ... Placed 27th at the ACC Championships' mile run with a time of 4:22.50 ... Claimed fourth in the mile with a time of 4:19.35 at the Virginia Tech Elite Meet.

High School: Member of all-area and all-district first team three times ... Voted second-team all-area for sophomore season ... Earned all-state cross country honors and all-district and All-Region II recognition in 3,200-meters as a junior ... Five-time all-state and nine-time all-region honoree ... Captured two district titles in the 800- and 1,600-meters ... Named Northern Virginia Daily Track Athlete of the Year for junior season ... Member of district's first-team all-academic squad.

Personal: Born April 3, 1989 in Winchester, Va. ... Son of Tom and Sarah Witt ... Engineering major.

PRs: 800m – 1:50.74; 1,500m – 3:46.78

- 2009 ACC Champion – 800m (Indoor)
- 2009 ACC Champion – 800m (Outdoor)
- 2008 USA Junior Championship Finalist - 1500m



EBENEZER AMEGASHIE

JUNIOR • SPRINTS/HURDLES
DUMFRIES, VA. • POTOMAC H.S.

PRs: 110m Hurdles – 14.17; 400m Hurdles – 53.44; 200m – 22.70; 400m – 48.67



2009 Outdoor: Qualified for the NCAA East Regional by running a career-best 14.17 in the prelims of the 110-meter hurdles at the ACC Championships ... Tallied three points for Tech's team total at the ACC Championships, placing sixth in the 100-meter hurdles with a time of 14.65 ... Scored two more points for the Hokies at the ACC Championships with a seventh-place showing in the 400-meter hurdles, clocking a personal-best time of 53.44 ... Finished third in the 100-meter hurdles with a time of 14.33 at the Liberty Twilight ... Clocked a personal-record time of 48.67 in the 400-meter dash at the Liberty Twilight, finishing sixth.



2009 Indoor: Garnered best finish of the season with a fifth-place effort in the 400-meter dash at the VT Elite Meet ... Secured sixth place at the VT Challenge's 60-meter hurdles, with a time of 8.18 ... Finished eighth in the 60-meter hurdles at the Virginia Tech Invitational with a time of 8.46

2008 Outdoor: Best effort in the 110-meter hurdles was a time of 15.34 ... Ran season-best of 54.44 in the 400-meter hurdles at the UNC Elite for seventh place.

2008 Indoor: Earned 10th in the 400-meter dash at the Virginia Tech Last Chance, running 50.80 ... Clocked personal-record of 22.70 in the 200-meter dash for 10th place at the Virginia Tech Elite Meet ... Placed 22nd at the Virginia Tech Invitational with a time of 22.85.

High School: Finished third at the 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 apparel, housing and resource management.

DEVIN CORNWALL

SENIOR • DISTANCE
CULPEPER, VA. • CULPEPER COUNTY H.S.

PRs: 1500m - 3:54.17; 3,000m-8:11.95;
5,000m-14:25.13; 10k XC-30:06

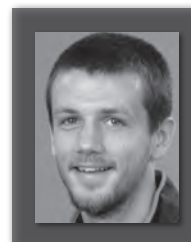
- 2009 All-ACC - Cross Country
- 2009 All-NCAA Southeast Region - Cross Country
- 2008 All-ACC - Cross Country
- 2006 ACC Freshman of the Year - Cross Country

2009 Cross Country: Earned All-Region honors for the first time in his career ... Placed 18th overall at the regional meet with 10k time of 30:49.81 ... Took 13th and 15th at the ACC Championships and the Chile Pepper Invite, respectively.

2009 Outdoor: Redshirted.

2009 Indoor: Won the 3,000-meter run at the VT Elite Meet with a career-best clocking of 8:11.95 ... Scored points for the Hokies with an eighth-place showing in the 5,000-meters, crossing the line in 14:30.22.

2008 Cross Country: Top finisher for the Hokies at the ACC Championships with a third-place finish, crossing the 8,000-meter line in 24:30.8 and earning All-ACC ... Placed 26th at the NCAA Southeast Regional with a time of 31:33.4 ... Ran personal best on a 10k course at the Chile Pepper Invite, clocking in at 30:06 for 15th place.



2008 Outdoor: Ran a career-best 14:25.13 in the 5,000-meter run at the Oregon Twilight, finishing in fourth place ... Took 12th in the 5,000-meter run at the ACC Championships with a time of 14:42.47 ... Won the 1,500-meters at the Liberty Twilight, clocking 3:54.17 ... Placed third in the 5k at the Georgia Tech Invitational.

2008 Indoor: Scored points for Virginia Tech at the ACC Championships with a fifth-place effort in the 5,000-meter run, clocking 14:38.39.

2007 Cross Country: Compiled a pair of top-10 finishes in first two meets in which he ran ... 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.

2007 Outdoor: Registered a 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).

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 a personal best in the mile with a 4:16.12 time for 16th at the VT Challenge.

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.

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 December 26, 1987 in Hartford, Conn. ... Son of Bruce and Patricia Cornwall ... Psychology major.

JASON CUSACK

SOPHOMORE • DISTANCE
GRISWOLD, CONN. • GRISWOLD H.S.

PRs: 3,000m Steeplechase - 9:15.68; 8k XC - 25:42.1;
10k XC - 32:26.85



2009 Cross Country: Paired up with Chris Walizer to win the Virginia Tech Relays with a combined time of 45:05 ... Finished 74th at the ACC Championships ... Registered consecutive top-ten finishes at the VT Alumni Invite and the Dual in the Elk, placing ninth and seventh, respectively.

2009 Outdoor: Placed fifth at the ACC Outdoor Championships in the 3,000-meter steeplechase, clocking a personal-best 9:15.68 ... Finished second in the 3,000-meter steeplechase at the Tar Heel Classic with a time of 9:25.58 ... Clocking a 3:57.80 in the 1,500-meter run for third place at the Liberty Twilight.



2009 Indoor: Ran career-best 4:17.35 in the mile at the Final Qualifier ... Also competed in the 1,000-meters and the 3,000-meters on the season.

High School: Ran on three state championship cross country squads ... Led team to Connecticut-record eighth consecutive state championship with an all-state performance ... Named Cross Country Athlete of the Year ... Eleven-time all-area athlete in cross country and track ... Ran on two state championship and three indoor conference championship teams in track ... Recorded four all-state honors in high school career ... Won Principal's Award, honoring the highest grade point average on the team, for cross country twice ... Coached by Gerry Chester and Mike Flynn.

Personal: Born on August 18, 1990 ... Son of Nancy and Mike Cusack ... Has one brother Brendan ... Majoring in industrial design.

JOE DAVIS

JUNIOR • POLE VAULT
SARASOTA, FLA. • RIVERVIEW H.S.

PR: 5.20m (17'3/4")



2009 Outdoor: Earned fourth-place finish in the pole vault at the ACC Championships with a vault of 16-06.75 ... Tied for ninth in the pole vault at the NCAA East Regional meet with an outdoor season best of 16-07.25 ... Won the pole vault at the HP Vertklasse Meet and the Fred Hardy Invitational.



2009 Indoor: Redshirted.

2008 Outdoor: Racked up another sixth-place effort in the pole vault at the ACC Championships, vaulting 16-02.75 ... Won the Wake Forest Open's pole vault with a clearance of 16-06.75 ... Tied for 12th in the pole vault at the NCAA East Regional.

2008 Indoor: Cleared a career-best 16-10.75 in the pole vault at the Virginia Tech Invitational ... Collected a sixth-place finish at the ACC Championships ... Vaulted 16-06.75 at the Virginia Tech Elite Meet for ninth place.

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 with 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 December 1, 1988 in Winter Park, Fla. ... Son of Robert and Amy Davis ... Has a sister, Caroline ... Majoring in building construction.

HASHEEM HALIM

SOPHOMORE • JUMPS
LILBURN, GA. • BERKMAR H.S.

PR: Triple Jump - 15.49m (50'10");
Long Jump - 6.96m (22'10")

- 2009 All-ACC - Triple Jump (Indoor)



2009 Outdoor: Earned a career-best triple jump of 50-10 at the Georgia Tech Invite, placing sixth ... Qualified for the NCAA East Regional meet in the triple jump ... Scored points for the Hokies in the triple jump at the ACC Championships with a seventh-place effort, jumping 49-07.75 ... Finished runner-up at the Sea Ray Relays' triple jump with a leap of 49-08.50 ... Also competed in the long jump and 100-meter dash on the season.



2009 Indoor: Finished in third place in the triple jump at the ACC Championships with a mark of 49-11.75 to earn All-ACC honors... Jumped a personal-best 22-10 in the long jump at the VT Challenge, tying for ninth ... Earned third place at the Penn

State National's triple jump, leaping 50-01.75 ... Recorded six top-five finishes in the triple jump on the season.

High School: Named Gwinnett County Field Athlete of the Year in 2008 ... Received first-team all-county honors as a senior, and honorable mention all-county honors as a junior ... Holds prep bests of 48-03 and 22-03 in the triple jump and long jump, respectively ... Lettered four times, three in track and one in football ... Coached by Brian Smalls ... Earned Scholar-Athlete Award in 2007 and 2008.

Personal: Born Feb. 12, 1990 in St. Croix, U.S. Virgin Islands ... Son of Ayesha and Abubakr Saddique ... Brother Kamau jumped for the University of Buffalo and brother Muhammad jumped at Cornell University ... Majoring in architecture.

JARED JODON

JUNIOR • POLE VAULT
UNIONTOWN, PA. • LAUREL HIGHLANDS

PRs: 5.21m (17'1")

- 2009 All-ACC - Pole Vault (Indoor)
- 2008 All-ACC - Pole Vault (Outdoor)



2009 Outdoor: Redshirted.

2009 Indoor: Achieved personal-best height in the pole vault at the VT Hokie Invitational, clearing 17-01 for third place ... Tied for third place at the ACC Championships with a vault of 16-08.75, earning All-ACC honors ... Cleared 17-00 at the Final Qualifier ... Earned six top-five finishes in the pole vault on the season.

2008 Outdoor: Took third place in the pole vault at the ACC Championships with a clearance of 16-08.75 to earn his first All-ACC Honor ... Tied for fourth in the pole vault at the Sea Ray Relays, matching his personal-best vault of 17-00.75 ... Garnered third-place finishes in the pole vault at both the Liberty Twilight and Wake Forest Open.



2008 Indoor: Registered a fourth-place effort at the ACC Championships in the pole vault with a career-best vault of 17-00.75 ... Matched his personal-best clearance at the Virginia Tech Elite Meet, leaping 17-00.75 for seventh place ... Recorded a vault of 16-08.75 for third place at the Penn State National Invite.

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 16-02 ... 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

JUNIOR • DISTANCE
VIRGINIA BEACH, VA. • F.W. COX H.S.

PRs: 1500m – 3:46.87



2009 Cross Country: Ran an 8,000-meter time of 24:42.3 for 34th place at the ACC Championships ... Finished 71st at the Chile Pepper Invite ... Paired up with Ryan Witt to take second place at the Virginia Tech Relays ... Competed in the NCAA Southeast Regional.

2009 Outdoor: Regionally qualified in the 1,500-meter run with a career-best 3:46.87 effort at the ACC Championships ... Took seventh in 1,500-meters at the conference meet ... Clocked 3:55.03 at the NCAA East Regional ... Finished in third place at the Colonial Relays with a time of 3:49.30 in the 1,500-meters.



2009 Indoor: Placed fourth at the VT Challenge in the mile run with a time of 4:09.06 ... Ran 1:56.00 at the VT Elite Meet's 800-meters ... Clocked 1:21.73 in the

600-meter run at the VT Challenge, finishing 10th.

2008 Cross Country: Ran in three cross country meets on the season ... Ran 26:41.8 at the ACC Championships for 77th-place ... Placed 20th at the Virginia Tech Invitational with a time of 25:04.4.

2008 Outdoor: Earned sixth place in the 1500 meters at the ACC Championships, running a 3:51.12 ... Ran his PR in the 1,500-meters of 3:48.55 at the Georgia Tech Invitational for 11th place ... Took fifth with a time of 3:49.47 at the UNC Elite in the 1,500-meters.

2008 Indoor: Finished 21st in the mile at the ACC Championships, clocking 4:19.20 ... Took 28th at the 3,000-meter run with a personal-record time of 8:44.30 ... Ran 1:22.99 at the Virginia Tech Challenge for ninth place in the 600 meters.

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.

IGOR MISLJENOVIC

SENIOR • THROWS
ZAGREB, CROATIA • XIII GIMNAZIJA

PRs: Shot Put – 17.95m (58'10.75");
Discus – 57.08m (187'3")



2009 Outdoor: Took fourth in both the discus and the shot put at the ACC Championships ... Launched career-bests of 58-10.75 and 187-03 in the shot put and discus, respectively, at the conference meet ... Tossed a 55-07.50 for 17th place at the NCAA East Regional's shot put ... Finished eighth in the discus at the NCAA East Regional, with a throw of 172-01 ... Placed second in the discus at the Georgia Tech Invite with a toss of 186-03 ... Registered a third-place showing in the shot put at the Georgia Tech Invite.

2009 Indoor: Scored points for Tech at the ACC Championships, finishing fifth in the shot put with a throw of 56-06.75 ... Achieved best finish of the season with a runner-up showing in the shot put at the VT Hokie Invite ... Recorded a pair of fourth-place efforts in the shot put at the VT Elite Meet and the VT Challenge.

2008 Outdoor: Finished runner-up in the discus throw at the ACC Championships, throwing 171-00 ... Registered a season-best throw of 180-00 in the discus to win the event at the Sea Ray Relays ... Took eighth in the discus throw at the NCAA East Regional with a toss of 172-00 ... Earned sixth place in the shot put at the ACC Championships ... Tossed a 54-04.50 in the shot put to place fourth at the Sea Ray Relays.

2008 Indoor: Improved on his conference placing from 2007, by earning fifth in the shot put at the ACC Championships with a toss 55-11 ... Earned highest finish in the shot put on the year at the Virginia Tech Challenge, posting a 56-05.75 throw for fourth place ... Captured sixth place in the shot put at the Virginia Tech Elite Meet with a toss of 55-11.75.

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.

KEITH RICKS

SOPHOMORE • SPRINTS
SUFFOLK, VA. • KING'S FORK H.S.

PRs: 60m – 6.73; 100m – 10.44; 200m – 21.02



2009 Outdoor: Competed for the U.S. team at the Junior Pan-American Championships in Trinidad & Tobago after finishing second in the 200-meters at the U.S. Junior Championships ... Narrowly missed making the finals at the Pan-Am Meet, clocking a 21.49 at the event ... Ran in the 200-meter dash and the 100-meter dash at the NCAA East Regional ... Clocking a career-best 21.02 in the 200-meter dash for a fourth-place finish at the ACC Championships ... Finished fourth in the 100-meter dash at the ACC Championships ... Placed seventh in the 100-meter dash at the Texas Relays, crossing the finish line in a personal-record time of 10.44.



2009 Indoor: Scored points for the Hokies at the ACC Championships with a sixth-place finish, coming in with a time of 21.65 ... Clocking a career-best 6.73 in the 60-meter dash at the Final Qualifier for fourth place ... Crossed the finish line in fifth place in the 60-meter dash at the VT Challenge with a time of 6.78 ... Recorded season-best time of 21.26 in the 200-meter dash en route to a third-place showing at the Final Qualifier ... Won the 200-meters at the VT Challenge with a time of 21.42.

High School: An AAU national champion in the 4x400-meter relay, running 3:10.42 ... Three-time AAU All-American, twice in the 4x100-meter relay and once in the 200-meter dash ... As a senior, ranked No. 3 in the nation in the 55-meter dash, and recorded the sixth-fastest time in the event in state meet history ... Ranked No. 1 in Virginia in the 55- and 200-meter dashes ... Earned No. 2 ranking in Virginia in the 300-meter and 400-meter dashes, and also ranked third in the nation in the 300-meters ... Finished runner-up at the 2008 VHSL AAA state meet in the 100-meter and 200-meter dashes.

Personal: Born Oct. 9, 1990 in Suffolk, Va. ... Son of Marvin Ricks ... Has three siblings, Marvin (38), Sheen (35) and Kisha (29) who all ran track in high school ... Majoring in building construction.

KEARE SMITH

SOPHOMORE • SPRINTS/HURDLES
GARNER, N.C. • SOUTHEAST RALEIGH MAGNET H.S.

PRs: 60m Hurdles – 7.94; 110m Hurdles – 14.26

• 2009 All-ACC Outdoor - 110m Hurdles



2009 Outdoor: Qualified for the NCAA East Regional in the 110-meter hurdles with a time of 14.26 at the Liberty Twilight ... Ran a 14.33 in the event at the NCAA East Regional ... Finished third at the ACC Championships with a time of 14.35 to earn first All-ACC honor.



2009 Indoor: Sprinted personal-best 7.94 in the 60-meter hurdles for sixth place at the Final Qualifier ... Took fourth place at the VT Hokie Invite in the 60-meter hurdles ... Finished fifth at the Virginia Tech Invitational with a clocking of 8.16.

High School: A 2008 Indoor All-American ... Won North Carolina state championship in the 300-meter hurdles in 2008 ... *News & Observer's* Outdoor Track and Field Athlete of the Year ... Earned All-State and all-conference honors in 2008 ... Named the team's Most Valuable Runner in 2008 ... Received academic all-conference recognition all four years in high school ... Coached by Eddie Harden.

Personal: Born July 18, 1990 in Raleigh, N.C. ... Son of Sam and Bernetta Smith ... Has one sister Kayla (13) ... Majoring in communications.

WILLIAM COMFORT

FRESHMAN • SPRINTS
ALEXANDRIA, VA. • WEST POTOMAC H.S.

PRs: 400m – 50.32; 500m – 1:07.45;
800m – 1:59.21

High School: Member of school-record 4x400-meter relay squad ... Receive All-State honors twice in the 4x400-meter relay and once in the 4x800-meter relay ... Qualified for the Championships of America 4x400-meter relay section at the Penn Relays ... Named Most Dedicated and Most Improved athlete as a senior ... Also competed in cross country ... Scholar-Athlete Award winner ... Earned five letters in track and field ... Coached by Don Beeby and Andrew DeCoster.



Personal: Born July 28, 1991 ... Son of Roderick and Genette Comfort ... Has two sisters, Natalie and Nicole ... Sister, Nicole, played basketball at Brown University ... Attended same high school as teammate Jonathan McCants ... Majoring in mechanical engineering.

MICHAEL HAMMOND

SOPHOMORE • DISTANCE
MIDLOTHIAN, VA. • MIDLOTHIAN H.S.

PRs: 1,500m – 3:47.12;
3,000m – 8:22.65;
10k XC – 30:49.9

2009 Cross Country: Finished 62nd at the NCAA Southeast Regional with a 10k time of 32:14.85 ... Ran personal-best 10k time of 30:49.9 at the Chile Pepper Invite for 27th place ... Placed 16th at the VT Alumni Meet out of 94 runners.



2009 Outdoor: Qualified for the NCAA East Regional meet in the 1,500-meters after running 3:47.12 at the Georgia Tech Invitational ... Clocked a 3:52.22 in the event at the NCAA East Regional ... Placed fourth in the 1,500-meters at the Tar Heel Classic, earning a time of 3:49.92 ... Took fifth, clocking a 3:49.97, in the Colonial Relays' 1,500-meter run.

2009 Indoor: Finished runner-up in the 1,000-meters at the VT Challenge, earning a time of 2:27.31 ... Took seventh in the 3,000-meters with a time of 8:22.65 at the Fred Hardy Invite.

2008 Cross Country: Competed in five events on the season ... Registered a 15th-place finish in the ACC Championships and helped the Hokies to a third-place finish as a team ... Covered the 8k Tech Cross Country Course in 24:55.9 at the Virginia Tech Invitational ... Ran for Tech at the NCAA Southeast Regional, placing 61st with a time of 32:27.2.

High School: Was a Foot Locker Finalist honoree in 2007 ... Named all-district and all-region two times ... Holds personal bests of 4:16 in the 1,600-meters and 9:19 in the 3,200-meters ... Earned 10 letters in cross country and track and field combined for coach Stan Morgan ... Member of National Honor Society.

Personal: Born Nov. 7, 1989 in Houston, Texas ... Son of Tom and Marianna Hammond ... Has two brothers, Stephen (20) and Brian (12) ... Brother Stephen runs cross country and track for Western Carolina ... Went to same high school as women's cross country runners Sammy Dow and Erin Stehle ... Psychology major.

ERIC HOEPKER

SOPHOMORE • DISTANCE
HAYMARKET, VA. • BATTLEFIELD H.S.

PRs: 800m – 1:51.81;
1,500m – 3:58.41;
10k XC – 30:49.9

2009 Outdoor: Scored points for the Hokies at the ACC Championships with a time of 1:54.57 in the 800-meter run, finishing seventh ... Clocked the second-fastest time in the prelims of the event at the ACC meet, earning a personal-record 1:51.81 ... Finished sixth in the 800-meters at the Tar Heel Classic, crossing the line in 1:51.93 ... Also ran in the 1,500-meters on the season, finishing fourth in the event with a time of 3:58.41 at the Liberty Twilight.



2009 Indoor: Recorded best finish of the season with a fifth-place effort in the 800-meters at the Final Qualifier with a time of 1:54.57... Took seventh in the 600-meter run, clocking 1:21.30 ... Clocked a 4:20.30 at the VT Challenge's mile run.

High School: Won all-district honors three times in high school ... Set the Long Park Course record as a junior ... Earned four varsity letters in cross country, indoor track and outdoor track and field each ... Coached by Joseph Huddle.

Personal: Born May 23, 1990 in Elgin, Ill. ... Son of Kevin and Kay Hoepker ... Has a sister, Kelly, and a brother, Jason ... Majoring in business information technology.

MATT KROETCH

SENIOR • DISTANCE
OAKTON, VA. • OAKTON H.S.

PRs: 5000m - 14:25.86;
8k XC - 24:37.5; 10k XC - 30:53.21

2009 Cross Country: Just missed all-region status at the NCAA Southeast Regional, crossing the 10,000-meter line in 30th in 31:21.87 ... Was the second Hokie across the line at the regional meet ... Finished 31st out of 109 runners at the ACC Championships with a 8,000-meter career-best time of 24:37.5 ... Placed 30th out of 243 athletes at the Chile



Pepper Invite ... Recorded a runner-up placing at the Dual in the Elk.

2009 Outdoor: Scored points for the Hokies at the ACC Championships with an eighth-place showing in the 10,000-meter run ... Clocked a 31:27.58 in the effort ... Earned sixth place at the Tar Heel Classic's 5,000-meters with a time of 14:25.86.

2009 Indoor: Ran in the 5,000-meters at the ACC Championships, where he took 19th with a time of 15:08.21.

2008 Cross Country: Finished 34th at the NCAA Cross Country Southeast Regional out of 212 runners, clocking 31:40 ... Took 29th out of 103 runners at the ACC Championships ... Ran 10,000-meter cross country season-best at the Chile Pepper invite, crossing the line in 30:55 for 47th place out of 255 runners.

2007 Cross Country: Finished 38th at the ACC Cross Country Championships, running 8k in 25:27 ... 43rd finisher in the 8k race (31:50) at the Chile Pepper Invitational ... Placed 74th at the NCAA Cross Country 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, 1988 in Alexandria, Va. ... Son of Brent and Mary Kroetch ... History major.

JONATHAN MCCANTS

FRESHMAN • SPRINTS
ALEXANDRIA, VA. • WEST POTOMAC H.S.

PRs: 200m - 21.15; 300m - 35.53;
400m - 48.35

High School: Member of the 2009 state champion 4x400-meter relay squad ...



Notched first-team *Washington Post* All-met honors ... Won district and regional titles in the 200- and 400-meters ... Also was a district champion in the 300- and 500-meter dashes ... First-team All-

State, all-region and all-district as a junior ... Competed on school-record indoor and outdoor 4x400-meter relay units ... Broke Patriot District record in the 200-meter dash ... Named MVP for squad three times in his prep career ... Received first-team All-Northern Region Academic Award ... Garnered five letters ... Coached by Don Beeby and Andrew DeCoster.

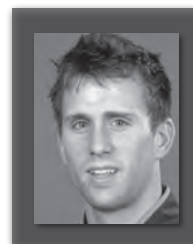
Personal: Born March 10, 1991 ... Son of Carol and Diann McCants ... Has one sister, Marcia ... Majoring in marketing.

NICK MCLAUGHLIN

JUNIOR • DISTANCE
LEESBURG, VA. • HERITAGE H.S.

PRs: 800m - 1:51.28;
1,500m - 3:58.32

2009 Outdoor: Was a finalist in the 800-meter run at the ACC Championships,



where he placed sixth with a time of 1:53.18 ... Ran a personal-best time of 1:51.28 in the prelims of the 800-meters at the ACC meet ... Finished runner-up in the 1,500-meters at the Fred Hardy Invite, clocking 3:58.32 ... Took fifth at the Liberty Twilight's 1,500-meter run with a time of 3:58.73.

2009 Indoor: Won the 800-meters at the Final Qualifier with a time of 1:53.51 ... Placed fifth at the VT Challenge's 600-meters, running 1:21.16.

High School: Nike Outdoor National Meet and National Junior Olympic finalist ... Named Runner of the Year for track and cross country in the Dulles District his senior and junior years, respectively ... Two-time district champion in the 1,600- and 800-meters ... Named honorable mention all-met twice ... Four-time athlete of the month as named by Velocity Sports Performance ... Heritage High School's athlete of the year as a senior ... Coached by Matt Oblas in cross country and Kate Cassidy in track and field ... Lettered four times ... Member of National Honor Society.

Personal: Born March 27, 1989 ... Son of Bruce McLaughlin and Robyn Anson ... Majoring in hospitality and tourism management.

MICHAEL MILLER

JUNIOR • POLE VAULT
KEEZLETOWN, VA. • BROADWAY H.S.

PR: 5.03m (16'6")

2009 Outdoor: Vaulted 16-00.75 to earn fifth place in the pole vault at the ACC Championships... Finished second at the Fred Hardy Invitational with a clearance of 15-09 in the pole vault... Recorded top-five finishes in the pole vault at the Liberty Invite and the HP Vertklasse Meet, placing third and fourth, respectively.



2009 Indoor: Cleared personal-best 16-06 at the Final Qualifier to place 11th... Won the unseeded section of the Virginia Tech Invitational's pole vault with a clearance of 15-09... Scored for Tech at the ACC Championships with an eighth-place effort in the pole vault, clearing 16-04.75... Placed sixth at the VT Elite Meet, vaulting 16-05.25.

2008 Outdoor: Redshirted.

2008 Indoor: Earned ninth place in the pole vault at the ACC Championships with a vault of 15-07... Matched his season-best clearance with a 15-07 vault at the Virginia Tech Elite Meet for third place... Finished runner-up in the pole vault at the Penn State National Invitational, clearing 15-05.

High School: Six-time all-state athlete at Broadway High... Member of district championship 4x100-meter relay squad as a senior... Finished runner-up at the state meet in the pole vault four times... Earned all-region honors his junior year in the indoor 55-meter dash... Also played football in high school... Coached by Stephen Hess... Member of National Honor Society, Foreign Language Honor Society and graduated with Advanced Diploma.

Personal: Born November 24, 1988... Son of Tom and Barbara Miller... Engineering major.

DAVID WILSON

FRESHMAN • SPRINTS/JUMPS
DANVILLE, VA. • GEORGE WASH. H.S.

PRs: Triple Jump – 15.69m (51'5.75");
Long Jump – 7.16m (23'6")

2009: Played football for the Hokies in the fall and participated in every game as a true freshman... Tied for third on the team in rushing with 301 yards on 52 carries... Had a team-leading 17 kickoff returns for 325 yards, an average of 19.1 yards per return going into the Chick-Fil-A Bowl... Led the team in the Marshall game with 165 yards rushing on just 12 carries... Scored on a 36-yard run... Scored a touchdown on a 1-yard run and picked up 34 yards on 13 carries against Boston College... Picked up 54 yards on five carries at Virginia, scoring on a 10-yard run.



High School: Won national championship in the triple jump at the Nike Indoor Meet with a meet-record and prep-best leap of 51-05.75... Captured two state championships, regional crowns and district titles in the triple jump in his prep career... Received All-state Honors as a sophomore as well... An all-district runner his freshman year.

Personal: Born June 15, 1991 in Danville, Va... Son of Dwight and Shelia Wilson... Has one brother, Ronald, and one sister, Lora... Enrolled in university studies.

ALEXANDER ZIEGLER

FRESHMAN • THROWS • DISCHINGEN,
GERMANY • SCHILLER GYMNASIUM HEIDENHEIM

PRs: Hammer Throw - 72.46m
(237'9")

High School: Placed third in the hammer throw at the European Under 23 Championships in 2009... Was the German Under 23 champion in the hammer throw in 2009... Finished ninth at the World Junior Championships in Beijing in the hammer with a toss of 247-08...



Coached by Fred Eberle.

Personal: Born July 7, 1987 in Ellwangen/Jagst, Germany... Son of Hubert and Anita Ziegler... Has one sister, Patrizia... Enrolled in university studies.

MEET THE HOKIES

JARED BERMAN



FRESHMAN
DISTANCE
FAIRFAX, VA.
JAMES ROBINSON H.S.

NOBEL IYEBOTE



SOPHOMORE
SPRINTS
LORTON, VA.
SOUTH COUNTY H.S.

LOGAN COLLINS



SOPHOMORE
MID-DISTANCE
ORANGE, VA.
ORANGE COUNTY H.S.

JEFF MILLER



JUNIOR
MID-DISTANCE
LORTON, VA.
SOUTH COUNTY H.S.

TIHUT DEGFAE



FRESHMAN
DISTANCE
YIRGALEM, ETHIOPIA
THOMAS A. EDISON H.S.

CHRIS WALIZER



JUNIOR
MID-DISTANCE
HERSHEY, PA.
HERSHEY H.S.

RYAN HAGEN



FRESHMAN
MID-DISTANCE
STERLING, VA.
POTOMAC FALLS H.S.

BRIAN WELCH



SOPHOMORE
DISTANCE
RICHMOND, VA.
MILLS E. GODWIN H.S.

SEASON REVIEW

Season in Review

The Virginia Tech track and field squads saw unprecedented success in 2009, as both teams garnered numerous individual awards, and achieved historic team success throughout the season. In both the indoor and outdoor seasons, the Hokies received key contributions from talented veterans as well as up-and-coming newcomers to post impressive performances at the ACC and NCAA meets.

In all, Tech totaled one national champion and 12 All-Americans in 2008-09, six on both the women's and men's sides, as well as a record 20 ACC individual championships, 10 on both the women's and men's sides. The Hokie men recorded the most conference championships since 2000 and placed 16th at the NCAA Outdoor Championships, the highest finish since 2006, while the Hokie women finished 12th at the outdoor national meet, the squad's best placing in school history. Marcel Lomnicky took first in the NCAA hammer throw to become Tech's first national champion since 2006, when Spyridon Jullien won the hammer throw. Abby Schaffer collected the Women's Indoor Track and Field Freshman of the Year award, and Dorotea Habazin earned the USTFCCA Women's Outdoor Southeast Region Field Athlete of the Year honor, while Queen Harrison captured the ACC Women's Track MVP award during the outdoor season. On the men's side, Yavgeniy Olhovsky earned USTFCCA Men's Indoor Southeast Region Field Athlete of the Year, and Will Mulherin was named co-ACC Men's Freshman of the Year in the outdoor season.

Lomnicky and Olhovsky earned the men's squad co-MVP honor, while Mulherin and Ebenezer Amegashie tallied the team's rookie of the year and coaches' award, respectively. Harrison was named the women's team's MVP, Lauren Lemieux garnered the coaches' award and Aunye Boone and Abby Schaffer shared the squad's rookie of the year accolade.

Indoor Season

The Hokies hosted a school-high six home meets at Rector Field House last year, including the ACC Indoor Championships. Four of the home meets came before the conference indoor meet, and the preparation on their home track proved valuable for the Hokies. Tech opened up the 2008-09 campaign with fireworks, as Tasmin Fanning shattered the school record in the 3,000-meters, running a 9:01.57 altitude-adjusted time. Unfortunately, the Charlottesville, Va., native suffered a heel injury shortly after, which forced her to sit out the rest of the year. The Hokies continued to break school records prior to the conference meet, as Asia Washington (500- and 600-meters), Abby Schaffer (women's pole vault), Natalie Sherbak (women's mile), Yavgeniy Olhovsky (men's pole vault) and Billy Berlin (men's mile) all set school records heading into the ACC meet.

At the conference championships, the Tech men shined, tallying 98.50 points for second place. The runner-up effort marked the best finish for the Hokie men ever, and the 98.50 points was a 68.50 point increase from the 2008 conference indoor meet. Lomnicky, competing in only his second meet, won the weight throw, Olhovsky claimed the pole vault title, and Ryan Witt and Berlin finished first in the 800-meters and mile run. On the women's side, Kristi Castlin placed first in the 60-meter hurdles, Asia Washington notched the 400-meter crown, Schaffer won the pole vault, Habazin

earned the weight throw title and Natalie Sherbak rounded out the Tech champions capturing the 5,000-meter ACC championship. The Hokie women finished fourth overall with 83.33 points.

The weekend before the NCAA Championships, two more Tech standards fell, as Washington broke the 400-meter record, while Eddie Judge, Nick Vaughn, Witt and Berlin teamed up to shatter the men's distance medley relay standard with a time of 9:30.24. Both performances qualified the athletes to the NCAA Championships in their respective events.

Thirteen Hokies qualified for the national meet in eight different events, and Tech performed strongly at the competition. Lomnicky finished eighth in the weight throw for his first All-America honor in only his third collegiate meet, while Olhovsky and Hunter Hall both added All-America showings in the pole vault. Olhovsky placed second and Hall tied for seventh. Castlin took third and Sherbak placed 10th in the 60-meter hurdles and the mile, respectively, to achieve two All-America accolades for the Hokie women. The Hokie men totaled 10.5 points for 22nd place, while the Tech women's six points tied them for 35th overall.

Outdoor Season

Tech carried the momentum of the indoor season to the outdoor campaign with several stellar performances pre-ACC meet, including Harrison and Lomnicky capturing Texas Relay titles in the women's 400-meter hurdles and the men's hammer throw, respectively. Keare Smith, Vaughn, Amegashie and Keith Ricks combined to clock a 41.04 in the 4x100-meter relay at the Sea Ray Relays to set a school record, which would be broken again later in the year by the same quartet at the Georgia Tech Invite, where they ran a 40.84. Judge, Berlin, Jeff Miller and Witt ran a 7:26.98 in the 4x800-meter relay at the Colonial Relays, shattering another Tech standard. Habazin would later surpass the women's hammer throw record following the ACC meet with a distance of 216-06.

The Hokies were primed for a successful ACC outdoor meet and did not disappoint. The Tech women used five ACC Championship efforts to finish second with 127 points. Harrison led Tech with first-place finishes in the 100- and 400-meter hurdles en route to winning the ACC Outdoor Women's Performer of the Year honor. Brittany Pryor, Sherbak and Habazin also all won titles for the women at the meet in the discus, the 10,000-meters and the hammer throw, respectively. On the men's side, Witt and Olhovsky completed the sweeps of the conference 800-meters and the pole vault, capturing the outdoor championships in their respective events, while Berlin won the 1,500-meter title, setting an ACC meet record in the process. Lomnicky earned first in the hammer throw, Mulherin crossed the line first in the 5,000-meters, helping him take co-ACC Men's Freshman of the Year honors, while another freshman, Matthias Treff, competing in his first collegiate meet, shocked the conference with a victory in the javelin. The men's squad placed third with 130 points and stayed in contention in the team race until the very end. The 130 points almost doubled the men's total of 67 points from the 2008 outdoor meet.

The NCAA East Regional proved to be another strong meet for the Hokies. Lomnicky, Pryor, Habazin and Castlin all earned individual crowns in the men's hammer throw, the women's discus, the women's hammer throw and



Brittany Pryor

the women's 100-meter hurdles, respectively, while Treff placed third in the javelin to automatically qualify for the national meet.

All the success Tech put together in the season came to fruition at the NCAA meet, as both squads earned historic finishes and performances. Lomnicky threw 235-06 at the NCAA meet to register Tech's first national champion since 2006 and its third hammer throw national championship in its history. The Nitra, Slovakia native just joined the Hokies in January, making the feat that much more noteworthy. Olhovsky and Hall finished tied for fourth and 10th in the pole vault, respectively, giving the pair two more All-America accolades. The Tech men placed 16th as a team, their best finish since tying for 12th back in 2006.

The women's unit, paced by four All-America performances, finished 12th overall with 18 points, the best placing ever for the Virginia Tech women's track and field team. Habazin took fourth in the women's hammer throw, Pryor added a 10th-place showing in the hammer throw, Washington earned fourth in the 400-meter hurdles and Castlin crossed the line in second in the 100-meter hurdles, as all four Hokies achieved All-American recognition at the meet.

International

Olhovsky and Ricks both helped Tech continue its tradition of international excellence with terrific efforts at national and international events. Olhovsky captured the Israel national championship in the pole vault. The Petah-Tivka, Israel product defeated legendary Israeli pole vaulter Alex Averbukh to win his first Israeli national championship and qualify for the IAAF World Championships in Berlin, Germany. At the World Championships, Olhovsky cleared 17-08.75 for 16th place in the prelims of the event.

Ricks qualified for Team USA and the Junior Pan-American Championships by placing second at the U.S. Junior Championships in the 200-meter dash with a time of 21.18. Against the best athletes from all over North America, South America and the Caribbean, Ricks placed ninth overall with a time of 21.49 in Port of Spain, Trinidad and Tobago at the Junior Pan-Am Games.

Both Washington and Castlin competed in the U.S. Championships over the summer as well. Washington made the semifinals of the 400-meter hurdles and finished 13th, while Castlin took 10th in the 100-meter hurdles. Former Hokie Brian Mondschein finished 12th overall in the pole vault at the meet.

ACADEMIC HONORS AND AWARDS



Asia Washington



Jared Jodon

Team Awards

MVP

Men: Marcel Lomnický/
Yavgeniy Olhovskiy
Women: Queen Harrison

Coaches Award

Men: Ebenezer Amegashie
Women: Lauren Lemieux

Rookie Award

Men: Will Mulherin
Women: Aunye Boone
Abby Schaffer

Strength Award

Men: Ebenezer Amegashie
Women: Shakirra Pinnock

USTFCCCA All-Academic (Men)

Matej Muza
Matthias Treff
Hasheem Halim
Michael Hammond

All-ACC Academic Team (Men)

Will Mulherin
Matthias Treff
Hasheem Halim
Phil Padilla

ACC Honor Roll (Men)

Hasheem Halim
Hunter Hall
Matej Muza
Matthias Treff

Scholar Athlete of the Year

Kelly Phillips

Virginia Tech All-Academic Team (Men)

Phil Padilla

Virginia Tech All-Academic Team (Women)

Kelly Phillips

USTFCCCA All-Academic (Women)

Elise Birnbaum
Kristi Castlin
Kelly Phillips
Abby Schaffer
Natalie Sherbak
Caitlin Thornley
Asia Washington

USTFCCCA Men's Southeast Region Field Performer of the Year

Yavgeniy Olhovskiy

USTFCCCA Women's Southeast Region Field Performer of the Year

Dorotea Habazin

ACC Women's Outdoor Performer of the Year

Queen Harrison

ACC Men's Outdoor co-Freshman of the Year

Will Mulherin

All-ACC Academic Team (Women)

Kristi Castlin
Kelly Phillips
Natalie Sherbak
Asia Washington

ACC Honor Roll (Women)

Elise Birnbaum
Kristi Castlin
Ashley Early
Christine Esposito
Queen Harrison
Kelly Phillips
Abby Schaffer
Erika Schroeder
Diana Sciambi
Natalie Sherbak
Caitlin Thornley
Asia Washington
Taylore Williams

TECH MEN'S INDOOR TRACK RECORDS

Event	Time/Mark	Name	Year
60yd	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	1:20.16	Ryan Witt	2009
800m	1:49.94	Ali Najjar	2001
1,000m	2:21.92	Gary Cobb	1987
1,500m	3:45.0	Gary Cobb	1987
Mile	4:02.47	Billy Berlin	2009
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, Voight, Oustrich, Reed	1987
DMR	9:30.24	Judge, Vaughn Witt, Berlin	2009
High Jump	7'1" (2.16m)	Steve Whaley	1983
Pole Vault	18'2.50" (5.55m)	Yavgeniy Olhovskiy	2009
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



Justin Clickett

TECH WOMEN'S INDOOR TRACK RECORDS

Event	Time/Mark	Name	Year
55m	6.85	Patrice Potts	2007
60m	7.33	Patrice Potts	2008
200m	23.62	Britni Spruill	2008
300m	37.93	Britni Spruill	2008
400m	53.66	Asia Washington	2009
500m	1:12.23	Asia Washington	2009
600m	1:31.84	Asia Washington	2009
800m	2:07.88	Asia Washington	2008
1,000m	2:47.07	Tasmin Fanning	2008
1,500m	4:30.10	Linda King	1985
Mile	4:40.31	Natalie Sherbak	2009
3,000m	9:01.57	Tasmin Fanning	2008
5,000m	16:23.51	Natalie Sherbak	2009
55m Hurdles	7.59	Kristi Castlin	2008
60m Hurdles	8.01	Kristi Castlin	2008
4x200m	1:36.43*	Potts, Spruill Castlin, Harrison	2008
4x400m	3:38.62	S. Green, Spruill Washington, Pinnock	2008
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	13'7.75" (4.16m)	Abby Schaffer	2009
Long Jump	19'9" (6.02m)	April Byrd	2000
Triple Jump	41'4.25" (12.60m)	April Byrd	2000
Shot Put	54'9.5" (16.70m)	Brittany Pryor	2008
Weight Throw	73'3.25" (22.33m)	Tamara Burns	2005
Pentathlon	4,224 points	Saskia Triesscheijn	2006

* collegiate record



Kristi Castlin

TECH MEN'S OUTDOOR TRACK RECORDS



Sven Hahn

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	40.84	Smith, Vaughn Amegashie, Ricks	2009
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	7:26.98	Judge, Berlin J. Miller, Witt.....	2009
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

TECH WOMEN'S OUTDOOR TRACK RECORDS



Queen Harrison

Event	Time/Mark	Name	Year
100m	11.40	Patrice Potts	2007
200m	23.17	Britni Spruill	2007
400m	52.88	Queen Harrison.....	2008
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	15:37.73	Tasmin Fanning.....	2008
10,000m	33:05.96	Linda King.....	1984
100m Hurdles	12.70	Queen Harrison.....	2008
400m Hurdles	54.60	Queen Harrison.....	2008
3,000m SC.....	10:35.82	Erin Reddan	2008
4x100m.....	44.33	Green, Potts, Castlin, Spruill	2007
4x200m.....	1:36.23	Pinnock, Boone Aririguzo, Nwaneri	2009
4x400m.....	3:32.05	Harrison, Washington, Green, Spruill	2008
4x800m.....	8:53.95	Mullis, Morris, Ekemo, Overbeeke	2004
4x1,500m.....	18:17.40	Sherbak, J. Fanning Clark, T. Fanning	2008
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.....	172'10" (52.69m)	Brittany Pryor.....	2009
Hammer Throw	216'06" (65.98m)	Dorotea Habazin	2009
Javelin Throw	174'02" (53.10m)	Dee O'Connell	2002
Heptathlon	5,833 points	Saskia Triesscheijn	2006

WOMEN'S ALL-TIME INDOOR PERFORMERS

55 Meters

Patrice Potts.....	6.85	2007
Britni Spruill.....	6.96	2008
Sherlenia Green.....	7.02	2007
Kristi Castlin.....	7.04	2008
Rashida Dodson.....	7.11	1997
Damali Hay.....	7.17	2000
Jennifer Cook.....	7.17	1997

60 Meters

Patrice Potts.....	7.33	2008
Ogechi Nwaneri.....	7.40	2009
Britni Spruill.....	7.42	2008
Kristi Castlin.....	7.47	2008
Damali Hay.....	7.61	2002
Sherlenia Green.....	7.66	2006

200 Meters

Britni Spruill.....	23.62	2008
Patrice Potts.....	23.67	2007
Aunye Boone.....	23.87	2009
Damali Hay.....	24.16	2002
Sherlenia Green.....	24.20	2006
Ogechi Nwaneri.....	24.34	2009
Asia Washington.....	24.38	2009

300 Meters

Britni Spruill.....	37.93	2008
Sherlenia Green.....	38.47	2007
Aunye Boone.....	38.64	2009
Patrice Potts.....	39.21	2008
Ogechi Nwaneri.....	39.87	2009
Kristi Castlin.....	40.08	2009

400 Meters

Asia Washington.....	53.66	2009
Queen Harrison.....	53.67	2009
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

500 Meters

Asia Washington.....	1:12.23	2009
Queen Harrison.....	1:12.75	2008
Sherlenia Green.....	1:13.77	2006
Marie Giles.....	1:14.27	2003
Danya Gordon.....	1:15.05	1997
Aunye Boone.....	1:15.33	2009
Julie Reeser.....	1:15.81	1997

800 Meters

Asia Washington.....	2:07.88	2008
Meredith Brooks.....	2:10.17	2006
Kristin Price.....	2:10.85	2001
Cas Sadosky.....	2:12.25	2001
Heather Mullis.....	2:12.31	2006
Lauren Lemieux.....	2:13.37	2009

1,000 Meters

Tasmin Fanning.....	2:47.07	2008
Marlies Overbeeke.....	2:47.66	2004
Natalie Sherbak.....	2:47.81	2009
Chelsea Alverson.....	2:54.56	2000
Asia Washington.....	2:56.48	2008
Linda King.....	2:56.50	1985

1,500 Meters

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

Mile

Natalie Sherbak.....	4:40.31	2009
Marlies Overbeeke.....	4:40.46	2004
Tasmin Fanning.....	4:40.66	2007
Kristin Price.....	4:48.48	2001
Jessica Fanning.....	4:50.26	2007
Jessica Morris.....	4:55.60	2003

3,000 Meters

Tasmin Fanning.....	9:01.57	2008
Natalie Sherbak.....	9:18.02	2009
Kristin Price.....	9:18.77	2001
Marlies Overbeeke.....	9:36.58	2003
Jessica Fanning.....	9:39.35	2007
Linda King.....	9:40.50	1985

5,000 Meters

Natalie Sherbak.....	16:23.51	2009
Heidi Allen.....	16:48.30	1992
Erin Reddan.....	17:08.23	2009
Kelly Clark.....	17:25.61	2007
Jennifer Conner.....	17:31.68	1997
Stacey Vidt.....	17:34.08	2001

55-Meter Hurdles

Kristi Castlin.....	7.59	2008
Queen Harrison.....	7.77	2008
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.....	8.01	2008
Queen Harrison.....	8.02	2009
Leslie Arriguzo.....	8.34	2009
Asia Washington.....	8.56	2009
Keosha Sanders.....	8.59	2004
Jennifer Cook.....	8.61	1999

4x400-Meter Relay

Harrison, Spruill.....	3:38.62	2008
Washington, Pinnock		
Harrison, Washington.....	3:38.74	2009
Castlin, Boone		
S. Green, Potts,.....	3:39.20	2007
Harrison, Washington		
Washington, Spruill.....	3:41.18	2007
Potts, S. Green,		
Harrison, Spruill,.....	3:41.27	2008
Pinnock, Washington		
Washington, Potts.....	3:41.28	2007
Harrison, S. Green		
Washington, Castlin.....	3:41.34	2009
Pinnock, Boone		

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		

Distance Medley Relay

J. Fanning, S. Green,.....	11:10.84	2007
Washington, T. Fanning		
J. Fanning, S. Green,.....	11:12.60	2007
Washington, T. Fanning		
Sherbak, Harrison.....	11:14.67	2008
Washington, T. Fanning		
J. Fanning, Pinnock,.....	11:20.41	2007
Sherbak, T. Fanning		
J. Fanning, Pinnock,.....	11:25.27	2008
Washington, T. Fanning		
J. Fanning, Harrison.....	11:26.25	2007
Gentles, T. Fanning		
Price, Hopkins,.....	11:34.78	2001
Sadosky, Vidt		

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

Abby Schaffer.....	13'7.75"	(4.16m)....	2009
Ashley Early.....	13'7.25"	(4.15m)....	2007
Kelly Phillips.....	13'6.50"	(4.13m) ...	2008
Erin Mahony.....	13'1.75"	(4.01m)....	2006
Abbey McGrath.....	13'0.25"	(3.97m)....	2007
Elise Birnbaum.....	12'11.5"	(3.95m) ...	2009
Caitlin Thornley.....	12'8.25"	(3.87m) ...	2009
Jennifer Wade.....	12'2.00"	(3.71m)....	2006

Shot Put

Brittany Pryor.....	54'9.50"	(16.70m) ..	2008
Ciera Ayangbile.....	53'8.25"	(16.36m) ..	2007
Paula Allan.....	49'10.50"	(15.20m) 1999	
Erika Schroeder.....	49'8.50"	(15.15m) ..	2009
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.....	67'4"	(20.52m) ..	2008
Brittany Pryor.....	65'11.50"	(20.10) ...	2008
Dorotea Habazin.....	65'3.50"	(19.90).....	2009
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 PERFORMERS

100 Meters

Patrice Potts.....	11.40	2007
Britni Spruill.....	11.55	2007
Ogechi Nwaneri.....	11.57	2009
Damali Hay.....	11.76	2002
Aunye Boone.....	11.71	2009
Kristi Castlin.....	11.79	2008

200 Meters

Britni Spruill.....	23.17	2007
Patrice Potts.....	23.25	2007
Aunye Boone.....	23.57	2009
Ogechi Nwaneri.....	23.82	2009
Kristi Castlin.....	23.99	2009
Danya Gordon.....	24.10	1999
Damali Hay.....	24.22	2002

400 Meters

Queen Harrison.....	52.88	2008
Sherlenia Green.....	53.78	2006
Asia Washington.....	54.51	2009
Britni Spruill.....	54.83	2008
Shakirra Pinnock.....	54.89	2008
Marie Giles.....	55.13	2003

800 Meters

Marlies Overbeeke.....	2:06.68	2004
Marie Giles.....	2:08.26	2005
Tasmin Fanning.....	2:08.27	2008
Asia Washington.....	2:08.37	2008
Meredith Brooks.....	2:08.83	2006
Heather Mullis.....	2:09.96	2004

1,500 Meters

Tasmin Fanning.....	4:17.79	2007
Marlies Overbeeke.....	4:18.82	2004
Kristin Price.....	4:22.85	2001
Jessica Fanning.....	4:22.86	2008
Cheryl Tuosto.....	4:27.80	1985
Natalie Sherbak.....	4:27.98	2008

3,000-Meter Run

Cheryl Tuosto.....	9:14.25	1985
Linda King.....	9:15.01	1985
Margarita Lasaga.....	9:29.1	1987
Natalie Sherbak.....	9:29.80	2008
Louise Schwetzer.....	9:33.0	1987
Roxanne Polo.....	9:39.2	1985

5,000 Meters

Tasmin Fanning.....	15:37.73	2008
Kristin Price.....	15:56.68	2001
Linda King.....	16:04.64	1984
Cheryl Tuosto.....	16:05.85	1984
Roxanne Polo.....	16:11.00	1985
Marlies Overbeeke.....	16:30.33	2004

10,000 Meters

Linda King.....	33:05.96	1984
Margarita Lasaga.....	33:51.00	1987
Natalie Sherbak.....	34:11.50	2009
Roxanne Polo.....	34:14.00	1986
Heidi Allen.....	35:59.10	1993
Stacy Vidt.....	36:28.40	2003

100-Meter Hurdles

Queen Harrison.....	12.70	2008
Kristi Castlin.....	12.81	2008
Sherlenia Green.....	13.20	2008
Leslie Aririguzo.....	13.55	2009
Brandi Smith.....	13.77	1999
Katie Ollendick.....	13.96	1998

400-Meter Hurdles

Queen Harrison.....	54.60	2008
Sherlenia Green.....	56.66	2007
Asia Washington.....	56.90	2009
Brandi Smith.....	58.41	1999
Kristi Castlin.....	60.44	2007
Danielle Gaddy.....	60.83	2003

3,000-Meter Steeplechase

Erin Reddan.....	10:35.82	2008
Kristin Hart.....	10:38.22	2006
Kim Milbourn.....	10:47.23	2003
Jessica Morris.....	10:50.48	2004
Stacey Vidt.....	10:59.35	2001

4x100-Meter Relay

S. Green, Potts,.....	44.33	2007
Castlin, Spruill		
Green, Potts,.....	44.34	2007
Castlin, Spruill		
S. Green, Castlin,	44.56	2008
Harrison, Spruill		
S. Green, Castlin,	44.60	2008
Harrison, Spruill		
Spruill, Potts,.....	44.62	2007
Castlin, S.Green		
Spruill, Harrison,	45.01	2008
Pinnock, S.Green		
Castlin, Harrison,	45.03	2008
Pinnock, Spruill		

4x200-Meter Relay

Pinnock, Boone	1:36.23	2009
Aririguzo, Nwaneri		
Gordon, Ollendick.....	1:38.34	1998
Cook, Byrd		
Sanders, Spruill.....	1:38.52	2006
Pinnock, Potts		

4x400-Meter Relay

Harrison, Washington...3:32.05	2008	
S. Green, Spruill		
Spruill, S. Green,.....	3:34.67	2007
Harrison, Washington		
Harrison, Washington ...3:34.68	2008	
Pinnock, Spruill		
Spruill, Harrison,	3:36.05	2007
Washington, S. Green		
S. Green, Washington ...3:36.45	2008	
Pinnock, Spruill		
Harrison, Washington...3:37.44	2009	
Pinnock, Boone		

4x800-Meter Relay

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

4x1,500-Meter Relay

Sherbak, J. Fanning.....	18:17.40	2008
Clark, T. Fanning		
Sherbak, Clark.....	18:22.65	2007
Gentles, T. Fanning		
Ekemo, Ference.....	18:36.43	2004
Morris, Overbeeke		

Sprint Medley Relay

Potts, Spruill,.....	3:53.69	2007
Pinnock, Washington		

Distance Medley Relay

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

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 Krebs.....	5'5.25"	(1.66m)	2006

Pole Vault

Ashley Early.....	13'5.75"	(4.11m)	2007
Kelly Phillips.....	13'5.25"	(4.10m)	2008
Erin Mahony.....	13'5.25"	(4.10m)	2008
Abbey McGrath.....	12'9.50"	(3.90m)	2006
Elise Birnbaum.....	12'7.75"	(3.85m)	2008
Caitlin Thornley.....	12'7.50"	(3.85m)	2009
Abby Schaffer.....	12'7.50"	(3.85m)	2009

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.....	172'10"	(52.69m)	2009
Christy Herman.....	162'6"	(49.54m)	2003
Tamara Burns.....	162'6"	(49.53m)	2005
Michelle Smith.....	158'9"	(48.40m)	1997
Erika Schroeder.....	158'	(48.16m)	2009

Hammer Throw

Dorotea Habazin... 216'6"	(65.98m)	2009	
Kristen Callan.....	210'2"	(64.05m)	2008
Brittany Pryor.....	208'1"	(63.42m)	2008
Tamara Burns.....	198'5"	(60.48m)	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 Krebs.....	5,315 points	2006
Brandi Smith.....	4,661 points	1997
Dorothea Ku.....	4,350 points	1993

MEN'S ALL-TIME INDOOR PERFORMERS

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

60 Meters

André Davis	6.72	1999
Keith Ricks	6.73	2009
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
Keith Ricks	21.26	2009
David Clowney	21.52	2006
Nick Vaughn	21.53	2009
Buck Grant	21.79	2003
Jordan Price	21.91	2005

400 Meters

Jordan Price	47.91	2006
Buck Grant	47.96	2001
Nick Vaughn	48.16	2009
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
Nick Vaughn	1:03.86	2009

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
Ryan Witt	1:50.74	2009
Eric Necciai.....	1:51.53	2002

1,000 Meters

Gary Cobb	2:21.92	1987
Ron Voight	2:22.64	1987
Paul Hayes	2:25.09	2000
Ray McDaniels.....	2:26.70	1982
Billy Berlin.....	2:26.79	2007
Will Mulherin	2:27.30	2009

1,500 Meters

Gary Cobb	3:45.0	1987
Joe Wilson	3:50.6	1986

Mile

Billy Berlin.....	4:02.47	2009
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Ryan Witt	4:05.00	2009
Gary Cobb	4:08.10	1987
James Scheiner.....	4:08.56	2009
Eddie Judge	4:09.06	2009
Chris Seaton.....	4:09.08	2001
Tim Covington	4:09.30	1989
Michael Lawson.....	4:09.86	2003

3,000 Meters

Steve Taylor	8:03.41	1987
Steve Hetherington.....	8:10.90	1981
Devin Cornwall.....	8:11.95	2009
Will Mulherin	8:13.76	2009
David Peterson	8:13.91	1983
Paul LaPenna	8:14.82	2009

5,000 Meters

Tim Covington	14:02.00	1989
Mark Stickley.....	14:16.00	1982
Chris Seaton.....	14:17.01	2001
Ricky Greer.....	14:19.80	1981
Steven Hetherington.....	14:19.90	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
Keare Smith.....	7.94	2009
Kevin Walker.....	7.94	2000
Jason Fullmer.....	8.10	1997
Ebenezer Amegashie	8.18	2009
Mike Hinton	8.20	2004

60-Yard Hurdles

Kenny Lewis	7.1	1978
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4x400-Meter Relay

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

4x800-Meter Relay

Cobb, Voigt.....	7:22.56	1987
Oustrich, Reed		
Ackenbom, Burns.....	7:29.2	1980
McDaniels, Merritt		
Hayes, Grignon.....	7:34.12	2000
Taylor, Rhue		
Najjar, Grignon.....	7:37.80	2000
Hayes, Taylor		
Berlin, Markley,	7:38.67	2005
Vick, Grant		

Distance Medley Relay

Judge, Vaughn	9:30.24	2009
Witt, Berlin		

Hayes, Grant.....	9:37.98	2001
Najjar, Seaton		
Mulherin, Iyebote.....	9:52.39	2009
Scheiner, Judge		
Dowdy, Stith.....	9:54.08	1998
Showers, Johns		

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
James Curd	23'8.25" (7.22m)	1988
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 Wilford.....	50'7.50" (15.43m)	2000
Hasheem Halim.....	50'4.50 (15.35m)	2009
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

Yavgeniy Olhovskyy..	18'2.50" (5.55m)	2009
Brian Mondschein	18'1.25" (5.52m)	2006
Brian Hunter	18'0.50" (5.50m)	2000
Thorsten Mueller.....	17'9.25" (5.42m)	2007
Hunter Hall	17'7.75" (5.38m)	2009
Bob Phillips	17'3.75" (5.28m)	1981
Keith Neff.....	17' 2.5" (5.25m)	1976
Jared Jodon	17'1" (5.21m)	2009
Joe Samaniuk.....	17'0.75" (5.20)	2007
Joe Davis.....	16'10.75" (5.15)	2008

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.....	69'5.5" (21.16m)	2008
Marcel Lomnický	68'10 1/2" (20.99m)	2009
Erick Kingston	65'0" (19.81m)	2000
Eddie Boes	64'10" (19.76m)	2000
Justin Clickett.....	64'4.5" (19.62)	2007

Pentathlon

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

MEN'S ALL-TIME OUTDOOR PERFORMERS

100 Meters

André Davis	10.24	1999
Dennis Scott	10.42	1980
David Read	10.43	1980
Keith Ricks	10.44	2009
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
Keith Ricks	21.02	2009
Robert Nash	21.1	1984
David Read	21.1	1980
Dennis Scott	21.2	1980
Nick Vaughn	21.40	2009

220 Yards

Mac Banks	20.8	1971
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400 Meters

Hilliard Sumner	46.73	1996
Robert Nash	47.2	1984
Nick Vaughn	47.34	2009
Detrick Stith	47.48	1998
Buck Grant	47.72	2003
Justin Davis	47.75	1999

440 Yards

Mac Banks	46.7	1971
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800 Meters

Tim Crossin	1:48.5	1982
Ray Ackenbom	1:49.06	1979
Billy Berlin	1:49.51	2007
Ali Najjar	1:49.91	2000
Brett Matthews	1:50.0	1994
Eric Necciai	1:50.25	2002
Ryan Witt	1:50.93	2009

1,500 Meters

Gary Cobb	3:39.35	1987
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
Ryan Witt	3:46.78	2009
Ron Voight	3:46.83	1987
Eddie Judge	3:46.87	2009

5,000 Meters

Steve Taylor	13:52.0	1987
Will Mulherin	13:58.18	2009
Mark Stickley	14:03.4	1983
Dave Atkiss	14:07.27	2006
Steven Pinard	14:08.0	1983

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
Ebenezer Amegashie	14.17	2009

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	1989
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 Clauss	9:05.55	2007

4x100-Meter Relay

Smith, Vaughn	40.84	2009
Amegashie, Ricks		
Austin, McCoy	41.16	2000
Jenkins, Davis		
Virginia Tech	41.1	1984

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

Judge, Berlin	7:26.98	2009
J. Miller, Witt		
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		

4x1,500-Meter Relay

Scheiner, Cornwall	15:41.32	2007
Clauss, Berlin		
C. Padilla, Judge	15:54.60	2008
Walizer, Clauss		
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
James Curd	24'3.75"	(7.41m)	1988
Mike Donahue	24'3.50"	(7.40m)	1999
Mike Halim	23'11.75"	(7.31m)	1981

Triple Jump

Phil Saunders	53'4.50"	(16.27m)	1986
Jason Fludd	50'11.50"	(15.53m)	2004
Hasheem Halim	50'10"	(15.49m)	2009
Idikoro Eradiri	50'0.75"	(15.26m)	2005
Jim Eckenrode	48'10.50"	(14.90m)	1986

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
Yavgeniy Olhovskiy	17'11.75"	(5.48m)	2009
Thorsten Mueller	17'5.75"	(5.33m)	2007
Joe Samaniuk	17'5.50"	(5.32m)	2007
Hunter Hall	17'2.75"	(5.25m)	2009
Jared Jodon	17'0.75"	(5.20m)	2008
Bob Phillips	17'0.50"	(5.20m)	1980
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
Igor Misljenovic	58'10.75"	(17.95m)	2009
Stephen Huntzinger	56'10"	(17.32m)	2006
John Fallone	56'2"	(17.12m)	2003

Hammer Throw

Spyridon Jullien	238'5"	(72.68m)	2005
Marcel Lomnický	235'6"	(71.78m)	2009
Mohsen Anani	231'5"	(70.55m)	2006
Matej Muza	229'1"	(69.84m)	2008
Erick Kingston	221'11"	(67.64m)	1999
Mike Sergent	210'1"	(64.04m)	1992

Discus

Sven Hahn	189'6"	(57.76m)	2005
Igor Misljenovic	187'3"	(57.08m)	2009
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

Javelin

Jacobus Smit	242'9"	(74.00m)	2005
Matthias Treff	239'10"	(73.10m)	2009
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

Old Javelin

David Sage	227'10"	(69.44m)	1977
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Decathlon

Ed Nuttycombe	6,951 points	1976
John Dyer	6,939 points	1981
Danny Thompson	6,796 points	1983

ALL-AMERICANS, MEN

Ray Ackenbom

1980..... Indoor Two-mile Relay (5th)

Mohsen Anani

2006..... Indoor Weight Throw (4th)

2006..... Outdoor Hammer Throw (4th)

Mike Burns

1980..... Indoor Two-mile Relay (5th)

Justin Clickett

2007..... Indoor Shot Put (9th)

2007..... Outdoor Shot Put (6th)

2008..... 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)

Hunter Hall

2009..... Indoor..... Pole Vault (17th)

2009..... Outdoor..... Pole Vault (10th)

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)

Marcel Lomnický

2009..... Indoor..... Weight Throw (8th)

2009..... Outdoor... Hammer Throw (1st)

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)

2008..... Outdoor... Hammer Throw (5th)

Keith Neff

1976..... Indoor Pole Vault (5th)

Ryan Norwood

2005..... Indoor Shot Put (11th)

Yavgeniy Olhovskiy

2008..... Indoor..... Pole Vault (5th)

2008..... Outdoor..... Pole Vault (2nd)

2009..... Indoor..... Pole Vault (2nd)

2009..... Outdoor..... Pole Vault (14th)

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 Stickley

1985..... Outdoor 10,000 Meters (8th)

Paul Sulik

1981..... Outdoor Hammer Throw

Steve Taylor

1987..... Outdoor 10,000 Meters (3rd)

1987..... Cross Country (9th)

Brian Walter

1989..... Cross Country (30th)

Tony Williams

1987..... Outdoor 10,000 Meters (8th)

1987..... Cross Country (19th)

ALL-AMERICANS, 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)

2008..... Indoor..... Weight Throw (7th)

2008..... Outdoor..... Hammer Throw (9th)

Kristi Castlin

2007..... Indoor 60-meter Hurdles (9th)

2007..... Outdoor..... 100-meter Hurdles (9th)

2008..... Indoor 60-meter Hurdles (2nd)

2009..... Indoor 60-meter Hurdles (3rd)

2009..... Outdoor 100-meter Hurdles (2nd)

Tracy Deely

1981..... Cross Country

Jessica Fanning

2007..... Indoor DMR (4th)

Tasmin Fanning

2007..... Indoor DMR (4th)

2007..... Cross Country (12th)

2008..... Outdoor 5,000 Meters (6th)

2008..... Cross Country (3rd)

Sherlenia Green

2007..... Indoor DMR (4th)

2008..... Outdoor 400-meter Hurdles (9th)

Dorotea Habazin

2009..... Outdoor Hammer Throw (4th)

Queen Harrison

2007..... Outdoor 100-meter Hurdles (5th)

2007..... Outdoor 400-meter Hurdles (3rd)

2008..... Indoor 60-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)

Kelly Phillips

2008..... Outdoor..... Pole Vault (6th)

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)

2008..... Indoor Shot Put (7th)

2008..... Outdoor Hammer Throw (7th)

2008..... Outdoor Shot Put (11th)

2009..... Outdoor Hammer Throw (10th)

Natalie Sherbak

2009..... Indoor Mile Run (10th)

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)

2009..... Outdoor 400m Hurdles (4th)

Judy Williams

1981..... Outdoor 10,000 Meters

WOMEN'S INDOOR CONFERENCE CHAMPIONS

Metro Conference

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

Atlantic 10 Conference

1997 Rashida Dodson 55 Meters
Rashida Dodson 200 Meters
Jennifer Conner 5,000 Meters
Jennifer Cook 55 Hurdles
Leslie Mitchell Triple Jump
Katie Ollendick High Jump
Paula Allan Shot Put

1998 Megan Barnes Long Jump
Katie Ollendick High Jump
Michelle Smith Shot Put
1999 Stephenie Ingersoll 3,000
Danielle Hobson 4x400 Relay
Lynette Hopkins 4x400 Relay
Keisha Ricks 4x400 Relay
Brandi Smith 4x400 Relay
April Byrd Long Jump
2000 Paula Allen Shot Put
Lynette Hopkins 400 Meters
April Byrd Long Jump
April Byrd Triple Jump
Paula Allen Weight Throw

BIG EAST Conference

2004 Marlies Overbeeke 1,000 Meters

Atlantic Coast Conference

2005 Natalie Sherbak Distance Medley Relay
Victoria Green Distance Medley Relay

Meredith Brooks... Distance Medley Relay
Jessica Fanning ... Distance Medley Relay
2006 Tamara Burns Weight Throw
Gunild Kreb Pentathlon
2007 Patrice Potts 60 Meters
Erin Mahony Pole Vault
Brittany Pryor Shot Put
2008 Patrice Potts 60-Meters
Tasmin Fanning 3,000-meters
Queen Harrison 4x400-meter Relay
Britni Spruill 4x400-meter Relay
Asia Washington..... 4x400-meter Relay
Shakirra Pinnock 4x400-meter Relay
Kelly Phillips Pole Vault
Brittany Pryor Shot Put
Brittany Pryor Weight Throw
2009 **Kristi Castlin 60-meter Hurdles**
Dorothea Habazin Weight Throw
Abby Schaffer Pole Vault
Natalie Sherbak 5,000-meters
Asia Washington..... 400-meters

WOMEN'S OUTDOOR CONFERENCE CHAMPIONS

Metro Conference

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

Atlantic 10 Conference

1997 Mandy Workman 10,000 Meters
Melanie Burgess Long Jump
Katie Ollendick High Jump
Paula Allan Shot Put
Jessica Read Javelin
Brandi Smith 400 Hurdles
1998 Megan Barnes Long Jump
April Byrd Triple Jump
Katie Ollendick High Jump
Paula Allan Shot Put
Michelle Smith Discus
Dee O'Connell Javelin
1999 Damali Hay 100 Meters
Danya Gordon 200 Meters
Brandi Smith 400 Hurdles
Danya Gordon 4x400 Relay
Danielle Hobson 4x400 Relay
Lynette Hopkins 4x400 Relay
Brandi Smith 4x400 Relay
April Byrd Triple Jump

M. Zengilowsky Hammer Throw
Dee O'Connell Javelin
2000 Damali Hay 4x400 Relay
Lynette Hopkins 4x400 Relay
Joy Hsubuga 4x400 Relay
Monique Vanloo 4x400 relay
April Byrd Triple Jump
April Byrd Long Jump

BIG EAST Conference

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

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
2008 Natalie Sherbak 10,000-meters
Kristi Castlin 100-meter Hurdles
Queen Harrison 400-meter Hurdles
Queen Harrison 4x400-meter Relay
Asia Washington... 4x400-meter Relay
Shakirra Pinnock 4x400-meter Relay
Britni Spruill 4x400-meter Relay
Erin Mahony Pole Vault
Brittany Pryor Shot Put
Dorothea Habazin Hammer Throw



Dorotea Habazin

2009 **Dorotea Habazin Hammer Throw**
Queen Harrison 100-meter Hurdles
Queen Harrison 400-meter Hurdles
Brittany Pryor Discus
Natalie Sherbak 10,000-meters

MEN'S INDOOR CONFERENCE CHAMPIONS

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
	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
1997	Jason Fullmer	55 Hurdles



Spyridon Jullien

	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 Kingsein	Weight Throw
2000	André Davis	55 meters
	André Davis	200 meters
	Clinton Edwards	400 meters
	Matt Taylor	800 meters
	Paul Hayes	1,000 meters
2000	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
2009	Billy Berlin	Mile Run
	Marcel Lomnicky	Weight Throw
	Yavgeniy Olhovskiy	Pole Vault
	Ryan Witt	800-meters

MEN'S OUTDOOR CONFERENCE CHAMPIONS

Southern Conference

1926	Lund.....	Discus
1928	Lund.....	Discus
1929	Penn.....	Two Mile
1931	Jim Swart.....	Shot Put
1933	Bill Turner.....	High Jump
1935	Ivan Mothershead.....	Mile
1936	Forrest Rollins.....	High Jump
1937	Martin Shokey.....	Discus
1938	Jud Ellis.....	Pole Vault
1948	Frank Magill.....	880 yards
1949	Bob Monroe.....	High Jump
1951	Don Cochran.....	Javelin
1952	Stu Johnson.....	440 yards
	Virginia Tech.....	Mile relay
1953	Dave Schafer.....	Mile
1954	Frank Tardy.....	Two Mile
1954	Frank Tardy.....	Two Mile
	Ben Lankford.....	High Jump
1955	Dick Arnold.....	440 yards
	Bob Wingfield.....	880 yards
	Charles Catlett.....	Two Mile
	Virginia Tech.....	Mile relay
1956	Dick Arnold.....	440 yards
	Bob Wingfield.....	880 yards
	Alger Pugh.....	120 yard HH
	Virginia Tech.....	Mile Relay
1957	Bob Wingfield.....	880 yards
1957	Bill Shephard.....	120 yard HH
1958	Len Muse.....	Shot Put
1959	Howard Melton.....	Long Jump
1960	John Finch.....	Two Mile
	Jim Nichols.....	Long Jump
1961	Lou Castagnola.....	Two Mile
	Howard Melton.....	Long Jump
1962	Kent Harris.....	100 yards
1963	J.W. Carter.....	Triple Jump
1964	Fred Vaughan.....	Discus
	J.W. Carter.....	Triple Jump
1965	Fred Vaughan.....	Discus

Metro Conference

1979	Bob Phillips.....	Pole Vault
	Paul Sulik.....	Hammer Throw
1980	Bob Phillips.....	Pole Vault
	Paul Sulik.....	Hammer Throw
	John Dyer.....	Decathlon
1981	Mike Halim.....	Long Jump
	Steve Whaley.....	High Jump
	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
1995	Jason Fullmer.....	110 hurdles
	Justin Davis.....	400 hurdles

Atlantic 10 Conference

1996	No meet	
1997	Hilliard Sumner.....	400 meters
	Mike Cox.....	10,000 meters
	Jason Fullmer.....	110 hurdles
	Jim Fitzgerald.....	Pole Vault
	Eddie Boes.....	Discus
1998	Andre Davis.....	100 meters
	Andre Davis.....	200 meters
	Mike Cox.....	10,000 meters
	Kevin Walker.....	110 hurdles
	Kevin Walker.....	400 hurdles
	Jarrett Ferguson.....	Long Jump
	Nathan Bath.....	Pole Vault
	Nick DeLuca.....	Shot Put
	Erick Kingston.....	Hammer Throw
1999	Andre Davis.....	100 meters
	Andre Davis.....	200 meters
	Ahmed Sangbana.....	400 meters
	Paul Hayes.....	1,500 meters
	Jason Dowdy.....	5,000 meters
	Jason Dowdy.....	10,000 meters
	Chris Stokes.....	110 hurdles
	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



Will Mulherin

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
2008	Justin Clickett.....	Shot Put
2009	Billy Berlin.....	1,500-meters
	Marcel Lomnický.....	Hammer Throw
	Will Mulherin.....	5,000-meters
	Yavgeniy Olhovskiy.....	Pole Vault
	Matthias Treff.....	Javelin
	Ryan Witt.....	800-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 57th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 114 national championships, including 60 in women's competition and 54 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 257 times.

2008-09 in Review

The 2008-09 academic year saw league teams capture five national team titles and 20 individual NCAA crowns. In all, the ACC has won 47 national team titles over the last 13 years and has won two or more NCAA titles in 27 of the past 29 years.

A total of 128 ACC teams placed in NCAA post-season competition in 2008-09. League teams compiled a 139-84-1 (.623) mark against opponents in NCAA championship competition. In addition, the ACC had 198 student-athletes earn first team All-America honors this past year. Overall, the league had 266 first-, second-, or third-team All-Americans and the ACC produced nine national Players of the Year and five national Coach of the Year honorees. A total of 88 teams finished their respective seasons ranked in the Top-25 poll, including 33 teams ranked in the Top 10 and six teams that held the nation's top spot.

The Championships

The conference will conduct championship competition in 25 sports during the 2009-10 academic year — 12 for men and 13 for women. The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.



Virginia Tech AD Jim Weaver and ACC Commissioner John Swofford at the announcement that the Hokies would be joining the ACC.

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 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 with volleyball deciding its champion by regular season play.

A History

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

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

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

2008-09 National Championships

Field Hockey.....	Maryland
Women's Soccer	North Carolina
Men's Soccer.....	Maryland
Men's Basketball	North Carolina
Women's Tennis.....	Duke

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

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation. The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

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

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



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, 64, was appointed on Sept. 24, 1997, and has been a tireless leader on behalf of Tech athletics. His efforts were recognized in December when he accepted the prestigious



John L. Toner Award, which is presented annually by the National Football Foundation & College Hall of Fame. The award is given each year to a director of athletics who has demonstrated superior administrative abilities and shown outstanding

dedication to college athletics and particularly college football.

In his 12 years on the job at Tech, Weaver has taken steps to place increased emphasis on projects benefiting student-athletes. Under his leadership, the athletics department entered into a comprehensive agreement with NIKE beginning in 2007-08 which provides uniforms, clothing and equipment for all Virginia Tech varsity teams over an eight-year period. 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 new facilities which are now in use or currently under construction.

Tech's basketball staffs and teams moved into their new practice facility in August. The \$20 million building boasts two practice gyms, a 3,000 square-foot basketball weight room, coaches' offices, film rooms and locker rooms.

A new football locker room and lounge building is underway adjacent to Jamerson Athletic Center. The three-story building will be completed in advance of the 2010 football season and will feature a spacious locker room for players and coaches, as well as a lounge on the second floor and a wrestling facility on the third floor. The vacated space in Jamerson will then be renovated to provide expanded weight training, sports medicine and locker room facilities for Olympic sport teams.

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

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 and built a new athletic complex.

While at Western Michigan, Weaver announced 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 STAFF



Sharon McCloskey
Senior Associate A.D., Senior Woman Administrator



Tim East
Associate A.D., External Affairs



Tom Gabbard
Associate A.D., Internal Affairs



Chris Helms
Associate A.D., Olympic Sports



Jon Jaudon
Associate A.D., Administration



John Ballein
Associate A.D., Football Operations



Natalie Hart
Director of NCAA Initiatives and Athletics Compliance



Mike Gentry
Assistant A.D., Athletic Performance



Reyna Gilbert
Assistant A.D., Student Life



Mike Goforth
Assistant A.D., Athletic Training



Tim Parker
Senior Assistant A.D., Compliance



Lisa Rudd
Assistant A.D., Financial Affairs



Dave Smith
Assistant A.D., Athletics Communications



Sandy Smith
Assistant A.D., Ticketing Services



Jeremy Wells
Assistant A.D., Marketing & Promotions

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

Whether in the classroom or on the field, expectations placed on Virginia Tech student-athletes remain consistently high year after year. In collaboration with the Tech Athletics Department, Student-Athlete Academic Support Services (SAASS) works tirelessly to help Hokie student-athletes achieve their full potential. Services available include tutors, study assistance, computer and technology aid as well as individual skill development programs. In addition, SAASS integrates its services with those of the Virginia Tech community, assisting students in arranging appointments with various University departments, such as their academic advisors, the Registrar, the Office of Scholarships and Financial Aid, dean's offices, Career Services, Cook Counseling Center, Cranwell International Center and the Center for Academic Enrichment and Excellence. The department is committed to providing a comprehensive academic and personal development program for student-athletes, offering academic counseling in combination

with university academic advising to ensure students receive a complete system of support.

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

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

In addition, student-athletes have access to the department's spacious facilities, located in

the West Side of Lane Stadium. Opened during the 2006-07 academic year, the SAASS suite, located in the Quillen Family Academic Center, features 18 private tutor rooms, a state-of-the-art classroom, a 36-station computer lab with printer access, a conference room, three quiet areas for reading and studying and a reference library. The office is available between classes, after practice and in the evenings.

Each team at Virginia Tech is assigned an academic counselor to coordinate individualized support efforts for every team member. Together, SAASS department members assist approximately 500 student-athletes in all areas of academic assistance.

Jermaine Holmes is the director of Student-Athlete Support Services. As director, Holmes provides leadership for SAASS, and along with a staff of 10, oversees the development and execution of programs aimed to help Hokie student-athletes balance their academic and athletic demands and achieve success in both areas.

ATHLETICS OFFICE OF STUDENT LIFE

At Virginia Tech, student-athletes don't just play sports. With help from the Athletics Office of Student Life, Hokie student-athletes work outside the athletic arena to develop into community assets and responsible adults. Inspired by the NCAA/CHAMPS (Changing Athletes' Minds for Personal Success) Life Skills Program, the Athletics Office of Student Life creates programs designed to enhance student-athletes in five areas of commitment: athletic excellence, academic excellence, personal and leadership development, community service and career development. The program has been previously 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.

Led by the Virginia Tech Student Athlete Advisory Committee, Hokie student-athletes volunteered countless hours in the local community last year. In addition, over 300 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters. The accomplishments in the classroom and the community are all the more impressive given the Hokie student-athletes' success in the 2008-2009 season.

The office is under the guidance of Assistant Athletics Director for Student Life Reyna Gilbert.

She is assisted by Student Services Coordinator Danny White.

The Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institution campuses. Two members of each sports team serve on SAAC each academic year.

The Office of Student Life aims to help student-athletes lead balanced lifestyles, encouraging emotional well-being, personal growth and decision-making skills. To do so, each team attends two personal development workshops during the year. The workshops educate them in healthy living, service learning, career development, diversity and life skills.

Virginia Tech student-athletes savor their collegiate athletic experiences with the understanding that upon graduation, they will need to secure a job. The Student Life Office worked with Becca Scott in the Virginia Tech Career Services Center to create programs designed to teach student-athletes why they are much sought after for their transferable skills (resiliency, time management, teamwork, competitiveness and

ambition).

The Virginia Tech Athletics Office of Student Life is responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. In 2008-2009, 342 student-athletes were named to this prestigious list.

Pedro Graber (men's tennis) and Kelly Phillips (women's track and field) 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 each receive a \$5,000 scholarship donated by the late Dr. Bill Skelton and his wife Peggy.

Virginia Tech student-athletes are involved more than ever in the local community. Having volunteered many hours in the schools, community groups and hospitals, student-athletes are setting a high precedent for all involved with the program. Under the "Hokies with Heart" umbrella, each sports team has a community partner with which they volunteer their time.

ATHLETIC PERFORMANCE

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

Strength Training

Dr. Mike Gentry begins his 23rd season as the Hokies' director of strength and conditioning. As assistant athletics director for athletic performance, his duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. He is directly involved in the training of the football team and manages programs for nutrition.

Thanks to Gentry, the Virginia Tech strength and conditioning program is among the best in the nation.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches. Terry Mitchell is the assistant director of strength and conditioning. Former football players Jarrett Ferguson and

Keith Short serve as coordinators for strength and conditioning.

Sports Psychology

Virginia Tech offers another important service to all of 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.

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

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, who is one of 16 full-time college dietitians in the country, also serves on the nutrition and performance committee with Dr. Gary Bennett.

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

Also in July 2002, the Virginia Tech Athletics Department purchased the BodPod body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BodPod accurately measures body composition (percent of body fat, lean muscle mass and fat mass) within five minutes through air displacement. 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.

SPORTS MEDICINE

The Sports Medicine Department at Virginia Tech is constantly evolving to incorporate new ideas utilizing state-of-the-art resources for the betterment of all Hokie student-athletes. Under the leadership of Assistant Athletics Director for Athletic Training Mike Goforth, the department is constantly improving and developing new strategies to provide the most current and comprehensive care.

Their team of certified athletic trainers, orthopaedic surgeons, Board Certified primary care physicians, chiropractors, physical therapists, sport psychologists, nutritionists, massage therapists and orthotists are available on site to manage the health care needs of Tech athletes.

Tech is entering its ninth full year in the 4,300-square-foot Eddie Ferrell Memorial Training Room. The facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes. The Ferrell Training Room nearly doubled the size of the former Merryman Center facility. Tech now has more than 10,000 square feet dedicated to sports medicine, placing in the top five percent nationally. The \$10 million Merryman Center includes 2,400 square feet of medical space and a physician's suite equipped

with a new state-of-the-art X-ray system, a fluoroscopy unit and a minor procedure room. The training room also has offices for the staff, dozens of training tables, two cold tubs, whirlpools, an underwater treadmill, a Biodex System 3 and various other pieces of rehabilitation equipment and treatment modalities.

After the sports medicine staff diagnoses and treats an ill or injured athlete, the staff starts collaborating with the strength and conditioning staff to provide the best injury prevention and performance enhancing programs possible. After an injury, an athlete will go through rehabilitation and physical therapy, then move to weight training as they become able. The strength and conditioning staff uses specific programs for each injury. The sports medicine staff also takes great pride in treating the athletes year-round. Special attention is paid to off-season activity. During this time, the staff will analyze past injury data from each participant and construct a preventative program that is followed over a nine-week period between the end of the season and the beginning of spring practice. This same procedure is followed during the summer.

A vital part of student-athlete medical services is access to the Montgomery Regional Hospital's

SWVA Center for Orthopaedics and Schiffert Student Health Center.

If physical therapy is needed, student-athletes can be seen by physical therapists Mark Piechoski and Katie Burns in the Ferrell Training Room. In addition, staff sport psychologist Dr. Gary Bennett is available to all student-athletes for personal and performance issues.

Over the past 11 years, Tech has developed the reputation for producing top-level certified athletic trainers. Graduates are now employed in positions across the country at various levels of the profession.



Members of the track and cross country team and assistant athletics director Reyna Gilbert with boxes of shoes collected for Nike's Reuse-A-Shoe program.



KEITH RICKS
USA Junior Team



RYAN WITT
ACC Champion



WILL MULHERIN
ACC Champion



MATTHIAS TREFF
ACC Champion



MATEJ MUZA
All-American



NATALIE SHERBAK
All-American, ACC Champion



BRITTANY PRYOR
All-American, ACC Champion



BILLY BERLIN
ACC Champion



ABIGAIL SCHAFER
ACC Champion