

VIRGINIA TECH

TRACK AND FIELD

[THE 2010-2011 MEDIA GUIDE]

QUEEN

HARRISON

2010 BOWERMAN
AWARD WINNER

▶ PAGE 46



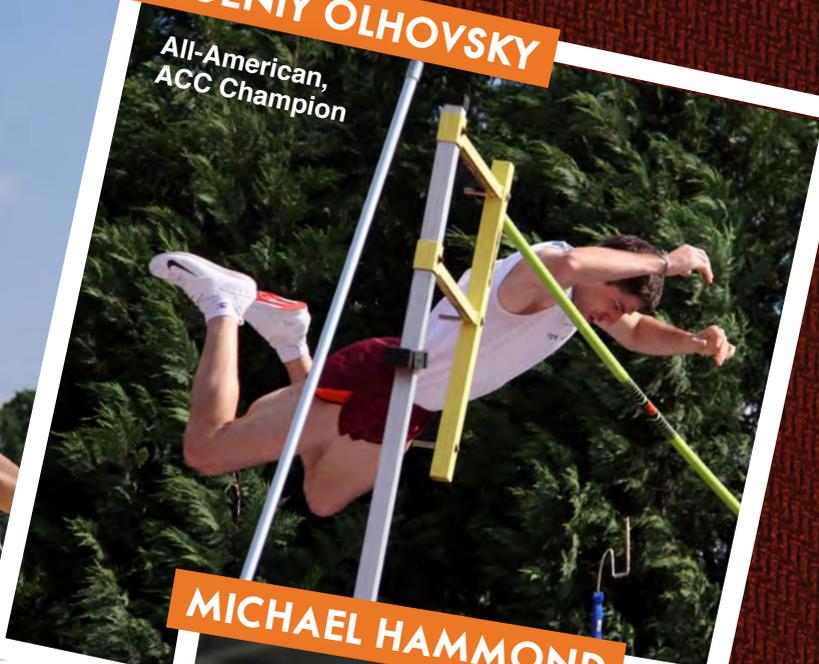
MATTHIAS TREFF

ACC Champion



YAVGENIY OLHOVSKY

All-American,
ACC Champion



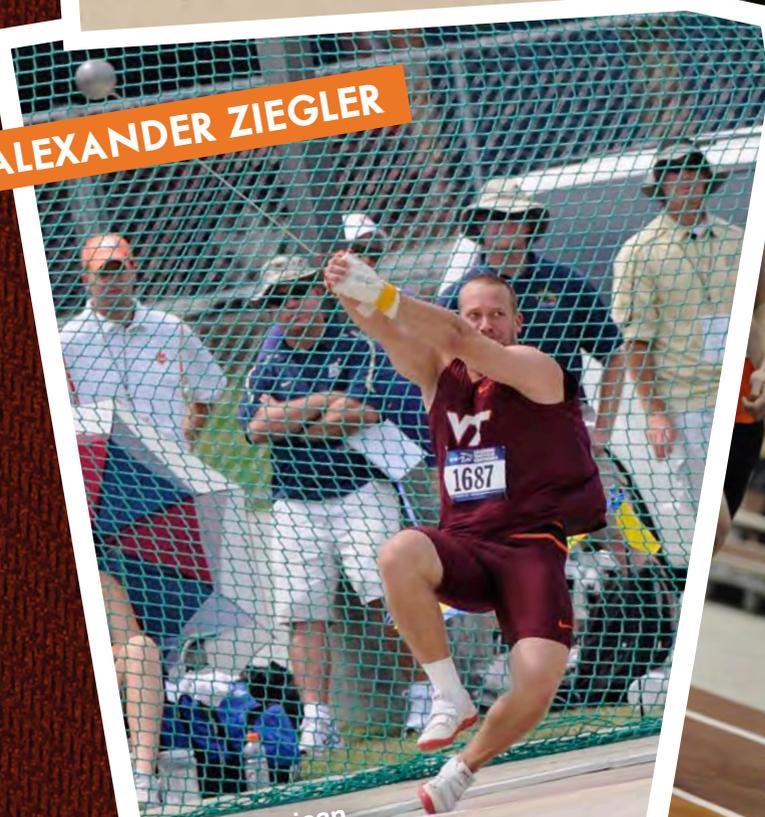
MICHAEL HAMMOND

ACC
Champion



ALEXANDER ZIEGLER

All-American,
ACC Champion



2011 TRACK AND FIELD

VIRGINIA TECH



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TRACK AND FIELD

AT VIRGINIA TECH

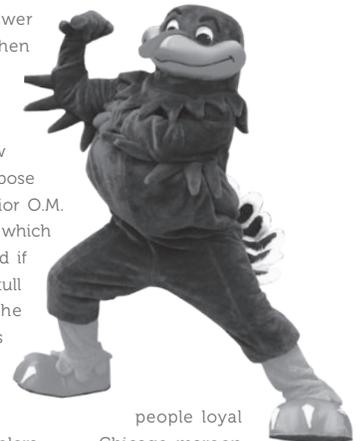
TRACK AND FIELD

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
2010 ACC indoor finish (m/w).....	Third/Third
2010 ACC outdoor finish (m/w).....	Second/Sixth
Men's indoor all-ACC performers returning/lost.....	8/1
Women's indoor all-ACC performers returning/lost.....	3/2
Men's outdoor all-ACC performers returning/lost.....	8/2
Women's outdoor all-ACC performers returning/lost.....	1/4

WHAT IS A HOKIE?

That's the most often-asked question in Virginia Tech athletics. The answer leads all the way back to 1896 when Virginia Agricultural and Mechanical College changed its name to Virginia Polytechnic Institute. With the change came the necessity for writing a new cheer and a contest for such a purpose was held by the student body. Senior O.M. Stull won first prize for his "Hokie" yell which still is used today. Later, when asked if "Hokie" had any special meaning, Stull explained the word was solely the product of his imagination and was used only as an attention-getter for his yell. It soon became a nickname for all Tech teams and for those



people loyal to Tech athletics. The official school colors – Chicago maroon and burnt orange – also were introduced in 1896. They were chosen because they made a "unique combination" not worn elsewhere at the time.

BLACKSBURG, VIRGINIA



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.



DAVE CIANELLI

DIRECTOR OF TRACK & FIELD AND CROSS COUNTRY

THE CIANELLI FILE

VIRGINIA TECH (2001-PRESENT)

- Eight NCAA individual champions, the first in Virginia Tech history
- Eighty All-Americans
- Six NCAA East Region championships
- Four ACC team championships
- Seventy-eight ACC individual champions
- Twelve BIG EAST Conference champions
- Had 14 athletes earn All-America Honors in 2007, the most in his coaching tenure.
- 2007 and 2008 ACC Women's Indoor, Outdoor and East Region Coach of the Year
- 2010 ACC Men's Outdoor 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

CIANELLI BY THE NUMBERS

206	All-Americans
173	Conference champions
100	Percent graduation rate at Virginia Tech
36	NCAA champions
125	School records at Virginia Tech
23	Olympic and World championship qualifiers
20	Top-10 women's NCAA finishes
13	Top-10 men's NCAA finishes
3	NCAA Division II cross country national championships
3	NCAA Division II outdoor track runners-up

Entering his tenth 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 the nation. Since Cianelli's arrival in the fall of 2001, Virginia Tech athletes have produced eight NCAA individual titles, 80 NCAA All-Americans and 90 conference champions. In addition, Hokie teams have finished in the national top-10 four times and the national top-20 14 times since 2005.

NCAA, REGIONAL AND ACC SUCCESS

The 2010 Hokies finished their season in record-breaking style at the NCAA Outdoor Championships. The women's team's fifth-place finish is the highest of any Tech squad in history, and the men's tenth-place finish is the best of any men's team in Virginia Tech history. Senior Queen Harrison became the first athlete in NCAA history to sweep both the 100- and 400-meter hurdles, earning her second and third national titles of 2010. At the NCAA Indoor Championships, Harrison earned a title in the 60-meter hurdles, helping to lead the women to a tenth-place finish while the men placed 17th. The men's and women's teams placed third at the ACC Indoor Championships, while the men and women placed second and sixth, respectively, at the Outdoor competition.

USA AND INTERNATIONAL SUCCESS

Jared Berman represented the Hokies and the United States well on the national and international stage during the summer of 2010. Berman placed second in the 3,000-meter steeplechase at the USA Junior Outdoor Track and Field Championships. His performance there earned him a bid to the IAAF World Junior Championships in New Brunswick, Canada, where he advanced to the finals and placed tenth.

Queen Harrison made history in June 2008 when she earned a spot on the U.S. Olympic team, by finishing second in the 400-meter hurdles at the U.S. Olympic Trials to qualify in the event. 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.

COACH OF THE YEAR HONORS

Cianelli's illustrious career is proven by the awards he has collected throughout his career. This past season, he was named 2010 ACC Men's Outdoor Coach of the Year. 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 USFTCCCA Regional Coach of the Year in 2010 and 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. Thomas is assisted by former

All-SEC runner Jen McGranahan. Long-time assistant, Bob Phillips, a former All-American for the Hokies, coaches the pole vaulters. Tech introduced Charles Foster as the sprints, hurdles and jumps coach in the fall of 2009. Foster quickly made a reputation for himself, earning USTFCCCA Regional Coach of the Year honors for the women's sprints and hurdles. Foster is a former world record holder in the 110-meter hurdles and a U.S. Olympian in 1976. Under Foster's coaching, Queen Harrison won three NCAA national titles in the hurdles in 2010 and was selected by Track and Field News as the collegiate athlete of the year. Foster was honored in 2008 by the USTFCCCA as Men's National Coach of the Year for sprints and hurdles.

ACADEMIC EXCELLENCE

Both Matej Muza and Kristi Castlin were honored as the ACC scholar-athletes of the year for track and field in 2010. The Virginia Tech track & field and cross country programs continue to achieve at a high level in the classroom. For the 2010 track season, eight individuals either earned USTFCCCA All-Academic honors or ACC All-Academic honors, with six athletes earning both. In addition, both men's and women's cross country teams have been USTFCCCA All-Academic Teams for six consecutive years.

PREVIOUS COACHING EXPERIENCE

Prior to Tech, Cianelli gained plenty of experience in 13 seasons as an assistant 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 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 (15) and son Sebastian (11).



GREG JACK

ASSOCIATE HEAD TRACK AND FIELD COACH (THROWS)

THE JACK FILE

VIRGINIA TECH (2001-PRESENT)

- 2010 Southeast Region Men's Assistant Indoor Coach of the Year and Outdoor Coach of the Year
- Three ACC Champions in 2010
- 2010 All-America honors - Dorotea Hazabin (1), Alexander Ziegler (2), Marcel Lomnický (1)
- 2010 NCAA Regional Champions- Alexander Ziegler, Dorotea Habazin
- Six ACC Champions in 2009
- 2009 All-America honors - Marcel Lomnický (2), Brittany Pryor (2), Dorotea Habazin (1)
- 2009 NCAA East Regional Champions - Marcel Lomnický, Brittany Pryor, Dorotea Habazin
- 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
- 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
- 2005 NCAA outdoor champion in the hammer throw, Spyridon Jullien
- 2005 NCAA indoor champion in the 35-pound weight throw, Spyridon Jullien

INTERNATIONAL EXPERIENCE

- 2006 World Junior Championships competitor, Matej Musza
- 2006 World Junior Championships competitor, Kristen Callan
- 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
- Personal coach of 2x Olympian Cleopatra Borel-Brown
- 2009 Croatian National Coach - under 23 European Championships
- Trinidad and Tobago National Coach - Olympic Games (Beijing, China)
- 2008 Coach three different athletes that participated in the Olympic games (shot put, javelin and hammer respectively)
- 2004 Trinidad and Tobago National Coach - Olympic Games (Athens, Greece)

Greg Jack, the associate head track and field coach, is in his tenth 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 28 years in the business."

Last season, Jack was honored for his guidance of Tech's lauded throws group, as he was named 2010 Southeast Region Men's Assistant Indoor and Outdoor Coach of the Year. Three individuals won ACC titles and three earned four All-America awards. During the indoor season, Alexander Ziegler earned an ACC title in the Weight Throw and capped his season with a third-place finish at the NCAA Championships. The Hokies added two more ACC gold medals during the outdoor season, with Igor Misljenovic and Marcel Lomnický earning titles in the discus and hammer throw, respectively. In postseason action, Dorotea Habazin continued her success with a second consecutive All-America honor with a runner-up performance in the hammer throw. Alexander Ziegler and Marcel Lomnický received All-America accolades with 2nd and 3rd placings in the men's hammer throw. 2010 was a season for the record books as well, with Lomnický and Habazin setting new school records in the men's and women's hammer throw, respectively.

In 2009, Jack mentored another NCAA champion, Marcel Lomnický, 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 Lomnický, 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 36 All-Americans, 54 NCAA qualifiers, 31 conference champions, six conference record holders, and all school throws records are held by Jack coached athletes.

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.



CHARLES FOSTER

SPRINTS, HURDLES AND JUMPS COACH

Charles Foster returns to the Virginia Tech track and field staff for his second season as the assistant coach in charge of sprints, hurdles and jumps.

"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."

Foster made an immediate impact in his first season, as he was named the Southeast Region Women's Assistant Coach of the Year. Foster helped Queen Harrison earn national titles in the 60, 100, and 400-Meter Hurdles, the first individual NCAA Championships in the women's program's history. Fellow hurdler Kristi Castlin earned her sixth and seventh All-American honors, a program record at Tech. Harrison also earned four ACC titles, sweeping the three hurdle events and winning the indoor 400-Meter Dash. Under Foster's tutelage, Hasheem Halim set a new school record in the Triple Jump with his second-place performance at the Indoor ACC Championships.

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 Qualls and has a daughter, Sydney (15).

THE FOSTER FILE

VIRGINIA TECH (2010-PRESENT)

- Coached the 2010 Bowerman Award winner Queen Harrison
- 2010 Southeast Region Women's Assistant Coach of the Year
- Three Individual NCAA Championships
- Five All-Americans
- Four Individual ACC Championships

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
- Assisted in the design of the 1996 Olympic track and placed 8 tracks in Atlanta to support the games.
- 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 16 years of collegiate coaching experience. During nine 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 sea-

son alone, Thomas' distance unit broke five Tech records, and won seven ACC individual championships. Will Mulherin earned All-America honors at the 2010 NCAA Outdoor Championships and set the school record in the 5000 meter event at 13:50.76. Michael Hammond was the ACC champion in the mile and runner up in the 1500 meters outdoors.

In cross country, Paige Kwartunas capped her 2010 season by earning NCAA All-Region honors for the first time in her career. 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, setting a new school record of

THE THOMAS FILE

VIRGINIA TECH (2001-PRESENT)

- 11 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
- Twenty 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)

15:37.73. Thomas also guided Fanning to two All-America performances at the NCAA Cross Country 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, his wife, Ann McGranahan, and their infant daughter, Reily Kathleen Thomas, reside in Blacksburg.

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



BOB PHILLIPS

ASSISTANT TRACK & FIELD COACH (POLE VAULT)

Former Virginia Tech All-American Bob Phillips begins his 29th year as coach of the Hokie pole vaulters. During that time the vault program at Virginia Tech has risen to national prominence and to the top of the ACC. Since joining the conference six years ago, eleven different Virginia Tech vaulters have qualified to the NCAA National Championships a total of twenty-five times where they have earned All-Americans honors fourteen times including three silver medals. In that same time period Tech vaulters have claimed twenty-nine ACC conference medals including thirteen ACC conference titles.

2010 was another outstaying year for the Hokie squad. For the second year in a row the Tech men swept all three medals at the indoor conference meet with Hunter Hall, Jared Jodon, and Yavgeniy Olhovskiy taking Gold, Silver, and Bronze medals respectively. The Hokies also picked up a fifth place finish from sophomore Joe Davis. On the women's side Kelly Phillips, Lisa Birnbaum, and Caitlin Thornley finished in scoring position as well bringing the total points scored by Hokie vaulters at the meet to thirty-six. Hall, Jodon, and Olhovskiy went on to earn births to the NCAA National Championship where Olhovskiy earned his 5th All-American Certificate. The outdoor conference meet saw the Hokie vaulters earn two more medals and twenty-two points as Yavgeniy Olhovskiy and Hunter Hall took Gold and Bronze medals at the competition with Jared Jodon and Kelly Phillips also scoring. Jodon and Olhovskiy qualified to the national Outdoor meet where Jodon earned his first All-American honor and Olhovskiy his 6th.

In 2009, Yavgeniy Olhovskiy and Hunter Hall both earned indoor and outdoor All-American Honors. Olhovskiy also set an indoor school record with a vault of 18'2.5" at the VT Elite Meet, a vault that also

qualified him for the World Championships where he represented Israel. At the indoor meet Hokie vaulters took five medals with Yavgeniy Olhovskiy, Hunter Hall, and Jared Jodon finishing in first, second, and third positions while Abby Schaffer and Kelly Phillips earned gold and silver on the women's side. During the season Schaffer also set the indoor school record at 13' 7.75" and was named ACC Freshman of the year. Outdoors, Olhovskiy again struck conference gold with four other VT vaulters finishing in scoring position.

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, Olhovskiy 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. Olhovskiy 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 Maho-

ny 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 25 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 accountability 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.



JENNIFER MCGRANAHAN

ASSISTANT COACH

Jennifer McGranahan enters her second year as the assistant cross country coach and assistant distance coach for the Hokies.

She helped the 2010 women's cross country team to a 5th place finish in the NCAA Southeast Regional Meet where Paige Kvarntunas won All-Region honors. As part of the coaching staff of a successful 2010 track and field squad, Will Mulherin won All-American honors in the 5k at the NCAA Outdoor National Meet. She also helped an outstanding women's freshman class for 2010

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 and youth swim coach 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 meet, 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 University of West Florida in December of 2007.



STACEY VIDT

TECHNICAL DIRECTOR

Former Tech cross country runner Stacey Vidt is in her seventh year with the cross country and track & field teams, and her second 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 room 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 Tasmín 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.

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.

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 five 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.

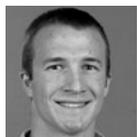
Vidt was a two-time, first-team all-state selection in cross country with a fourth-place finish in the state meet during her junior year. She won the WPIAL Regional cross country meet two years in a row. After her senior year, she was named Female Athlete of the Year.

Vidt was a three-time WPIAL regional track champion in the 800-meter, 1,600-meter and the 3,200-meter events and set four school records. Her school record in the 800-meter run is still standing.

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

VOLUNTEER COACHES

TRACK AND FIELD



ADAM BINGAMAN
POLE VAULT

Adam Bingaman enters his fourth 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.



QUEEN HARRISON
SPRINTS AND HURDLES

Queen Harrison joins the 2010-11 track squad as a volunteer assistant, helping the sprints and hurdles group.

Harrison was the 2010 Bowerman Award winner recognizing the outstanding female collegiate track and field athlete. She was a 2008 USA Olympic team member in the 400-meter hurdles.

Harrison is earned three national titles during the 2010 season, earning a 60-Meter Hurdles championship during the indoor season and sweeping the 100 and 400-Meter Hurdles during the outdoor season, the first NCAA athlete ever to do so. She is a seven-time All-American, nine-time ACC Champion and holds eight school records.

Queen's best marks include 7.94 in the 60 meter hurdles, 12.44 in the 100 meter hurdles and 54.55 in the 400 meter hurdles.



ADAM LINKENAUGER
JUMPS

Adam Linkenauger returns to Tech as a volunteer coach for the 2009-10 season. Linke-

nauger assists 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.



ERIN MAHONY
POLE VAULT

Erin Mahony enters her third 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.



IGOR MISLJENOVIC
THROWS

The Hokies welcome former throws standout Igor Misljenovic as a volunteer assistant for the throws group during the 2011 season.

Misljenovic earned his first ACC title during his senior season in 2010, capturing the crown in the discus. He also qualified for

the national meet during the indoor and outdoor seasons and was given the men's team MVP award.

Igor holds personal bests of 186' 3" in the discus 61' 4 1/4" in the shot put.



ANDY RHODENBAUGH
SPRINTS/HURDLES/JUMPS

Andy Rhodenbaugh enters his second year assisting Coach Foster with the sprints/hurdles/jumps. Andy works full-time at Virginia Tech with Athletes in Action, an international Christian ministry that works with athletes and coaches around the world. A former student-athlete in the SEC, Andy competed in the 800 meters at the University of Kentucky from 2004-2007. Originally from Oxford, Ohio, Andy graduated from UK in 2008 with a B.S. in Marketing and Management.



NATALIE SHERBAK
DISTANCE

Natalie Sherbak enters her first season as an assistant coach for the Hokies and will work with the distance runners.

Sherbak holds school records in the indoor mile and the 5,000 Meters and as a member of the outdoor distance medley relay. She earned All-America honors in the mile at the 2009 NCAA Indoor Championships and is a four time ACC Champion, earning titles in four different events.

Natalie's personal records include 4:40.31 in the mile, 16:23.51 for 5,000 meters and 34:11.50 for 10,000 meters.

MEET THE WOMEN

2010-2011 OUTLOOK

2010 proved to be an historic year for the Hokie Women's track and field program. A top ten and top five finish at the indoor and outdoor NCAA National Championships respectively and three individual National Championships established Virginia Tech as one of the elite programs nationally. The 2011 Hokie Women show the promise of maintaining this high standard as the program welcomes a very talented and deep freshman class.

DISTANCE

Junior Samantha Dow, a 4th place finisher in the 3000 meter steeplechase at the ACC Championships in 2010, will lead a young and talented group of distance runners in 2011. Freshman Paige Kwartunas along with her West Springfield High School teammate Alex Watt helped set the all-time Virginia state high school record in the 4 x 800 meter relay last spring. Kwartunas was also one of the top ranked milers in the nation in 2010. Another pair of freshmen from Deep Run High School, Courtney Dobbs and Madalyn Nuckols, join the Hokies as two of the best distance runners in the state of Virginia. Taylor Crosson from James Robinson High School, Stephanie Cario out of Lee Davis High School and Julianne Bigler from West Potomac High round out this outstanding freshman class. Returnees expected to be contributors at the conference meets this season are seniors Jessica Trapeni and Jackie Merrick along with junior Lauren Lemieux, who has been a 1500 meter finalist at the ACC outdoor meet the last two years. Casey Gresham, Erin Stehle, Taryn Schrader, Frances Dowd and Erica Weidman are among the group of athletes who look to step up and place at the conference level.

POLE VAULT



Kelly Phillips

Another deep and talented group of pole vaulters will represent Virginia Tech in 2011. Senior All-American Kelly Phillips, with a personal best of 13' 6 1/2" (4.13m), returns along with senior Caitlin Thornley (12' 8 1/4" 3.87m). Joining them will be sophomore Emma Dejarnette and redshirt freshman Leigh Allin. Two outstanding freshman, Lizzy Powell and Kristen Brown, join the Hokies for 2011. Powell, the all-time Virginia state record holder at 13'3" (4.04m), comes to Virginia Tech from Patrick Henry High School in Ashland, Virginia. Brown, a national class hurdler from McDonogh High School in Maryland, will perform multiple duty as a pole vaulter and sprinter/hurdler.

THROWS



Dorotea Habazin

2010 NCAA National Meet runner-up, Dorotea Habazin returns for her senior season in the hammer throw. Habazin will be looking to improve on her school record of 218' 11" (66.74m) and compete for a national title again in 2011. Freshman Samira Burkhardt joins the Hokies this year and immediately becomes a national meet contender in the shot put with her personal best of 56' 1/2" (17.08m).

SPRINTS, HURDLES AND JUMPS



Funmi Alabi

Returning two-time All American Asia Washington will be the leader of this group. She looks to cap off a spectacular career during the indoor season. All-ACC sprinters Ogechi Nwaneri, Funmi Alabi and Aunye Boone along with 400 meter specialists Yvonne Amegashie and Natalie Woodford make up the core group of veterans set to challenge for top honors in the conference. Three very talented newcomers will add to the strength of this group. Ebony Scott and Zakiya Tyson are the top two sprinters out of North Carolina who have numerous state titles and All America honors on their resume. Kristen Brown, a national level hurdler from Maryland, earned All America honors both indoors and outdoors in the hurdles.



DIRECTOR OF TRACK AND FIELD DAVE CIANELLI ON THE 2010-2011 TEAM

"This group of newcomers is certainly the most talented and balanced class since 2006-07 when Queen Harrison, Kristi Castlin and Asia Washington arrived on campus. The challenge I have established for this year's group of women is to develop into a team that can challenge for an ACC title while maintaining a top 10 ranking nationally."



FUNMI ALABI
So. • Sprints
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LEIGH ALLIN
r-Fr. • Pole Vault
page 15



YVONNE AMEGASHIE
So. • Sprints/Hurdles
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JULIANNE BIGLER
Fr. • Distance
page 24



ELIZABETH BLACKWELL
Jr. • Mid-Distance
page 24



AUNYE BOONE
Jr. • Sprints
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KRISTEN BROWN
Fr. • Sprints/Hurdles
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SAMIRA BURKHARDT
Fr. • Throws
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STEPHANIE CARIO
Fr. • Distance
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MARGARET CASTELVECCHI
Fr. • Distance
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TAYLOR CROSSON
Fr. • Distance
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EMMA DEJARNETTE
So. • Pole Vault
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DREW DILLON
Fr. • Distance
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COURTNEY DOBBS
Fr. • Distance
page 17



SONIA DOULAMIS
Fr. • Distance
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SAMMY DOW
r-So. • Distance
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FRANCES DOWD
So. • Distance
page 21



CASEY GRESHAM
So. • Distance
page 21



DOROTEA HABAZIN
Sr. • Throws
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SHANICE HAIRSTON
Fr. • Throws
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KAITLYN HUNTER
Fr. • Distance
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PAIGE KVARTUNAS
Fr. • Distance
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LAUREN LEMIEUX
Jr. • Mid-Distance
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JACKIE MERRICK
Jr. • Mid-Distance
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MADALYN NUCKOLS
Fr. • Distance
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OGECHI NWANERI
Jr. • Sprints
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KATELYN OLDHAM
So. • Distance
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KELLY PHILLIPS
r-Sr. • Pole Vault
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LAUREN PINKSTON
r-So. • Distance
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ELIZABETH POWELL
Fr. • Pole Vault
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LYNDSY SAUNDERS
Fr. • Pole Vault
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SAMANTHA SAWYER
Fr. • Distance
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TARYN SCHRADER
r-Fr. • Distance
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EBONY SCOTT
Fr. • Sprints
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LINDSAY SKOLROOD
Fr. • Distance
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MARY CATHERINE SOWDER
Fr. • Distance
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ERIN STEHLE
r-So. • Distance
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CORENE STEINERT
Fr. • Distance
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COLLEEN THOM
Fr. • Distance
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CAITLIN THORNLEY
r-Sr. • Pole Vault
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JESSICA TRAPENI
Sr. • Distance
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ZAKIYA TYSON
Fr. • Sprints
page 20



JENNIFER VAN DER SLOOT
So. • Distance
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ASIA WASHINGTON
r-Sr. • Sprints/Hurdles
page 14



ALEX WATT
Fr. • Distance
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ERIKA WEIDMAN
So. • Distance
page 23



TAYLORE WILLIAMS
Jr. • Sprints/Hurdles
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NATALIE WOODFORD
So. • Sprints/Hurdles
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DOROTEJA HABAZIN

PRS: WEIGHT THROW - 65'3.5" (19.90M); HAMMER THROW - 218'11" (66.74M)

THROWS



EVENT
Throws

CLASS
Senior

PREVIOUS SCHOOL
Sportska Gimnazija

HOMETOWN
Zagreb, Croatia

2010 Outdoor: Set a school record in the hammer throw with a win at the Georgia Tech Invite (218-11, 66.74m) ... Earned her second straight All-America accolade in the hammer throw, placing second at the NCAA National Championships with a best throw of 210-2 (64.06m) ... Finished first at the NCAA East Regional preliminaries (212-0, 64.62m) ... Took second place at the Florida Relays (212-4, 64.72m).

2010 Indoor: Earned All-ACC honors in the Weight Throw, finishing second with a distance of 63-4.25 (19.31m) ... Threw a season-best 64-0.25 (19.51m) at the VT Elite Meet, good for a third-place finish.

2009 Outdoor: Achieved her first All-America accolade, tossing a 214-11 (65.51m) in the hammer throw for fourth place at the NCAA Championships ... Broke school record in the hammer with a launch of 216-06 (65.98m), 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 (63.37m) ... 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 64-2.50 (19.57m) ... Just missed All-American status with a ninth-place showing in the national meet's weight throw, throwing 65-02 (19.86m) ... Tossed a career-best 65-03.50 (19.90m) 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 (65.20m) 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 (61.21m) for fourth place in the NCAA East Regional to qualify for the national meet ... Tossed a 197-05

(60.17m) 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 (62.87m).

2008 Indoor: Scored points for Virginia Tech at her ACC Championship meet with a fifth-place finish in the weight throw, tossing a 59-1.50 (18.02m).

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.



KELLY PHILLIPS

PR: 13'6.5" (4.13M)

POLE VAULT



EVENT

Pole Vault

CLASS

r-Senior

PREVIOUS SCHOOL

Blacksburg H.S.

HOMETOWN

Blacksburg, Va.

2010 Outdoor: Finished the season with a season-best height in the pole vault, winning the Liberty Twilight meet at 13-1.50 (4.00m) ... Finished sixth at the ACC Championships (12-5.50, 3.80m) ... Tied her ACC Championship mark the following week with a win at the Vertklasse Meet.

2010 Indoor: Took fourth place at the ACC Championships with a provisional qualifying season-best height of 12-11.50 (3.95m) ... Vaulted to a fourth place finish at the VT Elite Meet (12-8.25, 3.87m).

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 USTFCCA 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, is the current pole vault coach at Tech and was an All-American vaulter for the Hokies in 1980.

ASIA WASHINGTON

PRS: 400M - 53.66; 500M - 1:11.49; 800M - 2:07.88; 400M HURDLES - 56.90

SPRINTS/HURDLES



EVENT

Sprints/Hurdles

CLASS

r-Senior

PREVIOUS SCHOOL

Piscataway High School

HOMETOWN

Piscataway, N.J.

2010 Outdoor: Earned points for the Hokies at the ACC Championships, finishing fourth in the 400-meter hurdles (57.71) and as a part of Tech's 1,600-meter relay squad at the ACC Championships (3:36.50) ... Ran third leg on the 1,600-meter relay that was the top collegiate finisher at the Florida Relays (3:33.15) ... Took second place at the Yellow Jacket Invite in the 400-meter dash (54.81) ... Earned a win in the 400-meter hurdles at the Miami Invitational (57.92).

2010 Indoor: Redshirted while competing unattached in sprints and hurdles.

2009 Outdoor: Gamed 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 NCAA 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 (3:38.62) ... 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 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.



FUNMI ALABI

PRS: 60M — 7.37; 100M — 11.69; 200M — 24.54; 300M — 39.30; 400M — 57.42

EVENT

Sprints

CLASS

Sophomore

PREVIOUS SCHOOL

Long Reach

HOMETOWN

Elkridge, Md.

2010 Outdoor: Ran second leg on Tech's ACC 400-meter relay, which placed third (44.76) ... Finished 10th at the ACC Championships with a career-best time in the 100-meter dash (11.69) ... Earned seasonal bests in the 200- (24.67) and 400-meter dash (57.42).

2010 Indoor: Earned All-ACC honors in the 60-meter dash, placing second with a personal-best and NCAA provisional qualifying time of 7.37 ... Previously set a collegiate-best in the ACC Championship prelims, winning with a provisional qualifying time of 7.39 ... Took third

place in the VT Elite finals (7.49) after finishing second in the prelims (7.46) ... Set personal bests in the 200- (24.54) and 300-Meter Dash (39.30).

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, 1991 ... Daughter of Timothy Babalude and Tosin Alabi ... Has three siblings, Oluwakayode, Seye and Imoleayo ... Enrolled in university studies.



LEIGH ALLIN

PR: 11'10" (3.60M)

EVENT

Pole Vault

CLASS

Sophomore

PREVIOUS SCHOOL

Henry Clay

HOMETOWN

Lexington, Ky.

2010 Outdoor: Redshirted.

2010 Indoor: Redshirted ... Finished in the top three in four pole vault competitions on the season, competing unattached, with a best performance of 11-8.5 (3.57m) at the VT Final Qualifier.

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 Sabbatine ... 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.



YVONNE AMEGASHIE

PRS: 200M — 24.85; 400M — 54.87; 300M — 39.51

EVENT

Sprints/Hurdles

CLASS

Sophomore

PREVIOUS SCHOOL

Potomac Senior

HOMETOWN

Woodbridge, Va.

2010 Outdoor: Ran second leg on Tech's ACC 1,600-meter relay squad which finished second (3:36.50) ... Took fourth place at the Liberty Twilight meet, setting a new personal best in the 200-meter dash (24.85) ... Recorded a season-best 55.11 400-meter dash finish at the Florida Relays ... Finished third and fourth in the 400-meter dash in back-to-back meets at the Miami Invitational (55.18) then the Yellow Jacket Invite (55.43).

2010 Indoor: Finished fourth at the VT Challenge in the 400-meter dash with a new career-best at 54.87 ... Placed

second at the Penn State National Meet in the 400-meter dash (55.79) ... Earned then-personal bests in the 200- (24.97) and 300-meter dash (39.51).

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 senior on the Tech track squad ... Enrolled in university studies.



AUNYE BOONE

PRS: 100M — 11.71; 200M — 23.57; 400M — 55.20

EVENT
Sprints

CLASS
Junior

PREVIOUS SCHOOL
Calvert

HOMETOWN
St. Leonard, Md.

2010 Outdoor: Anchored the 1,600-meter relay that was the top collegiate team at the Florida Relays (3:33.15) ... Ran third leg on Tech's ACC 400-meter relay (44.76) and anchored the ACC 1,600-meter relay squad (3:36.50) to a runner-up finish ... Registered season bests in the 100- (11.83) and 200-meter dash (24.32) at the Yellow Jacket Invite ... Took fourth place at the Miami Invite in the 100-meter dash (11.89) while finishing fifth in the 200 (24.71).

2010 Indoor: Participated in the 60-, 200-, and 400-meter dash during the season ... Ran in the 200- (24.69) and 400-meter dash (56.36) at the ACC Championships.

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.



KRISTEN BROWN

PRS: 55-METER HURDLES: (7.97) ... 100-METER HURDLES (13.88) ... LONG JUMP (18-5, 5.61M)

EVENT
Sprints/Hurdles

CLASS
Freshman

PREVIOUS SCHOOL
McDonogh School

HOMETOWN
Owings Mill, Md.

High School: Ranked second nationally in the 55-meter hurdles with a time of 7.97 ... 2010 IAAM Champion in the 55-meter hurdles ... 2009 *Baltimore Sun* All Metro Indoor Track and Field Performer of the Year ... 2009 Outdoor USA World Youth Trials Finalist in the 100-meter hurdles ... 2009 Nike Outdoor All-American in the 100-meter hurdles ... Placed sixth in the 55-meter hurdles at the 2009 Nike Indoor Championships ... Runner up in the 100-meter hurdles at the 2008 USATF Youth Championships and the 2006 USATF Junior Championships ... Was a Level 9 USAG Gymnast in 2006.

Personal: Born May 26, 1992 ... Daughter of Keith and Benita Brown ... Majoring in psychology.



SAMIRA BURKHARDT

PR: SHOT PUT: 56-0.5 (17.08M)

EVENT
Throws

CLASS
Freshman

PREVIOUS SCHOOL
Johann Friedrich von Cotta Schule

HOMETOWN
Stuttgart, Germany

High School: Runner up at the 2009 European Junior Championships in the shot put ... 2009 German Junior Champion in the shot put ... Finished fifth at the 2009 German Senior Championships ... 2007 and 2008 German Youth Shot Put Champion.

Personal: Born August 9, 1990 ... Daughter of Herbert and Sieglinde Burkhardt ... Majoring in communications.



EMMA DEJARNETTE

PR: 12'3.5 (3.75M)

EVENT
Pole Vault

CLASS
Sophomore

PREVIOUS SCHOOL
Atlee

HOMETOWN
Mechanicsville, Va.

2010 Outdoor: Set a season best in the pole vault at the Florida Relays, her first competition of the outdoor season, hitting the 12-foot (3.66m) mark ... Finished just shy of the 12-foot mark at the Vertklasse Meet, placing second at 11-9.75 (3.60m) ... Tied for third at the Aggie Classic (11-8.50, 3.57m).

2010 Indoor: Hit a season best mark in the pole vault (12-3.50, 3.75m) twice, first placing seventh at the VT Challenge then ninth at the ACC Championships ... Won at the VT Final Qualifier (12-2.50, 3.72m).

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.



COURTNEY DOBBS

PR: 1600M - 4:55.59; 3200M - 10:36.69

EVENT
Distance

CLASS
Freshman

PREVIOUS SCHOOL
Deep Run

HOMETOWN
Glen Allen, Va.

2010 Cross Country: One of seven athletes to compete at NCAA Southeast Regionals, earning Tech's second-highest finish (38th, 21:28.9) ... Competed in five meets during the season, one unattached.

High School: Earned All-South Region honors at 2009 Foot Locker Cross Country Championships ... Placed third in 3,200-meters at 2009 Virginia State AAA outdoor meet ... Won 1,600m in the 2010 Virginia Central Region Indoor Championships ... Earned personal bests of 4:55.59 in the mile and 10:36.69 in the 3,200m.

Personal: Born September 17, 1992 in Richmond, Va. ... Daughter of George and Susan Dobbs ... Has two sisters, Erica (17) and Laura (16) ... Former high school teammate of Tech freshman Madalyn Nuckols ... Majoring in finance.



PAIGE KVARTUNAS

PRS: 1600M - 4:51.40; 3200M - 10:37.34

EVENT
Distance

CLASS
Freshman

PREVIOUS SCHOOL
West Springfield

HOMETOWN
Springfield, Va.

2010 Cross Country: Earned NCAA All-Region honors, finishing 18th at the NCAA Southeast Regional meet (21:00.3) leading the women to a 5th place finish ... Was the Hokies' top finisher at the Appalachian State Invite, taking a ninth place finish (17:55.5).

High School: 2009 National Foot Locker Cross Country Finalist ... Earned 2009 First-Team All-Met honors ... Named 2009 Footlocker All-South selection ... Won the individual Northern Region Cross Country Championship...earned All-State indoor honors in 1,600- and 3,200-meters ... Earned prep bests of 4:51.40 in the mile, 10:37.34 in the 3,200m, and 17:22 in the 5,000m in cross country ... Former high school teammate of fellow Tech freshman Alex Watt.

Personal: Born October 25, 1991 in Alexandria, Va. ... Daughter of Michael Kvartunas and Temple Gracza ... Former high school teammate of Tech freshman Alex Watt ... Majoring in human nutrition, foods and exercise.



SAMMY DOW

PRS: 1,500M — 4:32.41; MILE — 4:53.59; 3,000M — 9:47.21; 3,000M STEEPLECHASE — 10:35.01; 6K XC — 21:23.8

EVENT

Distance

CLASS

r-Sophomore

PREVIOUS SCHOOL

Midlothian

HOMETOWN

Midlothian, Va.

2010 Cross Country: Tech's top finisher in two races over the season, including the ACC Championships (32nd, 21:23.8) ... Finished fifth at the Charlotte Invite with a season-best 17:23.4 in the 5k.

2010 Outdoor: Set a school record in the 3,000-meter steeplechase, finishing fourth at the ACC Championships (10:35.01) ... Set a new personal best in the 1,500 meters (4:32.41) at the Colonial Relays, while finishing first (4:58.40) and second (4:34.87) at the Jessie Owens Classic and the Vertklasse Meet, respectively.

2010 Indoor: Earned a win in the Mile Run at the VT Final Qualifier with a new collegiate-best (4:53.59) ... Finished third in the 3,000 Meters at the VT Challenge, setting a new personal-best (9:47.21).

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.



LAUREN LEMIEUX

PRS: 800M — 2:13.37; 1,500M — 4:27.84

EVENT

Mid-Distance

CLASS

Junior

PREVIOUS SCHOOL

Virgil I. Grissom

HOMETOWN

Huntsville, Ala.

2010 Cross Country: Competed in four meets during the season, including a season-best 5k time of 18:57.7 at the Appalachian State Invite.

2010 Outdoor: Finalist at the ACC Championships in the 1500 meters ... Competed in the 800 and 1,500 meters, setting a personal best in the latter at the Georgia Tech Invite (4:27.84).

2010 Indoor: Ran third leg on distance medley relay at the ACC Championships, helping guide them to a fourth place finish (11:44.57) ... Competed in the 600 meters and the mile run.

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: Finalist at the ACC Championships in the 1500 meters ... 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.



MADALYN NUCKOLS

PRS: 1,600M - 5:03.17; 3,200M - 10:45.43

EVENT

Distance

CLASS

Freshman

PREVIOUS SCHOOL

Deep Run

HOMETOWN

Glen Allen, Va.

2010 Cross Country: Competed in four meets during the season including at the NCAA Southeast Regionals (21:37.5), helping the team to a 5th place finish.

High School: 2009 All-South Region honoree at the Footlocker Cross Country Championships ... Three-time All-State honoree, once in cross country and twice in track ... Placed third and fourth in the 3,200- and 1,600-meters, respectively, at the 2010 State AAA Indoor Championships ... Named team MVP during 2010 indoor track season ... Earned prep bests of 5:03.17 in the mile and 10:45.43 in the 3,200m.

Personal: Born Sept. 2, 1991 in Glen Allen, Va. ... Daughter of Laura Nuckols ... Has two sisters, Lacy (20) and Paige (15) ... Undecided major.



OGECHI NWANERI

PRS: 60M — 7.39; 100M — 11.57; 200M — 23.82

EVENT
Sprints

CLASS
Junior

PREVIOUS SCHOOL
Chatham

HOMETOWN
Maplewood, N.J.



2010 Outdoor: Anchored Tech's second-place ACC 400-meter relay (44.76) ... Matched her career-best in the 200-meter dash, placing 13th at the Florida Relays (23.82) ... Ran a season-best performance in the 100-meter dash with a win at the Yellow Jacket Invite (11.59) ... Took second place at the Miami Invitational (11.66).

2010 Indoor: Earned solid points for the Hokies at the ACC Championships, placing fourth in the 60-meter dash (7.45) and fifth in the 200-meter dash (24.00) ... Met the provisional qualifying standard in the 60-meter dash three times during the season, including a personal-best time of 7.39 with a win at the VT Elite Meet ... Finished fourth or better in the 60-meter dash in eight out of 12 races, four out of six in the 200-meter dash.

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.



ELIZABETH POWELL

PR — POLE VAULT: 13'3" (4.04M)

EVENT
Pole Vault

CLASS
Freshman

PREVIOUS SCHOOL
Patrick Henry H.S.

HOMETOWN
Richmond, Va.

High School: Holds the all time Virginia state record in the pole vault (13-3, 4.04m) ... Was outdoor All-District and All-Region all four years of high school ... Earned indoor All-American honors in her junior and senior seasons ... Indoor and outdoor All-State from 2008-10 ... Also lettered as a member of the gymnastics team.

Personal: Born June 3, 1992 ... Daughter of Robert and Patricia Powell ... Has one brother, Harrison, and one sister, Annie ... Majoring in human nutrition, foods and exercise.



EBONY SCOTT

PRS: 55M - 7.00; 100M - 11.68; 200M - 24.20

EVENT
Sprints

CLASS
Freshman

PREVIOUS SCHOOL
Southeast Region Magnet

HOMETOWN
Raleigh, N.C.

High School: 2010 4A State Champion in the 55-meter dash ... Two-time USATF Junior Olympic National Qualifier ... 2010 Nike Indoor 60-meter dash national finalist ... Helped team to three indoor championships and one outdoor ... 2007-09 Greater Nuese River Conference indoor shot put champion.

Personal: Born Feb. 16, 1992 ... Raised by grandparent Sandra Solomon ... Has three brothers, Bruce, Shawn and Brandon, and three sisters, Shamika, Angelica and Naomi ... Majoring in university studies.



CAITLIN THORNLEY

PR: 12'8.25" (3.87M)

EVENT

Pole Vault

CLASS

r-Senior

PREVIOUS SCHOOL

Ragsdale

HOMETOWN

Greensboro, N.C.

2010 Outdoor: Set a new career outdoor best in the pole vault (12-8, 3.86m), placing seventh at the Florida Relays.

2010 Indoor: Added a point to the Hokies' total at the ACC Championships, finishing eighth in the pole vault with a height of 12-7.50 (3.85m) ... Earned a victory at the VT Challenge (12-3.5, 3.75m).

2009 Outdoor: Regionally qualified in the pole vault with a first-place clearance of 12-7.50 (3.85m) 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 12-8.25 (3.87m) at the Final Qualifier's Meet ... 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 feet 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.



ZAKIYA TYSON

PRS: 55M - 7.17; 100M - 11.78; 200M - 24.00

EVENT

Sprints

CLASS

Freshman

PREVIOUS SCHOOL

C.E. Jordan High School

HOMETOWN

Durham, N.C.

High School: 2009 World Youth Track and Field Finalist in the 200-meter dash ... 2009 NCHSAA 4A Mideast Region Champion in the 200-meter dash and runner up in the 100 meters ... 2009 PAC-6 Conference Champion in the 100- and 200-meter dash ... 2008 USATF Intermediate Girls 200-Meter Dash Champion.

Personal: Born August 14, 1992 ... Daughter of Ronnie and Patricia Tyson ... Majoring in digital art.



STEPHANIE CARIO

PRS: 1600M - 5:13.54; 3200M - 11:00.62

EVENT | Distance **CLASS** | Freshman **PREVIOUS SCHOOL** | Lee Davis **HOMETOWN** | Mechanicsville, Va.

2010 Cross Country: Earned a win at the Hokie Open 4k (14:42.93).

High School: Lettered four years in cross country and track...District Runner of the Year in cross country ... Earned All-Region honors and Most Valuable Runner and Most Outstanding Runner awards ... All-Region and district runner-up in the 3,200-meters in indoor track ... Distance Runner of the Year and All-Region in outdoor track ... Has personal bests of 18:39 in the 5,000-meters, 5:13 in the 1,600m and 11:00 in the 3,200m.

Personal: Born September 7, 1991 in Atlanta, Ga. ... Daughter of John and Sandra Cario ... Has one brother, John (16) ... Member of National Honor Society ... Majoring in human nutrition, foods and exercise.



TAYLOR CROSSON

PRS: 1600M - 5:03.21; 3200M - 10:59.66

EVENT | Distance CLASS | Freshman PREVIOUS SCHOOL | James W. Robinson HOMETOWN | Fairfax Station, Va.

2010 Cross Country: Competed in four meets during the season, including a season-best performance in the 6k at the NCAA Southeast Regionals (21:41.7).

High School: Lettered four years for cross country, three for track ... Helped cross country team to three-time Concorde District Championship in 2006, 2008, and 2009 ... 2009 district runner-up and Booster Club award winner...six-time all-district in track ... 2010 indoor and outdoor district champion in the 1,600- and 3,200-meters and three-time All-Region in both events ... 2010 All-State in the indoor and outdoor 3,200m.

Personal: Born Sept. 11, 1992 in Fairfax, Va. ... Daughter of Jean Crosson ... Has one brother, Thomas (26) ... Majoring in business.



FRANCES DOWD

PRS: 800M - 2:12.09; 1,500M - 4:58.69

EVENT | Mid-Distance CLASS | Sophomore PREVIOUS SCHOOL | Fairfax HOMETOWN | Fairfax, Va.

2010 Cross Country: Paired with Erin Stehle to cross the line third at the Tech Relays (37:58.3).

2010 Outdoor: Set seasonal bests in the 800 (2:15.94) and 1,500 Meters (4:58.69).

2010 Indoor: Redshirted ... Finished fourth at the VT Final Qualifier in the 800 Meters, competing unattached (2:19.00).

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 Trapeni ... Majoring in business management.



CASEY GRESHAM

PRS: 1,500M - 4:42.99; 3,000M - 10:23.47; 3,000M STEEPLECHASE - 10:59.60; 5,000M - 17:27.10

EVENT | Distance CLASS | Sophomore PREVIOUS SCHOOL | Western Branch HOMETOWN | Chesapeake, Va.

2010 Cross Country: Paired up with Mary Catherine Sowder to take second place at the Tech Relays (37:50.0) ... Was Tech's top finisher at the Alumni Invite, finishing sixth 17:11.65 ... Finished 15th at the Charlotte Invite (17:54.2).

2010 Outdoor: Set personal bests in the 800 (2:26.45), 1,500 (4:42.99), 5,000 Meters (17:27.10) and the 3,000-Meter Steeplechase (10:59.60).

2010 Indoor: Placed eighth in the Mile Run at the VT Final Qualifier with a career-best 5:14.29 finish ... Had a collegiate-best performance in the 3,000 Meters at the VT Elite Meet (10:23.47).

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.



JACKIE MERRICK

PRS: 800M - 2:16.43; 1,500M - 4:42.95

EVENT | Mid-Distance CLASS | Senior PREVIOUS SCHOOL | Henderson HOMETOWN | West Chester, Pa.

2010 Cross Country: Placed second at the Hokie Open in the 4k (14:50.01).

2010 Outdoor: Ran season bests in the 800 and 1,500 meters at the Jessie Owens Classic (2:19.26) and Georgia Tech Invite (4:43.56), respectively.

2010 Indoor: Redshirted ... Finished ninth at the VT Qualifier in the 800 meters, competing unattached (2:24.20).

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

2007 Cross Country: 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.



ERIN STEHLE

PRS: 3,000M – 10:23.62; 5,000M – 18:03.64; 10,000M – 39:28.47

EVENT | Distance **CLASS |** r-Sophomore **PREVIOUS SCHOOL |** Midlothian **HOMETOWN |** Midlothian, Va.

2010 Cross Country: Finished third at the Tech Relays with teammate Frances Dowd (37:58.3) ... Competed at the Alumni Invite (17:26.81) and the Charlotte Invite (18:17.8).

2010 Outdoor: Set a new collegiate-best in the 5,000 meters at the Colonial Relays (18:03.64) and in the 10,000 meters at the ACC Championships (39:28.47).

2010 Indoor: Took seventh place in the mile run at the VT Final Qualifier with a new personal best time of 5:13.91 ... Placed ninth in the 3,000 Meters at the VT Challenge (10:23.62) ... Set a personal best in the 5,000 meters at the ACC Championships (18:06.88).

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.



LAUREN PINKSTON

PRS: 800M – 2:11.43; 1,000M – 2:53.50; MILE – 5:09.37

EVENT | Mid-Distance **CLASS |** r-Sophomore **PREVIOUS SCHOOL |** Herndon, Va. **HOMETOWN |** Herndon

2010 Cross Country: Competed in the 5k at the Charlotte Invite (19:23.8) and the Appalachian State Invite (19:07.4).

2010 Outdoor: Competed in the 800 meters, including third and fourth place finishes at the Vertklasse Meet (2:13.96) and Aggie Classic (2:11.44), respectively ... Set a new career best at the Georgia Tech Invite (2:11.43) ...

Finished fifth in the 800 meters at the Colonial Relays (2:14.32).

2010 Indoor: Earned personal bests in the 800 (2:13.58) and 1,000 meters (2:53.50) at the VT Challenge ... Finished 11th in the mile run at the VT Elite Meet (5:09.37).

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.



JESSICA TRAPENI

PRS: 1,500M – 4:33.18; 3,000M – 10:09.66; 5,000M – 17:25.09; 10,000M – 36:26.23

EVENT | Distance **CLASS |** Senior **PREVIOUS SCHOOL |** Fairfax **HOMETOWN |** Fairfax, Va.

2010 Cross Country: Competed in five meets on the season, including the NCAA Southeast Regionals (21:43.1).

2010 Outdoor: Earned career bests in the 1,500 (4:33.18), 5,000 (17:25.09) and 10,000 meters (36:26.23).

2010 Indoor: Anchored Tech's distance medley relay at the ACC Championships to a fourth place finish (11:44.57) ... Finished third at the VT Elite Meet with a personal best 5:01.62 ... Took seventh at the VT Challenge in the 3,000 meters, crossing the line at 10:09.66.

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 the four 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 Trapani ... Majoring in biochemistry.



ALEX WATT

PRS: 1600M - 5:08.38; 3,200M - 11:03.69

EVENT | Distance **CLASS** | Freshman **PREVIOUS SCHOOL** | West Springfield **HOMETOWN** | Springfield, Va.

2010 Cross Country: Competed in four meets during the season, including the 6k at the ACC Championships (22:41.1) and NCAA Southeast Regionals (22:53.5).

High School: Is a three-time all-region honoree in cross country ... Earned cross country all-state accolades in 2009 ... 2009 Footlocker All-South Region selection ... Former high school teammate of fellow tech freshman Paige Kwartunas ... Earned prep bests of 5:08.38 in the mile and 18:03 in the 5,000-meters.

Personal: Born Nov. 25, 1991 in Washington D.C. ... Daughter of Dave and Debbie Watt ... Has one brother, Jeffery ... 2009 National Honor Society member ... Majoring in architecture.



ERIKA WEIDMAN

PR: 800M - 2:13.04; 4K XC - 15:58.56

EVENT | Mid-Distance **CLASS** | Sophomore **PREVIOUS SCHOOL** | T.C. Williams **HOMETOWN** | Alexandria, Va.

2010 Cross Country: Competed in five meets during the season, twice unattached, including a fourth-place finish at the Hokie Open 4k (15:58.56).

2010 Outdoor: Competed in the 800 meters, earning her best finish at the Aggie Classic, placing seventh at 2:13.04.

2010 Indoor: Earned a win at the VT Final Qualifier in the 800 meters with a career-best 2:16.21 ... Also competed in the 600 and 1,000 meters.

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

PRS: 100M HURDLES - 14.99; 400M HURDLES - 63.00

EVENT | Sprints/Hurdles **CLASS** | Junior **PREVIOUS SCHOOL** | Bethel **HOMETOWN** | Hampton, Va.

2010 Outdoor: Helped set a new school record as part of the third place shuttle hurdle relay at the Penn Relays (54:27) ... Competed in both the 100- (14.99) and 400-meter hurdles (61.00), earning career bests in both events.

2010 Indoor: Ran the 400-meter hurdles at the Virginia Tech Invitational (1:01.00) and the 60-meter hurdles at the Hokie Invitational (9.38).

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.



NATALIE WOODFORD

PR: 400M - 56.84; 500M - 1:15.49

EVENT | Sprints, Hurdles **CLASS** | Sophomore **PREVIOUS SCHOOL** | Patrick Henry **HOMETOWN** | Roanoke, Va.

2010 Outdoor: Earned a win at the Colonial Relays in the 800 meters, setting a career-best at 2:19.45.

2010 Indoor: Competed in the 600 and 800 meters, setting career bests in both.

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.



JULIANNE BIGLER

EVENT | Distance

MAJOR | Biological Sciences CLASS | Freshman PREVIOUS SCHOOL | West Potomac HOMETOWN | Alexandria, Va.



ELIZABETH BLACKWELL

EVENT | Mid-Distance

MAJOR | Chemistry CLASS | Junior PREVIOUS SCHOOL | Harrisonburg, H.S. HOMETOWN | Harrisonburg, Va.



MARGARET CASTELVECCHI

EVENT | Distance

MAJOR | Chemical Engineering CLASS | Freshman PREVIOUS SCHOOL | Patrick Henry HOMETOWN | Montpelier, Va.



DREW DILLON

EVENT | Distance

MAJOR | Agriculture and Life Sciences CLASS | Freshman PREVIOUS SCHOOL | Hidden Valley HOMETOWN | Roanoke, Va.



SONIA DOULAMIS

EVENT | Distance

MAJOR | Human Nutrition, Foods and Exercise CLASS | Freshman PREVIOUS SCHOOL | Academy of Notre Dame HOMETOWN | Lowell, Mass.



SHANICE HAIRSTON

EVENT | Throws

MAJOR | University Studies CLASS | Freshman PREVIOUS SCHOOL | Magna Vista H.S. HOMETOWN | Martinsville, Va.



KAITLYN HUNTER

EVENT | Distance

MAJOR | Horticulture CLASS | Freshman PREVIOUS SCHOOL | Potomac Falls HOMETOWN | Sterling, Va.



KATELYN OLDHAM

EVENT | Distance

MAJOR | University Studies CLASS | Sophomore PREVIOUS SCHOOL | The Tatnall School HOMETOWN | Wilmington, Del.



LYNDSEY SAUNDERS

EVENT | Pole Vault

MAJOR | University Studies CLASS | Freshman PREVIOUS SCHOOL | Chantilly, H.S. HOMETOWN | Herndon, Va.



SAMANTHA SAWYER

EVENT | Distance

MAJOR | Animal and Poultry Science CLASS | Freshman PREVIOUS SCHOOL | Sun Valley HOMETOWN | Indian Trail, N.C.

Sammy Dow



TARYN SCHRADER

EVENT | Distance

MAJOR | Biological sciences CLASS | r-Freshman PREVIOUS SCHOOL | Bishop Sullivan Catholic HOMETOWN | Virginia Beach, Va.



LYNDSAY SKOLROOD

EVENT | Distance

MAJOR | Communications CLASS | Freshman PREVIOUS SCHOOL | Hidden Valley HOMETOWN | Roanoke, Va.



MARY CATHERINE SOWDER

EVENT | Distance

MAJOR | University Studies CLASS | Freshman PREVIOUS SCHOOL | Hidden Valley HOMETOWN | Roanoke, Va.



CORENE STEINERT

EVENT | Distance

MAJOR | Physics CLASS | Freshman PREVIOUS SCHOOL | Morristown HOMETOWN | Morristown, N.Y.



COLLEEN THOM

EVENT | Distance

MAJOR | University Studies CLASS | Freshman PREVIOUS SCHOOL | Peninsula Catholic HOMETOWN | Yorktown, Va.



JENNIFER VAN DER SLOOT

EVENT | Distance

MAJOR | Architecture CLASS | Sophomore PREVIOUS SCHOOL | University HOMETOWN | Morgantown, W. Va.

MEET THE MEN

2010-2011 OUTLOOK

In 2010, the Hokie Men's Track and Field team reached all-time programs bests of second at the ACC Outdoor Championships and 10th at the NCAA Outdoor Championships.

SPRINTS, HURDLES AND JUMPS

All-ACC and National Meet performer Keith Ricks returns in the short sprints and will be joined by sophomore football standout David Wilson. Freshman Darrell Wesh, out of Landstown High School in Virginia Beach, was the National Indoor High School Champion at 60 meters. Darrell also was the 2010 Virginia AAA Champion over 100 and 200 meters and his bests of 10.42 and 21.31 ranked among the best the nation. The long sprints will be handled by senior Ebenezer Amegashie and sophomore Jonathan McCants. The hurdle crew will feature ACC finalist Amegashie, Keare Smith and Oklahoma transfer Jeff Artis-Gray. The triple jump will again be strong with All-ACC and school record holder Hasheem Halim back along with David Wilson, who placed at both the indoor and outdoor ACC meets as a freshman. Jeff Artis-Gray will see action in both the long and triple jumps. Three newcomers, Ronnie Black, Derek Aegerter and Rene Stauss will give the Hokies a strong trio in the high jump. Freshman Scott Campbell from Salem High School in Salem, Va., who was a Virginia State Champion in the 300 meter hurdles, will be a multi-event athlete for the Hokies.

THROWS



A national class throws crew returns for the Hokies in 2011. As usual, the hammer and weight throws will be marquee events for Virginia Tech. 2010 NCAA hammer throw runner-up Alex Ziegler is back with a personal best of 241'9" (73.68m). 2009 NCAA champion Marcel Lomnický, 245'6" (74.83m), makes this duo one of the best tandems in the history of the NCAA. Sophomore Denis Mahmic is one of the top young hammer throwers in the nation. Redshirt Sophomore Matthias Treff returns in the javelin where he was ACC Champion in 2009.

DISTANCE



The distance crew will feature two outstanding juniors, Will Mulherin and Michael Hammond. Mulherin is a 2010 All-American in the 5,000 meters and the 2010 Penn Relays mile Champion. Hammond, the 2010 ACC Indoor Champion in the mile also holds the school record in the 3000 meters. Jared Berman, a 2010 World Junior Finalist in the 3000 meter steeplechase. Two time ACC scorer Jason Cusack will be looking to move up in the 3000 meter steeplechase. Brian Welsh and Devin Cornwall will handle the longer distances while the middle distance group will be deep and talented. Seniors Eddie Judge, Chris Walizer and Nick McLaughlin along with two time ACC Champion Ryan Witt, Tihut Degfae and Ryan Hagen make up the core of the middle distance crew. Newcomers who have the ability to help at the conference level are Martin Dally, Kevin Dowd, Grant Pollock and Yazid Zouaimia.

POLE VAULT



The 2011 edition of the Virginia Tech pole vault team is possibly the best in the nation. It starts with six-time All American Yavgeniy Olhovskiy, who is the indoor school record holder at 18' 2 1/2" (5.55m). Senior Jared Jodon earned his first All-America honor in 2010 and has a personal best of 17'8 1/2" (5.40m). Junior Hunter Hall, the 2010 ACC Indoor Champion, has a best of 17'9 1/4" (5.42m). Newcomer Stephan Munz comes to Virginia Tech with a personal record of 17'5 1/2" (5.32m). Junior Joe Davis, a former high school state record holder from Florida, gives the group great depth with his personal best of 16-10.5 (5.15m). Freshman Matt Hoogland, one of the top high school vaulters in the state of Virginia in 2010, owns a best of 15'1" (4.60m).



DIRECTOR OF TRACK AND FIELD DAVE CIANELLI ON THE 2010-2011 TEAM

"With just about everyone returning from last year's conference and national teams, I expect for us to challenge again for the ACC team championship and be a top ten team at the NCAA Championships. We have added several outstanding recruits for 2011 and I believe we will be more balanced than last year."



DEREK AEGERTER
So. • High Jump
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EBENEZER AMEGASHIE
Sr. • Sprints/Hurdles
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JEFFREY ARTIS-GRAY
So. • Sprints/Jumps/
Hurdles, page 39



JARED BERMAN
So. • Distance
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RONNIE BLACK
Jr. • High Jump
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GARRETT BRADLEY
So. • Mid-Distance
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SCOTT CAMPBELL
Fr. • Multi Events
page 45



DEVIN CORNWALL
Fr. • Distance
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JASON CUSACK
Fr. • Distance
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MARTIN DALLY
Fr. • Mid-Distance
page 45



JOE DAVIS
Jr. • Pole Vault
page 38



LEOULE DEGFAE
So. • Distance
page 39



TIHUT DEGFAE
So. • Distance
page 39



KEVIN DOWD
Fr. • Distance
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RYAN HAGEN
Fr. • Distance
page 39



HASHEEM HALIM
Fr. • Jumps
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HUNTER HALL
Jr. • Pole Vaults
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MICHAEL HAMMOND
Jr. • Pole Vaults
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ERIC HOEPKER
Jr. • Distance
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MATT HOOGLAND
Fr. • Pole Vault
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JORDAN HORTON-WILLIAMS
Fr. • Sprints
page 45



JARED JODON
r-Sr. • Pole Vault
page 30



EDDIE JUDGE
Sr. • Mid-Distance
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KIERAN LEE
Sr. • Mid-Distance
page 45



MARCEL LOMNICKY
Jr. • Throws
page 31



SHERROD LONG
Fr. • Sprints
page 45



DENIS MAHMIC
So. • Throws
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JONATHAN McCANTS
So. • Sprints
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NICK McLAUGHLIN
Sr. • Distance
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JEFF MILLER
Sr. • Mid-Distance
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WILL MULHERIN
Jr. • Distance
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STEPHAN MUNZ
So. • Pole Vault
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YAVGENIY OLHOVSKIY
r-Sr. • Pole Vault
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GRANT POLLOCK
Fr. • Distance
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KEITH RICKS
Jr. • Sprints
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MATT SATTERWHITE
Sr. • Distance
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JUSTIN SINCLAIR
Jr. • Sprints
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KEARE SMITH
Jr. • Sprints/Hurdles
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RENE STAUSS
So. • High Jump
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MATTHIAS TREFF
So. • Throws
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CHRIS WALIZER
Sr. • Mid-Distance
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BRIAN WELCH
Jr. • Distance
page 43



DARRELL WESH
Fr. • Sprints
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DAVID WILSON
So. • Sprints/Jumps
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RYAN WITT
Sr. • Distance
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ALEXANDER ZIEGLER
So. • Throws
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YAZID ZOUAIMIA
Fr. • Distance
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HUNTER HALL

PR: 17'9.25" (5.42M)

POLE VAULT



EVENT

Pole Vault

CLASS

Senior Indoor
Junior Outdoor

PREVIOUS SCHOOL

Homestead

HOMETOWN

Fort Wayne, Ind.

2010 Outdoor: Earned team's second-highest finish, third overall, at the ACC Championships in the pole vault, earning All-ACC honors and tying a personal best of 17-2.75 (5.25m) ... placed second in the pole vault at the Aggie Classic (17-1, 5.21m) and the Liberty Twilight (5.10m).

2010 Indoor: Garnered his first ACC title in the pole vault (17-8.50, 5.40m) ... Finished the regular season on a strong note, posting a career-high mark of 17-9.25 (5.42m) in the pole vault, placing second at the VT Final Qualifier, to qualify for the NCAA Indoor Championships ... Placed in the top three in six of eight competitions during the season.

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.



MICHAEL HAMMOND

PRS: 1,500M – 3:42.17; MILE – 4:03.80; 3,000M – 8:07.35; 10K XC – 30:49.9

MID-DISTANCE



EVENT
Mid-Distance

CLASS
Junior

PREVIOUS SCHOOL
Midlothian

HOMETOWN
Midlothian, Va.

2010 Cross Country: Redshirted.

2010 Outdoor: Earned All-ACC honors in the 1,500 meters, placing second at 4:00.02, after winning the prelims at 3:51.12 ... Placed second at the Georgia Tech Invite in the 1,500 meters, posting a career-best 3:42.17 ... Won the 1,500-meter race at the Jessie Owens Classic (3:43.65) ... Ran on school record 4x800 relay at the Penn Relays (7:22.19) ... Anchored the winning 3,200-meter relay at the Colonial Relays (7:29.80).

2010 Indoor: Won an ACC title in the mile run, coming out in front in the finals (4:10.36) ... This was Tech's second-consecutive championship in the mile, Hammond's first ... Placed first in the mile run a week prior at the VT Challenge, crossing the line at a career-best pace of 4:03.80 ... Took the 3,000-meter run competition, posting a seasonal-best 8:10.27.

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.



JARED JODON

PR: 17-8.5" (5.40M)

POLE VAULT



EVENT
Pole Vault

CLASS
r-Senior

PREVIOUS SCHOOL
Laurel Highlands

HOMETOWN
Uniontown, Pa..

2010 Outdoor: Earned All-American accolades in the pole vault, finishing seventh at the NCAA Championships, vaulting 17-4.50 (5.30m) ... Vaulted an outdoor personal best of 17-6.5 (5.35m) at the Florida Relays ... Placed second in three competitions, including the Florida Relays, the Sea Ray Relays (17-2.75, 5.25m) and the Aggie Classic (17-1, 5.21m).

2010 Indoor: Earned All-ACC honors with a personal best mark of 17'8.5" (5.40m) to place second at the ACC Championships... Met the provisional qualifying standard the week prior at the VT Challenge, finishing second at 17-1 (5.21m) ... Moved to sixth all-time at Tech ... made his first appearance at an NCAA National Championship.

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 indoor 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.



MARCEL LOMNICKÝ

PRS: WEIGHT THROW – 69'8.25" (21.24M); HAMMER THROW – 245'6" (74.83M)

THROWS



EVENT
Throws

CLASS
Junior

PREVIOUS SCHOOL
Sport Grammar
School Nitra

HOMETOWN
Nitra, Slovakia

2010 Outdoor: Named USTFCCCA Southeast Region Men's Field Athlete of the Year ... Set a school record in the hammer throw with a winning effort at the Florida Relays (245-6, 74.83m) ... Earned All-American honors, finishing third at the NCAA Championships (232-10, 70.97m) ... Earned a win at the Georgia Tech Invite (232-10, 70.97), placed third at the Jessie Owens Classic (233-6, 71.17m) and fourth at the NCAA East Regional semifinals (221-7, 67.54m).

2010 Indoor: Earned All-ACC honors in the weight throw with an NCAA qualifying mark of 69-0 (21.03m) ... Took second place at the Hokie Invitational in the weight throw with a career-best distance of 69-8.25 (21.24m) ... Finished 12th at the NCAA Championships (66-5.75, 20.26m).

2009 Outdoor: Won third hammer

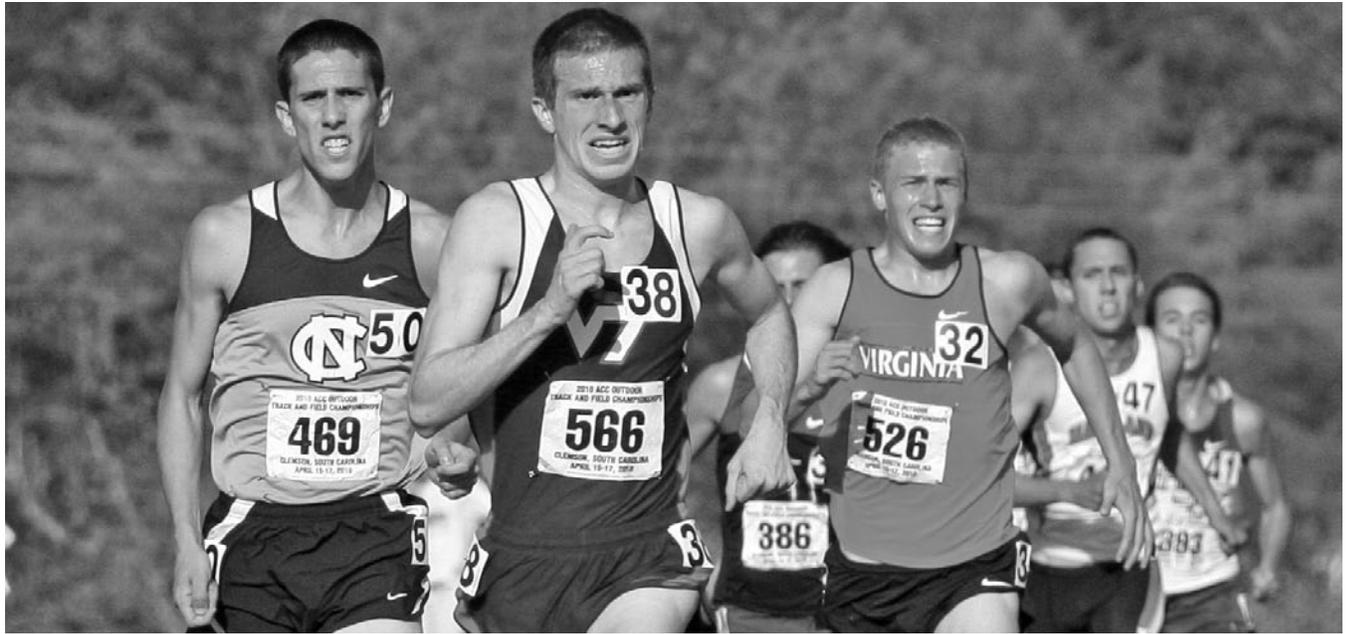
throw national title in Virginia Tech history with a first-place performance at the NCAA Championships ... Tossed a personal-best 235-06 at the meet ... Became Tech's first national champion since Spyridon Jullien captured the hammer throw title in 2006 ... Won all five hammer throw competitions he competed 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

PRS: 1,000M – 2:27.30; MILE – 4:00.93; 3,000M – 8:07.68; 5,000M – 13:50.76; 10K XC – 30:23.64

DISTANCE



EVENT
Distance

CLASS
Junior

PREVIOUS SCHOOL
Tabb

HOMETOWN
Yorktown, Va.

2010 Cross Country: Redshirted.

2010 Outdoor: Penn Relays champion in the mile run crossing the line in a school-record time of 4:00.93 ... Earned All-America accolades in the 5,000 meters with a fifth place finish at the NCAA Championships, setting a new personal best and school record at 13:50.76 ... ACC Champion in the 5,000 meters (14:26.55) ... Was named to the All-Region team after placing fifth in the 5,000 meters at the NCAA East Regionals (14:03.33) ... Won the 5,000 meters at the Jessie Owens Classic (14:12.33) and the Aggie Classic (13:58.05) ... Anchored the winning distance medley relay at the Colonial Relays (9:52.23).

2010 Indoor: Had personal-best performances in the Mile Run (4:06.40), 1,000 (2:27.24) and 3,000 Meters (8:12.99).

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.



YAVGENIY OLHOVSKY

PR: 18'2.5" (5.55M)

POLE VAULT



EVENT

Pole Vault

CLASS

r-Senior

PREVIOUS SCHOOL

Ort Technicum
Givataim

HOMETOWN

Peta-tivka, Israel

2010 Outdoor: Won his second-consecutive ACC title in the pole vault with a career-best height of 18-0.5 (5.50m) ... Earned All-American status, vaulting to an eighth place finish at the NCAA Championships (17-4.50, 5.30m) ... Became Tech's first two-time men's pole vault conference champion since Brian Mondschein, an eventual four-time champion from 2003-2006 ... Finished in the top three in every pole vault competition of the season, winning at the ACC Championships and the Aggie Classic (17-1, 5.21m) ... Placed third at the NCAA East Region semifinals (17-2.75, 5.25m).

2010 Indoor: Was named USTFCCCA Southeast Region Men's Field Athlete of the Year ... Earned All-America honors in the pole vault, tying for fourth at the NCAA Championships (17-6.5, 5.25m) ... Garnered All-ACC accolades in the pole vault, finishing third (17-0.75, 5.20m) ... Met the provisional qualifying standard in every competition on the season, posting a season-best mark of 17-7.75 (5.38m) with a win at the VT Elite Meet ... Took first place at the Hokie Invitational (17-7.25, 5.37m).

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 fourth 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 (5.55m) at the VT Elite Meet ... Claimed third 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.



RYAN WITT

PRS: 800M – 1:50.06; 1,500M – 3:46.78; MILE - 4:05.00

DISTANCE



EVENT
Distance

CLASS
Senior

PREVIOUS SCHOOL
Sherando

HOMETOWN
Winchester, Va.

2010 Cross Country: Competed in the Alumni Invite 76k (26:17.82) and Charlotte Invite 8k (27:47.8).

2010 Outdoor: Had a personal-best performance in the 800 meters at the Aggie Classic, finishing third at 1:50.06 ... Finished fifth at the ACC Championships in the 800 meters (1:51.36) ... Ran third leg in 1,600-meter relay at ACC Outdoor Championships (3:14.92) ... Competed in the 1,500 meters at the Colonial Relays (3:58.97).

2010 Indoor: Redshirted.

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 a personal-best 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 ... Finalist at the USA Junior Nationals in the

1,500 Meters.

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.



ALEXANDER ZIEGLER

PRS: WEIGHT THROW - 73'10.25" (22.51M); HAMMER THROW - 241'9" (73.68M)

THROWS



EVENT
Throws

CLASS
Sophomore

PREVIOUS SCHOOL
Schiller Gym
Heidenheim

HOMETOWN
Dischingen, Germany

2010 Outdoor: Finished second at the NCAA Championships in the hammer throw, earning All-American status with a best final round heave of 237-7 (72.42m)... Took first place in the NCAA East Regional semifinals in the hammer throw with distance of 234-1 (71.35m) ... Finished second at the Georgia Tech Invite (225-10, 68.83m) and fourth at the ACC Championships (207-6, 63.25m).

2010 Indoor: Earned All-America accolades, placing third at the NCAA Championships in the weight throw (72-6.75, 22.12m) ... ACC Champion in the weight throw, meeting the NCAA automatic qualifying mark with a career-best toss of 73-10.25 (22.51m) ... Tech's men's team has now earned

a conference title in the weight throw four out of the five years since joining the ACC in 2004, and eight times in the last ten years ... Took first place at the VT Elite Meet, meeting the automatic qualifying standard at 72-5.75 (22.09m).

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.



MATTHIAS TREFF

PR: 239'10" (73.10M)

THROWS



EVENT
Throws

CLASS
Sophomore

PREVIOUS SCHOOL
Sportsgymnasium
Halle

HOMETOWN
Burghann, Germany

2010 Outdoor: Redshirted.

2010 Indoor: Competed in the heptathlon at the ACC Championships.

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 USTFCCA 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.



EBENEZER AMEGASHIE

PRS: 110M HURDLES — 14.17; 400-METER HURDLES — 52.83; 200M — 22.70; 400M — 48.67

EVENT | Sprints/Hurdles **CLASS** | Senior **PREVIOUS SCHOOL** | Potomac High School **HOMETOWN** | Woodbridge, Va.

2010 Outdoor: Anchored the second-place 400-meter relay squad at the ACC Outdoor Championships (40.56) ... Ran a season-best 14.19 in the 110-meter hurdles at the ACC Outdoor Championships ... Placed sixth in the ACC Outdoor Championships in the 400-meter hurdles (53.42) ... Anchored second-place 400-meter relay teams at Miami Invitational (41.71) and Yellow Jacket Invite (42.02) ... Earned second-place finishes at the Miami Invitational in the 400-meter hurdles (53.39) and in the 100- (14.30) and 400-meter hurdles (52.83) at the Vertklasse Meet ... Ran lead leg in 1,600-meter relay at ACC Outdoor Championships (3:14.92).

2010 Indoor: Ran a season-best 8.11 in the 60-meter hurdles in the VT Challenge prelims, then later won in the finals (8.16) ... Ran lead leg in the eighth-place 1,600-meter relay at the ACC Championships (3:17.12).

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 ... Clocking 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 ... Clocking 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.



JARED BERMAN

PRS: 3,000M STEEPLECHASE — 8:55.33; MILE — 4:11.54; 1,000M — 2:29.50; 1,500M — 3:54.30; 5,000M — 14:35.61

EVENT | Distance **CLASS** | Sophomore **PREVIOUS SCHOOL** | James Robinson **HOMETOWN** | Fairfax, Va.

2010 Cross Country: Redshirted.

2010 Outdoor: Competed at the IAAF World Junior Championships,

finishing 10th in the 3,000-meter steeplechase (8:57.53) after earning a personal best in the preliminary heats (8:55.33) ... Placed second in the mile at the Jessie Owens Classic with a collegiate-best 4:13.31 ... Earned a sixth-place finish in the 3,000-meter steeplechase at the ACC Outdoor Championships (9:04.60) ... Ran collegiate-bests in the 1,500 meters at the Vertklasse Meet (7th, 3:54.30) and in the 5,000 meters at the Colonial Relays (9th, 14:35.61).

2010 Indoor: Redshirted ... Ran unattached at VT Challenge (1000M-2:29.50) and final qualifier (Mile - 4:11.54)



RONNIE BLACK

PR: HIGH JUMP: 6-10.75 (2.10M)

EVENT | High Jump **CLASS** | Sophomore **PREVIOUS SCHOOL** | VCU **HOMETOWN** | Newport News, Va.

Prior to Tech: Competed at Virginia Commonwealth University ... Was a USATF National Championships qualifier ... Runner up at the CAA Conference Championships.

High School: Attended Menchville High School ... Took second place at the VHSL State Meet in the high jump ... Two-time All-State honoree ... Lettered three years ... Won the outstanding senior award in track & field and volleyball.

Personal: Born August 2, 1990 ... Son of Ronnie and Helena Black ... Mother was inducted into the Air Force Sports Hall of Fame for her accomplishments as a track & field athlete ... Has one sister, Christie, who competed in the heptathlon and pentathlon at NC State ... Majoring in human nutrition, foods and exercise.



DEVIN CORNWALL

PRS: 1,500M — 3:54.17; 3,000M — 8:11.95; 5,000M — 14:25.13; 10,000M 31:41.72; 10K XC — 30:06

EVENT | Distance **CLASS** | Senior **PREVIOUS SCHOOL** | Culpeper County **HOMETOWN** | Culpeper, Va.

2010 Outdoor: Had a collegiate-best effort in the 10,000 Meters at the ACC Outdoor Championships, crossing the line at 31:41.72 ... Ran a season-best 14:54.05 in the 5,000 Meters at the Colonial Relays (14:54.05).

2010 Indoor: Took ninth place in the 3,000 Meters at the VT Elite Meet with a season-best finish of 8:26.67.

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

PRS: 1,500M – 3:56.81; MILE – 4:11.32; 3,000M – 8:23.97; 3,000M STEEPLECHASE – 9:05.81; 8K XC – 25:42.1

EVENT | Distance **CLASS |** Junior **PREVIOUS SCHOOL |** Griswold **HOMETOWN |** Griswold, Conn.

2010 Cross Country: Was the Hokies' top finisher in three races during the season ... Paired with Ryan Hagen to win the Tech Relays (42:52.0).

2010 Outdoor: Placed 10th at the Vertklasse Meet in the 1,500 meters with a collegiate-best time of 3:56.81 ... Finished seventh at the Colonial Relays in the 3,000-meter steeplechase with a career-best time of 9:05.81 ... Earned a top-ten finish in the 3,000-meter steeplechase at the ACC Outdoor Championships (9:08.28) and the Aggie Classic (9:11.17).

2010 Indoor: Finished third in the mile at the VT Final Qualifier with a career-best time of 4:11.32 ... Took seventh place at the VT Elite Meet in the 3,000 meters, finishing with a collegiate-best 8:23.97.

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

PR: 16-10.75 (5.15M)

EVENT | Pole Vault **CLASS |** Junior **PREVIOUS SCHOOL |** Riverview **HOMETOWN |** Sarasota, Fl.

2010 Outdoor: Redshirted.

2010 Indoor: Placed fifth at the ACC Championships in the pole vault, hitting a season-high mark of 16-8.75 (5.10m) ... Took third at the Liberty Kick Off in the pole vault, competing unattached (16-2.75, 4.95m).

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 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.



TIHUT DEGFAE

PRS: 600M — 1:21.40; 800M — 1:51.78; 1,000M — 2:33.69; MILE — 4:25.26

EVENT | MID-Distance **CLASS** | Sophomore **PREVIOUS SCHOOL** | Thomas A. Edison **HOMETOWN** | Alexandria, Va.

2010 Cross Country: Participated in six meets during the season ... Finished with a season-best 25:33.9 at the Charlotte Invite.

2010 Outdoor: Earned a collegiate-best 1:51.78 in the 800 meters at the Georgia Tech Invite ... Finished third in his section at the Colonial Relays in the 800 meters (1:52.13) ... Ran second leg in 1,600-meter relay at ACC Outdoor Championships (3:14.92) and third leg on the second-place squad at the Vertklasse Meet (3:20.70) ... Ran third leg on winning 3,200-meter relay at the Colonial Relays (7:29.80).

2010 Indoor: Earned career-best marks while finishing sixth in the 600 meters at the VT Challenge (1:21.40) and in the 1,000 meters at the Virginia Tech Invitational (2:33.69) ... Set personal bests in the mile run (4:25.26) and the 800 meters (1:52.08).

2009 Cross Country: Competed in five meets on the season ... Coupled with Doug Fenstermacher to take third at the Virginia Tech Relays with a combined 14,000-meter time of 45:17.9 ... Ran a 7,000-meter split of 22:43.9 at the meet ... Took 35th out of 154 runners at the Blue Ridge Open, the top Hokie finisher in the race.

High School: Ran for Thomas A. Edison High School in Alexandria, Va. ... Achieved All-America honors twice as a junior in track and field ... Three-time all-state performer and five-time all-region winner ... Broke five district records in career ... Earned all-district honors six times ... Received all-met recognition during indoor and outdoor track seasons his senior year ... Lettered 12 times at Thomas Edison High ... Coached by Bernadette Flynn and Ivan Chirinos.

Personal: Born on March 6, 1990 ... Son of Degfae Setegn and Aselefech Elala ... Has one brother, Leoule, who also runs for Virginia Tech ... Enrolled in university studies.



LEOULE DEGFAE

PRS — 5,000 METERS: 14:25.07; 10,000 METERS: 30:54.76

EVENT | Distance **CLASS** | Sophomore **PREVIOUS SCHOOL** | Thomas A. Edison **HOMETOWN** | Alexandria, Va.

Prior to Tech: Competed at the University of Tennessee during the 2010 season ... Competed at the SEC Outdoor Championships in the 5,000 (14:32.53) and 10,000 meters (30:54.76) ... Set a personal best in the 5,000 meters at the Penn Relays (14:25.07).

High School: A 2009 Foot Locker All-American with a 12th place finish at the National Championships ... Took third place at the 2009 indoor 3A State Meet in the 1,000 Meters ... Finished fourth in the mile at the outdoor 3A State Meet ... Anchored his 4x800-Meter Relay to an indoor state title ... Became the second Virginian in 2008 to earn All-American honors at the Foot Locker National Cross Country Championships.

Personal: Born March 6, 1990 ... Daughter of Degfae Setegn and Aselefech Elala... Twin brother Tihut is also a distance runner at Virginia Tech ... Majoring in Human Nutrition, Foods and Exercise.



KEVIN DOWD

PRS: 1600M - 4:17.36; 3200M - 9:23.94

EVENT | Distance **CLASS** | Freshman **PREVIOUS SCHOOL** | Fairfax **HOMETOWN** | Fairfax, Va.

2010 Cross Country: Competed in two meets during the season ... Finished seventh at the Hokie Open in the 6k (19:00.43) and 12th at the Charlotte Invite in the 8k (25:14.8).

High School: 2009 Gatorade Virginia Cross Country Runner of the Year ... 2009 National Footlocker Finalist ... Finished 18th at Footlocker Cross Country Championships, earning All-South Region honors ... First team all-region in 1,600- and 3,200-meters during the 2009 track season ... Earned a prep best of 14:54 in the 5,000-meters in cross country

Personal: Son of Kenneth and Donna Dowd ... Brother of Tech cross country and track athlete, sophomore Frances Dowd ... Business major.



JEFFREY ARTIS-GRAY

PRS: 60-METER HURDLES: 7.87; 110-METER HURDLES: 13.99; LONG JUMP: 23-8.5 (7.23M); TRIPLE JUMP: 49-1 (14.96M)

EVENT | Sprints/Jumps/Hurdles **CLASS** | Sophomore **PREVIOUS SCHOOL** | Oklahoma **HOMETOWN** | Chesapeake, Va.

Prior to Tech: Competed in the 60- and 110-meter hurdles at the University of Oklahoma during the 2010 season.

High School: Was a team captain at Western Branch High School in Chesapeake, Va. ... 2009 VHSL AAA State Champion in the 110- and 55-meter hurdles ... Three-time Eastern-Region Champion in the triple jump ... 2009 Eastern Region Champion in the 55- and 110-meter hurdles ... Five-time All-State honoree in the triple jump, four-time in the long jump ... Two-time All-American as part of the 800, 1,600-meter and shuttle hurdle relays.

Personal: Born August 13, 1990 ... Son of Michelle Artis ... Majoring in human nutrition, foods and exercise.



RYAN HAGEN

PRS: 600M — 1:20.74; 800M — 1:51.80; 1,000M — 2:33.39; 1,500M — 3:53.69; MILE — 4:12.63

EVENT | Distance **CLASS** | Sophomore **PREVIOUS SCHOOL** | Potomac Falls **HOMETOWN** | Sterling, Va.

2010 Cross Country: Competed in six meets during the season ... Paired with Jason Cusack to win at the Tech Relays (42:52.0) ... Placed

tenth in both the Alumni Invite 76k (24:29.42) and Charlotte Invite 8k (25:11.1).

2010 Outdoor: Won his section in the 1,500 meters at the Colonial Relays, setting a new personal best at 3:53.69 ... Earned a personal best in the 800 meters at the Aggie Classic (1:51.80) ... Placed second in the 800 meters at the Vertklasse Meet (1:51.88) ... Ran lead leg on winning 3,200-meter relay at the Colonial Relays (7:29.80) ... Ran second leg on second-place 1,600-meter relay squad at the Vertklasse Meet (3:20.70)

2010 Indoor: Earned collegiate-bests while placing fifth in the 600 meters at the VT Challenge (1:20.74) and in the 1,000 meters at the Virginia Tech Invitational (2:33.39) ... Placed in the top eight in all three mile run competitions, placing as high as fifth (4:14.67) and earning a collegiate-best 4:12.63 at the VT Challenge.

2009 Cross Country: Competed in four meets on the season, two as an unattached athlete ... Clocked personal-best, 8,000-meter cross country time of 26:18.15 at the Blue Ridge Open.

High School: Named all-state and all-region in cross country as a senior ... Four-time all-district honoree in cross country ... Received all-state, all-region and all-district honors in track and field as a sophomore, junior and senior ... Honorable mention all-met selection as a senior ... Set school record in the 800 meters, as well as a member of school-record 4x400-meter, 4x800-meter and distance medley relay squads ... Earned Potomac Falls High School Athlete of the Year in 2007 and 2008 ... Won Loudon Prep Sports Athlete of the Year award as a senior ... Was MVP of cross country squad his junior and senior year ... Also was a regional champion wrestler ... Coached by Dolph Null in cross country and Courtney Cornwall in track ... Lettered 11 times in high school career.

Personal: Born July 24, 1991, in Falls Church, Va. ... Son of Tim and Elizabeth Hagen ... Has one sister, Rachel ... Majoring in human nutrition, foods and exercise.



HASHEEM HALIM

PRS: TRIPLE JUMP – 52'8.25" (16.06M); LONG JUMP – 22'10" (6.96M)

EVENT | Jumps **CLASS |** Junior **PREVIOUS SCHOOL |** Berkmar **HOMETOWN |** Lilburn, Ga

2010 Outdoor: Earned points for Tech in the triple jump at the ACC Championships, placing fifth with an outdoor-best mark of 51-5 (15.67m) ... Placed ninth at the ACC Championships in the long jump with a season-high 22-07 (6.88m) ... Took fourth place at the Florida Relays in the triple jump (50-0.75, 15.26m).

2010 Indoor: Set a school triple jump record, earning All-ACC honors after placing second at the ACC Championships (52-8.25, 16.06m) ... Provisionally qualified in the triple jump, earning a bid to the NCAA Championships where he placed 10th (51-7, 15.72m) ... Also competed in the long jump and the 400-Meter Dash.

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.



EDDIE JUDGE

PR: 1,500M – 3:46.87

EVENT | Mid-Distance **CLASS |** Senior **PREVIOUS SCHOOL |** FW. Cox **HOMETOWN |** Virginia Beach, Va.

2010 Cross Country: Was Tech's highest finisher at the Appalachian State Invite, placing 22nd (25:24.1) ... Finished eighth at the Charlotte Invite (25:06.9).

2010 Outdoor: Earned a season-best finish in the 1,500 meters at the Georgia Tech Invite (3:48.30) ... Won the 1,500 meters at the Vertklasse Meet (3:49.14).

2010 Indoor: Redshirted.

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 1,500 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 ... Finalist in the 1,500 meters at the USA Junior National Championships.

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.



DENIS MAHMIC

PRS: WEIGHT THROW – 64'0.25" (19.51M); HAMMER THROW – 203'6" (62.03M)

EVENT | Throws **CLASS |** Sophomore **PREVIOUS SCHOOL |** Railway Technical School **HOMETOWN |** Zagreb, Croatia

2010 Outdoor: Had a career-best performance in the hammer throw at the Florida Relays, tossing 203-6 (62.03m) to place eighth ... Took seventh place at the ACC Championships in the Hammer Throw (191-9, 58.45m).

2010 Indoor: Placed fifth at the VT Elite meet in the weight throw with a career-best, NCAA qualifying mark of 64-0.25 (19.51m) ... Earned points for the Hokies, placing fifth at the ACC Championships (62-5.75, 19.04m).



JONATHAN MCCANTS

PRS: 200M - 21.72; 400M - 49.21

EVENT | Sprints **CLASS |** Sophomore **PREVIOUS SCHOOL |** West Potomac **HOMETOWN |** Alexandria, Va.

2010 Outdoor: Ran a collegiate-best 21.80 in the 200-meter dash preliminaries at the ACC Championships ... Set a personal best in the 400-meter dash at the Georgia Tech Invite at 49.21 ... Ran the second leg on the second-place 400-meter relay teams at Miami Invitational (41.71) and Yellow Jacket Invite (42.02).

2010 Indoor: Placed ninth in the 200-meter dash prelims at the ACC Championships, earning a career-best time of 21.72.

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

PRS: 600M- 1:20.46; 800M – 1:50.36; 1,000M – 2:34.23

EVENT | Mid-Distance **CLASS |** Senior **PREVIOUS SCHOOL |** Heritage **HOMETOWN |** Leesburg, Va.

2010 Outdoor: Placed fourth in the 800 meters at the Jessie Owens Classic with a career-best time of 1:50.36 ... Earned a sixth-place finish at the ACC Championships (1:52.93) ... Ran leg on school record 4x800M relay at Penn Relays (7:22.19) ... Ran second leg on winning 3,200-meter relay at the Colonial Relays (7:29.80).

2010 Indoor: Had collegiate-best performances in the 600 (1:20.46) and 800 meters (1:51.39) at the VT Challenge, placing fourth in each event ... Took eighth place at the Virginia Tech Invitational in the 1,000 meters with a personal-best 2:34.23.

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.

2008 Outdoor: Led team in the 400 meters with a 50.48 finish at the Raleigh Relays.

2008 Indoor: Led the team in the 800 meters, posting a season-best performance at the VT Elite Meet (1:54.60).

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.



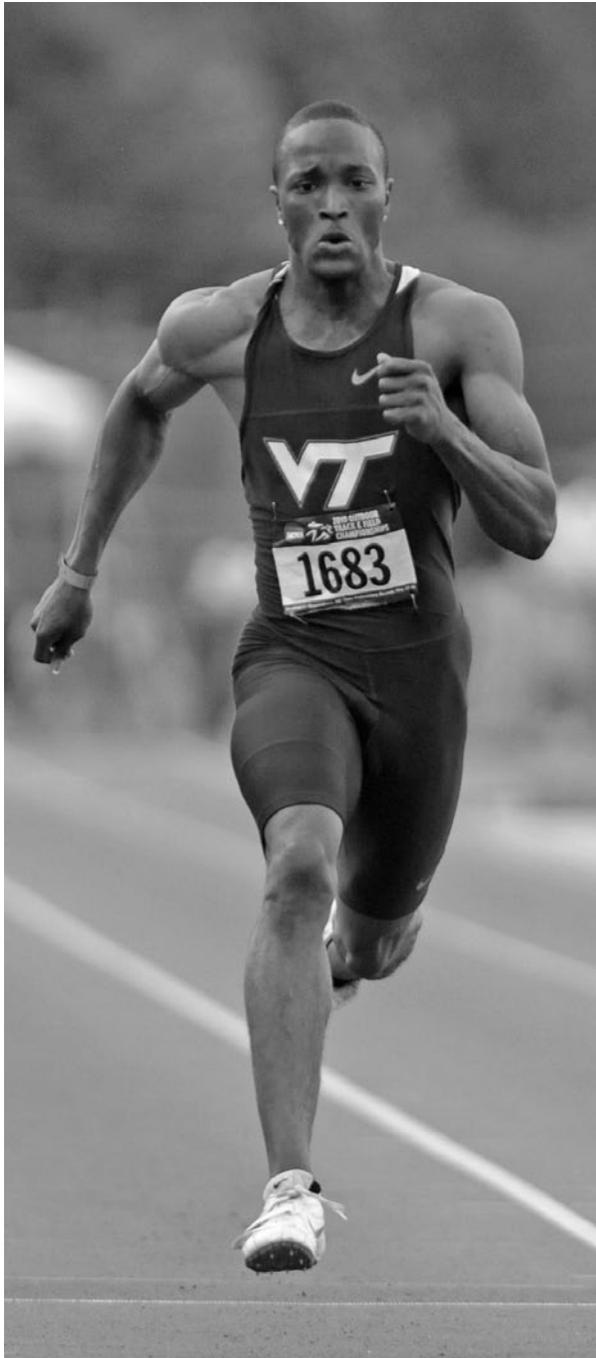
STEPHAN MUNZ

PRS: POLE VAULT - 17-5.5 (5.32M)

EVENT | Pole Vault **CLASS |** Sophomore **PREVIOUS SCHOOL |** University of Stuttgart **HOMETOWN |** Goppingen, Germany

Prior to Tech: Took fifth place at the 2009 German Junior National Outdoor Championships in the pole vault and seventh place in 2008.

Personal: Born Oct. 19, 1988 ... Son of Georg and Gertraude Munz ... Majoring in sociology.



KEITH RICKS

PRS: 60M — 6.65; 100M — 10.38; 200M — 20.86

EVENT | Sprints CLASS | Junior PREVIOUS SCHOOL | King's Fork HOMETOWN | Suffolk, Va.

2010 Outdoor: Earned All-ACC honors in the 100- (10.39) and 200-meter dash (20.86), placing second and third, respectively ...

His 200-meter performance was a career-best ... Ran the second leg on the Hokies' second-place ACC 400-meter relay squad that set a new school record (40.56) ... Anchored the 1,600-meter relay squad that placed seventh at the ACC Championships (3:14.92) ... Set a new personal-best in the 100 meters at the Florida Relays (10.38).

2010 Indoor: Set a school record in the 60-meter dash with a victory at the Hokie Invitational (6.65) which qualified him to the NCAA Championships ... Took third place in the ACC Championship prelims (6.75) and the VT Elite finals (6.67) and prelims (6.68).

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.



MATT SATTERWHITE

PRS: 3000M STEEPLCHASE - 9:13.25

EVENT | Distance CLASS | Grad PREVIOUS SCHOOL | Western Albemarle HOMETOWN | Charlottesville, Va.

Prior to Tech: Competed at Virginia Military Institute ... Finished seventh in the 3,000-meter steeplechase at the IC4A (9:15.37) ... Won the steeplechase at the High Point Vertklasse with a personal best time of 9:13.25.

High School: Competed at Western Albemarle H.S. in Charlottesville, Va.

Personal: Born January 16, 1988 ... Son of Mike and Doreen Satterwhite ... Majoring in Engineering.



KEARE SMITH

PRS: 60M HURDLES — 7.94; 110M HURDLES — 14.26; 400M HURDLES — 54.91

EVENT | Sprints/Hurdles **CLASS** | Junior **PREVIOUS SCHOOL** | Southeast Raleigh Magnet **HOMETOWN** | Garner, N.C.

2010 Outdoor: Ran the lead leg on Tech's ACC 400-meter relay squad, helping earn them a second-place finish with a school record time of 40.56 ... Set a personal-best in the 400-meter hurdles at the Florida Relays (54.91) ... Won in the 110-meter hurdles at the Yellow Jacket Invite (14.45) ... Ran a season-best 14.40 in the 110-meter hurdles at the Georgia Tech Invite ... Ran lead leg on second-place 400-meter relay teams at Miami Invitational (41.71) and Yellow Jacket Invite (42.02).

2010 Indoor: Earned a season-best performance in the 60-meter hurdles with a seventh-place finish at the VT Final Qualifier (7.98) ... Took seventh place at the ACC Championships (8.00).

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 a 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.



RENE STAUSS

PRS — HIGH JUMP: 7-1.5 (2.17M)

EVENT | High Jump **CLASS** | Sophomore **PREVIOUS SCHOOL** | University of Stuttgart **HOMETOWN** | Winterlingen, Germany

Prior to Tech: 2006 German Junior National Champion in the High Jump ... Was a two-time champion at the Baden-Wurtemberg Championships in 2009 and 2010.

Personal: Born Sept. 17, 1987 ... Son of Alexander and Heidi Stauss ... Majoring in sociology.



CHRIS WALIZER

PRS: 800M — 1:51.82; 1,000M — 2:27.57; 1,500M — 3:45.30

EVENT | Mid-Distance **CLASS** | Senior **PREVIOUS SCHOOL** | Hershey **HOMETOWN** | Hershey, Pa.

2010 Cross Country: Earned the highest finish of any Tech athlete this season at the ACC Championships (44th, 25:07.0) and NCAA Regionals (59th, 32:12.12).

2010 Outdoor: Earned a fifth-place finish in the 1,500 meters at the ACC Championships (3:52.11) ... Set a new personal best in the 1,500 meters at the Aggie Classic, placing eighth at 3:45.30 ... Ran lead leg on the winning distance medley relay at the Colonial Relays (9:52.23).

2010 Indoor: Posted career-best times in the 800 (1:53.90) and 1,000 meters (2:27.57) at the VT Challenge.

2009 Outdoor: Placed 18th in the 1500-meter at the ACC meet (3:58.93) ... Ran at the NCAA Southeast Regional for the Hokies ... Finished 53rd out of 109 athletes at the ACC Championships ... Registered career-best, 10,000-meter cross country time of 32:49.13 at the Chile Pepper Invite ... Combined with teammate Jason Cusack to win the Virginia Tech Relays ... Ran 7,000-meter split of 22:45.2 in the race ... Finished 13th at the VT Alumni Invite.

2009 Outdoor: Redshirted.

2008 Outdoor: Competed in track and field, but not cross country ... Ran career-best 1:51.82 in the 800-meter at the Tar Heel Classic ... Clocking personal record of 3:53.16 in the 1,500-meters at the Georgia Tech Invite ... Earned runner-up finish at the Liberty Twilight's 1,500-meters with time of 3:56.03 ... Placed second, running 4:01.27, in the 1,500-meter run at the Duke Invitational.

2008 Indoor: Finished 16th at the ACC Championships' 800-meter run with a time of 1:57.90.

High School: Member of school record 4x800-meter relay squad that crossed the line in 7:56 ... Competed on three-time Mid Penn Keystone Division Team Champion squad ... Three-time state qualifier ... Also played football ... Lettered seven times ... Coached by Kevin Stover ... Received President's Education Award ... Earned PA Certificate of Distinctions for PSSA in both reading and mathematics ... Member of National Honor Society.

Personal: Born Jan. 11, 1989, in Hershey, Pa. ... Son of Curtis and Rebecca Walizer ... Has three sisters, Stephanie Brooke and Alyssa ... Majoring in finance.



BRIAN WELCH

PRS: 1,500M — 3:51.89; MILE — 4:09.96; 3,000M — 8:22.59; 5,000M — 14:29.96; 10,000 METERS — 31:12.70

EVENT | Distance **CLASS** | Junior **PREVIOUS SCHOOL** | Mills Godwin **HOMETOWN** | Richmond, Va.

2010 Cross Country: Redshirted.

2010 Outdoor: Set new career-bests in the 1,500 (3:51.89), 5,000 (14:29.96) and 10,000 meters (31:12.70).

2010 Indoor: Won the mile run at the VT Final Qualifier with a personal-best 4:09.96 ... Placed fifth in the ACC Championships in the 5,000 meters,

earning a new career-best time of 14:31.06 ... Finished 11th in the 3,000 meters at the ACC Championships with a collegiate-best time of 8:22.59.

2009 Cross Country: Earned 45th place out of 231 athletes at the NCAA Southeast Regional ... Tallied 58th-place effort at the ACC Championships with 8,000-meter, cross country career-best time of 25:22.8 ... Took 47th out of 243 runners at the Chile Pepper Invite ... Notched best finish of the season with a fifth-place showing at the VT Alumni Invite.

2008 Cross Country: Ran at the NCAA East Regional, earning 55th out of 212 runners ... Placed 41st at the ACC Championships out of 103 runners with an 8k time of 25:44.3 ... Clocked 31:01 in the 10k Chile Pepper Invite for 51st place ... Was the third Hokie across the finish line at the Virginia Tech Invitational, taking eighth with a 76k time of 24:19 ... Paired up with Matt Saunders for ninth place at the Virginia Tech Relays ... Combined with Saunders for a 16k time of 51:40 ... Ran an 8k split of 25:16 at the Relays.

High School: Set seven school records at Godwin High School ... Ran personal best 15:39 in the 5,000-meter Foot Locker Cross Country South Regional race ... Earned all-state honors as a senior ... Claimed all-region and all-district honors three times each ... Named team's MVP three times ... Won the Richmond Times-Dispatch Scholar-Athlete Award ... Named six times to Richmond Times-Dispatch "All-Metro Team" ... Won Central Virginia Bank Athlete of the Month Award ... Coached by Frank Wagner ... Member of VHSL AAA State Championship squad in tennis as a freshman.

Personal: Born June 4, 1990, in Flemington, N.J. ... Son of Kevin and Karen Welch ... Has one brother, Scott ... Civil engineering major.



DARRELL WESH

PRS: 55-METERS: 6.28; 60-METERS: 6.73; 100-METERS: 10.42; 200-METERS: 21.31; 400-METERS: 49.22

EVENT | Sprints **CLASS |** Freshman **PREVIOUS SCHOOL |** Landstown H.S. **HOMETOWN |** Virginia Beach, Va.

High School: A 2010 U.S. National Champion in the 60-Meter Dash and a runner-up in the 100-Meter Dash ... Held the fastest national times in the 55, 60, and 300 Meters in 2009-10 ... State champion in the 55, 100, 200 and 300 Meters as well as part of a 400-Meter Relay ... 2010 Virginia Gatorade Athlete of the Year and Milestat.com Virginia Sprinter of the Year ... Holds school records in the 55, 60, 100 and 300 Meters and as part of the 400 and 1,600-Meter Relay.

Personal: Born Jan. 21, 1992 ... Son of Hernould and Maggy Wesh ... Has two sisters, Marlena and Diane, and two brothers, Jordan and Russell ... Majoring in exercise science.



DAVID WILSON

PRS: TRIPLE JUMP - 5'1"5.5" (15.68M); LONG JUMP - 23'8.75" (7.23M); 60M - 6.86

EVENT | Sprints/Jumps **CLASS |** Sophomore **PREVIOUS SCHOOL |** George Washington **HOMETOWN |** Danville, Va.

2010 Outdoor: Ran the third leg on Tech's ACC 400-meter relay squad, helping earn them a second-place finish and a new school

record at 40.56 ... Took fourth place in the triple jump at the ACC Championships, earning points for Tech while meeting a career-best distance of 51-5.5 (15.68m) ... Earned first place triple jump finishes at the Miami Invitational (49-9.5, 15.18m) and Liberty Twilight (49-9, 15.16m) ... Finished 10th at the ACC Championships in the long jump (22-5.25, 6.84m) ... Ran third leg on second-place 400-meter relay teams at Miami Invitational (41.71) and Yellow Jacket Invite (42.02).

2010 Indoor: Won the triple jump at the Hokie Invitational with a personal-best provisional qualifying distance of 51-5 (15.67m) ... Took fourth place at the ACC Championships in the triple jump (50-4, 15.34m) ... Placed third at the VT Challenge in the long jump with a career-best leap of 23-8.75 (7.23m) ... Also competed in the 60-meter dash with a best of 6.86.

2010 Football: Selected 2nd team All-ACC as a return specialist ... Played in every game this season for the Hokies' football team ... Earned his first career start in the game against Miami ... Accumulated 616 rushing yards on 111 attempts, good for a 5.5 yard-per-carry average ... Had five rushing touchdowns and three receiving, including two touchdowns in the win against East Carolina ... Ran for a season-high 105 rushing yards against Wake Forest ... Ran two kickoffs back for touchdowns during the season, including a crucial late touchdown against Georgia Tech to help secure a Hokie victory.

2009 Football: 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.



YAZID ZOUAÏMIA

PRS: 1600M - 4:16.29; 3200M - 9:15.67

EVENT | Distance **CLASS |** Freshman **PREVIOUS SCHOOL |** Centreville High School **HOMETOWN |** Clifton, Va.

2010 Cross Country: Competed in four meets, one unattached, during the season ... Earned a season-best finish in the 8k at the Charlotte Invite (25:41.7).

High School: 2009 Virginia AAA All-State selection in cross country ... 2010 Virginia State AAA Indoor Champion in the 3,200-meters ... Captured 2010 Virginia Northern Region title in the 1,000m ... Holds prep bests of 4:16.66 in the mile and 9:15.67 in the 3,200m.

Personal: Born January 6, 1992, in Annaba, Algeria ... Son of Robert and Anissa McFarland ... Won 2009 Scholar Athlete Award ... Business management major



DERRICK AEGERTER

EVENT | High Jump

MAJOR | Mechanical Engineering CLASS | Freshman
PREVIOUS SCHOOL | Kingwood H.S. HOMETOWN | Humble, Texas



GARRETT BRADLEY

EVENT | Mid-Distance

MAJOR | Marketing CLASS | Sophomore PREVIOUS SCHOOL | Albemarle
HOMETOWN | Charlottesville, Va.



SCOTT CAMPBELL

EVENT | Multi-Events

MAJOR | Human Nutrition, Foods and Exercise CLASS | Freshman
PREVIOUS SCHOOL | Salem HOMETOWN | Salem, Va.



MARTIN DALLY

EVENT | Mid-Distance

MAJOR | Engineering CLASS | Freshman PREVIOUS SCHOOL | Walter
Johnson HOMETOWN | Bethesda, Md.



ERIC HOEPKER

EVENT | Distance

MAJOR | Marketing CLASS | Junior PREVIOUS SCHOOL | Battlefield
HOMETOWN | Haymarket, Va.



MATT HOOGLAND

EVENT | Pole Vault

MAJOR | Human Nutrition, Foods and Exercise CLASS | Freshman
PREVIOUS SCHOOL | Lake Braddock Secondary HOMETOWN | Springfield, Va.



JORDAN HORTON-WILLIAMS

EVENT | Sprints

MAJOR | University Studies CLASS | Freshman
PREVIOUS SCHOOL | Ocean Lakes HOMETOWN | Virginia Beach, Va.



KIERAN LEE

EVENT | Mid-Distance

MAJOR | Mechanical Engineering CLASS | Junior
PREVIOUS SCHOOL | Hermitage HOMETOWN | Glen Allen, Va.



SHERROD LONG

EVENT | Sprints

MAJOR | University Studies CLASS | Freshman
PREVIOUS SCHOOL | Phillip O. Berry Academy HOMETOWN | Charlotte, N.C.



JEFF MILLER

EVENT | Mid-Distance

MAJOR | Engineering CLASS | Senior
PREVIOUS SCHOOL | South County HOMETOWN | Lorton, Va.



GRANT POLLOCK

EVENT | Distance

MAJOR | Human Nutrition, Foods and Exercise CLASS | Freshman
PREVIOUS SCHOOL | Mills Godwin HOMETOWN | Richmond, Va.



JUSTIN SINCLAIR

EVENT | Sprints

MAJOR | Residential Property Management CLASS | Junior
PREVIOUS SCHOOL | The Peddie School HOMETOWN | Maplewood, N.J.

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PERFORMERS

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ALL-
AMERICANS

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CONFERENCE
CHAMPIONS

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QUEEN HARRISON

2010 BOWERMAN AWARD WINNER

Wrapping up a stellar collegiate career in 2010, Queen Harrison earned three NCAA titles as a senior, becoming Virginia Tech's first female national champion in any sport. She brought home a title in the 60-meter hurdles during the indoor season, and became the first athlete in NCAA history to win both the 100- and 400-meter hurdles at the NCAA Outdoor Championships. Harrison's wind-aided 12.44 in the 100m hurdles at the 2010 ACC Championships is the all-time fastest mark in NCAA history under any conditions. During her time at Virginia Tech, Harrison was a six-time all-American, ACC Female Track Performer of the Year in 2009 and 2010, and the winner of the 2010 Bowerman Award, given to the season's most outstanding male and female track and field athlete.

2009-2010 SEASON IN REVIEW

SEASON IN REVIEW

2010 was a memorable season for Virginia Tech that saw unprecedented individual and team success both in conference and nationally. The Hokies earned three individual NCAA titles, 13 All-America honors, and 11 ACC titles. The women's and men's teams both earned top ten finishes at the NCAA Championships, with the women placing fifth and the men 10th. The fifth place finish is the highest showing for any Tech track & field squad, while the men's tenth-place finish is the highest in men's program history. The men's team earned second and third place finishes at the indoor and outdoor conference meets, respectively, while the women took third and sixth.

Queen Harrison wrote and re-wrote history multiple times over the 2010 season. In the indoor season, she earned an NCAA Championship in the 60-meter hurdles, the first in Tech's women's program history. Then, during the outdoor season, Harrison became the first athlete in NCAA history to sweep both the 100 and 400-meter hurdles, earning her second and third titles to close out an unbelievable career at Tech. She broke five school records during the season and earned four conference titles.

The men's field athletes were recognized for their outstanding performance, as both Yavgeniy Olhovsky and Marcel Lomnicky were named USTFCCA Southeast Region Men's Field Athlete of the Year. Tech's coaching staff also received accolades, with Dave Cianelli earning 2010 ACC Men's Coach of the Year honors, his fifth such conference award. Throws coach Greg Jack was named 2010 Southeast Region Men's Assistant Coach of the Year and sprints, hurdles and jumps coach Charles Foster, in his first season, was named 2010 Southeast Region Women's Assistant Coach of the Year.

INDOOR SEASON

The Hokies got plenty of use out of the home facilities, as Rector Fieldhouse played host to six of their seven regular season contests, including

the ACC Championships. In the first meet of the season, Asia Washington, competing unattached, broke the school record in the 500 meters winning the race at 1:11.49, beating her own previous school record of 1:12.23. Another school record fell in the season's second competition, as Keith Ricks set a new best in the 60-meter dash at 6.65, beating Andre Davis' previous record of 6.72 that had stood for ten years. Queen Harrison and Kristi Castlin didn't waste any time earning their bids to the NCAA Championships, as they took the top two spots in the 60-meter hurdles earning automatic bids to the national meet. Harrison also set a new school record in the 400-meters, which she would reset again at the ACC Championships. The following week, Harrison set another school record in the 60-meter hurdles, becoming the first Hokie to finish in under eight seconds. This record was also short-lived, as Harrison would eventually out-do herself at the conference meet. Alexander Ziegler became the third Hokie to punch his ticket to the national meet, beating the automatic qualifying mark in the weight throw by nearly two feet.

At the ACC Championships, the Hokies earned five titles, three on the men's side and two for the women's. Freshman Alexander Ziegler won the first title of the weekend, capturing the weight throw and improving his NCAA qualifying mark to 73-10.25 (22.51m). On day two, Queen Harrison and Kristi Castlin finished back-to-back in the top spots in the 60-meter hurdles, 18 points towards the team's eventual 74 points. Harrison then earned her second gold medal of the day, winning the 400-meter dash by less than three-tenths of a second to set a new school record. Michael Hammond earned another medal for the Hokies, winning the mile run by less than two-tenths of a second. The men's pole vault earned 28 points towards the team's 97 point total, taking four of the top five spots in the event. Hunter Hall earned the title, followed by Jared Jodon and Yavgeniy Olhovsky, while Joe Davis took fifth. Additionally, Hasheem Halim broke a school record in the triple jump, helping him to a second-place finish.

At the end of the regular season, ten Hokies earned a bid to the national meet. The field events accounted for the majority of the national team, seven of the ten, with Queen Harrison, Kristi Castlin and Keith Ricks representing the sprinters.

In the first day of the national meet, Yavgeniy Olhovsky earned his fifth-straight All-America honor, tying for fourth place in the pole vault. Igor Misljenovic was narrowly edged out of All-America status at the last minute in the shot put, as a late toss by another team pushed him to ninth place. Day two was highlighted by Queen Harrison earning the women's program's first national title, winning the 60-meter hurdles, while Castlin finished right behind her to earn her sixth career All-America honor. ACC Champion Alexander Ziegler earned All-American accolades, placing third in the weight throw to bring the Hokies' total All-Americans on the season to four.

OUTDOOR SEASON

A solid indoor season provided momentum heading into the outdoor season. The women's standout hurdlers wasted little time, setting meet records in the first competition of the season. Queen Harrison and Asia Washington set new records at the Miami Invitational in the 100 and 400-meter hurdles, respectively. The first school records of the outdoor season fell at the Florida Relays. Harrison earned a then school-record finish in the 100-meter hurdles, which she would later improve on at the ACC Championships. Marcel Lomnicky shattered the school record in the hammer throw, previously set by two-time national champion Spyridon Jullien, which gave Lomnicky the top mark in the nation. The women's 1,600-meter relay squad of Harrison, Washington, Yvonne Amegashie and Aunye Boone also moved to the top spot in the nation with their performance at the Florida Relays.

Day one of the ACC Championships started out strong for the Hokies, as Igor Misljenovic earned his first career ACC title in the discus, securing the

victory with his second-to-last throw. Misljenovic followed his day one performance with another All-ACC showing, this time placing third in the shot put. The men's hammer throwers put an emphatic stamp of the final day of competition, earning three of the top five spots including a second-consecutive ACC title by Marcel Lomnicky. Matej Muza was the runner up and Alexander Ziegler took fourth. Yavgeniy Olhovsky led the way in the pole vault, earning his third ACC pole vault title, his second-straight outdoor championship. In total, the vaulters accumulated 19 points, with Hunter Hall and Jared Jodon placing third and sixth, respectively. Will Mulherin earned Tech's fourth ACC title on the men's side, edging out the pack in the 5,000 meters. Queen Harrison and Kristi Castlin again took the top two spots, this time in the 100-meter hurdles. Harrison added another title later that day in the 400-meter hurdles, breaking a school and ACC meet record.

Another school record was broken by the men's 400-meter relay, including Keare Smith, Keith Ricks, David Wilson and Ebenezer Amegashie, as they raced to second place.

After the NCAA Regionals, 13 Hokies had qualified for the finals in Eugene, Ore. After one day of finals competition, three Hokies had earned All-America honors. Dorotea Habazin earned her second-straight All-America honors in the hammer throw, only five feet shy of winning a national title. Jared Jodon and Yavgeniy Olhovsky earned accolades with their seventh and eighth place finishes, respectfully, in the pole vault.

Queen Harrison's Hokie career ended with a splash as she became the first athlete in NCAA history to sweep both hurdles competitions, earning titles in the 100 and 400-meter hurdles. These, paired with Habazin and Kristi Castlin's All-America performances, guided the women's team to a fifth-place finish, a Virginia Tech record. The

men's team took tenth, a program record, thanks in part to Will Mulherin's All-America performance in the 5,000 meters.

INTERNATIONAL

Jared Berman qualified for the IAAF World Junior Championships in the 3,000-meter steeplechase with his performance at the USATF Junior Nationals. Berman put together one of the best performances of his career, crossing the line in 9:04.76, well under the 9:10.00 world qualifying standard. This mark was just shy of his then-personal best, set earlier in the season, at 9:04.60.

In the preliminary round of the steeplechase, Berman shattered his personal best, beating the nine minute mark with an 11th place finish at 8:55.33 to qualify for the finals. He was one of 14 athletes in a field of 30 to finish under nine minutes. In the finals, Berman finished 10th with another sub-nine minute finish at 8:57.53.

2009-2010 ACADEMIC HONORS AND AWARDS

TEAM AWARDS

MVP

Men: Marcel Lomnicky
Igor Misljenovic
Yavgeniy Olhovsky
Women: Queen Harrison

COACHES AWARD

Men: Ebenezer Amegashie
Women: Asia Washington

ROOKIE AWARD

Men: Alexander Ziegler
Women: Samantha Dow

STRENGTH AWARD

Men: Ebenezer Amegashie
Women: Asia Washington

USTFCCCA ALL-ACADEMIC (MEN)

Hasheem Halim
Michael Hammond
Matej Muza
Alexander Ziegler

ACC SCHOLAR ATHLETE OF THE YEAR

Kristi Castlin
Matej Muza

2010 POST-GRADUATE SCHOLARSHIP RECIPIENT

Paul LaPenna
Matej Muza

VIRGINIA TECH ALL-ACADEMIC TEAM (MEN)

Hasheem Halim
Michael Hammond
Matej Muza

VIRGINIA TECH ALL-ACADEMIC TEAM (WOMEN)

Kristi Castlin
Kelly Phillips
Asia Washington

USTFCCCA ALL-ACADEMIC (MEN)

Hasheem Halim
Michael Hammond
Matej Muza
Alexander Ziegler

USTFCCCA ALL-ACADEMIC (WOMEN)

Kristi Castlin
Kelly Phillips
Asia Washington

USTFCCCA MEN'S SOUTHEAST REGION FIELD PERFORMER OF THE YEAR

Marcel Lomnicky (outdoor)
Yavgeniy Olhovsky (indoor)

USTFCCCA WOMEN'S SOUTHEAST REGION TRACK PERFORMER OF THE YEAR

Queen Harrison (outdoor)

TRACK & FIELD NEWS COLLEGIATE ATHLETE OF THE YEAR

Queen Harrison

ACC WOMEN'S TRACK MVP

Queen Harrison (indoor, outdoor)
ACC Women's Track Performer of the Year
Queen Harrison

BOWERMAN AWARD

Queen Harrison

ALL-ACC ACADEMIC TEAM (WOMEN)

Kristi Castlin
Kelly Phillips
Asia Washington

ALL-ACC ACADEMIC TEAM (MEN)

Hasheem Halim
Jonathan Hall
Matej Muza
Alexander Ziegler

ACC HONOR ROLL (WOMEN)

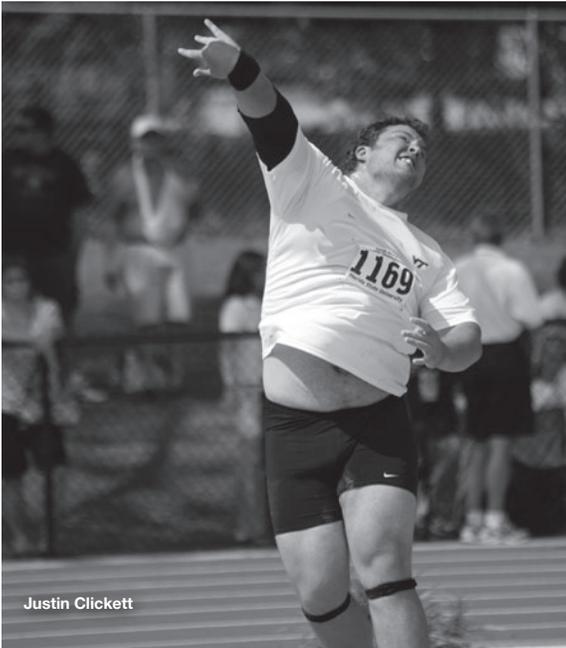
Fummi Alabi
Leigh Allia

Elise Birnbaum
Aunye Boone
Kristi Castlin
Emma Dejamette
Frances Dowd
Ashley Early
Kelly Kavanaugh
Ogechi Nwaneri
Kelly Phillips
Caitlin Thornley
Jessica Trapani
Anne Vaughn
Asia Washington
Erika Weidman

ACC HONOR ROLL (MEN)

Ebenezer Amegashie
Jared Berman
Garrett Bradley
Logan Collins
Devin Cornwall
Joseph Davis
Hasheem Halim
Jonathan Hall
Michael Hammond
Matt Kroetch
Kieran Lee
Matej Muza
Yavgeniy Olhovsky
Matthias Treff
Chris Walizer
Alex Ziegler

TECH MEN'S INDOOR TRACK RECORDS



Justin Clickett

EVENT	TIME/MARK	NAME	YEAR
60yd	5.9	David Read.....	1980
55m	6.30	André Davis.....	2000
60m	6.65	Keith Ricks.....	2010
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	8:07.35	Michael Hammond.....	2010
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	52'8.25" (16.06m)	Hasheem Halim.....	2010
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

TECH WOMEN'S INDOOR TRACK RECORDS



Kristi Castlin

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	53.06	Queen Harrison.....	2010
500m	1:11.49	Asia Washington.....	2010
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	7.94	Queen Harrison.....	2010
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

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

TECH MEN'S OUTDOOR

TRACK RECORDS



EVENT	TIME/MARK	NAME	YEAR
100yd.....	9.4	André Releford.....	1974
100m.....	10.24	André Davis.....	1999
200m.....	20.78	André Davis.....	1999
400m.....	46.73	Hilliard Sumner.....	1996
800m.....	1:48.5	Tim Crossin.....	1982
1,500m.....	3:39.35	Gary Cobb.....	1987
Mile.....	4:00.93	Will Mulherin.....	2010
3,000m.....	8:03.41	Steve Taylor.....	1987
5,000m.....	13:50.76	Will Mulherin.....	2010
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.....	40.56	Smith, Ricks Wilson, Amegashie.....	2010
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.....	7:22.19	Walizer, Hammond McLaughlin, Witt.....	2010
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.....	245'6" (74.83m)	Marcel Lommicky.....	2010
Javelin Throw.....	242'9" (74.00m)	Jacobus Smit.....	2005
Decathlon.....	6,951 points	Ed Nuttycombe.....	1976

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

TECH WOMEN'S OUTDOOR

TRACK RECORDS



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.....	12.46	Queen Harrison.....	2010
400m Hurdles.....	54.55	Queen Harrison.....	2010
3,000m SC.....	10:35.01	Sammy Dow.....	2010
4x100m.....	44.33	Green, Potts, Castlin, Spruill.....	2007
4x200m.....	1:36.23	Pinnock, Boone Airinguzo, 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
SHR.....	54.27	Harrison, Castlin Washington, Williams.....	2010
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.....	218'11" (66.74m)	Dorotea Habazin.....	2010
Javelin Throw.....	174'02" (53.10m)	Dee O'Connell.....	2002
Heptathlon.....	5,833 points	Saskia Triesscheijn.....	2006

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

Keith Ricks.....	6.65	2010
André Davis.....	6.72	1999
Larry Austin.....	6.84	1998
David Clowney.....	6.85	2006
David Wilson.....	6.86	2010
Butch Patrick.....	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
Jonathan McCants.....	21.72	2010
Buck Grant.....	21.79	2003

400 METERS

Jordan Price.....	47.91	2006
Buck Grant.....	47.96	2001
Nick Vaughn.....	48.16	2009
Ali Najjar.....	48.19	2001
Arhmed 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
Nick McLaughlin.....	1:51.39	2010

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.....	2:27.24	2010

1,500 METERS

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

MILE

Billy Berlin.....	4:02.47	2009
Michael Hammond.....	4:03.80	2010
Ryan Witt.....	4:05.00	2009
Will Mulherin.....	4:06.40	2010
Gary Cobb.....	4:08.10	1987
James Scheiner.....	4:08.56	2009
Eddie Judge.....	4:09.06	2009
Chris Seaton.....	4:09.08	2001

3,000 METERS

Michael Hammond.....	8:07.35	2010
Will Mulherin.....	8:07.68	2010
Steve Hetherington.....	8:10.90	1981
Devin Cornwall.....	8:11.95	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.....	8.11	2010
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, Voight.....	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		

DISTANCE MEDLEY RELAY

Judge, Vaughn.....	9:30.24	2009
Witt, Berlin		
Hayes, Grant.....	9:37.98	2001
Najjar, Seaton		

Mulherin, McCants.....	9:41.87	2010
McLaughlin, Hammond		
Mulherin, Iyebote.....	9:52.39	2009
Scheiner, Judge		

LONG JUMP

Ken Stewart.....	25'3" (7.70m)	1984
Drew Gant.....	23'8.75" (7.23m)	1980
David Wilson.....	23'8.75" (7.23m)	2010
Darryl McCoy.....	23'8.25" (7.22m)	2000
James Curd.....	23'8.25" (7.22m)	1988
Jerry Gaines.....	23'8" (7.21m)	1971

TRIPLE JUMP

Hasheem Halim.....	52'8.25 (16.06m)	2010
Idikoro Eradiri.....	51'10" (15.80m)	2007
Phil Saunders.....	51'9.75" (15.79m)	1986
David Wilson.....	51'5" (15.67m)	2010
Ernest Wilford.....	50'7.50" (15.43m)	2000
Jason Fludd.....	50'0.75" (15.26m)	2005

HIGH JUMP

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

POLE VAULT

Yavgeniy Olhovskiy.....	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.....	17'9.25" (5.42m)	2010
Jared Jodon.....	17'8.5" (5.40m)	2010
Bob Phillips.....	17'3.75" (5.28m)	1981
Keith Neff.....	17' 2.5" (5.25m)	1976
Joe Samaniuk.....	17'0.75" (5.20m)	2007
Joe Davis.....	16'10.75" (5.15m)	2008

SHOT PUT

Justin Clickett.....	62'11.25" (19.18m)	2007
Ryan Norwood.....	61'5.75" (18.74m)	2005
Igor Misljenovic.....	61'4.25" (18.70m)	2010
Sven Hahn.....	60'9.25" (18.52m)	2005
Brian MacPhee.....	59'2.75" (18.05m)	2004
Stephen Huntzinger.....	59'0.25" (17.99m)	2006

WEIGHT THROW

Spyridon Jullien.....	77'10.25" (23.73m)	2006
Mohsen Anani.....	75'3.50" (22.95m)	2006
Alexander Ziegler.....	73'10.25" (22.51m)	2010
Marcel Lomnický.....	69'8.25" (21.24m)	2010
Matej Muza.....	69'5.5" (21.16m)	2008
Erick Kingston.....	65-0 (19.81m)	2000
Eddie Boes.....	64'10" (19.76m)	2000
Justin Clickett.....	64'4.5" (19.62)	2007
Denis Mahmic.....	64-0.25 (19.51)	2010

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
Keith Ricks	10.38	2010
Dennis Scott	10.42	1980
David Read	10.43	1980
Jevon Jenkins	10.52	2001
Darryl McCoy	10.64	1999

100 YARDS

André Releford	9.4	1974
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200 METERS

André Davis	20.78	1999
Keith Ricks	20.86	2010
Robert Nash	21.10	1984
David Read	21.10	1980
Dennis Scott	21.20	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	47.20	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
Ryan Witt	1:50.06	2010
Eric Neccia	1:50.25	2002

1,500 METERS

Gary Cobb	3:39.35	1987
Billy Berlin	3:41.88	2007
Michael Hammond	3:42.17	2010
Ray McDaniels	3:45.2	1982
Chris Walizer	3:45.30	2010
James Scheiner	3:46.41	2007
Steve Taylor	3:46.6	1987
Michael Burns	3:46.68	1979
Ryan Witt	3:46.78	2009

MILE

Will Mulherin	4:00.93	2010
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5,000 METERS

Will Mulherin	13:50.76	2010
Steve Taylor	13:52.0	1987
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
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Kevin Walker	13.91	2001
Kenny Lewis	14.08	1980
Ebenezer Amegashie	14.17	2009

400-METER HURDLES

Justin Davis	51.28	1999
Kevin Walker	51.47	2000
Robert Chase	52.06	1982
Jason Fullmer	52.46	1996
Ebenezer Amegashie	52.83	2010

3,000-METER STEEPLECHASE

Gene Crane	8:47.2	1978
Robert Herndon	8:54.6	1984
Merle Valetto	8:55.1	1971
Jared Berman	8:55.33	2010
Tim Covington	9:02.1	1989
David Peterson	9:03.5	1983
Rider Claus	9:05.55	2007

4X100-METER RELAY

Smith, Ricks	40.56	2010
Wilson, Amegashie		
Smith, Vaughn	40.84	2009
Amegashie, Ricks		
Austin, McCoy	41.16	2000

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
Neccia, DiPadova		

4X440-YARD RELAY

Chase, Watson	3:10.2	1982
Nash, Crossin		

4X800-METER RELAY

Walizer, Hammond	7:22.19	2010
Witt, McLaughlin		
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		

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		
Neccia, Sneed	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
David Wilson	51'5.5" (15.68m)	2010
Hasheem Halim	51'5" (15.67m)	2010
Jason Fludd	50'11.50" (15.53m)	2004
Idikoro Eradiri	50'0.75" (15.26m)	2005

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	18'0.5" (5.50m)	2010
Jared Jodon	17'6.50" (5.35m)	2010
Thorsten Mueller	17'5.75" (5.33m)	2007
Joe Samaniuk	17'5.50" (5.32m)	2007
Hunter Hall	17'2.75" (5.25m)	2010
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	60'4" (18.39m)	2010
Stephen Huntzinger	56'10" (17.32m)	2006
John Fallone	56'2" (17.12m)	2003

HAMMER THROW

Marcel Lomnický	245'6" (74.83m)	2010
Alexander Ziegler	241'9" (73.68m)	2010
Spyridon Jullien	238'5" (72.68m)	2005
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
Denis Mahmic	203'6" (62.03m)	2010

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

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
Funmi Alabi	7.37	2010
Ogechi Nwaneri	7.39	2010
Britni Spruill	7.42	2008
Kristi Castlin	7.47	2008
Damali Hay	7.61	2002

200 METERS

Britni Spruill	23.62	2008
Patrice Potts	23.67	2007
Aunye Boone	23.87	2009
Ogechi Nwaneri	24.00	2010
Damali Hay	24.16	2002
Sherlenia Green	24.20	2006
Kristi Castlin	24.26	2010

300 METERS

Britni Spruill	37.93	2008
Sherlenia Green	38.47	2007
Asia Washington	38.48	2010
Aunye Boone	38.64	2009
Patrice Potts	39.21	2008
Funmi Alabi	39.30	2010
Yvonne Amegashie	39.51	2010

400 METERS

Queen Harrison	53.06	2010
Asia Washington	53.66	2009
Sherlenia Green	53.79	2006
Yvonne Amegashie	54.87	2010
Shakirra Pinnock	55.20	2007
Marie Giles	55.26	2005

500 METERS

Asia Washington	1:11.49	2010
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
Lauren Pinkston	2:53.50	2010
Chelsea Alverson	2:54.56	2000

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
Sammy Dow	4:53.59	2010

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 Kreb	8.28	2007

60-METER HURDLES

Queen Harrison	7.94	2010
Kristi Castlin	8.01	2010
Leslie Aririguzo	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		
Harrison, Amegashie	3:38.96	2010
Alabi, Boone		
S. Green, Potts	3:39.20	2007
Harrison, Washington		
Harrison, Amegashie	3:39.69	2010
Alabi, Boone		
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		

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

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	19'775" (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 Kreb	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 Kreb	5'5" (1.65m)	2005

POLE VAULT

Abby Schaffer	13'775" (4.16m)	2009
Ashley Early	13'725" (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
Emma DeJarnette	12'3.50" (3.75m)	2010

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 Kreb	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
Funmi Alibi	11.69	2010
Aunye Boone	11.71	2009
Damali Hay	11.76	2002
Kristi Castlin	11.79	2008

200 METERS

Britni Spruill	23.17	2007
Patrice Potts	23.25	2007
Aunye Boone	23.57	2009
Kristi Castlin	23.65	2010
Ogechi Nwaneri	23.82	2010
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
Yvonne Amegashie	55.11	2010

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
Lauren Lemieux	4:27.84	2010

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	12.46	2010
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	54.55	2010
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

Sammy Dow	10:35.01	2010
Erin Reddan	10:35.82	2008
Kristin Hart	10:38.22	2006
Kim Milbourn	10:47.23	2003
Jessica Morris	10:50.48	2004

4X100-METER RELAY

S. Green, Potts, Castlin, Spruill	44.33	2007
Green, Potts, Castlin, Spruill	44.34	2007
S. Green, Castlin, Harrison, Spruill	44.56	2008
S. Green, Castlin, Harrison, Spruill	44.60	2008
Spruill, Potts, Castlin, S.Green	44.62	2007
Castlin, Alibi, Boone, Nwaneri	44.76	2010
Spruill, Harrison, Pinnock, S.Green	45.01	2008

4X200-METER RELAY

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

4X400-METER RELAY

Harrison, Washington , S. Green, Spruill	3:32.05	2008
Harrison, Amegashie , Washington , Boone	3:33.15	2010
Spruill, S. Green, Harrison, Washington	3:34.67	2007
Harrison, Washington , Pinnock, Spruill	3:34.68	2008
Spruill, Harrison, Washington , S. Green	3:36.05	2007
Washington , S. Green, Pinnock, Spruill	3:36.45	2008

4X800-METER RELAY

Mullis, Morris, Ekemo, Overbeeke	8:53.95	2004
Brooks, Morris, Overbeeke, Mullis	8:53.99	2004
Lemieux, Weidman, Pinkston, Dowd	9:00.98	2010

4X1,500-METER RELAY

Sherbak, J. Fanning, Clark, T. Fanning	18:17.40	2008
Sherbak, Clark, Gentles, T. Fanning	18:22.65	2007
Ekemo, Ference, Morris, Overbeeke	18:36.43	2004
SPRINT MEDLEY RELAY		
Potts, Spruill, Pinnock, Washington	3:53.69	2007

SHUTTLE HURDLE RELAY

Harrison, Castlin	54.27	2010
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Washington, Williams

DISTANCE MEDLEY RELAY

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

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

POLE VAULT

Ashley Early	13'5.75"	(4.11m)	2007
Kelly Phillips	13'5.25"	(4.10m)	2008
Erin Mahony	13'5.25"	(4.10m)	2008
Abbey McGrath	12'9.50"	(3.90m)	2006
Caitlin Thornley	12'8"	(3.86m)	2010
Elise Birnbaum	12'7.50"	(3.85m)	2008
Abby Schaffer	12'7.50"	(3.85m)	2009
Jennifer Wade	12'6.25"	(3.82m)	2006

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

Dorothea Habazin	218'11"	(66.74m)	2010
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 Kreb	5,315 points	2006
Brandi Smith	4,661 points	1997
Dorothea Ku	4,350 points	1993

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 (t7th)
2009.....Outdoor.....Pole Vault (10th)

Steve Hetherington
1982.....Cross Country (16th)

Brian Hunter
2000.....Indoor.....Pole Vault (3rd)

Jared Jodon
2010.....Outdoor.....Pole Vault (8th)

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)
2010.....Outdoor.....Hammer Throw (3rd)

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

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

Brian Mondschein
2005.....Indoor.....Pole Vault (5th)
2005.....Outdoor.....Pole Vault (2nd)
2006.....Outdoor.....Pole Vault (4th)

Thorsten Mueller
2007.....Indoor.....Pole Vault (T-7th)

Will Mulherin
2010.....Outdoor.....5,000 Meters (5th)

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 (t4th)
2010.....Indoor.....Pole Vault (t4th)
2010.....Outdoor.....Pole Vault (8th)

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)

Alexander Ziegler
2010.....Indoor.....Weight Throw (3rd)
2010.....Outdoor.....Hammer Throw (2nd)

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)
2010.....Indoor.....60-meter hurdles (2nd)
2010.....Outdoor.....100-meter hurdles (4th)

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)
2010.....Outdoor.....Hammer Throw (2nd)

Queen Harrison
2007.....Outdoor.....100-meter Hurdles (5th)
2007.....Outdoor.....400-meter Hurdles (3rd)
2008.....Indoor.....60-meter Hurdles (3rd)
2010.....Indoor.....60-meter Hurdles (1st)
2010.....Outdoor.....100-meter Hurdles (1st)
2010.....Outdoor.....400-meter Hurdles (1st)

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

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

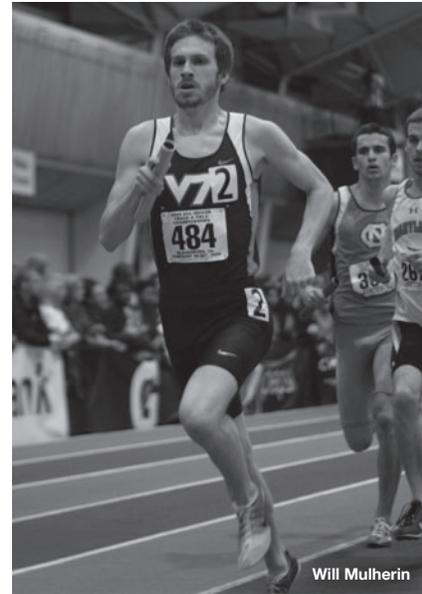
METRO CONFERENCE

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
2000	André Davis	100 meters
	André Davis	200 meters
	Ali Najjar	800 meters
	Kevin Walker	110 hurdles



Will Mulherin

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
2010	Igor Misljenovic	Discus
	Marcel Lomnický	Hammer Throw
	Yavgeniy Olhovskiy	Pole Vault
	Will Mulherin	5,000 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
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ATLANTIC COAST CONFERENCE

2005	Natalie Sherbak.....	Distance Medley Relay
	Victoria Green.....	Distance Medley Relay
	Meredith Brooks.....	Distance Medley Relay
	Jessica Fanning.....	Distance Medley Relay
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
	Dorotea Habazin.....	Weight Throw
	Abby Schaffer.....	Pole Vault
	Natalie Sherbak.....	5,000-meters
	Asia Washington.....	400-meters
2010	Queen Harrison.....	60-meter Hurdles
		400-Meter Dash

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

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

2000	Damali Hay.....	4x400 Relay
	Lynette Hopkins.....	4x400 Relay
	Joy Hsubuga.....	4x400 Relay
	Monique Vanloo.....	4x400 relay
	April Byrd.....	Triple Jump
	April Byrd.....	Long Jump

BIG EAST CONFERENCE

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

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
	Dorotea Habazin.....	Hammer Throw
	Dorotea Habazin.....	Hammer Throw
2009	Queen Harrison.....	100-meter Hurdles
	Queen Harrison.....	400-meter Hurdle



Dorotea Habazin

	Brittany Pryor.....	Discus
	Natalie Sherbak.....	10,000-meters
2010	Queen Harrison.....	100-meter Hurdles
		400-meter Hurdles

ACADEMIC SUPPORT

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 in the Quillen Family Academic Center 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, 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

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.

STUDENT ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. Two members of each sports team serve on SAAC each academic year.

PERSONAL DEVELOPMENT

The Office of Student Life aims to help student-athletes lead balanced lifestyles, encouraging emotional well-being, personal growth and decision-making skills.

CAREER DEVELOPMENT

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).

ACADEMIC EXCELLENCE

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 2009-2010, 370 student-athletes were named to this prestigious list.

COMMUNITY OUTREACH

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.

PERFORMANCE

SPORT 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.

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

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

The sport psychology department also offers an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery

process. Injured athletes may also meet individually with the sport psychologist. On average, Bennett conducts 30 individual sessions per week and meets weekly with teams as the need arises.

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

is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) within five minutes through air displacement.

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.

JIM WEAVER

ATHLETICS DIRECTOR

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, 65, was appointed on Sept. 24, 1997, and has been a tireless leader on behalf of Tech athletics. His efforts were recognized in 2009

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 to a director of athletics who has demonstrated superior administrative abilities and shown outstanding dedication to college athletics and particularly college football.

In his 13 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 now in use or currently under construction.

A new football locker room and lounge building has been constructed adjacent to Jamerson Athletic Center. The three-story building was completed in August and features 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 is being renovated to provide expanded weight training, sports medicine and locker room facilities for Olympic sport teams.

The remodeling of Lane Stadium's west side was completed in time for Tech's 2006 home opener. It involved the construction of additional new luxury suites, a new President's area, four private club seating areas, a ticket office, athletic fund offices, a memorabilia area and a new student academic services area.

Tech's basketball staffs and teams moved into their new practice facility in August 2009. The \$20 million building boasts two practice gyms, a 3,000 square-foot basketball weight room, coaches' offices, film rooms and locker rooms.

Weaver presided over Tech's move into the Atlantic Coast Conference in 2004-05, when Virginia Tech and Miami were officially introduced

as the 10th and 11th members of the ACC, effective July 1, 2004.

Weaver renegotiated Tech's multimedia rights contract with IMG College, creating an agreement which went into effect in 2008-09 and extends for 10 years to provide enhanced revenue for the athletics department. In the Fall of 2000, Weaver arranged a joint venture with IMG to commit \$2 million to purchase new scoreboards, upgrade sound systems, install an LED video display screen at Lane Stadium (which was enlarged for the 2005 season) and place two wall-mount LED video screens in Cassell Coliseum.

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

Weaver 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 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 ADMINISTRATORS }



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



Tim East
Associate A.D.,
External Affairs



Tom Gabbard
Associate A.D.,
Internal Affairs



Chris Helms
Associate A.D., for
Olympic Sports



Jon Jaudon
Associate A.D.,
Administration



John Ballein
Associate A.D.,
Football Operations



Mike Gentry
Assistant A.D.,
Athletic Performance



Reyna Gilbert
Assistant A.D.,
Student Life



Mike Goforth
Assistant A.D.,
Athletic Training



Lu Merritt
Dir. of Development for
Intercollegiate Athletics



Tim Parker
Senior Assistant A.D.,
Compliance



Lisa Rudd
Assistant A.D.,
Financial Affairs



Dave Smith
Assistant A.D.,
Athl. Comm.



Sandy Smith
Assistant A.D.,
Ticketing Services



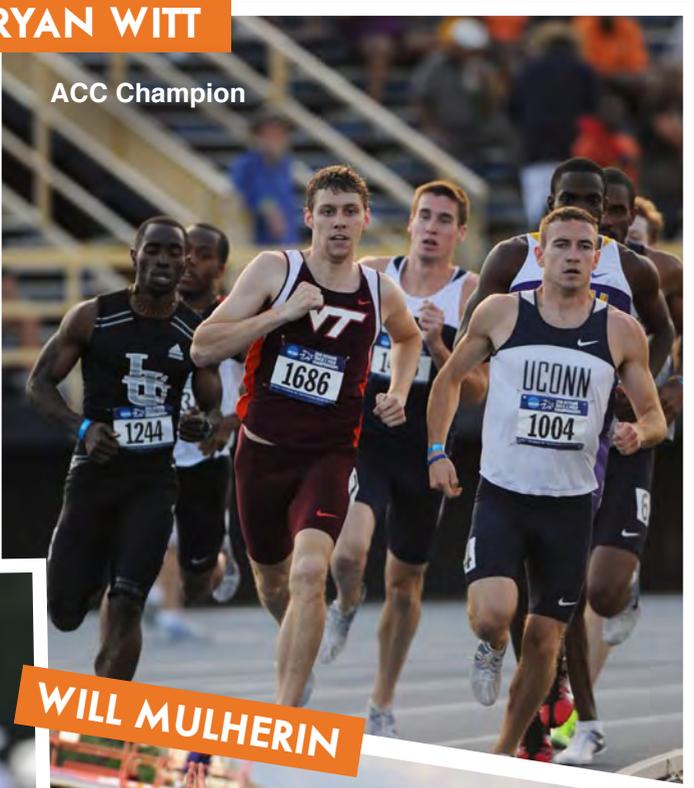
Jeremy Wells
Assistant A.D.,
Marketing & Promotions

HUNTER HALL



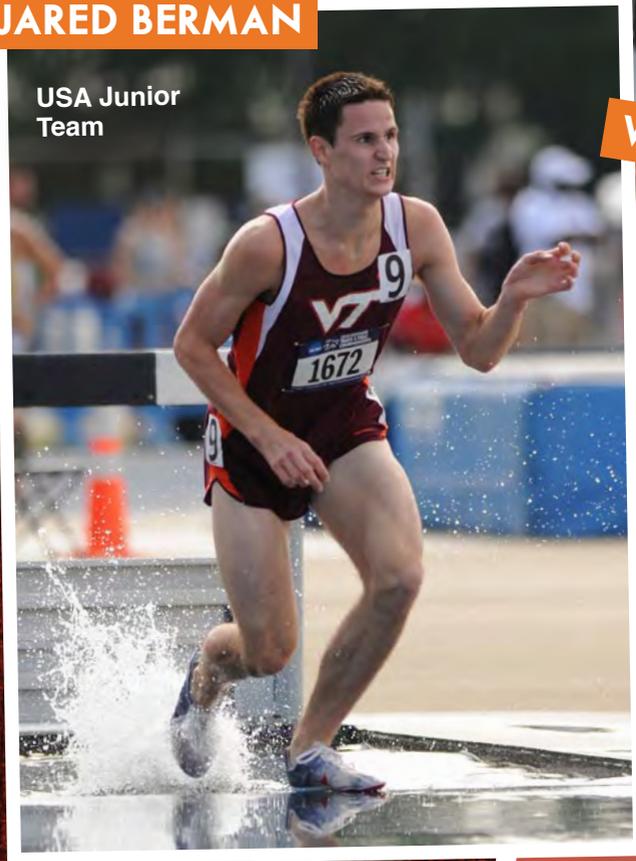
All-American,
ACC Champion

RYAN WITT



ACC Champion

JARED BERMAN



USA Junior
Team

WILL MULHERIN



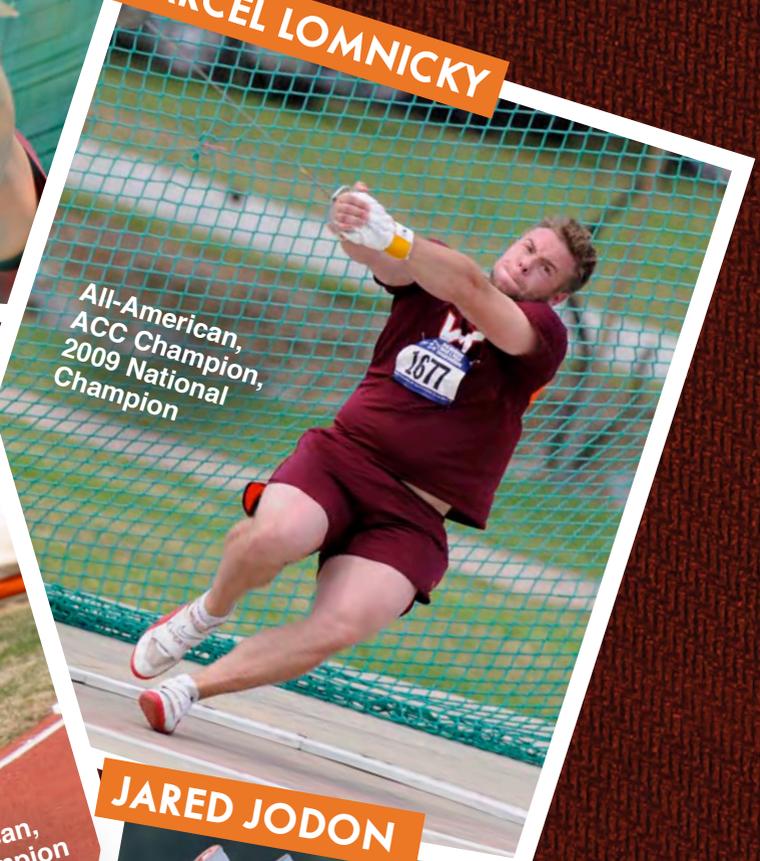
All-American,
ACC Champion

DOROTEA HABAZIN



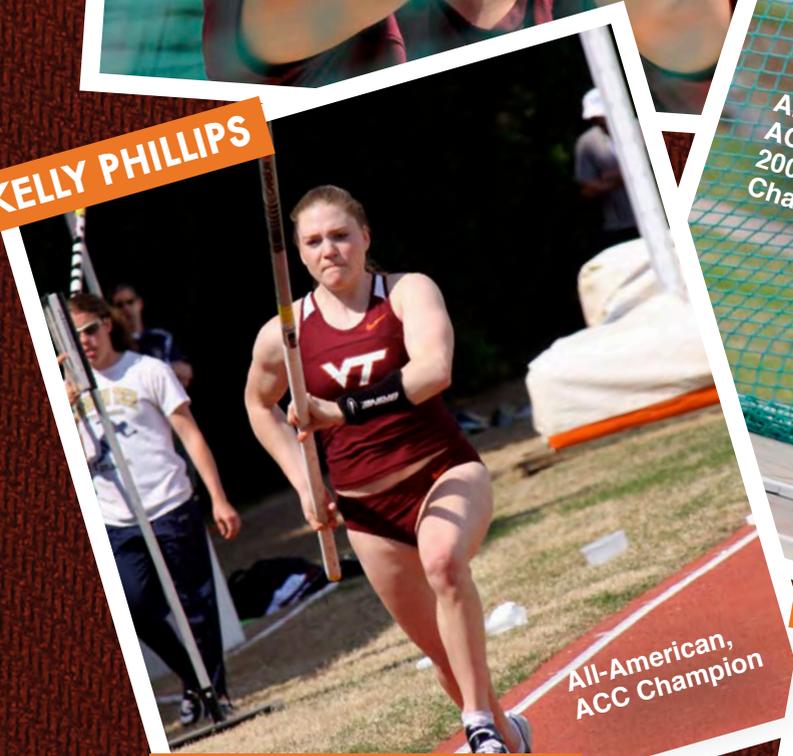
All-American,
ACC Champion

MARCEL LOMNICKY



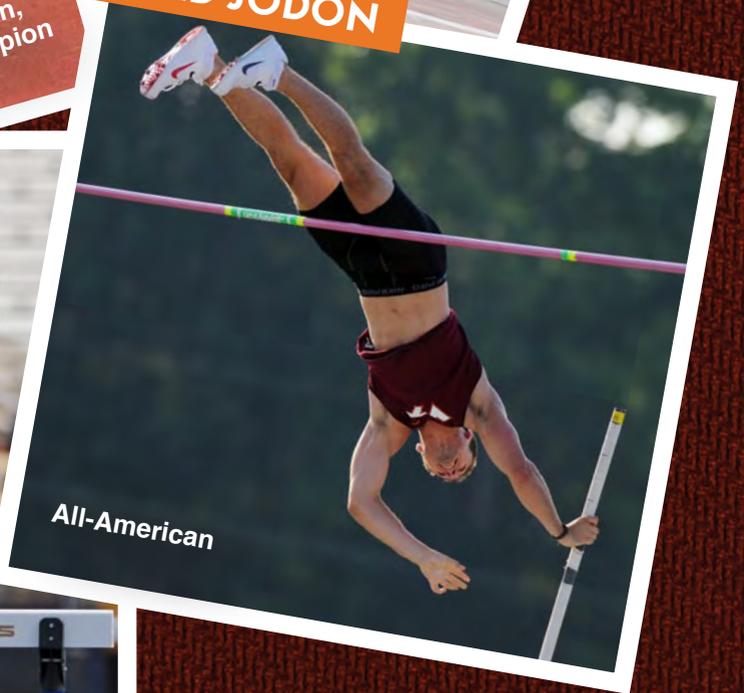
All-American,
ACC Champion,
2009 National
Champion

KELLY PHILLIPS



All-American,
ACC Champion

JARED JODON



All-American

ASIA WASHINGTON



All-American,
ACC Champion