

VIRGINIA TECH

FASTER THAN
A SPEEDING
BULLET!

BIG EAST
CONFERENCE



MORE
POWERFUL
THAN A
LOCOMOTIVE!



ABLE TO LEAP TALL BUILDINGS
IN A SINGLE BOUND!

Virginia
Tech

VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY

2001 Track & Field

Virginia Tech Women's Track and Field

CONTENTS

Schedule & Media Information	2
Outlook	3
Coaches Roosevelt Lofton & Lori Taylor	4
Assistant Coach / Support Staff	5
Roster / Championship Team Photo	6
Profiles	7-12
School Records	13
Indoor Year in Review	14
Outdoor Year in Review	15
Awards & Honors / History	16
Qualifying Standards	17
Track Facilities	18
Administration / Academics / Strength & Conditioning	19
BIG EAST & ECAC Conference	20

SPORTS INFORMATION

Sports Information Office Phone	(540) 231-6726
Sports Information Fax	(540) 231-6984
Virginia Tech Sports on the Internet	www.hokiesports.com
Sports Information Director	Dave Smith
Associate SID	Anne Panella
Assistant SIDs	Bill Dyer, Torye Hurst Bryan Johnston, Dave Knachel
Sports Information Intern	Jed Hurt
Track and Field Contact	Jason Dowdy
Sports Information Secretary	Donna Smith

Media Guide Credits

The 2001 Virginia Tech women's track and field media guide is a publication of the Virginia Tech Sports Information Office, written to assist the working media and designed to aid media members in their coverage of Virginia Tech women's track and field. The guide was written by sports information graduate student assistant Jason Dowdy and was edited by Dowdy and associate SID Anne Panella. Design and layout out were done by Dowdy, Panella and assistant SID David Knachel. Actions shots were provided by Knachel and Woody Veasey; head shots by Knachel. Other contributions were made by Bryan Johnston. This guide was printed by Southern Printing Company of Blacksburg, Va. Special thanks go to the Tech track and field staff for its assistance.

On the Covers

Featured on the front cover (clock wise from top left) are Damali Hay, Chelsea Alverson, Danya Gordon, Cas Sadosky, Lynette Hopkins, Keisha Ricks, Denise Helm, Ronny Martin, Christy Herman and Denise O'Connell. Art work by George Wills.

On the back cover are Stacey Vidt (left) and Brandi Smith, and a montage of images depicting the excitement of Tech athletics.

Dee O'Connell is one of six seniors who is prepared to launch Tech into the BIG EAST.

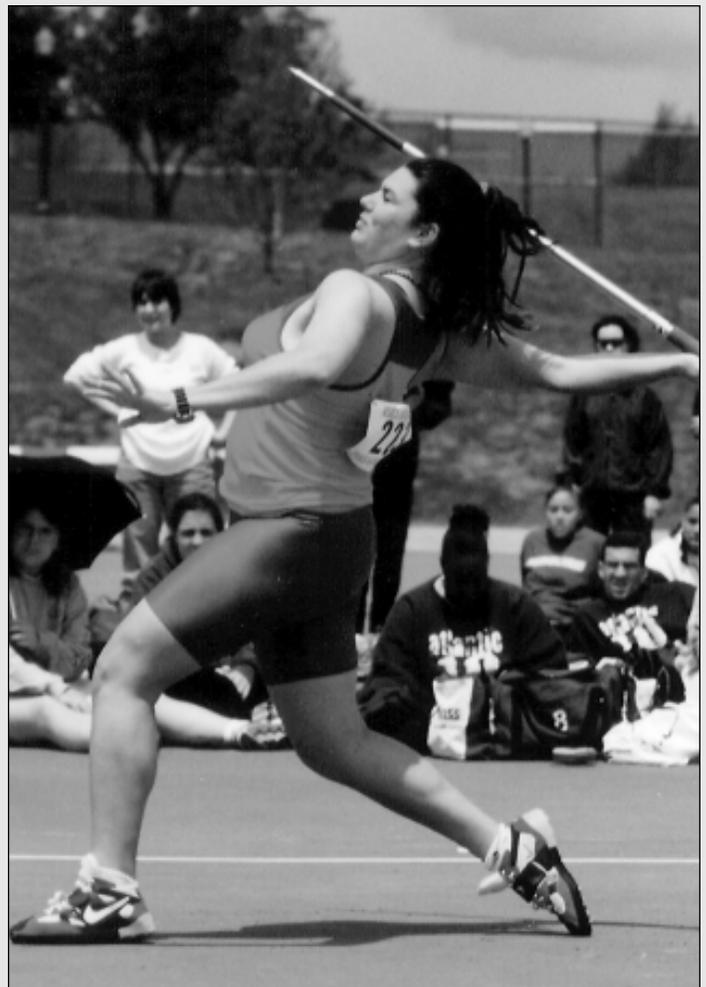
HOKIE QUICK FACTS

UNIVERSITY INFORMATION

Location	Blacksburg, Va.
Founded	1872
Enrollment	25,000
Conference	BIG EAST
Nickname	Hokies
Colors	Chicago maroon, burnt orange
President	Charles Steger
Director of Athletics	Jim Weaver
Senior Associate Athletics Director	Sharon McCloskey
Track and Field Administrator	Tom Gabbard

TRACK & FIELD INFORMATION

Women's Track Coach	Roosevelt Lofton
Women's Cross Country/Distance Coach	Lori Taylor
Women's Assistant Coach - Throws	David Dumble
Meet Manager	Joyce Wynn
Secretary	Diane Price
Women's Track Office	(540) 231-5037



2001 Schedule

Indoor Schedule

DATE	MEET	SITE	HOST
January 13	New Year's Invitational	Blacksburg, Va.	Virginia Tech
19-20	Kroger Invitational	Blacksburg, Va.	Virginia Tech
February 3	Virginia Tech Challenge	Blacksburg, Va.	Virginia Tech
9-10	Pepsi Invitational	Blacksburg, Va.	Virginia Tech
17-18	BIG EAST Championships	Syracuse, N.Y.	Syracuse
23-24	Last Chance Meet	Blacksburg, Va.	Virginia Tech
March 3-4	ECAC Championships	Boston, Mass.	Boston University
8-10	NCAA Championships	Fayetteville, Ark.	Arkansas

Outdoor Schedule

DATE	MEET	SITE	HOST
March 6-11	Coastal Carolina Invitational	Myrtle Beach, S.C.	Coastal Carolina
30-31	Raleigh Relays	Raleigh, N.C.	N.C. State
April 7	Yellow Jacket Invitational	Atlanta, Ga.	Georgia Tech
14	Sea Ray Relays	Knoxville, Tenn.	Tennessee
21	Spring Gobbler Invitational	Blacksburg, Va.	Virginia Tech
25-28	Penn Relays	Philadelphia, Pa.	Pennsylvania
May 4-6	BIG EAST Championships	Piscataway, N.J.	Rutgers
12	JMU Invitational	Harrisonburg, Va.	James Madison
18-20	ECAC Championships	Princeton, N.J.	Princeton
June 1-2	NCAA Championships	Eugene, Ore.	Oregon
16-17	USA Juniors	Richmond, Va.	VCU
20-24	USA Nationals	Eugene, Ore.	Oregon

Home Meets in Bold

MEDIA OUTLETS

A news release will be sent to the following media outlets which cover Virginia Tech athletics. Results will be posted on hokiesportsinfo.com after each event.

Outlet	Phone	Fax
The Associated Press, Richmond	(804) 643-6646	(804) 643-6223
Roanoke Times	(540) 981-3221	(540) 981-3392
Richmond Times-Dispatch	(804) 649-6554	(804) 775-8085
Bristol Herald-Courier	(540) 669-2181	(540) 669-3696
Blacksburg Sentinel	(540) 382-6171	(540) 382-3009
The News Messenger, Christiansburg	(540) 382-6171	(540) 382-3009
Collegiate Times, Blacksburg	(540) 231-9867	(540) 231-5057
The News & Advance, Lynchburg	(804) 385-5554	(804) 385-5538
Bluefield Daily Telegraph	(304) 327-2811	(304) 327-6179
Virginian Pilot, Norfolk	(800) 446-2012	(804) 533-9004
Daily Press, Newport News	(804) 247-4600	(804) 247-9420
WDBJ-TV, Roanoke	(540) 985-3623	(540) 343-7269
WSLS-TV, Roanoke	(540) 981-9126	(540) 343-2059
WSET-TV, Lynchburg	(804) 528-1315	(804) 847-8800

Media Information

Please schedule all interviews through the Virginia Tech Sports Information Office.

For interviews with head coaches or any of the Hokie track athletes, contact Jason Dowdy at the Sports Information Office, (540) 231-2228, at home, (540) 961-1274, or by email, jadowdy@vt.edu.



Cas Sadosky will return to her home state of North Carolina in March for the Raleigh Relays.



Kim Milbourn on her way to the bronze medal at the Atlantic 10 Championships in her first 10,000-meter race.

TRACK & FIELD CONTACT

Jason Dowdy — Graduate Student Assistant
 Office Phone: (540) 231-2228
 Home Phone: (540) 961-1274
 Email Address: jadowdy@vt.edu

MAILING ADDRESS

460 Jamerson Athletic Center
 Blacksburg, VA 24061-0502



Season Outlook

Women's Track and Field Excited About Future in BIG EAST Conference

The Virginia Tech women's track and field team enters the 2001 season with a feeling of optimism and plans for a bright future for the program.

Guided by second-year head coach Roosevelt Lofton and led by the return of fifth-year senior Brandi Smith and senior Lynette Hopkins, the Tech women are not only poised and ready, they are anxious to do battle in the BIG EAST Conference. After vying for the league title each year in the Atlantic10, Tech knows what it takes to be a winner. Although the preparation will be the same this year, the goals will be different in the new conference.

"We'll be competitive," Lofton said. "Our main goal is to earn respect from other schools. We want to be a team that eventually is one of the elites in the conference."

Tech will once again host several of the nation's best indoor track meets, offering the Hokies an opportunity to compete at home against the many of the nation's finest athletes. The women will also attempt to improve on last year's top 10 finish at ECACs, but it will take a balanced attack from all areas to do that.

Sprinters and Hurdlers

Depth and talent are two words that can be used to describe the sprinters and hurdlers this season. In fact all of the sprinters from last season will return to the lineup this year. **Damali Hay** and **Lynette Hopkins** know what it takes to succeed and will provide speed up through the 400.

Tech welcomes the return of senior **Brandi Smith** to the line-up. She redshirted last year and enters her final season looking to make it her finest. **Monique Vanloo** set a



Lynette Hopkins will help lead the Virginia Tech charge into the 2001 track and field season.

school record in the 200 in her first season and will try to continue to impress others in 2001 and senior **Keisha Ricks** is prepared to end her track career on a high note. **Shanéa Thomas** is the top newcomer in the speed events.

Smith, who is one of the best female athletes at Tech, will be a force in the hurdle events. She will be joined by freshman **Danielle Gaddy**, who was one of the country's top high school 400 hurdlers and who should have a bright future at Tech.

Jumpers and Vaulters

Following the graduation of the talented April Byrd Coach Lofton will look to senior **Denise Helm** for leadership and **Thomas** for the future in the long and triple jumps.

In the pole vault the sky is the limit for sophomore **Kelly Fisher**. Last season **Fisher** broke school records in the vault during indoor and outdoor and will try for the 12-foot barrier this season.

Throwers

The outlook in the throwing events is one of optimism heading into the 2001 season. Three athletes are back from redshirt seasons and Tech has a new coach, David Dumble. **Christy Herman** is the top returner from last season after an outstanding freshman season. She will be joined by former conference champion **Denise O'Connell** and veterans **Ronny Martin** and **January Williams** who all have a chance to surprise some people.

Distance

The cross country season already showed what this distance group has to offer, and cross country coach Lori Taylor's women are poised to continue their success. Sophomore **Stacey Vidt** and freshman **Kristin Price** are each coming off career cross country seasons and should be the front-runners in the mile, 3,000 and 5,000 along with freshman **Holly Hunter**. Adding to the depth and leading the way in the longer events are **Kim Milbourn**, **Leah McBride** and **Kelly Repair**.

Middle Distance

Equaling the sprinters in depth and talent is the middle distance group. Ranging from the 400 to the mile and freshmen to seniors, this group has it all. **Cas Sadosky** and **Chelsea Alverson** are the veterans of the group and both hold indoor school records. However, there is a load of new talent ready for action. Junior transfer **Dayna Friedman**, a Division II All-American, leads the list of hopefuls. Adding to the pool of talent will be freshmen **Kristin Reedy**, **Ashley Etue** and **Karen McGrath**, and sophomore **Michelle VanHorn**.

The ability that Tech displays in each area of the track and field team should give the program an opportunity to make a name for itself in its new conference. Records are sure to fall this season and athletes will perform at their best. It is just a matter of how many and how often that will decide the success of this year's team.

"It's going to be tough this year because of the competitive level of the BIG EAST," Lofton said. "I do think that we will surprise some people though."

Meet the Coaches

ROOSEVELT LOFTON • Head Coach



Roosevelt Lofton enters his second season as the head women's track coach and his fourth as a member of the Tech staff. After serving as assistant coach for his first two years, Lofton was named the head coach following the stepping down of women's cross country coach Lori Taylor. Since taking over the program, Lofton has guided the Hokies to last year's outdoor Atlantic 10 Conference victory, in addition to its second highest finish ever at the ECAC championships and was named A-10 Coach of the Year for the conference victory.

Lofton came to Tech from Northern Arizona of the Big Sky Conference where he was the top assistant. He brings with him 18 years of collegiate coaching experience in sprints, jumps and hurdles.

During Lofton's three years at Tech he has been responsible for coaching seven individual and three

relay team Atlantic-10 champions, two ECAC champions, NCAA qualifiers April Byrd (triple jump - twice), Brandi Smith (400IH) and two-time NCAA All-American Katie Ollendick.

His track and field head coaching experience came from Grambling State University in Louisiana, where in nine years he produced three Olympians, one NCAA All-American, 35 SWAC (South Western Athletic Conference) champions, and a host of NCAA, international and USA national qualifiers. Lofton was named the 1995 men's and women's SWAC Cross Country Coach of the Year. In 1996, he received the women's indoor and outdoor track and field Coach of the Year award.

Lofton also gained experience at the U.S Olympic Festival as an assistant coach in 1993, and as a head coach in 1995. He acted as meet director for

the SWAC Indoor Track and Field Championships from 1988-96.

Besides coaching, Lofton competed on the track team while at Temple University. He was a two-time junior college regional finalist in the indoor 300-meters and outdoor 200-meter dash while at SUNY Farmingdale.

Lofton received his bachelors' in communications at Temple in 1984. He went on to earn a master's in sports administration from Grambling State University in 1988.

Lofton and his wife Ameika have a son, Kamaren Dean-Edward, who is 2.



Roosevelt Lofton receiving the Atlantic 10 Coach of the Year award.

DAVID DUMBLE • Assistant Coach - Throws



David Dumble joins the Virginia Tech coaching staff as a first-year assistant for throws. This marks his first year of coaching, but what he lacks in coaching experience he makes up for in competition experience.

Prior to coming to Tech, the Bakersfield, Calif., native, competed for Reebok for three years. His

accomplishments include a trip to the 2000 Olympic trials for the discus. Dumble also competed at USA Nationals two times and has a personal record of 207'00" in the discus.

Dumble received his bachelor's from UCLA in environmental studies. While at UCLA he placed third at NCAAs in the discus. Prior to

his tenure at UCLA, Dumble was enrolled in junior college at Bakersfield College where he was the junior college state champion in the discus.

Dumble's goal is to develop the throwers' work ethic and offer them the opportunity to learn everything they can about their sport and events.

LORI TAYLOR • Women's Cross Country Coach



As she enters her 10th year as a Tech coach there is no doubt that Lori Taylor knows Virginia Tech track and field. Taylor competed at Tech as an athlete, was the head women's track coach for eight years and is now in charge of women's cross country at Tech.

Two years ago as the head track coach, Taylor guided Tech to the Atlantic 10 Indoor Conference title and a second-place at A-10s during

outdoor. After her nearly decade long tenure as the head track coach, Taylor decided to step aside and focus her attention on the distance runners and cross country team.

Taylor's coaching success earned her the A-10 Coach of the Year award in 1997 and 1998 after leading the team to the outdoor conference title in 1997 and 1998 and the indoor title in 1997 and 1999.

Taylor also has four years experience as a runner for the Hokies, starring in both cross country and track during her undergraduate career. She was an All-American in both sports during her freshman year in 1981-82 and still shares a school record as a member of the 4x1,500-meter relay team.

Last fall Taylor was bestowed with her greatest honor when she was inducted into the Virginia Tech Sports Hall of Fame for her athletic accomplishments.

Taylor graduated from Tech with a B.S., in technology education in 1985 and earned a master's in vocational/technical education in 1988. She has taught at five high schools in Virginia and coached at several others.

Taylor returned to Tech in 1991 to pursue a doctorate in vocational education and was selected as a graduate assistant coach for the cross country program that fall. The following year, she was named head coach of both the cross

country and track and field programs.

Originally from Annandale, Va., Taylor now resides in Newport, Va., with her husband, Steve, who is the head coach of the Tech men's cross country team.



Lori Taylor was honored during a football game for her induction into the Tech Hall of Fame.

TRACK AND FIELD SUPPORT STAFF

HEATHER SLIVKA • Trainer



Heather Slivka is in her fifth season and her third full-time as the track and field program's trainer. Slivka plays a vital behind the scenes role, keeping the athletes out of the training room and on the track. Her duties include injury

prevention, treatment and rehabilitation.

Slivka became a Hokie after receiving her undergraduate degree in exercise physiology with a specialization in athletic training from West Virginia in 1996. She received her master's in community health education from Tech in 1997 and is currently working on a Ph.D., in curriculum and instruction specializing in health. She received her official certification as an athletic trainer in 1996.

Slivka and her staff of student trainers are located in



The Rector Field House Training Room

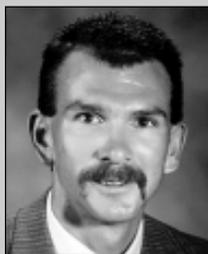
the training room inside of Rector Field House. The facility provides a more convenient location for the track team by having the training staff and the state-of-the-art equipment in the same building where the team

meets for practice.

Her staff includes four student trainers, and graduate assistants Marianne Rubinburg and Amy Devere, who will be responsible for Slivka's other two sports, women's soccer and softball.



Tom Gabbard
Associate Athletics Director
(Track Administrator)



Howard Nippert
Meet Manager



Joyce Wynn
Meet Manager



Diane Price
Track Secretary



Denny Marie
Facilities Manager
(Rector Field House)

The Roster



The Hokies were honored in front of more than 50,000 people at a Tech football game last fall, for their Atlantic 10 Conference outdoor championship victory.



The senior captains paused for a picture with an A-10 indoor award (above). Smiles were the theme after the Tech women won their final Atlantic 10 track and field championship last spring (right).



Name	Cl.	Event	Hometown
Chelsea Alverson	Jr.	Middle Distance	Middletown, Va.
Lesley Billups	Fr.	Sprints	Dunn Loring, Va.
Maura Brennan	Fr.	Distance	Yardley, Pa.
Martha Drinkard	Fr.	Distance	Scott, W.Va.
Ashley Etue	Fr.	Middle Distance	Columbia, Md.
Kelly Fisher	So.	Pole Vault	Chesapeake, Va.
Dayna Friedman	Jr.	Middle Distance	Tampa, Fla.
Danielle Gaddy	Fr.	Hurdles	Brooklyn, N.Y.
Damali Hay	Jr.	Sprints	Rosedale, N.Y.
Denise Helm	Sr.	Jumps	Amherst, Va.
Christy Herman	So.	Throws	Xenia, Ohio
Lindsey Hobson	Fr.	Distance	Herndon, Va.
Lynette Hopkins	Sr.	Sprints	Hampton, Va.
Holly Hunter	Fr.	Distance	Fairmont, W.Va.
Stephanie Malone	Fr.	Distance	Verona, Va.
Ronny Martin	Jr.	Throws	Absecon, N.J.
Leah McBride	So.	Distance	Woodbridge, Va.
Karen McGrath	Fr.	Middle Distance	State College, Pa.
Kim Milbourn	So.	Distance	Fairfax, Va.
Denise O'Connell	Sr.	Throws	Kunkletown, Pa.
Kristin Price	Fr.	Distance	Harrison City, Pa.
Kristin Reedy	Fr.	Middle Distance	Hampton, Va.
Kelly Repair	Jr.	Distance	Natural Bridge, Va.
Keisha Ricks	Sr.	Sprints	Newport News, Va.
Melanie Roberts	Fr.	HJ/Multi-events	Springfield, Va.
Catherine Sadosky	Sr.	Middle Distance	Charlotte, N.C.
Brandi Smith	Sr.	Hurdles	Portsmouth, Va.
Shanéa Thomas	Fr.	Sprints/Jumps	Hampton, Va.
Michelle Van Horn	So.	Distance	Harpers Ferry, W.Va.
Monique Vanloo	So.	Sprints	Scarborough, Ont.
Stacey Vidt	So.	Distance	Allison Park, Va.
Jamie Weikle	Jr.	Distance	Front Royal, Va.
January Williams	Jr.	Throws	Burke, Va.

Meet the Hokies



Chelsea Alverson

Junior
Sherando H.S.
Middletown, Va.

Personal Bests:
 800 – 2:13.22
 1,000 – 2:54.56
 1,500 – 4:37.39

School Record Holder – 1,000

A leader in the middle distance events who will try to add more school records to her resumé this year.

1999-2000: Had her most successful track and field season as a Hokie during the 2000 season ... Broke the school record in the 1,000 while finishing 14th at the ECAC championships with a time of 2:54.56 ... Member of the school record holding 4x1,500-relay and DMR ... Placed third in the 1,500 at the A-10s ... Recorded personal records of 4:37.39 for 1,500 and 2:13.22 for the 800 ... In cross country, placed in the top 10 three times and in the top 20 on three other occasions ... Ran a season best of 18:39 at the Ohio Invitational.

1998-99: Was a vital member of Tech's school record-breaking DMR indoors ... Snatched a victory in the 800 at Tech's April Fool's Meet ... Scored at the outdoor conference championships in the 800 and 1,500 and at A-10s indoors in the 1,000 ... Captured Atlantic 10 bronze as a relay team member both indoors and outdoors.

High School/Other:
 Earned all-district, all-region and all-state honors as a trackster for Coach Bill Stewart at Sherando High School ... Captured the district title in both the 400- and 800-meter events in 1997 ... Enrolled in hospitality and tourism management.



Kelly Fisher

Sophomore
Hickory H.S.
Chesapeake, Va.

Personal Bests:
 Pole Vault – 10'06"/13.20m
 500 – 1:23.89

School Record Holder – Pole Vault

Will be aiming for new heights as Tech's promising young pole vaulter.

1999-2000: Set new school records in the pole vault during both the indoor and outdoor season with marks of 9'00.5" and 10'06", respectively ... Captured fifth in the vault at the conference meet during indoor and outdoor ... Also competed in the 500 during indoor, running a season best of 1:23.89 at the Kroger Invitational, which was good for eighth place.

High School/Other:
 Five-time all-district and four-time all-region team member while attending Hickory H.S. ... Earned three letters in three years for coaches Pat Troia and Tim Webb ... A two-time national qualifier in the pole vault ... High school personal record in the vault was 9'00" ... Enrolled in international studies and German.



Dayna Friedman

Junior
Lewis University
Tampa, Fla.

Personal Bests:
 1,500 – 4:34
 800 – 2:10

NCAA Division II All-American

Will add instant talent and depth to the middle distance events after transferring to Tech.

Lewis University: Was an NCAA Division II All-American in 1998 after placing seventh in the finals of the 800-meter run at the NCAA Championships ... Competed as a member of the Drake Relays champion sprint medley relay team in 1998 ... Holds personal records of 2:10 for the 800 and 4:34 for the 1,500 ... Took third-place in the 400 at the World Youth Games in Sweden in 1998.

High School/Other:
 State 800-meter champion and two-time regional winner

while at Bartlett High School in Anchorage, Alaska ... Earned four letters for Coach Dennis Hall and was named most valuable track and field athlete in 1997 ... Enrolled in family and childhood development.



Danielle Gaddy

Freshman
A. Philip Randolph H.S.
Brooklyn, N.Y.

Personal Bests:
 400H – 1:02.34
 800 – 2:19.54

Will add depth and has a future in the 400 hurdles in her first season as a Hokie.

High School/Other:
 One of the nation's top 400 hurdlers while competing for Coach Phyllis Anderson at A.P. Randolph High School ... Was a two-time state qualifier ... Made finals in the 400 hurdles at the national USATF meet ... City champion in the 400 hurdles twice ... Also ran 2:19.54 in the 800 ... Enrolled in marketing.



Kelly Fisher



Danya Gordon

Senior
Trenton Central H.S.
Trenton, N.J.

Personal Bests:
400m – 55.18
500m – 1:15.05
200m – 24.10

10-Time ECAC Qualifier
Conference Champion - 200

A seasoned veteran who will return for her final season as a fifth-year senior.

1999-2000: Placed eighth in the 400 at the Atlantic 10 championships during the indoor season ... Also was a member of the 4x400 relay that took third at A-10s in 3:56.10 ... Redshirted the outdoor season.

1998-99: Experienced a breakthrough outdoor season in which she broke school records in the 200 (24.10) and 400 (55.18) in addition to winning the 200 conference championship in record time ... Qualified for ECACs in the 400 indoors and outdoors as well as the 200 outdoors ... Was a major contributor on the school record-setting and conference champion 4x400-meter relay team in outdoor track ... Took third-place at the indoor season opener in the 400.

1997-98: Set a school record in the 400-meter dash with a fourth-place finish at the Valentine's Classic ... Won the 200-meter dash at the VT Five-Team Invitational ... Grabbed second-place in the 400 at the indoor A-10 meet ... Came in third in the 200 and 400 at the outdoor A-10 championships.

1996-97: Was a member of the 4x100-meter relay team

that broke the school record ... Finished fifth in the 200-meter dash at the indoor A-10 meet ... Placed second in the 400 at the outdoor A-10 meet ... Won the 500-meter dash at the Virginia Tech Invitational ... Was a member of the record-setting 4x100 and sprint-medley relay teams.

High School/Other: Born in Jamaica ... All-state in the 400 and 200 at the 1996 New Jersey State Championships under Coach Alfonso Jennings ... Majoring in human nutrition and foods.



Damali Hay

Junior
August Martin H.S.
Rosedale, N.Y.

Personal Bests:
60m – 7.61
200m – 24.40
100m – 11.85

10-Time ECAC Qualifier and
Conference Champion - 100

Should continue to rewrite the Tech record books this season.

1999-2000: Set a new school record in the 60 during indoor ... Runner-up in the 100 (11.93) and 200 (24.68) at A-10s outdoor while taking second in the 200, third in the 400 and fourth in the 55 during the championships indoors ... Qualified for ECACs in the 100 and 200 during outdoor and the 60 and 200 for the indoor season ... Took first in the 100 at the Miami Invitational ... Finished second at the Last Chance Meet in the 60.

1998-99: Proved her capabilities as Tech's top sprinter in her first season ... Claimed a gold and a silver in the 100 and 200 respectively at the outdoor conference

championships ... Eclipsed the 100-meter school record by running an 11.85 ... Took third in the 55 indoors at the A-10 championships ... A Jamaican Junior Nationals qualifier in the 100 and 200 ... Qualified for ECACs in the 100 and 200 outdoors ... Took second in the 100 at the Spring Gobbler Invitational.

High School/Other: Born in Jamaica ... Competed at August Martin High School in the 100-meter, 55-meter and 200-meter events ... Also member of the 4x100 and 4x200 relay teams ... Enrolled in economics.



Denise Helm

Senior
Amherst County H.S.
Amherst, Va.

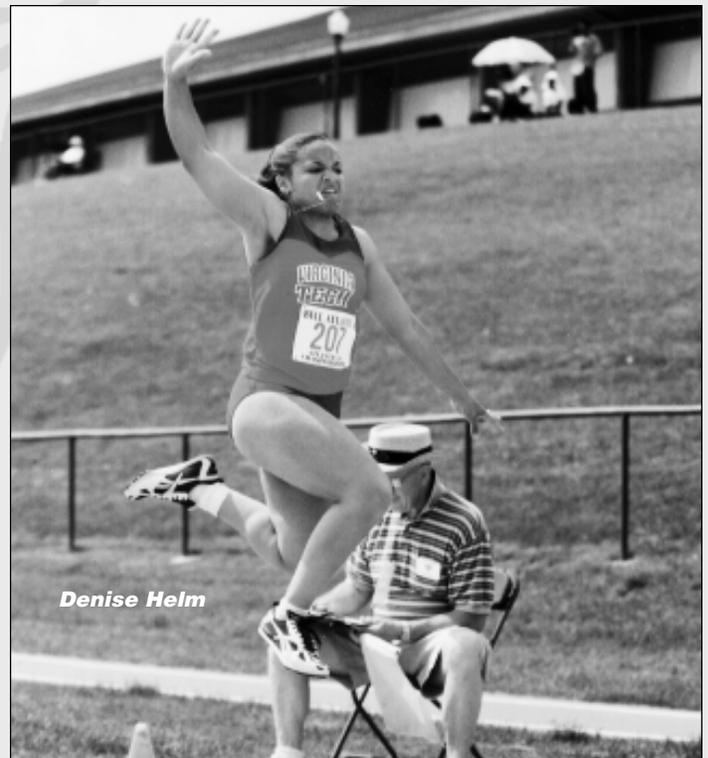
Personal Bests:
Long Jump – 17'09"/5.41m
Triple Jump – 36'00.25"/10.98m

Is a senior leader in the jump events for the 2000 season.

1999-2000: Captured seventh-place at the Atlantic 10 championships in the triple jump last May ... Also took 10th in the long jump at A-10s ... Turned in a 17th-place performance in the long jump at the indoor conference meet ... Best long jump was a 16'01" at the Spring Gobbler Invitational ... Top triple jump of the season was a 35'05.75" at the Duke Invitational.

1998-99: Placed fifth in the triple jump and sixth in the long jump at the outdoor Atlantic 10 championships with marks of 15'10.5" and 35'05.25", respectively ... Captured fifth in the triple jump at the April Fool's Meet ... Placed 13th in the long jump at the Spring Gobbler Invitational ... Earned sixth-place in the triple jump at A-10s during indoor ... Took sixth in the triple jump at the Virginia Tech Invitational ... Best marks of the season were a 16'05.75" long jump and 36'00.25" triple jump.

High School/Other: Was a four-time letterwinner for coach Larry Hughes



Denise Helm

while at Amherst County H.S. ... Took sixth in the 300 hurdles at the state competition ... An all-district performer in the 100 hurdles ... Received the coach's award and was a team captain ... Enrolled in interior design.



Christy Herman

Sophomore
West Carrollton H.S.
Xenia, Ohio

Personal Bests:
 Discus – 145'04"/44.30m
 Shot Put – 40'06.75"/12.36m
 Javelin – 135'08"/41.36m

ECAC Qualifier –
 Javelin and Discus

Enters the season as Tech's top returning thrower with a lot of promise.

1999-2000: An ECAC qualifier in both the javelin and discus where she took 12th and 16th, respectively ... Runner-up in the discus and javelin at the Atlantic 10 championships with throws of 144'11" and 135'08", respectively ... Claimed sixth in the shot put during A-10s indoor ... Finished second in the discus and fourth in the javelin at the Spring Gobbler Invitational ... Earned seventh-place in the shot put during indoor in the first meet of her college career.

High School/Other:
 Attended West Carrollton High School where she was a two-time all-state performer in the discus for Coach Bill Sommer ... Division I runner-up in the discus as a senior ... Also played volleyball and still managed to graduate first in her class ... Majoring in aeronautical engineering.



Lynette Hopkins

Senior
Bethel H.S.
Hampton, Va.

Personal Bests:
 400 – 55.73
 200 – 25.03

Conference Champion and
 ECAC Qualifier - 400, 4x400

Brings leadership and speed to the 200 and 400 as Tech heads into the BIG EAST.

1999-2000: All-conference team member in two events after winning the 400 in 55.73 and anchoring the winning 4x400-relay in outdoor track ... Took fourth in the 200 at A-10s outdoors ... Competed in the 400 at the indoor and outdoor ECAC Championships ... A-10 champion in the 400 indoors ... Was the team's top quarter-miler during the indoor and outdoor seasons.

1998-99: Claimed A-10 bronze in the 400 indoors and took fourth at the outdoor championships ... Was a member of three relay teams that set school records ... Competed at ECACs and Penn Relays.

1997-98: Won the 200 at the Virginia Tech Open in April ... Placed sixth at the Atlantic 10 championships in the 400.

High School/Other:
 Competed at Hampton High School where she earned four letters for Coach Edward Williams ... Took fourth in the state in the 400 and was a member of the state champion 4x400-relay team ... Team captain during junior and senior seasons ... Enrolled in health and physical education.



Holly Hunter

Freshman
East Fairmont H.S.
Fairmont, W.Va.

Personal Bests:
 3,200 – 11:04
 1,600 – 5:02
 800 – 2:17

Is a young runner with a lot of promise in the distance events ... Contributed to the top five on several occasions during her freshman year of cross country at Tech.

High School/Other:
 State champion and undefeated in four years of high school track ... Was a four-year letterwinner for Coach Sallie Hunter ... Holds state records in the 800 (2:17), 1,600 (5:02) and 3,200 (11:04) ... Was a state cross country champion in three of her four high school seasons ... Top performance at the 5k distance is 18:21 ... The owner of several course records in her home state ... A Wendy's High School Heisman State finalist, All-South Footlocker cross country runner, and senior athlete of the year at East Fairmont ... Was also an all-state swimmer in several events ... Enrolled in human nutrition and foods.



Ronny Martin

Junior
Absegami H.S.
Absecon, N.J.

Personal Bests:
 Shot Put – 37'03"/11.35m
 Weight Throw –
 40'02.75"/12.26m

Is one of the veterans of the Tech throwers as she enters her third season as a Hokie.

1999-2000: Redshirted the year... Named Strength and Conditioning Athlete of the Year.

1998-99: Ended the season as Tech's second best shot putter outdoors and third best indoors ... Scored points in the hammer throw and shot put at the outdoor conference championships ... Tabbed a fourth-place finish at the April Fool's Meet in the shot put.

High School/Other:
 Team captain for Coach Janet Hutchings at Absegami High School ... Fourth-place in state finals with school record 40'2" ... Finished ninth in the state in the outdoor championships ... Finished eighth at Penn Relays ... Enrolled in technology education.



Ronny Martin



Dee O'Connell

Senior
Pleasant Valley H.S.
Kunkletown, Pa.

Personal Bests:

Javelin Throw –
151'02"/46.09m
Weight Throw –
47'02.25"/14.38m

Two-Time
All-Conference - Javelin

Has the potential to perform very well in her primary event, the javelin.

1999-2000: Claimed runner-up honors in the weight throw at the indoor Atlantic 10 championships ... Also took eighth in the shot put ... Set a personal record in the weight at the Kroger Invitational with a 47'02.25" toss ... Redshirted the outdoor season.

1998-99: Once again proved her versatility as a thrower in a season in which she had a breakthrough performance in the javelin ... Launched a javelin throw of 151'02" that just missed the NCAA provisional standard but was also good enough for an A-10 gold ... Her throw was good enough to break her own school record by over 10 feet ... Picked up a fourth-place finish in the javelin at ECACs in outdoor track ... Won the April Fool's Invitational and took second in the Gobbler Invitational in the javelin as well.

1997-98: Set a school and Atlantic 10 Conference record in the javelin at the Atlantic 10 Outdoor Championships with a 133'01" mark ... Broke own javelin record with throw of 138'8" at ECACs ... Consistently finished in the

top 10 in the throws during the indoor season ... Won the javelin throw and finished eighth in the hammer throw at the Gamecock Invitational.

High School/Other:

Was a three sport letterwinner at Pleasant Valley High School ... Lettered four years in track and field under Coach Woodrow Metzger ... Was named Best All-Around Senior Athlete at Pleasant Valley ... Majoring in political science.



Kristin Price

Freshman
Harrison City, Pa.
Penn Trafford H.S.

Personal Bests:

Mile – 5:01
5,000 – 18:10.70

Proved her talent during cross country and will look to do the same during the track season ... Was one of Tech's top cross country runners during the past season ... Won the Virginia Tech Invitational in just her second collegiate meet ... Top freshman finisher at the ECAC Championships.

High School/Other:

A three sport star while attending Penn Trafford High School ... Was a two-time district champ and four year letterwinner in track for Coach Michael Allshouse ... Placed third in the mile at the state meet ... Was the Westmoreland County champion in the mile twice and two-mile once ... MVP of the Hempfield Spartan Invitational ... Personal records include a 5:01 mile and 11:09 two-mile ... An all-



Kristin Price

section and all-district midfielder during her three years of soccer ... Named most Athletic Senior ... Overcame a season-hampering stress fracture to place third at the WPIAL district meet her senior year ... Went on to take 15th at the state competition ... Enrolled in chemistry.



Kristin Reedy

Freshman
Bethel H.S.
Hampton, VA.

Personal Bests:

800 – 2:16.1
1,600 – 5:15.8
500 – 1:18.3

Was an impressive middle distance runner in high school and should continue to perform well at the collegiate level.

High School/Other:

District and regional champion in both the 1,600 and 1,000 while attending Bethel High School ... Was a two-year captain for coach Eddie Williams ... Placed eighth at the state meet in the 500 during indoor and the 800 during outdoor ... Has a personal record of 3:03.4 in the 1,000 ... A team MVP and was the first ever from her high school to advance to the state meet in cross country ... Enrolled in biology.



Keisha Ricks

Senior
Denbigh H.S.
Newport News, Va.

Personal Bests:

60 – 7.80
200 – 25.22

ECAC Qualifier - 100 & 4x100

1999-2000: Took 13th in the 400 at the outdoor conference championships ... Placed 12th in the 400 and 13th in the 60 at the Virginia Tech Invitational during the indoor season ... Claimed 15th at the Spring Gobbler Invitational in the 100.

1998-99: A member of the A-10 champion 4x400-relay team indoors ... Scored at the Atlantic 10 Championships in the 55, 100 and 200 ... Competed at ECACs and Penn Relays on the school record-breaking 4x100 relay ... Qualified for ECACs in the 100 ... Strength and Conditioning Athlete of the Year.

1997-98: Placed fifth at the Atlantic 10 Championships in the 100 and sixth in the 55 ... Was the team's second fastest 100-meter runner.

High School/Other: Attended Denbigh High School while competing as a top sprinter for Coach Ray Pollard ... District champion in the 55 dash with a 6.9 ...

Competed in the 60, 100, 200, 4x100 and 4x400 relays ... Enrolled in human nutrition, food and exercise.



Cas Sadosky

Senior
Henderson H.S. (Pa.)
Charlotte, N.C.

Personal Bests:
800m – 2:11.89
1,000m – 2:58.11

Indoor School Record
Holder - 800

Has continued to improve and enters the season with plans to make this one her best yet.



Brandi Smith

1999-2000: Enjoyed her best outdoor track season last year in the 800 ... Turned in a second place with a near miss of the outdoor school record at the Atlantic 10 Championships in a time of 2:11.89 ... Qualified for ECACs in the 800 during outdoor and the 4x800 indoors ... Took third in the 400 at the Spring Gobbler Invitational with a personal record of 57.73 ... A member of the school record holding DMR ... Recorded a season high finish of eighth place at the Virginia Tech Invitational in cross country ... Ran a season best of 18:55 to finish second on the team at the district championships.

1998-99: Placed fourth in the 1,000 and was on the third-place 4x800 squad at the indoor A-10 Championships ... Took fifth at the Kroger Invitational in the 1,000 with a 2:58.11 ... Was a member of the school record-breaking DMR indoors.

1997-98: Set a school record of 2:14.49 in the 800 at the Last Chance Meet ... Came in second at the VT Invitational in the 1,000 ... Finished seventh in the 800 at the South Carolina Invitational.

High School/Other: Won the 800 meter event at the state outdoor meet as a senior for Coach John Hay at Henderson ... Grabbed top finishes in the 4x800, 4x400, 400 and 800 meter events at outdoor league meet ... Enrolled in marketing.



Brandi Smith

Senior
I.C. Norcom H.S.
Portsmouth, Va.

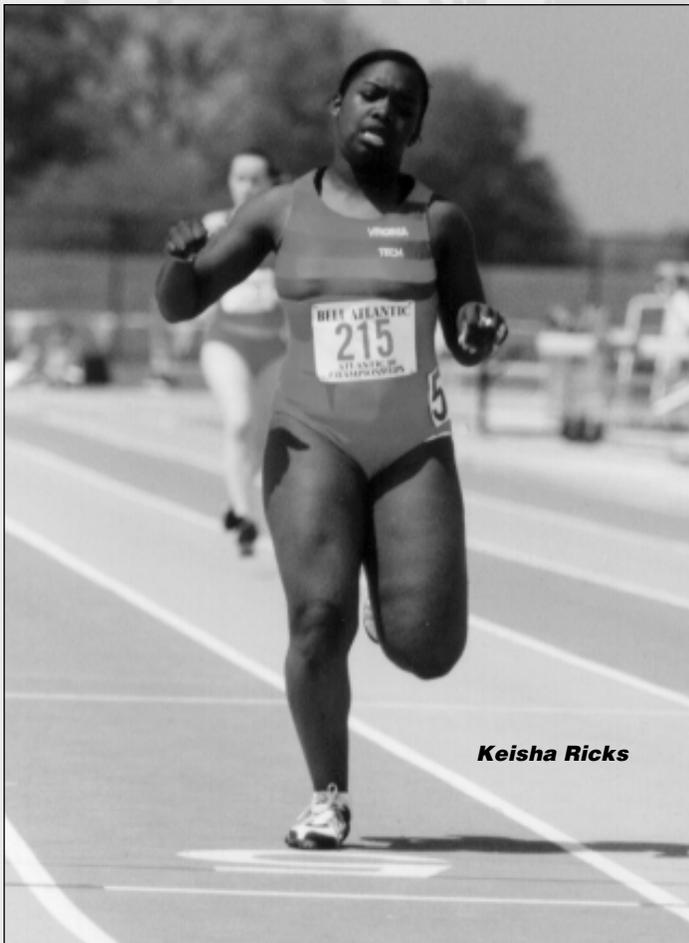
Personal Bests:
400H – 58.41; 100H – 13.77
400 – 55.36; 200 – 25.30

NCAA & U.S. Nationals
Qualifier - 400H

Returns to the Tech lineup for the outdoor season with hopes of an NCAA berth ... Continuing her education in graduate school.

1999-2000: Redshirted the year.

1998-99: Competed at U.S. Nationals in the 400 hurdles ... Qualified provisionally for the NCAA Championships with an outstanding 58.41 run in the 400 hurdles at the Penn Relays ... Took home six Atlantic 10 medals including three golds, one in the 400 hurdles and two as a member of the 4x400 relay team ... Placed fifth at ECACs indoors in the 400 ... Broke seven school records over the



Keisha Ricks

course of the season including the 200 and 400 indoors, the 100 and 400 hurdles outdoors and was a member of three record-setting relay teams.

1997-98: Finished fourth in the 400IH at the ECAC outdoor championships with an NCAA provisional qualifying time of 59.15 ... Finished fourth in the triple jump and eighth in the long jump at the ECAC indoor meet ... At the A-10 outdoor meet, won the 400IH, ran on the winning 4x100 and 4x400 relay teams and finished second in the long jump.

1996-97: Set a school record in the triple jump ... Finished seventh overall in the heptathlon at the USATF Junior Nationals.

High School/Other:

Placed fifth at the 1996 National Scholastic Indoor Championships in her first pentathlon ... Was a three-time letterwinner in track at I.C. Norcom under Coach Vincent Pugh ... Graduated in December with a degree in interdisciplinary studies.



Shanéa Thomas

**Freshman
Bethel H.S.
Hampton, Va.**

Personal Bests:

Long Jump – 18'02"/5.54m
55 – 7.2

Still a relatively inexperienced track athlete with a lot of room and talent to improve.

High School/Other:

Competed just two years at Bethel H.S. for Coach Eddie Williams ... District champion in the long jump with an 18'2" leap ... Was a member of the

4x200-relay that won the state title and took sixth at nationals ... Named Bethel's field events MVP ... Qualified for the state meet in the 55 and the long jump during her senior year ... Placed sixth in the region and eighth in the state in the long jump ... Also played softball ... Enrolled in psychology.



Monique Vanloo

**Sophomore
Francis Libermann H.S.
Scarborough, Ont.**

Personal Bests:

200m – 24.81
100m – 11.80

Indoor School Record Holder
and ECAC Qualifier -200

1999-2000: Qualified for ECACs in the 200 during the indoor season ... Broke the school record in the 200 at the Kroger Invitational with a time of 24.93 in just her first season ... Took third in the 200 and fourth in the 100 at the Atlantic 10 championships during outdoor ... Finished fourth and fifth in the 55 and 200, respectively, at the indoor conference championships.

High School/Other:

Earned track MVP four years for Coach Nick Crone ... Was the 1999 outdoor Ontario Track and Field Association junior champion in the 100 and 200 ... 1998 Canadian indoor junior juvenile champion in the 60-meter ... Considered one of the top junior sprinters in Canada ... Enrolled in university studies.



Monique Vanloo



Stacey Uidd

**Sophomore
Hampton H.S.
Allison Park, Pa.**

Personal Bests:

Mile – 5:02.43; 3,000 – 10:09.51
5,000 – 17:46.66

School Record Holder - Mile

Will strive to add to her accomplishments in just her sophomore season.

1999-2000: Set a new school record in the mile (5:02.43) and was the top runner in the 3,000 (10:09.51) during indoor track ... Ran a personal record 17:47.66 to finish fifth at the Sea Ray Relays during outdoor ... At the Atlantic 10 championships took fifth in the 3,000 indoors and fourth in the 3,000 and sixth in the mile outdoors ... Earned all-conference honors after finishing ninth at the Atlantic 10 Championships and was named the team's outstanding runner in cross country.

High School/Other:

Set four school records including a 5:05 in the 1,600 and a 10:55 for the 3,200 ... Three-time WPIAL champion under Coach Tom Tobin at Hampton High School ... Placed fifth at the PIAA state meet in the 3,200 in 1999 ... Recorded a seventh-place finish in the mile at the prestigious Penn Relays her senior year ... Two time member of all-state cross country first team with a best finish of fourth coming in her junior year ... Twice the WPIAL in cross country... Earned third-team all-northeast region honors for her 21st-place finish at the Footlocker regionals in 1998 ... Majoring in biology.

School Records

INDOOR TRACK

55	7.11	Rashida Dodson, 97
55H	8.06	Jennifer Cook, 99
60	7.61	Damali Hay, 00
60H	8.61	Jennifer Cook, 99
200	24.93	Monique Vanloo, 00
300	41.20	Cindy Ross, 85
400	55.36	Brandi Smith, 99
500	1:15.05	Danya Gordon, 97
600	1:37.46	Donna Tonini, 83
800	2:14.49	Cas Sadosky, 98
1,000	2:54.56	Chelsea Alverson, 00
1,500	4:30.10	Linda King, 85
Mile	5:02.43	Stacey Vidt, 00
2,000	6:30.00	Roxann Polo, 83
3,000	9:40.50	Linda King, 85
5,000	16:48.30	Heidi Allen, 92
4x200	1:50.42	Brenda Ellsworth/Lisa Nicholson/ Melinda Jones/Evette Evans, 83
4x400	3:49.95	Danya Gordon/Danielle Hobson/ Lynette Hopkins/Brandi Smith, 99
4x800	9:11.38	Nikki Hunt/Jill Netzer/ Thea VanSickle/Cas Sadosky, 98
4x1,500	19:30.00	Lori McKee/Roxann Polo/ Linda King/Cybele Daily, 83
4x1,600	21:54.5	Tracy Shea/Jennifer Chapman/ Jennifer Pohlig/Leigh Dillard, 95
DMR	11:58.24	Stephenie Ingersoll/Lynette Hopkins/ Chelsea Alverson/Johanna Stumpf, 99
SMR	4:30.1	Charmaine Howze/Detra Edmunds/ Julie Reeser/Candice Allen, 95
Pentathlon	3,941	Katie Ollendick, 98
Shot Put	49-10.5/15.20	Paula Allan, 99
Weight	52-4.5/15.96	Meredith Newby, 96
Long Jump	19-9/6.02	April Byrd, 00
Triple Jump	41-4.25/12.60	April Byrd, 00
High Jump	6-0/1.83	Katie Ollendick, 98
Pole Vault	9-00.5/2.76	Kelly Fisher, 00

All times prior to 1991 are not fully automated.



Stacey Vidt set a new Virginia Tech record in the mile during the indoor season.



Chelsea Alverson was part of three new records last season including the 1,000 indoors.

OUTDOOR TRACK

100	11.85	Damali Hay, 99
100H	13.77	Brandi Smith, 99
200	24.10	Danya Gordon, 99
400	55.18	Danya Gordon, 99
400IH	58.41	Brandi Smith, 99
800	2:11.60	Louise Schweitzer, 87
1,500	4:27.80	Cheryl Tuosto, 85
3,000	9:14.01	Cheryl Tuosto, 85
5,000	16:04.64	Linda King, 85
10,000	33:21.08	Linda King, 85
4x100	46.65	Keisha Ricks/Jennifer Cook/ April Byrd/Damali Hay, 99
4x200	1:38.34	Danya Gordon/Katie Ollendick/ Jennifer Cook/April Byrd, 98
4x400	3:42.48	Lynette Hopkins/Danya Gordon/ Danielle Hobson/Brandi Smith, 99
4x800	9:03.66	Jill Netzer/Cas Sadosky/ Jessie Scherrens/Kim Gibbs, 98
4x1,500	18:58.47	Chelsea Alverson/Stacey Vidt/ Johanna Stumpf/Kim Milbourn, 00
4x1,600	21:20.4	Michelle Barrett/Melissa Ward/ Meredith McMahon/Tracey Shea, 94
DMR	11:54.77	Chelsea Alverson/Wendy Wagner/ Cas Sadosky/Stacey Vidt, 00
SMR	3:58.62	Damali Hay/Jennifer Cook/ Brandi Smith/Kim Gibbs, 99
Heptathlon	5,378	Katie Ollendick, 98
Discus	158-9/48.38	Michelle Smith, 97
Hammer	166-10/50.86	Paula Allan, 00
High Jump	5-11.25/1.81	Katie Ollendick, 98
Javelin	151-2/46.09	Dee O'Connell, 99
Long Jump	20-1.5/6.13	April Byrd, 00
Shot Put	50-3.5/15.33	Paula Allan, 98
Triple Jump	42-5.25/12.93	April Byrd, 00
Pole Vault	10-6/3.20	Kelly Fisher, 00

All times prior to 1991 are not fully automated.

2000 Indoor Season Review

Hokies Bid Farewell to A-10 in a Record Breaking Season

In Virginia Tech's final indoor track season in the Atlantic 10 Conference, the Hokies made it their goal to leave a mark on the conference. Tech would have to wait until the outdoor season to go out on top because of Mother Nature's cruel ways.



Damali Hay was a key contributor for the Tech sprinting attack during the 2000 indoor season.

The Virginia Tech women claimed second-place at the Atlantic 10 Indoor Track and Field Championships on February 19, 2000, falling just 7.75 points short of winner Rhode Island. Due to heavy snow, the team's original flight to Providence, R.I., was cancelled, keeping the team from arriving in Rhode Island until early on the morning of competition. Despite the traveling conditions, Tech was able to capture four individual titles and 10 top three finishes.

April Byrd won the long jump and triple jump to lead the way for Tech. Paula Allan, who

performed well during the entire season, took first-place in the weight throw and second in the shot put. Lynette Hopkins was the other winner at the conference championships taking the 400-meter title.

The ECAC Championships capped off the indoor season for the Hokies where 10 women represented Tech in Boston, Mass. At the meet, the Hokies posted a 28th-place finish with Byrd taking eighth in the long jump and fifth in the triple jump. Damali Hay captured sixth in the 60 for the Tech scores.

Throughout the course of the season, seven school records were broken, proving that the team is still on the rise. Three freshmen enjoyed record-breaking seasons as Hokies. Stacey Vidt set a new school mile record, Monique Vanloo took down the 200-meter record and Kelly Fisher

eclipsed the pole vault record. Byrd set school records in both the long and triple jumps with leaps of 19'09" and 41'04.25", respectively, and qualified provisionally for NCAAAs in the triple jump as well. Chelsea Alverson was the seventh record breaker, making her mark on the 1,000-meter run.

Over the two months of the indoor season, Tech's Mondo track played host to many NCAA and U.S. Nationals qualifiers. Future and former Olympians competed against the Hokies, and local Blacksburg runner John Hosner set a new 75 year-old age group world record in the mile. Competition such as this allowed the Hokies an opportunity to go against many of the nation's best on the very track that they train on and know so well.

TOP INDOOR MARKS OF 2000

55-Meter Dash

Damali Hay	7.17	2/19/00	(prelim A-10)
Monique Vanloo	7.36c	1/28/00	(12th PSU)
Jennifer Cook	7.42c	1/28/00	(17th PSU)

55-Meter Hurdles

Jennifer Cook	8.19	2/19/00	(prelim A-10)
---------------	------	---------	---------------

60-Meter Dash

Damali Hay	7.61	2/25/00	(prelim LC)
Monique Vanloo	7.86	1/28/00	(12th PSU)
Jennifer Cook	7.92	1/28/00	(17th PSU)

60-Meter Hurdles

Jennifer Cook	8.73	2/25/00	(prelim LC)
---------------	------	---------	-------------

200-Meter Dash

Monique Vanloo	24.93	2/5/00	(6th VT)
Damali Hay	25.09	2/26/00	(4th LC)
Jennifer Cook	25.64	1/29/00	(16th PSU)

400-Meter Dash

Lynette Hopkins	56.85	2/12/00	(12th Kroger)
Damali Hay	58.25	2/12/00	(19th Kroger)
Monique Vanloo	59.70	1/22/00	(26th Pepsi)

500-Meter Dash

S. Stoegbauer	1:21.99	2/12/00	(7th Kroger)
Kelly Fisher	1:23.89	2/12/00	(8th Kroger)

800-Meter Run

Cas Sadosky	2:16.85	2/12/00	(10th Kroger)
Wendy Wagner	2:20.17	2/19/00	(6th A-10)
Cathy McNeeley	2:21.73	2/5/00	(11th VT)

1,000-Meter Run

Chelsea Alverson	2:54.56	3/4/00	(14th ECAC)
Wendy Wagner	3:02.32	2/25/00	(8th LC)
Cathy McNeeley	3:02.65	2/19/00	(6th A-10)

One Mile Run

Stacey Vidt	5:02.43	2/5/00	(5th VT)
Johanna Stumpf	5:06.14	2/5/00	(7th VT)
Chelsea Alverson	5:07.73	2/5/00	(8th VT)

3,000-Meter Run

Stacey Vidt	10:09.51	1/29/00	(16th PSU)
Johanna Stumpf	10:10.58	1/29/00	(17th PSU)
Kim Milbourn	10:43.82	1/15/00	(5th VT)

5,000-Meter Run

Johanna Stumpf	17:46.30	1/15/00	(1st VT)
Kim Milbourn	18:40.40	2/25/00	(5th LC)
Kelly Repair	18:43.71	2/19/00	(11th A-10)

4x400-Meter Relay

Nsbuga, Vanloo, Gordon, Hopkins	3:56.10	2/19/00	(3rd A-10)
Hay, Gordon, Vanloo, Hopkins	3:57.92	2/5/00	(4th VT)
Hopkins, Vanloo, Byrd, Hay	4:00.97	1/29/00	(8th PSU)

4x800-Meter Relay

Alverson, McNeeley, Wagner, Sadosky	9:15.30	3/4/00	(13th ECAC)
Alverson, McNeeley, Wagner, Sadosky	9:19.81	1/29/00	(5th PSU)
McNeeley, Wagner, Ingersoll, Alverson	9:33.79	1/22/00	(6th Pepsi)

Distance Medley Relay

Ingersoll, Hopkins, McNeeley, Alverson	12:17.85	2/25/00	(7th LC)
Ingersoll, Stoegbauer, Sadosky, Stumpf	12:22.72	1/21/00	(11th Pepsi)
McNeeley, Alverson, Van Horn, Repair	12:24.32	2/19/00	(2nd A-10)

Long Jump

April Byrd	19'09.00"	2/5/00	(2nd VT)
April Byrd	19'06.76"	1/22/00	(6th Pepsi)
Joy Nsbuga	16'04.25"	2/19/00	(9th A-10)

Triple Jump

April Byrd	41'04.25"	2/12/00	(5th Kroger)
April Byrd	41'03.25"	1/29/00	(2nd VT)

Pole Vault

Kelly Fisher	9'00.5"	2/19/00	(5th A-10)
--------------	---------	---------	------------

Shot Put

Paula Allan	48'09.50"	1/22/00	(2nd Pepsi)
Christy Herman	40'06.75"	2/19/00	(6th A-10)
Dee O'Connell	39'06.00"	2/19/00	(8th A-10)

20lbs. Weight Throw

Paula Allan	52'01.75"	2/26/00	(2nd LC)
Dee O'Connell	47'02.25"	2/12/00	(14th Kroger)
Cheryl Stinson	40'07.00"	2/25/00	(7th LC)

2000 Outdoor Season Review

Tech Makes 2000 a Season to Remember By Going Out of A-10 on Top

The 2000 outdoor track season was a special one for Tech. Highlighted by a conference victory and its second highest finish at the ECAC Championships, last season will go down as one to remember.

In the final Atlantic 10 Championships that Tech would compete in, the Hokie women left no doubt in the minds of their competitors who the best track and field team in the conference was. Tech amassed 194 points to win by nearly 40 on its home track last May. The women were able to pull away in the latter stages of the meet, thanks to a winning effort by the 4x400-relay team and several second-place finishes.

Individually, Lynette Hopkins won the 400 and anchored the 4x400 to a season best time of 3:48.72. April Byrd capped off her conference career with a win

in the triple jump after taking the long jump the day before. Two freshmen played key roles in the victory as Christy Herman took second in the javelin and Kim Milbourn made her debut in the 10,000 to take the bronze medal. Roosevelt Lofton won the Coach of the Year award for the women in his first year as the Hokies' head coach.

At the ECAC Championships the Hokies recorded their second best finish ever, taking eighth in a competition where 50 of the Northeast's best schools competed. Byrd got the Tech women off to a good start by winning the long jump and taking the first ECAC title of her career with a personal record leap of 20'01.5". She then followed suit in the triple jump, winning with a leap of 41'10.75". Paula Allan also went out well in the final meet of her career by taking second

in the shot put with a 48'10.75" throw.

Byrd had one of the most prolific seasons for a women's track athlete. In addition to her victories at the conference and ECAC meets, she also won the prestigious Penn Relays triple jump title, was named to the all-East team, broke the long and triple jump school records and surpassed the NCAA provisional qualifying mark in the triple jump. These accomplishments, as well as the accolades she obtained in her first three seasons, gave her a memorable spot in Tech track and field history.

Three other school records fell along with Byrd's during the season. Paula Allan also left her mark on Tech history before moving on. Allan set a new hammer



Christy Herman was in Tech's top three in four throwing events last season.

throw record. The 4x1,500-relay and the distance medley relay times were also lowered last season.

Judging by the performances of the Tech women during the 2000 championship season, it is apparent that they are ready to move on to a new level of competition in the BIG EAST Conference.

TOP OUTDOOR MARKS OF 2000

100-Meter Dash

Damali Hay	11.93	5/07/00	(2nd A-10)
Monique Vanloo	12.20	5/07/00	(4th A-10)
Jennifer Cook	12.37	4/08/00	(3rd-h Duke)

100-Meter Hurdles

Jennifer Cook	14.13	5/07/00	(2nd A-10)
---------------	-------	---------	------------

200-Meter Dash

Damali Hay	24.68	5/07/00	(2nd A-10)
Monique Vanloo	24.99	4/22/00	(7th VT)
Lynette Hopkins	25.03	4/22/00	(10th VT)

400-Meter Dash

Lynette Hopkins	55.73	5/07/00	(1st A-10)
Joy Nsubuga	57.30	5/07/00	(3rd A-10)
Cas Sadosky	57.73	4/22/00	(3rd VT)

400-Meter Hurdles

S. Stoegbauer	1:07.16	4/07/00	(19th Duke)
---------------	---------	---------	-------------

800-Meter Run

Cas Sadosky	2:11.89	5/07/00	(2nd A-10)
Chelsea Alverson	2:13.22	5/07/00	(5th A-10)
Michelle VanHorn	2:18.19	5/07/00	(11th A-10)

1,500-Meter Run

Chelsea Alverson	4:37.39	5/07/00	(3rd A-10)
Stacey Vidt	4:40.88	4/22/00	(5th VT)
Cas Sadosky	4:49.20	4/08/00	(39th Duke)

3,000-Meter Run

Stacey Vidt	10:05.53	4/08/00	(13th Duke)
Kim Milbourn	10:23.24	4/14/00	(16th Sea Ray)
Johanna Stumpf	10:24.14	4/14/00	(18th Sea Ray)

5,000-Meter Run

Stacey Vidt	17:47.66	4/15/00	(5th Sea Ray)
Kim Milbourn	18:08.42	4/07/00	(31st Duke)
Johanna Stumpf	18:08.60	4/07/00	(32nd Duke)

10,000-Meter Run

Kim Milbourn	38:58.58	5/06/00	(3rd A-10)
Leah McBride	40:26.55	5/06/00	(5th A-10)

4x100-Meter Relay

Hopkins, Vanloo, Cook, Hay	47.11	4/22/00	(1st VT)
Hopkins, Vanloo, Cook, Hay	47.19	5/07/00	(2nd A-10)
Hopkins, Cook, Byrd, Hay	47.28	3/18/00	(3rd Miami)

4x200-Meter Relay

Hay, Cook, Hopkins, Vanloo	1:38.64	4/15/00	(11th Sea Ray)
----------------------------	---------	---------	----------------

4x400-Meter Relay

Nsubuga, Hay, Vanloo, Hopkins	3:48.72	5/07/00	(1st A-10)
Nsubuga, Ricks, Vanloo, Hopkins	3:51.66	4/22/00	(1st VT)

4x800-Meter Relay

Sadosky, Alverson, VanHorn, McNealey	9:06.22	4/26/00	(7th Penn)
Alverson, VanHorn, Wagner, Sadosky	9:21.08	5/07/00	(3rd A-10)
Alverson, McNealey, Wagner, Sadosky	9:22.13	4/15/00	(7th Sea Ray)

4x1,500-Meter Relay

Alverson, Vidt, Stumpf, Milbourn	18:58.47	4/25/00	(8th Penn)
Alverson, Vidt, Stumpf, Milbourn	19:11.49	3/31/00	(6th Raleigh)

Distance Medley Relay

Alverson, Wagner, Sadosky, Vidt	11:54.77	4/07/00	(10th Duke)
Ingersoll, Hopkins, McNealey, Alverson	12:26.04	4/14/00	(22nd Sea Ray)

Long Jump

April Byrd	20'01.05"	5/20/00	(1st ECAC)
Denise Helm	16'01.00"	4/22/00	(16th VT)

Triple Jump

April Byrd	42'05.25"	4/26/00	(1st Penn)
Denise Helm	35'05.75"	4/07/00	(34th Duke)

Pole Vault

Kelly Fisher	10'06.00"	4/22/00	(2nd VT)
--------------	-----------	---------	----------

Shot Put

Paula Allan	49'03.50"	5/13/00	(1st JMU)
Christy Herman	37'05.00"	4/08/00	(24th Duke)

Discus

Christy Herman	145'04.00"	3/18/00	(3rd Miami)
Paula Allan	143'04.00"	3/18/00	(4th Miami)

Hammer Throw

Paula Allan	166'10.00"	5/13/00	(3rd JMU)
Cheryl Stinson	138'04.00"	4/22/00	(4th VT)
Christy Herman	126'04.00"	5/06/00	(8th A-10)

Javelin

Christy Herman	135'08.00"	5/07/00	(2nd A-10)
Cheryl Stinson	128'08.00"	3/18/00	(7th Miami)

2000 Honors and Awards

A-10 INDOOR

ALL-CONFERENCE

Paula Allan — Weight Throw
 April Byrd — Long Jump, Triple Jump
 Lynette Hopkins — 400

TEAM AWARDS

OUTSTANDING PERFORMER

April Byrd

ROOKIE OF THE YEAR

Stacey Vidt

COACH'S AWARD

Lynette Hopkins

STRENGTH AND CONDITIONING

ATHLETE OF THE YEAR

Ronny Martin

BLACKSBURG SPORTS CLUB

OUTSTANDING SENIOR

April Byrd — Indoor Track
 Paula Allan — Outdoor Track

ACADEMIC ALL-CONFERENCE

Paula Allan

VT ALL-ACADEMIC TEAM

Jennifer Cook

*The 2000
 Outdoor
 Conference
 title trophy.*



April Byrd dominated the sand pit at both the Atlantic 10 Championships and the ECAC Championships.



A-10 OUTDOOR

CONFERENCE CHAMPIONS

The Virginia Tech Hokies

ALL-CONFERENCE

April Byrd — Long Jump, Triple Jump
 Damali Hay — 4x400
 Lynette Hopkins — 400, 4x400
 Joy Nsubuga — 4x400
 Monique Vanloo — 4x400

ALL-EAST TEAM

INDOOR TRACK

April Byrd — Triple Jump
 Damali Hay — 60

OUTDOOR TRACK

April Byrd — Long Jump, Triple Jump
 Paula Allan — Shot Put

ALL-AMERICANS

Lucy Hawk Banks	800-Meters	1980
Lori McKee Taylor	Cross Country	1981
Tracy Deely	Cross Country	1981
Judy Williams	10,000-Meters	1981
Lori McKee Taylor	3,000-Meters	1982
Linda King	10,000-Meters	1984, 1985
Margarita Lasaga	10,000-Meters	1987
Katie Ollendick	High Jump, Heptathlon	1998

Track Program History

Virginia Tech, established in 1872, is a university steeped in tradition, and athletics always has been a major part of the unfolding story.

Among bowl games, conference championships and All-American athletes, Tech's track and field teams have set a standard of success since the introduction of the sport at Virginia Tech.

Track and field made its debut as a Tech athletic sport in the early 1900s. The team, made up only of men at the time, competed in outdoor competitions. Indoor track and field was incorporated into Tech's program in the late 1950s, and the women's track and field team was added in the 1970s.

Lucy Hawk Banks made All-America in 1980 before women's track and field gained varsity status at Tech. She garnered Tech's first All-America honors for a women's track athlete by qualifying in the 800-meter event at the Track & Field Association meet at Wichita Falls, Texas.

Current women's cross country head coach Lori McKee Taylor earned All-America honors in 1982 and helped lead the women's team to a state championship title in 1984.

Three seasons ago, Katie Ollendick became the Hokies' most recent women's track All-American, earning the honors both indoors in the high jump and outdoors in the heptathlon. She was also an academic All-American, and received a tremendous honor when she was named the GTE Academic Athlete of the Year for spring sports.

Building on their recent success, the Hokies are preparing for a new era. This season, Tech welcomes a host of new talent to compete on the Hokies' state-of-the-art track and field facilities.

Tech purchased an eight-lane Mondo indoor track for the 1996-97 season, and built a new outdoor Mondo track during the 1997-98 academic year. Each is equipped with dash lanes, jump and pole vault pits and areas for the throw events. These world-class facilities give the Hokies places to train and compete that are as good as anywhere in the nation.

Since the beginning of track and field at Virginia Tech, athletes and coaches alike have been dedicated to the pursuit of excellence. The success of the Hokies' track and field teams has become a tradition that will continue to grow and prosper in coming years.

Qualifying Standards

NCAA Division I Indoor

Event	AUTO	PROV
	FAT	FAT
55-Meters	6.80	6.94
60-Meters	7.30	7.44
55-Meter Hurdles	7.64	7.90
60-Meter Hurdles	8.17	8.43
200-Meters	23.50	24.05
400-Meters	53.20	54.70
800-Meters	2:06.90	2:09.60
Mile*	4:43.40	4:48.40
3,000-Meters*	9:23.20	9:37.20
5,000-Meters*	16:18.45	16:48.45
1,600-Meter Relay	3:35.80	3:41.80
DMR*	11:20.00	11:36.00

Standards are according to Virginia Tech's banked 200-meter Mondo track and vary depending on track size and specifications.

	Meters	Meters
High Jump	1.86	1.77
Pole Vault	4.10	3.80
Long Jump	6.38	6.10
Triple Jump	13.15	12.55
Shot Put	16.10	14.90
20-Pound Weight	19.50	17.70

*Altitude adjustment available.

ECAC Indoor

Event	FAT
55-Meters	7.23
60-Meters	7.73
55-Meter Hurdles	8.24
60-Meter Hurdles	8.77
200-Meters	25.34
400-Meters	57.24
500-Meters	1:16.64
800-Meters	2:14.40
1,000-Meters	2:57.54
Mile	5:01.14
3,000-Meters	9:57.90
5,000-Meters	17:41.84
4 x 400-Meter Relay	3:54.14
4 x 800-Meter Relay	9:24.34
DMR	12:08.64

	Meters	Feet
High Jump	1.68	5'6"
Long Jump	5.7	18'8.5"
Triple Jump	11.84	38'10.25"
Pole Vault	3.30	10'10"
Shot Put	13.46	44'2"
Weight Throw	16.11	52'10.5"
Pentathlon	3,371 points	

BIG EAST Indoor

Event	FAT
60-Meters	7.79
60-Meter Hurdles	8.92
200-Meters	25.91
400-Meters	58.24
500-Meters	1:17.14
800-Meters	2:20.04
1,000-Meters	3:01.74
Mile	5:28.44
3,000-Meters	10:13.74
5,000-Meters	17:53.34
1600-Meter Relay	3:53.94
3200-Meter Relay	- NT -
DMR	12:16.74

	Meters	Feet
High Jump	1.59	5'2.5"
Pole Vault	2.85	9'4.25"
Long Jump	5.40	17'8.75"
Triple Jump	11.31	37'1.25"
Shot Put	11.93	39'1.75"
Weight Throw	13.74	45'1"

NCAA Division I Outdoor

Event	AUTO	PROV
	FAT	FAT
100-Meters	11.30	11.55
200-Meters	23.10	23.60
400-Meters	52.40	53.70
800-Meters	2:05.00	2:07.50
1,500-Meters*	4:19.00	4:24.00
Mile*	4:39.64	
3,000-Meter SC*	10:20.00	11:10.00
5,000-Meters*	16:13.00	16:48.00
10,000-Meters*	34:10.00	35:15.00
100-Meter Hurdles	13.10	13.60
400-Meter Hurdles	57.50	59.20
400-Meter Relay	44.20	45.10
440-Yard Relay	44.40	45.30
1,600-Meter Relay	3:33.50	3:39.00
Mile Relay	3:34.70	3:40.20

	Meters	Meters
High Jump	1.85	1.79
Pole Vault	4.10	3.80
Long Jump	6.50	6.20
Triple Jump	13.40	12.80
Shot Put	16.00	14.90
Discus	54.50	50.50
Javelin	52.50	46.50
Hammer	61.00	56.00
Heptathlon	5,500 points	5,175 points

*Altitude adjustment available.

ECAC Outdoor

Event	FAT
100-Meters	12.14
200-Meters	24.84
400-Meters	56.50
800-Meters	2:11.44
1,500-Meters	4:33.44
3,000-Meters	9:52.50
5,000-Meters	17:32.14
10,000-Meters	37:39.60
4x100-Meter Relay	48.34
4x400-Meter Relay	3:51.84
4x800 Relay	9:16.24
100-Meter Hurdles	14.40
400-Meter Hurdles	1:02.44

	Meters	Feet
High Jump	1.69	5'6.5"
Long Jump	5.80	19'0.5"
Triple Jump	11.87	38'11.5"
Shot Put	13.45	44'1.5"
Discus	42.68	140'0"
Javelin	39.90	130'11"
Hammer	49.04	160'11"
Pole Vault	3.35	10'11.75"
Heptathlon	4,436 points	

BIG EAST Outdoor

Event	FAT
100-Meters	12.39
100-Meter Hurdles	14.84
200-Meters	25.33
400-Meters	57.04
400-Meter Hurdles	1:03.54
800-Meters	2:13.34
1,500-Meters	4:42.54
3,000-Meters	10:34.94
5,000-Meters	18:28.94
10,000-Meters	38:26.84
400-Meter Relay	48.34
1600-Meter Relay	3:51.84
3200-Meter Relay	- NT -

	Meters	Feet
High Jump	1.59	5'2.5"
Pole Vault	2.85	9'4.25"
Long Jump	5.43	17'9.75"
Triple Jump	11.02	36'2"
Shot Put	11.89	39'0.25"
Hammer Throw	39.51	129'7.5"
Discus	36.64	120'2"
Javelin	29.68	97'4"

Track and Field Facilities

Tech's Track Combo Is Among the Nation's Best

The Hokies' indoor and outdoor track facilities are among the nation's best.

The latest addition is the Johnson-Miller Outdoor Track Complex. The outdoor oval track has eight 42-inch lanes and is identical to the track at the Atlanta stadium on which Olympic athletes competed in 1996. Tech's school colors, burnt orange and Chicago maroon, are featured on alternating lanes.

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

A nine-foot berm at the south end of the track ultimately will be terraced to provide six rows of seating.



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

The indoor track has been host to several of the East Coast's top invitationals,

attracting many of the nation's best teams. Tech has also brought in some of the nation's finest athletes. Over 30 Olympians competed in Rector Field House last year, including Sydney Olympic silver medalist pole vaulter Lawrence Johnson, 1999 U.S. 1,500-meter champion Seneca Lassiter and two-time NCAA champion and 2000 Olympian shot putter Andy Bloom.

The Johnson-Miller Outdoor Track Complex was dedicated in honor of Stuart Johnson and Jack William Miller, Jr., two former Hokie track stars from Richmond, Va., whose loyalty and support made possible the construction of the new track.

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

"I think we have one of the best combinations of indoor and outdoor facilities in the country," said women's head track coach Roosevelt Lofton. "What we have here is state-of-the-art and it is definitely one of the best and the fastest I have ever seen."



Academic Enrichment

The success of Virginia Tech's track program rests largely on the academic progress of each student athlete. The academic performance of Tech student athletes has improved each year due in part to the Student-Athlete Office of Academic Enrichment Programs (SAOAEF).

Student athletes are the most visible student component of a university. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential. The ultimate goal is for all student athletes to successfully complete their degree.

Tech has made tremendous strides in recent years. The 1999 NCAA Division I Graduation Report states that for student athletes who have exhausted their eligibility at Tech, 81 percent have graduated.

The Student Athlete Office of Academic Enrichment Programs provides programming for student athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education.

The Student Athlete Office of Academic Enrichment Programs is comprised of a coordinator, an associate coordinator, three assistant coordinators and a secretary forming a group of professionals serving the needs of all student athletes.

The coordinator, Chris Helms, is responsible for the development and leadership of SAOAEF. Helms, in his second year at Tech, came to Tech from Michigan State University where he served as the assistant director of the Student Athlete Support

Services office. Prior to that, he served as the coordinator of academic affairs for the Florida State University football program.

Lois Berg is in her 11th year at Tech. She is in charge of developing the freshman orientation program, which ensures the student athlete a smooth transition from high school to the university.

Colin Howlett enters his third year with SAOAEF and



Chris Helms

is administratively responsible for the tutorial program.

Katie Ammons, a former Hokie swimmer, is charged with the operation of the HEAT lab and other computing

resources available for student athletes.

Terrie Repass serves as the receptionist and "first contact" for the SAOAEF. She is responsible for organizing special events and meetings for the office.

Strength & Conditioning

For the Virginia Tech track teams, the strength and conditioning program, under the direction of Assistant Athletic Director for Athletic Performance Mike Gentry, plays a very important role.

A Durham, N.C., native, Gentry received a bachelor's in physical education from Western Carolina University in 1979. Gentry received his master's degree from the University of North Carolina at Chapel Hill in 1981 where he worked as an assistant strength coach. He then went to East Carolina University and was elevated



Mike Gentry, Ed.D.

Assistant AD for Athletic Performance

to head strength coach there in 1982. He worked at ECU until he came to Virginia Tech in 1987.

Gentry obtained his doctorate in curriculum and instruction, with an emphasis in motor behavior, from

Virginia Tech in 1999.

Assisting Gentry this year are three full-time assistant strength and conditioning coaches: Sonny Sano, director of strength and conditioning, Jay Johnson, strength and conditioning coordinator of men's Olympic sports and

Michelle Boswell, strength and conditioning coordinator for women's Olympic sports.

Boswell, in her first year with the Hokies, handles strength and conditioning for many of Tech's women's sports, including track. She came to Blacksburg after graduating from East Carolina University.

Sano is in his fourth season at Tech after serving as a graduate assistant at ECU.

Johnson handles the strength and conditioning program for many men's teams. He received his B.A., in physical education from Emory & Henry in 1995 and his master's in physical education from Radford in 1998.

ADMINISTRATION



Charles Steger
University President



Jim Weaver
Director of Athletics



Sharon McCloskey
Senior Associate Director of Athletics



David Chambers
Associate AD for External Affairs



Tom Gabbard
Associate AD for Internal Affairs



Jon Jaudon
Associate AD for Administration



John Ballein
Associate AD for Football Operations

The BIG EAST Conference

The BIG EAST entered the 2000-01 academic year with a new full conference member and a new sport. That's hardly unusual for the league. Moving forward and exploring new horizons has been the norm rather than the exception for the conference that opened its doors in 1979.

Last fall, the conference welcomed Virginia Tech as its 14th member. In the spring of 2001, the BIG EAST will add women's lacrosse to its growing list of sports.

When the 1990s began, The BIG EAST Conference had just completed its eighth season with nine members.

The '90s was a decade of enormous change in college athletics with conferences adding new members and new leagues beginning. The BIG EAST was no different than most groups. The league has had four separate expansions in the past 10 years. The BIG EAST Football Conference, with eight members, became a major player in college football immediately after its inception in 1991.

One constant is that The BIG EAST Conference has enjoyed tremendous success in the classroom and in the athletic arena. It has built a long list of accomplishments.

The BIG EAST became a reality on May 31, 1979, following a meeting of athletic directors from Providence College, St. John's, Georgetown and Syracuse



Universities. Seton Hall, Connecticut and Boston College completed the original seven-school alliance.

After one season, Villanova was added and began play in 1980-81. Two seasons later, Pittsburgh joined the group and started competition in '82-83.

Miami was admitted in 1990 and began BIG EAST competition in '91-92. Rutgers, West Virginia and Notre Dame joined in '94 in two separate expansions and began play in 1995-96.

In 1999, Virginia Tech became the league's 14th member. It began competing in the BIG EAST in 2000-01.

For three of the last six years a BIG EAST student-athlete has won the Honda-Broderick Cup as Collegiate Woman of the Year. Notre Dame soccer player Cindy Daws won in 1997-98. She followed Connecticut basketball players Rebecca Lobo ('94-95) and Jennifer Rizzotti ('95-96).

In addition to Connecticut winning its second NCAA women's basketball title, five individuals captured NCAA

championship crowns last year. Miami had the male and female national champions in platform diving. Tyce Rouston took the men's title and Jenny Keim was the women's champion. At the NCAA women's indoor track & field championship, Villanova's Carmen Douma and Carrie Tollefson each won titles. Tollefson grabbed her second straight NCAA crown in the 3,000 meters. Douma was the champion in the mile. Pittsburgh's Chantee Earl took the 800-meter title.

While the membership has increased, the focus of the BIG EAST remains unchanged. It is a group that reflects a tradition of broad-based programs, led by administrators and coaches who place a constant emphasis on academic integrity. The BIG EAST Conference has enjoyed a leadership role nationally. Its student-athletes own significantly high graduation rates and their record of scholastic achievement notably reflect a balance between intercollegiate athletics and academics.

Any successful consortium enjoys outstanding leadership. Michael Tranghese, the league's first full-time employee, and for 11 years the associate of Dave Gavitt, took over the Commissioner's reins in June, 1990. The expansion in membership is only a portion of Tranghese's achievements. In his first year at the helm, he administered the formation of The BIG EAST Football Conference in addition to coordinating the four expansions.

BIG EAST sports attract the interest of followers in the nation's largest media markets including New York, Chicago, Philadelphia, Boston, Washington, D.C., Miami, Pittsburgh and Hartford.

More than 400 BIG EAST athletes have earned All-America recognition and dozens have won individual NCAA national championships. The BIG EAST has been well-represented in U.S. or foreign national and Olympic teams, with several athletes earning gold medals in the summer Olympiads in Atlanta in '96, Barcelona in '92, Seoul in '88 and Los Angeles in '84. Several BIG EAST coaches and athletes competed in Sydney in 2000.

The BIG EAST has its headquarters in Providence where the conference administers to more than 5,000 athletes in 21 sports.

Virginia Tech in the ECAC

Virginia Tech is proud to have membership in prestigious athletic conferences such as the BIG EAST Conference for most sports. Tech's membership in yet another conference adds to the level of competition for the women's track team.

The East Coast Athletic Conference (ECAC) was founded in 1938. The ECAC

was formed as a women's division that sponsors 17 different sports including soccer, gymnastics, volleyball and track and field. In 1982 the ECAC joined the IC4A in the sponsorship of track and field events, maintaining the use of the traditional name, IC4A, for men's competitions.

The women placed 28th at the indoor competition

with both Damali Hay and April Byrd scoring for the Hokies. Hay took sixth in the hurdles and Byrd was fifth in the triple jump.

The Hokies fared much better during the outdoor championships, recording their best finish since 1998. Tech cracked the top 10 with an eighth-place effort behind career performances from April Byrd and Paula Allan.

Byrd capped off her final collegiate meet with wins in both the triple jump and long jump. Her marks were 41'10.75" and 20'01.5", respectively. Allan also went out in style with a second-place effort of 48'10.75" in the shot put.

Tech made its mark in 2000 and plans on continuing that hot streak into the next millennium.

The Excitement of Virginia Tech Athletics

