

2017 Virginia Tech Women's Outdoor Track & Field Season-Best Performance List

100m (School Record: 11.40, Patrice Potts, 2007)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
---------	------	------	------	-----------	------------

200m (School Record: 23.01, Courtney Blanden, 2017)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Courtney Blanden	Jr.	23.01	War Eagle Invitational	4/21-22	
		23.33	Weems Baskin Invitational	3/24-25	
		23.47 (p)	NCAA East Regionals	5/25-27	
		23.82	Tennessee Relays	4/7-8	
		23.88 (p)	ACC Championships	5/12-14	
Ama-Selina Tchume	Jr.	23.82	War Eagle Invitational	4/21-22	
		23.94 (p)	ACC Championships	5/12-14	
		23.99	Weems Baskin Invitational	3/24-25	
Arlicia Bush	Fr.	24.56	Tennessee Relays	4/7-8	
Shanel Burr	Jr.	24.78	Virginia Grand Prix	4/29	
		25.01	Tennessee Relays	4/7-8	
Jada Gundran	Jr.	25.31	Tennessee Relays	4/7-8	

400m (School Record: 52.24, Courtney Blanden, 2017)

Athlete	Year	Time	Meet	Meet Date
Courtney Blanden	Jr.	52.24	ACC Championships	5/12-14
		53.07	NCAA East Regionals	5/25-27
		53.48	War Eagle Invitational	4/21-22
		53.96	Weems Baskin Invitational	3/24-25
		54.39	Tennessee Relays	4/7-8
Arlicia Bush	Fr.	53.29	Weems Baskin Invitational	3/24-25
		53.86	Tennessee Relays	4/7-8
		53.88 (p)	ACC Championships	5/12-14
		53.92	War Eagle Invitational	4/21-22
		54.01 (p)	NCAA East Regionals	5/25-27
Ama-Selina Tchume	Jr.	55.44	Hokie Twilight	5/4
		56.45	Weems Baskin Invitational	3/24-25
		56.53	War Eagle Invitational	4/21-22
Jada Gundran	r-Jr.	56.46	Weems Baskin Invitational	3/24-25
Laurie Barton	Fr.	56.62	Virginia Grand Prix	4/29
Amanda Thomas	Fr.	58.23	Weems Baskin Invitational	3/24-25
		59.06	Tennessee Relays	4/7-8
Shannon Quinn	So.	58.34	Virginia Grand Prix	4/29
Tessa Riley	Sr.	1:00.31	Virginia Grand Prix	4/29

800m (School Record: 2:01.17, Hanna Green, 2015)

Athlete	Year	Time	Meet	Meet Date
Hanna Green	Sr.	2:01.28	ACC Championships	5/12-14
		2:01.32	NCAA Championships	6/7-10
		2:02.17	Virginia Challenge	4/21-22
		2:02.53	NCAA East Regionals	5/25-27
Rachel Pocratsky	So.	2:02.67	ACC Championships	5/12-14
		2:03.87	Virginia Challenge	4/21-22
		2:05.31	NCAA East Regionals	5/25-27
		2:09.47	Tennessee Relays	4/7-8
Laurie Barton	Fr.	2:05.48	ACC Championships	5/12-14
		2:05.77	Virginia Grand Prix	4/29
		2:06.10	Virginia Challenge	4/21-22
		2:07.12	NCAA East Regionals	5/25-27
Shannon Quinn	So.	2:09.52	Virginia Grand Prix	4/29
		2:10.19 (p)	ACC Championships	5/12-14
		2:10.95	Virginia Challenge	4/21-22
Katie Kennedy	Jr.	2:10.71	Virginia Challenge	4/21-22
		2:11.51	Hokie Twilight	5/4
Sarah Edwards	Fr.	2:10.77	Virginia Challenge	4/21-22
		2:12.58	Tennessee Relays	4/7-8
		2:19.29	Hokie Twilight	5/4
Tessa Riley	Sr.	2:11.59	Virginia Challenge	4/21-22
		2:14.53	Virginia Grand Prix	4/29
Catherine Stone	Fr.	2:13.78	Tennessee Relays	4/7-8
		2:22.10	Virginia Challenge	4/21-22
Shannon Morton	Sr.	2:15.16	Virginia Challenge	4/21-22
Alyssa Shupe	UN	2:24.18	Hokie Twilight	5/4

1,500m (School Record: 4:12.31, Hanna Green, 2017)

Athlete	Year	Time	Meet	Meet Date
Hanna Green	Sr.	4:12.31 (c)	Penn Relays	4/27-29
		4:15.08	ACC Championships	5/12-14
		4:18.26	Tennessee Relays	4/7-8
Katie Kennedy	Jr.	4:18.83	NCAA East Regionals	5/25/27
		4:20.65	ACC Championships	5/12-14
		4:25.27	Virginia Grand Prix	4/29
		4:26.80	Virginia Challenge	4/21-22
		4:29.23	Tennessee Relays	4/7-8
Rachel Pocratsky	So.	4:26.69 (c)	Penn Relays	4/27-29
		4:32.96	Hokie Twilight	5/4
Sarah Edwards	Fr.	4:26.81	Virginia Challenge	4/21-22
		4:42.00	Tennessee Relays	4/7-8
Laurie Barton	Fr.	4:28.99	Tennessee Relays	4/7-8
Tessa Riley	Sr.	4:31.10 (p)	ACC Championships	5/12-14
		4:33.07	Virginia Challenge	4/21-22
		4:37.52	Hokie Twilight	5/4
		4:40.32	Tennessee Relays	4/7-8
Mikayla Richardson	Fr.	4:32.76	High Point VertKlasse Meeting	3/31-4/1
Jennifer Fleming	So.	4:34.15	High Point VertKlasse Meeting	3/31-4/1
Sara Freix	Fr.	4:37.48	High Point VertKlasse Meeting	3/31-4/1
		4:37.90	Virginia Grand Prix	4/29
Abigail Motley	Jr.	4:39.27	High Point VertKlasse Meeting	3/31-4/1
		4:46.12	Hokie Twilight	5/4
Kathryn Little	Sr.	4:45.30	Hokie Twilight	5/4
Amanda Swaak	So.	4:47.66	Virginia Grand Prix	4/29
		4:50.13	High Point VertKlasse Meeting	3/31-4/1
		4:48.36	High Point VertKlasse Meeting	3/31-4/1
Catherine Stone	Fr.	4:48.36	High Point VertKlasse Meeting	3/31-4/1
Shannon Morton	Sr.	4:53.19	Virginia Grand Prix	4/29
Shannon Quinn	So.	4:53.29	High Point VertKlasse Meeting	3/31-4/1

5,000m (School Record: 15:37.73, Tasmin Fanning, 2008)

Athlete	Year	Time	Meet	Meet Date
Katie Kennedy	Jr.	16:49.14	ACC Championships	5/12-14
		17:15.62	High Point VertKlasse Meeting	3/31-4/1
Mikayla Richardson	Fr.	16:50.00	Tennessee Relays	4/7-8
Jennifer Fleming	So.	16:53.55	Tennessee Relays	4/7-8
Kathryn Little	Sr.	16:55.53	Tennessee Relays	4/7-8
		17:22.07	Virginia Challenge	4/21-22
Sara Freix	Fr.	16:58.55	Tennessee Relays	4/7-8
		18:00.54	Hokie Twilight	5/4
Abigail Motley	Jr.	17:00.14	ACC Championships	5/12-14
		17:04.52	Tennessee Relays	4/7-8
		17:11.53	Virginia Grand Prix	4/29
Amanda Swaak	So.	17:06.38	Tennessee Relays	4/7-8
		17:34.11	Hokie Twilight	5/4
Sarah Edwards	Fr.	17:35.30	High Point VertKlasse Meeting	3/31-4/1

10,000m (School Record: 33:05.96, Linda King, 1984)

Athlete	Year	Time	Meet	Meet Date
Abigail Motley	Jr.	34:48.30	ACC Championships	5/12-14
		34:58.00	Virginia Challenge	4/21-22
		35:50.70	NCAA East Regionals	5/25-27
Kathryn Little	Sr.	35:37.43	ACC Championships	5/12-14
Ella Breidenstine	UN	36:51.03	Hokie Twilight	5/4

100m Hurdles (School Record: 12.46, Queen Harrison, 2010)

Athlete	Year	Time	Meet	Meet Date	Wind (m/s)
Nora McKiver	Sr.	13.68 (p)	War Eagle Invitational	4/21-22	
Shanel Burr	Jr.	13.78 (p)	Liberty Twilight	5/3	
		13.80 (p)	ACC Championships	5/12-14	
		13.86	Tennessee Relays	4/7-8	
		13.99	Virginia Grand Prix	4/29	

400m Hurdles (School Record: 54.55, Queen Harrison, 2010)

Athlete	Year	Time	Meet	Meet Date
Nora McKiver	Sr.	57.87	ACC Championships	5/12-14
		59.10	Tennessee Relays	4/7-8
		59.33	Liberty Twilight	5/3
		1:00.04	Clyde Littlefield Texas Relays	3/29-4/1
		1:00.19	War Eagle Invitational	4/21-22
Jada Gundran	r-Jr.	1:00.83	Weems Baskin Invitational	3/24-25
		59.67	Virginia Grand Prix	4/29
		59.70 (p)	ACC Championships	5/12-14
		1:00.68	Clyde Littlefield Texas Relays	3/29-4/1
		1:00.75 (p)	NCAA East Regionals	5/25-27
Amanda Thomas	Fr.	1:00.80	Tennessee Relays	4/7-8
		1:01.65	Weems Baskin Invitational	3/24-25
		1:02.60	Liberty Twilight	5/3
		1:03.90	Tennessee Relays	4/7-8
		1:04.32	Weems Baskin Invitational	3/24-25

3,000m Steeplechase (School Record: 9:52.89, Sarah Edwards, 2017)

Athlete	Year	Time	Meet	Meet Date
Sarah Edwards	Fr.	9:52.89	NCAA East Regionals	5/25-27
		9:56.00 (p)	NCAA Championships	6/7-10
		10:05.58	ACC Championships	5/12-14
		10:12.45	NCAA Championships	6/7-10
		10:38.57	Virginia Grand Prix	4/29
Mikayla Richardson	Fr.	10:11.89	ACC Championships	5/12-14
		10:29.85	Virginia Challenge	4/21-22
		10:51.09	NCAA East Regionals	5/25-27
Sara Freix	Fr.	11:00.32	Virginia Challenge	4/21-22

4x100m (School Record: 44.33, Green, Potts, Castlin, Spruill, 2007)

Time	Athletes	Meet	Meet Date
44.60	Tchume, Blanden, Bush, McKiver	NCAA East Regionals	5/25-27
44.63	Tchume, Blanden, Bush, McKiver	ACC Championships	5/12-14
44.92	Tchume, Blanden, Bush, McKiver	War Eagle Invitational	4/21-22
44.92	Tchume, Blanden, Bush, McKiver	Clyde Littlefield Texas Relays	3/29-4/1
45.06	Tchume, Bush, Blanden, McKiver	Weems Baskin Invitational	3/24-25
45.12	Tchume, Blanden, Bush, McKiver	Penn Relays	4/27-29

4x400m (School Record: 3:32.05, Harrison, Washington, Green, Spruill, 2008)

Time	Athletes	Meet	Meet Date
3:32.57	Blanden, Tchume, McKiver, Bush	ACC Championships	5/12-14
3:33.70	Blanden, Tchume, McKiver, Bush	Penn Relays	4/27-29
3:36.57	Blanden, Tchume, Green, Bush	NCAA East Regionals	5/25-27
3:38.36	Blanden, Tchume, McKiver, Bush	Weems Baskin Invitational	3/24-25
3:38.78	Blanden, Gundran, McKiver, Bush	Clyde Littlefield Texas Relays	3/29-4/1
3:39.27	Blanden, Tchume, McKiver, Bush	NCAA Championships	6/7-10
3:49.13	Quinn, Pocratsky, Green, Morton	Virginia Challenge	4/21-22
3:54.33	Quinn, Pocratsky, Green, Kennedy	Hokie Twilight	5/4

4x800m (School Record: 8:47.24, Stone, Edwards, Morton, Green, 2017)

Time	Athletes	Meet	Meet Date
8:47.24	Stone, Edwards, Morton, Green	Tennessee Relays	4/7-8

Distance Medley Relay (School Record: 11:23.09, Morton, Green, Smiljanec, Kvartunas, 2015)

Time	Athletes	Meet	Meet Date
11:38.06	Kennedy, Barton, Quinn, Pocratsky	Tennessee Relays	4/7-8

Pole Vault (School Record: 14 ft., 9 in., 4.50m, Martina Schultze, 2013)

Athlete	Year	English	Metric	Meet	Meet Date
Erica Hjerpe	Sr.	13 ft., 5.25 in.	4.10 meters	Tennessee Relays	4/7-8
		13 ft., 3.75 in.	4.06 meters	Clyde Littlefield Texas Relays	3/29-4/1
		12 ft., 11.50 in.	3.95 meters	NCAA East Regionals	5/25-27
		12 ft., 8.75 in.	3.88 meters	ACC Championships	5/12-14
Olivia Privitera	Jr.	13 ft., 5.25 in.	4.10 meters	NCAA East Regionals	5/25-27
		13 ft., 4.5 in.	4.08 meters	Hokie Twilight	5/4
		13 ft., 1.5 in.	4.00 meters	Longhorn Invitational	4/28-29
		12 ft., 2.75 in.	3.73 meters	ACC Championships	5/12-14
		11 ft., 10.5 in.	3.62 meters	Duke Invitational	4/21-22
Hannah Meador	Jr.	11 ft., 7.75 in.	3.55 meters	Tennessee Relays	4/7-8
		11 ft., 1.75 in.	3.40 meters	High Point VertKlasse Meeting	3/31-4/1

High Jump (School Record: 5 ft., 11.25 in., 1.81m, Katie Ollendick, 1998)

Athlete	Year	English	Metric	Meet	Meet Date
----------------	-------------	----------------	---------------	-------------	------------------

Long Jump (School Record: School Record: 20 ft., 1.5 in., 6.13m, April Byrd, 2000)

Athlete	Year	English	Metric	Meet	Meet Date
Eszter Bajnok	Fr.	19 ft., 7.5 in.	5.98 meters	Virginia Grand Prix	4/29
		19 ft., 2.75 in.	5.86 meters	War Eagle Invitational	4/21-22
		17 ft., 9 in.	5.41 meters	ACC Championships	5/12-14

Triple Jump (School Record: 42 ft., 9.75 in., 13.05m, Eszter Bajnok, 2017)

Athlete	Year	English	Metric	Meet	Meet Date
Eszter Bajnok	Fr.	42 ft., 9.75 in.	13.05 meters	ACC Championships	5/12-14
		41 ft., 11.25 in.	12.78 meters	NCAA East Regionals	5/25-27

Hammer Throw (School Record: 224 ft., 3 in., 68.36m, Dorotea Habazin, 2011)

Athlete	Year	English	Metric	Meet	Meet Date		
Emma Thor	Fr.	212 ft., 3 in.	64.69 meters	Pepsi Florida Relays	3/30-4/1		
		210 ft., 7 in.	64.19 meters	NCAA Championships	6/7-10		
		206 ft., 6 in.	62.94 meters	ACC Championships	5/12-14		
		204 ft., 3 in.	62.27 meters	Virginia Grand Prix	4/29		
		201 ft., 9 in.	61.50 meters	Virginia Challenge	4/21-22		
		200 ft., 2 in.	61.02 meters	Weems Baskin Invitational	3/24-25		
		198 ft., 9 in.	60.59 meters	Spec Town Relays	4/7-8		
		196 ft., 6 in.	59.90 meters	NCAA East Regionals	5/25-27		
		Pavla Kuklova	So.	208 ft., 2 in.	63.45 meters	NCAA Championships	6/7-10
				207 ft., 3 in.	63.16 meters	ACC Championships	5/12-14
205 ft., 5 in.	62.61 meters			Weems Baskin Invitational	3/24-25		
204 ft., 3 in.	62.25 meters			NCAA East Regionals	5/25-27		
Kajsa Wennberg	Fr.	204 ft., 2 in.	62.24 meters	Virginia Challenge	4/21-22		
		204 ft., 2 in.	62.24 meters	Pepsi Florida Relays	3/30-4/1		
		190 ft., 0 in.	57.93 meters	Virginia Challenge	4/21-22		
		188 ft., 1 in.	57.34 meters	Pepsi Florida Relays	3/30-4/1		
		186 ft., 3 in.	56.77 meters	Virginia Grand Prix	4/29		
		184 ft., 7 in.	56.26 meters	ACC Championships	5/12-14		
		183 ft., 7 in.	55.97 meters	Weems Baskin Invitational	3/24-25		
		172 ft., 8 in.	52.63 meters	Spec Town Relays	4/7-8		

Javelin Throw (School Record: 196 ft., 6 in., 59.89m, Irena Sediva, 2015)

Athlete	Year	English	Metric	Meet	Meet Date
Irena Sediva	Sr.	192 ft., 9 in.	58.76 meters	NCAA Championships	6/7-10
		192 ft., 6 in.	58.68 meters	ACC Championships	5/12-14
		183 ft., 1 in.	55.80 meters	NCAA East Regionals	5/25-27
Eva Vivod	Sr.	171 ft., 1 in.	52.14 meters	ACC Championships	5/12-14
		167 ft., 6 in.	51.05 meters	NCAA East Regionals	5/25-27
		151 ft., 2 in.	46.08 meters	NCAA Championships	6/7-10

Heptathlon (School Record: 5,833 points, Saskia Triesscheijn, 2006)

Athlete	Year	Points	Meet	Meet Date
----------------	-------------	---------------	-------------	------------------