

VIRGINIA TECH 2010 TRACK & FIELD NCAA CHAMPIONSHIP NOTES



CASTLIN • HALIM • HALL • HARRISON • JODON • LOMNICKY • MISLJENOVIC • OLHOVSKY • RICKS • ZIEGLER

2010 Track and Field Schedule

2010 Indoor Season

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

2010 Outdoor Season

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

All home meets in bold

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NCAA Indoor Championships

Friday-Saturday, March 12-13

Randal Tyson Track Center • Fayetteville, Ark.

Hokie NCAA Selections

Men

Hasheem Halim - Triple Jump (52-08.25)

Hunter Hall - Pole Vault (17-09.25)

Jared Jodon - Pole Vault (17-08.50)

Marcel Lomnicky - Weight Throw (69-08.50)

Igor Misljenovic - Shot Put (61-04.25)

Yavgeniy Olhovskiy - Pole Vault (17-07.75)

Keith Ricks - 60m Dash (6.65)

Alexander Ziegler - Weight Throw (73-10.25)

Women

Queen Harrison - 60m Hurdles (7.94)

Kristi Castlin - 60m Hurdles (8.08)

Track and Field Information

Director of Track and FieldDave Cianelli (Bowling Green, '77)

T&F Office Phone (540) 231-5037

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Year at Tech Ninth

Associate Head Track and Field Coach (Throws) ... Greg Jack (Florida St., '97)

Sprints/Hurdles/Jumps Coach Charles Foster (NC Central, '75)

Head Cross Country/Distance Coach Ben Thomas (Virginia Tech, '92)

Assistant Cross Country/Distance Coach Jen McGranahan (Florida, '02)

Pole Vault Coach Bob Phillips (Virginia Tech, '80)

Technical Director Stacey Vidt (Virginia Tech, '03)

Track and Field on the Internet www.hokiesports.com

Ten Hokies selected to NCAA Championships

Eight men, two women to represent Tech at NCAA meet

BLACKSBURG, Va. – Ten members of the Virginia Tech track and field squads earned berths to the NCAA Indoor Track and Field Championships, the NCAA announced on Monday. Eight Hokie men and two Tech women will compete in the national meet at the Randal Tyson Track Center in Fayetteville, Ark., on March 12-13.

Seniors Queen Harrison and Kristi Castlin will be partaking in their final indoor NCAA meet this weekend. Harrison and Castlin were both selected in the women’s 60-meter hurdles, where they own impressive top-five times nationally. Harrison ran a national top time of 7.94 en route to an ACC title in the event two weeks ago, while Castlin holds a season-best clocking of 8.08, which stands fourth in the country.

On the men’s side, the Hokies represented very well in the field events. Three Hokies secured trips to Fayetteville in the pole vault. Juniors Hunter Hall, who captured the ACC championship in the event, and Jared Jodon, as well as senior Yavgeniy Olhovskiy will all compete in the pole vault this weekend. Hall and Jodon cleared career-bests of 17-09.25 and 17-08.50, respectively, this season, while Olhovskiy comes into the meet with a season-best mark of 17-07.75.

In the throws events, freshman Alexander Ziegler and sophomore Marcel Lomnicky are entered in the men’s weight throw, while senior Igor Misljenovic claimed a bid to the NCAA Championships in the men’s shot put in his final indoor season. Ziegler launched a 73-10.25, which sits third in the U.S., to win the ACC weight throw title. Lomnicky tossed a season-best 69-08.25 in the weight throw at the VT Elite Meet earlier this year. Lomnicky’s mark is fifth-best in the nation. Misljenovic, who continually improved as the season went along, threw a personal-best toss of 61-04.25 at the ACC Championships to work his way into the NCAA field in the shot put. The Zagreb, Croatia, native finished second in the event at the conference meet.

Sophomore Hasheem Halim rounds out the Hokie field athletes, using a school-record jump at the ACC meet to notch a bid into the NCAA Championships’ men’s triple jump. In his final attempt of the competition, the Lilburn, Ga., native leaped a runner-up effort of 52-08.25 to set the Tech standard and put himself in position to receive a berth into the national meet. Halim’s mark is 10th in the country.

Representing the men’s sprints, sophomore Keith Ricks ran a 6.65 in the men’s 60-meter dash in his first meet of the year, the Hokie Invitational. The time proved strong enough to get Ricks to the national meet, ranking 11th in the nation.

The NCAA Indoor Track and Field Championships kick off on Friday, March 12 and will conclude on Saturday, March 13. The first Hokie to compete at the meet will be Misljenovic in the men’s shot put, scheduled to begin on Friday at 2:45 p.m. Results will be available on hokiesports.com.



Kristi Castlin

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

2010 Indoor: Finished second in the 60-meter hurdles at the ACC Championships with a time of 8.11 ... Ran season-best clocking of 8.08 in the 60-meter hurdles at the VT Elite Meet to earn an automatic berth to the NCAA meet ... Ran automatic NCAA time in the 60-meter hurdles four times on the year ... Sprinted on second leg of runner-up 4x400-meter relay quartet that clocked a 3:42.18 at the Hokie Invitational ... Also competed in the 200-meter dash on the season, with best finish coming at the VT Elite Meet where she took sixth ... Ranked fourth in the nation in the 60-meter hurdles.

Season Bests

*60-Meter Hurdles 8.08 (VT Elite)
200-Meter Dash..... 24.26 (ACC Championships)
4x400-Meter Relay..... 3:42.18 (Hokie Invitational)



Queen Harrison

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

2010 Indoor: Set personal, school and ACC meet record with a time of 7.94 in the 60-meter hurdles for her first individual ACC Championship ... The mark is currently the top time in the nation in the race ... Became first Hokie to run under eight seconds in the 60-meter hurdles with a clocking of 7.99 in the prelims of the race at the VT Elite Meet ... Ended up winning the event at the VT Elite with time of 7.96 ... Also broke school record in the 400-meter dash three times on the season, and currently owns the standard at 53.06, which she achieved in another ACC-title performance at the conference championships ... Won every 60-meter hurdle competition she ran in on the season, and tallied two first-place finishes in the 400-meters ... Named ACC Performer of the Week twice during indoor campaign ... Ran opening leg of first-place 4x400-meter relay squad that clocked 3:38.96 at the VT Challenge ... Also sprinted the opening leg of the runner-up 4x400-meter relay unit at the ACC Championships.

Season Bests

*60-Meter Hurdles 7.94 (ACC Championships)
400-Meter Dash..... 53.06 (ACC Championships)
4x400-Meter Relay..... 3:38.96 (VT Challenge)



Hunter Hall

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

2010 Indoor: Won first ACC title with a clearance of 17-08.50 in the pole vault at the conference meet ... Improved on provisional mark and personal best with a vault of 17-09.25 at the VT Final Qualifier ... Registered six top-three showings on the season and reached NCAA provisional height six times ... Finished runner-up at the VT Elite Meet ... Owns seventh-best mark in the country in the pole vault.

Season Bests

*Pole Vault 17-09.25 (VT Final Qualifier)



Hasheem Halim

Sophomore • Jumps
Lilburn, Ga.
Berkmar H.S.

2010 Indoor: Set school record in the triple jump at the ACC Championships, where he leaped a mark of 52-08.25 for second place ... Surpassed old standard of 51-10, set by Idikoro Eradiri in 2007 ... Took fifth in the triple jump at the VT Elite Meet with a mark of 51-02.25 ... Just missed scoring team points with a ninth-place effort in the long jump at the ACC meet, jumping a career-best 23-01.75 ... Also competed in the 400-meter dash on the season ... Is currently ranked 10th in the nation in the triple jump.

Season Bests

*Triple Jump 52-08.25 (ACC Championships)
Long Jump 23-01.75 (ACC Championships)
400-Meter Dash 50.92 (Hokie Invitational)



Jared Jodon

Junior • Pole Vault
Uniontown, Pa.
Laurel Highlands H.S.

2010 Indoor: Cleared a career-best height of 17-08.50 in the pole vault to place second at the ACC Championships, his best finish at an ACC meet ... Finished second at the VT Challenge with a vault of 17-01 ... Recorded two other top-five finishes on the season.

Season Bests

*Pole Vault 17-08.50 (ACC Championships)



Marcel Lomnický

Sophomore • Throws
Nitra, Slovakia
Sport Grammar School Nitra

2010 Indoor: Placed second in the weight throw at the ACC Championships with throw of 69-00 ... Recorded best toss of season at the Hokie Invitational, where he launched a mark of 69-08.25 for second place ... Holds fifth-best throw in the U.S.

Season Bests

*Weight Throw 69-08.25 (Hokie Invitational)



Igor Misljenovic

Senior • Throws
Zagreb, Croatia
XIII Gimnazija

2010 Indoor: Named ACC Men’s Performer of the Week on Feb. 23, after winning the shot put crown at the VT Challenge with toss of 60-01.25 ... Finished second in the shot put at the ACC Championships with career-best toss of 61-04.25 ... Placed fifth at VT Elite Meet’s shot put, tossing provisional mark of 59-09.50 in his first competition of the season ... Stands in 12th in the nation in the shot put.

Season Bests

*Shot Put 61-04.25 (ACC Championships)



Yavgeniy Olhovsky

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

2010 Indoor: Won the VT Elite Meet’s pole vault with season-best height of 17-07.75 ... Captured first place in the pole vault at the Hokie Invitational with clearance of 17-07.25 ... Took third in the ACC Championships’ pole vault ... Talled four top-three showings in the event on the season ... Ranked 10th in the nation in pole vault.

Season Bests

Pole Vault 17-07.75 (VT Elite)



Keith Ricks

Sophomore • Sprints
Suffolk, Va.
King’s Fork H.S.

2010 Indoor: Clocked personal-best and school-record time of 6.65 in the 60-meter dash in his first competition of the year en route to a first-place finish at the Hokie Invitational ... Named ACC Performer of the Week for efforts at the Hokie Invite ... Ran under 6.7 seconds in the 60-meter dash two other times on the season, including 6.67 in a third-place effort at the VT Elite Meet ... Qualified for finals in the 60-meter dash at the ACC Championships, but suffered hamstring injury during prelims of the 200-meter dash, which forced him to scratch in the 60-meters the next day ... Recorded best finish of the season in the 200-meters at the Hokie Invitaitonal where he took third ... Also competed in the 4x400-meter relay on the year ... Ranked 11th in the U.S. in the 60-meter dash.

Season Bests

*60-Meter Dash..... 6.65 (Hokie Invitational)
200-Meter Dash..... 21.40 (VT Elite)
4x400-Meter Relay..... 3:18.93 (VT Challenge)



Alexander Ziegler

Freshman • Throws
Dischingen, Germany
Schiller Gymnasium
Heidenheim

2010 Indoor: Tossed NCAA automatic mark of 73-10.25 to win the ACC weight throw gold medal ... Became second-straight Hokie freshman to win the ACC championship in the weight throw after Marcel Lomnicky completed the feat in 2009 ... Threw 72-05.75 to ensure trip to national meet at the VT Elite Meet, where he placed first in the weight throw ... In his first meet of the season, launched a 63-09.50 for sixth place at the Hokie Invite ... Holds third-best distance in the country in the weight throw.

Season Bests

*Weight Throw 73-10.25 (ACC Championships)

NCAA Indoor Championships

Schedule of Events (March 12-13)

Friday, March 12th

COMBINED EVENTS

10:00 a.m. Heptathlon (60m, LJ, SP, HJ) M Finals

FIELD EVENTS

12:00 p.m. Weight Throw W Finals
2:45 p.m. High Jump W Finals
2:45 p.m. Shot Put M Finals
5:25 p.m. Long Jump M Finals
6:25 p.m. Pole Vault M Finals
7:25 p.m. Long Jump W Finals

RUNNING EVENTS

4:55 p.m. Mile Run M Prelims
5:10 p.m. Mile Run W Prelims
5:25 p.m. 60-Meter Hurdles M Prelims
5:40 p.m. 60-Meter Hurdles W Prelims
5:55 p.m. 400-Meter Dash M Prelims
6:10 p.m. 400-Meter Dash W Prelims
6:25 p.m. 60-Meter Dash M Prelims
6:40 p.m. 60-Meter Dash W Prelims
6:55 p.m. 800-Meter Run M Prelims
7:10 p.m. 800-Meter Run W Prelims
7:25 p.m. 200-Meter Dash M Prelims
7:40 p.m. 200-Meter Dash W Prelims
8:00 p.m. 5,000-Meter Run M Finals
8:20 p.m. 5,000-Meter Run W Finals
8:45 p.m. 200-Meter Dash M Finals
8:55 p.m. 200-Meter Dash W Finals
9:05 p.m. Distance Medley Relay M Finals
9:20 p.m. Distance Medley Relay W Finals

Saturday, March 13th

COMBINED EVENTS

11:00 a.m. Heptathlon (60mH, PV, 1000m) M Finals
11:30 a.m. Pentathlon (60mH, HJ, SP, LJ, 800m) W Finals

FIELD EVENTS

2:00 p.m. Weight Throw M Finals
4:30 p.m. Shot Put W Finals
4:45 p.m. High Jump M Finals
5:00 p.m. Pole Vault W Finals
5:30 p.m. Triple Jump M Finals
6:30 p.m. Triple Jump W Finals

RUNNING EVENTS

6:15 p.m. Mile Run M Finals
6:25 p.m. Mile Run W Finals
6:35 p.m. 60-Meter Hurdles M Finals
6:45 p.m. 60-Meter Hurdles W Finals
6:55 p.m. 400-Meter Dash M Finals
7:05 p.m. 400-Meter Dash W Finals
7:15 p.m. 60-Meter Dash M Finals
7:25 p.m. 60-Meter Dash W Finals
7:35 p.m. 800-Meter Run M Finals
7:45 p.m. 800-Meter Run W Finals
7:55 p.m. 3,000-Meter Run M Finals
8:10 p.m. 3,000-Meter Run W Finals
8:25 p.m. 4x400-Meter Relay W Finals
8:40 p.m. 4x400-Meter Relay M Finals
9:05 p.m. Awards Ceremony

Hokie Notes

Tech Ranked - The Tech men are ranked 10th in the nation, while the Hokie women sit at No. 24, as announced in the latest USTFCCCA National Poll. In the preseason poll, both Tech squads sat in 13th.

Home Meets - Tech hosted six home meets this indoor season, including the ACC Indoor Championships, Feb. 25-27. All home meets took place at Rector Field House.

Top of the Nation - Senior Queen Harrison currently owns the top 60-meter hurdle time in the nation. Her mark of 7.94 seconds is more than a tenth of a second faster than the second-best time of 8.05, held by Gabby Mayo of Texas A&M. The clocking also ranks tied for seventh in the world thus far this year. Senior teammate Kristi Castlin holds the fourth-best time in the nation of 8.08.

Under 8 - Senior Queen Harrison became the first Hokie to break the eight-second mark in the women's 60-meter hurdles, as she clocked 7.96 seconds en route to a first-place finish in the event at the VT Elite Meet on Feb. 5. She since has lowered the time, earning 7.94 seconds at the ACC Championships.

Hokie Throws - Tech's throws unit has put together a masterful indoor campaign in 2010. The men's unit scored 25 points in the ACC Championships' weight throw, as Hokie throwers placed first, second, fifth and sixth, led by freshman Alexander Ziegler. Ziegler who already punched his ticket to the NCAA Championships in the weight throw with a NCAA automatic-qualifying toss at the VT Elite Meet, won the ACC title with a career-best throw of 73-10.25. Sophomore Marcel Lomnický finished second, tossing 69-00. Lomnický is provisionally qualified with a season-best toss of 69-08.25. Freshman Denis Mahmic and senior Matej Muza, who are also provisionally qualified in the event, placed fifth and sixth, respectively. Ziegler and Lomnický hold the third and fifth-best marks in the nation, respectively. Senior Igor Misljenovic is provisionally qualified in the men's shot put and owns a personal-best mark of 61-04.25 which took second at the conference meet. Junior Dorotea Habazin represents the Hokie women on the throws unit, and currently is provisionally qualified in the weight throw with a mark of 64-00.25. She placed second in the event at the 2010 ACC meet.

Three's Company - Returning Hokie pole vaulters Yavgeniy Olhovskiy, Hunter Hall and Jared Jodon all stand provisionally qualified in the pole vault after an outstanding ACC indoor meet. Hall, Jodon and Olhovskiy finished one, two and three and Joe Davis finished fifth, tallying 28 points combined towards the Hokie team score. Hall and Jodon cleared personal-bests of 17-08.50, while Olhovskiy vaulted 17-00.75. Davis earned fifth in the event, topping 16-08.75.

Hokie NCAA Qualifiers

Men

Hasheem Halim.....	Triple Jump.....	52-08.25P
Hunter Hall.....	Pole Vault	17-09.25P
Jared Jodon	Pole Vault	17-08.50P
Marcel Lomnicky.....	Weight Throw	69-08.25P
Denis Mahmic.....	Weight Throw	64-00.25P
Igor Misljenovic.....	Shot Put.....	61-04.25P
Matej Muza	Weight Throw	65-06P
Yavgeniy Olhovskiy	Pole Vault	17-07.75P
Keith Ricks.....	60-Meter Dash.....	6.65P
David Wilson	Triple Jump.....	51-05P
Alexander Ziegler.....	Weight Throw	73-10.25A

Women

Funmi Alabi.....	60-Meter Dash.....	7.37P
Kristi Castlin	60-Meter Hurdles	8.08A
Dorotea Habazin.....	Weight Throw	64-00.25P
Queen Harrison.....	60-Meter Hurdles	7.94A
	400-Meter Dash	53.06P
Ogechi Nwaneri	60-Meter Dash.....	7.39P
Kelly Phillips	Pole Vault	12-11.50P
Harrison, Amegashie	4x400-Meter Relay.....	3:38.96P
Alabi, Boone		

P - Provisional Mark A - Automatic Mark

Hokie Notes (Cont.)

Performers of the Week - Sophomore Keith Ricks and senior Queen Harrison earned the ACC Men's and Women's Performer of the Week Awards, respectively, on Jan. 26 for their efforts at the Hokie Invite. Harrison then won the ACC weekly honor again on Feb. 9, after breaking school records and collecting victories in the 60-meter hurdles and the 400-meter dash at the VT Elite Meet. Senior Igor Misljenovic became the fourth Hokie to win the award this season on Feb. 23, after setting a then-career best with a toss of 60-01.25, winning the shot put at the VT Challenge.

School Records - The Hokies have broken several school records thus far in the indoor season. On the women's side, senior Queen Harrison set Tech standards in the 60-meter hurdles (7.94) and the 400-meter dash (53.06), while redshirting senior Asia Washington broke the school record in the 500-meters (1:11.49) while competing unattached. For the Tech men, sophomore Keith Ricks came in under the former school-best time in the 60-meter dash (6.65), sophomore Michael Hammond set a new mark in the 3,000-meters (8:10.27) and sophomore Hasheem Halim leaped into the school record books in the triple jump (52-08.25).

Rookies on the Rise - Several Tech freshmen have started their collegiate careers off strongly. Freshman Alexander Ziegler automatically qualified for the NCAA Championships in the men's weight throw at the VT Elite Meet. Ziegler

launched a 72-05.75 mark to win the event, and currently ranks third in the nation with a toss of 73-10.25. Fellow freshman thrower Denis Mahmic also provisionally qualified in the event at the VT Elite meet, throwing 64-00.25. David Wilson won the triple jump at the Hokie Invite and provisionally qualified, leaping 51-05. For the Tech women, freshmen Funmi Alabi and Yvonne Amegashie stand provisionally qualified in the 4x400-meter relay after running the second and third legs of the race, respectively, at the VT Elite Meet. Alabi and Amegashie, along with senior Queen Harrison and sophomore Aunye Boone, clocked a 3:39.81 in the event for second place. Alabi is also provisionally qualified in the 60-meter dash, sprinting Tech's top time this season in the event of 7.37 for a runner-up finish at the ACC Championships.

Sprinting to a Fast Start - At the Hokie Invitational, the sprints/hurdles crew saw their first action of the 2010 season and immediately made an impact. Seniors Queen Harrison and Kristi Castlin finished one-two in the 60-meter hurdles with NCAA automatic-qualifying times, and Harrison came back to set a then-school record and provisionally qualify in the 400-meters en route to a runner-up finish in the event. Sophomore Keith Ricks won the men's 60-meter dash in school-record fashion and provisionally qualified in the process. Along with Harrison, Castlin and Ricks, sophomore Ogechi Nwaneri provisionally qualified in the women's 60-meter dash, finishing third in the race.

From the Field to the Track - Much as he did on the football field last fall for the Hokies, freshman David Wilson made quite a first impression in his initial track competition. A highly touted prep football prospect and a prep national champion in the triple jump, Wilson won the triple jump at the Hokie Invitational with an NCAA provisional mark of 51-05. Wilson rushed for 334 yards and four touchdowns in his freshman season with the Hokie football team in 2009.

Family Affair - Virginia Tech track and field meets are a family reunion of sorts for some Hokie athletes. Freshman sprinter Yvonne Amegashie joined her brother, junior hurdler Ebenezer, at Tech this year, and junior pole vaulter Kelly Phillips is mentored by her father, Tech pole vault coach Bob Phillips.

New Faces - Tech welcomed two new coaches to the staff last fall. Charles Foster took over the sprints/hurdles/jumps units after serving 17 years in the ACC as an assistant coach at Clemson and North Carolina. Jen McGranahan joined the Hokies as assistant cross country and distance coach. McGranahan, a former All-SEC runner at the University of Florida, came to Tech from Pensacola, Fla., where she worked as a personal trainer for a specialty running store, Swiftly Running. Stacey Vidt moved to the position of Technical Director, where she will handle the day-to-day and operations duties of the track and field squad.

2010 Virginia Tech Hokies

2010 Virginia Tech Men's Roster

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

2010 Virginia Tech Women's Roster

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

Indoor Hokie Record Books

Men's Indoor Records

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	8:10.27	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 Olhovsky	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



Women's Indoor Records

Event	Time/Mark	Name	Year
55m	6.85	Patrice Potts	2007
60m	7.33	Patrice Potts	2008
200m	23.62	Britni Spruill	2008
300m	37.93	Britni Spruill	2008
400m	53.06	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
 • Bolded athletes still competing at Tech

2010 Top Hokie Marks by Event

EVENT	MEN	WOMEN
60m Dash	6.65PS (Ricks)	7.37P (Alabi)
200m Dash	21.40 (Ricks)	24.00 (Nwaneri)
300m Dash	N/A	39.30 (Boone)
400m Dash	50.92 (Halim)	53.06PS (Harrison)
600m Run	1:20.46 (McLaughlin)	1:36.76 (Lemieux)
800m Run	1:51.39 (McLaughlin)	2:13.58 (Pinkston)
1,000m Run	2:26.65 (Lee)	2:53.50 (Pinkston)
Mile Run	4:03.80 (Hammond)	4:53.59 (Dow)
3,000m Run	8:10.27S (Hammond)	9:47.21 (Dow)
5,000m Run	14:31.06 (Welch)	18:06.68 (Stehle)
60m Hurdles	7.98 (Smith)	7.94AS (Harrison)
Long Jump	23-08.75 (Wilson)	N/A
Triple Jump	52-08.25PS (Halim)	N/A
Pole Vault	17-09.25P (Hall)	12-11.50P (Phillips)
Shot Put	61-04.25P (Misljenovic)	N/A
Weight Throw	73-10.25A (Ziegler)	64-00.25P (Habazin)
4x100m Relay	N/A	N/A
4x400m Relay	3:17.12 (E. Amegashie, McCants, McLaughlin, Degfae)	3:38.96P (Harrison, Y. Amegashie, Alabi, Boone)
4x800m Relay	7:39.29 (McLaughlin, Hagen, Degfae, Witt)	9:35.85 (Pinkston, Kavanaugh, van der Sloot, Weidman)
Distance Medley Relay	9:41.87 (Mulherin, McCants, McLaughlin, Hammond)	11:44.57 (Dow, Woodford, Lemieux, Trapeni)

P – Provisional-Qualifying Time; A – Automatic-Qualifying Time; S – School Record;

AA – All-America Performance; NC – National Champion

2009-10 Men's Indoor Performance List

Athletes in Italics competed unattached

Ebenezer Amegashie

•	60-Meter Hurdles				
	8.11	VT Challenge	1st	Prelims	2-19
	8.13	VT Final Qualifier	13th	Prelims	3-6
	8.16	VT Challenge	1st	Finals	2-19
	8.19	VT Final Qualifier	14th	Semis	3-6

Jared Berman

•	Mile Run				
	<i>4:11.54</i>	<i>VT Final Qualifier</i>	<i>5th</i>	<i>Finals</i>	<i>3-6</i>
•	1,000-Meter Run				
	2:29.50	VT Challenge	12th	Finals	2-19
	2:35.45	Virginia Tech Invitational	10th	Finals	1-15
•	3,000-Meter Run				
	8:43.48	Hokie Invitational	25th	Finals	1-22

Logan Collins

•	1,000-Meter Run				
	2:33.57	VT Challenge	23rd	Finals	2-19
•	Mile Run				
	<i>4:22.81</i>	<i>Virginia Tech Invitational</i>	<i>2nd</i>	<i>Finals</i>	<i>1-15</i>
	4:24.63	VT Elite	19th	Finals	2-5
•	3,000-Meter Run				
	8:54.53	<i>Hokie Invitational</i>	<i>31st</i>	<i>Finals</i>	<i>1-22</i>

William Comfort

•	200-Meter Dash				
	23.13	Penn State National	25th	Finals	1-29
	23.31	VT Elite	25th	Finals	2-5
•	400-Meter Dash				
	51.47	Hokie Invitational	31st	Finals	1-23
	53.76	VT Elite	11th	Finals	2-6

Devin Cornwall

•	3,000-Meter Run				
	8:26.67	VT Elite	9th	Finals	2-5
	8:36.30	VT Challenge	14th	Finals	2-19
	<i>8:41.16</i>	<i>Hokie Invitational</i>	<i>24th</i>	<i>Finals</i>	<i>1-22</i>

Jason Cusack

•	Mile Run				
	4:11.32	VT Final Qualifier	3rd	Finals	3-6
	4:14.43	ACC Championships	15th	Prelims	2-26
	4:27.26	Virginia Tech Invitational	8th	Finals	1-15
•	3,000-Meter Run				
	8:23.97	VT Elite	7th	Finals	2-5
	8:30.37	ACC Championships	22nd	Finals	2-27
	8:37.01	VT Challenge	15th	Finals	2-19
	8:44.43	Hokie Invitational	27th	Finals	1-22

Joe Davis

• Pole Vault					
16-08.75	ACC Championships	5th	Finals	2-27	
16-02.75	<i>Liberty Kick Off</i>	3rd	<i>Finals</i>	12-3	
16-00.50	VT Challenge	8th	Finals	2-20	
15-07.75	VT Final Qualifier	13th	Finals	3-6	
15-00.25	VT Elite	t13th	Finals	2-6	

Tihut Degfae

• 600-Meter Run					
1:21.40	VT Challenge	6th	Finals	2-19	
• 800-Meter Run					
1:52.08	Alex Wilson Invite	25th	Finals	3-6	
1:52.24	VT Challenge	5th	Finals	2-20	
1:53.53	ACC Championships	13th	Prelims	2-26	
• 1,000-Meter Run					
2:33.69	Virginia Tech Invitational	6th	Finals	1-15	
• Mile Run					
4:25.26	VT Elite	20th	Finals	2-5	

Ryan Hagen

• 600-Meter Run					
1:20.74	VT Challenge	5th	Finals	2-19	
• 1,000-Meter Run					
2:33.39	Virginia Tech Invitational	5th	Finals	1-15	
• Mile Run					
4:12.63	VT Challenge	8th	Finals	2-20	
4:14.67	VT Elite	5th	Finals	2-5	
4:15.04	VT Final Qualifier	6th	Finals	3-6	

Hunter Hall

• Pole Vault					
17-09.25P	VT Final Qualifier	2nd	Finals	3-6	
17-08.50P	ACC Championships	1st	Finals	2-27	
17-04.50P	Penn State National	3rd	Finals	1-29	
17-03.75P	VT Elite	2nd	Finals	2-6	
17-03.50P	Hokie Invitational	3rd	Finals	1-23	
17-01P	VT Challenge	t3rd	Finals	2-20	
16-03.25	Virginia Tech Invitational	5th	Finals	1-15	

Hasheem Halim

• 400-Meter Dash					
50.92	Hokie Invitational	26th	Finals	1-23	
• Long Jump					
23-01.75	ACC Championships	9th	Finals	2-26	
22-11.25	VT Challenge	9th	Finals	2-19	
• Triple Jump					
52-08.25PS	ACC Championships	2nd	Finals	2-27	
51-02.25P	VT Elite	5th	Finals	2-6	
50-08.25	VT Final Qualifier	7th	Finals	3-6	
49-09.25	Hokie Invitational	4th	Finals	1-22	

Michael Hammond

- 600-Meter Run
1:21.91 VT Challenge 9th Finals 2-19
- Mile Run
4:03.80 VT Challenge 1st Finals 2-20
4:07.80 ACC Championships 1st Prelims 2-26
4:10.36 ACC Championships 1st Finals 2-27
4:26.42 *Virginia Tech Invitational* 5th *Finals* 1-15
- 3,000-Meter Run
8:10.27 VT Elite 1st Finals 2-5
8:25.39 ACC Championships 12th Finals 2-27
8:37.55 *Hokie Invitational* 18th *Finals* 1-22

Eric Hoepker

- 600-Meter Run
1:22.65 VT Challenge 12th Finals 2-19
- 800-Meter Run
1:53.37 ACC Championships 12th Prelims 2-26
1:55.16 VT Challenge 15th Finals 2-20
1:55.30 VT Elite 9th Finals 2-5
- 1,000-Meter Run
2:37.89 Virginia Tech Invitational 18th Finals 1-15
- Mile Run
4:30.24 VT Final Qualifier 13th Finals 3-6

Jared Jodon

- Pole Vault
17-08.50P ACC Championships 2nd Finals 2-27
17-01P VT Challenge 2nd Finals 2-20
16-09.50 Hokie Invitational 4th Finals 1-23
16-09.25 Virginia Tech Invitational 3rd Finals 1-15
16-07.50 VT Final Qualifier 9th Finals 3-6
16-06 VT Elite 6th Finals 2-6
16-02.75 Penn State National 7th Finals 1-29
16-02.75 *Liberty Kick Off* 4th *Finals* 12-3

Matt Kroetch

- Mile Run
4:17.05 VT Final Qualifier 7th Finals 3-6
4:29.08 Virginia Tech Invitational 11th Finals 1-15
- 3,000-Meter Run
8:27.03 VT Challenge 9th Finals 2-19
8:35.11 VT Elite 13th Finals 2-5
8:47.76 Hokie Invitational 28th Finals 1-22
- 5,000-Meter Run
14:52.84 ACC Championships 12th Finals 2-26

Kieran Lee

- 800-Meter Run
1:53.44 VT Challenge 11th Finals 2-19
1:54.98 ACC Championships 20th Prelims 2-26

•	Mile Run				
	4:10.22	VT Final Qualifier	2nd	Finals	3-6
	4:16.93	VT Elite	10th	Finals	2-5
Marcel Lomnický					
•	Weight Throw				
	69-08.25P	Hokie Invitational	2nd	Finals	1-22
	69-00P	ACC Championships	2nd	Finals	2-26
	FOUL	VT Elite	-	Finals	2-5
Denis Mahmic					
•	Weight Throw				
	64-00.25P	VT Elite	5th	Finals	2-5
	62-05.75	ACC Championships	5th	Finals	2-26
Jonathan McCants					
•	200-Meter Dash				
	21.72	ACC Championships	9th	Prelims	2-26
Nick McLaughlin					
•	600-Meter Run				
	1:20.46	VT Challenge	4th	Finals	2-19
•	800-Meter Run				
	1:51.39	VT Challenge	4th	Finals	2-20
	1:52.34	ACC Championships	11th	Prelims	2-26
	1:53.30	VT Elite	1st	Finals	2-5
•	1,000-Meter Run				
	2:34.23	Virginia Tech Invitational	8th	Finals	1-15
Jeff Miller					
•	600-Meter Run				
	1:21.58	VT Challenge	8th	Finals	2-19
•	800-Meter Run				
	1:52.62	VT Final Qualifier	3rd	Finals	3-6
	1:54.02	VT Challenge	14th	Finals	2-20
	1:54.14	VT Elite	4th	Finals	2-5
	1:54.79	ACC Championships	19th	Prelims	2-26
•	1,000-Meter Run				
	2:35.62	Virginia Tech Invitational	12th	Finals	1-15
Michael Miller					
•	Pole Vault				
	15-09	<i>Liberty Kick Off</i>	5th	<i>Finals</i>	12-3
Igor Misljenovic					
•	Shot Put				
	61-04.25P	ACC Championships	2nd	Finals	2-27
	60-01.25P	VT Challenge	1st	Finals	2-20
	59-09.50P	VT Elite	5th	Finals	2-6

Will Mulherin

• 1,000-Meter Run					
2:27.24	VT Challenge	6th	Finals	2-19	
• Mile Run					
4:06.40	VT Challenge	5th	Finals	2-20	
4:26.42	<i>Virginia Tech Invitational</i>	6th	<i>Finals</i>	1-15	
• 3,000-Meter Run					
8:12.99	VT Elite	3rd	Finals	2-5	
8:37.56	<i>Hokie Invitational</i>	19th	<i>Finals</i>	1-22	

Matej Muza

• Weight Throw				
65-05P	VT Challenge	2nd	Finals	2-19
61-00.75	ACC Championships	6th	Finals	2-26

Yavgeniy Olhovskiy

• Pole Vault				
17-07.75P	VT Elite	1st	Finals	2-6
17-07.25P	VT Final Qualifier	5th	Finals	3-6
17-07.25P	Hokie Invitational	1st	Finals	1-23
17-02.75P	<i>Liberty Kick Off</i>	2nd	<i>Finals</i>	12-3
17-01P	VT Challenge	t3rd	Finals	2-20
17-00.75P	ACC Championships	3rd	Finals	2-27

Keith Ricks

• 60-Meter Dash				
6.65PS	Hokie Invitational	1st	Finals	1-22
6.67P	VT Elite	3rd	Finals	2-5
6.68P	VT Elite	3rd	Prelims	2-5
6.72	Hokie Invitational	1st	Prelims	1-22
6.74	Penn State National	2nd	Prelims	1-29
6.75	ACC Championships	3rd	Prelims	2-26
• 200-Meter Dash				
21.40	VT Elite	5th	Finals	2-6
21.49	Hokie Invitational	3rd	Finals	1-23

Keare Smith

• 60-Meter Hurdles				
7.98	VT Final Qualifier	7th	Semis	3-6
8.00	ACC Championships	7th	Finals	2-27
8.01	VT Final Qualifier	8th	Finals	3-6
8.02	ACC Championships	7th	Prelims	2-26
8.07	Penn State National	12th	Semis	1-29
8.09	Penn State National	12th	Prelims	1-29
8.09	VT Final Qualifier	8th	Prelims	3-6
8.19	Hokie Invitational	6th	Finals	1-22
8.27	Hokie Invitational	8th	Prelims	1-22

Matthias Treff

• 60-Meter Dash (Heptathlon)				
7.32	ACC Championships	7th	Finals	2-26

- Long Jump (Heptathlon)
20-04.25 ACC Championships 9th Finals 2-26
- Shot Put (Heptathlon)
35-08.75 ACC Championships 7th Finals 2-26
- High Jump (Heptathlon)
5-07.75 ACC Championships 10th Finals 2-27
- 60-Meter Hurdles (Heptathlon)
9.69 ACC Championships 11th Finals 2-27

Chris Walizer

- 800-Meter Run
1:53.90 VT Challenge 12th Finals 2-20
- 1,000-Meter Run
2:27.57 VT Challenge 7th Finals 2-19
- Mile Run
4:26.83 Virginia Tech Invitational 7th Finals 1-15
- 3,000-Meter Run
8:34.86 VT Elite 12th Finals 2-5
8:51.95 Hokie Invitational 30th Finals 1-22

Brian Welch

- Mile Run
4:09.96 VT Final Qualifier 1st Finals 3-6
4:27.31 *Virginia Tech Invitational* 10th *Finals* 1-15
- 3,000-Meter Run
8:22.59 ACC Championships 11th Finals 2-27
8:22.72 VT Challenge 5th Finals 2-19
8:23.27 VT Elite 6th Finals 2-5
8:37.29 *Hokie Invitational* 16th *Finals* 1-22
- 5,000-Meter Run
14:31.06 ACC Championships 5th Finals 2-26

David Wilson

- 60-Meter Dash
6.86 VT Elite 14th Finals 2-5
6.87 ACC Championships 10th Prelims 2-26
6.97 VT Challenge 7th Prelims 2-19
7.03 VT Challenge 8th Finals 2-19
- Long Jump
23-08.75 VT Challenge 3rd Finals 2-19
23-03.50 VT Elite 7th Finals 2-5
22-07 ACC Championships 14th Finals 2-26
- Triple Jump
51-05P Hokie Invitational 1st Finals 1-22
51-01.75 Penn State National 3rd Finals 1-30
50-04 ACC Championships 4th Finals 2-27
49-06.50 VT Elite 7th Finals 2-6

Alexander Ziegler

- Weight Throw

73-10.25A	ACC Championships	1st	Finals	2-26
72-05.75A	VT Elite	1st	Finals	2-5
63-09.50	Hokie Invitational	6th	Finals	1-22

4x400-Meter Relay

3:17.12	ACC Championships	8th	Finals	2-27
	- Amegashie, McCants, McLaughlin, Degfae			
3:18.93	VT Challenge	6th	Finals	2-20
	- McCants, Amegashie, Iyebote, Ricks			
3:24.90	Virginia Tech Invitational	13th	Finals	1-16
	- Halim, Amegashie, Comfort, Ricks			

4x800-Meter Relay

7:39.29	Hokie Invitational	4th	Finals	1-22
	- McLaughlin, Hagen, Degfae, Witt			

Distance Medley Relay

9:41.87	Alex Wilson Invite	16th	Finals	3-5
	- Mulherin, McCants, McLaughlin, Hammond			
9:49.16	ACC Championships	3rd	Finals	2-26
	- Walizer, McCants, Hagen, Mulherin			
10:02.57	VT Challenge	1st	Finals	2-20
	- Judge, Bradley, Witt, Berman			

2009-10 Women's Indoor Performance List

Athletes in Italics competed unattached

Funmi Alabi

- 60-Meter Dash

7.37P	ACC Championships	2nd	Finals	2-27
7.39P	ACC Championships	1st	Prelims	2-26
7.45	Hokie Invitational	3rd	Prelims	1-22
7.46	VT Elite	2nd	Prelims	2-5
7.47	VT Final Qualifier	5th	Prelims	3-6
7.47	VT Final Qualifier	4th	Semis	3-6
7.51	VT Final Qualifier	6th	Finals	3-6
7.47	Penn State National	6th	Semis	1-29
7.47	Penn State National	4th	Prelims	1-29
7.49	VT Elite	3rd	Finals	2-5
7.53	Penn State National	6th	Finals	1-29
7.58	Hokie Invitational	6th	Finals	1-22
- 200-Meter Dash

24.54	Penn State National	6th	Finals	1-30
24.60	VT Challenge	5th	Finals	2-19
24.64	ACC Championships	14th	Finals	2-26
24.72	Hokie Invitational	10th	Finals	1-23
24.72	VT Elite	9th	Finals	2-6
- 300-Meter Dash

39.30	Hokie Invitational	3rd	Finals	1-22
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Leigh Allin

• Pole Vault					
	11-08.50	VT Final Qualifier	2nd	Finals	3-6
	11-08.50	VT Elite	12th	Finals	2-5
	11-07.75	Virginia Tech Invitational	t3rd	Finals	1-16
	11-05.75	VT Challenge	2nd	Finals	2-19
	11-05.75	Hokie Invitational	t5th	Finals	1-22
	10-11.75	Liberty Kick Off	3rd	Finals	12-3

Yvonne Amegashie

• 200-Meter Dash					
	24.97	Penn State National	9th	Finals	1-30
	25.01	VT Elite	11th	Finals (Invite)	2-6
	25.04	VT Elite	7th	Finals (Open)	2-5
	25.06	ACC Championships	21st	Prelims	2-26
• 300-Meter Dash					
	39.51	Hokie Invitational	6th	Finals	1-22
• 400-Meter Dash					
	54.87	VT Challenge	4th	Finals	2-20
	55.45	VT Final Qualifier	7th	Finals	3-6
	55.79	Penn State National	2nd	Finals	1-30
	56.37	Hokie Invitational	8th	Finals	1-23

Aunye Boone

• 60-Meter Dash					
	7.63	Hokie Invitational	13th	Prelims	1-22
	7.70	VT Elite	12th	Prelims	2-5
	7.77	Penn State National	26th	Prelims	1-29
• 200-Meter Dash					
	24.46	VT Final Qualifier	6th	Finals	3-6
	24.54	VT Elite	8th	Finals	2-6
	24.62	VT Challenge	6th	Finals	2-19
	24.69	ACC Championships	16th	Prelims	2-26
	24.69	Hokie Invitational	9th	Finals	1-23
	25.13	Penn State National	11th	Finals	1-30
• 400-Meter Dash					
	56.36	ACC Championships	14th	Prelims	2-26

Elise Birnbaum

• Pole Vault					
	12-07.50	ACC Championships	7th	Finals	2-26
	12-05.50	Hokie Invitational	6th	Finals	1-23
	12-03.50	VT Challenge	8th	Finals	2-19
	12-03.50	Penn State National	t5th	Finals	1-30
	12-02.50	VT Elite	t6th	Finals	2-5
	12-01.50	VT Final Qualifier	t11th	Finals	3-6
	12-00.50	Virginia Tech Invitational	t7th	Finals	1-16

Kristi Castlin

•	60-Meter Hurdles				
	8.08A	VT Elite	2nd	Finals	2-5
	8.11A	ACC Championships	2nd	Finals	2-27
	8.11A	ACC Championships	2nd	Prelims	2-26
	8.11A	Hokie Invitational	2nd	Finals	1-23
	8.18P	VT Elite	2nd	Prelims	2-5
	8.20P	Penn State National	2nd	Semis	1-29
	8.21P	Penn State National	2nd	Finals	1-29
	8.33P	Penn State National	2nd	Prelims	1-29
	8.39P	Hokie Invitational	2nd	Prelims	1-22
•	200-Meter Dash				
	24.26	ACC Championships	9th	Prelims	2-26
	24.42	VT Elite	6th	Finals (Invite)	2-6
	24.45	VT Elite	2nd	Finals (Open)	2-5
	24.78	Penn State National	10th	Finals	1-30

Emma DeJarnette

•	Pole Vault				
	12-03.50	ACC Championships	9th	Finals	2-26
	12-03.50	VT Challenge	7th	Finals	2-20
	12-02.50	VT Final Qualifier	1st	Finals	3-6
	12-02.50	VT Elite	8th	Finals	2-5
	12-01.50	Virginia Tech Invitational	2nd	Finals	1-16
	<i>11-11.75</i>	<i>Liberty Kick Off</i>	<i>2nd</i>	<i>Finals</i>	<i>12-3</i>
	11-09.75	Penn State National	t9th	Finals	1-30

Sammy Dow

•	Mile Run				
	4:53.59	VT Final Qualifier	1st	Finals	3-6
	5:14.04	Virginia Tech Invitational	12th	Finals	1-15
•	3,000-Meter Run				
	9:47.21	VT Challenge	3rd	Finals	2-19
	9:58.79	VT Elite	6th	Finals	2-5
	10:00.14	ACC Championships	14th	Finals	2-27
	10:15.49	Hokie Invitational	10th	Finals	1-22

Frances Dowd

•	800-Meter Run				
	<i>2:19.00</i>	<i>VT Final Qualifier</i>	<i>4th</i>	<i>Finals</i>	<i>3-6</i>

Casey Gresham

•	Mile Run				
	5:14.29	VT Final Qualifier	8th	Finals	3-6
	5:39.26	Virginia Tech Invitational	26th	Finals	1-15
•	3,000-Meter Run				
	10:23.47	VT Elite	13th	Finals	2-5
	10:24.18	VT Challenge	10th	Finals	2-19
	10:25.62	VT Elite	15th	Finals	2-5
	10:26.95	ACC Championships	29th	Finals	2-27
	10:31.77	Hokie Invitational	25th	Finals	1-22

Dorotea Habazin

- Weight Throw
 - 64-00.25P VT Elite 3rd Finals 2-5
 - 63-04.25P ACC Championships 2nd Finals 2-26
 - 60-01.25 Hokie Invitational 3rd Finals 1-22

Queen Harrison

- 60-Meter Hurdles
 - 7.94ASM ACC Championships 1st Finals 2-27
 - 7.96AS VT Elite 1st Finals 2-5
 - 7.99A ACC Championships 1st Prelims 2-26
 - 7.99A VT Elite 1st Prelims 2-5
 - 8.04A Hokie Invitational 1st Finals 1-22
 - 8.08A Penn State National 1st Semis 1-29
 - 8.10A Penn State National 1st Finals 1-29
 - 8.11A Penn State National 1st Prelims 1-29
 - 8.13A Hokie Invitational 1st Prelims 1-22
- 400-Meter Dash
 - 53.06PS ACC Championships 1st Finals 2-27
 - 53.54P VT Elite 1st Finals 2-6
 - 53.64P Hokie Invitational 2nd Finals 1-23
 - 54.52 ACC Championships 2nd Prelims 2-26

Kelly Kavanaugh

- Mile Run
 - 5:11.96 ACC Championships 19th Prelims 2-26
 - 5:14.02 VT Elite 15th Finals 2-5
 - 5:24.38 VT Final Qualifier 10th Finals 3-6
- 1,000-Meter Run
 - 3:03.18 VT Challenge 21st Finals 2-19
 - 3:06.33 Virginia Tech Invitational 12th Finals 1-15

Lindsey King

- Mile Run
 - 5:38.20 Virginia Tech Invitational 25th Finals 1-15
- 3,000-Meter Run
 - 10:37.20 VT Elite 17th Finals 2-5
 - 10:41.94 VT Challenge 14th Finals 2-19

Lauren Lemieux

- 600-Meter Run
 - 1:36.76 VT Challenge 6th Finals 2-19
- Mile Run
 - 5:16.51 VT Elite 18th Finals 2-5

Jackie Merrick

- 800-Meter Run
 - 2:24.20 VT Final Qualifier 9th Finals 3-6

Ogechi Nwaneri

•	60-Meter Dash				
	7.39P	VT Elite	1st	Finals	2-5
	7.41P	VT Final Qualifier	2nd	Prelims	3-6
	7.44P	Hokie Invitational	3rd	Finals	1-22
	7.45	ACC Championships	4th	Finals	2-27
	7.45	ACC Championships	4th	Prelims	2-26
	7.46	VT Final Qualifier	4th	Semis	3-6
	7.47	VT Elite	1st	Prelims	2-5
	7.47	Hokie Invitational	4th	Prelims	1-22
	7.49	Penn State National	7th	Semis	1-29
	7.50	VT Final Qualifier	5th	Finals	3-6
	7.55	Penn State National	t7th	Prelims	1-29
	7.56	Penn State Naitonal	7th	Finals	1-29
•	200-Meter Dash				
	24.00	ACC Championships	5th	Finals	2-27
	24.15	VT Challenge	3rd	Finals	2-19
	24.17	VT Ellite	2nd	Finals	2-6
	24.22	ACC Championships	7th	Prelims	2-26
	24.25	Hokie Invitational	3rd	Finals	1-23
	24.40	Penn State National	4th	Finals	1-30

Kelly Phillips

•	Pole Vault				
	12-11.50P	ACC Championships	4th	Finals	2-26
	12-08.25	VT Elite	4th	Finals	2-5
	12-05.50	Hokie Invitational	7th	Finals	1-23
	12-03.50	Penn State National	t5th	Finals	1-30
	12-00.50	Virginia Tech Invitational	t7th	Finals	1-16
	11-09.75	VT Challenge	10th	Finals	2-20

Lauren Pinkston

•	800-Meter Run				
	2:13.58	VT Challenge	6th	Finals	2-20
	2:14.35	ACC Championships	15th	Prelims	2-26
•	1,000-Meter Run				
	2:53.50	VT Challenge	4th	Finals	2-19
	3:01.88	Virginia Tech Invitational	9th	Finals	1-15
•	Mile Run				
	5:09.37	VT Elite	11th	Finals	2-5

Erin Stehle

•	Mile Run				
	5:13.91	VT Final Qualifier	7th	Finals	3-6
	5:21.93	Virginia Tech Invitational	18th	Finals	1-15
•	3,000-Meter Run				
	10:23.62	VT Challenge	9th	Finals	2-19
	10:33.91	Hokie Invitational	22nd	Finals	1-22
•	5,000-Meter Run				
	18:06.68	ACC Championships	18th	Finals	2-26

Caitlin Thornley

- Pole Vault

12-07.50	ACC Championships	8th	Finals	2-26
12-03.50	VT Challenge	1st	Finals	2-19
12-01.50	VT Final Qualifier	11th	Finals	3-6
10-08.75	VT Elite	15th	Finals	2-5

Jessica Trapeni

- Mile Run

5:01.62	VT Elite	3rd	Finals	2-5
5:04.81	VT Final Qualifier	4th	Finals	3-6
5:06.21	Virginia Tech Invitational	9th	Finals	1-15
- 3,000-Meter Run

10:09.66	VT Challenge	7th	Finals	2-19
10:16.14	ACC Championships	23rd	Finals	2-27
10:24.38	Hokie Invitational	16th	Finals	1-22

Jennifer van der Sloot

- 600-Meter Run

1:41.72	VT Challenge	19th	Finals	2-19
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- 800-Meter Run

2:22.43	VT Elite	17th	Finals	2-5
2:27.41	VT Final Qualifier	11th	Finals	3-6
- 1,000-Meter Run

3:14.94	Virginia Tech Invitational	16th	Finals	1-15
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Asia Washington

- 200-Meter Dash

24.33	<i>VT Final Qualifier</i>	<i>5th</i>	<i>Finals</i>	<i>3-6</i>
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- 300-Meter Dash

38.48	<i>Hokie Invitational</i>	<i>1st</i>	<i>Finals</i>	<i>1-22</i>
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- 400-Meter Run

53.82	<i>VT Final Qualifier</i>	<i>1st</i>	<i>Finals</i>	<i>3-6</i>
53.90	<i>VT Elite</i>	<i>2nd</i>	<i>Finals (Invite)</i>	<i>2-6</i>
54.17	<i>Hokie Invitational</i>	<i>4th</i>	<i>Finals</i>	<i>1-23</i>
54.25	<i>VT Challenge</i>	<i>2nd</i>	<i>Finals</i>	<i>2-20</i>
54.36	<i>VT Elite</i>	<i>3rd</i>	<i>Finals (Open)</i>	<i>2-5</i>
54.94	<i>Virginia Tech Invitational</i>	<i>2nd</i>	<i>Finals</i>	<i>1-16</i>
- 500-Meter Run

<i>1:11.49S</i>	<i>Virginia Tech Invitational</i>	<i>1st</i>	<i>Finals</i>	<i>1-15</i>
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- 60-Meter Hurdles

8.67	<i>VT Final Qualifier</i>	<i>9th</i>	<i>Prelims</i>	<i>3-6</i>
8.77	<i>Hokie Invitational</i>	<i>10th</i>	<i>Prelims</i>	<i>1-22</i>
8.89	<i>VT Elite</i>	<i>11th</i>	<i>Prelims</i>	<i>2-5</i>

Erika Weidman

- 600-Meter Run

1:40.07	VT Challenge	16th	Finals	2-19
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- 800-Meter Run

2:16.21	VT Final Qualifier	1st	Finals	3-6
2:20.39	VT Elite	13th	Finals	2-5

- 1,000-Meter Run
3:07.51 Virginia Tech Invitational 14th Finals 1-15

Natalie Woodford

- 600-Meter Run
1:29.44 VT Challenge 15th Finals 2-19
- 800-Meter Run
2:21.82 VT Elite 15th Finals 2-5
2:22.35 ACC Championships 28th Prelims 2-26

Taylor Williams

- 400-Meter Run
1:01.00 Virginia Tech Invitational 16th Finals 1-16
- 60-Meter Hurdles
9.38 Hokie Invitational 24th Finals 1-22

4x400-Meter Relay

- 3:38.96P VT Challenge 1st Finals 2-20
- Harrison, Amegashie, Alabi, Boone
- 3:39.69P ACC Championships 2nd Finals 2-27
- Harrison, Amegashie, Alabi, Boone
- 3:39.81P VT Elite 2nd Finals 2-6
- Harrison, Amegashie, Alabi, Boone
- 3:42.18 Hokie Invitational 2nd Finals 1-23
- Harrison, Castlin, Amegashie, Boone
- 3:45.51 Penn State National 4th Finals 1-30
- Amegashie, Alabi, Nwaneri, Boone

4x800-Meter Relay

- 9:35.85 Hokie Invitational 7th Finals 1-22
- Pinkston, Kavanaugh, van der Sloot, Weidman

Distance Medley Relay

- 11:44.57 ACC Championships 4th Finals 2-26
- Dow, Woodford, Lemieux, Trapeni
- 11:52.82 VT Challenge 3rd Finals 2-20
- Dow, Woodford, Lemieux, Trapeni
- 12:45.24 VT Challenge 4th Finals 2-20
- Kavanaugh, van der Sloot, Weidman, Gresham

S – School Record, A – Automatic-Qualifying Mark, P – Provisional-Qualifying Mark, M – ACC Meet Record.
AA – All America Performance

**ACC Men's Performers
of the Week**

Jan. 12 Brent LaRue, Wake Forest
Jan. 19 Dwight Barbiasz, Maryland
Jan. 26 Keith Ricks, Virginia Tech
Feb. 2 Antonio McKay, Georgia Tech
Feb. 9 Alphonso Jordan, Georgia Tech
Feb. 16 Ryan Collins, Virginia
Feb. 23 Igor Misljenovic, Virginia Tech

**ACC Women's Performers
of the Week**

Jan. 12 Brianna Rollins, Clemson
Jan. 19 April Sinkler, Clemson
Jan. 26 Queen Harrison, Virginia Tech
Feb. 2 Pilar McShine, Florida State
Feb. 9 Queen Harrison, Virginia Tech
Feb. 16 Kim Williams, Florida State
Feb. 23 Devotia Moore, Duke