



VIRGINIA OUTDOOR SCHEDULE

Mar. 23	Virginia Triangular Charlottesville, Va.
Mar. 28-30	Raleigh Relays Raleigh, N.C.
Apr. 4-6	Duke Invitational Durham, N.C.
Apr. 12-13	Virginia Grand Prix Charlottesville, Va.
Apr. 19-20	Virginia Challenge Charlottesville, Va.
Apr. 25-27	Penn Relays Philadelphia, Pa.
Apr. 28	Virginia High Performance Charlottesville, Va.
May 9-11	ACC Outdoor Championships Atlanta, Ga.
May 22-25	NCAA East Preliminary Lexington, Ky.
Jun. 5-8	NCAA Outdoor Championships Eugene, Ore.

VIRGINIA COACHING STAFF

Vin Lananna	Director of Track and Field & XC Associate AD for Administration
Mario Wilson	Asst. Men's & Women's Track & Field Coach (Jumps/Multis)
Trevor Dunbar	Asst. Men's & Women's Track & Field Coach (Distance)
Joelle Amaral	Asst. Men's & Women's Track & Field Coach (Distance)
Brandon Amo	Asst. Men's & Women's Track & Field Coach (Throws)
LaRon Bennett	Asst. Men's & Women's Track & Field Coach (Sprints/Hurdles)

MEDIA INFORMATION

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NCAA Outdoor Track & Field Championships Wednesday, June 5 - Saturday, June 8

Hayward Field • Eugene, Ore.



The Virginia men's and women's track and field continue the championship season at the NCAA Outdoor Championships beginning Wednesday (June 5) and running through Saturday (June 8) in at the historic Hayward Field on the campus of the University of Oregon in Eugene, Oregon.

How to Follow

The NCAA Outdoor Championships will be live streamed on ESPN+ on all three days of competition. Links to the ESPN+ live stream, live stats and the overall meet schedule are available at VirginiaSports.com. Updates will also be posted to the team's official Twitter account (@UVAtfcc).

Hoos in the Rankings (NCAA Regular Season)

Men

- Nate Mountain - Jr., 3000mSC, 8:20.68
- Gary Martin - So., 1500m, 3:37.66
- Yasin Sado - Sr., 3000mSC, 8:30.78
- Jacob Lemmon - Jr., Discus, 60.50m
- Shane Cohen - Sr., 800m, 1:46.89
- Will Anthony - Fr., 10,000m, 28:21.93
- Wes Porter - Jr., 1500m, 3:39.54
- John Fay - So., Hammer, 68.41m

Women

- Margot Appleton - Jr., 5000m, 15:18.21
- Celia Rifatererra - So., High Jump, 1.79m

Cavalier Seed Marks

Men

- Yasin Sado - Sr., 3000mSC, 8:27.13
- Nate Mountain - Jr., 3000mSC, 8:31.36
- Shane Cohen - Sr., 800m, 1:45.36
- Jacob Lemmon - Jr., Discus, 59.51m
- Will Anthony - Fr., 10,000m, 29:08.24
- Gary Martin - So., 1500m, 3:45.54
- Wes Porter - Jr., 1500m, 3:45.73
- John Fay - So., Hammer, 64.65m

Women

- Margot Appleton - Jr., 5000m, 15:43.02
- Celia Rifatererra - So., High Jump, 1.81m
- Janae Profit - Jr., Shot Put, 16.28m

Schedule of Events

*Times are all Pacific Time

Wednesday:

- 2:00 p.m. | Men's Hammer Throw Final (John Fay)
- 4:46 p.m. | Men's 1500 Semifinal (Gary Martin, Wes Porter)
- 5:02 p.m. | Men's 3000m Steeplechase Semifinal (Nate Mountain, Yasin Sado)
- 6:14 p.m. | Men's 800m Semifinal (Shane Cohen)
- 7:08 p.m. | Men's 10,000m Final (Will Anthony)

Thursday:

- 7:40 p.m. | Women's Shot Put Final (Janae Profit)

Friday:

- 5:35 p.m. | Men's Discus Throw Final (Jacob Lemmon)
- 6:12 p.m. | Men's 1500m Final
- 6:24 p.m. | Men's 3000m Steeplechase Final
- 7:14 p.m. | Men's 800m Final

Saturday:

- 2:00 p.m. | Women's High Jump (Celia Rifatererra)
- 4:25 p.m. | Women's 5000m Final (Margot Appleton)

Pending qualification



Shane Cohen 800m

Senior • Huntington Valley, Pa.

Seed: 2nd, 1:45.36

PB: 1:45.36

2024 Highlights

Outdoor:

- Ran personal-best 1:45.36 for 800m to finish fourth overall and punch his ticket to NCAAs.
- ACC bronze medalist in the 800m (1:46.89)
- Recorded new outdoor personal best 1:45.36 at the NCAA East Regional to punch his ticket to NCAAs.
- Member of Virginia's third place 4x800m (7:16.75) relay team at the Penn Relays.
- Recorded personal-best 3:47.34 for 1500m at Raleigh Relays.
- Cohen ranks 3rd (1:45.36) all-time in Virginia history.

Indoor:

- Member of the gold medal winning DMR team (9:33.46) at the ACC Championships.
- Finished 11th in the 800m (1:50.22) at ACCs.
- Recorded indoor personal best 1:48.15 for 800m with fifth place finish at Arkansas Qualifier.
- Cohen ranks 5th in the 800m (1:48.15) all-time in Virginia history.



Gary Martin 1500m

Sophomore • Warminster, Pa.

Seed: 21st, 3:45.54

PB: 3:37.66

2024 Highlights

Outdoor:

- One of four Cavalier men to qualify for the NCAA East Regional in the 1500m, then one of three to qualify for the quarterfinal and finally, one of two to punch their tickets to the NCAA Outdoor Championships.
- ACC silver medalist in the 1500m (3:40.87), leading the Cavaliers to a 2-3 finish.
- Martin took down the school record in the men's 5000m finishing runner-up (13:31.51) at Raleigh Relays.
- At the Bryan Clay Invitational, Martin ran a blistering 3:37.66 to set the Virginia record in the men's 1500m.
- At the Virginia Challenge, Martin recorded a new personal-best of 1:47.46 in the men's 800m to become ninth all-time in Virginia history.
- Anchored the both Virginia's DMR (9:36.61) and 4xMile (15:52.30) teams at the Penn Relays to record setting performances. The 4xMile team set the Virginia record, 4th fastest in world history, 2nd fastest in college history while dipping under the previous collegiate record to become one of three teams to run sub-16 minute relay.
- Has twice earned ACC Track Athlete of the Week this season.
- Martin holds the school record in the 1500m (3:37.66) and 5000m (13:31.51) as well as ranking 10th in the 800m (1:47.54) all-time in Virginia history.

Indoors:

- ACC silver medalist in the mile (3:56.15) and bronze medalist in the 5000m (7:54.59).
- At the 2024 NCAA Indoor Championships, Martin got tangled up with 100m to go and suffered a tough fall. After getting back up, Martin finished the race in 4:12.44 for 10th in the men's mile final.
- Set personal bests in the mile (3:54.73) and 3000m (7:47.49) this indoor season.
- Martin holds the school record in the mile (3:54.73) and 3000m (7:47.49) as well as ranking 6th in the 800m (1:48.71) all-time in Virginia history.



Wes Porter 1500m

Senior • Kansas City, Mo.

Seed: 22nd, 3:45.73

PB: 3:45.73

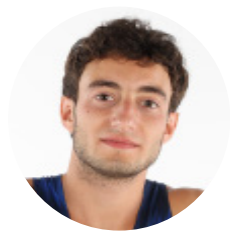
2024 Highlights

Outdoor:

- One of four Cavalier men to qualify for the NCAA East Regional in the 1500m, then one of three to qualify for the quarterfinal and finally, one of two to punch their tickets to the NCAA Outdoor Championships.
- ACC bronze medalist in the 1500m ()
- Member of both Virginia's DMR (9:36.61) and 4xMile (15:52.30) team at the Penn Relays with the 4xMile team setting the Virginia record, 4th fastest in world history, 2nd fastest in college history while dipping under the previous collegiate record to become one of three teams to run sub-16 minute relay.
- Recorded personal-best 3:39.54 in the 1500m at the Bryan Clay invitational.
- Porter ranks 3rd (3:39.54) all-time in Virginia history.

Indoor:

- Member of the gold medal winning DMR team (9:33.46) at the ACC Championships.
- Finished 7th in the mile (4:00.88) at the ACC Championships.
- 2024 NCAA Indoor third place DMR (9:27.18)



Nate Mountain 3000m Steeplechase

Junior • Cincinnati, Ohio

Seed: 2nd, 8:31.36

PB: 8:20.68

2024 Highlights

Outdoor:

- Ran 8:31.36 at the NCAA East Regional to finish second and punch his ticket to his second consecutive NCAA Outdoor Championships.
- Won back-to-back gold medals in the 3000m steeplechase at the ACC Championships in meet record time (8:30.05), leading the Cavaliers to a 1-2 finish for the second consecutive year (Mountain and Derek Johnson in 2023; Mountain and Sado in 2024).
- Set the Virginia record in the men's 3000m steeplechase (8:20.68) to lead the country consistently throughout the season and achieve the Olympic 'A' Standard.
- Recorded the second fastest 5000m (13:32.65) in Virginia history

Indoor:

- Mountain was one of four Cavaliers to qualify for the men's mile final at ACCs where he went on to finish sixth in (4:00.26).
- Recorded personal bests in the mile (3:58.16) and 3000m (7:59.44) this indoor season.
- Mountain ranks 6th in the mile (3:58.16) all-time in Virginia history.



Yasin Sado 3000m Steeplechase

Senior • Aurora, Colo.

Seed: 1st, 8:27.13

PB: 8:27.13

2024 Highlights

Outdoor:

- Recorded a solo personal best 8:27. at the NCAA East Regional to set the UK track facility record, NCAA East Regional record and notch the number one seed going into the NCAA Outdoor Championships.
- 2024 ACC Outdoor silver medalist in the 3000m steeplechase (), leading the Cavaliers to go 1-2 in the event for the second straight year (Mountain and Derek Johnson in 2023; Mountain and Sado in 2024).
- Member of the Virginia Penn Relays 4xMile (15:52.30) team that set the Virginia record, 4th fastest in world history, 2nd fastest in college history & dipped under the previous collegiate record to become one of three teams to run sub-16 minute relay. Sado split 3:56.97 on the penultimate leg.
- Sado ranks 3rd in the steeplechase (8:27.13) all-time in Virginia history.

Indoor:

- Double in the 3000m (7:57.30, 9th) and 5000m (13:58.64, 10th) at the ACC Championships.
- 2024 NCAA Indoor third place DMR (9:27.18).
- Sado holds the school record in the 5000m (13:31.87) and ranks 3rd in the mile (3:55.93) all-time in Virginia history.



Will Anthony 10,000m

Freshman • Whitby, Porua, New Zealand

Seed: 14th, 29:08.24

PB: 28:21.93

2024 Highlights

Outdoor:

- Ran 29:08.24 in the 10,000m to finish second at the NCAA East Regional to punch his ticket to his first NCAA Outdoor Championships.
- ACC silver medalist in the 10,000m (29:18.80) and bronze medalist in the 5000m (13:40.17).
- Member of the Virginia Penn Relays 4xMile (15:52.30) team that set the Virginia record, 4th fastest in world history, 2nd fastest in college history & dipped under the previous collegiate record to become one of three teams to run sub-16 minute relay.
- Anthony shattered the Virginia record by more than 20 seconds at Raleigh Relays clocking 28:21.93 for 10,000m and earned ACC Rookie of the Week.
- Recorded personal best 13:35.50 in the 5000m at the Virginia Challenge.

Indoor:

- Doubled in the 3000m (7:58.79, 13th) and 5000m (13:52.07, 5th) at the ACC Indoor Championships.
- Set personal bests in the 1500 (3:42.39) and mile (3:58.39) at the BU Valentine Invitational.
- Recorded personal best 7:53.77 in the 3000m at the Penn State National Open.

Cross Country:

- Finished 7th at the NCAA Southeast Regional in personal best 29:03.7 for 10k.
- Finished 7th at the ACC Cross Country Championships in personal best 23:21.5 for 8k.



Jacob Lemmon **Discus**

Senior • Fort Myers, Fla.

Seed: 6th, 59.51m

PB: 60.50m

2024 Highlights

Outdoor:

- ACC silver medalist in the discus throw (60.31m/197-10).
- Finished 10th in hammer throw (60.78m/199-5) at ACCs.
- Recorded personal-best 60.50m/198-6 at Virginia High Performance meet the day after winning the discus throw (60.40m/197-0) at the Penn Relays.
- Threw for 59.51m/195-3 at the NCAA East Regional to finish second and punch his ticket to his third NCAA Outdoor Championships in four years.
- Lemmon ranks 5th (60.50m) all-time in discus and 4th (66.14m) in hammer throw in Virginia history.

Indoor:

- ACC bronze medalist in the weight throw (21.57m/70-9.25)
- Finished top-five in each competition for which he competed this indoor season.



John Fay **Hammer**

Junior • Barrington, R.I.

Seed: 23rd, 64.65m

PB: 68.41m

2024 Highlights

Outdoor:

- ACC bronze medalist in the hammer throw (66.55m/218-4).
- Threw for 64.65m/212-1 to finish 11th in the hammer throw and punch his ticket to his first NCAA Outdoor Championships.
- Recorded personal-best 68.41m/224-5 at the Raleigh Relays.
- Fay ranks 3rd (85.41m) all-time in the hammer throw in Virginia history.

Indoor:

- Fourth place finish in the weight throw (21.19m/69-6.25) at the ACC Indoor Championships.
- Recorded personal-best 21.73m/71-3.5 at the Clemson Tiger Paw Invitational.
- Finished top-five in each meet he competed in this indoor season.



Margot Appleton 5000m

Junior • Mattapoisett, Mass.

Seed: 8th, 15:43.02

PB: 15:18.21

2024 Highlights

Outdoor:

- Back-to-back ACC gold medalist in the 1500m (4:11.04)
- ACC bronze medalist in the 5000m (15:36.95)
- Ran 15:43.02 in the 5000m to punch her ticket to her second consecutive NCAA Outdoor Championships. Last season she contested the 1500m at NAAs, this season she will take on the 5000m.
- Set the Virginia record, NC State's Paul Derr Facility record and Raleigh Relays meet record clocking 15:18.21 for 5000m.
- Anchored Virginia's school record setting DMR (10:48.55) and 4x1500m relay. (17:08.05). The DMR recored the fourth fastest time in collegiate history while the 4x1500m broke the 36-year-old Virginia record.
- Appleton holds the school record in the 5000m (15:18.21) and ranks 2nd in the 1500m (4:08.96) in Virginia history.

Indoor:

- ACC silver medalist in the 3000m (8:57.53) in Virginia program record time.
- ACC bronze medalist in the DMR (10:50.58) which broke the school record for the second time in as many weeks.
- At the NCAA Indoor Championships, Appleton became the first Virginia miler to finish in the top-five in the event in back-to-back seasons. Appleton finished fifth in the women's mile in personal-best 4:29.07 to break her own school record.



Celia Rifaterra High Jump

Sophomore • Spain

Seed: 23rd, 1.81m

PB: 1.81m

2024 Highlights

Outdoor:

- Cleared new outdoor personal-best 1.81m/5-11.25 to finish 12th and punch her ticket to her first NCAA Outdoor Championships.
- ACC silver medalist in the high jump equaling her then personal-best 1.79m/5-10.50.
- Cleared 1.79m/5-10.5 for the first time at the Virginia Grand Prix. Since then, all of her marks have been over 1.70m/5-7.
- Rifaterra ranks t-5th (1.81m) all-time in Virginia history.

Indoor:

- ACC silver medalist in the high jump clearing 1.83m/6-0
- Set an indoor personal-best 1.84m/6-0.5 at the Hokie Invitational.



Janae Profit Shot Put

Junior • Dunwoody, Ga.

Seed: 24th, 16.28m

PB: 16.28m

2024 Highlights

Outdoor:

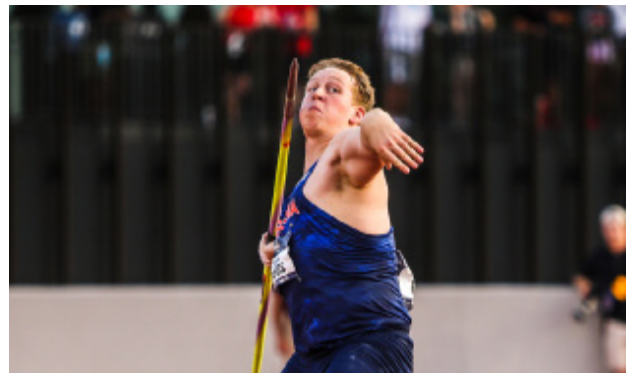
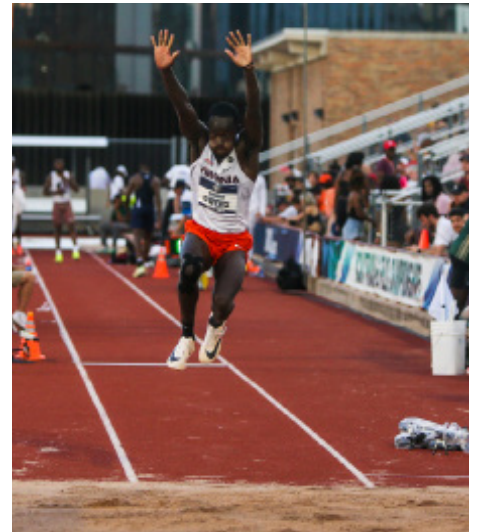
- Threw personal-best 16.28m/53-5 in shot put to finish 12th at the NCAA East Regional and punch her ticket to her first NCAA Outdoor Championships.
- Competed in the discus throw (49.93m/163-10, 28th) at the NCAA East Regional.
- Doubled at the ACC Outdoor Championships in shot put (15.28m/50-1.75, 7th) and discus (51.62m/169-4, 5th).
- Competed in the shot put (15.85m/52-0, 2nd) and discus throw (49.46m/162-3, 7th) at the Penn Relays.
- Finished top-ten in each competition she competed during the regular season in both the shot put and discus throw.
- Profit ranks 3rd all-time in shot put (16.28m) and 7th all-time in discus (53.45m) in Virginia history.

Indoor:

- Competed in the shot put at the ACC Indoor Championships.
- Finished in the top-ten in each competition during the regular season in the shot put.

Virginia NCAA Outdoor Championships Notes

- Last season, the men's team finished 11th with 21 points with the women in 17th place with 14 points.
- Men's team finish and points total rank third highest in program history.
- Both men's and women's teams finished the highest among ACC competitors, the first time in program history for the women to achieve the feat.
- Five Cavaliers earned All-American status at the 2023 Outdoor NCAA Championships including Ethan Dabbs, Nate Mountain, Derek Johnson, Owayne Owens and Conor Murphy.
- Ethan Dabbs won silver in the javelin throw (79.27m/260-1) to match his finish from 2022 and earn his third first team All-American honor of his career.
- Nate Mountain finished fourth in the men's 3000m steeplechase (8:35.99) to earn his first first team All-American honor of his career.
- Earning his second All-American honor, Derek Johnson recorded an eighth place finish in the men's 3000m steeplechase (8:37.29).
- Becoming the fourth Cavalier to be named All-American in the outdoor triple jump, Owayne Owens capped off his final season with a sixth place finish (16.36m/53-8.25).
- With a blazing surge in the final meters of the race, Conor Murphy finished fifth in the men's 800m clocking 1:46.43.
- Margot Appleton executed in a stacked field of runners finishing third in the women's 1500m (4:09.30) and earned the first All-American honors in the event since Morgane Gay in 2009.
- In her final meet as a Cavalier, Ashley Anumba set the Virginia school record in the women's discus throwing for 61.13m/200-6 and earn the silver medal.





WOMEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

WOMEN'S 100 METERS

	TIME
Sarah Akpan	11.29
Kayla Bonnick	11.70
Marlee Morgan	12.10
Lola Kolawole	12.26
Mahkaia Lee	12.59

WOMEN'S 200 METERS

	TIME
Sarah Akpan	23.09
Ariel Fletcher	23.85
Kayla Bonnick	24.27
Marlee Morgan	24.97
Lola Kolawole	25.17

WOMEN'S 400 METERS

	TIME
Ariel Fletcher	55.03
Angel Parenchuk	55.22
Tori Daniels	58.91

WOMEN'S 800 METERS

	TIME
Esther Seeland	2:03.72
Maggie Hock	2:05.40
Alahna Sabbhkan	2:05.45
Keara Seasholtz	2:05.75
Tatum David	2:11.32

WOMEN'S 1,500 METERS

	TIME
Margot Appleton	4:11.41
Esther Seeland	4:11.91
Anna Workman	4:12.73
Caroline Timm	4:14.96
Tatum David	4:19.79

WOMEN'S 5000 METERS

	TIME
Margot Appleton	15:18.21
Anna Workman	16:00.80
Camryn Menninger	16:08.94

Gillian Buschee	16:26.66
Sophie Atkinson	16:58.27

WOMEN'S 10,000 METERS

	TIME
Jenny Schilling	32:44.19
Camry Menninger	34:11.41

WOMEN'S 100M HURDLES

	TIME
Sophia Akpan	14.19
Elizabeth Imoh	14.32
Brooke'Lyn Drakeford	14.82
Elsa Spoor	16.55

WOMEN'S 400M HURDLES

	TIME
Emily Alexandru	59.23
Brooke'Lyn Drakeford	1:01.57
Sophia Akpan	1:01.90
Elizabeth Imoh	1:02.89
Angel Parenchuk	1:04.39

WOMEN'S 3000 METER STEEPLE

	TIME
Elizabeth Bader	10:40.59

WOMEN'S HIGH JUMP

	MARK
Celia Rifaterra	1.81m
Carly Tarentino	1.78m
Elsa Spoor*	1.73m
Grace Flynn	1.73m

WOMEN'S POLE VAULT

	MARK
Sam Romano	4.34m
Gabrielle Recce	3.99m
Hanne Borstlap	3.95m
Caroline Dannenbaum	3.76m

WOMEN'S LONG JUMP

	MARK
Mahkaia Lee	6.21m

Jordan Hardy	6.14m
Gabrielle Recce	5.66m
Elsa Spoor*	5.16m
Libby White	4.93m

WOMEN'S TRIPLE JUMP

	MARK
Jordan Hardy	12.53m
Mahkaia Lee	12.26m
Libby White	11.95m

WOMEN'S SHOT PUT

	MARK
Janae Profit	16.28m
Brooke Lumpkin	15.38m
Elsa Spoor*	8.37m

WOMEN'S DISCUS

	MARK
Janae Profit	51.79m

WOMEN'S HAMMER

	MARK
Bree Lumpkin	56.14m

WOMEN'S JAVELIN

	MARK
Brooke Lumpkin	41.86m
Siobhan Loughney	41.60m
Abigail Meckes	39.76m
Elsa Spoor*	23.25m

WOMEN'S HEPTATHLON

	POINTS
Elsa Spoor*	4522

4x100m

	TIME
Bonnick, Akpan Fletcher, Morgan	44.30

4x400m

	TIME
Akpan, Fletcher Sabbhkan, Alexandru	3:36.49

MEN'S 2024 SEASON-BEST OUTDOOR PERFORMANCE LIST

MEN'S 100 METERS

	TIME
Peter Djan	10.61
Ethan Robinson	10.69
Jay Pendarvis	10.75 (w)
Jerlan Fish	10.89
Michael Koepke	10.97

MEN'S 200 METERS

	TIME
Evans White IV	21.26
Jay Pendarvis	21.48
Jerlan Fish	21.67
Jayden Lyons	21.76
Michael Koepke	22.33

MEN'S 400 METERS

	TIME
Evans White IV	47.26
Alex Sherman	47.67
Jaden Lyons	47.92
Ethan Robinson*	48.09
Luke Schroeder	49.03

MEN'S 800 METERS

	TIME
Shane Cohen	1:45.36
Gary Martin	1:47.46
Alex Leath	1:47.77
Conor Murphy	1:48.79
James Donahue	1:49.11

MEN'S 1,500 METERS

	TIME
Gary Martin	3:37.66
Wes Porter	3:39.54
James Donahue	3:40.27
Conor Murphy	3:40.88
Yasin Sado	3:41.86

MEN'S 5000 METERS

	TIME
Gary Martin	13:31.51
Nate Mountain	13:32.65
Will Anthony	13:35.50
Wes Porter	13:44.24
Justin Wachtel	13:49.71

MEN'S 10000 METERS

	TIME
Will Anthony	28:21.93
Andrew Jones	29:05.56
Justin Wachtel	29:18.38
Jacob Hunter	30:12.62

MEN'S 110M HURDLES

	TIME
Jeremiah Wilson	14.01
Peter Djan	14.03
Ethan Robinson*	14.20
David Frasier*	14.37
Gage Gose	14.93

MEN'S 400M HURDLES

	TIME
Alex Sherman	50.54
Gage Gose	52.38
Jeremiah Wilson	53.82

MEN'S 3000 STEEPLECHASE

	TIME
Nate Mountain	8:20.68
Yasin Sado	8:27.13

MEN'S HIGH JUMP

	MARK
Ethan Robinson*	1.97m
David Frasier*	1.91m

MEN'S POLE VAULT

	MARK
Justin Rogers	5.17m
Tyler Lynch	4.77m
Ethan Robinson*	4.65m
Sebastian Phillips	4.47m
David Frasier*	4.05m

MEN'S LONG JUMP

	MARK
Heldi Valikaj	7.44m
David Frasier*	7.02m
Ethan Robinson*	6.86m

MEN'S TRIPLE JUMP

	MARK
Heldi Valikaj	15.23m

MEN'S SHOT PUT

	MARK
David Frasier*	13.41m
Ethan Robinson*	11.99m
Luke Smith*	11.92m

MEN'S DISCUS

	MARK
Jacob Lemmon	60.50m
David Frasier*	40.19m
Ethan Robinson*	39.10m
Luke Smith*	18.13m

MEN'S HAMMER

	MARK
John Fay	68.41m
Jacob Lemmon	65.44m

MEN'S JAVELIN

	MARK
Tyler Zawatski	62.89m
Thomas Dickinson	61.15m
Ethan Robinson*	50.50m
David Frasier*	50.55m
Luke Smith*	48.28m

MEN'S DECATHLON

	POINTS
Ethan Robinson	7435
David Frasier	7055
Luke Smith	2859

4x100m

	TIME
Pendarvis, White IV Robinson*, Djan	40.76

4x400m

	TIME
Lyons, Sherman, Gose, White IV	3:08.46



OUTDOOR WOMEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Halle Hazzard*	11.20	2019
200 meters	Jada Seaman	23.06	2022
400 meters	Sonja Fridy	51.93	1987
800 meters	Michaela Meyer	2:00.28	2021
1,500 meters	Michaela Meyer	4:04.02	2021
5,000 meters	Margot Appleton	15:18.21	2024
10,000 meters	Jenny Schilling	32:44.19	2024
100-meter hurdles	Ciara Leonard	13.26	2018
400-meter hurdles	Andrenette Knight	55.75	2021
	Ayla Smith	56.54	2011
3,000-meter steeplechase	Stephanie Garcia	9:47.29	2011
4x100-meter relay	Bonnick, Seaman, Pierre, Akpan	43.71	2023
4x400-meter relay	Jefferson, Seaman, Meyer, Knight	3:30.44	2021
High Jump	Ann Bair	1.88m (6' 2")	1983
Pole Vault	Bridget Guy	4.46m (14' 7.5")	2018
Long Jump	Dana Boone	6.65m (21' 9.75")	1990
Triple Jump	Kelly McKee	13.70m (44' 11.5")	2019
Shot Put	Maria Deaviz	17.32m (56' 10")	2022
Discus Throw	Ashley Anumba	61.56m (201' 11")	2023
Hammer Throw	Jade Baker	63.61m (208' 8")	2019
Javelin Throw	Ann Crouse	57.38m (188' 3")	1999
Heptathlon	Alix Still	5,662 points	2023

* at NACAC U18/U23 Championships 2019 in Mexico

OUTDOOR MEN'S RECORDS

Event	Name	Time/Mark	Date
100 meters	Gerald Howard	10.42	1995
200 meters	Gerald Howard	20.79	1995
400 meters	Jordan Willis	45.70	2022
800 meters	Paul Ereng	1:43.16	1989
1500 meters	Gary Martin	3:37.66	2024
5,000 meters	Gary Martin	13:31.51	2024
10,000 meters	Will Anthony	28:21.93	2024
110-meter hurdles	Adams Abdulrazaaq	13.66	2011
400-meter hurdles	Steve Delice	50.02	2010
3,000-meter steeplechase	Nate Mountain	8:20.68	2024
4x100-meter relay	Randolph, Archer, Brown, Palmer	40.25	1984
4x400-meter relay	Anding Roller, Bryan, Hazzard	3:07.11	2012
High Jump	Brenton Foster	2.27 (7' 5.25")	2021
Pole Vault	David Sullivan	5.35m (17' 6.75")	2005
Long Jump	Jordan Scott	7.83m (25' 8.25")	2019
Triple Jump	Jordan Scott	17.08m (56' 0.5")	2019
Shot Put	Filip Mihaljevic	21.30m (69' 10.75")	2017
Discus Throw	Claudio Romero	67.02m (219' 10")	2022
Hammer Throw	Hilmar Jonsson	75.26m (246' 11")	2019
Javelin Throw	Ethan Dabbs	82.92m (273' 0")	2022
Decathlon	Stephen Dunphy	7,920 points	1992

*at Elliott Denman NJ International