



**Quick Facts**

**General Information**

School ..... Virginia Military Institute  
City ..... Lexington, Va.  
Founded ..... 1839  
Enrollment ..... 1,650  
Nickname ..... Keydets  
Colors ..... Red, White & Yellow  
Affiliation ..... NCAA Division I  
Conference ..... Southern Conference  
Superintendent ..... Gen. J.H. Binford Peay, III (VMI '62)  
Athletic Director ..... Dr. Dave Diles (Ohio '83)

**Track and Field/Cross Country Team Info**

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Assistant Coach ..... Zack Scott (VMI '89/13th Season)  
Assistant Coach ... Sean Bernstein (SUNY Oneonta '13/1st Season)

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**Credits**

The 2016-17 VMI Track and Field and Cross Country Prospectus is a production of the VMI Athletic Communications Office. Copies are available on VMIKeydets.com, but will not be printed and given to the general public.

**Written and Edited** by Brad Salois. **Editorial Assistance** by the VMI Track and Field and Cross Country coaching staff. **Photography** by Jeremy Ledbetter, Brad Salois, Jamie Severns, SoCon Photos and Chuck Steenburgh '86.

## 2016-17 Schedule

|                  |  |                        |
|------------------|--|------------------------|
| Jan. 20-21       | Liberty Invite                           | Lynchburg, Va.         |
| Jan. 28          | Dual vs. The Citadel                     | Lexington, Va. (CPTF)  |
| Feb. 10-11       | Marshall Invite                          | Huntington, W.Va.      |
| Feb. 17-18       | Virginia Tech Invite                     | Blacksburg, Va.        |
| Feb. 25-26       | SoCon Indoor Championships (Women Only)  | Johnson City, Tenn.    |
| March 3-5        | IC4A/ECAC Championships                  | Boston, Mass.          |
| March 10-11      | NCAA Indoor Championships (Women Only)   | College Station, Texas |
| March 24-25      | South Carolina Invite                    | Columbia, S.C.         |
| March 31-April 1 | HPU VertKlasse Meet                      | High Point, N.C.       |
| April 8          | George Mason Invite                      | Fairfax, Va.           |
| April 14-15      | Bucknell Invite                          | Lewisburg, Pa.         |
| April 22-23      | Duke Invite                              | Durham, N.C.           |
| April 27-29      | Penn Relays                              | Philadelphia, Pa.      |
| May 3            | Liberty Last Chance                      | Lynchburg, Va.         |
| May 11-12        | SoCon Outdoor Championships (Women Only) | Birmingham, Ala.       |
| May 11-13        | IC4A/ECAC Championships                  | Princeton, N.J.        |



## 2016-17 Men's Roster

| <u>Name</u>            | <u>Event</u>  | <u>CL</u> | <u>Hometown/Previous School</u>    |
|------------------------|---------------|-----------|------------------------------------|
| Justin Adams           | Distance      | Fr.       | Bohannon, Va./Mathews              |
| Andrew Arlint          | Pole Vault    | So.       | Haymarket, Va./Battlefield         |
| Kevin Bishop           | Hurdles       | So.       | Clifton, Va./Centreville           |
| Jay Broom              | Mid-Distance  | Jr.       | Chesapeake, Va./Grassfield         |
| Chad Brown             | Mid-Distance  | Fr.       | Chesapeake, Va./Hickory            |
| Korey Bullard          | Jumps         | R-Jr.     | Virginia Beach, Va./Salem          |
| Killian Carey          | Throws        | Jr.       | Midlothian, Va./Cosby              |
| Zach Chase             | Mid-Distance  | Sr.       | Christiansburg, Va./Christiansburg |
| Donnell Coley          | Multis        | So.       | Henrico, Va./Henrico               |
| Ross Condrey           | Throws        | Jr.       | Richmond, Va./Monacan              |
| Ryan Drew              | Mid-Distance  | Fr.       | Virginia Beach, Va./Kellam         |
| Micah Ellington        | Mid-Distance  | Jr.       | Chesapeake, Va./Hickory            |
| Carlos Fernandes       | Distance      | Fr.       | Purcellville, Va./Ad Fontes        |
| Tripp Fitch            | Distance      | Jr.       | Richmond, Va./Veritas              |
| Andrew Gould           | Sprints       | Jr.       | Suffolk, Va./Kings Fork            |
| James Granderson       | Hurdles/Jumps | Fr.       | Stafford, Va./Colonial Forge       |
| Nick Hayes             | High Jump     | Fr.       | Stanardsville, Va./William Monroe  |
| Greg Henderson         | Sprints       | R-Jr.     | Woodbridge, Va./Woodbridge         |
| Grant Holmes           | Pole Vault    | Sr.       | Hume, Va./Fauquier                 |
| Javeon Lara            | Sprints       | Fr.       | Schulenburg, Texas/Schulenburg     |
| Najee Lawrence         | Sprints/Jumps | Fr.       | Henrico, Va./Glen Allen            |
| Luke Lysher            | Mid-Distance  | Jr.       | Fredericksburg, Va./Stafford       |
| Rohan Martin           | Sprints       | Fr.       | Stafford, Va./Colonial Forge       |
| Caleb Minus            | Hurdles       | Fr.       | Oviedo, Fla./Oviedo                |
| Quan Myers             | Sprints       | So.       | Altavista, Va./Brookville          |
| Luke Phillips          | Mid-Distance  | Sr.       | Blacksburg, Va./Blacksburg         |
| Kyle Sabourin          | Mid-Distance  | So.       | Virginia Beach, Va./Landstown      |
| Grant Sanchez          | Throws        | Sr.       | Rockaway, N.J./Morris Hills        |
| Logan Sawyer           | Mid-Distance  | Fr.       | Virginia Beach, Va./Ocean Lakes    |
| Jahanzib Shahbaz       | Distance      | Fr.       | Stafford, Va./Mountain View        |
| Riuq Trotman           | Sprints       | So.       | Virginia Beach, Va./Landstown      |
| Donovan Walton         | Javelin       | Jr.       | Stephens City, Va./Sherando        |
| Lee Warren             | Hurdles       | Jr.       | Mechanicsville, Va./Lee Davis      |
| Desmond Weinberg-Jones | Hurdles       | R-Jr.     | Stafford, Va./Colonial Forge       |
| Brandon White          | Distance      | Sr.       | Hudson, Ohio/Hudson                |
| Jordan White           | Throws        | R-Sr.     | Owensboro, Ky./Owensboro Catholic  |
| Levi Whitt             | Multis        | So.       | Lewisburg, W.Va./Greenbrier East   |
| Joshua Willard         | Mid-Distance  | Jr.       | Midlothian, Va./Clover Hill        |
| Stephen Wolf           | Distance      | Fr.       | Louisville, Ky./Saint Xavier       |

## 2016-17 Women's Roster

| <u>Name</u>         | <u>Event</u>    | <u>CL</u> | <u>Hometown/Previous School</u>     |
|---------------------|-----------------|-----------|-------------------------------------|
| Yaa Agyepong-Wiafe  | Sprints/Hurdles | Jr.       | Woodbridge, Va./Forest Park         |
| Bria Anderson       | Jumps           | Jr.       | Richmond, Va./Mills Godwin          |
| Olivia Cotton       | Sprints         | So.       | Pleasanton, Calif./Amador Valley    |
| Kennedy Flynn       | Mid-Distance    | Jr.       | Bedford, Va./Liberty-Bealton        |
| Hayley Freeman      | Hurdles         | Sr.       | Hagerstown, Md./South Hagerstown HS |
| Emily Fulton        | Pole Vault      | Jr.       | Roanoke, Va./Cave Spring            |
| Kerisha Goode       | Sprints         | Jr.       | Lorton, Va./South County            |
| Sydney Hays         | Throws          | So.       | Buchanan, Va./James River           |
| Brigitta Hendren    | Sprints         | So.       | Louisville, Ky./Kentucky Day School |
| Christina Hill      | 400/800         | Jr.       | Stafford, Va./Colonial Forge        |
| Elizabeth Johnston  | Throws          | Sr.       | Chesapeake, Va./Hickory             |
| Bethany King        | Distance        | Jr.       | Chesterfield Va./Matoaca            |
| Emily Kirk          | Throws          | So.       | Nokesville, Va./Patriot             |
| Julianne Knoblett   | Mid-Distance    | Fr.       | Fulton, Va./Reservoir               |
| Kim Lancaster       | Throws          | So.       | Virginia Beach, Va./First Colonial  |
| Julia Logan         | Jumps           | Jr.       | Midlothian, Va./Clover Hill         |
| Maura Logan         | Throws          | Fr.       | Roscoe, Ill./Hononegah              |
| Logan Lockett       | Mid-Distance    | Fr.       | Elk Rapids, Mich./Elk Rapids        |
| Mia McClain         | Jumps/Sprints   | Jr.       | Suffolk, Va./Nansemond River        |
| Isabela Melendez    | Mid-Distance    | Fr.       | Chesapeake, Va./Hickory             |
| Riley Neary         | Distance        | So.       | Virginia Beach, Va./South County    |
| Tiffany Quick       | Throws          | So.       | Midlothian, Va./Midlothian          |
| Kelly Russell       | Mid-Distance    | Sr.       | Manassas, Va./Osborne Park          |
| Sadie Sandifer      | Distance        | Fr.       | Chesterfield, Va./Cosby             |
| Catrena Schumacher  | Pole Vault      | So.       | Monticello, Minn./Monticello        |
| Kennedy Smith       | Jumps           | Jr.       | Billings, Mont./Billings West       |
| Brittany Szczepanik | Distance        | Fr.       | Johnstown, Pa./Richland             |
| Brenea Thomas       | Jumps           | So.       | Dumfries, Va./Forest Park           |
| Kathleen Yates      | Mid-Distance    | Fr.       | Williamsburg, Va./Jamestown         |

## Program Records - Entering Season

### Men's Indoor Track and Field School Records

| EVENT         | NAME(S)                            | RECORD         | YEAR        |
|---------------|------------------------------------|----------------|-------------|
| 55m Dash      | Greg Hatchett                      | 6.24           | 1988        |
|               | Kevin Mitchell                     |                | 1983        |
| 60m Dash      | Paulvince Obuon                    | 6.70           | 2005        |
| 200m Dash     | Paulvince Obuon                    | 20.85          | 2004        |
| 400m Dash     | Mario Small                        | 47.11          | 1989        |
| 500m Dash     | Henry Sanchez                      | 1:01.38        | 1983        |
| 800m          | Felix Kitur                        | 1:48.35        | 2011        |
| <b>1,000m</b> | <b>Avery Martin*</b>               | <b>2:25.45</b> | <b>2016</b> |
| Mile Run      | Donnie Cowart                      | 4:04.35        | 2009        |
| 1,500m        | Jack Ditt                          | 3:45.73        | 1983        |
| 3,000m        | Jack Ditt                          | 8:07.0         | 1983        |
| 5,000m        | Ed Daniel                          | 14:36.8        | 1981        |
| 55m HH        | Greg Hatchett                      | 7.33           | 1990        |
| 60yd HH       | Tim Bridges                        | 7.26           | 1979        |
| Shot Put      | Jordan Brandon                     | 56'1"          | 1997        |
| 35# Weight    | John Chisholm                      | 64' 6-1/2"     | 2001        |
| High Jump     | Dale Davis                         | 7' 2-3/4"      | 1983        |
| Long Jump     | Marcus Lynch                       | 25' 1-3/4"     | 2001        |
| Triple Jump   | Paul Perry                         | 51' 4-3/4"     | 1979        |
| Pole Vault    | JB Rosson                          | 16' 3-1/4"     | 2002        |
| Mile Relay    | Sanchez, Davis, Black, Estes       | 3:11.0         | 1984        |
| 1,600m Relay  | Sanchez, Pitts, Estes, Davis       | 3:10.47        | 1983        |
| 3,200m Relay  | Gonsalves, Dmitriev, Lysher, Kitur | 7:24.70        | 2011        |
| DMR           | Sanchez, Young, Springer, Ditt     | 9:48.31        | 1984        |
| Heptathlon    | Antonio Wood                       | 5,218          | 2012        |

### Women's Indoor Track and Field School Records

| EVENT            | NAME(S)                       | RECORD           | YEAR        |
|------------------|-------------------------------|------------------|-------------|
| 55m Dash         | Shelly Mackall                | 7.23             | 2003        |
| 60m Dash         | Shelly Mackall                | 7.73             | 2005        |
| <b>200m Dash</b> | <b>Kerisha Goode*</b>         | <b>24.88</b>     | <b>2016</b> |
| 400m Dash        | Chandale Williams             | 57.29            | 2009        |
| 500m Dash        | Thireyona Legg                | 1:18.35          | 2012        |
| 800m             | Kelsey Newcomb                | 2:15.29          | 2013        |
| 1,000m           | Ania Najda                    | 2:59.02          | 2006        |
| Mile Run         | Jenna Moye                    | 4:55.96          | 2011        |
| 3,000m           | Jenna Moye                    | 10:02.66         | 2011        |
| 5,000m           | Hannah Granger                | 17:29.28         | 2009        |
| 55m Hurdles      | Ashley West                   | 8.29             | 2007        |
| <b>60m HH</b>    | <b>Yaa Agyepong-Wiafe*</b>    | <b>8.65</b>      | <b>2016</b> |
| Shot Put         | Mildred Cooper                | 47' 11-3/4"      | 2005        |
| 20# Weight       | Ketra Alexander               | 56' 11-1/2"      | 2007        |
| High Jump        | Jennifer Carroll              | 5' 5-3/4"        | 2001        |
|                  | Trisha Coughlin               |                  | 2005        |
| <b>Long Jump</b> | <b>Bria Anderson*</b>         | <b>19'1 1/2"</b> | <b>2016</b> |
| Triple Jump      | Jasmine Hariston              | 38'4 3/4"        | 2011        |
| Pole Vault       | Jennifer Sing                 | 12'10"           | 2012        |
| 4x400m Relay     | Legg, Hill Flynn, Logan*      | 4:04.31          | 2015        |
| 4X800 Relay      | Schubel, Western, Carty, Moye | 9:49.12          | 2011        |
| DMR              | Granger, Moye Williams, Carty | 12:13.46         | 2010        |
| Pentathlon       | Amanda Okani                  | 3,117 pts.       | 2013        |

### Men's Outdoor Track and Field School Records

| EVENT       | NAME(S)                            | RECORD     | YEAR |
|-------------|------------------------------------|------------|------|
| 100m Dash   | Paulvince Obuon                    | 10.20      | 2004 |
| 200m Dash   | Mario Small                        | 20.90      | 1991 |
| 400m Dash   | Mario Small                        | 45.76      | 1991 |
| 110m HH     | Tim Bridges                        | 13.8       | 1979 |
| 400m IH     | Sylvester Davis                    | 50.23      | 1984 |
| 800m        | Felix Kitur                        | 1:46.75    | 2008 |
| 1,500m      | Jack Ditt                          | 3:42.70    | 1982 |
| 3,000m ST.  | Donnie Cowart                      | 8:44.66    | 2009 |
| 5,000m      | Jack Ditt                          | 14:20.0    | 1981 |
| 10,000m     | Paul Webb                          | 30:32.0    | 1982 |
| Long Jump   | Terry Fortune                      | 25' 2-1/4" | 1985 |
| Triple Jump | Malcolm Grimes                     | 51' 6"     | 1977 |
| High Jump   | Dale Davis                         | 7' 3"      | 1982 |
| Pole Vault  | JB Rosson                          | 16' 4-3/4" | 2004 |
| Shot Put    | Frank Boehling                     | 57' 1/4"   | 1994 |
| Discus      | Tony Edwards                       | 167' 8"    | 1982 |
| Hammer      | Jersey Johnson                     | 199' 8"    | 1986 |
| Javelin     | Chris Brandriff                    | 211' 9"    | 2006 |
| Old Javelin | Jeff Roseme                        | 245' 9"    | 1980 |
| 4x100 Relay | Bratton, Frost Hatchett, Small     | 40.44      | 1991 |
| 4x400 Relay | Davis, Estes Black, Sanchez        | 3:04.80    | 1984 |
| 4x1500m     | Harris, Mikels Bierlein, Switzer   | 16:41.64   | 2005 |
| 4x1600m     | Harris, Sullivan Mikels, Eggleston | 17:44.63   | 2006 |
| Decathlon   | Phil Alicea                        | 7,125 pts. | 1996 |

### Women's Outdoor Track and Field School Records

| EVENT               | NAME(S)   | RECORD       | YEAR        |
|---------------------|---|--------------|-------------|
| 100m                | Shelly Mackall                                  | 12.00        | 2004        |
| 200m                | Kerisha Goode*                                  | 24.66        | 2015        |
| 400m                | Chandale Williams                               | 55.67        | 2010        |
| <b>100m HH</b>      | <b>Yaa Agyepong-Wiafe*</b>                      | <b>14.02</b> | <b>2016</b> |
| 400m IH             | Hayley Freeman*                                 | 1:07.55      | 2014        |
| 800m                | Kelsey Newcomb                                  | 2:14.25      | 2013        |
| 1,500m              | Jenna Moye                                      | 4:32.56      | 2013        |
| 3,000m              | Emily Dinning                                   | 10:09.17     | 2012        |
| 3,000m St.          | Kelsey Stafford                                 | 11:08.59     | 2008        |
| 5,000m              | Hannah Granger                                  | 17:29.28     | 2010        |
| 10,000m             | Hannah Granger                                  | 36:52.02     | 2009        |
| Long Jump           | Bria Anderson*                                  | 19'6"        | 2015        |
| Triple Jump         | Jasmine Hariston                                | 38' 7"       | 2009        |
| High Jump           | Jennifer Carroll                                | 5' 8-3/4"    | 2001        |
| Pole Vault          | Jennifer Sing                                   | 13'3 1/2"    | 2012        |
| Shot Put            | Mildred Cooper                                  | 47' 10-1/2"  | 2002        |
| Discus              | Renee Reives                                    | 156'1"       | 2014        |
| Hammer              | Mary Grace Lemon                                | 175'3"       | 2013        |
| Javelin             | Michelle Feole                                  | 135' 5"      | 2010        |
| <b>4x100m Relay</b> | <b>McClain, Anderson Goode, Agyepong-Wiafe*</b> | <b>47.31</b> | <b>2016</b> |
| 4x400m              | Allison, Hill Legg, Logan*                      | 3:59.86      | 2015        |
| 4x1600m             | Resetar, Ward Franck, Clifford                  | 22:32.65     | 2006        |
| Heptathlon          | Amanda Okani                                    | 3,962 pts.   | 2013        |

The indoor 4X800-meter relay time in 2011 was recorded as IAAF's top time in the world that season.

## Season Preview - Middle Distance and Distance

The VMI middle distance/distance crew will be led by Jay Broom. Broom paced the VMI cross country team this past season and earned Second Team All-SoCon honors in the process. On the track, he was named All-Freshman in the mile last indoor season, and this year, he will run anything from the 1K up to the 5K.

Backing him up in those distances will be a crew of several, including Kyle Sabourin, Tripp Fitch, Micah Ellington and the impressive freshman, Ryan Drew. Drew was an all-freshmen honoree during this past cross country season.

Among those who could run in the shorter distances include Luke Lysher, Logan Sawyer and Joshua Willard, who was eighth in the conference in the 800 during last outdoor season.

In the 10K, Brandon White will be VMI's top man once again. White ranks sixth in school history in the event and could be backed up by Justin Adams and Carlos Fernandes.

On the women's side, Logan Luckett will run a variety of distances, ala Broom for the VMI men. Luckett, of course, was impressive in leading the women's cross country team in each race this past season. The majority of her fellow freshmen, including Kathleen Yates, who broke through at the end of the XC season, could join her at any of those distances.

Veterans Bethany King and Kennedy Flynn return as well, with King set to focus on the longer distances (3-10K). Flynn, meanwhile, ranks fourth in the school history in the outdoor 800, a race where the Keydets will also field Christina Hill. Hill had a breakthrough 2016 that saw her finish sixth in the conference outdoors and seventh indoors in the 800.



## Season Preview - Sprints/Hurdles

Coming off the best season by a VMI sprinter in over a decade, Greg Henderson returns to lead the sprinting group this season. Henderson shared Most Outstanding Track Performer honors at last season's outdoor conference meet, when he became the first Keydet since 2004 to sweep the 100 and 200. He also won the 200 indoors and qualified to the IC4A Indoor Championships in both that event and the 60-meter dash.

Henderson will be joined by Andrew Gould, who was fourth in the SoCon in last year's indoor 400, while football players Quan Myers, Rohan Martin and Javeon Lara will pull double duty in the shorter sprints.

The Keydets will enter 2017 with a great deal of depth in the hurdle events. Lee Warren was third in the conference in the 60 hurdles last season, while Desmond Weinberg-Jones scored 14 individual points at the outdoor SoCon meet. Kevin Bishop returns as well, along with two freshmen, James Granderson and Caleb Minus.

For the Keydet women, the two competitors who have helped boost their event group to previously unknown heights both return. Yaa Agyepong-Wiafe is back for her junior season as a three-time ECAC qualifier, one year after finishing fourth in both the 60 and 100 hurdles at the conference level. Kerisha Goode, the school record holder in both the indoor and outdoor 200-meters, is back as well.



## Season Preview - Jumps/Multis

In the horizontal jumps, the Keydet women will be led by former conference long jump champion Bria Anderson. Anderson won the outdoor title as a freshman and then the indoor title last year, and has qualified for the ECAC's on two occasions.

The long jump is also the best event for Mia McClain, who entered the outdoor championships ranked first in the SoCon before sustaining an injury during the event.

In the triple jump, Kennedy Smith returns for her junior year after finishing fourth at last year's outdoor championships was the second-best jump in school history. When the outdoor season rolls around, Smith will be chasing a school record of 38'7" and is less than five inches shy of that mark.

Sophomore Brenea Thomas could make a move in both the long and triple jumps in her second collegiate season, and in the high jump, Julia Logan will be looking for her second consecutive podium finish in the high jump after finishing third at last year's outdoor conference meet.

In the pole vault, Catrena Schumacher and Emily Fulton could represent the Keydets - although Fulton will miss the indoor season due to injury - while the VMI men will be represented by Andrew Arlint and former conference podium finisher Grant Holmes, who moved up to third place on VMI's all-time pole vault listing last outdoor season.

Korey Bullard, Nick Hayes, Donnell Coley and James Granderson are expected to comprise the remainder of the Keydet jumpers.

In the multis, Levi Whitt returns after finishing fourth in the SoCon decathlon as a true freshman. Desmond Weinberg-Jones could also see time in the multi events, while Julia Logan will represent the VMI women in those disciplines.





## Season Preview - Throws

Of course, any discussion of the Keydet throwers must begin with redshirt senior Jordan White. White enters his final collegiate season after earning a litany of awards last season, including Most Outstanding Athlete at the SoCon Outdoor Championships. He was also named the Most Outstanding Field Performer at both the indoor and outdoor meets, and won his two best events, the hammer (outdoors) and weight (indoors). He has just an outdoor season of eligibility remaining.

Joining White will be senior Grant Sanchez, who enters this season just shy of the top-10 rankings in program history in the shot put. Sanchez comes off two straight fifth-place finishes at indoor conference championship meets.

Ross Condrey and Killian Carey are expected to provide depth in throwing events, while outdoors, Donovan Walton hopes to make an impact in the javelin throw.

On the women's side, youth will be the story of the year, with only Elizabeth Johnston being a returning upperclassman. Johnston was sixth in the shot at last year's indoor conference championship, but will be pushed this season by a rapidly improving Tiffany Quick. Quick earned all-freshman honors last season for her sixth-place finish in the discus.

Sydney Hays and Maura Logan are among others who hope to break through this season for the Keydet women throwers.



# 2016 Cross Country Season Results - Men

| Name             | Yr.   | 9/2 - C. Bridge Open (6.4K)                  | 9/10 - JMU Open (7.9K)   | 9/16 - Virginia Tech Alumni Invite (8K)                | 10/1 - Paul Short Run (8K), Gold Race | 10/14 - HPU Vert XC Invite (8K) | 10/29 - SoCon Championship (8K) | 11/11 - NCAA SE Regional Championships (10K) |  |
|------------------|-------|--|--------------------------|--|---------------------------------------|---------------------------------|---------------------------------|--|--|
| Jay Broom        | Jr.   | 20:42, 15th, 1st                             | 26:18, 1st, 1st          | 25:49, 28th, 2nd                                       | 25:08, 133rd, 1st, PR                 | 25:42, 21st, 1st                | 24:35, 12th, 1st, PR            | 31:13, 75th, 1st, PR                         |  |
| Brandon White    | Sr.   | 20:55, 25th, 2nd                             | 26:26, 2nd, 2nd          | 25:49, 27th, 1st                                       | 25:11, 150th, 2nd, PR                 | 25:43, 22nd, 2nd                | 24:53, 18th, 2nd, PR            | 31:44, 103rd, 3rd                            |  |
| Avery Martin     | R-Sr. | DNR  | 27:37, 11th, 4th         | 26:32, 55th, 4th                                       | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Ryan Drew        | Fr.   | 21:16, 32nd, 3rd                             | 26:57, 7th, 3rd          | 26:16, 45th, 3rd, PR                                   | 25:51, 247th, 3rd, PR                 | 25:45, 25th, 3rd, PR            | 25:02, 22nd, 3rd, PR            | 31:17, 77th, 2nd, PR                         |  |
| Luke Phillips    | Sr.   | 21:45, 55th, 6th                             | 27:51, 15th, 5th         | 27:04, 75th, 8th                                       | 26:03, 272nd, 4th, PR                 | 27:16, 122nd, 7th               | 26:00, 54th, 7th, PR            | 32:23, 134th, 4th                            |  |
| Justin Adams     | Fr.   | 21:39, 52nd, 5th                             | DNR                      | 27:13, 79th, 9th, PR                                   | 26:12, 288th, 5th, PR                 | 27:48, 150th, 9th               | 25:48, 47th, 6th, PR            | 32:54, 159th, 5th, PR                        |  |
| Chad Brown       | Fr.   | DNR  | DNR                      | DNR  | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Zach Chase       | Sr.   | DNR  | DNR                      | DNR  | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Micah Ellington  | Jr.   | 21:35, 47th, 4th                             | 29:39, 23rd, 8th         | 27:03, 74th, 7th                                       | 26:16, 294th, 6th, PR                 | 26:26, 64th, 5th                | 25:41, 42nd, 5th, PR            | 33:27, 176th, 6th, PR                        |  |
| Carlos Fernandes | Fr.   | DNR  | DNR                      | DNR  | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Tripp Fitch      | R-So. | 21:59, 62nd, 8th                             | 28:04, 16th, 6th         | 27:01, 72nd, 6th                                       | 27:24, 332nd, 7th                     | 27:27, 131st, 8th               | 26:23, 60th, 9th, PR            | DNR  |  |
| Luke Lysher      | Jr.   | DNR  | 29:39, 22nd, 7th         | 29:13, 101st, 11th, PR                                 | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Kyle Sabourin    | So.   | 21:54, 58th, 7th                             | DNR                      | 26:44, 64th, 5th                                       | DNR                                   | 26:09, 44th, 4th                | 25:05, 25th, 4th, PR            | DNF  |  |
| Logan Sawyer     | Fr.   | DNR  | DNR                      | DNR  | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Jahanzib Shahbaz | Fr.   | DNR  | DNR                      | 27:38, 84th, 10th, PR                                  | 26:32, 308th, 7th, PR                 | 26:57, 97th, 6th                | 26:07, 56th, 8th, PR            | DNR  |  |
| Stephen Wolf     | Fr.   | DNR  | DNR                      | DNR  | DNR                                   | DNR                             | DNR                             | DNR  |  |
| Joshua Willard   | Jr.   | DNR  | DNR                      | 29:33, 104th, 12th, PR                                 | DNR                                   | DNR                             | DNR                             | DNR  |  |
| <b>Team</b>      |       | <b>153 pts., 5th of 10</b>                   | <b>30 pts., 2nd of 4</b> | <b>149 pts., 6th of 9</b>                              | <b>939 pts., 36th of 38</b>           | <b>136 pts., 6th of 22</b>      | <b>117 pts., 5th of 10</b>      | <b>525 pts., 20th of 29</b>                  |  |
|                  |       | (Overall Finish, Team Finish, Personal Best) |                          |  |                                       |                                 |                                 |  |  |
|                  |       | <b>UA- Ran race unattached</b>               |                          | <b>Non-regular distances do not have PR's measured</b> |                                       |                                 |                                 |  |  |

# 2016 Cross Country Season Results - Women

| Name                | Year  | 9/2 - Covered Bridge Open (5K)                              | 9/10 - JMU Open (5.2 K)   | 9/16 - Virginia Tech Alumni Invite (6K) | 10/1 - Paul Short Run, Brown Race (6K) | 10/14 - HPU Invite (6K)     | 10/29 - SoCon Championships (5K) | 11/11 - NCAA SE Regional Champs (6K) |  |
|---------------------|-------|---|---------------------------|---|--|-----------------------------|----------------------------------|--------------------------------------|--|
| Kennedy Flynn       | Jr.   | 22:10, 70th, 6th  | 23:31, 36th, 5th          | 24:54, 71st, 4th                        | 23:49, 217th, 3rd, PR                  | 24:24, 112th, 3rd           | 19:10, 50th, 3rd, PR             | 24:53, 206th, 2nd                    |  |
| Brigitta Hendren    | R-Fr. | DNR   | DNR                       | 29:35, 91st, 10th, PR                   | DNR                                    | DNR                         | DNR                              | DNR                                  |  |
| Christina Hill      | Jr.   | 22:28, 75th, 7th  | 24:28, 46th, 6th          | 26:40, 81st, 7th                        | 25:15, 330th, 6th, PR                  | 26:18, 179th, 5th           | 20:57, 77th, 8th                 | DNR                                  |  |
| Bethany King        | Jr.   | 20:36, 50th, 2nd  | 21:33, 25th, 2nd          | 24:25, 63rd, 2nd                        | 23:00, 137th, 2nd, PR                  | 23:18, 56th, 2nd            | 18:29, 27th, 2nd, PR             | DNR                                  |  |
| Logan Luckett       | Fr.   | 19:20, 21st, 1st  | 20:32, 11th, 1st          | 22:40, 19th, 1st, PR                    | 22:22, 65th, 1st, PR                   | 22:45, 34th, 1st            | 18:00, 17th, 1st, PR             | 22:24, 96th, 1st                     |  |
| Isabela Melendez    | Fr.   | 21:23, 60th, 4th  | 22:34, 33rd, 4th          | 24:44, 69th, 3rd, PR                    | 25:38, 346th, 7th                      | DNR                         | 20:45, 75th, 7th                 | DNR                                  |  |
| Riley Neary         | So.   | DNR   | 25:15, 49th, 7th          | 28:20, 88th, 8th                        | DNR                                    | DNR                         | DNR                              | DNR                                  |  |
| Kelly Russell       | Sr.   | 21:46, 65th, 5th  | DNR                       | 25:31, 74th, 6th                        | 24:21, 277th, 4th, PR                  | 24:28, 118th, 4th           | 19:47, 62nd, 5th                 | 26:16, 219th, 3rd                    |  |
| Sadie Sandifer      | Fr.   | 20:54, 54th, 3rd  | 22:24, 32nd, 3rd          | 25:05, 72nd, 5th, PR                    | 24:24, 284th, 5th, PR                  | DNR                         | 19:51, 65th, 6th                 | DNR                                  |  |
| Brittany Szczepanik | Fr.   | DNR   | 26:39, 53rd, 8th          | 29:32, 90th, 9th, PR                    | DNR                                    | 29:40, 205th, 6th           | DNR                              | DNR                                  |  |
| Kathleen Yates      | Fr.   | 22:54, 82nd, 8th  | 27:57, 56th, 9th          | 31:22, 93rd, 11th, PR                   | DNR                                    | DNR                         | 19:26, 54th, 4th, PR             | DNR                                  |  |
| <b>Team</b>         |       | <b>176 pts., 6th of 10</b>                                  | <b>110 pts., 4th of 6</b> | <b>185 pts., 6th of 9</b>               | <b>878 pts., 33rd of 42</b>            | <b>362 pts., 13th of 20</b> | <b>195 pts., 8th of 10</b>       | <b>No Team Score</b>                 |  |
|                     |       | (Overall Finish, Team Finish, Personal Best, School Record) |                           |   |  |                             |                                  |                                      |  |