



**DUKE UNIVERSITY**  
**2010-11 Track & Field/Cross Country**  
**Media Guide**

# DUKE SPORTS INFORMATION



**Art Chase**

Sports Information  
Director



**Lindy Brown**

Associate Sports  
Information Director



**Matt Plizga**

Associate Sports  
Information Director



**Ben Blevins**

Assistant Sports  
Information Director



**Chris Cook**

Assistant Sports  
Information Director



**Meredith Rieder**

Assistant Sports  
Information Director



**Ashley Wolf**

Assistant Sports  
Information Director

**Ned McGraw**

Sports Information  
Intern

**Kristina Morrison**

Sports Information  
Intern

## CONTACT INFORMATION

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## STAFF DIRECTORY

### **Art Chase Sports Information Director**

Sport Responsibilities: Football  
Alma Mater: Guilford, 1991  
Joined Duke SID: August, 2000

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### **Lindy Brown Associate Sports Information Director**

Sport Responsibilities: Women's Basketball, Women's Golf, Women's Soccer  
Alma Mater: Western Carolina, 1996  
Joined Duke SID: November, 1999

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### **Matt Plizga Associate Sports Information Director**

Sport Responsibilities: Men's Basketball, Men's Golf  
Alma Mater: Penn State Erie - The Behrend College, 1999  
Joined Duke SID: July, 2001

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### **Ben Blevins Assistant Sports Information Director**

Sport Responsibilities: Football, Men's Basketball, Men's Tennis  
Alma Mater: Colorado State, 2004  
Joined Duke SID: August, 2007

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### **Chris Cook Assistant Sports Information Director**

Sport Responsibilities: Baseball, Fencing, Volleyball  
Alma Mater: Wofford, 2006  
Joined Duke SID: July, 2007

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### **Meredith Rieder Assistant Sports Information Director**

Sport Responsibilities: Men's Lacrosse, Men's Soccer, Women's Tennis, Wrestling  
Alma Mater: Denison, 2002  
Joined Duke SID: August, 2008

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### **Ashley Wolf Assistant Sports Information Director**

Sport Responsibilities: Field Hockey, Women's Lacrosse  
Alma Mater: Cornell, 2008  
Joined Duke SID: August, 2009

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### **Ned McGraw Sports Information Intern**

Sport Responsibilities: M/W Cross Country, M/W Indoor Track & Field, M/W Outdoor Track & Field

Alma Mater: Mississippi State, 2010  
Joined Duke SID: August, 2010

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### **Kristina Morrison Sports Information Intern**

Sport Responsibilities: M/W Swimming & Diving, Rowing  
Alma Mater: UNC-Wilmington, 2010  
Joined Duke SID: August, 2010

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## QUICK FACTS

### Duke Information

Location	Durham, N.C.
Founded	1838 as Trinity College
Enrollment	6,400
Colors	Duke Blue and White
Nickname	Blue Devils
Conference	Atlantic Coast
Affiliation	NCAA Division I
Facility	Wallace Wade Stadium
President	Dr. Richard Brodhead
Athletic Director	Kevin White
Senior Women's Administrator	Jacki Silar

### Coaching Staff

Norm Ogilvie	Director of Track & Field (M. Middle & Long Distance) Head Coach (M. Cross Country)
Alma Mater	Drake, 1981
Years at Duke	21
Years as M. XC Head Coach	11
Years as Director of Track & Field	7
Kevin Jermyn	Associate Head Coach (W. Middle & Long Distance) Head Coach (W. Cross Country)
Alma Mater	Georgetown, 1998
Years at Duke	11
Years as W. XC Head Coach	7
Shawn Wilbourn	Associate Head Coach (Multi-Events, Pole Vault, Sprints and Hurdles)
Alma Mater	Long Beach State
Years at Duke	3
B.J. Linnenbrink	Assistant Coach (Throws)
Alma Mater	Florida State, 2002
Years at Duke	2
Jan Ogilvie	Assistant Coach (High Jump)
Alma Mater	Bowling Green, 1978
Years at Duke	17
Liz Wort	Assistant Coach (W. Middle & Long Distance)
Alma Mater	Duke, 2007
Years at Duke	4
Volunteer Assistant Coach	Jon Amt
Volunteer Assistant Coach	Chad Colwell
Director of Operations	Jim Skoff
Manager	Ben Bubnovich

### 2009-10 Review (Men)

2009 XC Record	98-38-1
2009 XC ACC Championships	4th/12
2009 XC NCAA Championships	t-28th/31
2010 ACC Indoor Championships	8th/12
2010 ACC Outdoor Championships	8th/12

### 2009-10 Review (Women)

2009 XC Record	108-8
2009 XC ACC Championships	2nd/12
2009 XC NCAA Championships	8th/31
2010 ACC Indoor Championships	4th/12
2010 ACC Outdoor Championships	5th/12

### History

First Year of Program (Men)	1939
First Year of Program (Women)	1984

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# 2010-11 SCHEDULE

INFORMATION

## CROSS COUNTRY

WEDNESDAY	SEPTEMBER 1	NC CENTRAL DUAL	DURHAM, N.C.
Saturday	September 11	Wake Forest Dual	Winston-Salem, N.C.
Saturday	September 25	Roy Griak Invitational	Minneapolis, Minn.
Saturday	September 25	William & Mary Invite (Women Only)	Williamsburg, Va.
Friday	October 1	Great American XC Festival (Men Only)	Cary, N.C.
Friday	October 15	Virginia Invitational (Men Only)	Charlottesville, Va.
Friday	October 15	Royal XC Challenge (Women Only)	Charlotte, N.C.
Saturday	October 30	ACC Championships	Boston, Mass.
Saturday	November 6	NC State Classic	Cary, N.C.
Saturday	November 13	NCAA Southeast Regional	Louisville, Ky.
Saturday	November 20	IC4A/ECAC Championships	Bronx, N.Y.
Monday	November 22	NCAA Championships	Terre Haute, Ind.
Saturday	February 5	USATF Mens Jr. Nationals	San Diego, Ca.

## INDOOR TRACK & FIELD

Friday	January 21	at Virginia Tech Invitational	Blacksburg, Va.
Saturday	January 22	at Virginia Tech Invitational	Blacksburg, Va.
Friday	January 28	at Millrose Games	New York, N.Y.
Saturday	January 29	at UNC Tar Heel Invite	Chapel Hill, N.C.
Friday	February 4	at Armory Collegiate	New York, N.Y.
Saturday	February 5	at Armory Collegiate	New York, N.Y.
Friday	February 18	at VT Challenge	Blacksburg, Va.
Saturday	February 19	at VT Challenge	Blacksburg, Va.
Thursday	February 24	at ACC Championships	Blacksburg, Va.
Friday	February 25	at ACC Championships	Blacksburg, Va.
Saturday	February 26	at ACC Championships	Blacksburg, Va.
Friday	March 4	at Notre Dame Last Chance	South Bend, Ind.
Saturday	March 5	at Notre Dame Last Chance	South Bend, Ind.
Saturday	March 5	at VT Last Chance	Blacksburg, Va.
Friday	March 11	at NCAA Championships	College Station, Texas
Saturday	March 12	at NCAA Championships	College Station, Texas

## OUTDOOR TRACK & FIELD

Friday	March 18	at Wake Forest Open	Winston-Salem, N.C.
Saturday	March 19	at Wake Forest Open	Winston-Salem, N.C.
Friday	March 26	at Stanford Invitational	Palo Alto, Calif.
Friday	March 25	at Raleigh Relays	Raleigh, N.C.
Saturday	March 26	at Raleigh Relays	Raleigh, N.C.
Friday	April 1	at Colonial Relays	Williamsburg, Va.
Friday	April 1	at Auburn Tiger Classic	Auburn, Ala.
Saturday	April 2	at Auburn Tiger Classic	Auburn, Ala.
SATURDAY	APRIL 8	DUKE INVITATIONAL	DURHAM, N.C.
SATURDAY	APRIL 9	DUKE INVITATIONAL	DURHAM, N.C.
Saturday	April 16	at Tar Heel Classic	Chapel Hill, N.C.
THURSDAY	APRIL 21	ACC CHAMPIONSHIPS	DURHAM, N.C.
FRIDAY	APRIL 22	ACC CHAMPIONSHIPS	DURHAM, N.C.
SATURDAY	APRIL 23	ACC CHAMPIONSHIPS	DURHAM, N.C.
Thursday	April 28	at Penn Relays	Philadelphia, Pa.
Friday	April 29	at Penn Relays	Philadelphia, Pa.
Saturday	April 30	at Penn Relays	Philadelphia, Pa.
SUNDAY	MAY 8	DUKE TWILIGHT	DURHAM, N.C.
Friday	May 13	at IC4A/ECAC Championships	Princeton, N.J.
Saturday	May 14	at IC4A/ECAC Championships	Princeton, N.J.
Sunday	May 15	at IC4A/ECAC Championships	Princeton, N.J.
Thursday	May 26	at NCAA Championships First Round	Bloomington, Ind.
Friday	May 27	at NCAA Championships First Round	Bloomington, Ind.
Saturday	May 28	at NCAA Championships First Round	Bloomington, Ind.
Thursday	June 9	at NCAA Championships	Des Moines, Iowa
Friday	June 10	at NCAA Championships	Des Moines, Iowa
Saturday	June 11	at NCAA Championships	Des Moines, Iowa
Wednesday	June 22	at USATF Championships	Eugene, Ore.
Thursday	June 23	at USATF Championships	Eugene, Ore.

# 2010-11 Men's Roster

Name	Yr.	Event	Hometown	Previous School
Justin Amezcuita	Fr.	Pole Vault	Mountainside, N.J.	Governor Livingston
Tanner Anderson	Fr.	Jumps	Valdese, N.C.	East Burke
Brian Atkinson*	Fr.	Distance	Melbourne Beach, Fla.	Melbourne
John Austin	Sr.	Throws	Mechanicsburg, Pa.	Cumberland Valley
Michael Barbas	Jr.	Throws	Houston, Texas	Jersey Village
Curtis Beach	So.	Multi-Events	Albuquerque, N.M.	Albuquerque Academy
Josh Brewer*	Sr.	Distance	Pearcy, Ark.	Lake Hamilton
Christian Britto*	Fr.	Distance	Orinda, Calif.	Miramonte
Andrew Brodeur*	Jr.	Distance	Brick, N.J.	Brick Memorial
Austin Carpenter	Jr.	Throws	Saddle River, N.J.	Tabor Academy
Stephen Castiglione	Fr.	Throws	East Brunswick, N.J.	East Brunswick
Jonathan Chu*	Sr.	Middle Distance	Columbia, S.C.	New Trier Township
Stephen Clark*	Jr.	Distance	Salt Lake City, Utah	Skyline
Connor Crown	So.	Sprints	Winnetka, Ill.	Lake Forest Academy
Domenick DeMatteo*	So.	Distance	West Islip, N.Y.	Columbia
Caleb Duncanson	Jr.	Sprints	Scarsdale, N.Y.	Scarsdale
Isaac Dunkelberger*	Sr.	Distance	Tamaqua, Pa.	Tamaqua
Guillermo Echarte*	Jr.	Distance	Miami Beach, Fla.	Belen Jesuit
Phil Fairleigh*	Fr.	Distance	Cary, Ill.	Cary-Grove
Austin Gamble	So.	Throws	Weston, Fla.	Cypress Bay
Drew Hickey	So.	Middle Distance	Geneva, Ill.	Geneva Community
James Kostelnik*	Jr.	Distance	Los Angeles, Calif.	Loyola
Mike Kotecki	Jr.	Jumps	Raleigh, N.C.	Sanderson
Michael Krone	Fr.	Jumps	Berwyn, Pa.	Conestoga
Will Leister*	Jr.	Middle Distance	Upper Arlington, Ohio	Upper Arlington
Joshua Lund*	Sr.	Distance	Janesville, Wis.	Craig
Matt Marriott*	So.	Distance	Westport, Conn.	Staples
Ryan McDermott*	Sr.	Distance	West Hempstead, N.Y.	Chaminade
Clint McKelvey*	Fr.	Distance	Maryville, Tenn.	Maryville
Mike Moverman*	So.	Distance	Easton, Mass.	Oliver Ames
Cory Nanni*	Sr.	Distance	Bloomington, Ill.	Normal
Sean-Pat Oswald	Sr.	Sprints	Manitowoc, Wis.	Roncalli
Spencer Pecha*	Fr.	Distance	Gillette, Wyo.	Campbell County
David Piccirilli	Sr.	Throws	Temple Terrace, Fla.	Jesuit
Brendon Pierson*	Jr.	Distance	Wall, N.J.	Christian Brothers
Ben Raskin	Fr.	Sprints	Summit, N.J.	Summit
Dominick Robinson*	So.	Distance	Gillette, Wyo.	Campbell County
Michael Rowland	So.	Sprints	Uppermer, Md.	Charles H. Flowers
Evan Rubinson	Fr.	Sprints	Clearwater, Fla.	Jesuit
Jonathan Sanchez*	So.	Distance	Clovis, Calif.	Buchanan
Michael Schallmo	Sr.	Throws	Flossmoor, Ill.	Homewood-Flossmoor
Tony Shirk	Jr.	Pole Vault	Phoenixville, Pa.	Phoenixville
Kyler Shumway	Fr.	Throws	Cottonwood, Idaho	Prairie
Lucas Talavan-Becker*	Fr.	Distance	South San Francisco, Calif.	Saint Ignatius Prep
Bo Waggoner*	Sr.	Distance	Maumee, Ohio	Maumee
Arthur Whyte	Fr.	Hurdles	Scarsdale, N.Y.	Scarsdale
Marcus Wright	So.	Sprints	Cheshire, Conn.	Cheshire

\* Denotes cross country team member



# 2010-11 Women's Roster

INFORMATION

Name	Yr.	Event	Hometown	Previous School
Suejin Ahn*	Jr.	Distance	Setauket, N.Y.	Ward Melville
Deirdre Anglin-Stone	Sr.	Sprints	Raleigh, N.C.	Garner Magnet
Michelle Anumba	Fr.	Throws	Rancho Cucamonga, Calif.	Los Osos
Katie Apibunyopas*	Sr.	Middle Distance	Cockeysville, Md.	Dulaney
Katelyn Bastert*	Sr.	Distance	Quincy, Ill.	Carthage
Ashley Berry*	Fr.	Distance	Paget, Bermuda	Warwick Academy
Juliet Bottorff*	So.	Distance	Newark, Del.	Tatnall
Erica Brand	Fr.	Throws	Shawnee, Kan.	Shawnee Mission Northwest
Ashley Brasovan*	So.	Distance	Wellington, Fla.	Wellington
Rebecca Craigie*	Fr.	Distance	Macclesfield, United Kingdom	The King's School
Vanessa Floyd	Fr.	Sprints	Oceanside, Calif.	Vista
Amy Fryt	Sr.	Pole Vault	Goldsboro, N.C.	Charles B. Aycock
Hannah Goranson	Fr.	Sprints/Hurdles	Los Altos, Calif.	Valley Christian
Kayla Hale*	So.	Distance	Indialantic, Fla.	Holy Trinity Episcopal
Karolina Haraldsdottir	Gr.	Multi-Events	Rochester, Minn.	Mayo
Virginia Hine*	Jr.	Distance	Memphis, Tenn.	White Station
Andrea Hopkins	So.	Javelin	Lake Oswego, Ore.	Lakeridge
Mary Carleton Johnston*	Jr.	Distance	Mobile, Ala.	St. Paul's Episcopal
Courtney Kedra	Fr.	Sprints/Jumps	Phoenixville, Pa.	Phoenixville Area
Kristina Krasich*	Sr.	Distance	Westfield, Ind.	Purdue
Amber Kunze	So.	Pole Vault	Grand Island, Neb.	Grand Island
Gabby Levac*	Fr.	Distance	Hartland, Wis.	Arrowhead
Cassie Ludwig	Sr.	Pole Vault	Hinsdale, Ill.	Hinsdale
Emily Mattoon	So.	Pole Vault	San Diego, Calif.	Rancho Bernardo
Amy Matulewicz	Sr.	Throws	Easton, Pa.	Easton Area
Devotia Moore*	Sr.	Middle Distance	Queens, N.Y.	Townsend Harris
Madeline Morgan*	So.	Distance	Birmingham, Ala.	Mountain Brook
Dana Morin*	Fr.	Distance	Sheridan, Wyo.	Sheridan
Leslie Morrison*	Jr.	Middle Distance	Bethesda, Md.	Walt Whitman
Kelsey Ontko	Jr.	Sprints/Jumps	Benet, Ill.	Benet Academy
Laura Paulsen	Gr.	Distance	Lutherville, Md.	Johns Hopkins
Nicole Ragucci	Jr.	Sprints/Pole Vault	Monroe Township, N.J.	Monroe Township
Destiny Roseman	Fr.	Jumps	Grand Prairie, Texas	Trinity Christian School
Cydney Ross*	Jr.	Middle Distance	St. Louis, Mo.	Villa Duchesne
Jessie Rubin*	Fr.	Distance	Rockville, Md.	Thomas Wootton
Emily Schwitzer*	Sr.	Distance	Minnetonka, Minn.	Hopkins
Miray Seward	Fr.	Multi-Events	Dunwoody, Ga.	The Westminster Schools
Carly Seymour*	Jr.	Distance	Ebensburg, Pa.	Central Cambria
Adrienne Soo*	So.	Distance	Durham, N.C.	Durham Academy
LaCresha Styles	So.	Sprints	Acworth, Ga.	McEachern
Shannon Sullivan	So.	Throws	Wood-Ridge, N.J.	Immaculate Heart Academy
Sophia Treakle	So.	Sprints/Hurdles	Asheville, N.C.	Asheville
Amanda Truelove*	Jr.	Distance	Barrie, Ontario	St. Joan of Arc
Kate Van Buskirk	Sr.	Distance	Brampton, Ontario	Turner Fenton Secondary School
Esther Vermeer*	Jr.	Middle Distance	Grimsby, Ontario	Smithville District Christian
Brianna Welch*	Fr.	Distance	Glen Head, N.Y.	North Shore
Brittany Whitehead	Jr.	Sprints	Cherry Hill, N.J.	Cherry Hill West
Sophia Ziemian*	So.	Distance	Lewisburg, Pa.	Lewisburg Area

\* Denotes cross country team member

# Norm Ogilvie

## Director of Track & Field

21st Season at Duke

11th Season as Men's XC Head Coach

8th Season as Director of Track & Field

B.A. - Drake ('81)

M.A. - Duke ('96)

Coming off an exciting campaign in 2009-10, which saw Duke reach new highs in both cross country and track & field, Director of Track and Field Norm Ogilvie is eager to begin his 20th cross country season in the fall of 2010 and his 21st track & field season at Duke in January 2011.

During the fall of 2009, Ogilvie led the men's cross country team to its first NCAA Championships berth since 2001 as the squad finished the year with a 98-38-1 record for the team's highest win total since 2001. The Blue Devils also captured their second consecutive IC4A Cross Country Championship and are poised to be one of the top teams in the nation come fall after placing fourth at both the ACC Championships and the NCAA Southeast Regional last season.

Indoors, both the men's and women's track & field programs improved upon their conference standings from a year ago. The men, behind All-ACC performers Curtis Beach (heptathlon), Cory Nanni (Mile), Sean-Pat Oswald (800m) and Bo Waggoner (5,000m), finished in eighth place, while the women landed five on the all-conference squad in Karolina Haraldsdottir (pentathlon), Amy Fryt (pole vault), Devotia Moore (800m), Madeline Morgan (3,000m) and Carly Seymour (5,000m).

In addition, Beach became the first Duke individual male track student-athlete to qualify for the NCAA Indoor Championships field since Bryan Alif in 1982 as the rookie finished in 12th place at the national championship meet in the heptathlon.

Duke completed another strong season during the 2010 outdoor campaign, culminating in six Blue Devils qualifying for the NCAA Championships in Eugene, Ore. Freshman Austin Gamble set a school record in the discus (180-1) at the NCAA First Round, while John Austin in the javelin and Karolina Haraldsdottir in the heptathlon also posted Duke record marks during the regular season.

At the ACC Outdoor Track & Field Championships, Ryan McDermott and Amy Fryt successfully defended their 2009 conference crowns, winning back-to-back ACC titles in the 3,000m

steeplechase and the pole vault, respectively. In addition, Austin added an ACC title to his resume, while Gamble joined Emily Schwitzer (steeplechase) and Kate Van Buskirk (1,500m) in All-ACC Honors.

A school-record 28 student-athletes would go on to qualify for the NCAA Eastern Preliminary Round, held in Greensboro, N.C. Duke's six student-athletes to advance past the NCAA First Round was the school's largest number of representatives at the NCAA Championships since 2007.

In all, the 2010 indoor and outdoor track season saw 15 Blue Devils earn All-ACC honors, 10 grab All-East accolades, eight school records fall and three Duke athletes capture conference titles.

2010 also produced three Duke relay teams ranked in the national top-10 by Track & Field News. The women were rated No. 6 in America in the 4x800m and No. 10 in the 4x1,500m. The men's 4xMile relay was ranked No. 7 in the USA as well.

In 2008-09, he guided three sophomores to an NCAA individual berth in cross country, multiple IC4A titles and an ACC individual title in the steeplechase. Ogilvie-coached distance relay teams altered the Duke all-time top-five list no less than five times in 2009, including the four-mile relay, which ranked No. 7 in the nation.

Over Ogilvie's 20 track and field seasons at Duke, he has coached 291 All-East selections, 19 ACC individual champions, nine IC4A champions, 15 ECAC champions and five All-Americans. In cross country, Ogilvie has led Duke to ACC team title, three IC4A team titles and four NCAA appearances, including an at-large bid in 2009. Ogilvie has coached one ACC cross country champion, one Southeast Region individual champion and two runners-up, 18 All-Southeast region selections and one All-American. His career record versus Division-I opponents is 924-326-2 over ten cross country seasons.

Named the Atlantic Coast Conference Cross Country Coach of the Year in 2000 after guiding the Duke men to their first ACC title since 1977, Ogilvie has done the hands-on coaching of all male middle distance and distance runners for the past two decades in Durham.

The men's track & field team under Ogilvie has been consistently strong in the distance events throughout his tenure. Indoors, Ogilvie-coached athletes have accounted for 23 of the top 25 all-time marks from 800 to 5,000-meters at Duke.

The field events have also developed significantly under his direction and coaching hires. Nine of the 14 indoor field records for men and women and 13 of the 18 outdoor field school records for men and women have been accomplished under Ogilvie's watch.

Prior to his time at Duke, Ogilvie spent three semesters at the University of Colorado, assisting with distance runners.

As an athlete, Ogilvie owns a personal best of 14:07 for 5,000m and has covered one mile in 4:07.

A 1981 graduate of Drake University in Des Moines, Iowa, with a degree in journalism, Ogilvie completed his master's degree from Duke in July of 1996. In addition to coaching, Ogilvie has also covered track and field meets for network television for the past 20 years, while also serving as the president of the IC4A Coaches Association through May of 2002.

Ogilvie was promoted to Director of Track and Field in June of 2003, taking over the Duke women's program from his wife, Jan, who decided to continue her career in Duke's physical education department and spend more time with the couple's two daughters - Jade (13) and Starr (7).

## The Ogilvie File

### Men's Cross Country

Four NCAA Championship Appearances  
 Three IC4A Championships (2005, 2008-09)  
 ACC Cross Country Championship (2000)  
 ACC Coach of the Year (2000)  
 23 All-East selections  
 18 All-Southeast Region honorees  
 15 All-ACC selections

### Track & Field

291 All-East selections  
 19 ACC Individual Champions  
 Nine IC4A Champions  
 Five All-Americans  
 15 ECAC Champions  
 27 ACC Champions  
 92 All-ACC selections

### Cross Country Coaching History

Year	Record
2000	133-44
2001	133-30
2002	69-33
2003	84-42
2004	86-25
2005	107-21
2006	62-48-1
2007	56-28
2008	96-17
2009	98-38-1
Total	924-326-2

### Indoor Track & Field ACC Coaching History

Year	Men	Women
2000	-	-
2001	8th/9 (36)	-
2002	9th/9 (13)	-
2003	6th/9 (36)	7th/9 (40.5)
2004	7th/9 (27)	8th/9 (36.5)
2005	-	-
2006	11th/12 (8.5)	8th/12 (43)
2007	11th/12 (19)	6th/12 (56.5)
2008	11th/12 (7)	11th/12 (18)
2009	10th/12 (28)	9th/12 (26.33)
2010	8th/12 (38.5)	4th/12 (60)

### Outdoor Track & Field ACC Coaching History

Year	Men	Women
2000	7th/9 (45)	-
2001	8th/9 (22.5)	-
2002	9th/9 (10)	-
2003	8th/9 (41)	-
2004	8th/9(23)	8th/9 (46)
2005	10th/11 (27)	8th/11 (54.5)
2006	11th/12 (23)	7th/12 (51)
2007	11th/12 (29)	9th/12 (45)
2008	9th/12 (36)	12th/12 (11)
2009	7th/12 (61)	11th/12 (33)
2010	8th/12 (38)	5th/12 (61)

## Duke Head Track & Field Coaches

Men	Women
Bob Chambers (1939-64)	Mike Forbes (1984-1997)
Al Buelher (1964-2000)	Jan Ogilvie (1997-2003)
Norm Ogilvie (2000-2003)	

**Director of Track & Field**  
 Norm Ogilvie  
 (2003-Present)

# Kevin Jermyn

**Assoc. Head Coach (Track & Field)  
Head Coach (W. Cross Country)  
11th Season at Duke  
7th Season as W. Cross Country Head Coach  
B.S. - Georgetown '98  
M.A. - Duke '06**

Kevin Jermyn enters his 11th season with the Blue Devils in the fall of 2010. Jermyn was named Associate Head Track & Field Coach in 2003 and Head Women's Cross Country Coach in July of 2004. His primary responsibilities include coaching Duke's middle and long distance runners.

In the fall of 2009, Jermyn led the Duke women to an eighth-place finish at the NCAA Cross Country Championships in Terre Haute, Ind., after the team captured its third NCAA Southeast Region title in program history earlier in the season. Carly Seymour became the eighth Blue Devil cross country runner, and first since 2007, to earn All-America honors under Jermyn's watch and joined teammates Juliet Bottorff, Kayla Hale and Kate Van Buskirk in All-Southeast Region accolades. Jermyn was also named Southeast Region Coach of the Year for his efforts, the third such honor of his career.

In the 2010 indoor and outdoor track and field seasons, five Jermyn-coached student-athletes earned All-ACC honors, while 14 qualified for the NCAA Eastern Preliminary Round. Aided by the success of the distance runners, the Blue Devils went on to finish fourth at the ACC Indoor Championships and fifth at the outdoor meet.

Since his arrival in Durham, Jermyn has helped lead the Duke women's cross country, middle and long distance programs to national prominence. The 2004 and 2005 cross country installments placed second and third, respectively, at the NCAA

Championships, while also capturing ACC and Southeast Region titles. Under Jermyn's guidance, the Blue Devils have finished in the top-10 at the NCAA Cross Country Championships for four of the last six seasons.

On the track, Jermyn's athletes have rewritten every middle and long distance relay school record both indoors and outdoors in addition to winning the 2005 Penn Relays Distance Medley Championship of America title, the first Penn Relays title in Duke history for the women. The success of the Blue Devil middle and long distance runners also led Duke to a school record 12th place finish at the 2007 NCAA Indoor Championships and the team championship at the 2009 ECAC Indoor Championships.

Individually, Jermyn has coached 12 athletes to a total of 29 NCAA All-America performances in ten years. Jermyn coached Shannon Rowbury to Duke's first ever NCAA individual championship with her victory in the one-mile run at the 2007 NCAA Indoor Championships. Jermyn also coached Rowbury and Clara Horowitz to two NCAA runner-up finishes each - Rowbury in the mile in 2005 and 3,000m in 2007; Horowitz in the 5,000m and 10,000m in 2006.

At the NCAA Regionals, Jermyn has guided 23 athletes to All-Southeast Region honors in cross country and eight All-East Region performers in outdoor track. At the ECAC Championships, Jermyn has guided a total of 47 All-East performers, including eight individual and six relay championships, while also Jermyn has coaching 31 All-ACC performers and seven ACC Champions. In addition, Jermyn has coached eight women who have represented the United States in international cross country competitions.

A true student and fan of the sport, Jermyn is continuously involved in coaching education programs, clinics and camps. He is an USATF Level III certified coach in endurance and Level II certified in sprints, relays and hurdles. Jermyn also directs the Duke Running Camp during the summer months.

Jermyn's experience as a national class runner from high school through the professional ranks is an invaluable asset to his coaching. He competed professionally in cross country and track and field for the Reebok Enclave. Jermyn was a member of the victorious Reebok Enclave team at the 1998 USATF Cross Country Championship and raced to a personal best of 3:43.56 for 1,500-meters on the track.

As an undergraduate at Georgetown University, Jermyn led the Hoyas as team captain to numerous BIG EAST and IC4A team championships and NCAA Championship appearances. Individually, Jermyn was an All-America, All-East and All-BIG EAST selection in track and field. As a prep at Tottenville High School in Staten Island, N.Y., Jermyn was a three-time national high school champion, two-time New York state champion and a winner of the prestigious Millrose Games high school mile.

Jermyn graduated from Georgetown University cum laude in 1998 with a bachelor of science degree in accounting and finance and a minor in psychology. Jermyn obtained a master's degree in liberal studies from Duke University in 2006. Jermyn's thesis was on the coaching implications of gender differences among collegiate runners.

# Shawn Wilbourn

**Associate Head Coach  
Multis, Pole Vault, Sprints, Hurdles, Jumps  
3rd Season at Duke  
B.S. - Long Beach State**

Shawn Wilbourn is currently in his third season as a member of the Duke track & field coaching staff after joining the Blue Devils following the Olympic Trials in July of 2008. Wilbourn works with Duke's multi-event, pole vault, sprint, hurdles and horizontal jump student-athletes.

In 2010, Wilbourn guided three Blue Devils to All-ACC performances, while Amy Fryt (pole vault) captured a conference title during the outdoor season. Two Duke records fell under Wilbourn's watch last season as two of his student-athletes qualified for the NCAA Eastern Preliminary Round with freshmen standout Curtis Beach advancing to the indoor NCAA Championships, becoming the first male individual athlete to do so since 1982.

In his first season with Duke, Wilbourn made an impressive debut, leading two Blue Devil student-athletes to the NCAA Championships and both a men's and women's competitor to ACC individual titles. Tyler Clarke (decathlon) and Jade Ellis (long jump) advanced to the NCAA Outdoor Championships in 2009, while Ellis and Fryt (pole vault) each captured ACC crowns. In addition, Ellis and Clarke both set school records in their respective events, while Fryt added an ECAC indoor title to her resume.

Prior to working at Duke, Wilbourn held a similar position at Georgia after spending four years at Cortland State University, the last two as Director of Men's and Women's Track and Field and Cross Country. He was honored with numerous Atlantic Region and New York State Coach of the Year honors for his mentoring at Cortland State, while coaching 18 All-Americans and two national champions.

Wilbourn's other collegiate coaching stops include the University of Arizona, Arizona State University and his alma mater, Long Beach State University. Wilbourn earned his masters in kinesiology from Long Beach in 2003.

As an athlete, Wilbourn was a 1996 Olympic Trials finalist in the decathlon and competed at the World Championships for the United States in 1997. His career best in the decathlon is 8,268 points.

Wilbourn was also selected by the Buffalo Bills in the fifth round of the 1991 NFL draft. He spent time under contract with the San Francisco 49ers during the 1992 NFL campaign.

In addition, Wilbourn is a USATF Level II certified coach as well as a certified strength and conditioning specialist.

COACHING STAFF

## The Jermyn File

- Three-Time SE Region XC Coach of the Year
- Two-Time ACC XC Coach of the Year
- 2005 East Region Asst. Coach of the Year
- 2004 NCAA XC Runner-Up Finish
- 2005 NCAA XC Third-Place Finish
- 2005 Penn Relays DMR champions
- 46 T&F All-ACC honorees
- 20 All-Southeast Region XC honorees
- 19 All-ACC XC selections
- 12 NCAA Individual All-Americans
- 10 Team USA XC Team Member
- Eight NCAA XC Appearances
- Eight XC All-Americans
- Three NCAA Southeast Region XC Titles
- Three ACC T&F Individual Champions
- Three ACC XC Freshmen of the Year
- Two ACC XC Individual Champions
- Two ACC XC Team Titles

### Cross Country Coaching History

Year	Record
2003	106-45
2004	142-3
2005	162-2
2006	115-16
2007	75-34
2008	91-17-1
2009	108-8
Total	799-125-1



**B.J. Linnenbrink****Assistant Coach****Throws****2nd Season at Duke****B.S. - Florida State University '02**

B.J. Linnenbrink joined the Duke track & field staff as an assistant coach, specializing in throws for both men and women, during July of 2009.

During his first season with the Blue Devils, Linnenbrink saw two of his athletes set school records in their respective events. This past season, he guided Austin Gamble to the NCAA Championships in the discus after the freshman garnered All-ACC accolades earlier in the season and led John Austin to an ACC title in the javelin. Linnenbrink also saw five of his student-athletes advance to the NCAA Eastern Preliminary Round in 2010.

Prior to his arrival at Duke, Linnenbrink held a similar position at Notre Dame from 2003-07. During that period, he tutored 15 NCAA Regional qualifiers and 17 All-BIG EAST performers, including 2005 BIG EAST hammer throw champion Chip Roberts. In addition, he guided Notre Dame's first female thrower to qualify for the NCAA Championships as well as the first Irish thrower to advance to the outdoor NCAA competition since 1945.

Linnenbrink saw his Irish throwers advance to the NCAA Mideast Regional 15 times in five seasons with two qualifying for the USATF Championships. Additionally, the Notre Dame top-10 lists were radically altered in almost every throwing event under his direction with his student-athletes claiming 10 top-10 efforts on the men's side and a staggering 26 top-10 performances on the women's side.

As a member of Notre Dame's staff, he was part of five BIG EAST Coaching Staff's of the Year - 2003 & 2005 men's indoor, 2003 & 2006 men's outdoor and 2006 women's indoor.

A former NCAA and USATF Championship qualifier at Florida State, Linnenbrink owns the Seminole school record in the weight throw (20.91m/68-7.25) and ranks among the top-five in FSU history in the hammer throw (59.48m/195-2), earning All-Atlantic Coast Conference accolades as a senior.

Before his successful two-year stint at Florida State, Linnenbrink dominated at the junior college level, where he earned two NJCAA All-America honors at Johnson County Community College in Overland Park, Kan., in addition to seven All-Jayhawk East Conference awards.

Linnenbrink received a bachelor of science degree in physical education from Florida State in 2002 and in 2006, he earned his master of science degree in physical education from Emporia State.

Linnenbrink and his wife, the former Monica Hardy, married July 31, 2004.

**Jan Ogilvie****Assistant Coach****High Jump****17th Season at Duke**

Jan Ogilvie begins her 17th year on the Duke track & field staff in 2010-11. Ogilvie served as the head women's track & field and cross country coach from 1997-2003 before transitioning to director of the Brodie Gym from 2003-2009. In addition to coaching the Devils' high jumpers, she currently serves as the Director of Aquatics for the East and West Campus.

In the high jump, Ogilvie led Debra Vento, whose 6-1.50 clearance is tops in school history, to All-America status as well as ACC and ECAC Championships. Vento qualified for the NCAA Championships a total of seven out of a possible eight times during her indoor and outdoor career, placing as high as third at the NCAA Championships.

Additionally, Ogilvie guided current Blue Devil Mike Kotecki to an ACC silver medal in 2008. Kotecki cleared 6-8.25, the No. 3 all-time mark at Duke, as a sophomore at the ACC Championships to claim second place after beginning his collegiate career as an unheralded walk-on.

Ogilvie landed on eof the nation's most prized high jump recruits in 2010 with the addition of Tanner Anderson, who cleared 7-3.25 as a prep.

Ogilvie and her husband, director of track and field Norm Ogilvie, live in Durham with their two daughters - Jade (13) and Starr (7).

**Liz Wort****Assistant Coach****Middle/Long Distance****4th Season at Duke****B.A. - Duke University '07**

Liz Wort joined the Blue Devil coaching staff in 2007 after completing a stellar running career at Duke. Wort works primarily with the women's middle and long distance student-athletes.

In her three seasons as a member of the Duke coaching staff, Wort has helped Duke produce five All-Americas, six all-region honorees, three ECAC Champions and 14 All-ACC honorees among the women's cross country and track & field teams.

Last season, Wort was instrumental in guiding the women's cross country team to an eighth-place finish at the NCAA Championships after the team captured its third NCAA Southeast Region title in program history.

In 2009, Wort helped then-senior Patricia Loughlin to a 10th-place finish in the steeplechase at the NCAA Outdoor Championships and the No. 2 all-time mark at Duke.

As a member of the Duke track & field team, Wort achieved All-America status three times in addition to setting the school record of 9:51.76 in the steeplechase. She ranks fourth all-time at Duke in the indoor mile (4:44.64), is third in the indoor 3,000m (9:15.52) and was part of the indoor and outdoor 4x800m relay squads that also set school standards.

At the 2007 NCAA Indoor Track & Field Championships, Wort earned All-America status with a 10th-place finish in the 3,000m run and garnered All-America qualification at the NCAA Outdoor Championships in 2005 and 2007, both in the 3,000m steeplechase. Wort won the 2007 NCAA East Regional in the steeplechase to become Duke's first East Regional champion in addition to serving as team captain for three seasons.

Wort is a 2007 graduate of Duke University, receiving her diploma in psychology with a certificate in elementary education.

\* denotes Duke Record; (2) - No. 2 at Duke; (3) No. 3 at Duke; (4) No. 4 at Duke; (5) No. 5 at Duke

# Justin Amezquita

**Freshman • Pole Vault**  
**Mountainside, N.J. (Governor Livingston)**

**Prior to Duke:** Lettered four years at Governor Livingston ... 2009 first team all-state for both indoor and outdoor track and field ... member of the National Honor Society, Math Honor Society and French Honor Society ... National Hispanic Scholar ... served on the student council.

**Personal:** Son of Emilia and Rafael Amezquita ... born September 10, 1992 ... has one younger sister, Amanda.

**Personal Records:**

Indoor Pole Vault	
15-2	High School

Outdoor Pole Vault	
15-6	High School

# Tanner Anderson

**Freshman • Jumps**  
**Valdese, N.C. (East Burke)**

**Prior to Duke:** Lettered four years at East Burke ... holds the North Carolina state record in the high jump (7-3.5) ... two-time North Carolina State Champion ... holds high jump record (7-2.5) for the All-Classification NC state meet ... 2009 outdoor state runner-up ... finished second at the 2009 Junior Olympics Regional Qualifier ... came in second at the 2010 Indoor Nike Nationals in Boston, Mass. ... also lettered in basketball ... served as student body president and National Honor Society president ... graduated as class salutatorian.

**Personal:** Son of Christopher Anderson and Lee Ann Singleton ... born May 4, 1992 ... has two brothers – Drew Anderson and Colton Singleton – and one sister, Hillary Rudicill ... great-uncle, Irwin McNeely, and great-grandfather, Lester McNeely, both graduated from Duke.

**Personal Records:**

Indoor High Jump	
6-10	High School

Outdoor High Jump	
7-3.25	High School

# Brian Atkinson

**Freshman • Distance**  
**Melbourne Beach, Fla. (Melbourne)**

**Prior to Duke:** Four-year letterwinner at Melbourne ... three-time state champion in both cross country and track & field ... 2009 Great American Cross Country Festival champion ... 2008 NXN Regional champion and national qualifier ... 2009 Footlocker qualifier, finishing in 23rd place at the Footlocker Nationals ... two-time Gatorade Florida Cross Country Runner of the Year ... National Honor Society member ... AP Scholar Award recipient.

**Personal:** Son of Andrew Atkinson and Carolyn Feltus-Atkinson ... born March 19, 1992 ... has two sisters – Alyse and Michelle ... father played tennis at Furman University.

**Personal Records:**

Cross Country 5K	
14:57	High School

Outdoor 1,600m	
4:23	High School

Outdoor 3,200m	
9:14	High School

Outdoor 5,000m	
15:27	High School

# John Austin

**Senior • Throws**  
**Mechanicsburg, Pa. (Cumberland Valley)**

**Honors:** All-America (Javelin - 2008) ... NCAA Outdoor Championship Participant (Javelin - 2008) ... All-Region (Javelin - 2008) ... ACC Champion (Javelin - 2010) ... All-ACC (Javelin - 2008, 2009, 2010) ... All-East (Javelin - 2008) ... Duke Outdoor Track & Field MVP (2008) ... Rod Stewart Award (2008).

**2009-10:** Began the season with a second-place effort at the ASU Invitational in Tempe, Ariz., throwing 222-4 ... set the school record with a throw of 227-3 to take first place at the Duke Invitational ... threw 225-0 to win an ACC individual title and garner All-ACC honors in the javelin ... came in first place at the Penn Relays, recording a throw of 220-7 ... qualified for the NCAA First Round in Greensboro, N.C., where he placed 13th.

**2008-09:** Qualified for both the IC4A and NCAA Regionals in 2009 ... threw a season-best 219-9 at the ACC Outdoor Championships, placing third ... won the Duke Invitational with a throw of 209-11 ... also won the UNC Elite meet, recording a throw of 209-8.

**2007-08:** Returned from rehab to improve nearly 18 feet in the javelin ... started the season with a then-personal-best 215-7 to place third at the Wake Forest Open ... improved to 219-11 to win the Duke Invitational ... threw 221-14 to take second at the Sun Angel Classic in Tempe, Ariz. ... earned all-conference honors with a second-place effort at the ACC Championships ... led a 2-3-6 Duke finish for a team-high 17 points in the javelin at the conference meet ... threw 219-0 to take third at the Penn Relays ... earned Duke's 10th individual IC4A title with a throw of 216-8 ... set school record with 225-5 throw to secure a bid to the NCAA East Regionals ... at the NCAA Championships, became the 11th Devil male track & field athlete to earn All-America honors in an individual event, and first in the javelin, with an eighth-place effort.

**2006-07:** Qualified for the NCAA East Regional in his first collegiate meet with a javelin throw of 207-8 at the Wake Forest Open ... missed the remainder of the season due to injury.

**Prior to Duke:** Qualified for Penn Relays in the javelin ... won the javelin event at the Mid-Penn Conference meet, setting the meet record while also finishing third in the discus ... won the PIAA District III Championship in the javelin and placed sixth in the discus ... medaled (seventh) at the PIAA State Championships in the javelin ... finished fourth at the Nike Outdoor Nationals in the javelin with a then-personal-best 192-5.

**Personal:** Earning MBA from Duke's Fuqua School of Business.

**Personal Records & Duke Career Performance List:**

Discus		
160-8		High School
128-0	Duke Twilight (3rd)	May 4, 2008

Javelin		
227-3*	Duke Invitational (1st)	Apr. 2, 2010
225-5	NCAA East Regional (3rd)	May 30, 2008
225-0	ACC Championships (1st)	Apr. 15, 2010
222-4	ASU Invite (2nd-Finals)	Mar. 27, 2010
221-4	Sun Angel Classic (2nd)	Apr. 12, 2008
220-7	Penn Relays (1st)	Apr. 23, 2010
219-11	Duke Invitational (1st)	Apr. 4, 2008
219-9	ACC Championships (3rd)	Apr. 16, 2009
219-0	Penn Relays (3rd)	Apr. 26, 2008
217-4	NCAA Eastern Preliminary (13th)	May 28, 2010
216-10	NCAA Championships (8th-Finals)	June 13, 2008
216-8	IC4A Championships (1st)	May 18, 2008
215-7	Wake Forest Open (3rd)	Mar. 21, 2008
213-2	Duke Twilight (1st)	May 4, 2008
211-8	NCAA Championships (11th-Prelims)	June 11, 2008
210-8	ASU Invite (4th-Prelim)	Apr. 10, 2010
209-11	Duke Invitational (1st)	Apr. 3, 2009
209-8	UNC Elite (1st)	May 8, 2009
208-6	ACC Championships (2nd)	Apr. 17, 2008
207-8	Wake Forest Open (3rd)	Mar. 23, 2007
199-5	NCAA East Regional (13th)	May 29, 2009
197-7	Penn Relays (8th)	Apr. 25, 2009
196-8	Wake Forest Open (3rd)	Mar. 20, 2009
194-9	Duke Invitational (3rd)	Apr. 6, 2007

# Michael Barbas

**Junior • Throws**  
**Houston, Texas (Jersey Village)**

**Honors:** Duke Indoor Track Freshman of the Year (2009).

**2009-10:** Duke's top thrower in the shot put as a sophomore ... during the indoor season, registered his best throw of the year at the Armory Collegiate, claiming seventh place with a 54-1.75 effort ... finished fourth at the Virginia Tech Classic

ATHLETE BIOS

with a 52-8.75 showing ... at the ACC Championships, recorded a throw of 52-4¾ to finish in tenth place ... outdoors, earned two second-place finishes with marks of 56-9.5 at the Duke Twilight and 55-11.75 at the NC A&T Invitational ... his throw at the Twilight also ranks as the No. 3 performance on the Duke all-time list ... came in seventh at the ACC Championships with a throw of 55-6¼ ... ended the outdoor season with a 29th-place, 55-10½ showing at the NCAA Eastern Preliminary Round in Greensboro ... competed in the discus as well, recording a personal-best mark of 154-0 at the Duke Invitational.

**2008-09:** Earned Freshman of the Year honors at the Duke awards banquet for the indoor season ... threw 55-9 at ACC Indoor Championships, finishing sixth and recording the third-best individual mark in Duke history ... placed second at the Tar Heel Invitational, his highest finish of the season, with a throw of 52-11 ... came in third at the Carolina Invitational with a throw of 53-9 ¼ ... during the outdoor season, finished second at the UNC Invitational with a throw of 53-3 ½ ... placed seventh at the ACC Championships, registering 54-7 ½ for Duke's top mark of the season ... in addition, competed in the discus during the outdoor season, finishing 11th at the ACC Championships with a season-best throw of 151-1 ... his top discus finish in 2009 came at the Duke Twilight, where his throw of 149-3 was good for fourth place.

**Prior to Duke:** Threw a personal-best 66-3 in the shot put to win the Nike National Indoor Championship after improving his personal best three times over the course of the meet ... threw the heavier six-kilogram shot out against college freshmen at the USATF Junior Nationals, placing seventh ... in the discus, threw 177-1 to win a district title while also recording a personal-best 185-0 in the event.

**Personal:** Majoring in Neuroscience.

#### Personal Records & Duke Career Performance List:

##### Indoor Shot Put

55-9 <sup>(3)</sup>	ACC Championships (6th)	Feb. 28, 2009
54-1.75	Armory Collegiate (7th)	Feb. 5, 2010
53-9.25	Carolina Invitational (3rd)	Jan. 13, 2009
53-7.75	Terrier Classic (3rd)	Jan. 24, 2009
52-11	Tar Heel Invitational (2nd)	Jan. 10, 2009
52-8.75	VT Challenge (4th)	Feb. 20, 2010
52-6.75	UNC Invite (8th)	Feb. 12, 2010
52-4.75	ACC Championships (10th)	Feb. 27, 2010
52-0	VT Challenge (6th)	Feb. 21, 2009
52-0	IC4A Championships (13th)	Mar. 7, 2009
51-3.5	Hokie Invite (10th)	Jan. 23, 2010
49-5.75	Armory Collegiate (30th)	Feb. 6, 2009

##### Indoor Weight Throw

47-5.25 <sup>(3)</sup>	Hokie Invite (23rd)	Jan. 22, 2010
43-11.75	Carolina Classic (9th)	Jan. 29, 2010
42-1.25	Tar Heel Invitational (4th)	Jan. 10, 2009
41-10.5	Terrier Classic (35th)	Jan. 24, 2009
40-9.75	VT Challenge (11th)	Feb. 20, 2009

##### Outdoor Shot Put

56-9.50 <sup>(3)</sup>	Duke Twilight (2nd)	May 9, 2010
55-11.75	NC A&T Invite (2nd)	May 17, 2010
55-10.50	NCAA First Round (29th)	May 28, 2010
55-6.25	ACC Championships (7th)	Apr. 15, 2010
54-8.25	Duke Invitational (4th)	Apr. 3, 2010
54-7.50	ACC Championships (7th)	Apr. 17, 2009
54-6.75	Wake Forest Open (7th)	Mar. 19, 2010
54-6	Carolina Fast Times (3rd)	Apr. 10, 2010
54-1.25	UNC Elite (5th)	May 8, 2009
53-7.75	Penn Relays (6th)	Apr. 24, 2009
53-3.5	UNC Invitational (2nd)	Apr. 11, 2009
53-1.75	Penn Relays (6th)	Apr. 23, 2010
53-2.75	Duke Twilight (3rd)	May 3, 2009
52-7.50	Raleigh Relays (7th)	Mar. 27, 2009
52-5.50	Duke Invitational (5th)	Apr. 4, 2009
51-3.50	Raleigh Relays (15th)	Mar. 26, 2010
51-0	Wake Forest Open (6th)	Mar. 20, 2009
50-11	IC4A Championships (16th)	May 17, 2009

##### Outdoor Discus

154-0	Duke Invitational (9th)	Apr. 3, 2010
153-3	Wake Forest Open (7th)	Mar. 20, 2010
151-1	ACC Championships (11th)	Apr. 18, 2009
149-7	ACC Championships (13th)	Apr. 15, 2010
149-3	Duke Twilight (4th)	May 3, 2009
148-0	Raleigh Relays (13th)	Mar. 26, 2010
146-3	Carolina Fast Times (6th)	Apr. 10, 2010
144-3	Duke Invitational (13th)	Apr. 4, 2009
143-4	UNC Invitational (7th)	Apr. 11, 2009
143-0	UNC Elite (12th)	May 8, 2009
140-4	Wake Forest Open (15th)	Mar. 21, 2009
132-5	Raleigh Relays (29th)	Mar. 27, 2009

## Curtis Beach

### Sophomore • Multi-Events

Albuquerque, N.M. (Albuquerque Academy)

**Honors:** Indoor All-ACC (Heptathlon - 2010) ... Heptathlon 1,000m World Record Holder... NCAA Indoor Championship Participant (Heptathlon - 2010) ... Indoor All-ACC Academic Team (2010) ... Indoor Team MVP (2010) ... Indoor Team Freshman of the Year (2010).

**2009-10:** Indoors, one of Duke's top performers as a freshman ... began the season with an IC4A qualifying 23-6 leap in the long jump at the Carolina Classic ... a week later, helped Duke capture its second win in program history at the Armory Collegiate, running the 400m leg in 47.7 on the championship DMR squad ... on day two at the Armory, ran an impressive 1:47.9 on the final leg of the 4x800m relay to propel the Blue Devils to first place as Duke set an Armory Track & Field Center record for the event ... at the ACC Indoor Championships, broke the school record with a 5,579-point performance in the heptathlon, earning a third-place finish and All-ACC accolades in the process ... became the first Devil male individual track & field athlete to make the NCAA Indoor Track & Field Championship field since Bryan Alf in 1982 ... finished in 12th at the national championship meet with 5,533 points ... also at NCAA's, ran a 2:27.88 for 1,000-meters to set a world record in the men's heptathlon run ... outdoors, recorded Duke's top time in the 400-meters with a 48.73 showing at the Arizona State Invitational ... Turned in the Blue Devils' top mark in the 110m hurdles as well, clocking 14.67 at the same meet ... missed the remainder of the outdoor season due to injury.

**Prior to Duke:** Five-year letterwinner at Albuquerque Academy ... named the 2009-10 Gatorade National Boys Track and Field Athlete of the Year ... Won a gold medal at the 2009 Pan American Junior Championships, finishing first in the decathlon with a score of 7,377 ... Earned 17 state championships during his high school career, including four 110m hurdles, three long jump, three 300m hurdles and two high jump state titles ... set the national high school record for the decathlon with 7,907 points as a senior ... at the 2009 National Indoor Championships, scored 4,127 points in the pentathlon for the second-best mark in high school history ... selected the 2007 and 2008 Gatorade New Mexico Runner of the Year ... indoor National Champion in the pentathlon in 2007, 2008 and 2009 ... also received Academic All-America accolades.

**Personal:** Son of Jeana King-Beach and David Beach ... father lettered in basketball at San Mateo Community College ... born July 22, 1990 ... has one brother, AJ ... undecided on major.

#### Personal Records & Duke Career Performance List:

##### Indoor 60m

7.21	ACC Championships (t-4th, Hep.)	Feb. 25, 2010
7.22	Carolina Classic (4th, Hep.)	Jan. 29, 2010
7.29	Hokie Invite (30th, Pre.)	Jan. 22, 2010
7.31	NCAA Championships (14th, Hep.)	Mar. 12, 2010

##### Indoor 60m Hurdles

8.39 <sup>(4)</sup>	Armory Collegiate (8th)	Feb. 5, 2010
8.49	Hokie Invite (12th)	Jan. 22, 2010
8.56	NCAA Championships (12th, Hep.)	Mar. 13, 2010
8.58	ACC Championships (5th, Hep.)	Feb. 26, 2010

##### Indoor 1,000m

2:27.88 <sup>(wr)</sup>	NCAA Championships (1st, Hep.)	Mar. 13, 2010
2:41.15	ACC Championships (4th, Hep.)	Feb. 26, 2010

##### Indoor High Jump:

6-8.75 <sup>(3)</sup>	ACC Championships (1st, Hep.)	Feb. 25, 2010
6-6.25	Armory Collegiate (t-10th)	Feb. 5, 2010
6-4.00	NCAA Championships (t-7th, Hep.)	Mar. 12, 2010
6-0.00	Carolina Classic (3rd, Hep.)	Jan. 29, 2010

##### Indoor Long Jump

23-8.25 <sup>(3)</sup>	ACC Championships (1st, Hep.)	Feb. 25, 2010
23-5.75	Carolina Classic (1st, Hep.)	Jan. 29, 2010
23-1.00	NCAA Championships (9th, Hep.)	Mar. 12, 2010

##### Indoor Pole Vault

15-1.00	ACC Championships (t-3rd, Hep.)	Feb. 26, 2010
14-9.00	NCAA Championships (t-11th, Hep.)	Mar. 13, 2010

##### Indoor Shot Put

38-2.50	VT Final Qualifier (12th)	Mar. 6, 2010
37-8.75	NCAA Championships (14th, Hep.)	Mar. 12, 2010
37-5.50	Carolina Classic (5th, Hep.)	Jan. 29, 2010
36-11.25	ACC Championships (5th, Hep.)	Feb. 25, 2010
36-3.00	VT Classic (14th)	Feb. 20, 2010
34-2.50	Hokie Invite (25th)	Jan. 23, 2010

##### Heptathlon

5,579*	ACC Championships (3rd)	Feb. 26, 2010
5,533	NCAA Championships (12th)	Mar. 13, 2010



<b>Indoor 4x800m Relay</b>		
7:26.94*	Armory Collegiate (1st)	Feb. 6, 2010
<b>Indoor Distance Medley Relay</b>		
9:45.30	Armory Collegiate (1st)	Feb. 5, 2010
<b>Outdoor 200m</b>		
21.84		High School
<b>Outdoor 400m</b>		
47.99		High School
48.73	ASU Invitational (8th)	Mar. 27, 2010
<b>Outdoor 800m</b>		
1:50.75		High School
<b>Outdoor 1,500m</b>		
4:07.85		High School
<b>Outdoor 110m Hurdles</b>		
14.67 <sup>(6)</sup>	ASU Invitational (7th)	Mar. 27, 2010
15.40	Duke Invitational (18th)	Apr. 3, 2010
<b>Outdoor High Jump</b>		
6-9		High School
6-4.75	Duke Invitational (16th)	Apr. 2, 2010
<b>Outdoor Pole Vault</b>		
15-3		High School
14-1.25	ASU Invitational (15th)	Mar. 27, 2010
<b>Discus</b>		
126-1	ASU Invitational (23rd)	Mar. 27, 2010
<b>Decathlon</b>		
7,907		High School

**Personal Records & Duke Career Performance List:**

<b>Cross Country 8K</b>		
24:32.00	ACC Championships (30th)	Oct. 31, 2009
25:24.7	Roy Griak Invite (26th)	Sept. 26, 2009
25:32.3	ACC Championships (31st)	Nov. 1, 2008
25:32.90	Panorama Farms Invite (11th)	Sept. 8, 2007
25:35	Blue Ridge Open (32nd)	Oct. 17, 2008
26:02	Roy Griak Invite (107th)	Sept. 27, 2008
<b>Cross Country 10K</b>		
31:03.7	NCAA Championships (112th)	Nov. 23, 2009
31:06.79	NCAA Southeast Regional (26th)	Nov. 14, 2009
31:47	NCAA Southeast Regional (39th)	Nov. 15, 2008
<b>Indoor Mile</b>		
4:24.74	Armory Collegiate (32nd)	Feb. 7, 2009
<b>Indoor 3,000m</b>		
8:37.93	High School	N/A
8:38.08	Tar Heel Invite (30th)	Jan. 1, 2009
8:38.62	Armory Collegiate (21st)	Feb. 6, 2010
8:38.71	Terrier Classic (49th)	Jan. 24, 2009
8:45.43	Tar Heel Invitational (6th)	Jan. 10, 2009
<b>Indoor 5,000m</b>		
15:11.39	ACC Championships (18th)	Feb. 26, 2010
15:15.62	ACC Championships (22nd)	Feb. 27, 2009
15:36.42	Virginia Tech Opener (3rd)	Jan. 11, 2008
<b>Outdoor 5,000m</b>		
14:56.69	Duke Invitational (14th-Section A)	Apr. 2, 2010
15:24.56	Duke Invitational (17th)	Apr. 4, 2008
15:27.58	Duke Twilight (13th)	May 4, 2008
<b>Outdoor 10,000m</b>		
30:38.51	IC4A Championships (2nd)	May 14, 2010
30:54.79	ACC Championships (15th)	Apr. 15, 2010
32:40.83	ACC Championships (10th)	Apr. 17, 2008

**ATHLETE BIOS**

**Josh Brewer**

**Senior • Distance**  
**Pearcy, Ark. (Lake Hamilton)**

**Honors:** All-East Cross Country (2008) ... Outdoor All-East (10,000m – 2010)  
**2009-10:** Began the fall with a third-place showing at the James Madison Cross Country Invitational, running 24:40.10 over 8K ... Helped the Blue Devils to third-place at the Roy Griak Invitational as Duke's fourth finisher ... Took 30th out of 105 finishers at the ACC Cross Country Championships in an 8K personal-best 24:32.00 ... Narrowly missed All-Southeast Region recognition with a 26th-place showing at regionals, running 31:06.79 for 10K ... Came in 112th at the NCAA Cross Country Championships in 31:03.7 for 10K as Duke's top finisher ... Indoors, finished 21st in the 3,000-meters at the New Balance Collegiate, clocking 8:38.62 ... Placed 18th at the ACC Indoor Championships in the 5,000-meters, running 15:11.39 ... Outdoors, earned All-East recognition after running a 10,000m personal-best 30:38.51 to claim second place ... At the ACC Outdoor Championships, came in 15th in the 10,000-meters, clocking 30:54.79 ... Competed in the 5,000m run at the Duke Invitational, finishing 14th in a personal-best 14:56.69.  
**2008-09:** Completed a breakthrough cross country season, which culminated in All-East honors with a 15th-place finish at the IC4A Championships ... helped Duke to the team title at Van Cortlandt Park as the Devils' fifth runner at IC4A's ... crossed the line as Duke's fourth finisher at both the ACC Championships and the NCAA Southeast Regional ... Indoors, ran a 3,000m personal-best 8:37.93 at the IC4A Championships ... redshirted the 2009 outdoor season.  
**2007-08:** Redshirted both the cross country and indoor track seasons ... competed in the 10,000m twice during the spring ... qualified for the USATF Junior Nationals in Columbus, Ohio with a 32:40.83 in the 10,000-meters ... improved his personal best by nearly 46 seconds, placing eighth at the USATF Junior Nationals with a 31:54.88 showing over 10,000m ... also competed in the 5,000m twice, recording a then-personal-best 15:24.56.  
**Prior to Duke:** Four-year letterwinner at Lake Hamilton in both cross country and track & field ... three-time all-state honoree in cross country ... also a 6A cross champion in cross country ... led team to the state cross country title in 2006 ... won the state indoor championship and holds the state record for the 3,200-meters ... finished fourth at the Nike Indoor Nationals in the 5,000m run, earning All-America status ... a Wendy's Heisman national finalist ... also lettered in swimming, garnering all-state accolades during his career ... member of the National Honor Society and the Spanish Honor Society.  
**Personal:** Son of Janet and Ralph Brewer ... born April 11, 1989 ... has one brother, Cameron, and one sister, Mallory ... majoring in Biological Anthropology and Anatomy.

**Christian Britto**

**Freshman • Distance**  
**Orinda, Calif. (Miramonte)**

**Prior to Duke:** First team all-league and second team all-section in cross country ... named Academic NCS MVP in cross country ... honorary mention all-league in the 3,200m ... two-time NCS Academic MVP in track ... also named team NCS MVP for track & field ... lettered two seasons in football, earned NCS Academic MVP honors while playing outside linebacker ... Orinda Parents Club Social Studies Award and Jonathan Dean Sisto Scholarship recipient ... member of the California Scholastic Federation.  
**Personal:** Son of Mark and Shelley Britto ... born October 31, 1991 ... has two sisters, Helen and Simone.

**Personal Records:**

<b>Cross Country 5K</b>	
16:04	High School
<b>Outdoor 800m</b>	
2:00.3	High School
<b>Outdoor 1,600m</b>	
4:23.8	High School
<b>Outdoor 3,200m</b>	
9:39	High School

**Andrew Brodeur**

**Junior • Distance**  
**Brick, N.J. (Brick Memorial)**

**Honors:** All-East Cross Country (2008, 2009) ... All-East Outdoor Track (10,000m – 2010)  
**2009-10:** Began the cross country season with a ninth-place finish out of 185 competitors at the JMU Invitational ... Was Duke's seventh man at the Roy Griak Invitational, placing 33rd out of 167 finishers ... Finished 55th out of 104 at the Panorama Farms Invitational ... Ran an 8K personal-best 24:22.90 at the ACC Championships ... Was Duke's top finisher and earned All-East honors at Van Cortlandt Park, taking third place in 25:28.4 for 8K and helping the Blue Devils



capture their second consecutive IC4A Championship ... Indoors, ran 14:24.10 for 5,000 meters to finish fourth at the Armory Collegiate and set the No. 5 all-time performance at Duke in the event ... Finished 11th at the ACC Indoor Championships with a 14:52.37 showing in the 5,000-meters as well ... During the outdoor season, qualified for the NCAA first round with a personal-best 14:12.06 effort in the 5,000-meters at the Duke Invitational ... placed ninth in the same event at the ACC Outdoor Championships, clocking 14:32.94 ... in addition, competed in the 10,000-meters, finishing 12th at ACCs and turning in a season-high fourth place finish to garner All-East accolades at the IC4A Championships in a personal-best 30:45.99.

**2008-09:** Earned Duke's Freshman of the Year honors in cross country ... finished as the Blue Devils' fifth runner at both the ACC Championships and the NCAA Southeast Regional ... took sixth place overall as Duke's top finisher to lead the Devils to the team IC4A Championship ... earned All-East honors for his performance at the IC4As ... indoors, qualified for the IC4As with a time of 14:35.67 for 5,000-meters, which he lowered to a then-personal-best 14:25.00 at the IC4A meet in Boston ... outdoors, finished ninth at the ACC Championships in the 5,000m run ... placed second at the Duke Twilight meet in the 5,000-meters, clocking a then-personal-best 14:40.25.

**Prior to Duke:** A Footlocker National finalist in cross country ... placed ninth at the Northeast Regional meet to qualify for the national meet in San Diego ... finished in second place in cross country in the New Jersey All-Groups Championships.

**Personal:** Majoring in Biological Anthropology and Anatomy.

#### Personal Records & Duke Career Performance List:

##### Cross Country 8K

24:22.90	ACC Championships (26th)	Oct. 31, 2009
25:11.99	Panorama Farms Invite (55th)	Oct. 16, 2009
25:17	Roy Griak Invitational (42nd)	Sept. 27, 2008
25:23.97	Lou Onesty Invitational (11th)	Sept. 6, 2008
25:28.4	IC4A Championships (3rd)	Nov. 21, 2009
25:29	IC4A Championships (6th)	Nov. 22, 2008
25:33.0	Roy Griak Invitational (26th)	Sept. 26, 2009
25:34.8	ACC Championships (33rd)	Nov. 1, 2008

##### Cross Country 10K

31:51	NCAA Southeast Regional (40th)	Nov. 15, 2008
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##### Indoor 3,000m

8:29.92	Terrier Classic (26th)	Jan. 24, 2009
8:33.05	Tar Heel Invite (3rd)	Jan. 10, 2009
8:41.87	ACC Championships (35th)	Feb. 27, 2010

##### Indoor 5,000m

14:24.10 <sup>(5)</sup>	Armory Collegiate (4th)	Feb. 5, 2010
14:25.00	IC4A Championships (14th)	Mar. 7, 2009
14:35.67	Armory Collegiate (10th)	Feb. 7, 2009
14:52.37	ACC Championships (11th)	Feb. 26, 2010
14:59.92	ACC Championships (15th)	Feb. 27, 2009

##### Outdoor 5,000m

14:12.06	Duke Invitational (2nd-Section A)	Apr. 2, 2010
14:29.22	NCAA First Round (28th)	May 29, 2010
14:32.94	ACC Championships (9th)	Apr. 16, 2010
14:40.25	Duke Twilight (2nd)	May 3, 2009
14:41.05	ACC Championships (9th)	Apr. 18, 2009
14:43.45	Duke Invitational (10th)	Apr. 3, 2009
14:45.21	IC4A Championships (27th)	May 15, 2009

##### Outdoor 10,000m

30:45.99	IC4A Championships (4th)	May 14, 2010
30:51.48	ACC Championships (12th)	Apr. 15, 2010

## Austin Carpenter

### Junior • Throws

#### Saddle River, N.J. (St. Lawrence/Tabor Academy)

**Prior to Duke:** Lettered in track & field at St. Lawrence University ... finished third in the javelin at the 2010 Liberty League Outdoor Championships ... recorded a personal-best of 196-7 in the javelin in 2010.

**Personal:** Son of Duncan and Susan Carpenter ... born October 20, 1989 ... has two sisters, Amanda and Alana.

#### Personal Records:

Javelin	
196-7	2010

## Stephen Castiglione

### Freshman • Throws

#### East Brunswick, N.J. (East Brunswick)

**2009-10:** Did not compete during the 2009-10 season.

**Prior to Duke:** Lettered four years at East Brunswick ... earned honorable mention all-county recognition ... Winged Foot Award, given to high scorer, for the 2008 track & field season ... finished in second place in the javelin at the GMC County Championships ... placed fourth in the javelin at the NJSAA State Semifinals ... served as team captain for winter track in 2008 and spring track 2008-09 ... missed senior season due to injury.

**Personal:** Son of Daniel and Lorayne Castiglione ... born June 16, 1991 ... has a brother, Daniel, and a sister, Jessica ... undecided on major.

#### Personal Records:

Javelin	
181-11	High School

## Jonathan Chu

### Senior • Middle Distance

#### Columbia, S.C. (New Trier Township)

**2009-10:** In the fall, competed in the Great American XC Festival and the Panorama Farms Invitational ... clocked a season-best 26:57 over 8K at the Great American Festival ... indoors, ran 8:49.91 for 3,000m to place 19th at the Virginia Tech Classic on Feb. 19 ... outdoors, focused on the 5,000m with his best result, a 15:19.21 clocking, coming at the Duke Invitational on Apr. 2.

**2008-09:** Ran once during the winter, posting a 4:28.99 mile at the Virginia Tech Challenge on Feb. 21 ... outdoors, competed in the 1,500m on three occasions ... turned in a personal-best 4:04.22 performance at the Duke Twilight ... clocked 8:56.88 in the 3,000m at the Wake Forest Open on Mar. 21.

**Personal:** Majoring in Classical Civilizations.

#### Duke Career Performance List:

##### Cross Country 8K

26:57	Great American XC Festival (66th)	Oct. 2, 2009
27:04.99	Panorama Farms Invitational (101st)	Oct. 16, 2009

##### Indoor Mile

4:28.99	Virginia Tech Challenge (36th)	Feb. 21, 2009
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##### Indoor 3,000m

8:49.91	Virginia Tech Classic (19th)	Feb. 19, 2010
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##### Outdoor 1,500m

4:04.22	Duke Twilight (11th)	May 3, 2009
4:10.87	UNC Invite (35th)	Apr. 11, 2009
4:11.22	UNC Invite (35th)	Apr. 11, 2009

##### Outdoor 3,000m

8:56.88	Wake Forest Open (14th)	Mar. 21, 2009
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##### Outdoor 5,000m

15:19.21	Duke Invite (1st-Section C)	Apr. 2, 2010
15:20.81	Duke Twilight (21st)	May 9, 2010
15:44.91	Raleigh Relays (3rd-Section V)	Mar. 26, 2010

## Stephen Clark

### Junior • Distance

#### Salt Lake City, Utah (Skyline)

**Honors:** All-East Indoors (DMR - 2009) ... All-East Outdoors (4x800m - 2009).

**2009-10:** Began the cross country season with a 15th-place showing out of 85 finishers at the JMU Invitational ... was Duke's sixth man at the Roy Griak Invitational with a 29th-place effort out of 165 finishers ... ran a 24:49.45 over 8K as the Devils' fifth man at the Panorama Farms Invitational ... as Duke's fifth man at the ACC Championships, ran an 8K personal-best 24:16.01 to help the Blue Devils to a fourth-place team finish ... also turned in a 10K personal-best 31:30.34 at the NCAA Southeast Regional, good for 39th place out of 231 finishers ... at the NCAA Championships, came in 149th after posting a 31:43 for 10K ... competed indoors, running the 800m and 1,000m ... ran on school record 4x800m relay that won the Armory Collegiate in New York in a meet record time of 7:26.94 ... did not see action in the outdoor season.

**2008-09:** Showed his range throughout the season, competing in both cross country and the 4x800m relay ... was Duke's third runner at the ACC Cross Country Championships with an 8K time of 25:26 ... indoors, turned in personal bests in both the mile (4:11.22) and the 3,000-meters (8:28.22) during his rookie

campaign ... earned All-East accolades with 1:53 splits for 800 meters in both the trials and the finals of the IC4A distance medley ... outdoors, went under a 1:53 split (800m) for the first time with a 1:53.60 clocking to anchor the Blue Devil sprint medley at the Penn Relays ... that SMR, which was in fourth place prior to Clark taking the baton, was the fifth-best all-time performance in Duke history for the event ... in the Penn Relay finals, split 1:50.90, leading the SMR to a fourth-place showing at the meet ... concluded his outdoor season by earning outdoor All-East honors in the 4x800m relay, clocking splits of 1:51.70 in the trials and 1:52.1 in the finals, and helping the team finish in 7:27.44, the third-best Duke performance in the event.

**Prior to Duke:** Earned Footlocker All-America status in cross country ... placed 12th at the national championships in San Diego ... finished in third at the West Regional to qualify for the national finals ... won the 5A race at the state meet with a 15:24 for three miles at altitude ... posted a 1:57.15 in the 800-meters at the Simplot Games ... Captured two silver medals and one gold at the Utah State Outdoor Championships ... competed in the Golden West meet and placed third in the mile with a then-personal-best 4:13.87.

**Personal:** Majoring in Sociology.

**Personal Record & Duke Career Performance List:**

**Cross Country 8K**

24:16.01	ACC Championships (20th)	Oct. 31, 2009
24:49.45	Panorama Farms Invitational (38th)	Oct. 16, 2009
25:26.6	ACC Championships (28th)	Nov. 1, 2008
25:27.8	Roy Griak Invitational (29th)	Sept. 26, 2009
25:36.86	Lou Onesty Invitational (16th)	Sept. 6, 2008
26:01	Roy Griak Invitational (106th)	Sept. 27, 2008

**Cross Country 10K**

31:30.34	NCAA Southeast Regional (39th)	Nov. 14, 2009
31:43.0	NCAA Championships (184th)	Nov. 23, 2009
33:26	NCAA Southeast Regional (109th)	Nov. 15, 2008

**Indoor 800m**

1:54.71	ACC Championships (18th-Prelims)	Feb. 26, 2010
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**Indoor 1,000m**

2:28.55	Virginia Tech Classic (9th)	Feb. 19, 2010
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**Indoor Mile**

4:11.22	Terrier Classic (14th)	Jan. 24, 2009
4:22.72	ACC Championships (21st)	Feb. 27, 2009

**Indoor 3,000m**

8:28.22	Armory Collegiate (15th)	Feb. 6, 2009
8:33.40	Tar Heel Invite (4th)	Jan. 10, 2009

**Indoor 4x800m Relay**

7:26.94*	Armory Collegiate (1st)	Feb. 6, 2010
7:33.87	Hokie Invite (2nd)	Jan. 22, 2010
7:39.44	Armory Collegiate (4th)	Feb. 7, 2009

**Indoor Distance Medley Relay**

9:55.92	IC4A Championships (7th-Prelims)	Mar. 7, 2009
9:59.93	IC4A Championships (7th-Finals)	Mar. 8, 2009
10:18.48	Hokie Invite (7th)	Jan. 23, 2010

**Outdoor 800m**

1:56.43	ACC Championships (23rd-Prelims)	Apr. 17, 2009
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**Outdoor 1,500m**

3:51.68	Duke Twilight (5th)	May 3, 2009
3:52.38	UNC Invitational (5th)	Apr. 11, 2009
3:57.28	UNC Elite (20th)	May 8, 2009
4:01.56	ACC Championships (26th-Prelims)	Apr. 17, 2009
4:02.94	Duke Invitational (39th)	Apr. 3, 2009

**Outdoor 4x800m Relay**

7:27.44 <sup>(3)</sup>	IC4A Championships (4th-Finals)	May 17, 2009
7:30.33	Raleigh Relays (2nd)	Mar. 28, 2009
7:30.33	IC4A Championships (3rd-Prelims)	May 16, 2009
7:31.92	Penn Relays (4th)	Apr. 25, 2009
7:35.83	Duke Invitational (1st)	Apr. 4, 2009

**Outdoor 4x1,500m Relay**

15:28.45	Raleigh Relays (1st)	Mar. 27, 2009
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**SMR**

3:28.67 <sup>(6)</sup>	Penn Relays (24th)	Apr. 24, 2009
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# Connor Crown

## Sophomore • Sprints

Winnetka, Ill. (Lake Forest Academy)

**2009-10:** Did not compete during the 2009-10 season.

**Personal:** Undecided on major.

# Domenick DeMatteo

## Sophomore • Distance

West Islip, N.Y. (Columbia/Half Hollow Hills West)

**Prior to Duke:** Ran for Columbia University during the 2009 season ... has three cross country seasons and four seasons of indoor and outdoor track remaining ... in high school, earned all-state honors in cross country, indoor track and outdoor track ... All-America in the 4x800m relay during the 2008 winter season ... National Honor Society member.

**Personal:** Son of Domenick and Lauren DeMatteo ... born October 14, 1991 ... has a brother, Anthony.

**Personal Records:**

800m	1:56
Outdoor 1,600m	4:19
Outdoor 3,200m	9:16

# Caleb Duncanson

## Junior • Sprints

Scarsdale, N.Y. (Scarsdale)

Honors: All-East Indoors (DMR – 2009)

**2009-10:** Ran the 400-meters on two occasions during the indoor season, posting his best time of 50.79 at the Virginia Tech Classic ... competed once in the outdoor season, clocking a Duke season-best 22.80 in the 200m at the Wake Forest Open.

**2008-09:** Focused on the 400-meters during the indoor season, logging a season-best time of 49.87 at the Terrier Classic ... earned All-East honors indoors for his leg of the distance medley at the IC4A Championships ... turned in the Blue Devils' best 200-meter dash performance indoors at the Virginia Tech Challenge, clocking 22.70 ... during the outdoor season, helped to post the fifth-best performance in school history in the sprint medley as the team clocked 3:28.67 at the Penn Relays ... came in fourth at the Duke Twilight, running the 400m in a personal-best 49.50 ... finished 12th in the 200-meter dash at the UNC Invitational, with a 22.23 showing.

**Prior to Duke:** Came to Duke as an experienced sprinter with 22-flat, 200m speed ... during his senior season, moved up to the 400-meters and clocked 49.73 ... split 1:58 for 800m for Scarsdale's distance medley squad at the Penn Relays ... ran several 1:57 carries on the 4x800m team that went on to record a time of 7:52.43.

**Personal:** Majoring in Mechanical Engineering.

**Personal Records & Duke Career Performance List:**

Indoor 200m	22.70	VT Challenge (25th)	Feb. 20, 2009
Indoor 400m	49.87	Terrier Classic (22nd)	Jan. 24, 2009
	50.17	ACC Championships (23rd)	Feb. 27, 2009
	50.79	VT Challenge (31st)	Feb. 20, 2010
	51.00	ACC Championships (25th-Prelims)	Feb. 26, 2010
	51.05	Tar Heel Invite (6th)	Jan. 10, 2009
	51.70	Armory Collegiate (122nd)	Feb. 6, 2009
Indoor 500m	1:07.36	Armory Collegiate (27th)	Feb. 5, 2010
Indoor 4x400m Relay	3:18.64	Armory Collegiate (4th)	Feb. 7, 2009
	3:19.64	ACC Championships (11th)	Feb. 27, 2010
	3:22.69	VT Challenge (10th)	Feb. 20, 2010
	3:24.13	Tar Heel Invitational (4th)	Jan. 10, 2009
Indoor DMR	9:55.92	IC4A Championships (7th-Prelims)	Mar. 7, 2009

ATHLETE BIOS

9:57.96	Terrier Classic (1st)	Jan. 23, 2009
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## Outdoor 200m

22.23	UNC Invite (12th)	Apr. 11, 2009
22.30	ACC Championships (13th-Prelims)	Apr. 17, 2009
22.80	Wake Forest Open (59th)	Mar. 20, 2010

## Outdoor 400m

49.50	Duke Twilight (4th)	May 3, 2009
50.01	Raleigh Relays (42nd)	Mar. 27, 2009

## Outdoor 4x100m Relay

42.10	ACC Championships (8th)	Apr. 18, 2009
42.98	Duke Invitational (3rd)	Apr. 4, 2009
43.01	UNC Invitational (3rd)	Apr. 11, 2009
43:05	Wake Forest Open (8th)	Mar. 20, 2010
44.42	Penn Relays (5th)	Apr. 23, 2009

## Outdoor 4x400m Relay

3:15.54	UNC Elite (4th)	May 8, 2009
3:18.74	IC4A Championships (24th-Prelims)	May 16, 2009
3:19.24	Wake Forest Open (5th)	Mar. 21, 2009
3:20.52	ACC Championships (11th)	Apr. 18, 2009

## Isaac Dunkelberger

### Senior • Distance

#### Tamaqua, Pa. (Tamaqua)

**2009-10:** Ran a personal-best for 8K at the Great American XC Festival on Oct. 2, clocking 25:26 ... also competed at the Panorama Farms Invitational and the IC4A Championships ... Indoors, turned in a 15:17.18 performance for 5,000m at the Virginia Tech Classic to place fourth ... Outdoors, also ran the 5,000m, taking 10th place in a personal-best 15:04.14 at the Duke Twilight on May 9.

**2008-09:** In the fall, placed 14th at the Hagan Stone Classic on Oct. 6 ... did not compete during the indoor or outdoor seasons.

**2007-08:** Made his cross country debut at the Lou Onesty Invitational, finishing 28th in 26:17.90 over 8K ... turned in his best performance of the season at the ACC Championships, running 26:04.4 for 59th place ... indoors, ran the 5,000m on three occasions ... best performance came at the ACC Championship, where he ran 15:37.35 to place 20th ... did not compete in the outdoor season.

**Prior to Duke:** Four-year letterwinner at Tamaqua ... led team to four league championships and three district championships ... 2005 2A state cross country champion ... 2006 2A state cross country runner-up ... seven-time state competitor in cross country and track & field ... three-time individual district champion ... National Honor Society and German National Honor Society member ... also served as class president all four years.

**Personal:** Son of Kenneth and Wendy Dunkelberger ... born February 25, 1989 ... has three brothers – Eddie, Kyle and Kenny – and one sister – Linda Sue majoring in Political Science.

#### Personal Records & Duke Career Performance List:

## Cross Country 8K

25:26	Great American XC Festival (28th)	Oct. 2, 2009
25:48	Blue Ridge Open (44th)	Oct. 12, 2007
25:52.17	Panorama Farms Invitational (82nd)	Oct. 16, 2009
26:04.4	ACC Championships (59th)	Oct. 27, 2007
26:13	Bill Dellinger Invitational (128th)	Sept. 29, 2007
26:17.90	Lou Onesty Invitational (28th)	Sept. 8, 2007
26:42.3	IC4A Championships (59th)	Nov. 21, 2009
26:50	Hagan Stone Classic (14th)	Oct. 6, 2008

## Indoor 5,000m

15:17.18	Virginia Tech Classic (4th)	Feb. 20, 2010
15:37.35	ACC Championships (20th)	Feb. 29, 2008
15:37.61	Armory Collegiate (19th)	Feb. 9, 2008
15:55.41	Virginia Tech Opener (5th)	Jan. 11, 2008

## Outdoor 5,000m

15:04.14	Duke Twilight (10th)	May 9, 2010
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## Guillermo Echarte

### Junior • Distance

#### Miami Beach, Fla. (Belen Jesuit)

**2009-10:** Ran a personal-best 25:12 over 8K to place 16th at the Great American Cross Country Festival ... finished 70th at the Panorama Farms Invitational in 25:35.91 ... helped Duke secure back-to-back IC4A Championships ... indoors, clocked a personal-best 2:31.41 for 1,000m to finish 15th at the Virginia Tech Classic ... also competed in the mile, running a personal-best 4:24.55 at the ACC Championships in Blacksburg, Va. ... during the outdoor season, ran the

1,500m on three occasions ... best performance in the event came at the Duke Invitational, where he clocked 4:05.14.

**2008-09:** Made his Duke cross country debut at the Lou Onesty Invitational on Sept. 6, clocking 26:44.92 ... Placed fifth at the Hagan Stone Classic on Oct. 6 ... did not compete during either the indoor or outdoor season.

**Prior to Duke:** Runner-up at the Florida 2A state meet with a 15:40 over 5K ... led Belen Jesuit to state title ... ran 1,600m in 4:19.1 ... split 1:56 on the 800m relay leg ... asked to triple back in the 3,200m for the Florida track & field powerhouses.

**Personal:** Majoring in Psychology.

#### Personal Records & Duke Career Performance List:

## Cross Country 8K

25:12	Great American XC Festival (16th)	Oct. 2, 2009
25:35.91	Panorama Farms Invitational (70th)	Oct. 16, 2009
26:09	Hagan Stone Classic (5th)	Oct. 6, 2008
26:44.92	Lou Onesty Invitational (41st)	Sept. 6, 2008
26:58.7	IC4A Championships (76th)	Nov. 21, 2009

## Indoor 1,000m

2:31.41	Virginia Tech Classic (15th)	Feb. 19, 2010
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## Indoor Mile

4:24.55	ACC Championships (23rd-Prelims)	Feb. 26, 2010
4:25.66	Carolina Classic (5th)	Jan. 29, 2010
4:26.38	Tar Heel Invitational (7th)	Jan. 10, 2009

## Outdoor 1,500m

4:05.14	Duke Invitational (44th)	Apr. 3, 2010
4:05.73	Carolina Fast Times (36th)	Apr. 10, 2010
4:05.87	Duke Twilight (18th)	May 9, 2010

## Phil Fairleigh

### Freshman • Distance

#### Cary, Ill. (Cary-Grove)

**Prior to Duke:** Four-year letterwinner at Cary-Grove ... cross country all-state honoree ... placed third in the 3,200m at the indoor state meet ... six-time county champion ... 2010 Cary-Grove High School Athlete of the Year ... four-time conference champion ... three-time regional champion and two-time sectional champion.

**Personal:** Son of Ken and LeAnn Fairleigh ... born June 6, 1992 ... has a brother, Kenny ... father played football at Duke (78) ... brother runs cross country and track at Washington University in St. Louis.

#### Personal Records:

## Cross Country 3-Mile

14:35	High School
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## Outdoor 1,600m

4:19	High School
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## Outdoor 3,200m

9:05	High School
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## Austin Gamble

### Sophomore • Throws

#### Weston, Fla. (Cypress Bay)

**Honors:** All-ACC Outdoor (Discus - 2010) ... NCAA Outdoor Participant (Discus - 2010) ... Penn Relay Champion (Discus - 2010)

**2009-10:** Became the first athlete in school history to qualify for the NCAA Championships in the discus, where he finished 20th (164-3) ... set the school record in the discus (180-10) at the NCAA First Round ... placed third at the ACC Championships to earn All-ACC honors (179-5) ... won the discus championships (175-8) at the Penn Relays to become the first Duke athlete to do so since James O'Leary in 1950 ... also played in 12 games as a middle linebacker on the Blue Devil football team.

**Prior to Duke:** Captured first place in the discus and third in the shot put at the 2009 Florida 4A state track meet ... earned district and region crowns while finishing fifth in the stat in the discus and claimed district and region titles while placing sixth in the state in the shot put ... finished third in the discus competition at the Nike Outdoor Nationals in Greensboro, N.C. ... lettered three years in football as well ... all-state and all-country pick in football.

**Personal:** Son of Sharon and John Gamble ... born September 27, 1990 ... undecided on major.

#### Personal Records & Duke Career Performance List:

## Outdoor Shot Put

43-3.00	Duke Invitational (18th)	Apr. 3, 2010
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Outdoor Discus		
180-10*	NCAA Eastern Preliminary (4th)	May 29, 2010
179-5	ACC Championships (3rd)	Apr. 15, 2010
175-8	Penn Relays (1st)	Apr. 23, 2010
175-4	Duke Invitational (2nd)	Apr. 3, 2010
172-10	NC A&T Invitational (1st)	May 17, 2010
168-10	Duke Twilight (3rd)	May 9, 2010
164-3	NCAA Championships (22nd)	June 9, 2010
162-9	Carolina Fast Times (2nd)	Apr. 20, 2010

## Drew Hickey

### Sophomore • Middle Distance Geneva, Ill. (Geneva Community)

**2009-10:** Focused on the 800m run during his freshman campaign ... earned his highest finish of the indoor season, a 12th-place effort, at the Hokie Invitational, on Jan. 23 ... turned in a season-best time of 1:56.27 at the ACC Indoor Championships on Feb. 26 ... Outdoors, competed in the 800-meters on three occasions ... clocked 1:57.31 at the Duke Invitational for his best showing of the outdoor season.

**Prior to Duke:** An up-and-coming half miler from Illinois ... three-year letterwinner at Geneva ... two-time all-state and all-conference selection in track and field ... also, all-conference cross country pick ... led cross country team to third-place state finish in 2008 ... helped the track & field squad's 4x800m relay to second place at the 2009 state meet ... ran personal best in the 800-meters as a junior, clocking 1:56.00 ... set personal 400m record as a senior with a 50.6 effort.

**Personal:** Son of Dana and Kevin Hickey ... born May 21, 1991 ... has one brother, Tyler, and one sister, Abbey ... undecided on major.

#### Personal Records & Duke Career Performance List:

Indoor 800m		
1:56.27	ACC Championships (28th-Pre)	Feb. 26, 2010
1:57.19	Armory Collegiate (24th)	Feb. 6, 2010
1:57.02	Virginia Tech Classic (19th)	Feb. 20, 2010
1:58.15	Hokie Invite (12th)	Jan. 23, 2010

Outdoor 400m	
50.6	High School

Outdoor 800m		
1:57.31	Duke Invitational (43rd)	Apr. 3, 2010
1:57.48	Duke Twilight (18th)	May 9, 2010
1:58.04	Carolina Fast Times (26th)	Apr. 10, 2010

Outdoor 4x800m Relay		
7:58.85	Raleigh Relays (18th)	Mar. 27, 2010

## James Kostelnik

### Junior • Distance Los Angeles, Calif. (Loyola)

**Honors:** All-East Cross Country (2008) ... Cross Country Academic All-ACC (2009) ... All-East Indoors (3,000m – 2010) ... All-East Outdoors (5,000m – 2010) ... Indoor Academic All-ACC (2010).

**2009-10:** Started the year as Duke's fourth runner in sixth place overall at the JMU Cross Country Invite, helping the Devils capture the team title with a 24:47.90 time for 8K ... posted a 25:22 over 8K, good for 24th place, at the Roy Griak Invitational as Duke's third finisher ... ran a 24:55.85 at the Panorama Farms Invitational in Charlottesville, Va. ... posted a personal-best 24:18.77 for 8K as the team finished in fourth place at the ACC Cross Country Championships ... Was the Blue Devils' fifth man at the NCAA Southeast Regional, with a 37th-place, 31:29.40 showing over 10K ... As Duke's second finisher at the NCAA Championships, ran 31:22 for 10K to take 117th ... Indoors, competed in both the 3,000m and the 5,000m ... Came in second at the Hokie Invitational for his top finish in the 3,000m ... Clocked 8:14.88 for 3,000m to finish in seventh at the ACC Indoor Championships ... ran a personal-best 8:14.67 in the event to garner All-East honors with a fifth-place effort at the IC4A Championships ... his best finish in the 5,000m came at the New Balance Collegiate, where he clocked 14:25.38 to claim sixth place ... outdoors, ran a personal-best 3:47.37 for 1,500m at the Carolina Fast Times, taking ninth overall ... ran 14:13.81 to finish ninth in the Penn Relays Championship 5,000m ... garnered All-East honors with a 14:09.31 for 5,000m at the IC4A Championships, the No. 5 performance all-time for a Blue Devil ... ended the outdoor season at the NCAA Eastern Preliminary Round in the 5,000m.

**2008-09:** Finished second in Virginia in his cross country debut with a 25:16 time for 8K ... missed the middle of the season due to illness, but returned in November to earn All-East honors with a 24th-place effort at the IC4A Championship ... redshirted the indoor season ... outdoors, took second in his 3,000m debut at the Duke Invitational with a personal-best 8:25.57 ... finished in tenth place at the ACC Championship in the 5,000m with a 14:43.97 ... five days later, lowered

time to a personal-best 14:28.38 at the Penn Relays, capturing the bronze medal in the Penn College 5,000m to qualify for the IC4A's ... concluded the season at the USATF Junior Nationals on June 28th.

**Prior to Duke:** Led Loyola to the California State Division-2 title, qualifying for the Nike Team Nationals in Portland, Ore. ... placed eighth as an individual as his team also finished in eighth place.

**Personal:** Majoring in Political Science.

#### Personal Records & Duke Career Performance List:

Cross Country 8K		
24:18.77	ACC Championships (24th)	Oct. 31, 2009
24:55.85	Panorama Farms Invitational (46th)	Oct. 16, 2009
25:16.02	Lou Onesty Invite (7th)	Sept. 6, 2008
25:22.0	Roy Griak Invite (24th)	Sept. 26, 2009

Cross Country 10K		
31:21.6	NCAA Championships (148th)	Nov. 23, 2009
31:29.40	NCAA Southeast Regional (37th)	Nov. 14, 2009

Indoor 3,000m		
8:14.67 <sup>(4)</sup>	IC4A Championships (5th)	Mar. 6, 2010
8:14.88	ACC Championships (7th)	Feb. 27, 2010
8:19.27	Hokie Invite (2nd)	Jan. 22, 2010

Indoor 5,000m		
14:25.38	Armory Collegiate (6th)	Feb. 5, 2010
14:58.61	ACC Championships (15th)	Feb. 26, 2010

Outdoor 1,500m		
3:47.37	Carolina Fast Times (9th)	Apr. 10, 2010
3:48.49	Duke Twilight (4th)	May 9, 2010
3:53.53	UNC Invitational (6th)	Apr. 11, 2009
3:58.95	ACC Championships (19th-Pre)	Apr. 17, 2009
4:00.75	Wake Forest Open (14th)	Mar. 21, 2009

Outdoor 3,000m		
8:25.57	Duke Invitational (2nd)	Apr. 3, 2009

Outdoor 5,000m		
14:09.31 <sup>(5)</sup>	IC4A Championships (7th)	May 14, 2010
14:13.81	Penn Relays (9th)	Apr. 22, 2010
14:19.20	Duke Invitational (4th-Section A)	Apr. 2, 2010
14:28.38	Penn Relays (3rd)	Apr. 23, 2009
14:43.97	ACC Championships (10th)	Apr. 18, 2009
14:57.45	IC4A Championships (29th)	May 15, 2009
15:00.53	ACC Championships (20th)	Apr. 16, 2010
15:19.09	NCAA First Round (45th)	May 29, 2010

Outdoor 4x1,500m Relay		
15:29.89 <sup>(3)</sup>	Raleigh Relays (1st)	Mar. 26, 2010

## Mike Kotecki

### Senior • Jumps Raleigh, N.C. (Sanderson)

**Honors:** Outdoor All-ACC (High Jump – 2008)

**2009-10:** Indoors, opened the season with a 6-6.25 clearance at the Hokie Invitational for 12th place in the high jump ... matched that mark on two other occasions during the season ... an ACC scorer indoors with a seventh-place finish ... cleared a personal-best 6-8.25 , also the No. 4 all-time performance at Duke, to finish tied for fifth at the New Balance Collegiate in New York ... during the outdoor season, matched his personal best with a jump of 6-8.25 at the North Carolina A&T Invitational ... cleared 6-7 to finish in 11th place at the ACC Outdoor Championships.

**2008-09:** Indoors, finished seventh at the season-opening Tar Heel Invitational with a leap of 6-6.25 in the high jump ... redshirted the remainder of the track season.

**2007-08:** Equaled his previous outdoor record indoors at Virginia Tech with a 6-6.75 clearance to open the season ... set a personal indoor record with a 6-8.25 jump at the Armory Invitational to qualify for the IC4A Championships ... that mark ranked third all-time at Duke in 2008 and is currently the No. 4 performance in school history ... outdoors, cleared 6-8.25 again at the ACC Championships, earning All-ACC honors with a second-place finish.

**2006-07:** Made the team as a walk-on and was the biggest surprise of the rookie class, scoring at the ACC Championships after raising his personal best by nearly five inches ... cleared 6-6.75 to take sixth place at the conference outdoor championships.

**Personal:** Majoring in Biomedical Engineering.

#### Personal Records & Duke Career Performance List:

Indoor High Jump		
6-8.25 <sup>(4)</sup>	Armory Collegiate (t-5th)	Feb. 5, 2010



6-8.25 <sup>(4)</sup>	Armory Collegiate (5th)	Feb. 8, 2008
6-6.75	Virginia Tech Opener (10th)	Jan. 12, 2008
6-6.25	IC4A Championships (t-9th)	Mar. 7, 2010
6-6.25	ACC Championships (t-7th)	Feb. 27, 2010
6-6.25	Hokie Invite (12th)	Jan. 23, 2010
6-6.25	Tar Heel Invite (7th)	Jan. 10, 2009
6-6.00	UNC Invite (4th)	Feb. 12, 2010
6-6.00	Carolina Classic (8th)	Feb. 2, 2008
6-4.25	ACC Championships (10th)	Mar. 1, 2008
6-4.00	UNC Classic (6th)	Jan. 19, 2008

## Outdoor High Jump

6-8.25 <sup>(t-3)</sup>	NC A&T Invite (4th)	May 17, 2010
6-8.25 <sup>(t-3)</sup>	ACC Championships (2nd)	Apr. 18, 2008
6-7.00	ACC Championships (11th)	Apr. 15, 2010
6-7.00	Duke Invitational (8th)	Apr. 2, 2010
6-6.75	UNC Invite (5th)	Apr. 12, 2008
6-6.75	Penn Relays (7th)	Apr. 25, 2008
6-6.75	ACC Championships (6th)	Apr. 20, 2007
6-5.5	Wake Forest Open (4th)	Mar. 21, 2008
6-4.0	Duke Twilight (4th)	May 7, 2007
6-2.75	Raleigh Relays (t-17th)	Mar. 26, 2010
6-2.75	Duke Invitational (7th)	Apr. 4, 2008
6-2.75	Carolina Fast Times (5th)	Apr. 14, 2007
6-0.75	Duke Invitational (10th)	Apr. 7, 2007
6-0.75	Wake Forest Open (24th)	Mar. 23, 2007

## Michael Krone

### Freshman • Jumps Berwyn, Pa. (Conestoga)

**Prior to Duke:** Lettered four years at Conestoga ... placed first at the Central League Championships in the high jump as a junior and senior ... finished third in the high jump at the PIAA District I Championships in 2009 ... earned first team All-Main Line honors ... named honorable mention All-South Eastern Pennsylvania and first team All-Central League as a senior ... member of the first-place 4x400m team at the Central League Championships ... came in eighth place at the PIAA District I Championships in both the high jump and the 4x400m also lettered in soccer ... served as president of the chess team ... member of the National Honor Society and the National Society of High School Scholars ... U.S. Army Reserve National Scholar-Athlete Award recipient

**Personal:** Son of Helen and Roger Krone ... born September 24, 1991 ... has one brother, David, and one sister.

## Personal Records:

Outdoor High Jump	
6-8	High School

## Will Leister

### Junior • Middle Distance Upper Arlington, Ohio (Upper Arlington)

**2009-10:** Competed twice during the indoor season ... ran 2:34.00 over 1,000m to finish 25th at the Virginia Tech classic on Feb. 19 ... placed 15th at the Carolina Classic after clocking 4:44.00 over one mile ... outdoors, turned in a personal-best time for the 1,500m at the Carolina Fast Times, running 4:01.82 to finish 33rd ... also competed in the 800m and on the 4x800m relay.

**2008-09:** Ran three times in the 1,500m during the outdoor season ... highest finish came at the Duke Twilight, where he placed 15th after clocking 4:06.28.

**Personal:** majoring in Economics.

## Personal Records &amp; Duke Career Performance List:

Indoor 1,000m		
2:34.00	Virginia Tech Classic (25th)	Feb. 19, 2010
Indoor Mile		
4:33.00	Carolina Classic (15th)	Jan. 29, 2010
Outdoor 800m		
1:59.90	Duke Invitational (38th-Devo)	Apr. 2, 2010
Outdoor 1,500m		
4:01.82	Carolina Fast Times (33rd)	Apr. 10, 2010
4:02.37	Duke Invitational (40th)	Apr. 3, 2010
4:06.28	Duke Twilight (15th)	May 3, 2009
4:12.45	UNC Invitational (37th)	Apr. 11, 2009
4:18.78	Wake Forest Open (92nd)	Mar. 21, 2009
Outdoor 4x800m Relay		
7:58.85	Raleigh Relays (18th)	Mar. 27, 2010

## Joshua Lund

### Senior • Distance Janesville, Wis. (Craig)

**Honors:** Cross Country Academic All-ACC (2009) ... Indoor All-East (Mile - 2010) ... Indoor All-ACC Academic (2009, 2010) ... Outdoor All-East (4x800m - 2009)

**2009-10:** Finished 14th out 85 at the JMU Invitational to open the cross country season ... led all Devil runners with a third-place showing in 24:17 over 8K at the Great American Festival as Duke captured the team title ... was the Blue Devils' third finisher at the Panorama Farms Invitational, taking 22nd place in 24:23.67 for 8K ... turned in an 8K personal-best 24:11.58, good for 18th place, at the ACC Championships as Duke's fourth man ... narrowly missed all-region honors with a 27th-place showing in a 10k personal-best 31:11.13 at the NCAA Southeast Regional ... indoors, earned All-East in the mile after placing second in the finals with a time of 4:09.91 ... ran a 4:06.13, the No. 4 all-time performance at Duke, in the IC4A mile prelims ... ran 8:17.85 over 3,000m to place eight at the ACC Indoor Championships ... during the outdoor season, competed in both the 1,500m and the 5,000m ... turned in a personal-best 3:45.98 over 1,500m at the Georgia Tech Invite on May 15 ... qualified for the NCAA First Round in the event, where he would place 28th with a 3:50.92 clocking ... ran on the Duke 4x1,500m relay team that clocked 15:29.89 at the Raleigh Relays for the No. 3 performance in school history ... was also a member of the 4xMile team that record the No. 2 Duke performance with a 16:22.77 showing at the Penn Relays on Apr. 24 ... ran a 14:12.37 for 5,000m at the Duke Invitational.

**2008-09:** Placed fifth overall in tough conditions at Virginia on Sept. 6 ... red-shirted the indoor season due to illness ... opened the outdoor season at Wake Forest with a 4:00.05 in the 1,500m ... three weeks later, ran a 3:51.58 at UNC in the 1,500m ... made the ACC 1,500m final in Miami ... split 4:10.20 in the leadoff leg of the 4xMile relay to lead Blue Devils to a 16:32.40 clocking, the second-best performance in the event at Duke, and a sixth-place finish in the Penn Championship of America race ... earned All-East honors as part of the 4x800m relay at the IC4A Championships ... clocked a personal-best 800m split of 1:52.30 in the finals for Duke's No.3 all-time performance in the event ... ended the season with a 3:51.31 showing for the 1,500m, placing fourth at the Duke Twilight.

**2007-08:** Was one of Duke's top five finishers in five of six races during his freshman cross country season ... led the Blue Devils with a 31:31.50 time for 10K at the NCAA Southeast Regional meet ... missed most of the indoor season due to injury ... outdoors, lowered his 1,500m times all season, culminating with a 3:49.16 personal best ... ran a 3,000m best time of 8:28.18 at the Duke Invite ... also recorded a personal-best 14:59.36 in the 5,000m at the Penn Relays.

**Prior to Duke:** Selected team captain for two seasons ... three-time conference champion in the 1,600m ... won two conference championships in cross country, in the 800m and in the 3,200m ... finished runner-up in the division 1 state cross country meet ... also finished runner-up in the 1,600m and 3,200m at the state outdoor event ... split 1:54 on the school record 4x800m relay team.

**Personal:** Son of Jill Housker and Terry Lund ... born April 27, 1989 ... has two brothers - Chris and Shane - and two sisters - Tia and Aubrey ... majoring in Computer Science.

## Personal Records &amp; Duke Career Performance List:

Cross Country 8K		
24:11.58	ACC Championships (18th)	Oct. 31, 2009
24:17	Great American XC Festival (3rd)	Oct. 2, 2009
24:23.06	Panorama Farms Invitational (22nd)	Oct. 16, 2009
24:58.85	Lou Onesty Invitational (5th)	Sept. 6, 2008
25:07.02	ACC Championships (30th)	Oct. 27, 2007
25:09	Bill Dellinger Invitational (95th)	Sept. 29, 2007
25:19	Blue Ridge Open (25th)	Oct. 12, 2007
25:33.70	Lou Onesty Invitational (12th)	Sept. 8, 2007
25:25	Blue Ridge Open (24th)	Oct. 17, 2008
25:54	Roy Griak Invitational (84th)	Sept. 27, 2008
26:18.3	ACC Championships (63rd)	Nov. 1, 2008

## Cross Country 10K

31:11.13	NCAA Southeast Regional (27th)	Nov. 14, 2009
31:25.2	NCAA Championships (157th)	Nov. 23, 2009
31:31.50	NCAA Southeast Regional (49th)	Nov. 10, 2007

## Indoor Mile

4:06.13 <sup>(4)</sup>	IC4A Championships (7th-Pre)	Mar. 6, 2010
4:09.69	Hokie Invite (4th)	Jan. 22, 2010
4:09.88	Virginia Tech Classic (7th)	Feb. 20, 2010
4:09.91	IC4A Championships (2nd-Finals)	Mar. 7, 2010
4:22.55	UNC Classic (6th)	Jan. 19, 2008

## Indoor 3,000m

8:17.76	Armory Collegiate (4th)	Feb. 6, 2010
8:17.85	ACC Championships (8th)	Feb. 27, 2010

## Outdoor 1,500m

3:45.98	Georgia Tech Invite (13th)	May 15, 2010
3:46.26	Duke Twilight (2nd)	May 9, 2010

3:48.55	Carolina Fast Times (11th)	Apr. 10, 2010
3:49.16	Carolina Classic (4th)	May 9, 2008
3:50.92	NCAA First Round (28th-Prelims)	May 27, 2010
3:51.25	IC4A Championships (21st)	May 17, 2008
3:51.31	Duke Twilight (4th)	May 3, 2009
3:51.43	ACC Championships (12th)	Apr. 18, 2009
3:51.58	UNC Invite (4th)	Apr. 11, 2009
3:51.82	ACC Championships (10th-Prelims)	Apr. 16, 2010
3:52.55	UNC Elite (15th)	May 8, 2009
3:53.20	Duke Twilight (6th)	May 4, 2008
3:54.33	ACC Championships (24th)	Apr. 18, 2008
3:54.58	ACC Championships (12th)	Apr. 17, 2009
3:55.79	Duke Invitational (16th)	Apr. 3, 2009
3:58.31	UNC Invite (3rd)	Apr. 12, 2008
4:00.05	Wake Forest Open (13th)	Mar. 21, 2009
4:01.73	ACC Championships (9th-Finals)	Apr. 17, 2010

Outdoor 3,000m		
8:28.18	Duke Invitational (7th)	Apr. 4, 2008

Outdoor 5,000m		
14:12.37	Duke Invitational (3rd-Section A)	Apr. 2, 2010
14:44.90	ACC Championships (14th)	Apr. 17, 2010
14:59.36	Penn Relays (26th)	Apr. 24, 2008

Outdoor 4x800m Relay		
7:27.44 <sup>(3)</sup>	IC4A Championships (4th-Finals)	May 17, 2009
7:30.33	IC4A Championships (3rd-Prelims)	May 16, 2009
7:34.45	Duke Invitational (1st)	Apr. 3, 2010
7:47.64	Duke Invitational (2nd)	Apr. 4, 2009

Outdoor 4x1,500m Relay		
15:29.89 <sup>(3)</sup>	Raleigh Relays (1st)	Mar. 26, 2010

Outdoor 4xMile Relay		
16:22.77 <sup>(2)</sup>	Penn Relays (7th)	Apr. 24, 2010
16:32.40	Penn Relays (6th)	Apr. 25, 2009

## Matt Marriott

**Sophomore • Distance**  
Westport, Conn. (Staples)

**2009-10:** Made his Duke debut at the Armory Collegiate on Feb. 5, where he placed 10th in the 500m, clocking 1:06.18 ... ran 1:59.10 over 800m the next day to finish 43rd at the Armory ... was a member of the DMR squad that set the school record with a 9:34.39 showing at the Alex Wilson Invitational on Mar. 5, running the 400m leg in 48.1 ... outdoors, ran in the 800m on three occasions ... best showing came at the Carolina Fast Times, where he clocked 1:55.11 ... also competed on the 4x400m and 4x800m relay teams.

**Prior to Duke:** Earned four letters in track & field and three in cross country at Staples ... named all-county, all-state and All-New England in cross country, indoor and outdoor track ... ran 1:22.05 for 600m to claim the 2009 New England Indoor Championship ... the following year, lowered that time to 1:20.99 at the same meet ... anchored the 4x400m team that won the 2008 New England Championship ... finished third at the state meet in the 400m in 2009.

**Personal:** Son of Christopher and Lisa Marriott ... born May 29, 1991 ... has two brothers, Danny and Andrew, and a sister, Sarah ... uncle, Vincent Marriott, graduated from Duke Law School in 1984 ... undecided on major.

**Personal Records & Duke Career Performance List:**

Indoor 500m		
1:06.18	Armory Collegiate (10th)	Feb. 5, 2010

Indoor 800m		
1:59.10	Armory Collegiate (43rd)	Feb. 6, 2010

Indoor DMR		
9:34.39*	Alex Wilson Invitational (6th)	Mar. 5, 2010

Outdoor 400m		
48.76		High School

Outdoor 800m		
1:55.11	Carolina Fast Times (19th)	Apr. 10, 2010
1:55.27	Duke Invitational (37th)	Apr. 3, 2010
1:58.58	ACC Championships (26th-Prelims)	Apr. 16, 2010

Outdoor 4x400m Relay		
3:21.81	ACC Championships (10th)	Apr. 17, 2010

Outdoor 4x800m Relay		
7:58.85	Raleigh Relays (18th)	Mar. 27, 2010

## Ryan McDermott

**Senior • Distance**

West Hempstead, N.Y. (Chaminade)

**Honors:** Cross Country All-East (2008, 2010) ... Indoor All-East (Mile - 2009; 4x800m - 2009) ... Indoor Academic All-ACC ... Outdoor ACC Champion (Steeplechase - 2009, 2010) ... Outdoor All-ACC (Steeplechase - 2009, 2010) ... Outdoor All-East (Steeplechase - 2009, 2010) ... Duke Outdoor Track & Field Freshman of the Year (2008)

**2009-10:** In the fall, competed at both the Great American XC Festival and the Panorama Farms Invitational, running a season-best 25:37.82 at the Panorama Farms ... indoors, ran in the mile, 3,000m and DMR events ... in the mile, clocked 4:05.68, the No. 3 all-time Duke performance, to finish fourth at the Virginia Tech Classic ... turned in a season-best 8:21.28 time over 3,000m to place ninth at the Armory Collegiate in New York ... also anchored a thrilling, come-from-behind win for the Duke DMR at the Armory Collegiate and the ACC second-place Duke DMR ... member of the school-record-setting DMR squad that clocked 9:34.39 at the Alex Wilson Invitational on Mar. 5 with a 1,600m split of 3:59.3 ... during the outdoor season, turned in the No. 5 Duke performance in the 1,500m with a 3:42.77 showing at the Carolina Fast Times ... won his second consecutive ACC individual title in the 3,000m steeplechase, clocking 8:56.01 ... garnered All-East honors in the steeplechase with an 8:51.90 showing at the IC4A Championships on May 14 ... at the NCAA First Round, ran a personal-best 8:44.36, also the No. 2 performance at Duke, to qualify for the NCAA Championships in Eugene, Ore. ... finished 20th at the NCAA Championships in 8:55.47 ... finished out the season at the USATF National Championships

**2008-09:** Building his fall strength as a member of the cross country team, earned All-East honors as Duke's sixth man on the IC4A Championship team ... indoors, became No. 4 all-time at Duke with an 8:16.92 clocking over 3,000m ... anchored the ACC fourth-place DMR with a 4:08.40, 1,600m split ... in a 25-hour time-span, ran a 4:08.77 mile to earn a spot in the finals, then anchored the 4x800m relay with a 1:53.30 split to send the squad to the finals ... in the IC4A mile finals, earned All-East recognition with a seventh-place 4:09.72 ... his fourth and final effort was a 1:54.90 anchor in the 4x800m relay to close out a 7:33.32 time, the No. 4 all-time indoor performance at Duke, to earn another All-East honor ... outdoors, lowered his 3,000m steeplechase personal best three times, first with a 9:00.23 at the Duke Invitational, then the ACC gold medal effort in 8:56.45 and finally a fifth-place, 8:52.36 at the IC4A Championships to earn his fourth All-East honor of the year.

**2007-08:** Ran a personal-best 25:17.9 over 8K at the ACC Cross Country Championships on Oct. 27 ... indoors, lowered his 3,000m personal best four times, starting with a win in his first collegiate race at UNC ... turned in an 8:28.91 time in New York, followed by an 8:24.04 showing at the ACC title meet ... posted the Duke freshman record of 8:18.22 in the 3,000m at the IC4A Championships, then the No. 4 performance at Duke ... outdoors, ran a then-personal-best 9:03.24 to win the Penn Relays college steeplechase ... qualified for the NCAA East Regional, placing 15th at the event ... ran under the IC4A qualifying time of 9:16.00 on four occasions.

**Prior to Duke:** Nike Outdoor National Championship in the 2,000m steeplechase ... USATF Junior National Champion in the 3,000m steeplechase ... ran for Team USA at the Pan-Am Games in Brazil ... two-time high school All-America in the steeplechase ... selected to Millrose High School Mile Run at Madison Square Garden ... All-America team member in the 4x800m relay and the distance medley relay ... served as president of the National Honor Society ... graduated as class salutatorian.

**Personal:** Son of Mary and Michael McDermott ... born March 24, 1989 ... has two brothers, Sean ('07) and Kevin ('09), and one sister, Erin ... both brothers were members of the Duke cross country and track & field teams ... uncle, Kevin Murphy, ran cross country and track at Lehigh University (1990-93) ... majoring in Political Science.

**Personal Records & Duke Career Performance List:**

Cross Country 8K		
25:17.9	ACC Championships (36th)	Oct. 27, 2007
25:19	Blue Ridge Open (27th)	Oct. 12, 2007
25:37.82	Panorama Farms Invite (73rd)	Oct. 16, 2009
25:57	Roy Griak Invitational (91st)	Sept. 27, 2008
26:05	Great Am. XC Festival (43rd)	Oct. 2, 2009
26:13	Blue Ridge Open (64th)	Oct. 17, 2008
26:25.5	ACC Championships (68th)	Nov. 1, 2008
26:28.50	Lou Onesty Invitational (35th)	Sept. 6, 2008

Cross Country 10K		
31:55.35	NCAA Southeast Regional (69th)	Nov. 10, 2007

Indoor Mile		
4:05.68 <sup>(3)</sup>	VT Challenge (4th)	Feb. 20, 2010
4:07.92	Hokie Invite (2nd)	Jan. 22, 2010
4:08.77	IC4A Championships (10th-Prelims)	Mar. 7, 2009
4:09.72	IC4A Championships (7th-Finals)	Mar. 8, 2009
4:10.96	Terrier Classic (13th)	Jan. 24, 2009
4:12.54	VT Challenge (4th)	Feb. 21, 2009

ATHLETE BIOS

4:15.79	Virginia Tech Opener (15th)	Feb. 23, 2008
4:20.45	ACC Championships (24th)	Feb. 29, 2008

## Indoor 3,000m

8:16.92 <sup>(5)</sup>	Armory Collegiate (3rd)	Feb. 6, 2009
8:18.22	IC4A Championships (18th)	Mar. 8, 2008
8:21.28	Armory Collegiate (9th)	Feb. 6, 2010
8:24.04	ACC Championships (9th)	Mar. 1, 2008
8:27.31	ACC Championships (17th)	Feb. 27, 2010
8:28.91	Armory Collegiate (17th)	Feb. 8, 2008
8:29.57	Tar Heel Invitational (1st)	Jan. 10, 2009
8:30.97	UNC Classic (1st)	Jan. 19, 2008
8:39.57	ACC Championships (22nd)	Feb. 28, 2009

## Indoor 4x800m Relay

7:33.32 <sup>(5)</sup>	IC4A Championships (7th-Finals)	Mar. 8, 2009
7:37.24	IC4A Championships (8th-Prelims)	Mar. 7, 2009
7:39.44	Armory Collegiate (4th)	Feb. 7, 2009

## Indoor DMR

9:34.39*	Alex Wilson Invitational (6th)	Mar. 5, 2010
9:56.35	ACC Championships (4th)	Feb. 27, 2009
9:57.96	Terrier Classic (1st)	Jan. 23, 2009
10:11.81	Tar Heel Invitational (1st)	Jan. 10, 2009

## Outdoor 1,500m

3:42.77 <sup>(5)</sup>	Carolina Fast Times (5th)	Apr. 10, 2010
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## 3,000m Steeplechase

8:44.36 <sup>(2)</sup>	NCAA Eastern Prelim Round (12th)	May 29, 2010
8:51.90	IC4A Championships (3rd)	May 14, 2010
8:52.36	IC4A Championships (5th)	May 15, 2009
8:55.47	NCAA Championships (20th)	June 9, 2010
8:56.01	ACC Championships (1st)	Apr. 16, 2010
8:56.45	ACC Championships (1st)	Apr. 17, 2009
8:57.48	Duke Invitational (2nd)	Apr. 3, 2010
9:00.23	Duke Invitational (5th)	Apr. 4, 2009
9:03.24	Penn Relays (10th)	Apr. 24, 2008
9:12.30	Wake Forest Open (1st)	Mar. 21, 2008
9:14.34	NCAA East Regional (15th)	May 31, 2008
9:15.72	IC4A Championships (20th)	May 16, 2008
9:19.28	NCAA East Regional (18th)	May 30, 2009
9:32.74	Duke Invitational (11th)	Apr. 5, 2008
9:38.09	ACC Championships (15th)	Apr. 18, 2008

## Outdoor 4x800m Relay

7:30.16	Raleigh Relays (2nd)	Mar. 28, 2009
7:31.92	Penn Relays (4th)	Apr. 25, 2009

## Outdoor 4x1,500m Relay

15:28.45 <sup>(2)</sup>	Raleigh Relays (1st)	Mar. 27, 2009
15:29.89 <sup>(3)</sup>	Raleigh Relays (1st)	Mar. 26, 2010
15:45.61	Raleigh Relays (5th)	Mar. 28, 2008

## Outdoor 4xMile Relay

16:22.77 <sup>(2)</sup>	Penn Relays (7th)	Apr. 24, 2010
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## Clint McKelvey

### Freshman • Distance

Maryville, Tenn. (Maryville)

**Prior to Duke:** Lettered four years at Maryville ... holds the school records in both the 3,200m and the 5,000m ... nine-time all-state honoree ... 3,200m state champion in 2009 ... finished runner-up at the 2008 state cross country meet ... came in second place in the 1,600m and 3,200m events at the 2010 state meet ... 2008 Footlocker finalist, placing eighth at the Footlocker South Regionals and 29th at the Footlocker Nationals ... earned All-America accolades after finishing third at the Nike Indoor Nationals ... placed eight at the New Balance Nationals in 2010.

**Personal:** Son of Jennie and Kevin McKelvey ... born March 11, 1992 ... has a sister, Courtney ... uncle, Paul McKelvey, played lacrosse at Penn State ... grandmother, Nancy McKelvey, played field hockey at Penn State ... grandfather, Ray Keller, played football at Toledo.

#### Personal Records:

Indoor Two Mile	
9:06	High School
Outdoor Mile	
4:12.2	High School
Outdoor Two Mile	
8:59	High School

## Mike Moverman

### Sophomore • Distance

Easton, Mass. (Oliver Ames)

**Honors:** Cross Country All-East (2010) ... Duke XC Freshman of the Year (2009).

**2009-10:** Made his Duke cross country debut on Oct. 2 at the Great American XC Festival, where he placed fifth in 24:39 over 8K ... placed 15th at the IC4A Championships to garner All-East accolades and help Duke to back-to-back team titles ... indoors, ran a season-best 4:14.51 over one mile at the ACC Championships ... outdoors, won the 3,000m at the Carolina Fast Times, clocking 8:31.17 ... came in second in the same event at the Duke Invitational on Apr. 3 with a season-best 8:29.79 ... finished second in the 5,000m at the Duke Twilight, running 14:39.24 ... competed in the same event at the ACC Championships, where he placed 15th in 14:49.16.

**Prior to Duke:** Four-year letterwinner at Oliver Ames ... four-time Hockomock League all-star ... named Boston Globe, Boston Herald and Brockton Enterprise Runner of the Year in 2008 ... earned Gatorade Massachusetts Runner of the Year distinction as a senior ... Footlocker national cross country finalist senior year, where he placed 19th ... MIAA Cross Country Class C Champion ... Class C two-mile champion in indoor track ... National Honor Society member ... Oliver Ames Scholar Athlete Award recipient.

**Personal:** Son of David and Hagit Moverman ... born November 23, 1990 ... has one brother, Daniel, and one sister, Sharone ... undecided on major.

#### Personal Records & Duke Career Performance List:

Cross Country 8K		
24:39	Great Am. XC Festival (5th)	Oct. 2, 2009
24:46.70	ACC Championships (37th)	Oct. 31, 2009
25:04.12	Panorama Farms Invite (49th)	Oct. 16, 2009
25:46.4	IC4A Championships (15th)	Nov. 21, 2009

## Indoor Mile

4:14.51	ACC Championships (16th-Prelims)	Feb. 26, 2010
4:20.24	Hokie Invite (18th)	Jan. 22, 2010

## Indoor 3,000m

8:35.68	Virginia Tech Classic (13th)	Feb. 19, 2010
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## Outdoor 3,000m

8:29.79	Duke Invitational (2nd)	Apr. 3, 2010
8:31.17	Carolina Fast Times (1st)	Apr. 10, 2010

## Outdoor 5,000m

14:39.24	Duke Twilight (2nd)	May 9, 2010
14:49.16	ACC Championships (15th)	Apr. 16, 2010

## Cory Nanni

### Senior • Distance

Bloomington, Ind. (Normal)

**Honors:** Cross Country All-ACC (2010) ... Cross Country All-East (2007, 2008) ... Indoor All-ACC (Mile - 2010) ... Indoor IC4A Champion (Mile -2009) ... Indoor All-East (Mile - 2009; 4x800m - 2009) ... Outdoor IC4A Champion (1,500m - 2009) ... Outdoor All-East (4x800m - 2009; 1,500m - 2008, 2009)

**2009-10:** Began the cross country season as Duke's fifth man at the JMU Invite with an eighth-place finish ... took 13th place as Duke's second finisher at the Roy Griak Invitational, running 25:09 for 8K ... took almost a full minute off his previous time with a 24:09.39 showing for 16th place at the Panorama Farms Invitational ... was the Devils' second finisher and earned all-conference honors with an 8K personal-best 23:47.27, good for 14th place at the ACC Championships ... indoors, specialized in the mile, running a season-best 4:05.17 to finish second at the Virginia Tech Classic ... ran 4:10.63 to finish third at the ACC Championships, earning All-ACC honors ... member of the school-record-setting DMR squad that clocked 9:34.39 at the Alex Wilson Invitational on Mar. 5, leading off with a 2:56 clocking for 1,200m ... also part of the DMR squad that finished first at the Armory Collegiate in 9:45.30 ... outdoors, competed in the 800m on two occasions, finishing fifth at the Duke Invitational ... covered 1,500m in 3:42.07, the No. 4 performance at Duke, to finish second at the Carolina Fast Times ... placed fourth at the ACC Championships in Clemson, S.C. ... ran 3:43.09 at the NCAA First Round to finish seventh and advance to the NCAA Championships in Eugene, Ore. ... placed 22nd in the NCAA 1,500m semifinals ... was a member of the Duke 4x1,500m relay team that turned in the No. 3 Duke performance at the Raleigh Relays ... at the Penn Relays, anchored the 4xMile squad that recorded the No. 2 performance at Duke, closing out the race with a 3:59.5 split.

**2008-09:** Earned All-East distinction in cross country, placing ninth at the IC4A Championships to help Duke win the team title ... named Rod Stewart Award winner as Duke's top track athlete ... indoors, holds the second-best time in school history for the mile with his 4:04.97 time set in Blacksburg, Va. ... finished



seventh in the mile at the ACC Championships with a 4:04.97 run in the finals ... won the individual title and garnered All-East accolades for the mile at the IC4A Indoor Championships, clocking 4:04.72 ... outdoors, placed sixth at the ACC's in the 1,500m ... split a 4:03.40 anchor mile at the Penn Relays to close out the No. 2 all-time Duke performance in the 4xMile relay ... ran a 3:43.81 in the 1,500m at UNC, before winning the IC4A individual crown in the same event, becoming one of only three Duke track & field athletes to win multiple IC4A titles ... took seventh place in the 1,500m at the NCAA East Regional ... ended the outdoor season with a 1,500m personal-best 3:43.02, good for fourth place, at the High Performance Series in Indianapolis.

**2007-08:** Named Duke's Indoor Freshman of the Year ... qualified for the IC4A Championships as an individual in both the 1,000m and the mile events ... anchored Duke's winning distance medley relay at the Terrier Classic in Boston with a 4:08 split for 1,600m ... ran leadoff on Duke's DMR at the ACC Championships, paving the way for the Devils' third-place finish with a 3:03, 1,200m leg ... placed eighth in the mile at ACC's to make the finals ... narrowly missed the IC4A mile finals after his performance at the indoor championships, clocking a 4:12.50 in the prelims ... outdoors, ran a then-personal-best 3:47.90 in the 1,500m to become the only freshman to make the IC4A Championship finals ... finished in eighth place to earn All-East recognition ... concluded the outdoor season at the USATF Junior Nationals with a 5,000m personal-best time of 15:01.89 to take seventh place.

**Prior to Duke:** State indoor mile champion ... third at the state outdoor championships in the 1,600m ... five-time state competitor ... set three school track records ... two-time letterwinner in football ... ran his first cross country season in 2005 ... Southern Illinois Cross Country Runner of the Year ... National Honor Society member.

**Personal:** Son of Audra and Dan Nanni ... born May 17, 1989 ... has a brother, Derek, and a sister, Amber ... majoring in Biology.

**Personal Records & Duke Career Performance List:**

**Cross Country 8K**

23:47.27	ACC Championships (14th)	Oct. 31, 2009
24:09.39	Panorama Farms Invitational (16th)	Oct. 16, 2009
24:58	Bill Bellinger Invitational (88th)	Sept. 29, 2007
25:08.4	Roy Griak Invitational (13th)	Sept. 26, 2009
25:16.8	ACC Championships (25th)	Nov. 1, 2008
25:28	Blue Ridge Open (27th)	Oct. 17, 2008
25:28	Blue Ridge Open (31st)	Oct. 6, 2007
25:40	Roy Griak Invitational (69th)	Sept. 27, 2008
25:42.9	ACC Championships (46th)	Oct. 27, 2007
25:57.90	Lou Onesty Invitational (23rd)	Sept. 6, 2008

**Cross Country 10K**

32:04	NCAA Southeast Regional (45th)	Nov. 15, 2008
32:06.45	NCAA Southeast Regional (78th)	Nov. 10, 2007
33:37.81	NCAA Southeast Regional (138th)	Nov. 14, 2009

**Indoor 800m**

1:54.87	Armory Invitational (8th)	Feb. 8, 2008
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**Indoor 1,000m**

2:25.09 <sup>(2)</sup>	Terrier Classic (2nd)	Jan. 24, 2009
2:26.89	Armory Collegiate (4th)	Feb. 6, 2009
2:27.84	Terrier Classic (5th)	Jan. 26, 2008
2:30.01	Virginia Tech Opener (12th)	Jan. 12, 2008

**Indoor Mile**

4:04.21 <sup>(2)</sup>	VT Challenge (2nd)	Feb. 21, 2009
4:04.72	IC4A Championships (1st-Finals)	Mar. 8, 2009
4:04.97	ACC Championships (7th-Finals)	Feb. 28, 2009
4:05.17	Virginia Tech Classic (2nd)	Feb. 20, 2010
4:05.90	Armory Collegiate (6th)	Feb. 6, 2010
4:07.34	Alex Wilson Invitational (19th)	Mar. 6, 2010
4:10.63	ACC Championships (3rd-Finals)	Feb. 27, 2010
4:11.13	ACC Championships (6th-Prelims)	Feb. 27, 2009
4:12.09	Virginia Tech Opener (5th)	Feb. 23, 2008
4:12.50	IC4A Championships (11th)	Mar. 8, 2008
4:14.96	ACC Championships (3rd-Prelims)	Feb. 26, 2010
4:15.51	ACC Championships (8th-Prelims)	Feb. 29, 2008
4:16.21	Tar Heel Invitational (1st)	Jan. 10, 2009
4:17.48	ACC Championships (10th)	Mar. 1, 2008

**Indoor 4x800m**

7:33.32 <sup>(5)</sup>	IC4A Championships (7th-Finals)	Mar. 8, 2009
7:39.44	Armory Collegiate (4th)	Feb. 7, 2009
7:43.38	IC4A Championships (10th)	Mar. 8, 2008
7:44.41	Armory Invitational (11th)	Feb. 9, 2008

**Indoor Distance Medley Relay**

9:34.39*	Alex Wilson Invitational (6th)	Mar. 5, 2010
9:45.30	Armory Collegiate (1st)	Feb. 5, 2010
9:49.14	ACC Championships (2nd)	Feb. 26, 2010
9:56.35	ACC Championships (4th)	Feb. 27, 2009
9:57.96	Terrier Classic (1st)	Jan. 23, 2009

9:59.93	ACC Championships (4th)	Feb. 29, 2008
10:01.40	Terrier Classic (1st)	Jan. 25, 2008
10:02.22	Hokie Invite (3rd)	Jan. 23, 2010
10:03.56	Virginia Tech Opener (4th)	Jan. 11, 2008

**Outdoor 800m**

1:50.90	Duke Invitational (5th)	Apr. 3, 2010
1:53.42	ACC Championships (12th-Prelims)	Apr. 16, 2010

**Outdoor 1,500m**

3:42.07 <sup>(4)</sup>	Carolina Fast Times (2nd)	Apr. 10, 2010
3:42.68	Georgia Tech Invitational (5th)	May 15, 2010
3:43.09	NCAA East Regional (7th-Finals)	May 30, 2009
3:43.52	NCAA Eastern Preliminary (7th-Finals)	May 29, 2010
3:43.81	UNC Elite (2nd)	May 8, 2009
3:46.07	IC4A Championships (5th-Prelims)	May 16, 2009
3:46.18	ACC Championships (6th)	Apr. 18, 2009
3:46.97	NCAA East Regional (7th-Prelims)	May 29, 2009
3:47.42	Duke Twilight (2nd)	May 3, 2009
3:48.29	NCAA Eastern Preliminary (17th-Prelims)	May 27, 2010
3:49.54	IC4A Championships (1st-Finals)	May 17, 2009
3:51.42	ACC Championships (7th-Prelims)	Apr. 16, 2010
3:51.71	Duke Invitational (5th)	Apr. 3, 2009
3:51.95	ACC Championships (8th-Prelims)	Apr. 17, 2009
3:53.04	NCAA Championships (22nd-Semis)	June 10, 2010
4:00.39	ACC Championships (4th-Finals)	Apr. 17, 2010

**Outdoor 4x800m**

7:27.44 <sup>(3)</sup>	IC4A Championships (4th-Finals)	May 17, 2009
7:30.16	Raleigh Relays (2nd)	Mar. 28, 2009
7:31.92	Penn Relays (4th)	Apr. 25, 2009
7:33.93	Penn Relays (4th)	Apr. 24, 2010
7:34.45	Duke Invitational (1st)	Apr. 3, 2010
7:35.83	Duke Invitational (1st)	Apr. 4, 2009
7:42.66	Duke Invitational (2nd)	Apr. 5, 2008

**Outdoor 4x1,500m**

15:28.45 <sup>(2)</sup>	Raleigh Relays (1st)	Mar. 27, 2009
15:29.89 <sup>(3)</sup>	Raleigh Relays (1st)	Mar. 26, 2010
15:45.61	Raleigh Relays (5th)	Mar. 28, 2008

**Outdoor 4xMile**

16:22.77 <sup>(2)</sup>	Penn Relays (7th)	Apr. 24, 2010
16:32.34	Penn Relays (6th)	Apr. 25, 2009

# Sean-Pat Oswald

## Senior • Sprints

### Manitowoc, Wis. (Roncalli)

**Honors:** Indoor All-ACC (800m - 2010) ... Indoor Academic All-ACC (2010) ... Indoor All-East (4x800m - 2009).

**2009-10:** Indoors, set the school record for 800m with a 1:50.90 clocking at the Virginia Tech Classic on Feb. 20 ... claimed All-ACC honors with a third-place effort at the conference championships, running 1:52.24 in the finals ... member of the 4x800m relay squad that set the Duke record (7:26.94) while winning the Armory Collegiate ... also ran on the school-record-setting DMR team that clocked 9:34.39 at the Alex Wilson Invitational ... outdoors, competed in the 800m, 4x400m relay and 4x800m relay ... ran a personal-best 1:50.62 over 800m for third place at the Duke Invitational ... finished third in the same event at the Raleigh Relays with a 1:51.37 showing.

**2008-09:** Emerged as one of Duke's top middle distance runners, especially on the relay lead-off leg ... lead off the Duke 4x800m, which clocked 7:33.32 for then-No. 4 Duke performance, at the IC4A Indoor Championships in Boston ... garnered All-East honors for that performance ... split 1:56.40 the day before in the 4x800m trial round, running the third leg ... outdoors, led off the 4x800m squad (7:31.92) at the Penn Relays ... ran the second leg on the winning team at the Duke Invitational ... in the open 800m, ran a then-personal-best 1:53.50 in the ACC prelims in Miami.

**2007-08:** Indoors, clocked a season-best 1:57.67 for 800m at the Virginia Tech Elite on Feb. 9 ... during the outdoor season, finished seventh at the Duke Twilight in the 800m with a season-best 1:56.96 performance.

**Prior to Duke:** Lettered four years at Normal ... as a senior, advanced to the sectional meet in the 800m, finishing in eighth place ... member of the school record 1,600m relay and sprint medley relay squads ... named first-team all-conference senior year ... also lettered in football and basketball ... served as team captain senior year in football ... two-time all-conference selection in football as well ... Pope John XXIII Top Male Award recipient ... National Honor Society member.

**Personal:** Son of Nan and Steven Oswald ... born July 14, 1988 ... has two brothers, Christopher and Nicholas, and one sister, Kelsey ... majoring in Religion and Biology.



**Personal Records & Duke Career Performance List:**

Indoor 800m		
1:50.90*	VT Challenge (3rd)	Feb. 20, 2010
1:52.13	ACC Championships (3rd-Prelim)	Feb. 26, 2010
1:52.24	ACC Championships (3rd-Finals)	Feb. 27, 2010
1:52.48	Hokie Invite (3rd)	Jan. 23, 2010
1:55.87	ACC Championships (18th-Prelim)	Feb. 27, 2009
1:57.67	Virginia Tech Elite (21st)	Feb. 9, 2008
1:57.70	ACC Championships (15th)	Feb. 29, 2008
1:57.77	Virginia Tech Opener (24th)	Feb. 23, 2008
1:58.06	Carolina Classic (16th)	Feb. 2, 2008
1:59.01	UNC Classic (6th)	Jan. 19, 2008
2:00.54	Tar Heel Invitational (5th)	Jan. 10, 2009

Indoor 4x400m Relay		
3:19.64	ACC Championships (11th)	Feb. 27, 2010

Indoor 4x800m Relay		
7:26.94*	Armory Collegiate (1st)	Feb. 6, 2010
7:33.32 <sup>(5)</sup>	IC4A Championships (7th-Finals)	Mar. 8, 2009
7:33.87	Hokie Invite (2nd)	Jan. 22, 2010
7:37.24	IC4A Championships (8th-Prelims)	Mar. 7, 2009

Indoor DMR		
9:34.39*	Alex Wilson Invitational (6th)	Mar. 5, 2010
9:45.30	Armory Collegiate (1st)	Feb. 5, 2010
10:03.56	Virginia Tech Opener (4th)	Jan. 11, 2008
10:18.48	Hokie Invite (7th)	Jan. 23, 2010

Outdoor 800m		
1:50.62	Duke Invitational (3rd)	Apr. 3, 2010
1:51.37	Raleigh Relays (3rd)	Mar. 27, 2010
1:52.08	ACC Championships (7th-Prelims)	Apr. 16, 2010
1:52.17	ACC Championships (7th-Finals)	Apr. 17, 2010
1:52.50	Georgia Tech Invite (26th)	May 16, 2010
1:53.50	ACC Championships (10th-Prelims)	Apr. 17, 2009
1:53.57	Duke Invitational (10th)	Apr. 4, 2009
1:54.14	Duke Twilight (5th)	May 9, 2010
1:55.77	Duke Twilight (5th)	May 3, 2009
1:56.96	Duke Twilight (7th)	May 4, 2008
1:57.02	Duke Invitational (28th)	Apr. 5, 2008
1:57.87	Sun Angel Classic (20th)	Apr. 12, 2008
1:57.88	Wake Forest Open (35th)	Mar. 20, 2009
1:58.11	ACC Championships (24th)	Apr. 18, 2008

Outdoor 4x400m Relay		
3:21.81	ACC Championships (10th)	Apr. 17, 2010
3:25.63	Wake Forest Open (18th)	Mar. 21, 2009

Outdoor 4x800m Relay		
7:31.92	Penn Relays (4th)	Apr. 25, 2009
7:33.93	Penn Relays (4th)	Apr. 24, 2010
7:34.45	Duke Invitational (1st)	Apr. 3, 2010
7:35.83	Duke Invitational (1st)	Apr. 4, 2009
7:49.67	Raleigh Relays (7th)	Mar. 29, 2008

## Spencer Pecha

### Freshman • Distance

Gillette, Wyo. (Campbell County)

**Prior to Duke:** Earned four letters at Campbell County ... named 2009-10 Wyoming Gatorade Cross Country Runner of the Year ... 2009 Wyoming 4A Cross Country individual state champion ... led Campbell County to two consecutive Wyoming state cross country championships ... five-time all-state selection ... also played soccer ... National Honor Society member ... graduated as class valedictorian.

**Personal:** Son of Sheila and Stephen Pecha ... born December 23, 1991 ... has two brothers, Travis and Tyler.

**Personal Records:**

Outdoor 800m	
1:59.47	High School

Outdoor 3,000m	
9:35	High School

## David Piccirilli

### Senior • Throws

Temple Terrace, Fla. (Jesuit)

**2009-10:** Indoors, competed in both the shot put and the weight throw ... threw a season-best 44-0.50 in the shot put at the Tar Heel Invitational to claim seventh place ... in the weight throw, threw 48-2.50 to finish sixth at the Carolina Classic ... recorded a personal-best 48-3.25, the No. 2 Duke performance, at the ACC Indoor Championships ... outdoors, registered a 162-7 mark in the hammer throw for the No. 3 all-time performance at Duke.

**2008-09:** During the indoor season, threw a personal-best 45-1 in the shot put to place 13th at the ACC Championships ... finished fifth in the weight throw at the Tar Heel Invitational with a mark of 41-9.25 ... outdoors, again threw a personal best at the ACC Championships in the shot put with a 47-12 showing ... threw a season-best 132-1 in the hammer throw at the Duke Twilight on May 3.

**Prior to Duke:** Three-year letterwinner at Jesuit ... two-time top-10 state finisher ... three-time first team all-county ... three-time field MVP ... also lettered three seasons in football ... National Honor Society member ... student council representative.

**Personal:** Son of Robert and Sandy Piccirilli ... born April 21, 1989 ... has one sister, Alexandra ... father was a member of the Florida State track team (1970-74) ... majoring in Political Science.

**Personal Records & Duke Career Performance List:**

Indoor Shot Put:		
45-1.00	ACC Championships (13th)	Feb. 28, 2009
44-0.50	Tar Heel Invitational (7th)	Jan. 10, 2010
43-9.75	VT Challenge (14th)	Feb. 21, 2009
43-7.75	Carolina Classic (15th)	Feb. 2, 2008
41-2.50	Hokie Invite (19th)	Jan. 23, 2010

Indoor Weight Throw:		
48-3.25 <sup>(2)</sup>	ACC Championships (15th)	Feb. 26, 2010
48-2.50	Carolina Classic (6th)	Jan. 29, 2010
47-8.00	Hokie Invite (22nd)	Jan. 22, 2010
45-10.00	Virginia Tech Classic (13th)	Feb. 19, 2010
41-9.25	Tar Heel Invitational (5th)	Jan. 10, 2009

Outdoor Shot Put:		
47-10.00	ACC Championships (14th)	Apr. 17, 2009
45-8.00	UNC Invitational (8th)	Apr. 11, 2009
45-3.00	Duke Twilight (6th)	May 4, 2008
44-9.75	Duke Invitational (19th)	Apr. 5, 2008
44-9.50	Wake Forest Open (22nd)	Mar. 21, 2008
44-8.75	Duke Invitational (19th)	Apr. 4, 2009
44-0.00	Raleigh Relays (23rd)	Mar. 28, 2008
43-3.75	Duke Twilight (5th)	May 3, 2009
43-3.25	Raleigh Relays (30th)	Mar. 27, 2010
42-3.25	ACC Championships (15th)	Apr. 18, 2008

Outdoor Hammer Throw:		
162-7 <sup>(3)</sup>	Duke Invitational (16th)	Apr. 2, 2010
156-0	Wake Forest Open (6th)	Mar. 20, 2010
155-9	Raleigh Relays (25th)	Mar. 27, 2010
154-8	ACC Championships (12th)	Apr. 15, 2010
132-1	Duke Twilight (7th)	May 3, 2009
130-11	UNC Invitational (9th)	Apr. 11, 2009
121-5	Raleigh Relays (30th)	Mar. 27, 2009

## Brendon Pierson

### Junior • Distance

Wall, N.J. (Christian Brothers)

**Honors:** Indoor All-East (4x800m - 2009)

**2009-10:** During the fall, ran in the Great America Cross Country Festival, the Panorama Farms Invitational and the IC4A Championships ... recorded personal-best 25:30 for 8K at the Great American XC Festival ... indoors, competed in the 800m, 1,000m and mile events ... clocked 2:29.52 for 1,000m at the Virginia Tech Classic to finish in 13th place ... outdoors, clocked a personal-best 1:55.31 in the 800m at the Carolina Fast Times on Apr. 10 ... ran a personal-best 4:01.37, 1,500m at the Duke Twilight.

**2008-09:** Indoor IC4A qualifier in the 1,000m, clocking 2:28.58 to place sixth at the Terrier Classic ... earned All-East honors with his relay carry on the 4x800m trial round of the IC4A Indoor Championships ... contributed lead-off, 1,200m legs on the Duke DMR, which won at UNC in January and placed fourth at the ACC Championships ... best split was 3:06.30 ... outdoors, recorded a season-best 1:56.78 over 800m at the Duke Invitational.

**Prior to Duke:** Split 50.4 in the open 400m, 1:06 in the indoor 500m, 1:24 in the 600m indoors and 1:55.35 in the outdoor 800m as well as several 1:54 point

relay carries ... anchored the CBA distance medley relay at the Penn Relays, splitting 4:20 for his 1,600m carry ... lowered his 1,600m best to 4:19 at the New Jersey state group meet.

**Personal:** Majoring in Environmental Sciences.

**Personal Records & Duke Career Performance List:**

Cross Country 8K		
25:30	Great Am. XC Festival (31st)	Oct. 2, 2009
26:23.95	Panorama Farms Invitational (93rd)	Oct. 16, 2009
26:53.2	IC4A Championships (68th)	Nov. 21, 2009

Indoor 800m		
1:55.76	ACC Championships (25th-Prelims)	Feb. 26, 2010
2:01.78	Tar Heel Invitational (9th)	Jan. 10, 2009

Indoor 1,000m		
2:28.58	Terrier Classic (6th)	Jan. 24, 2009
2:29.52	Virginia Tech Classic (13th)	Feb. 19, 2010
2:30.10	IC4A Championships (19th)	Mar. 7, 2010
2:30.13	Armory Collegiate (16th)	Feb. 5, 2010
2:32.42	Armory Collegiate (25th)	Feb. 6, 2009
2:34.34	Carolina Classic (4th)	Jan. 30, 2010

Indoor Mile		
4:25.33	Hokie Invite (27th)	Jan. 22, 2010

Indoor 4x800m Relay		
7:37.24	IC4A Championships (8th-Prelims)	Mar. 7, 2009
7:39.44	Armory Collegiate (4th)	Feb. 7, 2009

Indoor Distance Medley Relay		
9:56.35	ACC Championships (4th)	Feb. 27, 2009
10:02.87	Hokie Invite (4th)	Jan. 23, 2010
10:11.81	Tar Heel Invitational (1st)	Jan. 10, 2009

Outdoor 800m		
1:55.31	Carolina Fast Times (21st)	Apr. 10, 2010
1:56.78	Duke Invitational (37th)	Apr. 4, 2009
1:57.53	Wake Forest Open (30th)	Mar. 20, 2009
1:57.74	ACC Championships (26th-Prelims)	Apr. 17, 2009
1:58.73	ACC Championships (27th-Prelims)	Apr. 16, 2010

Outdoor 1,500m		
4:01.37	Duke Twilight (13th)	May 9, 2010
4:01.53	Duke Invitational (34th)	Apr. 3, 2010
4:02.25	Wake Forest Open (21st)	Mar. 21, 2009
4:03.57	Raleigh Relays (12th-Section II)	Mar. 27, 2010

Outdoor 4x400m Relay		
3:21.81	ACC Championships (10th)	Apr. 17, 2010
3:25.63	Wake Forest Open (18th)	Mar. 21, 2009

Outdoor 4x800m Relay		
7:47.64	Duke Invitational (2nd)	Apr. 4, 2009

## Ben Raskin

### Freshman • Sprints

Summit, N.J. (Summit)

**Prior to Duke:** Earned five letters in indoor and outdoor track at Summit ... named outdoor team MVP in 2009 and 2010 and indoor MVP in 2010 ... garnered first team All-Union County accolades in both indoor and outdoor track ... conference champion in the 100m, 200m and 400m in 2009 ... first team All-Group 2 ... named Star Ledger's Surprise Athlete of the Year in 2009 ... member of the first place Union County All-Star 4x400m team.

**Personal:** Son of Deborah and Noel Raskin ... born April 15, 1992 ... has a brother, Max ... cousin, Michael, Hutchings, was a senior on the 2010 Duke National Champion lacrosse team.

**Personal Records:**

Indoor 55m	
6.64	High School

Indoor 300m	
37.13	High School

Outdoor 100m	
11.25	High School

Outdoor 200m	
22.24	High School

Outdoor 400m	
48.74	High School

## Dominick Robinson

### Sophomore • Distance

Gillette, Wyo. (Campbell County)

**Honors:** All-East Cross Country (2009)

**2009-10:** Made his cross country debut on Sept. 26 at the Roy Griak Invitational, clocking 25:43.1 for 8K ... ran a personal-best 24:46.06 over 8K at the ACC Championships, good for 36th place ... helped Duke win back-to-back IC4A Championships, finishing 15th in 25:53.9 ... earned All-East honors for his performance ... did not compete during the indoor or outdoor seasons.

**Prior to Duke:** Golden West Invitational mile champion as a senior with a time of 4:14.60 ... bronze medalist at the GWI as a junior at 3,200m with a time of 9:07 ... rarely ran at sea level during high school career ... unbeatable in Wyoming, winning the state cross country title as both a junior and a senior and winning multiple state titles in indoor and outdoor track, including a 3,200m, 4x800m, 800m and 1,600m quadruple at the state meet senior year ... the last of those four titles was a 4:15 effort at 5,300m feet, approximately a 4:09 clocking at sea level for 1,600m ... holds the all-time Wyoming schoolboy records for both the 1,600m and 3,200m.

**Personal:** undecided on major.

**Personal Records & Duke Career Performance List:**

Cross Country 8K		
24:46.06	ACC Championships (36th)	Oct. 31, 2009
24:50.53	Panorama Farms Invitational (39th)	Oct. 16, 2009
25:43.1	Roy Griak Invitational (36th)	Sept. 26, 2009
25:53.9	IC4A Championships (15th)	Nov. 21, 2009

Outdoor Mile	
4:14.60	High School

Outdoor 3,200m	
9:07.10	High School

## Michael Rowland

### Sophomore • Sprints

Uppermarlboro, Md. (Charles H. Flowers)

**2009-10:** Did not compete during the indoor season ... outdoors, clocked 11.25 in the 100m at the Duke Invitational on Apr. 2.

**Prior to Duke:** 2009 all-county in indoor track ... as a senior, helped the 4x800m relay team win state championship ... in 2008, ran the anchor leg for the state champion 4x400m relay squad ... helped team to second-place finish at the state championships senior year ... also lettered in football.

**Personal:** Son of Michael Rowland and Valerie Jennings ... born February 26, 1991 ... has one brother, Sean, and one sister, Leah ... undecided on major.

**Personal Records & Duke Career Performance List:**

Outdoor 100m		
11.25	Duke Invitational (6th-Develop)	Apr. 2, 2010

Outdoor 400m	
49.2	High School

## Evan Rubinson

### Freshman • Sprints

Clearwater, Fla. (Jesuit)

**Prior to Duke:** Four-year letterwinner at Jesuit ... team MVP as a sophomore, junior and senior ... earned second team all-state honors as a junior and senior and third team recognition as a sophomore ... 2009 and 2010 district champion in the 400m ... 2009 district runner-up in the 200m ... also lettered in football and tennis ... graduated cum laude ... member of Key Club and Agmen Christi.

**Personal:** Son of Elliott and Pamela Rubinson ... born September 23, 1991.

**Personal Records:**

Outdoor 200m	
22.48	High School

Outdoor 400m	
49.12	High School

Outdoor 800m	
1:56.96	High School

ATHLETE BIOS

# Jonathan Sanchez

## Sophomore • Distance

Clovis, Calif. (Buchanan)

**2009-10:** In cross country, ran a season-best 25:26.45 at the Panorama Farms Invitational on Oct. 16 ... indoors, competed in both the 1,000m and the mile events ... clocked 2:34.22 over 1,000m at the Virginia Tech Classic on Feb. 19 ... best mile time of 4:25.94 came at the ACC Championships in Feb. 26 ... outdoors, posted a personal-best 3:54.73 over 1,500m at the Duke Invitational ... ran 14:55.32 at the Duke Twilight in his only 5,000m appearance of the year.

**Prior to Duke:** One of California's most versatile distance runners during his senior year ... led Buchanan to a ninth-place finish at the Nike Cross Nationals, finishing 19th individually ... placed third at the California state meet in cross country and sixth in the outdoor mile, running a personal-best 4:10.04 in the finals ... clocked 9:04.30 for 3,200m at Arcadia.

**Personal:** Undecided on major.

### Personal Records & Duke Career Performance List:

#### Cross Country 8K

25:26.45	Panorama Farms Invitational (60th)	Oct. 16, 2009
26:11.5	IC4A Championships (26th)	Nov. 21, 2009
26:51.7	Roy Griak Invitational (99th)	Sept. 26, 2009

#### Indoor 1,000m

2:34.22	Virginia Tech Classic (26th)	Feb. 19, 2010
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#### Indoor Mile

4:25.94	ACC Championships (24th-Prelims)	Feb. 26, 2010
4:26.62	Carolina Classic (6th)	Jan. 29, 2010

#### Outdoor 1,500m

3:54.73	Duke Invitational (4th)	Apr. 3, 2010
3:58.97	ACC Championships (26th-Prelims)	Apr. 16, 2010
3:59.40	Carolina Fast Times (29th)	Apr. 10, 2010
4:02.89	Raleigh Relays (9th-Section II)	Mar. 27, 2010

#### Outdoor 5,000m

14:55.32	Duke Twilight (5th)	May 9, 2010
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#### Outdoor 4x800m Relay

7:58.85	Raleigh Relays (18th)	Mar. 27, 2010
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# Michael Schallmo

## Senior • Throws

Flossmoor, Ill. (Homewood-Flossmoor)

**Honors:** Outdoor All-East (Discus - 2007)

**2009-10:** Did not compete for Duke during the 2009-10 school year.

**2008-09:** Showed his versatility as a force in the throws his junior season, breaking into the Duke record books in four different events ... set the Duke record in the weight throw with his toss of 55-9.25 to take sixth at the ACC Indoor Championships ... with a then-Duke record 173-3 throw, placed fifth at the ACC Outdoor Championships in the discus ... twice qualified for regionals in the discus, where he placed 11th ... fourth all-time performer in the indoor shot put at Duke, with a mark of 53-1.75 logged at the Carolina Invitational, where he was fourth overall ... second all-time performer at Duke in the hammer throw with a 167-3 notched at the Duke Twilight.

**2007-08:** Indoors, again qualified for the IC4A Championships with a season-best toss of 52-4.75 placing him sixth at the Carolina Classic ... outdoors, threw a then-personal-best in the shot put at the ACC Championships in Atlanta ... the next day, was an ACC scorer in the discus with a seventh-place finish ... placed fourth in the discus at both the Raleigh Relays and Duke Invitational, the latter producing his season-best throw of 161-0.

**2006-07:** Duke's 2007 Freshman of the Year for both indoor and outdoor track ... qualified for the IC4A Championships in the indoor shot put and discus ... scored at the ACC Championships in the discus with a throw of 162-9 to finish fifth ... recorded a throw of 163-1 at the IC4A Championships in Princeton, N.J., to place sixth overall and garner All-East honors.

**Prior to Duke:** Illinois State Champion in the discus with throw of 178-4 ... 2006 state champion in the discus with a mark of 178-4 ... placed fourth in the shot put with a throw of 57-3 ... 2006 conference and sectional champ in both the shot put and the discus.

**Personal:** Majoring in Civil Engineering.

### Personal Records & Duke Career Performance List:

#### Indoor Shot Put:

53-1.75 <sup>(4)</sup>	Carolina Invitational (4th)	Jan. 13, 2009
52-8.25	ACC Championships (9th)	Feb. 28, 2009
52-4.75	Carolina Classic (6th)	Feb. 2, 2008
51-9.75	VT Challenge (7th)	Feb. 21, 2009
51-7.75	Virginia Tech Opener (8th)	Jan. 12, 2008
51-3.50	ACC Championships (3rd)	Feb. 24, 2007
50-8.75	IC4A Championships (18th)	Mar. 7, 2009
50-4.50	UNC Fast Times (6th)	Jan. 27, 2007
49-11.75	Tar Heel Invitational (3rd)	Jan. 10, 2009
49-11.25	VT Challenge (8th)	Feb. 16, 2007
49-10.00	Terrier Classic (8th)	Jan. 24, 2009
49-9.25	Carolina Classic (5th)	Feb. 9, 2007
49-8.25	Armory Collegiate (27th)	Feb. 6, 2009
49-5.00	IC4A Championships (27th)	Mar. 5, 2007
49-3.75	VT Challenge (13th)	Feb. 23, 2008
47-5.00	UNC Opener (6th)	Jan. 13, 2007
46-11.50	Armory Invitational (12th)	Feb. 2, 2007
45-11.25	ACC Championships (16th)	Mar. 1, 2008
45-11.25	IC4A Championships (26th)	Mar. 9, 2008

#### Indoor Weight Throw

55-9.25*	ACC Championships (6th)	Feb. 27, 2009
52-11.00	IC4A Championships (28th)	Mar. 8, 2009
52-2.00	VT Challenge (5th)	Feb. 20, 2009
50-8.25	Carolina Invitational (2nd)	Feb. 13, 2009
47-5.25	Terrier Classic (19th)	Jan. 24, 2009
43-2.50	Tar Heel Invitational (3rd)	Jan. 10, 2009

#### Outdoor Shot Put

54-0.00	ACC Championships (9th)	Apr. 17, 2009
53-11.75	UNC Elite (6th)	May 8, 2009
53-5.75	Duke Twilight (2nd)	May 3, 2009
53-0.00	Penn Relays (7th)	Apr. 24, 2009
52-6.50	IC4A Championships (12th)	May 17, 2009
52-1.75	Duke Invitational (6th)	Apr. 4, 2009
51-8.50	Wake Forest Open (3rd)	Mar. 20, 2009
51-0.75	Raleigh Relays (12th)	Mar. 27, 2009
50-2.00	ACC Championships (13th)	Apr. 18, 2008
49-11.75	ACC Championships (11th)	Apr. 21, 2007
48-3.50	Duke Invitational (7th)	Apr. 7, 2007
47-3.50	Carolina Fast Times (7th)	Apr. 14, 2007
45-9.25	Raleigh Relays (21st)	Mar. 28, 2008
43-2.50	Wake Forest Open (24th)	Mar. 21, 2008

#### Outdoor Hammer Throw

167-3 <sup>(2)</sup>	Duke Twilight (4th)	May 3, 2009
165-1	UNC Elite (6th)	May 8, 2009
163-10	ACC Championships (7th)	Apr. 16, 2009
157-6	UNC Invitational (6th)	Apr. 11, 2009
145-2	Wake Forest Open (14th)	Mar. 30, 2009
133-2.50	Raleigh Relays (27th)	Mar. 28, 2009

#### Discus

173-3 <sup>(2)</sup>	ACC Championships (5th)	Apr. 18, 2009
170-2	Raleigh Relays (3rd)	Mar. 27, 2009
169-7	NCAA East Regional (11th)	May 30, 2009
167-6	Duke Invitational (3rd)	Apr. 4, 2009
163-1	IC4A Championships (6th)	May 11, 2007
162-9	ACC Championships (5th)	Apr. 20, 2007
162-1	UNC Elite (4th)	May 8, 2009
161-0	Duke Invitational (4th)	Apr. 5, 2008
160-8	Wake Forest Open (3rd)	Mar. 21, 2009
160-0	Penn Relays (8th)	Apr. 27, 2007
158-10	Penn Relays (8th)	Apr. 25, 2008
157-7	Raleigh Relays (4th)	Mar. 28, 2008
156-10	Penn Relays (15th)	Apr. 24, 2009
156-3	ACC Championships (7th)	Apr. 19, 2008
155-3	IC4A Championships (15th)	May 15, 2009
154-8	Duke Invitational (3rd)	Apr. 7, 2007
153-0	Duke Twilight (2nd)	May 7, 2007
152-10	Wake Forest Open (9th)	Mar. 22, 2008
148-3	Carolina Fast Times (2nd)	Apr. 14, 2007
145-11	UNC Invitational (5th)	Mar. 31, 2007
138-8	Wake Forest Open (24th)	Mar. 24, 2007



# Tony Shirk

## Junior • Pole Vault

Phoenixville, Pa. (Phoenixville)

**2009-10:** Began the indoor season by winning the pole vault at the Hokie Invite, clearing 16-1 ... placed second at the Carolina Classic with a mark of 15-11 ... cleared 16-1.75 at the VT Final Qualifier to place 11th ... recorded a personal-best 16-5 clearance, the No. 4 mark at Duke, to finish ninth at the ACC Indoor Championships ... outdoors, opened the season with a win at the Wake Forest Open, clearing 16-2.75 ... cleared 16 feet again at the Carolina Fast Times with a mark of 16-6.75 ... tied that mark again at the ACC Championships, where he placed eighth.

**2008-09:** Took 11th at the ACC Indoor Championships as a freshman vaulter, clearing 15-5 ... tied for fifth at the Virginia Tech Challenge ... placed fifth at the Terrier Classic ... cleared 16 feet during the outdoor season with a leap of 16-0.25 to land in sixth place at the ACC Outdoor Championships ... had the team's seven best jumps outdoors ... took ninth at the IC4A Outdoor Champions and third in the college division at the Penn Relays, both with a clearing of 15-9.

**Prior to Duke:** One of the premier pole vaulters from the state of Pennsylvania ... took to the national stage indoors and cleared 15-2.75 to place high at the Nike Indoor Nationals.

**Personal:** Majoring in Environmental Science.

### Personal Records & Duke Career Performance List:

Indoor Pole Vault		
16-5 <sup>(4)</sup>	ACC Championships (9th)	Feb. 27, 2010
16-1.75	VT Final Qualifier (11th)	Mar. 6, 2010
16-1	Hokie Invite (1st)	Jan. 23, 2010
15-11	Carolina Classic (2nd)	Jan. 29, 2010
15-9	UNC Invite (5th)	Feb. 12, 2010
15-9	Armory Collegiate (t-3rd)	Feb. 6, 2010
15-6.25	VT Challenge (9th)	Feb. 19, 2010

Outdoor Pole Vault		
16-6.75	ACC Championships (8th)	Apr. 17, 2010
16-6.75	Carolina Fast Times (3rd)	Apr. 10, 2010
16-2.75	Wake Forest Open (1st)	Mar. 20, 2010
16-0.75	ACC Championships (6th)	Apr. 18, 2009
15-11.25	NC A&T Invitational (7th)	May 17, 2010
15-9	NCAA Eastern Preliminary (38th)	May 27, 2010
15-9	Penn Relays (t-7th)	Apr. 23, 2010
15-9	IC4A Championships (9th)	May 16, 2009
15-9	Penn Relays (3rd)	Apr. 24, 2009
15-9	Duke Twilight (2nd)	May 3, 2009
15-7	Raleigh Relays (4th)	Mar. 27, 2009
15-7	Duke Invitational (6th)	Apr. 4, 2009
15-7	UNC Invitational (3rd)	Apr. 11, 2009
15-5.50	Duke Twilight (4th)	May 9, 2010
15-5	ASU Invitational (8th)	Mar. 27, 2010
15-3	Duke Invitational (t-6th)	Apr. 3, 2010
15-1	UNC Elite (14th)	May 8, 2009
15-1	Wake Forest Open (3rd)	Mar. 21, 2009

# Kyler Shumway

## Freshman • Throws

Cottonwood, Idaho (Prairie)

**Prior to Duke:** Lettered four years at Prairie ... three-time state champion in the shot put ... named Regional Male Athlete of the Year in 2010 ... Idaho High School Heisman State Champion ... earned Most Valuable Field Athlete honors three times ... also lettered four years in football ... two-time all-state selection in football ... led high school to state championship in 2008 and runner-up finish in 2009 on the gridiron ... member of the National Honor Society ... graduated as class valedictorian ... named Prairie High School Student of the Year.

**Personal:** Son of Audra and Todd Shumway ... born September 11, 1991 ... has three sisters – Ashley, Hailey and Jessica – and one brother, Kade.

### Personal Records:

Outdoor Shot Put	
61-3	High School
Discus	
153-8	High School

# Lucas Talavan-Becker

## Freshman • Distance

South San Francisco, Calif. (Saint Ignatius Prep)

**Prior to Duke:** Lettered four years at Saint Ignatius Prep ... Central Coast Section 1,600m finals qualifier in 2010 ... named Saint Ignatius Most Improved Runner as a senior ... first team West Catholic Athletic League as a junior ... led team to Central Coast Section Div. III Championships in 2009 ... Saint Ignatius Most Outstanding Runner in 2009 ... led cross country team to 13th-place finish at the 2009 CIF California State Division III Championships ... 2007 Saint Ignatius Wildcat Award recipient and MVP for lower division student-athletes ... also played soccer ... AP Scholar with distinction.

**Personal:** Son of Barbara and Felix Talavan ... born May 27, 1992 ... has one sister, Olivia.

Personal Records:	
Cross Country 5K	
16:10	High School
Cross Country 3-Mile	
15:53	High School
Outdoor 1,600m	
4:22.85	High School
Outdoor 3,200m	
9:29.46	High School

# Bo Waggoner

## Senior • Distance

Maumee, Ohio (Maumee)

**Honors:** Cross Country All-Region (2008, 2009) ... Cross Country All-ACC (2007, 2008, 2009) ... Cross Country All-East (2007) ... Cross Country Team MVP (2007, 2008, 2009) ... Cross Country Team Freshman of the Year (2007) ... Cross Country Academic All-ACC (2007, 2008, 2009) ... USTFCCCA Cross Country All-Academic (2009) ... Indoor ACC Scholar-Athlete of the Year (2010) ... Indoor All-ACC (5,000m - 2010) ... Indoor All-East (3,000m - 2009; 5,000m - 2009) ... Indoor Academic All-ACC (2008, 2009, 2010) ... Outdoor All-East (5,000m - 2010) ... CoSIDA Academic All-District III (2010).

**2009-10:** One of the Blue Devils' top performers throughout the year ... opened the season with a third-place effort at the Roy Griak Invitational on Sept. 26, covering 8K in 24:53.3 ... led Duke to a fourth-place finish at the ACC Championships, finishing sixth in 23:34.04 to earn his third consecutive All-ACC honors ... placed 13th at the NCAA Southeast Regional, clocking a personal-best 30:30.12 for 10K to grab his second all-region honors ... named team MVP for the third-straight season after helping Duke earn a berth to the NCAA Championships ... indoors, ran 4:06.84 for one mile at the Virginia Tech Classic for the No. 5 all-time performance at Duke ... won the 5,000m at the Armory Collegiate with a 14:16.37 showing the No. 2 performance at Duke ... garnered All-ACC recognition in the same event with a third-place, 14:29.64 showing at the conference championships ... outdoors, clocked a personal-best 3:49.95 in the 1,500m at the Carolina Fast Times on Apr. 10 ... earned All-East honors with a 14:13.84 showing for 5,000m at the IC4A Championships ... also was a member of the Duke 4x1,500m team that posted the No. 2 all-time performance at Duke with a 15:28.45 showing at the Raleigh Relays ... also ran on the No. 2 Duke 4xMile relay at the Penn Relays.

**2008-09:** Duke's first finisher in four of the six events in which he raced ... finished fifth at the Blue Ridge Open with a 24:38 time over 8K ... clocked 24:39 at the ACC Championships to place 10th and earn his second All-ACC honors ... at the NCAA Southeast Regional, covered 10K in 30:43 to place 11th, and earn all-region recognition as well as to qualify individually for the NCAA Championships ... indoors, set the Duke school record with an 8:10.62 clocking for 3,000m at the Terrier Classic in Boston ... placed eighth at the ACC Championships in 8:18.02 ... finished fifth at the IC4A Championships in the 3,000m to garner All-East honors and score four points for Duke ... outdoors, focused on improving his speed and anchored the 4x1,500m relay which posted a time of 15:28.45, the fastest in the U.S., at the Raleigh Relays ... doubled in the 1,500m and 5,000m at the ACC Championships, placing seventh in 14:27.82 over 5,000m in Miami ... ran a personal-best 4:08.60 mile split at the Penn Relays as part of the 4xMile team that recorded the No. 2 all-time performance at Duke (16:32.40) ... won the Duke Twilight 5,000m for the second-straight year with a 14:37.63 showing ... concluded the year with a then-personal-best 14:19.20 clocking in the 5,000m at the IC4A Championships in Princeton, N.J.

**2007-08:** Earned All-ACC honors as a rookie ... also grabbed All-East accolades with a third-place finish at the IC4A Championships ... Duke's top finisher three times in 2007 and a top-three Blue Devil in all six of his cross country races ... indoors, qualified for IC4A's in the 3,000m with a 8:27.06 clocking in the season opener ... won the Duke Twilight 5,000m in 14:36.71, which also qualified for

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IC4A's ... ended his freshman campaign with a 14:37.66 5,000m in the rain at the IC4A Championships before coming in fifth in a tactical 5,000m at the USATF Junior Nationals.

**Prior to Duke:** State outdoor runner-up in the 3,200m ... finished 14th at the State Division I Cross Country Championships ... won multiple league and district championships in the 3,200m ... three-time state competitor ... two-time All-Ohio and district champion in cross country.

**Personal:** Son of Ben and Laila Waggoner ... born March 25, 1989 ... has two sisters, Kate and Tess ... father played football at Kenyon College (1981-84) ... majoring in Interdepartmental Math and Computer Science.

#### Personal Records & Duke Career Performance List:

##### Cross Country 8K

23:34.04	ACC Championships (6th)	Oct. 31, 2009
24:06.10	Panorama Farms Invitational (12th)	Oct. 16, 2009
24:38	Blue Ridge Open (5th)	Oct. 17, 2008
24:45	Blue Ridge Open (9th)	Oct. 12, 2007
24:53.3	Roy Griak Invitational (3rd)	Sept. 26, 2009
24:54	Bill Dellinger Invitational (79th)	Sept. 29, 2007
25:18.43	Lou Onesty Invitational (8th)	Sept. 6, 2008
25:20	Roy Griak Invitational (49th)	Sept. 27, 2008
25:22.40	Lou Onesty Invitational (9th)	Sept. 8, 2007

##### Cross Country 10K

30:30.12	NCAA Southeast Regional (13th)	Nov. 14, 2009
30:43	NCAA Southeast Regional (11th)	Nov. 15, 2008
31:09	NCAA Championships (135th)	Nov. 24, 2008
31:52.6	NCAA Championships (192nd)	Nov. 23, 2009

##### Indoor Mile

4:06.84 <sup>(6)</sup>	Virginia Tech Classic (6th)	Feb. 20, 2010
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##### Indoor 3,000m

8:10.62*	Terrier Classic (9th)	Jan. 24, 2009
8:11.20	IC4A Championships (5th)	Mar. 7, 2009
8:17.17	Hokie Invite (1st)	Jan. 22, 2010
8:18.02	ACC Championships (8th)	Feb. 28, 2009
8:18.65	ACC Championships (9th)	Feb. 27, 2010
8:27.06	Virginia Tech Opener (5th)	Jan. 12, 2008

##### Indoor 5,000m

14:16.37 <sup>(2)</sup>	Armory Collegiate (1st)	Feb. 5, 2010
14:21.76	Armory Collegiate (3rd)	Feb. 7, 2009
14:29.64	ACC Championships (3rd)	Feb. 26, 2010
14:31.67	ACC Championships (9th)	Feb. 27, 2009

##### Indoor Distance Medley Relay

9:59.93	IC4A Championships (7th-Finals)	Mar. 8, 2010
10:03.56	Virginia Tech Opener (4th)	Jan. 11, 2008
10:11.81	Tar Heel Invitational (1st)	Jan. 10, 2009

##### Outdoor 1,500m

3:49.95	Carolina Fast Times (4th)	Apr. 10, 2010
3:56.39	ACC Championships (22nd-Prelims)	Apr. 16, 2010
3:56.83	ACC Championships (29th)	Apr. 18, 2008
3:59.75	ACC Championships (21st-Prelims)	Apr. 17, 2009
4:02.43	T. Waldrop UNC Invite (11th)	Apr. 12, 2008

##### Outdoor 3,000m

8:23.89	Duke Invitational (5th)	Apr. 4, 2008
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##### Outdoor 5,000m

14:13.84	IC4A Championships (8th)	May 14, 2010
14:19.20	IC4A Championships (15th)	May 15, 2009
14:23.71	Stanford Invitational (19th-Section 2)	Mar. 26, 2010
14:24.85	Duke Invitational (1st)	Apr. 3, 2009
14:25.40	NCAA Eastern Preliminary (23rd)	May 29, 2010
14:27.82	ACC Championships (7th)	Apr. 18, 2009
14:34.22	ACC Championships (10th)	Apr. 16, 2010
14:36.71	Duke Twilight (1st)	May 4, 2008
14:37.63	Duke Twilight (1st)	May 3, 2009
14:37.66	IC4A Championships (21st)	May 16, 2008

##### Outdoor 4x800m Relay

7:47.64	Duke Invitational (2nd)	Apr. 4, 2009
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##### Outdoor 4x1,500m Relay

15:28.45 <sup>(2)</sup>	Raleigh Relays (1st)	Mar. 27, 2009
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##### Outdoor 4xMile Relay

16:22.77 <sup>(2)</sup>	Penn Relays (7th)	Apr. 24, 2010
16:32.40	Penn Relays (6th)	Apr. 25, 2009

# Marcus Wright

## Sophomore • Sprints

### Cheshire, Conn. (Cheshire)

**2009-10:** Ran once during the winter, clocking 37.36 for 300m at the Hokie Invite ... outdoors, a member of the Duke 4x100m relay that posted a time of 43.05 at the Wake Forest Open.

**Prior to Duke:** Four-year letterwinner at Cheshire ... two-time all-state honoree in the 55m dash ... four-time Southern Connecticut All-Star Team selection ... indoor all-conference pick as a junior and senior ... New Haven Register All-Area Team ... placed fifth in the state in the 55m in 2009 ... went on to finish eighth in New England at the same distance.

**Personal:** Son of Balvin and Maureen Wright ... born March 4, 1991 ... has one sister, Ashia ... undecided on major.

##### Indoor 300m

37.36	Hokie Invite (17th)	Jan. 22, 2010
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##### Outdoor 100m

10.83		High School
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##### Outdoor 200m

22.25		High School
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##### Outdoor 4x100m Relay:

43.05	Wake Forest Open (8th)	Mar. 20, 2010
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\* denotes Duke Record; (2) - No. 2 at Duke; (3) No. 3 at Duke; (4) No. 4 at Duke; (5) No. 5 at Duke

# Suejin Ahn

## Junior • Distance

Setauket, N.Y. (Ward Melville)

**Honors:** Duke Cross Country Co-Freshman of the Year (2008) ... Outdoor ACC All-Academic (2010) ... USTFCCCA Track & Field All-Academic (2010).

**2009-10:** Began the fall with a 13th-place finish at the Wisconsin Invitational, covering 5K in 17:35.6 ... placed 29th at the ACC Championships on Oct. 31 ... ran 21:25.7 for 6K at the NCAA Championships on Nov. 23 ... indoors, finished fourth in the mile at the Virginia Tech Classic with a time of 4:55.29 ... ran the 3,000m on two occasions, clocking a personal-best 9:36.14 to finish fourth at the Armory Collegiate ... finished eighth in the same event at the ACC Championships in Blacksburg, Va. ... outdoors, competed in the 800m, 1,500m, 5,000m and 4x1,500m relay ... turned in a personal-best 2:12.99 for 800m at the Georgia Tech Invite on May 16 ... best 1,500m time came at the Wake Forest Open, where she clocked 4:28.69 ... qualified for the NCAA First Round in the 5,000m with a 16:23.84 time at the Stanford Invitational ... placed 37th at the NCAA Preliminary Round in Greensboro, N.C., on May 29.

**2008-09:** A standout in cross country as a freshman, finishing 19th at the ACC Championships in 21:26.9 for 6K as Duke's second runner ... along with Carly Seymour, named Duke's Co-Freshman of the Year at the annual cross country awards banquet ... came in 40th at the NCAA Southeast Regional in 22:02 for 6K as Duke's fifth runner ... also a top-five Blue Devil finisher at the Penn State Invitational, where she was 33rd overall in 21:24 ... continued her individual season as the 2009 USA Cross Country Championships in Dearborn, Md., racing to a 14th overall finish in the 6K juniors race in 22:15 ... indoors, took 13th place at the ACC Championships in the 5K, where she clocked 17:43.43 ... notched an ECAC qualifier in the indoor 3K with a 14th place run of 9:49.72 at the Terrier Classic ... finished seventh in the mile at the VT Challenge with an ECAC qualifying time of 4:56.10 ... during the outdoor season, finished 11th at the ACC Outdoor Championships in the 5K with a then-personal-best 17:36.76.

**Prior to Duke:** Garnered All-America honors in the mile at the Nike Outdoor Nationals ... earned All-America honors in the mile (2x), 4xMile (2x) and 4x800m at the National Scholastic Indoor Championships ... five-time all-state selection in cross country.

**Personal:** Majoring in Public Policy.

### Personal Records & Duke Career Performance List:

Cross Country 5K		
17:35.6	Wisconsin Invite (13th)	Oct. 3, 2009

Cross Country 6K		
21:24	Penn State Invitational (33rd)	Oct. 17, 2008
21:24.9	ACC Championships (29th)	Oct. 31, 2009
21:25.7	NCAA Championships (118th)	Nov. 23, 2009
21:26.9	ACC Championships (19th)	Nov. 1, 2008
21:30.51	NCAA Southeast Regional (28th)	Nov. 14, 2009
22:02	NCAA Southeast Regional (40th)	Nov. 15, 2008
22:29.4	Roy Griak Invitational (45th)	Sept. 27, 2008

Indoor 1,000m		
2:57.55		High School

Indoor Mile		
4:52.89		High School
4:55.29	Virginia Tech Classic (4th)	Feb. 20, 2010
4:56.10	VT Challenge (7th)	Feb. 21, 2009

Indoor 3,000m		
9:36.14	Armory Collegiate (4th)	Feb. 6, 2010
9:45.67	ACC Championships (8th)	Feb. 27, 2010
9:49.72	Terrier Classic (14th)	Jan. 23, 2009
10:02.72	Tar Heel Invitational (2nd)	Jan. 10, 2009

Indoor 5,000m		
17:43.43	ACC Championships (13th)	Feb. 27, 2009

Indoor DMR		
11:37.57	ACC Championships (2nd)	Feb. 26, 2010
11:39.51	Hokie Invite (1st)	Jan. 23, 2010
11:47.91	Terrier Classic (3rd)	Jan. 24, 2009

Outdoor 800m		
2:12.99	Georgia Tech Invite (27th)	May 16, 2010
2:16.77	Duke Invitational (28th)	Apr. 3, 2010

Outdoor 1,500m		
4:28.69	Wake Forest Open (2nd)	Mar. 20, 2010
4:29.68	Georgia Tech Invite (14th)	May 15, 2010

Outdoor 5,000m		
16:23.84	Stanford Invitational (2nd-Section II)	Mar. 26, 2010
16:57.83	ACC Championships (6th)	Apr. 17, 2010
17:22.50	NCAA First Round (37th)	May 29, 2010
17:36.76	ACC Championships (11th)	Apr. 18, 2010

Outdoor 4x800m Relay		
8:50.95	Penn Relays (2nd)	Apr. 25, 2009

Outdoor 4x1,500m Relay		
18:03.65	Penn Relays (?)	Apr. 23, 2010
18:36.96	Penn Relays (5th)	Apr. 24, 2009

# Deirdre Anglin-Stone

## Junior • Sprints

Raleigh, N.C. (Garner Magnet)

**2009-10:** Indoors, turned in a personal-best 8.05 for 60m at the Virginia Tech Classic on Feb. 19 ... outdoors, clocked a season-best 12.71 for 100m at the Duke Invitational ... at the same meet, recorded a person-best 26.42 in the 200m as well.

**2008-09:** Competed in the 60m and 200m indoors, while running the 100m and 200m outdoors ... clocked 8.06 for 60m at the Armory Collegiate ... ran 8.09 for the same distance to place 24th at the ACC Championships ... at the Armory Collegiate, posted a personal best of 26.70 for 200m on Feb. 7 ... during the outdoor season, ran a personal-best 12.68 over 100m at the UCN Invitational on Apr. 11.

**Personal:** Majoring in Psychology.

### Personal Records & Duke Career Performance List:

Indoor 60m		
8.05	Virginia Tech Classic (23rd-Prelims)	Feb. 19, 2010
8.06	Armory Collegiate (106th)	Feb. 6, 2009
8.09	ACC Championships (24th)	Feb. 27, 2009
8.14	Carolina Classic (29th-Prelims)	Jan. 29, 2010
8.20	Hokie Invite (35th-Prelims)	Jan. 22, 2010

Indoor 200m		
26.70	Armory Collegiate (117th)	Feb. 7, 2009
26.96	ACC Championships (33rd)	Feb. 27, 2009
27.55	VT Challenge (52nd)	Feb. 20, 2009
27.56	Virginia Tech Classic (49th)	Feb. 19, 2010

Outdoor 100m		
12.68	UNC Invitational (13th)	Apr. 11, 2009
12.71	Duke Invitational (21st-Prelims)	Apr. 3, 2010
12.71	ACC Championships (25th-Prelims)	Apr. 17, 2009
12.72	Raleigh Relays (57th)	Mar. 26, 2010
12.78	Carolina Fast Times (13th)	Apr. 10, 2010
12.79	Duke Twilight (9th)	May 9, 2010
12.90	Duke Twilight (3rd)	May 3, 2009
12.99	Duke Invitational (20th-Prelims)	Apr. 4, 2009
13.01	Raleigh Relays (76th)	Mar. 27, 2009

Outdoor 200m		
26.42	Duke Invitational (41st)	Apr. 3, 2010
26.66	Wake Forest Open (71st)	Mar. 20, 2010
27.11	Wake Forest Open (60th)	Mar. 21, 2009

Outdoor 4x100m Relay		
48.85	Duke Invitational (5th)	Apr. 4, 2009
48.95	Wake Forest Open (9th)	Mar. 21, 2009
49.38	Raleigh Relays (21st)	Mar. 28, 2009
51.21	Raleigh Relays (29th)	Mar. 27, 2010

# Michelle Anumba

## Freshman • Throws

Rancho Cucamonga, Calif. (Los Osos)

**2009-10:** Did not compete during the 2009-10 season.

**Prior to Duke:** Lettered four years at Los Osos ... recorded a personal-best 46-foot, 2-inch throw in the shot put as a junior ... also competed in the discus, heptathlon, 100m, 200m, 100m hurdles and 300m hurdles ... served as team captain senior year ... team MVP pick in 2008 ... earned award for Outstanding Achievement in Field Events junior and senior years ... selected Baseline League Scholar Athlete in 2009 ... member of the Cum Laude Society ... received recognition for Outstanding Academic Achievement in addition to California Scholarship Federation Lifetime Membership Award.

**Personal:** Daughter of Cyril and Ethel Anumba ... born September 18, 1991 ... has a younger brother, Michael, and two younger sisters - Amanda and Ashley

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... undecided on major.

**Personal Records:**

Outdoor Shot Put		
46-2		High School

## Outdoor Hammer Throw

150-11	USATF Jr. Nationals	June 24, 2010
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## Katie Apibunyopas

### Senior • Middle Distance

Cockeysville, Md. (Dulaney)

**Honors:** Outdoor All-East (4x800m - 2009).

**2009-10:** Did not compete in the fall ... indoors, ran a personal-best 2:15.43 for 800m at the Virginia Tech Classic to finish ninth ... also a member of the Duke DMR squad at the ACC Championships and Hoke Invite ... outdoors, clocked a personal-best 2:13.14 in the 800m at the Georgia Tech Invite on May 16.

**2008-09:** In cross country, competed at the Penn State Invitational and the Wolfpack Invitational with her best time, a 5K, 20:25 effort, coming in Cary ... indoors, turned in two top-eight finishes in the 800m at the Virginia Tech Challenge and the Tar Heel Invitational ... turned in an 18th-place performance at the ACC Indoor Championships ... also finished in 18th at the conference outdoor championships ... earned All-East honors as a member of the winning 4x800m relay squad at the outdoor ECAC Championships.

**Prior to Duke:** Three-time state competitor in Maryland ... regional champion twice in the 800m and once in the 400m ... first team All-Metro Baltimore County ... three-time county relay champion ... named team MVP senior year in both indoor and outdoor track ... four-time scholar-athlete distinction.

**Personal:** Daughter of Charoupe and Krita Apibunyopas ... born April 19, 1989 ... majoring in Biomedical Engineering.

**Personal Records & Duke Career Performance List:**

## Cross Country 5K

20:02.9	Hagan Stone Park XC Classic (30th)	Oct. 6, 2007
20:25	Wolfpack Invitational (27th)	Nov. 8, 2008
20:45.98	Wolfpack Invitational (17th)	Nov. 3, 2007

## Cross Country 6K

25:02	Penn State Invite (262nd)	Oct. 17, 2008
26:02	Penn State Invite (258th)	Oct. 12, 2007

## Indoor 500m

1:18.82	Armory Collegiate (36th)	Feb. 6, 2009
1:20.55	Virginia Tech Opener (31st)	Jan. 11, 2008

## Indoor 800m

2:15.43	Virginia Tech Classic (9th)	Feb. 20, 2010
2:16.49	VT Challenge (7th)	Feb. 21, 2009
2:16.59	Tar Heel Invitational (8th)	Jan. 10, 2009
2:17.78	ACC Championships (18th)	Feb. 27, 2009
2:20.06	Armory Collegiate (49th)	Feb. 6, 2010
2:22.00	Carolina Classic (27th)	Feb. 2, 2009
2:22.62	ACC Championships (25th)	Feb. 29, 2008
2:23.28	Virginia Tech Opener (38th)	Feb. 23, 2008
2:23.98	Virginia Tech Elite (25th)	Feb. 9, 2008

## Indoor 1,000m

3:11.44	Virginia Tech Opener (23rd)	Jan. 12, 2008
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## Indoor 4x800m Relay

8:44.11	ECAC Championships (1st-Finals)	May 17, 2009
8:57.67	ECAC Championships (4th-Prelims)	May 16, 2009
9:14.78	Armory Collegiate (5th)	Feb. 7, 2009
9:20.89	ECAC Championships (19th)	Mar. 7, 2009

## Indoor DMR

11:37.57	ACC Championships (2nd)	Feb. 26, 2010
11:48.05	Hokie Invite (3rd)	Jan. 23, 2010
11:59.93	ECAC Championships (12th)	Mar. 9, 2008

## Outdoor 800m

2:13.14	Georgia Tech Invite (28th)	May 16, 2010
2:14.33	UNC Elite (12th)	May 8, 2009
2:14.37	Carolina Fast Times (6th)	Apr. 10, 2010
2:14.93	Duke Twilight (6th)	May 9, 2010
2:15.22	Duke Invitational (22nd)	Apr. 3, 2010
2:15.31	UNC Invitational (6th)	Apr. 11, 2009
2:16.16	Wake Forest Open (11th)	Mar. 20, 2009
2:16.20	ACC Championships (26th-Prelims)	Apr. 16, 2010
2:17.18	ACC Championships (18th-Prelims)	Apr. 17, 2009
2:18.26	Duke Invitational (30th)	Apr. 4, 2009

2:18.34	Duke Twilight (12th)	May 3, 2009
2:20.44	ACC Championships (20th)	Apr. 18, 2008
2:20.59	Carolina Classic (19th)	May 9, 2008
2:21.74	Duke Invitational (41st)	Apr. 5, 2008
2:21.88	Duke Twilight (12th)	May 4, 2008
2:23.51	Waldrop UNC Invite (24th)	Apr. 12, 2008

## Outdoor 1,500m

4:52.36	Raleigh Relays (26th-Section II)	Mar. 27, 2010
5:01.78	Raleigh Relays (46th)	Mar. 28, 2009

## Outdoor 4x400m Relay

3:50.92	Duke Invitational (5th)	Apr. 3, 2010
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## Outdoor 4x800m Relay

9:14.44	ECAC Championships (14th)	May 17, 2008
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## Katelyn Bastert

### Senior • Distance

Quincy, Ill. (Carthage)

**2009-10:** Competed once during the cross country season, posting a 5K time of 18:41.4 at the Wisconsin Invitational on Oct. 3 ... indoor, won the 3,000m at the Armory Collegiate with a personal-best time of 9:41.18 ... placed 10th in the same event at the ACC Championships with a 9:48.10 effort ... outdoors, began the season with a 4:34.50 in the 1,500m at the Wake Forest Open ... ran the 5,000m on four occasions, including a 16:37.97 personal best at the Stanford Invitational ... placed seventh in the 5,000m at the ACC Championships, clocking 17:10.82 ... qualified for the NCAA First Round, where she finished 39th in the 5,000m.

**2008-09:** Did not compete during the 2008-09 season.

**2007-08:** During the fall, finished 69th at the Penn State Invitational, covering 6K in 22:35.

**Prior to Duke:** Lettered four years at Carthage ... competed in the 3,200m, 1,600m, 800m and 4x800m during high school career ... won four consecutive state titles in the 3,200m, while also grabbing three state championships in the 1,600m ... all-state pick all four seasons ... three-time Runner of the Year selection by the Peoria Journal Star ... also tabbed the Peoria Journal Star's Athlete of the Year as a senior ... three-year letterwinner in volleyball and two-year letterwinner in basketball ... led Carthage to a regional championship in volleyball ... member of the National Honor Society ... graduated as class valedictorian.

**Personal:** Daughter of Andy and Tami Bastert ... born March 5, 1989 ... has a brother Jack, and two sisters - Megan and Graci ... majoring in Psychology.

**Personal Records & Duke Career Performance List:**

## Cross Country 5K

18:41.4	Wisconsin Invitational (81st)	Oct. 3, 2009
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## Cross Country 6K

22:35	Penn State Invitational (69th)	Oct. 12, 2007
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## Indoor 3,000m

9:41.18	Armory Collegiate (1st)	Feb. 6, 2010
9:48.10	ACC Championships (10th)	Feb. 27, 2010

## Indoor DMR

11:48.05	Hokie Invite (3rd)	Jan. 23, 2010
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## Outdoor 1,500m

4:34.50	Wake Forest Open (7th)	Mar. 20, 2010
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## Outdoor 5,000m

16:37.97	Stanford Invitational (4th-Section III)	Mar. 26, 2010
16:49.49	ECAC Championships (6th)	May 14, 2010
17:10.82	ACC Championships (7th)	Apr. 17, 2010
17:28.49	NCAA First Round (39th)	May 29, 2010

## Ashley Berry

### Freshman • Distance

Paget, Bermuda (Warwick Academy)

**Prior to Duke:** In 2010, won the Bermuda Secondary Schools Federation Championship for Over-15 Girls in both track & field and cross country ... holds the Bermuda high school girls record in the 1,500m ... won the 2010 Denton Hurdle Memorial Sports Award ... member of the Bermuda National Track & Field Team ... represented Bermuda at the 2010 CAC Jr. Championships, the 2009 Pan American Junior Championships, the 2008 Commonwealth Junior Championships and the Carifta Games (2006-10) ... Bermuda junior record holder in the 3,000m ... Won the U-17 Girls Bermuda National Cross Country Championship in January 2009 ... also participated in swimming and volleyball ... in swimming,



met the qualifying standard for the Bermuda National Team and participated in the 2007 Carifta Swimming Championships ... earned academic First Class Honors throughout her high school career ... member of the Student Council.

**Personal:** Daughter of Angie and Time Berry ... born March 15, 1992 ... has a younger sister, Megan.

**Personal Records:**

Indoor 3,000m	
10:41.80	High School
Outdoor 1,500m	
4:46.53	High School
Outdoor Mile	
5:20	High School
Outdoor 3,000m	
10:41.33	High School

## Juliet Bottorff

### Sophomore • Distance

Newark, Del. (Tatnall)

**Honors:** ACC Cross Country Freshman of the Year (2009) ... Cross Country All-ACC (2009) ... Cross Country All-Southeast (2009) ... Cross Country Academic All-ACC (2009) ... USTFCCCA Cross Country All-Academic (2009) ... Cross Country Team Freshman of the Year (2009) ... Outdoor NCAA Qualifier (5,000m - 2010) ... Outdoor Team Freshman of the Year (2010) ... USTFCCCA Track & Field All-Academic (2010).

**2009-10:** Completed a standout cross country season in the fall ... finished 10th in 20:34.6 for 6K at the ACC Championships to earn All-ACC and conference Freshman of the Year honors ... placed 10th at the NCAA Southeast Regional, garnering all-region accolades ... at the NCAA Championships, came in 59th in 21:01.5 for 6K ... named Duke Freshman of the Year ... indoors, won the 3,000m at the Hokie Invite on Jan. 22, clocking 9:40.41 ... finished fifth at the ACC Indoor Championships in the same event with a season-best time of 9:36.40 ... helped the Blue Devil DMR squad to a second-place finish in the DMR at the conference championships, where the team clocked 11:37.57 ... outdoors, was an NCAA qualifier in the 5,000m, clocking a personal-best 16:24.13 to take first place at the Duke Twilight ... placed fifth at the ACC Championships with a time of 16:55.11 ... finished eighth at the NCAA First Round, running 16:29.87 ... at the NCAA Championships in Eugene, Ore., came in 22nd place after covering 5,000m in 16:38.26.

**Prior to Duke:** Two-time Delaware Runner of the Year for cross country ... 2009 Delaware Runner of the Year in both indoor and outdoor track ... named 2009 Gatorade Delaware Runner of the Year ... holds the state record for 5K and 10-mile in cross country as well as the 800m, mile, 3,000m, 4x800m, 4x1,600m and DMR in indoor track ... set state records in outdoor track in the 1,600m, 3,000m, 3,200m, 4x800m, 4x1,600m and DMR ... helped Tatnall qualify for the Nike Team Nationals for three years, finishing third in 2008.

**Personal:** Daughter of Kyle and Peggy Bottorff ... born January 29, 1991 ... has one younger brother, Cole, and a younger sister, Cara ... grandmother, Emily Bigelow, graduated from Duke in 1945 ... undecided on major.

**Personal Records & Duke Career Performance List:**

Cross Country 6K		
20:34.6	ACC Championships (10th)	Oct. 31, 2009
20:43.52	NCAA Southeast Regional (10th)	Nov. 14, 2009
21:01.5	NCAA Championships (59th)	Nov. 23, 2009
Indoor 3,000m		
9:36.40	ACC Championships (5th)	Feb. 27, 2010
9:40.41	Hokie Invite (1st)	Jan. 22, 2010
Indoor DMR		
11:37.57	ACC Championships (2nd)	Feb. 26, 2010
Outdoor 5,000		
16:24.13	Duke Twilight (1st)	May 9, 2010
16:29.87	NCAA First Round (8th)	May 29, 2010
16:38.26	NCAA Championships (22nd)	June 11, 2010
16:55.11	ACC Championships (5th)	Apr. 17, 2010

## Erica Brand

### Freshman • Throws

Shawnee, Kan. (Shawnee Mission Northwest)

**Prior to Duke:** Lettered four years at Shawnee Mission Northwest ... Kansas 6A state discus champion as a junior and senior ... three-time first team All-Metro ... four-time All-Sun County first team selection ... 2010 Peggy Rose Award re-

ipient, given to the most outstanding female track athlete at Shawnee Mission Northwest ... holds school records in the discus and the shot put ... top-10 all-time Kansas female discus thrower ... member of Team USA for the 2009 IAAF World Youth Track & Field Championships ... 2008 and 2009 USATF Junior Olympic National champion in the discus ... finished runner-up in the discus at the 2010 New Balance Nationals ... named to the NSSF 2010 All-America Outdoor Track & Field Team ... also lettered in basketball and volleyball ... 2009 All-Sun County honorable mention in basketball ... two-time KVA All-Academic Team pick in volleyball ... National Honor Society member ... President's Award for Educational Excellence recipient.

**Personal:** Daughter of Connie and Paul Brand ... born August 1, 1992.

**Personal Records:**

Outdoor Shot Put	
44-3	High School
Discus	
156-6	High School

## Ashley Brasovan

### Sophomore • Distance

Wellington, Fla. (Wellington)

**2009-10:** Did not compete during the 2009-10 season.

**Prior to Duke:** 2007 Footlocker Cross Country National Champion ... 2008 Footlocker Cross Country runner-up ... 2008 5K Nike Outdoor National Champion ... four-time Florida state cross country champion ... three-time 3,200m state champion ... 2007 two-mile Nike Indoor National Champion ... 2007-08 Gatorade National Cross Country Runner of the Year ... National Honor Society member ... AP Scholar.

**Personal:** Daughter of Donna and Louis Brasovan ... born December 28, 1990 ... has one sister, Amy ... mother played tennis at Auburn University ... undecided on major.

**Personal Records:**

Outdoor 5,000m	
16:18.91	High School

## Rebecca Craigie

### Freshman • Distance

Macclesfield, United Kingdom (The King's School)

**Prior to Duke:** England Schools' Senior Girls and North of England 1,500m champion in 2010 ... finished in second place for the 1,500m in the England Schools' Senior Girls 1,500m in 2009 and in third in 2008 ... 2008 North of England 800m Champion ... represented England Schools at the 2008 ISF World Schools Cross Country in the Czech Republic and at the SIAB Home Countries International Cross Country in both 2006 and 2008 ... ran England's U20 cross country team in Elgoibar, Spain in 2009 and in Mansfield, UK in 2010.

**Personal:** Daughter of Claire and Neill Craigie ... born January 4, 1992 ... has one sister, Emma.

**Personal Records:**

Outdoor 400m	
59.2	High School
Outdoor 800m	
2:09.3	High School
Outdoor 1,500m	
4:22.52	High School
Outdoor 3,000m	
9:42.92	High School

## Vanessa Floyd

### Freshman • Sprints

Oceanside, Calif. (Vista)

**Prior to Duke:** Set school record in the 400m (57.48) as a senior ... led 4x400m squad to third place CIF finish in 2010 and runner-up finish in 2009 ... named 2010 Varsity Outstanding Track Athlete ... 2010 Avocado League Champion in the 400m ... placed fourth at CIF in the 400m ... state qualifier junior and senior years ... 2009 Track and Field Will to Win Award recipient ... helped 4x400m team set school record in 2009 (3:56.61) ... 200m Honor Roll (top-10 list) ... 2010 World Languages Student of the Year.

**Personal:** Daughter of Alvis and Susan Floyd ... born March 26, 1992.

ATHLETE BIOS



**Personal Records:**

Outdoor 200m	
26.3	High School

Outdoor 400m	
57.48	High School

## Amy Fryt

### Senior • Pole Vault

**Goldsboro, N.C. (Charles B. Aycock)**

**Honors:** Indoor All-ACC (2009, 2010) ... Indoor All-East (2008, 2009) ... Indoor Team Co-MVP (2009, 2010) ... Indoor Team Freshman of the Year (2008) ... Outdoor ACC Champion (2009, 2010) ... Outdoor All-ACC (2009, 2010) ... Outdoor All-ACC Academic (2010) ... Outdoor All-East (2008, 2009) ... Outdoor Team Top Field Performer (2008, 2009, 2010).

**2009-10:** During the indoor season, cleared 13-feet or better on four occasions ... won the UNC Invite on Feb. 12, with a 13-1.50 clearance ... came in second a week later at the VT Challenge with another 13-1.50 mark ... earned All-ACC honors at the conference championships with a 13-3.50, clearance, the No. 2 Duke performance, to finish in third place ... Named Duke team Co-MVP for the indoor season ... outdoors, won a total of five individual titles, beginning with the Wake Forest Open on Mar. 19 ... cleared 12-11.50 to win the Duke Invitational ... personal-best 13-3.50 jump, the No. 2 performance at Duke, came at the Carolina Fast Times on Apr. 10 ... won her second straight ACC pole vault title with a 13-3.50 jump at the conference championships ... qualified for the NCAA Preliminary Round, where she tied for 16th place ... named Duke Top Field Performer at the annual banquet.

**2008-09:** Cemented her position as Duke's top vaulter, posting the Devils' top marks both indoors and outdoors in 2009 ... indoors, won an ECAC individual championship and garnered All-East accolades after clearing 13-1.50 ... cleared the same height to tie for second at the ACC Indoor Championships, earning All-ACC honors in the process ... won the Terrier Classic and tied for third at the VT Challenge ... named ACC Performer of the Week on Feb. 24 ... earned Co-MVP honors for the women's track & field squad at Duke's annual awards banquet ... outdoors, won a total of six meets, including the first four of the season ... captured her first ACC title with a jump of 13-3.50 at the conference championships ... finished eighth at the ECAC Outdoor Championships to pick up All-East recognition ... closed out her stellar sophomore campaign with a 16th-place showing at the NCAA East Regional in 12-6.

**2007-08:** Named Duke Freshman of the Year and Field Performer of the Year after leading the squad with five clearances of 12-feet ... indoors, earned All-East honors after a then-personal-best 12-3.50 jump at the ECAC Championships ... came in sixth at the ACC Indoor Championships after clearing 11-11.75 ... during the outdoor season, garnered her second All-East recognition with a fourth-place effort at the ECAC Championships ... took third place, her highest finish of the year, at the Duke Twilight, clearing a then-personal-best 12-3.50.

**Prior to Duke:** Four-year letterwinner at Charles B. Aycock ... advanced to the state competition four consecutive seasons ... also lettered three years in volleyball ... three-time team MVP and all-conference pick in volleyball.

**Personal:** Daughter of Jackie and Mike Fryt ... born March 27, 1989 ... majoring in Public Policy.

**Personal Records & Duke Career Performance List:**

Indoor Pole Vault		
13-3.50 <sup>(2)</sup>	ACC Championships (3rd)	Feb. 27, 2010
13-1.50	VT Final Qualifier (t-4th)	Mar. 6, 2010
13-1.50	VT Challenge (2nd)	Feb. 20, 2010
13-1.50	UNC Invite (1st)	Feb. 12, 2010
13-1.50	ACC Championships (t-2nd)	Feb. 28, 2009
13-1.50	ECAC Championships (1st)	Mar. 8, 2009
12-11.50	Hokie Invite (4th)	Jan. 23, 2010
12-11.50	VT Challenge (t-3rd)	Feb. 20, 2009
12-9.50	Terrier Classic (1st)	Jan. 23, 2009
12-5.50	Armory Collegiate (16th)	Feb. 6, 2009
12-3.50	Armory Collegiate (13th)	Feb. 5, 2010
12-3.50	ECAC Championships (7th)	Mar. 9, 2008
11-11.75	ACC Championships (6th)	Feb. 29, 2008
11-7.75	Carolina Classic (4th)	Feb. 2, 2008
11-6.25	Tyson Invitational (23rd)	Feb. 16, 2008
11-1.75	Virginia Tech Opener (7th)	Jan. 11, 2008
11-1.75	UNC Classic (5th)	Jan. 19, 2008

**Outdoor Pole Vault**

13-5.25 <sup>(2)</sup>	Carolina Fast Times (1st)	Apr. 10, 2010
13-3.50	ACC Championships (1st)	Apr. 18, 2009
13-1.50	ACC Championships (1st)	Apr. 17, 2010
12-11.50	Wake Forest Open (1st)	Apr. 19, 2010
12-11.50	Duke Invitational (1st)	Apr. 3, 2009
12-11.50	UNC Invitational (1st)	Apr. 11, 2009
12-9.25	Duke Twilight (1st)	May 9, 2010
12-7.50	Penn Relays (4th)	Apr. 23, 2009

12-6.00	NCAA East Regional (16th)	May 29, 2009
12-3.50	NCAA First Round (t-16th)	May 28, 2010
12-3.50	Raleigh Relays (1st)	Mar. 28, 2009
12-3.50	Duke Twilight (3rd)	May 4, 2008
12-2.50	NC A&T Invite (t-1st)	May 17, 2010
12-2.00	ASU Invitational (4th)	Mar. 27, 2010
12-1.50	Penn Relays (11th)	Apr. 22, 2010
12-1.50	Duke Invitational (2nd)	Apr. 2, 2010
12-1.50	Sun Angel Classic (12th)	Apr. 12, 2008
12-1.50	Carolina Classic (7th)	May 9, 2008
12-1.50	UNC Elite (4th)	May 8, 2009
11-11.75	ECAC Championships (8th)	May 16, 2009
11-11.75	Wake Forest Open (1st)	Mar. 20, 2009
11-11.75	Duke Twilight (1st)	May 3, 2009
11-11.75	Duke Invitational (8th)	Apr. 4, 2008
11-9.75	Wake Forest Open (3rd)	Mar. 21, 2008
11-5.25	Penn Relays (16th)	Apr. 24, 2008

## Hannah Goranson

### Freshman • Sprints/Hurdles

**Los Altos, Calif. (Valley Christian)**

**Prior to Duke:** Named Valley Christian Female Track Athlete of the Year in both 2009 and 2010 ... 2010 San Jose Mercury News Female Track Athlete of the Year ... won 100m hurdles league championship and Central Coast Section championship as a junior and senior ... as a senior, placed fourth at the California state meet in the 100m hurdles ... in the same event, finished fifth at the National Scholastic Indoor Championship ... earned All-America honors ... ranked fifth nationally in the 100m hurdles according to Dyestat.com ... placed seventh at the USATF Junior Nationals in the 100m hurdles ... member of the National Spanish Honor Society.

**Personal:** Daughter of Ken and Kerrie Goranson ... born January 30, 1992 ... has one brother, Matthew, and one sister, Rachel.

**Personal Records:**

Indoor 60m Hurdles	
8.58	High School
Outdoor 100m	
12.28	High School
Outdoor 200m	
25.01	High School
Outdoor 100m Hurdles	
13.68	High School

## Kayla Hale

### Sophomore • Distance

**Indialantic, Fla. (Holy Trinity Episcopal)**

**Honors:** Cross Country All-Southeast Region (2009) ... USTFCCCA XC All-Academic (2009) ... USTFCCCA Track & Field All-Academic (2010).

**2009-10:** During the cross country season, placed 25th at the ACC Championships in 21:16.3 over 6K ... earned all-region honors at the NCAA Southeast Regional, where she finished 21st after running 21:20.81 for 6K ... at the NCAA Championships in Terre Haute, Ind., placed 90th with a season-best 21:13.2 for 6K ... indoors, came in fifth in the 3,000m at the Hokie Invite on Jan. 22 ... finished sixth in the 5,000m at the ACC Championships, clocking 16:53.21 ... outdoors, ran 16:38.37 for 5,000m to take seventh place at the Stanford Invitational ... covered 10,000m in 35:26.74 to finish sixth at the ACC Championships in Clemson, S.C.

**Prior to Duke:** Four-time Florida state champion in the 3,200m ... four-time cross country state champion ... two-time 1,600m state champion ... 2008 and 2009 Nike Indoor National two-mile All-America ... 2007, 2008 and 2009 Footlocker finalist ... 2007 4x800m state champion ... Commended National Merit Scholar ... member of the Spanish Honor Society and the National Honor Society.

**Personal:** Daughter of James and Sue Hale ... born June 30, 1991 ... has an older brother, Steven ... undecided on major.

**Personal Records & Duke Career Performance List:**

Cross Country 5K		
18:05.3	Hagan Stone - Unattached	Oct. 3, 2009
Cross Country 6K		
21:13.2	NCAA Championships (90th)	Nov. 23, 2009
21:16.3	ACC Championships (25th)	Oct. 31, 2009
21:20.81	NCAA Southeast Regional (21st)	Nov. 14, 2009

<b>Indoor 3,000m</b>		
9:48.97	Hokie Invite (5th)	Jan. 22, 2010
<b>Indoor 5,000m</b>		
16:53.21	ACC Championships (6th)	Feb. 26, 2010
<b>Outdoor 1,500m</b>		
4:39.72	Wake Forest Open (15th)	Mar. 20, 2010
<b>Outdoor 5,000m</b>		
16:38.37	Stanford Invitational (7th-Section III)	Mar. 26, 2010
<b>Outdoor 10,000m</b>		
35:26.74	ACC Championships (6th)	Apr. 16, 2010

# Karolina Haraldsdottir

## Senior • Multi-Events Rochester, Minn. (Mayo)

**Honors:** Indoor All-ACC (Pentathlon - 2010) ... Indoor All-East (Pentathlon - 2009) ... Indoor Team Co-MVP (2010) ... Indoor All-ACC Academic (2010) ... Outdoor All-East (Heptathlon - 2008) ... Team Most Improved Senior (2010) ... Outdoor All-ACC Academic (2010) ... UTFCCCA All-Academic (2010).

**2009-10:** Indoors, set a school record in the pentathlon, scoring 3,910 points to take third place at the ACC Championships in Blacksburg, Va. ... also earned All-ACC accolades for her performance ... placed 10th at the conference meet in the shot put with a throw of 42-1.50 ... long jump of 17-10.75 at the Hokie Invite is the No. 5 Duke performance ... placed fourth in the shot put at the VT Challenge with a throw of 43-6.50, the No. 2 all-time Duke mark ... named Duke indoor women's track & field Co-MVP ... outdoors, again set a multi-event school record with a 5,145-point performance at the ACC Championships to finish in fifth place ... recorded 18-1.00 in the long jump at the Wake Forest Open for the No. 3 Duke performance ... her throw of 40-10.25 in the shot put at the ACC Outdoor Championships ranks No. 3 in Duke history ... selected Duke women's outdoor track & field Most Improved Senior.

**2008-09:** Continued to show her versatility as a multi-event specialist for the Blue Devils ... indoors, recorded Duke's top season times in the 60m hurdles (9.49), high jump (5-6), shot put (40-7.75) and pentathlon (3,688) ... finished in eighth place at the ACC Indoor Championships with a then-school-record 3,688 points ... scored 3,610 points to finish third at the ECAC Championships, garnering All-East recognition ... outdoors, competed in the 200m, 100m hurdles, long jump, shot put and javelin ... her shot put performance of 40-4.25 at the UNC Invitational in April was the then-No. 4 Duke performance ... missed the remainder of the season due to injury.

**2007-08:** Earned outdoor All-East honors with a seventh-place finish in the heptathlon at the ECAC Championships ... her score of 4,555 points was the then-No. 3 Duke performance.

**2006-07:** Spent first season at Duke training to become a multi-eventer.

**Personal:** Daughter of Haraldur Bjarnason and Katrin Frimannsdottir ... born May 5, 1988 ... has one brother, Bjarni Haraldsson, and one sister, Kristin Haraldsdottir ... sister Kristin was a member of the Princeton rowing team (2004-08) ... majoring in International Comparative Studies.

### Personal Records & Duke Career Performance List:

<b>Indoor 60m Hurdles</b>		
9.27	ACC Championships (14th-Pent)	Feb. 25, 2010
9.30	Carolina Classic (9th-Pent)	Jan. 29, 2010
9.35	Armory Collegiate (22nd)	Feb. 5, 2010
9.37	Virginia Tech Classic (30th)	Feb. 19, 2010
9.49	VT Challenge (27th)	Feb. 20, 2009
9.66	Armory Collegiate (88th)	Feb. 6, 2009
9.75	Armory Collegiate (60th)	Feb. 2, 2007
10.09	Virginia Tech Elite (19th)	Feb. 8, 2008
10.50	UNC Classic (14th)	Jan. 19, 2008
11.09	Carolina Classic (25th)	Feb. 9, 2007

<b>Indoor 800m</b>		
2:22.54	ACC Championships (5th-Pent)	Feb. 25, 2010
2:30.08	Carolina Classic (6th-Pent)	Jan. 29, 2010

<b>Indoor High Jump</b>		
5-8.25	ACC Championships (t-1st-Pent)	Feb. 25, 2010
5-3.00	Tar Heel Invite (4th)	Jan. 10, 2009
5-2.75	Carolina Classic (4th-Pent)	Jan. 29, 2010
5-1.00	Terrier Classic (15th)	Jan. 23, 2009

<b>Indoor Long Jump</b>		
17-10.75	Hokie Invite (13th)	Jan. 23, 2010
17-4.25	Carolina Classic (7th-Pent)	Jan. 29, 2010
16-10.75	VT Challenge (20th)	Feb. 20, 2009
16-3.25	Terrier Classic (18th)	Jan. 23, 2009
16-2.50	Armory Collegiate (59th)	Feb. 6, 2009
14-8.75	Virginia Tech Opener (38th)	Jan. 13, 2007

<b>Indoor Shot Put</b>		
43-6.50	Virginia Tech Classic (4th)	Feb. 20, 2010
42-1.50	ACC Championships (10th)	Feb. 27, 2010
42-1.25	ACC Championships (8th-Pent)	Feb. 25, 2010
40-2.00	Carolina Classic (1st-Pent)	Jan. 29, 2010
39-0.25	Terrier Classic (13th)	Jan. 23, 2009
38-0.25	Hokie Invite (15th)	Jan. 23, 2010
36-9.75	Tar Heel Invite (6th)	Jan. 10, 2009
36-7.00	Armory Collegiate (53rd)	Feb. 6, 2009
36-0.25	VT Challenge (14th)	Feb. 21, 2009
32-2.00	Virginia Tech Elite (14th)	Feb. 8, 2008

<b>Pentathlon</b>		
3,910*	ACC Championships (3rd)	Feb. 25, 2010
3,688	ACC Championships (8th)	Feb. 26, 2009
3,610	ECAC Championships (3rd)	Mar. 7, 2009
3,581	Carolina Classic (2nd)	Jan. 29, 2010
3,436	Carolina Classic (5th)	Jan. 30, 2009
3,256	ACC Championships (9th)	Feb. 28, 2008
3,212	ACC Championships (15th)	Feb. 22, 2007
3,126	Carolina Classic (3rd)	Feb. 1, 2008
3,106	UNC Fast Times (6th)	Feb. 26, 2007

<b>Outdoor 200m</b>		
26.39	Duke Invitational (40th)	Apr. 3, 2010
26.95	Wake Forest Open (7th)	Mar. 21, 2009
26.99	ASU Invitational (32nd)	Mar. 27, 2010
27.48	Duke Invitational (32nd)	Apr. 6, 2007

<b>Outdoor 100m Hurdles</b>		
14.69	Duke Invitational (10th-Prelims)	Apr. 3, 2010
15.56	Wake Forest Open (22nd-Prelims)	Mar. 20, 2009
15.82	ASU Invitational (21st)	Mar. 27, 2010

<b>Outdoor High Jump</b>		
5-0.25	UNC Invitational (11th)	Mar. 30, 2007

<b>Outdoor Long Jump</b>		
18-1.00	Wake Forest Open (8th)	Mar. 20, 2010
17-9.75	Duke Invitational (13th)	Apr. 3, 2010
16-8.75	Duke Twilight (9th)	May 4, 2008
16-3.25	Wake Forest Open (27th)	Mar. 20, 2009
15-11.50	Duke Invitational (26th)	Apr. 5, 2008
15-3.25	Duke Invitational (34th)	Apr. 7, 2007

<b>Outdoor Shot Put</b>		
40-10.25	ACC Championships (11th)	Apr. 15, 2010
40-4.25	UNC Invitational (8th)	Apr. 11, 2009
37-6.00	UNC Invitational (9th)	Mar. 23, 2007
36-5.00	Wake Forest Open (31st)	Mar. 21, 2008

<b>Javelin</b>		
107-3	Duke Twilight (4th)	May 4, 2008
97-5	UNC Invitational (9th)	Apr. 11, 2009
94-0	ASU Invitational (19th)	Mar. 27, 2010
87-4	Wake Forest Open (29th)	Mar. 20, 2009

<b>Heptathlon</b>		
5,145*	ACC Championships (5th)	Apr. 16, 2010
4,633	ECAC Championships (7th)	May 17, 2008
4,555	ACC Championships (10th)	Apr. 18, 2008
4,331	Wake Forest Open (5th)	Mar. 23, 2007

# Virginia Hine

## Junior • Distance Memphis, Tenn. (White Station)

**2009-10:** Placed 22nd at the Blue Ridge Open on Cot. 16, covering 5K in 18:44.9 ... did not compete during the indoor season ... outdoors, ran 2:12.08 for 800m to take 14th place at the Duke Invitational ... finished 11th in the 1,500m at the Wake Forest Open, running 4:37.02.

**2008-09:** Duke's fifth runner and final scorer at the ECAC Cross Country Championships, taking 62nd overall on the 5K course in 19:26 ... fourth Blue Devil runner and 11th overall at the Murray Keatinge Invitational where she ran the 5K in 18:24.99 ... sixth for Duke and 14th overall at the Wolfpack Invitational, logging 18:50 for 5K ... Blue Devils' top performer in the indoor 1000m, clocking 2:51.02 to take third in the prelims of the ECAC Indoor meet ... went on to take ninth in the finals in 2:56.36 ... took sixth in the 1000 at the Terrier Classic ... led off Duke's DMR that was an NCAA Regional qualifier with a total time of 11:29.57 and took eighth at the Armory Collegiate

**Prior to Duke:** State champion in both the 800m and the 4x800m ... three-time state runner-up in the 800m, two-time in the 1,600m and cross country ... 2006

Foot Locker cross country finalist ... finished in fourth place in the mile at the 2008 Nike Indoor Nationals.

**Personal:** Majoring in History.

#### Personal Records & Duke Career Performance List:

Cross Country 5K		
18:24.99	Murray Keating Invitational (11th)	Oct. 4, 2008
18:44.90	Blue Ridge Open (22nd)	Oct. 16, 2009
18:50	Wolfpack Invitational (13th)	Nov. 8, 2008

Indoor 800m		
2:13.36		High School

Indoor 1,000m		
2:51.02	ECAC Championships (3rd-Prelims)	Mar. 7, 2009
2:51.75	Terrier Classic (6th)	Jan. 23, 2009
2:56.36	ECAC Championships (9th-Finals)	Mar. 8, 2009

Indoor Mile		
4:52.91		High School

Indoor 4x800m Relay		
8:52.90	Terrier Classic (1st)	Jan. 24, 2009

Indoor DMR		
11:29.57	Armory Collegiate (8th)	Feb. 6, 2009
11:44.86	ACC Championships (6th)	Feb. 27, 2009
11:47.91	Terrier Classic (3rd)	Jan. 24, 2009

Outdoor 800m		
2:12.08	Duke Invitational (14th)	Apr. 3, 2010
2:15.08	ACC Championships (19th-Prelims)	Apr. 16, 2010

Outdoor 1,500m		
4:37.02	Wake Forest Open (11th)	Mar. 20, 2010

## Andrea Hopkins

### Sophomore • Throws

Lake Oswego, Ore. (Lakeridge)

**2009-10:** Made her Duke debut at the Wake Forest Open, where she won the javelin with a throw of 154-6, the No. all-time Duke performance ... placed 10th at the Arizona State Invitational, throwing 136-3 ... finished eighth at the ACC Outdoor Championships with a mark of 138-9 ... threw 152-9 to finish in seventh place at the Penn Relays on Apr. 22. ... qualified for the NCAA First Round, finishing 26th with a 135-7 throw.

**Prior to Duke:** Set the school record at Lake Oswego in the javelin and held the school record at Lakeridge from 2006-09 ... finished first at the 2007 USATF National Championships ... placed second at the same event in both 2006 and 2008 ... came in fourth at the OR 6A State Meet in 2009 ... 2008 all-state selection ... also played basketball and water polo ... recipient of the Oregon School Activities Association Award of Excellence.

**Personal:** Daughter of Kay and Steve Hopkins ... born June 16, 1991 ... has two younger siblings – a brother, Spencer and a sister, Mackenzie ... undecided on major.

#### Personal Records & Duke Career Performance List:

Javelin		
154-6 <sup>(2)</sup>	Wake Forest Open (1st)	Mar. 20, 2010
152-9	Penn Relays (7th)	Apr. 22, 2010
142-2	Duke Invitational (1st)	Apr. 2, 2010
138-9	ACC Championships (8th)	Apr. 15, 2010
136-3	ASU Invitational (10th)	Mar. 27, 2010
135-7	NCAA First Round (26th)	May 28, 2010

## Mary Carleton Johnston

### Junior • Distance

Mobile, Ala. (St. Paul's Episcopal)

**Honors:** Cross Country All-East (2008) ... Cross Country ACC All-Academic (2009).

**2009-10:** Began the cross country season at the Wisconsin Invitational, placing 22nd in 17:39.8 for 5K ... finished third at the Blue Ridge Open with a 5K time of 17:35.57 ... came in 21st at the ACC Championships after running 6K in 21:09.7 ... at the NCAA Championships in Terre Haute, Ind., ran to a 97th-place finish, clocking 21:16.2 ... indoors, took fifth place in the 3,000m at the Armory Collegiate with a time of 9:39.23 ... finished 12th at the ACC Championships in the 5,000m ... outdoors, competed in the 1,500m, 5,000m and 3,000m steeplechase ... placed eighth in the 1,500m with a 4:34.78 at the Wake Forest Open ... clocked 16:41.55 over 5,000m at the Stanford Invitational on Mar. 26 ... ran 10:36.12 for the steeplechase to come in sixth place at the ACC Championships

in Clemson, S.C. ... qualified for the NCAA First Round in the steeplechase, where she clocked 10:35.85 for the No. 5 all-time Duke performance.

**2008-09:** Earned All-East honors in cross country with a 25th overall finish at the ECAC Championships, where she was Duke's first runner and completed the 5K in 18:45 ... Duke's fourth runner, ninth overall, at the Wolfpack Invitational running 18:30 ... was also in the Blue Devil top-five at the Murray Keating Invitational, placing fifth on the team and 18th overall in 18:33.26 ... 16th in the prelims of the 1500m at the ACC Outdoor Track & Field Championships, clocking 4:41.56 ... ran to third place in the steeplechase at the UNC Invitational in 11:02.70 ... was fourth in the 3000m at the outdoor season-opening Wake Forest Open, clocking 10:13.40 ... fifth in the 5K at the Duke Twilight meet in 18:05.81. **Prior to Duke:** 2007 Alabama Gatorade Track & Field Athlete of the Year ... 17-time state champion ... three-time All-Metro Track & Field Athlete of the Year. **Personal:** Majoring in Evolutionary Anthropology.

#### Personal Records & Duke Career Performance List:

Cross Country 5K		
17:35.57	Blue Ridge Open (3rd)	Oct. 16, 2009
17:39.8	Wisconsin Invite (22nd)	Oct. 3, 2009
18:30	Wolfpack Invitational (9th)	Nov. 8, 2008
18:33.26	Murray Keating Invitational (18th)	Oct. 4, 2008
18:45	ECAC Championships (25th)	Nov. 22, 2008

Cross Country 6K		
21:09.7	ACC Championships (21st)	Oct. 31, 2009
21:16.2	NCAA Championships (97th)	Nov. 23, 2009
22:23	Penn State Invitational (84th)	Oct. 17, 2008

Indoor Mile		
5:00.90	Armory Collegiate (11th)	Feb. 7, 2009
5:01.15	ECAC Championships (18th-Prelims)	Mar. 7, 2009
5:07.51	ACC Championships (15th)	Feb. 27, 2009
5:08.06	Tar Heel Invitational (3rd)	Jan. 10, 2009

Indoor 3,000m		
9:39.23	Armory Collegiate (5th)	Feb. 6, 2010
10:02.57	Armory Collegiate (7th)	Feb. 6, 2009
10:05.15	Terrier Classic (23rd)	Jan. 23, 2009
10:14.83	ACC Championships (20th)	Feb. 28, 2009

Indoor 5,000m		
17:24.39	ACC Championships (12th)	Feb. 26, 2010

Indoor 4x800m		
9:20.89	ECAC Championships (19th)	Mar. 7, 2009

Indoor DMR		
11:39.51	Hokie Invite (1st)	Jan. 23, 2010

Outdoor 1,500m		
4:34.78	Wake Forest Open (8th)	Mar. 20, 2010
4:38.56	Duke Invitational (?)	Apr. 3, 2009
4:41.56	ACC Championships (16th-Prelims)	Apr. 17, 2009
4:43.22	UNC Elite (15th)	May 8, 2009

Outdoor 3,000m		
10:13.40	Wake Forest Open (4th)	Mar. 21, 2009

Outdoor 5,000m		
16:41.55	Stanford Invitational (18th-Section II)	Mar. 26, 2010
18:05.81	Duke Twilight (5th)	May 3, 2009

Steeplechase		
10:35.85 <sup>(5)</sup>	NCAA First Round (15th)	May 29, 2010
10:36.12	ACC Championships (6th)	Apr. 16, 2010

## Courtney Kedra

### Freshman • Sprints/Jumps

Phoenixville, Pa. (Phoenixville Area)

**Prior to Duke:** Four-year letterwinner at Phoenixville ... PAC-10 record holder in the 200m and long jump ... named Mercury Newspaper Female Athlete of the Year ... long jump finalist at the Junior Olympic meet ... two-time all-state selection in the long jump ... 12-time gold medalist in the PAC-10 ... earned first team all-conference distinction ... finished 10th in the long jump at the Nike Nationals ... also played soccer and softball ... member of the National Honor Society.

**Personal:** Daughter of Theresa Brewer ... born February 4, 1992 ... has a younger brother, William Kedra.

#### Personal Records:

Indoor 60m		
8.71		High School



Indoor Long Jump	19-0.50	High School
Outdoor 100m	11.94	High School
Outdoor 200m	25.54	High School
Outdoor Long Jump	19-5.50	High School

finish eighth at the Carolina Fast Times on Apr. 10 ... jumped 10-6 on two occasions, finishing 12th at the Wake Forest Open and 13th at the Duke Invitational.  
**Personal:** Undecided on major

**Personal Records & Duke Career Performance List:**

Indoor Pole Vault		
10-11.75	Virginia Tech Classic (t-4th)	Feb. 19, 2010
Outdoor Pole Vault		
10-8	Carolina Fast Times (8th)	Apr. 10, 2010
10-6	Duke Invitational (13th)	Apr. 2, 2010
10-6	Wake Forest Open (12th)	Mar. 19, 2010

# Kristina Krasich

## Senior • Distance

Westfield, Ind. (Purdue University)

**2009-10:** Competed at the Blue Ridge Open during the fall, covering 5K in 18:31.75 ... indoors, clocked 9:48.20 for 3,000m at the Armory Collegiate in New York City ... finished in seventh place in the mile at the ACC Indoor Championships with a personal-best 4:51.77 ... outdoors, clocked 10:35.47 in the steeplechase, the No. 4 all-time Duke performance, to qualify for the NCAA First Round in Greensboro, N.C. ... placed eighth in the same event at the Penn Relays with a time of 10:55.64 ... ran 11:16.39 at the NCAA Preliminary Round to place 43rd.

**Prior to Duke:** Ran for two years at Purdue University ... during her sophomore cross country season, placed 65th overall at the Big Ten Championships ... clocked 2:12.67 for 800m to place 12th at the conference meet in 2009 ... as a freshman, finished no lower than third on the team in all seven cross country races during the fall ... turned in the team's best performance at the Pre-National Invitational ... indoors, ran 4:57.10 over one mile to win Purdue's Gene Edmonds Invitational ... outdoors, covered 1,500m in 4:33.98 to place 13th at the Big Ten Championships ... placed eighth at the 2008 USATF Junior Championships with a 1,500m personal best 4:30.52.

**Personal:** Majoring in English and Psychology.

**Personal Records & Duke Career Performance List:**

Cross Country 5K		
18:31.75	Blue Ridge Open (17th)	Oct. 16, 2009
Indoor 800m		
2:14.10		Purdue University
Indoor Mile		
4:51.77	ACC Championships (7th-Finals)	Feb. 27, 2010
5:01.08	ACC Championships (4th-Prelims)	Feb. 26, 2010
5:03.01	Virginia Tech Classic (12th)	Feb. 20, 2010
Indoor 3,000m		
9:48.20	Armory Collegiate (1st)	Feb. 5, 2010
Indoor 5,000m		
17:32		Purdue University
Indoor DMR		
11:41.45	Hokie Invite (2nd)	Jan. 23, 2010
Outdoor 800m		
2:11.38		Purdue University
Outdoor 1,500m		
4:30.52		
4:34.36	Duke Twilight (12th)	May 9, 2010
4:40.86	Wake Forest Open (16th)	Mar. 20, 2010
Outdoor 5,000m		
17:36.08	Stanford Invitational (32nd-Section III)	Mar. 26, 2010
Steeplechase		
10:35.47 <sup>(4)</sup>	Georgia Tech Invite (3rd)	May 15, 2010
10:55.64	Penn Relays (8th)	Apr. 22, 2010
11:16.39	NCAA First Round (43rd)	May 29, 2010
11:18.82	ACC Championships (16th)	Apr. 16, 2010

# Amber Kunze

## Sophomore • Pole Vault

Grand Island, Neb. (Grand Island)

**2009-10:** Competed once during the indoor season, clearing 10-11.75 to tied for fourth place at the VT Challenge ... outdoors, cleared a season-best 10-8 to

# Gabby Levac

## Freshman • Distance

Hartland, Wis. (Arrowhead)

**Prior to Duke:** Lettered four years in track and three in cross country at Arrowhead ... four-year first team all-state in the 4x800m relay and three-time choice in cross country... first team all-state honoree in the 1,600m in both 2007 and 2010 ... all-state selection for the 3,200m in 2010 as well ... 2008 and 2009 cross country state champion ... 2010 1,600m and 3,200m state champion ... named second team Nike All-Region in 2009 ... in 2010, placed eight in the one-mile and tenth in the two-mile at the New Balance Outdoor Nationals ... also played basketball ... National Honor Society member ... AP Scholar ... served on the student senate.

**Personal:** Daughter of Kathy and Ron Levac ... born January 3, 1992 ... has two older sisters, Lauren and Nicole.

**Personal Records:**

Cross Country 4K		
14:18		High School
Outdoor 1,600m		
4:57		High School
Outdoor Mile		
4:54		High School
Outdoor 3,200m		
10:47		High School
Outdoor 2-Mile		
10:36		High School

# Cassie Ludwig

## Senior • Pole Vault

Hinsdale, Ill. (Hinsdale)

**Honors:** Indoor All-East (2009).

**2009-10:** Indoors, cleared a season-best 11-9.75 to place 11th at the ACC Championships ... outdoors, tied her personal best with a 12-1.50 jump to take second place at the Duke Twilight on May 9 ... finished eighth on the conference meet in Clemson, S.C., clearing 11-7.75.

**2008-09:** Earned All-East honors indoors with a fourth-place clearance of 12-9.50 at the ECAC Indoor Championships ... that mark set her third all-time in Blue Devil history ... finished 13th at the ACC Indoor meet with a height of 11-11.75 ... cleared 12-feet with a fourth-place showing of 12-1.50 at the UNC Invitational outdoors.

**Personal:** Majoring in Biology.

**Personal Records & Duke Career Performance List:**

Indoor Pole Vault		
12-9.50	ECAC Championships (4th)	Mar. 8, 2009
12-3.50	Armory Collegiate (?)	Feb. 6, 2009
11-11.75	Tar Heel Invitational (2nd)	Jan. 10, 2009
11-11.75	ACC Championships (13th)	Feb. 28, 2009
11-9.75	ACC Championships (11th)	Feb. 27, 2010
11-5.75	Hokie Invite (7th)	Jan. 22, 2010
11-5.75	VT Challenge (10th)	Feb. 20, 2009
11-3.75	Virginia Tech Classic (t-11th)	Feb. 20, 2010
11-3.75	Armory Collegiate (16th)	Feb. 5, 2010
11-1.75	Virginia Tech Opener (9th)	Jan. 11, 2008
11-1.75	UNC Classic (7th)	Jan. 19, 2008
11-1.75	Carolina Classic (8th)	Feb. 2, 2008
10-11.75	Terrier Classic (8th)	Jan. 23, 2009
10-11.75	VT Challenge (12th)	Feb. 23, 2008
10-10.00	Virginia Tech Elite (4th)	Feb. 8, 2008

ATHLETE BIOS

## Outdoor Pole Vault

12-1.50	Duke Twilight (2nd)	May 9, 2010
12-1.50	Carolina Fast Times (2nd)	Apr. 10, 2010
12-1.50	UNC Invitational (4th)	Apr. 11, 2009
11-7.75	ACC Championships (8th)	Apr. 17, 2010
11-7.75	UNC Elite (9th)	May 8, 2009
11-7.75	Carolina Classic (9th)	May 9, 2008
11-5.75	Raleigh Relays (8th)	Mar. 27, 2010
11-5.75	Duke Twilight (6th)	May 4, 2008
11-3.75	Duke Invitational (9th)	Apr. 3, 2009
10-11.75	Wake Forest Open (10th)	Mar. 19, 2010
10-11.75	Raleigh Relays (8th)	Mar. 28, 2009
10-11.75	Wake Forest Open (4th)	Mar. 21, 2008
10-6.00	Duke Invitational (28th)	Apr. 4, 2008

## Emily Mattoon

### Sophomore • Pole Vault San Diego, Calif. (Rancho Bernardo)

**2009-10:** Indoors, vaulted a season-best 12-1.50 to take third place at the Army Collegiate in New York City ... finished fourth at the Hokie Invite on Jan. 22, clearing 11-11.75 ... outdoors, cleared a season-best 11-9.75 at the Duke Twilight, good for third place ... also finished third at the Carolina Fast Times with a vault of 11-7.75.

**Prior to Duke:** 2007 California state pole vault champion ... named 2007 San Diego Tribune Track & Field Athlete of the Year ... also named San Diego Hall of Champions Track & Field Athlete of the Year in 2007 ... vaulted a personal-best 13-0 at the final home meet of her sophomore year.

**Personal:** Daughter of Renee and Terry Mattoon ... born November 17, 1990 ... has one older sister, Kate ... sister Kate was a pole vaulter at the University of Notre Dame (2005-07) ... undecided on major.

#### Personal Records & Duke Career Performance List:

## Indoor Pole Vault

12-1.50	Armory Collegiate (3rd)	Feb. 5, 2010
11-11.75	Hokie Invite (4th)	Jan. 22, 2010
11-3-75	ACC Championships (17th)	Feb. 27, 2010
11-3.75	Virginia Tech Classic (14th)	Feb. 20, 2010

## Outdoor Pole Vault

13-0.00	High School	
11-9.75	Duke Twilight (3rd)	May 9, 2010
11-7.75	Carolina Fast Times (3rd)	Apr. 10, 2010
11-5.75	Wake Forest Open (3rd)	Mar. 19, 2010
11-1.75	ACC Championships (14th)	Apr. 17, 2010

## Amy Matulewicz

### Senior • Throws Easton, Pa. (Easton Area)

**Honors:** Outdoor Team Freshman of the Year (2008) ... USTFCCCA All-Academic (2010).

**2009-10:** Threw a season-best 145-6 to come in second at the Wake Forest Open on Mar. 20 ... finished seventh at the ACC Championships, throwing 140-8.

**2008-09:** Won the javelin at the outdoor opening Wake Forest Open with a throw of 150-5, currently No. 3 all-time at Duke, and an NCAA Regional and ECAC qualifier ... also set the ECAC mark with her second-place throw of 140-feet at the Duke Invitational ... missed the remainder of the season due to injury.

**2007-08:** Won the javelin at the Penn Relays with a 147-3 mark ... finished fifth at the ACC Championships after throwing 140-8.

**Personal:** Majoring in Sociology.

#### Personal Records & Duke Career Performance List:

## Javelin

150-5 <sup>(3)</sup>	Wake Forest Open (1st)	Mar. 20, 2009
147-3	Penn Relays (1st)	Apr. 24, 2008
145-6	Wake Forest Open (2nd)	Mar. 20, 2010
142-3	Wake Forest Open (3rd)	Mar. 22, 2008
140-8	ACC Championships (7th)	Apr. 15, 2010
140-8	ACC Championships (5th)	Apr. 17, 2008
140-0	Duke Invitational (2nd)	Apr. 4, 2009
139-3	Duke invitational (2nd)	Apr. 2, 2010
137-10	NCAA East Regional (16th)	May 30, 2008
133-7	Penn Relays (10th)	Apr. 22, 2010
133-5	Sun Angel Classic (10th)	Apr. 12, 2008
131-3	ASU Invitational (12th)	Mar. 27, 2010
130-1	Duke Invitational (3rd)	Apr. 5, 2008
128-7	ECAC Championships (14th)	May 17, 2008
125-1	NC A&T Invitational (6th)	May 17, 2010

## Devotia Moore

### Senior • Middle Distance Queens, N.Y. (Townsend Harris)

**Honors:** Indoor All-ACC (800m -2010) ... Indoor All-East (4x800m - 2008; DMR - 2009) ... Indoor Team Co-MVP (2010) ... Outdoor All-East (4x800m, DMR - 2009).

**2009-10:** During the fall, ran on four occasions with her best 5K time of 19:12 at the Wolfpack Invitational ... indoors, set a personal best in the 800m with a 2:07.22 clocking to take second place at the VT Challenge on Feb. 20 ... earned All-ACC honors with a third-place finish in 2:08.33 over 800m ... member of the Duke 4x400m squad that posted a 3:49.23 at the VT Challenge, the No. 3 all-time Duke performance ... part of the 4x800m team that posted an 8:51.96, the No. 2 performance at Duke, to finish in second place at the Armory Collegiate ... named Duke women's indoor track & field Co-MVP at the annual banquet ... outdoors, finished in sixth place at the ACC Championships in the 800m, running 2:10.18 in the finals ... clocked 2:06.34, the No. 3 performance at Duke, to win the Duke Invitational 800m ... qualified for NCAA First Round, where she finished 22nd in 2:10.13.

**2008-09:** The 800m specialist was Duke's best finisher in the event on the indoor season, clocking an ECAC qualifying time of 2:11.12 to take second at the Virginia Tech Challenge ... led off Duke's 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... second leg of Duke's DMR that was an NCAA Regional qualifier with a total time of 11:29.57 and took eighth at the Armory Collegiate ... third leg of the Blue Devils' winning DMR at the ECAC Championships, garnering All-East honors ... fourth in the 800m at the UNC Elite meet with a NCAA Regional qualifying and season-best time of 2:09.07 ... logged an 11th place finish in the prelims at the NCAA East Regional in 2:10.49 ... took seventh at the ACC Outdoor Championships in 2:11.06 ... outdoors was a member of record-setting 4x400m and 4x800m relays ... the 4x800m relay she anchored won the ECAC Outdoor Championships in 8:44.11, fifth all-time at Duke, earning All-East ... ran third leg of the 4x400m at the Wake Forest Invitational, which logged a total time of 3:52.76 for third all-time at Duke and sixth place finishers ... ran the third leg of Duke's sixth-place DMR at the Penn Relays, which clocked a total time of 11:28.14 ... also competed in four meets during cross country season, including a finish of eighth for the Blue Devils at the ECAC Championships, where she ran the 5K in 20:15.

**2007-08:** Finished sixth at the USATF Junior Championships in the 800m with a time of 2:09.81 ... qualified for the ECAC Outdoor Championships with a time of 2:10.43 at the Duke Twilight ... ran the second leg on the victorious 4x800m relay team at the ECAC Indoor Championships ... finished 17th in the 800m at the ACC and ECAC Indoor and Outdoor Championships.

**Prior to Duke:** Four-year letterwinner at Townsend Harris ... competed in the 1,000m, 1,500m, 800m, and 2,000m steeplechase as well as cross country ... led team to two cross country city championships, finishing first individually as a sophomore after covering the 5K course in 20:17 ... won numerous titles throughout high school career in the 1,000m, 1,500m and 800m ... named team Rookie of the Year as a freshman before earning MVP honors her final three seasons ... as a senior, garnered Townsend Harris' Outstanding Female Athlete Award, Outstanding Achievement Award and Female Athlete the Year Award.

**Personal:** Daughter of Angela Moore ... born August 21, 1989 ... has one brother, Daryl Creary ... majoring in International Comparative Studies.

#### Personal Records & Duke Career Performance List:

## Cross Country 5K

18:59	Wolfpack Invitational (15th)	Nov. 8, 2008
19:06.12	Wolfpack Invitational (7th)	Nov. 3, 2007
19:12	Reebok Wolfpack Invitational (9th)	Nov. 1, 2009
19:16.11	Murray Keatinge Invitational (46th)	Oct. 4, 2008
19:41.48	Blue Ridge Open (2nd - Open Race)	Oct. 16, 2009
19:44	ECAC Championships (65th)	Nov. 17, 2007
19:52.7	Hagan Stone XC Classic	Oct. 3, 2009
20:01.3	Hagan Stone XC Classic (15th)	Oct. 6, 2007
20:15	ECAC Championships (86th)	Nov. 22, 2008

## Cross Country 6K

23:14	Penn State Invitational (146th)	Oct. 17, 2008
24:47	Penn State Invitational (207th)	Oct. 12, 2007

## Indoor 500m

1:18.40	Virginia Tech Opener (19th)	Jan. 11, 2008
1:19.13	Terrier Classic (16th)	Jan. 25, 2008

## Indoor 800m

2:07.22 <sup>(2)</sup>	VT Challenge (2nd)	Feb. 20, 2010
2:08.33	ACC Championships (3rd-Finals)	Feb. 27, 2010
2:08.81	Alex Wilson Invitational (9th)	Mar. 6, 2010
2:11.12	VT Challenge (2nd)	Feb. 21, 2009
2:11.71	ACC Championships (4th-Prelims)	Feb. 26, 2010
2:12.84	Tyson Invitational (9th)	Feb. 16, 2008
2:13.33	Armory Collegiate (16th)	Feb. 7, 2009
2:14.19	ECAC Championships (17th-Prelims)	Feb. 7, 2009

2:14.38	Terrier Classic (6th)	Jan. 23, 2009
2:15.41	Virginia Tech Elite (10th)	Feb. 9, 2008
2:16.59	ECAC Championships (17th)	Mar. 8, 2008
2:17.10	ACC Championships (17th)	Feb. 29, 2008

**Indoor 1,000m**

2:52.24	Armory Collegiate (6th)	Feb. 5, 2010
3:02.53	Virginia Tech Opener (14th)	Jan. 12, 2008

**Indoor 4x400m Relay**

3:49.23 <sup>(3)</sup>	Virginia Tech Challenge (4th)	Feb. 20, 2010
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**Indoor 4x800m Relay**

8:51.96 <sup>(2)</sup>	Armory Collegiate (2nd)	Feb. 6, 2010
8:52.90	Terrier Classic (1st)	Jan. 24, 2009
8:58.60	ECAC Championships (1st)	Mar. 9, 2008
9:17.08	Terrier Classic (3rd)	Jan. 26, 2008
9:14.81	ECAC Championships (1st)	Mar. 8, 2008

**Indoor DMR**

11:22.09	Alex Wilson Invitational (7th)	Mar. 6, 2010
11:29.57	Armory Collegiate (8th)	Feb. 6, 2009
11:35.24	Virginia Tech Elite (4th)	Feb. 8, 2008
11:41.45	Hokie Invite (2nd)	Jan. 23, 2010
11:44.86	ACC Championships (6th)	Feb. 27, 2009
12:02.85	Tyson Invitational (6th)	Feb. 16, 2008

**Outdoor 800m**

2:06.34 <sup>(3)</sup>	Duke Invitational (1st)	Apr. 3, 2010
2:07.08	NCAA First Round (15th-Prelims)	May 27, 2010
2:09.07	UNC Elite (4th)	May 8, 2009
2:10.13	NCAA First Round (22nd-Finals)	May 28, 2010
2:10.18	ACC Championships (6th-Finals)	Apr. 17, 2010
2:10.43	Duke Twilight (7th)	May 4, 2008
2:10.49	NCAA East Regional (11th-Prelims)	May 29, 2009
2:10.75	Georgia Tech Invite (22nd)	May 16, 2010
2:11.06	ACC Championships (7th)	Apr. 18, 2009
2:11.10	Duke Invitational (6th)	Apr. 4, 2009
2:11.23	Midwest Distance Solution (8th)	June 7, 2008
2:11.54	ECAC Championships (16th-Prelims)	May 16, 2009
2:11.57	ACC Championships (7th-Prelims)	Apr. 17, 2009
2:11.77	ECAC Championships (17th)	May 17, 2008
2:11.79	Carolina Classic (8th)	May 9, 2008
2:13.30	Duke Twilight (7th)	May 3, 2009
2:13.66	Raleigh Relays (12th)	Mar. 28, 2009
2:15.32	Raleigh Relays (12th)	Mar. 26, 2010
2:15.46	ACC Championships (17th)	Apr. 18, 2008

**Outdoor 1,500m**

4:41.61	Wake Forest Open (17th)	Mar. 20, 2010
4:47.20	T. Waldrop UNC Invite (7th)	Apr. 12, 2008
5:01.19	Wake Forest Open (44th)	Mar. 21, 2009

**Outdoor 4x100m Relay**

48.31	ACC Championships (9th)	Apr. 18, 2009
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**Outdoor 4x400m Relay**

3:50.92	Duke Invitational (5th)	Apr. 3, 2010
3:52.76	Wake Forest Open (6th)	Mar. 21, 2009

**Outdoor 4x800m Relay**

8:33.37*	Penn Relays (4th)	Apr. 24, 2010
8:53.68	Penn Relays (2nd)	Apr. 26, 2008
9:14.44	ECAC Championships (14th)	May 17, 2008

**Outdoor DMR**

11:14.13	Penn Relays (5th)	Apr. 22, 2010
11:28.14	Penn Relays (6th)	Apr. 23, 2009
11:31.00	Penn Relays (6th)	Apr. 24, 2008

**Madeline Morgan**

**Sophomore • Distance**  
**Birmingham, Ala. (Mountain Brook)**

**Honors:** Cross Country All-ACC Academic (2009) ... Indoor All-ACC (3,000m - 2010) ... Indoor All-ACC Academic (2010) ... Indoor Team Freshman of the Year (2010) ... USTFCCCA Track & Field All-Academic (2010).  
**2009-10:** Competed in three meets during the cross country season ... placed 19th at the Wisconsin Invitational with a time of 17:38.8 for 5K ... finished 27th at the NCAA Southeast Regional with a 6K time of 21:28.53 ... indoors, came in second at the Hokie Invite, covering 3,000m in 9:42.44 ... earned All-ACC honors after finishing third in the 3,000m at the conference meet in 9:30.62 ... named Duke women's indoor track & field Freshman of the Year ... outdoors, won the

1,500m at the Wake Forest Open, clocking 4:26.48.  
**Prior to Duke:** 2007 and 2008 Alabama Gatorade Cross Country Runner of the Year ... 2007 Alabama Gatorade Track & Field Runner of the Year ... 2009 Alabama High School Heisman winner ... individual champion of the Nike Team National Cross Country Championships in 2007 ... 1,600m and 3,200m state champion in 2008 and 2009 ... four-time all-state in cross country ... member of the Spanish Honor Society and National Honor Society.  
**Personal:** Daughter of Desiree and John Morgan ... born April 1, 1991 ... has two younger siblings – a brother, Jack, and a sister, Anna Grace ... undecided on major.

**Personal Records & Duke Career Performance List:**

<b>Cross Country 5K</b>		
17:38.8	Wisconsin Invitational (19th)	Oct. 3, 2009
17:55.40	Blue Ridge Open (6th)	Oct. 16, 2009

<b>Cross Country 6K</b>		
21:28.53	NCAA Southeast Regional (27th)	Nov. 14, 2009

<b>Indoor Mile</b>		
4:52.70		High School

<b>Indoor 3,000m</b>		
9:30.62	ACC Championships (3rd)	Feb. 27, 2010
9:42.44	Hokie Invite (2nd)	Jan. 22, 2010

<b>Outdoor 800m</b>		
2:14.36		High School

<b>Outdoor 1,500m</b>		
4:26.48	Wake Forest Open (1st)	Mar. 20, 2010

**Dana Morin**

**Freshman • Distance**  
**Sheridan, Wyo. (Sheridan)**

**Prior to Duke:** Four-year letterwinner at Sheridan ... two-time all-state and all-conference selection in cross country ... 2009 Wyoming Gatorade Runner of the Year for cross country ... Nike Cross Nationals individual qualifier ... 2009 state 4A champion ... served as cross country team captain junior and senior years ... 2010 indoor 3,200m state champion and record holder ... three-time all-state pick for outdoor track ... all-conference and all-state honoree in outdoor track ... Honor Roll student ... member of the National Honor Society ... AP Scholar ... Summit Award recipient.  
**Personal:** Daughter of Daniel and Keely Morin ... born August 5, 1991 ... has two brothers, Brendon and Dylan.

<b>Personal Records:</b>		
<b>Cross Country 5K</b>		
18:19		High School

<b>Indoor 3,200m</b>		
11:15.09		High School

**Leslie Morrison**

**Junior • Middle Distance**  
**Bethesda, Md. (Walt Whitman)**

**Honors:** Indoor All-East (1,000m - 2009) ... Outdoor All-East (4x800m - 2009) ... USTFCCCA All-Academic (2010).  
**2009-10:** Best finish of the cross country season came at the Hagan Stone Classic, where she placed ninth in 18:45.9 over 5K ... indoors, clocked 2:11.60 over 800m to finish third in the prelims at the ACC Championships ... went on to finish seventh in the finals, clocking 2:13.66 ... turned in an 800m personal-best 2:09.90 at the Alex Wilson Invitational ... member of the Duke 4x800m relay that clocked 9:51.96, the No. 2 duke performance, to take second place at the Armory Collegiate ... outdoors, finished second in the 800m at the Carolina Fast Times, running 2:09.40 ... placed second at the Duke Twilight in the same event with a season-best 2:09.10 ... qualified for the NCAA Preliminary Round, where she ran a 2:09.57 ... ran the 1,500m on three occasions, her best coming at the Georgia Tech Invite in 4:26.05 ... member of the 4x800m relay team that set a school record (8:33.378) at the Penn Relays on Apr. 24.  
**2008-09:** Member of Duke's record-setting 4x800m relay in the outdoor season ... the 4x800m relay on which she ran the third leg won the ECAC Outdoor Championships in 8:44.11, fifth all-time at Duke, earning All-East ... set an NCAA Regional qualifier with her third-place showing in the 800m in a time of 2:09.02 at the UNC Elite meet outdoors ... went on to the regional meet where the freshman ran 2:12.43 to finish 19th in the prelims in Greensboro, N.C. ... her time of 2:10.68 was good for 13th place in the prelims at the ECAC Outdoor Championships ... her 2:13.87 placed her in 13th in preliminary competition at the ACC



Outdoor meet ... indoors, was the second-leg of the Duke 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... anchored the fifth all-time 4x400m relay at Duke, which came through in 3:50.46 to take 11th at the ACC Indoor Championships and qualify for ECACs ... led off the sixth-place indoor DMR at ACCs that logged a total time of 11:44.86 ... ran the second-fastest 1000m of the season for the Blue Devils, clocking 2:51.04 to take fifth in the prelims at the indoor ECAC meet ... was sixth in the finals of that event to earn All-East in 2:55.02 ... qualified for indoor ECAC's with her 2:13.25 that placed her fourth at the VT Challenge ... notched top-10 individual finishes in the 800m at both the Terrier Classic and the Tar Heel Invitational indoors ... in cross country, took 19th overall at the Wolfpack Invitational as she completed the 5K in 19:29.

**Prior to Duke:** 2008 outdoor 1,600m state champion ... 2007 outdoor state champion in the 800m and indoor state champion in the 4x800m relay ... finished in fourth place at the 2007 Nike Indoor Nationals in the DMR ... 12-time, seven individual and five relay, West Regional champion.

**Personal:** Majoring in History.

#### Personal Records & Duke Career Performance List:

##### Cross Country 5K

18:45.9	Hagan Stone XC Classic (9th)	Oct. 3, 2009
18:40	Wolfpack Invitational (6th)	Nov. 1, 2009
19:05.73	Blue Ridge Open (33rd)	Oct. 16, 2009
19:27.81	Murray Keatinge Invitational (51st)	Oct. 4, 2008
19:29	Wolfpack Invitational (19th)	Nov. 8, 2008

##### Cross Country 6K

24:20	Penn State Invitational (232nd)	Oct. 17, 2008
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##### Indoor 800m

2:09.90	Alex Wilson Invitational (14th)	Mar. 6, 2010
2:11.60	ACC Championships (3rd-Prelims)	Feb. 26, 2010
2:13.25	VT Challenge (4th)	Feb. 21, 2009
2:13.66	ACC Championships (7th-Finals)	Feb. 27, 2010
2:15.10	Terrier Classic (10th)	Jan. 24, 2009
2:15.41	Tar Heel Invitational (6th)	Jan. 10, 2009

##### Indoor 1,000m

2:51.04	ECAC Championships (5th-Prelims)	Mar. 7, 2009
2:53.15	ECAC Championships (6th-Prelims)	Mar. 8, 2009
2:55.02	Armory Collegiate (5th)	Feb. 6, 2009
2:53.79	Armory Collegiate (7th)	Feb. 5, 2010

##### Mile

4:58.43	Virginia Tech Classic (8th)	Feb. 20, 2010
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##### Indoor 4x400m Relay

3:50.46	ACC Championships (11th)	Feb. 28, 2009
3:58.78	Tar Heel Invitational (3rd)	Jan. 10, 2009

##### Indoor 4x800m Relay

8:51.96 <sup>(2)</sup>	Armory Collegiate (2nd)	Feb. 6, 2010
8:52.90 <sup>(3)</sup>	Terrier Classic (1st)	Jan. 24, 2009

##### Indoor DMR

11:22.09	Alex Wilson Invitational (7th)	Mar. 6, 2010
11:41.45	Hokie Invite (2nd)	Jan. 23, 2010
11:44.86	ACC Championships (6th)	Feb. 27, 2009

##### Outdoor 400m

59.04	UNC Invitational (14th)	Apr. 11, 2009
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##### Outdoor 800m

2:09.02	UNC Elite (2nd)	May 8, 2009
2:09.10	Duke Twilight (2nd)	May 9, 2010
2:09.40	Carolina Fast Times (2nd)	Apr. 10, 2010
2:09.57	NCAA First Round (30th-Prelims)	May 27, 2010
2:10.12	Georgia Tech Invite (17th)	May 16, 2010
2:10.68	ECAC Championships (13th-Prelims)	May 16, 2009
2:10.96	Duke Twilight (4th)	May 3, 2009
2:11.17	Raleigh Relays (3rd)	Mar. 26, 2010
2:12.18	Raleigh Relays (7th)	Mar. 28, 2009
2:12.43	NCAA East Regional (19th-Prelims)	May 29, 2009
2:12.68	ACC Championships (9th-Prelims)	Apr. 16, 2010
2:13.87	ACC Championships (13th-Prelims)	Apr. 17, 2009
2:14.14	Duke Invitational (17th)	Apr. 3, 2010
2:14.50	ACC Championships (9th-Finals)	Apr. 17, 2010
2:19.06	Wake Forest Open (18th)	Mar. 20, 2009

##### Outdoor 1,500m

4:26.05	Georgia Tech Invite (7th)	May 15, 2010
4:29.32	Duke Invitational (2nd)	Apr. 3, 2010
4:34.28	Wake Forest Open 96th)	Mar. 20, 2010
4:43.37	Duke Invitational (24th)	Apr. 3, 2009

##### Outdoor 4x800m

8:33.37*	Penn Relays (4th)	Apr. 24, 2010
8:44.11	ECAC Championships (1st)	May 17, 2009

## Kelsey Ontko

### Junior • Sprints/Jumps

#### Benet, III. (Benet Academy)

**2009-10:** Indoors, competed in the 60m, 200m and long jump ... placed 17th in the long jump at the Hokie invite with a mark of 17-9.50 ... outdoors, competed in the 100m and 200m as well as the 4x100m relay and the long jump.

**2008-09:** Finished fifth at the Tar Heel Invitational with a jump of 17-6.50, then the No. 5 mark at Duke ... logged Duke's top three indoor long jumps of the season ... also had the team's top two 200m times of the indoor slate, her best the 26.39 from the VT Challenge ... extended her range to take 22nd at the ACC Indoor meet in the 400m, running 58.54 ... ran on all three of the Blue Devils' indoor 4x400m teams, including their third-place team at the Terrier Classic that notched the ECAC time of 3:48.23 ... also qualified for the ECAC meet with the 4x400m team at the indoor ACC meet, where they took 11th in 3:50.46 ... outdoors she led off Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31.

**Prior to Duke:** Runner-up in the Illinois state long jump with a personal best 18-10.25 ... sectional champion in the long jump and the 200m ... set seven school records at Benet Academy.

**Personal:** Majoring in Cultural Anthropology.

#### Personal Records & Duke Career Performance List:

##### Indoor 60m

8.19	Armory Collegiate (54th)	Feb. 5, 2010
8.23	Hokie Invite (36th-Prelims)	Jan. 22, 2010

##### Indoor 200m

26.39	VT Challenge (35th)	Feb. 20, 2009
26.58	Armory Collegiate (111th)	Feb. 7, 2009
26.75	Armory Collegiate (62nd)	Feb. 5, 2010

##### Indoor 400m

58.49	Armory Collegiate (67th)	Feb. 6, 2009
58.54	ACC Championships (22nd)	Feb. 27, 2009

##### Indoor 4x400m Relay

3:46.44 <sup>(3)</sup>		
3:48.23	Terrier Classic (3rd)	Jan. 23, 2009
3:50.46	ACC Championships (11th)	Feb. 28, 2009
3:58.78	Tar Heel Invitational (3rd)	Jan. 10, 2009

##### Indoor Long Jump

17-9.50	Hokie Invite (17th)	Jan. 23, 2010
17-6.75	Tar Heel Invitational (5th)	Jan. 10, 2009
17-5.50	Terrier Classic (6th)	Jan. 23, 2009
17-2.75	VT Challenge (17th)	Feb. 20, 2009
17-0.00	Virginia Tech Classic (14th)	Feb. 19, 2010
17-0.00	ACC Championships (20th)	Feb. 27, 2009
13-11.75	Armory Collegiate (70th)	Feb. 5, 2010

##### Outdoor 100m

12.99	Duke Invitational (37th-Prelims)	Apr. 3, 2010
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##### Outdoor 200m

26.65	Wake Forest Open (70th)	Mar. 20, 2010
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##### Outdoor 400m

57.79	Raleigh Relays (27th)	Mar. 27, 2009
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##### Outdoor 4x100m

48.31	ACC Championships (9th)	Apr. 18, 2009
48.85	Duke Invitational (5th)	Apr. 4, 2009
48.95	Wake Forest Open (9th)	Mar. 21, 2009
49.38	Raleigh Relays (21st)	Mar. 28, 2009
51.21	Raleigh Relays (29th)	Mar. 27, 2010

##### Outdoor 4x400m

3:52.76	Wake Forest Open (6th)	Mar. 21, 2009
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##### Outdoor Long Jump

16-7.75	Raleigh Relays (37th)	Mar. 26, 2010
16-7.25	Duke Invitational (11th)	Mar. 28, 2009
16-4.75	Raleigh Relays (28th)	Mar. 27, 2009

# Laura Paulsen

**Graduate • Distance**  
Lutherville, Md. (Johns Hopkins)

*Will only compete during the indoor track & field season.*

**Prior to Duke:** Member of the Johns Hopkins cross country and track & field squads from 2006-10 ... served as team captain from 2008-10 ... NCAA DIII All-America in cross country, indoor DMR and mile, and 5,000m outdoors ... two-time Mideast Runner of the Year ... three-time Centennial Conference Most Outstanding Meet Performer ... 2010 Catherine P. Campbell Award recipient, given to the most outstanding female athlete at Johns Hopkins ... holds school records in the 1,500m, mile, 3,000m, 5,000m, 10K, DMR and 4x800m events ... first-ever female to be named the Thomas P. Wood Memorial recipient for outstanding accomplishments in track & field.

**Personal:** Daughter of Janet and William Paulsen ... born March 29, 1989 ... graduated from Johns Hopkins University in 2010 with a B.S. in Biomedical Engineering.

**Personal Records:**

Indoor 800m	2:17	Johns Hopkins
Indoor Mile	4:53	Johns Hopkins
Indoor 3,000m	10:02	Johns Hopkins
Indoor 5,000m	17:12	Johns Hopkins

# Nicole Ragucci

**Junior • Sprints**  
Monroe Township, N.J. (Monroe Township)

**2009-10:** Did not compete during the 2009-10 season.

**2008-09:** Ran Duke's second-fastest 400m of the indoor season in 57.68 to take seventh at the Terrier Classic ... put up an ECAC qualifying time of 1:15.78 to take 11th in the 500m at the Armory ... was 20th in the prelims of the 500 at ECACs, crossing the line in 1:17.04 ... led off the Blue Devils' 4x400m teams that took third at the Terrier Classic and notched the ECAC time of 3:48.23 ... also led off the ECAC qualifying 4x400 at the indoor ACC meet, where they took 11th in 3:50.46 ... was the second leg on the 4x400 at the Tar Heel Invite that took third ... outdoors was fifth in the Duke Twilight 400m in 57.49 and seventh in the 200m there in 25.56 ... ran the second leg on Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31.

**Personal:** Majoring in Cultural Anthropology.

**Personal Records & Duke Career Performance List:**

Indoor 400m	57.68	Terrier Classic (7th)	Jan. 23, 2009
	58.81	Tar Heel Invitational (6th)	Jan. 10, 2009
Indoor 500m	1:15.78	Armory Collegiate (11th)	Feb. 6, 2009
	1:17.04	ECAC Championships (20th-Prelims)	Feb. 7, 2009
Indoor 4x400m Relay	3:48.23	Terrier Classic (3rd)	Jan. 23, 2009
	3:50.46	ACC Championships (11th)	Feb. 28, 2009
	3:58.78	Tar Heel Invitational (3rd)	Jan. 10, 2009
Indoor DMR	11:44.86	ACC Championships (6th)	Feb. 27, 2009
Outdoor 200m	25.56	Duke Twilight (7th)	May 3, 2009
Outdoor 400m	57.49	Duke Twilight (5th)	May 3, 2009
	57.65	Raleigh Relays (23rd)	Mar. 27, 2009
Outdoor 4x100m Relay	48.31	ACC Championships (9th)	Apr. 18, 2009
	48.85	Duke Invitational (5th)	Apr. 4, 2009
	48.95	Wake Forest Open (9th)	Mar. 21, 2009
	49.38	Raleigh Relays (21st)	Mar. 28, 2009
Outdoor 4x400m	3:52.76	Wake Forest Open (6th)	Mar. 21, 2009

# Destiny Roseman

**Freshman • Jumps**  
Grand Prairie, Texas (Trinity Christian School)

**Prior to Duke:** 2009 long jump state champion and runner-up in the triple jump ... won triple jump state championship as a senior, finishing second in the long jump ... also lettered in basketball ... earned 2009 academic all-state honors in basketball ... member of the National Honor Society and National Society of High School Scholars ... USAA National Mathematics Award recipient.

**Personal:** Daughter of Melissa and Jeffrey Crocoll and Kenith Roseman ... born August 3, 1992 ... has two brothers, Kenith Roseman and Christian Cueller.

**Personal Records:**

Outdoor High Jump	5-7	High School
Outdoor Long Jump	17-8	High School
Outdoor Triple Jump	39-0.75	High School

# Cydney Ross

**Junior • Middle Distance**  
St. Louis, Mo. (Villa Duchesne)

**Honors:** Indoor All-ACC Academic (2010) ... Indoor Team Freshman of the Year (2009) ... Outdoor Team Top Track Performer (2010) ... USTFCCCA All-Academic (2010).

**2009-10:** Indoors, finished fourth at the ACC Championships after clocking a personal-best 2:09.31 for 800m, also the No. 5 all-time performance at Duke ... ran on the 4x400m relay at the VT Challenge which clocked 3:49.23, the No. 3 Duke performance ... member of the Duke 4x800m relay team that placed second at the Armory Collegiate in 8:51.96, the No. 2 performance at Duke ... outdoors, ran 55.42 for 400m at the Georgia Tech Invite for the No. 3 Duke performance ... finished fourth at the conference championships in the 800m, clocking 2:08.92 ... won the Duke Twilight 800m in 2:07.23 ... qualified for the NCAA First Round, where she ran a personal-best 2:05.81 for the No. Duke performance ... member of the Duke 4x800m relay that set the school record (8:33.37) at the Penn Relays on Apr. 24 ... Named Duke Top Track Performer at the annual banquet.

**2008-09:** In cross country she covered the 5K course at the Wolfpack Invitational in 20:26 to finish 28th overall ... broke the school record in the indoor 500m as only a freshman and qualified for ECACs, clocking 1:13.63 to win the Terrier Classic ... qualified for the Indoor ECAC Championships in the 800m three times ... had three of the team's four best 800m runs indoors, her highest finish at third-place outing at the VT Challenge in 2:13.22 ... anchored Duke's third-place 4x400m relay team at the Terrier Classic that notched the ECAC time of 3:48.23 ... third leg of Duke's DMR that was an NCAA Regional qualifier with a total time of 11:29.57 and took eighth at the Armory Collegiate ... second leg of third-place DMR at the Terrier Classic ... did not compete outdoors.

**Prior to Duke:** 2008 USATF Junior Champion in the 800m ... won the Missouri state championship for the same event in 2007 ... holds the Class-3 record ... 2008 state runner-up in the 1,600m.

**Personal:** Majoring in Public Policy.

**Personal Records & Duke Career Performance List:**

Cross Country 5K	19:42.7	Hagan Stone Classic (24th-Unattached)	Oct. 3, 2009
	20:26	Wolfpack Invitational (28th)	Nov. 8, 2008
Cross Country 6K	24:07	Penn State Invitational (216th)	Oct. 17, 2008
Indoor 500m	1:13.63*	Terrier Classic (1st)	Jan. 23, 2009
Indoor 800m	2:09.31	ACC Championships (4th-Finals)	Feb. 27, 2010
	2:09.78	Alex Wilson Invitational (12th)	Mar. 6, 2010
	2:10.13	ACC Championships (5th-Prelims)	Feb. 26, 2010
	2:10.90	Virginia Tech Classic (5th)	Feb. 20, 2010
	2:11.70	Armory Collegiate (12th)	Feb. 7, 2009
	2:11.70	ACC Championships (10th)	Feb. 27, 2009
	2:13.22	VT Challenge (3rd)	Feb. 21, 2009
	2:15.01	Tar Heel Invitational (3rd)	Jan. 10, 2009
Indoor 4x400m Relay	3:48.23	Terrier Classic (3rd)	Jan. 23, 2009
	3:49.23	Virginia Tech Classic (4th)	Feb. 20, 2010

ATHLETE BIOS

Indoor 4x800m Relay		
8:51.96	Armory Collegiate (2nd)	Feb. 6, 2010

Indoor DMR		
11:22.09	Alex Wilson Invitational (7th)	Mar. 6, 2010
11:29.57	Armory Collegiate (8th)	Feb. 6, 2009
11:39.51	Hokie Invite (1st)	Jan. 23, 2010
11:47.91	Terrier Classic (3rd)	Jan. 24, 2009

Outdoor 400m		
55.42	Georgia Tech Invite (15th)	May 16, 2010

Outdoor 800m		
2:05.81	NCAA First Round (13th-Prelims)	May 27, 2010
2:07.23	Duke Twilight (1st)	May 9, 2010
2:08.10	NCAA First Round (19th-Finals)	May 28, 2010
2:08.73	Duke Invitational (5th)	Apr. 3, 2010
2:08.92	ACC Championships (4th-Finals)	Apr. 17, 2010
2:10.87	ACC Championships (4th-Prelims)	Apr. 16, 2010
2:11.21	Raleigh Relays (5th)	Mar. 26, 2010

Outdoor 4x800m Relay		
8:33.37*	Penn Relays (4th)	Apr. 24, 2010

Outdoor DMR		
11:14.13	Penn Relays (5th)	Apr. 22, 2010

## Jessie Rubin

### Freshman • Distance

Rockville, Md. (Thomas Wootton)

**Prior to Duke:** Lettered four years at Thomas Wootton ... 2009 cross country Maryland state champion ... won numerous state championships including the 3,200m, the 4x800m and the 1,600m ... helped squad set the state record (9:04) in the 4x800m in 2010 ... 2010 New Balance National Emerging Elite mile champion ... finished in eighth place in the 4x800m at the New Balance National ... named 2009 Maryland Gatorade Runner of the Year ... also tabbed All-Gazette and All-Met Runner of the Year in 2009.

**Personal:** Daughter of Liz and Ron Rubin ... born September 24, 1992 ... has one sister, Julia.

#### Personal Records:

Cross Country	
18:05	High School

Outdoor 1,600m	
4:57.16	High School

Outdoor 3,200m	
10:41.28	High School

## Emily Schwitzer

### Senior • Distance

Minnetonka, Minn. (Hopkins)

**Honors:** Cross Country All-ACC Academic (2007, 2008, 2009) ... Indoor All-East (DMR - 2009) ... Outdoor Penn Relay Champion (4x800m, DMR - 2009) ... Outdoor All-East (Steeplechase - 2010; 4x800m - 2009) ... Outdoor All-ACC (Steeplechase - 2010) ... USTFCCA Track & Field All-Academic (2010).

**2009-10:** In cross country, finished fifth at the Blue Ridge Open with a 5K personal-best 17:50.01 ... placed 28th at the ACC Championships, running 21:23.8 for 6K ... completed the 6K NCAA Southeast Regional course in 21:40.95 to place 38th overall ... did not compete during the indoor season ... outdoors, specialized in the 3,000m steeplechase ... earned All-ACC honors in that event after finishing second in 10:31.49 ... ran a personal-best 10:28.84, the No. 3 performance at Duke, to garner All-East honors with an eighth-place finish at the ECAC Championships ... qualified for the NCAA First Round in Greensboro, N.C., where she ran a 10:32.94.

**2008-09:** Duke's top finisher at the 2008 ACC Cross Country Championships, where she came in 18th overall with a 6K time of 21:26.7 ... the Blue Devils' second runner at the Roy Griak Invitational, Penn State Invitational and NCAA Southeast Regional as a sophomore ... ran to 29th place at the regional meet, clocking 21:50 over 6K out of 231 athletes ... continued her cross country season with a 21st-place finish in the women's open 8K race of the USA Championships in a time of 29:26, marking her longest distance raced at the collegiate level ... took 11th in the mile at the ACC Indoor Championships in 5:01.78 ... led off Duke's winning DMR at the ECAC Indoor Championships that had a total time

of 11:39.90 and earned All-East honors ... also earned All-East honors outdoors, winning the 4x800m at the outdoor championships as she ran the third leg on the prelim squad ... ran the anchor leg of the 4x500m relay team that took fifth at the Penn Relays in 18:36.96 ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season.

**2007-08:** Qualified for the World Junior XC Championships with a fifth-place finish (21:34 for 6K) at the USATF XC Championships ... Team USA's second finisher in 28th place with a 6K personal-best 21:19 ... finished 34th and 35th, respectively, at the ACC and NCAA Southeast Region Championships ... took 10th in the 3,000m at the ECAC Indoor Championships with a personal best of 9:45.37 ... finished 11th at the ACC Outdoor Championships in the 5,000m ... placed 15th in the 3,000m at the ACC Indoor and ECAC Outdoor Championships as well.

**Prior to Duke:** All-section and all-conference pick in cross country and track & field ... earned all-state recognition in the 1,600m and 3,200m as well as cross country ... also lettered in Nordic skiing, leading team to consecutive state championships ... graduated as class valedictorian.

**Personal:** Daughter of Kent and Linda Schwitzer ... born July 13, 1989 ... has a twin sister, Claire ... also has two older sisters, Alyssa and Erica, also twins ... father ran track at Luther College ... majoring in Evolutionary Anthropology.

#### Personal Records & Duke Career Performance List:

Cross Country 5K		
17:50.01	Blue Ridge Open (5th)	Oct. 16, 2009
18:08.80	Murray Keatinge Invitational (13th)	Sept. 29, 2007

Cross Country 6K		
21:23	Penn State Invitational (32nd)	Oct. 17, 2008
21:23.8	ACC Championships (28th)	Oct. 31, 2009
21:26.7	ACC Championships (18th)	Nov. 1, 2008
21:32.55	NCAA Southeast Regional (35th)	Nov. 10, 2007
21:40.95	NCAA Southeast Regional (38th)	Nov. 14, 2009
21:45.4	Roy Griak Invitational (12th)	Sept. 27, 2008
21:50	NCAA Southeast Regional (29th)	Nov. 15, 2008
22:20	Penn State Invitational (57th)	Oct. 12, 2007
22:30.4	ACC Championships (34th)	Oct. 27, 2007
22:49.2	NCAA Championships (225th)	Nov. 19, 2007

Mile		
5:01.78	ACC Championships (11th)	Feb. 27, 2009
5:08.21	Tar Heel Invitational (5th)	Jan. 10, 2009

Indoor 3,000m		
9:45.37	ECAC Championships (10th)	Mar. 9, 2008
9:51.73	Terrier Classic (15th)	Jan. 25, 2008
9:56.29	ACC Championships (15th)	Mar. 1, 2008
10:08.91	VT Challenge (8th)	Feb. 21, 2009

Indoor 4x800m Relay		
9:20.89	ECAC Championships (19th)	Mar. 7, 2009

Indoor DMR		
11:39.90	ECAC Championships (1st-Finals)	Mar. 8, 2009
11:58.89	ACC Championships (9th)	Feb. 29, 2008

Outdoor 800m		
2:15.33	UNC Elite (14th)	May 8, 2009
2:16.35	Duke Invitational (24th)	Apr. 4, 2009

Outdoor 1,500m		
4:31.86	Raleigh Relays (6th)	Mar. 28, 2009
4:32.09	Duke Twilight (8th)	May 9, 2010
4:33.35	Wake Forest Open (2nd)	Mar. 21, 2009
4:35.69	Duke Invitational (12th)	Apr. 3, 2009

Outdoor 3,000m		
10:14.64	ECAC Championships (15th)	May 18, 2008

Outdoor 5,000m		
17:43.03	ACC Championships (11th)	Apr. 19, 2008
18:16.10	Carolina Classic (3rd)	May 9, 2008

Outdoor 10,000m		
39:32.88	ACC Championships (16th)	Apr. 16, 2009

Steeplechase		
10:28.84 <sup>(3)</sup>	ECAC Championships (8th)	May 14, 2010
10:31.49	ACC Championships (2nd)	Apr. 16, 2010
10:32.94	NCAA First Round (14th)	May 29, 2010

Outdoor 4x800m Relay		
8:50.95	Penn Relays (2nd)	Apr. 25, 2009
8:57.67	ECAC Championships (4th-Prelims)	May 16, 2009
9:14.44	ECAC Championships	May 17, 2008



Outdoor 4x1,500m Relay		
18:36.96	Penn Relays (5th)	Apr. 24, 2009

# Miray Seward

## Freshman • Multi-Events

Dunwoody, Ga. (The Westminster Schools)

**Prior to Duke:** Lettered four years at The Westminster Schools ... three-year recipient of the Terisico Gilliard Award – Outstanding Track & Field Excellence ... served as the track & field team captain senior year ... gold medalist at the 2009 Girls High School Association, AA State Championships in the high jump, 100m hurdles and 300m hurdles ... won 2010 high jump Girls High School Association, AA State Championship ... named to the Atlanta Track Club All-Metro Team for the high jump as a junior ... recipient of the Georgia AAU Betty Low Memorial Scholarship ... also lettered in basketball ... member of the National Honor Society.

**Personal:** Daughter of Deborah and Clifford Seward ... born July 28, 1992 ... has one brother, Cameron ... father graduated from Duke in 1979 ... uncle, Brian Seward, also attended Duke, graduating in 1989.

**Personal Records:**

Outdoor High Jump		
5-6.75		High School

Outdoor 100m Hurdles		
14.66		High School

Outdoor 300m Hurdles		
45.22		High School

# Carly Seymour

## Junior • Distance

Ebensburg, Pa. (Central Cambria)

**Honors:** Cross Country All-America (2009) ... Cross Country All-Southeast Region (2009) ... Cross Country All-ACC (2009) ... Cross Country Team MVP (2009) ... Cross Country Team Co-Freshman of the Year (2008) Indoor All-ACC (5,000m - 2010) ... Outdoor All-East (5,000m - 2009) ... Outdoor NCAA Qualifier (10,000m - 2010).

**2009-10:** Duke's top cross country runner in the fall ... placed third at the Wisconsin Invitational, covering 5K in 17:08.3 ... won the Blue Ridge Open with a 17:18.07 performance ... earned All-ACC honors after placing fifth in a 6K personal-best 20:14.8 ... followed with an all-region performance at the NCAA Southeast Regionals, where she placed fifth in 20:20.85 ... garnered All-America distinction after running to a 29th place finish at the NCAA Championships, clocking 20:37.5 ... named Duke Team MVP ... indoors, collected All-ACC honors after a third place finish in the 5,000m (16:39.99) ... also placed eighth at the Army Collegiate in the 3,000m, running 9:50.24 ... outdoors, specialized in the 10,000m ... finished fourth in the event at the ACC Championships with a 35:05.05 performance ... qualified for the NCAA First Round, where she placed seventh in 34:58.37 ... advanced to the NCAA Championships in Eugene, Ore. ... clocked a personal-best 34:06.40 at the national championship meet to finish 22nd overall.

**2008-09:** Led the Duke cross country team three meets in the 2008 season ... took seventh of 222 competitors at the Roy Griak Invitational, with a 6K time 21:39.3 ... 11th of 300 at the Penn State Invitational in 21:01 ... four on the squad at ACCs with a 6K time of 21:39.6 ... first for Duke and 26th overall at the NCAA Southeast Regional in 21:48 ... ACC Performer of the Week on Sept. 29 ... earned All-East honors during outdoor track season with her eighth-place finish at the ECAC Championships, clocking 17:02.26 ... won the Duke Twilight 5K in an ECAC qualifying time of 17:19.80 ... did not see action during the indoor slate ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season.

**Personal:** Majoring in Psychology.

**Personal Records & Duke Career Performance List:**

Cross Country 5K		
17:08.3	Wisconsin Invitational (3rd)	Oct. 3, 2009
17:18.07	Blue Ridge Open (1st)	Oct. 16, 2009

Cross Country 6K		
20:14.8	ACC Championships (5th)	Oct. 31, 2009
20:28.85	NCAA Southeast Regional (5th)	Nov. 14, 2009
20:37.5	NCAA Championships (29th)	Nov. 23, 2009
21:01	Penn State Invitational (11th)	Oct. 17, 2008
21:39.6	ACC Championships (28th)	Nov. 1, 2008
21:48	NCAA Southeast Regional (26th)	Nov. 15, 2008

Indoor 3,000m		
9:50.24	Armory Collegiate (8th)	Feb. 6, 2010

Indoor 5,000m		
16:39.99	ACC Championships (3rd)	Feb. 26, 2010

Outdoor 1,500m		
4:35.60	Wake Forest Open (10th)	Mar. 20, 2010

Outdoor 5,000m		
16:24.28	Stanford Invitational (3rd-Section II)	Mar. 26, 2010
17:02.26	ECAC Championships (8th)	May 15, 2009
17:19.80	Duke Twilight (1st)	May 3, 2009
17:57.36	Duke Invitational (6th)	Apr. 3, 2009
18:03.33	Wake Forest Open (6th)	Mar. 20, 2009

Outdoor 10,000m		
34:06.40	NCAA Championships (22nd)	June 10, 2010
34:58.37	NCAA First Round (7th)	May 27, 2010
35:05.05	ACC Championships (4th)	Apr. 16, 2010

# Adrienne Soo

## Sophomore • Distance

Durham, N.C. (Durham Academy)

**2009-10:** Did not compete during the 2009-10 season.

**Prior to Duke:** 2008 Footlocker national finalist ... three-time NCISAA state champion ... 2007-08 and 2008-09 North Carolina Gatorade Runner of the Year ... named 2009 News & Observer Athlete of the Year and 2008 Runner of the Year ... state champion in the 3,200m, 1,600m and 4x800m ... holds school record in the 5,000m, 3,200m, 1,600m and 4x800m.

**Personal:** Daughter of Mary and Michael Soo ... born January 20, 1991 ... has a younger sister, Lindsay ... father Michael ('83) and uncles Keneth ('80) and Jeffery Soo ('86) all graduated from Duke ... undecided on major.

**Personal Records:**

Outdoor 1,600m		
5:06		High School

Outdoor 3,200m		
10:56		High School

# LaCresha Styles

## Sophomore • Sprints

Acworth, Ga. (McEachern)

**2009-10:** Indoor, recorded the No. 2 Duke performance in the 60m with a 7.78 effort at the ACC Championships on Feb. 26 ... also clocked the No. 5 all-time Duke performance in the 200m, running 26.17 at the conference meet ... outdoors, clocked 25.17 for Duke No. 2 performance for 200m at the Wake Forest Open on Mar. 20.

**Prior to Duke:** 2006 state runner-up in the 100m ... won region championship in the 100m in 2007, 2007 and 2009 ... team MVP as a freshman ... named team Most Valuable Sprinter as a senior ... member of the Spanish Honor Society and the National Honor Society.

**Personal:** Daughter of Casey and Lenoa Gary ... has two younger siblings – a brother, Chase Gary, and a sister, Alyssa Styles ... undecided on major.

**Personal Records & Duke Career Performance List:**

Indoor 60m		
7.78	ACC Championships (18th-Prelims)	Feb. 26, 2010
7.81	Carolina Classic (8th-Prelims)	Jan. 29, 2010
7.85	Hokie Invite (25th-Prelims)	Jan. 22, 2010
7.92	Armory Collegiate (24th)	Feb. 5, 2010

Indoor 200m		
26.17	ACC Championships (32nd-Prelims)	Feb. 26, 2010

Outdoor 200m		
24.13		
25.17	Wake Forest Open (16th)	Mar. 20, 2010

Outdoor 4x100m Relay		
51.21	Raleigh Relays (29th)	Mar. 27, 2010

ATHLETE BIOS

# Shannon Sullivan

## Sophomore • Throws

Wood-Ridge, N.J. (Immaculate Heart Academy)

**2009-10:** Indoor, competed twice in the shot put with her best result (42-0.75) coming at the ACC Championships on Feb. 27 ... outdoors, opened the season with a third place finish at the Wake Forest Open, recording a season-best throw of 137-9 for the No. 5 Duke performance ... placed 10th at the ACC Championships with a 132-3 performance ... threw 134-11 to take fourth at the Duke Invitational ... finished third at the NC A&T Invitational with a 137-7.

**Prior to Duke:** Three-year letterwinner at Immaculate Heart Academy ... all-state selection in the javelin in 2008 and 2009 ... All-America selection in the spring of 2008 ... won the javelin and shot put at the 2008 and 2009 Bergen Meet of Champs ... finished first in the javelin at the 2008 and 2009 State Meet of Champs ... National Honor Society member.

**Personal:** Daughter of Margaret Sullivan ... born August 8, 1991 ... undecided on major.

### Personal Records & Duke Career Performance List:

Indoor Shot Put		
42-0.75	ACC Championships (11th)	Feb. 27, 2010
39-11.25	VT Challenge (14th)	Feb. 20, 2010

Outdoor Shot Put		
41-1.75		High School
39-10.75	ACC Championships (12th)	Apr. 15, 2010

Discus		
120-8		High School

Javelin		
149-1		High School
137-9	Wake Forest Open (3rd)	Mar. 20, 2010
137-7	NC A&T Invitational (3rd)	May 17, 2010
134-11	Duke Invitational (4th)	Apr. 3, 2010
132-3	ACC Championships (10th)	Apr. 15, 2010
131-4	ASU Invitational (11th)	Mar. 27, 2010

# Sophia Treakle

## Sophomore • Sprints/Hurdles

Asheville, N.C. (Asheville)

**2009-10:** Ran the 60m hurdles on five occasions during the indoor season ... clocked season-best time of 9:26 to finish 16th at the Carolina Classic ... member of the 4x400m relay that clocked 3:49.23 at the VT Challenge for the No. 3 Duke performance ... did not compete during the outdoor season.

**Prior to Duke:** Two-time USATF All-America in the 400m hurdles ... 2006 and 2007 MAC Conference MVP ... 2007 100m hurdles state champion ... two-time 300m hurdles state champion ... finished third in the 400m hurdles at the 2008 USATF Youth Outdoor Track & Field Championships ... lettered four years in cross country as well ... member of the National Honor Society.

**Personal:** Daughter of Kevin Treakle and Marijo Simpson ... born November 28, 1990 ... has an older brother, Jordan ... undecided on major.

### Personal Records & Duke Career Performance List:

Indoor 60m Hurdles		
9.26	Carolina Classic (16th)	Jan. 29, 2010
9.32	Hokie Invite (22nd)	Jan. 22, 2010
9.33	Armory Collegiate (20th)	Feb. 5, 2010
9.41	ACC Championships (18th-Prelims)	Feb. 26, 2010
9.49	Virginia Tech Classic (33rd)	Feb. 19, 2010

Indoor 4x400m Relay		
3:49.23	Virginia Tech Classic (4th)	Feb. 20, 2010

# Amanda Truelove

## Junior • Distance

Barrie, Ontario (St. Joan of Arc)

**2009-10:** Best results of the cross country season came at the Wolfpack Invitational, where she clocked 18:12 over 5K ... indoors, placed second in the 3,000m at the Armory Collegiate in New York, registering a 9:48.86 ... finished eighth in the 5,000m at the ACC Championships, running 17:01.68 ... outdoors, clocked a season-best 16:42.97 for 5,000m at the Stanford Invitational on Mar. 26 ... finished second in the same event at the Duke Twilight with a 16:55.04 performance ... qualified for the NCAA First Round in Greensboro, N.C., where she finished 34th in 17:19.75 ... ran the 10,000m at the ACC Championships,

finishing ninth in 35:57.33.

**2008-09:** Did not compete during the 2008-09 season.

**Prior to Duke:** Finished fifth at the Canadian Junior Championships in both the 1,500m and the 3,000m ... member of the national team, running the 1,500m at the 2007 IAAF World Youth Championships ... competed with the national team at the 2007 IAAF World Cross Country Championships as well ... four-time 3,000m champion at the Royal Canadian Legion National Track & Field Championships.

**Personal:** Majoring in Psychology.

### Personal Records & Duke Career Performance List:

Cross Country 5K		
18:12	Wolfpack Invitational (3rd)	Nov. 1, 2009
18:56.3	Hagan Stone Classic (12th)	Oct. 3, 2009

Indoor Mile		
4:59.57	VT Challenge (9th)	Feb. 20, 2010

Indoor 3,000m		
9:48.86	Armory Collegiate (2nd)	Feb. 5, 2010

Indoor 5,000m		
17:01.68	ACC Championships (8th)	Feb. 26, 2010

Indoor DMR		
11:48.05	Hokie Invite (3rd)	Jan. 23, 2010

Outdoor 1,500m		
4:37.89	Wake Forest Open (13th)	Mar. 20, 2010

Outdoor 5,000m		
16:42.97	Stanford Invitational (10th-Section III)	Mar. 26, 2010
16:55.04	Duke Twilight (2nd)	May 9, 2010
17:09.15	ECAC Championships (16th)	May 14, 2010
17:19.75	NCAA First Round (34th)	May 29, 2010

Outdoor 10,000m		
35:57.33	ACC Championships (9th)	Apr. 16, 2010

# Kate Van Buskirk

## Senior • Distance

Brampton, Ontario (Turner Fenton Secondary School)

Will compete in outdoor track and field only.

**Honors:** Cross Country All-Southeast Region (2006, 2007, 2009) ... Cross Country All-ACC (2007, 2009) ... Indoor Team Freshman of the Year (2007) ... Outdoor NCAA Qualifier (1,500m - 2010) ... Outdoor All-ACC (1,500m - 2007, 2010) ... Outdoor ACC All-Academic (2010) ... Outdoor Team MVP (2010) ... Outdoor Team Freshman of the Year (2007).

**2009-10:** Recorded her top three career cross country 6K performances in the fall, starting with a 20:35.7 effort at the ACC Championships ... that performance was good for 12th and All-ACC honors ... ran a personal-best 20:34.20 at the NCAA Southeast Regional to finish in sixth place and garner all-region accolades ... narrowly missed All-America distinction with a 52nd-place, 20:57.3 finish at the NCAA Championships in Terre Haute, Ind. ... did not compete during the indoor season ... outdoors, ran a career-best 2:09.77 for 800m to place ninth at the Duke Invitational ... specialized in the 1,500m, earning All-ACC honors in the event with a third place finish at the conference championships ... qualified for the NCAA First Round in Greensboro, N.C., where she ran a personal-best 4:19.23, also the No. 3 performance at Duke, to finish in 10th place ... advanced to the NCAA Championships in Eugene, Ore., finishing in 22nd place overall ... named team track MVP at the annual banquet.

**2008-09:** Duke's third runner, finishing 26th overall at the ACC Cross Country Championships ... the Devils' fourth runner and 31st overall at the Roy Griak Invitational, clocking 22:14.2 ... redshirted the track seasons.

**2007-08:** Earned All-ACC honors with a 12th-place finish at the ACC Cross Country Championships ... earned her second all-region accolades with a 16th-place finish at the NCAA Southeast Regionals ... placed 67th at the NCAA Championships ... redshirted both track & field seasons.

**2006-07:** Finished 18th at the NCAA Southeast Regional and was a scorer at the NCAA Championships ... indoors, won the 1,000m at the Virginia Tech Opener ... ran the opening leg on the indoor DMR that set the NO. 2 all-time Duke record ... squad also captured the ACC title and competed at the NCAA Indoor Championships ... outdoors, won the 1,500m at the UNC Invite ... earned All-ACC honors with a third-place finish in the 1,500m at the conference championships with a time of 4:25.78 ... ran on the school record-setting 4x800m team at the Penn Relays with a 2:07.8 split ... led off the 4x1,500m relay with a 4:23 split at the Penn Relays that was good for the second-fastest mark in Duke history ... led off the DMR at the Penn Relays that set the third-best school mark ... named team Most Valuable Freshman for cross country, indoor and outdoor track at the annual banquet.

**Personal:** Majoring in Cultural Anthropology.

**Personal Records & Duke Career Performance List:**

Outdoor 800m		
2:09.77	Duke Invitational (9th)	Apr. 3, 2010
2:11.57	Wake Forest Open (9th)	Mar. 23, 2007
2:12.88	ECAC Championships (14th)	May 12, 2007
2:13.73	Duke Invitational (11th)	Apr. 7, 2007
2:14.09	Georgia Tech Invite (31st)	May 16, 2010
2:14.55	UNC Invitational (3rd)	Mar. 31, 2007

Outdoor 1,500m		
4:19.23	NCAA First Round (10th-Finals)	May 29, 2010
4:23.21	Duke Twilight (9th)	May 9, 2010
4:24.42	NCAA First Round (18th-Prelims)	May 27, 2010
4:25.78	ACC Championships (3rd)	Apr. 21, 2007
4:27.15	UNC Invitational (1st)	Mar. 30, 2007
4:28.65	NCAA Championships (22nd-Semis)	June 10, 2010
4:31.10	ACC Championships (6th)	Apr. 20, 2007
4:31.80	NCAA East Regional (22nd)	May 25, 2007
4:32.07	ACC Championships (3rd-Prelims)	Apr. 16, 2010
4:33.14	ACC Championships (3rd-Finals)	Apr. 17, 2010

Outdoor 4x400m Relay		
3:55.96	Duke Invitational (7th)	Apr. 7, 2007

Outdoor 4x800m Relay		
8:41.96	Penn Relays (9th)	Apr. 28, 2007
8:54.88	ECAC Championships (3rd)	May 13, 2007

Outdoor 4x1,500m Relay		
17:48.30	Penn Relays (5th)	Apr. 27, 2007
18:03.65	Penn Relays (6th)	Apr. 23, 2010

Outdoor DMR		
11:14.13	Penn Relays (5th)	Apr. 22, 2010
11:16.84	Penn Relays (4th)	Apr. 26, 2007

# Esther Vermeer

**Junior • Middle Distance**  
**Grimby, Ontario (Smithville District Christian)**

**Honors:** Indoor All-East (1,000m - 2009) ... Outdoor All-East (800m - 2009) ... Outdoor Team Freshman of the Year (2009).

**2009-10:** Covered 5K in 17:56.74 at the Blue Ridge Open for her best showing of the cross country season ... did not compete during the indoor season ... outdoors, specialized in both the 800m and 1,500m ... set a personal best with a 2:07.66 800m at the Georgia Tech Invite ... won the Duke Invitational 1,500m in 4:28.92 ... finished eighth in the same event at the ACC Championships, clocking 4:33.84 ... won the Duke Twilight in 4:23.21 ... qualified for the NCAA First Round, where she ran 4:28.93 to place 33rd.

**2008-09:** Made her cross country and Duke debut at the Penn State Invitational, where she was the team's eighth runner and 74th overall of 300 competitors with a 6K time of 22:13 ... took 67th at the ACC Championships, running the 6K in 22:48.1 ... scored for the Blue Devils with her fifth-place team finish and placed 10th overall with a 5K time of 18:35 at the Wolfpack Invitational ... fourth on the squad and 50th overall at the ECAC Cross Country Championships with a 5K time of 19:14 ... earned All-East honors with her third-place 1000m time of 2:51.52 at the ECAC Championships ... ran the second leg of the 4x800m relay that took fifth in 9:14.78 at the Armory ... took 14th at indoor ACCs in the mile in 5:05.75 ... continued with a strong outdoor season that resulted in a trip to the NCAA East Regional ... qualified for the meet in the 800m with a 2:08.95 to take second at the UNC Elite, which was Duke's second-best time of the season ... at the regional meet the freshman took 23rd in the prelims with her time of 2:15.15 ... earned All-East honors outdoors in the 800m with a seventh place time of 2:14.51 at the ECAC Championships ... placed eighth in the 1500m at ACCs in 4:33.84 ... led off the 4x1500m relay team that took fifth at the historic Penn Relays in 18:36.96.

**Personal:** Majoring in Biology.

**Personal Records & Duke Career Performance List:**

Cross Country 5K		
17:56.74	Blue Ridge Open (7th)	Oct. 16, 2009
18:05.4	Wisconsin Invitational (44th)	Oct. 3, 2009
18:35	Wolfpack Invitational (10th)	Nov. 8, 2008
18:39.49	Murray Keatinge Invitational (22nd)	Oct. 4, 2008
19:14	ECAC Championships (50th)	Nov. 22, 2008

Cross Country 6K		
22:13	Penn State Invitational (74th)	Oct. 17, 2008
22:48.1	ACC Championships (67th)	Nov. 1, 2008

Indoor 1,000m		
2:51.52	ECAC Championships (3rd-Finals)	Mar. 8, 2009

2:52.78	ECAC Championships (6th-Prelims)	Mar. 7, 2009
2:54.59	VT Challenge (2nd)	Feb. 20, 2009
2:56.53	Armory Collegiate (13th)	Feb. 6, 2009

Indoor Mile		
5:05.75	ACC Championships (14th)	Feb. 27, 2009

Indoor 4x800m		
9:14.78	Armory Collegiate (5th)	Feb. 7, 2009

Indoor DMR		
12:14.59	Tar Heel Invitational (3rd)	Jan. 10, 2009

Outdoor 800m		
2:07.66	Georgia Tech Invite (10th)	May 16, 2010
2:08.46	ACC Championships (6th-Prelims)	Apr. 16, 2010
2:08.95	UNC Elite (2nd)	May 8, 2009
2:09.72	Duke Invitational (8th)	Apr. 3, 2010
2:09.81	Raleigh Relays (2nd)	Mar. 26, 2010
2:10.54	ECAC Championships (12th-Prelims)	May 16, 2009
2:12.44	Duke Invitational (9th)	Apr. 4, 2009
2:12.48	Duke Twilight (6th)	May 3, 2009
2:14.51	ECAC Championships (7th-Finals)	May 17, 2009
2:15.15	NCAA East Regional (23rd-Prelims)	May 29, 2009

Outdoor 1,500m		
4:23.21	Duke Twilight (1st)	May 9, 2010
4:28.92	Duke Invitational (1st)	Apr. 3, 2010
4:28.93	NCAA First Round (33rd-Prelims)	May 27, 2010
4:31.83	Wake Forest Open (3rd)	Mar. 20, 2010
4:32.90	Duke Invitational (10th)	Apr. 3, 2009
4:33.84	ACC Championships (8th)	Apr. 18, 2009
4:36.09	ACC Championships (9th-Prelims)	Apr. 17, 2009
4:36.29	Wake Forest Open (7th)	Mar. 21, 2009

Outdoor 4x400m		
3:52.76	Wake Forest Open (6th)	Mar. 21, 2009

Outdoor 4x800m		
8:33.37*	Penn Relays (4th)	Apr. 24, 2010
8:50.95	Penn Relays (2nd)	Apr. 25, 2009

Outdoor 4x1,500m Relay		
18:36.96	Penn Relays (6th)	Apr. 23, 2009

Outdoor DMR		
11:14.13	Penn Relays (5th)	Apr. 22, 2010

# Brianna Welch

**Freshman • Distance**  
**Glen Head, N.Y. (North Shore)**

**Prior to Duke:** Two-time All-America for the indoor 800m ... in 2007, finished third in the 800m at the Outdoor Statement ... ten-time all-state in cross country, indoor and outdoor track ... named North Shore High School Athlete of the Year as a senior ... finished second in the Class B cross country state meet in 2008 ... sixteen-time All-Nassau County honoree ... member of the National Honor Society ... AP Scholar with honors.

**Personal:** Daughter of Donna Jean and Robert Welch ... born March 21, 1992 ... has one brother, Dylan, and two sisters, Alexandria and Cailey ... mother ran track at Houston (1985), Arizona State (1986-88) and Hunter College (1988-89) ... father played basketball at Morrisville State College and Hunter College.

**Personal Records:**

Cross Country 5K		
18:07		High School

Indoor 1,000m		
2:53.02		High School

Indoor Mile		
4:57.20		High School

Indoor 3,000m		
10:01.70		High School

Outdoor 800m		
2:09.67		High School

ATHLETE BIOS



# Brittany Whitehead

## Junior • Sprints

Cherry Hill, N.J. (Cherry Hill West)

**Honors:** Indoor All-East (DMR - 2009).

**2009-10:** Indoors, was a member of the 4x400m team that clocked 3:49.23 at the VT Challenge for the No. 3 all-time mark at Duke ... outdoors, placed 26th in 200m at the Wake Forest Open, clocking a season-best 25.65 ... finished third in the same event at the Duke Twilight, running 25.70 ... finished fourth at the Duke Invitational in the 400m with a 57.06 performance ... clocked 57.53 at the ACC Championships.

**2008-09:** As only a freshman she broke into the Duke record book in seven events on the year, three individually and four as a member of a relay ... second all-time indoor 400m time of 57.12 ran at the ACC Indoor Championships was good for 15th place in the conference ... third all-time outdoor 200m time of 25.55 placed her sixth at the Duke Twilight ... third all-time outdoor 400m time of 56.51 was good for third at the Duke Twilight ... ran second leg of Duke's second all-time indoor 4x400m that clocked 3:48.33 to take third at the Terrier Classic ... member of third all-time outdoor 4x400m that clocked 3:46.44 ... third leg of fifth all-time indoor 4x400m that clocked 3:50.46 ... third leg of fifth all-time outdoor 4x100m that clocked a 48.31.

**Prior to Duke:** three-time team MVP and South Jersey all-star ... set five school records.

**Personal:** Majoring in Psychology.

### Personal Records & Duke Career Performance List:

Indoor 400m		
57.12	ACC Championships (15th)	Feb. 27, 2009
57.77	Terrier Classic (9th)	Jan. 23, 2009

Indoor 4x400m Relay		
3:48.23	Terrier Classic (3rd)	Jan. 23, 2009
3:49.23	Virginia Tech Classic (4th)	Feb. 20, 2010
3:50.46	ACC Championships (11th)	Feb. 28, 2009
3:58.78	Tar Heel Invitational (3rd)	Jan. 10, 2009

Indoor DMR		
11:37.57	ACC Championships (2nd)	Feb. 26, 2010
11:39.90	ECAC Championships (1st-Finals)	Mar. 8, 2009
12:14.59	Tar Heel Invitational (3rd)	Jan. 10, 2009

Outdoor 200m		
25.55	Duke Twilight (6th)	May 3, 2009
25.65	Wake Forest Open (26th)	Mar. 20, 2010
25.70	Duke Twilight (3rd)	May 9, 2010
26.15	Duke Invitational (33rd)	Apr. 3, 2010

Outdoor 400m		
56.51	Duke Twilight (3rd)	May 3, 2009
57.00	Raleigh Relays (17th)	Mar. 27, 2009
57.06	Duke Invitational (4th)	Apr. 3, 2010
57.53	ACC Championships (16th-Prelims)	Apr. 16, 2010
57.92	Duke Twilight (5th)	May 9, 2010

Outdoor 4x100m Relay		
48.31	ACC Championships (9th)	Apr. 18, 2009
48.85	Duke Invitational (5th)	Apr. 4, 2009
48.95	Wake Forest Open (9th)	Mar. 21, 2009
49.38	Raleigh Relays (21st)	Mar. 28, 2009
51.21	Raleigh Relays (29th)	Mar. 27, 2010

Outdoor DMR		
11:28.14	Penn Relays (6th)	Apr. 23, 2009

# Sophia Ziemian

## Sophomore • Distance

Lewisburg, Pa. (Lewisburg Area)

**Honors:** Outdoor All-East (10,000m - 2010).

**2009-10:** During the fall, placed 23rd at the ACC Cross Country Championships, covering 6K in 21:14.4 ... finished 146th at the NCAA Championships in 21:36.7 ... indoors, ran 9:58.37 for 3,000m to finish eighth at the Hokie Invite ... placed fifth in the 5,000m at the ACC Championships, clocking 16:48.43 ... outdoors, earned All-East honors in the 10,000m with a third place finish at the ECAC Championships in 35:59.26 ... finished 14th in the same event at the ACC Championships with a 37:06.70 performance.

**Prior to Duke:** Lettered four years in both cross country and track & field ... 2008 Pennsylvania Gatorade Cross Country Runner of the Year ... 2008 PIAA state

cross country champion ... 2008 PTFCA Cross Country Runner of the Year ... 2008 first-team all-state in cross country ... 2008 and 2009 PIAA state champion in the 4x800m ... finished in fourth place at the 2008 Nike Outdoor Nationals in the 5,000m ... National Honor Society and Spanish Honor Society member.

**Personal:** Daughter of Constance and Ron Ziemian ... born June 9, 1991 ... has a younger sister, Marina ... both parents ran track and cross country at Cornell University from 1980-1984) ... undecided on major.

### Personal Records & Duke Career Performance List:

Cross Country 5K		
17:39.8	Wisconsin Invitational (21st)	Oct. 3, 2009

Cross Country 6K		
21:14.4	ACC Championships (23rd)	Oct. 31, 2009
21:36.7	NCAA Championships (146th)	Nov. 23, 2009

Indoor 3,000m		
9:58.37	Hokie Invite (8th)	Jan. 22, 2010

Indoor 5,000m		
16:48.43	ACC Championships (5th)	Feb. 26, 2010

Outdoor 10,000m		
35:59.26	ECAC Championships (3rd)	May 14, 2010
37:06.70	ACC Championships (14th)	Apr. 16, 2010

# 2009 MEN'S CROSS COUNTRY RESULTS

## Sept. 1 - N.C. Central Dual Meet

Duke University  
Durham, N.C. - 4,000m  
1st/2 teams - 15 points

11:56	Mike Moverman (1st)
11:57	Jonathan Sanchez (2nd)
11:58	Dominick Robinson (3rd)
12:06	Guillermo Echarte (4th)
12:12	Jonathan Chu (5th)
12:23	Dan Schuchinsky (6th)
12:29	Brendon Pierson (7th)

## Sept. 12 – James Madison Invitational

James Madison University  
Harrisonburg, Va. - 7,900m  
85 finishers - 1st/10 teams - 23 points

24:20.6	Bo Waggoner (2nd)
24:40.1	Josh Brewer (3rd)
24:42.4	James Osborne (4th)
24:47.9	James Kostelnik (6th)
24:55.6	Cory Nanni (8th)
24:59.1	Andrew Brodeur (9th)
24:59.9	Jonathan Sanchez (10th)
25:05.0	Mike Moverman (12th)
25:07.4	Dominick Robinson (13th)
25:15.7	Josh Lund (14th)
25:31.7	Stephen Clark (15th)
25:51.6	Ken Sullivan (21st)
25:59.3	Guillermo Echarte (25th)
26:10.3	Johns Ross (28th)
26:27.9	Isaac Dunkelberger (36th)
26:43.3	Brendon Pierson (43rd)
26:49.7	Jonathan Chu (47th)
27:05.9	Dan Schuchinsky (50th)

## Sept. 26 – Roy Griak Invitational

University of Minnesota, Minneapolis, Minn.  
8,000m - 167 finishers  
3rd/18 teams - 94 points

24:53.3	Bo Waggoner (3rd)
25:08.4	Cory Nanni (13th)
25:22.0	James Kostelnik (24th)
25:24.7	Josh Brewer (26th)
25:27.0	James Osborne (28th)
25:27.8	Stephen Clark (29th)
25:33.0	Andrew Brodeur (33rd)
25:43.1	Dominick Robinson (36th)
26:51.7	Jonathan Sanchez (99th)

## Oct. 2 – Great American XCFestival

WakeMed Park, Cary, N.C.  
8,000m - 125 finishers  
1st/13 teams - 41 points

24:17	Joshua Lund (3rd)
24:39	Mike Moverman (5th)
25:01\$	Will Smith (11th)
25:01\$	Ken Sullivan (12th)
25:12\$	Guillermo Echarte (16th)
25:26\$	Isaac Dunkelberger (28th)
25:30\$	Brendon Pierson (31st)
26:05	Ryan McDermott (43rd)
26:57\$	Jonathan Chu (66th)

## Oct. 16 – Panorama Farms Invitational

University of Virginia  
Charlottesville, Va. - 8,000m  
104 finishers - 4th/10 teams - 109 points

24:06.10	Bo Waggoner (12th)
24:09.39	Cory Nanni (16th)
24:23.06	Joshua Lund (22nd)
24:28.67	James Osborne (26th)
24:49.45	Stephen Clark (38th)
24:50.53	Dominick Robinson (39th)
24:55.85	James Kostelnik (46th)
25:04.12	Mike Moverman (49th)
25:11.99	Andrew Brodeur (55th)
25:16.81	Ken Sullivan (56th)

25:23.77	Will Smith (58th)
25:26.45	Jonathan Sanchez (60th)
25:35.91	Guillermo Echarte (70th)
25:37.82	Ryan McDermott (73rd)
25:52.17	Isaac Dunkelberger (82nd)
26:23.95	Brendon Pierson (93rd)
27:04.99	Jonathan Chu (101st)

## Oct. 31 – ACC Championships

NC State University  
Cary, N.C. - 8,000m  
109 finishers - 4th/12 teams - 74 points

23:34.04\$	Bo Waggoner (6th All-ACC)
23:47.27\$	Cory Nanni (14th All-ACC)
24:08.49\$	James Osborne (16th)
24:11.58\$	Joshua Lund (18th)
24:16.01\$	Stephen Clark (20th)
24:18.77\$	James Kostelnik (24th)
24:22.90\$	Andrew Brodeur (26th)
24:32.00\$	Josh Brewer (30th)
24:46.06\$	Dominick Robinson (36th)
24:46.70	Mike Moverman (37th)

## Nov. 1 – Reebok Pack Invitational

North Carolina State University  
Cary, N.C. - 5,000m  
18 finishers - 1st/2 teams - 15 points

15:25	Ken Sullivan (3rd)
15:27	Ryan McDermott (4th)
15:35	Will Smith (5th)
15:43	Guillermo Echarte (6th)
15:46	Jonathan Sanchez (7th)
15:55	Isaac Dunkelberger (9th)
16:06	Brendon Pierson (10th)
16:19	Jonathan Chu (11th)

## Nov. 14 – NCAA Southeast Region

University of Louisville  
Louisville, Ky. - 10,000m  
231 finishers - 4th/35 teams - 131 points

30:30.12\$	Bo Waggoner (13th All-Region)
31:06.79	Josh Brewer (26th)
31:11.13\$	Joshua Lund (27th)
31:11.59\$	James Osborne (28th)
31:29.40	James Kostelnik (37th)
31:30.34\$	Stephen Clark (39th)
33:37.81	Cory Nanni (138th)

## Nov. 21 – IC4A Championships

Fordham University  
Bronx, N.Y. - 8,000m  
123 finishers - 1st/13 teams - 41 points

25:28.4	Andrew Brodeur (3rd All-Eas)
25:29.3	Ken Sullivan (4th All-East)
25:35.5	Ryan McDermott (8th All-East)
25:46.4	Mike Moverman (11th All-East)
25:53.9	Dominick Robinson (15th All-East)
26:11.5	Jonathan Sanchez (26th)
26:13.6	Will Smith (28th)
26:42.3	Isaac Dunkelberger (59th)
26:53.2	Brendon Pierson (68th)
26:58.7	Guillermo Echarte (76th)

## Nov. 23 – NCAA Championships

Indiana State University - Terre Haute, Ind.  
10,000m - t-28th/31 teams - 605 points 31:03.7\$  
Josh Brewer (112th)

31:21.6\$	James Kostelnik (148th)
31:25.2	Joshua Lund (157th)
31:27.2	James Osborne (160th)
31:43.0	Stephen Clark (184th)
31:52.6	Bo Waggoner (192nd)

\$ Denotes Personal Record

## Season Summary

Overall Record  
98-38-1

NATIONAL HONORS  
USTFCCCA All-Academic Bo Waggoner  
Team Award

REGIONAL HONORS  
All-Southeast Bo Waggoner

All-East Andrew Brodeur  
Ryan McDermott  
Mike Moverman  
Dominick Robinson  
Ken Sullivan

ACC HONORS  
All-ACC Cory Nanni  
Bo Waggoner

ACC Performer of the Week Bo Waggoner  
(Sept. 14 & Sept. 28)

All-ACC Academic James Kostelnik  
Joshua Lund  
James Osborne  
Bo Waggoner

TEAM AWARDS  
Most Valuable Performer Bo Waggoner  
Freshman of the Year Mike Moverman

# 2009 WOMEN'S CROSS COUNTRY RESULTS

## Sept. 1 - N.C. Central Dual

Duke University, Durham, N.C.

6,000m - 1st/2 teams - 22 points

16:02	Virginia Hine (t-2nd)
16:02	Kristina Krasich (t-2nd)
16:02	Amanda Truelove (t-2nd)
16:02	Sophia Ziemian (t-2nd)
17:22	Katie Apibunyopas (8th)

## Sept. 12 – James Madison Invitational

James Madison University, Harrisonburg, Va.

5,100m - 119 finishers - 1st/10 teams - 18 points

18:09.50	Emily Schwitzer (1st)
18:12.50	Carly Seymour (2nd)
18:41.90	Suejin Ahn (4th)
18:48.00	Sophia Ziemian (5th)
18:51.20	Mary Carleton Johnston (6th)
19:00.20	Madeline Morgan (8th)
19:08.60	Esther Vermeer (9th)
19:19.20	Katelyn Bastert (10th)
19:21.80	Kristina Krasich (12th)
19:43.20	Leslie Morrison (16th)
19:44.80	Shelley Forbes (17th)
20:38.20	Priya Khatri (30th)
21:42.80	Devotia Moore (58th)

## Oct. 3 – Hagan Stone XC Classic

Hagan Stone Park, Greensboro, N.C.

5,000m - 99 finishers - 1st/6 teams - 19 points

18:00.3	Anna Farias-Eisner (3rd)
18:12.3	Emily Sherrard (6th)
18:25.2	Priya Khatri (7th)
18:31.4	Shelley Forbes (8th)
18:45.9	Leslie Morrison (9th)
18:56.3	Amanda Truelove (12th)
19:52.7	Devotia Moore (28th)

## Oct. 3 – Wisconsin adidas Invite

University of Wisconsin, Madison, Wis.

5,000m - 123 finishers - 1st/13 teams - 78 points

17:08.3	Carly Seymour (3rd)
17:35.6	Suejin Ahn (13th)
17:38.8	Madeline Morgan (19th)
17:39.8	Sophia Ziemian (21st)
17:39.8	Mary Carleton Johnston (22nd)
17:44.8	Emily Schwitzer (25th)
18:05.4	Esther Vermeer (44th)
18:18.6	Kristina Krasich (64th)
18:41.4	Katelyn Bastert (81st)

## Oct. 16 – Blue Ridge Open Cross Country Meet

Appalachian State University, Boone, N.C.

5,000m Gold Race - 133 finishers

1st/15 teams - 18 points

17:18.07	Carly Seymour (1st)
17:35.57	Mary Carleton Johnston (3rd)
17:50.01	Emily Schwitzer (5th)
17:55.40	Madeline Morgan (6th)
17:56.74	Esther Vermeer (7th)
18:31.75	Kristina Krasich (17th)
18:36.58	Anna Farias-Eisner (19th)
18:44.90	Virginia Hine (22nd)
19:00.36	Emily Sherrard (26th)
19:05.73	Leslie Morrison (33rd)
19:13.65	Shelley Forbes (39th)
19:31.66	Priya Khatri (55th)

## Oct. 16 – Blue Ridge Open Cross Country Meet

Appalachian State University, Boone, N.C.

5,000m Open Race - 79 finishers

No Team Score

19:41.48	Devotia Moore (2nd)
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## Oct. 31 – ACC Championships

North Carolina State University, Cary, N.C.

6,000m - 109 finishers - 2nd/12 teams

71 points	
20:14.8\$	Carly Seymour (5th All-ACC)
20:34.6	Juliet Bottorff (10th All-ACC)
20:35.7	Kate Van Buskirk (12th All-ACC)
21:09.7\$	Mary Carleton Johnston (21st)
21:14.4	Sophia Ziemian (23rd)
21:16.3	Kayla Hale (25th)
21:23.8	Emily Schwitzer (28th)
21:24.9	Suejin Ahn (29th)
21:57.7&	Esther Vermeer (45th)

## Nov. 1 – Reebok Pack Invitational

North Carolina State University, Cary, N.C.

5,000m - 17 finishers - 1st - 15 points

17:55\$	Kristina Krasich (1st)
18:05	Anna Farias-Eisner (2nd)
18:12\$	Amanda Truelove (3rd)
18:31	Shelley Forbes (4th)
18:50	Leslie Morrison (6th)
18:57	Priya Khatri (7th)
19:12	Devotia Moore (9th)

## Nov. 14 – NCAA Southeast Region

University of Louisville, Louisville, Ky.

6,000m - 237 finishers - 1st/35 teams - 69 points

20:28.85	Carly Seymour (5th All-Region)
20:34.20\$	Kate Van Buskirk (6th All-Region)
20:43.52	Juliet Bottorff (10th All-Region)
21:20.81	Kayla Hale (21st All-Region)
21:28.53	Madeline Morgan (27th)
21:30.57	Suejin Ahn (28th)
21:40.95	Emily Schwitzer (38th)

## Nov. 23 – NCAA Championships

Indiana State University - Terre Haute, Ind.

6,000m - 8th/31 teams - 272 points

20:37.5	Carly Seymour (29th All-America)
20:57.3	Kate Van Buskirk (52nd)
21:01.5	Juliet Bottorff (59th)
21:13.2	Kayla Hale (90th)
21:16.2	Mary Carleton Johnston (97th)
21:25.7	Suejin Ahn (118th)
21:36.7	Sophia Ziemian (146th)

\$ Denotes Personal Record

## Season Summary

Overall Record 108-8

### NATIONAL HONORS

All-America Carly Seymour

USTFCCCA All-Academic Juliet Bottorff

Kayla Hale

Team Award

### REGIONAL HONORS

All-Southeast Juliet Bottorff

Kayla Hale

Carly Seymour

Kate Van Buskirk

### Southeast Region Coach of the Year

Kevin Jermyn

### ACC HONORS

All-ACC Juliet Bottorff

Carly Seymour

Kate Van Buskirk

ACC Freshman of the Year Juliet Bottorff

ACC Performer of the Week Carly Seymour

(Oct. 5)

Emily Schwitzer

(Sept. 14)

All-ACC Academic Juliet Bottorff

Mary Carleton Johnston

Madeline Morgan

Emily Schwitzer

### TEAM AWARDS

Most Valuable Performer Carly Seymour

Freshman of the Year Juliet Bottorff



# 2010 MEN'S INDOOR TRACK & FIELD RESULTS

\* denotes Duke Record; ^ denotes IC4A qualifying time; # denotes NCAA Automatic qualifying time; ~ denotes NCAA Provisional qualifying time; + - 200m Flat Track; Note: All qualifying standards are for a banked and/or oversize track

## 60-Meters

7.17	Buzz Moorman (20-Prelims)	VT Challenge
7.20	Buzz Moorman (3rd-Hep.)	Carolina Classic
7.21	Curtis Beach (t-4th-Hep.)	ACC Championships
7.21	Buzz Moorman (t-4th-Hep.)	ACC Championships
7.22	Curtis Beach (4th-Hep.)	Carolina Classic
7.23	Buzz Moorman (25th-Prelims)	Hokie Invite
7.29	Curtis Beach (30th-Pre)	Hokie Invite
7.30	Anthony Saint-Jean (31st-Prelims)	Hokie Invite
7.31	Curtis Beach (14-Hep.)	NCAA Championships
7.32	Anthony Saint-Jean (25th-Prelims)	VT Challenge
7.35	Anthony Saint-Jean (36th-Prelims)	Carolina Classic

## 60-Meter Hurdles

8.39	Curtis Beach (8th)	Armory Collegiate
8.49	Curtis Beach (12th)	Hokie Invite
8.56	Curtis Beach (13-Hep.)	NCAA Championships
8.58	Curtis Beach (5th-Hep.)	ACC Championships
8.83	Buzz Moorman (8th-Hep.)	ACC Championships
8.87	Buzz Moorman (22nd)	Hokie Invite
8.90	Mario Moreno (20th)	VT Challenge

## 200-Meter Dash

23.42	Anthony Saint-Jean (30th)	VT Challenge
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## 300-Meter Dash

36.79	Anthony Saint-Jean (16th)	Hokie Invite
37.36	Marcus Wright (17th)	Hokie Invite
37.92	Anthony Saint-Jean (25th)	Carolina Classic

## 400-Meter Dash

50.79	Caleb Duncanson (31st)	VT Classic
51.00	Caleb Duncanson (25th-Prelims)	ACC Championships
51.67	Michael Stanley (33rd)	VT Classic

## 500-Meter Dash

1:05.80	Chris Rowland (7th)	Armory Collegiate
1:06.18	Matt Marriott (10th)	Armory Collegiate
1:07.36	Caleb Duncanson (27th)	Armory Collegiate
1:08.60	Mario Moreno (33rd)	Armory Collegiate
1:10.52	Mario Moreno (17th)	Carolina Classic

## 600-Meter Run

1:21.88	Matt Marriott (8th)	Hokie Invite
1:22.40	Matt Marriott (10th)	VT Challenge
1:23.96	Drew Hickey (18th)	Hokie Invite
1:28.66	Michael Stanley (28th)	Hokie Invite

## 800-Meter Run

1:50.90^*	Sean-Pat Oswald (3rd)	VT Challenge
1:52.07^	Chris Rowland (9th-Pre)	ACC Championships
1:52.13^	Sean-Pat Oswald (3rd-Prelims)	ACC Championships
1:52.24^	Sean-Pat Oswald (3rd-Finals)	ACC Championships
1:52.33^	Chris Rowland (13th)	IC4A Championships
1:52.48^	Sean-Pat Oswald (3rd)	Hokie Invite
1:52.60^	Chris Rowland (6th)	VT Challenge
1:54.05^	Chris Rowland (5th)	Hokie Invite
1:54.71^	Stephen Clark (18th-Prelims)	ACC Championships
1:55.76	Brendon Pierson (25th-Prelims)	ACC Championships
1:56.27	Drew Hickey (28th-Prelims)	ACC Championships
1:57.19	Drew Hickey (24th)	Armory Collegiate
1:57.02	Drew Hickey (19th)	VT Challenge
1:58.15	Drew Hickey (12th)	Hokie Invite
1:59.10	Matt Marriott (43rd)	Armory Collegiate
2:01.07	Daniel Schuchinsky (49th)	Armory Collegiate

## 1,000-Meter Run

2:27.88^	Curtis Beach (1st-Hep.)	NCAA Championships
2:28.55^	Stephen Clark (9th)	VT Challenge
2:29.52^	Brendon Pierson (13th)	VT Challenge
2:30.10	Brendon Pierson (19th)	IC4A Championships
2:30.13	Brendon Pierson (16th)	Armory Collegiate
2:31.41	Guillermo Echarte (15th)	VT Challenge
2:34.00	Will Leister (25th)	VT Challenge
2:34.22	Jonathan Sanchez (26th)	VT Challenge
2:34.34	Brendon Pierson (4th)	Carolina Classic
2:41.15	Curtis Beach (4th-Hep.)	ACC Championships
2:42.05	Buzz Moorman (5th-Hep.)	ACC Championships

## 1-Mile Run

4:05.17^	Cory Nanni (2nd)	VT Challenge
4:05.68^	Ryan McDermott (4th)	VT Challenge
4:05.90^	Cory Nanni (6th)	Armory Collegiate
4:06.13^	Joshua Lund (7th-Prelims)	IC4A Championships
4:06.84^	Bo Waggoner (6th)	VT Challenge
4:07.34^	Cory Nanni (19th)	Alex Wilson Invitational
4:07.92^	Ryan McDermott (2nd)	Hokie Invite
4:09.69^	Joshua Lund (4th)	Hokie Invite
4:09.88^	Joshua Lund (7th)	VT Challenge
4:09.91^	Joshua Lund (2nd-Finals)	IC4A Championships
4:10.63^	Cory Nanni (3rd-Finals)	ACC Championships
4:14.51^	Mike Moverman (16th-Prelims)	ACC Championships
4:14.96	Cory Nanni (3rd-Pre)	ACC Championships
4:16.17	Ken Sullivan (20th)	Armory Collegiate
4:18.00	Ken Sullivan (20th-Prelims)	ACC Championships
4:20.24	Mike Moverman (18th)	Hokie Invite
4:24.55	Guillermo Echarte (23rd-Prelims)	ACC Championships
4:25.33	Brendon Pierson (27th)	Hokie Invite
4:25.66	Guillermo Echarte (5th)	Carolina Classic
4:25.94	Jonathan Sanchez (24th-Prelims)	ACC Championships
4:26.62	Jonathan Sanchez (6th)	Carolina Classic
4:33.00	Will Leister (15th)	Carolina Classic

## 3,000-Meter Run

8:14.67^	James Kostelnik (5th)	IC4A Championships
8:14.88^	James Kostelnik (7th)	ACC Championships
8:17.17^	Bo Waggoner (1st)	Hokie Invite
8:17.76^	Josh Lund (4th)	Armory Collegiate
8:17.85^	Josh Lund (8th)	ACC Championships
8:18.65^	Bo Waggoner (9th)	ACC Championships
8:19.27^	James Kostelnik (2nd)	Hokie Invite
8:21.28^	Ryan McDermott (9th)	Armory Collegiate
8:27.31	Ryan McDermott (17th)	ACC Championships
8:27.61	Ken Sullivan (10th)	VT Challenge
8:27.88	Will Smith (19th)	ACC's
8:31.48	Will Smith (10th)	Armory Collegiate
8:35.68	Mike Moverman (13th)	VT Challenge
8:36.37	Will Smith (13th)	Hokie Invite
8:38.62	Josh Brewer (21st)	Armory Collegiate
8:41.87	Andrew Brodeur (35th)	ACC Championships
8:49.91	Jonathan Chu (19th)	VT Challenge

## 5,000-Meter Run

14:16.37^	Bo Waggoner (1st)	Armory Collegiate
14:24.10^	Andrew Brodeur (4th)	Armory Collegiate
14:25.38^	James Kostelnik (6th)	Armory Collegiate
14:29.64^	Bo Waggoner (3rd)	ACC Championships
14:44.08^	James Osborne (9th)	ACC Championships
14:44.76^	James Osborne (12th)	Armory Collegiate
14:52.37	Andrew Brodeur (11th)	ACC Championships
14:58.61	James Kostelnik (15th)	ACC Championships
15:10.03	Ken Sullivan (5th)	Hokie Invite
15:11.39	Josh Brewer (18th)	ACC Championships
15:17.18	Isaac Dunkelberger (4th)	VT Challenge

## 4x400-Meter Relay

3:19.64^	(11th)	ACC Championships
Cable Duncanson, Sean-Pat Oswald, Chris Rowland, Matt Marriott		
3:22.69	(10th)	VT Challenge
Michael Stanley, Caleb Duncanson, Mario Moreno, Matt Marriott		

## 4x800-Meter Relay

7:26.94^*	(1st)	Armory Collegiate
Sean-Pat Oswald, Stephen Clark, Chris Rowland, Curtis Beach		
7:33.87^	(2nd)	Hokie Invite
Sean-Pat Oswald, Stephen Clark, Chris Rowland, Cory Nanni		

## DMR

9:34.39^~	(6th)	Alex Wilson Invitational
Cory Nanni, Matt Marriott, Sean-Pat Oswald, Ryan McDermott		
9:45.30^	(1st)	Armory Collegiate
Cory Nanni, Curtis Beach, Sean-Pat Oswald, Ryan McDermott		
9:49.14^	(2nd)	ACC Championships
Josh Lund, Matt Marriott, Cory Nanni, Ryan McDermott		
10:03.13		IC4A Championships
Ken Sullivan, Chris Rowland, Josh Lund, Mike Moverman		

2009-10 RESULTS

10:02.22^	(3rd)	Hokie Invite
Cory Nanni, Chris Rowland, Josh Lund, Will Smith		
10:02.87^	(4th)	Hokie Invite
Ryan McDermott, Matt Marriott, Brendon Pierson, Andrew Brodeur		
10:18.48^	(7th)	Hokie Invite
Stephen Clark, Drew Hickey, Sean-Pat Oswald, Mike Moverman		

High Jump

6-08.75^	Curtis Beach (1st-Hep.)	ACC Championships
6-08.25^	Michael Kotecki (t-5th)	Armory Collegiate
6-06.25	Curtis Beach (t-10th)	Armory Collegiate
6-06.25	Michael Kotecki (t-9th)	IC4A Championships
6-06.25	Michael Kotecki (t-7th)	ACC Championships
6-06.25	Michael Kotecki (12th)	Hokie Invite
6-06.00	Michael Kotecki (4th)	UNC Invite
6-04.00	Curtis Beach (t-7th-Hep.)	NCAA Championships
6-01.50	Buzz Moorman (t-7th-Hep.)	ACC Championships
6-00.00	Curtis Beach (3rd-Hep.)	Carolina Classic
6-00.00	Buzz Moorman (3rd-Hep.)	Carolina Classic

Long Jump

23-08.25^	Curtis Beach (1st-Hep.)	ACC Championships
23-06.00^	Curtis Beach (1st-Hep.)	Carolina Classic
23-01.25^	Curtis Beach (9th-Hep.)	NCAA Championships
21-07.50	Buzz Moorman (32nd)	Armory Collegiate
21-06.75	Buzz Moorman (6th-Hep.)	ACC Championships
21-01.50	Buzz Moorman (3rd-Hep.)	Carolina Classic

Pole Vault

16-04.75^	Tony Shirk (9th)	ACC Championships
16-02.75^	Pat Tenbrink (1st)	VT Challenge
16-01.75^	Tony Shirk (11th)	VT Final Qualifier
16-00.75^	Tony Shirk (1st)	Hokie Invite
15-11.00^	Tony Shirk (2nd)	Carolina Classic
15-09.00^	Tony Shirk (5th)	UNC Invite
15-09.00^	Tony Shirk (t-3rd)	Armory Collegiate
15-06.25	Tony Shirk (9th)	VT Challenge
15-01.00	Curtis Beach (t-3rd-Hep.)	ACC Championships
14-09.00	Curtis Beach (t-11th-Hep.)	NCAA Championships
14-07.25	Pat Tenbrink (8th)	Hokie Invite
14-05.25	Pat Tenbrink (5th)	Carolina Classic
14-05.25	Avery Berkowitz (7th)	Carolina Classic
14-03.25	Avery Berkowitz (13th)	VT Challenge
12-05.50	Buzz Moorman (7th-Hep.)	ACC Championships

Shot Put

54-01.75^	Michael Barbas (7th)	Armory Collegiate
52-08.75^	Michael Barbas (4th)	VT Challenge
52-06.75^	Michael Barbas (8th)	UNC Invite
52-04.75^	Michael Barbas (10th)	ACC Championships
51-03.50^	Michael Barbas (10th)	Hokie Invite
41-02.50	David Piccirilli (19th)	Hokie Invite
38-02.75	Curtis Beach (12th)	VT Final Qualifier
37-08.75	Curtis Beach (14th-Hep.)	NCAA Championships
37-05.75	Curtis Beach (5th-Hep.)	Carolina Classic
36-11.50	Curtis Beach (5th-Hep.)	ACC Championships
36-03.00	Curtis Beach (14th)	VT Challenge
34-02.75	Curtis Beach (25th)	Hokie Invite
33-04.00	Buzz Moorman (8th-Hep.)	ACC Championships
31-06.50	Buzz Moorman (15th)	VT Challenge
31-05.75	Buzz Moorman (9th-Hep.)	Carolina Classic

Weight Throw

48-03.25	David Piccirilli (15th)	ACC Championships
48-02.50	David Piccirilli (6th)	Carolina Classic
47-08.00	David Piccirilli (22nd)	Hokie Invite
47-05.25	Michael Barbas (23rd)	Hokie Invite
45-10.00	David Piccirilli (13th)	VT Challenge
43-11.75	Michael Barbas (9th)	Carolina Classic

Heptathlon

5,579*^~	Curtis Beach (3rd)	ACC Championships
5,533	Curtis Beach (12th)	NCAA Championships
4,901^	Buzz Moorman (7th)	ACC Championships

Season Summary

RESULTS	
ACC Championships	8th/12 (38.5)
NATIONAL HONORS	
NCAA Qualifiers	Curtis Beach (Heptathlon)
REGIONAL HONORS	
All-East	James Kostelnik (3,000m) Josh Lund (Mile)
ACC HONORS	
All-ACC	Curtis Beach (Heptathlon), Cory Nanni (Mile), Sean-Pat Oswald (800m), Bo Waggoner (5,000m)
All-ACC Academic	Curtis Beach, James Kostelnik, Michael Kotecki, Ryan McDermott, Sean-Pat Oswald, Bo Waggoner
ACC Scholar-Athlete of the Year	Bo Waggoner
TEAM AWARDS	
Most Valuable Performer	Curtis Beach
Freshman of the Year	Curtis Beach

# 2010 WOMEN'S INDOOR TRACK & FIELD RESULTS

\* denotes Duke Record; ^ denotes ECAC qualifying time; # denotes NCAA Automatic qualifying time; ~ denotes NCAA Provisional qualifying time; + - 200m Flat Track; Note: All qualifying standards are for a banked and/or oversize track

60-Meter Dash		
7.78	LaCresha Styles (18th-Prelims)	ACC Championships
7.81	LaCresha Styles (8th-Prelims)	Carolina Classic
7.85	LaCresha Styles (25th-Prelims)	Hokie Invite
7.92	LaCresha Styles (24th)	Armory Collegiate
8.05	Deirdre Anglin-Stone (23rd-Prelims)	VT Challenge
8.14	Deirdre Anglin-Stone (29th-Prelims)	Carolina Classic
8.20	Deirdre Anglin-Stone (35th-Prelims)	Hokie Invite
8.19	Kelsey Ontko (54th)	Armory Collegiate
8.23	Kelsey Ontko (36th-Prelims)	Hokie Invite

60-Meter Hurdles		
9.26	Sophia Treakle (16th)	Carolina Classic
9.27	Karolina Haraldsdottir (14th-Pen)	ACC Championships
9.30	Karolina Haraldsdottir (9th-Pen)	Carolina Classic
9.32	Sophia Treakle (22nd)	Hokie Invite
9.33	Sophia Treakle (20th)	Armory Collegiate
9.35	Karolina Haraldsdottir (22nd)	Armory Collegiate
9.37	Karolina Haraldsdottir (30th)	VT Challenge
9.41	Sophia Treakle (18th-Pre)	ACC Championships
9.49	Sophia Treakle (33rd)	Virginia Tech Classic

200-Meter Dash		
26.17	LaCresha Styles (32nd-Prelims)	ACC Championships
26.75	Kelsey Ontko (62nd)	Armory Collegiate
27.56	Deirdre Anglin-Stone (49th)	VT Challenge

300-Meter Dash		
41.38	LaCresha Styles (16th)	Hokie Invite
42.15	Kelsey Ontko (20th)	Hokie Invite
42.49	Sophia Treakle (22nd)	Hokie Invite
42.55	LaCresha Styles (12th)	Carolina Classic
45.48	Deirdre Anglin-Stone (29th)	Hokie Invite

400-Meter Dash		
57.31	Brittany Whitehead (6th)	VT Challenge

500-Meter Run		
1:19.70	Sophia Treakle (23rd)	Armory Collegiate
1:19.82	Katie Apibunyopas (25th)	Armory Collegiate

600-Meter Run		
1:31.60	Cydney Ross (2nd)	Hokie Invite
1:33.10	Devotia Moore (5th)	Hokie Invite

800-Meter Run		
2:07.22^~	Devotia Moore (2nd)	VT Challenge
2:08.33^~	Devotia Moore (3rd-Finals)	ACC Championships
2:08.81^~	Devotia Moore (9th)	Alex Wilson Invitational
2:09.31^	Cydney Ross (4th-Finals)	ACC Championships
2:09.78^	Cydney Ross (12th)	Alex Wilson Invitational
2:09.90^	Leslie Morrison	Alex Wilson Invitational
2:10.13^	Cydney Ross (5th-Prelims)	ACC Championships
2:10.90^	Cydney Ross (5th)	VT Classic
2:11.60	Leslie Morrison (3rd-Prelims)	ACC Championships
2:11.71	Devotia Moore (4th-Prelims)	ACC Championships
2:12.06	Emily Sherrard (21st)	Alex Wilson Invitational
2:13.66	Leslie Morrison (7th-Finals)	ACC Championships
2:15.43	Katie Apibunyopas (9th)	VT Challenge
2:20.06	Katie Apibunyopas (49th)	Armory Collegiate
2:22.54	Karolina Haraldsdottir (5th-Pen)	ACC Championships
2:30.08	Karolina Haraldsdottir (6th-Pen)	Carolina Classic

1,000-Meter Run		
2:52.24 ^	Devotia Moore (6th)	Armory Collegiate
2:53.79 ^	Leslie Morrison (7th)	Armory Collegiate
2:53.96 ^	Emily Sherrard (8th)	Armory Collegiate
2:59.90	Priya Khatri (5th)	Hokie Invite
3:04.69	Shelley Forbes (12th)	Hokie Invite

1-Mile Run		
4:51.77^	Kristina Krasich (7th-Finals)	ACC Championships
4:53.11^	Anna Farias-Eisner (10th)	Armory Collegiate
4:54.61^	Emily Sherrard (9th-Prelims)	ACC Championships
4:55.29^	Suejin Ahn (4th)	Virginia Tech Challenge
4:55.40^	Emily Sherrard (9th-Finals)	ACC Championships
4:57.25^	Emily Sherrard (7th)	VT Challenge
4:58.43^	Leslie Morrison (8th)	VT Challenge
4:59.57	Amanda Truelove (9th)	VT Challenge

5:01.08	Kristina Krasich (4th-Prelims)	ACC Championships
5:03.01	Kristina Krasich (12th)	VT Challenge
5:06.28	Priya Khatri (17th-Prelims)	ACC Championships
5:10.33	Priya Khatri (15th)	Hokie Invite

3,000-Meter Run		
9:30.62^~	Madeline Morgan (3rd)	ACC Championships
9:36.14^	Suejin Ahn (4th)	Armory Collegiate
9:36.40^	Juliet Bottorff (5th)	ACC Championships
9:39.23^	Mary Carleton Johnston (5th)	Armory Collegiate
9:40.41^	Juliet Bottorff (1st)	Hokie Invite
9:41.18^	Katelyn Bastert (1st)	Armory Collegiate
9:42.44^	Madeline Morgan (2nd)	Hokie Invite
9:45.67^	Suejin Ahn (8th)	ACC Championships
9:48.10^	Katelyn Bastert (10th)	ACC Championships
9:48.20^	Kristina Krasich (1st)	Armory Collegiate
9:48.86^	Amanda Truelove (2nd)	Armory Collegiate
9:48.97^	Kayla Hale (5th)	Hokie Invite
9:50.24^	Carly Seymour (8th)	Armory Collegiate
9:58.37^	Sophia Ziemian (8th)	Hokie Invite
10:32.23	Priya Khatri (11th)	VT Challenge
10:54.03	Shelley Forbes (20th)	VT Challenge

5,000-Meter Run		
16:39.99^~	Carly Seymour (3rd)	ACC Championships
16:48.43^	Sophia Ziemian (5th)	ACC Championships
16:53.21^	Kayla Hale (6th)	ACC Championships
17:01.68^	Amanda Truelove (8th)	ACC Championships
17:24.39^	Mary Carleton Johnston (12th)	ACC Championships

4x400m Relay		
3:49.23^	(4th)	VT Challenge
Sophia Treakle, Brittany Whitehead, Cydney Ross, Devotia Moore		

4x800m Relay		
8:51.96^	(2nd)	Armory Collegiate
Leslie Morrison, Emily Sherrard, Cydney Ross, Devotia Moore		

DMR		
11:22.09^~	(7th)	Alex Wilson Invitational
Leslie Morrison, Cydney Ross, Devotia Moore, Anna Farias-Eisner		
11:37.57^	(2nd)	ACC Championships
Suejin Ahn, Brittany Whitehead, Katie Apibunyopas, Juliet Bottorff		
11:39.51^	(1st)	Hokie Invite
Suejin Ahn, Cydney Ross, Anna Farias-Eisner, Mary Carleton Johnston		
11:41.45^	(2nd)	Hokie Invite
Kristina Krasich, Devotia Moore, Leslie Morrison, Carly Seymour		
11:48.05^	(3rd)	Hokie Invite
Amanda Truelove, Katie Apibunyopas, Emily Sherrard, Katelyn Bastert		

High Jump		
5-08.00	Karolina Haraldsdottir (t-1st-Pen)	ACC Championships
5-02.50	Karolina Haraldsdottir (4th-Pen)	Carolina Classic

Pole Vault		
13-03.50^~	Amy Fryt (3rd)	ACC Championships
13-01.50^~	Amy Fryt (t-4th)	VT Final Qualifier
13-01.50^~	Amy Fryt (2nd)	VT Challenge
13-01.50^~	Amy Fryt (1st)	UNC Invite
12-11.50^	Amy Fryt (4th)	Hokie Invite
12-03.50^	Amy Fryt (13th)	Armory Collegiate
12-01.50^	Emily Mattoon (3rd)	Armory Collegiate
11-11.75^	Emily Mattoon (4th)	Hokie Invite
11-09.75^	Cassie Ludqig (11th)	ACC Championships
11-05.75	Cassie Ludwig (7th)	Hokie Invite
11-03.75	Cassie Ludwig (t-11th)	VT Challenge
11-03.75	Cassie Ludwig (16th)	Armory Collegiate
11-03.75	Emily Mattoon (17th)	ACC Championships
11-03.75	Emily Mattoon (14th)	VT Challenge
10-11.75	Amber Kunze (t-4th)	Virginia Tech Classic

Long Jump		
17-10.75	Karolina Haraldsdottir (13th)	Hokie Invite
17-09.50	Kelsey Ontko (17th)	Hokie Invite
17-04.25	Karolina Haraldsdottir (7th-Pen)	Carolina Classic
17-00.00	Kelsey Ontko (14th)	Virginia Tech Classic
13-11.75	Kelsey Ontko (70th)	Armory Collegiate

2009-10 RESULTS



Shot Put		
43-6.50	Karolina Haraldsdottir (4th)	VT Challenge
42-1.50	Karolina Haraldsdottir (10th)	ACC Championships
42-1.25	Karolina Haraldsdottir (8th-Pen)	ACC Championships
42-0.75	Shannon Sullivan (11th)	ACC Championships
40-2.00	Karolina Haraldsdottir (1st-Pen)	Carolina Classic
39-11.25	Shannon Sullivan (14th)	VT Challenge
38-0.25	Karolina Haraldsdottir (15th)	Hokie Invite

Pentathlon		
3,910*^~	Karolina Haraldsdottir (3rd)	ACC Championships
3,581^	Karolina Haraldsdottir (2nd)	Carolina Classic

**2009-10 RESULTS**

<b>Season Summary</b>	
RESULTS	
ACC Championships	8th/12 (60)
ACC HONORS	
All-ACC	Amy Fryt (Pole Vault), Karolina Haraldsdottir (Pentathlon), Devotia Moore (800m), Madeline Morgan (3,000m), Carly Seymour (5,000m)
All-ACC Academic	Karolina Haraldsdottir, Madeline Morgan, Cydney Ross, Sophia Ziemian
TEAM AWARDS	
Most Valuable Performer	Amy Fryt, Karolina Haraldsdottir, Devotia Moore
Freshman of the Year	Madeline Morgan

# 2010 MEN'S OUTDOOR TRACK & FIELD RESULTS

\* denotes Duke Record; ^ denotes IC4A qualifying time; \$ denotes personal record

## 100-Meter Dash

11.25	Michael Rowland (6th-D)	Duke Invite
11.44	Anthony Saint-Jean (9th-D)	Duke Invite
11.54	Anthony Saint-Jean (73rd)	Raleigh Relays

## 200-Meter Dash

22.80	Caleb Duncanson (59th)	Wake Forest Open
22.83	Anthony Saint-Jean (60th)	Wake Forest Open
22.89	Anthony Saint-Jean (15th-D)	Duke Invite
23.07	Sam Bowler (12th)	Duke Twilight
23.08	Chris Rowland (20th-D)	Duke Invite

## 400-Meter Dash

48.73	Curtis Beach (8th)	ASU Invite
49.49	Sam Bowler (6th)	Carolina Fast Times
49.74	Sam Bowler (8th)	Duke Twilight
50.01	Sam Bowler (17th-Prelims)	ACC Championships
50.43	Sam Bowler (66th)	Raleigh Relays
50.45	Sam Bowler (9th-D)	Duke Invite
51.77	Sam Bowler (64th)	Wake Forest Open
51.86	Michael Stanley (18th-D)	Duke Invite
51.90	Michael Stanley (66th)	Wake Forest Open
52.33	Buzz Moorman (35th)	Duke Invite
52.90	Michael Stanley (99th)	Raleigh Relays

## 800-Meter Run

1:50.62^	Sean-Pat Oswald (3rd)	Duke Invite
1:50.90^	Cory Nanni (5th)	Duke Invite
1:51.24^	Chris Rowland (6th)	Duke Invite
1:51.37^	Sean-Pat Oswald (3rd)	Raleigh Relays
1:51.41^	Chris Rowland (13th)	Georgia Tech Invite
1:52.08	Sean-Pat Oswald (7th-Prelims)	ACC's
1:52.17	Sean-Pat Oswald (7th-Finals)	ACC's
1:52.50	Sean-Pat Oswald (26th)	GT Invite
1:52.55	Chris Rowland (1st)	Duke Twilight
1:52.78	Chris Rowland (10th)	Raleigh Relays
1:53.42	Cory Nanni (12th-Prelims)	ACC's
1:54.14	Sean-Pat Oswald (5th)	Duke Twilight
1:55.11	Matt Marriott (19th)	Carolina Fast Times
1:55.27	Matt Marriott (37th)	Duke Invite
1:55.31	Brendon Pierson (21st)	Carolina Fast Times
1:57.31	Drew Hickey (43rd)	Duke Invite
1:57.48	Drew Hickey (18th)	Duke Twilight
1:58.04	Drew Hickey (26th)	Carolina Fast Times
1:58.58	Matt Marriott (26th-Prelims)	ACC's
1:58.73	Brendon Pierson (27th-Prelims)	ACC's
1:59.90	Will Leister (38th-D)	Duke Invite

## 1,500-Meter Run

3:42.07^(4)	Cory Nanni (2nd)	Carolina Fast Times
3:42.68^	Cory Nanni (5th)	Georgia Tech Invite
3:42.77^(5)	Ryan McDermott (5th)	Carolina Fast Times
3:43.52	Cory Nanni (7th-Finals)	NCAA 1st Round
3:45.89^	Ken Sullivan (12th)	Georgia Tech Invite
3:45.98^	Joshua Lund (13th)	Georgia Tech Invite
3:46.26^	Joshua Lund (2nd)	Duke Twilight
3:47.37^	James Kostelnik (9th)	Carolina Fast Times
3:47.83^	Ken Sullivan (3rd)	Duke Twilight
3:48.29	Cory Nanni (17th-Prelims)	NCAA 1st Round
3:48.55^	Joshua Lund (11th)	Carolina Fast Times
3:48.84^	Ken Sullivan (12th)	Carolina Fast Times
3:48.49^	James Kostelnik (4th)	Duke Twilight
3:49.95^	Bo Waggoner (17th)	Carolina Fast Times
3:50.92	Joshua Lund (28th-Prelims)	NCAA 1st Round
3:51.42	Cory Nanni (7th-Pre)	ACC's
3:51.82	Joshua Lund (10th-Pre)	ACC's
3:52.74	Ken Sullivan (12th-Pre)	ACC's
3:53.04	Cory Nanni (22nd-Semifinals)	NCAA Championships
3:53.31	Ken Sullivan (38th-Pre)	NCAA 1st Round
3:54.73	Jonathan Sanchez (4th)	Duke Invite
3:56.39	Bo Waggoner (22nd-Prelims)	ACC's
3:58.97	Jonathan Sanchez (26th-Prelims)	ACC's
3:59.40	Jonathan Sanchez (29th)	Carolina Fast Times
3:59.96	Tradelle Ward (28th)	Duke Invite
4:00.29	Tradelle Ward (32nd)	Carolina Fast Times
4:00.39	Cory Nanni (4th-Final)	ACC's
4:01.37	Brendon Pierson (13th)	Duke Twilight
4:01.53	Brendon Pierson (34th)	Duke Invite
4:01.73	Joshua Lund (9th-Final)	ACC's

4:01.82	Will Leister (33rd)	Carolina Fast Times
4:01.91	Ken Sullivan (10th-Finals)	ACC's
4:02.37	Will Leister (40th)	Duke Invite
4:02.89	Jonathan Sanchez (9th-II)	Raleigh Relays
4:03.43	Tradelle Ward (15th)	Duke Twilight
4:03.57	Brendon Pierson (12th-II)	Raleigh Relays
4:05.14	Guillermo Echarte (44th)	Duke Invite
4:05.73	Guillermo Echarte (36th)	Car. Fast Times
4:05.87	Guillermo Echarte (18th)	Duke Twilight
4:05.88	Tradelle Ward (34th-Pre)	ACC's
4:06.59	Tradelle Ward (28th-II)	Raleigh Relays

## 3,000-Meter Run

8:29.79	Mike Moverman (2nd)	Duke Invite
8:31.17	Mike Moverman (1st)	Carolina Fast Times
8:32.14	Ken Sullivan (3rd)	Duke Invite

## 5,000-Meter Run

14:09.31^(5)	James Kostelnik (7th)	IC4A's
14:12.06^	Andrew Brodeur (2nd-A)	Duke Invite
14:12.37^	Joshua Lund (3rd-A)	Duke Invite
14:13.81^	James Kostelnik (9th)	Penn Relays
14:13.84^	Bo Waggoner (8th)	IC4A's
14:19.20^	James Kostelnik (4th-A)	Duke Invite
14:24.71^	Bo Waggoner (19th-2)	Stanford Invite
14:25.40	Bo Waggoner (23rd)	NCAA 1st Round
14:29.22	Andrew Brodeur (28th)	NCAA 1st Round
14:32.94^	Andrew Brodeur (9th)	ACC's
14:34.22^	Bo Waggoner (10th)	ACC's
14:36.34	James Osborne (7th-A)	Duke Invite
14:39.24	Mike Moverman (2nd)	Duke Twilight
14:44.90	Joshua Lund (14th)	ACC's
14:49.16	Mike Moverman (15th)	ACC's
14:55.32	Jonathan Sanchez (5th)	Duke Twilight
14:56.69	Josh Brewer (14th-A)	Duke Invite
15:00.53	James Kostelnik (20th)	ACC's
15:04.14	Issac Dunkelberger (10th)	Duke Twilight
15:19.09	James Kostelnik (45th)	NCAA 1st Round
15:19.21	Jonathn Chu (1st-C)	Duke Invite
15:20.81	Jonathan Chu (21st)	Duke Twilight
15:24.68	James Osborne (28th)	ACC's
15:44.91	Jonathan Chu (3rd-V)	Raleigh Relays

## 10,000-Meter Run

30:38.51	Josh Brewer (2nd)	IC4A's
30:44.69^	James Osborne (11th)	ACC's
30:45.99	Andrew Brodeur (4th)	IC4A's
30:51.48^	Andrew Brodeur (12th)	ACC's
30:54.79^	Josh Brewer (15th)	ACC's
30:55.32	James Osborne (9th)	IC4A's

## 110-Meter Hurdles

14.67^(5)	Curtis Beach (7th)	ASU Invite
15.40	Curtis Beach (18th)	Duke Invite
16.25	Buzz Moorman (16th)	Carolina Fast Times

## 400-Meter Hurdles

56.87	Mario Moreno (14th)	Duke Twilight
58.15	Mario Moreno (36th)	Duke Invite

## 3,000-Meter Steeplechase

8:44.36^(2)	Ryan McDermott (12th)	NCAA First Round
8:51.90	Ryan McDermott (3rd)	IC4A Championships
8:55.47	Ryan McDermott (20th-Semis)	NCAA Championships
8:56.01^	Ryan McDermott (1st)	ACC's
8:57.48^	Ryan McDermott (2nd)	Duke Invite
9:19.82	Will Smith (5th)	Duke Invite
9:20.53	Will Smith (4th-Section I)	Raleigh Relays
9:23.08	Will Smith (10th)	ACC's

## 4x100-Meter Relay

43.05	(8th)	Wake Forest Open
Chris Rowland, Caleb Duncanson, Anthony Saint Jean, Marcus Wright		

## 4x400-Meter Relay

3:21.81	(10th)	ACC Championships
Sam Bowler, Sean-Pat Oswald, Matt Marriott, Brendon Pierson		

4x800-Meter Relay		
7:33.93 <sup>^</sup>	(4th)	Penn Relays
Sean-Pat Oswald, Cory Nanni, Ken Sullivan, Chris Rowland		
7:34.45	^ (1st)	Duke Invite
Sean-Pat Oswald, Chris Rowland, Cory Nanni, Josh Lund		
7:58.85	(18th)	Raleigh Relays
Drew Hickey, Jonathan Sanchez, Will Leister, Matt Marriott		

4x1,500-Meter Relay		
15:29.89 <sup>(3)</sup>	(1st)	Raleigh Relays
James Kostelnik, Josh Lund, Ryan McDermott, Cory Nanni		

4xMile Relay		
16:22.77 <sup>(2)</sup>	(7th)	Penn Relays
Josh Lund, Ryan McDermott, Bo Waggoner, Cory Nanni		

High Jump		
6-8.25 <sup>(3)</sup>	Michael Kotecki (4th)	NC A&T Invite
6-7.00	Michael Kotecki (11th)	ACC's
6-7.00	Michael Kotecki (8th)	Duke Invite
6-4.75	Curtis Beach (16th)	Duke Invite
6-2.75	Michael Kotecki (t-17th)	Raleigh Relays
5-10.75	Buzz Moorman (23rd)	Duke Invite

Pole Vault		
16-6.75 <sup>^</sup> (4)	Tony Shirk (8th)	ACC Championships
16-6.75 <sup>^</sup>	Tony Shirk (3rd)	Carolina Fast Times
16-2.75 <sup>^</sup>	Tony Shirk (1st)	Wake Forest Open
15-11.25 <sup>^</sup>	Tony Shirk (7th)	NC A&T Invite
15-9.00	Tony Shirk (38th)	NCAA 1st Round
15-9.00 <sup>^</sup>	Tony Shirk (t-7th)	Penn Relays
15-5.50	Tony Shirk (4th)	Duke Twilight
15-5.00	Tony Shirk (8th)	ASU Invite
15-3.00	Tony Shirk (t-6th)	Duke Invite
15-1.00	Sid Palas (8th)	Carolina Fast Times
14-7.25	Pat Tenbrink (5th)	Duke Twilight
14-7.25	Pat Tenbrink (11th)	Carolina Fast Times
14-1.25	Curtis Beach (15th)	ASU Invite
14-1.25	Sid Palas (t-11th)	Duke Invite

Shot Put		
56-09.50 <sup>^</sup> (3)	Michael Barbas (2nd)	Duke Twilight
55-11.75 <sup>^</sup>	Michael Barbas (2nd)	NC A&T Invite
55-10.50	Michael Barbas (29th)	NCAA 1st Round
55-06.25 <sup>^</sup>	Michael Barbas (7th)	ACC Championships
54-08.25 <sup>^</sup>	Michael Barbas (4th)	Duke Invite
54-06.75 <sup>^</sup>	Michael Barbas (7th)	Wake Forest Open
54-06.00 <sup>^</sup>	Michael Barbas (3rd)	Carolina Fast Times
53-01.75 <sup>^</sup>	Michael Barbas (6th)	Penn Relays
51-03.50 <sup>^</sup>	Michael Barbas (15th)	Raleigh Relays
43-03.00	Austin Gamble (18th)	Duke Invite

Hammer Throw		
162-7 <sup>(3)</sup>	David Piccirilli (16th)	Duke Invite
156-0	David Piccirilli (6th)	Wake Forest Open
155-9	David Piccirilli (25th)	Raleigh Relays
154-8	David Piccirilli (12th)	ACC Championships

Discus		
180-10 <sup>*</sup>	Austin Gamble (4th)	NCAA First Round
179-05 <sup>^</sup>	Austin Gamble (3rd)	ACC Championships
175-08 <sup>^</sup>	Austin Gamble (1st)	Penn Relays
175-04 <sup>^</sup>	Austin Gamble (2nd)	Duke Invite
172-10	Austin Gamble (1st)	NC A&T Invite
168-10 <sup>^</sup>	Austin Gamble (3rd)	Duke Twilight
164-3	Austin Gamble (20th)	NCAA Championships
162-09	Austin Gamble (2nd)	Carolina Fast Times
154-00	Michael Barbas (9th)	Duke Invitational
153-03	Michael Barbas (7th)	Wake Forest Open
149-07	Michael Barbas (13th)	ACC Championships
148-00	Michael Barbas (13th)	Raleigh Relays
146-03	Michael Barbas (6th)	Carolina Fast Times
126-01	Curtis Beach (23rd)	ASU Invite

Javelin		
227-03 <sup>^</sup> *	John Austin (1st)	Duke Invite
225-00 <sup>^</sup>	John Austin (1st)	ACC Championships
222-04 <sup>^</sup>	John Austin (2nd-Finals)	ASU Invite
220-07 <sup>^</sup>	John Austin (1st)	Penn Relays
217-04	John Austin (13th)	NCAA 1st Round
210-08 <sup>^</sup>	John Austin (4th-Prelims)	ASU Invite
119-01	Buzz Moorman (7th)	Carolina Fast Times

Decathlon		
5,680	Buzz Moorman (7th)	ACC Championships

### Season Summary

RESULTS

ACC Championships	8th/12 (38)
IC4A Championships	11th/55 (22)
NCAA Championships	NTS

NATIONAL HONORS

NCAA Qualifiers	Austin Gamble (Discus), Ryan McDermott (Steeple), Cory Nanni (1,500m)
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USTFCCCA All-Academic

John Austin, Curtis Beach, James Kostelnik, Josh Lund, Ryan McDermott, Ken Sullivan, Bo Waggoner
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REGIONAL HONORS

All-East	Josh Brewer (10,000m), Andrew Brodeur (10,000m), James Kostelnik (5,000m), Ryan McDermott (Steeple), Bo Waggoner (5,000m)
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ACC HONORS

ACC Champions	John Austin (Javelin), Ryan McDermott (Steeple)
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All-ACC

John Austin (Javelin), Austin Gamble (Discus) Ryan McDermott (Steeple)
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All-ACC Academic

John Austin, Michael Barbas, Ryan McDermott, Ken Sullivan
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TEAM AWARDS

Most Valuable Performer	Ryan McDermott
Freshman of the Year	Austin Gamble
Ed Stenberg Award (Top Track Performer)	Cory Nanni
Rod Stewart Award (Top Field Performer)	Austin Gamble
Most Improved Senior	Ken Sullivan



# 2010 WOMEN'S OUTDOOR TRACK & FIELD RESULTS

\* denotes Duke Record; ^ denotes ECAC qualifying time; \$ denotes personal record

## 100-Meter Dash

12.71	Deirdre Anglin-Stone (21st-Prelims)	Duke Invite
12.72	Deirdre Anglin-Stone (57th)	Raleigh Relays
12.78	Deirdre Anglin-Stone (13th)	Carolina Fast Times
12.79	Deirdre Anglin-Stone (9th)	Duke Twilight
12.99	Kelsey Ontko (37th-Prelims)	Duke Invite
14.44	Elisabeth Pitts (15th-Develop)	Duke Invite

## 200-Meter Dash

25.17	LaCresha Styles (16th)	Wake Forest Open
25.65	Brittany Whitehead (26th)	Wake Forest Open
25.70	Brittany Whitehead (3rd)	Duke Twilight
26.15	Brittany Whitehead (33rd)	Duke Invite
26.39	Karolina Haraldsdottir (40th)	Duke Invite
26.42	Deirdre Anglin-Stone (41st)	Duke Invite
26.65	Kelsey Ontko (70th)	Wake Forest Open
26.66	Deirdre Anglin-Stone (71st)	Wake Forest Open
26.99	Karolina Haraldsdottir (32nd)	ASU Invite

## 400-Meter Dash

55.42	Cydney Ross (15th)	Georgia Tech Invite
57.06	Brittany Whitehead (4th)	Duke Invite
57.53	Brittany Whitehead (16th-Prelims)	ACC Championships
57.92	Brittany Whitehead (5th)	Duke Twilight

## 800-Meter Run

2:05.81	Cydney Ross (13th-Prelims)	NCAA First Round
2:06.34^	Devotia Moore (1st)	Duke Invitational
2:07.08	Devotia Moore (15th-Prelims)	NCAA First Round
2:07.23^	Cydney Ross (1st)	Duke Twilight
2:07.66	Esther Vermeer (10th)	Georgia Tech Invite
2:08.10	Cydney Ross (19th-Finals)	NCAA First Round
2:08.46^	Esther Vermeer (6th-Prelims)	ACC Championships
2:08.73^	Cydney Ross (5th)	Duke Invite
2:08.92^	Cydney Ross (4th-Final)	ACC Championships
2:09.10^	Leslie Morrison (2nd)	Duke Twilight
2:09.40^	Leslie Morrison (2nd)	Carolina Fast Times
2:09.57	Leslie Morrison (30th-Prelims)	NCAA First Round
2:09.72^	Esther Vermeer (8th)	Duke Invite
2:09.77^	Kate Van Buskirk (9th)	Duke Invite
2:09.81^	Esther Vermeer (2nd)	Raleigh Relays
2:10.12	Leslie Morrison (17th)	Georgia Tech Invite
2:10.13	Devotia Moore (22nd-Finals)	NCAA First Round
2:10.18^	Devotia Moore (6th-Final)	ACC Championships
2:10.75	Devotia Moore (22nd)	Georgia Tech Invite
2:10.87^	Cydney Ross (4th-Prelims)	ACC Championships
2:11.17^	Leslie Morrison (3rd)	Raleigh Relays
2:11.21^	Cydney Ross (5th)	Raleigh Relays
2:11.58	Emily Sherrard (12th)	Duke Invite
2:12.03	Devotia Moore (5th-Prelims)	ACC Championships
2:12.08	Virginia Hine (14th)	Duke Invite
2:12.22	Esther Vermeer (8th-Finals)	ACC Championships
2:12.68	Leslie Morrison (9th-Prelims)	ACC Championships
2:12.99	Suejin Ahn (27th)	Georgia Tech Invite
2:13.14	Katie Apibunyopas (28th)	Georgia Tech Invite
2:14.09	Kate Van Buskirk (31st)	Georgia Tech Invite
2:14.14	Leslie Morrison (17th)	Duke Invite
2:14.37	Katie Apibunyopas (6th)	Carolina Fast Times
2:14.50	Leslie Morrison (9th-Finals)	ACC Championships
2:14.93	Kate Apibunyopas (6th)	Duke Twilight
2:15.08	Virginia Hine (19th-Prelims)	ACC Championships
2:15.22	Katie Apibunyopas (22nd)	Duke Invite
2:15.32	Devotia Moore (12th)	Raleigh Relays
2:16.20	Katie Apibunyopas (26th-Pre)	ACC Championships
2:16.77	Suejin Ahn (28th)	Duke Invite
2:23.07	Shelley Forbes (15th-Develop)	Duke Invite

## 1,500-Meter Run

4:19.23	Kate Van Buskirk (10th-Finals)	NCAA First Round
4:23.21^	Esther Vermeer (1st)	Duke Twilight
4:23.94^	Kate Van Buskirk (9th)	Carolina Fast Times
4:24.42	Kate Van Buskirk (18th-Prelims)	NCAA First Round
4:26.05^	Leslie Morrison	Georgia Tech Invite
4:26.48^	Madeline Morgan (1st)	Wake Forest Open
4:28.65	Kate Van Buskirk (22nd-Semis)	NCAA Championships
4:28.69^	Suejin Ahn (2nd)	Wake Forest Open
4:28.92^	Esther Vermeer (1st)	Duke Invitational
4:28.93	Esther Vermeer (33rd-Prelim)	NCAA First Round
4:29.24^	Emily Sherrard (5th)	Duke Twilight

4:29.32^	Leslie Morrison (2nd)	Duke Invite
4:29.39^	Anna Farias-Eisner (13th)	Georgia Tech Invite
4:29.63^	Emily Sherrard (5th-Section I)	Raleigh Relays
4:29.68^	Suejin Ahn (14th)	Georgia Tech Invite
4:31.78	Emily Sherrard (11th-Prelims)	ACC Championships
4:31.83	Esther Vermeer (3rd)	Wake Forest Open
4:32.07	Kate Van Buskirk (3rd-Prelims)	ACC Championships
4:32.09	Emily Schwitzer (8th)	Duke Twilight
4:32.44	Anna Farias-Eisner (10th)	Duke Twilight
4:32.58	Anna Farias-Eisner (4th)	Duke Invite
4:33.09	Virginia Hine (10th-Section I)	Raleigh Relays
4:33.14	Kate Van Buskirk (3rd-Finals)	ACC Championships
4:34.28	Leslie Morrison (6th)	Wake Forest Open
4:34.36	Kristina Krasich (12th)	Duke Twilight
4:34.50	Katelyn Bastert (7th)	Wake Forest Open
4:34.78	Mary Carleton Johnston (8th)	Wake Forest Open
4:35.60	Carly Seymour (10th)	Wake Forest Open
4:37.02	Virginia Hine (11th)	Wake Forest Open
4:37.09	Emily Sherrard (12th)	Wake Forest Open
4:37.89	Amanda Truelove (13th)	Wake Forest Open
4:39.11	Anna Farias-Eisner (14th)	Wake Forest Open
4:39.72	Kayla Hale (15th)	Wake Forest Open
4:40.51	Emily Sherrard (12th-Final)	ACC Championships
4:40.86	Kristina Krasich (16th)	Wake Forest Open
4:41.61	Devotia Moore (17th)	Wake Forest Open
4:41.91	Emily Sherrard (23rd)	Georgia Tech Invite
4:47.52	Shelley Forbes (20th)	Carolina Fast Times
4:47.55	Shelley Forbes (18th)	Duke Twilight
4:50.65	Priya Khatri (21st)	Duke Twilight
4:52.36	Katie Apibunyopas (26th-Section II)	Raleigh Relays
4:53.70	Shelley Forbes (31st-Section II)	Raleigh Relays
4:55.19	Shelley Forbes (41st)	Wake Forest Open
4:57.93	Priya Khatri (39th-Section II)	Raleigh Relays
5:06.37	Priya Khatri (51st)	Duke Invite
5:12.20	Priya Khatri (78th)	Wake Forest Open

## 5,000-Meter Run

16:23.84^	Suejin Ahn (2nd-Section II)	Stanford Invite
16:24.13^	Juliet Bottorff (1st)	Duke Twilight
16:24.28^	Carly Seymour (3rd-Section II)	Stanford Invite
16:29.87	Juliet Bottorff (8th)	NCAA First Round
16:37.97^	Katelyn Bastert (4th-Section III)	Stanford Invite
16:38.26	Juliet Bottorff (22nd)	NCAA Championships
16:38.37^	Kayla Hale (7th-Section III)	Stanford Invite
16:41.55^	Mary C. Johnston (18th-Section II)	Stanford Invite
16:42.97^	Amanda Truelove (10th-Section III)	Stanford Invite
16:49.49	Katelyn Bastert (6th)	ECAC Championships
16:55.04^	Amanda Truelove (2nd)	Duke Twilight
16:55.11^	Juliet Bottorff (5th)	ACC Championships
16:57.83^	Suejin Ahn (6th)	ACC Championships
17:09.15	Amanda Truelove (16th)	ECAC Championships
17:10.82^	Katelyn Bastert (7th)	ACC Championships
17:19.75	Amanda Truelove (34th)	NCAA First Round
17:22.50	Suejin Ahn (37th)	NCAA First Round
17:28.49	Katelyn Bastert (39th)	NCAA First Round
17:36.08	Kristina Krasich (32nd-Section III)	Stanford Invite

## 10,000-Meter Run

34:06.40	Carly Seymour (22nd)	NCAA Championships
34:58.37	Carly Seymour (7th)	NCAA First Round
35:05.05^	Carly Seymour (4th)	ACC Championships
35:26.74^	Kayla Hale (6th)	ACC Championships
35:57.33^	Amanda Truelove (9th)	ACC Championships
35:59.26	Sophia Ziemian (3rd)	ECAC Championships
37:06.70^	Sophia Ziemian (14th)	ACC Championships

## 100-Meter Hurdles

14.69	Karolina Haraldsdottir (10th-Prelims)	Duke Invite
15.82	Karolina Haraldsdottir (21st)	ASU Invite

## 2,000-Meter Steeplechase

6:55.29	Mary Carleton Johnston (2nd)	Duke Invite
7:00.60	Kristina Krasich (3rd)	Duke Invite

## 3,000-Meter Steeplechase

10:28.84^	Emily Schwitzer (8th)	ECAC Championships
10:31.49^	Emily Schwitzer (2nd)	ACC Championships
10:32.94	Emily Schwitzer	NCAA First Round

10:35.47	Kristina Krasich (3rd)	Georgia Tech Invite
10:35.85	Mary Carleton Johnston (15th)	NCAA First Round
10:36.12^	Mary Carleton Johnston (6th)	ACC Championships
10:55.64	Kristina Krasich (8th)	Penn Relays
11:16.39	Kristina Krasich (43rd)	NCAA First Round
11:18.82	Kristina Krasich (16th)	ACC Championships

4x100-Meter Relay

51.21	(29th)	Raleigh Relays
Deirdre Anglin-Stone, LaCresha Styles, Kelsey Ontko, Brittany Whitehead		

4x400-Meter Relay

3:50.92^	(5th)	Duke Invite
Devotia Moore, Cydney Ross, Katie Apibunyopas, Emily Sherrard		

4x800-Meter Relay

8:33.37^*	(4th)	Penn Relays
Leslie Morrison, Devotia Moore, Cydney Ross, Esther Vermeer		

4x1500-Meter Relay

18:03.65	(6th)	Penn Relays
Emily Sherrard, Kate Van Buskirk, Suejin Ahn, Anna Farias-Eisner		

Distance Medley Relay

11:14.13	(5th)	Penn Relays
Esther Vermeer, Cydney Ross, Devotia Moore, Kate Van Buskirk		

High Jump

5-7.00^	Karolina Haraldsdottir (2nd)	ASU Invite
5-5.00	Karolina Haraldsdottir (12th)	ACC Championships

Pole Vault

13-5.25^	Amy Fryt (1st)	Carolina Fast Times
13-1.50^	Amy Fryt (1st)	ACC Championships
12-11.50^	Amy Fryt (1st)	Wake Forest Open
12-9.25^	Amy Fryt (1st)	Duke Twilight
12-3.50	Amy Fryt (t-16th)	NCAA First Round
12-2.50	Amy Fryt (t-1st)	NC A&T Invite
12-2.00^	Amy Fryt (4th)	ASU Invite
12-1.50^	Amy Fryt (11th)	Penn Relays
12-1.50^	Amy Fryt (2nd)	Duke Invite
12-1.50^	Cassie Ludwig (2nd)	Duke Twilight
12-1.50^	Cassie Ludwig (2nd)	Carolina Fast Times
11-9.75	Emily Mattoon (3rd)	Duke Twilight
11-7.75	Cassie Ludwig (8th)	ACC Championships
11-7.75	Emily Mattoon (3rd)	Carolina Fast Times
11-5.75	Cassie Ludwig (8th)	Raleigh Relays
11-5.75	Emily Mattoon (3rd)	Wake Forest Open
11-1.75	Emily Mattoon (14th)	ACC Championships
10-11.75	Cassie Ludwig (10th)	Wake Forest Open
10-8.00	Amber Kunze (8th)	Carolina Fast Times
10-6.00	Amber Kunze (13th)	Duke Invite
10-6.00	Amber Kunze (12th)	Wake Forest Open

Long Jump

18-1.00	Karolina Haraldsdottir (8th)	Wake Forest Open
17-9.75	Karolina Haraldsdottir (13th)	Duke Invite
16-7.75	Kelsey Ontko (37th)	Raleigh Relays

Shot Put

40-10.25	Karolina Haraldsdottir (11th)	ACC Championships
39-10.75	Shannon Sullivan (12th)	ACC Championships

Javelin

154-6^	Andrea Hopkins (1st)	Wake Forest Open
152-9^	Andrea Hopkins (7th)	Penn Relays
145-6^	Amy Matulewicz (2nd)	Wake Forest Open
142-2^	Andrea Hopkins (1st)	Duke Invite
140-8^	Amy Matulewicz (7th)	ACC Championships
139-3^	Amy Matulewicz (2nd)	Duke Invite
138-9^	Andrea Hopkins (8th)	ACC Championships
137-9^	Shannon Sullivan (3rd)	Wake Forest Open
137-7	Shannon Sullivan (3rd)	NC A&T Invite
136-3	Andrea Hopkins (10th)	ASU Invite
135-7	Andrea Hopkins (26th)	NCAA First Round
134-11	Shannon Sullivan (4th)	Duke Invite
133-7	Amy Matulewicz (10th)	Penn Relays
132-3	Shannon Sullivan (10th)	ACC Championships
131-4	Shannon Sullivan (11th)	ASU Invite
131-3	Amy Matulewicz (12th)	ASU Invite
125-1	Amy Matulewicz (6th)	NC A&T Invite
94-0	Karolina Haraldsdottir (19th)	ASU Invite

Heptathlon

5,145^*\$	Karolina Haraldsdottir (5th)	ACC Championships
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Season Summary

RESULTS

ACC Championships	5th/12 (61)
IC4A Championships	25th/50 (10)
NCAA Championships	NTS

NATIONAL HONORS

NCAA Qualifiers	Juliet Bottorff (5,000m), Carly Seymour (10,000m), Kate Van Buskirk (1,500m)
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USTFCCCA All-Academic

Suejin Ahn, Juliet Bottorff, Kayla Hale, Karolina Haraldsdottir, Amy Matulewicz, Madeline Morgan, Leslie Morrison, Cydney Ross, Emily Schwitzer
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REGIONAL HONORS

All-East	Katelyn Bastert (5,000m), Emily Schwitzer (Steeple), Sophia Ziemain (10,000m)
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ACC HONORS

ACC Champions	Amy Fryt (Pole Vault)
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All-ACC

Emily Schwitzer (Steeple), Kate Van Buskirk (1,500m)
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All-ACC Academic

Suejin Ahn, Amy Fryt, Karolina Haraldsdottir, Kate Van Buskirk
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TEAM AWARDS

Most Valuable Performer	Kate Van Buskirk
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Freshman of the Year	Juliet Bottorff
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Top Track Performer	Cydney Ross
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Top Field Performer	Amy Fryt
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Most Improved Senior	Karolina Haraldsdottir
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# MEN'S INDOOR TRACK & FIELD ALL-TIME RECORDS

'c' denotes converted time; *Italics* denote current athlete

## 60-Meters

6.74c	Randy Jones	1992
6.84c	Dave Sime	1956
6.84c	Lamar Grant	1997
6.97	Ben Kittleson	2004
7.02	Khary Sharpe	2004

## 200-Meters

21.63	Daniel King	2007
21.83	Lamar Grant	2000
21.93	Ben Kittleson	2004
22.02	Randy Jones	1992
22.60	Charles London	1996

## 400-Meters

47.61	Daniel King	2007
48.90	Matt Danforth	2008
49.10	Peter Lewellen	2008
49.30c	Mike Murphy	1971
49.51	David Maloney	2001

## 500-Meters

1:03.42	Peter Lewellen	2006
1:04.04	Jesse Allen	1999
1:04.41	Matt Danforth	2007
1:04.48	Sam Bowler	2009
1:04.69	Nick Trombold	2006

## 800-Meters

1:50.90	<i>Sean-Pat Oswald</i>	2010
1:52.07	Chris Rowland	2010
1:52.30	Bill Spierdowis	2001
1:52.50	Ian Cronin	2005
1:52.68	Kyle Leonard	1998

## 1,000-Meters

2:22.20	Bob Wheeler	1971
2:25.09	<i>Cory Nanni</i>	2009
2:25.77	John Brockardt	2008
2:26.17	Brendan Fitzgibbon	1999
2:26.49	Casey Reardon	2004

## Mile

4:00.70	Bob Wheeler	1973
4:04.21	<i>Cory Nanni</i>	2009
4:05.68	<i>Ryan McDermott</i>	2010
4:06.13	<i>Joshua Lund</i>	2010
4:06.84	<i>Bo Waggoner</i>	2010

## 3,000-Meters

8:10.62	<i>Bo Waggoner</i>	2009
8:11.48	Chris Spooner	2008
8:14.47	Nick Schneider	2004
8:14.67	<i>James Kostelnik</i>	2010
8:16.92	<i>Ryan McDermott</i>	2010

## 5,000-Meters

14:14.20	Michael Hatch	2003
14:16.37	<i>Bo Waggoner</i>	2010
14:17.90	Sean Kelly	2002
14:22.54	Joe Wirgau	1999
14:24.10	<i>Andrew Brodeur</i>	2010

## 60-Meter Hurdles

7.84c	Jeff Howser	1971
8.07c	Sean Thomas	1993
8.20	Richmond Flowers	1999
8.46	Tyler Clarke	2009
8.50c	Mark Blakemore	1997

## 4x400-Meter Relay

3:13.77	Peter Lewellen, Nick Trombold, Matt Danforth, Dan King	2007
3:14.17	Nick Trombold, Peter Lewellen, Matt Danforth, Dan King	2007
3:16.07	Peter Lewellen, Nick Trombold, Brett Morrell, Matt Danforth	2007
3:16.17	Nick Trombold, Matt Danforth, Morrell, Dan King	2006
3:17.51	Jeremy Walker, Brian McCulley, Matt Diglio, Jesse Allen	1997

## 4x800-Meter Relay

7:26.94	<i>Sean-Pat Oswald, Stephen Clark, Chris Rowland, C. Beach</i>	2010
7:29.15	McCann, Ian Cronin, Chris Spooner, Nick Schneider	2005
7:30.17	Tom Gianturco, Don Fowler, Nick Schneider, Jon Amt	2003
7:32.40	James Vasak, Mike McKeever, Bill Spierdowis, Kyle Leonard	1999
7:33.32	<i>Sean-Pat Oswald, Chris Rowland, Cory Nanni, R. McDermott</i>	2009

## Distance Medley Relay

9:34.29	<i>Cory Nanni, Matt Marriott, S. Oswald, Ryan McDermott</i>	2010
9:41.11	Chris Spooner, Peter Lewellen, Ian Cronin, Nick Schneider	2005
9:42.88	Jon Amt, Daniel King, Steve Craig, Nick Schneider	2004
9:43.61	Mike McKeever, James Vasak, Kyle Leonard, Bill Spierdowis	2000
9:44.50c	Richard Block, Chris Castor, John Donegan, Bryan Alf	1981

## Long Jump

25-2.75	Jade Ellis	2009
24-2.50	Lamar Grant	1998
23-8.25	<i>Curtis Beach</i>	2010
23-5.75	Joel Shankle	1954
23-4.50	Desi Thomas	1995

## Triple Jump

51-3	Jade Ellis	2005
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## High Jump

6-10.75	Jerry Surrat	1991
6-10.00	Craig Henderson	1983
6-8.75	<i>Curtis Beach</i>	2010
6-8.25	<i>Michael Kotecki</i>	2010
6-7.50	Tyler Clarke	2007

## Pole Vault

17-0.75	Brent Warner	2004
16-10.75	Ian Cassidy	2007
16-9.50	Seth Benson	2000
16-5.00	<i>Tony Shirk</i>	2010
16-5.00	Terry Ransbury	1983

## Heptathlon

5,579	<i>Curtis Beach</i>	2010
5,402	Tyler Clarke	2009
4,901	Buzz Moorman	2010
4,408	Brett Morrell	2004
3,679	Matthew Hoyle	2008

## Pentathlon

3,669	Mike Zulant	2000
3,549	Rob West	1998
3,239	Calen Powell	2001
3,105	Tijan Redmon	1995
3,100	Ekan Essien	1997

## Shot Put

57-10.50	Rod Stewart	1966
57-2.75	Richard Gesswein	1963
55-9.00	<i>Michael Barbas</i>	2009
53-1.75	<i>Mike Schallmo</i>	2009
51-1.50	Durham Lawshe	1955

## Weight Throw

55-9.25	<i>Mike Schallmo</i>	2009
48-3.25	<i>David Piccirilli</i>	2010
47-5.25	<i>Michael Barbas</i>	2010
43-10.75	Bob Enright	1972
43-8.50	Harrison Till	2003



# WOMEN'S INDOOR TRACK & FIELD ALL-TIME RECORDS

'c' denotes converted time; *Italics* denote current athlete

## 60-Meters

7.57	Janay McKie	2002
7.78	<i>LaCresha Styles</i>	2010
7.87	Allison Nesbitt	2004
7.89	Ifeyinwa Anoliefo	2002
7.91c	Kim Hay	1995

## 200-Meters

24.91	Janay McKie	2002
25.45	Jenna Turner	2002
26.14	Ifeyinwa Anoliefo	2002
26.16	Erin McClure	2001
26.17	<i>LaCresha Styles</i>	2010

## 400-Meters

55.85	Jenna Turner	2003
57.12	<i>Brittany Whitehead</i>	2009
57.12	Janay McKie	2003
57.46	Courtney Botts	2000
57.68	<i>Nicole Ragucci</i>	2009

## 500-Meters

1:13.63	<i>Cydney Ross</i>	2009
1:14.41	Lindsay Owen	2006
1:14.50	Courtney Botts	2000
1:15.17	Michelle Seibert	2006
1:15.18	Kim Voyticky	1997

## 800-Meters

2:06.58	Shannon Rowbury	2005
2:07.22	<i>Devotia Moore</i>	2010
2:08.39	Katie Atlas	2001
2:09.17	Kim Voyticky	1998
2:09.31	<i>Cydney Ross</i>	2010

## 1,000-Meters

2:45.79	Meaghan Leon	2005
2:48.26	Molly Lehman	2008
2:50.38	Katie Atlas	2001
2:51.02	<i>Virginia Hine</i>	2009
2:51.04	<i>Leslie Morrison</i>	2009

## Mile

4:34.94	Shannon Rowbury	2007
4:41.69	Molly Lehman	2009
4:43.34	Katie Atlas	2001
4:44.64	Liz Wort	2007
4:45.58	Sheela Agrawal	2000

## 3,000-Meters

9:02.73	Shannon Rowbury	2007
9:13.45	Clara Horowitz	2006
9:15.52	Liz Wort	2007
9:18.30	Paige Miller	2004
9:19.88	Sally Meyerhoff	2005

## 5,000-Meters

15:52.47	Clara Horowitz	2006
15:58.18	Maddie McKeever	2008
16:11.57	Sally Meyerhoff	2007
16:15.39	Paige Miller	2004
16:26.86	Laura Stanley	2004

## 60-Meter Hurdles

8.60c	Hope Wright	1989
8.65	Allison Nesbitt	2004
8.87c	Kirsten Johnson	1997
8.92	Jenna Turner	2003
8.96	Jillian Schwartz	2000

## 4x400-Meter Relay

3:47.78	Janeil Belle, Jenna Turner, Kristen Doody, Janay McKie	2002
3:48.33	<i>Nicole Ragucci, B. Whitehead, Kelsey Ontko, Cydney Ross</i>	2009
3:49.23	<i>Sophia Treakle, B. Whitehead, Cydney Ross, Devotia Moore</i>	2010
3:49.63	Kristen Doody, Janay McKie, Lauren Matic, Jenna Turner	2003
3:50.00	Janay McKie, Courtney Botts, Kristen Doody, Jenna Turner	2000

## 4x800-Meter Relay

8:49.47	Liz Wort, Meaghan Leon, Lauren Matic, S. Rowbury	2005
8:51.96	<i>Leslie Morrison, Emily Sherrard, Cydney Ross, D. Moore</i>	2010
8:52.90	<i>Devotia Moore, Leslie Morrison, Virginia Hine, Molly Lehman</i>	2009
8:55.21	Stephanie Thomas, Heather Ryan, Katie Atlas, Megan Sullivan	1999
8:56.43	Caitlin Klaas, Molly Lehman, Libby Jenke, Christen Harsha	2007

## Distance Medley Relay

11:14.30	Shannon Rowbury, A. Stankavage, Meaghan Leon, S. Meyerhoff	2005
11:15.20	<i>Kate Van Buskirk, Michelle Seibert, Libby Jenke, Shannon Rowbury</i>	2007
11:19.15	Lauren Matic, Janay McKie, Kristen Doody, S. Rowbury	2003
11:20.28	Shannon Rowbury, Ball, Lauren Matic, Paige Miller	2004
11:21.11	Shannon Rowbury, Lindsay Owen, Lauren Matic, Paige Miller	2004

## Long Jump

19-1.50	Ifeyinwa Anoliefo	2002
18-2.25	Jeanie Minton	1997
18-0.50	Renae Stahl	1993
18-0.00	Jodi Schlesinger	2002
17-10.75	<i>Karolina Haraldsdottir</i>	2010

## Triple Jump

40-3.75	Jodi Schlesinger	2002
36-4.75	Tiara Monroe	2004
35-8.75	Breanna Pearson	1994
35-7.75	Jeanie Minton	1996
35-5.25	Jillian Schwartz	1998

## High Jump

5-11.50	Debra Vento	2005
5-8.75	Kelly Miezkalski	1990
5-8.00	<i>Karolina Haraldsdottir</i>	2010

5-7.00	Laura Malnati	2007
5-6.00	Jamila Forte	1998
5-6.00	Jeannie Minton	1998

## Pole Vault

13-5.25	Jillian Schwartz	2001
13-3.50	<i>Amy Fryt</i>	2010
12-9.50	<i>Cassie Ludwig</i>	2009
12-7.50	Laura Chen	2004
12-7.50	Lara Jones	2006

## Pentathlon

3,910	<i>Karolina Haraldsdottir</i>	2010
3,398	Jeanie Milton	1998
3,348	Jenna Turner	2001
3,136	Amy Basile	1998
2,931	Kim Voyticky	1996

## Shot Put

43-7.75	Alexa Revord	2007
43-0.25	Beth Maher	2004
42-1.25	<i>Karolina Haraldsdottir</i>	2010
41-11.25	Kim Hanauer	2001
40-11.50	Jessica Tanner	2006

## Weight Throw

55-2.0	Kelly Reynolds	2007
52-10.75	Kim Hanauer	2002
45-6.25	Jessica Tanner	2006
43-11.75	Ginny Stone	2002

# MEN'S OUTDOOR TRACK & FIELD ALL-TIME RECORDS

100-Meters		
10.20	Dave Sime	1960
10.38	Randy Jones	1992
10.68	Ronnie Drummer	2005
10.80	Lamar Grant	2000
10.89	Kenneth Stanford	2002
10.89	Desi Thomas	1995

200-Meters		
21.34	Dave Sime	1956
21.44c	Randy Jones	1992
21.44	John Brownlee	1933
21.46	Rodney Dickerson	1990
21.54c	Hugh Woodward	1937
21.54c	Henry Poss	1950

400-Meters		
46.74c	Mike Murphy	1973
47.31	Daniel King	2006
47.40	Rodney Dickerson	1990
48.35	Peter Lewellen	2007
48.44c	Tom Bazemore	1958
48.44c	Dave Dunaway	1966

800-Meters		
1:47.38	Rich Block	1982
1:47.70c	Bob Wheeler	1972
1:49.26	Kyle Leonard	2000
1:50.10c	Phill Wilson	1970
1:50.12	Jon Amt	2004

1,500-Meters		
3:39.00	Bob Wheeler	1972
3:41.90c	Steve Wheeler	1974
3:42.00c	Richard Schwartz	1977
3:42.07	Cory Nanni	2010
3:42.77	Ryan McDermott	2010

3,000-Meters		
7:56.68c	Brian Allf	1982
7:58.30c	Steve Wheeler	1974
8:03.90c	Scott Eden	1974
8:09.80c	Robbie Perkins	1975
8:10.90c	Roger Beardmore	1973

5,000-Meters		
13:48.90c	Robbie Perkins	1975
13:52.41	Brian Allf	1981
14:04.29	Nick Schneider	2005
14:04.40c	Scott Eden	1973
14:09.31	James Kostelnik	2010

10,000-Meters		
28:56.80	Robbie Perkins	1976
29:09.20c	Scott Eden	1974
29:39.00	Bynum Merritt	1978
29:41.40c	Mike Graves	1971
29:48.60	Peter Quance	1975

110-Meter Hurdles		
13.74c	Jeff Howser	1971
14.34c	Joel Shankle	1955
14.54c	Dave Wingle	1938
14.54c	Roger Fogle	1965
14.67	Curtis Beach	2010

400-Meter Hurdles		
49.42	Jesse Allen	1999
51.49	Chris Castor	1980
52.34c	Tom Dunnigan	1970
52.44c	Jeff Howser	1969
54.03	Mario Moreno	2009

3,000-Meter Steeplechase		
8:38.10	Roger Beardmore	1972
8:44.36	Ryan McDermott	2010
8:59.20	Jim Clayton	1977

9:02.20	Larry Forrester	1972
9:03.73	Kevin McDermott	2007

4x100-Meter Relay		
41.06	Desi Thomas, Corey Thomas, Charles London, Brugger	1995
41.81	Brett Morrell, Jabari Marshall, Ronnie Drummer, Dan King	2005
41.87	Ken Stanford, NiAmar Amamoo, Ronnie Douglas, Marc Winniford	2001
41.94	Martinez, Rick Wagoner, Krassny, Mike Murphy	1973
41.95	Brett Morrell, Ben Kittleson, Dan King, Marc Winniford	2004

4x400-Meter Relay		
3:12.89	Josh Kommer, Jesse Allen, Matt Diglio, James Vasak	1999
3:13.10c	Eiseman, Wilson, Tom Dunnigan, Mike Murphy	1970
3:13.20	Summers, Dunnigan, Mike Murphy, Mazzarella	1970
3:14.07	Peter Lewellen, Matt Danforth, Brett Morrell, Dan King	2005
3:14.33	Matt Danforth, Peter Lewellen, Nick Trombold, Dan King	2006

4x800-Meter Relay		
7:26.43	Ian Cronin, Casey Reardon, Bill Spierdowis, Nick Schneider	2003
7:27.16	Tom Gianturco, Aaron Paul, Donny Fowler, Jon Amt	2003
7:27.44	Joshua Lund, Stephen Clark, Chris Rowland, Cory Nanni	2009
7:27.75	Tom Gianturco, Jon Amt, Donny Fowler, Bill Spierdowis	2003
7:27.94	Brian McNiff, Tom Gianturco, Donny Fowler, Bill Spierdowis	2003

4x1,500-Meter Relay		
15:17.80	Royce, Jim Clayton, Robbie Perkins, Richard Schwartz	1976
15:28.45	Stephen Clark, Ryan McDermott, Cory Nanni, Bo Waggoner	2009
15:29.89	James Kostelnik, Joshua Lund, Ryan McDermott, Cory Nanni	2010
15:36.53	Ian Cronin, Casey Reardon, Bill Spierdowis, Nick Schneider	2003
15:37.57	Brennan, Mike McKeever, Bill Spierdowis, Kyle Leonard	1999

4xMile Relay		
16:22.34	Scott Eden, Steve Wheeler, Roger Beardmore, Bob Wheeler	1973
16:22.77	Joshua Lund, Ryan McDermott, Bo Waggoner, Cory Nanni	2010
16:34.50	Eden, Steve Wheeler, Roger Beardmore, Bob Wheeler	1973
16:39.36	Bill Spierdowis, Brennan, Pat Kelly, Mike McKeever	2001

Sprint Medley Relay		
3:22.10	Krassny, Jeff Howser, Mike Murphy, Bob Wheeler	1971
3:22.75	Grant, Watkins, Vasak, Kyle Leonard	2000
3:27.01	Lamar Grant, NiAmar Amanoo, Matt Diglio, James Vasak	1998
3:27.37	Dan King, Brett Morrell, Peter Lewellen, Chris Rowland	2007
3:28.67	Sam Bowler, Caleb Duncanson, Brad Troxell, Stephen Clark	2009

Distance Medley Relay		
9:32.30c	Roger Beardmore, Murphy, Steve Wheeler, Bob Wheeler	1973
9:34.30c	Ramsland, Steve Wheeler, R. Beardmore, Bob Wheeler	1972

9:38.10c	Mike Murphy, Wilson, Roger Beardmore, Bob Wheeler	1971
9:42.30	Brendan Fitzgibbon, Grant, Kyle Leonard, Mike McKeever	2000
9:43.93	Chris Spooner, Dan King, Peter Lewellen, Nick Schneider	2005

High Jump		
6-10.75	Jerry Surratt	1991
6-10.00	Craig Henderson	1983
6-8.25	Tyler Clarke	2006
6-8.25	Michael Kotecki	2010
6-8.00	Jeff Thompson	1970
6-8.00	Jeff Smith	1993

Pole Vault		
17-2.75	Brent Warner	2004
16-8.75	Seth Benson	2001
16-7.00	Tyler Ransbury	1983
16-6.75	Tony Shirk	2010
16-6.75	Ian Cassidy	2007

Long Jump		
25-6.00	Jade Ellis	2009
24-8.00	Joel Shankle	1955
24-2.50	Lamar Grant	1998
24-2.00	Jeff Nesbit	1978
23-11.75	Desi Thomas	1995

Triple Jump		
51-11.75	Jade Ellis	2009
48-07.00	Garry Geck	1986
47-03.00	Bob Chambers	1978
46-4.50	Dave Wheeler	1963
45-6.50	Garry High	1963

Shot Put		
59-11.00	Rod Stewart	1966
57-04.50	Richard Gesswein	1963
56-09.50	Michael Barbas	2010
54-00.00	Mike Schallmo	2009
52-07.00	Durham Lawshe	1955

Hammer Throw		
182-2	Chad Stearns	1988
167-3	Michael Schallmo	2009
162-7	David Piccirilli	2010

Discus		
180-10	Austin Gamble	2010
173-3	Mike Schallmo	2009
168-8	Rod Stewart	1966
160-6	Richard Gesswein	1960
159-11	Jim Anthony	1976

Javelin (New)		
227-3	John Austin	2010
216-6	Jamie Rodriguez	1995
214-6	Mark DellaVolpe	2008
209-11	Robert Weinstein	2008
190-2	Gill Winters	1994

Javelin (Old)		
250-1	Kalen Cookson	1984
217-5	Jim Anthony	1975
213-2	Mike Curtis	1963

Decathlon (Modern Tables)		
7,326	Tyler Clarke	2009
6,633	Mike Zulant	2000
6,593	Rob West	1998
6,516	Tijan Redmon	1995
6,253	Ted Payne	1999

Decathlon (Old Tables)		
5,698	Jim Anthony	1976

RECORDS

# WOMEN'S OUTDOOR TRACK & FIELD ALL-TIME RECORDS

## 100-METERS

11.87	Janay McKie	2003
12.25	Allison Nesbitt	2003
12.42	Ifeyinwa Anoliefo	2002
12.60	Kim Hay	1995
12.66	Yvonne Ayew	1998

## 200-Meters

23.85	Janay McKie	2003
25.17	LaCresha Styles	2010
25.30	Jenna Turner	2002
25.55	Brittany Whitehead	2009
25.56	Nicole Ragucci	2009

## 400-Meters

54.09	Courtney Botts	2000
54.44	Janay McKie	2003
55.42	Cydney Ross	2010
56.51	Brittany Whitehead	2009
56.94	Stephanie Thomas	1997

## 800-Meters

2:05.34	Kim Voyticky	1998
2:05.81	Cydney Ross	2010
2:06.34	Devotia Moore	2010
2:07.10	Lauren Matic	2003
2:07.26	Katie Atlas	2000

## 1,500-Meters

4:12.13	Molly Lehman	2009
4:14.81	Shannon Rowbury	2005
4:19.23	Kate Van Buskirk	2010
4:22.07	Megan Sullivan	2002
4:22.12	Ellison Goodall	1978

## 3,000-Meters

9:19.12	Ellison Goodall	1978
9:23.74	Ellen Reynolds	1985
9:25.10	Clara Horowitz	2003
9:30.89	Sheela Agrawal	2000
9:40.00	Laura Stanley	2005

## 5,000-Meters

15:52.83	Maddie McKeever	2007
16:08.12	Ellison Goodall	1978
16:08.60	Clara Horowitz	2006
16:12.42	Ellen Reynolds	1986
16:16.64	Laura Stanley	2005

## 10,000-Meters

32:40.70	Ellen Reynolds	1986
33:00.85	Clara Horowitz	2006
33:30.12	Sally Meyerhoff	2007
33:44.20	Ellison Goodall	1977
33:52.95	Maddie McKeever	2007

## 100-Meter Hurdles

13.98	Jenna Turner	2003
14.07	Allison Nesbitt	2003
14.40	Hope Wright	1989
14.51	Kirsten Johnson	1996
14.64	Stephanie Stephens	1986

## 400-Meter Hurdles

58.49	Jenna Turner	2002
1:01.39	Stephanie Stephens	1987
1:01.50	Helen Henry	1988
1:02.20	Lindsay Owen	2006
1:03.40	Kirsten Johnson	1995

## 3,000-Meter Steeplechase

9:51.76	Liz Wort	2007
10:08.26	Patricia Loughlin	2009
10:28.84	Emily Schwitzer	2010
10:35.47	Kristina Krasich	2010
10:35.85	Mary Carleton Johnston	2010

## 4x100-Meter Relay

48.56	Anoliefo, Janay McKie, McKie, Jenna Turner	2003
47.60	Jenna Turner, Anoliefo, McDermott, Janay McKie	2002
48.13	Nesbitt, Jenna Turner, Kristen Doody, Janay McKie	2003

48.17	Nesbitt, Jenna Turner, Anoliefo, Janay McKie	2003
48.31	Kelsey Ontko, Brittany Whitehead, Nicole Ragucci, D. Anglin-Stone	2009

## 4x200-Meter Relay

1:40.18	Jenna Turner, Anoliefo, McDermott, Janay McKie	2002
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1:41.35	Anoliefo, Jenna Turner, Janay McKie, McClure	2001
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1:41.68	Nesbitt, Jenna Turner, Anoliefo, Janay McKie	2003
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1:42.73	Jenna Turner, Janay McKie, Asante, Courtney Botts	2000
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1:44.94	Tonn, Anoliefo, Bradley, McDermott	2002
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## 4x400-Meter Relay

3:42.71	Courtney Botts, Jenna Turner, Kristen Doody, Janay McKie	2000
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3:45.26	Courtney Botts, Jenna Turner, Janay McKie, Asante	2000
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3:46.44	Kelsey Ontko, Brittany Whitehead, Nicole Ragucci, D. Moore	2009
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3:48.42	Belle, Jenna Turner, Megan Sullivan, Janay McKie	2002
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3:49.07	Thomas, Sbarra, Gurtler, Kim Voyticky	1998
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## Sprint Medley Relay

3:55.57	Jenna Turner, McClure, Janay McKie, Katie Atlas	2001
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3:58.40	Cyre, Ayew, Thomas, Kim Voyticky	1998
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4:02.22	Janay McKie, Nesbitt, Jenna Turner, Kristen Doody	2003
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4:02.28	Sbarra, Forte, Megan Sullivan, Kim Voyticky	1998
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4:02.64	Jenna Turner, Janay McKie, Courtney Botts, Kristen Doody	2000
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## 4x800-Meter Relay

8:33.37	Leslie Morrison, Devotia Moore, Cydney Ross, Esther Vermeer	2010
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8:41.96	Michelle Seibert, Kate Van Buskirk, Liz Wort, Emily Sherrard	2007
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8:42.01	Allison Hofmann, Meaghan Leon, Lauren Matic, S. Rowbury	2004
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8:43.20	Kristen Doody, Sally Meyerhoff, Meaghan Leon, Lauren Matic	2003
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8:44.33	Kristen Doody, Katie Atlas, Megan Sullivan, Lauren Matic	2002
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## 4x1500-Meter Relay

17:45.20	Meaghan Leon, Shannon Rowbury, Sally Meyerhoff, Clara Horowitz	2004
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17:48.30	Kate Van Buskirk, Liz Wort, Emily Sherrard, M. McKeever	2007
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17:59.05	Anna Farias-Eisner, Lindsay Owen, Molly Lehman, Libby Jenke	2006
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18:03.65	Emily Sherrard, Kate Van Buskirk, Suejin Ahn, Anna Farias-Eisner	2010
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18:03.69	Sally Meyerhoff, Shannon Rowbury, Meaghan Leon, Clara Horowitz	2003
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## Distance Medley Relay

11:10.18	Meaghan Leon, Lindsay Owen, Lauren Matic, S. Rowbury	2005
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11:11.81	Megan Sullivan, Courtney Botts, Katie Atlas, Sheela Agrawal	2000
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11:14.13	Esther Vermeer, Cydney Ross, Devotia Moore, K. Van Buskirk	2010
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11:16.84	Kate Van Buskirk, Lindsay Owen, Michelle Seibert, Liz Wort	2007
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11:18.59	Sally Meyerhoff, Lindsay Owen, Libby Jenke, Clara Horowitz	2006
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## High Jump

6-1.50	Debra Vento	2005
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5-8.75	Kelly Mieszkalski	1990
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5-8.00	Denise Yamada	1985
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5-7.75	Misty Farrell	1996
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5-7.75	Jeanie Minton	1997
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## Long Jump

19-1.50	Ifeyinwa Anoliefo	2004
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18-7.00	Renae Stahl	1992
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18-1.00	Karolina Haraldsdottir	2010
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17-10.50	Kristen Sbarra	1998
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17-9.00	Kim Voyticky	1995
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## Triple Jump

41-5.75	Jodi Schlesinger	2001
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36-9.00	Brianna Pearson	1994
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36-0.25	Tiara Monroe	2004
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35-2.50	Ifeyinwa Anoliefo	2004
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35-2.00	Laura Peresky	1987
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## Pole Vault

14-2.00	Jillian Schwartz	2001
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13-5.25	Amy Fryt	2010
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12-11.50	Lara Jones	2007
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12-9.50	Laura Chen	2003
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12-3.50	Anne Marie Gordon	2008
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## Heptathlon

5,145	Karolina Haraldsdottir	2010
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4,827	Jenna Turner	2001
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4,593	Jeanie Minton	1998
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4,417	Kim Voyticky	1996
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4,189	Christine Gregorski	1994
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## Shot Put

45-0.25	Beth Maher	2004
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42-8.25	Kim Hanauer	2001
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40-10.25	Karolina Haraldsdottir	2010
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40-9.75	Alexa Revord	2007
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40-1.25	Megan Mitchell	1994
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## Discus

160-09	Alexa Revord	2007
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142-8	Jessica Tanner	2006
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137-6	Courtney Bowen	2009
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136-5	Ginny Stone	2001
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135-9	Kim Hanauer	2001
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## Hammer

181-5	Kelly Reynolds	2007
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160-2	Kim Hanauer	2002
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159-11	Ginny Stone	2003
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145-11	Maria Monge	2000
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129-10	Courtney Bowen	2009
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## Javelin

168-11	Daina Pucurs	2007
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154-6	Andrea Hopkins	2010
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150-5	Amy Matulewicz	2009
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146-2	Beth Maher	2006
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137-9	Shannon Sullivan	2010
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# WALLACE WADE STADIUM RECORDS

## MEN'S RECORDS

100-Meters	9.94	Dennis Mitchell	USA	Aug. 13, 1996
200-Meters	20.09	Shawn Crawford	Clemson	June 3, 2000
400-Meters	44.32	Michael Johnson	USA	08-13-94
800-Meters	1:44.03	Rick Wohlhuter	USA	07-06-74
1,500-Meters	3:34.87	Uwe Becker	West Germany	06-26-82
3,000 Meter Run	7:44.41	Paul Bitok	Kenya	08-12-94
3,000-Meters Steeplechase	8:39.09	Tim Broe	Alabama	06-02-00
5,000-Meters	13:26.11	Dick Buerkle	USA	07-06-74
10,000-Meters	28:38.45	Shannon Butler	Montana State	06-01-90
110-Meter Hurdles	13.19	Greg Foster	Long Beach, Ca.	07-26-87
400-Meter Hurdles	47.69	Edwin Moses	USA	05-19-79
High Jump	2.33m/7-7.75	Lee Balkin	Glendale, Ca.	07-26-87
	2.33m/7-7.75	Charles Austin	Southwest Texas State	06-02-90
Long Jump	8.26m/27-1.25	Larry Myricks	USA	07-26-87
Triple Jump	17.36m/56-11.25	Micheal Conley	USA	08-13-94
Shot Put	21.15m/69-5	Brian Odfield	USA	05-03-75
Discus	65.74m/215-8	Gabor Mate	Auburn	05-31-00
Javelin (Old)	86.96m/285-4	Sam Colson	USA	07-06-74
Javelin (New)	80.92m/265-6	Patrik Boden	Texas	06-01-90
Hammer	77.22m/253-4	Lobor Charfreitag	SMU	06-01-00
Pole Vault	5.73m/18-9.5	David Volz	USA	06-26-82
Decathlon	8,002	Bevan Hart	California	June 2-3, 2000
4x100-Meter Relay	38.35		Florida	06-02-00
4x400-Meter Relay	2:59.84		USOF South	07-26-87
4x800-Meter Relay	7:26.43		Duke University	04-05-03
Distance Medley Relay	9:39.47		Reebok Enclave	04-03-99

## WOMEN'S RECORDS

100-Meters	10.87	Gwen Torrence	USA	08-13-94
200-Meters	21.85	Gwen Torrence	USA	08-12-94
400-Meters	50.00	Valerie Brisco	Los Angeles, Ca.	07-25-87
800-Meters	1:58.15	Maria Matola	Mozambique	08-12-94
1,500-Meters	4:08.26	Suzy Favor	Wisconsin	06-02-90
3,000-Meters	8:51.11	Cindy Bremser	USA	06-27-82
3,000-Meters Steeplechase	10:02.85	Mollie DeFrancesco	James Madison	04-06-02
5,000-Meters	15:33.25	Joan Nesbit	New Balance	04-12-96
10,000-Meters	33:08.07	Jennifer Martin	Unattached	04-12-96
100-Meter Hurdles	12.84	Lynda Tolbert	Arizona State	06-02-90
400-Meter Hurdles	55.05	Kim Batten	USA	08-12-94
High Jump	1.98m/6-6	Coleen Sommer	USA	06-26-86
Long Jump	6.74m/22-1.5	Terri Turner	Austin, Texas	06-25-87
Triple Jump	14.04m/46-0.75	Sheila Hudson	Cal-Berkeley	06-02-90
Shot Put	21.22m/69-7.5	Nadezhda Chizova	USSR	07-06-74
Discus	66.30m/217-6	Faina Melnik	USSR	07-06-74
Javelin	63.78m/209-3	Ingrid Tysseen	West Germany	07-26-82
Hammer	64.58m/211-10	Florence Ezeh	SMU	05-31-00
Pole Vault	4.40m/14-5.25	Tracy O'Hara	UCLA	06-02-00
Heptathlon	6,132	Gea Johnson	Arizona State	05-30-31/90
4x100-Meter Relay	42.22		USOF West	07-25-87
4x400-Meter Relay	3:24.89		USOF West	07-26-87
4x800-Meter Relay	8:42.00		Michigan	04-09-05
Distance Medley Relay	11:16.03		Vasco da Gama	04-08-00

RECORDS

# MEN'S CROSS COUNTRY HONORS & AWARDS

## NATIONAL HONORS

	Josh Brewer	2008		
	Andrew Brodeur	2008	ACC Coach of the Year	
All-America	James Kostenlik	2008	Norm Ogilvie	2000
Sean Kelly	Ryan McDermott	2008	Al Buehler	1998
Scott Eden	Cory Nanni	2008		
Scott Eden	James Osborne	2008	ACC 50th Anniversary Team	
	Tradelle Ward	2008	Roger Beardmore	1969-1971
Academic All-America	Kevin McDermott	007	Terry Brennan	1998-2000
Duke Team	Cory Nanni	2007	Scott Eden	1972-1974
Bo Waggoner	Chris Spooner	2007	Sean Kelly	1999-2001
Duke Team	Bo Waggoner	2007	Robbie Perkins	1974-1976
Michael Hatch	Dan Daly	2006	Bob Wheeler	1969-1971
Chris Williams	Geary Gubbins	2006		
Sean Kelly	Keith Krieger	2006		
Chris Williams	Dan Daly	2005		
Terry Brennan	Keith Krieger	2005	TEAM AWARDS	
Sean Kelly	Chris Spooner	2005	Most Valuable Performer	
	Michael Hatch	2004	Bo Waggoner	2010
	Terry Brennan	1999	Bo Waggoner	2009
	Brendan Fitzgibbon	1999	Bo Waggoner	2008
	Charlie Kelly	1999	Bo Waggoner	2007
	Tom Becker	1998	Keith Krieger	2006
	Terry Brennan	1998	Keith Krieger	2005
	Brendan Fitzgibbon	1998	Nick Schneider	2004
	Tim Schaefer	1998	Michael Hatch	2003
	Tom Becker	1997	Chris Williams	2002
	Brendan Fitzgibbon	1997	Sean Kelly	2001
			Terry Brennan/Sean Kelly	2000
			Terry Brennan	1999
			Tom Becker	1998
			Tom Becker	1997
			Tom Becker	1996
			Tom Becker	1995
			Darin Mellinger	1994
			Kevin Hilton	1993
			Mark Donahue	1992
			Mark Donahue	1991
			Andy Taylor	1990

## REGIONAL HONORS

### All-Southeast Region

James Kostelnik	2010		
Cory Nanni	2010		
Bo Waggoner	2010		
Andrew Brodeur	2010		
Bo Waggoner	2009		
James Osborne	2008		
Bo Waggoner	2008		
Keith Krieger	2005		
Michael Hatch	2004		
Keith Krieger	2004		
Nick Schneider	2004		
Nick Schneider	2003		
Nick Schneider	2002		
Chris Williams	2002		
Michael Hatch	2001		
Sean Kelly	2001		
Jared Moore	2001		
Chris Williams	2001		
Sean Kelly	2000		
Terry Brennan	2000		
Brendan Fitzgibbon	2000		
Michael Hatch	2000		

## ACC HONORS

### ACC Individual Champions

Sean Kelly	2000		
Robbie Perkins	1975		
Scott Eden	1974		
Scott Eden	1973		
Roger Beardmore	1972		
Bob Wheeler	1971		
Bob Wheeler	1970		
Ed Stenberg	1967		
Jerry Nourse	1961		
Jerry Nourse	1960		
Cary Weisiger	1959		

### ALL-ACC

Bo Waggoner	2010		
Cory Nanni	2009		
Bo Waggoner	2009		
Bo Waggoner	2008		
Keith Krieger	2007		
Bo Waggoner	2007		
Chris Spooner	2005		
Michael Hatch	2004		
Nick Schneider	2004		
Michael Hatch	2002		
Nick Schneider	2002		
Chris Williams	2002		
Sean Kelly	2001		
Brendan Fitzgibbon	2000		
Sean Kelly	2000		
Terry Brennan	2000		
Terry Brennan	1999		
Tom Becker	1998		
Tom Becker	1996		

### Freshman of the Year

Clint McKelvey	2010
Mike Moverman	2009
Andrew Brodeur	2008
Bo Waggoner	2007
Tradelle Ward	2006
Geary Gubbins	2005
Chris Spooner	2004
Keith Krieger	2003

### IC4A Team Championships

Duke	2010
Duke	2009
Duke	2008
Duke	2005

### IC4A Individual Champions

Bob Wheeler	1971
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### All-East

Mike Moverman	2010
Brian Atkinson	2010
Clint McKelvey	2010
Dominick Robinson	2010
Andrew Brodeur	2009
Ryan McDermott	2009
Mike Moverman	2009
Dominick Robinson	2009
Ken Sullivan	2009

# WOMEN'S CROSS COUNTRY HONORS & AWARDS

## NATIONAL HONORS

### All-America

Carly Seymour	2009
Maddie McKeever	2007
Emily McCabe	2006
Maddie McKeever	2006
Clara Horowitz	2005
Clara Horowitz	2004
Sally Meyerhoff	2004
Shannon Rowbury	2004
Caroline Bierbaum	2002
Sheela Agrawal	2000
Sheela Agrawal	1999
Ellison Goodall	1977

### National Team

Sheela Agrawal	2000
Clara Horowitz	2003
Emily McCabe	2007
Maddie McKeever	2006
Sally Meyerhoff	2006
Shannon Rowbury	2006
Emily Schwitzer	2008

### USATF Junior Champion

Clara Horowitz	2003
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### Academic All-America

Sheela Agrawal	2001, 2002
Maddie McKeever	2006, 2007
Paige Miller	2001

## REGIONAL HONORS

### All-Southeast Region

Juliet Bottorff	2009
Kayla Hale	2009
Carly Seymour	2009
Kate Van Buskirk	2009
Maddie McKeever	2007
Kate Van Buskirk	2007
Emily McCabe	2006
Maddie McKeever	2006
Laura Stanley	2006
Kate Van Buskirk	2006
Kelly Fillnow	2005
Clara Horowitz	2005
Sally Meyerhoff	2005
Natasha Roetter	2005
Shannon Rowbury	2005
Liz Wort	2005
Tiare Ferguson	2004
Clara Horowitz	2004
Meaghan Leon	2004
Natasha Roetter	2004
Laura Stanley	2003
Caroline Bierbaum	2002
Clara Horowitz	2002
Shannon Rowbury	2002
Paris Edwards	2001
Paige Miller	2001
Sheela Agrawal	2000

Katie Atlas	2000
Megan Sullivan	2000
Sheela Agrawal	1999
Ellie Culp	1999
Megan Sullivan	1999
Megan Sullivan	1998

### SE Region Coach of the Year

Kevin Jermyn	2009
Kevin Jermyn	2005
Kevin Jermyn	2004

### All-East

Mary Carleton Johnston	2008
Jessica Davlin	2007
Anna Farias-Eisner	2005
Maddie McKeever	2005
Paris Edwards	2004
Elle Pishny	2004
Liz Wort	2004
Paris Edwards	2001
Paige Miller	2001
Sheela Agrawal	1999
Megan Sullivan	1999

## ACC HONORS

### ACC Champions

Shannon Rowbury	2005
Sally Meyerhoff	2004

### All-ACC

Juliet Bottorff	2009
Carly Seymour	2009
Kate Van Buskirk	2009
Maddie McKeever	2007
Kate Van Buskirk	2007
Emily McCabe	2006
Maddie McKeever	2006
Whitney Anderson	2005
Clara Horowitz	2005
Sally Meyerhoff	2005
Natasha Roetter	2005
Shannon Rowbury	2005
Laura Stanley	2005
Liz Wort	2005
Tiare Ferguson	2004
Phebe Ko	2004
Sally Meyerhoff	2004
Natasha Roetter	2004
Shannon Rowbury	2004
Clara Horowitz	2002
Sheela Agrawal	2000
Sheela Agrawal	1999
Megan Sullivan	1999
Megan Sullivan	1998

### ACC Freshman of the Year

Juliet Bottorff	2009
Whitney Anderson	2005
Tiare Ferguson	2004
Clara Horowitz	2002

Sheela Agrawal	1999
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### ACC Coach of the Year

Kevin Jermyn	2005
Kevin Jermyn	2004

### ACC's 50th Anniversary Team

Sheela Agrawal	1999-2001
Ellison Goodall	1977

## TEAM AWARDS

### Most Valuable Performer

Carly Seymour	2009
N/A	2008
Maddie McKeever	2007
Emily McCabe	2006
Clara Horowitz	2005
Sally Meyerhoff	2004
Laura Stanley	2003
Caroline Bierbaum	2002
Paige Miller	2001
Sheela Agrawal	2000

### Freshman of the Year

Juliet Bottorff	2009
Suejin Ahn/Carly Seymour	2008
Christy Adamyk	2007
Kate Van Buskirk	2006
Whitney Anderson	2005
Tiare Ferguson	2004
Lindsay Van Alstine	2003



# MEN'S INDOOR TRACK & FIELD HONORS & AWARDS

## NATIONAL HONORS

### NCAA Championship Participants

Curtis Beach	Decathlon	2010
Bryan Alif	2-Mile	1982
Richard Block	DMR	1981
Chris Castor	DMR	1981
John Donegan	DMR	1981
Bryan Alif	DMR	1981
Bob Wheeler	1,000 yd.	1971
James Howser	High Hurdles	1969

### World Record Setters

Curtis Beach	1,000m Hep.	2010
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## REGIONAL HONORS

### IC4A Individual Champions

Cory Nanni	Mile	2009
Tyler Clarke	Heptathlon	2007
Jade Ellis	Long Jump	2005
Brent Warner	Pole Vault	2004
Brent Warner	Pole Vault	2003
Seth Benson	Pole Vault	2001

### All-East

James Kostelnik	3,000m	2010
Joshua Lund	Mile	2010
Sam Bowler	DMR	2009
Stephen Clark	DMR	2009
Caleb Duncanson	DMR	2009
Ryan McDermott	Mile	2009
Ryan McDermott	4x800m	2009
Cory Nanni	Mile	2009
Cory Nanni	4x800m	2009
Sean-Pat Oswald	4x800m	2009
Brendon Pierson	4x800m	2009
Chris Rowland	4x800m	2009
Will Smith	DMR	2009
Ken Sullivan	DMR	2009
Bo Waggoner	3,000m	2009
Bo Waggoner	DMR	2009
John Brockardt	1,000m	2008
Sam Bowler	4x800m	2007
John Brockardt	1,000m	2007
Tyler Clarke	Heptathlon	2007
Matt Danforth	4x400m	2007
Dan King	400m	2007
Dan King	4x400m	2007
Pete Lewellen	4x400m	2007
Dan McManamon	4x800m	2007
Brett Morrell	4x400m	2007
Chris Rowland	4x800m	2007
Chris Spooner	4x800m	2007
Nick Trombold	4x400m	2007
Tradelle Ward	4x800m	2007
John Brockardt	DMR	2006
Daniel King	DMR	2006
Devin McDaniel	DMR	2006
Kevin McDermott	DMR	2006
Chris Rowland	DMR	2006
Chris Spooner	DMR	2006
Ade Wise	DMR	2006
John Brockardt	4x800m	2005
Steve Craig	4x800m	2005
Ian Cronin	4x800m	2005
Jade Ellis	Long Jump	2005
Jade Ellis	Triple Jump	2005
Pete Lewellen	4x800m	2005
Ryan McCann	4x800m	2005
Nick Schneider	4x800m	2005
Chris Spooner	4x800m	2005
Jon Amt	DMR	2004
Steve Craig	DMR	2004
Ian Cronin	DMR	2004
Daniel King	DMR	2004
Casey Reardon	DMR	2004
Nick Schneider	DMR	2004
Brent Warner	Pole Vault	2004

Jon Amt	4x800m	2003
Steve Craig	4x800m	2003
Ian Cronin	DMR	2003
Donny Fowler	4x800m	2003
Tom Gianturco	4x800m	2003
Michael Hatch	5,000m	2003
Aaron Paul	DMR	2003
Casey Reardon	DMR	2003
Nick Schneider	Mile	2003
Brent Warner	Pole Vault	2003
Ade Wise	DMR	2003
Jon Amt	4x800m	2002
Ian Cronin	4x800m	2002
Brendan Fitzgibbon	4x800m	2002
Tom Gianturco	4x800m	2002
Sean Kelly	5,000m	2002
Nick Schneider	4x800m	2002
Bill Spierdowis	4x800m	2002
Brent Warner	Pole Vault	2002
Brendan Wells	4x800m	2002
Seth Benson	Pole Vault	2001
Donny Fowler	DMR	2000
Lamar Grant	200m	2000
Kyle Leonard	DMR	2000
Mike McKeever	DMR	2000
Bill Spierdowis	DMR	2000
James Vasak	DMR	2000
Mike Zulandt	Pentathlon	2000
Seth Benson	Pole Vault	1999
Lamar Grant	200m	1999
Brendon Fitzgibbon	Mile	1999
Kyle Leonard	4x800m	1999
Mike McKeever	4x800m	1999
Bill Spierdowis	4x800m	1999
James Vasak	4x800m	1999
Brendan Fitzgibbon	4x800m	1998
Kyle Leonard	4x800m	1998
Brian McCulley	4x800m	1998
Mike McKeever	4x800m	1998
Mike Park	4x800m	1998
James Vasak	4x800m	1998
Rob West	Pentathlon	1998
Jesse Allen	DMR	1997
Lamar Grant	DMR	1997
Brian McCulley	DMR	1997
Mike Park	DMR	1997
Jesse Allen	DMR	1996
Miles Hall	DMR	1996
Doug Kling	DMR	1996
Dan Schuman	DMR	1996
Miles Hall	4x800m	1995
Pat Kelly	4x800m	1995
Doug Kling	4x800m	1995
Mike Park	4x800m	1995

## ACC HONORS

### ACC Champions

Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Bill Spierdowis	DMR	2000
James Vasak	DMR	2000
Duke*	DMR	1980
Duke*	DMR	1978
Mike Shankle	Pole Vault	1978
Duke*	Two-Mile Relay	1977
Duke*	DMR	1976
Robbie Perkins	Two-Mile	1975
Steve Wheeler	Two-Mile	1974
Scott Eden	Two-Mile	1973
Mike Murphy	600-Yd	1973
Bob Wheeler	Mile	1973
Duke*	4x400m Relay	1971
Jeff Howser	60-Yd HH	1971
Bob Wheeler	Mile	1971
Jeff Howser	60-Yd HH	1969
Jeff Howser	60-Yd HH	1968
Ed Stenberg	Two-Mile	1968

Rod Stewart	Shot Put	1966
Rod Stewart	Shot Put	1965
Bob Fogle	70-Yd HH	1964
Dick Gesswein	Shot Put	1963
Louis Van Dyke	Mile	1963
Dick Gesswein	Shot Put	1962
Jerry Nourse	Mile	1962
Jerry Nourse	Two-Mile	1962
Dick Gesswein	Shot Put	1961
Cary Weisiger	Mile	1960
Cary Weisiger	880-Yd	1960
Bob Laverly	Long Jump	1957
Dave Sime	60-Yd	1957
Dave Sime	60-Yd	1956
Dave Sime	Long Jump	1956
Dave Sime	70-Yd LH	1956
Durham Lawshe	Shot Put	1955
Joel Shankle	Long Jump	1955
Joel Shankle	70-Yd HH	1955
Joel Shankle	70-Yd LH	1955
Durham Lashe	Shot Put	1954
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954
Joel Shankle	70-Yd HH	1954
Joel Shankle	70-Yd LH	1954

### All-ACC (Since 1995)

Curtis Beach	Heptathlon	2010
Cory Nanni	Mile	2010
Sean-Pat Oswald	800m	2010
Bo Waggoner	5,000m	2010
Jade Ellis	Triple Jump	2005
Brent Warner	Pole Vault	2004
Donny Fowler	800m	2003
Nick Schneider	Mile	2003
Brent Warner	Pole Vault	2003
Brent Warner	Pole Vault	2002
Seth Benson	Pole Vault	2000
Charlie Kelly	5,000m	2000
Kyle Leonard	DMR	2000
Michael McKeever	DMR	2000
Bill Spierdowis	DMR	2000
James Vasak	DMR	2000
Kyle Leonard	800m	1999
Jesse Allen	800m	1997

### ACC 50th Anniversary Team

Jeff Howser	1968-71
Robbie Perkins	1974-76
Joel Shankle	1954-56
Dave Sime	1954-57
Bob Wheeler	1970-73

## TEAM AWARDS

### Most Valuable Performer

Curtis Beach	2010
Jade Ellis	2009
John Brockardt	2008
Dan King	2007
Tyler Clarke	2006
Jade Ellis	2005
Brent Warner	2004
Brent Warner	2003
Sean Kelly	2002

### Freshman of the Year

Curtis Beach	2010
Michael Barbas	2009
Cory Nanni	2008
Mike Schallmo	2007
Chris Rowland	2006
Jade Ellis	2005
Dan King	2004

# WOMEN'S INDOOR TRACK & FIELD HONORS & AWARDS

**NATIONAL HONORS**

National Champion		
Shannon Rowbury	Mile	2007

**All-America**

Maddie McKeever	5,000m	2008
Sally Meyerhoff	5,000m	2007
Shannon Rowbury	Mile	2007
Shannon Rowbury	3,000m	2007
Liz Wort	3,000m	2007
Clara Horowitz	5,000m	2006
Shannon Rowbury	Mile	2005
Debra Vento	High Jump	2005
Shannon Rowbury	Mile	2004
Sheela Agrawal	3,000m	2001
Jillian Schwartz	Pole Vault	2001

**NCAA Championship Participants**

Maddie McKeever	5,000m	2008
Libby Jenke	DMR	2007
Maddie McKeever	5,000m	2007
Sally Meyerhoff	5,000m	2007
Shannon Rowbury	Mile & 3,000m	2007
Michelle Seibert	DMR	2007
Kate Van Buskirk	DMR	2007
Liz Wort	3,000m & DMR	2007
Meaghan Leon	DMR	2005
Lauren Matic	DMR	2005
Sally Meyerhoff	3,000m & DMR	2005
Paige Miller	3,000m	2005
Shannon Rowbury	Mile	2005
Allison Stankavage	DMR	2005
Debra Vento	High Jump	2005
Paige Miller	5,000m	2004
Shannon Rowbury	Mile	2004
Debra Vento	High Jump	2004
Shannon Rowbury	Mile	2003
Sheela Agrawal	5,000m	2002
Sheela Agrawal	3,000m	2001
Jillian Schwartz	Pole Vault	2001

**REGIONAL HONORS**

ECAC Team Championship		
Duke		2009

**ECAC Champions**

Anna Farias-Eisner	Mile	2009
Amy Fryt	Pole Vault	2009
Molly Lehman	4x800m	2008
Molly Lehman	1,000m	2008
Devotia Moore	4x800m	2008
Emily Sherrard	4x800m	2008
Allison Stankavage	4x800m	2008
Christen Harsha	4x800m	2007
Libby Jenke	4x800m	2007
Lara Jones	Pole Vault	2007
Caitlin Klaas	4x800m	2007
Molly Lehman	4x800m	2007
Sally Meyerhoff	5,000m	2007
Meaghan Leon	1,000m	2005
Meaghan Leon	4x800m	2005
Lauren Matic	4x800m	2005
Sally Meyerhoff	3,000m	2005
Shannon Rowbury	4x800m	2005
Liz Wort	4x800m	2005
Meaghan Leon	4x800m	2004
Lauren Matic	4x800m	2004
Shannon Rowbury	Mile	2004
Shannon Rowbury	4x800m	2004
Liz Wort	4x800m	2004

**All-East**

Amy Fryt	Pole Vault	2009
Anna Farias-Eisner	Mile	2009
Karolina Haraldsdottir	Pentathlon	2009
Molly Lehman	DMR	2009
Patricia Loughlin	Mile	2009

Cassie Ludwig	Pole Vault	2009
Devotia Moore	DMR	2009
Leslie Morrison	1,000m	2009
Emily Schwitzer	DMR	2009
Esther Vermmer	1,000m	2009
Brittany Whitehead	DMR	2009
Katie Doswell	4x800m	2008
Anna Farias-Eisner	4x800m	2008
Amy Fryt	Pole Vault	2008
Christen Harsha	4x800m	2008
Molly Lehman	4x800m	2008
Molly Lehman	1,000m	2008
Devotia Moore	4x800m	2008
Emily Sherrard	4x800m	2008
Emily Sherrard	Mile	2008
Allison Stankavage	4x800m	2008
Jessica Davlin	1,000m	2007
Christen Harsha	4x800m	2007
Libby Jenke	4x800m	2007
Lara Jones	Pole Vault	2007
Caitlin Klaas	4x800m	2007
Sally Meyerhoff	5,000m	2007
Lindsay Owen	4x800m	2007
Emily Sherrard	1,000m	2007
Debra Vento	High Jump	2007
Jessica Davlin	4x800m	2006
Anna Farias-Eisner	4x800m	2006
Anna Farias-Eisner	DMR	2006
Lara Jones	Pole Vault	2006
Caitlin Klaas	4x800m	2006
Caitlin Klaas	DMR	2006
Molly Lehman	4x800m	2006
Kelly McCann	DMR	2006
Maddie McKeever	DMR	2006
Lindsay Owen	500m	2006
Allison Stankavage	4x800m	2006
Debra Vento	High Jump	2006
Liz Wort	3,000m	2006
Jenny Fraser	4x800m	2005
Allison Hofmann	4x800m	2005
Lara Jones	Pole Vault	2005
Meaghan Leon	1,000m	2005
Meaghan Leon	4x800m	2005
Lauren Matic	4x800m	2005
Sally Meyerhoff	3,000m	2005
Paige Miller	3,000m	2005
Shannon Rowbury	800m	2005
Shannon Rowbury	4x800m	2005
Laura Stanley	5,000	2005
Debra Vento	High Jump	2005
Liz Wort	Mile	2005
Liz Wort	4x800m	2005
Laura Chen	Pole Vault	2004
Jan Faraguna	4x800m	2004
Jenny Fraser	4x800m	2004
Allison Hofmann	4x800m	2004
Clara Horowitz	3,000m	2004
Meaghan Leon	4x800m	2004
Lauren Matic	4x800m	2004
Sally Meyerhoff	5,000m	2004
Lindsay Owen	4x800m	2004
Shannon Rowbury	Mile	2004
Laura Stanley	5,000m	2004
Kristen Doody	DMR	2003
Clara Horowitz	3,000m	2003
Phebe Ko	5,000m	2003
Lauren Matic	DMR	2003
Janay McKie	DMR	2003
Sally Meyerhoff	Mile	2003
Shannon Rowbury	DMR	2003
Laura Stanley	3,000m	2003
Sheela Agrawal	5,000m	2002
Janay McKie	60m	2002
Jodi Schlesinger	Triple Jump	2002
Megan Sullivan	1,000m	2002
Sheela Agrawal	DMR	2001
Katie Atlas	DMR	2001

Kristen Doody	DMR	2001
Janay McKie	DMR	2001
Jillian Schwartz	Pole Vault	2001
Sheela Agrawal	Mile	2000
Katie Atlas	1,000m	2000
Jillian Schwartz	Pole Vault	2000
Katie Atlas	4x800m	1999
Andrea Buckwalter	4x800m	1999
Heather Ryan	4x800m	1999
Jillian Schwartz	Pole Vault	1999
Megan Sullivan	4x800m	1999
Stephanie Thomas	4x800m	1999
Collette Gurtler	DMR	1998
Kristin Sbarra	DMR	1998
Megan Sullivan	DMR	1998
Kim Voyticky	DMR	1998

**ACC HONORS**

ACC Champions		
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile	2007
Shannon Rowbury	3,000m	2007
Michelle Seibert	DMR	2007
Kate Van Buskirk	DMR	2007
Liz Wort	DMR	2007
Clara Horowitz	3,000m	2006
Laura Stanley	5,000m	2006
Shannon Rowbury	Mile	2005
Shannon Rowbury	3,000m	2005
Jillian Schwartz	Pole Vault	2001
Sheela Agrawal	DMR	2000
Courtney Botts	DMR	2000
Heather Ryan	DMR	2000
Maddy Woodmansee	DMR	2000

**Rookie of the Year**

Sheela Agrawal		1999
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**All-ACC**

Karolina Haraldsdottir	Pentathlon	2010
Amy Fryt	Pole Vault	2010
Devotia Moore	800m	2010
Madeline Morgan	3,000m	2010
Carly Seymour	5,000m	2010
Amy Fryt	Pole Vault	2009
Molly Lehman	Mile	2009
Maddie McKeever	5,000m	2008
Clara Horowitz	3,000m	2007
Lindsay Owen	DMR	2007
Shannon Rowbury	Mile	2007
Shannon Rowbury	3,000m	2007
Michelle Seibert	DMR	2007
Laura Stanley	5,000m	2007
Kate Van Buskirk	DMR	2007
Debra Vento	High Jump	2007
Liz Wort	3,000m	2007
Liz Wort	DMR	2007
Sally Meyerhoff	5,000m	2005
Paige Miller	5,000m	2005
Shannon Rowbury	Mile	2005
Shannon Rowbury	3,000m	2005
Debra Vento	High Jump	2005
Liz Wort	Mile	2005
Laura Chen	Pole Vault	2004
Paige Miller	5,000m	2004
Shannon Rowbury	Mile	2004
Clara Horowitz	5,000m	2003
Shannon Rowbury	Mile	2003
Liz Wort	DMR	2003
Sheela Agrawal	3,000m	2001
Katie Atlas	Pole Vault	2001
Jillian Schwartz	Pole Vault	2001
Sheela Agrawal	DMR	2000
Courtney Botts	DMR	2000
Heather Ryan	DMR	2000
Jillian Schwartz	Pole Vault	2000
Maddy Woodmansee	DMR	2000
Beth O'Donnell	5,000m	1998

HONORS

ACC 50th Anniversary Indoor Track & Field Team  
 Jillian Schwartz 1998-2001

**TEAM AWARDS**

**Most Valuable Performer**

— K. Haraldsdottir/Amy Fryt/ D. Moore	2010
— Amy Fryt/Molly Lehman	2009
— Maddie McKeever	2008
— Shannon Rowbury	2007
— Clara Horowitz	2006
— Shannon Rowbury	2005
— Shannon Rowbury	2004
— Shannon Rowbury	2003
— Sheela Agrawal	2002
— Jillian Schwartz	2001

**Freshman of the Year**

— Madeline Morgan	2010
— Cydney Ross	2009
— Amy Fryt	2008
— Kate Van Buskirk	2007
— Libby Jenke	2006
— Lara Jones	2005
— Debra Vento	2004



# MEN'S OUTDOOR TRACK & FIELD HONORS & AWARDS

## NATIONAL HONORS

National Champions		
Bob Wheeler	1,000 yds.	1971
Joel Shankle	Long Jump	1955

### All-America

John Austin	Javelin	2008
Brent Warner	Pole Vault	2003
Jesse Allen	400m-Hurdles	1999
Brian Alif	5,000m	1981
Brian Alif	DMR	1981
Rich Block	DMR	1981
Chris Castor	DMR	1981
John Donegan	DMR	1981
Robbie Perkins	10,000m	1976
Roger Beardmore	3,000m SC	1972
Bob Wheeler	1,500m	1972
Bob Wheeler	1,500m	1971
Bob Wheeler	1,000-Yd	1971
Jeff Howser	120-Yd Hurdles	1968
Ed Stenberg	10,000m	1968
Joel Shankle	120-Yd Hurdles	1956
Joel Shankle	Long Jump	1956
Dave Sime	100-Yd	1956

### USATF Junior All-America

Jade Ellis	Long Jump	2005
Keith Krieger	10,000m	2004

### Rhodes Scholarship Recipient

Chas Salmen		2006
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### USTCA Academic All-America

Brent Warner		2004
Michael Hatch		2003
Brent Warner		2003
Sean Kelly		2002
Sean Kelly		2001
Craig Henderson		1983

### World Record Setters

Dave Sime	100m (10.1)	1960
Dave Sime	60-Yd (6.1)	1956
Dave Sime	100-Yd (9.3)	1956
Dave Sime	220-Yd (20.0)	1956
Dave Sime	220-Yd H (22.2)	1956
Dave Sime	200m (20.0)	N/A

### American Record Setters

Curt Clausen	50K Racewalk	3:48:04
Cary Weisiger	1,500m	3:39.3

### Olympians

Curt Clausen	50K Racewalk	2004
Randy Jones	Bobsled	2002
Curt Clausen	50K Racewalk	2000
Randy Jones	Bobsled	1998
Curt Clausen	20K Racewalk	1996
Randy Jones	Bobsled	1994
Bob Wheeler	1,500m	1972
Dave Sime	100m	1960
Joel Shankle	110m Hurdles	1956

## REGIONAL HONORS

### All-NCAA Regional

Jade Ellis	Long Jump	2009
Cory Nanni	1,500m	2009
John Austin	Javelin	2007
Brent Warner	Pole Vault	2003

### Penn Relays Individual Champions

John Austin	Javelin	2010
Austin Gamble	Discus (College)	2010
Ian Cassidy	Pole Vault (College)	2007
Scott Eden	Six Mile Run	1974
Roger Beardmore	4xMile Relay	1972
Larry Forester	4xMile Relay	1972
Bob Wheeler	4xMile Relay	1972
Steve Wheeler	4xMile Relay	1972
Jared Nourse	2-Mile Run	1962
Joel Shankle	120-Yd H	1955
Joel Shankle	Long Jump	1955
Joel Shankle	120-Yd H	1954
Joel Shankle	Long Jump	1954
James O'Leary	Discus	1950
Werner Brown	4x110-Yd Relay	1941
Edward Sargent	4x110-Yd Relay	1941
Moffat Storer	4x110-Yd Relay	1941
Ernest Vail	4x110-Yd Relay	1941
Hubert Reavis	440-Yd Hurdles	1939
Donn Kinzle	120-Yd Hurdles	1938
Henry Fulmer	Long Jump	1932

### IC4A Individual Champions

Cory Nanni	1,500m	2009
John Austin	Javelin	2008
Jesse Allen	400m Hurdles	1999
Jeff Howser	60-Yd Hurdles	1971
Rod Stewart	Shot Put	1966
Joel Shankle	Outdoor Hurdles	1954
Joel Shankle	Long Jump	1954

### All-East

Josh Brewer	10,000m	2010
Andrew Brodeur	10,000m	2010
James Kostelnik	5,000m	2010
Ryan McDermott	Steeplechase	2010
Bo Waggoner	5,000m	2010
Stephen Clark	4x800m	2009
Josh Lund	4x800m	2009
Ryan McDermott	Steeplechase	2009
Cory Nanni	1,500m	2009
Cory Nanni	4x800m	2009
Chris Rowland	4x800m	2009
Ken Sullivan	4x800m	2009
John Austin	Javelin	2008
Tyler Clarke	Decathlon	2008
Cory Nanni	1,500m	2008
Robert Weinstein	Javelin	2008
Tyler Clarke	Decathlon	2007
Mike Schallmo	Discus	2007
Chris Spooner	1,500m	2007
Tyler Clarke	Decathlon	2006
Jon Fay	Pole Vault	2006
Dan King	400m	2006
Alex Reinhart	Steeplechase	2006
Chris Spooner	1,500m	2006
Jade Ellis	Triple Jump	2005
Jade Ellie	Long Jump	2005
Jon Fay	Pole Vault	2005
Nick Schneider	5,000m	2005
Jon Amt	800m	2004
Michael Hatch	10,000m	2004
Keith Krieger	10,000m	2004
Nick Schneider	1,500m	2004
Jon Amt	4x800m	2003
Jeff Buttaccio	Pole Vault	2003
Donny Fowler	4x800m	2003

Tom Gianturco	4x800m	2003
Michael Hatch	10,000m	2003
Brian McNiff	4x800m	2003
Bill Spierdowis	4x800m	2003
Brent Warner	Pole Vault	2003
Jon Amt	4x800m	2002
Jeff Buttaccio	Pole Vault	2002
Donny Fowler	4x800m	2002
Casey Reardon	4x800m	2002
Nick Schneider	1,500m	2002
Biull Spierdowis	4x800m	2002
Brent Warner	Pole Vault	2002
Brandon Wells	4x800m	2002
Seth Benson	Pole Vault	2001
Mike McKeever	4x800m	2001
Casey Reardon	4x800m	2001
Brendan Wells	4x800m	2001
Bill Spierdowis	4x800m	2001
Seth Benson	Pole Vault	2000
Rob West	Decathlon	2000
Jesse Allen	400m H	1999
Jesse Allen	4x800m	1999
Seth Benson	Pole Vault	1999
Matt Diglio	4x800m	1999
Kyle Leonard	4x800m	1999
Mike McKeever	4x800m	1999
Bill Spierdowis	4x800m	1999
Rob West	Decathlon	1999
Jesse Allen	400m H	1996
Miles Hall	4x800m	1995
Pat Kelly	4x800m	1995
Mike Park	4x800m	1995
Doug Kling	4x800m	1995
Randy Jones	100m	1992
Randy Jones	200m	1992

### ACC Honors

#### ACC Champions

John Austin	Javelin	2010
Ryan McDermott	Steeplechase	2010
Jade Ellis	Long Jump	2009
Ryan McDermott	Steeplechase	2009
Brendan Fitzgibbon	1,500m	2000
Miles Hall	1,500m	1995
Bryan Alif	5,000m	1982
Rick Block	800m	1982
Bryan Alif	5,000m	1981
Rick Block	800m	1981
Jon Donegan	1500m	1979
Jim Clayton	Steeplechase	1978
Jeff Nesbit	Long Jump	1978
Robbie Perkins	10,000m	1978
Jim Clayton	Steeplechase	1976
Robbie Perkins	10,000m	1976
Richard Schwartz	1,500m	1976
Robbie Perkins	Mile	1975
Robbie Perkins	3-Mile	1975
Peter Quance	3000m SC	1975
Duke*	Mile Relay	1974
Duke*	Mile Relay	1973
Scott Eden	6-Mile	1974
Roger Beardmore	Steeplechase	1973
Duke*	Mile Relay	1973
Scott Eden	6-Mile	1973
Jon Krassny	220-Yd	1973
Mike Murphy	440-Yd	1973
Steve Wheeler	3-Mile	1973
Scott Eden	3-Mile	1972
Roger Beardmore	Steeplechase	1971

Mike Graves	3-Mile	1971
Mike Murphy	440-Yd	1971
Bob Wheeler	880-Yd	1971
Bob Wheeler	Mile	1971
Tom Dunigan	440-Yd IHrd	1970
Jeff Howser	440-Yd IH	1969
Jeff Howser	120-Yd HH	1969
Jeff Howser	120-Yd HH	1968
Ed Stenberg	3-Mile	1968
Clint Brown	Pole Vault	1967
Rod Stewart	Shot Put	1966
Bob Fogle	120-Yd HH	1965
Rod Stewart	Shot Put	1965
Bob Fogle	120-Yd HH	1964
Mike Curtis	Javelin	1963
Dick Gesswein	Shot Put	1963
Dick Gesswein	Discus	1963
David Wheeler	Triple Jump	1963
Louis Van Dyke	Mile	1963
Dick Gesswein	Shot Put	1962
Dick Gesswein	Discus	1962
Jerry Nourse	2-Mile	1962
Mark Wells	Mile	1962
Dick Gesswein	Shot Put	1961
Dick Gesswein	Discus	1961
John McElwain	Long Jump	1961
Bob Stephenson	High Jump	1961
Mark Wells	Mile	1961
Duke*	Mile Relay	1960
Tom Bazemore	880-Yd	1960
Jerry Nourse	2-Mile	1960
Cary Weisiger	Mile	1960
Duke*	Mile Relay	1959
Jerry Nourse	2-Mile	1959
Cary Weisiger	Mile	1959
Duke*	Mile Relay	1958
Dave Sime	Javelin	1958
Dave Sime	100-Yd	1958
Dave Sime	220-Yd	1958
Dave Sime	100-Yd	1957
Dave Sime	220-Yd	1957
Dave Sime	100-Yd	1956
Dave Sime	220-Yd	1956
Dave Sime	220-Yd LH	1956
Joel Shankle	Long Jump	1955
Joel Shankle	120-Yd HH	1955
Joel Shankle	220-Yd LH	1955
Durham Lawshe	Shot Put	1954
Joel Shankle	High Jump	1954
Joel Shankle	Long Jump	1954
Joel Shankle	Pole Vault	1954
Joel Shankle	120-Yd HH	1954

ACC Outdoor Championships MVP

Robbie Perkins	1975
Bob Wheeler	1971
Dick Gesswein	1962
Dick Gesswein	1961
Dave Sime	1958
Dave Sime	1956
Joel Shankle	1955
Joel Shankle	1954

All-ACC (since 1995)

John Austin	Javelin	2010
Austin Gamble	Discus	2010
Ryan McDermott	Steeplechase	2010
John Austin	Javelin	2009
Tyler Clarke	Decathlon	2009
Jade Ellis	Long Jump	2009
Jade Ellis	Triple Jump	2009
Ryan McDermott	Steeplechase	2009

John Austin	Javelin	2008
Mark Dellavolpe	Javelin	2008
Michael Kotecki	High Jump	2008
Jade Ellis	Long Jump	2005
Nick Schneider	5,000m	2005
Brent Warner	Pole Vault	2004
Michael Hatch	10,000m	2003
Nick Schneider	1,500m	2003
Brent Warner	Pole Vault	2003
Seth Benson	Pole Vault	2000
Brendan Fitzgibbon	1,500m	2000
Seth Benson	Pole Vault	1999
Miles Hall	1,500m	1995

ACC 50th Anniversary Team\*

Robbie Perkins	1974, 1976, 1978
Joel Shankle	1954-56
Dave Sime	1954-56
Cary Weisiger	1957-60
Bob Wheeler	1970-73

\*Prior to 1995 athletes' names in relays not available

TEAM AWARDS

Most Valuable Performer

Ryan McDermott	2010
Jade Ellis	2009
John Austin	2008
Tyler Clarke	2007
Tyler Clarke	2006
Nick Schneider	2005
Brent Warner	2004
Brent Warner	2003
Brent Warner	2002

Freshman of the Year

Austin Gamble	2010
Michael Barbas	2009
Ryan McDermott	2008
Mike Schallmo	2007
Kevin McDermott	2006
Jade Ellis	2005
Keith Krieger	2004

Track & Field MVP (1990-2001)

Seth Benson	2001
Brendan Fitzgibbon	2000
Jesse Allen	1999
Rob West	1998
Jesse Allen	1997
Jesse Allen	1996
Miles Hall	1995
Miles Hall	1994
Doug Kling	1993
Randy Jones	1992
Andy Taylor	1991
Randy Jones	1990

Ed Stenberg Award (Top Track Performer)

Cory Nanni	2010
Cory Nanni	2009
Tyler Clarke	2008
Dan King	2007
Chris Spooner	2006
Nick Schneider	2005
Nick Schneider	2004
Michael Hatch	2003
Sean Kelly	2002
Terry Brennan	2001
Terry Brennan	2000
Charlie Kelly	1999
Tom Becker	1998

Matt Haywood	1997
Matt Haywood	1996
Pat Kelly	1995
Kevin Hilton	1994
Scott Miller	1993

Rod Stewart Award (Top Field Performer)

Austin Gamble	2010
Jade Ellis	2009
John Austin	2008
Tyler Clarke	2007
Jon Fay	2006
Jade Ellis	2005
Brent Warner	2004
Brent Warner	2003
Brent Warner	2002
Seth Benson	2001
Seth Benson	2000
Seth Benson	1999
Rob West	1998
Rob West	1997
Rob West	1996
Jamie Rodriguez	1995

Most Improved Senior

Ken Sullivan	2010
Jade Ellis	2009
John Brockardt	2008
Keith Krieger	2007
Michael Hatch	2005
Jon Amt	2004

# WOMEN'S OUTDOOR TRACK & FIELD HONORS & AWARDS

## NATIONAL HONORS

### All-America

Molly Lehman	1,500m	2009
Patricia Loughlin	Steeplechase	2009
Maddie McKeever	5,000m	2008
Maddie McKeever	5,000m	2007
Liz Wort	Steeplechase	2007
Clara Horowitz	10,000m	2006
Sally Meyerhoff	10,000m	2006
Paige Miller	3,000m	2005
Shannon Rowbury	1,500m	2005
Liz Wort	Steeplechase	2005
Debra Vento	High Jump	2005
Clara Horowitz	5,000m	2004
Jillian Schwartz	Pole Vault	2001
Jillian Schwartz	Pole Vault	2000
Ellen Reynolds	10,000m	1986
Ellen Reynolds	10,000m	1985
Ellison Goodall	3,000m	1978

### National Team

Shannon Rowbury	Track & Field	2006
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### USATF Junior All-America

Debra Vento	High Jump	2004
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### USTFCCA Academic All-America

Maddie McKeever	2008
Shannon Rowbury	2007
Sheela Agrawal	2002
Katie Atlas	2001
Jillian Schwartz	2001
Sheela Agrawal	2000
Katie Atlas	2000
Jillian Schwartz	2000

### NCAA Postgraduate Scholarship

Shannon Rowbury	2007
Debra Vento	2007

### Marshall Award

Sally Liu	2009
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### Olympians

Shannon Rowbury	1,500m	2008
Jillian Schwartz	Pole Vault	2004

## REGIONAL HONORS

### NCAA East Regional Champion

Liz Wort	Steeplechase	2007
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### All-NCAA Regional

Clara Horowitz	One-Time	2006
Lara Jones	Two-Time	2006, 2007
Molly Lehman	One-Time	2008
Patricia Loughlin	steeplechase	2008, 2009
Lauren Matic	Two-Time	2003, 2004
Maddie McKeever	Two-Time	2007, 2008
Daina Pucurs	One-Time	2006
Shannon Rowbury	Two-Time	2004, 2005
Debra Vento	Three-Time	2005, 2006, 2007
Liz Wort	Steeplechase	2007
Liz Wort	Steeplechase	2005

### Penn Relays Individual Champions

Meaghan Leon	DMR	2005
Lauren Matic	DMR	2005
Lindsay Owen	DMR	2005
Shannon Rowbury	DMR	2005
Paige Miller	5,000m	2004
Jillian Schwartz	Pole Vault	2001
Ellen Reynolds	10,000m	1985
Ellison Goodall	3,000m	1978

### ECAC Individual Champions

Christy Adamyk	10,000m	2009
Katie Apibunyopas	4x800m	2009
Katie Doswell	4x800m	2009
Molly Lehman	1,500m	2009
Molly Lehman	4x800m	2009
Molly Lehman	DMR	2009
Patricia Loughlin	4x800m	2009
Devotia Moore	4x800m	2009
Devotia Moore	DMR	2009
Leslie Morrison	4x800m	2009
Emily Schwitzer	4x800m	2009
Emily Schwitzer	DMR	2009
Clara Horowitz	10,000m	2006
Allison Hofmann	4x800m	2004
Debra Vento	High Jump	2006
Molly Lehman	DMR	2005
Debra Vento	High Jump	2005
Meaghan Leon	4x800m	2005
Lauren Matic	4x800m	2005
Shannon Rowbury	4x800m	2005
Liz Wort	1,500m	2005
Liz Wort	4x800m	2005
Molly Lehman	DMR	2004
Meaghan Leon	4x800m	2004
Lauren Matic	4x800m	2004
Sally Meyerhoff	5,000m	2004
Shannon Rowbury	4x800m	2004

### All-East

Katelyn Bastert	5,000m	2010
Emily Schwitzer	Steeplechase	2010
Sophia Ziemian	10,000m	2010
Christy Adamyk	10,000m	2009
Katie Apibunyopas	4x800m	2009
Katie Doswell	4x800m	2009
Amy Fryt	Pole Vault	2009
Molly Lehman	1,500m	2009
Molly Lehman	4x800m	2009
Patricia Loughlin	Steeplechase	2009
Devotia Moore	4x800m	2009
Leslie Morrison	4x800m	2009
Esther Vermeer	800m	2009
Emily Schwitzer	4x800m	2009
Carly Seymour	5,000m	2009
Amy Fryt	Pole Vault	2008
Anne Marie Gordon	Pole Vault	2008
Karolina Haraldsdottir	Heptathlon	2008
Molly Lehman	1,500m	2008
Patricia Loughlin	Steeplechase	2008
Christen Harsha	4x800m	2007
Lara Jones	Pole Vault	2007
Caitlin Klaas	4x800m	2007
Maddie McKeever	1,500m	2007
Elle Pishny	10,000m	2007
Daina Pucurs	Javelin	2007
Kelly Reynolds	Hammer	2007
Michelle Seibert	800m	2007
Emily Sherrard	4x800m	2007
Allison Stankavage	4x800m	2007
Kate Van Buskirk	4x800m	2007
Liz Wort	1,500m	2007
Liz Wort	4x400m	2007
Jessica Daylin	4x800m	2006
Clara Horowitz	10,000m	2006
Libby Jenke	4x800m	2006
Lara Jones	Pole Vault	2006
Molly Lehman	4x800m	2006
Maddie McKeever	3,000m	2006
Sally Meyerhoff	10,000m	2006
Lindsay Owen	4x800m	2006
Daina Pucurs	Javelin	2006
Kelly Reynolds	Hammer	2006
Allison Stankavage	4x800m	2006
Laura Stanley	10,000m	2006
Debra Vento	High Jump	2006
Paris Edwards	5,000m	2005

Elle Pishny	10,000m	2005
Natasha Roetter	10,000m	2005
Laura Stanley	3,000m	2005
Debra Vento	High Jump	2005
Liz Wort	1,500m	2005
Jan Faraguna	4x800m	2004
Allison Hofmann	4x800m	2004
Clara Horowitz	3,000m	2004
Phebe Ko	10,000m	2004
Meaghan Leon	4x800m	2004
Lauren Matic	1,500m	2004
Sally Meyerhoff	5,000m	2004
Lindsay Owen	4x800m	2004
Elle Pishny	10,000m	2004
Shannon Rowbury	800m	2004
Shannon Rowbury	4x800m	2004
Liz Wort	Steeplechase	2004
Kristen Doody	4x800m	2000-2003
Jan Faraguna	4x800m	2003
Clara Horowitz	3,000m	2003
Heidi Hullinger	10,000m	2003
Phebe Ko	10,000m	2003
Meaghan Leon	1,500m	2003
Meaghan Leon	4x800m	2003
Lauren Matic	800m	2003
Lauren Matic	4x800m	2003
Sally Meyerhoff	1,500m	2003
Sally Meyerhoff	4x800m	2003
Shannon Rowbury	800m	2003
Shannon Rowbury	4x800m	2003
Jenna Turner	100m H	2003
Jenna Turner	400m H	2003
Liz Wort	Steeplechase	2003
Liz Wort	4x800m	2003
Katie Atlas	4x800m	2002
Kristen Doody	4x800m	2002
Jan Faraguna	4x800m	2002
Meaghan Leon	4x800m	2002
Lauren Matic	4x800m	2002
Janay McKie	400m	2002
Megan Sullivan	1,500m	2002
Megan Sullivan	4x800m	2002
Jenna Turner	400m H	2002
Katie Atlas	1,500m	2001
Jodi Schlesinger	Triple Jump	2001
Jillian Schwartz	Pole Vault	2001
Jenna Turner	Heptathlon	2001
Courtney Botts	400m	2000
Kristen Doody	800m	2000
Janay McKie	400m	2000
Jillian Schwartz	Pole Vault	2000
Jillian Schwartz	Pole Vault	1999
Jeanie Minton	Heptathlon	1998
Kim Voyticky	800m	1998

## ACC HONORS

### ACC Champions

Amy Fryt	Pole Vault	2010
Amy Fryt	Pole Vault	2009
Daina Pucurs	Javelin	2007
Daina Pucurs	Javelin	2006
Debra Vento	High Jump	2006
Shannon Rowbury	1,500m	2005
Liz Wort	Steeplechase	2005
Jillian Schwartz	Pole Vault	2001
Jillian Schwartz	Pole Vault	2000
Kim Voyticky	800m	1998

### All-ACC

Amy Fryt	Pole Vault	2010
Emily Schwitzer	Steeplechase	2010
Kate Van Buskirk	1,500m	2010
Christy Adamyk	10,000m	2009
Amy Fryt	Pole Vault	2009
Molly Lehman	1,500m	2009



<u>Patricia Loughlin</u>	<u>Steeplechase</u>	<u>2009</u>	<u>Meaghan Leon</u>	<u>2005</u>
<u>Maddie McKeever</u>	<u>5,000m</u>	<u>2007</u>	<u>Heidi Hullinger</u>	<u>2004</u>
<u>Daina Pucurs</u>	<u>Javelin</u>	<u>2007</u>		
<u>Kate Van Buskirk</u>	<u>1,500m</u>	<u>2007</u>		
<u>Debra Vento</u>	<u>High Jump</u>	<u>2007</u>		
<u>Clara Horowitz</u>	<u>5,000m</u>	<u>2006</u>		
<u>Lara Jones</u>	<u>Pole Vault</u>	<u>2006</u>		
<u>Daina Pucurs</u>	<u>Javelin</u>	<u>2006</u>		
<u>Laura Stanley</u>	<u>10,000m</u>	<u>2006</u>		
<u>Debra Vento</u>	<u>High Jump</u>	<u>2006</u>		
<u>Lauren Matic</u>	<u>800m</u>	<u>2005</u>		
<u>Daina Pucurs</u>	<u>Javelin</u>	<u>2005</u>		
<u>Shannon Rowbury</u>	<u>1,500m</u>	<u>2005</u>		
<u>Liz Wort</u>	<u>Steeplechase</u>	<u>2005</u>		
<u>Clara Horowitz</u>	<u>5,000m</u>	<u>2004</u>		
<u>Paige Miller</u>	<u>10,000m</u>	<u>2004</u>		
<u>Kelly Reynolds</u>	<u>Hammer Throw</u>	<u>2004</u>		
<u>Debra Vento</u>	<u>High Jump</u>	<u>2004</u>		
<u>Jenna Turner</u>	<u>400m Hurdles</u>	<u>2002</u>		
<u>Sheela Agrawal</u>	<u>3,000m</u>	<u>2000</u>		
<u>Katie Atlas</u>	<u>1,500m</u>	<u>2001</u>		
<u>Megan Sullivan</u>	<u>1,500m</u>	<u>2001</u>		
<u>Jenna Turner</u>	<u>Pentathlon</u>	<u>2001</u>		
<u>Jillian Schwartz</u>	<u>Pole Vault</u>	<u>2000</u>		
<u>Megan Sullivan</u>	<u>1,500m</u>	<u>2000</u>		
<u>Beth O'Donnell</u>	<u>5,000m</u>	<u>1998</u>		
<u>Kim Voyticky</u>	<u>800m</u>	<u>1998</u>		

ACC 50th Anniversary Team

<u>Ellen Reynolds</u>	<u>1993-1996</u>
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**TEAM AWARDS**

Most Valuable Performer

<u>Kate Van Buskirk</u>	<u>2010</u>
<u>Molly Lehman</u>	<u>2009</u>
<u>Molly Lehman</u>	<u>2008</u>
<u>Liz Wort</u>	<u>2007</u>
<u>Clara Horowitz</u>	<u>2006</u>
<u>Liz Wort</u>	<u>2005</u>
<u>Clara Horowitz</u>	<u>2004</u>
<u>Clara Horowitz</u>	<u>2003</u>
<u>Jenna Turner</u>	<u>2002</u>
<u>Jillian Schwartz</u>	<u>2001</u>

Freshman of the Year

<u>Juliet Bottorff</u>	<u>2010</u>
<u>Esther Vermeer</u>	<u>2009</u>
<u>Amy Matulewicz</u>	<u>2008</u>
<u>Kate Van Buskirk</u>	<u>2007</u>
<u>Maddie McKeever</u>	<u>2006</u>
<u>Daina Pucurs</u>	<u>2005</u>
<u>Debra Vento</u>	<u>2004</u>

Top Track Performer

<u>Cydney Ross</u>	<u>2010</u>
<u>Molly Lehman</u>	<u>2009</u>
<u>Maddie McKeever</u>	<u>2008</u>
<u>Shannon Rowbury</u>	<u>2007</u>
<u>Clara Horowitz</u>	<u>2006</u>
<u>Shannon Rowbury</u>	<u>2005</u>
<u>Paige Miller</u>	<u>2004</u>
<u>Lauren Matic</u>	<u>2003</u>

Top Field Performer

<u>Amy Fryt</u>	<u>2010</u>
<u>Amy Fryt</u>	<u>2009</u>
<u>Amy Fryt</u>	<u>2008</u>
<u>Debra Vento</u>	<u>2007</u>
<u>Daina Pucurs</u>	<u>2006</u>
<u>Debra Vento</u>	<u>2005</u>
<u>Debra Vento</u>	<u>2004</u>
<u>Laura Chen</u>	<u>2003</u>

Most Improved Senior

<u>Karolina Haraldsdottir</u>	<u>2010</u>
<u>Patricia Loughlin</u>	<u>2009</u>
<u>Lara Jones</u>	<u>2008</u>
<u>Lindsey Edwards</u>	<u>2007</u>
<u>Liz Wort</u>	<u>2006</u>

**HONORS**