

2013-14 VMI Men's Track and Field Recruiting Class



Grant Sanchez
Rockaway, N.J./Morris Hills

Comes to VMI from Morris Hills HS in Rockaway, N.J...USATF Junior Olympic Champion in the shot put...ranked 38th in the country indoors in that event...USATF 2011-2012 Indoor Junior Olympic Northeast Regional Shot Put Champion...USATF 2011 Outdoors Jr. Olympic Regionals Shot Put Champion.

Personal Bests:
Shot Put: 56'11 ³/₄"
Discus: 161'11"



Greg Henderson
Woodbridge, Va./Woodbridge

Four-year letterwinner at Woodbridge HS...second place in the 100-meters at this past year's state outdoor meet, where he also finished seventh in the 200...qualified for nationals during this past indoor season...state qualifier as a junior when he was also team MVP...intends to major in civil engineering.

Personal Bests:
100-Meters: 10.76
200-Meters: 21.94



Zachary Campbell
Richmond, Va./Douglas Freeman

Four-year letterwinner at Douglas Freeman HS...indoor state AAA champion in the pole vault, where he recorded his personal best 15'0" to win...holds indoor and outdoor school records in the event...first place in Regional Junior Olympics as a member of XTreme Heights Pole Vault Club...national I Dare You leadership award.

Personal Bests:
Pole Vault: 15'0"



Grant Holmes
Hume, Va./Fauquier HS

Four-year letterwinner at Fauquier HS...AA State Indoor Champion in the pole vault...holds a personal best of 15'1" and the indoor school record in the event.

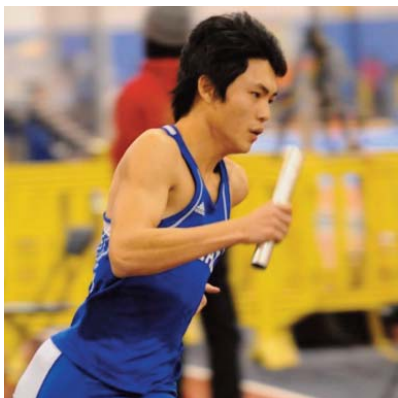
Personal Bests:
Pole Vault: 15'1"
Triple Jump: 44'4"



Max Midkiff
Chesapeake, Va./Grassfield

Mid-distance runner from Grassfield HS finished fourth at this's year's AAA State indoor meet to earn all-state honors...also holds previous district titles in both the 1,000 and the 1,600-meter runs.

Personal Bests:
500-Meter Run: 1:07.15
800-Meter Run: 1:54.39
1,000-Meter Run: 2:30.87
1,600-Meter Run: 4:24.97



Yol Sung
Fairfax, Va./Fairfax

Four-year letterwinner at Fairfax HS...fourth in the 400-meters at Northern Region outdoor meet...holds school records in 200-meters, 300-meters and three different relays...2012 outdoor state qualifier...intends to major in biology at the Institute.

Personal Bests:
200-Meters: 22.24
400-Meters: 49.29



Desmond Weinberg-Jones
Stafford, Va./Colonial Forge

Three-year letterwinner in both indoor and outdoor track at Colonial Forge HS...holds school record in 300 hurdles at 38.84...two-time Coach's Award recipient...intends to major in mechanical engineering.

Personal Bests:
55-Meter Hurdles – 7.95
110-Meter Hurdles – 15.06
300-Meter Hurdles – 38.84
400-Meter Dash – 51.00
500-Meter Run – 1:07.7
Pole Vault – 12'6"



Sam Crawford
Lynchburg, Va./E.C. Glass

Four-year letterwinner at E.C. Glass High School...holds school's decathlon record...best event is the pole vault, where he has earned all-state honors in the past and holds a 13'6" PR...member of E.C. Glass' Air Force Junior ROTC and a Forensics and Debate district champion...National Honor Society...relative of former Cincinnati Reds pitcher Josh Hall.

Personal Bests (exact decathlon score unavailable):
Pole Vault: 13'6"



Skyler Toney
Gainesville, Ga./Riverside Military

Comes to VMI from Riverside Military Academy in Gainesville, Ga...holds a personal best of 14'0" in the pole vault...finished fifth in the 400 regionally last outdoor season...could contribute in the multi events as well

Personal Bests:
Pole Vault: 14'0"



Zachary Chase
Christiansburg, Va./Christiansburg

Finished ninth in this year's AA State Cross Country Championships...12th in 500-meters at AA meet indoors...13th in 800 at the outdoor AA meet.

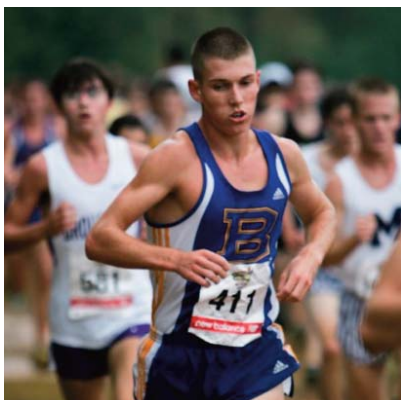
Personal Bests:
800-Meter Run: 1:58.13
1,600-Meter Run: 4:26.56



Matthew Pasier
Blacksburg, Va./Blacksburg

Four-year letterwinner at Blacksburg HS...placed third at the AA State Championships in 2012 (team champion)...team was 10th at Nike XC Nationals in Portland, Ore. in 2012...First Time Timesland selection (2012)...Second Team Timesland (2010, 2011)...AP Scholar...teammate of fellow signee Luke Phillips...intends to major in biology.

Personal Bests:
1,600-Meter Run: 4:27
3,200-Meter Run: 9:44
5K: 15:42



Luke Phillips
Blacksburg, Va./Blacksburg

Member of the Blacksburg HS team that won this past season's AA state cross country championship...teammate of fellow recruit Matthew Pasier...also competed with Blacksburg at the Nike XC Nationals, where he team finished 10th.

Personal Bests:
800-Meter Run: 1:59
1,600-Meter Run: 4:27
3,200-Meter Run: 9:42

2013-14 VMI Women's Track and Field Recruiting Class



Rachel Bryd
Powhatan, Va./Powhatan

Posted top-11 finishes in the 1600 (10th) and the 3200 (11th) at the AA state meet...has set both her personal bests in those events this season...holds an 18:21 PR in the 5K.

Personal Bests:

1,600-Meter Run: 5:17.97
3,200-Meter Run: 11:25.36
5K: 18:21



Hayley Freeman
Hagerstown, Md./South Hagerstown HS

Three-year letterwinner at South Hagerstown HS...ran a personal best time of 44.08 in the 300-meter hurdles at the Maryland State Championships, placing second...also finished fourth in the 100-meter hurdles...former all-county and all-conference honoree...ran for Mountain Express AAU/USATF track...also a three-year volleyball letterwinner...father played college football at the University of Tennessee...intends to major in psychology.

Personal Bests:

100-Meter Hurdles: 14.96
300-Meter Hurdles: 44.08
400-Meter Hurdles: 1:06.56
55-Meter Hurdles: 8.86



Kelly Russell
Manassas, Va./Osbourne Park HS

Four-year letterwinner at Osborne Park HS...all-district in all three track/XC seasons...all-region both during her indoor career and her XC career...2011 district champion in the 3,200-meters indoor...National Honor Society...sister is a former member of the Christopher Newport track and field squad.

Personal Bests:
800-Meter Run: 2:27
1,600-Meter Run: 5:20
3,200-Meter Run: 11:46
5K (XC): 19:12



Elizabeth Johnston
Hickory, N.C./Hickory HS

Thrower out of Hickory HS..12th in the shot put at the AAA State meet this past outdoor season...district champion in the discus.

Personal Bests:
Discus: 131'6 1/2"
Shot Put: 36'7 1/2"