



WAKE FOREST
TRACK & FIELD / CROSS
COUNTRY
RECORD BOOK

(01/1/2025)

MEN'S CROSS COUNTRY

ALL-AMERICANS

John Hume	1989
Ben Schoonover	1989
Jon Russell	1996
Nolan Swanson	1997
Zach Facioni	2020, 2021, 2022
Aaron Las Heras	2022
Luke Tewalt	2022
Charlie Sprott	2024

NCAA CHAMPIONSHIP APPEARANCES

Team	
Wake Forest	1988 (14th)
Wake Forest	1989 (3rd)
Wake Forest	1990 (18th)
Wake Forest	1992 (9th)
Wake Forest	1993 (20th)
Wake Forest	1995 (20th)
Wake Forest	1996 (11th)
Wake Forest	2000 (18th)
Wake Forest	2001 (19th)
Wake Forest	2021 Spring (15th)
Wake Forest	2021 Fall (10th)
Wake Forest	2022 (5th)

ACC CHAMPIONS

Individual	
Nolan Swanson	1996
Nathan Sisco	2001

Team	
Wake Forest	1989
Wake Forest	1990
Wake Forest	1993
Wake Forest	1994
Wake Forest	2022
Wake Forest	2024

ACC CHAMPIONSHIP TEAM FINISHES

Years Competed:	67
1st Place	6 Times (Last 2024)
2nd Place	7 Times (Last 2001)
3rd Place	4 Times (Last 2021)
4th Place	4 Times (Last 2005)
5th Place	11 Times (Last 2019)
6th Place	10 Times (Last 2017)
7th Place	16 Times (Last 2012)
8th Place	2 Times (Last 1969)
9th Place	2 Times (Last 2009)
10th Place	1 Time (Last 2013)
11th Place	2 Times (Last 2014)
12th Place	Has Not Happened
13th Place	1 Time (Last 2016)
14th Place	1 Time (Last 2015)
15th Place	Has Not Happened

ALL-ACC

Ron Rick	1985
Bill Babcock	1988, 1989
Scott Hayward	1988
Jon Hume	1988, 1989
Ben Schoonover	1989, 1990
John Sence	1989, 1990, 1991
Kyle Armentrout	1990, 1993
Eric Lorenz	1991
Stuart Burnham	1992, 1993
Brant Armentrout	1992, 1993
Pat Phillips	1992, 1993
Dennis Hearst	1993
Craig Longhurst	1994
Eric Dunn	1994, 1996
Ben Boyd	1994, 1996
Paul Kinser	1995
Jon Russell	1995, 1996
Nolan Swanson	1995, 1996, 1997
Stephan Pro	1998
Ted DeVos	2000
Chris Estwanik	2001
Garick Hill	2001
Nathan Sisco	2001
Sean Stevens	2003, 2005
Mitchell Day	2017
Zach Facioni	2018, 2019, 2021, 2022
Jack Tiernan	2019
Carter Coughlin	2020
Jonathan Velasco	2020
Ben Mitchell	2020
Coen Roberts	2020
Aaron Las Heras	2021, 2022
Luke Tewalt	2022, 2024
Thomas Vanoppen	2022
Joe O'Brien	2024
Charlie Sprott	2024
Aidan Ross	2024
JoJo Jourdon	2024

ACC COACH OF THE YEAR

John Goodridge	1989, 1990, 1993, 1994
John Hayes	2022, 2024

ACC FRESHMAN OF THE YEAR

Mitchell Day	2017
Zach Facioni	2018

USTFCCCA REGION III COACH OF THE YEAR

John Goodridge	1989, 1993
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USTFCCCA SOUTHEAST COACH OF THE YEAR

John Hayes	2020, 2021, 2022, 2024
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USTFCCCA REGION CHAMPIONSHIPS

1993 - Region III
2021 - Southeast

ACC ACADEMIC TEAM

Shane Ahlers	2005
John Compton	2006, 2007
Gregory Billington	2007, 2008
Marcus Dillion	2007
Garrett Drogosch	2009, 2010, 2011, 2012
Keaton Morgan	2009
Thomas Finneran	2011
Paul Loeser	2011
Nate Guthals	2012
Jake Graham	2012
Kent Garrett	2012, 2014
Alex Rose	2012, 2013, 2014
Connor Crowley	2013, 2014
Jacob Poyner	2013, 2014
Kyle Graves	2014
Mitchell Day	2017, 2018
Zach Facioni	2018, 2019, 2020
Brent Bailey	2019
Carter Coughlin	2019, 2020
Ben Mitchell	2020, 2022
Jack Tiernan	2020
Thomas Vanoppen	2022
Jonathan Velasco	2020

USTFCCCA CROSS COUNTRY

Academic Team	
Wake Forest	2007, 2009, 2010, 2011, 2012, 2013, 2014, 2016, 2021, 2022

USTFCCCA CROSS COUNTRY ALL-ACADEMIC

Zach Facioni	2019, 2020, 2021
Justin Robison	2021
Thomas Vanoppen	2021

MEN'S INDOOR TRACK & FIELD

NATIONAL CHAMPIONS		ALL-ACC (FIRST AND SECOND TEAM)		ACC MOST VALUABLE PERFORMER	
Michael Bingham	400m, 2009	Steve Brown	1989, 1990, 1991	Andy Bloom	1996
ALL-AMERICANS		Jon Hume	1989	ACC PERFORMER OF THE YEAR - TRACK	
Michael Bingham	400m, 2007, 2009	Ben Schoonover	1990, 1992	Michael Bingham 2009	
Brent LaRue	Heptathlon, 2009	Jim Clarke	1991	ACC FRESHMAN OF THE YEAR	
Robert Heppenstall	800m, 2016, 2017, 2018	Mike Guegan	1991	Robert Heppenstall 2016	
Thomas Vanoppen	Mile, 2023	Warren Sherman	1991	ACC ACADEMIC TEAM	
Andrew White	Weight Throw, 2023	Terry Weik	1991	Alexander Hill	2009, 2010, 2011, 2012
NCAA CHAMPIONSHIP APPEARANCES		Andy Bloom	1992, 1993, 1994, 1996	Brent LaRue	2009, 2010
Team		Brant Armentrout	1994, 1995	Thomas Morrison	2009
Wake Forest	2007, 2009*, 2016, 2017, 2018, 2019, 2021	Kyle Armentrout	1995	Scott McCullough	2011
*Best team finish in program history at T-23rd		Paul Kinser	1995	Nate Guthals	2012
ACC CHAMPIONS		Pat Phillips	1995	Paul Loeser	2012
400m		Garrett Putman	1995, 1997	Alex Rose	2012
Michael Bingham	2009	Jon Russell	1995, 1997	Thomas Bojanowski	2013, 2014
800m		Warren Sherman	1995	Michael McEnany	2013
Robert Heppenstall	2016, 2018, 2019	Ben Boyd	1997	Alex Krall	2015
Mile		Nathan Knowles	1997	Simon Holden	2016
Kyle Armentrout	1995	Nolan Swanson	1997, 1999	Charlie Ionata	2017
Nathan Sisco	2001, 2002	Reggie Austin	1999	Robert Heppenstall	2017, 2018, 2019
3,000m		Stephan Pro	2000	Sebastian Fischbach	2018
Jon Russell	1997	Chris Estwanik	2000, 2001, 2002	Zach Facioni	2019, 2020
Nolan Swanson	1999	Cliff Neal	2000	Sam Halvorsen	2019
Chris Estwanik	2002	John Stone	2000	Andrew White	2020
5,000m		Paul Singleton	2001, 2002	Kenton Bachmann	2021
Kyle Armentrout	1995	Nathan Sisco	2001, 2002	Tony Jones	2021
Nolan Swanson	1997	Ryan Hamilton	2001, 2002	Dillion Ayreh	2024
55m Hurdles		Garick Hill	2001	Jack Balik	2024
Steve Brown	1990, 1991	Mike Altieri	2002	Gavin Ehlers	2024
Shot Put		Mike Loyd	2004	Rocky Hansen	2024
Andy Bloom	1993, 1994, 1996	Michael Bingham	2005, 2006, 2007, 2009	Jackson Keefer	2024
Weight Throw		Eric Seely	2005, 2006	Paul Specht	2024
Andy Bloom	1996	Sean Stevens	2006	Rynard Swanepoel	2024
Heptathlon		Brent LaRue	2006, 2007, 2009	Luke Tewalt	2024
Brent LaRue	2007	Willie Idlette	2006	Jacob Goldberg	2024
High Jump		Brad Wharton	2007	Paris Husic	2024
Tony Jones	2021	Allen Lunkenheimer	2009	Thomas Kitchell	2024
Shot Put		Jon Reid	2008, 2009, 2010	Connor Mathis	2024
Thomas Kitchell	2024	Tyler Dodds	2009		
ACC CHAMPION RELAY TEAMS		Simon Holden	2015*, 2016*		
Clarke, Guegan, Sherman, Weik (4x800m Relay), 1991		John Maurins	2015*, 2016*		
Kinser, Armentrout, Sherman, Putman (DMR), 1995		Kyle Graves	2015*		
Knowles, Russell, Boyd, Putman (DMR), 1997		Michael Cyphers	2015*		
Sisco, Hamilton, Singleton, Estwanik (DMR), 2001, 2002		Robert Heppenstall	2016, 2017, 2018		
Bingham, LaRue, Idlette, Seely (4x400m), 2006		Alexander Krall	2016*		
Bingham, Reid, Dodds, Lunkenheimer (4x400m), 2009		Charlie Ionata	2017*		
		Sebastian Fischbach	2018*		
		Zach Facioni	2019*, 2020		
		Sam Halvorsen	2019*		
		Archie Wallis	2020*, 2021*		
		Tony Jones	2021, 2022*		
		Brent Bailey	2021*		
		Kenton Bachmann	2021*		
		Thomas Kitchell	2022, 2023		
		Rynard Swanepoel	2022*		
		Thomas Vanoppen	2022, 2023		
		Andrew White	2022*, 2023*		
		Paul Specht	2023*		
		Joe O'Brien	2023*		
		Thomas Kitchell	2024		
ACC CHAMPIONSHIP TEAM FINISHES		*Beginning in 2015, the top-three finishers in each individual event earned First Team All-ACC honors while the 4th-6th place earned Second Team All-ACC honors. Second team honors are denoted with an asterik.			
Years Competed:	61 (1956-2022)				
1st Place	Has Not Happened				
2nd Place	Has Not Happened				
3rd Place	1 Time (Last 1995)				
4th Place	1 Time (Last 2001)				
5th Place	6 Times (Last 2006)				
6th Place	8 Times (Last 2002)				
7th Place	15 Times (Last 2009)				
8th Place	16 Times (Last 2023)				
9th Place	4 Times (Last 2022)				
10th Place	3 Times (Last 2013)				
11th Place	2 Times (Last 2016)				
12th Place	Has Not Happened				

MEN'S INDOOR ALL-TIME PERFORMANCE LIST

55m		
Reggie Austin	6.39	1999
Patrick Ladapo	6.40	2001
Chris Justice	6.47	2000
Darrell France	6.48	1989
Kevin Cokley	6.50	1988
Jack Dolbin	6.54	1970
Wyatt Thompson	6.54	1976
Kevin Cokley	6.55	1988
John Stone	6.55	1999
Darrell Frznce	6.56	1990

55m HURDLES		
Steve Brown	7.26	1991
Brent LaRue	7.45	2007
Steve Brown	7.65	1989
JT Thompson	8.00	2001
Taylor Wildman	8.02	2007
Derrick Taylor	8.30	1990
John Moody	8.36	2007

60m		
Kevin Marion	6.77	2008
John Stone	6.80	2000
Ethan Roach	6.80	2020
Reggie Austin	6.81	1999
Josh Harris	6.82	2011
Orville Reynolds	6.84	2012
Patrick Ladapo	6.85	2003
Kerry Major	6.90	2006
Michael Bingham	6.95	2005

60m HURDLES		
Steve Brown	7.77	1991
Booker Nunley	7.83	2012
Mike Loyd	7.89	2004
Brent LaRue	7.98	2009
Sherman Ragland	8.13	2012
Malcolm Nunley	8.15	2012
Ikem Okwudiafor	8.17	2015
John Bull	8.29	2000
Taylor Wildman	8.29	2008
JT Kurelich	8.36	2001

200m		
Michael Bingham	21.15	2006
John Stone	21.23	1999
Mike Loyd	21.60	2004
Jon Reid	21.63	2010
Reggie Austin	21.75	1999
Kevin Marion	21.78	2008

300m		
Michael Bingham	33.44	2007
Jon Reid	33.84	2009
Eric Seely	34.43	2006
Daniel Harrison	34.47	2013
Allen Lunkenheimer	34.61	2008
Tyler Dodds	34.78	2011
Willie Idlette	34.98	2005
Mike Loyd	35.14	2005
Kevin Smith	35.19	2009
Phillip Warsaw	35.26	2007

400m		
Michael Bingham	45.69	2009
Jon Reid	46.69	2007
Eric Seely	47.43	2006
Tyler Dodds	47.69	2011

500m		
Michael Bingham	01:03.09	2009
Brent LaRue	01:03.87	2006
Tyler Dodds	01:04.41	2011
Sean Lunkenheimer	01:04.67	2012
Eric Seely	01:04.74	2005
Aaron Russell	01:05.28	2007
Terry Weik	01:05.31	1992
Phillip Warsaw	01:05.47	2006
Mike Guegan	01:05.70	1991
Paul Singleton	01:05.72	2003

600m		
Ted DiBiase	01:16.77	1986
Thomas Bojanowski	01:18.33	2014
Kenton Bachmann	01:20.46	2021
Dakota Greenwalt	01:20.47	2020
Michael McEnany	01:20.88	2013
Sean Lunkenheimer	01:21.02	2011
John Archie	01:22.63	2016
Michael McEnany	01:22.70	2012
Andrew Fea	01:22.95	2016
Kyle Eager	01:23.34	2012

800m		
Robert Heppenstall	01:46.71	2017
Jack Balick	1:48.30	-----
Rynard Swanepoel	01:48.36	2023
Mike Guegan	01:48.76	1991
Simon Holden	01:48.77	2016
Kenton Bachmann	01:48.84	2021
Archie Wallis	01:49.75	2020
Thomas Bojanowski	01:49.98	2014
Paul Specht	01:50.63	2023
Luke Tewalt	01:51.56	2023

1,000m		
Robert Heppenstall	02:23.83	2018
Jack Balick	2:23.91	2024
Archie Wallis	02:24.41	2021
Dillion Aryeh	2:24.75	2024
Simon Holden	02:25.09	2015
Thomas Bojanowski	02:25.57	2014
Foster Shelbert	2:26.13	2025
Sebastian Fischbach	02:26.29	2018
Warren Sherman	02:26.60	1995
Alex Rose	02:26.75	N/A

MILE		
Thomas Vanoppen	03:54.85	2023
Paul Specht	3:57.49	2025
Rocky Hansen	3:57.90	2025
JoJo Jourdon	4:00.35	2025
Luke Tewalt	03:59.94	2022
Joaquin Martinez de Pinillos	04:01.47	2022
Zach Facioni	04:01.62	2020
Brent Bailey	04:01.80	2021
Joe Pearl	04:01.93	2023
Kyle Graves	04:02.71	2015

3,000m		
Zach Facioni	07:46.76	2023
Thomas Vanoppen	07:48.68	2023
Luke Tewalt	7:50.67	2025
Paul Specht	7:53.05	2024
JoJo Jourdon	7:53.48	2025
Charlie Sprott	7:53.65	2025
Joaquin Martinez de Pinillos	07:53.84	2023
Aaron Las Heras	07:55.09	2022
Rocky Hansen	7:56.53	2024
Weber Long	8:00.07	2024

5,000m		
Zach Facioni	13:34.21	2023
Luke Tewalt	13:36.03	2024
Charlie Sprott	13:41.94	2024
Joe O'Brien	13:44.31	2024
JoJo Jourdon	13:44.52	2024
Joaquin Martinez de Pinillos	13:55.85	2022
Ben Mitchell	13:57.10	2023
Sean Stevens	14:15.77	2006
Kyle Armentrout	14:18.10	1995
Jon Hume	14:18.21	1989

MEN'S INDOOR ALL-TIME PERFORMANCE LIST

4X400m		
Bingham, LaRue, Idlette, Seely	03:09.20	2006
Bingham, Dodds, Larue, Reid,	03:11.07	2009
Bingham, Dodds, Lunkenheimer, Reid	03:12.01	2009
Dodds, Hill, Larue, Reid	03:12.11	2010
Bingham, LaRue, Russell, Seely	03:13.04	2006
Larue, Lunkenheimer, Reid, Warsaw	03:14.20	2009
Lunkenheimer, Marion, Reid, Warsaw	03:15.44	2008
Bingham, Idlette, Russell, Seely	03:15.51	2005
Bingham, Larue, Reid, Russell	03:15.66	2007
Bingham, Lunkenheimer, Reid, Warsaw	03:16.37	2009

DMR		
Estwanik, Hamilton, Singleton, Sisco	09:35.16	2002
Tewalt, Bachmann, Swanepoel, Vanoppen	09:38.52	2022
Heppenstall, Holden, Fischbach, Wallis	09:39.22	2016
Facioni, Specht, Swanepoel, Vanoppen	09:40.17	2023
Bachmann, Martinez de Pinillos, Swanepoel, Vanoppen	09:40.54	2022
Bailey, Bryant, Facioni, Wallis	09:41.76	2020
Fischbach, Greenwalt, Moerk, Simmons	09:45.87	2019
Bryant, Greenwalt, Fischbach, Vasileiou	09:48.79	2018
Dillon, Guthals, Rose, Smith	09:48.92	2011
Bryant, Facioni, Greenwalt, Heppenstall	09:49.49	2019

4X800m		
Guerrini, Hayes, Sherman, Weik	07:23.59	1992
Eager, Guthals, Marois, Morrison	07:23.59	2012
Fea, Fischbach, Heppenstall, Holden	07:26.74	2016
Fischbach, Graves, Holden, Wallis	07:27.82	2015
Guerrini, Hayes, Sherman, Weik	07:30.80	1992
Clarke, Guegan, Sherman, Weik	07:34.90	1991
Finneran, Guthals, Marois, Morrison	07:44.90	2011
Ingalls, Ormond, Pass, Ponder	07:55.00	1986
Akers, Hearst, Sherman, Weik	07:56.80	1992
Clarke, Hayes, Sherman, Ussery	07:58.00	1991

HIGH JUMP		
Tony Jones	2.16m (7-1)	2021
Matt Benson	2.06m (6-9.0)	1993
Brent LaRue	2.02m (6-7.5)	2010
Michael Rufrano	2.00m (6-6.75)	2014
Terence Davis	2.00m (6-6.75)	2011
Aaron LaRue	1.96m (6-5)	2011
Scott McCullough	1.89m (6-2.25)	2011
Alex Krall	1.87m (6-1.5)	2015
Alex Hill	1.84m (6-0.5)	2011
Mark Smith	1.63m (5-4.25)	2021

POLE VAULT		
Michael Cyphers	5.12m (16-9.5)	2015
Scott Marshall	5.00m (16-4.75)	2014
Brent Larue	5.00m (16-4.75)	2010
Trey Blanton	4.85m (15-11)	2011
Kane Aldrich	4.85m (15-11)	2019
Ryan Turner	4.80m (15-9)	1999
Jonathan Denby	4.75m (15-7)	2015
Alex Krall	4.71m (15-5.5)	2015
Luke Annichiarico	4.70m (15-5)	2016
Scott McCullough	4.00m (13-1.5)	2011

LONG JUMP		
Luke Orman	7.52m (24-8 1/4)	2002
Kevin Marion	7.35m (24-1.5)	2008
John Stone	7.30m (23-11 3/4)	1999
Kerry Major	7.16m (23-6)	2006
Reese Orman	7.13m (23-5)	2001
Joe Lapado	7.11m (23-4.00)	2000
Michael Bingham	7.07m (23-2.5)	2005
Brent LaRue	7.06m (23-2)	2007
Oderah Nwaeze	7.02m (23-0.5)	2007
Brandon Terry	7.01m (23-0)	2011

TRIPLE JUMP		
George Coghill	15.01m (49-3)	1992
Fabian Davis	14.67m (48-1.75)	2002
Michael Bingham	14.52m (47-7.75)	2006
William Ray	14.27m (46-10)	2014
T.J. Thompson	14.10m (46-3.25)	2001
Javin Hutchinson	14.10m (46-03.5)	2008
John Henry Mills	44-10	1989
Mike Loyd	13.59m (44-7)	2005
Eli Sunquist	13.30m (43-7.75)	2002
Alex Hill	13.23m (43-5.0)	2009

SHOT PUT		
Thomas Kitchell	19.73m	2024
Andy Bloom	18.76m (61-6.75)	1996
John Maurins	18.08m (59-4)	2016
Kyle Johnson	17.37m (57-0)	2015
Mason Ellis	17.08m	2023
Thomas Sensing	16.91m (55-5.75)	2010
Adam Gabrault	16.87m (55-4.25)	2005
Max Adams	16.69m (54-9.25)	2016
Connor Mathis	16.26m	2022
Ed George	15.55m (51-0.5)	1970

WEIGHT THROW		
Andrew White	22.06m	2023
Charlie Ionata	21.11m (69-3.25)	2017
Jack Pihlkar	20.55m	2022
Andy Bloom	20.09m (65-11 20.09)	1996
Thomas Kitchell	19.25m	2022
Cliff Neal	18.99m (62-3.75)	2001
Jacob Goldberg	18.43m	2024
Mason Ellis	17.87m	2023

PENTATHLON		
Michael Eskind	3264 points	2002

HEPTATHLON		
Brent LaRue	5,672 points	2009
Alex Krall	5,222 points	2016
Michael Bingham	5,146 points	2005
Tyler Dodds	5,112 points	2009
Alex Hill	5,009 points	2011
Taylor Wildman	4,966 points	2007

MEN'S OUTDOOR TRACK & FIELD

NATIONAL CHAMPIONS

Andy Bloom Shot Put, 1996
Discus Throw, 1996

ALL-AMERICANS

Nolan Swanson 10,000m, 1999
Steve Brown 110m Hurdles, 1989, 1990
Ben Schoonover 10,000m, 1991
John Sence 10,000m, 1992, 1993
Andy Bloom Shot Put, 1995, 1996
Discus, 1995, 1996
Warren Sherman 800m, 1995
Kyle Armentrout 10,000m, 1995
Michael Bingham 400m, 2007, 2009
Brent LaRue 400m Hurdles, 2010
Ben Lincoln Javelin, 2012
Kyle Graves 1,500m, 2015
Robert Heppenstall 800m, 2016, 2017, 2018
Zach Facioni 5000m, 2022
Tony Jones High Jump, 2022
Thomas Vanoppen 1500m, 2022
Luke Tewalt 1500m, 2023
Rynard Swanepoel 800m, 2024
Rocky Hansen 5000m, 2024

NCAA CHAMPIONSHIP APPEARANCES

Team
Wake Forest 1982, 1985, 1990, 1995,
1996*, 1999, 2007, 2009, 2015, 2016, 2017, 2018

*Best team finish in program history at T-8th

ACC CHAMPIONS

100m
John Stone, 1999

200m
John Stone, 1999
Michael Bingham, 2006

400m
Michael Bingham, 2009

800m
Warren Sherman, 1995
Robert Heppenstall, 2016

1,500m
Nathan Sisco, 2001
Thomas Vanoppen, 2022

5,000m
Bill Babcock, 1989
Kyle Armentrout, 1995
Jon Russell, 1997
Nolan Swanson, 1998, 1999

10,000m
Kyle Armentrout, 1995
Jon Russell, 1997
Garick Hill, 2001

110m Hurdles
Steve Brown, 1989, 1990

400m Hurdles
Brent LaRue, 2010

3,000m Steeplechase
Tom Rae, 1974
Steve Guerrini, 1995
Nolan Swanson, 1998, 1999

High Jump
Jerome White, 1972, 1973

Shot Put
Andy Bloom, 1993, 1995, 1996

Discus
Andy Bloom, 1993, 1995, 1996

Hammer Throw
Cliff Neal, 2002

Javelin
Jack Ladner, 1955, 1956

Decathlon
John Bull, 1999
Michael Bingham, 2005

ACC CHAMPION RELAY TEAMS

Stone, Deese, Justice, Austin (4x100m Relay), 1999
Bingham, Loyd, Idlette, Marion (4x100m Relay), 2006
Bingham, Idlette, LaRue, Seely (4x400m Relay), 2006

ACC CHAMPIONSHIP TEAM FINISHES

Years Completed: 68 (1955-2022)

1st Place	Has Not Happened
2nd Place	1 Time (Last 1995)
3rd Place	2 Times (Last 2006)
4th Place	Has Not Happened
5th Place	1 Time (Last 2001)
6th Place	10 Times (Last 2010)
7th Place	22 Times (Last 2004)
8th Place	19 Times (Last 2011)
9th Place	2 Times (Last 2012)
10th Place	3 Times (Last 2023)
11th Place	1 Time (Last 2008)
12th Place	2 Time (Last 2021)
13th Place	2 Times (Last 2017)
14th Place	2 Times (Last 2018)
15th Place	Has Not Happened

ALL-ACC (FIRST AND SECOND TEAM)

Mike Guegan	1988, 1991
Steve Brown	1989, 1990
Bill Babcock	1989
Jon Hume	1990
Andy Bloom	1992, 1995, 1996
Jon Sence	1992, 1993
Paul Sklar	1993
Kyle Armentrout	1995
Eric Dunn	1995, 1997
Steve Guerrini	1995
Pat Phillips	1995
Jon Russell	1995, 1997
Warren Sherman	1995
Eric Pragle	1996
Nathan Knowles	1997
Hunter Kemper	1998
Nolan Swanson	1998, 1999
John Bull	1999
Reggie Austin	1999
Chris Justice	1999
Jamie Deese	1999
John Stone	1999, 2000
Stephan Pro	2000
Jack Bishop	2000
Chris Estwanik	2000, 2002
Garick Hill	2001
Nathan Sisco	2001
J.T. Kurelich	2001
Paul Singleton	2001
Josh Buffolino	2001
Cliff Neal	2002
Michael Eskind	2002, 2003
Alan Susi	2002
Ted DeVos	2002
Mike Altieri	2003
Mike Loyd	2004, 2006
Brad Wharton	2004
Michael Bingham	2005, 2009
Kevin Marion	2006, 2007
Eric Seely	2006
Brent LaRue	2006, 2010
Thomas Sensing	2009
Paul Loeser	2012
Ben Lincoln	2010, 2011, 2012, 2013
Kyle Graves	2014
Charlie Ionata	2015*, 2016*, 2017
John Maurins	2015, 2016*
Simon Holden	2015*
Robert Heppenstall	2016, 2017
Alexander Krall	2016
Max Adams	2016*
Kyle Johnson	2017*
Elijah Shalaway	2017, 2018*
Zach Facioni	2019, 2021, 2023*
Tony Jones	2019*, 2022
Archie Wallis	2019*
Michael Yow	2021*
Aaron Las Heras	2021*, 2022
Thomas Kitchell	2022, 2024
Thomas Vanoppen	2022
Andrew White	2022*, 2023
Luke Tewalt	2022*, 2023 (twice)
Rynard Swanepoel	2023, 2024* (twice)
Jack Pihkar	2023*
Rocky Hansen	2024*
Connor Mathis	2024*
Jack Balick	2024*

*Beginning in 2015, the top-three finishers in each individual event earned First Team All-ACC honors while the 4th-6th place earned Second Team All-ACC honors. Second team honors are denoted with an asterik.

ACC CHAMPIONSHIPS MOST VALUABLE PERFORMER

Andy Bloom 1995
Nolan Swanson 1999

Rookie of the Year

Rocky Hansen 2024

ACC COACH OF THE YEAR

John Goodridge 1995, 1999

ACC FRESHMAN OF THE YEAR

Robert Heppenstall 2016

ACC ACADEMIC TEAM

Matthew Owen	2006
Sean Stevens	2006
Thomas Sensing	2007, 2010
Phillip Warsaw	2007, 2008, 2009
Stephen Castillejo	2008, 2010
Brent LaRue	2009, 2010
Paul Loeser	2009, 2011, 2012
Charles Klug	2009
Marcus Dillon	2010, 2011
Garrett Drogosch	2010
Nathaniel Guthals	2011
Michael Wooten	2011
Patrick Donelan	2012
Alex Hill	2012
Thomas Bojanowski	2013, 2014
Kyle Graves	2013, 2014, 2015
Kyle Johnson	2014
Simon Holden	2015
Robert Heppenstall	2016, 2017, 2018
Charlie Ionata	2016, 2017
Elijah Shalaway	2017, 2018
Zach Facioni	2019, 2021
Tony Jones	2019
Michael Yow	2021
Dillion Aryeh	2024
Jack Balick	2024
Gavin Ehlers	2024
Jacob Goldberg	2024
Rocky Hansen	2024
Thomas Kitchell	2024
Connor Mathis	2024
Paul Specht	2024
Charlie Sprott	2024
Rynard Swanepoel	2024

USTFCCCA TRACK & FIELD ALL-ACADEMIC

Phillip Warsaw	2007, 2008, 2009
Paul Loeser	2011, 2012
Thomas Bojanowski	2013, 2014
Patrick Donelan	2013
Kyle Graves	2013, 2014, 2015
Alex Rose	2013
Simon Holden	2014, 2015
Sebastian Fischbach	2015
Alex Krall	2015
Jack Balick	2024
Rocky Hansen	2024
Joe O'Brien	2024
Paul Specht	2024
Rynard Swanepoel	2024

USTFCCCA TRACK AND FIELD ALL-ACADEMIC TEAM AWARD

Wake Forest 2009, 2010, 2012, 2013,
2014, 2015, 2016

USTFCCCA TRACK AND FIELD COMBINED TRACK & FIELD ASSISTANT COACH OF THE YEAR

Scott Hall 2006

MEN'S OUTDOOR ALL-TIME PERFORMANCE LIST

100m		
Reggie Austin	10.30	2000
John Stone	10.32	2000
Kevin Marion	10.39	2006
Robert Johnson	10.48	1980
Mike Loyd	10.48	2004
Jon Reid	10.53	2010
Michael Bingham	10.54	2006
Kerry Major	10.55	2008
Willie Idlette	10.60	2004
Ethan Roach	10.68	2022

200m		
John Stone	20.61	1999
Michael Bingham	20.75	2009
Kevin Marion	20.79	2006
Eric Seely	21.05	2006
Jon Reid	21.08	2010
Mike Loyd	21.14	2004
Reggie Austin	21.38	1999
Willie Idlette	21.54	2004
Jack Dolbin	21.62	1970
Kerry Major	21.66	2008

400m		
Michael Bingham	44.74	2009
Jon Reid	46.31	2010
Willie Idlette	46.62	2006
Brent LaRue	46.79	2010
Mike Guegan	47.01	1988
Ryan Hamilton	47.18	2001
Eric Seely	47.32	2006
Tyler Dodds	47.48	2010
John Danforth	47.68	1970
Daniel Harrison	47.71	2015

800m		
Rynard Swanepoel	1:45.28	2024
Robert Heppenstall	1:46.68	2017
Warren Sherman	1:46.74	1995
Jack Balick	1:47.11	2024
Simon Holden	1:48.04	2016
Dillon Aryeh	1:48.76	2023
Thomas Bojanowski	1:48.79	2014
Kenton Bachmann	1:49.11	2021
Mike Guegan	1:49.14	1991
Terry Weik	1:49.30	1992

1,500m		
Thomas Vanoppen	3:37.65	2022
Luke Tewalt	3:38.52	2023
Zach Facioni	3:39.87	2021
Paul Specht	3:39.89	2023
Aaron Las Heras	3:41.09	2022
Rob Heppenstall	3:41.57	2018
Rynard Swanepoel	3:41.70	2024
Simon Holden	3:41.92	2015
Kyle Graves	3:42.71	2014
Joaquin Martinez de Pinillos	3:43.26	2021

3,000m		
Nolan Swanson	8:03.50	1999
Brant Armentrout	8:05.88	1994
Alex Rose	8:15.10	2012
Sean Stevens	8:16.30	2006
Kyle Armentrout	8:17.50	1994
Sebastian Fischbach	8:17.97	2016
John Sence	8:18.00	1993
Paul Kinser	8:18.18	1994
Paul Loeser	8:20.03	2012
Kyle Graves	8:21.78	2013

5,000m		
Zach Facioni	13:27.71	2023
Aaron Las Heras	13:38.02	2022
Joaquin Martinez de Pinillos	13:39.83	2022
Luke Tewalt	13:43.60	2022
Rocky Hansen	13:44.16	2024
David Crowe	13:51.91	1981
Jack Tiernan	13:52.10	2021
Thomas Vanoppen	13:53.16	2022
Nolan Swanson	13:54.57	1999
Jon Russell	13:57.81	1997
Ron Rick	13:58.18	1985

10,000m		
Aaron Las Heras	28:13.82	2022
Nolan Swanson	28:31.51	1999
Charlie Sprott	28:49.79	2024
Joaquin Martinez de Pinillos	29:07.07	2022
Carter Coughlin	29:09.97	2022
Ben Schoonover	29:11.98	1991
Eric Lorenz	29:17.08	1992
Ben Mitchell	29:19.18	2022
John Sence	29:20.02	1992
Kyle Armentrout	29:21.34	1995

110m HURDLES		
Steve Brown	13.60	1990
Brent LaRue	13.96	2010
Mike Loyd	13.97	2004
Joe Ladapo	14.38	2000
JT Kuretech	14.55	2001
Dexter Hawkins	14.55	1980
Malcolm Nunley	14.56	2012
John Bull	14.78	1999
Michael Bingham	14.80	2005
Alexander Krall	14.86	2016

400m HURDLES		
Brent LaRue	50.20	2010
Phillip Warsaw	51.60	2007
Sean Lunkenheimer	52.14	2013
Michael Bingham	53.34	2006
Bobby Jacobwleff	53.90	2016
Malcolm Nunley	53.95	2011
Branston Williams	54.10	2002
Josh Smith	54.80	1994
Garrett Putnam	54.98	1998
George Yohrling	55.37	1992

3,000m STEEPLECHASE		
Nolan Swanson	8:41.72	1998
Ben Hill	8:46.68	2021
Steve Guerrini	8:48.20	1994
Marcus Dillon	8:55.50	2011
Jon Russell	8:56.89	1998
Paul Loeser	8:57.21	2012
Tom Rae	8:57.70	1974
Paul Sklar	8:58.64	1992
Carter Coughlin	9:04.69	2021
Joseba Sarriegui	9:07.63	1989

HIGH JUMP		
Tony Jones	2.18m/7-15	2021
Jerome White	2.11m/6-11	1972
Matt Benson	2.06m/6-9	1994
Fabian Davis	2.05m/6-8.75	1999
Jesse Richert	2.03m/6-8	2005
Jeong-Hwan Kang	2.03m/6-8	2001
John Bull	2.03m/6-8	2000
Brent LaRue	2.02m/6-7.5	2010
TJ Thompson	2.01m/6-7	2001
Seth Yetter	2.00m/6-6.75	2006
Aaron Payne	2.00m/6-6.75	2009
Michael Rufrano	2.00m/6-6.75	2014

POLE VAULT		
Michael Cyphers	5.12m/16-9.5	2015
Scott Marshall	5.00m/16-4.75	2014
Brent LaRue	5.00m/16-4.75	2010
Ryan Turner	4.85m/15-11	1999
Trey Blanton	4.85m/15-7	2009
Ed Smith	4.80m/15-9	1994
Luke Annichiarico	4.77m/15-7.75	2016
Taylor Wildman	4.70m/15-5	2007
Scott Holmes	4.70m/15-5	2000
Zach Hamilton	4.60m/15-1	2001

LONG JUMP		
Kevin Marion	7.58m/24-10.5	2006
Kerry Major	7.53m/24-8.5	2006
Luke Orman	7.53m/24-8.5i	2002
Joe Ladapo	7.29m/23-11	2000
Fabian Davis	7.22m/23-8.25	1999
Oderah Nwaeze	7.21m/23-8	2007
Brent LaRue	7.20m/23-7.5	2010
Mike Lewis	7.14m/23-5.25	1965

MEN'S OUTDOOR ALL-TIME PERFORMANCE LIST

TRIPLE JUMP

George Coghill	15.01m/49-3	1989
Fabian Davis	14.65m/48-0.75	1999
George Kahle	14.61m/47-11.25	1966
Javin Hutchinson	14.40m/47-3	2008
Jerome White	14.38m/47-2.25	1974
William Ray	14.37m/47-1.75	2014
Michael Bingham	14.32m/46-11.75	2006
Lee Evans	14.12m/46-4	1973
Darryl France	14.10m/46-3.25	1989
Chuck Drake	13.92m/45-8	1973

SHOT PUT

Andy Bloom	19.82m/65-0.5	1996
Thomas Kitchell	19.10m	2022
John Maurins	18.73m/61-5.5	2015
Thomas Sensing	17.22m/56-6	2009
Mason Ellis	17.21m	2022
Connor Mathis	16.89m	2024
Tylor Harris	16.79m/55-1	2016
Max Adams	16.69m/54-9.25	2015
Tom Tymann	16.38m/53-9	2003
Steve Michaelsen	16.17m/53-0.75	2015

DISCUS THROW

Andy Bloom	64.86m/212-9	1996
Thomas Kitchell	58.28m	2022
Andrew White	58.22m	2022
Max Adams	55.41m/181-9	2016
Connor Mathis	52.23m/171-4	2021
Thomas Sensing	51.99m/170-7	2009
Steve Michaelsen	51.84m/170-1	2013
Ed George	51.12m/167-8	1970
Brad Perkins	50.43m/165-5	1999
Mike Wooten	49.38m/162-0	2012

JAVELIN THROW

Ben Lincoln	75.36m/247-3	2013
Thomas Sensing	67.93m/222-10	2009
Elijah Shalaway	66.41m/217-10	2018
Patrick Donelan	65.32m/214-4	2013
Michael Belardia	62.30m/204-5	2013
Alan Susi	62.83m/206-1	2001
Mike Hauck	61.96m/203-3	2007
Luke Hadden	61.20m/200-9	2010
Stephen Castillejo	57.47m/188-6	2010
Charlie Ionata	57.01m/187-0	2014

OLD RULE JAVELIN

Herb Brown	212-0	1960
Jack Ladner	208-2	1956
John Monarek	200-8	1961
Tom Rae	188-2	1973
Henry Newton	188-0	1960
John Dupree	186-5	1930
Dave Garber	184-7	1963

HAMMER THROW

Charlie Ionata	68.02m/223-2	2017
Jack Pihlkar	64.43m	2022
Andrew White	63.03m	2022
Michael Yow	61.86m	2021
Kyle Johnson	61.85m/202-11	2017
Jake Goldberg	60.92m	2023
Thomas Kitchell	59.53m	2022
Cliff Neal	59.40m/194-10	2002
Teddy Mottola	54.05m/177-4	2014
John Maurins	53.99m/177-1	2015

DECATHLON

JT Kurelich	7340 pts	2001
Michael Bingham	7162 pts	2005
Brent LaRue	7066 pts	2006
Alexander Krall	7013 pts	2016
John Bull	6983 pts	1999
Alex Hill	6902 pts	2012
Tyler Dodds	6715 pts	2009
Mike Eskin	6704 pts	2003
Joe Ladapo	6692 pts	2000
Matt Udvari	6521 pts	2000

WOMEN'S CROSS COUNTRY

ALL-AMERICANS	
Karen Dunn	1985
Jennifer Rioux	1987
Seana Arnold	1989
Nicole Stevenson	1993
Janelle Kraus	1997, 1998, 1999
Annie Bersagel	2002, 2003, 2005
Selina Sekulic	2004
Michelle Sikes	2006
Samantha Jones	2015

NCAA CHAMPIONSHIP APPEARANCES	
Team	
Wake Forest	1987 (10th)
Wake Forest	1992 (19th)
Wake Forest	1994 (12th)
Wake Forest	1997 (17th)
Wake Forest	1998 (15th)
Wake Forest	2000 (29th)
Wake Forest	2002 (9th)
Wake Forest	2003 (21st)
Wake Forest	2004 (19th)
Wake Forest	2005 (17th)
Wake Forest	2006 (27th)

ACC CHAMPIONS	
Individual	
Seana Arnold	1989
Janelle Kraus	1997, 1998
Team	
Wake Forest	2002 (Co-Champions)

ACC CHAMPIONSHIP TEAM FINISHES	
Years Competed:	42
1st Place	1 Time (Last 2002)
2nd Place	6 Times (Last 1997)
3rd Place	7 Times (Last 2008)
4th Place	3 Times (Last 2004)
5th Place	7 Times (Last 2019)
6th Place	6 Times (Last 2001)
7th Place	3 Times (Last 2010)
8th Place	5 Times (Last 2018)
9th Place	3 Times (Last 2024)
10th Place	3 Times (Last 2020)
11th Place	1 Time (Last 2021)
12th Place	1 Time (Last 2015)
13th Place	Has Not Happened
14th Place	Has Not Happened
15th Place	Has Not Happened

ALL-ACC	
Karen Dunn	1985, 1986
Jennifer Rioux	1985, 1986, 1987
Sue Vander Wagen	1986, 1987
Monica Magnusson	1987
Anne Letko	1988
Seana Arnold	1989
Liz Becker	1989
Mary Powell	1989, 1990
Jennifer Finnegan	1992, 1994
Cynthia Moreshead	1992, 1995
Nicole Stevenson	1992, 1993, 1994, 1995
Liz Cotter	1996
Janelle Kraus	1997, 1998
Kelly Brady	1997
Sara Day	2000
Annie Bersagel	2002, 2005
Risa Rutland	2002
Anna Sherman	2003
Michelle Sikes	2003, 2004, 2006
Selina Sekulic	2004
Allison Kieffer	2008
Anna Nosenko	2010
Nicole Irving	2011, 2012
Samantha Jones	2014, 2015
Sam Halvorsen	2017, 2018, 2019
Elise Wright	2019
Angelina Perez	2024
Brooke Wilson	2024

ACC COACH OF THE YEAR	
Francie Goodridge	1986
Annie Bennett	2002
ACC FRESHMAN OF THE YEAR	
Michelle Sikes	2003
Anna Nosenko	2008

USTFCCCA REGION III COACH OF THE YEAR	
Francie Goodridge	1994
USTFCCCA SOUTHEAST REGIONAL COACH OF THE YEAR	
Annie Bennett	2002

ACC ACADEMIC TEAM	
Ellie Abrahamson	2015, 2016
Cate Allen	2014
Alli Boehm	2022
Annie Bersagel	2005
Chelsea Bolton	2007
Hannah Brookover	2017
Maryley Burns	2007, 2008
Caitlin Chrisman	2007
Mackenna Curtis-Collins	2022
Kathleen Darling	2014
Erin Franklin	2006
Caroline Garrett	2022
Alison Homer	2010
Nicole Irving	2010, 2011, 2012, 2013
Samantha Jones	2013, 2014, 2015
Anna Nosenko	2008, 2009, 2010
Dinia Nosekno	2008
Meredith Placer	2007
Nicole Schappert	2005, 2007
Michelle Sikes	2005, 2006
Mimi Smith	2016, 2017, 2018
Eliza Lukens-Day	2017
Sam Halvorsen	2018
Madeline Rehm	2019, 2020, 2022
Elise Wright	2019, 2022

USTFCCCA CROSS COUNTRY ALL-ACADEMIC	
Annie Bersagel	2001, 2002
Michelle Sikes	2006
Erin Franklin	2006
Caitlin Chrisman	2007
Mary Elizabeth Burns	2008
Anna Nosenko	2008, 2009
Mimi Smith	2018
Madeline Rehm	2019, 2020

USTFCCCA CROSS COUNTRY ALL-ACADEMIC TEAM AWARD	
Wake Forest	1999, 2001, 2002, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2016, 2021, 2022

WOMEN'S INDOOR TRACK & FIELD

ALL-AMERICANS

Catrina Bindel	High Jump, 1995
Janelle Kraus	5,000m, 2000
Jill Snyder	Mile, 2000, 2001
Sara Day	3,000m, 2001
Nikeya Green	800m, 2002
Annie Bersagel	5,000m, 2003, 2005
Jill Miller	5,000m, 2003
Michelle Sikes	3,000m, 2007
Michelle Sikes	5,000m, 2007
Anna Nosenko	3,000m, 2011
Anna Nosenko	5,000m, 2011
Anna Bush	Pentathlon, 2021
Aleeya Hutchins	800m, 2021
Hannah Brookover	3,000m, 2021

ALL-AMERICAN RELAY TEAMS

Snyder, Day, Merritt, Green (DMR), 2001
Delley, Hutchins, Harding-Delooze, Schulz, 2020

NCAA CHAMPIONSHIP APPEARANCES

Team	
Wake Forest	2001, 2002, 2003, 2005, 2007*, 2011, 2021

*Best team finish in program history at 18th

ACC CHAMPIONS

400m	
Carol Merritt, 2002	
800m	
Mia Richardson, 1994	
Nikeya Green, 2004	
Mile	
Jill Snyder, 1999, 2000	
3,000m	
Jennifer Rioux, 1988	
Seana Arnold, 1989	
Nicole Stevenson, 1995	
Sara Day, 2001	
Anna Nosenko, 2011	
5,000m	
Janelle Kraus, 1999, 2000	
Sara Day, 2001	
Annie Bersagel, 2005	
Michelle Sikes, 2007	
Anna Nosenko, 2011	
High Jump	
Nyki Caldwell, 2015	
Pentathlon	
Anna Bush, 2021	

ACC CHAMPION RELAY TEAMS

Stevenson, Weber, Pancake, Clarke (4x800m), 1993
Snyder, Hopkins, Waldron, Brady (DMR), 1999
Lancashire, Danos, Shaw, Brady (DMR), 2001
Delley, Hutchins, Harding-Delooze, Schulz, 2020

ACC CHAMPIONSHIP TEAM FINISHES

Years Completed:	34 (1987-1996, 1998-2022)
1st Place	Has Not Happened
2nd Place	Has Not Happened
3rd Place	Has Not Happened
4th Place	Has Not Happened
5th Place	2 Times (Last 2001)
6th Place	5 Times (Last 2003)
7th Place	6 Times (Last 2005)
8th Place	3 Times (Last 2002)
9th Place	2 Times (Last 1998)
10th Place	4 Times (Last 2009)
11th Place	6 Times (Last 2020)
12th Place	4 Times (Last 2022)
13th Place	Has Not Happened
14th Place	3 Times (Last 2018)
15th Place	1 Time (2023)

ALL-ACC (FIRST AND SECOND TEAM)

Jennifer Rioux	1988
Seana Arnold	1989
Mary Powell	1990
Kelly Clarke	1993
Cynthia Moreshead	1993, 1995
Molly Pancake	1993
Nicole Stevenson	1993, 1995
Kate Weber	1993
Mia Richardson	1994
Catrina Bindel	1995
Janelle Kraus	1998, 1999, 2000
Jill Snyder	1999, 2000, 2001
Trista Hopkins	1999
Valerie Waldron	1999
Kelly Brady	1999, 2001
Summer Shaw	2001
Sara Day	2001
Courtney Lancashire	2001
Shauna Danos	2001
Carol Merritt	2002
Nikeya Green	2002, 2003, 2004
Annie Bersagel	2003, 2005
Jill Miller	2003
Lindsay Neuberger	2003, 2004, 2006
Michelle Sikes	2007
Jill Ahrens	2008
Anna Nosenko	2009, 2010, 2011
Nyki Caldwell	2015
Sydney White	2015, 2016*
Samantha Jones	2016*
Ellie Abrahamson	2017*
Amy Collins	2017*
Alva Hicks	2017*
Kathryn Lazarchick	2017*
Alexandria Florent	2017*, 2018, 2019*
Johanna Schulz	2019, 2020*
Janese Lynch	2019*
Alva Hicks	2019*
Sam Halvorsen	2019*
Aleeya Hutchins	2020*, 2021*
Amy Harding-Delooze	2020*
Addison Berry	2022*, 2023*, 2024
Chanel Dawson	2022
Emma Soderstrom	2022, 2023*

*Beginning in 2015, the top-three finishers in each individual event earned First Team All-ACC honors while the 4th-6th place earned Second Team All-ACC honors. Second team honors are denoted with an asterisk.

ACC ACADEMIC TEAM

Anna Nosenko	2009, 2010, 2011
Dina Nosenko	2009
Mary Binder	2010
Gwendolyn Ricco	2010
Caroline Vaughn	2010
Erika Martin	2011, 2013
Alyssa Thomas	2014
Sydney White	2014
Nyki Caldwell	2015
Samantha Jones	2016
Ellie Abrahamson	2017
Amy Collins	2017
Kathryn Lazarchick	2017
Alexandria Florent	2018, 2019
Sam Halvorsen	2019
Johanna Schulz	2019, 2020
Anna Bush	2020, 2021
Amy Harding-Delooze	2020
Hannah Brookover	2021
Amanda Schaare	2024
Katrina Andreassen	2024
Addison Berry	2024
Alli Boehm	2024
Leia Braunagel	2024
Megan Cook	2024
Emma Douglass	2024
Clara Fallenius	2024
Caroline Garrett	2024
Isabella Gera	2024
Ashlyn Giles	2024
Robbie Grace	2024
Gabby Johnson	2024
Megan O'Malley	2024
Alyssa Preisano	2024
Madeline Rehm	2024
Amanda Shaare	2024
Abby Stankus	2024
Casey Sullivan	2024
Elizabeth Whaley	2024

WOMEN'S INDOOR ALL-TIME PERFORMANCE LIST

55m		
Melissa Council	7.26	2008
Tina Lane	7.26	1991
Chris Rose	7.35	1992
Ashley Spooner	7.36	2007
Nicole Castronuova	7.43	2008
Joanna Hawkins	7.48	2007
Kristen Edgar	7.48	2007
Kritin Rumpf	7.73	1989
Sherri Braxton	7.75	1991
Pam Gladney	7.79	1991

60m		
Mytoia Gathings	7.65	2013
Myesha Barr	7.77	2011
Hunter Roberts	7.82	2016
Caroline Vaughn	7.88	2010
Gabby Johnson	7.92	2024
Ashley Spooner	7.92	2007
Melissa Council	7.95	2008
Nicole Castronuova	7.99	2010
Cydney Delley	7.98	2021

60m HURDLES		
Caroline Vaughn	8.43	2009
Hunter Roberts	8.50	2017
Anna Bush	8.53	2023
Addison Berry	8.72	2023
Montasia Golden	8.76	2012
Alex Gove	8.78	2010
Erika Martin	8.81	2013
Jordan Banks	8.89	2018
Seren Rodgers	8.80	2024
Gwen Ricco	8.93	2010

55m HURDLES		
Caroline Vaughn	7.26	2008
Molly Kennedy	8.32	2008
Michelle Duffey	8.34	2008
Alex Gove	8.41	2007
Molly Kennedy	8.42	2008
Trina Brindel	8.75	1993
Tina Lane	9.04	1991

200m		
Carol Merritt	23.78	2002
Nicole Castronuova	24.39	2009
Mytoia Gathings	24.66	2013
Melissa Council	24.67	2008
Cydney Delley	25.00	2019
Sarah Johnson	25.39	2019
Jordan Banks	25.50	2018
Cassy Richards	25.54	2002
Caroline Vaughn	25.85	2007
Michelle Duffey	25.85	2008

300m		
Nicole Castronuova	38.76	2009
Gwen Ricco	39.04	2010
Melissa Council	39.31	2006
Michelle Duffey	40.30	2007
Alex Gove	40.51	2007
Maddy Ricco	40.53	2010
Mytoia Gathings	40.58	2014
Caroline Vaughn	40.81	2010
Gabby Johnson	40.85	2024
Myesha Barr	40.87	2010

400m		
Nicole Castronuova	54.39	2009
Carol Merritt	54.82	2002
Melissa Council	55.48	2008
Cydney Delley	55.50	2019
Alex Gove	56.62	2010
Dianne Anderson	56.76	2004
Michelle Loyd	56.85	2008
Molly Pancake	56.94	1991
Myesha Barr	57.04	2013
Michelle Duffey	57.12	2007

500m		
Michelle Loyd	01:13.81	2008
Melissa Council	01:13.86	2008
Michelle Duffey	01:14.00	2007
Nikeya Green	01:14.91	2001
Shauna Danos	01:15.21	2001
Molly Pancake	01:15.72	1992
Alex Gove	01:16.41	2005
Carol Merritt	01:16.53	2001
Summer Shaw	01:17.03	2000
Brianna Dekine	01:17.81	2012

600m		
Aleeya Hutchins	01:31.53	2021
Molly Binder	01:33.52	2010
Maria Merritt	01:33.95	1986
Kendal Knous	01:34.62	2014
Kate Weber	01:35.94	1995
Gwen Ricco	01:35.97	2010
Kim Vos	01:37.25	2009
Alex Govew	01:37.27	2009
Kendal Knous	01:37.55	2016
Maddy Ricco	01:37.65	2010

800m		
Aleeya Hutchins	02:04.73	2021
Emma Douglass	2:05.25	2025
Nikeya Green	02:05.31	2004
Jill Snyder	02:07.36	2003
Summer Shaw	02:09.27	2001
Molly Binder	02:09.47	2012
Laura Giudice	02:10.04	2022
Lara-Ann Schwede	02:10.82	2015
Kendal Knous	02:11.92	2016
Lily Harding-Delooze	02:12.83	2019

1,000m		
Kay Gemrich	02:44.60	1986
Charlotte Augenstein	2:46.98	2024
Rylan Engels	2:47.74	2024
Elizabeth Whaley	2:47.87	2025
Jill Snyder	02:49.87	2001
Laura Giudice	02:50.23	2022
Amy Harding-Delooze	02:51.78	2020
Molly Dreher	2:52.83	2025
Kelly Brady	02:52.80	1999
Caitlin Crawford	02:53.07	2010

MILE		
Mackenna Curtis-Collins	04:38.17	2023
Charlotte Augenstein	4:40.82	2025
Dina Nosenko	04:41.10	2010
Lydia Van Dijk	04:41.21	2023
Johanna Schulz	04:41.24	2020
Jill Snyder	04:41.44	2000
Brooke Wilson	4:41.65	2025
Kathryn Lazarchick	04:41.86	2017
Amy Harding-Delooze	04:43.60	2020
Michelle Sikes	04:43.63	2007

WOMEN'S INDOOR ALL-TIME PERFORMANCE LIST

3,000m		
Mackenna Curtis-Collins	09:00.91	2023
Anna Nosenko	09:12.02	2011
Michelle Sikes	09:13.33	2007
Hannah Brookover	09:17.98	2021
Annie Bersagel	09:20.06	2005
Lydia Van Dijk	09:20.77	2023
Ellie Abrahamson	09:22.18	2017
Molly Dreher	9:23.34	2024
Sarah Day	09:23.60	2001
Jennifer Rioux	09:28.08	1988
Elizabeth Whaley	9:28.46	2024

5,000m		
Michelle Sikes	15:44.97	2007
Angelina Perez	15:47.38	2024
Annie Bersagel	15:56.97	2005
Mackenna Curtis-Collins	16:02.07	2023
Sam Halvorsen	16:07.40	2019
Caroline Garrett	16:07.40	2024
Anna Nosenko	16:09.64	2011
Jill Miller	16:11.03	2003
Carolien Millenaar	16:14.12	2023

4X400m		
Castronuova, Gove, Ricco, Vaughn	2010	03:43.66
Castronuova, Gove, Vaughn, Vos	2009	03:45.52
Castronuova, Council, Gove, Loyd	2008	03:45.66
Banks, Delley, Hinton, Johnson	2018	03:47.45
Castronuova, Council, Duffey, Gove	2008	03:47.77
Berry, Delley, Grace, Rybczynski	2020	03:49.11
Delley, L. Harding-Delooze, Hofferber, Johnson	2019	03:49.75
Castronuova, Gove, Ricco, Vaughn	2010	03:48.90
Anderson, Danos, Green, Lewis	2004	03:49.98
Barr, Castronuova, Johnson, Ricco	2011	03:50.79

DMR		
Dellley, Hardin-Delooze, Hutchins, Schulz	2020	11:08.40
Day, Green, Merritt, Snyder	2001	11:13.69
Whaley, Nolde-Lopez, Giudice, Van Dijk	2023	11:15.30
Brookover, Delley, A. Harding-Delooze, Shulz	2019	11:19.01
Brady, Green, Merritt, Snyder	2001	11:20.59
Anibaldi, Shaw, Snyder, Waldron	2000	11:24.26
Danos, Green, Sherman, Wendel	2003	11:26.99
Allen, Hurrinus, Lazarchick, Schwede	2015	11:29.60
Bremner, Council, Chrisman, Sikes	2005	11:29.81
Catsimanes, Curtis-Collins, Giudice, Hutchins	2022	11:32.70

4X800m		
Clarke, Finnegan, Pancake, Weber	1992	08:53.87
Brady, Danos, Lancashire, Wendel	2001	09:16.37
Berenato, Gove, McArdle, Rapp	2010	09:27.88
Beroza, Berenato, Hartnett, Fresher	2011	09:41.97
Martin, Rapp, G. Ricco, M. Ricco	2011	09:54.98

HIGH JUMP		
Emma Soderstrom	1.82m (5-11.5)	2022
Trina Bindel	1.81 (5-11.25)	1995
Nyki Caldwell	1.79 (5-10.5)	2013
Alexandria Florent	1.78 (5-10)	2018
Anna Bush	1.72 (5-7.75)	2020
Addison Berry	1.71 (5-7)	2023
Amy Collins	1.70 (5-7)	2015
Meghan O'Malley	1.68	2022
Caroline Vaughn	1.67 (5-5.75)	2010

POLE VAULT		
Sydney White	4.20 (13-9.25)	2016
Katie Adair	4.02 (13-2.25)	2013
Tesia Kempinski	4.00 (13-1.5)	2019
Michelle Lange	3.72 (12-2.5)	2010
Jill Ahrens	3.69 (12-1.50)	2008
Elaina Roeder	3.66 (12)	2020

LONG JUMP		
Robbie Grace	6.22m	2025
Alyssa Thompson	6.16m	2014
Erin Brooks	6.10m	2013
Cassy Richards	6.04m	2004
Anna Bush	5.93m	2021
Bridget McNally	5.87m	2025
Savannah Simmons	5.81m	2025
Montasia Golden	5.75m	2013
Jordan Banks	5.73m	2018
Addison Berry	5.71m	2022

TRIPLE JUMP		
Erin Brooks	12.57 (41-3)	2012
Montasia Golden	12.26 (4-2.75)	2013
Robbie Grace	11.91 (39-1.0)	2020
Molly Kennedy	11.49 (37-8.50)	2008
Phoebe Kershaw	11.45 (37-6.75)	2011
Kristin Rumpf	10.62 (34-10.0)	1989

SHOT PUT		
Chanel Dawson	16.30m	2022
Amanda Schaare	16.11m	2024
Lindsay Neuberger	15.84m	2006
Ashlyn Giles	15.83m	2023
Isabella Gera	15.18m	2024
Janese Lynch	15.16m	2019
Alva Hicks	14.90m	2019
Leia Braunagel	14.74m	2024
Jessica Molina	14.18m	2017

WEIGHT THROW		
Alva Hicks	20.64m	2019
Megan Cook	19.16m	2024
Isabella Gera	18.86m	2024
Katrina Andreassen	18.29m	2024
Sophie Perez Gonzalez	17.67m	2023
Andrea Vahoua	17.61m	2016
Casidy Callahan	17.29m	2014
Casidy Howard	16.58m	2016
Maria Lescovec	16.45m	2025
Jessica Molina	15.87m	2017

PENTATHLON		
Anna Bush	4,121	2020
Addison Berry	4,083	2024
Emma Soderstrom	3,971	2022
Alyssa Thompson	3,825	2014
Amy Collins	3,808	2017
Caroline Vaughn	3,758	2010
Molly Kennedy	3,743	2008
Seren Rodgers	3,700	2025
Jordan Banks	3,659	2018
Alex Gove	3,602	2010

WOMEN'S OUTDOOR TRACK & FIELD

ALL-AMERICANS

Dawn Powers	10,000m, 1982
Karen Dunn	3,000m, 1985
Jennifer Finnegan	1,500m, 1992, 1995
Catrina Bindel	Heptathlon, 1993, 1995, 1996
Liz Cotter	800m, 1996
Jill Snyder	1,500m, 1999, 2000
Janelle Kraus	5,000m, 2000
Sara Day	10,000m, 2001
Nikeya Green	800m, 2003, 2004
Annie Bersagel	10,000m, 2003, 2004, 2005
Michelle Sikes	5,000m, 2006, 2007
Jessie Merckle	Javelin, 2014, 2015, 2016
Sydney White	Pole Vault, 2014
Kathleen Adair	Pole Vault, 2015
Ellie Abrahamson	3,000m Steeplechase, 2017
Sam Halvorsen	10,000m, 2018
Anna Bush	Heptathlon, 2022
Emma Soderstrom	High Jump, 2022
Robbie Grace	Long Jump, 2024

NCAA CHAMPIONSHIP APPEARANCES

Team	
Wake Forest	1995, 2000, 2001, 2003, 2004, 2005, 2006, 2007*, 2015, 2017

*Best team finish in program history at T-21

ACC CHAMPIONS

800m	
Chrissy Person, 1994	
Nikeya Green, 2004	
1,500m	
Kelly Clarke, 1993	
Jennifer Finnegan, 1995	
Jill Snyder, 2000	
3,000m	
Liz Becker, 1988	
Janelle Kraus, 1998, 2000	
5,000m	
Mary Powell, 1993	
Cynthia Moreshead, 1995	
Nicole Stevenson, 1996	
Janelle Kraus, 1998, 1999, 2000	
Michelle Sikes, 2007	
Anna Nosenko, 2010	
10,000m	
Sue VanderWagon, 1987	
Jennifer Rioux, 1988	
Mary Powell, 1993	
Cynthia Moreshead, 1995	
Annie Bersagel, 2004, 2005	
Michelle Sikes, 2007	
Anna Nosenko, 2010	
Long Jump	
Cassidy Richards, 2004	
High Jump	
Trina Bindel, 1993	
Nyki Caldwell, 2015	
Javelin	
Jessie Merckle, 2013, 2014, 2016	
Heptathlon	
Trina Bindel, 1995, 1996	
Jamie Grayzer, 2002	

ACC CHAMPIONSHIP TEAM FINISHES

Years Competed:	39 (1983-2024)
1st Place	Has Not Happened
2nd Place	Has Not Happened
3rd Place	Has Not Happened
4th Place	Has Not Happened
5th Place	4 Times (Last 2004)
6th Place	6 Times (Last 1998)
7th Place	7 Times (Last 2007)
8th Place	6 Times (Last 2002)
9th Place	3 Times (Last 2013)
10th Place	3 Times (Last 2017)
11th Place	2 Time (Last 2020)
12th Place	8 Times (Last 2023)
13th Place	1 Time (Last 2021)
14th Place	1 Time (Last 2018)
15th Place	Has Not Happened

ALL-ACC

Cindy Goethals	1987
Sue Vander Wagen	1987
Liz Becker	1988
Jennifer Rioux	1988
Catrina Bindel	1993, 1995, 1996
Kelly Clarke	1993
Mary Powell	1993
Chrissy Person	1994, 1995, 1997, 1998
Mia Richardson	1994
Kate Weber	1994
Kate Brandy	1995
Jennifer Finnegan	1995
Cynthia Moreshead	1995, 1996
Nicole Stevenson	1996
Janelle Kraus	1998, 1999, 2000
Jill Snyder	1998, 1999, 2000
Summer Shaw	2000
Sara Day	2001
Jamie Grayzer	2002
Annie Bersagel	2003, 2004, 2005
Nikeya Green	2003, 2004
Lindsay Neuberger	2003, 2004, 2005, 2007
Cassidy Richards	2004
Anna Sherman	2004
Michelle Sikes	2006, 2007
Molly Kennedy	2008
Jill Ahrens	2008
Carly Mauch	2008
Anna Nosenko	2010
Erin Brooks	2013
Jessie Merckle	2013, 2014, 2015, 2016
Alyssa Thompson	2014
Nyki Caldwell	2015
Samantha Jones	2015*
Kathleen Darling	2015*
Emily Campbell	2015*
Cassidy Howard	2016
Alexandria Florent	2016*, 2018*, 2019*
Alva Hicks	2016*
Ellie Abrahamson	2017
Amy Collins	2017
Rachel Kern	2018
Mimi Smith	2018*
Jordan Banks	2018*
Johanna Schulz	2019
Janese Lynch	2019*
Alva Hicks	2019*
Sam Halvorsen	2019*
Alexandria Roberts	2021*
Rachel Kern	2021*, 2022*
Hannah Brookover	2021*
Anna Bush	2022, 2023*
Ashlyn Giles	2023* (Twice), 2024 (twice)
Leia Braunagel	2023, 2024
Emma Soderstrom	2023
Robbie Grace	2024
Elizabeth Whaley	2024*
Brooke Wilson	2024
Caroline Garrett	2024*
Isabella Gera	2024* (twice)
Megan Cook	2024*

*Beginning in 2015, the top-three finishers in each individual event earned First Team All-ACC honors while the 4th-6th place earned Second Team All-ACC honors. Second team honors are denoted with an asterik.

ACC COACH OF THE YEAR

Francie Goodridge, 1993

ACC MOST VALUABLE PERFORMER

Cynthia Moreshead 1995

ACC PERFORMER OF THE YEAR -- TRACK

Michelle Sikes 2007

MARGE CRISP FEMALE ATHLETE OF THE YEAR

Dawn Powers	1983
Karen Dunn	1986
Tina Lane	1991
Catrina Bindel	1996
Janelle Kraus	1998, 1999, 2000
Jessie Merckle	2016

WAKE FOREST SCHOLAR-ATHLETE OF THE YEAR

Diane Swick	1984
Kim Lanane	1986
Maria Merritt	1987 (Rhodes Scholar)
Susan Crisp	1992
Heather Tumquirt	1992
Cynthia Moreshead	1995
Jill Snyder	1998
Rachel Burns	2001
Annie Bersagel	2004 (Fulbright Scholar)

ACADEMIC ALL-AMERICANS

Rachel Burns	2001
	2002
Anna Sherman	2002
Annie Bersagel	2003

ACC ACADEMIC TEAM

Caitlin Chrisman	2006
Lindsay Neuberger	2006
Michelle Sikes	2006, 2007
Jill Ahrens	2008
Molly Kennedy	2008
Anna Nosenko	2009
Caroline Vaughn	2009
Myeshia Barr	2010
Sarah Brobeck	2011, 2012
Erika Martin	2012, 2013
Nicole Irving	2013
Alyssa Thompson	2014
Nyki Caldwell	2015
Ellie Abrahamson	2017
Amy Collins	2017
Jordan Banks	2018
Alexandria Florent	2018
Sam Halvorsen	2018
Rachel Kern	2018, 2019
Mimi Smith	2018
Danielle Konopelski	2019
Johanna Schulz	2019
Jesha Kempinski	2019
Elise Wright	2019
Hannah Brookover	2021
Addison Berry	2024
Leia Braunagel	2024
Megan Cook	2024
Caroline Garrett	2024
Isabella Gera	2024
Ashlyn Giles	2024
Robbie Grace	2024
Meghan O'Malley	2024
Madelina Rehm	2024
Amanda Schaare	2024
Elizabeth Whaley	2024

USTFCCCA TRACK & FIELD SCHOLAR-ATHLETE OF THE YEAR

Michelle Sikes	2007 (Rhodes Scholar)
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USTFCCCA TRACK & FIELD ALL-ACADEMIC

Annie Bersagel	2005
Caitlin Chrisman	2005, 2007
Michelle Sikes	2005, 2007
Lindsay Neuberger	2007
Nicole Schappert	2007, 2008
Molly Kennedy	2008
Dina Nosenko	2009
Anna Nosenko	2009, 2010
Kimberly Vos	2009
Carly Mauch	2010
Katie Adair	2013
Nicole Irving	2013
Samantha Jones	2013
Alyssa Thompson	2015
Kathleen Darling	2015
Kathryn Lazarchick	2024
Addison Berry	2024
Leia Braunagel	2024
Anna Bush	2024
Megan Cook	2024
Emma Douglass	2024
Caroline Garrett	2024
Ashlyn Giles	2024
Robbie Grace	2024
Amanda Schaare	2024

USTFCCCA TRACK AND FIELD ALL-ACADEMIC TEAM AWARD

Wake Forest	2003, 2005, 2007, 2009, 2010, 2012, 2013, 2014, 2015, 2016, 2021
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WOMEN'S OUTDOOR ALL-TIME PERFORMANCE LIST

100m		
Mytoia Gathings	11.88	2013
Carol Merritt	11.97	2001
Nicole Castronuova	12.00	2000
Myesha Barr	12.17	2013
Cassy Richards	12.20	2003
Tina Lane	12.22	1991
Cydney Delley	12.25	2019
Ashley Spooner	12.30	2006
Erin Brooks	12.40	2010
Gabby Johnson	12.41	2024
Chris Rose	12.41	1994

200m		
Carol Merritt	23.78	2002
Nicole Castronuova	23.94	2008
Melissa Council	24.11	2007
Caroline Vaughn	24.19	2009
Diane Anderson	24.46	2004
Gwen Ricco	24.52	2010
Anna Bush	24.54	2022
Mytoia Gathings	24.55	2013
Molly Kennedy	24.61	2008
Cassy Richards	24.71	2004

400m		
Melissa Council	53.62	2009
Nicole Castronuova	54.39	2009
Carol Merritt	54.60	2004
Myesha Barr	54.63	2010
Diane Anderson	55.48	2005
Cydney Delley	55.74	2018
Brianna Dekine	55.96	2013
Molly Pancake	55.96	1991
Summer Shaw	56.08	2001
Gabby Johnson	56.52	2024

800m		
Nikeya Green	2:04.46	2003
Kelly Clarke	2:06.26	1993
Aleeya Hutchins	2:06.67	2021
Jill Snyder	2:06.88	1999
Liz Cotter	2:07.12	1996
Chrissy Person	2:07.14	1997
Summer Shaw	2:07.50	2000
Dina Nosenko	2:07.68	2010
Kate Weber	2:07.75	1994
Alison Anibaldi	2:08.04	1999

1,500m		
Johanna Schulz	4:13.97	2019
Michelle Sikes	4:16.58	2007
Jennifer Finnegan	4:17.51	1995
Elizabeth Whaley	4:17.60	2024
Anna Sherman	4:17.80	2004
Lydia van Dijk	4:18.79	2023
Jill Snyder	4:19.40	1999
Dina Nosenko	4:20.45	2010
Kathryn Lazarchick	4:20.83	2017
Anna Nosenko	4:21.19	2010

3,000m		
Anna Nosenko	9:12.02	2011
Michelle Sikes	9:13.33	2007
Annie Bersagel	9:20.06	2005
Jennifer Rioux	9:21.60	1988
Karen Dunn	9:22.51	1985
Liz Becker	9:22.93	1988
Sue Vander Wagen	9:27.22	1987
Janelle Kraus	9:27.61	2000
Nicole Stevenson	9:32.21	1996
Samantha Jones	9:30.93	2016

5,000m		
Michelle Sikes	15:06.28	2007
Annie Bersagel	15:56.97	2005
Ellie Abrahamson	16:01.35	2017
Mackenna Curtis-Collins	16:02.51	2022
Carolien Millenaar	16:04.88	2023
Sam Halvorsen	16:06.17	2019
Janelle Kraus	16:06.43	1999
Anna Nosenko	16:09.05	2009
Hannah Brookover	16:09.83	2021
Samantha Jones	16:12.44	2015

10,000m		
Michelle Sikes	32:58.20	2007
Annie Bersagel	33:02.13	2005
Sara Day	33:29.26	2001
Caroline Garrett	33:46.84	2024
Sam Halvorsen	33:52.69	2018
Carolien Millenaar	33:54.07	2023
Jennifer Rioux	33:58.69	1988
Anna Nosenko	34:03.27	2010
Mimi Smith	34:14.84	2019
Anne Marie Letko	34:21.78	1988

100m HURDLES		
Caroline Vaughn	13.39	2009
Hunter Roberts	13.73	2017
Anna Bush	13.89	2022
Cassy Richards	14.05	2004
Hunter Roberts	14.15	2014
Addison Berry	14.16	2023
Alex Gove	14.23	2009
Erika Martin	14.24	2014
Montasia Golden	14.27	2012
Jordan Banks	14.28	2018

400m HURDLES		
Caroline Vaughn	57.32	2009
Michelle Loyd	58.06	2008
Alex Gove	58.67	2010
Jen Esposito	58.78	2017
Allison Johnson	1:01.05	2011
Montasia Golden	1:03.42	2013
Alyssa Thompson	1:01.43	2014
Mia Wilson	1:02.00	2016
Emma Gallagher	1:03.08	2017
Trina Bindel	1:03.43	1996

3,000m STEEPLECHASE		
Ellie Abrahamson	9:56.18	2017
Hannah Brookover	10:02.20	2021
Elise Wright	10:08.49	2021
Selina Sekulic	10:34.72	2004
Michelle Sikes	10:35.73	2005
Erin Reddan	10:37.97	2010
Ellie Abrahamson	10:38.26	2015
Kara Mullin	10:42.39	2003
Sarah Fahmy	10:52.45	2017
Catherine Fortin-Major	10:53.58	2003

HIGH JUMP		
Emma Soderstrom	1.84m	2022
Trina Bindel	1.82m	1996
Nyki Caldwell	1.79m	2013
Alexandria Florent	1.78m	2016
Cassie Martin	1.75m	2021
Anna Bush	1.72m	2022
Addison Berry	1.72m	2022
Amy Collins	1.71m	2014
Meghan O'Malley	1.70m	2024
Vickie Peek	1.69m	1992

WOMEN'S OUTDOOR ALL-TIME PERFORMANCE LIST

POLE VAULT

Sydney White	4.25m/13-11.25	2016
Kathleen Adair	4.18m/13-8.5	2015
Tesia Kempinski	4.12m	2019
Jill Ahrens	3.80m/12-5.5	2008
Michelle Lange	3.75m/12-3.5	2010
Darby Deutsch	3.66m/12-0	2019
Madison Bragg	3.65m/11-11.75	2016
Anna Tessiatore	3.62m/11-10.50	2012
Elaina Roeder	3.61m	2019
Haidyn Turner	3.51m/11-6/25	2018

LONG JUMP

Robbie Grace	6.38m	2024
Cassy Richards	6.21m	2004
Alyssa Thompson	6.16m	2014
Erin Brooks	6.10m	2013
Anna Bush	6.05m	2022
Robbie Grace	5.97m	2022
Addison Berry	5.92m	2022
Amy Collins	5.79m	2017
Montasia Golden	5.75m	2013
Jordan Banks	5.73m	2018

TRIPLE JUMP

Erin Brooks	12.80m/42-0	2013
Montasia Golden	12.49m/40-11.75	2012
Molly Kennedy	12.20m/40-0.5	2008
Alyssa Thompson	12.14m/39-10	2014
Phoebe Kershaw	11.84m/38-10.25	2014
Addison Berry	11.81m	2022
Kirsten Holmboe	11.07m/36-4	1993
Cathy Richards	11.00m/36-0.25	1994
Kristin Rumpf	10.77m/35-4	1990
Sarah Johnston	10.40m/34-1.5	1987

SHOT PUT

Ashlyn Giles	16.37m	2023
Lindsay Neuberger	15.90m/52-1.25	2007
Janese Lynch	15.80m	2019
Amanda Schaare	15.63m	2023
Chanel Dawson	15.21m	2022
Isabella Gera	14.57m	2022
Casey Sullivan	14.28m	2023
Jessica Molina	14.16m/46-5.5	2017
Sandra Jenkins	13.93m/45-8.5	2001
Catherine Meuhlieb	13.92m/45-8	2006

DISCUS THROW

Leia Braunagel	58.79m	2024
Ashlyn Giles	53.13m	2024
Amanda Schaare	50.87m	2023
Alva Hicks	49.80m/163-5	2019
Casidy Howard	49.22m/161-5	2017
Emily Campbell	47.37m/155-05	2015
Janese Lynch	45.98m	2022
Britt Boshamer	45.83m/150-4	1992
Lindsay Neuberger	45.15m/148-1	2004
Carmen Green	45.05m/147-9	2011

HAMMER THROW

Megan Cook	60.21m	2024
Sophie Perez Gonzalez	59.85m	2023
Alva Hicks	57.61m/189-0	2017
Isabella Gera	57.23m	2024
Katrina Andreassen	54.14m	2023
Casidy Howard	52.90m/173-7	2014
Andrea Vahoua	52.85m/175-3	2016
Jessica Molina	50.82m/166-8	2017
Lindsay Neuberger	50.45m/165-6	2005
Ashlyn Giles	47.30m	2024
Carmen Green	46.49m/152-6	2010

JAVELIN THROW

Alexandria Roberts	57.68m	2021
Jessie Merckle	56.91m	2016
Rachel Kern	50.22m	2022
Danielle Konopelski	49.50m	2019
Carly Mauch	45.49m/149-3	2008
Sarah Brobeck	43.09m/141-4	2012
Megan Reardon	41.28m/135-5	2015
Alyssa Thompson	39.33m/129-0	2014
Kayla Gassman	38.83m/127-4	2005
Erika Martin	37.97m/124-7	2013

OLD RULE JAVELIN

Carrie Buckley	47.43m/155-7	1993
Trina Bindel	38.62m/126-8	1995

HEPTATHLON

Anna Bush	5675 pts	2022
Trina Bindel	5433 pts	1995
Addison Berry	5423 pts	2022
Amy Collins	5387 pts	2017
Alyssa Thompson	5343 pts	2014
Molly Kennedy	5269 pts	2008
Jordan Banks	5149 pts	2018
Caroline Vaughn	5038 pts	2009
Erika Martin	4973 pts	2014
Gwen Ricco	4954 pts	2010



KENTNER STADIUM

MEN'S RECORDS

EVENT	NAME	SCHOOL	MARK	YEAR
100m	Evan Emery	High Point	10.31	2012
200m	Tony Wheeler	Clemson	20.36	1995
400m	Bershawn Jackson	GW Express	45.37	2007
800m	David Strang	Sallie Mae TC	1:49.54	1992
1,500m	Tom Lancashire	Florida State	3:42.13	2006
3,000m	Nolan Swanson	Wake Forest	8:10.85	1999
5,000m	Andrew Dumm	Virginia	14:07.04	2006
10,000m	Steve Taylor	Asics	29:35.0	1993
110m Hurdles	Terry Reese	Unattached	13.57	1995
400m Hurdles	Adrian Finley	GW Express	50.11	2007
3,000m Steeplechase	Andrew Lemoncello	Florida State	8:34.84	2006
400m Relay	North Carolina		39.02	1995
800m Relay	North Carolina A&T		1:24.60	1994
1,600m Relay	GW Express		3:06.22	2007
3,200m Relay	Wake Forest		7:40.50	1994
6,400m Relay	Wake Forest		17:08.30	1994
High Jump	Sean Garland	NC State	2.22m/7-3.25	1995
Pole Vault	Brain Monschein	Virginia Tech	5.40m/17-8.5	2006
Long Jump	Eric Bowers	Georgia Tech	7.75m/25-5.25	1995
	Rafeeq Durr	Florida State	7.75m/25-5.25	2006
Triple Jump	Tuan Whet	Liberia	16.26m/53-4.25	2007
Shot Put	Garrett Johnson	Florida State	21.13m/69-0	2006
Discus	Andy Bloom	Wake Forest	63.48m/208-3	1995
Hammer	Mohsen Anani	Virginia Tech	70.55m/231-5	2006
Javelin	Brian Chaput	JavelinUSA	79.97m/262-4	2008
Decathlon	Chris Helwick	Unattached	8017 points	2008



KENTNER STADIUM

WOMEN'S RECORDS

EVENT	NAME	SCHOOL	MARK	YEAR
100m	Andriane Lapsley	Georgia Tech	11.39	2006
200m	Charlette Griggs	Miami	23.14	2005
400m	Patricia Hall	Adidas	51.64	2007
800m	Sarah Bowman	Tennessee	2:06.12	2007
1,500m	Natalie Hughes	Florida State	4:19.21	2005
3,000m	Nicole Stevenson	Wake Forest	9:34.8	1995
5,000m	Julia Lucas	NC State	16:03.07	2006
10,000m	Meghan Brafflet	Maryland	35:39.38	2006
100m Hurdles	Shantia Moss	Georgia Tech	13.18	2006
400m Hurdles	Dominique Darden	Miami	56.49	2006
3,000m Steeplechase	Barbara Parber	Florida State	10:21.16	2006
400m Relay	Georgia Tech		44.41	2006
800m Relay	North Carolina		1:42.76	1993
1,600m Relay	Florida State		3:37.15	2006
3,200m Relay	Wake Forest		9:03.09	1994
6,400m Relay	William & Mary		21:09.6	1994
High Jump	Debra Vento	Duke	1.81m/5-11.25	2006
Pole Vault	Lacy Janson	Florida State	4.58m/15-0.25	2006
Long Jump	Lela Nelson	Nike	6.37m/20-10.75	2007
Triple Jump	Tabia Charles	Miami	13.61m/44-8	2006
Shot Put	Laura Gerraughty	North Carolina	18.59m/61-0	2006
Discus	Laura Gerraughty	North Carolina	54.55m/179-0	2006
Hammer	Laura Gerraughty	North Carolina	62.32m/204-5	2006
Javelin	Jessie Merckle	Wake Forest	52.02m/170-8	2016
Javelin (old rule)	Linda Lipson	Club Keiras	52.78m/173-2	1996
Heptathlon	Lela V Nelson	Unattached	5898 points	2009