ATLANTIC COAST CONFERENCE
2013 OUTDOOR TRACK & FIELD

@ACCTrackField

ACC TRACK & FIELD RELEASE **May 16, 2013**

ATLANTIC COAST CONFERENCE

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Clemson	Shawn Cobey
Duke	Norm Ogilvie
Florida State	Bob Braman
Georgia Tech	Grover Hinsdale (m)
	Alan Drosky (w)
Maryland	Andrew Valmon
Miami	Amy Deem
North Carolina	Harlis Meaders
NC State	Rollie Geiger
Virginia	Bryan Fetzer
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theACC.com

The Atlantic Coast Conference's website is theACC.com. Information can be found on all 25 conference sports and all of the ACC's 12 member schools.

Updated ACC track and field information is avail able through our email contact list to accredited mem-bers of the media. To join, please email the ACC track and field contact.

SOCIAL MEDIA

The ACC can be found on Twitter at @theACC, and on Facebook at www.facebook.com/theACC. The Atlantic Coast Conference mobile application is available for Android, iPhone, and iPad.

NCAA Top 10

ALANTIC COAST CONFERENCE MEN

100 meters
6. Dentarius Locke, Florida State 10.08
8. Darrell Wesh, Virginia Tech 10.14

400 meters
5. James Harris, Florida State 45.25

10,000 meters
6. Michael Fout, Florida State 28:52.77
9. Breandan O'Neill, Florida State 28:57.44

110m hurdles
2. Spencer Adams, Clemson 13.40

3,000m Steeple
2. Zak Seddon, Florida State 8:34.42
4. Brian Himelright, NC State 8:38.96

4x100 relay
5. Florida State (Ambler, Locke, Brits, Harris) 39.32

High jump
5. James Harris, Florida State 2.24m
8. Ronnie Black, Virginia Tech 2.23m
8. Jon Hill, Maryland 2.23m

Long jump
4. Stefan Brits, Florida State 8.05m
6. Jeff Artis-Gray, Virginia Tech 7.94m

Hammer
1. Tomas Kruzliak, Virginia Tech 70.84m

Javelin
4. Matthias Treff, Virginia Tech 75.92m
5. Ben Lincoln, Wake Forest 75.36m
7. Mome Moolman, Florda State 73.83m

Decathlon
3. Curtis Beach, Duke 8011

ATLANTIC COAST CONFERENCE WOMEN

1,500 Meters
3. Amanda Winslow, Florida State 4:10.79

10,000 Meters
8. Catherine White, Virginia 33:07.36

100m hurdles
1. Brianna Rollins, Clemson 12.54
2. Kendra Harrison, Clemson 12.87

400m hurdles
8. Kendra Harrison, Clemson 56.58

3,000 Steeple
4. Colleen Quigly, Florida State 9:52.19

4x100 relay
4. Clemson (Harrison, Rollins, Kendrick, Bryant) 43.59

High jump
6. Amber Melville, Maryland 1.85m

Pole vault
4. Martina Schultze, Virginia Tech 4.37m

Long jump
9. Jacinda Evans, North Carolina 6.43m

Triple jump
7. Jhanelle McLeod, Georgia Tech 13.39m

Discus
7. Kellion Knibb, Florida State 55.68m

Javelin
8. Abbey Karin, Virginia 52.60

2013 ACC Champions

MEN'S CHAMPIONS

Discus - Jeff Pelage, Florida State (55.89m)
Javelin - Matthias Treff, Virginia Tech (75.92m)*
Shot Put - Isaiah Simmons, Miami (18.89m)
Hammer - Tomas Kruzliak, Virginia Tech (70.84m)
Decathlon - Joe Hutchinson, North Carolina (7013)
Long Jump - Stefan Brits, Florida State (8.05m)*
Pole Vault - Aaron Unterberger, Georgia Tech (5.30m)
Triple Jump - Jonathan Gardner, Georgia Tech (15.49m)
High Jump - Ronnie Black, Virginia Tech (2.23m)
10,000 Meters - Brendan O'Neill, Florida State (29:59.28)
Steeplechase - Zak Seddon, Florida State (8:47.80)
4x100 Relay - Florida State (39.49) - David Ambler, Dentarius Locke, Stefan Brits, James Harris
1,500 Meters - Grant Pollock, Virginia Tech (3:44.18)
110 High Hurdles - Spencer Adams, Clemson (13.70)
400 Meters - James Harris, Florida State (45.25)
100 Meters - Dentarius Locke, Florida State (10.12)
800 Meters - Brandon Lasater, Georgia Tech (1:48.79)
400 Hurdles - Rilwan Alowonle, North Carolina (51.55)
200 Meters - Darrell Wesh, Virginia Tech (20.70)
5,000 Meters - Tomas Curtin, Virginia Tech (13.58.77)
4x400 Relay - North Carolina (3:09.34) Rilwan Alowonle, Reynaldo Radlin, Sean Sutton, Clayton Parros

WOMEN"S CHAMPIONS

Discus - Kellion Knibb, Florida State (59.54m)
Javelin - Jessie Merckle, Wake Forest (49.51m)
Shot Put - Chelsea Whalen, Florida State (16.33m)
Hammer - Annjulie Vester, Virginia Tech (61.61m)
Heptathlon - Whitney Fountain, Clemson (5094)
Long Jump - Karimah Shepherd, NC State (6.43m)
Pole Vault - Martina Schultze, Virgnia Tech (4.10m)
Triple Jump - Jhanelle McLeod, Georgia Tech (13.02m)
High Jump - Amber Melville, Maryland (1.85m)
10,000 Meters - Catherine White, Virginia (34;12.79)
Steeplechase - Colleen Quigley, Florida State (10:01.95)
4x100 Relay - Clemson (43.9) - Kendra Harrison, Brianna Rollins, Stormy Kendrick, Dezerea Bryant)
1,500 Meters - Llanne Farber, North Carolina (4:19.86)
100 Hurdles - Brianna Rollins, Clemson (12.87)
400 Meters - Jordan Lavender, Virginia (52.95)
100 Meters - Dezerea Bryant, Clemson (11.42)
800 Meters - Cydney Ross, Duke (2:06.,10)
400 Hurdles - Kendra Harrison, Clemson (56.58)
200 Meters - Brianna Rollins, Clemson (23.04)
5,000 Meters - Amanda Winslow, Florida Strate 15:54.66
4x400 Relay - Clemson (3:34.87) Kendra Harrison, Keisha Richburg, Brittany Pringle, Nia Fluker

** - ACC Championship Meet Record*

DID YOU KNOW?

Only five student-athletes in NCAA history have posted a faster wind-legal time in the 100-meter hurdles than the 12.68 ACC Women's Performer of the Week Brianna Rollins of Clemson turned in last weekend during the Georgia Tech Invitational preliminaries ... ACC Men's and Women's Coach of the Year Bob Braman of Florida State has won 15 total ACC Coach of the Year awards in outdoor track and field, indoor track and field, and cross country ... Next up for ACC teams are the NCAA East Regionals, scheduled for May 23-25 at Greensboro, N.C. ... The NCAA Championships will be held June 5-8 at Eugene, Ore.

USTFCCCA RANKINGS

May 14

Men

Rnk	Team	Points	Last
1	Florida	314.46	1
2	Texas A&M	300.07	2
3	Oregon	275.51	4
4	Arkansas	246.83	5
5	**Florida State**	**224.45**	**3**
6	Southern California	188.57	8
7	LSU	155.21	12
8	Texas	153.76	6
9	Wisconsin	148.05	10
10	Nebraska	132.41	13
11	Georgia	132.04	11
12	**Virginia Tech**	**123.31**	**9**
13	Penn State	114.07	11
14	Mississippi	111.66	16
15	UCLA	108.59	15
16	Texas Tech	103.51	14
17	Alabama	95.97	20
18	California	90.77	44
19	TCU	82.08	17
20	Ohio State	78.36	23
21	Kansas	76.90	22
22	Oklahoma State	76.87	27
23	Cornell	76.16	19
24	Iowa	75.68	18
25	Arizona State	75.58	30

Women

Rnk	Team	Points	Last
1	Kansas	330.02	1
2	Texas A&M	302.40	2
3	Oregon	270.21	7
4	LSU	240.95	4
5	Florida	228.78	3
6	Arkansas	213.38	6
7	Arizona	211.50	5
8	Georgia	206.53	10
9	UCF	195.36	12
10	Arizona State	186.23	9
11	Texas	155.83	8
12	UCLA	150.20	13
13	Stanford	147.70	14
14	Clemson	142.29	11
15	San Diego State	114.92	22
16	**Florida State**	**113.16**	**16**
17	Iowa State	106.96	14
18	Illinois	92.89	20
19	Southern California	87.82	21
20	Texas Tech	84.62	17
21	Washington	78.23	24
22	Oklahoma	77.42	23
23	Baylor	76.26	23
24	Michigan State	75.61	19
25	Illinois State	75.29	29

2013 USTFCCCA COMPOSITE TOP 25 RANKINGS

Men

	P	A2	A9	A16	A23	M7
Florida	3	3	3	3	1	1
Texas A&M	1	1	1	1	2	2
Florida State	**9**	**6**	**6**	**5**	**5**	**3**
Oregon	6	4	4	4	4	4
Arklansas	2	2	2	2	3	5
Texas	4	5	5	6	6	6
Georgia	24	-	25	12	7	7
Southern Cal	8	8	8	8	9	8
Virginia Tech	**-**	**-**	**-**	**-**	**8**	**9**
Wisconsin	-	-	-	-	-	10
Penn State	21	22	19	15	11	11
LSU	10	10	10	10	10	12
Nebraska	17	16	16	20	15	13
Texas Tech	16	14	14	16	18	14
UCLA	12	12	12	13	13	15
Mississippi	11	11	11	11	16	16
TCU	-	-	-	-	-	17
Iowa	-	-	-	-	12	18
Cornell	-	-	-	-	-	19
Alabama	-	-	-	-	19	20
Oklahoma	13	15	15	15	22	21
Kansas	-	-	-	-	-	22
Ohio State	-	24	23	-	23	23
Baylor	-	-	-	-	-	24
Clemson	**-**	**-**	**-**	**-**	**14**	**25**

Women

	P	A2	A9	A16	A30	M7
Kansas	1	1	1	1	2	1
Texas A&M	6	3	3	2	1	2
Florida	7	4	4	5	6	3
LSU	4	7	5	4	4	4
Arizona	3	5	6	6	3	5
Arkansas	12	11	11	10	5	6
Oregon	2	2	2	3	7	7
Texas	5	6	7	7	10	8
Arizona State	8	8	8	8	8	9
Georgia	14	19	18	12	9	10
Clemson	**10**	**10**	**10**	**11**	**11**	**11**
UCF	11	12	12	13	12	12
UCLA	24	18	21	20	13	13
Stanford	9	9	9	9	14	14
Iowa State	-	17	15	16	20	15
Florida State	**-**	**-**	**-**	**-**	**16**	**16**
Texas Tech	17	13	14	15	15	17
Notre Dame	-	-	-	-	-	18
Baylor	13	14	19	17	18	19
Illinois	16	16	16	18	17	20
Southern Cal	23	25	25	-	23	21
San Diego State	15	20	20	21	21	22
Oklahoma	-	23	24	24	22	23
Washington	18	15	13	14	19	24
Wichita State	-	-	-	-	-	25

ACC PERFORMERS OF THE WEEK

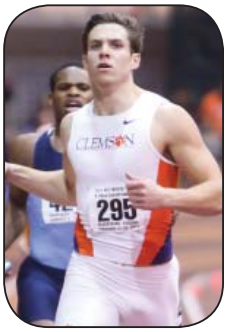
GREENSBORO, N.C. – Clemson's **Brianna Rollins** and **Brunson Miller** have been named the final Atlantic Coast Conference Outdoor Track and Field Performers of the 2013 season.

Rollins was named the ACC Women's Performer of the Week after posting the NCAA's fastest wind-legal time in the 100-meter hurdles this season at last weekend's Georgia Tech Invitational. The Miami native ran a 12.68 into a stiff headwind (-1.5 meters per second) to set a George C. Griffin Track record and register the fourth-fastest time in the world this year behind only Dawn Harper's times of 12.60 and 12.62, and former Virginia Tech standout Queen Harrison's 12.64. Only five student-athletes in NCAA history – Ginnie Powell, Priscilla Lopes, Harrison, Gail Devers and Nichole Denby – have posted faster wind-legal times than Rollins' effort in last Friday's prelim.

Miller was named the ACC Men's Performer of the Week after registering a personal best time of 45.88 in the 400-meter dash to place first among all collegians at the Georgia Tech Invitational. The Murrells Inlet, S.C., native posted the second-fastest time in the ACC this season and ranks 12th in the NCAA and sixth in the East Region.

The Performer of the Week Awards were the second of the outdoor season for both student-athletes.

ACC schools will make NCAA declarations over the next week and prepare for the East Region Preliminary Round, scheduled for May 23-25 in Greensboro, N.C.



2013 PERFORMERS OF THE WEEK

Men

Date	Name	Year	School
M19	Ben Lincoln	Sr.	Wake Forest
M26	Brunson Miller	Jr.	Clemson
A2	Curtis Beach	Jr.	Duke
A9	Brandon Lasater	So.	Georgia Tech
A16	Jeff Pelage	Gr.	Florida State
A30	Tomas Kruzliak	Fr.	Virginia Tech
M7	Austin Gamble	Jr.	Duke
M14	Brunson Miller	Jr.	Clemson

Women

Date	Name	Year	School
M19	Julienne McKee	Jr.	Georgia Tech
M19	Martina Schultze	So.	Virginia Tech
M26	Dezerea Bryant	So.	Clemson
A2	Brianna Rollins	Jr.	Clemson
A9	Keni Harrison	So.	Clemson
A9	Colleen Quigley	So.	Florida State
A16	Georgia Peel	Fr.	Florida State
A30	Amanda Winslow	Sr.	Florida State
A30	Tremanisha Taylor	So.	NC State
M7	Martina Schultze	So.	Virginia Tech
M14	Brianna Rollins	Jr.	Clemson

2013 ACC OUTDOOR TRACK & FIELD MEN'S TOP-10 PERFORMANCE LISTS

100m

1	Locke, Dentarius	Florida State	10.08	4/18/2013
2	Wesh, Darrell	Virginia Tech	10.14	4/18/2013
3	Bracy, Marvin	Florida State	10.2	4/4/2013
4	Hester, Tevin	Clemson	10.22	4/18/2013
5	Fraser, Warren	Clemson	10.29	4/18/2013
6	Snoddy, Broderick	Georgia Tech	10.32	3/15/2013
7	Lewis, Reggie	Clemson	10.37	4/18/2013
8	Pinder, Tadashi	Virginia Tech	10.5	4/18/2013
9	Ambler, David	Florida State	10.52	4/18/2013
10	Jones, Perron	Georgia Tech	10.56	4/18/2013

200m

1	Locke, Dentarius	Florida State	20.63	5/3/2013
2	Wesh, Darrell	Virginia Tech	20.7	4/18/2013
3	Lewis, Reggie	Clemson	20.84	4/6/2013
4	McCants, Jonathan	Virginia Tech	20.87	4/18/2013
5	Hester, Tevin	Clemson	20.9	4/18/2013
6	Fraser, Warren	Clemson	20.99	4/6/2013
7	Miller, Brunson	Clemson	21.14	4/18/2013
8	Beach, Curtis	Duke	21.3	4/13/2013
9	Pinder, Tadashi	Virginia Tech	21.36	4/18/2013
10	Hazzard, Payton	Virginia	21.37	4/18/2013

400m

1	Harris, James	Florida State	45.25	4/18/2013
2	Miller, Brunson	Clemson	45.88	5/10/2013
3	Russell, Alonzo	Florida State	46.14	4/18/2013
4	Hazzard, Payton	Virginia	46.18	4/18/2013
5	Parros, Clayton	North Carolina	46.58	5/10/2013
6	Beach, Curtis	Duke	46.72	4/18/2013
7	Adams, Spencer	Clemson	47.4	4/18/2013
8	Sutton, Sean	North Carolina	47.52	4/18/2013
9	Reese, AZ	Georgia Tech	47.87	3/29/2013
10	McCants, Jonathan	Virginia Tech	47.91	4/4/2013

800m

1	Kostelac, Anthony	Virginia	1:48.1	5/10/2013
2	Wanliss, O'Neal	North Carolina	1:48.3	5/10/2013
3	Lasater, Brandon	Georgia Tech	1:48.3	4/4/2013
4	Fanelty, Zack	Georgia Tech	1:48.8	5/10/2013
5	Gibson, Darrin	Florida State	1:49.0	5/10/2013
6	Degfae, Tihut	Virginia Tech	1:49.1	5/4/2013
7	Jackob, Cole	Georgia Tech	1:49.4	5/10/2013
8	Filipczak, Michael	Duke	1:49.7	4/5/2013
9	Bojanowski, Thomas	Wake Forest	1:49.8	4/6/2013
10	Sivakumaran, Vibushan	North Carolina St.	1:50.4	5/10/2013

1,500m

1	Hill, Ryan	North Carolina St.	3:42.2	5/5/2013
2	Presson, Isaac	North Carolina	3:42.3	5/10/2013
3	Crawford, Graham	North Carolina St.	3:43.3	4/28/2013
4	Pollock, Grant	Virginia Tech	3:43.5	5/4/2013
5	King, Kyle	Virginia	3:44.2	3/30/2013
6	Colley, Andrew	North Carolina St.	3:44.8	5/10/2013
7	Hagen, Ryan	Virginia Tech	3:45.1	5/10/2013
8	Seddon, Zak	Florida State	3:45.5	5/10/2013
9	McCormack, Ty	Clemson	3:45.7	4/6/2013
10	Kostelnik, James	Duke	3:45.7	5/10/2013

5000m

1	Colley, Andrew	North Carolina St.	13:45.7	4/28/2013
2	McCormack, Ty	Clemson	13:52.6	3/29/2013
3	Curtin, Thomas	Virginia Tech	13:58.8	4/18/2013
4	O'Neill, Breandan	Florida State	13:59.0	4/28/2013
5	Kostelnik, James	Duke	13:59.0	4/5/2013
6	Sonnenfeldt, Matt	North Carolina St.	13:59.1	3/29/2013
7	Amirault, Mark	Virginia	13:59.2	4/18/2013
8	Porter, Thomas	Virginia	14:03.1	4/18/2013
9	Fout, Michael	Florida State	14:03.9	4/18/2013
10	Crawford, Graham	North Carolina St.	14:06.1	3/29/2013

10,000m

Fout, Michael	Florida State	28:52.8	4/28/2013
O'Neill, Breandan	Florida State	28:57.4	3/29/2013
Porter, Thomas	Virginia	29:34.2	5/10/2013
Moverman, Mike	Duke	29:39.5	5/10/2013
Valeriani, Matt	North Carolina	29:42.2	3/29/2013
Degfae, Leoule	Virginia Tech	29:45.7	5/10/2013
Raneri, John	North Carolina	29:48.2	3/29/2013
Morgan, Scott	North Carolina	29:55.0	5/10/2013
Proctor, Seth	Florida State	29:55.9	5/10/2013
Atkinson, Brian	Duke	29:56.7	5/10/2013

110m H

1	Adams, Spencer	Clemson	13.4	4/6/2013
2	Maxey, Marcus	Clemson	13.67	4/18/2013
3	Artis-Gray, Jeff	Virginia Tech	13.82	4/18/2013
4	Cook, Christian	Miami	13.94	4/18/2013
5	Britton, Elijah	Clemson	14.06	4/18/2013
6	Carter, Devon	North Carolina	14.09	4/13/2013
7	Grant, Tremaine	Florida State	14.1	4/12/2013
8	Hutchinson, Joe	North Carolina	14.14	4/18/2013
9	Johnson, Justin	Clemson	14.18	4/18/2013
10	White, Joel	Clemson	14.34	4/18/2013

400m H

1	Alowonle, Rilwan	North Carolina	51.48	5/10/2013
2	Radlin, Reynaldo	North Carolina	51.68	4/18/2013
3	Maxey, Marcus	Clemson	51.8	4/18/2013
4	Burton, Brandon	Virginia	52.34	5/10/2013
5	Lunkenheimer, Sean	Wake Forest	52.39	5/10/2013
6	Cook, Christian	Miami	52.51	4/18/2013
7	Smith, Michael	Clemson	52.65	4/6/2013
8	MacDonald, Kellen	Boston College	52.68	5/9/2013
9	Unger, Benjamin	Virginia Tech	53.49	5/9/2013
10	Johnson, Justin	Clemson	53.59	4/18/2013

3000m S

1	Seddon, Zak	Florida State	08:34.4	4/28/2013
2	Himelright, Brian	North Carolina St.	08:39.0	4/28/2013
3	McCormack, Ty	Clemson	08:50.8	4/18/2013
4	Berman, Jared	Virginia Tech	08:56.6	5/4/2013
5	King, Kyle	Virginia	08:57.3	4/6/2013
5	Magnuson, Steve	North Carolina	08:57.3	3/29/2013
7	Gilland, Taylor	Virginia	08:57.7	4/6/2013
8	Thompson, Shaun	Duke	08:58.0	4/5/2013
9	King, Tyler	Boston College	08:58.5	5/9/2013
10	Mearns, Colin	Virginia	09:00.4	5/10/2013

2013 ACC OUTDOOR TRACK & FIELD MEN'S TOP-10 PERFORMANCE LISTS

4x100m Relay

1	Florida State	39.32	5/10/2013
2	Clemson	39.84	3/22/2013
3	Virginia Tech	40.07	4/18/2013
4	Georgia Tech	41.09	3/15/2013
5	Virginia	41.51	3/23/2013
6	North Carolina St.	42.03	4/18/2013
7	Boston College	42.39	5/9/2013
8	Miami	42.75	3/15/2013

4x400m Relay

1	Florida State	3:08.2	4/12/2013
2	North Carolina	3:09.0	4/25/2013
3	Clemson	3:10.9	4/18/2013
4	North Carolina St.	3:12.8	3/29/2013
5	Duke	3:12.8	4/18/2013
6	Virginia	3:13.6	4/6/2013
7	Boston College	3:13.8	5/9/2013
8	Wake Forest	3:14.9	4/18/2013
9	Miami	3:16.5	4/18/2013
10	Virginia Tech	3:17.8	5/4/2013

High Jump

1	Harris, James	Florida State	2.24m	3/31/2013
2	Black, Ronnie	Virginia Tech	2.23m	4/21/2013
2	Hill, Jon	Maryland	2.23m	4/21/2013
4	Anderson , Tanner	Duke	2.19m	4/29/2013
5	Kornegay-Gober, Kris	North Carolina St.	2.17m	4/21/2013
6	Ware, Torian	Clemson	2.16m	5/5/2013
7	Chambers, Mykhail	Georgia Tech	2.13m	3/16/2013
8	Friday, John-Patrick	Miami	2.08m	4/14/2013
9	Devita, Tommy	Virginia	2.07m	3/30/2013
10	Hurtado-Arteaga, Cristobal	Florida State	2.06m	4/8/2013

Pole Vault

1	Unterberger, Aaron	Georgia Tech	5.35m	5/11/2013
2	LaHaye, Andrew	Florida State	5.31m	3/31/2013
3	Amezquita, Justin	Duke	5.21m	3/31/2013
3	Marcello, Drew	Florida State	5.21m	3/31/2013
5	Uhle, Chris	Virginia Tech	5.20m	5/5/2013
6	Beach, Curtis	Duke	5.10m	3/31/2013
7	Rock, Ian	Duke	5.00m	3/31/2013
8	Armentrout, Matthew	Virginia	4.80m	3/23/2013
8	Kirillov, Nikita	Georgia Tech	4.80m	3/16/2013
10	Ramsey, Ryan	North Carolina	4.75m	4/13/2013

Long Jump

1	Brits, Stefan	Florida State	8.05m	4/21/2013
2	Artis-Gray, Jeff	Virginia Tech	7.94m	4/21/2013
3	Abdul-Mateen, Jameel	Clemson	7.67m	4/21/2013
4	Beach, Curtis	Duke	7.57m	3/31/2013
5	Richardson, Timonthy	Miami	7.55m	4/21/2013
6	Mcdavid, Myles	Georgia Tech	7.40m	4/21/2013
7	Addison, Jonathan	North Carolina St.	7.27m	5/11/2013
8	Jacob, Innocent	Miami	7.24m	4/21/2013
9	Robinson, Will	Clemson	7.21m	5/11/2013
9	Young, Phillip	Florida State	7.21m	3/17/2013

Triple Jump

1	Gardner, Jonathan	Georgia Tech	15.94m	3/16/2013
2	Satchell, Ryan	Virginia	15.32m	4/21/2013
3	Cain, Owen	Florida State	15.27m	4/21/2013
4	Carpenter, Shai	Clemson	15.18m	4/21/2013
5	Richardson, Timonthy	Miami	14.97m	3/24/2013
6	Abdul-Mateen, Jameel	Clemson	14.95m	4/21/2013
7	Mcdavid, Myles	Georgia Tech	14.85m	4/21/2013
8	Friday, John-Patrick	Miami	14.78m	4/14/2013
9	White, Brenden	North Carolina	14.39m	3/31/2013
10	Ray, William	Wake Forest	14.33m	4/21/2013

Shot Put

1	Simmons, Isaiah	Miami	18.89m	4/21/2013
2	Williams, Stargell	Florida State	17.90m	4/21/2013
3	Boals, Stephen	Duke	17.61m	4/21/2013
4	Thalheimer, Cory	Clemson	17.51m	5/5/2013
5	DiLorenzo, Chris	North Carolina	17.31m	4/21/2013
6	Hicks, AJ	North Carolina	16.67m	4/21/2013
7	Haghighi, Josh	Maryland	16.53m	4/7/2013
8	Michaelsen, Steve	Wake Forest	16.02m	4/21/2013
9	Shumway, Kyler	Duke	15.86m	4/21/2013
10	Harris, Tylor	Wake Forest	15.48m	3/16/2013

Discus

1	Gamble, Austin	Duke	58.07m	5/12/2013
2	Williams, Nathaniel	North Carolina St.	56.63m	4/7/2013
3	Pelage, Jeff	Florida State	56.19m	4/14/2013
4	Simmons, Isaiah	Miami	54.41m	4/21/2013
5	Boals, Stephen	Duke	53.74m	5/6/2013
6	Ousley, Dontrevious	North Carolina	52.71m	4/7/2013
7	Rich, Jule	North Carolina St.	52.64m	3/16/2013
8	Hicks, AJ	North Carolina	52.52m	3/31/2013
9	Michaelsen, Steve	Wake Forest	51.84m	3/23/2013
10	Pearce, Grant	North Carolina St.	51.75m	5/11/2013

Hammer Throw

1	Kruzliak, Tomas	Virginia Tech	70.84m	4/21/2013
2	Mahmic, Denis	Virginia Tech	63.46m	4/21/2013
3	Sineus, Markindey	Florida State	59.07m	4/14/2013
4	Foley, Michael	Duke	57.72m	4/7/2013
5	Hicks, AJ	North Carolina	57.05m	4/29/2013
6	Cole, Pat	Maryland	55.34m	4/7/2013
7	Williams, Nathaniel	North Carolina St.	54.19m	3/16/2013
8	Rich, Jule	North Carolina St.	53.05m	3/16/2013
9	Simmons, Isaiah	Miami	51.46m	3/17/2013
10	Bell, Fesser	Clemson	49.91m	5/5/2013

Javelin

Treff, Matthias	Virginia Tech	75.92m	4/21/2013
Lincoln, Ben	Wake Forest	75.36m	3/16/2013
Moolman, Morne	Florida State	73.83m	3/31/2013
Muhar, Jaka	Virginia Tech	68.25m	4/21/2013
Summers, Houston	North Carolina	67.79m	5/12/2013
Donelan, Patrick	Wake Forest	65.32m	4/21/2013
Belardia, Michael	Wake Forest	62.30m	3/10/2013
Singletary , Garrett	Florida State	58.26m	4/8/2013
Robertshaw, Zachary	Duke	57.84m	4/21/2013
McGinty, Mitchell	Boston College	54.83m	4/14/2013

Decathlon

1	Beach, Curtis	Duke	8011	3/27/2013
2	Hutchinson, Joe	North Carolina	7103	4/18/2013
3	Rock, Ian	Duke	7030	3/27/2013
4	Rohner, Robert	Duke	6839	5/10/2013
5	Ramsey, Ryan	North Carolina	6769	4/18/2013
6	Haley, Paul	North Carolina	6735	4/18/2013

2013 ACC OUTDOOR TRACK & FIELD WOMEN'S TOP-10 PERFORMANCE LISTS

100m

1	Bryant, Dezerea	Clemson	11.36	4/18/2013
1	Kendrick, Stormy	Clemson	11.36	4/18/2013
3	Pemberton, Marecia	Florida State	11.51	4/18/2013
4	Zagre, Anne	Florida State	11.52	4/18/2013
5	Chaney, Peyton	Virginia	11.57	4/18/2013
6	Lavender, Jordan	Virginia	11.58	5/10/2013
6	McClure, Alyssa	Miami	11.58	4/18/2013
8	Edgerson, Jasmine	Clemson	11.62	4/18/2013
9	Evans, Jacinda	North Carolina	11.76	4/18/2013
10	Hannon, Valencia	Clemson	11.81	3/29/2013

200m

1	Rollins, Brianna	Clemson	23.02	4/18/2013
2	Bryant, Dezerea	Clemson	23.17	4/18/2013
3	Lavender, Jordan	Virginia	23.79	3/23/2013
4	Kendrick, Stormy	Clemson	23.9	4/18/2013
4	Wesh, Marlena	Clemson	23.9	3/22/2013
6	Chaney, Peyton	Virginia	24.02	5/10/2013
7	Zagre, Anne	Florida State	24.09	5/3/2013
8	McClure, Alyssa	Miami	24.1	4/18/2013
9	Kerpon, Elizabeth	Duke	24.22	4/5/2013
10	Pemberton, Marecia	Florida State	24.41	4/12/2013

400m

1	Lavender, Jordan	Virginia	52.95	4/18/2013
2	Ichite, Elizabeth	Florida State	53.07	4/18/2013
3	Fluker, Nia	Clemson	53.37	4/18/2013
4	Watson, Sage	Florida State	53.54	4/12/2013
5	Wesh, Marlena	Clemson	53.55	3/22/2013
6	Pringley, Brittany	Clemson	53.92	4/18/2013
7	Rollins, Brianna	Clemson	53.93	3/22/2013
8	Amegashie, Yvonne	Virginia Tech	53.96	3/22/2013
9	Kerpon, Elizabeth	Duke	54.18	4/18/2013
10	Bryant, Dezerea	Clemson	54.46	3/22/2013

800m

1	Whelan, Elizabeth	North Carolina	2:05.1	5/10/2013
2	Ross, Cydney	Duke	2:05.5	4/5/2013
3	Smith, Amanda	Virginia Tech	2:05.6	5/4/2013
4	Farber, Lianne	North Carolina	2:05.6	4/5/2013
5	Fabrizio, Vanessa	Virginia	2:06.5	3/30/2013
6	Tate, Alaine	Miami	2:06.6	5/10/2013
7	Dowd, Frances	Virginia Tech	2:06.8	5/4/2013
8	Cordell, Taneisha	Miami	2:06.9	4/18/2013
8	Fouhy, Vicky	Virginia	2:06.9	3/30/2013
10	Banks, Anima	Duke	2:07.1	4/18/2013

1500m

1	Winslow, Amanda	Florida State	4:10.8	4/28/2013
2	Peel, Georgia	Florida State	4:14.4	4/12/2013
3	Farber, Lianne	North Carolina	4:14.6	5/10/2013
4	Fouhy, Vicky	Virginia	4:15.0	5/10/2013
5	Quigley, Colleen	Florida State	4:15.1	5/10/2013
6	Hall, Linden	Florida State	4:19.5	4/28/2013
7	Morton, Shannon	Virginia Tech	4:20.6	4/4/2013
8	King, Jillian	Boston College	4:21.5	3/29/2013
9	LeHardy, Annie	North Carolina	4:21.7	5/10/2013
10	Tyerman, Kayleigh	Florida State	4:22.6	5/10/2013

5,000m

1	Tyerman, Kayleigh	Florida State	15:49.1	4/28/2013
2	Winslow, Amanda	Florida State	15:54.7	4/18/2013
3	Quigley, Colleen	Florida State	15:58.9	4/18/2013
4	Cozzarelli, Andie	North Carolina St.	16:03.8	4/18/2013
5	Dahlberg, Bridget	Boston College	16:05.9	3/29/2013
6	Farber, Lianne	North Carolina	16:07.0	3/29/2013
7	Thompson, Joanna	North Carolina St.	16:13.3	4/28/2013
8	Levac, Gabby	Duke	16:13.7	3/29/2013
9	Irving, Nicole	Wake Forest	16:15.4	5/10/2013
10	Westphal, Liv	Boston College	16:22.7	5/10/2013

10,000m

1	White, Catherine	Virginia	33:07.4	3/29/2013
2	Cozzarelli, Andie	North Carolina St.	33:47.5	3/29/2013
3	Thompson, Joanna	North Carolina St.	33:52.6	3/29/2013
4	Tyerman, Kayleigh	Florida State	34:17.5	4/18/2013
5	Irving, Nicole	Wake Forest	34:36.6	4/18/2013
6	Strehler, Barbara	Virginia	34:39.3	4/18/2013
7	Deakins, Megan	Duke	34:57.4	5/5/2013
8	Anthony, Natalie	Clemson	35:00.5	4/18/2013
9	Townsend, Katie	Georgia Tech	35:01.8	4/25/2013
10	Dunn, Jennifer	Florida State	35:03.7	5/10/2013

100m H

1	Rollins, Brianna	Clemson	12.54	3/27/2013
2	Harrison, Kendra	Clemson	12.87	4/6/2013
3	Zagre, Anne	Florida State	13.12	4/18/2013
4	Perry, Alexis	North Carolina St.	13.6	4/18/2013
5	Nugent, Leah	Virginia Tech	13.63	5/3/2013
6	Glades, Jamika	Miami	13.83	3/23/2013
7	Wilson, Jasmine	North Carolina	14.01	4/18/2013
8	Brits, Maryke	Florida State	14.04	4/18/2013
9	Goranson , Hannah	Duke	14.06	5/10/2013
10	Hailey, Nnenya	Clemson	14.09	3/22/2013

400m H

1	Harrison, Kendra	Clemson	56.58	4/18/2013
2	Watson, Sage	Florida State	58.2	4/4/2013
3	Nugent, Leah	Virginia Tech	58.47	4/18/2013
4	Glades, Jamika	Miami	58.95	3/23/2013
5	Hailey, Nnenya	Clemson	59.8	3/27/2013
6	Larbi, Ama	Georgia Tech	1:00.0	4/18/2013
7	Chandler, Sarah	Florida State	1:00.7	4/18/2013
8	Ariol, Marsha	Florida State	1:01.3	4/18/2013
9	Floyd, Cori	North Carolina	1:01.4	4/13/2013
10	Wesh, Marlena	Clemson	1:01.4	3/27/2013

3,000m S

1	Quigley, Colleen	Florida State	9:52.2	4/28/2013
2	Dahlberg, Bridget	Boston College	10:09.3	5/10/2013
3	Mueller, Morgan	Boston College	10:13.1	5/10/2013
4	Mercer, Erin	North Carolina St.	10:15.2	4/28/2013
5	Norman, Samantha	North Carolina St.	10:22.5	4/18/2013
6	Vermeer, Esther	Duke	10:30.4	4/5/2013
7	Dow, Samantha	Virginia Tech	10:38.2	4/18/2013
8	Berry, Ashley	Duke	10:40.5	5/10/2013
9	Winslow, Danielle	Boston College	10:56.4	5/9/2013
10	Enright, Olivia	North Carolina St.	11:00.1	5/10/2013

2013 ACC OUTOOR TRACK & FIELD WOMEN'S TOP-10 PERFORMANCE LISTS

4 x 100m Relay			
1	Clemson	43.59	4/18/2013
2	Miami	45.05	4/13/2013
3	Florida State	45.6	4/18/2013
4	Duke	45.72	4/18/2013
5	Virginia Tech	46.23	4/18/2013
6	Wake Forest	46.96	4/18/2013
7	Maryland	46.97	4/18/2013
8	North Carolina	47.31	3/29/2013
9	North Carolina St.	47.53	4/18/2013
10	Georgia Tech	47.71	4/18/2013

4x400m Relay			
1	Clemson	3:33.1	3/27/2013
2	Duke	3:37.7	4/18/2013
3	Florida State	3:38.4	4/12/2013
4	Miami	3:39.6	5/10/2013
5	Virginia	3:40.6	4/18/2013
6	Virginia Tech	3:43.1	4/4/2013
7	Maryland	3:45.8	4/18/2013
8	Georgia Tech	3:48.8	4/18/2013
9	North Carolina St.	3:48.8	4/18/2013
10	Wake Forest	3:49.1	4/6/2013

High Jump				
1	Melville, Amber	Maryland	1.85m	4/21/2013
2	Cronin, Moira	Virginia	1.83m	5/12/2013
3	LaFond, Thea	Maryland	1.82m	4/21/2013
4	Adams, Danielle	North Carolina St.	1.81m	5/11/2013
5	Shuman, Lacey	North Carolina St.	1.80m	3/31/2013
6	Bickersteth, Pearl	Virginia	1.79m	4/21/2013
6	Johonnot, Karli	Duke	1.79m	4/21/2013
6	Smith, Amina	Maryland	1.79m	5/12/2013
9	Land, Mimi	Clemson	1.78m	5/11/2013
10	Caldwell, Nyki	Wake Forest	1.77m	4/7/2013

Pole Vault				
1	Schultze, Martina	Virginia Tech	4.37m	5/10/2013
2	Clark, Megan	Duke	4.15m	5/12/2013
3	Terstappen, Lauren	Clemson	4.12m	5/5/2013
4	Mattoon, Emily	Duke	4.10m	5/12/2013
4	Overstreet, Cameron	North Carolina	4.10m	4/21/2013
6	Adair, Katie	Wake Forest	4.02m	5/11/2013
7	Gasparino, Christy	Clemson	4.00m	4/7/2013
8	Acton, Hannah	Florida State	3.92m	5/11/2013
8	Bond, Caroline	Clemson	3.92m	5/5/2013
10	Allin, Leigh	Virginia Tech	3.90m	3/17/2013

Long Jump				
1	Evans, Jacinda	North Carolina	6.43m	4/21/2013
1	Shepherd, Karimah	North Carolina St.	6.43m	4/21/2013
3	McKee, Julienne	Georgia Tech	6.32m	3/16/2013
4	Williams, Chrishawn	North Carolina	6.31m	4/21/2013
5	Land, Mimi	Clemson	6.20m	3/31/2013
6	Freeman, Der'Renae	Florida State	6.17m	4/21/2013
7	Brits, Maryke	Florida State	6.13m	4/21/2013
8	Kent, Jasmine	Georgia Tech	6.12m	5/11/2013
8	McLeod, Jhanelle	Georgia Tech	6.12m	4/7/2013
10	Brunson, Jasmine	Clemson	6.08m	4/8/2013

Triple jump				
1	McLeod, Jhanelle	Georgia Tech	13.39m	4/7/2013
2	LaFond, Thea	Maryland	13.10m	4/29/2013
3	Brunson, Jasmine	Clemson	13.03m	3/31/2013
4	McKee, Julienne	Georgia Tech	12.90m	4/7/2013
5	Johnson, Tristine	North Carolina	12.84m	5/11/2013
6	Brooks, Erin	Wake Forest	12.80m	4/21/2013
7	Daniels, Jazueline	North Carolina St.	12.75m	5/13/2013
8	Williams, Samantha	Miami	12.74m	4/21/2013
9	Shepherd, Karimah	North Carolina St.	12.62m	4/21/2013
10	Land, Mimi	Clemson	12.56m	4/8/2013

Shot Put				
1	Anumba, Michelle	Duke	16.75m	4/7/2013
2	Taylor, Tremanisha	North Carolina St.	16.45m	4/29/2013
2	Whalen, Chelsea	Florida State	16.45m	5/11/2013
4	Howard, Sarah	North Carolina	16.17m	4/7/2013
5	Young, Moriah	Maryland	15.64m	4/21/2013
6	Onyekwere, Chioma	Maryland	15.31m	4/29/2013
7	Knibb, Kellion	Florida State	15.10m	4/14/2013
8	Johnson, Lakitta	Florida State	14.99m	4/21/2013
9	Watkins, Sequoia	North Carolina St.	14.09m	3/24/2013
10	Brand, Erica	Duke	13.64m	3/23/2013

Discus Throw				
1	Knibb, Kellion	Florida State	55.68m	5/11/2013
2	Brand, Erica	Duke	54.17m	5/12/2013
3	Watkins, Sequoia	North Carolina St.	52.65m	4/21/2013
4	Taylor, Tremanisha	North Carolina St.	51.56m	4/7/2013
5	Waller, Brittney	Clemson	51.55m	4/21/2013
6	Huckins, Kelsey	Boston College	50.13m	4/14/2013
7	Monroe, Amber	Miami	49.92m	4/7/2013
8	Chavis, Nicole	North Carolina St.	48.91m	5/11/2013
9	Howard, Sarah	North Carolina	45.14m	4/21/2013
10	Onyekwere, Chioma	Maryland	44.73m	4/21/2013

Hammer Throw				
1	Vester, Annjulie	Virginia Tech	61.93m	4/26/2013
2	Waller, Brittney	Clemson	57.38m	4/7/2013
3	Young, Moriah	Maryland	56.69m	5/12/2013
4	Johnson, Lea	Miami	56.21m	4/21/2013
5	Story, Avana	North Carolina	54.82m	4/21/2013
6	Anumba, Michelle	Duke	54.49m	4/21/2013
7	Chavis, Nicole	North Carolina St.	54.30m	3/16/2013
8	Cherry-Bronson, Briana	Florida State	52.77m	4/7/2013
9	Huckins, Kelsey	Boston College	50.75m	4/7/2013
10	Watkins, Sequoia	North Carolina St.	48.74m	4/21/2013

Javelin				
1	Karin, Abbey	Virginia	52.60m	5/12/2013
2	Merckle, Jessie	Wake Forest	50.32m	3/16/2013
3	Whalen, Chelsea	Florida State	48.85m	5/11/2013
4	Hopkins, Andrea	Duke	46.95m	5/12/2013
5	Kadelka, Sarah	Virginia Tech	46.65m	4/7/2013
6	Sadieko, Grete	Florida State	42.83m	4/8/2013
7	Alvarez, Stacey	Florida State	42.54m	5/11/2013
8	Martin, Erika	Wake Forest	37.97m	4/21/2013
9	Ball, Lauren	Maryland	35.07m	4/21/2013
10	Fountain, Whitney	Clemson	34.93m	5/12/2013

Heptathlon				
1	Fountain, Whitney	Clemson	5185	5/10/2013
2	Kemp, Tory	North Carolina	5078	4/18/2013
3	Johonnot, Karli	Duke	5033	5/10/2013
4	Murphy, Bailey	Duke	5014	4/18/2013
5	Finger, Anna	Virginia	4791	4/18/2013
6	Martin, Erika	Wake Forest	4786	4/18/2013
7	Seward, Miray	Duke	4766	5/10/2013