



# WAKE FOREST TRACK & FIELD

## 2016 OUTDOOR PERFORMANCE LIST

### MEN'S RESULTS

#### 110m HURDLES

Name (Place)	Event (Date)	Mark
Alexander Krall (25P)	Wake Forest Open (3/18)	15.61
Jonathan Dixon IV (36P)	Wake Forest Open (3/18)	17.58
Alexander Krall (9)	High Point VertKlasse Meeting (4/2)	15.46
Jonathan Dixon IV (16)	High Point VertKlasse Meeting (4/2)	16.11
Jonathan Dixon IV (20P)	NC A&T Aggie Invitational (4/9)	17.20
Jonathan Dixon IV (4)	Campbell Invitational (4/16)	16.33
Jonathan Dixon IV (6P)	Elon Invitational (4/23)	16.16
Jonathan Dixon IV (5F)	Elon Invitational (4/23)	15.94

#### 1,500m

Name (Place)	Event (Date)	Mark
Alexander Giacco (10)	Wake Forest Open - Invitational (3/18)	3:58.07
Sam Lewis (22)	Wake Forest Open - Invitational (3/18)	4:07.44
Craig Corti (8)	Wake Forest Open - B Section (3/18)	4:03.75
Kent Garrett (9)	Wake Forest Open - B Section (3/18)	4:04.34
Sebastian Fischbach (13)	Florida Relays (4/1)	3:45.61
Simon Holden (17)	Mt.SAC Relays (4/15)	3:48.09
Sebastian Fischbach (21)	Mt.SAC Relays (4/15)	3:54.16

#### 200m

Name (Place)	Event (Date)	Mark
Dylan Heraghty (40)	Wake Forest Open (3/19)	23.88
Jonathan Dixon IV (43)	Wake Forest Open (3/19)	23.98
Joseph Gorsche (46)	Wake Forest Open (3/19)	24.19
Joseph Gorsche (89)	High Point VertKlasse Meeting (4/2)	23.93

#### 400m

Name (Place)	Event (Date)	Mark
Dylan Heraghty (52)	Wake Forest Open (3/18)	52.81
Joseph Gorsche (55)	Wake Forest Open (3/18)	53.14
Joseph Gorsche (43)	High Point VertKlasse Meeting (4/2)	52.62
Joseph Gorsche (23)	NC A&T Aggie Invitational (4/9)	52.75
Robert Heppenstall (t10)	Bryan Clay Invitational (4/15)	48.24
Joseph Gorsche (10)	Campbell Invitational (4/16)	52.43
Joseph Gorsche (8)	Elon Invitational (4/23)	51.40

#### 400m HURDLES

Name (Place)	Event (Date)	Mark
Bobby Jacowleff (7)	Wake Forest Open (3/19)	55.17
Bobby Jacowleff (1)	High Point VertKlasse Meeting (4/2)	53.90
Jonathan Dixon IV (25)	High Point VertKlasse Meeting (4/2)	1:02.21
Jonathan Dixon IV (19P)	NC A&T Aggie Invitational (4/9)	1:07.85
Bobby Jacowleff (18)	Virginia Challenge (4/23)	54.60
Bobby Jacowleff (2)	Appalachian Outdoor Open (5/7)	55.03
Bobby Jacowleff (16P)	ACC Championships (5/13)	54.53

#### 800m

Name (Place)	Event (Date)	Mark
Andrew Fea (6)	Wake Forest Open (3/19)	1:55.79
John Archie (9)	Wake Forest Open (3/19)	1:56.32
Henry West (14)	Wake Forest Open (3/19)	1:57.64
Alexander Giacco (20)	Wake Forest Open (3/19)	1:58.22
Robert Heppenstall (6)	Florida Relays (4/1)	1:47.76
Simon Holden (8)	Florida Relays (4/1)	1:48.04
Andrew Fea (7)	High Point VertKlasse Meeting (4/2)	1:54.93
John Archie (5) <small>Participation</small>	High Point VertKlasse Meeting (4/2)	1:56.80
Andrew Fea (1)	NC A&T Aggie Invitational (4/9)	1:56.21
John Archie (4)	NC A&T Aggie Invitational (4/9)	1:58.35
Henry West (12)	NC A&T Aggie Invitational (4/9)	2:01.77
Robert Heppenstall (5)	Mt. SAC Relays (4/16)	1:47.65
Simon Holden (10)	Mt. SAC Relays (4/16)	1:48.67
Andrew Fea (2)	Campbell Invitational (4/16)	1:54.31
John Archie (2)	Campbell Invitational (4/16)	1:54.81
Robert Heppenstall (1)	Virginia Challenge (4/22)	1:46.92
Andrew Fea (46)	Virginia Challenge (4/22)	1:57.80
John Archie (2)	Elon Invitational (4/23)	1:55.92
Simon Holden (3)	Wolfpack Last Chance Meet (5/6)	1:48.98
Andrew Fea (7)	Wolfpack Last Chance Meet (5/6)	1:53.66
John Archie (8)	Wolfpack Last Chance Meet (5/6)	1:54.32
Robert Heppenstall (3P)	ACC Championships (5/14)	1:47.94
Simon Holden (15P)	ACC Championships (5/14)	1:50.33
Andrew Fea (23P)	ACC Championships (5/14)	1:52.11
Robert Heppenstall (1F)	ACC Championships (5/15)	1:49.27
Robert Heppenstall (4P)	NCAA East Preliminaries (5/26)	1:47.39
Simon Holden (19P)	NCAA East Preliminaries (5/26)	1:48.79
Robert Heppenstall (4F)	NCAA East Preliminaries (5/27)	1:47.11
Simon Holden (19F)	NCAA East Preliminaries (5/27)	1:49.96
Robert Heppenstall (13P)	NCAA Outdoor Championships (6/8)	1:47.56
Robert Heppenstall (8F)	NCAA Outdoor Championships (6/8)	1:51.14

#### 1,500m

Name (Place)	Event (Date)	Mark
Simon Holden (17)	Virginia Challenge (4/23)	3:45.22
Sebastian Fischbach (61)	Virginia Challenge (4/23)	3:53.46
Simon Holden (15P)	ACC Championships (5/13)	3:49.24
Sebastian Fischbach (27P)	ACC Championships (5/13)	4:06.28

#### 3,000m

Name (Place)	Event (Date)	Mark
Kent Garrett (7)	Wake Forest Open (3/19)	8:50.67
Alexander Giacco (1)	Campbell Invitational (4/16)	8:34.95
Craig Corti (2)	Campbell Invitational (4/16)	8:42.41
Peter Schlachte (10)	Campbell Invitational (4/16)	9:19.30
Myers McKinney (15)	Campbell Invitational (4/16)	10:01.35

#### 3,000m STEPLECHASE

Name (Place)	Event (Date)	Mark
Peter Millsaps (7)	High Point VertKlasse Meeting (4/1)	9:44.19
Kent Garrett (8)	High Point VertKlasse Meeting (4/1)	9:53.84
Kent Garrett (1)	NC A&T Aggie Invitational (4/9)	9:55.59
Peter Millsaps (2)	NC A&T Aggie Invitational (4/9)	9:58.65
Peter Millsaps (2)	Campbell Invitational (4/16)	9:33.53
Kent Garrett (3)	Campbell Invitational (4/16)	9:41.35
Peter Millsaps (28)	Virginia Challenge (4/22)	9:22.95
Kent Garrett (1)	Elon Invitational (4/23)	10:04.68
Kent Garrett (5)	Wolfpack Last Chance Meet (5/6)	9:31.82
Peter Millsaps (6)	Wolfpack Last Chance Meet (5/6)	9:36.50
Peter Millsaps (15)	ACC Championships (5/14)	9:51.85

#### 5,000m

Name (Place)	Event (Date)	Mark
Craig Corti (10)	High Point VertKlasse Meeting (4/1)	14:59.89
Peter Schlachte (44)	High Point VertKlasse Meeting (4/1)	16:23.24
Myers McKinney (58)	High Point VertKlasse Meeting (4/1)	16:58.00
Craig Corti (41)	Virginia Challenge (4/23)	14:53.52
Alexander Giacco (48)	Virginia Challenge (4/23)	14:57.89
Craig Corti (21)	ACC Championships (5/15)	14:41.83

#### 10,000m

Name (Place)	Event (Date)	Mark
Alexander Giacco (21)	ACC Championships (5/13)	32:08.11

#### HAMMER THROW

Name (Place)	Event (Date)	Mark
Charlie Ionata (1)	Wake Forest Open (3/18)	65.15m (213' 9")
Kyle Johnson (4)	Wake Forest Open (3/18)	56.09m (184')
John Maurins (7)	Wake Forest Open (3/18)	52.35m (171' 9")
Charlie Ionata (4)	High Point VertKlasse Meeting (4/2)	62.32m (204' 5")
John Maurins (9)	High Point VertKlasse Meeting (4/2)	53.99m (177' 1")
Kyle Johnson (11)	High Point VertKlasse Meeting (4/2)	53.77m (176' 5")
Charlie Ionata (9)	Mt. SAC Relays (4/14)	59.34m (194' 8")
Kyle Johnson (1)	Campbell Invitational (4/16)	58.03m (190' 5")
Charlie Ionata (4)	Virginia Challenge (4/22)	62.15m (203' 11")
John Maurins (22)	Virginia Challenge (4/22)	47.14m (154' 8")
Kyle Johnson (3)	Wolfpack Last Chance Meet (5/6)	57.59m (188' 11")
Charlie Ionata (4)	ACC Championships (5/13)	65.04m (213' 5")
Kyle Johnson (9)	ACC Championships (5/13)	59.88m (196' 5")
Charlie Ionata (17)	NCAA East Preliminaries (5/26)	64.52m (211' 8")

#### SHOT PUT

Name (Place)	Event (Date)	Mark
Tyler Harris (7)	Wake Forest Open (3/18)	16.60m (54' 5.5")
John Maurins (8)	Wake Forest Open (3/18)	16.45m (53' 11.75")
Max Adams (21)	Wake Forest Open (3/18)	14.91m (48' 11")
Frank Ahearn (14)	Wake Forest Open (3/18)	14.00m (45' 11.25")
Tyler Harris (6)	High Point VertKlasse Meeting (4/1)	15.82m (51' 11")
Frank Ahearn (14)	High Point VertKlasse Meeting (4/1)	14.68m (48' 2")
Max Adams (15)	High Point VertKlasse Meeting (4/1)	14.42m (47' 3.75")
Tyler Harris (1)	Campbell Invitational (4/15)	16.43m (53' 11")
Max Adams (2)	Campbell Invitational (4/15)	15.77m (51' 9")
Frank Ahearn (3)	Campbell Invitational (4/15)	15.06m (49' 5")
Alexander Krall (6)	Campbell Invitational (4/15)	12.08m (39' 7.75")
John Maurins (8)	Virginia Challenge - Invitational (4/23)	17.82m (58' 5.75")
Tyler Harris (4)	Virginia Challenge (4/23)	16.79m (55' 1")
Max Adams (8)	Virginia Challenge (4/23)	15.68m (51' 5.5")
John Maurins (16)	ACC Championships (5/14)	17.70m (58' 1")
Frank Ahearn (12)	ACC Championships (5/14)	15.05m (49' 4.5")



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### MEN'S RESULTS

#### POLE VAULT

Name (Place)	Event (Date)	Mark
Michael Cyphers (4)	Wake Forest Open - Invitational (3/18)	4.99m (16' 4.5")
Michael Cyphers (t7)	Florida Relays (4/2)	5.00m (16' 4.75")
Luke Annichiarico (1)	Campbell Invitational (4/15)	4.60m (15' 1")
Luke Annichiarico (7)	Hokie Twilight Qualifier (5/5)	4.71m (15' 5.5")
Luke Annichiarico (2)	Appalachian Outdoor Open (5/7)	4.76m (15' 7.25")
Luke Annichiarico (10)	ACC Championships (5/13)	4.77m (15' 7.75")

#### JAVELIN

Name (Place)	Event (Date)	Mark
Alexander Krall (10)	Wake Forest Open (3/18)	52.56m (172' 5")
Aiden McConnell (18)	Wake Forest Open (3/18)	48.64m (159' 7")
Alexander Krall (16)	High Point VertKlasse Meeting (4/1)	51.05m (167' 6")
Aiden McConnell (18)	High Point VertKlasse Meeting (4/1)	49.98m (164')
Alexander Krall (3)	Campbell Invitational (4/16)	48.95m (160' 7")
Aiden McConnell (6)	Campbell Invitational (4/16)	46.03m (151')

#### DISCUS THROW

Name (Place)	Event (Date)	Mark
Max Adams (4)	Wake Forest Open (3/19)	49.67m (162' 11")
John Maurins (11)	Wake Forest Open (3/19)	44.68m (146' 7")
Charlie Ionata (13)	Wake Forest Open (3/19)	41.86m (137' 4")
Frank Ahearn (18)	Wake Forest Open (3/19)	41.02m (134' 7")
Max Adams (3)	High Point VertKlasse Meeting (4/2)	52.49m (172' 2")
Steve Michaelson (7)	High Point VertKlasse Meeting (4/2)	48.76m (160' 0")
Frank Ahearn (32)	High Point VertKlasse Meeting (4/2)	39.98m (131' 2")
Max Adams (1)	Campbell Invitational (4/16)	49.60m (162' 9")
Steve Michaelson (3)	Campbell Invitational (4/16)	44.11m (144' 9")
Frank Ahearn (6)	Campbell Invitational (4/16)	38.75m (127' 1")
Max Adams (1)	Virginia Challenge (4/22)	54.07m (177' 5")
Max Adams (6)	ACC Championships (5/15)	54.92m (180' 2")
Max Adams (18)	NCAA East Preliminaries (5/27)	55.41m (181' 9")

#### HIGH JUMP

Name (Place)	Event (Date)	Mark
Michael Cyphers (1)	NC A&T Aggie Invitational (4/9)	4.80m (15' 9")
Alexander Krall (3)	Campbell Invitational (4/16)	1.70m (5' 7")

#### LONG JUMP

Name (Place)	Event (Date)	Mark
Alexander Krall (33)	High Point VertKlasse Meeting (4/2)	5.90m (19' 4.25")

#### DECATHLON

Name (Place)	Event (Date)	Mark
Alexander Krall (3)	Virginia Challenge (4/22-23)	6,821 points
Alexander Krall (3)	ACC Championships (5/13-14)	7,013 points



# WAKE FOREST TRACK & FIELD

## 2016 OUTDOOR PERFORMANCE LIST

### WOMEN'S RESULTS

#### 100m

Name (Place)	Event (Date)	Mark
Hunter Roberts (7)	Campbell Invitational (4/16)	12.51
Hunter Roberts (2)	Appalachian Outdoor Open (5/7)	12.28 (w)
Hunter Roberts (24P)	ACC Championships (5/14)	12.45

#### 100m HURDLES

Name (Place)	Event (Date)	Mark
Hunter Roberts (2P)	Wake Forest Open (3/18)	13.93
Amy Collins (26P)	Wake Forest Open (3/18)	15.26
Hunter Roberts (4)	Wake Forest Open (3/18)	13.98
Amy Collins (15)	High Point VertKlasse Meeting (4/2)	15.23
Hunter Roberts (7P)	NC A&T Aggie Invitational (4/9)	14.75
Hunter Roberts (5)	NC A&T Aggie Invitational (4/9)	14.19
Hunter Roberts (5)	Campbell Invitational (4/16)	14.43
Amy Collins (8)	Campbell Invitational (4/16)	15.16
Hunter Roberts (16)	Virginia Challenge (4/23)	14.03
Hunter Roberts (1)	Appalachian Outdoor Open (5/7)	14.08
Hunter Roberts (17P)	ACC Championships (5/14)	13.93

#### 200m

Name (Place)	Event (Date)	Mark
Hunter Roberts (9)	Wake Forest Open (3/19)	25.97
Jordan Banks (26)	Wake Forest Open (3/19)	26.91
Maya Hinton (37)	Wake Forest Open (3/19)	27.34
Sarah Johnson (22)	High Point VertKlasse Meeting (4/2)	25.75
Maya Hinton (39)	High Point VertKlasse Meeting (4/2)	26.28
Sarah Johnson (3)	NC A&T Aggie Invitational (4/9)	25.70
Mia Wilson (10)	NC A&T Aggie Invitational (4/9)	26.07
Maya Hinton (14)	NC A&T Aggie Invitational (4/9)	26.50
Jordan Banks (15)	NC A&T Aggie Invitational (4/9)	26.55
Amy Collins (17)	NC A&T Aggie Invitational (4/9)	26.61
Hunter Roberts (11)	Campbell Invitational (4/16)	26.26
Maya Hinton (15)	Campbell Invitational (4/16)	27.28
Maya Hinton (21)	Elon Invitational (4/23)	26.40
Sarah Johnson (2)	Appalachian Outdoor Open (5/7)	24.99 (w)
Hunter Roberts (3)	Appalachian Outdoor Open (5/7)	25.66 (w)
Sarah Johnson (30P)	ACC Championships (5/13)	25.09

#### 400m

Name (Place)	Event (Date)	Mark
Maya Hinton (61)	Wake Forest Open (3/18)	1:02.01
Maya Hinton (14)	High Point VertKlasse Meeting (4/2)	59.75
Sarah Johnson (41)	Bryan Clay Invitational (4/15)	58.35
Maya Hinton (6)	Campbell Invitational (4/16)	1:00.45
Sarah Johnson (41)	Virginia Challenge (4/22)	58.36
Maya Hinton (12)	Elon Invitational (4/23)	59.53
Sarah Johnson (24P)	ACC Championships (5/14)	56.93

#### 400m HURDLES

Name (Place)	Event (Date)	Mark
Mia Wilson (2)	Wake Forest Open (3/19)	1:02.88
Mia Wilson (4)	High Point VertKlasse Meeting (4/2)	1:02.61
Jordan Banks (15) <small>Participation</small>	High Point VertKlasse Meeting (4/2)	1:11.19
Jordan Banks (6)	Campbell Invitational (4/16)	1:07.78
Mia Wilson (29)	Virginia Challenge (4/23)	1:04.92
Jordan Banks (8)	Elon Invitational (4/23)	1:07.58
Sarah Johnson (1)	Hokie Twilight Qualifier (5/5)	59.67
Mia Wilson (1)	Appalachian Outdoor Open (5/7)	1:05.56
Mia Wilson (16P)	ACC Championships (5/13)	1:03.12

#### 800m

Name (Place)	Event (Date)	Mark
Kathryn Lazarchick (1)	Wake Forest Open (3/19)	2:13.11
Kendal Knou (2)	Wake Forest Open (3/19)	2:13.89
Caitlin Krol (8)	Wake Forest Open (3/19)	2:17.13
Lara-Ann Schwede (10)	Wake Forest Open (3/19)	2:17.78
Kathryn Lazarchick (4)	High Point VertKlasse Meeting (4/2)	2:11.52
Kendal Knous (7)	High Point VertKlasse Meeting (4/2)	2:12.72
Lara-Ann Schwede (11)	High Point VertKlasse Meeting (4/2)	2:15.52
Isabelle Harouche (15)	High Point VertKlasse Meeting (4/2)	2:19.54
Kendal Knous (1)	Campbell Invitational (4/16)	2:08.85
Isabelle Harouche (4)	Campbell Invitational (4/16)	2:15.42
Lara-Ann Schwede (6)	Campbell Invitational (4/16)	2:16.37
Caitlin Krol (8)	Campbell Invitational (4/16)	2:16.99
Sarah Fahmy (13)	Campbell Invitational (4/16)	2:22.88
Jenna Truedson (14)	Campbell Invitational (4/16)	2:23.76
Beatrice Boylan (16)	Campbell Invitational (4/16)	2:24.57
Kathryn Lazarchick (14)	Virginia Challenge (4/22)	2:09.30
Caitlin Krol (46)	Virginia Challenge (4/22)	2:12.67
Lara-Ann Schwede (51)	Virginia Challenge (4/22)	2:13.50
Isabelle Harouche (2)	Elon Invitational (4/23)	2:13.26
Kathryn Lazarchick (5)	Wolfpack Last Chance Meet (5/6)	2:09.61
Lara-Ann Schwede (11)	Wolfpack Last Chance Meet (5/6)	2:13.16
Isabelle Harouche (14)	Wolfpack Last Chance Meet (5/6)	2:14.64
Isabelle Harouche (18P)	ACC Championships (5/14)	2:11.45

#### 1,500m

Name (Place)	Event (Date)	Mark
Samantha Jones (3)	Wake Forest Open - Invitational (3/18)	4:29.25
Jenna Truedson (3)	Wake Forest Open - B Section (3/18)	4:45.06
Aubrey Waggoner (5)	Wake Forest Open - B Section (3/18)	4:46.35
Libby Parrish (7)	Wake Forest Open - B Section (3/18)	4:49.39
Samantha Jones (1)	High Point VertKlasse Meeting (4/1)	4:34.88
Jenna Truedson (9)	High Point VertKlasse Meeting (4/1)	4:43.73
Mimi Smith (25)	High Point VertKlasse Meeting (4/1)	4:53.24
Cate Allen (48)	High Point VertKlasse Meeting (4/1)	5:06.13
Kathryn Lazarchick (1)	Mt. SAC Relays (4/15)	4:21.53
Lara-Ann Schwede (4)	Campbell Invitational (4/16)	4:45.85
Jenna Truedson (5)	Campbell Invitational (4/16)	4:46.21
Kathryn Lazarchick (25)	Virginia Challenge (4/23)	4:25.54
Jenna Truedson (2)	Elon Invitational (4/23)	4:41.66
Mimi Smith (10)	Wolfpack Last Chance Meet (5/6)	4:39.05
Sarah Fahmy (23)	Wolfpack Last Chance Meet (5/6)	4:54.84
Kathryn Lazarchick (8P)	ACC Championships (5/13)	4:27.61
Kathryn Lazarchick (7F)	ACC Championships (5/15)	4:21.14
Kathryn Lazarchick (36)	NCAA East Preliminaries (5/26)	4:29.99

#### 4X400m RELAY

Name (Place)	Event (Date)	Mark
Harouche, Lazarchick, Schwede, Knous	High Point VertKlasse Meeting (4/2)	4:02.86

#### 3,000m

Name (Place)	Event (Date)	Mark
Mimi Smith (10)	Wake Forest Open (3/19)	10:22.88
Cate Allen (4)	Campbell Invitational (4/16)	10:57.35

#### 3,000m STEEPLECHASE

Name (Place)	Event (Date)	Mark
Sarah Fahmy (2)	High Point VertKlasse Meeting (4/1)	11:11.46
Libby Parrish (6)	High Point VertKlasse Meeting (4/1)	11:25.64
Aubrey Waggoner (9)	High Point VertKlasse Meeting (4/1)	11:36.43
Beatrice Boylan (13)	High Point VertKlasse Meeting (4/1)	11:42.96
Gabrielle Merritt (14)	High Point VertKlasse Meeting (4/1)	11:43.35
Beatrice Boylan (1)	Campbell Invitational (4/16)	11:17.73
Sarah Fahmy (2)	Campbell Invitational (4/16)	11:21.31
Libby Parrish (3)	Campbell Invitational (4/16)	11:33.49
Gabrielle Merritt (4)	Campbell Invitational (4/16)	11:37.24
Sarah Fahmy (25)	Virginia Challenge (4/22)	11:05.59
Sarah Fahmy (27)	Virginia Challenge (4/23)	11:05.59
Libby Parrish (31)	Virginia Challenge (4/23)	11:08.85
Beatrice Boylan (34)	Virginia Challenge (4/23)	11:14.34
Gabrielle Merritt (3)	Elon Invitational (4/23)	11:23.04
Sarah Fahmy (15)	ACC Championships (5/14)	11:05.09

#### 5,000m

Name (Place)	Event (Date)	Mark
Mimi Smith (1)	Elon Invitational (4/23)	17:29.54
Mimi Smith (19)	ACC Championships (5/15)	17:33.24



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### WOMEN'S RESULTS

#### HIGH JUMP

Name (Place)	Event (Date)	Mark
Alexandria Florent (1)	Wake Forest Open - Invitational (3/18)	1.78m (5' 10")
Alexandria Florent (4)	Florida Relays (4/2)	1.68m (5' 6")
Alexandria Florent (1)	NC A&T Aggie Invitational (4/9)	1.70m (5' 7")
Amy Collins (2)	NC A&T Aggie Invitational (4/9)	1.60m (5' 3")
Alexandria Florent (2)	Mt. SAC Relays (4/15)	1.70m (5' 7")
Alexandria Florent (2)	Virginia Challenge - Invitational (4/23)	1.76m (5' 9.25")
Alexandria Florent (1)	Appalachian Outdoor Open (5/7)	1.77m (5' 9.75")
Alexandria Florent (4)	ACC Championships (5/15)	1.75m (5' 8.75")
Amy Collins (12)	ACC Championships (5/15)	1.66m (5' 5.25")
Alexandria Florent (36)	NCAA East Preliminaries (5/27)	1.66m (5' 5.25")

#### DISCUS THROW

Name (Place)	Event (Date)	Mark
Casidy Callahan (3)	Wake Forest Open (3/19)	44.57m (146' 2")
Casidy Callahan (2)	High Point VertKlasse Meeting (4/2)	48.15m (157' 11")
Alva Hicks (6)	High Point VertKlasse Meeting (4/2)	45.78m (150' 2")
Casidy Callahan (3)	Campbell Invitational (4/16)	45.61m (149' 8")
Alva Hicks (4)	Campbell Invitational (4/16)	44.52m (146' 1")
Casidy Callahan (5)	Virginia Challenge (4/22)	45.58m (149' 6")
Alva Hicks (6)	Virginia Challenge (4/22)	45.27m (148' 6")
Casidy Callahan (3)	ACC Championships (5/15)	47.82m (156' 11")
Alva Hicks (8)	ACC Championships (5/15)	46.65m (153')

#### LONG JUMP

Name (Place)	Event (Date)	Mark
Jordan Banks (12)	Wake Forest Open (3/19)	4.83m (15' 10.25")
Jordan Banks (7)	Elon Invitational (4/23)	5.13m (16' 10")

#### LONG JUMP

Name (Place)	Event (Date)	Mark
Amy Collins (6)	High Point VertKlasse Meeting (4/2)	5.60m (18' 4.5")
Amy Collins (4)	Campbell Invitational (4/15)	5.62m (18' 5.25")
Jordan Banks (7)	Campbell Invitational (4/15)	5.28m (17' 4")

#### HAMMER THROW

Name (Place)	Event (Date)	Mark
Andrea Vahoua (4)	Wake Forest Open (3/18)	52.85m (173' 4")
Alva Hicks (6)	High Point VertKlasse Meeting (4/2)	51.78m (169' 10")
Casidy Callahan (10)	High Point VertKlasse Meeting (4/2)	47.38m (155' 5")
Alva Hicks (1)	Campbell Invitational (4/15)	54.66m (179' 4")
Andrea Vahoua (2)	Campbell Invitational (4/15)	49.54m (162' 6")
Alva Hicks (9)	Virginia Challenge (4/22)	52.37m (171' 10")
Andrea Vahoua (10)	Virginia Challenge (4/22)	51.91m (170' 4")
Alva Hicks (4)	Wolfpack Last Chance Meet (5/6)	53.81m (176' 6")
Andrea Vahoua (5)	Wolfpack Last Chance Meet (5/6)	52.38m (171' 10")
Alva Hicks (6)	ACC Championships (5/13)	57.20m (187' 8")
Alva Hicks (38)	NCAA East Preliminaries (5/26)	53.86m (176' 8")

#### HEPTATHLON

Name (Place)	Event (Date)	Mark
Amy Collins (6)	Virginia Challenge (4/22-23)	4,893 points
Amy Collins (8)	ACC Championships (5/13-14)	5,001 points

#### SHOT PUT

Name (Place)	Event (Date)	Mark
Andrea Vahoua (11)	Wake Forest Open (3/18)	13.13m (43' 1")
Andrea Vahoua (12)	High Point VertKlasse Meeting (4/1)	12.71m (41' 8.5")
Andrea Vahoua (2)	Campbell Invitational (4/15)	12.38m (40' 7.5")
Amy Collins (6)	Campbell Invitational (4/15)	9.73m (31' 11.25")
Andrea Vahoua (13)	Virginia Challenge (4/23)	12.58m (41' 3.25")

#### POLE VAULT

Name (Place)	Event (Date)	Mark
Sydney White (1)	Wake Forest Open (3/19)	4.07m (12' 10.25")
Tesia Kempfski (3)	Wake Forest Open (3/19)	3.62m (11' 10.5")
Kathleen Adair (5)	Wake Forest Open (3/19)	3.62m (11' 10.5")
Madison Bragg (6)	Wake Forest Open (3/19)	3.47m (11' 4.5")
Sydney White (14)	Florida Relays (4/1)	3.90m (12' 9.5")
Sydney White (1)	NC A&T Aggie Invitational (4/9)	3.81m (12' 6")
Sydney White (1)	Campbell Invitational (4/15)	4.11m (13' 5.75")
Kathleen Adair (2)	Campbell Invitational (4/15)	3.81m (12' 6")
Tesia Kempfski (3)	Campbell Invitational (4/15)	3.61m (11' 10")
Tesia Kempfski (9)	Virginia Challenge (4/22)	3.75m (12' 3.5")
Sydney White (3)	Virginia Challenge (4/23)	4.20m (13' 9.25")
Kathleen Adair (9)	Virginia Challenge (4/23)	3.85m (12' 7.5")
Sydney White (1)	Hokie Twilight Qualifier (5/5)	4.25m (13' 11.25")
Tesia Kempfski (1)	Hokie Twilight Qualifier (5/5)	3.76m (12' 4")
Kathleen Adair (1)	Appalachian Outdoor Open (5/7)	4.03m (13' 2.5")
Kathleen Adair (6)	ACC Championships (5/13)	3.91m (12' 10")
Sydney White (15)	NCAA East Preliminaries (5/27)	4.20m (13' 9.25")
Kathleen Adair (40)	NCAA East Preliminaries (5/27)	3.95m (12' 11.5")

#### JAVELIN

Name (Place)	Event (Date)	Mark
Jessie Merckle (1)	Wake Forest Open (3/19)	52.02m (170' 8")
Amy Collins (36)	Wake Forest Open (3/19)	25.79m (84' 7.5")
Jessie Merckle (1)	High Point VertKlasse Meeting (4/1)	56.91m (186' 8")
Amy Collins (24)	High Point VertKlasse Meeting (4/1)	30.53m (100' 2")
Amy Collins (3)	Campbell Invitational (4/16)	27.35m (89' 9")
Jessie Merckle (2)	Beach Invitational (4/15)	52.83m (173' 4")
Jessie Merckle (4)	Virginia Challenge - Invitational (4/23)	53.32m (174' 11")
Jessie Merckle (1)	ACC Championships (5/14)	54.41m (178' 6")
Jessie Merckle (2)	NCAA East Preliminaries (5/26)	52.66m (172' 9")
Jessie Merckle (10)	NCAA Outdoor Championships (6/9)	50.82m (166' 9")