**Wake Forest University**

**TRACK & FIELD AND CROSS COUNTRY BULLETIN**

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### MEET RESULTS & PRs

**UNCG Team Challenge  Recap/Results Link**

**PRs**

- **Alva Hicks (Weight Throw)** 18.64m/61-2
- **Maddie Bragg (Pole Vault)** 3.65m/11-11.75
- **Hunter Roberts (60m)** 7.86

**Event Winners**

- **Alva Hicks (Weight Throw)** 18.64m/61-2
- **Charlie Ionata (Weight Throw)** 19.65m/64-5.75
- **Alex Giacco (3000m)** 8:42.34
- **Sydney White (Pole Vault)** 3.95m/12-11.5
- **Robert Heppenstall, John Archie, Simon Holden, Sebastian Fischbach (Distance Medley Relay)** 9:56.90

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### 2016 ACC AUTOMATIC QUALIFIERS

- **Alva Hicks (Weight Throw)** 18.64m/61-2
- **Charlie Ionata (Weight Throw)** 19.65m/64-5.75
- **Kyle Johnson (Weight Throw)** 17.11m/56-1.75
- **Andrea Vahoua (Shot Put)** 13.50m/44-3.50
- **Alex Florent (High Jump)** 1.70m/5-7
- **Sydney White (Pole Vault)** 3.95m/12-11.5
- **Amy Collins (Pentathlon)** 3,432 pts.
- **Alex Krall (Heptathlon)** 4,591 pts.

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### 2016 ACC INDOOR QUALIFYING MARKS

<table>
<thead>
<tr>
<th>Event</th>
<th>Women</th>
<th>Men</th>
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<tbody>
<tr>
<td>60m</td>
<td>7.59</td>
<td>6.90</td>
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<tr>
<td>200m</td>
<td>24.44</td>
<td>21.84</td>
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<td>400m</td>
<td>55.33</td>
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<td>800m</td>
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<td>Mile</td>
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<td>4:09.01</td>
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<td>9:33.96</td>
<td>8:15.03</td>
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<tr>
<td>5000</td>
<td>16:47.39</td>
<td>14:27.48</td>
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<tr>
<td>60H</td>
<td>8.65</td>
<td>8.14</td>
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<td>High Jump</td>
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<td>Weight Throw</td>
<td>16.90m</td>
<td>16.81m</td>
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### UPCOMING MEETS

- **Camel City Invitational**
  - *Winston-Salem, NC*
  - January 29 – 30, 2016

- **Virginia Tech Elite Meet**
  - *Blacksburg, VA*
  - February 5 - 6, 2016

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### WF TRACK & FIELD ONLINE

Stay up to date with the latest **Men** and **Women**’s WF Track & Field news and information online.

- **Wake Forest Throws**
- **Wake Forest Distance**
- **Wake Vertical Jumps**
- **Wake Forest Sports**
- **@WakeTrack**
- **@coachsion**
- **@sullivan_coach**

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**Check out the video!**

**Recent School Records**

- **Alva Hicks**
  - **Weight Throw**
  - 1/24/2016
  - **18.64m/61-2**