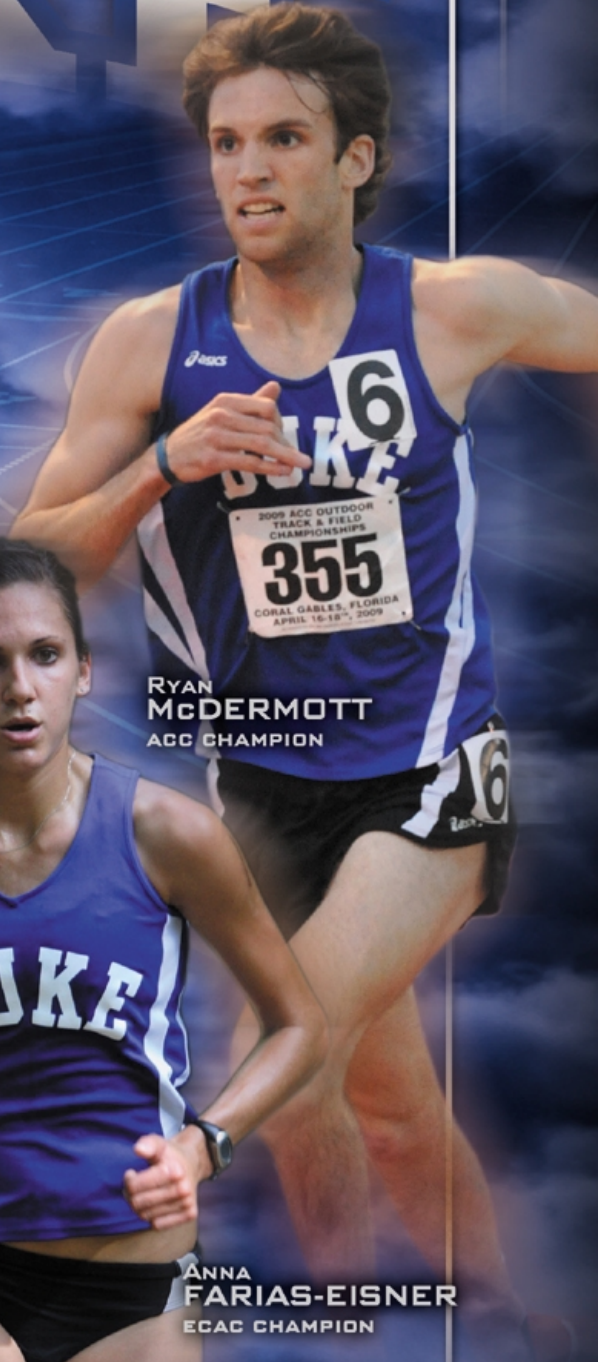


2009  2010

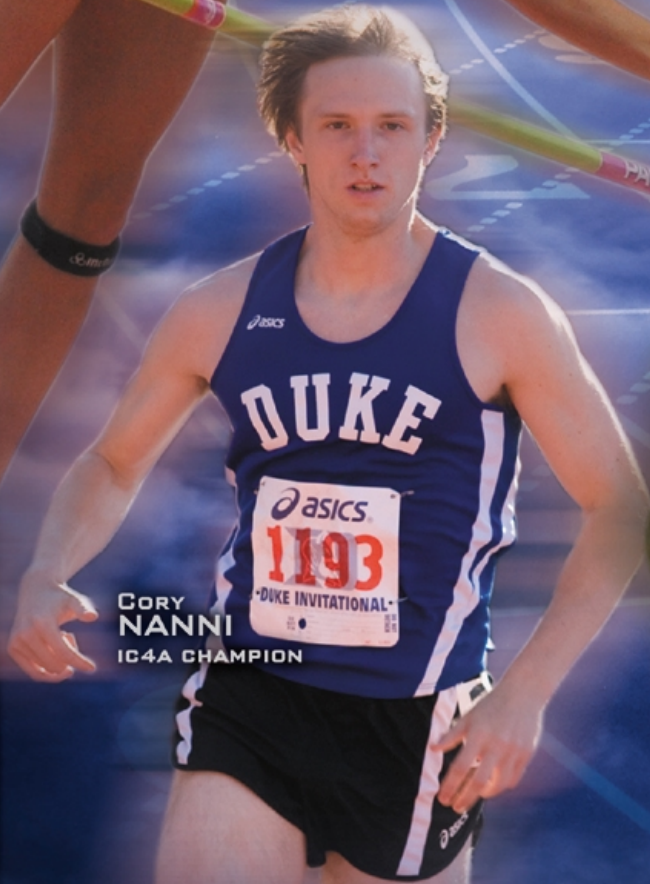
DUKE



**AMY
FRYT**
ACC, ECAC CHAMPION



**RYAN
MCDERMOTT**
ACC CHAMPION



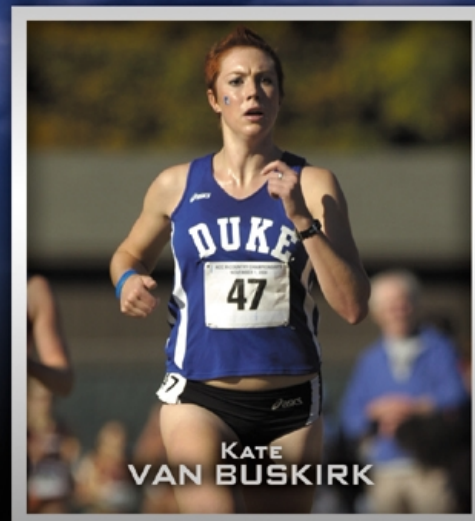
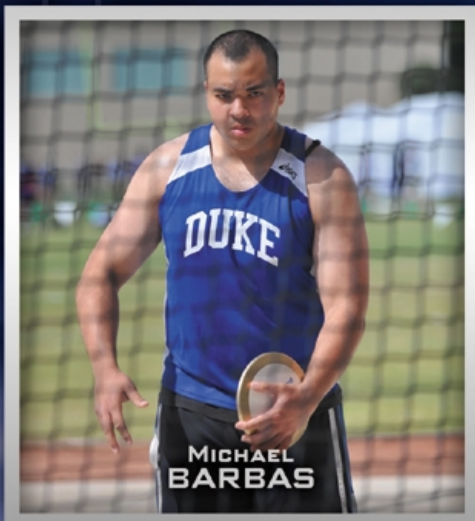
**CORY
NANNI**
IC4A CHAMPION



**ANNA
FARIAS-EISNER**
ECAC CHAMPION

**CROSS COUNTRY
TRACK & FIELD**

BLUE DEVIL TRACK & FIELD





DUKE UNIVERSITY BLUE DEVILS

2009-10 CROSS COUNTRY/TRACK & FIELD

DUKE UNIVERSITY QUICK FACTS

GENERAL INFORMATION

Location.....Durham, N.C.
 Founded.....1838, Trinity College
 Enrollment.....6,247
 Colors.....Duke Blue and White
 Nickname.....Blue Devils
 Conference.....Atlantic Coast
 Affiliation.....NCAA Division I
 Home Track.....Wallace Wade Stadium
 President.....Dr. Richard H. Brodhead
 VP & Director of Athletics.....Dr. Kevin White
 Athletic Dept. Phone.....(919) 684-2120
 Ticket Office Phone.....(919) 681-BLUE

COACHING STAFF

Director of Track & Field.....Norm Ogilvie
 Years at Duke/Overall.....19/21
 Office Phone.....(919) 681-6355
 Email.....no@duaa.duke.edu
**Head Women's Cross Country Coach/
 Associate Track & Field Coach**.....Kevin Jermyn
 Office Phone.....(919) 681-6890
 Email.....jermyn@duaa.duke.edu
Assistant Coach
(Multis, PV, Sprints, Hurdles).....Shawn Willbourn
 Office Phone.....(919) 681-6360
 Email.....swilbourn@duaa.duke.edu
Assistant Coach (Throws).....B.J. Linnenbrink
 Office Phone.....(919) 684-9202
Assistant Coach
(Women's Distance/Middle Distance).....Liz Wort
 Office Phone.....(919) 668-5740
 Email.....lwort@duaa.duke.edu
Assistant Coach (High Jump).....Jan Ogilvie
 Email.....jsol@duaa.duke.edu
Manager.....Ben Bubnovich
Volunteer Assistant Coach.....Jon Amt
Volunteer Assistant Coach.....Chad Colwell
Faculty Representative.....Benjamin Ward
Director of Operations.....Jim Skoff
Speed and Agility.....Jeff Howser

TEAM RESULTS

Men:
 2008 ACC Cross Country.....5th/12
 2008 IC4A Cross Country.....1st/15
 2009 ACC Indoors.....11th/12
 2009 IC4A Indoors.....12th/104
 2009 ACC Outdoors.....7th/12
 2009 IC4A Outdoors.....10th/104
 2009 NCAA Outdoors.....NTS
Women:
 2008 ACC Cross Country.....4th/12
 2008 ECAC Cross Country.....9th/11
 2009 ACC Indoors.....9th/12
 2009 ECAC Indoors.....1st/96
 2009 ACC Outdoors.....11th/12
 2009 ECAC Outdoors.....4th/96
 2009 NCAA Outdoors.....64th

SPORTS INFORMATION

Cross Country/Track SID.....Ashley Wolf
 Office Phone.....(919) 668-5739
 Office Fax.....(919) 684-2489
 Email:.....awolf@duaa.duke.edu

TABLE OF CONTENTS

Quick Facts/Covering the Blue Devils.....1
 Head Coach & Associate Head Coach.....2
 Coaching Staff.....3
 2009-10 Men's Roster.....4
 2009-10 Women's Roster.....5
 Blue Devil Men's Bios.....6-13
 Blue Devil Women's Bios.....14-21
 2008 Cross Country Review.....22-24
 Men's Cross Country Results.....23
 Women's Cross Country Results.....24
 2009 Track & Field Review.....25-29
 Indoor Track & Field Results.....26-27
 Outdoor Track & Field Results.....28-29
 Men's Indoor Record Book.....30
 Women's Indoor Record Book.....31
 Men's Outdoor Record Book.....32
 Women's Outdoor Record Book.....33
 Men's Honors and Awards.....34-35
 Women's Honors and Awards.....36-37
 Duke University.....38-39
 Duke in the Olympics.....40



COVERING THE BLUE DEVILS

CONTACT: Information about the 2009-10 Duke University Cross Country and Track and Field teams will be coordinated by Ashley Wolf.

INTERVIEWS: All student-athlete interviews must be arranged through the Duke Sports Information Office. Please contact Ashley Wolf with all requests. Phone interviews with out-of-town media can be arranged by calling the SID. Interview requests must be made at least one day in advance. Head Coach Norm Ogilvie should be contacted directly in his office at (919) 681-6355 for interviews. The best time to reach Coach Ogilvie is in the morning.

EMAIL LIST: To receive Duke cross country and track and field press releases and post-meet reports via email, contact Ashley Wolf at (919) 668-5739 or e-mail a request to awolf@duaa.duke.edu.

GODUKE.COM: You can find all the updated results, releases, bios, pictures and history of the Duke cross country and track and field programs on the World Wide Web at www.GoDuke.com.

CREDITS

The 2009-10 Duke University Cross Country and Track and Field Media Guide is a publication of the Duke University Sports Information Office.
Editorial Assistance: Duke University Track and Field Staff; Duke Sports Information.
Cover Design: Grant Hawkins Design; Dallas, Texas
Photography: Jon Gardiner, Duke Photography; Cheryl Treworgy, PrettySporty.com; Dan McManamon; CWpacksports.com; Track Shark; Brian Westerholt, Sports On Film.
Printing: McCain Printing; Danville, Va.



The Coaching Staff



Fresh off Duke's most successful combined season ever and the Duke men's highest ACC outdoor track and field scoring output since 1963, Director of Track and Field Norm Ogilvie is eager to begin his 19th cross country season in the fall of 2009 and his 20th track and field season at Duke in January 2010. Ogilvie-coached athletes won the IC4A team title in cross country in the fall of 2008 and had its highest NCAA regional finish, fourth, in several years. Indoors, Duke won the ECAC team title and had eleven male and eleven female athletes win All-East honors. Duke also had the distinction of sweeping the mile and 1,500m runs for men and women, indoors and outdoors, in 2009. Outdoors, Duke sent four athletes to the NCAA Championships. In all, eleven school records were shattered, indoors and outdoors, in 2008-09.

Named the Atlantic Coast Conference Cross Country Coach of the Year in 2000 after guiding the Duke men to their first ACC title since 1977, head coach Norm Ogilvie has done the hands-on coaching of all male middle distance and distance runners for the past two decades in Durham. In 2008-09, he guided three sophomores to an NCAA individual berth in cross country, multiple IC4A titles and an ACC individual title in the steeplechase. Ogilvie-coached distance relay teams altered the Duke all-time top-five list no less than five times in 2009, including the four-mile relay, which ranked No. 7 in the nation.

Over Ogilvie's 19 track and field seasons at Duke, he has coached 176 All-East selections, seven ACC individual champions, nine IC4A champions, two ECAC champions and five All-Americans. In cross country, Ogilvie has coached an ACC team title, two IC4A team titles and three NCAA appearances, including a 14th-place finish in 2001. Ogilvie has coached one ACC cross country champion, one Southeast Region individual champion and two runners-up, 17 All-Southeast region selections and one All-American. His career record versus Division-I opponents is 826-288-1 over nine cross country seasons.

Promoted to director of track and field at Duke in June of 2003, Ogilvie took over the reins of the Duke women's program from his wife, Jan, who decided to continue her career in Duke's physical education department and spend more time with the family's two daughters, Jade, 12, and Starr, 6.

The men's track & field team under Ogilvie has been consistently strong in the distances, the events he coaches directly. Indoors, Ogilvie-coached athletes have accounted for 23 of the top 25 all-time marks from 800 to 5,000 meters at Duke, while the field events have also developed significantly under Ogilvie's direction and coaching hires. Thirteen of the 14 indoor field records for men and women and 16 of the 18 outdoor field school records for men and women have been accomplished under Ogilvie's watch.

Prior to his time at Duke, Ogilvie spent three semesters on the University of Colorado staff, assisting with distance runners. As an athlete, Ogilvie owns a personal best of 14:07 for 5,000m and has covered one mile in 4:07.

A 1981 graduate of Drake University in Des Moines, Iowa, with a degree in journalism, Ogilvie completed his masters' degree from Duke in July of 1996. In addition to coaching, Ogilvie has also covered track and field meets for network television for the past 20 years. Ogilvie was also the president of the IC4A Coaches Association through May of 2002.



Kevin Jermyn, who was named Associate Head Track & Field Coach in 2003 and Head Women's Cross Country Coach in July 2004, enters his tenth season with the Blue Devils. Jermyn's primary responsibilities include coaching the women's middle and long distance runners. Jermyn has helped bring the Blue Devil women's middle and long distance program to national prominence. Jermyn was awarded ACC Coach of the Year and NCAA Southeast Region Coach of the Year honors for the 2004 and 2005 cross country seasons and also received the NCAA East Region Assistant Coach of the Year honor for distance in the 2004 outdoor track and field season.

The women's cross country team finished second and third at the 2004 and 2005 NCAA Cross Country Championships. Duke also won the 2004 and 2005 ACC and NCAA Southeast Region Championships. The Blue Devils have finished in the top 25 at the NCAA Cross Country Championships for six consecutive years, which included three consecutive top ten team finishes. On the track, the Blue Devils middle distance group won the 2005 Penn Relays Distance Medley Championship of America title, the first Penn Relays title in school history for the women. Jermyn's athletes have rewritten every middle and long distance relay school record indoors and outdoors. The success of the Blue Devil middle and long distance runners also led Duke to a school record 12th place finish at the 2007 NCAA Indoor Championships and the team championship at the 2009 ECAC Indoor Championships.

Individually, Jermyn has coached eleven athletes to a total of 28 NCAA All-America performances in just nine years. Jermyn coached Shannon Rowbury to Duke's first ever NCAA individual championship with her victory in the one-mile run at the 2007 NCAA Indoor Championships. Jermyn also coached Rowbury and Clara Horowitz to two NCAA runner-up finishes each (Rowbury in the mile in 2005 and 3,000m in 2007; Horowitz in the 5,000m and 10,000m in 2006). At the NCAA Regionals, Jermyn has guided 19 athletes to All-Southeast Region honors in cross country and eight All-East Region performers in outdoor track. At the ECAC Championships, Jermyn has guided a total of 44 All-East performers, including eight individual and six relay championships. At the ACC Championships, Jermyn has guided 23 All-ACC performers and seven ACC Champions. Jermyn has coached six women who have represented the United States in international cross country competitions.

A true student and fan of the sport, Jermyn is continually involved in coaching education programs, clinics and camps. Jermyn is an USATF Level III certified coach in endurance and Level II certified in sprints, relays and hurdles. During the summer, Jermyn directs the Duke Running Camp.

Jermyn's experience as a national class runner, from high school through the professional ranks, is an invaluable asset to his coaching. Jermyn competed professionally in cross country and track and field for the Reebok Enclave. Jermyn was a member of the victorious Reebok Enclave team at the 1998 USATF Cross Country Championship and raced to a personal best of 3:43.56 for 1,500-meters on the track. As an undergraduate at Georgetown University, Jermyn led the Hoyas as team captain to numerous BIG EAST and IC4A team championships and NCAA Championship appearances. Individually, Jermyn was an All-America, All-East and All-BIG EAST selection in track and field. As a prep at Tottenville High School in Staten Island, N.Y., Jermyn was a three-time national high school champion, two-time New York state champion and a winner of the prestigious Millrose Games high school mile.

Jermyn graduated from Georgetown University cum laude in 1998 with a bachelor of science degree in accounting and finance and a minor in psychology. Jermyn obtained a master's degree in liberal studies from Duke University in 2006. Jermyn's thesis was on the coaching implications of gender differences among collegiate runners.

Former Duke Head Track Coaches

Men		Women	
Bob Chambers	1939-1964	Mike Forbes	1984-1997
Al Buehler	1964-2000	Jan Ogilvie	1997-2003



The Coaching Staff



SHAWN WILBOURN

ASSISTANT COACH
MULTIS/POLE VAULT/SPRINTS/HURDLES

SECOND SEASON AT DUKE

Shawn Wilbourn, who joined the track and field staff following the Olympic Trials in July 2008, is in his second season as an assistant coach in charge of multi-events, the pole vault, sprints, hurdles and horizontal jumps.

Wilbourn had an impressive debut in his first season with Duke, leading two Blue Devil athletes to the NCAA Championships and both a men's and women's competitor to ACC individual titles. Tyler Clarke (decathlon) and Jade Ellis (long jump) advanced to the NCAA outdoors meet in 2009, while Ellis and Amy Fryt (pole vault) each captured ACC crowns. In addition, Ellis and Clarke both set school records in their respective events, while Fryt, holder of Duke's second-best all-time mark in pole vault behind only Olympian Jillian Schwartz, also added an ECAC indoor title to her resume.

Just as impressive for Wilbourn was his first recruiting class at Duke, headlined by Gatorade High School Athlete of the Year and national high school record holder in the decathlon, Curtis Beach.

Prior to working at Duke, Wilbourn held a similar position at Georgia after spending four years at Cortland State University, the last two as Director of Men's and Women's Track and Field and Cross Country. He was honored with numerous Atlantic Region and New York State Coach of the Year honors for his mentoring at Cortland State, while coaching 18 All-Americans and two national champions.

Wilbourn's other collegiate coaching stops include the University of Arizona, Arizona State University and his alma mater, Long Beach State University. Wilbourn earned his masters in kinesiology from Long Beach in 2003.

As an athlete, Wilbourn was a 1996 Olympic Trials finalist in the decathlon and competed at the World Championships for the United States in 1997. His career best in the decathlon is 8,268 points.

Wilbourn was also a professional football player, drafted by the Buffalo Bills in the fifth round in 1991. He played with the San Francisco 49ers during the 1992 NFL campaign.

Wilbourn is a USATF Level II certified coach, and a certified strength and conditioning specialist.



LIZ WORT

ASSISTANT COACH
MIDDLE/LONG DISTANCE

THIRD SEASON AT DUKE

After a stellar running career with the Blue Devils, Liz Wort joined the coaching staff in 2007-08 as an assistant to the women's middle and long distance programs.

Wort still holds the school record in the 3,000m steeplechase with a time of 9:51.76, and achieved All-America status three times during her career. She is fourth all-time at Duke in the indoor mile (4:44.64), third in the indoor 3,000m (9:15.52) and part of both the indoor and outdoor 4x800m relay teams that set school standards.

At the 2007 NCAA indoor championships, Wort earned All-America status with a 10th place finish in the 3,000m. She has two more All-America qualifications from the NCAA outdoor championships in the 3,000m steeplechase in 2005 and 2007. She won the 2007 NCAA East Regional in the 3,000m steeplechase, becoming Duke's first NCAA East Regional champion.

She also was a three-time captain of the team.

In 2009, Wort helped senior Patricia Loughlin to a 10th-place finish in the steeple at the NCAA Outdoor Championships and the No. 2 all-time mark at Duke behind only Wort.

Wort is a 2007 graduate of Duke University, receiving her diploma in psychology with a certificate in the program for elementary education.



B.J. LINNENBRINK

ASSISTANT COACH
THROWS

FIRST SEASON AT DUKE

B.J. Linnenbrink joined Duke as an assistant track and field coach for both the men and women in July of 2009. Linnenbrink will be in charge of the throwing events for the Blue Devils.

Linnenbrink held a similar position at Notre Dame from 2003-07, where he tutored 15 NCAA Regional qualifiers and 17 All-Big East performers in throwing events, including 2005 BIG EAST hammer throw champion Chip Roberts. This included the first female thrower from Notre Dame to qualify for the NCAA Championship meet and the first Irish thrower to advance to the Outdoor NCAA competition since 1945.

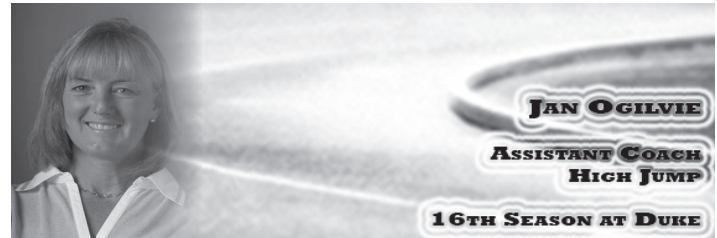
In addition, he was a part of five BIG EAST Coaching Staffs of the Year (men's indoor - 2003, 2005; men's outdoor - 2003, 2006; women's indoor - 2006).

Linnenbrink saw his Irish throwers advance to the NCAA Mid-east Regional 15 times in five seasons, with two qualifying for USATF competition. Additionally, the Notre Dame top-10 lists in virtually every throwing event were radically altered under the direction of Linnenbrink, with his pupils holding down 10 top-10 efforts on the men's side and a staggering 26 top-10 performances on the women's side.

A former NCAA and USATF championship qualifier in the weight throw at Florida State, Linnenbrink owns the FSU school record in the weight throw (20.91m, 68-7 1/4) and ranks among the top five in Seminoles' history in the hammer throw (59.48m, 195-2). He earned All-Atlantic Coast Conference honors in 2002 as well.

Before his successful two-year stint at Florida State, Linnenbrink dominated at the junior college level, earning two NJCAA All-America honors at Johnson County Community College in Overland Park, Kan. In his two years at Johnson County, Linnenbrink also collected seven All-Jayhawk East Conference awards.

Linnenbrink graduated from Florida State in 2002 with a bachelor of science degree in physical education. In 2006, he earned his master of science degree in physical education from Emporia State. Linnenbrink and his wife, the former Monica Hardy, were married July 31, 2004.



JAN OGILVIE

ASSISTANT COACH
HIGH JUMP

16TH SEASON AT DUKE

As Jan Ogilvie begins her 16th year on the Duke Track and Field staff, she also starts her second full-time title at Duke outside of track and field. As the head women's track and field and cross country coach from 1997-2003, Ogilvie served as the Director of Brodie Gym on East Campus from 2003-2009. Now, in addition to coaching Duke's high jumpers, she also serves the Blue Devils daily as the Director of Aquatics for both east and west campus.

In the high jump, Ogilvie's top pupil was All-American and ACC and ECAC champion Debra Vento. Vento, the school record holder in the high jump at 6-1.5, qualified for the NCAA meet seven out of a possible eight times during her indoors and outdoors career and placed as high as third at the NCAA Championships.

Ogilvie also guided current Blue Devil Mike Kotecki to an ACC silver medal with a 6-8.25 effort as a sophomore, all the more impressive considering Kotecki began his Duke career as an unheralded walk-on with a 6-2 personal best in high school.

Meet the Blue Devils

2009-10 Duke Men's Track & Field Roster

Name	Yr.	Event	Hometown	Previous School
John Austin	R-Jr.	Throws	Mechanicsburg, Pa.	Cumberland Valley
Michael Barbas	So.	Throws	Houston, Texas	Jersey Village
Curtis Beach	Fr.	Multi-Events	Albuquerque, N.M.	Albuquerque Academy
Jonathan Bednarz	Jr.	Pole Vault	Bronx, N.Y.	Fordham Prep
Avery Berkowitz	Sr.	Pole Vault	Durham, N.C.	C.E. Jordan East
Sam Bowler	Sr.	400m	Dallas, Texas	Cistercian Preparatory School
Josh Brewer*	R-So.	Distance	Pearcy, Ark.	Lake Hamilton
Andrew Brodeur*	So.	Distance	Brick, N.J.	Brick Memorial
Thomas Buley	Sr.	Jumps	Wilmette, Ill.	New Trier Township
Stephen Castiglione	Fr.	Throws	East Brunswick, N.J.	East Brunswick
Jonathan Chu*	So.	Middle Distance	Columbia, S.C.	New Trier Township
Stephen Clark*	So.	Distance	Salt Lake City, Utah	Skyline
Caleb Duncanson	So.	Sprints	Scarsdale, N.Y.	Scarsdale
Isaac Dunkelberger*	Jr.	Distance	Tamaqua, Pa.	Tamaqua
Guillermo Echarte*	So.	Distance	Miami Beach, Fla.	Belen Jesuit
Drew Hickey	Fr.	Middle Distance	Geneva, Ill.	Geneva Community
James Kostelnik*	So.	Distance	Los Angeles, Calif.	Loyola
Mike Kotecki	Jr.	Jumps	Raleigh, N.C.	Sanderson
Will Leister*	So.	Middle Distance	Upper Arlington, Ohio	Upper Arlington
Joshua Lund*	Jr.	Distance	Janesville, Wis.	Craig
Matt Marriott*	Fr.	Distance	Westport, Conn.	Staples
Ryan McDermott*	Jr.	Distance	West Hempstead, N.Y.	Chaminade
Buzz Moorman	Sr.	Multi-Events	Fairfax Station, Va.	W.T. Woodson
Mario Moreno	Sr.	Hurdles	Monterrey, Mexico	Lyons Township (Ill.)
Mike Moverman*	Fr.	Distance	Easton, Mass.	Oliver Ames
Cory Nanni*	Jr.	Distance	Bloomington, Ill.	Normal
James Osborne*	Sr.	Distance	Tampa, Fla.	Tampa Jesuit
Sean-Pat Oswald	Jr.	Sprints	Manitowoc, Wis.	Roncalli
Sid Palas	Sr.	Pole Vault	Asheville, N.C.	Asheville
David Piccirilli	Jr.	Throws	Temple Terrace, Fla.	Jesuit
Brendon Pierson*	So.	Distance	Wall, N.J.	Christian Brothers
Dominick Robinson*	Fr.	Distance	Gillette, Wyo.	Campbell County
Johns Ross*	So.	Distance	Washington, D.C.	The Potomac School
Chris Rowland	R-Sr.	Middle Distance	Jacksonville, Fla.	The Bolles School
Michael Rowland	Fr.	Sprints	Uppermalboro, Md.	Charles H. Flowers
Anthony Saint Jean	Fr.	Sprints	Nashua, N.H.	Nashua North
Jonathan Sanchez*	Fr.	Distance	Clovis, Calif.	Buchanan
Mike Schallmo	Sr.	Throws	Flossmoor, Ill.	Homewood-Flossmoor
Daniel Schuchinsky*	Fr.	Distance	Branchburg, N.J.	Pingry
Tim Schulte	So.	Pole Vault	Centerville, Mass.	Boston College HS
Tony Shirk	So.	Pole Vault	Phoenixville, Pa.	Phoenixville
Will Smith*	Sr.	Distance	Southlake, Texas	Dallas Jesuit College Prep
Michael Stanley	Fr.	Sprints	Columbus, Ohio	Thomas Worthington
Ken Sullivan*	Sr.	Distance	Rocky River, Ohio	St. Ignatius
Patrick Tenbrink	Sr.	Pole Vault	Cincinnati, Ohio	La Salle
Bo Waggoner*	Jr.	Distance	Maumee, Ohio	Maumee
Tradelle Ward*	Sr.	Distance	Griswold, Conn.	Griswold
Blair White	Fr.	Multi-Events	Greenbrae, Calif.	Marin Catholic
Marcus Wright	Fr.	Sprints	Cheshire, Conn.	Cheshire

* denotes cross country team member

Meet the Blue Devils

2009-10 Duke Women's Track & Field Roster

Name	Yr.	Event	Hometown	Previous School
Suejin Ahn*	So.	Distance	Setauket, N.Y.	Ward Melville
Deirdre Anglin-Stone	So.	Sprints	Raleigh, N.C.	Garner Magnet
Michelle Anumba	Fr.	Throws	Rancho Cucamonga, Calif.	Los Osos
Katie Apibunyopas*	Jr.	Middle Distance	Cockeysville, Md.	Dulaney
Katelyn Bastert*	Jr.	Distance	Quincy, Ill.	Carthage
Juliet Bottorff*	Fr.	Distance	Newark, Del.	Tatnall
Ashley Brasovan*	Fr.	Distance	Wellington, Fla.	Wellington
Katie Doswell*	Sr.	Middle Distance	Richmond, Va.	St. Catherine's School
Anna Farias-Eisner*	Grad	Distance	Calabasas, Calif.	Harvard-Westlake
Shelley Forbes*	Sr.	Distance	Sheridan, Wyo.	Sheridan
Anne Marie Gordon	Jr.	Pole Vault	Richmond, Va.	Mills E. Godwin
Kayla Hale*	Fr.	Distance	Indialantic, Fla.	Holy Trinity Episcopal
Karolina Haraldsdotti	Sr.	Multi-Events	Rochester, Minn.	Mayo
Virginia Hine*	So.	Distance	Memphis, Tenn.	White Station
Andrea Hopkins	Fr.	Javelin	Lake Oswego, Ore.	Lakeridge
Caitlin Johnson	So.	Hurdles	Granada Hills, Calif.	Granada Hills Charter
Mary Carleton Johnston*	So.	Distance	Mobile, Ala.	St. Paul's Episcopal
Priya Khatri*	Sr.	Distance	Durham, N.C.	C.E. Jordan
Kristina Krasich*	Jr.	Distance	Westfield, Ind.	Purdue
Amber Kunze	Fr.	Pole Vault	Grand Island, Neb.	Grand Island
Cassie Ludwig	Jr.	Pole Vault	Hinsdale, Ill.	Hinsdale
Emily Mattoon	Fr.	Pole Vault	San Diego, Calif.	Rancho Bernardo
Amy Matulewicz	Jr.	Throws	Easton, Pa.	Easton Area
Devotia Moore*	Jr.	Middle Distance	Queens, N.Y.	Townsend Harris
Madeline Morgan*	Fr.	Distance	Birmingham, Ala.	Mountain Brook
Leslie Morrison*	So.	Middle Distance	Bethesda, Md.	Walt Whitman
Kelsey Ontko	So.	Sprints/Jumps	Benet, Ill.	Benet Academy
Elisabeth Pitts	Fr.	Sprints	Enid, Ohio	Chisholm
Nicole Ragucci	So.	Sprints/Pole Vault	Monroe Township, N.J.	Monroe Township
Cydney Ross*	So.	Middle Distance	St. Louis, Mo.	Villa Duchesne
Emily Schwitzer*	Jr.	Distance	Minnetonka, Minn.	Hopkins
Carly Seymour*	So.	Distance	Ebensburg, Pa.	Central Cambria
Emily Sherrard*	Sr.	Distance	Hopewell, N.J.	Hopewell Valley Central
Adrienne Soo*	Fr.	Distance	Durham, N.C.	Durham Academy
LaCresha Styles	Fr.	Sprints	Acworth, Ga.	McEachern
Shannon Sullivan	Fr.	Throws	Wood-Ridge, N.J.	Immaculate Heart Academy
Sophia Treakle	Fr.	Sprints/Hurdles	Asheville, N.C.	Asheville
Amanda Truelove*	So.	Distance	Barrie, Ontario	St. Joan of Arc
Kate Van Buskirk*	Sr.	Distance	Brampton, Ontario	Turner Fenton Secondary
Esther Vermeer*	So.	Middle Distance	Grimsby, Ontario	Smithville District Christian
Brittany Whitehead	So.	Sprints	Cherry Hill, N.J.	Cherry Hill West
Sophia Ziemian*	Fr.	Distance	Lewisburg, Pa.	Lewisburg Area

* denotes cross country team member



Men's Bios



Redshirt Sophomore: Was the Blue Devils' top javelin thrower in 2009 ... threw his season-best 219'-9" at the ACC Outdoor Championships to finish third ... threw 209'-11" to win the Duke Invitational ... turned in a 209'-8" to win the UNC Elite meet ... NCAA Regional and IC4A qualifier ... **Redshirt**

Freshman: Returned from rehab to improve nearly 18 feet in the javelin ... started season with a personal best 215'-7" to place third at the Wake Forest Open ... improved to 219'-11" to win the Duke Invite, then to 221'-14" to place second at Sun Angel Classic in Tempe, Ariz. ... took second at the ACC Championships, earning all-conference honors ... led a 2-3-6 Duke finish for a team-high 17 points in javelin ... threw 219'-0" to place third at the Penn Relays ... captured IC4A title in 216'-8", becoming only the 10th Blue Devil to win an IC4A championship ... threw lifetime best 225'-5" to secure an NCAA automatic bid at the East Regionals ... earned All-Region honors ... broke Duke record in the javelin ... raised record three times in 2008 ... Eleventh Blue Devil male track athlete to earn NCAA All-America honors in an individual event, and the first in javelin ... **Freshman:** Qualified for NCAA East Regional in first collegiate meet in the javelin with a 207'-8" at the Wake Forest Open ... the throw moved him to second all-time at Duke ... was forced to have season-ending elbow surgery.

PB Outdoors:	
Javelin.....	225'-5"
Honors:	
All-ACC.....	2008, 2009
All-East.....	2008
All-Region.....	2008
All-America.....	2008



Junior: Took seventh at the Terrier Classic indoor meet with a 1:04.48 in the 500m, making him the fourth-fastest performer in school history ... helped the Blue Devils' 4x400m relay team to fourth-place finishes at the Armory Collegiate and Tar Heel Invitational ... finished fourth at the ACC Indoor Championships as the team notched a 9:56.35 in the distance medley relay ... earned All-East honors for that event ... during the outdoor season, helped the squad to a 24th place finish at the Penn Relays with an overall time of 3:28.67 in the sprint medley relay, the fifth-best performance in school history ... helped the 4x400m relay team to a fourth-place finish at the UNC Elite with an overall time of 3:15.54 ... helped the 4x100m relay team finish eighth at the ACC Outdoor Championships with its season-best time of 42.10 ... **Sophomore:** Ran the fastest open 800m time for Duke in 2008 with a 1:53.29 at Carolina Classic ... had three sub-1:55 races outdoors and went sub 0:50 in the open 400m at the Duke Invite ... was a mainstay on the Duke 4x400m that ran 3:15.07 to score at the ACC Championships ... lowered his indoor 500m personal best to 1:06.64 ... **Freshman:** Ran 400m, 500m and 800m indoors ... earned All-East honors indoors on the 4x800m relay, running legs in the trial round and finals at the IC4A Championships ... Duke's third-fastest indoor half-miler as a freshman, clocking 1:56.35 ... remained the third-fastest Blue Devil at 800m outdoors with a 1:55.61 at the ACC Championships ... ran on Duke's 4x400m relays that qualified for the IC4A championships indoors and outdoors.

PB Indoors:	
400m.....	50.33
500m.....	1:04.48
800m.....	1:56.35
PB Outdoors:	
200m.....	22.74
400m.....	48.83
800m.....	1:53.29



Freshman: Consistently the team's top shot putter as a rookie ... named Freshman of the Year at the Duke awards banquet for the indoor and outdoor seasons ... threw 55'-9" at the ACC Indoor Championships, finishing sixth and recording the third-best individual mark in Duke history ... best finish of the season came at the Tar Heel Invitational, where he placed second with a throw of 52'-11" ... finished third at the Carolina Invitational with a throw of 53'-9.25" ... Took seventh-place finish at the ACC Championships with an outdoor personal-best 54'-7.5" in the shot put ... also threw the discus in the outdoor season, finishing 11th at the ACC Championships ... season-best finish came at the Duke Twilight, where his throw of 149'-3" was good for fourth place ... Placed fifth at USATF Juniors in Eugene, Ore., throwing a personal best 62'-2.25" with the six-kilogram shot, which is close to 58 feet with the college implement ... **Prep:** Nike National Indoor Champion in the shot put with a personal best throw of 66'-3" ... improved his personal best three times and by four feet over the course of his six throws in the competition ... threw heavier six-kilogram shot put against college freshmen at the USATF Junior Nationals, placing seventh ... in the discus, threw 177'-1" to win his district meet and had a personal best of 185 feet in the event.

PB Indoors:	
Shot Put.....	55'-9"
Weight.....	42'-1.25"
PB Outdoors:	
Discus.....	151'-1"
Shot Put.....	54'-7.5"
Shot Put (6kg).....	62'-2.25"



Sophomore: A break-through cross-country season led to All-East honors with a 15th-place finish at the IC4A Championships ... helped Duke to the team title at Van Cortland Park as the team's fifth runner at that meet ... team's fourth runner at both the ACC Cross Country Championships and NCAA Southeast Regional ... ran a 3,000m personal-best indoors of 8:37.93 in Boston ... redshirted the outdoor season in 2009 ... **Freshman:** Redshirted in cross country and indoor track ... ran the 10,000m twice outdoors ... first effort of 32:40.83 qualified him for the USATF Junior Nationals in Columbus, Ohio ... Lowered PB by nearly 46 seconds with a 31:54.88 to place eighth at the USATF Junior Nationals ... also covered 5,000m in 15:24.56 and 15:27.58 in two tries ... **Prep:** 6A cross country state champion ... three-time All-State cross country runner ... 2006 state team cross country champion ... state indoor champion and record holder at 3,200m ... fourth at Nike indoor nationals at 5,000m and earned All-America status ... Wendy's Heisman national finalist ... four-year letterwinner and an all-state swimmer.

PB Indoors:	
3,000m.....	8:37.93
PB Outdoors:	
5,000m.....	15:24.56
10,000m.....	31:54.88
Honors:	
All-East XC.....	2008



Men's Bios



Freshman: Duke's Freshman of the Year in cross country was also the top finisher for the team at the IC4A Championships ... his sixth-place overall finish led the Blue Devils to the team title, earning him All-East honors ... was Blue Devils' fifth runner at both the ACC and NCAA Southeast Region meets ... best 8K time was 25:17 and his 10K debut produced a 31:51 ... indoors, qualified for the IC4A meet with a 14:35.67 for 5,000m in New York, which he lowered to a 14:35.00 at the IC4A meet in Boston ... placed second at the Duke Twilight in 14:40.25, two weeks after his ninth-place finish at the ACC Outdoor meet, over 5,000m ... **Prep:** Footlocker National finalist in cross country ... placed ninth in the Northeast Regional meet with a time of 15:36 to qualify for the national meet in San Diego ... runner-up in cross country in New Jersey with second-place finish at the all-groups championship.

PB Indoors:	
5,000m	14:35.00
PB Outdoors:	
5,000m	14:40.25
Honors:	
All-East XC	2008



Freshman: Focused on the 400m during the indoor season, logging a season-best time of 49.87 at the Terrier Classic ... earned All-East honors indoors for his leg of the DMR at the IC4A Championships ... also had the Blue Devils' best 200m dash performance indoors, which came at the Virginia Tech Challenge as he completed it in 22.70 ... in the outdoor season, he helped to post the fifth-best performance in school history in the sprint medley, as the team posted a time of 3:28.67 at the Penn Relays ... came in fourth at the Duke Twilight, running the 400m in 49.50 ... finished 12th in the 200m dash at the UNC Invitational, running 22.23 for that distance ... **Prep:** An experienced sprinter with 22-flat 200m speed, moved up to the 400m and clocked 49.73 last indoor season ... evolved into a strong 800m runner ... split 1:58 for 800m on the Penn Relays distance medley team for Scarsdale ... ran several 1:57 carries on a 4x800m that went on to record a 7:52.43.

PB Indoors:	
200m	22.7
400m	49.73
PB Outdoors:	
200m	22.23
400m	49.50



Freshman: Showed range over his freshman year by running third for Duke at the ACC Cross Country Championships over 8K in 25:26, then splitting 1:50.90 over one-tenth the distance outdoors ... that 800m relay-carry came in the fourth-place Duke finish at the Penn Relay college 4x800m before a crowd of 48,000 in Philadelphia ... the night before, Clark had gone under 1:53 for the first time with a 1:52.60 split to anchor the Blue Devil sprint medley ... that SMR, which won its heat after Clark took the baton in fourth place, is the No. 5 all-time performance in Duke history for the event ... indoors, Clark earned All-East honors with 1:53 splits in both the trials and finals of the IC4A distance medley ... also ran indoor personal bests of 4:11.22 for the mile and 8:28.22 for the 3,000m ... concluded his outdoor season with an additional All-East honor in the 4x800m relay, clocking splits of 1:51.70 in the trials and 1:52.1 in the final ... the team in the finals clocked 7:27.44, the No. 3 all-time performance at Duke ... **Prep:** Footlocker High School All-American in cross country ... placed 12th at the national championships in San Diego ... surprise third-place finisher in the West Regional to qualify for the national finals ... won the 5A race at the state meet in 15:24 for three miles at altitude ... ran only two indoor meets as a senior ... posted a 1:57.15 in the 800m at the Simplot Games ... captured two silvers and a gold at the Utah State Outdoor Championships ... competed in the Golden West meet and placed third in the mile, clocking a then-personal best 4:13.87.

PB Indoors:	
Mile	4:11.22
3,000m	8:28.22
PB Outdoors:	
1,500m	3:51.68
Honors:	
All-East Indoors	2009
All-East Outdoors	2009

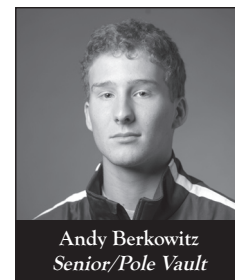


Freshman: Debuted in cross country with a 25:16 8K in his first race for Duke, finishing second for the Blue Devils at Virginia ... missed most of the middle of the season with illness before bouncing back in November with a 24th-place IC4A finish in New York, earning All-East honors and helping Duke to the team title as its seventh runner ... redshirted the indoor campaign in 2009, but his outdoor debut at 3,000m garnered a second-place finish at the Duke Invitational in a personal best 8:25.57 ... his first-ever 5,000m produced a 14:43.97 for a 10th place ACC finish, but just five days later at the Penn Relays he lowered that time to 14:28.38, capturing the third-place bronze medal in the Penn College 5,000m and qualifying for the IC4A championships ... concluded his outdoor season in Eugene, Ore., June 28th at the USATF Juniors ... **Prep:** After winning the California State Division-2 title, high school traveled to Portland, Ore., for the Nike Team Nationals ... placed eighth overall as an individual and led the team to an eighth-place finish.

PB Outdoors:	
1,500m	3:53.53
3,000m	8:25.57
5,000m	14:28.38
Honors:	
All-East XC	2008



Jonathan Bednarz
Junior/Pole Vault



Andy Berkowitz
Senior/Pole Vault



Men's Bios



Junior: Finished seventh at the Tar Heel Indoor Invitational with a jump of 6'-6.25" in the high jump before suffering an injury ... redshirted the remainder of the track season ... **Sophomore:** Equaled his former outdoor record in his indoor opener with a 6'-6.75" clearance at Virginia Tech on Jan. 10 ... qualified for first IC4A championship with a 6'-8.25" jump in New York at the Armory Invitational Feb. 8, moving him into No. 3 all-time in the Duke indoor record book ... jumped clean with no misses through 6'-8.25" height at the ACC Outdoor Championships, placing second and earning an ACC silver medal to go along with All-ACC honors ... the eight points earned in the meet equaled the best by a Blue Devil ... his 6'-8.25" ranks third all-time at Duke in the outdoor high jump ... **Freshman:** Biggest surprise of the freshmen class when the non-recruited walk-on with a high school personal best of 6-2 raised his best nearly five inches to score at his first ACC Championships ... leapt 6'-6.75" to place sixth at the ACC Outdoor meet in College Park ... backed up that personal best with several other clearances of 6-4, and placed as high as fourth at the Duke Twilight meet ... stood at No. 6 all-time at Duke in the outdoor high jump after first season.

PB Indoors:
High Jump..... 6'-8.25"
PB Outdoors:
High Jump..... 6'-8.25"
Honors:
All-ACC Outdoors....2008



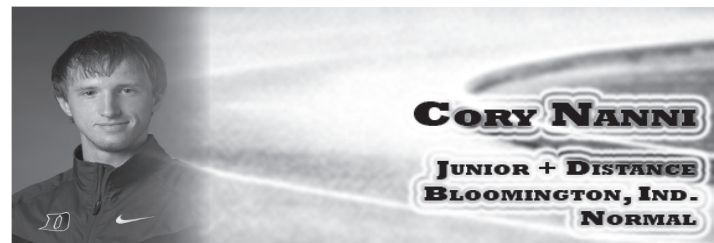
Sophomore: Regional finalist in the steeplechase and No. 2 all-time performer for Duke in that event ... his crowning glory in 2009 was the ACC steeplechase title in Miami ... building his fall strength as a member of the cross country team, earned All-East as Duke's sixth runner on the IC4A Championship team ... indoors, he became No. 4 all-time at Duke with an 8:16.92 clocking over 3,000m, and anchored the ACC fourth-place DMR with a 4:08.40 1,600m split ... in a 25-hour time span, ran an indoor mile personal best of 4:08.77 to earn a spot in the final, then anchored the Duke 4x800m relay in the trials with a 1:53.30 split to send that squad to the finals ... his third race, the IC4A mile final, earned All-East honors with a seventh-place 4:09.72 ... his fourth and final effort was a 1:54.90 anchor 4x800m to close out a 7:33.32 time to earn another All-East distinction and earn the relay the No. 4 all-time indoor performance ... outdoors, he lowered his 3,000 steeplechase personal best three times, first with a 9:00.23 at Duke, then the ACC gold medal effort in 8:56.45 and finally a fifth-place 8:52.36 at the IC4A, earning his fourth All-East honor of the year ... **Freshman:** Penn Relays champion in college steeplechase with a personal best 9:03.24 ... qualified for NCAA East Regional and placed 15th ... ran under the IC4A qualifying time of 9:16.00 four times in 2008 ... indoors, lowered his mile personal best to 4:14.79 and his 3,000m clocking four times, starting with a win in his first collegiate race at UNC in 8:30.97 ... turned in a 8:28.91 in New York, followed by a 8:24.04 at the ACC title meet ... posted Duke freshman record of 8:18.22 in 3,000m at the IC4A Championships, fourth on the all-time Duke indoor list ... his 9:03.24 steeple mark also ranks fourth all-time at Duke ... **Prep:** Nike outdoor national champion in 2,000m steeplechase ... USATF Junior national champion in 3,000m steeple ... ran for Team USA in the Pan-Am Junior Games in Brazil ... two-time high school All-American in steeplechase ... selected to Millrose high school mile run at Madison Square Garden ... All-America team member in 4x800m relay and distance medley relay ... nine-time all-state competitor.

PB Indoors:
Mile..... 4:08.77
3,000m..... 8:16.92
PB Outdoors:
3K Steeplechase 8:52.36
Honors:
All-East XC.....2008
All-East Indoors ..(2x) 2009
All-East Outdoors 2009



Sophomore: Started where he had left off in cross country, running first for Duke in September ... his 24:58 for 8K in the rain and mud at Virginia placed fifth overall on Sept. 6 ... by late October, was found to have extremely low iron and his endurance suffered ... redshirted indoors to regain his strength, and returned to racing outdoors in 2009 ... after opening at Wake Forest with a 4:00.05 (1,500m), in three weeks got down to 3:51.58 at UNC, then made the ACC 1,500m final in Miami the following week ... best race in the mile came the week after on April 25, when he led off Duke's 4xMile relay at Penn before 48,000 fans ... split 4:10.2 for the leadoff leg to start the Blue Devils on their way to a 16:32.40 clocking, the No. 2 all-time performance at Duke, and a sixth-place finish in the Penn Championship of America race ... closed out his season with a 3:51.31 1,500m at the Duke Twilight meet to place fourth ... earned his first All-East honors on the 4x800m relay at the IC4A meet ... clocked a lifetime-best 800m split of 1:52.30 in the finals on Duke's No. 3 all-time performance of 7:27.44 ... **Freshman:** Duke's No. 1 runner in cross country at the NCAA Southeast Regional with a 10K best time of 31:31.50 ... ran in the Blue Devil top-five in five of six races as a freshman ... ran just once indoors due to a sore achilles ... outdoors, lowered his 1,500m times all season, starting with a 3:58.31 April 12 and culminating with a 3:49.16 personal best May 9 ... ran a 3K best time of 8:28.18 at the Duke Invite and a 5K best of 14:59.36 at the Penn Relays ... **Prep:** Division I state cross country runner-up ... state outdoor runner-up at 1,600m ... state outdoor runner-up at 3,200m ... split 1:54 on school record 4x800m relay team, part of state outdoor triple ... two-time captain ... three-time conference champion in 1600m ... two-time conference champion in cross country in 800m and 3,200m.

PB Outdoors:
1,500m 3:49.16
3,000m 8:28.18
5,000m 14:59.36
Honors:
All-East Outdoors 2009



Sophomore: Duke's top track performer for the indoor and outdoor seasons ... IC4A champion in the mile indoors and the 1500m outdoors ... became one of the only three athletes in Duke track & field history to win multiple IC4A titles ... coupled with his All-East in cross country (third man for Duke on the IC4A championship team) and All-East relay carries on the 4x800m indoors and outdoors, Nanni nabbed five total All-East honors in 2008-09 ... his career total of seven now trails only Nick Schneider with nine at Duke ... is No. 2 all-time in the indoor mile with his 4:04.21 run on Feb. 21 in Blacksburg, Va. ... also ran 4:04.97 the next week, again in Blacksburg, to capture seventh in the ACC final, only one second from the gold ... at the IC4A in Boston, clocked 4:04.72 with a final 400m of 58 seconds to earn the title ... ran an outdoor personal-best 3:46.18 to place sixth at ACC's in Miami, then split a 4:03.40 anchor mile before 48,000 fans at the Penn Relays in Philadelphia to close out the No. 2 all-time Duke performance in the 4xMile relay ... lowered his personal



Men's Bios

best to 3:43.81 on May 8 at UNC, before winning the IC4A outdoor crown on May 16 with a 3:49.54 1,500m ... closed with a final 400m of 55 seconds for the win ... personal-bested again in the NCAA East Regional final, when he clocked a 3:43.09 for seventh place in the region and No. 4 all-time at Duke ... completed his outdoor season in June with a fourth-place 1,500m run of 3:43.02 in the High Performance Series in Indianapolis ... **Freshman:** An All-East selection both in cross country and outdoor track ... also had a strong indoor campaign, which earned him Duke's indoor Freshman of the Year honors ... qualified for the IC4A championships as an individual in both the 1,000m (2:27.84) and mile (4:12.09) ... anchored Duke's winning DMR at the Terrier Classic in Boston with a 4:08 split for 1,600m ... ran leadoff on Duke's DMR at ACC Championships ... his 1,200 leg of 3:03 paved the way for a third-place Blue Devil finish ... ran eighth in the ACC mile prelims to qualify for the final ... narrowly missed making the IC4A mile final after his performance at the indoor championships, clocking a 4:12.50 time in the prelims ... his 1:53 point anchor paced the Blue Devils but Duke was the first team left out of the 4x800m final at IC4As... bounced back with strong performance at IC4A outdoor championships, running a personal best 1,500m of 3:47.90 to become the only freshman to make the final ... ran his second best time of the season there, a tactical 3:49.57 that included a 2:00 flat over the last 800 meters ... eighth-place finish earned him All-East honors outdoors ... finished outdoor season at the USATF Jr. Nationals with a 5000m personal best time of 15:01.89 to place seventh.

PB Indoors:	
1,000m	2:25.09
Mile	4:04.21
PB Outdoors:	
1,500m	3:43.02
5,000m	15:01.89
Honors:	
All-East XC.....	2007, 2008
All-East Indoors ..(2x)	2009
All-East Outdoors	2008, (2x) 2009



Junior: Elected as a tri-captain for the 2009 cross country team after his breakthrough 2008 harrier season ... All-East and All-Southeast region in cross country, was No. 1 runner for Duke at the Roy Griak meet in Minnesota, and No. 2 runner for the Blue Devils at both the NCAA Southeast Regional, where he ran a 10K best of 31:27, and the IC4A meet ... there, his eighth-place finish helped propel Duke to the team title ... on the track, Osborne opened the indoor season in Boston with a 3,000m personal-best 8:38.31 ... then in New York, Osborne ran a 5,000m personal best of 14:39.34, which he lowered to 14:28.81 in Boston at the IC4A indoor meet in March, placing 10th overall ... Osborne ran his best outdoor 5K time at the IC4A meet as well ... Made 10K debut at the ACC meet in Miami, taking 11th place with 31:51.51.

PB Indoors:	
3,000m	8:38.31
5,000m	14:28.81
PB Outdoors:	
5,000m	14:41.10
10,000m	31:51.51
Honors:	
All-East XC.....	2008
All-Southeast Region XC	2008



Junior: The former Wisconsin quarter-miler has emerged as one of Duke's top middle distance men, especially in relays on the lead-off leg ... ran first on the Duke 4x800m at the IC4As in Boston, which clocked 7:33.32 for the No. 4 all-time indoor mark for the Blue Devils ... ran 1:56.40 split the day before in the 4x800m trial round running the third leg ... outdoors, led off the Penn Relays 4x800m which ran 7:31.92 ... also ran second leg on the winning team at the Duke Invitational ... in the open 800m, ran a personal best of 1:53.50 in the ACC prelims in Miami.

PB Indoors:	
800m	1:55.87
PB Outdoors:	
800m	1:53.50
Honors:	
All-East Indoors	2009



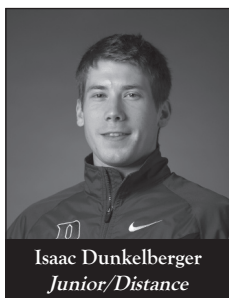
Junior: Notched Duke's top-three pole vault clearances during the indoor season, with a best a jump of 15-11 ... earned 10th place at the 2009 ACC Indoor Championships ... took ninth at the Armory Collegiate with a 15-9 jump, which he matched with a first-place finish at the Terrier Classic ... cleared 14'7.25" on four occasions outdoors, his highest finish of the spring a seventh-place showing at the UNC Invitational in Chapel Hill ... **Sophomore:** IC4A qualifier in the pole vault with his 15-9 clearance at the Sun Angel Track Classic in Tempe, Ariz. ... placed third at the Duke Twilight Meet clearing the bar at 15-7 ... also cleared 15-7 indoors when he placed second at the Virginia Tech meet on Feb. 9.

PB Indoors:	
Pole Vault.....	15'-11"
PB Outdoors:	
Pole Vault.....	15'-9"

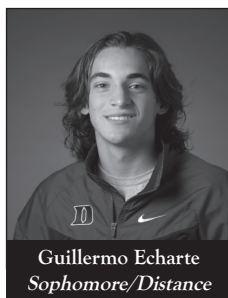


Freshman: IC4A qualifier in the 1,000m with a 2:28.58, placing sixth at the Terrier Classic in Boston ... earned All-East honors with his relay carry on the 4x800m in the trial round of the IC4A indoor championships ... contributed lead-off 1,200m legs on Duke's DMR, which won at UNC in January and placed fourth at the ACC Championships in February ... best 1,200m split was 3:06.30 ... **Prep:** Split 50.4 in the open 400m, 1:06 indoors in the 500m, 1:24 in the 600m indoors and 1:55.35 in the outdoor 800m, as well as several 1:54 point relay carries ... anchored the CBA distance medley relay at the Penn Relays Championship of America, splitting 4:20 for his 1,600-meter carry ... lowered his 1,600m open best to a 4:19 at the New Jersey state group meet.

PB Indoors:	
800m	1:57.87
1,000m	2:28.58
PB Outdoors:	
800m	1:55.35
Honors:	
All-East Indoors	2009



Isaac Dunkelberger
Junior/Distance



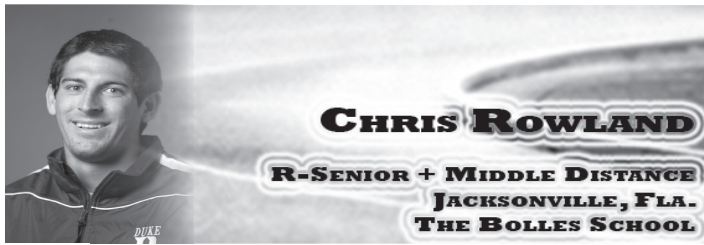
Guillermo Echarte
Sophomore/Distance



Buzz Moorman
Senior/Multi-Events



Men's Bios



CHRIS ROWLAND
R-SENIOR + MIDDLE DISTANCE
JACKSONVILLE, FLA.
THE BOLLES SCHOOL

Senior: After redshirting the previous season, returned indoors to the ACC finals with a 1:53.42 800m in the trial round ... tried to steal the final with a bold move that gave him a big lead with a lap to go, but the field came back to him on the homestretch as he faded to 1:53.97 and seventh place ... the next week in Boston, came up big in the 4x800m relay, splitting 1:52.50 on the second leg for Duke in the trial round and then returning the next day with the team's fastest split, a 1:50.70 on the second leg ... that time was a lifetime best for him indoors and contributed to a 7:33.32 Duke clocking, the No. 4 all-time indoor performance ... their seventh-place finish in the loaded IC4A final earned him a third career All-East honor ... outdoors, opened at Raleigh in late March with a 1:51.2 second leg on a 7:30.16 Duke team ... recorded a 1:52.25 open 800m at the Duke Invite to place fourth, then lowered that to 1:52.00 at the Duke Twilight to place third ... wrapped up the outdoor season in style at the IC4A Outdoor Championships in Princeton with the best two-day double of his career ... in the trial round, he split 1:51.10 to anchor a 7:30.33 Duke team which won its heat ... then in the finals he split 1:50.50, his lifetime best, as Duke placed fourth in 7:27.44 ... that time holds up as the No. 3 in Duke history, and earned Rowland, who had the fastest Blue Devil split in both the trials and finals, his fourth career All-East honor ... **Junior:** Redshirted both indoors and outdoors in 2008 ... **Sophomore:** Duke's top half-miler continued to improve in 2007, lowering his personal best to 1:50.96 at the IC4A Outdoor Championships ... made the ACC finals with a 1:52.26 clocking in the prelims before improving to a then-personal-best 1:51.03 in the final to place sixth. ... the first of three 800m personal-bests during the outdoor season came on April 14 with a 1:52.11 clocking at UNC, giving Rowland four marks under 1:52.3 on the season ... anchored the sprint medley relay at Penn, as Duke ran 3:27.37 to move to No. 4 all-time in that event ... indoors, earned All-East honors on the Duke 4x800m relay when he ran on both the trial and final round teams in Boston ... also ran his seasonal-best 800m indoors of 1:53.11 at the IC4A meet in Boston ... **Freshman:** Duke's Freshman of the Year indoors after having a break-out season in the 800m, topped by his personal best 1:52.43 to place seventh at the ACC Championships ... started the season with a 1:57.0 to win the UNC Opener on Chapel Hill's flat 200m surface ... improved almost weekly on relay carries and in open 800m's to enter the ACC's with a personal best of 1:55.81 ... ran 1:53.23 in the prelims to qualify for the final, only to run his 1:52.43 the next day to move into the second spot all-time on the Duke indoor 800m list ... contributed several 1:53 and 1:52 relay splits on Duke's indoor 4x800m and DMR teams, including one in the IC4A DMR final that earned him his first All-East honor ... outdoors, his best time came at the Duke Invitational with a 1:53.18 ... his 1:53.41 in the ACC prelims narrowly missed making the final ... gained valuable big meet experience on the Duke 4x800m at both the Penn Relays and IC4A Outdoor Championships.

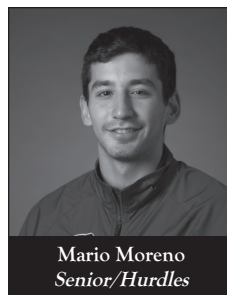
PB Indoors:	
500m	1:06.20
800m	1:52.43
PB Outdoors:	
800m	1:50.96
Honors:	
All-East Indoors	2006, 2007, 2009
All-East Outdoors	2009



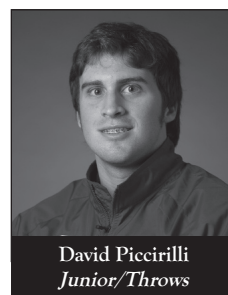
MIKE SCHALMO
SENIOR + THROWS
FLOSSMOOR, ILL.
HOMWOOD-FLOSSMOOR

Junior: Showed his versatility as a force in the throws, breaking into the Duke record books in four different events ... set the Duke record in the weight throw with a toss of 55'9.25" to take sixth at the ACC Indoor Championships ... Duke's new record-holder in the outdoor discus with a 173'3" to place fifth at the ACC Outdoor Championships ... twice qualified for regionals in the discus, where he placed 11th ... fourth all-time performer in the indoor shotput at Duke with a mark of 53'-1.75" logged at the Carolina Invitational, where he was fourth overall ... second all-time performer at Duke in the hammer throw with a 167-3 notched at the Duke Twilight ... **Sophomore:** Raised his shot put personal best both indoors and outdoor in 2008, and came within two feet of his discus personal best despite a shortened outdoor season ... indoors, again qualified for the IC4A meet in Boston with best toss of 52-4.75 placing him sixth at the Carolina Classic ... outdoors, threw personal best in the shot put at the ACC meet in Atlanta, then the next day in the discus was an ACC scorer with a seventh place finish ... also placed fourth in the discus at both Raleigh and Duke, the latter producing his season best throw of 161-0 ... **Freshman:** Duke's 2007 Freshman of the Year winner both indoors and outdoors ... an IC4A-qualifier in the shot put indoors and the discus outdoors ... shot put of 51'-3.5" was the farthest heave at Duke of the 16-pound ball in over 40 years and ranks him third all-time indoors ... scored in the ACC meet in the discus with a throw of 162'-09", the furthest Duke discus toss in over four decades and No. 2 all-time ... took fifth at the ACC Championships ... threw 160'-0" to make the finals of the Penn Relays college discus ... saved his best for last, throwing 163'-01" at the IC4A Championships in Princeton ... placed sixth overall and earned him his first All-East honors.

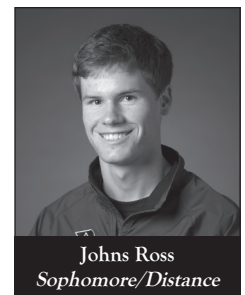
PB Indoors:	
Shot Put	53'-1.25"
Weight	55'-9.25"
PB Outdoors:	
Shot Put	54'-0"
Discus	173'-3"
Hammer	167'-3"
Honors:	
All-East Outdoors	2007



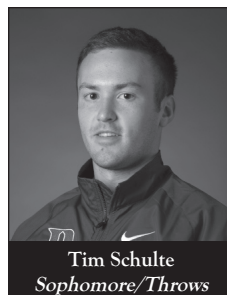
Mario Moreno
Senior/Hurdles



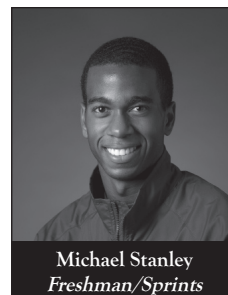
David Piccirilli
Junior/Throws



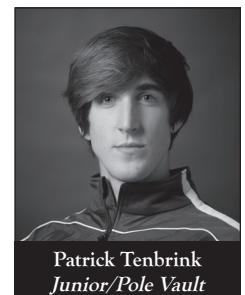
Johns Ross
Sophomore/Distance



Tim Schulte
Sophomore/Throws



Michael Stanley
Freshman/Sprints



Patrick Tenbrink
Junior/Pole Vault



Men's Bios



Freshman: Took 11th at the ACC Indoor Championships, clearing 15'5" ... tied for fifth at the Virginia Tech Challenge ... was fifth at the Terrier Classic ... cleared 16 feet during the outdoor season with a leap of 16'-0.25" to land in sixth place at the ACC Outdoor Championships ... had the team's seven best jumps outdoors ... took ninth at the IC4A Outdoor Champions and third in the college division at the Penn Relays, both with a clearing of 15'-9" ... **Prep:** A premier pole vaulter in the state of Pennsylvania ... armed with a personal best of 15'-6" ... took to the national stage indoors and cleared 15'-2.75" to place high at the Nike Indoor Nationals ... a consistent 15-foot vaulter.

PB Indoors:
Pole Vault..... 15'-5"
PB Outdoors:
Pole Vault..... 16'-0.75"



Junior: After sitting out the 2008 cross country season due to injury ... opened eyes indoors with his best season to date ... began season at the Terrier Classic in Boston with an 8:27.44 for 3,000m ... ran slightly faster two weeks later in New York with an 8:27.30, just a tenth off the IC4A standard ... ran at IC4As in Boston, but instead of the 3,000m, he anchored the Duke distance medley relay in the trials ... responded with a brilliant 4:09.20 1,600m split, eight seconds faster than his previous personal best ... for his efforts, the DMR made the IC4A final and won Smith his first career All-East honors ... outdoors, Smith ran the 3,000m steeplechase, placing eighth at the ACCs in 9:27.05 to score ... lowered his personal best down to 9:20.09 to win the Duke Twilight steeple.

PB Indoors:
Mile4:17.30
3,000 8:27.30
PB Outdoors:
3,000 Steeple.....9:20.09
Honors:
All-East Indoors 2009



Junior: Selected as a senior tri-captain by his teammates for the 2009 season ... 2008 was his best harrier campaign as a Blue Devil by far ... inched his way up the Duke roster as the fall wore on, clinching a spot on the IC4A team with a 12th-place showing at N.C. State on Nov. 8 ... then in New York, had a breakthrough at 8,000m, getting under 26 minutes for the first time with a 25:54 at Van Cortlandt Park ... his 26th-place finish just missed All-East, but as eighth man for Duke, he was a member of the IC4A champion team ... indoors, he ran a mile personal best of 4:15.56 in Boston, a drop of several seconds ... when he

returned to Boston six weeks later for the IC4A indoor championships, ran 3:02.80 on the 1,200m lead-off leg on the Duke DMR to earn All-East honors ... after lowering his 1,500m personal best to 3:51.82 at UNC on May 8, finished his junior campaign with another All-East effort, running lead-off on the Duke 4x800m trial round team.

PB Indoors:
Mile.....4:15.56
PB Outdoors:
1,500m 3:51.82
3,000m 8:36.72
5,000m 15:01.29
Honors:
All-East Indoors2009
All-East Outdoors2009



Sophomore: NCAA individual qualifier in cross country ... led Duke to its most successful season since 2005, running first for the Blue Devils in four of the six races he contested, including the Blue Ridge Open, ACC Championships, NCAA Southeast Regional and NCAA Championships ... at the Blue Ridge Open in Boone, N.C., sped to a fifth-place finish with 24:38, then at the ACCs in Chapel Hill, clocked 24:39 for 8K to place 10th and earn All-ACC honors ... at the NCAA Southeast Regional at Tanglewood, covered 10K in 30:43 to place 11th, earning both All-Southeast Region honors and a trip to the NCAA Championships ... continued his hot running indoors in Boston with a Duke school record in the 3,000m, clocking 8:10.62 at the Terrier Classic ... two weeks later in New York, he ran his 5,000m indoor personal best of 14:21.76, good enough for third all-time at Duke indoors ... placed eighth in the ACC 3,000m in 8:18.02 ... the next week at the IC4A meet in Boston, ran 8:11.20 to place fifth, scoring four points for Duke and earning All-East honors in the 3,000m ... outdoors, focused on improving his speed and anchored the Duke 4x1500m relay to a win at the Raleigh Relays in 15:28.45, the fastest in the U.S. with a 3:53.10 to hold off Virginia ... doubled in the 1,500m and 5,000m at the ACC Outdoors, placing seventh in the 5,000m in 14:27.82 in Miami ... the next week at the Penn Relays, ran a lifetime-best mile split of 4:08.60 on the third leg of Duke's 4xMile relay that recorded a 16:32.40, second-best in school history ... Duke placed sixth in the Championship of America race before a crowd of 48,000 in Philadelphia ... then captured the Duke Twilight 5,000m for the second consecutive year (14:37.63) before concluding his outdoor campaign with a lifetime-best 14:19.20 in the 5,000m at the IC4A Championships in Princeton ... **Freshman:** All-ACC in cross country as a rookie ... turned in a stellar first harrier campaign, also earning All-East honors with his third place finish at the IC4A championships ... Duke's top finisher three times and a top-three Blue Devil runner in all six of his cross-country races ... indoors, he began with a bang, qualifying for the IC4A 3,000m with a personal best 8:27.06 in the season opener ... injury prevented him from racing again until the outdoor season in April, when he again lowered his 3K best to 8:23.89 ... after running a personal best 1,500m of 3:56.83, won the Duke Twilight 5,000m in another best of 14:36.71, enough to qualify at that distance for the IC4A meet ... concluded his freshman track campaign with a 14:37.66 at the IC4As in the rain, before finishing fifth in a tactical 5,000m at the USATF Junior Nationals in his home state of Ohio.

PB Indoors:
3,000m8:10.62
5,000m14:21.76
PB Outdoors:
1,500m3:56.83
3,000m8:23.89
5,000m 14:19.20
Honors:
All-East XC2007
All-ACC XC2008
All-Southeast Region XC ...2008
All-East Indoors (2x) 2009



Men's Bios



Junior: Redshirted indoors and outdoors in 2009 ... 2008 cross country campaign was his best to date, running in the Duke top-five in five of his six meets and top seven in all six ... best effort was his 31:39 10K at the NCAA Southeast Region, running third for Duke as part of the team's fourth-place regional finish ... was a top-10 overall finisher for the Blue Devils at the IC4A Championships in New York, running fourth for the squad to help the team to the title ... was captain of the 2008 cross country team and will serve as a tri-captain for the 2009 squad ... **Sophomore:** Delayed opening his cross country season until Oct. 6, where he ran fourth overall at the Hagan Stone Classic ... came back six days later to run eighth man for Duke at the Blue Ridge Open and earn a spot on the ACC squad ... No. 5 runner for the Blue Devils in Charlottesville, Va., with an 8K time of 25:33, 17 seconds faster than the same race in the previous season on a rugged UVA course ... established two new personal best's indoors in 2008, lowering his mile best to 4:16.56 and shrinking his 3,000m time from 8:42 down to an IC4A qualifying mark of 8:28.69 at New York's Armory Invitational ... outdoors, also added two new personal bests, clocking 3:55.79 for 1,500m and 15:07.05 for 5,000m, both at the ACC Championships in Atlanta ... **Freshman:** Opened his career in cross country with a bang when he finished as Duke's No. 2 man to help lead the team to the title at the season-opening JMU Invitational over four miles ... was the fifth man at the Bill Dellinger meet in Eugene, Ore. ... was the No. 6 Duke scorer at the ACC Championships, perhaps his best effort of the season, when the Blue Devils placed fourth in the 12-team field ... named Duke's Cross Country Freshman of the Year ... indoors, was Duke's second-fastest miler with a 4:19.30 clocking and ran on the All-East 4x800m relay at the IC4A Indoor Championships in Boston ... outdoors, ran a lifetime best for the 1,500m with his 3:56.03 race at UNC on March 30.

PB Indoors:	
Mile	4:18.56
3,000m	8:28.69
PB Outdoors:	
1,500m	3:55.79
5,000m	15:07.05
Honors:	
All-East XC	2008



Prep: In 2008, took second place in shot put at the county meet ... Placed fourth in state semifinals for shot put ... In 2008, threw a personal best of 181'-11" in javelin ... 2008 Winged Foot Award Winner (highest scorer) for outdoor track ... missed senior spring season due to elbow surgery.

Personal Best:	
Javelin	181'-11"



Prep: An up-and-coming half-miler from Illinois ... helped out his 4x800m relay team at the Illinois State meet ... personal best in 400m of 50.6 seconds ... personal best in 800m of 1:56.0.

Personal Bests:	
400m	50.6
800m	1:56.0



Prep: 2008 New England Indoor Champion in the 600m in 1:22.05 ... lowered that time to 1:20.99 as a senior at those same championships ... Regular anchor on Staples High School 4x400m and anchor on 2008 New England champion team ... 400m best of 48.76 FAT and 1:56.7 in the 800m ... Finished third in the Connecticut state meet in the 400m in 2009.

Personal Bests:	
400m	48.76
600m	1:20.99
800m	1:56.10



Prep: Captured a gold medal at the Pan American Junior Championships by winning the decathlon with a score of 7,377 ... 2008-09 Gatorade National Boys Track and Field Athlete of the Year ... won 17 state titles in high school career ... Set national high school record for decathlon performance in 2009... scored 4,127 points in 2009 National Indoor pentathlon, the second best mark in high school history ... 2007 and 2008 Gatorade New Mexico Runner of the Year ... four-time 110m hurdles state champion ... three-time state champion in the long jump ... three-time 300m hurdles state champion ... two-time high jump state champion ... 2007, 2008 and 2009 Indoor National Champion for the pentathlon ... 2009 Academic All-American.

Personal Bests:	
200m	21.84
400m	47.99
800m	1:50.75
1,500m	4:07.85
High Jump	6'-9"
Pole Vault	15'-3"
Decathlon	7,907*
*National High School Record	

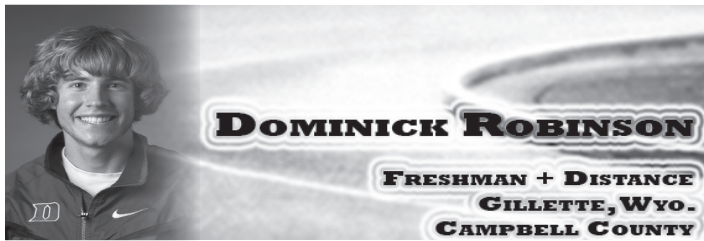


Prep: Footlocker national finalist in cross-country ... Finished 19th in San Diego in December 2008 ... Was sixth at the Footlocker Northeast Regional in N.Y. ... Massachusetts state cross-country champion ... Fourth in the Massachusetts state meet mile as a junior ... Sixth at the New Englands that same season.

Personal Bests:	
Mile	4:16.57
5K XC	15:48*
*Van Cortlandt Park	



Men's Bios



Prep: Golden West Invitational Mile champion as a senior with a time of 4:14.60 and bronze medalist at the GWI as a junior at 3,200m with a time of 9:07 ... rarely ran at sea level during high school career ... was unbeatable in Wyoming, winning the state cross-country title as both a junior and a senior and taking multiple state titles during indoor and outdoor track, including a 3,200m, 4x800m, 800m and 1,600m quadruple at the senior year outdoor state meet ... The last of those four titles was a 4:15 effort at 5,300 feet, probably a 4:09 clocking at sea level for 1,600 meters ... Holds the all-time Wyoming schoolboy records at both 1,600 and 3,200 meters.

Personal Best:	
Mile	4:14.60
3200m	9:07.10



Prep: One of California's most versatile distance runners during his senior year ... led his team to a ninth place finish at the Nike Cross National, finishing 19th individually ... was third in the California state meet in cross country and sixth outdoors in the mile, running a personal best of 4:10.04 in the final ... Holds a 5K cross country personal best of 15:10 set at Woodward Park ... showed range on the long end, while 800m personal best of 1:54.97 indicates his speed ... in between, at perhaps his best distance clocked 9:04.30 for 3,200 meters at Arcadia.

Personal Bests:	
800m	1:54.97
1,600m	4:10.04
3,200m	9:04.30
5K XC	15:10*
*Woodland Park	



Prep: 2009 all-county for indoor track ... 2009 helped 4x800m relay team win state championship ... 2008 ran anchor leg for state champion 4x400m relay team ... 2009 helped team to second place finish in state championships ... Also played varsity football in 2007.

Personal Best:	
400m	49.2



Prep: Joins an ever growing New Jersey contingent on the Duke team with solid credentials from the 800m to cross-country, where he finished second at the New Jersey Prep School Championships ... School record holder at Pingry in the 800m in 1:54.30.

Personal Bests:	
800m	1:54.30
1,600m	4:21.12



Prep: 2008 Telegraph All Star ... 2008 All-State Relay team ... 2008 Indoor Track All-State team member ... 2009 Outdoor Track All-State team member ... 2009 ran 11.02 in 100-meter dash.

Personal Best:	
55m	6.49
100m	11.02
200m	22.27
300m	35.63



Prep: National Merit commended scholar ... 2009 track MVP ... played basketball, football and ran track in high school ... School record holder in 400m ... school record holder in 4x400m relay team ... 2008 track Most Inspirational Award winner.

Personal Best:	
400m	49.72



Prep: 2008 and 2009 all-state honoree in the 55m dash ... in 2009, ran 100m in 10.7 seconds ... in 2008, finished 10th in the state for the 100m dash ... in 2009, finished fifth in state at 55m dash ... in 2009, finished eighth in New England meet in 55m dash ... two-time SCC All-Conference honoree.

Personal Bests:	
100m	10.83
200m	22.25



Women's Bios



Freshman: Turned in a standout cross country campaign as a rookie, highlighted by a 19th place performance at the ACC Championships, where she was Duke's second runner, completing the 6K course in 21:26.9 ... Duke's fifth runner at the NCAA Southeast Regional, taking 40th overall in 22:02 for 6K ... also a top-five Blue Devil finisher at the Penn State Invitational, where she was 33rd overall in 21:24 ... joined teammate Carly Seymour as the team's Co-Freshman of the Year for cross country at the annual award's banquet ... continued her individual cross country season as the 2009 USA Cross Country Championships in Dearborn, Md., racing to a 14th overall finish in the 6K juniors race in 22:15 ... took 13th at the ACC Indoor Championships in the 5K, where she logged 17:43.43 ... notched an ECAC qualifier in the indoor 3K with a 14th place run of 9:49.72 at the Terrier Classic ... was seventh in the mile indoors at the VT Challenge with an ECAC qualifying time of 4:56.10 ... finished 11th at the ACC Outdoor Championships in the 5K with a time of 17:36.76 ... **Prep:** Earned All-America honors in the mile at Nike Outdoors National Championships ... Secured All-America honors in the mile (twice), 4xMile (twice), and 4x800m at the National Scholastic Indoor Championships ... five-time all-state in cross country honoree.

PB Indoors:	
1,000m	2:57.55
Mile	4:52.89
3,000m	9:49.72
5,000m	17:43.43
PB Outdoors:	
1,500m	4:36.28
3,000m	9:50.38
5,000m	17:36.76



Junior: Ran in the prelims for the 4x800m relay, which won the ECAC Outdoor Championships ... earned All-East honors ... competed outdoors in the prelims of the 800m at the ACC Championships ... **Sophomore:** Qualified for the ECAC Outdoor Championships with outdoor personal bests of 2:11.38 over 800m at the Carolina Classic and 4:33.09 over 1,500m at the Duke Twilight Meet ... earned All-East honors in the 4x800m relay indoors ... finished third at the Wolfpack XC Invitational in a personal best of 18:23.4 ... **Freshman:** Qualified for ECAC's on 4x800m relay indoors ... redshirted the outdoor season.

PB Indoors:	
500m	1:15.04
800m	2:08.86
1,000m	2:47.21
Mile	4:57.68
PB Outdoors:	
800m	2:11.38
1,500m	4:33.09
Honors:	
All-East Indoors	2008
All-East Outdoors	2009



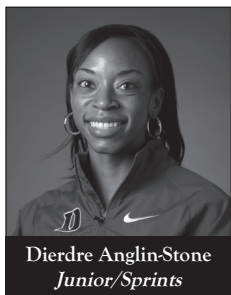
Sophomore: Became an ECAC champion as a member of Duke's winning 4x800m relay outdoors, earning All-East honors ... placed 18th in at both the ACC Indoor and Outdoor Championships in the 800m ... set a new personal best of 2:14.33 at the UNC Elite ... took 27th in the Wolfpack Invitational in cross country, covering the 5,000m course in 20:25.

PB Indoors:	
500m	1:18.82
800m	2:16.49
PB Outdoors:	
400m	59.45
800m	2:14.33
Honors:	
All-East Outdoors	2009



Senior: Duke's top finisher during the cross country season at both the Wake Forest Relays (seventh overall) and the Wolfpack Invitational (fifth overall) ... third Blue Devil finisher at the ECAC Championships Nov. 22 at Van Cortlandt Park, logging 19:02 over the 5K race to take 40th overall ... ECAC individual champion in the mile indoors, winning the event in an NCAA Provisional qualifying time of 4:47.75, earning All-East honors ... took fourth in the mile at the ACC Indoor Championships, clocking 4:46.02 ... took second indoors in the 1000m at the Armory Collegiate in an ECAC time of 2:54.05 ... raced in the prelims of the 1,500m at the ACC Outdoor Championships ... **Junior:** Finished 13th and 14th at the ACC Indoor and Outdoor Championships over one mile and 1,500m, respectively ... earned All-East honors in the 4x800m indoors ... qualified for ECAC Outdoor Championships in the 1,500m at the Duke Twilight Meet ... **Sophomore:** Competed on the ACC runner-up cross country team ... redshirted indoor and outdoor season, yet continued to compete unattached ... **Freshman:** Earned All-East honors by placing 11th at the ECAC Cross Country Championships ... ran personal best of 4:29.09 for 1,500m at the Stanford Invitational ... won the Wolfpack XC Invitational in a personal-best time of 17:36 for the 5,000m ... fifth place finish and ECAC qualifying mark of 9:54.72 in 3,000m at Duke Invitational ... ran on 4x800m relay that finished third and 4x1,500m that placed fourth at 2006 Penn Relays.

PB Indoors:	
1,000m	2:54.05
Mile	4:46.02
3,000m	10:03.10
PB Outdoors:	
800m	2:12.27
1,500m	4:29.09
3,000m	9:54.72
Honors:	
ECAC Champion	2009
All-East XC	2005
All-East Indoors	2006, 2008, 2009





Women's Bios



Junior: Ran a personal best 3,000m at the Virginia Tech Challenge to place 10th in 10:14.61 ... Placed fourth at the Duke Twilight, running a personal best 5,000m in 18:02.49 ... **Sophomore:** Duke's third finisher at the NCAA Cross Country Championships, finishing the 6,000m race in 21:59.6 ... ran personal best of 18:09.6 for 5,000m cross country at the Murray Keatinge Invitational ... finished sixth at the Cata-mount Cross Country Classic ... **Freshman:** Member of the NCAA Southeast Regional and NCAA cross country teams ... finished third at the Wolfpack Cross Country Invitational with a personal best of 18:01 for the 5,000m ... redshirted the indoor and outdoor seasons, but competed unattached ... recorded a personal best 1,500m time of 4:46.30 at the UNC Invitational.

PB Indoors:	
Mile	5:06.36
3,000m	10:14.61
PB Outdoors:	
1,500m	4:46.00
5,000m	18:02.49



Sophomore: Placed 16th at the ACC Indoor Championships with a height of 11'-11.75" ... collected top-five individual finishes at the Armory Collegiate, Tar Heel Invitational and Terrier Classic indoors ... was 16th at the ACC Outdoor Championships with a clearance of 11'-1.75" ... earned top-10 finishes outdoors at the Duke Invitational, UNC Invitational and Wake Forest Open ... still holds Duke's No. 5 all-time mark outdoors (12'-3.5") ... **Freshman:** Earned All-East indoors honors with a personal best 12'-3.5" ... first scaled 12-feet with a 12'-1.5" clearance at the Sun Angel Track Classic.

PB Indoors:	
Pole Vault	12'-3.5"
PB Outdoors:	
Pole Vault	12'-3.5"
Honors:	
All-East Outdoors	2008



Sophomore: Named Field Performer of the Year for both the indoor and outdoor seasons at the 2009 Duke awards banquet ... became an ECAC individual champion indoors and earned All-East honors with a jump of 13'-1.5" ... also leapt that height to tie for second at the ACC Indoor Championships and earn All-ACC accolades ... won the Terrier Classic and tied for third at the Virginia Tech Challenge ... had Duke's top four leaps indoors ... Named ACC Performer of the Week on Feb. 24 ... earned Co-MVP honors for the women's track & field squad at the annual awards banquet ... became an ACC champion outdoors as she won the meet in 13'-3.5", garnering All-ACC honors ... finished eighth at the ECAC Outdoor Championships with a jump of 11'-11.75" ... closed her stellar sophomore campaign with a 16th-place showing at the NCAA East Regional in 12'-6" ... won a total of six meets outdoors, including the first four of the season ... cleared 12-feet seven times on the year ... stands as the No. 2 all-time performer both indoors and outdoors behind only Olympian Jillian Schwartz ... **Freshman:** All-East performer indoors and outdoors ... had five meets with jumps over 12-feet ... an ACC scorer indoors ... highest finish came at Duke Twilight Meet with a then-personal best 12'-3.5" ... named Freshman of the Year indoors and Field Performer of the Year at the 2008 Duke awards banquet.

PB Indoors:	
Pole Vault	13'-1.5"
PB Outdoors:	
Pole Vault	13'-3.5"
Honors:	
All-ACC Indoors	2009
All-ACC Outdoors	2009
ACC Champion Outdoors	2009
All-East Indoors	2008, 2009
All-East Outdoors	2008



Junior: Continued to showcase her versatility as a multi-event specialist for the Blue Devils ... indoors, she held the Blue Devils' top season time in the 60m hurdles (9.49), high jump (5'-6"), shot put (40'-7.75") and pentathlon (3,688) ... that pentathlon score shattered the Duke record by nearly 300 points and was an ECAC qualifier ... her 3,688 pentathlon total at the ACC Indoor Championships was good for eighth place ... logged 3,610 to take third in the five-event showdown at the ECAC Championships and earn All-East honors ... competed in the 200m, 100m hurdles, long jump, shot put, and javelin outdoors ... the throw of 40'-4.25" she recorded to finish at the UNC Invitational in April was the fourth-best all-time performance at Duke ... missed remainder of outdoor season due to injury ... **Sophomore:** Earned All-East outdoor honors with her seventh-place finish at the ECAC Championships in the heptathlon ... her 4,555 points in the event rank third all-time at Duke ... her indoor personal best of 3,256 points ranks third all-time in the pentathlon. ... **Freshman:** Spent first year at Duke training to become a multi-eventer.

PB Indoors:	
60m Hurdles	9.49
High Jump	5'-6"
Shot Put	40'-7.75"
Pentathlon	3,688
PB Outdoors:	
100m Hurdles	15.56
Shot Put	40'-4.25"
Javelin	97'-05"
Long Jump	16'-3.25"
Heptathlon	4,555
Honors:	
All-East Indoors	2009
All-East Outdoors	2008



Women's Bios



Freshman: Duke's fifth runner and final scorer at the ECAC Cross Country Championships, taking 62nd overall on the 5000m course in 19:26 ... fourth Blue Devil runner and 11th overall at the Murray Keatinge Invitational, where she ran the 5000m in 18:24.99 ... the Blue Devils' top performer in the indoor 1,000m, clocking 2:51.02 to take third in the prelims of the ECAC Indoor meet ... went on to take ninth in the finals in 2:56.36 ... redshirted the outdoor season ... **Prep:** State champion in the 800m and the 4x800m ... state runner-up in the 800m (three times), 1,600m (twice) and cross country (twice) ... 2006 Foot Locker cross country finalist ... fourth-place finisher in the mile at 2008 Nike Indoor Nationals.

PB Indoors:	
800m	2:13.36
1,000m	2:51.02
Mile	4:52.91
PB Outdoors:	
800m	2:13.21



Freshman: Earned All-East honors in cross country with a 25th overall finish at the ECAC Championships, where she was Duke's first runner and completed the 5K in 18:45 ... was also in the Blue Devil top-five at the Murray Keatinge Invitational, placing fifth on the team and 18th overall in 18:33.26 ... 16th in the prelims of the 1,500m at the ACC Outdoor Track & Field Championships, clocking 4:41.56 ... ran to third place in the steeplechase at the UNC Invitational in 11:29.13 ... was fourth in the 3,000m at the outdoor season-opening Wake Forest Open, clocking 10:13.40 ... fifth in the 5K at the Duke Twilight meet in 18:05.81 ... **Prep:** 2007 Gatorade Alabama Track & Field Athlete of the Year ... 17-time state champion ... three-time All-Metro Track & Field Athlete of the Year.

PB Indoors:	
Mile	5:00.9
3,000m	10:02.5
PB Outdoors:	
1,500m	4:36.56
3,000m	10:13.4
3,000m SC	11:29.13
5,000m	18:05.81
Honors:	
All-East XC	2008



Sophomore: Ran 2:12.67 for 800m to place 12th at the Big Ten Outdoor Track & Field Championships ... ran an outdoor personal best time of 2:11.38 to place sixth finish at the Billy Hayes Invitational ... in cross country, posted a 22:39.1 6,000m time at the Pre-National Invitational ... placed 65th overall in 22:48.4 at the Big Ten Cross Country Championships ... **Freshman:** Had a strong cross country campaign, finishing no lower than third on the team in all seven races ... turned in the team's best performance at the Pre-National Invitational ... notched a top 6,000m time of 21:54.82 at the Big Ten Championships ... ran an indoor personal best of 4:57.10 in the mile to win Purdue's Gene Edmonds Invitational ... Outdoors, ran 4:33.98 to place 13th in the 1,500m at the Big Ten Championships ... Placed eighth at the 2008 USATF Junior Outdoor Track & Field Championships with a personal best 4:30.52 in the 1,500m.

PB Indoors:	
800m	2:14.10
Mile	4:57.10
5,000m	17:32
PB Outdoors:	
800m	2:11.38
1,500m	4:30.52



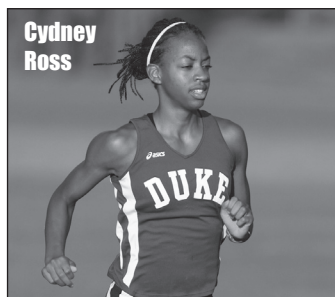
Sophomore: Earned All-East honors indoors with a fourth-place clearance of 12'9.5" at the ECAC Indoor Championships ... that mark placed her third all-time in Blue Devil history ... finished 13th at the ACC Indoor meet with a jump of 11'11.75" ... cleared 12-feet with a fourth-place showing of 12'1.5" at the UNC Invitational outdoors.

PB Indoors:	
Pole Vault	12'9.5"
PB Outdoors	
Pole Vault	12'1.5"
Honors:	
All-East Indoors	2009

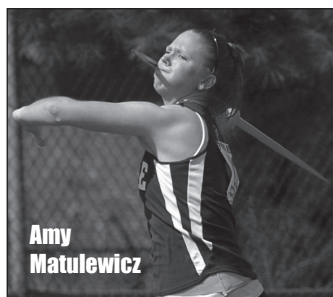


Sophomore: Won the javelin at the Wake Forest Open with a throw of 150'-5", which was second all-time at Duke and an NCAA Regional and ECAC qualifier ... also set the ECAC mark with her second-place throw of 140-feet at the Duke Invitational ... missed the remainder of the season due to injury ... **Freshman:** Penn Relays champion in the college javelin throw ... personal best toss of 147'-3" qualified for the NCAA Regional meet ... placed fifth at ACC Championships in Atlanta ... scored in first collegiate conference meet ... threw over 140-feet on three occasions ... outdoor freshman of the year in 2008.

PB Outdoors:	
Javelin	150'-5"



Cydney Ross



Amy Matulewicz



Women's Bios



Sophomore: The 800m specialist was Duke's best finisher in the event on the indoor season, clocking an ECAC qualifying time of 2:11.12 to take second at the Virginia Tech Challenge ... led off Duke's 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... third leg of the Blue Devils' winning DMR at the ECAC Championships, garnering All-East honors ... fourth in the 800m at the UNC Elite meet with a NCAA Regional qualifying and season-best time of 2:09.07 ... logged an 11th place finish in the prelims at the NCAA East Regional in 2:10.49 ... took seventh at the ACC Outdoor Championships in 2:11.06 ... the 4x800m relay she anchored won the ECAC Outdoor Championships in 8:44.11, fifth all-time at Duke, earning All-East honors ... also competed in four meets during cross country season, including an eighth-place finish for the Blue Devils at the ECAC Championships, where she ran the 5K in 20:15 ... **Freshman:** Finished sixth at USATF Junior Championships in the 800m with a personal best time of 2:09.81 ... qualified for the ECAC Outdoor Championships with 800m personal best of 2:10.43 at the Duke Twilight Meet ... second leg on the victorious 4x800m relay team at the ECAC Indoor Championships ... finished 17th in the 800m at the ACC and ECAC Indoor and Outdoor Championships.

PB Indoors:	
500m	1:18.40
800m	2:11.12
1,000m	2:54
PB Outdoors:	
800m	2:09.07
1,500m	4:47.20
Honors:	
All-East Indoors ...	2008, 2009
All-East Outdoors	2009

East in 2:55.02 ... qualified for indoor ECACs with her 2:13.25 that placed her fourth at the VT Challenge ... in cross country, took 19th overall at the Wolfpack Invitational as she completed the 5K in 19:29 ... **Prep:** 2008 Outdoor state champion in the 1,600m ... 2007 outdoor state champion at 800m and indoor state champion in 4x800m relay ... fourth place finish at 2007 Nike Indoor Nationals in DMR ... twelve-time West Regional champion (seven individual and five relay).



Freshman: Broke into Duke record book as a rookie, registering the fifth-best all-time indoor long jump of 17'-6.5" to take fifth at the Tar Heel Invitational ... logged Duke's top three indoor long jumps of the season ... also had the team's top two 200m times of the indoor slate, her best a 26.39 from the VT Challenge ... extended her range to take 22nd at the ACC Indoor meet in the 400m, running 58.54 ... ran on all three of the Blue Devils' indoor 4x400m teams, including their third-place team at the Terrier Classic that notched the ECAC time of 3:48.23 ... also qualified for the ECAC meet with the 4x400m team at the indoor ACC meet, where they took 11th in 3:50.46 ... outdoors she led off Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31... **Prep:** Runner-up in Illinois state long jump with a personal best of 18'-10.25" ... also a sectional champ in the long jump and 200m ... sprint PB's of 25.35 for 200m and 56.92 for 400m were two of her seven school records.

Personal Bests:	
100m	12.24
200m	25.35
400m	56.22
Long Jump	18'-10.25"



Freshman: Became an ECAC champion as a member of Duke's winning 4x800m relay outdoors ... set an NCAA Regional qualifier with her third-place showing in the 800m in a time of 2:09.02 at the UNC Elite meet outdoors ... went on to place 19th at the regional meet, running 2:12.43 in the 800m prelims ... her time of 2:10.68 was good for 13th place at the ECAC Outdoor Championships ... her 2:13.87 placed her in 13th at the ACC Outdoor meet ... indoors, was the second leg of the Duke 4x800m relay that won the Terrier Classic in 8:52.90, good for second all-time in school history ... anchored the fifth all-time 4x400m relay at Duke, which came through in 3:50.46 to take 11th at the ACC Indoor Championships and qualify for ECACs ... ran the second-fastest 1,000m of the season for the Blue Devils, clocking 2:51.04 to take fifth in the prelims at the indoor ECAC meet ... was sixth in the finals of that event to earn All-

PB Indoors:	
400m	59.04
500m	1:16.26
800m	2:13.25
1,000m	2:51.04
PB Outdoors:	
400m	56.92
800m	2:09.02
1,500m	4:43.37
Honors:	
All-East Ind.	2009
All-East Out.	2009



Freshman: Ran Duke's second-fastest 400m of the indoor season in 57.68 to take seventh at the Terrier Classic ... put up an ECAC qualifying time of 1:15.78 to take 11th in the 500m at the Armory Collegiate ... was 20th in the prelims of the 500m at ECAC's, crossing the line in 1:17.04 ... led off the Blue Devils' 4x400m teams that took third at the Terrier Classic and notched the ECAC time of 3:48.23 ... also led off the ECAC qualifying 4x400 at the indoor ACC meet, where they took 11th in 3:50.46 ... was the second leg on the 4x400 at the Tar Heel Invite that took third ... outdoors was fifth in the Duke Twilight 400m in 57.49 and seventh in the 200m there in 25.56 ... ran the second leg on Duke's ninth-place and ECAC qualifying 4x100m relay at the ACC Championships, timed at 48.31 ... **Prep:** Twelve-time letterwinner in track & field and soccer ... placed as high as fifth in the state Meet of Champions in the 400m.

Personal Bests:	
200m	25.15
400m	56.19



Women's Bios



Freshman: Broke the school record in the indoor 500m and qualified for ECACs, clocking 1:13.63 to win the Terrier Classic ... qualified for the Indoor ECAC Championships in the 800m three times ... finished 10th at the ACC Indoor Championships with a new indoor personal best of 2:11.70 in the 800m ... had three of the team's four-best 800m runs indoors ... anchored Duke's third-place 4x400m relay team at the Terrier Classic that notched the ECAC time of 3:48.23 ... competed unattached during the outdoor season, including an appearance at the USATF Junior Championships ... **Prep:** 2008 USATF Junior Champion in the 800m ... Missouri state champion in the event in 2007 ... holds Class-3 record ... 2008 state runner-up in the 1600m.

PB Indoors:	
500m	1:13.63
800m	2:11.70
PB Outdoors:	
400m	56.81
800m	2:07.12



Freshman: Led the Duke cross country team in three meets in the 2008 season ... took seventh of 222 competitors at the Roy Griak Invitational with a 6,000m time of 21:39.3 ... finished eleventh of 300 runners at the Penn State Invitational in 21:01 ...

PB Indoors:	
3,000m	9:54.56
PB Outdoors:	
5,000m	17:02.26
Honors:	
All-East Outdoors	2009

fourth on the squad at ACC Championships with a 6,000m time of 21:39.6 ... first for Duke and 26th overall at the NCAA Southeast Regional in 21:48, narrowly missing all-region honors ... named ACC Performer of the Week on Sept. 29 ... earned All-East honors during outdoor track season with her eighth-place finish at the ECAC Championships, clocking 17:02.26 ... won the Duke Twilight 5K in an ECAC qualifying time of 17:19.80 ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season ... redshirted the indoor season ... **Prep:** 2006 and 2007 Foot Locker Cross Country second-team All-American ... PIAA state champion in cross country in 2005 and 2007 ... won the PIAA outdoor 3,200m in 2007 and 2008 (meet record) ... owns the meet record for her performance in the 2008 PIAA indoor 3,000m ... 2007 Manhattan College Invitational Champion and course record holder for the 4000m race at Van Cortlandt Park in Bronx, N.Y. ... 2008 PIAA Runner of the Year.



Sophomore: Duke's top finisher at the 2008 ACC Cross Country Championships, where she came in 18th overall out of 105 runners with a 6K time of 21:26.7, narrowly missing All-ACC honors ... the Blue Devils' second runner at the Roy Griak Invitational, Penn State Invitational and the NCAA Southeast Regional ... ran to 29th place at the regional meet, clocking 21:50 over 6K ... continued her cross country season with a 21st-place finish in the women's open 8K race of the USA Championships in a time of 29:26 ... took 11th in the mile at the ACC Indoor Championships in 5:01.78 ... led off Duke's winning DMR at the ECAC Indoor Championships that had a total time of 11:39.90 and earned All-East honors ... also earned All-East outdoors with winning the 4x800m at the outdoor championships as she ran the third leg on the prelim squad ... one of two Blue Devils named to the 2008 All-ACC Academic squad for cross country season ... **Freshman:** Qualified for the World Junior XC Championships with fifth-place finish (21:34 for 6K) at the USATF XC Championships ... Team USA's second finisher in 28th place there with personal best 6K time of 21:19 ... finished 34th and 35th, respectively, at the ACC and NCAA Southeast Regional XC Championships ... took 10th in the 3,000m at ECAC Indoor Championships with a PB of 9:45.37 ... finished 11th at the ACC Outdoor Championships in the 5,000m ... finished 15th in the 3,000m at the ACC Indoor and ECAC Outdoor Championships.

PB Indoors:	
Mile	5:01.78
3,000m	9:45.37
PB Outdoors:	
800m	2:15
1,500m	4:31.86
Honors:	
All-East Ind.	2009
All-East Out.	2009



Junior: Redshirted all three seasons ... **Sophomore:** Earned All-East honors with a fourth-place finish (4:54.98) over one-mile at the ECAC Indoor Championships ... ran third leg on the victorious 4x800m relay at the ECAC Indoor Championships ... ran personal best 4:31.68 in 1,500m to take 10th at ACC Outdoor Championships ... finished third at the Wake Forest Open with personal best of 10:05.81 for 3,000m ... was a top-five scorer for the Blue Devils in every cross country race ... ran a personal best of 17:49.5 for 5,000m at the Murray Keatinge Invitational ... finished 27th and 33rd, respectively, at the ACC and NCAA Southeast Regional Cross Country Championships ... **Freshman:** Anchored Duke's record-setting 4x800m relay at Penn Relays ... ran on the 4x1,500m relay at Penn Relays that set the No. 2 all-time Duke record ... earned All-East honors in the indoor 1,000m ... led off the third-place 4x800m relay at the outdoor ECAC Championships and again earned All-East honors.

PB Indoors:	
800m	2:14.38
1,000m	2:53.83
Mile	4:54.98
PB Outdoors:	
800m	2:14.24
1,500m	4:31.68
3,000m	10:05.81
Honors:	
All-East Indoors	2007, 2008
All-East Outdoors	2007



Women's Bios



Freshman: Redshirted ... **Prep:** Fifth at the Canadian Junior Championships in both the 1,500m and 3,000m events ... national team member at the 2007 IAAF World Youth Championships in the 1,500m ... competed with the national team at the 2007 IAAF World Cross Country Championships ... four-time 3,000m champion at the Royal Canadian Legion National Track & Field Championships.

PB Outdoors:	
1,500m	4:31
3,000m	9:50



Junior: Duke's third runner and 26th overall at the 2008 ACC Cross Country Championships, running the 6,000m in 21:37.6 ... Duke's fourth runner and 31st overall of 222 runners at the Roy Griak Invitational, clocking 22:14.2 ... competed unattached during outdoor track, lowering her personal best in the 1,500m to 4:20.61 at the UNC Invite ... red-shirted the track seasons ... **Sophomore:** Earned All-ACC honors with 12th-place finish at ACC Cross Country Championships ... earned second All-Southeast Region honors with 16th place finish at NCAA Southeast Regional Championships ... finished 67th at the NCAA Cross Country Championships ... placed fifth at the Murray Keatinge Cross Country Invitational ... redshirted in track ... **Freshman:** Finished 18th at the Southeast Regional Cross Country Championship and was a scorer at the NCAA National meet ... won the 1,000m at the Virginia Tech Opener ... lead leg on the indoor 2007 DMR team that set the No. 2 all-time Duke record, won the ACC championship title and competed in the indoor NCAA national meet ... won the UNC Invite at 1,500m ... earned All-ACC honors with third-place finish in the 1,500m at the outdoor ACC meet while setting a personal best and qualifying for the NCAA Regionals with a time of 4:25.78 ... ran on the school record-setting 4x800m at the Penn Relays with a 2:07.8 split ... led off the 4x1,500m relay with a 4:23 split at the Penn Relays that was good for the second-fastest mark in Duke history ... led off the DMR at the Penn Relays that set the third-best school mark ... named most valuable freshman for cross country, indoors and outdoors.

PB Indoors:	
800m	2:10.46
1,000m	2:53.61
Mile	5:01.63
3,000m	10:00
PB Outdoors:	
800m	2:08.50
1,500m	4:20.61
3,000m	9:48
Honors:	
All-Southeast XC	2006, 2007
All-East Outdoors	2007
ACC Champion Indoors	2007
All-ACC Indoors	2007
All-ACC Outdoors	2007
All-ACC XC	2007



Freshman: Named Freshman of the Year for the outdoor season at the Duke awards banquet ... took 67th at the ACC Championships, running the 6K in 22:48.1 ... fourth on the squad and 50th overall at the ECAC Cross Country Championships with a 5K time of 19:14 ... earned All-East honors indoors with her third-place 1,000m time of 2:51.52 at the ECAC Championships ... took 14th at indoor ACC Championships in the mile in 5:05.75 ... continued with a strong outdoor season that resulted in a trip to the NCAA East Regional ... qualified for the meet in the 800m with a 2:08.95 to take second at the UNC Elite meet, placing 23rd in the prelims with a time of 2:15.15 ... earned All-East honors outdoors in the 800m with a seventh place time of 2:14.51 at the ECAC Championships ... placed eighth in the 1500m at ACC's in 4:33.84 ... **Prep:** OFSAA Junior Girls Champion ... four-time OFSAA 800m medalist ... National team member at the 2007 IAAF World Youth Championships in the 800m ... runner-up finish in the 800m at the 2008 Canadian Jr. Nationals in 2:09.88.

PB Indoors:	
1,000m	2:51.52
Mile	5:05.75
PB Outdoors:	
400m	57.2
800m	2:08.26
1,500m	4:32.90
Honors:	
All-East Indoors	2009
All-East Outdoors	2009



Freshman: In her rookie season, broke into the Duke record book in seven events on the year, three individually and four as a relay member ... second all-time indoor 400m time of 57.12 ran at the ACC Indoor Championships was good for 15th place in the conference ... third all-time outdoor 200m time of 25.55 placed her sixth at the Duke Twilight ... third all-time outdoor 400m time of 56.51 was good for third at the Duke Twilight ... ran second leg of Duke's second all-time indoor 4x400m that clocked 3:48.33 to take third at the Terrier Classic ... member of third all-time outdoor 4x400m that clocked 3:46.44 ... third leg of fifth all-time indoor 4x400m that clocked 3:50.46 ... third leg of fifth all-time outdoor 4x100m that clocked a 48.31 ... **Prep:** Three-time team MVP and South Jersey all-star ... set five school records.

Personal Bests:	
200m	25.55
400m	56.2
Honors:	
All-East Indoors	2009



Women's Bios



Prep: Four-year letter winner ... 2008 team MVP ... 2009 Baseline League Scholar Athlete ... 2008 threw a personal best 46'-2" in the shot put to place second at the USATF Jr. National Youth Outdoors ... 2008 put up a score of 4,150 in the heptathlon.

Personal Bests:	
Shot Put	46'-2"



Prep: Four-time Florida state champion in 3,200 meters ... Four-time cross country state champion ... Two-time state champion in 1,600m ... 2008 and 2009 Nike Indoor Nationals two-mile All-American ... 2007, 2008 and 2009 Footlocker finalist ... 2007 4x800m state champion.

PB Indoors:	
Two-mile.....	10:31
PB Outdoors:	
1,600m.....	4:57
5,000m.....	16:53



Prep: Two-time Delaware Runner of the Year for cross country ... Delaware Runner of the Year for indoor and outdoor track in 2009 ... 2009 Gatorade Delaware Runner of the Year for track ... State record holder in 5K and 10-mile events for cross country ... State record holder for the 800m, mile, 3,000m, 4x800m, 4x1,600m and the Distance Medley Relay in indoor track ... State record holder in 1,600m, 3,000m, 3,200m, 4x800m, 4x1,600m and Distance Medley Relay in outdoor track ... helped Tatnall High School team qualify three years for Nike Team Nationals, placing third in 2008.

PB Indoors:	
800m.....	2:14.92
1,500m.....	4:33.85
3,200m.....	10:27.11
PB Outdoors:	
800m.....	2:15.56
1,500m.....	4:37.12
1,600m.....	4:51.03



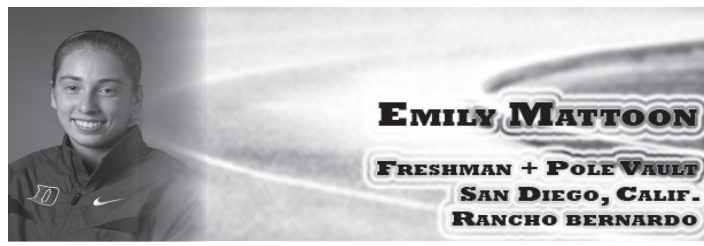
Prep: Holds school records at both Lake Oswego High School and Lakeridge High School in the javelin ... took first place at the USATF National Championships in 2007 ... placed second at the USATF National Championships in 2006 and 2008 ... placed second at OR 6A State Meet in both 2007 and 2008 ... finished fourth at OR 6A State Meet in 2009 ... an all-state selection in 2008 ... recipient of the Oregon School Activities Association Award of Excellence.

Personal Bests:	
Javelin.....	147'-5"



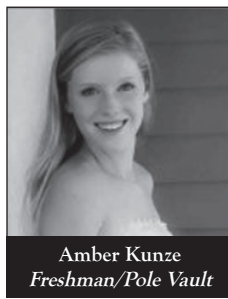
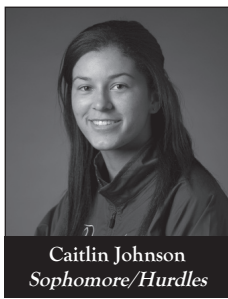
Prep: 2007 Footlocker cross-country national champion ... 2008 Footlocker cross-country runner-up ... 2008 5K Nike Outdoor National Champion ... four-time Florida state cross-country champion ... Three-time 3200m state champion ... 2007 Two-mile Nike Indoor National Champion ... 2007-2008 Gatorade National Cross-Country Runner of the Year.

PB Indoors:	
Two-Mile	10:25.41
PB Outdoors:	
1,600m.....	4:55.97
3,200m.....	10:13.45
5,000m.....	16:18.91



Prep: 2007 California State Pole Vault Champion ... 2007 San Diego Tribune Track and Field Athlete of the Year ... San Diego Hall of Champions 2007 Track and Field Athlete of the Year ... Vaulted a personal best 13'-0" at final home meet of sophomore year.

Personal Bests:	
Pole Vault.....	13'-0"





Women's Bios



Prep: 2007 and 2008 Gatorade Alabama Cross Country Runner of the Year ... 2007 Gatorade Alabama Track Runner of the Year ... 2009 Alabama High School Heisman winner ... Individual champion of Nike Team Nationals Cross Country Championships in 2007 ... 2008 and 2009 1,600m state champion ... 2008 and 2009 state champion in 3,200m ... Four-time all-state cross country team.

PB Indoors:	
Mile	4:52.70
3,200m	10:48.70
PB Outdoors:	
800m	2:14.36
1,600m	4:51.06
Two-mile	10:29.26



Prep: All-State selection in the javelin in 2008 and 2009 ... All American in the spring of 2008 ... 2008 and 2009 Bergen Meet of Champs javelin and shot put champion ... 2008 and 2009 State Meet of Champs javelin champion ... Three-year letterwinner.

Personal Bests:	
Shot Put	41'-1.75"
Discus	120'-8"
Javelin	149'-1"



Prep: 2008 Footlocker National finalist ... Three-time NCISAA state champion ... 2007-2008, 2008-2009 North Carolina Gatorade Runner of the Year ... 2009 News and Observer Athlete of the Year ... 2008 News and Observer Runner of the Year ... State champion in the 3,200m, 1,600m and 4x800m ... School record holder in 5,000m, 3,200m, 1,600m, and 4x800m.

PB Outdoors:	
1,600m	5:06
3,200m	10:56



Prep: Two-time USATF All-American in 400m hurdles ... 2006 and 2007 MAC Conference MVP ... 2007 100m hurdles state champion ... 2007 and 2008 300m hurdles state champion ... Finished third in the 400m hurdles at the 2008 USATF Youth Outdoor Track and Field Championships ... Four-year letter winner in cross country.

Personal Bests:	
400m Hurdles	61.11



Prep: 2006 State Runner-Up in 100 meters ... Region champion in 100 meters in 2006, 2007, and 2009 ... Team MVP freshman year ... Team Most Valuable Sprinter in 2009.

Personal Bests:	
100m	11.83
200m	24.13



Prep: 2008 Gatorade Pennsylvania Cross Country Runner of the Year ... 2008 PIAA State Champion in Cross Country ... 2008 PTFCA Cross Country Runner of the Year ... 2008 first-team all-state cross country ... 2008 and 2009 PIAA State Champion 4x800m relay ... Fourth place at 2008 Nike Outdoor National in the 5,000m ... Four-year letterwinner in both cross country and track and field.

PB Outdoors:	
1,600m	5:07.79
3,000m	10:10.17
3,200m	10:47.86





CROSS COUNTRY

2008 IC4A MEN'S CROSS COUNTRY CHAMPIONS



NATIONALLY RANKED FOR 10 CONSECUTIVE YEARS



2008 Men's Cross Country Recap

Aug. 29 - Wake Forest Relays

Wake Forest University, Winston-Salem, N.C.

14K (two-person teams, four legs of 3.5K) - 1st/5 Teams, 11 Points

Stephen Clark/Bo Waggoner	2nd	45:38
Tradelle Ward/Cory Nanni	4th	46:25
Andrew Brodeur/Josh Lund	5th	46:27
James Osborne/Ryan McDermott	7th	47:33
Ken Sullivan/Josh Brewer	8th	47:34
Guillermo Echarte/Geary Gubbins	9th	47:35

Sept. 6 - Lou Onesty Invitational

Panorama Farms, University of Virginia, Charlottesville, Va.

8K - 60 athletes - 2nd/5 teams, 36 points

Josh Lund	5th	24:58.85
James Kostelnik	7th	25:16.02
Bo Waggoner	8th	25:18.43
Tradelle Ward	10th	25:22.34
Andrew Brodeur	11th	25:23.97
James Osborne	12th	25:27.12
Geary Gubbins	15th	25:32.68
Stephen Clark	16th	25:36.86
Josh Brewer	17th	25:43.60
Cory Nanni	23th	25:57.90
Ken Sullivan	27th	26:07.57
Ryan McDermott	35th	26:28.50
Guillermo Echarte	41st	26:44.92
Johns Ros	51st	27:37.41

Sept. 27 - Roy Griak Invitational

University of Minnesota, St. Paul, Minn.

8K - 229 athletes - 8th/25 teams, 226 points

James Osborne	38th	25:15
Andrew Brodeur	42nd	25:17
Bo Waggoner	49th	25:20
Tradelle Ward	50th	25:21
Cory Nanni	69th	25:40
Josh Lund	84th	25:54
Ryan McDermott	91st	25:57
Stephen Clark	106th	26:01
Josh Brewer	107th	26:02
Geary Gubbins	170th	27:08
Ken Sullivan	175th	27:19

Oct. 6 - Hagan Stone Park XC Classic

Hagan Stone Park, Greensboro, N.C.

8K - 173 athletes - DNS

Johns Ross	2nd	25:56
Guillermo Echarte	5th	26:09
Isaac Dunkelberger	14th	26:50
Kevin McDermott	22nd	27:16

Oct. 17 - Blue Ridge Open

Appalachian State University, Boone, N.C.

8K - 210 athletes - 3rd/26 teams, 62 points

Bo Waggoner	5th	24:38
James Osborne	18th	25:11
Tradelle Ward	20th	25:16
Joshua Lund	24th	25:25
Cory Nanni	27th	25:28
Josh Brewer	32nd	25:35
Stephen Clark	46th	25:53
Ryan McDermott	64th	26:13

Nov. 1 - ACC Championships

University of North Carolina, Chapel Hill, N.C.

8K - 103 athletes - 5th/12 teams, 127 points

Bo Waggoner	10th	24:39.6
Cory Nanni	25th	25:16.8
Stephen Clark	28th	25:26.6
Josh Brewer	31st	25:32.3

Andrew Brodeur	33rd	25:34.8
James Osborne	42nd	25:44.5
Tradelle Ward	44th	25:46.3
Johns Ross	46th	25:48.7
Joshua Lund	63rd	26:18.3
Ryan McDermott	68th	26:25.5

Nov. 8 - Wolfpack Invitational

N.C. State University - Cary, N.C.

5K - 42 athletes - 1st place/5 teams, 25 points

Joshua Lund	2nd	15:04
Ryan McDermott	4th	15:18
James Kostelnik	7th	15:29
Ken Sullivan	12th	15:55
Guillermo Echarte	15th	16:07

Nov. 15 - NCAA Southeast Regional

Tanglewood State Park - Clemmons, N.C. (Wake Forest)

10K - 212 athletes - 4th place/29 teams, 146 points

Bo Waggoner	11th	30:43
James Osborne	24th	31:27
Tradelle Ward	32nd	31:39
Josh Brewer	39th	31:47
Andrew Brodeur	40th	31:51
Cory Nanni	45th	32:04
Stephen Clark	109th	33:26

Nov. 22 - IC4A Championships

Van Cortlandt Park - Bronx, N.Y. (Fordham University)

5 Miles - 129 athletes - 1st place/15 teams, 48 points

Andrew Brodeur	6th	25:29
James Osborne	8th	25:33
Cory Nanni	9th	25:35
Tradelle Ward	10th	25:38
Josh Brewer	15th	25:42
Ryan McDermott	17th	25:43
James Kostelnik	24th	25:52
Ken Sullivan	26th	25:54

Nov. 24 - NCAA Championships

Wabash Valley Family Sports Center - Terre Haute, Ind.

(Indiana State University)

10K - 252 athletes - DNS

Bo Waggoner	135th	31:09
-------------	-------	-------

NINE NCAA APPEARANCES

Year	Finish
1957	16th place
1958	13th place
1970	17th place
1971	12th place
1974	11th place
1977	28th place
1998	26th place
2000	31st place
2001	14th place

THE OGILVIE FILE

Year	Record
2000	133-44
2001	133-30
2002	69-33
2003	84-42
2004	86-25
2005	107-21
2006	62-48-1
2007	56-28
2008	96-17
Career	826-288-1

SEVEN ACC TITLES

1958, 1959, 1970, 1973, 1975, 1977, 2000

2008 Women's Cross Country Recap

Aug. 29 - Wake Forest Relays

Wake Forest University, Winston-Salem, N.C.

10K (two-person teams ran four legs of 2.5K)- DNS

Jessica Davlin/Anna Farias-Eisner.....	5th.....	38:12
Amanda Patterson/Mary Carleton Johnston...	6th.....	38:25

Sept. 27 - Roy Griak Invitational

University of Minnesota, Minneapolis, Minn.

6K - 222 athletes - 4th/23 teams, 105 points

Carly Seymour.....	7th.....	21:39.3
Emily Schwitzer.....	12th.....	21:45.4
Maddie McKeever.....	22nd.....	22:01.0
Kate Van Buskirk.....	31st.....	22:14.2
Christy Adamyk.....	37th.....	22:23.5
Suejin Ahn.....	45th.....	22:29.4
Anna Farias-Eisner.....	68th.....	22:59.6
Patricia Loughlin.....	122nd.....	23:48.5

Oct. 4 - Murray Keatinge Invitational

University of Maine, Orono, Maine

5K - 88 athletes - 1st/7 teams, 46 points

Molly Lehman.....	4th.....	18:11.34
Amanda Patterson.....	5th.....	18:13.05
Allison Damon.....	8th.....	18:19.28
Virginia Hine.....	11th.....	18:24.99
Mary Carleton Johnston.....	18th.....	18:33.26
Esther Vermeer.....	22nd.....	18:39.49
Devotia Moore.....	46th.....	19:16.11
Leslie Morrison.....	51st.....	19:27.81

Oct. 17 - Penn State Invitational

Penn State University, University Park, Pa.

6K - 300 athletes - 4th/28 teams, 154 points

Carly Seymour.....	11th.....	21:01
Emily Schwitzer.....	32nd.....	21:23
Suejin Ahn.....	33rd.....	21:24
Christy Adamyk.....	40th.....	21:32
Anna Farias-Eisner.....	43rd.....	21:42
Molly Lehman.....	48th.....	21:48
Patricia Loughlin.....	58th.....	21:55
Esther Vermeer.....	74th.....	22:13
Amanda Patterson.....	78th.....	22:16
Mary Carleton Johnston.....	84th.....	22:23
Allison Damon.....	85th.....	22:24
Priya Khatri.....	131st.....	23:01
Devotia Moore.....	146th.....	23:14
Jessica Davlin.....	166th.....	23:33
Rachel Provost.....	205th.....	24:02
Cydney Ross.....	216th.....	24:07
Leslie Morrison.....	232nd.....	24:20
Katie Apibunyopas.....	262nd.....	25:02

Nov. 1 - ACC Championships

University of North Carolina, Chapel Hill, N.C.

6K - 105 athletes - T4th/12 teams, 124 points

Emily Schwitzer.....	18th.....	21:26.7
Suejin Ahn.....	19th.....	21:26.9
Kate Van Buskirk.....	26th.....	21:37.6
Carly Seymour.....	28th.....	21:39.6
Christy Adamyk.....	33rd.....	21:45.9
Molly Lehman.....	40th.....	21:57.4
Amanda Patterson.....	46th.....	22:05.2
Patricia Loughlin.....	55th.....	22:24.6
Esther Vermeer.....	67th.....	22:48.1
Anna Farias-Eisner.....	90th.....	23:32.3

Nov. 8 - Wolfpack Invitational

N.C. State University - Cary, N.C.

5K - 51 athletes - 1st place/5 teams, 15 points

Anna Farias-Eisner.....	5th.....	18:11
Allison Damon.....	6th.....	18:27
Patricia Loughlin.....	8th.....	18:30
Mary Carleton Johnston.....	9th.....	18:30
Esther Vermeer.....	10th.....	18:35
Virginia Hine.....	13th.....	18:50
Priya Khatri.....	14th.....	18:54
Devotia Moore.....	15th.....	18:59
Leslie Morrison.....	19th.....	19:29
Katie Apibunyopas.....	27th.....	20:25
Cydney Ross.....	28th.....	20:26

Nov. 15 - NCAA Southeast Regional

Tanglewood State Park - Clemmons, N.C. (Wake Forest)

6K - 231 athletes - 4th place/33 teams - 171 points

Carly Seymour.....	26th.....	21:48
Emily Schwitzer.....	29th.....	21:50
Amanda Patterson.....	37th.....	21:58
Christy Adamyk.....	39th.....	22:02
Suejin Ahn.....	40th.....	22:02
Molly Lehman.....	73rd.....	22:38
Kate Van Buskirk.....	92nd.....	22:55

Nov. 22 - ECAC Championships

Van Cortlandt Park - Bronx, N.Y. (Fordham University)

5K - 97 athletes - 9th place/11 teams - 203 points ('B' team)

Mary Carleton Johnston.....	25th.....	18:45
Patricia Loughlin.....	35th.....	19:00
Anna Farias-Eisner.....	40th.....	19:02
Esther Vermeer.....	50th.....	19:14
Virginia Hine.....	62nd.....	19:26
Allison Damon.....	65th.....	19:33
Priya Khatri.....	79th.....	19:56
Devotia Moore.....	86th.....	20:15

SEVEN NCAA APPEARANCES

Year	Finish
1999.....	25th place
2000.....	24th place
2002.....	17th place
2003.....	20th place
2004.....	2nd place
2005.....	3rd place
2006.....	10th place
2007.....	24th place

THE JERMYN FILE

Year.....	Record
2003.....	106-45
2004.....	142-3
2005.....	162-2
2006.....	115-16
2007.....	75-34
2008.....	91-17-1
Career.....	681-117-1

TWO ACC TITLES

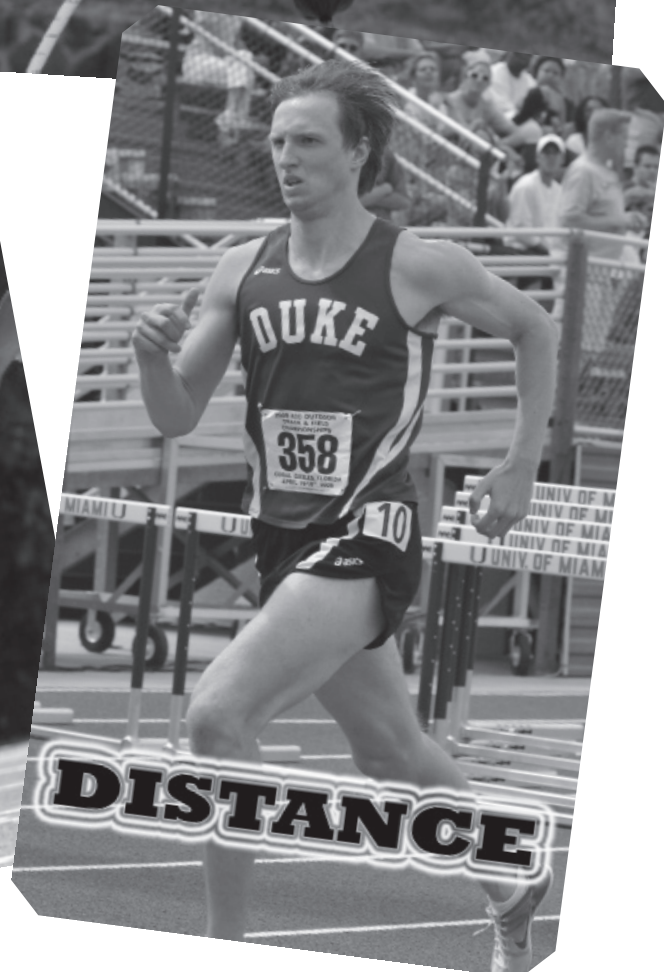
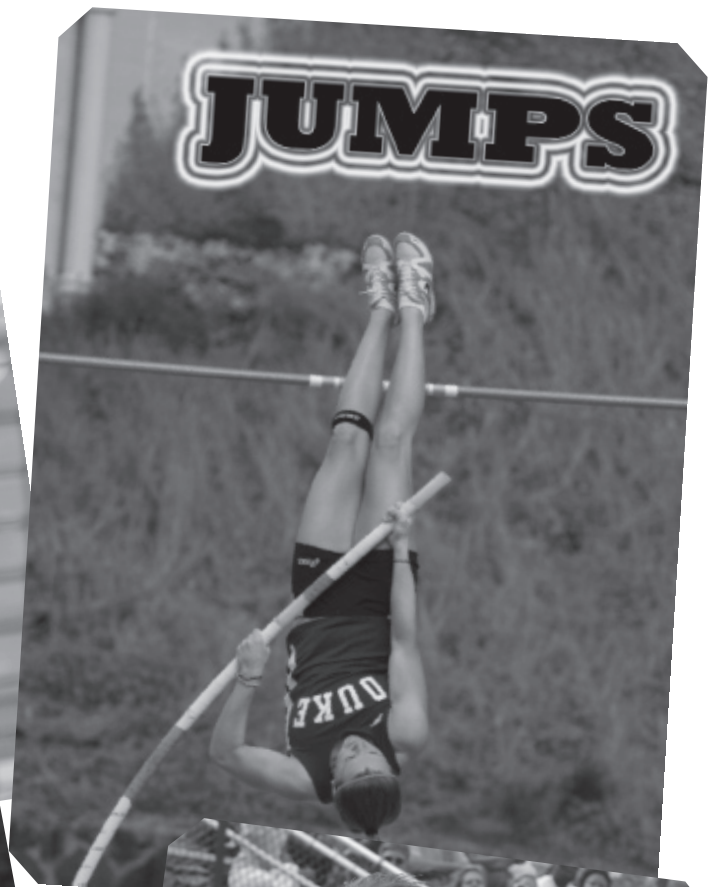
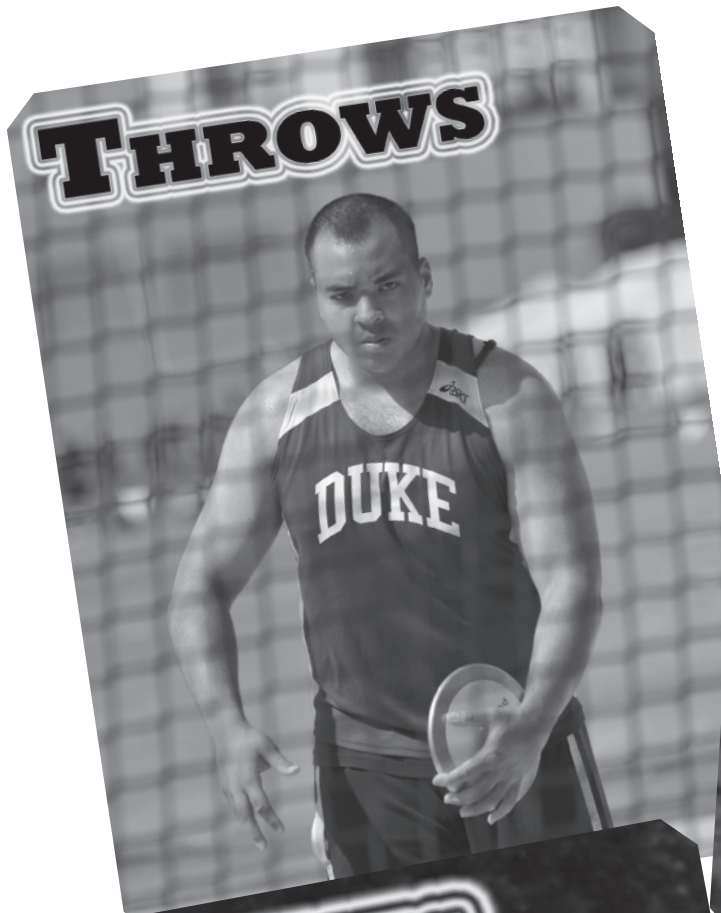
2004, 2005

TWO NCAA SOUTHEAST REGIONAL TITLES

2004, 2005



Track & Field



2009 Men's Indoor Track Highlights

Time	Event	Name	Place
Jan. 10, Tar Heel Invitational; Chapel Hill, N.C.			
4:16.21	Mile	Cory Nanni	1st
4:21.21	Mile	Ken Sullivan	3rd
8:29.57	3,000m	Ryan McDermott	1st
8:33.05	3,000m	Andrew Brodeur	3rd
8:33.40	3,000m	Stephen Clark	4th
8:34.92	3,000m	Will Smith	5th
3:24.13	4x400m	Duncanson, Bowler, Moreno, Rowland	4th
10:11.81	DMR	Pierson, Bowler, R. McDermott, Waggoner	1st
6-6.25	HJ	Tyler Clarke	4th
6-6.25	HJ	Mike Kotecki	7th
23-11.75	LJ	Jade Ellis	1st
15-1	PV	Pat Tenbrink	4th
52-11	SP	Michael Barbas	2nd
49-11.75	SP	Mike Schallmo	3rd
43-2.5	WT	Mike Schallmo	3rd

Jan. 23-24, Terrier Classic; Boston, Mass.			
1:04.48	500m	Sam Bowler	7th
2:25.09	1,000m	Cory Nanni	2nd
2:28.58	1,000m	Brendon Pierson	6th
4:10.96	Mile	R. McDermott	13th
4:11.22	Mile	S. Clark	14th
8:10.62	3,000m	Bo Waggoner	9th
9:57.96	DMR	Nanni, Duncanson, Rowland, R. McDermott	1st
23-7.5	LJ	Jade Ellis	2nd
15-9	PV	Sid Palas	1st
53-7.75	SP	Michael Barbas	3rd

Feb. 6-7, Armory Collegiate; New York, N.Y.			
2:26.89	1,000m	Cory Nanni	4th
8:16.92	3,000m	Ryan McDermott	3rd
14:21.76	5,000m	Bo Waggoner	3rd
14:35.67	5,000m	Andrew Brodeur	10th
14:39.34	5,000m	James Osborne	14th
3:18.64	4x400m	Bowler, Duncanson, Moreno, Clark	4th



7:39.44	4x800m	Pierson, Clark, Nanni, R. McDermott	4th
23-11.75	LJ	Jade Ellis	6th
15-9	PV	Sid Palas	9th
50-3.25	TJ	Jade Ellis	12th

Feb. 20-21, Virginia Tech Challenge; Blacksburg, Va.			
4:04.21	Mile	Cory Nanni	2nd
25-2.75	LJ	Jade Ellis	3rd
48-10	TJ	Jade Ellis	2nd
52-0	SP	Michael Barbas	6th
51-9.75	SP	Mike Schallmo	7th
52-2	WT	Mike Schallmo	5th

Feb. 26-28, ACC Indoor Championships; Blacksburg, Va.			
1:53.42	800m	Chris Rowland	8th (pre)
1:53.97	800m	Chris Rowland	7th (finals)
4:04.97	Mile	Cory Nanni	7th (finals)
4:11.13	Mile	Cory Nanni	6th (pre)
8:18.02	3,000m	Bo Waggoner	8th
14:31.67	5,000m	Bo Waggoner	9th
9:56.35	DMR	Pierson, Bowler, Nanni, R. McDermott	4th
24-10	LJ	Jade Ellis	4th
49-8.5	TJ	Jade Ellis	5th
55-9	SP	Michael Barbas	6th
52-8.25	SP	Mike Schallmo	9th
55-9.25	WT	Mike Schallmo	6th
5,402	Heptathlon	Tyler Clarke	6th

March 7-8, IC4A Championships; Boston, Mass.			
4:10.67	Mile	Cory Nanni	3rd (pre)
4:04.72	Mile	Cory Nanni	1st (finals)
4:08.77	Mile	Ryan McDermott	10th (pre)
4:09.72	Mile	Ryan McDermott	7th (finals)
8:11.20	3,000m	Bo Waggoner	5th
14:28.81	5,000m	James Osborne	10th
14:35.00	5,000m	Andrew Brodeur	14th
7:33.32	4x800m	Oswald, Rowland, Nanni, R. McDermott	7th (finals)
7:37.24	4x800m	Pierson, Rowland, Oswald, R. McDermott	8th (pre)
9:55.92	DMR	Sullivan, Duncanson, Clark, Smith	7th (pre)
9:59.93	DMR	Sullivan, Bowler, Clark, Waggoner	7th (finals)
52-0	SP	Michael Barbas	13th

2009 Women's Indoor Track Highlights

Time	Event	Name	Place
Jan. 10, Tar Heel Invitational; Chapel Hill, N.C.			
58.51	400m	Nicole Ragucci	6th
2:15.01	800m	Cydney Ross	3rd
4:54.71	Mile	Anna Farias-Eisner	1st
5:08.06	Mile	M.C. Johnston	3rd
9:54.87	3,000m	Molly Lehman	1st
10:02.72	3,000m	Suejin Ahn	2nd
3:58.78	4x400m	Ontko, Ragucci, Whitehead, Morrison	3rd
12:14.59	DMR	Vermeer, Whitehead, Seibert, Loughlin	3rd
5-3	HJ	Karolina Haraldsdottir	3rd
11-11.75	PV	Cassie Ludwig	2nd
11-5.75	PV	Anne Marie Gordon	3rd
17-6.5	LJ	Kelsey Onkto	5th

Jan. 23-24, Terrier Classic; Boston, Mass.

57.68	400m	Nicole Ragucci	7th
57.77	400m	Brittany Whitehead	9th
1:13.67	500m	Cydney Ross	1st
2:14.38	800m	Devotia Moore	6th
2:51.75	1,000m	Virginia Hine	6th
4:47.68	Mile	Molly Lehman	2nd
9:48.02	3,000m	Patricia Loughlin	13th
9:49.72	3,000m	Suejin Ahn	14th
17:24.04	5,000m	Christy Adamyk	10th
3:48.23	4x400m	Ragucci, Whitehead, Ontko, Ross	1st
8:52.90	4x800m	Moore, Morrison, Hine, Lehman	1st
11:47.91	DMR	Ahn, Ross, Hine, Loughlin	3rd
12-9.5	PV	Amy Fryt	1st
11-5.75	PV	Anne Marie Gordon	4th

Jan. 30, Carolina Classic; Chapel Hill, N.C.

3,436	Pentathlon	Karolina Haraldsdottir	5th
-------	------------	------------------------	-----

Feb. 6-7, Armory Collegiate; New York, N.Y.

1:15.78	500m	Nicole Ragucci	11th
2:11.70	800m	Cydney Ross	12th
2:13.33	800m	Devotia Moore	16th
2:54.05	1,000m	Anna Farias-Eisner	2nd
2:55.02	1,000m	Leslie Morrison	5th
4:42.44	Mile	Molly Lehman	5th (champ)
4:54.50	Mile	Patricia Loughlin	3rd (college)
5:00.90	Mile	M.C. Johnston	11th (college)
10:02.57	3,000m	M.C. Johnston	7th
10:05.56	3,000m	Christy Adamyk	8th
9:14.78	4x800m	Apibunyopas, Vermeer, Loughlin, Doswell	5th
11:29.57	DMR	Hine, Moore, Ross, Lehman	8th
12-5.5	PV	Amy Fryt	16th (champ)
12-3.5	PV	Anne Marie Gordon	1st (college)
12-3.5	PV	Cassie Ludwig	1st (college)

Feb. 20-21, Virginia Tech Challenge; Blacksburg, Va.

2:11.12	800m	Devotia Moore	2nd
2:13.22	800m	Cydney Ross	3rd
2:13.25	800m	Leslie Morrison	4th

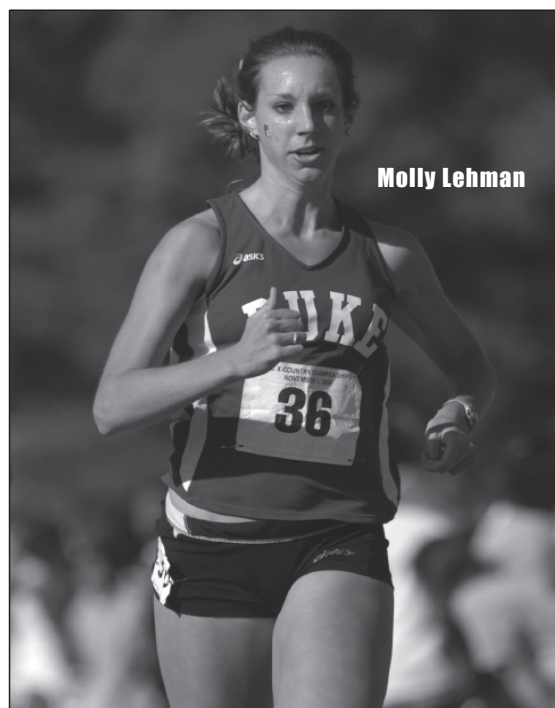
2:54.59	1000m	Esther Vermeer	2nd
4:49.81	Mile	Anna Farias-Eisner	4th
4:56.10	Mile	Suejin Ahn	7th
4:59.29	Mile	Virginia Hine	11th
9:57.38	3000m	Christy Adamyk	4th
12-11.5	PV	Amy Fryt	T-3rd

Feb. 26-28, ACC Indoor Championships; Blacksburg, Va.

2:11.70	800m	Cydney Ross	10th
4:43.35	Mile	Molly Lehman	3rd (finals)
4:46.02	Mile	Anna Farias-Eisner	6th (finals)
4:52.13	Mile	Anna Farias-Eisner	1st (prelims)
4:59.97	Mile	Molly Lehman	3rd (prelims)
17:02.02	5,000m	Patricia Loughlin	6th
17:02.63	5,000m	Christy Adamyk	7th
11:44.86	DMR	Morrison, Ragucci, Moore, Hine	6th
13-1.5	PV	Amy Fryt	T-2nd
3,688	Pentathlon	Karolina Haraldsdottir	8th

March 7-8, ECAC Championships; Boston, Mass.

2:51.02	1,000m	Virginia Hine	3rd (prelims)
2:51.04	1,000m	Leslie Morrison	5th (prelims)
2:51.52	1,000m	Esther Vermeer	3rd (finals)
2:52.78	1,000m	Esther Vermeer	6th (prelims)
2:53.15	1,000m	Leslie Morrison	6th (finals)
4:47.75	Mile	Anna Farias-Eisner	1st (finals)
4:49.84	Mile	Patricia Loughlin	3rd (finals)
4:55.02	Mile	Patricia Loughlin	2nd (prelims)
4:55.58	Mile	Anna Farias-Eisner	3rd (prelims)
11:39.90	DMR	Schwitzer, Whitehead, Moore, Lehman	1st (finals)
13-1.5	PV	Amy Fryt	1st
12-9.5	PV	Cassie Ludwig	4th
3,610	Pentathlon	Karolina Haraldsdottir	3rd



2009 Men's Outdoor Track Highlights

Time	Event	Name	Place
March 21-22, Wake Forest Open; Winston-Salem, N.C.			
1:53.00	800m	Chris Rowland	4th
8:33.30	3,000m	Ken Sullivan	3rd
15-1	PV	Tony Shirk	3rd
14-7.25	PV	Sid Palas	4th
23-7.25	LJ	Jade Ellis	1st
51-8.5	SP	Mike Schallmo	3rd
160-8	Discus	Mike Schallmo	3rd
196-8	Javelin	Bobby Weinstein	2nd
196-8	Javelin	John Austin	3rd

March 27-28, Raleigh Relays; Raleigh, N.C.			
7:30.16	4x800m	Clark, Rowland, Nanni, R. McDermott	2nd
15:28.45	4x1,500m	Clark, McDermott, Nanni, Waggoner	1st
15-7	PV	Tony Shirk	4th
23-5.5	LJ	Jade Ellis	4th
52-7.5	SP	Michael Barbas	7th
170-2	Discus	Mike Schallmo	2nd

April 3-4, Duke Invitational; Durham, N.C.			
3:51.71	1,500m	Cory Nanni	5th
8:25.57	3,000m	James Kostelnik	2nd
8:36.72	3,000m	Ken Sullivan	4th
14:24.85	5,000m	Bo Waggoner	1st
14.75	110mH	Tyler Clarke	4th (finals)
15.02	110mH	Tyler Clarke	4th (prelims)
54.22	400mH	Mario Moreno	4th
9:00.23	Steeplechase	Ryan McDermott	5th
42.98	4x100m	Moorman, Duncanson, Bowler, Ellis	3rd
7:35.83	4x800m	Clark, Oswald, Rowland, Nanni	1st
7:47.64	4x800m	Kostelnik, Lund, Waggoner, Pierson	2nd
15-7	PV	Tony Shirk	6th
25-0.5	LJ	Jade Ellis	1st
49-5.5	TJ	Jade Ellis	1st
52-5.5	SP	Michael Barbas	5th
52-1.75	SP	Mike Schallmo	6th
167-6	Discus	Mike Schallmo	3rd
209-11	Javelin	John Austin	1st
202-7	Javelin	Bobby Weinstein	3rd

April 11, UNC Invitational; Chapel Hill, N.C.			
3:51.58	1,500m	Joshua Lund	4th
3:52.38	1,500m	Stephen Clark	5th
43.01	4x100m	Moorman, Duncanson, Bowler, Ellis	3rd
15-7	PV	Tony Shirk	3rd
15-1	PV	Jonathan Bednarz	5th
53-3.5	SP	Michael Barbas	2nd
201-8	Javelin	Bobby Weinstein	1st

April 16-18, ACC Outdoor Championships; Coral Gables, Fla.			
3:46.18	1,500m	Cory Nanni	6th (finals)
3:51.95	1,500m	Cory Nanni	8th (prelims)
14:27.82	5,000m	Bo Waggoner	7th
8:56.45	Steeplechase	Ryan McDermott	1st
42.10	4x100m	Moorman, Duncanson, Bowler, Ellis	8th
16-0.75	PV	Tony Shirk	6th
25-6	LJ	Jade Ellis	1st
51-11.75	TJ	Jade Ellis	2nd
54-7.5	SP	Michael Barbas	7th
54-0	SP	Mike Schallmo	9th
163-10	HT	Mike Schallmo	7th
173-3	Discus	Mike Schallmo	5th
219-9	Javelin	John Austin	3rd
202-2	Javelin	Bobby Weinstein	6th
7,326	Decathlon	Tyler Clarke	3rd

April 23-25, Penn Relays; Philadelphia, Pa.			
14:28.38	5,000m	James Kostelnik	3rd
7:31.92	4x800m	Oswald, R. McDermott, Clark, Nanni	4th
16:32.40	4xMile	Lund, R. McDermott, Waggoner, Nanni	6th
15-9	PV	Tony Shirk	3rd
24-10.5	LJ	Jade Ellis	6th
53-7.75	SP	Michael Barbas	6th
53-0	SP	Mike Schallmo	7th
197-7	Javelin	John Austin	8th

May 3, Duke Twilight; Durham, N.C.			
49.50	400m	Caleb Duncanson	4th
1:52.00	800m	Chris Rowland	3rd
1:55.77	800m	Sean Pat Oswald	5th
3:47.42	1,500m	Cory Nanni	2nd
3:51.31	1,500m	Joshua Lund	4th
3:51.68	1,500m	Stephen Clark	5th
14:37.63	5,000m	Bo Waggoner	1st
14:40.25	5,000m	Andrew Brodeur	2nd
14.98	110mH	Tyler Clarke	5th
9:20.09	Steeplechase	Will Smith	1st
15-9	PV	Tony Shirk	2nd
15-3	PV	Jonathan Bednarz	4th
14-9	PV	Tyler Clarke	5th
53-5.75	SP	Mike Schallmo	2nd
53-2.75	SP	Michael Barbas	3rd
43-3.75	SP	David Piccirilli	5th
167-3	HT	Mike Schallmo	4th
149-3	Discus	Michael Barbas	4th
140-5	Javelin	Tyler Clarke	3rd

May 8, UNC Elite; Chapel Hill, N.C.			
3:43.81	1500m	Cory Nanni	2nd
3:15.54	4x400m	Bowler, Clarke, Duncanson, Troxell	4th
54-1.25	SP	Michael Barbas	5th
53-11.75	SP	Mike Schallmo	6th
165-1	HT	Mike Schallmo	6th
162-1	Discus	Mike Schallmo	4th
209-8	Javelin	John Austin	1st

May 15-17, IC4A Championships; Princeton, N.J.			
3:46.07	1,500m	Cory Nanni	5th (prelims)
3:49.54	1,500m	Cory Nanni	1st (finals)
8:52.36	Steeplechase	Ryan McDermott	5th
7:27.44	4x800m	Lund, Clark, Rowland, Nanni	4th (finals)
7:30.33	4x800m	Sullivan, Lund, Clark, Rowland	3rd (prelims)
15-9	PV	Tony Shirk	9th
25-1.25	LJ	Jade Ellis	2nd
48-5.25	TJ	Jade Ellis	9th

May 29-30, NCAA East Regional; Greensboro, N.C.			
3:43.09	1,500m	Cory Nanni	7th (finals)
3:46.97	1,500m	Cory Nanni	7th (prelims)
24-3.75	LJ	Jade Ellis	3rd

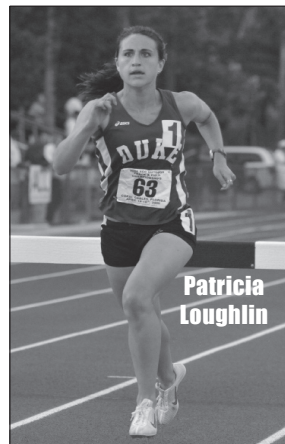
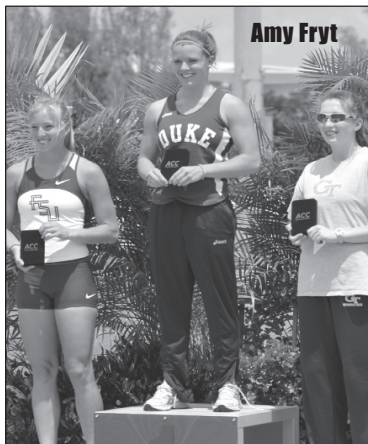
June 10-13, NCAA Outdoor Championships; Fayetteville, Ark.			
25-3.5	LJ	Jade Ellis	15th
7,285	Decathlon	Tyler Clarke	18th

June 25-28, USATF Outdoor Championships, Eugene, Ore.			
3:46.07	1,500m	Cory Nanni	26th (pre)
24-11	LJ	Jade Ellis	19th (pre)
3:53.62	1,500m (Jr)	Steve Clark	9th (pre)
3:55.81	1,500m (Jr)	Steve Clark	9th (final)
62-2.25	SP (Jr, 6kg)	Mike Barbas	5th (final)

2009 Women's Outdoor Track Highlights

Time	Event	Name	Place
March 21-22, Wake Forest Open; Winston-Salem, N.C.			
4:33.35	1,500m	Emily Schwitzer	2nd
9:53.09	3,000m	Christy Adamyk	2nd
10:13.40	3,000m	M.C. Johnston	4th
18:03.33	5,000m	Carly Seymour	6th
3:52.76	4x400m	Ontko, Ragucci, Moore, Vermeer	6th
11-11.75	PV	Amy Fryt	1st
10-11.75	PV	Anne Marie Gordon	6th
10-11.75	PV	Sally Liu	7th
150-5	Javelin	Amy Matulewicz	1st

March 27-28, Raleigh Relays; Raleigh, N.C.			
2:12.18	800m	Leslie Morrison	7th
4:31.86	1,500m	Emily Schwitzer	6th
12-3.5	PV	Amy Fryt	1st
11-5.75	PV	Sally Liu	5th



April 3-4, Duke Invitational; Durham, N.C.			
2:08.00	800m	Molly Lehman	4th
2:11.10	800m	Devotia Moore	6th
4:20.40	1,500m	Molly Lehman	1st
4:32.08	1,500m	Patricia Loughlin	7th
10:28.42	3,000m	Priya Khatri	5th
17:57.36	5,000m	Carly Seymour	6th
48.85	4x100m	Ontko, Whitehead, Ragucci, Anglin-Stone	5th
12-11.5	PV	Amy Fryt	1st
11-9.75	PV	Sally Liu	3rd
11-9.75	PV	Anne Marie Gordon	7th
140-0	Javelin	Amy Matulewicz	2nd

April 11, UNC Invitational; Chapel Hill, N.C.			
2:15.31	800m	Katie Apibunyopas	6th
1:05.51	400mH	Wendy Jaglom	7th
10:51.61	Steeplechase	Patricia Loughlin	1st
11:29.13	Steeplechase	Mary Carleton Johnston	3rd
12-11.5	PV	Amy Fryt	1st
12-1.5	PV	Cassie Ludwig	4th
11-7.75	PV	Sally Liu	7th

April 16-18, ACC Outdoor Championships; Coral Gables, Fla.			
2:11.06	800m	Devotia Moore	7th (finals)
2:11.57	800m	Devotia Moore	7th (prelims)
4:21.11	1,500m	Molly Lehman	2nd (finals)
4:33.84	1,500m	Esther Vermeer	8th (finals)
4:33.85	1,500m	Molly Lehman	5th (prelims)
4:36.09	1,500m	Esther Vermeer	9th (prelims)
17:36.76	5,000m	Suejin Ahn	11th (finals)
36:07.13	10,000m	Christy Adamyk	3rd

10:23.74	Steeplechase	Patricia Loughlin	3rd
48.31	4x100m	Ontko, Ragucci, Whitehead, Moore	9th
13-3.35	PV	Amy Fryt	1st

April 23-25, Penn Relays; Philadelphia, Pa.			
16:37.00	5,000m	Christy Adamyk	11th
8:50.95	4x800m	Vermeer, Loughlin, Ahn, Schwitzer	2nd
18:36.96	4x1,500m	Vermeer, Loughlin, Ahn, Schwitzer	5th
11:28.14	DMR	Lehman, Whitehead, Moore, Loughlin	6th
12-7.5	PV	Amy Fryt	4th

May 3, Duke Twilight; Durham, N.C.			
12.90	100m	Deirdra Anglin-Stone	3rd
25.55	200m	Brittany Whitehead	6th
25.56	200m	Nicole Ragucci	7th
56.51	400m	Brittany Whitehead	3rd
57.49	400m	Nicole Ragucci	5th
2:10.96	800m	Leslie Morrison	4th
2:12.48	800m	Esther Vermeer	6th
2:13.30	800m	Devotia Moore	7th
17:19.80	5,000m	Carly Seymour	1st
15.54	100mH	Wendy Jaglom	3rd
16.26	100mH	Caitlin Johnson	4th
1:05.74	400mH	Wendy Jaglom	3rd
11-11.75	PV	Amy Fryt	1st

May 8, UNC Elite; Chapel Hill, N.C.			
2:08.95	800m	Esther Vermeer	2nd
2:09.02	800m	Leslie Morrison	3rd
2:09.07	800m	Devotia Moore	4th
4:17.84	1,500m	Molly Lehman	1st
12-1.5	PV	Amy Fryt	4th

May 15-17, ECAC Championships; Princeton, N.J.			
2:10.54	800m	Esther Vermeer	12th (prelims)
2:14.51	800m	Esther Vermeer	7th (finals)
4:21.41	1,500m	Molly Lehman	1st (finals)
4:24.38	1,500m	Molly Lehman	3rd (prelims)
17:02.26	5,000m	Carly Seymour	8th
35:57.79	10,000m	Christy Adamyk	1st
10:09.77	Steeplechase	Patricia Loughlin	2nd
8:44.11	4x800m	Apibunyopas, Moore, Morrison, Lehman	1st (finals)
8:57.67	4x800m	Apibunyopas, Doswell, Schwitzer, Loughlin	4th (prelims)
11-11.75	PV	Amy Fryt	8th

May 29-30, NCAA East Regional; Greensboro, N.C.			
2:10.49	800m	Devotia Moore	11th (prelims)
2:12.43	800m	Leslie Morrison	19th (prelims)
2:15.15	800m	Esther Vermeer	23rd (prelims)
4:20.58	1,500m	Molly Lehman	5th (prelims)
10:10.61	Steeplechase	Patricia Loughlin	2nd

June 10-13, NCAA Outdoor Championships; Fayetteville, Ark.			
4:15.19	1,500m	Molly Lehman	7th (finals)
4:17.20	1,500m	Molly Lehman	8th (prelims)
10:15.56	Steeplechase	Patricia Loughlin	10th (finals)
10:08.26	Steeplechase	Patricia Loughlin	12th (prelims)

June 25-28, USATF Outdoor Championships, Eugene, Ore.			
4:12.13	1,500m	Molly Lehman	8th (finals)
4:16.54	1,500m	Molly Lehman	12th (prelims)
10:21.77	3K Steeple	Patricia Loughlin	18th (prelims)
17:33.29	5,000m (Jr)	Carly Seymour	5th (final)

Men's Indoor Records

60-METERS

6.74c	Randy Jones	1992
6.84c	Dave Sime	1956
6.84c	Lamar Grant	1997
6.97	Ben Kittleson	2004
7.02	Khary Sharpe	2004

200-METERS

21.63	Daniel King	2007
21.83	Lamar Grant	2000
21.93	Ben Kittleson	2004
22.02	Randy Jones	1992
22.60	Charles London	1996

400-METERS

47.61	Daniel King	2007
48.90	Matt Danforth	2008
49.10	Peter Lewellen	2008
49.30c	Mike Murphy	1971
49.51	David Maloney	2001

500-METERS

1:03.42	Peter Lewellen	2006
1:04.04	Jesse Allen	1999
1:04.41	Matt Danforth	2007
1:04.48	Sam Bowler	2009
1:04.69	Nick Trombold	2006

800-METERS

1:52.30	Bill Spierdowis	2001
1:52.43	Chris Rowland	2006
1:52.50	Ian Cronin	2005
1:52.68	Kyle Leonard	1998
1:53.08	Brian McCulley	1998

1,000-METERS

2:22.20	Bob Wheeler	1971
2:25.09	Cory Nanni	2009
2:25.77	John Brockardt	2008
2:26.17	Brendan Fitzgibbon	1999
2:26.49	Casey Reardon	2004

MILE

4:00.70	Bob Wheeler	1973
4:04.21	Cory Nanni	2009
4:06.99	Chris Spooner	2007
4:07.40	Nick Schneider	2002
4:07.75	Bill Spierdowis	2000

3,000-METERS

8:10.62	Bo Waggoner	2009
8:11.48	Chris Spooner	2008
8:14.47	Nick Schneider	2004
8:16.92	Ryan McDermott	2009
8:17.58	Jared Moore	2003

5,000-METERS

14:14.20	Michael Hatch	2003
14:17.90	Sean Kelly	2002
14:21.76	Bo Waggoner	2009
14:22.54	Joe Wirgau	1999
14:25.91	Terry Brennan	1999

60-METER HURDLES

7.84c	Jeff Howser	1971
8.07c	Sean Thomas	1993
8.20	Richmond Flowers	1999



Michael Hatch

8.46	Tyler Clarke	2009
8.50c	Mark Blakemore	1997

4X400-METER RELAY

3:13.77	Lewellen, Trombold, Danforth, King	2007
3:14.17	Trombold, Lewellen, Danforth, King	2007
3:16.07	Lewellen, Trombold, Morrell, Danforth	2007
3:16.17	Trombold, Danforth, Morrell, King	2006
3:17.51	Walker, McCulley, Diglio, Allen	1997

4X800-METER RELAY

7:29.15	McCann, Cronin Spooner, Schneider	2005
7:30.17	Gianturco, Fowler, Schneider, Amt	2003
7:32.40	Vasak, McKeever, Spierdowis, Leonard	1999
7:33.32	Oswald, Rowland, Nanni, McDermott	2009
7:33.57	Spierdowis, Cronin, Wells, Schneider	2002

DISTANCE MEDLEY RELAY

9:41.11	Spooner, Lewellen, Cronin, Schneider	2005
9:42.88	Amt, King, Craig, Schneider	2004
9:43.61	McKeever, Vasak, Leonard, Spierdowis	2000
9:44.50c	Block, Castor, Donegan, Allf	1981
9:46.20	Spierdowis, Amt, Wells, Schneider	2002

LONG JUMP

25-2.75	Jade Ellis	2009
24-2.5	Lamar Grant	1998
23-5.75	Joel Shankle	1954
23-4.5	Desi Thomas	1995
23-2.5	Dave Sime	1956

TRIPLE JUMP

51-3	Jade Ellis	2005
------	------------	------

HIGH JUMP

6-10.75	Jerry Surrat	1991
6-10	Craig Henderson	1983
6-8.25	Michael Kotecki	2008
6-7.5	Tyler Clarke	2007
6-7	Jeff Thompson	1970

POLE VAULT

17-0.75	Brent Warner	2004
16-10.75	Ian Cassidy	2007
16-9.5	Seth Benson	2000
16-5	Terry Ransbury	1983
16-0.75	Jonathan Fay	2006

HEPTATHLON

5,402	Tyler Clarke	2009
4,564	Buzz Moorman	2009
4,408	Brett Morrell	2004
3,679	Matthew Hoyle	2008

PENTATHLON

3,669	Mike Zulantz	2000
3,549	Rob West	1998
3,239	Calen Powell	2001
3,105	Tijan Redmon	1995
3,100	Ekan Essien	1997

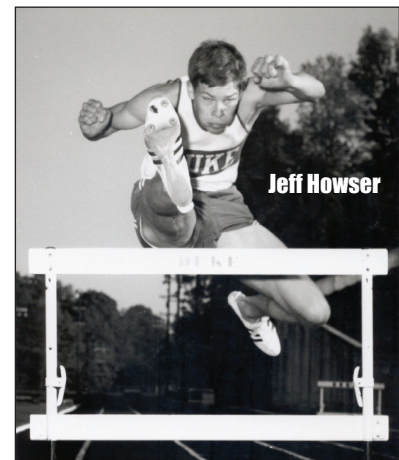
SHOT PUT

57-10.5	Rod Stewart	1966
57-2.75	Richard Gesswein	1963
55-9	Michael Barbas	2009
53-1.75	Mike Schallmo	2009
51-1.5	Durham Lawshe	1955

WEIGHT THROW

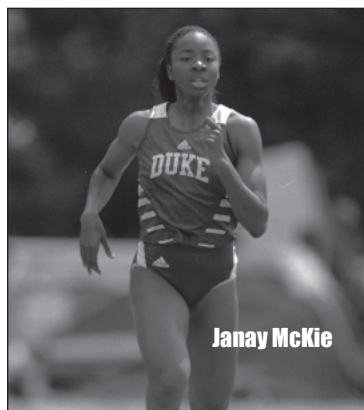
55-9.25	Mike Schallmo	2009
43-10.75	Bob Enright	1972
43-8.5	Harrison Till	2003
41-10.5	Michael Barbas	2009
41-9.25	Dave Piccirilli	2009

c=converted time
Bold denotes current athlete



Jeff Howser

Women's Indoor Records



60-METERS

7.57Janay McKie 2002
7.87Allison Nesbitt 2004
7.89Ifeyinwa Anoliefo 2002
7.91cKim Hay 1995
7.94cHope Wright 1989

200-METERS

24.91Janay McKie 2002
25.45Jenna Turner 2002
26.14Ifeyinwa Anoliefo 2002
26.16Erin McClure 2001
26.21Kristin Sbarra 1998

400-METERS

55.85Jenna Turner 2003
57.12 Brittany Whitehead 2009
57.12Janay McKie 2003
57.46Courtney Botts 2000
57.68 Nicole Ragucci 2009

500-METERS

1:13.63 Cydney Ross 2009
1:14.41Lindsay Owen 2006
1:14.50Courtney Botts 2000
1:15.17Michelle Seibert 2006
1:15.18Kim Voyticky 1997

800-METERS

2:06.58Shannon Rowbury 2005
2:08.39Katie Atlas 2001
2:09.17Kim Voyticky 1998
2:10.37Libby Jenke 2006
2:10.46 Kate Van Buskirk 2007

1,000-METERS

2:45.79Meaghan Leon 2005
2:48.26Molly Lehman 2008
2:50.38Katie Atlas 2001
2:51.02 Virginia Hine 2009
2:51.04 Leslie Morrison 2009

MILE

4:34.94Shannon Rowbury 2007
4:41.69Molly Lehman 2009
4:43.34Katie Atlas 2001

4:44.64Liz Wort 2007
4:45.58Sheela Agrawal 2000

3,000-METERS

9:02.73Shannon Rowbury 2007
9:13.45Clara Horowitz 2006
9:15.52Liz Wort 2007
9:18.30Paige Miller 2004
9:19.88Sally Meyerhoff 2005

5,000-METERS

15:52.47Clara Horowitz 2006
15:58.18Maddie McKeever 2008
16:11.57Sally Meyerhoff 2007
16:15.39Paige Miller 2004
16:26.86Laura Stanley 2004

60-METER HURDLES

8:60cHope Wright 1989
8:65Allison Nesbitt 2004
8:87cKirsten Johnson 1997
8:92Jenna Turner 2003
8:96Jillian Schwartz 2000

4X400-METER RELAY

3:47.78Bell, Turner, Doody, McKie 2002
3:48.33 Ragucci, Whitehead, Ontko, Ross 2009
3:49.63Doody, McKie, Matic, Turner 2003
3:50.00McKie, Botts, Doody, Turner 2000
3:50.46 Ragucci, Ontko, Whitehead, Morrison 2009

4X800-METER RELAY

8:49.47Wort, Matic, Leon, Rowbury 2005
8:52.90 Moore, Morrison, Hine, Lehman 2009
8:55.21Thomas, Ryan, Atlas, Sullivan 1999
8:56.43Klaas, Lehman, Jenke, Harsha 2007
8:58.60 Stankavage, Moore, Sherrard, Lehman 2008

DISTANCE-MEDLEY RELAY

11:14.30Rowbury, Stankavage, Leon, Meyerhoff 2005
11:15.20 Van Buskirk, Seibert, Jenke, Rowbury 2007
11:19.15Matic, McKie, Doody, Rowbury 2003
11:20.28Rowbury, Ball, Matic, Miller 2004
11:21.11Rowbury, Owen, Matic, Miller 2004

LONG JUMP

19-1.5Ifeyinwa Anoliefo 2002
--------	------------------------	------------

18-2.25Jeanie Minton 1997
18-0.5Rena Stahl 1993
18-0Jodi Schlesinger 2002
17-6.50 Kelsey Ontko 2009

TRIPLE JUMP

40-3.75Jodi Schlesinger 2002
36-4.75Tiara Monroe 2004
35-8.75Breanna Pearson 1994
35-7.75Jeanie Minton 1996
35-5.25Jillian Schwartz 1998

HIGH JUMP

5-11.5Debra Vento 2005
5-8.75Kelly Miezalski 1990
5-7.0Laura Malnati 2007
5-6Jamila Forte 1998
5-6Jeannie Minton 1998

POLE VAULT

13-5.25Jillian Schwartz 2001
13-1.5 Amy Fryt 2009
12-9.5 Cassie Ludwig 2009
12-7.5Laura Chen 2004
12-7.5Lara Jones 2006

PENTATHLON

3,688 Karolina Haraldsdottir 2009
3,398Jeanie Milton 1998
3,348Jenna Turner 2001
3,136Amy Basile 1998
2,931Kim Voyticky 1996

SHOT PUT

43-7.75Alexa Revord 2007
43-0.25Beth Maher 2004
41-11.25Kim Hanauer 2001
40-11.5Jessica Tanner 2006
40-7.5 Karolina Haraldsdottir 2009

WEIGHT THROW

55-2.0Kelly Reynolds 2007
52-10.75Kim Hanauer 2002
45-6.25Jessica Tanner 2006
43-11.75Ginny Stone 2002

c=converted time
Bold denotes current athlete



Men's Outdoor Records

100-METERS

10.20 Dave Sime..... 1960
 10.38 Randy Jones..... 1992
 10.68 Ronnie Drummer..... 2005
 10.80 Lamar Grant..... 2000
 10.89 Kenneth Stanford..... 2002
 10.89 Desi Thomas 1995

200-METERS

21.34..... Dave Sime..... 1956
 21.44c..... Randy Jones..... 1992
 21.44..... John Brownlee..... 1933
 21.46..... Rodney Dickerson..... 1990
 21.54c..... Hugh Woodward..... 1937
 21.54c..... Henry Poss..... 1950

400-METERS

46.74c..... Mike Murphy..... 1973
 47.31..... Daniel King..... 2006
 47.40..... Rodney Dickerson..... 1990
 48.35..... Peter Lewellen..... 2007
 48.44c..... Tom Bazemore..... 1958
 48.44c..... Dave Dunaway..... 1966

800-METERS

1:47.38..... Rich Block 1982
 1:47.70c..... Bob Wheeler 1972
 1:49.26..... Kyle Leonard 2000
 1:50.10c..... Phill Wilson 1970
 1:50.12..... Jon Amt 2004

1,500-METERS

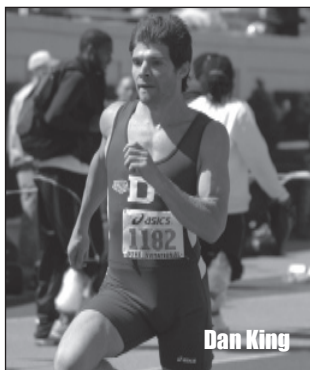
3:39.00..... Bob Wheeler 1972
 3:41.90c..... Steve Wheeler 1974
 3:42.00c..... Richard Schwartz..... 1977
3:43.02..... Cory Nanni 2009
 3:43.79..... Brendan Fitzgibbon... 2000

3,000-METERS

7:56.68c..... Brian Allf 1982
 7:58.30c..... Steve Wheeler..... 1974
 8:03.90c..... Scott Eden 1974
 8:09.80c..... Robbie Perkins 1975
 8:10.90c..... Roger Beardmore 1973

3,000-METER STEEPLECHASE

8:38.10..... Roger Beardmore 1972
8:52.36..... Ryan McDermott..... 2009
 8:59.20..... Jim Clayton..... 1977
 9:02.20..... Larry Forrester..... 1972
 9:03.73..... Kevin McDermott 2007



5,000-METERS

13:48.90c... Robbie Perkins 1975
 13:52.41 ... Brian Allf..... 1981
 14:04.29 ... Nick Schneider..... 2005
 14:04.40c... Scott Eden 1973
 14:14.10c ... Roger Beardmore 1973

10,000-METERS

28:56.80 ... Robbie Perkins 1976
 29:09.20c .. Scott Eden 1974
 29:39.00 ... Bynum Merritt 1978
 29:41.40c... Mike Graves..... 1971
 29:48.60 ... Peter Quance 1975

110-METER HURDLES

13.74c..... Jeff Howser 1971
 14.34c..... Joel Shankle..... 1955
 14.54c..... Dave Wingle..... 1938
 14.54c..... Roger Fogle..... 1965
 14.74c..... Gary Goodrich 1974

400-METER HURDLES

49.42 Jesse Allen..... 1999
 51.49..... Chris Castor..... 1980
 52.34c..... Tom Dunnigan..... 1970
 52.44c..... Jeff Howser 1969
54.03..... Mario Moreno 2009

SHOT PUT

59.11..... Rod Stewart 1966
 57.4.5..... Richard Gesswein..... 1963
54.7.5..... Michael Barbas 2009
54.0..... Mike Schallmo 2009
 52.7 Durham Lawshe 1955

DISCUS

173.3..... Mike Schallmo 2009
 168.8..... Rod Stewart 1966
 160.6..... Richard Gesswein..... 1960
 159.11..... Jim Anthony..... 1976
 159.6.5..... Kyle Kruger 1969

JAVELIN-NEW

225.5..... John Austin 2008
 216.6..... Jamie Rodriguez 1995
 214.6..... Mark Della Volpe 2008
 209.11..... Robert Weinstein 2008
 190.2..... Gill Winters 1994

JAVELIN-OLD

250.1 Kalen Cookson..... 1984
 217.5 Jim Anthony..... 1975
 213.2 Mike Curtis 1963

HAMMER

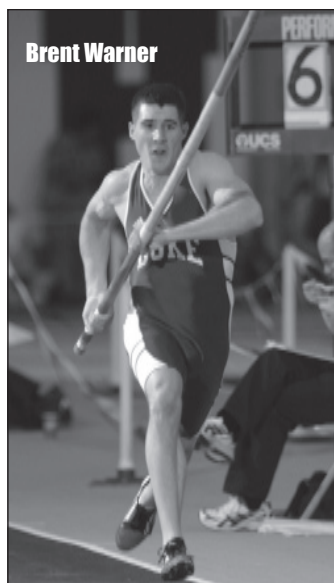
182.2..... Chad Stearns 1988
167.3..... Mike Schallmo 2009
132.3..... David Piccirilli..... 2009

LONG JUMP

25.6 Jade Ellis 2009
 24.8..... Joel Shankle..... 1955
 24.2.5 Lamar Grant..... 1998
 24.2..... Jeff Nesbit..... 1978
 23.11.75..... Desi Thomas 1995

TRIPLE JUMP

51.11.75..... Jade Ellis..... 2009
 48.7 Garry Geck..... 1986



47.3..... Bob Chambers 1978
 46.4.5 Dave Wheeler 1963
 45.6.5 Garry High 1963

POLE VAULT

17.2.75..... Brent Warner..... 2004
 16.8.75..... Seth Benson 2001
 16.7..... Terry Ransbury..... 1983
 16.6.75..... Ian Cassidy 2007
 16.4.75..... Jeff Buttacio..... 2003

HIGH JUMP

6.10.75 Jerry Surratt 1991
 6.10..... Craig Henderson..... 1983
 6.8.25 Tyler Clarke 2006
6.8.25..... Michael Kotecki..... 2008
 6.8 Jeff Thompson..... 1970
 6.8 Jeff Smith..... 1993

DECATHLON (MODERN TABLES)

7,326 Tyler Clarke 2009
 6,633 Mike Zulantz..... 2000
 6,593 Rob West 1998
 6,516..... Tijan Redmon 1995
 6,253 Ted Payne..... 1999

DECATHLON (OLD TABLES)

5,698 Jim Anthony..... 1976

4x100-METER RELAY

41.06.....D. Thomas, C. Thomas,
 London, Brugger..... 1995
 41.81.....Morrell, Marshall
 Drummer, King..... 2005
 41.87.....Stanford, Amamoo,
 Douglas, Winniford..... 2001
 41.94.....Martinez, Waggoner,
 Krassny, Murphy 1973
 41.95.....Morrell, Kittleson,
 King, Winniford 2004

4x400-METER RELAY

3:12.89 ..Kommer, Allen,
 Diglio, Vasak 1999
 3:13.10c..Eiseman, Wilson,
 Dunnigan,Murphy..... 1970

3:13.20...Summers, Dunnigan,
 Murphy, Mazzarella..... 1970
 3:14.07...Lewellen, Danforth
 Morrell, King..... 2005
 3:14.33...Danforth, Lewellen
 Trombold, King 2006

4X800-METER RELAY

7:26.43...Cronin, Reardon,
 Spierdowis,Schneider... 2003
 7:27.16...Gianturco, Paul,
 Fowler, Amt..... 2003
**7:27.44...Lund, Clark,
 Rowland, Nanni..... 2009**
 7:27.75...Gianturco, Amt,
 Fowler, Spierdowis 2003
 7:27.94...McNiff, Gianturco,
 Fowler, Spierdowis 2003

SPRINT MEDLEY RELAY

3:22.10...Krassny, Howser,
 Murphy, R. Wheeler 1971
 3:22.75...Grant, Watkins,
 Vasak, Leonard..... 2000
 3:27.01...Grant, Amanoo,
 Diglio, Vasak 1998
 3:27.37...King, Morrell,
 Lewellen, Rowland 2007
**3:28.67 ..Bowler, Duncanson,
 Troxell, Clark..... 2009**

DISTANCE MEDLEY RELAY

9:32.30c Beardmore, Murphy,
 S. Wheeler, R. Wheeler 1973
 9:34.30c..Ramsland, S. Wheeler,
 Beardmore, R. Wheeler.. 1972
 9:38.10c..Murphy, Wilson,
 Beardmore, R. Wheeler.. 1971
 9:42.30...Fitzgibbon, Grant,
 Leonard, McKeever 2000
 9:43.93...Spooner, King
 Lewellen, Schneider..... 2005

4x1,500-METER RELAY

15:17.80..Royce, Clayton,
 Perkins, Schwartz 1976
**15:28.45 Clark, R. McDermott,
 Nanni, Waggoner..... 2009**
 15:36.53..Cronin, Reardon,
 Spierdowis, Schneider . 2003
 15:37.57..Brennan, McKeever,
 Spierdowis, Leonard 1999
 15:38.50...Schaefer, Brennan,
 McKeever, Fitzgibbon .. 2000

4xMILE RELAY

16:22.34 .Eden, S. Wheeler,
 Beardmore, R. Wheeler .. 1973
**16:32.40 Lund, R. McDermott,
 Waggoner, Nanni..... 2009**
 16:34.50 .Eden, S.Wheeler,
 Beardmore, R.Wheeler.... 1973
 16:39.36 .Spierdowis, Brennan,
 Kelly, McKeever..... 2001

c=converted time
Bold denotes current athlete

Women's Outdoor Records

100-METERS

11.87.....Janay McKie.....2003
 12.25.....Allison Nesbitt.....2003
 12.42.....Ifeyinwa Anoliefo.....2002
 12.60.....Kim Hay.....1995
 12.66.....Yvonne Ayew.....1998

200-METERS

23.85.....Janay McKie.....2003
 25.30.....Jenna Turner.....2002
 25.55.....Brittany Whitehead.....2009
 25.56.....Nicole Ragucci.....2009
 25.60.....Erin McClure.....2001

400-METERS

54.09.....Courtney Botts.....2000
 54.44.....Janay McKie.....2003
 56.51.....Brittany Whitehead.....2009
 56.94.....Stephanie Thomas.....1997
 56.94.....Amanda Green.....1990

800-METERS

2:05.34.....Kim Voyticky.....1998
 2:07.10.....Lauren Matic.....2003
 2:07.26.....Katie Atlas.....2000
 2:07.80.....Michelle Seibert.....2007
 2:08.00.....Molly Lehman.....2009

1,500-METERS

4:12.13.....Molly Lehman.....2009
 4:14.81.....Shannon Rowbury.....2005
 4:22.07.....Megan Sullivan.....2002
 4:22.12.....Ellison Goodall.....1978
 4:22.56.....Meaghan Leon.....2005

3,000-METERS

9:19.12.....Ellison Goodall.....1978
 9:23.74.....Ellen Reynolds.....1985
 9:25.10.....Clara Horowitz.....2003
 9:30.89.....Sheela Agrawal.....2000
 9:40.00.....Laura Stanley.....2005

3,000-METER STEEPLECHASE

9:51.76.....Liz Wort.....2007
 10:08.26.....Patricia Loughlin.....2009
 10:39.92.....Maddie McKeever.....2006
 11:04.16.....Kelly Fillnow.....2006
 11:12.20.....Phebe Ko.....2002



5,000-METERS

15:52.83.....Maddie McKeever.....2007
 16:08.12.....Ellison Goodall.....1978
 16:08.60.....Clara Horowitz.....2006
 16:12.42.....Ellen Reynolds.....1986
 16:16.64.....Laura Stanley.....2005

10,000-METERS

32:40.70.....Ellen Reynolds.....1986
 33:00.85.....Clara Horowitz.....2006
 33:30.12.....Sally Meyerhoff.....2007
 33:44.20.....Ellison Goodall.....1977
 33:52.95.....Maddie McKeever.....2007

100-METER HURDLES

13.98.....Jenna Turner.....2003
 14.07.....Allison Nesbitt.....2003
 14.40.....Hope Wright.....1989
 14.51.....Kirsten Johnson.....1996
 14.64.....Stephanie Stephens.....1986

400-METER HURDLES

58.49.....Jenna Turner.....2002
 1:01.39.....Stephanie Stephens.....1987
 1:01.50.....Helen Henry.....1988
 1:02.20.....Lindsay Owen.....2006
 1:03.40.....Kirsten Johnson.....1995

LONG JUMP

19:1.5.....Ifeyinwa Anoliefo.....2004
 18:7.....Renaeh Stahl.....1992
 17:10.5.....Kristen Sbarra.....1998
 17:9.....Kim Voyticky.....1995
 17:8.....Jeanie Minton.....1996

TRIPLE JUMP

41:5.75.....Jodi Schlesinger.....2001
 36:9.....Brianna Pearson.....1994
 36:0.25.....Tiara Monroe.....2004
 35:2.5.....Ifeyinwa Anoliefo.....2004
 35:2.....Laura Peresky.....1987

HIGH JUMP

6:1.5.....Debra Vento.....2005
 5:8.75.....Kelly Mieszkalski.....1990
 5:8.....Denise Yamada.....1985
 5:7.75.....Misty Farrell.....1996
 5:7.75.....Jeanie Minton.....1997

POLE VAULT

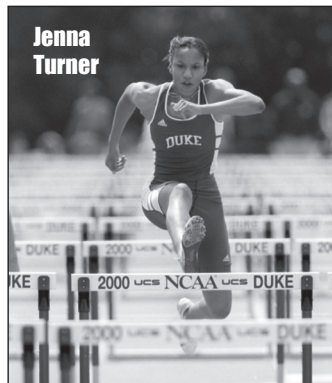
14:2.....Jillian Schwartz.....2001
 13:3.5.....Amy Fryt.....2009
 12:11.5.....Lara Jones.....2007
 12:9.5.....Laura Chen.....2003
 12:3.5.....A. Gordon.....2008

HEPTATHLON

4,827.....Jenna Turner.....2001
 4,633.....K. Haraldsdottir.....2008
 4,593.....Jeanie Minton.....1998
 4,417.....Kim Voyticky.....1996
 4,189.....Christine Gregorski.....1994

SHOT PUT

45:0.25.....Beth Maher.....2004
 42:8.25.....Kim Hanauer.....2001
 40:9.75.....Alexa Revord.....2007
 40:4.25.....K. Haraldsdottir.....2009
 40:1.25.....Megan Mitchell.....1994



DISCUS

160:09.....Alexa Revord.....2007
 142:8.....Jessica Tanner.....2006
 137:6.....Courtney Bowen.....2009
 136:5.....Ginny Stone.....2001
 135:9.....Kim Hanauer.....2001

HAMMER

181:5.....Kelly Reynolds.....2007
 160:2.....Kim Hanauer.....2002
 159:11.....Ginny Stone.....2003
 145:11.....Maria Monge.....2000
 129:10.....Courtney Bowen.....2009

JAVELIN

168:11.....Daina Pucurs.....2007
 150:5.....Amy Matulewicz.....2009
 146:2.....Beth Maher.....2006
 135:6.....Lindsey Edwards.....2007
 128:6.....Beth Reimers.....1991

4x100-METER RELAY

48:56.....Anoliefo, McKie, McKie, Turner.....2003
 47:60.....Turner, Anoliefo, McDermott, McKie.....2002
 48:13.....Nesbitt, Turner, Doody, McKie.....2003
 48:17.....Nesbitt, Turner, Anoliefo, McKie.....2003
 48:31.....Ontko, Whitehead, Ragucci, Anglin-Stone.....2009

4x200-METER RELAY

1:40.18.....Turner, Anoliefo, McDermott, McKie.....2002
 1:41.35.....Anoliefo, Turner, McKie, McClure.....2001
 1:41.68.....Nesbitt, Turner, Anoliefo, McKie.....2003
 1:42.73.....Turner, McKie, Asante, Botts.....2000
 1:44.94.....Tonn, Anoliefo, Bradley, McDermott.....2002

400-METER RELAY

3:42.71.....Botts, Turner, Doody, McKie.....2000
 3:45.26.....Botts, Turner, McKie, Asante.....2000
 3:46.44.....Ontko, Whitehead, Ragucci, Moore.....2009
 3:48.42.....Belle, Turner,

Sullivan, McKie.....2002
 3:49.07.....Thomas, Sbarra, Gurtler, Voyticky.....1998

SPRINT MEDLEY RELAY

3:55.57.....Turner, McClure, McKie, Atlas.....2001
 3:58.40.....Cyre, Ayew, Thomas, Voyticky.....1998
 4:02.22.....McKie, Nesbitt, Turner, Doody.....2003
 4:02.28.....Sbarra, Forte, Sullivan, Voyticky.....1998
 4:02.64.....Turner, McKie, Botts, Doody.....2000

4x800-METER RELAY

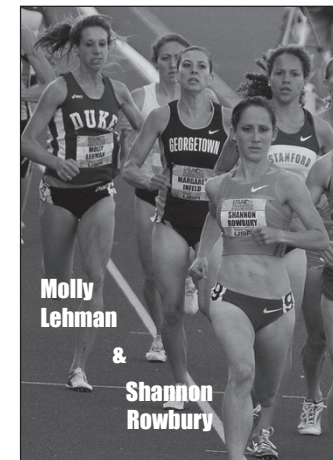
8:41.96.....Seibert, Van Buskirk, Wort, Sherrard.....2007
 8:42.01.....Hofmann, Leon, Matic, Rowbury.....2004
 8:43.20.....Doody, Meyerhoff, Leon, Matic.....2003
 8:44.33.....Doody, Atlas, Sullivan, Matic.....2002
 8:44.11.....Apibunyopas, Moore, Morrison, Lehman.....2009

DISTANCE MEDLEY RELAY

11:10.18.....Leon, Owen, Matic, Rowbury.....2005
 11:11.81.....Sullivan, Botts, Atlas, Agrawal.....2000
 11:16.84.....Van Buskirk, Owen, Seibert, Wort.....2007
 11:18.59.....Meyerhoff, Owen, Jenke, Horowitz.....2006
 11:24.05.....Sullivan, McKie, Doody, Atlas.....2001

4x1500-METER RELAY

17:45.20.....Leon, Rowbury, Meyerhoff, Horowitz.....2004
 17:48.30.....Van Buskirk, Wort, Sherrard, McKeever.....2007
 17:59.05.....Farias-Eisner, Owen, Lehman, Jenke.....2006
 18:03.69.....Meyerhoff, Rowbury, Leon, Horowitz.....2003
 18:06.78.....Matic, Leon, Rowbury, Wort.....2005





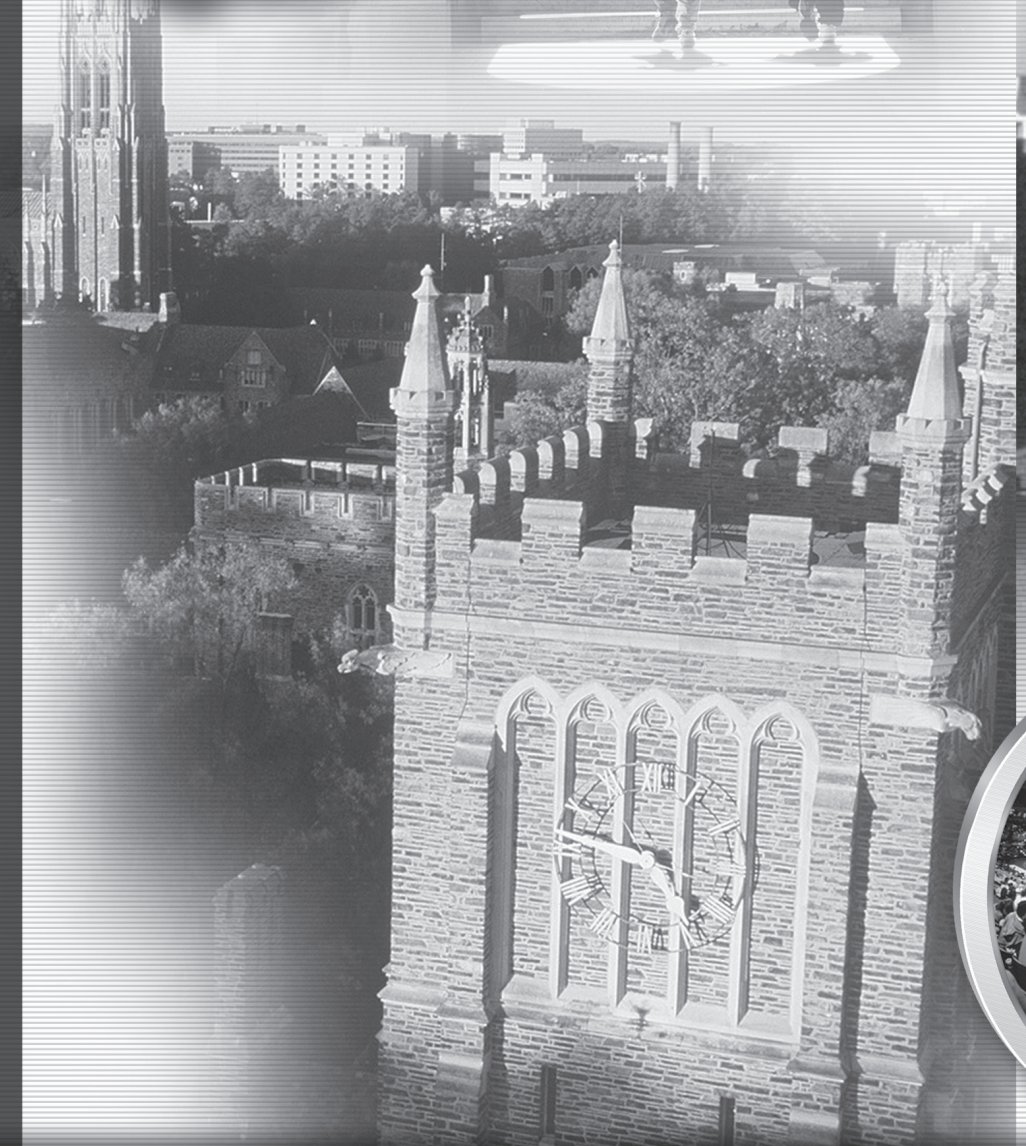
Duke University

Duke University was created in 1924 by James Buchanan Duke as a memorial to his father, Washington Duke. The Dukes, a Durham family who built a worldwide financial empire in the manufacture of tobacco and developed the production of electricity in the two Carolinas, had long been interested in Trinity College. Trinity traced its roots to 1838 in nearby Randolph County when local Methodist and Quaker communities joined forces to support a permanent school, which they named Union Institute. After a brief period as Normal College (1851-59), the school changed its name to Trinity College in 1859 and affiliated with the Methodist Church.

The college moved to Durham in 1892 with financial assistance from Washington Duke and the donation of land by Julian S. Carr. In December 1924, the school's trustees gratefully accepted the provisions of James B. Duke's indenture creating the family philanthropic foundation, The Duke Endowment, which provided, in part, for the expansion of Trinity College into Duke University.

As a result of the Duke gift, Trinity underwent both physical and academic expansion. The original Durham Campus became known as East Campus when it was rebuilt in stately Georgian architecture. West Campus, Gothic in style and dominated by the soaring 210-foot tower of Duke Chapel, opened in 1930. Academic expansion of the university included the establishment of new graduate and professional schools.

Modern times have seen Duke realize its founder's aspirations to become a major center of learning. The Duke University Medical Center has achieved international prominence, and many Duke schools and departments are consistently ranked among the nation's best.





Durham, North Carolina

In 2002, Employment Reveiw Magazine ranked "The Triangle" region of Raleigh, Durham and Chapel Hill as the No. 1 place in America to live and work. Money Magazine made the same selection in 1994.

The average temperature in Durham is 59 degrees and snowfall totals less than eight inches per year. A temperate climate and unique blend of big-city activity with an unfrenzied pace make Durham a great place to call home.

The Durham Bulls (below, left) are Tampa Bay's AAA baseball affiliate, while Brightleaf Square in downtown Durham is a turn-of-the-century tobacco warehouse renovated as a unique shopping, dining and entertainment district.



Located in the heart of North Carolina's rolling Piedmont region, Durham stands out as a gem among southern cities. Through the years, the city has evolved from a tobacco and textile town into an international center for medicine, scholarship, biotechnology and electronics.

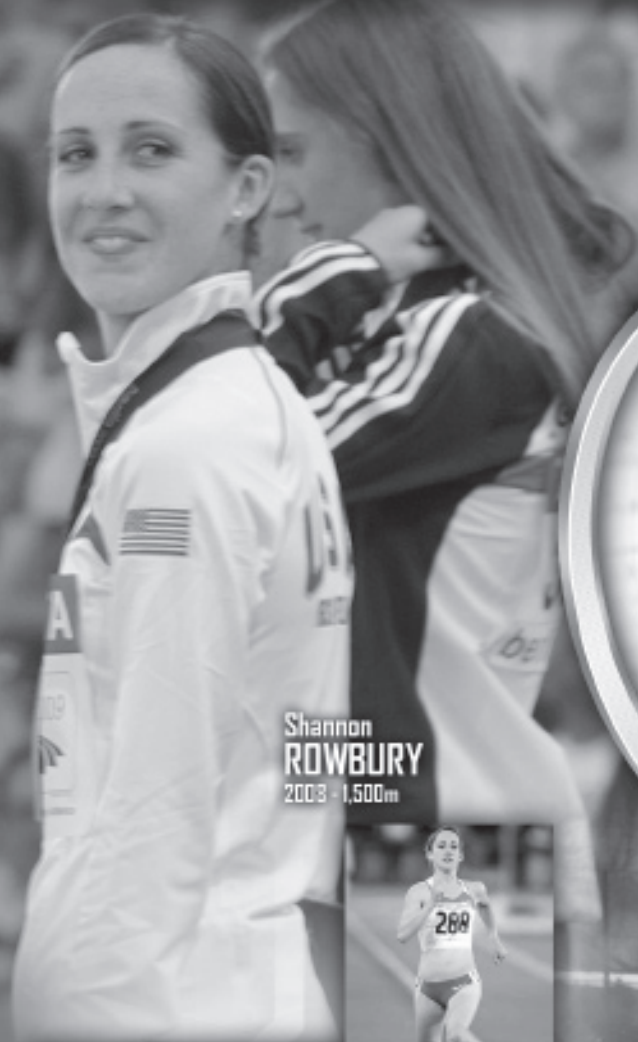
Founded in 1853, Durham is widely recognized for its diversity. Originally a manufacturing center, the city now is known for excellence in medicine, education, research and industry. The wide range of activities available in the area lends the city a multifaceted appeal that strikes even first-time visitors.

Durham has a natural appeal as well, characterized by 98,000 acres of hardwood and evergreen forests including the only remaining old growth Piedmont bottomland forests and 7,800 acres of cropland. Hills and dales, meandering rivers and streams, several lakes, 26 rare plant species and several rare species of birds and animals can also be found here.

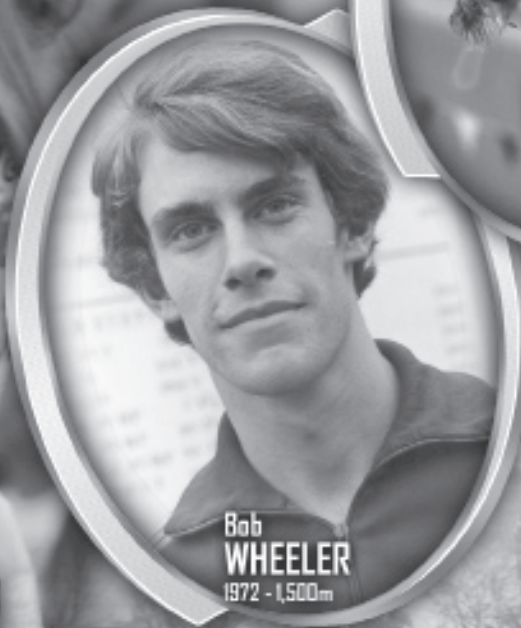
With 187,000 residents in the one-city county, Durham is the fourth-largest city in North Carolina. It is ideally located on the large and small scale. Within the immediate area it stands as the pinnacle of the "Triangle" region of North Carolina, a metropolitan population of 1 million people that includes Chapel Hill to the south and west and Raleigh, the state capital, to the south and east. On a regional level, this area is the primary center of culture, sports, education and government between Washington, D.C., and Atlanta.

With excellent sports and cultural activities in the area, Durham is a fun place to be. People from all walks of life — academic, industrial, professional, agricultural — blend to provide a warm, rich sense of hospitality and diversity.

DUKE IN THE OLYMPICS



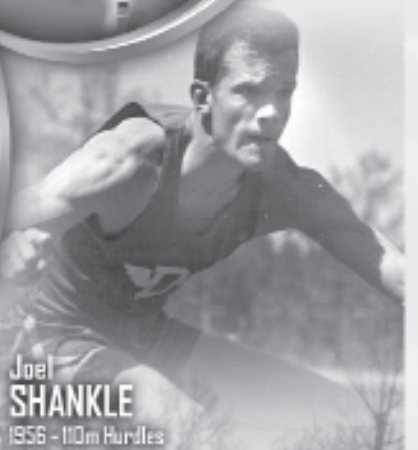
Shannon
ROWBURY
2003 - 1,500m



Bob
WHEELER
1972 - 1,500m



Jillian
SCHWARTZ
2004 - Pole Vault



Joel
SHANKLE
1956 - 110m Hurdles



Dave
SIME
1960 - 100m



Beijing 2008



BLUE DEVIL CROSS COUNTRY



**JAMES
OSBORNE**
SENIOR



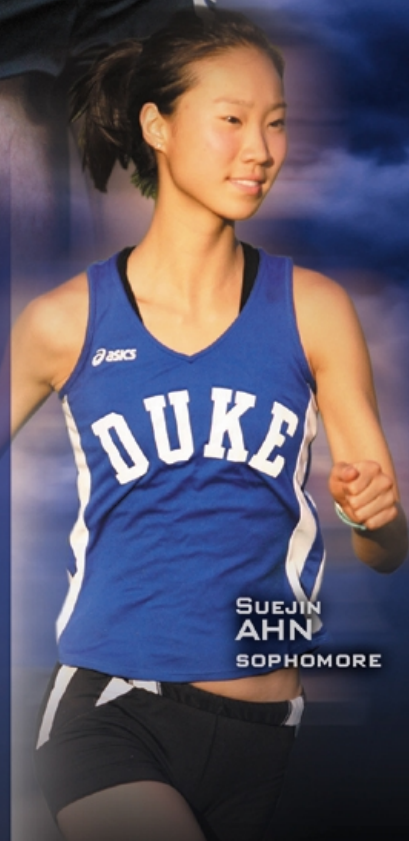
**EMILY
SCHWITZER**
JUNIOR



**BO
WAGGONER**
JUNIOR



**CARLY
SEYMOUR**
SOPHOMORE



**SUEJIN
AHN**
SOPHOMORE

2009 SCHEDULE

DATE	EVENT	TIME
Sept. 1	N.C. Central Dual	4:00 p.m.
Sept. 12	at JMU Invite	10:00 a.m.
Sept. 26	at Roy Griak Invite (Men Only)	10:00 a.m.
Oct. 2	at Great American Cross Country Festival	3:00 p.m.
Oct. 3	at Wisconsin Invite (Women Only)	10:00 a.m.
Oct. 16	at Virginia Invite	4:00 p.m.
Oct. 31	at ACC Championships	TBA
Nov. 1	at N.C. State Classic *	TBA
Nov. 14	at NCAA Southeast Regional	10:00 a.m.
Nov. 21	at IC4A Championships	10:00 a.m.
Nov. 23	at NCAA Championships	12:00 p.m.

BLUE DEVIL

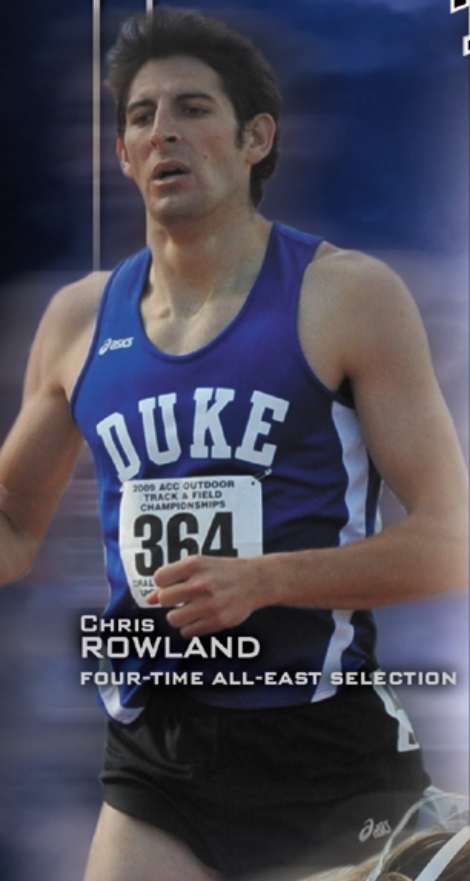
TRACK & FIELD

2010 INDOOR SCHEDULE

DATE	MEET	SITE
Jan. 22-23	Virginia Tech Invite	Blacksburg, Va.
Jan. 29-30	UNC Tar Heel Invite	Chapel Hill, N.C.
Feb. 5-6	Armory Collegiate	New York, N.Y.
Feb. 19-20	Virginia Tech Classic	Blacksburg, Va.
Feb. 25-27	ACC Championships	Blacksburg, Va.
Mar. 5-6	Notre Dame Last Chance	South Bend, Ind.
Mar. 6-7	IC4A/ECAC Championships	Boston, Mass.
Mar. 12-13	NCAA Championships	Fayetteville, Ark.

2010 OUTDOOR SCHEDULE

DATE	MEET	SITE
Mar. 19-20	Wake Forest Open	Winston-Salem, N.C.
Mar. 26	Stanford Invitational	Palo Alto, Calif.
Mar. 26-27	Arizona State	Tempe, Ariz.
Mar. 26-27	Raleigh Relays	Raleigh, N.C.
Apr. 2-3	Duke Invitational	Durham, N.C.
Apr. 10	Tar Heel Classic	Chapel Hill, N.C.
Apr. 15-17	ACC Championships	Clemson, S.C.
Apr. 22-24	Penn Relays	Philadelphia, Pa.
May 9	Duke Twilight	Durham, N.C.
May 14-16	IC4A/ECAC Championships	Princeton, N.J.
May 27-29	NCAA Championships-Ist Round	Greensboro, N.C.
June 9-12	NCAA Championships	Eugene, Ore.
June 23-27	USATF Championships	Des Moines, Iowa



CHRIS ROWLAND
FOUR-TIME ALL-EAST SELECTION



PATRICIA LOUGHLIN
GRADUATING ALL-AMERICA
STEEPLECHASE



MOLLY LEHMAN
GRADUATING ALL-AMERICA,
1,500 M



JOHN AUSTIN
RETURNING ALL-AMERICA