

A blue-tinted photograph of a coach talking to a group of female athletes. The coach is in the center, gesturing with his hands. The athletes are wearing athletic gear and are looking towards the coach. The background shows some trees and a clear sky.

Records

HEAD COACH SEAN CLEARY • **22**

ASSISTANT COACH SHELLY-ANNE GALLIMORE • **25**

ASSISTANT COACH ERIN O'REILLY • **26**

SUPPORT STAFF • **26**

All-Time Indoor Records



Event	Holder	Record	Year
55 meters	Tammy Henderson	6.82 FAT	1985
60 meters	Stacian Brown	7.34 FAT	1999
55m Hurdles	Pat Itanyi	7.67 FAT	1996
60m Hurdles	Chelsea Carrier	8.17 FAT	2011
200 meters	Stacian Brown	23.67 FAT	1999
200m Hurdles	Jeanna Johnson	27.40 FAT	1997
300 meters	Tammy Henderson	39.45 FAT	1984
400 meters	April Rotilio	54.29 FAT	2009
500 meters	Connie Ellerbe	1:12.84 FAT	1990
600 meters	Kelly Austin	1:35.05 FAT	1985
800 meters	Kate Vermeulen	2:06.42 FAT	1999
1,000 meters	Kate Vermeulen	2:43.02 FAT	1999
Mile	Keri Bland	4:34.78 FAT	2009
3,000 meters	Megan Metcalfe	8:58.17 FAT	2005
5,000 meters	Marie-Louise Asselin	15:50.53 FAT	2010
4x200 Relay	Marlene Dawkins, Pat Itanyi, Martina Miller, Jeanna Johnson	1:38.80 FAT	1996
4x400 Relay	Maxine Dawkins, Jeanna Johnson, Martina Miller, Tameca Williams	3:42.84 FAT	1998
4x800 Relay	Keri Bland, Kaylyn Christopher Marie-Louise Asselin, Jessica O'Connell	8:44.98 FAT	2010
DMR	Kaylyn Christopher, Karly Hamric, Marie-Louise Asselin Keri Bland	11:05.12 FAT	2009
Long Jump	Pat Itanyi	6.48m	1996
High Jump	Sharon Pfister	1.78m	1985
Triple Jump	Christine Brown	13.00m	2003
Pole Vault	Erin Nett	4.07m	2002
Shot Put	Jodi Smith	14.80m	1984
Weight Throw	Heather Adams	18.18m	2013
Pentathlon	Chelsea Carrier	4,170 points	2011

FAT - fully automatic time

All-Time Outdoor Records



Karly Hamric

Event	Holder	Record	Year
100 meters	Stacian Brown	11.36 FAT	1999
200 meters	Maxine Dawkins	23.36 FAT	1996
400 meters	April Rotilio	52.71 FAT	2011
800 meters	Jennifer Kemp	2:05.09 FAT	2002
1,500 meters	Megan Metcalfe	4:12.00 FAT	2003
3,000 meters	Megan Metcalfe	9:04.02 FAT	2004
Steeplechase	Jordan Hamric	10:11.06 FAT	2013
5,000 meters	Megan Metcalfe	15:47.64 FAT	2005
10,000 meters	Clara Grandt	33:45.16 FAT	2009
100 Hurdles	Chelsea Carrier	12.97 FAT	2011
400 Hurdles	Connie Ellerbe	55.87 FAT	1992
4x100 Relay	Keisha Miller, Tameca Williams, Zane Francis, Stacian Brown	44.28 FAT	1999
4x200 Relay	Amanda Valentine, Maxine Dawkins, Jeanna Johnson, Marlene Dawkins	1:34.55 FAT	1996
4x400 Relay	Maxine Dawkins, Jeanna Johnson, Martina Miller, Tameca Williams	3:36.58 FAT	1998
4x800 Relay	Karly Hamric, Keri Bland, Jessica O'Connell, Kaylyn Christopher	8:47.95 FAT	2010
SMR	Stacian Brown, Tameca Williams, Amanda Valentine, Rebecca Stallwood	3:54.62 FAT	2000
DMR	Keri Bland, Abbie Stechschulte, Raeleen Hunter, Marie-Louis Asselin	11:24.76 FAT	2007
Long Jump	Pat Itanyi	6.74m	1995
High Jump	Althea Moody	1.83m	1990
Javelin	Jodi Smith	47.98m	1984
Shot Put	Jodi Smith	14.22m	1984
Discus	Jodi Smith	50.26m	1984
Hammer Throw	Heather Adams	56.96m	2013
Pole Vault	Katlyn Shelar	4.10m	2013
Triple Jump	Christine Brown	12.95m	2002
Heptathlon	Chelsea Carrier	5,927 points	2011

FAT - fully automatic time

IndoorRecords - TOP FIVE

60 Meters

1.) Stacian Brown	7.34	1999
2.) Jessica Czaikowski	7.49	2007
3.) Ciara Chic	7.54	2003
4.) Chelsea Carrier	7.56	2011
5.) Sabrina Cox	7.58	2000

60 Hurdles

1.) Chelsea Carrier	8.08	2011
2.) Stacian Brown	8.22	1999
3.) Jessica Czaikowski	8.23	2005
4.) Chené Townsend	8.38	2013
5.) Pat Itanyi	8.42	1996

200 Meters

1.) Stacian Brown	23.63	1999
2.) Maxine Dawkins	23.78	1998
3.) Marlene Dawkins	23.80	1997
4.) Tammy Henderson	24.12	1984
5.) April Rotilio	24.17	2009

400 Meters

1.) April Rotilio	54.29	2009
2.) Tameca Williams	54.79	1998
3.) Kristy Beans	55.09	1992
4.) Connie Ellerbe	55.18	1991
5.) Claudette Rodgers	55.24	1989

500 Meters

1.) Connie Ellerbe	1:12.84	1990
2.) Pamela Richardson	1:12.93	2005
3.) Tamara Stoner	1:14.35	1995
4.) Holly Workman	1:14.42	1986
5.) Aileen Smith	1:14.56	2001

800 Meters

1.) Kate Vermeulen	2:06.42	1999
2.) Keri Bland	2:06.72	2009
3.) Aileen Smith	2:08.81	2001
4.) Jennifer Kemp	2:09.55	2005
5.) Merissa Sexsmith	2:09.98	2000

1,000 Meters

1.) Kate Vermeulen	2:43.01	1999
2.) Kaylyn Christopher	2:45.56	2011
3.) Karly Hamric	2:46.03	2010
4.) Megan Metcalfe	2:46.78	2004
5.) Merissa Sexsmith	2:47.48	2000

Mile

1.) Keri Bland	4:34.78	2009
2.) Megan Metcalfe	4:35.89	2004
3.) Kelly Williams	4:36.77	2013
4.) Karly Hamric	4:38.55	2010
5.) Kate Vermeulen	4:39.05	1999

3,000 Meters

1.) Megan Metcalfe	8:58.17	2005
2.) Jessica O'Connell	9:14.12	2011
3.) Marie-Louise Asselin	9:14.44	2008
4.) Rebecca Stallwood	9:26.81	2002
5.) Kaylyn Christopher	9:27.16	2011



Jennifer Davis

5,000 Meters

1.) Marie-Louise Asselin	15:50.53	2010
2.) Clara Grandt	16:04.24	2010
3.) Sarah-Anne Brault	16:17.95	2011
4.) Tara Struyk	16:22.44	2004
5.) Rebecca Stallwood	16:25.03	2002

Long Jump

1.) Pat Itanyi	6.48m	1996
2.) Christina Brown	6.21m	2003
3.) Chelsea Carrier	6.10m	2010
4.) Abbie Stechschulte	5.92m	2007
Stormy Nesbit	5.92m	2013

Shot Put

1.) Jodi Smith	14.80m	1984
2.) LaShawna Black	13.10m	2008
3.) Abbie Stechschulte	12.83m	2007
4.) Michelle McGinnis	12.53m	2003
5.) Becky Gorbey	12.37m	1984

Pole Vault

1.) Erin Nett	4.07m	2001
2.) Alex Acker	3.87m	2009
3.) Kristen Loughry	3.80m	2008
4.) Katlyn Shelar	3.80m	2014
5.) Katlyn Shelar	3.77m	2012

High Jump

1.) Sharon Pfister	1.78m	1985
Sydney Cummings	1.78m	2013
3.) Katelyn Williams	1.75m	2010
4.) Nancy Regalbuto	1.74m	2004
Alethea Moody	1.74m	1988

Triple Jump

1.) Christine Brown	12.52m	2001
2.) Stormy Nesbit	12.26m	2012
3.) Tessie Palmer	12.20m	1989
4.) Stormy Nesbit	11.89m	2013
5.) Randi Bell	11.81m	1986

Pentathlon

1.) Chelsea Carrier	4,170	2011
2.) Pat Itanyi	4,111	1997
3.) Abbie Stechschulte	4,016	2007
4.) Chelsea Carrier	3,967	2009
5.) Sharon Pfister	3,817	1986

Shot Put

1.) Jodi Smith	14.80m	1984
2.) LaShawna Black	13.10m	2008
3.) Abbie Stechschulte	12.83m	2007
4.) Michelle McGinnis	12.53m	2003
5.) Becky Gorbey	12.37m	1984

Weight Throw

1.) Heather Adams	18.18m	2013
2.) Terina Miller	16.73m	2012
3.) Heather Adams	16.53m	2013
4.) Karissa Knabenshue	15.18m	2013
5.) Michele McGinnis	15.05m	2004

4x800m Relay

1.) Keri Bland, Kaylyn Christopher, Marie-Louise Asselin, Jessica O'Connell	8:44.98	2010
2.) Merissa Sexsmith, Ailene Smith, Rebecca Stallwood, Jennifer Davis	8:50.10	2002
3.) Karly Hamric, Kaylyn Christopher, Alison Spiker, Keri Bland	8:51.55	2009
4.) Jennifer Kemp, Rebecca Stallwood, Jennifer Davis, Ailene Smith	8:52.44	2002
5.) Jennifer Kemp, Rebecca Stallwood, Jennifer Davis, Merissa Sexsmith	8:52.59	2002

Distance Medley Relay

1.) Kaylyn Christopher, April Rotilio, Karly Hamric, Keri Bland	11:05.12	2009
2.) Marie-Louise Asselin, April Rotilio, Karly Hamric, Keri Bland	11:07.64	2008
3.) Keri Bland, April Rotilio, Kaylyn Christopher, Jessica O'Connell	11:09.28	2010
4.) Kaylyn Christopher, April Rotilio, Karly Hamric, Keri Bland	11:11.33	2009
5.) Pam Richardson, Ailene Smith, Jennifer Kemp, Megan Metcalfe	11:11.98	2003

DMR Splits 800

1.) Jennifer Kemp	2:05.75	2005
2.) Aileen Smith	2:07.89	2003
3.) Merissa Sexsmith	2:08.50	2002
4.) Karly Hamric	2:08.89	2009

DMR Splits 1200

1.) Megan Metcalfe	3:21.85	2004
2.) Rebecca Stallwood	3:23.20	2002
3.) Marie-Louise Asselin	3:23.90	2008
4.) Keri Bland	3:25.84	2010
5.) Kaylyn Christopher	3:25.90	2009

DMR Splits 1600

1.) Megan Metcalfe	4:33.50	2003
2.) Keri Bland	4:35.94	2008
3.) Kate Vermeulen	4:36.15	1999
4.) Jennifer Davis	4:39.50	2005
5.) Marie-Louise Asselin	4:39.60	2008



OutdoorRecords - TOP FIVE



Jennifer Kemp

100 Meters

1.) Stacian Brown	11.36	1999
2.) Kay Iheagwam	11.51	1995
3.) Maxine Dawkins	11.54	1998
4.) Tammy Henderson	11.55	1983
5.) Trinese Summerlin	11.61	1994

100 Meter Hurdles

1.) Chelsea Carrier-Eades	12.78	2012
2.) Pat Itanyi	13.20	1995
3.) Jessica Czaikowski	13.27	2007
4.) Stacian Brown	13.29	1999
5.) Chené Townsend	13.44	2012

200 Meters

1.) Maxine Dawkins	23.44	1998
2.) Tammy Henderson	23.54	1984
3.) Kay Iheagwam	23.56	1995
4.) Tameca Williams	23.56	1998
5.) Stacian Brown	23.61	1999

400 Meters

1.) April Rotilio	52.71	2011
2.) Tameca Williams	52.92	1999
3.) Holly Workman	53.70	1987
4.) Connie Ellerbe	54.10	1988
5.) Kristy Beans	54.35	1992

400 Meter Hurdles

1.) Tameca Williams	52.92	1999
2.) Holly Workman	53.70	1987
3.) Connie Ellerbe	54.10	1988
4.) Kristy Beans	54.35	1992
5.) Tamara Stoner	54.36	1995

800 Meters

1.) Jennifer Kemp	2:05.09	2003
2.) Keri Bland	2:05.63	2010
3.) Raeleen Hunter	2:06.09	2007
4.) Karly Hamric	2:08.02	2010
5.) Ailene Smith	2:08.89	2002

1,500 Meters

1.) Megan Metcalfe	4:12.00	2003
2.) Karly Hamric	4:13.54	2010
3.) Keri Bland	4:14.52	2010
4.) Jessica O'Connell	4:18.31	2010
5.) Jennifer Kemp	4:21.30	2005

3,000 Meters

1.) Megan Metcalfe	9:04.02	2004
2.) Rebecca Stallwood	9:23.45	2001
3.) Marie-Louise Asselin	9:26.09	2007
4.) Jessica O'Connell	9:30.06	2012
5.) Jennifer Davis	9:33.61	2005

5,000 Meters

1.) Megan Metcalfe	15:47.64	2005
2.) Marie-Louise Asselin	15:53.93	2010
3.) Clara Grandt	16:01.18	2010
4.) Rebecca Stallwood	16:12.17	2002
5.) Jennifer Davis	16:23.01	2005

10,000 Meters

1.) Clara Grandt	33:16.96	2009
2.) Kate Harrison	33:48.64	2011
3.) Sarah-Anne Brault	33:51.14	2011
4.) Katie Gillespie	34:10.60	2011
5.) Marie-Louise Asselin	34:14.54	2009

3,000 Meter Steeplechase

1.) Jordan Hamric	10:11.06	2013
2.) Susan Davis	10:25.93	2006
3.) Jennifer Davis	10:28.45	2005
4.) Aubrey Moskal	10:30.11	2013
5.) Sarah Martinelli	10:34.28	2013

Heptathlon

1.) Chelsea Carrier	5,927	2011
2.) Pat Itanyi	5,647	1997
3.) Abbie Stechschulte	5,609	2007
4.) Sharon Pfister	5,141	1986
5.) Melinda Case	4,523	1987

High Jump

1.) Alethea Moody	1.83m	1990
2.) Katelyn Williams	1.79m	2011
3.) Sharon Pfister	1.78m	1986
4.) Sydney Cummings	1.78m	2013
5.) Sydney Cummings	1.77m	2012

Pole Vault

1.) Katlyn Shelar	4.10m	2013
2.) Erin Nett	4.00m	2002
3.) Katlyn Shelar	3.95m	2012
4.) Kristin Quackenbush	3.86m	1998
5.) Alex Acker	3.85m	2009

Long Jump

1.) Pat Itanyi	6.74m	1995
2.) Chelsea Carrier	6.42m	2011
3.) Christine Brown	6.29m	2002
4.) Meghan Mock	6.17m	2011
5.) Abbie Stechshulte	6.13m	2007

Triple Jump

1.) Stormy Nesbit	13.07m	2012
2.) Christine Brown	12.95m	2002
3.) Stormy Nesbit	12.64m	2013
4.) Tessie Palmer	12.45m	1991
5.) Natalie Barnes	11.97m	1996

Javelin

1.) Jodi Smith	47.99m	1984
2.) Lindsey Clark	43.09m	2006
3.) Kristen Snyder	41.82m	1997
4.) Pat Itanyi	40.00m	1995

Discus

1.) Jodi Smith	50.26m	1984
2.) Heather Adams	47.32m	2013
3.) Heather Adams	46.29m	2012
4.) Karissa Knabenshue	42.89m	2012
5.) Brittany Fink	42.31m	2010

Shot put

1.) Jodi Smith	14.22m	1984
2.) Karissa Knabenshue	13.16m	2013
3.) Michelle McGinnis	12.67m	2006
4.) Abbie Stechschultz	12.37m	2007
5.) Terina Miller	11.80m	2011

Hammer throw

1.) Heather Adams	56.96m	2013
2.) Terina Miller	55.25m	2012
3.) Heather Adams	53.29m	2012
4.) Michele McGinnis	42.51m	2006
5.) Alanna Pritts	42.24m	2012

4x100 Relay

1.) Martina Miller, Tameca Williams, Zane Francis, Stacian Brown	44.28	1999
2.) Haneefah Norman, Tameca Williams, Zane Francis, Stacian Brown	44.65	1999
3.) Maxine Dawkins, Marlene Dawkins, Pat Itanyi, Martina Miller	44.88	1997
4.) Jeanna Johnson, Tameca Williams, Martina Miller, Maxine Dawkins	45.27	1998
5.) Maxine Dawkins, Pat Itanyi, Amanda Valentine, Marlene Dawkins	45.43	1996

4x200 Relay

1.) Martina Miller, Tameca Williams, Haneefah Norman, Zane Francis	1:34.55	1999
2.) Martina Miller, Maxine Dawkins, Tameca Williams, Jamillah Nock	1:35.41	1998
3.) Junique Morris, Jamillah Nock, Shani Boone, Jessica Czaiowski	1:36.37	2006
4.) Amanda Valentine, Maxine Dawkins, Jeanna Johnson, Marlene Dawkins	1:36.40	1996
5.) Amanda Valentine, Pat Itanyi, Tamara Stoner, Kay Iheagwam	1:36.94	1995

4x400 Relay

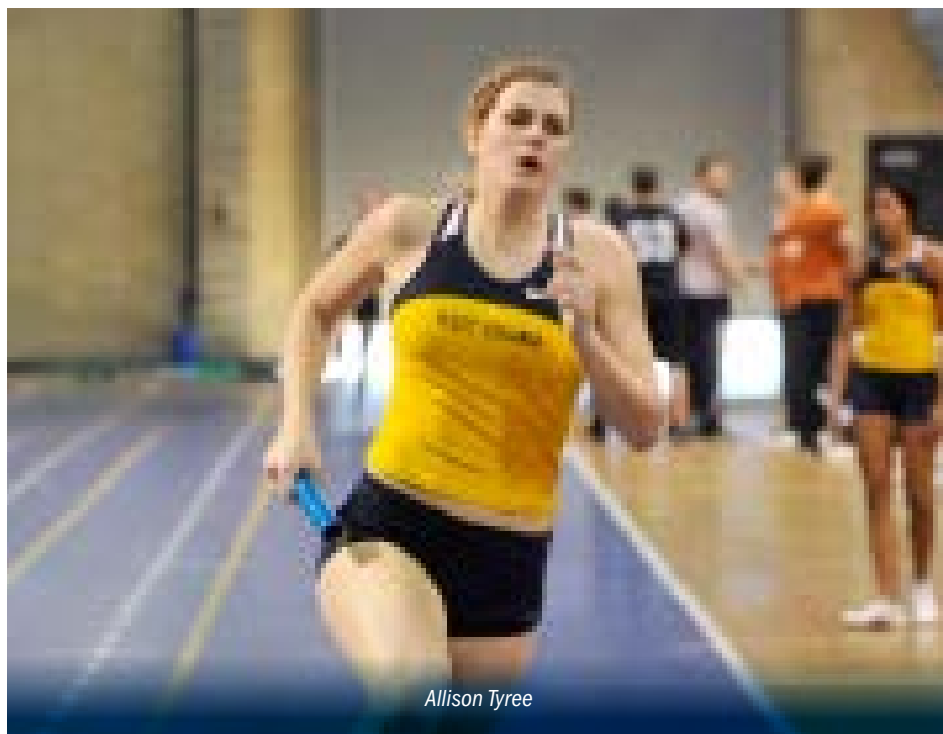
1.) Jeanna Johnson, Tameca Williams, Martina Miller, Maxine Dawkins	3:36.58	1998
2.) Kristy Beans, Connie Ellerbe, Jennifer Schweizer, Tamara Stoner	3:41.62	1992
3.) Jenna Barreto, Chelsea Carrier, Allison Tyree, April Rotilio	3:41.68	2011
4.) Amanda Valentine, Kay Iheagwam, Tamara Stoner, Halima Sinceno	3:41.74	1995
5.) Jeanna Johnson, Marlene Dawkins, Amanda Valentine, Maxine Dawkins	3:42.38	1996

4x800m Relay

1.) Karly Hamric, Keri Bland, Jessica O'Connell, Kaylyn Christopher	8:47.95	2010
2.) Merissa Sexsmith, Megan Metcalfe, Jennifer Kemp, Jennifer Davis	8:48.07	2003
3.) Jennifer Zawaski, Merissa Sexsmith, Rebecca Stallwood, Kecia Herod	8:49.50	1999
4.) Jennifer Kemp, Ailene Smith, Jennifer Davis, Megan Metcalfe	8:51.17	2002
5.) Jennifer Davis, Jennifer Kemp, Megan Metcalfe, Ailene Smith	8:51.66	2002

Distance Medley Relay

1.) Kaylyn Christopher, Katelyn Williams, Karly Hamric, Keri Bland	11:19.81	2008
2.) Keri Bland, Abbie Stechshulte, Emma Hunter, Marie-Louise Asselin	11:24.76	2007
3.) Jennifer Kemp, Stacian Brown, Ailene Smith, Megan Metcalfe	11:33.63	2002



Allison Tyree



Megan Metcalfe

MountaineerTrackRecords

Event	Holder	Record	Year
100-meters	Kay Iheagwam (WVU)	11.51	1995
200-meters	Debbie Bonner (Pitt)	23.80	1989
400-meters	Connie Ellerbe (WVU)	54.10	1988
800-meters	Keri Bland (WVU)	2:07.01	2008
1,500-meters	Keri Bland (WVU)	4:27.09	2008
3,000-meters	Susie Comer (WVU)	9:47.34	1981
5,000-meters	Jennifer Colgrove (All.CC)	17:06.11	1983
10,000-meters	Charlene Burstrom (WVU)	35:00.05	1987
100 Hurdles	Allison Williams (Unat)	13.38	1996
400 Hurdles	Connie Ellerbe (WVU)	56.95	1987
4x100 Relay	Pitt	46.37	1989
4x200 Relay	West Virginia	1:37.31	1988
4x400 Relay	West Virginia	3:43.05	1988
4x800 Relay	West Virginia	8:57.31	1990
Mile Relay	West Virginia	3:49.80	1984
2-Mile Relay	Indiana, Pa.	9:33.56	1983
DMR	West Virginia	12:14.60	1995
SMR	West Virginia	4:06.97	1984
Long Jump	Pat Itanyi (WVU)	20-6.5	1995
High Jump	Alethea Moody (WVU)	5'10"	1990
Triple Jump	Tessie Palmer (WVU)	40' .75"	1989
Pole Vault	Alex Acker	3.66m	2008
Shot Put	Jodi Reidel (Kent St.)	44-10.5	1983
Weight Throw	Heather Adams (WVU)	16.53m	2013
Discus	Jodi Smith (WVU)	160-5	1984
Javelin	Jodi Smith (WVU)	157.5	1984
Heptathlon	Pat Itanyi (WVU)	5647 points	1997

ShellBuildingRecords

Event	Holder	Record	Year
55-meters	Tammy Henderson (WVU)	6.82	1985
55 Hurdles	Pat Itanyi (WVU)	7.71	1996
200-meters	Tammy Henderson (WVU)	24.27	1985
300-meters	Janet Dodson (Morgan St.)	37.54	N/A
400-meters	Edna Brown (Temple)	53.59	1983
500-meters	Connie Ellerbe (WVU)	1:12.84	1990
600-meters	Monica Egbuonu (Princ)	1:32.35	1982
800-meters	D.Lamviolet-McClive (Cor)	2:07.32	1982
1,000-meters	Kate Vermeulen (WVU)	2:48.30	1999
Mile	Megan Metcalfe (WVU)	4:44.00	2003
3,000-meters	Holden (Allegheny)	9:23.10	1992
5,000-meters	Brown (William & Mary)	16:29.50	1993
4x400 Relay	Temple	3:43.19	1982
4x800 Relay	Megan Metcalfe, Rebecca Stallwood, Merissa Sexsmith, Jennifer Kemp (WVU)	9:00.45	2002
Long Jump	Trecia Smith (Pitt)	20-10.5	1997
High Jump	Becky Bryan (West Ontario)	5'10"	1994
Triple Jump	Najuma Fletcher (Pitt)	41-2.5	1993
Pole Vault	Erin Nett (WVU)	13'1"	2001
Pentathlon	Pat Itanyi (WVU)	4,111	1995

Atlantic10Champions

Atlantic 10 Team Indoor Champions

1993
1995

Atlantic 10 Individual Indoor Champions

1995 - Kay Iheagwam, 6.96
1993 - Trinese Summerlin, 6.90

200-meter Dash

1995 - Kay Iheagwam, 24.52
1993 - Trinese Summerlin, 24.86

400-meter Dash

1995 - Mandy Valentine, 57.88
1993 - Halima Sinceno, 57.80

500-meter Run

1995 - Tamara Stoner, 1:14.35

One-mile Run

1993 - Erin O'Reilly, 4:55.90

3,000-meter Run

1995 - Charity Wachera, 9:59.41
1993 - Erin O'Reilly, 9:46.55

5,000-meter Run

1995 - Carisa Brown, 17:38.28

55-meter Hurdles

1995 - Patience Itanyi, 07.91

4x400-meter Relay

1995 - 3:54.17 (M. Valentine, H. Sinceno, K. Iheagwam, T. Stoner)

High Jump

1993 - Chantel Dubois, 5-04.25

Long Jump

1995 - Patience Itanyi, 20-04.50

ECACChampions

INDOOR

Year	Name	Event	Time/Distance
2008	Chelsea Carrier	60 meter hurdles	8.46
2007	Jessica Czaikowski	60 meter hurdles	8.36
2004	Megan Metcalfe	1,000 meters	2:47.11
2004	Tara Struyk	5,000 meters	16:22.44
2002	Rebecca Stallwood, Ailene Smith, Schavia Felder, Megan Metcalfe	DMR	11:14.25
2000	Christine Brown	Triple Jump	12.95m
2000	Stacian Brown	200 meters	23.95
2000	Merissa Sexsmith	1,000 meters	2:49.08
1998	Kristin Quackenbush	Pole Vault	11'8"
1996	Charity Wachera	5,000 meters	16:39.87
1993	Trinese Summerlin	55 meters	6.88
1992	Trinese Summerlin	55 meters	6.92
1990	Erin O'Reilly	1,000 meters	2:53.01
1983	Tammy Henderson	55 meters	6.89
1982	Tammy Henderson	55 meters	7.02

OUTDOOR

Year	Name	Event	Time/Distance
2012	Chelsea Carrier-Eades	100 meters	11.82
2012	Stormy Nesbit	Triple jump	13.07 meters
2009	Chelsea Carrier	100 meter hurdles	13:30
2008	Clara Grandt	10,000 meters	34:15.07*
2008	Keri Bland	1,500 meters	4:19.02
2005	Jennifer Kemp	800 meters	2:06.33
2005	Jennifer Davis	3,000 meters	9:33.61
2003	Megan Metcalfe	1,500 meters	4:21.81
2003	Tara Struyk	10,000 meters	35:02.44
2002	Stacian Brown	100 meter hurdles	13.51
2002	Megan Metcalfe	3,000 meters	9:20.17
1999	Tameca Williams	400 meters	52.93
1998	Maxine Dawkins	100 meters	11.69
1998	Kristin Quackenbush	Pole Vault	11'4 1/4"
1998	Maxine Dawkins, Jenna Johnson, Martina Miller, Tameca Williams	4x100 meter relay	45.27
1997	Patience Itanyi	100 meter hurdles	13.48
1997	Charity Wachera	10,000 meters	N/A
1996	Maxine Dawkins, Pat Itanyi, Mandy Valentine, Marlene Dawkins	4x100 meter relay	46.51
1996	Maxine Dawkins	100 meters	11.55
1996	Charity Wachera	10,000 meters	34:43.11
1995	Kay Iheagwam	100 meters	11.63

* ECAC meet record

Big East Champions



Clara Grandt

Big East Indoor Outstanding Track Performer

2009 - Keri Bland
 2008 - Marie Louise Asselin
 2003 - Megan Metcalfe
 1999 - Kate Vermeulen

Big East Indoor Outstanding Field Performer

2011 - Chelsea Carrier



Karly Hamric

Big East Individual Indoor Champions

60-meter Hurdles

2010 - Chelsea Carrier, 8.31
 2011 - Chelsea Carrier, 8.17

800-meter Run

2005 - Jennifer Kemp, 2:10.26

1,000-meter Run

2008 - Keri Bland, 2:48.66

Mile Run

1999 - Kate Vermeulen, 4:39.84
 2009 - Keri Bland, 4:34.78

3,000-meter Run

2002 - Megan Metcalfe, 9:20.87
 2003 - Megan Metcalfe, 9:15.25
 2008 - Marie Louise Asselin, 9:20.56
 2011 - Jessica O'Connell, 9:21.09

5,000-meter Run

2002 - Rebecca Stallwook, 16:38.30
 2010 - Marie Louise-Asselin, 15:58.15

Distance Medley Relay

1999 - 11:26.24 (R. Stallwood, T. Williams, M. Sexsmith, K. Vermeulen)
 2000 - 11:33.03 (R. Stallwood, T. Williams, A. Smith, M. Sexsmith)
 2002 - 11:28.51 (M. Metcalfe, S. Felder, A. Smith, R. Stallwood)
 2008 - 11:16.87 (E. Malloy, C. Staye, T. Woodward, B. Spies)

3,200-meter Relay

1999 - 8:58.47 (K. Herod, R. Stallwood, D. Simms, M. Sexsmith)

Long Jump

1996 - Pat Itanyi, 6.41m (21-1/2)

Pole Vault

1998 - Kristen Quackenbush, 3.20m (10'6")
 2000 - Erin Nett, 3.55m (11'7.75")
 2001 - Erin Nett, 3.80m (12'5.5")
 2002 - Erin Nett, 3.90m (12'9.5")

Pentathlon

2006 - Abbie Stechschulte, 3,972 pts.
 2007 - Abbie Stechschulte, 4,016 pts.
 2010 - Chelsea Carrier, 3,994 pts.
 2011 - Chelsea Carrier, 4,170 pts.

Big East Individual Outdoor Champions

Big East Outdoor Outstanding Track Performer

1996 - Marlene Dawkins
 2011 - Chelsea Carrier

100-meter Dash

1998 - Maxine Dawkins, 11.58
 1999 - Stacian Brown, 11.62

200-meter Dash

1996 - Marlene Dawkins, 23.67
 1998 - Maxine Dawkins, 23.44
 1999 - Stacian Brown, 23.89

400-meter Dash

1996 - Marlene Dawkins, 54.57
 1999 - Temeca Williams, 53.16
 2000 - Tameca Williams, 53.55
 2011 - April Rotilio, 52.71

1,500-meter Run

1999 - Kate Vermeulen, 4:25.72
 2010 - Karly Hamric, 4:28.02

5,000-meter Run

2002 - Megan Metcalfe, 16:35.63
 2009 - Clara Grandt, 16:07.55
 2010 - Marie Louise Asselin, 16:31.04

10,000-meter Run

2003 - Megan Metcalfe, 35:08.89
 2010 - Clara Grandt, 33:31.80
 2011 - Kate Harrison, 33:59.84

100-meter Hurdles

2006 - Jessica Czaikowski, 13.42
 2008 - Chelsea Carrier, 13.48
 2011 - Chelsea Carrier, 13.07
 2012 - Chelsea Carrier-Eades, 12.93

400-meter Hurdles

2011 - Chelsea Carrier, 57.48

Pole Vault

1998 - Kristen Quackenbush, 3.61m (11'10")
 2001 - Erin Nett, 3.80m (12'5.5")
 2002 - Erin Nett, 3.95m (12'11.5")

Long Jump

2011 - Chelsea Carrier, 6.42m (21-3/4)

400-meter Relay

1999 - 45.27 (H. Norman, T. Williams, Z. Francis, S. Brown)
 2000 - 45.39 (S. Brown, S. Cox, Z. Francis, T. Williams)

NCAA Champions



Pat Itanyi 1995 NCAA Outdoor Long Jump Champion

In only her sophomore season, Pat Itanyi became the first female in West Virginia University women's track and field history to win a national championship by taking top honors in the long jump at the 1995 NCAA Outdoor Track and Field Championships in Knoxville, Tenn., with a leap of 22'1. Itanyi edged out George Mason's Diane Guthrie-Greshman who had a jump of 22'0.25" and surpassed her WVU record of 21'10.25", a mark that placed her ranking second entering the meet. A native of Ukehe, Nigeria, Itanyi's jump was the 10th longest in NCAA History at the time and set a school record in the finals that still stands to this day.



Megan Metcalfe 2005 NCAA Outdoor 5,000m Champion

In her final season at WVU, Megan Metcalfe concluded an already stellar career as a Mountaineer by capturing the 5,000 meter title at the 2005 NCAA Outdoor Track and Field Championships in Sacramento, Calif., with a time of 16:31.88. Metcalfe used a final surge of energy to outkick the defending champion, Sara Bei of Stanford, defeating her by just 0.54 seconds. The Edmonton, Alberta native, finished her career as a nine-time All-American and still holds four school records to this day.



Kate Vermeulen 1999 NCAA Indoor Mile Champion

As a freshman, Kate Vermeulen became the second female NCAA champion when she took top honors in the mile at the 1999 NCAA Indoor Track and Field Championships in Indianapolis, Ind., with a time of 4:39.07. Vermeulen's time was her best of the year as she edged out Mary Jayne Harrelson of Appalachian State who finished with a time of 4:39.53. The London, Ontario native is the only indoor champion for WVU and in only one year as a Mountaineer, Vermeulen tied other national champion Itanyi by setting six school records in one season.

WVU All-Americans



Connie ELLERBE
1988, 1989, 1991, 1992

As a freshman, she became the first female track and field athlete in school history to earn All-America accolades when she finished seventh in the 400-meter hurdles at the 1988 NCAA Outdoor Championships at Oregon. She again earned All-America honors during her sophomore campaign – finishing ninth in the hurdles at the outdoor meet in Provo, Utah. After redshirting the 1989-90 season, she captured her third All-America honor by finishing fourth in the 400-meter hurdles with a time of 56.60. Ellerbe culminated her brilliant career in 1992 by finishing second in the 400-meter hurdles at the NCAA meet in Austin. She also competed at the U.S. Olympic Trials in 1992 where her fifth-place finish in the 400-meter hurdles is the highest a WVU female track athlete has ever placed and she narrowly missed a spot on the U.S. roster.



Alethea MOODY
1990

Moody earned All-America honors during the 1990 season when she placed sixth in the high jump with a leap of 5' 11 1/4" at the NCAA Outdoor Championships at Duke. Two weeks earlier, the junior won the high jump at the Penn Relays and at the ECAC Outdoor Championships; her victory at Penn Relays represented the first female WVU winner at the prestigious meet. She finished the season as the No. 1 ranked jumper in the East and was also selected to compete in the Olympic Sports Festival.



Trinesee SUMMERLIN
1993

WVU's third female track All-American, Summerlin placed sixth in the 55-meter dash at the NCAA Indoor Championships in Indianapolis, blazing to a time of 6.85. The honor capped off an indoor season that saw her take top honors in the 55-meter dash at the ECAC Indoor Championships, as well as the Fairfax Indoor Classic and the George Mason Collegiate Invitational.



Pat ITANYI
1995, 1996, 1997

Pat Itanyi ended her career at WVU with seven All-America honors and six school records. In 1995, the Ukehe, Nigeria, native culminated a brilliant season by becoming the school's first female national track champion. During the indoor season, Itanyi placed third in the long jump and fifth in the 55-meter hurdles at the NCAA Indoor Championships at Indianapolis to secure All-America status. At the NCAA Outdoor Championships in Knoxville, Tenn., the sophomore won the long jump with a leap of 22'1", edging George Mason's Diane Guthrie-Greshman for the national title. That jump was the 10th

longest in NCAA history at that time. Itanyi took her fourth All-America honor in 1996 at the NCAA Indoor Championships by placing fifth in the long jump. To cap off her senior season at WVU, Itanyi brought home three All-America awards in 1997. She placed eighth in the long jump at the NCAA indoor meet in Indianapolis. During the outdoor season, Itanyi notched third in the long jump and fifth in the heptathlon at the NCAA Outdoor Championships at Bloomington, Ind., to once again earn All-America status.



Kristin QUACKENBUSH
1998

Kristin Quackenbush only participated in track for one season, but she left her mark as one of WVU's most gifted athletes ever. Quackenbush earned All-America status in the pole vault during the outdoor season. Her mark of 12'1 1/2" was good enough for fourth at the NCAA Championships, and was her third-best effort on the season. Quackenbush also placed 10th at the NCAA Indoor Championships. She captured first place in the Big East and ECAC Championships during both the indoor and outdoor seasons. Quackenbush was only one of three athletes in West Virginia history ever to earn All-America status in two different sports at the time. This 1997 national Gymnast of the Year, excelled in gymnastics at WVU for four years. Her All-American honors in gymnastics include: 1994-95-96 floor, 1994 and 96 vault, and 1996 all-around. She was tied for the most individual All-America awards in West Virginia history with former track stars James Jett and Pat Itanyi.



Charity WACHERA
1998

Charity Wachera was one of WVU's best distance runners during her career. The Nairobi, Kenya, native earned All-America honors in the 10,000-meters during the outdoor season as she crossed the line with a time of 34:29.64, good enough for a sixth-place finish at the NCAA Championships. She also held two school records. She ran a 16:27.27 in the 5,000-meters and a 34:24.00 in the 10,000-meters during the 1998 outdoor track season, both good enough for first all-time. In 1997, Wachera finished 11th with a time of 17:00 to become WVU's first female cross country All-American.



Kate VERMEULEN
1999

Kate Vermeulen will go down as one of the most prolific distance runners in WVU history. Vermeulen took just one year to become the NCAA indoor champion in the mile, setting a then-school record with a time of 4:39.07. She earned All-America honors during the indoor season and joins Pat Itanyi (long jump, 1995), Mike Mosser (1000-yards, 1972) and Megan Metcalfe (5,000-meters, 2005) as one of only four West Virginia track national champions.

Vermeulen's six school records ties Itanyi with the most of any track athlete in the University's history. During the outdoor season, she captured the 1,500-meters (4:22.89), and managed to run down five throughout the indoor season, which included the 800-meters (2:06.42), the 1000-meters (2:43.01) and the mile (4:39.07). She also anchored the 4x800 relay (8:58.47) and distance medley relay (11:15.50), which both captured school records. She was named Outstanding Track Performer at the Big East Championships and posted the fastest collegiate mile time (4:39.84) during the indoor season.



Merissa SEXSMITH
1999, 2000, 2001

Sexsmith proved to be a picture of consistency throughout her freshman campaign as she earned All-America honors for her participation on the distance medley relay team, where she ran the 800-meter leg of the relay. This team, made up of Rebecca Stallwood (1,200 meters), Tameca Williams (400 meters) and Kate Vermeulen (mile), became the first relay team to win a Big East Championship (11:15.40) and set the school record during the indoor season with that time. The team placed fifth at the NCAA Indoor Championships. Sexsmith was also a member of the 4x800 relay team that captured a Big East Championship and a school record. Sexsmith became a two-time All-American when the distance medley team came in second at the NCAA Indoor Championships in 2000. She earned her third All-America accolade as a member of the 2001 DMR team.



Tameca WILLIAMS
1999, 2000

A transfer from Southern University, Williams quickly became West Virginia's top 400-meter runner. She was part of the distance medley relay team, running the 400-meter leg, that captured the school record (11:15.40) and a Big East Championship during the indoor season. She also holds the school record in the 400-meters outdoor with a time of 52.92. Williams earned her second All-America honor with her membership in the 2000 indoor distance medley relay team. Williams was part of the DMR that finished second at the NCAA Indoor Championships with a time of 11:17.92.



Rebecca STALLWOOD
1999, 2000

Stallwood was a fantastic two-sport athlete for West Virginia's track and cross country teams for four years. As a freshman, she joined the 1997 women's cross country team at the NCAA Cross Country Championship and had an equally successful season with the cross country team in 1999, with another NCAA Cross Country Championship appearance. She earned her All-America honors, for her contribution on the distance medley relay team, running the opening 1,200-meter leg. This team

captured the Big East Championship and set a school record with a time of 11:15.40. The Burlington, Ontario, Canada, native earned her second All-America honor when the distance medley team finished second at the NCAA Indoor Championships in 2000.



Christine BROWN

1999, 2000

An athlete that coaches only dream about, Brown came from Jamaica as a freshman. In her first season, the talented athlete took the U.S. Collegiate track scene by storm. Then after taking a year off to work on her studies, she decided to attend WVU, where in 2000, she went to the NCAA Championships as a top seed. There she earned her All-America honors with a sixth-place finish in the triple jump.



Ailene SMITH

2000, 2001

Smith earned her All-America honors as part of the second-place distance medley relay team at the 2000 Indoor NCAA Championships. Smith, a transfer from Southern University, was all-Big East as a freshman and made a huge impact on the team's relays. Smith ran the second leg of the 4x800 relay team that finished fourth at the Big East Indoor Championships in 2000 and finished eighth at the Big East Outdoor Championships in the 800 with a time of 2:11.88. Smith earned her second All-America honor as a member of the 2001 distance medley relay team.



Ciara CHIC

2001

Ciara Chic, a Charleston, W.Va., native, was one of the top athletes to come out of West Virginia during the past decade. She earned her All-America honor during her freshman year as a member of the 2001 distance medley relay team, which finished eighth at the 2001 NCAA Indoor Championships.



Megan METCALFE

2001, 2002, 2003, 2004, 2005

Megan Metcalfe, a nine-time All-American, is one of the most prolific distance runners in Mountaineer women's track and field history. The Edmonton, Alberta, native earned her first All-America accolade as a member of the 2001 distance medley relay team, which finished in eighth place. Metcalfe's second All-America award, and first individual, came with a third-place finish in the 3,000-meter at the 2002 NCAA Outdoor Championships in a WVU record time of 9:09.95. Also an outstanding cross country runner, Metcalfe was named the 2000 Big East Freshman of the Year. Her third All-America honor came with a ninth-place finish at the 2002 NCAA Cross

Country Championship, making her just the second female cross country All-American in school history and only the fourth Mountaineer to earn All-America honors in two sports. She earned her fourth and fifth All-America accolades in 2003 by finishing fourth in the 3,000-meter at the indoor championships and was a part of the school-record setting distance medley relay team in that same meet. Her sixth and seventh awards came in March of 2004 when she was fifth in the 3,000-meter and again was a member of the DMR team. Metcalfe's eighth and school-record winning All-America honor came at the 2004 NCAA Cross Country Championships where she recorded a 16th-place overall finish. Metcalfe capped off her brilliant career with a ninth All-America honor and a national championship when she won the 5,000 meters at the 2005 NCAA Outdoor Championships.



Jennifer DAVIS

2004, 2005

Jennifer Davis, a native of Romney, W.Va., earned her first All-America honor as a part of the DMR team that finished fifth at the 2004 NCAA Indoor Championships. The team recorded a time of 11:12.56 en route to a fifth place overall finish. Her second such honor came in the same event at the 2005 NCAA Indoor Championships. The team finished sixth with a time of 11:13.07.



Susan DAVIS

2005

Susan Davis earned her All-America honor as a member of the WVU distance medley relay squad at the 2005 NCAA Indoor Championships. The Romney, W.Va., native helped the Mountaineers achieve a sixth-place finishing time of 11:13.07.



Jennifer KEMP

2003, 2004, 2005

Jennifer Kemp was a three-time All-American as a member of the Mountaineers' stellar distance medley relay team. The Edmonton, Alberta, Canada, native picked up her first honor in 2003 when she was a part of the school-record quartet that ran 11:11.19 at the NCAA indoor meet. In 2004, she was again a part of the DMR squad that finished fifth. For the third consecutive year, in 2005, Kemp helped the Mountaineer DMR team capture sixth place at NCAA Indoor Championships.



Pam RICHARDSON

2003, 2004, 2005

Pam Richardson was a three-time All-American as a member of the Mountaineer distance medley relay team. The Atco, N.J., native earned her first honor in 2003 as part of the record-setting DMR team that finished fourth in a then school-record time of 11:11.19.

She followed that performance by being a part of the 2004 DMR squad that finished fifth at the 2004 NCAA Indoor Championships with a time of 11:12.56. In 2005, Richardson helped the WVU DMR team capture sixth place with a time of 11:13.07.



Abbie STECHSCHULTE

2007

After three years of dedicated work, Abbie Stechschulte finally built herself a name in the track world, showing dominance as a multi-event athlete during the 2007 indoor and outdoor season. As proof, the Columbus Grove, Ohio, native won the 2007 Big East Indoor pentathlon crown and finished sixth at the NCAA Championships, earning her All-America honors. During the 2007 outdoor season, Stechschulte nabbed an Olympic Trials 'B' standard at the 80th Annual Texas Relays, scoring 5,609 points in the heptathlon. At the end of her career, she ranked second in the WVU record book for the pentathlon (4,085 points) and the heptathlon (5,609 points).



Marie-Louise ASSELIN

2008, 2009, 2010

One of the most talented and decorated distance runners to ever wear the Old Gold and Blue, as of 2010, Marie-Louise Asselin, a Sarnia, Ontario, native owns seven All-America medals, including three in cross country and four in track. Asselin's last cross country season, 2009, was one for the record books as she became one of only two WVU runners to earn three All-America honors in the sport. Along with teammate Keri Bland, Asselin achieved the honor as she finished in 31st place (20:43) at the 2009 NCAA Cross Country Championship. The Mountaineers went on to finish sixth, marking the third-consecutive year that WVU finished in the top 10 at the national championships. Asselin also earned all-region honors for the fourth time in her career and all Big East honors for the third time. Her success continued into the track season as she posted a second-place finish in the 5,000-meter race at the NCAA Indoor Championships (15:50.53) and a second-place finish in the 5,000 meter at the NCAA Outdoor Championships (15:53.93).

In 2008, she led WVU to its most successful season in school history, as the Mountaineers took a historic fourth-place finish at the NCAA Championship, first at the NCAA all-Mid-Atlantic Regionals and second at the Big East Championship. Asselin became the first Big East Women's Cross Country Individual Champion in 2008, as she took the top spot with a time of 20:10. She then placed 17th at the NCAA Championship race with a time of 20:27 to earn her second consecutive All-American honor. She earned her first All-American title in 2007 as the Mountaineers captured their first Big East Championship and finished ninth in the country. Even though she was just a sophomore at the time, Asselin became WVU's third All-American in the sport

WVU All-Americans

when she finished 17th (14th in the team standings) with a time of 20:39 at the 2007 NCAA Championship. It was a fitting ending to an outstanding season that saw her post the team's highest finish in the final five meets. Asselin showed glimpses of her abilities just weeks earlier at the Big East Championship where she took second and at the NCAA Mid-Atlantic Regional race, where she placed third in leading her team to an overall second-place finish. Asselin, an all-Big East and all-Mid-Atlantic region selection, was joined by Bland as an All-American, marking the first time in program history that two teammates earned the honor in the same season. In the 2008 indoor season, Asselin went on to place seventh in the 3,000-meter to earn All-America honors and was on the All-America distance medley relay team that took fourth at nationals.



Keri BLAND
2008, 2009, 2010, 2011

Keri Bland, a nine-time All-American, continued to leave her name in the

WVU record books as the most decorated athlete in WVU track and field history. In 2011, Bland earned third-team All-America honors in the 1,500-meter run with an 18th-place finish at the NCAA Outdoor Championships with a time of 4:24. She aided the Mountaineers to a sixth-place finish at the 2009 NCAA Cross Country Championships, marking the third-straight year WVU finished in the nation's top 10. Bland, along with teammate Marie-Louise Asselin, became the only Mountaineers in school history to earn All-America honors for three seasons in cross country, as she finished 34th (20:45).

The Fairview, W.Va., native earned two All-America honors in the 2009 indoor track season, as she placed eighth in the mile and was a part of the distance medley relay team. Bland continued to dominate in the outdoor season, as she earned her fourth honor of the year by virtue of finishing as one of the top U.S. citizens in the 1,500-meter race, marking the second time she earned honors in all three seasons (cross country, indoor track and outdoor track). Bland was an essential part of the Mountaineers team in 2008, when she led WVU to its most successful season in school history as the squad placed fourth at the NCAA Championship, first at the NCAA Mid-Atlantic Regionals and second at the Big East Championship. She was the first Mountaineer to finish at the NCAA Championship, where she finished 14th with a time of 20:20.

In 2007, Bland and Asselin helped guide the Mountaineers to their first conference title and the highest finish at nationals in school history (ninth) in 2007. At nationals, Bland was the second Mountaineer to cross the line in 23rd at 20:58. Bland, along with Asselin, was named a first team All-American, marking the first time WVU's cross country program had multiple All-Americans in the same year. Bland earned all-Big East and all-Mid-Atlantic region accolades during the season after finishing fourth and seventh, respectively, in those races. In the 2008 indoor track season, Bland

was a part of the All-America distance medley team that set a school record and placed fourth in the country. She finished the 2008 outdoor season by earning All-America honors in the 1,500-meters to become the first female in WVU history to earn All-America honors in three sports in the same year.



Karly HAMRIC
2008, 2010

Bruceton Mills, W.Va., native Karly

Hamric capped off an excellent career in 2010 as she earned her second All-America honor with a sixth-place finish in the 1,500-meter run (4:17.78) at the NCAA Outdoor Championships. Hamric's first honor came when she ran the 800-meter leg of the distance medley relay at the 2008 NCAA Indoor Championships to help the unit earn All-America honors. Hamric's 800-meter split was 2:10.82, as the DMR finished fourth with a school record time of 11:07.64. Hamric was joined by Marie-Louise Asselin, Keri Bland and April Rotilio on the squad. Owns a personal-best time of 4:23.54 in the 1,500-meter.



April ROTILIO
2008, 2010, 2011

April Rotilio earned her third All-

America honor in 2011 with a 19th-place finish in the 400-meter dash at the NCAA Outdoor Championships in 53.47 seconds. She qualified for NCAAs with a 10th-place finish in the 400-meter at the NCAA East Regional in 53.31 seconds. Rotilio earned her best 400-meter time of the year at the Big East Championships, finishing in 52.71 seconds in first place and became the first Mountaineer since Tameca Williams in 2000 to win the event. Academically, she capped her career with third team CoSIDA Academic All-America honors and was named to the Capital One Academic all-district first team.

Rotilio captured her second All-America honor in 2010 as she once again aided the distance medley relay team (Rotilio, Keri Bland, Kaylyn Christopher and Jessica O'Connell) to an eighth-place showing (11:16.39) at the NCAA Indoor Championships in Fayetteville, Ark. In 2008, Rotilio earned her first honor as she ran the 400-meter leg of the DMR at the NCAA Indoor Championships, helping lead the Mountaineer unit to a fourth-place finish. The Bellaire, Ohio, native ran the 400-meter split in 55.14. The group, who set a new school record with a time of 11:07.64, featured Marie-Louise Asselin, Keri Bland and Karly Hamric.



Clara GRANDT
2009

Clara Grandt saved the best for last as she posted the finest season of her career and earned her first All-America honor in cross country. The West Union, W.Va., native led the team to a sixth-place finish at the 2009 NCAA

Championship, the first Mountaineer to cross the line in 13th place overall. Grandt also earned all-region and all-Big East honors and was named Big East Cross Country Athlete of the Week on Sept. 24, for her efforts in the Midwest Open. There she crossed the line in 17:00.1, 19 seconds before Louisville's Tarah McKay (17:19.4), for the fastest course time in over 20 years. In the track season, Grandt earned her second honor of the year by virtue of finishing as one of the top U.S. citizens in the 5,000-meter race at the 2010 NCAA Indoor Championships. She then capped off her final season as a Mountaineer with a fourth-place showing in the 10,000-meter race at the outdoor championships, giving her four total All-America honors. Grandt became WVU's 24th track and field All-American as she earned the honors with a fourth-place showing in the 10,000-meter finals at the NCAA Championship in 2009. Grandt started off the race behind the lead pack before finding her stride around the 6,000-meter mark. The junior closed the gap, and finished with a time of 33:45.16.



Kaylyn CHRISTOPHER
2010

Kaylyn Christopher, a native of

Kingwood, W.Va., received her first and second All-America honors in 2010, by virtue of finishing as one of the top U.S. citizens in the mile, and as a member of the distance medley relay team at the NCAA Indoor Championships. Christopher captured her first honor with a 12th-place finish in the mile with a time of 4:46, to finish as one of the top eight Americans in the race. Later in the day, she returned to aid the DMR team (Christopher, Keri Bland, Jessica O'Connell and April Rotilio) to an eighth-place showing (11:16.39). Owns a personal-best time of 4:40.78 in the mile.



Jessica O'CONNELL
2010, 2011, 2012

Another name to be added to the list of great WVU distance runners, Jessica O'Connell earned her first

All-America honors as a member of the distance medley relay team (O'Connell, Kaylyn Christopher, Keri Bland and April Rotilio) that finished in eighth place (11:16.39) at the 2010 NCAA Indoor Championships in Fayetteville, Ark. The Calgary, Alberta, native also was a vital asset in the NCAA Outdoor Regionals in 1,500-meter race, but was tripped on the last leg. O'Connell still managed to finish in 10th place in the semifinals (4:30.05). She is also a NCAA qualifier in the 3,000-meter race after running a lifetime best of 9:16.22 at the NY Fast Times Invitational and went on to win the North American Championships in the 5,000-meter that summer.

Her second All-America honor came in the 3,000-meter at the 2011 NCAA Indoor Championships, when she finished in 16th place to earn second team All-America honors. To qualify for NCAAs, O'Connell earned her first ever Big East title in the 3,000-meter with a time of 9:21.09.

In 2012, she earned her third All-America honor at the NCAA Outdoor Championships where she placed 19th in the 5,000-meter run in 17:10.43 for an honorable mention accolade. That year she also finished eighth in the 5,000-meter at the Big East Indoor Championships and had two first-place marks in the 3,000-meter at the Wake Forest Open and the Larry Ellis Invitational.



Chelsea CARRIER-EADES 2010, 2011, 2012

Chelsea Carrier, an eight-time All-American, left her name in the WVU record books as one of the greatest track athletes in school history. In 2010, Carrier, a Buckhannon, W.Va., native earned her first and second All-America honors at the NCAA Indoor Championships in Fayetteville, Ark. Her first honor came after a fourth-place showing in the pentathlon. Carrier finished with one of her best performances with 4,133 total points. Later in the day, Carrier earned her second honor with a sixth-place finish in the 60-meter hurdles (8.29). Earlier in the season, Carrier was named Mid-Atlantic Field Athlete of the Year after earning two Big East Champion honors and breaking the school record in the pentathlon at the Sykes-Sabock Challenge on Feb. 5. Carrier won the event with 4,136 points to break the school record previously set by All-American Pat Itanyi in 1997 (4,111).

In 2011, Carrier earned first team All-America honors in the heptathlon after placing third with 5,761 points and also earned third team All-America in the 100-meter hurdles after placing 19th in 13.56 seconds. She was named the Mid-Atlantic Field Athlete of the Year, and before that earned three individual Big East titles in the long jump, 100-meter hurdles and 400-meter hurdles. During the indoor season, Carrier earned All-America in the 60-meter hurdles with a fourth-place finish in 8.08 seconds, beating her personal record of 8.15 seconds. She notched another All-American award in the pentathlon with a fifth-place finish with 4,128 points, her second All-America award in the pentathlon. Her junior campaign saw her break the school records in the 60-meter hurdles, pentathlon, 100-meter hurdles and the heptathlon. She also participated at the USA Track and Field Championships following the season, finishing 16th in the semifinals round in a time of 13.04 seconds.

Her 2012 senior campaign notched two All-America awards as she earned first team honors in both the heptathlon and the 100-meter hurdles. She placed third in the heptathlon with 5,839 points and seventh in the hurdles in 13.31. She earned a career- and school-best 12.78 in the 100-meter hurdles during the semifinals at NCAAs and also won the heptathlon for a second consecutive year at the Texas Relays.



Kate HARRISON 2011

Kate Harrison earned her first All-America honor as a track and field athlete at the 2011 NCAA Outdoor

Championships where she was first team All-America in the 10,000-meter run by way of a second-place finish in 34:30.35. She qualified for NCAAs with a first-place finish for the event at the NCAA East Regional in 33:48.64, a personal best for the Toronto, Ontario, native. The championship season began well for No. 16-ranked Harrison as she earned her first Big East title in the 10,000 with a time of 33:59.84, her best mark of the year at the time. Harrison also earned her first All-America honor during the 2011 cross country season with an eighth-place individual finish at the NCAA Championship.



Sarah-Anne BRAULT 2011

Sarah-Anne Brault earned her first All-America honor in 2011 with a second team All-America achievement in the 10,000-meter run as she finished in 10th place in 35:05.36. To qualify for NCAAs, the Winnipeg, Manitoba, native placed sixth in the 10,000 at the NCAA East Regional with a time of 33:51.14, her best mark of the year for the event. Brault earned a second-place finish in 34:04.63 in the 10,000-meter at the Big East Championships and a solid 10th place in the 1,500-meter race in 4:35.07 at the prestigious Jesse Owens Classic. During the indoor season, Brault finished fourth in the 5,000-meter run in 16:17.95 at the Big East Championships. She also excelled academically by earning second team CoSIDA Academic All-America honors and was named to the Capital One Academic all-district first team.



Meghan MOCK 2011

Meghan Mock capped off a stellar junior season by finishing with third team All-America honors in the long jump at the NCAA Outdoor Championships with a distance of 6.02 meters, good for 20th place among the nation's elite jumpers. The Berkeley Springs, W.Va., native qualified for the NCAAs for the first time of her career by placing 11th in the long jump at the NCAA East Regional at a distance of 6.07 meters. Mock began the championship portion of the season well with an eighth-place mark for the event at 5.81 meters, advancing to the East regional for the first time. Her junior year was enhanced with a first-place finish in the long jump with a 6.17-meter mark at the Penn Relays, a personal-best and currently ranks third all-time at WVU. At the prestigious Stanford Invitational, she placed fourth in the long jump at 5.70 meters. During the indoor season, Mock finished fourth at the Big East Championships at a distance of 5.86 meters.



Katelyn WILLIAMS 2011

Katelyn Williams earned third team All-America honors in the high jump with an 18th-place height of 1.76 meters at the NCAA Outdoor Championships. To earn her second trip to NCAAs, the Chesterland, Ohio, native placed ninth at the NCAA East Regional, also at a height of 1.78 meters. She started the outdoor championship season well at the Big East Championships with a second-place finish in the high jump at 1.78 meters and placed third in the heptathlon with 5,044 points. In the heptathlon, she finished first in the high jump with a career-best 1.79-meter height, and had solid finishes in the shot put (3rd, 11.09m) and javelin (4th, 29.30m). At the prestigious Jesse Owens Classic, Williams placed third at 1.70 meters. Her indoor season was highlighted with a fourth-place finish in the long jump at 5.08 meters at the WVU Holiday Classic.



Jordan HAMRIC 2013

Jordan Hamric ended her career as a Mountaineer, earning second team All-America honors. The Bruceton Mills, W.Va., native posted a 12th-place finish in the 3,000-meter steeplechase at the 2013 NCAA Division I Track & Field Championships in Eugene, Ore. Hamric ended her career as the school record holder in the 3,000-meter steeplechase, which she set at the 2013 NCAA semifinals with a time of 10:06.47. During her senior campaign, Hamric also placed second at the Big 12 Outdoor Championships, third at the Penn Relays and seventh at the Stanford Invitational. It marked the first time in her career that she garnered All-America honors.



Kelly WILLIAMS 2013

Kelly Williams wasted no time to ink her name into the Mountaineer record books. The freshman became the 33rd All-American in WVU track and field program history in 2013. The Chesterland, Ohio, native recorded a seventh-place finish in the mile at the 2013 Indoor Track and Field Championships in Fayetteville, Ark. Williams finished with a with a one-mile time of 4:39.30 at the meet, just two seconds off her personal-best mile time of 4:36.77 set earlier in the season. That time ranks her No. 3 in WVU program history for the mile.

All-Time Coaches & Captains

Year	Coach	Captains	Record
1978	Linda King	None	1-2
1979	Linda King	None	2-0
1980	Linda King	None	1-0
1981	Linda King	None	2-0
1982	Linda King	None	2-1
1983	Pat Nicol	None	1-0
1984	Kim Kemp	Jean England, Kris Kavetski	1-0
1985	Kim Kemp	Lisa Ayers, Kris Kavetski	1-0
1986	Laura Nardelli	Karen Carpenter, Lori Smith	0-0*
1987	Laura Nardelli	Charlene Burstrom, Karen Carpenter	0-0*
1988	Laura Nardelli	Charlene Burstrom, Traci Purtell	0-0*
1989	Laura Nardelli	Charlene Burstrom	0-0*
1990	Laura Nardelli	Theresa Papa	0-0*
1991	Martin Pushkin	Vicki Stum	0-0*
1992	Martin Pushkin	None	0-0*
1993	Martin Pushkin	Erin O'Reilly	3-4
1994	Martin Pushkin	Kerryn Davidson, Joleen Tocci	8-0
1995	Martin Pushkin	Carisa Brown	11-0
1996	Martin Pushkin	Heather Bury, Mary Ann Myer	9-2
1997	Martin Pushkin	Charity Wachera	14-8
1998	Martin Pushkin	Nancy Knapp, Rebecca Stallwood	0-0*
1999	Martin Pushkin	Rebecca Stallwood, Johanna Fisher	0-0*
2000	Martin Pushkin	Rebecca Stallwood, Johanna Fisher	0-0*
2001	Martin Pushkin	Rebecca Stallwood	0-0*
2002	Jeff Huntoon	Stacian Brown	0-0*
2003	Jeff Huntoon	Megan Metcalfe	0-0*
2004	Jeff Huntoon	Tara Struyk	0-0*
2005	Jeff Huntoon	Jennifer Kemp, Pam Richardson	0-0*
2006	Jeff Huntoon	Jessica Czaikowski, Susan Davis	0-0*
2007	Jeff Huntoon	Jessica Czaikowski, Abbie Stechsulte, Halimah Bashir, Alison Spiker	0-0*
2008	Sean Cleary	Halimah Bashir, Alison Spiker	0-0*
2009	Sean Cleary	Alison Spiker, Nicole DeStefano	0-0*
2010	Sean Cleary	Marie-Louise Asselin, Keri Bland, Clara Grandt, Karly Hamric, April Rotilio	0-0*
2011	Sean Cleary	April Rotilio, Chelsea Carrier-Eades	0-0*
2012	Sean Cleary	Chelsea Carrier-Eades, Katelyn Williams	0-0*
2013	Sean Cleary	Sarah-Anne Brault, Sydney Cummings	0-0*
Total			56-17

*no dual meets -- all invitational competition



Alison Spiker



Dr. Martin Pushkin