

2013-14 FACT BOOK



VANDERBILT
CROSS COUNTRY



VANDERBILT
TRACK & FIELD



QUICK FACTS/SCHEDULES

GENERAL INFORMATION

Location	Nashville, Tenn.
Founded	1873
Enrollment	6,831
Nickname	Commodores
Colors	Black & Gold
Home Track	Vanderbilt Track
Affiliation	NCAA Division I
Conference	Southeastern
Chancellor	Nicholas S. Zeppos
Vice Chancellor/Athletic Director	David Williams II
Faculty Representative	Richard McCarty
Associate Director of Athletics (Track Admin.)	Steve Walsh
Website	VUCommodores.com

COACHING STAFF

Head Coach	Steve Keith
Alma Mater	Vanderbilt (1981)
Assistant Coaches	
Jumps/Multi-Events	Clark Humphreys (Auburn, 1999)
Distance/Middle-Distance	Rhonda Riley (Oregon State, 2004)
Sprints/Hurdles	Donnie Young (Eastern Michigan, 2007)

ATHLETIC COMMUNICATIONS

Director	Rod Williamson
Office Phone	(615) 322-4051
Assistant Director/Track Contact	David Dawson
Office Phone	(615) 343-5823
Cell Phone	(404) 788-5016
Fax	(615) 343-7064
Mailing Address	2601 Jess Neely Dr., Nashville, TN 37212

TABLE OF CONTENTS

Coaching Staff	3-7
Cross Country Recaps	8-11
Cross Country Individual Results	12-16
Indoor Recaps	17-20
Indoor Times/Marks (by event)	21-26
Outdoor Recaps	27-31
Outdoor Times/Marks (by event)	32-37
Cross Country History	38-40
Indoor Top Times/History	41-43
Outdoor Top Times/History	44-48
Vanderbilt Track Facility Records	59
All-Time Roster (Cross Country, Track & Field)	50-51

2013 CROSS COUNTRY SCHEDULE

Dates	Meet	Result
August 30	Belmont Opener	Women: Duel Men: Duel
September 14	Commodore Classic	Women: 1st Men:
September 28	Roy Griak Invitational	Women: 6th
October 5	Greater Louisville Classic	Women: 13th Men:
October 19	Wisconsin adidas Invitational	Women: 19th
November 1	SEC Championships	Women: 5th Men: 13th
November 15	NCAA South Regional	Women: 2nd Men: 21st
November 23	NCAA Championship	Women:

2014 INDOOR SCHEDULE

Dates	Meet	Site
December 3	Music City Challenge	Nashville, Tenn.
January 10-11	UAB Invitational	Birmingham, Ala.
January 18	Auburn Invitational	Auburn, Ala.
January 24-25	Vanderbilt Indoor Inv.	Nashville, Tenn.
February 7-8	New Balance Armory College Inv.	New York, N.Y.
February 14-15	Tyson Invitational	Fayetteville, Ark.
	University of Washington	Seattle, Wash.
Feb. 27-March 1	SEC Indoor Championships	College Station, Texas
March 14-15	NCAA Indoor Championships	Albuquerque, N.M.

2014 OUTDOOR SCHEDULE

Dates	Meet	Site
March 28-29	Black & Gold	Nashville, Tenn.
April 4-5	Florida Relays	Gainesville, Fla.
	Stanford Relays	Palo Alto, Calif.
April 11-12	Sea Ray Relays	Knoxville, Tenn.
April 17-19	Mt. SAC Relays	Walnut, Calif.
May 15-18	SEC Outdoor Championships	Lexington, Ky.
May 29-31	NCAA Preliminary Round	Jacksonville, Fla.
June 11-14	NCAA Outdoor Championships	Eugene, Ore.
June 26-29	USATF Jr./Sr. Championships	TBA



HEAD COACH STEVE KEITH



STEVE KEITH

HEAD COACH Cross Country & Track and Field

Steve Keith has been at his alma mater for seven years as cross country coach, while serving the last two as head coach of the track and field program. During that time, Keith's nearly three decades of experience coaching top-flight athletes at four institutions has helped Vanderbilt reach new heights in cross country and track and field.

In 2012-13 alone, the women's cross country program reached the NCAA Championships for the second consecutive year, Brionne Williams earned All-America status in the indoor high jump and a program record 11 athletes qualified for NCAA action during the outdoor season.

This past season opened with the women's cross country team returning to the NCAA Championships for the second straight year and the second time in program history. The team spent a majority of the season ranked and won the Belmont Opener and Commodore Classic, before placing third at the SEC Championships. Hannah Jumper earned SEC Freshman of the Year honors, placing seventh at the league meet, while Kristen Findley joined her on the All-SEC team. The Commodores then placed second at the NCAA South Regional, paced by Findley, Jumper and Liz Anderson, securing the NCAA Championship berth.

The 2013 indoor track season saw the program's first All-American since 2005 when Brionne Williams qualified for the NCAA Indoor Track and Field Championships. Williams finished 15th in the nation in the high jump, earning second team All-America honors.

The outdoor track season saw the program continue to grow, as 11 athletes qualified for the NCAA East Preliminary Round, the most ever. The future continues to be bright, as of the 11, just one was a senior this year. In addition to youth, the group of NCAA participants showcased depth as it included seven distance/middle-distance runners to go along with two freshman hurdles (Jennifer Cannon and Faith Washington) and a pair of junior high

jumpers (Williams and Ellie Tidman).

The 2011-12 campaign opened with the women's cross country team taking the SEC title with five Commodores finishing in the top nine. Alexa Rogers (second), Liz Anderson (fourth) and Jordan White (seventh) captured First Team All-SEC honors, while Louise Hannallah (eighth) and Kristen Smith (ninth) earned spots on the second team. Vanderbilt also placed three runners on the All-Freshmen team, as Grace Orders, Rebecca Chandler and Amira Joseph each earned top-30 finishes.

The Commodores went on to finish second at the NCAA South Regional, earning the program's first-ever trip to the NCAA Championships. Vanderbilt placed sixth in the nation at the Championships in Terre Haute, Ind., with Rogers placing 39th and becoming the program's first All-American.

For his efforts in 2011, Keith was named both the Southeastern Conference Women's Cross Country Coach of the Year and the NCAA South Region Women's Cross Country Coach of the Year.

The track season saw Orders earn her second SEC All-Freshman honors of the year, this time in the indoor 3,000 meters. That was followed by an outdoor season that sent six Commodores to the NCAA East Preliminary Round. Kristen Findley, who placed fourth in the 1,500 meters at the SEC Outdoor Championships and set a school record in the event, missed a trip to the NCAA Championships by .16 seconds, placing 13th.

Kristen Smith (5,000 meters), Meagan Martin (pole vault), Morgan Toone (pole vault), Ellie Tidman (high jump) and Brionne Williams (high jump) also qualified for NCAA Preliminary Round competition.

All told, Commodore runners set school records in four indoor events (1000 meters, mile, 3000 meters and distance medley relay), followed by two more school records during the outdoor season (1500 meters and the 4x1500 relay). In addition, there were a combined 54 runs for personal records during the two 2012 track seasons (20 indoor/34 outdoor).

As has become the standard for Keith's teams, the performance in the classroom was just as impressive. Jordan White was named to the Capital One CoSIDA Academic All-District Team, while White, Liz Anderson, Louise Hannallah and Alexa Rogers were named to the U.S. Track & Field and Cross Country Coaches Association All-Academic List.



HEAD COACH STEVE KEITH

In his first seven seasons with the Commodores, both the men's and women's cross country programs have earned All-Academic honors (with distinction) with team grade-point averages of at least 3.4.

The 2010-11 track campaign saw middle distance standouts Jordan White, Alexa Rogers and Liz Anderson become NCAA qualifiers. White (4:25.58) and Rogers (4:26.54) both qualified in the 1,500 meters and freshman Liz Anderson ran the 4th best time in school history (16:29.67) in the 5,000 just narrowly missing a berth in the NCAA Outdoor Championships.

During spring 2011, senior Rita Jorgensen ran a school record 800 meter time of 2:05.54 in qualifying for the NCAA Preliminary Round. Jorgensen finished off her stellar career scoring both indoors (mile/3rd) and outdoors (800 meters/5th) at the SEC Championships.

The fall of 2010 was a record-breaking season for Keith and the Commodore cross country team. The women finished third in the SEC and third at the NCAA South Regional, while having White and Jorgensen gain All-SEC honors. Newcomer Anderson was also named to the All-SEC Freshman team.

The season was capped off with Jordan White becoming just the 2nd Vanderbilt individual to qualify for the NCAA Championships with her 10th place finish at the Region meet.

Under Keith, the Vanderbilt Track all-time lists continue to be rewritten with numerous top-10 performances from the 800 through the 10,000. Several new school standards have been established, including the indoor 3,000 meters, outdoor 800 meters and outdoor 10,000 meters, by Keith-conditioned standouts. On the top-10 lists, 45 indoor marks and 36 outdoor marks are from 2012 or 2013.

Nearly every meet produces at least a few personal bests for members of Keith's distance corps. Over their first year each of Keith's new student-athletes has seen a significant drop from their best high school times and they have continued to progress through their senior year which is a main focus and goal of the program. "Our coaching staff takes tremendous pride and pleasure in seeing our seniors finish their careers with personal bests. This is what we are all in it for."

As a Vanderbilt alum and cross country letter winner from 1977-81, Keith understands that success as a Commodore rides on maintaining the delicate balance of excellence on the track and in the classroom. Keith has

the professional experience - including Division I tenures at Alabama, Texas-El Paso and Georgia Tech - to guide the Commodores into the future.

"I'm very familiar with the level of competition and caliber it takes to be at the top of the conference. If you can be an SEC title contender then you can be at a top 10 national level and that is our goal," Keith said. "Our recruiting has been geared to building a contending program and we have seen significant progress toward this goal."

Before arriving at Vanderbilt, Keith served five years as head women's cross country coach at the University of Alabama. Keith mentored three members of the Crimson Tide women's distance corps to All-SEC honors.

Prior to coaching in the SEC, Keith worked with distance runners at the University of Texas-El Paso. In the Texas border community, Keith directed one of the nation's leading distance teams. Coaching both men and women, Keith's runners at UTEP included a pair of NCAA national individual champions and 22 All-America recipients. His top UTEP pupils included Svetlana Badrankova, Jim Svenoy, Carlos Suarez and Bashar Ibrahim.

Badrankova was an elite half-miler, capturing the NCAA women's 800 meters in 2001. Badrankova remains one of the fastest collegiate runners ever at 800 meters, with a personal best of 2:00.9. Svenoy, a Norwegian, won the 1995 NCAA 3,000-meter steeplechase and was a two-time Olympic finalist in the event. Svenoy's winning NCAA effort of 8:21 in the steeplechase still ranks among the all-time Top 10 collegiate runners. Suarez and Ibrahim were All-American middle distance runners, both running sub-4:00 miles.

At Georgia Tech, Keith mentored four All-Americans, including 1,500-meter standout Alan Drosky. Besides Drosky, the other Georgia Tech All-American recipients were steeplechaser Eric Smith, 5,000-meter runner Karen Hoffman, and 800-meter runner Shellie O'Neal.

Keith started his collegiate coaching career at Emory University, serving as distance coach from 1983 to 1986. In his three years there, the men's team qualified for NCAA D-III Cross Country Nationals finishing 20th, 19th and 17th with two individual All-Americans.



COACHING STAFF



RHONDA RILEY

ASSISTANT COACH
Cross Country & Distance/Mid-Distance

Rhonda Riley has completed six seasons at Vanderbilt, serving as the assistant coach for the men's and women's cross country teams and assisting with the distance runners during track season. Riley also coordinates much of the recruiting efforts for the programs.

Riley came to Nashville after serving two years at Arizona State and one year at Oregon State, with experience that has helped turn the Vanderbilt women's cross country team into a national contender and helped the track program emerge on the national scene.

In 2012, the women's cross country team returned to the NCAA Championships for the second-consecutive year and second time ever. Riley helped mentor Hannah Jumper and Kristen Findley to All-SEC honors, while Jumper finished seventh at the SEC Championships to capture the conference's Freshman of the Year award.

The 2013 track season saw seven middle-distance/distance runners qualify for the NCAA East Preliminary Round as part of a Vanderbilt-record 11 participants in the meet. Findley, Sara Baron, Lily Williams and Hannah Jumper ran in the 1,500 meters, while Liz Anderson, Grace Orders and Allie Scalf qualified in the 10,000 meters. All seven are Riley signees.

She was instrumental in securing a series of firsts in 2011, including an SEC Championship, a trip to the NCAA Championships and an All-American. The Commodore cross country team won the 2011 SEC title by placing five runners in the top nine at the Championships. The race also produced three First Team All-SEC runners (Alexa Rogers, Liz Anderson and Jordan White) along with two Second Team selections (Kristen Smith and Louise Hannallah).

Vanderbilt went on to place second at the NCAA South Regional and sixth at the NCAA Championships. Rogers earned a 39th placed finish at the national meet to become the program's first All-American.

The 2012 track season saw Riley help mentor freshman Grace Orders to SEC All-Freshman honors in the indoor 3,000 meters after the rookie placed third in the event at the SEC Indoor Championships. The outdoor distance runners were led by Smith qualifying for the NCAA East Preliminary Round in the 5,000 meters.

Riley was instrumental in steering most of the runners to the

program, serving as recruiting coordinator. She helped sign the class that included Maryland Gatorade Runner of the Year Hannallah, Rogers and White.

She followed that class up by helping to sign Kristen Findley and Allie Scalf. Findley was an NCAA Preliminary Round qualifier in the 1,500 meters in 2011 and missed a trip to the NCAA Championships by .16 seconds. The next year's class included Anderson, Megan Yohe and Kara Slavoski.

Riley has now mentored several all-conference honorees during her tenure at Vanderbilt. Previous honorees included All-SEC performers Rita Jorgensen and Kristabel Doebel-Hickok.

In 2010, the women's team continued to build on their prior successes and exceeded expectations, finishing third in the SEC and placing third in the NCAA South Regional. White reached the NCAA Championships as an individual and four Commodores qualified for the preliminary round of the NCAA Outdoor Championships in the 1,500 meters.

The 2009 season saw the Commodore women finish sixth at the SEC Championship, which was the highest finish ever in the 27 year history of the program, and fifth at the NCAA South Regional. White and Scalf were both named to the All-SEC freshman team after placing 22nd and 30th, respectively, at the conference meet.

In the 2008 cross country season, Doebel-Hickok garnered All-SEC Freshman honors during cross country last season after placing 22nd overall with a personal best effort in the 6K at the SEC Championships. Jorgensen posted an All-Regional qualifying effort, finishing 14th overall among the 156 runners at the NCAA South Regional.

In Riley's first season, Jorgensen received acknowledgement for her outstanding success as a freshman, taking home the Female Newcomer of the Year award at the Vanderbilt Black and Gold Banquet and the cross country Most Valuable Performer award. In Jorgensen's sophomore year, she dominated the early season, registering individual victories at the Belmont-VU Opener and Commodore Classic. In the same year, Val Kazmer earned Academic All-America honors.

Prior to going to Arizona State, Riley spent 2004 with the reinstated Oregon State program that was resurrected after a 16-year absence. Under mentor Kelly Sullivan, Riley learned the ins-and-outs of collegiate coaching, including administrative duties and working with student-athletes in the classroom.

Before her time at Oregon State, the Portland, Ore., native served as a cross country and track and field volunteer coach at Corvallis (Ore.) High School.

Riley has completed six marathons during her time as a student and a coach, highlighted by being the ninth female finisher in the 2003 Portland Marathon. Riley also competed in the prestigious Boston Marathon in 2007.

Riley completed her undergraduate work at Oregon State in 2004, majoring in early childhood development. She received her Master's degree in higher education while at Arizona State.



COACHING STAFF



CLARK HUMPHREYS

ASSISTANT COACH Jumps Multi-Events

Clark Humphreys has completed eight seasons as a Commodore track and field assistant coach, working with field athletes competing in the pole vault, jumps and multi-events.

Humphreys experience this year helped mentor the first All-American track athlete at Vanderbilt since 2005, as he guided Brionne Williams to second team honors in the high jump during the 2013 indoor track season. Williams reached the NCAA Indoor Championships with a top jump of 1.83 meters (six feet) during the year, before finishing 15th in the nation.

Humphreys also helped Williams and Ellie Tidman to reach the NCAA East Preliminary Round for the second consecutive season. The duo has been among the most consistent performers since arriving on West End.

The 2012 campaign saw four of Humphreys' competitors advance to the NCAA East Preliminary Round. Megan Martin and Morgan Toone were both postseason competitors in the pole vault, while Tidman and Williams competed in the high jump.

The course of the season saw Martin become the school record holder in both the indoor and outdoor pole vault at the respective SEC Championships. She set the indoor mark of 3.95 meters, before posting an outdoor mark of 3.97 meters.

During the 2010 season, Humphreys coached Buky Bamigboye to the NCAA Championship meet in the heptathlon. In addition to setting a school record in the event, Bamigboye also competed in the long jump and high jump in the first round of the NCAA Championship.

In 2008, Humphreys guided Commodore athletes to SEC Championship scoring performances in the indoor pentathlon, outdoor heptathlon and high jump. Cherice Robertson registered a personal best in the SEC heptathlon in the seventh-place finish. In the high jump, Mallory Hitt produced a collegiate best effort while finishing seventh.

Humphreys also coached Garnetta Holloway and Robertson to finishes of third and seventh, respectively in the pentathlon at the 2007 SEC Indoor Championships.

In 2006, Humphreys mentored Holloway and Lauryn Smith to long jump personal bests in his first year at Vanderbilt. Holloway finished the year with an SEC title in the heptathlon and became just the second Commodore heptathlete to ever compete at the NCAA Outdoor Championships.

Humphreys joined Vanderbilt after a two-year stint at Auburn

University. As a Tiger assistant, Humphreys mentored 2005 NCAA indoor pentathlon champion Maurice Smith in the pole vault, All-SEC pole-vaulter Ashton Davis, and Auburn women's vault record holder Katie Curtis.

A native of Nashville, Humphreys was an All-American pole-vaulter and NCAA champion at Auburn. Humphreys captured the 1997 NCAA outdoor pole vault title with a clearance of 18 feet, 4.5 inches. Humphreys' NCAA mark remains a school record at Auburn.

That season, Humphreys also won the SEC indoor pole vault crown. He holds the distinction of clearing 18 feet at five different meets during the 1997 season.

During his Auburn career, Humphreys earned three All-American honors and eight All-SEC citations competing in the vault and decathlon.

One of the most decorated prep track stars in to ever compete in the Middle Tennessee region, Humphreys was a two-time state champion in pole vault and decathlon at Brentwood Academy. He continues to hold one of the state's top pole vault marks, with a best of 16 feet, 1.25 inches that came in the 1994 state decathlon competition.

Humphreys graduated from Auburn in 1999. Humphreys and his wife, Erin, are the parents of a son, London, and a daughter, Cailey. Erin was an All-American heptathlete at South Carolina.



DONNIE YOUNG

ASSISTANT COACH Sprints, Hurdles & Relays

Donnie Young has served two seasons as an assistant coach with the Vanderbilt track and field program, coaching sprints, hurdles and relays. His impact has been immediately felt in the ever-growing stable of Commodore hurdlers and sprinters.

In 2013, a talented young group began etching their names in the program's top-10 lists. Freshman Jennifer Cannon tied the school record in the 100 meter hurdles, posting a time of 13.51 which helped her qualify for the NCAA East Preliminary Round. She was joined in postseason action by classmate Faith Washington, who ran the fastest 400 meter hurdle time at Vanderbilt since 1999 to qualify.

In addition, freshman Skyler Carpenter and sophomore Janelle Gleaves already find themselves with top-10 times in the 400 meter hurdles and 100 meter hurdles, respectively. Cannon also became just the sixth Vanderbilt athlete to post a heptathlon score over 5,000 points (5,183), anchored by a second place finish in the 100 meter hurdles and a fifth place finish in the 200



COACHING STAFF

meters.

His first season was highlighted by the sprinter Erin Edmond running the 400 meter leg of the distance medley relay team which placed fourth at the 2012 SEC Indoor Track & Field Championships.

Young also helped bring in a trio of sprint and hurdle athletes who will have an immediate impact on the program in Jennifer Cannon, Skyler Carpenter and Faith Washington. All three runners finished their prep careers with nationally ranked times in the 300 meter hurdles, while Cannon competed in the heptathlon at the New Balance High School Nationals.

Young came to Vanderbilt after helping the Bowling Green track team to their best season in nearly a decade. In his year at BGSU, the Falcons placed eighth and tallied 45 points, earning their highest finish at the MAC Indoor Championship meet since 2007 and tied for their best point total since 1999.

Along the way, Young's athletes had a record-breaking year. During the indoor season, twenty-two athletes either ran or jumped personal records. Sophomore sprinter Jeanette Pettigrew broke the 60-meter school record three times, highlighted by a second place finish at the MAC Championships with a time of 7.40.

In addition, senior Brittani McNeal set a personal record in the long jump at the Indoor MAC Championships, clearing 19' 4". McNeal also served as the anchor of the 4x400 relay team, which finished seventh in the MAC.

Prior to Bowling Green, Young coached at Archbold High School in Ohio. He helped the track program to a conference championship in 2010, with the team posting seven first place finishes. He also coached his brother, Danny, to a state championship in the 4x200 relay, the first relay state title in school history, and a fourth place finish in the 300 meter hurdles.

Before arriving at Archbold, Young served on the staff at his alma mater, Eastern Michigan University, from 2007-09, first as the team's administrative assistant then as a graduate assistant. During his time, the Eagles won the 2008 MAC Championship, which was the program's 12th league title in 13 years and set a conference record for margin of victory.

Young was a four-year letter winner at Eastern Michigan and a three-time co-captain. He ran on MAC Championship 4x400 relay teams from 2003-07 and qualified for the NCAA Regional in the event in 2007. Young won four MAC Championships during his time as an athlete in Ypsilanti.

2013 WOMEN'S CROSS COUNTRY ROSTER

Name	Class	Hometown/High School
Liz Anderson	Senior	Louisville, Ky./Dupont Manual
Reagan Anderson	Freshman	Wilmington, Del./Tatnall School
Sara Barron	Sophomore	Oakland, Mich./Notre Dame Prep
Claire Benjamin	Junior	Richmond, Va./Midothian
Carmen Carlos	Freshman	Mobile, Ala./McGill-Toolen
Rebecca Chandler	Junior	Jacksonville, Fla./The Bolles School
Katherine Delaney	Junior	Laguna Niguel, Calif.
Amira Joseph	Junior	Portland, Ore./Jesuit
Hannah Jumper	Redshirt Sophomore	Chattanooga, Tenn./Baylor School
Courtney Kriegshauser	Freshman	Southlake, Texas/Southlake-Carroll
Grace Orders	Junior	Moraga, Calif./Campolindo
Kara Slavoski	Senior	Monument, Colo./St. Mary's
Vanessa Valentine	Sophomore	Melbourne, Fla./Melbourne
Lily Williams	Redshirt Freshman	Tallahassee, Fla./Chiles
Megan Yohe	Senior	Liberty, Mo./Liberty

2013 MEN'S CROSS COUNTRY ROSTER

Name	Class	Hometown/High School
Sam Andrews	Freshman	Austin, Texas/St. Andrew's Episcopal
Andrew Bachman	Sophomore	Cincinnati, Ohio/St. Xavier
Matthew Cleveland	Sophomore	Danville, Ill./Danville
John Ewing	Sophomore	Atlanta, Ga./Lakeside
Andrew Fix	Freshman	Mountain Brook, Ala.
Nick French	Freshman	Boca Raton, Fla.
Nikolaos Gkotsis	Freshman	Athens, Greece/Athens-Psychico College
Dan Henderson	Sophomore	The Woodlands, Texas
David McAdams	Junior	Jefferson City, Mo./Jefferson City
Jake Van Geffen	Freshman	Birmingham, Ala./Oak Mountain



CROSS COUNTRY RECAPS

BELMONT OPENER

August 30, 2013 ★ Nashville, Tenn.

Women: Dual ★ Men: Dual

Nashville, Tenn. - The No. 20 Vanderbilt women's cross country team topped Southeastern Conference foes Tennessee and Kentucky at the Belmont Opener at Percy Warner Park Friday afternoon with five runners in the top 15. Sophomore Vanessa Valentine paced the team with a time of 18:25.20 to take eighth place overall. After Valentine, the Dores came home in pairs with freshman Courtney Kriegshauser and junior Rebecca Chandler crossing the line in 10th and 11th overall. Freshman Carmen Carlos and junior Claire Benjamin placed 14th and 15th respectively. For Kriegshauser and Carlos it was their first-ever collegiate race. Kriegshauser covered the 5K course in 18:28.37 and Carlos in 18:38.71. Benjamin shattered her 5K cross country personal best, running the race in 18:44.35 to top her previous best of 20:23.10. Junior Katherine Delaney finished in 19:04.60 with freshman Reagan Anderson coming in next at 19:11.70. Sara Barron notched a time of 19:23.38 just in front of senior Megan Yohe, who finished in 19:25.74. In the men's race, freshman Jake Van Geffen led the way for the Dores with a time of 16:52.84 in his first collegiate race. John Ewing followed with a time of 17:02.50 and Nick French ran 17:14.45 over 5K. Vandy's top five was rounded out by Matthew Cleveland at 17:22.16 and Sam Reilly at 17:26.21. For Reilly it was his first race as a Commodore after transferring from Bates College. Andrew Bachman stopped the clock at 17:34.30 and David McAdams at 17:35.59. Freshman Sam Andrews finished in 17:53.29 in his first collegiate race. Andrew Fix clocked in at 18:04.22 and Dan Henderson came across the line at 19:16.34 to round out the Commodores' squad.

VU Scorers (By points scored)

WOMEN: 8. Valentine - 10. Kriegshauser - 11. Chandler - 14. Carlos - 15. Benjamin

MEN: 45. Van Geffen - 51. Ewing - 61. French - 67. Cleveland - 68. Reilly

COMMODORE CLASSIC

September 14, 2013 ★ Nashville, Tenn.

Women: 1st ★ Men: 13th

Nashville, Tenn. - The No. 20 Vanderbilt women's team ran away from the field Saturday morning at the Commodore Classic at Percy Warner Park winning the team race with four runners in the top 10 and scoring 38 points in topping Lipscomb (65 points) and Ole Miss (83 points). The Commodores went straight to the front at the beginning of the race and did not back off the gas over the 5K course with a pack of black and gold runners at the front. Redshirt freshman Lily Williams, making her cross country debut for the Dores, led the way for Vandy running 17:25.73 to place fifth overall. Sophomore Hannah Jumper (17:31.47) and freshman Carmen Carlos (17:32.36) were right behind Williams placing sixth and seventh. Juniors Rebecca Chandler (17:36.28) and Claire Benjamin (17:37.80) rounded out the Commodores' scoring finishing ninth and 11th, respectively. For the second straight race this season, Benjamin shattered her personal-best in the cross country 5K taking more than one minute off her time at the Belmont Opener. Chandler also turned in a personal record taking 20 seconds off her previous best. Carlos' time was also the best of her young career, running over one minute faster than she did in her collegiate debut two weeks ago. The Commodores' team depth was evident with eight runners finishing in the top 25. Vanessa Valentine was the sixth VU runner across the line and 17th overall in a time of 17:43.82 just in front of Grace Orders, who ran 17:47.19 for 19th place. Freshman Courtney Kriegshauser smashed her personal best with a 17:54.04 for 25th place. Sophomore Sara Barron ran a personal-best 18:15.26 for 36th place. Reagan Anderson, in her second collegiate race, ran 18:15.93 to top her time from her first race two weeks ago. Kara Slavoski was the next Commodore across the line in 18:40.96. Katherine Delaney clocked in at 18:48.65 and Megan Yohe ran 19:00.27 to round out the Dores' squad. In the men's race, the Commodores ran a solid race with junior John Ewing leading the way in the team's 13th place finish among the 19 Division I teams. Ewing covered the 8K course in 26:08.70 for 50th place overall. Matthew Cleveland was the next black and gold runner across the line running 26:39.99. Nick French ran a personal best of 26:55.98 in the 8K. Freshman Jake Van Geffen, in his first collegiate 8K race, ran 27:03.03 to be the fourth Dore over the finish line. David McAdams was close behind with a time of 27:04.17 just in front of Andrew Fix, who ran 27:04.40. Sam Andrews finished his first collegiate 8K in 28:00.78. Dan Henderson rounded out the Vandy team in a time of 29:15.46.

VU Scorers (By points scored)

WOMEN: 5. Williams - 6. Jumper - 7. Carlos - 9. Chandler - 11. Benjamin

MEN: 50. Ewing - 80. Cleveland - 91. French - 96. Van Geffen - 98. McAdams



CROSS COUNTRY RECAPS

ROY GRIAK INVITATIONAL

September 28, 2013 ★ Madison, Wisc.

Women: 6th

MADISON, Wisc. - Vanderbilt's No. 20 women's cross country team finished sixth in the team competition in a loaded field at the Roy Griak Invitational in Minneapolis, Minn. Senior Liz Anderson paced the Commodores in the team's first 6K race of the season with a time of 21:19 to take 14th overall. Rebecca Chandler (21:47) and Lily Williams (21:55) were next across the line for Vandy with Claire Benjamin (22:10) and Carmen Carlos (22:12) rounding out the Does' scoring five. "Looks like we had some very good individual races but not quite enough of a grouping to crack the top five teams," head coach Steve Keith said. "Sixth place in a field of national class teams is a solid result and a great experience for our younger runners. We'll build off of quite a few positives from this effort as we set our sights on Wisconsin in three weeks and ultimately the SEC Championships at the beginning of November. "This was a 'buzz saw' of a meet in terms of depth and quality, and you really needed to be on your game - mental and physical - to run in the front. Liz ran very well for her first meet of the year and Becca Chandler had a fantastic run coming in 33rd overall as our number two scorer." The Commodores scored 194 points for sixth place, capturing head-to-head wins over nationally ranked teams NC State and San Francisco. "This was a very competitive field of runners and the ladies ran a strong race today," assistant coach Rhonda Riley said. "When you look at our scorers today, other than Liz we were very young in this type of big national level meet experience with Becca, Lily, Claire, Carmen and Vanessa and we thought they responded very well. Liz showed her experience by placing 14th overall and Becca Chandler had a great performance as well. We will work hard the next three weeks and look forward to Wisconsin where we hope to have another top 10 finish." Vanessa Valentine clocked a time of 22:24 and Grace Orders finished in 22:28. Hannah Jumper (22:44) and Sara Barron (22:54) wrapped up Vanderbilt's 10-woman squad.

VU Scorers (By points scored)

WOMEN: 14. L. Anderson - 33. Chandler - 38. Williams - 54. Benjamin - 55. Carlos

GREATER LOUISVILLE CLASSIC

September 29, 2012 ★ Louisville, Ky.

Women (Gold): 13th ★ Men (Blue): 4th

LOUISVILLE, Ky. - Vanderbilt's No. 26 women's cross country team placed 13th in the gold division of the Greater Louisville Classic on Saturday with the men's squad placing fourth in the blue division. The Commodores were led by Amira Joseph, making her 2013 debut, running 18:05.13 over the 5K course for a 40th place finish. Vanderbilt sent only five runners to Louisville to comprise a scoring team with Katherine Delaney (18:18.13), Reagan Anderson (18:39.96), Megan Yohe (19:02.06) and Kara Slavoski (19:22.08) following Joseph across the line. "Kat Delaney really put herself out there today and showed significant improvement from the Commodore Classic. Kat ran a PR of 18:18 and placed 2nd for our team," assistant coach Rhonda Riley said. "This was a great learning experience for the ladies and they will continue to put in quality training leading into their next race." In the men's 8K race, the Commodores put together a solid effort to place fourth in the blue division. John Ewing led the way running 26:22.09 to place 30th overall. Freshman Jake Van Geffen ran another steady race with a time of 26:43.93 to be the Does' second finisher. Matthew Cleveland (27:11.96), Andrew Fix (27:21.37) and Nick French (27:25.56) rounded out VU's scoring squad. Andrew Bachman (27:53.58) and Sam Reilly (28:05.25) followed by Sam Andrews (28:47.89) and Dan Henderson (30:27.90) completing the Commodores' team. "I am very pleased with the men's efforts today. As a team they worked well together and are starting to gain confidence as the season progresses," Riley said.

VU Scorers (By points scored)

WOMEN (GOLD): 40. Joseph - 58. Delaney - 88. R. Anderson - 121. Yohe - 172. Slavoski

MEN: 30. Ewing - 50. Van Geffen - 92. Cleveland - 103. Fix - 108. French



CROSS COUNTRY RECAPS

CRIMSON CLASSIC

October 18, 2013 ★ Tuscaloosa, Ala.

Women: 6th ★ Men: 15th

TUSCALOOSA, Ala. - On Friday in Tuscaloosa, Ala. the Commodores men's and women's team raced in the Crimson Classic with the men's team finishing 15th (439 points) and the women's team sixth (196 points). The women's squad was led by junior Grace Orders, who finished 11th overall with a time of 17:43.60 over the 4.94K course. Katherine Delaney ran a strong race to be the Dore's second finisher in a time of 18:07.42 with freshman Reagan Anderson not far behind in a tie of 18:13.31. Sophomore Sara Barron (18:20.95) and senior Megan Yohe (18:45.17) completed the VU scoring. Senior Kara Slavoski finished in 19:00.06. Junior John Ewing led the way for the men's team with a 26:25.73 for 75th overall in the 8.033K race. A tight pack of Commodores followed with Andrew Fix (26:51.07), Matthew Cleveland (26:51.29), Nick French (27:00.57) and Jake Van Geffen (27:09.09) rounding out the VU scoring team. Sam Reilly was next across the line in 27:21.89 and Andrew Bachman was not far behind with a time of 27:23.92. David McAdams turned in a time of 27:35.62, Sam Andrews ran 28:18.50 and Dan Henderson posted a 30:16.94.

VU Scorers (By points scored)

WOMEN: 11. Orders - 34. Delaney - 40. R. Anderson - 48. Barron - 71. Yohe

MEN: 75. Ewing - 98. Fix - 99. Cleveland - 106. French - 109. Van Geffen

WISCONSIN ADIDAS INVITATIONAL

October 19, 2013 ★ Madison, Wis.

Women: 19th

MADISON, Wis. - Vanderbilt's No. 25 women's cross country team finished 19th at the Wisconsin adidas Invitational on Saturday in Madison, Wis. The Commodores were led by senior Liz Anderson, who finished the 6K course in 20:44 for 60th overall in the field of over 300 runners and 36 teams. Juniors Claire Benjamin (21:07) and Rebecca Chandler (21:08) were next across the line for VU. Freshman Carmen Carlos (21:26) and sophomore Vanessa Valentine (21:29) rounded out the scoring for the Commodores, who tallied 559 points. Junior Amira Joseph (21:38) and sophomore Hannah Jumper (21:41) completed the Vandy squad. The Dore's were racing against a loaded field with 16 of the 36 teams running ranked in the top 30 in the nation. No. 3 Arizona won the team competition with 117 points in front of No. 8 Arkansas (136 points) and top-ranked Providence (191 points).

VU Scorers (By points scored)

WOMEN: 60. L. Anderson - 99. Benjamin - 102. Chandler - 147. Carlos - 151. Valentine

SEC CHAMPIONSHIPS

November 1, 2013 ★ Gainesville, Fla.

Women: 5th ★ Men: 13th

GAINESVILLE, Fla. - Vanderbilt's women's cross country team finished fifth overall at the SEC Championship with the men's team placing 13th. Senior Liz Anderson went to the front early in the women's race and ran with the leaders the whole way finishing fifth overall and earning first team All-SEC honors. Anderson crossed the line in 20:29.04, her fastest 6K time of the year. The lead pack slowly broke away from the main field with an elite group of six finishing fast to sew up six of the seven spots on the All-SEC first team. Junior Rebecca Chandler was the next Commodore across the line in 20th place overall with a time of 21:11.70. Fellow junior Amira Joseph turned in her best effort of the season with a time of 21:29.00 for 29th overall. Claire Benjamin (21:53.76) and Lily Williams (22:12.56) were the next Vandy runners across the line to round out the scoring for the Dore's. Freshman Reagan Anderson, running in her first collegiate 6K, finished on the heels of Williams with a time of 22:12.92. Kat Delaney was next in a time of 22:42.37 with Hannah Jumper finishing in 23:03.16. Arkansas claimed the team title with the top three individual finishers in the race. In the men's race, junior John Ewing led the way with a personal-best of 25:38.13 in the 8K race to finish 57th overall. Freshman Jake Van Geffen also posted a personal-best with a time of 26:12.23 for 83rd overall. Matthew Cleveland ran a season-best 26:23.47 to be the Commodores' third finisher and 89th overall. Nick French was the next Dore across the line with a time of 26:42.08 to clock an 8K personal-best and finish 96th overall. Andrew Bachman (27:11.88) and David McAdams (27:18.81) finished in a flurry to round out the Commodores' scoring five. Sam Reilly was not far behind finishing in a time of 27:30.95 and Andrew Fix crossed the line in 28:41.62.

VU Scorers (By points scored)

WOMEN: 5. L. Anderson - 20. Chandler - 29. Joseph - 48. Benjamin - 63. Williams

MEN: 57. Ewing - 83. Van Geffen - 89. Cleveland - 96. French - 102. Bachman



CROSS COUNTRY RECAPS

NCAA SOUTH REGIONALS

November 15, 2013 ★ Tuscaloosa, Ala.

Women: 2nd ★ Men: 21st

TUSCALOOSA, Ala. - Vanderbilt's women's cross country team ran their way back into the NCAA Championships for a school record third straight year with a second place finish at the NCAA South Regional in Tuscaloosa, Ala. securing an automatic bid to the championship race next week. Senior Liz Anderson led the way for the *Dores*, who scored 116 points to finish behind Florida State, running 20:16.07 on the 5.848K course. Vanderbilt put together a solid team race with four runners in the top 30 and runners 5-7 within three seconds of each other. "Super race for all seven runners," Head Coach Steve Keith said. "They came together when we needed it the most. A real team effort as all seven individuals contributed; a low number by Liz, great races from our 2-5 runners - Claire, Becca, Vanessa and Amira - only 18 seconds apart followed by Lily and Carmen, just 8-10 seconds behind that pack. Our numbers six and seven - Lily and Carmen - showed our depth as they displaced the numbers four and five runners from both Alabama and Florida... that's a net gain of four crucial points in the team race." Junior Claire Benjamin was the second *Dore* across the line in 20:44.39 to finish 20th overall. Rebecca Chandler and Vanessa Valentine finished together with Chandler running 20:56.03 and Valentine 20:57.21. Junior Amira Joseph rounded out the scoring for VU with a 36th overall finish in a time of 21:02.58. Not far behind were freshmen Lily Williams and Carmen Carlos. Williams covered the course in 21:10.32 and Carlos in 21:12.30. "We ran this course two years ago, our first year to qualify a team to NCAA's," Keith added. "In 2011 our team average was 20:53 (5:35/mile pace) and this year we averaged 20:47 for the 6k which is a nice improvement." Vanderbilt's men's cross country team wrapped up their final race of the season at the NCAA South Regional finishing 21st out of the 26 teams competing. Junior John Ewing led the way for the *Commodores* with a time of 31:58.34 over the 9.725K course at the Harry Pritchett Cross Country Course in Tuscaloosa, Ala. Freshman Jake Van Geffen turned in an impressive performance in his longest collegiate race to be the *Dores'* second finisher in a time of 32:20.96. The men turned in a solid team performance with runners 3-5 running close together. Matthew Cleveland was the third Black & Gold jersey across the line in a time of 32:39.95 with sophomore Nick French just behind in 32:46.36. Sam Reilly scored points for VU as the team's fifth finisher running 33:13.53. Andrew Bachman and David McAdams finished together with Bachman clocking 33:38.08 and McAdams 33:39.01.

VU Scorers (By points scored)

WOMEN: 8. L. Anderson - 20. Benjamin - 29. Chandler - 30. Valentine - 36. Joseph

MEN: 85. Ewing - 103. Van Geffen - 112. Cleveland - 117. French - 129. Reilly

NCAA CHAMPIONSHIS

November 23, 2013 ★ Terre Haute, Ind.

Women: 27th

TERRE HAUTE, Ind. - The muddy and wet mess that was the LaVerne Gibson Championship Cross Country Course proved to be tough on the runners at the 2013 NCAA Cross Country National Championship. Originally set for a full six kilometers, race officials pushed the start line up 110 meters due to dangerous conditions, officially making it a 5.89 kilometer course. The Vanderbilt women's cross country team battled through the elements in Terre Haute, Ind., and finished the race in 27th place with 676 points. The *Dores* finished just three points shy of Indiana in 26th and 36 points short of Penn State in 25th. "The conditions were really tough out there today," said Vandy head coach Steve Keith. "I'm proud of the way our girls fought today and the effort they gave." Senior Liz Anderson came across the finish line first for the *Commodores*, in 92nd-place with a time of 21:16.2. The Louisville, Ky., native was in 92nd after the opening 2k, but jumped up to 80th after the 4k split. She ran the final 2k in 7:35.2 and fell back into 92nd at the finish. "Liz had been the real heart and soul of our team this year," Keith said. "We're really proud of what she's been able to accomplish, especially being the only Vandy runner to be First Team All-SEC twice in her career." Vanderbilt did a good job of packing up between the two through five runners. There was a 25 second spread between Rebecca Chandler, who took second for the *Dores* and Carmen Carlos, who came across fifth. Chandler surged ahead, jumping 20 spots, in the final 2,000 meters and finished in 169th overall with a time of 21:47.6. Amira Joseph finished second and third for the *Commodores*, respectively, with times of 21:53.1 and 21:57.8. Lily Williams was the fourth *Commodore* to cross the finish line. The freshman ran the first 2k in 6:30.9, and was in 178th. She jumped up to 166th before crossing the finish line in 189th with a final time of 21:57.8. Carlos, who after the 2k was in 248th, powered forward 38 spots in the final 4,000 meters to cross the finish line in 210th with a time of 22:12.0. Vanessa Valentine and Claire Benjamin finished sixth and seventh, with times of 22:14.3 and 22:49.5. Of Vandy's seven championship runners, five had never run this race before. The future looks bright, as they return six runners from the 2013 National Championships.

VU Scorers (By points scored)

WOMEN: 92. L. Anderson - 169. Chandler - 178. Joseph - 189. Williams - 210. Carlos



CROSS COUNTRY INDIVIDUAL RESULTS

LIZ ANDERSON

Senior ★ Louisville, Ky. ★ 2013, 2011 First Team All-SEC ★ 2010 SEC All-Freshman

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	21:16.2	92
11-15-13	NCAA South Regional	5.848K	20:16.07	8
11-01-13	SEC Championships	6K	20:29.04	5
10-19-13	Wisconsin adidas Invitational	6K	20:44.0	60
09-28-13	Roy Griak Invitational	6K	21:19.0	14
11-17-12	2012 NCAA Division I Cross Country Championships	6K	21:02.3	137
11-09-12	NCAA Division I South Region Cross Country Championships	6K	20:33.4	16
10-26-12	SEC Cross Country Championships	6.05K	21:11.3	15
10-12-12	Wisconsin adidas Invitational	6K	20:21.1	36
09-29-12	Greater Louisville Classic	5K	17:25.4	29
09-15-12	Commodore Classic	6K	21:08.8	3
11-21-11	NCAA Championship	6K	20:33	29
11-12-11	NCAA Division I South Regional	6K	20:48.8	11
10-31-11	SEC Cross Country Championships	6K	20:35.4	4
10-14-11	Wisconsin adidas Invitational	6K	20:49.2	35
10-01-11	Greater Louisville Classic	5K	17:16.35	9

REAGAN ANDERSON

Freshman ★ Wilmington, Del.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-01-13	SEC Championships	6K	22:12.92	65
10-18-13	Crimson Classic	4.94K	18:13.31	40
10-05-13	Greater Louisville Classic	5K	18:39.36	88
09-14-13	Commodore Classic	5K	18:15.93	39
08-30-13	Belmont Opener	5K	19:11.70	29

SARA BARRON

Sophomore ★ Oakland, Mich.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	4.94K	18:20.95	48
09-28-13	Roy Griak Invitational	6K	22:54.90	135
09-14-13	Commodore Classic	5K	18:15.26	37
08-30-13	Belmont Opener	5K	19:23.38	35
10-26-12	SEC Cross Country Championships	6.05K	22:18.7	76
09-29-12	Greater Louisville Classic	5K	18:47.7	45
09-15-12	Commodore Classic	6K	22:11.5	23
08-31-12	Belmont Opener	4K	14:43.0	6



CROSS COUNTRY INDIVIDUAL RESULTS

CLAIRE BENJAMIN

Junior ★ Richmond, Va.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	22:49.5	242
11-15-13	NCAA South Regional	5.848K	20:44.39	20
11-01-13	SEC Championships	6K	21:53.76	48
10-19-13	Wisconsin adidas Invitational	6K	21:07.0	99
09-28-13	Roy Griak Invitational	6K	22:09.85	58
09-14-13	Commodore Classic	5K	17:37.80	11
08-30-13	Belmont Opener	5K	18:44.35	15
09-29-12	Greater Louisville Classic	5K	20:23.1	231
09-15-12	Commodore Classic	6K	23:22.0	79
08-31-12	Belmont Opener	4K	15:19.5	16
10-16-11	Pre-Nationals	6K	24:15.0	239
10-01-11	Greater Louisville Classic	5K	18:32.16	106
09-17-11	Commodore Classic	5K	18:38.50	16
09-02-11	Belmont-Vanderbilt Opener	4K	15:24.57	32

CARMEN CARLOS

Freshman ★ Mobile, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	22:12.0	210
11-15-13	NCAA South Regional	5.848K	21:12.30	42
11-01-13	SEC Championships	6K	DNF	
10-19-13	Wisconsin adidas Invitational	6K	21:26.0	149
09-28-13	Roy Griak Invitational	6K	22:11.25	59
09-14-13	Commodore Classic	5K	17:32.36	7
08-30-13	Belmont Opener	5K	18:38.71	14



CROSS COUNTRY INDIVIDUAL RESULTS

REBECCA CHANDLER

Junior ★ Jacksonville, Fla. ★ 2011 SEC All-Freshman

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	21:47.6	169
11-15-13	NCAA South Regional	5.848K	20:56.03	29
11-01-13	SEC Championships	6K	21:11.70	20
10-19-13	Wisconsin adidas Invitational	6K	21:08.0	102
09-28-13	Roy Griak Invitational	6K	21:47.0	33
09-14-13	Commodore Classic	5K	17:36.28	9
08-30-13	Belmont Opener	5K	18:30.98	11
10-26-12	SEC Cross Country Championships	6.05K	22:10.5	68
10-12-12	Wisconsin adidas Invitational	6K	21:19.5	192
09-29-12	Greater Louisville Classic	5K	17:56.2	89
09-15-12	Commodore Classic	6K	22:35.0	41
08-31-12	Belmont Opener	4K	14:31.3	4
10-31-11	SEC Cross Country Championships	6K	21:38.91	29
10-16-11	Pre-Nationals	6K	21:52.0	137
10-01-11	Greater Louisville Classic	5K	18:09.38	60
09-17-11	Commodore Classic	5K	18:46.10	24
09-02-11	Belmont-Vanderbilt Opener	4K	15:19.01	29

KATHERINE DELANEY

Junior ★ Laguna Niguel, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-01-13	SEC Championships	6K	22:42.37	83
10-18-13	Crimson Classic	4.94K	18:07.42	34
10-05-13	Greater Louisville Classic	5K	18:18.13	58
09-14-13	Commodore Classic	5K	18:48.65	61
08-30-13	Belmont Opener	5K	19:04.60	27
09-29-12	Greater Louisville Classic	5K	20:08.7	204
08-31-12	Belmont Opener	4K	16:08.8	38



CROSS COUNTRY INDIVIDUAL RESULTS

AMIRA JOSEPH

Junior ★ Portland, Ore. ★ 2011 SEC All-Freshman

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	21:53.1	178
11-15-13	NCAA South Regional	5.848K	21:02.58	36
11-01-13	SEC Championships	6K	21:29.00	29
10-19-13	Wisconsin adidas Invitational	6K	21:38.0	177
10-05-13	Greater Louisville Classic	5K	18:05.13	40
11-17-12	2012 NCAA Division I Cross Country Championships	6K	21:45.8	224
11-09-12	NCAA Division I South Region Cross Country Championships	6K	21:06.6	42
09-29-12	Greater Louisville Classic	5K	18:22.0	19
09-15-12	Commodore Classic	6K	23:27.6	86
08-31-12	Belmont Opener	4K	15:12.2	13
11-21-11	NCAA Championship	6K	21:49	159
11-12-11	NCAA Division I South Regional	6K	21:34.2	28
10-31-11	SEC Championships	6K	21:25.51	21
10-16-11	Pre-Nationals	6K	21:52.0	49
09-24-11	Roy Griak Invitational	6K	22:32.0	123
09-17-11	Commodore Classic	5K	18:17.50	7
09-02-11	Belmont-Vanderbilt Opener	4K	15:10.84	23

HANNAH JUMPER

RS-Sophomore ★ Chattanooga, Tenn. ★ 2012 SEC Freshman of the Year ★ 2012 First Team All-SEC

DATE	MEET	EVENT	TIME/MARK	PLACE
11-01-13	SEC Championships	6K	23:03.16	88
10-19-13	Wisconsin adidas Invitational	6K	21:41.0	180
09-28-13	Roy Griak Invitational	6K	22:44.70	122
09-14-13	Commodore Classic	5K	17:31.47	6
11-17-12	2012 NCAA Division I Cross Country Championships	6K	21:03.4	141
11-09-12	NCAA Division I South Region Cross Country Championships	6K	20:26.8	11
10-26-12	SEC Cross Country Championships	6.05K	20:41.7	7
10-12-12	Wisconsin adidas Invitational	6K	20:33.1	59
09-29-12	Greater Louisville Classic	5K	17:16.8	25
09-15-12	Commodore Classic	6K	21:20.3	7
08-31-12	Belmont Opener	4K	14:09.1	1
09-02-11	Belmont-Vanderbilt Opener	4K	15:28.39	38

COURTNEY KRIEGSHAUSER

Freshman ★ Southlake, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
09-28-13	Roy Griak Invitational	6K	24:06.35	241
09-14-13	Commodore Classic	5K	17:54.04	26
08-30-13	Belmont Opener	5K	18:28.37	10



CROSS COUNTRY INDIVIDUAL RESULTS

GRACE ORDERS

Junior ★ Moraga, Calif. ★ 2011 SEC All-Freshman

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	4.94K	17:43.60	11
09-29-13	Roy Griak Invitational	6K	22:27.15	87
09-14-13	Commodore Classic	5K	17:47.19	20
10-26-12	SEC Cross Country Championships	6.05K	22:14.4	74
10-12-12	Wisconsin adidas Invitational	6K	21:36.9	234
09-29-12	Greater Louisville Classic	5K	18:18.7	146
11-21-11	NCAA Championship	6K	21:13	91
11-12-11	NCAA Division I South Regional	6K	21:26.4	23
10-31-11	SEC Championships	6K	21:18.26	18
10-14-11	Wisconsin adidas Invitational	6K	21:53.2	191
09-24-11	Roy Griak Invitational	6K	22:02.8	72
09-02-11	Belmont-Vanderbilt Opener	4K	14:48.33	15

KARA SLAVOSKI

Senior ★ Monument, Colo.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	4.94K	19:00.06	94
10-05-13	Greater Louisville Classic	5K	19:22.08	172
09-14-13	Commodore Classic	5K	18:40.96	54
10-16-10	Pre Nationals (Open Race)	6K	22:53.3	42
10-02-10	Greater Louisville Classic	5K	18:16.26	70
09-18-10	Commodore Classic	5K	18:31.51	9
09-03-10	Belmont-Vanderbilt Opener	4K	14:35.71	8

VANESSA VALENTINE

Sophomore ★ Melbourne, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	22:14.3	216
11-15-13	NCAA South Regional	5.848K	20:57.21	30
11-01-13	SEC Championships	6K	DNF	
10-19-13	Wisconsin adidas Invitational	6K	21:29.0	153
09-28-13	Roy Griak Invitational	6K	22:23.20	78
09-14-13	Commodore Classic	5K	17:43.82	18
08-30-13	Belmont Opener	5K	18:25.20	8
09-29-12	Greater Louisville Classic	5K	18:22.8	20
09-15-12	Commodore Classic	6K	22:26.4	35
08-31-12	Belmont Opener	4K	14:52.0	9



LILY WILLIAMS

Freshman ★ Tallahassee, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-23-13	NCAA Championship	6K	21:57.8	189
11-15-13	NCAA South Regional	5.848K	21:10.32	41
11-01-13	SEC Championships	6K	22:12.56	63
10-19-13	Wisconsin adidas Invitational	6K	21:49.0	198
09-28-13	Roy Griak Invitational	6K	21:54.05	38
09-14-13	Commodore Classic	5K	17:25.73	5

MEGAN YOHE

Senior ★ Liberty, Mo.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	4.94K	18:45.17	71
10-05-13	Greater Louisville Classic	5K	19:02.06	121
09-14-13	Commodore Classic	5K	19:00.27	72
08-30-13	Belmont Opener	5K	19:25.74	37
10-26-12	SEC Cross Country Championships	6.05K	22:05.1	65
09-29-12	Greater Louisville Classic	5K	18:39.0	33
09-15-12	Commodore Classic	6K	23:03.5	67
08-31-12	Belmont Opener	4K	15:31.8	21
10-16-11	Pre-Nationals	6K	23:56.0	213
10-01-11	Greater Louisville Classic	5K	18:52.23	158
09-17-11	Commodore Classic	5K	18:57.40	32
09-02-11	Belmont-Vanderbilt Opener	4K	15:41.71	44
10-16-10	Pre Nationals (Open Race)	6K	23:48.2	96
10-02-10	Greater Louisville Classic	5K	19:12.12	197
09-18-10	Commodore Classic	5K	19:11.27	11
09-03-10	Belmont-Vanderbilt Opener	4K	15:34.84	41



CROSS COUNTRY INDIVIDUAL RESULTS

SAM ANDREWS

Freshman ★ Austin, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	8.033K	28:18.50	147
10-05-13	Greater Louisville Classic	8K	28:47.89	214
09-14-13	Commodore Classic	8K	28:00.78	137
08-30-13	Belmont Opener	5K	17:53.29	82

ANDREW BACHMAN

Junior ★ Cincinnati, Ohio

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	33:38.08	140
11-01-13	SEC Championships	8K	27:11.88	102
10-18-13	Crimson Classic	8.033K	27:23.92	118
10-05-13	Greater Louisville Classic	8K	27:53.58	147
09-14-13	Commodore Classic	8K	26:57.56	96
08-30-13	Belmont Opener	5K	17:34.30	77
11-09-12	NCAA Division I South Region Cross Country Championships	10K	33:47.1	130
10-26-12	SEC Cross Country Championships	7.985K	26:20.5	90
09-29-12	Greater Louisville Classic	8K	26:45.8	164
09-15-12	Commodore Classic	8K	27:04.9	117
08-31-12	Belmont Opener	5K	16:25.6	37
11-12-11	NCAA Division I South Regional	10K	34:26.3	115
10-31-11	SEC Championships	8K	26:37.90	74
10-16-11	Pre-Nationals	8K	27:54.0	276
10-01-11	Greater Louisville Classic	8K	26:21.16	89
09-17-11	Commodore Classic	8K	27:15.50	71

MATTHEW CLEVELAND

Junior ★ Danville, Ill.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	32:39.95	112
11-01-13	SEC Championships	8K	26:23.47	89
10-18-13	Crimson Classic	8.033K	26:51.29	99
10-05-13	Greater Louisville Classic	8K	27:11.96	92
09-14-13	Commodore Classic	8K	26:39.99	82
08-30-13	Belmont Opener	5K	17:22.66	67
11-09-12	NCAA Division I South Region Cross Country Championships	10K	32:51.2	88
10-26-12	SEC Cross Country Championships	7.985K	25:58.1	78
09-15-12	Commodore Classic	8K	26:20.2	73
08-31-12	Belmont Opener	5K	16:36.5	48
10-01-11	Greater Louisville Classic	8K	26:18.47	83
09-17-11	Commodore Classic	8K	27:42.90	92



CROSS COUNTRY INDIVIDUAL RESULTS

JOHN EWING

Junior ★ Atlanta, Ga.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	31:58.34	85
11-01-13	SEC Championships	8K	25:38.13	57
10-18-13	Crimson Classic	8.033K	26:25.73	75
10-05-13	Greater Louisville Classic	8K	26:22.09	30
09-14-13	Commodore Classic	8K	26:08.70	51
08-30-13	Belmont Opener	5K	17:02.50	51
11-09-12	NCAA Division I South Region Cross Country Championships	10K	31:56.9	43
10-26-12	SEC Cross Country Championships	7.985K	25:31.6	58
09-29-12	Greater Louisville Classic	8K	25:47.6	42
09-15-12	Commoore Classic	8K	26:43.1	94
08-31-12	Belmont Opener	5K	16:22.0	34
11-12-11	NCAA Division I South Regional	10K	33:34.8	84
10-31-11	SEC Cross Country Championships	8K	25:54.88	53
10-16-11	Pre-Nationals	8K	27:56.0	277
10-01-11	Greater Louisville Classic	8K	25:53.89	39
09-17-11	Commodore Classic	8K	26:25.70	32

ANDREW FIX

Sophomore ★ Mountain Brook, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-01-13	SEC Championships	8K	28:41.62	112
10-18-13	Crimson Classic	8.033K	26:51.07	98
10-05-13	Greater Louisville Classic	8K	27:21.37	103
09-14-13	Commodore Classic	8K	27:04.40	102
08-30-13	Belmont Opener	5K	18:04.22	85
09-29-12	Greater Louisville Classic	8K	27:28.5	255
09-15-12	Commodore Classic	8K	27:42.6	144
08-31-12	Belmont Opener	5K	16:29.9	42

NICK FRENCH

Sophomore ★ Boca Raton, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	32:46.36	117
11-01-13	SEC Championships	8K	26:42.08	96
10-18-13	Crimson Classic	8.033K	27:00.57	106
10-05-13	Greater Louisville Classic	8K	27:25.56	108
09-14-13	Commodore Classic	8K	26:55.98	93
08-30-13	Belmont Opener	5K	17:14.45	61
11-09-12	NCAA Division I South Region Cross Country Championships	10K	33:37.7	123
10-26-12	SEC Cross Country Championships	7.985K	27:31.3	109
09-29-12	Greater Louisville Classic	8K	27:54.2	287
09-15-12	Commodore Classic	8K	27:39.3	142
08-31-12	Belmont Opener	5K	16:46.7	52



CROSS COUNTRY INDIVIDUAL RESULTS

DAN HENDERSON

Junior ★ The Woodlands, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
10-18-13	Crimson Classic	8.033K	30:16.94	173
10-05-13	Greater Louisville Classic	8K	30:27.90	268
09-14-13	Commodore Classic	8K	29:15.46	152
08-30-13	Belmont Opener	5K	19:16.34	102
10-26-12	SEC Cross Country Championships	7.985K	28:57.2	115
09-29-12	Greater Louisville Classic	8K	28:33.8	329
09-15-12	Vanderbilt Classic	8K	29:47.2	179
08-31-12	Belmont Opener 2012	5K	18:05.0	76

DAVID McADAMS

Senior ★ Deerfield, Ill.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	33:39.01	141
11-01-13	SEC Championships	8K	27:18.81	103
10-18-13	Crimson Classic	8.033K	27:35.62	126
09-14-13	Commodore Classic	8K	27:04.14	101
08-30-13	Belmont Opener	5K	17:35.59	78
11-09-12	NCAA Division I South Region Cross Country Championships	10K	34:15.2	143
10-26-12	SEC Cross Country Championships	7.985K	26:32.0	96
09-29-12	Greater Louisville Classic	8K	26:33.4	125
09-15-12	Vanderbilt Classic	8K	26:52.4	102
08-31-12	Belmont Opener 2012	5K	17:00.5	61
10-31-11	SEC Championships	8K	28:55.63	96
10-16-11	Pre-Nationals	8K	27:40.0	271
10-01-11	Greater Louisville Classic	8K	26:34.21	111
09-17-11	Commodore Classic	8K	27:13.70	69
11-13-10	NCAA South Regionals	10K	33:40.10	105
11-01-10	SEC Championships	8K	27:29.45	81
10-16-10	Pre-Nationals	8K	26:50.9	81
10-02-10	Greater Louisville Classic	8K	26:25.07	245
09-18-10	Commodore Classic	8K	27:13.48	45
09-03-10	Belmont-Vanderbilt Opener	5K	16:17.13	22



CROSS COUNTRY INDIVIDUAL RESULTS

SAM REILLY

Sophomore ★ Milton, Ga.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	33:13.53	129
11-01-13	SEC Championships	8K	27:30.95	106
10-18-13	Crimson Classic	8.033K	27:21.89	116
10-05-13	Greater Louisville Classic	8K	28:05.28	163
09-14-13	Commodore Classic	8K	27:24.80	114
08-30-13	Belmont Opener	5K	17:26.21	68

JAKE VAN GEFFEN

Freshman ★ Birmingham, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-15-13	NCAA South Regional	9.725K	32:20.96	103
11-01-13	SEC Championships	8K	26:12.93	83
10-18-13	Crimson Classic	8.033K	27:09.07	109
10-05-13	Greater Louisville Classic	8K	26:43.93	50
09-14-13	Commodore Classic	8K	27:03.03	99
08-30-13	Belmont Opener	5K	16:52.84	45



CROSS COUNTRY HISTORY

NCAA CHAMPIONSHIPS

2011 ★ Sixth

TERRE HAUTE, Ind. - Headed into the NCAA Cross Country Championships for the first time in school history, Vanderbilt head coach Steve Keith tentatively expressed his hopes for a top-ten finish.

But, as the girls have done in every race this season, they outran his expectations, placing sixth out of a 31-team field in Terre Haute, Ind. They were led by senior Alexa Rogers, finishing 39th overall with a time of 20:31. By finishing in the top 40, Rogers earned another remarkable mark of distinction and school first: All-American honors.

"Alexa Rogers is our first All-American and Liz Anderson missed by maybe just a second and a couple places," said Keith.

The Commodores placed their top runners, one through five, in a span of 35 seconds, maintaining the grouping they've become known for this season. The top five finishers for the team were, in order, Rogers, Anderson, Jordan White, Louise Hannallah and Kristen Smith. Freshman Grace Orders showed off her talent and potential with a top-100 finish in her first year competing at this level.

"Awesome is the word," said Keith, choosing to echo his freshmen runners' favorite word. "Totally awesome race by the ladies. We followed our plan, all six were together at the halfway, then they gained 100 points in position to pull up to 6th in the second half."

At the 3K split, the team was grouped well in 15th place, working as they have all season, pacing and position themselves to tackle the second half.

"You can't single any one person out because it was just a complete team effort," said Keith. "Kristen Smith, Louise, Jordan, Grace and Amira--just an outstanding race for the freshmen. It's a beautiful way to end the season."

Making it to the championships was a massive achievement all on its own for this Vanderbilt team, whose women broke every record and expectation along the way this season as they earned their first SEC title and first trip to the national meet. They have only sent two individual representatives to the championships in the history of the program--once by Pamela Johnson in 1997, and once last year, when White finished 112th at the meet.

Villanova's Sheila Reid was the overall individual finisher and the new NCAA Cross Country Champion, while Georgetown won as a team.

VANDERBILT RESULTS

Team	Scoring	Name	Time
1	27	Alexa Rogers	20:31
2	29	Liz Anderson	20:33
3	72	Jordan White	21:01
4	75	Louise Hannallah	21:03
5	79	Kristen Smith	21:06
6	(91)	Grace Orders	21:13
7	(159)	Amira Joseph	21:49

2012 ★ 27th

LOUISVILLE, Ky. -- The Vanderbilt women's cross country team placed 27th at the NCAA Division I Women's Cross Country Championships on Saturday, November 17, at Tom Sawyer State Park.

Kristen Findley was the top finisher for Vanderbilt in her final career cross country race. She finished 87th and scored 63 points for the Commodores with a time of 20:40.7.

Liz Anderson, running in her native Louisville, was next across the line, finishing 137th. She scored 104 points with her time of 21:02.3.

Southeastern Conference Freshman of the Year Hannah Jumper was right behind Anderson, finishing 141st and scoring 108 points with a mark of 21:03.5.

Rounding out the scoring for Vanderbilt were Allie Scalf (201st in 21:31.8) and Kristen Smith (211th in 21:36.4).

Vanderbilt's Jordan White (21:43.0) and Amira Joseph (21:45.8) did not factor in the team scoring.

It was Vanderbilt's second consecutive trip to the meet and Head Coach Steve Keith knows there are positives in spite of the fact the team finish was not as high as 2011 (sixth).

"It's a great sport because on any give day, you never know," Keith said. "We'll be back and motivated. Stacking last year and this year and trying to use qualifying nationally as a benchmark and build from there."

Keith is excited about where the program will be in 2013.

"We have some redshirts coming back, some recruits and some girls with a few years experience (at the NCAA Championships) now. We'll learn from this and be a much better team for it."

VANDERBILT RESULTS

Team	Scoring	Name	Time
1	62	Kristen Findley	20:40.7
2	104	Liz Anderson	21:02.3
3	108	Hannah Jumper	21:03.5
4	163	Allie Scalf	21:31.8
5	173	Kristen Smith	21:36.4
6	(182)	Jordan White	21:43.0
7	(186)	Amira Joseph	21:45.8



CROSS COUNTRY HISTORY

2011 SEC CHAMPIONS

MARYVILLE, Tenn. - History has been made.

Vanderbilt's women's cross country team won its first SEC title on Monday, placing five runners in the top 10.

The third-ranked Commodores finished with 30 team points, 31 points better than second-place Arkansas (61 points) to claim the title.

Placing in the top 10 were Alexa Rogers (2nd), Liz Anderson (4th), Jordan White (7th), Louise Hannallah (8th) and Kristen Smith (9th).

"Super race, fell right into our game plans," said head coach Steve Keith after the race. "The ladies have always run strong the second half of the race. This is a really challenging course. We knew that there would be some natural attrition between the teams on the course about halfway and that if we stayed together the longest, that would give us the best shot."

After a restart on the course, the ladies came barreling out of the box in a close group that held for the race. At the half-way mark of the 6K event, the team was in first place, a position that they held for the last half.

As at Wisconsin, the women outpaced even their coaches' expectations, high as they were.

"I was thinking five in the top 15, not five in the top nine," laughed Keith.

The team was led by Rogers, who finished second overall in the meet after what has already been her breakout season.

"Alexa has been such a sweet leader," said Keith of his senior runner. "She has been fantastic and she actually fell at the start and they had to have a restart. But [they all] knew what they needed to do today and sometimes they're calmer than the coaches. They knew the job at hand and quietly just went about it."

Rogers, after the race, said her teammates picked her up and it gave her the rush to run her best.

"I have never finished so hard in my life," said Smith, who joined the team this year as a transfer from a Michigan State team hot off a championship of their own.

To top off the race, freshmen Grace Orders, Rebecca Chandler, and Amira Joseph finished in the Top 30, earning themselves places on the SEC All-Freshmen team.

"Amazing. They were up there mixing it up, hanging in there as long as they could," said Keith.

Smith and Hannallah were named to the All-SEC Second Team, while Rogers, Anderson, and White were named to the All-SEC First Team.

"I told the girls after Wisconsin that I'd trade a top ten national for an SEC title," said Keith. "Then I told them that they can do both if they wanted to. This SEC title is really special, especially building it with Coach Riley for the last five years and what we're able to quietly put together with recruiting classes. There's something really special about that."

"Something David Williams said to all the athletes before our season even started was, we're Vanderbilt," said Hannallah the night before the race. "We're not just out there to be part of the SEC; we're out there to really prove that we're competitors and we belong out there as the best. We are Vanderbilt. We can come out not just as the underdog, but as the competitor."

The women's team now sets their sights on the Nationals, a goal that they set in training in the summer. It's never seemed more possible.

But for now, the team will celebrate its first-ever SEC title.

Vanderbilt finished third last season behind Arkansas and Florida. Before last year, the Commodores had never placed higher than fourth.

Vanderbilt's men's team finished 11th and were led by John Ewing, who finished 53rd. Arkansas won the title on the men's side for the 19th time in the last 21 years.

VANDERBILT RESULTS

Team	Scoring	Name	Time
1	2	Alexa Rogers	20:22.72
2	4	Liz Anderson	20:35.84
3	7	Jordan White	20:42.48
4	8	Louise Hannallah	20:43.11
5	9	Kristen Smith	20:51.62
6	18	Grace Orders	21:18.26
7	21	Amira Joseph	21:25.21
8	(29)	Rebecca Chandler	21:38.91
9	(37)	Kristen Findley	21:53.63



CROSS COUNTRY HISTORY

ALL-AMERICAN ALEXA ROGERS

2011 Cross Country All-American

Integral part of the senior leadership of a record-breaking year ... Finished second for the Dores, seventh overall at the NCAA South Regionals to help team earn first trip to Nationals, with a time of 20:43.1 ... Led team to first place finish at the SEC Championships, helping team claim first title in school history and finishing second overall Broke course record at the SEC Championship meet with a time of 20:22.72 ... Finished 17th overall with a time of 20:32 at Wisconsin-Adidas Invitational on 10/14/11, breaking previous 6K record as she led her team to a 2nd place finish over 19 Top-30 ranked schools...Ran to a 9th place 6K finish at Roy Griak with a time of 20:57, helping her team to a 7th place finish...Placed second overall at the Belmont-VU Opener with a new personal best of 14:06.11.



ALL-SEC RUNNERS

Stefanie Black		1988
Beth Tallent		1992
Whitney Spanuth		1996
Christine Creighton		1997
Pamela Johnson		1997
Beth Van Dusen		1999
Kylene Kownurko		2001
Erika Schneble	2nd	2003
Ashleigh Wetzel	1st	2004
Kristabel Doebel-Hickok	Fr.	2008
Jordan White	Fr.	2009
Allie Scalf	Fr.	2009
Jordan White	2nd	2010
Rita Jorgensen	2nd	2010
Liz Anderson	Fr.	2010
Alexa Rogers	1st	2011
Liz Anderson	1st	2011
Jordan White	1st	2011
Louise Hannallah	2nd	2011
Kristen Smith	2nd	2011
Grace Orders	Fr.	2011
Amira Joseph	Fr.	2011
Rebecca Chandler	Fr.	2011
Hannah Jumper	1st & Fr.	2012
Kristen Findley	2nd	2012



2013-14 FACT BOOK



VANDERBILT

TRACK & FIELD





INDOOR TRACK & FIELD RECAPS

MUSIC CITY CHALLENGE

December 3, 2013 ★ Nashville, Tenn.

NASHVILLE, Tenn. -- Vanderbilt opened the indoor track season at home for the first time in school history in the Commodores' brand new multipurpose facility Tuesday night competing against teams from Tennessee State, Belmont and Middle Tennessee State in the Music City Challenge. Four Commodores claimed the top spot in their individual events with Erin Edmond winning the 500 meters in 1:15.17, Faith Washington winning the 300 meters in 39.86 seconds, Katherine Delaney led a strong Black & Gold contingent finishing in 2:54.11 to win the 1000 meters and freshman Sarah Bell took the pole vault competition by clearing 12'9.5" in her collegiate debut. In the 500 meters, Vandy swept the top two spots with Edmond winning the event in front of teammate Skyler Carpenter - who turned in a time of 1:17.34. Jennifer Cannon was not far behind in a time of 1:18.59 for fourth overall. Delaney out kicked teammate Courtney Clayton in the 1000 meters for the victory as the Dorees finished 1-2-3 with Clayton running 2:55.06 and Sara Barron finishing third in 3:01.81. Jennifer Cannon showed impressive speed in the 60-meter hurdles to finish second overall in a time of 8.58 just behind Tennessee State's Amber Hughes, who ran 8.55 for the win. Washington finished fifth overall for the Commodores in a time of 8.88. Bell won the pole vault competition by clearing 12'9.5" in her first attempt to edge Western Kentucky's Karleigh Parker, who needed three attempts to pass the height. All-American Brionne Williams finished fourth overall clearing 5'7" in her third and final attempt. Cannon finished fourth overall in the long jump with her third jump of the competition reaching out to 17'8.25" and finished her busy day in the shot put, where she finished 12th overall with a distance of 31'11.25" just behind teammate Sarah Goodale's 34'1.25". In the triple jump, Tierney Price took second overall with a jump of 39'5" in her third jump. Freshman Nikolaos Gkotsis was the lone male runner for VU, finishing second overall in the 1000 meters in 2:32.26.

UAB INVITATIONAL

January 10-11, 2014 ★ Birmingham, Ala.

BIRMINGHAM, Ala. -- The Vanderbilt track team brought home two important items from their weekend trip to Birmingham -- experience and confidence. Competing in the UAB Blazer Invite, the young Commodores held their own against a talented field of roughly 40 teams, and head coach Steve Keith said his team made positive strides throughout the two-day event. "All in all, we saw some good things," said Keith. "This was all about getting our feet wet and getting our eyes open (in regard to) the freshmen." A large number of Commodores earned top-10 finishes during both days of the Invite to highlight Vanderbilt's solid showing. Vanderbilt's Megan Yohe captured second place in Saturday's 5000-meter run with a time of 18:16.19, Brionne Williams took second place in the high jump at 1.74m, and Katherine Delaney took fifth place in the one-mile run with a time of 5:05.05. Jennifer Cannon also had a strong showing this weekend, finishing sixth in the finals of the 60-meter hurdles with a time of 8.70. Cannon was fourth in the preliminaries. "Making the finals is a great experience (for her), and that goes a long way," said Keith. Vanderbilt's 4x4 relay team took seventh place with a time of 3:50.71. Vanderbilt's Sarah Goodale had a busy -- and productive -- weekend. She finished 19th (at 1:18.84) in the 500-meter dash, took 50th in the 200-meter dash with a time of 26.46 and was 51st in the shot put at 9.89m. Cannon was 53rd in the shot put at 9.79m. Other highlights for Vanderbilt included Courtney Clayton finishing fifth in the 500-meter dash with a time of 1:16.80; Sarah Bell taking fifth in the pole vault by clearing 3.95m and Simone Charley taking fourth in the triple jump (12.22m). Keith said this weekend's event helped the Commodores move closer to where they want to be. "Now it's time for us to flip the switch and get more in the competitive frame of mind," he said.

AUBURN INDOOR INVITATIONAL

January 18, 2014 ★ Birmingham, Ala.

BIRMINGHAM, Ala. -- The Vanderbilt track team will be depending heavily on its upperclassmen this season, but at the Auburn Indoor Invitational, it was several young stars who led the way. Vanderbilt freshman Courtney Clayton took first place in the 800-meter run, finishing in a time of 2:11.07, to pace the Commodore contingent of underclassmen who stood out at the CrossPlex in Birmingham, Ala. Freshman Sarah Bell continued her series of solid early-season performances by finishing sixth in the pole vault at 3.85m, freshman Simone Charley took third in triple jump at 12.42m, and freshman Tierney Price took eighth in the triple jump at 11.72m. Those strong showings -- along with a fourth-place finish by senior Brionne Williams in the high jump (1.77m) -- highlighted the day for the young Commodores, who were in action for the third time this season. Head coach Steve Keith said the Commodores are using these early-season meets as building blocks for what they hope will be a series of impressive results in the days ahead. "We've still got a lot to work on, and the kids know it," said Keith. "In the technical events, it's all about just getting more reps." Clayton's first-place finish punctuated an outstanding effort by Vanderbilt in the 800, as four Commodores finished among the Top-10. Katherine Delaney took third place with a time of 2:11.57, followed by teammates Skyler Carpenter in sixth (2:12.45), Sara Barron in eighth (2:13.36) and Lily Williams in ninth (2:14.26). "Our 800 group ran really well," said Keith. "They ran competitive, and that was good to see." The Commodores had numerous other Top-15 finishes on Saturday. A pair of freshmen, Courtney Kriegshauser and Carmen Carlos were 13th and 14th in the 1-mile run. Kriegshauser finished with a time of 4:59.85 and Carlos came in at 5:00.10. Vanderbilt sophomore Hannah Jumper was 19th with a time of 5:04.72. Vanderbilt had two Top-15 finishers in the 3000-meter run, with junior Claire Benjamin taking 11th (9:59.19) and Vanessa Valentine taking 13th (10:05.33). Junior Erin Edmond finished 15th in the 400-meter dash with a time of 58.09.



INDOOR TRACK & FIELD RECAPS

VANDERBILT INDOOR INVITATIONAL

January 24-25, 2014 ★ Nashville, Tenn.

DAY ONE NASHVILLE, Tenn. -- With her team competing in front of its hometown fans, Vanderbilt sophomore Jennifer Cannon gave the Commodore crowd something to cheer about right away. Just moments after the Vanderbilt Indoor Invitational started, Cannon delivered an outstanding performance -- and set a personal record -- in the high jump by clearing 1.74m. Vanderbilt senior standout Brionne Williams also cleared that mark, as she and Cannon each earned Top-5 finishes in the event, finishing third and fourth. Their performances were among numerous highlights for the Commodores on the opening day of the two-day event, which resumes on Saturday at 10:30 a.m. The Invitational was Vanderbilt's first home meet in more than a month, and just the second-ever event held inside the school's new multi-purpose facility. "There was a lot of excitement from our team, and from a lot of other teams too," said Vanderbilt head coach Steve Keith. "I think they were pleasantly surprised when they walked and saw the facility. I think everyone gave some enthused performances." Keith praised the performances of Williams and Cannon in the high jump. "For (Cannon) to be jumping at 5-10 was probably a real eye-opener for her," said Keith. "But that's what she'll need to do to be really competitive in the penthalons (this season)." As for Williams, she has delivered a stream of top-tier performances throughout her career, and Friday was the latest entry to the list. Vanderbilt's distance medley "A" team provided excitement for the hometown fans, earning a second-place finish with a time of 11:49.12. Georgia's "A" team won the event at 11:24.86. In the 5000-meter run, Vanderbilt's Claire Benjamin took ninth place with a time of 17:24.69, and teammate Vanessa Valentine was 16th at 17:43.19. Megan Yohe was 22nd at 18:15.62.

DAY TWO NASHVILLE, Tenn. -- Apparently, there's something about Vanderbilt's new indoor facility that brings out the best in the athletes who compete there. That goes not only for the Commodores, but for the out-of-town guests, too. This weekend's Vanderbilt Indoor Invitational -- which wrapped up on Saturday and was the second-ever meet at the school's new multi-purpose venue -- featured a large collection of performances that were the best of the season on a national level. It also featured a continuous stream of career-bests from the Commodores, including an outstanding two-day showing from sophomore Jennifer Cannon, who set personal records in multiple events. Senior Liz Anderson, competing for the first time this season, took second place in the 3000-meter run with a time of 9:33.65, and Vanderbilt's 4x400 relay team -- Faith Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond -- finished second with a 3:46.24 to augment the home team's highlights. Vanderbilt head coach Steve Keith was clearly impressed by what transpired this weekend inside the Commodores' new home, which has quickly begun to gain a reputation for being a fast track. "(For the Invitational) to put our facility in such a bright light is very exciting," said Keith. With a large group of friends and family in attendance, the Commodores competed fiercely against a talent-rich field of teams. Cannon helped lead the way for the Commodore contingent, setting the tone with a fourth-place finish in the high jump on Friday (at 1.74m) and following that up with a third-place finish in the 60-hurdles (8.56) on Saturday. Cannon finished 18th in the 200-meter dash with a time of 25.26. "She's got a good form right now, and we love to see that," said Keith. "Jen is working on each of her individual events for the penthalon, and she PR'ed in the hurdles and in the high jump, and came real close in the 200." Anderson's strong showing in her season debut was another impressive element of the weekend. "It was an excellent way open to her season," said Keith. "We are looking for good things from her." The Commodores had numerous others who delivered top-tier performances and earned spots among the top-5. Courtney Clayton and Katherine Delaney finished third and fifth, respectively, in the 800. Clayton had a time of 2:09.51 and Delaney crossed at 2:11.18. Senior standout Brionne Williams was third in the high jump at 1.74m, Sara Barron took fourth in the 1-mile run with a time of 4:52.90, and Simone Charley was fourth in the triple jump at 12.52m. The Commodores were especially impressive in the 800, with Anderson's second-place finish leading a group of four Vanderbilt representatives in the top-15. Rebecca Chandler was 10th at 9:48.58, Carmen Carlos was 14th at 10:00.55 and Courtney Kriegshauser was 15th at 10:01.06. Hannah Jumper finished 18th at 10:05.31. Also among the Vanderbilt highlights was the solid time posted by the 4x400 relay team in one of the final events of the Invitational. The combined efforts by Washington, Carpenter, Clayton and Edmond provided an exclamation point on the Commodores' memorable weekend. "That (performance) got the team fired up and got me fired up," said Keith. "It's one of the culminating events of the meet, and it was an exciting way for us (to finish) and go into our off week." In the 5000-meter run, Claire Benjamin was ninth at 17:24.69 and teammate Vanessa Valentine was 16th at 17:43.19. Megan Yohe was 22nd at 18:15.62. Vanderbilt's Tierney Price was 12th in the triple jump at 11.85m, Lily Williams was 13th in the 1-mile run at 5:03.29 and Kara Slavoski was 32nd at 5:26.03. In the 400-meter dash, Edmond was 13th at 57.37 and Carpenter was 20th at 58.13. With it being just the second meet held at the new Vanderbilt's venue, there was an almost countless amount of facility records broken throughout the weekend. But considering how the Vanderbilt track is seemingly built for speed, those records might not stand long.



INDOOR TRACK & FIELD RECAPS

NEW BALANCE ARMORY INVITATIONAL

February 7-8, 2014 ★ New York, N.Y.

DAY ONE NEW YORK -- Vanderbilt senior Liz Anderson said last week that she believed that she and the Commodore coaching staff had put together a successful strategy for this weekend. And on Saturday, she executed it to perfection. Competing in an indoor 5000-meter run for the first time in her decorated career, Anderson posted a first-place time of 16:36.11 to help highlight a solid showing by the Commodores on the opening day of the New Balance Armory Collegiate Invitational in New York. Freshman Sarah Bell also added to the Commodores' list of memorable moments on Friday by setting a new school indoor record in the pole vault by clearing 13-01.50. Bell cleared 12-11.50 earlier this season to tie the school record. Anderson, meanwhile, dominated her event, finishing eight seconds ahead of second-place finisher Emily Durgin (16:44.13) of Connecticut. It was the third best mark in the program's history. "We have a good plan for me," Anderson said last week while looking ahead to the trip to New York, "and hopefully I can knock out a pretty good time. Maybe I can set a record or something. We'll see." Anderson's first-place finish was one of numerous notable accomplishments from the 20 Vanderbilt representatives who made the journey to the Big Apple and were facing their stiffest competition of the season. Vanderbilt head coach Steve Keith said prior to the meet that the Commodores would have to raise their performance level this weekend, and the message obviously got through. Among the many high finishes collected by the Commodores was Amira Joseph's seventh-place showing in the 3000-meter run with a time of 10:09.16, while Bell earned a share of eighth place in the pole vault with her school-record performance. The Vanderbilt distance medley relay team earned a fourth-place finish with a time of 11:27.43, the third-best time in the Commodores' record book. Skyler Carpenter took 10th in the 500-meter with a time of 1:15.37, and sophomore Jennifer Cannon finished 15th in the 60-meter hurdles with a time of 8.59. Erin Edmond was 17th in the 400-meter dash prelims with a time of 57.04.

DAY TWO NEW YORK -- The Vanderbilt track team delivered a message this weekend, and it came across loud and clear. Traveling to New York for the New Balance Armory Collegiate Invitational, the Commodores thrived throughout the two-day event, eventually leaving town with a bevy of impressive numbers while earning a seventh-place overall finish among the 100-plus schools at the meet. The Commodores had a large number of showings that ranked among the top-10 in the program's history, including a school record set by freshman Sarah Bell in the pole vault, a first-place finish by senior Liz Anderson in her first-ever indoor 5K and an attention-grabbing performance by freshman Courtney Clayton with a second-place finish in the 800. "It was a nice overall effort, and it gives (us) some perspective on where (we) are," said head coach Steve Keith. "We had a lot of kids -- the ones we will be looking to (in future meets) -- who stepped up and contributed." Keith said the Commodores' strong showing made for a memorable and enjoyable weekend in the Big Apple. "This was fun," he said. "For us to perform well in this environment (was great). With 100-plus schools, including some that our kids had never heard of, (this meet) was about us getting some confidence. And that's what we are looking for in February." Clayton provided one of Vanderbilt's biggest highlights on Saturday, when she earned second place in the 800 with a time of 2:07.60. It was a new personal best for Clayton, and the second-best time in Commodore indoor history. Clayton finished less than one second behind the first-place time set by Stephanie Brown of Arkansas in a different heat. Clayton's performance was just one of many top-level performances by the Commodores. The list also included:

- * Carmen Carlos taking fifth in the 3000-meter dash with a time of 9:41.65 (ninth best on the Vanderbilt all-time list);
- * Brionne Williams finishing in a three-way tie for fifth in the high jump, cleaning 5-07.25 (sixth best on the Vanderbilt all-time list);
- * Simone Charley earning ninth in the triple jump at 41-00.25 (third best on the Vanderbilt all-time list);
- * Skyler Carpenter taking 10th in the 500-meter dash with a time of 1:15.37 (second best on the Vanderbilt all-time list);
- * Jennifer Cannon earning ninth in the high jump at 5-05.25 (tied for eighth on the Vanderbilt all-time list); * Hannah Jumper finishing ninth in the 1-mile run at 5:01.08.

The Commodores also shined in the 5000-meter run, with a pair of representatives among the top-10. Claire Benjamin took sixth with a time of 17:19.48 (eighth on the Vanderbilt all-time list) and Vanessa Valentine was seventh at 17:23.96 (10th on the Vanderbilt all-time list). Vanderbilt also had two representatives among the Top-10 in the 800. Katherine Delaney finished seventh with a time of 2:13.51 and Skyler Carpenter was right behind her in eighth with a time of 2:13.71. Vanderbilt finished fourth in the 4x400 Meter Relay with a time of 3:44.18. The Commodores set the tone for their strong showing on Friday, when Anderson competed in an indoor 5000-meter run for the first time in her career and posted a first-place time of 16:36.11. Also on Friday, Bell set a new school indoor record in the pole vault by clearing 13-01.50, and Vanderbilt's distance medley relay team earned a fourth-place finish with a time of 11:27.43, the third-best time in the Commodores' record book. Other solid performances this weekend included Sara Barron taking 11th in the 1-mile run with a time of 4:49.35 (sixth on the Vanderbilt all-time list), and Tierney Price finishing 24th in the triple jump at 37-06. Cannon finished 15th in the semifinals of the 60-meter hurdles with a time of 8.59 (third on Vanderbilt's all-time list) after finishing 23rd in the prelims with a time of 8.62. Faith Washington finished 45th in the 200-meter dash with a time of 25.40, and finished 32nd in the 400 with a time of 56.73. Rebecca Chandler finished 11th in the 1-mile run with a time of 5:01.65, and Erin Edmond took 17th in the 400-meter dash prelims with a time of 57.04. In the 200-meter dash, Edmond took 34th with a time of 25.78 and Sarah Goodale was 48th with a time 26.36. Goodale also competed in the 60-meter hurdles prelims and finished 27th with a time of 9.20. Courtney Kriegshauser was 20th in the 3000 meter run with a time of 10:06.38.



INDOOR TRACK & FIELD RECAPS

TYSON INVITATIONAL/ WASHINGTON INVITATIONAL

February 14-15, 2014 ★ Fayetteville, Ark. & Seattle, Washington

DAY ONE FAYETTEVILLE, Ark. -- Several members of the Vanderbilt track team got this weekend off to promising start on Friday as the Commodores continue to gain momentum for the upcoming SEC Championships. Courtney Clayton, Faith Washington, Skyler Carpenter and Lily Williams all produced impressive showings on Friday -- with all four athletes recording either career-bests or season-bests -- during the opening day of the two-day Tyson Invitational in Fayetteville, Ark. "It was a good day at the track," said Vanderbilt head coach Steve Keith. Williams captured first place in the mile run and set a new season-best time by finishing at 4:50.98, and Washington set a personal record in the 400, finishing at 55.93 and moving up to No. 4 on Vanderbilt's all-time performers list in that event. Carpenter, meanwhile, shaved a couple of seconds off her previous best in the 800 by posting a time of 2:10.14 -- which ranks No. 6 on the VU all-time performers list -- and Clayton continued her impressive freshman season by taking fourth place in the 800 with a time of 2:08.13. Keith said Clayton's strong run allowed her to "gain valuable experience (against) a high-quality field." Courtney Kriegshauser took ninth in the one-mile run with a time of 5:01.02 as the Commodores potentially set the tone for a big weekend. Other top-30 performances on Friday included Sarah Goodale taking 25th in the long jump at 5.32m, and Jennifer Cannon finishing 27th at 5.27m. Washington finished 36th in the 400 with a time of 55.93. The Commodores will now be looking to cap off the weekend with another solid showing on Saturday, when two separate groups of Vanderbilt athletes will be in action. Some will continue competing in the Invitational in Arkansas, while a handful of other Commodores will be competing in the Husky Classic in Seattle. Keith said he is looking forward to finding out what the day will hold at both venues for his team. "I'm excited to see our relays step up tomorrow, as well as Brionne (Williams) in the high jump, Simone (Charley) in the triple jump and I look for some good 3000 races as well," he said. Keith said he is also hoping to see "some solid performances" from the Commodores who are in Seattle as the Vanderbilt squad finishes up its final tune-ups for the SEC Championships.

DAY TWO FAYETTEVILLE, Ark. & Seattle, Was -- The Vanderbilt track team is picking up speed. And it couldn't be happening at a better time for the Commodores. With the SEC Championships just two weeks away, the Vanderbilt squad delivered powerful performances at two different venues on Saturday. Using a split-squad roster -- that featured some team members competing in the Tyson Invitational in Fayetteville, Ark., and others competing in the Husky Classic in Seattle -- the Commodores produced a series of results that ranked among the best in the program's history. Senior Liz Anderson came up big in Seattle, setting a new school record with a time of 9:21.05 in the 3000 meters, and senior Brionne Williams helped fuel the strong showing in Arkansas with a first-place finish in the high jump (at 5-11.5). Those two showings, along with a host of other top-tier performances, were encouraging developments for head coach Steve Keith. He said he was pleased with his team's efforts, saying it was "another big day at the track" for the Commodores. Williams' performance puts her among the Top-4 in the SEC and among the Top-15 on the NCAA national list. "Brionne had some good attempts at over 6' and gained some valuable momentum going into SEC," said Keith. Another big highlight in Arkansas belonged to Vanderbilt's 4x400 team, which posted a time of 3:40.25 -- the third-best time in Vanderbilt history and the best mark since 1998. The time puts Vanderbilt at No. 7 in the SEC and will bolster the Commodores' seeding. Faith Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond each provided strong times during the relay. (Washington 55.2, Carpenter 54.9, Clayton 54.5 and Edmond 55.6).

Vanderbilt had two top-5 finishes in the 3000 in Arkansas, with Hannah Jumper taking third at 9:48.88 and Vanessa Valentine finishing fifth at 9:56.40. Vanderbilt's Claire Benjamin was 23rd at 10:33.37. Vanderbilt's distance medley team -- Lily Williams, Jennifer Cannon, Courtney Kriegshauser and Amira Joseph -- took seventh place with a time of 11:45.94, and Simone Charley was eighth in the triple jump at 12.44m.



INDOOR TRACK & FIELD RECAPS

SEC INDOOR CHAMPIONSHIPS

February 27 - March 1, 2014 ★ College Station, Texas

DAY ONE COLLEGE STATION, Texas -- Vanderbilt's Jennifer Cannon and Sarah Goodale opened up the SEC Indoor Track and Field Championships on Thursday with the pentathlon. Cannon, a sophomore from Bristol, Tenn., finished 12th with 3,771 points. Goodale, a freshman from Carbondale, Ill., placed 14th with 3,598 points. Mississippi State's Erica Bougard won the pentathlon by compiling the ninth-best pentathlon score in collegiate history with 4,458 points. "It was a rough day for the ladies," Vanderbilt assistant coach Clark Humphreys said. "But they gained great experience for the outdoor season and finishing strong." Cannon placed fourth in the 60-meter hurdles with a time of 8.55. She tied for sixth in the high jump with a leap of 5-feet and 7.75 inches. Her toss of 28 feet, 4.25 inches was 15th in the shot put. In the long jump, she had a mark of 17 feet and 1.25 inches for 14th place. She placed eighth in the 800-meter run with a time of 2:19.64. Goodale finished 14th in the 60-meter hurdles with a time of 8.99. She was 15th in the high jump with a mark of 5 feet and 1.75 inches. She took 12th in the shot put (33-2.5), long jump (17-4.75) and 800-meter run (2:21.4).

DAY TWO COLLEGE STATION, Texas -- The Vanderbilt track team took a big step forward on Friday. Now, the Commodores are hoping to make a giant leap on Saturday. Competing on the second day of the SEC Indoor Track and Field Championships in College Station, Texas, on Friday, the Commodores put together an outstanding effort that head coach Steve Keith summarized as a "great day for the program." The highlights included a new school record set by Sarah Bell, a host of personal records, three runners advancing to the finals and numerous performances that ranked among Vanderbilt's all-time top-10. Keith said he believes the tone is now set for even bigger things from his squad on the final day of the competition, when Vanderbilt will have a series of opportunities to shine. "We have some bullets in the gun, so to speak, (for Saturday), with eight to nine good scoring opportunities in the finals," he said. "It's time to follow through." Bell, a freshman, helped lead the charge for Vanderbilt on Day 2. Already the program's record holder in the pole vault, she established a new school record by clearing 13-6.25. Her previous mark was 13-1.50. Other memorable moments belonged to Faith Washington and Erin Edmond, who each set new personal records -- and produced results that ranked among Vanderbilt's top-six on the all-time performers list -- in the 400. Washington clocked a time of 55.33, and Edmond finished at 56.53. Courtney Clayton delivered a qualifying performance in the 800 with a time of 2:07.96, and Skyler Carpenter set a new PR at 2:10.13. Katherine Delaney and Sara Barron each produced qualifying performances in the mile. Delaney finished at 4:46 -- third-best on Vanderbilt's all-time performers' list -- and Barron had a time of 4:47.11. In the pole vault, Bell finished ninth (one place off of scoring). She cleared the same bar as 5th place but misses dropped her to ninth.

DAY THREE COLLEGE STATION, Texas -- The members of the Vanderbilt track team were determined to finish what they started. And the Commodores succeeded. After building momentum on Friday during the second day of the SEC Indoor Track and Field Championships, the Commodores capped off their weekend with an even bigger performance on Saturday. Propelled by outstanding efforts from seniors Liz Anderson and Brionne Williams, Vanderbilt scored points in six separate events -- representing the best overall showing in Steve Keith's tenure as head coach -- and came home from College Station, Texas, with a long list of personal bests and school record-making performances. "We competed hard the last three days and everyone should be proud of their efforts," said Keith. "I know the coaches are proud of how we finished off the indoor." The No. 1-ranked Arkansas men and the No. 2 Florida women claimed the team championships. It was the third consecutive title for the Arkansas men, and their 20th in the last 23 years. For Vanderbilt, Anderson broke the school record, and shattered her personal best by 22 seconds, while taking fourth in the 5K with a time of 16:14.30, and Williams earned a share of fourth place in the high jump (1.78m) to help augment the Commodores' weekend highlights. But the upperclassmen weren't the only ones who shined. Freshman Courtney Clayton finished seventh in the 800 meters with a time of 2:08.03, and freshman Simone Charley took eighth in the triple jump at 12.71m. "(To see) freshmen scoring in the 800 and the triple jump speaks to our future," said Keith. The Commodores relay teams also scored, with a seventh place finish in the distance medley and an eighth-place finish in the 4x400. The distance medley team -- featuring the sophomore foursome of Katherine Delaney, Jennifer Cannon, Sara Barron and Lily Williams -- posted a time of 11:35.40. The 4x400 team -- comprised of sophomore Faith Washington, Carpenter, Clayton and junior Erin Edmond -- finished at 3:42.30. Those performances, coupled with numerous efforts by the Commodores that finished just outside the top-8, led Keith to say that this weekend's showing was "the best in quite a few years." He also said his team's showing is an encouraging sign for the months ahead. "We are equally excited to see what we can do with the outdoor season starting in just a few weeks," he said.



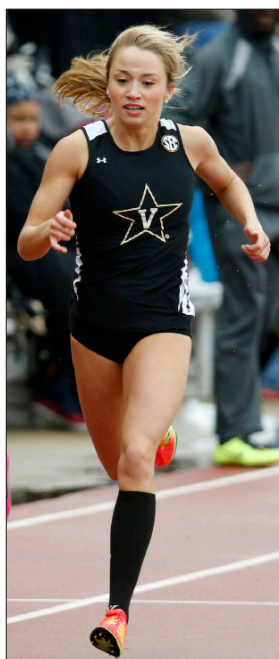
INDOOR TRACK & FIELD

2013-14 TRACK & FIELD ROSTER

Name	Event(s)	Class	Hometown/High School
Liz Anderson	Distance	Senior	Louisville, Ky./Dupont Manual
Sara Barron	Mid Distance	Sophomore	Oakland, Mich./Notre Dame Prep
Sarah Bell	Pole Vault	Freshman	Bloomington, Ind./Central Catholic
Claire Benjamin	Distance	Junior	Richmond, VA/Midlothian HS
Jennifer Cannon	Hurdles/Multi-Events	Sophomore	Bristol, Tenn./Tennessee High
Skyler Carpenter	Sprints/Hurdles	Sophomore	Topeka, Ind./Westview
Rebecca Chandler	Distance	Junior	Jacksonville, Fla./The Bolles School
Simone Charley	Jumps	Freshman	Hoover, Ala./Spain Park HS
Courtney Clayton	Middle Distance	Freshman	Roscoe, Ill./Hononegah HS
Katherine Delaney	Middle Distance	Junior	Laguna Niguel, Calif./J Serra Catholic
Erin Edmond	Jumps/Sprints	Junior	Spotsylvania, VA/Riverbend HS
Janetra Gleaves	Sprints/Hurdles	Junior	Nashville, Tenn./Cane Ridge HS
Sarah Goodale	Hurdles/Jumps	Freshman	Carbondale, Ill./Carbondale Community HS
Amira Joseph	Distance	Junior	Portland, Ore./Jesuit
Hannah Jumper	Distance	Junior	Chattanooga, Tenn./Baylor School
Grace Orders	Distance	Junior	Moraga, Calif./Campolindo
Tierney Price	Sprints/Jumps	Freshman	The Woodlands, Texas/College Park HS
Kara Slavoski	Middle Distance	Senior	Monument, Colo./St. Mary's
Ellie Tidman	Jumps	RS Junior	Batesville, Ind./Batesville
Vanessa Valentine	Distance	Sophomore	Melbourne, Fla./Melbourne
Faith Washington	Sprints/Hurdles	Sophomore	Reynoldsburg, Ohio/Reynoldsburg
Katie Watts	Pole Vault	Freshman	Westerly, R.I./The Williams School
Brionne Williams	Jumps	Senior	Hoover, Ala./Hoover
Lily Williams	Middle Distance	Sophomore	Tallahassee, Fla./Chiles
Megan Yohe	Distance	Senior	Liberty, Mo./Liberty

Clayton named to SEC All-Freshman team

Vanderbilt freshman Courtney Clayton made a strong first impression during her first indoor season, and she ended it in memorable fashion by being named to the SEC All-Freshmen team. Clayton, from Roscoe, Ill., earned her spot on the All-Freshmen team after finishing seventh in the 800 meters with a time of 2:08.03 at the SEC Indoor Championships. Her strong performance helped Vanderbilt produce one of its best-ever showings at the event. The Commodores scored points in six separate events -- representing the best overall results in head coach Steve Keith's tenure. Keith said Clayton's performance, along with strong results from several of her classmates, indicates that the future is bright for the Commodores. "All of those (freshmen) had a good test at the SEC Championship, and they stood up to it well," Keith said.



VU coaching staff sees big potential in signing class

The Vanderbilt cross country and track and field programs announced its seven-member signing class in March, and the newcomers are expected to help the Commodores continue their progression as a program. The class includes Emma Abrahamson (Carlsbad, Calif.) and Megan Huebner (La Quinta, Calif.), who have each been nationally ranked in the 3200 in their prep careers, and Jennifer Edobi (Union, N.J.), who is a Top-10 nationally ranked performer in the 400. The class also features Megan McCabe (Centennial, Co.), who is a standout in the pole vault and Maddie Criscione (Park City, Utah), who competes in the 1600 and 3200 and was a 2013 Foot Locker Nationals qualifier. Also joining the Vanderbilt program are twin sisters Tara and Emma Radan (North Tustin, Calif.), who are both state-ranked sprinters in California.



INDOOR TRACK & FIELD TIMES/MARKS

60 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Cannon, Jennifer	SO	8.62	New Balance Armory College Invitational	02/08/14
Goodale, Sarah	FR	9.2	New Balance Armory College Invitational	02/08/14
Price, Tierney	FR	8.19	Music City Challenge	12/03/13

200 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Cannon, Jennifer	SO	25.26	Vanderbilt Indoor Invitational	01/25/14
	SO	25.01	Tyson Invitational	02/15/14
Edmond, Erin	JR	26.09	Music City Challenge	12/03/13
		25.78	New Balance Armory College Invitational	02/08/14
Goodale, Sarah	FR	26.46	UAB Invitational	01/11/14
		25.84	Tyson Invitational	02/15/14
Washington, Faith	SO	24.83	Tyson Invitational	02/15/14

300 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Edmond, Erin		40.96	UAB Invitational	01/11/14
Price, Tierney		DNF	Music City Challenge	12/03/13
Washington, Faith	SO	39.86	Music City Challenge	12/03/13
Goodale, Sarah	FR	42.74	Music City Challenge	12/03/13

400 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Carpenter, Skyler		58.13	Vanderbilt Indoor Invitational	01/25/14
Edmond, Erin		58.09	Auburn Indoor Invitational	01/18/14
		57.37	Vanderbilt Indoor Invitational	01/25/14
		57.04	New Balance Armory College Invitational	02/08/14
		57.26	Tyson Invitational	02/15/14
		56.53	SEC Championships	03/01/14
Washington, Faith		56.73	New Balance Armory College Invitational	02/08/14
		55.93	Tyson Invitational	02/15/14
		55.33	SEC Championships	03/01/14



INDOOR TRACK & FIELD TIMES/MARKS

500 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Cannon, Jennifer		01:18.6	Music City Challenge	12/03/13
		01:19.8	UAB Invitational	01/11/14
Carpenter, Skyler		01:17.3	Music City Challenge	12/03/13
		01:17.1	UAB Invitational	01/11/14
		01:15.4	New Balance Armory College Invitational	02/08/14
Clayton, Courtney		01:16.8	UAB Invitational	01/11/14
Edmond, Erin		01:15.2	Music City Challenge	12/03/13
Goodale, Sarah		01:18.8	UAB Invitational	01/11/14

800 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Barron, Sara		02:13.4	Auburn Indoor Invitational	01/18/14
Carpenter, Skyler		02:12.5	Auburn Indoor Invitational	01/18/14
		02:10.1	Tyson Invitational	02/15/14
		02:10.1	SEC Championships	03/01/14
Clayton, Courtney		02:11.1	Auburn Indoor Invitational	01/18/14
		02:09.5	Vanderbilt Indoor Invitational	01/25/14
		02:07.6	New Balance Armory College Invitational	02/08/14
		02:08.1	Tyson Invitational	02/15/14
		02:08.0	SEC Championships	03/01/14
Delaney, Katherine		02:11.6	Auburn Indoor Invitational	01/18/14
		02:11.2	Vanderbilt Indoor Invitational	01/25/14
Williams, Lily		02:14.3	Auburn Indoor Invitational	01/18/14

1,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Barron, Sara		03:01.8	Music City Challenge	12/03/13
Clayton, Courtney		02:55.1	Music City Challenge	12/03/13
Delaney, Katherine		02:54.1	Music City Challenge	12/03/13



INDOOR TRACK & FIELD TIMES/MARKS

MILE

ATHLETE	YEAR	TIME	MEET	MEET DATE
Barron, Sara		04:52.9	Vanderbilt Indoor Invitational	01/25/14
		04:49.9	Husky Classic	02/15/14
		04:47.9	SEC Championships	03/01/14
		04:55.0	SEC Championships	03/01/15
Carlos, Carmen		05:00.1	Auburn Indoor Invitational	01/18/14
Delaney, Katherine		05:05.0	UAB Invitational	01/11/14
		04:53.2	Husky Classic	02/15/14
		04:46.9	SEC Championships	03/01/15
		04:48.0	SEC Championships	03/01/15
Jumper, Hannah		05:04.7	Auburn Indoor Invitational	01/18/14
Kriegshauser, Courtney		04:59.9	Auburn Indoor Invitational	01/18/14
		05:01.0	Tyson Invitational	02/15/14
		DNF	Music City Challenge	12/03/13
Slovoski, Kara		05:26.0	Vanderbilt Indoor Invitational	01/25/14
		05:03.3	Vanderbilt Indoor Invitational	01/25/14
Williams, Lily		04:51.0	Tyson Invitational	02/15/14
		04:50.5	SEC Championships	03/01/14
		DNF	Music City Challenge	12/03/13
Yohe, Megan		DNF	Music City Challenge	12/03/13

3,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Elizabeth		09:33.7	Vanderbilt Indoor Invitational	01/25/14
		09:21.0	Husky Classic	02/15/14
Benjamin, Claire		10:33.4	Tyson Invitational	02/15/14
Carlos, Carmen		09:41.7	New Balance Armory College Invitational	02/08/14
		09:56.6	Husky Classic	02/15/14
		09:38.9	SEC Championships	03/01/14
Chandler, Rebecca		09:48.6	Vanderbilt Indoor Invitational	01/25/14
		09:57.8	Husky Classic	02/15/14
		09:54.6		
Joseph, Amira		10:09.2	New Balance Armory College Invitational	02/08/14
Jumper, Hannah		10:05.3	Vanderbilt Indoor Invitational	01/25/14
		09:48.9	Tyson Invitational	02/15/14
		09:56.0	SEC Championships	03/01/14
Kriegshauser, Courtney		10:01.1	Vanderbilt Indoor Invitational	01/25/14
		10:06.4	New Balance Armory College Invitational	02/08/14
		09:57.6	SEC Championships	03/01/14
Slovoski, Kara		10:44.3	Auburn Indoor Invitational	01/18/14
Valentine, Vanessa		10:05.3	Auburn Indoor Invitational	01/18/14
		09:56.4	Tyson Invitational	02/15/14
Yohe, Megan		10:26.8	Auburn Indoor Invitational	01/18/14



INDOOR TRACK & FIELD TIMES/MARKS

5,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Elizabeth		16:36.1	New Balance Armory College Invitational	02/08/14
		16:14.3	SEC Championships	03/01/14
Benjamin, Claire		17:24.7	Vanderbilt Indoor Invitational	01/25/14
		17:19.5	New Balance Armory College Invitational	02/08/14
		18:03.6	SEC Championships	03/01/14
Valentine, Vanessa		17:43.2	Vanderbilt Indoor Invitational	01/25/14
		17:41.0	SEC Championships	03/01/14
Yohe, Megan		18:16.2	UAB Invitational	01/11/14

60 METERS HURDLES

ATHLETE	YEAR	TIME	MEET	MEET DATE
Cannon, Jennifer		8.58	Music City Challenge	12/03/13
		8.59	UAB Invitational	01/11/14
		8.56	Vanderbilt Indoor Invitational	01/25/14
		8.59	New Balance Armory College Invitational	02/08/14
		8.6	Tyson Invitational	02/15/14
Goodale, Sarah		10.5	Music City Challenge	12/03/13
		9.12	UAB Invitational	01/11/14
		9.32	Tyson Invitational	02/15/14
Washington, Faith		8.88	Music City Challenge	12/03/13

4x400 RELAY

TEAM	YEAR	TIME	MEET	MEET DATE
Vanderbilt		03:50.7	UAB Invitational	01/11/14
Clayton-Edmond-Carpenter-Price		03:52.3	Auburn Indoor Invitational	01/18/14
		03:46.2	Vanderbilt Indoor Invitational	01/25/14
Washington-Carpenter-Clayton-Edmond		03:40.2	Tyson Invitational	02/15/14
Washington-Carpenter-Clayton-Edmond		03:42.3	SEC Championships	03/1/14



INDOOR TRACK & FIELD TIMES/MARKS

DISTANCE MEDLEY RELAY

TEAM	YEAR	TIME	MEET	MEET DATE
Vanderbilt		11:49.1	Vanderbilt Indoor Invitational	01/25/14
L. Williams-Cannon- Price-Joseph		11:45.9	Tyson Invitational	02/15/14
Delaney-Cannon-Barron- L. Williams		11:35.4	SEC Championships	03/01/14

HIGH JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Cannon, Jennifer			1.74m	Vanderbilt Indoor Invitational	01/25/14
			1.68m	SEC Championships	03/01/14
Williams, Brionne			1.70m	Music City Challenge	12/03/13
			1.74m	UAB Invitational	01/11/14
			1.77m	Auburn Indoor Invitational	01/18/14
			1.74m	Vanderbilt Indoor Invitational	01/25/14
			1.82m	Tyson Invitational	02/15/14
			1.78m	SEC Championships	03/01/14

POLE VAULT

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Bell, Sarah			3.66m	Music City Challenge	12/03/13
			3.95m	UAB Invitational	01/11/14
			3.85m	Auburn Indoor Invitational	01/18/14
			3.85m	Vanderbilt Indoor Invitational	01/25/14
			NH	Tyson Invitational	02/15/14
			4.12m	SEC Championships	03/01/14
Watts, Katie			NH	Music City Challenge	12/03/13
			3.35m	UAB Invitational	01/11/14
			NH	Auburn Indoor Invitational	01/18/14



INDOOR TRACK & FIELD TIMES/MARKS

LONG JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Cannon, Jennifer			5.39m	Music City Challenge	12/03/13
			5.27m	Tyson Invitational	02/15/14
Goodale, Sarah			5.32m	Tyson Invitational	02/15/14
Cannon, Jennifer	SO	17'8.25"	5.39m	Music City Challenge	12/03/13
Goodale, Sarah	FR	17'3.25"	5.26m	Music City Challenge	12/03/13

TRIPLE JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Charley, Simone			12.22m	UAB Invitational	01/11/14
			12.42m	Auburn Indoor Invitational	01/18/14
			12.52m	Vanderbilt Indoor Invitational	01/25/14
			12.44m	Tyson Invitational	02/15/14
			12.71m	SEC Championships	03/01/14
Price, Tierney			12.01m	Music City Challenge	12/03/13
			11.71m	UAB Invitational	01/11/14
			11.72m	Auburn Indoor Invitational	01/18/14
			11.85m	Vanderbilt Indoor Invitational	01/25/14
			DNS	SEC Championships	03/01/14

SHOT PUT

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Cannon, Jennifer			9.73m	Music City Challenge	12/03/13
			9.79m	UAB Invitational	01/11/14
Goodale, Sarah			10.395m	Music City Challenge	12/03/13
			9.89m	UAB Invitational	01/11/14
Goodale, Sarah	FR	34'1.25"	10.39m	Music City Challenge	12/03/13
Cannon, Jennifer	SO	31'11.25"	9.73m	Music City Challenge	12/03/13
Goodale, Sarah	FR			UAB Blazer Invitational	12/11/13
Cannon, Jennifer	SO			UAB Blazer Invitational	12/11/13

PENTATHLON

ATHLETE	YEAR	POINTS	MEET	MEET DATE
Cannon, Jennifer	SO	828	SEC Championships	03/01/14
Goodale, Sarah	FR	805	SEC Championships	03/01/14



OUTDOOR TRACK & FIELD RECAPS

ALABAMA RELAYS

March 21-22, 2014 ★ Tuscaloosa, Ala.

DAY ONE -- The Vanderbilt track team is making plenty of noise in Tuscaloosa. On the second day of the Alabama Relays, the Commodores made their mark in multiple events, highlighted by Vanderbilt's victory in the sprint medley relay. The team is comprised of Jennifer Cannon, Erin Edmond, Skyler Carpenter and Courtney Clayton. The day also featured a pair of Vanderbilt freshmen placing among the Top 10 in the 1500 and Sarah Goodale, also a freshman, winning the final event of the heptathlon by posting a time of 2:20.61 in the 800. Vanderbilt's sprint medley team captured first place in dramatic fashion, using a late push by Carpenter to surpass Alabama in the final 100 meters. Carpenter, running the anchor leg (800), clocked a time of 2:10. "It was good to get (this) win," said head coach Steve Keith. In the 1500, Carmen Carlos took fifth place with a time of 4:31.19, and fellow freshman Reagan Anderson was 10th at 4:34.78. "They showed good fitness," Keith said about his freshman duo."

DAY TWO -- Sophomore Sara Barron helped the Vanderbilt track team complete a strong showing at the Alabama Relays on Saturday. Barron took third place in the 800-meter run with a time of 2:09.73 to cap off the Commodores' solid work at the three-day event. Other weekend highlights included the Commodores sprint medley team -- comprised of Erin Edmond, Jennifer Cannon, Courtney Clayton and Skyler Carpenter -- capturing first place in their event with a time of 3:56.19, and a second-place finish by Brionne Williams in the high jump (1.70m). Cannon also earned a top-5 finish in the 100-meters hurdles, taking fifth at 14.16. Freshman Sarah Bell, who emerged as a key contributor during the indoor season, took fourth place in the pole vault (3.87m), and Vanderbilt's 4x400 meter relay team -- Edmond, Cannon, Carpenter and Clayton -- finished fourth with a time of 3:45.02. Vanderbilt's Lily Williams took 11th in the 800 with a time of 2:14.98, and Cannon was 15th in the javelin throw at 29.97. Freshman Sarah Goodale finished first in the 800 at 2:20.61 in the final event of the heptathlon, and was fourth overall in the heptathlon. In the 1500, Carmen Carlos took fifth place with a time of 4:31.19, and fellow freshman Reagan Anderson was 10th at 4:34.78.

BLACK & GOLD

March 28-29, 2014 ★ Nashville, Tenn.

DAY ONE -- Friday night was almost like homecoming for the Vanderbilt track team, and a pair of Commodores -- Erin Edmond and Sara Barron -- made certain that the home team was well-represented. Competing on the opening night of the Black and Gold meet at the Vanderbilt track complex, Edmond and Barron helped the Commodores get off to a solid start in their only home meet on their outdoor schedule. Edmond, a junior who has battled her way back from double shin surgery, took sixth in the 200 with a time of 25.11, and Barron, a sophomore, capped the Commodores' night by taking third place in the 1500 with a time of 4:26.70. Their strong performances potentially set the tone for what could be a big weekend for the Commodores at the two-day event, which has brought more than 600 athletes -- along with track supporters from all of the nation -- to the Vanderbilt campus. "Home meets are definitely my favorite," said Barron. "My family is here from Michigan -- my parents and my sister -- so that was special for me." Barron almost posted a second-place finish, but Bradley's Emily Delvo nudged ahead of her at the finish line to claim second at 4:26.66. Lipscomb's Dani Walker won the event at 4:21.34. Although the pace at the beginning caught Barron a little bit by surprise, she resolutely remained among the top-3 throughout the duration of the race. "We went out a little faster than we planned," said Barron. "That was a little bold for this point in the season." Along with Barron's solid work, another encouraging development of the day was Edmond's performance in the 200. "Considering everything she's been through -- in terms of battling back from her injury -- it was a really good day for her," said Vanderbilt assistant coach Donnie Young. "She ran a really good race."

DAY TWO -- Saturday started with a ceremony and ended with a celebration for the Vanderbilt track team. Hosting the second day of the Black and Gold meet, the Commodores overcame nasty weather conditions while producing a continual stream of highlights to cap off their only home meet of the outdoor season. The morning started with the Vanderbilt program recognizing four seniors -- Brionne Williams, Megan Yohe, Kara Slavoski and David McAdams -- and the day concluded with hugs and high-fives after the Commodores captured first place in the 4x400 in dominating style. In between those two events, there were numerous other memorable moments, including first-place finishes by Brionne Williams in the high jump, Skyler Carpenter in the 400 hurdles and Katherine Delaney in the 800. "This was a really positive race for me," said Delaney, who posted a time of 2:11.87. "I loved having the home crowd, and I wanted to do well for my teammates and the Vanderbilt fans." The Commodore contingent had plenty to cheer about throughout the day, which featured several of the top performances in team history. In the 400 hurdles, Carpenter posted a time of 1:00.98 -- which ranks sixth on Vanderbilt's all-time outdoor performers list -- while edging out second-place finisher Missouri State's Oarabile Babolayi (1:01.00). Carpenter said her time was right about where she wanted it to be, and said she was focused on making a strong finishing kick. "I wanted to be around 60 seconds," she said. "I tried to make the first 200 meters as routine as I could (because) the last 200 is where the race really begins." Vanderbilt was especially impressive in the 3000 meter race, where Liz Anderson's time of 9:38.36 -- which earned her a second-place finish -- ranked as the third-best time on Vanderbilt's all-time performers list, and freshman Carmen Carlos posted the program's 10th-best time by finishing at 9:49.12 (fourth place overall). Sophomore Vanessa Valentine took sixth place with a time of 9:56.84, junior Clair Benjamin was eighth at 9:59.55 and freshman Courtney Kriegshauser was 22nd at 10:28.11. Other top-10 finishes for the Commodores included: Freshman Sarah Bell earning second place in the pole vault at 3.70; Freshman Courtney Clayton taking third in the 400 with a time of 56.61; Sara Barron finishing third in the 800 at 2:12.53 and third in the 1500 at 4:26.70; Reagan Anderson posting a 10th-place finish in the 800 at 2:15.94; and Amira Joseph taking third in the 2000m Steeplechase with a time of 7:01.72, followed directly by teammate Rebecca Chandler in fourth at 7:04.95. Carpenter and Delaney completed their day by teaming up with Erin Edmond and Clayton to help Vanderbilt win the 4x400 with a time of 3:50.83, which was nearly four seconds ahead of second-place Miami (Ohio). The women's 4x400 race was the final event of the meet (the men's 4x400 was cancelled due to a lack of participants) and Vanderbilt's victory was a perfect finishing touch to the weekend for the Commodores.



OUTDOOR TRACK & FIELD RECAPS

FLORIDA RELAYS/STANFORD RELAYS

April 4-5, 2014 ★ Gainesville, Fla. & Palo Alto, Calif.

DAY ONE -- The Vanderbilt track team posted strong results in two different time zones on Friday. Senior Liz Anderson's record-setting performance in the 10K was among the many highlights on the day, which featured one contingent of Commodores competing in California and another group in Florida. Anderson, who was among the Commodores in action at the Stanford Invite in Palo Alto, Calif., set a school record in the 10k by posting a time of 33:44.76. Anderson ran a time of 17:00 over the first half of the race and then completed the back half at 16:44 while delivering a performance that head coach Steve Keith described as a "nice, controlled effort." Vanderbilt also had several solid showings in the 5K, with Vanessa Valentine breaking the 17:00 mark with a time of 16:58. Freshman Carmen Carlos, competing in the 5K for the first time in her career, finished at 17:00.92 and junior Claire Benjamin posted a season's best time of 17:15. Junior Amira Joseph set a PR by nine seconds in the 3000 Steeplechase with a time of 10:34.66 and teammate Rebecca Chandler finished at 11:07.82. Sara Barron posted a time of 4:26.42 in the 1500, and was followed by teammates Lily Williams at 4:30.04 and Reagan Anderson at 4:47.26. Meanwhile, at the Florida Relays in Gainesville, Fla., senior Brionne Williams took eighth place in the high jump by clearing 5-09.75. She also had several good attempts at 6-0.75 as she attempted to set a school record and a new PR. Other performances from the Florida Relays included sophomore Skyler Carpenter posting a time of 1:00.29 in the 400 hurdles, freshman Courtney Clayton posting a time of 2:10.46 in the 800, and freshman Sarah Bell clearing 12-03.5 in the pole vault.

DAY TWO -- It was a record-setting weekend for the Vanderbilt track team. First, on Friday, it was a senior who set a new school standard. Then, one day later, two freshmen, one sophomore and one junior teamed up to do the same. Competing at the Florida Relays in Gainesville, Fla., the Vanderbilt 4x200 relay team -- comprised of sophomore Skyler Carpenter, junior Erin Edmond and freshmen Courtney Clayton and Simone Charley -- posted a school-record time of 1:40.24 to put their names atop Vanderbilt's all-time list. Their performance came roughly 24 hours after senior Liz Anderson had set a school record in the 10k with a time of 33:44.76 while competing in the Stanford Invitational. The strong showing by the 4x200 team capped Vanderbilt's solid work at the Florida Relays, which opened on Friday. The first-day highlights from Gainesville included senior Brionne Williams taking eighth place in the high jump; Carpenter posting a time of 1:00.29 in the 400 hurdles; Clayton posting a time of 2:10.46 in the 800, and freshman Sarah Bell clearing 12-03.5 in the pole vault. The Commodores also had a productive stay in California, where Vanessa Valentine broke the 17:00 mark in the 5K with a time of 16:58 and freshman Carmen Carlos, competing in the 5K for the first time in her career, finished at 17:00.92. Also, junior Amira Joseph set a PR by nine seconds in the 3000 Steeplechase with a time of 10:34.66.

SEA RAY RELAYS

April 12, 2014 ★ Knoxville, Tenn.

DAY ONE -- The Vanderbilt underclassmen have been shining all season -- and they were at it again Friday. Freshman Simone Charley shattered the school record in the triple jump, as she and sophomore Skyler Carpenter each earned Top-5 finishes to highlight Vanderbilt's performance on the opening day of the Sea Ray Relays in Knoxville, Tenn. Charley captured third place in the triple jump at 41.10.75, which easily surpassed Vanderbilt's previous best set in 1996 by Christina Penn (40.06.75). Carpenter set a new personal record and took third place in the 400-meter hurdles with a time of 59.91, which was the fifth-best showing on Vanderbilt's all-time performer's list. Freshman Sarah Bell finished just outside the Top-5, taking sixth in the pole vault by clearing 3.80m. Freshman Sarah Goodale was 11th in the high jump at 1.65m and Erin Edmond was 12th in the 400-meter dash with a time of 56.48. Edmond posted a time of 25.06 in the 200 for 27th, and Goodale finished at 15.22 in the 100 hurdles. Representing Vanderbilt in the men's 5000-meter run were John Ewing (14:57.39; ninth place), Jake Van Geffen (15:17.86; 18th), Nick French (15:18.68; 20th) and Andrew Fix (15:39.73; 29th).



OUTDOOR TRACK & FIELD RECAPS

MT. SAC RELAYS/LONG BEACH INVITATIONAL

April 17-19, 2014 ★ Walnut, Calif.

DAY ONE -- The Vanderbilt track team is off to a golden start in the Golden State. Competing at the 56th annual Mt. SAC Relays in Walnut, Calif., on Thursday, Vanderbilt juniors Amira Joseph and Rebecca Chandler both set personal bests -- and broke the school record that had stood for 12 years -- in the 3000 Meter Steeplechase. Joseph earned a third place finish in the Open A division with a time of 10:27.72, and Chandler, running in the same division, finished sixth at 10:33.79 as they each broke the previous school record of 10:34.15 set by Kylene Kownurko in 2002. Vanderbilt also had a strong showing in the 10k, with Claire Benjamin and Vanessa Valentine each delivering fine results in their debuts in the event. Benjamin posted a time of 35:30.76 -- the fourth-best time on Vanderbilt's all-time performance list -- and Valentine had a time of 36:42.92.

DAY TWO -- School records are being broken and personal records are being set by the Vanderbilt track team at the Mt. SAC Relays in Walnut, Calif. Senior Liz Anderson capped a huge day for the Commodores on Friday when she shaved 12 seconds off her personal best and clocked a time of 16:07.34 in the 5k to set a new Vanderbilt record in the event. Early in the day, sophomore Lily Williams set a season-best time of 4:24.05 in the 1500 to earn a 10th-place overall finish, and freshman Reagan Anderson, also competing in the 1500, led the majority of the race in her section on her way to a personal-best time of 4:34.29. Freshman Simone Charley took second place in the triple jump with a distance of 12.65m. Junior Erin Edmond had a big performance in the 400, posting a time of 55.45. It was a personal record for Edmond and ranked as the No. 4 best performance on Vanderbilt's all-time list. Skyler Carpenter posted a personal-best time of 58.98 in the 400 hurdles to capture first place in her section and the top time among collegians. The Commodores then continued their solid effort when Sara Barron posted a season-best time of 4:22.69 in the 1500. On Thursday, Vanderbilt juniors Amira Joseph and Rebecca Chandler both set personal bests -- and broke the school record that had stood for 12 years -- in the 3000 Meter Steeplechase. Joseph had a time of 10:27.72, and Chandler finished sixth at 10:33.79 as they each broke the previous school record of 10:34.15 set by Kylene Kownurko in 2002.

DAY THREE -- The Vanderbilt track team had plenty of reasons to celebrate during their trip to the West Coast. Putting together nine personal records -- and mixing in a couple of school records for good measure -- the Commodores made a big impact while competing in the Mt. SAC Relays and the Long Beach Invitational. All told, the Commodores had eight times/distances that ranked among the top-10 on the school's all-time list. The strong showing allowed the Commodores to gather plenty of momentum as they head into the final stretch of the season. After taking next weekend off (following final exams), the Commodores' next action will come in the Tennessee Challenge on May 3. "We took quite a few strides forward with the team's performances this weekend," said head coach Steve Keith. "A number of our marks will qualify for the NCAA first round as well as help our seeding for the upcoming SEC Outdoor Championship in a little over three weeks." Keith said his team's performance in California was "exactly what we wanted to accomplish going into an off weekend and finals." Sophomore Lily Williams helped provide the exclamation point on the productive three-day stretch by setting a new personal record on Saturday in the 800 with a time of 2:09.99. It was the second big performance of the trip for Williams, who set a season-best time of 4:24.05 in the 1500 on Friday to earn a 10th-place overall finish. Also on Saturday, Erin Edmond posted a time of 25.30 in the 200. Here's a quick look at some of the other highlights for the Commodores: Senior Liz Anderson shaved 12 seconds off her personal best and clocked a time of 16:07.34 in the 5k to set a new Vanderbilt record in the event; Amira Joseph and Rebecca Chandler both set personal bests -- and broke the school record that had stood for 12 years -- in the 3000 Meter Steeplechase. Joseph had a time of 10:27.72, and Chandler finished at 10:33.79 as they each broke the previous school record of 10:34.15 set by Kylene Kownurko in 2002; Junior Erin Edmond had a big performance in the 400, posting a time of 55.45. It was a personal record for Edmond and ranked as the No. 4 best performance on Vanderbilt's all-time list; Skyler Carpenter posted a personal-best time of 58.98 in the 400 hurdles to capture first place in her section and the top time among collegians; Freshman Reagan Anderson had a personal-best time of 4:34.29 in the 1500; Freshman Simone Charley took second place in the triple jump with a distance of 12.65m; Sara Barron posted a season-best time of 4:22.69 in the 1500; Claire Benjamin and Vanessa Valentine each delivered fine results in their debuts in the 10k. Benjamin posted a time of 35:30.76 -- the fourth-best time on VU's all-time list -- and Valentine had a time of 36:42.92.

TENNESSEE CHALLENGE

May 3, 2014 ★ Nashville, Tenn.

DAY ONE -- Traveling to Knoxville for their final regular-season meet, the Commodores gained momentum for the SEC competition by collecting a number of high finishes and personal records while facing a talented field of opponents at the Tennessee Challenge. Senior Brionne Williams won the high jump at 5-8.75, sophomore Skyler Carpenter won the 400 hurdles in a time of 59.25 and sophomore Lily Williams won the 1500 at 4:31.26 to help highlight Vanderbilt's strong showing. "We accomplished our main goal today, which was to get back into a competitive frame of mind," said head coach Steve Keith. "The girls competed hard." Lily Williams' first-place finish in the 1500 spearheaded a strong performance in that event for the Commodores. Freshman Carmen Carlos, who ran in Williams' heat, finished right behind her teammate in second place with a time of 4:32.75. Rebecca Chandler and Amira Joseph both had PRs in the 1500 while finishing first and second, respectively, in their heat. Chandler posted a time of 4:40.61 to finish in sixth place overall, and Joseph was seventh at 4:40.62. Junior Erin Edmond won her heat and earned a fourth-place finish in the 400 with a time of 55.93. Edmond also had a strong showing in the 200, setting a PR with a time of 24.98 to take eighth place. Freshmen Sarah Goodale and Reagan Anderson also produced memorable performances during the day, with Goodale establishing a new PR in the long jump at 18'3.75, and Anderson registering her season's best in the 800 with her sixth-place finish (2:13.32). Freshman Sarah Bell took second in the pole vault (3.95m) and fellow freshman Simone Charley was fourth in the triple jump at 12.52. Vanderbilt also had two solid showings in the 3K, where Vanessa Valentine crossed at 10:01 and Claire Benjamin finished at 10:03. Andrew Fix ran a six-second PR in the Men's 3K, finishing at 8:49, to take 13th place.



OUTDOOR TRACK & FIELD RECAPS

SEC OUTDOOR CHAMPIONSHIPS

May 15-17, 2014 ★ Lexington, Ky.

DAY ONE -- If freshman Sarah Goodale's opening-day performance is any indication, it's going to be a memorable weekend for the Vanderbilt track team at the SEC Championships in Lexington, Ky. Competing in the heptathlon, Goodale set two new personal records -- in the high jump and the shot put -- in her debut at the SEC meet on Thursday. Goodale earned a share of sixth place in the high jump by clearing 5-5.25 and took 10th in the shot put (34-11.25). She also earned 11th-place finishes in the 100 hurdles (15.27) and the 200-meter dash (26.46).

DAY TWO -- Now that the postseason has arrived, the members of the Vanderbilt track team were hoping to be at their best. And on Friday, a pair of Commodore freshmen -- Sarah Goodale and Reagan Anderson -- meet that goal. Competing on the second day of the four-day SEC Championships in Lexington, Ky., Goodale set two personal records in the heptathlon and Anderson recorded a season's best in the 800 at the Kentucky Track and Field Complex. Goodale posted personal bests in the javelin throw and the 800-meter run on her way to a 10th place overall finish during an impressive effort in her SEC debut in the heptathlon. After setting two new PRs on Thursday -- in the high jump (5-5.25) and the shot put (34-11.25) -- Goodale opened Friday's action with a strong showing in the javelin throw. She set a PR on her second throw and then immediately topped that mark on her final throw with a mark of 107-10 to earn seventh place. She followed that up with a personal record in the 800-meter dash, finishing in third place with a time of 2:16.93. Goodale took 12th in the long jump at 16-08.50 to complete her performance. Anderson helped highlight Vanderbilt's effort on Friday with a season's best time of 2:13.20 in the 800 and finishing 15th. Skyler Carpenter, who has produced an outstanding season for the Commodores, earned a 13th-place finish in the 400 meter hurdles with a time of 1:00.80. Vanderbilt was also well represented in the 10k, with junior Claire Benjamin taking 15th at 36:23.99 and Vanessa Valentine finishing 17th at 36:45.16. Junior Erin Edmond posted a time of 25.17 in the 200 for 29th.

DAY THREE -- After seeing his team deliver a performance that featured two school records and several point-scoring efforts, Vanderbilt head coach Steve Keith summed up the third day of the SEC Championships by saying "It was the kind of day that we wanted to have." Indeed, it was a impressive showing by the Commodores. They had five individuals finish among the top-8 in their respective events on an exciting afternoon at the Kentucky Track and Field Complex in Lexington, Ky. Highlighting the day were Sarah Bell and Rebecca Chandler, who set new school records. Bell, a freshman, cleared 13-01.50 in the high jump to finish in a tie for fifth place. By doing so, she scored 3.5 points for the Commodores and qualified for the NCAA first round. Chandler, a junior, set a new school standard in the Steeplechase with a time of 10:23.17 -- a 10-second PR. Chandler earned a sixth-place finish while qualifying for the NCAA first round for the second straight year. "We had some scoring opportunities that we were able to capitalize on, and that was really important," said Keith. He said Bell's big performance was a carry-over from the strong performances she's had during practice. "We'd been waiting to see that from her (in a meet)," said Keith. Another big highlight for the Commodores was sophomore Sara Barron's performance in the 1500. She finished second in her heat and qualified for Sunday's finals with a time of 4:22.28. Also scoring points for Vanderbilt on Saturday were Brionne Williams and Amira Joseph. Williams tied for fifth place in the high jump at 5-07.75 to score 3.5 points, and Joseph recorded the second-fastest time of her career in the steeplechase, finishing at 10:31.99, to earn eighth place. The Commodores have now amassed 11 total points as they head into the meet's final day on Sunday. "We still have a couple of bullets left in the gun (in terms of) opportunities to score points," said Keith, noting that freshmen Simone Charley (the school record holder in the triple jump) and Barron (1500) could both be primed for strong performances Sunday. With her sixth-place effort, Barron was one of five Commodores who finished in the top 25 in the 1500. The others were Lily Williams (13th at 4:24.66), Katherine Delaney (15th at 4:29.80), Reagan Anderson 17th at 4:30.34) and Carmen Carlos (22nd at 4:36.31). Erin Edmond finished 21st in the 400 at 56.16.

DAY FOUR -- Freshman Simone Charley literally outdid herself while helping the Vanderbilt track team complete an impressive performance at the SEC Track and Field Championships. Charley broke her own school record in the triple jump -- not just once but twice -- on Sunday while earning a fifth-place finish and scoring four points for the Commodores on the final day of the meet in Lexington, Ky. Charley earned a spot in the finals with a jump of 42-1.75, and followed that up with a mark of 42-8. Both of those distances topped her previous school-record of 41-10.75, which she set in Knoxville, Tenn., on April 12. Charley's performance on Sunday was the punctuation mark on Vanderbilt's strong showing at the four-day meet. Despite the absence of several key performers who were sidelined by injuries, the shorthanded Commodores -- who competed only in a limited number of events -- amassed 15 points and saw three individuals establish new school records. In addition to Charley's effort, freshman Sarah Bell set a new VU record in the pole vault on Saturday by clearing 13-01.50 and junior Rebecca Chandler set a new school standard in the Steeplechase with a time of 10:23.17. "Breaking school records at the SEC meet is where you want to do it," Vanderbilt coach Steve Keith said. The No. 8-ranked Arkansas women finished with 123 to win the team championship. For Vanderbilt, the final-day highlights included a solid performance by Sara Barron in the 1500. She posted a time of 4:20.60 and earned a 10th-place finish. "Sara ran well, (finishing) just off of her lifetime best and better than she has ever run in a final," said Keith. "She's getting more and more confidence. (She) knows she can run even better at the upcoming NCAA prelims." The Commodores had a long list of memorable moments during the four-day meet. The list included: Bell, a freshman, finished in a tie for fifth place and scored 3.5 points for the Commodores with her school-record mark of 13-01.5 in the pole vault while qualifying for the NCAA first round; Chandler, a junior, set a 10-second PR while establishing the new school standard in the Steeplechase at 10:23.17. Chandler earned a sixth-place finish; Senior Brionne Williams tied for fifth place in the high jump at 5-07.75 to score 3.5 points for Vanderbilt; Amira Joseph recorded the second-fastest time of her career in the Steeplechase, finishing at 10:31.99, to finish in eighth place and earn one point for the Commodores. Sarah Goodale established four new personal records while competing in the heptathlon, and finished 10th overall. Her PRs came in the 800-meter run (2:16.93), high jump (5-5.25), shot put (34-11.25) and javelin throw (107-10). She finished third in the 800, tied for sixth in the high jump and was seventh in the javelin; Reagan Anderson recorded a season's best time in the 800 at 2:13.20, finishing 15th; Skyler Carpenter, who has produced an outstanding season for the Commodores, earned a 13th-place finish in the 400 meter hurdles with a time of 1:00.80. Vanderbilt was also well represented in the 10k, with junior Claire Benjamin taking 15th at 36:23.99 and Vanessa Valentine finishing 17th at 36:45.16.



OUTDOOR TRACK & FIELD RECAPS

NCAA EAST PRELIMINARY ROUND

May 30-June 1, 2013 ★ Greensboro, N.C.

DAY ONE -- The opening day of the NCAA East preliminary in Jacksonville, Fla., featured some rough weather and some tough luck for the Vanderbilt track team on Thursday. The Commodores had multiple athletes who delivered strong performances but fell shy of qualifying for the quarterfinals in their respective event during the first-day action, which included a lightning delay. In the 1500, sophomore Sara Barron posted a time of 4:22.76, which ranked 21st among all participants. Barron finished eighth in her heat, and landed just outside the cut line for the quarterfinals. (The top five from each heat advance to the quarters, along with the next four best times). Barron competed in the fourth and final heat, which featured seven of the top-15 overall times. Barron's mark was better than five participants who advanced to the quarterfinals from other heats with slower times. Skyler Carpenter posted a time of 59.83 in the 400-meter hurdles and finished 32nd. She finished in fifth place in the sixth heat. (The top 3 from each heat, plus the next six best times, advanced to quarterfinals). Vanderbilt's Lily Williams posted a time of 4:29.39 in the 1500 and finished 42nd. She ran in the third heat, which was easily the fastest heat of the event. It featured the top five overall finishers and seven of the top 10.

DAY TWO -- Severe weather caused Friday's action to be interrupted, but it didn't prevent Vanderbilt freshman Sarah Bell from establishing a new school record. Competing on the second day of the NCAA East Preliminary in Jacksonville, Fla., Bell broke her own record in the pole vault by clearing 13-03.5. Bell, who was named to the SEC's All-Freshman team, finished in a tie for 20th place overall and was 11th in her flight. Bell and three of her teammates -- Brionne Williams, Amira Joseph and Rebecca Chandler -- were in action Friday as the Commodores continue vying for spots at the NCAA Championships. Bell set a new school record in the pole vault two weeks ago at the SEC Championships by clearing 13-03.5. During Friday's meet, she opened her day by clearing 12-9.5 and then followed that up with her record-setting performance. Williams, the decorated Vanderbilt senior, finished 19th overall, and 12th in her flight, in the high jump at 5-9.75. She cleared 5-7.75 on her opening jump. Vanderbilt had two representatives in the Steeplechase on Friday: Chandler -- the school record-holder in the event -- and Joseph. Chandler finished 34th with a time of 10:35.83, and Joseph finished 36th with a time of 10:37.39. The top three times in each heat, along with the next-best three times, qualified for the NCAA Championships.

DAY THREE -- Simone Charley added another memorable moment to her freshman year at Vanderbilt -- and this one might be the most amazing one yet. Charley pulled off two major accomplishments at once on Saturday when she qualified for the NCAA Championships and broke her own school record in the triple jump with a mark of 43-1 on the final day of the NCAA East Preliminary in Jacksonville, Fla. Charley earned an overall 10th-place finish and will now start preparing for her upcoming trip to Eugene, Ore., for the NCAA Championships, which began June 11. "It's really exciting. She's going to Mecca," said Vanderbilt coach Steve Keith. "Eugene, Oregon is Track Town, USA." Charley was one of nine Vanderbilt representatives who traveled to Jacksonville for the East Preliminary, and was the last Commodore in action at the meet. Charley, who also plays soccer at Vanderbilt, advanced to the NCAA Championships in dramatic fashion, narrowly advancing to the finals and then delivering her record-setting jump. "She was the final qualifier for the finals," said Keith, "and then her first jump in the finals was her big one. It caught everyone by surprise." Charley's mark in Saturday's finals was the second-best among freshmen at the East Preliminary. Charley has been doing big things for Vanderbilt athletics all season. She was named to the SEC's All-Freshman soccer team in the fall, then continued to turn heads when she joined the track team in the winter. She broke the school record in the triple jump for the first time in April with a jump of 41-10.75 at the Sea Ray Relays in Knoxville, Tenn. Her distance surpassed the old mark of 40-06.75 held by Christina Penn Charley, who is married to Simone's cousin, Damien, a former Vanderbilt football player. Simone then broke her own school record in the triple jump -- twice -- at the SEC Championships two weeks ago. She earned a spot in the finals with a jump of 42-1.75, and followed that up with a jump of 42-8 while earning a fifth-place finish and scoring four points for the Commodores on the final day of the meet in Lexington, Ky. Now she's outdone herself again. "She's a gamer," said Keith, "and it's great to see her competing in a championship atmosphere. In (the triple jump), the difference between a big jump and bad jump can be very small. But Simone did it." Keith said he and the coaching staff knew Simone was capable of making a big impact in her first season with the Commodores. "We were talking as far back as January about her having the potential of hitting a big one," said Keith, "and now we are starting to see her do that consistently. For her to do what she's done as a freshman is a show of pure athleticism." NOTE: Charley is the first Vanderbilt track member to qualify for the NCAA Championships since Buky Bamigboye in 2010.



NCAA CHAMPIONSHIP

June 13, 2014 ★ Eugene, Oregon

DAY ONE -- Generally speaking, Simone Charley doesn't like being the center of attention. But her immense athletic skills just keep landing her in the spotlight. The versatile freshman capped her remarkable year on Friday by advancing to the finals and earning a ninth-place overall finish in the triple jump at the NCAA Championships in Eugene, Oregon. Charley posted a mark of 42-7, which was the third-best distance of her career and was easily the best among all freshmen in the event. "We are super proud of her," said Vanderbilt assistant coach Clark Humphreys. "She competed like a champion." Charley -- who broke the school record in the triple jump four times this season -- earned All-American Second Team honors with Friday's performance. She said the environment in Eugene was somewhat overwhelming, but said she was able to block out the distractions and focus on her jump. "I think I handled it pretty well," said the soft-spoken Charley. "I definitely got nervous. With it being a Championship event, the crowd was very involved, and it was the biggest crowd that I've ever competed in front of. But I think I did a pretty good job of keeping a level head." Charley was one of nine athletes to qualify for the finals, and earned fourth place in her flight. "(I am) very proud of Simone and how she stepped up today," said Vanderbilt head coach Steve Keith. "It was a fantastic effort. ... She thrives in this pressure-filled championship environment and she has a great future." Charley, who was the first Vanderbilt athlete to qualify for the NCAA Championships since Buky Bamigboye in 2010, earned her spot in Eugene with a school-record jump of 43-1 at last month's NCAA East Preliminary. Charley will return to Eugene next month to compete in the USATF Junior Outdoor Championships. "It was a humbling experience to be there and to look around the stadium and realize you are there with all the top athletes in the nation," she said. "It makes you think differently." Charley narrowly missed out on a top-8 finish that would have enabled her to score points for the Commodores and earn All-American First Team honors. (West Virginia's Stormy Nesbit edged out Charley for eighth place with a jump of 42-9). "Knowing that I was just two inches short was a little disappointing," she said, "but it will be a big motivating factor for me." Humphreys said Charley's near-miss of a top-8 finish does not take away from her performance at the meet -- or her season as a whole. "What she did today was a huge accomplishment," he said. "And it's just been an unbelievable collegiate freshman season for her." Keith echoed that statement, saying: "While I know she wanted to score, making the finals as a freshman -- the only freshman -- is a super result."

USATF JUNIOR CHAMPIONSHIPS

June 26-27, 2014 ★ Greensboro, N.C.

HEPTATHLON -- Although her final score wasn't what she wanted, Vanderbilt's Sarah Goodale came home with plenty of positives from her trip to Sacramento, Calif. Competing in the heptathlon at the prestigious USATF Junior Outdoor Combined Events Championships, the rising sophomore at Vanderbilt set multiple personal-bests during the two-day competition. But an unfortunate moment on Wednesday night in the high jump -- where she narrowly missed a strong mark by nicking the bar -- caused her to essentially be eliminated from a top-tier score. Still, she finished strong, including setting a new PR in the long jump on the final day of the event. "It was a great experience for her, but it was an emotional roller coaster," said Vanderbilt assistant track coach Clark Humphreys, who traveled to California with Goodale. "She had a tough break in the high jump, but the way she continued to battle and compete makes me very proud." Goodale got off to a terrific start when she opened the two-day competition by posting a personal-best time of 14.42 in the 100-meter hurdles, which topped her previous best by .40 seconds. Her momentum temporarily ended when she failed to clear the bar in the high jump in the second event, but she bounced right back by setting a new PR in the 200 with a time of 25.52 in the final event of the first day. "She went from being sky-high after the 100-hurdles to essentially bottoming out, emotionally, after what happened in the high jump," said Humphreys. "But to her credit, she kept competing. It really shows a lot about her character." Goodale notched one more PR -- with a mark of 17-9.75 in the long jump -- on the final day of competition on Thursday. "She handled herself with lots of class and grace," said Humphreys. Goodale recently completed an outstanding freshman season at Vanderbilt. She capped the campaign with a strong showing at the SEC Outdoor Championships, where she posted a score of 4,920 points and earned a 10th-place finish in the heptathlon. Her point total ranked No. 7 on Vanderbilt's all-time performance list. "She had a great freshman year," said Humphreys.

TRIPLE JUMP -- Vanderbilt's Simone Charley was literally at her best on Saturday night, and she came tantalizingly close to being rewarded for her effort with a spot at the World Championships. Competing in the triple jump at the USATF Junior Championships in Eugene, Oregon, Charley broke her own school record and set a lifetime personal best with a mark of 43-2.50. She missed qualifying for the IAAF World Championships by just one centimeter while earning a third-place finish. "It was a very cruel twist, so to speak," said Vanderbilt assistant coach Clark Humphreys, who traveled to Eugene with Charley. "But gosh, for Simone to set a lifetime PR -- wow, you can't ask for more than that." Charley, a rising sophomore at Vanderbilt, needed to finish among the top two places to earn a spot on the U.S. team for the World Championships. She was edged out by second-place finisher Marshay Ryan of Auburn, who posted a mark of 43-3. Keturah Orji (unattached) won the event with a mark of 44-1.05. "To be one centimeter away from representing the United States, that's pretty incredible," said Humphreys. "She is an amazing athlete." With her mark on Saturday night, Charley beat her previous school record of 43-1 that she set at the NCAA East Preliminary on May 31. Charley, who is also a star soccer player for the Commodores, was in Eugene last month for the NCAA Outdoor Championships. Posting a mark of 42-7, she earned a ninth-place finish and All-American Second Team status. She will be listed as an alternate for the World Championships, and could potentially be added to the U.S. roster if an injury occurs to one of the athletes in the triple jump. The IAAF World Junior Championships will be held July 22-27 in Eugene. Charley entered Saturday's event with a No. 4 national ranking among juniors (ages 19 and under) and ranked No. 21 overall among U.S. women. She earned that status after an outstanding freshman season that included a series of record-breaking jumps and a fifth-place finish at the SEC Championships with a jump of 42-8. "She is very deserving of all the accolades that have come her way," said Humphreys. "She is a great kid, and is very humble." She broke the school record in the triple jump in April, and then went on to break her own record three more times before the year ended, including a season's best jump of 43-1 at the NCAA East Preliminary. Charley became the first Commodore since 2011 to qualify for the NCAA Championships and had the best mark of any freshman at the event.



OUTDOOR TRACK & FIELD TIMES/MARKS

200 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Edmond, Erin		25.11	Vanderbilt Black & Gold Invitational	03/29/14
		25.06	Sea Ray Relays	04/12/14
		24.98	Tennessee Challenge	05/03/14
		25.17	SEC Championships Prelims	05/16/14

400 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Clayton, Courtney		56.61	Vanderbilt Black & Gold Invitational	03/29/14
Edmond, Erin		56.48	Sea Ray Relays	04/12/14
		55.45	Mt. SAC Relays	04/19/14
		55.93	Tennessee Challenge	05/03/14
		56.16	SEC Championship Prelims	05/17/14
		58.55	Tennessee Challenge	05/03/14
Goodale, Sarah				

800 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Reagan		2.15.19	Vanderbilt Black & Gold Invitational	03/29/14
		2.13.32	Tennessee Challenge	05/03/14
		2.13.20	SEC Championships Prelims	05/16/14
Barron, Sara		2.09.73	Alabama Relays	03/22/14
		2.12.53	Vanderbilt Black & Gold Invitational	03/29/14
		2.11.20	Tennessee Challenge	05/03/14
Clayton, Courtney		2.10.46	Florida Relays	04/05/14
Delaney, Katherine		2.11.87	Vanderbilt Black & Gold Invitational	03/29/14
Williams, Lily		2.14.98	Alabama Relays	03/22/14



OUTDOOR TRACK & FIELD TIMES/MARKS

1,500 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Reagan		4.34.78	Alabama Relays	03/22/14
		4.47.26	Stanford Relays	04/05/14
		4.34.29	Mt. SAC Relays	04/19/14
		4.30.34	SEC Championship Prelims	05/17/14
Barron, Sara		4.26.70	Alabama Relays	03/22/14
		4.26.42	Stanford Relays	04/05/14
		4.22.69	Mt. SAC Relays	04/19/14
		4.22.28	SEC Championship Prelims	05/17/14
		4.20.69	SEC Championships	05/18/14
Carlos, Carmen		4.22.76	NCAA East Prelims	05/31/14
		4.31.19	Alabama Relays	03/22/14
		4.32.75	Tennessee Challenge	05/03/14
		4.36.31	SEC Championship Prelims	05/17/14
Chandler, Rebecca		4.40.61	Tennessee Challenge	05/03/14
Delaney, Katherine		4.29.80	SEC Championship Prelims	05/17/14
Joseph, Amira		4.40.62	Tennessee Challenge	05/03/14
Williams, Lily		4.30.04	Stanford Relays	04/05/14
		4.24.05	Mt. SAC Relays	04/19/14
		4.31.26	Tennessee Challenge	05/03/14
		4.24.66	SEC Championship Prelims	05/17/14
		4.29.39	NCAA East Prelims	05/31/14

3,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Elizabeth		9.38.36	Vanderbilt Black & Gold Invitational	03/29/14
Benjamin, Claire		9.59.55	Vanderbilt Black & Gold Invitational	03/29/14
		10.03.82	Tennessee Challenge	05/03/14
Carlos, Carmen		9.49.12	Vanderbilt Black & Gold Invitational	03/29/14
Krieghauser, Courtney		10.28.11	Vanderbilt Black & Gold Invitational	03/29/14
Valentine, Vanessa		9.56.84	Vanderbilt Black & Gold Invitational	03/29/14
		10.01.21	Tennessee Challenge	05/3/14

5,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Elizabeth		16.07.34	Mt. SAC Relays	04/19/14
Carlos, Carmen		17.00.92	Stanford Relays	04/05/14
		17.26.88	Mt. SAC Relays	04/19/14
		17.26.17	SEC Championships	05/18/14
		16.58.73	Stanford Relays	04/05/14
Valentine, Vanessa		17.22.47	SEC Championships	05/18/14



OUTDOOR TRACK & FIELD TIMES/MARKS

10,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Anderson, Elizabeth		33.44.76	Stanford Relays	04/05/14
Benjamin, Claire		35.30.76	Mt. SAC Relays	04/19/14
		36.23.99	SEC Championships Prelims	05/16/14
Valentine, Vanessa		36.42.92	Mt. SAC Relays	04/19/14
		36.45.16	SEC Championships Prelims	05/16/14

100 METER HURDLES

ATHLETE	YEAR	TIME	MEET	MEET DATE
Cannon, Jennifer		14.16	Alabama Relays	03/22/14
Goodale, Sarah		15.22	Sea Ray Relays	04/12/14
		15.34	Mt. SAC Relays	04/19/14

400 METER HURDLES

ATHLETE	YEAR	TIME	MEET	MEET DATE
Carpenter, Skyler		1.00.98	Vanderbilt Black & Gold Invitational	03/29/14
		1.00.29	Floriday Relays	04/05/14
		59.91	Sea Ray Relays	04/12/14
		58.98	Mt. SAC Relays	04/19/14
		59.25	Tennessee Challenge	05/03/14
		1.00.80	SEC Championships Prelims	05/16/14
		59.83	NCAA East Prelims	05/31/14

2,000 METER STEEPLECHASE

ATHLETE	YEAR	TIME	MEET	MEET DATE
Chandler, Rebecca		7.04.95	Vanderbilt Black & Gold Invitational	03/29/14
Joseph, Amira		7.01.72	Vanderbilt Black & Gold Invitational	03/29/14

3,000 METER STEEPLECHASE

ATHLETE	YEAR	TIME	MEET	MEET DATE
Chandler, Rebecca		11.07.82	Stanford Relays	04/05/14
		10.33.79	Mt. SAC Relays	04/19/14
		10.23.17	SEC Championships	05/17/14
		10.35.83	NCAA East Prelims	05/31/14
Joseph, Amira		10.34.66	Stanford Relays	04/05/14
		10.27.72	Mt. SAC Relays	04/19/14
		10.31.99	SEC Championships	05/17/14
		10.37.39	NCAA East Prelims	05/31/14



OUTDOOR TRACK & FIELD TIMES/MARKS

4X200 METER RELAY

TEAM	TIME	MEET	MEET DATE
Vanderbilt	1.40.24	Florida Relays	04/05/14

4x400 METER RELAY

TEAM	TIME	MEET	MEET DATE
Edmond-Cannon-Carpenter- Clayton	3.45.02	Alabama Relays	03/22/14
Vanderbilt	3.50.83	Vanderbilt Black & Gold Invitational	03/29/14
Edmond-Carpenter-Clayton-Delaney	3.53.37	Mt. SAC Relays	04/19/14

1600 SPRINT MEDLEY RELAY

TEAM	TIME	MEET	MEET DATE
Edmond-Cannon-Clayton-Carpenter	3.56.19	Alabama Relays	03/22/14

HIGH JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Goodale, Sarah			1.65m	Sea Ray Relays	04/12/14
Williams, Brionne			1.70m	Alabama Relays	03/22/14
			1.71m	Vanderbilt Black & Gold Invitational	03/29/14
			1.77m	Florida Relays	04/05/14
			1.75m	Mt. SAC Relays	04/19/14
			1.75m	Tennessee Challenge	05/03/14
			1.72m	SEC Championships	05/17/14
			1.77m	NCAA East Prelims	05/31/14

TRIPLE JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Charley, Simone			11.98m	Florida Relays	04/05/14
			12.77m	Sea Ray Relays	04/12/14
			12.65m	Mt. SAC Relays	04/19/14
			12.52m	Tennessee Challenge	05/03/14
			13.00m	SEC Championships	05/18/14
			13.13m	NCAA East Prelims	05/31/14
			12.98m	NCAA Championships	06/14/14
			13.17m	USA Junior Championships	07/06/14



OUTDOOR TRACK & FIELD TIMES/MARKS

POLE VAULT

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Bell, Sarah			3.87m	Alabama Relays	03/22/14
			3.70m	Vanderbilt Black & Gold Invitational	03/29/14
			3.75m	Florida Relays	04/05/14
			3.80m	Sea Ray Relays	04/12/14
			3.85m	Mt. SAC Relays	04/19/14
			3.95m	Tennessee Challenge	05/03/14
			4.00m	SEC Championships	05/17/14
			4.05m	NCAA East Prelims	05/31/14

LONG JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Goodale, Sarah			5.09m	Tennessee Challenge	05/03/14

JAVELIN

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Cannon, Jennifer			29.97m	Alabama Relays	03/22/14

HEPTATHLON

ATHLETE	YEAR	POINTS	MEET	MEET DATE
Goodale, Sarah		4767	Alabama Relays	03/22/14
		4283	USA Track and Field Championships	06/29/14





INDOOR TRACK TOP-10 LIST

55 METERS

7.22	Ryan Tolbert	1997
7.24	Autumn Smith	2000
7.26	Melissa Mailand	1998
7.27	Christina Penn	1996
7.40	Julie Walk	1997

60 METERS

7.64	Anna Carr-Hawkins	2009
7.68	Autumn Smith	2002
7.71	Taylor Jackson	2010
7.82	Teegan Hill	2009
7.82	Andrea Andrews	2002
7.87	Andrea Rosemond	2005
7.89	Lauryn Smith	2007
7.92	Amanda Mullins-Hall	2003
7.97	Katrina Brewer	2002
7.98	Josalyn White	2009

55 METER HURDLES

7.87	Ryan Tolbert	1998
8.09	Christina Penn	1996
8.24	Julie Walk	1997
8.24	Amanda Helberg	1998
8.37	Becky Collins	1999

60 METER HURDLES

8.37	Amanda Mullins-Hall	2004
8.55	Jennifer Cannon	2014
8.65	Janetra Gleaves	2013
8.72	Faith Washington	2013
8.74	Cherice Robertson	2007
8.94	Josie Hahn	2004
8.98	Sarah Goodale	2014
8.99	Skyler Carpenter	2013
9.01	Garnetta Holloway	2006
9.06	Meghan Murphy	2007

200 METERS

23.99	Ryan Tolbert	1998
24.81	Faith Washington	2013
24.88	Anna Carr-Hawkins	2011
24.93	Taylor Jackson	2009
24.98	Autumn Smith	2002
25.01	Jennifer Cannon	2014
25.05#	Melissa Mailand	1998
25.07	Teegan Hill	2009
25.30	Julie Walk	1999
25.45	Lauren Fortson	2008

300 METERS

39.86	Faith Washington	2014
40.96	Erin Edmond	2014

400 METERS

52.75	Ryan Tolbert	1996
55.33	Faith Washington	2014
55.72	Amanda Helberg	1998
55.73	Teegan Hill	2009
56.18	Michele Baskin	1998
56.53	Erin Edmond	2014
56.66	Hope McIntosh	1999
56.73	Autumn Smith	2002
57.05	Lauren Fortson	2008
57.23	Julie Walk	1998

500 METERS

1:15.17	Erin Edmond	2014
1:15.37	Skyler Carpenter	2014
1:16.80	Courtney Clayton	2014
1:18.59	Jennifer Cannon	2014
1:18.84	Sarah Goodale	2014

600 METERS

1:31.43	Michele Baskin	1998
1:32.17	Stacey Carpenter	1997
1:32.56	Amanda Helberg	1998
1:32.78	Latisha Bryant	2004
1:34.02	Candace Miles-Treant	1999

800 METERS

2:07.54	Michele Baskin	1998
2:07.60	Courtney Clayton	2014
2:08.72	Stacey Carpenter	1998
2:08.86	Amanda Helberg	2000
2:09.73	Cicely Campbell	2001
2:10.13	Skyler Carpenter	2014
2:10.68	Shannon Hansen	2000
2:11.18	Kat Delaney	2014
2:11.19	Kristen Findley	2012
2:11.97	Sara Barron	2013

1,000 METERS

2:49.64	Kristen Findley	2012
2:54.11	Kat Delaney	2014
2:55.06	Courtney Clayton	2014
2:57.72 (1009m)	Rita Jorgensen	(Mile) 2011
2:57.80 (1009m)	Lily Willimas	(Mile) 2013



INDOOR TRACK TOP-10 LIST

MILE

4:44.44	Sara Barron	2013
4:46.71	Jordan White	2012
4:46.86	Kat Delaney	2014
4:47.29	Beth Tallent	1992
4:47.60	Rita Jorgensen	2011
4:48.17	Lily Williams	2013
4:49.76	Kristen Findley	2013
4:50.48	Whitney Spannuth	1994
4:51.29	Ashleigh Wetzel	2004
4:51.95	Stacey Carpenter	1998

3,000 METERS

9:21.05	Liz Anderson	2014
9:32.00	Jordan White	2012
9:35.96	Louise Hannallah	2012
9:37.14	Rita Jorgensen	2009
9:39.07	Erika Schneble	2007
9:40.43	Amy Huss	2006
9:40.45	Hannah Jumper	2013
9:41.65	Carmen Carlos	2014
9:41.22	Carmen Mims	2007
9:41.9	Beth Tallent	1991

5,000 METERS

16:14.30	Liz Anderson	2014
16:32.06	Erika Schneble	2004
16:39.40	Louise Hannallah	2012
16:57.82	Beth Tallent	1991
16:58.52	Jordan White	2013
17:00.16	Allie Scalf	2012
17:00:68	Beth VanDusen	2000
17:13.74	Amira Joseph	2013
17:19.48	Claire Benjamin	2014
17:22.10	Grace Orders	2013

4x400 METER RELAY

3:36.73	H McIntosh, A Helberg	1998
	M Baskin, R Tolbert	
3:38.54	J Walk, M Basking	1998
	R Tolbert, A Helberg	
3:40.25	F Washington, S Carpenter	2014
	C Clayton, E Edmond	
3:43.26	A Helberg, H McIntosh	1997
	C Miles-Threatt, R Tolbert	
3:44.18	J Cannon, F Washington	2014
	S Carpenter, E Edmond	
3:44.42	H McIntosh, M Baskin	1996
	S Carpenter, R Tolbert	
3:44.46	H McIntosh, M Baskin	1998
	M Mailand, R Tolbert	
3:45.06	M Mailand, H McIntosh	1999
	J Walk, A Helberg	
3:45.22	J Cannon, S Carpenter	2013
	J Gleaves, F Washington	
3:46.22	A Smith, C Campbell	2000
	C Miles-Threatt, A Helberg	

DISTANCE MEDLEY RELAY

11:19.76	J White, E Edmond	2012
	K Findley, E Anderson	
11:25.57	L Williams, F Washington	2013
	S Barron, K Findley	
11:27.43	K Delaney, F Washington	2014
	C Clayton, S Barron	
11:28.19	S Carpenter, A Helberg	1998
	M Baskin, P Johnson	
11:33.98	S Carpenter, J Walk	1998
	A Helberg, W Spannuth	
11:34.1	S Carpenter, R Tolbert	1997
	K Elliot, W Spannuth	
11:35.40	K Delaney, J Cannon	2014
	S Barron, L Williams	
11:35.72	K Findley, S Carpenter	2013
	S Barron, H Jumper	
11:40.28	R Jorgensen, T Hill	2009
	J White, L Hannallah	
11:41.20	S Carpenter, R Tolbert	1997
	M Baskin, W Spannuth	



INDOOR TRACK TOP-10 LIST/HISTORY

4x800 METER RELAY

9:15.56	L Bryant, C Shannon A Wetzel, A Cotter	2004
---------	---	------

HIGH JUMP

6'0	Josie Hahn	2004
6' 0	Brionne Williams	2013
5' 9 ¾	Becky Collins	1999
5' 9 ¾	Ellie Tidman	2013
5' 8 ½	Jennifer Cannon	2014
5' 6	Cheri Calahan	1994
5' 5 ¾	Sarah Goodale	2014
5' 5¼	Ryan Tolbert	1995
5' 5	Erin Edmond	2012
5' 4½	Garnetta Holloway	2007
5' 4½	Cherice Robertson	2007
5' 4¼	Kyshia Ewing	2002

POLE VAULT

13' 6 ¼	Sarah Bell	2014
12' 11½	Meagan Martin	2012
12'2¾	Katherine Hendricks	2010
12' 2	Morgan Toone	2012
11' 9¾	Paige Roberts	2002
11' 7¾	Alyson Hasty	2012
11' 6	Lauren Tinsley	2002
10' 11¾	Katie Watts	2014
10' 11¾	Renee Maggart	2012
10' 3¼	Robin Allen	1999

LONG JUMP

19' 8	Ryan Tolbert	1996
19' ½	Julie Walk	1997
19' 0	Lauryn Smith	2007
18' 10¾	Garnetta Holloway	2006
18' 6	Skyler Carpenter	2013

TRIPLE JUMP

41' 9½	Christina Penn	1996
41' 8 ½	Simone Charley	2014
39' 5"	Tierney Price	2014
37' 9½	Shawnette Adams	2003
37'½	Sheri Sullivan	2008

SHOT PUT

53' ¼	Leslie Vidmar	1998
44' 6¼	Vensherrie Campbell	2003
42' ¾	Kyshia Ewing	2002
42' 0	Deanna Morelli	2007
41' 7	Kasi Foster	2005

WEIGHT THROW

58' 5¾	Vensherrie Campbell	2004
54' 3¾	Kyshia Ewing	2002
52' 1	Kasi Foster	2007
48' 10	Leslie Vidmar	1998
48' 3¼	Deanna Morelli	2007

PENTHATHLON

Pentathlon		
4064	Josie Hahn	2004
3832	Garnetta Holloway	2007
3771	Jennifer Cannon	2014
3685	Sarah Goodale	2014
3447	Cherice Robertson	2007
3328	Janetra Gleaves	2013
3294	Latisha Bryant	2005
3279	Kyshia Ewing	2002
3204	Mallory Hitt	2009
3023	Anjarae Washington	2005

c = converted 60m to 55m (-.50)/60m HH to 55m HH (-.53)

* = converted from hand to automatic time

Records as of 03/01/14



OUTDOOR TRACK TOP-10 LIST

100 METERS

11.80	Anna Carr	2010
11.89	Taylor Jackson	2011
11.93	Andrea Rosemond	2005
11.97	Melissa Mailand	1998
11.98	Ryan Tolbert	1996
12.21	Andrea Andrews	2001
12.30	Lauryn Smith	2007
12.38	Autumn Smith	2000
12.39	Josalyn White	2010
12.44	Katrina Brewer	2001

1,500 METERS

4:14.74	Kristen Findley	2013
4:20.36	Sara Barron	2013
4:22.48	Lily Williams	2013
4:22.49	Whitney Spannuth	1994
4:22.56	Stacey Carpenter	1999
4:22.77	Rita Jorgensen	2010
4:24.50	Jordan White	2012
4:24.54	Beth Tallent	1992
4:24.78	Hannah Jumper	2013
4:25.82	Erika Schneble	2004

200 METERS

23.49	Ryan Tolbert	1996
24.18	Anna Carr	2010
24.25	Taylor Jackson	2010
24.48	Teegan Hill	2009
24.52	Melissa Mailand	1998
24.60	Jennifer Cannon	2013
24.61	Julie Walk	1998
24.71	Garnetta Holloway	2006
24.79	Autumn Smith	2000
24.83	Amanda Helberg	1998

3,000 METERS

9:29.1	Beth Tallent	1994
9:37.06	Amy Huss	2006
9:38.56	Liz Anderson	2014
9:40.59	Kristen Smith	2012
9:42.44	Beth VanDusen	1999
9:42.78	Kristen Findley	2013
9:46.07	Erika Schneble	2007
9:46.70	Allie Scalf	2013
9:47.52	Carmen Mims	2007
9:49.12	Carmen Carlos	2014

400 METERS

51.14	Ryan Tolbert	1997
54.92	Michele Baskin	1998
55.01	Teegan Hill	2009
55.45	Erin Edmond	2014
55.47	Faith Washington	2013
55.51	Amanda Helberg	1998
56.10	Autumn Smith	2000
56.26	Melissa Mailand	1999
56.27	Hope McIntosh	1999
56.61	Courtney Clayton	2014

STEEPLECHASE

10:23.17	Becca Chandler	2014
10:27.72	Amira Joseph	2014
10:34.15	Kylene Kownurko	2002
10:39.59	Ashleigh Wetzel	2007
10:43.92	Val Kazmer	2008
10:46.27	Allie Scalf	2011
11:47.46	Christine Brown	2006
11:58.95	Jackie Wachsman	2003
12:05.07	Whitney Thurman	2005
12:07.27	Marlena Justak	2002

800 METERS

2:05.54	Rita Jorgensen	2011
2:06.06	Stacey Carpenter	1998
2:08.16	Cicely Campbell	2001
2:08.30	Kristen Findley	2012
2:09.21	Caitlin Shannon	2006
2:09.34	Michele Baskin	1998
2:09.73	Sara Barron	2014
2:09.82	Amanda Helberg	2000
2:09.91	Dara Crocker	2001
2:09.99	Lily Williams	2014

5,000 METERS

16:07.34	Liz Anderson	2014
16:09.18	Erika Schneble	2004
16:21.22	Kristen Smith	2012
16:26.46	Alexa Rogers	2012
16:29.59	Carmen Mims	2007
16:29.66	Amy Huss	2006
16:38.46	Jordan White	2013
16:39.77	Allie Scalf	2012
16:48.77	Beth VanDusen	2000
16:48.87	Grace Orders	2012



OUTDOOR TRACK TOP-10 LIST

10,000 METERS

33:44.76	Liz Anderson	2014
34:48.05	Grace Orders	2013
34:50.53	Allie Scalf	2013
35:30.76	Claire Benjamin	2014
35:40.27	Kristabel Doebe-Hickok	2008
35:44.75	Stephanie Black	1989
36:03.76	Whitney Spannuth	1996
36:42.79	Christine Creighton	1997
36:42.92	Vanessa Valentine	2014
36:45.33	Kazumi Oyama	1995

100 METER HURDLES

13.51	Jennifer Cannon	2013
13.51	Amanda Mullins-Hall	2003
13.65	Ryan Tolbert	1996
13.97	Julie Walk	1999
14.02	Cherice Robertson	2008
14.02	Amanda Helberg	1998
14.08	Buky Bamigboye	2010
14.17	Janetra Gleaves	2013
14.18	Christina Penn	1996
14.44	Becky Collins	1999

400 METER HURDLES

54.21	Ryan Tolbert	1997
57.56	Amanda Helberg	1999
58.44	Faith Washington	2013
58.60	Jennifer Cannon	2013
58.98	Skyler Carpenter	2014
60.97	Autumn Smith	2001
60.99	Josie Hahn	2005
61.24	Nicole Hare	1987
61.47	Asiah Hodgen	2002
61.50	Latisha Bryant	2006

4x200 METER RELAY

1:40.24	E Edmond, S Carpenter	2014
	C Clayton, S Charley	
1:40.26	G Holloway, L Fortson	2006
	L Smith, A Floyd	
1:43.72	A Andrews, M Carr	2002
	M Baldwin, C Liggins	
1:44.60	K Brewer, A Andrews	2001
	V Lagios, A Smith	
1:45.14	A Andrews, V Lagios	2003
	K Brewer, A Morgan	

4x100 METER RELAY

46.38	M Mailand, J Walk	1998
	A Helberg, R Tolbert	
46.46	A Carr, T Jackson	2010
	T Hill, B Bamigboye	
46.52	T Jackson, A Carr	2011
	T Hill, Jos White	
46.90	M Mailand, J Walk	1998
	A Helberg, M Baskin	
47.00	A Andrews, V Lagios	2003
	K Brewer, A Mullins-Hall	
47.09	A Carr, T Jackson	2010
	T Hill, M Hitt	
47.25	A Carr, T Hill	2009
	Jos White, T Jackson	
47.35	A Andrews, V Lagios	2001
	K Brewer, A Smith	
47.49	A Andrews, V Lagios	2004
	G Holloway, A Mullins-Hall	
47.65	M Mailand, J Walk	1999
	A Helberg, A Smith	

4x400 METER RELAY

3:36.13	J Walk, A Helberg	1998
	M Baskin, R Tolbert	
3:36.51	M Baskin, A Helberg	1997
	S Carpenter, R Tolbert	
3:37.14	H McIntosh, A Helberg	1998
	M Baskin, R Tolbert	
3:38.08	J Walk, A Helberg	1997
	S Carpenter, R Tolbert	
3:38.85	J Walk, A Helberg	1997
	H McIntosh, R Tolbert	
3:41.15	M Mailand, J Walk	1999
	A Helberg, Ca Miles-Threatt	
3:41.2	J Walk, A Helberg	1997
	M Baskin, R Tolbert	
3:41.65	H McIntosh, J Walk	1998
	Ca Miles-Threatt, A Helber	
3:44.20	A Floyd, L Fortson	2006
	L Bryant, G Holloway	
3:45.36	N Underwood, K Elliot	1996
	S Carpenter, R Tolbert	



OUTDOOR TRACK TOP-10 LIST

4x800 METER RELAY

8:45.43	E Redig, N Underwood K Elliot, S Carpenter	1996
8:49.11	K Elliot, M Baskin Ca Miles-Threatt, S Carpenter	1998
8:49.8	M Baskin, H McIntosh N Underwood, S Carpenter	1997
8:50.41	A Helberg, C Byrne K Howisey, S Carpenter	1999
8:51.22	B Tallent, N Underwood L Weinard, W Spannuth	1994

DISTANCE MEDLEY RELAY

11:36.19	P Johnson, M Baskin Ca Miles-Threatt, S Carpenter	1998
11:40.84	S Carpenter, M Mailand K Howisey, C Bryne	1999
11:45.32	N Underwood, R Tolbert E Redig, S Carpenter	1996
11:46.16	C Shannon, V Lagios L Braynt, A Wetzel	2004
11:47.00	E Redig, K Elliot N Underwood, S Carpenter	1996

4x1,500 METER RELAY

18:04.85	A Scalf, K Findley 2012 A Rogers, Jor White
18:13.46	B Tallent, K Oyama 1994 N Underwood, W Spannuth
18:14.20	Jor White, A Rogers 2011 L Anderson, R Jorgensen
18:18.9	E Redig, W Spannuth 1997 N Underwood, S Carpenter
18:38.04	S Carpenter, C Byrne 1999 K Howisey, B VanDusen

SHUTTLE HURDLE

57.70	J Walk, A Hodgen R Tolbert, A Helberg	1998
-------	--	------

HIGH JUMP

6' 0	Josie Hahn	2004
5' 10 $\frac{3}{4}$ (1.80)	Brionne Williams	2013
5' 9 $\frac{3}{4}$ (1.77)	Ellie Tidman	2012
5' 8 $\frac{3}{4}$	Buky Bamigboye	2010
5' 8	Becky Collins	1999
5' 7	Cherice Robertson	2008
5' 6	Tina Blair	1983
5' 6	Ashley Berry	1991
5' 6	Cheri Calahan	1995
5' 6	Kyshia Ewing	2001

4xMILE RELAY

20:11.35	C Shannon, J Eckerly N Humber, A Cotter	2005
----------	--	------

SPRINT MEDLEY RELAY

3:46.98	M Mailand, J Walk	1998
	R Tolbert, S Carpenter	
3:54.56	J Walk, C Miles-Threatt	1997
	R Tolbert, H McIntosh	
3:54.58	J Walk, C Miles-Threatt 1997	
	R Tolbert, A Helberg	
3:54.70	J Walk, M Baskin 1998	
	R Tolbert, A Helberg	
3:56.00	A Andrews, A Smith 2001	
	T Gregory, C Campbell	

POLE VAULT

13' 3 $\frac{1}{2}$ (4.05)	Sarah Bell	2014
13' $\frac{1}{4}$ (3.97)	Meagan Martin	2012
12' 9 $\frac{1}{2}$ (3.90)	Morgan Toone	2012
12' 8 (3.86)	Katherine Hendrix	2011
12' 0	Paige Roberts	2004
11' 10 (3.60)	Alyson Hasty	2013
11' 5 $\frac{3}{4}$	Lauren Tinsley	2002
11' 4 $\frac{1}{4}$	Robin Allen	1999
10' 11 $\frac{3}{4}$ (3.35)	Renee Maggart	2011
10' 11 $\frac{3}{4}$	Kathryn Yates	2004



OUTDOOR TRACK TOP-10 LIST

LONG JUMP

19'10 ¼ (6.05)	Buky Bamigboye	2010
19'10 ¼	Ryan Tolbert	1996
19' 7	Lauryn Smith	2006
19' 6 ½	Julie Walk	1999
19' 0	Garnetta Holloway	2006
18' 10 ¾	Sydney Faulkner	2005
18' 7 ¼ (5.67)	Jennifer Cannon	2014
18' 7 ¼	Josie Hahn	2003
18' 4 ½	Andrea Andrews	2004
18' 3	Sheri Sullivan	2009

TRIPLE JUMP

43' 1 (13.13)	Simone Charley	2014
40' 6 ¾	Christina Penn	1996
37' 2 ½	Veronica Shead	2001
36' 6 ½	Shawnette Adams	2003
35' 9	Maggie Moore	1995

SHOT PUT

52' 10 ¾	Leslie Vidmar	1997
45' 1 ¾	Vensherrie Campbell	2003
42' 5 ½	Kyshia Ewing	2003
40' 5	Deanna Morelli	2007
39' 10 ½	Josie Hahn	2004

DISCUS

161' 5 ½	Shelly Dove	1999
153' 5	Vensherrie Campbell	2003
145' 2	Leslie Vidmar	1997
143' 8	Janis Rose	1993
141' 11	Deanna Morelli	2006

JAVELIN

147' 2	Josie Hahn	2004
145' 9	Garnetta Holloway	2007
140' 11	Janis Rose	1993
131' 1	Leslie Vidmar	1998
122' 0	Allyson Sisler	2004

HAMMER

169' 7	Vensherrie Campbell	2003
160' 7	Kyshia Ewing	2002
156' 3	Kasi Foster	2007
154' 3	Deanna Morelli	2006
141' 2	Kara Rogers	1998

HEPTAHTLON

5527	Buky Bamigboye	2010
5503	Josie Hahn	2004
5417	Garnetta Holloway	2006
5399	Julie Walk	1999
5183	Jennifer Cannon	2013
5022	Ryan Tolbert	1996
4920	Sarah Goodale	2014
4858	Amanda Helberg	1998
4854	Cherice Robertson	2008
4705	Kyshia Ewing	2004

Marks as of 05/31/14

2014 -- SCHOOL RECORDS

Triple Jump	43' 1 (13.13)	Charley
Pole Vault	13' 3½ (4.05)	Bell
Steeplechase	10:23.17	Chandler
Pole Vault	13' 1 ½ (4.00)	Bell
10,000	33:44.76	Anderson
Triple Jump	41' 10 ¾ (12.77)	Charley
Steeplechase	10:27.72	Joseph
5000	16:07.34	Anderson
4x200 Relay	1:40.24	Edmond-Carpenter-Clayton-Charley



OUTDOOR TRACK TOP-10 LIST/HISTORY

NCAA INDIVIDUAL CHAMPION

1997 Ryan Tolbert 400 meter hurdles (54.54)

ALL-AMERICANS

1994	Beth Talent	3,000 meters
1997	Ryan Tolbert	400 meters
	Leslie Vidmar	Shot put
1998	Stacy Carpenter	800 meters
	Amanda Helberg	400 meters
2003	Josie Hahn	Heptathlon
2004	Josie Hahn	Heptathlon
	Erika Schneble	5,000 meters

SEC INDIVIDUAL CHAMPIONS

1997	Ryan Tolbert	400 meter hurdles (56.87)
1998	Ryan Tolbert	400 metre hurdles (57.56)
2002	Kylene Kownurko	Steeplechase (10:34.21)
2004	Erika Schneble	5,000 meters (16:22.66)
2004	Josie Hahn	Heptathlon (5,492)
2006	Garneta Holloway	Heptathlon (5,321)

NCAA OUTDOOR CHAMPIONSHIPS

1996	T-25th	8 points
1997	T-14th	17 points
2003	T-43rd	5 points
2004	T-48th	4 points

SEC ATHLETE OF THE YEAR

1997 Ryan Tolbert

SEC SCHOLAR-ATHLETE OF THE YEAR

2005 Josie Hahn

SEC ATHLETES OF THE WEEK

May 5, 2004 Erika Schneble



VANDERBILT TRACK FACILITY RECORDS

EVENT	GENDER	MARK (METRIC)	NAME	SCHOOL	YEAR
100 meters	Men	10.15	Steve Mullings	Mississippi State	2005
	Women	11.05	Latasha Jenkins	Unattached	2002
200 meters	Men	20.16	Wallace Spearman	Arkansas	2005
		20.16	Xavier Carter	LSU	2005
	Women	22.59	Latasha Jenkins	Unattached	2002
400 meters	Men	45.51	Kelly Willie	LSU	2005
	Women	51.94	Natasha Hastings	South Carolina	2005
800 meters	Men	1:46.95	Sherriden Kirk	Auburn	2005
	Women	2:00.31	Hazel Clark	Nike	2007
1500 meters	Men	3:41.88	Billy Berlin	Virginia Tech	2007
	Women	4:13.67	Sarah Bowman	New Balance	2012
Mile	Men	3:57.16	Matthew Elliott	Brooks	2013
	Women	4:30.51	Barbara Parker	GB-New Balance	2011
5000 meters	Men	13:51.23	Reid Coolsaet	CAN-Speed River	2011
	Women	15:42.3	Catherine Berry	Nike-GB	2004
10000 meters	Men	29:39.58	Josaphat Boit	Arkansas	2005
	Women	33:35.64	Ann Alyanek	Unattached	2006
110 meter hurdles	Men	13.30	Aries Merritt	Reebok	2007
100 meter hurdles	Women	13.13	Danielle Caruthers	Unattached	2004
400 meter hurdles	Men	48.29	Kerron Clement	Florida	2005
	Women	55.68	Tiffany Ross-Williams	South Carolina	2005
Steeplechase (3K)	Men	9:53.14	Stephanie Garcia	New Balance	2012
	Women	8:26.08	Ben Bruce	adidas	2012
4x100 relay	Men	39.10	Florida		2005
	Women	43.78	South Carolina		2005
4x400 relay	Men	3:02.23	Florida		2005
	Women	3:29.79	South Carolina		2005
High jump	Men	7-3.75 (2.23)	Michael Morrison	Florida	2005
	Women	5-11.75 (1.82)	Josie Hahn	Vanderbilt	2004
Pole vault	Men	17-6.5 (5.35)	Michael Viken	Eastern Illinois	2012
	Women	13-8.25 (4.17)	Jade Riebold	Eastern Illinois	2012
Long jump	Men	25-11 (7.89)	Roland McGee	Unattached	2003
	Women	22-8.5 (6.92)	Tiana Madison	Tennessee	2005
Triple jump	Men	53-4.25 (16.26)	Andrew Owusu	Unattached	2003
	Women	45-6 (13.87)	Andreja Ribac	Unattached	2004
Shot put	Men	68-4.5 (20.84)	Edis Elkasevic	Auburn	2005
	Women	58-1.75 (17.72)	Jeneva McCall	Southern Illinois	2012
Discus	Men	190-7 (58.10)	Edis Elkasevic	Auburn	2005
	Women	189-7 (57.79)	Beth Mallory	Alabama	2005
Hammer	Men	214-11 (65.52)	Cory Martin	Auburn	2005
	Women	227-8 (69.39)	Jeneva McCall	Southern Illinois	2012
Javelin	Men	248-9 (75.81)	Trevor Snyder	Georgia	2005
	Women	182-1 (55.50)	Kristina Miller	Unattached	2004
Decathlon	Men	7,780	Chris Helwick	Tennessee	2005
Heptathlon	Women	5,720	Jessica Stockard	Georgia	2005



ALL-TIME ROSTER (A-L)

A

Amanda Acton 1995-97
Shawnette Adams . . . 2002-05
Diane Allen 1987-90
Robin Allen 1998-99
Ashley Anderson 2006
Liz Anderson 2010-13
Reagan Anderson 2013-
Andrea Andrews 2001-04
Lindsay Avocato 2003

B

Lena Babaeva 2001-02
Neely Bagwell 1997-2000
Mary Baldwin 2001-04
Buky Bamigboye 2010
Grace Badow 1995
Sara Barron 2013-
Michele Baskin 1996-99
Kara Beauchesne 1993
Carolyn Bell 2008
Claire Benjamin 2012-13
Ashley Berry 1988-91
Denise Berry 1980
Elizabeth Berry 1988-89
Kim Berry 1981
Melanie Bialko 1983-84
Anna Bishop 2003-05
Ellen Black 2007-10
Stefanie Black 1987-89
Tina Blair 1983
Stacy Blakeslee 1989-90
Emily Boldt 2010-11
Barbara Brackman 1983
Nancy Bramlett 1980
Heather Brant 2000-01
Katrina Brewer 2001-03
Christine Brown 2006
Lindsay Brown 2004
Sarah Brown 1992-93
Latisha Bryant 2003-06
Jennifer Burman 1989
Shannon Burnett 1995
Sarah Butler 1997-99
Colleen Byrne 1999-2003

C

Cheri Calahan 1994-95
Rachael Cambron 1998-2001
Cicely Campbell 1999-2004
Heather Campbell 1999
Vensherrie Campbell . . . 2001-04
Jennifer Cannon 2013
Shannon Capps 2004-07
Carmen Carlos 2013-
Skyler Carpenter 2013
Stacey Carpenter 1995-99
Anna Carr 2009-10
Debbie Carter 1989
Kristen Champion 1999-2000
Rebecca Chandler 2012-13
Angeline Cione 2001-03
Becky Collins 1999
Grace Corbett 2013
Alisa Cotter 2003-06
Allyson Courtney 1991
Gale Courtney 1980-81
Christine Creighton 1995-98
Dara Crocker 1999-2002
Deidre Crocker 1995
Marika Crowe 2013
Jillian Currie 2008-11

D

Katherine Delaney 2013
Catherine Diethelm 2012
Deanna Dill 1989-91
Adrienne DiRaddo 2008-11
Ermita Dixie 1987
Rachel Roberts Dixon . . . 2002-03
Kelli Dobbs 1988-89
Valerie Dobiesz 1981
Kristabel Doebel-Hickok . . 2008-12
Stephanie Douglas 2006-07
Shelly Dove 1998-2001
Sarah Dunsmore 1982-86

E

Julie Eckerly 2005-08
Erin Edmond 2012-13
Ginger Edwards 1985
Karen Elliot 1995-97
Imani Ellis 2010-11
Melinda Eshelman 2007-08
Jana Evans 1994
Lisa Everett 1997-2001
Kyshia Ewing 1999-2004

F

Christy Farris 1989
Sydney Faulkner 2005-07
Sarah Feagles 2005-07
Julie Ann Fenstermaker . . . 2006-08
Margaret Feuille 1983-87
Kristen Findley 2010-13
Alanna Fitzpatrick 1993-94
Amani Floyd 2005-08
Meghan Ford 2003
Lauren Fortson 2005-08
Kasi Foster 2004-07
Cindy Freeman 1981
Keri Freeman 1996-2000
Beth Froelke 1997-98
Toni Fuller 1999-2001
Teresa Fulmer 1992-93

G

Natasha Gabin 1991
Britton Gibson 1993
Janetra Gleaves 2012-13
Michelle Graber 1988
Tara Gregory 1998-2002
Amanda Grosse 2005-08
Camie Griffith 2000-01
Eric Guglielmo 2008

H

Josie Hahn 2002-05
Kim Haluski 1987-89
Jolene Hampson 1999-2000
Renee Hanemann 2008-10
Louise Hannallah 2009-12
Therese Hanley 1991-93
Nicole Hare 1987
Alyson Hasty 2010-13
Anna Carr Hawkins 2011
Amanda Helberg 1998-2001
Katherine Hendricks 2008-11
Amy Hettlinger 1994-95
Suzanne Higgins 1988-89
Teegan Hill 2009-12
Phyllis Hines 1981-82
Robin Hines 1958-59
Mallory Hitt 2007-10
Asiah Hogden 1998-2002
Garnetta Holloway 2003-07
Holly Holman 1989
Lorie Hougland 1973-77
Kelly Howisey 1997-2001
Laura Huffman 1997-99
Nadiyah Humber 2002-05
Amy Huss 2004-06
Debbie Huss 2004-06

J

Taylor Jackson 2008-11
Vada Jackson 1979-81
Amy Jay 2004
Jhonda Johnson 1982-86
Pamela Johnson 1997-98
Tyler Johnson 2003
Emily Johnstone 1999-2000
Rita Jorgensen 2008-11
Amira Joseph 2012-13
Lena Josifi 2011
Kristen Jumer 1999
Hannah Jumper 2012-13
Marlena Justak 2000-03

K

Valerie Kazmer 2005-08
Rebekah Keith 1988-90
Laura Kemp 1984-85
Katie Kinder 2001
Kellianne Kleeman 2006-08
Jessica Klubnick 1997-2000
Farrah Kohorst 2001-04
Haley Kolff 2008-11
Kylene Kownurko 1998-2002
Courtney Kriegshauser . . . 2013-
Valerie Kuehn 1990-91
Kellie Kuzmuk 2012

L

Julie LaBret 1996-97
Vanessa Lagios 2001-04
Jennifer Lapp 1991
Elaine Langley 1981
Tracy Lehman 1995
Kirsten Leonard 1989
Stephanie Libien 1998-99
Caressa Liggins 2000-03
Lauri Livingston 1988
Kelly Lowe 1985-86



ALL-TIME ROSTER (M-Z)

M

Anne Machalinski 1998-2002
 Renee Maggart 2011
 Sally Maier..... 2008
 Melissa Mailand . 1998-2001
 Nicole Marcelli 1986-88
 Rhonda Maron 1997
 Kate Martin 2008
 Meagan Martin 2009-12
 Hope McIntosh..... 1996-99
 Allie McMahon 2007-08
 Erin McManus 2009-12
 Sandy McMillan..... 1970
 Stephanie Mehr.... 2006-08
 Cyndy Merse 1999-2003
 Beth Meyer 1989
 Candace Miles-Threatt 1997-00
 Crystal Miles-Threatt 1997-98
 Eleanor Miller 1983-85
 Katie Miller 1996
 Laura Miller 2003-05
 Carmen Mims..... 2006-08
 Lacy Moore 2011
 Leslie Moore 1993
 Anna Morgan..... 2003-06
 Heather Morgan..... 1995
 Amanda Mullins-Hall 2003-06
 Meghan Murphy ... 2007-10

N

Amanda Negron.. 1999-2002
 Julie Neumann..... 1993
 Amanda Nichols.... 1988-89
 Deborah Nolan..... 1992-93
 Linda Norfleet 1977

O

Megan O'Grady 2000-01
 Grace Orders 2012
 Kazumi Oyama..... 1994-97

P

Joy Parker 1999-2003
 Lauren Pence 2004-06
 Christina Penn 1995-96
 Jennifer Pentecost..... 1995
 Stephanie Pepper 1999-2000
 Allison Pink 1998-2002
 Lauren Price 1998-2002

Q

Lisa Quinn 1992-93

R

Brigid Rauch..... 1997
 Erin Redig..... 1994-97
 Heather Reid 1985
 Sarah Reinhold..... 2005
 Christine Reitano 1997-2000
 Heather Reitz 1988-89
 Alicia Reymann 1988
 Chavon Rhabb 2007-08
 Jena Richard 2004-05
 Heather Rietz 1987-89
 Veronica Rivera 1991
 Christy Robb..... 1993
 Paige Roberts..... 2002-05
 Cherice Robertson .. 2007-08
 Ashley Robinson 2007
 Alexa Rogers 2009-12
 Kara Rogers 1998
 Ray Rogers 2002
 Janis Rose 1988-93
 Andrea Rosemond 2005
 Tiffany Russ 1991

S

Jordan Sala 2010-11
 Kelleigh Sanders 1997
 Michelle Sauer..... 2007-10
 Allie Scalf..... 2010-13
 Erika Schneble 2003-04, 06-07
 Kettie Schoonover .. 1984-87
 Jacqui Schuman..... 1997
 Amanda Scott 2006-08
 Sarah Scott 2006-08
 Joanna Serago..... 2002-06
 Natasha Seymour 1991
 Caitlin Shannon 2002-06
 Joni Sharp 1983-86
 Courtney Shaughnessy 2002-05
 Veronica Shead .. 1999-2001
 Diana Sher 2008
 Lisa Simmons..... 1988-91
 Allyson Sisler..... 2004
 Brittany Sizer 2003-07
 Mindy Skelton 2006-07
 Elizabeth Slatten 1986
 Kara Slavoski 2012-13
 Autumn Smith ... 1999-2002
 Elizabeth Smith 2010-12
 Kristen Smith 2013
 Laurn Smith 2006-08
 Jennifer Snyder 1991
 Kate Southcote-Want .. 2008
 Whitney Spannuth.. 1994-98
 Jennifer Stanton ... 1984-86
 Sheri Sullivan..... 2008

T

Beth Tallent 1988-92
 Kate Tepas 1993
 Jocelyn Theriault 2000-2004
 Whitney Thurman .. 2004-06
 Ellie Tidman 2012-13
 Lauren Tinsley 2002
 Mary Tipton 2011
 Janet Titus 1988-89
 Ryan Tolbert..... 1994-98
 Morgan Toone 2012-13
 Kim Trenbath 1997-2000
 Heather Turner..... 1986-90
 Kammy Turner 1991
 Laura Jo Turner 1981-82

U

Nicole Underwood.. 1994-97
 Stephanie Uribe..... 2006
 Elizabeth Usher 1984-88

V

Vanessa Valentine 2012
 Beth Van Dusen .. 1996-2000
 Linda Van Voorhis .. 1988-89
 Laura Vaughan..... 1984-88
 Leslie Vidmar 1995-98
 Tara Vizzy 1988-91

W

Jackie Wachsman .. 2002-05
 Julie Walk 1996-99
 Paulette Walshe.... 1988-91
 Anjarae Washington 2005-08
 Faith Washington..... 2013
 Nia Washington.... 2010-12
 Lisa Weinard 1991-94
 Cindy Wells 1985-86
 Ashleigh Wetzel... 2004-07
 Ashley White 1990-91
 Jordan White 2009-13
 Josalyn White 2009-12
 Martha Whitehead 1997-2000
 Anita Wilborn..... 1985
 Ella Wilhoit 2005-06
 Paula Wilkes 1990-91
 Brionne Williams ... 2011-13
 Lily Williams 2013-
 Melinda Wilson 1997-99
 Misha Wilson..... 1998-99
 Virginia Wintere..... 1987
 Ann Wishart..... 1981
 Lisa Witty..... 1982
 Cheri Work 1992-95
 Sarah Wright 1983

Y

Kathryn Yates..... 2004
 Rebekah Yates... 1999-2002
 Megan Yohe..... 2011-13
 Michelle Young 2001-03