

2015-16 FACT BOOK



VANDERBILT
CROSS COUNTRY



VANDERBILT
TRACK & FIELD



QUICK FACTS

GENERAL INFORMATION

Location	Nashville, Tenn.
Founded	1873
Enrollment	6,851
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

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THE COACHES

Head Coach / Director	Steve Keith
Alma Mater	Vanderbilt (1981)
Associate Head Coach/Track and field	Clark Humphreys (Auburn, 1999)
Associate Head Coach/Cross Country	Rhonda Riley (Oregon State, 2004)
Track assistant Sprints/Hurdles	Donnie Young (Eastern Michigan, 2007)

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SIMONE CHARLEY

**TWO-TIME FIRST TEAM
ALL-AMERICAN**



Junior, Triple Jumper



XC/TRACK & FIELD SCHEDULES

2015 CROSS COUNTRY SCHEDULE

Dates	Meet	Result
Sept. 5	Belmont Opener (W & M)	Team
Sept. 19	Commodore Classic (W & M)	Team
Oct. 2	Notre Dame Invitational (W & M)	Team
Oct. 16	Wisconsin Invitational (W)	Team
Oct. 16	Crimson Classic (M)	Team
Oct. 30	SEC Championships (W & M)	Team
Nov. 13	NCAA Regionals (W & M)	Team
Nov. 21	NCAA Championships	Team



Vanderbilt's women's cross country team has advanced to the NCAA Championships for four consecutive season.



Vanderbilt All-American Simone Charley (left) and Tierney Price are among the rising stars for the Commodores.

2015-16 INDOOR SCHEDULE

Dates	Meet (Women)	Result
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team

2015-16 OUTDOOR SCHEDULE

Dates	Meet (Women)	Result
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team
Date	TBA	Team



Pole Vaulter Sarah Bell was one of the nine Commodores who represented Vanderbilt at the NCAA East Regionals at the end of the 2015 season.



HEAD COACH / DIRECTOR: STEVE KEITH



STEVE KEITH

HEAD COACH / DIRECTOR
Cross Country &
Track and Field

Since returning to his alma mater in a coaching role, Steve Keith has helped lead Vanderbilt into national prominence in both cross country and track and field.

Keith has served as the head cross country for the past 10 years, and has guided the Commodores to four straight berths in the NCAA Championships, including guiding the team to its first-ever appearance in 2011. He was named South Region Coach of the Year in 2014 after the Commodores claimed their first region title in program history.

Keith has also served as director of the track and field program for the past four seasons, and in 2014, he led the Commodore cross country/track and field squads to a 15th-place finish in the National Program of the Year awards. Vanderbilt was one of only 17 NCAA programs to score at the NCAA Championships in Cross Country, Indoor and Outdoor.

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

During the 2014-15 track campaign, Keith directed the Commodores to a record-setting season in outdoor track that included sending nine representatives to the NCAA Regionals to compete in a total of eight events. Vanderbilt also made a splash during the indoor season, capping the year with a total of seven scoring performances -- in six separate events -- at the SEC Indoor Championships. The 2014-15 season also featured the continued rise of sophomore triple jumper Simone Charley, who earned First Team All-American honors during both the indoor and outdoor seasons.

Following the 2014 cross country campaign, Keith was named South Region Coach of the Year after directing the Commodores' women's team to a benchmark season that included the program's first-ever NCAA South Region Championship and a second-place finish at the SEC Championships.

Vanderbilt won the South Region title by beating two-time defending region champion Florida State by one point. Vanderbilt -- which rose to a season-high No. 12-ranking in the USTFCCCA poll after the region title -- advanced to the 2014 NCAA Championships, marking the team's fourth straight appearance. Vanderbilt finished 28th at the Championships.

The 2014 cross-country regular season featured a series of impressive performances by the Vanderbilt women, including early-season victories at the Belmont Opener and the Commodores Classic. The

list has also included an eighth-place finish at the Roy Griak Invitational, followed by a sensational showing at the adidas Invitational in Wisconsin, where the Commodores tied for ninth and finished in front of 10 teams that were ranked in ahead of them in the USTFCCCA poll. Vanderbilt then earned a second-place finish at the SEC Championships, which represented the second-highest finish in the program's history behind only the 2011 SEC championship team.

During the 2013-14 season, Keith guided the women's cross country team to its third straight trip to the NCAA Championship and helped the track and field team continue to gain national exposure by having nine athletes qualify for the NCAA East Preliminary. The Commodores had representatives qualify in seven separate events, which was a new school record.

Keith also played an instrumental role in Simone Charley's development as a track star during the 13-14 campaign. Charley had a breakout freshman season, earning Second Team All-American status with a ninth-place finish in the triple jump at the NCAA Championships. Charley also competed in the triple jump at the USATF Junior Championships in Eugene, Oregon, where she 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.

The '13-14 track team established a huge collection of new school records, led by the outstanding work of two freshmen stars -- pole-vaulter Sarah Bell and Charley in the triple jumper. The season was capped with Vanderbilt having nine qualifiers for the NCAA Preliminary: sophomore Sara Barron, sophomore Lily Williams, junior Rebecca Chandler, junior Amira Joseph, senior Liz Anderson, sophomore Skyler Carpenter, senior Brionne Williams, Bell and Charley.

The '13-14 season also included the grand opening of the Commodores' sparkling \$31-million multipurpose indoor facility, which is now the home venue for Vanderbilt's indoor track team. The facility features the Mondo Super X 720 300-meter track. Only four universities in the country have a track with that surface: Arkansas, Sacramento State, UCLA and Vanderbilt. Of those, Vanderbilt is the only indoor track with the Super X 720 -- one of the fastest surfaces for indoor and outdoor track competitions.

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

The '12-13 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.

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 2103 outdoor track season saw the program continue to grow, as 11 athletes qualified for the NCAA East Preliminary Round, the most in school history.



HEAD COACH STEVE KEITH

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.

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, and seemingly 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 routinely see 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," he said. "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.

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-American 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

ASSOCIATE HEAD COACH
Cross Country
Assistant Coach, T & F

Since joining the Vanderbilt staff in July of 2007, Rhonda Riley has helped guide Vanderbilt into the national spotlight. She was named associate head coach of the cross country teams in 2015 after helping lead the women's team to four consecutive appearances in the NCAA Championships and the program's first-ever South Region title in 2014.

Riley, who assists with the distance runners during track season, also coordinates much of the recruiting efforts for the programs.

After serving two years at Arizona State and one year at Oregon State, Riley arrived in Nashville in 2007 and helped turn the Vanderbilt women's cross country team into a consistent national contender. She has played a key role during the women's team's four-year run of NCAA Championship appearances, which begin with the team's first-ever berth in 2011.

In the fall of 2014, she helped steer the Vanderbilt women's XC team to a benchmark season that included the program's first-ever NCAA South Region Championship and a second-place finish at the SEC Championships.

Thanks in large part to Riley's tireless efforts, Vanderbilt climbed as high as No. 12 in the USTFCCCA poll after capturing the South Region title by defeating two-time defending region champion Florida State by one point. Vanderbilt completed the season with a 28th-place finish at the NCAA Championships.

Riley helped lead the Vanderbilt XC women to a series of strong showings in 2014, including early-season victories at the Belmont Opener and the Commodores Classic, followed by an eighth-place finish at the Roy Griak Invitational. The team then gained national attention with a terrific performance at the Wisconsin adidas Invitational, where the Commodores tied for ninth and finished in front of 10 teams that were ranked ahead of them in the USTFCCCA poll.

Vanderbilt then earned a second-place finish at the SEC Championships, which represented the second-highest finish in the program's history behind only the 2011 SEC championship team.

During the 2014-15 track season, Riley played a key role in helping Sara Barron (1500) and Rebecca Chandler (Steeplechase) qualify for the NCAA Outdoor Regionals in their respective events. Riley also helped five Commodore distance runners -- Carmen Carlos, Katherine Delaney, Vanessa Valentine, Chandler and Barron -- score points for Vanderbilt by finishing among the top-8 at the SEC Outdoor Championships.

In 2013, Riley helped guide the cross country team to a second-place finish at NCAA Regionals to earn its berth in the NCAA Championships, where the Commodores finished No. 27. Riley also played an instrumental role in guiding the Commodores to a record-setting track season, which included having nine representatives -- who qualified in a school-record seven events -- to the NCAA East Preliminary.

In 2012, Riley helped mentor Hannah Jumper and Kristen Findley to All-SEC honors in cross country for the Commodores, who returned to the NCAA Championships for the second consecutive year. 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 Barron, 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

ASSOCIATE HEAD COACH
Track & Field

Clark Humphreys, who joined the Commodores coaching staff in July of 2005, has helped lead the Vanderbilt track team to unprecedented heights during his tenure, and was named associate head coach of the track program in 2015.

Working primarily with field athletes competing in the pole vault, jumps and multi-events, Clark has been influential in helping a large collection of athletes harness their potential and gain national honors.

"Coach Humphreys does an outstanding job of helping our athletes be all they can be," said Vanderbilt head Steve Keith, "and often, he has helped them reach levels of success that they didn't even realize they were capable of reaching."

During the past two seasons, Humphreys has worked diligently with Simone Charley, and has helped her become one of the top triple-jumpers in the nation.

Charley earned First Team All-American honors during the 2014-15 indoor season, and then did so again during the outdoor season, breaking her own school record on multiple occasions during both phases of the season. She capped her year with a third-place finish at the NCAA Outdoor Championships, where she produced the best series of her career, including a school-record leap of 44-3.25 in the finals. Months earlier, she finished fourth at the NCAA Indoor Championships, posting a leap of 43-2.25.

Clark also helped guide pole vaulter Sarah Bell and high jumper Ellie Tidman to memorable seasons in 2014-15. Bell and Tidman both qualified for the NCAA Outdoor Regionals to cap their impressive campaigns. Bell scored points for the Commodores by finishing among the Top-8 at the SEC Outdoor Championships, and Tidman scored for VU at the SEC Indoor Championships.

During the 2013-14 season, Clark played a key role in Charley's emergence during her freshman campaign, and also helped Bell produce a breakout season in the pole vault.

Charley earned All-American Second Team honors after finishing ninth at the NCAA Outdoor Championships in Eugene, Oregon. She also earned a third-place finish at the USATF Junior event, where she 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. Charley, who is also a star soccer player, set a new school record in the triple jump early in the season, and then went on to break her own mark five times, including doing so at the NCAA East Preliminaries.

During the indoor season, Charley 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. She also earned a fifth-place finish and scored four points for the Commodores at the SEC Championships, where she broke her own school record, twice.

Humphreys was also influential in steering Bell to an outstanding season in the pole vault. Bell, who earned a spot on the SEC's All-Freshmen Team, set a new school record in the pole vault at the SEC Championships, then broke her own mark at the NCAA East Preliminary by clearing 13-03.5. She cleared 13-01.50 at the SEC Championships to finish in a tie for fifth place and score

3.5 points for the Commodores. During the indoor season, Bell broke her own school record by clearing 13-6.25 at the SEC Championships.

In 2014, Humphreys 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-America 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.



COACHING STAFF



DONNIE YOUNG

ASSISTANT COACH Sprints, Hurdles & Relays

Donnie Young has served as an assistant coach with the Vanderbilt track and field program since joining the staff in September of 2011. Young coaches sprints, hurdles and relays. His impact has been felt throughout his tenure, as he has guided the Commodores to a string of record-breaking performances.

The 2014-15 track season was one of the most successful in the history of the VU track program, and Young played a key role in many of the accomplishments.

During the outdoor season, he helped guide the 4x400 team to a terrific campaign that included breaking the school record, and earning a fifth-place finish, with a time of 3:34.74 at the SEC Outdoor Championships. The 4x400 team -- comprised of Faith Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond -- went on to qualify for the the NCAA Outdoor East Regionals. Washington and Carpenter also qualified for the NCAA Outdoor Regionals in the 400-hurdles, and Clayton did so in the 800.

The 2015 outdoor season featured numerous other highlights that Young helped generate, including seeing Clayton set a new school record in the 800 with a time of 2:05.52 while earning a sixth-place finish at the SEC Championships.

Young also worked with the 4x200 team that set a new school record, posting a time of 1:37.45. (The team was comprised of Washington, Carpenter, Clayton and Edmond).

The 2014-2015 indoor season was likewise a major success, thanks in large part to Young's efforts. His work with Clayton enabled her to set a new school record and earn a fifth-place finish in the 800 with a time of 2:05.26 at the SEC Championships.

Under Young's watch, freshman Jennifer Edbi enjoyed a terrific freshman season. She earned SEC All-Freshman honors for her performance in the 400, where she posted the best time (54.09) among all freshmen and finished 12th overall.

Young also oversaw the Commodores' DMR team -- comprised of Clayton, Edbi, Carpenter and Sara Barron -- that set a new school record with a time of 11:19.34.

During the 2015 indoor postseason, Young helped direct Clayton, Carpenter and the 4x400 relay team to Top-8 performances in their respective events at the SEC Indoor Championships.

The 2014-15 season also included great success in the classroom, with the Commodores being recognized as an All-Academic Team by the USTFCCCA. A total of six Vanderbilt standouts -- including Carpenter -- gathered All-Academic individual honors. The Commodores had a team GPA of 3.27 while earning All-Academic honors for the fourth consecutive year.

Young helped guide the Commodores through a highly-successful season in 2013-14 that featured a continuous stream of top-10 showings on Vanderbilt's all-time performers list.

During the indoor season, Young helped guide Clayton to memorable freshman campaign. She notched the second-best mark on Vanderbilt's all-time performance list in the 800 with a time of 2:07.60, and went on to earn a spot on the SEC's All-Freshman Team with a seventh-place finish at the SEC Championships. Clayton was the only freshmen to place in the event.

Also during indoor, Jennifer Cannon notched the No. 2 spot on the school's all-time performer's list in the 60-meter hurdles with a time of 8.55, and Sarah Goodalde posted the No. 7 ranking in that same event at 8.98. Cannon also posted the sixth's best time on VU's performers list in the 200-meter dash with a time of 25.01, while Faith Washington and Edmond posted the No. 1 and No. 2 marks in the 300 at 39.86 and 40.96, respectively. Also, the 4x400 relay team of Washington, Skyler Carpenter Courtney Clayton and Edmond notched the No. 3 spot with a time of 3:40.2.

After the Commodores moved to the outdoor portion of their schedule, Young helped Erin Edmond and Skyler Carpenter each carve out spots among the top five on the school's all-time performance list: Edmond posted the school's fifth-best time in the 400-meter dash (55.45) and Carpenter moved to fifth on VU's all-time performers list with a time of 58.98 in the 400-meter hurdles. Carpenter and Edmond -- along with Courtney Clayton and Simone Charley -- were also members of the 4x200 relay team that set a school record with a time of 1:40.24.

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 Janetra 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 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 bother, 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.



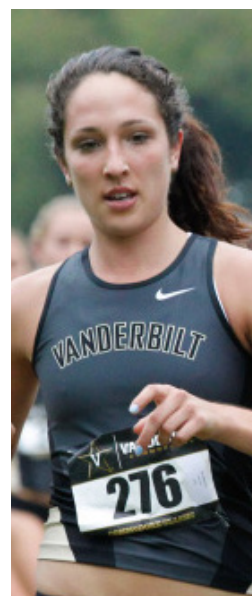
VANDERBILT

CROSS COUNTRY

2015 COMMODORE ROSTERS

WOMEN

Name	Class	Hometown/High School
Reagan Anderson	JR	Wilmington, Del./Tatnall School
Sara Barron	SR	Oakland, Mich./Notre Dame Prep
Carmen Carlos	JR	Mobile, Ala./McGill-Toolen
Maddie Criscione	SO	Park City, Utah/Park City
Katherine Delaney	SR	Laguna Niguel, Calif./J Serra Catholic
Devon Grisbaum	FR	Ocean City, N.J./Ocean City
Megan Huebner	SO	La Quinta, Calif./La Quinta (SS)
Ginger Hutton	FR	Aspen, Colo./Shining Mtn. Waldorf
Rebecca Jacobson	FR	Flower Mound, Texas/Flower Mound
Courtney Kriegshauser	JR	Southlake, Texas/Southlake-Carroll
Caroline Pietrzyk	FR	Malibu, Cali./Malibu
Sara Tsai	FR	Eugene, Ore./South Eugene
Vanessa Valentine	SR	Melbourne, Fla./Melbourne
Lily Williams	RS JR	Tallahassee, Fla./Chiles



Senior Sara Barron



Pronunciation Guide

WOMEN

Maddie Criscione
(Chris-see-on)
Devon Grisbaum
(Griss-bom)
Megan Huebner
(Heeb-ner)
Courtney Kriegshauser
(Kreegs-hou-ser)
Caroline Pietrzyk
(Pe-trick)
Sara Tsai (Sy)

MEN

Caleb Casolaro
(Cass-ah-larro)
Sam DeFabrizio
(DE-fah-breeze-ee-o)
Waqas Fazili
(Wah-coss Fa-zah-lee)
Nikos Gkotsis
(Nee-Coas Cot-sis)
Evan Suzman
Jason Vincze

MEN

Name	Class	Hometown/High School
Dan Arthur	JR	Pleasanton, Calif./Amador Valley High
Garrett Camps	FR	Melbourne Beach, Fla./Melbourne High
Caleb Casolaro	FR	Fairhope, Ala./Fairhope High
Sam DeFabrizio	SO	Glen Gardner, N.J./Voorhees
Waqas Fazili	FR	Brentwood, Tenn./Brentwood High
Nick French	SR	Boca Raton, Fla./ Spanish River High
Nikos Gkotsis	JR	Athens, Greece/Athens-Psychico College
Sam Reilly	SR	Milton, Ga./Mt. Pisgah
Evan Suzman	FR	Scarsdale, NY/Scarsdale High
Jake Van Geffen	JR	Birmingham, Ala./Oak Mountain
Jason Vincze	FR	Plano, Texas/Plano West High



Senior Nick French



2014 XC MEET-BY-MEET RESULTS

Belmont Opener

Aug. 29, 2014 • Nashville, Tenn.

VANDERBILT WOMEN

1. Delaney, Katherine 17:40.42
3. Williams, Lily 17:51.13
4. Carlos, Carmen 17:54.47
5. Anderson, Reagan 18:00.70
6. Barron, Sara 18:02.39
7. Valentine, Vanessa 18:02.58
8. Chandler, Rebecca 18:02.75
12. Benjamin, Claire 18:08.51
13. Joseph, Amira 18:09.04
14. Abrahamson, E. 18:09.31
15. Huebner, Megan 18:09.72
17. Criscione, Maddie 18:17.45

WOMEN'S TEAM RESULTS

1. *Vanderbilt* 20
2. Kentucky 79
3. MTSU 105
4. Purdue 113
5. Lipscomb 122
6. Belmont 148
7. W. Kentucky 175
8. Murray St. 213
9. UAB 224
10. Evansville 290
11. Austin Peay 314
12. Tenn. St. 384

VANDERBILT MEN

- 29 French, Nick 15:58.11
- 37 Ewing, John 16:08.69
- 38 Van Geffen, Jake 16:08.81
- 46 Gkotsis, Nikolaos 16:31.36
- 49 Fix, Andrew 16:32.90
- 51 Bachman, Andrew 16:41.80
- 53 DeFabrizio, Sam 16:46.82
- 61 Cleveland, Matthew 17:16.91
- 73 Henderson, Dan 18:20.27

MEN'S TEAM RESULTS

1. Purdue 25
2. Belmont 52
3. W. Kentucky 73
4. Kentucky 94
5. *Vanderbilt* 144
6. Murray State 181
7. Evansville 230
8. Austin Peay 233
9. Tenn. St. 271

Commodore Classic

Sept. 13, 2014 • Nashville, Tenn.

VANDERBILT WOMEN

3. Carmen Carlos 17:15.4
4. Sara Barron 17:17.5
5. Claire Benjamin 17:21.5
6. Amira Joseph 17:21.6
7. Katherine Delaney 17:22.0
11. Vanessa Valentine 17:27.16
13. Emma Abrahamson 17:27.76
14. Rebecca Chandler 17:28.42
15. Lily Williams 17:28.55
21. Reagan Anderson 17:43.84
25. Megan Huebner 17:48.20
27. Hannah Jumper 17:52.05
49. Courtney Kriegshauser 18:20.28

WOMEN'S TEAM RESULTS

1. *Vanderbilt* 25
2. Miss State 114
3. MTSU 123
4. Lipscomb 124
5. Louisville 149
6. Ole Miss 165
7. Belmont 199
8. Chattanooga 201
9. Memphis 217
10. W. Ken. 241
11. Samford 267
12. Davidson 288
13. Alabama State 311
14. Central Arkansas 402
15. Tennessee Tech 511
16. Tennessee St. 529
17. Alabama A&M 553

VANDERBILT MEN

59. John Ewing 26:00.99
70. Nick French 26:15.28
71. Jake Van Geffen 26:15.87
115. Andrew Fix 27:07.68
125. Andrew Bachman 27:18.50
130. Matt Cleveland 27:25.86
151. Nikolaos Gkotsis 27:52.38
152. Sam DeFabrizio 27:53.73

MEN'S TEAM RESULTS

1. MTSU 35
2. Louisville 53
3. Ole Miss 127
4. Davidson 138
5. Belmont 139
6. W. Ky 167
7. Miss State 193
8. Samford 195
9. Central Ark. 236
10. Memphis 247
11. Tenn. Tech 286
12. Lipscomb 296
13. *Vanderbilt* 308
14. Alabama State 451
15. Tenn. St. 485

Griak Invitational

Sept. 27, 2014 • Minneapolis, Minn.

VANDERBILT WOMEN

34. Amira Joseph 22:10
40. Sara Barron 22:16
50. Lilly Williams 22:24
54. Carmen Carlos 22:28
59. Vanessa Valentine 22:31
61. Reagan Anderson 22:34
82. Rebecca Chandler 22:52
90. Katherine Delaney 22:57
92. Claire Benjamin 22:58
95. Megan Huebner 23:01
96. Emma Abrahamson 23:01
135. Maddie Criscione 23:30
136. Hannah Jumper 23:30
199. Courtney Kriegshauser 24:10

WOMEN'S TEAM RESULTS

1. Michigan State 66
2. Iowa State 102
3. North Carolina 174
4. Boise State 185
5. Baylor 204
6. Arizona State 222
7. Minnesota 225
8. *Vanderbilt* 237
9. BYU 271
10. Grand Valley State 291

VANDERBILT MEN

169. Nick French 27:41
188. John Ewing 28:12
191. Jake Van Geffen 28:16
200. Sam Reilly 28:46
205. Andrew Fix 29:35
206. Sam Defabrizio 29:58
208. Matthew Cleveland 30:21

MEN'S TEAM RESULTS

1. Southern Utah 142
2. Colorado St. 146
3. Minnesota 149
4. Michigan St. 153
5. Iowa State 162
31. *Vanderbilt* 953

FSU Invitational

Oct. 10, 2015 • Tallahassee, Fla.
(VANDERBILT MEN ONLY)

VANDERBILT MEN

10. Nick French 25:52.64
16. John Ewing 26:18.68
25. Jake Van Geffen 26:37.67
27. Sam Reilly 26:43.74
34. Andrew Fix 27:15.24
38. Andrew Bachman 27:26.73
44. Nikolaos Gkotsis 27:47.33
47. Matthew Cleveland 27:53.75
53. Sam DeFabrizio 28:32.41

TEAM RESULTS

1. Florida State 48
2. UL-Lafayette 78
3. Auburn-B 78
4. Florida Gulf Coast 82
5. *Vanderbilt* 112
6. Tennessee Tech 147
7. South Florida 155
8. Stetson 237
9. Florida Atlantic 254
10. Florida A&M 294
11. Jacksonville 298



2014 XC MEET-BY-MEET RESULTS

Adidas Invitational

Oct. 17, 2014 • Madison, Wis.

(VANDERBILT WOMEN ONLY)

VANDERBILT WOMEN

42. Carmen Carlos 20:40
67. Katherine Delaney 20:52
69. Claire Benjamin 20:54
85. Amira Joseph 21:05
104. Sara Barron 21:15
111. Rebecca Chandler 22:07

WOMEN'S TEAM RESULTS

(USTFCCCA rankings in parenthesis)

1. Michigan State (2) -- 87
2. Arkansas (5) -- 191
3. Iowa State (8) -- 212
4. Wisconsin (15) -- 227
5. West Virginia (20) -- 245
6. New Mexico (11) -- 261
7. Stanford (6) -- 284
8. Florida State (9) -- 309
T-9. Vanderbilt (27) -- 367
T-9. Virginia (10) -- 367
11. North Carolina (13) -- 382
12. Syracuse (12) -- 403
13. Washington (14) -- 417
14. Ohio State -- 443
15. Minnesota (26) -- 462
16. Arizona State (25) -- 464
17. Boise State (16) -- 480
18. Toledo -- 497
19. Dartmouth (24) -- 511
20. UCLA -- 529
21. Boston College (17) -- 541
22. Iona -- 544
23. SMU -- 551
24. Providence (23) -- 565
25. Texas AM -- 576
26. BYU (30) -- 588
27. William & Mary (19) -- 590
28. Columbia -- 657
29. Indiana -- 667
30. Notre Dame (28) -- 684
31. Cornell -- 690
32. Arizona -- 710
33. Weber State -- 759
34. Harvard -- 798
35. Duke -- 858
36. San Francisco -- 934
37. Georgia -- 957
38. Florida -- 976

OPEN RESULTS

17. Emma Abrahamson 21:37
20. Reagan Anderson 21:40
21. Maddie Criscione 21:40
31. Hannah Jumper 21:53.
Megan Huebner 23:00
Courtney Kriegshauser 23:07

SEC Championships

Oct. 31, 2015 • Tuscaloosa, Ala.

VANDERBILT WOMEN

9. Katherine Delaney 20:10.10
13. Claire Benjamin 20:33.71
14. Sara Barron 20:34.52
22. Amira Joseph 20:45.50
27. Carmen Carlos 20:53.50
29. Rebecca Chandler 20:56.40
30. Vanessa Valentine 20:57.70
37. Emma Abrahamson 21:06.00
43. Reagan Anderson 21:17.10
45. Lily Williams 21:20.70

WOMEN'S TEAM RESULTS

1. Arkansas 32
2. Vanderbilt 85
3. Alabama 140
4. Missouri 142
5. Mississippi State 171
6. Texas A&M 187
7. Florida 201
8. Kentucky 215
9. Auburn 217
10. Georgia 222
11. Tennessee 274
12. Mississippi 275
13. South Carolina 348
14. LSU 385

VANDERBILT MEN

55. John Ewing 25:55.40
66. Jake Van Geffen 26:08.70
88. Sam Reilly 26:48.90
91. Nick French 26:56.30
97. Matthew Cleveland 27:16.90
Andrew Bachman 27:21.90
Nikolaos Gkotsis 27:46.20
Dan Henderson 29:41.60
Andrew Fix 29:51.80
Sam DeFabrizio

MEN'S TEAM RESULTS

1. Arkansas 54
2. Mississippi 60
3. Auburn 77
4. Missouri 87
5. Kentucky 120
6. Alabama 195
7. Tennessee 205
8. Texas A&M 207
9. Mississippi State 249
10. Florida 251
11. Georgia 255
12. Vanderbilt 357
13. LSU 361

NCAA Regionals

Nov. 14, 2015 • Tallahassee, Fla.

VANDERBILT WOMEN

6. Benjamin, Claire 19:53.50
9. Barron, Sara 19:59.40
10. Carlos, Carmen 19:59.60
13. Delaney, Katherine 20:05.50
14. Joseph, Amira 20:15.10
31. Chandler, Rebecca 20:37.50
41. Valentine, Vanessa 20:44.60

WOMEN'S TEAM RESULTS

1 Vanderbilt 52
2 Florida State 53
3 Alabama 135
4 Lipscomb 176
5 Florida 180
6 Miss State 221
7 Auburn 233
8 Georgia 246
9 MTSU 254
10 North Florida 264
11 Georgia Tech 321
12 Chattanooga 410
13 Mississippi 411
14 UCF 423
15 Belmont 460
16 South Florida 473
17 Southern Miss. 476
18 UAB 500
19 Tennessee 510
20 Memphis 554
21 Alabama State 560
22 Samford 584
23 East Tenn. St. 608
24 Florida Gulf Coast 631
25 Kennesaw State 650

VANDERBILT MEN

46. John Ewing 31:39.50
94. Nick French 32:29.70
115. Sam Reilly 32:59.70
131. Jake Van Geffen 33:49.20
139. Andrew Bachman 34:12.80
144. Matthew Cleveland 34:31.20
156. Andrew Fix 35:19.10

MEN'S TEAM RESULTS

1. Mississippi 52
2. Florida State 94
3. Auburn 106
4. MTSU 157
5. North Florida 241
6. Georgia Tech 241
7. Belmont 250
8. Florida 250
9. Georgia 260
10. Tennessee 262
19. Vanderbilt 486

NCAA Championships

Nov. 22, 2015 • Terre Haute, Ind.

VANDERBILT WOMEN

113. Carmen Carlos 21:16.6
127. Claire Benjamin 21:24.7
173. Amira Joseph 21:43.3
175. Sara Barron 21:44.2
182. Rebecca Chandler 21:47.1
190. Katherine Delaney 21:50.3
233. Vanessa Valentine 22:38.3

WOMEN'S TEAM RESULTS

1. Michigan State 85
2. Iowa State 147
3. New Mexico 188
4. Georgetown 189
5. Arkansas 209
6. Oregon 249
7. Colorado 267
8. West Virginia 277
9. Iona 377
10. Wisconsin 382
11. Boise State 392
12. Florida State 393
13. Providence 401
14. Stanford 415
15. Virginia 433
16. N.C. State 456
17. William & Mary 463
18. Michigan 474
19. Baylor 479
20. Dartmouth 508
21. Boston College 514
22. North Carolina 515
23. Washington 559
23. Syracuse 559
25. Virginia Tech 574
26. Ohio State 577
27. UCLA 582
28. Vanderbilt 598
29. Notre Dame 609
30. Toledo 613
31. Minnesota 663



2014 CROSS COUNTRY RECAPS

BELMONT OPENER

August 29, 2014 ★ Nashville, Tenn.

VU WOMEN: FIRST • VU MEN: FIFTH

NASHVILLE -- It was almost like the members of the Vanderbilt women's cross country team were linked together by an invisible chain on Friday afternoon as they ran their way to a victory at Percy Warner Park. Competing in their first meet of the season, the No. 23-ranked Commodores executed their "pack-running" plan to perfection while delivering a dominating performance at the Belmont Opener. Vanderbilt won the 12-team, 5k race with 20 points. Kentucky finished a distant second with 79 points and MTSU (105 points) was third. All 12 of Vanderbilt's representatives finished within 36 seconds of one another, and they each earned spots among the top-17. The list included seven Commodore who crossed the line in succession while claiming the No. 2 through No. 8 finishes. The Vanderbilt men also had a strong effort, finishing fifth. "We wanted to use this race to get a jumpstart on the season and to really get some positive momentum going," said head coach Steve Keith. "And it was mission accomplished today." Katherine Delaney was the Commodores' top finisher in the women's race, earning second place with a time of 17:40.42. She was followed directly by teammates Lily Williams (17:51.13), Carmen Carlos (17:54.47), Reagan Anderson (18:00.70), Sara Barron (18:02.39), Vanessa Valentine (18:02.58) and Rebecca Chandler (18:02.75). "We stuck together today," said Delaney. "When I looked left and looked right, I had two teammates there. And that's how it's going to be the rest of the season. That's our goal." The second wave of Commodores claimed the No. 12 through 15 spots -- beginning with Claire Benjamin (18:08.51), who was followed by Amira Joseph (18:09.04), Emma Abrahamson (18:09.31) and Megan Huebner (18:09.72). Maddie Criscione (18:17.45) finished on their heels, taking 17th. Abrahamson, Huebner and Criscione, all freshmen, were running in their first collegiate race, and they each contributed to the Commodores' stout showing. "This is the most impressive opener we've had," said assistant coach Rhonda Riley. "The girls' fitness is great and their chemistry is awesome. (As a coaching staff), we're really happy." Keith said he was impressed with the Commodores' pack mentality, which he believes is going to be a key element for the team this season. "We had a couple of clumps there where I couldn't click my watch fast enough because they were all coming in together," he said. Vanderbilt's top finisher on the men's side was Nick French, who took 29th at 15:58.11. John Ewing was 37th at 16:08.69, and Jake Van Geffen was 38th at 16:08.81. Riley said she felt it was the men's best-ever showing in a season opener.

COMMODORE CLASSIC

September 13, 2014 ★ Nashville, Tenn.

VU WOMEN: FIRST • VU MEN: 13th

NASHVILLE -- It's not easy to improve upon a first-place finish, but the Vanderbilt women's cross country team found a way to do it. After winning the Belmont Opener in impressive fashion two weeks ago, the No. 23-ranked Commodores went out and delivered an even more dominating effort Saturday while storming to a victory in the Commodore Classic at Percy Warner Park. Vanderbilt had five runners finish among the top-seven in the 5K event as the Commodores once again executed their pack-running scheme to perfection. The Commodores finished with 25 points, well ahead of second-place Mississippi State (114 points) and third-place MTSU (123). The Commodores had five runners finish in succession in the No. 3 through 7 positions. Carmen Carlos was the top finisher for Vanderbilt, taking third place with a time of 17:15.4. She was followed by teammates Sara Barron (fourth at 17:17.5), Claire Benjamin (fifth at 17:21.5), Amira Joseph (sixth at 17:21.6) and Katherine Delaney (seventh at 17:22.0). Vanessa Valentine was the next Commodore to cross the line, finishing 11th with a time of 17:27.16. Then came another tightly-bunched collection of Vanderbilt runners, who claimed the No. 13 through 15 positions. The group was led by freshman Emma Abrahamson (17:27.76), who was followed directly by Rebecca Chandler (17:28.42) and Lily Williams (17:28.55). Reagan Anderson took 21st at 17:43.84, Megan Huebner was 25th at 17:48.20, Hannah Jumper was 27th at 17:52.05 and Courtney Kriegshauser was 49th at 18:20.28. Head coach Steve Keith and Rhonda Riley both praised the Commodores for executing their pre-race plan in terms of maintaining the mindset of "finishing with a teammate." The Vanderbilt men finished 13th in the 8k race. John Ewing led the Commodores with a time of 26:00.99 for a 59th place finish. Nick French finished second among the Vanderbilt runners with a time of 26:15.28 in 70th place, and teammate Jake Van Geffen was right behind him in 71st place at 26:15.87. Andrew Fix posted a time of 27:07.68.



2014 CROSS COUNTRY RECAPS

ROY GRIAK INVITATIONAL

September 27, 2014 ★ Minneapolis, Minn.

VU WOMEN: EIGHTH • VU MEN: 31st

MINNEAPOLIS -- The Vanderbilt women's cross country team got a taste of national competition on Saturday -- and the Commodores, in turn, gave the other teams a taste of what they are capable of doing. Running against a deep field that featured seven ranked teams, the No. 22-ranked Commodores posted an impressive eighth-place finish in the Women's Gold 6k Race at the Roy Griak Invitational hosted by the University of Minnesota. Vanderbilt's top-five finishers were separated by only 21 seconds, representing the best 1-5 spread of any team in the field. "This is one of those meets where the experience you gain is fantastic," head coach Steve Keith said after the race, which featured nearly 400 runners. "And for us to have the best 1-5 spread is something we can really build on." Amira Joseph paced the Commodores, finishing 34th with a time of 22:10. Sara Barron was the second Commodore to cross the line, posting a time of 22:16 to take 40th. "Amira ran a beautiful race and ran very smart," said assistant coach Rhonda Riley. "She ran within herself, and she had a really strong finish just when a lot of the other girls were dropping off. ... And as for Sara, she just has that fire in her eye this season. She is running very competitive races." The Commodores have now run three races and have had three different runners lead the team -- Katherine Delaney at the Belmont Opener, Carmen Carlos at the Commodore Classic, and now, Joseph. "I think that absolutely speaks to our depth," said Keith. "We really are very interchangeable." In addition to the strong showings by Joseph and Barron, the Commodores' top five finishers also included Lilly Williams (22:24, 50th), Carmen Carlos (22:28, 54th) and Vanessa Valentine (22:31, 59th). They were followed by Reagan Anderson (22:34, 61st) and Rebecca Chandler (22:52, 82nd). Delaney posted a time of 22:57 and was followed by Claire Benjamin (22:58), Megan Huebner (23:01), Emma Abrahamson (23:01), Maddie Criscione (23:30), Hannah Jumper (23:30) and Courtney Kriegshauser (24:10) for the Commodores, who clearly held their own against their stiffest competition of the season. Michigan State (66 points) won the event, and Iowa State (102) took second. "This was a buzzsaw of a race, and the field was deeper than it ever has been," said Keith. "But our girls ran well. It was a good lesson for us." The Commodores were on the cusp of earning a top-5 overall finish, and needed their top runners to shave just five seconds off their times to accomplish that feat. Keith said that was an encouraging element of the race. "We can get there," he said. "We're right at it. The girls are running well." Riley said the Commodores are getting stronger as they near the midway mark of their schedule. "For where we are in the season -- here at the end of September -- we are pretty pleased," she said. "We still have plenty of work to do, but I know the girls are excited about what's ahead." The Vanderbilt men finished 31st in the Men's Gold Division 8k race. Nick French (27:41) and John Ewing (28:12) led the way for the Commodores.

FLORIDA STATE INVITATIONAL

October 10, 2014 ★ Tallahassee, Fla.

VU MEN: FIFTH • (Note: VU women did not compete)

TALLAHASSEE, Fla. -- Vanderbilt head coach Steve Keith was pleased with his team's performance on Friday night at the Florida State Invitational. That doesn't mean, however, that he was satisfied. In their final tuneup before the SEC Championships, the Commodores earned a fifth-place finish among a solid field of Division-I schools. Keith said he was encouraged by the Commodores' performance -- which were fueled by Nick French's Top-10 finish -- but said he believes the Commodores are capable of an even stronger showing in the upcoming SEC Championships. "Our team average (which was 26:33 on Friday) is getting better," he said, "but I know we can get closer to 26:00 when we run SEC in three weeks." French led the way for the Commodores, taking 10th place with a time of 25:52.64 at Friday's race, which took place on the same course that will host next month's NCAA Regionals. Vanderbilt had two other runners among the Top-25, with John Ewing taking 16th at 26:18.68 and Jake Van Geffen finishing 25th at 26:37.67. The strong effort by the Commodores enabled them to bounce back from what they considered to be a disappointing showing at the Roy Griak Invitational. "We ran a much better race this time," said Keith. "And this is what we needed as we prepare for the SEC Championship. Nick French's (high finish) was great to see." Vanderbilt's Sam Reilly took 27th at 26:43.74, and Andrew Fix was 34th at 27:15.24. Rounding out Vanderbilt's representatives were: Andrew Bachman (38th at 27:26.73), Nikolaos Gkotsis (44th at 27:47.33), Matthew Cleveland (47th at 27:53.75) and Sam DeFabrizio (53rd at 28:32.41). Keith noted that the conditions weren't ideal for fast times, with temperatures in the 80s, but said the Commodores made the most of the opportunity.



2014 CROSS COUNTRY RECAPS

WISCONSIN ADIDAS INVITATIONAL

October 17, 2014 ★ Madison, Wis.

VU WOMEN: TIED-NINTH • VU MEN: DID NOT COMPETE

MADISON, Wisc. -- The members of the Vanderbilt women's cross country team knew the Wisconsin adidas Invitational was their chance to make a statement. And boy, did the Commodores deliver. Competing against a top-level field that featured 22 of the nation's top 30 teams, the No. 27-ranked Commodores beautifully executed their pack-running scheme and finished tied for ninth place with Virginia. Vanderbilt's top five runners posted a spread of only 35 seconds, which was the second-best margin of any team in the race. New Mexico (31 seconds) was the only team with a better 1-5 spread. "The team came out today and performed really well in a high-pressure environment," said head coach Steve Keith after his team's final regular-season meet. "This is definitely something we can build on. . . . Overall, it was a very positive step for us." Carmen Carlos led the way for Vanderbilt, posting a career-best time of 20:40 to finish 42nd overall. She was followed by Katherine Delaney (20:52, 67th), Claire Benjamin (20:54, 69th), Amira Joseph (21:05, 85th) and Sara Barron (21:15, 104th). Rebecca Chandler was next at 22:07. Vanderbilt finished ahead of 10 teams that were ranked in front of the Commodores in the latest USTFCCCA poll, including No. 12-ranked Syracuse, No. 13 North Carolina, No. 14 Washington, No. 16 Boise State, No. 17 Boston College, No. 19 William & Mary, No. 23 Providence, No. 24 Dartmouth, No. 25 Arizona State, and No. 26 Minnesota. (Final team standings listed below). The strong performance should serve as a big boost of momentum for the Commodores as they head to the SEC Championships in two weeks, followed by the NCAA Regionals two weeks later. "The ladies ran with a lot of confidence and determination today," said assistant coach Rhonda Riley, "and as coaches, we are very proud of the entire team's effort. The ladies really stepped up today in a tough field." Carmen, a sophomore, easily surpassed her previous personal best of 21:26, which she set at this same event last year. "Carmen really ran a great race," said Riley. "We needed someone to break out today and be our low number, and she came through." Vanderbilt also had a strong showing in the Open race, placing three runners among the Top-25. Freshman Emma Abrahamson led the way for the Commodores, finishing 17th with a time of 21:37. Reagan Anderson finished 20th at 21:40, and Maddie Criscione was 21st, also at 21:40. Hannah Jumper was 31st at 21:53. Megan Huebner posted a time of 23:00 and Courtney Kriegshauser finished at 23:07. "The girls who ran the open race did really well," said Keith, "and had a great showing just like the (VU runners) in the Invite." Riley said she sensed the Commodores were poised for a strong performance. "When they previewed the course on Thursday, they were very focused but also very relaxed," Riley said, "and they had that same vibe today. Their attitude was very positive." Although Riley was pleased with the team's work on Friday, she said the Commodores can't afford to get complacent. "We still have room to improve," she said, "and we need to continue to work hard as we head into the championship portion of our schedule."

WISCONSIN ADIDAS INVITATIONAL FINAL STANDINGS

Below are the final standings from the Wisconsin race, with USTFCCCA rankings in parenthesis, followed by total points.

1. Michigan State (2) -- 87	16. Arizona State (25) -- 464	31. Cornell -- 690
2. Arkansas (5) -- 191	17. Boise State (16) -- 480	32. Arizona -- 710
3. Iowa State (8) -- 212	18. Toledo -- 497	33. Weber State -- 759
4. Wisconsin (15) -- 227	19. Dartmouth (24) -- 511	34. Harvard -- 798
5. West Virginia (20) -- 245	20. UCLA -- 529	35. Duke -- 858
6. New Mexico (11) -- 261	21. Boston College (17) -- 541	36. San Francisco -- 934
7. Stanford (6) -- 284	22. Iona -- 544	37. Georgia -- 957
8. Florida State (9) -- 309	23. SMU -- 551	38. Florida -- 976
T-9. Vanderbilt (27) -- 367	24. Providence (23) -- 565	
T-9. Virginia (10) -- 367	25. Texas AM -- 576	
11. North Carolina (13) -- 382	26. BYU (30) -- 588	
12. Syracuse (12) -- 403	27. William & Mary (19) -- 590	
13. Washington (14) -- 417	28. Columbia -- 657	
14. Ohio State -- 443	29. Indiana -- 667	
15. Minnesota (26) -- 462	30. Notre Dame (28) -- 684	



2014 CROSS COUNTRY RECAPS

SEC CHAMPIONSHIPS

October 31, 2014 ★ Tuscaloosa, Ala.

VU WOMEN: SECOND • VU MEN: 12th

TUSCALOOSA, Ala. -- The Vanderbilt women carried high expectations into the SEC Championships -- and the Commodores came away with a high finish. Fueled by outstanding performances from Katherine Delaney, Claire Benjamin and Sara Barron, the No. 14-ranked Commodores captured second place at the conference championship in Tuscaloosa, Ala. Delaney, Benjamin and Barron -- who finished 9th, 13th and 14th, respectively -- all earned All-SEC Second Team honors, and Emma Abrahamson, who finished 37th, earned a spot on the All-Freshmen Team. The No. 5-ranked Arkansas women totaled 32 points to win the title for the 15th time in school history. Vanderbilt was next with 85 points and Alabama was a distant third with 140. The Commodores' impressive effort will enable them to continue their late-season momentum as they head to the NCAA Regionals in two weeks in Tallahassee, Fla. "Overall, it was a very solid showing by our team," said head coach Steve Keith, "and it was a great start to the championship portion of our season. ... We had several kids who really stepped up today, and that's the way it's been for us all season." Vanderbilt's second-place finish was the second-best showing in the program's history, ranking behind only the SEC Championship squad of 2011. "The girls came out here today and they were calm, composed and confident -- all those good 'C' words," said assistant coach Rhonda Riley. "We're very, very happy with what we saw today, and there are a lot of positives we can take from this race." Delaney earned a spot among the Top-10 individuals, taking ninth with a time of 20:10.10. Benjamin was 13th at 20:33.80 and Barron was 14th with a time of 20:34.60. All three runners set new PRs. Amira Joseph was the fourth Vanderbilt runner across the line, taking 22nd overall with a time of 20:45.50, and Carmen Carlos was 27th at 20:53.50. Rebecca Chandler finished 29th at 20:56.40 and Vanessa Valentine was 30th at 20:57.70 for the Commodores, who continued their successful formula of pack-running. Vanderbilt's No. 2 through 7 finishers had a spread of just 24 seconds. "It was great to see so many of the girls step up," said Riley, "and confidence-wise, this moves us ahead of where we were. It confirms that we can do what we believed all along that we were capable of doing." Abrahamson was next for Vanderbilt, and 37th overall, at 21:06.00. "Emma really ran a great race in tough environment," said Riley. "She didn't respond like a typical freshman." Vanderbilt's Reagan Anderson was 43rd with a time of 21:17.10 and Lily Williams was 45th at 21:20.70. Keith said the Commodores crisply executed their pre-race plan by making their move well into the race. "We wanted to just try to weather the storm early, and then go to work," he said, "and that's exactly what we did. We had great movement from 2K to 4K, and that was very positive for us." Although the team was pleased with its showing, Riley said the Commodores have the potential for even more. "The exciting part to me is that we still haven't had the type of complete race that we are capable of having," she said. "If we have a race where everyone hits on the same day, we can do something really special."

VANDERBILT MEN: Led by John Ewing's solid showing, the Commodores took 12th place in the 13-team race, finishing ahead of LSU. Ewing took 55th overall with a time of 25:55.40, and Jake Van Geffen was 66th at 26:08.70. "The men have worked really hard this season," said Keith, "and to see them come away from the race feeling good was very rewarding." The Arkansas men won the event with 54 points, and teamed up with the Arkansas women to sweep the SEC titles for the second year in a row. It was the fifth consecutive title for Razorback men, and their 22nd in the past 24 years. Sam Reilly was the third runner to cross for the Commodores, finishing 88th at 26:48.90. Nick French (91st at 26:56.30) and Matthew Cleveland (97th at 27:16.90) were fourth and fifth for Vanderbilt. Andrew Bachman (27:21.90), Nikolaos Gkotsis (27:46.20), Dan Henderson (29:41.60), Andrew Fix (29:51.80) and Sam DeFabrizio rounded out the Commodore representatives.

WOMEN'S FINAL STANDINGS

- | | |
|-------------------------|---------------------|
| 1. Arkansas 32 | 8. Kentucky 215 |
| 2. Vanderbilt 85 | 9. Auburn 217 |
| 3. Alabama 140 | 10. Georgia 222 |
| 4. Missouri 142 | 11. Tennessee 274 |
| 5. Miss. State 171 | 12. Mississippi 275 |
| 6. Texas A&M 187 | 13. S. Carolina 348 |
| 7. Florida 201 | 14. LSU 385 |

MEN'S FINAL STANDINGS

- | | |
|-------------------|---------------------------|
| 1. Arkansas 54 | 8. Texas A&M 207 |
| 2. Mississippi 60 | 9. Miss. State 249 |
| 3. Auburn 77 | 10. Florida 251 |
| 4. Missouri 87 | 11. Georgia 255 |
| 5. Kentucky 120 | 12. Vanderbilt 357 |
| 6. Alabama 195 | 13. LSU 361 |
| 7. Tennessee 205 | |



2014 CROSS COUNTRY RECAPS

NCAA SOUTH REGIONALS

November 14, 2014 ★ Tallahassee, Fla.

VU WOMEN: FIRST • VU MEN: 19th



COMMODORES WIN REGION TITLE

Vanderbilt stuns two-time defending champ FSU for first-ever South championship

TALLAHASSEE, Fla. -- The cross-country Commodores not only have a number attached to their name, but now they also have a label: Region Champions. Placing three runners among the top-10 and five among the top-15, the No. 16-ranked Vanderbilt women won the NCAA South Region championship on Friday morning in Tallahassee, Fla. The Commodores finished with 53 points to nip second-place Florida State by one point. It was Vanderbilt's first region championship in the program's history, and assured the Commodores of their fourth straight trip to the NCAA Championships, which will take place on Nov. 22 in Terre Haute, Ind. "It was fun to watch the girls celebrate," said head coach Steve Keith. "They've worked really hard for the past 12-14 weeks, and it was great to see them come out and compete the way they did today." Senior Claire Benjamin was Vanderbilt's top finisher, taking sixth place with a personal-best time of 19:53.50 while extending her postseason surge. Benjamin, who joined the team as a walk-on during her freshman season, was Vanderbilt's No. 2 finisher (and 13th overall) at the SEC Championships two weeks ago. "Claire is an amazing individual," said assistant coach Rhonda Riley. "She is just such a humble person, and to see her come out today and finish like she did is just awesome. She ran the race of her life." Vanderbilt's Sara Barron (19:59.40) and Carmen Carlos (19:59.60) took ninth and 10th place, respectively, and Katherine Delaney (13th, 20:05.50) and Amira Joseph (14th, 20:15.10) completed the Commodores' top-five. All five earned All-Region honors. Vanderbilt, which has successfully used a group-running plan throughout the season, once again showed the power of the pack. The Commodores' top five had an impressive spread of just 22 seconds, which enabled them to pull off the upset of traditional region power Florida State. "The girls really ran a beautiful race," said assistant coach Rhonda Riley. "The pack-running really came through today. And in a race where things were so tight, the fact that our girls finished so close together was the difference." Florida State's Colleen Quigley won the race at 19:17.00. Tennessee's Chelsea Blaase was second at 19:26.20 and Mississippi State's Rhianwedd was third at 19:37.20. For Vanderbilt, Rebecca Chandler took 31st at 20:37.50 and Vanessa Valentine was 41st at 20:44.60. Almost immediately after the race ended, the Commodores began to sense that they had captured the championship. Standing at the finish line, Keith was keeping track of the Vanderbilt runners and the FSU runners by writing the finishing order down on the palm of his hand. "It's an old-fashion SmartPhone," he joked. Soon, the results became official, and the Commodores had their first Region Championship. "The girls are just enjoying the moment," said Riley. "We all are."

VANDERBILT MEN: John Ewing took 46th place with a time of 31:39.50 as the Vanderbilt men's cross country team earned a 19th-place finish at Friday's NCAA South Region Championship. Nick French was Vanderbilt's next runner, finishing 94th at 32:29.70. Also representing Vanderbilt were: Sam Reilly (115th at 32:59.70), Jake Van Geffen (131st at 33:49.20), Andrew Bachman (139th at 34:12.80), Matthew Cleveland (144th at 34:31.20) and Andrew Fix (156th at 35:19.10).



2014 CROSS COUNTRY RECAPS

NCAA CHAMPIONSHIPS

November 22, 2014 ★ Terre Haute, Ind.

VU WOMEN: 28th

VANDERBILT FINISHES 28th AT NATIONALS

TERRE HAUTE, Ind. -- Closing out a historic season, the No. 12-ranked Vanderbilt women's cross country team finished 28th at the NCAA Championships on Saturday at the Wasbath Valley Family Sports Center in Terre Haute, Indiana. The race represented the fourth straight appearance in the Championships for the Commodores, who captured the NCAA South Region title last week for the first time in the program's history. "Today was a tough day," said head coach Steve Keith, "but it certainly doesn't detract from the things we've accomplished this season. We've had a fantastic year, and have something we can really build on. We are a young program, and we are still learning how to follow through in terms of the success we had going into the race." Michigan State won the NCAA title with 85 points, followed by Iowa State (147) and New Mexico (188). Kate Avery, of Iona, was the individual champion with a time of 19:31.60. Sophomore Carmen Carlos was the Commodores' top finisher, posting a time of 21:16.60. Two Vanderbilt seniors -- Claire Benjamin and Amira Joseph -- were the next two Commodores across the line. Benjamin finished at 21:43.30 and Joseph, who was competing at nationals for the fourth consecutive year, posted a time of 21:43.30. Junior Sara Barron (21:44.20) and senior Rebecca Chandler (21:47.10) rounded out the top-5 for the Commodores. Also representing Vanderbilt were: senior Katherine Delaney (21:50.30) and junior Vanessa Valentine (22:38.30). "I am very proud of our team, and very proud of the season we have had," said assistant coach Rhonda Riley. "The girls have fought hard all year to get here. Today was a good learning experience. And to finish 28th in the country -- out of the 300 or so schools that have cross country teams -- is a big accomplishment."

Saturday was the final career race for Vanderbilt's seniors, who played a huge role in helping the program develop into a national force over the past few seasons. "I am really proud of our seniors," said Keith. "They went out well today, and they have meant so much to our program." The Commodores came into the race looking to add another entry to their historic postseason run. The surge included knocking off four-time defending region champion Florida State by one point at last week's South Region race, along with a second-place finish at the SEC Championships that marked the second-highest finish in program history (ranking behind only Vanderbilt's 2011 SEC Champion team). But the momentum didn't spill over into Saturday as much as the Commodores had hoped. "The margin of error at this race is very slim," said Keith, "and that's the lesson that we will take from today. We weren't able to get out in the 2K, and we needed to be a little more aggressive. In this setting, you have to have your own GPS in your mind in terms of where you are in the field. But that's just part of the learning process." Vanderbilt will take away plenty of highlights from the 2014-15 season, including tying for ninth place at the adidas Invitational in Wisconsin by finishing in front of 10 teams that were ranked ahead of them in the USTFCCCA poll. Also, the Commodores captured titles at the Belmont Opener and the Commodore Classic, and finished eighth at the Roy Griak Invitational while setting the stage for the impressive postseason run. Keith said the team's fourth straight appearance in the Championships was another huge step in the right direction for a program that had never qualified for nationals before 2011. "We will use this season as another stepping stone in the process," said Keith, "and pick up here next season."



VANDERBILT RESULTS

113 - Carmen Carlos, So.	21:16.6
127 - Claire Benjamin, Sr.	21:24.7
173 - Amira Joseph, Sr.	21:43.3
175 - Sara Barron, Jr.	21:44.2
182 - Rebecca Chandler, Sr.	21:47.1
190 - Katherine Delaney, Jr.	21:50.3
233 - Vanessa Valentine, Jr.	22:38.3





CROSS COUNTRY INDIVIDUAL RESULTS

EMMA ABRAHAMSON

Freshman ★ Carlsbad, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	6k	21:06.0	37
10-17-14	Wisconsin Adidas Invitational	6k	21:37	17
09-27-14	Roy Griak Invitational	6k	23:00.3	96
09-13-14	Commodore Classic	5k	17:27.76	13
08-29-14	Belmont Opener	5k	18:09.31	14

REAGAN ANDERSON

Sophomore ★ Wilmington, Del.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	6k	21:17.1	43
10-17-14	Wisconsin Adidas Invitational	6k	21:40	20
09-27-14	Roy Griak Invitational	6k	22:33.8	63
09-13-14	Commodore Classic	5k	17:43.84	21
08-29-14	Belmont Opener	5k	18:00.70	5
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

Junior ★ Oakland, Mich.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:44.2	175
11-14-14	NCAA South Regional	5.875k	19:59.4	9
10-31-14	SEC Championships	6k	20:34.6	14
10-17-14	Wisconsin Adidas Invitational	6k	21:15	108
09-27-14	Roy Griak Invitational	6k	22:15.2	40
09-13-14	Commodore Classic	5k	17:17.5	4
08-29-14	Belmont Opener	5k	18:02.39	6
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

Senior ★ Richmond, Va.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:24.7	127
11-14-14	NCAA South Regional	5.875k	19:53.5	6
10-31-14	SEC Championships	6k	20:33.8	13
10-17-14	Wisconsin Adidas Invitational	6k	20:54	73
09-27-14	Roy Griak Invitational	6k	22:58.0	92
09-13-14	Commodore Classic	5k	17:21.5	5
08-29-14	Belmont Opener	5k	18:08.51	12
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

Sophomore ★ Mobile, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:16.6	113
11-14-14	NCAA South Regional	5.875k	19:59.6	10
10-31-14	SEC Championships	6k	20:53.5	27
10-17-14	Wisconsin Adidas Invitational	6k	20:40	45
09-27-14	Roy Griak Invitational	6k	22:27.1	56
09-13-14	Commodore Classic	5k	17:15.4	3
08-29-14	Belmont Opener	5k	17:54.47	4
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

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

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:47.1	182
11-14-14	NCAA South Regional	5.875k	20:37.5	31
10-31-14	SEC Championships	6k	20:56.4	29
10-17-14	Wisconsin Adidas Invitational	6k	22:07	202
09-27-14	Roy Griak Invitational	6k	22:51.7	85
09-13-14	Commodore Classic	5k	17:28.42	14
08-29-14	Belmont Opener	5k	18:02.75	8
11-23-13	NCAA Championship	6k	21:47.60	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

MADDIE CRISCIONE

Freshman ★ Park City, Utah.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-17-14	Wisconsin Adidas Invitational	6k	21:40	21
09-27-14	Roy Griak Invitational	6k	23:29.5	135
09-13-14	Commodore Classic	5k	DNF	--
08-29-14	Belmont Opener	5k	18:17.45	17



CROSS COUNTRY INDIVIDUAL RESULTS

KATHERINE DELANEY

Senior ★ Laguna Niguel, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:50.3	190
11-14-14	NCAA South Regional	5.875k	20:05.5	13
10-31-14	SEC Championships	6k	20:10.1	9
10-17-14	Wisconsin Adidas Invitational	6k	20:52	71
09-27-14	Roy Griak Invitational	6k	22:56.5	90
09-13-14	Commodore Classic	5k	17:22.0	7
08-29-14	Belmont Opener	5k	17:40.42	2
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

MEGAN HUEBNER

Freshman ★ La Quinta, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-17-14	Wisconsin Adidas Invitational	6k	23:00	80
09-27-14	Roy Griak Invitational	6k	23:00.1	95
09-13-14	Commodore Classic	5k	17:48.2	25
08-29-14	Belmont Opener	5k	18:09.72	15



CROSS COUNTRY INDIVIDUAL RESULTS

AMIRA JOSEPH

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

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	21:43.3	173
11-14-14	NCAA South Regional	5.875k	20:15.1	14
10-31-14	SEC Championships	6k	20:45.5	22
10-17-14	Wisconsin Adidas Invitational	6k	21:05	89
09-27-14	Roy Griak Invitational	6k	22:09.1	34
09-13-14	Commodore Classic	5k	17:21.6	6
08-29-14	Belmont Opener	5k	18:09.04	13
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-Junior ★ Chattanooga, Tenn. ★ 2012 SEC Freshman of the Year ★ 2012 First Team All-SEC

DATE	MEET	EVENT	TIME/MARK	PLACE
10-17-14	Wisconsin Adidas Invitational	6k	21:53	31
09-27-14	Roy Griak Invitational	6k	23:29.8	136
09-13-14	Commodore Classic	5k	17:52.05	27
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



CROSS COUNTRY INDIVIDUAL RESULTS

COURTNEY KRIEGSHAUSER

Sophomore ★ Southlake, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
10-17-14	Wisconsin Adidas Invitational	6k	23:07	87
09-27-14	Roy Griak Invitational	6k	24:09.6	199
09-13-14	Commodore Classic	5k	18:20.28	49
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

GRACE ORDERS

Senior ★ 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

VANESSA VALENTINE

Junior ★ Melbourne, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-22-14	NCAA Nationals	6k	22:38.3	233
11-14-14	NCAA South Regional	5.875k	20:44.6	41
09-27-14	Roy Griak Invitational	6k	22:30.4	61
09-13-14	Commodore Classic	5k	17:27.16	11
08-29-14	Belmont Opener	5k	18:02.58	7
11-23-13	NCAA Championship	6k	22:14.3	216
11-15-13	NCAA South Regional	5.848k	20:57.21	30
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



CROSS COUNTRY INDIVIDUAL RESULTS

LILY WILLIAMS

Sophomore ★ Tallahassee, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	6k	21:20.7	45
09-27-14	Roy Griak Invitational	6k	22:23.2	51
09-13-14	Commodore Classic	5k	17:28.55	15
08-29-14	Belmont Opener	5k	17:51.13	3
11-23-13	NCAA Championshp	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

VANDERBILT MEN'S CROSS COUNTRY RESULTS

ANDREW BACHMAN

Senior ★ Cincinnati, Ohio

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	34:12.8	139
10-31-14	SEC Championships	8k	27:21.5	98
10-10-14	Florida State Invitational	8k	27:26.73	38
09-27-14	Roy Griak Invitational	8k	30:37.6	271
09-13-14	Commodore Classic	8k	27:18.50	125
08-29-14	Belmont Opener	5k	16:41.80	51
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 Championships	10k	33:47.1	130
10-26-12	SEC 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



CROSS COUNTRY INDIVIDUAL RESULTS

MATTHEW CLEVELAND

Senior ★ Danville, Ill.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	34:31.2	144
10-31-14	SEC Championships	8k	27:16.9	97
10-10-14	Florida State Invitational	8k	27:53.75	47
09-27-14	Roy Griak Invitational	8k	30:20.6	269
09-13-14	Commodore Classic	8k	27:25.86	130
08-29-14	Belmont Opener	5k	17:16.91	61
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 Championships	10k	32:51.2	88
10-26-12	SEC 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

SAM DEFABRIZIO

Freshman ★ Glen Gardner, N.J.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	8k	31:02.3	111
10-10-14	Florida State Invitational	8k	28:32.41	53
09-27-14	Roy Griak Invitational	8k	29:58.0	267
09-13-14	Commodore Classic	8k	27:53.73	152
08-29-14	Belmont Opener	5k	16:46.82	53



CROSS COUNTRY INDIVIDUAL RESULTS

JOHN EWING

Senior ★ Atlanta, Ga.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	31:39.5	46
10-31-14	SEC Championships	8k	25:55.4	55
10-10-14	Florida State Invitational	8k	26:18.68	16
09-13-14	Commodore Classic	8k	26:00.99	59
08-29-14	Belmont Opener	5k	16:08.69	37
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 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

Junior ★ Mountain Brook, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	35:19.1	156
10-31-14	SEC Championships	8k	29:51.8	110
10-10-14	Florida State Invitational	8k	27:15.24	34
09-27-14	Roy Griak Invitational	8k	28:11.2	230
09-13-14	Commodore Classic	8k	27:07.68	115
08-29-14	Belmont Opener	5k	16:32.90	49
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



CROSS COUNTRY INDIVIDUAL RESULTS

NICK FRENCH

Junior ★ Boca Raton, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	32:29.7	94
10-31-14	SEC Championships	8k	26:56.3	91
10-10-14	Florida State Invitational	8k	25:52.64	10
09-27-14	Roy Griak Invitational	8k	27:40.1	197
09-13-14	Commodore Classic	8k	26:15.28	70
08-29-14	Belmont Opener	5k	15:58.11	29
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 Championships	10k	33:37.7	123
10-26-12	SEC 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

NIKOLAOS GKOTSIS

SOPHOMORE ★ Athens, Greece

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	8k	27:46.2	104
10-10-14	Florida State Invitational	8k	27:47.33	44
09-13-14	Commodore Classic	8k	27:52.38	151
08-29-14	Belmont Opener	5k	16:31.36	46

DAN HENDERSON

Senior ★ The Woodlands, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
10-31-14	SEC Championships	8k	29:41.6	109
09-27-14	Roy Griak Invitational	8k	31:59.0	277
09-13-14	Commodore Classic	8k	28:57.81	184
08-29-14	Belmont Opener	5k	18:20.27	73
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



CROSS COUNTRY INDIVIDUAL RESULTS

SAM REILLY

Junior ★ Milton, Ga.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	32:59.7	115
10-31-14	SEC Championships	8k	26:48.9	88
10-10-14	Florida State Invitational	8k	26:43.74	27
09-27-14	Roy Griak Invitational	8k	28:45.4	252
09-13-14	Commodore Classic	8k	DNF	--
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

Sophomore ★ Birmingham, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-14-14	NCAA South Regional	9.981k	33:49.2	131
10-31-14	SEC Championships	8k	26:08.7	66
10-10-14	Florida State Invitational	8k	26:37.67	25
09-27-14	Roy Griak Invitational	8k	28:15.1	235
09-13-14	Commodore Classic	8k	26:15.87	71
08-29-14	Belmont Opener	5k	16:08.81	38
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

2013 ★ 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.

"You can't create a legacy overnight," said Keith. "We have the depth and talent going forward to keep competing on this national stage. The team see's the ability and potential of growth for the program so we're excited."

VANDERBILT RESULTS

Team	Scoring	Name	Time
1	92	Liz Anderson	21:16
2	169	Rebecca Chandler	21:47
3	178	Amira Joseph	21:53
4	189	Lily Williams	21:57
5	210	Carmen Carlos	22:12
6	(216)	Vanessa Valentine	22:14
7	(242)	Claire Benjamin	22:49

2012 ★ 27th

LOUISVILLE, Ky. -- The Vanderbilt women's cross country team placed 27th at the NCAA Division I Women's Cross Country Championships on 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 ★ 6th

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.

Then, 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 positioning 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



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.



INDOOR

VANDERBILT

TRACK & FIELD

SIMONE CHARLEY

**Junior
Triple Jumper**

Two-Time First Team
All-American

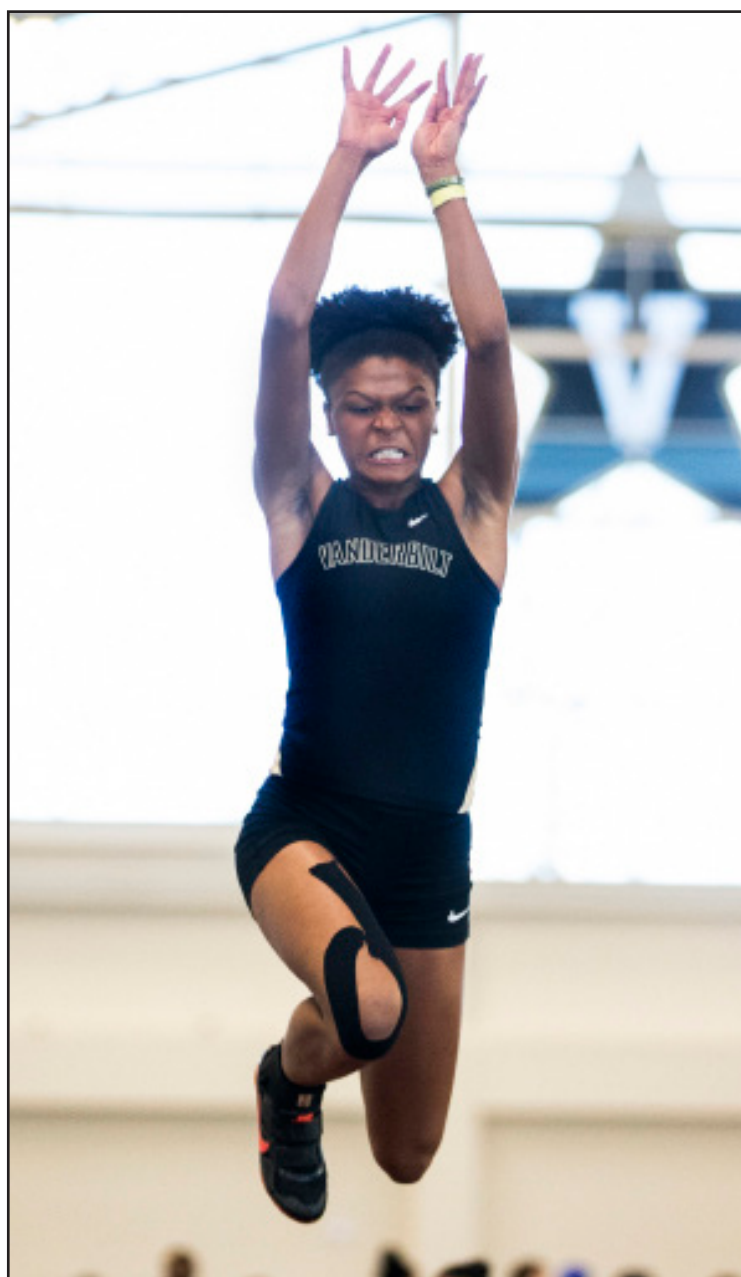
*School record holder
for indoor & outdoor*

2014 USTFCCA
All-Academic Team

*Third place finisher at
2015 NCAA Outdoor
Championships*

Fourth place finisher
at 2015 NCAA Indoor
Championships

*All-SEC player for the
VU soccer team*





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
7.74	Janetra Gleaves	2015
7.82	Teegan Hill	2009
7.82	Andrea Andrews	2002
7.87	Andrea Rosemond	2005
7.89	Laurn Smith	2007
7.91	Jennifer Cannon	2013
7.92	Amanda Mullins-Hall	2003

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
8.52	Janetra Gleaves	2015
8.55	Jennifer Cannon	2014
8.72	Faith Washington	2013
8.74	Cherice Robertson	2007
8.94	Sarah Goodale	2015
8.94	Josie Hahn	2004
8.99	Skyler Carpenter	2013
9.01	Garnetta Holloway	2006
9.06	Meghan Murphy	2007

200 METERS

23.99	Ryan Tolbert	1998
24.58	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
25.08	Erin Edmond	2015
25.30	Julie Walk	1999

300 METERS

39.86	Faith Washington	2014
40.96	Erin Edmond	2014

400 METERS

52.75	Ryan Tolbert	1996
54.00	Jennifer Edobi	2015
54.63	Faith Washington	2015
54.78	Erin Edmond	2015
55.72	Amanda Helberg	1998
55.73	Teegan Hill	2009
55.85	Courtney Clayton	2015
56.18	Michele Baskin	1998
56.66	Hope McIntosh	1999
56.73	Autumn Smith	2002

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
1:31.70	Jennifer Edobi	2015
1:31.72	Skyler Carpenter	2015
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

2:05.26	Courtney Clayton	2015
2:07.54	Michele Baskin	1998
2:07.60	Courtney Clayton	2014
2:08.72	Stacey Carpenter	1998
2:08.86	Amanda Helberg	2000
2:08.92	Skyler Carpenter	2015
2:09.73	Cicely Campbell	2001
2:09.77	Sara Barron	2015
2:10.68	Shannon Hansen	2000
2:11.18	Kat Delaney	2014
2:11.19	Kristen Findley	2012



INDOOR TRACK TOP-10 LIST

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

MILE

4:43.00	Sara Barron	2015
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
4:48.26	Carmen Carlos	2015
4:49.76	Kristen Findley	2013
4:50.48	Whitney Spannuth	1994
4:51.29	Ashleigh Wetzel	2004

3,000 METERS

9:21.05	Liz Anderson	2014
9:32.00	Jordan White	2012
9:35.96	Louise Hannallah	2012
9:37.10	Vanessa Valentine	2015
9:37.14	Rita Jorgensen	2009
9:39.07	Erika Schneble	2007
9:40.35	Carmen Carlos	2015
9:40.43	Amy Huss	2006
9:40.45	Hannah Jumper	2013
9:41.22	Carmen Mims	2007

5,000 METERS

16:14.30	Liz Anderson	2014
16:32.06	Erika Schneble	2004
16:39.40	Louise Hannallah	2012
16:44.34	Claire Benjamin	2015
16:57.82	Beth Tallent	1991
16:58.52	Jordan White	2013
17:00.16	Allie Scalf	2012
17:00:68	Beth VanDusen	2000
17:01.81	Vanessa Valentine	2015
17:13.74	Amira Joseph	2013

4x400 METER RELAY

3:36.73	H McIntosh, A Helberg	1998
	M Baskin, R Tolbert	
3:37.95	J Edobi, S Carpenter	2015
	C Clayton, E Edmond	
3:38.54	J Walk, M Basking	1998
	R Tolbert, A Helberg	
3:38.98	J Edobi, F Washington	2015
	C Clayton, E Edmond	
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	

DISTANCE MEDLEY RELAY

11:19.34	C Clayton, J Edobi	2015
	S Carpenter, S Barron	
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	
11:34.10	S Carpenter, R Tolbert	1997
	K Elliot, W Spannuth	
11:34.84	R Anderson, S Carpenter	2015
	K Delaney, C Carlos	
11:35.72	K Findley, S Carpenter	2013
	S Barron, H Jumper	
11:37.13	S Barron, S Carpenter	2015
	C Carlos, V Valentine	



INDOOR TRACK TOP-10 LIST/HISTORY

4x800 METER RELAY

9:04.70	R Anderson, M Criscione	2015
	M Huebner, S Barron	

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	Megan McCabe	2015
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

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

43' 5¼	Simone Charley	2014
41' 9½	Christina Penn	1996
40'0	Tierney Price	2015
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' 3¾	Deanna Morelli	2007

PENTHATHLON

4064	Josie Hahn	2004
3832	Garnetta Holloway	2007
3825	Sarah Goodale	2015
3771	Jennifer Cannon	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 02/28/15



INDOOR TRACK & FIELD RECAPS

MUSIC CITY INVITATIONAL

December 4, 2014 ★ Nashville, Tenn.

NASHVILLE, Tenn. -- Competing in their first meet of the season, the Vanderbilt women's track team developed a rhythm at the Music City Invitational. And they did so at an upbeat tempo. Led by outstanding performances from freshman Jennifer Edobi, junior Skyler Carpenter, senior Janetra Gleaves and several others, the Commodores delivered an impressive performance at their home facility despite operating with a roster that was thinned by injuries and illness. Edobi, making her Commodore debut, provided one of the night's biggest highlights by winning the 400 with a time of 54.00, which ranks as the second-best mark on Vanderbilt's all-time performers list. Erin Edmond finished directly behind Edobi in second place with a time of 55.23. It was a new PR for Edmond, and represented the third-best mark on VU's all-time list. Carpenter added another one of the Invitational's most memorable moments when she blasted to a victory in the 600 with a career-best time of 1:31.72. The time moved Carpenter up to No. 2 on VU's all-time list in that event. Also shining for Vanderbilt were Tierney Price and Gleaves, who each had strong showings in multiple events. Gleaves took second in the 60-meter hurdles with a time of 8.64, and finished fourth in the 200 with a time of 25.69. Gleaves' time in the 60m hurdles was a career best and represented the third-best mark on the VU all-time performers list. Price, meanwhile, finished third in the triple jump with a mark of 39-6 -- which ranks No. 3 on VU's all-time list -- and took 12th in the 200 at 26.48. The Commodores, as expected, had an impressive showing in the pole vault. Sophomore Sarah Bell, who is coming off a record-setting freshman season, cleared 12-9.50 to take second place, and Vanderbilt teammates Katie Wells and Megan McCabe tied for ninth by clearing 10-4.0. McCabe, a freshman, notched the 10th-best mark on VU's all-time list. (Watts ranks 8th on the list with a mark of 10-11.75 that she set last season). Sarah Goodale, one of the most versatile athletes on the roster, finished 15th in the 200 (at 26.53) and was 17th in the 60m hurdles (9.13).

COMMODORE INVITATIONAL

January 16-17, 2015 ★ Nashville, Tenn.

DAY ONE

NASHVILLE, Tenn. -- Competing for the first time in 2015 -- and debuting the new additions to their indoor facility -- the Vanderbilt track team hosted the opening day of the two-day Commodore Invitational on Friday night. Several of Vanderbilt's in-state rivals are participating in the meet, along with a solid collection of schools from around the country. The Invitational, which resumes on Saturday at 11 a.m., is the first action for the Commodores since returning from the Christmas break. "This is a classic bust-the-rust situation for our team," said head coach Steve Keith. "Right now, it's all about developing a rhythm and finding a form -- and those things only come when you have a couple of meets under your belt. So that's what we are striving for." Ellie Tidman finished second in the high jump (5-05.25) and Sarah Goodale took sixth (5-01.25) for the Commodores, who will have a large group of athletes in action during Saturday's full-slate of events. "We are really using this weekend's meet to get into the routine of competing," said Vanderbilt's Tierney Price. "We're focused on the meets at the end of the season, and we are using these (early-season) meets as training for what's ahead." Keith said Friday's action -- which featured a third-place finish by Vanderbilt's 4x800 relay team (9:04.70) -- was another great opportunity to introduce the Commodores' indoor facility to a host of first-time visitors. "It's a great facility, and everyone that comes here seems to love it," said Keith. "We keep upgrading each year, and we are excited about getting to host meets like this one and the bigger ones ahead." Price said that the scheduling of this weekend's meet was ideal, as it allowed the Commodores to get back in routine of balancing their academic responsibilities while also maintaining their competitive fire. "It was nice to have a couple of weeks of classes (after the Christmas break) before having this meet," she said. "We all worked out on our own during the break, but that's still not the same as having your coaches and teammates working with you. So it was great to have a couple of weeks of preparation before competing this weekend."

DAY TWO

Vanderbilt got its 2015 indoor season off to a hot start at home Saturday as the team wrapped up competition at the Commodore Invitational by setting two school records and numerous personal bests. Taking advantage of the school's new Multipurpose Facility, which opened last year, Vanderbilt held its first of two straight weekend home meets inside the facility. The Commodores set a school record in the 4x800 relay over the weekend. Vanderbilt's relay team of Reagan Anderson, Sara Barron, Megan Huebner and Maddie Criscione ran a 9:04.70 to set the new indoor record. In the pole vault, sophomore Sarah Bell, who set the school record at 4.12 in 2014, cleared 4.05 meters this weekend. Vanderbilt notched first-place finishes in the 3000-meter run, mile run and 4x400 relay. Barron and Claire Benjamin finished first and second, respectively, in the 3000-meter run. Barron ran a time of 9:45.25, while Benjamin finished at 9:51.84. Courtney Clayton won the mile run with a time of 4:53.94. Carmen Carlos placed third with a time of 4:57.75. In the sprints, Janetra Gleaves finished second in the 60-meter hurdles with a time of 8.52 and was fourth in the 200-meter dash. Finishing ahead of Gleaves in the 200 was Faith Washington who placed second with a time of 25.12. Jennifer Edobi and Erin Edmond placed second and third, respectively, in the 400-meter dash with times of 54.43 and 55.90. Vanderbilt also had success in the 4x400 with the team of Edobi, Washington, Courtney Clayton and Edmond finishing first with a time of 3:38.98. It was the third-fastest time in school history.



INDOOR TRACK & FIELD RECAPS

VANDERBILT INDOOR INVITATIONAL

January 23-24, 2015 ★ Nashville, Tenn.

DAY ONE

NASHVILLE -- The Vanderbilt track and field team is obviously determined to make the alumni proud this weekend. Fueled by impressive efforts from Claire Benjamin, Sarah Goodale and the distance medley relay team, the Commodores got off to a strong start on Friday night during the opening day of the two-day Vanderbilt Invitational. The performance by the Commodores came in front of several Vanderbilt alumni who have returned to campus this weekend. Many additional alumni are scheduled to attend the meet on Saturday, and the group will be recognized at 12:55 p.m. This weekend's meet, which resumes on Saturday at 10:30 a.m., has brought roughly 700 athletes -- representing 15 women's teams and 14 men's teams -- to Vanderbilt's indoor facility. Goodale set the tone for the Commodores on Friday afternoon by earning a second-place finish in the pentathlon. She compiled a career-best 3,825 points -- the third-highest mark on Vanderbilt's all-time performance list -- while setting new personal records in the shot put (10.63m), 60-hurdles (8.97) and 800 (2:16.39). Later on Friday, Vanderbilt's distance medley team -- comprised of Sarah Barron, Skyler Carpenter, Carmen Carlos and Vanessa Valentine -- took first place with a time of 11:37.13, the eighth best mark on VU's all-time performance list. Benjamin then capped the day by capturing first place in the 5,000-meter run with a personal-best time of 16:53.34. The senior, who is coming off an outstanding cross-country season, set the fourth-best time on the Commodores' all-time list. Two of Benjamin's teammates also earned spots among the top-12 in the 5,000-meter event. Rebecca Chandler took 10th with a time of 17:19.73 and Amira Joseph was 12th at 17:29.17. Ellie Tidman was ninth in the high jump, clearing 1.61. On the men's side, Vanderbilt's Nick French took 11th in the 5,000-meter run with a time of 15:10.79. Also running for the Commodores were Jake Geffen (19th at 15:30.16), Sam Reilly (20th at 15:33.84 and John Ewing (21st at 15:41.31).

DAY TWO

The final numbers were impressive for the Vanderbilt track team at this weekend's Vanderbilt Invitational. More than a dozen Commodores earned spots among the top-10 in their respective events, including multiple first-place finishes -- and one new school record set by Simone Charley -- during the two-day meet at the Vanderbilt indoor complex. "We took a lot of steps in the right direction during this meet," said head coach Steve Keith. "It's the type of progress you want to see at this stage of the season." The solid showing by the Commodores came in front of a large collection of Vanderbilt alumni who attend the meet this weekend. It was Vanderbilt's third and final home meet of the indoor season. Charley, a sophomore standout, delivered her record-setting leap in the triple jump with a mark of 12.94m (42' 5.50) while capturing first place in the event. Her distance also represented the best mark in the facility's two-year history. Charley -- who is a star on the Vanderbilt soccer team -- earned All-American Second Team honors during the outdoor season last spring. She hit the winning mark during Saturday's event on the fourth of six attempts. "It's always great to see a new school record," said Keith, "and this one puts her pretty high on the national list, too." Other highlights for Vanderbilt during Saturday's action included a third-place finish by Sara Barron in the mile with a time of 4:47.42, along with a pair of top-five finishes by Commodore teammates Jennifer Edobi and Faith Washinton in the 400. Edobi, a freshman, took third at 54.85 and Washington was fifth at 55.72. Numerous other Vanderbilt athletes notched Top-10 finishes during the day, including Janetra Gleaves, who earned a spot in the finals of the 60-hurdles and finished sixth overall with a time of 8.59. The Commodores were especially strong in the 400, with three finishers among the top-8. In addition to Edobi's third-place finish, Faith Washington took fifth at 55.72 and Courtney Clayton was eighth at 56.24. In the 800, Reagan Anderson (2:14.93) and Maddie Criscione (2:15.81) finished eighth and 10th, respectively, and in the 3,000-meter run, Carmen Carlos took sixth at 9:40.35 and Vanessa Valentine was seventh at 9:41.47.

MEYO INVITATIONAL: NOTRE DAME

Feb. 6-7, 2015 ★ South Bend, Ind.

DAY ONE

SOUTH BEND, Ind. -- Performing on the road for the first time this season, the Vanderbilt track and field team had a strong showing on the opening day of the Meyo Invitational hosted by Notre Dame University. Ellie Tidman, Jennifer Edobi and Claire Benjamin each earned Top-10 finishes in their respective events for the Commodores, who will be back in action on Saturday for the final day of the Invitational. "All in all, it was a good day at the office," said head coach Steve Keith. "We had several nice PRs today, and we were pretty pleased with our efforts overall. We have a long, full day ahead of us (Saturday), and our athletes know that they will have another great opportunity ahead them." Edobi provided one of Friday's biggest highlights when she took fourth place in the 600 with a time of 1:31.70 -- the second-best mark on Vanderbilt's all-time performer's list. Tidman was fourth in the high jump at 1.67m, and Benjamin took ninth in the 5000 meter run with a time of 16:57.19. Vanessa Valentine finished 12th in the 5000 with a time of 17:01.81, which shattered her previous best by 22 seconds and represented the eighth-best time on VU's all-time performer's list. Faith Washington set a new personal record with a time of 24.58 in the 200, the second-best time on the VU all-time list, and Erin Edmond narrowly missed a PR in the same event, finishing at 25.09. (Edmonds' PR is 25.08, set earlier this season). Vanderbilt's Janetra Gleaves earned a spot in the 60-meter hurdles semifinals after a ninth-place finish in the preliminaries. She posted time of 8.64 in the prelims, and 8.60 in the semifinals.



INDOOR TRACK & FIELD RECAPS

Early in the day, Sarah Goodale ran a personal-best time of 1:35.72 in the 600 to help set the tone for the Commodores, who are one of roughly 50 teams participating in the massive meet that features close to 1,000 participants. The Commodores, who were idle last weekend, hosted back-to-back meets their indoor complex in January, and Keith said this weekend's road trip has presented some new wrinkles for the team. "There's always a challenge to traveling," said Keith. "And to be honest, I wouldn't mind be at home this weekend, hosting another meet. We got used to that pretty fast."

DAY TWO

The Vanderbilt track and field team followed up a good performance on Friday with an even better one on Saturday. Competing against roughly 50 other schools and clubs at the Meyo Invitational, the Commodores posted a long list of top-tier finishes while setting two new school records and tying another on the final day of the two-event hosted by Notre Dame. "I feel like we really came here and represented Vanderbilt well," said head coach Steve Keith. "We felt like we were in good shape to do that and it was nice to see us follow through like we did." Courtney Clayton set a new Vanderbilt record in the 800 with a time of 2:05.71, and Sara Barron set a new school mark in the mile with a time of 4:43:00. Simone Charley tied her own school record, which she set earlier this season, with a leap of 12.94m in the triple jump. All three Vanderbilt standouts earned top-5 finishes in their respective event, with Charley taking third, Clayton earning fourth and Barron finishing fifth. Vanderbilt head coach Steve Keith was obviously pleased with the performances, and said Clayton's effort in the 800 was the culmination of the positive strides she has made. "It was a great race for Courtney, and it puts her on the national list," said Keith about the Roscoe, Ill., native. "She had several friends and family members here, and I am sure that was a little extra motivation. But really, everything had been coming together for her recently." Keith said Barron, who is from Oakland, Mich., also said some incentives: "She loves racing against Michigan and Notre Dame and those schools." Also shining for Vanderbilt was Erin Edmond, who set the No. 3 mark on the school's all-time performer's list in the 400 with a personal-best time of 54.99 while earning an 11th-place finish. Edmond was also a member of Vanderbilt's 4x400 relay team -- along with Skyler Carpenter, Clayton and Jennifer Edobi -- that took fifth place and set the No. 5 mark on VU's all-time list with a time of 3:41.57. Additional personal records that were set Saturday included: Megan Huebner in the 3000-meter with a time of 10:13.32, and Reagan Anderson, who had a two-second PR in the 800 with a time of 2:12.68. Carpenter tied her PR in the 800 with a time of 2:12. On Friday, Edobi provided one of the biggest highlights when she took fourth place in the 600 with a time of 1:31.70 -- the second-best mark on Vanderbilt's all-time performer's list. Ellie Tidman was fourth in the high jump at 1.67m, and Claire Benjamin took ninth in the 5000 meter run with a time of 16:57.19.

TYSON INVITATIONAL: ARKANSAS

Feb. 13-14, 2015 ★ Fayetteville, Ark.

DAY ONE

FAYETTEVILLE, Ark. -- The Vanderbilt track and field team produced a sizable list of personal records and earned multiple Top-10 finishes during the opening day of the Tyson Invitational hosted by Arkansas. The highlights included a third-place finish in the mile by Carmen Carlos, who posted a personal-best time of 4:48.26. It is the seventh-best mark on Vanderbilt's all-time performers list. Also shining on Friday was Sara Barron, who beat her previous best by more than two seconds in the 800, posting a time of 2:09.77 to finish seventh and set the sixth-best mark on VU's all-time list. Others who earned top-10 finishes in their respective event were Lily Williams, who took eighth in the 5000-meter run with a time of 17:52.32, and Reagan Anderson, who took 10th in the mile with a time of 4:55.64. In the 400, Vanderbilt had finishers among the top-40 -- Jennifer Edobi took 27th at 54.35 Faith Washington was 29th at 54.63, Erin Edmond was 32nd at 55.02 and Courtney Clayton was 40th at 55.85. Washington and Clayton each set new PRs in the event. Washington moved up to No. 3 on VU's all-time list and Clayton moved to seventh on the list. In the 800, Katherine Delaney was 25th at 2:13.31 and Skyler Carpenter was 28th at 2:13.91. Maddie Criscione set a new personal record in the mile with a time of 5:01.84, and teammate Megan Huebner was close behind at 5:05.24. The Vanderbilt duo finished 23rd and 27th, respectively. Janetra Gleaves posted a time of 8.75 in the 60-hurdles.

DAY TWO

The SEC Championships are quickly approaching -- and the members of the Vanderbilt track and field team showed this weekend that they are ready for it. Traveling to Fayetteville, Ark., for the Tyson Invitational, the Commodores collected a large number of the high finishes and personal records in their final full-scale tuneup before the SEC meet in two weeks. Simone Charley once again provided one of the biggest highlights by breaking her own school record in the triple jump with a mark of 43-1.50. Also, the Commodores' distance medley team captured first place with the ninth-best mark in school history, and Vanessa Valentine posted a Top-5 finish in the 3000 meter at 9:37.10. "We accomplished quite a bit this weekend," said head coach Steve Keith. "We wanted to see some individual improvements, and we did. All in all, it was a good effort from our team." The Commodores' 4x4 relay team posted a time of 3:37.95 -- the second-best time on Vanderbilt's all-time list and the best since 1998. Erin Edmond capped the performance with an outstanding effort as the anchor. The Vanderbilt splits were Jennifer Edobi 54.57, Skyler Carpenter 55.44, Courtney Clayton 54.04 and Edmond 53.92.



INDOOR TRACK & FIELD RECAPS

Vanderbilt's distance medley team -- comprised of Sara Barron, Emma Radan, Sarah Goodale and Carmen Carlos -- posted a time of 11:38.88 to win the event. Vanderbilt's DMR team will compete next weekend at Notre Dame, and Keith said this weekend's showing was an important performance. "Great job by that group," said Keith. "Carmen and Sara were doubling back from yesterday, so it was good to see them get two days of work." Charley, meanwhile, continued her outstanding sophomore season with her school-record setting leap that earned her a fourth-place finish against a stacked field of competitors. "It was great to see her come up here and perform in this environment," said Keith. "This improves her to the top seven or eight, right around in there, on the national list." Valentine took fourth in the 3000 -- and posted the fourth-best mark on VU's all-time list -- with her personal-best time of 9:37.10. "It was just a really strong effort by Vanessa," said Keith. "She came out and really ran a great race." Claire Benjamin also PR'ed in the 3K with a time of 9:49.29, and Ellie Tidman took seventh in the high jump (1.72m) to bolster the Commodores' overall efforts. "It's great to see the progress that Ellie is making," said Keith. "She had a good showing today, and had some great attempts at 5-9." Saturday's strong showing by the Commodores was a continuation of the good work that the team started on Friday. The opening-day highlights included Carmen Carlos posting a personal-best time of 4:48.26, which is the seventh-best mark on Vanderbilt's all-time performers list. Also shining on Friday was Barron, who beat her previous best by more than two seconds in the 800, posting a time of 2:09.77 to finish seventh and set the sixth-best mark on VU's all-time list. Others who earned top-10 finishes in their respective event were Lily Williams, who took eighth in the 5000-meter run with a time of 17:52.32, and Reagan Anderson, who took 10th in the mile with a time of 4:55.64.

SEC INDOOR CHAMPIONSHIPS

Feb. 27-28 ★ Lexington, Ky.

DAY ONE

LEXINGTON, Ky. -- The Vanderbilt track and field team opened action on Friday at the SEC Championships in Lexington, Ky., and had three athletes -- Courtney Clayton, Sara Barron and Skyler Carpenter -- qualify for the finals in their respective events. Clayton and Carpenter each produced big performances in the 800 preliminaries. Clayton won her heat with a time of 2:07.58 and Carpenter set a new PR with a time of 2:08.92. Barron qualified in the mile by taking second place in her heat with a time of 4:48.71. Jennifer Edbi took 12th in the 400 preliminaries with a time of 54.09, and Erin Edmond set a new PR -- and moved up to No. 4 on VU's all-time performance list -- with a time of 54.78.

DAY TWO

The goal of every team is to peak in the postseason. The Vanderbilt track and field team met that objective this weekend. With sophomores Simone Charley and Courtney Clayton helping lead the charge by setting new school records, the Commodores produced a total of seven scoring performances -- in six separate events -- at the SEC Indoor Championships at the University of Kentucky. Vanderbilt compiled 18.2 points during the two-day meet, which wrapped on Saturday at Nutter Field House. Charley earned All-SEC honors in the triple jump, finishing in third place -- and moving up to fifth on the national list -- by clearing 13.24m (43-5.25). Clayton finished fifth in the 800 at 2:05.26 to help cap the big weekend for the Commodores. "The team gave a great effort over the last couple of days and we (the coaches) are very proud," said Vanderbilt head coach Steve Keith. "This is far and away the toughest conference in the country and we represented ourselves well." The Florida men and Arkansas women -- who are both ranked No. 1 in the nation -- captured the SEC team titles. It was Florida's seventh championship in team history, and the fifth for the Arkansas women. Vanderbilt took 12th place, finishing only 2 1/2 points behind 11th-place Auburn and just 3 1/2 behind 10th-place Tennessee. "It was a good meet for us," said Keith. "We're tired, physically and mentally, but it's a good tired. The team really did leave it all out on the track." Charley continued to show why she is one of the premiere athletes in the nation with her third-place finish in the triple jump. The sophomore, who also stars for the Vanderbilt soccer team, broke her own school record by clearing 13.23 (43-5.0) on her second attempt on Saturday, and then topped that mark on her fourth attempt (43-5.25). She will compete in the national meet in two weeks. "Simone stepped up again," said Keith. "She has shown that she is one of the best triple jumpers in the country. She had a great series and can now look forward to the NCAA Championships." Clayton kept things rolling for the Commodores with her school-record performance in the 800. "Courtney is really learning what it takes to contend for a SEC title," said Keith. "Her mark puts her in the top 20 nationally." Skyler Carpenter also scored in the 800, capturing eighth place at 2:10.64. Sara Barron took seventh place, and scored two points, in the mile with a time of 4:46.53, and Ellie Tidman cleared 1.67 in the high jump to finish in a five-tie way for eighth and score 0.2 points for the Commodores. The weekend highlights for Vanderbilt also included Jennifer Edbi earning All-Freshman honors. Competing in the 400, she posted the besttime (54.09) among all freshmen and finished 12th overall. The Commodores capped their strong weekend by scoring points in both the distance medley and 4x400 relays. Vanderbilt's 4x4 team -- comprised of Erin Edmond, Courtney Clayton, Faith Washington and Edbi -- took sixth place with a time of 3:39.39. The Commodore DMR foursome of Carmen Carlos, Katherine Delaney, Reagan Anderson and Carpenter took seventh place with a time of 11:33.92, the fifth-best on VU's all-time list. "Both relays fought hard and gained valuable team points," said Keith. "The same is true for Sara in the mile, Skyler in the 800 and Ellie in the high jump." Claire Benjamin set a nine-second personal record in the 5000-meter run and earned 10th place with a time of 16:44.34, which ranks as the fourth-best mark on VU's all-time performer's list. Vanderbilt teammates Vanessa Valentine (17:03.20) and Liz Anderson (17:03.65) took 16th and 17th, respectively, in the 5000. "All in all, this was a very strong meet for the program," said Keith, "and it should set us up well for the outdoor season."



INDOOR TRACK & FIELD RECAPS

NCAA CHAMPIONSHIPS

March 14, 2015 ★ Fayetteville, Ark.

CHARLEY FLIES TO FOURTH PLACE

VU sophomore earns First Team All-American honors at NCAAs in Arkansas

By David Dawson
vucommodores.com.

FAYETTEVILLE, Ark. -- Vanderbilt sophomore Simone Charley didn't just rise to the occasion Saturday, she soared beyond it.

Delivering the latest remarkable performance of her record-breaking career, Charley captured fourth place in the triple jump at the NCAA Indoor Championships with a leap of 43-2.25 in Fayetteville, Ark. Charley earned First Team All-American honors with her jump and garnered five points for the Commodores while competing against the nation's Top-16 triple jumpers.

"It was a very exciting night for me," said Charley. "And it was satisfying to know that all the hard work that we put in paid off. I am so appreciative of all the hours that Coach Hump (assistant coach Clark Humphreys) has worked with me."

Florida senior Ciarra Brewer won Saturday's event with a leap of 45-11.75. Charley, who is also a standout on the Vanderbilt soccer team, finished third at the SEC Championships two weeks ago with a jump of 43-5.25 to break her own school record. She then followed that up with her terrific showing Saturday.

"She's had a fantastic season," said Vanderbilt head coach Steve Keith, "and it was great to see her follow through tonight like she did. (Humphreys) has done a great job working with her, and Simone has executed."

Charley hit her top mark on Saturday on her first attempt, and it carried her into the finals -- and ultimately, to her fourth-place finish. "She came out of the block -- to use a sprinter's phrase -- extremely well," said Humphreys. "She, along with some of the other girls, came out hot from the start. It was exciting to watch."

Charley said before the meet that she wasn't focused on where she placed; rather, she simply wanted to have a personally-satisfying performance. Obviously, that mind-set worked effectively. "I just feel so blessed to have had this opportunity," she said. "I believe that with God all things are possible."

Although Charley was competing at the Indoor Championships for the first time, she is making a habit of competing at national meets. She earned a spot at the NCAA Outdoor Championships last spring -- and produced a ninth-place finish. Charley also competed in the national Junior championships last summer, taking third place and setting a school record. "She is really developing," said Keith. "She has accomplished a lot already, and she has a great future out ahead of her. We look forward to having her contribute for us for years to come."

The soft-spoken and humble Charley said she tried to block out the added pressure of Saturday's intense environment. "There were definitely some extra nerves for me tonight," she said. "And it's hard trying to convince yourself that this is just another meet when you look around and see all those national championship banners hanging everywhere. But I really just tried to do my best."

Clark has been watching Charley deliver clutch performances since she first arrived at Vanderbilt, and he was not surprised that she delivered again. "One of the single hardest things for an athlete to do is to get hot at the right time," said Clark. "It's almost an art and a science in itself. But that's one of the things that makes Simone so special. She just thrives under pressure. ... This whole season has been a stair step for her, and she has continued to just keep progressing. And tonight, she came through again."

Thanks to Charley's five points, the Commodores finished in a tie for 38th in the team standings, which will benefit Vanderbilt in the Director's Cup at the end of the year. "It's gratifying to see us score points in indoor track," said Keith. "We scored in cross country, and now indoor, too. So hopefully we can also score in outdoor, and complete the triple crown, so to speak."



Vanderbilt's Simone Charley posted a mark of 43-2.25 at the NCAA Championships.



2014-15 INDOOR TRACK & FIELD TIMES/MARKS

60 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Gleaves, Janetra	SR	7.74	Vanderbilt Invitational	1/23/15
Price, Tierney	SO	8.04	Commodore Invitational	1/17/15
Price, Tierney	SO	8.08	Meyo Invitational	2/6/15
Price, Tierney	SO	8.12	Vanderbilt Invitational	1/23/15

200 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Washington, Faith	JR	24.58	Meyo Invitational	2/6/15
Edmond, Erin	SR	25.08	Vanderbilt Invitational	1/23/15
Edmond, Erin	SR	25.09	Meyo Invitational	2/6/15
Gleaves, Janetra	SR	25.41	Commodore Invitational	1/17/15
Gleaves, Janetra	SR	25.68	Vanderbilt Invitational	1/23/15
Gleaves, Janetra	SR	25.69	Music City Challenge	12/04/14
Goodale, Sarah	SO	26.18	Commodore Invitational	1/17/15
Price, Tierney	SO	26.48	Music City Challenge	12/04/14
Goodale, Sarah	SO	26.53	Music City Challenge	12/04/14

400 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Edobi, Jennifer	FR	54.00	Music City Challenge	12/04/14
Edobi, Jennifer	FR	54.09	SEC Championships	2/27/15
Edobi, Jennifer	FR	54.35	Tyson Invitational	2/13/15
Edobi, Jennifer	FR	54.43	Commodore Invitational	1/17/15
Washington, Faith	JR	54.63	Tyson Invitational	2/13/15
Edmond, Erin	FR	54.78	SEC Championships	2/27/15
Edobi, Jennifer	FR	54.85	Vanderbilt Invitational	1/23/15
Edmond, Erin	FR	54.99	Meyo Invitational	2/6/15
Edmond, Erin	SR	55.02	Tyson Invitational	2/13/15
Edmond, Erin	SR	55.23	Music City Challenge	12/04/14
Washington, Faith	JR	55.72	Vanderbilt Invitational	1/23/15
Clayton, Courtney	SO	55.85	Tyson Invitational	2/13/15
Edmond, Erin	FR	55.90	Commodore Invitational	1/17/15
Clayton, Courtney	SO	56.24	Vanderbilt Invitational	1/23/15
Washington, Faith	JR	56.48	SEC Championships	2/27/15
Radan, Emma	FR	57.95	SEC Championships	2/27/15
Radan, Emma	FR	59.22	Meyo Invitational	2/6/15
Radan, Tara	FR	59.49	Commodore Invitational	1/17/15



2014-15 INDOOR TRACK & FIELD TIMES/MARKS

600 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Carpenter, Skyler	JR	1:31.72	Music City Challenge	12/04/14

800 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Clayton, Courtney	SO	2:05.26	SEC Championships	2/28/15
Clayton, Courtney	SO	2:05.56	Meyo Invitational	2/6/15
Clayton, Courtney	SO	2:07.58	SEC Championships	2/27/15
Carpenter, Skyler	JR	2:08.92	SEC Championships	2/27/15
Barron, Sara	JR	2:09.77	Tyson Invitational	2/13/15
Carpenter, Skyler	JR	2:10.49	Meyo Invitational	2/6/15
Carpenter, Skyler	JR	2:10.64	SEC Championships	2/28/15
Anderson, Reagan	SO	2:12.68	Meyo Invitational	2/6/15
Delaney, Katherine	SR	2:13.31	Tyson Invitational	2/13/15
Anderson, Reagan	SO	2:13.64	SEC Championships	2/27/15
Delaney, Katherine	SR	2:13.74	SEC Championships	2/27/15
Carpenter, Skyler	JR	2:13.91	Tyson Invitational	2/13/15
Anderson, Reagan	SO	2:14.93	Vanderbilt Invitational	1/23/15
Criscione, Maddie	FR	2:15.81	Vanderbilt Invitational	1/23/15

MILE

ATHLETE	YEAR	TIME	MEET	MEET DATE
Barron, Sara	JR	4:43.00	Meyo Invitational	2/6/15
Barron, Sara	JR	4:46.53	SEC Championships	2/28/15
Barron, Sara	JR	4:47.42	Vanderbilt Invitational	1/23/15
Carlos, Carmen	SO	4:48.26	Tyson Invitational	2/13/15
Barron, Sara	JR	4:48.71	SEC Championships	2/27/15
Clayton, Courtney	SO	4:53.94	Commodore Invitational	1/17/15
Carlos, Carmen	SO	4:54.62	SEC Championships	2/27/15
Anderson, Reagan	SO	4:55.64	Tyson Invitational	2/13/15
Carlos, Carmen	SO	4:57.75	Commodore Invitational	1/17/15
Williams, Lily	JR	5:00.51	Commodore Invitational	1/17/15
Valentine, Vanessa	JR	5:00.52	Commodore Invitational	1/17/15
Criscione, Maddie	FR	5:01.23	SEC Championships	2/27/15
Criscione, Maddie	FR	5:01.84	Tyson Invitational	2/13/15
Huebner, Megan	FR	5:01.88	Vanderbilt Invitational	1/23/15
Huebner, Megan	FR	5:03.63	SEC Championships	2/27/15
Huebner, Megan	FR	5:05.24	Tyson Invitational	2/13/15
Criscione, Maddie	FR	5:09.36	Meyo Invitational	2/6/15
Criscione, Maddie	FR	5:09.79	Commodore Invitational	1/17/15
Huebner, Megan	FR	5:10.49	Commodore Invitational	1/17/15



2014-15 INDOOR TRACK & FIELD TIMES/MARKS

3,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Valentine, Vanessa	JR	9:37.10	Tyson Invitational	2/14/15
Carlos, Carmen	SO	9:40.35	Vanderbilt Invitational	1/23/15
Valentine, Vanessa	JR	9:41.47	Vanderbilt Invitational	1/23/15
Carlos, Carmen	SO	9:42.83	Meyo Invitational	2/6/15
Barron, Sara	JR	9:45.25	Commodore Invitational	1/17/15
Valentine, Vanessa	JR	9:48.43	SEC Championships	2/27/15
Benjamin, Claire	SR	9:49.29	Tyson Invitational	2/14/15
Benjamin, Claire	SR	9:51.84	Commodore Invitational	1/17/15
Chandler, Rebecca	SR	9:52.91	Tyson Invitational	2/14/15
Joseph, Amira	SR	9:58.22	Tyson Invitational	2/14/15
Chandler, Rebecca	SR	10:02.37	SEC Championships	2/27/15
Joseph, Amira	SR	10:04.94	SEC Championships	2/27/15
Huebner, Megan	FR	10:13.32	Meyo Invitational	2/6/15
Williams, Lily	JR	10:15.21	Meyo Invitational	2/6/15
Williams, Lily	Jr	10:19.12	Vanderbilt Invitational	1/23/15
Williams, Lily	JR	10:26.50	SEC Championships	2/27/15

5,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Benjamin, Claire	SR	16:44.34	SEC Championships	2/28/15
Benjamin, Claire	SR	16:53.34	Vanderbilt Invitational	1/23/15
Benjamin, Claire	SR	17:01.81	Meyo Invitational	2/6/15
Valentine, Vanessa	JR	17:03.20	SEC Championships	2/28/15
Anderson, Liz	SR	17:03.65	SEC Championships	2/28/15
Chandler, Rebecca	SR	17:19.73	Vanderbilt Invitational	1/23/15
Joseph, Amira	SR	17:20.67	Meyo Invitational	2/6/15
Chandler, Rebecca	SR	17:21.49	Meyo Invitational	2/6/15
Williams, Lily	JR	17:52.32	Tyson Invitational	2/13/15

60 METER HURDLES

ATHLETE	YEAR	TIME	MEET	MEET DATE
Gleaves, Janetra	SR	8.52	Commodore Invitational	1/17/15
Gleaves, Janetra	SR	8.56	Vanderbilt Invitational	1/23/15
Gleaves, Janetra	SR	8.56	Music City Challenge	12/04/14
Gleaves, Janetra	SR	8.59	Vanderbilt Invitational	1/23/15
Gleaves, Janetra	SR	8.59	Commodore Invitational	1/17/15
Gleaves, Janetra	SR	8.60	Meyo Invitational	2/6/15
Gleaves, Janetra	SR	8.64	Meyo Invitational	2/6/15
Gleaves, Janetra	SR	8.75	Tyson Invitational	2/13/15
Gleaves, Janetra	SR	8.94	SEC Championships	2/27/15
Goodale, Sarah	SO	8.94	Meyo Invitational	2/6/15
Goodale, Sarah	SO	9.03	Commodore Invitational	1/17/15
Goodale, Sarah	SO	9.13	Music City Challenge	12/04/14



2014-15 INDOOR TRACK & FIELD TIMES/MARKS

4x400 RELAY

ATHLETE	TIME	MEET DATE
Edobi, Carpenter, Clayton, Carlos	3:37.95	Tyson Invitational
Washington, Edobi, Clayton, Edmond	3:38.98	Commodore Invitational
Washington, Edobi, Clayton, Edmond	3:39.39	SEC Championships

4x800 RELAY

ATHLETE	TIME	MEET DATE
Anderson, Criscione, Huebner, Barron	9:04.70	Commodore Invitational

DISTANCE MEDLEY RELAY

ATHLETE	TIME	MEET DATE
Clayton, Edobi, Carpenter, Barron	11:19.34	Alex Wilson Invitational
Anderson, Carpenter, Delaney, Carlos	11:33.92	SEC Championships
Barron, Radan, Goodale, Carlos	11:38.88	Tyson Invitational

HIGH JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Tidman, Ellie	SR	5'7.75"	1.72m	Tyson Invitational	2/14/15
Tidman, Ellie	SR	5'5"	1.66m	Commodore Invitational	1/17/15
Tidman, Ellie	SR	5' 5"	1.67m	Meyo Invitational	2/6/15
Tidman, Ellie	SR	5'5"	1.66m	Commodore Invitational	1/17/15
Goodale, Sarah	SO	5'4.25"	1.63m	SEC Championships	2/27/15
Tidman, Ellie	SR	5'3"	1.61m	Vanderbilt Invitational	1/23/15
Tidman, Ellie	SR	5'3"	1.61m	Vanderbilt Invitational	1/23/15
Goodale, Sarah	SO	5'1"	1.56m	Commodore Invitational	1/17/15
Goodale, Sarah	SO	5'1"	1.56m	Commodore Invitational	1/17/15

POLE VAULT

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Bell, Sarah	SO	13'3"	4.05m	Commodore Invitational	1/17/15
Bell, Sarah	SO	12'9.50"	3.90m	Music City Challenge	12/04/14
McCabe, Megan	FR	11'8"	3.60m	Vanderbilt Invitational	1/23/15
McCabe, Megan	FR	11'7"	3.55m	Commodore Invitational	1/17/15
McCabe, Megan	FR	10'4"	3.15m	Music City Challenge	12/04/14
Watts, Katie	SO	10'4"	3.15m	Music City Challenge	12/04/14



2014-15 INDOOR TRACK & FIELD TIMES/MARKS

TRIPLE JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Charley, Simone	SO	43'5.25"	13.24m	SEC Championships	2/28/15
Charley, Simone	SO	43'2.25"	13.24m	NCAA Championships	3/14/15
Charley, Simone	SO	43'1.50"	13.14m	Tyson Invitational	2/14/15
Charley, Simone	SO	42'5.50"	12.94m	Meyo Invitational	2/07/15
Charley, Simone	SO	42'5.50"	12.94m	Vanderbilt Invitational	1/24/15
Charley, Simone	SO	41'0"	12.50m	Commodore Invitational	1/17/15
Price, Tierney	SO	39'11"	12.19m	Commodore Invitational	1/17/15
Price, Tierney	SO	39'6"	12.06m	Music City Challenge	12/04/14
Price, Tierney	SO	39'5.75"	12.03m	SEC Championships	2/28/15
Price, Tierney	SO	39' 5"	12.05m	Vanderbilt Invitational	1/23/15
Price, Tierney	SO	38'3.50"	11.67m	Tyson Invitational	2/14/15

PENTATHLON

ATHLETE	YEAR	POINTS	MEET	MEET DATE
Goodale, Sarah	SO	3673	SEC Championships	2/27/15

LONG JUMP

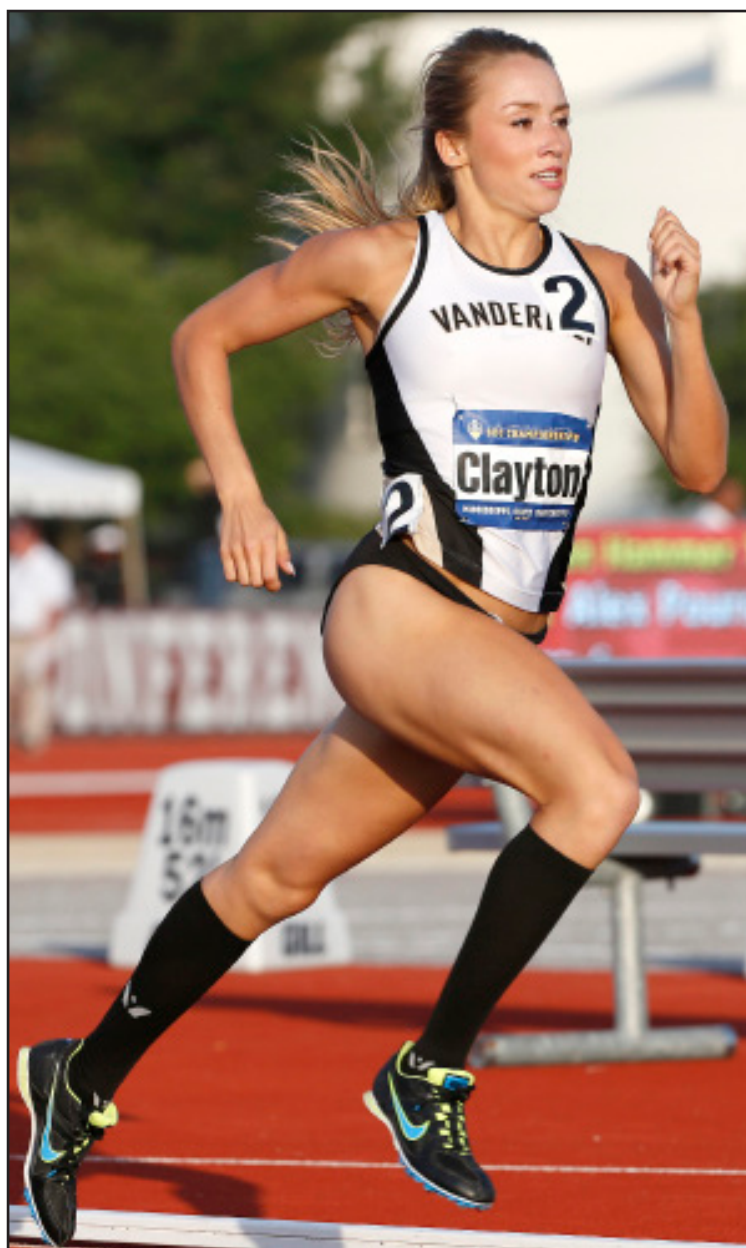
ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Goodale, Sarah	SO	18'2"	5.56m	Commodore Invitational	1/17/15
Goodale, Sarah	SO	17' 10"	5.45m	Meyo Invitational	2/6/15
Goodale, Sarah	FR	17'3.25"	5.26m	Music City Challenge	12/03/13



OUTDOOR

VANDERBILT

TRACK & FIELD



COURTNEY CLAYTON

**Junior
Middle Distance**

Holds school record
in 800 at 2:05.52

*Finished sixth in 800 at
2015 SEC Championships*

Member of 4x400 team that
holds school record (3:34.74)

*Named to 2013 SEC
All-Freshman Team*

2014 SEC First-Year
Academic Honor Roll



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	Laurn Smith	2007
12.38	Autumn Smith	2000
12.39	Josalyn White	2010
12.44	Katrina Brewer	2001

200 METERS

23.49	Ryan Tolbert	1996
24.18	Anna Carr	2010
24.25	Taylor Jackson	2010
24.26	Erin Edmond	2015
24.39	Faith Washington	2015
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

400 METERS

51.14	Ryan Tolbert	1997
54.40	Erin Edmond	2015
54.92	Michele Baskin	1998
55.01	Teegan Hill	2009
55.40	Faith Washington	2015
55.49	Courtney Clayton	2015
55.51	Amanda Helberg	1998
55.98	Skyler Carpenter	2015
56.10	Autumn Smith	2000
56.26	Melissa Mailand	1999

800 METERS

2:05.52	Courtney Clayton	2015
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
2:09.25	Kat Delaney	2015
2:09.34	Michele Baskin	1998
2:09.38	Sara Barron	2015
2:09.61	Maddie Criscione	2015

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
4:24.55	Kat Delaney	2015
4:24.78	Hannah Jumper	2013

3,000 METERS

9:29.1	Beth Tallent	1994
9:34.68	Sara Barron	2015
9:37.06	Amy Huss	2006
9:38.56	Liz Anderson	2014
9:40.59	Kristen Smith	2012
9:42.23	Carmen Carlos	2015
9:42.44	Beth VanDusen	1999
9:42.78	Kristen Findley	2013
9:46.07	Erika Schneble	2007
9:46.46	Claire Benjamin	2015

STEEPLECHASE

10:21.20	Becca Chandler	2015
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

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
16:29.07	Claire Benjamin	2015
16:29.59	Carmen Mims	2007
16:29.66	Amy Huss	2006
16:31.48	Carmen Carlos	2015
16:29.59	Carmen Mims	2007
16:38.46	Jordan White	2013



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
35:34.41	Vanessa Valentine	2015
35:40.27	Kristabel Doebel-Hickok	2008
35:44.75	Stephanie Black	1989
36:03.76	Whitney Spannuth	1996
36:42.79	Christine Creighton	1997
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	Janetra Gleaves	2015
14.02	Cherice Robertson	2008
14.02	Amanda Helberg	1998
14.08	Buky Bamigboye	2010
14.18	Christina Penn	1996
14.44	Becky Collins	1999

400 METER HURDLES

54.21	Ryan Tolbert	1997
56.94	Faith Washington	2015
57.56	Amanda Helberg	1999
58.50	Skyler Carpenter	2015
58.60	Jennifer Cannon	2013
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

1:37.45	E Edmond, S Carpenter F Washington, J Edobi	2015
1:40.24	E Edmond, S Carpenter C Clayton, S Charley	2014
1:40.26	G Holloway, L Fortson L Smith, A Floyd	2006
1:43.72	A Andrews, M Carr M Baldwin, C Liggins	2002
1:44.60	K Brewer, A Andrews V Lagios, A Smith	2001

4x100 METER RELAY

46.38	M Mailand, J Walk A Helberg, R Tolbert	1998
46.46	A Carr, T Jackson T Hill, B Bamigboye	2010
46.52	T Jackson, A Carr T Hill, Jos White	2011
46.79	S Carpenter, F Washington E Radan, E Edmond	2015
46.90	M Mailand, J Walk A Helberg, M Baskin	1998
46.95	J Gleaves, F Washington E Radan, E Edmond	2015
47.00	A Andrews, V Lagios K Brewer, A Mullins-Hall	2003
47.09	A Carr, T Jackson T Hill, M Hitt	2010
47.25	A Carr, T Hill Jos White, T Jackson	2009
47.35	A Andrews, V Lagios K Brewer, A Smith	2001

4x400 METER RELAY

3:34.74	F Washington, S Carpenter C Clayton E Edmond *	2015
3:36.13	J Walk, A Helberg M Baskin, R Tolbert	1998
3:36.51	M Baskin, A Helberg S Carpenter, R Tolbert	1997
3:37.14	H McIntosh, A Helberg M Baskin, R Tolbert	1998
3:38.08	J Walk, A Helberg S Carpenter, R Tolbert	1997
3:38.85	J Walk, A Helberg H McIntosh, R Tolbert	1997
3:41.15	M Mailand, J Walk A Helberg, Ca Miles-Threatt	1999
3:41.2	J Walk, A Helberg M Baskin, R Tolbert	1997
3:41.65	H McIntosh, J Walk Ca Miles-Threat, A Helber	1998
3:44.20	A Floyd, L Fortson L Bryant, G Holloway	2006

* Splits: 53.8, 53.9, 53.6, 53.3



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

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

4xMILE RELAY

20:11.35	C Shannon, J Eckerly N Humber, A Cotter	2005
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SPRINT MEDLEY RELAY

3:46.98	M Mailand, J Walk R Tolbert, S Carpenter	1998
3:54.56	J Walk, C Miles-Threatt R Tolbert, H McIntosh	1997
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	

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

SHUTTLE HURDLE

57.70	J Walk, A Hodgen R Tolbert, A Helberg	1998
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HIGH JUMP

6' 0	Josie Hahn	2004
5' 10 ¾ (1.80)	Brionne Williams	2013
5' 9 ¾ (1.77)	Ellie Tidman	2012
5' 8 ¾	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

POLE VAULT

13' 8 ¼ (4.17)	Sarah Bell	2015
13' ¼ (3.97)	Meagan Martin	2012
12' 9 ½ (3.90)	Morgan Toone	2012
12' 8 (3.86)	Katherine Hendrix	2011
12' 6 ¼ (3.82)	Megan McCabe	2015
12' 0	Paige Roberts	2004
11' 10 (3.60)	Alyson Hasty	2013
11' 5 ¾	Lauren Tinsley	2002
11' 4 ¼	Robin Allen	1999
11' 1 ¾ (3.40)	Katie Watts	2015



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

44' 3 ¼ (13.49)	Simone Charley	2015
40' 7 ½ (12.38)	Tierney Price	2015
40' 6 ¾	Christina Penn	1996
37' 2 ½	Veronica Shead	2001
36' 6 ½	Shawnette Adams	2003

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
5065	Sarah Goodale	2015
5022	Ryan Tolbert	1996
4858	Amanda Helberg	1998
4854	Cherice Robertson	2008
4705	Kyshia Ewing	2004

MILE RUN

4:42.44	Sara Barron	2014
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Marks as of 06/13/15

2015 -- SCHOOL RECORDS

Triple Jump	43' 7 (13.28)	Simone Charley
Steeplechase	10:21.20	Becca Chandler
Pole Vault	13' 8 ¼ (4.17)	Sarah Bell
800	2:05.52	Courtney Clayton
4x400 Relay	3:34.74	
(F Washington, S Carpenter, C Clayton, E Edmond)		
	[53.8, 53.9, 53.6, 53.3]	
4x200 Relay	1:37.45	
(Edmond-Carpenter-Edobi-Washington)		
4x400 Relay	3:34.98	
(F Washington, S Carpenter, C Clayton, E Edmond)		
	[53.87, 53.72, 53.95, 53.51]	



OUTDOOR TRACK & FIELD RECAPS

ALABAMA RELAYS

March 20-21, 2015 ★ Tuscaloosa, Ala.

DAY ONE

TUSCALOOSA, Ala. -- Competing in its first outdoor meet of the season, the Vanderbilt track and field team enjoyed a strong showing on the opening day of the Alabama relays on Friday. The highlights for the Commodores included multiple top-5 finishes and a school-record performance in the 4x200. Jennifer Edobi, Faith Washington, Skyler Carpenter and Erin Edmond teamed up for a second-place finish in the 4x200 with a time of 1:37.45, which broke the previous school record by almost three seconds. Mississippi State won the event by nipping the Commodores with a time of 1:37.10. Vanderbilt's sprint medley team -- comprised of Courtney Clayton, Washington, Edmond and Carpenter -- took second with a time of 3:59.65. Ellie Tidman cleared 1.70m in the high jump for third place, and Tierney Price was 11th in the triple jump at 11.74m.

DAY TWO

The Vanderbilt track and field team wrapped up action at the Alabama Relays on Saturday in Tuscaloosa, Ala. It was the first outdoor meet of the season for the Commodores, who had several impressive performances during the meet. Vanderbilt's 4x100 relay team highlighted Saturday's efforts by posting a time of 47.62, which ranks as the No. 10 mark on Vanderbilt's all-time list. The team -- comprised of Janetra Gleaves, Faith Washington, Emma Redan and Erin Edmond -- took 14th in the event. Another highlight for Vanderbilt on Saturday was the return of standout pole vaulter Sarah Bell. The sophomore, who missed the indoor season with an injury, took ninth place at 3.85m. In the Section B pole vault, Vanderbilt's Katie Watts cleared 3.40m to take eighth, and Megan McCabe earned a share of ninth with that same mark.

BLACK & GOLD INVITATIONAL

March 27-28, 2015 ★ Nashville, Tenn.

DAY ONE

NASHVILLE -- From beginning to end, the Vanderbilt track and field team gave the home crowd plenty to cheer about on the opening day of the Black and Gold Invitational on Friday. Vanderbilt senior Erin Edmond got things rolling by delivering an entertaining performance in the 200 in the meet's first running event, and a trio of Vanderbilt men -- Jake Van Geffen, John Ewing and Nick French -- produced a strong showing in the 5000-meter run near the end of the night to cap the Commodores' solid work on the first day of the two-day meet. Although the weather conditions were less than ideal -- with chilly temperatures and occasional stretches of light rain -- all of the day's events were completed as scheduled. "Good efforts out there today," said head coach Steve Keith. "Our kids fought well. ... It was a cold but good night." The meet -- which features a total of roughly 600 athletes -- resumes on Saturday and will include Vanderbilt's Senior Day recognition ceremony at 11:50 a.m., which helps highlight Vanderbilt's lone home meet of the outdoor season. "We will look forward to a little sunnier, less windy day (on Saturday)," Keith said, "and we think it can be a good day for us." During Friday's action, Edmond set the tone for the Commodores by taking second place in the 200 with a personal-best time of 24.74. Edmond, who won her heat, recorded the No. 8 mark on VU's all-time performer's list. Emma Redan also won her heat in the 200, and finished 11th overall with a time of 25.54. Roughly two hours later, in the final running event of the evening, the Commodores put an exclamation point on their day by placing three runners among the top-five in the men's 5000-meter run. Van Geffen set a PR and took third place with a time of 15:09.83, Ewing was fourth at 15:12.02 and French was fifth at 15:13.33. In between the performances by Edmond and the Vanderbilt men's trio, there were numerous other shining moments for the Commodores. Sara Barron finished second in the 1500 with a time of 4:28.05. Barron led the race for much of the way, but was nudged out by Bradley's Emily Delvo (4:27.70) near the finish. Barron was the leader of a strong Commodore contingent in the 1500, as Vanderbilt claimed nine of the Top-25 spots, including three of the Top-10. Katherine Delaney was sixth at 4:32.21, Reagan Anderson was seventh at 4:32.57 and Vanessa Valentine was eighth at 4:34.53. Courtney Kriegshauser was 14th at 4:42.60, Lily Williams was 15th at 4:44.08, Claire Benjamin was 17th at 4:44.84, Maddie Criscione was 23rd at 4:48.61 and Megan Huebner was 24th at 4:49.04. In the men's 1500, Nikolaos Gkotsis finished ninth at 4:05.12 and Andrew Fix was 26th at 4:15.68.

DAY TWO

The members of the Vanderbilt track and field team found a fitting way to send off their seniors. Competing in their only home meet of the outdoor season amid raw weather conditions, the Commodores produced a full weekend's worth of memorable moments while hosting the Black and Gold Invitational that wrapped up on Saturday. First-place finishes by Sara Barron, Rebecca Chandler and Skyler Carpenter were among the many highlights on the final day of the meet, which included a special Senior Day recognition ceremony early in the day. Chandler, a senior, celebrated her final home appearance by winning the 200-meter Steeplechase with a time of 7:04.56 on Saturday. Barron, a junior, captured first place in the 3,000-meter run with a personal-best time of 9:34.68, which ranks as the No. 2 mark on Vanderbilt's all-time performance list. Her first-place run came less than 24 hours after she had taken second place in the 1,500 with a time of 4:28.05 on Friday. Carpenter, also a junior, delivered a dominating performance in Saturday's 400-meter hurdles, posting a first-place time of 59.21. Her time was more than three seconds better than second-place finisher Natalie Olberding of Austin Peay (1:02.24). The Commodores also had a big performance in the 4x100 relay, where the foursome of Janetra Gleaves, Faith Washington, Emma Radan and Erin Edmond posted a third-place time of 46.95, which ranks as the fifth-best mark on VU's all-time list. Barron's effort during Saturday's 3,000-meter run spearheaded a solid showing by the Commodores in the event, as Vanderbilt placed five individuals in the Top-15, including three who finished among the top six. In addition to Barron, Claire Benjamin was fifth at 9:46.46 and Vanessa Valentine was sixth at 9:48.09. Megan Huebner was 13th at 10:06.60 and Courtney Kriegshauser was 15th at 10:12.98.



OUTDOOR TRACK & FIELD RECAPS

In the 800, Katherine Delaney was the first Commodore across the line, finishing sixth at 2:12.65, and she was followed directly by teammate Reagan Anderson in seventh at 2:12.83. Lily Williams was 12th at 2:15.62 and Chandler was 33rd at 2:22.05. Saturday's action also featured Megan McCabe taking third in the pole vault at 11-7.75, Ellie Tidman taking second in the high jump by clearing 5-7.25, Sarah Goodale finishing fifth in the long jump at 17-11, Janetra Gleaves taking sixth in the 100-meter hurdles at 14.35 and Tierney Price posting a time of 12.94 in the 100. During the opening day of the meet on Friday, Edmond set the tone for the Commodores by taking second place in the 200 with a personal-best time of 24.74. Edmond, who won her heat, recorded the No. 8 mark on VU's all-time performer's list. Emma Radan also won her heat in the 200, and finished 11th overall with a time of 25.54. Also on Friday, Barron was the leader of a strong Commodore contingent in the 1500, as Vanderbilt claimed nine of the Top-25 spots, including three of the Top-10. Delaney was sixth at 4:32.21, Anderson was seventh at 4:32.57, Valentine was eighth at 4:34.53, Kriegshauser was 14th at 4:42.60, Williams was 15th at 4:44.08, Benjamin was 17th at 4:44.84, Maddie Criscione was 23rd at 4:48.61 and Huebner was 24th at 4:49.04. **VANDERBILT MEN:** The Commodores were also well represented on the men's side throughout the weekend. Sam Reilly took 15th in the 3,000-meter run with a time 9:08.47, and was followed by teammates Andrew Fix in 20th at 9:21.07 and Daniel Arthur in 21st at 9:22.94. Nikolas Gkotsis finished ninth in the 1500 at 4:05.12, and was 16th in the 800 at 1:58.85. Andrew Fix was 26th in the 1500 at 4:15.68.

TIGER TRACK CLASSIC/STANFORD RELAYS

April 3-4, 2015 ★ Auburn, Ala. & Palo Alto, Calif.

DAY ONE

Friday was a big day for the Commodores -- on both coasts. With some competing in California and others in action in Alabama, the members of the Vanderbilt track and field set a total of eight personal records to get the weekend started in impressive fashion. "It was mission accomplished for us today," said Vanderbilt head coach Steve Keith. "This is the time of the year when you want to see everyone going in the right direction, and that's what we saw. Everyone was firing on all cylinders." Sophomore All-American Simone Charley and junior Tierney Price delivered big performances in the triple jump for the Commodores in the Tiger Track Invitational hosted by Auburn. Charley captured first place by posting a mark of 41-11.75 on her final attempt, and Price set a huge PR with a mark of 40-7.50 to take sixth place. "I am really proud of both Simone and Tierney," said Vanderbilt assistant coach Clark Humphreys. "Tierney has been on the verge of a big jump for a while now, and she really put it together today. And Simone started rough today but -- true to her pedigree -- she came through with the victory on her final jump. We are looking forward to seeing what this dynamic duo can do the rest of the outdoor season." Meanwhile, out West, a large collection of Commodores came through in a big way during the opening day of the the Stanford Invitational in Palo Alto, Calif. The list of highlights included Claire Benjamin shattering her previous best by 35 seconds in 5000-meter run with a time of 16:29.07. Vanessa Valentine also set a PR in the 5k with a time of 16:48. Sara Barron led a strong contingent of Commodores in the 1500 by finishing third in her heat with a time of 4:23.7, and six of her teammates each set new personal bests in the event -- Katherine Delaney (4:26), Reagan Anderson (4:27), Carlos Carmen (4:29), Courtney Kriegshauser (4:35), Maddie Criscione (4:38) and Megan Huebner (4:43). "Claire (Benjamin) came out and really set the tone for us," said Keith, "and from there, the rest of the girls just kind of followed her lead. Our group that ran in the 1500 really did a great job." Also, Rebecca Chandler posted a solid time of 10:37.18 in the 3K Steeplechase to continue the momentum she built after winning the the 200-meter Steeplechase with a time of 7:04.56 last weekend at the Black and Gold Invitational. "It was a solid day all the way around," said Keith. "Compared to this same time of the season last year, we are miles ahead of where we were."

DAY TWO

Many members of the Vanderbilt track team were literally at their best this weekend. Capped by a strong performance on the second day of Tiger Track Classic in Auburn, Ala., the Commodores completed a weekend in which they saw more than a dozen personal records set or tied. In the process, the Commodores also notched a long list of times and distances that ranked among the Top-10 on Vanderbilt's all-time performer's list. The Commodores punctuated their weekend with a strong showing in the 400-meter hurdles on Saturday, placing two athletes among the top-4. Faith Washington finished second with a personal-best time of 57.74, which ranks No. 3 on VU's all-time list, and Skyler Carpenter took fourth at 59.55. Emma Radan also set a new personal best with a time of 1:02.81 and finished 14th. Earlier on Saturday, Erin Edmond helped set the tone for the day with a big PR in the 200-meter dash, posting a time of 24.26 to finish in eighth place and move up to No. 4 on Vanderbilt's all-time list. Janetra Gleaves kept things rolling with a PR in the 100-meter hurdles, where she posted a time of 14.02 and moved up to No. 5 on Vanderbilt's all-time list. Two other Commodores posted top-5 finishes, with Ellie Tidman taking third place in the high jump by clearing 5-09.25 and Sarah Bell earning a share of fourth place in the pole vault at 12-01.50. Megan McCabe and Katie Watts both tied their personal records in the pole vault, with McCabe clearing 11-07.75 to finish in a tie for ninth and Watts clearing 11-01.75 to finish tied for 13th. Those two marks rank No. 7 and No. 10, respectively, on VU's all-time list. Vanderbilt's 4x100 relay team -- Janetra Gleaves, Washington, Radan and Edmond -- finished ninth with a time of 46.95.2, and Sarah Goodale was 17th in the high jump at 5-03.25. Vanderbilt opened the weekend with a busy -- but highly productive -- day on Friday, when the Commodores sent representatives to both the Stanford Invitational and the meet at Auburn. Sophomore All-American Simone Charley and junior Tierney Price came up big in the triple jump at Auburn, with Charley taking first place with a mark of 41-11.75 and Price setting a huge PR with a mark of 40-7.50 to take sixth. Meanwhile, at the Stanford meet, Claire Benjamin shattered her previous best by 35 seconds in 5000-meter run with a time of 16:29.07, and Vanessa Valentine also set a PR in the 5k with a time of 16:48. Sara Barron led a strong contingent of Commodores in the 1500 by finishing third in her heat with a time of 4:23.7, and six of her teammates each set new personal bests in the event -- Katherine Delaney (4:26), Reagan Anderson (4:27), Carlos Carmen (4:29), Courtney Kriegshauser (4:35), Maddie Criscione (4:38) and Megan Huebner (4:43). Also, Rebecca Chandler posted a time of 10:37.18 in the 3K Steeplechase to add to the weekend's highlights.



OUTDOOR TRACK & FIELD RECAPS

MIAMI HURRICANE INVITATIONAL

April 11, 2015 ★ Miami, Fla.

DAY ONE

MIAMI -- New personal records continue to be set by the members of the Vanderbilt track and field team. And in the process, the Commodores are setting some new school records, too. Competing in the Hurricane Alumni Invitational in Miami on Saturday, the Commodores produced a series of top-level performances, highlighted by a new Vanderbilt record in the 4x400 and multiple PRs in the 400-meter dash. The Commodore 4x400 relay team of Faith Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond produced a school-record time of 3:34.98, which currently ranks No. 8 on the national list. The mark easily surpassed the previous school record (3:36.13) that had stood as the benchmark since 1998. Also on Saturday, Vanderbilt had three athletes set new PRs and finish among the Top-10 in the 400, led by Edmond's second-place finish at 54.40. Clayton finished eighth at 55.49 and Carpenter was 10th at 55.98. Edmond's time ranks No. 2 on Vanderbilt's all-time performers list, while Clayton climbed to No. 7 on the list and Carpenter's mark ranks No. 10. Edmond also finished 14th in the 200-meter dash at 24.60, and Faith Washington was 15th at 24.74, which ranks No. 10 on VU's all-time list. Vanderbilt's Ellie Tidman finished third in the high jump at 1.70m (5-07), and the Commodores had a pair of top-10 finishers in the pole vault, with Sarah Bell taking fourth at 12-11.50 and Megan McCabe in 10th at 11-05.75. Tierney Price was fifth in the triple jump at 11-70m. Emma Radan took sixth in the 400-meter hurdles with a time of 1:02.17, and Janetra Gleaves was 11th in the 100-meter hurdles at 14.21. Vanderbilt's strong performance on Saturday was the continuation of the momentum the Commodores gained last weekend, when 15 personal records were set or tied at the Stanford Invitational and the Tiger Track Classic in Auburn. The Commodores now turn their attention to next weekend's Virginia Invitational in Charlottesville, Va.

VANDERBILT MEN (Friday) A handful of Vanderbilt men continued their winter/spring training routine on Friday by competing in the Tennessee Relays in Knoxville, Tenn. Jake Van Geffen highlighted the day for the Commodores in the men's 5000-meter run, where he posted a personal-record time of 15:05.58 -- more than four seconds faster than his previous best -- to finish 22nd. John Ewing was 29th at 15:13.63, Nick French was 31st at 15:14.33 and Sam Reilly was 34th at 15:36.30 (PR). Andrew Fix competed in the 1500, finishing 47th and setting a PR at 4:08.75.

VIRGINIA INVITATIONAL

April 17-18, 2015 ★ Charlottesville, Va.

DAY ONE

CHARLOTTESVILLE, Va. -- The Vanderbilt track and field team continues to put together an outstanding April. Fueled by Rebecca Chandler's record-breaking performance in the Steeplechase -- along with a sizable list of other personal records -- the Commodores made plenty of noise during the opening day of the Virginia Challenge on Friday in Charlottesville, Va. Chandler, a senior, broke her own school record by more than two seconds in the Steeplechase with a time of 10:21.20 to highlight a day in which the Commodores continued rewriting the school's all-time Top-10 performer's list. Megan McCabe got things started for Vanderbilt on Friday morning, posting a personal record in the pole vault by clearing 12-6.25 (3.82m), which ranks No. 6 on VU's all-time list. Later, Courtney Clayton led a strong contingent of Commodores in the 800 by finishing in sixth place with a PR-tying time of 2:07.05, representing the No. 3 mark on the school's all-time list. Sara Barron and Katherine Delaney also set new personal records in the 800, with Barron finishing 13th at 2:09.38 and Delaney taking 14th at 2:09.46. Barron and Delaney, who each won their heat, moved up to No. 7 and No. 8, respectively, on VU's all-time list. Reagan Anderson was 39th at 2:12.47, Lily Williams finished 45th at 2:13.21 and Courtney Kriegshauser was 57th at 2:14.48. Vanderbilt's Erin Edmond took 10th in the 400-meter dash at 55.59, Sarah Bell was third in the Pole Vault Invite at 13-1.50 (4.00m) and Simone Charley was sixth in the Triple Jump Invite at 40-2 (12.24m). The Commodores have now set or tied more than two dozen personal records in the month of April, and have posted 17 times/distances that rank among the Top-10 on the school's all-time performance list in the past three weeks.

DAY TWO

The Vanderbilt track and field team arrived in Charlottesville, Va., this week with plenty of momentum, and the Commodores left on Saturday with even more of it. Continuing a month-long surge, the Vanderbilt athletes put together an impressive showing this weekend at the Virginia Challenge, where they compiled a lengthy list of personal records and recorded a series of marks that ranked among the program's all-time Top-10. Faith Washington helped lead the charge for Commodores on Saturday by winning the 400-meter hurdles with a personal-best time of 57.64, which ranks as the No. 3 mark on Vanderbilt's all-time performer's list. Washington's effort was one of 10 personal records that were set or tied by the Commodores during the two-day meet. Also on Saturday, Vanderbilt's 4x400 relay team -- comprised of Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond -- took second place with a time of 3:36.84, and Sara Barron took 14th in the 1500 at 4:20.41 to lead a strong cast of Commodores in that event. Katherine Delaney set a new personal best in the 1,500 with a time of 4:25.47, which ranks No. 9 on VU's all-time list, and Carmen Carlos set a new PR at 4:28.39. Reagan Anderson posted a time of 4:30.37, and was followed by Courtney Kriegshauser at 4:30.54, Lily Williams at 4:32.19, Maddie Criscione at 4:35.70 and Megan Huebner at 4:43.90. The times by Kriegshauser and Criscione were both personal records, and Huebner's mark was her second fastest. Carpenter finished 10th in the 400-meter hurdles at 1:00.02, Ellie Tidman was sixth in the high jump at 5-6 (1.68m), Vanessa Valentine was 26th in the 5000 at 17:19.05 and Liz Anderson capped the day with a fourth-place finish in the 10,000-meter run at 35:07.19 in the final running event. On Friday, Rebecca Chandler broke her own school record by more than two seconds in the Steeplechase with a time of 10:21.20, and Clayton took sixth in the 800 with a PR-tying time of 2:07.05, representing the No. 3 mark on the school's all-time list.



OUTDOOR TRACK & FIELD RECAPS

TENNESSEE CHALLENGE

May 2, 2015 ★ Knoxville, Tenn.

DAY ONE

KNOXVILLE, Tenn. -- A two-week layoff didn't interrupt the rhythm of the Vanderbilt track and field team. With Sarah Bell breaking her own school record in the pole vault, and Courtney Clayton and Carmen Carlos capturing first-place finishes in the 1500 and 3000, respectively, the Commodores produced another attention-grabbing performance Saturday at the Tennessee Challenge in Knoxville. The Commodores, who had an open date last weekend during final exams, recorded 14 Top-10 finishes Saturday while competing in a total of eight events in the team's second-to-last meet of the regular season. The strong effort -- which featured eight times/distances that ranked among the Top-10 on the school's all-time list -- enabled the Commodores to extend their April-long surge into their first meet in May. Bell produced one of the biggest highlights by clearing 13-08.25 (4.17m) in the pole vault while earning a fourth-place finish and shattering her previous school record of 13-03.50 that she set last season. Carlos stormed to a victory in the 3000-meter run with a personal-best time of 9:42.23, which ranks as the No. 6 on VU list, and Clayton took first place in the 1500 with a time of 4:30.82 to set a new PR. Carlos finished directly behind Clayton in the 1500, taking second at 4:30.98. Vanessa Valentine and Rebecca Chandler also earned spots in the Top 10 in the 1500, with Valentine taking seventh at 4:34.78 and Chandler finishing ninth at 4:43.29. The Commodores had two Top-5 finishes in the 400-meter dash, with Erin Edmond taking third at 55.04, and Faith Washington finishing fourth, and setting the No. 5 mark on VU's all-time list, at 55.40. Skyler Carpenter continued her outstanding season with a third-place effort in the 400-meter hurdles, posting a personal-record time of 58.84, which is the No. 5 mark on VU's all-time list. Teammate Emma Radan was 11th at 1:04.61. Vanderbilt was also well-represented in the 800, with six Commodores finishing among the Top 20, including a pair of VU standouts -- Katherine Delaney and Reagan Anderson -- earning spots among the top six. Delaney finished fourth with a personal-record time of 2:09.22, the No. 7 mark on Vanderbilt's all-time list, and Anderson was sixth with a PR of 2:09.65, the No. 9 mark on VU's list. Maddie Criscione took 11th at 2:11.52, Lily Williams was 15th at 2:13.40, Courtney Kriegshauser was 17th at 2:16.84 and Megan Huebner was 20th at 2:17.91. Sarah Goodale won her heat and finished 24th at 2:19.32 and Sara Barron was 35th at 2:24.81. Vanderbilt had three representatives in the Top 12 in the 3000-meter run. In addition to Carlos' first-place effort, Chandler was ninth at 10:02.03 and Claire Benjamin was 12th at 10:14.04. The Commodores' 4x100 relay team -- Carpenter, Washington, Radan and Edmond -- finished fourth at 46.79 to set the No. 3 mark on VU's all-time list, and Megan McCabe took eighth in the pole vault at 12-02.50 (3.72m).

DUKE TWILIGHT

May 6-7, 2015 ★ Durham, N.C.

DAY ONE

DURHAM, N.C. -- With Carmen Carlos and Vanessa Valentine producing a 1-2 punch, the Vanderbilt track and field team enjoyed a solid showing on the opening day of the Duke Twilight Meet on Wednesday night. Carlos roared to a victory in the 5000 with a personal-record time of 16:39.28, and Valentine finished directly behind her in second place with a season's best time of 16:54.22. Carlos' performance - which ranks as the No. 9 mark on Vanderbilt's all-time performer's list - enabled her to continue her recent surge. Last week at the Tennessee Challenge, Carmen won the 3000-meter run with a PR of 9:42.23 and also finished second in the 1500 at 4:30.98. Other highlights for Vanderbilt on Wednesday night included Katherine Delaney's fourth-place finish in the 1500-meter run with a time of 4:25.29, which represented a new personal best and ranks as the No. 10 mark on VU's all-time list. The Commodores had two other top-10 finishers in the 1500, with Lily Williams taking seventh at 4:28.49 and Reagan Anderson in eighth at 4:29.42. Vanderbilt's Courtney Kriegshauser was 14th at 4:34.14, Maddie Criscione was 17th with a PR of 4:34.91 and Megan Huebner was 25th with a PR of 4:39.45. Megan McCabe took sixth in the pole vault by clearing 12-3.50, Courtney Clayton was eighth in the 400-meter dash with a time of 56.38, and Emma Radan finished 11th in the 400-meter hurdles at 1:02.57. The Twilight meet -- which is Vanderbilt's final meet of the regular season -- continues on Thursday, and the Commodores are scheduled to have representatives in four events. The Vanderbilt athletes are using this week's meet as a tuneup for next week's SEC Championships in Starkville.

DAY TWO

The members of the Vanderbilt track and field team passed their final test of the regular season in strong style. The Commodores wrapped up action at the Duke Twilight Meet on Thursday night in Durham, N.C., where they compiled 14 Top-10 finishes and a host of personal records during the two-day meet. Simone Charley's victory in the triple jump and Faith Washington's impressive effort in the 200 were among the many highlights on the second day of the meet for the Commodores, who picked up plenty of momentum for next week's SEC Championships in Starkville, Miss. Charley, the All-American from Hoover, Ala., captured first place in the triple jump with a mark of 42-0.50 (12.81m), and Washington took 10th place in the 200 with a personal-best time of 24.39, which ranks as the No. 5 mark on Vanderbilt's all-time list. The Commodores had three Top-10 finishes in the 800-meter run, with Courtney Clayton taking sixth at 2:10.31, Katherine Delaney in ninth at 2:10.89 and Reagan Anderson in 10th at 2:10.92. Other Top-10 finishes on Thursday included Tierney Price earning fifth in the triple jump with a mark of 39-1.75 (11.93m), and Ellie Tidman taking fourth in the high jump at 5-5.25 (1.66m). Skyler Carpenter finished 17th in the 200 with a time of 25.13, and teammate Emma Radan was 27th at 25.56. Two other VU representatives were among the top 20 in the 800 -- Lily Williams in 16th at 2:12.33 and Maddie Criscione in 17th at 2:12.53 -- and they were followed by Courtney Kriegshauser in 29th at 2:15.51 and Megan Huebner in 39th at 2:19.17. During the opening day of the meet on Wednesday, Carmen Carlos roared to a victory in the 5000 with a personal-record time of 16:39.28, which ranks as the No. 9 mark on Vanderbilt's all-time performer's list, and Vanessa Valentine finished in second place with a season's best time of 16:54.22. Also on Wednesday, Katherine Delaney earned a fourth-place finish in the 1500-meter run with a time of 4:25.29 -- the No. 10 mark on VU's all-time list -- while Lily Williams took seventh at 4:28.49 and Reagan Anderson was eighth at 4:29.42. Courtney Kriegshauser was 14th at 4:34.14, Maddie Criscione was 17th with a PR of 4:34.91 and Megan Huebner was 25th with a PR of 4:39.45.



OUTDOOR TRACK & FIELD RECAPS

SEC OUTDOOR CHAMPIONSHIPS

May 14-16, 2015 ★ Starkville, Miss.

DAY ONE

STARKVILLE, Miss. -- With Courtney Clayton and Vanessa Valentine both delivering outstanding performances, the Vanderbilt track and field team got off to a running start on the opening day of the SEC Championships in Starkville, Miss., on Thursday. Clayton set a new school record in the 800 with a time of 2:05.52 while finishing third in the preliminaries and earning a spot in the finals. Clayton's time easily surpassed her previous personal record of 2:07.05, and eclipsed the school record of 2:05.54 set by Rita Jorgensen in 2011. Later, in the final event of the night, Valentine capped the Commodores' efforts with a sixth-place finish in the 10000-meter run, setting a personal-best time of 35:34.41 and scoring three points. Valentine, who surged past several competitors down the stretch, recorded the fifth-best time on Vanderbilt's all-time performance list and beat her previous PR by more than a minute. "It was a good first day for us," said head coach Steve Keith. "This conference is a real buzzsaw, and if you are not on your game, it can be a rough day. So all in all, I felt like it was a real good day for us." Other highlights for the Commodores included freshman Maddie Criscione finishing 11th in the 800 with a personal-record time of 2:09.61, which set the No. 10 mark on VU's all-time list, along with Top-15 finishes from Skyler Carpenter (12th in the 400-hurdles at 59.77), Faith Washington (13th in the 400-hurdles at 1:00.03) and Reagan Anderson (15th in the 800 at 2:12.42).

DAY TWO

The Vanderbilt track and field team continues to deliver solid performances at the SEC Championships -- and the best might be yet to come for the Commodores. Competing on Day 2 of the meet in Starkville, Miss. on Friday, the Commodores were buoyed by point-earning efforts from Rebecca Chandler (Steeplechase) and Sarah Bell (pole vault), along with a career-best performance by Sarah Goodale (heptathlon). The day also featured a pair of Vanderbilt athletes -- Katherine Delaney and Sara Barron -- advancing to the finals of the 1500. Now the stage is set for the Commodores to cap off the meet in a big way during the final-day action on Saturday. Vanderbilt will have representatives in five events, including All-American Simone Charley in the triple jump. "All of those events (that VU will compete in on Saturday) are good events for us," said head coach Steve Keith. "We want to potentially move on the national level, so hopefully we'll go home tonight and get a good night's rest, wake up, have a great breakfast at the Hotel Chester and come back ready to test ourselves against the best." During Friday's action, Chandler earned two points for the Commodores by taking seventh place in the Steeplechase at 10:35.04. It marked the third consecutive season that Chandler -- the school record-holder in the Steeple -- has scored at the SEC meet, and she is the first distance runner to accomplish that feat for the Commodores. Bell, who also a school record holder, earned a third of a point by finishing tied for eighth in the pole vault at 13-1.75 (4.01m). Goodale set the tone for the Commodores early on Friday when she finished her strong effort in the heptathlon, compiling 5065 points. That mark crushed her previous best of 4920 and represented the sixth-best showing on Vanderbilt's all-time list. Delaney led the way for a strong cast of Commodores in 1500 preliminaries. She clinched a spot in Saturday's finals by finishing seventh with a personal-best time of 4:25.10, which is the No. 10 mark on VU's list. Barron is likewise headed to the finals after she won her heat and finished eighth overall at 4:25.44. Vanderbilt had three others among the top-20 in the 1500, with Courtney Kriegshauser taking 15th with a PR of 4:29.11, Lily Williams finishing 17th at 4:30.44 and Maddie Criscione in 20th with a personal-best time of 4:35.43. Reagan Anderson was 25th at 4:38.06 and Meagan Huebner set a PR and finished 26th at 4:38.16. Senior standout Erin Edmond posted the second best time of her career while finishing 14th in the 400 and Ellie Tidman was 11th in the high jump, clearing 5-7 (1.70m)..

DAY THREE

The SEC Championships once again brought out the best in Simone Charley. And the same was true for several of her teammates, too. Competing on the final day of the three-day meet in soggy Starkville, Miss., Charley broke her own school record in the triple jump and earned a fourth-place finish with a leap of 43-7 on Saturday afternoon. Hours later, in the final event of the meet, the Commodores set another school record when the 4x400 team comprised of Faith Washington, Skyler Carpenter, Courtney Clayton and Erin Edmond posted a time of 3:34.74 and finished fifth. The previous school record, set by the same foursome earlier this year, was 3:34.98. In between the record-setting performances by Charley and the 4x400 team, the Commodores scored points in three additional events to cap off their strong showing at the three-day meet. Vanderbilt, which finished 11th overall, collected a total 25.33 points overall -- a sizeable increase from the 15 points the team scored last season. "That was, hands down, the most competitive we have been at this meet during my time at Vanderbilt," said head coach Steve Keith. "Virtually everyone who competed for us today scored points. And that's huge. This was a great step for our program, and I really believe that people are starting to take note of what we are doing." The No. 1 ranked Arkansas women won the meet with 127.50 points, followed by Texas A&M with 104 and Kentucky 99. Charley, an All-American from Hoover, Ala., shattered her previous best of 43-2.50 (13.17) while scoring five points for the Commodores. It was the second consecutive year that she has broken her own school record at the meet and also represented the second straight year that she has scored at the SEC event. (She finished fifth last season). Courtney Clayton, Sara Barron, Katherine Delaney and Carmen Carlos also scored points for the Commodores by finishing among the top eight in their respective events during Saturday's action, which was interrupted twice by severe weather in the area. Clayton ran to a sixth-place finish in the 800 with a time of 2:06.62 to earn three points. Her performance came just two days after she established a new school record in the event by posting a time of 2:05.52 during Thursday's preliminaries. Barron scored four points Saturday with a fifth-place finish in the 1500 at 4:22.51 and Delaney scored one point by taking eighth with a personal-best time of 4:24.55. Delaney's time, which ranks as the No. 10 mark on VU's all-time list, eclipsed her previous personal best of 4:25.10 that she set on Friday during the preliminaries. Carmen used a terrific finishing kick to take sixth in the 5K with huge PR of 16:31.48. Carmen, who earned three points for the Commodores, moved up to No. 8 on VU's all-time list while easily beating her previous best of 16:39.28 that she set earlier this month.



NCAA EAST REGIONALS

May 28-May 30, 2015 ★ Jacksonville, Fla.

DAY ONE

JACKSONVILLE, Fla. -- Multiple members of the Vanderbilt track and field team took a giant first step toward national success Thursday. Competing on the opening day of the NCAA East Regional meet in Jacksonville, Fla., a trio of Commodores -- Faith Washington, Skyler Carpenter and Sara Barron -- each qualified for the finals in their respective events by finishing among the top 24 spots. By doing so, they moved closer to locking down a berth in the upcoming NCAA Championships. (The top 12 finishers from each event advance to Eugene, Oregon). Vanderbilt had several additional impressive showings Friday during the eventful day, which included some tough luck for one Commodore and a frantic finish for another. Faith Washington and Skyler Carpenter got things rolling for the Commodores in the first event of the day by delivering outstanding performances in the 400-Hurdles and advancing to Friday's race. Washington finished third with a personal-record time of 56.94 to set the second-best time on Vanderbilt's all-time list. Carpenter also set a new personal record with a time of 58.50 while earning 17th place and setting the No. 4 time on VU's all-time list. "It was a fantastic showing for those two," said Vanderbilt head coach Steve Keith. "If Faith can match that performance (on Friday), she'll be going to Eugene. And Skyler's got a great shot at it, too. They are both in good spots to get to the next level." Sara Barron used a courageous finish to earn her spot in the quarterfinals in the 1500. After being boxed in for much of the race, Barron found a small opening and then surged to the finish line to post a time of 4:25.25 (25th) and qualify for Saturday's race. "It was a little stressful, but Sara did a great job of staying patient," said Keith. "She started on the inside, and couldn't get off the rail. But fortunately for her, when she got her window of opportunity, and she took advantage of it. She saw that small opening, made her move and then passed about five people. She ran the last lap in 64 seconds, which was what she needed to do." After being knocked down by another runner early in the race, Vanderbilt standout Courtney Clayton literally fell out of contention in the 800. Although she was able to get back on her feet and finish the race, Clayton couldn't catch up to the pack, finishing at 2:13.10. Vanderbilt filed a protest, but officials denied the appeal. It was a disappointing development for Clayton, who broke her own school record two weeks ago in the prelims at the SEC Championship with a time of 2:06.62. (The cutline on Friday was 2:06.80). "It's an unfortunate part of the sport," said Keith. "The officials felt like they didn't see enough evidence (in the replay) for us to win the appeal. But that's the way it goes sometimes; you just have to live and learn. The bright side is that she will have fresh legs for the (4x400) later this week, and we are going to need fresh legs in that one." Vanderbilt's Sarah Bell finished tied for 17th in the pole vault, clearing 13-4.50. Bell, who missed most of the indoor season with an ankle injury, is the school record holder in the event. "This was a good experience for her, and she was right on the edge (of advancing)," said Keith. "She had some clean jumps early and we know she is right there."

DAY TWO

Rebecca Chandler closed out her outstanding career Friday as the Vanderbilt track and field team competed on Day 2 of the NCAA East Regional in Jacksonville, Fla. Chandler, who was one of three Commodores in action, finished 15th in her heat in the Steeplechase. Vanderbilt will have representatives in four more events on Saturday -- including All-American Simone Charley -- as the meet concludes. The top 12 finishers in each event advance to the upcoming NCAA Championships in Eugene, Oregon. "Our girls are all putting up a great effort," said head coach Steve Keith. "This meet is really tough, and it's harder emotionally than people realize. But the girls are battling hard." Vanderbilt ran into some back luck on Friday in the 400-Hurdles, when Faith Washington stumbled on the last hurdle. Washington was primed for a second-place finish in her heat before the late fall. She finished 23rd overall with a time of 1:07.92. Vanderbilt's Skyler Carpenter took 19th with a time of 59.04. Washington and Carpenter both PR'ed in the event during the preliminaries on Thursday, with Washington posting a time of 56.94 and Carpenter finishing at 58.50. Washington's time ranked No. 2 on Vanderbilt's all-time performer's list, and Carpenter's time was No. 4 on the list. "It was a really tough break for Faith," said Keith. "She was running a great race before the fall. She is a little bruised emotionally, but we think she is fine physically. And she has a chance to come back strong for us (on Saturday in the 4x400). ... As for Skyler, she had a really tough lane draw, but she can come back strong, too." Chandler, the school record holder in the Steeplechase, finished 45th with a time of 10:51.58 on Friday. It was the final career race for Chandler, who left an indelible mark at Vanderbilt. The senior broke her own school record in the Steeplechase earlier this season with a time of 10:21.20, and she also took seventh place at the SEC Championships two weeks ago to score two points for the Commodores. She became the first VU distance runner to score at the conference meet in three consecutive years. Chandler was also a key contributor for the Vanderbilt cross country team that has advanced to the NCAA Championships in each of the past four seasons. "We are really proud of her and what she's meant to our program the past four years. We could not have possibly asked for more than she has given us during her career."

DAY THREE

Simone Charley is making a habit of visiting Eugene, Oregon. Vanderbilt's All-American triple jumper will be headed there again in about two weeks to compete in the NCAA Outdoor Championships. She qualified for the national meet on Saturday with a seventh-place finish at the NCAA East Regionals in Jacksonville, Fla. It is the second straight year she has advanced to Eugene for the outdoor national meet, and she also competed in Eugene at last year's USATF Junior Championships. Charley posted her best mark of Saturday's competition on her first attempt with a leap of 42-4. "It was a three-jump format, and that really put some pressure on the athletes," said head coach Steve Keith. "(Assistant coach Clark Humphreys) deserves a lot of credit, because he and Simone really had a great approach. (Humphreys) really had her warmed up and ready to go, and she was able to hit a big one on her first jump. ... It was great to see her come through and get back to nationals." Charley was one of six athletes from the SEC to finish among the top 12 and earn their spots in Eugene. Charley will be making her third overall appearance at the NCAA Championships. (She qualified for the Indoor Championships in Fayetteville, Ark., in March.) Charley, who also stars for the VU soccer team, broke her own school record in the triple jump at last week at the SEC Championships, where she finished fourth with a leap of 43-7. Last season, she finished ninth at the NCAA Championships and earned Second Team All-American status. Her performance on Saturday came in the first of four events in which Vanderbilt was represented. Sara Barron finished 19th in the finals of the 1500 with a time of 4:26.08 on Saturday. Barron earned her spot in the finals by using a frantic late push in the preliminaries on Thursday, when she was boxed in for much of the race but surged past several runners down the stretch and posted a time of 4:25.25. Barron's race on Saturday capped an impressive season -- and postseason -- for the junior, who scored four points for the Commodores with a fifth-place finish in the 1500 at 4:22.51 at last week's SEC Championships. "This week was big for Sara," said Keith. "For her to get to the finals was an important part of the process for her." Vanderbilt senior Ellie Tidman represented the Commodores in the high jump on Saturday. Tidman, who cleared 5-5 (1.65m), was not among the top-12 finishers who advanced to Eugene in the event. Vanderbilt's 4x400 team closed out the action for Vanderbilt at the meet on Saturday night, finishing 20th with a time of 3:35.97. The team -- comprised of Faith Washington, Courtney Clayton, Skyler Carpenter and Erin Edmond -- broke their own school record at last week's SEC Championships with a time of 3:34.74 and finished fifth. "When you get to this level, it's the big leagues, and you have to be at your best," said Keith. "And our girls competed hard against an elite field." Vanderbilt will leave Jacksonville with plenty of positives. The Commodores had representatives in eight total events this week, the most in team history. And although Charley was lone the Commodore who advanced to the Championships, the team gained valuable experience by competing against the best in the nation. "All in all, we are a young program, and the things we learned this week are invaluable," said Keith. "I am super happy with the way the team competed and the effort they gave. This whole thing is a process, and it doesn't happen overnight. But we are moving in the right direction, and we will be an even better team next year."



OUTDOOR TRACK & FIELD RECAPS

NCAA OUTDOOR CHAMPIONSHIPS

May 30-June 1, 2013 ★ Jacksonville, Fla.

CHARLEY EARNS SPOT ON PODIUM

VU sophomore breaks own record, takes third place in Eugene

By David Dawson

vucommodores.com.

EUGENE, OREGON -- Throughout her young career, Vanderbilt's Simone Charley has proven herself to be the quintessential clutch performer.

During Saturday's NCAA Outdoor Championships, she did it again -- in the most amazing way yet. Charley, the standout sophomore triple-jumper, delivered the best series of her career, including posting a new school record of 44-3.25 in the finals, to take third place among the incredibly talented field in Eugene, Oregon.

Charley, a two-sport standout from Hoover, Ala., earned First Team All-American honors and shattered her own school record during a performance that will certainly go down as one of the best individual efforts in school history -- in any sport.

"There is absolutely no doubt that Simone has that special 'it' factor that enables her to compete at her best when the pressure is on," said Vanderbilt assistant coach Clark Humphreys, who helps guide the Commodores' jumpers and vaulters. "And we saw that again today. She has the ability to just dial it up at the right moment, and that's a trait that only the special athletes have."

Charley, who finished ninth at last year's NCAA Outdoor Championships, endured a temporary disappointment Saturday when she scratched on her first attempt of the day. But she immediately bounced back by posting a new personal-best -- and a new school record -- with a mark of 43-8.5 on her second attempt. Moments later, she out-did herself again in the finals, delivering a leap of 44-3.25 to take third place and earn a spot on the podium for the awards ceremony.

"It was a pretty awesome feeling, just seeing all the hard work pay off," said Charley. "It was definitely an exciting moment, and I am so thankful to Coach Hump for all he did to help make it happen."

The always-humble Charley said she planned to celebrate the occasion in a way that seemed very fitting for the low-key sophomore: "Right now, I am just looking forward to going to dinner and eating whatever I want," she said shortly after appearing on the podium. "I am going to eat a bowl of ice cream or something."

Saturday's performance marked the third time that Charley has represented Vanderbilt at the NCAA Championships -- twice in outdoors and once in indoors -- and her results have improved each time. Last summer, she earned Second Team All-American honors with her ninth-place finish at the outdoor nationals, and this past spring, she finished fourth at the Indoor Championships.

"We are extremely proud of Simone and the manner in which she continues to represent our program and our university," said Vanderbilt head coach Steve Keith. "She did an outstanding job today. She and Coach Humphreys have worked extremely hard and, today, it all came together. The two of them make a great team."

With her third place finish Saturday, Charley helped the SEC sweep the top-3 positions in the event -- and all three were underclassmen. Keturah Orji, the outstanding freshman from Georgia, was first with a mark of 46-5.25, and Auburn sophomore Marshay Ryan was second at 44-4.75. After the race, Orji took a "victory lap" around the stadium, which is a custom at the national meet. But Orji put a new twist on the tradition by inviting Charley and Ryan to join her. And they happily accepted. "That was a really classy move on her part," said Humphreys, "and I think that really shows the level of respect the SEC athletes have for each other."

Charley had plenty of supporters Saturday, including Vanderbilt director of athletics David Williams, and associate AD for external affairs Steve Walsh. "I am so thankful to them for coming," said Charley, "and so thankful to everyone who has helped me. And I am most thankful to God. With Him, all things are possible."

When asked after the meet if her social-media accounts were going crazy with messages, Charley revealed to Humphreys that she had shut down her Twitter and Instagram last week in order to focus on nationals. "I think that right there just shows her level of discipline and the business-like approach she takes to what she does," said Humphreys. "She didn't want anything to be a distraction. And today, her focus and dedication paid off. We are very proud."



Vanderbilt's Simone Charley earned First Team All-American status by finishing third at the NCAA Championships.



OUTDOOR TRACK & FIELD TIMES/MARKS

100 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Tierney Price	12.94	Black & Gold	3-28-15
Janetra Gleaves	12.72	Alabama Relays	3-20-15

200 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Erin Edmond	24.26	Tiger Track Invitational	4-04-15
Faith Washington	24.39	Duke Twilight	5-07-15
Erin Edmond	24.60	Hurricane Invitational	4-11-15
Erin Edmond	24.65	Virginia Challenge	4-17-15
Erin Edmond	24.69	SEC Championships	5-17-15
Faith Washington	24.74	Hurricane Invitational	4-11-15
Erin Edmond	24.74	Black & Gold	3-27-15
Skyler Carpenter	25.13	Duke Twilight	5-07-15
Emma Radan	25.54	Black & Gold	3-27-15
Emma Radan	25.56	Duke Twilight	5-07-15

400 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Erin Edmond	54.40	Hurricane Invitational	4-11-15
Erin Edmond	54.72	SEC Championships	5-15-15
Erin Edmond	55.04	Tennessee Challenge	5-02-15
Faith Washington	55.40	Tennessee Challenge	5-02-15
Courtney Clayton	55.49	Hurricane Invitational	4-11-15
Erin Edmond	55.59	Virginia Challenge	4-11-15
Skyler Carpenter	55.98	Hurricane Invitational	4-11-15
Courtney Clayton	56.38	Duke Twilight	5-06-15
Emma Radan	59.49	Alabama Relays	3-20-15



OUTDOOR TRACK & FIELD TIMES/MARKS

800 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Courtney Clayton	2:05.52	SEC Championships (prelims)	5-14-15
Courtney Clayton	2:06.62	SEC Championships (finals)	5-16-15
Courtney Clayton	2:07.50	Virginia Challenge	4-17-15
Katherine Delaney	2:09.29	Tennessee Challenge	5-02-15
Sara Barron	2:09.38	Virginia Challenge	4-17-15
Katherine Delaney	2:09.46	Virginia Challenge	4-17-15
Maddie Criscione	2:09.61	SEC Championships (prelims)	5-14-15
Reagan Anderson	2:09.65	Tennessee Challenge	5-02-15
Courtney Clayton	2:10.31	Duke Twilight	5-07-15
Katherine Delaney	2:10.89	Duke Twilight	5-07-15
Reagan Anderson	2:10.92	Duke Twilight	5-07-15
Maddie Criscione	2:11.52	Tennessee Challenge	5-02-15
Lily Williams	2:12.33	Duke Twilight	5-07-15
Reagan Anderson	2:12.42	SEC Championships (prelims)	5-14-15
Reagan Anderson	2:12.47	Virginia Challenge	4-17-15
Maddie Criscione	2:12.53	Duke Twilight	5-07-15
Katherine Delaney	2:12.65	Black & Gold	3-27-15
Reagan Anderson	2:12.83	Black & Gold	3-27-15
Courtney Clayton	2:13.10	NCAA East Regionals	5-28-15
Lily Williams	2:13.21	Virginia Challenge	4-17-15
Lily Williams	2:13.40	Tennessee Challenge	5-02-15
Courtney Kriegshauser	2:14.48	Virginia Challenge	4-17-15
Courtney Kriegshauser	2:15.51	Duke Twilight	5-07-15
Lily Williams	2:15.62	Black & Gold	3-27-15
Courtney Kriegshauser	2:16.84	Tennessee Challenge	5-02-15
Megan Huebner	2:17.91	Tennessee Challenge	5-02-15
Megan Huebner	2:19.17	Duke Twilight	5-07-15
Sarah Goodale	2:19.32	Tennessee Challenge	5-02-15
Rebecca Chandler	2:22.05	Black & Gold	3-27-15



OUTDOOR TRACK & FIELD TIMES/MARKS

1,500 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Sara Barron	4:20.41	Virginia Challenge	4-18-15
Sara Barron	4:22.51	SEC Championships (finals)	5-16-15
Sara Barron	4:23.70	Stanford Invitational	4-03-15
Katherine Delaney	4:24.55	SEC Championships (finals)	5-16-15
Katherine Delaney	4:25.10	SEC Championships (prelims)	5-15-15
Sara Barron	4:25.25	NCAA East Regionals (prelims)	5-28-15
Katherine Delaney	4:25.29	Duke Twilight	5-06-15
Sara Barron	4:25.44	SEC Championships (prelims)	5-15-15
Katherine Delaney	4:25.47	Virginia Challenge	4-18-15
Katherine Delaney	4:26.00	Stanford Invitational	4-03-15
Sara Barron	4:26.08	NCAA East Regionals (finals)	5-29-15
Reagan Anderson	4:27.00	Stanford Invitational	4-03-15
Sara Barron	4:28.05	Black & Gold	3-27-15
Carmen Carlos	4:28.39	Virginia Challenge	4-18-15
Lily Williams	4:28.49	Duke Twilight	5-06-15
Carmen Carlos	4:29.00	Stanford Invitational	4-03-15
Courtney Kriegshauser	4:29.11	SEC Championships (prelims)	5-15-15
Reagan Anderson	4:29.42	Duke Twilight	5-06-15
Reagan Anderson	4:30.37	Virginia Challenge	4-18-15
Lily Williams	4:30.44	SEC Championships (prelims)	5-15-15
Courtney Kriegshauser	4:30.54	Virginia Challenge	4-18-15
Courtney Clayton	4:30.82	Tennessee Challenge	5-02-15
Carmen Carlos	4:30.98	Tennessee Challenge	5-02-15
Lily Williams	4:32.19	Virginia Challenge	4-18-15
Katherine Delaney	4:32.21	Black & Gold	3-27-15
Reagan Anderson	4:32.57	Black & Gold	3-27-15
Courtney Kriegshauser	4:34.14	Duke Twilight	5-06-15
Vanessa Valentine	4:34.53	Black & Gold	3-27-15
Vanessa Valentine	4:34.78	Tennessee Challenge	5-02-15
Maddie Criscione	4:34.91	Duke Twilight	5-06-15
Courtney Kriegshauser	4:35.00	Stanford Invitational	4-03-15
Maddie Criscione	4:35.43	SEC Championships (prelims)	5-15-15
Maddie Criscione	4:35.70	Virginia Challenge	4-18-15
Maddie Criscione	4:38.00	Stanford Invitational	4-03-15
Reagan Anderson	4:38.06	SEC Championships (prelims)	5-15-15
Megan Huebner	4:38.16	SEC Championships (prelims)	5-15-15
Megan Huebner	4:39.45	Duke Twilight	5-06-15
Courtney Kriegshauser	4:42.60	Black & Gold	3-27-15
Megan Huebner	4:43.00	Stanford Invitational	4-03-15
Rebecca Chandler	4:43.29	Tennessee Challenge	5-02-15
Megan Huebner	4:43.90	Virginia Challenge	4-18-15
Lily Williams	4:44.08	Black & Gold	3-27-15
Claire Benjamin	4:44.84	Black & Gold	3-27-15
Maddie Criscione	4:48.61	Black & Gold	3-27-15
Megan Huebner	4:49.04	Black & Gold	3-27-15



OUTDOOR TRACK & FIELD TIMES/MARKS

3,000 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Sara Barron	9:34.68	Black & Gold	3-28-15
Carmen Carlos	9:42.23	Tennessee Challenge	5-02-15
Claire Benjamin	9:46.46	Black & Gold	3-28-15
Vanessa Valentine	9:48.09	Black & Gold	3-28-15
Rebecca Chandler	10:02.03	Tennessee Challenge	5-02-15
Claire Benjamin	10:14.04	Tennessee Challenge	5-02-15
Megan Huebner	10:06.60	Black & Gold	3-28-15
Courtney Kriegshauser	10:06.60	Black & Gold	3-28-15

5,000 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Claire Benjamin	16:29.07	Stanford Invitational	4-03-15
Carmen Carlos	16:31.48	SEC Championships	5-16-15
Carmen Carlos	16:39.28	Duke Twilight	5-06-15
Vanessa Valentine	16:48.00	Stanford Invitational	4-03-15
Vanessa Valentine	16:54.22	Duke Twilight	5-06-15
Vanessa Valentine	17:11.07	SEC Championships	5-16-15
Vanessa Valentine	17:19.05	Virginia Challenge	4-18-15

10,000 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Liz Anderson	35:07.19	Virginia Challenge	4-18-15
Vanessa Valentine	35:34.41	SEC Championships	5-14-15
Claire Benjamin	36:48.33	SEC Championships	5-14-15

100 METER HURDLES

ATHLETE	MARK/TIME	MEET	MEET DATE
Janetra Gleaves	14.02	Tiger Track Classic	4-04-15
Janetra Gleaves	14.21	Hurricane Invitational	4-11-15
Janetra Gleaves	14.35	Black & Gold	3-28-15
Sarah Goodale	14.86	Alabama Relays	3-21-15



OUTDOOR TRACK & FIELD TIMES/MARKS

400 METER HURDLES

ATHLETE	MARK/TIME	MEET	MEET DATE
Faith Washington	56.94	NCAA East Regionals (prelims)	5-28-15
Faith Washington	57.64	Virginia Challenge	4-18-15
Faith Washington	57.74	Tiger Track Classic	4-04-15
Skyler Carpenter	58.50	NCAA East Regionals (prelims)	5-28-15
Skyler Carpenter	58.84	Tennessee Challenge	5-02-15
Skyler Carpenter	59.04	NCAA East Regionals (finals)	5-29-15
Skyler Carpenter	59.21	Black & Gold	3-28-15
Skyler Carpenter	59.55	Tiger Track Classic	4-04-15
Skyler Carpenter	59.77	SEC Championships	5-14-15
Skyler Carpenter	1:00.02	Virginia Challenge	4-18-15
Faith Washington	1:00.03	SEC Championships	5-14-15
Emma Radan	1:02.04	SEC Championships	5-14-15
Emma Radan	1:02.17	Hurricane Invitational	4-11-15
Emma Radan	1:02.57	Duke Twilight	5-06-15
Emma Radan	1:02.81	Tiger Track Classic	4-04-15
Emma Radan	1:04.61	Tennessee Challenge	5-02-15
Emma Radan	1:04.91	Virginia Challenge	4-18-15
Faith Washington	1:07.92	NCAA East Regionals (finals)	5-29-15

2,000 METER STEEPLECHASE

ATHLETE	MARK/TIME	MEET	MEET DATE
Rebecca Chandler	7:04.56	Black & Gold	3-27-15

3,000 METER STEEPLECHASE

ATHLETE	MARK/TIME	MEET	MEET DATE
Rebecca Chandler	10:21.20	Virginia Challenge	4-17-15
Rebecca Chandler	10:35.04	SEC Championships	5-15-15
Rebecca Chandler	10:37.18	Stanford Invitational	4-03-15
Rebecca Chandler	10:51.58	NCAA East Regional	5-29-15



OUTDOOR TRACK & FIELD TIMES/MARKS

HIGH JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Ellie Tidman	5-9.25 (1.76m)	Stanford Invitational	4-04-15
Ellie Tidman	5-7.25 (1.71m)	Black & Gold	3-28-15
Ellie Tidman	5-7 (1.70m)	Alabama Relays	3-20-15
Ellie Tidman	5-7 (1.70m)	SEC Championships	5-15-15
Ellie Tidman	5-7 (1.70m)	Tennessee Challenge	5-02-15
Ellie Tidman	5-7 (1.70m)	Stanford Invitational	4-04-15
Ellie Tidman	5-6 (1.68m)	Virginia Challenge	4-18-15
Ellie Tidman	5-5.25 (1.66m)	Duke Twilight	5-07-15
Ellie Tidman	5-5 (1.65m)	NCAA East Regionals	5-30-15
Sarah Goodale	5-3.25 (1.61m)	Stanford Invitational	4-04-15
Sarah Goodale	5-3 (1.60m)	Alabama Relays	3-20-15

POLE VAULT

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Bell	13-8.25 (4.17m)	Tennessee Challenge	5-02-15
Sarah Bell	13-4.50 (4.01m)	NCAA East Regionals	5-28-15
Sarah Bell	13-1.75 (4.01m)	SEC Championships	5-15-15
Sarah Bell	13-1.50 (4.00m)	Virginia Challenge	4-17-15
Sarah Bell	12-11.5 (3.95m)	Hurricane Invitational	4-11-15
Sarah Bell	12-7.25 (3.85m)	Alabama Relays	3-21-15
Megan McCabe	12-6.25 (3.82m)	Virginia Challenge	4-17-15
Megan McCabe	12-3.50 (3.75m)	Duke Twilight	5-06-15
Megan McCabe	12-2.50 (3.72m)	Tennessee Challenge	5-02-15
Sarah Bell	12-1.50 (3.70m)	Tiger Track Classic	4-04-15
Megan McCabe	11-7.75 (3.55m)	Tiger Track Classic	4-04-15
Megan McCabe	11-7.75 (3.40m)	Black & Gold	3-28-15
Megan McCabe	11-5.70 (3.50m)	Hurricane Invitational	4-11-15
Katie Watts	11-1.75 (3.40m)	Tiger Track Classic	4-04-15
Katie Watts	11-1.75 (3.40m)	Alabama Relays	3-21-15
Megan McCabe	11-1.75 (3.40m)	Alabama Relays	3-21-15

LONG JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	17-11	Black & Gold	3-28-15



OUTDOOR TRACK & FIELD TIMES/MARKS

TRIPLE JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Simone Charley	44-3.25 (13.49m)	NCAA Championships	5-30-15
Simone Charley	43-7 (13.28m)	SEC Championships	5-16-15
Simone Charley	42-11.75 (13.10m)	Tiger Track Classic	4-03-15
Simone Charley	42-4 (13.01m)	NCAA Regionals	5-30-15
Tierney Price	40-7.50 (12.38m)	Tiger Track Classic	4-03-15
Simone Charley	40-2 (12.24m)	Virginia Challenge	4-17-15
Tierney Price	39-2.25 (11.94m)	SEC Championships	5-16-15
Tierney Price	38-6¼ (11.74m)	Alabama Relays	3-20-15
Tierney Price	38-3.5 (11.67m)	Virginia Challenge	4-17-15
Tierney Price	38-3.25 (11.70m)	Tiger Track Classic	4-03-15

HEPTATHLON

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	5,065 (pts)	SEC Championships	5-15-15

4x100 METER RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Carpenter, Washington, Radan, Edmond	46.79	Tennessee Challenge	5-02-15
Gleaves, Washington, Radan, Edmond	46.95	Tiger Track Classic	4-05-15
Gleaves, Washington, Edobi, Edmond	46.95	Black & Gold	3-28-15
Gleaves, Washington, Edobi, Edmond	47.62	Alabama Relays	3-21-15

4x200 METER RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Edobi, Washington, Carpenter, Edmond	1:37.45	Alabama Relays	3-20-15

4x400 METER RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Washington, Carpenter, Clayton, Edmond	3:34.74	SEC Championships	5-16-15
Washington, Carpenter, Clayton, Edmond	3:34.98	Hurricane Invitational	4-11-15
Washington, Carpenter, Clayton, Edmond	3:35.97	NCAA East Regionals	5-30-15
Washington, Carpenter, Clayton, Edmond	3:36.84	Virginia Challenge	4-18-15

SPRINT MEDLEY RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Washington, Edmond, Carpenter, Clayton	3:59.65	Alabama Relays	3-21-15



OUTDOOR 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
2014	Simone Charley (Second Team)	Triple jump
2015	Simone Charley (First Team)	Triple Jump

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
2015	T-35th	6 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



ALL-TIME ROSTER (A-L)

A

Emma Abrahamson 2014
Amanda Acton 1995-97
Shawnette Adams . . . 2002-05
Diane Allen 1987-90
Robin Allen 1998-99
Ashley Anderson 2006
Liz Anderson 2010-15
Reagan Anderson . . . 2013-
Andrea Andrews . . . 2001-04
Lindsay Avocado 2003

B

Lena Babaeva 2001-02
Neely Bagwell 1997-2000
Mary Baldwin 2001-04
Buky Bamigboye 2010
Grace Bandow 1995
Sara Barron 2013-
Michele Baskin 1996-99
Kara Beauchesne 1993
Carolyn Bell 2008
Sarah Bell 2014-
Claire Benjamin 2012-15
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 2012-15
Simone Charley 2014-
Angeline Cione 2001-03
Courtney Clayton . . . 2014-
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
Maddie Criscione . . . 2014-
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 2012-15
Jennifer Edobi 2015-
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 2012-15
Sarah Goodale 2014-
Michelle Graber 1988
Tara Gregory 1998-2002
Amanda Grosse 2005-08
Camie Griffith 2000-01
Devon Grisbaum 2015-
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
Megan Huebner 2014-
Laura Huffman 1997-99
Nadiyah Humber 2002-05
Amy Huss 2004-06
Debbie Huss 2004-06
Ginger Hutton 2015-

J

Taylor Jackson 2008-11
Vada Jackson 1979-81
Rebecca Jacobson . . . 2015-
Amy Jay 2004
Jhonda Johnson 1982-86
Pamela Johnson 1997-98
Tyler Johnson 2003
Emily Johnstone 1999-2000
Rita Jorgensen 2008-11
Amira Joseph 2012-15
Lena Josifi 2011
Kristen Jumer 1999
Hannah Jumper 2012-15
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
C. 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
Megan McCabe 2015-
 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 2012-2015
 Kazumi Oyama..... 1994-97

P

Joy Parker 1999-2003
 Lauren Pence 2004-06
 Christina Penn 1995-96
 Jennifer Pentecost..... 1995
 Stephanie Pepper 1999-2000
 Caroline Pietrzyk 2015
 Allison Pink 1998-2002
 Lauren Price 1998-2002
Tierney Price..... 2013-

Q

Lisa Quinn 1992-93

R

Emma Radan 2015
 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
 Lauryn 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 2012-15
 Lauren Tinsley 2002
 Mary Tipton 2011
 Janet Titus 1988-89
 Ryan Tolbert..... 1994-98
 Morgan Toone 2012-13
 Kim Trenbath 1997-2000
Sara Tsai..... 2015
 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
 Katie Watts 2014
 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