

2016-17 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
Assistant Director of Athletics (Track Admin.) Drew Fann
Website VUCommodores.com

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THE COACHES

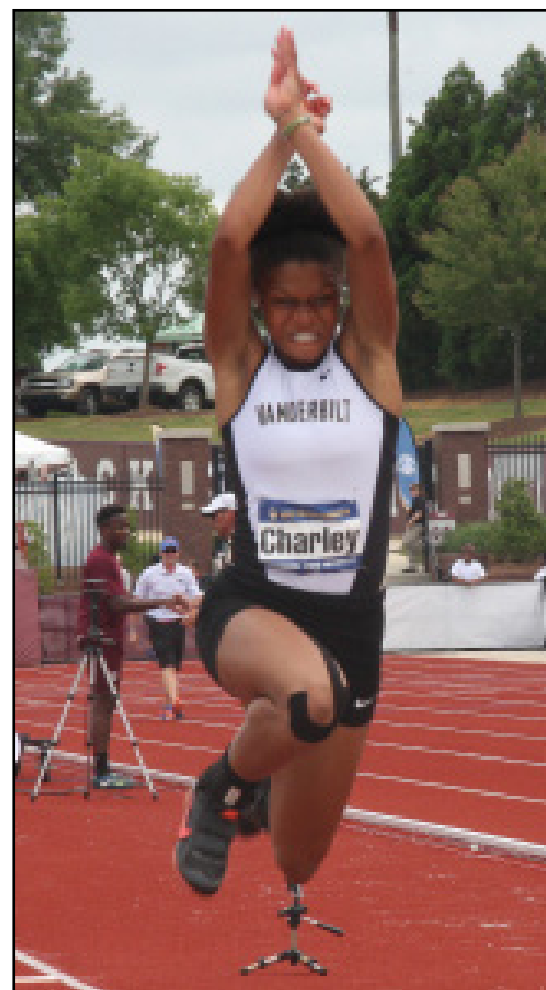
Head Coach / Director Steve Keith
Alma Mater Vanderbilt (1981)
Associate Head Coach/Track and field Clark Humphreys (Auburn, 1999)
Assistant coach Rebekah Smeltzer (Michigan State, 2011)
Track assistant Sprints/Hurdles Donnie Young (Eastern Michigan, 2007)

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SIMONE CHARLEY

**FOUR-TIME FIRST TEAM
ALL-AMERICAN**



Senior, Triple Jumper



XC / TRACK & FIELD SCHEDULES

2016 CROSS COUNTRY SCHEDULE

Dates	Meet	Site
Sept. 5	Belmont Opener (W & M)	Nashville
Sept. 19	Commodore Classic (W & M)	Nashville
Oct. 2	Notre Dame Invitational (W & M)	South Bend, Ind.
Oct. 16	Wisconsin Invitational (W)	Madison, Wisc.
Oct. 16	Crimson Classic (M)	Tuscaloosa, Ala.
Oct. 30	SEC Championships (W & M)	Fayetteville, Ark.
Nov. 13	NCAA Regionals (W & M)	Tallahassee, Fla.
Nov. 21	NCAA Championships	Terre Haute, Ind.



Vanderbilt captured its second straight NCAA South Region title last season and advanced to the NCAA championship for the fifth consecutive year.

2016-17 INDOOR SCHEDULE

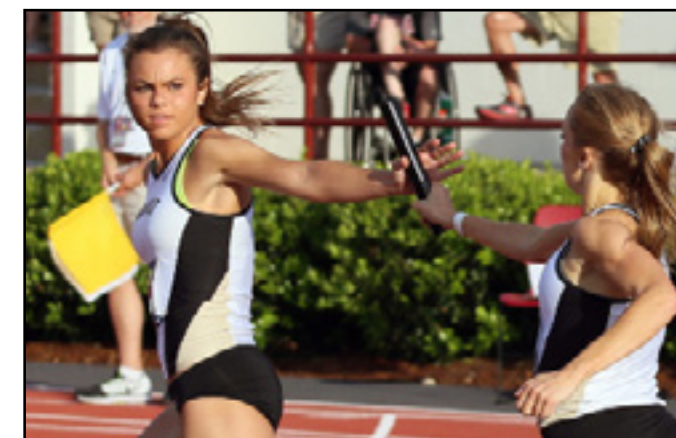
Dates	Meet (Women)	Site
Dec. 3	Vanderbilt Opener	Nashville
Jan. 13-14	Commodore Invitational	Nashville
Jan. 20-21	Vanderbilt Invitational	Nashville
Feb. 03-04	Notre Dame Invitational	South Bend, Ind.
Feb. 10-11	Music City Challenge	Nashville
Feb. 24-25	SEC Indoor Championships	Nashville
Mar. 10-11	NCAA Indoor Championships	College Station, Texas



Jennifer Edobi has made a huge impact for the Commodores and has set marks that rank among the program's Top-10 in multiple events.

2016-17 OUTDOOR SCHEDULE

Dates	Meet (Women)	Site
Mar. 17	Yellow Jacket Invitational	Atlanta, Ga.
Mar. 31-Apr. 1	Florida Relays	Gainesville, Fla.
Mar. 31-Apr. 1	Stanford Invitational	Palo Alto, Calif.
Apr. 06-Apr. 08	Tennessee Relays	Knoxville, Tenn.
Apr. 21-Apr. 22	Virginia Invitational	Charlottesville, Va.
Apr. 28-Apr. 29	LSU Relays	Baton Rouge, La.
May 06	Tennessee Challenge	Knoxville, Tenn.
May 11-May 13	SEC Championships	Columbia, S.C.
Jun. 07-Jun. 10	NCAA Finals	Eugene, Ore.
Jun. 22-Jun. 25	USATF Championships	Sacramento, Calif.



Lydia Witty (left) and Courtney Clayton were among the stars who helped lead Vanderbilt to one of the best seasons in program history in 2015-16.



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, in fact, guided the two programs to unprecedented success, as evidenced by the Commodores' back-to-back Top-20 showings in the USTFCCCA's prestigious Program of the Year standings in each of the past two seasons. (In order to be eligible for the Program of the Year standings, teams must qualify for the NCAA Championships in cross country, indoor track and outdoor track).

Keith has served as the head cross country for the past 11 years, and has guided the Commodores to five consecutive berths in the NCAA Championships, beginning with the team's first-ever appearance in 2011.

Keith was named South Region Coach of the Year in 2014 after the Commodores claimed their first region title in program history, and earned the award again after the Commodores repeated as South Region champs in 2015.

Keith has also served as director of the track and field program for the past four seasons.

"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."

The Commodores earned a spot in the Program of the Year standings for the first time in school history at the end of the 2014-15 campaign, claiming a No. 15 national ranking.

Vanderbilt then took it several steps further in 2015-16, moving up five spots and breaking into the Top 10 by earning a No. 10 ranking. The Commodores -- who were the second highest-ranked SEC women's team on the list, behind only No. 2 Arkansas -- earned their spot in the rankings by finishing 19th in cross country, 25th in indoor track and 29th in outdoor track.

"It's certainly rewarding to see our programs making an impact on a national level," said Keith. "Now it's just a matter of not only maintaining those standards, but improving on them."

The Commodores have also continued to shine in the classroom during Keith's tenure.

Both Vanderbilt cross country squads were once again named All-Academic Teams by the USTFCCCA last season, marking the 10th consecutive year that the men and women have each earned the honor. The Vanderbilt teams have made the list every season since Keith became head coach.

"This award shows our continued commitment to the classroom," said Keith.

"These student-athletes work incredibly hard in everything they do at Vanderbilt."

Individually, the Commodores had five USTFCCCA All-Academic honorees: Carmen Carlos, Sara Tsai, Sara Barron, Caroline Pietrzyk and Vanessa Valentine.

With five representatives, Vanderbilt was tied for the most in the nation. The Commodores were one of only five teams, among the 205 teams that were honored, with five representatives on the list.

The Vanderbilt track team enjoyed another record-setting season in 2015-16, capped by sending two representatives -- Simone Charley and Katherine Delaney -- to the NCAA Outdoor Championships. It marked the first time since 2004.

Other highlights during the 2015-16 track season included:

- Having nine athletes qualify for the NCAA Outdoor Regionals in a total of seven events -- just one shy of the school record that the Commodores established in 2015.
- Having five individuals and one relay team break school records during the indoor season: Simone Charley (triple jump), Sarah Bell (pole vault), Jennifer Edobi (500), Katherine Delaney (1000), Sara Barron (mile) and the 4x800 relay team of Regan Anderson, Maddie Criscione, Delaney and Barron.
- Triple jumper Simone Charley produced another remarkable season that included being named first team All-American (indoor and outdoor), breaking her own school records at multiple meets, being invited to the U.S. Olympic Trials and representing the USA at the NACAC Under-23 Championships.
- Jennifer Edobi competed at the Olympic Trials in Sapele, Nigeria.

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.

HEAD COACH STEVE KEITH

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.

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.

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 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.

Keith is a Vanderbilt alum and was cross country letterwinner from 1977-81. His professional experience includes Division I tenures at Alabama, Texas-El Paso and Georgia Tech.

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.

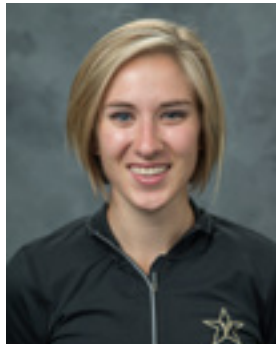
Prior to coaching in the SEC, Keith worked with distance runners at the University of Texas-El Paso, where he directed one of the nation's leading distance teams. Coaching both men and women, Keith's runners at UTEP included a pair of NCAA national individual champions and 22 All-America recipients.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

At Georgia Tech, Keith mentored four All-Americans, including 1,500-meter standout Alan Drosky.

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



REBEKAH SMELTZER

ASSISTANT COACH
Cross Country
Track & Field

Rebekah Smeltzer joined the Vanderbilt staff on July 29, 2016 as an assistant coach for the Commodores' cross country and distance running teams.

Smeltzer, who was a standout at Michigan State during her college career, joins the Commodores after serving as the assistant coach for Western Michigan's cross country and track and field teams over the last two years. While at Western Michigan, she helped develop an individual qualifier for the NCAA Cross Country championships in each of her seasons while helping Maria McDaniel to the top of the podium as the Mid-American Conference outdoor track 5K champion in 2015.

"We're very excited to add Bekah to our TF/XC staff and the Vanderbilt athletics family. I know Bekah is thrilled and eager to start working with our talented young group of distance runners," Vanderbilt cross country/track and field head coach Steve Keith said.

"She's a gifted, young coach with a solid educational and athletic background. Scoring in the Big Ten and running in the NCAA XC Nationals are great experiences to draw from along with her graduate degree in Kinesiology (emphasis in coaching). These are all pluses. Most importantly, we feel that Bekah can come in right away and develop strong, immediate connection with the team as we work toward our SEC and NCAA goals."

Prior to her experience at Western Michigan, Smeltzer was the graduate assistant at her alma mater Michigan State. As a coach with the Spartans, she helped the team to back-to-back Big Ten cross country titles in 2012 and 2013. On the track, she coached individual Big Ten champions in the 3K, 5K and steeplechase while also helping Leah O'Connor to the individual indoor championship in the mile in 2014.

"I am extremely excited and honored to be joining a cross country and track and field program as competitive and respected as Vanderbilt," Smeltzer says. "Vanderbilt is in a league all its own with its nationally recognized academic programs, amazing facilities in a vibrant city and close-knit community. It also offers plenty of support and resources for student athletes to succeed during and after graduation. Coach Keith and the rest of the coaching staff have been extremely welcoming and I look forward to working alongside and learning from them as we continue to coach our athletes up to the highest competitive level."

As a runner, Smeltzer enjoyed a solid career running on the Spartans' Big Ten cross country champion teams in 2010 and 2011. A native of Monroe, Mich. she ran in the NCAA Cross Country championships four times with the Spartans and was named All-Region three times. On the track, she placed sixth in the 10K in 2012 and qualified for the NCAA Outdoor Track and Field championships.

"I am looking forward to building relationships with the current team members and starting to connect with the future Commodores," Smeltzer says. "It is very important for me to know my team so that I can recruit women who will enhance the current team culture. I believe that team culture is a very important aspect of any successful team. I want to do everything I can to protect the amazing culture Vanderbilt has created and continues to build."

COACHING STAFF



CLARK HUMPHREYS

**ASSOCIATE HEAD
COACH**
Track & Field

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

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."

Over the past three seasons, Humphreys has worked diligently with Simone Charley, and has helped her become one of the top triple-jumpers in the nation -- and arguably the most decorated female athlete in Vanderbilt history.

Charley is a four-time first team All-American, including earning the honor during both the indoor and outdoor seasons in 2015-16 campaign, and has continuously set new school records in her event.

During the summer of 2016, Charley's career reached a new level when she participated in two prestigious events. In early July, the standout from Hoover, Ala., competed in the U.S. Olympic Trials in Eugene, Ore. Roughly two weeks later, she represented the USA at the North American, Central American and Caribbean Athletics Association (NACAC) Under-23 Championships in San Salvador, El Salvador.

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. His leadership has played a key role in the successes of sprinter Jennifer Edobi, who was invited to participate in the Olympic Trials in Nigeria during the summer of 2016. Edobi traveled to Sapele, Nigeria, and earned an 11th place finish in the 400 at the trials.

During the 2015-16 season, Young helped lead the Commodores to impactful performances during both the indoor and outdoor campaign, highlighted by Jennifer Edobi's new school record in the 500, along with a new Vanderbilt record in the 4x800 set by the relay team of Regan Anderson, Maddie Criscione, Katherine Delaney and Sara Barron.

Young has also been pivotal in the career of Courtney Clayton, who continues to put her stamp on the Commodore program. She is the school record holder in the 800 for both indoor and outdoor, and she capped her 2015-16 season with a fourth-place finish at the SEC Championships.

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 Edobi 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, Edobi, 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 Clayon, 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 addiiton, 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.



VANDERBILT

CROSS COUNTRY

2016 COMMODORE ROSTERS

WOMEN

Name	Class	Hometown/High School
Reagan Anderson	SR	Wilmington, Del./Tatnall School
Kacie Breeding	FR	Chadds Ford, Penn./Unionville High
Reagan Bustamante	FR	Springfield, Va./West Springfield High
Carmen Carlos	SR	Mobile, Ala./McGill-Toolen
Maddie Criscione	JR	Park City, Utah/Park City
Kendall Derry	FR	Fair Oaks, Calif./Bella Vista High
Devon Grisbaum	SO	Ocean City, N.J./Ocean City High
Megan Huebner	JR	La Quinta, Calif./La Quinta (SS)
Ginger Hutton	SO	Aspen, Colo./Shining Mtn. Waldorf High
Courtney Kriegshauser	SR	Southlake, Texas/Southlake-Carroll
Lauren Moffett	FR	Fresno, Calif./Clovis North High
Caroline Pietrzyk	SO	Malibu, Cali./Malibu High
Mailin Struck	FR	Pinneberg, Germany/Johannes-Brahms School
Sara Tsai	SO	Eugene, Ore./South Eugene High

MEN

Name	Class	Hometown/High School
Dan Arthur	SR	Pleasanton, Calif./Amador Valley High
Garrett Camps	RS-FR	Melbourne Beach, Fla./Melbourne High
Caleb Casolaro	SO	Fairhope, Ala./Fairhope High
Sam DeFabrizio	JR	Glen Gardner, N.J./Voorhees
Waqqas Fazili	SO	Brentwood, Tenn./Brentwood High
Nikos Gkotsis	SR	Athens, Greece/Athens-Psychico College
Andrew Irvine	FR	Hinsdale, Ill./Hinsdale Central High
Evan Suzman	SO	Scarsdale, NY/Scarsdale High
Harrison Thomas	FR	Cartersville, Ill./Cartersville High
Jake Van Geffen	SR	Birmingham, Ala./Oak Mountain
Jason Vincze	SO	Plano, Texas/Plano West High

Pronunciation Guide

WOMEN

Reagan Bustamante
Boost-ah-monte

Maddie Criscione
Criss-EE-oh-nee

Devon Grisbaum
Griss-bom

Megan Huebner
HEEB-ner

Courtney Kriegshauser
Kreggs-house-er

Caroline Pietrzyk
Pee-trick

Mailin Struck
May-lynn

Sara Tsai
Sy

MEN

Caleb Casolaro
Cass-oh-lare-oh (lare rhymes with 'pear')

Sam DeFabrizio
De-FAB-ri-zee-oh

Waqqas Fazili
Wah-Cos Fazz-lee

Nikos Gkotsis
Nee-Cos Got-sis

Andrew Irvine
Ir-vine

Jake Van Geffen
'Hard G' in Geffen

Jason Vincze
Vin-see



2015 XC MEET-BY-MEET RESULTS

Belmont Opener

Sept. 5, 2015 • Nashville, Tenn.

VANDERBILT WOMEN

- Pietrzyk, Caroline 17:24.3
- Valentine, Vanessa 18:00.0
- Anderson, Reagan 18:00.3
- Williams, Lily 18:13.5
- Barron, Sara 18:14.3
- Megan Huebner 18:28.6
- Grisbaum, Devon 18:32.1
- Hutton, Ginger 18:47.7
- Jacobson, Rebecca 18:59.5

WOMEN'S TEAM RESULTS

- Lipscomb 32
- Vanderbilt 44***
- Belmont 82
- Chattanooga 93
- UAB 131

(*Non-Division-I*)

- Lindsay Wilson 28
- Spalding 37
- Campbellsville 55

VANDERBILT MEN

- Vincze, Jason 16:06.8
- Van Geffen, Jake 16:09.5
- Gkotsis, Nikolaos 16:09.7
- French, Nick 16:12.7
- Suzman, Evan 16:27.1
- Casolaro, Caleb 16:39.3
- Reilly, Sam 16:42.8
- Arthur, Daniel 16:49.8
- DeFabrizio, Sam 17:00.2
- Fazili, Waqqas 17:31.5

MEN'S TEAM RESULTS

- MTSU - 40
- Lipscomb - 57
- Belmont - 65
- Vanderbilt - 98***
- Western Kentucky - 120
- Chattanooga - 139
- Tennessee State - 199

(*Non-Division-I*)

- Nashville Harriers - 30
- Cambellsville - 45
- Spalding - 69
- Lindsay Wilson - 86

Commodore Classic

Sept. 19, 2015 • Nashville, Tenn.

VANDERBILT WOMEN

- Pietrzyk, Caroline 17:04.8
- Tsai, Sara 17:27.2
- Valentine, Vanessa 17:40.4
- Anderson, Reagan 17:42.8
- Huebner, Megan 17:51.0
- Williams, Lily 17:52.6
- Barron, Sara 17:55.5
- Grisbaum, Devon 18:14.4
- Hutton, Ginger 18:30.3
- Delaney, Katherine 18:39.1
- Jacobson, Rebecca 18:40.5

WOMEN'S TEAM RESULTS

- Michigan 39
- Vanderbilt 92***
- Miss. State 95
- Lipscomb 97
- Ole Miss 115
- Ohio State 161
- Clemson 189
- Belmont 278
- Louisville 307
- Georgia Tech 308

VANDERBILT MEN

- Van Geffen, Jake 26:27.4
- Vincze, Jason 26:35.0
- French, Nick 26:53.9
- Suzman, Evan 27:15.0
158. Casolaro, Caleb 27:58.7
164. DeFabrizio, Sam 28:18.1
168. Fazili, Waqqas 28:24.4
171. Arthur, Daniel 28:30.6

MEN'S TEAM RESULTS

- Louisville - 53
- Ohio State - 68
- MTSU - 111
- Georgia Tech - 129
- Lipscomb - 133
- Vanderbilt - 427***

Notre Dame Invitational

Oct. 2, 2015 • South Bend, Ind.

VANDERBILT WOMEN

WOMEN BLUE 5k

- Pietrzyk, Caroline 16:56.3
- Valentine, Vanessa 17:09.4
- Barron, Sara 17:11.7
- Tsai, Sara 17:15.7
- Anderson, Reagan17:20.0
- Carlos, Carmen 17:24.6
- Huebner, Megan 17:30.7
- Criscione, Maddie 17:41.3
- Williams, Lily 17:52.4

WOMEN OPEN 5k

- Grisbaum, Devon18:14.2
- Krieghauser, Courtney 18:35.5
- Hutton, Ginger 18:38.5
- Jacobson, Rebecca 19:14.1

VANDERBILT MEN

MEN GOLD 5-MILE

- Van Geffen, Jake 25:08.7
- French, Nick 25:45.0
- Vincze, Jason 26:07.2
- Suzman, Evan 26:39.4
- Gkotsis, Nikos 26:57.1

MEN OPEN 5-MILE

- Reilly, Sam 27:38.2

Wisconsin Invitatonal

Oct. 16, 2015 • Madison, Wisc.
(*VANDERBILT WOMEN ONLY*)

VANDERBILT WOMEN

- Pietrzyk, Caroline 20:22.6
- Tsai, Sara 20:55.9
- Barron, Sara 21:01.7
- Carlos, Carmen 21:10.6
- Anderson, Reagan 21:17.6
- Valentine, Vanessa 21:23.8
- Huebner, Megan 21:42.2

TEAM RESULTS

- New Mexico 32
- Arkansas 188
- Virginia 217
- North Carolina State 240
- Providence 264
- Boise State 275
- Iowa State 283
- Washington 293
- BYU 316
- Penn State 352
- Vanderbilt 484***
- North Carolina 492
- Dartmouth 500
- Northern Arizona 553
- Indiana 564

- Florida State 566
- Arizona State 579
- Wisconsin 580
- Harvard 600
- West Virginia 601
- Tulsa 601
- Boston College 634
- Baylor 671
- Ohio State 730
- SMU 751
- Lamar 789
- UCLA 799
- Iona 885
- Toledo 999

OPEN RESULTS

- Criscione, Maddie 21:14.5
- Williams, Lily 21:40.5
- Grisbaum, Devon 21:45.1
- Hutton, Ginger 22:15.9
- Kriegshauser, Courtney 22:55.6

OPEN TEAM RESULTS

- Arkansas 31
- Washington 43
- Michigan State 84
- BYU 109
- Minnesota 199
- Vanderbilt 123***
- South Dakota State 132
- Toledo 221



2015 XC MEET-BY-MEET RESULTS

Crimson Classic

Oct. 16, 2015 • Tuscaloosa, Ala.
(*VANDERBILT MEN ONLY*)

VANDERBILT MEN

- Van Geffen, Jake 26:01.60
- French, Nick 26:16.80
- Vincze, Jason 26:24.00
- Suzman, Evan 26:53.10
- Gkotsis, Nikos 27:12.31
- Reilly, Sam 27:21.93
- Arthur, Daniel 27:31.01
- Casolaro, Caleb27:37.88
- Fazili, Waqqas 28:36.70
- DeFabrizio, Sam 28:46.32

TEAM RESULTS

- Oklahoma State 27
- Texas A&M 95
- Lipscomb 131
- Auburn 146
- North Florida 170
- Alabama 182
- Texas-Arlington 237
- Southern Illinois 245
- Belmont 258
- LSU 294
- South Alabama 294
- Houston Baptist 320
- Samford 336
- Sam Houston St. 343
- Miss State 348
- McNeese State 349
- Vanderbilt 442***
- Louisiana Tech 509
- Texas-Rio Grande Valley 567
- Memphis 597
- Troy 598
- UI-Monroe 635
- Alabama State 742

SEC Championships

Oct. 30, 2015 • College Station, Tx.

VANDERBILT WOMEN

- Pietrzyk, Caroline 19:54.00
- Carlos, Carmen 20:27.50
- Valentine, Vanessa 20:42.10
- Tsai, Sara 20:46.90
- Criscione, Maddie 20:57.40
- Williams, Lily 21:00.70
- Anderson, Reagan 21:04.50

WOMEN'S TEAM RESULTS

- Arkansas 38
- Mississippi State 95
- Vanderbilt 112***
- Alabama 143
- Ole Miss 147
- Auburn 164
- Florida 183
- Missouri 228
- Texas A&M 249
- Georgia 267
- Tennessee 296
- Kentucky 297
- South Carolina 352
- LSU 436

VANDERBILT MEN

- Van Geffen, Jake 25:08.70
- French, Nick 25:33.20
- Vincze, Jason 26:03.40
- Reilly, Sam 26:38.80
- Gkotsis, Nikos 26:45.70
- Fazili, Waqqas 26:57.40
- Suzman, Evan 27:00.10
- Casolaro, Caleb 27:19.60

MEN'S TEAM RESULTS

- Arkansas 25
- Texas A&M 98
- Ole Miss 122
- Kentucky 129
- Georgia 142
- Missouri 146
- Florida 170
- Auburn 198
- Alabama 203
- Miss. State 280
- Tennessee 301
- LSU 322
- Vanderbilt 391***

NCAA Regionals

Nov. 13, 2015 • Tuscaloosa, Ala.

VANDERBILT WOMEN

- Pietrzyk, Caroline 20:11.53
- Valentine, Vanessa 20:31.51
- Carlos, Carmen, 20:36.73
- Barron, Sara 20:56.63
- Tsai, Sara 21:00.72
- (28) Criscione, Maddie 21:11.69
- (58) Anderson, Reagan 21:42.54

WOMEN'S TEAM RESULTS

- Vanderbilt 65***
- Miss. State 78
- Alabama 135
- Florida State 139
- Auburn 186
- MTSU 201
- Ole Miss 205
- Missouri 206
- Florida 256
- Georgia 364

VANDERBILT MEN

- Van Geffen, Jake 32:35.06
- French, Nick 33:12.01
- Suzman, Evan 33:35.90
- Vincze, Jason 33:47.79
- Reilly, Sam 34:06.92
- (140) Casolaro, Caleb 35:14.55
- (145) Fazili, Waqqas 35:45.88

MEN'S TEAM RESULTS

- Florida State 58
- Ole Miss 62
- Florida 102
- Georgia 127
- Auburn 174
- Vanderbilt 484***

NCAA Championships

Nov. 21, 2015 • Louisville, Ky.

VANDERBILT WOMEN

- Pietrzyk, Caroline 20:21.2
- Valentine, Vanessa 20:51.9
- Carlos, Carmen 21:11.9
- Tsai, Sara 21:17.7
- 177 Barron, Sara 21:22.4
214. Criscione, Maddie 21:49.5
221. Williams, Lily 21:59.0

WOMEN'S TEAM RESULTS

- New Mexico
- Colorado
- Oregon
- Providence
- North Carolina St.
- Michigan
- Oklahoma State
- Notre Dame
- Arkansas
- Washington
- Boise State
- Syracuse
- Michigan State
- Stanford
- Virginia
- Penn State
- Miss. State
- Minnesota
- Vanderbilt***
- Georgetown



2015 CROSS COUNTRY RECAPS

BELMONT OPENER

Septmeber 5, 2015 ★ Nashville, Tenn.

VU WOMEN: SECOND • VU MEN: FOURTH

NASHVILLE - Competing in the first meet of the season, the Commodores were led by freshmen in both the women's and men's races at the Belmont Opener on a hot and sticky day at Percy Warner Park. Caroline Pietrzyk paced the No. 22-ranked Vanderbilt women by taking second place overall at 17:24.3, finishing just seventh-tenth of a second behind Belmont's Hannah Wittman, who posted a winning time of 17:23.6. For the Vanderbilt men, freshman Jason Vincze took 19th overall with a time of 16:06.8 to lead the Commodores. Vanderbilt head coach Steve Keith and associate head coach Rhonda Riley were pleased with the performances of the two VU squads, and were excited about the immediate contributions of the freshman. Check back later for interviews with the two Vanderbilt coaches. The Vanderbilt women -- who are ranked No. 1 in the South Region and are coming off a season in which they captured their first-ever region title and advanced to the NCAA Championships for the fourth straight season -- finished second among the Division-I schools Saturday with 44 points. Lipscomb captured the team title with 32 points. Host Belmont was third with 82 points, and was followed by Chattanooga (93), UAB (131) and Tennessee State (172). Vanderbilt, which did not run all the members of the roster, had three runners among the Top 12. In addition to Pietrzyk's second-place finish, Vanessa Valentine was 11th at 18:00.0 and Reagan Anderson was right behind her in 12th at 18:00.3. Lily Williams and Sara Barron finished 15th and 16th, respectively, at 18:13.5 and 18:14.3. Megan Huebner was 19th at 18:28.6. Three Vanderbilt freshmen earned spots among the upper-third of the 90-member field, with Devon Grisbaum taking 20th at 18:32.1, Ginger Hutton finishing 23rd at 18:47.7 and Rebecca Jacobson taking 27th at 18:59.5.

MEN: On the men's side, Vanderbilt finished fourth with 98 points. MTSU took first with 40 points, Lipscomb was second with 57 and Belmont was third with 85. With his 19th-place finish, Vincze was one of three VU runners in the Top-25. He was joined by teammates Jake Van Geffen, who took 21st at 16:09.5, and Nikolaos Gkotsis, who took 22nd at 16:09.7. Nick French was 26th at 16:12.7, Evan Suzman was 38th at 16:27.1, Caleb Casolaro was 47th at 16:39.3, Sam Reilly was 49th at 16:42.8, Daniel Arthur finished 53rd at 16:49.8, Sam DeFabrizio was 60th at 17:00.2 and Waqqas Fazili was 76th at 17:31.5.

COMMODORE CLASSIC

September 19, 2015 ★ Nashville, Tenn.

VU WOMEN: SECOND • VU MEN: 14th

NASHVILLE - Paced by a pair of freshmen, Caroline Pietrzyk and Sara Tsai, the No. 22-ranked Commodores sailed to an impressive second-place finish against a talent-rich field of schools at the Commodore Classic. The meet, which was Vanderbilt's lone home event of the season, featured 11 teams who appear in the latest USTFCCCA regional rankings, including the South Region's top-ranked Commodores. Pietrzyk finished third overall in the 5k race with a time of 17:04.8 and further established herself as a rising star for Vanderbilt. The freshman from Malibu Calif., has now been VU's top finisher in each of her first two college races. She paced the Commodores -- and took second place overall -- at the Belmont Opener two weeks ago. Pietrzyk was joined in the Top-15 on Saturday by Tsai, who delivered a strong debut for the Commodores. Tsai, who was held out of the Belmont Opener due to illness, posted a time of 17:27.2 and took 14th place. Vanessa Valentine was the third Commodore across the line, finishing 23rd at 17:40.4. She was followed by Regan Anderson, who was 25th at 17:42.8, and Megan Huebner in 38th at 17:51.0. Vanderbilt head coach Steve Keith and associate head coach Rhonda Riley each said they were pleased with the manner in which the Commodores handled the stiff early-season challenge, and said they were excited about the contributions the younger athletes are already making. (See bottom of the page for video interviews with both coaches). The meet, which was held on a steamy day in Nashville, was part of Parent and Family Weekend at Vanderbilt, and the large group of Commodore supporters who turned out for the meet were treated to a host of impressive showings throughout the morning -- not only by the home team but the out-of-town guests, too. Michigan's Erin Finn cruised to a first-place finish with a time of 16:43.4, and three of her teammates joined her in the top 10 to help the No. 12-ranked Wolverines win the meet with 39 points. Vanderbilt finished second with 92 points, Mississippi State was third with 95, Lipscomb was fourth with 97 and Ole Miss was fifth with 115. For Vanderbilt, Lily Williams was 40th at 17:52.6 and Sara Barron was 46th at 17:55.5. Also competing for the Commodore among the crowded field of roughly 250 runners were Devon Grisbaum (18:14.4), Ginger Hutton (18:30.3), Katherine Delaney (18:39.1) and Rebecca Jacobson (18:40.5).

MEN: The Vanderbilt men ran to a 14th-place finish at the Commodore Classic at Percy Warner Park. Jake Van Geffen led the way for the Commodores in the 8k race, finishing 72nd at 26:27.4, and freshman Jason Vincze was 80th at 26:35.0. Rounding out the top-five for Vanderbilt were Nick French (100th overall) at 26:53.9, Evan Suzman (120) at 27:15.0 and Caleb Casolaro (158) at 27:58.7. Also representing Vanderbilt were Sam DeFabrizio, who finished with a time of 28:18.1, Waqqas Fazili (28:24.4) and Daniel Arthur (28:30.6). The Vanderbilt women's cross country team emerged from Saturday's meet feeling pleased with where they are.



2015 CROSS COUNTRY RECAPS

NOTRE DAME INVITATIONAL

October 2, 2015 ★ South Bend, Ind.

VU WOMEN: FOURTH • VU MEN: 13th

SOUTH BEND, Ind.-- Competing in the tradition-steeped Joe Piane Notre Dame Invitational, the No. 22 Vanderbilt women had seven runners set new personal records as the Commodores earned an impressive fourth-place finish. Freshman Caroline Pietrzyk, the reigning SEC Freshman Runner of the week, posted a personal-best time of 16:56.3 to lead the VU women and earn 17th place overall. "This was a very productive trip for us," said Keith. "We are making the type of progress you want to see. ... All in all, across the board, it was just a really good day for us." Pietrzyk's performance continued her early-season surge. She has now been the Commodores' top finisher in each of her first three college races. "Caroline ran a great race," said associate head coach Rhonda Riley. "She really stuck her nose out into the competition, and was very aggressive -- and that's a great approach, especially from a freshman." Pietrzyk was joined in the top-30 by two of her teammates -- Vanessa Valentine was 27th with a PR of 17:09.4, and Sara Barron was 30th with a PR of 17:11.7. Vanderbilt freshman Sara Tsai took a tumble early in the race but recovered nicely to finish 35th with a PR of 17:15.7, and Reagan Anderson also PR'ed while taking 41st at 17:20.0. New Mexico, ranked No. 1 in the latest USTFCCCA poll, won the meet in strong fashion, finishing with 29 points, and No. 14-ranked NC State (74 points) was second. Host Notre Dame (143) took third, Vanderbilt (150) was fourth and Utah (164) was fifth among the 21-team the Blue Division field. All of Vanderbilt's representatives finished in the upper half of the field, including Carmen Carlos (who took 48th with a PR of 17:24.6), Megan Huebner (59th with a PR of 17:30.7), Maddie Criscione (75th with a PR of 17:41.3) and Lily Williams (90th at 17:52.4). Vanderbilt's top five finishers in the women's race had a spread of just 24 seconds, and the Commodores' top seven runners were separated by only 35 seconds. "That's the type of grouping that we've been know for -- and will continue to be known for," said Keith. The Commodores also had a strong showing in the women's open race, with three runners in the top-30. Freshman Devon Grisbaum led the way for VU and earned a spot in the Top-10, finishing with a time of 18:14.2 to take 10th. Courtney Krieghauser was 25th at 18:35.5, Ginger Hutton was 27th at 18:38.5 and Rebecca Jacobson was 50th at 19:14.1.

MEN: In the men's race, Jake Van Geffen ran to an 11th-place finish with a personal-best time of 25:08.7 for the Commodores, who took 13th place in the Men's Gold 5-mile race. Van Geffen stayed among the lead group from start to finish during his impressive performance. "Jake just looked great," said Keith. "And for a coach, that is something that is truly fun to watch -- seeing an athlete have a breakthrough like that. He really enjoyed himself today." Vanderbilt's Nick French was 53rd at 25:45.0, Jason Vincze was 76th at 26:07.2, Evan Suzman was 107th at 26:39.4 and Nikos Glotsis was 118th with a time of 26:57.1. Waqqas Fazili had a time of 27:09.1, Caleb Casolaro finished at 26:16.0 and Sam DeFabrizio finished at 28:38.8.

WISCONSIN INVITATIONAL

October 16, 2015 ★ Madison, Wisc.

VU WOMEN: 18th • VU MEN: Did not compete

MADISON, Wisc.-- Caroline Pietrzyk finished the regular season in fitting fashion as the touted Vanderbilt freshman once again leading the way for the Commodores. Competing in the prestigious Wisconsin adidas Invitational against a vastly-talented field, Pietrzyk paced the VU runners and took 35th overall with a time of 20:22.6 to help the No. 21-ranked Commodores earn an 18th place finish. Sara Tsai, another freshman, was the second VU runner across the line, taking 94th at 20:55.9 Top-ranked New Mexico dominated the meet, finishing with 32 points. Arkansas was second with 188 points and Virginia was third at 217. Individually, Boise State's Allie Ostrander won the meet and set a new course record with a time of 19:19.5, and was followed by Notre Dame's Molly Seidel at 19:33.4 and Arkansas' Dominique Scott at 19:32.5. Vanderbilt head coach Steve Keith and associate head coach Rhonda Riley each said the meet -- which featured 20 ranked teams and five more that received votes in the latest USTFCCCA poll -- was a learning experience for the Commodores. "Anytime you compete in a meet like this, it's going to be a tough challenge -- and that's always a good thing," said Keith. "Today, we didn't quite have the race we wanted to have. It wasn't a disaster but the results weren't as solid as we think we are capable of having." "This race is very much like the national meet," said Riley. "We are still a young team, and we are learning how to execute in these types of races. But we are very happy with the way the freshman ran today." Pietrzyk's performance capped an impressive regular season for the freshman from Malibu, Cali. She was Vanderbilt's top finisher in all four of the Commodores' regular-season meets, and was a two-time selection for SEC Freshman Runner of the Week. Pietrzyk finished sixth among all freshmen in Friday's race. Sara Barron was 104th with a time of 21:01.7, Carmen Carlos was 120th at 21:10.6 and Reagan Anderson was 131st at 21:17.6 to round out the Commodores' top-5. Vanessa Valentine posted a time of 21:23.8 and Megan Huebner finished at 21:42.2. The Commodores also competed in the Open race, where Maddie Criscione earned a Top-10 finish, posting a time of 21:14.5 to take eighth. "Maddie had a great race today, and this was a very productive trip for her," said Keith. Lily Williams was 19th in the Open race at 21:40.5 and Devon Grisbaum was 21st at 21:45.1. Ginger Hutton took 33rd at 22:15.9 and Courtney Kriegshauser was 42nd at 22:55.6.



2015 CROSS COUNTRY RECAPS

CRIMSON CLASSIC

October 16, 2015 ★ Tuscaloosa, Ala.
VU MEN: 17th • (Note: VU women did not compete)

TUSCALOOSA, Ala.-- Closing out the regular season, the Vanderbilt men’s team earned a 17th-place finish at the Crimson Classic in Tuscaloosa, Ala. Jake Van Geffen, coming off a career-best performance two weeks ago at Notre Dame, paced the Commodores again Friday, taking 71st with a time of 26:01.60. Oklahoma State won the meet in impressive style, placing five runners in the top-10 to finish with 27 points. Texas A&M was second with 95 points and Lipscomb was third with 131. For Vanderbilt, Nick French was 84th at 26:16.80, Jason Vincze was 96th at 26:24.00, Evan Suzman was 127th at 26:53.10 and Nikolaos Gkotsis was 142nd at 27:12.31. The meet was Vanderbilt’s final race before the SEC Championships -- and it featured some SEC flavor. Vanderbilt was one of five SEC teams in the event, along with Auburn (which finished fourth), Alabama (sixth), LSU (10) and Mississippi State (15th). Oklahoma State’s Cerake Geberkidane won the meet with a time of 23:40.78, and Alabama’s Antibahs Kosgei was second at 24:17.42. Oklahoma State’s Vegard Oelstad was third at 24:19.49, followed by Samford’s Arse’ne Guillorel in fourth at 24:24.02 and Texas A&M’s Cameron Villarreal in fifth at 24:28.56.

CRIMSON CLASSIC FINAL STANDINGS

1 Oklahoma State 27	10 LSU 294	19 Texas-Rio Grande Valley 567
2 Texas A&M 95	11 South Alabama 294	20 Memphis 597
3 Lipscomb 131	12 Houston Baptist 320	21 Troy 598
4 Auburn 146	13 Samford 336	22 UI-Monroe 635
5 North Florida 170	14 Sam Houston St. 343	23 Alabama State 742
6 Alabama 182	15 Miss State 348	
7 Texas-Arlington 237	16 McNeese State 349	
8 Southern Illinois 245	17 Vanderbilt 442	
9 Belmont 258	18 Louisiana Tech 509	

2015 CROSS COUNTRY RECAPS

SEC CHAMPIONSHIPS

October 30, 2015 ★ College Station, Tx.
VU WOMEN: THIRD • VU MEN: 13th

COLLEGE STATION, Tx.-- The success of the regular season spilled over into the postseason for Caroline Pietrzyk and the Vanderbilt women’s cross country team. Competing against a talent-steeped field at the SEC Championships, Pietrzyk stormed to a third-place individual finish with a time of 19:54.00 and helped steer the No. 28-ranked Commodores to third place in the team standings. Pietrzyk, who was the top freshman finisher in the field, earned SEC Freshman of the Year honors with her performance. She also earned All-SEC First Team and All-Freshman Team selections. Arkansas’ Dominique Scott won the meet for third consecutive year, posting a time of 19:23.50 to help the No. 4-ranked Razorbacks capture their third straight SEC title with 38 points. Mississippi State was second with 95 points, and Vanderbilt was third with 112. “We had a lot of positives today,” said Vanderbilt head coach Steve Keith. “Caroline’s performance was certainly the highlight of the day, but I felt like it was a good day for us all around. We’re happy with what we did, and we’re excited about what we still can do moving forward.” Carmen Carlos was the second Commodore across the line, taking 19th at 20:27.50. Two other VU representatives earned spots among the Top 30, with Vanessa Valentine taking 26th at 20:42.10 and Sara Tsai, another talented freshman, taking 30th at 20:46.90. Maddie Criscione produced her best race of the season and notched the No. 5 spot for Vanderbilt, finishing 36th overall at 20:57.40. Lily Williams was 38th at 21:00.70 and Reagan Anderson was 40th at 21:04.50. “It was a solid third place for us, and we are pleased with how the ladies performed,” said associate head coach Rhonda Riley. “We had some girls who really stepped up today and ran incredible races, and that was great to see. But what is most exciting for me is to know that our best race is still ahead of us.” Pietrzyk’s performance extended her already out-standing freshman campaign. She was the Commodores’ top finisher in all four of the team’s regular-season meets, and was twice named the SEC Freshman Runner of the Week. As expected, she showed no signs of being intimidated Friday while holding her own against many of the nation’s best. “She’s a savvy little racer,” said Keith. “Today was a war of attrition -- and Caroline proved she ‘attrits’ less than others. She really ran a great race.” The Commodores, who are pursuing their fifth straight appearance in the NCAA Championships, now shift their focus to the NCAA Regionals, which take place in two weeks in Tuscaloosa, Ala. Vanderbilt won the South Region championship last year for the first time in team history. “We are a team that historically gets better every week at this time of year,” said Riley. “We haven’t talked about what happened last year (at Regionals), but the girls are aware of it. But I think the most exciting aspect to them is knowing that they still haven’t had their best race yet. They are capable of even more.”

VANDERBILT MEN: Continuing his strong season, Vanderbilt’s Jake Van Geffen paced the Commodores -- and finished 65th overall -- with a time of 25:08.70 at the SEC Championships in College Station, Texas. Vanderbilt finished 13th in the 13-team field. The No. 8-ranked Arkansas men won the SEC title for the sixth consecutive year, finishing with just 25 points. It was the 23rd SEC championship in the past 25 years for the Razorbacks. Texas A&M was a distant second with 98 points and Ole Miss was third at 122. Vanderbilt’s Nick French was the second Commodore across the line, finishing 79th at 25:33.20. Jason Vincze was 97th at 26:03.40, Sam Reilly was 106th at 26:38.80 and Nikolaos Gkotsis was 107th at 26:45.70. “The guys have put in a lot of great effort, and we are proud of what they’ve done this season,” said head coach Steve Keith. “Jake ran a really good race today. His time was almost identical to the time he posted at Notre Dame (where he earned an 11th-place finish), and that says a lot for his performance.”

WOMEN’S FINAL STANDINGS

1. Arkansas - 38	8. Missouri - 228
2. Mississippi State - 95	9. Texas A&M - 249
3. Vanderbilt - 112	10. Georgia - 267
4. Alabama - 143	11. Tennessee - 296
5. Ole Miss - 147	12. Kentucky - 297
6. Auburn - 164	13. South Carolina - 352
7. Florida - 183	14. LSU - 436

MEN’S FINAL STANDINGS

1. Arkansas 25	8. Auburn 198
2. Texas A&M 98	9. Alabama 203
3. Ole Miss 122	10. Miss. State 280
4. Kentucky 129	11. Tennessee 301
5. Georgia 142	12. LSU 322
6. Missouri 146	13. Vanderbilt 391
7. Florida 170	



2015 CROSS COUNTRY RECAPS

NCAA SOUTH REGIONALS

November 13, 2015 ★ Tuscaloosa, Ala.
VU WOMEN: FIRST • VU MEN: 19th



COMMODORES REPEAT AT REGION

Champions again! Vanderbilt captures second straight South Region title

TUSCALOOSA, Ala. -- The Vanderbilt pack made it back-to-back. With freshman Caroline Pietrzyk storming to a second-place overall finish and the rest of Commodores crossing the line with an impressively-small spread, Vanderbilt captured its second consecutive NCAA South Region Championship in Tuscaloosa, Ala. The win enabled the Commodores to secure their fifth straight trip to the NCAA Championships. Pietrzyk, the SEC Female Freshman Runner of the Year, posted a time of 20:11.53 for the Commodores, who finished with 65 points. Mississippi State was second with 78 points and also clinched a spot at nationals. Host Alabama was third with 135 points. "It's always nice to be one of the auto-qualifying teams -- and that was our goal to be top two," said head coach Steve Keith. "We thought we had a shot at running with Mississippi State for the win and we had a good day today. We're super excited." Vanderbilt senior Vanessa Valentine also earned a Top-10 finish, taking eighth at 20:31.51. Carmen Carlos was 12th at 20:36.73, Sara Barron was 22nd at 20:56.63 and freshman Sara Tsai was 24th at 21:00.72. "We've talked about packing up all year ... and today, those women just executed exactly the game plan," said associate head coach Rhonda Riley. "To say that we had one of our best races is absolutely the truth, but we also know what's next (the NCAA Championships) and we hope to put it together one more time." Pietrzyk, Valentine, Carlos, Barron and Tsai all earned All-Region honors for the Commodores, who will travel to Louisville, Ky., for the NCAA Championships. "This was our fifth year in a row qualifying (for nationals), so now let's finish the deal when we get there," said Keith. "I think the blend of youth and experience that we have on the team should fair pretty well next week."

MEN: The Vanderbilt men's cross country team closed out the season with a 19th-place finish at the NCAA South Region Championships in Tuscaloosa, Ala. Jake Van Geffen paced the Commodores, finishing in the upper half of the field in 61st place with a time of 32:35.06

WOMEN'S FINAL STANDINGS		MEN'S FINAL STANDINGS	
1. Vanderbilt 65	9. Florida 256	1. Florida State 58	9. Tennessee 296
2. Miss. State 78	10. Georgia 364	2. Ole Miss 62	10. Belmont 296
3. Alabama 135	11. South Alabama 401	3. Florida 102	11. Lipscomb 298
4. Florida State 139	12. Chattanooga 404	4. Georgia 127	12. North Florida 316
5. Auburn 186	13. FGCU 407	5. Auburn 174	13. Miss. State 317
6. MTSU 201	14. Southern Miss. 419	6. Alabama 183	14. South Alabama 344
7. Ole Miss 205	15. North Florida 465	7. MTSU 196	15. Samford 353
8. Lipscomb 206		8. Georgia Tech 211	19. Vanderbilt 484



2015 CROSS COUNTRY RECAPS

NCAA CHAMPIONSHIPS

November 21, 2015 ★ Louisville, Ky.
VU WOMEN: 19th

VANDERBILT FINISHES 19th AT NATIONALS

LOUISVILLE, Ky. — Caroline Pietrzyk showed no signs of wilting under the spotlight of running in her first NCAA Championships. Instead, all the freshman phenom did was write her name into the record books and lead the Vanderbilt women's cross country team to its second-best finish in program history. Racing in their fifth straight NCAA Championships, the Commodores finished 19th at E.P. Tom Sawyer State Park for their best team finish since 2011. As she has done all season, Pietrzyk led the team, racing to 32nd — the highest individual NCAA finish in school history. She finished fifth among freshmen in the field and became just the second Commodore to earn All-American honors. The race capped off a spectacular season for the Commodores, who entered ranked 19th in the country and on the heels of winning their second straight South Region championship. The top 20 finish at the NCAA Championships marks the program's second-best finish. The 2011 squad finished sixth in the team's first trip to nationals. "It is real rewarding for them to have a good day at nationals," head coach Steve Keith said. "Top 20 for us was a real goal this year. Super happy for the ladies. I thought they performed well in this environment." Pietrzyk had crossed the finish line first for the Commodores in all six previous races and Saturday was no exception. In a deep and dense field with 355 runners, Pietrzyk was in 92nd place at the 2,000-meter mark. But the SEC Freshman of the Year from Malibu, Calif., chipped away, maneuvered around the field and gained 60 spots by the end of the 6,000-meter race. "In the middle of race, she really set her mind to it," Keith said. "I saw her around halfway through and she was low 50s. She kept moving up. She has a good head on her shoulders, trusts her fitness and is a great competitor." She finished with a time of 20:21.2 and became Vanderbilt's first All-American since Alexa Rogers finished 39th in 2011. "It is such an honor," Pietrzyk said. "It was a great experience to be up there (at nationals) with the team and to race with all of these great competitors. I can't describe it as anything more than just an honor because that is what it was. It was a great a race, and I loved it." Senior Vanessa Valentine finished second for the Commodores for the second straight race. After finishing eighth at South Region meet, she placed 105th with a time of 20:51.9, moving up 55 spots. The trio of junior Carmen Carlos (148th, 21:11.9), freshman Sara Tsai (167th, 21:17.7) and senior Sara Barron (177th, 21:22.4) then finished 11 seconds apart to lock in the top 20 finish. Sophomore Maddie Criscione (214th, 21:49.5) and redshirt junior Lily Williams (221st, 21:59.0) rounded out the Commodores. "We're very excited," associate head coach Rhonda Riley said. "We wanted top 20, and they executed. We're extremely happy with the way everyone performed. They weathered the storm (early). Didn't see as much of a pack but they definitely were within each other. They could see each other when they were running and that was key. Every race they have been cool, calm and collected. "The seniors provide a lot of leadership and the freshmen are fearless. As a team, they handled the pressure of the national meet."



VANDERBILT RESULTS			
32-	Caroline Pietrzyk, Fr.	20:21.2	
105-	Vanessa Valentine, Sr.	20:51.9	
148-	Carmen Carlos, Jr.	21:11.9	
167 -	Sara Tsai, Fr.	21:17.7	
177-	Sara Barron, Sr.	21:22.4	
214-	Maddie Criscione, So.	21:59.5	
221 -	Lily Williams, RS Jr.	21:59.0	



CROSS COUNTRY ALL-AMERICAN (2015)



CAROLINE PIETRZYK

All-American • SEC Freshman of the Year

PIETRZYK BIO: Put the exclamation point on a phenomenal freshmen season by becoming just the second Commodore in school history to earn All-American honors. ... Was Vanderbilt's top finisher in all seven meets, including four in the regular season and three more in the postseason. ... Led the Commodores -- and placed 32nd overall -- at the NCAA Championships with a time of 20:21.20, marking the highest individual finish by a Vanderbilt runner at the national meet in team history. ... Captured All-Region honors with a second-place finish at the NCAA South Regional, posting a time of 20:11.53 to help VU win its second consecutive region title. ... Earned SEC Freshman of the Year honors -- and claimed All-SEC First Team and All-Freshman Team selections -- after taking third place overall (and first among freshmen) at the SEC Championships with a time of 19:54.00. ... Earned SEC Freshman of the Week honors on Sept. 22 and Oct. 6 for her performances at the Commodore Classic and Notre Dame Invitational, respectively. ... Paced the VU runners and took 35th overall with a time of 20:22.6 at the Wisconsin adidas Invitational. ... Posted a personal-best time of 16:56.3 to lead the VU women and earn 17th place overall at the Notre Dame Invitational. ... Delivered a historic performance at the Commodore Classic by finishing with a time of 17:04.80 -- the best mark by a VU runner in the 30-plus-year history of Vaughn's Gap and the No. 5 all-time mark at the course. ... Finished first among the Commodores and second overall with a time 17:24.3 in her college debut at the Belmont Opener, finishing just seventh-tenth of a second behind meet winner Hannah Wittman of Belmont.



2015 CROSS COUNTRY INDIVIDUAL RESULTS

REAGAN ANDERSON

Junior ★ Wilmington, Del.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regionals	6k	21:42.54	58
10-30-15	SEC Championships	6k	21:04.5	38
10-16-15	Wisconsin Invitational	6k	21:17.6	131
10-02-15	Notre Dame Invitational	5k	17:20.0	41
09-19-15	Commodore Classic	5k	17:42.8	25
09-05-15	Belmont Opener	5k	18:00.3	12
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
11-21-15	NCAA Nationals	6k	21:22.4	177
11-13-15	NCAA Regionals	6k	20:56.63	22
10-16-15	Wisconsin Invitational	6k	21:01.7	104
10-02-15	Notre Dame Invitational	5k	17:11.7	30
09-19-15	Commodore Classic	5k	17:55.5	46
09-05-15	Belmont Opener	5k	18:14.3	16
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



2015 CROSS COUNTRY INDIVIDUAL RESULTS

CARMEN CARLOS

Junior ★ Mobile, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	21:11.9	148
11-13-15	NCAA Regionals	6k	20:36.73	12
10-30-15	SEC Championships	6k	20:27.50	19
10-16-15	Wisconsin Invitational	6k	21:10.6	120
10-02-15	Notre Dame Invitational	5k	17:24.6	48
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

MADDIE CRISCIONE

Sophomore ★ Park City, Utah.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	21:49.5	214
11-13-15	NCAA Regionals	6k	21:11.69	28
10-30-15	SEC Championships	6k	20:57.40	36
10-02-15	Notre Dame Invitational	5k	17:41.3	75
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



2015 CROSS COUNTRY INDIVIDUAL RESULTS

KATHERINE DELANEY

Senior ★ Laguna Niguel, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
09-19-15	Commodore Classic	5k	18:39.1	101
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

DEVON GRISBAUM

Freshman ★ Ocean City, N.J.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-02-15	Notre Dame Invitational	5k	18:14.2	10
09-19-15	Commodore Classic	5k	18:14.4	63
09-05-15	Belmont Opener	5k	18:32.1	20

MEGAN HUEBNER

Sophomore ★ La Quinta, Calif.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-16-15	Wisconsin Invitational	6k	21:42.2	178
10-02-15	Notre Dame Invitational	5k	17:30.7	59
09-19-15	Commodore Classic	5k	17:51.0	38
09-05-15	Belmont Opener	5k	18:28.6	19
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



2015 CROSS COUNTRY INDIVIDUAL RESULTS

GINGER HUTTON

Freshman ★ Aspen, Colo.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-02-15	Notre Dame Invitational	5k	18:38.5	27
09-19-15	Commodore Classic	5k	18:30.3	91
09-05-15	Belmont Opener	5k	18:47.7	23

COURTNEY KRIEGSHAUSER

Junior ★ Southlake, Texas

DATE	MEET	EVENT	TIME/MARK	PLACE
10-02-15	Notre Dame Invitational	5k	18:35.5	25
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

CAROLINE PIETRZYK

Freshman ★ Malibu, Cali. ★ 2015 SEC Freshman of the Year ★ 2015 All-American

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	20:21.2	32
11-13-15	NCAA Regionals	6k	20:11.53	2
10-30-15	SEC Championships	6k	19:54.00	3
10-16-15	Wisconsin Invitational	6k	20:22.6	35
10-02-15	Notre Dame Invitational	5k	16:56.3	17
09-19-15	Commodore Classic	5k	17:04.8	3
09-05-15	Belmont Opener	5k	17:24.3	2

SARA TSAI

Freshman ★ Eugene, Ore.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	21:17.7	167
11-13-15	NCAA Regionals	6k	21:00.72	24
10-30-15	SEC Championships	6k	20:46.90	30
10-16-15	Wisconsin Invitational	6k	20:55.9	94
10-02-15	Notre Dame Invitational	5k	17:15.7	35
09-19-15	Commodore Classic	5k	17:27.2	14

2015 CROSS COUNTRY INDIVIDUAL RESULTS

VANESSA VALENTINE

Senior ★ Melbourne, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	20:51.9	105
11-13-15	NCAA Regionals	6k	20:31.51	8
10-30-15	SEC Championships	6k	20:42.10	26
10-16-15	Wisconsin Invitational	6k	21:23.8	146
10-02-15	Notre Dame Invitational	5k	17:09.4	27
09-19-15	Commodore Classic	5k	17:40.4	23
09-05-15	Belmont Opener	5k	18:00.0	11
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

LILY WILLIAMS

RS Junior ★ Tallahassee, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-21-15	NCAA Nationals	6k	21:59.0	221
10-30-15	SEC Championships	6k	21:00.70	38
10-02-15	Notre Dame Invitational	5k	17:52.4	90
09-19-15	Commodore Classic	5k	17:52.6	40
09-05-15	Belmont Opener	5k	18:13.5	15
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 Championship	6k	21:57.8	189
11-15-13	NCAA South Regional	5.848k	21:10.32	41
11-01-13	SEC Championships	6k	22:12.56	63
10-19-13	Wisconsin adidas Invitational	6k	21:49.0	198
09-28-13	Roy Griak Invitational	6k	21:54.05	38
09-14-13	Commodore Classic	5k	17:25.73	5



2015 CROSS COUNTRY INDIVIDUAL RESULTS

VANDERBILT MEN'S CROSS COUNTRY RESULTS

DAN ARTHUR

Junior ★ Pleasanton, Cali.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-16-15	Crimson Classic	8k	27:31.01	157
09-19-15	Commodore Classic	8k	28:30.6	171
09-05-15	Belmont Opener	5k	16:49.8	53

CALEB CASOLARO

Freshman ★ Fairhope, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regional	9.725k	35:14.55	140
10-30-15	SEC Championships	8k	27:19.60	112
10-16-15	Crimson Classic	8k	27:37.88	164
09-19-15	Commodore Classic	8k	27:58.7	158
09-05-15	Belmont Opener	5k	16:39.3	47

SAM DEFABRIZIO

Sophomore ★ Glen Gardner, N.J.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-16-15	Crimson Classic	8k	28:46.32	202
09-19-15	Commodore Classic	8k	28:18.1	164
09-05-15	Belmont Opener	5k	17:00.2	60
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

WAQQAS FAZILI

Freshman ★ Brentwood, Tenn.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regionals	9.725k	35:45.88	145
10-30-15	SEC Championships	8k	26:57.40	109
10-16-15	Crimson Classic	8k	28:36.70	197
09-19-15	Commodore Classic	8k	28:24.4	168
09-05-15	Belmont Opener	5k	17:31.5	76



2015 CROSS COUNTRY INDIVIDUAL RESULTS

NICK FRENCH

Senior ★ Boca Raton, Fla.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regional	9.725k	33:12.01	90
10-30-15	SEC Championships	8k	25:33.20	79
10-16-15	Crimson Classic	8k	26:16.80	84
10-02-15	Notre Dame Invitational	5 mile	25:45.0	53
09-19-15	Commodore Classic	8k	26:53.9	100
09-05-15	Belmont Opener	5k	16:12.7	26
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

Junior ★ Athens, Greece

DATE	MEET	EVENT	TIME/MARK	PLACE
10-30-15	SEC Championships	8k	26:45.70	107
10-16-15	Crimson Classic	8k	27:12.31	142
10-02-15	Notre Dame Invitational	5 mile	26:57.1	118
09-05-15	Belmont Opener	5k	16:09.7	22
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



2015 CROSS COUNTRY INDIVIDUAL RESULTS

SAM REILLY

Senior ★ Milton, Ga.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regional	9.725k	34:06.92	123
10-30-15	SEC Championships	8k	26:38.80	106
10-16-15	Crimson Classic	8k	27:21.93	147
10-02-15	Notre Dame Invitational	5 mile	27:38.2	84
09-05-15	Belmont Opener	5k	16:42.8	49
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

EVAN SUZMAN

Freshman ★ Scarsdale, NY

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regional	9.725k	33:35.90	113
10-30-15	SEC Championships	8k	27:00.10	110
10-16-15	Crimson Classic	8k	26:53.10	127
10-02-15	Notre Dame Invitational	5 mile	26:39.4	107
09-19-15	Commodore Classic	8k	27:15.0	120
09-05-15	Belmont Opener	5k	16:27.1	38



2015 CROSS COUNTRY INDIVIDUAL RESULTS

JAKE VAN GEFFEN

Junior ★ Birmingham, Ala.

DATE	MEET	EVENT	TIME/MARK	PLACE
10-30-15	SEC Championships	8k	25:08.70	65
11-13-15	NCAA Regional	9.725k	32:35.06	61
10-16-15	Crimson Classic	8k	26:01.60	71
10-02-15	Notre Dame Invitational	5 mile	25:08.7	11
09-19-15	Commodore Classic	8k	26:27.4	72
09-05-15	Belmont Opener	5k	16:09.5	21
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

JASON VINCZE

Freshman ★ Plano, Tx.

DATE	MEET	EVENT	TIME/MARK	PLACE
11-13-15	NCAA Regional	9.725k	33:47.79	117
10-30-15	SEC Championships	8k	26:03.40	97
10-16-15	Crimson Classic	8k	26:24.00	96
10-02-15	Notre Dame Invitational	5 mile	26:07.2	76
09-19-15	Commodore Classic	8k	26:35.0	80
09-05-15	Belmont Opener	5k	16:06.8	19



CROSS COUNTRY HISTORY

NCAA CHAMPIONSHIPS

2015 ★ 12th

LOUISVILLE, Ky. — Caroline Pietrzyk showed no signs of wilting under the spot-light of running in her first NCAA Championships. Instead, all the freshman phenom did was write her name into the record books and lead the Vanderbilt women’s cross country team to its second-best finish in program history.

Racing in their fifth straight NCAA Championships, the Commodores finished 19th at E.P. Tom Sawyer State Park for their best team finish since 2011. As she has done all season, Pietrzyk led the team, racing to 32nd – the highest individual NCAA fin-ish in school history. She finished fifth among freshmen in the field and became just the second Commodore to earn All-American honors.

The race capped off a spectacular season for the Commodores, who entered ranked 19th in the country and on the heels of winning their second straight South Region championship. The top 20 finish at the NCAA Championships marks the program’s second-best finish. The 2011 squad finished sixth in the team’s first trip to nationals.

“It is real rewarding for them to have a good day at nationals,” head coach Steve Keith said. “Top 20 for us was a real goal this year. Super happy for the ladies. I thought they performed well in this environment.”

Pietrzyk had crossed the finish line first for the Commodores in all six previous races and Saturday was no exception.

In a deep and dense field with 355 runners, Pietrzyk was in 92nd place at the 2,000-meter mark. But the SEC Freshman of the Year from Malibu, Calif., chipped away, maneuvered around the field and gained 60 spots by the end of the 6,000-me-ter race.

“In the middle of race, she really set her mind to it,” Keith said. “I saw her around halfway through and she was low 50s. She kept moving up. She has a good head on her shoulders, trusts her fitness and is a great competitor.”

She finished with a time of 20:21.2 and became Vanderbilt’s first All-American since Alexa Rogers finished 39th in 2011.

“It is such an honor,” Pietrzyk said. “It was a great experience to be up there (at nationals) with the team and to race with all of these great competitors. I can’t describe it as anything more than just an honor because that is what it was. It was a great a race, and I loved it.”

Senior Vanessa Valentine finished second for the Commodores for the second straight race. After finishing eighth at South Region meet, she placed 105th with a time of 20:51.9, moving up 55 spots.

The trio of junior Carmen Carlos (148th, 21:11.9), freshman Sara Tsai (167th, 21:17.7) and senior Sara Barron (177th, 21:22.4) then finished 11 seconds apart to lock in the top 20 finish. Sophomore Maddie Criscione (214th, 21:49.5) and redshirt junior Lily Williams (221st, 21:59.0) rounded out the Commodores.

VANDERBILT RESULTS			
Team	Scoring	Name	Time
1	32	Caroline Pietrzyk	20:21.2
2	105	Vanessa Valentine	20:51.9
3	148	Carmen Carlos	21:11.9
4	167	Sara Tsai	21:17.7
5	177	Sara Barron	21:22.4
6	(214)	Maddie Criscione	21:49.5
7	(221)	Lilly Williams	21:59.0

2014 ★ 28th

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 Wasbash 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.

“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,” said head coach Steve Keith.

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.

“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.”

“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 fin-ish 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.

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

November 21, 2014 ★ Terre Haute, Ind.

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 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 ele-ments 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 Commo-dores, 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 position themselves to tackle the second half.

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

Making it to the championships was a massive achievement all on it's 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 Dore, 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

Four-Time First Team
All-American

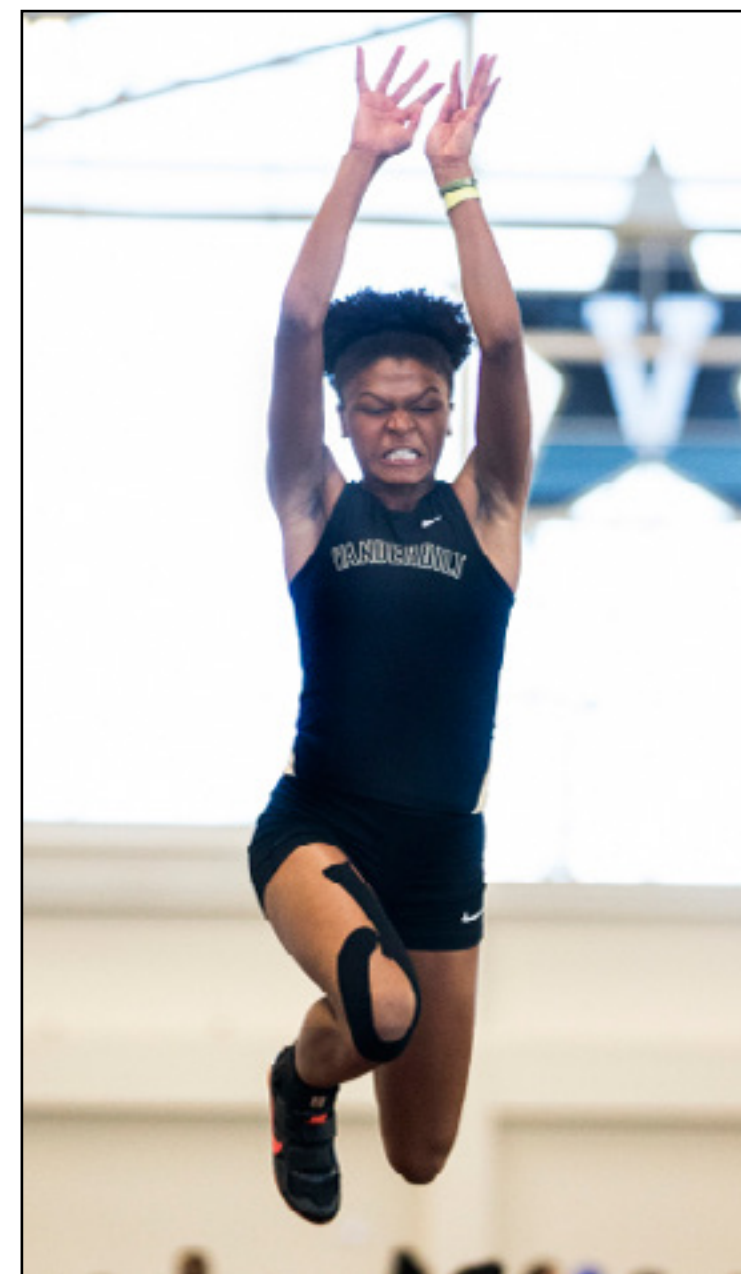
*School record holder
for indoor & outdoor*

2014 USTFCCCA
All-Academic Team

*Second place finisher at
2016 NCAA Outdoor
Championships*

Second 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

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

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	Faith Washington	2016
7.82	Teegan Hill	2009
7.82	Andrea Andrews	2002
7.87	Andrea Rosemond	2005
7.89	Lauryn Smith	2007
7.91	Jennifer Cannon	2013
7.92	Amanda Mullins-Hall	2003

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

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

500 METERS

1:13.66	Jennifer Edobi	2016
1:15.17	Erin Edmond	2014
1:15.37	Skyler Carpenter	2014
1:16.64	Lydia Witty	2016
1:16.80	Courtney Clayton	2014
1:18.59	Jennifer Cannon	2014
1:18.84	Sarah Goodale	2014

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
8.93	Sarah Goodale	2016
8.94	Josie Hahn	2004
8.94	Erin Hardnett	2016
8.99	Skyler Carpenter	2013
9.01	Garnetta Holloway	2006
9.06	Meghan Murphy	2007

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-Treatt	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
2:08.90	Kat Delaney	2016
2:08.92	Skyler Carpenter	2015
2:09.73	Cicely Campbell	2001
2:09.77	Sara Barron	2015
2:10.48	Maddie Criscione	2016

200 METERS

23.99	Ryan Tolbert	1998
24.58	Faith Washington	2013
24.74	Jennifer Edobi	2016
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



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

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

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	Faith Washington	2016
7.82	Teegan Hill	2009
7.82	Andrea Andrews	2002
7.87	Andrea Rosemond	2005
7.89	Lauryn Smith	2007
7.91	Jennifer Cannon	2013
7.92	Amanda Mullins-Hall	2003

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

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

500 METERS

1:13.66	Jennifer Edobi	2016
1:15.17	Erin Edmond	2014
1:15.37	Skyler Carpenter	2014
1:16.64	Lydia Witty	2016
1:16.80	Courtney Clayton	2014
1:18.59	Jennifer Cannon	2014
1:18.84	Sarah Goodale	2014

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
8.93	Sarah Goodale	2016
8.94	Josie Hahn	2004
8.94	Erin Hardnett	2016
8.99	Skyler Carpenter	2013
9.01	Garnetta Holloway	2006
9.06	Meghan Murphy	2007

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

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
2:08.90	Kat Delaney	2016
2:08.92	Skyler Carpenter	2015
2:09.73	Cicely Campbell	2001
2:09.77	Sara Barron	2015
2:10.48	Maddie Criscione	2016
2:10.68	Lydia Witty	2016



INDOOR TRACK TOP-10 LIST

1,000 METERS

2:47.16	Kat Delaney	2016
2:49.08	Sara Barron	2016
2:49.64	Kristen Findley	2012
2:54.11	Kat Delaney	2014
2:55.06	Courtney Clayton	2014
2:55.63	Ginger Hutton	2016
2:57.72 (1009m)	Rita Jorgensen	(Mile)2011
2:57.80 (1009m)	Lily Williams	(Mile)2013

MILE

4:39.96	Sara Barron	2016
4:46.61	Kat Delaney	2016
4:46.71	Jordan White	2012
4:46.74	Sara Tsai	2016
4:47.29	Beth Tallent	1992
4:47.60	Rita Jorgensen	2011
4:48.17	Lily Williams	2013
4:48.22	Carmen Carlos	2016
4:49.76	Kristen Findley	2013
4:49.98	Vanessa Valentine	2016

3,000 METERS

9:21.05	Liz Anderson	2014
9:21.34	Carmen Carlos	2016
9:31.25	Vanessa Valentine	2016
9:32.00	Jordan White	2012
9:32.47	Caroline Pietrzyk	2016
9:32.92	Courtney Kriegshauser	2016
9:35.96	Louise Hannallah	2012
9:37.14	Rita Jorgensen	2009
9:39.07	Erika Schneble	2007
9:40.43	Amy Huss	2006

5,000 METERS

16:14.30	Liz Anderson	2014
16:25.75	Vanessa Valentine	2016
16:32.06	Erika Schneble	2004
16:37.74	Caroline Pietrzyk	2016
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

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	
11:22.96	K Delaney, J Edobi	2016
	M Criscione, C Carlos	
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	

4x800 METER RELAY

8:59.05	R Anderson, M Criscione	2016
	K Delaney, S Barron	
9:04.70	R Anderson, M Criscione	2015
	M Huebner, S Barron	

INDOOR TRACK TOP-10 LIST

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' 7 ¼	Ashlyn Hare	2016
5' 6	Cheri Calahan	1994
5' 5 ¾	Sarah Goodale	2014
5' 5¼	Ryan Tolbert	1995
5' 5	Erin Edmond	2012

POLE VAULT

13' 9 ¼	Sarah Bell	2016
12' 11½	Meagan Martin	2012
12' 9 ½	Megan McCabe	2016
12'2¾	Katherine Hendricks	2010
12' 2	Morgan Toone	2012
11' 9¾	Paige Roberts	2002
11' 7¾	Alyson Hasty	2012
11' 6	Lauren Tinsley	2002
11' 3 ¾	Katie Watts	2016
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

44'	Simone Charley	2016
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



INDOOR TRACK & FIELD RECAPS

VANDERBILT INDOOR OPENER

December 5, 2015 ★ Nashville, Tenn.

NASHVILLE, Tenn. - Vanderbilt's track and field team opened its indoor season by hosting 11 schools at the Indoor Opener at Vanderbilt's Multi-purpose Facility. It was the third straight year Vanderbilt has opened its indoor season with this event, which features a number of local programs. Highlighting the day for Vanderbilt was the performance of Katherine Delaney in the mile run. The senior from Laguna Niguel, Calif., won the mile with a time of 4:51.85. The time would have been the sixth fastest by a Commodore in 2014. Vanderbilt also had five second-place finishes with Jennifer Edobi posting a time of 55.07 in the 400 meters, Skyler Carpenter going 3:14.68 in the 800 and Courtney Kriegshauser running 9:49.77 in the 3000 meters. Sarah Goodale and Ashlyn Hare also finished in a four-way tie for second in the high jump with a mark of 1.66 meters (5-5.25). Courtney Clayton finished third in the mile with a time of 4:58.78. Vanderbilt's 4x400 relay team of Edobi, Clayton, Erin Hardnett and Lydia Witty also finished third at 3:52.15. Sarah Bell also soared to a mark of 3.90 meters(12-9.50) to place third in the pole vault.

COMMODORE INVITATIONAL

January 16-17, 2016 ★ Nashville, Tenn.

DAY ONE

NASHVILLE, Tenn. - For the Vanderbilt track team, the first day of the Commodore Invitational was all about quality, not quantity. Although the short-handed Commodores didn't compete in many events, they produced several impressive results, including a school record and first-place finish by the VU relay team in the 4x800. Katherine Delaney, Reagan Anderson, Maddie Criscione and Sara Barron posted a school-best time of 8:59.05 to finish well ahead of second-place Murray State, which finished at 9:18.98. The Commodores, who are dealing with several injuries, also saw a ninth-place finish by Jennifer Edobi in the women's 200 meters with a time of 24.88. Vanderbilt's Ashlyn Hare took 11th in the high jump at 5-5.25.

DAY TWO

When the Commodore Invitational came to a close on Saturday afternoon, the members of the Vanderbilt track team left their home facility with plenty of new records on their resumé. Competing against a talented field that featured 17 schools, the Commodores overcame a short-handed roster to produce one school record, nine personal bests and eight times/distances that rank among the Top-10 on VU's all-time performer's list. "We didn't quite have our full squad -- we are dealing with some nicks and some injuries -- but the ones we had out there competed really well," said head coach Steve Keith. "All in all, it was a good (meet) for us." (See video below for full interview with Keith). After setting the tone with an impressive showing on Friday night -- which included a new school record by Vanderbilt's 4x800 relay team -- the Commodores finished strong on Saturday, setting a series of personal bests. Senior Vanessa Valentine provided one of the biggest highlights by posting a new personal record and capturing first place in the mile at 4:49.98. Valentine's time ranks ninth on Vanderbilt's all-time performer's list. Three of Valentine's teammates joined her in the Top-5 as the Commodores dominated the event. Carmen Carlos took second at 4:51.23, Lily Williams was fourth at 4:52.56 and Courtney Kriegshauser was fifth at 4:56.29. Vanderbilt also had an impressive showing in the pole vault, with Sarah Bell taking second at 13-9.25, just shy of a personal best, and Megan McCabe taking fifth with a lifetime PR of 12-9.50. McCabe's mark moved her up to No. 3 on VU's all-time list. Faith Washington set a new personal record in the 60-meter prelims with a time of 7.82, which tied for fifth on Vanderbilt's all-time list. Led by Katherine Delaney's strong performance, the Commodores had a solid showing in the 800. Delaney finished third with a time of 2:10.41 to record a new PR and set the eighth-best time on VU's all-time list. Maddie Criscione was seventh at 2:13.75, Reagan Anderson was 11th with a personal-best time of 2:15.83, and Sara Barron was 16th at 2:17.06. In the 60-meter hurdles prelims, Commodore newcomer Erin Hardnett notched the eighth-best time on VU's all-time list at 8.98. Also for Vanderbilt, Megan Huebner took 12th in the mile with a time of 5:04.08, Ginger Hutton finished 15th at 5:05.61 and Devon Grisbaum was 26th at 5:18.41. Lydia Witty took 16th in the 400 at 59.25. On the men's side, Vanderbilt's Nikolaos Gkotsis was 15th in the mile, setting a new indoor PR with a time of 4:17.40. On Friday night, Vanderbilt's 4x800 relay team of Delaney, Barron, Reagan Anderson and Maddie Criscione posted a school-record time of 8:59.05. Also, Jennifer Edobi posted a time of 24.88 in the 200 to move into a tie for third on Vanderbilt's all-time list and Ashlyn Hare cleared 5-5.25 in the high jump to tie the No. 7 mark on VU's all-time list.



INDOOR TRACK & FIELD RECAPS

CONFERENCE CLASH

Jan. 22-23, 2016 ★ Birmingham, Ala.

DAY ONE

BIRMINGHAM, Ala. - The snowstorm that pounded Nashville on Friday caused the Vanderbilt track team to adjust its travel schedule, but the Commodores still managed to make their presence felt on the opening day of the Conference Clash in Birmingham, Ala. Simone Charley, the Commodores' All-American triple jumper, earned two points for Vanderbilt by finishing third with a leap of 42-01.50 (12.84m). It was the season debut -- and a homecoming-type meet -- for Charley, who is from Hoover, Ala. Vanderbilt's Sarah Bell finished fourth in the pole vault at 13-03.75 (4.06m) and Megan McCabe was seventh at 12-04 (3.76). The Commodores were slated to compete in several other events on Friday, but had to alter their plans when the road conditions in Nashville caused a delayed departure on Friday morning. The two-day meet resumes today, and the Commodores are slated to competed in several events.

DAY TWO

The Commodores, who had to alter their travel plans because of snow in Nashville, wrapped up an impressive two-day performance at the Conference Clash. Seniors Katherine Delaney and Vanessa Valentine both delivered strong efforts to spearhead Vanderbilt's showing. Vanderbilt was one of eight teams representing the SEC while competing against seven teams from the other Power-5 conferences. Vanderbilt scored eight points for the SEC representatives, who finished one point behind the "Power-4" teams. The Clash was held at the venue that will host this year's NCAA Indoor Championships. "All in all, it was a solid meet for us," said head coach Steve Keith. "It was a memorable weekend for us in several ways. The ladies did a really nice job and there were a lot of good highlights." One of the biggest belonged to Delaney, who ran to a victory in the mile with a time of 4:49.35 to lead a strong contingent of Commodores in the event. Sarah Barron took fourth with a time of 4:51.47 and Maddie Criscione set a new PR at 4:57.87 to take 12th. "Katherine ran a very patient race, and then finished really strong," said Keith. "It really was a super performance for her." Valentine also made a big impact for the Commodores by taking third place in the 3000-meter run with a time of 9:31.25. Her effort ranks as the No. 2 mark on the Commodores' all-time performer's list and was a six-second improvement from her pervious personal best in the event. Valentine's effort continued her strong work this month. Last weekend, she took first place and posted a new personal record in the mile with a time of 4:49.98, which ranks ninth on Vanderbilt's all-time list. "She has really matured, and she is very confident in her fitness," said Keith. "We can't wait to see what's ahead for her." Valentine was one of four Commodores who finished among the top-20 during Saturday's 3000. Carmen Carlos finished eighth at 9:41.13, Courtney Kriegshauser was 13th with a new personal record of 9:49.43 and Megan Huebner was 19th with a new PR of 9:53.76. Lily Williams was 21st at 10:01.64 and Devon Grisbaum was 32nd at 10:33.71. Vanderbilt's Jennifer Edobi took 13th in the 400 with a time of 55.25, and freshman Ashlyn Hare was 13th in the high jump at 5-04.25 (1.63m). Also, in the 400, Lydia Witty had a time of 58.52 and Erin Hardnett finished at 59.68. In the 800, Ginger Hutton posted a time of 2:15.56 and Reagan Anderson was at 2:15.83. On Friday night, Vanderbilt All-American triple jumper Simone Charley earned two points for the Commodores by finishing third with a leap of 42-01.50 (12.84m) in her season debut. "It was great to see Simone back on the runway, even though she's only had about 10 days of practice," said Keith. "This was a great step for her to get back in the competitive environment for the first time this season, and now she just needs to trust the process and see what unfolds from here." Also on Friday, Vanderbilt's Sarah Bell finished fourth in the pole vault at 13-03.75 (4.06m) and Megan McCabe was seventh at 12-04 (3.76).



INDOOR TRACK & FIELD RECAPS

VANDERBILT INVITATIONAL

Jan. 29-30, 2016 ★ Nashville, Tenn.

DAY ONE

NASHVILLE, Tenn. - A limited number of Commodores began competition at the two-day Vanderbilt Invitational Friday, but Jennifer Edobi made sure the night was memorable for the Commodores. Edobi, a sophomore, posted the third-best mark in school history with a personal-best time of 24.74 in the 200 meters. Edobi, who eclipsed her previous best time of 24.88, won her heat and finished 11th overall among 76 entries. Skyler Carpenter, running unattached, finished 33rd in the 200 at 25.65. In the high jump, Vanderbilt freshman Ashlyn Hare took 11th at 5-5.25 (1.66m).

DAY TWO: Although the Vanderbilt track team has been hit hard by injuries in recent weeks, the Commodores still have plenty of stars on the roster. That was evident this weekend when Simone Charley, Sarah Bell, Katherine Delaney and Jennifer Edobi all delivered strong performances on their home track during the Vanderbilt Invitational. The foursome combined to produce two first-place finishes, one school record and three marks that rank among the top-5 on VU's all-time list. The highlights included: Charley, the All-American triple jumper, won her event with a leap of 42.6 (12.95m) while competing in her second meet of the season; Bell broke her own school record in the pole vault with a mark of 13-8.50 (4.18m), surpassing her previous best of 13-6.25; Delaney ran to a first-place finish in the 800 with a personal-best time of 2:08.9, which ranks as the No. 5 time on VU's all-time performance list; Edobi took second in the 400 with a time of 54.33 on Saturday after setting the No. 3 mark on Vanderbilt's all-time list in the 200 on Friday with a time of 24.74. "It was a good meet and a great effort by our team," said head coach Steve Keith. "We were happy to have a meet of this quality at this point in the season." On the men's side, Vanderbilt's Nikolaos Gkotsis set a new school record in the 3k with a time of 8:35.21. Aside from the outstanding performances by the Commodores, there were plenty of outstanding showings by the visitors, too, with records falling throughout the weekend. "We continue to world-leading and close to world-leading marks in this facility," said Keith. "There were nine facility records set this weekend. Our facility is really getting a name for itself, and we are happy to provide that." Other highlights for Vanderbilt on Saturday included Sara Barron finishing fourth in the 800 with a time of 2:10.09. Maddie Criscione and Ginger Hutton also earned Top-10 finishes in the 800, with Criscione taking ninth at 2:12.07 and Hutton taking 10th at 2:13.47. Lydia Witty was 13th in the 800 at 2:14.16 and Reagan Anderson was 20th at 2:17.08.



INDOOR TRACK & FIELD RECAPS

ARMORY COLLEGIATE INVITATIONAL

Feb. 5-6, 2016 ★ New York, NY

DAY ONE

NEW YORK - The Vanderbilt track and field team is making a big impact in the Big Apple. Competing on the opening day of the New Balance Armory Invitational in New York, the Commodores delivered a terrific performance that included two school records, three first-place finishes and 10 personal records. Katherine Delaney helped set the tone for the day by setting a school record in the 1000-meter run while storming to a victory with a personal-best time of 2:47.16. The school record was previously held by Kristen Findley with a time of 2:49.64 in 2012. Shortly after Delaney's performance, Jennifer Edobi put her name in the VU record books by posting a time of 1:13.66 in the 500-meter run. Edobi, who finished first among collegiates and second overall, easily surpassed the previous school record of 1:15.17 set by Erin Edmond in 2014. The memorable performances by Delaney and Edobi were perhaps the biggest highlights, but there were plenty to choose from for the Commodores. Here's a look at the day's other strong efforts: Carmen Carlos captured a victory, and set a 12-second personal record, in the 3k with a time of 9:27.90, which ranks as the No. 2 mark on VU's all-time list. The Commodores notched three of the top six spots -- and set three personal records -- in the 5000. Vanessa Valentine took second place, and posted the No. 2 mark on VU's all-time list, at 166:25.75. Caroline Pietrzyk finished fourth and set the No. 4 mark on VU's all-time list at 16:37.74. Courtney Kriegshauser was sixth at 17:03.59, which ranks No. 10 on the program's all-time list. Vanderbilt had four athletes in the 1000-meter run, and all four set new personal bests. Along with Delaney's first-place finish, Sara Barron took fourth at 2:49.08, which ranks second on VU's all-time list. Ginger Hutton was 16th at 2:55.63 and Reagan Anderson was 19th at 2:56.25. The times by Hutton and Anderson are No. 5 and 6 on Vanderbilt's all-time list. Devon Grisbaum set a season-best time in the 3000 with a time of 10:20.22, and Erin Hardnett set a new PR in the 60-meter hurdles at 8.94 PR.

DAY TWO

The Vanderbilt track and field team still has three weeks to prepare for the SEC Championships. But from the looks of things this weekend, the Commodores have already hit postseason form. They completed a memorable two-day performance Saturday at the New Balance Armory Invitational, taking home a fourth-place finish -- and huge collection of personal records and Top-10 school marks -- from the prestigious meet. "This was a real significant meet for us in a lot of ways," said head coach Steve Keith. "This was great practice for us in terms of getting ready for the conference meet, and was a great model of what we need to do. It was fun to see the girls getting excited about scoring points for our team and coming together the way they did." Simone Charley, the Commodores' All-American triple jumper, finished first in her event with a leap of 42-11.75 (13.10m) on Saturday to add the final exclamation point to a weekend in which the Commodores compiled 16 personal bests, including two school records. "We scored points in the sprints, distances and jumps -- and that's really who we are and what we do," said Keith. "The things we were able to accomplish this weekend will give us a boost of confidence moving forward and preparing for the postseason." Other highlights on Saturday included Sara Barron and Katherine Delaney finishing fourth and fifth, respectively, in the mile. Barron posted a time of 4:46.74 and Delaney notched a personal-best time of 4:46.85, which is the No. 3 mark on VU's all-time list. Sarah Bell and Megan McCabe both scored for the Commodores in the pole vault, with Bell taking fourth at 13-5.25 (4.10m) and McCabe finishing sixth at 12-03.50 (3.75m). Vanderbilt also saw two PRs set in the 3k, with Sara Tsai finishing ninth at 9:50.19 and Megan Huebner taking 12th at 9:53.74. Freshman Ashlyn Hare set her season-best in the high jump at 5-07.25 (1.71m), and Jennifer Edobi was 22nd in the 200 at 25.05. Vanderbilt had three representatives in the 800, where freshman Lydia Witty finished 18th at 2:15.84, Reagan Anderson was 34th at 2:18.28 and Ginger Hutton was 37th at 2:18.90. Saturday's success was the continuation of what the Commodores had done on Friday, when they had soared into first place in the team standings. Here's a brief recap of the first day: Delaney set a school record in the 1000-meter run while storming to a victory with a personal-best time of 2:47.16. Edobi put her name in the VU record books by posting a time of 1:13.66 in the 500-meter run. Edobi finished first among collegiates and second overall. Carmen Carlos captured a victory, and set a 12-second personal record, in the 3k with a time of 9:27.90, which ranks as the No. 2 mark on VU's all-time list. The Commodores notched three of the top six spots -- and set three personal records -- in the 5000. Vanessa Valentine took second place, and posted the No. 2 mark on VU's all-time list, at 166:25.75. Caroline Pietrzyk finished fourth and set the No. 4 mark on VU's all-time list at 16:37.74. Courtney Kriegshauser was sixth at 17:03.59, which ranks No. 10 on the program's all-time list. Vanderbilt had four athletes in the 1000-meter run, and all four set new personal bests. Along with Delaney's first-place finish, Sara Barron took fourth at 2:49.08, which ranks second on VU's all-time list. Ginger Hutton was 16th at 2:55.63 and Reagan Anderson was 19th at 2:56.25. The times by Hutton and Anderson are No. 5 and 6 on Vanderbilt's all-time list.



INDOOR TRACK & FIELD RECAPS

MUSIC CITY CHALLENGE

Feb. 12-13, 2016 ★ Nashville, Tenn.

DAY ONE

NASHVILLE, Tenn. - Vanderbilt standout Simone Charley just keeps getting better and better -- which is great news for the Commodores, and scary news for the rest of the country. The All-American triple jumper broke her own school record -- and set the nation's third-best mark of the season -- with a leap of 43.9.75 at the Music City Challenge on Friday night. Competing on her home track, Charley, a junior, hit that same mark twice during the night while finishing in second place and first among college representatives. Her leap surpassed her previous school record of 43-5.25 that she set last season. In addition to Charley's historic leap, the Commodores had several other impressive performances. Freshman Ashlyn Hare continued her fine season by finishing fourth in the high jump at 5-5.75 (1.67m). Faith Washington took 18th place in the 200 with a time of 25.19, and Erin Hardnett was 36th at 25.98. On the men's side, Jake Van Geffen set a new school record in the 5k, as he and two of his teammates -- Nick French and Jason Vincze -- each shattered their previous personal bests. Van Geffen led the Commodores' pack, taking sixth place with a time of 14:52.17. French was seventh at 14:55.00 and Vincze was ninth at 15:00.44.

DAY TWO

Competing in their final regular-season meet, the Commodores set four school records and posted a continual series of personal bests during this weekend's Music City Challenge at the Vanderbilt Multi-Purpose Complex. Two of the record-setting marks came on Saturday, when Sarah Bell broke her own school record in the pole vault by clearing 13-9.25 (4.20m) and Sara Barron posted a Vanderbilt-best time of 4:39.96 in the mile. Their shining performances put the exclamation point on a weekend that started with school records being broken on Friday night by All-American Simone Charley in the triple jump and Jake Van Geffen in the 5k. Charley broke her own record -- and set the nation's third-best mark of the season -- with a leap of 43.9.75, and Van Geffen shattered his previous best while earning a sixth-place finish 5k with a time of 14:52.17. The Commodores posted seven times/distances that ranked among the school's all-time Top-10 on Saturday alone, and a total of 10 facility records were broken during the weekend. Vanderbilt head coach Steve Keith said he was pleased with the Commodores' showing, and said he believes it will give his team another boost of momentum going into the SEC Championships in two weeks. For a full interview with Keith, see video below. Barron's effort in the mile spearheaded a dominating performance by the Commodores, who had five individuals set new PRs while claiming five of the top-10 spots in the race. Barron finished in second place with her school-record time of 4:39.96, Katherine Delaney was fifth at 4:46.61, Carmen Carlos was seventh at 4:48.22, Sara Tsai was eighth at 4:49.81 and Vanessa Valentine was 10th at 4:51.03. Megan Huebner was 15th at 4:58.36. (Mississippi State star Marta Freitas won the event at 4:38.24). Delaney's time ranks as the No. 2 mark on VU's all-time list. Carlos and Tsai moved into the No. 7 and 9 spots, respectively, on Vanderbilt's all-time list. Caroline Pietrzyk finished seventh in the 3k with a personal-best time of 9:32.47, and Courtney Kriegshauser was right behind her in eighth place with a PR of 9:32.92. Pietrzyk's time ranks No. 5 on Vanderbilt's all-time list and Kriegshauser's time is No. 6. Devon Grisbaum set an indoor PR with a time of 10:08.62 and finished 26th. Jennifer Edobi took third in the 400 with a time of 54.11, Skyler Carpenter (running unattached) was eighth at 56.00 and Faith Washington was 10th at 56.17. Ginger Hutton set a PR in the 800 at 2:13.36 to take 14th, followed by teammate Lydia Witty in 15th at 2:13.99. Reagan Anderson posted a time of 2:17.50. The Vanderbilt men also had a solid showing this weekend, including the school record by Van Geffen on Friday in the 5k, and a new indoor PR by Caleb Casolaro in the 3k at 9:11.72.



INDOOR TRACK & FIELD RECAPS

SEC CHAMPIONSHIPS

Feb. 26-27, 2016 ★ Fayetteville, Ark.

FAYETTEVILLE, Ark. - If the opening day of the SEC Championships was any indication, it's going to be a memorable weekend for the Vanderbilt track and field team. Paced by outstanding performances by Carmen Carlos and a pair of Saras -- Barron and Tsai -- the Commodores got off to strong start at the two-day meet in Fayetteville, Ark. Carlos earned a second-place finish in the 3k with a time of 9:21.34. It was a six-second personal record for Carlos, who came close to breaking the school record of 9:21.05 set by Liz Anderson in 2014. Tennessee's Chelsea Blaase won the race at 9:20.57. The Commodores also had two shining performances in the mile prelims, with Barron and Tsai each posting qualifying times while finishing ninth and 10th, respectively. Barron, the school record holder in the event, posted a time of 4:44.67 and Tsai finished at 4:46.74. It was a three-second personal record for Tsai and ranks No. 4 on Vanderbilt's all-time list. Barron, who set the school record at 4:39.96 earlier this season, and Tsai will return for the finals on Saturday. Vanderbilt's Maddie Criscione and Lydia Witty both narrowly missed qualifying for the finals in the 800. Criscione finished ninth at 2:10.48, which ranks eighth on VU's all-time list, and Witty took 10th with a lifetime PR of 2:10.68, which is tied for ninth on VU's all-time list. The times set by Criscione and Witty were just behind the final qualifier, Mississippi State's Madison Milhoan, who had a time of 2:09.51.

DAY TWO Competing at the SEC Indoor Championships, the Commodores produced the fourth-best performance in team history -- and the best since 2004 -- by scoring 24 points and taking 12th place. Vanderbilt finished two points behind 11th-place South Carolina. Vanessa Valentine, Sara Barron and Simone Charley all scored points for Vanderbilt in their respective events on Saturday, and the Commodores' distance medley team added to the total with a fourth-place finish. "We're making good progress, and we feel like this weekend's meet was a good indication of that," said head coach Steve Keith. "The coaching staff is very proud of everyone's effort and we believe our team will build off this performance as we head into the outdoor season." The Arkansas men and women maintained their stronghold on the conference by sweeping the team titles in front of their home fans. Saturday's highlights for Vanderbilt included an impressive performance by the Commodores' DMR squad. The team -- comprised of Maddie Criscione, Carmen Carlos, Katherine Delaney and Jennifer Edobi -- took fourth with a time of 11:22.96, which ranks No. 3 on Vanderbilt's all-time list. The Commodores also received big contributions from a pair of seniors, as Valentine took fifth in the 5k with a time of 16:40.6, and Barron finished fifth in the mile at 4:41.74. Charley, the All-American triple jumper, finished sixth with a leap of 42-9.50 (13.04m) for the Commodores, who will host the SEC Championships next season. Vanderbilt freshman Sara Tsai took ninth in the mile at 4:50.04, and Caroline Pietrzyk, also a freshman, was 11th in the 5k at 16:48.48. On Friday, Vanderbilt's Carmen Carlos finished second in the 3k with a time of 9:21.34. It was a six-second personal record for Carlos, who came close to breaking the school record of 9:21.05 set by Liz Anderson in 2014. For the weekend, Vanderbilt scored points in five events while collecting its highest point total since scoring 25 points in 2004. The only other higher point totals for the Commodores came in 1998 (45 points) and 1996 (25 points). "The SEC Championships is always a great meet," said Keith, "and we are very excited about hosting the event next year."



INDOOR TRACK & FIELD RECAPS

NCAA CHAMPIONSHIPS

March 12, 2016 ★ Birmingham, Ala.

CHARLEY SHINES AT NATIONALS

VU junior earns First Team All-American honors again, takes second at NAAs

BIRMINGHAM, Ala. - Vanderbilt All-American triple jumper Simone Charley doesn't seem to mind being under pressure. In fact, she seems to welcome those situations. That's when she's at her best. The highly-decorated junior delivered her latest clutch performance on Saturday night by claiming second place in the triple jump at the NCAA Indoor Championships in front of her hometown fans in Birmingham, Ala. Charley posted a mark of 44-0 (13.41m) to break her own school record and earn First Team Indoor All-American honors for the second consecutive year. It was the best performance by a Commodore since Ryan Tolbert captured a national championship in the 400 hurdles in 1997. "It was an amazing feeling for me," said Charley. "Just to see all the hard work pay off -- and to see everything come together -- was very satisfying and exciting." Charley, who also earned First Team All-American honors during the outdoor season last spring, hit her record-breaking mark on her first attempt on Saturday. Georgia star Keturah Orji won the event with a leap of 46-4. "Simone has been steady all season, and we're very proud to see her come out and cap it off the way she did tonight," said head coach Steve Keith. "We're super excited for her." Charley's performance enabled Vanderbilt to finish tied for 25th in the team standings with eight points. This weekend's meet was held at the Birmingham CrossPlex, the same venue where Charley competed throughout her high school career at Spain Park High. Charley had a large cast of family and friends in the crowd on Saturday. "Just walking in the building was a surreal moment," said Charley. "It felt like the high school state meet all over again. It was great to have so many familiar faces in the crowd." Charley put on quite a show for the hometown group, as she opened the night with a leap that surpassed her previous school record of 43.9.75, which she set at last month's Music City Challenge. "She came out hot and put the pressure on the rest of the field," said associate head coach Clark Humphreys. "It was just another great performance on her part." Charley finished fourth at last year's Indoor Championships and earned All-American honors, then earned All-American status again during the outdoor season with a third-place finish at the national meet. "Some athletes seem to get really tight in a championship setting, while others are able to cut loose and really perform. Simone has proven she is in the latter group," said Humphreys. "Tonight, she had a little extra pressure in terms of being in front of her hometown fans -- but she used that as a motivation, not a distraction." The always-humble Charley said Saturday's success was a team effort and not simply an individual achievement. "I think back to all the hours that Coach Hump and (strength and conditioning coach) Emil (Iankov) have put in with me this year, and it's just so nice to see all of that pay off," said Charley. "It was fun to see it all come together." Humphreys said perhaps the most satisfying element of Charley's showing was seeing her perform at her highest level when it mattered most. "Going into the season, we felt like 44 was an attainable indoor mark for her," said Humphreys. "So, to see that come to fruition tonight was just terrific."



2015-16 INDOOR TRACK & FIELD TIMES/MARKS

60 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Faith Washington	SR	7.82	Commodore Invitational	1-15-16

200 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Jennifer Edobi	SO	24.74	Vanderbilt Invitational	1-29-16
Jennifer Edobi	SO	24.88	Commodore Invitational	1-15-16
Jennifer Edobi	SO	25.05	Armory Track Invitational	2-05-16
Faith Washington	SR	25.19	Music City Challenge	2-12-16
Faith Washington	SR	25.50	SEC Indoor Championships	2-26-16
Erin Hardnett	FR	25.77	Commodore Invitational	1-15-16
Erin Hardnett	FR	25.98	Music City Challenge	2-12-16

400 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Jennifer Edobi	SO	54.10	SEC Indoor Championships	2-26-16
Jennifer Edobi	SO	54.11	Music City Challenge	2-12-16
Jennifer Edobi	SO	54.33	Vanderbilt Invitational	1-29-16
Jennifer Edobi	SO	55.07	Vanderbilt Opener	12-05-15
Jennifer Edobi	SO	55.25	Conference Clash	1-22-16
Faith Washington	SR	56.17	Music City Challenge	2-12-16
Faith Washington	SR	57.48	SEC Indoor Championships	2-26-16
Lydia Witty	FR	58.52	Conference Clash	1-22-16
Lydia Witty	FR	59.25	Commodore Invitational	1-15-16
Erin Hardnett	FR	59.53	Vanderbilt Opener	12-05-15
Erin Hardnett	FR	59.68	Conference Clash	1-22-16
Erin Hardnett	FR	1:01.99	Armory Track Invitational	2-05-16

500 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Jennifer Edobi	SO	1:13.66	Armory Track Invitational	2-05-16
Lydia Witty	FR	1:16.64	Armory Track Invitational	2-05-16



2015-16 INDOOR TRACK & FIELD TIMES/MARKS

800 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Kat Delaney	SR	2:08.90	Vanderbilt Invitational	1-29-16
Sara Barron	SR	2:10.09	Vanderbilt Invitational	1-29-16
Kat Delaney	SR	2:10.41	Commodore Invitational	1-15-16
Maddie Criscione	SO	2:10.48	SEC Indoor Championships	2-26-16
Lydia Witty	FR	2:10.68	SEC Indoor Championships	2-26-16
Kat Delaney	SR	2:11.54	SEC Indoor Championships	2-26-16
Maddie Criscione	SO	2:12.07	Vanderbilt Invitational	1-29-16
Ginger Hutton	FR	2:13.36	Music City Challenge	2-12-16
Ginger Hutton	FR	2:13.47	Vanderbilt Invitational	1-29-16
Ginger Hutton	FR	2:13.50	SEC Indoor Championships	2-26-16
Maddie Criscione	SO	2:13.75	Commodore Invitational	1-15-16
Reagan Anderson	JR	2:13.96	SEC Indoor Championships	2-26-16
Lydia Witty	FR	2:14.00	Music City Challenge	2-12-16
Lydia Witty	FR	2:14.16	Vanderbilt Invitational	1-29-16
Ginger Hutton	FR	2:15.56	Conference Clash	1-22-16
Reagan Anderson	JR	2:15.83	Commodore Invitational	1-15-16
Reagan Anderson	JR	2:15.83	Conference Clash	1-22-16
Lydia Witty	FR	2:15.84	Armory Track Invitational	2-05-16
Sara Barron	SR	2:17.06	Commodore Invitational	1-15-16
Reagan Anderson	JR	2:17.08	Vanderbilt Invitational	1-29-16
Lydia Witty	FR	2:17.46	Vanderbilt Opener	12-05-15
Reagan Anderson	JR	2:17.50	Music City Challenge	2-12-16
Reagan Anderson	JR	2:18.28	Armory Track Invitational	2-05-16
Ginger Hutton	FR	2:18.90	Armory Track Invitational	2-05-16
Sarah Goodale	JR	2:19.00	Vanderbilt Opener	12-05-15

MILE

ATHLETE	YEAR	TIME	MEET	MEET DATE
Sara Barron	SR	4:39.96	Music City Challenge	2-12-16
Sara Barron	SR	4:41.74	SEC Indoor Championships	2-26-16
Sara Barron	SR	4:44.67	SEC Indoor Championships	2-26-16
Kat Delaney	SR	4:46.61	Music City Challenge	2-12-16
Sara Barron	SR	4:46.74	Armory Track Invitational	2-05-16
Sara Tsai	FR	4:46.74	SEC Indoor Championships	2-26-16
Kat Delaney	SR	4:46.85	Armory Track Invitational	2-05-16
Carmen Carlos	JR	4:48.22	Music City Challenge	2-12-16
Kat Delaney	SR	4:49.35	Conference Clash	1-22-16
Sara Tsai	FR	4:49.81	Music City Challenge	2-12-16
Vanessa Valentine	SR	4:49.98	Commodore Invitational	1-15-16
Sara Tsai	FR	4:50.04	SEC Indoor Championships	2-26-16
Vanessa Valentine	SR	4:51.03	Music City Challenge	2-12-16
Carmen Carlos	JR	4:51.23	Commodore Invitational	1-15-16

2015-16 INDOOR TRACK & FIELD TIMES/MARKS

Sara Barron	SR	4:51.47	Conference Clash	1-22-16
Kat Delaney	SR	4:51.85	Vanderbilt Opener	12-05-15
Lily Williams	SR	4:52.56	Commodore Invitational	1-15-16
C Kriegshauser	SO	4:56.29	Commodore Invitational	1-15-16
Maddie Criscione	SO	4:57.87	Conference Clash	1-22-16
Sara Tsai	FR	4:58.04	Vanderbilt Invitational	1-29-16
Megan Huebner	SO	4:58.3	Music City Challenge	2-12-16
Courtney Clayton	JR	4:58.78	Vanderbilt Opener	12-05-15
Megan Huebner	SO	5:04.08	Commodore Invitational	1-15-16
Ginger Hutton	FR	5:05.61	Commodore Invitational	1-15-16
Devon Grisbaum	FR	5:18.41	Commodore Invitational	1-15-16

3,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Carmen Carlos	JR	9:21.34	SEC Indoor Championships	2-26-16
Carmen Carlos	JR	9:27.96	Armory Track Invitational	2-05-16
Vanessa Valentine	SR	9:31.25	Conference Clash	1-22-16
Caroline Pietrzyk	FR	9:32.47	Music City Challenge	2-12-16
C Kriegshauser	SO	9:32.92	Music City Challenge	2-12-16
Carmen Carlos	JR	9:41.13	Conference Clash	1-22-16
C Kriegshauser	SO	9:49.43	Conference Clash	1-22-16
C Kriegshauser	SO	9:49.77	Vanderbilt Opener	12-05-15
Sara Tsai	FR	9:50.19	Armory Track Invitational	2-05-16
Megan Huebner	SO	9:51.50	SEC Indoor Championships	2-26-16
Megan Huebner	SO	9:53.74	Armory Track Invitational	2-05-16
Megan Huebner	SO	9:53.76	Conference Clash	1-22-16
Lily Williams	SR	10:01.64	Conference Clash	1-22-16
C Kriegshauser	SO	10:08.09	SEC Indoor Championships	2-26-16
Devon Grisbaum	FR	10:08.62	Music City Challenge	2-12-16
Kat Delaney	SR	10:18.86	Vanderbilt Opener	12-05-15
Devon Grisbaum	FR	10:20.22	Armory Track Invitational	2-05-16
Devon Grisbaum	FR	10:31.19	SEC Indoor Championships	2-26-16
Devon Grisbaum	FR	10:33.71	Conference Clash	1-22-16

5,000 METERS

ATHLETE	YEAR	TIME	MEET	MEET DATE
Vanessa Valentine	SR	16:25.75	Armory Track Invitational	2-05-16
Caroline Pietrzyk	FR	16:37.74	Armory Track Invitational	2-05-16
Vanessa Valentine	SR	16:40.06	SEC Indoor Championships	2-26-16
Caroline Pietrzyk	FR	16:48.48	SEC Indoor Championships	2-26-16
C Kriegshauser	SO	17:03.59	Armory Track Invitational	2-05-16
C Kriegshauser	SO	17:38.95	SEC Indoor Championships	2-26-16



2015-16 INDOOR TRACK & FIELD TIMES/MARKS

60 METER HURDLES

ATHLETE	YEAR	TIME	MEET	MEET DATE
Sarah Goodale	JR	8.93	Vanderbilt Opener	12-05-15
Erin Hardnett	FR	8.93	Music City Challenge	2-12-16
Erin Hardnett	FR	8.94	Armory Track Invitational	2-05-16
Erin Hardnett	FR	8.98	Commodore Invitational	1-15-16

4x400 RELAY

ATHLETE	TIME	MEET	MEET DATE
Edobi, Clayton, Hardnett, Witty	3:52.15	Vanderbilt Opener	12-05-15

4x800 RELAY

ATHLETE	TIME	MEET	MEET DATE
Delaney, Anderson Criscione, Barron	8:59.05	Commodore Invitational	01/15/16

DISTANCE MEDLEY RELAY

ATHLETE	TIME	MEET	MEET DATE
Criscione, Carlos Delaney, Edobi	11:22.96	SEC Indoor Championships	2-26-16

HIGH JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Ashlyn Hare	FR	5' 7.25"	1.71m	Armory Track Invitational	2-05-16
Ashlyn Hare	FR	5' 5.75"	1.67m	Music City Challenge	2-12-16
Sarah Goodale	JR	5' 5.25"	1.66m	Vanderbilt Opener	12-05-15
Ashlyn Hare	FR	5' 5.25"	1.66m	Commodore Invitational	1-15-16
Ashlyn Hare	FR	5' 5.25"	1.66m	Vanderbilt Invitational	1-29-16
Ashlyn Hare	FR	5' 5.25"	1.66m	Vanderbilt Opener	12-05-15
Ashlyn Hare	FR	5' 4.25"	1.63m	Conference Clash	1-22-16



2015-16 INDOOR TRACK & FIELD TIMES/MARKS

POLE VAULT

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Sarah Bell	SO	13' 9.25"	4.20m	Music City Challenge	2-12-16_
Sarah Bell	SO	13' 8.5"	4.18m	Vanderbilt Invitational	1-29-16_
Sarah Bell	SO	13' 5.25"	4.10m	Commodore Invitational	1-15-16_
Sarah Bell	SO	13' 5.25"	4.10m	Armory Track Invitational	2-05-16
Sarah Bell	SO	13' 3.75"	4.06m	Conference Clash	1-22-16_
Sarah Bell	SO	13' 0.25"	3.97m	SEC Indoor Championships	2-26-16
Sarah Bell	SO	12' 9.5"	3.90m	Vanderbilt Opener	12-05-15_
Megan McCabe	SO	12' 9.5"	3.90m	Commodore Invitational	1-15-16
Megan McCabe	SO	12' 5.25"	3.79m	Vanderbilt Invitational	1-29-16_
Megan McCabe	SO	12' 4"	3.76m	Conference Clash	1-22-16
Megan McCabe	SO	12' 3.5"	3.75m	Armory Track Invitational	2-05-16
Megan McCabe	SO	12' 3.5"	3.75m	Vanderbilt Opener	12-05-15_
Megan McCabe	SO	12' 0"	3.66m	Music City Challenge	2-12-16_
Katie Watts	JR	11' 3.75"	3.45m	Vanderbilt Opener	12-05-15_

TRIPLE JUMP

ATHLETE	YEAR	ENGLISH	METRIC	MEET	MEET DATE
Simone Charley	JR	44' 0"	13.41m	NCAA Indoor Championships	3-11-16
Simone Charley	JR	43' 9.75"	13.35m	Music City Challenge	2-12-16
Simone Charley	JR	42' 11.75"	13.10m	Armory Track Invitational	2-05-16
Simone Charley	JR	42' 9.5"	13.04m	SEC Indoor Championships	2-26-16
Simone Charley	JR	42' 6"	12.95m	Vanderbilt Invitational	1-29-16
Simone Charley	JR	42' 1.5"	12.84m	Conference Clash	1-22-16



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



COMMODORE OUTDOOR STANDOUTS



*Vanderbilt was represented by two
individuals at the Olympic Trials in
the summer of 2016.*

*Simone Charley traveled to
Eugene, Ore., for the U.S. Olympic
Trials, where she narrowly missed
qualifying for the finals.*

*Jennifer Edobi was invited to
try out for the Nigerian Olympic
team, and she traveled to Sapele,
Nigeria for the trials in July.*





OUTDOOR TRACK TOP-10 LIST

100 METERS

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

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
55.15	Skyler Carpenter	2016
55.32	Faith Washington	2016
55.49	Courtney Clayton	2015
55.51	Amanda Helberg	1998
56.10	Autumn Smith	2000

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
4:17.96	Kat Delaney	2016
4:20.36	Sara Barron	2013
4:22.48	Lily Williams	2013
4:22.49	Whitney Spannuth	1994
4:22.56	Stacey Carpenter	1999
4:22.77	Rita Jorgensen	2010
4:24.50	Jordan White	2012
4:24.54	Beth Tallent	1992
4:24.78	Hannah Jumper	2013

3,000 METERS

9:28.97	Carmen Carlos	2016
9:29.1	Beth Tallent	1994
9:34.68	Sara Barron	2015
9:36.30	Vanessa Valentine	2016
9:37.06	Amy Huss	2006
9:38.56	Liz Anderson	2014
9:40.59	Kristen Smith	2012
9:42.44	Beth VanDusen	1999
9:42.78	Kristen Findley	2013
9:43.22	Sara Tsai	2016

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 Wachsmen	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
16:10.52	Vanessa Valentine	2016
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
16:38.46	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	2015
	F Washington, J Edobi	
1:40.24	E Edmond, S Carpenter	2014
	C Clayton, S Charley	
1:40.26	G Holloway, L Fortson	2006
	L Smith, A Floyd	
1:43.72	A Andrews, M Carr	2002
	M Baldwin, C Liggins	
1:44.60	K Brewer, A Andrews	2001
	V Lagios, A Smith	

4x100 METER RELAY

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

4x400 METER RELAY

3:34.74	F Washington, S Carpenter	2015
	C Clayton E Edmond *	
3:36.13	J Walk, A Helberg	1998
	M Baskin, R Tolbert	
3:36.51	M Baskin, A Helberg	1997
	S Carpenter, R Tolbert	
3:37.14	H McIntosh, A Helberg	1998
	M Baskin, R Tolbert	
3:38.08	J Walk, A Helberg	1997
	S Carpenter, R Tolbert	
3:38.85	J Walk, A Helberg	1997
	H McIntosh, R Tolbert	
3:39.84	F Washington, L Witty	2016
	C Clayton, J Edobi	
3:40.68	C Clayton, L Witty	2016
	S Carpenter, J Edobi	
3:41.15	M Mailand, J Walk	1999
	A Helberg, Ca Miles-Threatt	
3:41.2	J Walk, A Helberg	1997
	M Baskin, R Tolbert	

* Splits: 53.8, 53.9, 53.6, 53.3



OUTDOOR TRACK TOP-10 LIST

4x800 METER RELAY

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

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	2005
	N Humber, A Cotter	

SPRINT MEDLEY RELAY

3:46.98	M Mailand, J Walk	1998
	R Tolbert, S Carpenter	
3:54.56	J Walk, C Miles-Threatt	1997
	R Tolbert, H McIntosh	
3:54.58	J Walk, C Miles-Threatt	1997
	R Tolbert, A Helberg	
3:54.70	J Walk, M Baskin	1998
	R Tolbert, A Helberg	
3:55.62	F Washington, J Edobi	2016
	L Witty, C Clayton	

DISTANCE MEDLEY RELAY

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

SHUTTLE HURDLE

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

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' 9 ¼ (4.20)	Sarah Bell	2016
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

45' 2 ¼" (13.77)	Simone Charley	2016
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
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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 06/11/2016

2016 -- SCHOOL RECORDS

3000m	9:28.97	Carmen Carlos
5000m	14:45.88	Jake Van Geffen
3000m	8:28.47	Jake Van Geffen
Triple Jump	45' ½" (13.73)	Simone Charley
Pole Vault	13' 9 ¼ (4.20)	Sarah Bell
Triple Jump	45' 2 ¼" (13.77)	Simone Charley



OUTDOOR TRACK & FIELD RECAPS

BLACK & GOLD INVITATIONAL

March 25-26, 2016 ★ Nashville, Tenn.

DAY ONE

NASHVILLE, Tenn. - Friday was a lighter day of competition for the Commodores with entries in just four events. Highlighting the evening for Vanderbilt were Jake Van Geffen and Katherine Delaney. Van Geffen finished second in the 5000 meters with a school-record time of 14:45.88 and Delaney took home first in the 1500 meters with a time of 4:26.07. Also in the women's 1500, Reagan Anderson was fourth at 4:31.37 and Sara Tsai rounded out the top five at 4:32.28. Lily Williams finished sixth with a time of 4:34.10 and Maddie Criscione was eighth with a mark of 4:35.72.

DAY TWO

The Vanderbilt track and field team made sure that its only home meet of the outdoor season was a memorable one. With Carmen Carlos delivering record-breaking performance, the Commodores closed out the Black and Gold Invitational in strong style on Saturday. Carlos ran to a victory in the 3k with a personal-best time of 9:28.97 to break a school record that had been in place for more than 20 years. The previous mark was set by Beth Tallent in 1994 with a time of 9:29.10. Carlos' performance highlighted a significant day for the Commodores. The day began with a ceremony that recognized the seniors on the track and field and cross country rosters. Head coach Steve Keith said it was a "special group" and praised the seniors for the impact they had made during their careers. (See video below for full interview with Keith). Sara Barron, one of the seniors in the group, sang the National Anthem. Fittingly, several of the Commodore seniors produced outstanding performances as the rest of the day unfolded. Senior Vanessa Valentine took third place in the 3k with a personal-best time of 9:36.30, which ranks No. 3 on VU's all-time list. The Commodores also had a pair of impressive performances in the 400, with Skyler Carpenter taking second place with a time of 55.15 and Faith Washington finishing third at 55.32. Carpenter and Washington each set new PRs while posting the No. 5 and No. 6 marks, respectively, on VU's all-time list. For the day, the Commodores had 11 individuals who posted Top 5 finishes, including Sarah Bell, who took second in the pole vault by clearing 13-3.50 (4.05m), and Jennifer Edobi, who finished second in the 800 at 2:10.94. Vanderbilt's 4x400 relay team -- comprised of Faith Washington, Lydia Witty, Carpenter and Ginger Hutton -- finished third at 3:48.61, and on the men's side, Nikolaos Gkotsis was third in the Steeplechase at 6:04.16. Vanderbilt took six of the top 15 spots in the women's 800. In addition to Carlos and Valentine, Maddie Criscione was 10th at 2:12.94, Sara Tsai was 11th at 2:13.13, Lily Williams was 12th at 2:13.59 and Ginger Hutton was 15th at 2:14.07.

FLORIDA RELAYS/ STAFORD INVITATIONAL

April 1-2, 2016 ★ Gainesville, Fla. & Palo Alto, Cali.

DAY ONE

GAINSVILLE, Fla. - The Vanderbilt track and field team sent representatives to three different meets on Friday -- and the Commodores made an impact at all three places. Katherine Delaney and Vanessa Valentine led the charge for the Commodores at the Stanford Invitational, Jennifer Edobi provided a strong performance at the Florida Relays and a trio of Vanderbilt athletes set new personal records at the San Francisco State Distance Carnival. For the day, the Commodores -- who opened the outdoor season with a strong showing at last weekend's Black and Gold Invitational -- notched four times that ranked among the Top-10 on the school's all-time list. Delaney and Valentine delivered shining performances at Stanford, as the two seniors each shattered their previous personal records in their respective events and posted times that rank in the Top 3 on Vanderbilt's all-time list. Delaney recorded a time of 4:18.24 in the 1500 to post a six-second personal best and set the No. 2 mark on Vanderbilt's all-time list. Valentine crushed her previous best by 15 seconds in the 5k with a time of 16:10.52, which ranks No. 3 on VU's list. At the Florida Relays, Edobi posted a personal-best time of 53.33 in the 400 meters to set the No. 2 mark on VU's all-time list and earn a 10th-place overall finish. Edobi was also a member of Vanderbilt's 4x400 relay that set a season's best time of 3:39.84 in the prelims and qualified for Saturday's finals. The Vanderbilt team -- comprised of Faith Washington, Lydia Witty, Edobi and Skyler Carpenter -- took fourth place overall and set the No. 7 mark on VU's all-time list. At the San Francisco State Distance Carnival, a trio of Commodores each set new personal records in the 1500, with Maddie Criscione finishing at 4:32.63, Megan Huebner at 4:34.78 and Ginger Hutton at 4:39.79.

DAY TWO

After an eventful day of action on Friday, the Vanderbilt track and field team wrapped up a successful weekend on Saturday. The Commodores -- who had representatives at three separate meets on Friday -- competed in a limited number of events Saturday at the Florida Relays to conclude the busy 48-hour stretch. Vanderbilt took sixth place in pair of relays -- the 4x400 and the 1600 Sprint Medley -- and All-American Simone Charley finished 14th in the triple jump with a leap of 40-9 (12.42m). The Commodores 4x400 squad posted a time of 3:39.87, and VU's 1600 Sprint Medley team recorded a time of 3:55.62. Both VU relay teams were comprised of Skyler Carpenter, Courtney Clayton, Jennifer Edobi and Faith Washington. On Friday, senior Katherine Delaney and Vanessa Valentine delivered shining performances at the Stanford Invitational. Delaney recorded a time of 4:18.24 in the 1500 to post a six-second personal best and set the No. 2 mark on Vanderbilt's all-time list, and Valentine crushed her previous best by 15 seconds in the 5k with a time of 16:10.52, which ranks No. 3 on VU's list. At the Florida Relays on Friday, Edobi posted a personal-best time of 53.33 in the 400 meters to set the No. 2 mark on VU's all-time list. Edobi was also a member of Vanderbilt's 4x400 relay that set a season's best time of 3:39.84 in the prelims and to set the No. 7 mark on VU's all-time list. At the San Francisco State Distance Carnival on Friday, a trio of Commodores each set new personal records in the 1500, with Maddie Criscione finishing at 4:32.63, Megan Huebner at 4:34.78 and Ginger Hutton at 4:39.79.



OUTDOOR TRACK & FIELD RECAPS

AUBURN INVITATIONAL

April 8-9, 2016 ★ Auburn, Ala.

DAY ONE

AUBURN, Ala. - The Vanderbilt track and field team had a light workload at the Tiger Track Classic on Friday night in Auburn, Ala., but the Commodores will have a far more eventful day on Saturday. Vanderbilt competed in just two events Friday, with All-American Simone Charley taking 10th in the triple jump with a leap of 39-5.25 (12.02m) and Sarah Goodale finishing 14th in the javelin with a throw of 112-08 (34.35m).

DAY TWO

The Vanderbilt track and field team came home from Auburn, Ala., with a nice collection of new personal records -- and one school record, too. Jake Van Geffen, Katherine Delaney and Sara Tsai were just a few of the contributors for the Commodores, who produced more than a dozen Top-10 finishes during the weekend at the Tiger Track Classic. Van Geffen set a new school record in the 3k, finishing with a time of 8:28.47 to take third place overall, and Delaney posted a career-best time of 2:07.84 in the 800 to earn a fourth-place finish and move up from seventh to fourth on Vanderbilt's all-time list. Vanderbilt had a strong performance in the women's 3k, with four Commodores finishing among the top 10. Sara Barron took second with a time of 9:38.40, and Tsai finished fourth with a personal-best time of 9:43.22, which ranks No. 10 on Vanderbilt's all-time performers list. Lily Williams was fifth in 3k at 9:45.46 and Courtney Kriegshauser was sixth at 9:45.67. Vanderbilt's 4x400 relay team -- comprised of Courtney Clayton, Lydia Witty, Skyler Carpenter and Jennifer Edobi -- finished third with a time of 3:40.68, which ranks No. 8 on the school's all-time list, and freshman Erin Hardnett posted a time of 14.43 in the 100-hurdles to set the No. 10 mark on Vanderbilt's list. Hardnett finished 22nd overall. Vanderbilt had four runners finish in the top 20 in the 800. In addition to Delaney's fourth-place showing, Courtney Clayton took 11th at 2:10.04, Jennifer Edobi was 13th at 2:10.72 and Lily Williams was 19th at 2:12.24. Sarah Bell finished fourth in the pole vault by clearing 13-01.25. Megan McCabe cleared 12-01.50, and Katie Watts matched her career best by clearing 11-01.75, which ranks No. 10 on VU's all-time list. Jason Vincze helped led the way for the Commodores on the men's side. Vincze paced a group of six VU runners in the 1500 by finishing 31st with a time of 4:04.73. Nick French finished directly behind Vincze in 32nd at 4:05.67 and Jake Van Geffen was 34th at 4:06.21. In the men's 3k, Van Geffen was one of three Commodores in the top-10. Nikos Gkotsis was eighth at 8:39.46 and Nick French was ninth at 8:39.63.

VIRGINIA CHALLENGE

April 11, 2015 ★ Charlottesville, Va.

DAY ONE

CHARLOTTESVILLE, Va. - Amid rainy conditions, the Vanderbilt track and field team opened action at the Virginia Challenge on Friday in Charlottesville, Va. Solid showings by Courtney Clayton, Katherine Delaney and Megan McCabe were among the highlights for the Commodores, who are looking to build momentum this weekend for the upcoming postseason meets. Clayton finished eighth in the 800 with a time of 2:08.18, and Delaney took 12th at 2:08.73. Their performances in the event spearheaded a strong effort by the Commodore contingent, which also included Maddie Criscione (33rd at 2:10.83), Lydia Witty (38th at 2:11.36), Reagan Anderson (42nd at 2:11.67) and Ginger Hutton (48th at 2:13.00). Carpenter finished 23rd in the 400 with a time of 56.35 to pace a trio of Vanderbilt runners. Jennifer Edobi was 32nd at 57.18 and Sarah Goodale was 42nd at 58.81. McCabe tied for second in the women's pole vault open by clearing 12-9.5 (3.75).

DAY TWO

The Vanderbilt track and field team closed the Virginia Challenge with a handful of Top-10 finishes on Saturday in Charlottesville, Va. For the Commodores, who were competing in their final full-squad meet of the regular season, the list of strong performances included: Sarah Bell taking sixth in the women's pole vault invitational by clearing 13-05.25 (4.10m); Sara Barron and Katherine Delaney finishing ninth and 10th in the 1500 with times of 4:21.90 and 4:21.95, respectively; Skyler Carpenter posting a season-best time of 59.95 in the 400 hurdles while finishing 11th; The Commodores' 4x400 relay team -- Courtney Clayton, Skyler Carpenter, Lydia Witty and Jennifer Edobi -- taking 10th at 3:44.52; Vanessa Valentine finishing 25th in the 5k at 16:33.45 and Carmen Carlos taking 29th at 16:37.85. Barron and Delaney were joined in the 1500 by teammates Lily Williams (41st at 4:29.28) and Maddie Criscione (50th at 4:32.77). In the 5k, Megan Huebner was 53rd with a time of 17:18.78 and Courtney Kriegshauser was 63rd at 17:54.46. In the high jump, Ashlyn Hare and Sarah Goodale finished 16th and 17th, with both clearing 5-01.25 (1.56m). During Friday's action, Courtney Clayton finished eighth in the 800 with a time of 2:08.18, and Delaney took 12th at 2:08.73. Also, Carpenter finished 23rd in the 400 with a time of 56.35, and Megan McCabe tied for second in the women's pole vault at 12-9.5 (3.75m).



OUTDOOR TRACK & FIELD RECAPS

PENN RELAYS

April 29, 2016 ★ Philadelphia, Pa.

PHILADELPHIA - Simone Charley has left her mark all over the country during her career. And now she can add Franklin Field in Pennsylvania to that list. Competing at the prestigious Penn Relays amid cold and rainy conditions on Friday morning, Charley, Vanderbilt's All-American triple jumper, captured first place with a leap of 42-8 (13.00m). "It was exciting to see Simone jump so well, especially since her performance came in spite of the weather," said associate head coach Clark Humphreys. "She continues to show her championship pedigree on big stages -- like today's Penn Relays. "I couldn't be more proud of her," Humphreys said. Marshay Ryan, of Auburn, took second at 42-5.25 (12.93m) and Penn State's Dannielle Gibson was third at 41-10.5 (12.76m).

JACE LACOSTE INVITATIONAL

April 30, 2016 ★ Starkville, Miss.

STARKVILLE, Miss. - It was a big weekend for a trio of Vanderbilt athletes, as they compiled an impressive stat line: Three events, three victories. After Vanderbilt All-American triple jumper Simone Charley captured first place on Friday night at the Penn Relays, two of her teammates -- Courtney Clayton and Skyler Carpenter -- followed suit with first-place finishes on Saturday at the Jace LaCoste Invitational in Starkville, Miss. Carpenter ran to a victory in the 400-meter hurdles with a season-best time of 59.33, which was the only sub-minute finish among the field. Brandi Dobbin of Louisiana Tech finished second at 1:00.36 and UL-Monroe's Adriunna Brown was third at 1:00.37. Clayton took first in the 800 with a time of 2:06.96 to finish almost two seconds ahead of UAB's Jenna Wesley, who took second at 2:08.87. Mississippi State's Madison Milhoan was third at 2:11.23. Clayton and Carpenter each produced times that were under last year's NCAA first-round qualifying times.



OUTDOOR TRACK & FIELD RECAPS

SEC OUTDOOR CHAMPIONSHIPS

May 12-14, 2016 ★ Tuscaloosa, Ala.

DAY ONE

TUSCALOOSA, Ala. - The pressure of the postseason just doesn't seem to affect Vanderbilt's Courtney Clayton. Competing on the opening day of the SEC Championships in Tuscaloosa, Ala., on Thursday afternoon, Clayton posted a time of 2:07.00 in the 800 prelims to finish in seventh place and qualify for Saturday's finals. Clayton has a habit of shining at this this time of the year. Last spring, she broke her own school record in the 800 at the SEC Championships with a time of 2:05.52 in the prelims, and went on to finish sixth in the finals to score three points for the Commodores. Vanderbilt also received a strong effort from Sarah Goodale on Thursday. Goodale, participating in the heptathlon, set a new personal record in the 100 hurdles with a time of 14.62 early in the day. She then cleared 5-1.75 (1.57m) in the high jump, notched a distance of 31-1.25 (9.48m) in the shot put, and posted a time of 25.88 in the 200 to cap off the Commodores' action for the day. Clayton was joined in the 800 by four of her teammates. Maddie Criscione finished 15th at 2:09.99, Reagan Anderson finished 18th at 2:10.44, Ginger Hutton was 21st at 2:13.25 and Lydia Witty was 25th at 2:14.89. Skyler Carpenter finished 17th in the 400-hurdles at 59.86.

DAY TWO

Several members of the Vanderbilt track and field team have set themselves up for a potentially memorable finish at the SEC Outdoor Championships in Tuscaloosa, Ala. The senior duo of Katherine Delaney and Sara Barron each produced solid showings during Friday's 1500 preliminaries to advance to Saturday's finals. Delaney finished third overall with a time of 4:20.34 and Barron took 13th overall, and third in her heat, with a time of 4:25.39. Delaney and Barron became the second and third Commodores to sew up a spot in Saturday's action. Courtney Clayton was the first Commodore to qualify, as she advanced to the finals of the 800 with a seventh-place overall finish in the prelims on Thursday. Also on Friday, Sarah Goodale completed her action in the heptathlon, finishing with 4,979 points. Goodale's efforts included a a new personal record in the 100 hurdles with a time of 14.62. Jennifer Edobi finished 14th overall, and fifth in her heat, in the 400 with a time of 54.70. Along with Delaney and Barron, the Commodores had four additional representatives in the 1500: Lily Williams took 17th at 4:27.88, Maddie Criscione was 20th at 4:30.72, Reagan Anderson was 22nd at 4:32.08 and Ginger Hutton was 29th with a personal-best time of 4:38.71.

DAY THREE

Simone Charley just keeps getting stronger. And longer. The All-American sailed to a new lifetime record in the triple jump on Saturday at the SEC Championships, earning a second-place finish with a leap of 45-0.5. Charley's mark surpassed her previous school record of 44-3.25 that she set at last year's NCAA Outdoor Championships and ranks No. 2 on the national performer's list this season. Georgia standout sophomore Keturah Orji, who continues to shatter all types of records, won Saturday's triple jump with a leap of 47-10.75 to break her own SEC Championship record and claim a spot on the world's Top-5 list among wind-aided jumps (as of the time of the meet). Charley hit her best jump of the day on her second attempt. She also had leaps of 44-01.25 (13.44m), just shy of her personal best, and 43-09.25 (13.34m) during her impressive series. "It was really exciting," said Charley, who was competing less than hour from her hometown of Hoover, Ala. "It's especially exciting (to have a big jump) at the SEC Championships, since this is obviously such a big meet." See below for full interview with Charley, along with an interview with associate head coach Clark Humphreys. Courtney Clayton also had a strong effort for the Commodores, finishing fourth in the 800 at 2:07.78 to score five points Vanderbilt. Katherine Delaney scored for Vanderbilt in the 1500, collecting three points for the Commodores with a sixth-place finish at 4:30.23. Sara Barron finished 11th at 4:37.48. Vanessa Valentine led a foursome of Commodores in the 5k by taking 11th place at 16:42.62. Carmen Carlos was 18th at 17:00.90, Megan Huebner was 20th with a personal record time of 17:02.09 and Courtney Kriegshauser was 30th with a PR of 17:30.86.



OUTDOOR TRACK & FIELD RECAPS

NCAA CHAMPIONSHIPS

June 8-11, 2016 ★ Eugene, Ore.

JUNE 9

EUGENE, Ore. - Vanderbilt senior Katherine Delaney finished her career by battling against the best in the nation. Delaney, who has been a standout for the Commodores in both track and cross country, competed in the 1500 at the NCAA Championships in Eugene, Ore., on Thursday, finishing 22nd with a time of 4:22.13. Delaney is one of the best in school history in the 1500. She set a new lifetime best with a time of 4:17.96 -- which ranks as the No. 2 mark on Vanderbilt's all-time performer's list -- at this year's NCAA East Regional. Delaney is one of two Vanderbilt athletes, along with All-American triple jumper Simone Charley, to qualify for the Championships. This marks the first time since 2004 that Vanderbilt has sent multiple representatives to the national meet.

JUNE 11

The triple-jumping standout from Hoover, Ala., set a new lifetime best and earned First Team All-American status -- again -- with a leap of 45-02.25 and a second-place finish at the NCAA Outdoor Championships on Saturday afternoon in Eugene, Ore. "She went big today," said head coach Steve Keith. "She looked really relaxed -- I even saw her dancing a little bit to the music on the PA -- and just delivered a great performance." It was Charley's third consecutive appearance at the outdoor national meet, and the second straight year that she has earned First Team All-American honors. She was a Second Team Outdoor All-American as a freshman. "Today was another huge day for Simone, and I couldn't possibly be more proud of her," said Vanderbilt associate head coach Clark Humphreys. "For her to be in a high-pressure setting, and come out her and set a lifetime best, it just shows how mentally tough she is." Georgia sophomore standout Keturah Orji punctuated her record-shattering season with a winning leap of 47-8 (14.53m), which not only set a new NCAA Championship record but also is the best mark by any American in history. "It's pretty incredible that we have two absolutely outstanding triple jumpers who have come along at the same time," said Humphreys. "The mark that Simone posted today would probably be good enough to win a NCAA Championship in almost any year. But that's a credit to Orji. She's a great competitor, just like Simone." Charley's best jump came on her first attempt, and she sat atop the leaderboard following the opening round. "Simone came out ready to go at it today," said Humphreys. "You see some athletes who have a hard time replicating their success at this level, but Simone just keeps rising to the occasion. It's hard to even put into words how impressive that really is. Let me put it this way: She is the one you want with the ball in her hands at the end of the game with the clock winding down." "Simone has had so many positive experiences at the national meet in the past, and I think that helps her relax," said Keith. "She expects to do well, and that's a big part of it."



OUTDOOR TRACK & FIELD RECAPS

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."



2015-16 OUTDOOR TRACK & FIELD TIMES/MARKS

200 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Sara Goodale	25.88	SEC Championships	5-12-16

400 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Jennifer Edobi	53.33	Florida Relays	3-31-16
Jennifer Edobi	53.66	NCAA Division I - Prelims	5-26-16
Jennifer Edobi	54.70	SEC Championships	5-12-16
Skyler Carpenter	55.15	Black & Gold Invitational	3-25-16
Faith Washington	55.32	Black & Gold Invitational	3-25-16
Skyler Carpenter	56.35	Virginia Challenge	4-22-16
Jennifer Edobi	57.18	Virginia Challenge	4-22-16
Lydia Witty	58.31	Black & Gold Invitational	3-25-16
Sarah Goodale	58.81	Virginia Challenge	4-22-16

800 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Courtney Clayton	2:06.14	NCAA Division I - Prelims	5-26-16
Courtney Clayton	2:06.96	Jace LaCoste Invitational	4-30-16
Courtney Clayton	2:07.00	SEC Championships	5-12-16
Courtney Clayton	2:07.78	SEC Championships	5-12-16
Kat Delaney	2:07.84	Tiger Track Classic	4-08-16
Courtney Clayton	2:08.18	Virginia Challenge	4-22-16
Kat Delaney	2:08.73	Virginia Challenge	4-22-16
Maddie Criscione	2:09.99	SEC Championships	5-12-16
Courtney Clayton	2:10.04	Tiger Track Classic	4-08-16
Reagan Anderson	2:10.44	SEC Championships	5-12-16
Jennifer Edobi	2:10.72	Tiger Track Classic	4-08-16
Maddie Criscione	2:10.83	Virginia Challenge	4-22-16
Jennifer Edobi	2:10.94	Black & Gold Invitational	3-25-16
Lydia Witty	2:11.36	Virginia Challenge	4-22-16
Reagan Anderson	2:11.67	Virginia Challenge	4-22-16
Lily Williams	2:12.24	Tiger Track Classic	4-08-16
Lydia Witty	2:12.72	Tiger Track Classic	4-08-16
Maddie Criscione	2:12.94	Black & Gold Invitational	3-25-16
Ginger Hutton	2:13.00	Virginia Challenge	4-02-16
Sara Tsai	2:13.13	Black & Gold Invitational	3-25-16
Ginger Hutton	2:13.25	SEC Championships	5-12-16
Lily Williams	2:13.59	Black & Gold Invitational	3-25-16
Ginger Hutton	2:14.07	Black & Gold Invitational	3-25-16
Lydia Witty	2:14.23	Florida Relays	3-31-16
Ginger Hutton	2:14.44	Tiger Track Classic	4-08-16



2015-16 OUTDOOR TRACK & FIELD TIMES/MARKS

Lydia Witty	2:14.89	SEC Championships	5-12-16
Reagan Anderson	2:15.16	Tiger Track Classic	4-08-16
Kat Delaney	2:15.34	Black & Gold Invitational	3-25-16
Sara Tsai	2:16.27	Tiger Track Classic	4-08-16
Reagan Anderson	2:16.62	Black & Gold Invitational	3-25-16
Sarah Goodale	2:19.04	Black & Gold Invitational	3-25-16
Sara Goodale	2:19.48	SEC Championships	5-12-16

1,500 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Kat Delaney	4:17.96	NCAA Division I - Prelims	5-26-16
Kat Delaney	4:18.24	Stanford Invitational	4-01-16
Kat Delaney	4:20.34	SEC Championships	5-12-16
Sara Barron	4:21.90	Virginia Challenge	4-22-16
Kat Delaney	4:21.95	Virginia Challenge	4-22-16
Kat Delaney	4:22.13	NCAA Division I Championships	6-08-16
Sara Barron	4:23.04	NCAA Division I - Prelims	5-26-16
Kat Delaney	4:23.33	NCAA Division I - Prelims	5-26-16
Sara Barron	4:25.39	SEC Championships	5-12-16
Sara Barron	4:26.00	NCAA Division I - Prelims	5-26-16
Kat Delaney	4:26.07	Black & Gold Invitational	3-25-16
Sara Tsai	4:27.84	Stanford Invitational	4-01-16
Lily Williams	4:27.88	SEC Championships	5-12-16
Lily Williams	4:27.92	Stanford Invitational	4-01-16
Lily Williams	4:29.28	Virginia Challenge	4-22-16
Kat Delaney	4:30.23	SEC Championships	5-12-16
Reagan Anderson	4:30.58	Stanford Invitational	4-01-16
Maddie Criscione	4:30.72	SEC Championships	5-12-16
Reagan Anderson	4:31.37	Black & Gold Invitational	3-25-16
Reagan Anderson	4:32.08	SEC Championships	5-12-16
Sara Barron	4:32.27	Stanford Invitational	4-01-16
Sara Tsai	4:32.28	Black & Gold Invitational	3-25-16
Maddie Criscione	4:32.63	San Francisco State Distance Carnival	4-01-16
Maddie Criscione	4:32.77	Virginia Challenge	4-22-16
Lily Williams	4:34.10	Black & Gold Invitational	3-25-16
Courtney Kriegshauser	4:34.52	Stanford Invitational	4-01-16
Megan Huebner	4:34.78	San Francisco State Distance Carnival	4-01-16
Maddie Criscione	4:35.72	Black & Gold Invitational	3-25-16
Sara Barron	4:37.48	SEC Championships	5-12-16
Ginger Hutton	4:38.71	SEC Championships	5-12-16
Ginger Hutton	4:39.79	San Francisco State Distance Carnival	4-01-16
Ginger Hutton	4:41.95	Black & Gold Invitational	3-25-16



2015-16 OUTDOOR TRACK & FIELD TIMES/MARKS

3,000 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Carmen Carlos	9:28.97	Black & Gold Invitational	3-25-16
Vanessa Valentine	9:36.30	Black & Gold Invitational	3-25-16
Sara Barron	9:38.40	Tiger Track Classic	4-08-16
Sara Tsai	9:43.22	Tiger Track Classic	4-08-16
Lily Williams	9:45.46	Tiger Track Classic	4-08-16
Courtney Kriegshauser	9:45.67	Tiger Track Classic	4-08-16
Megan Huebner	9:56.83	Tiger Track Classic	4-08-16
Megan Huebner	10:04.60	Black & Gold Invitational	3-25-16
Devon Grisbaum	10:32.02	Tiger Track Classic	4-08-16

5,000 METERS

ATHLETE	MARK/TIME	MEET	MEET DATE
Vanessa Valentine	16:10.52	Stanford Invitational	4-01-16
Vanessa Valentine	16:33.45	Virginia Challenge	4-22-16
Carmen Carlos	16:37.85	Virginia Challenge	4-22-16
Vanessa Valentine	16:42.62	SEC Championships	5-12-16
Vanessa Valentine	16:57.05	NCAA Division I - Prelims	5-26-16
Carmen Carlos	17:00.90	SEC Championships	5-12-16
Megan Huebner	17:02.09	SEC Championships	5-12-16
Carmen Carlos	17:07.03	Stanford Invitational	4-01-16
Megan Huebner	17:18.78	Virginia Challenge	4-22-16
Courtney Kriegshauser	17:30.86	SEC Championships	5-12-16
Carmen Carlos	17:47.91	NCAA Division I - Prelims	5-26-16
Courtney Kriegshauser	17:54.46	Virginia Challenge	4-22-16

100 METER HURDLES

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	14.68	SEC Championships	5-12-16
Erin Hardnett	15.11	Black & Gold Invitational	3-25-16

400 METER HURDLES

ATHLETE	MARK/TIME	MEET	MEET DATE
Skyler Carpenter	59.33	Jace LaCoste Invitational	4-30-16
Skyler Carpenter	59.86	SEC Championships	5-12-16
Skyler Carpenter	59.95	Virginia Challenge	4-22-16
Skyler Carpenter	1:00.01	NCAA Division I - Prelims	5-26-16
Faith Washington	1:03.07	Florida Relays	3-31-16
Erin Hardnett	1:06.19	Black & Gold Invitational	3-25-16
Erin Hardnett	1:08.02	Tiger Track Classic	4-08-16



2015-16 OUTDOOR TRACK & FIELD TIMES/MARKS

HIGH JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Ashlyn Hare	5’ 3.25”(1.61m)	Black & Gold Invitational	3-25-16
Ashlyn Hare	5’ 3”(1.60m)	Tiger Track Classic	4-08-16
Sarah Goodale	5’ 1.75”(1.57m)	SEC Championships	5-12-16
Sarah Goodale	5’ 1.25”(1.56m)	Virginia Challenge	4-22-16
Ashlyn Hare	5’ 1.25”(1.56m)	Virginia Challenge	4-22-16

POLE VAULT

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Bell	13’ 9.25”(4.20m)	NCAA Division I - Prelims	5-26-16
Sarah Bell	13’ 5.25”(4.10m)	Virginia Challenge	4-22-16
Sarah Bell	13’ 3.5”(4.05m)	Black & Gold Invitational	3-25-16
Sarah Bell	13’ 1.5”(4.00m)	SEC Championships	5-12-16
Sarah Bell	13’ 1.5”(4.00m)	Tiger Track Classic	4-08-16
Sarah Bell	12’ 3.5”(3.75m)	Florida Relays	3-31-16
Megan McCabe	12’ 3.5”(3.75m)	Virginia Challenge	4-22-16
Megan McCabe	12’ 3.5”(3.75m)	Florida Relays	3-31-16
Megan McCabe	12’ 1.5”(3.70m)	Tiger Track Classic	4-08-16
Megan McCabe	12’ 1.5”(3.70m)	Black & Gold Invitational	3-25-16
Katie Watts	11’ 1.75”(3.40m)	Tiger Track Classic	4-08-16
Katie Watts	11’ 1.75”(3.40m)	Black & Gold Invitational	3-25-16

LONG JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	17’ 10.75”(5.45m)	SEC Championships	5-12-16

TRIPLE JUMP

ATHLETE	MARK/TIME	MEET	MEET DATE
Simone Charley	45’ 2.25”(13.77m)	NCAA Division I Championships	6-08-16
Simone Charley	45’ 0.5”(13.73m)	SEC Championships	5-12-16
Simone Charley	44’ 0.75”(13.43m)	NCAA Division I - Prelims	5-26-16
Simone Charley	42’ 8”(13.00m)	Penn Relays	4-28-16
Simone Charley	40’ 9”(12.42m)	Florida Relays	3-31-16
Simone Charley	39’ 5.25”(12.02m)	Tiger Track Classic	4-08-16

HEPTATHLON

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	4979(pts)	SEC Championships	5-12-16



2015-16 OUTDOOR TRACK & FIELD TIMES/MARKS

JAVELIN

ATHLETE	MARK/TIME	MEET	MEET DATE
Sarah Goodale	115' 3"(35.14)	SEC Championships	5-12-16
Sarah Goodale	112' 8"(34.35m)	Tiger Track Classic	4-08-16
Sarah Goodale	106' 9"(32.54m)	Black & Gold Invitational	3-25-16

4x400 METER RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Washington, Witty, Edobi, Carpenter	3:39.84	Florida Relays	3-31-16
Washington, Witty, Edobi, Carpenter	3:39.87	Florida Relays	3-31-16
Clayton, Witty, Edobi, Carpenter	3:40.68	Tiger Track Classic	4-08-16
Clayton, Witty, Edobi, Carpenter	3:40.80	SEC Championships	5-12-16
Clayton, Witty, Edobi, Carpenter	3:44.52	Virginia Challenge	4-22-16
Washington, Witty, Hutton, Carpenter	3:48.61	Black & Gold Invitational	3-25-16

SPRINT MEDLEY RELAY

ATHLETE	MARK/TIME	MEET	MEET DATE
Edobi, Washington, Carpenter, Clayton	3:55.62	Florida Relays	3-31-16



OUTDOOR HISTORY

NCAA INDIVIDUAL CHAMPION

1997	Ryan Tolbert	400 meter hurdles (54.54)
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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
2016	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
2016	T-29th	8 points

SEC ATHLETE OF THE YEAR

1997	Ryan Tolbert
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SEC SCHOLAR-ATHLETE OF THE YEAR

2005	Josie Hahn
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SEC ATHLETES OF THE WEEK

May 5, 2004	Erika Schneble
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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 Avocato 2003

B

Lena Babaeva 2001-02
Neely Bagwell 1997-2000
Mary Baldwin 2001-04
Buky Bamigboye 2010
Grace Bandow 1995
Sara Barron 2013-16
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
Kacie Breeding.....2016-
Katrina Brewer 2001-03
Christine Brown 2006
Lindsay Brown 2004
Sarah Brown 1992-93
Latisha Bryant 2003-06
Jennifer Burman 1989
Shannon Burnett 1995
Reagan Bustamante...2016-
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 2013-16
Kendall Derry.....2016-
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 Edbi 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
Ashlyn Hare.....2015-16
Nicole Hare 1987
Erin Hardnett.....2015-
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 2015-16
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
Caleigh Lofstead.....2016-
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 McMahan 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
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Eleanor Miller 1983-85
Katie Miller 1996
Laura Miller 2003-05
Carmen Mims 2006-08
Lauren Moffett.....2016-
Lacy Moore 2011
Leslie Moore 1993
Anna Morgan 2003-06
Heather Morgan 1995
Amanda Mullins-Hall . . . 2003-06
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Amanda Negron 1999-2002
Julie Neumann 1993
Amanda Nichols 1988-89
Deborah Nolan 1992-93
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Grace Orders 2012-2015
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Joy Parker 1999-2003
Lauren Pence 2004-06
Christina Penn 1995-96
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Stephanie Pepper 1999-2000
Caroline Pietrzyk 2015-
Allison Pink 1998-2002
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Emma Radan 2015
Brigid Rauch 1997
Erin Redig 1994-97
Heather Reid 1985
Sarah Reinhold 2005
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Heather Reitz 1988-89
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Chavon Rhabb 2007-08
Jena Richard 2004-05
Heather Rietz 1987-89
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Christy Robb 1993
Paige Roberts 2002-05
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Alexa Rogers 2009-12
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Janis Rose 1988-93
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Jordan Sala 2010-11
Kelleigh Sanders 1997
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Allie Scalf 2010-13
Erika Schneble 2003-04, 06-07
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Jacqui Schuman 1997
Amanda Scott 2006-08
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Caitlin Shannon 2002-06
Joni Sharp 1983-86
Courtney Shaughnessy . . 2002-05
Veronica Shead 1999-2001
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Lisa Simmons 1988-91
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Mindy Skelton 2006-07
Elizabeth Slatten 1986
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Autumn Smith 1999-2002
Elizabeth Smith 2010-12
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Jennifer Snyder 1991
Kate Southcote-Want . . . 2008

Whitney Spannuth 1994-98
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Janet Titus 1988-89
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Sara Tsai 2015-
Heather Turner 1986-90
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Stephanie Uribe 2006
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Vanessa Valentine 2012-16
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Leslie Vidmar 1995-98
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Julie Walk 1996-99
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Anjarae Washington 2005-08
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Katie Watts 2014-
Lisa Weinard 1991-94
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Ashleigh Wetzels 2004-07
Ashley White 1990-91
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Martha Whitehead 1997-2000
Anita Wilborn 1985
Ella Wilhoit 2005-06
Paula Wilkes 1990-91
Brionne Williams 2011-13
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Melinda Wilson 1997-99
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Ann Wishart 1981
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Kathryn Yates 2004
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