

WAKE FOREST TRACK & FIELD HISTORY

The Wake Forest University track and field program began on the grounds of the old campus, in Wake Forest, North Carolina before there were any state meets. In 1892 E.W. Sikes, the director of athletics, began the Field Day contest that allowed competition in track and field among the school's own members. By 1903, the track team had sixteen members, a manager, and instructor.

In the fall of 1908, a student named Laurens Gardner began to train the track and field squad under his own initiative and the team became especially strong in the 100-yard dash, the 220-yard dash and the broad jump.

The Field Day events that began in the late 19th century led to greater interests and one so great that the college decided to enter its first meet off the grounds of Wake Forest College in 1909. This competition was the State Inter-Collegiate meet held in Greensboro, North Carolina. The event was one for the ages, with an enthusiasm that is unparalleled in collegiate track and field today. Over four thousand viewed the event. The team captured the cup with a total score of 35 points. They defeated North Carolina, A&M (now North Carolina State), Guilford and Davidson. What set this team apart from the rest was that they won by eight points over the nearest competitor without a coach and with fewer participants.

The 1910-1911 season featured many talented athletes, but the number of participants was down to a small degree. In the best performance of the year, the team finished third out of seven with only six contestants.

An increased interest in Wake Forest track and field spurred during the late teens of the 20th century. The dedication of the new track field occurred and was



located just north of the library of the old campus in Wake Forest, NC. Though small, the new facility was near the gymnasium and was much more available for practice. It was used until the completion of Gore Field in the early 1920s.

The team continued its strength through many good runners and jumpers, the most notable being Carl V. Tyner. He won 75 points in one season, a remarkable amount for the number of meets the team had per year. In 1916, the first interclass track meet was held at Wake Forest on Society Day, and there was an increased interest due to the new track constructed by Dr. G. W. Paschal. Gore Field was later completed for the athletes.

World War I led to a decline in the interest level in track as more immediate concerns were prevailing. However, the 1923-1924 track team resurged into a

powerhouse and placed second in the South Atlantic meet. In this meet, Arch Flannagan received the most points and finished first in the 100 yard dash and the 220 yard dash. The inception of the cross-country program began in this year as well. Although the team was defeated in each meet, one member, E. B. Bailey, remained undefeated.

A couple of years later, in 1927, Phil M. Utley became the first regular track coach at Wake Forest College. He quickly took charge and worked the team into shape. The team had sixty-five people come out in 1927 and a freshmen team was formed. Both teams made credible showings.

First Track and Field Squad

- T.W. Brewer - Manager
- W.A. Seagraves - Captain
- Prof. C.C. Crittenden- Instructor
- S.W. Bagley
- W.S. Boyce
- Paul Crumpler
- E.B. Fowler
- A.C. Hamby
- J.E. Hobgood
- S.C. Howard
- M.H. Justice, Jr.
- J.B. Powers
- W.H. Price
- P.W. Purefoy
- B.J. Ray
- J.B. Talbirt
- E.A. Turner
- E.F. Ward



Left: The old Kentner Stadium. In the Fall of 2004, the track facilities were renovated. The new track surface includes a 13mm full depth polyurethane surface (BSS 1000-embedded texture). The track now allows for sprint and hurdle races to be run in either direction with the prevailing wind. An expanded area on the south end allows for more jump flexibility. Included in the addition will be a pole vault pit, a high jump area, a steeple pit, and a multiple ring shot put area. The throws facility is located in the Cross Country trails, adjacent to the track.

Right: 2007 USATF Indoor 800m champion, 2004 Wake Forest graduate and six time All-American, Nikeya Green.

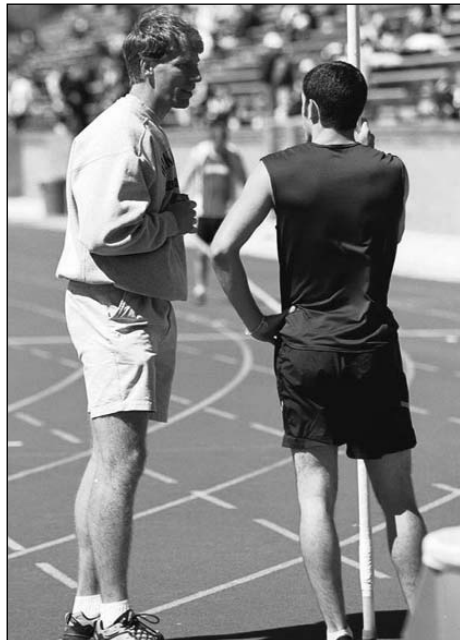


WAKE FOREST TRACK & FIELD HISTORY

The Kentner Stadium Track

Ever since construction was completed prior to the 1990 season, Kentner Stadium has been a hub of activity for Wake Forest athletics.

In 1997, what was once Campus Stadium became Kentner Stadium, named in honor of Jeff Kentner (78), of Greensboro, NC. Kentner, president and owner of State Street Partners, Inc., made one of the largest gifts to the Touchdown 2000 athletic fundraising effort.



The multipurpose facility was part of a \$55 million construction and renovation plan and is now the permanent home for the Demon Deacon field hockey and track and field teams.

In the summer of 2004, Kentner Stadium underwent a multi-million dollar renovation. Field Turf and Ballard Sports installed AstroTurf 12 with PVC foam pad on top of Porous Asphalt, making the surface safe for intramural uses and fast for the two-time defending national and ACC champion field hockey team.

Also included in the renovation was the addition of six large water cannons and two manual ones, to help maintain the astroTurf.

The new track surface includes a 13mm full depth polyurethane surface (BSS 1000-embedded texture). The track hosts the annual Wake Forest Open and was the site for the 2006 ACC Outdoor Championship.

The track has been redesigned to allow for sprint and hurdle races to be run in either direction with the prevailing wind. An expanded area on the south end will allow for men's and women's horizontal jumps to occur simultaneously. A pole vault pit is also located there. The north D area will house a high jump area, a steeple pit, and a multiple ring shot put area. An addi-



The Miller Center



tional horizontal jump runway and pole vault area have been added to the southeast corner of the stadium to provide another wind option. These changes will allow the track staff to conduct more manageable competitions and the competing athletes will be able to achieve improved performances. The renovation makes Kentner Stadium one of the top track and field facilities in the Southeast.

A new throws field has been added in the Cross Country trails. "We are extremely excited about the new throws field for a couple of reasons," said Deacon throws coach John Williams.

"First, it will be great for convenience and team unity. It is close to the track facility and our teammates will be able to see us practice, just like we see them on the actual track surface. Second, we will be able to host National caliber athletes with space to accommodate all of the NCAA and American records."

Over the past 15 years, Kentner Stadium has hosted many events and championships. The most impressive event added to the stadium's resumé came during 1996 when Wake Forest hosted the NCAA Field Hockey Championships. That marked the first time a national title has been determined in a Wake Forest campus facility. The event has since been back for the 2004 and 2006 Championships.

In addition, Kentner Stadium has been the site of the annual Forsyth County Special Olympics and Wake Forest track and field meets.

The Kenneth D. Miller Center for student-athlete enrichment, which opened in the fall of 2001, now overlooks Kentner Stadium. The Miller Center is a 6,000-square foot building which houses a fitness center for the entire campus, as well as training, office and meeting spaces for the University's athletic programs. The state-of-the-art facility features a patio area from which students and faculty can take in a game and the presence of the new building gives the home of the Deacs a more stadium-type feel.

Part of Kentner Stadium's appeal is the fact that many Deacon athletic teams can use it for conditioning or practice. The stadium is also used by the Wake Forest Health and Exercise Science Department for its cardiac rehabilitation program three days a week. The department also uses the track for a variety of academic classes, while the intramural office takes advantage of the stadium for football, softball, and

other sports.

Students, faculty members, and administrators are also seen frequently using the stadium's track to either run or walk during lunch time or after classes.

The facility houses permanent seating for nearly 4,000 spectators as well as a press box, upper-level viewing area, restrooms, lights, a state-of-the-art scoreboard, and concession facilities.

"Kentner Stadium is in such a great location," said Annie Schweitzer Bennett, Director of Track & Field. "We have access right off the track to the cross country trail, so they can warm up and warm down on a soft surface. We can do our hill work, stairs work and our ballistic work for our multi-eventers and our distance runners right there.

"Probably the best part about Kentner Stadium is the aesthetics of it. When you're running you can see trees and beautiful sunsets and sunrises. It is just located in a very pretty setting."



Cross Country Course

Situated on the campus of Wake Forest University, the Demon Deacons' cross country course serves as a first-class training and competition facility for the perennially contending men's and women's squads.

The start/finish line is located on the Water Tower Field, just behind Kentner Stadium at the heart of the Deacon athletic complex. The course itself winds through the rolling, hilly woods behind the stadium, traversing some of the most scenic areas of the Winston-Salem campus.

"It is probably one of the nicest facilities in the nation," said Bennett, who also serves as the head coach of the women's cross country team. "Not many people have the opportunity to have that nice of a course, that is challenging and beautiful, right on campus. It is in the trees, away from cars and has a variety of hills and flat surfaces and you just want to train in there."

2007/08 INDOOR RESULTS/HONORS

2007 ACC Indoor Championship - Men's Results February 22-24 :: Clemson Indoor Track & Field Facility :: Clemson, SC

1) Florida State	128
2) Clemson	106.50
3) NC State	70
4) Georgia Tech	63
5) North Carolina	56
6) Va. Tech	50.50
7) Virginia	49
8) Wake Forest	47
9) Maryland	37
10) Miami	29
11) Duke	19
12) Boston College	8

2007 ACC Indoor Championship - Women's Results February 22-24 :: Clemson Indoor Track & Field Facility :: Clemson, SC

1) Va. Tech	136
2) Miami	99
3) North Carolina	75.50
4) Florida State	65.50
5) Clemson	59.33
6) Duke	56.50
7) Georgia Tech	49
8) Virginia	34
9) Boston College	32.50
10) Wake Forest	20
11) NC State	19.66
12) Maryland	16

2008 ACC Indoor Championship - Men's Results February 28 - March 1, 2008 University of North Carolina :: Chapel Hill, N.C.

1) Florida State	135.50
2) Georgia Tech	85
3) Clemson	83
4) North Carolina	78
5) Virginia	76.50
6) NC State	67
7) Maryland	41
8) Miami	34
9) Virginia Tech	30
10) Wake Forest	24
11) Duke	7
12) Boston College	1

2008 ACC Indoor Championship - Women's Results February 28 - March 1, 2008 University of North Carolina :: Chapel Hill, N.C.

1) Virginia Tech	138
2) North Carolina	88.50
2) Florida State	88.50
4) Miami	75
5) Virginia	57
6) Boston College	48
7) NC State	43
8) Clemson	32
9) Georgia Tech	30
10) Wake Forest	29
11) Duke	18
12) Maryland	16

Wake Forest ACC Championship Scorers

Men (2007)

<u>400 Meters</u>		
2nd	Michael Bingham	47.50
8th	Jonathan Reid	49.34
<u>800 Meters</u>		
4th	Chris Catton	1:53.60
<u>Mile</u>		
2nd	Brad Wharton	4:03.61
<u>60m Hurdles</u>		
5th	Brent LaRue	8.14
<u>4x400-Meter Relay</u>		
4th	LaRue, Reid, A. Russell, Bingham	3:15.66
<u>Long Jump</u>		
5th	Oderah Nwaeze	23-0 1/2
<u>Heptathlon</u>		
1st	Brent LaRue	5,617

Women (2007)

<u>3,000 Meters</u>		
2nd	Michelle Sikes	9:24.46
<u>5,000 Meters</u>		
1st	Michelle Sikes	15:57.24
<u>Distance Medley Relay</u>		
8th	Kieffer, Council, Vos, Chrisman	11:54.82
<u>Weight Throw</u>		
8th	Lindsay Neuberger	56-6 3/4

Men (2008)

<u>60m Dash</u>		
5th	Kevin Marion	6.82
<u>400m Dash</u>		
3rd	Jon Reid	48.32
6th	Lunkenheimer	49.33
<u>4x400 Relay</u>		
2nd	Lunkenheimer, Marion, Warsaw, Reid	3:15.44
<u>Long Jump</u>		
6th	Kevin Marion	23-07.50

Women (2008)

<u>200 Meters</u>		
7th	Melissa Council	25.01
<u>400 Meters</u>		
4th	Melissa Council	55.48
<u>5000 Meters</u>		
7th	Caitlin Chrisman	16:55.56
<u>4x400-Meter Relay</u>		
4th	Loyd, Council, Gove, Castronuova	3:45.66
<u>Distance Medley Relay</u>		
5th	Schappert, Gove, Kieffer, Nosenko	11:41.75
<u>Pole Vault</u>		
3rd	Jill Ahrens	12-01.50
<u>Pentathlon</u>		
4th	Molly Kennedy	3743

Honors

All-ACC (2007)

Michael Bingham (400m)
Brad Wharton (Mile)
Brent LaRue (Heptathlon)

Michelle Sikes (3,000m, 5,000m)

2007 OUTDOOR RESULTS/HONORS

2007 ACC Outdoor Championships Men's Results April 19-21 :: Kehoe Track at Ludwig Field :: University of Maryland

1) Florida State	166.50
2) Clemson	118
3) N.C. State	99.50
4) Virginia	81
5) North Carolina	77
6) Georgia Tech	71
7) Virginia Tech	57
8) Maryland	44
9) Wake Forest	35
10) Miami	30
11) Duke	29
12) Boston College	4

Wake Forest ACC Championship Scorers

<u>100 Meters</u>	
6th Kevin Marion	10.62
<u>200 Meters</u>	
6th Kevin Marion	21.53
<u>400 Meter Hurdles</u>	
7th Phillip Warsaw	52.14
<u>4x100 Meter Relay</u>	
3rd	40.29
Kevin Marion, Eric Seely, Michael Bingham, Jon Reid	
<u>4x400 Meter Relay</u>	
3rd	3:11.20
Tyler Dodds, Eric Seely, Phillip Warsaw, Jon Reid	
<u>Long Jump</u>	
3rd Kein Marion	24-02.50
6th Oderah Nwaeze	23-08.00
<u>Decathlon</u>	
8th Tyler Dodds	6312
<u>Discus Throw</u>	
6th Thomas Sensing	47.91m/157-02
<u>Javelin Throw</u>	
7th Mike Hauck	57.34m/188-01

Honors

All-American	_____
Michelle Sikes	
Michael Bingham	
ACC Track Performer of the Year	_____
Michelle Sikes	
All-ACC	_____
Kevin Marion	
Lindsay Neuberger	
Michelle Sikes	
ACC Sportsmanship Award	_____
Wake Forest Men's Track and Field Team	
All ACC Academic Track and Field Team	_____
Thomas Sensing	
Michelle Sikes	
Phillip Warsaw	

2007 ACC Outdoor Championships Women's Results April 19-21 :: Kehoe Track at Ludwig Field :: University of Maryland

1) Virginia Tech	144.50
2) Miami	113
3) Florida State	101
4) Georgia Tech	82
5) North Carolina	77
6) Virginia	69
7) Wake Forest	54
8) Clemson	47.50
9) Duke	45
10) N.C. State	38
11) Maryland	30
12) Boston College	18

Wake Forest ACC Championship Scorers

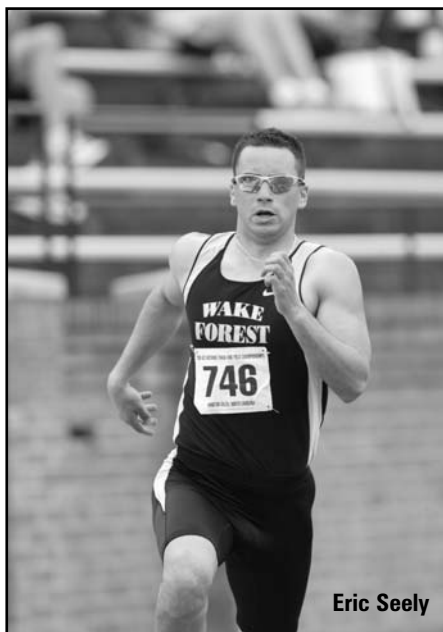
<u>400 Meters</u>	
6th Melissa Council	54.61
<u>1,500 Meters</u>	
7th Allie Kieffer	4:30.85
<u>5,000 Meters</u>	
1st Michelle Sikes	16:17.12S
<u>10,000 Meters</u>	
7th Caitlin Chrisman	34:52.38S
<u>400 Meter Hurdles</u>	
5th Michelle Duffey	1:00.56
6th Alex Gove	1:01.52
<u>4x100 Meter Relay</u>	
6th	46.50
Alex Gove, Melissa Council, Ashley Spooner, Nicole Castronuova	
<u>4x400 Meter Relay</u>	
6th	3:41.97
Michelle Duffey, Melissa Council, Alex Gove, Nicole Castronuova	
<u>Javelin</u>	
4th Carly Mauch	142-08
<u>Heptathlon</u>	
7th Molly Kennedy	4784 pts.

NCAA Championship Placings

<u>5,000 Meters</u>	
1st Michelle Sikes	15:16.76
<u>400 Meters</u>	
5th Michael Bingham	45.57

WAKE FOREST ALL-TIME PERFORMANCE LIST

Men		
100m		
Reggie Austin	10.30	2000
John Stone	10.32	2000
Kevin Marion	10.39	2006
Robert Johnson	10.48	1980
Mike Loyd	10.48w	2004
Michael Bingham	10.54	2006
Kerry Major	10.57	2006
Willie Idlette	10.60w	2004
Jack Dolbin	10.69	1970
Eric Seely	10.74	2005



Eric Seely

200m		
Eric Seely	20.19	2007
John Stone	20.61	1999
Kevin Marion	20.79	2006
Michael Bingham	20.86	2007
Mike Loyd	21.14	2004
Reggie Austin	21.38	1999
Willie Idlette	21.54	2004
Jack Dolbin	21.62	1970
Tyler Dodds	21.82	2007
Pat Kelly	21.94	1988

400m		
Michael Bingham	45.57	2007
Willie Idlette	46.62	2006
Jon Reid	46.95	2007
Mike Guegan	47.01	1988
Ryan Hamilton	47.18	2001
Eric Seely	47.32	2006
Brent LaRue	47.45	2006
John Danforth	47.68	1970
Pat Kelly	48.01	1988
Tyler Dodds	48.98	2007

800m		
Warren Sherman	1:46.74	1995
Mike Guegan	1:49.14	1991

Terry Weik	1:49.30	1992
Paul Singleton	1:49.84	2001
Chris Catton	1:49.87	2005
David Crowe	1:50.41	1981
Chris Estwanik	1:50.42	2002
Nathan Sisco	1:50.46	2002
Nathan Knowles	1:50.47	1997
Tracy Stines	1:50.62	1981

1500m		
Nathan Sisco	3:43.37	2002
Darryl Robinson	3:43.81	1982
Brad Wharton	3:45.08	2006
Nolan Swanson	3:45.26	1999
David Crowe	3:45.90	1981
Mike Altieri	3:45.92	2003
Chris Estwanik	3:46.13	2000
Brant Armentrout	3:46.85	1994
Matt Shady	3:46.98	1998
Steve Guerini	3:47.10	1996



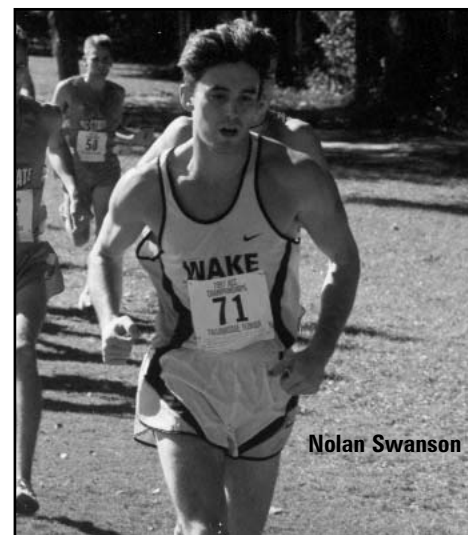
Brad Wharton

3000m		
Nolan Swanson	8:10.85	1999
John Sence	8:18.00	1993
Ron Rick	8:21.9	1985
Chris Diangellis	8:22.54	1993
Ben Boyd	8:23.11	1998
Paul Kinsler	8:24.10	1993
Jon Russell	8:24.16	1995
Brant Armentrout	8:25.77	1995
Brad Wharton	8:25.84	2006
Garick Hill	8:26.39	2001
Stephan Pro	8:28.15	1997
Steve Kartalia	8:30.01	1988

5000m		
David Crowe	13:51.91	1981
Nolan Swanson	13:54.57	1999
Jon Russell	13:57.81	1997
Ron Rick	13:58.90	1985
Brant Armentrout	14:00.69	1994
Steve Kartalia	14:07.53	1986

Thomas Sorenson	14:09.14	1984
Sean Stevens	14:09.49i	2005
Bill Babcock	14:10.06	1989
Kyle Armentrout	14:13.16	1994

10,000m		
Nolan Swanson	28:31.51	1999
Ben Schoonover	29:11.98	1991
Eric Lorenz	29:17.08	1992
John Sence	29:20.02	1992
Kyle Armentrout	29:21.34	1995
Jon Russell	29:23.07	1997
Steve Kartalia	29:38.71	1988
Stuart Burnham	29:43.53	1994
Craig Longhurst	29:45.30	1995
Garick Hill	29:46.14	2003



Nolan Swanson

110m Hurdles		
Steve Brown	13.60	1990
Mike Loyd	13.97	2004
Joe Ladapo	14.38	2000
JT Kurecich	14.55	2001
Dexter Hawkins	14.55	1980
Brent LaRue	14.77	2006
John Bull	14.78	1999
Michael Bingham	14.80	2005
Josh Gattis	14.87	2003
Mark Mattiko	15.07	1975

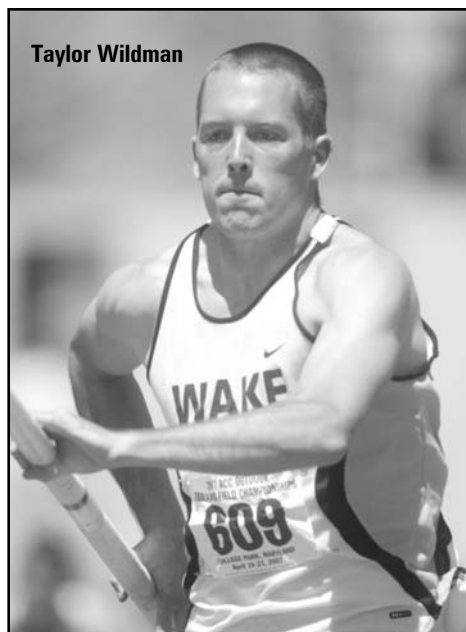
400m Hurdles		
Phillip Warsaw	51.60	2007
Brent LaRue	53.32	2006
Michael Bingham	53.2h	2006
Branston Williams	54.10	2002
Josh Smith	54.80	1994
Garrett Putnam	54.98	1998
George Yohrling	55.37	1992
John Bull	55.67	2000
Steve Brown	55.98	1989
Mike Loyd	56.10	2004

3000m Steeplechase		
Nolan Swanson	8:41.72	1998
Steve Guerrini	8:48.20	1994
Jon Russell	8:56.89	1998

WAKE FOREST ALL-TIME PERFORMANCE LIST

Tom Rae	8:57.70	1974
Paul Sklar	8:58.64	1992
Joseba Sarriegui	9:07.63	1989
Pat Phillips	9:08.79	1991
Jack Bishop	9:11.06	1998
Mike Altieri	9:12.22	2002
Kevin Amigh	9:13.90	1979

High Jump		
Jerome White	2.11m/6-11	1972
Matt Benson	2.06m/6-9	1994
Fabian Davis	2.05m/6-8.75	1999
Jesse Richert	2.03m/6-8i	2005
Jeong-Hwan Kang	2.03m/6-8	2001
John Bull	2.03m/6-8	2000
TJ Thompson	2.01m/6-7	2001
Seth Yetter	2.00m/6-6.75	2006
Tom Fitch	1.99m/6-6.25	1965
Luke Orman	1.98m/6-6	2002
JT Kuretich	1.98m/6-6	2001
Rob Elder	1.98m/6-6	1991
Newtron Smith	1.98m/6-6	1967



Pole Vault		
Ryan Turner	4.85m/15-11	1999
Ed Smith	4.80m/15-9	1994
Taylor Wildman	4.70m/15-5	2007
Scott Holmes	4.70m/15-5	2000
Brent LaRue	4.65m/15-3	2007
Zach Hamilton	4.60m/15-1	2001
JT Kuretich	4.55m/14-11	2001
Michael Bingham	4.25m/13-11.25	2005

Long Jump		
Kevin Marion	7.58m/24-10.5	2006
Kerry Major	7.53m/24-8.5	2006
Luke Orman	7.53m/24-8.5i	2002
Joe Ladapo	7.29m/23-11	2000
Fabian Davis	7.22m/23-8.25	1999
Mike Lewis	7.14m/23-5.25	1965
Lee Evans	7.13m/24-5	1971
Michael Bingham	7.16m/23-6	2005

Oderah Nwaeze	7.12m/23-4.5	2007
George Kahle	7.09m/23-3	1966



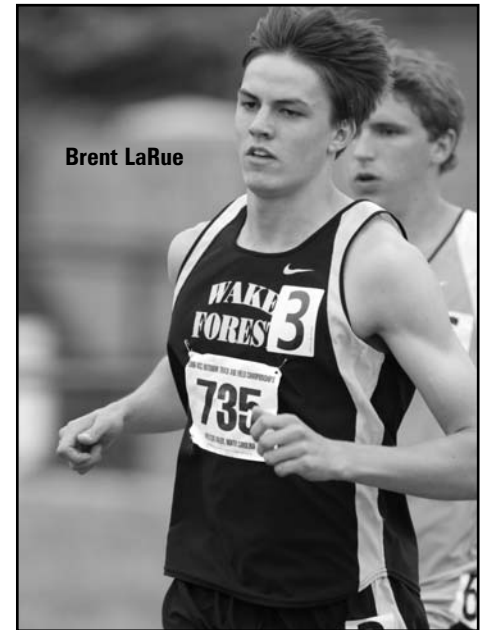
Triple Jump		
George Coghill	15.01m/49-3	1989
Fabian Davis	14.65m/48-0.75	1999
George Kahle	14.61m/47-11.25	1966
Jerome White	14.38/47-2.25	1974
Michael Bingham	14.32m/46-11.75	2006
Lee Evans	14.12m/46-4	1973
Darryl France	14.10m/46-3.25	1989
Chuck Drake	13.92m/45-8	1973
Dave Asch	13.79m/45-3	1969
Harold Thompson	13.74m/45-1	2001

Shot Put		
Andy Bloom	19.82m/65-0.5	1996
Tom Tymann	16.38m/53-9	2003
Boomer Peterson	15.2m/52-2.75i	2006
Keith Carter	15.82m/51-11	1975
Thomas Sensing	15.75m/51-8.25	2007
Ed Bradley	15.75m/51-8.25	1970
Ed George	15.65m/51-4.25	1970
Da'Vaughn Mellerson	15.61m/51-2.75	2001
Don Mulnix	15.49m/50-10	1975
David Kable	14.64m/48-0.5	1967

Discus		
Andy Bloom	64.86m/212-9	1996
Ed George	51.12m/167-8	1970
Brad Perkins	50.43m/165-5	1999
Thomas Sensing	47.91m/157-2	2007
Da'Vaughn Mellerson	47.56m/156-0	1999
Mike Neubiser	46.04m/151-0	1995
Alan Susi	45.51m/149-3	2001
Charles Adams	44.97m/147-6	1968
Pete Vanderpol	44.61m/146-4	1972
Tom Tymann	44.26m/145-2	2003

Javelin		
Alan Susi	62.83m/206-1	2001
Mike Hauck	61.96m/203-3	2007
John Bull	56.23m/184-5	1999
Brent LaRue	50.90m/167-0	2006
Tyler Dodds	48.27m/158-4	2007

Old Rule Javelin		
Herb Brown	212-0	1960
Jack Ladner	208-2	1956
John Monarek	200-8	1961
Tom Rae	188-2	1973
Henry Newton	188-0	1960
John Dupree	186-5	1930
Dave Garber	184-7	1963



Hammer		
Cliff Neal	59.40m/194-10	2002
Adam Gabrault	52.31m/171-7	2005
Andy Bloom	51.47m/168-10	1996
Brad Perkins	42.81m/140-5	1998
Alan Susi	42.35m/138-11	2000

Decathlon		
JT Kuretich	7340 pts	2001
Michael Bingham	7162 pts	2005
Brent LaRue	7066 pts	2006
John Bull	6983 pts	1999
Mike Eskind	6704 pts	2003
Joe Ladapo	6692 pts	2000
Matt Udvari	6521 pts	2000
Taylor Wildman	6299 pts	2007
Tyler Dodds	6106 pts	2007
Mike Piscetelli	5939 pts	2004

WAKE FOREST ALL-TIME PERFORMANCE LIST

Women

100m		
Carol Merritt	11.97	2001
Cassy Richards	12.20	2003
Tina Lane	12.22	1991
Ashley Spooner	12.30	2006
Chris Rose	12.41	1994
Johanna Hawkins	12.43	2006
Nicole Castronuova	12.47	2007
Becky Cortz	12.50	1985

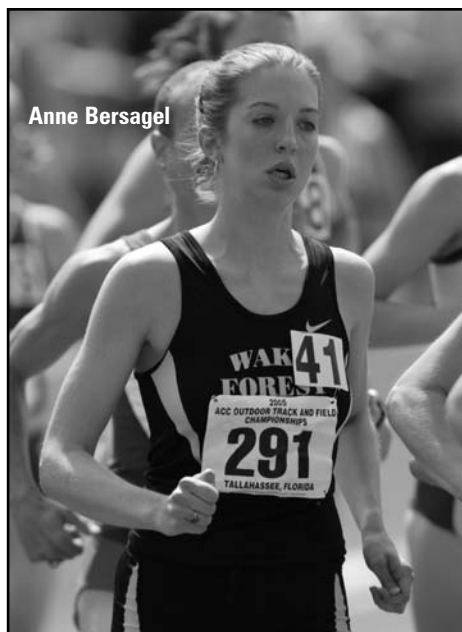


200m		
Carol Merritt	23.78i	2002
Melissa Council	24.11	2007
Diane Anderson	24.46	2004
Cassy Richards	24.71	2004
Nicole Castronuova	24.83	2007
Tina Lowe	25.14	1991
Chris Rose	25.29	1992
Ashley Spooner	25.50	2007
Michelle Duffey	25.69	2007
Molly Kennedy	25.73	2005

400m		
Melissa Council	54.08	2006
Carol Merritt	54.60	2004
Diane Anderson	55.48	2005
Molly Pancake	55.96	1991
Summer Shaw	56.08	2001
Nikeya Green	56.59	2002
Brooke Chapman	56.94	1988
Jill Snyder	57.18	2000
Nicole Castronuova	57.25	2007
Trina Bindel	57.57	1996

800m		
Nikeya Green	2:04.46	2003
Kelly Clarke	2:06.26	1993
Jill Snyder	2:06.88	1999
Liz Cotter	2:07.12	1996
Chrissy Person	2:07.14	1997

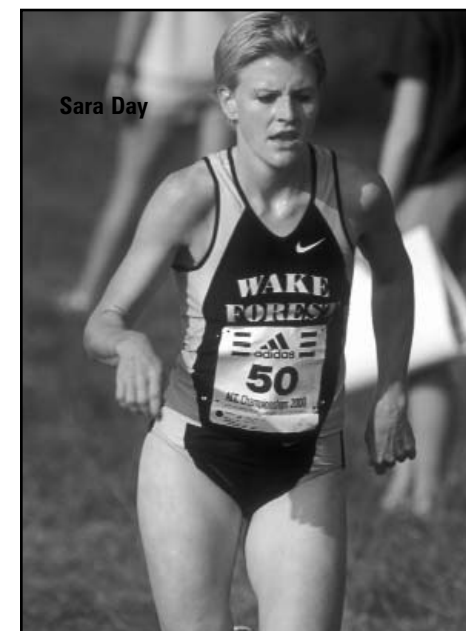
Summer Shaw	2:07.50	2000
Kate Weber	2:07.75	1994
Alison Anibaldi	2:08.04	1999
Molly Pancake	2:08.13	1993
Mia Richardson	2:08.36	1994
1500m		
Jennifer Finnegan	4:17.51	1995
Anna Sherman	4:17.80	2004
Jill Snyder	4:19.40	1999
Liz Cotter	4:21.27	1997
Nikeya Green	4:21.58	2004
Chrissy Person	4:22.27	1998
Michelle Sikes	4:22.45	2006
Jennifer Rioux	4:23.16	1988
Kelly Clarke	4:24.55	1993
Nicole Schappert	4:25.22	2006



3000m		
Michelle Sikes	9:13.33i	2007
Anne Bersagel	9:20.06i	2005
Jennifer Rioux	9:21.60	1988
Karen Dunn	9:22.51	1985
Liz Becker	9:22.93	1988
Sue Vander Wagen	9:27.22	1987
Janelle Kraus	9:27.61	2000
Nicole Stevenson	9:32.21	1996
Nicole Schappert	9:31.86	2008
Mart Powell	9:36.34	1990

5000m		
Michelle Sikes	15:06.28	2007
Anne Bersagel	15:56.97i	2005
Janelle Kraus	16:06.43	1999
Jill Miller	16:21.85i	2003
Caitlin Chrisman	16:29.61	2005
Sue Vander Wagen	16:30.48	1987
Jennifer Rioux	16:32.27	1988
Nicole Stevenson	16:34.89	1996
Mary Powell	16:53.06	1990
Cynthia Moreshead	16:55.35	1996

10,000m		
Michelle Sikes	32:58.20	2007
Annie Bersagel	33:02.13	2005
Sara Day	33:29.26	2001
Jennifer Rioux	33:58.69	1988
Anne Marie Letko	34:21.78	1988
Mary Powell	34:35.55	1990
Cynthia Moreshead	34:47.84	1996
Caitlin Chrisman	34:52.38	2007
Janelle Kraus	35:04.50	1999
Sue Vander Wagen	35:10.50	1987



100m Hurdles		
Caroline Vaughn	13.73	2007
Cassy Richards	14.05	2004
Jamie Grayzer	14.58	2002
Trina Bindel	14.71	1996
Melissa Council	14.77	2006
Tina Lane	14.82	1991
Alex Gove	14.83	2007
Jill Kovalcik	14.86	2003
Michelle Loyd	15.01	2007

400m Hurdles		
Michelle Loyd	1:00.39	2007
Alex Gove	1:01.84	2007
Caroline Vaughn	1:02.13	2007
Trina Bindel	1:03.43	1996
Jackie Muscente	1:03.76	2002
Trista Hopkins	1:04.39	1999
Kathy Miller	1:04.94	1991
Carrie Cilchrist	1:05.46	1999
Melissa Council	1:05.49	2005
Kristin Edgar	1:07.58	2007

3000m Steeplechase		
Selina Sekulic	10:34.72	2004
Michelle Sikes	10:35.73	2005
Kara Mullin	10:42.39	2003
Catherine Fortin-Major	10:53.58	2003
Kelly Polison	11:33.42	2007
Adele Mitchell	11:59.92	2006

WAKE FOREST ALL-TIME PERFORMANCE LIST



Catherine Muehleib

Long Jump		
Cassy Richards	6.216m/20-6.5	2004
Melissa Council	5.63m/18-5.5	2006
Trina Bindel	5.63m/18-5.5	1996
Johanna Hawkins	5.47m/17-11.75	2006
Jill Kovalcik	5.41m/17-9	2002
Rachel Burns	5.33m/17-6	2002

Triple Jump		
Molly Kennedy	11.46m/37-7.25	2005
Kirsten Holmboe	11.07m/36-4	1993
Cathy Richards	11.00m/36-0.25	1994
Kristin Rumpf	10.77m/35-4	1990
Sarah Johnston	10.40m/34-1.5	1987

Javelin		
Carly Mauch	43.47m/142-7	2007
Kayla Gassman	38.83m/127-4	2005
Tasha Pickney	36.59m/120-0	1999
Jamie Grayzer	35.80m/117-5	2002
Jill Kovalcik	33.34m/109-4	2002

Old Rule Javelin		
Carrie Buckley	47.43m/155-7	1993
Trina Bindel	38.62m/126-8	1995

Heptathlon		
Trina Bindel	5433 pts	1995
Jamie Grayzer	4882 pts	2002
Molly Kennedy	4761 pts	2005
Jill Kovalcik	4680 pts	2003
Cassy Richards	4657 pts	2004
Melissa Council	4692 pts	2006



Molly Kennedy

High Jump		
Trina Bindel	1.82m/5-11.5	1996
Vickie Peek	1.69m/5-6.5	1992
Christina Strasner	1.68/5-6	1982
Cynthia Kennedy	1.66m/5-5.25	2005
Molly Kennedy	1.63m/5-4.25	2005
Rachel Burns	1.63m/5-4.25	2000
Melissa Council	1.59m/5-2.5	2006

Pole Vault		
Jill Ahrens	3.51m/11-6	2008
Jill Kovalcik	3.50m/11-5.75	2002
Elizabeth Washam	3.35m/10-11.75	2001
Summer Shaw	3.30m/10-10	2000
Kerri Norton	3.20m/10-6	2006



Lindsay Neuberger

Shot Put		
Lindsay Neuberger	15.90m/52-1.25	2007
Sandra Jenkins	13.93m/45-8.5	2001
Catherine Muehleib	13.92m/45-8	2006
Trina Bindel	13.90m/45-7.25	1995
Jen Leesman	13.03m/42-9	2002
Molly Kennedy	12.69m/41-7.75	2007
Tara Haggett	12.16m/39-11	1990

Discus		
Britt Boshamer	45.83m/150-4	1992
Lindsay Neuberger	45.15m/148-1	2004
Catherine Muehleib	44.08m/144-7	2006
Sandra Jenkins	41.82m/137-4	2002
Dania Douglas	41.32m/135-8	1995
Mary Monroe	39.02m/128-0	1992

Hammer		
Lindsay Neuberger	50.45m/165-6	2005
Carly Mauch	39.51m/129-5	2007
Jen Leesman	38.11m/125-0	2002
Dania Douglas	31.44m/103-2	1996

ANDY BLOOM

Andy Bloom was already a talented and accomplished athlete when he arrived at Wake Forest University in 1991. A native of Schenectady, New York, Bloom was a stand-out discus and shot-put thrower in high school and was highly recruited by big name universities. He decided on Wake Forest because of its academic prestige.

As a freshman, he specialized in throwing events, breaking the school records in the shot put and discus in his first meet. When he arrived at Wake Forest, the school record in the shot put was 51'11". thanks to Bloom, it now stands at 65'0 1/2" .

Likewise, in the discus throw, the previous school record was 167-8. By the time he graduated, the new record was rerecorded as 212'9". Not only was this mark just over 35 inches better than the old Deacon record, it also set a new Penn Relays record that year.

In his time at Wake Forest, Andy Bloom was ranked No.1 at the Collegiate level and fourth in the United States among discus throwers. In track and field competition both indoors and outdoors, he won a total of ten ACC titles, including outdoor shot put and discus titles in 1995 and 1996. He was a two-time All-American and received the honor of ACC Most Outstanding Performer (Outdoors) in 1995.

Bloom placed ninth in the shot put and second in the discus at the 1995 NCAA Championships.

After graduating from Wake Forest with academic honors and receiving Academic All-District Honors in 1996, Bloom went on to qualify for the U.S. Olympics track and field team that competed in Sydney in 2000.

A herniated disc kept Bloom from the 2004 Olympic games in Athens and has potentially ended his athletic career all together. He continues to undergo therapy to regain full strength and mobility in his left leg.

He currently resides in Vacaville, Calif. with his wife, Terri, and their two daughters.



Adam Nelson (left), C.J. Hunter (center) and Andy Bloom congratulate each other on their finishes in the shot put competition.

ANDY'S DANDY: Bloom makes Olympics team

By Patrick O'Neill
SACRAMENTO
September. Bloom was lifted off the ground by C.J. Hunter, the reigning world champion, who was leading the competition after five throws.
Bloom raised his hands in victory to the cheering crowd as Godins stepped into the ring as an attempt to better Bloom's personal best mark of 30 feet, 10 1/2 inches.
A recent series of injuries had kept Bloom out of action.
In Friday's preliminary round, Bloom limped out of the ring in obvious pain after his qualifying throw to advance the final. Yesterday he flew out of the ring into the air and slamming into the ground.

HUNTER KEMPER

Hunter Kemper began running at the age of 10 when he competed in his first triathlon. The native of Longwood, Florida followed his passion and pursued distance running.

In 1992, he competed in the world championships. Kemper was offered many scholarships from Division I universities, including SMU for an academic scholarship, but found himself walking on to the Wake Forest cross country and track teams.

In his time as a Deacon, Kemper was a member of a Deacon team that placed 20th at the NCAA Championships in 1996. He also ran two top twenty individual finishes, including an eleventh place finish at the Appalachian State five-way meet with an 8k time of 26:21 in 1995. Kemper's top career finish came in 1996 when he achieved a second place finish at the Easter Classic with a time of 8:58.97 in the 3,000 meters.

At Wake Forest, he was a five-time national age-group champion in the triathlon. He graduated from Wake Forest as a member of the ACC Academic Honor Roll and Dean's list.

He soon launched a professional career in triathlon competition. He competed in the 2000 Sydney Olympic games, placing 17th.

He earned his first National Championship in the summer of 2003, just after he married his wife, Val, a world class athlete herself.

In the summer of 2004, Kemper was the fifth-ranked triathlete in the world. He competed in the Athens Olympics, earning a ninth place finish.



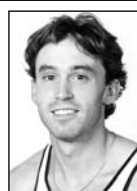
Kemper now U.S.'s best in triathlon

ST. PETERSBURG - Longwood's Hunter Kemper has come a long way to become the top U.S. male triathlete.

By BILL WARD
The Tampa Tribune
As a jinxed athlete, Hunter Kemper was never referred to as a star. He owned less-than-on-line personal bests in track and cross country and was a long shot for a college scholarship.
In fact, the only interest he generated was from the women's track coach at Wake Forest, who mistakenly believed Kemper was a girl. It didn't help that Kemper's first name isn't necessarily gender specific.
"I got this stuff in the mail and my dad's all excited saying 'Oh, Hunter, look at this, you got some interest from Wake!,'" Kemper said. And then I find out it's from the women's team and the women's coach, who is calling me all excited about my times -- as a girl. I can remember saying to myself, 'Oh man, this is not good.'
But things turned out OK. He managed to talk me to men's cross country and track teams. Wake and I lettered all four years. Now he's one of the world's best triathletes.

NOLAN SWANSON

Former Wake Forest track and field and cross country standout Nolan Swanson qualified for the 2004 IAAF World Cross Country Championships which took place in Brussels, Belgium, March 20-21.



Swanson, a two-time All-American at Wake Forest, was competing for Team Asics when he placed sixth in the men's open division 12,000m race at the USA Cross Country Championships at the Fall Creek and 16th Street Park in Indianapolis. The top six finishers in each division qualified to represent the United States in Belgium.

Swanson was one of six male athletes to represent the United States in the men's long race (12k) in Belgium. He placed 93rd out of the 142 participants.

Swanson was a three-time All-ACC cross country selection during his time at Wake Forest (1995-97). In 1996, Swanson became the first male in Deacon history to win the ACC individual championship. He received All-America recognition in cross country in 1997, finishing 32nd



nationally and the only individual male qualifying Deacon to compete at the NCAA Championships. He was named the team's most valuable player in 1997.

Swanson was in individual champion in the 5,000m in 1997 and the 3,000m during the 1999 indoor track seasons. His 8:03.50 time in the 3000m crushed the ACC record by seven seconds. He finished second in the 5,000m race in 1999 as well. His efforts earned him All-ACC honors each of those years.

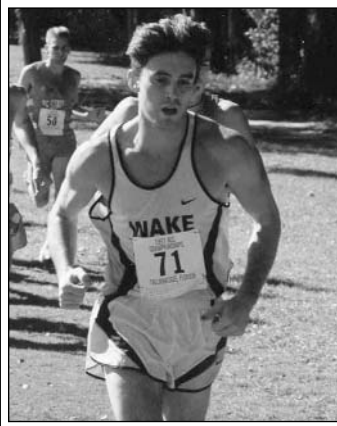
In outdoor track, Swanson captured the 5,000m title at the ACC Championships on two occasions, 1997 and 1999. In 1998 and 1999 he won the 3,000m steeplechase. He was named All-ACC in 1998 and 1999 for his outdoor success. He posted a national best in 1999 in the 10,000m, running a 28:31.51.

Also in 1999, Swanson was named Most Outstanding Performer at the ACC Outdoor Championship Meet and earned All-America honors in the outdoor 10,000m. He was the team's most outstanding performer in 1999.

At the U.S. Track & Field Championships, Swanson placed sixth in the 10,000m.

In 1998, Swanson received the most prestigious award given to male athletes at Wake Forest, the Arnold Palmer Award, given to the top male athlete of the year.

In 2002, Swanson was named to the ACC's 50th Anniversary Team, one of only three Deacons to make the team.



All-Time Indoor Records -- Men

55mHH	Steve Brown	7.26	1991
60m HH	Mike Loyd	7.95	2004
55m	Reggie Austin	6.39	1999
60m	Kevin Marion	6.77	2007
200m	Michael Bingham	21.15	2006
300m	Michael Bingham	33.44	2007
400m	Michael Bingham	46.12	2007
500m	Brent LaRue	1:03.87	2006
800m	Mike Guegan	1:48.76	1991
1000m	Warren Sherman	2:26.6	1995
Mile	Brad Wharton	4:03.61	2007
3000m	Nolan Swanson	8:03.50	1999
2 Mile	Larry Delaplaine	8:59.84	1977
5000m	Kyle Armentrout	14:18.10	1995
1600m Relay	Michael Bingham, Brent LaRue, Willie Idlette, Eric Seely	3:09.20	2006
3200m Relay	Warren Sherman, Hayes Guerrini, Weik	7:23.59	1992
Distance Medley	Nathan Sisco, Ryan Hamilton, Paul Singleton, Chris Estwanik	9:35.65	2002
High Jump	Matt Benson	2.06m/6-9	1993
Pole Vault	Ryan Turner	4.80m/15-9	1999
Long Jump	Kevin Marion	7.58m/24-10.5	2006
Triple Jump	George Coghill	15.01m/49-3	1992
Shot Put	Andy Bloom	18.76m/61-6.75	1996
Weight	Andy Bloom	20.09m/65-11	1996
Pentathlon	Mike Eskind	3264 points	2002
Heptathlon	Brent LaRue	5617 points	2007

All-Time Indoor Records -- Women

55m	Chris Rose	7.35	1992
60m HH	Carline Vaughn	8.75	2007
60m	Diane Anderson	7.81	2004
200m	Carol Merritt	23.78	2002
300m	Melissa Council	39.31	2006
400m	Carol Merritt	54.82	2002
500m	Michelle Duffey	1:13:81	2008
800m	Nikeya Green	2:05.31	2004
1000m	Jill Snyder	2:49.87	2001
Mile	Jill Snyder	4:41.44	2000
3000m	Michelle Sikes	9:13.33	2007
5000m	Michelle Sikes	15:44.97	2007
1600m Relay	Michelle Duffey, Alex Gove, Melissa Council, Nicole Castronuova	3:47.77	2008
3200m Relay	Kelly Clarke, Molly Pancake, Jennifer Finnegan, Kate Weber	8:53.87	1992
Distance Medley	Jill Snyder, Carol Merritt, Nikeya Green, Sara Day	11:13.69	2001
High Jump	Trina Bindel	1.81m/5-11.25	1995
Pole Vault	Jill Ahrens	3.75m/12-3.5	2008
	Jill Kovalcik		2002
Long Jump	Cassy Richards	6.04m/19-9.75	2004
Triple Jump	Molly Kennedy		2008
	11.49m/37-08.50		
Shot Put	Lindsay Neuberger	15.58m/51-1.5	2004
Weight	Lindsay Neuberger	16.73m/54-10.75	2004
Pentathlon	Molly Kennedy	3743 points	2008

All-Time Outdoor Records -- Men

100m	Reggie Austin	10.30	2000
200m	Eric Seely	20.19	2007
400m	Michael Bingham	45.57	2007
800m	Warren Sherman	1:46.74	1995
1500m	Nathan Sisco	3:43.37	2002
Mile	David Crowe	4:00.81	1981
3000m	Nolan Swanson	8:10.85	1999
5000m	David Crowe	13:51.90	1981
10,000m	Nolan Swanson	28:31.51	1999
110m HH	Steve Brown	13.60	1990
400m IH	Phillip Warsaw	51.60	2007
3000m SC	Nolan Swanson	8:41.72	1998
400m Relay	Michael Bingham, Kerry Major, Willie Idlette, Kevin Marion	39.28	2006
800m Relay	Pat Kelley, Ben Jones, Ulysses Robertson, Darrell France	1:28.70	1991
1600m Relay	Michael Bingham, Brent LaRue, Willie Idlette, Eric Seely	3:05.48	2006
3200m Relay	Nathan Sisco, Chris Estwanik, Josh Buffolino, Paul Singleton	7:23.12	2001
6400m Relay	Dan Godin, Brian Ponder, Mike Palmer, Ron Rick	16:48.01	1985
Distance Medley	Nathan Sisco, Ryan Hamilton, Paul Singleton, Chris Estwanik	9:40.14	2001
High Jump	Jerome White	2.11m/6-11	1972
Pole Vault	Ryan Turner	4.85m/15-11	1999
Long Jump	Kevin Marion	7.58m/24-10.5	2006
Triple Jump	George Coghill	15.05m/49-2.75	1989
Shot Put	Andy Bloom	19.82m/65-0.5	1996
Discus	Andy Bloom	64.86m/212-9	1996
Hammer	Cliff Neal	59.38m/194-10	2002
Javelin	Alan Susi	62.83m/206-1	2003
(*old rule)	Herb Brown	64.62m/212-0	1960
Decathlon	JT Kuretech	7340 points	2001

All-Time Outdoor Records -- Women

100m	Carol Merritt	11.97	2001
200m	Melissa Council	24.11	2008
400m	Melissa Council	54.08	2007
800m	Nikeya Green	2:04.46	2003
1500m	Jennifer Finnegan	4:17.51	1995
3000m	Jennifer Rioux	9:21.60	1988
5000m	Michelle Sikes	15:09.47	2007
10,000m	Michelle Sikes	32:58.20	2007
100m HH	Caroline Vaughn	13.73	2007
400m IH	Alex Gove	1:00.03	2007
3000m SC	Selina Sekulic	10:34.72	2004
400m Relay	Caroline Vaughn, Melissa Council, Ashley Spooner, Nicole Castronuova	46.46	2007
800m Relay	Sherri Braxton, Tina Lane, Kathy Miller, Molly Pancake	1:43.35	1991
1600m Relay	Michelle Duffey, Melissa Council, Alex Gove, Nicole Castronuova	3:41.97	2007
3200m Relay	Liz Cotter, Jennifer Finnegan, Kate Webber, Chrissy Person	8:34.48	1995
6000m Relay	Jannelle Kraus, Allison Anibaldi, Kelly Brady, Jill Snyder	17:39.72	1999
Distance Medley	Nikeya Green, Diane Anderson, Shauna Danos, Anna Sherman	11:09.99	2004
High Jump	Trina Bindel	1.82m/5-11.75	1996
Pole Vault	Jill Ahrens	3.69m/12-01.50	2007
Long Jump	Cassy Richards	6.26m/20-6.5	2004
Triple Jump	Molly Kennedy	11.46m/37-7.25	2005
Shot Put	Lindsay Neuberger	15.87m/52-01.00	2007
Discus	Britt Boshamer	45.82m/150-4	1992
Hammer	Lindsay Neuberger	50.45m/165-6	2005
Javelin	Carly Mauch	43.38m/142-08	2007
	Carrie Buckley	47.72m/155-7	1993
Heptathlon	Trina Bindel	5528 points	1996