



Last Season's Top Times

TOP OUTDOOR TIMES/MARKS

Men				Women			
Event	Athlete	Year	Time/Mark	Event	Athlete	Year	Time/Mark
100m	Alexander, James	Fr.	10.89	100m	Sellers, Shannon	Jr.	14.13
200m	Watkins, Jasper	Jr.	21.82	200m	Williams, Chandale	So.	25.88
400m	Watkins, Jasper	Jr.	48.84	400m	Williams, Chandale	So.	57.55* (S.R.)
800m	Kitur, Felix	Fr.	1:46.75* (BSC REC)	800m	Najda, Ania	Sr.	2:17.81* (S.R.)
1,500m	Harris, Anthony	Sr.	3:54.89	1,500m	Najda, Ania	Sr.	4:48.31
5,000m	Sagar, Matt	So.	15:12	3,000m	Granger, Hannah	Fr.	10:27.07* (S.R.)
110m HH	Abdurrahim, Hamid	Jr.	15.90	5,000m	Granger, Hannah	Fr.	17:49.19* (S.R.)
400m IH	Abdurrahim, Hamid	Jr.	54.19	3,000m Steeple	Stafford, Kelsey	Jr.	11:08.59* (S.R.)
3,000m Steeple	Cowart, Donnie	r-Jr.	9:05.63	D.M.R.	---	--	13:01.10
4 x 100m Relay	---	x	41.87	Long Jump	West, Ashley	Sr.	18' 4"
4 x 400m Relay	---	x	3:14.54	Triple Jump	Jenkins, Alisha	Fr.	35' 3 1/4"
Pole Vault	Tucker, Tyler	Jr.	14' 7.25"	Hammer Throw	Harris, Aquisi	Fr.	141' 10 3/4"
Long Jump	Green, Terrence	Fr.	21' 8 1/4"	Javelin	Feole, Michelle	So.	134' 5 1/2" * (S.R.)
Shot Put	Kuster, Erik	Fr.	46' 0"				
Discus Throw	Lawson, Chad	Fr.	158' 9 1/2"				
Hammer Throw	Lawson, Chad	Fr.	171' 0 1/4"				
Javelin	Lawson, Chad	Fr.	153' 1 1/2"				
Decathlon	Tucker, Tyler	Jr.	5,477 pts.				

-(S.R.) indicates new school record

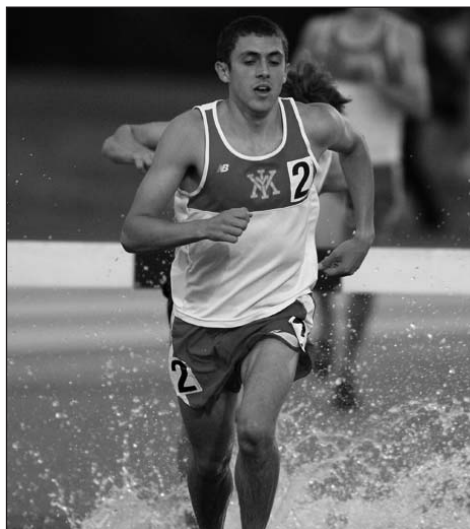
TOP INDOOR TIMES/MARKS

Men				Women			
Event	Athlete	Year	Time/Mark	Event	Athlete	Year	Time/Mark
55m	Watkins, Jasper	Jr.	6.58	55m	Williams, Chandale	So.	7.65
60m	Alexander, James	Fr.	7.09	60m	Sellers, Shannon	Jr.	9.09
200m	Watkins, Jasper	Jr.	21.77	200m	Williams, Chandale	So.	26.28
400m	Watkins, Jasper	Jr.	49.30	400m	Williams, Chandale	Fr.	58.44* (S.R.)
800m	Kitur, Felix	Fr.	1:49.43* (S.R.)	800m	Najda, Ania	Sr.	2:16.39
1,000m	Cowart, Donnie	R-Jr.	2:29.60	1,000m	Najda, Ania	Sr.	3:00.47
1 Mile	Cowart, Donnie	R-Jr.	4:12.65	1 Mile	Granger, Hannah	Fr.	5:05.74* (S.R.)
3,000m	Rademaker, Andrew	So.	8:41.80	3,000m	Granger, Hannah	Fr.	10:08.07* (S.R.)
5,000m	Rademaker, Andrew	So.	15:03.40	5,000m	Granger, Hannah	Fr.	17:31.94* (S.R.)
55m HH	Abdurrahim, Hamid	Jr.	8.13	55m HH	West, Ashley	Sr.	8.53
60m HH	Abdurrahim, Hamid	Jr.	8.59	60m HH	West, Ashley	Sr.	8.98
4 x 400m Relay	Balsor, Abdurrahim, Kitur, Watkins	---	3:19.30	4X100m Relay	---	---	51.82
D.M.R.	Harris, Kitur, Balsor, Cowart	---	9:50.65 (BSC REC)	Long Jump	West, Ashley	Sr.	18' 7 1/4" * (S.R.)
High Jump	James, Dennis	Fr.	6' 9"	Triple Jump	Jenkins, Alisha	Fr.	34' 11 1/4" * (S.R.)
Pole Vault	Tucker, Tyler	Jr.	14' 3 1/4"	Weight Throw	Harris, Aquisi	Fr.	42' 11 1/4"
Long Jump	Evans, Taili	So.	22' 7 3/4"				
Triple Jump	Green, Terrence	Fr.	43' 8 1/2"				
Shot Put	Kuster, Erik	Fr.	49' 5 3/4"				
Weight Throw	Lawson, Chad	Fr.	51' 0 1/4"				
Heptathlon	Tucker, Tyler	Jr.	4,103 pts.				

-(S.R.) indicates new school record



Chad Lawson



Donnie Cowart



Dennis James



2008-09 Season Outlook

Going into the main portion of the 2008-09 track and field season, VMI will be looking to build off last year's successes. An NCAA National Championship appearance, several IC4A qualifiers and the best conference championship finish since the 2005 Big South Outdoor Championships (third) all foretell good things on the horizon for the program.

"I look for VMI's Track and Field to solidify itself as a top-tier team in this conference," stated head coach Darrin Webb, who is in his first full season as VMI's top man. "Coming off a fourth-place finish indoors at the conference meet, and a third-place finish outdoors, I am looking for this team to continue its upward trend."

The Keydets will have, without question, an intriguing mix of upperclassmen and freshmen to try and do just that. "We return an outstanding group of upperclassmen, and the freshman class is a group that I believe will add to the returners. These freshmen can put us in position to move forward to where we need to be in the future."

Sprints, Hurdles & Relays:

The sprint corps returns a series of individuals skilled in several disciplines. Leading the group is senior Jasper Watkins, who will act as one of the this season's four captains. Watkins will be counted on to be the team's top sprinter, and is one of the top 200/400m runners in the Big South Conference. In fact, he opened this season by running IC4A qualifying times in both the 200 (21.83) and 400 (48.85). Last season alone, he posted the fifth-best 200m indoor time, the sixth-best 400m indoor effort and the ninth-best 200m outdoor clocking in the conference, all despite missing significant time due to a hamstring injury. Jasper has been a six-time



Hamid Abdurrahim

qualifier to the IC4A's in multiple events, including the 200m, 400m, 4x100-relay, 4x400-relay, as well as the Distance Medley Relay.

Working alongside Watkins will be fellow senior Hamid Abdurrahim, who has scored multiple times at the conference championships, and has several IC4A appearances on his resume. He will take part in the 400 and 500, in addition to the 60 and 110m hurdles, and will be a legitimate scoring threat in each of those events. Abdurrahim will also be relied on as a key cog in relays. The two First Classmen will be joined by sophomores James Alexander and Jared Balsor, both natives of Suffolk, Va.

Balsor was a key cog in last year's relay efforts, including his role on the second-place effort by the DMR squad at the indoor IC4A Championships. He is expected to improve in the 400m, his individual specialty, as well as other events, as he showed in early December, when he put up an opening race 500m time of 1:04.79. Jared was also a member of the 4x400 relay team on last year's IC4A qualifying team.

Alexander appears to be rounding into VMI's top threat at the 100m distance, but will also be moving his race distance up through the 400m this year. The sophomore qualified for last year's IC4A championships at the 100m distance, running an impressive 10.89 time on March 29. He notched a pair of additional IC4A qualifying times as well, making the event in the 4X100m and 4X400m relays.

"I am looking for James and Jared to step up even more this season, and I have every confidence they can and will do just that," stated Coach Webb.

In addition to Abdurrahim, sophomore Michael Munson will add depth to the hurdling unit, in addition to his efforts in the multis. Freshman Kyle Fuller may also contribute in his first collegiate season in both the 400m and his specialty, the 400-IH.

As they did last season, this year's Keydet relay efforts have a great deal of potential. Last year, VMI posted a second-place finish in the IC4A DMR, earning a Big South Conference record in the process. Three of the four members of that team (Felix Kitur, Donnie Cowart and Balsor) return this year. Also, the 4X400m relay returns all four members from last year's IC4A qualification. It will be competitive, as could the 4X100.

Middle Distance:

The strength of the VMI squad may very well lie here, in perhaps the best middle-distance unit in the Big South.

The efforts are led by sophomore Kitur, who was sensational in his freshman season. He was the fastest freshman in the country at the 800m indoor and outdoor distance, and finished ninth at the NCAA Championships

in June. He was also the indoor and outdoor 800m conference champion, and finally, his 1:46.75 time, which he posted at the NCAA East Regionals, broke a 24-year-old VMI record.

This season, Kitur will have backup from his native Kenya. Freshman Joakim Kiprotich, who hails from Kitur's hometown of Eldoret, will be looked to as a possible contributor in the 800m. Fellow freshman Marshall Dalessandro will help as well.

However, fronting the unit with Kitur will be fifth-year senior Donnie Cowart. Cowart, a staple of VMI track and field since his first year on post, is another of VMI's four captains this season, and will be looked to as a possible conference scorer in the 800 and 1,500m events, as well as the mile (where he is expected to be joined by Matt Sagar, among others). Cowart got off to a quick start this season, running a lifetime best mile at the season opener, as he clocked in at 4:06.41, the second-fastest time in VMI history.

Distance & Steeplechase:

"The men's steeplechase is arguably our strongest event, as I believe we have four runners with the ability to qualify for the NCAA Regional Championships," stated VMI



Matt Sagar

cross country coach and distance specialist, Paul Spangler.

Indeed, the VMI steeplechase corps is impressive. Cowart ran the unit's fastest time last season, a 9:05.63 clocking at the Penn Relays that was the third-quickest time in VMI history. The senior will be pushed by

Ermin Mujezinovic, who is coming off a notable cross country season, while Matt Sagar, Matt Satterwhite and Andrew Rademaker have posted continuous improvement since arriving on post. Sagar qualified for the IC4A Championships last season, while Satterwhite shaved 20 seconds off his



2008-09 Season Outlook

previous personal best last season.

The 5,000m will feature Sagar, Mujezinovic, Satterwhite and veteran Andrew Rademaker, a redshirt junior from Fork Union, Va. Last season, Rademaker's 15:03 was VMI's fastest time at the distance.

Rademaker will also be a VMI stalwart in the 3,000m, where he posted a lifetime best at last year's Virginia Tech Invitational.

Throws:

The VMI throwing unit showed a great deal of improvement last season, thanks in no small part to two freshmen, Chad Lawson and Cody Davis.

"We feel as if Chad has the potential to one day be a player on the national scene, in a way that the VMI throwers haven't done since the mid-1980's," offered VMI throws coach Zach Scott. "He's shown the ability to score in all four events at the conference level, while Cody has impressed us a great deal as well."

Lawson was VMI's top thrower last season, setting Keydet bests in the discus, hammer, weight throw and javelin. He is also VMI's top returner in the shot, and is a legitimate threat to score in several of the throwing events at this year's Big South Championships. This season, Lawson got off to a strong start, throwing the weight 55'2" at the opening meet. The toss was the seventh-best effort in program history.

Davis improved as the season progressed, posting his season-best hammer throw effort of 49.10m at April's Big South Championships.

In addition to Lawson and Davis, VMI will have senior Sean Thompson throwing the implements. Thompson has been beset by injuries throughout his VMI career, but is now healthy and looking to make an impact in his final collegiate season.

"We believe Sean can make an impact at the conference level this season, to the point of possibly challenging for the Big South title in the shot," stated Coach Scott. "He has the potential to qualify for IC4A's and could threaten the outdoor school record."

Finally, the coaching staff is quite high on freshman Justin McCarthy, a javelin specialist from Lancaster, Pa.

"As we move outdoors, watch for Justin to make an impact. He is an outstanding javelin thrower with a rocket of an arm," offered head coach Webb.

Jumps & Multis:

The newest addition to the VMI Coaching Staff, Garrett Brickner '05, will have a combination of youth and experience to work with as he mentors the jumps & multis this season.

Dennis James returns for his sophomore season, a year after placing fourth at the Big South Outdoor Championships. The Chesapeake, Va. native equaled the fifth-best high jump in the Big South, with a 2.06m effort, and will look to improve on that figure this year. James is one of the few Keydet athletes to post IC4A qualifications in both the indoor and outdoor realms during their freshman year.

"I look forward to Dennis continuing to improve in his high jump, and also dabble a bit in the triple jump," stated coach Brickner. "He has been working hard this preseason, and I think if we can implement what we've been focusing on in practice, he will be able to perform to his high level of potential during meets."

Joining James in the jumps will be fellow sophomore Terrence Green,

who will focus on the long and triple jumps. Green was one of VMI's top jumpers last season, as he scored in the long jump at the Big South Outdoor Championships, thanks to his seventh-place finish. He also finished sixth in the triple jump at Virginia's outdoor meet in April, and will no doubt be a key part of VMI's potential success this season.

Joining Green in the horizontal jumps will be freshman Ademola Titcombe. Titcombe, who is known as "Dada" among his teammates and the coaching staff, was a highly successful jumper at Edison High School in Alexandria, Va. He was a district champion in both the triple jump and the long jump, along with being All-Region in those events as well. His career-best triple jump would have been good for fifth in the Big South last season, so he is considered one to watch in 2008-09.

"Dada has great promise in both the triple jump and long jump, and as a freshman he is very raw and explosive," said coach Brickner. "We are continuing to work on his technique and understanding of his events, so that he will be able to really perform at the levels I think he is capable of."

Titcombe showed some of that promise during the season's opening weekend, when he posted an IC4A qualifying leap in the triple jump (47'5") in winning the event at Kent State. He also finished third in the long jump at that event.

For the last three seasons, VMI has had a consistent performer in the pole vault, something that not every Big South team can lay claim to. This year, Tyler Tucker returns for his final season at the Institute, looking to lay claim to a fourth-consecutive top-four performance at the conference championships.

Last season, he was unable to defend his Big South Championship from 2006-07, when he claimed the pole vault crown in both the indoor and outdoor championship meets. However, Tucker did finish a highly respectable fourth at the outdoor championships, helping propel VMI to its third-place overall finish.

Tucker is also VMI's top performer in the multis, having posted a career-best of 5,477 points in the decathlon last season, good for fifth-best in the Big South. Also participating in the multis will be Michael Munson, along with a cast of freshman to provide needed depth.



Tyler Tucker



2008-09 Men's Roster

Name:	Event(s):	Class:	Hometown:	Previous School:
Hamid Abdurrahim	Hurdles, 400m, Relays	Senior	Hampton, Va.	Hampton
James Alexander	Sprints, Relays	Sophomore	Suffolk, Va.	Kings Fork
Jared Balsor	Sprints, Relays	Sophomore	Suffolk, Va.	Nanesmond River
Bryant Clopper	Distance	Freshman	Harrisonburg, Va.	Harrisonburg
Donnie Cowart	Mid-Distance	r-Senior	Rustburg, Va.	Rustburg
Marshall Dalessandro	Mid-Distance	Freshman	Vestavia Hills, Ala.	Vestavia Hills
Cody Davis	Throws	Sophomore	Woodstock, Ga.	Woodstock
Ray Delgado	Distance	Freshman	Nokesville, Va.	Brentsville
Kyle Fuller	Mid-Distance	Freshman	Toronto, Ont., Canada	Saint Michael's College School
Richard Garcia	Multis	Freshman	Virginia Beach, Va.	Kings Fork
Garland Gray	Cadet Assistant	Junior	Williamsburg, Va.	Walsingham Academy
Terrance Green	Relays, Long Jump, Triple Jump	Sophomore	Fredericksburg, Va.	Thomas Dale
Noah Hagos	Distance	Freshman	Woodbridge, Va.	CD Hylton
David Hively	Pole Vault	Freshman	Penn Laird, Va.	Spottswood
Dennis James	Jumps	Sophomore	Chesapeake, Va.	Indian River
Joakim Kiprotich	Mid-Distance	Freshman	Eldoret, Kenya	Chebisaas Secondary
Felix Kitur	Mid-Distance, Relays	Sophomore	Eldoret, Kenya	Digital Advisory & Learning Centre
Stephen Lassiter	Distance	Freshman	Winchester, Va.	Millbrook
Chad Lawson	Throws	Sophomore	Richmond, Va.	Mills Godwin
Justin McCarthy	Javelin	Freshman	Lancaster, Pa.	Manheim Township
Ermin Mujezinovic	Distance	Sophomore	Herndon, Va.	Herndon
Michael Munson	Hurdles, Long Jump, Relays	Sophomore	Bealeton, Va.	Liberty
Billy Pugh	Throws	Freshman	Midlothian, Va.	Midlothian
Andrew Rademaker	Distance	r-Junior	McLean, Va.	Fork Union
Matt Sagar	Distance	Junior	Alexandria, Va.	Bishop Ireton
Matt Satterwhite	Distance	Junior	Western Albermarle, Va.	Western Albermarle
Sean Thompson	Throws	Senior	Waldorf, Md.	McDonough
Ademola Titcombe	Relays/Jumps	Freshman	Alexandria, Va.	Edison
Tyler Tucker	Pole Vault, Multi's	Senior	Burke, Va.	Robinson Secondary
David Wagner	Distance	Freshman	Mooresville, N.C.	Mooresville
Jasper Watkins	Sprints, Relays	Senior	Severn, Md.	Eleanor Roosevelt
Thomas Winders	Multis/Sprints	Freshman	Indianapolis, Ind.	Franklin Central
Xin Xie	Multis	Freshman	Marietta, Ga.	Hillgrove

Director of Track & Field and XC: Darrin Webb (Syracuse '94)

Head Cross Country Coach: Paul Spangler (Alabama '98)

Assistant Coach: Zack Scott (VMI '89)

Assistant Coach: Garrett Brickner (VMI '05)

Volunteer Assistant: Michael Decker

ROSTER BREAKDOWN

Keydets by State/Country:

Virginia:	22
Kenya	2
Maryland:	2
Georgia	2
Pennsylvania	1
Indiana	1
North Carolina	1
Canada	1
Alabama	1

Keydets by Class:

Senior:	5
Junior:	4
Sophomore:	9
Freshman:	15

PRONUNCIATIONS:

Hamid Abdurrahim	...abb-DURE-ra-HEEM
Marshall Dalessandro	...dales-ON-dro
Ermin Mujezinovic	...moo-yez-IN-ovich
Andrew Rademaker	...rad-uh-maker
Ademola Titcombe	...ah-day-MO-luh
Xin Xie	...zin zie



Matt Satterwhite



Meet The Keydets

Hamid Abdurrahim

Senior - Hampton, Va. (Hampton)
Major: Electrical Engineering
Event(s): Hurdles, 400m, Relays



2007-08: Posted VMI's top time in each of the four major hurdling disciplines...ran career-best 54.19 400m IH at the Liberty Last Chance meet in May...also posted career-best in the 110m high hurdles at Coastal Carolina's meet in March, running a 15.90...just missed his second-consecutive All-Conference honor in the 400m IH at the Big South Championships, finishing fourth...qualified for the 4X100 relay race at the IC4A outdoor championships...expected to be VMI's top representative in the hurdling events during the 2008-09 campaign.

2006-07: All-Conference performance in the 400 IH at the Big South Outdoor Championships, finishing third at 55.25...also finished third at the 2007 Military Championships with a personal best time of 54.99 in the 400 IH.

2005-06: Was only able to compete in a few events due to injury.
High School/Personal: Won state title in the 300m IH...lettered two years in track at Hampton...2005 State qualifier in the 4x100 relay and 4x400 relay team...AAU National Champion in the 4x400 and 5th in the 400m IH ...full name is Hamid Khalil Abdurrahim...son of Sophronia E. Spicer.

ABDURRAHIM'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
200m	23.44	400m	48.69
400m	50.68	110m HH	15.90
55m HH	8.13	400m IH	54.19
60m HH	8.59		

James Alexander

Sophomore - Suffolk, Va. (Kings Fork)
Major: Computer Science
Event(s): Sprints, Relays



2007-08: Enjoyed success during the outdoor season, including a March 29 IC4A qualifying time in the 100-meter dash (10.89)...time was the Keydets' top 100m time of the year...also qualified for the 4X100m relay, running a 41.87 at that same meet in South Carolina...also ran the Keydets' top time in the indoor 60m dash, a 7.09 at the early-season meet in Kent State...was integral part of relays, including a 3:14.63 effort posted by the 4X400 squad during the outdoor season.

High School: Finished third as a member of the 4x100m relay team at the VHSL Group AAA State Outdoor Championships ... majoring in Computer Science at VMI.

ALEXANDER'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
60-meters	7.09	100-meters	10.89
200-meters	22.39	200-meters	22.22
400-meters	51.06	400-meters	52.17

Jared Balsor

Sophomore - Suffolk, Va. (Nanesmond River)
Major: Psychology
Event(s): Sprints, Relays



2007-08: Was regular member of relays throughout both the indoor and outdoor seasons, turning in solid performances...was part of the Keydets' second-place finish in the Distance Medley Relay at the indoor IC4A Championships in Boston...also qualified to that meet in the 4X400m relay...also impressed individually, including a season-best 22.39 200m at Coastal Carolina's meet in March...expected to again be a key member of relays and sprints during the upcoming campaign.

High School: Member of the All-State 4x400m Relay team and was All-State participant in the 500m...national qualifier in both events.

BALSOR'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
200m	22.68	200m	22.39
400m	50.05	400m	49.41
500m	1:04.79		

Donnie Cowart

Senior (Redshirt) - Rustburg, Va. (Rustburg HS)
Major: Civil Engineering
Event(s): Mid-Distance, Steeplechase



2007-08: Ran a 9:05.63 in the 3,000m steeplechase at the Penn Relays, qualifying him for the IC4A Championships...won the 1,500m at April's UVA meet, running a 3:57.96...finished fourth in the 800m at the Big South Indoor Championships...ran a season-best 1,500m at the Big South Outdoor Championships, posting a 3:57.78...did not compete in the 2007 Cross Country season.

2006-07: Turned in a second-place finish in the mile (4:13.83) and 800m (1:55.62) at the Big South Indoor Championships...set a new Great Dane Classic meet record at the Armory in the 1,000m with his time of 2:28.31...anchored VMI's 3rd-place DMR team at the IC4A Championships with a 1600m split time of 4:07...named Big South Athlete of the Week on January 24...redshirted the 2007 Outdoor season...in cross country, was VMI's top finisher in five straight races, including a team-best 14th place finish at the Big South Championships.

2005-06: Led the Keydets to a school-best second place finish at the 2005 Cross Country Championships...finished seventh place overall with a 25:52 time...redshirted the 2005-06 indoor season...placed 4th in the 3,000-meters Steeplechase at the Big South Outdoor Championships...was an IC4A qualifier as a member the 4x800m relay team (7:43.31).

2004-05: Placed 3rd in the mile (4:17) and seventh in the 3,000m (8:50.59) at the Big South Indoor Conference Championships...finished 3rd in the mile and 7th in the 3000-meters at Big South Indoor Championships.

High School/Personal: Named 2003 and 2004 State of Virginia AA State Champion in the mile and runner-up in the two mile...full name is Donald Ray Cowart.

COWART'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
800-meters	1:54.62	800-meters	1:54.71
1 Mile	4:06.41	1,500-meters	3:56.99
3,000-meters	8:50.59	3,000-meters Steeple.	9:05.63
Cross Country:			
8k	24:45		



Meet The Keydets

Cody Davis

Sophomore - Woodstock, Ga. (Woodstock)

Major: Psychology
Event(s): Throws



2007-08: Part of impressive Keydet freshman throwing contingent...continued to improve throughout both indoor and outdoor seasons, posting personal bests at the tail end of each campaign...posted lifetime best in the weight throw at the Big South Indoor Championships, finishing ninth overall with his 15.03m effort...finished in the top-15 at UVA's April meet, thanks to a 47.29m effort...set new lifetime best in the hammer throw at the Big South Outdoor Championships, tossing the implement 49.10m to finish eighth in a crowded field.

High School/Personal: Was the Georgia 5A State Shot Put Champion after a personal best toss of 52' 6.5"...majoring in Psychology with a minor in Business ... Army ROTC cadet.

DAVIS' PERSONAL BESTS

Indoor:

Outdoor:

Shot Put 13.85m Discus Throw 41.90m
Weight Throw 16.16m Hammer Throw 49.10m

Terrence Green

Sophomore - Orlando, Florida (Cypress Creek HS)

Major: Psychology
Event(s): Relays and Jumps



2007-08: Posted 13.32m triple jump at January's Great Dane Invitational...finished seventh in the long jump at the Big South Outdoor Championships, posting a season best 6.61m effort...had a sixth-place effort in the triple jump at UVA's meet in April...will once again be counted on to play a key role for jumping contingent in 2008-09.

High School/Personal: At the 2007 Central District Meet, finished seventh in the 400m, eighth in the long jump, tenth in the 200m, and was part of the third-place 4x100m relay team.

GREEN'S PERSONAL BESTS

Indoor:

Outdoor:

Long Jump 6.61m 100m 11.56
Triple Jump 13.32m Long Jump 6.61m
Triple Jump 13.60m

Dennis James

Sophomore - Chesapeake, Virginia (Indian River)

Major: Biology
Event(s): Jumps



2007-08: One of VMI's top field event participants during the season, specializing in the high jump...jumped indoor best of 2.06m at December's Kent State meet...finished fourth at UVA's April meet...placed fourth at the Big South Outdoor Championships, with an outdoor best of 2.05m.

High School/Personal: Set a personal best mark in the high jump at the Eastern Region Meet, where he finished first...finished ninth in the high jump at the VHSL Group AAA State Meet...majoring in Mechanical Engineering.

JAMES' PERSONAL BESTS

Indoor:

Outdoor:

High Jump 2.06m High Jump 2.05m

Felix Kitur

Sophomore - Eldoret, Kenya
(Digital Advisory and Learning Centre)

Major: Mechanical Engineering
Event(s): Mid-Distance



2007-08: Qualified for NCAA National Championships with stunning performance at East Regional meet, running a Big South Record 1:46.75 800m time to finish second and post the third-quickest NCAA regular season time of 2008...finished ninth at National Championships, the top finisher to not make the finals, and missed out on an All-American berth by .17 seconds...his 1:46.75 personal best is a school record, breaking a mark that had stood for more than two decades...also broke and re-set the indoor 800m record, setting a new mark initially on Feb. 23 at Virginia Tech, and doing so again at the IC4A meet with his 1:49.43 time...his time broke the VMI record previously held by Henry Sanchez, who is best known as a former American Record holder in the 500meter run...Kitur also played roles on successful relay teams, including those at the Penn Relays and the indoor IC4A meet.

High School: Member of the 2006 Kenyan National Jr. Trials in the 400m, and holds school records in the 400m and 800m.

Personal: Third Kenyan recruit for the Keydets in past few years...father, David, is a three-time Olympic performer in the 400m and uncle, Samson, is a 400m Olympic Bronze medalist.

KITUR'S PERSONAL BESTS

Indoor:

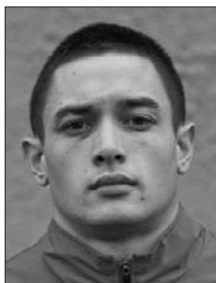
Outdoor:

800m 1:49.43 800m 1:46.75





Meet The Keydets



Chad Lawson

Sophomore - Richmond, Va. (Mills Godwin)
Major: International Studies
Event(s): Throws

2007-08: Part of Keydets' group of freshman throwers...participated in the shot put, the weight/hammer throw and occasionally the javelin...has the ability to score in all four competitions...posted season-best of 13.96m in the shot put...2007-08 javelin best effort was 46.67m, set at April's UVA meet where he posted three season-bests...hammer throw best was set at that same meet, with a sixth-place finish and a 52.13m effort...also set season-best in the discus at UVA with his 48.40m effort...finished seventh in the weight throw at the Big South Indoor Championships, tossing the implement 15.55m.

High School/Personal: 2006 Central Regional Champion in the discus...fourth-place finish (48.54m) at the 2006 Nike Outdoor National meet in Greensboro, N.C...took first place at the Milestat Elite Track gala in the discus...Marine ROTC cadet, seeking a commission in the Marine Corps.

LAWSON'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
Shot Put	13.96m	Hammer Throw	52.13m
Weight Throw	16.82m	Javelin	46.67m
		Discus Throw	48.40m

Ermin Mujezinovic

Sophomore - Herndon, Va. (Herndon)
Major: International Studies
Event(s): Distance



2007-08: Participated in both track and cross country...was the Keydets' top performer in the UNCA Bulldog Cross Country Invitational, finishing sixth overall, thanks to his 27:22 time in the 8K...posted an improved 8K time two weeks later at the Paul Short Run, completing the distance in 26:10...also took part in three other cross country events, with a best performance of 22nd overall at the Big South Championships...on the track, took part in several events during his freshman campaign...finished ninth in the mile at the Big South Indoor Championships...came home seventh in the 3,000-meter steeplechase at UVA's meet in mid-April...placed eighth in the steeplechase at the Big South Championships.

High School: Nine-time All-State track performer, doing so four times in the indoor season, and five during outdoor...two-time member of the All-American 4x800m and DMR teams...two-time state champion in the 4x800m relay...also a three-time All-State performer in cross country.

MUJEZINOVIC'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
1 Mile	4:24.01	1,500m	4:16.53
3,000m	9:07.11	3,000m Steeple	9:43.81
Cross Country:			
8k	25:09		



Michael Munson

Sophomore - Bealeton, Va. (Liberty)
Major: Biology
Event(s): Hurdles, Multis

2007-08: Earned valuable experiences in the multi's, contesting the events in both the Big South Indoor and Outdoor Championships...posted 5,339 points in the decathlon, while earning 4,026 pts in the heptathlon...won his heat of the 60m hurdles at the Indoor Championships...finished third in the decathlon high jump, the 1,500m run and the 110m hurdles at the Outdoor Championships.

High School/Personal: Finished tenth in the 300m hurdles (42.26) and 11th in the high jump (5-10) at the Virginia District II Meet...at the Northwestern District Meet, won the high jump and finished third in the long and triple jump.

MUNSON'S PERSONAL BESTS

<u>Indoor:</u>		<u>Outdoor:</u>	
55m HH	8.63	110 m HH	16.45
60m HH	9.19	Decathlon	5,339
Heptathlon	4170		

Matt Sagar

Junior - Alexandria, Va. (Bishop Ireton)
Major: International Studies
Event(s): Distance



2007-08: Took part in five of VMI's seven cross country events, posting his most notable results at the longer 8K distance...was team's third-best runner at both the Paul Short Invitational and the Furman Invitational...posted VMI's second-best effort at the NCAA Regionals, running a 32:46 for the 10K event...was also a key part of the VMI distance unit in the Track and Field season...qualified for the IC4A Outdoor Championships with his 3,000-meter steeplechase effort at the Duke Invitational, 9:13.16...ran career-best indoor mile at the December Liberty Invitational, posting a 4:24.36 time...posted collegiate-best 5,000-meter time at the Big South Championships, running a 15:12.

2005-2006: Competed in VMI's two home cross-country events, placing 28th overall at the VMI Season Opener (17:51-5K) and 33rd overall at the VMI Invitational (28:32-8K)...also took part in several Track and Field events during the season.

High School/Personal: Four-year letterwinner in cross country...first-team WCAC Conference for two seasons...named All-State...won state Catholic championship in 3200m...personal best of 9:50 in 3200m...also two-year letterwinner in basketball and one year in baseball...son of Debra and Richard Sagar...full name is Matthew Howard Sagar...International Studies major.

SAGAR'S PERSONAL BESTS

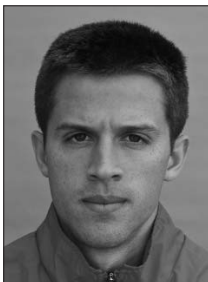
<u>Indoor:</u>		<u>Outdoor:</u>	
1 Mile	4:24.36	1,500m	4:12.28
3,000m	8:52.46	3,000m Steeple	9:13.16
5,000m	15:16.45	5,000m	15:12.00
Cross Country:			
8k	26:19		



Meet The Keydets

Matt Satterwhite

Junior - Charlottesville, Va. (Western Albemarle)
Major: Mechanical Engineering
Event(s): Distance



2007-08: Cut best 3,000m steeplechase time by some 20 seconds, running a 9:32.04 at the Big South Outdoor Championships...competed in a handful of other events throughout the year.

2006-07: Competed at the cross country VMI Season Opener, placing 18th overall and seventh among VMI runners with a time of 17:15 (5K)...participated in several mile and 3,000m steeplechase events during the track and field season, with a best result of 4:32.91 in the mile and 9:52.66 in the 3,000m steeple.

High School/Personal: Four-year letterwinner and four-time All-District honoree...two-time All-State honoree in track...named first team all-district and third team all-district...son of Doreen and Michael Satterwhite...full name is Matthew Ryan Satterwhite...Mechanical Engineering major.

SATTERWHITE'S PERSONAL BESTS

Outdoor:

5,000m 15:58.21
3,000m Steeple 9:32.04

Cross Country:

8k 26:08

Tyler Tucker

Senior - Burke, Va. (Robinson Secondary)
Major: History
Event(s): Pole Vault, Multis



2007-08: Pole vault specialist finished fourth at the Big South Outdoor Championships, equaling his career-best of 4.45m...also posted career-best decathlon finish at that meet, accumulating 5,477 points to place fourth...placed fifth in the heptathlon at the Indoor Championships, posting 4,103 points in the multi-event discipline...posted career-best, or near career-best, efforts in several of the multi-event versions of certain disciplines, including the indoor 1,500m.

2006-07: Won the conference championship in the pole vault at both the Big South Indoor and Outdoor Championships...finished second in the heptathlon and fourth in the decathlon...was the Keydets leading conference scorer with 33 points...automatic qualifier for the indoor and outdoor IC4A Championships...posted the conference's best indoor and outdoor mark in the pole vault (4.45m).

2005-06: Finished second in the heptathlon (3,957) at the Big South Indoor Championships as a freshman...pole vault mark (4.20m) ranked as the second best in the conference for the season...took second in the decathlon (5,181) and fourth in the pole vault (4.10m) at the Big South Outdoor Championships.

High School/ Personal: Won Virginia state title in the Pole Vault...a three-sport athlete at Robinson, lettering in football, lacrosse and track and field...selected as an All-State Pole Vault...All-District in Discus...full name is Tyler Wilson Tucker...son of Robert Tucker and Patty Daso.

TUCKER'S PERSONAL BESTS

Indoor:

Pole Vault 4.45m

Outdoor:

Pole Vault 4.45m
Heptathlon 4152 pts
Decathlon 5477 pts

Sean Thompson

Senior - Waldorf, Md. (McDonough)
Major: Psychology
Event(s): Throws



2007-08: Competed in several events throughout the season, particularly in the shot put and weight throw...placed 10th in the shot put at the April UVA meet, heaving the implement 14.68m...also took part in the VMI Winter Relays meet, as well as the Kent State meet during the indoor season.

High School/Personal: Graduate of McDonough HS in Waldorf, Md., where he was a four-year letterwinner in football and track...was 2002 and '03 All-SMAC in shot put and discus...full name is Sean Gibberd Thompson...Psychology major.

THOMPSON'S PERSONAL BESTS

Indoor:

Shot Put 15.06m
Weight Throw 12.03m

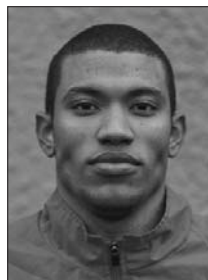
Outdoor:

Shot Put 14.68m
Discus Throw 38.04m



Jasper Watkins

Senior - Severn, Md. (Eleanor Roosevelt)
Major: Economics & Business
Event(s): Sprints & Relays



2007-08: Posted fifth-best 200m indoor time in the Big South, running a career-best 21.77 at the Big South Championships...also ran the sixth-best indoor 400m time, a 49.30 at the conference championships...ran a career-best 55m time during the indoor season, a 6.58...



Meet The Keydets

ran the ninth-quickest 200m effort in Big South outdoor competition, a 21.82 in mid-April...is now a six-time IC4A qualifier after just three collegiate seasons.

2006-07: Was a member of the third-place DMR team at the 2007 IC4A Indoor Championships...at the 2007 Big South Outdoor Championships, finished sixth in the 400m (48.42) and was a member of the fifth place 4x400m relay team...captured third place in the 200m and 400m at the 2007 Military Championships.

2005-06: Had the conference's second-best indoor 200m time (22.31) and fifth-best indoor 400m time (49.63)...scored twice at the Big South Indoor Championships with a sixth-place finish in the 400m (50.33) and fourth-place finish in the 200m finals (22.31)...placed 19th in the 400m at the 2006 IC4A Indoor Championships...scored in the 4x400 Meter Relay at the Big South Outdoor Championships.

High School/ Personal: Was a three-year letterwinner in track and two-year letterwinner in football at Eleanor Roosevelt High School...holds school records in the 300m, 4x100, 4x200, 4x400 and SMR Relays...ranked #3 in Maryland in 2005 for the 300m and 400m...full name is Jasper Willie Watkins, IV...son of Jasper and Felicia Watkins.

WATKINS' PERSONAL BESTS

Indoor:

Outdoor:

200m	21.77	200m	21.82
400m	48.63	400m	48.09

2008 Newcomers

BRYANT CLOPPER

(Harrisonburg, Va./Harrisonburg) - Distance

Finished 29th at the 2007 Foot Locker Regional Cross Country Championships...will be counted on to help the Keydets in the distance events.

Clopper's PR's: 1,600m - 4:21, 5,000m - 15:33

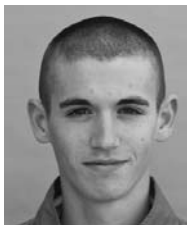


MARSHALL DALESSANDRO

(Vestavia Hills, Ala./Vestavia Hills) - Middle Distance

Four-year letterwinner in track and cross country...was team MVP of cross country squad in 2007...holds school record in three-mile run.

Dalessandro's PR's: 800m - 1:54, 1,600m - 4:27, 5,000m - 16:00



RAY DELGADO

(Nokesville, Va./Brentville) - Distance

Member of the '04,'05,'06,'07 Virginia AA Team State Champions...Mannassas Journal Messenger 2007 Runner of the Year...Numerous All-District and All-Region finishes in XC, Indoor, and Outdoor.

Delgado's PR's: 1,000m - 2:35, 5,000m - 15:57



KYLE FULLER

(Toronto, Ont., Canada) - Middle Distance, Hurdles

Will be a part of relay teams this season, the 400-IH, as well as a possible contributor at the 400-meter distance.

Fuller's PR's: 400m IH - 56.85, 400m - 49.80



NOAH HAGOS

(Woodbridge, Va./CD Hylton) - Distance

All-state in the indoor mile...may help VMI cross country and distance units.

Hagos' PR's: 1,600m - 4:25



DAVID HIVELY

(Penn Laird, Va./Spottswood) - Pole Vault

Will be VMI's second contributor at pole vault, behind Tyler Tucker...Mechanical engineering major.

Hively's PR's: 13'9" PV



JOAKIM KIPROTICH

(Eldoret, Kenya/Chebisaas Secondary) - Middle Distance

Son of Nixon Kiprotich, two-time Olympic medalist...expected to provide support for the VMI middle-distance events early in his career.

Kiprotich's PR's: 800m - 1:52, 1,500m - 3:53, 8,000m - 25:03



STEPHEN LASSITER

(Winchester, Va./Millbrook) - Distance

Distance specialist is seeking a commission in the Air Force...will major in mechanical engineering at the Institute.

Lassiter's PR's: 3,200m - 9:35, 1,600m - 4:25, 5,000m - 15:52



JUSTIN MCCARTHY

(Lancaster, Pa./Manheim Township) - Javelin

Three-year letterwinner in track and field, as well as football...made area's all-academic team in 2005 and 2007...also a one-year letterwinner in diving.

McCarthy's PR's: 180'2" Javelin



ADEMOLA TITCOMBE

(Alexandria, Va./Edison) - Sprints, Jumps

Four-year letterwinner at Edison...District champion in triple jump and long jump...All-Region in both triple jump and long jump...intends to major in psychology.

Titcombe's PR's: 55m - 6.59, 100m - 10.98, 200m - 22.57, Long Jump - 22'7", Triple Jump - 47'5"

