

2006-07 Men's Newcomers



Jonathan Buckland, Distance - Centreville, Va. (Fork Union Military Academy)

Member of the Virginia Independent School (VIS) State Championship team in 2006 as a distance runner...Finished second in the 3,200m at the state meet...Member of the 2005 VIS State Championship Cross Country team at Fork Union...Holds personal records of 4:36.39 in the 1600m, 9:49.44 in the 3200m, and 26:49 in the 8,000...Plans to commission in the United States Army...Majoring in History...Full name is Jonathan Lee Buckland.



Garland Gray, Relays - Williamsburg, Va. (Walsingham Academy)

Comes to VMI after a very successful career in the Virginia Independent School league (VIS) at Walsingham Academy...Was a member of the 2005 and 2006 VIS State Championship teams in the 4x800m relay...School record holder as a member of the distance medley relay team, and the 4x1600m relay team... Majoring in History...Full name is Garland Gray, III.



Tim Maypray, Jumps, Sprints & Relays -- Front Royal, Va. (Randolph-Macon Acad.)

Finished fifth at the 2006 VISAA Track & Field Championships in the 100m (11.59) and seventh in the long jump (19' 4")...Was a two-year letterwinner in football as RB/DB...All-State performer for 2 years, totaling 1,702 yds. rushing, 673 yds. receiving and 32 TD's...Also a two-year letterwinner in basketball, where he averaged 17 ppg...Majoring in Psychology...Full name is Timothy Wayne Maypray, II.



Zach Collins, Sprints/Relays - Universal City, Tex. (Randolph H.S.)

Two-sport athlete at Randolph HS...Four-year letterwinner on the track team...Was a district champ as a sprinter in the 100m...Football District MVP (2005), Second Team All City, Offensive MVP (2004), and Newcomer of the Year (2003)...Named First Team Defensive Back, First Team All-City RB and First Team All-State RB...Holds school record for most rushing yards season (1735) and most touchdowns in a game (8)...Majoring in Economics & Business...Full name is Zachary Tremayne Collins.



Wilson Ileso, Sprints/Relays -- Mumsfield, Tex. (Mumsfield H.S.)

Lettered three years in football, track, and powerlifting at Mumsfield HS...2nd Team All-District in football as a Cornerback...Texas regional qualifier in the Long Jump...state champion powerlifter for 165 lbs...set state record in deadlift competition... Majoring in Biology...Full name is Wilson Irihsuan Ileso.



Matt Satterwhite, Distance - West Albermarle, Va. (W. Albermarle HS)

Four year letterwinner in cross country at Western Albermarle...2006 All State Selection in Cross Country...Finished tenth in the VHSL AA State Cross Country Meet...Selected to the 2006 All-Central Virginia Cross Country team...Served as team captain and was co-MVP... Satterwhite was also a three-year letterman in indoor track, and was a 2005 and 2006 All-State selection...Full name is Matthew Ryan Satterwhite.



Keith Gaines, Hurdles/Jumps -- Salem, Va. (Salem HS)

2006 VHSL AA State Outdoor Champion in the 110HH, posting a time of 14.32...Selected as the 2005-06 Timesland Male Football and Track Athlete of the Year...State runner-up in the 300 IH, missing the title by just .28 seconds with his time of 39.90...At the indoor championship, Gaines finished second in the 55HH at 7.66...Holds personal bests in the high jump (6'0") and the long jump (21'10")...majoring in Economics & Business... Full name is Keith Evan Gaines.



T.J. Laird, Mid-Distance -- Pittsburgh, Penn. (Trinity Christian)

Cross country and track & field letterwinner...Team MVP in track...School recordholder in the 4x400m relay, 4x800m relay and 1600m events...Finished sixth in the 1,600m at the WPIAL Class AA Track Championships (4:35.92)...Member of the National Honor Society...Lettered in soccer as a defender/goalkeeper...Also played wide receiver at Trinity Christian...Son of Jeanne and Thomas Laird...Full name is Thomas Joseph Laird...majoring in Civil Engineering.



Matt Sagar, Distance - Alexandria, Va. (Bishop Ireton HS)

First Team All-Washington Catholic Athletic Conference (WCAC) selection for both his junior and senior years in cross country...First Team All-State Catholic selection for the past three seasons...State Catholic Champion in the 3,200m...Bishop Ireton Cardinal Award Winner for cross country...Full name is Matthew Howard Sagar.

2006-07 Women's Newcomers



Emily Fritts, Distance -- Stuarts Draft, Va. (Stuarts Draft)

Fritts was a 2006 All-District and All-Region selection in the 3200m her senior year while running for Stuarts Draft High School. She also is the school record holder in the 3200m. She had a 16th place finish at the VHSL AA State Meet in the 3200m (12:18.81), and set a personal record of 11:51.32 at the Region II meet in 2005...Full name is Emily Brooke Fritts.



Andrea Walton, Throws -- Hollister, Ca. (San Benito)

Walk on thrower...Was a varsity basketball letterwinner at San Benito High School in northern California...Is also contracted in the United States Marine Corps...Full name is Andrea Kristine Walton...majoring in International Studies and Business with a French minor.



Chandale Williams, Sprints/Relays -- Miramar, Fla. (Northwestern)

Williams finished in sixth place at the 2006 Golden South Meet in the 400m (57.44)...Pulled in a second place finish at the Florida 4A Region IV meet in the 400m (57.20)... Finished fifth in the 400m at the 2006 3A-4A Florida State Championships (57.72)...Also expected to run the 4x400m relay and the 4x100m relay as well...Full name is Chandale Nicole Williams.

Track & Field Facilities

Keydet track and field athletes have the benefit of being able to train year-round in some of the finest track facilities in Virginia and the region.

The H.M. "Son" Read '16 Memorial Track is the most recent jewel added to on-post facilities. In 1986, the outdoor track was converted from six to eight lanes, and from 440 yards to 400 meters. It was recently recovered with a new polyurethane surface. Completion of the project, along with the 1986 and 2000 renovations, gives VMI one of the best ovals in the Southeast and a 10,000 seat outdoor facility that opens a new era in outdoor scheduling at the Institute. VMI has played host to the Southern Conference Outdoor Track Championships in 1991, 1994, 1997, and 2001, as well as the Big South Outdoor Championships in 2003.

Cormack Field House, one of the first indoor facilities in the nation, continues to provide an outstanding training and meet site for the winter track season.

Nicknamed "The Pit," the building was renamed in 1986 after Walt B. Cormack, the legendary VMI track coach who guided the Keydets for 25 years and started the Winter Relays, a renowned meet which attracts up to 30 schools a year. Cormack Field House features a newly resurfaced 200-meter banked APS Tartan track and newly renovated locker rooms that house both the VMI men's and women's track teams. 35 Southern Conference Indoor Championships have been held in the building that will continue to play an important role in the Keydet Track and Field program.



The Shenandoah Valley area offers some of the most beautiful yet challenging terrain imaginable for training. During the fall, members of the VMI Cross Country team utilize the rugged hills and wooded paths in the area to prepare for the upcoming season. The team hosts annual meets at the Virginia Horse Center Cross Country Course, which is a 5k course comprised of 100% grass over rolling hills. In 2005, the Horse Center was also the site of the Big South Cross Country Championships, hosted by VMI. Given its panoramic views, the course offers spectators and coaches an opportunity to view the entire race from the start/finish area. The Blue Ridge Parkway, less than 10 miles away, is also a frequent training site.

Another important tool in the training of VMI athletes was brought to a new level in 1995

with a massive renovation and refurbishing of the Charles S. Luck '20 Memorial Weight Room, located in Cocke Hall. With over 7,000 square feet of space, the Luck Weight Room now contains over 15,000 lbs. of free weights, and 2,000 lbs. of dumbbell weights. Over 70 pieces of free weight training equipment are available for the use of the student-athlete, and over 40 pieces of resistive training machine-type equipment.

Another new addition to the list of facilities available to the student-athletes is the Cardio Room. Located next to the Luck Weight Room, the Cardio Room is equipped with the latest in cardiovascular workout and fitness equipment - all in a pleasant atmosphere for Keydet athletes to train and excel.



H.M. "Son" Read '16 Memorial Track

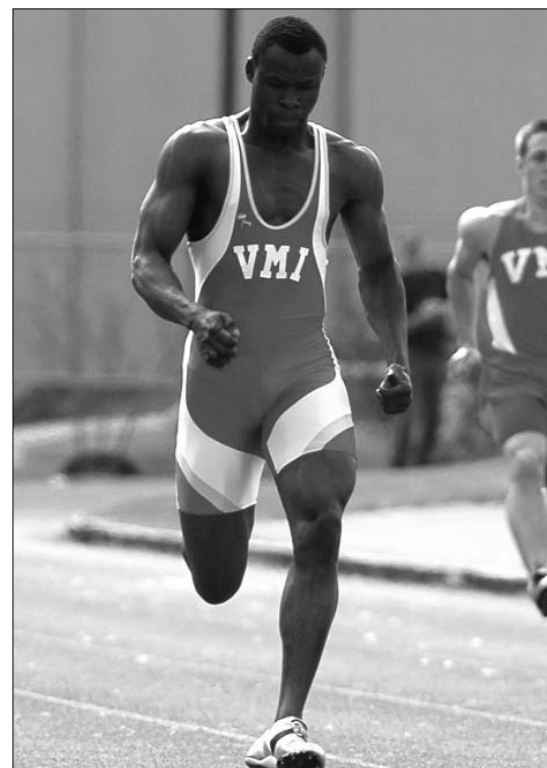


Men's Indoor Track and Field School Records

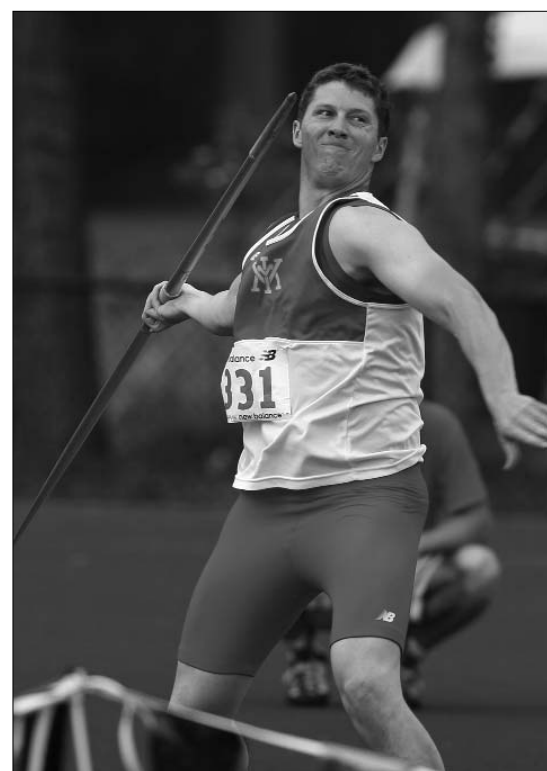
EVENT	NAME(S)	RECORD	YEAR
55m Dash	Greg Hatchett	6.24	1988
	Kevin Mitchell		1983
60m Dash	Paulvince Obuon	6.70	2005
200m Dash	Paulvince Obuon	20.85	2004
400m Dash	Mario Small	47.11	1989
500m Dash	Henry Sanchez	1:01.38	1983
800m Dash	Henry Sanchez	1:51.7	1984
1,000m	Jud Springer	2:27.8	1984
Mile Run	Jody Weatherwax	4:04.0	1980
1,500m	Jack Ditt	3:45.73	1983
3,000m	Jack Ditt	8:07.0	1983
5,000m	Ed Daniel	14:36.8	1981
55m HH	Greg Hatchett	7.33	1990
60yd HH	Tim Bridges	7.26	1979
Shot Put	Jordan Brandon	56' 1"	1997
35# Weight	John Chisholm	64' 6-1/2"	2001
High Jump	Dale Davis	7' 2-3/4"	1983
Long Jump	Marcus Lynch	25' 1-3/4"	2001
Triple Jump	Paul Perry	51' 4-3/4"	1979
Pole Vault	JB Rosson	16' 3-1/4"	2002
Mile Relay	Sanchez, Davis, Black, Estes	3:11.0	1984
	Sanchez, Pitts, Estes, Davis	3:10.47	1983
3,200m Relay	Neville, Scott, Sanchez, Keyes	7:38.01	1979
DMR	Sanchez, Young, Springer, Ditt	9:48.31	1984
Heptathlon	Garrett Brickner	5,114	2005

Men's Outdoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
100m Dash	Paulvince Obuon	10.20	2004
200m Dash	Mario Small	20.90	1991
400m Dash	Mario Small	45.76	1991
110m HH	Tim Bridges	13.8	1979
400m IH	Sylvester Davis	50.23	1984
800m	David Neville	1:48.54	1982
1,500m	Jack Ditt	3:42.70	1982
3,000m Steeple	Rex Wiggins	8:50.20	1978
5,000m	Jack Ditt	14:20.0	1981
10,000m	Paul Webb	30:32.0	1982
Long Jump	Terry Fortune	25' 2-1/4"	1985
Triple Jump	Malcolm Grimes	51' 6"	1977
High Jump	Dale Davis	7' 3"	1982
Pole Vault	JB Rosson	16' 4-3/4"	2004
Shot Put	Frank Boehling	57' 1/4"	1994
Discus	Tony Edwards	167' 8"	1982
Hammer	Jersey Johnson	199' 8"	1986
Javelin	Chris Brandriff	211' 9"	2006
Old Javelin	Jeff Roseme	245' 9"	1980
	Bratton, Frost, Hatchett, Small	40.44	1991
4x100 Relay	Davis, Estes, Black, Sanchez	3:04.80	1984
4x400 Relay	Scott, Keyes	7:35	1987
	Neville, Nuttycomb		
4x1500m	Harris, Mikels, Bierlein, Switzer	16:41.64	2005
4x1600m	Harris, Sullivan	17:44.63	2006
	Mikels, Eggleston		
Decathlon	Phil Alicea	7,125 pts.	1996



Paulvince Obuon holds three school records in the 100m and 200m events, and was an NCAA All-American in 2004.



Chris Brandriff is the current record holder in the Javelin, and was the seventh Keydet to receive first-team Academic All-America® honors.

**NOTE: All school records are current up to the start of the 2006-07 men's track & field season*

Women's Indoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
55m Dash	Shelly Mackall	7.23	2003
60m Dash	Shelly Mackall	7.73	2005
200m Dash	Shelly Mackall	25.77	2005
400m Dash	Aarika Johnson	60.17	2004
500m Dash	Aarika Johnson	1:19.67	2004
800m Dash	Ania Najda	2:18.10	2005
1,000m	Ania Najda	2:59.02	2006
Mile Run	Rachel Love	5:14.00	1998
3,000m	Emily Naslund	10:40.65	2003
5,000m	Kelsey Stafford	18:41.58	2006
55m Hurdles	Ashley West	8.43	2006
60m HH	Ashley West	8.88	2005
Shot Put	Mildred Cooper	47' 11-3/4"	2005
20# Weight	Mildred Cooper	56' 7-1/2"	2005
High Jump	Jennifer Carroll	5' 5-3/4"	2001
	Trisha Coughlin		2005
Long Jump	Ashley West	18' 4 1/2"	2006
Triple Jump	Mia Utz	28' 9"	1998
Pole Vault	Nadia Wendlandt	11' 5-3/4"	2003
4x400m Relay	Jones, Tugman Naslund, Johnson	4:08.88	2002
4x800m Relay	Stafford, Ward Najda, Clifford	10:19.30	2006
DMR	Blain, Johnson McAtee, Naslund	12:39.71	2004



Mildred Cooper holds five VMI School records in the Shot Put, Weight Throw and Hammer Throw.



Women's Outdoor Track and Field School Records

EVENT	NAME(S)	RECORD	YEAR
100m	Shelly Mackall	12.00	2004
200m	Shelly Mackall	25.06	2003
400m	Aarika Johnson	59.28	2004
100m HH	Ashley West	14.71	2006
400m IH	Aarika Johnson	67.84	2004
800m	Ania Najda	2:19.32	2005
1,500m	Ania Najda	4:47.63	2005
3,000m St.	Ania Najda	11:21.36	2005
5,000m	Hatley Clifford	18:39.13	2005
10,000m	Hatley Clifford	39:48.66	2005
Long Jump	Ashley West	18' 6 1/2"	2006
Triple Jump	Ashley West	36' 5-1/2"	2005
High Jump	Jennifer Carroll	5' 8-3/4"	2001
Pole Vault	Nadia Wendlandt	11' 1/4"	2003
Shot Put	Mildred Cooper	47' 10-1/2"	2002
Discus	Mildred Cooper	141' 1-1/4"	2005
Hammer	Mildred Cooper	160' 1-1/4"	2005
Javelin	Alexis Abrams	102' 2"	2001
4x100m Relay	Johnson, Arraiz Ferguson, Mackall	49.30	2004
4x400m	Blain, Thompson Mackall, Johnson	4:05.79	2003
4x1600m	Resetar, Ward Franck, Clifford	22:32.65	2006
Heptathlon	Jennifer Carroll	3,857 pts.	2000



Current Junior Ashley West holds six school indoor & outdoor records in the Long Jump, Triple Jump, and Hurdles.



*NOTE: All school records are current up to the start of the 2006-07 women's track & field season