

# TOP 10 RECORDS

57

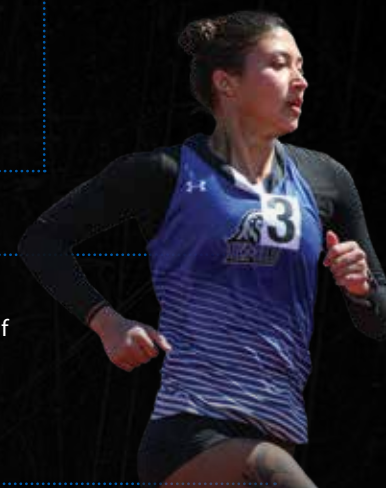
TOTAL  
INDOOR AND  
OUTDOOR TOP  
10 RECORDS  
FOR THE 21-22  
SEASON

## STANDOUT ATHLETES



### ALIJAH JOHNSON

(Upper Marlboro, Md./Frederick Douglass-Prince George HS) has evolved from a lightly recruited athlete in high school to one of the top sprinters in NCAA Division III. He broke four school sprinting records in 2022, was named ODAC Outdoor Athlete of the Meet for the conference championships, and earned All-American honors in the 200m. He is a 2022 graduate with a BA in digital media and visual communications.



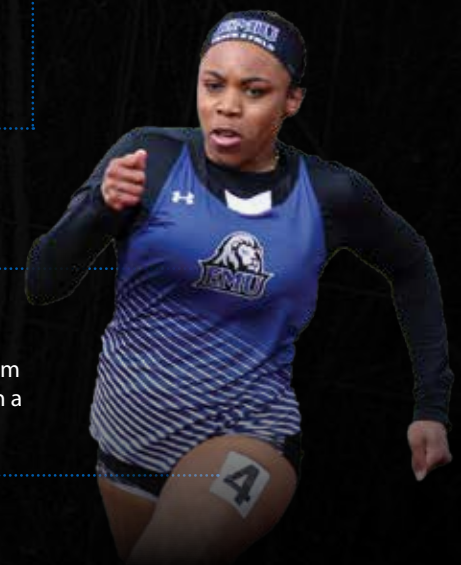
### VANESSA GARDINER

(John R. Lewis HS/Springfield, Va.), also on the basketball and triathlon teams, has transformed herself into a talented distance runner. She sits No. 2 in the 3000m steeplechase record book. An environmental science major, she was recognized as a CTCA/USA Triathlon Scholar All-American in 2021.



### CLAY KAUFFMAN

(Broadway, Va./Broadway High School) barely broke 5 minutes in the mile and 11 minutes in the 3200m as a high school athlete. Applying his work ethic to quality mileage and tough workouts, Clay ended his sophomore season at EMU with top three times in the 5,000 and 10,000 meter races. He exploded into the elite category with a second-place finish in the 10,000m at the 2022 JODAC championships. Clay is an environmental science major.



### KENDRA OGUAMENA

(Alexandria, Va./T.C. Williams HS) concluded her sophomore season with top three times in each sprint event. She's taken crucial seconds off her 100m and 200m times from her high school bests. She will graduate with a degree in psychology in 2024.

27

16 MALE  
11 FEMALE

TOTAL OUTDOOR TOP 10 LIST RECORDS

30

17 MALE  
13 FEMALE

TOTAL INDOOR TOP 10 LIST RECORDS

10

TOTAL SCHOOL  
RECORDS SET  
(INDOOR AND  
OUTDOOR)

1

ODAC RECORD



### TOP 10 RECORD BREAKDOWN:

- 5 team relays  
(14 different athletes)
- 11 field event records  
(jumps and throws)
- 18 sprint records
- 13 middle distance
- 10 distance

### TOP TEN ALL-TIME INDOOR AND OUTDOOR TRACK & FIELD PERFORMANCES SET IN 2021-22

**MEN** // 100M / #1 ALIJAH JOHNSON 10.48 (SCHOOL RECORD) 2022 / #5 DAMON MORGAN 11.04 2022 // 200M / #1 ALIJAH JOHNSON 21.09 (ODAC & SCHOOL RECORD) 2022 / #7 DAMON MORGAN 22.39 2022 / 400M / #4 ALIJAH JOHNSON 48.64 / 800M / #1 ISAAC ALDERFER 1:50.61 (SCHOOL RECORD) 2021 / 1500M / #1 ISAAC ALDERFER 3:48.08 (SCHOOL RECORD) 2022 / 3000M STEEPLCHASE / #3 JUSTICE ALLEN 9:55.18 2022 / 5000M / #7 ISAAC ALDERFER 15:29 2021 / #10 JUSTICE ALLEN 15:39.52 2022 / 10,000M / #3 CLAY KAUFFMAN 32:09.75 2022 / LONG JUMP / #7 ELI ROESCHLEY 22' 3.75" 2022 / TRIPLE JUMP / #7 ELI ROESCHLEY 44' 3.25" 2022 / SHOT PUT / #10 CHRISTIAN SCHMIDT 41' 5" 2022 / DISCUS / #8 GRANT LEICHTY 123' 5" / 4X100 / #2 BRENDAN APGAR, DAMON MORGAN, ELI ROESCHLEY, ALIJAH JOHNSON 42.14 2022 // **INDOOR MEN'S** // 60M / #1 ALIJAH JOHNSON—6.96 (SCHOOL RECORD) 2022 / #3 ELI ROESCHLEY 7.11 2022 / #4 DAMON MORGAN 7.14 2022 / 200M / #1 ALIJAH JOHNSON—21.96 (SCHOOL RECORD) 2022 / #3 DAMON MORGAN 22.73 2022 / 300M / #2 ALIJAH JOHNSON 35.64 2022 / 800M / #1 ISAAC ALDERFER—1:54.63 (SCHOOL RECORD) 2022 / 1000M / #7 ISAAC ANDREAS 2:46.37 2021 / MILE / #1 ISAAC ALDERFER—4:08.43 (SCHOOL RECORD) 2022 / #7 JUSTICE ALLEN 4:29.60 2022 / 3000M / #6 JUSTICE ALLEN 9:05.20 2022 / 5000M / #3 JUSTICE ALLEN 15:44.96 2022 / #3 CLAY KAUFFMAN 15:44.96 2022 / DISTANCE MEDLEY RELAY / #1 JUSTICE ALLEN, BELLAMY IMMANUEL, ISAAC ALDERFER, ALIJAH JOHNSON 10:22.26 (SCHOOL RECORD) 2022 / LONG JUMP / #5 ELI ROESCHLEY 21'11" 2022 / #8 BRENDAN APGAR 21'3.25" 2022 / TRIPLE JUMP / #6 ELI ROESCHLEY 44'3.5" 2022 // **WOMEN'S OUTDOOR TRACK & FIELD** // 100M / #3 KENDRA OGUAMENA 12.29 2022 / 200M / #3 KENDRA OGUAMENA 25.65 2022 / 3000M STEEPLCHASE / #2 VANESSA GARDINER 12:07.84 2022 / #3 HALIE MAST 12:18.49 2022 / 5000M / #6 ALLISON SHELLEY 18:41.31 2022 / #8 ELIZABETH MILLER 42:40.46 2021 / HIGH JUMP / #9 MAY WADMAN 4'8.25" (1.43M) 2021 / POLE VAULT / #7 KAILEE FRANKLIN 9'6" 2022 / 4X100 / #1 TIFFANY CAREY, CHYNA ROBERTS, BRII REDFEARN, KENDRA OGUAMENA 49.43—(SCHOOL RECORD) 2022 / JAVELIN / #2 ABBY KAUFMAN 103'6" 2022 / #4 KATE LANDIS 100'5" 2022 / **INDOOR TOP TEN (WOMEN)** // 60M / #2 KENDRA OGUAMENA 8.02 2022 / #4 TIFFANY CAREY 8.21 2022 / #7 CHYNA ROBERTS 8.40 2022 / 60M HURDLES / #3 SHADYMON BLANTON 10.10 2022 / 200M / #2 KENDRA OGUAMENA 26.98 2022 / MILE RUN / #9 ALLISON SHELLEY 5:36.75 2022 / #10 HALIE MAST 5:37.57 2022 / 3000M / #7 ALLISON SHELLEY 11:10.49 2022 / 5000M / #5 ALLISON SHELLEY 19:15.38 2022 / LONG JUMP / #10 SHADYMON BLANTON 15'1 (4.61M) 2022 / POLE VAULT / #6 KAILEE FRANKLIN 9'3" (2.83M) 2022 / 4X400M (1600M RELAY) / #8 KENDRA OGUAMENA TIFFANY CAREY HALIE MAST CHYNA ROBERTS 4:29.31 2022 / DISTANCE MEDLEY RELAY / #8 HALIE MAST, CHYNA ROBERTS, VANESSA GARDINER, ALLISON SHELLEY 13:29.73 2022

PHOTOS BY SCOTT EYRE '16