

Southern Conference Indoor Track & Field Record Book



Through 2012-13 season

Men's Records and Champions

Men's Indoor Championship Records

Event	Mark	Conversion	Athlete	Year
55m Dash	6.21		Jeff Horton, East Tennessee State	1995
60m Dash	6.73		Ernest Wiggins, Appalachian State	2004
200m Dash	21.13		Delevantie Brown, East Tennessee State	1995
400m Dash	46.97		Brunson Miller, The Citadel	2012
800m Run	1:50.92		Zach Whitmarsh, East Tennessee State	1997
Mile Run	4:03.97		Mark Scruton, East Tennessee State	1982
3,000m Run	8:05.37		Seamus Power, East Tennessee State	1992
5,000m Run	14:06.00		Adrian Leek, East Tennessee State	1981
55m Hurdles	7.34		Greg Hatchett, VMI	1989
60m Hurdles	7.90		Stanley Broaden, Appalachian State	2013
Long Jump	7.66m	(25-1.75)	Marcus Lynch, VMI	2001
Triple Jump	16.11m	(52-10.25)	Warren Posey, Appalachian State	1989
High Jump	2.21m	(7-3.0)	Darius Purcell, Appalachian State	2012
Shot Put	17.19m	(56-0.50)	Cosmo Tocci, The Citadel	1980
Pole Vault	5.45m	(17-10.50)	Michael Seaman, Samford	2012
35-Lb. Weight	19.23m	(63-1.25)	Kyle Kirby, Samford	2012
Mile Relay	3:11.71		VMI (Sylvester Davis, Marcus Black, David Estes, Henry Sanchez)	1982
Two Mile Relay	7:35.45		East Tennessee State (Mark Scruton, Wayne Prickett, Ben Turpin, Kevin Johnson)	1982
Distance Medley	9:47.80		East Tennessee State (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	1979
Heptathlon	5127		Bo Ackerson-Gilroy, Samford	2012

Men's Past Team Champions

Year	Site	Champion	Year	Site	Champion	Year	Site	Champion
1930	Chapel Hill, N.C.	Washington & Lee	1969	Lexington, Va.	William & Mary	2004	Johnson City, Tenn.	Western Carolina
1931	Chapel Hill, N.C.	North Carolina	1970	Lexington, Va.	William & Mary	2005	Johnson City, Tenn.	Appalachian State
1932	Chapel Hill, N.C.	North Carolina	1971	Lexington, Va.	William & Mary	2006	Clemson, S.C.	Western Carolina
1933	Chapel Hill, N.C.	Duke	1972	Lexington, Va.	William & Mary	2007	Clemson, S.C.	Appalachian State
1934	Chapel Hill, N.C.	North Carolina	1973	Lexington, Va.	William & Mary	2008	Clemson, S.C.	Western Carolina
1935	Chapel Hill, N.C.	North Carolina	1974	Lexington, Va.	William & Mary	2009	Clemson, S.C.	Appalachian State
1936	Chapel Hill, N.C.	Duke	1975	Lexington, Va.	William & Mary	2010	Clemson, S.C.	Appalachian State
1937	Chapel Hill, N.C.	North Carolina	1976	Lexington, Va.	Furman	2011	Clemson, S.C.	Appalachian State
1938	Chapel Hill, N.C.	Duke	1977	Lexington, Va.	East Carolina	2012	Birmingham, Ala.	Western Carolina
1939	Chapel Hill, N.C.	North Carolina	1978	Lexington, Va.	VMI	2013	Winston-Salem, N.C.	Appalachian State
1940	Chapel Hill, N.C.	North Carolina	1979	Lexington, Va.	VMI			
1941	Chapel Hill, N.C.	North Carolina	1980	Lexington, Va.	East Tennessee State			
1942	Chapel Hill, N.C.	North Carolina	1981	Lexington, Va.	VMI			
1943 - 1948		NO MEET	1982	Johnson City, Tenn.	VMI			
1949	Chapel Hill, N.C.	North Carolina	1983	Lexington, Va.	VMI			
1950	Chapel Hill, N.C.	North Carolina	1984	Johnson City, Tenn.	Appalachian State			
1951	Chapel Hill, N.C.	North Carolina	1985	Lexington, Va.	Appalachian State			
1952	Chapel Hill, N.C.	North Carolina	1986	Lexington, Va.	Appalachian State			
1953	Chapel Hill, N.C.	Duke	1987	Johnson City, Tenn.	Appalachian State			
1954	Lexington, Va.	VMI	1988	Johnson City, Tenn.	Appalachian State			
1955	Lexington, Va.	VMI	1989	Johnson City, Tenn.	Appalachian State			
1956	Lexington, Va.	Virginia Tech	1990	Lexington, Va.	Appalachian State			
1957	Lexington, Va.	William & Mary	1991	Johnson City, Tenn.	VMI			
1958	Lexington, Va.	VMI	1992	Johnson City, Tenn.	Appalachian State			
1959	Lexington, Va.	VMI	1993	Lexington, Va.	VMI			
1960	Lexington, Va.	VMI	1994	Johnson City, Tenn.	Appalachian State			
1961	Lexington, Va.	Furman	1995	Johnson City, Tenn.	Appalachian State			
1962	Lexington, Va.	Furman	1996	Lexington, Va.	VMI			
1963	Lexington, Va.	Furman	1997	Johnson City, Tenn.	Marshall			
1964	Lexington, Va.	VMI	1998	Johnson City, Tenn.	East Tennessee State			
		West Virginia	1999	Johnson City, Tenn.	Western Carolina			
1965	Lexington, Va.	VMI	2000	Lexington, Va.	Appalachian State			
1966	Lexington, Va.	William & Mary	2001	Johnson City, Tenn.	VMI			
1967	Lexington, Va.	William & Mary	2002	Johnson City, Tenn.	Appalachian State			
1968	Lexington, Va.	William & Mary	2003	Johnson City, Tenn.	Appalachian State			

Men's Individual Honors

Coach of the Year

1976	Wake Williams, VMI
1978	Bob Pollock, Appalachian State
1979	Wade Williams, VMI
1980	Dave Walker, East Tennessee State
1981	Dave Walker, East Tennessee State
1982	Bob Pollock, Appalachian State
1983	Wade Williams, VMI
1984	Bob Pollock, Appalachian State
1985	Don Millwood, Western Carolina
1986	Bob Pollock, Appalachian State
1987	Bob Pollock, Appalachian State
1988	Mike Bozeman, VMI
1989	Dave Walker, East Tennessee State
1990	Dave Walker, East Tennessee State
1991	Mike Bozeman, VMI
1992	Al Fereshetian, Appalachian State
1993	Mike Bozeman, VMI
1994	Danny Williamson, Western Carolina
1995	Al Fereshetian, Appalachian State
1996	Jeff Small, Marshall
1997	Jeff Small, Marshall
1998	Milan Donley, East Tennessee State
1999	Danny Williamson, Western Carolina
2000	John Weaver, Appalachian State
2001	Mike Bozeman, VMI
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	Danny Williamson, Western Carolina
2005	Danny Williamson, Western Carolina
2006	Danny Williamson, Western Carolina
2007	John Weaver, Appalachian State
2008	Danny Williamson, Western Carolina
2009	Jody Huddleston, The Citadel
2010	Rod Tiffin, Samford
	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	Danny Williamson, Western Carolina
2013	Rod Tiffin, Samford

Most Outstanding Athlete

1976	Malcolm Grimes, VMI
1978	Rex Wiggins, VMI
1979	Adrian Leek, East Tennessee State
1980	Jody Weatherwax, VMI
1981	Adrian Leek, East Tennessee State
1982	Robbie Mosley, Appalachian State
1983	Dennis Stark, East Tennessee State
1984	Jon Conneely, E Tennessee State
	Sylvester Davis, VMI
1985	Dan Monahan, VMI
1986	Marshall Pitts, Appalachian State
1987	Michael Hanks, Appalachian State
1988	Greg Hatchett, VMI
1989	Lee Hawkins, Appalachian State
1990	James Hynes, East Tennessee State
1991	Frank Allen, Appalachian State
1992	Seamus Power, East Tennessee State
1993	Shawn Miller, Western Carolina
1994	Seamus Power, East Tennessee State
1995	Delevantie Brown, East Tennessee State
1996	Delevantie Brown, East Tennessee State
1997	Declan Fahy, East Tennessee State
1998	Darrius Jackson, VMI

1999	Nic Crider, Chattanooga
2000	Nic Crider, Chattanooga
2001	Marcus Lynch, VMI
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cordell Livingston, Western Carolina
2011	Cordell Livingston, Western Carolina
2012	Bo Ackerson-Gilroy, Samford
2013	Brandon Hairston, Appalachian State

Most Outstanding Track Performer

2002	Caleb Bailey, Western Carolina
2003	Bradley Yewer, East Tennessee State
2004	Steven Kocsis, Chattanooga
	Bradley Yewer, East Tennessee State
2005	Steven Kocsis, Chattanooga
2006	Zeb Johnson, Western Carolina
2007	Adam Van Nortwick, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cameron Bean, Samford
2011	Chris Moen, Appalachian State
2012	Brunson Miller, The Citadel
2013	Brandon Hairston, Appalachian State

Most Outstanding Field Performer

2002	Kevin Solomon, VMI
2003	Holt McPherson, Appalachian State
	Anthony Greer, Appalachian State
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State
2006	Mark Sturgis, Appalachian State
2007	Wes Kiser, Appalachian State
2008	Joel Gaddy, Appalachian State
2009	Matt Evans, Western Carolina
2010	Matt Evans, Western Carolina
2011	Malcolm Styers, Appalachian State
2012	Bo Ackerson-Gilroy, Samford
2013	Steven Bastien, Samford

Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Tobe Taylor, Chattanooga
1994	Dainon Sidney, East Tennessee State
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, East Tennessee State
1997	Randy Moss, Marshall
1998	Evan Hawkins, East Tennessee State
1999	Jeremy Carter, Western Carolina
2000	Derrick High, Western Carolina
2001	J.B. Rosson, VMI
2002	Milton Bolton, Western Carolina
2003	John Robertson, Western Carolina
2004	James Gregory, Western Carolina
2005	Shane Estes, East Tennessee State
2006	Josh Cox, Appalachian State
2007	Dominique Young, Western Carolina
2008	Drew Tucker, Western Carolina
2009	Dennis Moore, The Citadel
2010	Cordell Livingston, Western Carolina
2011	Jamal Tiller, Appalachian State
2012	Abraham Faison, Western Carolina
2013	Steven Bastien, Samford

Men's Southern Conference Honors

Athlete of the Week

2001		2007			
Jan. 17	Evan Hawkins, East Tennessee State	Jan. 18	Tom Divinnie, Davidson	Feb. 18	Patrick Wells, Samford (Field)
Jan. 24	Ryan Kendall, Chattanooga	Jan. 23	Michael Mentz, Chattanooga		Patrick Morgan, Appalachian State (Track)
Jan. 31	Marcus Lynch, VMI	Jan. 31	Zeb Johnson, Western Carolina	Feb. 25	Kevin Hardy, The Citadel (Field)
Feb. 7	John Chisholm, VMI	Feb. 7	Manteo Mitchell, Western Carolina		Bud Galloway, Appalachian State (Track)
Feb. 14	Caleb Bailey, Western Carolina	Feb. 14	Adam Van Nortwick, Appalachian State		Michael Seaman, Samford (Field)
			Douglas Noreen, Davidson	2011	
2002		2008		Jan. 26	Cordell Livingston, Western Carolina (Track)
Jan. 16	Darus Cofield, Western Carolina	Jan. 23	Ricky Harris, Appalachian State	Feb. 2	Kyle Kirby, Samford (Field)
Jan. 23	Ernest Wiggins, Appalachian State	Jan. 31	Alex Hoyt, Davidson		Brunson Miller, The Citadel (Track)
Jan. 30	Dan Gibson, Davidson	Feb. 7	Josh Houser, Appalachian State	Feb. 9	Jerod Gardner, Appalachian State (Field)
Feb. 6	Jason Green, Appalachian State		Michael Mentz, Chattanooga		Brunson Miller, The Citadel (Track)
Feb. 13	Ryan Kendall, Chattanooga	Feb. 14	Michael Wilson, Appalachian State	Feb. 16	Michael Seaman, Samford (Field)
Feb. 20	Bob Smith, Appalachian State	Feb. 21	Manteo Mitchell, Western Carolina		Chris Moen, Appalachian State (Track)
		Feb. 26	Joel Gaddy, Appalachian State	Feb. 23	Darius Purcell, Appalachian State (Field)
2003		2009		Mar. 2	Alex Richter, Samford (Track)
Jan. 29	Caleb Bailey, Western Carolina	Jan. 21	Manteo Mitchell, Western Carolina (Track)		Owen Wagoner, Samford (Field)
Feb. 5	Caleb Bailey, Western Carolina		Ryan Twiford, Appalachian State (Field)		Chris Moen, Appalachian State (Track)
		Jan. 29	Patrick Morgan, Furman (Track)	2012	
2004			Matt Boruff, Appalachian State (Field)	Jan. 19	Stanley Broaden, Appalachian State (Track)
Jan. 21	Bob Smith, Appalachian State	Feb. 5	Joey Thompson, UNCG (Track)		Michael Seaman, Samford (Field)
Jan. 28	John Yarbrough, Chattanooga		Mark Sturgis, Appalachian State (Field)	Jan. 25	Paul Chelimo, UNCG (Track)
Feb. 4	Steven Kocsis, Chattanooga	Feb. 12	Chris Berry, Chattanooga (Track)		Kyle Kirby, Samford (Field)
Feb. 11	James Rainer, East Tennessee State		Patrick Morgan, Furman (Track)	Feb. 1	Lucas Cotter, Chattanooga (Track)
Feb. 18	Ernest Wiggins, Appalachian State	Feb. 19	Malcolm Styers, Appalachian State (Field)		Jared Stalling, Appalachian State (Field)
Feb. 25	Dan Queen, Appalachian State		Thad Sieracki, Davidson (Track)	Feb. 7	Paul Chelimo, UNCG (Track)
		Feb. 26	Patrick Wells, Samford (Field)		Quintin Turner, The Citadel (Field)
2005			Blaise Carie, Samford (Track)	Feb. 15	Brunson Miller, The Citadel (Track)
Jan. 19	Zach DiBois, The Citadel	2010			Owen Wagoner, Samford (Field)
Jan. 26	Anthony Greer, Appalachian State	Dec. 10	Benny Davis, Western Carolina (Track)	2013	
Feb. 2	Steven Kocsis, Chattanooga		Alex Dollard, Western Carolina (Field)	Jan. 24	Nathan Hendershot, Samford (Track)
Feb. 9	Chris Martin, Appalachian State	Jan. 14	Josey Weaver, Western Carolina (Track)		Tyler Kemp, Samford (Field)
Feb. 16	Steven Kocsis, Chattanooga		Malcolm Styers, Appalachian State (Field)	Jan. 30	Brandon Hairston, Western Carolina (Track)
Feb. 23	Bryan Burney, Appalachian State	Jan. 21	Alex Taylor, Appalachian State (Track)		Geno Porter, The Citadel (Field)
			Darius Purcell, Appalachian State (Field)	Feb. 6	Demetrios Pagonis, Davidson (Track)
2006		Jan. 28	Dominique Young, Western Carolina (Track)		Ryan Cook, Samford (Field)
Jan. 18	Zach DiBois, The Citadel		Michael Seaman, Samford (Field)	Feb. 13	Paul Katam, UNCG (Track)
Jan. 25	Mark Sturgis, Appalachian State	Feb. 4	Tom Divinnie, Davidson (Track)		Jamal Tiller, Appalachian State (Field)
Feb. 1	Ian Mayne, Chattanooga		Darius Purcell, Appalachian State (Field)	Feb. 20	Stanley Broaden, Appalachian State (Track)
Feb. 8	Zeb Johnson, Western Carolina	Feb. 11	Joey Thompson, UNCG (Track)		Cole Finch, Appalachian State (Field)
Feb. 15	Ian Mayne, Chattanooga			Feb. 27	Brandon Hairston, Western Carolina (Track)
					Steven Bastien, Samford (Field)

Repeat Athlete of the Week

Four-time

Michael Seaman, Samford (2010, 2011, 2012)

Three-time

Caleb Bailey, Western Carolina (2001, 2003)
 Steven Kocsis, Chattanooga (2004, 2005)
 Manteo Mitchell, Western Carolina (2007, 2008, 2009)
 Malcolm Styers, Appalachian State (2009, 2010, 2011)
 Patrick Morgan, Furman (2009); Appalachian State (2010)
 Darius Purcell, Appalachian State (2010, 2011)
 Brunson Miller, The Citadel (2011, 2012)

Two-time

Zach DiBois, The Citadel (2005, 2006)
 Zeb Johnson, Western Carolina (2006, 2007)
 Ryan Kendall, Chattanooga (2001, 2002)
 Michael Mentz, Chattanooga (2007, 2008)
 Bob Smith, Appalachian State (2002, 2004)
 Mark Sturgis, Appalachian State (2006, 2009)
 Ernest Wiggins, Appalachian State (2002, 2004)
 Tom Divinnie, Davidson (2007, 2010)
 Joey Thompson, UNCG (2009, 2010)
 Paul Chelimo, UNCG (2011)
 Patrick Wells, Samford (2009, 2010)
 Chris Moen, Appalachian State (2011)
 Kyle Kirby, Samford (2011, 2012)
 Stanley Broaden, Appalachian State (2012, 2013)
 Brandon Hairston, Appalachian State (2013)

Athlete of the Month

2008

January Dominique Young, Western Carolina

2009

January Manteo Mitchell, Western Carolina (Track)
 Mark Sturgis, Appalachian State (Field)
 February Patrick Morgan, Furman (Track)
 Mark Sturgis, Appalachian State (Field)

2010

January Tom Divinnie, Davidson (Track)
 Malcolm Styers, Appalachian State (Field)

2011

January Brunson Miller, The Citadel (Track)
 Kyle Kirby, Samford (Field)
 February Chris Moen, Appalachian State (Track)
 Malcolm Styers, Appalachian State (Field)

2012

January Paul Chelimo, UNCG (Track)
 February Michael Seaman, Samford (Field)

2013

January Paul Katam, UNCG (Track)
 Jared Stalling, Appalachian State (Field)
 February Brandon Hairston, Appalachian State (Track)
 Steven Bastien, Samford (Field)

Men's Championship Meet Results

1965	VMI	64.3	1973	William & Mary	103	1981	VMI	146.5	1988	VMI	145
	West Virginia	37.5		East Carolina	70		East Tennessee State	145		Appalachian State	98
	Furman	34		Furman	52		Appalachian State	99.5		East Tennessee State	71
	William & Mary	24.5		Richmond	25		Marshall	59		Western Carolina	57
	Richmond	14		VMI	9		Furman	45		Marshall	41
	Virginia Tech	7.67		Appalachian State	7		The Citadel	16		The Citadel	35
	Davidson	7		The Citadel	6		Davidson	16		Furman	8
	The Citadel	6		Davidson	0		Chattanooga	16		Chattanooga	6
							Western Carolina	16		Davidson	1
1966	William & Mary	57	1974	William & Mary	90	1982	VMI	164	1989	Appalachian State	132
	Furman	48		Furman	74		Appalachian State	132		VMI	128
	VMI	35		East Carolina	52		East Tennessee State	123		East Tennessee State	96
	West Virginia	26.5		Richmond	32		Marshall	54		Western Carolina	58
	The Citadel	23		Appalachian State	12		Furman	29		The Citadel	39
	Richmond	18		VMI	7		The Citadel	24		Marshall	32
	East Carolina	2.5		The Citadel	4		Western Carolina	23		Furman	7
	Davidson	0		Davidson	0		Chattanooga	11		Chattanooga	4
							Davidson	9	1990	Appalachian State	144
1967	William & Mary	75	1975	William & Mary	110	1983	VMI	223.5		VMI	139.5
	VMI	49		East Carolina	70		East Tennessee State	103		East Tennessee State	64
	Richmond	37		Furman	45		Furman	77		Western Carolina	51
	Furman	20		Richmond	26		Marshall	68.5		The Citadel	44
	West Virginia	10		VMI	21		Western Carolina	44		Chattanooga	28
	East Carolina	9		Appalachian State	14		The Citadel	38		Marshall	24
	The Citadel	6		The Citadel	2		Davidson	7		Furman	0
	Davidson	4		Davidson	0						
1968	William & Mary	94.5	1976	Furman	20	1984	Appalachian State	183	1991	VMI	157
	VMI	33		William & Mary	16		VMI	158		Appalachian State	104
	Richmond	29.5		East Carolina	15		East Tennessee State	68		East Tennessee State	76
	East Carolina	27		VMI	9		Marshall	66		Marshall	74
	Furman	19		Appalachian State	2		Western Carolina	53		Western Carolina	42
	West Virginia	14		Richmond	1		The Citadel	20		The Citadel	30
	The Citadel	7		Davidson	1		Davidson	5		Chattanooga	16
	Davidson	0					Furman	4		Furman	7
1969	William & Mary	114	1978	VMI	105	1985	Appalachian State	212	1992	Appalachian State	149
	East Carolina	42		Appalachian State	52		VMI	101		East Tennessee State	96
	Furman	37		Furman	39		Western Carolina	96		VMI	90
	VMI	27		The Citadel	30.5		East Tennessee State	65		Marshall	77
	The Citadel	23		Marshall	29		Marshall	34		Western Carolina	58
	Richmond	7		Western Carolina	16.5		The Citadel	29		The Citadel	16
	Davidson	5		Davidson	6		Davidson	12		Davidson	7
				Chattanooga	0		Furman	8		Chattanooga	0
1970	William & Mary	106	1979	VMI	173	1986	Appalachian State	180.33	1993	VMI	133
	Furman	48		East Tennessee State	161		VMI	158.67		East Tennessee State	105
	East Carolina	47		Appalachian State	90		Marshall	81		Appalachian State	79
	VMI	22		Marshall	55		East Tennessee State	73		Western Carolina	59
	The Citadel	15		The Citadel	36		Western Carolina	32		Chattanooga	57
	Richmond	15		Furman	28		The Citadel	15		Marshall	46
	Davidson	3		Western Carolina	9		Furman	13		The Citadel	16
				Chattanooga	4		Davidson	2		Davidson	0
1971	William & Mary	94		Davidson	1	1987	Appalachian State	147.5	1994	Appalachian State	105
	East Carolina	55	1980	East Tennessee State	153		VMI	126.5		Western Carolina	98
	Furman	43		VMI	148		Marshall	43		East Tennessee State	88
	Davidson	20		Appalachian State	104		The Citadel	32		VMI	79
	Richmond	18		Marshall	66		Western Carolina	26		Marshall	65
	The Citadel	15		Western Carolina	37		East Tennessee State	25		Chattanooga	54
	VMI	11		The Citadel	25		Furman	23		The Citadel	7
				Furman	25		Chattanooga	10			
1972	William & Mary	103		Chattanooga	0		Davidson	0			
	East Carolina	53		Davidson	0						
	Richmond	51									
	Furman	48									
	VMI	20									
	The Citadel	8									
	Davidson	5									

Men's Championship Meet Results



1995	Appalachian State	136	2003	Appalachian State	186	2011	Appalachian State	216.33
	East Tennessee State	92		Western Carolina	118.5		Western Carolina	149
	VMI	89		VMI	99		Samford	127.33
	Chattanooga	66		Chattanooga	87		Davidson	53.33
	Marshall	55		East Tennessee State	62.5		The Citadel	49
	Western Carolina	47		The Citadel	51		Chattanooga	36
	The Citadel	9		Davidson	8		Furman	21
	Davidson	0		Wofford	8		Wofford	5
							UNCG	1
1996	VMI	126	2004	Western Carolina	221.5	2012	Western Carolina	155
	East Tennessee	93		Appalachian State	200.5		Appalachian State	154.50
	Marshall	87		East Tennessee State	91.5		Samford	147.50
	Chattanooga	83		Chattanooga	81.5		The Citadel	58
	Appalachian State	64		The Citadel	26		Davidson	50
	Western Carolina	41		UNCG	18		Chattanooga	32
	The Citadel	2		Davidson	11		Furman	29
	Davidson	0		Wofford	8		UNCG	27
							Wofford	9
1997	Marshall	117	2005	Appalachian State	231.5	2013	Appalachian State	183.50
	Appalachian State	107		Western Carolina	224.5		Samford	179
	East Tennessee State	88		Chattanooga	64		Western Carolina	161.50
	Chattanooga	62		East Tennessee State	60		Davidson	30
	VMI	55		UNCG	35		UNCG	29
	Western Carolina	46		The Citadel	22.5		The Citadel	27
	The Citadel	21		Davidson	13.5		Chattanooga	27
	Davidson	0		Wofford	6		Furman	22
							Wofford	3
1998	East Tennessee State	148	2006	Western Carolina	277			
	VMI	120		Appalachian State	213			
	Appalachian State	93		The Citadel	43			
	Western Carolina	72		Chattanooga	40			
	Chattanooga	36		Davidson	33			
	The Citadel	25		UNCG	30			
	Davidson	0		Wofford	13			
1999	Western Carolina	159.5	2007	Appalachian State	272.5			
	Appalachian State	139.5		Western Carolina	232.5			
	VMI	108		Davidson	57			
	Chattanooga	75		Chattanooga	32			
	East Tennessee State	73		The Citadel	27			
	The Citadel	48		UNCG	23			
	Davidson	18						
2000	Appalachian State	132.5	2008	Western Carolina	263			
	Western Carolina	111		Appalachian State	256.50			
	VMI	87		Chattanooga	47			
	Chattanooga	57		Citadel	38.50			
	The Citadel	48		Davidson	26			
	East Tennessee State	47.5		Furman	15			
	Davidson	12		UNCG	8			
2001	VMI	146	2009	Appalachian State	235			
	Appalachian State	130		Western Carolina	191			
	Western Carolina	74		The Citadel	60			
	East Tennessee State	53		Samford	46			
	Chattanooga	52		Chattanooga	46			
	The Citadel	25		Furman	36			
	Davidson	14		Davidson	23			
	UNCG	1		UNCG	22			
				Wofford	4			
2002	Appalachian State	138	2010	Appalachian State	209			
	Western Carolina	100		Western Carolina	207			
	VMI	87		Samford	102.5			
	Chattanooga	69		The Citadel	42.5			
	East Tennessee State	53		Davidson	30			
	The Citadel	28		UNCG	24			
	Davidson	17		Chattanooga	18			
	UNCG	3		Furman	6			
				Wofford	3			

Men's Individual Champions

60-Yard Dash

1930	Farmer, North Carolina, 6.4
1931	Bradley, Alabam, 6.6
1932	Burnett, Mississippi, 6.4
1933	Earl Widmyer, Maryland, 6.3
1934	Earl Widmyer, Maryland, 6.3
1935	Earl Widmyer, Maryland, 6.5
1936	Tom Shehan, Duke, 6.5
1937	Finaly, North Carolina, 6.4
1938	Reavis, Duke, 6.6
1939	Joe Murphy, Maryland, 6.4
1940	Charles Curl, Washington & Lee, 6.4
1941	Ernie Vail, Duke, 6.4
1942	Wayne McMullin, Virginia Tech, 6.5
1949	Bill Albans, Duke, 6.5
1950	George Willis, North Carolina, 6.5
1951	George Willis, North Carolina, 6.5
1952	Henry Poss, Duke, 6.5
1953	Jeff Newton, North Carolina, 6.4
1954	John Mapp, VMI, 6.3
1955	Walt Fillman, William & Mary, 6.5
1956	Walt Fillman, William & Mary, 6.4
1957	Walt Fillman, William & Mary, 6.2
1958	Sam Horner, VMI, 6.3
1959	Art Brandriff, VMI, 6.3
1960	Ken Scott, VMI, 6.4
1961	Dave Segal, Furman, 6.2
1962	Dave Segal, Furman, 6.2
1963	Dave Segal, Furman, 6.2
1964	Tommy Thompson, Furman, 6.3
1965	Sam McCormick, Richmond, 6.2
1966	Bob Crute, Richmond, 6.3
1967	Bob Crute, Richmond, 6.4
1968	Mike Fratkin, William & Mary, 6.3
1969	Mike Fratkin, William & Mary, 6.3
1970	Bruce Jones, Furman, 6.3
1971	Tom Richardson, Davidson, 6.3
1972	Jerome Napier, Richmond, 6.2
1973	Maurice Huntley, East Carolina, 6.3
1974	Weldon Edwards, Richmond, 6.3
1975	Carter Suggs, East Carolina, 6.1
1976	Carter Sugs, East Carolina, 6.3
1977	John Borrón, WCU, 6.2
1978	Lonnie Ford, The Citadel, 6.3
1979	Ernie Halstead, ETSU, 6.43
1980	Ernie Halstead, ETSU, 6.40

55-Meter Dash

1981	Norman Gleaton, UTC, 6.2
1982	Norman Gleaton, UTC, 6.46
1983	James Barha, ETSU, 6.1
1984	Mike Rigsbee, APP, 6.37
1985	Eric Rasheed, WCU, 6.41
1986	Bobby Blackwell, VMI, 6.40
1987	Keith Washington, VMI, 6.36
1988	Greg Hatchett, VMI, 6.37
1989	Greg Hatchett, VMI, 6.36
1990	Greg Hatchett, VMI, 6.30
1991	Frank Allen, APP, 6.40
1992	Jason Dalton, APP, 6.47
1993	Leander Watts, APP, 6.37
1994	Leander Watts, APP, 6.34
1995	Jeff Horton, ETSU, 6.30
1996	Eric Gay, VMI, 6.38
1997	Randy Moss, Marshall, 6.32
1998	Chris Brooks, ETSU, 6.24
1999	Johnnie Morrison, WCU, 6.33
2000	Johnnie Morrison, WCU, 6.36
2001	Marcus Lynch, VMI, 6.49

2002	Jason Green, APP, 6.26
2003	Jason Green, APP, 6.26

60-Meter Dash

2004	Ernest Wiggins, APP, 6.73
2005	James Rainer, ETSU,
2006	Zeb Johnson, WCU, 6.85
2007	Albert Ashcraft, WCU, 6.91
2008	Manteo Mitchell, WCU, 6.81
2009	Manteo Mitchell, WCU, 6.80
2010	Dominique Young, WCU, 6.84
2011	Dennis Moore, APP, 6.79
2012	Justin Emerson, SAM, 6.86
2013	Justin Emerson, SAM, 6.85

200-Meter Dash

1988	Frank Allen, APP, 21.96
1989	Greg Hatchett, VMI, 21.65
1990	Shoun Habersham, UTC, 22.25
1991	Frank Allen, APP, 21.60
1992	Jason Dalton, APP, 21.86
1993	Estaban Frost, VMI, 22.26
1994	Danion Sidney, ETSU, 21.55
1995	Delevantie Brown, ETSU, 21.13
1996	Delevantie Brown, ETSU, 22.32
1997	Randy Moss, Marshall, 21.15
1998	Darrius Jackson, VMI, 21.80
1999	Jay Ingram, The Citadel, 22.32
2000	Jason McGinnis, APP, 21.55
2001	Evan Hawkins, ETSU, 21.55
2002	Darrus Cofield, WCU, 21.64
2003	Jason Green, APP, 21.61
2004	Ernest Wiggins, APP, 21.64
2005	Chris Martin, APP, 21.71
2006	Zeb Johnson, WCU, 21.83
2007	Zeb Johnson, WCU, 21.88
2008	Manteo Mitchell, WCU, 21.52
2009	Manteo Mitchell, WCU, 21.57
2010	Dominique Young, WCU, 21.84
2011	Dennis Moore, APP, 21.62
2012	Benny Davis, WCU, 21.35
2013	Brandon Hairston, WCU, 22.12

440-Yard Run

1930	Shepard, Washington & Lee, 55.8
1931	Weil, North Carolina, 54.2
1932	Williams, Georgia, 54.6
1933	Recuhman, Duke, 54.1
1934	Montgomery, North Carolina, 54.6
1935	Warren Evans, Maryland, 52.5
1936	Warren Evans, Maryland, 52.4
1937	Frank Cronin, Maryland, 52.4
1938	Frank Cronin, Maryland, 52.6
1939	Al Miller, Maryland, 51.0
1940	Al Miller, Maryland, 52.1
1941	Werner Brown, Duke, 51.7
1942	Werner Brown, Duke, 51.9
1949	Buddy Grisso, Duke, 52.2
1950	Harrison, VMI, 51.5
1951	John Tate, Duke, 51.6
1952	Bill Johnson, Virginia Tech, 50.3
1953	John Tate, Duke, 50.3
1969	Pagie Davis, East Carolina, 50.3
1970	Bill Findler, William & Mary, 50.5
1971	Carl Wood, Richmond, 50.2
1972	Walter Cooke, William & Mary, 50.3
1973	Jerome Napier, Richmond, 49.9
1974	Ken Middleton, Furman, 50.5
1975	Carter Suggs, East Carolina, 50.2

1976	Robert Franklin, East Carolina, 50.6
1977	Calvin Alston, East Carolina, 50.6
1978	Dennis Watts, VMI, 49.7
1979	Jordan Laffette, APP, 47.69
1980	Ben Judge, VMI, 48.26
1982	Sylvester Davis, VMI, 48.14

400-Meter Dash

1981	Floyd White, Furman, 50.5
1983	Floyd White, Furman, 49.5
1984	Sylvester Davis, VMI, 46.77
1985	Dan Monahan, VMI, 49.4
1986	Bobby Harris, VMI, 49.86
1988	Mario Small, VMI, 47.53
1989	Mario Small, VMI, 47.11
1990	Mario Small, VMI, 48.26
1991	Estaban Frost, VMI, 48.51
1992	Eric Joe, APP, 48.99
1993	Estaban Frost, VMI, 49.88
1994	Michael Kyle, UTC, 48.60
1995	Michael Kyle, UTC, 48.90
1996	Holm Ankoma-Sey, VMI, 50.19
1997	Bobby Horan, APP, 50.01
1998	Evan Hawkins, ETSU, 49.01
1999	James Yarborough, VMI, 50.48
2000	Evan Hawkins, ETSU, 48.26
2001	Derrick High, WCU, 47.53
2002	Darrus Cofield, WCU, 47.45
2003	Alex Prince, The Citadel, 48.78
2004	Milton Bolton, WCU, 48.01
2005	Bryan Burney, APP, 48.42
2006	Milton Bolton, WCU, 49.32
2007	Manteo Mitchell, WCU, 49.42
2008	Manteo Mitchell, WCU, 49.12
2009	Manteo Mitchell, WCU, 49.12
2010	Brunson Miller, The Citadel, 48.65
2011	Brunson Miller, The Citadel, 48.11
2012	Brunson Miller, The Citadel, 46.97

330-Yard Run

1966	Bob Crute, Richmond, 35.6
1967	Rod Camden, Richmond, 35.8
1968	Bill Findler, William & Mary, 35.6

500-Yard Run

1963	Don Armstrong, Furman, 58.6
1964	Pat Anderson, Furman, 1:01.4

500-Meter Run

1981	Ed Puc, Furman, 1:07.2
1983	Henry Sanchez, VMI, 1:05.0
1985	David Carter, APP, 1:04.56
1986	Marshall Pitts, APP, 1:04.34

600-Yard Run

1965	Norm Radford, VMI, 1:12.2
1966	John Crotty, VMI, 1:11.8
1967	Alan Saville, Richmond, 1:12.5
1968	Dave Watson, William & Mary, 1:13.4
1969	Carl Wood, Richmond, 1:11.8
1970	Carl Wood, Richmond, 1:12.2
1971	Charles Duckworth, Wm & Mary, 1:12.8
1972	Charles Duckworth, Wm & Mary, 1:12.2
1973	Walter Cook, William & Mary, 1:12.5
1974	Dave Anderson, Furman, 1:13.2
1975	Ben Duckenfield, East Carolina, 1:12.5
1976	Dave Anderson, Furman, 1:13.3
1977	Ben Duckenfield, East Carolina, 1:12.1
1978	Mac Williams, VMI, 1:14.3

Men's Individual Champions



1979 Mac Williams, VMI, 1:12.32
1980 Lafette Jordan, APP, 1:10.57
1982 Henry Sanchez, VMI, 1:11.22
1984 Davis Ests, VMI, 1:10.35
1987 Earl Bates, WCU, 1:09.86

880-Yard Run

1930 Linzey, Maryland, 2:02.0
1931 McGinn, North Carolina State, 2:05.0
1932 Cary, Virginia, 2:03.8
1933 Bradsher, Duke, 2:01.8
1934 Harry Williamson, No Carolina, 1:57.6
1935 Wellford, VMI, 2:04.4
1936 Harry Williamson, No Carolina, 2:00.9
1937 Harry Williamson, No Carolina, 1:57.4
1938 Gammon, North Carolina, 2:01.4
1939 Jimmy Davis, North Carolina, 1:57.3
1940 Jim Kehoe, Maryland, 1:55.0
1941 Earl Morrison, North Carolina, 1:57.2
1942 Bill Condon, Maryland, 2:01.3
1949 Jim Umbarger, Maryland, 2:00.6
1950 Jim Umbarger, Maryland, 2:02.0
1951 Al Buehler, Maryland, 1:56.4
1952 Al Buehler, Maryland, 1:57.7
1953 John Tate, Duke, 1:59.1
1954 Ben Angle, VMI, 2:04.7
1955 Bob Wingfield, Virginia Tech, 2:05.2
1956 Bob Wingfield, Virginia Tech, 2:06.2
1957 Bob Wingfield, Virginia Tech, 2:00.0
1958 Jim Lowe, VMI, 2:02.5
1959 Jim Martin, Furman, 2:00.5
1960 Larry Williams, VMI, 1:58.0
1961 Thad Talley, Furman, 1:57.7
1962 Thad Talley, Furman, 2:00.0
1963 Gene Simpson, Virginia Tech, 1:57.7
1964 Dave Tyler, Furman, 1:56.0
1965 Ed West, Furman, 1:57.4
1966 Skip Roberts, VMI, 1:55.7
1967 Terry Donnelly, William & Mary, 1:55.2
1968 Juris Luzins, William & Mary, 1:54.8
1969 Ted Wood, William & Mary, 1:55.4
1970 Ted Wood, William & Mary, 1:56.5
1971 James Kidd, East Carolina, 1:53.9
1972 James Kidd, East Carolina, 1:53.2
1973 Lewis McGehee, William & Mary, 1:55.7
1974 Mac Collins, William & Mary, 4:11.6
1975 Reggie Clark, William & Mary, 1:53.9
1976 Phil Barker, Furman, 1:54.3
1977 John George, William & Mary, 1:57.0
1978 Phil Barker, Furman, 1:57.0
1979 Mark Scruton, ETSU, 1:51.66
1980 Kevin Johnson, ETSU, 1:53.30
1982 David Neville, VMI, 1:53.95
1984 Henry Sanchez, VMI, 1:52.12

800-Meter Run

1981 Mark Scruton, ETSU, 1:54.6
1983 David Neville, VMI, 1:51.0
1985 Jesse Dingle, APP, 1:56.6
1986 Thane Harmon, APP, 1:57.68
1988 James Montague, WCU, 1:53.90
1989 Mike Cason, The Citadel, 1:54.6
1990 Mike Cason, The Citadel, 1:54.03
1991 Jeff Rudolph, VMI, 1:54.24
1992 David Presnall, VMI, 1:55.95
1993 Shane Stryker, UTC, 1:55.07
1994 Jon Austin, APP, 1:53.07
1995 Jon Austin, APP, 1:54.42
1996 Zach Whitmarsh, ETSU, 1:56.98

1997 Zach Whitmarsh, ETSU, 1:50.92
1998 Zach Whitmarsh, ETSU, 1:51.79
1999 Zach Whitmarsh, ETSU, 1:58.49
2000 Nic Crider, UTC, 1:55.50
2001 Michael Lokale, VMI, 1:53.43
2002 Caleb Bailey, WCU, 1:54.24
2003 John Robertson, WCU, 1:51.11
2004 Robert Hatcher, UTC, 1:55.85
2005 Jeff Williams, UNCG, 1:55.36
2006 Jeff Williams, UNCG, 1:53.57
2007 Jeff Williams, UNCG, 1:54.05
2008 Drew Tucker, WCU, 1:56.93
2009 Michael Danehy, UTC, 1:55.59
2010 Brandon Hudgins, APP, 1:54.14
2011 Andrew Lantz, DAV, 1:54.99
2012 Andrew Lantz, DAV, 1:52.18
2013 Nathan Hendershot, SAM, 1:53.68

Mile Run

1930 Wells, Tulane, 4:37.4
1931 Jenson, North Carolina, 4:29.8
1932 Lauck, Virginia, 4:31.0
1933 Lauck, Virginia, 4:26.4
1934 McCrae, North Carolina, 4:24.1
1935 Harry Williamson, No Carolina, 4:20.0
1936 Harry Williamson, No Carolina, 4:22.7
1937 Gammon, North Carolina, 4:24.5
1938 Bill Morse, Duke, 4:23.8
1939 Mason Chronister, Maryland, 4:16.0
1940 Jimmy Davis, North Carolina, 4:12.5
1941 Tommy Fields, Maryland, 4:23.1
1942 Rich Van Wagoner, North Carolina, 4:22.8
1949 Bob Palmer, Maryland, 4:17.9
1950 Bob Palmer, Maryland, 4:30.0
1951 Bill Creamer, Maryland, 4:25.0
1952 Clyde Garrison, North Carolina St, 4:21.7
1953 Clyde Garrison, North Carolina St, 4:21.4
1954 Ben Angle, VMI, 4:48.6
1955 Pete Ashcraft, Davidson, 4:43.6
1956 Dave Pitkethly, VMI, 4:22.6
1957 Dave Pitkethly, VMI, 4:21.8
1958 Bob DeTombe, William & Mary, 4:34.4
1959 Larry Williams, VMI, 4:36.0
1960 Bill Braithwaite, VMI, 4:28.6
1961 Larry Williams, VMI, 4:27.2
1962 Copley Vickers, Furman, 4:29.3
1963 Dennis Patterson, Furman, 4:28.4
1964 Jim Johnson, William & Mary, 4:18.5
1965 Jim Johnson, William & Mary, 4:15.4
1966 Jim Johnson, William & Mary, 4:18.2
1967 Terry Donnelly, William & Mary, 4:16.0
1968 Terry Donnelly, William & Mary, 4:12.4
1969 Howell Michael, William & Mary, 4:07.9
1970 Howell Michael, William & Mary, 4:19.4
1971 Howell Michael, William & Mary, 4:17.6
1972 Ron Martin, William & Mary, 4:11.8
1973 Mac Collins, William & Mary, 4:11.3
1974 Mac Collins, William & Mary, 4:11.6
1975 Reggie Clark, William & Mary, 4:10.7
1976 Mac Collins, William & Mary, 4:11.2
1977 Rex Wiggins, VMI, 4:10.0
1978 Rex Wiggins, VMI, 4:14.6
1979 Jody Weatherwax, VMI, 4:08.01
1980 Jody Weatherwax, VMI, 4:07.9
1982 Mark Scruton, ETSU, 4:03.97
1983 Conrad Conneely, ETSU, 4:05.38
1987 Thomas O'Gara, ETSU, 4:09.56
1988 Thomas O'Gara, ETSU, 4:09.63
1989 Scott Faulds, ETSU, 4:11.0

1990 James Hynes, ETSU, 4:15.76
1991 Seamus Power, ETSU, 4:14.61
1992 Seamus Power, ETSU, 4:07.66
1993 Seamus Power, ETSU, 4:18.67
1994 Seamus Power, ETSU, 4:12.13
1995 Chris Huffstickler, APP, 4:17.90
1996 Chuck Margraves, UTC, 4:18.4
1997 Declan Fahy, ETSU, 4:10.19
1998 Zach Whitmarsh, ETSU, 4:11.44
1999 Zach Whitmarsh, ETSU, 4:19.14
2000 Nic Crider, UTC, 4:12.51
2001 Caleb Bailey, WCU, 4:15.59
2002 Caleb Bailey, WCU, 4:13.76
2003 Bradley Yewer, ETSU, 4:14.36
2004 Bradley Yewer, ETSU, 4:12.86
2005 Adam Puett, WCU, 4:13.48
2006 Dan Fassinger, WCU, 4:18.07
2007 Adam Van Nortwick, APP, 4:14.34
2008 Michael Mentz, UTC, 4:13.99
2009 Chirs Moen, APP, 4:11.08
2010 Patrick Morgan, APP, 4:13.70
2011 Alex Taylor, APP, 4:12.35
2012 Paul Chelimo, UNCG, 4:06.57
2013 Alex Taylor, APP, 4:12.29

1,000-Meter Run

1981 Kevin Johnson, ETSU, 2:27.7
1983 John Scott, VMI, 2:31.5
1985 Todd Goeway, APP, 3:51.4
1986 Keith Sewell, APP, 2:29.54

1,500-Meter Run

1980 Dennis Stark, ETSU, 3:50.1
1983 Dennis Stark, ETSU, 3:49.2
1986 Phil Roberts, WCU, 3:56.77

Two-Mile Run

1930 Young, Georgia, 9:57.4
1931 Simons, Duke, 9:58.2
1932 Jensen, North Carolina, 10:02.6
1933 Lauck, Virginia, 10:07.7
1934 Bird, Duke, 10:07.2
1935 Tom Dunaj, Washington & Lee, 9:44.8
1936 Bill Morse, Duke, 10:03.4
1937 Bill Lumpkin, Richmond, 9:30.7
1938 Bill Morse, Duke, 10:25.8
1939 Tommy Fields, Maryland, 9:59.6
1940 Tommy Fields, Maryland, 9:34.5
1941 Tommy Fields, Maryland, 9:43.5
1942 Al Profenius, Duke, 9:45.0
1949 Sam Magill, North Carolina, 9:49.9
1950 Sam Magill, North Carolina, 9:44.8
1951 Clyde Garrison, North Carolina St, 9:46.1
1952 Jack Tibbets, Maryland, 9:52.9
1953 Dave Shafer, Virginia Tech, 9:37.5
1954 Ben Angle, VMI, 9:52.3
1955 Pete Ashcraft, Davidson, 10:30.4
1956 Dave Pitkethly, VMI, 10:05.7
1957 Dave Pitkethly, VMI, 9:48.8
1958 Bob DeTombe, William & Mary, 9:53.4
1959 Bill Braithwaite, VMI, 10:04.5
1960 Charlie Carlton, VMI, 9:55.3
1961 Bill Braithwaite, VMI, 10:03.5
1962 Copley Vickers, Furman, 9:51.3
1963 Dennis Patterson, Furman, 9:49.7
1964 Jim Johnson, William & Mary, 9:39.0
1965 Jim Johnson, William & Mary, 9:29.6
1966 Jim Johnson, William & Mary, 9:20.4
1967 Carl Hatfield, West Virginia, 9:13.7

Men's Individual Champions

1968 Carl Hatfield, West Virginia, 9:13.7
 1969 George Davis, William & Mary, 9:21.8
 1970 Ken Voss, East Carolina, 9:20.3
 1971 Steve Snyder, William & Mary, 9:16.6
 1972 Tim Cooke, Williams & Mary, 9:11.6
 1973 Tim Cooke, William & Mary, 8:54.2
 1974 Bill Louv, William & Mary, 8:55.5
 1975 Ron Martin, William & Mary, 8:40.8
 1976 Louis Blount, APP, 9:11.5
 1977 Louis Blount, APP, 9:04.0
 1978 Rex Wiggins, VMI, 9:10.0
 1979 Louis Kenny, ETSU, 9:11.07
 1980 Ronnie Carroll, ETSU, 8:58.98
 1984 Brian Dunne, ETSU, 8:49.43
 1987 Thomas O'Gara, ETSU, 8:52.0

3,000-Meter Run

1981 Adrian Leek, ETSU, 8:15.2
 1985 Brian Dunne, ETSU, 8:22.7
 1986 Conrad Conneely, ETSU, 8:33.53
 1988 Thomas O'Gara, ETSU, 8:26.13
 1989 James Hynes, ETSU, 8:17.74
 1990 James Hynes, ETSU, 8:34.26
 1991 Seamus Power, ETSU, 8:32.36
 1992 Seamus Power, ETSU, 8:05.37
 1993 Dennis Barry, ETSU, 8:30.2
 1994 Seamus Power, ETSU, 8:34.17
 1995 Tommy Holland, APP, 8:26.39
 1996 Mike Leinweber, UTC, 8:34.5
 1997 Declan Fahy, ETSU, 8:28.31
 1998 Declan Fahy, ETSU, 8:24.94
 1999 Nic Crider, UTC, 8:34.11
 2000 Ben Bisette, APP, 8:29.32
 2001 Curtis Gadula, UTC, 8:37.42
 2002 Dan Gibson, Davidson, 8:25.66
 2003 Bradley Yewer, ETSU, 8:26.06
 2004 Steven Kocsis, UTC, 8:23.03
 2005 Steven Kocsis, UTC, 8:21.77
 2006 Adam Puett, WCU, 8:30.16
 2007 Adam Van Nortwick, APP, 8:34.68
 2008 Brian Deal, APP, 8:27.41
 2009 Patrick Morgan, FUR, 8:26.45
 2010 Cameron Bean, Samford, 8:15.74
 2011 Chris Moen, APP, 8:23.42
 2012 Lucas Cotter, UTC, 8:09.89
 2013 Paul Chelimo, UNCG, 8:09.07

5,000-Meter Run

1981 Adrian Leek, ETSU, 14:06.6
 1983 Carey Nelson, ETSU, 14:21.8
 1985 Brian Dunne, ETSU, 14:36.6
 1989 John Erickson, ETSU, 14:09.26
 1990 James Hynes, ETSU, 14:30.06
 1991 Seamus Power, ETSU, 14:50.76
 1992 Seamus Power, ETSU, 14:45.62
 1993 Seamus Power, ETSU, 14:20.89
 1994 Seamus Power, ETSU, 14:56.39
 1995 Tommy Holland, APP, 14:40.40
 1996 Tommy Holland, APP, 15:00.9
 1997 Seth Peoples, APP, 14:48.41
 1998 Rodney Stoker, UTC, 14:45.46
 1999 Nic Crider, UTC, 14:57.05
 2000 Joe Smith, VMI, 14:53.19
 2001 Ben Bisette, APP, 15:02.19
 2002 James Grufferty, ETSU, 14:50.98
 2003 Bradley Yewer, ETSU, 15:04.83
 2004 Steven Kocsis, UTC, 14:41.89
 2005 Steven Kocsis, UTC, 14:41.70
 2006 Ian Mayne, UTC, 14:48.42

2007 Brendon Helms, APP, 15:00.77
 2008 Brian Deal, APP, 14:53.74
 2009 Chris Berry, UTC, 14:55.12
 2010 Cameron Bean, Samford, 14:29.12
 2011 Sean Soderman, APP, 14:39.59
 2012 Demetrios Pagonis, DAV, 14:22.47
 2013 Paul Katam, UNCG, 14:13.77

70-Yard Low Hurdles

1931 Finklestein, Washington & Lee, 8.0
 1932 John Brownlee, Duke, 8.0
 1933 John Brownlee, Duke, 7.8
 1934 Groover Everett, Virginia, 7.8
 1935 Gene Schule, Washington & Lee, 7.9
 1936 Frank Sizemore, Duke, 8.2
 1937 Reavis, Duke, 8.1
 1938 Reavis, Duke, 7.9
 1939 Holmes, North Carolina, 7.9
 1940 Bill Corpening, North Carolina, 7.8
 1941 Ernie Vail, Duke, 7.9
 1942 Archie Taylor, Davidson, 8.1
 1949 Bill Albans, North Carolina, 7.6
 1950 Bill Albans, North Carolina, 7.7
 1951 Garrett Scott, North Carolina, 8.0
 1952 John Mapp, VMI, 7.9
 1953 John Mapp, VMI, 7.9
 1954 John Mapp, VMI, 7.7
 1955 Dick Fischl, Citadel, 7.9
 1956 Walt Fillman, William & Mary, 7.7
 1957 Walt Fillman, William & Mary, 7.6
 1958 Jim Pugh, The Citadel, 7.8
 1959 Dan Coogan, VMI, 8.0
 1960 Jim Pugh, The Citadel, 7.8
 1961 Dave Segal, Furman, 7.7
 1962 John Tryanham, VMI, 7.8
 1963 Frank Loustalot, Furman, 8.0
 1964 Alan Turner, Davidson, 8.1

60-Yard Low Hurdles

1930 Finklestein, Washington & Lee, 7.0
 1965 Dabney, Pasco, VMI, 6.8
 1966 Lavern Barnes, Furman, 7.0
 1967 Bob Pabasevich, VMI, 7.1
 1968 Doug Griffith, William & Mary, 6.8
 1969 Doug Griffith, William & Mary, 6.9
 1970 Tom Malik, Furman, 7.0

70-Yard High Hurdles

1931 Speer, Washington & Lee, 9.0
 1932 Moreau, Louisiana State, 9.0
 1933 Finklestein, Washington & Lee, 8.9
 1934 Groover Everett, Virginia, 8.7
 1935 Groover Everett, Virginia, 9.0
 1936 Graham, North Carolina, 9.1
 1937 Rogers, Washington & Lee, 8.9
 1938 Hubert Reavis, Duke, 8.8
 1939 Whaley, Washington & Lee, 8.7
 1940 Bill Corpening, North Carolina, 8.5
 1941 Dave Mangum, North Carolina, 9.0
 1942 Warren Mengel, North Carolina, 8.9
 1949 Bill Albans, North Carolina, 8.6
 1950 Bill Albans, North Carolina, 8.6
 1951 Tommy Reaves, Duke, 8.9
 1952 John Carter, Maryland, 9.0
 1953 Joel Shankle, Duke, 8.9
 1954 John Mapp, VMI, 9.1
 1955 Carter Valentine, VMI, 8.9
 1956 Bob McCoy, Virginia Tech, 9.2
 1957 Jim Thacker, Richmond, 9.1

1958 Jerry Saunders, William & Mary, 9.2
 1959 Jerry Saunders, William & Mary, 9.2
 1960 Bob Diederich, William & Mary, 8.8
 1961 Bob Diederich, William & Mary, 8.7
 1962 Ed Hart, Furman, 8.8
 1963 Frank Loustalot, Furman, 8.6
 1964 Hank Cronin, VMI, 8.8

60-Yard High Hurdles

1930 Speer, Washington & Lee, 7.9
 1965 Shannon Dawson, Furman, 7.3
 1966 Lavern Barrs, Furman, 7.5
 1967 Doug Griffith, William & Mary, 7.4
 1968 Doug Griffith, William & Mary, 7.5
 1969 Doug Griffith, William & Mary, 7.4
 1970 Tom Malik, Furman, 7.6
 1971 Ray Sweetenburg, Davidson, 7.4
 1972 Charles Dobson, William & Mary, 7.5
 1973 Charles Dobson, William & Mary, 7.4
 1974 Jim Detwiler, Richmond, 7.4
 1975 Charles Dobson, William & Mary, 7.1
 1976 Marvin Rankin, East Carolina, 7.3
 1977 Marvin Rankin, East Carolina, 7.2
 1978 Tim Bridges, VMI, 7.5
 1979 Tim Bridges, VMI, 7.51
 1980 David Washington, VMI, 7.55
 1982 Bob McKay, ETSU, 7.45
 1984 Walt Foster, APP, 7.51
 1987 Walt Foster, APP, 7.36

55-Meter Hurdles

1981 Norman Gleaton, UTC, 7.2
 1983 Sylvester Davis, VMI, 7.3
 1985 Chris Havener, APP, 7.58
 1986 Andrew Stewart, VMI, 7.62
 1988 Greg Hatchett, VMI, 7.45
 1989 Greg Hatchett, VMI, 7.34
 1990 Lawrence Lloyd, APP, 7.68
 1991 Phil Watson, VMI, 7.54
 1992 Kedrick Ford, APP, 7.57
 1993 Malachi Jamison, ETSU, 7.64
 1994 Shawn Miller, WCU, 7.43
 1995 Delevantie Brown, ETSU, 7.40
 1996 Delevantie Brown, ETSU, 7.58
 1997 Joe Anwah, VMI, 7.65
 1998 Joe Anwah, VMI, 7.57
 1999 Omari Francis, APP, 7.61
 2000 Ryan Linebarger, APP, 7.58
 2001 Jeff Foy, VMI, 7.62
 2002 Ryan Linebarger, APP, 7.66
 2003 Jeff McKelvin, VMI, 7.75

60-Meter Hurdles

2004 Lawrence Briscoe, WCU, 8.26
 2005 Lawrence Briscoe, WCU, 8.20
 2006 Lawrence Briscoe, WCU, 8.05
 2007 Charles Derrickson, APP, 7.95
 2008 Daniel Neal, APP, 8.05
 2009 Christian Bethune, WCU, 8.25
 2010 Cordell Livingston, WCU, 8.10
 2011 Cordell Livingston, WCU, 8.11
 2012 AJ Dohanic, APP, 8:01
 2013 Stanley Broaden, APP, 7.90

Mile Relay

1930 Washington & Lee, 3:47.4
 1931 North Carolian, 3:38.6
 1932 North Carolina, 3:43.0
 1933 Duke, 3:36.2

Men's Individual Champions



- 1934 Maryland, 3:36.5
- 1935 Maryland, 3:34.6
- 1936 Maryland, 3:31.8
- 1937 North Carolina, 3:34.5
- 1938 Maryland, 3:29.7
- 1939 Maryland, 3:29.3
- 1940 Maryland, 3:31.4
- 1941 North Carolina, 3:30.8
- 1942 North Carolina, 3:28.5
- 1949 Maryland, 3:26.9
- 1950 Maryland, 3:31.1
- 1951 North Carolina, 3:32.9
- 1952 Duke, 3:29.9
- 1953 Maryland, 3:30.5
- 1954 VMI, 3:31.1
- 1955 VMI, 3:37.5
- 1956 Virginia Tech, 3:34.7
- 1957 Virginia Tech, 3:35.3
- 1958 William & Mary, 3:34.8
- 1959 VMI, 3:32.0
- 1960 The Citadel, 3:33.6
- 1961 The Citadel, 3:29.6
- 1962 VMI, 3:32.7
- 1963 Furman, 3:28.5
- 1964 Furman, 3:32.4
- 1965 VMI, 3:26.2
- 1966 VMI, 3:24.8
- 1967 William & Mary, 3:24.8
- 1968 William & Mary, 3:24.2
- 1969 William & Mary, 3:23.9
- 1970 Richmond, 3:20.9
- 1971 Furman, 3:27.4
- 1972 Furman, 3:25.7
- 1973 Furman, 3:25.4
- 1974 Furman, 3:23.9
- 1975 East Carolina, 3:23.4
- 1976 Furman, 3:23.1
- 1977 East Carolina, 3:21.5
- 1978 VMI, 3:23.0
- 1979 VMI, 3:14.91
- 1980 VMI, 3:13.35
- 1982 VMI, 3:15.73
- 1984 VMI, 3:11.71
- 1987 VMI, 3:16.83
- 1988 VMI, 3:1.37
- 1989 Appalachian State, 3:15.25
- 1991 Appalachian State, 3:17.90
- 1992 Marshall, 3:20.54
- 1993 Chattanooga, 3:25.25
- 1994 Appalachian State, 3:19.68
- 1995 Chattanooga, 3:17.45
- 1996 East Tennessee State, 3:21.60

1600-Meter Relay

- 1981 Marshall, 3:20.6
- 1983 VMI, 3:21.4
- 1985 VMI, 3:19.4
- 1986 Appalachian State, 3:18.15
- 1990 VMI, 3:18.61
- 1997 East Tennessee State, 3:17.19
- 1998 East Tennessee State, 3:16.79
- 1999 VMI, 3:24.85
- 2000 Western Carolina, 3:14.40
- 2001 VMI, 3:16.23
- 2002 Appalachian State, 3:16.35
- 2003 The Citadel, 3:16.34
- 2004 Western Carolina, 3:14.61

4x400-Meter Relay

- 2006 Appalachian State, 3:21.29
- 2007 Western Carolina, 3:23.58
- 2008 Western Carolina, 3:22.59
- 2009 Western Carolina, 3:19.60
- 2010 Western Carolina, 3:18.18
- 2011 The Citadel, 3:17.76
- 2012 Western Carolina, 3:15.08

Two-Mile Relay

- 1970 East Carolina 7:53.8
- 1971 Furman, 7:50.3
- 1972 William & Mary, 7:53.1
- 1973 William & Mary, 7:56.0
- 1974 William & Mary, 7:42.1
- 1975 William & Mary, 7:49.1
- 1976 Furman, 7:52.3
- 1977 Furman, 7:45.3
- 1979 East Tennessee State, 7:41.3
- 1980 East Tennessee State, 7:46.84
- 1984 VMI, 7:49.26
- 1987 VMI, 7:43.12
- 1989 Appalachian State, 7:47.70
- 1990 VMI, 7:52.59
- 1991 VMI, 7:42.22
- 1992 East Tennessee State, 7:47.75
- 1993 Chattanooga, 7:58.4

3,200-Meter Relay

- 1981 East Tennessee State, 7:48.2
- 1985 Appalachian State, 7:52.63
- 1986 VMI, 7:53.62

Distance Medley Relay

- 1980 East Tennessee State, 10:07.21
- 1981 East Tennessee State, 10:04.5
- 1982 East Tennessee State, 9:59.35
- 1983 Appalachian State, 10:10.98
- 1986 East Tennessee State, 10:08.17
- 1994 East Tennessee State, 10:18.64
- 1995 East Tennessee State, 10:17.78
- 1996 Chattanooga, 10:27.4
- 1997 East Tennessee State, 10:17.76
- 1998 Chattanooga, 10:15.97
- 1999 Chattanooga, 10:28.27
- 2000 Chattanooga, 10:15.88
- 2001 Appalachian State, 10:20.20
- 2002 Appalachian State, 10:13.20
- 2003 Western Carolina, 10:07.84
- 2004 UNCG, 10:11.00
- 2005 Chattanooga, 10:14.83
- 2006 Western Carolina, 10:05.02
- 2007 Appalachian State, 10:19.14
- 2008 Appalachian State, 10:18.42
- 2009 Appalachian State, 10:16.38
- 2010 Appalachian State, 10:09.92
- 2011 Chattanooga, 10:15.20
- 2012 UNCG, 9:59.73
- 2013 Appalachian State, 10:05.77

Long Jump

- 1930 Ed Hamm, Georgia Tech, 22'7"
- 1931 Bob Fulmer, Duke, 22'8¹/₄"
- 1932 Owens, Georgia, 23'7¹/₄"
- 1933 Bob Fulmer, Duke, 22'3"
- 1934 Bill Hubbard, North Carolina, 21'9¹/₄"
- 1935 Bill Hubbard, North Carolina, 23'8¹/₄"
- 1936 Hanes, Duke, 22'1¹/₄"
- 1937 Myers, Duke, 22'4"

- 1938 Bill Corpening, North Carolina, 21'10³/₄"
- 1939 Bill Corpening, North Carolina, 22'11"
- 1940 Bill Corpening, North Carolina, 22'7¹/₄"
- 1941 Ernie Vail, Duke, 22'7¹/₄"
- 1942 Percy Ashby, North Carolina, 22'1"
- 1949 Bill Albans, North Carolina, 22'2³/₄"
- 1950 Bill Albans, North Carolina, 22'8¹/₂"
- 1951 Henry Poss, Duke, 22'5³/₄"
- 1952 Francis Nichols, Duke, 21'5³/₄"
- 1953 Joel Shankle, 22'6¹/₄"
- 1954 Dale Vaughn, VMI, 22'6"
- 1955 Dale Vaughn, VMI, 22'8¹/₄"
- 1956 George Riggs, Richmond, 22'3"
- 1957 Johnny McLeod, VMI, 22'4"
- 1958 Johnny McLeod, VMI, 22'6¹/₄"
- 1959 Jim Nichols, Virginia Tech, 23'1"
- 1960 Bill Elliot, The Citadel, 21'5¹/₂"
- 1961 Jackie Taylor, VMI, 22'2"
- 1962 Howard Melton, Virginia Tech, 22'2¹/₄"
- 1963 Mike Watson, The Citadel, 22'2¹/₂"
- 1964 Will Bowden, The Citadel, 22'2¹/₂"
- 1965 Jim Sherrard, VMI, 23'3¹/₂"
- 1966 John Prentice, William & Mary, 22'9"
- 1967 John Decher, VMI, 23'4¹/₂"
- 1968 Ed Whyte, East Carolina, 23'4"
- 1969 Tony Rolfe, VMI, 22'8"
- 1970 Walter Davenport, East Carolina, 23'5¹/₂"
- 1971 Larry Malone, East Carolina, 23'1¹/₄"
- 1972 Norm Williams, Richmond, 22'10"
- 1973 Walter Davenport, East Carolina, 23'1¹/₄"
- 1974 Bill Williams, Richmond, 23'1¹/₂"
- 1975 Andre Gibson, VMI, 23'5¹/₄"
- 1976 George Jackson, East Carolina, 23'5"
- 1977 Andre Gibson, VMI, 24'4"
- 1978 Andre Gibson, VMI, 23'9"
- 1979 Malcolm Grimes, VMI, 24'10¹/₂"
- 1980 Eugene Scott, VMI, 24'5¹/₄"
- 1981 Robbie Mosley, APP, 22'9¹/₂"
- 1982 Robbie Mosley, APP, 23'8¹/₂"
- 1983 Anthony Janes, WCU, 23'8"
- 1984 Kevin Mitchell, VMI, 23'9¹/₂"
- 1985 Terry Fortune, VMI, 23'3¹/₄"
- 1986 Michael Hanks, APP, 24'4¹/₂"
- 1987 Michael Hanks, APP, 25'1¹/₄"
- 1988 Greg Hatchett, VMI, 24'11"
- 1989 Greg Hatchett, VMI, 24'10"
- 1990 Greg Hatchett, VMI, 24'9"
- 1991 Estaban Frost, VMI, 24'2¹/₂"
- 1992 Linell Johnson, APP, 24'3¹/₄"
- 1993 Shawn Miller, WCU, 23'10¹/₂"
- 1994 Shawn Miller, WCU, 23'11¹/₄"
- 1995 Damon Richardson, VMI, 24'11¹/₂"
- 1996 Andrew Wilhite, Marshall, 23'10¹/₂"
- 1997 Andrew Wilhite, Marshall, 7.11m
- 1998 Darrius Jackson, VMI, 7.39m
- 1999 Charles Mahatha, APP, 24'7.0"
- 2000 Damion McLean, APP, 24'5.75"
- 2001 Marcus Lynch, VMI, 25'1.75"
- 2002 Charvin Clark, ETSU, 25'0.5"
- 2003 Holt McPherson, APP, 7.50m
- 2004 Justin Davis, WCU, 7.41m
- 2005 Joel Gaddy, APP, 7.09m
- 2006 Mark Sturgis, APP, 6.96m
- 2007 Ricky Harris, APP, 7.19m
- 2008 Joel Gaddy, APP, 7.05m
- 2009 Buster Skrine, UTC, 6.94m
- 2010 Kevin Hardy, The Citadel, 7.23m
- 2011 Lawren Willard, WCU, 7.59m
- 2012 Bob McNeil, WCU, 7.25m
- 2013 Steven Bastien, SAM, 23'7¹/₄"

Men's Individual Champions

Triple Jump

1970	Bud Tamea, William & Mary, 46'4¾"
1971	Larry Wilkerson, East Carolina, 47'6½"
1972	Walter Davenport, East Carolina, 48'6¼"
1973	Walter Davenport, East Carolina, 49'11"
1974	Preston Smith, Furman, 47'8¾"
1975	John Jones, William & Mary, 49'8¾"
1976	Carl Anderson, Furman, 49'¾"
1977	Malcolm Grimes, VMI, 51'¼"
1978	Malcom Grimes, VMI, 49'5¼"
1979	Eugene Scott, VMI, 51'3"
1980	Robbie Mosley, APP, 50'6½"
1981	Robbie Mosley, APP, 50'5"
1982	Robbie Mosley, APP, 51'5"
1983	Ron Abbit, VMI, 49'½"
1984	Ron Abbit, VMI, 50'2"
1985	Carl Harris, APP, 49'4"
1986	Michael Hanks, APP, 51'10½"
1987	Michael Hanks, APP, 50'10¼"
1988	Warren Posey, APP, 52'10¼"
1989	Warren Posey, APP, 51'7"
1990	Jonathan Fuller, APP, 49'1¼"
1991	Rodney Edwards, VMI, 49'11"
1992	Linell Johnson, APP, 48'11¾"
1993	Shawn Miller, WCU, 48'2¾"
1994	Reggie Allison, WCU, 48'7"
1995	Robert Johnson, APP, 51'½"
1996	Obi Ezekwe, VMI, 48'1¾"
1997	Obi Ezekwe, VMI, 15.22m
1998	Obi Ezekwe, VMI, 14.77m
1999	Charles Mahatha, APP, 48'6.75"
2000	Charles Mahatha, APP, 51'3.75"
2001	Keith Jenkins, APP, 48'3.5"
2002	Kevin Solomon, VMI, 48'3.25"
2003	Kevin Solomon, VMI, 14.65m
2004	Gerald Foreman, APP, 14.79m
2005	Mark Sturgis, APP, 14.73m
2006	Mark Sturgis, APP, 15.22m
2007	Joel Gaddy, APP, 14.73m
2008	Joel Gaddy, APP, 15.54m
2009	Mark Sturgis, APP, 15.25m
2010	Alex Dollard, WCU, 14.29m
2011	Jamal Tiller, APP, 15.59m
2012	Bob McNeil, WCU, 15.08m
2013	Jamal Tiller, APP, 15.71m

High Jump

1930	Bagby, North Carolina & Bostick, South Carolina, 5'11¼"
1931	Bagby, North Carolina, 5'10¼"
1932	D. David, Georgia, 5'11½"
1933	Lloyd Turner, Virginia Tech, 6'0"
1934	Craig, South Carolina & Reid, North Carolina, 5'10¼"
1935	Wilkins, Virginia and Myers, Duke, 5'11"
1936	Dayton, Virginia, 5'11"
1937	Ed Miller, Maryland, 6'½"
1938	Ed Miller, Maryland, 6'¾"
1939	Bill Corpening, North Carolina, 6'1"
1940	Bill Corpening, North Carolina, 6'3"
1941	Wilmington, Duke, 6'1"
1942	Duke Alexander, Maryland, 5'11¼"
1949	Bill Albans, North Carolina, 6'4"
1950	Jack Moody, North Carolina, 6'4"
1951	Jack Moody, North Carolina, 6'3"
1952	Dick Lentz, Maryland & Ben Lankford, Virginia Tech, 6'2"
1953	Ben Lankford, Virginia Tech, 6'5"
1954	Ben Lankford, Virginia Tech, 6'3"

1955	Dale Vaughn, VMI, 5'11½"
1956	Bob Bales, William & Mary, 6'2¾"
1957	Bob Storm, William & Mary, 6'2½"
1958	Bob Storm, William & Mary, 6'3½"
1959	Bob Storm, William & Mary & Roland, Phillips, VMI, 6'2"
1960	Howard Moss, VMI & Roland Phillips, VMI, 6'½"
1961	Tony Entyre, Furman, 6'2"
1962	Tom Miller, The Citadel & Keith Frazer, Davidson, 6'0"
1963	Bill Jeffries, William & Mary, 6'1¾"
1964	Maurice Moone, West Virginia, 6'4¼"
1965	Frank Saier, Furman, 6'6½"
1966	Jim Jancaitis, William & Mary, 6'4"
1967	Colin Campbell, VMI, 6'5"
1968	Bruce Dallas, William & Mary, 6'5"
1969	Bruce Dallas, William & Mary, 6'4½"
1970	Bruce Dallas, William & Mary, 6'7"
1971	Fred Toepke, William & Mary
1972	Roy Quick, East Carolina, 6'6½"
1973	Fred Toepke, William & Mary 6'8"
1974	Alphonso Irving, William & Mary, 6'8"
1975	John Schilling, William & Mary, 6'10"
1976	John Schilling, William & Mary, 6'8"
1977	John Schilling, William & Mary, 6'10"
1978	Bob Terry, APP, 6'8"
1979	Bob Jacobs, The Citadel, 6'10"
1980	Bob Terry, APP, 6'8"
1981	Jim Moore, VMI, 6'8"
1982	Jim Moore, VMI, 6'9"
1983	Dale Davis, VMI, 7'0"
1984	Charles Mack, APP, 6'10"
1985	Henry Ingram, VMI, 6'10"
1986	Sam Cunnigham, APP, 7'0"
1987	Sam Cunningham, APP, 6'9½"
1988	Garrett Thompson, VMI, 6'8½"
1989	Kevin Orr, Marshall, 6'7½"
1990	Kevin McCluney, VMI, 6'8"
1991	Kevin McCluney, VMI, 6'9½"
1992	Jon Fullen, APP, 6'11"
1993	Shawn Miller, WCU, 6'9¾"
1994	Shawn Miller, WCU, 6'10¾"
1995	Jamie Burgess, Marshall, 6'8¾"
1996	Dan Ritchey, Marshall, 6'9¾"
1997	Mike Kroeger, APP, 2.08m
1998	Cory Cooper, WCU, 2.07m
1999	Eric McClary, Citadel, 6'9.75"
2000	Eric McClary, Citadel, 7'1.5"
2001	Jason Farr, ETSU, 6'9"
2002	Garrett Brickner, VMI, 6'8"
2003	Garrett Brickner, VMI, 2.08m
2004	Lawrence Briscoe, WCU, 2.00m
2005	Michael Estes, ETSU, 1.97m
2006	Ricky Harris, APP, 1.98m
2007	Matt Evans, WCU, 2.03m
2008	Daniel Joseph, WCU, 1.95m
2009	Matt Evans, WCU, 2.11m
2010	Matt Evans, WCU, 2.09m
2011	Darius Purcell, APP, 2.18m
2012	Darius Purcell, APP, 2.20m
2013	Bob Elliott II, SAM, 2.03m

Pole Vault

1930	Arnold, North Carolina, 12'7¾"
1931	Ray Ruble, North Carolina, 12'11¾"
1932	Don Zimmerman, Tulane, 13'3¼"
1933	Ron Smith, North Carolina, 12'4¼"
1934	Jackson, North Carolina, 11'10"

1935	Joe Leidy, Duke, 12'6"
1936	Huber Moore, Duke, 12'¾"
1937	Huber Moore, Duke, 12'11"
1938	Sample, Davidson, 12'2"
1939	Montford, Duke, 12'2"
1940	Montford, Duke McLeod, North Carolina & Chambers, Duke, 12'6"
1941	Ralph Fennell, Clemson, 12'6"
1942	Ralph Fennell, Clemson, 12'10"
1949	J.T. Colvin, Duke, 12'4"
1950	Bob Conner, Duke, 11'6"
1951	Bob Conner, Duke, 13'1½"
1952	Jerry Cates, Duke, 12'6"
1953	Jerry Cates, Duke George Butler, Maryland Mel Schwartz, North Carolina Sam Jordan, North Carolina Billy Duke, North Carolina & T.J. Roberts, Virginia Tech, 12'10"
1954	T.J. Roberts, Virginia Tech, 12'7"
1955	Tommy Theodose, Richmond, 11'6"
1956	Dave Tork, West Virginia, 13'2¼"
1957	Dave Tork, West Virginia, 13'0"
1958	Dave Tork, West Virginia, 13'8¾"
1959	Bill Spengler, Virginia Tech, 12'9"
1960	Lowry Miller, Richmond Tom Metsker, The Citadel & Ron Henry, William & Mary, 12'8"
1961	Bill Keel, Furman, 13'10"
1962	Bill Keel, Furman, 14'4"
1963	Bill Keel, Furman, 13'0"
1964	Ed Zuraw, West Virginia, 13'6"
1965	Jack Carter, West Virginia, 14'5½"
1966	Jack Carter, West Virginia, 15'6¼"
1967	Dan Tyson, Furman, 15'4"
1968	Dan Tyson, Furman, 15'9½"
1969	Gorson Williams, VMI, 13'6"
1970	Charles Strode, William & Mary, 15'0"
1971	Charles Strode, William & Mary, 15'6"
1972	Charles Strode, William & Mary, 15'6"
1973	Richard McDuffie, East Carolina, 14'6"
1974	Gary McCall, Furman, 15'0"
1975	Doug Becker, Furman, 15'0"
1976	Dave Lipinski, William & Mary, 14'6"
1977	Dave Lipinski, William & Mary, 15'0"
1977	David Ward, APP, 15'6"
1978	David Ward, APP, 15'6"
1979	Lynn Lomax, APP, 15'0"
1980	Bill Powers, Marshall, 15'0"
1981	Lynn Lomax, APP, 15'0"
1982	Ken Crwoder, VMI, 15'6"
1983	Ken Crowder, VMI, 15'6"
1984	Robert Patterson, APP, 15'1"
1985	Mike Cook, VMI, 14'0"
1986	Eric Faison, VMI, 14'0"
1987	Chris Gerber, Marshall, 14'5½"
1988	Scott Jones, Marshall, 15'6"
1989	Mick Schell, APP, 15'4¼"
1990	Gary Hall, APP, 15'7¼"
1991	Stephen Manns, Marshall, 15'5¾"
1992	Keith Peloquin, VMI, 15'10"
1993	Jeff Capss, WCU, 14'6"
1994	Joe Dobson, VMI, 16'¾"
1995	Phil Alicea, VMI, 15'7"
1996	Todd Poremba, APP, 16'1"
1997	Jeff Fitzgerald, APP, 4.62m
1998	Todd Poremba, APP, 5.06m
1999	Tom Thomas, WCU, 15'5.5"

Men's Individual Champions



2000 Tim Thomas, WCU, 15'11.¼"
2001 J.B. Rosson, VMI, 15'5.5"
2002 Charles Rice, WCU, 16'3.25"
2003 Sean Heaston, WCU, 4.72m
2004 Wes Willoughby, WCU, 4.60m
2005 Dan Queen, APP, 4.90m
2006 Barron Shell, APP, 4.71m
2007 Barron Shell, APP, 4.56m
2008 Mike Wilson, APP, 4.70m
2009 Patrick Wells, SAM, 4.75m
2010 Michael Seaman, SAM, 5.07m
2011 Michael Seaman, SAM, 4.95m
2012 Michael Seaman, SAM, 5.45m
2013 Ryan Cook, SAM, 4.89m

Shot Put

1930 McDonald, Maryland, 42'10½"
1931 Coleman, Auburn, 46'½"
1932 Swart, Virginia Tech, 45'7¼"
1933 George Coles, Virginia, 46'¼"
1934 George Coles, Virginia, 45'10¾"
1935 L. Williams, Duke, 43'5½"
1936 M. Williams, Duke, 45'4"
1937 Dick Strickler, VMI, 43'10"
1938 Bill Fischer, Duke, 44'3"
1939 Larry Craig, South, 45'10"
1940 Steve Lach, Duke, 46'3½"
1941 Steve Lach, Duke, 46'11"
1942 Steve Lach, Duke, 47'6½"
1949 Jim O'Leary, Duke, 47'4½"
1950 Jack Unterkofler, Maryland, 49'7¾"
1951 Jack Unterkofler, Maryland, 46'11½"
1952 Jack Unterkofler, Maryland, 46'9"
1953 Durham Lawshe, Duke, 48'11"
1954 Don Carter, VMI, 46'11"
1955 Don Carter, VMI, 47'10½"
1956 Mike Blake, West Virginia, 44'7½"
1957 Jerry Vaughn, Richmond, 46'2"
1958 Len Muse, Virginia Tech, 47'3¾"
1959 Ken Garrett, Furman, 48'6"
1960 Ken Garrett, Furman, 53'8¾"
1961 Bill Ventura, Richmond, 48'8½"
1962 Pete Bracken, William & Mary, 51'6½"
1963 Eddie Moore, Furman, 51'¼"
1964 Jim Karwoski, West Virginia, 50'5"
1965 Roger Bates, William & Mary, 51'8½"
1966 Steve Whaley, West Virginia, 50'3¾"
1967 Nick Byrne, William & Mary, 47'11¼"
1968 Dennis Moody, East Carolina, 50'10"
1969 Ed Watkins, The Citadel, 49'4"
1970 Dennis Cambal, William & Mary, 49'8¾"
1971 Dennis Cambal, William & Mary, 49'10"
1972 Bill Dimitrouleas, Furman, 50'8¾"
1973 Bill Dimitrouleas, Furman, 52'3¾"
1974 Tom Watson, East Carolina, 52'1¼"
1975 Brad Hiles, Furman, 51'5"
1976 Drexel George, William & Mary, 54'½"
1977 Drexel George, William & Mary, 53'2"
1978 Joe Johns, Marshall, 54'6½"
1979 Joe Johns, Marshall, 55'¼"
1980 Cosmo Tocci, The Citadel, 56'5"
1981 Rudy Cebula, Marshall, 53'6"
1982 Shaun McWhorter, Marshall, 52'6"
1983 Shaun McWhorter, Marshall, 53'1"
1984 Shaun McWhorter, Marshall, 52'11"
1985 Steve Schultz, APP, 51'11"
1986 Fred Ryna, Marshall, 51'8½"
1987 Steve Jack, APP, 51'9½"
1988 Leigh Hawkins, APP, 51'6"

1989 Leigh Hawkins, APP, 52'4¾"
1990 Mike Naifeh, VMI, 53'10"
1991 Mike Naifeh, VMI, 53'1"
1992 Frank Boehling, VMI, 52'5½"
1993 Carey Cash, The Citadel, 52'¼"
1994 Frank Boehling, VMI, 50'10¾"
1995 Ryan Early, VMI, 52'8¾"
1996 Ryan Early, VMI, 55'2¼"
1997 John Maynard, Marshall, 15.90m
1998 Jordan Brandon, VMI, 16.46m
1999 Phillip Johnson, WCU, 51'1.75"
2000 Jeb Hall, WCU, 52'1.75"
2001 Quentin Armstrong, Citadel, 49'6.5"
2002 Bob Smith, APP, 53'5.5"
2003 Anthony Greer, APP, 15.76m
2004 Bob Smith, APP, 16.60m
2005 Anthony Greer, APP, 16.68m
2006 Anthony Greer, APP, 15.63m
2007 Wes Kiser, APP, 15.56m
2008 Patrick Morris, WCU, 15.32m
2009 Malcolm Styers, APP, 16.56m
2010 Malcolm Styers, APP, 16.29m
2011 Jerod Gardner, APP, 16.67m
2012 Jared Stalling, APP, 16.97m
2013 Jared Stalling, APP, 15.98m

35-LB Weight Throw

1973 Bill Dimitrouleas, Furman, 51'1½"
1974 Dan Utley, Furman, 45'9½"
1975 Tom Watson, William & Mary, 47'1"
1976 Drexel George, William & Mary, 52'3"
1977 Drexel George, William & Mary, 49'3½"
1978 Doug Wertz, The Citadel, 47'8½"
1979 Pat McCarthy, VMI, 47'8¾"
1980 Oscho Ruffy, APP, 54'1¼"
1981 Oscho Ruffy, APP, 58'2¼"
1982 Jay Lasek, VMI, 52'3½"
1983 John Shannon, VMI, 54'10½"
1984 Sheldon Johnson, VMI, 61'2½"
1985 Steve Jack, APP, 56'9½"
1986 Sheldon Johnson, VMI, 59'2"
1987 Steve Jack, APP, 51'9½"
1988 Leigh Hawkins, APP, 54'1¼"
1989 Leigh Hawkins, APP, 51'¾"
1990 Kenny Kovac, VMI, 54'9"
1991 Marcin Allison, WCU, 54'4"
1992 Rob Grant, APP, 53'9"
1993 Fritz Ligday, VMI, 55'5½"
1994 Rich Grant, APP, 57'2½"
1995 Rich Grant, APP, 58'9"
1996 John Maynard, Marshall, 55'5½"
1997 Rich Latta, APP, 18.36m
1998 Phillip Johnson, WCU, 18.26m
1999 Phillip Johnson, WCU, 61'2.25"
2000 John Chisholm, VMI, 60'3"
2001 John Chisholm, VMI, 61'8.5"
2002 Bob Smith, APP, 59'11.25"
2003 Daniel Duckworth, APP, 17.71m
2004 Bob Smith, APP, 18.72m
2005 Anthony Greer, APP, 17.11m
2006 Anthony Greer, APP, 17.60m
2007 Wes Kiser, APP, 17.63m
2008 Wes Kiser, APP, 18.61m
2009 Malcolm Styers, APP, 16.56m
2010 Malcolm Styers, APP, 18.54m
2011 Malcolm Styers, APP, 18.96m
2012 Kyle Kirby, SAM, 19.23m
2013 Jared Stalling, APP, 61'9½"

Heptathlon

2004 Dan Queen, APP, 4,571
2005 Dustin Wright, APP, 4,581
2006 Josh Cox, APP, 4,602
2007 Matt Harlfinger, WCU, 4,620
2008 Matt Boruff, APP, 4,720
2009 Matt Boruff, APP, 5,021
2010 Matt Evans, WCU, 4,998
2011 Brandon Bassett, SAM, 5,063
2012 Bo Ackerson-Gilroy, SAM, 5,127
2013 Steven Bastien, SAM, 4,916

2009

60-Meter Dash

Dennis Moore, Appalachian State
 Brian Sutherland, Chattanooga
 Kevin Hardy, The Citadel

200-Meter Dash

Dennis Moore, Appalachian State
 Benny Davis, Western Carolina

400-Meter Dash

Benny Davis, Western Carolina

800-Meter Run

Lee Gilmer, Furman
 Chris Moen, Appalachian State

Mile Run

Chris Moen, Appalachian State
 Joey Thompson, UNCG
 Josh Vasquez, Chattanooga

3,000-Meter Run

Chris Berry - Chattanooga
 Joey Thompson, UNCG
 Sean Soderman, Appalachian State

5,000-Meter Run

Chris Berry, Chattanooga
 Sean Soderman, Appalachian State
 Josey Weaver, Western Carolina

60-Meter Hurdles

Cavan Corcoran, Samford
 Christopher Graham, The Citadel

High Jump

Darius Purcell, Appalachian State
 Donald Cooper, Samford
 Aaron Overton, The Citadel

Long Jump

Kevin Hardy, The Citadel
 Cornelius Williams, Western Carolina
 Mike Pope, Appalachian State

Triple Jump

Cornelius Williams, Western Carolina
 Matt Pflingst, Appalachian State
 Mike Pope, Appalachian State

Shot Put

Jared Stalling, Appalachian State

Weight Throw

Jared Stalling, Appalachian State

Heptathlon

Donald Cooper, Samford
 Matt Pflingst, Appalachian State

2010

60-Meter Dash

Landon Powell - Appalachian State
 Brandon Hairston - Western Carolina

200-Meter Dash

Cordell Livingston - Western Carolina
 Landon Powell - Appalachian State
 Brandon Hairston - Western Carolina

400-Meter Dash

Bruson Miller - The Citadel
 Brandon Hairston - Western Carolina
 Zac Corder - Samford

800-Meter Run

Alex Taylor - Appalachian State

Mile Run

Alex Taylor - Appalachian State
 Garrett West - Western Carolina
 Lucas Cotter - Chattanooga

3,000-Meter Run

Atom Young - The Citadel
 Ben Canipe - The Citadel

5,000-Meter Run

Mike Koech - UNCG
 Demetrios Pagonis - Davidson
 Vincent Weir - Davidson

60-Meter Hurdles

Cordell Livingston - Western Carolina
 Trey Jones - Appalachian State

Bo Ackerson-Gilroy - Samford

High Jump

Bo Ackerson-Gilroy - Samford
 Collin Reber - Appalachian State
 Brad Triplett - Appalachian State

Long Jump

Cordell Livingston - Western Carolina
 Lawren Willard - Western Carolina
 Brandon Bassett - Samford

Triple Jump

Cordell Livingston - Western Carolina
 Lawren Willard - Western Carolina
 Brandon Bassett - Samford

Shot Put

Scott Des Marais - Furman
 Brian McCracken - Wofford

Pole Vault

Ryan Cook - Samford
 Brandon Bassett - Samford

Heptathlon

Bo Ackerson-Gilroy - Samford
 Brandon Bassett - Samford

2011

60-Meter Dash

Justin Emerson - Samford
 Ron Duncan - Western Carolina
 Tim Smith - The Citadel

200-Meter Dash

Ron Duncan - Western Carolina
 Aaron Tribble - Western Carolina
 Sidney Rhodes - Western Carolina

400-Meter Dash

Blane Woodfin - The Citadel
 Sidney Rhodes - Western Carolina
 Aaron Tribble - Western Carolina

800-Meter Run

Andrew Lantz - Davidson
 Henry Stevens-Carty - Samford
 James Perez - Furman

Mile Run

Layton Dorsett - Samford
 Nathan Wanuch - Chattanooga
 Kyle McLarty - Chattanooga

3,000-Meter Run

Nathan Wanuch - Chattanooga
 Tyler Greathouse - Furman
 Kenny Hinman - UNCG

5,000-Meter Run

Paul Katam - UNCG
 Layton Dorsett - Davidson
 Kenny Hinman - UNCG

60-Meter Hurdles

Tyler Bentley - Western Carolina
 Chris Sievert - The Citadel
 Sam Lusty - Western Carolina

High Jump

Bob Elliot, II - Samford
 Tyler Kemp - Samford
 Jordan Orr - Western Carolina

Long Jump

Bob McNeil - Western Carolina
 Jamal Tiller - Appalachian State
 Tim Smith - The Citadel

Triple Jump

Jamal Tiller - Appalachian State
 Bob McNeil - Western Carolina
 Justin Strickland - Western Carolina

Shot Put

Cameron McRae - Western Carolina
 Jonathan Newton - Western Carolina
 Dylan Gidado - The Citadel

Pole Vault

David Melton - The Citadel
 Landon Hunt - Appalachian State
 Mark Boozer - The Citadel

Weight Throw

Cameron McRae - Western Carolina
 Dylan Gidado - The Citadel
 Jonathan Newton - Western Carolina

Heptathlon

Sam Lusty - Western Carolina
 Tyler Bentley - Western Carolina

2012

200-Meter Dash

Jeffery Hendricks - Western Carolina
 Demari Boswell - Western Carolina
 Carson Priest - Furman

400-Meter Dash

Demari Boswell - Western Carolina
 David Riddleberger - Appalachian St.
 Dezerick Frazier - Chattanooga

800-Meter Run

William Ivey - Furman
 Michael Brewer - The Citadel
 Wesley Laytham - Davidson

Mile Run

Tripp Hurt - Furman
 Sal del Guidice - Davidson
 Patrick O'Brien - Chattanooga

3,000-Meter Run

Abraham Kemboi - UNCG
 Hunter McGahee - Wofford
 Patrick O'Brien - Chattanooga

5,000-Meter Run

Henry Falotico - Davidson
 Travis Alfaro - Western Carolina
 Dylan Belles - UNCG

60-Meter Hurdles

Stanley Broaden - Appalachian State
 Abraham Faison - Western Carolina
 Marquis Bailey - Western Carolina

High Jump

Daryl Saunders - Appalachian State

Long Jump

Abraham Faison - Western Carolina

Triple Jump

Abraham Faison - Western Carolina

Shot Put

Nick Sansota - Appalachian State

Pole Vault

Cory Sears - Samford
 Jacob Stowe - Appalachian State
 Ian Aikman - The Citadel

Weight Throw

Nick Sansota - Appalachian State

Heptathlon

Josh Davies - Samford
 Cody Russell - Samford
 Kyle Bernier - Western Carolina

2013

60m Dash

Jermaine Lewis - Western Carolina
 Marshall McRae - Appalachian State
 Chris Armfield - Wofford

60m Hurdles

Iman Isang - Chattanooga
 Darius Johnson - The Citadel

200m Dash

Marshall McRae - Appalachian State
 Trey Edgerton - Appalachian State
 Chris Armfield - Wofford

400m Dash

Cole Warren - Furman
 Tevin Williams - The Citadel
 Trey Edgerton - Appalachian State

800m Run

Marquis Carter - Chattanooga
 Trevor Janssen - Chattanooga
 Adam Jones - Samford

Mile Run

Brandon Hazouri - Samford

3000m Run

Daniel Samet - Davidson
 Josh Crawford

5000m Run

Paul Stuart - Chattanooga
 Daniel Samet - Davidson
 Ryan Doyle - Wofford

Weight Throw

Jared Johnson - Western Carolina
 Brian Hill - Samford
 John Leonard - Appalachian State

High Jump

Christian Carswell - Western Carolina
 Cole Finch - Appalachian State
 Xzavier Killings - Davidson

Pole Vault

Steven Bastien - Samford
 Patrick Quinn - Appalachian State

Long Jump

Steven Bastien - Samford

Shot Put

Jared Johnson - Western Carolina
 John Leonard - Appalachian State

Triple Jump

Henry Bustle - Appalachian State
 Tevin Johnson - Wofford

Heptathlon

Steven Bastien - Samford
 Dustin Triplett - Western Carolina

Women's Records and Individual Honors



Women's Indoor Championship Records

Event	Mark	Conversion	Athlete	Year
55m Dash	6.82		Lamonda Miller, Appalachian State	1989
60m Dash	7.43		Nicole Brown, Georgia Southern	2005
	7.43		Tayla Carter, Western Carolina	2013
200m Dash	23.84		Lamonda Miller, Appalachian State	1989
400m Dash	54.61		Felisha Garren, Western Carolina	2012
800m Run	2:08.40		Mary Jayne Harrelson, Appalachian State	2001
Mile Run	4:46.42		Ashley Schnell, UNCG	2012
3,000m Run	9:34.10		Shannon Wommack, Chattanooga	2006
5,000m Run	16:39.47		Dena O'Brien, College of Charleston	2012
55m Hurdles	7.86		Ronda White, Appalachian State	2003
60m Hurdles	8.48		Ronda White, Appalachian State	2004
Long Jump	6.21m	(20-4.50)	Von Ross, Western Carolina	1993
Triple Jump	13.30m	(43-7.75)	Taniesha Robinson, East Tennessee State	1999
	13.30m	(43-7.75)	Ronda White, Appalachian State	2004
High Jump	1.81m	(5-11.25)	Kristen Meister, Davidson	2007
Shot Put	16.61m	(54-6.00)	Angie Barker, East Tennessee State	1988
Pole Vault	4.05m	(13-3.50)	Claire Goodson, Samford	2012
20-Pound Weight	19.54m	(64-1.29)	Chakosha Lance, College of Charleston	2006
Mile Relay	3:44.98		Western Carolina	2012
			(Shiniqua Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren)	
Distance Medley	11:43.99		UNCG	2012
			(Chelsea Sumney, Kerry Hartman, Shaina Sumney, Ashley Schnell)	
Pentathlon	3,754		Kellie Mitchell, Georgia Southern	2004

Past Champions

Year	Site	Champion	Year	Site	Champion
1988	Johnson City, Tenn.	Appalachian State	2001	Johnson City, Tenn.	Appalachian State
1989	Johnson City, Tenn.	Appalachian State	2002	Johnson City, Tenn.	Appalachian State
1990	Lexington, Va.	Appalachian State	2003	Johnson City, Tenn.	Appalachian State
1991	Johnson City, Tenn.	Appalachian State	2004	Johnson City, Tenn.	Appalachian State
1992	Johnson City, Tenn.	Appalachian State	2005	Johnson City, Tenn.	Appalachian State
1993	Lexington, Va.	Appalachian State	2006	Clemson, S.C.	Appalachian State
1994	Johnson City, Tenn.	Appalachian State	2007	Clemson, S.C.	Appalachian State
1995	Johnson City, Tenn.	East Tennessee State	2008	Clemson, S.C.	Western Carolina
1996	Lexington, Va.	Western Carolina	2009	Clemson, S.C.	Appalachian State
1997	Johnson City, Tenn.	Western Carolina	2010	Clemson, S.C.	Western Carolina
1998	Johnson City, Tenn.	Chattanooga	2011	Clemson, S.C.	Appalachian State
1999	Johnson City, Tenn.	Western Carolina	2012	Birmingham, Ala	Appalachian State
2000	Lexington, Va.	Western Carolina	2013	Winston-Salem, N.C.	Western Carolina

Women's Southern Conference Honors

Athlete of the Week

2001		2007		2011	
Jan. 17	Roselin Addo, East Tennessee State	Jan. 18	Vonteena Knotts, Appalachian State	Jan. 26	Jane't Carothers, Western Carolina (Track)
Jan. 24	Tyleanna Hanner, Chattanooga	Jan. 23	Lanni Marchant, Chattanooga		Chanelle Terry, Samford (Field)
Jan. 31	Roselin Addo, East Tennessee State	Jan. 31	Brenna Burns, Davidson	Feb. 2	Breanna Alston, Appalachian State (Track)
Feb. 7	Mary Jayne Harrelson, Appalachian State		Raquel Ramseur, Western Carolina		Cassie Crawford, Appalachian State (Field)
Feb. 14	Kristen Bowden, Appalachian State	Feb. 7	Lanni Marchant, Chattanooga	Feb. 9	Dena O'Brien, College of Charleston (Co-Track)
		Feb. 14	Stephanie McNeill, The Citadel		Ashley Schnell, UNCG (Co-Track)
2002		2008		Feb. 16	Bianca Harvey, Appalachian State (Field)
Jan. 16	Rosalyn Hood, Western Carolina	Jan. 28	Danielle Thorpe, Appalachian State		Dena O'Brien, College of Charleston (Track)
Jan. 23	Chantelle Vernon, East Tennessee State	Jan. 31	Brenna Burns, Davidson		Veronica Day, Elon (Co-Field)
Jan. 30	Virginia LaCombe, Western Carolina	Feb. 7	Emily Wood, Chattanooga	Feb. 23	Lynnsey Hyter, Georgia Southern (Co-Field)
Feb. 6	Michelle Velez, Western Carolina	Feb. 13	Brittani Williams, Appalachian State		Hillary Neal, Samford (Track)
Feb. 13	Kasola Smith, Chattanooga	Feb. 22	Kerrie Savery, Western Carolina	Mar. 2	Lynnsey Hyter, Georgia Southern (Field)
Feb. 20	Suzanne Makinson, Appalachian State				Jane't Carothers, Western Carolina (Track)
		2009			Lynnsey Hyter, Georgia Southern (Field)
2003		Jan. 21	Jane't Carothers, Western Carolina (Track)	2012	
Jan. 23	LaShana Poole, Appalachian State		Rebecca Hazeltine, Appalachian State (Field)	Jan. 19	Ashley Schnell, UNCG (Track)
Jan. 29	Tiffany Pointer, Chattanooga	Jan. 29	Meg Gaffney, Appalachian State (Track)		Claire Goodson, Samford (Field)
Feb. 5	Rhonda White, Appalachian State		Emily Smith, College of Charleston (Field)	Jan. 25	Shaina Sumney, UNCG (Track)
		Feb. 5	Felicia Paulding, Western Carolina (Track)		Emily Allen, Samford (Field)
2004		Feb. 12	Danielle Thorpe, Appalachian State (Field)	Feb. 1	Amanda Sumner, Chattanooga (Track)
Jan. 21	Rhonda White, Appalachian State		Annelia Uys, Chattanooga (Track)		Taylor Wade, Georgia Southern (Field)
Jan. 28	Alison Frese, Chattanooga	Feb. 19	Rebecca Hazeltine, Appalachian State (Field)	Feb. 7	Dena O'Brien, College of Charleston (Track)
Feb. 4	Kellie Mitchell, Georgia Southern		Meg Gaffney, Appalachian State (Track)		Gayshawna Watkins, Appalachian State (Field)
Feb. 11	Laura Tieszen, Western Carolina	Feb. 26	Lynnsey Hyter, Georgia Southern (Field)	Feb. 15	Erin Barker, Furman (Track)
Feb. 18	Rhonda White, Appalachian State		Megan Jenkins, The Citadel (Track)		Emily Allen, Samford (Field)
Feb. 25	Nikki Slocumb, Georgia Southern		Mary Angela Brown, Samford (Field)		
		2010		2013	
2005		Dec. 8	Shalyn McMichael, Western Carolina (Track)	Jan. 24	Tayla Carter, Western Carolina (Track)
Jan. 19	Beverly Burnett, Appalachian State		Tiana Jones, Western Carolina (Field)		RoShani Glover, College of Charleston (Field)
Jan. 26	Leslie Martin, Western Carolina	Jan. 14	Andrea Kelsey, Wofford (Track)	Jan. 30	Amanda Hamilton, Appalachian State (Track)
Feb. 2	Laura Tieszen, Western Carolina		Whitney Smyre, Appalachian State (Field)		Ana DeLeon, Appalachian State (Field)
Feb. 9	Raquel Ramseur, Western Carolina	Jan. 21	Ashley McKiver, Appalachian State (Track)	Feb. 6	Lauren D'Alessio, Samford (Track)
Feb. 16	Paula Moore, Appalachian State		Julie Ward, Appalachian State (Field)		Megan Kirschling, Elon (Field)
Feb. 23	Jennifer Claud, Appalachian State	Jan. 28	Katie Hansen, UNCG (Track)	Feb. 13	Chelsea Sumney, UNCG (Track)
			Chelsea Taylor, College of Charleston (Field)		Aschah Brice, Western Carolina (Field)
2006		Feb. 4	Micah Wessinger, The Citadel (Track)	Feb. 20	Sydney Griffin, Elon (Track)
Jan. 18	Alana Black, Elon		Jelain McArthur, College of Charleston (Field)		Brianna Tate, Appalachian State (Field)
Jan. 25	Beverly Burnett, Appalachian State	Feb. 11	Hillary Neal, Samford (Track)	Feb. 27	Lauren D'Alessio, Samford (Track)
Feb. 1	Shannon Wommack, Chattanooga		Laura Bedsole, Samford (Field)		Alisha Bradshaw, Western Carolina (Field)
Feb. 8	Stephanie McNeill, The Citadel	Feb. 18	Hillary Neal, Samford (Track)		
Feb. 15	Chakosha Lance, College of Charleston		Veronica Day, Elon (Field)		
		Feb. 25	Jennine Strange, Elon (Track)		
			Morgan Tyler, Samford (Field)		

Repeat Athlete of the Week

Four-time

Lynnsey Hyter, Georgia Southern (2009, 2011)

Three-time

Rhonda White, Appalachian State (2003, 2004)

Hillary Neal, Samford (2010, 2011)

Jane't Carothers, Western Carolina (2009, 2011)

Two-time

Roselin Addo, East Tennessee State (2001)

Beverly Burnett, Appalachian State (2005, 2006)

Brenna Burns, Davidson (2007, 2008)

Meg Gaffney, Appalachian State (2009)

Rebecca Hazeltine, Appalachian State (2009)

Lanni Marchant, Chattanooga (2007)

Stephanie McNeill, The Citadel (2006, 2007)

Raquel Ramseur, Western Carolina (2005, 2007)

Danielle Thorpe, Appalachian State (2008, 2009)

Laura Tieszen, Western Carolina (2004, 2005)

Dena O'Brien, College of Charleston (2011)

Veronica Day, Elon (2010, 2011)

Emily Allen, Samford (2012)

Athlete of the Month

2008

January Danielle Thorpe, Appalachian State

2009

January Jane't Carothers, Western Carolina (Track)

Emily Smith, College of Charleston (Field)

February Meg Gaffney, Appalachian State (Track)

Lynnsey Hyter, Georgia Southern (Field)

2010

January Katie Hansen, UNCG (Track)

Whitney Smyre, Appalachian State (Field)

2011

January Jane't Carothers, Western Carolina (Track)

Cassie Crawford, Appalachian State (Field)

February Dena O'Brien, College of Charleston (Track)

Lynnsey Hyter, Georgia Southern (Field)

2012

January Ashley Schnell, UNCG (Track)

February Dena O'Brien, College of Charleston (Track)

2013

January Tayla Carter, Western Carolina (Track)

Roshani Glover, College of Charleston (Field)

February Lauren D'Alessio, Samford (Track)

Alisha Bradshaw (Field)

Women's Championship Meet Results



1988	Appalachian State 196 East Tennessee State 74.5 Marshall 48 Western Carolina 41 Chattanooga 22 Furman 14 Davidson 6.5	1997	Western Carolina 143 Chattanooga 87 Appalachian State 81.33 East Tennessee State 80.33 Marshall 42.33 Furman 28 Davidson 3	2004	Appalachian State 222 Chattanooga 138.5 Georgia Southern 105 Western Carolina 72 East Tennessee State 69.5 College of Charleston 23 Elon 16 Furman 12 Davidson 3 The Citadel 1	2010	Western Carolina 174.5 Appalachian State 122 Georgia Southern 95 Samford 77 Elon 70 College of Charleston 38.5 Chattanooga 25 The Citadel 25 Furman 23 Davidson 12 UNCG 0 Wofford 0
1989	Appalachian State 215 East Tennessee State 99 Marshall 68 Chattanooga 31 Western Carolina 18 Furman 0	1998	Chattanooga 141 East Tennessee State 131 Western Carolina 84 Appalachian State 82 Furman 17 Davidson 9 Wofford 0 The Citadel NTS VMI NTS	2005	Appalachian State 161.83 Western Carolina 152.5 Georgia Southern 125.5 Chattanooga 75.5 East Tennessee State 54 Elon 27.33 College of Charleston 23.33 Furman 23 Davidson 9 The Citadel 6 UNCG 4	2011	Appalachian State 185 Western Carolina 110.5 Georgia Southern 97 Elon 84 Samford 62.5 College of Charleston 49 UNCG 31 Furman 21 The Citadel 13 Davidson 8 Wofford 2 Chattanooga 0
1990	Appalachian State 236 Marshall 68 Western Carolina 56 East Tennessee State 32 Chattanooga 26 Furman 18	1999	Western Carolina 169 Appalachian State 149 Chattanooga 118 East Tennessee State 100.5 Furman 43.5 VMI 25 Davidson 11 Wofford 4 The Citadel 3	2006	Appalachian State 148.50 Western Carolina 122 Georgia Southern 118 Chattanooga 108 Furman 42 Elon 40 College of Charleston 26.50 The Citadel 25 Davidson 22 UNC Greensboro 8	2012	Appalachian State 157.16 Western Carolina 113 Georgia Southern 92 Samford 85 Elon 72.33 College of Charleston 59 UNCG 36 Furman 17 Chattanooga 12 Wofford 9.50 The Citadel 9 Davidson 1
1991	Appalachian State 185 Western Carolina 81 Chattanooga 56 Marshall 48 Furman 34 East Tennessee State 29	2000	Western Carolina 145.5 Appalachian State 119 Chattanooga 86 East Tennessee State 71 Georgia Southern 30 Furman 21.5 VMI 11 UNCG 8 The Citadel 4	2007	Appalachian State 161 Western Carolina 159.5 Georgia Southern 122.5 Chattanooga 46 Furman 42 Elon 40 The Citadel 38 Davidson 37 College of Charleston 16	2013	Western Carolina 149 Appalachian State 143.50 Samford 139 Elon 81 Georgia Southern 70.50 The Citadel 21 College of Charleston 18 Chattanooga 13 UNCG 9 Wofford 8 Davidson 7 Furman 4
1992	Appalachian State 156 Western Carolina 82 Chattanooga 60 Marshall 47 East Tennessee State 38 Furman 23 Davidson 17	2001	Appalachian State 130 Western Carolina 128 Chattanooga 101 East Tennessee State 52 Furman 36 Georgia Southern 19 VMI 16 UNCG 8 The Citadel 4 Davidson 2	2008	Western Carolina 172 Appalachian State 167 Georgia Southern 120 Chattanooga 78 Elon 35 Davidson 32 College of Charleston 23 The Citadel 22 Furman 14		
1993	Appalachian State 154 Western Carolina 91 Furman 64 East Tennessee State 46 Chattanooga 41 Marshall 37 Davidson 1	2002	Appalachian State 139 Western Carolina 111 Chattanooga 96 Georgia Southern 69 East Tennessee State 52 UNCG 17 Furman 7 VMI 3 Davidson 2	2009	Appalachian State 211 Western Carolina 135 Georgia Southern 93 Samford 78 College of Charleston 44 Chattanooga 42 Elon 36 Furman 11 Davidson 8 The Citadel 3 UNCG 1 Wofford 0		
1994	Appalachian State 156 Western Carolina 73 East Tennessee State 63 Chattanooga 55 Furman 54 Marshall 31 Davidson 2	2003	Appalachian State 186.5 Chattanooga 158.5 Georgia Southern 97 Western Carolina 78 East Tennessee State 40 VMI 24 Furman 14 Davidson 7 College of Charleston 6 The Citadel 2 UNCG 1				
1995	East Tennessee State 114 Western Carolina 94 Appalachian State 92 Furman 63 Chattanooga 43 Marshall 26 Davidson 2						
1996	Western Carolina 127.5 East Tennessee State 108 Appalachian State 96 Furman 64.5 Chattanooga 44 Marshall 17 Davidson 7						

Women's Individual Honors

Coach of the Year

1988	John Weaver, APP
1989	John Weaver, APP
1990	John Weaver, APP
1991	Danny Williamson, WCU
1992	Danny Williamson, WCU
1993	Danny Williamson, WCU
1994	John Weaver, APP
1995	Dave Walker, ETSU
1996	Danny Williamson, WCU
1997	Danny Williamson, WCU
1998	Bill Gautier, UTC
1999	Danny Williamson, WCU
2000	Danny Williamson, WCU
2001	John Weaver, APP
2002	John Weaver, APP
2003	Bill Gautier, UTC
2004	John Weaver, APP
2005	John Weaver, APP
2006	John Weaver, APP
2007	Danny Williamson, WCU
2008	Danny Williamson, WCU
2009	John Weaver, APP
2010	Danny Williamson, WCU
2011	John Weaver, APP
2012	John Weaver, APP
2013	Danny Williamson, WCU

Most Outstanding Athlete

1988	Lamonda Miller, APP
1989	Sabrina Keeton, ETSU
1990	Monica Teeter, APP
1991	Cate Pichon, FUR
1992	Melissa Morrison, APP
1993	Melissa Morrison, APP
1994	Shiree Cutts, FUR
1995	Shelli Clendenon, ETSU
1996	Heather VandeBrake, FUR
1997	Daree Thompson, WCU
1998	Taneisha Robinson, ETSU
1999	Taniesha Robinson, ETSU
2000	Rosalyn Hood, WCU
2001	Tyleana Hanner, UTC
2002	LaShana Poole, APP
2008	Kerrie Savery, WCU
2009	Lynnndsey Hyter, GSU
2010	Jane't Carothers, WCU
2011	Lynnndsey Hyter, GSU
2012	Dena O'Brien, CofC
2013	Lauren D'Alessio, SAM Breanna Alston, APP

Most Outstanding Track Performer

2002	Shannon Wommack, UTC
2003	Shannon Wommack, UTC
2004	Shannon Wommack, UTC
2005	Nettie Halcomb, UTC
2006	Shannon Wommack, UTC
2007	Brenna Burns, DAV
2008	Kerrie Savery, WCU
2009	Jane't Carothers, WCU
2010	Jane't Carothers, WCU
2011	Jane't Carothers, WCU
2012	Dena O'Brien, CofC
2013	Lauren D'Alessio, SAM

Most Outstanding Field Performer

2002	LaShana Poole, APP
2003	LaShana Poole, APP
2004	Ronda White, APP Kellie Mitchell, GSU
2005	Laura Tieszen, WCU
2006	Chakosha Lance, CofC
2007	Nicole Brown, GSU
2008	Brittani Williams, APP
2009	Lynnndsey Hyter, GSU
2010	Lynnndsey Hyter, GSU Deirdra Morrison, WCU
2011	Lynnndsey Hyter, GSU
2012	Gayshawna Watkins, APP
2013	Alisha Bradshaw, WCU

Freshman of the Year

1992	Precious Quire, APP
1993	Heather VandeBrake, FUR
1994	Michele Marshall, UTC
1995	Mary Jane Middlekoop, UTC
1996	Karen Houston, APP
1997	Tyleana Hanner, UTC
1998	Anna Wright, UTC
1999	Virginia Lacombe, WCU
2000	Andrea Matthews, APP
2001	Oddbjorg Haugen, UTC
2002	Jennifer Claud, APP
2003	Rashedah Arnold, GSU
2004	Kathleen Turchin, UTC
2005	Raquel Ramseur, WCU
2006	Monica Johnson, APP
2007	Kristen Meister, DAV
2008	Kara Krutchfield, APP
2009	Emily Smith, CofC
2010	Trinity Foreman, APP
2011	Breanna Alston, CofC
2012	Jasmine Walker, GSU
2013	Tayla Carter, WCU

Women's Championships



55-Meter Dash

1988	Lamonda Miller, APP, 6.91
1989	Lamonda Miller, APP, 6.82
1990	Lynett Farmer, APP, 7.01
1991	Kim Arthur, WCU, 7.18]
1992	Melissa Morrison, APP, 7.10
1993	Melissa Morrison, APP, 6.98
1994	Alice Vinson, APP, 7.05
1995	Daree Thompson, WCU, 7.14
1996	Nikki Harris, APP, 7.25
1997	Daree Thompson, WCU, 6.98
1998	Rashida Dodson, UTC, 7.05
1999	Tyleana Hanner, UTC, 7.10
2000	Shonte Pinkston, APP, 6.95
2001	Shonte Pinkston, APP, 6.90
2002	Jennifer Claud, APP, 7.04
2003	Rashedah Arnold, GSU, 7.05

60-Meter Dash

2004	Chantelle Vernon, ETSU, 7.54
2005	Nicole Brown, GSU, 7.43
2006	Tangelia Johnson, WCU, 7.48
2007	Nicole Brown, GSU, 7.60
2008	Tangelia Johnson, WCU, 7.57
2009	Felicia Paulding, WCU, 7.62
2010	Ashley McKiver, APP, 7.62
2011	Breanna Alston, APP, 7.58
2012	Ebony Carter, GSU, 7.56
2013	Tayla Carter, WCU, 7.45

200-Meter Dash

1988	Lamonda Miller, APP, 24.06
1989	Lamonda Miller, APP, 23.84
1990	Stethane Pipkins, APP, 25.83
1991	Lynette Gardin, APP, 24.99
1992	Lynette Gardin, APP, 24.93
1993	Melissa Morrison, APP, 25.69
1994	Shiree Cutts, Furman, 24.66
1995	Shelli Clendenon, ETSU, 24.60
1996	Salima Fountain, Furman, 25.87
1997	Daree Thompson, WCU, 24.89
1998	Rashida Dodson, UTC, 24.39
1999	Tyleana Hanner, UTC, 25.80
2000	Shonte Pinkston, APP, 26.36
2001	Shonte Pinkston, APP, 24.63
2002	Ronetta Burgess, WCU, 24.64
2003	Rashedah Arnold, GSU, 24.42
2004	Jennifer Claud, APP, 24.59
2005	Nicole Brown, GSU, 24.33
2006	Raquel Ramseur, WCU, 24.51
2007	Nicole Brown, GSU, 24.43
2008	Raquel Ramseur, WCU, 24.87
2009	Felicia Paulding, WCU, 24.82
2010	Jane't Carothers, WCU, 24.94
2011	Breanna Alston, APP, 24.48
2012	Breanna Alston, APP, 24.31
2013	Breanna Alston, APP, 24.38

400-Meter Dash

1988	Melissia Rogers, APP, 58.39
1989	April Via, ETSU, 58.28
1990	Monica Teeter, APP, 59.17
1991	Tega Crawford, WCU, 59.04
1992	Lynette Gardin, APP, 56.55
1993	Joy Davis, WCU, 60.09
1994	Shiree Cutts, Furman, 55.88
1995	Angela Rowe, WCU, 54.64
1996	Andrea Shropshire, UTC, 58.95
1997	Salima Fountain, Furman, 56.47
1998	Keeya Mcmanus, WCU, 57.14
1999	Shawnta Person, WCU, 59.20
2000	Rosaline Addo, ETSU, 56.33
2001	Rosaline Addo, ETSU, 56.92
2002	Jennifer Howard, ETSU, 56.95
2003	Tiffany Pointer, UTC, 56.97

2004	Marlo Mincey, GSU, 55.6
2005	Nichola Cornish, ETSU, 56.21
2006	Raquel Ramseur, WCU, 56.24
2007	Raquel Ramseur, WCU, 56.33
2008	Raquel Ramseur, WCU, 56.65
2009	Jane't Carothers, WCU, 56.06
2010	Jane't Carothers, WCU, 56.05
2011	Jane't Carothers, WCU, 55.34
2012	Felisha Garren, WCU, 54.61
2013	Breanna Alston, APP, 56.70

800-Meter Run

1988	Debbie Dukes, Marshall, 2:16.86
1989	Sabrina Keeton, ETSU, 2:19.93
1990	Jennifer Bowers, APP, 2:18.59
1991	Jennifer Bowers, APP, 2:13.67
1992	Susie Gardner, WCU, 2:17.21
1993	Sarah Crandall, Marshall, 2:20.08
1994	Sarah Crandall, Marshall, 2:16.10
1995	Michelle Gregg, ETSU, 2:12.98
1996	Michelle Gregg, ETSU, 2:15.8
1997	Mary Jayne Harrelson, APP, 2:13.30
1998	Mary Jayne Harrelson, APP, 2:10.54
1999	Mary Jayne Harrelson, APP, 2:15.91
2000	Lauren Campbell, ETSU, 2:12.96
2001	Mary Jayne Harrelson, APP, 2:08.40
2002	Katie Sujkowski, APP, 2:13.29
2003	Katie Sujkowski, APP, 2:19.45
2004	Kim Simmons, ETSU, 2:14.55
2005	Leslie Martin, WCU, 2:14.81
2006	Shannon Wommack, UTC, 2:15.27
2007	Kerri Savery, WCU, 2:12.83
2008	Kerri Savery, WCU, 2:12.26
2009	Monique Ostel, FUR, 2:15.98
2010	Micah Wessinger, CIT, 2:16.10
2011	Hillary Neal, SAM, 2:10.42
2012	Marie Demedicis, SAM, 2:12.90
2013	Marie Demedicis, SAM, 2:11.20

Mile Run

1988	Sabrina Keeton, ETSU, 5:10.33
1989	Sabrina Keeton, ETSU, 5:02.02
1990	Traci McIntyre, APP, 5:12.61
1991	Monica Lambert, UTC, 5:04.60
1992	Susie Gardner, WCU, 5:04.59
1993	Heather VandeBrake, Furman, 5:06.10
1994	Jennel Walby, ETSU, 5:09.09
1995	Heather VandeBrake, Furman, 4:58.87
1996	Heather VandeBrake, Furman, 5:06.8
1997	Valerie Urchison, ETSU, 5:02.46
1998	Valerie Urchison, ETSU, 4:53.37
1999	Mary Jayne Harrelson, APP, 4:57.17
2000	Becky Slick, UTC, 5:04.25
2001	Mary Jayne Harrelson, APP, 4:59.20
2002	Katie Sujkowski, APP, 5:07.96
2003	Shannon Wommack, UTC, 4:58.90
2004	Shannon Wommack, UTC, 4:55.61
2005	Nettie Halcomb, UTC, 5:04.99
2006	Shannon Wommack, UTC, 4:48.09
2007	Meghan Gaffney, APP, 5:00.88
2008	Kerri Savery, WCU, 5:04.26
2009	Hillary Neal, SAM, 4:59.19
2010	Hillary Neal, SAM, 4:49.52
2011	Lauren D'Alessio, SAM, 4:59.79
2012	Ashley Schnell, UNCG, 4:48.09
2013	Lauren D'Alessio, SAM, 4:57.60

3,000-Meter Run

1988	Emily Romines, UTC, 10:27.13
1989	Whitney Ball, APP, 9:48.61
1990	Whitney Ball, APP, 9:57.28
1991	Cate Pichon, Furman, 10:03.84
1992	Lucie Mayes, UTC, 9:59.51
1993	Gail Pennachio, Furman, 10:08.50
1994	Michele Marshall, UTC, 10:09.02

1995	Mary Jane Middlekoop, UTC, 10:12.55
1996	Heather VandeBrake, Furman, 10:06.1
1997	Mary Jane Middlekoop, UTC, 10:13.25
1998	Catherine Berry, ETSU, 9:49.73
1999	Amanda Lynch, UTC, NT
2000	Amanda Lynch, UTC, 9:45.31
2001	Jill Braley, Furman, 10:08.58
2002	Shannon Wommack, UTC, 10:29.43
2003	Shannon Wommack, UTC, 10:10.56
2004	Shannon Wommack, UTC, 9:52.87
2005	Nettie Halcomb, UTC, 10:05.70
2006	Shannon Wommack, UTC, 9:34.01
2007	Brenna Burns, DAV, 9:53.83
2008	Shelley Taylor, UTC, 10:05.02
2009	Meghan Gaffney, APP, 9:47.21
2010	Trinity Foreman, APP, 10:09.73
2011	Ashley Schnell, UNCG, 9:52.39
2012	Dena O'Brien, CofC, 9:38.11
2013	Lauren D'Alessio, SAM, 9:51.06

5,000-Meter Run

1989	Whitney Ball, APP, 16:52.46
1990	Whitney Ball, APP, 17:26.16
1991	Cate Pichon, Furman, 17:30.50
1992	Leigh Wallace, APP, 17:07.82
1993	Lucie Mayes, UTC, 17:44.41
1994	Rita Roberts, WCU, 17:35.19
1995	Mary Jane Middlekoop, UTC, 17:54.54
1996	Heather VandeBrake, Furman, 17:36.1
1997	Mary Jo Ferrigan, ETSU, 17:36.82
1998	Anna Wright, UTC, 17:02.29
1999	Amanda Lynch, UTC, 17:35.29
2000	Catherine Berry, ETSU, 17:01.05
2001	Jill Braley, Furman, 17:33.06
2002	Shannon Wommack, UTC, 17:54.22
2003	Sarah Primeau, APP, 17:43.56
2004	Shannon Wommack, UTC, 17:40.19
2005	Nettie Halcomb, UTC, 17:20.87
2006	Lanni Marchant, UTC, 17:17.34
2007	Lanni Marchant, UTC, 17:02.49
2008	Brenna Burns, DAV, 17:18.56
2009	Andrea Seccafien, SAM, 17:55.94
2010	Chloe Kowalski, Furman, 17:39.20
2011	Dena O'Brien, CofC, 16:46.59
2012	Dena O'Brien, CofC, 16:39.47
2013	Lauren D'Alessio, SAM, 17:05.48

55-Meter Hurdles

1988	Patrina Massey, APP, 8.68
1989	Lynn Kochendorfer, Marshall, 8.62
1990	Monica Teeter, APP, 8.49
1991	Melissa Morrison, APP, 8.18
1992	Melissa Morrison, APP, 7.98
1993	Melissa Morrison, APP, 8.09
1994	Beth Burleson, APP, 8.20
1995	Charlotte Redden, APP, 8.20
1996	Rahma Mateen, WCU, 8.12
1997	Trice Roundtree, APP, 8.07
1998	Tyleana Hanner, UTC, 8.28
1999	Marna Moore, UTC, 8.08
2000	Rosalyn Hood, WCU, 8.44
2001	Marna Moore, UTC, 8.05
2002	Lindy Petteaway, GSU, 8.11
2003	Ronda White, APP, 7.86

60-Meter Hurdles

2004	Ronda White, APP, 8.62
2005	Ronda White, APP, 8.48
2006	Brittany Chase, APP, 8.51
2007	Dominique Price, ELON, 8.67
2008	Dominique Price, ELON, 8.84
2009	Morgan Tyler, SAM, 8.71
2010	Morgan Tyler, SAM, 8.69
2011	Nicole Okolo, WCU, 8.52
2012	Jasmine Billings, GSU, 8.49

Women's Championships

2013 Sydney Griffin, Elon, 8.65

Two-Mile Relay

1988 East Tennessee State, 9:45.63
 1989 East Tennessee State, 9:32.27
 1991 Appalachian State, 9:29.56
 1992 Appalachian State, 9:34.06
 1993 Furman, 9:33.30

Mile Relay

1988 Western Carolina, 4:01.41
 1989 Appalachian State, 3:58.83
 1991 Western Carolina, 3:55.47
 1992 Western Carolina, 3:56.89
 1993 Appalachian State, 4:06.51
 1994 Chattanooga, 3:57.69
 1996 Western Carolina, 3:57.7

4x800-Meter Relay

1990 Appalachian State, 9:47.70

4x400-Meter Relay

1990 Appalachian State, 4:00.92
 1995 East Tennessee State, 3:50.44
 1997 Western Carolina, 3:50.85
 1998 Western Carolina, 3:50.64
 1999 Western Carolina, 3:58.94
 2000 Western Carolina, 3:54.38
 2001 East Tennessee State, 3:49.11
 2002 Western Carolina, 3:48.89
 2003 Georgia Southern, 3:47.35
 2004 Western Carolina, 3:47.59
 2005 Western Carolina, 3:46.40
 2006 Georgia Southern, 3:54.55
 2007 Western Carolina, 3:48.28
 2008 Western Carolina, 3:47.17
 2009 Western Carolina, 3:48.01
 2010 Western Carolina, 3:49.92
 2011 Western Carolina, 3:50.35
 2012 Western Carolina, 3:44.98
 2013 Western Carolina, 3:47.95

Distance Medley

1994 Appalachian State, 12:23.41
 1995 *Chattanooga, 11:35.99
 1996 East Tennessee State, 12:22.0
 1997 East Tennessee State, 12:06.54
 1998 East Tennessee State, 11:58.99
 1999 Appalachian State, 12:23.66
 2000 East Tennessee State, 12:03.81
 2001 Appalachian State, 12:14.16
 2002 Chattanooga, 12:17.69
 2003 Chattanooga, 12:11.58
 2004 Chattanooga, 12:20.24
 2005 Western Carolina, 12:14.55
 2006 Appalachian State, 12:11.01
 2007 Chattanooga, 12:11.88
 2008 Western Carolina, 12:09.60
 2009 Samford, 11:52.69
 2010 *Samford, 11:24.73
 2011 UNCG, 11:55.95
 2012 UNCG, 11:43.99
 2103 Western Carolina, 11:52.62

*Run one lap short

Long Jump

1988 Sandra Davis, WCU, 19'2"
 1989 Erica West, Marshall, 18'10"
 1990 Erica West, Marshall, 18'8½"
 1991 Sabrina Hill, APP, 18'8¾"
 1992 Von Ross, WCU, 20'4"
 1993 Von Ross, WCU, 20'3½" (6.21m)
 1994 Alice Vinson, APP, 19'3½"
 1995 Shelli Clendenon, ETSU, 19'8½"
 1996 Rahma Mateen, WCU, 20'0"

1997 Rahma Mateen, WCU, 5.81m
 1998 Taneisha Robinson, ETSU, 5.94m
 1999 Taneisha Robinson, ETSU, 20'3.0"
 2000 Rosalyn Hood, WCU, 19'8.25"
 2001 Tyleana Hanner, UTC, 20'0.25"
 2002 Ronda White, APP, 19'6.75"
 2003 Kellie Mitchell, GSU, 5.93m
 2004 Kasola Smith, UTC, 6.05m
 2005 Jennifer Claud, APP, 5.95m
 2006 Vonteen Knotts, APP, 6.07m
 2007 Nicole Brown, GSU, 6.15m
 2008 Vonteen Knotts, APP, 5.81m
 2009 Lynnsey Hyter, GSU, 5.97m
 2010 Veronica Day, Elon, 5.72m
 2011 Lynnsey Hyter, GSU, 6.06m
 2012 Jasmine Walker, GSU, 5.61m
 2013 Alyssa Felton, GSU, 5.85m

Triple Jump

1988 Linda McKoy, APP, 38'2"
 1989 Stethane Pipkins, APP, 38'11"
 1990 Sabrina Hill, APP, 39'2"
 1991 Sabrina Hill, APP, 40'6½"
 1992 Melissa Morrison, APP, 40'11¼"
 1993 Melissa Morrison, APP, 40'11½"
 1994 Precious Quire, APP, 39'3½"
 1995 Precious Quire, APP, 41'6"
 1996 Nikki Harris, APP, 38'8¾"
 1997 Rahma Mateen, WCU, 11.86m
 1998 Taneisha Robinson, ETSU, 12.49m
 1999 Taneisha Robinson, ETSU, 13.30m
 2000 Rosalyn Hood, WCU, 39'8.75"
 2001 Kirsten Bowden, APP, 41'2.25"
 2002 Tondra White, APP, 40'4.75"
 2003 Ronda White, APP, 12.61m
 2004 Ronda White, APP, 13.30m
 2005 Jennifer Claud, APP, 12.79m
 2006 Nicole Brown, GSU, 12.46m
 2007 Nicole Brown, GSU, 12.76m
 2008 Chibuzo Aguocha, FUR, 12.52m
 2009 Danielle Thorpe, APP, 12.68m
 2010 Danielle Thorpe, APP, 12:43m
 2011 Veronica Day, Elon, 12.24m
 2012 Emily Allen, SAM, 12.02m
 2013 Emily Allen, SAM, 11.95m

High Jump

1988 Linda McKoy, APP, 5'6"
 1989 Linda McKoy, APP, 5'9" (1.75m)
 1990 Linda McKoy, APP, 5'6"
 1991 Sabrina Hill, APP, 5'6"
 1992 Shelli Clendenon, ETSU, 5'6½"
 1993 Shelli Clendenon, ETSU, 5'6"
 1994 Cindy Miner, APP, 5'7¾"
 1995 Shelli Clendenon, ETSU, 5'7¾"
 1996 Rahma Mateen, WCU, 5'6"
 1997 Jennifer Sluss, ETSU, 1.67m
 1998 Jennifer Sluss, ETSU, 1.67m
 1999 Taneisha Robinson, ETSU, 5'8"
 2000 Virginia Lacombe, WCU, 5'5.75"
 2001 Virginia Lacombe, WCU, 5'7.75"
 2002 Virginia Lacombe, WCU, 5'7"
 2003 Cheryl Howard, ETSU, 1.66m
 2004 Suzanne Makinson, APP, 1.68m
 2005 Anna Ricciardi, ETSU, 1.73m
 2006 Jessica Johnson, WCU, 1.64m
 2007 Kristina Meister, DAV, 1.81m
 2008 Jessica Johnson, WCU, 1.66m
 2009 Emily Smith, CofC, 1.78m
 2010 Emily Smith, CofC, 1.73m
 2011 Rebecca Hazeltine, APP, 1.17m
 2012 Emily Smith, CofC, 1.70m
 2013 Chenelle Terry, SAM, 1.75m

Shot Put

1988 Angie Barker, ETSU, 54'6" (16.61m)
 1989 Angie Barker, ETSU, 45'1"
 1990 Tina Osbourne, Marshall, 42'9½"
 1991 Missy Kouns, Marshall, 41'9¾"
 1992 Michelle Rhyne, APP, 41'9¼"
 1993 Zondra Johnson, WCU, 40'11"
 1994 Beth Reck, Marshall, 39'9"
 1995 LaSha Jackson, WCU, 43'8¼"
 1996 Ayokka Green, APP, 46'3"
 1997 LaSha Jackson, WCU, 13.49m
 1998 Ayokka Green, APP, 14.5m
 1999 Ashley Herndon, WCU, 40'5.5"
 2000 Ashley Herndon, WCU, 42'2.0"
 2001 Ashley Herndon, WCU, 44'9.75"
 2002 LaShana Poole, APP, 43'10.75"
 2003 Mildred Cooper, VMI, 13.92m
 2004 Beverly Burnett, APP, 14.68m
 2005 Brittani Williams, APP, 14.39m
 2006 Beverly Burnett, APP, 14.88m
 2007 Brittani Williams, APP, 14.54m
 2008 Brittani Williams, APP, 14.72m
 2009 Whitney Smyre, APP, 13.14m
 2010 Deirdra Morrison, WCU, 12.98m
 2011 Gayshawna Watkins, APP, 15.06m
 2012 Gayshawna Watkins, APP, 13.67m
 2013 Alisha Bradshaw, WCU, 14.28m

20-LB Weight Throw

1996 Ayokka Green, UTC, 48'2¾"
 1997 Robyn Stockunas, WCU, 14.88m
 1998 Ayokka Green, APP, 16.8m
 1999 Valerie Mertz, WCU, 50'5.25"
 2000 Valerie Mertz, WCU, 54'7.25"
 2001 LaShana Poole, APP, 55'3.75"
 2002 LaShana Poole, APP, 56'3.25"
 2003 LaShana Poole, APP, 17.42m
 2004 Chakosha Lance, CofC, 16.33m
 2005 Chakosha Lance, CofC, 18.32m
 2006 Chakosha Lance, CofC, 19.54m
 2007 Stephanie McNeill, CIT, 16.30m
 2008 Brittani Williams, APP, 18.05m
 2009 Whitney Smyre, APP, 17.79m
 2010 Monique Edwards, CIT, 16.25m
 2011 Whitney Smyre, APP, 17.92m
 2012 Gayshawna Watkins, APP, 17.09m
 2013 Alisha Bradshaw, WCU, 17.56m

Pole Vault

1999 Valerie Jalajas, WCU, 11'7.75"
 2000 Valerie Jalajas, WCU, 12'0.5"
 2001 Valerie Jalajas, WCU, 11'11.75"
 2002 Michelle Velez, WCU, 12'7.50" (3.85m)
 2003 Laura Tieszen, WCU, 12'1.25" (3.69m)
 2004 Laura Tieszen, WCU, 3.95m
 2005 Laura Tieszen, WCU, 3.85m
 2006 Caren Mah, APP, 3.50m
 2007 Jessica Clendenning, ELON, 3.97m
 2008 Shea Snow, APP, 3.70m
 2009 Julie Ward, APP, 3.60m
 2010 Julie Ward, APP, 3.55m
 2011 Cassandra Crawford, APP, 3.80m
 2012 Claire Goodson, SAM, 4.05m
 2013 Devyn Ressler, WCU, 3.75m

Pentathlon

2004 Kellie Mitchell, GSU, 3,754
 2005 Laura Tieszen, WCU, 3,274
 2006 Kristie Boggan, APP, 3,147
 2007 Nashay McGriff, WCU, 3,226
 2008 Melanie Trumbo, GSU, 3,248
 2009 Lynnsey Hyter, GSU, 3,551
 2010 Lynnsey Hyter, GSU, 3,494
 2011 Lynnsey Hyter, GSU, 3,578
 2012 Louise PrevotEAU, Elon, 3,566
 2013 Louise PrevotEAU, Elon, 3,711

Women's All-Freshman Teams



2009

200-Meter Dash

Emma Bowers, Western Carolina

400-Meter Dash

Amy Salek, Elon

Asia Dunlap, Appalachian State

800-Meter Run

Alyssa D'Orazio, College of Charleston
Cori Christensen, Samford

Mile Run

Kristen Wolfe, College of Charleston
Grace Loba, College of Charleston
Kerry Hartman, UNCG

3,000-Meter Run

Andrea Seccafien, Samford
Deanna Zidar, Samford
Rebecca Shelton, Furman

5,000-Meter Run

Andrea Seccafien, Samford
Alyson Costa, Elon
Deanna Zidar, Samford

60-Meter Hurdles

Tori Jones, Western Carolina

High Jump

Emily Smith, College of Charleston
Alex Casagnol, Georgia Southern
Laura Langley, Western Carolina

Long Jump

Millic Brooks-Millender, Georgia Southern

Triple Jump

Millic Brooks-Millender, Georgia Southern
Naadia Crutchfield, Appalachian State
Jettana Thomas, Western Carolina

Shot Put

Deirdra Morrison, Western Carolina
Alyssa Girvin, Elon
Alicia Gainey, Western Carolina

Weight Throw

Deirdra Morrison, Western Carolina
Alyssa Girvin, Elon
Sarah Herndon, Georgia Southern

Pole Vault

Jessie Wilson, Western Carolina
Summer Hughes, Western Carolina

Pentathlon

Alicia Gainey, Western Carolina
Jettana Thomas, Western Carolina
Christian McGuire, Samford

2010

60-Meter Dash

Raven Parrish - Western Carolina
Valerie Parks - Western Carolina

200-Meter Dash

Raven Parrish - Western Carolina

800-Meter Run

Micah Wessinger - The Citadel
Holly Benson - Samford
Lauren D'Alessio - Samford

Mile Run

Trinity Foreman - Appalachian State
Morgan Turner - Western Carolina
Emily Tryon - Elon

3,000-Meter Run

Trinity Foreman - Appalachian State
Heather Stuve - Chattanooga
Morgan Denecke - Elon

5,000-Meter Run

Natalie Atabek - Davidson
Morgan Turner - Western Carolina
Andrea Kelsey - Wofford

60-Meter Hurdles

Jasmine Billings - Georgia Southern
Jelain McArthur - College of Charleston

High Jump

Chenelle Terry - Samford

Long Jump

Jelain McArthur - College of Charleston
Raven Parrish - Western Carolina
Emily Allen - Samford

Triple Jump

Jelain McArthur - College of Charleston
Emily Allen - Samford
Janelle McNeil - Elon

Shot Put

Gayshawna Watkins - Appalachian State
Ashley Thomas - Georgia Southern
Jocelyn Rice - Western Carolina

Weight Throw

Gayshawna Watkins - Appalachian State
Megan Fannon - Georgia Southern
Casey McKee - College of Charleston

Pole Vault

Laura Bedsole - Samford
Ashley Wala - Western Carolina
Chelsea Taylor - College of Charleston

Pentathlon

Emily Allen - Samford
Kelsi Billings - The Citadel

2011

60-Meter Dash

Breanna Alston - Appalachian State
Kwajelin Holsendolph - Georgia Southern
Kristen Campbell - Appalachian State

200-Meter Dash

Breanna Alston - Appalachian State
Kristen Campbell - Appalachian State
Bria Bell - Elon

400-Meter Run

Bria Bell - Elon
Breanna Morrison - Appalachian State
Veronica Luedke - Elon

800-Meter Run

Julie Hart - Furman
Katie Kessler - Wofford
Jocelyn Keen - Western Carolina

Mile Run

Catherine Burton - Furman
Alyssa Burket - Wofford
Kelly Montague - UNCG

3,000-Meter Run

Dena O'Brien - College of Charleston
Allyson Oram - Elon
Julia Means - Furman

5,000-Meter Run

Dena O'Brien - College of Charleston
Allyson Oram - Elon
Megan Mavity - Davidson

60-Meter Hurdles

Kwajelin Holsendolph - Georgia Southern
Stephanie Hicks - Georgia Southern
Nakristen Greene - Western Carolina

High Jump

Shaquiela Robinson - Appalachian State
Nicole Levermann - The Citadel
Kaitlin Brown - Wofford

Long Jump

Stephanie Hicks - Georgia Southern
Nakristen Greene - Western Carolina
Ashley Cope - Samford

Shot Put

Charlise Morgan - Elon
Ana DeLeon - Appalachian State
Andriana Love - The Citadel

Weight Throw

Ana DeLeon - Appalachian State
Shelby Builta - Samford
Sydney Revis - Western Carolina

Pole Vault

Cassandra Crawford - Appalachian State
Claire Goodson - College of Charleston
Rachel Gregory - Samford

Pentathlon

Stephanie Hicks - Georgia Southern
Nicole Levermann - The Citadel
Macy Conger - Samford

2012

60-Meter Dash

Jasmine Walker - Georgia Southern
Tanisha Bethel - The Citadel
Tayana Bryant - Appalachian State

400-Meter Run

Genevieve Emrick - Western Carolina
Kimberly Thomas - Georgia Southern
Taylor Wade - Georgia Southern

800-Meter Run

Marie Demedicis - Samford
Anna Irvine - Samford
Lena Elliot - Western Carolina

Mile Run

Hayley McMahon - Co. of Charleston
Presley Parkes - Davidson
Ali Cobb - Davidson

3,000-Meter Run

Haylee Dawe - Elon
Ali Cobb - Davidson
Blair Burke - Furman

5,000-Meter Run

Sinead Haughey - Furman
Haylee Dawe - Elon
Erin Osment - Davidson

60-Meter Hurdles

Taylor Wade - Georgia Southern
Xavier Bass - Western Carolina
Michaela Birek - Western Carolina

High Jump

Haley Laird - Elon
Janet Watson - Appalachian State
Xavier Bass - Western Carolina

Long Jump

Jasmine Walker - Georgia Southern
Tatyana Bryant - Appalachian State
Louise PrevotEAU - Elon

Shot Put

Alisha Bradshaw - Western Carolina
Jasmine Suydam - Appalachian State
Sarah Sisk - College of Charleston

Weight Throw

Alisha Bradshaw - Western Carolina
Jasmine Suydam - Appalachian State
Sarah Hall - Georgia Southern

Pole Vault

Chelsea Farr - Appalachian State
Cara June Elyea - Western Carolina
Debra DomerMuth - Appalachian State

Pentathlon

Louise PrevotEAU - Elon
Michaela Birek - Western Carolina

Anne Greer - Western Carolina

2013

60-Meter Dash

Tayla Carter - Western Carolina
Alyssa Felton - Georgia Southern
Sydney Griffin - Elon

400-Meter Run

Jennifer Pash - Elon
Kendra Douglas - Western Carolina
Corina Archi-McMillan - Western Carolina

800-Meter Run

Shelby Howell - Appalachian State
Katelyn Brock - Samford
Kianna Howard - Chattanooga

Mile Run

Rachel Wooten - Samford
Caroline McCaslin - Elon
Katy Link - UNCG

3,000-Meter Run

Rachel Roberts - Samford
Tereza Novotna - Elon

5,000-Meter Run

Rachel Roberts - Samford
Teghan Henderson - Chattanooga
Lydia Saina - UNCG

60-Meter Hurdles

Sydney Griffin - Elon
Rachel Leder - College of Charleston
Shaakira Brown - Wofford

High Jump

Megan Kirschling - Elon
Keyanna Harris - Georgia Southern

Long Jump

Alyssa Felton - Georgia Southern
Jamie Glenn - Appalachian State
Marie Borowycz - Elon

Shot Put

Brianna Tate - Appalachian State
Jasmin Brown - Western Carolina

Weight Throw

Kelsey Chandler - Georgia Southern
Jasmin Brown - Western Carolina
Jazmine Johnson - Georgia Southern

Pole Vault

Devyn Ressler - Western Carolina
Audrey Diener - Appalachian State

2013 Men's Championships

Team Results

Team Finish	Points
1. Appalachian State	183.50
2. Samford	179
3. Western Carolina	161.50
4. Davidson	30
5. UNCG	29
6. Chattanooga	27
6. The Citadel	27
8. Furman	22
9. Wofford	3

60-Meter Dash

1. Justin Emerson, SAM	6.85
2. Brandon Hairston, WCU	6.86
3. Ron Duncan, WCU	6.87
4. Justin Thomas, APP	6.88
5. Jamaal Brantley, CIT	6.94
6. Owen Wagoner, SAM	6.98
7. Jermaine Lewis, WCU	7.07
8. Marshall McRae, APP	7.10

200-Meter Dash

1. Brandon Hairston, WCU	22.12
2. Stanley Broaden, APP	22.34
3. Justin Thomas, APP	22.37
4. Demari Boswell, WCU	22.42
5. Aaron Tribble, WCU	22.46
6. Jonathon Bush, SAM	22.64
7. Marshall McRae, APP	22.90
DQ Jamaal Brantley, CIT	

400-Meter Dash

1. Aaron Harris, WCU	49.15
2. Earl Rahming, WCU	49.15
3. Brandon Hairston, WCU	49.35
4. Jonathon Bush, SAM	49.49
5. Aaron Tribble, WCU	49.78
6. Cole Warren, FUR	50.30
7. Tevin Williams, CIT	50.72
8. Trey Edgerton, APP	50.76

800-Meter Run

1. Nathan Hendershot, SAM	1:53.68
2. Marquis Carter, UTC	1:54.21
3. Raphael Rojas, APP	1:54.35
4. Trevor Janssen, UTC	1:55.29
5. William Ivey, FUR	1:55.39
6. Adam Jones, SAM	1:55.49
7. Wesley Laytham, DAV	1:57.78
8. Alex Taylor, APP	1:59.92

Mile Run

1. Alex Taylor, APP	4:12.20
2. Chris Moen, APP	4:13.88
3. Wilkerson Given, FUR	4:14.36
4. Brandon Hazouri, SAM	4:14.81
5. Layton Dorsett, SAM	4:15.12
6. Nolan Clark, WCU	4:16.81
7. James Perez, FUR	4:17.11
8. Josh Crawford, UNCG	4:20.10

3,000-Meter Run

1. Paul Chelimo, UNCG	8:09.07
2. Paul Katam, UNCG	8:10.75
3. Demetrios Pagonis, DAV	8:13.02
4. Chris Moen, APP	8:22.57
5. Brian Graves, APP	8:24.27
6. Nathan Wanuch, UTC	8:24.93
7. Vincent Weir, DAV	8:25.03
8. Michael Lilley, APP	8:26.28

5,000-Meter Run

1. Paul Katam, UNCG	14:13.77
2. Demetrios Pagonis, DAV	14:29.63
3. Chris Moen, APP	14:42.22
4. Josey Weaver, WCU	14:46.39
5. Michael Lilley, APP	14:48.15
6. Brian Graves, APP	14:52.00
7. Nathan Wanuch, UTC	14:52.87
8. Travis Alfaro, WCU	15:02.14

60-Meter Hurdles

1. Stanley Broaden, APP	7.90
2. Bo Ackerson-Gilroy, SAM	8.22
3. Marquis Bailey, WCU	8.24
4. Sam Lusty, WCU	8.38
5. Abraham Faison, WCU	8.39
6. Ben Davies, SAM	8.43
7. Iman Isang, UTC	8.49
8. Tyler Bentley, WCU	8.56

Distance Medley

1. Appalachian State	10:05.77
2. Samford	10:06.61
3. Western Carolina	10:09.39
4. Davidson	10:10.08
5. Furman	10:13.09
6. Chattanooga	10:29.79
7. The Citadel	10:36.58
8. Wofford	10:58.14

4x400-Meter Relay

1. Western Carolina	3:17.95
2. Appalachian State	3:20.48
3. The Citadel	3:20.92
4. Samford	3:21.13
5. Chattanooga	3:26.78
6. Davidson	3:27.86
7. Furman	3:29.13
8. Wofford	3:29.77

High Jump

1. Bob Elliott II, SAM	2.03m
2. Tyler Kemp, SAM	2.03m
3. Aaron Tribble, WCU	1.98m
4. Bo Ackerson-Gilroy, SAM	1.98m
5. Brandon Bassett, SAM	1.98m
6. Christian Carswell, WCU	1.88m
7. Cole Finch, APP	1.88m
7. Bob McNeil, WCU	1.88m

Pole Vault

1. Ryan Cook, SAM	4.89m
2. Ben Davies, SAM	4.89m
3. Owen Wagoner, SAM	4.74m
4. Jacob Stowe, APP	4.74m
5. Alex Lomas, APP	4.59m
6. Steven Bastien, SAM	4.59m
7. Patrick Quinn, APP	4.59m
8. Michael Lorentsen, DAV	4.44m

Long Jump

1. Steven Bastien, SAM	7.19m
2. Henry Bustle, APP	7.07m
3. Jamal Tiller, APP	6.96m
4. Bob McNeil, WCU	6.89m
5. Sam Lusty, WCU	6.79m
6. Stewart Dalton, DAV	6.76m
7. Adedeji Adeneye, APP	6.68m
8. Brandon Bassett, SAM	6.68m

Triple Jump

1. Jamal Tiller, APP	15.41m
2. Bob McNeil, WCU	14.76m
3. Adedeji Adeneye, APP	14.40m
4. Bob Elliott II, SAM	14.38m
5. Henry Bustle, APP	14.33m
6. Sam Lusty, WCU	13.93m
7. Edward Jones, CIT	13.53m
8. Tevin Johnson, WOF	13.33m

Shot Put

1. Jared Stalling, APP	15.98m
2. Jared Johnson, WCU	15.56m
3. Sydney Jordan, SAM	15.34m
4. Zane Lail, APP	15.12m
5. Nick Sansotta, APP	15.12m
6. John Leonard, APP	15.11m
7. Dylan Gidado, CIT	14.91m
8. Scott Des Marias, FUR	14.59m

Weight Throw

1. Jared Stalling, APP	18.83m
2. Jamie Van Pelt, WCU	18.26m
3. Geno Porter, CIT	17.24m
4. Joe Korac, WCU	16.62m
5. Zane Lail, APP	16.20m
6. Jared Johnson, WCU	15.39m
7. Clay Allen, CIT	15.02m
8. Dylan Gidado, CIT	14.91m

Heptathlon

1. Steven Bastien, SAM	4916
2. Brandon Bassett, SAM	4658
3. Cody Russell, SAM	4558
4. Ben Davies, SAM	4450
5. Josh Davies, SAM	4329
6. Bo Ackerson-Gilroy, SAM	4294
7. Dustin Triplett, WCU	4103
8. Tyler Bentley, WCU	4013

Individual Awards

Most Outstanding Track Performer

Brandon Hairston, Appalachian State

Most Outstanding Field Performer

Steven Bastien, Samford

Most Outstanding Athlete

Brandon Hairston, Appalachian State

Freshman of the Year

Steven Bastien, Samford

Coach of the Year

Rod Tiffin, Samford

2013 Women's Championships



Team Results

Team Finish	Points
1. Western Carolina	149
2. Appalachian State	143.50
3. Samford	139
4. Elon	81
5. Georgia Southern	70.50
6. The Citadel	21
7. College of Charleston	18
8. Chattanooga	13
9. UNCG	9
10. Wofford	8
11. Davidson	7
12. Furman	4

60-Meter Dash

1. Tayla Carter, WCU	7.45
2. Ebony Carter, GSU	7.59
3. Breanna Alston, APP	7.65
4. Jasmine Walker, GSU	7.68
5. Raven Parrish, WCU	7.69
6. Janise Robinson, WCU	7.77
7. Amber Vaughn, GSU	7.81
8. Alyssa Felton, GSU	7.86

200-Meter Dash

1. Breanna Alston, APP	24.38
2. Tayla Carter, WCU	24.66
3. Ebony Carter, GSU	25.064
4. Sydney Griffin, Elon	25.070
5. Brittany Diggs, WCU	25.15
6. Alyssa Felton, GSU	25.18
7. Jasmine Walker, GSU	25.63
8. Bria Bell, Elon	26.02

400-Meter Dash

1. Breanna Alston, APP	56.70
2. Bria Bell, Elon	57.14
3. Genevieve Emrick, WCU	57.49
4. Breanna Morrison, APP	57.65
5. Jennifer Pash, Elon	58.84
6. Kendra Douglas, WCU	58.90
7. Corina Archie-McMillan, WCU	59.15
8. Kimberly Thomas, GSU	59.17

800-Meter Run

1. Marie Demedicis, SAM	2:11.20
2. Jocelyn Keen, WCU	2:12.26
3. Micah Wessinger, CIT	2:12.70
4. Anna Irvine, SAM	2:13.40
5. Hayley Tomlinson, WCU	2:14.36
6. Lena Elliott, WCU	2:14.89
7. Shelby Howell, APP	2:15.21
8. Hayley McMahan, CofC	2:20.34

Mile Run

1. Lauren D'Alessio, SAM	4:57.60
2. Amanda Hamilton, APP	4:59.24
3. Rachel Wooten, SAM	5:04.82
4. Justine Stocks, APP	5:05.63
5. Kayla Schneider, APP	5:06.14
6. Chelsea Treadway, SAM	5:06.42
7. Mara Smith, WCU	5:06.86
8. Niki Klasnic, WOF	5:06.92

3,000-Meter Run

1. Lauren D'Alessio, SAM	9:51.06
2. Rachel Roberts, SAM	9:52.58
3. Amanda Hamilton, APP	9:53.38
4. Allyson Oram, Elon	9:58.03
5. Justine Stocks, APP	10:05.49
6. Natalie Atabek, DAV	10:05.93
7. Aleshia Reese, WCU	10:07.96
8. Sarah Williamson, APP	10:12.96

5,000-Meter Run

1. Lauren D'Alessio, SAM	17:05.48
2. Chelsea Sumney, UNCG	17:05.51
3. Rachel Roberts, SAM	17:14.88
4. Amanda Hamilton, APP	17:21.76
5. Teghan Henderson, UTC	17:28.61
6. Sarah Williamson, APP	17:36.21
7. Sinead Haughey, FUR	17:38.00
8. Allyson Oram, Elon	17:43.49

60-Meter Hurdles

1. Sydney Griffin, Elon	8.65
2. Jasmine Billings, GSU	8.69
3. Ashley Cope, SAM	8.79
4. Brittany Diggs, WCU	8.87
5. Xaviera Bass, WCU	9.05
6. Rachel Leder, CofC	9.29
7. Shermell Wilkins, WCU	9.32
8. Lauren Toomer, GSU	9.33

Distance Medley

1. Western Carolina	11:52.62
2. Chattanooga	12:01.72
3. Samford	12:05.20
4. Wofford	12:09.36
5. Davidson	12:15.69
6. Appalachian State	12:18.02
7. Furman	12:27.08
8. UNCG	12:38.17

4x400-Meter Relay

1. Western Carolina	3:47.95
2. Appalachian State	3:54.34
3. The Citadel	3:55.04
4. Samford	3:57.17
5. Georgia Southern	3:57.39
6. Elon	3:58.42
7. Wofford	4:00.46
8. Chattanooga	4:04.81

Long Jump

1. Alyssa Felton, GSU	5.85m
2. Jamine Walker, GSU	5.79m
3. Emily Allen, SAM	5.74m
4. Louise PrevotEAU, Elon	5.61m
5. Raven Parrish, WCU	5.57m
6. Breanna Alston, APP	5.47m
7. Tatyana Bryant, APP	5.42m
8. Ashley Cope, SAM	5.29m

Triple Jump

1. Emily Allen, SAM	11.95m
2. Jamie Glenn, APP	11.86m
3. Achsah Brice, WCU	11.82m
4. Ashleigh Rasheed, GSU	11.62m
5. RoShani Glover, CofC	11.54m
6. Tatyana Bryant, APP	11.24m
7. Janelle McNeil, Elon	11.17m
8. Brittany Powell, WCU	11.08m

High Jump

1. Chenelle Terry, SAM	1.75m
2. Megan Kirschling, Elon	1.72m
3. Mary Theresa Montgomery, APP	1.67m
4. Keyanna Harris, GSU	1.62m
4. Xaviera Bass, WCU	1.62m
6. Louise PrevotEAU, Elon	1.62m
7. Janet Watson, APP	1.62m
8. Haley Laird, Elon	1.62m

Shot Put

1. Alisha Bradshaw, WCU	14.38m
2. Charlise Morgan, Elon	14.26m
3. Sarah Sisk, CofC	13.97m
4. Jasmine Suydam, APP	13.59m
5. Adriana Love, CIT	13.27m
6. Brianna Tate, APP	13.17m
7. Jasmin Brown, WCU	12.99m
8. Kimberlyn Holt, Elon	12.94m

Weight Throw

1. Alisha Bradshaw, WCU	17.56m
2. Ana DeLeon, APP	17.34m
3. Jasmine Suydam, APP	16.86m
4. Jocelyn Parnell, APP	16.78m
5. Charlise Morgan, Elon	16.37m
6. Katelyn Poole, SAM	16.12m
7. Kimberlyn Holt, Elon	15.92m
8. Emily Allen, SAM	15.90m

Pole Vault

1. Devyn Ressler, WCU	3.75m
2. Cassandra Crawford, APP	3.75m
3. Claire Goodson, SAM	3.75m
3. Ashley Wala, WCU	3.75m
5. Laura Bedsole, SAM	3.60m
5. Chelsea Farr, APP	3.60m
7. Ashley Cope, SAM	3.60m
8. Audrey Diener, APP	3.60m

Pentathlon

1. Louise PrevotEAU, Elon	3711
2. Ashley Cope, SAM	3332
3. Michaela Birek, WCU	3330
4. Nicole Levermann, CIT	3327
5. Kaitlin McWhorter, CofC	3269
6. Christian McGuire, SAM	3214
7. Ashleigh Rasheed, GSU	3076
8. Leslie Graf, SAM	3053

Individual Awards

Most Outstanding Track Performer

Lauren D'Alessio, Samford

Most Outstanding Field Performers

Alisha Bradshaw, Appalachian State

Co-Most Outstanding Athlete

Lauren D'Alessio, Samford
Breanna Alston, Appalachian State

Freshman of the Year

Tayla Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2012 Men's Championship

Team Results

Team Finish	Points
1. Western Carolina	155
2. Appalachian State	154.50
3. Samford	147.50
4. The Citadel	58
5. Davidson	50
6. Chattanooga	32
7. Furman	29
8. UNCG	27
9. Wofford	9

60-Meter Dash

1. Justin Emerson, SAM	6.86
2. Brandon Hairston, WCU	6.91
3. Ron Duncan, WCU	6.94
4. Landon Powell, APP	6.95
5. Willie Bowman, WCU	6.96
6. Dennis Moore, APP	6.97
7. Jamaal Brantley, CIT	6.99
8. Justin Thomas, APP	7.04

200-Meter Dash

1. Benny Davis, WCU	21.35
2. Brunson Miller, CIT	21.58
3. Justin Emerson, SAM	21.78
4. Landon Powell, APP	21.93
5. Jeffery Hendricks, WCU	22.21
6. Alex Richter, SAM	22.32
7. Demari Boswell, WCU	22.46

400-Meter Dash

1. Brunson Miller, CIT	46.97
2. Benny Davis, WCU	48.51
3. Brandon Hairston, WCU	48.51
4. Aaron Tribble, WCU	48.58
5. Jonathan Bush, SAM	48.90
6. Demari Boswell, WCU	49.53
7. Alex Richter, SAM	49.60
8. Henry Stevens-Carty	49.83

800-Meter Run

1. Andrew Lantz, DAV	1:52.18
2. Alex Taylor, APP	1:52.32
3. Ramsey White, SAM	1:54.12
4. William Ivey, FUR	1:54.77
5. Garrett West, WCU	1:56.44
6. Drew Austell, UTC	1:57.53
7. Layton Dorsett, SAM	2:00.66
8. Taylor Hurst, UNCG	2:03.94

Mile Run

1. Paul Chelimo, UNCG	4:06.57
2. Lee Gilmer, FUR	4:09.51
3. Alex Taylor, APP	4:11.98
4. Chris Moen, APP	4:13.40
5. Tripp Hurt, FUR	4:13.96
6. Layton Dorsett, SAM	4:14.44
7. Wilkerson Give, FUR	4:14.48
8. James Perez, FUR	4:14.65

3,000-Meter Run

1. Lucas Cotter, UTC	8:09.89
2. Chris Moen, APP	8:11.52
3. Demetrios Pagonis, DAV	8:16.27
4. Ryan Hopkins, DAV	8:18.76
5. Joey Thompson, UNCG	8:19.83
6. Will Raby, APP	8:22.65
7. Sean Soderman, APP	8:29.38
8. Vincent Weir, DAV	8:30.42

5,000-Meter Run

1. Demetrios Pagonis, DAV	14:22.47
2. Lucas Cotter, UTC	14:29.31
3. Will Raby, APP	14:30.43
4. Chris Moen, APP	14:31.45
5. Ryan Hopkins, DAV	14:31.80
6. Chris Berry, UTC	14:33.04
7. Emmanuel Kirwa, UTC	14:35.41
8. Sean Soderman, APP	14:40.18

60-Meter Hurdles

1. AJ Dohanic, APP	8.01
2. Stanley Broaden-Branch, APP	8.21
3. Cavan Corcoran, SAM	8.34
4. Bo Ackerson-Gilroy, SAM	8.35
5. Abraham Faison, WCU	8.37
6. Marquis Bailey, WCU	8.47
7. Tyler Bentley, WCU	8.60
8. Matthew Beausoleil, CIT	8.74

Distance Medley

1. UNCG	9:59.73
2. Appalachian State	10:00.90
3. Furman	10:01.35
4. Samford	10:17.71
5. Western Carolina	10:21.15
6. Davidson	10:22.05
7. Chattanooga	10:24.90
8. The Citadel	10:43.73

4x400-Meter Relay

1. Western Carolina	3:15.08
2. The Citadel	3:18.47
3. Appalachian State	3:19.10
4. Davidson	3:24.95
5. Chattanooga	3:26.93
6. Wofford	3:31.68
7. UNCG	3:32.57
8. Samford	3:48.88

High Jump

1. Darius Purcell, APP	2.21m
2. Tyler Kemp, SAM	2.05m
3. Bo Ackerson-Gilroy, SAM	2.05m
4. Daryl Saunders, APP	2.05m
5. Jordan Orr, WCU	2.05m
6. Bob Elliot II, SAM	1.95m
T7. Stephen Davis, APP	1.95m
T7. Donald Cooper, SAM	1.95m

Pole Vault

1. Michael Seaman, SAM	5.45m
2. Owen Wagoner, SAM	4.90m
3. Matt Stenger, WCU	4.75m
4. Ryan Cook, SAM	4.75m
5. Keith Leonard, WCU	4.60m
6. Bo Ackerson-Gilroy, SAM	4.60m
7. Wayne Parker, WCU	4.45m
8. Cory Sears, SAM	4.45m

Long Jump

1. Bob McNeil, WCU	7.25m
2. Jamal Tiller, APP	7.00m
3. Stewart Dalton, DAV	6.68m
4. Abraham Faison, WCU	6.62m
5. Tim Smith, CIT	6.57m
6. Mike McCrimon, WOF	6.57m
7. Willie Bowman, WCU	6.52m
8. Darius Purcell, APP	6.51m

Triple Jump

1. Bob McNeil, WCU	15.08m
2. Jamal Tiller, APP	14.93m
3. Bob Elliot II, SAM	14.24m
4. Edward Jones, CIT	14.03m
5. Patrick Hill, APP	13.65m
6. Mike McCrimon, WOF	13.06m
7. Valian Brown, CIT	12.93m
8. Abraham Faison, WCU	12.80m

Shot Put

1. Jared Stalling, APP	16.97m
2. Quintin Turner, CIT	15.42m
3. Nick Sansotta, APP	14.49m
4. Jonathan Newton, WCU	14.27m
5. Dylan Gidado, CIT	14.18m
6. Scott Des Marais, FUR	13.62m
7. Jamie Van Pelt, WCU	13.61m
8. Andy Benesh, WCU	13.57m

Weight Throw

1. Kyle Kirby, SAM	19.23m
2. Jared Stalling, APP	18.02m
3. Jamie Van Pelt, WCU	17.55m
4. Kanon Burt, SAM	16.68m
5. Jonathan Newton, WCU	16.23m
6. Caleb Poplin, APP	15.96m
7. Quintin Turner, CIT	15.42m
8. Dylan Gidado, CIT	14.81m

Heptathlon

1. Bo Ackerson-Gilroy, SAM	5,127
2. Josh Davies, SAM	4,780
3. Luke Burton, WCU	4,711
4. Donald Cooper, SAM	4,395
5. Cody Russell, SAM	4,163
6. Tyler Bentley, WCU	4,077
7. Ellison Glenn, CIT	3,883
8. Kyle Bernier, WCU	3,818

Individual Awards

Most Outstanding Track Performer

Brunson Miller, The Citadel

Most Outstanding Field Performer

Bo Ackerson-Gilroy, Samford

Most Outstanding Athlete

Bo Ackerson-Gilroy, Samford

Freshman of the Year

Abraham Faison, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2012 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	157.6
2. Western Carolina	113
3. Georgia Southern	92
4. Samford	85
5. Elon	72.33
6. College of Charleston	59
7. UNCG	36
8. Furman	17
9. Chattanooga	12
10. Wofford	9.50
11. The Citadel	9
12. Davidson	1

Shot Put

1. Gayshawna Watkins, APP	13.67m
2. Alisha Bradshaw, WCU	13.68m
3. Jasmine Suydam, APP	13.18m
4. Charlise Morgan, Elon	13.07m
5. Sarah Sisk, CofC	12.73m
6. Charnelle Wray, GSU	12.57m
7. Sarah Hall, GSU	12.55m
8. Katelyn Poole, SAM	12.29m

Weight Throw

1. Gayshawna Watkins, APP	17.09m
2. Charlise Morgan, Elon	15.58m
3. Alyssa Girvin, Elon	15.36m
4. Alisha Bradshaw, WCU	15.34m
5. Jocelyn Parnell, APP	15.11m
6. Jasmine Suydam, APP	14.90m
7. Emily Allen, SAM	14.89m
8. Sarah Hall, GSU	14.72m

Pole Vault

1. Claire Goodson, SAM	4.05m
2. Chelsea Farr, APP	3.85m
3. Cassandra Crawford, APP	3.85m
4. Ashley Wala, WCU	3.55m
5. Cara June Elyea, WCU	3.55m
6. Debra Domeruth, APP	3.40m
7. Claire Smith, Elon	3.40m
8. Laura Bedsole, SAM	3.40m

Pentathlon

1. Louise PrevotEAU, Elon	3,566
2. Ashley Cope, SAM	3,449
3. Stephanie Hicks, GSU	3,347
4. Michaela Birek, WCU	3,328
5. Macy Conger, SAM	3,308
6. Nicole Levermann, CIT	3,255
7. Jettana Thomas, WCU	3,152
8. Veronica Luedke, Elon	3,111

60-Meter Dash

1. Ebony Carter, GSU	7.56
2. Breanna Alston, APP	7.63
3. Janise Robinson, WCU	7.74
4. Jasmine Walker, GSU	7.77
5. Jasmine Billings, GSU	7.81
6. D'Shawna McLucas, APP	7.81
7. Dana Cataldo, Elon	7.85
8. Kristen Campbell, APP	7.87

200-Meter Dash

1. Breanna Alston, APP	24.31
2. Ebony Carter, GSU	24.70
3. Felisha Garren, WCU	24.74
4. D'Shawna McLucas, APP	25.01
5. Raven Parrish, WCU	25.09
6. Brittany Diggs, WCU	25.20
7. Amy Salek, Elon	25.32
8. Bria Bell, Elon	25.35

400-Meter Dash

1. Felisha Garren, WCU	54.61
2. Asia Dunlap, APP	55.58
3. Amy Salek, Elon	55.78
4. Genevieve Emrick, WCU	56.81
5. Bria Bell, Elon	57.50
6. Jessica Watson, SAM	57.57
7. Shenita Martin, APP	58.48
8. Cherrelle King, GSU	58.94

800-Meter Run

1. Marie Demedicis, SAM	2:12.90
2. Amanda Irvine, SAM	2:13.36
3. Alyssa D'Orazio, CofC	2:13.48
4. Hayley Tomlinson, WCU	2:14.63
5. Jocelyn Keen, WCU	2:15.27
6. Asea Mayfield, GSU	2:15.39
7. Micah Wessinger, CIT	2:17.50
8. Lena Elliot, WCU	2:18.99

Mile Run

1. Ashley Schnell, UNCG	4:46.42
2. Dena O'Brien, CofC	4:53.46
3. Erin Barker, FUR	4:54.74
4. Amanda Hamilton, APP	4:59.72
5. Holly Benson, SAM	5:00.66
6. Hayley McMahon, CofC	5:03.51
7. Mara Smith, WCU	5:04.18
8. Presley Parkes, DAV	5:04.78

3,000-Meter Run

1. Dena O'Brien, CofC	9:38.11
2. Amanda Hamilton, APP	9:44.38
3. Erin Barker, FUR	9:49.53
4. Shaina Sumney, UNCG	9:53.27
5. Amanda Sumner, UTC	9:54.46
6. Kerry Hartman, UNCG	9:56.45
7. Emily Tryon, Elon	10:05.79
8. Sarah Williamson, APP	10:05.98

5,000-Meter Run

1. Dena O'Brien, CofC	16:39.47
2. Chelsea Sumney, UNCG	16:51.25
3. Amanda Sumner, UTC	17:05.22
4. Amanda Hamilton, APP	17:06.71
5. Brooke Mosteller, FUR	17:18.51
6. Sarah Williamson, APP	17:19.10
7. Allyson Oram, Elon	17:19.14
8. Hannah Orders, APP	17:25.90

60-Meter Hurdles

1. Jasmine Billings, GSU	8.49
2. Julie McDonald, SAM	8.65
3. Stephanie Hicks, GSU	8.73
4. Ashley Cope, SAM	8.87
5. Taylor Wade, GSU	8.89
6. Xaviera Bass, WCU	9.01
7. Veronica Luedke, Elon	9.07
8. Molyl Vaughn, APP	9.09

Distance Medley

1. UNCG	11:43.99
2. Western Carolina	12:02.71
3. Samford	12:06.47
4. Appalachian State	12:12.62
5. Wofford	12:18.93
6. College of Charleston	12:26.95
7. Chattanooga	12:29.71
8. Elon	12:39.48

4x400-Meter Relay

1. Western Carolina	3:44.98
2. Appalachian State	3:47.39
3. Elon	3:49.14
4. Georgia Southern	3:50.96
5. Samford	3:54.66
6. The Citadel	3:57.75
7. Wofford	4:02.38
8. Furman	4:12.91

Long Jump

1. Jasmine Walker, GSU	5.61m
2. Stephanie Hicks, GSU	5.58m
3. Tatyana Bryant, APP	5.54m
4. Raven Parrish, WCU	5.52m
5. Louise PrevotEAU, Elon	5.40m
6. Michaela Birek, WCU	5.30m
7. Millice Brooks-Millender, GSU	5.22m

Triple Jump

1. Emily Allen, SAM	12.02m
2. Erika Ivey, APP	11.83m
3. Raven Parrish, WCU	11.52m
4. Jelain McArthur, CofC	11.42m
5. Millice Brooks-Millender, GSU	11.41m
6. Tatyana Bryant, APP	11.32m
7. Janelle McNeil, Elon	11.07m
8. Jettana Thomas, WCU	11.07m

High Jump

1. Emily Smith, CofC	1.70m
T2. Haley Laird, Elon	1.60m
T2. Mary Theresa Montgomery, APP	1.60m
T2. Shaquiela Robinson, APP	1.60m
T5. Janet Watson, APP	1.60m
T5. Kaitlin Brown, WOF	1.60m
7. Xaviera Bass, WCU	1.60m
8. Nicole Levermann, CIT	1.55m

Individual Awards

Most Outstanding Track Performer

Dena O'Brien, College of Charleston

Most Outstanding Field Performers

Gayshawna Watkins, Appalachian State

Most Outstanding Athlete

Dena O'Brien, College of Charleston

Freshman of the Year

Jasmine Walker, Georgia Southern

Coach of the Year

Danny Williamson, Western Carolina

2011 Men's Championship

Team Results

Team Finish	Points
1. Appalachian State	216.33
2. Western Carolina	149
3. Samford	127.33
4. Davidson	53.33
5. The Citadel	49
6. Chattanooga	36
7. Furman	21
8. Wofford	5
9. UNCG	1

60-Meter Dash

1. Dennis Moore, APP.....	6.79
2. Justin Emerson, SAM.....	6.81
3. Landon Powell, APP.....	6.84
4. Brandon Hairston, WCU.....	6.86
5. Ron Duncan, WCU.....	6.87
6. Justin Thomas, APP.....	6.89
7. Cortez Johnson, FUR.....	6.99
8. Christian Graham, CIT.....	7.02

200-Meter Dash

1. Dennis Moore, APP.....	21.62
2. Landon Powell, APP.....	22.18
3. Brandon Hairston, WCU.....	22.26
4. Justin Thomas, APP.....	22.37
5. Donald Cooper, SAM.....	22.39
6. Cordell Livingston, WCU.....	22.56
7. Phillip Bush, APP.....	22.94
8. Alex Richter, SAM.....	23.02

400-Meter Dash

1. Brunson Miller, CIT.....	48.11
2. Brandon Hairston, WCU.....	48.36
3. Benny Davis, WCU.....	49.32
4. JinHan Song, DAV.....	50.10
5. Blake Woodfin, CIT.....	50.58
6. Sidney Rhodes, WCU.....	50.84
7. Alex Richter, SAM.....	51.03

800-Meter Run

1. Andrew Lantz, DAV.....	1:54.99
2. Henry Stevens-Carty, SAM.....	1:55.10
3. Lee Gilmer, FUR.....	1:55.29
4. Drew Tucker, WCU.....	1:55.65
5. David Moore, UTC.....	1:56.21
6. Scott Cope, SAM.....	1:56.90
7. Chris Moen, APP.....	2:08.86
8. Alex Taylor, APP.....	2:09.31

Mile Run

1. Alex Taylor, APP.....	4:12.35
2. Chris Moen, APP.....	4:12.48
3. Lee Gilmer, FUR.....	4:12.87
4. Blaise Carie, SAM.....	4:14.95
5. Layton Dorsett, SAM.....	4:15.14
6. Brandon Hudgins, APP.....	4:16.89
7. Garrett West, WCU.....	4:17.41
8. Andrew Yarchin, APP.....	4:18.28

3,000-Meter Run

1. Chris Moen, APP.....	8:23.42
2. Charlie Schmitt, DAV.....	8:24.88
3. Chris Berry, UTC.....	8:25.43
4. Ryan Hopkins, DAV.....	8:26.62
5. Blaise Carie, SAM.....	8:27.33
6. Nicholas Kelly, APP.....	8:29.23
7. Sean Soderman, APP.....	8:30.03
8. Demetrios Pagonis, DAV.....	8:31.18

5,000-Meter Run

1. Sean Soderman, APP.....	14:39.59
2. Charlie Schmitt, DAV.....	14:41.03
3. Emmanuel Kirwa, UTC.....	14:46.13
4. Chris Berry, UTC.....	14:46.51
5. Ryan Hopkins, DAV.....	14:46.89
6. Nicholas Kelly, APP.....	14:49.16
7. Demetrios Pagonis, DAV.....	14:52.49
8. Joey Thompson, UNCG.....	14:53.75

60-Meter Hurdles

1. Cordell Livingston, WCU.....	8.11
2. Avon Corcoran, SAM.....	8.26
3. CJ Dohanic, APP.....	8.28
4. Trey Jones, APP.....	8.28
5. Jordan Blazer, WCU.....	8.32
6. Tyler Bentley, WCU.....	8.48
7. Chris Sievert, CIT.....	8.59
8. Bo Ackerson-Gilroy.....	8.88

Distance Medley

1. Chattanooga.....	10:15.20
2. Appalachian State.....	10:17.31
3. Samford.....	10:17.90
4. Western Carolina.....	10:20.65
5. Davidson.....	10:20.77
6. Furman.....	10:22.24
7. Wofford.....	10:50.46
8. The Citadel.....	10:53.27

4x400-Meter Relay

1. The Citadel.....	3:17.76
2. Samford.....	3:26.04
3. Davidson.....	3:28.54
4. Chattanooga.....	3:28.74
5. Furman.....	3:29.91
6. Wofford.....	3:32.04

High Jump

1. Darius Purcell, APP.....	2.18m
2. James Harris, CIT.....	2.05m
3. Bob Elliott II, SAM.....	2.00m
4. Bo Ackerson-Gilroy, SAM.....	1.95m
5. Donald Cooper, SAM.....	1.95m
6. Tyler Kemp, SAM.....	1.95m
T7. Jordan Orr, WCU.....	1.90m
T7. Aaron Tribble, WCU.....	1.90m
T7. Brandon Bassett, SAM.....	1.90m

Pole Vault

1. Michael Seaman, SAM.....	4.95m
2. Ryan Twiford, APP.....	4.95m
3. Mike Wilson, APP.....	4.65m
4. David Melton, CIT.....	4.50m
5. Landon Hunt, APP.....	4.50m
6. Zac Epperson, SAM.....	4.50m
7. Wayne Parker, WCU.....	4.50m
T8. Jake Goodchild, APP.....	4.35m
T8. Brandon Bassett, SAM.....	4.35m
T8. Bryce Jones, DAV.....	4.35m

Long Jump

1. Lawren Willard, WCU.....	7.59m
2. Cordell Livingston, WCU.....	7.20m
3. Bob McNeil, WCU.....	7.08m
4. Phillip Bush, APP.....	7.07m
5. Jamal Tiller, APP.....	6.91m
6. Tim Smith, CIT.....	6.85m
7. Darius Purcell, APP.....	6.79m
8. Brandon Bassett, SAM.....	6.77m

Triple Jump

1. Jamal Tiller, APP.....	15.59m
2. Cordell Livingston, WCU.....	15.23m
3. Lawren Willard, WCU.....	14.62m
4. Cornelius Williams, WCU.....	14.59m
5. Bob McNeil, WCU.....	14.33m
6. Justin Strickland, WCU.....	14.22m
7. Patrick Hill, APP.....	14.18m
8. Bob Elliott II, SAM.....	14.09m

Shot Put

1. Jerod Gardner, APP.....	16.67m
2. Malcolm Styers, APP.....	15.50m
3. Ryan Pless, WCU.....	15.05m
4. Jacob Lane, APP.....	14.92m
5. Cameron McRae, WCU.....	14.68m
6. Jonathan Newton, WCU.....	14.15m
7. Chris Davis, SAM.....	13.98m
8. Jamie Van Pelt, WCU.....	13.87m

Weight Throw

1. Malcolm Styers, APP.....	18.96m
2. Kyle Kirby, SAM.....	18.87m
3. Timothy Daly, APP.....	18.15m
4. Chris Castagno, CIT.....	17.52m
5. Ryan Pless, WCU.....	17.12m
6. Jerod Gardner, APP.....	16.99m
7. Jamie Van Pelt, WCU.....	16.28m
8. Jacob Lane, APP.....	15.36m

Heptathlon

1. Brandon Bassett, SAM.....	5,063
2. Donald Cooper, SAM.....	4,926
3. Jake Goodchild, APP.....	4,770
4. Luke Burton, WCU.....	4,668
5. Sam Lusty, WCU.....	4,630
6. Bo Ackerson-Gilroy, SAM.....	3,922
7. Tyler Bentley, WCU.....	3,467

Individual Awards

Most Outstanding Track Performer

Chris Moen, Appalachian State

Most Outstanding Field Performer

Malcolm Styers, Appalachian State

Most Outstanding Athlete

Cordell Livingston, Western Carolina

Freshman of the Year

Jamal Tiller, Appalachian State

Co-Coaches of the Year

John Weaver, Appalachian State

2011 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	185
2. Western Carolina	110.5
3. Georgia Southern	97
4. Elon	84
5. Samford	62.5
6. College of Charleston	49
7. UNCG	31
8. Furman	21
9. The Citadel	13
10. Davidson	8
11. Wofford	2
12. Chattanooga	0

60-Meter Dash

1. Breanna Alston, APP	7.58
2. Kwajelin Holsendolph, GSU	7.65
3. Crystal Dukes, APP	7.67
4. Jane't Carothers, WCU	7.70
5. Ebony Carter, GSU	7.72
6. Kristen Campbell, APP	7.74
7. Lynndsey Hyter, GSU	7.82
8. Janise Robinson, WCU	7.89

200-Meter Dash

1. Breanna Alston, APP	24.48
2. Jane't Carothers, WCU	24.59
3. Felisha Garren, WCU	25.14
4. Kristen Campbell, APP	25.26
5. Bria Bell, Elon	25.38
6. Kayleigh Birks, Elon	25.42
7. D'Shawrna McLucas, APP	25.73
8. Shalyn McMichael, WCU	26.35

400-Meter Dash

1. Jane't Carothers, WCU	55.34
2. Felisha Garren, WCU	55.60
3. Amy Salek, Elon	55.70
4. Bria Bell, Elon	57.37
5. Breahna Morrison, APP	57.69
6. Shalyn McMichael, WCU	57.94
7. Nadia Liriano, APP	58.11
8. Tatum Moffett, SAM	58.14

800-Meter Run

1. Hillary Neal, SAM	2:10.42
2. Chenel McFadden, APP	2:12.66
3. Micah Wessinger, CIT	2:12.79
4. Asia Dunlap, APP	2:12.88
5. Julie Hart, Elon	2:14.21
6. Alyssa D'Orazio, CofC	2:19.24
7. Katie Kessler, WOF	2:19.47
8. Monique Ositelu, FUR	2:30.22

Mile Run

1. Lauren D'Alessio, SAM	4:59.79
2. Jenna Callahan, FUR	5:05.14
3. Shaina Sumney, UNCG	5:06.45
4. Kerry Hartman, UNCG	5:06.59
5. Morgan Turner, WCU	5:08.07
6. Jordan Gaddy, WCU	5:08.62
7. Erin Barker, FUR	5:09.82
8. Brittney Caudle, APP	5:10.10

3,000-Meter Run

1. Ashley Schnell, UNCG	9:52.39
2. Dena O'Brien, CofC	9:53.32
3. Deanna Zidar, SAM	10:10.07
4. Allyson Oram, Elon	10:12.04
5. Brittney Caudle, APP	10:13.42
6. Emily Fournier, Elon	10:14.20
7. Morgan Turner, WCU	10:19.48
8. Sarah Cline, DAV	10:23.32

5,000-Meter Run

1. Dena O'Brien, CofC	16:46.59
2. Allyson Oram, Elon	17:49.14
3. Amy Neilson, APP	17:51.13
4. Heather Conarroe, DAV	17:51.18
5. Emily Fournier, Elon	17:54.04
6. Jillian Klassen, SAM	17:56.49
7. Morgan Turner, WCU	18:11.68
8. Sara Curry, GSU	18:14.71

60-Meter Hurdles

1. Nicole Okolo, WCU	8.52
2. Kwajelin Holsendolph, GSU	8.58
3. Jasmine Billings, GSU	8.72
4. Lynndsey Hyter, GSU	8.88
5. Misha Holmes, FUR	8.95
6. Stephanie Hicks, GSU	8.97
7. Michelle Brutus, APP	9.08
8. Julie McDonald, SAM	9.17

Distance Medley

1. UNCG	11:55.95
2. Appalachian State	12:05.05
3. Samford	12:05.23
4. Western Carolina	12:05.40
5. Furman	12:06.35
6. College of Charleston	12:19.30
7. Elon	12:22.85
8. Georgia Southern	12:35.85

4x400-Meter Relay

1. Western Carolina	3:50.35
2. Elon	3:50.41
3. Appalachian State	3:53.11
4. Georgia Southern	3:58.61
5. Samford	3:59.20
6. College of Charleston	4:02.83
7. Furman	4:03.30
8. The Citadel	4:04.49

Long Jump

1. Lynndsey Hyter, GSU	6.06m
2. Veronica Day, Elon	5.95m
3. Bianca Harvey, APP	5.82m
4. Crystal Dukes, APP	5.81m
5. Stephanie Hicks, GSU	5.72m
6. Millicent Brooks-Millender, GSU	5.55m
7. Lauren Hawkesworth, Elon	5.49m
T8. Raven Parrish, WCU	5.44m
T8. Jettana Thomas, WCU	5.44m

Triple Jump

1. Veronica Day, Elon	12.24m
2. Lynndsey Hyter, GSU	12.20m
3. Millicent Brooks-Millender, GSU	12.02m
4. Lauren Hawkesworth, Elon	11.95m
5. Erika Ivey, APP	11.88m
6. Bianca Harvey, APP	11.78m
7. Crystal Dukes, APP	11.55m
T8. Emily Allen, SAM	11.22m
T8. Nicole Okolo, WCU	11.22m

High Jump

1. Rebecca Hazeltine, APP	1.71m
2. Chenelle Terry, SAM	1.70m
3. Shaquielia Robinson, APP	1.70m
4. Emily Smith, CofC	1.65m
5. Alex Cassagnol, GSU	1.60m
6. Nicole Levermann, CIT	1.60m
7. Erin Lupher, DAV	1.60m
8. Jane't Carothers, WCU	1.60m

Shot Put

1. Gayshawna Watkins, APP	15.06m
2. Norjai Palma, APP	14.23m
3. Zakiyyah Stewart, WCU	13.91m
4. Whitney Smyre, APP	13.66m
5. Natash Creasy, GSU	13.20m
6. Justine Robertson, Elon	12.75m
7. Charlise Morgan, Elon	12.54m
8. Ana DeLeon, APP	12.36m

Weight Throw

1. Whitney Smyre, APP	17.92m
2. Gayshawna Watkins, APP	17.29m
3. Ana DeLeon, APP	16.36m
4. Zakiyyah Stewart, WCU	16.14m
5. Michaela McGriff, APP	15.01m
6. Norjai Palma, APP	14.93m
7. Alyssa Girvin, Elon	14.64m
8. Kasandra Polson, CIT	14.04m

Pole Vault

1. Cassandra Crawford, APP	3.80m
2. Laura Bedsole, SAM	3.65m
3. Kassie McKie, WCU	3.50m
4. Claire Goodson, CofC	3.50m
5. Ashley Wala, WCU	3.50m
6. Mary Barron, SAM	3.35m
7. Meredith Wilson, APP	3.35m
8. Rachel Gregory, SAM	3.35m

Pentathlon

1. Lynndsey Hyter, GSU	3,578
2. Isabel Boersma, CofC	3,411
3. Jettana Thomas, WCU	3,409
4. Stephanie Hicks, GSU	3,369
5. Brynne Johnson, CofC	3,331
6. Carlyn Wright, WCU	3,257
7. Nicole Levermann, CIT	3,243
8. Macy Conger, SAM	3,194

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performers

Lynndsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynndsey Hyter, Georgia Southern

Freshman of the Year

Breanna Alston, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2010 Men's Championship

Team Results

Team Finish	Points
1. Appalachian State	209
2. Western Carolina	207
3. Samford	102.5
4. The Citadel	42.5
5. Davidson	30
6. UNCG	24
7. Chattanooga	18
8. Furman	6
9. Wofford	3

60-Meter Dash

1. Dominique Young, WCU	6.84
2. Landon Powell, APP	6.91
3. John Svoboda, APP	6.94
4. Christian Bethune, WCU	6.97
5. Brandon Hairston, WCU	7.01
6. Christian Graham, CIT	7.07
7. Dennis Moore, APP	7.09

200-Meter Dash

1. Dominique Young, WCU	21.84
2. John Svoboda, APP	22.15
3. Cordell Livingston, WCU	22.43
4. Landon Powell, APP	22.43
5. Benny Davis, WCU	22.45
6. Dennis Moore, APP	22.56
7. Donald Cooper, SAM	22.71
8. Brandon Hairston, WCU	23.07

400-Meter Dash

1. Brunson Miller, CIT	48.65
2. John Svoboda, APP	49.15
3. Nick Zeller, APP	49.18
T4. Benny Davis, WCU	49.37
T4. Brandon Hairston, WCU	49.37
6. Zac Cordner, SAM	51.04
7. Tyler Combs, APP	51.06
8. Stephon Roach, WCU	51.37

800-Meter Run

1. Brandon Hudgins, APP	1:54.14
2. Drew Tucker, WCU	1:54.89
3. Chas Keithan, SAM	1:55.24
4. Nick O'Keefe, APP	1:55.45
5. Alex Taylor, APP	1:55.95
6. Josh Houser, APP	1:56.13
7. Terry Wyatt, UNCG	1:56.28
8. Scott Cope, SAM	1:56.71

Mile Run

1. Patrick Morgan, APP	4:13.70
2. Joey Thompson, UNCG	4:13.93
3. Alex Taylor, APP	4:14.84
4. Brandon Hudgins, APP	4:15.24
5. Josh Houser, APP	4:15.49
6. Blaise Carie, SAM	4:15.98
7. Lee Gilmer, FUR	4:17.18
8. Blake Evitt, DAV	4:18.01

3,000-Meter Run

1. Cameron Bean, SAM	8:15.74
2. Joey Thompson, UNCG	8:15.81
3. Tom Divinnie, DAV	8:20.39
4. Patrick Morgan, APP	8:21.38
5. Lee Gilmer, FUR	8:28.18
6. Ryan Hopkins, DAV	8:28.83
7. Blaise Carie, SAM	8:30.75
8. Emmanuel Kirwa, UTC	8:31.14

5,000-Meter Run

1. Cameron Bean, SAM	14:29.12
2. Chris Berry, UTC	14:30.20
3. Tom Divinnie, DAV	14:36.29
4. Emmanuel Kirwa, UTC	14:40.93
5. Patrick Morgan, APP	14:47.99
6. Ryan Hopkins, DAV	14:49.09
7. Sean Soderman, APP	14:49.10
8. Mike Koech, UNCG	14:50.41

60-Meter Hurdles

1. Cordell Livingston, WCU	8.10
2. Matt Boruff, APP	8.31
3. Christian Bethune, WCU	8.37
4. Cavan Corcoran, SAM	8.40
5. Trey Jones, APP	8.41
6. Bo Ackerson-Gilroy, SAM	8.69
7. Sean Reardon, WCU	8.87

Distance Medley

1. Appalachian State	10:09.92
2. Western Carolina	10:10.29
3. Davidson	10:16.61
4. Samford	10:18.44
5. Chattanooga	10:29.78
6. The Citadel	10:32.98
7. UNCG	10:35.58
8. Wofford	11:32.28

4x400-Meter Relay

1. Western Carolina	3:18.18
2. Appalachian State	3:20.47
3. The Citadel	3:20.60
4. Samford	3:25.49
5. Davidson	3:30.00
6. UNCG	3:33.17
7. Wofford	3:35.61

Long Jump

1. Kevin Hardy, CIT	7.23m
2. Alex Dollard, WCU	7.19m
3. Cordell Livingston, WCU	6.89m
4. Phillip Bush, APP	6.89m
5. Lawren Willard, WCU	6.89m
6. DeSean Pearce, APP	6.69m
7. Brandon Bassett, SAM	6.68m
8. Ethan Dunn, DAV	6.41m

Triple Jump

1. Alex Dollard, WCU	14.29m
2. Cordell Livingston, WCU	14.13m
3. Cornelius Williams, WCU	13.88m
4. Chinedu Amah, SAM	13.81m
5. Matt Evans, WCU	13.26m
6. Lawren Willard, WCU	13.06m
7. Brandon Bassett, SAM	12.98m
8. Jestin Jennings, WCU	12.88m

High Jump

1. Matt Evans, WCU	2.09m
2. Darius Purcell, APP	2.04m
3. Donald Cooper, SAM	1.99m
T4. James Harris, CIT	1.99m
T4. Bo Ackerson-Gilroy, SAM	1.99m
6. Collin Reber, APP	1.94m
7. Brad Triplett, APP	1.94m
8. Matt Boruff, APP	1.94m

Shot Put

1. Malcolm Styers, APP	16.29m
2. Cale McDaniel, WCU	15.85m
3. Ryan Pless, WCU	15.71m
4. Jerod Gardner, APP	15.54m
5. Quincy Marshall, WCU	14.87m
6. Quintin Turner, CIT	14.77m
7. Jared Stalling, APP	14.70m
8. Jamie Van Pelt, WCU	13.73m

Weight Throw

1. Malcolm Styers, APP	18.54m
2. Cale McDaniel, WCU	17.66m
3. Kyle Kirby, SAM	17.38m
4. Timothy Daly, APP	17.12m
5. Jerod Gardner, APP	16.98m
6. Quincy Marshall, WCU	16.48m
7. Quintin Turner, CIT	16.11m
8. Matt Earls, CIT	16.01m

Pole Vault

1. Michael Seaman, SAM	5.07m
2. Patrick Wells, SAM	4.92m
3. Matt Boruff, APP	4.77m
4. Mike O'Steen, WCU	4.77m
5. Zac Epperson, SAM	4.62m
6. Ryan Cook, SAM	4.47m
7. Sean Reardon, WCU	4.32m
8. Chas Keithan, SAM	4.32m

Heptathlon

1. Matt Evans, WCU	4,998
2. Matt Boruff, APP	4,919
3. Bo Ackerson-Gilroy, SAM	4,878
4. Brandon Bassett, SAM	4,770
5. Sean Reardon, WCU	4,697
6. Donald Cooper, SAM	4,564
7. David Gift, WCU	4,516
8. Jake Goodchild, APP	4,107

Individual Awards

Most Outstanding Track Performer

Cameron Bean, Samford

Most Outstanding Field Performer

Matt Evans, Western Carolina

Most Outstanding Athlete

Cordell Livingston, Western Carolina

Freshman of the Year

Cordell Livingston, Western Carolina

Co-Coaches of the Year

Rod Tiffin, Samford

Danny Williamson, Western Carolina

2010 Women's Championship

Team Results

Team Finish	Points
1. Western Carolina	174.5
2. Appalachian State	122
3. Georgia Southern	95
4. Samford	77
5. Elon	70
6. College of Charleston	38.5
T7. Chattanooga	25
T7. The Citadel	25
9. Furman	23
10. Davidson	12
T11. UNCG	0
T11. Wofford	0

60-Meter Dash

1. Ashley McKiver, APP.....	7.62
2. Felicia Paulding, WCU.....	7.68
3. Jane't Carothers, WCU.....	7.70
4. Demetrise Anthony, GSU.....	7.74
5. Sherelle Fronberger, WCU.....	7.75
6. Raven Parrish, WCU.....	7.76
7. Valerie Parks, WCU.....	7.95
8. Veronica Day, Elon.....	8.04

200-Meter Dash

1. Jane't Carothers, WCU.....	24.94
2. Sherelle Fronberger, WCU.....	25.12
3. Felisha Garren, WCU.....	25.19
4. Felicia Paulding, WCU.....	25.27
5. Antoinette Jordan, GSU.....	25.44
6. Ashley McKiver, APP.....	25.46
7. Emma Bowers, WCU.....	26.09
8. Raven Parrish, WCU.....	26.16

400-Meter Dash

1. Jane't Carothers, WCU.....	56.05
2. Felisha Garren, WCU.....	56.39
3. JoAnn JaJa Benson, GSU.....	57.62
4. Morgan Jefferson, GSU.....	57.63
5. Shalyn McMichael, WCU.....	57.71
6. Mary Zolga, CofC.....	57.83
7. Emma Bowers, WCU.....	58.00
8. Nadia Liriano, APP.....	58.94

800-Meter Run

1. Micah Wessinger, CIT.....	2:16.10
2. Jennine Strange, Elon.....	2:16.24
3. Monique Ositelu, FUR.....	2:16.34
4. Holly Benson, SAM.....	2:16.45
5. Anneli Uys, UTC.....	2:16.86
6. Lauren D'Alessio, SAM.....	2:17.17
7. Hillary Neal, SAM.....	2:21.71
8. Kristen Wolfe, CofC.....	2:23.81

Mile Run

1. Hillary Neal, SAM.....	4:49.52
2. Anneli Uys, UTC.....	4:52.83
3. Jessica Van Ausdall, SAM.....	5:04.64
4. Trinity Foreman, APP.....	5:06.71
5. Morgan Turner, WCU.....	5:07.16
6. Hannah Parks, APP.....	5:07.20
7. Jordan Gaddy, WCU.....	5:10.46
8. Courtney Whalen, Elon.....	5:11.84

3,000-Meter Run

1. Trinity Foreman, APP.....	10:09.73
2. Caitlin Beeler, Elon.....	10:13.24
3. Olivia Jacobs, WCU.....	10:14.57
4. Jordan Gaddy, WCU.....	10:17.33
5. Heather Stuiwe, UTC.....	10:19.26
6. Kelsey Hanger, APP.....	10:21.17
7. Morgan Denecke, Elon.....	10:21.90
8. Natalie Atabek, DAV.....	10:22.56

5,000-Meter Run

1. Chloe Kowalski, FUR.....	17:39.20
2. Caitlin Beeler, Elon.....	17:43.11
3. Natalie Atabek, DAV.....	17:49.01
4. Emily Fournier, Elon.....	17:55.02
5. Morgan Turner, WCU.....	17:59.61
6. Heather Conarroe, DAV.....	18:00.86
7. Brittany Johnson, FUR.....	18:01.78
8. Kelsey Hanger, APP.....	18:04.97

60-Meter Hurdles

1. Morgan Tyler, SAM.....	8.69
2. Jasmine Billings, GSU.....	8.76
3. Kiara Crutchfield, APP.....	8.83
4. Jelain McArthur, CofC.....	8.85
5. Lynnndsey Hyter, GSU.....	8.97
6. Nicole Okolo, WCU.....	9.15
7. Jettana Thomas, WCU.....	9.42
8. Carly Wright, WCU.....	13.60

Distance Medley (One Lap Short)

1. Samford.....	11:24.73
2. Chattanooga.....	11:31.29
3. Appalachian State.....	11:31.47
4. Western Carolina.....	11:32.38
5. Elon.....	11:36.90
6. Georgia Southern.....	12:02.79
7. Furman.....	12:09.21
8. College of Charleston.....	12:11.03

4x400-Meter Relay

1. Western Carolina.....	3:49.92
2. Georgia Southern.....	3:56.70
3. Elon.....	3:57.53
4. Appalachian State.....	3:58.53
5. Samford.....	4:01.98
6. Furman.....	4:06.37
7. College of Charleston.....	4:07.62
8. Chattanooga.....	4:11.85

Long Jump

1. Veronica Day, Elon.....	5.72m
2. Shaunta Hamilton, GSU.....	5.68m
3. Lynnndsey Hyter, GSU.....	5.65m
4. Bianca Harvey, APP.....	5.60m
5. Tia Jones, WCU.....	5.55m
6. Demetrise Anthony, GSU.....	5.45m
7. Danielle Thorpe, APP.....	5.44m
8. Jelain McArthur, CofC.....	5.43m

Triple Jump

1. Danielle Thorpe, APP.....	12.43m
2. Lynnndsey Hyter, GSU.....	12.20m
3. Shaunta Hamilton, GSU.....	11.97m
4. Morgan Tyler, SAM.....	11.96m
5. Veronica Day, Elon.....	11.91m
6. Tia Jones, WCU.....	11.83m
7. Jelain McArthur, CofC.....	11.83m
8. Lauren Hawkesworth, Elon.....	11.74m

High Jump

1. Emily Smith, CofC.....	1.73m
2. Chenelle Terry, SAM.....	1.68m
3. Rebecca Hazeltine, APP.....	1.68m
4. Julie Ward, APP.....	1.63m
5. Courtney Weathers, Elon.....	1.63m
6. Alex Cassagnol, GSU.....	1.58m
7. Erin Lupher, DAV.....	1.58m
8. Brynne Johnson, CofC.....	1.53m

Shot Put

1. Deirdra Morrison, WCU.....	12.98m
2. Zakiyyah Stewart, WCU.....	12.96m
3. Gayshawna Watkins, APP.....	12.76m
4. Justine Robertson, Elon.....	12.68m
5. Ashley Thomas, GSU.....	11.56m
6. Jocelyn Rice, WCU.....	11.52m
7. Julie Ward, APP.....	11.30m
8. Charnelle Wray, GSU.....	10.82m

Weight Throw

1. Monique Edwards, CIT.....	16.25m
2. Deirdra Morrison, WCU.....	15.51m
3. Gayshawna Watkins, APP.....	15.27m
4. Zakiyyah Stewart, WCU.....	14.84m
5. Emily Green, CIT.....	14.75m
6. Alyssa Girvin, Elon.....	14.26m
7. Amanda Spivy, GSU.....	13.97m
8. Megan Fannon, GSU.....	13.10m

Pole Vault

1. Julie Ward, APP.....	3.55m
T2. Ashley Beale, APP.....	3.55m
T2. Mackenzie Wills, SAM.....	3.55m
4. Laura Bedsole, SAM.....	3.40m
T5. Ashley Wala, WCU.....	3.40m
T5. Chelsea Taylor, CofC.....	3.40m
7. Meredith Wilson, APP.....	3.25m

Pentathlon

1. Lynnndsey Hyter, GSU.....	3,494
2. Kiara Crutchfield, APP.....	3,361
3. Jettana Thomas, WCU.....	3,314
4. Brynne Johnson, CofC.....	3,251
5. Isabel Boersma, CofC.....	3,110
6. Carlyn Wright, WCU.....	3,068
7. Emily Allen, SAM.....	3,064
8. Kelsi Billings, CIT.....	3,045

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Co-Most Outstanding Field Performers

Lynnndsey Hyter, Georgia Southern
Deirdra Morrison, Western Carolina

Most Outstanding Athlete

Jane't Carothers, Western Carolina

Freshman of the Year

Trinity Foreman, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2009 Men's Championship

Team Results

Team Finish	Points
1. Appalachian State	235
2. Western Carolina	191
3. The Citadel	60
T4. Samford	46
T4. Chattanooga	46
6. Furman	36
7. Davidson	23
8. UNCG	22
9. Wofford	4

60-Meter Dash

1. Manteo Mitchell, WCU	6.80
2. Dennis Moore, APP	6.92
3. Christian Bethune, WCU	6.93
4. Dominique Young, WCU	6.94
5. Thomas Funderburk, WCU	6.98
6. Brian Sutherland, UTC	7.01
7. Ricky Harris, APP	7.02
8. Kevin Hardy, CIT	7.06

200-Meter Dash

1. Manteo Mitchell, WCU	21.57
2. Dennis Moore, APP	21.91
3. Dominique Young, WCU	21.92
4. Mark Sturgis, APP	22.26
5. John Oros, WCU	22.38
6. John Svoboda, APP	22.39
7. Phillip Bush, APP	22.66
8. Benny Davis, WCU	22.79

400-Meter Dash

1. Manteo Mitchell, WCU	49.12
2. John Svoboda, APP	49.62
3. Benny Davis, WCU	49.83
4. Thomas Funderburk, WCU	50.15
5. John Oros, WCU	50.51
6. Kevin Johnson, WCU	50.79
7. Jestin Jennings, WCU	51.04
8. Brian Smith, WOF	51.22

800-Meter Run

1. Michael Danehy, UTC	1:55.59
2. Lee Gilmer, FUR	1:56.05
3. Taylor Hurst, UNCG	1:56.27
4. Terry Wyatt, UNCG	1:56.92
5. Zach Johnson, CIT	1:56.97
6. Nick O'Keefe, APP	1:57.23
7. Matt Baltimore, UTC	2:05.45
8. Chris Moen, APP	2:17.49

Mile Run

1. Chris Moen, APP	4:11.08
2. Patrick Morgan, FUR	4:11.16
3. Josh Houser, APP	4:15.71
4. Thad Sieracki, DAV	4:16.47
5. Asmeron Desta, APP	4:17.13
6. Bud Galloway, APP	4:17.22
7. Joey Thompson, UNCG	4:17.89
8. Scott Cope, SAM	4:21.72

3,000-Meter Run

1. Patrick Morgan, FUR	8:26.45
2. Chris Berry, UTC	8:26.94
3. Joey Thompson, UNCG	8:30.40
4. Josh Houser, APP	8:32.65
5. Asmeron Desta, APP	8:32.68
6. Thad Sieracki, DAV	8:38.52
7. Alex Hoyt, DAV	8:43.89
8. David Moore, UTC	8:47.11

5,000-Meter Run

1. Chris Berry, UTC	14:55.12
2. Asmeron Desta, APP	15:06.72
3. Lance Harden, DAV	15:11.93
4. Sean Soderman, APP	15:20.11
5. Josh Houser, APP	15:21.45
6. Alex Plasencia, FUR	15:24.85
7. Michael Walker, APP	15:25.01
8. Josey Weaver, WCU	15:29.83

60-Meter Hurdles

1. Christian Bethune, WCU	8.25
2. Jamel Brown, CIT	8.29
3. Daniel Neal, APP	8.32
4. Jordan Blazer, WCU	8.37
5. Cavan Corcoran, SAM	8.38
6. Matt Boruff, APP	8.42
7. Christopher Graham, CIT	8.45
8. Phillip Bush, APP	8.46

Distance Medley

1. Appalachian State	10:16.38
2. Samford	10:18.90
3. Furman	10:23.26
4. Western Carolina	10:24.53
5. Chattanooga	10:25.56
6. The Citadel	10:33.58
7. Davidson	10:35.37
8. Wofford	12:49.36

4x400-Meter Relay

1. Western Carolina	3:19.60
2. The Citadel	3:22.22
3. Appalachian State	3:26.49
4. Chattanooga	3:28.09
5. Samford	3:29.60
6. UNCG	3:32.48
7. Davidson	3:33.40
8. Furman	3:39.09

Long Jump

1. Kevin Hardy, CIT	7.37m
2. Thomas Funderburk, WCU	7.33m
3. Ricky Harris, APP	7.22m
4. Alex Dollard, WCU	7.04m
5. Phillip Bush, APP	6.98m
6. Buster Skrine, UTC	6.94m
7. Elias Contis, WOF	6.58m
8. Mark Sturgis, APP	6.48m

Triple Jump

1. Mark Sturgis, APP	15.25m
2. Ricky Harris, APP	14.26m
3. Daniel Joseph, WCU	14.12m
4. Shaquill Smith, CIT	14.04m
5. Alex Dollard, WCU	13.61m
6. Matt Evans, WCU	13.43m
7. Cornelius Williams, WCU	13.37m
8. Matt Pfingst, APP	13.26m

High Jump

1. Matt Evans, WCU	2.11m
2. Darius Purcell, APP	2.07m
3. Donald Cooper, SAM	1.98m
4. James Harris, CIT	1.93m
5. Matt Boruff, APP	1.93m
6. Shaquill Smith, CIT	1.88m
7. Daniel Joseph, WCU	1.83m
8. Aaron Overton, CIT	1.83m

Shot Put

1. Malcolm Styers, APP	16.56m
2. Jerod Gardner, APP	15.61m
3. Jared Stalling, APP	15.22m
4. Cale McDaniel, WCU	15.11m
5. Ryan Pless, WCU	15.07m
6. Will Funderburg, DAV	14.63m
7. Chris Page, WCU	14.56m
8. Quintin Turner, CIT	14.25m

Weight Throw

1. Malcolm Styers, APP	17.24m
2. Cale McDaniel, WCU	17.13m
3. Chris Page, WCU	16.32m
4. Jared Stalling, APP	15.76m
5. Quintin Turner, CIT	15.22m
6. Kyle Brown, SAM	15.20m
7. Matt Earls, CIT	14.53m
8. Kyle Kirby, SAM	13.78m

Pole Vault

1. Patrick Wells, SAM	4.75m
2. Ryan Twiford, APP	4.75m
3. Mike O'Steen, WCU	4.60m
4. Matt Boruff, APP	4.60m
5. Zac Epperson, SAM	4.60m
6. Mike Wilson, APP	4.60m
7. Joel Lynch, WCU	4.45m
8. Zach Smith, APP	4.45m

Heptathlon

1. Matt Boruff, APP	5,021
2. Matt Evans, WCU	4,776
3. Jake Goodchild, APP	4,633
4. Donald Cooper, SAM	4,614
5. Matt Pfingst, APP	4,540
6. Brian Baize, CIT	4,534
7. David Gift, WCU	4,517
8. Sean Reardon, WCU	4,486

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2009 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	211
2. Western Carolina	135
3. Georgia Southern	93
4. Samford	78
5. College of Charleston	44
6. Chattanooga	42
7. Elon	36
8. Furman	11
9. Davidson	8
10. The Citadel	3
11. UNCG	1
12. Wofford	0

60-Meter Dash

1. Felicia Paulding, WCU	7.62
2. Demetris Anthony, GSU	7.69
3. Ashley McKiver, APP	7.735
4. Jane't Carothers, WCU	7.739
5. Crystal Dukes, APP	7.81
6. Sherelle Fronberger, WCU	7.87
7. Monica Johnson, APP	7.88
8. Courtney Ware, GSU	7.90

200-Meter Dash

1. Felicia Paulding, WCU	24.82
2. Sherelle Fronberger, WCU	25.27
3. Jane't Carothers, WCU	25.50
4. Emma Bowers, WCU	25.51
5. Monica Johnson, APP	25.59
6. Shalyn McMichael, WCU	25.70
7. Danielle Thorpe, APP	25.74
-- Ashley McKiver, APP	DQ

400-Meter Dash

1. Jane't Carothers, WCU	56.06
2. Shalyn McMichael, WCU	56.48
3. Amy Salek, ELON	56.85
4. Ashley Bush-Hardy, GSU	56.87
5. Lynda Hiller, APP	57.85
6. Asia Dunlap, APP	58.41
7. Ashley Dance, SAM	58.58
8. Mary Zolga, CofC	58.74

800-Meter Run

1. Monique Ositelu, FUR	2:15.98
2. Luran Anderson, UTC	2:16.02
3. Alyssa D'Orazio, CofC	2:16.94
4. Hillary Neal, SAM	2:16.95
5. Cori Christensen, SAM	2:17.24
6. Jordan Gaddy, WCU	2:19.96
7. Megan Isaccs, WCU	2:21.19
8. Annie Bailey, WCU	2:22.70

Mile Run

1. Hillary Neal, SAM	4:59.19
2. Meghan Gaffney, APP	5:01.53
3. Jennifer Povick, APP	5:01.58
4. Anneli Uys, UTC	5:02.90
5. Shelley Taylor, UTC	5:07.88
6. Jessica Van Ausdall, SAM	5:13.02
7. Emily Fournier, ELON	5:13.11
8. Kristen Wolfe, CofC	5:15.33

3,000-Meter Run

1. Meghan Gaffney, APP	9:47.21
2. Andrea Seccafien, SAM	9:51.33
3. Jennifer Povick, APP	9:53.41
4. Emily Fournier, ELON	10:18.75
5. Erin Stoddard, CofC	10:22.26
6. Shelley Taylor, UTC	10:28.54
7. Jordyn Radke, UTC	10:29.03
8. Sabrina Lefort, UTC	10:31.66

5,000-Meter Run

1. Andrea Seccafien, SAM	17:55.94
2. Erin Stoddard, CofC	18:03.30
3. Tara Gietema, UTC	18:05.59
4. Meghan Gaffney, APP	18:09.72
5. Sabrina Lefort, UTC	18:16.78
6. Emily Fournier, ELON	18:17.28
7. Emily King, DAV	18:21.93
8. Allyson Costa, ELON	18:23.04

60-Meter Hurdles

1. Morgan Tyler, SAM	8.71
2. Lynnsey Hyter, GSU	8.79
3. Michelle Brutus, APP	8.874
4. Kristin Olson, GSU	8.878
5. Morgan Joseph, WCU	8.99
6. Kiara Crutchfield, APP	9.01
7. Porsha' Evans-Hardy, APP	9.07
8. Tori Jones, WCU	9.38

Distance Medley

1. Samford	11:52.69
2. Appalachian State	12:12.61
3. Chattanooga	12:21.02
4. College of Charleston	12:26.85
5. Western Carolina	12:27.72
6. The Citadel	12:44.33
7. Georgia Southern	12:49.77
8. Furman	12:51.27

4x400-Meter Relay

1. Western Carolina	3:48.01
2. Appalachian State	3:52.42
3. Georgia Southern	3:53.00
4. Samford	3:56.30
5. College of Charleston	4:03.69
6. Chattanooga	4:06.78
7. Davidson	4:09.54
8. UNCG	4:16.22

Long Jump

1. Lynnsey Hyter, GSU	5.97m
2. Danielle Thorpe, APP	5.76m
3. Shaunta Hamilton, GSU	5.71m
4. Demetris Anthony, GSU	5.59m
5. Tia Jones, WCU	5.50m
6. Veronica Day, ELON	5.49m
7. Bianca Harvey, APP	5.48m
8. Morgan Joseph, WCU	5.44m

Triple Jump

1. Danielle Thorpe, APP	12.68m
2. Lynnsey Hyter, GSU	12.25m
3. Tia Jones, WCU	12.01m
4. Shaunta Hamilton, GSU	11.73m
5. Morgan Tyler, SAM	11.55m
6. Crystal Dukes, APP	11.48m
7. Lauren Hawkesworth, ELON	11.43m
8. Kennesia Martin, DAV	11.26m

High Jump

1. Emily Smith, CofC	1.78m
2. Melanie Trumbo, GSU	1.68m
3. Rebecca Hazeltine, APP	1.68m
4. Bridgette Hills, APP	1.63m
T5. Alex Cassagnol, GSU	1.58m
T5. Jasmine Lightning, GSU	1.58m
T5. Crystal Dukes, APP	1.58m
8. Julie Ward, APP	1.58m

Shot Put

1. Whitney Smyre, APP	13.14m
2. Lily Tallent, APP	12.79m
3. Justine Robertson, ELON	12.29m
4. Carla Durham, APP	12.20m
5. Deidra Morrison, WCU	12.14m
6. Kittery Neale, DAV	11.86m
7. Crystal Dukes, APP	11.81m
8. Michaela McGriff, APP	11.79m

Weight Throw

1. Whitney Smyre, APP	17.79m
2. Chelsea McLean, WCU	15.65m
3. Michaela McGriff, APP	15.64m
4. Carla Durham, APP	15.22m
5. Justine Robertson, ELON	14.58m
6. Lily Tallent, APP	14.10m
7. Deidra Morrison, WCU	13.96m
8. Alyssa Girvin, ELON	13.68m

Pole Vault

1. Julie Ward, APP	3.60m
2. Shea Snow, APP	3.50m
3. Ashley Beale, APP	3.50m
4. Megan Irwin, APP	3.35m
5. Jessica Cumbee, CofC	3.20m
6. Mary Barron, SAM	3.20m
7. Kassie McKie, WCU	3.20m
8. Jessie Wilson, WCU	3.20m

Pentathlon

1. Lynnsey Hyter, GSU	3,551
2. Kiara Crutchfield, APP	3,265
3. Alicia Gainey, WCU	3,156
4. Jettana Thomas, WCU	3,008
5. Christian McGuire, SAM	2,979
6. Jacqueline Beliveau, ELON	2,931
7. Carlyn Wright, WCU	2,926
8. Brynne Johnson, CofC	2,913

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performer

Lynnsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

Freshman of the Year

Emily Smith, College of Charleston

Coach of the Year

John Weaver, Appalachian State

2008 Men's Championship

Team Results

Team Finish	Points
1. Western Carolin	263
2. Appalachian State	256.50
3. Chattanooga	47
4. The Citadel	38.50
5. Davidson	26
6. Furman	15
7. UNCG	8

60-Meter Dash

1. Manteo Mitchell, WCU	6.81
2. Dominique Young, WCU	6.85
3. Zeb Johnson, WCU	6.87
4. Christian Bethune, WCU	6.96
5. Daniel Neal, APP	6.99
6. Phillip Bush, APP	7.04
7. Ricky Harris, APP	7.05
8. Thomas Funderburke, WCU	7.10

200-Meter Dash

1. Manteo Mitchell, WCU	21.52
2. Zeb Johnson, WCU	21.70
3. Dominique Young, WCU	21.99
4. John Oros, WCU	22.33
5. Duke Craig, WCU	22.35
6. Phillip Bush, APP	22.37
7. Mark Sturgiss, APP	22.44
8. Christian Bethune, WCU	23.17

400-Meter Dash

1. Manteo Mitchell, WCU	49.12
2. John Oros, WCU	50.17
3. Thomas Funderburke, WCU	50.35
4. Zeb Johnson, WCU	50.64
5. Duke Craig, WCU	50.87
6. Jonathan Vallejo, CIT	51.14
7. Bryan Hladik, CIT	51.16
8. Nick Zeller, APP	51.33

800-Meter Run

1. Drew Tucker, WCU	1:56.93
2. Michael Danehy, UTC	1:57.27
3. Stephen George, UTC	1:57.62
4. Aaron Grant, WCU	1:57.75
5. Josh Houser, APP	1:57.87
6. Andrew Yarchin, APP	1:58.32
7. Blake Ketron, UTC	1:59.95
8. Patrick Morgan, FUR	2:01.87

Mile Run

1. Michael Mentz, UTC	4:13.99
2. Josh Houser, APP	4:14.20
3. Brian Deal, APP	4:14.87
4. Phillip Mitchell, APP	4:15.93
5. Patrick Morgan, FUR	4:17.90
6. Alex Hoyt, DAV	4:18.08
7. Alec Meyer, APP	4:19.62
8. Matt Baltimore, UTC	4:19.75

3,000-Meter Run

1. Brian Deal, APP	8:27.41
2. Michael Mentz, UTC	8:29.81
3. Phillip Mitchell, APP	8:34.05
4. Asmeron Desta, APP	8:34.73
5. Alex Hoyt, DAV	8:35.69
6. Ryan O'Keefe, APP	8:36.22
7. Thad Sieracki, DAV	8:36.55
8. Alec Meyer, APP	8:44.67

5,000-Meter Run

1. Brian Deal, APP	14:53.74
2. Asmeron Desta, APP	15:00.95
3. Phillip Mitchell, APP	15:02.75
4. Ryan O'Keefe, APP	15:06.98
5. Thad Sieracki, DAV	15:07.68
6. Alex Plasencia, FUR	15:11.81
7. Michael Mentz, UTC	15:13.83
8. Blair Teal, APP	15:14.41

60-Meter Hurdles

1. Daniel Neal, APP	8.05
2. Phillip Bush, APP	8.33
3. Jamel Brown, CIT	8.44
4. Christian Bethune, WCU	8.49
5. Matt Boruff, APP	8.54
6. Jordan Blazer, WCU	8.57
7. David Gift, WCU	8.89
8. Sean Reardon, WCU	9.09

Distance Medley

1. Appalachian State	10:18.42
2. UNCG	10:19.95
3. Western Carolina	10:25.99
4. Chattanooga	10:26.51
5. The Citadel	10:43.81
6. Furman	10:51.68
7. Davidson	10:54.46

4x400-Meter Relay

1. Western Carolina	3:22.59
2. The Citadel	3:24.58
3. Davidson	3:28.74
4. Chattanooga	3:31.00
5. Furman	3:43.78

Long Jump

1. Joel Gaddy, APP	7.05m
2. Ricky Harris, APP	6.99m
3. Mark Sturgiss, APP	6.97m
4. Chris Gaillard, WCU	6.93m
5. Rashad Herndon, WCU	6.92m
6. Phillip Bush, APP	6.87m
7. Alex Dollard, WCU	6.82m
8. Daniel Joseph, WCU	6.73m

Triple Jump

1. Joel Gaddy, APP	15.54m
2. Daniel Joseph, WCU	15.12m
3. Mark Sturgis, APP	15.00m
4. Chris Gaillard, WCU	14.30m
5. Rashad Herndon, WCU	13.94m
6. Kwame Som-Pimpong, DAV	13.89m
7. Ricky Harris, APP	13.75m
8. Alex Dollard, WCU	13.65m

High Jump

1. Daniel Joesph, WCU	1.95m
2. Rashad Herndon, WCU	1.95m
3. Matt Evans, WCU	1.95m
4. James Harris, CIT	1.90m
4. Chris Gaillard, WCU	1.90m
6. Ricky Harris, APP	1.85m
7. David Gift, WCU	1.80m

Shot Put

1. Patrick Morris, WCU	15.32m
2. Wes Kiser, APP	15.19m
3. Cale McDaniel, WCU	15.05m
4. Chris Page, WCU	14.91m
5. Quintin Turner, CIT	14.56m
6. Jerod Gardner, APP	14.35m
7. Malcolm Styers, APP	13.83m
8. Grant Haun, APP	13.03m

Weight Throw

1. Wes Kiser, APP	18.61m
2. Grant Haun, APP	16.84m
3. Timothy Daly, APP	16.74m
4. Cale McDaniel, WCU	15.81m
5. Chris Page, WCU	15.73m
6. Jerod Gardner, APP	15.61m
7. Will Funderburg, DAV	14.19m
8. Quintin Turner, CIT	13.31m

Pole Vault

1. Mike Wilson, APP	4.70m
2. Mike O'Steen, WCU	4.60m
3. Barron Shell, APP	4.60m
4. Zach Smith, APP	4.45m
5. Logan James, WCU	4.45m
6. Sean Reardon, WCU	4.30m
6. Ryan Twiford, APP	4.30m

Heptathlon

1. Matt Boruff, APP	4,720
2. Sean Reardon, WCU	4,460
3. Matt Evans, WCU	4,426
4. David Gift, WCU	4,122
5. Barron Shell, APP	3,842
6. Brian Baize, CIT	3,828
7. Caleb Moore, CIT	3,374
8. Jose Trinidad, CIT	2,934

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2008 Women's Championship

Team Results

Team Finish	Points
1. Western Carolina	172
2. Appalachian State	167
3. Georgia Southern	120
4. Chattanooga	78
5. Elon	35
6. Davidson	32
7. College of Charleston	23
8. The Citadel	22
9. Furman	14

60-Meter Dash

1. Tangelia Johnson, WCU	7.57
2. Demetrise Anthony, GSU	7.57
3. Ashley McKiver, APP	7.61
4. Felicia Paulding, WCU	7.67
5. Sherelle Fronberger, WCU	7.81
6. Vonteena Knotts, APP	7.83
7. Monica Johnson, APP	8.00
8. Raquel Ramseur, WCU	8.03

200-Meter Dash

1. Raquel Ramseur, WCU	24.87
2. Jane't Carothers, WCU	24.96
3. Ashley McKiver, APP	25.19
4. Sherelle Fronberger, WCU	25.30
5. Shamyria Ortiz, GSU	25.37
6. Tangelia Johnson, WCU	25.48
7. Felicia Paulding, WCU	25.51
8. Jodi Whittle, CIT	25.83

400-Meter Dash

1. Raquel Ramseur, WCU	56.65
2. Carla Ballard, GSU	56.77
3. Jane't Carothers, WCU	56.81
4. Ashley Bush-Hardy, GSU	58.15
5. Amanda Alexander, UTC	59.19
6. London Ryles, GSU	59.42
7. Aneesha Lane, WCU	60.82
8. Shalyn McMichael, WCU	64.56

800-Meter Run

1. Kerri Savery, WCU	2:12.26
2. Emily Wood, UTC	2:14.34
3. Jennine Strange, ELON	2:14.54
4. Shauntel Jennings, GSU	2:16.43
5. Jennifer Povick, APP	2:16.93
6. Kala Robertson, APP	2:18.69
7. Annie Bailey, WCU	2:18.70
8. Megan Issacs, WCU	2:21.24

Mile Run

1. Kerri Savery, WCU	5:04.26
2. Jennifer Povick, APP	5:07.15
3. Shelley Taylor, UTC	5:07.43
4. Megan Isaccs, WCU	5:07.84
5. Sabrina Lefort, UTC	5:09.90
6. Charlotte Walsh, APP	5:12.73
7. Jordan Gaddy, WCU	5:13.86
8. Emily Wood, UTC	5:13.96

3,000-Meter Run

1. Shelley Taylor, UTC	10:05.02
2. Kathleen Turchin, UTC	10:05.12
3. Sabrina Lefort, UTC	10:07.23
4. Caroline Sanker, DAV	10:08.59
5. Brenna Burns, DAV	10:09.78
6. Tara Gietema, UTC	10:16.92
7. Emily Fournier, ELON	10:21.97
8. Jordyn Radke, UTC	10:27.42

5,000-Meter Run

1. Brenna Burns, DAV	17:18.56
2. Caroline Sanker, DAV	17:30.01
3. Kathleen Turchin, UTC	17:51.01
4. Shelley Taylor, UTC	17:58.48
5. Jennifer Povick, APP	17:58.98
6. Megan Lordi, FUR	18:03.62
7. Sabrina Lefort, UTC	18:13.20
8. Megal Atias, DAV	18:14.09

60-Meter Hurdles

1. Dominique Price, ELON	8.84
2. Porsha' Evans-Hardy, APP	9.01
3. Nashay McGriff, WCU	9.08
4. Kristin Olson, GSU	9.12
5. Rashanda Simmons, WCU	9.14
6. Amber Wilson, GSU	9.23
7. Lathcha Sanders, CIT	9.24
8. Kiara Crutchfield, APP	9.27

Distance Medley

1. Western Carolina	12:09.60
2. Chattanooga	12:23.71
3. Appalachian State	12:24.42
4. College of Charleston	12:36.57
5. Georgia Southern	12:41.15
6. Elon	12:42.75
7. Davidson	12:43.26
8. The Citadel	12:48.86

4x400-Meter Relay

1. Western Carolina	3:47.17
2. Georgia Southern	3:50.09
3. Chattanooga	3:57.84
4. Elon	3:58.65
5. College of Charleston	4:02.17
6. Appalachian State	4:04.56
7. Davidson	4:07.28
8. Furman	4:08.70

Long Jump

1. Vonteena Knotts, APP	5.81m
2. Shaunta Hamilton, GSU	5.71m
3. Bianca Harvey, APP	5.62m
4. Danielle Thorpe, APP	5.58m
5. Demetrise Anthony, GSU	5.54m
6. Tia Jones, WCU	5.53m
7. Veronica Day, ELON	5.48m
8. Kiara Crutchfield, APP	5.47m

Triple Jump

1. Chibuzo Aguocha, FUR	12.52m
2. Danielle Thorpe, APP	12.50m
3. Tia Jones, WCU	12.21m
4. Demetrise Anthony, GSU	12.12m
5. Shaunta Hamilton, GSU	11.99m
6. Lynndsey Hyter, GSU	11.83m
7. Michelle Uzoh, GSU	11.50m
8. Nashay McGriff, WCU	11.50m

High Jump

1. Jessika Johnson, WCU	1.66m
2. Rebecca Hazeltine, APP	1.63m
2. Melanie Trumbo, GSU	1.63m
4. Amber Wilson, GSU	1.60m
5. Jasmine Lightning, GSU	1.55m
6. Angela Stark, WCU	1.55m
7. Julie Ward, APP	1.55m
7. Bridget Hills, APP	1.55m

Shot Put

1. Brittani Williams, APP	14.72m
2. Jennifer Charles, GSU	13.24m
3. Lathcha Sanders, CIT	13.01m
4. Nicole Lopez, WCU	12.87m
5. Justine Robertson, ELON	12.15m
6. Krystal Paszkeicz, ELON	12.14m
7. Chelsea McLean, WCU	12.03m
8. Lily Tallent, APP	11.87m

Weight Throw

1. Brittani Williams, APP	18.05m
2. Nicole Lopez, WCU	16.44m
3. Whitney Smyre, APP	15.68m
4. Adrienne Alexander, APP	15.48m
5. Monique Edwards, CIT	15.36m
6. Jessica Irizzary, GSU	15.04m
7. Jennifer Charles, GSU	14.32m
8. Tara Tounzen, WCU	13.45m

Pole Vault

1. Shea Snow, APP	3.70m
2. Kaitlyn Heeke, APP	3.50m
2. Ashley Beale, APP	3.50m
4. Summer Chambless, CofC	3.40m
5. Megan Irwin, APP	3.40m
6. Julie Ward, APP	3.30m
7. Melissa Cabe, WCU	3.15m
8. Jessica Cumbee, CofC	3.00m

Pentathlon

1. Melanie Trumbo, GSU	3,248
2. Lathcha Sanders, CIT	3,210
3. Kiara Crutchfield, APP	3,166
4. Brynne Johnson, CofC	3,063
5. Nashay McGriff, WCU	3,035
6. Isabel Boersma, CofC	3,020
7. Serenity Thompson, GSU	2,962
8. Crystal Dukes, APP	2,943

Individual Awards

Outstanding Track Performer

Kerrie Savery, Western Carolina

Outstanding Field Performer

Brittani Williams, Appalachian State

Most Outstanding Performer

Kerrie Savery, Western Carolina

Freshman of the Year

Kara Krutchfield, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2007 Men's Championship

Team Results

Team Finish	Points
1. Appalachian State	272.50
2. Western Carolina	232.50
3. Davidson	57
4. Chattanooga	32
5. The Citadel	27
6. UNCG	23

60-Meter Dash

1. Albert Ashcraft, WCU	6.91
2. Charles Derrickson, APP	6.94
3. Dominique Young, WCU	6.97
4. Daniel Neal, APP	6.99
5. Kevin Johnson, WCU	7.04
6. Brandon Golder, UTC	7.06
7. Manteo Mitchell, WCU	7.09
8. Zeb Johnson, WCU	7.24

200-Meter Dash

1. Zeb Johnson, WCU	21.88
2. Dominique Young, WCU	21.93
3. Manteo Mitchell, WCU	22.17
4. Jordan Hazard, UTC	22.27
5. Charles Derrickson, APP	22.32
6. James Gregory, WCU	22.73
7. Kevin Johnson, WCU	22.87
8. Quintin Wright, CIT	22.92

400-Meter Dash

1. Manteo Mitchell, WCU	49.42
2. Zeb Johnson, WCU	49.54
3. Greg McCain, APP	50.07
4. James Gregory, WCU	50.10
5. Michael Malone, WCU	50.51
6. David Ritchie, DAV	50.81
7. Johnny Svoboda, APP	51.68
8. David Cherry, APP	52.59

800-Meter Run

1. Jeff Williams, UNCG	1:54.05
2. Adam Van Nortwick, APP	1:54.44
3. Douglas Noreen, DAV	1:55.95
4. Jestin Jennings, WCU	1:56.30
5. Rance Shuler, APP	1:56.41
6. Josh Houser, APP	1:56.61
7. Blake Ketron, UTC	1:57.24
8. Aaron Grant, WCU	1:57.57

Mile Run

1. Adam Van Nortwick, APP	4:14.34
2. Michael Mentz, UTC	4:17.64
3. Douglas Noreen, DAV	4:18.11
4. Phillip Mitchell, APP	4:18.19
5. Josh Houser, APP	4:18.38
6. Tim Clark, UTC	4:21.65
7. Alex Hoyt, DAV	4:25.97
8. Ryan Rodd, UNCG	4:26.30

3,000-Meter Run

1. Adam Van Nortwick, APP	8:34.68
2. Phillip Mitchell, APP	8:35.28
3. Lance Harden, DAV	8:36.70
4. Ryan O'Keefe, APP	8:40.67
5. Asmeron Desta, APP	8:44.16
6. Brendon Helms, APP	8:44.51
7. Alex Hoyt, DAV	8:44.92
8. Brendan Kight, CIT	9:00.56

5,000-Meter Run

1. Brendon Helms, APP	15:00.77
2. Phillip Mitchell, APP	15:01.96
3. Ryan O'Keefe, APP	15:03.34
4. Lance Harden, DAV	15:04.51
5. Tim Clark, UTC	15:08.62
6. Asmeron Desta, APP	15:11.84
7. Xavier Rutz, UNCG	15:12.11
8. Josh Wyatt, UNCG	15:20.89

60-Meter Hurdles

1. Charles Derrickson, APP	7.95
2. Daniel Neal, APP	8.24
3. Michael Malone, WCU	8.28
4. Matt Harlfinger, WCU	8.42
5. Jamel Brown, CIT	8.44
6. Matt Boruff, APP	8.71
7. Ashton Bennett, WCU	8.72
8. David Gift, WCU	8.99

Distance Medley

1. Appalachian State	10:19.14
2. UNCG	10:19.91
3. The Citadel	10:27.27
4. Western Carolina	10:47.79
5. Davidson	10:51.50
-- Chattanooga	DNF

4x400-Meter Relay

1. Western Carolina	3:23.58
2. Davidson	3:24.29
3. The Citadel	3:24.68
4. Appalachian State	3:28.77
5. Chattanooga	3:30.21

Long Jump

1. Ricky Harris, APP	7.19m
2. Joel Gaddy, APP	7.12m
3. Rashad Herndon, WCU	6.74m
4. Brandon Golder, UTC	6.68m
5. John Bialas, DAV	6.64m
6. Ramon Jobson-Brown, UNCG	6.55m

Triple Jump

1. Joel Gaddy, APP	14.73m
2. Ricky Harris, APP	14.03m
3. Tyler Ferguson, WCU	13.95m
4. Daniel Joseph, WCU	13.84m
5. Rashad Herndon, WCU	13.76m
6. Lee Banks, WCU	13.44m
7. Kwame Som-Pimpong, DAV	13.30m
8. Matt Evans, WCU	12.84m

High Jump

1. Matt Evans, WCU	2.03m
2. Daniel Joseph, WCU	1.93m
3. Rashad Herndon, WCU	1.88m
3. Dan Smith, APP	1.88m
5. Matt Harlfinger, WCU	1.88m
6. David Gift, WCU	1.83m
7. Ricky Harris, APP	1.78m

Shot Put

1. Wes Kiser, APP	15.56m
2. Will Funderburg, DAV	15.24m
3. Chris Page, WCU	14.44m
4. Grant Haun, APP	14.07m
5. Alex Croskey, CIT	13.97m
6. Kenton Stephens, CIT	13.96m
7. Shamar Allen, WCU	13.30m
8. Cale McDaniel, WCU	12.90m

Weight Throw

1. Wes Kiser, APP	17.63m
2. Grant Haun, APP	16.59m
3. Chris Page, WCU	15.07m
4. Daniel Fioramonti, APP	14.58m
5. Shamar Allen, WCU	14.19m
6. Jim Walter, DAV	14.19m
7. Alex Croskey, CIT	14.09m
8. Cale McDaniel, WCU	13.39m

Pole Vault

1. Barron Shell, APP	4.56m
2. Justin Hunnicutt, APP	4.41m
3. Joel Lynch, WCU	4.26m
4. Joe Irvin, APP	4.26m
5. Mike O'Steen, WCU	4.11m
6. Matt Boruff, APP	4.11m
7. Matt Harlfinger, WCU	3.06m
7. David Gift, WCU	3.06m

Heptathlon

1. Matt Harlfinger, WCU	4,620
2. Matt Boruff, APP	4,545
3. David Gift, WCU	4,443
4. Ashton Bennett, WCU	4,421
5. Josh Cox, APP	1,269

Individual Awards

Most Outstanding Track Performer

Adam Van Nortwick, Appalachian State

Most Outstanding Field Performer

Wes Kiser, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2007 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	261
2. Western Carolina	159.50
3. Georgia Southern	122.50
4. Chattanooga	46
5. Furman	42
6. Elon	40
7. The Citadel	38
8. Davidson	37
9. College of Charleston	16

60-Meter Dash

1. Nicole Brown, GSU	7.60
2. Tangelia Johnson, WCU	7.63
3. Ashley McKiver, APP	7.75
4. Raquel Ramseur, WCU	7.77
5. Vonteena Knotts, APP	7.78
6. Demetrise Anthony, GSU	7.85
7. Sherelle Fronberger, WCU	7.86
8. Shamyria Ortiz, GSU	7.90

200-Meter Dash

1. Nicole Brown, GSU	24.43
2. Raquel Ramseur, WCU	24.53
3. Sherelle Fronberger, WCU	25.37
4. Monica Johnson, APP	25.54
5. Ashley McKiver, APP	25.58
6. Alexis Moore, CIT	25.86
7. Tangelia Johnson, WCU	26.05
8. Vonteena Knotts, APP	26.17

400-Meter Dash

1. Raquel Ramseur, WCU	56.33
2. Asia Davis, WCU	57.26
3. Rashedah Arnold, GSU	57.87
4. Lynda Hiller, APP	58.09
5. Aneasha Lane, WCU	58.16
6. Carla Ballard, GSU	58.79
7. Chenel McFadden, APP	59.15
8. Amber Wilson, GSU	59.80

800-Meter Run

1. Kerri Savery, WCU	2:12.83
2. McKenzie Sharpe, FUR	2:14.95
3. Emily Wood, UTC	2:16.85
4. Rebecca Mullen, FUR	2:18.27
5. Lindsey Barker, FUR	2:20.50
6. Kala Robertson, APP	2:20.84
7. Anna Baker, APP	2:22.85
8. Jennifer Povick, APP	2:29.34

Mile Run

1. Meghan Gaffney, APP	5:00.88
2. Nettie Halcomb, UTC	5:03.71
3. Deanna Kulesz, WCU	5:05.48
4. Kerri Savery, WCU	5:05.49
5. Kasey Smith, APP	5:07.73
6. Kathleen Turchin, UTC	5:10.08
7. Hannah Parks, APP	5:12.78
8. Amy Laughlin, CofC	5:13.27

3,000-Meter Run

1. Brenna Burns, DAV	9:53.83
2. Kasey Smith, APP	9:56.76
3. Jenna Wrieden, APP	9:57.14
4. Lanni Marchant, UTC	10:01.59
5. Deanna Kulesz, WCU	10:02.80
6. Hannah Parks, APP	10:03.39
7. Meghan Gaffney, APP	10:05.16
8. Caroline Sanker, DAV	10:13.97

5,000-Meter Run

1. Lanni Marchant, UTC	17:02.49
2. Brenna Burns, DAV	17:08.63
3. Jenna Wrieden, APP	17:26.46
4. Kasey Smith, APP	17:38.96
5. Anna Mae Flynn, ELON	17:44.19
6. Nettie Halcomb, UTC	17:55.28
7. Emily King, DAV	18:07.76
8. Katie Williams, UTC	18:11.85

60-Meter Hurdles

1. Dominique Price, ELON	8.67
2. Asia Davis, WCU	8.79
3. Amber Wilson, GSU	8.93
4. Lauren Jacobs, GSU	9.06
5. Nashay McGriff, WCU	9.10
6. Kristen Meister, DAV	9.37
7. Rashanda Simmons, WCU	9.37

Distance Medley

1. Chattanooga	12:11.88
2. Appalachian State	12:14.31
3. Western Carolina	12:17.70
4. Furman	12:18.81
5. College of Charleston	12:42.57
6. Elon	12:54.20
7. The Citadel	12:55.02
8. Georgia Southern	12:55.35

4x400-Meter Relay

1. Western Carolina	3:48.28
2. Georgia Southern	3:49.70
3. Appalachian State	3:58.44
4. The Citadel	4:03.52
5. Furman	4:04.83
6. Davidson	4:05.31
7. Elon	4:07.02
8. College of Charleston	4:07.14

Long Jump

1. Nicole Brown, GSU	6.15m
2. Chibuzo Aguocha, FUR	5.94m
3. Vonteena Knotts, APP	5.81m
4. Danielle Thorpe, APP	5.72m
5. Monique Vines, ELON	5.70m
6. Lauren Jacobs, GSU	5.68m
7. Tia Jones, WCU	5.56m
8. Morgan Joseph, WCU	5.41m

Triple Jump

1. Nicole Brown, GSU	12.76m
2. Chibuzo Aguocha, FUR	12.35m
3. Vonteena Knotts, APP	12.17m
4. Danielle Thorpe, APP	11.91m
5. Brittany Chase, GSU	11.86m
6. Demetrise Anthony, GSU	11.71m
7. Lauren Jacobs, GSU	11.53m
8. Morgan Broadnax, WCU	11.48m

High Jump

1. Kristen Meister, DAV	1.81m
2. Jessika Johnson, WCU	1.68m
3. Meg Phillips, APP	1.63m
4. Heather Collier, CofC	1.58m
5. Melanie Trumbo, GSU	1.58m
6. Jasmine Lightning, GSU	1.58m
7. Nashay McGriff, WCU	1.53m
7. Amber Wilson, GSU	1.53m

Shot Put

1. Brittani Williams, APP	14.54m
2. Stephanie McNeill, CIT	14.15m
3. Emily Greeson, GSU	13.54m
4. Lily Tallent, APP	12.69m
5. Nicole Lopez, WCU	12.40m
6. Sharhonda Bell, WCU	12.11m
7. Shaniqua Wallace, APP	12.11m
8. Adruanne Alexander, APP	12.01m

Weight Throw

1. Stephanie McNeill, CIT	16.30m
2. Nicole Lopez, WCU	16.05m
3. Monique Pitts, GSU	15.75m
4. Emily Greeson, GSU	15.50m
5. Jessica Irizzary, GSU	15.12m
6. Whitney Smyre, APP	15.05m
7. Monique Edwards, CIT	14.94m
8. Shaniqua Wallace, APP	14.16m

Pole Vault

1. Jessica Clending, ELON	3.97m
2. Shea Snow, APP	3.65m
3. Melissa Cabe, WCU	3.35m
4. Kaitlyn Heeke, APP	3.20m
5. Summer Chambless, CofC	3.20m
6. Julie Ward, APP	3.20m
7. Megan Irwin, APP	3.05m
8. Jessica Cumbee, CofC	2.90m

Petathlon

1. Nashay McGriff, WCU	3,226
2. Lathcha Sanders, CIT	3,096
3. Kimberly Abel, ELON	3,056
4. Morgan Broadnax, WCU	3,023
5. Melanie Trumbo, GSU	3,001
6. Carla Ballard, GSU	2,941
7. Jessica Wilkerson, WCU	2,768
8. Lauren Connelly, ELON	2,738

Individual Awards

Most Outstanding Track Performer
Brenna Burns, Davidson

Most Outstanding Field Performer
Nicole Brown, Georgia Southern

Freshman of the Year
Kristen Meister, Davidson

Coach of the Year
Danny Williamson, Western Carolina

2006 Men's Championship

60-Meter Dash

1. Zeb Johnson, WCU 6.85
2. Manteo Mitchell, WCU 6.91
3. Kevin Johnson, WCU 6.93
4. Michael Malone, WCU 6.94
5. Milton Bolton, WCU 6.94
6. Thomas Pressley, CIT 7.00
7. Quintin Wright, CIT 7.00
8. Charles White, APP 7.21

200-Meter Dash

1. Zeb Johnson, WCU 21.83
2. Milton Bolton, WCU 22.01
3. Kevin Johnson, WCU 22.21
4. Charles Derrickson, APP 22.29
5. Michael Malone, WCU 22.53
6. Manteo Mitchell, WCU 22.63
7. James Gregory, WCU 22.74
8. Mark Sturgis, APP 22.97

400-Meter Dash

1. Milton Bolton, WCU 49.32
2. Zeb Johnson, WCU 49.34
3. Manteo Mitchell, WCU 49.67
4. Jonathan Vallejo, CIT 50.40
5. Charles Derrickson, APP 50.79
6. James Gregory, WCU 51.18
7. Greg McCain, APP 51.27
- David Ritchie, DAV DQ

800-Meter Run

1. Jeff Williams, UNCG 1:53.57
2. Dan Fassinger, WCU 1:54.68
3. Marcus Butler, CIT 1:54.72
4. Adam Puett, WCU 1:54.99
5. Douglas Noreen, DAV 1:55.41
6. Michael Mentz, UTC 1:55.90
7. Brad Troxell, DAV 1:56.02
8. Jordan Longstreth, UTC 1:58.27

Mile Run

1. Dan Fassinger, WCU 4:18.07
2. Adam Puett, WCU 4:18.16
3. Adam Van Nortwick, APP 4:18.99
4. Nick Vaccaro, UNCG 4:20.01
5. Douglas Noreen, DAV 4:20.02
6. Linas Salkauskas, UTC 4:20.88
7. Michael Mentz, UTC 4:21.26
8. Nathan Hernandez-Adams, APP 4:21.63

3,000-Meter Run

1. Adam Puett, WCU 8:30.16
2. Adam Van Nortwick, APP 8:30.85
3. Dan Fassinger, WCU 8:30.86
4. Ian Mayne, UTC 8:35.14
5. Nathan Hernandez-Adams, APP 8:38.23
6. Linas Salkauskas, UTC 8:43.40
7. Jonathan Baker, DAV 8:45.14
8. Brian Deal, APP 8:52.99

Team Results

Team Finish	Points
1. Western Carolina	277
2. Appalachian State	213
3. The Citadel	43
4. Chattanooga	40
5. Davidson	33
6. UNCG	30
7. Wofford	13

5,000-Meter Run

1. Ian Mayne, UTC 14:48.42
2. Brian Deal, APP 14:54.98
3. Lance Harden, DAV 15:02.33
4. Jonathan Baker, DAV 15:06.65
5. Linas Salkauskas, UTC 15:16.48
6. Xavier Rutz, UNCG 15:16.62
7. Austin Mercadante, DAV 15:20.46
8. Ryan O'Keefe, APP 15:20.91

60-Meter Hurdles

1. Lawrence Briscoe, WCU 8.05

Distance Medley

1. Western Carolina 10:05.02
2. Appalachian State 10:05.03
3. The Citadel 10:18.09
4. Chattanooga 10:27.72
5. UNCG 10:37.64
6. Davidson 10:59.01

4x400-Meter Relay

1. Appalachian State 3:21.29
2. The Citadel 3:23.06
3. Western Carolina 3:23.06
4. Davidson 3:24.09
5. Chattanooga 3:33.23

Long Jump

1. Mark Sturgis, APP 6.96m
2. Rashad Herndon, WCU 6.96m
3. Ricky Harris, APP 6.86m
4. Tyler Ferguson, WCU 6.83m
5. Chris Gaillard, WCU 6.68m
6. Daniel Joseph, WCU 6.64m
7. Michael Malone, WCU 6.62m
8. Joel Gaddy, APP 6.50m

Triple Jump

1. Mark Sturgis, APP 15.22m
2. Charles Jones, UNCG 15.05m
3. Tyler Ferguson, WCU 14.85m
4. Daniel Joseph, WCU 14.50m
5. Josh Cox, APP 14.37m
6. Chris Cutter, APP 14.13m
7. Rashad Herndon, WCU 14.10m
8. Joel Gaddy, APP 14.02m

High Jump

1. Ricky Harris, APP 1.98m
2. Lawrence Briscoe, WCU 1.98m
3. Daniel Joseph, WCU 1.93m
4. Dan Smith, APP 1.93m
5. Josh Cox, APP 1.93m
6. Rashad Herndon, WCU 1.93m
7. Shaquill Smith, CIT 1.83m
7. Michael Malone, WCU 1.83m

Shot Put

1. Anthony Greer, APP 15.63m
2. Daniel Fioramonti, APP 12.96m
3. Nick DiLuzio, DAV 12.33m
4. Jim Walter, DAV 12.29m
5. Chris Davis, UTC 12.14m
6. Dustin Wright, APP 11.72m
7. Willie Sturgis, WCU 10.93m
8. Jason Vincent, UTC 10.57m

Weight Throw

1. Anthony Greer, APP 17.60m
2. Willie Sturgis, WCU 16.67m
3. Grant Haun, APP 16.20m
4. Wes Kiser, APP 15.33m
5. Zach DiBois, CIT 15.05m
6. Jerod Kelly, WCU 14.83m
7. Daniel Fioramonti, APP 14.50m
8. Chris Page, WCU 13.97m

Pole Vault

1. Barron Shell, APP 4.71m
2. Dan Queen, APP 4.71m
3. Wes Willoughby, WCU 4.56m
4. Justin Spormann, WCU 4.41m
5. Joe Irvin, APP 4.26m
6. Joel Lynch, WCU 3.96m
7. Dustin Wright, APP 3.96m

Heptathlon

1. Josh Cox, APP 4,602
2. Matt Harlfinger, WCU 4,551
3. Dustin Wright, APP 4,523
4. Ashton Bennett, WCU 4,126
5. Justin Spormann, WCU 4,031
6. Adam Williams, APP 3,775

Individual Awards

Most Outstanding Track Performer
Zeb Johnson, WCU

Most Outstanding Field Performer
Mark Sturgis, APP

Freshman of the Year
Josh Cox, APP

Coach of the Year
Danny Williamson, Western Carolina

2006 Women's Championship

60-Meter Dash

1. Tangelia Johnson, WCU	7.48
2. Cassandra Gentry, WCU	7.72
3. Vonteena Knotts, APP	7.72
4. Lauren Jacobs, GSU	7.80
5. Raquel Ramseur, WCU	7.84
6. Brittany Chase, GSU	7.84
7. Asia Davis, WCU	7.91
-- Nicole Brown, GSU	FS

200-Meter Dash

1. Raquel Ramseur, WCU	24.51
2. Nicole Brown, GSU	24.54
3. Monica Johnson, APP	25.27
4. Tangelia Johnson, WCU	25.29
5. Jodi Whittle, CIT	25.55
6. Asia Davis, WCU	25.66
7. Vonteena Knotts, APP	26.93

400-Meter Dash

1. Raquel Ramseur, WCU	56.24
2. Asia Davis, WCU	56.30
3. Amber Wilson, GSU	57.01
4. Kristen Edgar, FUR	1:00.06
5. Alexine Crutchfield, APP	1:01.38
6. Brooke Saddler, WCU	1:06.43
7. Aneesha Lane, WCU	1:15.47
-- Rashedah Arnold, GSU	DNF

800-Meter Run

1. Shannon Wommack, UTC	2:15.27
2. Ashley Meagher, UTC	2:18.74
3. McKenzie Sharpe, FUR	2:18.85
4. Rebecca Mullen, FUR	2:19.23
5. Alana Black, ELON	2:21.45
6. Kerri Savery, WCU	2:22.39
7. Anna Baker, APP	2:24.03
8. Brittney Jett, GSU	2:24.64

Mile Run

1. Shannon Wommack, UTC	4:48.09
2. Kathleen Turchin, UTC	5:00.46
3. Lanni Marchant, UTC	5:01.91
4. Meghan Gaffney, APP	5:05.75
5. Megal Atias, DAV	5:13.39
6. Jess Weber, UNCG	5:13.71
7. Wells Trompeter, CofC	5:14.46
8. Brittney Jett, GSU	5:20.29

3,000-Meter Run

1. Shannon Wommack, UTC	9:34.01
2. Kathleen Turchin, UTC	9:45.02
3. Lanni Marchant, UTC	9:45.07
4. Megal Atias, DAV	10:11.06
5. Sabrina Lefort, UTC	10:12.04
6. Meghan Gaffney, APP	10:12.08
7. Caroline Sanker, DAV	10:13.07
8. Emily King, DAV	10:30.00

5,000-Meter Run

1. Lanni Marchant, UTC	17:17.34
2. Kathleen Turchin, UTC	17:19.35
3. Sabrina Lefort, UTC	17:41.23
4. Meghan Gaffney, APP	17:45.19
5. Katie Williams, UTC	17:58.45
6. Heidi Pinkerton, UNCG	18:17.17
7. Emily King, DAV	18:19.55
8. Anna Mae Flynn, ELON	18:20.87

Team Results

Team Finish	Points
1. Appalachian State	148.50
2. Western Carolina	122
3. Georgia Southern	118
4. Chattanooga	108
5. Furman	42
6. Elon	40
7. College of Charleston	26.50
8. The Citadel	25
9. Davidson	22
10. UNCG	8

60-Meter Hurdles

1. Brittany Chase, GSU	8.51
2. Dominique Price, ELON	8.70
3. Amber Wilson, GSU	8.84
4. Lauren Jacobs, GSU	8.89
5. Asia Davis, WCU	9.04
6. Mandi Phillips, GSU	9.06
7. Nashay McGriff, WCU	9.07
8. Whitney Jones, FUR	9.26

Distance Medley

1. Appalachian State	12:11.01
2. Furman	12:11.95
3. Chattanooga	12:14.50
4. Elon	12:25.70
5. Davidson	12:31.64
6. The Citadel	12:48.04
7. UNCG	12:50.72
8. Western Carolina	12:59.38

4x400-Meter Relay

1. Georgia Southern	3:54.45
2. Western Carolina	3:55.50
3. Furman	3:56.87
4. Elon	4:00.64
5. Davidson	4:04.41
6. College of Charleston	4:06.65
7. The Citadel	4:07.87
8. Appalachian State	4:11.41

Long Jump

1. Vonteena Knotts, APP	6.07m
2. Nicole Brown, GSU	6.04m
3. Chibuzo Agoucha, FUR	5.77m
4. Jessica Mayela, APP	5.67m
5. Lauren Jacobs, GSU	5.63m
6. Dominique Thurman, GSU	5.48m
7. Tiffany Mack, WCU	5.44m
8. Monica Johnson, APP	5.26m

Triple Jump

1. Nicole Brown, GSU	12.46m
2. Lauren Jacobs, GSU	12.32m
3. Vonteena Knotts, APP	12.04m
4. Chibuzo Agoucha, FUR	11.98m
5. Jessica Mayela, APP	11.61m
6. Mandi Phillips, GSU	11.59m
7. Monica Johnson, APP	11.21m
8. Jasmine Lightning, GSU	11.06m

High Jump

1. Jessika Johnson, WCU	1.64m
2. Brittany Whittaker, WCU	1.64m
3. Amber Wilson, GSU	1.59m
4. Jasmine Lightning, GSU	1.59m
5. Dominique Boone, CofC	1.59m
6. Nashay McGriff, WCU	1.54m
7. Caroline Jett, APP	1.49m
8. Piper Taylor, APP	1.49m

Shot Put

1. Beverly Burnett, APP	14.88m
2. Stephanie McNeill, CIT	14.00m
3. Brittani Williams, APP	13.78m
4. Nikole Simmons, APP	13.66m
5. Kristie Boggan, APP	13.31m
6. Nicole Lopez, WCU	13.08m
7. Chakosha Lance, CofC	12.41m
8. Emily Greeson, GSU	12.40m

Weight Throw

1. Chakosha Lance, CofC	19.54m
2. Nikole Simmons, APP	18.15m
3. Monique Pitts, GSU	15.92m
4. Emily Greeson, GSU	15.84m
5. Stephanie McNeill, CIT	15.83m
6. Beverly Burnett, APP	15.79m
7. Brittani Williams, APP	15.37m
8. Charlotte Baker, APP	15.19m

Pole Vault

1. Caren Mah, APP	3.50m
2. Jessica Clendenning, ELON	3.50m
3. Summer Chambless, CofC	3.20m
3. Jessie Wilson, WCU	3.20m
5. Shea Snow, APP	3.20m
6. Bridgett Robinson, APP	3.20m
7. Susan Shore, ELON	3.05m
8. Kaitlyn Heeke, APP	2.90m
8. Melissa Cabe, WCU	2.90m

Pentathlon

1. Kristie Boggan, APP	3,147
2. Caroline Jett, APP	3,053
3. Julia Hicks, ELON	2,999
4. Rachel Glasgow, WCU	2,883
5. Latasha Sanders, CIT	2,799
6. Emily Wright, APP	2,579
7. Jessica Wilkerson, WCU	2,575
8. Kimberly Abel, ELON	2,574

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Chakosha Lance, College of Charleston

Freshman of the Year

Monica Johnson, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2005 Men's Championship

60-Meter Dash

1. James Rainer, ETSU.....	6.83
2. Michael Malone, WCU.....	6.92
3. Eugene Jones, APP.....	6.97
4. Thomas Pressley, CIT.....	6.97
5. Darius Bryson, WCU.....	6.97
6. Chris Martin, APP.....	6.98
7. Darius Bryson, APP.....	6.97
8. Zeb Johnson, WCU.....	7.38

200-Meter Dash

1. Chris Martin, APP.....	21.71
2. Michael Malone, WCU.....	22.13
3. James Barr, WCU.....	22.14
4. James Gregory, WCU.....	22.27
5. Darius Bryson, WCU.....	22.28
6. Thomas Pressley, CIT.....	22.34
7. Greg McCain, APP.....	22.36

400-Meter Dash

1. Bryan Burney, APP.....	48.42
2. Zeb Johnson, WCU.....	48.44
3. James Barr, WCU.....	49.18
4. James Gregory, WCU.....	49.35
5. Chris Cutter, APP.....	49.81
6. Will Gillespie, APP.....	49.88
7. Charleton Grant, WCU.....	50.05
8. Stefan Flessa, DAV.....	51.64

800-Meter Run

1. Jeff Williams, UNCG.....	1:55.36
2. CR Thomas, UNCG.....	1:56.77
3. Marcus Butler, CIT.....	1:57.05
4. Colin Sullivan, UTC.....	1:57.31
5. Douglas Noreen, DAV.....	1:58.13
6. James Irwin, WCU.....	1:59.05
7. Jamar Frazier, WCU.....	1:59.28
8. Bryan Burney, APP.....	2:01.32

Mile Run

1. Adam Puett, WCU.....	4:13.48
2. Adam VanNortwick, APP.....	4:14.74
3. Colin Sullivan, UTC.....	4:17.12
4. Nathan Hernandez-Adams, APP.....	4:18.53
5. Joshua Hicks, ETSU.....	4:18.94
6. Mat Cote, APP.....	4:20.07
7. James Irwin, WCU.....	4:23.58
8. Fredrick Cameron, WCU.....	4:24.12

3,000-Meter Run

1. Steven Kocsis, UTC.....	8:21.77
2. Adam Puett, WCU.....	8:23.08
3. Joe Halin, APP.....	8:23.54
4. Ian Mayne, UTC.....	8:26.30
5. Adam VanNortwick, APP.....	8:27.01
6. Carson Blackwelder, APP.....	8:28.92
7. Brendon Helms, APP.....	8:35.44
8. Peter Dalton, ETSU.....	8:40.54

5,000-Meter Run

1. Steven Kocsis, UTC.....	14:41.70
2. Carson Blackwelder, APP.....	15:00.98
3. Ian Mayne, UTC.....	15:01.42
4. Joe Halin, APP.....	15:04.18
5. Brendon Helms, APP.....	15:06.47
6. Adam Puett, WCU.....	15:06.58
7. Mark Maddox, APP.....	15:12.30
8. Jordan Ladd, ETSU.....	15:12.51

Team Results

Team Finish	Points
1. Appalachian State	231.5
2. Western Carolina	224.5
3. Chattanooga	64
4. East Tennessee State	60
5. UNCG	35
6. The Citadel	22.5
7. Davidson	13.5
8. Wofford	6

60-Meter Hurdles

1. Lawrence Briscoe, WCU.....	8.20
2. Michael Malone, WCU.....	8.33
3. Chris Harrington, UTC.....	8.48
4. Matt Harlfinger, WCU.....	8.73
5. Dan Queen, APP.....	8.89
6. Dustin Wright, APP.....	8.91
7. Ashton Bennett, WCU.....	8.94
8. John Auer, CIT.....	8.97

Distance Medley

1. Chattanooga.....	10:14.83
2. Appalachian State.....	10:21.05
3. UNCG.....	10:26.89
4. East Tennessee State.....	10:32.74
5. Western Carolina.....	10:36.16
6. Davidson.....	10:46.26
7. The Citadel.....	10:49.28

4x400-Meter Relay

1. Appalachian State.....	3:15.32
2. Western Carolina.....	3:16.57
3. The Citadel.....	3:22.52
3. Davidson.....	3:22.52
5. East Tennessee State.....	3:26.54
6. Chattanooga.....	3:29.63

Long Jump

1. Joel Gaddy, APP.....	7.09m
2. LaMont Reid, WCU.....	6.91m
3. Charles Jones, UNCG.....	6.90m
4. Nathan Strickland, ETSU.....	6.82m
5. Adan Blevins, ETSU.....	6.82m
6. Michael Malone, WCU.....	6.80m
7. Calvin Guinyard, WCU.....	6.78m
7. Jerome Touchstone, APP.....	6.78m

Triple Jump

1. Mark Sturgis, APP.....	14.73m
2. Chris Cutter, APP.....	14.58m
3. Calvin Guynard, WCU.....	13.93m
4. Charles Jones, UNCG.....	13.61m
5. Adrian Wilkinson, APP.....	13.55m
6. Adan Blevins, ETSU.....	13.44m
7. Nathan Strickland, ETSU.....	13.08m
8. Justin Spormann, WCU.....	12.89m

High Jump

1. Shane Estes, ETSU.....	1.97m
2. Lawrence Briscoe, WCU.....	1.94m
3. Dan Smith, APP.....	1.94m
4. LaMont Reid, WCU.....	1.89m
5. Jeremy Snoderly, ETSU.....	1.89m
6. John Barlew, UTC.....	1.89m
7. Bobby Robinson, WCU.....	1.79m
8. Matt Harlfinger, WCU.....	1.74m

Shot Put

1. Anthony Greer, APP.....	16.68m
2. Kerry Brown, APP.....	15.72m
3. Katon Bethay, WOF.....	15.63m
4. Chris Lewis, WCU.....	14.99m
5. Jason Stepp, WCU.....	14.75m
6. Shamar Allen, WCU.....	13.74m
7. Felipe Foster, WCU.....	13.30m
8. Wes Kiser, APP.....	12.90m

Weight Throw

1. Anthony Greer, APP.....	17.11m
2. Jason Stepp, WCU.....	16.94m
3. Matt Decker, WCU.....	16.04m
4. Kevin McAlmont, WCU.....	15.82m
5. Wes Kiser, APP.....	14.88m
6. Willis Sturgis, WCU.....	14.87m
7. Chris Lewis, WCU.....	14.73m
8. Grant Haun, APP.....	13.84m

Pole Vault

1. Dan Queen, APP.....	4.90m
2. Barron Shell, APP.....	4.55m
3. Wes Willoughby, WCU.....	4.55m
4. Christian Benson, WCU.....	4.40m
4. Justin Hunnicutt, APP.....	4.40m
6. Joe Irvin, APP.....	4.25m
7. David McCall, WCU.....	4.10m
8. Tyler Varnadore, APP.....	4.10m

Heptathlon

1. Dustin Wright, APP.....	4,581
2. Matt Harlfinger, WCU.....	4,533
3. Michael Wright, ETSU.....	4,375
4. Bobby Robinson, WCU.....	4,335
5. Barron Shell, APP.....	3,999
6. Adam Williams, APP.....	3,823
7. Ryan Fussell, WCU.....	3,262

Individual Awards

Most Outstanding Track Performer
Steven Kocsis, Chattanooga

Most Outstanding Field Performers
Anthony Greer, Appalachian State

Freshman of the Year
Shane Estes, East Tennessee State

Coach of the Year
Danny Williamson, Western Carolina

2005 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	161.83
2. Western Carolina	152.5
3. Georgia Southern	125.5
4. Chattanooga	75.5
5. East Tennessee State	54
6. Elon	27.33
7. College of Charleston	23.33
8. Furman	23
9. Davidson	9
10. The Citadel	6
11. UNCG	4

60-Meter Dash

1. Nicole Brown, GSU.....	7.43
2. Jennifer Claud, APP.....	7.44
3. Chantelle Vernon, ETSU.....	7.52
4. Tangelia Johnson, WCU.....	7.76
5. Alexis Hoover, APP.....	7.81
6. Christina Roberts, APP.....	7.84
7. Laura Williams, GSU.....	7.86
8. Raquel Ramseur, WCU.....	8.25

200-Meter Dash

1. Nicole Brown, GSU.....	24.33
2. Jennifer Claud, APP.....	24.44
3. Raquel Ramseur, WCU.....	24.68
4. Ebonie Jones, ETSU.....	24.98
5. Chantelle Vernon, ETSU.....	25.14
6. Alexis Hoover, APP.....	25.29
7. Jenny Knox, ETSU.....	25.52
8. Christina Roberts, APP.....	25.53

400-Meter Dash

1. Nichola Cornish, ETSU.....	56.21
2. Raquel Ramseur, WCU.....	56.24
3. Asia Davis, WCU.....	57.53
4. Alice Turner, Elon.....	57.85
5. Jennifer Spivey, WCU.....	58.11
6. McKenzie Sharpe, FUR.....	58.45
7. Matasha Brown, APP.....	1:00.30
-- Rashedah Arnold, GSU.....	DQ

800-Meter Run

1. Leslie Martin, WCU.....	2:14.81
2. Kerrie Savery, WCU.....	2:16.85
3. Emily Wood, UTC.....	2:17.32
4. Brittney Swick, GSU.....	2:19.97
5. Mallorie Williams, UTC.....	2:22.00
6. Tonya Edmonds, WCU.....	2:23.17
7. Elizabeth Prevette, WCU.....	2:24.04
8. Megan Issacs, FUR.....	2:25.16

Mile Run

1. Nettie Halcomb, UTC.....	5:04.99
2. Kasey Smith, APP.....	5:07.37
3. Brittney Swick, GSU.....	5:07.57
4. Molly Mungovan, FUR.....	5:10.99
5. Megal Atias, DAV.....	5:12.43
6. Meghan Gaffney, APP.....	5:12.76
7. Deanna Kulesz, WCU.....	5:15.02
8. Jessica Weber, UNCG.....	5:17.13

3,000-Meter Run

1. Nettie Halcomb, UTC.....	10:05.70
2. Kasey Smith, APP.....	10:09.07
3. Molly Mungovan, FUR.....	10:09.38
4. Ashley Arnold, CofC.....	10:15.08
5. Ellen Davis, UTC.....	10:22.94
6. Sabrina LeFort, UTC.....	10:28.18
7. Brenna Burns, DAV.....	10:31.06
8. Jennifer Kelley, APP.....	10:32.38

5,000-Meter Run

1. Nettie Halcomb, UTC.....	17:20.87
2. Ashley Arnold, CofC.....	17:23.29
3. Jennifer Kelley, APP.....	17:47.97
4. Kasey Smith, APP.....	17:55.20
5. Ellen Davis, UTC.....	18:14.11
6. Christine Ward, ETSU.....	18:17.17
7. Katie Williams, UTC.....	18:22.14
8. Meghan Gaffney, APP.....	18:32.85

60-Meter Hurdles

1. Brittany Chase, GSU.....	8.67
2. Amber Wilson, GSU.....	8.98
3. NaShay McGriff, WCU.....	9.06
4. Dominique Price, Elon.....	9.16
5. Brittany Boda, Elon.....	9.19
6. Asia Davis, WCU.....	9.21
7. Lauren Jacobs, GSU.....	9.24
8. Mandi Phillips, GSU.....	9.26

Distance Medley

1. Western Carolina.....	12:14.55
2. Appalachian State.....	12:23.99
3. Chattanooga.....	12:27.82
4. Georgia Southern.....	12:36.88
5. Furman.....	12:37.64
6. UNCG.....	12:40.38
7. East Tennessee State.....	12:48.54
8. Davidson.....	13:06.29

4x400-Meter Relay

1. Western Carolina.....	3:46.40
2. Georgia Southern.....	3:51.29
3. East Tennessee State.....	3:58.95
4. Elon.....	4:00.51
5. Chattanooga.....	4:02.05
6. Furman.....	4:06.20
7. Davidson.....	4:08.32
8. The Citadel.....	4:09.46

Long Jump

1. Jennifer Claud, APP.....	5.95m
2. Kasola Smith, UTC.....	5.66m
3. Ebonie Jones, ETSU.....	5.58m
4. Vontenna Knotts, APP.....	5.58m
5. Paula Moore, APP.....	5.53m
6. Tonya Grimes, GSU.....	5.52m
7. Lauren Jacobs, GSU.....	5.50m
8. Dominique Thurman, GSU.....	5.41m

Triple Jump

1. Jennifer Claud, APP.....	12.79m
2. Nicole Brown, GSU.....	12.49m
3. Paula Moore, APP.....	12.38m
4. Laura Williams, GSU.....	12.35m
5. NaShay McGriff, WCU.....	11.72m
6. Brittany Chase, GSU.....	11.71m
7. Kasola Smith, UTC.....	11.59m
8. Chibuzo Aguocha, FUR.....	11.39m

High Jump

1. Anna Ricciardi, ETSU.....	1.73m
2. Brittany Whitaker, WCU.....	1.70m
3. Jessika Johnson, WCU.....	1.67m
4. Laura Tieszen, WCU.....	1.58m
4. Jessica Wilkerson, WCU.....	1.58m
6. Amber Wilson, GSU.....	1.53m
6. Alexine Crutchfield, UTC.....	1.53m
6. Tonya Grimes, GSU.....	1.53m

Shot Put

1. Brittani Williams, APP.....	14.39m
2. Beverly Burnett, APP.....	14.30m
3. Nikki Slocumb, GSU.....	13.65m
4. Nikole Simmons, APP.....	13.53m
5. Emily Greeson, GSU.....	13.02m
6. Stephanie McNeill, CIT.....	13.01m
7. Jamila Minnifield, GSU.....	12.71m
8. Kristie Boggan, APP.....	12.66m

Weight Throw

1. Chakosha Lance, CofC.....	18.32m
2. Nikki Slocumb, GSU.....	16.42m
3. Miranda Long, WCU.....	16.39m
4. Kristie Boggan, APP.....	15.81m
5. Nikole Simmons, APP.....	15.61m
6. Jenn Hawkins, WCU.....	15.23m
7. Beverly Burnett, APP.....	15.08m
8. Charlotte Baker, APP.....	15.04m

Pole Vault

1. Laura Tieszen, WCU.....	3.85m
2. Jessica Clendenning, Elon.....	3.35m
3. Caren Mah, APP.....	3.20m
4. Rachel Glasgow, WCU.....	3.05m
4. Megan Irwin, APP.....	3.05m
6. Melissa Cabe, WCU.....	3.05m
7. Natalie Sayewich, APP.....	3.05m
8. Susan Shore, ELON.....	2.90m

Pentathlon

1. Laura Tieszen, WCU.....	3,274
2. Kristie Boggan, APP.....	3,227
3. Tonya Grimes, GSU.....	3,042
4. Rachel Glasgow, WCU.....	3,015
5. Serenity Thompson, GSU.....	2,940
6. Lauren Jacobs, GSU.....	2,870
7. Tasha Sanders, CIT.....	2,708
8. Caroline Jett, APP.....	2,584

Individual Awards

Most Outstanding Track Performer

Nettie Halcomb, Chattanooga

Most Outstanding Field Performer

Laura Tieszen, Western Carolina

Freshman of the Year

Raquel Ramseur, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2004 Men's Championship

60-Meter Dash

1. Ernest Wiggins, APP	6.73
2. Tee Alford, WCU	6.81
3. James Rainer, ETSU.....	6.82
4. Darius Bryson, WCU.....	6.93
4. Sean Jackson, APP	6.93
6. Milton Bolton, WCU.....	7.10
7. Patrick Mauldin, WCU	7.80
8. Johnny Tucker, ETSU	7.82

200-Meter Dash

1. Ernest Wiggins, APP	21.64
2. Tee Alford, WCU	21.83
3. Chris Martin, APP	21.87
4. Milton Bolton, WCU.....	21.94
5. James Barr, WCU.....	22.01
6. James Rainer, ETSU.....	22.02
7. Darius Bryson, WCU.....	22.27
8. Johnny Tucker, ETSU	27.06

400-Meter Dash

1. Milton Bolton, WCU.....	48.01
2. James Gregory, WCU	48.96
2. James Barr, WCU	48.96
4. Bryan Burney, APP	49.06
5. Will Gillespie, APP.....	49.30
6. Chris Martin APP	49.48
7. Keith Curry, APP.....	50.16
8. Johnny Tucker, ETSU	59.02

800-Meter Run

1. Robert Hatcher, UTC	1:55.85
2. David Haefner, ETSU	1:56.16
3. Joshua Hicks, ETSU.....	1:56.48
4. Colin Sullivan, UTC.....	1:56.95
5. Eddie Vick, WCU.....	1:57.28
6. Vince Bechtel, CIT.....	1:59.04
7. Ben Austin, APP	2:03.47

Mile Run

1. Bradley Yewer, ETSU	4:12.86
2. Colin Sullivan, UTC.....	4:14.75
3. Adam Puett, WCU	4:15.33
4. Linas Salkauskas, UTC.....	4:18.14
5. CR Thomas, UNCG.....	4:18.82
6. Gediminas Banevicius, UTC	4:21.17
7. Nathan Adams-Hernandez, APP.....	4:22.14
8. Nick Lehman, DAV	4:22.67

3,000-Meter Run

1. Steven Kocsis, UTC.....	8:23.03
2. Bradley Yewer, ETSU	8:24.24
3. Adam Puett, WCU	8:29.68
4. Joe Halin, APP.....	8:31.76
5. Ian Mayne, UTC	8:32.89
6. Franklin Manchester, APP	8:36.28
7. James Grufferty, ETSU	8:36.73
8. Gediminas Banevicius, UTC.....	8:37.61

Team Results

Team Finish	Points
1. Western Carolina	221.5
2. Appalachian State	200.5
3. East Tennessee State	91.5
4. Chattanooga	81.5
5. The Citadel	26
6. UNCG	18
7. Davidson	11
8. Wofford	8

5,000 Meter Run

1. Steven Kocsis, UTC.....	14:41.89
2. Bradley Yewer, ETSU.....	14:53.80
3. Ian Mayne, UTC.....	14:57.25
4. James Grufferty, ETSU	14:59.67
5. Joe Halin, APP.....	15:00.37
6. Carson Blackwelder, APP	15:02.52
7. Joe Jacobs, UNCG.....	15:09.12
8. Peter Dalton, ETSU.....	15:12.09

60-Meter Hurdles

1. Lawrence Briscoe, WCU	8.26
2. Alex Love, WOF	8.44
3. Michael Malone, WCU	8.47
4. Kaylin Chesney, ETSU	8.56
5. Chris Harrington, UTC.....	8.64
5. Deonte Cook, WCU.....	8.64
7. Thomas Cummings, CIT.....	8.72
8. Brett Phillips, UTC.....	8.93

Distance Medley

1. UNCG.....	10:11.00
2. East Tennessee State.....	10:11.46
3. Davidson	10:14.82
4. Appalachian State.....	10:15.44
5. Chattanooga.....	10:31.78
6. The Citadel.....	10:44.78
7. Western Carolina.....	11:13.17

4x400-Meter Relay

1. Western Carolina	3:14.61
2. Appalachian State.....	3:14.89
3. The Citadel.....	3:21.07
4. Chattanooga.....	3:26.58
5. Davidson	3:28.60
6. East Tennessee State.....	3:33.39

Long Jump

1. Justin Davis, WCU.....	7.41m
2. Tyler Ferguson, WCU.....	7.09m
3. Arthur Robertson, APP.....	6.86m
4. Gerald Foreman, APP.....	6.75m
5. LaMont Reid, WCU.....	6.47m
6. Rod Palmer, WCU	6.45m
7. Marquice Miller, UNCG.....	6.36m
8. Chris Cutter, APP	6.20m

Triple Jump

1. Gerald Foreman, APP.....	14.79m
2. Tyler Ferguson, WCU.....	14.65m
3. Justin Davis, WCU.....	14.64m
4. Donald Cabbler, ETSU	14.51m
5. Arthur Robertson, APP.....	14.07m
6. Chris Cutter, APP	13.66m
6. Kaylin Chesney, ETSU	13.66m
8. Rod Palmer, WCU	13.18m

High Jump

1. Lawrence Briscoe, WCU	2.00m
2. Dan Smith, APP	1.95m
2. John Barlew, UTC.....	1.95m
4. Rod Palmer, WCU	1.90m
4. Bobby Robinson, WCU	1.90m
4. Jeremy Snoderly, ETSU.....	1.90m
4. LaMont Reid, WCU.....	1.90m
8. Dishan Smith, APP	1.85m
8. Travis Taylor, CIT.....	1.85m
8. Rhette Ezzell, ETSU	1.85m

Shot Put

1. Bob Smith, APP	16.60m
2. Anthony Greer, APP.....	16.32m
3. Kerry Brown, APP	15.27m
4. Charles Hyder, ETSU.....	15.19m
5. Dan Utley, APP	14.19m
6. Jason Stepp, WCU.....	14.11m
7. Felipe Foster, WCU.....	13.29m
8. Matt Decker, WCU.....	12.96m

Weight Throw

1. Bob Smith, APP	18.72m
2. Anthony Greer, APP.....	15.75m
3. Matt Decker, WCU.....	15.18m
4. Willie Sturgis, WCU.....	14.18m
5. Chris Franklin, CIT	14.18m
6. Jon Winkler, APP.....	14.04m
7. Kevin McAlmont, WCU.....	13.67m
8. Dan Utley, APP	13.46m

Pole Vault

1. Wes Willoughby, WCU	4.60m
2. Jeff Fiorello, APP	4.45m
3. Dan Queen, APP	4.45m
4. Joe Irvin, APP	4.15m
5. David McCall, WCU	4.15m
6. Bobby Robinson, WCU	4.00m
6. Christian Benson, WCU	4.00m
8. Ryan Fussell, WCU.....	3.85m

Heptathlon

1. Dan Queen, APP	4,571
2. Bobby Robinson, WCU	4,501
3. Dustin Wright, APP	4,420
4. Matt Harlfinger, WCU.....	4,137
5. Travis Taylor, CIT.....	3,747
6. Alex Moore, APP.....	3,584
7. Hunter Reid, CIT.....	3,247
8. Ryan Fussell, WCU.....	2,983

Individual Awards

Most Outstanding Track Performer

Steven Kocsis, Chattanooga
Bradley Yewer, East Tennessee State

Most Outstanding Field Performers

Bob Smith, Appalachian State

Freshman of the Year

James Gregory, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2004 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	222
2. Chattanooga	138.5
3. Georgia Southern	105
4. Western Carolina	72
5. East Tennessee State	69.5
6. College of Charleston	12
7. Elon	16
8. Furman	12
9. Davidson	3
10. The Citadel	1

60-Meter Dash

1. Chantelle Vernon, ETSU	7.54
2. Jennifer Claud, APP	7.67
3. Latavia Shores, UTC	7.72
4. Carita Cole, UTC	7.75
5. Cassie Gentry, WCU	7.79
6. Laura Williams, GSU	7.81
7. Kasola Smith, UTC	7.84
8. Ronda White, APP	7.89

200-Meter Dash

1. Jennifer Claud, APP	24.59
2. Giselle Cunningham, GSU	24.93
3. Chantelle Vernon, ETSU	24.93
4. Christina Roberts, APP	24.98
5. Ronda White, APP	25.03
6. Carita Cole, UTC	25.28
7. Laura Williams, GSU	25.43
8. Portia Taylor, APP	25.77

400-Meter Dash

1. Marlo Mincey, GSU	55.6
2. Nichola Cornish, ETSU	55.7
3. Leslie Martin, WCU	56.4
4. Shamika Johnson, UTC	56.5
5. Jennifer Spivey, WCU	57.43
6. Matasha Brown, APP	57.91
7. Candace Foster, UTC	58.04
8. Kristen Edgar, FUR	58.08

800-Meter Run

1. Kim Simmons, ETSU	2:14.55
2. Jennifer Habbestad, ETSU	2:18.23
3. Tiffany Collier, ETSU	2:20.01
4. Katie Sujkowski, APP	2:21.56
5. Alana Black, Elon	2:21.95
6. Deanna Kulesz, WCU	2:23.51
7. Nettie Halcomb, UTC	2:24.93
8. Mallorie Williams, UTC	2:26.97

Mile Run

1. Shannon Wommack, UTC	4:55.61
2. Kathleen Turchin, UTC	5:00.42
3. Katie Sujkowski, APP	5:02.32
4. Nettie Halcomb, UTC	5:08.45
5. Marivi Mercado, APP	5:13.47
6. Deanna Kulesz, WCU	5:18.45
7. Brittney Swick, GSU	5:18.85
8. Kasey Smith, APP	5:20.35

3,000-Meter Run

1. Shannon Womack, UTC	9:52.87
2. Kathleen Turchin, UTC	9:59.75
3. Kyle Palmquist, CofC	10:11.10
4. Melanie Cooper, WCU	10:12.96
5. Kelly Rosborough, APP	10:28.65
6. Jennifer Kelley, APP	10:32.67
7. Molly Mungovan, FUR	10:34.68
8. Janelle Silverman, APP	10:35.86

5,000-Meter Run

1. Shannon Wommack, UTC	17:40.19
2. Kathleen Turchin, UTC	17:46.56
3. Lanni Marchant, UTC	17:53.53
4. Kyle Palmquist, CofC	18:20.78
5. Kelly Rosborough, APP	18:25.60
6. Ehrin Irvin, APP	19:30.65
7. Janelle Silverman, APP	18:36.10
8. Alissa Short, WCU	18:43.08

60-Meter Hurdles

1. Ronda White, APP	8.62
2. Lindy Petteway, GSU	8.78
3. Shamika Johnson, UTC	8.86
4. Tondra White, APP	8.88
5. Marlo Mincey, GSU	8.90
6. Alison Frese, UTC	8.92
7. Brittany Chase, GSU	9.05
8. Tiffany Mack, WCU	9.30

Distance Medley

1. Chattanooga	12:20.24
2. Appalachian State	12:24.71
3. Western Carolina	12:27.31
4. Furman	12:41.32
5. Georgia Southern	12:55.54
6. Davidson	12:55.98
7. East Tennessee State	13:07.04
8. College of Charleston	13:29.89

4x400-Meter Relay

1. Western Carolina	3:47.59
2. Georgia Southern	3:48.17
3. Chattanooga	3:53.72
3. East Tennessee State	3:53.72
5. Furman	3:59.37
6. Appalachian State	4:04.70
7. Elon	4:07.88
8. College of Charleston	4:11.94

Long Jump

1. Kasola Smith, UTC	6.05m
2. Ronda White, APP	5.96m
3. Shameka Harris, WCU	5.81m
4. Kellie Mitchell, GSU	5.70m
5. Lauren Jacobs, GSU	5.62m
6. Paula Moore, APP	5.50m
7. Jennifer Claud, APP	5.44m
8. Krisitin Truman, ETSU	5.33m

Triple Jump

1. Ronda White, APP	13.30m
2. Tondra White, APP	12.30m
3. Jennifer Claud, APP	12.19m
4. Kristin Truman, ETSU	11.92m
5. Paula Moore, APP	11.90m
6. Lauren Jacobs, GSU	11.35m
7. Shameka Harris, WCU	11.35m
8. Mandi Phillips, GSU	11.27m

High Jump

1. Suzanne Makison, APP	1.68m
1. Alison Frese, UTC	1.68m
3. Kellie Mitchell, GSU	1.63m
3. Brittany Whitaker, WCU	1.63m
5. Tondra White, APP	1.58m
5. Shanna Fouts, WCU	1.58m
7. Danielle LaRue, APP	1.53m
7. Alexine Crutchfield, UTC	1.53m
7. Shannon Meadows, APP	1.53m

Shot Put

1. Beverly Burnett, APP	14.68m
2. Nikki Slocumb, GSU	13.86m
3. Nikole Simmons, APP	13.85m
4. Kristie Boggan, APP	12.95m
5. Jamila Minnifield, GSU	12.86m
6. Crystal Miller, APP	12.68m
7. Amber Tiggs, GSU	12.56m
8. Stephanie McNeill, CIT	11.98m

Weight Throw

1. Chakosha Lance, CofC	16.33m
2. Nikole Simmons, APP	16.13m
3. Nikki Slocumb, GSU	15.68m
4. Amber Tiggs, GSU	15.67m
5. Beverly Burnett, APP	15.17m
6. Crystal Miller, APP	15.16m
7. Kristie Boggan, APP	14.96m
8. Charlotte Baker, APP	14.66m

Pole Vault

1. Laura Tieszen, WCU	3.95m
2. Suzanne Makison, APP	3.80m
3. Jessica Clendenning, Elon	3.35m
4. Jessica Fowler, APP	3.20m
5. Susan Shore, Elon	3.05m
6. Natalie Sayewich, APP	2.90m
6. Bridget Robinson, APP	2.90m
-- Alexis Gonzalez, CIT	NH

Pentathlon

1. Kellie Mitchell, GSU	3,754
2. Kristin Truman, ETSU	3,415
3. Tondra White, APP	3,342
4. Kristie Boggan, APP	3,214
5. Myra Keeter, APP	3,162
6. Laura Tieszen, WCU	3,102
7. Alexine Crutchfield, APP	2,787
8. Rasheeda Ghaffar, UTC	2,711

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Tondra White, Appalachian State

Kellie Mitchell, Georgia Southern

Freshman of the Year

Kathleen Turchin, Chattanooga

Coach of the Year

John Weaver, Appalachian State

2003 Men's Championship

55-Meter Dash

1. Jason Green, APP	6.26
2. Ernest Wiggins, APP	6.27
3. Tee Alford, WCU	6.29
4. Sean Jackson, APP	6.40
5. Kevin McLeod, APP	6.49
6. Holt McPherson, APP	6.54
7. Charles Watson, CIT	6.70
8. Kenyon Doyle, CIT	7.09

200-Meter Dash

1. Jason Green, APP	21.61
2. Ernest Wiggins, APP	21.76
3. Kenyon Doyle, CIT	21.94
4. Milton Bolton, WCU	22.04
5. Larry Williams, VMI	22.17
6. Jeff Witherspoon, CIT	22.21
7. Holt McPherson, APP	22.29
-- Kevin McLeod, APP	DQ

400-Meter Dash

1. Alex Prince, CIT	48.78
2. Milton Bolton, WCU	48.97
3. Chris Harrington, UTC	49.06
4. Larry Williams, VMI	49.17
5. Michael Kirk, VMI	50.56
6. Will Gillespie, APP	50.96
7. Charles Watson, CIT	50.98
8. Keith Curry, APP	51.36

800-Meter Run

1. John Robertson, WCU	1:52.11
2. Caleb Bailey, WCU	1:52.33
3. Colin Sullivan, UTC	1:53.07
4. Dale Slaughter, APP	1:54.89
5. Robert Hatcher, UTC	1:56.55
6. Michael Lokale, VMI	1:57.32
7. Ben Austin, APP	1:59.09
8. Greg Scott, DAV	2:04.86

Mile Run

1. Bradley Yewer, ETSU	4:14.36
2. Colin Sullivan, UTC	4:14.65
3. Caleb Bailey, WCU	4:17.25
4. Mike Reed, APP	4:18.54
5. Derrick Williamson, APP	4:18.95
6. Adam Puett, WCU	4:20.00
7. Greg Scott, DAV	4:20.39
8. Linas Salkauskas, UTC	4:20.84

3,000-Meter Run

1. Bradley Yewer, ETSU	8:26.06
2. Derrick Williamson, APP	8:27.95
3. James Grufferty, ETSU	8:28.65
4. Steven Kocsis, UTC	8:29.07
5. Lance Parker, APP	8:36.38
6. Adam Puett, WCU	8:42.64
7. Ian Mayne, UTC	8:43.16
8. Carson Blackwelder, APP	8:43.96

Team Results

Team Finish	Points
1. Appalachian State	186
2. Western Carolina	118.5
3. VMI	99
4. Chattanooga	87
5. East Tennessee State	62.5
6. The Citadel	51
7. Davidson	8
8. Wofford	8

5,000-Meter Run

1. Bradley Yewer, ETSU	15:04.83
2. Steven Kocsis, UTC	15:04.93
3. Lance Parker, APP	15:08.99
4. Derrick Williamson, APP	15:10.82
5. Peter Dalton, ETSU	15:15.29
6. Franklin Manchester, APP	15:21.93
7. Robert Killian, CIT	15:24.48
8. James Grufferty, ETSU	15:27.13

55-Meter Hurdles

1. Jeff McKelvin, VMI	7.75
2. Chris Harrington, UTC	7.78
3. Deangelo Plather, VMI	7.95
4. Kaylin Chesney, ETSU	8.00
5. Cory Blanton, UTC	8.08
6. Andre Brown, WCU	8.09
7. Kevin Soloman, VMI	8.28
-- Deonte Cook, WCU	FS

Distance Medley

1. Western Carolina	10:07.84
2. East Tennessee State	10:08.78
3. Appalachian State	10:09.20
4. Chattanooga	10:10.41
5. The Citadel	10:35.32
6. VMI	10:37.06
7. Davidson	11:14.35

4x400-Meter Relay

1. The Citadel	3:16.34
2. VMI	3:16.71
3. Western Carolina	3:18.74
4. Chattanooga	3:22.92
5. Appalachian State	3:23.92
6. Davidson	3:28.43
7. East Tennessee State	3:28.84

Long Jump

1. Holt McPherson, APP	24'7.25"
2. Justin Davis, WCU	23'6.75"
3. James Sills, UTC	23'6.25"
4. Deon Britton, APP	23'3.50"
5. Brian Graves, APP	23'1.75"
6. Xavier Goddard, WCU	22'8.00"
7. Kevin Soloman, VMI	22'7.75"
8. Arthur Robertson, APP	22'5.00"

Triple Jump

1. Kevin Solomon, VMI	48'0.75"
2. Michael Dodd, UTC	47'3.75"
3. Gerald Foreman, APP	47'2.50"
4. Tyler Ferguson, WCU	47'1.75"
5. Arthur Robertson, APP	46'5.25"
6. Brian Graves, APP	46'2.75"
7. Mario Brooks, UTC	46'5.20"
8. Marus Carter, CIT	45'10.00"

High Jump

1. Garrett Brickner, VMI	6'9.75"
2. Chris Walker, VMI	6'6"
3. Kamau Hull, VMI	6'4"
4. John Barlew, UTC	6'4"
5. James Sills, UTC	6'4"
6. Travis Taylor, CIT	6'4"
7. Jeremy Snoderly, ETSU	6'2"
7. Bobby Robinson, WCU	6'2"

Shot Put

1. Anthony Greer, APP	51'8.50"
2. Katon Bethay, WOF	51'4.50"
3. Quentin Armstrong, CIT	50'2.75"
4. Charles Hyder, ETSU	48'3.50"
5. Dan Utley, APP	47'5.25"
6. David Bryce, WCU	47'2.25"
7. Travis Crittenden, VMI	46'11.75"
8. Eric Thompson, VMI	46'11.50"

Weight Throw

1. Daniel Duckworth, APP	58'1.25"
2. Nick McNeil, WCU	54'4.00"
3. Jason Stepp, WCU	48'10.0"
4. Travis Crittenden, VMI	48'4.75"
5. Matt Decker, WCU	47'11.0"
6. Eric Thompson, VMI	46'8.25"
7. Anthony Greer, APP	44'7.00"
8. Chris Franklin, CIT	44'6.00"

Pole Vault

1. Sean Heaston, WCU	15'5.75"
2. Jon Norman, APP	15'5.75"
3. Ty Denby, VMI	15'0.00"
4. Dan Queen, APP	15'0.00"
5. Jeff Fiorello, APP	14'6.00"
6. Bryan Tomlinson, APP	14'0.00"
7. David McCall, WCU	13'6.25"
8. William Pearl, VMI	13'6.25"

Individual Awards

Most Outstanding Track Performer
Bradley Yewer, East Tennessee State

Most Outstanding Field Performers
Holt McPherson, Appalachian State
Anthony Greer, Appalachian State

Freshman of the Year
John Robertson, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2003 Women's Championship

Team Results

Team Finish	Points
1. Appalachian State	186.5
2. Chattanooga	158.5
3. Georgia Southern	97
4. Western Carolina	78
5. East Tennessee State	40
6. VMI	24
7. Furman	14
8. Davidson	7
9. College of Charleston	6
10. The Citadel	2
11. UNCG	1

55-Meter Dash

1. Rashedah Arnold, GSU	7.05
2. Jennifer Claud, APP	7.06
3. Chantelle Vernon, ETSU	7.13
4. Latavia Shores, UTC	7.18
5. Christina Roberts, APP	7.24
6. Ronda White, APP	7.25
7. Portia Taylor, APP	7.33
8. Jacqueline Allen, GSU	7.34

200-Meter Dash

1. Rashedah Arnold, GSU	24.64
2. Jennifer Claud, APP	24.46
3. Shamiika Johnson, UTC	24.58
4. Candace Foster, UTC	25.04
5. Latavia Shores, UTC	25.22
6. Javonne Blackley, GSU	25.39
7. Christina Roberts, APP	25.65
8. Giselle Cunningham, GSU	25.87

400-Meter Dash

1. Tiffany Pointer, UTC	56.97
2. Marlo Mincey, GSU	57.12
3. Margo Mincey, GSU	57.21
4. Leslie Martin, WCU	57.40
5. Kim Simmons, ETSU	57.42
6. Elisabeth Sain, UTC	57.67
7. Tiffany Collier, ETSU	58.21
8. Dawn Harden, UTC	58.65

800-Meter Run

1. Katie Sujkowski, APP	2:19.45
2. Amy Doolittle, UTC	2:19.81
3. Tonya Edmonds, WCU	2:21.02
4. Channel Lemon, UTC	2:22.35
5. Becky Signoretti, WCU	2:23.86
6. Jennifer Habbestad, ETSU	2:24.12
7. Brittney Swick, GSU	2:24.99
8. Amber Blain, VMI	2:28.13

Mile Run

1. Shannon Wommack, UTC	4:58.90
2. Katie Sujkowski, APP	4:59.33
3. Amy Doolittle, UTC	5:02.55
4. Missy Dock, APP	5:14.15
5. Brittney Swick, GSU	5:17.77
6. Katie Marshall, ETSU	5:19.75
7. Deanna Kulesz, WCU	5:20.27
8. Alissa Short, WCU	5:20.78

3,000-Meter Run

1. Shannon Womack, UTC	10:10.56
2. Sarah Primeau, APP	10:14.16
3. Gina Recher, UTC	10:16.09
4. Ellen Davis, UTC	10:23.61
5. Melanie Cooper, WCU	10:27.09
6. Noel Smith, APP	10:29.29
7. Whitney Sharp, FUR	10:32.20
8. Molly Mungovan, FUR	10:40.38

5,000-Meter Run

1. Sarah Primeau, APP	17:43.56
2. Shannon Wommack, UTC	17:59.20
3. Gina Recher, UTC	18:01.59
4. Noel Smith, APP	18:13.90
5. Whitney Sharp, FUR	18:36.52
6. Ellen Davis, UTC	18:36.69
7. Melanie Cooper, WCU	18:46.72
8. Amy Doolittle, UTC	18:55.98

55-Meter Hurdles

1. Ronda White, APP	7.86
2. Shamiika Johnson, UTC	8.20
3. Dawn Harden, UTC	8.25
4. Tondra White, APP	8.31
5. Elisabeth Sain, UTC	8.33
6. Alison Frese, UTC	8.53
7. Adrianna Di Bernardi, APP	8.54
8. Rasheeda Ghaffar, UTC	8.66

Distance Medley

1. Chattanooga	12:11.58
2. Appalachian State	12:14.98
3. Western Carolina	12:26.59
4. Georgia Southern	12:28.12
5. East Tennessee State	12:55.88
6. Davidson	12:56.54
7. Furman	12:58.55
8. UNCG	13:01.76

4x400-Meter Relay

1. Georgia Southern	3:47.35
2. Chattanooga	3:49.59
3. Western Carolina	3:50.80
4. East Tennessee State	3:54.30
5. Furman	4:07.25
6. VMI	4:09.39
7. The Citadel	4:09.51
8. Davidson	4:12.81

Long Jump

1. Kellie Mitchell, GSU	19'5.50"
2. Kasola Smith, UTC	19'5.50"
3. Ronda White, APP	19'1.25"
4. Cedeia Bowden, WCU	18'5.25"
5. Candace Foster, UTC	18'5.25"
6. Jacqueline Allen, GSU	18'1.00"
7. Kamata Potts, WCU	17'09.75"
8. Shameka Harris, WCU	17:03.50"

Triple Jump

1. Ronda White, APP	41'4.50"
2. Jennifer Claud, APP	40'0.00"
3. Tondra White, APP	39'3.75"
4. Jacqueline Allen, GSU	38'7.50"
5. Paula Moore, APP	38'4.75"
6. Kristin Truman, ETSU	36'11.75"
7. Cedeia Bowden, WCU	36'05.75"
8. Andrea Morrison, FUR	36'00.75"

High Jump

1. Cheryl Howard, ETSU	5'5.25"
2. Suzanne Makison, APP	5'5.25"
3. Kellie Mitchell, GSU	5'5.25"
4. Tondra White, APP	5'3.25"
5. Alison Frese, UTC	5'3.25"
6. Amanda Yeck, DAV	4'11.50"
7. Laura Tieszen, WCU	4'11.50"
8. Kelia Thomas, GSU	4'09.50"

Shot Put

1. Mildred Cooper, VMI	45'8.00"
2. LaShana Poole, APP	44'2.75"
3. Beverly Burnett, APP	43'7.25"
4. Kineta Williams-Rogers, WCU	43'3.75"
5. Kristie Boggan, APP	42'10.25"
6. Amber Tiggs, GSU	41'8.75"
7. Nikole Simmons, APP	41'08.50"
8. Crystal Miller, APP	37'05.25"

Pole Vault

1. Laura Tieszen, WCU	12'1.25"
2. Michelle Velez, WCU	11'9.25"
3. Suzanne Makison, APP	11'5.25"
4. Nadia Wendlandt, VMI	10'5.50"
-- Dana Anglin, WCU	NH
-- Tricia Shepard, WCU	NH

Weight Throw

1. LaShana Poole, APP	57'2.00"
2. Amber Tiggs, GSU	54'10.25"
3. Chakosha Lance, CofC	51'3.50"
4. Mildred Cooper, VMI	51'0.25"
5. Quilletta Dunston, WCU	49'11.75"
6. Kineta Williams-Rogers, WCU	49'11.25"
7. Nikole Simmons, APP	48'11.00"
8. Shaletha Lightfoot, GSU	47'10.00"

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Rashedah Arnold, Georgia Southern

Coach of the Year
Bill Gautier, Chattanooga

2002 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	138	5. East Tennessee State	53
2. Western Carolina	100	6. The Citadel	28
3. VMI	87	7. Davidson	17
4. Chattanooga	69	8. UNCG	3

Individual Results

55-Meter Dash

1. Jason Green, APP	6.26
2. Tee Alford, WCU	6.31
3. Ernest Wiggins, APP	6.32
4. James Rainer, WCU	6.49
5. Kevin McLeod, APP	6.57
6. Reggie Williams, APP	6.66

200-Meter Dash

1. Darrus Cofield, WCU	21.64
2. Jason Green, APP	21.67
3. Tee Alford, WCU	21.74
4. Milton Bolton, WCU	21.90
5. Ernest Wiggins, APP	22.01
6. Lloyd Davis, VMI	22.70

400-Meter Dash

1. Darrus Cofield, WCU	47.45
2. Alex Prince, CIT	48.14
3. Milton Bolton, WCU	48.19
4. Marcus Littlejohn, APP	49.55
5. Reggie Williams, APP	50.11

800-Meter Run

1. Caleb Bailey, WCU	1:54.24
2. Ryan Kendall, UTC	1:54.48
3. Robert Hatcher, UTC	1:55.47
4. Dale Slaughter, APP	1:56.26
5. Johnny Johnson, VMI	1:57.26
6. Chris Green, VMI	1:57.58

Mile Run

1. Caleb Bailey, WCU	4:13.76
2. Ryan Kendall, UTC	4:14.69
3. Brad Yewer, ETSU	4:16.92
4. Mike Reed, APP	4:17.12
5. Curtis Gadula, UTC	4:20.49
6. Lars Tveters, UTC	4:20.81

3,000-Meter Run

1. Dan Gibson, DAV	8:25.66
2. Steve Kocsis, UTC	8:29.37
3. Curtis Gadula, UTC	8:30.29
4. Brad Yewer, ETSU	8:34.80
5. James Grufferty, ETSU	8:37.80
6. Lance Parker, APP	8:42.18

5,000-Meter Run

1. James Grufferty, ETSU	14:50.98
2. Steve Kocsis, UTC	14:52.22
3. Dan Gibson, DAV	14:59.22
4. Curtis Gadula, UTC	15:03.74
5. Joe Jacobs, UNCG	15:07.90
6. Jesse Norman, WCU	15:15.02

55-Meter Hurdles

1. Ryan Linebarger, APP	7.66
2. Deangelo Plather, VMI	7.97
3. Kaylin Chesney, ETSU	8.09
4. Kevin Solomon, VMI	8.09
5. Deonte Cook, WCU	8.22

Distance Medley

1. Appalachian State	10:13.20
2. Chattanooga	10:14.51
3. East Tennessee State	10:20.19
4. The Citadel	10:21.76
5. Western Carolina	10:33.11
6. UNCG	10:37.66

4x400-Meter Relay

1. Appalachian State	3:16.35
2. The Citadel	3:17.25
3. VMI	3:19.09
4. Chattanooga	3:24.82
5. ETSU	3:25.15
6. Davidson	3:26.57

Long Jump

1. Charvin Clark, ETSU	25'0.50"
2. Kevin Solomon, VMI	23'8.75"
3. Quez Smith, VMI	23'5.50"
4. Holt McPherson, APP	23'5.50"
5. Titus Green, VMI	22'7.75"
6. Alvin Johnson, CIT	22'3.50"

Triple Jump

1. Kevin Solomon, VMI	48'3.25"
2. Gerald Foreman, APP	47'9.75"
3. Michael Dodd, UTC	46'9.50"
4. Derik Screen, VMI	46'4.00"
5. Brian Graves, APP	45'11.25"
6. Demaj Wiley, CIT	44'0.00"

High Jump

1. Garrett Brickner, VMI	6'8"
2. Ryan Linebarger, APP	6'4"
3. Travis Taylor, CIT	6'4"
4. Teddy Burgis, WCU	6'2"
Kamau Hull, VMI	6'2"
6. Donnie Bryant, WCU	6'2"

Shot Put

1. Bob Smith, APP	53'5.50"
2. Austin Wakefield, VMI	48'5.25"
3. Chad Hyder, ETSU	48'2.00"
4. Travis Crittendon, VMI	47'5.25"
5. Jeb Hall, WCU	47'4.50"
6. Josh Artau, ETSU	46'7.25"

Weight Throw

1. Bob Smith, APP	59'11.25"
2. Nick McNeil, WCU	55'8.50"
3. Larry Brock, APP	54'0.00"
4. Jamie Lyda, APP	48'11.50"
5. Tyler Burke, APP	48'4.00"
6. Jeb Hall, WCU	47'9.75"

Pole Vault

1. Charles Rice, WCU	16'3.25"
2. J.B. Rosson, VMI	16'3.25"
3. Wes Pickens, APP	15'11.25"
4. Aaron Pedrick, APP	14'11.50"
5. Seajae Hartness, WCU	14'11.50"
6. Ty Denby, VMI	14'11.50"

Individual Awards

Most Outstanding Track Performer
Caleb Bailey, Western Carolina

Most Outstanding Field Performer
Kevin Solomon, VMI

Freshman of the Year
Milton Bolton, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2002 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	139	6. UNCG	17
2. Western Carolina	111	7. Furman	7
3. Chattanooga	96	8. VMI	3
4. Georgia Southern	69	9. Davidson	2
5. East Tennessee State	52		

Individual Results

55-Meter Dash

- Jennifer Claud, APP 7.04
- Chantelle Vernon, ETSU 7.05
- Jacqueline Allen, GSU 7.11
- Ronetta Burgess, WCU 7.16
- Christina Roebrts, APP 7.17
- Javonne Blackley, GSU 7.21

200-Meter Dash

- Ronetta Burgess, WCU 24.64
- Jennifer Claud, APP 24.93
- Jennifer Howard, ETSU 25.04
- Javonne Blackley, GSU 25.24
- Tondra White, APP 25.43
- Christina Roberts, APP 25.55

400-Meter Dash

- Jennifer Howard, ETSU 56.95
- Tiffany Pointer, UTC 57.21
- Marlo Moncey, GSU 57.41
- Natasha Brown, APP 57.92
- Benetta Boyd, WCU 58.45

800-Meter Run

- Katie Sujkowski, APP 2:13.29
- Roseline Addo, ETSU 2:13.32
- Morgan Thacker, WCU 2:14.26
- Channel Lemon, UTC 2:16.04
- Kim Simmons, ETSU 2:19.76
- Tonya Edwards, WCU 2:22.79

Mile Run

- Katie Sujkowski, APP 5:07.96
- Shannon Womack, UTC 5:10.43
- Amy Doolittle, UTC 5:11.11
- Erin Howard, FUR 5:12.02
- Alisha Little, APP 5:17.37
- Morgan Cole, UNCG 5:17.94

3,000-Meter Run

- Shannon Womack, UTC 10:29.43
- Ellen Davis, UTC 10:29.89
- Sarah Primeau, APP 10:36.81
- Emily Furr, UNCG 10:39.81
- Mary Nero, UNCG 10:40.60
- Jackie Tugman, VMI 10:43.81

5,000-Meter Run

- Shannon Womack, UTC 17:54.22
- Ellen Davis, UTC 17:54.55
- Gina Recher, UTC 17:54.95
- Sarah Primeau, APP 17:59.28
- Laura Puckett, DAV 18:38.02
- Emily Furr, UNCG 18:39.77

55-Meter Hurdles

- Lindy Petteway, GSU 8.11
- Michelle Velez, WCU 8.32
- Dawn Harden, UTC 8.38
- Ronda White, APP 8.39
- Rosalyn Hood, WCU 8.39
- Ronetta Burgess, WCU 8.50

Distance Medley

- Chattanooga 12:17.69
- Western Carolina 12:20.08
- East Tennessee State 12:20.09
- Appalachian State 12:30.38
- Furman 12:33.93
- UNCG 13:06.76

4x400-Meter Relay

- Western Carolina 3:48.89
- East Tennessee State 3:51.82
- Chattanooga 3:52.37
- Georgia Southern 3:52.56
- Appalachian State 4:00.85
- Furman 4:06.94

Long Jump

- Ronda White, APP 19'6.75"
- Kellie Mitchell, GSU 19'5.50"
- Jacqueline Allen, GSU 19'2.75"
- Kelia Thomas, GSU 18'10.75"
- Rosalyn Hood, WCU 18'9.00"
- Cedea Bowden, WCU 18'7.75"

Triple Jump

- Tondra White, APP 40'4.75"
- Ronda White, APP 40'2.25"
- Cedea Bowden, WCU 40'1.25"
- Paula Moore, APP 39'10.50"
- Jennifer Claud, APP 38'11.75"
- Rosalyn Hood, WCU 38'11.50"

High Jump

- Virginia LaCombe, WCU 5'7"
- Leigh Anne Ronk, APP 5'5"
- Alison Frese, UTC 5'5"
- Cheryl Howard, ETSU 5'3"
- Kellie Mitchell, GSU 5'3"
- Suzanne Makinson, APP 5'3"

Shot Put

- LaShana Poole, APP 43'10.75"
- Amber Tiggs, GSU 43'2.50"
- Nikki Slocumb, GSU 43'1.50"
- Kineta Williams, WCU 39'10.00"
- Mildred Cooper, VMI 39'4.50"
- Altavise Franklin, WCU 38'7.50"

Pole Vault

- Michelle Velez, WCU 12'7.50"
- Laura Tieszen, WCU 12'3.50"
- Dana Anglin, WCU 11'5.75"
- Suzanne Makison, APP 11'5.75"
- Chi Sawyer, WCU 10'3.50"
- Tricia Shepard, WCU 10'3.50"

Weight Throw

- LaShana Poole, APP 56'3.25"
- Niki Ash, UNCG 54'8.00"
- Quilletta Dunston, WCU 50'6.75"
- Amber Tiggs, GSU 50'3.25"
- Nancy Hinson, APP 49'3.75"

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Jennifer Claud, Appalachian State

Coach of the Year
John Weaver, Appalachian State

2001 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. VMI	146	5. Chattanooga	52
2. Appalachian State	130	6. The Citadel	25
3. Western Carolina	74	7. Davidson	14
4. East Tennessee State	53	8. UNCG	1

Individual Results

55-Meter Dash

1. Marcus Lynch, VMI	6.49
2. Akaba Galaspie, WCU	6.50
3. Quez Smith, VMI	6.52
4. Kevin McLeod, APP	6.53
5. Lloyd Davis, VMI	6.61
6. Jeff McKelvin, VMI	6.64

200-Meter Dash

1. Evan Hawkins, ETSU	21.55
2. Derrick High, WCU	21.93
3. Jeff Witherspoon, CIT	22.12
4. Marcus Lynch, VMI	22.45
5. Kevin McLeod, APP	22.74

400-Meter Dash

1. Derrick High, WCU	47.53
2. Evan Hawkins, ETSU	47.64
3. Bola Oyegunwa, WCU	49.16
4. Akaba Galaspie, WCU	49.54
5. Rob Nichols, CIT	49.56
6. Kenny Carmichael, VMI	49.85

800-Meter Run

1. Michael Lokale, VMI	1:53.43
2. John Baldwin, UTC	1:53.73
3. Ryan Kendall, UTC	1:53.75
4. Dale Slaughter, APP	1:55.40
5. Chris Green, VMI	1:56.60
6. Dan Cannon, CIT	1:57.59

Mile Run

1. Caleb Bailey, WCU	4:15.59
2. Curtis Gadula, UTC	4:15.99
3. Ryan Kendall, UTC	4:16.72
4. Ben Schowe, APP	4:21.45
5. Shon Grice, UTC	4:22.24
6. Jimmy Swansbrough, DAV	4:22.31

3,000-Meter Run

1. Curtis Gadula, UTC	8:37.42
2. Alan Marion, APP	8:37.43
3. Dan Gibson, DAV	8:38.89
4. Ben Bissette, APP	8:40.00
5. Franklin Manchester, APP	8:47.66
6. Jimmy Swansbrough, DAV	8:52.51

5,000-Meter Run

1. Ben Bissette, APP	15:02.19
2. Alan Marion, APP	15:05.16
3. Dan Gibson, DAV	15:09.45
4. Franklin Manchester, APP	15:10.69
5. Greg Sprowl, ETSU	15:11.14

55-Meter Hurdles

1. Jeff Foy, VMI	7.62
2. Ryan Linebarger, APP	7.66
3. Jeff McKelvin, VMI	7.70
4. Johnny Bomar, WCU	7.84
5. Keith Sims, APP	8.05
6. Kaylin Chesney, ETSU	8.22

Distance Medley

1. Appalachian State	10:20.20
2. VMI	10:21.76
3. Chattanooga	10:27.21
4. The Citadel	10:28.94
5. Western Carolina	10:31.59
6. UNCG	10:39.66
7. East Tennessee State	10:46.33

4x400-Meter Relay

1. VMI	3:16.23
2. Western Carolina	3:17.42
3. East Tennessee State	3:18.76
4. Appalachian State	3:19.87
5. Chattanooga	3:20.70
6. The Citadel	3:23.07
7. Davidson	3:36.36

Long Jump

1. Marcus Lynch, VMI	25'01.75"
2. Damion McLean, APP	24'04.25"
3. Aaron Yarbough, VMI	23'07.50"
4. Quez Smith, VMI	23'04.00"
5. Kevin Solomon, VMI	22'11.25"
6. Doug Petway, WCU	22'03.50"

Triple Jump

1. Keith Jenkins, APP	48'03.50"
2. Kevin Solomon, VMI	48'02.00"
3. Damion McLean, APP	47'08.00"
4. Derik Screen, VMI	47'05.75"
5. Quez Smith, VMI	45'06.25"
6. Doug Petway, WCU	44'09.75"

High Jump

1. Jason Farr, ETSU	6'09.00"
2. Ken Millender, APP	6'09.00"
3. Donovan Williams, VMI	6'05.00"
4. Jason Palmer, APP	6'05.00"
5. Andrew Whitson, ETSU	6'03.25"
6. Jeff McKelvin, VMI	6'03.25"

Shot Put

1. Quentin Armstrong, CIT	49'06.50"
2. Josh Artau, ETSU	48'11.50"
3. Chad Hyder, ETSU	48'08.25"
4. John Chisholm, VMI	48'02.75"
5. Jeff Chamber, WCU	47'03.00"
6. Russ Touchberry, CIT	46'11.50"

Weight Throw

1. John Chisholm, VMI	61'08.50"
2. Tony Essig, VMI	49'03.50"
3. Larry Brock, APP	49'02.25"
4. Jeff Chambers, VMI	47'11.25"
5. Dan Duckworth, APP	47'06.25"
6. Phil Weismiller, VMI	46'07.50"

Pole Vault

1. J.B. Rosson, VMI	15'05.50"
2. Aaron Pedrick, APP	15'05.50"
3. Charles Rice, WCU	15'05.50"
4. Jon Norman, APP	13'11.75"
5. Bryan Tomlinson, APP	13'05.75"
6. Adam Woods, ETSU	12'11.75"

Individual Awards

Most Outstanding Performer

Marcus Lynch, VMI

Freshman of the Year

J.B. Rosson, VMI

Coach of the Year

Mike Bozeman, VMI

2001 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	130	6. Georgia Southern	19
2. Western Carolina	128	7. VMI	16
3. Chattanooga	101	8. UNCG	8
4. East Tennessee State	52	9. The Citadel	4
5. Furman	36	10. Davidson	2

Individual Results

55-Meter Dash

1. Shonte Pinkston, APP	6.90
2. Tyleana Hanner, UTC	7.17
3. Ronetta Burgess, WCU	7.20
4. LaDonna McClure, GSU	7.21
5. Cedeia Bowden, WCU	7.25
6. Benetta Boyd, WCU	7.44

200-Meter Dash

1. Shonte Pinkston, APP	24.63
2. Ronetta Burgess, WCU	24.73
3. Roseline Addo, ETSU	25.03
4. Marna Moore, UTC	25.14
5. Tyleana Hanner, UTC	25.31
6. Jennifer Howard, ETSU	25.47

400-Meter Dash

1. Roseline Addo, ETSU	56.92
2. Jennifer Howard, ETSU	57.30
3. Marlo Mincey, GSU	57.34
4. Benetta Boyd, WCU	58.88
5. Roslyn Bingley, WCU	59.53
6. Tyler Caudle, APP	59.70

800-Meter Run

1. Mary Jayne Harrelson, APP	2:08.40
2. Lauren Campbell, ETSU	2:15.28
3. Katie Sujkowski, APP	2:16.36
4. Julie Stackhouse, FUR	2:16.41
5. Megan Thacker, WCU	2:19.97
6. Channel Lemon, UTC	2:24.65

Mile Run

1. Mary Jayne Harrelson, APP	4:59.20
2. Becky Slick, UTC	5:06.34
3. Holly Bright, WCU	5:09.11
4. Erin Howard, FUR	5:12.47
5. Amy Doolittle, UTC	5:13.19
6. Johanna Allen, APP	5:15.54

3,000-Meter Run

1. Jill Braley, FUR	10:08.58
2. Oddbjorg Haugen, UTC	10:11.45
3. Emily Campbell, ETSU	10:12.96
4. Becky Slick, UTC	10:17.74
5. Andrea Davis, UTC	10:18.09
6. Whiney Woods, WCU	10:22.98

5,000-Meter Run

1. Jill Braley, FUR	17:33.06
2. Oddbjorg Haugen, UTC	17:40.90
3. Andrea Davis, UTC	17:56.90
4. Whiney Woods, WCU	17:58.96
5. Heather Needham, APP	18:04.49
6. Johanna Allen, APP	18:18.17

55-Meter Hurdles

1. Marna Moore, UTC	8.05
2. Ronetta Burgess, WCU	8.07
3. Lindy Petteway, GSU	8.23
4. Tyleana Hanner, UTC	8.37
5. Kirsten Bowden, APP	8.62
6. Tondra White, APP	8.65

Distance Medley

1. Appalachian State	12:14.16
2. Chattanooga	12:25.09
3. Furman	12:26.82
4. Western Carolina	12:37.32
5. Davidson	12:48.65
6. VMI	12:54.20
7. Georgia Southern	12:57.16

4x400 Meter Relay

1. East Tennessee State	3:49.11
2. Western Carolina	3:51.04
3. Appalachian State	3:51.37
4. Chattanooga	3:55.28
5. Furman	4:01.41
6. Georgia Southern	4:06.58
7. Davidson	4:10.53
8. VMI	4:15.08

Long Jump

1. Tyleana Hanner, UTC	20'00.25"
2. Angela Pryor, APP	19'00.50"
3. Kamata Potts, WCU	18'09.75"
4. Kirsten Bowden, APP	18'07.75"
5. Star Lingo, GSU	18'02.50"
6. Ronetta Burgess, WCU	17'09.75"

Triple Jump

1. Kirsten Bowden, APP	41'02.25"
2. Tondra White, APP	40'01.25"
3. Tyleana Hanner, UTC	39'08.00"
4. Virginia LaCombe, WCU	38'06.25"
5. Cedeia Brown, WCU	38'02.25"
6. Kristen Truman, ETSU	36'09.00"

High Jump

1. Virginia LaCombe, WCU	5'07.75"
2. Jennifer Carroll, VMI	5'05.75"
3. Tyleana Hanner, UTC	5'03.75"
4. Suzanne Makinson, APP	5'03.75"
5. Cheryl Howard, ETSU	5'01.75"
6. Kirsten Bowden, APP	5'01.75"

Shot Put

1. Ashley Herndon, WCU	44'09.75"
2. La Shanna Poole, APP	42'10.75"
3. Barbara Lee Palmer, WCU	41'05.00"
4. Catrina Moore, CIT	38'05.00"
5. Kitey Wright, WCU	38'04.25"
6. Angela Vizzi, VMI	38'00.00"

Weight Throw

1. La Shanna Poole, APP	55'03.75"
2. Niki Ash, UNCG	51'07.25"
3. Barbara Lee Palmer, WCU	49'04.50"
4. Quilletta Dunston	48'08.00"
5. Kineta Williams, WCU	46'06.25"
6. Ashley Herndon, WCU	46'02.00"

Pole Vault

1. Valerie Jalajas, WCU	11'11.75"
2. Michelle Velez, WCU	11'05.75"
3. Nadia Wendlandt, VMI	10'06.00"
4. Suzanne Makinson, APP	10'00.00"
4. Kelly Hawkins, APP	10'00.00"
4. Kate Minser, APP	10'00.00"

Individual Awards

Most Outstanding Performer
Tyleana Hanner, Chattanooga

Freshman of the Year
Oddbjorg Haugen, Chattanooga

Coach of the Year
John Weaver, Appalachian State

2000 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	132.5	5. The Citadel	48
2. Western Carolina	111	6. East Tennessee State	47.5
3. VMI	87	7. Davidson	12
4. Chattanooga	57		

Individual Results

55-Meter Dash

1. Johnnie Morrison, WCU	6.36
2. Carlos Frank, CIT	6.41
3. Kenyon Doyle, VMI	6.43
4. Kevin Pennycooke, ETSU	6.42
5. Marcus Lynch, VMI	6.48
6. Ken White, VMI	6.49

200-Meter Dash

1. Jason McGinnis, APP	21.55
2. Kenyon Doyle, CIT	21.60
3. Joe Hyman, WCU	21.83
4. Marcus Lynch, VMI	22.04
5. Carlos Frank, CIT	22.19
6. Derrick High, WCU	22.25

400-Meter Dash

1. Evan Hawkins, ETSU	48.26
2. Derrick High, WCU	48.30
3. Joe Hyman, WCU	48.41
4. Jason McGinnis, APP	48.85
5. Michael Lokale, VMI	49.00
6. John Baldwin, UTC	49.17

800-Meter Run

1. Nic Crider, UTC	1:55.50
2. Aaron Prieur, UTC	1:55.62
3. Chris Green, VMI	1:55.81
4. Irving Hunter, WCU	1:56.65
5. Michael Lokale, VMI	1:56.94
6. Dale Slaughter, APP	1:57.29
7. Nate Haley, VMI	1:58.29
8. Terrice McClain, APP	1:59.38

Mile Run

1. Nic Crider, UTC	4:12.51
2. Aaron Prieur, UTC	4:14.12
3. Kyle McLean, UTC	4:15.50
4. Mitchell Jones, ETSU	4:17.21
5. James Layne, APP	4:18.99
6. Caleb Bailey, WCU	4:21.07
7. Brent Ferrell, DAV	4:21.17
8. Daniele Lenarduzzi, UTC	4:23.83

3,000-Meter Run

1. Ben Bisette, APP	8:29.32
2. Brent Ferrell, DAV	8:32.15
3. Mitchell Jones, ETSU	8:34.34
4. Jesse Norman, WCU	8:36.74
5. Shane Auston, APP	8:38.54
6. Kyle McLean, UTC	8:42.82
7. Curtis Gadula, UTC	8:43.24
8. Dan Gibson, DAV	8:43.68

5,000-Meter Run

1. Joe Smith, VMI	14:53.19
2. Shane Austin, APP	14:58.28
3. Ben Bisette, APP	14:58.59
4. Dan Gibson, DAV	15:03.53
5. Jesse Norman, WCU	15:12.06
6. Curtis Gadula, UTC	15:15.96
7. Andrew Cawood, CIT	15:17.38
8. Greg Sprowell, ETSU	15:19.12

Distance Medley

1. Chattanooga	10:15.88
2. East Tennessee State	10:22.52
3. Western Carolina	10:27.65
4. VMI	10:29.93
5. Appalachian State	10:34.51
6. The Citadel	10:41.60
7. UNCG	10:45.90
8. Davidson	10:57.36

55-Meter Hurdles

1. Ryan Linebarger, APP	7.58
2. Johnny Bomar, WCU	7.63
3. Keith Sims, APP	7.69
4. Jeff McKelvin, VMI	7.78
5. Kenny Moseley, VMI	7.86
-- Omari Francis, APP	DNF

4x400-Meter Relay

2. Western Carolina	3:14.40
3. Appalachian State	3:15.22
1. VMI	3:15.29
4. Chattanooga	3:18.93
6. The Citadel	3:19.41
5. East Tennessee State	3:23.62
7. Davidson	3:32.06

Long Jump

8. Damion McLean, APP	24'05.75"
6. Quez Smith, VMI	24'02.50"
3. Kevin Solomon, VMI	23'11.00"
1. Charles Mahatha, APP	23'10.75"
4. Rayshan Carthen, WCU	23'06.00"
6. Marcus Lynch, VMI	23'04.00"
7. John Logan, WCU	23'00.75"

Triple Jump

1. Charles Mahatha, APP	51'03.75"
2. Quez Smith, VMI	49'02.50"
3. John Logan, WCU	48'07.50"
4. Karl Willis, WCU	43'03.25"
5. Ernest Moss, WCU	47'08.50"
6. Rayshan Carthen, WCU	46'06.75"

High Jump

1. Eric McClary, CIT	7'01.50"
2. Rob Waddington, CIT	6'08.00"
3. Jason Farr, ETSU	6'08.00"
4. Ken Millender, APP	6'06.00"
5. Ryan Linebarger, APP	6'06.00"
5. Andrew Whitson, ETSU	6'06.00"

Shot Put

1. Jeb Hall, WCU	52'01.75"
2. John Chisholm, VMI	51'06.50"
3. Tom Hite, ETSU	47'04.50"
4. Jeff Chambers, VMI	46'00.00"
5. Adam Gilbert, APP	44'01.25"
6. Jeff Wetherell, CIT	44'00.50"

Weight Throw

1. John Chisholm, VMI	60'03.00"
2. Adam Gilbert, APP	53'09.75"
3. Jeff Chambers, VMI	50'04.00"
4. Matt Roten, APP	49'10.50"
5. Dan Duckworth, APP	47'07.00"
6. Tony Essig, VMI	44'00.50"

Pole Vault

1. Tim Thomas, WCU	15'11.25"
2. Aaron Pedrick, APP	15'05.50"
3. Wes Pickens, APP	15'05.50"
4. Charles Rice, WCU	14'11.50"
5. Ron Hull, VMI	14'05.50"
6. Adam Woods, ETSU	13'05.75"
7. Clint Stewart, APP	13'05.75"

Individual Awards

Most Outstanding Performer
Nic Crider, Chattanooga

Freshman of the Year
Derrick High, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2000 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	145.5	6. Furman	21.5
2. Appalachian State	119	7. VMI	11
3. Chattanooga	86	8. UNCG	8
4. East Tennessee State	71	9. The Citadel	4
5. Georgia Southern	30		

Individual Results

55-Meter Dash

1. Shonte Pinkston, APP	6.95
2. Angela Pryor, APP	7.17
3. Jacqueline Allen, GSU	7.19
4. Andrea Matthews, APP	7.22
5. Keyonia Collins, GSU	7.36
6. Shantre Mayfield, APP	7.39

200-Meter Dash

1. Shonte Pinkston, APP	26.36
2. Andrea Matthews, APP	25.01
3. Angela Pryor, APP	25.19
4. Rosaline Addo, ETSU	25.34
5. Shavone Neely, WCU	25.52
6. Jacqueline Allen, GSU	26.12

400-Meter Dash

1. Rosaline Addo, ETSU	56.33
2. Jennifer Howard, ETSU	56.36
3. Rosalyn Hood, WCU	58.08
4. Angela Highbaugh, FUR	58.11
5. Shavone Neely, WCU	58.38
6. Andrea Matthews, APP	58.62

800-Meter Run

1. Lauren Campbell, ETSU	2:12.96
2. Julie Stackhouse, FUR	2:15.00
3. Becky Slick, UTC	2:15.54
4. Christina Smith, WCU	2:17.29
5. Channel Lemon, UTC	2:17.32
6. Catherine Brunk, UTC	2:18.87
7. Karen Underwood, APP	2:22.84
8. Erin Howard, FUR	2:24.88

Mile Run

1. Becky Slick, UTC	5:04.25
2. Andrea Davis, UTC	5:06.50
3. Catherine Brunk, UTC	5:06.97
4. Gina Recher, UTC	5:11.47
5. Kimberly Hemstreet, ETSU	5:13.98
6. Michelle Cooke, UTC	5:14.18
7. Tanya Brown, ETSU	5:14.56
8. Erin Howard, FUR	5:15.85

3,000-Meter Run

1. Amanda Lynch, UTC	9:45.31
2. Catherine Berry, ETSU	9:46.75
3. Andrea Davis, UTC	10:06.50
4. Jenny Warford, WCU	10:17.82
5. Heather Needham, APP	10:26.89
6. Melanie Cooper, WCU	10:27.99
7. Emily Campbell, ETSU	10:33.66
8. Dana Smith, FUR	10:43.16

5,000-Meter Run

1. Catherine Berry, ETSU	17:01.05
2. Amanda Lynch, UTC	17:03.20
3. Andrea Davis, UTC	17:46.04
4. Jenny Warford, WCU	17:52.98
5. Heather Needham, APP	18:12.09
6. Emily Campbell, ETSU	18:20.00
7. Dana Smith, FUR	18:43.51
8. Emily Eades, FUR	18:44.80

Distance Medley

1. East Tennessee State	12:03.81
2. Chattanooga	12:20.71
3. Western Carolina	12:32.89
4. Furman	12:39.48
5. Appalachian State	12:53.40
6. Georgia Southern	13:17.48
7. UNCG	13:20.83
8. Davidson	13:35.16
9. The Citadel	14:15.21

55-Meter Hurdles

1. Rosalyn Hood, WCU	8.44
2. Kristen Bowden, APP	8.45
3. Jennifer McCalla, GSU	8.49
5. Jackie Poage, APP	8.60
7. Virginia Lacombe, WCU	8.85
6. Domonique LaBeaud, GSU	9.14

4x400-Meter Relay

1. Western Carolina	3:54.38
2. East Tennessee State	3:54.84
3. Appalachian State	3:58.94
4. Furman	3:59.91
5. Chattanooga	3:59.97
6. Georgia Southern	4:10.69
7. The Citadel	4:16.64
8. Davidson	4:27.55

Long Jump

1. Rosalyn Hood, WCU	19'08.25"
2. Angela Pryor, APP	19'02.75"
3. Jacqueline Allen, GSU	18'04.25"
4. Altavise Franklin, WCU	18'02.25"
5. Kristen Bowden, APP	17'11.75"
6. Jennifer Carroll, VMI	17'09.75"

Triple Jump

1. Rosalyn Hood, WCU	39'08.75"
2. Kristen Bowden, APP	39'07.00"
3. Virginia Lacombe, WCU	38'11.00"
4. Cedeia Bowden, WCU	37'11.50"
5. Altavise Franklin, WCU	36'07.75"
6. Monica Lockett, GSU	35'03.00"

High Jump

1. Virginia Lacombe, WCU	5'05.75"
2. Anna Hutcherson, UTC	5'05.75"
3. Jennifer Carroll, VMI	5'01.75"
3. Whitney Nelson, GSU	5'01.75"
5. Altavise Franklin, WCU	5'01.75"
5. Julie Stackhouse, FUR	5'01.75"

Shot Put

1. Ashley Herendon, WCU	42'02.00"
2. LaShanna Poole, APP	40'08.25"
3. Sydney Rowland, APP	39'01.75"
4. Valerie Mertz, WCU	38'07.00"
5. Catrina Moore, CIT	38'01.25"
6. Angela Vizzi, VMI	38'01.25"

Weight Throw

1. Valerie Mertz, WCU	54'07.25"
2. Niki Ash, UNCG	52'11.50"
3. LaShanna Poole, APP	46'09.50"
4. Angela Vizzi, VMI	45'00.25"
5. Carol Hamlin, CIT	44'09.00"
6. Sydney Rowland, APP	44'09.00"

Pole Vault

1. Valerie Jalajas, WCU	12'00.50"
2. Sara Searcy, APP	9'11.75"
3. Tricia Shepard, WCU	9'11.75"
4. Altavise Franklin, WCU	9'11.75"
5. Virginia Lacombe, WCU	9'05.75"
6. Kelly Hawkins, APP	9'05.75"

Individual Awards

Most Outstanding Performer
Rosalyn Hood, Western Carolina

Freshman of the Year
Andrea Matthews, Appalachian State

Coach of the Year
Danny Williamson, Western Carolina

1999 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	159.5	5. East Tennessee State	73
2. Appalachian State	139.5	6. The Citadel	48
3. VMI	108	7. Davidson	18
4. Chattanooga	75		

Individual Results

55-Meter Dash

1. Johnnie Morrison, WCU6.33
2. Ken White, VMI6.34
3. Jan Ingram, CIT6.41
4. Kevin Pennycooke, ETSU6.42
5. Carlos Frank, CIT6.53
6. Devon Scott, APP6.55
7. Jeremy Carter, WCU6.56
8. Quez Smith, VMI6.59

200-Meter Dash

1. Jay Ingram, CIT 22:32
2. Keith Sims, APP 22:67
3. Jason McGinnis, APP 22:82
4. Joe Hyman, WCU 22:87
5. Kenyon Doyle, CIT 23:38
6. Jeremy Cater, WCU 23:51
7. Ken White, VMI 23:86

400-Meter Dash

1. James Yarborough, VMI 50.48
2. Kenny Carmichael, VMI 50.49
3. Joe Hyman, WCU 51.34
4. Keith Glenn, WCU 51.41
5. John Baldwin, UTC 51.48
6. Derek Lemay, WCU 51.52
7. Jason McGhinnis, APP 52.01
8. Stephen Monticone, APP 52.05

800-Meter Run

1. Zach Whitmarsh, ETSU 1:58.49
2. Terrice McClain, APP 1:59.30
3. Andy Coker, UTC 1:59.90
4. Chris O'Brian, APP 2:01.49
5. Ryan Cengeri, VMI 2:02.65
6. Davey Bacon, DAV 2:03.20
7. Keith Chapman, DAV 2:03.25
8. Rich Velazquez, APP 2:08.90

Mile Run

1. Zach Whitmarsh, ETSU 4:19.14
2. Nic Crider, UTC 4:19.83
3. Derek Murphy, ETSU 4:20.67
4. Mike Leinweber, UTC 4:25.30
5. James Layne, APP 4:28.53
6. Curtis Gadula, UTC 4:29.13
7. Scott Sutter, CIT 4:29.69
8. J. Buechner, WCU 4:31.82

3,000-Meter Run

1. Nic Crider, UTC8:34.11
2. Derek Murphy, ETSU8:36.05
3. Rodney Stoker, UTC8:39.61
4. Shane Auston, APP8:42.00
5. Joe Smith, VMI8:47.83
6. Ben Bisette, APP8:50.74
7. Brent Ferrell, DAV8:52.04
8. J. Buechner, WCU8:52.14

5,000-Meter Run

1. Nic Crider, UTC 14:57.05
2. Joe Smith, VMI 15:00.17
3. Rodney Stoker, UTC 15:00.89
4. Shane Austin, APP 15:08.29
5. Ben Bisette, APP 15:28.84
6. Brent Ferrell, DAV 15:34.70
7. Kyle McClain, UTC 15:45.09
8. Greg Sprowell, ETSU 15:49.61

Distance Medley

1. Chattanooga 10:28.27
2. East Tennessee State 10:30.43
3. Appalachian State 10:44.13
4. Western Carolina 10:53.04
5. The Citadel 10:55.06
6. Davidson 11:06.07
7. VMI 11:09.95

55-Meter Hurdles

1. Omari Francis, APP7.61
2. Keith Sims, APP7.62
3. Rahsaan Uldaneta, WCU7.64
4. Ryan Linebarger, APP7.66
5. Jeremy Carter, WCU7.75
6. Zach Harris, APP7.76
7. Jeff McKelvin, VMI7.81
8. Johnny Bomar, WCU7.92

4x400-Meter Relay

1. VMI 3:24.85
2. Western Carolina 3:25.27
3. Appalachian State 3:25.49
4. Chattanooga 3:28.04
5. East Tennessee State 3:28.28
6. The Citadel 3:29.47
7. Davidson 3:36.45

Long Jump

1. Charles Mahatha, APP 24'07.00"
2. Charvin Clark, ETSU 24'03.00"
3. Aaron Wright, WCU 24'01.00"
4. Rayshan Carthen, WCU .. 23'06.25"
5. Jaremy Carter, WCU 23'02.75"
6. Quez Smith, VMI 23'02.75"
7. Jimmy Johnson, WCU 22'10.50"
8. Damion McLean, APP 22'10.50"

Triple Jump

1. Charles Mahatha, APP 48'06.75"
2. Rayshan Carthen, WCU .. 48'02.50"
3. Jimmy Johnson, WCU 48'00.00"
4. Quez Smith, VMI 46'07.50"
5. Aaron Wright, WCU 45'11.75"
6. Ade Artis, DAV 43'04.50"
7. Charvin Clark, ETSU 42'09.75"
8. Damion McLean, APP 42'05.50"

High Jump

1. Eric McClary, CIT 6'09.75"
2. Jeff McKelin, VMI 6'06.00"
3. Aaron Wright, WCU 6'02.00"
3. Ryan Linebarger, APP 6'02.00"
3. Rob Waddington, CIT 6'02.00"
6. Scott Cargile, WCU 6'02.00"
7. Ken Millender, APP 6'00.00"
7. Brad Berry, WCU 6'00.00"

Shot Put

1. Phillip Johnson, WCU 51'01.75"
2. Jordan Brandon, VMI 50'05.50"
3. Jason White, VMI 46'11.00"
4. Tom Hite, ETSU 46'06.25"
5. Jeb Hall, WCU 44'03.50"
6. James Beverly, ETSU 44'03.25"
7. Matt Roten, APP 43'09.75"
8. Jeff Chambers, VMI 43'01.00"

Weight Throw

1. Phillip Johnson, WCU 61'02.25"
2. Jason White, VMI 54'08.00"
3. Adam Gilbert, APP 52'06.00"
4. Jordan Brandon, VMI 52'04.00"
5. Jeff Chambers, WCU 48'11.75"
6. James Beverly, ETSU 45'04.50"
7. Dan Duckworth, APP 40'04.75"
8. Kelly Underwood, VMI 39'03.00"

Pole Vault

1. Tom Thomas, WCU 15'05.50"
2. Ryan Lewis, WCU 15'05.50"
3. Joe Condrey, WCU 14'11.50"
4. Wirt Cross, VMI 14'05.50"
5. Aaron Pedrick, APP 14'05.50"
6. Zach Harris, APP 14'05.50"
7. Charles Rice, WCU 14'05.50"
8. Clint Stewart, APP 13'11.75"

Individual Awards

Most Outstanding Performer

Nic Crider, Chattanooga

Freshman of the Year

Jeremy Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

1999 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	169	6. VMI	25
2. Appalachian State	149	7. Davidson	11
3. Chattanooga	118	8. Wofford	4
4. East Tennessee State	105	9. The Citadel	3
5. Furman	43.5		

Individual Results

55-Meter Dash

1. Tyleana Hanner, UTC..... 7.10
2. Shonte Pinkston, APP..... 7.25
3. Marna Moore, UTC..... 7.28
4. Kamilah Gabriel, WCU..... 7.38
5. Angela Highbaugh, FUR..... 7.40
5. Angela Pryor, APP..... 7.40
7. Latrice Sales, CIT..... 7.43
8. Karen Houston, APP..... 7.49

200-Meter Dash

1. Tyleana Hanner, UTC.....25.80
2. Marna Moore, UTC.....25.86
3. Jennifer Howard, ETSU.....26.19
4. Shonte Pinkston, APP.....26.36
5. Shawnta Person, WCU.....26.79
6. Angela Highbaugh, FUR.....26.83
7. Angela Pryor, APP.....26.88
8. Karen Houston, APP.....27.14

400-Meter Dash

1. Shawnta Person, WCU.....59.20
2. Rosaline Addo, ETSU.....59.96
3. Jennifer Howard, ETSU..... 1:00.04
4. Maria Rivas, FUR..... 1:00.68
5. Susan Poole, APP..... 1:00.69
6. Juanita Welford, APP..... 1:01.44
7. Monica Hill, FUR..... 1:01.62
8. Rosalyn Hood, WCU..... 1:01.87

800-Meter Run

1. Mary J. Harrelson, APP..... 2:15.91
2. Keeya McManus, WCU..... 2:17.78
3. Val Urchison, ETCU..... 2:18.30
4. Ann Gardner, WCU..... 2:20.74
5. Christina Smith, WCU..... 2:21.05
6. Abby Slack, APP..... 2:21.92
7. Lauren Campbell, ETSU..... 2:24.34
8. Jessie Brown, WCU..... 2:24.70

Mile Run

1. Mary J. Harrelson, APP..... 4:57.17
2. Val Urchison, ETSU..... 4:59.26
3. Abby Reeder, APP..... 4:59.88
4. Catherine Berry, ETSU..... 5:07.18
5. Andrea Davis, UTC..... 5:07.28
6. Ann Gardner, WCU..... 5:14.98
7. Jessie Brown, WCU..... 5:19.00
8. Michelle Cooke, UTC..... 5:21.76

3,000-Meter Run

1. Amanda Lynch, UTC.....(NT)
2. Abby Reader, APP.....(NT)
3. Catherine Berry, ETSU.....(NT)
4. Andrea Davis, UTC.....(NT)
5. Jenny Warfford, WCU.....(NT)
6. Laurie Grey, FUR.....(NT)
7. Dana Smith, FUR.....(NT)
8. Corie Fuchs, APP.....(NT)

5,000-Meter Run

1. Amanda Lynch, UTC.....17:35.29
2. Jenny Warfford, WCU.....17:45.92
3. Dana Smith, FUR.....17:57.44
4. Leah Moore, UTC.....18:10.33
5. Megan Fischer, FUR.....18:16.04
6. Emily Campbell, ETSU.....18:21.38
7. Corie Fuchs, APP.....18:33.57
8. Natlie Scruggs, UTC.....18:38.43

Distance Medley

1. Appalachian State.....12:23.66
2. Western Carolina.....12:36.34
3. Davidson.....12:45.16
4. Chattanooga.....12:48.70
5. Furman.....12:51.59
6. East Tennessee State.....13:33.48
7. VMI.....13:53.82
8. The Citadel.....14:04.76

55-Meter Hurdles

1. Marna Moore, UTC..... 8.08
2. Tyleana Hanner, UTC..... 8.27
3. Kristen Bowden, APP..... 8.68
4. Rosalyn Hood, WCU..... 8.71
5. Jackie Poage, APP..... 8.76
6. Jamilah Sawyer, DAV..... 8.77
7. Virginia Lacombe, WCU..... 8.95
8. Ginger Denison, FUR..... 9.49

4x400-Meter Relay

1. Western Carolina..... 3:58.94
2. Furman..... 4:02.78
3. East Tennessee State..... 4:08.91
4. Appalachian State..... 4:09.05
5. Chattanooga..... 4:14.23
6. VMI..... 4:22.85
7. Davidson..... 4:24.85

Long Jump

1. Taneisha Robinson, ETSU.....20'03.0"
2. Tyleana Hanner, UTC..... 19'08.00"
3. Rosalyn Hood, WCU..... 19'00.75"
4. Angela Pryor, APP..... 18'05.25"
5. Kamilah Gabriel, WCU..... 18'04.25"
6. Kristen Bowden, APP..... 17'09.75"
7. Angela Highbaugh, FUR. 17'09.50"
8. Brooke Deacon, ETSU..... 17'06.00"

Triple Jump

- 1* Taneisha Robinson, ETSU.....42'05.25"
2. Kristen Bowden, APP..... 40'01.25"
3. Tyleana Hanner, UTC..... 39'11.25"
4. Kamilah Gabriel, WCU..... 39'06.50"
5. Dee Mittman, WCU..... 38'01.50"
6. Virginia Lacombe, WCU..... 37'07.75"
7. Altavise Franklin, WCU..... 36'05.75"
8. Mary Engle, APP..... 33'07.25"

High Jump

1. Taneisha Robinson, ETSU.....5'08"
2. Virginia Lacombe, WCU.....5'06"
3. Karen Breeding, ETSU.....5'03.75"
4. Hanna Hutcherson, UTC.....5'03.75"
5. Kristen Bowden, APP.....5'03.75"
6. Mary Engle, APP.....5'01.75"
6. Tyleana Hanner, UTC.....5'01.75"
6. Dee Mittman, WCU.....5'01.75"

Shot Put

1. Ashley Herendon, WCU.....40'05.5"
2. Valerie Mertz, WCU..... 39'11.50"
3. Sydney Rowland, APP..... 35'07.75"
4. Robin Kennel, APP..... 32'10.50"
5. Altavise Franklin, WCU.....32'01.0"
6. Courtney Klitzsch, APP.....32'00.0"
7. Lena Summers, ETSU..... 31'01.00"
8. Angela Vizzi, VMI..... 30'11.75"

Weight Throw

1. Valerie Mertz, WCU..... 50'05.25"
2. Kelly Sullivan, VMI..... 43'10.75"
3. Courtney Klitzsch, APP..... 43'0.25"
4. Nicky Myers, VMI..... 41'02.50"
5. Alexis Abrams, VMI..... 40'02.00"
6. Jackie Poage, APP..... 39'06.50"
7. Angela Vizzi, VMI..... 38'06.75"
8. Ashley Herendon, WCU..... 36'09.50"

Pole Vault

1. Valerie Jalajas, WCU..... 11'07.75"
2. Karen Houston, APP.....9'05.25"
3. Virginia Lacombe, WCU.....8'11.50"
4. Altavise Franklin, WCU.....8'11.50"
5. Page Stroup, WOF.....8'05.50"
6. Sara Searcy, APP.....7'11.50"
6. Lena Summers, ETSU.....7'11.50"
8. Dee Mittman, WCU.....7'05.75"

Individual Awards

Most Outstanding Performer

Taneisha Robinson, East Tennessee State

Freshman of the Year

Virginia Lacombe, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

1998 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. VMI	126	5. Appalachian State	64
2. East Tennessee State	93	6. Western Carolina	41
3. Marshall	87	7. The Citadel	2
4. Chattanooga	83	8. Davidson	0

Individual Results

55-Meter Dash

1. Chris Brooks, ETSU	6.24
2. Darrius Jackson, VMI	6.37
3. Obi Ezekwe, VMI	6.41
4. Johnie Morrison, WCU	6.45
5. Leon Corpening, APP	6.47
6. Kevin Pennycooke, ETSU	6.54

200-Meter Dash

1. Darrius Jackson, VMI	21.80
2. Chris Brooks, ETSU	21.96
3. Leon Corpening, APP	22.05
4. Marcus Lynch, VMI	22.13
5. Anthony Ford, UTC	22.25
6. Corey Williams, WCU	22.47

400-Meter Dash

1. Evan Hawkins, ETSU	49.01
2. Steve Monticone, APP	49.10
3. Jon Hutchins, ETSU	50.23
4. Uche Checkwa, VMI	50.33
5. Nate Haley, VMI	50.95

800-Meter Run

1. Zach Whitmarsh, ETSU	1:51.79
2. Doug Gilbert, ETSU	1:52.53
3. Andy Coker, UTC	1:54.09
4. Anthony Scanlon, ETSU	1:54.32
5. Terrice McClain, APP	1:54.61
6. Chris Wise, VMI	1:55.24

Mile Run

1. Zach Whitmarsh, ETSU	4:11.44
2. Declan Fahy, ETSU	4:12.32
3. Mitchell Jones, ETSU	4:16.46
4. Andrew Lilly, CIT	4:17.11
5. Anthony Scanlon, ETSU	4:19.80
6. Kyle McLean, UTC	4:20.97

3,000-Meter Run

1. Declan Fahy, ETSU	8:24.94
2. Mitchell Jones, ETSU	8:27.50
3. Rodney Stoker, UTC	8:29.88
4. Joe Smith, VMI	8:30.15
5. Fred Reinhardt, ETSU	8:32.33
6. Brian Clark, WCU	8:33.62

5,000-Meter Run

1. Rodney Stoker, UTC	14:45.46
2. Anthony Famiglietti, APP	14:45.61
3. Joe Smith, VMI	14:46.01
4. Fred Reinhardt, ETSU	14:47.69
5. Brian Clark, WCU	14:48.64
6. Roger Clark, ETSU	15:11.96

Distance Medley

1. Chattanooga	10:15.97
2. East Tennessee State	10:18.18
3. Appalachian State	10:22.49
4. The Citadel	10:33.53
5. Western Carolina	10:36.78
6. VMI	10:44.39

55-Meter Hurdles

1. Joe Anwah, VMI	7.57
2. Zach Harris, APP	7.80
3. Keith Sims, APP	7.85
4. Chad Case, CIT	8.09
5. Johnny Bomar, WCU	9.34

1,600-Meter Relay

1. East Tennessee State	3:16.79
2. Appalachian State	3:18.53
3. VMI	3:20.72
4. The Citadel	3:23.19
5. Western Carolina	3:24.13
6. Chattanooga	3:33.96

Long Jump

1. Darrius Jackson, VMI	7.39m
2. Charles Mahatha, APP	7.18m
3. Jimmy Johnson, WCU	6.95m
4. Ruben Gresham, CIT	6.88m
5. Kevin Pennycooke, ETSU	6.86m
6. Rayshon Carthen, WCU	6.85m

Triple Jump

1. Obi Ezekwe, VMI	14.77m
2. Jimmy Johnson, WCU	14.64m
3. Kevin Pennycooke, ETSU	14.62m
4. Rayshon Carthen, WCU	14.44m
5. Derek Green, CIT	14.22m
6. Brent Taylor, VMI	14.00m

High Jump

1. Cory Cooper, WCU	2.07m
2. Mike Kroeger, APP	2.07m
3. Jason Farr, ETSU	2.02m
4. Tyler Ashley, VMI	1.97m
4. Rob Waddington, CIT	1.97m
6. Errett Buis, VMI	1.92m

Shot Put

1. Jordan Brandon, VMI	16.46m
2. Curtis Eason, ETSU	15.38m
3. Phillip Johnson, WCU	15.36m
4. Larry Brock, APP	15.01m
5. Jason White, VMI	15.00m
6. Kelly Underwood, VMI	14.43m

Weight Throw

1. Phillip Johnson, WCU	18.26m
2. John Chishom, VMI	17.59m
3. Jordan Brandon, VMI	16.57m
4. Jason White, VMI	15.83m
5. Adam Gilbert, APP	15.51m
6. Jeff Chambers, WCU	13.10m

Pole Vault

1. Todd Poremba, APP	5.06m
2. Tim Thomas, WCU	4.76m
3. Jeff Fitzgerald, APP	4.61m
3. Joe Condrey, WCU	4.61m
5. Errett Buis, VMI	4.46m
6. Zach Harris, APP	4.46m

Individual Awards

Most Outstanding Performer

Darrius Jackson, VMI

Freshman of the Year

Evan Hawkins, East Tennessee State

Coach of the Year

Milan Donley, East Tennessee State

1998 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	141	6. Davidson	9
2. East Tennessee State	131	7. Wofford	0
3. Western Carolina	84	8. The Citadel	0
4. Appalachian State	82	9. VMI	0
5. Furman	17		

Individual Results

55-Meter Dash

1. Rashida Dodson, UTC 7:05
2. Shonte Pinkston, APP 7.17
3. Tyleana Hanner, UTC 7.27
4. Reshia Johnson, UTC 7.30
5. Karen Houston, APP 7.40
6. Holly Arnold, APP 7.41

200-Meter Dash

1. Rashida Dodson, UTC 24.39
2. Tyleana Hanner, UTC 25.34
3. Shonte Pinkston, APP 25.53
4. Andrea Shropshire, UTC 25.58
5. Reshia Johnson, UTC 25.89
6. Karen Houston, APP 26.08

400-Meter Dash

1. Keeya McManus, WCU 57.14
2. Michelle Gregg, ETSU 57.32
3. Angela Highbaugh, FUR 58.12
4. Summer Clomek, UTC 59.41
5. Paige Stivers, UTC 1:01.10

800-Meter Run

1. Mary Jayne Harrelson, APP 2:10.54
2. Michelle Gregg, ETSU 2:10.64
3. Jennifer Croft, UTC 2:15.35
4. Val Urchison, ETSU 2:17.40
5. Anne Gardner, WCU 2:17.69
6. Cassie Moss, UTC 2:19.26

Mile Run

1. *Val Urchison, ETSU 4:53.37
2. Jennifer Croft, UTC 4:54.40
3. Catherine Wright, UTC 4:57.39
4. Mary Jayne Harrelson, APP 4:59.48
5. Catherine Berry, ETSU 5:01.66
6. Abby Reeder, APP 5:13.10

3,000-Meter Run

1. Catherine Berry, ETSU 9:49.73
2. Anna Wright, UTC 9:52.52
3. Amanda Lynch, UTC 10:07.50
4. Jenny Warford, WCU 10:10.55
5. Emily Campbell, ETSU 10:11.09
6. L. Kepper-Hudson, FUR 10:12.58

5,000-Meter Run

1. Anna Wright, UTC 17:02.29
2. Catherine Wright, UTC 17:05.77
3. Catherine Berry, ETSU 17:20.78
4. Emily Campbell, ETSU 17:30.61
5. Amanda Lynch, UTC 17:36.07
6. Jenny Warford, WCU 17:39.91

Distance Medley

1. East Tennessee State 11:58.99
2. Chattanooga 12:19.07
3. Appalachian State 12:45.69
4. Davidson 12:51.74
5. Furman 13:02.08
6. Western Carolina 14:10.34

55-Meter Hurdles

1. Tyleana Hanner, UTC 8:28
2. Kamilah Gabriel, WCU 8.44
3. Jackie Poage, APP 8.52
4. Jamilah Sawyer, DAV 8.60
5. Kirsten Bowden, APP 8.66
6. Emily White, WCU 8.98

1,600-Meter Relay

1. Western Carolina 3:50.64
2. Chattanooga 3:53.31
3. East Tennessee State 3:59.69
4. Furman 4:04.26
5. Appalachian State 4:11.62
6. Davidson 4:27.86

Long Jump

1. Taneisha Robinson, ETSU 5.94m
2. Tyleana Hanner, UTC 5.89m
3. Tracie George, ETSU 5.55m
4. Jennifer Sluss, ETSU 5.43m
5. Kirsten Bowden, APP 5.30m
6. Angela Highbaugh, FUR 5.30m

Triple Jump

1. Taneisha Robinson, ETSU 12.49m
2. Jennifer Sluss, ETSU 11.96m
3. Kamilah Gabriel, WCU 11.84m
4. Kirsten Bowden, APP 11.43m
5. Tyleana Hanner, UTC 11.31m
6. Dee Mittman, WCU 11.22m

High Jump

1. Jennifer Sluss, ETSU 1.67m
2. Taneisha Robinson, ETSU 1.62m
3. Dee Mittman, WCU 1.57m
4. Emily White, WCU 1.57m
4. Katie Condon, FUR 1.57m
6. Mary Engle, APP 1.47m

Shot Put

1. Ayokka Green, APP 14.50m
2. LaSha Jackson, WCU 14.37m
3. Robyn Stockunas, WCU 13.07m
4. Kelly Weaver, ETSU 12.73m
5. Valerie Metz, WCU 12.44m
6. LaKeysha Lovette, WCU 12.08m

Weight Throw

1. Ayokka Green, APP 16.80m
2. Robyn Stockunas, WCU 15.76m
3. Valerie Metz, WCU 14.19m
4. Niki Ash, APP 14.04m
5. Allison Walker, APP 13.70m
6. Kelly Weaver, ETSU 13.64m

Individual Awards

Most Outstanding Performer

Taneisha Robinson, East Tennessee State

Freshman of the Year

Anna Wright, Chattanooga

Coach of the Year

Bill Gautier, Chattanooga

1997 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Marshall	117	5. VMI	55
2. Appalachian State	107	6. Western Carolina	46
3. East Tennessee State	88	7. The Citadel	21
4. Chattanooga	62	8. Davidson	0

Individual Results

55-Meter Dash

1. Randy Moss, MAR.....	6.32
2. Mark Gochenour, MAR.....	6.38
3. Carlos Frank, CIT.....	6.41
4. Tobe Taylor, UTC.....	6.42
5. Romon Webb, CIT.....	6.45
6. Reuben Gresham, CIT.....	6.68

200-Meter Dash

1. Randy Moss, MAR.....	21.15
2. Mark Gochenour, MAR.....	21.88
3. Corey Williams, WCU.....	22.20
4. Darrius Jackson, VMI.....	22.27
5. Romon Webb, CIT.....	22.52
6. James Yarborough, VMI.....	22.53

400-Meter Dash

1. Bobby Horan, APP.....	50.01
2. Joe Restivo, MAR.....	50.11
3. Stephen Monticome, APP.....	50.32
4. Chris Upkins, UTC.....	50.70
5. Jason McGhinnis, APP.....	51.01
6. Derek LeMay, WCU.....	52.07

800-Meter Run

1. Zach Whitmarsh, ETSU.....	1:50.92
2. Doug Gilbert, ETSU.....	1:52.27
3. Anthony Scanlon, ETSU.....	1:54.23
4. Chris Wise, VMI.....	1:55.22
5. Scott Johnson, MAR.....	1:55.29
6. Bob Mahoney, APP.....	1:55.88

Mile Run

1. Declan Fahy, ETSU.....	4:10.19
2. Mike Leinweber, UTC.....	4:14.00
3. Cleven Brown, ETSU.....	4:15.74
4. Nic Crider, UTC.....	4:19.41
5. Anthony Scanlon, ETSU.....	4:20.51
6. Shane Austin, APP.....	4:20.83

3,000-Meter Run

1. Declan Fahy, ETSU.....	8:28.31
2. Mike Leinweber, UTC.....	8:32.96
3. Seth Peoples, APP.....	8:33.78
4. Will Dickerson, APP.....	8:35.06
5. Rodney Stoker, UTC.....	8:36.58
6. Stephen Thacker, APP.....	8:37.72

Distance Medley

1. East Tennessee State.....	10:17.76
2. Chattanooga.....	10:20.89
3. Marshall.....	10:22.66
4. Appalachian State.....	10:29.94
5. The Citadel.....	10:37.32
6. VMI.....	10:38.61

5,000-Meter Run

1. Seth Peoples, APP.....	14:48.41
2. Rodney Stoker, UTC.....	14:48.67
3. Declan Fahy, ETSU.....	15:02.37
4. Brian Clark, WCU.....	15:04.14
5. John Fenton, ETSU.....	15:05.35
6. Stephen Thacker, APP.....	15:07.02

55-Meter Hurdles

1. Joe Anwah, VMI.....	7.65
2. Larry Henderson, UTC.....	7.68
3. Zach Harris, APP.....	7.77
4. Andre Thornton, VMI.....	7.87
5. Bernie Motte, CIT.....	7.95
6. Brian Ballard, WCU.....	8.13

1,600-Meter Relay

1. East Tennessee State.....	3:17.19
2. Chattanooga.....	3:18.24
3. Marshall.....	3:19.90
4. Western Carolina.....	3:20.96
5. VMI.....	3:22.96
6. Appalachian State.....	3:24.46

Long Jump

1. Andrew Wilhite, MAR.....	7.11m
2. Obi Ezekwe, VMI.....	7.08m
3. Cory Williams, WCU.....	6.95m
4. Chad Stoneking, MAR.....	6.92m
5. Rayson Carthen, WCU.....	6.90m
6. Max Burns, VMI.....	6.77m

Triple Jump

1. Obi Ezekwe, VMI.....	15.22m
2. Floyd Johnson, MAR.....	14.57m
3. Derek Green, CIT.....	14.51m
4. Andrew Wilhite, MAR.....	14.13m
5. Brent Taylor, VMI.....	14.01m
6. Rayson, Carthen, WCU.....	13.99m

High Jump

1. Mike Kroeger, APP.....	2.08m
2. Benjami Wittkowski, ETSU.....	2.03m
3. Thomas Bock, MAR.....	1.98m
4. Cory Cooper, WCU.....	1.93m
5. Dan Ritchey, MAR.....	1.93m
6. Andrew Wilhite, MAR.....	1.93m

Shot Put

1. John Maynard, MAR.....	15.90m
2. Mike Long, APP.....	15.77m
3. Jordon Brandon, VMI.....	15.75m
4. Derek Summerour, WCU.....	15.70m
5. Rich Latta, APP.....	15.43m
6. Kevin Sowers, MAR.....	15.01m

Weight Throw

1. Rich Latta, APP.....	18.36m
2. John Maynard, MAR.....	16.97m
3. Mike Long, APP.....	16.50m
4. Derek Summerour, WCU.....	16.18m
5. Chris Cockerham, APP.....	16.10m
6. Daniel Hall, MAR.....	16.05m

Pole Vault

1. Jeff Fitzgerald, APP.....	4.62m
2. Tim Thomas, WCU.....	4.52m
3. Zach Harris, APP.....	4.42m
4. Dan Ritchey, MAR.....	4.42m
5. Wirt Cross, VMI.....	4.42m
6. Joe Condrey, WCU.....	4.42m

Individual Awards

Most Outstanding Performer
Declan Fahy, East Tennessee State

Freshman of the Year
Randy Moss, Marshall

Coach of the Year
Jeff Small, Marshall

1997 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	143	5. Marshall	42.33
2. Chattanooga	87	6. Furman	28
3. Appalachian State	81.33	7. Davidson	3
4. East Tennessee State	80.33		

Individual Results

55-Meter Dash

- Daree Thompson, WCU..... 6.98
- Trice Roundtree, APP 7.21
- Reshia Johnson, UTC..... 7.22
- Rahma MATEEN, WCU 7.29
- Cindy Dawson, MAR..... 7.31
- Tyleana Hanner, UTC 7.41

200-Meter Dash

- Daree Thompson, WCU..... 24.89
- Tyleana Hanner, UTC..... 25.06
- Salima Fountain, FUR..... 25.17
- Andrea Shropshire, UTC..... 25.92
- Shawnta Person, WCU 25.99
- Reshia Johnson, UTC..... 26.35

400-Meter Dash

- Salima Fountain, FUR..... 56.47
- Andrea Shropshire, UTC..... 57.06
- Shawnta Person, WCU 57.39
- Karen Houston, APP 59.41
- Michelle Simmons, APP 59.60
- Juanita Welford, APP 1:00.64

800-Meter Run

- Mary Jayne Harrelson, APP..... 2:13.30
- Maggie Donahue, WCU 2:14.19
- Emily Redmon, WCU 2:16.12
- Maria Stiver, UTC 2:17.38
- Valerie Urchison, ETSU 2:21.62
- Becky Pouch, MAR 2:22.28

Mile Run

- Valerie Urchison, ETSU 5:02.46
- Kristen Savery, WCU 5:03.54
- Jennifer Eckard, UTC 5:04.31
- Jenny Chase, APP 5:08.35
- Corie Fuchs, APP 5:11.60
- Abby Reeder, APP 5:13.16

3,000-Meter Run

- Mary Jane Middelkoop, UTC 10:13.25
- Mary Jo Ferrigan, ETSU 10:14.37
- Christina Olson, APP 10:24.63
- Amanda Lynch, UTC..... 10:25.03
- Taylor Perin, ETSU..... 10:29.11
- L. Kepper-Hudson, FUR..... 10:29.44

Distance Medley

- East Tennessee State..... 12:06.54
- Chattanooga..... 12:08.66
- Appalachian State..... 12:09.61
- Western Carolina 12:36.89
- Marshall 13:01.58
- Davidson 13:04.49

5,000-Meter Run

- Mary Jo Ferrigan, ETSU 17:36.82
- Lynn Kepper-Hudson, FUR 17:49.67
- Mary Jane Middelkoop, UTC 17:55.76
- Michele Marshall, UTC..... 17:59.30
- Christina Olson, APP 18:17.10
- Amanda Lynch, UTC 18:19.61

55-Meter Hurdles

- Trice Roundtree, APP 8.07
- Cindy Dawson, MAR..... 8.19
- Rahma Mateen, WCU 8.22
- Adrienne Hundemer, MAR..... 8.36
- Jamilah Sawyer, DAV..... 8.48
- Kamilah Gabriel, WCU 8.65

1,600-Meter Relay

- Western Carolina 3:50.85
- Chattanooga..... 3:54.88
- Appalachian State..... 3:57.54
- East Tennessee State..... 4:00.98
- Marshall 4:01.96
- Furman..... 4:03.28

Long Jump

- Rahma Mateen, WCU 5.81m
- Taneisha Robinson, ETSU 5.67m
- Tyleana Hanner, UTC 5.65m
- Daree Thompson, WCU..... 5.49m
- Jennifer Sluss, ETSU..... 5.47m
- Lisa Roberts, APP..... 5.33m

Triple Jump

- Rahma Mateen, WCU 11.86m
- Jennifer Sluss, ETSU..... 11.81m
- Taneisha Robinson, ETSU 11.77m
- Lisa Roberts, APP..... 11.70m
- Tyleana Hanner, UTC..... 11.40m
- Starrbri Anderson, MAR..... 11.39m

High Jump

- Jennifer Sluss, ETSU..... 1.67m
- Rahma Mateen, WCU..... 1.67m
- Cori Telzrow, APP 1.62m
- Lakeeva Brooks, WCU 1.62m
- Katie Condon, FUR..... 1.57m
- Kelly Fisher, APP 1.57m

Shot Put

- LaSha Jackson, WCU 13.49m
- Elizabeth Reck, MAR..... 13.15m
- Robyn Stockunas, WCU..... 13.07m
- Chandra Nelson, MAR..... 12.09m
- Christine Ziemba, APP 12.06m
- Allison Walker, APP 11.67m

Weight Throw

- Robyn Stockunas, WCU..... 14.88m
- Chandra Nelson, MAR..... 13.52m
- LaKeysha Lovette, WCU 13.04m
- Allison Walker, APP 12.56m
- Elizabeth Reck, MAR..... 12.49m
- Rachel Olander, APP..... 12.29m

Individual Awards

Most Outstanding Performer

Daree Thompson, Western Carolina

Freshman of the Year

Tyleana Hanner, Chattanooga

Coach of the Year

Danny Williamson, Western Carolina

1996 Men's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. VMI	126	5. Appalachian State	64
2. East Tennessee State	93	6. Western Carolina	41
3. Marshall	87	7. The Citadel	2
4. Chattanooga	83	8. Davidson	0

Individual Results

55-Meter Dash

1. Eric Gay, VMI	6.38
2. Delevantie Brown, ETSU	6.39
3. Tobe Taylor, UTC	6.40
4. Eric Thomas, MAR	6.43
5. David Patton, WCU	6.47
6. Donnie Abraham, ETSU	6.50

55-Meter Hurdles

1. Delevantie Brown, ETSU	7.58
2. Phil Alicea, VMI	7.71
3. Jason Gibson, APP	7.72
4. Marcus Logan, MAR	7.74
5. Raymond Brewer, APP	7.75
6. Joey Dubose, VMI	7.81

200-Meter Dash

1. Delevantie Brown, ETSU	22.32
2. Tobe Taylor, UTC	22.76
3. Eric Gay, VMI	22.78
4. Donnell Brinson, WCU	22.99
5. Holm Ankoma-Sey, VMI	23.19
6. Thomas Haskins, VMI	23.28

400-Meter Dash

1. Holm Ankoma-Sey, VMI	50.19
2. Phil Alicea, VMI	50.69
3. Mark Gochenour, MAR	50.73
4. Joe Allen, MAR	50.76
5. Warren Robertson, UTC	51.20
6. Garson Hedrick, APP	51.52

800-Meter Run

1. Zach Whitmarsh, ETSU	1:56.98
2. Chuck Margraves, UTC	1:57.76
3. David Chambless, WCU	1:58.22
4. Casey Price, UTC	1:58.22
5. Damian Walsh, UTC	2:00.82
6. Scott Johnson, MAR	2:02.32

3,000-Meter Run

1. Mike Leinweber, UTC	8:34.5
2. Tommy Holland, APP	8:40.5
3. John Fenton, ETSU	8:41.5
4. Derek Murphy, ETSU	8:42.5
5. Kyle McLean, UTC	8:45.6
6. Brian Clark, WCU	8:47.3

5,000-Meter Run

1. Tommy Holland, APP	15:00.9
2. Mike Leinweber, UTC	15:12.6
3. Derek Murphy, ETSU	15:20.3
4. Kyle McLean, UTC	15:20.4
5. Brian Clark, WCU	15:22.2
6. Fred Reinhardt, ETSU	15:25.7

Mile Run

1. Chuck Margraves, UTC	4:18.4
2. Declan Fahy, ETSU	4:20.1
3. John Fenton, ETSU	4:21.8
4. Zach Whitmarsh, ETSU	4:22.0
5. Ben Redman, MAR	4:22.9
6. Kyle McLean, UTC	4:27.3

Mile Relay

1. East Tennessee State	3:21.60
2. Chattanooga	3:21.65
3. VMI	3:24.61
4. Appalachian State	3:31.41
5. Marshall	3:32.79
6. Western Carolina	3:32.95

Distance Medley

1. Chattanooga	10:27.4
2. East Tennessee State	10:34.7
3. Marshall	10:36.5
4. Appalachian State	10:41.6
5. VMI	10:51.9
6. Western Carolina	10:51.9

Long Jump

1. Andy Wilhite, MAR	23'10½"
2. Eric Gay, VMI	23'6½"
3. Khamisi Jackson, MAR	23'5¼"
4. Darrius Jackson, VMI	23'0"
5. Clarence Edwards, WCU	22'8¼"
6. Floyd Johnson, MAR	22'6½"

Triple Jump

1. Obi Ezekwe, VMI	48'1¾"
2. Jimmy Johnson, WCU	48'1¼"
3. Floyd Johnson, MAR	48'1"
4. Delvell Johnson, VMI	47'8¾"
5. Andy Wilhite, MAR	46'8¾"
6. Brent Taylor, VMI	45'9½"

High Jump

1. Dan Ritchey, MAR	6'9¾"
2. John Moss, APP	6'9¾"
3. Tommy Bock, MAR	6'6"
Dellvell Johnson, VMI	6'6"
5. Mike Kroeger, APP	6'6"
6. Cory Cooper, WCU	6'6"

Shot Put

1. Ryan Early, VMI	55'2¼"
2. Jason Clendenin, VMI	51'11"
3. Derek Summerour, WCU	50'11"
4. John Maynard, MAR	50'2"
5. Ron Moak, CIT	49'6½"
6. Curtis Eason, ETSU	48'9"

35-Pound Weight

1. John Maynard, MAR	55'5½"
2. Rich Latta, APP	54'8"
3. Justin May, VMI	52'8¾"
4. Tim Brock, VMI	52'5"
Jason Clendenin, VMI	52'5"
6. Chris Botti, WCU	48'2½"

Pole Vault

1. Todd Poremba, APP	16'1"
2. Phil Alicea, VMI	15'6"
3. Jarrett Foster, WCU	15'0"
4. Brian Butts, MAR	15'0"
5. Wirt Cross, VMI	15'0"
6. Jeff Fitzgerald, APP	14'6"

Individual Awards

Most Outstanding Performer

Delevantie Brown, East Tennessee State

Freshman of the Year

Zach Whitmarsh, East Tennessee State

Coach of the Year

Jeff Small, Marshall

1996 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	127.5	5. Chattanooga	44
2. East Tennessee State	108	6. Marshall	17
3. Appalachian State	96	7. Davidson	7
4. Furman	64.5		

Individual Results

55-Meter Dash

1. Nikki Harris, APP	7.25
2. Rahma Mateen, WCU	7.31
3. Talisha Goins, APP	7.34
4. Wykesha Bailey, WCU	7.48
5. Karen Houston, APP	7.52
6. Kendra Prather, ETSU	8.04

200-Meter Dash

1. Salima Fountain, FUR	25.87
2. Kendra Prather, ETSU	26.27
3. Karen Houston, APP	26.35
4. Wykesha Bailey, WCU	26.38
5. Rahma Mateen, WCU	26.55
6. Tracie George, ETSU	27.17

400-Meter Dash

1. Andrea Shropshire, UTC	58.95
2. Salima Fountain, FUR	59.15
3. Karen Houston, APP	59.20
4. Kendra Prather, ETSU	59.63
5. Tracie George, ETSU	1:00.32
6. Laura Beck, WCU	1:00.92

800-Meter Run

1. Michelle Gregg, ETSU	2:15.8
2. Emily Redmon, WCU	2:16.1
3. Maggie Donahoe, WCU	2:17.5
4. Val Urchison, WCU	2:19.8
5. Keeva McManus, WCU	2:20.9
6. Michelle Bozue, UTC	2:23.0

3,000-Meter Run

1. Heather VandeBrake, FUR	10:06.1
2. Mary Jane Middlekoop, UTC	10:13.8
3. Jennel Walby, ETSU	10:16.5
4. Christina Olson, APP	10:22.3
5. Mary Jo Ferrigan, ETSU	10:29.8
6. Lindsay Pinkney, MAR	10:35.5

5,000-Meter Run

1. Heather VandeBrake, FUR	17:36.1
2. Mary Jane Middlekoop, UTC	17:41.6
3. Mary Jo Ferrigan, ETSU	17:55.6
4. Lynn Kepper, FUR	17:55.9
5. Christina Olson, APP	17:59.6
6. Jennel Walby, ETSU	18:10.0

Mile Run

1. Heather VandeBrake, FUR	5:06.8
2. Kristen Savery, WCU	5:08.4
3. Michelle Gregg, ETSU	5:10.3
4. Mary Jane Middlekoop, UTC	5:16.3
5. Jennel Walby, ETSU	5:17.3
6. Jennifer Eckard, UTC	5:17.5

55-Meter Hurdles

1. Rahma Mateen, WCU	8.12
2. Trice Roundtree, APP	8.26
3. Erica Edmond, ETSU	8.45
4. Wykesha Bailey, WCU	8.46
5. Kamilah Gabriel, WCU	8.75
6. Faith Ninivaggi, APP	9.89

Mile Relay

1. Western Carolina	3:57.7
2. East Tennessee State	4:01.2
3. Chattanooga	4:03.5
4. Appalachian State	4:06.4
5. Marshall	4:15.6
6. Furman	4:22.1

Distance Medley

1. East Tennessee State	12:22.0
2. Western Carolina	12:29.4
3. Furman	12:39.2
4. Chattanooga	12:51.2
5. Davidson	13:11.3

Long Jump

1. Rahma Mateen, WCU	20'0"
2. Tracie George, ETSU	19'3"
3. Nikki Harris, APP	19'¼"
4. Taneisha Robinson, ETSU	18'½"
5. Jennifer Sluss, ETSU	18'2"
6. Jennifer Sluss, ETSU	18'1"

Triple Jump

1. Nikki Harris, APP	38'8¾"
2. Rahma Mateen, WCU	38'4¾"
3. Jennifer Sluss, ETSU	38'¼"
4. Lisa Roberts, APP	36'4¾"
5. Taneisha Robinson, ETSU	35'11½"
6. Karen Newsan, ETSU	35'2¾"

High Jump

1. Rahma Mateen, WCU	5'6"
2. Jennifer Sluss, ETSU	5'4¼"
3. Vanessa Sims, DAV	5'4¼"
3. Gina Richter, FUR	5'4¼"
5. Shalimar Folds, UTC	5'2¼"
6. Katie Condon, FUR	5'2¼"
6. Lakeeva Brooks, WCU	5'2¼"

Shot Put

1. Ayokka Green, APP	46'3"
2. LaSha Jackson, WCU	45'1½"
3. Beth Reck, MAR	43'11½"
4. Robyn Stockunas, WCU	41'7½"
5. Chandra Nelson, MAR	41'1"
6. Zondra Johnson, WCU	40'4"

25-pound Weight Throw

1. Ayokka Green, APP	48'2¾"
2. Robyn Stockunas, WCU	43'6½"
3. Erica Bahry, APP	43'5¾"
4. Chandra Nelson, MAR	42'11¾"
5. Beth Reck, MAR	42'8"
6. Zondra Johnson, WCU	41'7¼"

Individual Awards

Most Outstanding Performer

Heather VandeBrake, Furman

Freshman of the Year

Karen Houston, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina