

# Southern Conference Outdoor Track & Field Record Book



*Through 2013 season*



# Men's Records and Champions

## Men's Outdoor Championship Records

Event	Mark	Conversion	Athlete	Year
100m Dash	10.1		Greg Hatchett, VMI	1990
200m Dash	20.80		Calvin Alston, East Carolina	1977
400m Dash	45.77		Mario Small, VMI	1991
800m Run	1:49.20		Phil Barker, Furman	1977
1,500m Run	3:40.04		Kevin Cropp, William & Mary	1977
3,000m Steeplechase	8:49.77		Todd Crosson, Marshall	1988
5,000m Run	14:13.06		Adrian Leek, East Tennessee State	1981
10,000m Run	29:21.30		Adrian Leek, East Tennessee State	1979
110m High Hurdles	14.1		Marvin Rankins, East Carolina	1977
			Tim Bridges, VMI	1979, 1980
400m Intermediate Hurdles	50.70		David Anderson, Furman	1977
Long Jump	7.69m	25-2.75	Michael Hanks, Appalachian State	1987
Triple Jump	16.06m	52-8.28	Michael Hanks, Appalachian State	1987
High Jump	2.16m	7-1.03	Charles Mack, Appalachian State	1984
	2.16m	7-1.00	Matt Evans, Western Carolina	2010
Shot Put	17.72m	58-1.63	Anthony Greer, Appalachian State	2005
Discus	52.25m	171-05	Jared Stalling, Appalachian State	2012
Javelin	71.82m	235-7.55	Jeff Roseme, VMI	1981*
	66.18m	217-07	Matt Evans, Western Carolina	2010**
Hammer Throw	60.62m	198-10.61	Wes Kiser, Appalachian State	2008
Pole Vault	5.31m	17-5.05	Todd Poremba, Appalachian State	1989
4x100m Relay	39.91		Appalachian State (Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)	2003
4x400m Relay	3:10.50		VMI (Sylvester Davis, Davis Estes, Henry Sanchez, Jeff Young)	1984
Decathlon	7,040		Brandon Bassett, Samford	2011

\*Javelin record pre-1986 redesign; \*\*Javelin record post-1986 redesign

## Men's Champions

Year	Site	Champion	Year	Site	Champion	Year	Site	Champion
1923	Montgomery, Ala.	Mississippi State	1955	Ft. Eustis, Va.	VMI	1988	Lexington, Va.	VMI
1924N	Charlottesville, Va.	Virginia	1956	Williamsburg, Va.	Virginia Tech	1989	Huntington, W.Va.	Appalachian State
1924S	Montgomery, Ala.	Mississippi State	1957	Williamsburg, Va.	William & Mary	1990	Boone, N.C.	VMI
1925	Sewanee, Tenn.	Mississippi State	1958	Williamsburg, Va.	William & Mary	1991	Lexington, Va.	VMI
1926	Chapel Hill, N.C.	North Carolina	1959	Williamsburg, Va.	The Citadel	1992	Huntington, W.Va.	Appalachian State
1927	Baton Rouge, La.	Louisiana State	1960	Williamsburg, Va.	The Citadel	1993	Boone, N.C.	Appalachian State
1928	Birmingham, Ala.	Louisiana State	1961	Williamsburg, Va.	The Citadel	1994	Lexington, Va.	VMI
1929	Birmingham, Ala.	Louisiana State	1962	Norfolk, Va.	Furman	1995	Huntington, W.Va.	Appalachian State
1930	Birmingham, Ala.	North Carolina	1963	Charleston, W.Va.	Furman	1996	Johnson City, Tenn.	Appalachian State
1931	Birmingham, Ala.	Tulane	1964	Williamsburg, Va.	West Virginia	1997	Boone, N.C.	VMI
1932	Atlanta, Ga.	Louisiana State	1965	Greenville, S.C.	Furman	1998	Lexington, Va.	VMI
1933	Durham, N.C.	North Carolina	1966	Ft. Eustis, Va.	William & Mary	1999	Johnson City, Tenn.	Western Carolina
1934	Durham, N.C.	North Carolina	1967	Ft. Eustis, Va.	William & Mary	2000	Boone, N.C.	VMI
1935	Durham, N.C.	North Carolina	1968	Ft. Eustis, Va.	William & Mary	2001	Lexington, Va.	Appalachian State
1936	Durham, N.C.	Duke	1969	Ft. Eustis, Va.	William & Mary	2002	Johnson City, Tenn.	Appalachian State
1937	Durham, N.C.	Duke	1970	Ft. Eustis, Va.	William & Mary	2003	Boone, N.C.	Appalachian State
1938	Durham, N.C.	North Carolina	1971	Ft. Eustis, Va.	William & Mary	2004	Boone, N.C.	Appalachian State
1939	Chapel Hill, N.C.	North Carolina	1972	Greenville, S.C.	William & Mary	2005	Cullowhee, N.C.	Appalachian State
1940	Williamsburg, Va.	North Carolina	1973	Greenville, N.C.	William & Mary	2006	Statesboro, Ga.	Western Carolina
1941	Williamsburg, Va.	Duke	1974	Richmond, Va.	William & Mary	2007	Boone, N.C.	Western Carolina
1942	Chapel Hill, N.C.	North Carolina	1975	Williamsburg, Va.	William & Mary	2008	Cullowhee, N.C.	Appalachian State
1943	Chapel Hill, N.C.	North Carolina	1976	Davidson, N.C.	East Carolina	2009	Statesboro, Ga.	Western Carolina
1944	NO MEET		1977	Greenville, S.C.	East Carolina	2010	Boone, N.C.	Appalachian State
1945	NO MEET		1978	Huntington, W.Va.	VMI	2011	Birmingham, Ala.	Appalachian State
1946	Chapel Hill, N.C.	Duke	1979	Boone, N.C.	VMI	2012	Cullowhee, N.C.	Appalachian State
1947	Chapel Hill, N.C.	North Carolina	1980	Charleston, S.C.	Appalachian State	2013	Statesboro, Ga.	Western Carolina
1948	Chapel Hill, N.C.	North Carolina	1981	Boone, N.C.	VMI			
1949	Chapel Hill, N.C.	North Carolina	1982	Greenville, S.C.	VMI			
1950	Chapel Hill, N.C.	North Carolina	1983	Lexington, Va.	VMI			
1951	Chapel Hill, N.C.	Maryland	1984	Huntington, W.Va.	Appalachian State			
1952	Chapel Hill, N.C.	Maryland	1985	Boone, N.C.	Appalachian State			
1953	Durham, N.C.	Maryland	1986	Huntington, W.Va.	Appalachian State			
1954	Ft. Eustis, Va.	VMI	1987	Boone, N.C.	Appalachian State			

# Men's Individual Honors



## Coach of the Year

1978	Wade Williams, VMI
1979	Bob Pollock, Appalachian State
1980	Bob Pollock, Appalachian State
1981	Stan Narewski, Furman
1982	Wade Williams, VMI
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	Danny Williamson, Western Carolina
1991	Mike Bozeman, VMI
1992	Dennis Brachna, Marshall
1993	Al Fereshetian, Appalachian State
1994	Mike Bozeman, VMI
1995	Danny Williamson, Western Carolina
1996	John Weaver, Appalachian State
1997	Mike Bozeman, VMI
1998	Mike Bozeman, VMI
1999	Danny Williamson, Western Carolina
2000	Mike Bozeman, VMI
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	John Weaver, Appalachina State
2005	John Weaver, Appalachina State
2006	Gary Andrew, Davidson
2007	Danny Williamson, Western Carolina
2008	John Weaver, Appalachian State
2009	Danny Williamson, Western Carolina
2010	John Weaver, Appalachian State
2011	Rod Tiffin, Samford
2012	John Weaver, Appalachian State
2013	Rod Tiffin, Samford

## Most Outstanding Athlete

1978	David Washington, VMI
1979	Adrian Leek, East Tennessee State
1980	Lafette Jordan, Appalachian State
1981	Robbie Mosley, Appalachian State
	Adrian Leek, East Tennessee State
	& David Washington, VMI
1982	Kevin Johnson, East Tennessee State
1983	Dale Davis, VMI
	& James Barham, East Tennessee State
1984	Sylvester Davis, VMI
1985	Curtis Handy, The Citadel
1986	Mike Hanks, Appalachian State
1987	Mike Hanks, Appalachian State
1988	Leigh Hawkins, Appalachian State
1989	Leigh Hawkins, Appalachian State
1990	James Hynes, East Tennessee State
1991	Mario Small, VMI
1992	Shawn Miller, Western Carolina
1993	Jason Dalton, Appalachian State
1994	Shawn Miller, Western Carolina
1995	Jeff Capps, Western Carolina
1996	Robert Johnson, Appalachian State
1997	Will Dickerson, Appalachian State
1998	Declan Fehy, East Tennessee State

1999	Phillip Johnson, Western Carolina
2000	Marcus Lynch, VMI
2001	Ben Bissette, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Malcolm Styers, Appalachian State
2011	Cordell Livingston, Western Carolina
2012	Jared Stalling, Appalachian State
2013	Ben Davies, Samford

## Most Outstanding Track Performer

2002	Ryan Linebarger, Appalachian State
2003	Jason Green, Appalachian State
2004	Steven Kocsis, Chattanooga
2005	Mike Malone, Western Carolina
2006	Adam Puett, Western Carolina
2007	Douglass Noreen, Davidson
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Landon Powell, Appalachian State
2011	Dennis Moore, Appalachian State
2012	Benny Davis, Western Carolina
2013	Brandon Hairston, Appalachian State

## Most Outstanding Field Performer

2002	Bob Smith, Appalachian State
2003	Adrien Borders, Wofford
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State
2006	Katon Bethay, Wofford
2007	Anthony Greer, Appalachian State
2008	Wes Kiser, Appalachian State
2009	Matt Evans, Western Carolina
2010	Malcolm Styers, Appalachian State
2011	Malcolm Styers, Appalachian State
2012	Jared Stalling, Appalachian State
2013	Jared Stalling, Appalachian State

## Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Holm Ankoma-Sey, VMI
1994	Danion Sidney, East Tennessee State
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, East Tennessee State
1997	Tim Thomas, Western Carolina
1998	Marcus Lynch, VMI
1999	Kenyon Doyle, The Citadel
2000	Kevin Solomon, VMI
2001	Nick McNeil, Western Carolina
2002	Adrien Borders, Wofford
2003	John Robertson, Western Carolina
2004	Bryan Burney, Appalachian State
2005	Zeb Johnson, Western Carolina
2006	Shaquill Smith, The Citadel
2007	Dominique Young, Western Carolina
2008	Phillip Bush, Appalachian State
2009	Jamie Van Pelt, Western Carolina
2010	Landon Powell, Appalachian State
2011	Aaron Tribble, Western Carolina
2012	Bob Elliott II, Samford
2013	Brandon Hazouri, Samford



# Men's Southern Conference Honors

## Athlete of the Week

<b>2003</b>	March 28 Anthony Greer, APP	<b>2008</b>	March 27 Manteo Mitchell, WCU Matt Evans, WCU	<b>2011</b>	March 16 Paul Katam, UNCG (Track) Michael Seaman, SAM (Field)
	April 2 Greg Scott, DAV		April 4 Michael Mentz, UTC		March 23 Brunson Miller, CIT (Track) Kyle Kirby, SAM (Field)
	April 10 Adam Puett, WCU		April 9 Matt Evans, WCU		March 30 Ryan Hopkins, DAV (Track) Malcolm Styers, APP (Field)
	April 15 Adrien Borders, WOF		April 15 Patrick Morgan, FUR		April 6 Blaise Carie, SAM (Track) Jamie Van Pelt, WCU (Field)
<b>2004</b>	March 25 Ernest Wiggins, APP	<b>2009</b>	March 19 Cavan Corcaron, SAM (Track) Patrick Wells, SAM (Field)		April 13 Dennis Moore, APP (Track) Brandon Bassett, SAM (Field)
	March 31 Steven Kocsis, UTC		March 26 Manteo Mitchell, WCU (Track) Mark Sturgis, APP (Field)		April 20 Brandon Hudgins, APP (Track)
	April 6 Josh Lee, WCU		April 2 Patrick Morgan, FUR (Track) Darius Purcell, APP (Field)		April 27 Dennis Moore, APP (Track) Malcolm Styers, APP (Field)
	April 14 Lanis Salkauskas, UTC		April 9 Manteo Mitchell, WCU (Track) Matt Evans, WCU (Field)	<b>2012</b>	March 20 Andrew Lantz, DAV (Track) Darius Purcell, APP (Field)
	April 20 James Rainer, ETSU		April 16 Joey Thompson, UNCG (Track) Darron Dotson, WCU (Field)		March 29 AJ Dohanic, APP (Track) Michael Seaman, SAM (Field)
	April 27 Bob Smith, APP		April 23 Dominique Young, WCU (Track) Patrick Wells, SAM (Field)		April 11 Paul Chelimo, UNCG (Track) Jamie Van Pelt, WCU (Field)
<b>2005</b>	March 23 Adam Puett, WCU	<b>2010</b>	March 18 Cavan Corcoran, SAM (Track) Christopher Castagno, CIT (Field)		April 18 Lee Gilmer, FUR (Track) Stewart Dalton, DAV (Field)
	March 30 Steven Kocsis, UTC		March 25 Brunson Miller, CIT (Track) Matt Evans, WCU (Field)	<b>2013</b>	March 20 Andrew Lantz, DAV (Track) Jared Stalling, APP (Field)
	April 6 Jeff Williams, UNCG		April 1 Cameron Bean, SAM (Track) Patrick Wells, SAM (Field)		March 28 Josey Weaver, WCU (Track) Jared Stalling, APP (Field)
	April 13 Zeb Johnson, WCU		April 8 Cameron Bean, SAM (Track) Cordell Livingston, WCU (Field)		April 3 Paul Chelimo, UNCG (Track) Patrick Quinn, APP (Field)
	April 20 Ian Mayne, UTC		April 15 Lee Gilmer, FUR (Track) Jerod Gardner, APP (Field)		April 10 Wilkerson Given, FUR (Track) Capers Williamson, CIT (Field)
	April 27 Adrien Borders, WOF		April 22 John Svoboda, APP (Track) Quintin Turner, CIT (Field)		
<b>2006</b>	March 21 Milton Bolton, WCU				
	April 5 Zeb Johnson, WCU Ian Mayne, UTC Douglas Noreen, DAV				
	April 12 Milton Bolton, WCU				
	April 19 Jeff Williams, UNCG				
	April 25 Lawrence Briscoe, WCU				
<b>2007</b>	March 14 Jim Walter, DAV				
	March 21 Will Funderburg, DAV				
	March 28 Dominique Young, WCU				
	April 4 Manteo Mitchell, WCU Anthony Greer, APP				
	April 11 Charles Derrickson, APP				
	April 18 David Ritchie, DAV				

## Athlete of the Month

<b>2004</b>	April Bob Smith, APP	<b>2011</b>	March Cordell Livingston, WCU (Track) Michael Seaman, SAM (Field)
<b>2006</b>	March Milton Bolton, WCU		April Cordell Livingston, WCU (Track) Brandon Bassett, SAM (Field)
	April Zeb Johnson, WCU	<b>2012</b>	March AJ Dohanic, APP (Track) Darius Purcell, APP (Field)
<b>2009</b>	March Manteo Mitchell, WCU (Track) Patrick Wells, SAM (Field)	<b>2013</b>	March Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
	April Manteo Mitchell, WCU (Track) Matt Evans, WCU (Field)		April Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
<b>2010</b>	March Phil Mitchell, APP (Track) Matt Evans, WCU (Field)		
	April John Svoboda, APP (Track) Cordell Livingston, WCU (Field)		

# Men's Team and Individual Records



## Team Champions

Team	Titles	Years
Appalachian State*	19	1980, 84-87, 89, 92-93, 95-96, 01-05, 08, 10-12
VMI	14	1954-55, 78-79, 81-83, 88, 90-91, 94, 97-98, 00
North Carolina	14	1926, 30, 33-35, 38-40, 42-43, 47-50
William & Mary	12	1957-58, 1966-75
Western Carolina*	5	1999, 06-07, 09, 13
LSU	4	1927-1929, 1932
Duke	4	1936-37, 41, 46
Furman*	3	1962-63, 65
The Citadel*	3	1959-61
Maryland	3	1951-53
Mississippi State	3	1923, 24 (South)-25
East Carolina	2	1976-77
Tulane	1	1931
Virginia	1	1924 (North)
Virginia Tech	1	1956
West Virginia	1	1964

\*active SoCon members

## Most Outstanding Athlete Awards (multiple winners)%

Name	School	Titles	Years
Adrian Leek	ETSU	2	1979, 81
Mike Hanks	APP	2	1986-87
Leigh Hawkins	APP	2	1988-89
Shawn Miller	WCU	2	1992, 94
Manteo Mitchell	WCU	2	2008-09

%began in 1978 (not awarded from 2002-07)

## Most Outstanding Track Performer Awards (multiple winners)^

Name	School	Titles	Years
Manteo Mitchell	WCU	2	2008-09

^began in 2002

## Most Outstanding Field Performer Awards (multiple winners)^

Name	School	Titles	Years
Anthony Greer	APP	2	2005, 07
Malcolm Styers	APP	2	2010-11
Jared Stalling	APP	2	2012-13

^began in 2002

## Coach of the Year Awards (multiple winners)#

Name	School	Titles	Years
John Weaver*	APP	9	1996, 01-05, 08, 10, 12
Danny Williamson*	WCU	6	1990, 95, 99, 06-07, 09
Mike Bozeman	VMI	6	1988, 91, 94, 97-98, 00
Bob Pollock	APP	5	1979-80, 84, 86-87
Wade Williams	VMI	3	1978, 1982-83
Gary Andrew*	Davidson	2	2006-07
Rod Tiffin*	Samford	2	2011, 13

\*active

#began in 1978

# Men's NCAA Champions

Year	Event	Mark	Athlete
1921	Pole Vault	12'0"	Longino Welch, Georgia Tech
1927	120-yard High Hurdles	14.90	Weems Baskin, Auburn
1927	Long Jump	24'1"	Edward Hamm, Georgia Tech
1928	Long Jump	25'0"	Edward Hamm, Georgia Tech
1948	440-yard Run	47.20	Norman Rucks, South Carolina

# Men's All-Freshman Teams

<b>2009</b>		<b>Shot Put</b> Jared Stalling Caleb Poplin Jamie Van Pelt	Appalachian State Appalachian State Western Carolina	<b>Triple Jump</b> Cordell Livingston Lawren Willard	Western Carolina Western Carolina
<b>100-Meter Dash</b> Dennis Moore Benny Davis	Appalachian State Western Carolina	<b>Decathlon</b> Matt Pflugst Donald Cooper Wayne Parker	Appalachian State Samford Western Carolina	<b>Javelin Throw</b> Bo Ackerson-Gilroy Andrew Hill Ryland Robbins	Samford Appalachian State Samford
<b>200-Meter Dash</b> Dennis Moore Benny Davis	Appalachian State Western Carolina	<b>2010</b>		<b>Discus Throw</b> Scott Des Marais Brian McCracken	Furman Wofford
<b>400-Meter Dash</b> Benny Davis Taylor Martin	Western Carolina Davidson	<b>100-Meter Dash</b> Willie Bowman Landon Powell Justin Thomas	Western Carolina Appalachian State Appalachian State	<b>Shot Put</b> Scott Des Marais Brian McCracken	Furman Wofford
<b>800-Meter Run</b> Lee Gilmer	Furman	<b>200-Meter Dash</b> Landon Powell Justin Thomas Daniel Till	Appalachian State Appalachian State The Citadel	<b>Pole Vault</b> Brandon Bassett Ryan Cook	Samford Samford
<b>1,500-Meter Run</b> Joey Thompson Josh Vasquez Chris Moen	UNCG Chattanooga Appalachian State	<b>400-Meter Dash</b> Tyler Combs Brandon Hairston Brunson Miller	Appalachian State Western Carolina The Citadel	<b>Decathlon</b> Bo Ackerson-Gilroy Luke Burton Andrew Hill	Samford Western Carolina Appalachian State
<b>5,000-Meter Run</b> Sean Soderman Ryan Hopkins Josey Weaver	Appalachian State Davidson Western Carolina	<b>800-Meter Run</b> Will Stratford Alex Taylor Garrett West	Davidson Appalachian State Western Carolina	<b>2011</b>	
<b>10,000-Meter Run</b> Ryan Hopkins Josey Weaver Jay Miller	Davidson Western Carolina Furman	<b>1,500-Meter Run</b> Taylor Day Alex Taylor Vincent Weir	UNCG Appalachian State Davidson	<b>100-Meter Dash</b> Justin Emerson Ron Duncan Stephon Shelton	Samford Western Carolina Wofford
<b>3,000-Meter Steeplechase</b> Mason Campbell Sean Soderman Matthew Clay	Appalachian State Appalachian State Furman	<b>5,000-Meter Run</b> Russell Baker Nolan Clark Wes Reynolds	Wofford Western Carolina Davidson	<b>200-Meter Dash</b> Aaron Tribble Ron Duncan Sidney Rhodes	Western Carolina Western Carolina Western Carolina
<b>110-Meter Hurdles</b> Cavan Corcoran AJ Dohanich	Samford Appalachian State	<b>10,000-Meter Run</b> Nolan Clark Mark Cole Demetrios Pagonis	Western Carolina Chattanooga Davidson	<b>400-Meter Dash</b> Aaron Tribble Sidney Rhodes Ammar Phillips	Western Carolina Western Carolina Western Carolina
<b>400-Meter Hurdles</b> AJ Dohanich Cavan Corcoran	Appalachian State Samford	<b>3,000-Meter Steeplechase</b> Vincent Weir Taylor Day	Davidson UNCG	<b>800-Meter Run</b> Henry Stevens-Carty Andrew Lantz James Perez	Samford Davidson Furman
<b>Long Jump</b> Kevin Hardy Mike Pope Cornelius Williams	The Citadel Appalachian State Western Carolina	<b>110-Meter Hurdles</b> Tyler Bentley Trey Jones Cordell Livingston	Western Carolina Appalachian State Western Carolina	<b>1,500-Meter Run</b> Grayam Sailor-Tynes James Perez Andrew Lantz	Davidson Furman Davidson
<b>High Jump</b> Darius Purcell Aaron Overton Donald Cooper	Appalachian State The Citadel Samford	<b>400-Meter Hurdles</b> Tyler Bentley Trey Jones Blake Olson	Western Carolina Appalachian State Chattanooga	<b>5,000-Meter Run</b> Layton Dorsett Chase Fisher Kenny Hinman	Samford Western Carolina UNCG
<b>Triple Jump</b> Cornelius Williams Mike Pope	Western Carolina Appalachian State	<b>Long Jump</b> Brandon Bassett Cordell Livingston Lawren Willard	Samford Western Carolina Western Carolina	<b>3,000-Meter Steeplechase</b> Chase Fisher Grayam Sailor-Tynes James Graham	Western Carolina Davidson Samford
<b>Hammer Throw</b> Jared Stalling Jamie Van Pelt Caleb Poplin	Appalachian State Western Carolina Appalachian State	<b>High Jump</b> Bo Ackerson-Gilroy Xavier Newton Brad Triplett	Samford The Citadel Appalachian State	<b>110-Meter Hurdles</b> Sam Lusty Chris Sievert	Western Carolina The Citadel
<b>Javelin Throw</b> Thomas Oliver Darron Dotson Matt Pflugst	Samford Western Carolina Appalachian State			<b>400-Meter Hurdles</b> Sam Lusty Chris Sievert	Western Carolina The Citadel
<b>Discus Throw</b> Jamie Van Pelt Jared Stalling Caleb Poplin	Western Carolina Appalachian State Appalachian State				

# Men's All-Freshman Teams



## Long Jump

Stewar Dalton	Davidson
Mike McCrimon	Wofford
Bob McNeil	Western Carolina

## High Jump

Tyler Kemp	Samford
Jordan Orr	Western Carolina
Joshua Hogg	Appalachian State

## Triple Jump

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

## Javelin Throw

Clay Allen	The Citadel
Jordan Orr	Western Carolina
Andrew McCurry	Wofford

## Discus Throw

Daniel Alexis	Western Carolina
Jonathan Newton	Western Carolina
Dylan Gigado	The Citadel

## Shot Put

Jonathan Newton	Western Carolina
Dylan Gigado	The Citadel
Daniel Alexis	Western Carolina

## Pole Vault

Owen Wagoner	Samford
Matt Stenger	Western Carolina

## Decathlon

Sam Lusty	Western Carolina
-----------	------------------

## 2012

### 100-Meter Dash

Jeffery Hendricks	Western Carolina
-------------------	------------------

### 200-Meter Dash

Jeffery Hendricks	Western Carolina
Demari Boswell	Western Carolina
Carson Priest	Furman

### 400-Meter Dash

Demari Boswell	Western Carolina
Dezerick Frazier	Chattanooga
Keith Lemay	The Citadel

### 800-Meter Run

Raphel Rojas	Appalachian State
William Ivey	Furman
Wesley Laytham	Davidson

### 1,500-Meter Run

Tripp Hurt	Furman
Patrick O'Brien	Chattanooga
Mitchell Llyod	Furman

### 10,000-Meter Run

Travis Alfaro	Western Carolina
Dylann Belles	UNCG

### 5,000-Meter Run

Josh Cox	Appalachian State
Stuart Graham	Furman
Travis Alfaro	Western Carolina

## 3,000-Meter Steeplechase

Josh Cox	Appalachian State
Tripp Hurt	Furman
Eric Williams	UNCG

## 110-Meter Hurdles

Abraham Faison	Western Carolina
Pierce DeRico	Davidson
Stanley Broaden	Appalachian State

## 400-Meter Hurdles

Stanley Broaden	Appalachian State
Abraham Faison	Western Carolina
David Riddleberger	Appalachian State

## Long Jump

Abraham Faison	Western Carolina
Bob Elliott II	Samford
Tanner Shoemaker	The Citadel

## High Jump

Daryl Saunders	Appalachian State
Bob Elliott II	Samford
Cory Patterson	Western Carolina

## Triple Jump

Bob Elliott II	Samford
Abraham Faison	Western Carolina
Matthew Beausoleil	The Citadel

## Javelin Throw

Andy Benesh	Western Carolina
-------------	------------------

## Hammer Throw

Andy Benesh	Western Carolina
Nick Sansotta	Appalachian State

## Discus Throw

Andy Benesh	Western Carolina
Nick Sansotta	Appalachian State

## Shot Put

Nick Sansotta	Appalachian State
Andy Benesh	Western Carolina

## Pole Vault

Jacob Stowe	Appalachian State
-------------	-------------------

## Decathlon

Kyle Bernier	Western Carolina
Cody Russell	Samford
Ian Aikman	The Citadel

## 2013

### 10,000m

Daniel Samet	Davidson
Bradley Gossett	Furman
Lucas Sieb	Samford

### Hammer

Brian Hill	Samford
John Leonard	Appalachian State

### Long Jump

Steven Bastien	Samford
Tevin Johnson	Wofford
Dakota Richardson	The Citadel

### Javelin

Adam Parker	Western Carolina
Christian Carswell	Western Carolina

## Pole Vault

Patrick Quinn	Appalachian State
---------------	-------------------

## 3000m Steeplechase

Michael Cornwell	Western Carolina
Ryan Doyle	Wofford

## 1500m

Adam Jones	Samford
Brandon Hazouri	Samford
Josh Crawford	UNCG

## 400m

Geoff Nelson	Chattanooga
Chase Helton	Appalachian State
Tevin Williams	The Citadel

## 100m

Max Burke	Western Carolina
-----------	------------------

## 110m Hurdles

Iman Isang	Chattanooga
------------	-------------

## Decathlon

Dustin Triplett	Western Carolina
Christina Carswell	Western Carolina
Steven Bastien	Samford

## 800m

Brandon Hazouri	Samford
Marquis Carter	Chattanooga
Jamie Bigby	Western Carolina

## Triple Jump

Xzavier Killings	Davidson
Tevin Johnson	Wofford

## 400m Hurdles

Charles Rappe	Davidson
Jayce Almes	The Citadel
Darius Johnson	The Citadel

## Shot Put

John Leonard	Appalachian State
Jared Johnson	Western Carolina
Brian Hill	Samford

## Discus

Jared Johnson	Western Carolina
Brian Hill	Samford
John Leonard	Appalachian State

## 200m

Max Burke	Western Carolina
-----------	------------------

## 5000m

Daniel Samet	Davidson
Luke Weishaar	Samford

## High Jump

Tevin Johnson	Wofford
Cole Finch	Appalachian State
Christian Carswell	Western Carolina



# Men's Championship Results

<b>1923</b>	Mississippi State	47.5	Vanderbilt	5	Georgia	21	<b>1940</b>	North Carolina	65								
	Louisiana State	40	Tulane	4	Tulane	16		Maryland	57								
	Tennessee	14	<b>1928</b>	Louisiana State	43.5	Virginia	13	Duke	42								
	Georgia Tech	13.5		Georgia Tech	34.25	Florida	11	William & Mary	14.5								
	Clemson	13		Georgia Tech	33.75	Georgia Tech	8	Washington & Lee	13.5								
	Vanderbilt	9		Auburn	30.75	Mississippi State	7.5	Richmond	11								
	Virginia Tech	8		North Carolina	30.75	Clemson	7	South Carolina	8								
	Maryland	8		Georgia	10	Alabama	6.5	North Carolina State	7								
	North Carolina	5		Mississippi State	10	Kentucky	6	VMI	7								
	Alabama	3		Virginia Tech	10	Tennessee	5	<b>1941</b>	Duke	66							
	Auburn	3		Maryland	9	Vanderbilt	5		North Carolina	59							
	Georgia	1		Clemson	8	Virginia Tech	3		Maryland	26							
				Kentucky	8	<b>1933</b>	North Carolina	66		Richmond	18						
<b>1924</b>	<b>NORTH</b>			Vanderbilt	7		Duke	52		VMI	13						
	Virginia	70		Tulane	6		Virginia	35.5		William & Mary	10						
	North Carolina	42.5		North Carolina State	5		Clemson	17.5		Clemson	7						
	Washington & Lee	33.5		Tennessee	5		Maryland	12.5		Virginia Tech	7						
	VMI	31		Sewanee	2.75		South Carolina	11		Washington & Lee	6						
	North Carolina State	17.5		Alabama	2		Virginia Tech	10		Wake Forest	5.5						
	Maryland	9	<b>1929</b>	Louisiana State	35		VMI	9		Davidson	3						
	Virginia Tech	7		North Carolina	33		Washington & Lee	8.5		North Carolina State	2.5						
<b>1924</b>	<b>SOUTH</b>			Auburn	28		North Carolina State	2		South Carolina	2						
	Mississippi State	64.5		Washington & Lee	21	<b>1934</b>	North Carolina	69	<b>1942</b>	North Carolina	64						
	Kentucky	26.5		Georgia	20					Duke	61.5						
	Louisiana State	14.5		Mississippi State	14	<b>1935</b>	North Carolina	58		Richmond	19.5						
	Clemson	13		Duke	13		Maryland	49.75		South Carolina	19						
	Georgia	9		Tulane	11		Duke	47.5		Virginia Tech	16						
	Tennessee	9		Vanderbilt	10		Clemson	20.25		Clemson	10.5						
	Georgia Tech	8.5		Tennessee	7		Virginia	19		North Carolina State	10						
	Sewanee	7.5		Sewanee	7		Washington & Lee	10		Davidson	9						
	Auburn	6.5		Virginia Tech	5		VMI	8		William & Mary	9						
	Alabama	2		North Carolina State	5		Virginia Tech	7		Maryland	6						
	Mississippi	1		Alabama	4		North Carolina State	5	<b>1943</b>	North Carolina	77.5						
<b>1925</b>	Mississippi State	29		South Carolina	3.5		South Carolina	.5		VMI	44.5						
	Louisiana State	29	<b>1930</b>	Clemson	3		Duke	67		Duke	41						
	North Carolina	21		Georgia Tech	3		North Carolina	34.5		South Carolina	15.5						
	Vanderbilt	19.5		Kentucky	3		Virginia	32		William & Mary	15.5						
	VMI	17		<b>1930</b>	North Carolina	40.5	Clemson	22.5		Davidson	12						
	Auburn	11		Georgia	28		Virginia Tech	20.5		North Carolina State	10						
	Kentucky	10		Mississippi State	25		Maryland	18.5		Clemson	9						
	Washington & Lee	8		Tulane	23		VMI	18		<b>1946</b>	Duke	76					
	Clemson	6		Auburn	18		<b>1937</b>	Duke	78		North Carolina	57					
	Alabama	5		Louisiana State	18			North Carolina	39.5		Maryland	26					
	Georgia Tech	5		Tennessee	16.5			VMI	25		VMI	20					
	Sewanee	3		North Carolina State	14			Maryland	22		South Carolina	19.5					
	Virginia Tech	2		Georgia Tech	13			Washington & Lee	11		William & Mary	15					
	Mississippi	1		Alabama	10			Virginia Tech	9		North Carolina State	9.5					
<b>1926</b>	North Carolina	23.5		Vanderbilt	7			South Carolina	6		Clemson	2					
	Virginia	18.5		Maryland	5			Clemson	4.5		<b>1947</b>	North Carolina	83				
	Louisiana State	17		Kentucky	4			North Carolina State	1			Duke	42				
	Clemson	15		Duke	2			<b>1938</b>	North Carolina	59.5		Maryland	26.5				
	Auburn	13		<b>1931</b>	Tulane	31			Duke	50.5		North Carolina State	26				
	Kentucky	12.5		Virginia	29				Maryland	44		VMI	16				
	Maryland	12		Alabama	28.5				VMI	15.5		<b>1948</b>	North Carolina	55.5			
	Virginia Tech	8		North Carolina	25.5				Virginia Tech	14.5			Maryland	44			
	Georgia Tech	6.5		VMI	18				Washington & Lee	13			Duke	41			
	VMI	6		Auburn	14.5				Davidson	8.5			North Carolina State	31			
	Georgia	5.5		Louisiana State	13				South Carolina	8			South Carolina	14			
	North Carolina State	5		Kentucky	13				Richmond	6.5			VMI	13			
	Alabama	5		Georgia	10				William & Mary	3			Clemson	9			
	Vanderbilt	5		Duke	8				North Carolina State	2			VMI	7			
	Mississippi State	4		Tennessee	6				Clemson	1			Furman	5			
	Tulane	3		Virginia Tech	5				<b>1939</b>	North Carolina	65.5			Richmond	3		
	Sewanee	3		Florida	5					Duke	43			Washington & Lee	3		
	Tennessee	1.5		North Carolina State	5					Maryland	43.5			William & Mary	1		
	Washington & Lee	1		Vanderbilt	4					South Carolina	22			<b>1949</b>	North Carolina	75	
<b>1927</b>	Louisiana State	45		South Carolina	3.5					Washington & Lee	22				Duke	47.5	
	Georgia Tech	44		Mississippi State	3					VMI	12				Maryland	45	
	Mississippi State	32		Clemson	3					Richmond	7				Virginia Tech	22	
	North Carolina	24		Sewanee	1					North Carolina State	4				William & Mary	10	
	Auburn	21		<b>1932</b>	Louisiana State	38				Davidson	3				<b>1949</b>	North Carolina	75
	Sewanee	16.5			Duke	27				Clemson	3					Duke	47.5
	Clemson	13			Auburn	24				<b>1939</b>	North Carolina	65.5				Maryland	45
	Georgia	11.5			North Carolina	23					Duke	43				Virginia Tech	22
	Kentucky	8									Maryland	43.5				William & Mary	10
											South Carolina	22					
											Washington & Lee	22					
											VMI	12					
											Richmond	7					
											North Carolina State	4					
											William & Mary	4					
											Davidson	3					
											Clemson	3					



# Men's Championship Results



	VMI	8		Richmond	6		Richmond	40		Davidson	6	
	Clemson	5.5					West Virginia	31				
	Furman	4	<b>1957</b>	William & Mary	70		Furman	29	<b>1978</b>	VMI	187	
	Davidson	4		Virginia Tech	48.75		The Citadel	23		Appalachian State	116	
	North Carolina State	2		VMI	33.75		East Carolina	22		Marshall	106	
	South Carolina	2		West Virginia	22		Davidson	0		Furman	75	
<b>1950</b>	North Carolina	74		Davidson	22.25	<b>1968</b>	William & Mary	124.5		Western Carolina	44	
	Duke	48		Richmond	18.25		The Citadel	30		Davidson	43	
	Maryland	36		Washington & Lee	5		East Carolina	30		The Citadel	35	
	North Carolina State	24		The Citadel	4		Furman	28		UT-Chattanooga	13	
	Virginia Tech	15	<b>1958</b>	Furman	2		Richmond	26	<b>1979</b>	VMI	188	
	South Carolina	11		William & Mary			West Virginia	23		East Tennessee	133	
	William & Mary	7		<b>1959</b>	The Citadel		VMI	17.5		Appalachian State	123.5	
	Davidson	4					Davidson	9		Marshall	73	
	Clemson	3	<b>1960</b>	The Citadel	64					The Citadel	42.5	
	VMI	2		West Virginia	52	<b>1969</b>	William & Mary	105		Western Carolina	23	
<b>1951</b>	Maryland	63		Furman	45		East Carolina	54		Furman	22	
	North Carolina	57		William & Mary	24		The Citadel	44		Davidson	13	
	Duke	40		Richmond	13		Furman	36	<b>1980</b>	Appalachian State	137	
	North Carolina State	22		Virginia Tech	10		Davidson	23		East Tennessee	132	
	VMI	17		Virginia Tech	7		Richmond	22		VMI	125	
	South Carolina	13.5	<b>1961</b>	The Citadel	68		VMI	3		Marshall	82.5	
	Clemson	10.5		Furman	55	<b>1970</b>	William & Mary	114		Western Carolina	55	
	Davidson	8		West Virginia	27		East Carolina	79		Furman	51	
	Furman	4		William & Mary	24		Richmond	49		The Citadel	34.5	
	William & Mary	3		VMI	15		Furman	25		Davidson	3	
<b>1952</b>	Maryland	57.5		Virginia Tech	9.5		The Citadel	16		Chattanooga	0	
	Duke	46		Richmond	4.5		VMI	9	<b>1981</b>	VMI	161	
	North Carolina	37.5					Davidson	6		Appalachian State	106	
	Virginia Tech	27	<b>1962</b>	Furman	72.67					East Tennessee	103	
	VMI	21.5		The Citadel	57.5		William & Mary	101		Furman	82	
	West Virginia	15		William & Mary	36		East Carolina	78		Marshall	72	
	North Carolina State	13		West Virginia	24.33		The Citadel	19		Western Carolina	42	
	South Carolina	4		VMI	18.5		Richmond	17		The Citadel	41	
	Washington & Lee	2.5		Virginia Tech	16		VMI	11		Davidson	9	
	Davidson	1		Davidson	8		Davidson	10		Chattanooga	1	
				Richmond	7				<b>1982</b>	VMI	158	
<b>1953</b>	Maryland	58.5					William & Mary	108		Appalachian State	155	
	Duke	41.5	<b>1963</b>	Furman	70		East Carolina	73		East Tennessee	121	
	North Carolina	41		The Citadel	51		Furman	54		Furman	46	
	Virginia Tech	27		West Virginia	36		Richmond	44		The Citadel	42	
	VMI	14		VMI	32		Davidson	16		Marshall	42	
	South Carolina	10		William & Mary	19		The Citadel	13		Western Carolina	38	
	North Carolina State	9		Davidson	12		VMI	12		Davidson	17	
	West Virginia	8		Virginia Tech	10					Chattanooga	0	
	Richmond	5.5		Richmond	5	<b>1973</b>	William & Mary	118.83				
	Clemson	4.5					East Carolina	97.33		<b>1983</b>	VMI	174
	Davidson	2		<b>1964</b>	West Virginia		Furman	53			Appalachian State	152
	Furman	2		Furman	44.5		Richmond	18.5			East Tennessee	99
	Washington & Lee	1		The Citadel	41.33		Appalachian State	16			Marshall	61
				VMI	38		VMI	6			Furman	45
<b>1954</b>	VMI	59		William & Mary	27.33		Davidson	5.33			Western Carolina	42
	Virginia Tech	42		Virginia Tech	27		The Citadel	5			The Citadel	38
	West Virginia	30		Davidson	17.33						Davidson	6
	Richmond	17		Richmond	3	<b>1974</b>	William & Mary	209		<b>1984</b>	Appalachian State	201.5
	Furman	13					East Carolina	167			VMI	127
	Washington & Lee	10	<b>1965</b>	Furman	67		Furman	119			East Tennessee	82
	Davidson	8		West Virginia	51		Richmond	54			Western Carolina	78
<b>1955</b>	VMI	67		VMI	32		Richmond	54			The Citadel	61
	William & Mary	50		The Citadel	28		The Citadel	25			Marshall	48.5
	Virginia Tech	41		William & Mary	23		VMI	20			Furman	20
	West Virginia	26		Virginia Tech	18		Appalachian State	18			Davidson	2
	Richmond	19		Davidson	18		Davidson	8		<b>1985</b>	Appalachian State	151
	Furman	17		Richmond	17						Western Carolina	124
	Washington & Lee	9	<b>1966</b>	William & Mary	71						VMI	100
	Davidson	8		The Citadel	41						The Citadel	78
<b>1956</b>	Virginia Tech	67		West Virginia	35		<b>1975</b>	William & Mary			East Tennessee	70
	VMI	55.5		Richmond	35			East Carolina	128		Marshall	48
	West Virginia	38		Furman	34			Furman	125		Furman	28
	The Citadel	29		East Carolina	9			VMI	84.33		Davidson	18
	Furman	22		Davidson	1			William & Mary	82			
	Davidson	13	<b>1967</b>	William & Mary	77			Marshall	73			
	Washington & Lee	9		VMI	48			Appalachian State	67.67			
								Western Carolina	32			
								The Citadel	21			



# Men's Championship Results

<b>1986</b>	Appalachian State	154	Marshall	84	Wofford	1	<b>2010</b>	Appalachian State	263.5		
	VMI	137	Chattanooga	39				Western Carolina	242		
	Marshall	105	The Citadel	15	<b>2002</b>	Appalachian State	224	Samford	132.5		
	The Citadel	94	Furman	13		Western Carolina	188	The Citadel	57.5		
	East Tennessee	55	Davidson	1		VMI	112.5	Davidson	44		
	Western Carolina	42.5				The Citadel	83.5	Chattanooga	29		
	Furman	25	<b>1995</b>	Appalachian State	131	East Tennessee State	63	Furman	21		
	Davidson	7.5		VMI	119	Chattanooga	61	UNCG	21		
				Western Carolina	107	Davidson	31	Wofford	3.5		
<b>1987</b>	Appalachian State	185		East Tennessee	104	Furman	27	<b>2011</b>	Appalachian State	256	
	VMI	121.5		Marshall	84	Wofford	16		Western Carolina	218.5	
	Marshall	106		Chattanooga	58	<b>2003</b>	Appalachian State	229	Samford	138.5	
	Western Carolina	79.5		Furman	8		Western Carolina	178	Davidson	70	
	The Citadel	59		Davidson	6		Chattanooga	100	The Citadel	48	
	Furman	34		The Citadel	2		VMI	97.5	Chattanooga	42	
	East Tennessee	32	<b>1996</b>	Appalachian State	138		The Citadel	70.5	Furman	24	
	Chattanooga	2		East Tennessee	129		East Tennessee State	47.5	Wofford	17	
	Davidson	1		VMI	113		Furman	38.5	UNCG	1	
<b>1988</b>	VMI	194.33		Western Carolina	78		Wofford	38	<b>2012</b>	Appalachian State	238
	Appalachian State	128		Marshall	73		Davidson	19		Western Carolina	225
	Marshall	105.67		Chattanooga	47	<b>2004</b>	Appalachian State	246.5	Samford	107	
	East Tennessee	66		The Citadel	27		Western Carolina	229.5	The Citadel	79	
	Western Carolina	56		Furman	11		Chattanooga	90	Davidson	58	
	The Citadel	40		Davidson	4		The Citadel	63	Chattanooga	37	
	Furman	24	<b>1997</b>	VMI	132.33		East Tennessee State	53	Furman	31	
	Chattanooga	2		Western Carolina	103		Furman	53	UNCG	30	
	Davidson	1		Marshall	102		Wofford	34	Wofford	11	
<b>1989</b>	Appalachian State	180		Appalachian State	94.33		Davidson	26	<b>2013</b>	Western Carolina	222.5
	VMI	118		East Tennessee State	91		UNCG	19		Samford	209
	East Tennessee	110		Chattanooga	44	<b>2005</b>	Appalachian State	292.5	Appalachian State	183.5	
	Western Carolina	74		The Citadel	34.33		Western Carolina	250.5	Davidson	70.5	
	The Citadel	65		Furman	15		Chattanooga	57	The Citadel	55	
	Marshall	58		Davidson	4		The Citadel	48	Furman	38	
	Furman	12	<b>1998</b>	VMI	171		East Tennessee State	45	Chattanooga	25	
	Chattanooga	3		Appalachian State	125		Furman	33	UNCG	11	
<b>1990</b>	VMI	144		East Tennessee State	116		Wofford	30	Wofford	4.5	
	Appalachian State	124		Western Carolina	107		Davidson	28			
	Western Carolina	99		Chattanooga	45	<b>2006</b>	UNCG	26	Western Carolina	258.5	
	East Tennessee	92		The Citadel	25		Appalachian State	244.5	Appalachian State	244.5	
	The Citadel	80		Furman	22		Davidson	84	Davidson	84	
	Marshall	54		Wofford	7		The Citadel	77	The Citadel	77	
	Furman	20		Davidson	2		Furman	58	Furman	58	
	UT-Chattanooga	3		UNCG	NTS		Chattanooga	51	Chattanooga	51	
<b>1991</b>	VMI	203	<b>1999</b>	Western Carolina	213		Wofford	18	Wofford	18	
	Appalachian State	127		Appalachian State	154	<b>2007</b>	Western Carolina	284	Western Carolina	284	
	Western Carolina	80		VMI	121		Appalachian State	249	Appalachian State	249	
	Marshall	78		East Tennessee State	115		Davidson	104	Davidson	104	
	East Tennessee	68		The Citadel	70		The Citadel	78	The Citadel	78	
	The Citadel	39		Chattanooga	66		Chattanooga	46	Chattanooga	46	
	Furman	21		Furman	36		Furman	36	Furman	36	
	UT-Chattanooga	3		Davidson	25		UNCG	15	UNCG	15	
<b>1992</b>	Appalachian State	161		Wofford	9		Wofford	0	Wofford	0	
	Marshall	143.5		UNCG	2	<b>2008</b>	Appalachian State	315	Appalachian State	315	
	Western Carolina	98		<b>2000</b>	VMI		Western Carolina	288	Western Carolina	288	
	VMI	86			Western Carolina	217	The Citadel	67	The Citadel	67	
	East Tennessee	77.5			Appalachian State	182	Davidson	38	Davidson	38	
	Furman	28			The Citadel	145	Chattanooga	37	Chattanooga	37	
	The Citadel	20			ETSU	68	UNCG	37	UNCG	37	
	Davidson	11			Chattanooga	67	Furman	22	Furman	22	
<b>1993</b>	Appalachian State	140.5			Davidson	51	Wofford	0	Wofford	0	
	VMI	116			Wofford	46	<b>2009</b>	Western Carolina	254		
	East Tennessee	109			UNCG	27		Appalachian State	253.5		
	Western Carolina	69.5				5		The Citadel	70		
	Marshall	63.5				3		Samford	66.5		
	The Citadel	40	<b>2001</b>	Appalachian State	221			Davidson	63		
	Furman	35.5		Western Carolina	156			Chattanooga	40		
	Davidson	6		VMI	155			UNCG	32		
<b>1994</b>	VMI	131		The Citadel	81			Furman	28		
	Appalachian State	130		East Tennessee State	79			Wofford	10		
	East Tennessee	108		Chattanooga	75						
	Western Carolina	99		Furman	25						
				Davidson	14						
				UNCG	6						

# Women's Records and Champions



## Women's Outdoor Championship Records

Event	Mark	Conversion	Athlete	Year
100m Dash	111.45		Melissa Morrison, Appalachian State	1993
200m Dash	23.50		Lamonda Miller, Appalachian State	1989
400m Dash	53.55		Angela Rowe, Western Carolina	1995
800m Run	2:07.93		Mary Jayne Harrelson, Appalachian State	1999
1,500m Run	4:22.95		Shannon Wommack, Chattanooga	2006
3,000m Steeplechase	10:07.54		Shannon Wommack, Chattanooga	2006
5,000m Run	16:45.22		Lanni Marchant, Chattanooga	2006
10,000m Run	35:06.53		Lanni Marchant, Chattanooga	2007
100m High Hurdles	13.70		Melissa Morrison, Appalachian State	1993
400m Intermediate Hurdles	59.53		Asia Davis, Western Carolina	2006
Long Jump	6.53m	21-5.08	Melissa Morrison, Appalachian State	1993
Triple Jump	13.16m	43-2.25	Danielle Thorpe, Appalachian State	2010
High Jump	1.78m	5-10.07	Kristen Meister, Davidson	2007
Shot Put	15.50m	50-10.23	Beverly Burnett, Appalachian State	2005
Discus	46.36m	152-1.19	Ayokka Green, Appalachian State	1998
Javelin	53.32m	174-11.21	Meg Warren, Appalachian State	1987*
	42.84m	140-07	Megan Morton, Western Carolina	2012**
Hammer Throw	57.65m	189-1.68	Nikole Simmons, Appalachian State	2006
Pole Vault	4.00m	13-1.48	Laura Tieszen, Western Carolina	2004
4x100m Relay	45.45		Western Carolina (Jane't Carothers, Sherelle Fronberger, Felisha Garren, Felicia Paulding)	2010
4x400m Relay	3:41.68		Georgia Southern (Rashedah Arnold, Nicole Brown, Shauntel Jennings, Carla Ballard)	2007
Heptathlon	5,361		Tyleana Hanner, Chattanooga	2001

\*Javelin record pre-1998 redesign; \*\*Javelin record post-1998 redesign

## Women's Champions

Year	Site	Champion	Year	Site	Champion
1987	Boone, N.C.	Appalachian State	2007	Boone, N.C.	Georgia Southern
1988	Lexington, Va.	Appalachian State	2008	Cullowhee, N.C.	Western Carolina
1989	Huntington, W.Va.	Appalachian State	2009	Statesboro, Ga.	Appalachian State
1990	Boone, N.C.	Appalachian State	2010	Boone, N.C.	Western Carolina
1991	Lexington, Va.	Appalachian State	2011	Birmingham, Ala.	Appalachian State
1992	Huntington, W.Va.	Appalachian State	2012	Cullowhee, N.C.	Appalachian State
1993	Boone, N.C.	Appalachian State	2013	Statesboro, Ga.	Western Carolina
1994	Lexington, Va.	Appalachian State			
1995	Huntington, W.Va.	Appalachian State			
1996	Johnson City, Tenn.	East Tennessee State			
1997	Boone, N.C.	Western Carolina			
1998	Lexington, Va.	Appalachian State			
1999	Johnson City, Tenn.	Western Carolina			
2000	Boone, N.C.	Western Carolina			
2001	Lexington, Va.	Western Carolina			
2002	Johnson City, Tenn.	Appalachian State			
2003	Boone, N.C.	Appalachian State			
2004	Boone, N.C.	Appalachian State			
2005	Cullowhee, N.C.	Appalachian State			
2006	Statesboro, Ga.	Appalachian State			

# Women's Individual Honors

## Coach of the Year

1987	John Weaver, Appalachian State
1988	Dennis Brachna, Marshall
1989	Tom Roberts, East Tennessee State
1990	Dennis Brachna, Marshall
1991	John Weaver, Appalachian State
1992	John Weaver, Appalachian State
1993	John Weaver, Appalachian State
1994	John Weaver, Appalachian State
1995	John Weaver, Appalachian State
1996	Michelle Byrne, East Tennessee State
1997	Danny Williamson, Western Carolina
1998	John Weaver, Appalachian State
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	Danny Williamson, Western Carolina
2002	John Weaver, Appalachian State
2003	Todd Lane, Georgia Southern
2004	Tood Lane, Georgia Southern and John Weaver, Appalachian State
2005	Shaun Meinecke, Georgia Southern
2006	Shaun Meinecke, Georgia Southern
2007	Natalie Smith, Georgia Southern
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Mark Elliston, Elon
2011	Mark Elliston, Elon
2012	John Weaver, Appalachian State
2013	Danny Williamson, Western Carolina

## Most Outstanding Athlete

1987	Meg Warren, Appalachian State
1988	Lamonda Miller, Appalachian State
1989	Whitney Ball, Appalachian State
1990	Vanessa Kosmala, Appalachian State
1991	Von Ross, Western Carolina
1992	Leigh Wallace, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Rita Roberts, Western Carolina
1995	Angela Rowe, Western Carolina
1996	Rahma Mateen, Western Carolina
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, E. Tennessee St.
1999	Mary Jayne Harrelson, APP
2000	Tyleanna Hanner, Chattanooga
2001	Virginia LaCombe, WCU & Tyleanna Hanner, UTC
2008	Brittani Williams, Appalachian State
2009	Lily Tallent, Appalachian State
2010	Felicia Paulding, Western Carolina
2011	Zakiyyah Stewart, Western Carolina
2012	Breanna Alston, Appalachian State
2013	Ashley Cope, Samford

## Most Outstanding Track Performer

2002	Ronda Wright, Appalachian State
2003	Gina Recher, Chattanooga
2004	Jennifer Claud, Appalachian State
2005	Shannon Wommack, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Nicole Brown, Georgia Southern
2008	Raquel Ramseur, Western Carolina
2009	Felicia Paulding, Western Carolina
2010	Anneli Uys, Chattanooga
2011	Felisha Garren, Western Carolina
2012	Ebony Carter, Georgia Southern
2013	Sinead Haughey, Furman

## Most Outstanding Field Performer

2002	Virginia LaCombe, Western Carolina
2003	LaShana Poole, Appalachian State
2004	Laura Tieszen, Western Carolina
2005	Laura Tieszen, Western Carolina
2006	Stephanie McNeill, The Citadel
2007	Stephaine McNeill, The Citadel
2008	Brittani Williams, Appalachian State
2009	Melanie Trumbo, Georgia Southern
2010	Zakiyyah Stewart, Western Carolina
2011	Veronica Day, Elon
2012	Emily Allen, Samford
2013	Alisha Bradshaw, Western Carolina

## Freshman of the Year

1992	Meghan Morrall, Marshall
1993	Heather VandeBrake, Furman
1994	Beth Rack, Marshall
1995	Michelle Gregg, East Tennessee State
1996	Chandra Nelson, Marshall
1997	Mary Jayne Harrelson, Appalachian St.
1998	Shonte Pinkston, Appalachian State
1999	Ashley Herendon, WCU
2000	Alison Frese, Chattanooga
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Reshedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga11
2005	Raquel Ramseur, Western Carolina
2006	Emily King, Davidson
2007	Jessica Irizzary, Georgia Southern
2008	Felicia Paulding, Western Carolina
2009	Emma Bowers, Western Carolina
2010	Jelain McArthur, College of Charleston
2011	Breanna Alston, Appalachian State
2012	Alisha Bradshaw, Western Carolina
2013	Tayla Carter, Western Carolina

## Athlete of the Week

### 2003

March 28 Rashedah Arnold, GSU  
 April 2 Emily Chaney, ETSU  
 April 10 Leslie Martin, WCU  
 April 15 Marlo Mincey, GSU

### 2004

March 25 Marlo Mincey, GSU  
 March 31 Shannon Wommack, UTC  
 April 6 Leslie Martin, WCU  
 April 14 Nicole Brown, GSU  
 April 20 Kristin Truman, ETSU  
 April 27 Lindy Petteway, GSU

### 2005

March 23 Laura Tieszen, WCU  
 March 30 Beverly Burnett, APP  
 April 6 Shannon Wommack, UTC  
 April 13 Rhonda White, APP  
 April 20 Alice Turner, Elon  
 April 27 Nikole Simmons, APP

### 2006

March 21 Raquel Ramseur, WCU  
 April 5 Tangelia Johnson, WCU  
 April 12 Jessica Clendenning, Elon  
 April 19 Nicole Brown, GSU

### 2007

March 14 Stephanie McNeill, CIT  
 March 21 Asia Davis, WCU  
 March 28 Kristen Meister, DAV  
 Kerrie Savery, WCU  
 April 4 Lanni Marchant, UTC  
 April 11 Brenna Burns, DAV  
 April 18 Alexis Moore, CIT

### 2008

March 27 Lynnndsey Hyter, GSU  
 April 4 Ashley McKiver, APP  
 April 9 Raquel Ramseur, WCU  
 April 16 Chibuzo Aguocha, FUR  
 April 24 Demetrise Anthony, GSU

### 2009

March 19 Amy Salek, Elon (Track)  
 Mary Angela Barron, SAM (Field)  
 March 26 Felicia Paulding, WCU (Track)  
 Demetrise Anthony, GSU (Field)  
 April 2 Hillary Neal, SAM (Track)  
 Melanie Trumbo, GSU (Field)  
 April 9 Hillary Neal, SAM (Track)  
 Shea Snow, APP (Field)  
 April 16 Anneli Uys, UTC (Track)  
 Rebecca Hazeltine, APP (Field)  
 April 23 Felicia Paulding, WCU (Track)  
 Melanie Trumbo, GSU (Field)

### 2010

March 18 Jelain McArthur, CofC (Track)  
 Urysla Cotton, Elon (Field)  
 March 25 Jelain McArthur, CofC (Track)  
 Danielle Thorpe, APP (Field)  
 April 1 Hillary Neal, SAM (Track)  
 Jelain McArthur, CofC (Field)  
 April 8 Felisha Garren, WCU (Track)  
 Danielle Thorpe, APP (Field)  
 April 15 Anneli Uys, UTC (Track)  
 Danielle Thorpe, APP (Field)  
 April 22 Shenita Martin, APP (Track)  
 Gayshawna Watkins, APP (Field)

### 2011

March 16 Ashley Schnell, UNCG (Track)  
 Veronica Day, Elon (Field)  
 March 23 Nicole Okolo, WCU (Track)  
 Cassie Crawford, APP (Field)  
 March 30 Kwajelin Holsendolph, GSU (Co-Track)  
 Dena O'Brien, CofC (Co-Track)  
 Veronica Day, Elon (Field)  
 April 6 Felisha Garren, WCU (Co-Track)  
 Breanna Alston, APP (Co-Track)  
 Zakiyyah Stewart, WCU (Field)  
 April 13 Amy Salek, Elon (Track)  
 Rebecca Hazeltine, APP (Field)  
 April 20 Danielle McKee, CIT (Track)  
 Rebecca Hazeltine, APP (Field)  
 April 27 Felisha Garren, WCU (Track)  
 Veronica Day, Elon (Field)

### 2012

March 14 Amy Salek, Elon (Track)  
 Gayshawna Watkins, APP (Field)  
 March 20 Jocelyn Keen, WCU (Track)  
 Sinead Haughey, FUR (Track)  
 Shaquiela Robinson, APP (Field)  
 March 28 Jasmine Billings, GSU (Track)  
 Shelby Bulita, SAM (Field)  
 April 3 Ashley Schnell, UNCG (Track)  
 Meghan Morton, WCU (Field)  
 April 11 Ashley Schnell, UNCG (Track)  
 Alisha Bradshaw, WCU (Field)  
 April 18 Brooke Mosteller, FUR (Track)

### 2013

March 20 Jocelyn Keen, WCU (Track)  
 Cassie Crawford, APP (Field)  
 March 28 Tayla Carter, WCU (Track)  
 Alisha Bradshaw, WCU (Field)  
 April 3 Lauren D'Alessio, SAM (Track)  
 RoShani Glover, CofC (Field)  
 April 10 Carolina McCaslin, Elon (Track)  
 Alisha Bradshaw, WCU (Field)  
 April 17 Veronica Luedke, Elon (Track)  
 Jasmine Suydam, APP (Field)

## Athlete of the Month

### 2004

March Marlo Mincey, GSU  
 April Lindy Petteway, GSU

### 2006

March Raquel Ramseur, WCU  
 April Shannon Wommack, UTC

### 2009

March Hillary Neal, SAM (Track)  
 Danielle Thorpe, APP (Field)  
 April Hillary Neal, SAM (Track)  
 Lilly Tallent, APP (Field)

### 2010

March Jelain McArthur, CofC (Track)  
 Urysla Cotton, Elon (Field)  
 April Anneli Uys, UTC (Track)  
 Danielle Thorpe, APP (Field)

### 2011

March Dena O'Brien, CofC (Co-Track)  
 Ashley Schnell, UNCG (Co-Track)  
 Veronica Day, Elon (Field)  
 April Felisha Garren, WCU (Track)  
 Rebecca Hazeltine, APP (Field)

### 2012

March Amy Salek, Elon (Track)  
 Meghan Morton, WCU (Field)

### 2013

March Tayla Carter, WCU (Track)  
 Alisha Bradshaw, WCU (Field)  
 April Sinead Haughey, FUR (Track)  
 Alisha Bradshaw, WCU (Field)

# Women's All-Freshman Teams

2009

**100-Meter Dash**

Emma Bowers, Western Carolina

**200-Meter Dash**

Emma Bowers, Western Carolina  
Felisha Garren, Western Carolina  
Ariel Hatcher, College of Charleston

**400-Meter Dash**

Amy Salek, Elon  
Felisha Garren, Western Carolina  
Asia Dunlap, Appalachian State

**800-Meter Run**

Cori Christensen, Samford

**1,500-Meter Run**

Kristen Wolfe, College of Charleston  
Madison Russo, Elon  
Callen Powers, College of Charleston

**5,000-Meter Run**

Andrea Seccafien, Samford  
Chloe Kowalski, Furman  
Charlee Coggins, Furman

**10,000-Meter Run**

Allyson Costa, Elon

**100-Meter Hurdles**

Brillyance Gilchrist-Poteat, The Citadel  
Jettana Thomas, Western Carolina

**400-Meter Hurdles**

Brillyance Gilchrist-Poteat

**3,000-Meter Steeplechase**

Kristen Wolfe, College of Charleston  
Deanna Zidar, Samford  
Stephanie Chapman, Appalachian State

**High Jump**

Emily Smith, College of Charleston  
Alex Cassagnol, Georgia Southern  
Christy Myers, Samford

**Triple Jump**

Jettana Thomas, Western Carolina

**Hammer Throw**

Theresa Johansen, The Citadel  
Deidra Morrison, Western Carolina  
Clara Martin, Elon

**Javelin Throw**

Christian McGuire, Samford  
Summer Hughes, Western Carolina  
Azura Robillard, Georgia Southern

**Shot Put**

Deidra Morrison, Western Carolina  
Alicia Gainey, Western Carolina  
Keisha Thacker, College of Charleston

**Discus Throw**

Alyssa Girvin, Elon  
Theresa Johansen, The Citadel  
Sarah Herndon, Georgia Southern

**Heptathlon**

Jettana Thomas, Western Carolina  
Alicia Gainey, Western Carolina  
Naadia Crutchfield, Appalachian State

2010

**100-Meter Dash**

Ebony Carter, Georgia Southern  
Raven Parrish, Western Carolina

**400-Meter Dash**

D'Shawna McLucas, Appalachian State

**800-Meter Run**

Holly Benson, Samford  
Trinity Foreman, Appalachian State  
Micah Wessinger, The Citadel

**1,500-Meter Run**

Trinity Foreman, Appalachian State  
Shaina Sumney, UNCG  
Morgan Turner, Western Carolina

**5,000m-Meter Run**

Natalie Atabek, Davidson  
Brooke Mosteller, Furman  
Sarah Williamson, Appalachian State

**10,000m Run**

Natalie Atabek, Davidson  
Shelby Harris, Wofford  
Jessica Pate, Furman

**100m Hurdles**

Jasmine Billings, Georgia Southern  
Jelain McArthur, College of Charleston  
Julie McDonald, Samford

**400m Hurdles**

Rosie Lewis, Davidson  
Shenita Martin, Appalachian State

**3,000-Meter Steeplechase**

Haley Gray, Furman  
Andrea Kelsey, Wofford  
Emily Tryon, Elon

**Long Jump**

Jelain McArthur, College of Charleston  
Raven Parrish, Western Carolina  
Brittany Wilkins, Elon

**High Jump**

Chenelle Terry, Samford

**Triple Jump**

Emily Allen, Samford  
Jelain McArthur, College of Charleston  
Brittany Powell, Western Carolina

**Hammer Throw**

Megan Fannon, Georgia Southern  
Jocelyn Rice, Western Carolina

**Javelin Throw**

Deanne Tiplady, Appalachian State  
Gayshawna Watkins, Appalachian State  
Ashleigh Padgett, Wofford

**Shot Put**

Gayshawna Watkins, Appalachian State  
Latisha Harris, College of Charleston  
Ashley Thomas, Georgia Southern

**Discus Throw**

Casey McKee, College of Charleston  
Jocelyn Rice, Western Carolina  
Gayshawna Watkins, Appalachian State

**Pole Vault**

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

**Heptathlon**

Emily Allen, Samford

2011

**100-Meter Dash**

Breanna Alston, Appalachian State  
Janise Robinson, Samford  
Kwajelin Holsendolph, Georgia Southern

**200-Meter Dash**

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

**400-Meter Dash**

Bria Bell, Elon  
Breahna Morrison, Appalachian State  
Shiniqua Proyor, Western Carolina

**800-Meter Run**

Jocelyn Keen, Western Carolina  
Julie Hart, Elon  
Danielle McKee, The Citadel

**1,500-Meter Run**

Dena O'Brien, College of Charleston  
Julie Hart, Elon  
Catherine Burton, Furman

**5,000m-Meter Run**

Dena O'Brien, College of Charleston  
Allyson Oram, Elon  
Carly Egan, Wofford

**10,000m Run**

Megan Mavity, Davidson  
Mara Smith, Western Carolina  
Alexandra Horst, Davidson

**100m Hurdles**

Kwajelin Holsendolph, Georgia Southern  
Stephanie Hicks, Georgia Southern  
Macy Conger, Samford

**400m Hurdles**

Veronica Luedke, Elon  
Danielle Blanco, Samford  
Dana Edwards, Georgia Southern

**3,000-Meter Steeplechase**

Deanna Butler, Western Carolina  
Carly Egan, Wofford  
Kelly Montague, UNCG

**Long Jump**

Stephanie Hicks, Georgia Southern  
Kaitlin McWhorter, College of Charleston  
Brianna Charles, Georgia Southern

**High Jump**

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

**Hammer Throw**

Shelby Builta, Samford  
Charlise Morgan, Elon  
Sydney Revis, Western Carolina

**Javelin Throw**

Morgan Morton, Western Carolina  
Shelby Builta, Elon  
Christine Klinar, Collage of Charleston

**Shot Put**

Charlise Morgan, Elon  
Andriana Love, The Citadel  
Jocelyn Parnell, Appalachian State

**Discus Throw**

Shelby Builta, Samford  
Rebecca Gardner, Elon  
Charlise Morgan, Elon

**Pole Vault**

Cassandra Crawford, Appalachian State  
Ashley Cope, Samford  
Claire Goodson, College of Charleston

**Heptathlon**

Ashley Cope, Samford  
Stephanie Hicks, Georgia Southern  
Macy Conger, Samford

2012

**100-Meter Dash**

Jasmine Walker, Georgia Southern

# Women's All-Freshman Teams



Taylor Feimester, Western Carolina  
Tanisha Bethel, The Citadel

## 200-Meter Dash

Jasmine Walker, Georgia Southern  
Kimberly Thomas, Georgia Southern  
Tanisha Bethel, The Citadel

## 400-Meter Dash

Lena Elliot, Western Carolina  
Kimberly Thomas, Georgia Southern  
Shannon Murphy, Furman

## 800-Meter Run

Marie Demedicis, Samford  
Anna Irvine, Samford  
Hayley McMahan, College of Charleston

## 5,000m-Meter Run

Presley Parkes, Davidson  
Erin Osment, Davidson  
Ali Cobb, Davidson

## 10,000m Run

Sinead Haughey, Furman  
Keely Stewart, Chattanooga  
Erin Osment, Davidson

## 100m Hurdles

Taylor Wade, Georgia Southern  
Shermell Wilkins, Western Carolina  
Xaviera Bass, Western Carolina

## 400m Hurdles

Taylor Wade, Georgia Southern  
Michaela Birek, Western Carolina  
Shermell Wilkins, Western Carolina

## 3,000-Meter Steeplechase

Mara Stickle, Appalachian State  
Jenny Gallagher, Elon

## Long Jump

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

## High Jump

Xaviera Bass, Western Carolina  
Haley Laird, Elon  
Taylor Pannell, Chattanooga

## Triple Jump

Tatyana Bryant, Appalachian State  
Dyshia Parks, College of Charleston  
Alison Beauregard, College of Charleston

## Hammer Throw

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

## Javelin Throw

Suzanne Martin, Elon  
Jennifer Jarvis, Elon  
Jessica Moss, Georgia Southern

## Shot Put

Sarah Sisk, College of Charleston  
Jasmine Suydam, Appalachian State  
Katelyn Poole, Samford

## Discus Throw

Alisha Bradshaw, Western Carolina  
Aleisha Archie McMillan, Western Carolina  
Jasmine Suydam, Appalachian State

## Pole Vault

Devyn Ressler, Western Carolina  
Cara June Elyea, Western Carolina

## Heptathlon

Louise PrevotEAU, Elon  
Anne Greer, Western Carolina

## 2013

### 10,000m

Dana Cox, Appalachian State

### Pole Vault

Audrey Diener, Appalachian State

### Javelin

Ciera Holston, College of Charleston

### Long Jump

Alyssa Felton, Georgia Southern  
Ashleigh Rasheed, Georgia Southern  
Jamie Glenn, Appalachian State

### 3,000m Steeplechase

Caroline McCaslin, Elon  
Tereza Novotna, Elon  
Rachel Wooten, Samford

### Hammer

Kelsey Chandler, Georgia Southern  
Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina

### Heptathlon

Ashleigh Rasheed, Georgia Southern  
Holly Gaines, Western Carolina  
Ciera Holston, College of Charleston

### 400m

Kendra Douglas, Western Carolina  
Corina McMillan-Archie, Western Carolina  
Achsah Brice, Western Carolina

### 100m

Tayla Carter, Western Carolina  
Alyssa Felton, Georgia Southern  
Lauren Hoard, Chattanooga

### 100m Hurdles

Sydney Griffin, Elon

### 800m

Olivia Menden, Davidson  
Katelyn Brock, Samford  
Shelby Howell, Appalachian State

### 400m Hurdles

Shermell Wilkins, Western Carolina  
Holly Gaines, Western Carolina  
Alexia Neal, College of Charleston

### High Jump

Megan Kirschling, Elon  
Keyanna Harris, Georgia Southern

### 200m

Tayla Carter, Western Carolina  
Alyssa Felton, Georgia Southern  
Aliya Parker, Georgia Southern

### Shot Put

Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina  
Camryn Coleman, Georgia Southern

### Discus

Kelsey Chandler, Georgia Southern  
Jasmin Brown, Western Carolina  
Brianna Tate, Appalachian State

### 5,000m

Lydia Saina, UNCG  
Dana Cox, Appalachian State  
Katy Link, UNCG

### Triple Jump

Jamie Glenn, Appalachian State  
RoShani Glover, College of Charleston  
Ashleigh Rasheed, Georgia Southern

## Women's Team and Individual Records

### Team Champions

Team	Titles	Years
Appalachian State*	18	1987-95, 98, 02-06, 09, 11-12
Western Carolina*	7	1997, 99-01, 08, 10, 13
East Tennessee State	1	1996
Georgia Southern*	1	2007

\*active SoCon members

### Coach of the Year Award (multiple winners)^

Name	School	Awards	Years
John Weaver*	APP	11	1987, 91-95, 98, 02, 04, 09, 12
Danny Williamson*	WCU	6	1997, 99-01, 08, 13
Dennis Brachna	Marshall	2	1988, 90
Todd Lane	GSU	2	2003-04
Shaun Meinecke	GSU	2	2005-06
Mark Elliston	Elon	2	2010-11

\*active

^began in 1987

### Most Outstanding Athlete Award (multiple winners)#

Name	School	Titles	Years
Tyleanna Hanner	UTC	2	2000-01

#began in 1987

### Most Outstanding Track Athlete Award (multiple winners)%

Name	School	Titles	Years
Shannon Wommack	UTC	2	2005-06

%began in 2002

### Most Outstanding Field Athlete Award (multiple winners)%

Name	School	Titles	Years
Laura Tieszen	WCU	2	2004-05
Stephanie McNeill	CIT	2	2006-07

%began in 2002

## Women's NCAA Champions

Year	Event	Mark	Athlete
1999	1500 Meters	4:21.06	Mary Jayne Harrelson, APP
2001	1500 Meters	4:14.30	Mary Jayne Harrelson, APP



# Women's Championship Results

<b>1987</b>	Appalachian State	271.5	Furman	54.5	Georgia Southern	154	Western Carolina	177				
	East Tennessee	133.5	Marshall	34	Chattanooga	153	Georgia Southern	146.5				
	Marshall	112	Davidson	27	Western Carolina	111	Elon	84				
	Furman	13			East Tennessee State	67	Chattanooga	52				
	Western Carolina	10	<b>1997</b>	Western Carolina	165	VMI	31	Samford	44			
	Chattanooga	8		Appalachian State	118	Furman	21	College of Charleston	42			
	Davidson	1		Chattanooga	93	College of Charleston	17	The Citadel	27			
<b>1988</b>	Appalachian State	263		East Tennessee State	91	The Citadel	10	Davidson	23			
	Marshall	107		Marshall	71	Davidson	9	Furman	9			
	Western Carolina	61		Furman	43	UNCG	9	UNCG	3			
	East Tennessee	59		Davidson	7	Wofford	2	Wofford	0			
	Chattanooga	33	<b>1998</b>	Appalachian State	167	<b>2004</b>	Appalachian State	231.5	<b>2010</b>	Western Carolina	221.5	
	Furman	20		Western Carolina	159		Georgia Southern	172		Appalachian State	144	
	Davidson	7		Chattanooga	115		Chattanooga	124		Elon	123.5	
<b>1989</b>	Appalachian State	255		East Tennessee State	91		Western Carolina	110.5		Samford	84	
	East Tennessee	130		Furman	34		East Tennessee State	60		Georgia Southern	83	
	Marshall	82		Davidson	14		College of Charleston	30		College of Charleston	66	
	Chattanooga	52		Wofford	8		Elon	29		Chattanooga	27	
	Western Carolina	23		*The Citadel	NTS		Furman	26.5		The Citadel	26	
	Furman	13		*UNCG	NTS		Davidson	13.5		Furman	21	
<b>1990</b>	Appalachian State	275		*VMI	NTS		Wofford	11		Davidson	19	
	Marshall	112		*The Citadel, UNCG and VMI competed as individuals and received no team points				UNCG	6		UNCG	3
	Western Carolina	80	<b>1999</b>	Western Carolina	275.5		The Citadel	5		Wofford	1	
	East Tennessee	40		Appalachian State	191	<b>2005</b>	Appalachian State	207.5	<b>2011</b>	Appalachian State	195	
	Furman	29		East Tennessee State	102.5		Georgia Southern	199		Western Carolina	138	
	Chattanooga	21		Chattanooga	94		Western Carolina	155		Elon	131	
<b>1991</b>	Appalachian State	256		Furman	50		Chattanooga	91		Samford	115.5	
	Western Carolina	121		Davidson	32		East Tennessee State	52		Georgia Southern	87.5	
	Marshall	80		Furman	29		Furman	33		College of Charleston	65.5	
	Chattanooga	43		The Citadel	19		Elon	28		UNCG	29	
	Furman	34		Wofford	13		College of Charleston	21.5		Furman	25	
	East Tennessee	20		UNCG	7		The Citadel	18		The Citadel	20	
<b>1992</b>	Appalachian State	258	<b>2000</b>	Western Carolina	250		Wofford	8		Chattanooga	7	
	Western Carolina	108		Chattanooga	191	<b>2006</b>	Davidson	4		Wofford	2.5	
	Marshall	65		Appalachian State	106		UNCG	0		Davidson	2	
	Furman	53		ETSU	77		Appalachian State	197.5	<b>2012</b>	Appalachian State	207.5	
	East Tennessee	52		Furman	68.5		Georgia Southern	182.5		Western Carolina	149	
	Chattanooga	14		Georgia Southern	31		Western Carolina	144		Samford	113	
	Davidson	14		The Citadel	27		Chattanooga	79		Georgia Southern	104	
<b>1993</b>	Appalachian State	218		VMI	26.5		Elon	55		Elon	102	
	Western Carolina	151		UNCG	20		The Citadel	48		College of Charleston	62	
	Furman	93		Wofford	12		Furman	40		UNCG	37	
	East Tennessee	47		Davidson	8		Davidson	39		Furman	16	
	Marshall	38	<b>2001</b>	Western Carolina	230.50		College of Charleston	20		The Citadel	14.5	
	Davidson	7		Appalachian State	170		Wofford	10		Chattanooga	10	
	Chattanooga	4		Chattanooga	144		UNCG	2		Wofford	4	
<b>1994</b>	Appalachian State	189		Georgia Southern	81	<b>2007</b>	Georgia Southern	223.5		Davidson	---	
	Western Carolina	124		Furman	64		Appalachian State	173.5	<b>2013</b>	Western Carolina	197.5	
	Furman	94		East Tennessee State	58		Western Carolina	160		Appalachian State	159.5	
	East Tennessee	62		VMI	30.5		Chattanooga	69		Georgia Southern	112.5	
	Marshall	49		Davidson	22		The Citadel	56		Elon	111	
	Chattanooga	36		The Citadel	13		Elon	50		Samford	110	
	Davidson	4		UNCG	5		Davidson	36		Furman	32	
<b>1995</b>	Appalachian State	148	<b>2002</b>	Appalachian State	216		Furman	28		College of Charleston	32	
	East Tennessee	133		Western Carolina	201.5		College of Charleston	19		The Citadel	23.5	
	Western Carolina	122		Georgia Southern	122		Wofford	4		Wofford	13	
	Furman	73		Chattanooga	100.5	<b>2008</b>	Western Carolina	216		Chattanooga	12	
	Chattanooga	42		East Tennessee State	79		Appalachian State	189		UNCG	12	
	Marshall	28.67		Furman	35		Georgia Southern	153		Davidson	4	
	Davidson	11.33		UNCG	23		Chattanooga	65				
<b>1996</b>	East Tennessee State	150		The Citadel	18		Elon	59				
	Western Carolina	133.5		VMI	17		Davidson	45				
	Appalachian State	131		Davidson	4		The Citadel	38				
	Chattanooga	55	<b>2003</b>	Appalachian State	230		Furman	26				
							College of Charleston	17				
							UNCG	6				
							Wofford	0				
							<b>2009</b>	Appalachian State	210.5			



# 2013 Men's Championship



## Team Results

Team	Points
1. Western Carolina	222.5
2. Samford	209
3. Appalachian State	183.5
4. Davidson	70.5
5. The Citadel	55
6. Furman	38
7. Chattanooga	25
8. UNCG	11
9. Wofford	4.5

### 100-Meter Dash

1. Brandon Hairston, WCU	10.52
2. Justin Emerson, SAM	10.60
3. Justin Thomas, APP	10.74
4. Jamaal Brantley, CIT	10.81
5. Bob McNeil, WCU	10.83
6. Cortez Johnson, FUR	10.99
7. Max Burke, WCU	11.08
8. Jerry Wickerson, WCU	11.25

### 200-Meter Dash

1. Brandon Hairston, WCU	21.36
2. Aaron Tribble, WCU	21.89
3. Justin Emerson, SAM	21.91
4. Justin Thomas, APP	22.03
5. Jonathon Bush, SAM	22.09
6. Jamaal Brantley, CIT	22.20
7. Demari Boswell, WCU	22.24
8. Marshall McRae, APP	22.56

### 400-Meter Dash

1. Aaron Harris, WCU	48.55
2. Aaron Tribble, WCU	48.78
3. Jonathon Bush, SAM	48.79
4. Gustavo Vazquez-Milan, CIT	49.45
5. Henry Stevens-Carty, SAM	49.46
6. Demari Boswell, WCU	49.76
7. Geoff Nelson, UTC	49.92
8. Chase Helton, APP	50.74

### 800-Meter Run

1. Andrew Lantz, DAV	1:50.62
2. Brandon Hazouri, SAM	1:51.30
3. Alex Taylor, APP	1:51.79
4. Garrett West, WCU	1:52.01
5. William Ivey, FUR	1:52.51
6. Layton Dorsett, SAM	1:52.62
7. Raphael Rojas, APP	1:54.59
8. Marquis Carter, UTC	1:58.23

### 1,500-Meter Run

1. Andrew Lantz, DAV	3:50.31
2. Paul Katam, UNCG	3:51.51
3. Adam Jones, SAM	3:53.86
4. Brandon Hazouri, SAM	3:54.42
5. Wilkerson Given, FUR	3:54.53
6. Garrett West, WCU	3:54.92
7. Chris Moen, APP	3:55.12
8. James Perez, FUR	3:55.13

### 5,000-Meter Run

1. Demetrios Pagonis, DAV	14:35.84
2. Nathan Wanuch, UTC	14:43.92
3. Whitner Chase, DAV	14:47.17
4. Brian Graves, APP	14:51.79
5. Travis Alfaro, WCU	14:52.52
6. Abraham Kemboi, UNCG	14:55.50
7. Michael Lilley, APP	14:56.09
8. Kyle McFoy, APP	14:58.80

### 10,000-Meter Run

1. Demetrios Pagonis, DAV	31:15.65
2. Travis Alfaro, WCU	31:24.87
3. Daniel Samet, DAV	31:25.98
4. Michael Lilley, APP	31:30.31
5. John Klecker, FUR	31:30.52
6. Wes Reynolds, DAV	31:34.53
7. Kyle McFoy, APP	31:39.52
8. Josey Weaver, WCU	31:54.58

### 110-Meter Hurdles

1. Stanley Broaden, APP	14.11
2. Sam Lusty, WCU	14.84
3. Ben Davies, SAM	14.85
4. Tyler Bentley, WCU	14.85
5. Marquis Bailey, WCU	14.87
6. Abraham Faison, WCU	14.99
7. Bo Ackerson-Gilroy, SAM	15.20
8. Iman Isang, UTC	16.09

### 400-Meter Hurdles

1. Stanley Broaden, APP	52.21
2. Marquis Bailey, WCU	53.52
3. Abraham Faison, WCU	53.66
4. Tyler Bentley, WCU	53.75
5. Ben Davies, SAM	54.44
6. Blake Olson, UTC	54.49
7. Charles Rappe, DAV	55.89
8. Sam Lusty, WCU	56.49

### 3,000-Meter Steeplechase

1. Chris Moen, APP	9:02.33
2. Josh Cox, APP	9:02.77
3. Wilkerson Given, FUR	9:09.59
4. Nathan Wanuch, UTC	9:11.18
5. Josey Weaver, WCU	9:19.90
6. James Howard-Smith, APP	9:21.48
7. Vincent Weir, DAV	9:23.20
8. Tripp Hurt, FUR	9:26.04

### 4x100-Meter Relay

1. Western Carolina	41.10
2. Appalachian State	41.66
3. Samford	41.74
4. The Citadel	42.33
5. Furman	42.93
6. Davidson	43.44
7. Wofford	46.23
8. Chattanooga	47.04

### 4x400-Meter Relay

1. Western Carolina	3:14.44
2. Appalachian State	3:15.23
3. The Citadel	3:17.75
4. Samford	3:18.49
5. Travis Alfaro, WCU	3:20.33
6. Davidson	3:24.76
7. Furman	3:28.20
8. Wofford	3:29.18

### High Jump

1. Daryl Saunders, APP	2.12m
2. Bob Elliott II, SAM	2.09m
3. Jordan Orr, WCU	2.06m
4. Bob McNeil, WCU	2.01m
5. Tyler Kemp, SAM	2.01m
6. Brandon Bassett, SAM	2.01m
7. Tevin Johnson, WOF	1.96m
Bo Ackerson-Gilroy, SAM	1.96m

### Pole Vault

1. Ryan Cook, SAM	4.80m
2. Jacob Stowe, APP	4.80m
3. Ben Davies, SAM	4.50m
4. Matt Stenger, WCU	4.50m
5. Cory Sears, SAM	4.35m
6. Michael Lorentsen, DAV	4.35m
Patrick Quinn, APP	4.35m
8. Mark Boozer, CIT	4.20m

### Long Jump

1. Steven Bastien, SAM	7.23m
2. Bob McNeil, WCU	7.22m
3. Ben Davies, SAM	7.16m
4. Brandon Bassett, SAM	7.02m
5. Sam Lusty, WCU	6.85m
6. Stewart Dalton, DAV	6.72m
7. Henry Bustle, APP	6.68m
8. Bo Ackerson-Gilroy, SAM	6.67m

### Triple Jump

1. Jamal Tiller, APP	14.95m
2. Bob McNeil, WCU	14.82m
3. Adedeji Adeneye, APP	14.42m
4. Henry Bustle, APP	14.20m
5. Edward Jones, CIT	14.07m
6. Sam Lusty, WCU	14.01m
7. Bob Elliott II, SAM	13.91m
8. Valian Brown, CIT	13.70m

### Shot Put

1. Jared Stalling, APP	16.01m
2. Sydney Jordan, SAM	15.09m
3. Dylan Gidado, CIT	14.69m
4. John Leonard, APP	14.57m
5. Jared Johnson, WCU	14.50m
6. Nick Sansotta, APP	14.33m
7. Ben Davies, SAM	14.32m
8. Scott Des Marais, FUR	14.04m

### Discus Throw

1. Jared Stalling, APP	49.91m
2. Scott Des Marais, FUR	48.33m
3. Sydney Jordan, SAM	48.31m
4. Geno Porter, CIT	46.05m
5. Jared Johnson, WCU	43.06m
6. Brian Hill, SAM	42.76m
7. Richard Bell, APP	42.73m
8. Dylan Gidado, CIT	42.66m

### Hammer Throw

1. Jared Stalling, APP	56.96m
2. Brian Hill, SAM	50.21m
3. Joe Korac, WCU	48.85m
4. Andy Benesh, WCU	47.81m
5. Richard Bell, APP	47.62m
6. Geno Porter, CIT	45.17m
7. Jonathan Newton, WCU	45.13m
8. Jonathan Howes, APP	43.06m

### Javelin Throw

1. Ben Davies, SAM	58.21m
2. Capers Williamson, CIT	55.66m
3. Bo Ackerson-Gilroy, SAM	54.93m
4. Andy Benesh, WCU	48.23m
5. Josh Davies, SAM	48.07m
6. Adam Parker, WCU	47.57m
7. Brandon Bassett, SAM	47.01m
8. Parker Gaston, CIT	45.18m

### Decathlon

1. Cody Russell, SAM	5,891
2. Dustin Triplett, WCU	5,720
3. Brandon Bassett, SAM	5,680
4. Josh Davies, SAM	5,608
5. Christian Carswell, WCU	5,208
6. Bo Ackerson-Gilroy, SAM	5,183
7. Brad Bostic, SAM	4,874
8. Parker Gaston, CIT	4,819

### Most Outstanding Athlete

Ben Davies, Samford

### Most Outstanding Track Performer

Brandon Hairston, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Brandon Hazouri, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshmen honors (pg. 5)



# 2013 Women's Championship

Team Results	
Team	Points
Western Carolina	197.5
Appalachian State	159.5
Georgia Southern	112.5
Elon	111
Samford	110
Furman	32
College of Charleston	32
The Citadel	23.5
Wofford	13
Chattanooga	12
UNCG	12
Davidson	4

### 100-Meter Dash

1. Tayla Carter, WCU	11.58
2. Breanna Alston, APP	11.71
3. Ebony Carter, GSU	11.75
4. Alyssa Felton, GSU	12.07
5. Raven Parrish, WCU	12.10
6. Jasmine Walker, GSU	12.11
7. Lauren Hoard, UTC	12.35
8. Aarian Tipton, GSU	12.39

### 200-Meter Dash

1. Tayla Carter, WCU	23.79
2. Breanna Alston, APP	23.85
3. Ebony Carter, GSU	24.67
4. Brittany Diggs, WCU	24.68
5. Alyssa Felton, GSU	25.05
6. Jasmine Walker, GSU	25.21
7. D'Shawnna McLucas, APP	25.29
8. Aarian Tipton, GSU	25.50

### 400-Meter Dash

1. Kendra Douglas, WCU	56.19
2. Corina Archie-McMillan, WCU	56.44
3. Lena Elliott, WCU	56.46
4. Achsah Brice, WCU	57.06
5. Genevieve Emrick, WCU	57.55
6. Breahna Morrison, APP	57.56
7. Danielle Williams, CIT	57.60
8. Kimberly Thomas, GSU	57.61

### 800-Meter Run

1. Jocelyn Keen, WCU	2:08.31
2. Marie Demedicis, SAM	2:09.62
3. Micah Wessinger, CIT	2:10.76
4. Alyssa Burkert, WOF	2:11.24
5. Shannon Hall, UNCG	2:13.03
6. Katie Kessler, WOF	2:13.15
7. Hayley Tomlinson, WCU	2:15.56
8. Lena Elliott, WCU	2:21.15

### 1,500-Meter Run

1. Hayley McMahan, CofC	4:28.45
2. Lauren D'Alessio, SAM	4:31.30
3. Amanda Sumner, UTC	4:37.29
4. Hayley Tomlinson, WCU	4:39.48
5. Emily Tryon, Elon	4:39.84
6. Justine Stocks, APP	4:40.09
7. Eira Jensen, UNCG	4:40.60
8. Amanda Hamilton, APP	4:41.61

### 5,000-Meter Run

1. Sinead Haughey, FUR	17:16.84
2. Allyson Oram, Elon	17:20.08
3. Lydia Saina, UNCG	17:26.71
4. Mara Smith, WCU	17:31.78
5. Sarah Williamson, APP	17:33.76
6. Emily Wirzba, FUR	17:38.19
7. Sam Hughes, WOF	17:52.91
8. Dana Cox, APP	17:58.53

### 10,000-Meter Run

1. Sinead Haughey, FUR	35:40.25
2. Mara Smith, WCU	35:53.64
3. Amanda Hamilton, APP	36:33.28
4. Sarah Williamson, APP	36:50.89
5. Meaghan McCauley, APP	37:10.51
6. Natalie Atabek, Davidson	37:15.91
7. Dana Cox, APP	37:23.53
8. Erin Osment, DAV	37:25.31

### 100-Meter Hurdles

1. Ashley Cope, SAM	14.15
2. Sydney Griffin, Elon	14.22
3. Brittany Diggs, WCU	14.23
4. Shermell Wilkins, WCU	14.52
5. Julie McDonald, SAM	14.68
6. Xaviera Bass, WCU	14.78
7. Dana Edwards, GSU	15.22
8. Lauren Toomer, GSU	15.24

### 400-Meter Hurdles

1. Danielle Blanco, SAM	1:00.96
2. Veronica Luedke, Elon	1:02.07
3. Alexa Wilton, FUR	1:02.22
4. Dana Edwards, GSU	1:02.83
5. Michaela Birek, WCU	1:03.36
6. Leslie Graf, SAM	1:03.89
7. Shermell Wilkins, WCU	1:05.07
8. Ashley Bridenbaugh, SAM	1:05.24

### 3,000-Meter Steeplechase

1. Caroline McCaslin, Elon	10:42.89
2. Tereza Novotna, Elon	10:42.95
3. Emily Tryon, Elon	10:51.01
4. Justine Stocks, APP	11:00.19
5. Kayla Schneider, APP	11:01.57
6. Sam Hughes, WOF	11:15.76
7. Rachel Wooten, SAM	11:25.90
8. Kaitlyn Shetler, WCU	12:02.58

### 4x100-Meter Relay

1. Georgie Southern	45.46
2. Western Carolina	45.71
3. Appalachian State	47.35
4. Elon	47.56
5. The Citadel	48.69
6. Chattanooga	49.26
7. Samford	49.28
8. Furman	49.39

### 4x400-Meter Relay

1. Western Carolina	3:45.89
2. Georgia Southern	3:48.89
3. Appalachian State	3:49.15
4. The Citadel	3:51.34
5. Samford	3:52.14
6. Elon	3:55.66
7. Furman	3:56.19
8. Chattanooga	3:56.79

### High Jump

1. Chenelle Terry, SAM	1.72m
2. Megan Kirschling, Elon	1.72m
3. Keyanna Harris, GSU	1.67m
4. Mary Theresa Montgomery, APP	1.62m
5. Xaviera Bass, WCU	1.62m
6. Haley Laird, Elon	1.57m
7. Janet Watson, APP	1.57m
8. Nicole Levermann, CIT	1.52m
Amber Vaughn, GSU	1.52m

### Pole Vault

1. Ashley Cope, SAM	3.90m
2. Cassandra Crawford, APP	3.75m
3. Chelsea Farr, APP	3.60m
Cara June Elyea, WCU	3.60m
5. Ashley Wala, WCU	3.60m
6. Devyn Ressler, WCU	3.60m
7. Debra Domermuth, APP	3.60m
8. Meredith Wilson, APP	3.45m

### Long Jump

1. Jasmine Walker, GSU	5.82m
2. Tatyana Bryant, APP	5.69m
3. Ashley Cope, SAM	5.67m
4. Alyssa Felton, GSU	5.62m
5. Raven Parrish, WCU	5.56m
6. Breanna Alston, APP	5.39m
7. Ashleigh Rasheed, GSU	5.36m
8. Louise PrevotEAU, Elon	5.33m

### Triple Jump

1. Jamie Glenn, APP	12.14m
2. Tatyana Bryant, APP	11.99m
3. RoShani Glover, CofC	11.82m
4. Ashleigh Rasheed, GSU	11.82m
5. Achsah Brice, WCU	11.79m
6. Brittany Powell, WCU	11.64m
7. Janelle McNeil, Elon	11.27m
8. Kinnari Badger, WCU	11.17m

### Shot Put

1. Alisha Bradshaw, WCU	14.20m
2. Charlise Morgan, Elon	14.08m
3. Brianna Tate, APP	13.60m
4. Sarah Sisk, CofC	13.48m
5. Jasmine Suydam, APP	13.36m
6. Alexis Jacobs, GSU	13.35m
7. Aishya Wofford, GSU	13.05m
8. Jocelyn Parnell, APP	12.71m

### Discus Throw

1. Alisha Bradshaw, WCU	46.68m
2. Aishya Wofford, GSU	44.19m
3. Jasmine Suydam, APP	42.68m
4. Shelby Builta, SAM	41.70m
5. Ana DeLeon, APP	41.26m
6. Kelsey Chandler, GSU	40.81m
7. Kristin Brining, SAM	40.30m
8. Alexis Jacobs, GSU	38.90m

### Hammer Throw

1. Kimberlyn Holt, Elon	53.45m
2. Alisha Bradshaw, WCU	53.08m
3. Kristin Brining, SAM	49.90m
4. Charlise Morgan, Elon	48.79m
5. Ana DeLeon, APP	48.75m
6. Alexis Jacobs, GSU	48.20m
7. Shelby Builta, SAM	47.88m
8. Jasmine Suydam, APP	47.38m

### Javelin Throw

1. Suzanne Martin, Elon	41.85m
2. Christine Kliner, CofC	39.73m
3. Jocelyn Parnell, APP	39.23m
4. Deanne Tiplady, APP	38.96m
5. Jennifer Jarvis, Elon	36.77m
6. Shelby Builta, SAM	35.64m
7. Brittany Pierce, APP	34.86m
8. Anne Greer, WCU	34.63m

### Heptathlon

1. Ashley Cope, SAM	4,673
2. Ashleigh Rasheed, GSU	4,384
3. Nicole Levermann, CIT	4,304
4. Michaela Birek, WCU	4,267
5. Christian McGuire, SAM	4,141
6. Kaitlin McWhorter, CofC	4,120
7. Anne Greer, WCU	3,987
8. Holly Gaines, WCU	3,817

### Most Outstanding Athlete

Ashley Cope, Samford

### Most Outstanding Track Performer

Sinead Haughey, Furman

### Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

### Freshman of the Year

Tayla Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 5)

# 2012 Men's Championship

## Team Results

Team	Points
1. Appalachian State	238
2. Western Carolina	225
3. Samford	107
4. The Citadel	79
5. Davidson	58
6. Chattanooga	37
7. Furman	31
8. UNCG	30
9. Wofford	11

### 100-Meter Dash

1. Dennis Moore, APP	10.35
2. Landon Powell, APP	10.42
3. Justin Emerson, SAM	10.50
4. Cortez Johnson, FUR	10.60
5. Williw Bowman, WCU	10.60
6. Jeffery Hendricks, WCU	10.61
7. Ron Duncan, WCU	10.63
8. Brandon Hairston, WCU	11.12

### 200-Meter Dash

1. Benny Davis, WCU	20.82
2. Dennis Moore, APP	20.84
3. Brandon Hairston, WCU	20.97
4. Landon Powell, APP	21.04
5. Jeffery Hendricks, WCU	21.33
6. Justin Thomas, APP	21.56
7. Justin Emerson, SAM	21.80
8. Alex Richter, SAM	21.85

### 400-Meter Dash

1. Aaron Harris, WCU	48.03
2. Aaron Tribble, WCU	48.53
3. Benny Davis, WCU	48.86
4. Brandon Hairston, WCU	49.68
5. Demari Boswell, WCU	49.73
6. Alex Richter, SAM	49.95
7. Ammar Phillips, WCU	50.11
8. Dezerick Frazier, UTC	50.68

### 800-Meter Run

1. Andrew Lantz, DAV	1:54.60
2. Alex Taylor, APP	1:54.97
3. Lee Gilmer, FUR	1:55.28
4. Raphael Rojas, APP	1:55.79
5. Taylor Hurst, UNCG	1:56.44
6. James Perez, FUR	1:56.53
7. Garrett West, WCU	1:57.78
8. William Ivey, FUR	2:07.49

### 1,500-Meter Run

1. Paul Chelimo, UNCG	3:49.06
2. Alex Taylor, APP	3:50.72
3. Andrew Lantz, DAV	3:51.92
4. Joey Thompson, UNCG	3:52.63
5. Lee Gilmer, FUR	3:53.09
6. Chris Moen, APP	3:53.33
7. Layton Dorsett, SAM	3:53.44
8. Tripp Hurt, FUR	3:55.13

### 5,000-Meter Run

1. Ryan Hopkins, DAV	14:44.36
2. Chris Berry, UTC	14:47.12
3. Demetrios Pagonis, DAV	14:54.87
4. Emmanuel Kirwa, UTC	15:08.75
5. Chris Moen, APP	15:10.22
6. Josh Cox, APP	15:12.68
7. Sean Soderman, APP	15:19.34
8. Michael Lilley, APP	15:25.62

### 10,000-Meter Run

1. Paul Katam, UNCG	31:26.09
2. Emmanuel Kirwa, UTC	31:43.81
3. Mark Cole, UTC	31:46.70
4. Wes Reynolds, DAV	31:57.86
5. Michael Lilley, APP	32:00.78
6. Will Raby, APP	32:09.78
7. Travis Alfaro, WCU	32:11.12
8. Tyler Greathouse, FUR	32:51.44

### 110-Meter Hurdles

1. AJ Dohanic, APP	14.11
2. Tyler Bentley, WCU	14.54
3. Abraham Faison, WCU	14.58
4. Cavan Corcoran, SAM	14.60
5. Sam Lusty, WCU	14.92
6. Pierce DeRico, DAV	14.98
7. Stanley Broaden, APP	15.06
8. Marquis Bailey, WCU	15.23

### 400-Meter Hurdles

1. Sam Lusty, WCU	53.36
2. Tyler Bentley, WCU	53.98
3. Stanley Broaden, APP	54.42
4. Jamaal Brantley, CIT	54.49
5. Abraham Faison, WCU	55.70
6. David Riddleberger, APP	55.72
7. Blake Olson, UTC	56.57
8. Marquis Bailey, WCU	56.97

### 3,000-Meter Steeplechase

1. Chris Moen, APP	9:03.32
2. Josh Cox, APP	9:03.55
3. Sean Soderman, APP	9:11.67
4. Tripp Hurt, FUR	9:12.30
5. Ian Tupper, DAV	9:24.06
6. Nathan Wanuch, UTC	9:24.17
7. Graham Sailor-Tynes, DAV	9:26.26
8. Brian Carrington, UNCG	9:26.71

### 4x100-Meter Relay

1. Appalachian State	40.46
2. Western Carolina	40.56
3. Samford	41.74
4. The Citadel	41.88
5. Davidson	44.36
6. Wofford	44.97

### 4x400-Meter Relay

1. Western Carolina	3:15.90
2. The Citadel	3:21.49
3. Samford	3:23.22
4. Davidson	3:23.45
5. Chattanooga	3:24.45
6. Appalachian State	3:24.66
7. Furman	3:25.46
8. Wofford	3:27.66

### High Jump

1. Daryl Saunders, APP	2.18m
2. Darius Purcell, APP	2.11m
3. Jordan Orr, WCU	2.06m
4. Bob Elliott II, SAM	2.01m
5. Joe Bailey, WOF	1.96m
6. Cory Patterson, WCU	1.91m
7. Bo Ackerson-Gilroy, SAM	1.86m
8. Parker Gaston, CIT	1.86m

### Pole Vault

1. Owen Wagoner, SAM	5.20m
2. Michael Seaman, SAM	5.10m
3. Keith Leonard, WCU	4.75m
4. Ryan Cook, SAM	4.75m
5. Jacob Stowe, APP	4.75m
6. Matt Stenger, WCU	4.60m
7. Bo Ackerson-Gilroy, SAM	4.45m
8. Jake Goodchild, APP	4.45m

### Long Jump

1. Edwards Jones, CIT	7.30m
2. Tim Smith, CIT	7.00m
3. Bo Ackerson-Gilroy, SAM	6.85m
4. Jamal Tiller, APP	6.85m
5. Abraham Faison, WCU	6.81m
6. Stewart Dalton, DAV	6.77m
7. Darius Purcell, APP	6.63m
8. Bob Elliott II, SAM	6.61m

### Triple Jump

1. Cornelius Williams, WCU	14.99m
2. Jamal Tiller, APP	14.89m
3. Bob McNeil, WCU	14.69m
4. Bob Elliott II, SAM	14.20m
5. Edward Jones, CIT	14.06m
6. Mike McCrimon, WOF	13.95m
7. Sam Lusty, WCU	13.63m
8. Valian Brown, CIT	13.46m

### Shot Put

1. Jared Stalling, APP	17.02m
2. Quintin Turner, CIT	15.48m
3. Jonathan Newton, WCU	14.84m
4. Caleb Poplin, APP	14.69m
5. Michael Sellers, CIT	14.66m
6. Nick Sansotta, APP	14.55m
7. Zane Lail, APP	14.40m
8. Dylan Gigado, CIT	14.39m

### Discus Throw

1. Jared Stalling, APP	52.25m
2. Jamie Van Pelt, WCU	51.55m
3. Caleb Poplin, APP	48.40m
4. Quintin Turner, Cit	47.82m
5. Zane Lail, ASu	46.77m
6. Scott Des Marais, FUR	45.94m
7. Jonathan Newton, WCU	45.34m
8. Dylan Gigado, CIT	43.75m

### Hammer Throw

1. Jamie Van Pelt, WCU	58.84m
2. Jared Stalling, APP	51.09m
3. Caleb Poplin, APP	50.42m
4. Jonathan Newton, WCU	49.81m
5. Quintin Turner, CIT	48.27m
6. Zane Lail, APP	47.01m
7. Kanon Burt, SAM	46.83m
8. Thomas Olivers, SAM	45.69m

### Javelin Throw

1. Thomas Oliver, SAM	62.92m
2. Clay Allen, CIT	61.33m
3. Bo Ackerson-Gilroy, SAM	58.58m
4. Jamie Van Pelt, WCU	57.70m
5. Kanon Burt, SAM	52.77m
6. Andy Benesh, WCU	51.17m
7. Jordan Orr, WCU	50.07m
8. Ellison Glenn, CIT	49.29m

### Decathlon

1. Jake Goodchild, ASu	6,424
2. Luke Burton, WCU	6,207
3. Donald Cooper, SAM	5,957
4. Ellison Glenn, CIT	5,831
5. Kyle Bernier, WCU	5,375
6. Wayne Parker, WCU	5,150
7. Brad Bostic, SAM	5,135
8. Cody Russell, SAM	5,089

### Most Outstanding Athlete

Jared Stalling, Appalachian State

### Most Outstanding Track Performer

Benny Davis, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Bob Elliott II, Samford

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 5)

# 2012 Women's Championship

## Team Results

Team	Points
1. Appalachian State	207.5
2. Western Carolina	149
3. Samford	113
4. Georgia Southern	104
5. Elon	102
6. College of Charleston	62
7. UNCG	37
8. Furman	16
9. The Citadel	14.5
10. Chattanooga	10
11. Wofford	4
12. Davidson	--

### 100-Meter Dash

1. Ebony Carter, GSU	11.53
2. Jasmine Billings, GSU	11.72
3. Breanna Alston, APP	11.76
4. Jasmine Walker, GSU	11.82
5. Janise Robinson, WCU	11.84
6. Kristen Campbell, APP	11.88
7. D'Shawna McLucas, APP	12.08
8. Felisha Garren, WCU	12.48

### 200-Meter Dash

1. Breanna Alston, APP	23.68
2. Ebony Carter, GSU	23.92
3. D'Shawna McLucas, APP	24.15
4. Kristen Campbell, APP	24.19
5. Jasmine Walker, GSU	24.29
6. Felisha Garren, WCU	24.31
7. Bria Bell, Elon	24.32
8. Amy Salek, Elon	24.48

### 400-Meter Dash

1. Amy Salek, Elon	54.66
2. Felisha Garren, WCU	55.00
3. Asia Dunlap, APP	55.18
4. Bria Bell, Elon	56.18
5. Lena Elliott, WCU	56.39
6. Jessica Watson, SAM	56.70
7. Kimberley Thomas, GSU	58.07
8. Racquel Daly, GSU	59.90

### 800-Meter Run

1. Jocelyn Keen, WCU	2:10.99
2. Asia Dunlap, APP	2:11.92
3. Alyssa D'Orazio, CofC	2:12.05
4. Micah Wessinger, CIT	2:12.25
5. Marie Demedicis, SAM	2:12.74
6. Anna Irvine, SAM	2:15.56
7. Alyssa Burkert, WOF	2:16.81
8. Kristiana Towns, GSU	2:27.94

### 1,500-Meter Run

1. Ashley Schnell, UNCG	4:27.92
2. Shaina Sumney, UNCG	4:33.55
3. Amanda Sumner, UTC	4:36.57
4. Kerry Hartman, UNCG	4:41.12
5. Chelsea Sumney, UNCG	4:42.61
6. Holly Benson, SAM	4:43.87
7. Justine Stocks, APP	4:45.98
8. Allison Cook, APP	4:47.20

### 5,000-Meter Run

1. Amanda Hamilton, APP	17:07.46
2. Allyson Oram, Elon	17:31.11
3. Mara Smith, WCU	17:34.48
4. Sarah Williamson, APP	17:37.50
5. Ginny Cronley, UNCG	17:43.36
6. Hannah Orders, APP	17:47.01
7. Amy Neilson, APP	18:02.95
8. Kaitlin Cagle, APP	18:04.13

### 10,000-Meter Run

1. Dena O'Brien, CofC	35:55.44
2. Sinead Haughey, FUR	36:01.61
3. Allyson Oram, Elon	36:29.08
4. Sarah Williamson, ASU	36:29.41
5. Ginny Cronley, UNCG	37:10.33
6. Amanda Hamilton, APP	37:39.59
7. Kaitlin Cagle, APP	37:51.79
8. Morgan Denecke, Elon	37:57.10

### 100-Meter Hurdles

1. Jasmine Billings, GSU	13.68
2. Stephanie Hicks, GSU	13.76
3. Taylor Wade, GSU	14.20
4. Julie McDonald, SAM	14.22
5. Shermell Wilkins, WCU	14.34
6. Xaviera Bass, WCU	14.46
7. Jettana Thomas, WCU	14.84
8. Molly Vaughn, APP	14.89

### 400-Meter Hurdles

1. Shenita Martin, APP	1:01.27
2. Taylor Wade, GSU	1:01.88
3. Michaela Birek, WCU	1:02.10
4. Helena Shields, APP	1:02.94
5. Kristen Wolfe, CofC	1:04.10
6. Shermell Wilkins, WCU	1:05.50
7. Leslie Graf, SAM	1:05.50
8. Veronica Luedke, Elon	1:10.38

### 3,000-Meter Steeplechase

1. Kristen Wolf, CofC	10:48.26
2. Brooke Mosteller, FUR	10:49.21
3. Allison Cook, APP	10:57.99
4. Hannah Orders, APP	11:00.70
5. Emily Tryon, APP	11:27.50
6. Maria Stickley, Elon	11:49.53
7. Kelly Montague, UNCG	11:57.92
8. Rachel Sims, SAM	12:11.83

### 4x100-Meter Relay

1. Appalachian State	45.92
2. Western Carolina	46.02
3. Georgia Southern	46.48
4. Elon	46.75
5. Samford	48.42
6. The Citadel	49.78
7. College of Charleston	49.79
8. Chattanooga	51.60

### 4x400-Meter Relay

1. Western Carolina	3:46.80
2. Elon	3:48.46
3. Appalachian State	3:50.77
4. Samford	3:53.57
5. College of Charleston	3:58.19
6. The Citadel	4:00.70
7. Wofford	4:00.94
8. Chattanooga	4:05.94

### High Jump

1. Emily Smith, CofC	1.75m
T2. Shaquiel Robinson, APP	1.65m
T2. Chenelle Terry, Sam	1.65m
4. Xaviera Bass, WCU	1.65m
5. Haley Laird, Elon	1.65m
6. Jordan Lee, Elon	1.65m
7. Taylor Pannell, UTC	1.60m
8. Mary Theresa Montgomery, APP	1.60m

### Pole Vault

1. Claire Goodson, SAM	3.90m
2. Cassandra Crawford, APP	3.75m
3. Chelsea Farr, APP	3.75m
4. Ashley Wala, WCU	3.60m
5. Ashley Cope, SAM	3.60m
6. Laura Bedsole, SAM	3.45m
7. Debra Domermuth, APP	3.30m
8. Devyn Ressler, WCU	3.30m

### Long Jump

1. Jasmine Walker, GSU	5.93m
2. Tatyana Bryant, APP	5.91m
3. Jettana Thomas, WCU	5.81m
4. Raven Parrish, WCU	5.68m
5. Breanna Alston, APP	5.63m
6. Emily Allen, SAM	5.49m
7. Millicent Brooks-Millender, GSU	5.41m
8. Louise PrevotEAU, Elon	5.31m

### Triple Jump

1. Erika Ivey, APP	12.09m
2. Emily Allen, SAM	11.92m
3. Tatyana Bryant, APP	11.59m
4. Millicent Brooks-Millender, GSU	11.43m
5. Janelle McNeil, Elon	11.13m
6. Jettana Thomas, WCU	11.06m
7. Brianna Charles, GSU	10.99m
8. Dyshia Parks, CofC	10.72m

### Shot Put

1. Sarah Sisk, CofC	13.55m
2. Charlise Morgan, Elon	13.41m
3. Jasmine Suydam, APP	13.40m
4. Gayshawna Watkins, APP	13.19m
5. Charnelle Wray, GSU	12.93m
6. Katelyn Poole, SAM	12.72m
7. Alexis Jacobs, GSU	12.50m
8. Alisha Bradshaw, WCU	12.47m

### Discus Throw

1. Alisha Bradshaw, WCU	43.71m
2. Aleisha Archie McMillan, WCU	42.17m
3. Jasmine Suydam, ASU	41.75m
4. Alyssa Girvin, Elon	41.73m
5. Gayshawna Watkins, APP	41.25m
6. Shelby Bulita, SAM	40.73m
7. Kim Cannon, WCU	38.98m
8. Jennifer Jarvis, Elon	37.97m

### Hammer Throw

1. Zakiyyah Stewart, WCU	52.12m
2. Gayshawna Watkins, APP	49.20m
3. Norjai Palma, APP	48.84m
4. Michaela McGriff, APP	47.68m
5. Shelby Bulita, SAM	45.29m
6. Charlise Morgan, Elon	43.25m
7. Kasandra Polson, CIT	41.39m
8. Charnelle Wray, CIT	41.05m

### Javelin Throw

1. Megan Morton, WCU	42.84m
2. Shelby Bulita, SAM	40.42m
3. Dianne Tiplady, APP	39.31m
4. Summer Hughes, WCU	38.30m
5. Justine Robertson, Elon	37.41m
6. Christine Klinar, CofC	36.99m
7. Azura Robillard, GSU	35.69m
8. Gayshawna Watkins, APP	35.43m

### Heptathlon

1. Ashley Cope, SAM	4,743
2. Christian McGuire, SAM	4,656
3. Louise PrevotEAU, Elon	4,587
4. Jettana Thomas, WCU	4,419
5. Macy Conger, SAM	4,408
6. Nicole Levermann, CIT	4,272
7. Anne Greer, WCU	4,225
8. Kaitlin McWhorter, CofC	3,933

### Most Outstanding Performer

Breanna Alston, Appalachian State

### Most Outstanding Track Performer

Ebony Carter, Georgia Southern

### Most Outstanding Field Performer

Emily Allen, Samford

### Freshman of the Year

Alisha Bradshaw, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 10)

# 2011 Men's Championship

## Team Results

Team	Points
1. Appalachian State	256
2. Western Carolina	218.5
3. Samford	138.5
4. Davidson	770
5. The Citadel	48
6. Chattanooga	42
7. Furman	24
8. Wofford	17
9. UNCG	1

**100-Meter Dash**

1. Dennis Moore, APP	10.39
2. Landon Powell, APP	10.55
3. Justin Thomas, APP	10.61
4. Justin Emerson, SAM	10.66
5. Brandon Hairston, WCU	10.80
6. Thomas Lockard, APP	10.81
7. Willie Bowman, WCU	10.87
8. Daniel Till, CIT	10.89

**200-Meter Dash**

1. Dennis Moore, APP	20.81
2. Brandon Hairston, WCU	21.16
3. Justin Thomas, APP	21.30
4. Landon Powell, APP	21.32
5. Aaron Tribble, WCU	21.41
6. Daniel Till, CIT	21.77
7. Benny Davis, WCU	21.79
8. Thomas Lockard, APP	21.98

**400-Meter Dash**

1. Brunson Miller, CIT	46.90
2. Aaron Tribble, WCU	47.53
3. Benny Davis, WCU	48.75
4. Brandon Hairston, WCU	48.97
5. JinHan Song, DAV	49.19
6. Sydney Rhodes, WCU	49.49
7. Alex Richter, SAM	49.50
8. Ammar Phillips, WCU	49.66

**800-Meter Run**

1. Drew Tucker, WCU	1:51.33
2. Brandon Hudgins, APP	1:51.34
3. Henry Stevens-Carty, DAV	1:51.71
4. Lee Gilmer, FUR	1:51.99
5. Alex Taylor, APP	1:52.41
6. Garrett West, WCU	1:52.79
7. David Moore, UTC	1:53.03
8. Joey Thompson, UNCG	1:53.17

**1,500-Meter Run**

1. Grayam Sailor-Tynes, DAV	3:59.44
2. James Perez, FUR	4:00.36
3. Bud Galloway, APP	4:00.65
4. Andrew Lantz, DAV	4:00.74
5. Will Mitchell, DAV	4:00.76
6. Brandon Hudgins, APP	4:01.04
7. Layton Dorsett, SAM	4:01.34
8. Lucas Cotter, UTC	4:01.82

**5,000-Meter Run**

1. Will Raby, APP	14:54.57
2. Emmanuel Kirwa, UTC	14:58.53
3. Chris Berry, UTC	14:58.69
4. Charlie Schmitt DAV	15:02.12
5. Nicholas Kelly, APP	15:07.56
6. Sean Soderman, APP	15:08.87
7. Demetrios Pagonis, DAV	15:10.75
8. Ryan Hopkins, DAV	15:20.46

**10,000-Meter Run**

1. Chris Berry, UTC	30:42.38
2. Ryan Hopkins, DAV	30:42.77
3. Emmanuel Kirwa, UTC	30:44.51
4. Will Raby, APP	30:52.21
5. Demetrios Pagonis, DAV	30:58.43
6. Charles McGoogan, FUR	31:10.52
7. Nicholas Kelly, APP	31:32.53
8. Greg Marcil, DAV	31:40.85

**110-Meter-Hurdles**

1. Cordell Livingston, WCU	14.46
2. AJ Dohanic, APP	14.55
3. Jordan Blazer, WCU	14.60
4. Cavan Corcoran, SAM	14.68
5. Trey Jones, APP	14.93
6. Tyler Bentley, WCU	15.28
7. Sam Lusty, WCU	15.56
8. Chris Sievert, CIT	16.21

**400-Meter Hurdles**

1. Cordell Livingston, WCU	52.62
2. AJ Dohanic, APP	53.90
3. Blazer Jordan, WCU	54.16
4. Blake Olson, UTC	54.45
5. Tyler Bentley, WCU	55.42
6. Taylor Martin, DAV	55.63
7. Sam Lusty, WCU	55.74
8. Donald Cooper, SAM	56.33

**3,000-Meter Steeplechase**

1. Sean Soderman, APP	8:56.82
2. Blaise Carie, SAM	8:59.08
3. Chris Moen, APP	9:13.96
4. Ian Tupper, DAV	9:14.39
5. Bud Galloway, APP	9:14.66
6. Scott Cope, SAM	9:17.71
7. Chase Fisher, WCU	9:22.37
8. Vincent Weir, DAV	9:22.38

**4x100-Meter Relay**

1. Appalachian State	40.29
2. Western Carolina	40.94
3. The Citadel	42.40
4. Samford	42.64
5. Davidson	43.58
6. Wofford	43.94

**4x400-Meter Relay**

1. Western Carolina	3:11.45
2. The Citadel	3:13.93
3. Samford	3:21.04
4. Davidson	3:22.36
5. Chattanooga	3:24.81
6. Furman	3:25.37
7. Wofford	3:28.90
8. Appalachian State	3:29.27

**High Jump**

1. Darius Purcell, APP	2.10m
2. James Harris, CIT	2.05m
3. Tyler Kemp, SAM	2.05m
4. Jordan Orr, WCU	2.00m
5. Joshua Hogg, APP	1.95m
6. Joe Bailey, WOF	1.95m
7. Aaron Tribble, WCU	1.90m
T8. Justin Strickland, WCU	1.90m
T8. Donald Cooper, SAM	1.90m

**Pole Vault**

1. Michael Seaman, SAM	5.05m
2. Patrick Weels, SAM	5.05m
3. Owen Wagoner, SAM	4.85m
4. Ryan Twiford, APP	4.70m
5. Mike Wilson, APP	4.55m
6. Zac Epperson, SAM	4.40m
7. Matt Stenger, WCU	4.40m

**Long Jump**

1. Lawren Willard, WCU	7.15m
2. Stewart Dalton, DAV	6.84m
3. Mike McCrimon, WOF	6.83m
4. Bob McNeil, WCU	6.80m
5. Tim Smith, CIT	6.79m
6. Cornelius Williams, WCU	6.75m
7. Jamal Tiller, APP	6.75m
8. Darius Purcell APP	6.47m

**Triple Jump**

1. Cordell Livingston, WCU	14.94m
2. Cornelius Williams, WCU	14.77m
3. Jamal Tiller, APP	14.76m
4. Bob McNeil, WCU	14.68m
5. Lawren Willard, WCU	14.26m
6. Justin Strickland, WCU	13.76m
7. Mike McCrimon, WOF	13.30m
8. Patrick Hill, APP	13.16m

**Shot Put**

1. Jerod Gardner, APP	16.90m
2. Jacob Lane, APP	16.12m
3. Malcolm Styers, APP	15.83m
4. Chris Davis, SAM	15.28m
5. Jonathan Newton, WCU	14.59m
6. Jamie Van Pelt, WCU	14.31m
7. Ryan Pless, WCU	13.68m
8. Dylan Gigado, CIT	13.64m

**Discus Throw**

1. Jerod Gardner, APP	48.45m
2. Malcolm Styers, APP	47.40m
3. Jamie Van Pelt, WCU	46.26m
4. Scott Des Marais, FUR	44.06m
5. Caleb Poplin, APP	42.98m
6. Ryan Pless, WCU	41.98m
7. Daniel Alexis, WCU	40.77m
8. Jacob Lane, APP	40.76m

**Hammer Throw**

1. Malcolm Styers, APP	58.31m
2. Kyle Kirby, SAM	57.87m
3. Timothy Daly, APP	56.21m
4. Jamie Van Pelt, WCU	53.91m
5. Jerod Gardner, APP	52.04m
6. Zane Lail, APP	48.78m
7. Kanon Burt, SM	48.01m
8. Chris Castagno, CIT	47.92m

**Javelin Throw**

1. Thomas Oliver, SAM	63.65m
2. Brandon Basset, SAM	60.25m
3. Ryland Robbins, SAM	58.38m
4. Jamie Van Pelt, WCU	54.20m
5. Kanon Burt, SAM	53.16m
6. Clay Allen, CIT	52.93m
7. Wayne Parker, WCU	51.92m
8. Andy Vess, WOF	51.26m

**Decathlon**

1. Brandon Basset, SAM	7,040
2. Jake Goodchild, APP	6,560
3. Luke Burton, WCU	5,876
4. Donald Cooper, SAM	5,674
5. Zac Epperson, SAM	5,330
6. Sam Lusty	5,079
7. Parker Gaston, CIT	4,853
8. Wayne Parker, WCU	4,104

<b>Most Outstanding Athlete</b> Cordell Livingston, Western Carolina
<b>Most Outstanding Track Performer</b> Dennis Moore, Appalachian State
<b>Most Outstanding Field Performer</b> Malcolm Styers, Appalachian State
<b>Freshman of the Year</b> Aaron Tribble, Western Carolina
<b>Coach of the Year</b> Rod Tiffin, Samford
<b>**NOTES**</b> • Top three finishers in each event received all-conference honors • Top three freshmen finishers in each event received all-freshmen honors (pg. 5)

# 2011 Women's Championship

## Team Results

Team	Points
1. Appalachian State	195
2. Western Carolina	138
3. Elon	131
4. Samford	115.5
5. Georgia Southern	87.5
6. College of Charleston	66.5
7. UNCG	29
8. Furman	25
9. The Citadel	20
10. Chattanooga	7
11. Wofford	2.5
12. Davidson	2

### 100-Meter Dash

1. Ebony Carter, GSU	11.75
2. Brianna Alston, APP	11.87
3. Felicia Paulding, WCU	12.00
4. Kristen Campbell, APP	12.02
5. Raven Parrish, WCU	12.08
6. Janise Robinson, WCU	12.21
7. Jasmine Billings, GSU	12.22
8. Kwajelin Holsendolph, GSU	12.26

### 200-Meter Dash

1. Breanna Alston, APP	24.02
2. Felisha Garren, WCU	24.23
3. Felicia Paulding, WCU	24.39
4. Ebony Carter, GSU	24.49
5. Bria Bell, Elon	24.67
6. Amy Salek, Elon	24.69
7. Kristen Campbell, APP	24.70
8. D'Shawna McLucas, APP	24.75

### 400-Meter Dash

1. Felisha Garren, WCU	53.99
2. Amy Salek, Elon	54.44
3. Asia Dunlap, APP	55.11
4. Bria Bell, Elon	56.64
5. Racquel Daly, GSU	56.98
6. Shalyn McMichael, WCU	57.29
7. D'Shawna McLucas, APP	57.46
8. Sarah Skogen, Elon	57.61

### 800-Meter Run

1. Hillary Neal, SAM	2:10.52
2. Asia Dunlap, APP	2:10.91
3. Micah Wessinger, CIT	2:13.51
4. Monique Ositelu, FUR	2:14.52
5. Alussa D'Orazio, CofC	2:15.84
6. Jocelyn Keen, WCU	2:16.28
7. Erin Barker, FUR	2:17.90
8. Julie Hart, Elon	2:18.56

### 1,500-Meter Run

1. Ashley Schnell, UNCG	4:27.06
2. Dena O'Brien, CofC	4:29.01
3. Julie Hart, Elon	4:34.08
4. Morgan Turner, WCU	4:35.53
5. Lauren D'Alessio, SAM	4:38.38
6. Erin Barker, FUR	4:38.76
7. Jessica Van Ausdall, SAM	4:40.50
8. Jenna Callahan, FUR	4:40.51

### 5,000-Meter Run

1. Dena O'Brien, CofC	17:11.52
2. Chelsea Sumney, UNCG	17:52.76
3. Shaina Sumney, UNCG	17:54.44
4. Jillian Klassen, SAM	17:58.70
5. Emily Fournier, Elon	18:00.90
6. Amy Neilson, APP	18:11.90
7. Allyson Oram, Elon	18:13.59
8. Sarah Cline, DAV	18:14.65

### 10,000-Meter Run

1. Chloe Kowalski, FUR	36:40.96
2. Jillian Klassen, SAM	36:46.88
3. Amy Neilson, APP	36:53.70
4. Tara Gietema, UTC	37:35.01
5. Alyson Costa, Elon	37:40.58
6. Morgan Denecke, Elon	37:44.18
7. Ginny Cronley, UNCG	37:48.44
8. Heather Conarro, DAV	38:06.48

### 100-Meter Hurdles

1. Nicole Okolo, WCU	13.73
2. Kwajelin Holsendolph, GSU	13.90
3. Julie McDonald, SAM	13.97
4. Stephanie Hicks, GSU	14.03
5. Jasmine Billings, GSU	14.06
6. Morgan Tyler, SM	14.41
7. Carlyn Wright, WCU	14.54
8. Michelle Brutus, APP	14.60

### 400-Meter Hurdles

1. Chenel McFadden, APP	1:00.94
2. Veronica Luedke, Elon	1:01.96
3. Shenita Martin, APP	1:02.69
4. Mary Zolga, CofC	1:03.06
5. Ray Toomer, GSU	1:03.33
6. Helena Shields, APP	1:03.33
7. Leslie Graf, SAM	1:06.43
8. Morgan Tyler, SAM	1:11.57

### 3,000-Meter Steeplechase

1. Kristen Wolf, CofC	10:42.85
2. Emily Tryon, Elon	10:53.86
3. Emily Fournier, Elon	10:59.38
4. Lauren D'Alessio, SAM	11:00.02
5. Rebecca Shelton, FUR	11:21.08
6. Anna Grimes, UNCG	11:21.12
7. Dani Reese, APP	11:21.16
8. Hannah Orders, APP	11:24.17

### 4x100-Meter Relay

1. Western Carolina	45.92
2. Appalachian State	46.44
3. Elon	47.15
4. Samford	48.33
5. The Citadel	49.07
6. College of Charleston	51.20
7. Chattanooga	51.53

### 4x400-Meter Relay

1. Elon	3:43.83
2. Western Carolina	3:46.15
3. Georgia Southern	3:50.60
4. Samford	3:53.21
5. Appalachian State	3:53.51
6. College of Charleston	3:58.63
7. The Citadel	4:01.34
8. Wofford	4:06.66

### High Jump

1. Rebecca Hazeltine, APP	1.75m
2. Shaquiela Robinson, APP	1.70m
3. Rebecca Hazeltine, APP	1.70m
4. Emily Smith, CofC	1.70m
5. Nicole Levermann, CIT	1.60m
6. Zakiyyah Stewart, WCU	1.60m
T7. Kaitlin Brown, WOF	1.60m
T7. Alex Cassagnol, GSU	1.60m

### Pole Vault

1. Cassandra Crawford, APP	3.80m
2. Kassie McKie, WCU	3.70m
3. Ashley Cope, SAM	3.70m
4. Laura Bedsole, SAM	3.40m
5. Meredith Wilson, APP	3.40m
6. Ashley Wala, WCU	3.40m
T7. Claire Goodson, CofC	3.40m
T7. Mary Barron, SAM	3.40m

### Long Jump

1. Shaunta Hamilton, GSU	5.99m
2. Veronica Day, Elon	5.91m
3. Bianca Harvey, APP	5.75m
4. Crystal Dukes, APP	5.58m
5. Stephanie Hicks, GSU	5.52m
6. Erika Ivey, APP	5.42m
7. Millicent Brooks-Millender, GSU	5.35m
8. Brittany Wilkins, Elon	5.31m

### Triple Jump

1. Veronica Day, Elon	12.64m
2. Lauren Hawkesworth, Elon	12.13m
3. Erika Ivey, APP	12.05m
4. Morgan Tyler, SAM	12.04m
5. Millicent Brooks-Millender, GSU	12.04m
6. Brittany Powell, WCU	11.86m
7. Shaunta Hamilton, GSU	11.84m
8. Emily Allen, SAM	11.76m

### Shot Put

1. Norjai Palma, APP	14.34m
2. Gayshawna Watkins, APP	13.92m
3. Zakiyyah Stewart, WCU	13.38m
4. Justine Robertson, Elon	13.11m
5. Charlise Morgan, Elon	12.66m
6. Ashley Thomas, GSU	12.44m
7. Andriana Love, CIT	12.30m
8. Crystal Dukes, APP	12.05m

### Discus Throw

1. Zakiyyah Stewart, WCU	43.74m
2. Gayshawna Watkins, APP	43.59m
3. Norjai Palma, APP	42.71m
4. Justine Robertson, Elon	40.78m
5. Shelby Builtta, SAM	40.25m
6. Alyssa Girvin, Elon	39.24m
7. Ashley Thomas, GSU	35.60m
8. Rebecca Gardner, Elon	33.51m

### Hammer Throw

1. Zakiyyah Stewart, WCU	52.12m
2. Gayshawna Watkins, APP	49.20m
3. Norjai Palma, APP	48.84m
4. Michaela McGriff, APP	47.68m
5. Shelby Builtta, SAM	45.29m
6. Charlise Morgan, Elon	43.25m
7. Kasandra Polson, CIT	41.39m
8. Charnelle Wray, CIT	41.05m

### Javelin Throw

1. Megan Morton, WCU	42.71m
2. Shelby Builtta, SAM	40.42m
3. Deanne Tiplady, APP	39.31m
4. Summer Hughes, WCU	38.30m
5. Justine Robertson, Elon	37.41m
6. Christine Klinar, CofC	36.99m
7. Azura Robillard, GSU	35.69m
8. Gayshawna Watkins, APP	35.43m

### Heptathlon

1. Ashley Cope, SAM	4,669
2. Isabel Boersma, CofC	4,543
3. Stephanie Hicks, GSU	4,535
4. Brynne Johnson, CofC	4,531
5. Macy Conger, SAM	4,469
6. Morgan Tyler, SAM	4,446
7. Nakristin Greene, WCU	4,367
8. Shaunta Hamilton, GSU	4,278

### Most Outstanding Performer

Zakiyyah Stewart, Western Carolina

### Most Outstanding Track Performer

Felisha Garren, Western Carolina

### Most Outstanding Field Performer

Veronica Day, Elon

### Freshman of the Year

Breanna Alston, Appalachian State

### Coach of the Year

Mark Elliston, Elon

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 10)

# 2010 Men's Championship

## Team Results

Team	Points
1. Appalachian State	263.5
2. Western Carolina	242
3. Samford	132.5
4. The Citadel	57.5
5. Davidson	44
6. Chattanooga	29
T7. Furman	21
T7. UNCG	21
9. Wofford	3.5

### 100-Meter Dash

1. Landon Powell, APP	10.50
2. Dominique Young, WCU	10.55
3. Dennis Moore, APP	10.60
4. Justin Thomas, APP	10.66
5. Willie Bowman, WCU	10.75
6. Daniel Till, CIT	10.78
7. Christian Bethune, WCU	10.98
8. Benny Davis, WCU	11.36

### 200-Meter Dash

1. Landon Powell, APP	21.51
2. John Svoboda, APP	21.54
3. Dominique Young, WCU	21.59
4. Dennis Moore, APP	21.66
5. Justin Thomas, APP	21.90
6. Daniel Till, CIT	22.02
7. Benny Davis, WCU	22.07
8. Brandon Hairston, WCU	22.23

### 400-Meter Dash

1. Brunson Miller, CIT	47.25
2. Benny Davis, WCU	47.56
3. Brandon Hairston, WCU	47.61
4. John Svoboda, APP	47.69
5. JinHan Song, DAV	48.37
6. Tyler Combs, APP	49.07
7. Zac Cordner, SAM	49.30
8. Nick Zeller, APP	49.49

### 800-Meter Run

1. Drew Tucker, WCU	1:51.57
2. Terry Wyatt, UNCG	1:52.11
3. Alex Taylor, APP	1:54.01
4. Brandon Hudgins, APP	1:54.16
5. Garrett West, WCU	1:54.34
6. David Moore, UTC	1:55.64
7. Will Stratford, DAV	1:55.94
8. Peter Bruton, DAV	1:56.00

### 1,500-Meter Run

1. Brandon Hudgins, APP	3:53.51
2. Joey Thompson, UNCG	3:53.85
3. Alex Taylor, APP	3:53.91
4. Peter Bruton, DAV	3:55.71
5. Stephen Hammond, WCU	3:56.69
6. Josh Houser, APP	3:56.74
7. Scott Cope, SAM	3:57.20
8. Lee Gilmer, FUR	3:57.37

### 5,000-Meter Run

1. Phil Mitchell, APP	14:53.82
2. Cameron Bean, SAM	14:58.88
3. Emmanuel Kirwa, UTC	15:03.31
4. Ryan Hopkins, DAV	15:05.58
5. Sean Soderman, APP	15:13.77
6. Brian Graves, APP	15:16.26
7. Alec Meyer, APP	15:22.83
8. Charlie McGoogan, FUR	15:33.57

### 10,000-Meter Run

1. Phil Mitchell, APP	31:32.42
2. Ryan Hopkins, DAV	31:42.26
3. Charlie McGoogan, FUR	31:45.99
4. Jay Miller, FUR	31:48.01
5. Mark Cole, UTC	32:06.49
6. Demetrios Pagonis, DAV	32:20.94
7. Brian Graves, APP	32:27.82
8. Josey Weaver, WCU	32:38.24

### 110-Meter Hurdles

1. Cordell Livingston, WCU	14.42
2. AJ Dohanac, APP	14.80
3. Trey Jones, APP	14.85
4. Matt Boruff, APP	15.12
5. Cavan Corcoran, APP	15.23
6. Tyler Bentley, WCU	15.58
7. Sean Reardon, WCU	17.17

### 400-Meter Hurdles

1. Jestin Jennings, WCU	54.26
2. Chas Keithan, SAM	55.31
3. Taylor Martin, DAV	55.40
4. Blake Olson, UTC	55.93
5. Tyler Bentley, WCU	56.48
6. Trey Jones, APP	56.93
7. AJ Dohanac, APP	58.98
8. Cordell Livingston, WCU	3:28.93

### 3,000-Meter Steeplechase

1. Cameron Bean, SAM	9:10.00
2. Blaise Carie, SAM	9:17.83
3. Sean Soderman, APP	9:22.83
4. Emmanuel Kirwa, UTC	9:28.43
5. Alec Meyer, APP	9:35.20
6. AJ Savoia, UNCG	9:38.29
7. Brendan Kight, CIT	9:39.76
8. Josey Weaver, WCU	9:44.20

### 4x100-Meter Relay

1. Appalachian State	40.50
2. Western Carolina	40.67
3. The Citadel	41.55
4. Davidson	42.12
5. Samford	42.40
6. Chattanooga	47.64
7. Wofford	50.14

### 4x400-Meter Relay

1. The Citadel	3:15.97
2. Western Carolina	3:16.81
3. Appalachian State	3:18.31
4. Davidson	3:19.73
5. Samford	3:20.92
6. Chattanooga	3:24.64
7. UNCG	3:27.13
8. Furman	3:28.26

### High Jump

1. Matt Evans, WCU	2.16m
2. Darius Purcell, APP	2.05m
T3. James Harris, CIT	1.90m
T3. Bo Ackerson-Gilroy, SAM	1.90m
5. Brian Toney, FUR	1.85m
6. Matt Boruff, APP	1.85m
7. Brad Triplett, APP	1.85m
8. Joe Bailey, WOF	1.85m

### Pole Vault

1. Patrick Wells, SAM	5.15m
2. Michael Seaman, SAM	5.10m
3. Mike O'Steen, WCU	4.75m
4. Mike Wilson, APP	4.75m
5. Zac Epperson, SAM	4.60m
6. Matt Boruff, APP	4.60m
7. Brandon Bassett, SAM	4.60m
8. Ryan Cook, SAM	4.60m

### Long Jump

1. Alex Dollard, WCU	7.19m
2. Cornelius Williams, WCU	6.91m
3. Kevin Hardy, CIT	6.89m
4. Lawren Willard, WCU	6.85m
5. Cordell Livingston, WCU	6.76m
6. Phillip Bush, APP	6.59m
7. Brandon Bassett, SAM	6.48m
8. DeSean Pearce, APP	6.48m

### Triple Jump

1. Cornelius Williams, WCU	14.75m
2. Alex Dollard, WCU	14.49m
3. Chinedu Amah, SAM	14.28m
4. Cordell Livingston, WCU	14.22m
5. Matt Evans, WCU	13.56m
6. Nick Zeller, APP	13.53m
7. Mike Wilson, APP	13.45m
8. DeSean Pearce, APP	13.01m

### Shot Put

1. Malcolm Styers, APP	16.98m
2. Jerod Gardner, APP	15.52m
3. Cale McDaniel, WCU	15.46m
4. Ryan Pless, WCU	15.26m
5. Quincy Marshall, WCU	15.21m
6. Jared Stalling, APP	14.34m
7. Chris Davis, SAM	13.93m
8. Quintin Turner, CIT	13.63m

### Discus Throw

1. Malcolm Styers, APP	50.54m
2. Quintin Turner, CIT	48.21m
3. Jamie Van Pelt, WCU	48.07m
4. Jerod Gardner, APP	47.31m
5. Ryan Pless, WCU	43.48m
6. Scott Des Marais, FUR	41.97m
7. Jared Stalling, APP	41.70m
8. Quincy Marshall, WCU	40.55m

### Hammer Throw

1. Malcolm Styers, APP	59.41m
2. Timothy Daly, APP	57.09m
3. Kyle Kirby, SAM	55.76m
4. Jared Stalling, APP	54.78m
5. Cale McDaniel, WCU	54.08m
6. Jamie Van Pelt, WCU	52.62m
7. William Norris, CIT	48.82m
8. Quintin Turner, CIT	48.79m

### Javelin Throw

1. Matt Evans, WCU	66.18m
2. Thomas Oliver, SAM	59.89m
3. Ryland Robbins, SAM	59.32m
4. Darron Dotson, WCU	57.97m
5. Bo Ackerson-Gilroy, SAM	54.54m
6. Jamie Van Pelt, WCU	53.58m
7. Wayne Parker, WCU	49.37m
8. Andy Vess, WOF	46.58m

### Decathlon

1. Chas Keithan, SAM	6,355
2. Bo Ackerson-Gilroy, SAM	6,314
3. David Gift, WCU	5,959
4. Luke Burton, WCU	5,690
5. Sean Reardon, WCU	5,638
6. Andrew Hill, APP	5,352

#### Most Outstanding Athlete

Malcolm Styers, Appalachian State

#### Most Outstanding Track Performer

Landon Powell, Appalachian State

#### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

#### Freshman of the Year

Landon Powell, Appalachian State

#### Coach of the Year

John Weaver, Appalachian State

#### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 5)

# 2010 Women's Championship

## Team Results

Team	Points
1. Western Carolina	221.5
2. Appalachian State	144
3. Elon	123.5
4. Samford	84
5. Georgia Southern	83
6. College of Charleston	66
7. Chattanooga	27
8. The Citadel	26
9. Furman	21
10. Davidson	19
11. UNCG	3
12. Wofford	1

### 100-Meter Dash

1. Felicia Paulding, WCU	11.80
2. Demetrise Anthony, GSU	11.89
3. Sherelle Fronberger, WCU	11.99
4. Ashley McKiver, APP	12.05
5. Kiara Crutchfield, APP	12.22
6. Raven Parrish, WCU	12.40
7. Ebony Carter, GSU	12.44
8. Emma Bowers, WCU	12.59

### 200-Meter Dash

1. Felicia Paulding, WCU	23.99
2. Sherelle Fronberger, WCU	23.99
3. Jane't Carothers, WCU	24.06
4. Felisha Garren, WCU	24.48
5. Emma Bowers, WCU	24.72
6. Demetrise Anthony, GSU	24.85
7. Ashley McKiver, APP	25.60
8. Christina Parker, APP	25.63

### 400-Meter Dash

1. Jane't Carothers, WCU	54.28
2. Felisha Garren, WCU	55.01
3. Shalyn McMichael, WCU	55.38
4. Emma Bowers, WCU	55.82
5. Asia Dunlap, APP	56.53
6. Amy Salek, Elon	57.32
7. JoAnn JaJa Benson, GSU	58.22
8. D'Shawnna McLucas, APP	58.35

### 800-Meter Run

1. Anneli Uys, UTC	2:11.36
2. Jennine Strange, Elon	2:13.06
3. Micah Wessinger, CIT	2:13.24
4. Holly Benson, SAM	2:14.09
5. Monique Ositelu, FUR	2:15.58
6. Hannah Bowers, WCU	2:17.54
7. Trinity Foreman, APP	2:20.07
8. Laura Fuller, GSU	2:21.85

### 1,500-Meter Run

1. Anneli Uys, UTC	4:29.92
2. Hillary Neal, SAM	4:32.20
3. Trinity Foreman, APP	4:39.18
4. Morgan Turner, WCU	4:41.67
5. Kristen Wolfe, CofC	4:42.47
6. Shaina Sumney, UNCG	4:47.22
7. Hannah Parks, APP	4:48.25
8. Lauren D'Alessio, SAM	4:50.17

### 5,000-Meter Run

1. Brooke Mosteller, FUR	17:56.55
2. Caitlin Beeler, Elon	18:03.63
3. Emily Fournier, Elon	18:04.61
4. Heather Conarroe, DAV	18:05.69
5. Andrea Seccafien, SAM	18:17.60
6. Lindsay Groce, WCU	18:21.69
7. Natalie Atabek, DAV	18:23.29
8. Chloe Kowalski, FUR	18:24.56

### 10,000-Meter Run

1. Caitlin Beeler, Elon	37:27.42
2. Natalie Atabek, DAV	37:51.68
3. Tara Gietema, UTC	38:12.13
4. Lindsay Groce, WCU	38:15.27
5. Amy Neilson, APP	39:00.40
6. Natalie Wolin, CIT	39:11.30
7. Kelsey Hanger, APP	39:12.08
8. Danielle Ruggieri, DAV	39:48.61

### 100-Meter Hurdles

1. Nicole Okolo, WCU	13.85
2. Jelain McArthur, CofC	14.03
3. Jasmine Billings, GSU	14.34
4. Michelle Brutus, APP	14.49
5. Morgan Tyler, SAM	14.64
6. Kiara Crutchfield, APP	14.66
7. Lynnsey Hyter, GSU	14.79
8. Julie McDonald, SAM	14.93

### 400-Meter Hurdles

1. Tierra Johnson, WCU	1:02.39
2. Mary Zolga, CofC	1:03.31
3. Morgan Joseph, WCU	1:03.48
4. Shenita Martin, APP	1:04.01
5. Morgan Tyler, SAM	1:04.08
6. Rosie Lewis, DAV	1:05.06
7. Andrea March, Elon	1:06.13
8. Michelle Brutus, APP	1:07.34

### 3,000-Meter Steeplechase

1. Hillary Neal, SAM	10:42.61
2. Emily Fournier, Elon	11:15.09
3. Kristen Wolfe, CofC	11:21.28
4. Emily Tryon, Elon	11:28.01
5. Rebecca Shelton, FUR	11:35.54
6. Stephanie Chapman, APP	11:37.99
7. Hannah Parks, APP	11:43.06
8. Hannah Orders, APP	11:44.48

### 4x100-Meter Relay

1. Western Carolina	45.45
2. Appalachian State	46.25
3. Georgia Southern	46.63
4. Elon	47.69
5. Samford	48.28
6. College of Charleston	49.47
7. The Citadel	52.31
8. Wofford	54.09

### 4x400-Meter Relay

1. Western Carolina	3:46.74
2. Appalachian State	3:50.88
3. Elon	3:52.61
4. Georgia Southern	3:55.99
5. Samford	3:56.33
6. College of Charleston	3:59.08
7. Furman	4:00.66
8. Chattanooga	4:07.21

### High Jump

1. Chenelle Terry, SAM	1.70m
2. Emily Smith, CofC	1.70m
3. Rebecca Hazeltine, APP	1.70m
4. Bridgette Hills, APP	1.60m
5. Alex Cassagnol, GSU	1.60m
6. Julie Ward, APP	1.60m
T7. Rachel Banner, Elon	1.55m
T7. Jane't Carothers, WCU	1.55m

### Pole Vault

1. Laura Bedsole, SAM	3.50m
T2. Mary Barron, SAM	3.50m
T2. Ashley Wala, WCU	3.50m
T4. Julie Ward, APP	3.35m
T4. Kassie McKie, WCU	3.35m
T4. Chelsea Taylor, CofC	3.35m
7. Meredith Wilson, APP	3.05m
8. Summer Hughes, WCU	2.90m

### Long Jump

1. Demetrise Anthony, GSU	5.90m
2. Veronica Day, Elon	5.87m
3. Shaunta Hamilton, GSU	5.85m
4. Danielle Thorpe, APP	5.84m
5. Bianca Harvey, APP	5.84m
6. Jelain McArthur, CofC	5.82m
7. Kiara Crutchfield, APP	5.62m
8. Lynnsey Hyter, GSU	5.59m

### Triple Jump

1. Danielle Thorpe, APP	13.16m
2. Tia Jones, WCU	12.11m
3. Veronica Day, Elon	12.04m
4. Jelain McArthur, CofC	11.97m
5. Shaunta Hamilton, GSU	11.92m
6. Lauren Hawkesworth, Elon	11.75m
7. Morgan Tyler, SAM	11.60m
8. Bianca Harvey, APP	11.47m

### Shot Put

1. Urysla Cotton, Elon	13.39m
2. Gayshawna Watkins, APP	13.32m
3. Deirdra Morrison, WCU	12.95m
4. Zakiyyah Stewart, WCU	12.82m
5. Justine Robertson, Elon	12.77m
6. Latisha Harris, CofC	12.43m
7. Ashley Thomas, GSU	12.05m
8. Haley Hackett, APP	11.83m

### Discus Throw

1. Alyssa Girvin, Elon	44.26m
2. Zakiyyah Stewart, WCU	43.99m
3. Justine Robertson, Elon	41.91m
4. Whitney Smyre, APP	41.23m
5. Jocelyn Rice, WCU	40.60m
6. Monique Edwards, CIT	39.65m
7. Amanda Spivy, GSU	39.32m
8. Gayshawna Watkins, APP	38.38m

### Hammer Throw

1. Zakiyyah Stewart, WCU	50.92m
2. Monique Edwards, CIT	50.65m
3. Whitney Smyre, APP	47.40m
4. Deirdra Morrison, WCU	47.17m
5. Alyssa Girvin, Elon	43.37m
6. Tara Tounzen, WCU	42.96m
7. Emily Green, CIT	42.70m
8. Amanda Spivy, GSU	38.55m

### Javelin Throw

1. Justine Robertson, Elon	39.74m
2. Deanne Tiplady, APP	38.82m
3. Summer Hughes, WCU	37.58m
4. Christian McGuire, SAM	34.89m
5. Gayshawna Watkins, APP	34.15m
6. Tara Tounzen, WCU	33.28m
7. Emily Green, CIT	32.31m
8. Zakiyyah Stewart, WCU	29.81m

### Heptathlon

1. Shaunta Hamilton, GSU	4,573
2. Lynnsey Hyter, GSU	4,504
3. Isabel Boersma, CofC	4,466
4. Brynne Johnson, CofC	4,365
5. Christian McGuire, SAM	4,256
6. Carlyn Wright, WCU	4,161
7. Jettana Thomas, WCU	4,067
8. Emily Allen, SAM	4,016

### Most Outstanding Performer

Felicia Paulding, Western Carolina

### Most Outstanding Track Performer

Anneli Uys, Chattanooga

### Most Outstanding Field Performer

Zakiyyah Stewart, Western Carolina

### Freshman of the Year

Jelain McArthur, College of Charleston

### Coach of the Year

Mark Elliston, Elon

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 10)



# 2009 Men's Championship

## Team Results

Team	Points
1. Western Carolina	254
2. Appalachian State	253.5
3. The Citadel	70
4. Samford	66.5
5. Davidson	63
6. Chattanooga	40
7. UNCG	32
8. Furman	28
9. Wofford	10

### 100-Meter Dash

1. Dominique Young, WCU	10.53
2. Manteo Mitchell, WCU	10.71
3. Dennis Moore, APP	10.77
4. Kevin Johnson, WCU	10.78
5. Christian Bethune, WCU	10.92
6. Phillip Bush, APP	10.96
7. Daniel Neal, APP	11.00
8. Benny Davis, WCU	11.19

### 200-Meter Dash

1. Manteo Mitchell, WCU	20.90
2. Dominique Young, WCU	20.94
3. Kevin Johnson, WCU	21.45
4. Phillip Bush, APP	21.57
5. Thomas Funderburk, WCU	21.71
6. Dennis Moore, APP	21.78
7. Benny Davis, WCU	21.88
8. John Svoboda, APP	22.13

### 400-Meter Dash

1. Manteo Mitchell, WCU	47.96
2. John Svoboda, APP	48.30
3. Benny Davis, WCU	48.68
4. Thomas Funderburk, WCU	49.69
5. Jestin Jennings, WCU	50.01
6. Marcus McClary, WCU	50.18
7. Brian Smith, WOF	50.26
8. Taylor Martin, DAV	51.48

### 800-Meter Run

1. Michael Danehy, UTC	1:54.82
2. Terry Wyatt, UNCG	1:54.95
3. Nick O'Keefe, APP	1:55.29
4. Scott Cope, SAM	1:55.82
5. Lee Gilmer, FUR	1:55.97
6. Drew Tucker, WCU	1:55.99
7. Zach Johnson, CIT	1:56.95
8. Andy Clyne, UNCG	2:00.71
9. Blake Ketron, UTC	2:07.08

### 1,500-Meter Run

1. Patrick Morgan, FUR	3:49.36
2. Joey Thompson, UNCG	3:52.27
3. Josh Vasquez, UTC	3:56.30
4. Alex Hoyt, DAV	3:57.21
5. Stephen Hammond, WCU	3:57.83
6. Josh Houser, APP	3:58.81
7. Peter Bruton, DAV	3:59.38
8. Blake Ketron, UTC	4:00.11

### 5,000-Meter Run

1. Chris Berry, UTC	15:05.32
2. Lance Harden, DAV	15:11.52
3. Charlie Schmitt, DAV	15:12.67
4. Asmeron Desta, APP	15:13.14
5. Sean Soderman, APP	15:15.95
6. Tom Divinnie, DAV	15:28.05
7. Ryan Hopkins, DAV	15:28.56
8. Alex Plasencia, FUR	15:36.06

### 10,000-Meter Run

1. Lance Harden, DAV	31:27.10
2. Asmeron Desta, APP	31:35.79
3. Alex Plasencia, FUR	31:42.41
4. Ryan Hopkins, DAV	32:06.64
5. Greg Marcil, DAV	32:32.03
6. Joseph Tenini, FUR	32:37.06
7. Tom Divinnie, DAV	32:41.70
8. Josh Houser, APP	33:15.42

### 110-Meter-Hurdles

1. Jamel Brown, CIT	14.61
2. Matt Boruff, APP	14.87
3. Cavan Corcoran, SAM	14.93
4. Christian Bethune, WCU	15.05
5. Phillip Bush, APP	15.20
6. Jordan Blazer, WCU	15.20
7. AJ Dohanic, APP	15.56
-- Daniel Neal, APP	FS

### 400-Meter Hurdles

1. Jestin Jennings, WCU	53.18
2. Daniel Neal, APP	53.31
3. Jordan Blazer, WCU	54.12
4. Jamel Brown, CIT	56.56
5. AJ Dohanic, APP	56.69
6. Sean Thompson, APP	57.01
7. Stephen George, UTC	57.80
8. Cavan Corcoran, SAM	58.51

### 3,000-Meter Steeplechase

1. Blaise Carie, SAM	9:19.99
2. AJ Savoia, UNCG	9:25.24
3. Mason Campbell, APP	9:26.71
4. Sean Soderman, APP	9:27.02
5. Blake Evitt, DAV	9:38.76
6. Jeff O'Connell, FUR	9:39.92
7. Brendan Kight, CIT	9:43.88
8. David Moore, UTC	9:52.24

### 4x100-Meter Relay

1. Western Carolina	40.24
2. Appalachian State	41.54
3. Chattanooga	42.55
4. The Citadel	42.69
5. Davidson	44.65
6. Wofford	44.93
7. Samford	45.25

### 4x400-Meter Relay

1. Western Carolina	3:18.09
2. The Citadel	3:20.37
3. Appalachian State	3:20.53
4. Samford	3:23.72
5. Chattanooga	3:24.25
6. UNCG	3:28.73
7. Davidson	3:29.72
8. Furman	3:34.72

### High Jump

1. Matt Evans, WCU	2.10m
2. Darius Purcell, APP	2.05m
3. Aaron Overton, CIT	2.00m
4. James Harris, CIT	2.00m
5. Daniel Joseph, WCU	1.95m
6. Donald Cooper, SAM	1.95m
7. Matt Boruff, APP	1.95m
8. David Gift, WCU	1.85m

### Pole Vault

1. Patrick Wells, SAM	5.05m
2. Matt Boruff, APP	4.75m
3. Mike Wilson, APP	4.60m
4. Mike O'Steen, WCU	4.60m
T5. Zac Epperson, SAM	4.60m
T5. Ryan Twiford, APP	4.60m
7. Jake Goodchild, APP	4.45m
8. Joel Lynch, WCU	4.45m

### Long Jump

1. Kevin Hardy, CIT	7.25m
2. Alex Dollard, WCU	7.17m
3. Thomas Funderburk, WCU	7.05m
4. Ricky Harris, APP	7.01m
5. Phillip Bush, APP	6.86m
6. Matt Evans, WCU	6.73m
7. Mike Wilson, APP	6.54m
8. Mike Pope, APP	6.48m

### Triple Jump

1. Mark Sturgis, APP	15.27m
2. Daniel Joseph, WCU	14.73m
3. Ricky Harris, APP	14.25m
4. Shaquill Smith, CIT	14.01m
5. Matt Evans, WCU	13.70m
6. Alex Dollard, WCU	13.56m
7. Cornelius Williams, WCU	13.53m
8. Jestin Jennings, WCU	12.41m

### Shot Put

1. Jerod Gardner, APP	15.87m
2. Ryan Pless, WCU	15.32m
3. Malcolm Styers, APP	14.86m
4. Jared Stalling, APP	14.75m
5. Will Funderburg, DAV	14.68m
6. Quintin Turner, CIT	14.64m
7. Cale McDaniel, WCU	14.06m
8. Chirs Davis, SAM	13.77m

### Discus Throw

1. Jamie Van Pelt, WCU	48.53m
2. Jerod Gardner, APP	47.90m
3. Malcolm Styers, APP	47.88m
4. Quintin Turner, CIT	46.25m
5. Jared Stalling, APP	46.11m
6. Caleb Poplin, APP	44.19m
7. Ryan Pless, WCU	42.57m
8. Will Funderburg, DAV	42.36m

### Hammer Throw

1. Timothy Daly, APP	55.30m
2. Malcolm Styers, APP	53.26m
3. Cale McDaniel, WCU	50.96m
4. Jerod Gardner, APP	48.76m
5. Jared Stalling, APP	47.93m
6. Kyle Brown, SAM	44.93m
7. Jamie Van Pelt, WCU	44.49m
8. Caleb Poplin, APP	44.28m

### Javelin Throw

1. Matt Evans, WCU	61.28m
2. Thomas Oliver, SAM	58.57m
3. Darron Dotson, WCU	55.81m
4. Carter Blanche, WOF	52.78m
5. Jeremy Cannon, UNCG	52.54m
6. Matt Pfingst, APP	52.34m
7. Jamie Van Pelt, WCU	52.05m
8. Matt Earls, CIT	51.98m

### Decathlon

1. Sean Reardon, WCU	6,493
2. Jake Goodchild, APP	6,278
3. Matt Pfingst, APP	6,054
4. Donald Cooper, SAM	6,034
5. Chas Keithan, SAM	6,010
6. Brian Baize, CIT	5,987
7. David Gift, WCU	5,929
8. Wayne Parker, WCU	4,722

### Most Outstanding Athlete

Manteo Mitchell, Western Carolina

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Matt Evans, Western Carolina

### Freshman of the Year

Jamie Van Pelt, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 4)

# 2009 Women's Championship

## Team Results

Team	Points
1. Appalachian State	210.5
2. Western Carolina	177
3. Georgia Southern	146.5
4. Elon	84
5. Chattanooga	52
6. Samford	44
7. College of Charleston	42
8. The Citadel	27
9. Davidson	23
10. Furman	9
11. UNCG	3
12. Wofford	0

### 100-Meter Dash

1. Felicia Paulding, WCU	11.76
2. Demetrise Anthony, GSU	11.77
3. Emma Bowers, WCU	12.07
4. Courtney Ware, GSU	12.15
5. Crystal Dukes, APP	12.17
6. Aneesha Lane, WCU	12.26
7. Sherelle Fronberger, WCU	12.28
8. Ashley McKiver, APP	12.30

### 200-Meter Dash

1. Felicia Paulding, WCU	23.95
2. Jane't Carothers, WCU	24.06
3. Emma Bowers, WCU	24.33
4. Demetrise Anthony, GSU	24.63
5. Felisha Garren, WCU	24.78
6. Aneesha Lane, WCU	24.83
7. Ariel Hatcher, CofC	25.05
8. Danielle Thorpe, APP	25.30

### 400-Meter Dash

1. Jane't Carothers, WCU	54.78
2. Ashley Bush-Hardy, GSU	55.62
3. Amy Salek, ELON	55.63
4. Felisha Garren, WCU	56.09
5. Shalyn McMichael, WCU	56.13
6. Ashley Dance, SAM	56.29
7. Asia Dunlap, APP	56.64
8. Mary Zolga, CofC	56.70

### 800-Meter Run

1. Anneli Uys, UTC	2:10.91
2. Jennifer Povick, APP	2:12.06
3. Lauren Anderson, UTC	2:13.21
4. Jennine Strange, ELON	2:14.30
5. Emily Wood, UTC	2:15.11
6. Monique Ositelu, FUR	2:16.13
7. Cori Christensen, SAM	2:16.95
8. Laura Fuller, GSU	2:20.03

### 1,500-Meter Run

1. Anneli Uys, UTC	4:32.97
2. Jennifer Povick, APP	4:33.97
3. Hillary Neal, SAM	4:38.56
4. Kristen Wolfe, CofC	4:42.11
5. Jordan Gaddy, WCU	4:44.12
6. Megan Isaccs, WCU	4:45.90
7. Laura Fuller, GSU	4:48.88
8. Sherrika Jordan, UNCG	4:51.11

### 5,000-Meter Run

1. Andrea Seccafien, SAM	17:57.96
2. Emily Fournier, ELON	18:07.62
3. Shelley Taylor, UTC	18:08.90
4. Danielle Ruggieri, DAV	18:09.38
5. Meghan Gaffney, APP	18:18.05
6. Chloe Kowalski, FUR	18:27.59
7. Tiffany Garber, UNCG	18:39.31
8. Sabrina LeFort, UTC	18:40.90

### 10,000-Meter Run

1. Danielle Ruggieri, DAV	37:45.13
2. Meghan Gaffney, APP	38:03.61
3. Tara Gietema, UTC	38:18.55
4. Allyson Costa, ELON	38:29.95
5. Erin Stoddard, CofC	38:44.98
6. Emily King, DAV	40:03.80
7. Danielle Shaurette, WCU	41:51.51
8. Ashley Norris, APP	42:59.12

### 100-Meter Hurdles

1. Kristin Olson, GSU	14.42
2. Michelle Brutus, APP	14.48
3. Morgan Joseph, WCU	14.80
4. Brilly Gilchrist-Poteat, CIT	14.97
5. Jettana Thomas, WCU	14.98
6. Tori Jones, WCU	15.28
7. Rashanda Simmons, WCU	15.95
8. Porsha' Evans-Hardy, APP	16.68

### 400-Meter Hurdles

1. Tierra Johnson, WCU	1:03.54
2. Andrea March, ELON	1:03.84
3. Kristin Olson, GSU	1:04.60
4. Ashley Bush-Hardy, GSU	1:04.91
5. Michelle Brutus, APP	1:04.98
6. Brilly Gilchrist-Poteat, CIT	1:05.00
7. Courtney Ware, GSU	1:05.99
8. Jacqueline Beliveau, ELON	1:08.57

### 3,000-Meter Steeplechase

1. Hillary Neal, SAM	10:41.38
2. Emily Fournier, ELON	10:56.55
3. Kristen Wolfe, CofC	11:12.18
4. Sabrina Lefort, UTC	11:41.39
5. Shelley Taylor, UTC	11:44.59
6. Deanna Zidar, SAM	11:45.17
7. Stephanie Chapman, APP	11:47.08
8. Colleen McCarthy, ELON	11:51.55

### 4x100-Meter Relay

1. Western Carolina	45.51
2. Appalachian State	46.48
3. Georgia Southern	46.63
4. Elon	47.81
5. College of Charleston	48.89
6. The Citadel	49.22
7. Samford	49.71
8. Furman	49.74

### 4x400-Meter Relay

1. Western Carolina	3:44.99
2. Georgia Southern	3:46.17
3. Appalachian State	3:48.02
4. Elon	3:49.15
5. Samford	3:51.34
6. College of Charleston	3:51.59
7. Furman	4:00.85
8. The Citadel	4:01.24

### High Jump

1. Emily Smith, CofC	1.75m
2. Melanie Trumbo, GSU	1.75m
3. Jasmine Lightning, GSU	1.70m
4. Bridgette Hills, APP	1.65m
5. Jane't Carothers, WCU	1.65m
6. Alex Cassagnol, GSU	1.60m
6. Rebecca Hazeltine, APP	1.60m
8. Julie Ward, APP	1.60m

### Pole Vault

1. Shea Snow, APP	3.70m
2. Ashley Beale, APP	3.70m
3. Julie Ward, APP	3.70m
4. Kassie McKie, WCU	3.25m
5. Jessie Wilson, WCU	3.10m
5. Jessica Cumbee, CofC	3.10m
5. Megan Irwin, APP	3.10m
-- Lauren Fleming, CIT	NH
-- Mary Barron, SAM	NH
-- Alyssa Moudy, DAV	NH

### Long Jump

1. Demetrise Anthony, GSU	6.08m
2. Danielle Thorpe, APP	5.91m
3. Lynndsey Hyter, GSU	5.78m
4. Tia Jones, WCU	5.71m
5. Veronica Day, ELON	5.68m
6. Morgan Joseph, WCU	5.59m
7. Kiara Crutchfield, APP	5.50m
8. Crystal Dukes, APP	5.35m

### Triple Jump

1. Danielle Thorpe, APP	12.84m
2. Shaunta Hamilton, GSU	12.31m
3. Tia Jones, WCU	12.18m
4. Lynndsey Hyter, GSU	12.09m
5. Demetrise Anthony, GSU	11.95m
6. Lauren Hawkesworth, ELON	11.74m
7. Bianca Harvey, APP	11.74m
8. Veronica Day, ELON	11.72m

### Shot Put

1. Lily Tallent, APP	13.14m
2. Whitney Smyre, APP	13.07m
3. Crystal Dukes, APP	12.60m
4. Carla Durham, APP	12.46m
5. Deidra Morrison, WCU	12.28m
6. Justine Robertson, ELON	11.90m
7. Alicia Gainey, WCU	11.82m
8. Chelsey McLean, WCU	11.81m

### Discus Throw

1. Lily Tallent, APP	40.87m
2. Justine Robertson, ELON	40.38m
3. Whitney Smyre, APP	39.78m
4. Kittery Neale, DAV	39.39m
5. Theresa Johansen, CIT	37.52m
6. Alyssa Girvin, ELON	36.78m
7. Amanda Spivy, GSU	36.73m
8. Sarah Herndon, GSU	34.20m

### Hammer Throw

1. Whitney Smyre, APP	49.27m
2. Michaela McGriff, APP	47.07m
3. Chelsey McLean, WCU	46.61m
4. Carla Durham, APP	45.24m
5. Theresa Johansen, CIT	43.94m
6. Deidra Morrison, WCU	43.11m
7. Emily Green, CIT	42.21m
8. Deidra Steele, WCU	36.66m

### Javelin Throw

1. Lily Tallent, APP	39.31m
2. Justine Robertson, ELON	37.11m
3. Melanie Trumbo, GSU	35.50m
4. Emily Green, CIT	35.18m
5. Christian McGuire, SAM	34.77m
6. Summer Hughes, WCU	33.04m
7. Carla Durham, APP	32.26m
8. Azura Robillard, GSU	29.50m

### Heptathlon

1. Melanie Trumbo, GSU	4,589
2. Lynndsey Hyter, GSU	4,463
3. Kiara Crutchfield, APP	4,454
4. Jettana Thomas, WCU	4,416
5. Isabel Boersma, CofC	4,325
6. Shaunta Hamilton, GSU	4,185
7. Jacqueline Beliveau, ELON	4,126
8. Alicia Gainey, WCU	4,071

### Most Outstanding Performer

Lily Tallent, Appalachian State

### Most Outstanding Track Performer

Felicia Paulding, Western Carolina

### Most Outstanding Field Performer

Melanie Trumbo, Georgia Southern

### Freshman of the Year

Emma Bowers, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshmen honors (pg. 9)

# 2008 Men's Championship

## Team Results

Team	Points
1. Appalachian State	315
2. Western Carolina	288
3. The Citadel	67
4. Davidson	38
T5. Chattanooga	37
T5. UNCG	37
7. Furman	22

**100-Meter Dash**

1. Dominique Young, WCU	10.50
2. Manteo Mitchell, WCU	10.60
3. Zeb Johnson, WCU	10.67
4. Daniel Neal, APP	10.69
5. Christian Bethune, WCU	10.72
6. Phillip Bush, APP	10.74
7. Ricky Harris, APP	10.84
8. Kevin Johnson, WCU	10.85

**200-Meter Dash**

1. Manteo Mitchell, WCU	21.10
2. Zeb Johnson, WCU	21.18
3. Dominique Young, WCU	21.32
4. Thomas Funderburke, WCU	21.85
5. Mark Sturgis, APP	21.87
6. John Oros, WCU	21.97
7. Phillip Bush, APP	22.39
8. Sederrick Cunningham, FUR	22.54

**400-Meter Dash**

1. Manteo Mitchell, WCU	48.13
2. Thomas Funderburke, WCU	48.44
3. Zeb Johnson, WCU	49.42
4. John Oros, WCU	49.51
5. Nick Zeller, APP	49.66
6. Bryan Hladik, Cit	49.68
7. Jonathan Vallejo, CIT	49.72
8. Brad Troxell, DAV	51.21

**800-Meter Run**

1. Patrick Morgan, Fur	1:51.78
2. Aaron Grant, WCU	1:54.83
3. Andy Clyne, UNCG	1:55.13
4. Taylor Hurst, UNCG	1:56.06
5. Michael Danehy, UTC	1:56.59
6. Terry Wyatt, UNCG	1:57.54
7. Zach Johnson, CIT	1:59.07
8. Michael Mentz, UTC	2:03.33

**1,500-Meter Run**

1. Michael Mentz, UTC	3:57.17
2. Josh Houser, APP	3:58.33
3. Phillip Mitchell, APP	4:00.89
4. Peter Bruton, Dav	4:02.99
5. Matt Baltimore, UTC	4:04.04
6. Brendan Kight, Cit	4:06.76
7. Thomas Peterson, APP	4:07.48
8. Dylan Hermelee, WCU	4:10.06

**5,000-Meter Run**

1. Brian Deal, APP	14:45.38
2. Phillip Mitchell, APP	14:52.32
3. Asmeron Desta, APP	14:56.67
4. Chris Berry, UTC	14:58.46
5. Alex Plasencia, Fur	15:06.81
6. Ryan O'Keefe, APP	15:11.88
7. Blair Teal, APP	15:15.64
8. Mark Maddox, APP	15:24.32

**10,000-Meter Run**

1. Blair Teal, APP	32:13.86
2. Asmeron Desta, APP	32:14.52
3. Brian Deal, APP	32:14.67
4. Phillip Mitchell, APP	32:25.33
5. Josh Wyatt, UNCG	32:40.96
6. Stephen Hammond, WCU	33:24.26
7. Kevin Huwe, UTC	33:25.29
8. Michael Warner, FUR	33:37.96

**110-Meter Hurdles**

1. Daniel Neal, APP	14.59
2. Jamel Brown, Cit	14.91
3. Christian Bethune, WCU	15.27
4. Phillip Bush, APP	15.91
5. Matt Boruff, APP	15.92
6. Sean Reardon, WCU	16.60
-- Jordan Blazer, WCU	FS
-- David Gift, WCU	DQ

**400-Meter Hurdles**

1. Jamel Brown, Cit	53.42
2. Daniel Neal, APP	53.98
3. Sean Thompson, APP	55.89
4. Stephen George, UTC	55.93
5. Jordan Blazer, WCU	58.14
6. Jestin Jennings, WCU	1:00.62
7. Duke Craig, WCU	1:01.02
8. Dan Sagmiller, CIT	1:01.29

**3,000-Meter Steeplechase**

1. Mark Maddox, APP	9:24.37
2. AJ Savoia, UNCG	9:28.50
3. Ryan O Keefe, APP	9:34.04
4. Ryan Rodd, UNCG	9:36.79
5. Jeff O Connell, Fur	9:43.00
6. Brendan Kight, Cit	9:46.17
7. Matt Baltimore, UTC	9:47.43
8. Dylan Hermelee, WCU	9:48.44

**4x100-Meter Relay**

1. Western Carolina	40.26
2. Appalachian State	41.19
3. Davidson	43.99
4. The Citadel	45.04
-- Furman	DQ
-- Chattanooga	DNS

**4x400-Meter Relay**

1. Western Carolina	3:20.00
2. The Citadel	3:22.01
3. Appalachian State	3:23.23
4. Davidson	3:24.26
5. UTC	3:29.56
6. UNCG	3:29.62
7. Furman	3:42.62

**High Jump**

1. Matt Evans, WCU	1.96m
2. Chris Gaillard, WCU	1.91m
3. James Harris, Cit	1.91m
4. Daniel Joseph, WCU	1.91m
5. Rashad Herndon, WCU	1.85m
6. Ricky Harris, APP	1.81m
6. Mike Wilson, APP	1.81m
8. David Gift, WCU	1.76m

**Pole Vault**

1. Ryan Twiford, APP	4.64m
2. Barron Shell, APP	4.64m
3. Mike Wilson, APP	4.49m
3. Logan James, WCU	4.49m
5. Matt Boruff, APP	4.34m
6. Sean Reardon, WCU	4.34m
6. Zach Smith, APP	4.34m
-- Mike O'Steen, WCU	NH
-- Brian Baize, CIT	NH
-- Bryce Jones, DAV	NH
-- Justin Hunnicutt, APP	NH

**Long Jump**

1. Chris Gaillard, WCU	7.28m
2. Joel Gaddy, APP	7.23m
3. Phillip Bush, APP	7.18m
4. Ricky Harris, APP	7.04m
5. Alex Dollard, WCU	7.03m
6. Mark Sturgis, APP	6.91m
7. Rashad Herndon, WCU	6.87m
8. Daniel Joseph, WCU	6.79m

**Triple Jump**

1. Joel Gaddy, APP	15.53m
2. Makr Sturgis, APP	15.10m
3. Daniel Joseph, WCU	14.93m
4. Ricky Harris, APP	14.14m
5. Sean Reardon, WCU	14.03m
6. Rashad Herndon, APP	13.67m
7. Alex Dollard, WCU	13.39m
8. Kwame Som-Pimpong, DAV	13.31m

**Shot Put**

1. Wes Kiser, APP	15.69m
2. Patrick Morris, WCU	15.15m
3. Chris Page, WCU	14.87m
4. Will Funderburg, Dav	14.68m
5. Cale McDaniel, WCU	14.63m
6. Jerod Gardner, APP	14.52m
7. Quintin Turner, CIT	14.46m
8. Malcolm Styers, APP	13.68m

**Discus Throw**

1. Wes Kiser, APP	47.62m
2. Will Funderburg, Dav	46.09m
3. Cody Lawson, WCU	44.72m
4. Malcolm Styers, APP	44.58m
5. Grant Haun, APP	44.53m
6. Patrick Morris, APP	44.16m
7. Quintin Turner, CIT	43.86m
8. Jerod Gardner, APP	43.15m

**Hammer Throw**

1. Wes Kiser, APP	60.62m
2. Grant Haun, APP	56.53m
3. Timothy Daly, APP	55.41m
4. Malcolm Styers, APP	50.49m
5. Cale McDaniel, WCU	49.97m
6. Chris Page, WCU	49.08m
7. Patrick Morris, WCU	42.09m
8. Will Funderburg, DAV	40.71m

**Javelin Throw**

1. David Bowles, WCU	56.90m
3. Beaux Jones, Dav	53.51m
4. Matt Earls, Cit	52.21m
5. Wes Kiser, APP	49.78m
6. Jeremy Cannon, UNCG	48.15m
7. Chris Page, WCU	45.77m
8. Sean Reardon, WCU	44.67m

**Decathlon**

1. David Gift, WCU	6,034
2. Matt Evans, WCU	5,958
3. Jake Goodchild, APP	5,892
4. Brian Baize, Cit	5,817
5. Sean Reardon, WCU	5,318
6. Matt Boruff, APP	5,183
7. Caleb Moore, CIT	4,959
8. Justin Hunnicutt, APP	4,777

<b>Most Outstanding Performer</b> Wes Kiser, Appalachian State
<b>Most Outstanding Track Performer</b> Manteo Mitchell, Western Carolina
<b>Most Outstanding Field Performer</b> Wes Kiser, Appalachian State
<b>Freshman of the Year</b> Phillip Bush, Appalachian State
<b>Coach of the Year</b> John Weaver, Appalachian State
<b>**NOTES**</b> • Top three finishers in each event received all-conference honors

# 2008 Women's Championship

## Team Results

Team	Points
1. Western Carolina	216
2. Appalachian State	189
3. Georgia Southern	153
4. Chattanooga	65
5. Elon	59
6. Davidson	45
7. The Citadel	38
8. Furman	26
9. College of Charleston	17
10. UNCG	6

100-Meter Dash		10,000-Meter Run		High Jump		Hammer Throw	
1. Felicia Paulding, WCU	11.86	1. Brenna Burns, DAV	36:56.24	1. Melanie Trumbo, GSU	1.68m	1. Brittani Williams, APP	49.06m
2. Tangelia Johnson, WCU	11.87	2. Tara Gietema, UTC	38:02.88	2. Bridget Hills, APP	1.63m	2. Monique Edwards, CIT	48.27m
3. Ashley McKiver, APP	12.02	3. Katie Williams, UTC	38:14.23	2. Jasmine Lightning, GSU	1.63m	3. Michaela Hall, WCU	45.76m
4. Sherelle Fronberger, WCU	12.05	4. Katelyn Ealer, ELON	38:26.24	4. Jessika Johnson, WCU	1.63m	4. Nicole Lopez, WCU	45.15m
5. Demetrise Anthony, GSU	12.06	5. Megan Lordi, FUR	39:00.39	5. Rebecca Hazeltine, APP	1.58m	5. Adrienne Alexander, APP	45.03m
6. Dominique Thurman, GSU	12.23	6. Ashley Norris, APP	39:49.22	6. Brynne Johnson, CofC	1.58m	6. Jessica Irizzary, GSU	44.27m
7. Raquel Ramseur, WCU	12.30	7. Holly Stewart, FUR	39:27.82	7. Julie Ward, APP	1.58m	7. Whitney Smyre, APP	43.81m
8. Shamyria Ortiz, GSU	12.32	8. Emily King, DAV	39:49.22	8. Amber Wilson, GSU	1.53m	8. Tara Tounzen, WCU	43.45m
200-Meter Dash		100-Meter Hurdles		Pole Vault		Javelin Throw	
1. Raquel Ramseur, WCU	23.94	1. Rashanda Simmons, WCU	14.45	1. Shea Snow, APP	3.64m	1. Tara Tounzen, WCU	42.69m
2. Felicia Paulding, WCU	24.43	2. Amber Wilson, GSU	14.48	2. Summer Chambless, CofC	3.64m	2. Jessica Irizzary, GSU	37.30m
3. Sherelle Fronberger, WCU	24.53	3. Lynnndsey Hyter, GSU	14.61	3. Kaitlyn Heeke, APP	3.34m	3. Lily Tallent, APP	36.62m
4. Jane't Carothers, WCU	24.76	4. Kiara Crutchfield, APP	14.69	3. Ashley Beale, APP	3.34m	4. Justine Robertson, ELON	36.48m
5. Tangelia Johnson, WCU	24.89	5. Michelle Brutus, APP	15.20	5. Kassie McKie, WCU	3.19m	5. Laura Phelan, CIT	36.33m
6. Shamyria Ortiz, GSU	25.06	6. Kimberly Abel, ELON	16.82	5. Julie Ward, APP	3.19m	6. Melanie Trumbo, GSU	35.06m
7. Demetrise Anthony, GSU	25.54	-- Porsha' Evans-Hardy, APP	FS	7. Megan Irwin, APP	3.19m	7. Allison Taylor, CIT	34.52m
8. Ashley McKiver, APP	25.57	-- Morgan Joseph, WCU	DQ	7. Melissa Cabe, WCU	3.19m	8. Adrienne Alexander, APP	30.13m
400-Meter Dash		400-Meter Hurdles		Long Jump		Heptathlon	
1. Raquel Ramseur, WCU	55.14	1. Carla Ballard, GSU	1:01.22	1. Shaunta Hamilton, GSU	5.88m	1. Kiara Crutchfield, APP	4,519
2. Jane't Carothers, WCU	55.69	2. Tierra Johnson, WCU	1:03.37	2. Vonteena Knotts, APP	5.88m	2. Lathcha Sanders, CIT	4,338
3. Shalyn McMichael, WCU	56.57	3. Andrea March, ELON	1:05.22	3. Demetrise Anthony, GSU	5.85m	3. Melanie Trumbo, GSU	4,231
4. Amanda Alexander, UTC	56.82	4. Michelle Brutus, APP	1:06.57	4. Lynnndsey Hyter, GSU	5.74m	4. Rashanda Simmons, WCU	4,195
5. Carla Ballard, GSU	57.10	5. Morgan Joseph, WCU	1:07.77	5. Tia Jones, WCU	5.72m	5. Amber Wilson, GSU	4,039
6. Aneesha Lane, WCU	57.74	6. Abby Bloom, GSU	1:08.81	6. Danielle Thorpe, APP	5.68m	6. Crystal Dukes, APP	4,035
7. Ashley Bush-Hardy, GSU	57.81	7. Jacqueline Beliveau, ELON	1:09.60	7. Chibuzo Aguocha, FUR	5.61m	7. Brynne Johnson, CofC	3,983
8. Tierra Johnson, WCU	58.10	8. Amber Wilson, GSU	1:14.52	8. Bianca Harvey, APP	5.60m	8. Isabel Boersma, CofC	3,858
800-Meter Run		3,000-Meter Steeplechase		Triple Jump		<b>Most Outstanding Performer</b> Brittani Williams, Appalachian State  <b>Most Outstanding Track Performer</b> Raquel Ramseur, Western Carolina  <b>Most Outstanding Field Performer</b> Brittani Williams, Appalachian State  <b>Freshman of the Year</b> Felicia Paulding, Western Carolina  <b>Coach of the Year</b> Danny Williamson, Western Carolina  <b>**NOTES**</b> • Top three finishers in each event received all-conference honors	
1. Kerri Savery, WCU	2:13.04	1. Megal Atias, DAV	11:10.01	1. Danielle Thorpe, APP	12.59m		
2. Jennine Strange, ELON	2:15.05	2. Sabrina Lefort, UTC	11:16.71	2. Lynnndsey Hyter, GSU	12.15m		
3. Monique Ositelu, FUR	2:15.36	3. Shelley Taylor, UTC	11:20.39	3. Tia Jones, WCU	12.05m		
4. Shauntel Jennings, GSU	2:17.35	4. Emily Fournier, ELON	11:20.60	4. Shaunta Hamilton, GSU	12.04m		
5. Megan Isaccs, WCU	2:20.94	5. Charlotte Walsh, APP	11:25.85	5. Chibuzo Aguocha, FUR	11.93m		
6. Lindsey Barker, FUR	2:21.56	6. Page Bridges, FUR	11:42.31	6. Vonteena Knotts, APP	11.90m		
7. Kala Robertson, APP	2:24.34	7. Jordyn Radke, UTC	11:49.40	7. Jessica Mayela, APP	11.90m		
-- Lauran Anderson, CofC	DQ	8. Colleen McCarthy, ELON	11:58.76	8. Demetrise Anthony, GSU	11.53m		
1,500-Meter Run		4x100-Meter Relay		Shot Put			
1. Kerri Savery, WCU	4:37.80	1. Western Carolina	45.68	1. Jennifer Charles, GSU	13.60m		
2. Shelley Taylor, UTC	4:41.12	2. Appalachian State	47.20	2. Brittani Williams, APP	13.49m		
3. Megan Isaccs, WCU	4:42.08	3. Georgia Southern	47.68	3. Lily Tallent, APP	13.11m		
4. Kala Robertson, APP	4:44.25	4. Elon	49.68	4. Krystal Paszkeicz, ELON	12.77m		
5. Charlotte Walsh, APP	4:45.22	5. Davidson	51.50	5. Lathcha Sanders, CIT	12.44m		
6. Jess Weber, UNCG	4:48.75	6. The Citadel	54.07	6. Nicole Lopez, WCU	11.76m		
7. Anna Baker, APP	4:49.07	7. Furman	56.86	7. Whitney Smyre, APP	11.64m		
8. Sherrika Jordan, UNCG	4:49.92	-- College of Charleston	DNF	8. Justine Robertson, ELON	11.53m		
5,000-Meter Run		4x400-Meter Relay		Discus Throw			
1. Brenna Burns, DAV	17:40.14	1. Western Carolina	3:44.09	1. Brittani Williams, APP	42.86m		
2. Katie Williams, UTC	18:02.27	2. Georgia Southern	3:48.99	2. Nicole Lopez, WCU	41.99m		
3. Megal Atias, DAV	18:02.57	3. Elon	3:58.79	3. Lathcha Sanders, CIT	40.39m		
4. Kathleen Turchin, UTC	18:06.62	4. Chattanooga	3:59.18	4. Justine Robertson, ELON	39.99m		
5. Sabrina Lefort, UTC	18:18.00	5. Davidson	4:00.68	5. Adrienne Alexander, APP	38.86m		
6. Charlotte Walsh, APP	18:29.32	6. College of Charleston	4:03.14	6. Whitney Smyre, APP	38.55m		
7. Ashley Norris, APP	18:31.98	7. UNCG	4:12.94	7. Monique Edwards, CIT	38.39m		
8. Emily Fournier, ELON	18:36.25	8. The Citadel	4:15.02	8. Krystal Paszkeicz, ELON	36.07m		

# 2007 Men's Championship

## Team Results

Team	Points
1. Western Carolina	284
2. Appalachian State	249
3. Davidson	104
4. The Citadel	78
5. Chattanooga	46
6. Furman	36
7. UNCG	15

### 100-Meter Dash

1. Dominique Young, WCU	10.48
2. Dexter Jackson, APP	10.49
3. Kevin Johnson, WCU	10.79
4. Manteo Mitchell, WCU	10.82
5. Michael Malone, WCU	10.90
6. Christian Bethune, WCU	10.94
7. Brandon Golder, UTC	10.95
8. Albert Ashcraft, WCU	13.04

### 200-Meter Dash

1. Dexter Jackson, APP	21.01
2. Manteo Mitchell, WCU	21.05
3. Dominique Young, WCU	21.09
4. John Oros, WCU	21.70
5. Zeb Johnson, WCU	21.86
6. James Gregory, WCU	22.27
7. Brandon Golder, UTC	1:08.76
-- Johnny Svoboda, APP	DNS

### 400-Meter Dash

1. Manteo Mitchell, WCU	48.68
2. James Gregory, WCU	48.70
3. John Oros, WCU	49.21
4. Zeb Johnson, WCU	49.71
5. Justin Song, Dav	49.77
6. Greg McCain, APP	50.10
7. John Bialas, DAV	50.23
8. Johnny Svoboda, APP	1:53.12

### 800-Meter Run

1. Douglas Noreen, Dav	1:53.05
2. Patrick Morgan, Fur	1:53.20
3. Aaron Grant, WCU	1:53.59
4. Dan Fassinger, WCU	1:54.16
5. Blake Ketron, UTC	1:54.24
6. Rance Shuler, UTC	1:54.95
7. Brad Troxell, DAV	1:55.66
8. Andrew Yarchin, APP	1:57.13

### 1,500-Meter Run

1. Doulgas Noreen, Dav	3:59.52
2. Dan Fassinger, WCU	4:00.08
3. Michael Mentz, UTC	4:00.25
4. Phillip Mitchell, APP	4:00.95
5. Andrew Yarchin	4:02.34
6. Jeff Taylor, UTC	4:02.36
7. Nick Vaccaro, UNCG	4:02.75
8. Alex Hoyt, DAV	4:03.09

### 5,000-Meter Run

1. Tim Clark, UTC	15:23.64
2. Tom Divinnie, Dav	15:25.93
3. Ryan O'Keefe, APP	15:35.55
4. Blair Teal, APP	15:36.15
5. Asmeron Desta, APP	15:40.63
6. Phillip Mitchell, APP	15:42.99
7. Alex Varner, DAV	15:50.62
8. Xavier Rutz, UNCG	15:52.79

### 10,000-Meter Run

1. Phillip Mitchell, APP	32:26.64
2. Blair Teal, APP	32:26.67
3. Asmeron Desta, APP	32:29.64
4. Tom Divinnie, Dav	32:36.91
5. Josh Wyatt, UNCG	32:42.91
6. Brendon Helms, APP	32:49.19
7. Joseph Tenini, FUR	32:55.37
8. Alex Plasencia, FUR	33:06.99

### 110-Meter Hurdles

1. Daniel Neal, APP	14.61
2. Jamel Brown, Cit	15.093
3. Michael Malone, WCU	15.098
4. Mike Terry, Cit	15.32
5. Ashten Bennett, WCU	15.37
6. Matt Harlfinger, WCU	15.60
7. David Gift, WCU	15.99
8. Christian Bethune, WCU	16.17

### 400-Meter Hurdles

1. David Ritchie, Dav	52.78
2. Daniel Neal, APP	53.79
3. Jamel Brown, Cit	53.97
4. Michael Malone, WCU	54.13
5. Dan Sagmiller, WCU	55.93
6. Cisco Morales, Dav	57.09
7. Mike Terry, CIT	59.41
8. Greg McCain, APP	1:00.94

### 3,000-Meter Steeplechase

1. Tim Clark, UTC	9:26.39
2. Eric Albrecht, Fur	9:29.34
3. Ryan O'Keefe, APP	9:34.44
4. Mark Maddox, APP	9:41.48
5. Mike Mitchell, APP	9:45.27
6. Ryan Rodd, UNCG	9:56.10
7. Brendan Kight, CIT	9:59.79
8. William Wilson, CIT	10:12.08

### 4x100-Meter Relay

1. Western Carolina	40.53
2. Appalachian State	41.04
3. The Citadel	41.94
4. Davidson	42.31
5. Chattanooga	42.54
6. Furman	42.90

### 4x400-Meter Relay

1. Western Carolina	3:15.08
2. Davidson	3:15.98
3. The Citadel	3:21.48
4. Chattanooga	3:27.41
5. UNCG	3:31.14
6. Furman	3:34.65
-- Appalachian State	DNS

### High Jump

1. Matt Evans, WCU	6-08.75
2. Rashad Herndon, WCU	6-06.75
3. Shaquill Smith, Cit	6-06.75
4. Dan Smith, APP	6-04.75
5. Joseph Daniel, WCU	6-02.75
6. Anthony Rogers, WCU	6-02.75
7. David Gift, WCU	6-00.75
8. Matt Harlfinger, WCU	6-00.75

### Pole Vault

1. Barron Shell, APP	15-01.00
2. Justin Hunnicutt, APP	15-01.00
3. Mike O' Steen, WCU	14-07.25
4. Joel Lynch, WCU	14-01.25
5. Matt Harlfinger, WCU	13-07.25
6. Logan James, WCU	13-07.25
7. Joe Irvin, APP	13-07.25
8. Justin Spormann, WCU	13-01.50

### Long Jump

1. Joel Gaddy, APP	23-11.75
2. Ricky Harris, APP	23-10.75
3. Micahel Malone, WCU	23-07.25
4. Tyler Ferguson, WCU	23-06.00
5. Anthony Rogers, WCU	22-08.50
6. Daniel Joseph, WCU	21-06.25
7. Lee Banks, WCU	21-02.75
8. Ramon Jobson-Brown	21-00.75

### Triple Jump

1. Joel Gaddy, APP	49-11.75
2. Daniel Joseph, WCU	49-02.25
3. Tyler Ferguson, WCU	47-02.50
4. Lee Banks, WCU	46-01.25
5. Ricky Harris, APP	45-10.00
6. Kwame Som-PimPong	44-02.50
7. Cameron Easley, CIT	43-07.25
8. Dustin Gourdin, FUR	42-10.75

### Shot Put

1. Anthony Greer, APP	56-01.25
2. Will Funderburg, Dav	51-10.00
3. Wes Kiser, APP	47-01.00
4. Chris Page, WCU	46-10.75
5. Alex Croskey, Cit	46-06.75
6. Kenton Stephens, Cit	46-03.50
7. Grant Haun, APP	45-09.75
8. Cale McDaniel, WCU	42-09.00

### Discus Throw

1. Anthony Greer, Cit	154-05
2. Jim Walter, Dav	150-00
3. Alex Croskey, Cit	148-11
4. Chris Page, WCU	144-02
5. Steve Adams, Fur	144-02
6. Will Funderburg, Dav	143-02
7. Wes Kiser, APP	142-10
8. Grant Haun, APP	141-08

### Hammer Throw

1. Anthony Greer, APP	185-03
2. Wes Kiser, APP	181-02
3. Grant Haun, APP	168-00
4. Daniel Fioramonti, APP	161-04
5. Chris Page, WCU	151-04
6. Alex Croskey, Cit	140-04
7. Jim Walter, DAV	129-05
8. Cale McDaniel, WCU	116-02

### Javelin Throw

1. Beaux, Jones, Dav	181-05
2. David Bowless, WCU	178-07
3. David Mosley, Fur	177-02
4. Matt Earls, Cit	160-10
5. Chris Page, WCU	155-10
6. Daniel Fioramonti, APP	153-08
7. Tyler Ferguson, WCU	152-06
8. Grant Haun, APP	151-02

### Decathlon

1. Ashten Bennett, WCU	5,329
2. Matt Harlfinger, WCU	4,890
3. David Gift, WCU	4,857
4. Caleb Moore, Cit	4,088
5. Jose Trinidad, Cit	3,372
6. Barron Shell, APP	2,237
7. Joe Irvin, APP	1,759
8. Justin Hunnicutt, APP	1,726

### Most Outstanding Track Performer

Douglass Noreen, Davidson

### Most Outstanding Field Performer

Anthony Greer, Appalachian State

### Freshman of the Year

Dominique Young, Western Carolina

### Co-Coaches of the Year

Gary Andrew, Davidson  
Danny Williamson, Western Carolina

### \*\*NOTES\*\*

\* Top three finishers in each event received all-conference honors

# 2007 Women's Championship

## Team Results

Team	Points
1. Georgia Southern	223.50
2. Appalachian State	173.50
3. Western Carolina	160
4. Chattanooga	69
5. The Citadel	56
6. Elon	50
7. Davidson	36
8. Furman	28
9. College of Charleston	19
10. Wofford	4

### 100-Meter Dash

1. Nicole Brown, GSU	11.51
2. Tangelia Johnson, WCU	11.88
3. Sherelle Fronberger, WCU	11.91
4. Demetrise Anthony, GSU	11.94
5. Ashley McKiver, APP	12.06
6. Samyria Ortiz, GSU	12.07
7. Vonteena Knotts, APP	12.09
8. Monica Johnson, APP	12.38

### 200-Meter Dash

1. Nicole Brown, GSU	23.81
2. Raquel Ramseur, WCU	24.13
3. Sherelle Fronberger, WCU	24.51
4. Rashedah Arnold, GSU	24.85
5. Shamyria Ortiz, GSU	25.08
6. Tangelia Johnson, WCU	25.24
7. Kimberley Colley, DAV	25.41
8. Demetrise Anthony, GSU	25.78

### 400-Meter Dash

1. Raquel Ramseur, WCU	54.41
2. Rashedah Arnold, GSU	54.84
3. Carla Ballard, GSU	55.84
4. Lynda Hiller, APP	56.91
5. Alexis Moore, CIT	57.76
6. Shauntel Jennings, GSU	57.92
7. Tierra Johnson, WCU	59.42
8. Jodi Whittle, CIT	1:00.48

### 800-Meter Run

1. Kerri Savery, WCU	2:12.65
2. McKenzie Sharpe, FUR	2:16.47
3. Emily Wood, UTC	2:17.77
4. Deanna Kulesz, WCU	2:17.79
5. Kala Robertson, APP	2:18.32
6. Annie Bailey, WCU	2:19.28
7. Lindsey Barker, FUR	2:20.50
8. Jennifer Povick, APP	2:21.74

### 1,500-Meter Run

1. Meghan Gaffney, APP	4:32.51
2. Kathleen Turchin, UTC	4:37.81
3. Deanna Kulesz, WCU	4:38.21
4. Nettie Halcomb, UTC	4:39.19
5. Sabrina Lefort, UTC	4:40.78
6. Hannah Parks, APP	4:44.08
7. Jennifer Povick, APP	4:45.40
8. Emily Wood, UTC	4:47.65

### 5,000-Meter Run

1. Lanni Marchant, UTC	17:12.26
2. Kathleen Turchin, UTC	17:15.54
3. Brenna BUrns, DAV	17:43.03
4. Jenna Wrieden, APP	17:46.67
5. Caitlin Beeler, Elon	18:06.84
6. Anna Mae Flynn, Elon	18:09.27
7. Meghan Gaffney, APP	18:10.77
8. Katie Williams	18:16.28

### 10,000-Meter Run

1. Lanni Marchant, UTC	35:06.53
2. Brenna Burns, DAV	35:48.41
3. Jenna Wrieden, APP	36:50.18
4. Katie Hedley, CofC	38:58.89
5. Hannah Parks, APP	39:26.18
6. Lindsay Groce, WCU	39:51.14
7. Katelyn Ealer, Elon	40:01.80
8. Lauren Bosshardt, WOF	40:45.63

### 110-Meter Hurdles

1. Brittany Chase, GSU	13.92
2. Amber Wilson, GSU	14.08
3. Dominique Price, Elon	14.38
4. Nashay McGriff, WCU	14.45
5. Prosha Evans-Hardy, APP	14.54
6. Lauren Jacobs, GSU	14.68
7. Rashanda Simmons, WCU	15.39
8. Asia Davis, WCU	15.42

### 400-Meter Hurdles

1. Asia Davis, WCU	1:00.48
2. Carla Ballard, GSU	1:01.56
3. Chenel McFadden, APP	1:02.33
4. Kristin Olson, GSU	1:03.75
5. Amber Wilson, GSU	1:04.34
6. Alice Turner, Elon	1:05.10
7. Rashanda Simmons, WCU	1:07.64
8. Brittany Chase, GSU	1:10.49

### 3,000-Meter Steeplechase

1. Meghan Gaffney, APP	10:46.40
2. Sabrina Lefort, UTC	11:09.62
3. Anna Mae Flynn, Elon	11:15.26
4. Katie Williams, UTC	11:23.67
5. Page Bridges, FUR	11:26.77
6. Shelley Taylor, UTC	11:45.63
7. Abby Bloom, GSU	11:59.43
8. Jessica Kerzie, GSU	12:05.29

### 4x100-Meter Relay

1. Western Carolina	46.025
2. Georgia Southern	46.030
3. Appalachian State	46.48
4. Davidson	47.77
5. Elon	48.59
6. The Citadel	48.87
7. College of Charleston	49.54
8. Furman	50.70

### 4x400 Meter Relay

1. Georgia Southern	3:41.68
2. Western Carolina	3:48.61
3. Appalachian State	3:52.51
4. Davidson	3:53.45
5. College of Charleston	4:00.13
6. Elon	4:00.33
7. Furman	4:02.66
8. The Citadel	4:06.92

### High Jump

1. Kristen Meister, DAV	5-10.00
2. Jessika Johnson, WCU	5-07.00
3. Brittany Whittaker, WCU	5-05.00
t4. Meg Phillips, APP	5-03.00
t4. Melanie Trumbo, GSU	5-03.00
6. Amber Wilson, GSU	5-01.00
7. Heather Collier, CofC	5-01.00
8. Jasmine Lightning, GSU	5-01.00

### Pole Vault

1. Jessica Clendenning, Elon	12-05.50
2. Shea Snow, APP	11-07.75
3. Summer Chambless, CofC	11-01.75
4. Kaitlyn Heeke, APP	11-01.75
5. Julie Ward, APP	10-02.00
6. Megan Irwin, APP	10-02.00
7. Amanda Massey, WCU	9-08.00
8. Melissa Cabe, WCU	9-08.00

### Long Jump

1. Nicole Brown, GSU	20-05.00
2. Vonteena Knotts, APP	19-11.50
3. Lauren Jacobs, GSU	19-01.50
4. Tia Jones, WCU	18-11.25
5. Dominique Thurman, GSU	18-10.50
6. Chibuzo Aguocha, FUR	18-09.75
7. Jessica Mayela, APP	18-09.75
8. Danielle Thorpe, APP	18-08.50

### Triple Jump

1. Nicole Brown, GSU	42-05.50
2. Chibuzo Aguocha, FUR	41-09.75
3. Vonteena Knotts, APP	40-09.50
4. Danielle Thorpe, APP	39-06.50
5. Demetrise Anthony, GSU	39-06.50
6. Monique Vines, Elon	38-08.25
7. Jessica Mayela, APP	38-05.00
8. Brittany Chase, GSU	38-03.50

### Shot Put

1. Stephanie McNeill, CIT	47-05.25
2. Brittani Williams, APP	45-06.25
3. Emily Greeson, GSU	43-11.75
4. Jennifer Charles, GSU	43-03.00
5. Shaniqua Wallace, APP	42-10.75
6. Sharhonda Bell, WCU	41-02.50
7. Lathcha Sanders, CIT	41-01.00
8. Lily Tallent, APP	39-10.5

### Discus Throw

1. Brittani Williams, APP	138-07
2. Monique Pitts, GSU	134-05
3. Adrienne Alexander, APP	133-04
4. Nicole Lopez, WCU	129-03
5. Lily Tallent, APP	127-03
6. Monique Edwards, CIT	126-02
7. Angela Carlberg, Elon	123-03
8. Whitney Smyre, APP	119-09

### Hammer Throw

1. Stephanie McNeill, CIT	163-01
2. Emily Greeson, GSU	160-11
3. Monique Edwards, CIT	158-09
4. Monique Pitts, GSU	153-03
5. Brittani Williams, APP	148-10
6. Jessica Irizzary, GSU	146-11
7. Nicole Lopez, WCU	144-09
8. Shaniqua Wallace, APP	142-08

### Javelin Throw

1. Jessica Irizzary, GSU	134-04
2. Tara Tounzen, WCU	124-11
3. Lysnie Lamitie, WCU	122-08
4. Lily Tallent, APP	120-05
5. Laura Phelan, CIT	118-03
6. Nola Belcher, WOF	117-03
7. Allison Taylor, CIT	116-08
8. Nicole Brown, GSU	112-02

### Heptathlon

1. Lathcha Sanders, CIT	4,396
2. Lauren Jacobs, GSU	4,390
3. Serenity Thompson, GSU	4,155
4. Melanie Trumbo, GSU	4,029
5. Kimberly Abel, Elon	3,935
6. Nashay McGriff, WCU	3,871
7. Morgan Broadnax, WCU	3,791
8. Jessica Wilkerson, WCU	3,706

### Most Outstanding Track Performer

Nicole Brown, Georgia Southern

### Most Outstanding Field Performer

Stephanie McNeill, Georgia Southern

### Freshman of the Year

Jessica Irizzary, Georgia Southern

### Coach of the Year

Natalie Smith, Georgia Southern

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

# 2006 Men's Championship

## Team Results

Team	Points
1. Western Carolina	258.5
2. Appalachian State	244.5
3. Davidson	84
4. The Citadel	77
5. Furman	58
6. Chattanooga	51
7. Wofford	18

### 100-Meter Dash

1. Zeb Johnson, WCU	10.88
2. Kevon Johnson, WCU	10.96
3. Michael Malone, WCU	10.99
4. Eugene Jones, APP	11.02
5. Charles White, APP	11.12
6. Ryan Hubbard, DAV	11.14
7. Thomas Pressley, CIT	11.31
8. Will Forrest, FUR	11.31

### 200-Meter Dash

1. Zeb Johnson, WCU	21.63
2. Manteo Mitchell, WCU	21.67
3. Milton Bolton, WCU	21.94
4. Ryan Hubbard, DAV	22.13
5. Kevin Johnson, WCU	22.14
6. James Gregory, WCU	22.14
7. Eugene Jones, WCU	22.70
8. Duke Craig, WCU	22.74

### 400-Meter Dash

1. Manteo Mitchell, WCU	47.20
2. Milton Bolton, WCU	47.50
3. James Gregory, WCU	49.00
4. Johnny Svoda, APP	49.56
5. Charleton Grant, WCU	49.60
6. Jonathan Vallejo, CIT	49.90
7. John Oros, WCU	49.94
8. Dan Sagmiller, CIT	50.56

### 800-Meter Run

1. Jeff Williams, UNCG	1:51.79
2. Patrick Morgan, FUR	1:52.37
3. Adam Puett, WCU	1:53.29
4. Douglas Noreen, DAV	1:54.56
5. Marcus Butler, CIT	1:54.86
6. Jordan Longstreth, UTC	1:55.98
7. Michael Billingsley, UTC	1:56.54
8. Dan Fassinger, WCU	2:11.89

### 1,500-Meter Run

1. Adam Puett, WCU	3:56.93
2. Douglas Noreen, DAV	3:58.68
3. Michael Mentz, UTC	3:59.21
4. Jeff Taylor, UTC	4:00.19
5. Andrew Mullen, FUR	4:00.71
6. Charles Kutz, CIT	4:01.43
7. Dan Fassinger, WCU	4:01.96
8. Nicolas Vaccaro, UNCG	4:02.31

### 5,000-Meter Run

1. Colin Sullivan, UTC	14:42.18
2. Tyler Johnson, FUR	14:45.55
3. Ian Mayne, UTC	14:50.19
4. Adam Puett, WCU	14:57.83
5. Jonathan Baker, DAV	14:58.77
6. Brian Deal, APP	15:02.63
7. Sam Robinson, FUR	15:09.40
8. Ryan O'Keefe, APP	15:10.12

### 10,000-Meter Run

1. Jonathan Baker, DAV	31:54.27
2. Lance Harden, DAV	32:04.77
3. Blair Teal, APP	32:06.94
4. Brian Deal, APP	32:38.24
5. Josh Wyatt, UNCG	32:44.61
6. Asmeron Desta, APP	32:47.69
7. Jeff Taylor, UTC	32:57.76
8. Sam Robinson, FUR	33:01.79

### 110-Meter Hurdles

1. Charles Derrickson, APP	14.17
2. Lawrence Briscoe, WCU	14.38
3. Josh Cox, APP	14.97
4. Daniel Neal, APP	15.14
5. Ashten Bennett, WCU	15.55
6. Matt Harlfinger, WCU	15.61
-- Michael Malone, WCU	DNF
-- Alex Love, WOF	DQ

### 400-Meter Hurdles

1. Michael Malone, WCU	52.71
2. Daniel Neal, APP	52.77
3. Lawrence Briscoe, WCU	52.78
4. David Ritchie, DAV	53.05
5. Charles Derrickson, APP	54.17
6. Thomas Cummings, CIT	55.19
7. Dan Sagmiller, CIT	56.59
8. Jamal Brown, CIT	56.75

### 3,000-Meter Steeplechase

1. Tyler Johnson, FUR	9:09.22
2. Ian Mayne, UTC	9:10.13
3. Linas Salkauskas, UTC	9:32.31
4. Ryan O'Keefe, APP	9:34.99
5. Austin Mercadante, DAV	9:40.71
6. Eric Albrecht, FUR	9:43.38
7. William Wilson, CIT	10:01.68
8. FJ Goodwin, FUR	10:02.91

### 4x100-Meter Relay

1. Western Carolina	40.58
2. Appalachian State	41.69
3. Davidson	42.18
4. The Citadel	42.29
5. Furman	43.44

### 4x400-Meter Relay

1. Western Carolina	3:14.30
2. Appalachian State	3:15.53
3. The Citadel	3:18.02
4. Davidson	3:18.48
5. Furman	3:29.36
6. Chattanooga	3:30.04

### High Jump

1. Shaquill Smith, CIT	6-06.75
2. Josh Cox, APP	6-04.75
3. Lawrence Briscoe, WCU	6-02.75
4. Chris Gaillard, WCU	6-02.75
4. Ricky Harris, APP	6-02.75
6. Kareem Royal, CIT	6-00.75
7. Daniel Joseph, WCU	6-00.75
8. Matt Harlfinger, WCU	6-00.75

### Pole Vault

1. Barron Shell, APP	15-07.00
2. Dan Queen, APP	15-07.00
3. Joel Lynch, WCU	14-01.25
4. Joe Irvin, APP	14-01.25
5. Justin Hunicutt, APP	13-07.25
6. Justin Spormann, WCU	13-07.25
7. Christian Benson, WCU	13-07.25
8. Dustin Wright, APP	13-07.25

### Long Jump

1. Ricky Harris, APP	23-04.75
2. Chris Gaillard, WCU	22-10.50
3. Joel Gaddy, APP	22-04.50
4. Tyler Ferguson, WCU	21-20.25
5. Josh Cox, APP	21-09.00
6. Michael Malone, WCU	21-08.25
7. Daniel Joseph, WCU	21-05.25
8. Shaquill Smith, CIT	21-04.75

### Triple Jump

1. Mark Sturgis, APP	50-01.25
2. Joel Gaddy, APP	48-07.25
3. Josh Cox, APP	48-00.00
4. Ricky Harris, APP	47-09.75
5. Shaquill Smith, CIT	47-04.25
6. Chris Gaillard, WCU	46-09.50
7. Chris Cutter, APP	46-06.25
8. Daniel Joseph, WCU	46-02.75

### Shot Put

1. Katon Bethay, WOF	52-11.00
2. Will Funderburg, DAV	48-00.00
3. Wes Kiser, APP	47-07.75
4. Alex Croskey, CIT	46-04.00
5. Chris Page, WCU	46-00.50
6. Grant Haun, APP	43-11.25
7. Steve Adams, FUR	42-08.25
8. Erick Austin, CIT	42-00.50

### Discus Throw

1. Jim Walter, DAV	153-07
2. Katon Bethay, WOF	148-05
3. Chris Page, WCU	147-03
4. Wes Kiser, APP	146-01
5. Zach DiBois, CIT	142.08
6. Will Funderburg, DAV	140-10
7. Willie Sturgis, WCU	137-11
8. Grant Haun, APP	137-11

### Hammer Throw

1. Grant Haun, APP	167-00
2. Wes Kiser, APP	163-10
3. Erick Austin, CIT	161-03
4. Daniel Fioramonti, APP	154-07
5. Zach DiBois, CIT	150-03
6. Dusty McGuire, APP	149-05
7. Chris Page, WCU	143-02
8. Willie Sturgis, WCU	142-10

### Javelin Throw

1. David Moseley, FUR	193-00
2. Josh Lee, WCU	187-07
3. David Bowles, WCU	175-03
4. Erick Austin, CIT	167-03
5. Ryan Russell, WCU	165-08
6. Adam Williams, APP	165-01
7. Tyler Ferguson, WCU	163.06
8. Dusty McGuire, APP	162-11

### Decathlon

1. Dustin Wright, APP	6,263
2. Matt Harlfinger, WCU	6,068
3. Dan Queen, WCU	6,063
4. Ashten Bennett, WCU	5,526
5. Adam Williams, APP	5,259
6. Rod Palmer, WCU	4,866
7. Doug Schmid, CIT	4,182

### Most Outstanding Track Performer

Adam Puett, Western Carolina

### Most Outstanding Field Performer

Katon Bethay, Wofford

### Freshman of the Year

Shaquill Smith, The Citadel

### Co-Coaches of the Year

Gary Andrew, Davidson and  
Danny Williamson, Western Carolina

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

# 2006 Women's Championship

## Team Results

Team	Points
1. Appalachian State	197.5
2. Georgia Southern	182.5
3. Western Carolina	144
4. Chattanooga	79
5. Elon	55
6. The Citadel	48
7. Furman	40
8. Davidson	39
9. College of Charleston	20
10. Wofford	10
11. UNCG	2

### 100-Meter Dash

1. Tangelia Johnson, WCU	11.69
2. Nicole Brown, GSU	11.83
3. Vonteena Knotts, APP	12.09
4. Tierra Watts, GSU	12.15
5. Asai Davis, WCU	12.20
6. Cassie Gentry, WCU	12.42
7. Monica Johnson, APP	12.54
-- Shamyria Ortiz, GSU	FS

### 200-Meter Dash

1. Tangelia Johnson, WCU	24.40
2. Raquel Ramseur, WCU	24.57
3. Nicole Brown, GSU	24.73
4. Shamyria Ortiz, GSU	25.37
5. Vonteena Knotts, APP	25.75
6. Tierra Knotts, GSU	25.81
7. Katurri Phillips, DAV	25.90
8. Jodi Whittle, CIT	26.12

### 400-Meter Dash

1. Raquel Ramseur, WCU	54.15
2. Rashedah Arnold, GSU	55.64
3. Alexine Crutchfield, UTC	57.29
4. Jessica Chasen, DAV	58.08
5. Jodi Whittle, CIT	58.62
6. London Ryles, GSU	58.83
7. Piper Taylor, APP	59.08
8. Mary Jo Handley, FUR	1:00.08

### 800-Meter Run

1. Caroline Jett, APP	2:31.39
2. Brittany Whitaker, WCU	2:32.52
3. Jessica Wilkerson, WCU	2:36.79
4. Clare Goodwin, CofC	2:42.43
5. Kirsten Schumy, CofC	2:43.52
6. Kristie Boggan, APP	2:45.10
7. Allie Martin, DAV	2:21.11
8. Colleen McKown, DAV	2:23.06

### 1,500-Meter Run

1. Shannon Wommack, UTC	4:22.95
2. Alana Black, ELON	4:26.60
3. Meghan Gaffner, APP	4:35.68
4. Allie Martin, DAV	4:36.84
5. Halcomb Nettie, UTC	4:37.19
6. Kasey Smith, APP	4:43.84
7. Jessica Weber, UNCG	4:44.97
8. Megan Jenkins, CIT	4:45.56

### 5,000-Meter Run

1. Lanni Marchant, UTC	16:45.22
2. Sabrina LeFort, UTC	17:29.94
3. Halcomb Nettie, UTC	17:35.59
4. Meghan Gaffner, APP	17:38.59
5. Carolina Sanker, Dav	17:45.13
6. Kasey Smith, APP	17:50.35
7. Ashley Arnold, CofC	18:09.24
8. Anna Mae Flynn, ELON	18:12.28

### 10,000-Meter Run

1. Emily Kong, DAV	38:04.10
2. Kasey Smith, APP	38:19.82
3. Ellen Davis, UTC	38:29.37
4. Katelyn Ealer, ELON	38:29.48
5. Ashley Arnold, CofC	38:50.47
6. Hannah Parks, APP	39:28.79

### 100-Meter Hurdles

1. Brittany Chase, GSU	13.95
2. Amber Wilson, GSU	14.06
3. Dominique Price, ELON	14.20
4. Asia Davis, WCU	14.33
5. Mandi Phillips, GSU	14.44
6. Lauren Jacobs, GSU	14.76
7. Tiffany Mack, WCU	14.79
8. Kristin Olson, GSU	14.89

### 400-Meter Hurdles

1. Asia Davis, WCU	1:00.47
2. Amber Wilson, GSU	1:01.64
3. Alice Turner, Elon	1:02.78
4. Kristin Olson, GSU	1:03.04
5. Kristen Edgar, Fur	1:04.92
6. Carla Ballard, GSU	1:05.49
7. Julie McGowan, ELON	1:10.31
8. Clare Goodwin, CofC	1:10.63

### 3,000-Meter Steeplechase

1. Shannon Wommack, UTC	10:07.54
2. Sabrina LeFort, UTC	10:40.56
3. Meghan Gaffner, APP	10:44.09
4. Page Bridges, FUR	11:19.38
5. Anna Mae Flynn, ELON	11:25.29
6. Sarah Strickland, CIT	11:26.45

### 4x100-Meter Relay

1. Georgia Southern	46.17
2. Western Carolina	46.20
3. Appalachian State	47.16
4. Elon	49.08
5. Furman	49.89
6. Davidson	50.18
7. College of Charleston	50.85
-- The Citadel	DQ

### 4x400-Meter Relay

1. Western Carolina	3:43.15
2. Georgia Southern	3:50.79
3. Furman	3:53.77
4. Appalachian State	3:59.45
5. Davidson	4:02.02
6. Chattanooga	4:02.70
7. Elon	4:03.17
8. College of Charleston	4:05.23

### High Jump

1. Jessica Johnson, WCU	5-05.75
2. Amber Wilson, GSU	5-03.75
3. Brittany Whitaker, WCU	5-01.75
4. Jasmine Lighning, GSU	4-11.75
4. Piper Taylor, APP	4-11.75
6. NaShay McGrigg, WCU	4-11.75
7. Dominique Boone, CofC	4-09.75
8. Jessica Wilkerson, WCU	4-09.75

### Pole Vault

1. Jessica Clendenning, ELON	11-11.75
2. Caren Mah, APP	10-11.75
2. Shea Snow, APP	10-11.75
4. Summer Chambless, CofC	10-06.00
5. Kaitlyn Heeke, APP	10-06.00
6. Bridget Robertson, APP	10-06.00
7. Jessie Wilson, WCU	10-00.00
8. Susan Shore, ELON	10-00.00

### Long Jump

1. Nicole Brown, GSU	20-07.25
2. Vonteena Knotts, APP	19-10.25
3. Lauren Jacobs, GSU	19-08.00
4. Chibuzo Aguocha, FUR	18-06.50
5. Jessica Mayela, APP	18-03.75
6. Rashanda Simmons, WCU	18-03.25
7. Brittney Brown, GSU	17-09.00
8. NaShay McGriff, WCU	17-07.50

### Triple Jump

1. Mandi Phillips, GSU	39-11.50
2. NaShay McGriff, WCU	39-03.00
3. Vonteena Knotts, APP	39-01.75
4. Brittany Chase, GSU	38-09.50
5. Nicole Brown, GSU	38-07.75
6. Lauren Jacobs, GSU	38-07.00
7. Kennisia Martin, DAV	37-07.25
8. Jasmine Lightning, GSU	37-06.00

### Shot Put

1. Beverly Burnett, APP	48-11.50
2. Stephanie McNeill, Cit	46-11.00
3. Brittani Williams, APP	43-06.50
4. Emily Greeson, GSU	43-01.75
5. Kristie Boggan, APP	42-04.00
6. Lily Tallent, APP	41-07.25
7. Nicole Lopez, WCU	41-00.25
8. Chakosha Lance, CofC	40-06.25

### Discus Throw

1. Stephanie McNeill, CIT	141-02
2. Nikole Simmons, APP	140-01
3. Kristie Boggan, APP	139-09
4. Lily Tallent, APP	139-08
5. Brittani Williams, APP	137-03
6. Monique Pitts, GSU	136-00
7. Nicole Lopez, WCU	131-10
8. Monique Edwards, CIT	128-02

### Hammer Throw

1. Nikole Simmons, APP	189-02
2. Crystal Miller, APP	162-11
3. Emily Greeson, GSU	158-11
4. Brittani Williams, APP	157-06
5. Monique Edwards, CIT	155-01
6. Kristie Boggan, APP	153-06
7. Stephanie McNeill, CIT	153-06
8. Monique Pitts, GSU	150-05

### Javelin Throw

1. Nola Belcher, WOF	127-00
2. Nicole Brown, GSU	123-07
3. Tara Tounzen, WCU	122-11
4. Allison Taylor, CIT	120-07
5. Laura Phelan, CIT	119-05
6. Kristie Boggan, APP	117-02
7. Nikole Simmons, APP	117-00
8. Rachel Glasgow, WCU	112-08

### Heptathlon

1. Kristie Boggan, APP	4,332
2. Serenity Thompson, GSU	3,983
3. Brittany Whitaker, WCU	3,952
4. Tosha Sanders, CIT	3,887
5. Caroline Jett, APP	3,758
6. Jessica Wilkerson, WCU	3,526
7. Morgan Broadnax, WCU	3,318
8. Emily Wright, APP	3,292

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Stephanie McNeill, The Citadel

### Freshman of the Year

Emily King, Davidson

### Coach of the Year

Shaun Meinecke, Georgia Southern

### \*\*NOTES\*\*

\* Top three finishers in each event received all-conference honors



# 2005 Men's Championship

## Team Results

Team	Points
1. Appalachian State	292.5
2. Western Carolina	250.5
3. Chattanooga	57
4. The Citadel	48
5. East Tennessee State	45
6. Furman	33
7. Wofford	30
8. Davidson	28
9. UNCG	26

### 100-Meter Dash

1. Michael Malone, WCU	10.45
2. Chris Martin, APP	10.56
3. Quintin Wright, CIT	10.58
4. Eugene Jones, APP	10.62
5. Charles White, APP	10.71
6. Darius Bryson, WCU	10.77
7. Dwight House, CIT	10.84
8. Craig Duke, WCU	10.95

### 200-Meter Dash

1. Michael Malone, WCU	21.25
2. Zeb Johnson, WCU	21.26
3. Chris Martin, APP	21.38
4. Quintin Wright, CIT	21.47
5. James Gregory, WCU	21.72
6. James Barr, WCU	21.77
7. Bryan Burney, APP	22.00

### 400-Meter Dash

1. Zeb Johnson, WCU	48.11
2. James Gregory, WCU	48.17
3. James Barr, WCU	48.19
4. Greg McCain, APP	48.58
5. Charleton Grant, WCU	48.69
6. Will Gillespie, APP	49.27
7. David Cherry, APP	50.98
8. Chris Cutter, APP	51.44

### 800-Meter Run

1. Bryan Burney, APP	1:52.61
2. Adam, VanNortwick, APP	1:52.78
3. Jeff Williams, UNCG	1:53.85
4. Marcus Butler, CIT	1:55.59
5. Chris DeCamps, FUR	1:56.23
6. Matt Gould, APP	2:00.68
7. Joshua Hicks, ETSU	2:02.46
8. Vince Bechtel, CIT	2:04.47

### 1,500-Meter Run

1. Adam Puett, WCU	3:55.45
2. Adam VanNortwick, APP	3:55.45
3. Colin Sullivan, UTC	3:56.03
4. Joshua Hicks, ETSU	3:59.68
5. Linas Salkauskas, UTC	4:00.65
6. Nathan Hernandez-Adams, APP	4:01.60
7. Andy Kifer, DAV	4:03.70
8. Nicolas Vaccaro, UNCG	4:06.80

### 5,000-Meter Run

1. Steven Kocsis, UTC	14:55.55
2. Joe Halin, APP	15:03.27
3. Colin Sullivan, UTC	15:04.69
4. Ian Mayne, UTC	15:06.64
5. Adam Puett, WCU	15:19.53
6. Jonathan Baker, DAV	15:24.41
7. Austin Mercadante, DAV	15:24.74
8. Brian Deal, APP	15:27.18

### 10,000-Meter Run

1. Joe Halin, APP	32:14.49
2. Brendon Helms, APP	32:27.01
3. Sam Robinson, FUR	32:28.83
4. Nathan Hernandez-Adams, APP	32:32.97
5. Brian Deal, APP	33:02.90
6. Fredrick Cameron, WCU	33:14.00
7. Marcus Dunn, WCU	33:20.49
8. Nick Gastley, CIT	33:38.67

### 110-Meter Hurdles

1. Michael Malone, WCU	14.54
2. Alex Love, WOF	14.67
3. Andre Brown, WCU	15.18
4. Michael Wright, ETSU	15.26
5. Greg McCain, APP	56.53
6. Dan Sagmiller, CIT	56.56
7. Thomas Cummings, CIT	15.69
-- Deonte Cook, WCU	DQ

### 400-Meter Hurdles

1. Chris Harrington, UTC	52.65
2. David Ritchie, DAV	52.87
3. Thomas Cummings, CIT	53.02
4. Lawrence Briscoe, WCU	56.00
5. John Auer, CIT	57.00
6. Dan Sagmiller, CIT	57.17
7. Greg McCain, APP	57.62
8. Tyler Woodruff, ETSU	58.41

### 3,000-Meter Steeplechase

1. Ian Mayne, UTC	9:23.28
2. Mark Maddox, APP	9:28.42
3. Linas Salkauskas, UTC	9:32.82
4. Eric Albrecht, FUR	9:36.90
5. Austin Mercadante, DAV	9:36.92
6. Mike Mitchell, APP	9:38.64
7. Marc Quesenberry, CIT	9:43.15
8. Ryan O'Keefe, APP	9:45.73

### 4x100-Meter Relay

1. Western Carolina	40.78
2. Appalachian State	41.01
3. Furman	42.02
4. The Citadel	42.06
5. East Tennessee State	43.32
6. Davidson	43.99

### 4x400-Meter Relay

1. Western Carolina	3:15.38
2. Appalachian State	3:16.52
3. Davidson	3:18.72
4. The Citadel	3:21.23
5. UNCG	3:27.09
6. Furman	3:30.39
7. East Tennessee State	3:34.89

### High Jump

1. Michael Estes, ETSU	1.98m
2. Lawrence Briscoe, WCU	1.90m
3. Jeremy Snoderly, ETSU	1.90m
4. Dan Smith, APP	1.90m
5. LaMont Reid, WCU	1.90m
6. Bobby Robinson, WCU	1.80m
6. Michael Wright, ETSU	1.80m
8. Matt Harlfinger, WCU	1.75m

### Pole Vault

1. Wes Willoughby, WCU	4.75m
2. Dan Queen, APP	4.60m
3. Tyler Varnadore, APP	4.45m
4. Christian Benson, WCU	4.45m
5. Marc Ward, WCU	4.30m
6. Justin Spormann, WCU	4.15m
7. Joe Irvin, APP	4.15m
7. Fredrick Williams, ETSU	4.15m

### Long Jump

1. Adrien Borders, WOF	7.41m
2. Joel Gaddy, APP	6.93m
3. Mark Sturgis, APP	6.90m
4. Charles Jones, UNCG	6.80m
5. Michael Malone, WCU	6.68m
6. LaMont Reid, WCU	6.57m
7. Michael Wright, ETSU	6.54m
8. Nathan Strickland, ETSU	6.53m

### Triple Jump

1. Charles Jones, UNCG	15.24m
2. Mark Sturgis, APP	14.90m
3. Adrien Borders, WOF	14.69m
4. Chris Cutter, APP	14.39m
5. Joel Gaddy, APP	14.29m
6. Calvin Guinyard, WCU	14.23m
7. Adan Blevins, ETSU	13.92m
8. Nathan Strickland, ETSU	13.31m

### Shot Put

1. Anthony Greer, APP	17.72m
2. Kerry Brown, APP	16.55m
3. Bob Smith, APP	16.28m
4. Chris Lewis, WCU	15.36m
5. Jason Stepp, WCU	15.27m
6. Katon Bethay, WOF	15.19m
7. Jerod Kelly, WCU	14.19m
8. Marty Bauer, WOF	13.83m

### Discus Throw

1. Anthony Greer, APP	49.73m
2. Bob Smith, APP	46.77m
3. Dan Utley, APP	45.86m
4. Wes Kiser, APP	45.60m
5. Grant Haun, APP	44.03m
6. Joel Bell, FUR	43.52m
7. Katon Bethay, WOF	43.38m
8. Zach DiBois, CIT	42.46m

### Hammer Throw

1. Bob Smith, APP	57.81m
2. Jason Stepp, WCU	50.80m
3. Matt Decker, WCU	49.58m
4. Anthony Greer, APP	48.77m
5. Grant Haun, APP	47.93m
6. Daniel Fioramonti, APP	46.86m
7. Wes Kiser, APP	44.33m
8. Willie Sturgis, WCU	42.12m

### Javelin Throw

1. David Bowles, WCU	57.27m
2. Josh Lee, WCU	56.94m
3. David Moseley, FUR	56.64m
4. Adam Williams, APP	55.41m
5. Dusty McGuire, APP	50.93m
6. Jason Stepp, WCU	50.17m
7. Ryan Fussell, WCU	49.65m
8. Bobby Robinson, WCU	46.73m

### Decathlon

1. Dustin Wright, APP	6,021
2. Bobby Robinson, WCU	5,726
3. Matt Harlfinger, WCU	5,724
4. Alex Patton, WCU	5,606
5. Adam Williams, APP	5,162
6. Barron Shell, APP	4,312

### Most Outstanding Track Performer

Mike Malone, Western Carolina

### Most Outstanding Field Performer

Anthony Greer, Appalachian State

### Freshman of the Year

Zeb Johnson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

# 2005 Women's Championship

## Team Results

Team	Points
1. Appalachian State	207.5
2. Georgia Southern	199
3. Western Carolina	155
4. Chattanooga	91
5. East Tennessee State	52
6. Furman	33
7. Elon	28
8. College of Charleston	21.5
9. The Citadel	18
10. Wofford	8
11. Davidson	4
12. UNCG	0

### 100-Meter Dash

1. Nicole Brown, GSU	11.50
2. Jennifer Claud, APP	11.66
3. Christina Roberts, APP	11.77
4. Chantelle Vernon, ETSU	11.85
5. Tangelia Johnson, WCU	11.90
6. Alexis Hoover, APP	11.95
7. Jenny Knox, ETSU	12.09
8. Giselle Cunningham, GSU	12.20

### 200-Meter Dash

1. Jennifer Claud, APP	23.76
2. Nicole Brown, GSU	23.98
3. Raquel Ramseuf, WCU	24.40
4. Ebonie Jones, ETSU	24.47
5. Christina Roberts, APP	24.55
6. Giselle Cunningham, GSU	24.60
7. Alexis Hoover, APP	24.64
8. Jenny Knox, ETSU	24.68

### 400-Meter Dash

1. Nichola Cornish, ETSU	54.59
2. Rashedah Arnold, GSU	55.30
3. Raquiel Ramseuf, WCU	55.40
4. Jennifer Spivey, WCU	56.81
5. Leslie Martin, WCU	57.00
6. Alexine Crutchfield, UTC	58.23
7. Piper Taylor, APP	58.68
8. Matasha Brown, APP	58.87

### 800-Meter Run

1. Leslie Martin, WCU	2:15.16
2. Kerrie Savery, WCU	2:16.45
3. McKenzie Sharpe, FUR	2:17.01
4. Katie Sujkowski, APP	2:17.54
5. Tiffany Collier, ETSU	2:20.32
6. Rebecca Mullen, FUR	2:21.33
7. Ashley Meagher, UTC	2:22.07
8. Jennifer Habbestad, ETSU	2:24.02

### 1,500-Meter Run

1. Shannon Wommack, UTC	4:32.34
2. Kathleen Turchin, UTC	4:35.50
3. Katie Sujkowski, APP	4:36.55
4. Nettie Halcomb, UTC	4:40.42
5. Molly Mungovan, FUR	4:41.00
6. Kasey Smith, APP	4:43.58
7. Megal Atias, DAV	4:44.36
8. Brittney Swick, GSU	4:48.62

### 3,000-Meter Steeplechase

1. Shannon Wommack, UTC	10:34.87
2. Meghan Gaffney, APP	11:17.10
3. Nettie Halcomb, UTC	11:26.32
4. Page Bridges, FUR	11:31.79
5. Katie Poole, FUR	11:40.79
6. Jessica Kerzie, GSU	11:58.97
7. Katie Williams, UTC	12:01.06
8. Christina Post, APP	12:04.85

### 5,000-Meter Run

1. Kathleen Turchin, UTC	17:16.45
2. Shannon Wommack, UTC	17:20.34
3. Ashley Arnold, CofC	17:41.87
4. Ellen Davis, UTC	17:57.65
5. Christine Ward, ETSU	18:00.10
6. Kasey Smith, APP	18:04.56
7. Molly Mungovan, FUR	18:06.04
8. Katie Sujkowski, APP	18:17.36

### 10,000-Meter Run

1. Ellen Davis, UTC	39:24.36
2. Jennifer Kelley, APP	39:45.58
3. Melissa Reyes, GSU	39:58.04
4. Cailin Lyncy, APP	40:06.83
5. Kelly Rosborough, APP	40:20.34
6. Noel Smith, APP	40:20.57
7. Laura Hewston, CIT	40:55.33
8. Elise Wallace, WCU	42:56.65

### 100-Meter Hurdles

1. Brittany Chase, GSU	14:00
2. Amber Wilson, GSU	14:05
3. Asia Davis, WCU	14.25
4. Brittany Boda, Elon	14.40
5. Donimique Price, Elon	14.43
6. Mandi Phillips, GSU	14.52
7. Lauren Jacobs, GSU	14.69
8. NaShay McGriff, WCU	14.71

### 400 Meter Hurdles

1. Asia Davis, WCU	1:00.77
2. Amber Wilson, GSU	1:03.57
3. Carla Ballard, GSU	1:04.15
4. Rachel Glasgow, WCU	1:05.58
5. Tonya Edmonds, WCU	1:07.62
6. Jessica Summey, APP	1:08.03
7. Brittany Chase, GSU	1:08.28

### 4x100-Meter Relay

1. Georgia Southern	46.32
2. Appalachian State	46.38
3. East Tennessee State	46.68
4. Western Carolina	46.96
5. Elon	48.62
6. The Citadel	49.26
7. Furman	49.29
-- College of Charleston	DQ

### 4x400-Meter Relay

1. Western Carolina	3:45.72
2. Georgia Southern	3:52.47
3. East Tennessee State	3:53.09
4. Appalachian State	3:57.16
5. Furman	4:00.84
6. Chattanooga	4:01.55
7. Davidson	4:04.19
8. College of Charleston	4:08.05

### High Jump

1. Brittany Whitaker, WCU	1.71m
2. Anna Ricciardi, ETSU	1.67m
3. Jessika Johnson, WCU	1.62m
4. Piper Taylor, APP	1.57m
5. Dominique Boone, CofC	1.57m
6. Alexine Crutchfield, UTC	1.52m
7. NaShay McGriff, WCU	1.52m
8. Laura Tieszen, WCU	1.47m

### Pole Vault

1. Laura Tieszen, WCU	3.80m
2. Jessica Clendenning, ELON	3.65m
3. Bridget Robertson, APP	3.20m
4. Caren Mah, APP	3.20m
4. Summer Chambliss, CofC	3.20m
6. Jessie Wilson, WCU	3.20m
7. Megan Irwin, APP	3.20m
8. Susan Shore, ELON	3.05m

### Long Jump

1. Lauren Jacobs, GSU	5.81m
2. Dominique Thurman, GSU	5.77m
3. Kasola Smith, UTC	5.76m
4. Jennifer Claud, APP	5.70m
5. Tonya Grimes, GSU	5.67m
6. Vonteena Knotts, APP	5.63m
7. Melissa Berry, WCU	5.55m
8. Nicolee Brown, GSU	5.51m

### Triple Jump

1. Nicole Brown, GSU	13.07m
2. Paula Moore, APP	12.37m
3. Jennifer Claud, APP	12.16m
4. Mandi Phillips, GSU	11.95m
5. Ronda White, APP	11.85m
6. Chibuzo Aguocha, FUR	11.81m
7. Lauren Jacobs, GSU	11.51m
8. NaShay McGriff, WCU	11.34m

### Shot Put

1. Beverly Burnett, APP	15.50m
2. Nikki Slocumb, GSU	13.92m
3. Jamila Minnifield, GSU	13.02m
4. Stephanie McNeill, CIT	12.89m
5. Brittani Williams, APP	12.87m
6. Nikole Simmons, APP	12.60m
7. Sharhonda Bell, WCU	12.60m
8. Emily Greeson, GSU	12.25m

### Discus Throw

1. Markaysa Norwood, GSU	43.64m
2. Lauren Niles, GSU	42.58m
3. Angela Carlberg, ELON	42.39m
4. Miranda Long, WCU	45.08m
5. Nikki Slocumb, GSU	40.39m
6. Kristie Boggan, APP	40.35m
7. Nikole Simmons, APP	38.73m
8. Nicole Lopez, WCU	38.34m

### Hammer Throw

1. Nicole Simmons, APP	55.27m
2. Crystal Miller, APP	52.00m
3. Chakosha Lance, CofC	51.52m
4. Emily Greeson, GSU	48.45m
5. Miranda Long, WCU	47.22m
6. Nikki Slocumb, GSU	46.31m
7. Beverly Burnett, APP	45.69m
8. Lauren Niles, GSU	43.84m

### Javelin Throw

1. Carolyn Kitchens, APP	39.30m
2. Laura Tieszen, WCU	37.61m
3. Crystal Belcher, WOF	36.19m
4. Nikole Simmons, APP	34.70m
5. Jenifer Moore, CIT	33.88m
6. Kelly Pesterfield, CIT	33.87m
7. Janet Rhodes, WOF	33.66m
8. Allison Taylor, CIT	32.52m

### Heptathlon

1. Laura Tieszen, WCU	4,387
2. Tonya Grimes, GSU	4,292
3. Kristie Boggan, APP	4,218
4. Lauren Jacobs, GSU	4,188
5. Rachel Glasgow, WCU	3,992
6. Serenity Thompson, GSU	3,901
7. Caroline Jett, APP	3,595
8. Jessica Wilkerson, WCU	3,400

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Raquel Ramseur, Western Carolina

### Coach of the Year

Shaun Meinecke, Georgia Southern

### \*\*NOTE\*\*

Top three finishers in each event received all-conference honors

# 2004 Men's Championship

## Team Results

Team	Points
1. Appalachian State	246.5
2. Western Carolina	229.5
3. Chattanooga	90
4. The Citadel	63
5. Furman	53
5. East Tennessee State	53
7. Wofford	34
8. Davidson	26
9. UNCG	19

### 100-Meter Dash

1. Tee Alford, WCU	10.41
2. Ernest Wiggins, APP	10.46
3. James Rainer, ETSU	10.50
4. Chris Martin, APP	10.57
5. Sean Jackson, APP	10.59
6. Thomas Pressley, CIT	10.77
7. Johnny Tucker, ETSU	10.82
8. Darius Bryson, WCU	10.88

### 200-Meter Dash

1. Chris Martin, APP	21.45
2. Ernest Wiggins, APP	21.60
3. Tee Alford, WCU	21.72
4. Sean Jackson, APP	21.73
5. James Rainer, ETSU	21.87
6. Thomas Pressley, CIT	21.95
7. Johnny Tucker, ETSU	21.96
8. Milton Bolton, WCU	22.05

### 400-Meter Dash

1. Milton Bolton, WCU	46.68
2. Alex Prince, CIT	47.09
3. Bryan Burney, APP	47.70
4. Will Gillespie, APP	48.41
5. Keith Curry, APP	48.53
6. James Barr, WCU	48.65
7. Charleton Grant, WCU	49.44
8. James Gregory, WCU	1:12.92

### 800-Meter Dash

1. Bryan Burney, APP	1:50.54
2. Jeff Williams, UNCG	1:53.00
3. Tyler Johnson, FUR	1:53.40
4. Jamie Bach, FUR	1:54.38
5. Robert Hatcher, UTC	1:55.75
6. Douglas Noreen, DAV	1:58.14
7. Greg Scott, DAV	2:03.60
8. Joshua Hicks, ETSU	2:04.81

### 1,500-Meter Run

1. Adam Puett, WCU	3:53.59
2. Colin Sullivan, UTC	3:55.23
3. Bradley Yewer, ETSU	3:56.75
4. Greg Scott, DAV	3:57.63
5. Franklin Manchester, APP	3:58.70
6. Linas Salkauskas, UTC	4:00.13
7. Nathan Adams-Hernandez, APP	4:00.32
8. Matt Cote, APP	4:03.12

### 5,000-Meter Run

1. Steven Kocsis, UTC	15:06.93
2. Joe Halin, APP	15:20.12
3. Ian Mayne, UTC	15:23.11
4. Gediminas Banevicius, UTC	15:26.95
5. Joe Jacobs, UNCG	15:29.06
6. Robert Killian, CIT	15:30.49
7. Ben Watkins, WCU	15:31.41
8. Bradley Yewer, ETSU	15:32.18

### 10,000-Meter Run

1. Steven Kocsis, UTC	32:03.48
2. Kevin Crosby, FUR	32:10.73
3. Gediminas Banevicius, UTC	32:18.80
4. Carson Blackwelder, APP	32:23.96
5. Joe Halin, APP	32:31.30
6. Brian Deal, APP	32:44.59
7. James Grufferty, ETSU	32:58.55
8. Chris Schmader, DAV	33:02.56

### 110-Meter Hurdles

1. Lawrence Briscoe, WCU	14.39
2. Xavier Godard, WCU	14.79
3. Brian Stone, FUR	14.84
4. Alex Love, WOF	14.85
5. Andre Brown, WCU	14.92
6. Michael Malone, WCU	15.50
7. Deonte Cook, WCU	15.75
8. Chris Harrington, UTC	16.19

### 400-Meter Hurdles

1. Chris Harrington, UTC	51.74
2. Donald Cabbler, ETSU	53.80
3. David Ritchie, DAV	53.98
4. Thomas Cummings, CIT	54.17
5. Dan Matz, FUR	56.88
6. Michael Malone, WCU	57.03
7. Lawrence Briscoe, WCU	59.72
8. Deonte Cook, WCU	1:02.04

### 3,000-Meter Steeplechase

1. Linas Salkauskas, UTC	9:22.87
2. Ian Mayne, UTC	9:24.10
3. Ben Watkins, WCU	9:25.21
4. Franklin Manchester, APP	9:31.69
5. Peter Dalton, ETSU	9:40.96
6. Mike Oelz, APP	9:42.25
7. Robert Killian, CIT	9:47.03
8. Mark Maddox, APP	9:48.91

### 4x100-Meter Relay

1. Appalachian State	40.46
2. Western Carolina	40.88
3. East Tennessee State	41.61
4. Furman	42.21
5. Davidson	43.01
6. Wofford	43.04
-- The Citadel	DNF

### 4x400-Meter Relay

1. Appalachian State	3:15.44
2. The Citadel	3:17.92
3. Western Carolina	3:19.63
4. Davidson	3:21.77
5. Furman	3:25.82
6. Chattanooga	3:28.84
7. East Tennessee State	3:46.51

### High Jump

1. Ugo Ihekweazu, WOF	1.95m
2. Dan Smith, APP	1.90m
2. John Barlew, UTC	1.90m
4. LaMont Reid, WCU	1.85m
4. Brian Bratton, FUR	1.85m
4. Jeremy Snoderly, ETSU	1.85m
7. Gerald Foreman, APP	1.80m
7. Bobby Robinson, WCU	1.80m

### Pole Vault

1. Wes Willoughby, WCU	4.57m
2. Joe Irvin, APP	4.25m
2. Jeff Fiorello, APP	4.25m
2. Christian Benson, WCU	4.25m
5. Ryan Fussell, WCU	4.10m
5. Fredrick Williams, ETSU	4.10m
5. David McCall, WCU	4.10m
5. Tyler Varnadore, APP	4.10m

### Long Jump

1. Xavier Godard, WCU	7.30m
2. Adrien Borders, WOF	7.06m
3. Justin Davis, WCU	6.99m
4. Charles Jones, UNCG	6.84m
5. Gerald Foreman, APP	6.76m
6. Tyler Ferguson, WCU	6.59m
7. Ernest Wiggins, APP	6.55m
8. LaMont Reid, WCU	6.52m

### Triple Jump

1. Tyler Ferguson, WCU	14.82m
2. Adrien Borders, WOF	14.68m
3. Xavier Godard, WCU	14.56m
3. Justin Davis, WCU	14.56m
5. Gerald Foreman, APP	14.41m
6. Issac West, FUR	13.95m
7. Charles Jones, UNCG	13.90m
8. Chris Cutter, APP	13.56m

### Shot Put

1. Bob Smith, APP	15.46m
2. Anthony Greer, APP	14.72m
3. Kerry Brown, APP	14.41m
4. Charles Hyder, ETSU	13.70m
5. Dan Utley, APP	13.69m
6. Jason Stepp, WCU	13.31m
7. Chris Petty, CIT	12.79m
8. Shamar Allen, WCU	12.32m

### Discus Throw

1. Bob Smith, APP	45.27m
2. Anthony Greer, APP	44.97m
3. Jason Stepp, WCU	43.87m
4. Zach DiBois, CIT	43.21m
5. Chris Franklin, CIT	41.04m
6. Jon Winkler, APP	38.29m
7. Alex Croskey, CIT	38.26m
8. Erick Austin, CIT	36.42m

### Hammer Throw

1. Bob Smith, APP	58.01m
2. Jason Stepp, WCU	48.19m
3. Anthony Greer, APP	47.37m
4. Matt Decker, WCU	46.82m
5. Jon Winkler, APP	44.19m
6. Erick Austin, CIT	44.07m
7. Chris Franklin, CIT	43.93m
8. Dusty McGuire, APP	41.25m

### Javelin Throw

1. Josh Lee, WCU	58.06m
2. David Moseley, FUR	51.63m
3. Tyler Ferguson, WCU	51.33m
4. Dusty McGuire, APP	49.89m
5. Ryan Fussell, WCU	49.34m
6. Jason Stepp, WCU	49.24m
7. Hunter Reid, CIT	46.16m
8. Erik Austin, CIT	45.85m

### Decathlon

1. Dustin Wright, APP	5,957
2. Bobby Robinson, WCU	5,621
3. Travis Taylor, CIT	5,578
4. Matt Harfingier, WCU	5,239
5. Ryan Fussell, WCU	4,776
6. Hunter Reid, CIT	4,639
7. Alex Moore, APP	4,172

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga

### Most Outstanding Field Performer

Bob Smith, Appalachian State

### Freshman of the Year

Bryan Burney, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

\* Top three finishers in each event received all-conference honors

# 2004 Women's Championship

## Team Results

Team	Place
1. Appalachian State	231.5
2. Georgia Southern	172
3. Chattanooga	124
4. Western Carolina	110.5
5. East Tennessee State	60
5. College of Charleston	30
7. Elon	29
8. Furman	26.5
9. Davidson	13.5
10. Wofford	11
11. UNCG	6
12. The Citadel	5

### 100-Meter Dash

1. Jennifer Claud, APP	11.73
2. Christina Roberts, APP	11.74
3. Latavia Shores, UTC	11.77
4. Chantelle Vernon, ETSU	11.97
5. Nicole Brown, GSU	12.03
6. Carita Cole, UTC	12.06
7. Portia Taylor, APP	12.18
8. Kasola Smith, UTC	12.26

### 200-Meter Dash

1. Jennifer Claud, APP	24.42
2. Christina Roberts, APP	24.50
3. Giselle Cunningham, GSU	24.58
4. Nicole Brown, GSU	24.94
5. Margo Mincey, GSU	25.08
6. Latavia Shores, UTC	25.47
7. Carita Cole, UTC	25.71
8. Ronda White, APP	26.02

### 400-Meter Dash

1. Nichola Cornish, ETSU	55.07
2. Jennifer Spivey, WCU	55.55
3. Margo Mincey, GSU	56.52
4. Tondra White, APP	57.31
5. Tiffany Pointer, UTC	57.37
6. Matasha Brown, APP	57.43
7. Alexine Crutchfield, UTC	58.24
8. McKenzie, Sharpe, FUR	58.56

### 800-Meter Dash

1. Leslie Martin, WCU	2:11.94
2. Kim Simmons, ETSU	2:14.39
3. Alana Black, ELON	2:16.59
4. Megan Issacs, FUR	2:18.93
5. Jennifer Habbestad, ETSU	2:21.54
6. Brittany Thompson, FUR	2:22.79
7. Allie Martin, DAV	2:23.53
8. Tiffany Collier, ETSU	2:30.95

### 1,500-Meter Run

1. Shannon Wommack, UTC	4:38.54
2. Kathleen Turchin, UTC	4:44.16
3. Molly Mungovan, FUR	4:45.20
4. Alana Black, ELON	4:48.43
5. Marivi Mercado, APP	4:51.48
6. Brittney Swick, GSU	4:52.36
7. Allie Martin, DAV	4:53.98
8. Takeesha Carter, UNCG	4:55.08

### 3,000-Meter Steeplechase

1. Shannon Wommack, UTC	10:45.65
2. Lanni Marchant, UTC	11:11.20
3. Katie Poole, FUR	11:24.20
4. Heidi Sloop, UNCG	11:37.91
5. Alissa Short, WCU	11:43.57
6. Marivi Mercado, APP	11:49.07
7. Carissa Skrivanek, DAV	11:50.68
8. Kristen Trexler, APP	11:58.66

### 5,000-Meter Run

1. Lanni Marchant, UTC	18:02.75
2. Kyle Palmquist, CofC	18:10.04
3. Kelly Rosborough, APP	18:28.22
4. Melanie Cooper, WCU	18:33.44
5. Alissa Short, WCU	18:48.52
6. Ehrin Irvin, APP	18:54.50
7. Janelle Silverman, APP	18:55.05
8. Molly Mungovan, FUR	18:56.30

### 10,000-Meter Run

1. Kathleen Turchin, UTC	36:49.56
2. Kelly Rosborough, APP	38:39.77
3. Melanie Cooper, WCU	38:59.25
4. Sally Stanhope, DAV	39:04.63
5. Becky Witkop, CofC	39:26.28
6. Janelle Silverman, APP	40:18.90
7. Jennifer Kelley, APP	40:59.29
8. Melissa Reyes, GSU	41:07.88

### 100-Meter Hurdles

1. Ronda White, APP	13.79
2. Alison Frese, UTC	14.06
3. Lindy Petteway, GSU	14.21
4. Marlo Mincey, GSU	14.22
5. Brittany Chase, GSU	14.23
6. Jessica Burgeson, ELON	14.41
7. Mandi Phillips, GSU	14.70
8. Brittany Boda, ELON	14.73

### 400-Meter Hurdles

1. Marlo Mincey, GSU	59.72
2. Elisabeth Sain, UTC	1:00.60
3. Asia Davis, WCU	1:01.49
4. Alison Frese, UTC	1:02.99
5. Alice Turner, ELON	1:04.77
6. Myra Keeter, APP	1:06.06
7. Lindy Petteway, GSU	1:07.62
8. Tondra White, APP	1:13.37

### 4x100-Meter Relay

1. Appalachian State	45.78
2. Georgia Southern	46.00
3. Chattanooga	46.66
4. East Tennessee State	47.56
5. Western Carolina	47.61
6. College of Charleston	48.86
7. Furman	49.23
8. Elon	49.27

### 4x400-Meter Relay

1. Georgia Southern	3:46.72
2. East Tennessee State	3:47.93
3. Western Carolina	3:48.38
4. Chattanooga	3:53.52
5. Appalachian State	4:00.50
6. Elon	4:02.23
7. Furman	4:02.57
8. College of Charleston	4:06.85

### High Jump

1. Brittany Whitaker, WCU	1.74m
2. Anna Ricciardi, ETSU	1.72m
3. Alison Frese, UTC	1.60m
3. Tondra White, APP	1.60m
3. Kellie Mitchell, GSU	1.60m
6. Shanna Fouts, WCU	1.55m
6. Amanda Yeck, DAV	1.55m
8. Lois Montague, FUR	1.50m
8. Suzanne Makinson, APP	1.50m

### Pole Vault

1. Laura Tieszen, WCU	4.00m
2. Suzanne Makinson, APP	3.76m
3. Chi Sawyer, WCU	3.26m
3. Jessica Fowler, APP	3.26m
5. Bridget Robinson, APP	3.11m
5. Natalie Sayewich, APP	3.11m
5. Susan Shore, ELON	3.11m
8. Shana Glenn, WOF	2.96m

### Long Jump

1. Ronda White, APP	6.13m
2. Kasola Smith, UTC	5.85m
3. Kellie Mitchell, GSU	5.82m
4. Nicole Brown, GSU	5.71m
5. Laura Williams, GSU	5.65m
6. Shameka Harris, WCU	5.56m
7. Lauren Jacobs, GSU	5.52m
8. Paula Moore, APP	5.35m

### Triple Jump

1. Ronda White, APP	12.71m
2. Paula Moore, APP	12.40m
3. Tondra White, APP	12.27m
4. Nicole Brown, GSU	12.06m
5. Jennifer Claud, APP	12.03m
6. Kristin Truman, ETSU	11.98m
7. Kasola Smith, UTC	11.46m
8. Laura Williams, GSU	11.30m

### Shot Put

1. Beverly Burnett, APP	13.58m
2. Crystal Miller, APP	12.45m
3. Nikki Slocumb, GSU	12.43m
4. Kristie Boggan, APP	12.32m
5. Jamila Minnifield, GSU	12.23m
6. Sharhonda Bell, WCU	12.11m
7. Emily Greeson, GSU	12.08m
8. Amber Tiggs, GSU	11.86m

### Discus Throw

1. Markaysa Norwood, GSU	41.53m
2. Shaletha Lightfoot, GSU	40.00m
3. Miranda Long, WCU	39.92m
4. Nikki Slocumb, GSU	38.11m
5. Chakosha Lance, CofC	37.97m
6. Angela Carlberg, ELON	37.72m
7. Crystal Miller, APP	37.44m
8. Emily Greeson, GSU	35.20m

### Hammer Throw

1. Kosha Lance, CofC	54.23m
2. Crystal Miller, APP	52.67m
3. Nikole Simmons, APP	49.61m
4. Amber Tiggs, GSU	49.10m
5. Miranda Long, WCU	44.12m
6. Nikki Slocumb, GSU	44.02m
7. Charlotte Baker, APP	40.28m
8. Beverly Burnett, APP	39.72m

### Javelin Throw

1. Lindy Petteway, GSU	40.47m
2. Laura Tieszen, WCU	38.58m
3. Janet Rhodes, WOF	38.47m
4. Martha Skinner, CIT	36.44m
5. Bernie Sikes, WOF	35.95m
6. Nikole Simmons, APP	35.53m
7. Margo Mincey, GSU	35.20m
8. Kristie Boggan, APP	32.42m

### Heptathlon

1. Kellie Mitchell, GSU	4,987
2. Kristin Truman, ETSU	4,833
3. Tondra White, APP	4,448
4. Myra Keeter, APP	4,024
5. Kristie Boggan, APP	3,853
6. Andrea Floyd, WCU	3,259
7. Christel Kirkpatrick, WCU	2,873
8. Annie Cawthon, WCU	2,778

### Most Outstanding Track Performer

Jennifer Claud, Appalachian State

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Kathleen Turchin, Chattanooga

### Coach of the Year

John Weaver, Appalachian State and  
Todd Lane, Georgia Southern

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

# 2003 Men's Championship

## Team Results

Team	Points
1. Appalachian State	229
2. Western Carolina	178
3. Chattanooga	100
4. VMI	97.5
5. The Citadel	70.5
6. East Tennessee State	47.5
7. Furman	38.5
8. Wofford	38
9. Davidson	19

### 100-Meter Dash

1. Jason Green, APP	10.42
2. Ernest Wiggins, APP	10.60
3. Sean Jackson, APP	10.62
4. Tee Alford, WCU	10.67
5. Marcus Barnes, ETSU	10.95
6. Isaac West, FUR	11.04
7. Kevin McLeod, APP	11.05

### 200-Meter Dash

1. Jason Green, APP	21.27
2. Ernest Wiggins, APP	21.38
3. Milton Bolton, WCU	21.45
4. Chris Martin, APP	21.78
5. J.T. Marbury, CIT	21.86
6. Larry Williams, VMI	22.78
7. Patrick Mauldin, WCU	29.64
8. Sean Jackson, APP	59.27

### 400-Meter Dash

1. Alex Prince, CIT	47.29
2. Milton Bolton, WCU	47.34
3. Larry Williams, VMI	47.83
4. John Robertson, WCU	48.87
5. Chris Martin, APP	49.23
6. J.T. Marbury, CIT	49.33
7. Will Gillespie, APP	49.54
8. Michael Kirk, VMI	50.09

### 800-Meter Dash

1. Caleb Bailey, WCU	1:53.15
2. Robert Hatcher, UTC	1:53.33
3. John Robertson, WCU	1:53.34
4. Colin Sullivan, UTC	1:55.19
5. Paul Reynard, UTC	1:55.87
6. Mike Reed, APP	1:57.27
7. Johnny Johnson, VMI	1:58.80
8. Greg Scott, DAV	1:59.77

### 1,500-Meter Run

1. Brad Yewer, ETSU	3:51.16
2. Caleb Bailey, WCU	3:52.49
3. Colin Sullivan, UTC	3:52.78
4. Greg Scott, DAV	3:55.06
5. Adam Puett, WCU	3:56.93
6. Tyler Johnson, FUR	3:56.98
7. Mike Reed, APP	3:58.41
8. David Haefner, ETSU	3:59.53

### 5,000-Meter Run

1. Steven Kocsis, UTC	14:48.45
2. Gediminas Banevicius, UTC	14:55.96
3. Derrick Williamson, APP	14:56.28
4. Kevin Crosby, FUR	14:58.25
5. Lance Parker, APP	15:01.99
6. Brad Yewer, ETSU	15:11.50
7. Franklin Manchester, APP	15:23.45
8. Robert Killian, CIT	15:28.15

### 10,000-Meter Run

1. Kevin Crosby, FUR	30:59.30
2. Steven Kocsis, UTC	31:08.80
3. Derrick Williamson, APP	31:27.12
4. Lance Parker, APP	31:30.70
5. Carson Blackwelder, APP	31:39.14
6. James Grufferty, ETSU	31:49.69
7. Peter Dalton, ETSU	33:03.02
8. Austin Mercandante, DAV	33:06.75

### 110-Meter Hurdles

1. Jeff McKelvin, VMI	14.45
2. Chris Harrington, UTC	14.79
3. Lawrence Briscoe, WCU	14.81
4. Deangelo Plather, VMI	15.15
5. Deonte Cook, WCU	15.24
6. Alex Love, WOF	15.25
7. Cory Blanton, UTC	15.69
-- Tristian Owusu-Yaw, FUR	DQ

### 400-Meter Hurdles

1. Chris Harrington, UTC	52.88
2. Deangelo Plather, VMI	52.92
3. Bryan Yerger, VMI	54.22
4. Thomas Cummings, CIT	55.49
5. Cory Blanton, UTC	55.96
6. Donald Cabbler, ETSU	58.03
7. Johannes Norling, DAV	58.61
8. Lawrence Briscoe, WCU	1:01.38

### 3,000-Meter Steeplechase

1. Linas Salkauskas, UTC	9:21.71
2. David Haefner, ETSU	9:25.21
3. Ian Mayne, UTC	9:33.27
4. Franklin Manchester, APP	9:35.13
5. Ben Watkins, WCU	9:37.88
6. Jimmy Swansbrough, DAV	9:38.55
7. Robert Killian, CIT	9:44.85
8. Shawn Holland, APP	9:49.40

### 4x100-Meter Relay

1. Appalachian State	39.91
2. The Citadel	41.37
3. VMI	41.83
4. Furman	42.09
5. Wofford	42.40
6. Davidson	43.14
7. East Tennessee State	43.35
-- Western Carolina	DNF

### 4x400-Meter Relay

1. The Citadel	3:12.18
2. Western Carolina	3:13.85
3. VMI	3:14.66
4. Appalachian State	3:20.92
5. Chattanooga	3:22.27
6. East Tennessee State	3:23.80
7. Davidson	3:24.16
8. Furman	3:24.43

### High Jump

1. Chris Walker, VMI	2.06m
2. Garrett Brickner, VMI	2.01m
3. John Barlew, UTC	2.01m
4. Jeremy Snoderly, ETSU	1.96m
5. Jeff McKelvin, VMI	1.91m
6. Rhette Excell, ETSU	1.91m
7. Lawrence Briscoe, WCU	1.86m
8. Brian Bratton, FUR	1.86m
Travis Taylor, CIT	1.86m

### Pole Vault

1. Jon Norman, APP	4.60m
2. Matt Carr, APP	4.60m
3. Ty Denby, VMI	4.45m
4. Dan Queen, APP	4.30m
5. Stuart Makinson, APP	4.30m
6. Christian Benson, WCU	4.15m
7. David McCall, WCU	4.15m
8. Bryan Tomlinson, APP	4.15m

### Long Jump

1. Adrien Borders, WOF	7.23m
2. Deon Britton, APP	7.11m
3. Holt McPherson, APP	6.95m
4. LaMont Reid, WCU	6.64m
5. Arthur Robertson, APP	6.57m
6. Tyler Ferguson, WCU	6.43m
7. Justin Davis, WCU	6.41m
8. James Sills, UTC	6.39m

### Triple Jump

1. Adrien Borders, WOF	14.68m
2. Gerald Foreman, APP	14.51m
3. Arthur Robertson, APP	14.35m
4. Issac West, FUR	13.94m
5. Tyler Ferguson, WCU	13.75m
6. Garrett Brickner, VMI	13.54m
7. Brian Graves, APP	13.30m
8. Julius Hunter, CIT	13.03m

### Shot Put

1. Anthony Greer, APP	15.61m
2. Dan Utley, APP	15.36m
3. David Boyce, WCU	14.54m
4. Katon Bethay, WOF	14.24m
5. Eric Thompson, VMI	14.14m
6. Jeb Hall, WCU	13.95m
7. Ben Whitney, WOF	13.78m
8. Jason Stepp, WCU	13.41m

### Discus Throw

1. Nick McNeil, WCU	43.74m
2. Jeb Hall, WCU	43.53m
3. Jason Stepp, WCU	43.43m
4. Dan Utley, APP	43.32m
5. Anthony Greer, APP	41.85m
6. Katon Bethay, WOF	41.39m
7. David Boyce, WCU	41.37m
8. Chris Franklin, CIT	35.74m

### Hammer Throw

1. Jason Stepp, WCU	48.44m
2. Nick McNeil, WCU	46.57m
3. Daniel Duckworth, APP	44.89m
4. Anthony Greer, APP	44.83m
5. Jeb Hall, WCU	44.79m
6. Matt Decker, WCU	43.93m
7. Eric Thompson, VMI	41.40m
8. Katon Bethay, WOF	41.31m

### Javelin Throw

1. Josh Lee, WCU	51.18m
2. Marcus Carter, CIT	50.42m
3. Regan LeBlanc, FUR	49.47m
4. Daniel Duckworth, APP	48.96m
5. Travis Taylor, CIT	46.37m
6. Erick Austin, CIT	44.20m
7. Bobby Robinson, WCU	43.41m
8. Joe Pederson, VMI	42.97m

### Decathlon

1. Dan Queen, APP	5,883
2. Travis Taylor, CIT	5,306
3. Bobby Robinson, WCU	5,255
4. Stuart Makinson, APP	5,005
5. Brandon Fellers, VMI	4,636
6. William Pearl, VMI	4,336
7. Hunter Reid, CIT	4,163
8. David McCall, WCU	3,732

### Most Outstanding Track Performer

Jason Green, Appalachian State

### Most Outstanding Field Performer

Adrien Borders, Wofford

### Freshman of the Year

John Robertson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

\* Top three finishers in each event received all-conference honors

# 2003 Women's Championship

## Team Results

Team	Points
1. Appalachian State	230
2. Georgia Southern	154
3. Chattanooga	153
4. Western Carolina	111
5. East Tennessee State	67
6. VMI	31
7. Furman	21
8. College of Charleston	17
9. The Citadel	10
T10. Davidson	9
T10. UNCG	9
12. Wofford	2

### 100-Meter Dash

1. Rashedah Arnold, GSU	11.87
2. Jennifer Claud, APP	11.97
3. Latavia Shores, UTC	12.10
4. Chantelle Vernon, ETSU	12.12
5. Shelly Mackall, VMI	12.25
6. Portia Taylor, APP	12.31
7. Ebonie Ogletree, GSU	12.45
8. Christina Roberts, APP	13.58

### 200-Meter Dash

1. Rashedah Arnold, GSU	24.13
2. Shamiaka Johnson, UTC	24.28
3. Giselle Cunningham, GSU	24.38
4. Jennifer Claud, APP	24.61
5. Margo Mincey, GSU	24.99
6. Candace Foster, UTC	25.38
7. Portia Taylor, APP	26.19

### 400-Meter Dash

1. Shamiaka Johnson, UTC	53.99
2. Kim Simmons, ETSU	54.96
3. Tiffany Pointer, UTC	55.41
4. Margo Mincey, GSU	55.85
5. Javonne Blackley, GSU	57.12
6. Matasha Brown, APP	57.39
7. Christina Roberts, APP	58.36
8. Jennifer Spivey, WCU	58.57

### 800-Meter Dash

1. Leslie Martin, WCU	2:13.65
2. Katie Sujkowski, APP	2:15.25
3. Amy Doolittle, UTC	2:16.83
4. Channel Lemon, UTC	2:18.53
5. Brittney Swick, GSU	2:19.69
6. Amber Blain, VMI	2:20.24
7. Eleanor Wilson, UNCG	2:21.59
8. Tiffany Collier, ETSU	2:24.50

### 1,500-Meter Run

1. Katie Sujkowski, APP	4:39.86
2. Amy Doolittle, UTC	4:41.25
3. Gina Recher, UTC	4:44.07
4. Allie Martin, DAV	4:48.02
5. Brittney Swick, GSU	4:51.65
6. Katie Marshall, ETSU	4:52.45
7. Deanna Kulesz, WCU	4:56.74
8. Ashley Griffith, DAV	4:57.85

### 3,000-Meter Steeplechase

1. Lanni Marchant, UTC	11:28.89
2. Katie Poole, FUR	11:29.61
3. Emily Chaney, ETSU	11:41.47
4. Heidi Sloop, UNCG	11:50.54
5. Lindsey Nye, GSU	11:59.09
6. Chelsea Jacobs, APP	12:02.83
7. Alissa Short, WCU	12:03.04
8. Kristen Trexler, APP	12:11.08

### 5,000-Meter Run

1. Gina Recher, UTC	17:34.45
2. Sarah Primeau, APP	17:42.06
3. Janelle Silverman, APP	17:47.45
4. Noel Smith, APP	18:01.24
5. Lanni Marchant, UTC	18:14.08
6. Amy Doolittle, UTC	18:21.22
7. Melanie Cooper, WCU	18:22.44
8. Molly Mungovan, FUR	18:34.90

### 10,000-Meter Run

1. Gina Recher, UTC	37:23.81
2. Sarah Primeau, APP	37:29.32
3. Janelle Silverman, APP	37:33.41
4. Noel Smith, APP	37:37.00
5. Whitney Sharp, FUR	39:05.51
6. Melanie Cooper, WCU	39:38.09
7. Whitney Woods, WCU	39:50.83
8. Rebekah Potts, FUR	39:52.62

### 100-Meter Hurdles

1. Ronda White, APP	13.98
2. Michelle Velez, WCU	14.00
3. Tondra White, APP	14.36
4. Elisabeth Sain, UTC	14.59
5. Alison Frese, UTC	14.76
6. Mandi Phillips, GSU	14.79
7. Shamiaka Johnson, UTC	15.22
-- Dawn Harden, UTC	FS

### 400-Meter Hurdles

*1. Marlo Mincey, GSU	1:00.16
2. Dawn Harden, UTC	1:01.81
3. Elisabeth Sain, UTC	1:02.16
4. Michelle Velez, WCU	1:03.49
5. Kim Simmons, ETSU	1:03.62
6. Pearl Griggs, GSU	1:06.21
7. Rasheeda Ghaffar, UTC	1:06.28
8. Tondra White, APP	1:10.84

### 4x100-Meter Relay

1. Georgia Southern	45.83
2. Appalachian State	46.18
3. East Tennessee State	47.39
4. Western Carolina	47.40
5. Chattanooga	47.90
6. Furman	49.52
7. VMI	49.76
8. The Citadel	50.40

### 4x400 Meter Relay

1. Georgia Southern	3:45.16
2. East Tennessee State	3:50.42
3. Chattanooga	3:50.90
4. Western Carolina	3:51.35
5. Furman	4:07.30
6. The Citadel	4:12.48
7. VMI	4:12.60
8. Appalachian State	4:15.39

### High Jump

1. Cheryl Howard, ETSU	1.65m
2. Kellie Mitchell, GSU	1.65m
2. Tondra White, APP	1.65m
4. Suzanne Makinson, APP	1.60m
5. Alison Frese, UTC	1.60m
6. Amanda Yeck, DAV	1.55m
7. Laura Tieszen, WCU	1.50m
8. Shannon Meadows, APP	1.50m

### Pole Vault

1. Laura Tieszen, WCU	3.81m
2. Suzanne Makinson, APP	3.66m
3. Dana Anglin, WCU	3.51m
4. Michelle Velez, WCU	3.51m
5. Nadia Wendlandt, VMI	3.36m
6. Alexis Gonzalez, CIT	2.76m
-- Tricia Shepard, WCU	NH
-- Kara Westmoreland, APP	NH

### Long Jump

1. Ronda White, APP	5.82m
2. Kellie Mitchell, GSU	5.79m
3. Kasola Smith, UTC	5.74m
4. Kelia Thomas, GSU	5.37m
5. Paula Moore, APP	5.21m
6. Shameka Harris, WCU	5.20m
7. Candace Foster, UTC	5.19m
8. Jacqueline Allen, GSU	5.16m

### Triple Jump

1. Ronda White, APP	12.70m
2. Jennifer Claud, APP	12.10m
3. Tondra White, APP	11.97m
4. Jacqueline Allen, GSU	11.52m
5. Paula Moore, APP	11.03m
6. Tiffany Mack, WCU	10.77m
7. Marlo Mincey, GSU	10.71m
8. Mandi Phillips, GSU	10.68m

### Shot Put

1. Mildred Cooper, VMI	13.25m
2. LaShana Poole, APP	12.70m
3. Beverly Burnett, APP	12.67m
4. K. Williams-Rogers, WCU	12.62m
5. Amber Tiggs, GSU	12.49m
6. Jamila Minnfield, GSU	12.21m
7. Kristie Boggan, APP	11.90m
8. Nikole Simmons, APP	11.36m

### Discus Throw

1. LaShana Poole, APP	45.31m
2. Lindsay Baber, CofC	43.62m
3. Shaleth Lightfoot, GSU	43.25m
4. Chakosha Lance, CofC	39.84m
5. K. Williams-Rogers, WCU	38.97m
6. Mildred Cooper, VMI	38.05m
7. Kristie Boggan, APP	37.75m
8. Markaysa Norwood, GSU	36.33m

### Hammer Throw

1. LaShana Poole, APP	51.78m
2. Amber Tiggs, GSU	50.33m
3. K. Williams-Rogers, WCU	46.61m
4. Quilletta Dunston, WCU	43.95m
5. Chakosha Lance, CofC	42.66m
6. Mildred Cooper, VMI	41.31m
7. Michele Proctor, UNCG	40.26m
8. Shaleth Lightfoot, GSU	40.00m

### Javelin Throw

1. K. Williams-Rogers, WCU	36.74m
2. Kristin Truman, ETSU	34.92m
3. Laura Tieszen, WCU	33.76m
4. Margo Mincey, GSU	32.80m
5. Kellie Mitchell, GSU	31.10m
6. Catrina Moore, CIT	30.83m
7. Janet Rhodes, WOF	30.75m
8. Nikole Simmons, APP	30.64m

### Heptathlon

1. Tondra White, APP	4,388
2. Kristin Truman, ETSU	4,094
3. Alison Frese, UTC	3,940
4. Kristie Boggan, APP	3,780
5. Kelia Thomas, GSU	3,736
6. Rasheeda Ghaffar, UTC	3,561
7. Myra Keeter, APP	3,368
8. Cristel Kirkpatrick, WCU	3,097

### Most Outstanding Track Performer

Gina Recher, Chattanooga

### Most Outstanding Field Performer

LaShana Poole, Appalachian State

### Freshman of the Year

Rashedah Arnold, Georgia Southern

### Coach of the Year

Todd Lane, Georgia Southern

\*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

# 2002 Men's Championship

## Team Results

Team	Points
1. Appalachian State	224
2. Western Carolina	188
3. VMI	112.5
4. The Citadel	83.5
5. East Tennessee State	63
6. Chattanooga	61
7. Davidson	31
8. Furman	27
9. Wofford	16

### 100-Meter Dash

1. Ernest Wiggins, APP	10.69
2. Jason Green, APP	10.77
3. Kenyon Doyle, CIT	10.89
4. Reggie Williams, APP	10.90
5. James Rainer, WCU	10.92
T6. Quez Smith, VMI	11.14
T6. Darius Bryson, WCU	11.14
8. Kevin McLeod, APP	11.24

### 200-Meter Dash

1. Reggie Williams, APP	21.50
2. Jason Green, APP	21.56
3. Kenyon Doyle, CIT	21.62
4. Ernest Wiggins, APP	22.06
5. J.T. Marbury, CIT	22.17
6. Milton Bolton, WCU	22.19
7. Jeff Witherspoon, CIT	22.26
8. Larry Williams, VMI	22.43

### 400-Meter Dash

1. Milton Bolton, WCU	47.63
2. Alex Prince, CIT	47.84
3. Darrus Cofield, WCU	47.90
4. Bola Oyegunwa, WCU	47.93
5. Larry Williams, VMI	48.57
6. J.T. Marbury, CIT	49.31
7. Marcus Cohen, CIT	49.54
-- Keith Curry, APP	DQ

### 800-Meter Dash

1. Caleb Bailey, WCU	1:53.93
2. Dan Gibson, DAV	1:54.58
3. Chris Green, VMI	1:54.59
4. Jay Jahnes, DAV	1:56.21
5. Mike Reed, APP	1:57.13
6. Tony Kimbrough, CIT	1:57.45
7. James Irwin, WCU	1:57.70
8. Nick Battle, VMI	1:59.98

### 1,500-Meter Run

1. Dan Gibson, DAV	3:54.44
2. Caleb Bailey, WCU	3:55.75
3. Brad Yewer, ETSU	3:56.58
4. Mike Reed, APP	3:58.89
5. Grady Powell, FUR	4:03.23
6. Jay Jahnes, DAV	4:03.90
7. Ben Schowe, APP	4:04.52
8. William Holland, APP	4:05.12

### 5,000-Meter Run

1. Steve Kocsis, UTC	15:10.51
2. Curtis Gadula, UTC	15:13.07
3. James Grufferty, ETSU	15:14.72
4. Bret Burns, UTC	15:24.23
5. Lance Parker, APP	15:30.84
6. Kevin Crosby, FUR	15:33.44
7. Robert Killian, CIT	15:37.01
8. Brad Ferguson, APP	15:39.28

### 10,000-Meter Run

1. Curtis Gadula, UTC	32:25.56
2. James Grufferty, ETSU	32:32.36
3. Lance Parker, APP	32:40.78
4. Kevin Crosby, FUR	32:45.20
5. Joe Halin, APP	32:50.75
6. Ryan Toler, APP	33:03.02
7. Jesse Norman, WCU	33:07.08
8. Carson Blackwelder, APP	33:10.51

### 110-Meter Hurdles

1. Ryan Linebarger, APP	14.93
2. Deangelo Plather, VMI	15.44
3. Kevin Solomon, VMI	15.57
4. Andre Brown, WCU	15.93
5. Jared Maliska, WCU	16.02
6. Hercules Collins, FUR	16.10
7. Donnie Bryant, WCU	16.37
8. Seajae Hartness, WCU	16.47

### 400-Meter Hurdles

1. Ryan Linebarger, APP	51.97
2. Chris Harrington, UTC	52.62
3. Marcus Littlejohn, APP	55.20
4. Jared Maliska, WCU	55.50
5. Holt McPherson, APP	56.10
6. Greg Scherneck, DAV	57.31
7. Donte Cook, WCU	59.02

### 3,000-Meter Steeplechase

1. Bret Burns, UTC	9:23.87
2. David Haefner, ETSU	9:30.61
3. Ben Schowe, APP	9:36.42
4. Ben Watkins, WCU	9:41.09
5. Shawn Evans, APP	9:45.23
6. Brad Ferguson, APP	9:46.07
7. William Holland, APP	9:47.66
8. Robert Killian, CIT	9:53.17

### 4x100-Meter Relay

1. Appalachian State	40.51
2. The Citadel	40.79
3. Western Carolina	41.10
4. East Tennessee State	42.90
-- VMI	DNF
-- Chattanooga	DNF
-- Davidson	DQ

### 4x400-Meter Relay

1. Citadel	3:12.70
2. Western Carolina	3:14.37
3. Appalachian State	3:17.25
4. VMI	3:21.10
5. Chattanooga	3:22.36
6. East Tennessee State	3:26.66
7. Furman	3:27.13
8. Davidson	3:28.83

### High Jump

1. Kelvin Wylie, WCU	6-08.00
2. Garrett Brickner, VMI	6-06.00
3. Teddy Burgis, WCU	6-06.00
4. Travis Taylor, CIT	6-04.75
5. J.B. Rosson, VMI	6-04.75
6. Kamau Hull, VMI	6-02.00
6. Ryan Linebarger, APP	6-02.00
8. Bobby Robinson, WCU	6-02.00

### Pole Vault

1. Charles Rice, WCU	15'08.25"
2. Wes Pickens, APP	15'08.25"
3. Jon Norman, APP	15'02.25"
T4. J.B. Rosson, VMI	14'08.25"
T4. Seajae Hartness, WCU	14'08.25"
6. Ty Denby, VMI	14'02.50"
7. Matt Carr, APP	14'02.50"
8. Sean Heaton, WCU	14'02.50"

### Long Jump

1. Charvin Clark, ETSU	23-11.50
2. Adrien Borders, WOF	23-10.75
3. Holt McPherson, APP	23-08.00
4. Deon Britton, APP	23-06.00
5. Kevin Solomon, VMI	22-09.75
6. Doug Petway, WCU	22-09.75
7. Quez Smith, VMI	22-07.00
8. John Leverett, DAV	22-02.25

### Triple Jump

1. Kevin Solomon, VMI	50'01.25"
2. Adrien Borders, WOF	49'10.50"
3. Michael Dodd, UTC	49'02.25"
4. Quez Smith, VMI	46'11.00"
T5. Derik Screen, VMI	46'06.75"
T5. Gerald Foreman, APP	46'06.75"
7. Justin Davis, WCU	46'01.25"
8. Doug Petway, WCU	44'03.50"

### Shot Put

1. Quentin Armstrong, CIT	51-00.75
2. Jeb Hall, WCU	50-09.25
3. Chad Hyder, ETSU	48-00.00
4. Josh Artau, ETSU	47-09.75
5. Travis Crittendon, VMI	47-03.00
6. Bob Smith, APP	46-09.00
7. Eric Thompson, VMI	46-08.75
8. Tyler Burke, APP	45-06.50

### Discus Throw

1. Bob Smith, APP	153'03"
2. Tyler Burke, APP	147'02"
3. Austin Wakefield, VMI	145'05"
4. Nick McNeil, WCU	143'02"
5. Jeb Hall, WCU	141'09"
6. Chris Franklin, CIT	137'07"
7. Jason Stepp, WCU	136'05"
8. Troy Kelley, WCU	131'11"

### Hammer Throw

1. Bob Smith, APP	172-03.00
2. Nick McNeil, WCU	156-06.00
3. Eric Thompson, VMI	142-03.00
4. Austin Wakefield, VMI	139-10.00
5. Travis Crittendon, VMI	137-10.00
6. Tyler Burke, APP	129-00.00
7. Jeb Hall, WCU	127-03.00
8. Jamie Lyda, APP	126-03.00

### Javelin Throw

1. Regan LeBlanc, FUR	187'07"
2. Marcus Carter, CIT	184'01"
3. Josh Artau, ETSU	180'01"
4. Eric Wimpey, WCU	179'07"
5. Josh Langley, WCU	168'01"
6. Seth Ostlund, VMI	158'06"
7. Jeb Hall, WCU	157'02"
8. Jason Stepp, WCU	156'00"

### Decathlon

1. Chad Michael, APP	6,162
2. Jared Maliska, WCU	5,746
3. Garrett Brickner, VMI	5,610
4. Daniel Queen, APP	5,591
5. Josh Langley, WCU	5,391
6. Travis Taylor, CIT	5,354
6. Ty Denby, VMI	5,354
8. Robert Brookshire, APP	5,327

#### Most Outstanding Track Performer

Ryan Linebarger, Appalachian State

#### Most Outstanding Field Performer

Bob Smith, Appalachian State

#### Freshman of the Year

Adrien Borders, Wofford

#### Coach of the Year

John Weaver, Appalachian State

#### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors
- Field events converted from metric to English measurements.

# 2002 Women's Championship

## Team Results

Team	Points
1. Appalachian State	216
2. Western Carolina	201.5
3. Georgia Southern	122
4. Chattanooga	100.5
5. East Tennessee State	79
6. Furman	35
7. UNCG	23
8. The Citadel	18
9. VMI	17
10. Davidson	4

### 100-Meter Dash

1. Jennifer Claud, APP	12.29
2. Tondra White, APP	12.59
3. Ronda White, APP	12.61
4. Ronetta Burgess, WCU	12.64
5. Kamata Potts, WCU	12.67
5. Javonne Blackley, GSU	12.67
7. Candii Woodson, FUR	12.68

### 200-Meter Dash

1. Jennifer Claud, APP	24.76
2. Ronda White, APP	25.10
3. Javonne Blackley, GSU	25.12
4. Jennifer Howard, ETSU	25.15
5. Ronetta Burgess, WCU	25.22
6. Margo Mincey, GSU	25.72
7. Ashelyn Little, WCU	27.39

### 400-Meter Dash

1. Jennifer Howard, ETSU	55.01
2. Kim Simmons, ETSU	55.94
3. Kellie Mitchell, GSU	57.16
4. Benetta Boyd, WCU	57.62
5. Tiffany Collier, ETSU	57.76
6. Matasha Brown, APP	57.87
7. Marlo Mincey, GSU	58.01
8. Ashelyn Little, WCU	1:01.51

### 800-Meter Dash

1. Julie Stackhouse, FUR	2:12.95
2. Channel Lemon, UTC	2:13.20
3. Katie Sujkowski, APP	2:14.39
4. Megan Thacker, WCU	2:15.46
5. Leslie Martin, WCU	2:15.83
6. Bev Roberts, FUR	2:23.25
7. Amy Doolittle, UTC	2:23.42
8. Tonya Edmonds, WCU	2:25.48

### 1,500-Meter Run

1. Katie Sujkowski, APP	4:38.85
2. Amy Doolittle, UTC	4:42.96
3. Lauren Campbell, ETSU	4:45.93
4. Missy Dock, APP	4:47.12
5. Holly Bright, WCU	4:47.17
6. Morgan Cole, UNCG	4:51.17
7. Shannon Wommack, UTC	4:52.14
8. Erin Howard, FUR	4:57.43

### 3,000-Meter Steeplechase

1. Shannon Wommack, UTC	11:31.59
2. Emily Chaney, ETSU	11:52.51
3. Lindsey Nye, GSU	11:58.93
4. Alisha Little, APP	12:11.70
5. Alissa Short, WCU	12:11.92
6. Kristen Trexler, APP	12:19.48
7. Olivia Perry-Smith, CIT	12:20.21
8. Marivi Mercado, APP	12:35.88

### 5,000-Meter Run

1. Sarah Primeau, APP	17:59.60
2. Ellen Davis, UTC	18:38.19
3. Gina Recher, UTC	18:49.77
4. Jennifer Honeycutt, APP	18:54.68
5. Holly Bright, WCU	19:04.58
6. Emily Furr, UNCG	19:14.11
7. Emily Chaney, ETSU	19:18.38
8. Mary Nero, UNCG	19:23.78

### 10,000-Meter Run

1. Sarah Primeau, APP	38:08.78
2. Ellen Davis, UTC	39:36.02
3. Jennifer Honeycutt, APP	39:42.70
4. Emily Chaney, ETSU	40:31.06
5. Emily Furr, UNCG	40:47.49
6. Kim Roush, FUR	41:12.17
7. Holly Bright, WCU	41:21.26
8. Kristin Irwin, UNCG	41:26.22

### 100-Meter Hurdles

1. Ronda White, APP	14.07
2. Lindy Petteway, GSU	14.09
3. Michelle Velez, WCU	14.39
4. Dawn Harden, UTC	14.50
5. Rosalyn Hood, WCU	14.51
6. Alison Frese, UTC	14.61
7. Ronetta Burgess, WCU	14.80
8. Tondra White, APP	15.36

### 400-Meter Hurdles

1. Elisabeth Sain, UTC	1:00.22
2. Dawn Harden, UTC	1:01.20
3. Michelle Velez, WCU	1:01.98
4. Monica Hill, FUR	1:02.30
5. Rosalyn Hood, WCU	1:04.23
6. Tondra White, APP	1:04.30
7. Lindy Petteway, GSU	1:04.94
8. Rasheeda Ghaffar, UTC	1:06.49

### 4x100-Meter Relay

1. Western Carolina	45.99
2. Georgia Southern	47.58
3. Chattanooga	47.87
4. East Tennessee State	48.07
5. Furman	48.68
6. VMI	50.22
7. Davidson	52.63
-- Appalachian State	DQ

### 4x400-Meter Relay

1. East Tennessee State	3:48.17
2. Appalachian State	3:50.65
3. Georgia Southern	3:50.69
4. Western Carolina	3:50.76
5. Furman	4:02.45
6. VMI	4:07.77
7. Davidson	4:17.93
8. UNCG	4:24.51
9. Chattanooga	4:24.85

### High Jump

1. Virginia LaCombe, WCU	5'08.00"
2. Cheryl Howard, ETSU	5'06.00"
T3. Alison Frese, UTC	5'04.25"
T3. Suzanne Makinson, APP	5'04.25"
5. Altavise Franklin, WCU	5'04.25"
6. Tara Stevenson, CIT	5'04.25"
T7. Leigh Anne Rank, APP	5'02.25"
T7. Kellie Mitchell, GSU	5'02.25"

### Pole Vault

1. Dana Anglin, WCU	12'0.50"
2. Suzanne Makinson, APP	12'0.50"
T3. Michelle Velz, WCU	11'5.75"
T3. Laura Tieszen, WCU	11'5.75"
5. Tricia Shepard, WCU	10'0.0"
6. Heidi Gholston, GSU	9'6.25"
7. Kelly Hawkins, APP	9'6.25"
8. Sara Searcy, APP	9'6.25"

### Long Jump

1. Ronda White, APP	19'4.75"
2. Kellie Mitchell, GSU	18'10.0"
3. Rosalyn Hood, WCU	18'5.0"
4. Kasola Smith, UTC	18'4.5"
5. Kamata Potts, WCU	18'3.75"
6. Kim Simmons, ETSU	18'3.0"
7. Jacqueline Allen, GSU	18'2.5"
8. Cedeia Bowden, WCU	17'11.5"

### Triple Jump

1. Ronda White, APP	42'0.0"
2. Tondra White, APP	41'0.25"
3. Jennifer Claud, APP	40'7.0"
4. Paula Moore, APP	40'4.0"
5. Cedeia Bowden, WCU	39'8.0"
6. Virginia LaCombe, WCU	39'5.75"
7. Jacqueline Allen, GSU	37'11.25"
8. Altavise Franklin, WCU	37'3.25"

### Shot Put

1. Mildred Cooper, VMI	44-04.25
2. Amber Tiggs, GSU	44-00.00
3. LaShana Poole, APP	42-05.50
4. Nikki Slocumb, GSU	41-06.50
5. Altavise Franklin, WCU	39-08.50
6. Kiley Wright, WCU	39-05.00
7. Kineta Williams, WCU	38-06.75
8. Jamilla Minnifield, GSU	38-05.50

### Discus Throw

1. LaShana Poole, APP	141'6"
2. Shaleta Lightfoot, GSU	135'0"
3. Kiley Wright, WCU	125'9"
4. Nikki Slocumb, GSU	125'3"
5. Markaysa Norwood, GSU	122'2"
6. Kineta Williams, WCU	121'10"
7. Anisha Strouble, GSU	120'5"
8. Pam Truman, FUR	113'8"

### Hammer Throw

1. Amber Tiggs, GSU	162'0.0"
2. LaShana Poole, APP	156'6.0"
3. Niki Ash, UNCG	138'10.0"
4. Nancy Hinson, APP	136'3.0"
5. Michelle Proctor, UNCG	131'3.0"
6. Kineta Williams, WCU	126'0.0"
7. Carol Hamlin, CIT	125'11.0"
8. Mildred Cooper, VMI	122'11.0"

### Javelin Throw

1. Altavise Franklin, WCU	121'11"
2. Lindy Petteway, GSU	115'10"
3. Kineta Williams, WCU	112'2"
4. Kristin Truman, ETSU	101'8"
5. Virginia LaCombe, WCU	97'10"
6. Carol Hamlin, CIT	97'9"
7. Pam Truman, FUR	89'7"
8. Laura Tieszen, WCU	87'2"

### Heptathlon

1. Virginia LaCombe, WCU	4,790
2. Tara Stevenson, CIT	4,697
3. Rosalyn Hood, WCU	4,603
4. Alison Frese, UTC	4,507
5. Altavise Franklin, WCU	4,444
6. Kelia Thomas, GSU	3,772
7. Nancy Hinson, APP	3,762
8. Heidi Gholston, GSU	3,659

### Most Outstanding Track Performer

Ronda Wright, Appalachian St

### Most Outstanding Field Performer

Virginia LaCombe, Western Carolina

### Freshman of the Year

Jennifer Claud, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors
- Field events converted from metric to English measurements.



# 2001 Men's Championship

## Team Results

Team	Points
1. Appalachian State	221
2. Western Carolina	156
3. VMI	155
4. The Citadel	81
5. East Tennessee State	79
6. Chattanooga	75
7. Furman	25
8. Davidson	14
9. UNCG	6
10. Wofford	1

**100-Meter Dash**

1. Akaba Glaspie, WCU	10.78
2. Jeff Witherspoon, CIT	10.83
3. Kevin McLeod, APP	11.11
4. Quez Smith, VMI	11.13
5. Donnie Bryant, WCU	11.25
6. Charles Watson, CIT	11.32
7. Damion McLean, APP	11.34
8. Evan Hawkins, ETSU	12.07

**200-Meter Dash**

1. Jeff Witherspoon, CIT	21.44
2. Evan Hawkins, ETSU	21.60
3. Derrick High, WCU	21.67
4. Akaba Glaspie, WCU	21.88
5. J.T. Marbury, CIT	22.19
6. Charles Davis, APP	22.39
7. Mike May, ETSU	22.54
8. Lloyd Davis, VMI	22.94

**400-Meter Dash**

1. Derrick High, WCU	47.54
2. Evan Hawkins, ETSU	47.56
3. Michael Lokale, VMI	48.69
4. Tim Vaught, WCU	49.23
5. Mike May, ETSU	49.56
6. Michael Kirk, VMI	49.82
7. Dale Slaughter, APP	51.35
8. Bola Oyegunwa, WCU	1:08.52

**800-Meter Dash**

1. Chris Green, VMI	1:52.78
2. Caleb Bailey, WCU	1:53.09
3. John Baldwin, UTC	1:53.19
4. Ryan Kendall, UTC	1:53.85
5. Aaron Prieur, UTC	1:54.87
6. Matt Vogel, VMI	1:55.94
7. Leonard Mitchell, UNCG	1:56.86
8. Tony Kimbrough, CIT	1:58.40

**1,500-Meter Run**

1. Aaron Prieur, UTC	3:52.76
2. Caleb Bailey, WCU	3:53.79
3. Ryan Kendall, UTC	3:54.76
4. Yuri Van der Heijden, FUR	3:57.38
5. Jimmy Swansbrough, DAV	3:57.73
6. Leonard Mitchell, UNCG	3:58.01
7. Chris Green, VMI	3:59.41
8. Shawn Holland, APP	4:01.63

**5,000-Meter Run**

1. Ben Bisette, APP	14:53.22
2. Curtis Gadula, UTC	15:05.99
3. Joe Halin, APP	15:10.01
4. Franklin Manchester, APP	15:10.14
5. Shon Grice, UTC	15:15.51
6. Dwight Thomas, UTC	15:18.83
7. Alan Marion, APP	15:19.93
8. Tim Briles, FUR	15:26.98

**10,000-Meter Run**

1. Ben Bisette, APP	31:18.45
2. Dwight Thomas, UTC	31:36.76
3. Curtis Gadula, UTC	31:40.67
4. Joe Halin, APP	31:45.93
5. Alan Marion, APP	31:46.44
6. Ryan Toler, APP	31:47.45
7. Greg Sprowl, ETSU	32:07.94
8. Jesse Norman, WCU	32:27.32

**110-Meter Hurdles**

1. Omari Francis, APP	14.46
2. Ryan Linebarger, APP	14.60
3. Jeff Foy, VMI	14.84
4. Johnny Bormar, WCU	15.42
5. Keith Sims, APP	15.46
6. Donnie Bryant, WCU	15.80
7. Kenny Moseley, VMI	15.85
8. Hercules Collins, FUR	17.26

**400-Meter Hurdles**

1. Jon-Paul Bowles, FUR	53.06
2. Deangelo Plather, VMI	53.47
3. Jeff Foy, VMI	54.32
4. Johnny Bormar, WCU	55.55
5. Ryan Linebarger, APP	56.44
6. Jared maliska, WCU	56.80
7. Cory Russell, CIT	56.81
8. Donnie Bryant, WCU	1:01.19

**3,000-Steeplechase**

1. Shon Grice, UTC	9:13.34
2. Tim Briles, FUR	9:22.94
3. Ben Schowe, APP	9:26.13
4. Franklin Manchester, APP	9:29.05
5. Shawn Evans, APP	9:30.44
6. Jimmy Swansbrough, DAV	9:32.56
7. David Haefner, ETSU	9:37.60
8. Robert Killian, CIT	9:43.36

**4x100-Meter Relay**

1. Western Carolina	41.00
2. The Citadel	41.35
3. VMI	41.83
4. Appalachian St	41.88
5. Davidson	44.19

**4x400-Meter Relay**

1. Western Carolina	3:15.20
2. VMI	3:15.64
3. Appalachian State	3:17.10
4. Chattanooga	3:19.64
5. The Citadel	3:20.55
6. Davidson	3:22.69
7. East Tennessee State	3:24.32
8. UNCG	3:28.76

**High Jump**

1. Jason Farr, ETSU	6'05.5"
2. Ken Millender, APP	6'05.5"
3. Travis Taylor, CIT	6'03.5"
4. Jason Palmer, APP	6'03.50"
5. Jeff McKelvin, VMI	6'01.5"
6. Tim DeLaughter, ETSU	6'01.5"
7. J.B. Rosson, VMI	5'11.5"
8. Jeremy Snoderly, ETSU	5'11.5"

**Pole Vault**

1. Charles Rice, WCU	16'04.0"
2. J.B. Rosson, VMI	15'10.0"
3. Wes Pickens, APP	14'04.5"
T3. Aaron Pedrick, APP	14'04.5"
5. Bryan Tomlinson, APP	14'04.5"
6. Adam Woods, ETSU	13'10.5"
7. Jon Norman, APP	13'10.5"
8. Ron Hull, VMI	13'10.5"

**Long Jump**

1. Damion McLean, APP	23'10.0"
2. Kevin Solomon, VMI	23'00.5"
3. Aaron Yarbough, VMI	22'08.5"
4. Omari Francis, APP	22'05.25"
4. Quez Smith, VMI	22'05.25"
6. Keith Jenkins, APP	22'03.75"
7. Doug Petway, WCU	22'00.75"
8. Donnie Bryant, WCU	21'11.0"

**Triple Jump**

1. Kevin Solomon, VMI	14.90m
2. Damion McLean, APP	14.86m
3. Keith Jenkins, APP	14.44m
4. Derik Screen, VMI	14.14m
5. Doug Petway, WCU	13.93m
6. David Cabbler, ETSU	13.76m
7. Demaj Wiley, CIT	13.68m
8. Sheldon Hamilton, WOF	13.36m

**Shot Put**

1. Quentin Armstrong, CIT	50'02.50"
2. Josh Artau, ETSU	48'01.25"
3. Larry Brock, APP	47'10.0"
4. John Chisholm, VMI	47'02.25"
5. Russ Touchberry, CIT	46'10.25"
6. Jeff Chambers, WCU	46'08.25"
7. Austin Wakefield, VMI	46'05.5"
8. D. Misenheimer, APP	44'00.00"

**Discus Throw**

1. Larry Brock, APP	149'04"
2. Jeff Chambers, WCU	147'10"
3. Nick McNeil, WCU	144'00"
4. Russ Touchberry, CIT	143'02"
5. Austin Wakefield, VMI	141'02"
6. Chris Franklin, CIT	139'05"
7. Tony Essig, VMI	133'07"
8. Josh Artau, ETSU	129'00"

**Hammer Throw**

1. John Chisholm, VMI	188'06"
2. Nick McNeil, WCU	154'04"
3. Tony Essig, VMI	150'10"
4. Russ Touchberry, CIT	149'03"
5. Daniel Duckworth, APP	148'03"
6. Larry Brock, APP	146'01"
7. Jeff Chambers, WCU	141'11"
8. Austin Wakefield, VMI	131'07"

**Javelin Throw**

1. Phil Weismiller, VMI	181'02"
2. Larry Brock, APP	174'01"
3. Josh Artau, ETSU	172'05"
4. Chad Michael, APP	169'08"
5. Josh Langley, WCU	162'08"
6. Devin Sweeney, WCU	156'08"
7. Daniel Duckworth, APP	147'04"
8. Seth Ostlund, VMI	146'08"

**Decathlon**

1. Andrew Whitson, ETSU	6,233
2. Chad Michael	5,795
3. Jared Maliska, WCU	5,777
4. Adam Woods, ETSU	5,392
5. Josh Langley, WCU	5,075
6. Scott Sutter, CIT	3,918
7. Thomas Reid, CIT	2,905
8. Jamie Lyda, APP	3,646

**Most Outstanding Performer**  
Ben Bisette, Appalachian State

**Freshman of the Year**  
Nick McNeil, Western Carolina

**Coach of the Year**  
John Weaver, Appalachian State

**\*\*NOTES\*\***

- Top three finishers in each event receive all-conference honors
- Field events converted from metric to English measurements.

# 2001 Women's Championship

## Team Results

Team	Points
1. Western Carolina	230.50
2. Appalachian State	170
3. Chattanooga	144
4. Georgia Southern	81
5. Furman	64
6. East Tennessee State	58
7. VMI	30.5
8. Davidson	22
9. The Citadel	13
10. UNCG	5

### 100-Meter Dash

1. Shonte' Pinkston, APP	11.83
2. Marna Moore, UTC	12.31
3. Jacqueline Allen, GSU	12.42
4. Candii Woodson, FUR	12.63
5. Cedeia Bowden, WCU	12.63
6. Ebonie Ogletree, GSU	12.67
7. Ronetta Burgess, WCU	12.98
8. Javonne Blackley, GSU	13.11

### 200-Meter Dash

1. Shonte' Pinkston, APP	24.27
2. Marna Moore, UTC	24.66
3. Ronetta Burgess, WCU	24.74
4. Jennifer Howard, ETSU	24.96
5. Roselin Addo, ETSU	25.21
6. Jacqueline Allen, GSU	25.36
7. Ashelyn Little, WCU	25.50
8. Ebonie Ogletree, GSU	26.08

### 400-Meter Dash

1. Roselin Addo, ETSU	55.19
2. Jennifer Howard, ETSU	55.43
3. Tiffany Pointer, UTC	56.93
4. Marlo Mincey, GSU	56.95
5. Ashelyn Little, WCU	58.17
6. Benetta Boyd, WCU	58.48
7. Candace Foster, UTC	58.95
8. Shavon Neely, WCU	1:01.66

### 800-Meter Dash

1. Mary Jayne Harrelson, APP	2:10.24
2. Smyth Bitter, APP	2:13.17
3. Katie Sujkowski, APP	2:14.52
4. Megan Thacker, WCU	2:18.24
5. Lauren Campbell, ETSU	2:19.45
6. Bev Roberts, FUR	2:20.16
7. Liz Gross, DAV	2:20.79
8. Holly Bright, WCU	2:28.71

### 1,500-Meter Run

1. Mary Jayne Harrelson, APP	4:33.58
2. Lauren Campbell, ETSU	4:39.10
3. Johanna Allen, APP	4:41.99
4. Becky Slick, UTC	4:42/03
5. Erin Howard, FUR	4:45.67
6. Kate Brunk, UTC	4:45.78
7. Whitney Woods, WCU	4:46.69
8. Holly Bright, WCU	4:53.42

### 3,000-Meter Run

1. Mary Jayne Harrelson, APP	9:35.92
2. Oddbjorg Haugen, UTC	9:54.51
3. Becky Slick, UTC	10:01.03
4. Jill Braley, FUR	10:01.85
5. Johanna Allen, APP	10:09.52
6. Lory Gray, FUR	10:28.76
7. Emily Campbell, ETSU	10:33.63
8. Whitney Woods, WCU	10:38.80

### 5,000-Meter Run

1. Oddbjorg Haugen, UTC	16:58.93
2. Jill Braley, FUR	17:05.53
3. Andrea Davis, UTC	17:27.60
4. Gina Recher, UTC	17:54.14
5. Lory Gray, FUR	18:07.90
6. Sarah Primeau, APP	18:17.19
7. Melanie Cooper, WCU	18:39.46
8. Whitney Woods, WCU	18:43.86

### 10,000-Meter Run

1. Jill Braley, FUR	37:30.01
2. Andrea Davis, UTC	37:32.13
3. Dana Smith, FUR	38:04.17
4. Sarah Primeau, APP	38:16.51
5. Heather Needham, APP	38:50.85
6. Jennifer Honeycutt, APP	39:51.69
7. Emily Eades, FUR	40:04.84
8. Melanie Cooper, WCU	40:35.95

### 110-Meter Hurdles

1. Marna Moore, UTC	14.25
2. Ronetta Burgess, WCU	14.46
3. Virginia LaCombe, WCU	15.28
4. Jennifer McCalla, GSU	15.36
5. Rosalyn Hood, WCU	15.38
6. Tondra White, APP	15.39
7. Kirsten Bowden, APP	15.68
8. Lindy Petteway, GSU	16.95

### 400-Meter Hurdles

1. Monica Hill, FUR	1:02.55
2. Elisabeth Sain, UTC	1:03.35
3. Melissa Millar, DAV	1:03.83
4. Marlo Mincey, GSU	1:05.73
5. Tondra White, APP	1:05.92
6. Virginia LaCombe, WCU	1:06.00
7. Lei Nitia Williams, GSU	1:06.66
8. Pearl Griggs, GSU	1:11.91

### 4x100-Meter Relay

1. Chattanooga	46.74
2. Western Carolina	46.81
3. Appalachian State	46.97
4. Georgia Southern	47.18
5. Furman	48.51
6. VMI	51.06
7. Davidson	51.80
8. The Citadel	54.47

### 4x400-Meter Relay

1. East Tennessee State	3:48.26
2. Georgia Southern	3:52.00
3. Appalachian State	3:53.19
4. Western Carolina	3:58.44
5. Chattanooga	4:03.00
6. Davidson	4:03.12
7. Furman	4:05.94
8. VMI	4:10.89

### High Jump

1. Virginia LaCombe, WCU	5'09.75"
2. Jennifer Carroll, VMI	5'07.75"
3. Anna Hutcherson, UTC	5'05.75"
4. Tyleana Hanner, UTC	5'03.75"
5. Cheryl Howard, ETSU	5'03.75"
6. Suzanne Makinson, APP	5'01.75"
7. Leslie Atalese, APP	4'11.75"
8. Amanda Yeck, DAV	4'11.75"

### Pole Vault

1. Valerie Jalajas, WCU	11'11.25"
2. Michelle Velz, WCU	11'05.25"
3. Suzanne Makinson, APP	10;11.5"
T4. Nadia Wendlandt, VMI	10'05.5"
T4. Tricia Shepard, WCU	10'05.5"
6. Dana Anglin, WCU	10'05.5"
7. Kallie Kocourek, APP	10'05.5"
8. Kate Minser, APP	10'05.5"

### Long Jump

1. Tyleana Hanner, UTC	19'06.75"
2. Cedeia Bowden, WCU	19'01.25"
3. Star Lingo, GSU	18'05.25"
4. Angela Pryor, APP	18'04.50"
T5. Rosalyn Hood, WCU	17'11.75"
T5. Tanika Griffith, CUT	17'11.75"
T7. Jennifer Carroll, VMI	17'10.25"
T7. Ronetta Burgess, WCU	17'10.25"

### Triple Jump

1. Kirsten Bowden, APP	12.97m
2. Tondra White, APP	12.44m
3. Tyleana Hanner, UTC	12.42m
4. Virginia LaCombe, WCU	11.84m
5. Cedeia Bowden, WCU	11.36m
6. Rosalyn Hood, WCU	11.12m
7. Kristin Truman, ETSU	10.96m
8. Cheryl Howard, ETSU	10.64m

### Shot Put

1. Ashley Herendon, WCU	44'00.0"
2. Amber Tiggs, GSU	41'10.5"
3. LaShana Poole, APP	41'08.50"
4. Barbara Palmer, WCU	40'00.75"
5. Kineta Williams, WCU	37'06.5"
6. Catrina Moore, CIT	36'07.5"
7. Kiley Wright, WCU	36'02.25"
8. Niki Ash, UNCG	36'00.75"

### Discus Throw

1. LaShana Poole, APP	135'06"
2. Ashley Herendon, WCU	129'01"
3. Shaletta Lightfoot, GSU	119'10"
4. Kiley Wright, WCU	118'05"
5. Kelly Sullivan, VMI	117'00"
6. Quilletta Dunston, WCU	115'09"
7. Kineta Williams, WCU	113'10"
8. Barbara Palmer, WCU	111'08"

### Hammer Throw

1. Barbara Palmer, WCU	151'02.0"
2. Quilletta Dunston, WCU	145'02.0"
3. Kelly Sullivan, VMI	144'10.0"
4. Ashley Herendon, WCU	144'10.0"
5. Niki Ash, UNCG	143'08.0"
6. LaShana Poole, APP	142'06.0"
7. Amber Tiggs, GSU	141'01.0"
8. Alexis Abrams, VMI	135'04.0"

### Javelin Throw

1. Ashley Herendon, WCU	128'08"
2. Rolanda Mallory, APP	108'04"
3. Elizabeth Nobles, GSU	105'06"
4. Roslyn Bingley, WCU	103'04"
5. Kineta Williams, WCU	99'08"
6. Carol Hamlin, CIT	96'02"
7. Catrina Moore, CIT	94'07"
8. Alexis Abrams, VMI	93'11"

### Heptathlon

1. Tyleana Hanner, UTC	5,361
2. Virginia LaCombe, WCU	4,627
3. Roslyn Bingley, WCU	4,310
4. Rosalyn Hood, WCU	4,170
5. Kelia Thomas, GSU	3,894
6. Lindy Petteway, GSU	3,859
7. Leslie Atalese, APP	3,448

### Most Outstanding Performer

Virginia LaCombe, Western Carolina and  
Tyleana Hanner, Chattanooga

### Freshman of the Year

Oddbjorg Haugen, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors
- Certain field events converted from metric to English measurements.

# 2000 Men's Championship

## Team Results

Team	Points
1. VMI	217
2. Western Carolina	182
3. Appalachian State	145
4. The Citadel	68
5. ETSU	67
6. Chattanooga	51
7. Furman	46
8. Davidson	27
9. Wofford	5
10. UNCG	3

### 100-Meter Dash

1. Marcus Lynch, VMI	10.65
2. Quiz Smith, VMI	10.72
3. Johnnie Morrison, WCU	10.77
4. Carlos Frank, CIT	10.95
5. Martin Cortese, ETSU	10.96
6. Donnie Bryant, WCU	11.05
7. Kevin McLeod, APP	11.06

### 200-Meter Dash

1. Marcus Lynch, VMI	21.32
2. Joe Hyman, WCU	21.37
3. Akaba Glaspie, WCU	21.45
4. Jason McGhinnis, APP	21.65
5. Martin Cortese, ETSU	21.67
6. Evan Hawkins, ETSU	21.67
7. Derrick High, WCU	22.74

### 400-Meter Dash

1. Joe Hyman, WCU	47.66
2. Evan Hawkins, ETSU	48.14
3. Kenneth Carmichael, VMI	48.44
4. Akaba Glaspie, WCU	48.58
5. Nate Haley, VMI	48.67
6. Rob Nichols, CIT	49.90
7. Nick Crowe, Chattanooga	50.96
8. Derrick High, WCU	56.03

### 800-Meter Run

1. John Baldwin, Chattanooga	1:56.93
2. Caleb Bailey, WCU	1:57.09
3. Nic Crider, Chattanooga	1:57.30
4. Aaron Prier, Chattanooga	1:57.64
5. Michael Lokale, VMI	1:58.22
6. Dale Slaughter, APP	1:58.29
7. Keith Chapman, Davidson	1:58.61
8. Dan Gibson, Davidson	2:00.15

### 1,500-Meter Run

1. Nic Crider, UTC	3:55.34
2. Dan Gibson, Davidson	3:56.58
3. Aaron Prier, UTC	3:58.21
4. Caleb Bailey, WCU	3:59.38
5. Grady Powell, Furman	4:01.31
6. Yuri Vanderheijden, Furman	4:02.01
7. Curtis Gadula, UTC	4:03.98
8. Alan Marion, APP	4:05.17

### 5,000-Meter Run

1. Shane Austin, APP	14:53.43
2. Brent Ferrell, Davidson	15:12.54
3. Daniel Welsh, ETSU	15:14.48
4. Ben Bisette, APP	15:19.74
5. Mitchell Jones, ETSU	15:25.24
6. Timothy Briles, Furman	15:33.30
7. Joe Smith, VMI	15:35.12
8. Jesse Norman, WCU	15:35.22

### 10,000-Meter Run

1. Joe Smith, VMI	32:11.14
2. Ben Bisette, APP	32:30.36
3. Jesse Norman, WCU	32:37.50
4. Daniel Welsh, ETSU	32:43.11
5. Robert Stephens, WCU	32:48.87
6. Greg Sprowl, ETSU	33:02.78
7. Rob Ball, UNCG	33:12.47
8. Brian St Onge, UNCG	33:33.56

### 110-Meter High Hurdles

1. Jeff McKelvin, VMI	14.48
2. Jeff Foy, VMI	14.65
3. Kenny Moseley, VMI	14.83
4. Johnny Bomar, WCU	15.24
5. Karl Willis, WCU	15.44
6. Warren Evans, APP	15.61
7. Hercules Collins, Furman	16.02
8. Ryan Linebarger, APP	24.11

### 400-Meter Intermediate Hurdles

1. Nate Haley, VMI	52.55
2. Kenneth Carmichael, VMI	53.09
3. Jason McGhinnis, APP	53.13
4. Jon Paul Bowles, Furman	53.17
5. Glenn Hicks, APP	54.87
6. Derek LeMay, WCU	56.72
7. Randy Marion, APP	58.46
8. D'Angelo Plaether, VMI	59.36

### 3,000-Meter Steeplechase

1. Timothy Briles, Furman	9:25.81
2. Shane Austin, APP	9:25.85
3. Patrick Dillon, Furman	9:42.62
4. Shon Grice, UTC	9:44.37
5. Franklin Manchester, APP	9:51.33
6. Ben Bisette, APP	9:51.46
7. Ben Schave, APP	9:52.64
8. Shawn Evans, APP	9:54.29

### 4x100-meter Relay

1. VMI	41.48
2. CIT	41.54
3. Western Carolina	41.79
4. Appalachian State	42.30
5. Furman	42.90
6. Davidson	44.97

### 4x400-meter Relay

1. Western Carolina	3:17.73
2. Appalachian State	3:18.26
3. VMI	3:18.56
4. Chattanooga	3:20.58
5. CIT	3:21.24
6. ETSU	3:25.21
7. Furman	3:26.56
8. Davidson	3:26.88

### High Jump

1. Eric McClary, CIT	6-8
2. Rob Waddington, CIT	6-6
3. Jason Farr, ETSU	6-4
4. Ken Millender, APP	6-2
5. Jeff McKelvin, VMI	6-2
6. Karl Willis, WCU	6-0
7. Travis Gilliam, Furman	5-10
8. Brad Berry, WCU	5-8

### Pole Vault

1. Wes Pickens, APP	15-5.5
2. Charles Rice, WCU	14-11.5
3. Tim Thomas, WCU	14-11.5
4. Ron Hull, VMI	14-05.5
5. Aaron Pedrick, APP	13-11.75
6. John Hardy, VMI	12-11.75

### Long Jump

1. Kevin Solomon, VMI	25-0.5
2. Marcus Lynch, VMI	24-4.25
3. Damion McLean, APP	24-2.5
4. Rayshon Carthen, WCU	23-11.75
5. Aaron Yarbough, VMI	23-7.5
6. Doug Petway, WCU	23-2
7. Charles Mahatha, APP	23-0
8. Quiz Smith, VMI	22-10.5

### Triple Jump

1. Quiz Smith, VMI	47-1
2. Rayshon, Carfthen, WCU	46-8.75
3. Kevin Solomon, VMI	46-7.5
4. Ernest Moss, WCU	46-6
5. Ade Artis, Davidson	45-5.75
6. Elliot Barton, ETSU	45-5.25
7. Damion McLean, APP	44-6
8. Doug Petway, WCU	44-2.75

### Shot Put

1. Jeb Hall, WCU	51-11
2. John Chisholm, VMI	50-5.5
3. Quentin Armstrong, CIT	49-6.25
4. Anthony Jones, Wofford	46-8.25
5. Larry Brock, APP	45-1.75
6. Russ Touchberry, CIT	44-9.5
7. Tom Hite, ETSU	44-5.5
8. Chris Stewart, Furman	43-3.25

### Discus Throw

1. Larry Brock, APP	152-0
2. Tony Essig, VMI	146-5
3. Jeb Hall, WCU	144-4
4. Russ Touchberry, CIT	141-2
5. Chris Stewart, Furman	136-3
6. John Carelton, VMI	133-6
7. Matt Roten, APP	128-9
8. Jeff Chambers, WCU	126-3

### Hammer Throw

1. John Chisholm, VMI	185-2
2. Adam Gilbert, APP	163-3
3. Jeff Chambers, WCU	149-8
4. Russ Touchberry, CIT	137-3
5. Kelly Underwood, VMI	134-7
6. Jeb Hall, WCU	133-1
7. Tony Essig, VMI	123-3
8. John Carelton, VMI	118-8

### Javelin Throw

1. Kris Kut, The Citadel	196-5
2. Tony Liberato, VMI	181-1
3. Jeb Hall, WCU	167-1
4. Larry Brock, APP	166-2
5. Josh Langley, WCU	163-9
6. Jason Nave, ETSU	153-4
7. Brad Berry, WCU	146-0
8. Russ Touchberry, CIT	145-4

### Decathlon

1. Andrew Whitson, ETSU	6,287
2. Jeff Foy, VMI	5,558
3. Ben Yocum, APP	5,498
4. Donnie Bryant, WCU	5,472
5. Brad Berry, WCU	5,384
6. Adam Woods, ETSU	5,095
7. Jared Maliska, WCU	5,088
8. Seth Ostlund, VMI	3,579

### Most Outstanding Performer

Marcus Lynch, VMI

### Freshman of the Year

Kevin Solomon, VMI

### Coach of the Year

Mike Bozeman, VMI

**\*\*NOTE\*\*** Top three finishers in each event receive all-conference honors.

**\*\*NOTE\*\*** Field events converted from metric to English measurements.



# 2000 Women's Championship

## Team Results

Team	Points
1. Western Carolina	250
2. Chattanooga	191
3. Appalachian State	106
4. ETSU	77
5. Furman	68.5
6. Georgia Southern	31
7. The Citadel	27
8. VMI	26.5
9. UNCG	20
10. Wofford	12
11. Davidson	8

### 100-Meter Dash

1. Shonte Pinkston, APP	11.80
2. Tyleana Hanner, UTC	11.98
3. Jacqueline Allen, GSU	12.14
4. Marna Moore, UTC	12.15
5. Cedeia Bowden, WCU	12.27
6. Angela Pryor, APP	12.32
7. Andrea Matthews, APP	12.36
8. Javonne Blackely, GSU	12.44

### 200-Meter Dash

1. Tyleana Hanner, UTC	24.40
2. Shonte Pinkston, APP	24.57
3. Marna Moore, UTC	24.63
4. Jennifer Howard, ETSU	24.95
5. Angie Highbaugh, Furman	24.98
6. Rosline Addo, ETSU	25.01
7. Ashelyn Little, WCU	25.36
8. Javonne Blackley, GSU	25.49

### 400-Meter Dash

1. Roseline Addo, ETSU	55.98
2. Jennifer Howard, ETSU	56.46
3. Angie Highbaugh, Furman	57.43
4. Ashelyn Little, WCU	58.38
5. Tiffany Pointer, UTC	59.14
6. Tiffani Bonds, UTC	1:00.33
7. Shevon Neely, WCU	1:00.51
8. Maira Rivas, Furman	1:00.77

### 800-Meter Run

1. Julie Stackhouse, Furman	2:15.32
2. Becky Slick, UTC	2:16.01
3. Christina Smith, WCU	2:16.66
4. Lauren Campbell, ETSU	2:19.88
5. Smyth Bitter, Davidson	2:21.30
6. Channel Lemon, UTC	2:25.19
7. Erin Howard, Furman	2:26.30
8. Holly Bright, WCU	2:31.24

### 1,500-Meter Run

1. Becky Slick, UTC	4:44.87
2. Amanda Lynch, UTC	4:46.33
3. Erin Howard, Furman	4:49.25
4. Tanya Brown, ETSU	4:51.53
5. Holly Bright, WCU	4:53.63
6. Michelle Cooke, UTC	4:55.09
7. Kim Hemstreet, ETSU	4:58.93
8. Amy Doolittle, UTC	5:00.75

### 3,000-Meter Run

1. Catherine Berry, ETSU	9:53.10
2. Amanda Lynch, UTC	10:19.52
3. Becky Slick, UTC	10:35.17
4. Tanya Brown, ETSU	10:40.17
5. Kim Hemstreet, ETSU	10:43.61
6. Melanie Cooper, WCU	10:47.66
7. Heather Needham, APP	10:55.82
8. Lory Gray, Furman	11:02.65

### 5,000-Meter Run

1. Catherine Berry, ETSU	17:14.00
2. Amanda Lynch, UTC	18:02.26
3. Jenny Warfford, WCU	18:08.29
4. Jill Braley, Furman	18:11.21
5. Andrea Davis, UTC	18:22.07
6. Christy Lee, UNCG	18:41.01
7. Gina Recher, UTC	18:51.23
8. Melanie Cooper, WCU	18:53.79

### 10,000-Meter Run

1. Andrea Davis, UTC	38:08.38
2. Jenny Warfford, WCU	38:22.07
3. Christy Lee, UNCG	38:54.60
4. Gina Recher, UTC	39:39.66
5. Emily Eades, Furman	39:55.57
6. Emily Furr, UNCG	40:56.74
7. Jennifer Honeycutt, APP	41:16.65
8. Whitney Woods, WCU	41:29.83

### 110-Meter High Hurdles

1. Marna Moore, UTC	14.02
2. Tyleana Hanner, UTC	14.15
3. Rosalyn Hood, WCU	14.74
4. Ronetta Burgess, WCU	14.95
5. Virginia LaCombe, WCU	15.17
6. Alison Frese, UTC	15.30
7. Kristen Bowden, APP	16.12
8. Ginger Denison, Furman	16.47

### 400-Meter Intermediate Hurdles

1. Rosalyn Hood, WCU	1:02.67
2. Monica Hill, Furman	1:03.32
3. Alison Frese, UTC	1:05.38
4. Ginger Denison, Furman	1:06.64
5. Peaches Hudson, CIT	1:07.12
6. Virginia LaCombe, WCU	1:07.67
7. Pearl Griggs, GSU	1:12.79
8. Markita Mackey, APP	1:14.92

### 4x100-meter Relay

1. Appalachian State	47.05
2. Western Carolina	47.49
3. Furman	47.81
4. Chattanooga	50.20
5. The Citadel	50.56
6. Davidson	53.47
7. Georgia Southern	54.29

### 4x400-meter Relay

1. Western Carolina	3:51.14
2. Furman	3:53.72
3. Chattanooga	3:54.97
4. Appalachian State	4:00.71
5. Georgia Southern	4:04.31
6. ETSU	4:06.13
7. The Citadel	4:12.79
8. Davidson	4:18.48

### High Jump

1. Anna Hutcherson, UTC	5-5
2. Virginia LaCombe, WCU	5-5
3. Alison Frese, UTC	5-3
4. Tyleana Hanner, UTC	5-3
5. Whitney Nelson, GSU	5-3
6. Karen Breeding, ETSU	5-1
7. Julie Stackhouse, Furman	4-9
Jennifer Caroli, VMI	4-9

### Pole Vault

1. Valerie Jalajas, WCU	10-6
2. Page Stroup, Wofford	10-0
3. Tricia Shepard, WCU	10-0
4. Sara Searay, APP	9-6.25
5. Altavise Franklin, WCU	9-6.25
6. Kelly Hawkins, APP	9-6.25
7. Theresa Gilligan, APP	8-6.25
8. Kristen Higgins, GSU	8-6.25

### Long Jump

1. Tyleana Hanner, UTC	19-4
2. Rosalyn Hood, WCU	9-3.5
3. Kristen Bowden, APP	18-10.5
4. Jacqueline Allen, GSU	18-8.5
5. Angela Pryor, APP	18-7.25
6. Cedeia Bowden, WCU	18-0.75
7. Monica Lockett, GSU	17-5.25
8. Kelia Thomas, GSU	17-4.75

### Triple Jump

1. Rosalyn Hood, WCU	40-7.75
2. Kristen Bowden, APP	40-2.25
3. Tyleana Hanner, UTC	39-8
4. Virginia LaCombe, WCU	38-11
5. Cedeia Bowden, WCU	38-4.25
6. Jacqueline Allen, GSU	36-6.75
7. Yashiea Wall, APP	35-1
8. Brooke Deacon, ETSU	33-9.5

### Shot Put

1. Valerie Metz, WCU	39-10.75
2. Ashley Herndon, WCU	39-5
3. Angela Vizzi, VMI	39-4.50
4. Catrina Moore, CIT	38-4.75
5. Sydney Rowland, APP	37-10
6. La Shanna Poole, APP	36-9.75
7. Kineta Williams, WCU	35-3.75
8. Robin Kennel, APP	35-3.75

### Discus Throw

1. Ashley Herndon, WCU	127-5
2. Valerie Metz, WCU	124-10
3. La Shanna Poole, APP	124-6
4. Quilletta Dunston, WCU	118-3
5. Kelly Sullivan, VMI	118-2
6. Misty Copas, ETSU	112-4
7. Sydney Rowland, APP	108-6
8. Kineta Williams, WCU	106

### Hammer Throw

1. Valerie Metz, WCU	163-8
2. Niki Ash, UNCG	152-5
3. Kelly Sullivan, VMI	146-11
4. Angela Myers, VMI	133-5
5. Alexis Abrams, VMI	132-1
6. La Shanna Poole, APP	131-6
7. Carol Hamlin, CIT	124-10
8. Rolanda Malloy, APP	120-9

### Javelin Throw

1. Ashley Herndon, WCU	138-11
2. Jayna Bryant, WCU	117-3
3. Altavise Franklin, WCU	104-10
4. Rolanda Malloy, APP	102-7
5. Carol Hamlin, CIT	100-8
6. Kathy Dollason, Wofford	99-9
7. Jennifer Eters, Wofford	88-3
8. Robin Kennel, APP	86-9

### Heptathlon

1. Virginia LaCombe, WCU	4,225
2. Jayna Bryant, WCU	4,090
3. Altavise Franklin, WCU	4,008
4. Peaches Hudson, CIT	3,894
5. Rasheeda Ghafter, UTC	3,508
6. Kelly Hawkins, APP	3,120
7. Melanie Hicks, APP	2,719

Most Outstanding Performer  
Tyleana Hanner, Chattanooga  
Freshman of the Year  
Alison Frese, Chattanooga  
Coach of the Year

Danny Williamson, Western Carolina  
\*\*NOTE\*\* Top three finishers in each event  
receive all-conference honors.

# 1999 Men's Championship

## Team Results

Team	Points
1. Western Carolina	213
2. Appalachian State	154
3. VMI	121
4. East Tennessee State	115
5. The Citadel	70
6. Chattanooga	66
7. Furman	36
8. Davidson	25
9. Wofford	9
10. UNCG	2

### 100-Meter Dash

1. Kenyon Doyle, CIT	10.51
2. Johnie Morrison, WCU	10.55
3. Jeremy Carter, WCU	10.66
4. Kenneth White, VMI	10.70
5. Kevin Pennycooke, ETSU	10.72
6. Bryan Davis, WOF	10.90
7. Aaron Wright, WCU	10.93
8. Charvin Clark, ETSU	10.95

### 200-Meter Dash

1. Kenyon Doyle, CIT	21.34
2. Jeremy Carter, WCU	21.36
3. Evan Hawkins, ETSU	21.66
4. Kevin Pennycooke, ETSU	21.81
5. Kenneth White, VMI	22.06
6. Akaba Glaspie, WCU	22.41
7. Jason McGhinnis, APP	22.53

### 400-Meter Dash

1. Evan Hawkins, ETSU	47.85
2. Kenneth Carmichael, VMI	48.17
3. Keith Glenn, WCU	48.34
4. Rob Nichols, CIT	48.86
5. John Baldwin, UTC	49.18
6. Derek Lemay, WCU	49.32
7. Akaba Glaspie, WCU	49.84

### 800-Meter Run

1. Zack Whitmarsh, ETSU	1:51.77
2. Nic Crider, UTC	1:53.85
3. Dan Gibson, DAV	1:54.78
4. Chris O'Brian, APP	1:55.67
5. Mitchell Jones, ETSU	1:56.01
6. James Layne, APP	1:56.15
7. James Lowery, UTC	1:57.84
8. Yurivan Der Heijden, FUR	1:58.14

### 1,500-Meter Run

1. Nic Crider, UTC	3:48.02
2. Mike Leinweber, UTC	3:53.09
3. Zack Whitmarsh, ETSU	3:56.21
4. Dan Gibson, DAV	3:57.19
5. Mitchell Jones, ETSU	3:57.51
6. James Layne, APP	3:58.80
7. Damiam Walsh, UTC	3:59.89
8. Palmer Thomas, FUR	4:00.23

### 5,000-Meter Run

1. Shane Austin, APP	14:54.51
2. Will Dickerson, APP	15:01.48
3. Rodney Stoker, UTC	15:05.97
4. Ben Bisette, APP	15:06.96
5. Brent Ferrell, DAV	15:10.65
6. Shon Grice, UTC	15:15.30
7. Derek Murphy, ETSU	15:20.06
8. Greg Sprowl, ETSU	15:20.98

### 10,000-Meter Run

1. Will Dickerson, APP	31:30.81
2. John Welsh, ETSU	32:04.40
3. Kyle McLean, UTC	32:54.97
4. Brian Reinhardt, FUR	33:05.38
5. Seth Peoples, APP	33:18.66
6. John Gubitosi, CIT	33:21.84
7. Greg Sprowl, ETSU	33:22.08
8. Robert Stephens, WCU 3	3:52.01

### 110-Meter High Hurdles

1. Omari Francis, APP	14.38
2. Jeremy Carter, WCU	14.54
3. Rahsaan Uldaneta, WCU	14.62
4. Ryan Linebarger, APP	14.75
5. Johnny Bomar, WCU	14.99
6. Jeffrey McKelvin, VMI	15.11
7. Keith Sims, APP	15.16
8. Steve Lindsey, WOF	15.52

### 400-Meter Int Hurdles

1. Jon Hutchins, ETSU	52.90
2. Kenneth Carmichael, VMI	53.06
3. Jason McGhinnis, APP	53.34
4. Derek Lemay, WCU	53.58
5. Glenn Hicks, APP	54.43
6. Jon Paul Bowles, FUR	55.74
7. Johnny Bomar, WCU	55.76
8. Ryan Linebarger, APP	56.15

### 3,000-Meter Steeplechase

1. Shon Grice, UTC	9:14.70
2. Derek Murphy, ETSU	9:21.85
3. Shane Austin, APP	9:24.16
4. Ben Bisette, APP	9:31.19
5. Brent Ferrell, DAV	9:39.61
6. Jake Johnson, FUR	9:43.71
7. Tim Briles, FUR	9:46.01
8. Patrick Dillon, FUR	9:55.96

### 4x100-Meter Relay

1. The Citadel	40.94
2. VMI	41.64
3. Appalachian State	42.13
4. Furman	43.23
5. Chattanooga	43.51
6. Davidson	43.72
7. UNCG	44.62
8. Western Carolina	48.61

### 4x400-Meter Relay

1. East Tennessee State	3:13.90
2. Western Carolina	3:14.74
3. Appalachian State	3:14.93
4. The Citadel	3:16.46
5. VMI	3:17.18
6. Chattanooga	3:22.81
7. Furman	3:24.33
8. Davidson	3:25.42

### High Jump

1. Jason Farr, ETSU	6-11.50
2. Eric McClary, CIT	6-11.50
3. Tommy Mosley, WCU	6-05.50
4. Rob Waddington, CIT	6-05.50
5. Jeffrey McKelvin, VMI	6-03.50
6. Ben Wittkowski, ETSU	6-01.50
7. Scott Cargile, WCU	6-01.50
8. Aaron Wright, WCU	6-01.50

### Pole Vault

1. Ryan Lewis, WCU	16-04.75
2. Tim Thomas, WCU	15-07
3. Wes Pickens, APP	15-01
4. Wirt Cross, VMI	15-01
5. Charles Rice, WCU	13-11.25
6. Zach Harris, APP	13-05.25
7. Ronald Hull, VMI	13-05.25
8. Brad Berry, WCU	12-05.50

### Long Jump

1. Smith Lamoytna, VMI	24-04.50
2. Rayshon Carthen, WCU	23-11
3. Charvin Clark, ETSU	23-08.25
4. Jeremy Carter, WCU	7.21m
5. Omari Francis, APP	23-01.25
6. Jimmy Johnson, WCU	23-00.75
7. Damion McLean, APP	23-0
8. Louis Ivory, FUR	22-07.25

### Triple Jump

1. Smith Lamoytna, VMI	49-2.15
2. Aaron Wright, WCU	48-09
3. Jimmy Johnson, WCU	48-02
4. Rayshon Carthen, WCU	47-07
5. Omari Francis, APP	46-09
6. Scott Cargile, WCU	45-11.25
7. Ade Artis, DAV	44-10.75
8. Ian Chadwick, WOF	44-08.75

### Shot Put

1. Phillip Johnson, WCU	51-06.50
2. Jeb Hall, WCU	51-00.25
3. Sidny Brandon, VMI	49-03
4. Larry Brock, APP	47-09.75
5. Chris Stewart, FUR	46-03.50
6. Tom Hite, ETSU	45-00.25
7. Quentin Armstrong, CIT	45-00.25
8. Russ Touchberry, CIT	44-03.50

### Discus Throw

1. Phillip Johnson, WCU	169-03
2. Larry Brock, APP	156-05
3. Jason White, VMI	146-05
4. Jeb Hall, WCU	145-06
5. Chris Stewart, FUR	143-04
6. Jeff Chambers, WCU	137-05
7. James Beverly, ETSU	135-09
8. Russ Touchberry, CIT	135-04

### Hammer Throw

1. Phillip Johnson, WCU	179-03
2. Sidny Brandon, VMI	165-06
3. Jason White, VMI	160-01
4. Adam Gilbert, APP	156-02
5. Jeff Chambers, WCU	137-11
6. Kelly Underwood, VMI	132-06
7. Russ Touchberry, CIT	132-01
8. Jeb Hall, WCU	129-03

### Javelin Throw

1. Philip Weismiller, VMI	187-06
2. Kris Kut, CIT	185-10
3. Larry Brock, APP	182-03
4. Dominic Liberato, VMI	178-10
5. Tyler Milliken, FUR	170-04
6. Tommy Woods, WOF	166-11
7. Matt Roten, APP	158-0
8. Nathan Witcamp, WOF	155-02

### Decathlon

1. Brad Berry, WCU	5,989
2. Daniel Duckworth, APP	5,389
3. Martin Dickson, VMI	5,332
4. Joe Condrey, WCU	5,217
5. Josh Langley, WCU	4,965

### Most Outstanding Performer

Phillip Johnson, Western Carolina

### Freshman of the Year

Kenyon Doyle, The Citadel

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 Women's Championship

## Team Results

Team	Points
1. Western Carolina	275.5
2. Appalachian State	191
3. East Tennessee State	102.5
4. Chattanooga	94
5. Furman	50
6. Davidson	32
7. VMI	29
8. The Citadel	19
9. Wofford	13
10. UNCG	7

### 100-Meter Dash

1. Shonte' Pinkston, APP	11.76
2. Angela Pryor, APP	12.11
3. Tyleana Hanner, UTC	12.26
4. Karen Houston, APP	12.45
5. Angela Highbaugh, FUR	12.46
6. Latrice Sales, CIT	12.47
7. Kamilah Gabriel, WCU	12.60
8. Rosalyn Hood, WCU	12.66.

### 200-Meter Dash

1. Angela Pryor, APP	24.55
2. Shonte' Pinkston, APP	25.09
3. Shawnta Person, WCU	25.26
4. Tyleana Hanner, UTC	25.50
5. Angela Highbaugh, FUR	25.58
6. Jennifer Howard, ETSU	25.86
7. Roseline Addo, ETSU	26.65

### 400-Meter Dash

1. Keeya McManus, WCU	55.46
2. Shawnta Person, WCU	55.65
3. Roseline Addo, ETSU	55.99
4. Jennifer Howard, ETSU	57.48
5. Juanita Welford, APP	58.26
6. Maria Rivas, FUR	58.55
7. Susan Poole, APP	59.04
8. N. Schakleford, UNCG	1:01.94

### 800-Meter Run

1. Mary Jayne Harrelson, APP	2:07.93
2. Anne Gardner, WCU	2:10.21
3. Keeya McManus, WCU	2:11.11
4. Jennifer Croft, UTC	2:11.21
5. Smyth Bitter, DAV	2:13.89
6. Lauren Campbell, ETSU	2:16.40
7. Christina Smith, WCU	2:18.97
8. Val Urchison, ETSU	2:22.03

### 1,500-Meter Run

1. Mary Jayne Harrelson, APP	4:24.14
2. Jennifer Croft, UTC	4:26.54
3. Val Urchison, ETSU	4:31.34
4. Anne Gardner, WCU	4:38.05
5. Smyth Bitter, DAV	4:42.20
6. Jessa Brown, WCU	4:43.33
7. Karen Underwood, APP	4:43.74
8. Holly Bright, WCU	4:47.47

### 3,000-Meter Run

1. Mary Jayne Harrelson, APP	9:52.17
2. Catherine Berry, ETSU	9:54.19
3. Abby Reeder, APP	9:58.29
4. Amanda Lynch, UTC	10:04.13
5. Lory Gray, FUR	10:34.25
6. Lucy Billingsley, DAV	10:51.43
7. Heather Needham, APP	11:03.73
8. Corie Fuchs, APP	11:07.19

### 5,000-Meter Run

1. Catherine Berry, ETSU	16:53.60
2. Amanda Lynch, UTC	17:18.85
3. Abby Reeder, APP	17:20.72
4. Andrea Davis, UTC	17:33.54
5. Natalie Scruggs, UTC	18:11.11
6. Jenny Warford, WCU	18:12.32
7. Megan Fischer, FUR	18:19.97
8. Lory Gray, FUR	18:32.68

### 10,000-Meter Run

1. Jenny Warford, WCU	37:36.23
2. Andrea Davis, UTC	37:49.81
3. Megan Fischer, FUR	38:11.07
4. Natalie Scruggs, UTC	38:47.78
5. Dana Smith, FUR	39:03.52
6. Laura Walkup, APP	39:32.38
7. J. Hollingsworth, UNCG	39:49.77
8. Leslie Avbel, UNCG	39:59.30

### 100-Meter High Hurdles

1. Kamilah Gabriel, WCU	14.16
2. Jamilah Sawyer, DAV	14.68
3. Erica Edmond, ETSU	14.79
4. Rosalyn Hood, WCU	15.00
5. Kirsten Bowden, APP	15.33
6. Virginia Lacombe, WCU	15.58
7. Ginger Denison, FUR	15.83

### 400-Meter Int Hurdles

1. Kamilah Gabriel, WCU	1:02.16
2. Virginia Lacombe, WCU	1:03.95
3. Monica Hill, FUR	1:03.96
4. Erica Edmond, ETSU	1:05.23
5. Jamilah Sawyer, DAV	1:05.32
6. Natasha Claxton, UTC	1:06.70
7. Peaches Hudson, CIT	1:08.74
8. Ginger Denison, FUR	1:09.58

### 4X100-Meter Relay

1. Appalachian State	46.88
2. Western Carolina	47.35
3. Furman	48.30
4. East Tennessee State	48.51
5. Chattanooga	53.68
6. The Citadel	54.38
7. UNCG	58.32

### 4X400-Meter Relay

1. Western Carolina	3:46.75
2. Appalachian State	3:52.97
3. Furman	3:54.46
4. East Tennessee State	3:58.98
5. Chattanooga	4:07.19
6. Davidson	4:07.57
7. VMI	4:22.13
8. UNCG	4:22.15

### High Jump

1. Taneisha Robinson, ETSU	5-05.75
2. Anna Hutcherson, UTC	5-03.75
2. Virginia Lacombe, WCU	5-03.75
4. Dee Mittman, WCU	5-01.75
4. Karen Breeding, ETSU	5-01.75
6. Altavise Franklin, WCU	5-01.75
7. Kirsten Bowden, APP	5-01.75
7. Mary Engle, APP	5-01.75

### Pole Vault

1. Valerie Jaluja, WCU	11-07.75
2. Karen Houston, APP	10-05.50
3. Altavise Franklin, WCU	9-03.25
4. Kelly Hawkins, APP	8-11.75
5. Lena Summers, ETSU	8-11.75
6. Page Stroup, Wofford	8-06
7. Sara Searcy, APP	8-06
8. Virginia Lacombe, WCU	8-06

### Long Jump

1. Rosalyn Hood, WCU	19-02.50
2. Kamilah Gabriel, WCU	19-00.75
3. Tyleana Hanner, UTC	18-11.75
4. Carla McKinney, ETSU	18-10
5. Angela Pryor, APP	18-07.75
6. Kirsten Bowden, APP	18-03.25
7. Altavise Franklin, WCU	17-11.75
8. Angela Highbaugh, FUR	17-06.75

### Triple Jump

1. Taneisha Robinson, ETSU	42-06.75
2. Kirsten Bowden, APP	40-10.25
3. Tyleana Hanner, UTC	40-09
4. Kamilah Gabriel, WCU	40-08.25
5. Virginia Lacombe, WCU	38-06.75
6. Altavise Franklin, WCU	38-0
7. Dee Mittman, WCU	36-06.75
8. Mary Engle, APP	32-10.25

### Shot Put

1. Valerie Metz, WCU	41-10.50
2. Ashley Herndon, WCU	40-02.25
3. Altavise Franklin, WCU	38-01.25
4. Sydney Rowland, APP	37-02.25
5. Angela Vizzi, VMI	33-09.50
6. Mandy Stafford, WOF	32-10.25
7. Tyleana Hanner, UTC	32-09.75
8. Robin Kennel, APP	32-04.75

### Discus Throw

1. Ashley Herndon, WCU	129-05
2. Courtney Klitzsch, APP	119-0
3. Sydney Rowland, APP	115-06
4. Kelly Sullivan, VMI	108-07
5. Rolanda Malloy, APP	105-0
6. Valerie Metz, WCU	95-04
7. Robin Kennel, APP	91-01
8. Carol Hamlin, CIT	86-01

### Hammer Throw

1. Valerie Metz, WCU	142-07
2. Courtney Klitzsch, APP	133-08
3. Angela Myers, VMI	130-04
4. Alexis Abrams, VMI	130-01
5. Kelly Sullivan, VMI	126-11
6. Angela Vizzi, VMI	126-05
7. Ashley Herndon, WCU	116-11
8. Megan Gentry, CIT	111-11

### Javelin Throw

1. Ashley Herndon, WCU	136-05
2. Altavise Franklin, WCU	133-05
3. Yolanda Kirby, DAV	109-11
4. Kathy Dollason, WOF	100-01
5. Rolanda Malloy, APP	94-02
6. Virginia Lacombe, WCU	92-06
7. Kate Cross, WOF	92-02
8. Carol Hamlin, CIT	88-10

### Heptathlon

1. Altavise Franklin, WCU	4,292
2. Peaches Hudson, CIT	3,865
3. Dee Mittman, WCU	3,838
4. Jayna Bryant, WCU	3,716
5. Lena Summers, ETSU	3,533
6. Anna Hutcherson, UTC	3,294

### Most Outstanding Performer

Mary Jane Harrelson,  
Appalachian State

### Freshman-of-the Year

Ashley Herndon,  
Western Carolina

### Coach of the Year

Danny Williamson,  
Western Carolina

### \*\*NOTES\*\*

Top three finishers in each event receive all-conference honors.  
Field events were converted from metric to English measurements.

# 1998 Men's Championship

## Team Results

Team	Points
1. VMI	171
2. Appalachian State	125
3. East Tennessee State	116
4. Western Carolina	107
5. Chattanooga	45
6. The Citadel	25
7. Furman	22
8. Wofford	7
9. Davidson	2
-- UNCG	NTS

### 100-Meter Dash

1. Chris Brooks, ETSU	10.52
2. Darrius Jackson, VMI	10.62
3. Obi Ezekwe, VMI	10.65
4. Marcus Lynch, VMI	10.72
5. Jason McGhinnis, APP	10.85
6. Leon Corpening, APP	10.92

### 200-Meter Dash

1. Darrius Jackson, VMI	21.64
2. Marcus Lynch, VMI	21.74
3. Obi Ezekwe, VMI	21.84
4. Chris Brooks, ETSU	21.91
5. Leon Corpening, APP	21.97
6. Jason McGhinnis, APP	22.14

### 400-Meter Dash

1. Warren Robertson, UTC	48.62
2. John Baldwin, UTC	48.98
3. Steve Monticone, APP	49.18
4. Joe Hyman, WCU	49.26
5. Evan Hawkins, ETSU	49.48
6. Uche Chekwa, VMI	49.88

### 800-Meter Run

1. Zach Whitmarsh, ETSU	1:52.37
2. Chris Wise, VMI	1:53.17
3. Doug Gilbert, ETSU	1:53.57
4. Andrew Lilly, CIT	1:54.54
5. Andy Coker, UTC	1:54.74
6. Anthony Scanlon, ETSU	1:54.77

### 1,500-Meter Run

1. Zack Whitmarsh, ETSU	3:51.11
2. Declan Fahy, ETSU	3:51.58
3. Yurf Vander-Heijden, FUR	3:53.12
4. Mike Leinweber, UTC	3:55.78
5. Derek Murphy, ETSU	3:56.62
6. Andrew Lilly, CIT	3:56.95

### 5,000-Meter Run

1. Anthony Famiglietti, APP	14:42.60
2. Rodney Stoker, UTC	14:43.74
3. Brian Clark, WCU	14:46.34
4. Joe Smith, VMI	14:50.91
5. Collin Webster, WCU	14:53.81
6. Shane Austin, APP	14:53.81

### 10,000-Meters

1. Declan Fahy, ETSU	31:25.23
2. Collin Webster, WCU	31:30.16
3. Rodney Stoker, UTC	31:31.53
4. Joe Smith, VMI	31:32.28
5. Brad Leach, APP	31:40.22
6. Bill Baldwin, WCU	32:00.13

### 110-Meter Hurdles

1. Joe Anwah, VMI	14.63
2. Rahsaan Uldaneta, WCU	14.76
3. Zach Harris, APP	15.16
4. Steve Lindsey, WOF	15.29
5. Chad Case, CIT	15.59
6. Carlton McLelland, UTC	15.96

### 400-Meter Hurdles

1. Nate Haley, VMI	53.34
2. Jason McGhinnis, APP	53.57
3. Randy Marion, APP	53.67
4. Glenn Hicks, APP	55.81
5. Johnny Bomer, WCU	56.91
6. Dustin Clark, ETSU	57.01

### 3,000-Meter Steeplechase

1. Anthony Famiglietti, APP	9:08.06
2. Declan Fahy, ETSU	9:12.90
3. Patrick Dillon, FUR	9:18.60
4. Shane Austin, APP	9:29.28
5. Brian Clark, WCU	9:36.32
6. Turner Norris, WCU	9:40.19

### 4x100-Meter Relay

1. VMI	40.63
2. East Tennessee State	41.76
3. Western Carolina	41.96
4. Appalachian State	42.13
5. Furman	43.09
6. Davidson	44.00

### 4x400-Meter Relay

1. Appalachian State	3:16.69
2. East Tennessee State	3:17.05
3. Chattanooga	3:20.49
4. VMI	3:20.76
5. Furman	3:24.93
6. Davidson	3:29.40

### High Jump

1. Cory Cooper, WCU	6'08.00"
2. Mike Kroeger, APP	6'08.00"
3. Jason Farr, ETSU	6'06.00"
4. Tyler Ashley, VMI	6'04.00"
4. Robert Waddington, CIT	6'04.00"
6. Dan Issacs, APP	6'02.00"

### Pole Vault

*^1. Todd Poremba, APP	17'05.25"
2. Jeff Fitzgerald, APP	15'01.00"
3. Tim Thomas, WCU	15'01.00"
4. Wirt Cross, VMI	14'07.25"
4. Errett Buis, VMI	14'07.25"
6. Joe Condrey, WCU	14'07.25"

### Long Jump

1. Darrius Jackson, VMI	23'07.50"
2. Charles Mahatha, APP	23'04.50"
3. Rayshon Carthen, WCU	23'03.50"
4. Marcus Lynch, VMI	23'00.50"
5. Obi Ezekwe, VMI	22'11.00"
6. Corey Williams, WCU	22'11.00"

### Triple Jump

1. Obi Ezekwe, VMI	50'00.00"
2. Rayshon Carthen, WCU	49'09.00"
3. Derek Green, CIT	48'01.00"
3. Jimmy Johnson, WCU	48'01.00"
5. Charles Mahatha, APP	47'09.75"
6. Ernest Moss, WCU	46'03.00"

### Shot Put

1. Curtis Eason, ETSU	50'06.00"
2. Jordan Brandon, VMI	49'10.00"
3. Phil Johnson, WCU	49'08.75"
4. Jason White, VMI	47'05.00"
5. Mark Spang, ETSU	45'07.25"
6. Larry Brock, APP	45'06.00"

### Discus Throw

1. Phil Johnson, WCU	156'10.00"
2. Larry Brock, APP	156'06.00"
3. Curtis Eason, ETSU	148'07.50"
4. Mark Spang, ETSU	148'02.00"
5. Jason White, VMI	140'04.00"
6. Tommy Woods, WOF	134'07.50"

### Hammer Throw

1. Phil Johnson, WCU	178'01.00"
2. John Chisolm, VMI	167'05.00"
3. Jordan Brandon, VMI	159'04.00"
4. Adam Gilbert, APP	158'04.50"
5. Jason White, VMI	145'02.00"
6. Les Gould, VMI	141'03.50"

### Javelin Throw

1. Kris Kut, CIT	190'00.50"
2. Phil Weismiller, VMI	176'06.00"
3. Tyler Milliken, FUR	171'01.50"
4. Al Lester, VMI	167'04.00"
5. Tommy Woods, WOF	160'10.00"
6. Phil Johnson, WCU	145'00.00"

### Most Outstanding Performer

Declan Fahy, ETSU

### Freshman of the Year

Marcus Lynch, VMI

### Coach of the Year

Mike Bozeman, VMI

### \*\*NOTES\*\*

Top three finishers in each event receive all-conference honors.  
Field events were converted from metric to English measurements.  
-- UNCG athletes competed as individuals and received no team score.

# 1998 Women's Championship

## Team Results

Team	Points
1. Appalachian State	167
2. Western Carolina	159
3. Chattanooga	115
4. East Tennessee State	91
5. Furman	34
6. Davidson	14
7. Wofford	8
-- The Citadel	NTS
-- UNCG	NTS
-- VMI	NTS

### 100-Meter Dash

1. Shonte Pinkston, APP	12.12
2. Karen Houston, APP	12.39
3. Angela Pryor, APP	12.42
4. Rshia Johnson, UTC	12.45
5. Leisa Moulton, ETSU	12.72
6. Marla Hyman, WCU	12.79

### 200-Meter Dash

1. Shonte Pinkston, APP	25.01
2. Karen Houston, APP	25.11
3. Angela Pryor, APP	25.34
4. Shawnta Person, WCU	25.58
5. Leisa Moulton, ETSU	26.11
6. Rshia Johnson, UTC	26.18

### 400-Meter Dash

1. Shawnta Person, WCU	56.72
2. Keeya McManus, WCU	56.86
3. Andrea Shropshire, UTC	57.99
4. Maria Rivas, FUR	59.56
5. Smyth Bitter, DAV	60.26
6. Susan Poole, APP	60.29

### 800-Meter Dash

1. Mary Jane Harrelson, APP	2:09.47
2. Michelle Gregg, ETSU	2:09.53
3. Val Urchison, ETSU	2:13.87
4. Keeya McManus, WCU	2:15.17
5. Abby Slack, APP	2:15.54
6. Cassandra Moss, UTC	2:17.14

### 1,500-Meter Run

1. Mary Jane Harrelson, APP	4:26.62
2. Jennifer Eckard-Kroft, UTC	4:29.59
3. Catherine Wright, UTC	4:32.30
4. Catherine Berry, ETSU	4:33.64
5. Val Urchison, ETSU	4:39.65
6. Cassandra Moss, UTC	4:40.43

### 3,000-Meter Run

1. Catherine Wright, UTC	9:40.35
2. Catherine Berry, ETSU	9:50.32
3. Anastasia Wright, UTC	9:52.46
4. Corie Fuchs, APP	10:29.27
5. Emily Campbell, ETSU	10:34.27
6. Lory Gray, FUR	10:44.72

### 5,000-Meter Run

1. Anastasia Wright, UTC	17:01.79
2. Catherine Wright, UTC	17:10.37
3. Amanda Lynch, UTC	17:19.41
4. Mary Jane Middlekoop, UTC	17:26.08
5. Lynn Hudson, FUR	17:32.19
6. Jenny Warfford, WCU	17:41.73

### 10,000-Meter Run

1. Jenny Warfford, WCU	37:12.65
2. Amanda Lynch, UTC	37:18.25
3. Mary Jane Middlekoop, UTC	38:31.69
4. Nicole Yosmali, FUR	39:35.69
5. Michelle Van Laningham, UTC	40:43.99
6. Jennifer Tilley, APP	41:36.51

### 100-Meter Hurdles

1. Kamilah Gabriel, WCU	14.80
2. Jamilah Sawyer, DAV	15.00
3. Ginger Denison, FUR	15.54
4. Dee Mitman, WCU	16.14
5. Emily White, WCU	16.17
6. Crystal Turner, WCU	17.77

### 400-Meter Hurdles

1. Kamilah Gabriel, WCU	64.94
2. Ginger Denison, FUR	67.71
3. Natasha Claxton, UTC	68.45
4. Tami Welch, WCU	71.08
5. Emily White, WCU	72.15
6. Crystal Turner, WCU	73.42

### 4x100-Meter Relay

1. Appalachian State	47.29
2. Chattanooga	48.20
3. Western Carolina	48.69
4. Furman	48.82
5. Davidson	54.50
6. Wofford	54.53

### 4x400-Meter Relay

1. Appalachian State	3:52.39
2. Western Carolina	3:56.96
3. Chattanooga	4:00.40
4. Furman	4:00.77
5. Davidson	4:14.11
6. East Tennessee State	SCR

### High Jump

1. Tanesha Robinson, ETSU	5'08.00"
2. Anna Hutchenson, UTC	5'06.00"
3. Dee Mittman, WCU	5'06.00"
4. Jennifer Sluss, ETSU	5'04.00"
5. Mary Engle, APP	5'02.00"
6. Katie Condon, FUR	5'02.00"

### Long Jump

1. Tanesha Robinson, ETSU	19'04.00"
2. Kirsten Bowden, APP	18'00.75"
3. Jennifer Sluss, ETSU	17'11.25"
4. Angela Pryor, APP	17'02.75"
5. Dee Mittman, WCU	16'11.00"
6. Kamilah Gabriel, WCU	16'10.00"

### Triple Jump

1. Tanesha Robinson, ETSU	41'03.00"
2. Jennifer Sluss, ETSU	38'11.50"
3. Kamilah Gabriel, WCU	38'10.25"
4. Kirsten Bowden, APP	38'05.25"
5. Dee Mittman, WCU	37'11.00"
6. Mary Engle, APP	33'01.00"

### Shot Put

1. Ayokka Green, APP	48'01.00"
2. LaSha Jackson, WCU	47'01.25"
3. Valerie Metz, WCU	42'00.75"
4. Kelly Weaver, ETSU	40'10.50"
5. Robyn Stochunas, WCU	40'05.50"
6. Tabatha Proffit, APP	38'06.00"

### Discus Throw

1. Ayokka Green, APP	152'01.00"
2. Courtney Klitzsch, APP	129'07.00"
3. LaSha Jackson, WCU	126'04.00"
4. Allison Walker, APP	124'10.00"
5. Robyn Stochunas, WCU	124'02.00"
6. Kelly Weaver, ETSU	123'01.00"

### Hammer Throw

1. Robyn Stochunas, WCU	154'07.00"
2. Ayokka Green, APP	152'09.00"
% Kelly Sullivan, VMI	140.06.00"
3. Lakeysa Lovette, WCU	139'05.50"
4. Danita Fletcher, ETSU	133'07.50"
5. Valerie Metz, WCU	131'07.00"
6. Allison Walker, APP	129'05.50"

### Javelin Throw

1. Christine Ziemba, APP	123'00.00"
2. LaSha Jackson, WCU	112'02.00"
3. Robyn Stochunas, WCU	107'06.00"
4. Christine Clarke, WOF	102'08.00"
5. Amy Greenwood, WOF	90'10.00"
6. Kate Cross, WOF	87'08.50"

### Most Outstanding Performer

Tanesha Robinson, ETSU

### Freshman of the Year

Shonte Pinkston, APP

### Coach of the Year

John Weaver, APP

### \*\*NOTE\*\*

Top three finishers in each event receive all-conference honors.  
Field events were converted from metric to English measurements.  
-- The Citadel, UNCG, VMI compete as individuals and receive no team points



# 1997 Men's Championship

## Team Results

Team	Points
1. VMI	132.33
2. Western Carolina	103
3. Marshall	102
4. Appalachian State	94.33
5. East Tennessee State	91
6. Chattanooga	44
7. The Citadel	34.33
8. Furman	15
9. Davidson	4

**100-Meter Dash**

1. Darrius Jackson, VMI	10.88
2. Carlos Frank, CIT	10.99
3. Tobe Taylor, UTC	11.02
4. Johnie Morrison, WCU	11.03
5. Corey Williams, WCU	11.14
6. Leon Corpening, APP	11.87

**200-Meter Dash**

1. James Yarborough, VMI	21.85
2. Darrius Jackson, VMI	21.94
3. Corey Williams, WCU	22.17
4. Akaloa Glaspie, WCU	22.34
5. Joe Allen, MAR	22.81
6. Andre Thornton, VMI	23.66

**400-Meter Dash**

1. Joe Restivo, MAR	48.54
2. James Yarborough, VMI	48.92
3. Joe Allen, MAR	49.04
4. Steve Monticone, APP	49.10
5. Doug Gilbert, ETSU	49.24
6. Randolph McCray, WCU	50.21

**800-Meter Run**

1. Zach Whitmarsh, ETSU	1:52.49
2. Anthony Scanlon, ETSU	1:53.03
3. Chris Wise, VMI	1:53.73
4. Bob Mahoney, APP	1:56.03
5. Kevin Croft, UTC	1:57.57
6. Cleven Brown, ETSU	1:59.20

**1,500-Meter Run**

1. Anthony Scanlon, ETSU	4:00.26
2. Declan Fahy, ETSU	4:01.46
3. Mike Leinweber, UTC	4:04.00
4. Nic Crider, UTC	4:04.90
5. Cleven Brown, ETSU	4:06.13
6. Mitchell Jones, ETSU	4:06.43

**5,000-Meter Run**

1. Will Dickerson, APP	15:00.91
2. Seth Peoples, APP	15:05.20
3. Anthony Famiglietti, APP	15:09.61
4. Rodney Stoker, UTC	15:16.65
5. Declan Fahy, ETSU	15:20.32
6. John Fenton, ETSU	15:25.95

**10,000-Meter Run**

1. Will Dickerson, APP	31:39.00
2. Rodney Stoker, UTC	31:52.00
3. Seth Peoples, APP	32:10.00
4. Bill Baldwin, WCU	32:38.00
5. Roger Clark, ETSU	32:46.00
6. Brian Clark, WCU	33:09.00

**110-Meter Hurdles**

1. Joe Anwah, VMI	14.67
2. Bernie Motte, CIT	14.85
3. William Wood, MAR	14.90
4. Chad Case, CIT	15.34
5. Zach Harris, APP	15.38
6. Daniel Parker, VMI	15.39

**400-Meter Hurdles**

1. Chris Upkins, UTC	53.33
2. Jon Hutchins, ETSU	53.87
3. Nate Haley, VMI	54.37
4. Jason McGhinnis, APP	54.80
5. Derek LeMay, WCU	54.88
6. Mike Wingle, WCU	55.22

**3,000-Meter Steeplechase**

1. Declan Fahy, ETSU	9:29.40
2. Anthony Famiglietti, APP	9:29.80
3. Jake Johnson, FUR	9:41.90
4. Shon Grice, UTC	9:44.86
5. Shane Austin, APP	9:45.65
6. Collin Webster, WCU	9:51.59

**4x100-Meter Relay**

1. VMI	41.65
2. Western Carolina	41.91
3. East Tennessee State	42.17
4. Marshall	42.73
5. Appalachian State	42.99
6. The Citadel	43.72

**4x400-Meter Relay**

1. East Tennessee State	3:15.38
2. Marshall	3:18.63
3. VMI	3:19.65
4. Western Carolina	3:19.66
5. Appalachian State	3:20.52
6. Furman	3:23.93

**Long Jump**

1. Andrew Wilhite, MAR	23'8.75"
2. Obi Ezekwe, VMI	23'4.75"
3. Floyd Johnson, MAR	22'10"
4. Charles Mahatha, APP	22'10"
5. Rayshon Carthen, WCU	22'9.75"
6. Corey Williams, WCU	22'6.5"

**Triple Jump**

1. Floyd Johnson, MAR	49'1.75"
2. Jimmy Johnson, WCU	47'7.75"
3. Obi Ezekwe, VMI	47'2.5"
4. Ernest Moss, WCU	47'2.5"
5. Rayshon Carthen, WCU	46'9.5"
6. Derek Green, CIT	45'22.5"

**High Jump**

1. Ben Wittkowski, ETSU	6'8"
2. Dan Ritchley, MAR	6'6"
3. Cory Cooper, WCU	6'4"
4. Andrew Wilhite, MAR	6'4"
5. Michael Kroeger, APP	6'4"
6. Thomas Bock, MAR	6'4"

**Shot Put**

1. Jason Clendenin, VMI	55'7.75"
2. Derek Summerour, WCU	54'6.75"
3. Sidney Brandon, VMI	53'10.5"
4. John Maynard, MAR	53'
5. Ron Moak, CIT	50'9.5"
6. Rich Latta, APP	50'2.75"

**Discus**

1. Philip Johnson, WCU	160'9"
2. John Maynard, MAR	158'2"
3. Jason Clendenin, VMI	152'0"
4. Rich Latta, APP	144'10"
5. Chris Cockerham, APP	142'6"
6. Vance Henry, WCU	142'4"

**Hammer Throw**

1. Rich Latta, APP	194'3"
2. Dan Hall, MAR	186'10"
3. Jason Clendenin, VMI	184'7"
4. Sidney Brandon, VMI	171'5"
5. Chris Botti, WCU	164'0"
6. John Maynard, MAR	163'1"

**Javelin**

1. Kris Kut, CIT	177'4"
2. Tyler Milliken, FUR	175'1"
3. Demond Ferebee, VMI	169'7"
4. Dan Dearing, DAV	179'7"
5. Philip Johnson, WCU	167'8"
6. Brian Ballard, WCU	165'9"

**Pole Vault**

1. Joe Condrey, WCU	14'11.5"
2. Tim Thomas, WCU	14'11.5"
3. Dan Ritchley, MAR	14'11.5"
4. Wirt Cross, VMI	14'11.5"
5. Zach Harris, APP	14'05.5"
6. Chad Case, CIT	13'11.75"
6. Paul Gray, APP	13'11.75"
6. Erritt Buis, VMI	13'11.75"

**Most Outstanding Performer**  
Will Dickerson, Appalachian State

**Freshman of the Year**  
Tim Thomas, Western Carolina

**Coach of the Year**  
Mike Bozeman, VMI

**\*\*NOTE\*\***

Top three finishers in each event receive all-conference honors.  
Field events were converted from metric to English measurements.

# 1997 Women's Championship

Team Results	
Team Points	
1. Western Carolina	165
2. Appalachian State	118
3. Chattanooga	93
4. East Tennessee State	91
5. Marshall	71
6. Furman	43
7. Davidson	7

**100-Meter Dash**

1. Daree Thompson, WCU	11.94
2. Reshia Johnson, UTC	12.00
3. Karen Houston, APP	12.36
4. Tyleana Hanner, UTC	12.46
5. Holly Arnold, APP	12.50
6. Leisa Arnold, APP	12.66

**200-Meter Dash**

1. Daree Thompson, WCU	24.93
2. Salima Fountain, FUR	25.09
3. Andrea Shropshire, UTC	25.32
4. Shawnta Person, WCU	25.36
5. Karen Houston, APP	25.40
6. Tyleana Hanner, UTC	25.50

**400-Meter Dash**

1. Shawnta Person, WCU	55.88
2. Salima Fountain, FUR	56.28
3. Keeya McManus, WCU	56.85
4. Tracie George, ETSU	57.63
5. Andrea Shropshire, UTC	57.91
6. Yabrasiel Davis, ETSU	58.42

**800-Meter Run**

1. Mary Jayne Harrelson, APP	2:10.69
2. Michelle Gregg, ETSU	2:12.46
3. Emily Redman, WCU	2:14.16
4. Valerie Urchison, ETSU	2:15.69
5. Maggie Donahue, WCU	2:15.76
6. Paige Stivers, UTC	2:16.29

**1,500-Meter Run**

1. Mary Jayne Harrelson, APP	4:36.56
2. Michelle Gregg, ETSU	4:38.16
3. Kristin Savery, WCU	4:40.47
4. Valerie Urchison, ETSU	4:43.04
5. Jennifer Eckard, UTC	4:47.11
6. Michelle Bozue, UTC	4:49.98

**3,000-Meter**

1. Jenny Chase, APP	10:23.63
2. Mary Jane Middelkoop, UTC	10:31.51
3. Mary Jo Ferrigan, ETSU	10:33.31
4. Christina Olson, APP	10:48.32
5. Taylor Perin, ETSU	10:49.59
6. Andrea Davis, UTC	10:54.93

**5,000-Meter Run**

1. Mary Jane Middelkoop, UTC	17:57.53
2. Michele Marshall, UTC	17:59.06
3. Lynn Kepper-Hudson, FUR	18:12.04
4. Jenny Chase, APP	18:21.12
5. Christina Olson, APP	18:36.87
6. Veronica Moore, UTC	18:47.91

**10,000-Meter Run**

1. Lynn Kepper-Hudson, FUR	37:22.78
2. Michele Marshall, UTC	38:24.08
3. Veronica Moore, UTC	39:33.86
4. Abby Slack, APP	39:40.40
5. Jenny Warfford, WCU	39:46.97
6. Allie Curran, DAV	40:09.76

**100-Meter Hurdles**

1. Trice Roundtree, APP	14.44
2. Adrienne Hundmeyer, MAR	14.51
3. Cindy Dawson, MAR	14.73
4. Rahma Mateen, WCU	14.96
5. Tyleana Hanner, UTC	15.32
6. Kamilah Gabirel, WCU	15.82

**400-Meter Hurdles**

1. Adrienne Hundmeyer, MAR	1:03.02
2. Leona Benjamin, MAR	1:03.85
3. Kati Pierce, MAR	1:04.35
4. Summer Ciomek, UTC	1:04.49
5. Cindy Dawson, MAR	1:05.49
6. Lakeeva Brooks, WCU	1:06.49

**4x100-Meter Relay**

1. Chattanooga	47.05
2. Western Carolina	47.18
3. Furman	49.04
4. East Tennessee State	49.23
5. Marshall	54.29

**4x400-Meter Relay**

1. East Tennessee State	3:50.19
2. Western Carolina	3:50.29
3. Chattanooga	3:52.00
4. Appalachian State	3:59.58
5. Marshall	4:00.84
6. Furman	4:03.91

**Long Jump**

1. Taneisha Robinson, ETSU	19'0"
2. Rahma Mateen, WCU	18'11.25"
3. Daree Thompson, WCU	18'10"
4. Tyleana Hanner, UTC	18'5.25"
5. Jennifer Sluss, ETSU	17'9"
6. Tracie George, ETSU	17'7.5"

**Triple Jump**

1. Jennifer Sluss, ETSU	39'11.5"
2. Rahma Mateen, WCU	39'5"
3. Taneisha Robinson, ETSU	39'4"
4. Lisa Roberts, APP	38'3.25"
5. Kamilah Gabriel, WCU	36'11"
6. Trice Roundtree, APP	36'5.5"

**High Jump**

1. Jennifer Sluss, ETSU	5'5.75"
2. Rahma Mateen, WCU	5'3.75"
3. Kendra Hornish, MAR	5'3.75"
4. Katie Condon, FUR	5'3.75"
5. Lakeeva Brooks, WCU	5'1.75"
6. Dee Mittman, WCU	5'1.75"

**Shot Put**

1. LaSha Jackson, WCU	47'8.5"
2. Ayokka Green, APP	46'10.25"
3. Beth Reck, MAR	44'9"
4. Robyn Stockunas, WCU	40'8.25"
5. Christine Ziemba, APP	38'9.75"
6. Allison Walker, APP	37'6.5"

**Discus**

1. Ayokka Green, APP	139'4"
2. Beth Reck, MAR	138'5"
3. Danielle Mall, DAV	134'0"
4. LaSha Jackson, WCU	118'5"
5. Robyn Stockunas, WCU	117'8"
6. Allison Walker, APP	112'2"

**Hammer Throw**

1. Robyn Stockunas, WCU	156'9"
2. Lakeysa Lovette, WCU	153'6"
3. Beth Reck, MAR	143'4"
4. Ayokka Green, APP	142'3"
5. Rachel Olander, APP	141'2"
6. Allison Walker, APP	140'6"

**Javelin**

1. Rachel Olander, APP	139'7"
2. LaSha Jackson, WCU	135'11"
3. Christine Ziemba, APP	107'0"
4. Robyn Stockunas, WCU	107'0"
5. Rahma Mateen, WCU	99'2"
6. Kati Pierce, MAR	97'10"

**Most Outstanding Performer**  
Daree Thompson, Western Carolina

**Freshman of the Year**  
Mary Jayne Harrelson, Appalachian State

**Coach of the Year**  
Danny Williamson, Western Carolina

**\*\*NOTE\*\***  
Top three finishers in each event receive all-conference honors.  
Field events were converted from metric to English measurements.

# 1996 Men's Championship

## Team Results

Team	Points
1. Appalachian State	138
2. East Tennessee	129
3. VMI	113
4. Western Carolina	78
5. Marshall	73
6. Chattanooga	47
7. The Citadel	27
8. Furman	11
9. Davidson	4

### 100-Meter Dash

1. Delevantie Brown, ETSU	10.66
2. Eric Gay, VMI	11.06
3. Mark Gochenour, Marshall	11.11
4. Jonathan Boyce, WCU	11.36
5. Clarence Edwards, WCU	11.48
6. Michael Lapid, APP	11.52

### 200-Meter Dash

1. Delevantie Brown, ETSU	21.29
2. Robert Johnson, APP	21.69
3. Mark Gochenour, Marshall	21.94
4. Eric Gay, VMI	22.01
5. Jonathan Boyce, WCU	22.13
6. Holm Ankoma-Sey, VMI	22.40

### 400-Meter Dash

1. Warren Robertson, UTC	48.53
2. Joe Restivo, Marshall	48.70
3. Albert Juan, Marshall	49.04
4. Garson Hedrick, APP	49.35
5. Chris White, ETSU	49.42
6. Holm Ankoma-Sey, VMI	49.77

### 800-Meter Run

1. Zach Whitmarsh, ETSU	1:52.20
2. Casey Price, UTC	1:52.77
3. Jon Austin, APP	1:53.44
4. Brandon Griffin, Furman	1:54.06
5. Kevin Croft, UTC	1:56.06
6. Nic Crider, UTC	1:58.51

### 1,500-Meter Run

1. Zach Whitmarsh, ETSU	3:58.30
2. Declan Fahy, ETSU	3:58.41
3. Chuck Margraves, UTC	3:59.12
4. Damian Walsh, UTC	4:01.51
5. Chris Huffstickler, APP	4:02.25
6. Jud Sarver, APP	4:02.27

### 5,000-Meter Run

1. Declan Fahy, ETSU	14:54.12
2. Fred Reinhardt, ETSU	14:54.28
3. Derek Murphy, ETSU	14:59.65
4. Collin Webster, WCU	15:01.81
5. Brian Clark, WCU	15:02.79
6. Jake Johnson, Furman	15:09.41

### 10,000-Meter Run

1. Fred Reinhardt, ETSU	31:27.37
2. Declan Fahy, ETSU	32:05.04
3. Derek Murphy, ETSU	32:05.35
4. John Fenton, ETSU	32:15.26
5. Collin Webster, WCU	32:19.56
6. Michael Murphy, Marshall	32:21.99

### 110-Meter Hurdles

1. Delevantie Brown, ETSU	14.40
2. Joe Anwah, VMI	14.70
3. Phil Alicea, VMI	14.89
4. Jason Gibson, APP	14.96
5. Raymond Brewer, APP	15.00
6. Marcus Logan, Marshall	15.45

### 400-Meter Hurdles

1. Joe Debose, VMI	52.77
2. Chris Upkins, UTC	52.95
3. Marcus Logan, Marshall	55.27
4. Garson Hedrick, APP	55.66
5. Mike Wingler, WCU	57.23
6. Chad Wilson, WCU	57.42

### 3,000-Meter Steeplechase

1. Chris Huffstickler, APP	9:14.04
2. Russ Sweitzer, VMI	9:22.90
3. Turner Norris, WCU	9:22.91
4. Jake Johnson, Furman	9:35.10
5. Cronan Gantley, ETSU	9:46.29
6. Brent Nicolay, ETSU	9:51.13

### 4x100-Meter Relay

1. VMI	41.55
2. Appalachian State	41.77
3. Western Carolina	41.98
4. East Tennessee State	42.52
5. Marshall	42.62
6. The Citadel	42.75

### 4x400-Meter Relay

1. East Tennessee State	3:13.54
2. UT-Chattanooga	3:15.99
3. VMI	3:16.36
4. Marshall	3:18.62
5. Appalachian State	3:20.27
6. Western Carolina	3:24.60

### Long Jump

1. Darius Jackson, VMI	7.37m
2. Clarence Edwards, WCU	7.25m
3. Robert Johnson, APP	7.24m
4. Donnell Brinson, WCU	6.95m
5. Floyd Johnson, Marshall	6.80m
6. Chad Stoneking, Marshall	6.76m

### Triple Jump

1. Robert Johnson, APP	15.23m
2. Jimmy Johnson, WCU	14.56m
3. Floyd Johnson, Marshall	14.47m
4. Andrew Wilhite, Marshall	14.07m
5. Jeff Hubbard, VMI	13.72m
6. Brent Taylor, VMI	13.40m

### High Jump

1. Robert Johnson, APP	2.18m
2. Michael Kroeger, APP	2.03m
3. Thomas Bock, Marshall	1.98m
4. Cory Cooper, WCU	1.98m
5. Chip Wood, Marshall	1.93m
6. Jason Jackson, Furman	1.93m

### Shot Put

1. Ron Moak, The Citadel	16.20m
2. Ryan Earley, VMI	15.91m
3. Derek Summerour, WCU	15.58m
4. Justin May, VMI	15.22m
5. Rich Latta, APP	15.06m
6. Sidney Brandon, VMI	14.89m

### Discus

1. Rich Latta, APP	45.96m
2. Justin May, VMI	42.62m
3. Eric Hart, APP	42.50m
4. Ryan Earley, VMI	42.16m
5. Vance Henry, WCU	40.76m
6. Shannon Rodden, WCU	40.40m

### Hammer Throw

1. Daniel Hall, Marshall	52.32m
2. Tim Brock, VMI	51.60m
3. Rich Latta, APP	51.16m
4. Chris Botti, WCU	48.08m
5. Chris Cockerham, APP	44.68m
6. Vance Henry, WCU	43.02m

### Javelin

1. Scot Sanborn, The Citadel	57.68m
2. Matthew Burnette, APP	55.18m
3. Jeff DeGroft, The Citadel	52.98m
4. Dan Dearing, Davidson	52.18m
5. Albert Juan, Marshall	50.84m
6. Tyler Milliken, Furman	49.00m

### Pole Vault

1. Todd Poremba, APP	4.90m
2. Jarrett Foster, WCU	4.75m
3. Jeff Fitzgerald, APP	4.75m
4. Erret Buis, VMI	4.45m
5. Jason Stewart, APP	4.30m
6. Phil Alicea, VMI	4.30m

### \*\*NOTE\*\*

Top three finishers in each event receive all-conference honors.

### Coach of the Year

John Weaver, APP

### Outstanding Performer

Robert Johnson, APP

### Freshman of the Year

Zach Whitmarsh, ETSU

# 1996 Women's Championship

## Team Results

Team	Points
1. East Tennessee State	150
2. Western Carolina	133.5
3. Appalachian State	131
4. Chattanooga	55
5. Furman	54.5
6. Marshall	34
7. Davidson	27

### 100-Meter Dash

1. Leisa Moulton, East Tennessee State	12.40
2. Nikki Harris, Appalachian State	12.40
3. Reshia Johnson, East Tennessee State	12.50
4. Trice Roundtree, Appalachian State	13.00
5. Kamilah Gabriel, Western Carolina	13.30
6. Crystal Carlton, Western Carolina	13.50

### 200-Meter Dash

1. Salima Fountain, Furman	24.91
2. Nikki Harris, Appalachian State	25.15
3. Tracie George, East Tennessee State	25.39
4. Leisa Moulton, East Tennessee State	25.72
5. Karen Houston, Appalachian State	25.73
6. Kendra Prather, East Tennessee State	25.91

### 400-Meter Dash

1. Salima Fountain, Furman	55.74
2. Shawnta Person, Western Carolina	56.34
3. Kendra Prather, East Tennessee State	57.60
3. Tracie George, East Tennessee State	57.66
5. Andrea Shropshire, Chattanooga	57.73
6. Karen Houston, Appalachian State	58.23

### 800-Meter Run

1. Emily Redmon, Western Carolina	2:11.41
2. Michelle Gregg, East Tennessee State	2:11.62
3. Maggie Donahue, Western Carolina	2:13.11
4. Valerie Urchison, East Tennessee State	2:15.17
5. Michelle Bozue, Chattanooga	2:17.28
6. Maria Stivers, Chattanooga	2:21.28

### 1,500-Meter Run

1. Michelle Gregg, East Tennessee State	4:38.00
2. Valerie Urchison, East Tennessee State	4:40.83
3. Heather VandeBrake, Furman	4:42.24
4. Kristen Savery, Western Carolina	4:42.92
5. Jenny Chase, Appalachian State	4:44.48
6. Jennel Walby, East Tennessee State	4:50.30

### 3,000-Meter Run

1. Mary Jane Middlekoop, Chattanooga	9:54.60
2. Heather VandeBrake, Furman	10:02.78
3. Christina Olson, Appalachian State	10:08.42
4. Jennel Walby, East Tennessee State	10:20.45
5. Kristen Savery, Western Carolina	10:26.16
6. Taylor Perin, East Tennessee State	10:35.35

### 5,000-Meter Run

1. Mary Jane Middlekoop, Chattanooga	17:24.46
2. Mary Jo Ferrigan, East Tennessee State	17:32.59
3. Heather VandeBrake, Furman	17:37.76
4. Christina Olson, Appalachian State	17:46.33
5. Lynn Kepper, Furman	17:55.29
6. Taylor Perin, East Tennessee State	17:59.78

### 10,000-Meter Run

1. Mary Jo Ferrigan, East Tennessee State	37:33.61
2. Michele Marshall, Chattanooga	39:00.97
3. Lynn Kepper, Furman	39:56.02
4. Holley Cooper, Furman	40:09.78
5. Leah Moore, Chattanooga	40:29.00
6. Nicole Yosmali, Furman	41:11.00

### 100-Meter Hurdles

1. Erica Edmond, East Tennessee State	14.70
2. Wykesha Bailey, Western Carolina	14.91
3. Rahma Mateen, Western Carolina	15.20
3. Jamil Sawyer, Davidson	15.20
5. Kendra Hornish, Marshall	16.05
6. Kamilah Gabriel, Western Carolina	16.07

### 400-Meter Hurdles

1. Wykesha Bailey, Western Carolina	1:04.51
2. Erica Edmond, East Tennessee State	1:05.17
3. Jodi Bailey, Marshall	1:05.49
4. Kati Pierce, Marshall	1:05.83
5. Natasha Claxton, Chattanooga	1:05.87
6. Tera Pitts, Appalachian State	1:08.20

### 4x100-Meter Relay

1. East Tennessee State	47.18
2. Appalachian State	47.62
3. Davidson	51.25
4. Western Carolina	52.10

### 4x400-Meter Relay

1. Western Carolina	3:49.70
2. Chattanooga	3:55.81
3. Appalachian State	3:59.79
4. Marshall	4:08.03
5. Davidson	4:14.04

### Long Jump

1. Rahma Mateen, Western Carolina	5.91m
2. Tracie George, East Tennessee State	5.76m
3. Nikki Harris, Appalachian State	5.65m
4. Audra Emery, Appalachian State	5.54m
5. Lisa Roberts, Appalachian State	5.50m
6. Carla McKinney, East Tennessee State	5.49m

### Triple Jump

1. Nikki Harris, Appalachian State	11.94m
2. Rahma Mateen, Western Carolina	11.58m
3. Lisa Roberts, Appalachian State	11.47m
4. Jennifer Sluss, East Tennessee State	11.44m
5. Trice Roundtree, Appalachian State	11.32m
6. Karen Newsam, East Tennessee State	11.19m

### High Jump

1. Rahma Mateen, Western Carolina	1.70m
2. Jennifer Sluss, East Tennessee State	1.70m
3. Vanessa Sims, Davidson	1.70m
4. Shalimar Folds, Chattanooga	1.65m
5. Kendra Hornish, Marshall	1.60m
6. Lakeeva Brooks, Western Carolina	1.60m
6. Katie Condon, Furman	1.60m

### Discus

1. Ayokka Green, Chattanooga	43.20m
2. Danielle Mall, Davidson	43.12m
3. Allyson Blakenship, East Tennessee State	39.78m
4. Meyetta Grimes, Appalachian State	39.06m
5. LaSha Jackson, Western Carolina	37.16m
6. Robyn Stockunas, Western Carolina	35.08m

### Javelin

1. Rachel Olander, Appalachian State	39.92m
2. Christine Ziemba, Appalachian State	38.10m
3. Erica Bahry, Appalachian State	37.94m
4. Robyn Stockunas, Western Carolina	33.70m
5. LaSha Jackson, Western Carolina	32.40m
6. Rhoda Maron, Furman	31.88m

### Shot Put

1. LaSha Jackson, Western Carolina	14.58m
2. Ayokka Green, Chattanooga	14.01m
3. Chandra Nelson, Marshall	12.40m
4. Zondra Johnson, Western Carolina	11.87m
5. Felicia Johnson, East Tennessee State	11.47m
6. Robyn Stockunas, Western Carolina	11.18m

### Hammer Throw

1. Chandra Nelson, Marshall	44.04m
2. Robyn Stockunas, Western Carolina	39.80m
3. Allyson Blakenship, East Tennessee State	36.52m
4. Rachel Olander, Appalachian State	36.40m
5. Christina Cassidy, Western Carolina	35.82m
6. Ayokka Green, Appalachian State	35.64m
7. Christine Ziemba, Appalachian State	35.00m
8. Erica Bahry, Appalachian State	34.94m

#### Coach of the Year

Michell Byrne, East Tennessee State

#### Outstanding Performer

Rahma Mateen, Western Carolina

#### Freshman of the Year

Chandra Nelson, Marshall

#### \*\*NOTE\*\*

Top three finishers in each event receive all-conference honors.