

# Southern Conference Indoor Track & Field Record Book



*Through 2016-17 season*

# MEN'S RECORDS AND CHAMPIONS

## Men's Indoor Championship Records

Event	Mark	Conversion	Athlete	Year
55m Dash	6.21		Jeff Horton, ETSU	1995
60m Dash	6.73		Ernest Wiggins, Appalachian State	2004
200m Dash	21.13		Delevantie Brown, ETSU	1995
400m Dash	46.97		Brunson Miller, The Citadel	2012
800m Run	1:50.92		Zach Whitmarsh, ETSU	1997
Mile Run	4:03.97		Mark Scruton, ETSU	1982
3,000m Run	8:05.37		Seamus Power, ETSU	1992
5,000m Run	13:55.73		Arsène Guillourel, Samford	2016
55m Hurdles	7.34		Greg Hatchett, VMI	1989
60m Hurdles	7.90		Stanley Broaden, Appalachian State	2013
Long Jump	7.66m	(25-1.75)	Marcus Lynch, VMI	2001
Triple Jump	16.11m	(52-10.25)	Warren Posey, Appalachian State	1989
High Jump	2.21m	(7-3.0)	Darius Purcell, Appalachian State	2012
Shot Put	17.19m	(56-0.50)	Cosmo Tocci, The Citadel	1980
Pole Vault	5.45m	(17-10.50)	Michael Seaman, Samford	2012
35-Lb. Weight	19.23m	(63-1.25)	Kyle Kirby, Samford	2012
Mile Relay	3:11.71		VMI (Sylvester Davis, Marcus Black, David Estes, Henry Sanchez)	1982
Two Mile Relay	7:35.45		ETSU (Mark Scruton, Wayne Prickett, Ben Turpin, Kevin Johnson)	1982
Distance Medley	9:47.80		ETSU (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	1979
Heptathlon	5127		Bo Ackerson-Gilroy, Samford	2012

## Men's Past Team Champions

Year	Site	Champion	Year	Site	Champion	Year	Site	Champion
1930	Chapel Hill, N.C.	Washington & Lee	1971	Lexington, Va.	William & Mary	2008	Clemson, S.C.	Western Carolina
1931	Chapel Hill, N.C.	North Carolina	1972	Lexington, Va.	William & Mary	2009	Clemson, S.C.	Appalachian State
1932	Chapel Hill, N.C.	North Carolina	1973	Lexington, Va.	William & Mary	2010	Clemson, S.C.	Appalachian State
1933	Chapel Hill, N.C.	Duke	1974	Lexington, Va.	William & Mary	2011	Clemson, S.C.	Appalachian State
1934	Chapel Hill, N.C.	North Carolina	1975	Lexington, Va.	William & Mary	2012	Birmingham, Ala.	Western Carolina
1935	Chapel Hill, N.C.	North Carolina	1976	Lexington, Va.	Furman	2013	Winston-Salem, N.C.	Appalachian State
1936	Chapel Hill, N.C.	Duke	1977	Lexington, Va.	East Carolina	2014	Winston-Salem, N.C.	Western Carolina
1937	Chapel Hill, N.C.	North Carolina	1978	Lexington, Va.	VMI	2015	Birmingham, Ala.	Western Carolina
1938	Chapel Hill, N.C.	Duke	1979	Lexington, Va.	VMI	2016	Birmingham, Ala.	Western Carolina
1939	Chapel Hill, N.C.	North Carolina	1980	Lexington, Va.	ETSU	2017	Johnson City, Tenn.	Western Carolina
1940	Chapel Hill, N.C.	North Carolina	1981	Lexington, Va.	VMI			
1941	Chapel Hill, N.C.	North Carolina	1982	Johnson City, Tenn.	VMI			
1942	Chapel Hill, N.C.	North Carolina	1983	Lexington, Va.	VMI			
1943 - 1948		NO MEET	1984	Johnson City, Tenn.	Appalachian State			
1949	Chapel Hill, N.C.	North Carolina	1985	Lexington, Va.	Appalachian State			
1950	Chapel Hill, N.C.	North Carolina	1986	Lexington, Va.	Appalachian State			
1951	Chapel Hill, N.C.	North Carolina	1987	Johnson City, Tenn.	Appalachian State			
1952	Chapel Hill, N.C.	North Carolina	1988	Johnson City, Tenn.	Appalachian State			
1953	Chapel Hill, N.C.	Duke	1989	Johnson City, Tenn.	Appalachian State			
1954	Lexington, Va.	VMI	1990	Lexington, Va.	Appalachian State			
1955	Lexington, Va.	VMI	1991	Johnson City, Tenn.	VMI			
1956	Lexington, Va.	Virginia Tech	1992	Johnson City, Tenn.	Appalachian State			
1957	Lexington, Va.	William & Mary	1993	Lexington, Va.	VMI			
1958	Lexington, Va.	VMI	1994	Johnson City, Tenn.	Appalachian State			
1959	Lexington, Va.	VMI	1995	Johnson City, Tenn.	Appalachian State			
1960	Lexington, Va.	VMI	1996	Lexington, Va.	VMI			
1961	Lexington, Va.	Furman	1997	Johnson City, Tenn.	Marshall			
1962	Lexington, Va.	Furman	1998	Johnson City, Tenn.	ETSU			
1963	Lexington, Va.	Furman	1999	Johnson City, Tenn.	Western Carolina			
1964	Lexington, Va.	VMI	2000	Lexington, Va.	Appalachian State			
		West Virginia	2001	Johnson City, Tenn.	VMI			
1965	Lexington, Va.	VMI	2002	Johnson City, Tenn.	Appalachian State			
1966	Lexington, Va.	William & Mary	2003	Johnson City, Tenn.	Appalachian State			
1967	Lexington, Va.	William & Mary	2004	Johnson City, Tenn.	Western Carolina			
1968	Lexington, Va.	William & Mary	2005	Johnson City, Tenn.	Appalachian State			
1969	Lexington, Va.	William & Mary	2006	Clemson, S.C.	Western Carolina			
1970	Lexington, Va.	William & Mary	2007	Clemson, S.C.	Appalachian State			

### Total team titles

Team	Titles
Appalachian State.....	19
VMI.....	16
North Carolina.....	13
William & Mary.....	11
Western Carolina.....	9
Duke.....	4
Furman.....	4
ETSU.....	2
East Carolina.....	1
Marshall.....	1
Virginia Tech.....	1
Washington & Lee.....	1
West Virginia.....	1

# MEN'S INDIVIDUAL HONORS

## Coach of the Year

1976	Wake Williams, VMI
1978	Bob Pollock, Appalachian State
1979	Wade Williams, VMI
1980	Dave Walker, ETSU
1981	Dave Walker, ETSU
1982	Bob Pollock, Appalachian State
1983	Wade Williams, VMI
1984	Bob Pollock, Appalachian State
1985	Don Millwood, Western Carolina
1986	Bob Pollock, Appalachian State
1987	Bob Pollock, Appalachian State
1988	Mike Bozeman, VMI
1989	Dave Walker, ETSU
1990	Dave Walker, ETSU
1991	Mike Bozeman, VMI
1992	Al Fereshetian, Appalachian State
1993	Mike Bozeman, VMI
1994	Danny Williamson, Western Carolina
1995	Al Fereshetian, Appalachian State
1996	Jeff Small, Marshall
1997	Jeff Small, Marshall
1998	Milan Donley, ETSU
1999	Danny Williamson, Western Carolina
2000	John Weaver, Appalachian State
2001	Mike Bozeman, VMI
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	Danny Williamson, Western Carolina
2005	Danny Williamson, Western Carolina
2006	Danny Williamson, Western Carolina
2007	John Weaver, Appalachian State
2008	Danny Williamson, Western Carolina
2009	Jody Huddleston, The Citadel
2010	Rod Tiffin, Samford
	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	Danny Williamson, Western Carolina
2013	Rod Tiffin, Samford
2014	Danny Williamson, Western Carolina
2015	Danny Williamson, Western Carolina
2016	Danny Williamson, Western Carolina
2017	Cale McDaniel, Western Carolina

## Most Outstanding Athlete

1976	Malcolm Grimes, VMI
1978	Rex Wiggins, VMI
1979	Adrian Leek, ETSU
1980	Jody Weatherwax, VMI
1981	Adrian Leek, ETSU
1982	Robbie Mosley, Appalachian State
1983	Dennis Stark, ETSU
1984	Jon Conneely, E Tennessee State
	Sylvester Davis, VMI
1985	Dan Monahan, VMI
1986	Marshall Pitts, Appalachian State
1987	Michael Hanks, Appalachian State
1988	Greg Hatchett, VMI
1989	Lee Hawkins, Appalachian State
1990	James Hynes, ETSU
1991	Frank Allen, Appalachian State
1992	Seamus Power, ETSU
1993	Shawn Miller, Western Carolina
1994	Seamus Power, ETSU
1995	Delevantie Brown, ETSU
1996	Delevantie Brown, ETSU
1997	Declan Fahy, ETSU
1998	Darrius Jackson, VMI
1999	Nic Crider, Chattanooga
2000	Nic Crider, Chattanooga
2001	Marcus Lynch, VMI
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina

2010	Cordell Livingston, Western Carolina
2011	Cordell Livingston, Western Carolina
2012	Bo Ackerson-Gilroy, Samford
2013	Brandon Hairston, Western Carolina
2014	Brandon Bassett, Samford
2015	Tripp Hurt, Furman
2016	Jamie Brown, Western Carolina
2017	Patrick Taylor, ETSU

## Most Outstanding Track Performer

2002	Caleb Bailey, Western Carolina
2003	Bradley Yewer, ETSU
2004	Steven Kocsis, Chattanooga
	Bradley Yewer, ETSU
2005	Steven Kocsis, Chattanooga
2006	Zeb Johnson, Western Carolina
2007	Adam Van Nortwick, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cameron Bean, Samford
2011	Chris Moen, Appalachian State
2012	Brunson Miller, The Citadel
2013	Brandon Hairston, Western Carolina
2014	Jamaal Brantley, The Citadel
2015	Tripp Hurt, Furman
2016	Arsène Guillorel, Samford
2017	Ryan Adams, Furman

## Most Outstanding Field Performer

2002	Kevin Solomon, VMI
2003	Holt McPherson, Appalachian State
	Anthony Greer, Appalachian State
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State
2006	Mark Sturgis, Appalachian State
2007	Wes Kiser, Appalachian State
2008	Joel Gaddy, Appalachian State
2009	Matt Evans, Western Carolina
2010	Matt Evans, Western Carolina
2011	Malcolm Styers, Appalachian State
2012	Bo Ackerson-Gilroy, Samford
2013	Steven Bastien, Samford
2014	Jared Johnson, Western Carolina
2015	Jared Johnson, Western Carolina
2016	Jordan White, VMI
2017	Nathan Rivera, ETSU

## Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Tobe Taylor, Chattanooga
1994	Dainon Sidney, ETSU
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, ETSU
1997	Randy Moss, Marshall
1998	Evan Hawkins, ETSU
1999	Jeremy Carter, Western Carolina
2000	Derrick High, Western Carolina
2001	J.B. Rosson, VMI
2002	Milton Bolton, Western Carolina
2003	John Robertson, Western Carolina
2004	James Gregory, Western Carolina
2005	Shane Estes, ETSU
2006	Josh Cox, Appalachian State
2007	Dominique Young, Western Carolina
2008	Drew Tucker, Western Carolina
2009	Dennis Moore, The Citadel
2010	Cordell Livingston, Western Carolina
2011	Jamal Tiller, Appalachian State
2012	Abraham Faison, Western Carolina
2013	Steven Bastien, Samford
2014	Josh McSwain, Western Carolina
2015	Brenden Caldwell, Western Carolina
2016	Jamie Brown, Western Carolina
2017	Emmanuel Tait, Samford

# MEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

<b>2001</b>		Feb. 19	Thad Sieracki, DAV (Track) Patrick Wells, SAM (Field)	Feb. 12	Tripp Hurt, FUR (Track) Sidney Jordan, SAM (Field)
Jan. 17	Evan Hawkins, ETSU	Feb. 26	Blaise Carie, SAM (Track) Kevin Hardy, CIT (Field)	Feb. 19	Tanner Hinkle, FUR, (Track) Geno Porter, CIT (Field)
Jan. 24	Ryan Kendall, UTC			Feb. 26	Jamaal Brantley, CIT (Track) Matt Layne, APP (Field)
Jan. 31	Marcus Lynch, VMI	<b>2010</b>			
Feb. 7	John Chisholm, VMI	Dec. 10	Benny Davis, WCU (Track) Alex Dollard, WCU (Field)	<b>2015</b>	
Feb. 14	Caleb Bailey, WCU	Jan. 14	Josey Weaver, WCU (Track) Malcolm Styers, APP (Field)	Jan. 21	Brandon Hazouri, SAM (Track) Keyth Fightmaster, SAM (Field)
<b>2002</b>		Jan. 21	Alex Taylor, APP (Track) Darius Purcell, APP (Field)	Jan. 28	Troy Reeder, FUR (Track) Tray Oates, SAM (Field)
Jan. 16	Darus Cofield, WCU	Jan. 28	Dominique Young, WCU (Track) Michael Seaman, SAM (Field)	Feb. 5	Henry Kiedy, WCU (Track) Jared Johnson, WCU (Field)
Jan. 23	Ernest Wiggins, APP	Feb. 4	Tom Divinnie, DAV (Track) Darius Purcell, APP (Field)	Feb. 12	Avery Martin, VMI (Track) Quincy Martin, VMI (Field)
Jan. 30	Dan Gibson, DAV	Feb. 11	Joey Thompson, UNCG (Track) Patrick Wells, SAM (Field)	Feb. 18	Troy Reeder, FUR (Track) Javion Lee, SAM (Field)
Feb. 6	Jason Green, APP	Feb. 18	Patrick Morgan, APP (Track) Kevin Hardy, CIT (Field)	Feb. 25	Julian Jackson, VMI (Track) Jordan White, VMI (Field)
Feb. 13	Ryan Kendall, UTC	Feb. 25	Bud Galloway, APP (Track) Michael Seaman, SAM (Field)		
Feb. 20	Bob Smith, APP			<b>2016</b>	
<b>2003</b>				Jan. 20	Brandon Hazouri, SAM (Track) Jamie Brown, WCU (Field)
Jan. 29	Caleb Bailey, WCU	<b>2011</b>		Jan. 27	No nominees (Track) No Nominees (Field)
Feb. 5	Caleb Bailey, WCU	Jan. 26	Cordell Livingston, WCU (Track) Kyle Kirby, SAM (Field)	Feb. 3	Brandon Hazouri, SAM (Track) Jared Johnson, WCU (Field)
<b>2004</b>		Feb. 2	Brunson Miller, CIT (Track) Jerod Gardner, APP (Field)	Feb. 10	Matt Moore, ETSU (Track) Jordan White, VMI (Field)
Jan. 21	Bob Smith, APP	Feb. 9	Brunson Miller, CIT (Track) Michael Seaman, SAM (Field)	Feb. 17	Ryan Adams, FUR (Track) Tray Oates, SAM (Field)
Jan. 28	John Yarbrough, UTC	Feb. 16	Chris Moen, APP (Track) Darius Purcell, APP (Field)	Feb. 24	Brandon Hazouri, SAM (Track) Joel Hoisington, VMI (Field)
Feb. 4	Steven Kocsis, UTC	Feb. 23	Alex Richter, SAM (Track) Owen Wagoner, SAM (Field)		
Feb. 11	James Rainer, ETSU	March 2	Chris Moen, APP (Track) Malcolm Styers, APP (Field)	<b>2017</b>	
Feb. 18	Ernest Wiggins, APP			Jan. 19	None(Track) Scott Peretin, WCU (Field)
Feb. 25	Dan Queen, APP	<b>2012</b>		Jan. 25	Emmanuel Tait, SAM (Track) Jay Vines, SAM (Field)
<b>2005</b>		Jan. 19	Stanley Broaden, APP (Track) Michael Seaman, SAM (Field)	Feb. 1	Greg Henderson, VMI (Track) Tray Oates, SAM (Field)
Jan. 19	Zach DiBois, CIT	Jan. 25	Paul Chelimo, UNCG (Track) Kyle Kirby, SAM (Field)	Feb. 8	Matt Moore, ETSU (Track) Tray Oates, SAM (Field)
Jan. 26	Anthony Greer, APP	Feb. 1	Lucas Cotter, UTC (Track) Jared Stalling, APP (Field)	Feb. 15	Malik Diggs, CIT (Track) Ben Johnson, ETSU (Field)
Feb. 2	Steven Kocsis, UTC	Feb. 7	Paul Chelimo, UNCG (Track) Quintin Turner, CIT (Field)	Feb. 22	Ryan Adams, FUR (Track) Derrick Freeland, CIT (Field)
Feb. 9	Chris Martin, APP	Feb. 15	Brunson Miller, CIT (Track) Owen Wagoner, SAM (Field)		
Feb. 16	Steven Kocsis, UTC				
Feb. 23	Bryan Burney, APP	<b>2013</b>			
<b>2006</b>		Jan. 24	Nathan Hendershot, SAM (Track) Tyler Kemp, SAM (Field)		
Jan. 18	Zach DiBois, CIT	Jan. 30	Brandon Hairston, WCU (Track) Geno Porter, CIT (Field)		
Jan. 25	Mark Sturgis, APP	Feb. 6	Demetrios Pagonis, DAV (Track) Ryan Cook, SAM (Field)		
Feb. 1	Ian Mayne, UTC	Feb. 13	Paul Katam, UNCG (Track) Jamal Tiller, APP (Field)		
Feb. 8	Zeb Johnson, WCU	Feb. 20	Stanley Broaden, APP (Track) Cole Finch, APP (Field)		
Feb. 15	Ian Mayne, UTC	Feb. 27	Brandon Hairston, WCU (Track) Steven Bastien, SAM (Field)		
<b>2007</b>					
Jan. 18	Tom Divinnie, DAV	<b>2014</b>			
Jan. 23	Michael Mentz, UTC	Jan. 22	Adam Jones, SAM (Track) Brandon Bassett, SAM (Field)		
Jan. 31	Zeb Johnson, WCU	Jan. 29	Jamaal Brantley, CIT (Track) David Johnson, WCU (Field)		
Feb. 7	Manteo Mitchell, WCU	Feb. 5	Brandon Hazouri, SAM (Track)		
Feb. 14	Adam Van Nortwick, APP				
Feb. 21	Douglas Noreen, DAV				
Feb. 28					
<b>2008</b>					
Jan. 23	Ricky Harris, APP				
Jan. 31	Alex Hoyt, DAV				
Feb. 7	Josh Houser, APP				
Feb. 14	Michael Mentz, UTC				
Feb. 21	Michael Wilson, APP				
Feb. 26	Manteo Mitchell, WCU				
	Joel Gaddy, APP				
<b>2009</b>					
Jan. 21	Manteo Mitchell, WCU (Track) Ryan Twiford, APP (Field)				
Jan. 29	Patrick Morgan, FUR (Track) Matt Boruff, APP (Field)				
Feb. 5	Joey Thompson, UNCG (Track) Mark Sturgis, APP (Field)				
Feb. 12	Chris Berry, UTC (Track) Patrick Morgan, FUR (Track) Malcolm Styers, APP (Field)				

# MEN'S SOUTHERN CONFERENCE HONORS

## Repeat Athlete of the Week Selections

### Five times

Brandon Hazouri, SAM, 2014-16

### Four times

Michael Seaman, SAM, 2010-2012  
Tray Oates, SAM, 2015-17

### Three times

Caleb Bailey, WCU, 2001, 03  
Steven Kocsis, UTC, 2004-05  
Manteo Mitchell, WCU, 2007-09  
Malcolm Styers, APP, 2009-11  
Patrick Morgan, FUR, 2009; APP, 2010  
Darius Purcell, APP, 2010-11  
Brunson Miller, CIT, 2011-12

### Two times

Ryan Kendall, UTC, 2001-02  
Bob Smith, APP, 2002, 04  
Ernest Wiggins, APP, 2002, 04  
Zach DiBois, CIT, 2005-06  
Ian Mayne, UTC, 2006  
Zeb Johnson, WCU, 2006-07  
Michael Mentz, UTC, 2007-08  
Mark Sturgis, APP, 2006, 09  
Tom Divinnie, DAV, 2007-10  
Joey Thompson, UNCG, 2009-10  
Patrick Wells, SAM, 2009-10  
Kevin Hardy, CIT, 2009-10  
Chris Moen, APP, 2011  
Kyle Kirby, SAM, 2011-12

Paul Chelimo, UNCG, 2012  
Owen Wagoner, SAM, 2011-12  
Stanley Broaden, APP, 2012-13  
Brandon Hairston, WCU, 2013  
Geno Porter, CIT, 2013-14  
Jamaal Brantley, CIT, 2014  
Troy Reeder, FUR, 2015  
Jared Johnson, WCU, 2015-16  
Jordan White, VMI, 2015-16

## Athletes of the Month

<b>2008</b>		<b>2012</b>		<b>2016</b>	
January	Dominique Young, WCU	January	Paul Chelimo, UNCG (Track)	January	Brandon Hazouri, SAM (Track)
		February	Michael Seaman, SAM (Field)	February	Jamie Brown, WCU (Field)
<b>2009</b>		<b>2013</b>			Arsène Guillorel, SAM (Track)
January	Manteo Mitchell, WCU (Track)	January	Paul Katam, UNCG (Track)		Jordan White, VMI (Field)
	Mark Sturgis, APP (Field)	February	Jared Stalling, APP (Field)	<b>2017</b>	
February	Patrick Morgan, FUR (Track)	February	Brandon Hairston, WCU (Track)	January	Greg Henderson, VMI (Track)
	Mark Sturgis, APP (Field)		Steven Bastien, SAM (Field)	February	Tray Oates, SAM (Field)
<b>2010</b>		<b>2014</b>			Emmanuel Tait, SAM (Track)
January	Tom Divinnie, DAV (Track)	January	Brandon Hazouri, SAM (Track)		Nathan Rivera, ETSU (Field)
	Malcolm Styers, APP (Field)	February	Brandon Bassett, SAM (Field)		
<b>2011</b>			Jamaal Brantley, CIT (Track)		
January	Brunson Miller, CIT (Track)		Jared Johnson, WCU (Field)		
	Kyle Kirby, SAM (Field)	<b>2015</b>			
February	Chris Moen, APP (Track)	January	Troy Reeder, FUR (Track)		
	Malcolm Styers, APP (Field)	February	Javion Lee, SAM (Field)		
			Tripp Hurt, FUR (Track)		
			Jared Johnson, WCU (Field)		

## Repeat Athlete of the Month Selections

### Two times

Mark Sturgis, APP, 2009  
Malcolm Styers, APP, 2010-11  
Jared Johnson, WCU, 2014-15  
Brandon Hazouri, SAM, 2014, '16

# MEN'S CHAMPIONSHIP MEET RESULTS

<b>1930</b>	Washington & Lee	29	<b>1937</b>	North Carolina	45.5	<b>1949</b>	North Carolina	52	<b>1957</b>	William & Mary	39.5			
	North Carolina	27		Duke	30		Maryland	33		Virginia Tech	30.5			
	Maryland	13		Maryland	22		Duke	25		VMI	30.5			
	Georgia Tech	13		Washington & Lee	10		Virginia Tech	9		Richmond	16.5			
<b>1931</b>	North Carolina	37		VMI	8		South Carolina	4		Davidson	8			
	Washington & Lee	19		Richmond	7		North Carolina State	3		West Virginia	7			
	Alabama	16		William & Mary	5		VMI	3		Washington & Lee	0			
	Duke	10		South Carolina	3		Wake Forest	2	<b>1958</b>	VMI	48.5			
	Georgia	10		North Carolina State	1		Davidson	1		William & Mary	39.5			
	Louisiana State	9		Virginia Tech	.5	<b>1950</b>	North Carolina	60		Virginia Tech	16			
	Tulane	8	<b>1938</b>	Duke	40		Maryland	38.5		Richmond	12			
	Auburn	5		North Carolina	38		Duke	13		West Virginia	7			
	North Carolina State	5		Maryland	23		Virginia Tech	7.5		The Citadel	7			
	Virginia	4		Virginia Tech	8		VMI	6		Furman	2			
	Georgia Tech	3		Davidson	8		North Carolina State	3		Davidson	0			
	Clemson	3		Washington & Lee	7		William & Mary	3		Washington & Lee	0			
	Virginia Tech	2		VMI	5	<b>1951</b>	Washington & Lee	1	<b>1959</b>	VMI	47			
	South Carolina	1		Richmond	2		North Carolina	54		William & Mary	29.5			
<b>1932</b>	North Carolina	25		William & Mary	1		Duke	39		Furman	21			
	Louisiana State	22	<b>1939</b>	North Carolina	52		Maryland	26		The Citadel	16.5			
	Georgia	19		Maryland	30		North Carolina State	7		Virginia Tech	16			
	Virginia	18		Duke	25.5		VMI	4		Richmond	2			
	Duke	15		Washington & Lee	8		Virginia Tech	2		Davidson	0			
	Tulane	10		South Carolina	7		North Carolina State	10		West Virginia	0			
	Virginia Tech	8		VMI	5	<b>1952</b>	Maryland	37.5	<b>1960</b>	VMI	69			
	Mississippi	5		William & Mary	2.5		Duke	31.5		The Citadel	28			
	North Carolina State	3		Wake Forest	1		North Carolina	20		William & Mary	19			
	Georgia Tech	2		Davidson	.5		VMI	19		Furman	11.5			
	Washington & Lee	2		Virginia Tech	.5		Virginia Tech	13		Richmond	7.5			
	Kentucky	1		<b>1940</b>	North Carolina	55		North Carolina State	10		Virginia Tech	5		
	South Carolina	1		Maryland	29		Richmond	2		West Virginia	2			
<b>1933</b>	Duke	42		Duke	24		<b>1953</b>	Duke	35		Davidson	1		
	Virginia	34		Washington & Lee	16		North Carolina	28		<b>1961</b>	Furman	42		
	North Carolina	23		Richmond	4		Maryland	19		VMI	40			
	Washington & Lee	11		South Carolina	3		VMI	16		The Citadel	27.5			
	Virginia Tech	7		William & Mary	1		Virginia Tech	14		William & Mary	13.5			
	VMI	7		<b>1941</b>	North Carolina	40		North Carolina State	9		West Virginia	8.5		
	Maryland	5		Duke	38		Richmond	5		Richmond	5			
	North Carolina State	3		Maryland	16		Davidson	2		Virginia Tech	4			
	South Carolina	1		William & Mary	7		South Carolina	1.5		Davidson	2.5			
<b>1934</b>	North Carolina	32		VMI	6		William & Mary	.5	<b>1962</b>	Furman	66.5			
	Virginia	31		Davidson	6		<b>1954</b>	VMI	69		The Citadel	38.5		
	Maryland	17		Virginia Tech	4		Virginia Tech	53		VMI	28.5			
	Duke	16		Clemson	4		West Virginia	33		Virginia Tech	25			
	VMI	15		Washington & Lee	4		Washington & Lee	19		William & Mary	19.5			
	Washington & Lee	8		North Carolina State	3		The Citadel	14		West Virginia	10.5			
	South Carolina	7		Wake Forest	2		Richmond	9		Davidson	6.5			
	Virginia Tech	6		Richmond	1		Davidson	4	<b>1963</b>	Furman	62			
<b>1935</b>	North Carolina	44.5		<b>1942</b>	North Carolina	54		<b>1955</b>	VMI	67		VMI	41	
	Duke	27		Duke	22		Virginia	52		William & Mary	22		Virginia Tech	21
	Maryland	24		Maryland	16		West Virginia	44		Virginia Tech	21		The Citadel	18
	Virginia	17		Richmond	8.5		Richmond	22		Davidson	15.5		Davidson	15.5
	Washington & Lee	10		Davidson	8		The Citadel	13		West Virginia	9.5		West Virginia	9.5
	Virginia Tech	6.5		VMI	7.5		Davidson	9		Richmond	5		Richmond	5
	VMI	1		Clemson	7		Washington & Lee	6	<b>1956</b>	Virginia Tech	82		VMI	47
<b>1936</b>	Duke	48		Virginia Tech	5		Virginia Tech	82		Washington & Lee	43		Washington & Lee	43
	North Carolina	31		South Carolina	2		West Virginia	27		The Citadel	16		West Virginia	27
	Maryland	20.5		North Carolina State	1		The Citadel	16		Davidson	15		The Citadel	16
	Virginia	19					Davidson	15					Davidson	15
	Virginia Tech	6.5												
	Washington & Lee	3												
	North Carolina State	2												
	South Carolina	2												



# MEN'S CHAMPIONSHIP MEET RESULTS

<b>1964</b>	VMI	44	<b>1972</b>	William & Mary	103	<b>1980</b>	ETSU	153	<b>1987</b>	Appalachian State	147.5
	West Virginia	44		East Carolina	53		VMI	148		VMI	126.5
	Furman	32		Richmond	51		Appalachian State	104		Marshall	43
	William & Mary	26		Furman	48		Marshall	66		The Citadel	32
	Virginia Tech	20		VMI	20		Western Carolina	37		Western Carolina	26
	The Citadel	16		The Citadel	8		The Citadel	25		ETSU	25
	Davidson	10		Davidson	5		Furman	25		Furman	23
	Richmond	5					Chattanooga	0		Chattanooga	10
			<b>1973</b>	William & Mary	103		Davidson	0		Davidson	0
				East Carolina	70	<b>1981</b>	VMI	146.5	<b>1988</b>	VMI	145
<b>1965</b>	VMI	64.3		Furman	52		ETSU	145		Appalachian State	98
	West Virginia	37.5		Richmond	25		Appalachian State	99.5		ETSU	71
	Furman	34		VMI	9		Marshall	59		Western Carolina	57
	William & Mary	24.5		Appalachian State	7		Furman	45		Marshall	41
	Richmond	14		The Citadel	6		The Citadel	16		The Citadel	35
	Virginia Tech	7.67		Davidson	0		Davidson	16		Furman	8
	Davidson	7					Chattanooga	16		Chattanooga	6
	The Citadel	6	<b>1974</b>	William & Mary	90		Western Carolina	16		Davidson	1
				Furman	74	<b>1982</b>	VMI	164	<b>1989</b>	Appalachian State	132
<b>1966</b>	William & Mary	57		East Carolina	52		Appalachian State	132		VMI	128
	Furman	48		Richmond	32		ETSU	123		ETSU	96
	VMI	35		Appalachian State	12		Marshall	54		Western Carolina	58
	West Virginia	26.5		VMI	7		Furman	29		The Citadel	39
	The Citadel	23		The Citadel	4		The Citadel	24		Marshall	32
	Richmond	18		Davidson	0		Western Carolina	23		Furman	7
	East Carolina	2.5	<b>1975</b>	William & Mary	110		Chattanooga	11		Chattanooga	4
	Davidson	0		East Carolina	70		Davidson	9	<b>1990</b>	Appalachian State	144
<b>1967</b>	William & Mary	75		Furman	45	<b>1983</b>	VMI	223.5		VMI	139.5
	VMI	49		Richmond	26		ETSU	103		ETSU	64
	Richmond	37		VMI	21		Furman	77		Western Carolina	51
	Furman	20		Appalachian State	14		Marshall	68.5		The Citadel	44
	West Virginia	10		The Citadel	2		Western Carolina	44		Chattanooga	28
	East Carolina	9		Davidson	0		The Citadel	38		Marshall	24
	The Citadel	6	<b>1976</b>	Furman	20		Davidson	7		Furman	0
	Davidson	4		William & Mary	16	<b>1984</b>	Appalachian State	183	<b>1991</b>	VMI	157
<b>1968</b>	William & Mary	94.5		East Carolina	15		VMI	158		Appalachian State	104
	VMI	33		VMI	9		ETSU	68		ETSU	76
	Richmond	29.5		Appalachian State	2		Marshall	66		Marshall	74
	East Carolina	27		Richmond	1		Western Carolina	53		Western Carolina	42
	Furman	19		Davidson	1		The Citadel	20		The Citadel	30
	West Virginia	14	<b>1978</b>	VMI	105		Davidson	5		Chattanooga	16
	The Citadel	7		Appalachian State	52		Furman	4		Furman	7
	Davidson	0		Furman	39	<b>1985</b>	Appalachian State	212	<b>1992</b>	Appalachian State	149
<b>1969</b>	William & Mary	114		The Citadel	30.5		VMI	101		ETSU	96
	East Carolina	42		Marshall	29		Western Carolina	96		VMI	90
	Furman	37		Western Carolina	16.5		ETSU	65		Marshall	77
	VMI	27		Davidson	6		Marshall	34		Western Carolina	58
	The Citadel	23	<b>1979</b>	Chattanooga	0		The Citadel	29		The Citadel	16
	Richmond	7		VMI	173		Davidson	12		Davidson	7
	Davidson	5		ETSU	161		Furman	8		Chattanooga	0
<b>1970</b>	William & Mary	106		Appalachian State	90	<b>1986</b>	Appalachian State	180.33	<b>1993</b>	VMI	133
	Furman	48		Marshall	55		VMI	158.67		ETSU	105
	East Carolina	47		The Citadel	36		Marshall	81		Appalachian State	79
	VMI	22		Furman	28		ETSU	73		Western Carolina	59
	The Citadel	15		Western Carolina	9		Western Carolina	32		Chattanooga	57
	Richmond	15		Chattanooga	4		The Citadel	15		Marshall	46
	Davidson	3		Davidson	1		Furman	13		The Citadel	16
<b>1971</b>	William & Mary	94					Davidson	2		Davidson	0
	East Carolina	55									
	Furman	43									
	Davidson	20									
	Richmond	18									
	The Citadel	15									
	VMI	11									





# MEN'S INDIVIDUAL CHAMPIONS

## 60-Yard Dash

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

## 55-Meter Dash

1981	Norman Gleaton, Chattanooga, 6.2
1982	Norman Gleaton, Chattanooga, 6.46
1983	James Barha, ETSU, 6.1
1984	Mike Rigsbee, Appalachian State, 6.37
1985	Eric Rasheed, Western Carolina, 6.41
1986	Bobby Blackwell, VMI, 6.40
1987	Keith Washington, VMI, 6.36
1988	Greg Hatchett, VMI, 6.37
1989	Greg Hatchett, VMI, 6.36
1990	Greg Hatchett, VMI, 6.30
1991	Frank Allen, Appalachian State, 6.40
1992	Jason Dalton, Appalachian State, 6.47
1993	Leander Watts, Appalachian State, 6.37
1994	Leander Watts, Appalachian State, 6.34
1995	Jeff Horton, ETSU, 6.30
1996	Eric Gay, VMI, 6.38
1997	Randy Moss, Marshall, 6.32
1998	Chris Brooks, ETSU, 6.24
1999	Johnie Morrison, Western Carolina, 6.33
2000	Johnie Morrison, Western Carolina, 6.36
2001	Marcus Lynch, VMI, 6.49
2002	Jason Green, Appalachian State, 6.26
2003	Jason Green, Appalachian State, 6.26

## 60-Meter Dash

2004	Ernest Wiggins, Appalachian State, 6.73
2005	James Rainer, ETSU, 6.83
2006	Zeb Johnson, Western Carolina, 6.85
2007	Albert Ashcraft, Western Carolina, 6.91
2008	Manteo Mitchell, Western Carolina, 6.81
2009	Manteo Mitchell, Western Carolina, 6.80
2010	Dominique Young, Western Carolina, 6.84
2011	Dennis Moore, Appalachian State, 6.79
2012	Justin Emerson, Samford, 6.86
2013	Justin Emerson, Samford, 6.85
2014	Jamaal Brantley, The Citadel, 6.83
2015	Jermaine Lewis, Western Carolina, 6.83
2016	Matthew Moore, ETSU, 6.79
2017	Matthew Moore, ETSU, 6.79

## 200-Meter Dash

1988	Frank Allen, Appalachian State, 21.96
1989	Greg Hatchett, VMI, 21.65
1990	Shoun Habersham, Chattanooga, 22.25
1991	Frank Allen, Appalachian State, 21.60
1992	Jason Dalton, Appalachian State, 21.86
1993	Estaban Frost, VMI, 22.26
1994	Danion Sidney, ETSU, 21.55
1995	Delevantie Brown, ETSU, 21.13
1996	Delevantie Brown, ETSU, 22.32
1997	Randy Moss, Marshall, 21.15
1998	Darrius Jackson, VMI, 21.80
1999	Jay Ingram, The Citadel, 22.32
2000	Jason McGinnis, Appalachian State, 21.55
2001	Evan Hawkins, ETSU, 21.55
2002	Darrus Cofield, Western Carolina, 21.64
2003	Jason Green, Appalachian State, 21.61
2004	Ernest Wiggins, Appalachian State, 21.64
2005	Chris Martin, Appalachian State, 21.71
2006	Zeb Johnson, Western Carolina, 21.83
2007	Zeb Johnson, Western Carolina, 21.88
2008	Manteo Mitchell, Western Carolina, 21.52
2009	Manteo Mitchell, Western Carolina, 21.57
2010	Dominique Young, Western Carolina, 21.84
2011	Dennis Moore, Appalachian State, 21.62
2012	Benny Davis, Western Carolina, 21.35
2013	Brandon Hairston, Western Carolina, 22.12
2014	Jamaal Brantley, The Citadel, 21.97
2015	Chris Hancock, Western Carolina, 21.91
2016	Greg Hendereson, VMI, 22.08
2017	Patrick Taylor, ETSU, 21.88

## 440-Yard Run

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

1973	Jerome Napier, Richmond, 49.9
1974	Ken Middleton, Furman, 50.5
1975	Carter Suggs, East Carolina, 50.2
1976	Robert Franklin, East Carolina, 50.6
1977	Calvin Alston, East Carolina, 50.6
1978	Dennis Watts, VMI, 49.7
1979	Jordan Laffette, Appalachian State, 47.69
1980	Ben Judge, VMI, 48.26
1982	Sylvester Davis, VMI, 48.14

## 400-Meter Dash

1981	Floyd White, Furman, 50.5
1983	Floyd White, Furman, 49.5
1984	Sylvester Davis, VMI, 46.77
1985	Dan Monahan, VMI, 49.4
1986	Bobby Harris, VMI, 49.86
1988	Mario Small, VMI, 47.53
1989	Mario Small, VMI, 47.11
1990	Mario Small, VMI, 48.26
1991	Estaban Frost, VMI, 48.51
1992	Eric Joe, Appalachian State, 48.99
1993	Estaban Frost, VMI, 49.88
1994	Michael Kyle, Chattanooga, 48.60
1995	Michael Kyle, Chattanooga, 48.90
1996	Holm Ankoma-Sey, VMI, 50.19
1997	Bobby Horan, Appalachian State, 50.01
1998	Evan Hawkins, ETSU, 49.01
1999	James Yarborough, VMI, 50.48
2000	Evan Hawkins, ETSU, 48.26
2001	Derrick High, Western Carolina, 47.53
2002	Darrus Cofield, Western Carolina, 47.45
2003	Alex Prince, The Citadel, 48.78
2004	Milton Bolton, Western Carolina, 48.01
2005	Bryan Burney, Appalachian State, 48.42
2006	Milton Bolton, Western Carolina, 49.32
2007	Manteo Mitchell, Western Carolina, 49.42
2008	Manteo Mitchell, Western Carolina, 49.12
2009	Manteo Mitchell, Western Carolina, 49.12
2010	Brunson Miller, The Citadel, 48.65
2011	Brunson Miller, The Citadel, 48.11
2012	Brunson Miller, The Citadel, 46.97
2013	Aaron Harris, Western Carolina, 49.15
2014	Aaron Harris, Western Carolina, 49.48
2015	Aaron Tribble, Western Carolina, 48.66
2016	Michael Williams, ETSU, 49.69
2017	Dakota Lamont, Western Carolina, 48.41

## 330-Yard Run

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

## 500-Yard Run

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

## 500-Meter Run

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

## 600-Yard Run

1965	Norm Radford, VMI, 1:12.2
1966	John Crotty, VMI, 1:11.8
1967	Alan Saville, Richmond, 1:12.5
1968	Dave Watson, William & Mary, 1:13.4
1969	Carl Wood, Richmond, 1:11.8
1970	Carl Wood, Richmond, 1:12.2
1971	Charles Duckworth, William & Mary, 1:12.8
1972	Charles Duckworth, William & Mary, 1:12.2

# MEN'S INDIVIDUAL CHAMPIONS

1973 Walter Cook, William & Mary, 1:12.5  
 1974 Dave Anderson, Furman, 1:13.2  
 1975 Ben Duckenfield, East Carolina, 1:12.5  
 1976 Dave Anderson, Furman, 1:13.3  
 1977 Ben Duckenfield, East Carolina, 1:12.1  
 1978 Mac Williams, VMI, 1:14.3  
 1979 Mac Williams, VMI, 1:12.32  
 1980 Lafette Jordan, Appalachian State, 1:10.57  
 1982 Henry Sanchez, VMI, 1:11.22  
 1984 Davis Ests, VMI, 1:10.35  
 1987 Earl Bates, Western Carolina, 1:09.86

## 880-Yard Run

1930 Linzey, Maryland, 2:02.0  
 1931 McGinn, North Carolina State, 2:05.0  
 1932 Cary, Virginia, 2:03.8  
 1933 Bradsher, Duke, 2:01.8  
 1934 Harry Williamson, North Carolina, 1:57.6  
 1935 Wellford, VMI, 2:04.4  
 1936 Harry Williamson, North Carolina, 2:00.9  
 1937 Harry Williamson, North Carolina, 1:57.4  
 1938 Gammon, North Carolina, 2:01.4  
 1939 Jimmy Davis, North Carolina, 1:57.3  
 1940 Jim Kehoe, Maryland, 1:55.0  
 1941 Earl Morrison, North Carolina, 1:57.2  
 1942 Bill Condon, Maryland, 2:01.3  
 1949 Jim Umbarger, Maryland, 2:00.6  
 1950 Jim Umbarger, Maryland, 2:02.0  
 1951 Al Buehler, Maryland, 1:56.4  
 1952 Al Buehler, Maryland, 1:57.7  
 1953 John Tate, Duke, 1:59.1  
 1954 Ben Angle, VMI, 2:04.7  
 1955 Bob Wingfield, Virginia Tech, 2:05.2  
 1956 Bob Wingfield, Virginia Tech, 2:06.2  
 1957 Bob Wingfield, Virginia Tech, 2:00.0  
 1958 Jim Lowe, VMI, 2:02.5  
 1959 Jim Martin, Furman, 2:00.5  
 1960 Larry Williams, VMI, 1:58.0  
 1961 Thad Talley, Furman, 1:57.7  
 1962 Thad Talley, Furman, 2:00.0  
 1963 Gene Simpson, Virginia Tech, 1:57.7  
 1964 Dave Tyler, Furman, 1:56.0  
 1965 Ed West, Furman, 1:57.4  
 1966 Skip Roberts, VMI, 1:55.7  
 1967 Terry Donnelly, William & Mary, 1:55.2  
 1968 Juris Luzins, William & Mary, 1:54.8  
 1969 Ted Wood, William & Mary, 1:55.4  
 1970 Ted Wood, William & Mary, 1:56.5  
 1971 James Kidd, East Carolina, 1:53.9  
 1972 James Kidd, East Carolina, 1:53.2  
 1973 Lewis McGehee, William & Mary, 1:55.7  
 1974 Mac Collins, William & Mary, 4:11.6  
 1975 Reggie Clark, William & Mary, 1:53.9  
 1976 Phil Barker, Furman, 1:54.3  
 1977 John George, William & Mary, 1:57.0  
 1978 Phil Barker, Furman, 1:57.0  
 1979 Mark Scruton, ETSU, 1:51.66  
 1980 Kevin Johnson, ETSU, 1:53.30  
 1982 David Neville, VMI, 1:53.93  
 1984 Henry Sanchez, VMI, 1:52.12

## 800-Meter Run

1981 Mark Scruton, ETSU, 1:54.6  
 1983 David Neville, VMI, 1:51.0  
 1985 Jesse Dingle, Appalachian State, 1:56.5  
 1986 Thane Harmon, Appalachian State, 1:57.68  
 1988 James Montague, Western Carolina, 1:53.90  
 1989 Mike Cason, The Citadel, 1:54.6  
 1990 Mike Cason, The Citadel, 1:54.03  
 1991 Jeff Rudolph, VMI, 1:54.24  
 1992 David Presnall, VMI, 1:55.95

1993 Shane Stryker, Chattanooga, 1:55.07  
 1994 Jon Austin, Appalachian State, 1:53.07  
 1995 Jon Austin, Appalachian State, 1:54.42  
 1996 Zach Whitmarsh, ETSU, 1:56.98  
 1997 Zach Whitmarsh, ETSU, 1:50.92  
 1998 Zach Whitmarsh, ETSU, 1:51.79  
 1999 Zach Whitmarsh, ETSU, 1:58.49  
 2000 Nic Crider, Chattanooga, 1:55.50  
 2001 Michael Lokale, VMI, 1:53.43  
 2002 Caleb Bailey, Western Carolina, 1:54.24  
 2003 John Robertson, Western Carolina, 1:51.11  
 2004 Robert Hatcher, Chattanooga, 1:55.85  
 2005 Jeff Williams, UNCG, 1:55.36  
 2006 Jeff Williams, UNCG, 1:53.57  
 2007 Jeff Williams, UNCG, 1:54.05  
 2008 Drew Tucker, Western Carolina, 1:56.93  
 2009 Michael Danehy, Chattanooga, 1:55.59  
 2010 Brandon Hudgins, Appalachian State, 1:54.14  
 2011 Andrew Lantz, Davidson, 1:54.99  
 2012 Andrew Lantz, Davidson, 1:52.18  
 2013 Nathan Hendershot, Samford, 1:53.68\*  
 2014 Nathan Hendershot, Samford, 1:51.69  
 2015 Brandon Hazouri, Samford, 1:54.73  
 2016 Brandon Hazouri, Samford, 1:51.85  
 2017 Ryan Adams, Furman, 1:54.26

\* later vacated

## Mile Run

1930 Wells, Tulane, 4:37.4  
 1931 Jenson, North Carolina, 4:29.8  
 1932 Lauck, Virginia, 4:31.0  
 1933 Lauck, Virginia, 4:26.4  
 1934 McCrae, North Carolina, 4:24.1  
 1935 Harry Williamson, North Carolina, 4:20.0  
 1936 Harry Williamson, North Carolina, 4:22.7  
 1937 Gammon, North Carolina, 4:24.5  
 1938 Bill Morse, Duke, 4:23.8  
 1939 Mason Chronister, Maryland, 4:16.0  
 1940 Jimmy Davis, North Carolina, 4:12.5  
 1941 Tommy Fields, Maryland, 4:23.1  
 1942 Rich Van Wagoner, North Carolina, 4:22.8  
 1949 Bob Palmer, Maryland, 4:17.9  
 1950 Bob Palmer, Maryland, 4:30.0  
 1951 Bill Creamer, Maryland, 4:25.0  
 1952 Clyde Garrison, North Carolina State, 4:21.7  
 1953 Clyde Garrison, North Carolina State, 4:21.4  
 1954 Ben Angle, VMI, 4:48.6  
 1955 Pete Ashcraft, Davidson, 4:43.6  
 1956 Dave Pitkethly, VMI, 4:22.6  
 1957 Dave Pitkethly, VMI, 4:21.8  
 1958 Bob DeTombe, William & Mary, 4:34.4  
 1959 Larry Williams, VMI, 4:36.0  
 1960 Bill Braithwaire, VMI, 4:28.6  
 1961 Larry Williams, VMI, 4:27.2  
 1962 Copley Vickers, Furman, 4:29.3  
 1963 Dennis Patterson, Furman, 4:28.4  
 1964 Jim Johnson, William & Mary, 4:18.5  
 1965 Jim Johnson, William & Mary, 4:15.4  
 1966 Jim Johnson, William & Mary, 4:18.2  
 1967 Terry Donnelly, William & Mary, 4:16.0  
 1968 Terry Donnelly, William & Mary, 4:12.4  
 1969 Howell Michael, William & Mary, 4:07.9  
 1970 Howell Michael, William & Mary, 4:19.4  
 1971 Howell Michael, William & Mary, 4:17.6  
 1972 Ron Martin, William & Mary, 4:11.8  
 1973 Mac Collins, William & Mary, 4:11.3  
 1974 Mac Collins, William & Mary, 4:11.6  
 1975 Reggie Clark, William & Mary, 4:10.7  
 1976 Mac Collins, William & Mary, 4:11.2

1977 Rex Wiggins, VMI, 4:10.0  
 1978 Rex Wiggins, VMI, 4:14.6  
 1979 Jody Weatherwax, VMI, 4:08.01  
 1980 Jody Weatherwax, VMI, 4:07.9  
 1982 Mark Scruton, ETSU, 4:03.97  
 1983 Conrad Conneely, ETSU, 4:05.38  
 1987 Thomas O'Gara, ETSU, 4:09.56  
 1988 Thomas O'Gara, ETSU, 4:09.63  
 1989 Scott Faulds, ETSU, 4:11.0  
 1990 James Hynes, ETSU, 4:15.76  
 1991 Seamus Power, ETSU, 4:14.61  
 1992 Seamus Power, ETSU, 4:07.66  
 1993 Seamus Power, ETSU, 4:18.67  
 1994 Seamus Power, ETSU, 4:12.13  
 1995 Chris Huffstickler, Appalachian State, 4:17.90  
 1996 Chuck Margraves, Chattanooga, 4:18.4  
 1997 Declan Fahy, ETSU, 4:10.19  
 1998 Zach Whitmarsh, ETSU, 4:11.44  
 1999 Zach Whitmarsh, ETSU, 4:19.14  
 2000 Nic Crider, Chattanooga, 4:12.51  
 2001 Caleb Bailey, Western Carolina, 4:15.59  
 2002 Caleb Bailey, Western Carolina, 4:13.76  
 2003 Bradley Yewer, ETSU, 4:14.36  
 2004 Bradley Yewer, ETSU, 4:12.86  
 2005 Adam Puett, Western Carolina, 4:13.48  
 2006 Dan Fassinger, Western Carolina, 4:18.07  
 2007 Adam Van Nortwick, Appalachian State, 4:14.34  
 2008 Michael Mentz, Chattanooga, 4:13.99  
 2009 Chirs Moen, Appalachian State, 4:11.08  
 2010 Patrick Morgan, Appalachian State, 4:13.70  
 2011 Alex Taylor, Appalachian State, 4:12.35  
 2012 Paul Chelimo, UNCG, 4:06.57  
 2013 Alex Taylor, Appalachian State, 4:12.29  
 2014 Adam Jones, Samford, 4:17.52  
 2015 Troy Reeder, Furman, 4:08.21  
 2016 Brandon Hazouri, Samford, 4:10.17  
 2017 Troy Reeder, Furman, 4:14.06

## 1,000-Yard Run

1982 Ben Turpin, ETSU, 2:12.12  
 1984 Conrad Conneely, ETSU, 2:12.57  
 1987 Layne Anderson, The Citadel, 2:14.44

## 1,000-Meter Run

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

## 1,500-Meter Run

1980 Dennis Stark, ETSU, 3:50.1  
 1981 Dennis Stark, ETSU, 3:50.0  
 1983 Dennis Stark, ETSU, 3:49.2  
 1985 Todd Goeway, Appalachian State, 3:51.4  
 1986 Phil Roberts, Western Carolina, 3:56.77

## Two-Mile Run

1930 Young, Georgia, 9:57.4  
 1931 Simons, Duke, 9:58.2  
 1932 Jensen, North Carolina, 10:02.6  
 1933 Lauck, Virginia, 10:07.7  
 1934 Bird, Duke, 10:07.2  
 1935 Tom Dunaj, Washington & Lee, 9:44.8  
 1936 Bill Morse, Duke, 10:03.4  
 1937 Bill Lumpkin, Richmond, 9:30.7  
 1938 Bill Morse, Duke, 10:25.8  
 1939 Tommy Fields, Maryland, 9:59.6  
 1940 Tommy Fields, Maryland, 9:34.5  
 1941 Tommy Fields, Maryland, 9:43.5  
 1942 Al Profenius, Duke, 9:45.0  
 1949 Sam Magill, North Carolina, 9:49.9

# MEN'S INDIVIDUAL CHAMPIONS

1950	Sam Magill, North Carolina, 9:44.8
1951	Clyde Garrison, North Carolina State, 9:46.1
1952	Jack Tibbets, Maryland, 9:52.9
1953	Dave Shafer, Virginia Tech, 9:37.5
1954	Ben Angle, VMI, 9:52.3
1955	Pete Ashcraft, Davidson, 10:30.4
1956	Dave Pitkethly, VMI, 10:05.7
1957	Dave Pitkethly, VMI, 9:48.8
1958	Bob DeTombe, William & Mary, 9:53.4
1959	Bill Braithwaite, VMI, 10:04.5
1960	Charlie Carlton, VMI, 9:55.3
1961	Bill Braithwaite, VMI, 10:03.5
1962	Coppley Vickers, Furman, 9:51.3
1963	Dennis Patterson, Furman, 9:49.7
1964	Jim Johnson, William & Mary, 9:39.0
1965	Jim Johnson, William & Mary, 9:29.6
1966	Jim Johnson, William & Mary, 9:20.4
1967	Carl Hatfield, West Virginia, 9:13.7
1968	Carl Hatfield, West Virginia, 9:13.7
1969	George Davis, William & Mary, 9:21.8
1970	Ken Voss, East Carolina, 9:20.3
1971	Steve Snyder, William & Mary, 9:16.6
1972	Tim Cooke, Williams & Mary, 9:11.6
1973	Tim Cooke, William & Mary, 8:54.2
1974	Bill Louv, William & Mary, 8:55.5
1975	Ron Martin, William & Mary, 8:40.8
1976	Louis Blount, Appalachian State, 9:11.5
1977	Louis Blount, Appalachian State, 9:04.0
1978	Rex Wiggins, VMI, 9:10.0
1979	Louis Kenny, ETSU, 9:11.07
1980	Ronnie Carroll, ETSU, 8:58.98
1984	Brian Dunne, ETSU, 8:49.43
1987	Thomas O'Gara, ETSU, 8:52.0

## 3,000-Meter Run

1981	Adrian Leek, ETSU, 8:15.2
1985	Brian Dunne, ETSU, 8:22.7
1986	Conrad Conneely, ETSU, 8:33.53
1988	Thomas O'Gara, ETSU, 8:26.13
1989	James Hynes, ETSU, 8:17.74
1990	James Hynes, ETSU, 8:34.26
1991	Seamus Power, ETSU, 8:32.36
1992	Seamus Power, ETSU, 8:05.37
1993	Dennis Barry, ETSU, 8:30.2
1994	Seamus Power, ETSU, 8:34.17
1995	Tommy Holland, Appalachian State, 8:26.39
1996	Mike Leinweber, Chattanooga, 8:34.5
1997	Declan Fahy, ETSU, 8:28.31
1998	Declan Fahy, ETSU, 8:24.94
1999	Nic Crider, Chattanooga, 8:34.11
2000	Ben Bisette, Appalachian State, 8:29.32
2001	Curtis Gadula, Chattanooga, 8:37.42
2002	Dan Gibson, Davidson, 8:25.66
2003	Bradley Yewer, ETSU, 8:26.06
2004	Steven Kocsis, Chattanooga, 8:23.03
2005	Steven Kocsis, Chattanooga, 8:21.77
2006	Adam Puett, Western Carolina, 8:30.16
2007	Adam Van Nortwick, Appalachian State, 8:34.68
2008	Brian Deal, Appalachian State, 8:27.41
2009	Patrick Morgan, Furman, 8:26.45
2010	Cameron Bean, Samford, 8:15.74
2011	Chris Moen, Appalachian State, 8:23.42
2012	Lucas Cotter, Chattanooga, 8:09.89
2013	Paul Chelimo, UNCG, 8:09.07
2014	Tripp Hurt, Furman, 8:18.06
2015	Tripp Hurt, Furman, 8:29.81
2016	Arsène Guillorel, Samford, 8:09.62

## 5,000-Meter Run

1981	Adrian Leek, ETSU, 14:06.6
1983	Carey Nelson, ETSU, 14:21.8

1985	Brian Dunne, ETSU, 14:36.6
1989	John Erickson, ETSU, 14:09.26
1990	James Hynes, ETSU, 14:30.06
1991	Seamus Power, ETSU, 14:50.76
1992	Seamus Power, ETSU, 14:45.62
1993	Seamus Power, ETSU, 14:20.89
1994	Seamus Power, ETSU, 14:56.39
1995	Tommy Holland, Appalachian State, 14:40.40
1996	Tommy Holland, Appalachian State, 15:00.9
1997	Seth Peoples, Appalachian State, 14:48.41
1998	Rodney Stoker, Chattanooga, 14:45.46
1999	Nic Crider, Chattanooga, 14:57.05
2000	Joe Smith, VMI, 14:53.19
2001	Ben Bisette, Appalachian State, 15:02.19
2002	James Grufferty, ETSU, 14:50.98
2003	Bradley Yewer, ETSU, 15:04.83
2004	Steven Kocsis, Chattanooga, 14:41.89
2005	Steven Kocsis, Chattanooga, 14:41.70
2006	Ian Mayne, Chattanooga, 14:48.42
2007	Brendon Helms, Appalachian State, 15:00.77
2008	Brian Deal, Appalachian State, 14:53.74
2009	Chris Berry, Chattanooga, 14:55.12
2010	Cameron Bean, Samford, 14:29.12
2011	Sean Soderman, Appalachian State, 14:39.59
2012	Demetrios Pagonis, Davidson, 14:22.47
2013	Paul Katam, UNCG, 14:13.77*
2014	Tripp Hurt, Furman, 14:30.76
2015	Tripp Hurt, Furman, 14:18.23
2016	Arsène Guillorel, Samford, 13:55.73
2017	Arsène Guillorel, Samford, 8:15.26

\* later vacated

## 70-Yard Low Hurdles

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

## 60-Yard Low Hurdles

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

## 70-Yard High Hurdles

1931	Speer, Washington & Lee, 9.0
1932	Moreau, Louisiana State, 9.0
1933	Finklestein, Washington & Lee, 8.9
1934	Groover Everett, Virginia, 8.7
1935	Groover Everett, Virginia, 9.0
1936	Graham, North Carolina, 9.1
1937	Rogers, Washington & Lee, 8.9
1938	Hubert Reavis, Duke, 8.8
1939	Whaley, Washington & Lee, 8.7
1940	Bill Corpening, North Carolina, 8.5
1941	Dave Mangum, North Carolina, 9.0
1942	Warren Mengel, North Carolina, 8.9
1949	Bill Albans, North Carolina, 8.6
1950	Bill Albans, North Carolina, 8.6
1951	Tommy Reaves, Duke, 8.9
1952	John Carter, Maryland, 9.0
1953	Joel Shankle, Duke, 8.9
1954	John Mapp, VMI, 9.1
1955	Carter Valentine, VMI, 8.9
1956	Bob McCoy, Virginia Tech, 9.2
1957	Jim Thacker, Richmond, 9.1
1958	Jerry Saunders, William & Mary, 9.2
1959	Jerry Saunders, William & Mary, 9.2
1960	Bob Diederich, William & Mary, 8.8
1961	Bob Diederich, William & Mary, 8.7
1962	Ed Hart, Furman, 8.8
1963	Frank Loustalot, Furman, 8.6
1964	Hank Cronin, VMI, 8.8

## 60-Yard High Hurdles

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

## 55-Meter Hurdles

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



# MEN'S INDIVIDUAL CHAMPIONS

2002 Ryan Linebarger, Appalachian State, 7.66  
2003 Jeff McKelvin, VMI, 7.75

## 60-Meter Hurdles

2004 Lawrence Briscoe, Western Carolina, 8.26  
2005 Lawrence Briscoe, Western Carolina, 8.20  
2006 Lawrence Briscoe, Western Carolina, 8.05  
2007 Charles Derrickson, Appalachian State, 7.95  
2008 Daniel Neal, Appalachian State, 8.05  
2009 Christian Bethune, Western Carolina, 8.25  
2010 Cordell Livingston, Western Carolina, 8.10  
2011 Cordell Livingston, Western Carolina, 8.11  
2012 AJ Dohanac, Appalachian State, 8:01  
2013 Stanley Broaden, Appalachian State, 7.90  
2014 Marquis Bailey, Western Carolina, 8.35  
2015 Marquis Bailey, Western Carolina, 8.14  
2016 Michael Williams, ETSU, 8.14  
2017 Emmanuel Tait, Samford, 8.13

## Mile Relay

1930 Washington & Lee, 3:47.4  
1931 North Carolina, 3:38.6  
1932 North Carolina, 3:43.0  
1933 Duke, 3:36.2  
1934 Maryland, 3:36.5  
1935 Maryland, 3:34.6  
1936 Maryland, 3:31.8  
1937 North Carolina, 3:34.5  
1938 Maryland, 3:29.7  
1939 Maryland, 3:29.3  
1940 Maryland, 3:31.4  
1941 North Carolina, 3:30.8  
1942 North Carolina, 3:28.5  
1949 Maryland, 3:26.9  
1950 Maryland, 3:31.1  
1951 North Carolina, 3:32.9  
1952 Duke, 3:29.9  
1953 Maryland, 3:30.5  
1954 VMI, 3:31.1  
1955 VMI, 3:37.5  
1956 Virginia Tech, 3:34.7  
1957 Virginia Tech, 3:35.3  
1958 William & Mary, 3:34.8  
1959 VMI, 3:32.0  
1960 The Citadel, 3:33.6  
1961 The Citadel, 3:29.6  
1962 VMI, 3:32.7  
1963 Furman, 3:28.5  
1964 Furman, 3:32.4  
1965 VMI, 3:26.2  
1966 VMI, 3:24.8  
1967 William & Mary, 3:24.8  
1968 William & Mary, 3:24.2  
1969 William & Mary, 3:23.9  
1970 Richmond, 3:20.9  
1971 Furman, 3:27.4  
1972 Furman, 3:25.7  
1973 Furman, 3:25.4  
1974 Furman, 3:23.9  
1975 East Carolina, 3:23.4  
1976 Furman, 3:23.1  
1977 East Carolina, 3:21.5  
1978 VMI, 3:23.0  
1979 VMI, 3:14.91  
1980 VMI, 3:13.35  
1982 VMI, 3:15.73  
1984 VMI, 3:11.71  
1987 VMI, 3:16.83  
1988 VMI, 3:1.37  
1989 Appalachian State, 3:15.25  
1991 Appalachian State, 3:17.90

1992 Marshall, 3:20.54  
1993 Chattanooga, 3:25.25  
1994 Appalachian State, 3:19.68  
1995 Chattanooga, 3:17.45  
1996 ETSU, 3:21.60

## 1600-Meter Relay

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

## 4x400-Meter Relay

2006 Appalachian State, 3:21.29  
2007 Western Carolina, 3:23.58  
2008 Western Carolina, 3:22.59  
2009 Western Carolina, 3:19.60  
2010 Western Carolina, 3:18.18  
2011 The Citadel, 3:17.76  
2012 Western Carolina, 3:15.08  
2013 Western Carolina, 3:17.95  
2014 Western Carolina, 3:19.35  
2015 Western Carolina, 3:17.07  
2016 Western Carolina, 3:18.31  
2017 Western Carolina, 3:16.68

## Two-Mile Relay

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

## 3,200-Meter Relay

1981 ETSU, 7:48.2  
1985 Appalachian State, 7:52.63  
1986 VMI, 7:53.62

## Distance Medley Relay

1980 ETSU, 10:07.21  
1981 ETSU, 10:04.5  
1982 ETSU, 9:59.35  
1983 Appalachian State, 10:10.98  
1986 ETSU, 10:08.17  
1994 ETSU, 10:18.64  
1995 ETSU, 10:17.78  
1996 Chattanooga, 10:27.4  
1997 ETSU, 10:17.76  
1998 Chattanooga, 10:15.97  
1999 Chattanooga, 10:28.27

2000 Chattanooga, 10:15.88  
2001 Appalachian State, 10:20.20  
2002 Appalachian State, 10:13.20  
2003 Western Carolina, 10:07.84  
2004 UNCG, 10:11.00  
2005 Chattanooga, 10:14.83  
2006 Western Carolina, 10:05.02  
2007 Appalachian State, 10:19.14  
2008 Appalachian State, 10:18.42  
2009 Appalachian State, 10:16.38  
2010 Appalachian State, 10:09.92  
2011 Chattanooga, 10:15.20  
2012 UNCG, 9:59.73\*  
2013 Appalachian State, 10:05.77  
2014 Samford, 10:02.54  
2015 Furman, 10:06.16  
2016 Samford, 10:11.67  
2017 Furman, 10:05.42

\* later vacated

## Long Jump

1930 Ed Hamm, Georgia Tech, 22'7"  
1931 Bob Fulmer, Duke, 22'8¼"  
1932 Owens, Georgia, 23'7¼"  
1933 Bob Fulmer, Duke, 22'3"  
1934 Bill Hubbard, North Carolina, 21'9¼"  
1935 Bill Hubbard, North Carolina, 23'8¼"  
1936 Hanes, Duke, 22'1¼"  
1937 Myers, Duke, 22'4"  
1938 Bill Corpening, North Carolina, 21'10¾"  
1939 Bill Corpening, North Carolina, 22'11"  
1940 Bill Corpening, North Carolina, 22'7¼"  
1941 Ernie Vail, Duke, 22'7¼"  
1942 Percy Ashby, North Carolina, 22'1"  
1949 Bill Albans, North Carolina, 22'2¾"  
1950 Bill Albans, North Carolina, 22'8½"  
1951 Henry Poss, Duke, 22'5¾"  
1952 Francis Nichols, Duke, 21'5¾"  
1953 Joel Shankle, 22'6¼"  
1954 Dale Vaughn, VMI, 22'6"  
1955 Dale Vaughn, VMI, 22'8¼"  
1956 George Riggs, Richmond, 22'3"  
1957 Johnny McLeod, VMI, 22'4"  
1958 Johnny McLeod, VMI, 22'6¼"  
1959 Jim Nichols, Virginia Tech, 23'1"  
1960 Bill Elliot, The Citadel, 21'5½"  
1961 Jackie Taylor, VMI, 22'2"  
1962 Howard Melton, Virginia Tech, 22'2¼"  
1963 Mike Watson, The Citadel, 22'2½"  
1964 Will Bowden, The Citadel, 22'2½"  
1965 Jim Sherrard, VMI, 23'3½"  
1966 John Prentice, William & Mary, 22'9"  
1967 John Decher, VMI, 23'4½"  
1968 Ed Whyte, East Carolina, 23'4"  
1969 Tony Rolfe, VMI, 22'8"  
1970 Walter Davenport, East Carolina, 23'5½"  
1971 Larry Malone, East Carolina, 23'¼"  
1972 Norm Williams, Richmond, 22'10"  
1973 Walter Davenport, East Carolina, 23'1¼"  
1974 Bill Williams, Richmond, 23'1½"  
1975 Andre Gibson, VMI, 23'5¼"  
1976 George Jackson, East Carolina, 23'5"  
1977 Andre Gibson, VMI, 24'4"  
1978 Andre Gibson, VMI, 23'9"  
1979 Malcolm Grimes, VMI, 24'10½"  
1980 Eugene Scott, VMI, 24'5¼"  
1981 Robbie Mosley, Appalachian State, 22'9½"  
1982 Robbie Mosley, Appalachian State, 23'8½"  
1983 Anthony Janes, Western Carolina, 23'8"  
1984 Kevin Mitchell, VMI, 23'9½"

# MEN'S INDIVIDUAL CHAMPIONS

1985	Terry Fortune, VMI, 23'3¼"
1986	Michael Hanks, Appalachian State, 24'4½"
1987	Michael Hanks, Appalachian State, 25'1¼"
1988	Greg Hatchett, VMI, 24'11"
1989	Greg Hatchett, VMI, 24'10"
1990	Greg Hatchett, VMI, 24'9"
1991	Estaban Frost, VMI, 24'2½"
1992	Linell Johnson, Appalachian State, 24'3¼"
1993	Shawn Miller, Western Carolina, 23'10½"
1994	Shawn Miller, Western Carolina, 23'11¼"
1995	Damon Richardson, VMI, 24'1½"
1996	Andrew Wilhite, Marshall, 23'10½"
1997	Andrew Wilhite, Marshall, 7.11m
1998	Darrius Jackson, VMI, 7.39m
1999	Charles Mahatha, Appalachian State, 24'7.0"
2000	Damion McLean, Appalachian State, 24'5.75"
2001	Marcus Lynch, VMI, 25'1.75"
2002	Charvin Clark, ETSU, 25'0.5"
2003	Holt McPherson, Appalachian State, 7.50m
2004	Justin Davis, Western Carolina, 7.41m
2005	Joel Gaddy, Appalachian State, 7.09m
2006	Mark Sturgis, Appalachian State, 6.96m
2007	Ricky Harris, Appalachian State, 7.19m
2008	Joel Gaddy, Appalachian State, 7.05m
2009	Buster Skrine, Chattanooga, 6.94m
2010	Kevin Hardy, The Citadel, 7.23m
2011	Lawren Willard, Western Carolina, 7.59m
2012	Bob McNeil, Western Carolina, 7.25m
2013	Steven Bastien, Samford, 7.19m
2014	Josh McSwain, Western Carolina, 7.30m
2015	Brendan Caldwell, Western Carolina, 6.89m
2016	Jamie Brown, Western Carolina, 7.28m
2017	Patrick Taylor, ETSU, 7.41m

## Triple Jump

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

2006	Mark Sturgis, Appalachian State, 15.22m
2007	Joel Gaddy, Appalachian State, 14.73m
2008	Joel Gaddy, Appalachian State, 15.54m
2009	Mark Sturgis, Appalachian State, 15.25m
2010	Alex Dollard, Western Carolina, 14.29m
2011	Jamal Tiller, Appalachian State, 15.59m
2012	Bob McNeil, Western Carolina, 15.08m
2013	Jamal Tiller, Appalachian State, 15.71m
2014	Jamal Tiller, Appalachian State, 15.44m
2015	David Johnson, Western Carolina, 14.80m
2016	David Johnson, Western Carolina, 14.94m
2017	Javion Lee, Samford, 14.95m

## High Jump

1930	Bagby, North Carolina & Bostick, South Carolina, 5'11¼"
1931	Bagby, North Carolina, 5'10¼"
1932	D. David, Georgia, 5'11½"
1933	Lloyd Turner, Virginia Tech, 6'0"
1934	Craig, South Carolina & Reid, North Carolina, 5'10¼"
1935	Wilkins, Virginia and Myers, Duke, 5'11"
1936	Dayton, Virginia, 5'11"
1937	Ed Miller, Maryland, 6'½"
1938	Ed Miller, Maryland, 6'¾"
1939	Bill Corpening, North Carolina, 6'1"
1940	Bill Corpening, North Carolina, 6'3"
1941	Wilmington, Duke, 6'1"
1942	Duke Alexander, Maryland, 5'11¼"
1949	Bill Albans, North Carolina, 6'4"
1950	Jack Moody, North Carolina, 6'4"
1951	Jack Moody, North Carolina, 6'3"
1952	Dick Lentz, Maryland & Ben Lankford, Virginia Tech, 6'2"
1953	Ben Lankford, Virginia Tech, 6'5"
1954	Ben Lankford, Virginia Tech, 6'3"
1955	Dale Vaughn, VMI, 5'11½"
1956	Bob Bales, William & Mary, 6'2¾"
1957	Bob Storm, William & Mary, 6'2½"
1958	Bob Storm, William & Mary, 6'3½"
1959	Bob Storm, William & Mary & Roland, Phillips, VMI, 6'2"
1960	Howard Moss, VMI & Roland Phillips, VMI, 6'½"
1961	Tony Entyre, Furman, 6'2"
1962	Tom Miller, The Citadel & Keith Frazer, Davidson, 6'0"
1963	Bill Jeffries, William & Mary, 6'1¾"
1964	Maurice Moore, West Virginia, 6'4¼"
1965	Frank Saier, Furman, 6'6½"
1966	Jim Jancaitis, William & Mary, 6'4"
1967	Colin Campbell, VMI, 6'5"
1968	Bruce Dallas, William & Mary, 6'5"
1969	Bruce Dallas, William & Mary, 6'4½"
1970	Bruce Dallas, William & Mary, 6'7"
1971	Fred Toepke, William & Mary
1972	Roy Quick, East Carolina, 6'6½"
1973	Fred Toepke, William & Mary 6'8"
1974	Alphonso Irving, William & Mary, 6'8"
1975	John Schilling, William & Mary, 6'10"
1976	John Schilling, William & Mary, 6'8"
1977	John Schilling, William & Mary, 6'10"
1978	Bob Terry, Appalachian State, 6'8"
1979	Bob Jacobs, The Citadel, 6'10"
1980	Bob Terry, Appalachian State, 6'8"
1981	Jim Moore, VMI, 6'8"
1982	Jim Moore, VMI, 6'9"
1983	Dale Davis, VMI, 7'0"
1984	Charles Mack, Appalachian State, 6'10"
1985	Henry Ingram, VMI, 6'10"
1986	Sam Cunningham, Appalachian State, 7'0"

1987	Sam Cunningham, Appalachian State, 6'9½"
1988	Garrett Thompson, VMI, 6'8½"
1989	Kevin Orr, Marshall, 6'7½"
1990	Kevin McCluney, VMI, 6'8"
1991	Kevin McCluney, VMI, 6'9½"
1992	Jon Fullen, Appalachian State, 6'11"
1993	Shawn Miller, Western Carolina, 6'9¾"
1994	Shawn Miller, Western Carolina, 6'10¾"
1995	Jamie Burgess, Marshall, 6'8¾"
1996	Dan Ritchey, Marshall, 6'9¾"
1997	Mike Kroeger, Appalachian State, 2.08m
1998	Cory Cooper, Western Carolina, 2.07m
1999	Eric McClary, Citadel, 6'9.75"
2000	Eric McClary, Citadel, 7'1.5"
2001	Jason Farr, ETSU, 6'9"
2002	Garrett Brickner, VMI, 6'8"
2003	Garrett Brickner, VMI, 2.08m
2004	Lawrence Briscoe, Western Carolina, 2.00m
2005	Michael Estes, ETSU, 1.97m
2006	Ricky Harris, Appalachian State, 1.98m
2007	Matt Evans, Western Carolina, 2.03m
2008	Daniel Joseph, Western Carolina, 1.95m
2009	Matt Evans, Western Carolina, 2.11m
2010	Matt Evans, Western Carolina, 2.09m
2011	Darius Purcell, Appalachian State 2.18m
2012	Darius Purcell, Appalachian State, 2.20m
2013	Bob Elliott II, Samford, 2.03m
2014	Christian Carswell, Western Carolina, 1.88m
2015	Keyth Fightmaster, Samford, 2.15m
2016	Tyrie Adams, Western Carolina, 2.09m
2017	Keyth Fightmaster, Samford, 2.16m

## Pole Vault

1930	Arnold, North Carolina, 12'7¾"
1931	Ray Ruble, North Carolina, 12'11¾"
1932	Don Zimmerman, Tulane, 13'3¾"
1933	Ron Smith, North Carolina, 12'4¼"
1934	Jackson, North Carolina, 11'10"
1935	Joe Leidy, Duke, 12'6"
1936	Huber Moore, Duke, 12'¾"
1937	Huber Moore, Duke, 12'11"
1938	Sample, Davidson, 12'2"
1939	Montford, Duke, 12'2"
1940	Montford, Duke & McLeod, North Carolina & Chambers, Duke, 12'6"
1941	Ralph Fennell, Clemson, 12'6"
1942	Ralph Fennell, Clemson, 12'10"
1949	J.T. Colvin, Duke, 12'4"
1950	Bob Conner, Duke, 11'6"
1951	Bob Conner, Duke, 13'1½"
1952	Jerry Cates, Duke, 12'6"
1953	Jerry Cates, Duke & George Butler, Maryland & Mel Schwartz, North Carolina & Sam Jordan, North Carolina & Billy Duke, North Carolina & T.J. Roberts, Virginia Tech, 12'10"
1954	T.J. Roberts, Virginia Tech, 12'7"
1955	Tommy Theodose, Richmond, 11'6"
1956	Dave Tork, West Virginia, 13'2¼"
1957	Dave Tork, West Virginia, 13'0"
1958	Dave Tork, West Virginia, 13'8¾"
1959	Bill Spengler, Virginia Tech, 12'9"
1960	Lowry Miller, Richmond & Tom Metsker, The Citadel & Ron Henry, William & Mary, 12'8"
1961	Bill Keel, Furman, 13'10"
1962	Bill Keel, Furman, 14'4"
1963	Bill Keel, Furman, 13'0"
1964	Ed Zuraw, West Virginia, 13'6"

# MEN'S INDIVIDUAL CHAMPIONS

1965	Jack Carter, West Virginia, 14'5½"
1966	Jack Carter, West Virginia, 15'6¼"
1967	Dan Tyson, Furman, 15'4"
1968	Dan Tyson, Furman, 15'9½"
1969	Gorson Williams, VMI, 13'6"
1970	Charles Strode, William & Mary, 15'0"
1971	Charles Strode, William & Mary, 15'6"
1972	Charles Strode, William & Mary, 15'6"
1973	Richard McDuffie, East Carolina, 14'6"
1974	Gary McCall, Furman, 15'0"
1975	Doug Becker, Furman, 15'0"
1976	Dave Lipinski, William & Mary, 14'6"
1977	Dave Lipinski, William & Mary, 15'0"
1977	David Ward, Appalachian State, 15'6"
1978	David Ward, Appalachian State, 15'6"
1979	Lynn Lomax, Appalachian State, 15'0"
1980	Bill Powers, Marshall, 15'0"
1981	Lynn Lomax, Appalachian State, 15'0"
1982	Ken Crwoder, VMI, 15'6"
1983	Ken Crowder, VMI, 15'6"
1984	Robert Patterson, Appalachian State, 15'1"
1985	Mike Cook, VMI, 14'0"
1986	Eric Faison, VMI, 14'0"
1987	Chris Gerber, Marshall, 14'5½"
1988	Scott Jones, Marshall, 15'6"
1989	Mick Schell, Appalachian State, 15'4¼"
1990	Gary Hall, Appalachian State, 15'7¼"
1991	Stephen Manns, Marshall, 15'5¾"
1992	Keith Peloquin, VMI, 15'10"
1993	Jeff Capss, Western Carolina, 14'6"
1994	Joe Dobson, VMI, 16'¾"
1995	Phil Alicea, VMI, 15'7"
1996	Todd Poremba, Appalachian State, 16'1"
1997	Jeff Fitzgerald, Appalachian State, 4.62m
1998	Todd Poremba, Appalachian State, 5.06m
1999	Tom Thomas, Western Carolina, 15'5.5"
2000	Tim Thomas, Western Carolina, 15'11.¼"
2001	J.B. Rosson, VMI, 15'5.5"
2002	Charles Rice, Western Carolina, 16'3.25"
2003	Sean Heaston, Western Carolina, 4.72m
2004	Wes Willoughby, Western Carolina, 4.60m
2005	Dan Queen, Appalachian State, 4.90m
2006	Barron Shell, Appalachian State, 4.71m
2007	Barron Shell, Appalachian State, 4.56m
2008	Mike Wilson, Appalachian State, 4.70m
2009	Patrick Wells, Samford, 4.75m
2010	Michael Seaman, Samford, 5.07m
2011	Michael Seaman, Samford, 4.95m
2012	Michael Seaman, Samford, 5.45m
2013	Ryan Cook, Samford, 4.89m
2014	Phillip Thomas, Appalachian State, 4.70m
2015	Tray Oates, Samford, 5.02m
2016	Tray Oates, Samford, 5.10m
2017	Tray Oates, Samford, 5.20m

## Shot Put

1930	McDonald, Maryland, 42'10½"
1931	Coleman, Auburn, 46'½"
1932	Swart, Virginia Tech, 45'7¼"
1933	George Coles, Virginia, 46'¼"
1934	George Coles, Virginia, 45'10¾"
1935	L. Williams, Duke, 43'5½"
1936	M. Williams, Duke, 45'4"
1937	Dick Strickler, VMI, 43'10"
1938	Bill Fischer, Duke, 44'3"
1939	Larry Craig, South, 45'10"
1940	Steve Lach, Duke, 46'3½"
1941	Steve Lach, Duke, 46'11"
1942	Steve Lach, Duke, 47'6½"
1949	Jim O'Leary, Duke, 47'4½"
1950	Jack Unterkofler, Maryland, 49'7¾"

1951	Jack Unterkofler, Maryland, 46'11½"
1952	Jack Unterkofler, Maryland, 46'9"
1953	Durham Lawshe, Duke, 48'11"
1954	Don Carter, VMI, 46'11"
1955	Don Carter, VMI, 47'10½"
1956	Mike Blake, West Virginia, 44'7½"
1957	Jerry Vaughn, Richmond, 46'2"
1958	Len Muse, Virginia Tech, 47'3¾"
1959	Ken Garrett, Furman, 48'6"
1960	Ken Garrett, Furman, 53'8¾"
1961	Bill Ventura, Richmond, 48'8½"
1962	Pete Bracken, William & Mary, 51'6½"
1963	Eddie Moore, Furman, 51'¼"
1964	Jim Karwoski, West Virginia, 50'5"
1965	Roger Bates, William & Mary, 51'8½"
1966	Steve Whaley, West Virginia, 50'3¾"
1967	Nick Byrne, William & Mary, 47'11¼"
1968	Dennis Moody, East Carolina, 50'10"
1969	Ed Watkins, The Citadel, 49'4"
1970	Dennis Cambal, William & Mary, 49'8¾"
1971	Dennis Cambal, William & Mary, 49'10"
1972	Bill Dimitrouleas, Furman, 50'8¾"
1973	Bill Dimitrouleas, Furman, 52'3¾"
1974	Tom Watson, East Carolina, 52'1¼"
1975	Brad Hiles, Furman, 51'5"
1976	Drexel George, William & Mary, 54'½"
1977	Drexel George, William & Mary, 53'2"
1978	Joe Johns, Marshall, 54'6½"
1979	Joe Johns, Marshall, 55'¼"
1980	Cosmo Tocci, The Citadel, 56'5"
1981	Rudy Cebula, Marshall, 53'6"
1982	Shaun McWhorter, Marshall, 52'6"
1983	Shaun McWhorter, Marshall, 53'1"
1984	Shaun McWhorter, Marshall, 52'11"
1985	Steve Schultz, Appalachian State, 51'11"
1986	Fred Ryna, Marshall, 51'8½"
1987	Steve Jack, Appalachian State, 51'9½"
1988	Leigh Hawkins, Appalachian State, 51'6"
1989	Leigh Hawkins, Appalachian State, 52'4¾"
1990	Mike Naifeh, VMI, 53'10"
1991	Mike Naifeh, VMI, 53'1"
1992	Frank Boehling, VMI, 52'5½"
1993	Carey Cash, The Citadel, 52'¼"
1994	Frank Boehling, VMI, 50'10¾"
1995	Ryan Early, VMI, 52'8¾"
1996	Ryan Early, VMI, 55'2¼"
1997	John Maynard, Marshall, 15.90m
1998	Jordan Brandon, VMI, 16.46m
1999	Phillip Johnson, Western Carolina, 51'1.75"
2000	Jeb Hall, Western Carolina, 52'1.75"
2001	Quentin Armstrong, Citadel, 49'6.5"
2002	Bob Smith, Appalachian State, 53'5.5"
2003	Anthony Greer, Appalachian State, 15.76m
2004	Bob Smith, Appalachian State, 16.60m
2005	Anthony Greer, Appalachian State, 16.68m
2006	Anthony Greer, Appalachian State, 15.63m
2007	Wes Kiser, Appalachian State, 15.56m
2008	Patrick Morris, Western Carolina, 15.32m
2009	Malcolm Styers, Appalachian State, 16.56m
2010	Malcolm Styers, Appalachian State, 16.29m
2011	Jerod Gardner, Appalachian State, 16.67m
2012	Jared Stalling, Appalachian State, 16.97m
2013	Jared Stalling, Appalachian State, 15.98m
2014	Jared Johnson, Western Carolina, 15.51m
2015	Jordan White, VMI, 16.26m
2016	Joel Hoisington, VMI, 16.28m
2017	Mateius Brown, WCU, 15.27m

## 35-LB Weight Throw

1973	Bill Dimitrouleas, Furman, 51'11½"
1974	Dan Utley, Furman, 45'9½"

1975	Tom Watson, William & Mary, 47'1"
1976	Drexel George, William & Mary, 52'3"
1977	Drexel George, William & Mary, 49'3½"
1978	Doug Wertz, The Citadel, 47'8½"
1979	Pat McCarthy, VMI, 47'8¾"
1980	Oscho Rufty, Appalachian State, 54'1¼"
1981	Oscho Rufty, Appalachian State, 58'2¼"
1982	Jay Lasek, VMI, 52'3½"
1983	John Shannon, VMI, 54'10½"
1984	Sheldon Johnson, VMI, 61'2½"
1985	Steve Jack, Appalachian State, 56'9½"
1986	Sheldon Johnson, VMI, 59'2"
1987	Steve Jack, Appalachian State, 51'9½"
1988	Leigh Hawkins, Appalachian State, 54'1¼"
1989	Leigh Hawkins, Appalachian State, 51'¾"
1990	Kenny Kovac, VMI, 54'9"
1991	Marcin Allison, Western Carolina, 54'4"
1992	Rob Grant, Appalachian State, 53'9"
1993	Fritz Ligday, VMI, 55'5½"
1994	Rich Grant, Appalachian State, 57'2½"
1995	Rich Grant, Appalachian State, 58'9"
1996	John Maynard, Marshall, 55'5½"
1997	Rich Latta, Appalachian State, 18.36m
1998	Phillip Johnson, Western Carolina, 18.26m
1999	Phillip Johnson, Western Carolina, 61'2.25"
2000	John Chisholm, VMI, 60'3"
2001	John Chisholm, VMI, 61'8.5"
2002	Bob Smith, Appalachian State, 59'11.25"
2003	Daniel Duckworth, Appalachian State, 17.71m
2004	Bob Smith, Appalachian State, 18.72m
2005	Anthony Greer, Appalachian State, 17.11m
2006	Anthony Greer, Appalachian State, 17.60m
2007	Wes Kiser, Appalachian State, 17.63m
2008	Wes Kiser, Appalachian State, 18.61m
2009	Malcolm Styers, Appalachian State, 16.56m
2010	Malcolm Styers, Appalachian State, 18.54m
2011	Malcolm Styers, Appalachian State, 18.96m
2012	Kyle Kirby, Samford, 19.23m
2013	Jared Stalling, Appalachian State, 18.83m
2014	Jared Johnson, Western Carolina, 18.18m
2015	Jared Johnson, Western Carolina, 18.64m
2016	Jordan White, VMI, 19.21m
2017	Scott Peretin, Western Carolina, 18.91m

## Heptathlon

2004	Dan Queen, Appalachian State, 4,571
2005	Dustin Wright, Appalachian State, 4,581
2006	Josh Cox, Appalachian State, 4,602
2007	Matt Harlfinger, Western Carolina, 4,620
2008	Matt Boruff, Appalachian State, 4,720
2009	Matt Boruff, Appalachian State, 5,021
2010	Matt Evans, Western Carolina, 4,998
2011	Brandon Bassett, Samford, 5,063
2012	Bo Ackerson-Gilroy, Samford, 5,127
2013	Steven Bastien, Samford, 4,916
2014	Christian Carswell, Western Carolina, 4,681
2015	Quincy Murphy, VMI, 4,952
2016	Christian Carswell, 4,998
2017	Nathan Rivera, ETSU, 5,041



# MEN'S ALL-FRESHMAN TEAMS

2009

## 60-Meter Dash

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

## 200-Meter Dash

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

## 400-Meter Dash

Benny Davis, Western Carolina

## 800-Meter Run

Lee Gilmer, Furman  
Chris Moen, Appalachian State

## Mile Run

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

## 3,000-Meter Run

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

## 5,000-Meter Run

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

## 60-Meter Hurdles

Cavan Corcoran, Samford  
Christopher Graham, The Citadel

## High Jump

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

## Long Jump

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

## Triple Jump

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

## Shot Put

Jared Stalling, Appalachian State

## Weight Throw

Jared Stalling, Appalachian State

## Heptathlon

Donald Cooper, Samford  
Matt Pflugst, Appalachian State

2010

## 60-Meter Dash

Landon Powell, Appalachian State  
Brandon Hairston, Western Carolina

## 200-Meter Dash

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

## 400-Meter Dash

Brunson Miller, The Citadel  
Brandon Hairston, Western Carolina  
Zac Cordner, Samford

## 800-Meter Run

Alex Taylor, Appalachian State

## Mile Run

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

## 3,000-Meter Run

Atom Young, The Citadel  
Ben Canipe, The Citadel

## 5,000-Meter Run

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

## 60-Meter Hurdles

Cordell Livingston, Western Carolina  
Trey Jones, Appalachian State  
Bo Ackerson-Gilroy, Samford

## High Jump

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

## Long Jump

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

## Triple Jump

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

## Shot Put

Scott Des Marais, Furman  
Brian McCracken, Wofford

## Pole Vault

Ryan Cook, Samford  
Brandon Bassett, Samford

## Heptathlon

Bo Ackerson-Gilroy, Samford  
Brandon Bassett, Samford

2011

## 60-Meter Dash

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

## 200-Meter Dash

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

## 400-Meter Dash

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

## 800-Meter Run

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

## Mile Run

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

## 3,000-Meter Run

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

## 5,000-Meter Run

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

## 60-Meter Hurdles

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

## High Jump

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

## Long Jump

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

## Triple Jump

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

## Shot Put

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

## Pole Vault

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

## Weight Throw

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

## Heptathlon

Sam Lusty, Western Carolina  
Tyler Bentley, Western Carolina

2012

## 200-Meter Dash

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

## 400-Meter Dash

Demari Boswell, Western Carolina  
David Riddleberger, Appalachian State  
Dezerick Frazier, Chattanooga

## 800-Meter Run

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

## Mile Run

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

## 3,000-Meter Run

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

## 5,000-Meter Run

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

## 60-Meter Hurdles

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

## High Jump

Daryl Saunders, Appalachian State

## Long Jump

Abraham Faison, Western Carolina

## Triple Jump

Abraham Faison, Western Carolina

## Shot Put

Nick Sansota, Appalachian State

## Pole Vault

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

## Weight Throw

Nick Sansota, Appalachian State

## Heptathlon

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

2013

## 60-Meter Dash

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

## 60m Hurdles

Iman Isang, Chattanooga  
Darius Johnson, The Citadel

## 200-Meter Dash

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

## 400-Meter Dash

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

## 800-Meter Run

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

## Mile Run

Brandon Hazouri, Samford

## 3,000-Meter Run

Daniel Samet, Davidson  
Josh Crawford

# MEN'S ALL-FRESHMAN TEAMS

## 5,000-Meter Run

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

## Weight Throw

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

## High Jump

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

## Pole Vault

Steven Bastien, Samford  
Patrick Quinn, Appalachian State

## Long Jump

Steven Bastien, Samford

## Shot Put

Jared Johnson, Western Carolina  
John Leonard, Appalachian State

## Triple Jump

Henry Bustle, Appalachian State  
Tevin Johnson, Wofford

## Heptathlon

Steven Bastien, Samford  
Dustin Triplett, Western Carolina

## 2014

## 60-Meter Dash

William Buckley, Appalachian State

## 200-Meter Dash

William Buckley, Appalachian State

## 400-Meter Dash

Joshua Hanna, Appalachian State  
Eric Blake, Western Carolina

## Mile Run

Brock Baker, Furman  
JC Cornett, Western Carolina  
Nate Riech, Furman

## 5000-Meter Run

Tanner Hinkle, Furman  
Chris Anderson, Appalachian State  
JC Cornett, Western Carolina

## 3000-Meter Run

Tanner Hinkle, Furman  
Lee Shearer, Furman  
Jonathon Rice, Wofford

## High Jump

Samuel Allen, Appalachian State  
Jackson Nosbisch, The Citadel  
Mick Noel, The Citadel

## Pole Vault

Phillip Thomas, Appalachian State  
Matt Layne, Appalachian State  
Chris Thrasher, Samford

## Long Jump

Josh McSwain, Western Carolina  
Jesse Earnhardt, Appalachian State  
Antonio Cuccaro

## Shot Put

Nathan Milch, Appalachian State  
Brian Smith, Samford  
James Hayworth, Wofford

## Weight Throw

Nathan Milch, Appalachian State  
Brian Smith, Samford  
James Hayworth, Wofford

## Triple Jump

Josh McSwain, Western Carolina  
James Stovall, Chattanooga  
Chris Powell, Davidson

## Heptathlon

Jackson Powers, Appalachian State  
Andrew Patterson, Samford

## 2015

## 60-Meter Dash

Brenden Caldwell, Western Carolina  
Chris Hancock, Western Carolina

## 200-Meter Dash

Chris Hancock, Western Carolina  
Dakota Lamont, Western Carolina  
Henry Kiedy, Western Carolina

## 400-Meter Dash

Dakota Lamont, Western Carolina  
Carson Howe, Samford  
Devin Singleton, The Citadel

## Mile Run

Troy Reeder, Furman  
Austin Sprague, Furman  
Bryan Whymys, UNCG

## 3000-Meter Run

Arsène Guillorel, Samford  
Mike Lantz, The Citadel  
Brandon King, UNCG

## 5,000-Meter Run

Arsène Guillorel, Samford  
Aaron Templeton, Furman  
Troy Reeder, Furman

## 60m Hurdles

Lee Warren, VMI  
Drake Watson, Chattanooga  
Marquis Barnes, Samford

## Weight Throw

Mateius Brown, Western Carolina

## Triple Jump

Kevin Hires, Western Carolina  
Jordan Santana, Western Carolina  
Marquis Barnes, Samford

## High Jump

Keyth Fightmaster, Samford  
Jaquell Bryant, Western Carolina  
Austin Billings, Samford

## Pole Vault

Tray Oates, Samford

## Long Jump

Brenden Caldwell, Western Carolina  
Jordan Santana, Western Carolina  
Kevin Hires, Western Carolina

## Shot Put

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina

## Heptathlon

Marquis Barnes, Samford  
Austin Billings, Samford  
Jordan Santana, Western Carolina

## 2016

## 60-Meter Dash

Josiah Johnson, The Citadel  
Quan Myers, VMI

## 400-Meter Run

Deondre Anderson, VMI

## 800-Meter Run

Joe Harbacevich, Wofford  
Ryan Adams, Furman  
Caleb Albrecht, Western Carolina

## Mile Run

Ryan Adams, Furman  
James Broom, VMI  
Owen Bailey, Samford

## 3,000-Meter Run

Liam Brooks, Western Carolina  
Nick Horne, ETSU

## 5,000-Meter Run

Liam Brooks, Western Carolina  
Ben Bryant, Samford  
James Garst, ETSU

## 60m Hurdles

Tyler Houston, ETSU  
Conrad Heinrich, Wofford

## Weight Throw

Dakota Wright, Western Carolina  
Michael Fernandez, The Citadel

## Triple Jump

Jamie Brown, Western Carolina  
Mikel Halim, ETSU  
Yohana Koko, ETSU

## High Jump

Tyrie Adams, Western Carolina  
Jamie Brown, Western Carolina  
Khalil Jackson, Western Carolina

## Pole Vault

Andrew Arlint, VMI

## Long Jump

Jamie Brown, Western Carolina  
Tyrie Adams, Western Carolina  
Omar Mingo, Wofford

## Shot Put

Dakota Wright, Western Carolina  
Brandon Zamarly, Wofford  
Longinus, Nnodim, Wofford

## Heptathlon

Draven Crist, Western Carolina  
Levi Whitt, VMI  
Conrad Heinrich, Wofford

## 2017

## 60-Meter Dash

Emmanuel Tait, Samford  
John Bapoupeleh, Wofford  
Charles McCann, ETSU

## 400-Meter Run

Devaniel Dale, Western Carolina  
Bradford Smith, Wofford

## 800-Meter Run

Harper Sigler, ETSU  
Jack Zemp, Wofford  
Thomas Moore, Furman

## Mile Run

Jake Ogden, Furman

## 3,000-Meter Run

Adam Bradtmueller, ETSU  
Luke Meade, Furman  
Ben O'Connor, ETSU

## 5,000-Meter Run

Mason Coppi, Furman  
Adam Bradtmueller, ETSU  
Louis Morris, ETSU

## 60m Hurdles

Emmanuel Tait, Samford  
Anthony Richardson, Western Carolina  
L'Jen Wilson, Western Carolina

## Weight Throw

Hunter Griffin, Wofford

## Triple Jump

Dijoun Huitt, Western Carolina  
Jon Waarvik, Samford  
Robert Stout, Wofford

## High Jump

Jon Waarvik, Samford  
Dijoun Huitt, Western Carolina  
L'Jen Wilson, Western Carolina

## Pole Vault

Robert Stout, Wofford

## Long Jump

Dijoun Huitt, Western Carolina  
Kevin Hires, Western Carolina  
Cory Alston, Western Carolina

## Shot Put

Tyler Schiemann, The Citadel  
Hunter Griffin, Wofford

## Heptathlon

Robert Stout, Wofford  
Hunter Schlatter, Samford  
Anthony Richardson, Western Carolina

# WOMEN'S RECORDS AND CHAMPIONS

## Women's Indoor Championship Records

Event	Mark	Conversion	Name(s), school	Year
55m Dash	6.82		Lamonda Miller, Appalachian State	1989
60m Dash	7.43		Nicole Brown, Georgia Southern	2005
	7.43		Tayla Carter, Western Carolina	2013, 2016
200m Dash	23.84		Lamonda Miller, Appalachian State	1989
400m Dash	54.61		Felisha Garren, Western Carolina	2012
800m Run	2:08.40		Mary Jayne Harrelson, Appalachian State	2001
Mile Run	4:43.96		Karisa Nelson, Samford	2017
3,000m Run	9:27.51		Sinead Haughey, Furman	2015
5,000m Run	16:33.51		Sinead Haughey, Furman	2015
55m Hurdles	7.86		Ronda White, Appalachian State	2003
60m Hurdles	8.29		Demeteria Edgecombe, ETSU	2015
Long Jump	6.21m	(20-4.50)	Von Ross, Western Carolina	1993
Triple Jump	13.30m	(43-7.75)	Taniesha Robinson, ETSU	1999
	13.30m	(43-7.75)	Ronda White, Appalachian State	2004
High Jump	1.81m	(5-11.25)	Kristen Meister, Davidson	2007
Shot Put	16.61m	(54-6.00)	Angie Barker, ETSU	1988
Pole Vault	4.05m	(13-3.50)	Claire Goodson, Samford	2012
20-Pound Weight	19.54m	(64-1.29)	Chakosha Lance, College of Charleston	2006
Mile Relay	3:44.98		Western Carolina (Shiniqua Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren)	2012
Distance Medley	11:43.99		UNCG (Chelsea Sumney, Kerry Hartman, Shaina Sumney, Ashley Schnell)	2012
Pentathlon	3,779		Selena Popp, Samford	2017

## Past Champions

Year	Site	Champion	Year	Site	Champion
1988	Johnson City, Tenn.	Appalachian State	2007	Clemson, S.C.	Appalachian State
1989	Johnson City, Tenn.	Appalachian State	2008	Clemson, S.C.	Western Carolina
1990	Lexington, Va.	Appalachian State	2009	Clemson, S.C.	Appalachian State
1991	Johnson City, Tenn.	Appalachian State	2010	Clemson, S.C.	Western Carolina
1992	Johnson City, Tenn.	Appalachian State	2011	Clemson, S.C.	Appalachian State
1993	Lexington, Va.	Appalachian State	2012	Birmingham, Ala	Appalachian State
1994	Johnson City, Tenn.	Appalachian State	2013	Winston-Salem, N.C.	Western Carolina
1995	Johnson City, Tenn.	ETSU	2014	Winston-Salem, N.C.	Western Carolina
1996	Lexington, Va.	Western Carolina	2015	Birmingham, Ala.	Western Carolina
1997	Johnson City, Tenn.	Western Carolina	2016	Birmingham, Ala.	Samford
1998	Johnson City, Tenn.	Chattanooga	2017	Johnson City, Tenn.	Samford
1999	Johnson City, Tenn.	Western Carolina			
2000	Lexington, Va.	Western Carolina			
2001	Johnson City, Tenn.	Appalachian State			
2002	Johnson City, Tenn.	Appalachian State			
2003	Johnson City, Tenn.	Appalachian State			
2004	Johnson City, Tenn.	Appalachian State			
2005	Johnson City, Tenn.	Appalachian State			
2006	Clemson, S.C.	Appalachian State			

  

Total team titles	
Team	Titles
Appalachian State .....	17
Western Carolina .....	9
Samford.....	2
ETSU .....	1
Chattanooga .....	1

## NCAA Champions

Year	Site	Event	Mark	Name, school
2017	College Station, Texas	Mile Run	4:31.24	Karisa Nelson, Samford

# WOMEN'S INDIVIDUAL HONORS

## Coach of the Year

1988	John Weaver, Appalachian State
1989	John Weaver, Appalachian State
1990	John Weaver, Appalachian State
1991	Danny Williamson, Western Carolina
1992	Danny Williamson, Western Carolina
1993	Danny Williamson, Western Carolina
1994	John Weaver, Appalachian State
1995	Dave Walker, ETSU
1996	Danny Williamson, Western Carolina
1997	Danny Williamson, Western Carolina
1998	Bill Gautier, Chattanooga
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	Bill Gautier, Chattanooga
2004	John Weaver, Appalachian State
2005	John Weaver, Appalachian State
2006	John Weaver, Appalachian State
2007	Danny Williamson, Western Carolina
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	John Weaver, Appalachian State
2013	Danny Williamson, Western Carolina
2014	Danny Williamson, Western Carolina
2015	Danny Williamson, Western Carolina
2016	Rod Tiffin, Samford
2017	Rod Tiffin, Samford

## Most Outstanding Athlete

1988	Lamonda Miller, Appalachian State
1989	Sabrina Keeton, ETSU
1990	Monica Teeter, Appalachian State
1991	Cate Pichon, Furman
1992	Melissa Morrison, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Shiree Cutts, Furman
1995	Shelli Clendenon, ETSU
1996	Heather VandeBrake, Furman
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, ETSU
1999	Taniesha Robinson, ETSU
2000	Rosalyn Hood, Western Carolina
2001	Tyleana Hanner, Chattanooga
2002	LaShana Poole, Appalachian State
2008	Kerrie Savery, Western Carolina
2009	Lynnndsey Hyter, Georgia Southern
2010	Jane't Carothers, Western Carolina
2011	Lynnndsey Hyter, Georgia Southern
2012	Dena O'Brien, College of Charleston
2013	Lauren D'Alessio, Samford
	Breanna Alston, Appalachian State
2014	Breanna Alston, Appalachian State
2015	Xaviera Bass, Western Carolina
	Allie Buchalski, Furman
2016	Allie Buchalski, Furman
2017	Katrina Seymour, ETSU

## Most Outstanding Track Performer

2002	Shannon Wommack, Chattanooga
2003	Shannon Wommack, Chattanooga

2004	Shannon Wommack, Chattanooga
2005	Nettie Halcomb, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Brenna Burns, Davidson
2008	Kerrie Savery, Western Carolina
2009	Jane't Carothers, Western Carolina
2010	Jane't Carothers, Western Carolina
2011	Jane't Carothers, Western Carolina
2012	Dena O'Brien, College of Charleston
2013	Lauren D'Alessio, Samford
2014	Breanna Alston, Appalachian State
2015	Allie Buchalski, Furman
2016	Allie Buchalski, Furman
2017	Katrina Seymour, ETSU

## Most Outstanding Field Performer

2002	LaShana Poole, Appalachian State
2003	LaShana Poole, Appalachian State
2004	Ronda White, Appalachian State
	Kellie Mitchell, Georgia Southern
2005	Laura Tieszen, Western Carolina
2006	Chakosha Lance, College of Charleston
2007	Nicole Brown, Georgia Southern
2008	Brittani Williams, Appalachian State
2009	Lynnndsey Hyter, Georgia Southern
2010	Lynnndsey Hyter, Georgia Southern
	Deirdra Morrison, Western Carolina
2011	Lynnndsey Hyter, Georgia Southern
2012	Gayshawna Watkins, Appalachian State
2013	Alisha Bradshaw, Western Carolina
2014	Ashley Cope, Samford
2015	Xaviera Bass, Western Carolina
	Alisha Bradshaw, Western Carolina
2016	Hailey Cook, Western Carolina
2017	Selena Popp, Samford

## Freshman of the Year

1992	Precious Quire, Appalachian State
1993	Heather VandeBrake, Furman
1994	Michele Marshall, Chattanooga
1995	Mary Jane Middlekoop, Chattanooga
1996	Karen Houston, Appalachian State
1997	Tyleana Hanner, Chattanooga
1998	Anna Wright, Chattanooga
1999	Virginia Lacombe, Western Carolina
2000	Andrea Matthews, Appalachian State
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Rashedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga
2005	Raquel Ramseur, Western Carolina
2006	Monica Johnson, Appalachian State
2007	Kristen Meister, Davidson
2008	Kara Krutchfield, Appalachian State
2009	Emily Smith, College of Charleston
2010	Trinity Foreman, Appalachian State
2011	Breanna Alston, Appalachian State
2012	Jasmine Walker, Georgia Southern
2013	Tayla Carter, Western Carolina
2014	Morgan Johnson, Samford
2015	Tiana Pisoni, Samford
2016	Kyra Atkins, ETSU
2017	Savannah Carnahan, Furman
	Presley Weems, Samford

# WOMEN'S CHAMPIONSHIP MEET RESULTS

<b>1988</b>	Appalachian State	196	<b>1998</b>	Chattanooga	141	<b>2005</b>	Appalachian State	161.83	Furman	21		
	ETSU	74.5		ETSU	131		Western Carolina	152.5	The Citadel	13		
	Marshall	48		Western Carolina	84		Georgia Southern	125.5	Davidson	8		
	Western Carolina	41		Appalachian State	82		Chattanooga	75.5	Wofford	2		
	Chattanooga	22		Furman	17		ETSU	54	Chattanooga	0		
	Furman	14		Davidson	9		Elon	27.33				
	Davidson	6.5		Wofford	0		College of Charleston	23.33	<b>2012</b>	Appalachian State	157.16	
<b>1989</b>	Appalachian State	215		The Citadel	NTS		Furman	23		Western Carolina	113	
	ETSU	99		VMI	NTS		Davidson	9		Georgia Southern	92	
	Marshall	68	<b>1999</b>	Western Carolina	169		The Citadel	6		Samford	85	
	Chattanooga	31		Appalachian State	149		UNCG	4		Elon	72.33	
	Western Carolina	18		Chattanooga	118	<b>2006</b>	Appalachian State	148.50		College of Charleston	59	
	Furman	0		ETSU	100.5		Western Carolina	122		UNCG	36	
<b>1990</b>	Appalachian State	236		Furman	43.5		Georgia Southern	118		Furman	17	
	Marshall	68		VMI	25		Chattanooga	108		Chattanooga	12	
	Western Carolina	56		Davidson	11		Furman	42		Wofford	9.50	
	ETSU	32		Wofford	4		Elon	40		The Citadel	9	
	Chattanooga	26		The Citadel	3		College of Charleston	26.50		Davidson	1	
	Furman	18	<b>2000</b>	Western Carolina	145.5		The Citadel	25	<b>2013</b>	Western Carolina	149	
<b>1991</b>	Appalachian State	185		Appalachian State	119		Davidson	22		Appalachian State	143.50	
	Western Carolina	81		Chattanooga	86		UNCG	8		Samford	139	
	Chattanooga	56		ETSU	71	<b>2007</b>	Appalachian State	161		Elon	81	
	Marshall	48		Georgia Southern	30		Western Carolina	159.5		Georgia Southern	70.50	
	Furman	34		Furman	21.5		Georgia Southern	122.5		The Citadel	21	
	ETSU	29		VMI	11		Chattanooga	46		College of Charleston	18	
<b>1992</b>	Appalachian State	156		UNCG	8		Furman	42		Chattanooga	13	
	Western Carolina	82		The Citadel	4		Elon	40		UNCG	9	
	Chattanooga	60	<b>2001</b>	Davidson	2		The Citadel	38		Wofford	8	
	Marshall	47		Appalachian State	130		Davidson	37		Davidson	7	
	ETSU	38		Western Carolina	128		College of Charleston	16		Furman	4	
	Furman	23		Chattanooga	101	<b>2008</b>	Western Carolina	172	<b>2014</b>	Western Carolina	132	
	Davidson	17		ETSU	52		Appalachian State	167		Appalachian State	120.5	
<b>1993</b>	Appalachian State	154		Furman	36		Georgia Southern	120		Georgia Southern	119	
	Western Carolina	91		Georgia Southern	19		Chattanooga	78		Samford	113.5	
	Furman	64		VMI	16		Elon	35		Elon	88	
	ETSU	46		UNCG	8		Davidson	32		Chattanooga	22	
	Chattanooga	41		The Citadel	4		College of Charleston	23		UNCG	18	
	Marshall	37	<b>2002</b>	Davidson	2		The Citadel	22		Furman	17	
	Davidson	1		Appalachian State	139		Furman	14		Davidson	16	
<b>1994</b>	Appalachian State	156		Western Carolina	111	<b>2009</b>	Appalachian State	211	<b>2015</b>	Western Carolina	226	
	Western Carolina	73		Chattanooga	96		Western Carolina	135		Samford	155	
	ETSU	63		Georgia Southern	69		Georgia Southern	93		ETSU	96	
	Chattanooga	55		ETSU	52		Samford	78		Furman	83	
	Furman	54		UNCG	17		College of Charleston	44		Chattanooga	46	
	Marshall	31		Furman	7		Chattanooga	42		The Citadel	24	
	Davidson	2		VMI	3		Elon	36		VMI	23	
<b>1995</b>	ETSU	114		Davidson	2		Furman	11		Wofford	5	
	Western Carolina	94	<b>2003</b>	Appalachian State	186.5		Davidson	8		UNCG	5	
	Appalachian State	92		Chattanooga	158.5		The Citadel	3	<b>2016</b>	Samford	216	
	Furman	63		Georgia Southern	97		UNCG	1		Western Carolina	164	
	Chattanooga	43		Western Carolina	78		Wofford	0		ETSU	84.50	
	Marshall	26		ETSU	40	<b>2010</b>	Western Carolina	174.5		Furman	80	
	Davidson	2		VMI	24		Appalachian State	122		VMI	50.50	
<b>1996</b>	Western Carolina	127.5		Furman	14		Georgia Southern	95		Chattanooga	34	
	ETSU	108		Davidson	7		Samford	77		Wofford	20	
	Appalachian State	96		College of Charleston	6		Elon	70		UNCG	9	
	Furman	64.5		The Citadel	2		College of Charleston	38.5		The Citadel	5	
	Chattanooga	44		UNCG	1		Chattanooga	25	<b>2017</b>	Samford	208	
	Marshall	17		<b>2004</b>	Appalachian State	222		The Citadel	25		Western Carolina	151.5
	Davidson	7		Chattanooga	138.5		Furman	23		ETSU	107.5	
<b>1997</b>	Western Carolina	143		Georgia Southern	105		Davidson	12		Furman	97	
	Chattanooga	87		Western Carolina	72		UNCG	0		VMI	47	
	Appalachian State	81.33		ETSU	69.5		Wofford	0		Wofford	29	
	ETSU	80.33		College of Charleston	23		<b>2011</b>	Appalachian State	185		Chattanooga	9
	Marshall	42.33		Elon	16		Western Carolina	110.5		UNCG	7	
	Furman	28		Furman	12		Georgia Southern	97		The Citadel	6	
	Davidson	3		Davidson	3		Elon	84				
				The Citadel	1		Samford	62.5				
							College of Charleston	49				
							UNCG	31				



# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

<b>2001</b>		Feb. 26	Megan Jenkins, CIT (Track) Mary Angela Brown, SAM (Field)	Feb. 12	Grace Tinkey, FUR (Track) Ashley Cope, SAM (Field)
Jan. 17	Roselin Addo, ETSU			Feb. 19	Tayla Carter, WCU (Track) Nicole Charley, SAM (Field)
Jan. 24	Tyleanna Hanner, UTC	<b>2010</b>		Feb. 26	Sydney Griffin, Elon (Track) Makayla Roten, APP (Field)
Jan. 31	Roselin Addo, ETSU	Dec. 8	Shalyn McMichael, WCU (Track) Tiana Jones, WCU (Field)		
Feb. 7	Mary Jayne Harrelson, APP	Jan. 14	Andrea Kelsey, WOF (Track) Whitney Smyre, APP (Field)	<b>2015</b>	
Feb. 14	Kristen Bowden, APP	Jan. 21	Ashley McKiver, APP (Track) Julie Ward, APP (Field)	Jan. 21	Tayla Carter, WCU (Track) Chenell Bryan, WCU (Field)
<b>2002</b>		Jan. 28	Katie Hansen, UNCG (Track) Chelsea Taylor, CofC (Field)	Jan. 28	Sinead Haughey, FUR (Track) Kristen Brining, SAM (Field)
Jan. 16	Rosalyn Hood, WCU	Feb. 4	Micah Wessinger, CIT (Track) Jelain McArthur, CofC (Field)	Feb. 5	Tayla Carter, WCU (Track) Chenell Bryan, WCU (Field)
Jan. 23	Chantelle Vernon, ETSU	Feb. 11	Hillary Neal, SAM (Track) Laura Bedsole, SAM (Field)	Feb. 12	Jackie Thompson, CIT (Track) Michaela Birek, WCU (Field)
Jan. 30	Virginia LaCombe, WCU	Feb. 18	Hillary Neal, SAM (Track) Veronica Day, Elon (Field)	Feb. 18	Yaa Agyepong-Wiafe, VMI (Track) Kerisha Goode, VMI (Field)
Feb. 6	Michelle Velez, WCU	Feb. 25	Jennine Strange, Elon (Track) Morgan Tyler, SAM (Field)	Feb. 25	Jackie Thompson, CIT (Track) Renee Reives, VMI (Field)
Feb. 13	Kasola Smith, UTC				
Feb. 20	Suzanne Makinson, APP	<b>2011</b>		<b>2016</b>	
<b>2003</b>		Jan. 26	Jane't Carothers, WCU (Track) Chanelle Terry, SAM (Field)	Jan. 20	Tayla Carter, WCU (Track) Hailey Cook, WCU (Field)
Jan. 23	LaShana Poole, APP	Feb. 2	Breanna Alston, APP (Track) Cassie Crawford, APP (Field)	Jan. 27	None
Jan. 29	Tiffany Pointer, UTC	Feb. 9	Dena O'Brien, CofC (Track) Ashley Schnell, UNCG (Track)	Feb. 3	Jordan Highsmith, SAM (Field) Sarah Sanford, SAM (Track)
Feb. 5	Rhonda White, APP	Feb. 16	Bianca Harvey, APP (Field) Dena O'Brien, CofC (Track)	Feb. 10	Holly Gaines, WCU (Field) Teghan Henderson, UTC (Track)
<b>2004</b>		Feb. 23	Veronica Day, Elon (Field) Lynnsey Hyter, GSU (Field)	Feb. 17	Tatiana Taylor, SAM (Field) Laura Miller, FUR (Track)
Jan. 21	Rhonda White, APP	March 2	Hillary Neal, SAM (Track) Lynnsey Hyter, GSU (Field)	Feb. 24	Tiffani Lewis, WCU (Field) Yaa Agyepong-Wiafe, VMI (Track)
Jan. 28	Alison Frese, UTC				Bria Anderson, VMI (Field)
Feb. 4	Kellie Mitchell, GSU	<b>2012</b>		<b>2017</b>	
Feb. 11	Laura Tieszen, WCU	Jan. 19	Ashley Schnell, UNCG (Track) Claire Goodson, SAM (Field)	Jan. 19	Kyrah Atkins, ETSU (Track) Hailey Cook, WCU (Field)
Feb. 18	Rhonda White, APP	Jan. 25	Shaina Sumney, UNCG (Track) Emily Allen, SAM (Field)	Jan. 25	Allie Buchalski, FUR (Track) Selena Popp, SAM (Field)
Feb. 25	Nikki Slocumb, GSU	Feb. 1	Amanda Sumner, UTC (Track) Taylor Wade, GSU (Field)	Feb. 1	Kerisha Goode, VMI (Track) Tiffani Lewis, WCU (Field)
<b>2005</b>		Feb. 7	Dena O'Brien, CofC (Track) Gayshawna Watkins, APP (Field)	Feb. 8	Allie Buchalski, FUR (Track) Meagan Meadow, SAM (Field)
Jan. 19	Beverly Burnett, APP	Feb. 15	Erin Barker, FUR (Track) Emily Allen, SAM (Field)	Feb. 15	Allie Buchalski, FUR (Track) Lindsey Kessler, SAM (Field)
Jan. 26	Leslie Martin, WCU			Feb. 22	Bria Anderson, VMI (Track) Bria Anderson, VMI (Field)
Feb. 2	Laura Tieszen, WCU	<b>2013</b>			
Feb. 9	Raquel Ramseur, WCU	Jan. 24	Tayla Carter, WCU (Track) RoShani Glover, CofC (Field)		
Feb. 16	Paula Moore, APP	Jan. 30	Amanda Hamilton, APP (Track) Ana DeLeon, APP (Field)		
Feb. 23	Jennifer Claud, APP	Feb. 6	Lauren D'Alessio, SAM (Track) Megan Kirschling, Elon (Field)		
<b>2006</b>		Feb. 13	Chelsea Sumney, UNCG (Track) Aschah Brice, WCU (Field)		
Jan. 18	Alana Black, Elon	Feb. 20	Sydney Griffin, Elon (Track) Brianna Tate, APP (Field)		
Jan. 25	Beverly Burnett, APP	Feb. 27	Lauren D'Alessio, SAM (Track) Alisha Bradshaw, WCU (Field)		
Feb. 1	Shannon Wommack, UTC				
Feb. 8	Stephanie McNeill, CIT	<b>2014</b>			
Feb. 15	Chakosha Lance, CofC	Jan. 22	Teghan Henderson, UTC (Track) Chenell Bryan, WCU (Field)		
<b>2007</b>		Jan. 29	Grace Tinkey, FUR (Track) Michaela Birek, WCU (Field)		
Jan. 18	Vonteena Knotts, APP	Feb. 5	Genevieve Emrick, WCU (Track) Makayla Roten, APP (Field)		
Jan. 23	Lanni Marchant, UTC				
Jan. 31	Brenna Burns, DAV				
Feb. 7	Raquel Ramseur, WCU				
Feb. 13	Lanni Marchant, UTC				
Feb. 14	Stephanie McNeill, CIT				
<b>2008</b>					
Jan. 28	Danielle Thorpe, APP				
Jan. 31	Brenna Burns, DAV				
Feb. 7	Emily Wood, UTC				
Feb. 13	Brittani Williams, APP				
Feb. 22	Kerrie Savery, WCU				
<b>2009</b>					
Jan. 21	Jane't Carothers, WCU (Track) Rebecca Hazeltine, APP (Field)				
Jan. 29	Meg Gaffney, APP (Track) Emily Smith, CofC (Field)				
Feb. 5	Felicia Paulding, WCU (Track) Danielle Thorpe, APP (Field)				
Feb. 12	Annelia Uys, UTC (Track) Rebecca Hazeltine, APP (Field)				
Feb. 19	Meg Gaffney, APP (Track) Lynnsey Hyter, GSU (Field)				



# WOMEN'S SOUTHERN CONFERENCE HONORS

## Repeat Athletes of the Week

### Five times

Tayla Carter, WCU, 2013-16

### Four times

Lynnndsey Hyter, GSU, 2009, 11

### Three times

Rhonda White, APP, 2003-04

Hillary Neal, SAM, 2010-11

Jane't Carothers, WCU, 2009, 11

Dena O'Brien, CofC, 2011-12

Chenell Bryan, WCU, 2014-15

Allie Buchalski, FUR, 2016-17

### Two times

Roselin Addo, ETSU, 2001

Laura Tieszen, WCU, 2004-05

Beverly Burnett, APP, 2005-06

Raquel Ramseur, WCU, 2005, 07

Lanni Marchant, UTC, 2007

Stephanie McNeill, CIT, 2006-07

Brenna Burns, DAV, 2007-08

Danielle Thorpe, APP, 2008-09

Rebecca Hazeltine, APP, 2009

Meg Gaffney, APP, 2009

Veronica Day, Elon, 2010-11

Ashley Schnell, UNCG, 2011-12

Emily Allen, SAM, 2012

Lauren D'Alessio, SAM, 2013

Grace Tinkey, FUR, 2014

Sydney Griffin, Elon, 2013-14

Makayla Roten, APP, 2014

Michaela Birek, WCU, 2014-15

Jackie Thompson, CIT, 2015

Teghan Henderson, 2014, 16

Yaa Agyepong-Wiafe, 2015-16

Bria Anderson, VMI, 2016-17

## Athlete of the Month

Year	Month	Athlete	Year	Month	Athlete	Year	Month	Athlete
2008	January	Danielle Thorpe, APP	2012	January	Ashley Schnell, UNCG (Track)	2016	January	Tayla Carter, WCU (Track)
				February	Dena O'Brien, CofC (Track)			Hailey Cook, WCU (Field)
2009	January	Jane't Carothers, WCU (Track)	2013	January	Tayla Carter, WCU (Track)	2017	January	Katrina Seymour, ETSU (Track)
		Emily Smith, CofC (Field)			Roshani Glover, CofC (Field)			Hailey Cook, WCU (Field)
	February	Meg Gaffney, APP (Track)	2014	January	Teghan Henderson, UTC (Track)		February	Karisa Nelson, SAM (Track)
		Lynnndsey Hyter, GSU (Field)			Ashley Cope, SAM (Field)			Selena Popp, SAM (Field)
2010	January	Katie Hansen, UNCG (Track)	2015	January	Tayla Carter, WCU (Track)			
		Whitney Smyre, APP (Field)			Chenell Bryan, WCU (Field)			
2011	January	Jane't Carothers, WCU (Track)		February	Allie Buchalski, FUR (Track)			
		Cassie Crawford, APP (Field)			Xaviera Bass, WCU (Field)			
	February	Dena O'Brien, CofC (Track)						
		Lynnndsey Hyter, GSU (Field)						

## Repeat Athletes of the Month

### Three times

Tayla Carter, WCU, 2013, 15-16

Hailey Cook, WCU, 2016-17

### Two times

Jane't Carothers, WCU, 2009, 11

Lynnndsey Hyter, GSU, 2009, 11

Dena O'Brien, CofC, 2011-12

Ashley Cope, SAM, 2014

Allie Buchalski, FUR, 2015-16

# WOMEN'S INDIVIDUAL CHAMPIONS

## 55-Meter Dash

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

## 60-Meter Dash

2004	Chantelle Vernon, ETSU, 7.54
2005	Nicole Brown, GSU, 7.43
2006	Tangelia Johnson, WCU, 7.48
2007	Nicole Brown, GSU, 7.60
2008	Tangelia Johnson, WCU, 7.57
2009	Felicia Paulding, WCU, 7.62
2010	Ashley McKiver, APP, 7.62
2011	Breanna Alston, APP, 7.58
2012	Ebony Carter, GSU, 7.56
2013	Tayla Carter, WCU, 7.45
2014	Tayla Carter, WCU, 7.45
2015	Tayla Carter, WCU, 7.49
2016	Tayla Carter, WCU, 7.43
2017	Katrina Seymour, ETSU, 7.57

## 200-Meter Dash

1988	Lamonda Miller, APP, 24.06
1989	Lamonda Miller, APP, 23.84
1990	Stethane Pipkins, APP, 25.83
1991	Lynette Gardin, APP, 24.99
1992	Lynette Gardin, APP, 24.93
1993	Melissa Morrison, APP, 25.69
1994	Shiree Cutts, Furman, 24.66
1995	Shelli Clendenon, ETSU, 24.60
1996	Salima Fountain, Furman, 25.87
1997	Daree Thompson, WCU, 24.89
1998	Rashida Dodson, UTC, 24.39
1999	Tyleana Hanner, UTC, 25.80
2000	Shonte Pinkston, APP, 26.36
2001	Shonte Pinkston, APP, 24.63
2002	Ronetta Burgess, WCU, 24.64
2003	Rashedah Arnold, GSU, 24.42
2004	Jennifer Claud, APP, 24.59
2005	Nicole Brown, GSU, 24.33
2006	Raquel Ramseur, WCU, 24.51
2007	Nicole Brown, GSU, 24.43
2008	Raquel Ramseur, WCU, 24.87
2009	Felicia Paulding, WCU, 24.82
2010	Jane't Carothers, WCU, 24.94
2011	Breanna Alston, APP, 24.48
2012	Breanna Alston, APP, 24.31
2013	Breanna Alston, APP, 24.38
2014	Breanna Alston, APP, 24.42
2015	Tayla Carter, WCU, 24.46
2016	Tayla Carter, WCU, 24.15
2017	Katrina Seymour, ETSU, 24.32

## 400-Meter Dash

1988	Melissia Rogers, APP, 58.39
1989	April Via, ETSU, 58.28

1990	Monica Teeter, APP, 59.17
1991	Tega Crawford, WCU, 59.04
1992	Lynette Gardin, APP, 56.55
1993	Joy Davis, WCU, 60.09
1994	Shiree Cutts, Furman, 55.88
1995	Angela Rowe, WCU, 54.64
1996	Andrea Shropshire, UTC, 58.95
1997	Salima Fountain, Furman, 56.47
1998	Keeya Mcmanus, WCU, 57.14
1999	Shawnta Person, WCU, 59.20
2000	Rosaline Addo, ETSU, 56.33
2001	Roseline Addo, ETSU, 56.92
2002	Jennifer Howard, ETSU, 56.95
2003	Tiffany Pointer, UTC, 56.97
2004	Marlo Mincey, GSU, 55.6
2005	Nichola Cornish, ETSU, 56.21
2006	Raquel Ramseur, WCU, 56.24
2007	Raquel Ramseur, WCU, 56.33
2008	Raquel Ramseur, WCU, 56.65
2009	Jane't Carothers, WCU, 56.06
2010	Jane't Carothers, WCU, 56.05
2011	Jane't Carothers, WCU, 55.34
2012	Felisha Garren, WCU, 54.61
2013	Breanna Alston, APP, 56.70
2014	Genevieve Emrick, WCU, 55.62
2015	Genevieve Emrick, WCU, 55.44
2016	Katrina Seymour, ETSU, 55.12
2017	Katrina Seymour, ETSU, 55.91

## 800-Meter Run

1988	Debbie Dukes, Marshall, 2:16.86
1989	Sabrina Keeton, ETSU, 2:19.93
1990	Jennifer Bowers, APP, 2:18.59
1991	Jennifer Bowers, APP, 2:13.67
1992	Susie Gardner, WCU, 2:17.21
1993	Sarah Crandall, Marshall, 2:20.08
1994	Sarah Crandall, Marshall, 2:16.10
1995	Michelle Gregg, ETSU, 2:12.98
1996	Michelle Gregg, ETSU, 2:15.8
1997	Mary Jayne Harrelson, APP, 2:13.30
1998	Mary Jayne Harrelson, APP, 2:10.54
1999	Mary Jayne Harrelson, APP, 2:15.91
2000	Lauren Campbell, ETSU, 2:12.96
2001	Mary Jayne Harrelson, APP, 2:08.40
2002	Katie Sujkowski, APP, 2:13.29
2003	Katie Sujkowski, APP, 2:19.45
2004	Kim Simmons, ETSU, 2:14.55
2005	Leslie Martin, WCU, 2:14.81
2006	Shannon Wommack, UTC, 2:15.27
2007	Kerri Savery, WCU, 2:12.83
2008	Kerri Savery, WCU, 2:12.26
2009	Monique Ositelu, FUR, 2:15.98
2010	Micah Wessinger, CIT, 2:16.10
2011	Hillary Neal, SAM, 2:10.42
2012	Marie Demedicis, SAM, 2:12.90
2013	Marie Demedicis, SAM, 2:11.20
2014	Sherril McFarlane, GSU, 2:10.54
2015	Marie DeMedicis, SAM, 2:11.58
2016	Maddison Melchionna, UTC, 2:12.38
2017	Presley Weems, SAM, 2:13.91

## Mile Run

1988	Sabrina Keeton, ETSU, 5:10.33
1989	Sabrina Keeton, ETSU, 5:02.02
1990	Traci McIntyre, APP, 5:12.61
1991	Monica Lambert, UTC, 5:04.60
1992	Susie Gardner, WCU, 5:04.59
1993	Heather VandeBrake, Furman, 5:06.10
1994	Jennel Walby, ETSU, 5:09.09

1995	Heather VandeBrake, Furman, 4:58.87
1996	Heather VandeBrake, Furman, 5:06.8
1997	Valerie Urchison, ETSU, 5:02.46
1998	Valerie Urchison, ETSU, 4:53.37
1999	Mary Jayne Harrelson, APP, 4:57.17
2000	Becky Slick, UTC, 5:04.25
2001	Mary Jayne Harrelson, APP, 4:59.20
2002	Katie Sujkowski, APP, 5:07.96
2003	Shannon Wommack, UTC, 4:58.90
2004	Shannon Wommack, UTC, 4:55.61
2005	Nettie Halcomb, UTC, 5:04.99
2006	Shannon Wommack, UTC, 4:48.09
2007	Meghan Gaffney, APP, 5:00.88
2008	Kerri Savery, WCU, 5:04.26
2009	Hillary Neal, SAM, 4:59.19
2010	Hillary Neal, SAM, 4:49.52
2011	Lauren D'Alessio, SAM, 4:59.79
2012	Ashley Schnell, UNCG, 4:48.09
2013	Lauren D'Alessio, SAM, 4:57.60
2014	Lauren D'Alessio, SAM, 4:58.51
2015	Allie Buchalski, FUR, 4:58.17
2016	Allie Buchalski, FUR, 4:51.84
2017	Karisa Nelson, SAM, 4:43.96

## 3,000-Meter Run

1988	Emily Romines, UTC, 10:27.13
1989	Whitney Ball, APP, 9:48.61
1990	Whitney Ball, APP, 9:57.28
1991	Cate Pichon, Furman, 10:03.84
1992	Lucie Mayes, UTC, 9:59.51
1993	Gail Pennachio, Furman, 10:08.50
1994	Michele Marshall, UTC, 10:09.02
1995	Mary Jane Middlekoop, UTC, 10:12.55
1996	Heather VandeBrake, Furman, 10:06.1
1997	Mary Jane Middlekoop, UTC, 10:13.25
1998	Catherine Berry, ETSU, 9:49.73
1999	Amanda Lynch, UTC, NT
2000	Amanda Lynch, UTC, 9:45.31
2001	Jill Braley, Furman, 10:08.58
2002	Shannon Wommack, UTC, 10:29.43
2003	Shannon Wommack, UTC, 10:10.56
2004	Shannon Wommack, UTC, 9:52.87
2005	Nettie Halcomb, UTC, 10:05.70
2006	Shannon Wommack, UTC, 9:34.01
2007	Brenna Burns, DAV, 9:53.83
2008	Shelley Taylor, UTC, 10:05.02
2009	Meghan Gaffney, APP, 9:47.21
2010	Trinity Foreman, APP, 10:09.73
2011	Ashley Schnell, UNCG, 9:52.39
2012	Dena O'Brien, CofC, 9:38.11
2013	Lauren D'Alessio, SAM, 9:51.06
2014	Allyson Oram, Elon, 9:34.97
2015	Sinead Haughey, FUR, 9:27.51
2016	Allie Buchalski, FUR, 9:55.05
2017	Karisa Nelson, SAM, 9:34.87

## 5,000-Meter Run

1989	Whitney Ball, APP, 16:52.46
1990	Whitney Ball, APP, 17:26.16
1991	Cate Pichon, Furman, 17:30.50
1992	Leigh Wallace, APP, 17:07.82
1993	Lucie Mayes, UTC, 17:44.41
1994	Rita Roberts, WCU, 17:35.19
1995	Mary Jane Middlekoop, UTC, 17:54.54
1996	Heather VandeBrake, Furman, 17:36.1
1997	Mary Jo Ferrigan, ETSU, 17:36.82
1998	Anna Wright, UTC, 17:02.29
1999	Amanda Lynch, UTC, 17:35.29
2000	Catherine Berry, ETSU, 17:01.05

# WOMEN'S INDIVIDUAL CHAMPIONS

2001 Jill Braley, Furman, 17:33.06  
2002 Shannon Wommack, UTC, 17:54.22  
2003 Sarah Primeau, APP, 17:43.56  
2004 Shannon Wommack, UTC, 17:40.19  
2005 Nettie Halcomb, UTC, 17:20.87  
2006 Lanni Marchant, UTC, 17:17.34  
2007 Lanni Marchant, UTC, 17:02.49  
2008 Brenna Burns, DAV, 17:18.56  
2009 Andrea Seccafien, SAM, 17:55.94  
2010 Chloe Kowalski, Furman, 17:39.20  
2011 Dena O'Brien, CofC, 16:46.59  
2012 Dena O'Brien, CofC, 16:39.47  
2013 Lauren D'Alessio, SAM, 17:05.48  
2014 Shaina Sumney, UNCG, 16:39.02  
2015 Sinead Haughey, FUR, 16:33.51  
2016 Allie Buchalski, FUR, 17:23.19  
2017 Savannah Carnahan, FUR, 16:41.92

## 55-Meter Hurdles

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

## 60-Meter Hurdles

2004 Ronda White, APP, 8.62  
2005 Ronda White, APP, 8.48  
2006 Brittany Chase, ASU, 8.51  
2007 Dominique Price, ELON, 8.67  
2008 Dominique Price, ELON, 8.84  
2009 Morgan Tyler, SAM, 8.71  
2010 Morgan Tyler, SAM, 8.69  
2011 Nicole Okolo, WCU, 8.52  
2012 Jasmine Billings, GSU, 8.49  
2013 Sydney Griffin, Elon, 8.65  
2014 Sydney Griffin, Elon, 8.60  
2015 Demeteria Edgecombe, ETSU, 8:29  
2016 Sarah Sanford, SAM, 8.44  
2017 Kyra Atkins, ETSU, 8.32

## Two-Mile Relay

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

## Mile Relay

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

## 4x800-Meter Relay

1990 Appalachian State, 9:47.70

## 4x400-Meter Relay

1990 Appalachian State, 4:00.92  
1995 ETSU, 3:50.44  
1997 Western Carolina, 3:50.85  
1998 Western Carolina, 3:50.64  
1999 Western Carolina, 3:58.94  
2000 Western Carolina, 3:54.38  
2001 ETSU, 3:49.11  
2002 Western Carolina, 3:48.89  
2003 Georgia Southern, 3:47.35  
2004 Western Carolina, 3:47.59  
2005 Western Carolina, 3:46.40  
2006 Georgia Southern, 3:54.55  
2007 Western Carolina, 3:48.28  
2008 Western Carolina, 3:47.17  
2009 Western Carolina, 3:48.01  
2010 Western Carolina, 3:49.92  
2011 Western Carolina, 3:50.35  
2012 Western Carolina, 3:44.98  
2013 Western Carolina, 3:47.95  
2014 Georgia Southern, 3:50.02  
2015 Western Carolina, 3:46.42  
2016 Samford, 3:48.69  
2017 ETSU, 3:50.04

## Distance Medley

1994 Appalachian State, 12:23.41  
1995 \*Chattanooga, 11:35.99  
1996 ETSU, 12:22.0  
1997 ETSU, 12:06.54  
1998 ETSU, 11:58.99  
1999 Appalachian State, 12:23.66  
2000 ETSU, 12:03.81  
2001 Appalachian State, 12:14.16  
2002 Chattanooga, 12:17.69  
2003 Chattanooga, 12:11.58  
2004 Chattanooga, 12:20.24  
2005 Western Carolina, 12:14.55  
2006 Appalachian State, 12:11.01  
2007 Chattanooga, 12:11.88  
2008 Western Carolina, 12:09.60  
2009 Samford, 11:52.69  
2010 \*Samford, 11:24.73  
2011 UNCG, 11:55.95  
2012 UNCG, 11:43.99  
2013 Western Carolina, 11:52.62  
2014 Samford, 11:52.66  
2015 Chattanooga, 11:49.59  
2016 Chattanooga, 12:03.01  
2017 Furman, 11:54.34

\*Run one lap short

## Long Jump

1988 Sandra Davis, WCU, 19'2"  
1989 Erica West, Marshall, 18'10"  
1990 Erica West, Marshall, 18'8½"  
1991 Sabrina Hill, APP, 18'8¾"  
1992 Von Ross, WCU, 20'4"  
1993 Von Ross, WCU, 20'3½" (6.21m)  
1994 Alice Vinson, APP, 19'3½"  
1995 Shelli Clendenon, ETSU, 19'8½"  
1996 Rahma Mateen, WCU, 20'0"  
1997 Rahma Mateen, WCU, 5.81m  
1998 Taneisha Robinson, ETSU, 5.94m  
1999 Taneisha Robinson, ETSU, 20'3.0"  
2000 Rosalyn Hood, WCU, 19'8.25"

2001 Tyleana Hanner, UTC, 20'0.25"  
2002 Ronda White, APP, 19'6.75"  
2003 Kellie Mitchell, GSU, 5.93m  
2004 Kasola Smith, UTC, 6.05m  
2005 Jennifer Claud, APP, 5.95m  
2006 Vonteena Knotts, APP, 6.07m  
2007 Nicole Brown, GSU, 6.15m  
2008 Vonteena Knotts, APP, 5.81m  
2009 Lynnndsey Hyter, GSU, 5.97m  
2010 Veronica Day, Elon, 5.72m  
2011 Lynnndsey Hyter, GSU, 6.06m  
2012 Jasmine Walker, GSU, 5.61m  
2013 Alyssa Felton, GSU, 5.85m  
2014 Jasmin Walker, GSU, 6.01m  
2015 Tiffani Lewis, WCU, 5.90m  
2016 Bria Anderson, VMI, 5.83m  
2017 Tiffani Lewis, WCU, 6.05m

## Triple Jump

1988 Linda McKoy, APP, 38'2"  
1989 Stethane Pipkins, APP, 38'11"  
1990 Sabrina Hill, APP, 39'2"  
1991 Sabrina Hill, APP, 40'6½"  
1992 Melissa Morrison, APP, 40'11¼"  
1993 Melissa Morrison, APP, 40'11½"  
1994 Precious Quire, APP, 39'3½"  
1995 Precious Quire, APP, 41'6"  
1996 Nikki Harris, APP, 38'8¾"  
1997 Rahma Mateen, WCU, 11.86m  
1998 Taneisha Robinson, ETSU, 12.49m  
1999 Taneisha Robinson, ETSU, 13.30m  
2000 Rosalyn Hood, WCU, 39'8.75"  
2001 Kirsten Bowden, APP, 41'2.25"  
2002 Tondra White, APP, 40'4.75"  
2003 Ronda White, APP, 12.61m  
2004 Ronda White, APP, 13.30m  
2005 Jennifer Claud, APP, 12.79m  
2006 Nicole Brown, GSU, 12.46m  
2007 Nicole Brown, GSU, 12.76m  
2008 Chibuzo Aguocha, FUR, 12.52m  
2009 Danielle Thorpe, APP, 12.68m  
2010 Danielle Thorpe, APP, 12:43m  
2011 Veronica Day, Elon, 12.24m  
2012 Emily Allen, SAM, 12.02m  
2013 Emily Allen, SAM, 11.95m  
2014 Nicole Charley, SAM, 12.59m  
2015 Tiana Pisoni, SAM, 11.99m  
2016 Tamilia Wright, WCU, 11.95m  
2017 Megan Meadow, SAM, 12.42m

## High Jump

1988 Linda McKoy, APP, 5'6"  
1989 Linda McKoy, APP, 5'9" (1.75m)  
1990 Linda McKoy, APP, 5'6"  
1991 Sabrina Hill, APP, 5'6"  
1992 Shelli Clendenon, ETSU, 5'6½"  
1993 Shelli Clendenon, ETSU, 5'6"  
1994 Cindy Miner, APP, 5'7¾"  
1995 Shelli Clendenon, ETSU, 5'7¾"  
1996 Rahma Mateen, WCU, 5'6"  
1997 Jennifer Sluss, ETSU, 1.67m  
1998 Jennifer Sluss, ETSU, 1.67m  
1999 Taneisha Robinson, ETSU, 5'8"  
2000 Virginia Lacombe, WCU, 5'5.75"  
2001 Virginia Lacombe, WCU, 5'7.75"  
2002 Virginia Lacombe, WCU, 5'7"  
2003 Cheryl Howard, ETSU, 1.66m  
2004 Suzanne Makinson, APP, 1.68m  
2005 Anna Ricciardi, ETSU, 1.73m

# WOMEN'S INDIVIDUAL CHAMPIONS

2006	Jessika Johnson, WCU, 1.64m
2007	Kristen Meister, DAV, 1.81m
2008	Jessika Johnson, WCU, 1.66m
2009	Emily Smith, CofC, 1.78m
2010	Emily Smith, CofC, 1.73m
2011	Rebecca Hazeltime, APP, 1.17m
2012	Emily Smith, CofC, 1.70m
2013	Chenelle Terry, SAM, 1.75m
2014	Anasia Starege, WCU, 1.75m
2015	Xaviera Bass, WCU, 1.69m
2016	Courtney Pregelaman, SAM, 1.70m
2017	Selena Popp, SAM, 1.75m

## Shot Put

1988	Angie Barker, ETSU, 54'6" (16.61m)
1989	Angie Barker, ETSU, 45'1"
1990	Tina Osbourne, Marshall, 42'9½"
1991	Missy Kouns, Marshall, 41'9¾"
1992	Michelle Rhyne, APP, 41'9¼"
1993	Zondra Johnson, WCU, 40'11"
1994	Beth Reck, Marshall, 39'9"
1995	LaSha Jackson, WCU, 43'8¼"
1996	Ayokka Green, APP, 46'3"
1997	LaSha Jackson, WCU, 13.49m
1998	Ayokka Green, APP, 14.5m
1999	Ashley Herndon, WCU, 40'5.5"
2000	Ashley Herndon, WCU, 42'2.0"
2001	Ashley Herndon, WCU, 44'9.75"
2002	LaShana Poole, APP, 43'10.75"
2003	Mildred Cooper, VMI, 13.92m
2004	Beverly Burnett, APP, 14.68m
2005	Brittani Williams, APP, 14.39m
2006	Beverly Burnett, APP, 14.88m
2007	Brittani Williams, APP, 14.54m
2008	Brittani Williams, APP, 14.72m
2009	Whitney Smyre, APP, 13.14m
2010	Deirdra Morrison, WCU, 12.98m
2011	Gayshawna Watkins, APP, 15.06m
2012	Gayshawna Watkins, APP, 13.67m
2013	Alisha Bradshaw, WCU, 14.28m
2014	Brianna Tate, APP, 14.82m
2015	Alisha Bradshaw, WCU, 15.04m
2016	Hailey Cook, WCU, 14.65m
2017	Hailey Cook, WCU, 14.84m

## 20-LB Weight Throw

1996	Ayokka Green, UTC, 48'2¾"
1997	Robyn Stockunas, WCU, 14.88m
1998	Ayokka Green, APP, 16.8m
1999	Valerie Mertz, WCU, 50'5.25"
2000	Valerie Mertz, WCU, 54'7.25"
2001	LaShana Poole, APP, 55'3.75"
2002	LaShana Poole, APP, 56'3.25"
2003	LaShana Poole, APP, 17.42m
2004	Chakosha Lance, CofC, 16.33m
2005	Chakosha Lance, CofC, 18.32m
2006	Chakosha Lance, CofC, 19.54m
2007	Stephanie McNeill, CIT, 16.30m
2008	Brittani Williams, APP, 18.05m
2009	Whitney Smyre, APP, 17.79m
2010	Monique Edwards, CIT, 16.25m
2011	Whitney Smyre, APP, 17.92m
2012	Gayshawna Watkins, APP, 17.09m
2013	Alisha Bradshaw, WCU, 17.56m
2014	Alisha Bradshaw, WCU, 19.27m
2015	Alisha Bradshaw, WCU, 17.80m
2016	Hailey Cook, WCU, 17.23m
2017	Hailey Cook, WCU, 17.96m

## Pole Vault

1999	Valerie Jalajas, WCU, 11'7.75"
2000	Valerie Jalajas, WCU, 12'0.5"
2001	Valerie Jalajas, WCU, 11'11.75"
2002	Michelle Velez, WCU, 12'7.50" (3.85m)
2003	Laura Tieszen, WCU, 12'1.25" (3.69m)
2004	Laura Tieszen, WCU, 3.95m
2005	Laura Tieszen, WCU, 3.85m
2006	Caren Mah, APP, 3.50m
2007	Jessica Clendenning, Elon, 3.97m
2008	Shea Snow, APP, 3.70m
2009	Julie Ward, APP, 3.60m
2010	Julie Ward, APP, 3.55m
2011	Cassandra Crawford, APP, 3.80m
2012	Claire Goodson, SAM, 4.05m
2013	Devyn Ressler, WCU, 3.75m
2014	Morgan Johnson, SAM, 3.87m
2015	Devyn Ressler, WCU, 3.90m
2016	Ashley Kessler, ETSU, 3.75m
2017	Meghan Breden, WCU, 3.80m

## Pentathlon

2004	Kellie Mitchell, GSU, 3,754
2005	Laura Tieszen, WCU, 3,274
2006	Kristie Boggan, APP, 3,147
2007	Nashay McGriff, WCU, 3,226
2008	Melanie Trumbo, GSU, 3,248
2009	Lynndsey Hyter, GSU, 3,551
2010	Lynndsey Hyter, GSU, 3,494
2011	Lynndsey Hyter, GSU, 3,578
2012	Louise PrevotEAU, Elon, 3,566
2013	Louise PrevotEAU, Elon, 3,711
2014	Ashley Cope, SAM, 3,461
2015	Michaela Birek, WCU, 3,511
2016	Holly Gaines, WCU, 3,492
2017	Selena Popp, SAM, 3,779



# WOMEN'S ALL-FRESHMAN TEAMS

2009	2010	2011	2012
<p><b>200-Meter Dash</b> Emma Bowers, Western Carolina</p> <p><b>400-Meter Dash</b> Amy Salek, Elon Asia Dunlap, Appalachian State</p> <p><b>800-Meter Run</b> Alyssa D'Orazio, College of Charleston Cori Christensen, Samford</p> <p><b>Mile Run</b> Kristen Wolfe, College of Charleston Grace Loba, College of Charleston Kerry Hartman, UNCG</p> <p><b>3,000-Meter Run</b> Andrea Seccafien, Samford Deanna Zidar, Samford Rebecca Shelton, Furman</p> <p><b>5,000-Meter Run</b> Andrea Seccafien, Samford Alyson Costa, Elon Deanna Zidar, Samford</p> <p><b>60-Meter Hurdles</b> Tori Jones, Western Carolina</p> <p><b>High Jump</b> Emily Smith, College of Charleston Alex Casagnol, Georgia Southern Laura Langley, Western Carolina</p> <p><b>Long Jump</b> Millic Brooks-Millender, Ga. Southern</p> <p><b>Triple Jump</b> Millic Brooks-Millender, Ga. Southern Naadia Crutchfield, Appalachian State Jettana Thomas, Western Carolina</p> <p><b>Shot Put</b> Deirdra Morrison, Western Carolina Alyssa Girvin, Elon Alicia Gainey, Western Carolina</p> <p><b>Weight Throw</b> Deirdra Morrison, Western Carolina Alyssa Girvin, Elon Sarah Herndon, Georgia Southern</p> <p><b>Pole Vault</b> Jessie Wilson, Western Carolina Summer Hughes, Western Carolina</p> <p><b>Pentathlon</b> Alicia Gainey, Western Carolina Jettana Thomas, Western Carolina Christian McGuire, Samford</p>	<p><b>800-Meter Run</b> Micah Wessinger, The Citadel Holly Benson, Samford Lauren D'Alessio, Samford</p> <p><b>Mile Run</b> Trinity Foreman, Appalachian State Morgan Turner, Western Carolina Emily Tryon, Elon</p> <p><b>3,000-Meter Run</b> Trinity Foreman, Appalachian State Heather Stuve, Chattanooga Morgan Denecke, Elon</p> <p><b>5,000-Meter Run</b> Natalie Atabek, Davidson Morgan Turner, Western Carolina Andrea Kelsey, Wofford</p> <p><b>60-Meter Hurdles</b> Jasmine Billings, Georgia Southern Jelain McArthur, College of Charleston</p> <p><b>High Jump</b> Chenelle Terry, Samford</p> <p><b>Long Jump</b> Jelain McArthur, College of Charleston Raven Parrish, Western Carolina Emily Allen, Samford</p> <p><b>Triple Jump</b> Jelain McArthur, College of Charleston Emily Allen, Samford Janelle McNeil, Elon</p> <p><b>Shot Put</b> Gayshawna Watkins, Appalachian State Ashley Thomas, Georgia Southern Jocelyn Rice, Western Carolina</p> <p><b>Weight Throw</b> Gayshawna Watkins, Appalachian State Megan Fannon, Georgia Southern Casey McKee, College of Charleston</p> <p><b>Pole Vault</b> Laura Bedsole, Samford Ashley Wala, Western Carolina Chelsea Taylor, College of Charleston</p> <p><b>Pentathlon</b> Emily Allen, Samford Kelsi Billings, The Citadel</p>	<p><b>400-Meter Run</b> Bria Bell, Elon Breahna Morrison, Appalachian State Veronica Luedke, Elon</p> <p><b>800-Meter Run</b> Julie Hart, Furman Katie Kessler, Wofford Jocelyn Keen, Western Carolina</p> <p><b>Mile Run</b> Catherine Burton, Furman Alyssa Burket, Wofford Kelly Montague, UNCG</p> <p><b>3,000-Meter Run</b> Dena O'Brien, College of Charleston Allyson Oram, Elon Julia Means, Furman</p> <p><b>5,000-Meter Run</b> Dena O'Brien, College of Charleston Allyson Oram, Elon Megan Mavity, Davidson</p> <p><b>60-Meter Hurdles</b> Kwajelin Holsendolph, Georgia Southern Stephanie Hicks, Georgia Southern Nakristen Greene, Western Carolina</p> <p><b>High Jump</b> Shaquiela Robinson, Appalachian State Nicole Levermann, The Citadel Kaitlin Brown, Wofford</p> <p><b>Long Jump</b> Stephanie Hicks, Georgia Southern Nakristen Greene, Western Carolina Ashley Cope, Samford</p> <p><b>Shot Put</b> Charlise Morgan, Elon Ana DeLeon, Appalachian State Andriana Love, The Citadel</p> <p><b>Weight Throw</b> Ana DeLeon, Appalachian State Shelby Builtla, Samford Sydney Revis, Western Carolina</p> <p><b>Pole Vault</b> Cassandra Crawford, Appalachian St. Claire Goodson, College of Charleston Rachel Gregory, Samford</p> <p><b>Pentathlon</b> Stephanie Hicks, Georgia Southern Nicole Levermann, The Citadel Macy Conger, Samford</p>	<p><b>400-Meter Run</b> Genevieve Emrick, Western Carolina Kimberly Thomas, Georgia Southern Taylor Wade, Georgia Southern</p> <p><b>800-Meter Run</b> Marie Demedicis, Samford Anna Irvine, Samford Lena Elliot, Western Carolina</p> <p><b>Mile Run</b> Hayley McMahon, Coll. of Charleston Presley Parkes, Davidson Ali Cobb, Davidson</p> <p><b>3,000-Meter Run</b> Haylee Dawe, Elon Ali Cobb, Davidson Blair Burke, Furman</p> <p><b>5,000-Meter Run</b> Sinead Haughey, Furman Haylee Dawe, Elon Erin Osment, Davidson</p> <p><b>60-Meter Hurdles</b> Taylor Wade, Georgia Southern Xaviera Bass, Western Carolina Michaela Birek, Western Carolina</p> <p><b>High Jump</b> Haley Laird, Elon Janet Watson, Appalachian State Xaviera Bass, Western Carolina</p> <p><b>Long Jump</b> Jasmine Walker, Georgia Southern Tatyana Bryant, Appalachian State Louise PrevotEAU, Elon</p> <p><b>Shot Put</b> Alisha Bradshaw, Western Carolina Jasmine Suydam, Appalachian State Sarah Sisk, College of Charleston</p> <p><b>Weight Throw</b> Alisha Bradshaw, Western Carolina Jasmine Suydam, Appalachian State Sarah Hall, Georgia Southern</p> <p><b>Pole Vault</b> Chelsea Farr, Appalachian State Cara June Elyea, Western Carolina Debra Domermuth, Appalachian St.</p> <p><b>Pentathlon</b> Louise PrevotEAU, Elon Michaela Birek, Western Carolina Anne Greer, Western Carolina</p>
			<p><b>2013</b></p> <p><b>60-Meter Dash</b> Tayla Carter, Western Carolina Alyssa Felton, Georgia Southern Sydney Griffin, Elon</p> <p><b>400-Meter Run</b> Jennifer Pash, Elon Kendra Douglas, Western Carolina Corina Archi-McMillan, Western Caro.</p>

# WOMEN'S ALL-FRESHMAN TEAMS

## 800-Meter Run

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

## Mile Run

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

## 3,000-Meter Run

Rachel Roberts, Samford  
Tereza Novotna, Elon

## 5,000-Meter Run

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

## 60-Meter Hurdles

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

## High Jump

Megan Kirschling, Elon  
Keyanna Harris, Georgia Southern

## Long Jump

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

## Shot Put

Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina

## Weight Throw

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

## Pole Vault

Devyn Ressler, Western Carolina  
Audrey Diener, Appalachian State

## 2014

## 60-Meter Dash

Tiffani Lewis, Western Carolina

## 400-Meter Dash

Asha Stegall, Georgia Southern

## Mile Run

Allie Buchalski, Furman

## 5000-Meter Run

Grace Tinkey, Furman  
Tristan Van Ord, Appalachian State  
Elyse Bierut, Elon

## Pole Vault

Morgan Johnson, Samford  
Emily Eustace, Samford

## Triple Jump

Tiffani Lews, Western Carolina

## Weight Throw

Kelsey Arnold, Georgia Southern  
Aerial Horton, Samford  
Hailey Cook, Western Carolina

## Pentathlon

LeNiesha Kearse, Western Carolina  
Morgan Johnson, Samford  
Christina Czarnecki, Appalachian St.

## 3,000-Meter Run

Allie Buchalski, Furman  
Elyse Bierut, Elon  
Kelly Montague, UNCG

## High Jump

Anisia Starege, Western Carolina  
Audrey Florence, Appalachian State  
Carrie Abraham, Elon

## Shot Put

Hailey Cook, Western Carolina  
Aerial Horton, Samford  
Breanna Warren, Elon

## Long Jump

Tiffani Lewis, Western Carolina  
Carrie Abraham, Elon  
Krystal Clark, Appalachian State

## 2015

## 200-Meter Dash

Marabeth Clark, ETSU

## 400-Meter Run

Sarah Sanford, Samford

## 800-Meter Run

Jacquelyn Crow, Furman

## 60m Hurdles

Sarah Sanford, Samford  
Alyiah Riley, Western Carolina  
Qiona Payton, Samford

## 3,000-Meter Run

Emma Mashburn, Furman  
Emily Drouin, Chattanooga  
Bryce Seymour, Furman

## 5,000-Meter Run

Emma Mashburn, Furman  
Emily Drouin, Chattanooga  
Anna Kate Chance, Chattanooga

## Mile

Jacquelyn Crow, Furman  
Karisa Nelson, Samford

## High Jump

Carrie Neill, Samford  
Julia Logan, VMI  
Katie Beverlein, Wofford

## Long Jump

Timia Easley, ETSU  
Tiana Pisoni, Samford  
Asyria Daniels, The Citadel

## Triple Jump

Tiana Pisoni, Samford  
Adriana Watkins, ETSU  
Kennedy Smith, VMI

## Pentathlon

Katie Beuerlein, Wofford  
Victoria Wicks, Samford  
Adriana Watkins, ETSU

## 2016

## 60-Meter Dash

Mia Little, Western Carolina  
BriAnna Adams, Western Carolina  
Kiana Davis, ETSU

## 200-Meter Dash

BriAnna Adams, Western Carolina  
Kiana Davis, ETSU  
Daijah White, Samford

## 400-Meter Run

Dasha Arnaut, Western Carolina  
Sally Woerner, Western Carolina

## 800-Meter Run

None

## 60m Hurdles

Kyra Atkins, ETSU  
Amber Lust, Wofford

## 3,000-Meter Run

None

## 5,000-Meter Run

Kathleen Mansure, UNCG  
Alexandria Forster, Wofford  
Rebeka Fadgyas, Wofford

## Mile

Haley Morris, Chattanooga

## High Jump

Selena Popp, Samford  
Rebekah Fox, ETSU  
Ashley Parker, Western Carolina

## Long Jump

Kyra Atkins, ETSU  
Brenea Thomas, VMI  
Tamilia Wright, Western Carolina

## Triple Jump

Tamilia Wright, Western Carolina  
Megan Meadow, Samford  
Alanna Johnson, Western Carolina

## Shot Put

Tatiana Taylor, Samford  
Simone Williams, Western Carolina  
Kameron Cass, The Citadel

## Weight Throw

Tatiana Taylor, Samford  
Camille Caldwell, Samford  
Simone Williams, Western Carolina

## Pentathlon

Selena Popp, Samford  
Amber Lust, Wofford  
Megan Meadow, Samford

## 2017

## 60-Meter Dash

Jazmine Gooden, Western Carolina

## 200-Meter Dash

Jazmine Gooden, Western Carolina

## 400-Meter Run

Rachel Dixon, Samford  
Kassidy Morton, Wofford  
Sarah Fairchild, Samford

## 800-Meter Run

Presley Weems, Samford  
Riley Burr, Furman  
Shian Mallory, Samford

## 60m Hurdles

Jazmine Gooden, Western Carolina

## 3,000-Meter Run

Emma Grace Hurley, Furman  
Gabrielle Jennings, Furman  
Savannah Carnahan, Furman

## 5,000-Meter Run

Savannah Carnahan, Furman  
Anna Hayden, Furman  
Grace Dwyer, Furman

## Mile

Gabrielle Jennings, Furman  
Emma Grace Hurley, Furman  
Taylor Delaney, UNCG

## High Jump

Charlotte Krause, Samford  
Imani Bennet, Western Carolina

## Long Jump

Jazmine Gooden, Western Carolina  
Erin Hines, Samford  
Imani Bennett, Western Carolina

## Triple Jump

Imani Bennett, Western Carolina  
Jazmine Gooden, Western Carolina  
Ationza Smith, ETSU

## Shot Put

Maggie Johnston, Samford  
Mahogani Holiday, Western Carolina  
Amy Yarborough, Western Carolina

## Weight Throw

Jess Page, The Citadel  
Amy Yarborough, Western Carolina  
Margaret Hayden, ETSU

## Pentathlon

Erin Hines, Samford  
Kiara Price, ETSU



# 2017 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	170
2.	Samford	155
3.	ETSU	137
4.	Furman	87
5.	The Citadel	57
6.	Wofford	44
7.	UNCG	4

### 60-Meter Dash

1. Matthew Moore, ETSU	6.77
2. Emmanuel Tait, SAM	6.81
3. Josiah Johnson, CIT	6.82
4. Patrick Taylor, ETSU	6.90
5. Shelby Campbell, SAM	6.98
6. John Bapoupeleh, WOF	7.13
7. Josh Little, WCU	7.13
8. Henry Kiedy, WCU	7.14

### 200-Meter Dash

1. Patrick Taylor, ETSU	21.88
2. Dominic Smith Jr., SAM	21.94
3. Josiah Johnson, CIT	22.01
4. Dakota Lamont, WCU	22.10
5. Henry Kiedy, WCU	22.18
6. Devaniel Dale, WCU	22.33
7. Carson Moore, SAM	22.83
8. John Bapoupeleh, WOF	22.98

### 400-Meter Run

1. Dakota Lamont, WCU	48.41
2. Michael Williams, ETSU	48.73
3. Henry Kiedy, WCU	49.02
4. Trey Richardson, CIT	49.78
5. Devaniel Dale, WCU	50.09
6. Dylan Andrade, WCU	50.23
7. Bradford Smith, WOF	50.58
8. Carson Howe, SAM	51.96

### 800-Meter Run

1. Ryan Adams, FUR	1:53.02
2. Harper Sigler, ETSU	1:53.07
3. Ashton Wilson, ETSU	1:53.89
4. Thomas Miller, ETSU	1:54.23
5. Jack Zemp, WOF	1:55.55
6. Miles Greer, WCU	1:55.73
7. Thomas Moore, FUR	1:56.88
8. Madison Daniel, FUR	1:59.34

### Mile Run

1. Troy Reeder, FUR	4:14.06
2. Ryan Adams, FUR	4:16.35
3. Jake Ogden, FUR	4:18.36
4. Ben Bryant, SAM	4:19.52
5. Josh Salter, SAM	4:21.21
6. Haydn Borghetti-Metz, ETSU	4:22.16
7. Kyle Polman, FUR	4:22.43
8. Liam Brooks, WCU	4:25.03

### 3,000-Meter Run

1. Arsène Guillorel, SAM	8:15.26
2. Simeon Roberts, ETSU	8:17.08
3. Tanner Hinkle, FUR	8:18.25
4. Ben Bryant, SAM	8:20.34
5. Aaron Templeton, FUR	8:23.62
6. Adam Bradtmueller, ETSU	8:24.38
7. Luke Meade, FUR	8:26.61
8. Matt Lange, FUR	8:27.20

### 5,000-Meter Run

1. Arsène Guillorel, SAM	14:21.39
2. Tanner Hinkle, FUR	14:27.22
3. Simeon Roberts, ETSU	14:28.84
4. Aaron Templeton, FUR	14:32.41
5. Mason Coppi, FUR	14:36.72
6. Josh Brickell, FUR	14:36.82
7. David Winchester, ETSU	14:38.21
8. Ben Bryant, SAM	14:41.02

### 60-Meter Hurdles

1. Emmanuel Tait, SAM	8:13
2. Michael Williams, ETSU	8:17
3. Malik Diggs, CIT	8:23
4. Devyn Jones, WCU	8:29
5. Anthony Richardson, WCU	8:44
6. J'Len Wilson, WCU	8:46
7. Cory Alston, WCU	8:62
8. Nathan Rivera, ETSU	8:76

### Distance Medley

1. Furman	10:05.42
2. Western Carolina	10:11.88
3. Samford	10:16.97
4. ETSU	10:23.75
5. Wofford	10:41.01
6. The Citadel	12:06.19

### 4x400-Meter Relay

1. Western Carolina	3:16.68
2. The Citadel	3:20.99
3. Wofford	3:24.44
4. Furman	3:29.88
5. UNCG	3:34.47
-- ETSU	DNF
-- Samford	DQ

### High Jump

1. Keyth Fightmaster, SAM	2.16m
2. Khalil Jackson, WCU	2.05m
3. Mick Noel, CIT	1.95m
P Jackson Nosbisch, CIT	1.95m
5. Jon Waarvik, SAM	1.95m
6. Nathan Rivera, ETSU	1.90m
7. Dijoun Huitt, WCU	1.85m
8. J'Len Wilson, WCU	1.80m

### Pole Vault

1. Tray Oates, SAM	5.20m
2. Brett Squibbs, ETSU	5.10m
3. Chris Thrasher, SAM	4.85m
4. Gavin Gautreau, SAM	4.70m
5. Thor Smith, WCU	4.70m
6. Corey Ginley, WCU	4.55m
7. Sage Murphy, ETSU	4.55m
8. Robert Stout, WOF	4.10m

### Long Jump

1. Patrick Taylor, ETSU	7.41m
2. Marquis Barnes, SAM	7.35m
3. Nathan Rivera, ETSU	7.00m
4. Javion Lee, SAM	6.91m
5. Dijoun Huitt, WCU	6.88m
6. Andrew Patterson, SAM	6.78m
7. Kevin Hires, WCU	6.74m
8. Jon Waarvik, SAM	6.72m

### Triple Jump

1. Javion Lee, SAM	14.95m
2. Kevin Hires, WCU	14.62m
3. Dijoun Huitt, WCU	14.42m
4. Marquis Barnes, SAM	14.05m
5. Omar Mingo, WOF	13.91m
6. Tremaine Kernes, WCU	13.57m
7. Dondray Copeland, CIT	13.32m
8. Jon Waarvik, SAM	13.04m

### Shot Put

1. Mateius Brown, WCU	15.27m
2. Scott Peretin, WCU	14.78m
3. Chase Stehling, WCU	14.71m
4. Jacob Dunlap, ETSU	14.48m
5. Dakota Wright, WCU	14.34m
6. Evan Albertson, WCU	14.18m
7. Tyler Schiemann, CIT	13.85m
8. Benjamin Johnson, ETSU	13.36m

### Weight Throw

1. Scott Peretin, WCU	18.91m
2. Derrick Freeland, CIT	18.88m
3. Chase Stehling, WCU	18.00m
4. Dakota Wright, WCU	17.56m
5. Benjamin Johnson, ETSU	17.41m
6. James Hayworth, WOF	16.10m
7. Mateius Brown, WCU	15.08m
8. Longinus Nnodim, WOF	14.58m

### Heptathlon

1. Nathan Rivera, ETSU	5041
2. Jay Vines, SAM	4623
3. Robert Stout, WOF	4525
4. Conrad Heinrich, WOF	4439
5. Samuel Robinson, WOF	4373
6. Hunter Schlatter, SAM	4200
7. Anthony Richardson, WCU	3997
8. Austin Billings, WCU	3948

## Individual Awards

### Most Outstanding Athlete

Patrick Taylor, ETSU

### Most Outstanding Track Performer

Ryan Adams, Furman

### Most Outstanding Field Performer

Nathan Rivera, ETSU

### Freshman of the Year

Emmanuel Tait, Samford

### Coach of the Year

Cale McDaniel, Western Carolina

# 2017 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	208
2.	Western Carolina	151.5
3.	ETSU	107.5
4.	Furman	97
5.	VMI	47
6.	Wofford	29
7.	Chattanooga	9
8.	UNCG	7
9.	The Citadel	6

### 60-Meter Dash

1. Tayla Carter, WCU	7.43
2. Kimberly Ruch, SAM	7.59
3. Keturah Williams, ETSU	7.61
4. Mia Little, WCU	7.66
5. Tiffani Lewis, WCU	7.67
6. BriAnna Williams, WCU	7.70
7. Kiana Davis, ETSU	7.74
8. Tonia McKinley, SAM	7.85

### 200-Meter Dash

1. Tayla Carter, WCU	24.15
2. Kimberly Ruch, SAM	24.51
3. BriAnna Adams, WCU	25.03
4. Kerisha Goode, VMI	25.06
5. Kiana Davis, ETSU	25.11
6. Tonia McKinley, SAM	25.32
7. Daijah White, SAM	25.52
8. Abigail Cutcliffe, SAM	26.58

### 400-Meter Dash

1. Katrina Seymour, ETSU	55.12
2. Sarah Sanford, SAM	55.51
3. Abigail Cutcliffe, SAM	56.44
4. Corina Archie-McMillan, WCU	56.49
5. Dasha Arnaut, WCU	58.08
6. Holly Gaines, WCU	58.46
7. Sally Woerner, WCU	58.50
8. Victoria Wicks, SAM	58.62

### 800-Meter Run

1. Maddison Melchionna, UTC	2:12.38
2. Karisa Nelson, SAM	2:13.38
3. Jacquelyn Crow, FUR	2:13.88
4. Emma Garner, SAM	2:14.68
5. Nicki Smith, ETSU	2:18.32
6. Ann Sisson, FUR	2:18.42
7. Christina Hill, VMI	2:20.03
8. Sahara Fletcher, ETSU	2:20.22

### Mile Run

1. Allie Buchalski, FUR	4:51.84
2. Karisa Nelson, SAM	4:53.22
3. Ansley Bos, SAM	4:53.97
4. Emma Garner, SAM	4:55.99
5. Laura Miller, FUR	4:57.43
6. Teghan Henderson, UTC	4:57.47
7. Eira Jensen, UNCG	4:57.97
8. Jessica York, UTC	5:05.40

### 3,000-Meter Run

1. Allie Buchalski, FUR	9:55.05
2. Laura Miller, FUR	9:56.97
3. Emma Mashburn, FUR	9:57.40
4. Ansley Bos, SAM	10:01.68
5. Katy Link, UNCG	10:18.95
6. Victoria Hutchens, ETSU	10:25.18
7. Anna Kate Chance, UTC	10:29.31
8. Laney Browder, WCU	10:44.71

### 5,000-Meter Run

1. Allie Buchalski, FUR	17:23.19
2. Emma Mashburn, FUR	17:24.97
3. Laura Miller, FUR	17:25.42
4. Teghan Henderson, UTC	17:25.72
5. Bethany King, VMI	18:00.84
6. Victoria Hutchens, ETSU	18:04.37
7. Kathleen Mansure, UNCG	18:04.58
8. Emily Drouin, UTC	18:05.38

### 60-Meter Hurdles

1. Sarah Sanford, SAM	8.44
2. Kyra Atkins, ETSU	8.56
3. Alyiah Riley, WCU	8.68
4. Yaa Agyepong-Wiafe, VMI	8.70
5. Amber Lust, WOF	8.91
6. Kimberly Ruch, SAM	8.92
7. Qiona Payton, SAM	9.03
8. Jordan Highsmith, SAM	9.05

### Distance Medley

1. Chattanooga	12:03.10
2. Furman	12:12.33
3. ETSU	12:25.08
4. VMI	12:28.33
5. Wofford	12:33.16
6. Western Carolina	12:33.28
7. Samford	12:41.08
8. UNCG	13:04.95

### 4x400-Meter Relay

1. Samford	3:48.69
2. Western Carolina	3:50.37
3. ETSU	3:50.49
4. Wofford	3:59.51
5. VMI	4:04.75
6. The Citadel	4:06.42
7. Chattanooga	4:07.22
8. Furman	4:09.68

### High Jump

1. Courtney Pregelaman, SAM	1.70m
2. Carrie Neill, SAM	1.64m
3. Selena Popp, SAM	1.64m
4. Julia Logan, VMI	1.56m
Tiffani Lewis, WCU	1.56m
6. Rebekah Fox, ETSU	1.56m
Ashley Parker, WCU	1.56m
8. Holly Gaines, WCU	1.56m

### Pole Vault

1. Ashley Kessler, ETSU	3.75m
2. Lindsey Kessler, SAM	3.75m
3. Korie Bennett, WCU	3.65m
4. Meghan Breden, WCU	3.65m
5. Sage Proffitt, WCU	3.65m
6. Sarah Lee, SAM	3.55m
7. Emily Eustace, SAM	3.20m
8. Savannah Bowne, ETSU	3.05m

### Long Jump

1. Mia McClainn, VMI	5.34m
2. Kerisha Goode, VMI	5.24m
3. Tamilya Wright, WCU	5.22m
4. Asyria Daniels, CIT	5.13m
5. Mia Little, WCU	5.03m
6. Tiana Pisoni, SAM	5.03m
7. Kennedy Smith, VMI	4.99m
8. Tayla Carter, WCU	4.96m

### Triple Jump

1. Hannah Hardy, SAM	11.63m
2. Kyra Atkins, ETSU	11.38m
3. Kasey Widmyer, WOF	11.07m
4. Timia Easley, ETSU	10.91m
5. Asyria Daniels, CIT	10.73m
6. Nidonna Nicholson, WCU	10.56m
7. Bria Anderson, VMI	10.37m
8. Ashley Parker, WCU	10.13m

### Shot Put

1. Hailey Cook, WCU	14.65m
2. Aerial Horton, SAM	13.28m
3. Tyesha Jones, ETSU	12.73m
4. Tatiana Taylor, SAM	12.68m
5. Simone Williams, WCU	11.76m
6. Elizabeth Johnston, VMI	11.56m
7. Kameron Cass, CIT	11.54m
8. Camille Caldwell, SAM	11.48m

### Weight Throw

1. Hailey Cook, WCU	17.23m
2. Aerial Horton, SAM	16.49m
3. Tatiana Taylor, SAM	16.24m
4. Tyesha Jones, ETSU	15.58m
5. Logan Edwards, VMI	15.15m
6. Camille Caldwell, SAM	14.91m
7. Simone Williams, WCU	14.33m
8. Alexandra King, WOF	12.93m

### Pentathlon

1. Holly Gaines, WCU	3,492
2. Hannah Hardy, SAM	3,425
3. Selena Popp, SAM	3,377
4. Jordan Highsmith, SAM	3,374
5. Amber Lust, WOF	3,130
6. Megan Meadow, SAM	3,085
7. Nidonna Nicholson, WCU	3,078
8. Marisa Scott, WCU	3,014

## Individual Awards

### Most Outstanding Athlete

Katrina Seymour, ETSU

### Most Outstanding Track Performer

Katrina Seymour, ETSU

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Savannah Carnahan, Furman  
Presley Weems, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2016 MEN'S CHAMPIONSHIP

## Team Results

Team Finish	Points
1. Western Carolina	183
2. Samford	129
3. VMI	126
4. ETSU	101
5. Furman	57
6. The Citadel	35
7. Wofford	28
8. UNCG	3

### 60-Meter Dash

1. Matthew Moore, ETSU	6.79
2. Patrick Taylor, ETSU	6.89
3. Jermaine Lewis, WCU	6.90
4. Greg Henderson, VMI	6.93
5. Shelby Campbell, SAM	7.00
6. Josiah Johnson, CIT	7.02
7. Quan Myers, VMI	7.13

### 200-Meter Dash

1. Greg Henderson, VMI	22.91
2. Aron Long, VMI	22.01
3. Dakota Lamont, WCU	22.06
4. Jermaine Lewis, WCU	22.25
5. Lamaris Reed, VMI	22.58
6. Dante Ortado, WCU	22.44
7. A'Darrius Sanders, ETSU	22.50

### 400-Meter Run

1. Michael Williams, ETSU	48.39
2. Dakota Lamont, WCU	48.52
3. Henry Kiedy, WCU	48.68
4. Andrew Gould, VMI	49.58
5. Devin Singleton, CIT	49.74
6. Tevin Williams, CIT	49.99
7. Jay Vines, SAM	50.26
8. Deondre Anderson, VMI	50.80

### 800-Meter Run

1. Brandon Hazouri, SAM	1:51.31
2. Avery Martin, VMI	1:51.57
3. Joe Harbacevich, WOF	1:53.06
4. Ryan Adams, FUR	1:53.78
5. Jamie Bigby, WCU	1:54.46
6. Adam Jones, SAM	1:54.84
7. Caleb Albrecht, WCU	1:56.33
8. Justin Kenard, WCU	1:57.93

### Mile Run

1. Brandon Hazouri, SAM	4:10.17
2. Avery Martin, VMI	4:10.80
3. Troy Reeder, FUR	4:11.43
4. Simeon Roberts, ETSU	4:11.97
5. Ryan Adams, FUR	4:13.22
6. James Broom, VMI	4:17.40
7. Alex Michaels, WOF	4:18.62
8. Owen Bailey, SAM	4:21.30

### 3,000-Meter Run

1. Arsène Guillorel, SAM	8:09.62
2. Troy Reeder, FUR	8:17.37
3. Simeon Roberts, ETSU	8:18.25
4. Aaron Templeton, FUR	8:19.32
5. Tanner Hinkle, FUR	8:30.01
6. Liam Brooks, WCU	8:30.85
7. Daniel DeNijs, VMI	8:38.23
8. Austin Sprague, FUR	8:40.07

### 5,000-Meter Run

1. Arsène Guillorel, SAM	13:55.73
2. Tanner Hinkle, FUR	14:20.00
3. Aaron Templeton, FUR	14:35.34
4. Troy Reeder, FUR	14:51.50
5. Liam Brooks, WCU	14:54.38
6. Luke Weishaar, SAM	14:54.44
7. Austin Sprague, FUR	14:59.54
8. Sean Helmke, VMI	15:11.66

### 60-Meter Hurdles

1. Michael Williams, ETSU	8.14
2. Davon Guerrier, VMI	8.20
3. Lee Warren, VMI	8.27
4. Tyler Houston, ETSU	8.29
5. Conrad Heinrich, WOF	8.63
6. Kevin Hires, WCU	8.64
7. Malik Diggs, CIT	8.67
8. Jay Vines, SAM	14.77

### Distance Medley

1. Samford	10:11.67
2. VMI	10:17.04
3. ETSU	10:17.11
4. Wofford	10:21.08
5. The Citadel	10:22.82
6. Western Carolina	10:23.47
7. Furman	10:31.52
8. UNCG	11:04.04

### 4x400-Meter Relay

1. Samford	3:48.69
2. Western Carolina	3:50.37
3. ETSU	3:50.49
4. Wofford	3:59.51
5. VMI	4:04.75
6. The Citadel	4:06.42
7. Chattanooga	4:07.22
8. Furman	4:09.68
9. UNCG	4:28.27

### High Jump

1. Tyrie Adams, WCU	2.09m
2. Jamie Brown, WCU	2.06m
3. Khalil Jackson, WCU	2.06m
4. Keyth Fightmaster, SAM	2.03m
5. Jordan Scott, ETSU	2.00m
6. Christian Carswell, WCU	1.95m
7. Jackson Nosbisch, CIT	1.95m
8. Mick Noel, CIT	1.95m

### Pole Vault

1. Tray Oates, SAM	5.10m
2. Austin Eckenroth, SAM	5.00m
3. Gavin Gautreau, SAM	5.00m
4. Brett Squibbs, ETSU	4.90m
5. Dustin Triplett, WCU	4.90m
6. Corey Ginley, WCU	4.90m
7. Chris Thrasher, SAM	4.75m
8. Grant Holmes, VMI	4.60m

### Long Jump

1. Jamie Brown, WCU	7.28m
2. Marquis Barnes, SAM	7.20m
3. Patrick Taylor, ETSU	7.04m
4. Javion Lee, SAM	6.88m
5. Tevin Johnson, WOF	6.86m
6. Christian Carswell, WCU	6.83m
7. David Johnson, WCU	6.72m
8. Tyrie Adams, WCU	6.71m

### Triple Jump

1. David Johnson	14.94m
2. Javion Lee, SAM	14.89m
3. Jamie Brown, WCU	14.75m
4. Kevin Hires, WCU	14.50m
5. Mikal Halim, ETSU	13.75m
6. Yohana Koko, ETSU	13.72m
7. Jerry Bryant, WCU	13.40m
8. Omar Mingo, WOF	13.36m

### Shot Put

1. Joel Hoisington, VMI	16.28m
2. Jordan White, VMI	16.20m
3. Jared Johnson, WCU	16.09m
4. Derrick Freeland, CIT	15.36m
5. Grant Sanchez, VMI	15.23m
6. Scott Peretin, WCU	15.00m
7. William Condrey, VMI	14.79m
8. Jacob Dunlap, ETSU	14.53m

### Weight Throw

1. Jordan White	19.21m
2. Jared Johnson, WCU	18.50m
3. Scott Peretin, WCU	17.33m
4. Derrick Freeland, CIT	16.84m
5. Dakota Wright, WCU	16.39m
6. Chase Stehling, WCU	16.36m
7. James Hayworth, WOF	16.06m
8. Mateius Brown, WCU	

### Heptathlon

1. Nathan Rivera, ETSU	4,335
2. Christian Carswell, WCU	4,273
3. Andrew Patterson, SAM	3,904
4. Draven Crist, WCU	3,801
5. Desmond Weinberg, VMI	3,641
6. Levi Whitt, VMI	3,639
7. Austin Billings, SAM	3,597
8. Conrad Heinrich, WOF	3,508

## Individual Awards

### Most Outstanding Athlete

Jamie Brown, Western Carolina

### Most Outstanding Track Performer

Arsène Guillorel, Samford

### Most Outstanding Field Performer

Jordan White, VMI

### Freshman of the Year

Jamie Brown, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2016 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	216
2.	Western Carolina	164
3.	ETSU	84.50
4.	Furman	80
5.	VMI	50.50
6.	Chattanooga	34
7.	Wofford	20
8.	UNCG	9
9.	The Citadel	5

### 60-Meter Dash

1.	Tayla Carter, WCU	7.43
2.	Kimberly Ruch, SAM	7.59
3.	Keturah Williams, ETSU	7.61
4.	Mia Little, WCU	7.66
5.	Tiffani Lewis, WCU	7.67
6.	BriAnna Williams, WCU	7.70
7.	Kiana Davis, ETSU	7.74
8.	Tonia McKinley, SAM	7.85

### 200-Meter Dash

1.	Tayla Carter, WCU	24.15
2.	Kimberly Ruch, SAM	24.51
3.	BriAnna Adams, WCU	25.03
4.	Kerisha Goode, VMI	25.06
5.	Kiana Davis, ETSU	25.11
6.	Tonia McKinley, SAM	25.32
7.	Daijah White, SAM	25.52
8.	Abigail Cutcliffe, SAM	26.58

### 400-Meter Dash

1.	Katrina Seymour, ETSU	55.12
2.	Sarah Sanford, SAM	55.51
3.	Abigail Cutcliffe, SAM	56.44
4.	Corina Archie-McMillan, WCU	56.49
5.	Dasha Arnaut, WCU	58.08
6.	Holly Gaines, WCU	58.46
7.	Sally Woerner, WCU	58.50
8.	Victoria Wicks, SAM	58.62

### 800-Meter Run

1.	Maddison Melchionna, UTC	2:12.38
2.	Karisa Nelson, SAM	2:13.38
3.	Jacquelyn Crow, FUR	2:13.88
4.	Emma Garner, SAM	2:14.68
5.	Nicki Smith, ETSU	2:18.32
6.	Ann Sisson, FUR	2:18.42
7.	Christina Hill, VMI	2:20.03
8.	Sahara Fletcher, ETSU	2:20.22

### Mile Run

1.	Allie Buchalski, FUR	4:51.84
2.	Karisa Nelson, SAM	4:53.22
3.	Ansley Bos, SAM	4:53.97
4.	Emma Garner, SAM	4:55.99
5.	Laura Miller, FUR	4:57.43
6.	Teghan Henderson, UTC	4:57.47
7.	Eira Jensen, UNCG	4:57.97
8.	Jessica York, UTC	5:05.40

### 3,000-Meter Run

1.	Allie Buchalski, FUR	9:55.05
2.	Laura Miller, FUR	9:56.97
3.	Emma Mashburn, FUR	9:57.40
4.	Ansley Bos, SAM	10:01.68
5.	Katy Link, UNCG	10:18.95
6.	Victoria Hutchens, ETSU	10:25.18
7.	Anna Kate Chance, UTC	10:29.31
8.	Laney Browder, WCU	10:44.71

### 5,000-Meter Run

1.	Allie Buchalski, FUR	17:23.19
2.	Emma Mashburn, FUR	17:24.97
3.	Laura Miller, FUR	17:25.42
4.	Teghan Henderson, UTC	17:25.72
5.	Bethany King, VMI	18:00.84
6.	Victoria Hutchens, ETSU	18:04.37
7.	Kathleen Mansure, UNCG	18:04.58
8.	Emily Drouin, UTC	18:05.38

### 60-Meter Hurdles

1.	Sarah Sanford, SAM	8.44
2.	Kyra Atkins, ETSU	8.56
3.	Alyiah Riley, WCU	8.68
4.	Yaa Agyepong-Wiafe, VMI	8.70
5.	Amber Lust, WOF	8.91
6.	Kimberly Ruch, SAM	8.92
7.	Qiona Payton, SAM	9.03
8.	Jordan Highsmith, SAM	9.05

### Distance Medley

1.	Chattanooga	12:03.10
2.	Furman	12:12.33
3.	ETSU	12:25.08
4.	VMI	12:28.33
5.	Wofford	12:33.16
6.	Western Carolina	12:33.28
7.	Samford	12:41.08
8.	UNCG	13:04.95

### 4x400-Meter Relay

1.	Samford	3:48.69
2.	Western Carolina	3:50.37
3.	ETSU	3:50.49
4.	Wofford	3:59.51
5.	VMI	4:04.75
6.	The Citadel	4:06.42
7.	Chattanooga	4:07.22
8.	Furman	4:09.68

### High Jump

1.	Courtney Pregelaman, SAM	1.70m
2.	Carrie Neill, SAM	1.64m
3.	Selena Popp, SAM	1.64m
4.	Julia Logan, VMI	1.56m
	Tiffani Lewis, WCU	1.56m
6.	Rebekah Fox, ETSU	1.56m
	Ashley Parker, WCU	1.56m
8.	Holly Gaines, WCU	1.56m

### Pole Vault

1.	Ashley Kessler, ETSU	3.75m
2.	Lindsey Kessler, SAM	3.75m
3.	Korie Bennett, WCU	3.65m
4.	Meghan Breden, WCU	3.65m
5.	Sage Proffitt, WCU	3.65m
6.	Sarah Lee, SAM	3.55m
7.	Emily Eustace, SAM	3.20m
8.	Savvanah Bowe, ETSU	3.05m

### Long Jump

1.	Mia McClainn, VMI	5.34m
2.	Kerisha Goode, VMI	5.24m
3.	Tamilia Wright, WCU	5.22m
4.	Asyria Daniels, CIT	5.13m
5.	Mia Little, WCU	5.03m
6.	Tiana Pisoni, SAM	5.03m
7.	Kennedy Smith, VMI	4.99m
8.	Tayla Carter, WCU	4.96m

### Triple Jump

1.	Hannah Hardy, SAM	11.63m
2.	Kyra Atkins, ETSU	11.38m
3.	Kasey Widmyer, WOF	11.07m
4.	Timia Easley, ETSU	10.91m
5.	Asyria Daniels, CIT	10.73m
6.	Nidonna Nicholson, WCU	10.56m
7.	Bria Anderson, VMI	10.37m
8.	Ashley Parker, WCU	10.13m

### Shot Put

1.	Hailey Cook, WCU	14.65m
2.	Aerial Horton, SAM	13.28m
3.	Tyesha Jones, ETSU	12.73m
4.	Tatiana Taylor, SAM	12.68m
5.	Simone Williams, WCU	11.76m
6.	Elizabeth Johnston, VMI	11.56m
7.	Kameron Cass, CIT	11.54m
8.	Camille Caldwell, SAM	11.48m

### Weight Throw

1.	Hailey Cook, WCU	17.23m
2.	Aerial Horton, SAM	16.49m
3.	Tatiana Taylor, SAM	16.24m
4.	Tyesha Jones, ETSU	15.58m
5.	Logan Edwards, VMI	15.15m
6.	Camille Caldwell, SAM	14.91m
7.	Simone Williams, WCU	14.33m
8.	Alexandra King, WOF	12.93m

### Pentathlon

1.	Holly Gaines, WCU	3,492
2.	Hannah Hardy, SAM	3,425
3.	Selena Popp, SAM	3,377
4.	Jordan Highsmith, SAM	3,374
5.	Amber Lust, WOF	3,130
6.	Megan Meadow, SAM	3,085
7.	Nidonna Nicholson, WCU	3,078
8.	Marisa Scott, WCU	3,014

## Individual Awards

### Most Outstanding Athlete

Allie Buchalski, Furman

### Most Outstanding Track Performer

Allie Buchalski, Furman

### Most Outstanding Field Performer

Hailey Cook, Western Carolina

### Freshman of the Year

Kyra Atkins, ETSU

### Coach of the Year

Rodd Tiffin, Samford



# 2015 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	228
2.	Samford	155
3.	VMI	98.50
4.	Furman	92
5.	The Citadel	40.50
6.	Chattanooga	32
7.	Wofford	12
8.	UNCG	4

### 60-Meter Dash

1.	Jermaine Lewis, WCU	6.83
2.	Brenden Caldwell, WCU	6.93
3.	Chris Hancock, WCU	6.98
4.	Jerry Wickerson, WCU	7.04
5.	Demari Boswell, WCU	7.07
6.	Shelby Campbell, SAM	7.11
7.	Lamaris Reed, VMI	7.12
8.	Aron Long, VMI	7.14

### 200-Meter Dash

1.	Chris Hancock, WCU	21.91
2.	Jerry Wickerson, WCU	22.08
3.	Aron Long, VMI	22.13
4.	Dakota Lamont, WCU	22.32
5.	Henry Kiedy, WCU	22.38
6.	Jacob Noorbergen, UTC	22.43
7.	Julian Jackson, VMI	22.50
8.	Demari Boswell, WCU	30.27

### 400-Meter Run

1.	Aaron Tribble, WCU	48.66
2.	Dakota Lamont, WCU	48.96
3.	Julian Jackson, VMI	49.29
4.	Carson Howe, SAM	49.72
5.	Devin Singleton, CIT	49.84
6.	Kaleb McEntyre, WCU	53.97
7.	Demari Boswell, WCU	1:00.28
8.	Henry Kiedy, WCU	DQ

### 800-Meter Run

1.	Brandon Hazouri, SAM	1:54.73
2.	Avery Martin, VMI	1:55.58
3.	Marquis Carter, UTC	1:55.67
4.	William Ivey, FUR	1:56.99
5.	Jamie Bigby, WCU	1:57.95
6.	Trevor Janssen, UTC	1:58.13
7.	Nate Gray Wolf Riech, FUR	1:58.47
8.	Michael Cornwell, WCU	2:01.05

### Mile Run

1.	Troy Reeder, FUR	4:08.21
2.	Brandon Hazouri, SAM	4:08.35
3.	Avery Martin, VMI	4:09.19
4.	Brock Baker, FUR	4:12.52
5.	James Perez, FUR	4:12.78
6.	William Ivey, FUR	4:13.79
7.	Michael Cornwell, WCU	4:14.33
8.	Austin Sprague, FUR	4:14.37

### 3,000-Meter Run

1.	Tripp Hurt, FUR	8:29.81
2.	Arsène Guillorel, SAM	8:30.20
3.	Brock Baker, FUR	8:30.55
4.	Luke Weishaar, SAM	8:32.84
5.	Tanner Hinkle, FUR	8:33.18
6.	Lee Shearer, FUR	8:38.78
7.	Paul Stuart, UTC	8:40.45
8.	Patrick Spahn, VMI	8:42.17

### 5,000-Meter Run

1.	Tripp Hurt, FUR	14:18.23
2.	Arsène Guillorel, SAM	14:18.45
3.	Tanner Hinkle, FUR	14:25.53
4.	Josh Brickell, FUR	14:35.72
5.	Aaron Templeton, FUR	14:42.97
6.	Troy Reeder, FUR	14:44.16
7.	Paul Stuart, UTC	14:53.45
8.	Luke Weishaar, SAM	14:57.80

### 60-Meter Hurdles

1.	Marquis Bailey, WCU	8.14
2.	Abraham Faison, WCU	8.22
3.	Quincy Murphy, VMI	8.39
4.	Lee Warren, VMI	8.58
5.	Drake Watson, UTC	8.74
6.	Marquis Barnes, SAM	8.84
7.	Davon Guerrier, VMI	8.86
8.	Samuel Robinson, WOF	8.97

### Distance Medley

1.	Furman	10:06.16
2.	Chattanooga	10:11.17
3.	Western Carolina	10:12.81
4.	Samford	10:25.00
5.	VMI	10:28.21
6.	The Citadel	10:40.37
7.	UNCG	10:42.91
8.	Wofford	10:48.11

### 4x400-Meter Relay

1.	Western Carolina	3:17.07
2.	The Citadel	3:18.54
3.	Samford	3:20.49
4.	VMI	3:22.46
5.	Chattanooga	3:25.17
6.	Wofford	3:28.48
7.	UNCG	3:29.75
8.	Furman	3:36.18

### High Jump

1.	Keyth Fightmaster, SAM	2.15m
2.	Mick Noel, CIT	1.96m
3.	Jaquell Bryant, WCU	1.93m
4.	Christian Carswell, WCU	1.93m
5.	Jackson Nobsisch, CIT	1.93m
6.	Tevin Johnson, WOF	1.88m
7.	Austin Billings, SAM	1.88m
8.	Andrew Patterson, SAM	1.88m

### Pole Vault

1.	Tray Oates, SAM	5.02m
2.	Austin Eckenroth, SAM	5.02m
3.	Chris Thrasher, SAM	4.62m
4.	Thor Smith, WCU	4.62m
5.	Dustin Triplett, WCU	4.42m
	Grant Holmes, VMI	4.42m
7.	Christian Carswell, WCU	4.27m
8.	Sean Connolly, VMI	4.12m

### Long Jump

1.	Brendan Caldwell, WCU	6.89m
2.	Javion Lee, SAM	6.79m
3.	Abraham Faison, WCU	6.76m
4.	Lamaris Reed, VMI	6.76m
5.	Jordan Santana, WCU	6.75m
6.	Tevin Johnson, WOF	6.69m
7.	Quincy Murphy, VMI	6.67m
8.	David Johnson, WCU	6.64m

### Triple Jump

1.	David Johnson, WCU	14.80m
2.	Javion Lee, SAM	14.51m
3.	Kevin Hires, WCU	13.98m
4.	Jordan Santana, WCU	13.64m
5.	Marquis Barnes, SAM	13.38m
6.	Lamaris Reed, VMI	13.16m
7.	Christian Carswell, WCU	13.11m
8.	Andrew Patterson, SAM	12.99m

### Shot Put

1.	Jordan White, VMI	16.26m
2.	Jared Johnson, WCU	15.76m
3.	Sidney Jordan, SAM	15.64m
4.	Scott Peretin, WCU	15.01m
5.	Grant Sanchez, VMI	14.67m
6.	Derrick Freeland, CIT	14.37m
7.	Brian Smith, SAM	14.31m
8.	William Condrey, VMI	14.08m

### Weight Throw

1.	Jared Johnson, WCU	18.64m
2.	Geno Porter, CIT	17.77m
3.	Sidney Jordan, SAM	17.35m
4.	Jordan White, VMI	16.28m
5.	Brian Hill, SAM	15.56m
6.	Scott Peretin, WCU	15.35m
7.	Sadarius Lucas, CIT	15.21m
8.	James Hayworth, WOF	15.07m

### Heptathlon

1.	Quincy Murphy, VMI	4,952
2.	Christian Carswell, WCU	4,755
3.	Marquis Barnes, SAM	4,688
4.	Josh Davies, SAM	4,463
5.	Andrew Patterson, SAM	4,415
6.	Dustin Triplett, WCU	4,357
7.	Austin Billings, SAM	4,330
8.	Jordan Santana, WCU	4,277

## Individual Awards

### Most Outstanding Athlete

Tripp Hurt, Furman

### Most Outstanding Track Performer

Tripp Hurt, Furman

### Most Outstanding Field Performer

Jared Johnson, Western Carolina

### Freshman of the Year

Brenden Caldwell, Western Carolina

### Coach of the Year

Danny Williamson

# 2015 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	226
2.	Samford	155
3.	ETSU	96
4.	Furman	83
5.	Chattanooga	46
6.	The Citadel	24
7.	VMI	23
T8.	Wofford	5
T8.	UNCG	5

### 60-Meter Dash

1.	Tayla Carter, WCU	7.49
2.	Keturah Williams, ETSU	7.60
3.	Demeteria Edgecombe, ETSU	7.66
4.	Kayla Williams, WCU	7.78
5.	Tiffani Lewis, WCU	7.83
6.	Chenell Bryan, WCU	7.87
7.	Kimberly Ruch, SAM	7.93
8.	Xaviera Bass, WCU	7.98

### 200-Meter Dash

1.	Tayla Carter, WCU	24.46
2.	Keturah Williams, ETSU	24.61
3.	Tanisha Bethel, CIT	25.22
4.	Demeteria Edgecombe, ETSU	25.35
5.	Genevieve Emrick, WCU	25.51
6.	Kayla Williams, WCU	25.79
7.	Marabeth Clark, ETSU	25.96
8.	Corina Archie-McMillan, WCU	26.36

### 400-Meter Dash

1.	Genevieve Emrick, WCU	55.44
2.	Sarah Sanford, SAM	56.43
3.	Corina Archie-McMillan, WCU	57.08
4.	Sarah Johnson, CIT	57.90
5.	Emani Little, CIT	57.94
6.	Lena Elliott, WCU	58.32
7.	Michaela Williams, WCU	59.12
8.	Kianna Howard, UTC	59.53

### 800-Meter Run

1.	Marie DeMedicis, SAM	2:11.58
2.	Anna Irvine, SAM	2:12.73
3.	Maddison Melchionna, UTC	2:13.39
4.	Jacquelyn Crow, FUR	2:13.41
5.	Katelyn Brock, SAM	2:14.85
6.	Hannah Chamblin, UTC	2:15.25
7.	Carolyn Hinch, ETSU	2:21.06
8.	Lena Elliott, WCU	2:38.46

### Mile Run

1.	Jacquelyn Crow, FUR	4:58.17
2.	Ansley Bos, SAM	4:58.91
3.	Jacquelyn Crow, FUR	4:59.13
4.	Karisa Nelson, SAM	5:00.22
5.	Amanda Cotter, UTC	5:00.69
6.	Laura Miller, FUR	5:01.50
7.	Eira Jensen, UNCG	5:03.25
8.	Jessica York, UTC	5:06.14

### 3,000-Meter Run

1.	Sinead Haughey, FUR	9:27.51
2.	Allie Buchalski, FUR	9:45.21
3.	Rachel Wooten, SAM	10:03.02
4.	Emma Mashburn, FUR	10:06.62
5.	Emily Drouin, UTC	10:09.11
6.	Keeley Stewart, UTC	10:11.41
7.	Francis Bernard, SAM	10:11.69
8.	Bryce Seymour, FUR	10:37.73

### 5,000-Meter Run

1.	Sinead Haughey, FUR	16:33.51
2.	Allie Buchalski, FUR	17:08.87
3.	Emma Mashburn, FUR	17:10.33
4.	Amanda Cotter, UTC	17:11.27
5.	Laura Miller, FUR	17:21.85
6.	Emily Drouin, UTC	17:23.05
7.	Katy Link, UNCG	17:25.99
8.	Rachel Wooten, SAM	17:33.53

### 60-Meter Hurdles

1.	Demeteria Edgecombe, ETSU	8.29
2.	Xaviera Bass, WCU	8.50
3.	Sarah Sanford, SAM	8.51
4.	Kayla Williams, WCU	8.76
5.	Alyiah Riley, WCU	8.90
6.	Qiona Payton, SAM	8.95
7.	Yaa Agyepong-Wiafe, VMI	8.97
8.	Michaela Birek, WCU	9.13

### Distance Medley

1.	Chattanooga	11:49.59
2.	Samford	12:04.05
3.	ETSU	12:12.28
4.	Furman	12:20.35
5.	VMI	12:28.77
6.	Western Carolina	12:34.70
7.	The Citadel	12:53.78
8.	UNCG	13:01.02

### 4x400-Meter Relay

1.	Western Carolina	3:46.42
2.	Samford	3:51.55
3.	The Citadel	3:54.06
4.	ETSU	3:58.26
5.	Chattanooga	3:58.85
6.	VMI	4:04.31
7.	Furman	4:08.52
8.	Wofford	4:17.63

### High Jump

1.	Xaviera Bass, WCU	1.69m
2.	Anisia Starege, WCU	1.66m
3.	Molly Fagan, WCU	1.66m
4.	Courtney Pregarman, SAM	1.63m
5.	Carrie Neill, SAM	1.57m
6.	Julia Logan, VMI	1.57m
7.	Nicole Sumida, UTC	1.57m
8.	Danielle Blanco, SAM	1.52m

### Pole Vault

1.	Devyn Ressler, WCU	3.90m
2.	Ashley Kessler, ETSU	3.80m
3.	Morgan Johnson, SAM	3.80m
4.	Korie Bennett, WCU	3.50m
5.	Emily Eustace, SAM	3.35m
6.	Cara June Elyea, WCU	3.35m
7.	Meghan Breden, WCU	3.35m
8.	Emily Fulton, VMI	3.20m

### Long Jump

1.	Tiffani Lewis, WCU	5.90m
2.	Timia Easley, ETSU	5.69m
3.	Tiana Pisoni, SAM	5.53m
4.	Chenell Bryan, WCU	5.52m
5.	Xaviera Bass, WCU	5.47m
6.	Michaela Birek, WCU	5.43m
7.	Molly Fagan, WCU	5.28m
8.	Asyria Daniels, CIT	5.09m

### Triple Jump

1.	Tiana Pisoni, SAM	11.99m
2.	Adriana Watkins, ETSU	11.42m
3.	Nicole Alexander, ETSU	11.30m
4.	Tiffani Lewis, WCU	11.04m
5.	Chenell Bryan, WCU	11.03m
6.	Xaviera Bass, WCU	10.94m
7.	Kennedy Smith, VMI	10.75m
8.	Molly Fagan, WCU	10.65m

### Shot Put

1.	Alisha Bradshaw, WCU	15.04m
2.	Hailey Cook, WCU	14.51m
3.	Renee Reives, VMI	14.04m
4.	Katelyn Poole, SAM	13.61m
5.	Aerial Horton, SAM	13.02m
6.	Tyesha Jones, ETSU	12.77m
7.	Alisha Blackmon, WCU	12.44m
8.	Jasmin Brown, WCU	12.21m

### Weight Throw

1.	Alisha Bradshaw, WCU	17.80m
2.	Kristin Brining, SAM	17.25m
3.	Aerial Horton, SAM	16.80m
4.	Katelyn Poole, SAM	16.03m
5.	Hailey Cook, WCU	15.48m
6.	Tyesha Jones, ETSU	15.18m
7.	Logan Edwards, VMI	14.89m
8.	Alisha Blackmon, WCU	14.71m

### Pentathlon

1.	Michaela Birek, WCU	3,511
2.	Nicole Alexander, ETSU	3,352
3.	Danielle Blanco, SAM	3,328
4.	Jordan Highsmith, SAM	3,278
5.	Katie Beuerlein, WOF	3,251
6.	Anne Greer, WCU	3,154
7.	Holly Gaines, WCU	3,099
8.	Victoria Wicks, SAM	2,987

## Individual Awards

### Most Outstanding Athlete

Xaviera Bass, Western Carolina  
Allie Buchalski, Furman

### Most Outstanding Track Performer

Allie Buchalski, Furman

### Most Outstanding Field Performer

Xaviera Bass, Western Carolina  
Alisha Bradshaw, Western Carolina

### Freshman of the Year

Tiana Pisoni, Samford

### Coach of the Year

Danny Williamson

# 2014 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	185
2.	Appalachian State	150
3.	Samford	112
4.	The Citadel	66
5.	Furman	65
6.	Davidson	36
7.	Chattanooga	25
8.	Wofford	13
9.	UNCG	9

### 60-Meter Dash

1. Jamaal Brantley, CIT	6.82
2. Marshall McRae, APP	6.85
3. Justin Emerson, SAM	6.89
4. Jeffery Hendricks, WCU	6.91
5. Jerry Wickerson, WCU	6.94
6. Jermaine Lewis, WCU	6.96
7. William Buckley, APP	7.00
8. Earl Rahming, WCU	7.06

### 200-Meter Dash

1. Jamaal Brantley, CIT	21.97
2. Jeffery Hendricks, WCU	22.16
3. Jerry Wickerson, WCU	22.29
4. William Buckley, APP	22.44
5. Earl Rahming, WCU	22.47
6. Justin Emerson, SAM	22.62
7. Adrian Ortado, WCU	22.80
8. Demari Boswell, WCU	22.83

### 400-Meter Dash

1. Aaron Harris, WCU	48.48
2. Raphael Rojas, APP	48.56
3. Earl Rahming, WCU	48.80
4. Adrian Ortado, WCU	49.70
5. Joshua Hann, APP	50.15
6. Demari Boswell, WCU	50.43
7. Trey Edgerton, APP	50.56
8. Eric Blake, WCU	50.98

### 800-Meter Run

1. Nathan Hendershot, SAM	1:51.69
2. Brandon Hazouri, SAM	1:52.14
3. William Ivey, FUR	1:53.26
4. Patrick Rollo, DAV	1:55.40
5. Wesley Laytham, DAV	1:56.29
6. Michael Cornwell, WCU	1:56.41
7. Marquis Carter, UTC	1:57.23
8. Trevor Janssen, UTC	2:01.13

### Mile Run

1. Adam Jones, SAM	4:17.52
2. Brock Baker, FUR	4:18.27
3. Layton Dorsett, SAM	4:18.37
4. Tyron Alston, UNCG	4:21.42
5. Grayam Sailor-Tynes, DAV	4:21.67
6. JC Cornett, WCU	4:22.44
7. Alex Michaels, WOF	4:26.03
8. Brandon Cain, UNCG	4:26.52

### 3,000-Meter Run

1. Tripp Hurt, FUR	8:18.04
2. Tanner Hinkle, FUR	8:23.05
3. Kyle McFoy, APP	8:27.46
4. Whitner Chase, DAV	8:30.35
5. Harry Smithers, UTC	8:35.41
6. Luke Weishaar, SAM	8:36.11
7. Nathan Wanuch, UTC	8:41.26
8. Travis Alfaro, WCU	8:45.23

### 5,000-Meter Run

1. Tripp Hurt, FUR	14:30.76
2. Tanner Hinkle, FUR	14:32.82
3. Kyle McFoy, APP	14:46.89
4. Nathan Wanuch, UTC	14:48.11
5. John Klecker, FUR	14:48.67
6. Chris Anderson, APP	14:50.53
7. Whitner Chase, DAV	14:50.74
8. Dylan Belles, UNCG	14:58.80

### 60-Meter Hurdles

1. Marquis Bailey, WCU	8.35
2. Abraham Faison, WCU	8.35
3. Brandon Bassett, SAM	8.45
4. Charles Rappe, DAV	8.51
5. Sam Lusty, WCU	8.62
6. Kenley Joeseeph, APP	8.65
7. Matthew Beausoleil, CIT	8.68
8. Iman Isang, UTC	8.69

### Distance Medley

1. Samford	10:02.54
2. Furman	10:06.83
3. Davidson	10:10.55
4. Appalachian State	10:20.95
5. Chattanooga	10:34.61
6. Western Carolina	10:26.95
7. UNCG	10:37.56
8. Wofford	10:44.61

### 4x400-Meter Relay

1. Western Carolina	3:19.35
2. Appalachian State	3:21.44
3. The Citadel	3:22.26
4. Davidson	3:25.70
5. Chattanooga	3:29.09
6. Furman	3:33.13
7. Wofford	3:42.44
-- Samford	DNS

### High Jump

1. Brandon Bassett, SAM	2.09m
2. Samuel Allen, APP	2.04m
3. Bob Elliott II, SAM	1.99m
4. Jackson Nosbisch, CIT	1.94m
5. Tevin Johnson, WOF	1.89m
6. Darrow Goff, APP	1.89m
7. Bob McNeil, WCU	1.89m
8. Mick Noel, CIT	1.84m

### Pole Vault

1. Phillip Thomas, APP	4.70m
2. Dustin Triplett, WCU	4.70m
3. Matt Layne, APP	4.55m
4. Alex Lomax, APP	4.55m
5. Brandon Bassett, SAM	4.55m
6. Keith Leonard, WCU	4.55m
7. David Melton, CIT	4.55m
8. Chris Thrasher, SAM	4.55m

### Long Jump

1. Brandon Bassett, SAM	2.09m
2. Samuel Allen, APP	2.04m
3. Bob Elliott II, SAM	1.99m
4. Jackson Nosbisch, CIT	1.94m
5. Tevin Johnson, WOF	1.89m
6. Darro Goff, APP	1.89m
7. Bob McNeil, WCU	1.89m
8. Noel Mick, CIT	1.84m

### Triple Jump

1. Jamal Tiller, APP	15.44m
2. Adedeji Adeneye, APP	15.29m
3. Josh McSwain, WCU	15.19m
4. Bob McNeil, WCU	14.84m
5. David Johnson, WCU	14.43m
6. Henry Bustle, APP	14.33m
7. James Stovall, UTC	14.07m
8. Bob Elliott II, SAM	13.79m

### Shot Put

1. Jared Johnson, WCU	15.51m
2. Dylan Gidado, CIT	15.23m
3. Sidney Jordan, SAM	15.03m
4. Nathan Milch, APP	14.72m
5. Brian Smith, SAM	14.60m
6. John Leonard, APP	14.56m
7. Ian VanderGulik, CIT	14.55m
8. Brian Hill, SAM	14.47m

### Weight Throw

1. Jared Johnson, WCU	18.18m
2. Jonathan Howes, APP	16.63m
3. Brian Hill, SAM	16.32m
4. John Leonard, APP	16.09m
5. Geno Porter, CIT	16.05m
6. Ian VanderGulik, CIT	15.51m
7. Dylan Gidado, CIT	15.43m
8. Sidney Jordan, SAM	15.39m

### Heptathlon

1. Christian Carswell, WCU	4,681
2. Sam Lusty, WCU	4,648
3. Jackson Powers, APP	4,351
4. Tyler Bell, WCU	4,072
5. Andrew Patterson, SAM	4,020
6. Ian Aikman, CIT	3,838
7. Sam Parrott, WOF	3,057

## Individual Awards

### Most Outstanding Track Performer

Jamaal Brantley, The Citadel

### Most Outstanding Field Performer

Jared Johnson, Western Carolina

### Most Outstanding Athlete

Brandon Bassett, Samford

### Freshman of the Year

josh McSwain, Western Carolina

### Coach of the Year

Danny Williamson

# 2014 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	132
2.	Appalachian State	120.50
3.	Georgia Southern	119
4.	Samford	113.50
5.	Elon	88
6.	Chattanooga	22
7.	UNCG	18
8.	Furman	17
9.	Davidson	16
10.	The Citadel	10
11.	Wofford	3

### 60-Meter Dash

1.	Tayla Carter, WCU	7.45
2.	Jasmin Walker, GSU	7.51
3.	Breanna Alston, APP	7.62
4.	Jordan Fordham, GSU	7.74
5.	Janise Robinson, WCU	7.75
6.	Alyssa Felton, GSU	7.78
7.	Kimberly Ruch, SAM	7.82
8.	Tiffani Lewis, WCU	7.85

### 200-Meter Dash

1.	Breanna Alston, APP	24.42
2.	Tayla Carter, WCU	24.63
3.	Aarian Tipton, GSU	24.81
4.	Jasmin Walker, GSU	24.98
5.	Jordan Fordham, GSU	25.14
6.	Sydney Griffin, Elon	25.17
7.	Tanisha Bethel, CIT	25.59
8.	Bria Bell, Elon	26.19

### 400-Meter Dash

1.	Genevieve Emrick, WCU	55.62
2.	Asha Stegall, GSU	55.96
3.	Bria Bell, Elon	56.28
4.	Jennifer Pash, Elon	57.41
5.	Lena Elliott, WCU	57.44
6.	Corina Archie-McMillan, WCU	57.87
7.	Jennifer Esposito, Elon	58.67
8.	Dana Edwards, GSU	59.08

### 800-Meter Run

1.	Sherril McFarlane, GSU	2:10.54
2.	Marie Demedicis, SAM	2:11.82
3.	Shelby Howell, APP	2:12.26
4.	Hayley Tomlinson, WCU	2:12.28
5.	Anna Irvine, SAM	2:13.02
6.	Taryn Stern, APP	2:13.94
7.	Jocelyn Keen, WCU	2:15.12
8.	Brigid Behrens, DAV	2:19.97

### Mile Run

1.	Lauren D'Alessio, SAM	4:58.51
2.	Chelsea Sumney, UNCG	5:00.85
3.	Tereza Novotna, Elon	5:01.15
4.	Sarah Paddon, DAV	5:01.73
5.	Allie Buchalski, FUR	5:08.27
6.	Justine Stocks, APP	5:08.32
7.	Francis Bernard, SAM	5:10.71
8.	Rebecca Greenwall, UTC	5:12.70

### 3,000-Meter Run

1.	Allyson Oram, Elon	9:34.97
2.	Teghan Henderson, UTC	9:38.15
3.	Allie Buchalski, FUR	10:04.48
4.	Kaitlin Cagle, APP	10:05.37
5.	Elyse Bierut, Elon	10:05.97
6.	Tristin Van Ord, APP	10:06.30
7.	Rachel Wooten, SAM	10:10.52
8.	Keeley Stewart, UTC	10:19.86

### 5,000-Meter Run

1.	Shaina Sumney, UNCG	16:39.02
2.	Allyson Oram, Elon	16:53.28
3.	Teghan Henderson, UTC	16:53.70
4.	Grace Tinkey, FUR	17:01.03
5.	Tristin Van Ord, APP	17:19.44
6.	Kaitlin Cagle, APP	17:26.87
7.	Erin Osment, DAV	17:29.23
8.	Elyse Bierut, Elon	17:44.03

### 60-Meter Hurdles

1.	Sydney Griffin, Elon	8.60
2.	Alyssa Felton, GSU	8.74
3.	Xaveria Bass, WCU	8.75
4.	Ashley Cope, SAM	8.79
5.	Dana Edwards, GSU	8.88
6.	Shermell Wilkins, WCU	8.91
7.	Brittany Diggs, WCU	9.01
8.	Jennifer Esposito, Elon	9.12

### Distance Medley

1.	Samford	11:52.66
2.	Appalachian State	11:59.48
3.	Western Carolina	12:04.90
4.	Davidson	12:14.60
5.	Chattanooga	12:32.82
6.	Wofford	12:40.51
7.	Furman	12:46.97
8.	The Citadel	12:52.97

### 4x400-Meter Relay

1.	Georgia Southern	3:50.02
2.	Appalachian State	3:51.12
3.	Elon	3:52.42
4.	The Citadel	3:59.06
5.	Samford	3:59.60
6.	Davidson	4:02.98
7.	Chattanooga	4:03.74
8.	Western Carolina	4:07.15

### Long Jump

1.	Jasmin Walker, GSU	6.01m
2.	Charley Nicole, SAM	5.97m
3.	Breanna Alston, APP	5.90m
4.	Tiffani Lewis, WCU	5.72m
5.	Carrie Abraham, Elon	5.72m
6.	Camryn Coleman, GSU	5.68m
7.	Ashleigh Rasheed, GSU	5.61m
8.	Alyssa Felton, GSU	5.60m

### Triple Jump

1.	Nicole Charley, SAM	12.58m
2.	Ashleigh Rasheed, GSU	12.31m
3.	Tiffani Lewis, WCU	11.33m
4.	Carrie Abraham, Elon	11.27m
5.	Brianna Charles, GSU	11.17m
6.	Xaveria Bass, WCU	11.16m
7.	Kinnari Badger, WCU	11.09m
8.	Jayna Coyle, Elon	11.00m

### High Jump

1.	Anisisa Starege, WCU	1.75m
2.	Keyanna Harris, GSU	1.70m
3.	Xaveria Bass, WCU	1.70m
4.	Molly Fagan, WCU	1.65m
5.	Audrey Florence, APP	1.65m
6.	Haley Laird, Elon	1.65m
7.	Carrie Abraham, Elon	1.65m
	Megan Kirschling, Elon	1.65m

### Shot Put

1.	Brianna Tate, APP	14.82m
2.	Charlise Morgan, Elon	14.78m
3.	Hailey Cook, WCU	14.14m
4.	Aerial Horton, SAM	13.96m
5.	Jasmine Suydam, APP	13.69m
6.	Alisha Bradshaw, WCU	13.49m
7.	Katelyn Poole, SAM	13.48m
8.	Breanna Warren, Elon	13.14m

### Weight Throw

1.	Alisha Bradshaw, WCU	19.27m
2.	Gayshawna Watkins, APP	17.60m
3.	Ana DeLeon, APP	17.37m
4.	Jocelyn Parnell, APP	17.30m
5.	Brianna Tate, APP	17.11m
6.	Kelsey Arnold, GSU	16.97m
7.	Aerial Horton, SAM	15.94m
8.	Megan Withers, WCU	15.23m

### Pole Vault

1.	Morgan Johnson, SAM	3.87m
2.	Cassandra Crawford, APP	3.77m
3.	Ashley Cope, SAM	3.77m
4.	Claire Goodson, SAM	3.77m
5.	Debra Bomermuth, APP	3.62m
6.	Chelsea Farr, APP	3.62m
7.	Devyn Ressler, WCU	3.62m
8.	Emily Eustace, SAM	3.62m

### Pentathlon

1.	Ashley Cope, SAM	3,461
2.	Ashleigh Rasheed, GSU	3,409
3.	Nicole Levermann, CIT	3,336
4.	Danielle Blanco, SAM	3,269
5.	Michaela Birek, WCU	3,224
6.	Holly Gaines, WCU	3,193
7.	LeNiesha Kearse, WCU	3,085
8.	Morgan Johnson, SAM	3,037

## Individual Awards

### Most Outstanding Track Performer

Breanna Alston, Appalachian State

### Most Outstanding Field Performers

Ashley Cope, Samford

### Co-Most Outstanding Athlete

Breanna Alston, Appalachian State

### Freshman of the Year

Morgan Johnson, Samford

### Coach of the Year

Danny Williamson, Western Carolina



# 2013 MEN'S CHAMPIONSHIP

## Team Results

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

\* later vacated 23 points

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### High Jump

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

### Pole Vault

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

### Long Jump

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

### Triple Jump

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

### Shot Put

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

### Weight Throw

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

### Heptathlon

1.	Steven Bastien, SAM	4,916
2.	Brandon Bassett, SAM	4,658
3.	Cody Russell, SAM	4,558
4.	Ben Davies, SAM	4,450
5.	Josh Davies, SAM	4,329
6.	Bo Ackerson-Gilroy, SAM	4,294
7.	Dustin Triplett, WCU	4,103
8.	Tyler Bentley, WCU	4,013

\* later vacated

## Individual Awards

### Most Outstanding Track Performer

Brandon Hairston, Appalachian State

### Most Outstanding Field Performer

Steven Bastien, Samford

### Most Outstanding Athlete

Brandon Hairston, Appalachian State

### Freshman of the Year

Steven Bastien, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2013 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

1.	Louise PrevotEAU, Elon	3,711
2.	Ashley Cope, SAM	3,332
3.	Michaela Birek, WCU	3,330
4.	Nicole Levermann, CIT	3,327
5.	Kaitlin McWhorter, CofC	3,269
6.	Christian McGuire, SAM	3,214
7.	Ashleigh Rasheed, GSU	3,076
8.	Leslie Graf, SAM	3,053

## Individual Awards

### Most Outstanding Track Performer

Lauren D'Alessio, Samford

### Most Outstanding Field Performers

Alisha Bradshaw, Appalachian State

### Co-Most Outstanding Athlete

Laren D'Alessio, Samford  
Breanna Alston, Appalachian State

### Freshman of the Year

Tayla Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2012 MEN'S CHAMPIONSHIP

## Team Results

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

\* later vacated six points

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### High Jump

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

### Pole Vault

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

### Long Jump

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

### Triple Jump

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

### Shot Put

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

### Weight Throw

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

### Heptathlon

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

\* later vacated

## Individual Awards

**Most Outstanding Track Performer**  
Brunson Miller, The Citadel

**Most Outstanding Field Performer**  
Bo Ackerson-Gilroy, Samford

**Most Outstanding Athlete**  
Bo Ackerson-Gilroy, Samford

**Freshman of the Year**  
Abraham Faison, Western Carolina

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

# 2012 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	157.17
2.	Western Carolina	113
3.	Georgia Southern	92
4.	Samford	85
5.	Elon	72.33
6.	College of Charleston	59
7.	UNCG	36
8.	Furman	17
9.	Chattanooga	12
10.	Wofford	9.50
11.	The Citadel	9
12.	Davidson	1

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Dena O'Brien, College of Charleston

### Most Outstanding Field Performers

Gayshawna Watkins, Appalachian State

### Most Outstanding Athlete

Dena O'Brien, College of Charleston

### Freshman of the Year

Jasmine Walker, Georgia Southern

### Coach of the Year

Danny Williamson, Western Carolina



# 2011 MEN'S CHAMPIONSHIP

## Team Results

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

\* later vacated three points

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### High Jump

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

### Pole Vault

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

### Long Jump

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

### Triple Jump

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

### Shot Put

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

### Weight Throw

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

### Heptathlon

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

\* later vacated

## Individual Awards

### Most Outstanding Track Performer

Chris Moen, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Freshman of the Year

Jamal Tiller, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2011 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Most Outstanding Field Performers

Lynnsey Hyter, Georgia Southern

### Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

### Freshman of the Year

Breanna Alston, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2010 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Cameron Bean, Samford

### Most Outstanding Field Performer

Matt Evans, Western Carolina

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Freshman of the Year

Cordell Livingston, Western Carolina

### Co-Coaches of the Year

Rod Tiffin, Samford  
Danny Williamson, Western Carolina

# 2010 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley (One Lap Short)

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Co-Most Outstanding Field Performers

Lynnndsey Hyter, Georgia Southern  
Deirdra Morrison, Western Carolina

### Most Outstanding Athlete

Jane't Carothers, Western Carolina

### Freshman of the Year

Trinity Foreman, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina



# 2009 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Joel Gaddy, Appalachian State

### Most Outstanding Performer

Manteo Mitchell, Western Carolina

### Freshman of the Year

Drew Tucker, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2009 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Most Outstanding Field Performer

Lynnsey Hyter, Georgia Southern

### Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

### Freshman of the Year

Emily Smith, College of Charleston

### Coach of the Year

John Weaver, Appalachian State

# 2008 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Joel Gaddy, Appalachian State

### Most Outstanding Performer

Manteo Mitchell, Western Carolina

### Freshman of the Year

Drew Tucker, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2008 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Outstanding Track Performer

Kerrie Savery, Western Carolina

### Outstanding Field Performer

Brittani Williams, Appalachian State

### Most Outstanding Performer

Kerrie Savery, Western Carolina

### Freshman of the Year

Kara Krutchfield, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina



# 2007 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Adam Van Nortwick, Appalachian State

### Most Outstanding Field Performer

Wes Kiser, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2007 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Petathlon

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

## Individual Awards

**Most Outstanding Track Performer**  
Brenna Burns, Davidson

**Most Outstanding Field Performer**  
Nicole Brown, Georgia Southern

**Freshman of the Year**  
Kristen Meister, Davidson

**Coach of the Year**  
Danny Williamson, Western Carolina

# 2006 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

1. Lawrence Brisco, WCU	8.05
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### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Zeb Johnson, WCU

### Most Outstanding Field Performer

Mark Sturgis, APP

### Freshman of the Year

Josh Cox, APP

### Coach of the Year

Danny Williamson, Western Carolina

# 2006 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Chakosha Lance, College of Charleston

### Freshman of the Year

Monica Johnson, Appalachian State

### Coach of the Year

John Weaver, Appalachian State



# 2005 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga

### Most Outstanding Field Performers

Anthony Greer, Appalachian State

### Freshman of the Year

Shane Estes, ETSU

### Coach of the Year

Danny Williamson, Western Carolina

# 2005 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

**Most Outstanding Track Performer**  
Nettie Halcomb, Chattanooga

**Most Outstanding Field Performer**  
Laura Tieszen, Western Carolina

**Freshman of the Year**  
Raquel Ramseur, Western Carolina

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

# 2004 MEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000 Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Heptathlon

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

## Individual Awards

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga  
Bradley Yewer, ETSU

### Most Outstanding Field Performers

Bob Smith, Appalachian State

### Freshman of the Year

James Gregory, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2004 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 60-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 60-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

### Pentathlon

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

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Tondra White, Appalachian State  
Kellie Mitchell, Georgia Southern

### Freshman of the Year

Kathleen Turchin, Chattanooga

### Coach of the Year

John Weaver, Appalachian State



# 2003 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	186
2.	Western Carolina	118.5
3.	VMI	99
4.	Chattanooga	87
5.	ETSU	62.5
6.	The Citadel	51
T7.	Davidson	8
T7.	Wofford	8

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Track Performer

Bradley Yewer, ETSU

### Most Outstanding Field Performers

Holt McPherson, Appalachian State  
Anthony Greer, Appalachian State

### Freshman of the Year

John Robertson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

# 2003 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Pole Vault

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

### Weight Throw

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

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

LaShana Poole, Appalachian State

### Freshman of the Year

Rashedah Arnold, Georgia Southern

### Coach of the Year

Bill Gautier, Chattanooga

# 2002 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Track Performer

Caleb Bailey, Western Carolina

### Most Outstanding Field Performer

Kevin Solomon, VMI

### Freshman of the Year

Milton Bolton, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

# 2002 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

1. Jennifer Claud, APP	7.04
2. Chantelle Vernon, ETSU	7.05
3. Jacqueline Allen, GSU	7.11
4. Ronetta Burgess, WCU	7.16
5. Christina Roeberts, APP	7.17
6. Javonne Blackley, GSU	7.21

### 200-Meter Dash

1. Ronetta Burgess, WCU	24.64
2. Jennifer Claud, APP	24.93
3. Jennifer Howard, ETSU	25.04
4. Javonne Blackley, GSU	25.24
5. Tondra White, APP	25.43
6. Christina Roberts, APP	25.55

### 400-Meter Dash

1. Jennifer Howard, ETSU	56.95
2. Tiffany Pointer, UTC	57.21
3. Marlo Moncey, GSU	57.41
4. Natasha Brown, APP	57.92
5. Benetta Boyd, WCU	58.45

### 800-Meter Run

1. Katie Sujkowski, APP	2:13.29
2. Roseline Addo, ETSU	2:13.32
3. Morgan Thacker, WCU	2:14.26
4. Channel Lemon, UTC	2:16.04
5. Kim Simmons, ETSU	2:19.76
6. Tonya Edwards, WCU	2:22.79

### Mile Run

1. Katie Sujkowski, APP	5:07.96
2. Shannon Womack, UTC	5:10.43
3. Amy Doolittle, UTC	5:11.11
4. Erin Howard, FUR	5:12.02
5. Alisha Little, APP	5:17.37
6. Morgan Cole, UNCG	5:17.94

### 3,000-Meter Run

1. Shannon Womack, UTC	10:29.43
2. Ellen Davis, UTC	10:29.89
3. Sarah Primeau, APP	10:36.81
4. Emily Furr, UNCG	10:39.81
5. Mary Nero, UNCG	10:40.60
6. Jackie Tugman, VMI	10:43.81

### 5,000-Meter Run

1. Shannon Womack, UTC	17:54.22
2. Ellen Davis, UTC	17:54.55
3. Gina Recher, UTC	17:54.95
4. Sarah Primeau, APP	17:59.28
5. Laura Puckett, DAV	18:38.02
6. Emily Furr, UNCG	18:39.77

### 55-Meter Hurdles

1. Lindy Petteway, GSU	8.11
2. Michelle Velez, WCU	8.32
3. Dawn Harden, UTC	8.38
4. Ronda White, APP	8.39
5. Rosalyn Hood, WCU	8.39
6. Ronetta Burgess, WCU	8.50

### Distance Medley

1. Chattanooga	12:17.69
2. Western Carolina	12:20.08
3. ETSU	12:20.09
4. Appalachian State	12:30.38
5. Furman	12:33.93
6. UNCG	13:06.76

### 4x400-Meter Relay

1. Western Carolina	3:48.89
2. ETSU	3:51.82
3. Chattanooga	3:52.37
4. Georgia Southern	3:52.56
5. Appalachian State	4:00.85
6. Furman	4:06.94

### Long Jump

1. Ronda White, APP	19'6.75"
2. Kellie Mitchell, GSU	19'5.50"
3. Jacqueline Allen, GSU	19'2.75"
4. Kelia Thomas, GSU	18'10.75"
5. Rosalyn Hood, WCU	18'9.00"
6. Cedeia Bowden, WCU	18'7.75"

### Triple Jump

1. Tondra White, APP	40'4.75"
2. Ronda White, APP	40'2.25"
3. Cedeia Bowden, WCU	40'1.25"
4. Paula Moore, APP	39'10.50"
5. Jennifer Claud, APP	38'11.75"
6. Rosalyn Hood, WCU	38'11.50"

### High Jump

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

### Shot Put

1. LaShana Poole, APP	43'10.75"
2. Amber Tiggs, GSU	43'2.50"
3. Nikki Slocumb, GSU	43'1.50"
4. Kineta Williams, WCU	39'10.00"
5. Mildred Cooper, VMI	39'4.50"
6. Altavise Franklin, WCU	38'7.50"

### Pole Vault

1. Michelle Velez, WCU	12'7.50"
2. Laura Tieszen, WCU	12'3.50"
3. Dana Anglin, WCU	11'5.75"
4. Suzanne Makison, APP	11'5.75"
5. Chi Sawyer, WCU	10'3.50"
6. Tricia Shepard, WCU	10'3.50"

### Weight Throw

1. LaShana Poole, APP	56'3.25"
2. Niki Ash, UNCG	54'8.00"
3. Quiletta Dunston, WCU	50'6.75"
4. Amber Tiggs, GSU	50'3.25"
5. Nancy Hinson, APP	49'3.75"

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

LaShana Poole, Appalachian State

### Freshman of the Year

Jennifer Claud, Appalachian State

### Coach of the Year

John Weaver, Appalachian State



# 2001 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### Distance Medley

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Marcus Lynch, VMI

### Freshman of the Year

J.B. Rosson, VMI

### Coach of the Year

Mike Bozeman, VMI

# 2001 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

1.	Shonte Pinkston, APP	24.63
2.	Ronetta Burgess, WCU	24.73
3.	Roseline Addo, ETSU	25.03
4.	Marna Moore, UTC	25:14
5.	Tyleana Hanner, UTC	25.31
6.	Jennifer Howard, ETSU	25.47

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### Distance Medley

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

### 4x400 Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

1.	Valerie Jalajas, WCU	11'11.75"
2.	Michelle Velez, WCU	11'07.25"
3.	Nadia Wendlandt, VMI	10'06.00"
4.	Suzanne Makinson, APP	10'00.00"
4.	Kelly Hawkins, APP	10'00.00"
4.	Kate Minser, APP	10'00.00"

## Individual Awards

### Most Outstanding Performer

Tyleana Hanner, Chattanooga

### Freshman of the Year

Oddbjorg Haugen, Chattanooga

### Coach of the Year

John Weaver, Appalachian State

# 2000 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

1. John Chisholm, VMI	60'03.00"
2. Adam Gilbert, APP	53'09.75"
3. Jeff Chambers, VMI	50'05.00"
4. Matt Roten, APP	49'10.50"
5. Dan Duckworth, APP	47'07.00"
6. Tony Essig, VMI	44'00.50"

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Nic Crider, Chattanooga

### Freshman of the Year

Derrick High, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

# 2000 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Rosalyn Hood, Western Carolina

### Freshman of the Year

Andrea Matthews, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina



# 1999 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

1. Johnie Morrison, WCU	6.33
2. Ken White, VMI	6.34
3. Jan Ingram, CIT	6.41
4. Kevin Pennycooke, ETSU	6.42
5. Carlos Frank, CIT	6.53
6. Devon Scott, APP	6.55
7. Jeremy Carter, WCU	6.56
8. Quez Smith, VMI	6.59

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

1. Nic Crider, UTC	8:34.11
2. Derek Murphy, ETSU	8:36.05
3. Rodney Stoker, UTC	8:39.61
4. Shane Auston, APP	8:42.00
5. Joe Smith, VMI	8:47.83
6. Ben Bisette, APP	8:50.74
7. Brent Ferrell, DAV	8:52.04
8. J. Buechner, WCU	8:52.14

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

1. Omari Francis, APP	7.61
2. Keith Sims, APP	7.62
3. Rahsaan Uldaneta, WCU	7.64
4. Ryan Linebarger, APP	7.66
5. Jeremy Carter, WCU	7.75
6. Zach Harris, APP	7.76
7. Jeff McKelvin, VMI	7.81
8. Johnny Bomar, WCU	7.92

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Nic Crider, Chattanooga

### Freshman of the Year

Jeremy Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

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

### 4x400-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Taneisha Robinson, ETSU

### Freshman of the Year

Virginia Lacombe, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 1998 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

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

### 1,600-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Darrius Jackson, VMI

### Freshman of the Year

Evan Hawkins, ETSU

### Coach of the Year

Milan Donley, ETSU

# 1998 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Chattanooga	141
2.	ETSU	131
3.	Western Carolina	84
4.	Appalachian State	82
5.	Furman	17
6.	Davidson	9
7.	Wofford	0
--	The Citadel	NTS
--	VMI	NTS

### 55-Meter Dash

1.	Rashida Dodson, UTC	7:05
2.	Shonte Pinkston, APP	7:17
3.	Tyleana Hanner, UTC	7:27
4.	Reshia Johnson, UTC	7:30
5.	Karen Houston, APP	7:40
6.	Holly Arnold, APP	7:41

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### 5,000-Meter Run

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

### Distance Medley

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

### 55-Meter Hurdles

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

### 1,600-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

## Individual Awards

### Most Outstanding Performer

Taneisha Robinson, ETSU

### Freshman of the Year

Anna Wright, Chattanooga

### Coach of the Year

Bill Gautier, Chattanooga



# 1997 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 200-Meter Dash

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

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

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

### 3,000-Meter Run

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

### Distance Medley

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

### 5,000-Meter Run

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

### 55-Meter Hurdles

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

### 1,600-Meter Relay

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

### Long Jump

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

### Triple Jump

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

### High Jump

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

### Shot Put

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

### Weight Throw

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

### Pole Vault

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

## Individual Awards

### Most Outstanding Performer

Declan Fahy, ETSU

### Freshman of the Year

Randy Moss, Marshall

### Coach of the Year

Jeff Small, Marshall

# 1997 WOMEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

1.	Daree Thompson, WCU	6.98
2.	Trice Roundtree, APP	7.21
3.	Reshia Johnson, UTC	7.22
4.	Rahma MAtteen, WCU	7.29
5.	Cindy Dawson, MAR	7.31
6.	Tyleana Hanner, UTC	7.41

### 200-Meter Dash

1.	Daree Thompson, WCU	24.89
2.	Tyleana Hanner, UTC	25.06
3.	Salima Fountain, FUR	25.17
4.	Andrea Shropshire, UTC	25.92
5.	Shawnta Person, WCU	25.99
6.	Reshia Johnson, UTC	26.35

### 400-Meter Dash

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

### 800-Meter Run

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

### Mile Run

1.	Valerie Urchison, ETSU	5:02.46
2.	Kristen Savery, WCU	5:03.54
3.	Jennifer Eckard, UTC	5:04.31
4.	Jenny Chase, APP	5:08.35
5.	Corie Fuchs, APP	5:11.60
6.	Abby Reeder, APP	5:13.16

### 3,000-Meter Run

1.	Mary Jane Middelkoop, UTC	10:13.25
2.	Mary Jo Ferrigan, ETSU	10:14.37
3.	Christina Olson, APP	10:24.63
4.	Amanda Lynch, UTC	10:25.03
5.	Taylor Perin, ETSU	10:29.11
6.	Lynn Kepper-Hudson, FUR	10:29.44

### Distance Medley

1.	ETSU	12:06.54
2.	Chattanooga	12:08.66
3.	Appalachian State	12:09.61
4.	Western Carolina	12:36.89
5.	Marshall	13:01.58
6.	Davidon	13:04.49

### 5,000-Meter Run

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

### 55-Meter Hurdles

1.	Trice Roundtree, APP	8.07
2.	Cindy Dawson, MAR	8.19
3.	Rahma Mateen, WCU	8.22
4.	Adrienne Hundemer, MAR	8.36
5.	Jamilah Sawyer, DAV	8.48
6.	Kamilah Gabriel, WCU	8.65

### 1,600-Meter Relay

1.	Western Carolina	3:50.85
2.	Chattanooga	3:54.88
3.	Appalachian State	3:57.54
4.	ETSU	4:00.98
5.	Marshall	4:01.96
6.	Furman	4:03.28

### Long Jump

1.	Rahma Mateen, WCU	5.81m
2.	Taneisha Robinson, ETSU	5.67m
3.	Tyleana Hanner, UTC	5.65m
4.	Daree Thompson, WCU	5.49m
5.	Jennifer Sluss, ETSU	5.47m
6.	Lisa Roberts, APP	5.33m

### Triple Jump

1.	Rahma Mateen, WCU	11.86m
2.	Jennifer Sluss, ETSU	11.81m
3.	Taneisha Robinson, ETSU	11.77m
4.	Lisa Roberts, APP	11.70m
5.	Tyleana Hanner, UTC	11.40m
6.	Starrbria Anderson, MAR	11.39m

### High Jump

1.	Jennifer Sluss, ETSU	1.67m
2.	Rahma Mateen, WCU	1.67m
3.	Cori Telzrow, APP	1.62m
4.	Lakeeva Brooks, WCU	1.62m
5.	Katie Condon, FUR	1.57m
6.	Kelly Fisher, APP	1.57m

### Shot Put

1.	LaSha Jackson, WCU	13.49m
2.	Elizabeth Reck, MAR	13.15m
3.	Robyn Stockunas, WCU	13.07m
4.	Chandra Nelson, MAR	12.09m
5.	Christine Ziemba, APP	12.06m
6.	Allison Walker, APP	11.67m

### Weight Throw

1.	Robyn Stockunas, WCU	14.88m
2.	Chandra Nelson, MAR	13.52m
3.	LaKeysha Lovette, WCU	13.04m
4.	Allison Walker, APP	12.56m
5.	Elizabeth Reck, MAR	12.49m
6.	Rachel Olander, APP	12.29m

## Individual Awards

### Most Outstanding Performer

Daree Thompson, Western Carolina

### Freshman of the Year

Tyleana Hanner, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

# 1996 MEN'S CHAMPIONSHIP

## Team Results

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

### 55-Meter Dash

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

### 55-Meter Hurdles

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

### 200-Meter Dash

1. Delevantie Brown, ETSU.....	22.32
2. Tobe Taylor, UTC.....	22.76
3. Eric Gay, VMI.....	22.78
4. Donnell Brinson, WCU.....	22.99
5. Holm Ankoma-Sey, VMI.....	23.19
6. Thomas Haskins, VMI.....	23.28

### 400-Meter Dash

1. Holm Ankoma-Sey, VMI.....	50.19
2. Phil Alicea, VMI.....	50.69
3. Mark Gochenour, MAR.....	50.73
4. Joe Allen, MAR.....	50.76
5. Warren Robertson, UTC.....	51.20
6. Garson Hedrick, APP.....	51.52

### 800-Meter Run

1. Zach Whitmarsh, ETSU.....	1:56.98
2. Chuck Margraves, UTC.....	1:57.76
3. David Chambless, WCU.....	1:58.22
4. Casey Price, UTC.....	1:58.22
5. Damian Walsh, UTC.....	2:00.82
6. Scott Johnson, MAR.....	2:02.32

### 3,000-Meter Run

1. Mike Leinweber, UTC.....	8:34.5
2. Tommy Holland, APP.....	8:40.5
3. John Fenton, ETSU.....	8:41.5
4. Derek Murphy, ETSU.....	8:42.5
5. Kyle McLean, UTC.....	8:45.6
6. Brian Clark, WCU.....	8:47.3

### 5,000-Meter Run

1. Tommy Holland, APP.....	15:00.9
2. Mike Leinweber, UTC.....	15:12.6
3. Derek Murphy, ETSU.....	15:20.3
4. Kyle McLean, UTC.....	15:20.4
5. Brian Clark, WCU.....	15:22.2
6. Fred Reinhardt, ETSU.....	15:25.7

### Mile Run

1. Chuck Margraves, UTC.....	4:18.4
2. Declan Fahy, ETSU.....	4:20.1
3. John Fenton, ETSU.....	4:21.8
4. Zach Whitmarsh, ETSU.....	4:22.0
5. Ben Redman, MAR.....	4:22.9
6. Kyle McLean, UTC.....	4:27.3

### Mile Relay

1. ETSU.....	3:21.60
2. Chattanooga.....	3:21.65
3. VMI.....	3:24.61
4. Appalachian State.....	3:31.41
5. Marshall.....	3:32.79
6. Western Carolina.....	3:32.95

### Distance Medley

1. Chattanooga.....	10:27.4
2. ETSU.....	10:34.7
3. Marshall.....	10:36.5
4. Appalachian State.....	10:41.6
5. VMI.....	10:51.9
6. Western Carolina.....	10:51.9

### Long Jump

1. Andy Wilhite, MAR.....	23'10½"
2. Eric Gay, VMI.....	23'6½"
3. Khamisi Jackson, MAR.....	23'5¼"
4. Darius Jackson, VMI.....	23'0"
5. Clarence Edwards, WCU.....	22'8¼"
6. Floyd Johnson, MAR.....	22'6½"

### Triple Jump

1. Obi Ezekwe, VMI.....	48'1¾"
2. Jimmy Johnson, WCU.....	48'1¼"
3. Floyd Johnson, MAR.....	48'1"
4. Delvell Johnson, VMI.....	47'8¾"
5. Andy Wilhite, MAR.....	46'8¾"
6. Brent Taylor, VMI.....	45'9½"

### High Jump

1. Dan Ritchey, MAR.....	6'9¾"
2. John Moss, APP.....	6'9¾"
3. Tommy Bock, MAR.....	6'6"
Dellvell Johnson, VMI.....	6'6"
5. Mike Kroeger, APP.....	6'6"
6. Cory Cooper, WCU.....	6'6"

### Shot Put

1. Ryan Early, VMI.....	55'2¼"
2. Jason Clendenin, VMI.....	51'11"
3. Derek Summerour, WCU.....	50'11"
4. John Maynard, MAR.....	50'2"
5. Ron Moak, CIT.....	49'6½"
6. Curtis Eason, ETSU.....	48'9"

### 35-Pound Weight

1. John Maynard, MAR.....	55'5½"
2. Rich Latta, APP.....	54'8"
3. Justin May, VMI.....	52'8¾"
4. Tim Brock, VMI.....	52'5"
Jason Clendenin, VMI.....	52'5"
6. Chris Botti, WCU.....	48'2½"

### Pole Vault

1. Todd Poremba, APP.....	16'1"
2. Phil Alicea, VMI.....	15'6"
3. Jarrett Foster, WCU.....	15'0"
4. Brian Butts, MAR.....	15'0"
5. Wirt Cross, VMI.....	15'0"
6. Jeff Fitzgerald, APP.....	14'6"

## Individual Awards

### Most Outstanding Performer

Delevantie Brown, ETSU

### Freshman of the Year

Zach Whitmarsh, ETSU

### Coach of the Year

Jeff Small, Marshall

# 1996 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	127.5
2.	ETSU	108
3.	Appalachian State	96
4.	Furman	64.5
5.	Chattanooga	44
6.	Marshall	17
7.	Davidson	7

### 55-Meter Dash

1.	Nikki Harris, APP	7.25
2.	Rahma Mateen, WCU	7.31
3.	Talisha Goins, APP	7.34
4.	Wykesha Bailey, WCU	7.48
5.	Karen Houston, APP	7.52
6.	Kendra Prather, ETSU	8.04

### 200-Meter Dash

1.	Salima Fountain, FUR	25.87
2.	Kendra Prather, ETSU	26.27
3.	Karen Houston, APP	26.35
4.	Wykesha Bailey, WCU	26.38
5.	Rahma Mateen, WCU	26.55
6.	Tracie George, ETSU	27.17

### 400-Meter Dash

1.	Andrea Shropshire, UTC	58.95
2.	Salima Fountain, FUR	59.15
3.	Karen Houston, APP	59.20
4.	Kendra Prather, ETSU	59.63
5.	Tracie George, ETSU	1:00.32
6.	Laura Beck, WCU	1:00.92

### 800-Meter Run

1.	Michelle Gregg, ETSU	2:15.8
2.	Emily Redmon, WCU	2:16.1
3.	Maggie Donahoe, WCU	2:17.5
4.	Val Urchison, WCU	2:19.8
5.	Keeva McManus, WCU	2:20.9
6.	Michelle Bozue, UTC	2:23.0

### 3,000-Meter Run

1.	Heather VandeBrake, FUR	10:06.1
2.	Mary Jane Middlekoop, UTC	10:13.8
3.	Jennel Walby, ETSU	10:16.5
4.	Christina Olson, APP	10:22.3
5.	Mary Jo Ferrigan, ETSU	10:29.8
6.	Lindsay Pinkney, MAR	10:35.5

### 5,000-Meter Run

1.	Heather VandeBrake, FUR	17:36.1
2.	Mary Jane Middlekoop, UTC	17:41.6
3.	Mary Jo Ferrigan, ETSU	17:55.6
4.	Lynn Kepper, FUR	17:55.9
5.	Christina Olson, APP	17:59.6
6.	Jennel Walby, ETSU	18:10.0

### Mile Run

1.	Heather VandeBrake, FUR	5:06.8
2.	Kristen Savery, WCU	5:08.4
3.	Michelle Gregg, ETSU	5:10.3
4.	Mary Jane Middlekoop, UTC	5:16.3
5.	Jennel Walby, ETSU	5:17.3
6.	Jennifer Eckard, UTC	5:17.5

### 55-Meter Hurdles

1.	Rahma Mateen, WCU	8.12
2.	Trice Roundtree, APP	8.26
3.	Erica Edmond, ETSU	8.45
4.	Wykesha Bailey, WCU	8.46
5.	Kamilah Gabriel, WCU	8.75
6.	Faith Ninivaggi, APP	9.89

### Mile Relay

1.	Western Carolina	3:57.7
2.	ETSU	4:01.2
3.	Chattanooga	4:03.5
4.	Appalachian State	4:06.4
5.	Marshall	4:15.6
6.	Furman	4:22.1

### Distance Medley

1.	ETSU	12:22.0
2.	Western Carolina	12:29.4
3.	Furman	12:39.2
4.	Chattanooga	12:51.2
5.	Davidson	13:11.3

### Long Jump

1.	Rahma Mateen, WCU	20'0"
2.	Tracie George, ETSU	19'3"
3.	Nikki Harris, APP	19'1¼"
4.	Taneisha Robinson, ETSU	18'5½"
5.	Jennifer Sluss, ETSU	18'2"
6.	Jennifer Sluss, ETSU	18'1"

### Triple Jump

1.	Nikki Harris, APP	38'8¾"
2.	Rahma Mateen, WCU	38'4¾"
3.	Jennifer Sluss, ETSU	38'¼"
4.	Lisa Roberts, APP	36'4¾"
5.	Taneisha Robinson, ETSU	35'11½"
6.	Karen Newsan, ETSU	35'2¾"

### High Jump

1.	Rahma Mateen, WCU	5'6"
2.	Jennifer Sluss, ETSU	5'4¼"
3.	Vanessa Sims, DAV	5'4¼"
3.	Gina Richter, FUR	5'4¼"
5.	Shalimar Folds, UTC	5'2¼"
6.	Katie Condon, FUR	5'2¼"
6.	Lakeeva Brooks, WCU	5'2¼"

### Shot Put

1.	Ayokka Green, APP	46'3"
2.	LaSha Jackson, WCU	45'1½"
3.	Beth Reck, MAR	43'11½"
4.	Robyn Stockunas, WCU	41'7½"
5.	Chandra Nelson, MAR	41'1"
6.	Zondra Johnson, WCU	40'4"

### 25-pound Weight Throw

1.	Ayokka Green, APP	48'2¾"
2.	Robyn Stockunas, WCU	43'6½"
3.	Erica Bahry, APP	43'5¾"
4.	Chandra Nelson, MAR	42'11¾"
5.	Beth Reck, MAR	42'8"
6.	Zondra Johnson, WCU	41'7¼"

## Individual Awards

### Most Outstanding Performer

Heather VandeBrake, Furman

### Freshman of the Year

Karen Houston, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina