

# Southern Conference Outdoor Track & Field Record Book



*Through 2017 season*

# MEN'S RECORDS AND CHAMPIONS

## Men's Outdoor Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	10.1		Greg Hatchett, VMI	1990
200m dash	20.80		Calvin Alston, East Carolina	1977
400m dash	45.77		Mario Small, VMI	1991
800m run	1:49.20		Phil Barker, Furman	1977
1,500m run	3:40.04		Kevin Cropp, William & Mary	1977
3,000m steeplechase	8:49.77		Todd Crosson, Marshall	1988
5,000m run	14:13.06		Adrian Leek, ETSU	1981
10,000m run	29:21.30		Adrian Leek, ETSU	1979
110m high hurdles	14.1		Marvin Rankins, East Carolina	1977
			Tim Bridges, VMI	1979, 1980
400m intermediate hurdles	50.70		David Anderson, Furman	1977
Long jump	7.69m	25-2.75	Michael Hanks, Appalachian State	1987
Triple jump	16.06m	52-8.28	Michael Hanks, Appalachian State	1987
High jump	2.18m	7-1.75	Daryl Saunders, Appalachian State	2012
Shot put	17.72m	58-1.63	Anthony Greer, Appalachian State	2005
Discus	52.25m	171-05	Jared Stalling, Appalachian State	2012
Javelin	*71.82m	235-7.55	Jeff Roseme, VMI	1981
	^72.95	239-04	Capers Williamson, The Citadel	2016
Hammer throw	60.62m	198-10.61	Wes Kiser, Appalachian State	2008
Pole vault	5.50m	18-00.50	Tray Oates, Samford	2016
4x100m relay	39.91		Appalachian State (Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)	2003
4x400m relay	3:10.50		VMI (Sylvester Davis, Davis Estes, Henry Sanchez, Jeff Young)	1984
Decathlon	7,040		Brandon Bassett, Samford	2011

\*-Denotes record pre-1986 redesign; ^-Denotes record post-1986 redesign

# MEN'S RECORDS AND CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1923	Montgomery, Ala.	Mississippi State	1987	Boone, N.C.	Appalachian State
1924N	Charlottesville, Va.	Virginia	1988	Lexington, Va.	VMI
1924S	Montgomery, Ala.	Mississippi State	1989	Huntington, W.Va.	Appalachian State
1925	Sewanee, Tenn.	Mississippi State	1990	Boone, N.C.	VMI
1926	Chapel Hill, N.C.	North Carolina	1991	Lexington, Va.	VMI
1927	Baton Rouge, La.	Louisiana State	1992	Huntington, W.Va.	Appalachian State
1928	Birmingham, Ala.	Louisiana State	1993	Boone, N.C.	Appalachian State
1929	Birmingham, Ala.	Louisiana State	1994	Lexington, Va.	VMI
1930	Birmingham, Ala.	North Carolina	1995	Huntington, W.Va.	Appalachian State
1931	Birmingham, Ala.	Tulane	1996	Johnson City, Tenn.	Appalachian State
1932	Atlanta, Ga.	Louisiana State	1997	Boone, N.C.	VMI
1933	Durham, N.C.	North Carolina	1998	Lexington, Va.	VMI
1934	Durham, N.C.	North Carolina	1999	Johnson City, Tenn.	Western Carolina
1935	Durham, N.C.	North Carolina	2000	Boone, N.C.	VMI
1936	Durham, N.C.	Duke	2001	Lexington, Va.	Appalachian State
1937	Durham, N.C.	Duke	2002	Johnson City, Tenn.	Appalachian State
1938	Durham, N.C.	North Carolina	2003	Boone, N.C.	Appalachian State
1939	Chapel Hill, N.C.	North Carolina	2004	Boone, N.C.	Appalachian State
1940	Williamsburg, Va.	North Carolina	2005	Cullowhee, N.C.	Appalachian State
1941	Williamsburg, Va.	Duke	2006	Statesboro, Ga.	Western Carolina
1942	Chapel Hill, N.C.	North Carolina	2007	Boone, N.C.	Western Carolina
1943	Chapel Hill, N.C.	North Carolina	2008	Cullowhee, N.C.	Appalachian State
1944	NO MEET		2009	Statesboro, Ga.	Western Carolina
1945	NO MEET		2010	Boone, N.C.	Appalachian State
1946	Chapel Hill, N.C.	Duke	2011	Birmingham, Ala.	Appalachian State
1947	Chapel Hill, N.C.	North Carolina	2012	Cullowhee, N.C.	Appalachian State
1948	Chapel Hill, N.C.	North Carolina	2013	Statesboro, Ga.	Western Carolina
1949	Chapel Hill, N.C.	North Carolina	2014	Spartanburg, S.C.	Samford
1950	Chapel Hill, N.C.	North Carolina	2015	Birmingham, Ala.	Samford
1951	Chapel Hill, N.C.	Maryland	2016	Cullowhee, N.C.	Western Carolina
1952	Chapel Hill, N.C.	Maryland	2017	Birmingham, Ala.	Western Carolina
1953	Durham, N.C.	Maryland			
1954	Ft. Eustis, Va.	VMI			
1955	Ft. Eustis, Va.	VMI			
1956	Williamsburg, Va.	Virginia Tech			
1957	Williamsburg, Va.	William & Mary			
1958	Williamsburg, Va.	William & Mary			
1959	Williamsburg, Va.	The Citadel			
1960	Williamsburg, Va.	The Citadel			
1961	Williamsburg, Va.	The Citadel			
1962	Norfolk, Va.	Furman			
1963	Charleston, W.Va.	Furman			
1964	Williamsburg, Va.	West Virginia			
1965	Greenville, S.C.	Furman			
1966	Ft. Eustis, Va.	William & Mary			
1967	Ft. Eustis, Va.	William & Mary			
1968	Ft. Eustis, Va.	William & Mary			
1969	Ft. Eustis, Va.	William & Mary			
1970	Ft. Eustis, Va.	William & Mary			
1971	Ft. Eustis, Va.	William & Mary			
1972	Greenville, S.C.	William & Mary			
1973	Greenville, N.C.	William & Mary			
1974	Richmond, Va.	William & Mary			
1975	Williamsburg, Va.	William & Mary			
1976	Davidson, N.C.	East Carolina			
1977	Greenville, S.C.	East Carolina			
1978	Huntington, W.Va.	VMI			
1979	Boone, N.C.	VMI			
1980	Charleston, S.C.	Appalachian State			
1981	Boone, N.C.	VMI			
1982	Greenville, S.C.	VMI			
1983	Lexington, Va.	VMI			
1984	Huntington, W.Va.	Appalachian State			
1985	Boone, N.C.	Appalachian State			
1986	Huntington, W.Va.	Appalachian State			

## Total team titles

Team	Titles
Appalachian State	19
North Carolina	14
VMI	14
William & Mary	12
Western Carolina	7
Duke	4
LSU	4
The Citadel	3
Furman	3
Maryland	3
Mississippi State	3
East Carolina	2
Samford	2
Tulane	1
Virginia	1
Virginia Tech	1
West Virginia	1

# MEN'S INDIVIDUAL HONORS

## Coach of the Year

1978	Wade Williams, VMI
1979	Bob Pollock, Appalachian State
1980	Bob Pollock, Appalachian State
1981	Stan Narewski, Furman
1982	Wade Williams, VMI
1983	Wade Williams, VMI
1984	Bob Pollock, Appalachian State
1985	Don Millwood, Western Carolina
1986	Bob Pollock, Appalachian State
1987	Bob Pollock, Appalachian State
1988	Mike Bozeman, VMI
1989	Dave Walker, ETSU
1990	Danny Williamson, Western Carolina
1991	Mike Bozeman, VMI
1992	Dennis Brachna, Marshall
1993	Al Fereshetian, Appalachian State
1994	Mike Bozeman, VMI
1995	Danny Williamson, Western Carolina
1996	John Weaver, Appalachian State
1997	Mike Bozeman, VMI
1998	Mike Bozeman, VMI
1999	Danny Williamson, Western Carolina
2000	Mike Bozeman, VMI
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	John Weaver, Appalachina State
2005	John Weaver, Appalachina State
2006	Gary Andrew, Davidson Danny Williamson, Western Carolina
2007	Gary Andrew, Davidson Danny Williamson, Western Carolina John Weaver, Appalachian State
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Rod Tiffin, Samford
2011	John Weaver, Appalachian State
2012	Rod Tiffin, Samford
2013	Rod Tiffin, Samford
2014	Rod Tiffin, Samford
2015	Danny Williamson, Western Carolina
2016	Cale McDaniel, Western Carolina
2017	

## Most Outstanding Athlete

1978	David Washington, VMI
1979	Adrian Leek, ETSU
1980	Lafette Jordan, Appalachian State
1981	Robbie Mosley, Appalachian State Adrian Leek, ETSU David Washington, VMI
1982	Kevin Johnson, ETSU
1983	Dale Davis, VMI James Barham, ETSU
1984	Sylvester Davis, VMI
1985	Curtis Handy, The Citadel
1986	Mike Hanks, Appalachian State
1987	Mike Hanks, Appalachian State
1988	Leigh Hawkins, Appalachian State
1989	Leigh Hawkins, Appalachian State
1990	James Hynes, ETSU
1991	Mario Small, VMI
1992	Shawn Miller, Western Carolina
1993	Jason Dalton, Appalachian State
1994	Shawn Miller, Western Carolina
1995	Jeff Capps, Western Carolina
1996	Robert Johnson, Appalachian State
1997	Will Dickerson, Appalachian State
1998	Declan Fehy, ETSU
1999	Phillip Johnson, Western Carolina
2000	Marcus Lynch, VMI
2001	Ben Bisette, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Malcolm Styers, Appalachian State

2011	Cordell Livingston, Western Carolina
2012	Jared Stalling, Appalachian State
2013	Ben Davies, Samford
2014	Steven Bastien, Samford
2015	Sidney Jordan, Samford
2016	Jordan White, VMI
2017	Benjamin Johnson, ETSU

## Most Outstanding Track Performer

2002	Ryan Linebarger, Appalachian State
2003	Jason Green, Appalachian State
2004	Steven Kocsis, Chattanooga
2005	Mike Malone, Western Carolina
2006	Adam Puett, Western Carolina
2007	Douglass Noreen, Davidson
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Landon Powell, Appalachian State
2011	Dennis Moore, Appalachian State
2012	Benny Davis, Western Carolina
2013	Brandon Hairston, Appalachian State
2014	Brandon Hazouri, Samford
2015	Brandon Hazouri, Samford
2016	Greg Henderson, VMI Henry Kiedy, Western Carolina
2017	Malik Diggs, The Citadel Dakota Lamont, Western Carolina

## Most Outstanding Field Performer

2002	Bob Smith, Appalachian State
2003	Adrien Borders, Wofford
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State
2006	Katon Bethay, Wofford
2007	Anthony Greer, Appalachian State
2008	Wes Kiser, Appalachian State
2009	Matt Evans, Western Carolina
2010	Malcolm Styers, Appalachian State
2011	Malcolm Styers, Appalachian State
2012	Jared Stalling, Appalachian State
2013	Jared Stalling, Appalachian State
2014	Sidney Jordan, Samford
2015	Sidney Jordan, Samford
2016	Jordan White, VMI
2017	Benjamin Johnson, ETSU

## Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Holm Ankoma-Sey, VMI
1994	Danion Sidney, ETSU
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, ETSU
1997	Tim Thomas, Western Carolina
1998	Marcus Lynch, VMI
1999	Kenyon Doyle, The Citadel
2000	Kevin Solomon, VMI
2001	Nick McNeil, Western Carolina
2002	Adrien Borders, Wofford
2003	John Robertson, Western Carolina
2004	Bryan Burney, Appalachian State
2005	Zeb Johnson, Western Carolina
2006	Shaquill Smith, The Citadel
2007	Dominique Young, Western Carolina
2008	Phillip Bush, Appalachian State
2009	Jamie Van Pelt, Western Carolina
2010	Landon Powell, Appalachian State
2011	Aaron Tribble, Western Carolina
2012	Bob Elliott II, Samford
2013	Brandon Hazouri, Samford
2014	Nathan Milch, Appalachian State
2015	Carson Howe, Samford
2016	Aaron Templeton, Furman
2017	Devaniel Dale, Western Carolina

# MEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Week

<b>2003</b>		April 22	John Svoboda, APP (Track) Quintin Turner, CIT (Field)	April 27	Mike Williams, ETSU (Track) Marquis Barnes, SAM (Field)
March 28	Anthony Greer, APP			May 4	Justin Kenard, WCU (Track) Capers Williamson, CIT (Field)
April 2	Greg Scott, DAV	<b>2011</b>		<b>2017</b>	
April 10	Adam Puett, WCU	March 16	Paul Katam, UNCG (Track) Michael Seaman, SAM (Field)	March 22	Matthew Moore, ETSU (Track) Brett Squibbs, ETSU (Field)
April 15	Adrien Borders, WOF	March 23	Brunson Miller, CIT (Track) Kyle Kirby, SAM (Field)	March 29	Malik Diggs, CIT (Track) Tray Oates, SAM (Field)
<b>2004</b>		March 30	Ryan Hopkins, DAV (Track) Malcolm Styers, APP (Field)	April 5	Brandon Hazouri, SAM (Track) Scott Peretin, WCU (Field)
March 25	Ernest Wiggins, APP	April 6	Blaise Carie, SAM (Track) Jamie Van Pelt, WCU (Field)	April 12	Ryan Adams, FUR (Track) Kevin Hires, WCU (Field)
March 31	Steven Kocsis, UTC	April 13	Dennis Moore, APP (Track) Brandon Bassett, SAM (Field)	April 19	Emmanuel Tait, SAM (Track) Scott Peretin, WCU (Field)
April 6	Josh Lee, WCU	April 20	Brandon Hudgins, APP (Track) Dennis Moore, APP (Track)	April 27	Greg Henderson, VMI (Track) Jaylan Reid, FUR (Field)
April 14	Lanis Salkauskas, UTC	April 27	Malcolm Styers, APP (Field)	May 4	Keion Crossen, WCU (Track) Matuius Brown, WCU (Field)
April 20	James Rainer, ETSU	<b>2012</b>		May 10	Troy Reeder, FUR (Track) Derrick Freeland, CIT (Field)
April 27	Bob Smith, APP	March 20	Andrew Lantz, DAV (Track) Darius Purcell, APP (Field)		
<b>2005</b>		March 29	AJ Dohanic, APP (Track) Michael Seaman, SAM (Field)		
March 23	Adam Puett, WCU	April 11	Paul Chelimo, UNCG (Track) Jamie Van Pelt, WCU (Field)		
March 30	Steven Kocsis, UTC	April 18	Lee Gilmer, FUR (Track) Stewart Dalton, DAV (Field)		
April 6	Jeff Williams, UNCG	<b>2013</b>			
April 13	Zeb Johnson, WCU	March 20	Andrew Lantz, DAV (Track) Jared Stalling, APP (Field)		
April 20	Ian Mayne, UTC	March 28	Josey Weaver, WCU (Track) Jared Stalling, APP (Field)		
April 27	Adrien Borders, WOF	April 3	Paul Chelimo, UNCG (Track) Patrick Quinn, APP (Field)		
<b>2006</b>		April 10	Wilkerson Given, FUR (Track) Capers Williamson, CIT (Field)		
March 12	Milton Bolton, WCU	<b>2014</b>			
April 5	Zeb Johnson, WCU Ilan Mayne, UTC Douglas Noreen, DAV	March 19	Brandon Hazouri, SAM (Track) Brain Smith, SAM (Field)		
April 12	Milton Bolton, WCU	March 26	Andrew Lantz, DAV (Track) Clay Allen, CIT (Field)		
April 19	Jeff Williams, UNCG	April 3	Tanner Hinkle, FUR (Track) Kyle McFoy, APP (Track)		
April 25	Lawrence Briscoe, WCU	April 9	Sidney Jordan, SAM (Field) Earl Rahming, WCU (Track) Eddie Jones, CIT (Field)		
<b>2007</b>		April 17			
March 14	Jim Walter, DAV	<b>2015</b>			
March 21	Will Funderburg, DAV	March 18	Adam Jones, SAM (Track) Keyth Fightmaster, SAM (Field)		
March 28	Dominique Young, WCU	March 25	Brandon Hazouri, SAM (Track) Tray Oates, SAM (Field)		
April 4	Manteo Mitchell, WCU Anthony Greer, APP Charles Derrickson, APP	April 1	Avery Martin, VMI (Track)		
April 11	Charles Derrickson, APP	April 9	Ars'e'ne Guillorel, SAM (Track) Sidney Jordan, SAM (Field)		
April 18	David Ritchie, DAV	April 15	Brandon Hazouri, SAM (Track) Javion Lee, SAM (Field)		
<b>2008</b>		April 23	Tanner Hinkle, FUR (Track) Jordan White, VMI (Field)		
March 27	Manteo Mitchell, WCU Matt Evans, WCU	<b>2016</b>			
April 4	Michael Mentz, UTC	March 23	Henry Kiedy, WCU (Track) Capers Williamson, CIT (Field)		
April 9	Matt Evans, WCU	March 30	Troy Reeder, FUR (Track) Javion Lee, SAM (Field)		
April 15	Patrick Morgan, FUR	April 6	Mike Williams, ETSU (Track) Jamie Brown, WCU (Field)		
April 24	Zeb Johnson, WCU	April 13	Caleb Albrecht, WCU (Track) Capers Williamson, CIT (Field)		
<b>2009</b>		April 20	Henry Kiedy, WCU (Track) Tray Oates, SAM (Field)		
March 19	Cavan Corcaron, SAM (Track) Patrick Wells, SAM (Field)				
March 26	Manteo Mitchell, WCU (Track) Mark Sturgis, APP (Field)				
April 2	Patrick Morgan, FUR (Track) Darius Purcell, APP (Field)				
April 9	Manteo Mitchell, WCU (Track) Matt Evans, WCU (Field)				
April 16	Joey Thompson, UNCG (Track) Darron Dotson, WCU (Field)				
April 23	Dominique Young, WCU (Track) Patrick Wells, SAM (Field)				
<b>2010</b>					
March 18	Cavan Corcoran, SAM (Track) Christopher Castagno, CIT (Field)				
March 25	Brunson Miller, CIT (Track) Matt Evans, WCU (Field)				
April 1	Cameron Bean, SAM (Track) Patrick Wells, SAM (Field)				
April 8	Cameron Bean, SAM (Track) Cordell Livingston, WCU (Field)				
April 15	Lee Gilmer, FUR (Track) Jerod Gardner, APP (Field)				

### Repeat Athletes of the Week

#### Four times

Manteo Mitchell, WCU, 2007-09  
Matt Evans, WCU, 2008-10  
Capers Williamson, CIT, 2013, 16  
Brandon Hazouri, SAM, 2014-15, 17

#### Three times

Zeb Johnson, WCU, 2005-06, 08  
Patrick Wells, SAM, 2009-10  
Andrew Lantz, DAV, 2012-14  
Tray Oates, SAM, 2015-17

#### Two times

Adam Puett, WCU, 2003, 05  
Steven Kocsis, UTC, 2004-05  
Adrien Borders, WOF, 2003, 05  
Ilan Mayne, UTC, 2005-06  
Milton Bolton, WCU, 2006  
Jeff Williams, UNCG, 2005-06  
Anthony Greer, APP, 2003, 07  
Patrick Morgan, FUR, 2008-09  
Dominique Young, WCU, 2007, 09  
Cavan Corcaron, SAM, 2009-10  
Cameron Bean, SAM, 2010  
Brunson Miller, CIT, 2010-11  
Dennis Moore, APP, 2011  
Malcolm Styers, APP, 2011  
Darius Purcell, APP, 2009, 12  
Michael Seaman, SAM, 2011-12  
Jamie Van Pelt, WCU, 2011-12  
Lee Gilmer, FUR, 2010, 12  
Jared Stalling, APP, 2013  
Paul Chelimo, UNCG, 2012-13  
Sidney Jordan, SAM, 2014-15  
Tanner Hinkle, FUR, 2014-15  
Henry Kiedy, WCU, 2016  
Javion Lee, SAM, 2015-16  
Mike Williams, ETSU, 2016  
Scott Peretin, Western Carolina, 2017  
Troy Reeder, Furman, 2017

# MEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Month

<b>2004</b> April	Bob Smith, APP	<b>2013</b> March	Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
<b>2006</b> March April	Milton Bolton, WCU Zeb Johnson, WCU	April	Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
<b>2009</b> March April	Manteo Mitchell, WCU (Track) Patrick Wells, SAM (Field) Manteo Mitchell, WCU (Track) Matt Evans, WCU (Field)	<b>2014</b> March April	Brandon Hazouri, SAM (Track) Clay Allen, CIT (Field) Brandon Hazouri, SAM (Track) Sidney Jordan, SAM (Field)
<b>2010</b> March April	Phil Mitchell, APP (Track) Matt Evans, WCU (Field) John Svoboda, APP (Track) Cordell Livingston, WCU (Field)	<b>2015</b> March April	Brandon Hazouri, SAM (Track) Tray Oates, SAM (Field) Brandon Hazouri, SAM (Track) Sidney Jordan, SAM (Field)
<b>2011</b> March April	Cordell Livingston, WCU (Track) Michael Seaman, SAM (Field) Cordell Livingston, WCU (Track) Brandon Bassett, SAM (Field)	<b>2016</b> March April	Troy Reeder, FUR (Track) Capers Williamson, CIT (Field) Mike Williams, ETSU (Track) Capers Williamson, CIT (Field)
<b>2012</b> March	AJ Dohanic, APP (Track) Darius Purcell, APP (Field)	<b>2017</b> March April	Matthew Morre, ETSU (Track) Tray Oates, SAM (Field) Emmanuel Tait, SAM (Track) Scott Peretin, WCU (Field)

### Repeat Athletes of the Month

#### Four times

Brandon Hazouri, SAM, 2014-15

#### Three times

Cordell Livingston, WCU, 2010-11

#### Two times

Manteo Mitchell, WCU, 2009

Matt Evans, WCU, 2009-10

Brandon Hairston, WCU, 2013

Jared Stalling, APP, 2013

Sidney Jordan, SAM, 2014-15

Capers Williamson, CIT, 2016

Tray Oates, SAM, 2015, 17

# MEN'S TEAM AND INDIVIDUAL RECORDS

## Team champions

Team	Titles	Years
Appalachian State	19	1980, 84-87, 89, 92-93, 95-96, 01-05, 08, 10-12
VMI*	14	1954-55, 78-79, 81-83, 88, 90-91, 94, 97-98, 00
North Carolina	14	1926, 30, 33-35, 38-40, 42-43, 47-50
William & Mary	12	1957-58, 1966-75
Western Carolina*	7	1999, 06-07, 09, 13, 16-17
LSU	4	1927-1929, 1932
Duke	4	1936-37, 41, 46
Furman*	3	1962-63, 65
The Citadel*	3	1959-61
Maryland	3	1951-53
Mississippi State	3	1923, 24 (South)-25
East Carolina	2	1976-77
Samford*	2	2014-15
Tulane	1	1931
Virginia	1	1924 (North)
Virginia Tech	1	1956
West Virginia	1	1964

\* active SoCon members

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

Name	School	Awards	Years
John Weaver	APP	9	1996, 01-05, 08, 10, 12
Danny Williamson	WCU	7	1990, 95, 99, 06-07, 09, 16
Mike Bozeman	VMI	6	1988, 91, 94, 97-98, 00
Bob Pollock	APP	5	1979-80, 84, 86-87
Rod Tiffin*	Samford	4	2011, 13-15
Wade Williams	VMI	3	1978, 1982-83
Gary Andrew	Davidson	2	2006-07
Cale McDaniel *	WCU	1	2017

\* active

# began in 1978

## Most Outstanding Athlete Awards (multiple winners)%

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

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

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

Name	School	Awards	Years
Manteo Mitchell	WCU	2	2008-09
Brandon Hazouri	SAM	2	2014-15

^ began in 2002

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

Name	School	Awards	Years
Anthony Greer	APP	2	2005, 07
Malcolm Styers	APP	2	2010-11
Jared Stalling	APP	2	2012-13
Sidney Jordan	SAM	2	2014-15

^ began in 2002

# MEN'S NCAA CHAMPIONS

Year	Event	Mark	Name, school
1921	Pole vault	12'0"	Longino Welch, Georgia Tech
1927	120-yard high hurdles	14.90	Weems Baskin, Auburn
1927	Long jump	24'1"	Edward Hamm, Georgia Tech
1928	Long jump	25'0"	Edward Hamm, Georgia Tech
1948	440-yard run	47.20	Norman Rucks, South Carolina

# MEN'S ALL-FRESHMAN TEAMS

## 2009

### **100-meter dash**

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

### **200-meter dash**

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

### **400-meter dash**

Benny Davis, Western Carolina  
Taylor Martin, Davidson

### **800-meter run**

Lee Gilmer, Furman

### **1,500-meter run**

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

### **5,000-meter run**

Sean Soderman, Appalachian State  
Ryan Hopkins, Davidson  
Josey Weaver, Western Carolina

### **10,000-meter run**

Ryan Hopkins, Davidson  
Josey Weaver, Western Carolina  
Jay Miller, Furman

### **3,000-meter steeplechase**

Mason Campbell, Appalachian State  
Sean Soderman, Appalachian State  
Matthew Clay, Furman

### **110-meter hurdles**

Cavan Corcoran, Samford  
AJ Dohanich, Appalachian State

### **400-meter hurdles**

AJ Dohanich, Appalachian State  
Cavan Corcoran, Samford

### **High jump**

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

### **Long jump**

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

### **Triple jump**

Cornelius Williams, Western Carolina  
Mike Pope, Appalachian State

### **Discus throw**

Jamie Van Pelt, Western Carolina  
Jared Stalling, Appalachian State  
Caleb Poplin, Appalachian State

### **Hammer throw**

Jared Stalling, Appalachian State  
Jamie Van Pelt, Western Carolina  
Caleb Poplin, Appalachian State

### **Javelin throw**

Thomas Oliver, Samford  
Darron Dotson, Western Carolina  
Matt Pflugst, Appalachian State

### **Shot put**

Jared Stalling, Appalachian State  
Caleb Poplin, Appalachian State  
Jamie Van Pelt, Western Carolina

## **Decathlon**

Matt Pflugst, Appalachian State  
Donald Cooper, Samford  
Wayne Parker, Western Carolina

## 2010

### **100-meter dash**

Willie Bowman, Western Carolina  
Landon Powell, Appalachian State  
Justin Thomas, Appalachian State

### **200-meter dash**

Landon Powell, Appalachian State  
Justin Thomas, Appalachian State  
Daniel Till, The Citadel

### **400-meter dash**

Tyler Combs, Appalachian State  
Brandon Hairston, Western Carolina  
Brunson Miller, The Citadel

### **800-meter run**

Will Stratford, Davidson  
Alex Taylor, Appalachian State  
Garrett West, Western Carolina

### **1,500-meter run**

Taylor Day, UNCG  
Alex Taylor, Appalachian State  
Vincent Weir, Davidson

### **5,000-meter run**

Russell Baker, Wofford  
Nolan Clark, Western Carolina  
Wes Reynolds, Davidson

### **10,000-meter run**

Nolan Clark, Western Carolina  
Mark Cole, Chattanooga  
Demetrios Pagonis, Davidson

### **3,000-meter steeplechase**

Vincent Weir, Davidson  
Taylor Day, UNCG

### **110-meter hurdles**

Tyler Bentley, Western Carolina  
Trey Jones, Appalachian State  
Cordell Livingston, Western Carolina

### **400-meter hurdles**

Tyler Bentley, Western Carolina  
Trey Jones, Appalachian State  
Blake Olson, Chattanooga

### **High jump**

Bo Ackerson-Gilroy, Samford  
Xavier Newton, The Citadel  
Brad Triplett, Appalachian State

### **Long jump**

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

### **Triple jump**

Cordell Livingston, Western Carolina  
Lawren Willard, Western Carolina

### **Discus throw**

Scott Des Marais, Furman  
Brian McCracken, Wofford

### **Javelin throw**

Bo Ackerson-Gilroy, Samford  
Andrew Hill, Appalachian State  
Ryland Robbins, Samford

## **Shot put**

Scott Des Marais, Furman  
Brian McCracken, Wofford

## **Pole vault**

Brandon Bassett, Samford  
Ryan Cook, Samford

## **Decathlon**

Bo Ackerson-Gilroy, Samford  
Luke Burton, Western Carolina  
Andrew Hill, Appalachian State

## 2011

### **100-meter dash**

Justin Emerson, Samford  
Ron Duncan, Western Carolina  
Stephon Shelton, Wofford

### **200-meter dash**

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

### **400-meter dash**

Aaron Tribble, Western Carolina  
Sidney Rhodes, Western Carolina  
Ammar Phillips, Western Carolina

### **800-meter run**

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

### **1,500-meter run**

Grayam Sailor-Tynes, Davidson  
James Perez, Furman  
Andrew Lantz, Davidson

### **5,000-meter run**

Layton Dorsett, Samford  
Chase Fisher, Western Carolina  
Kenny Hinman, UNCG

### **3,000-meter steeplechase**

Chase Fisher, Western Carolina  
Grayam Sailor-Tynes, Davidson  
James Graham, Samford

### **110-meter hurdles**

Sam Lusty, Western Carolina  
Chris Sievert, The Citadel

### **400-meter hurdles**

Sam Lusty, Western Carolina  
Chris Sievert, The Citadel

### **High jump**

Tyler Kemp, Samford  
Jordan Orr, Western Carolina  
Joshua Hogg, Appalachian State

### **Long jump**

Stewart Dalton, Davidson  
Mike McCrimon, Wofford  
Bob McNeil, Western Carolina

### **Triple jump**

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

### **Discus throw**

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



# MEN'S ALL-FRESHMAN TEAMS

## Javelin throw

Clay Allen, The Citadel  
Jordan Orr, Western Carolina  
Andrew McCurry, Wofford

## Shot put

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

## Pole vault

Owen Wagoner, Samford  
Matt Stenger, Western Carolina

## Decathlon

Sam Lusty, Western Carolina

## 2012

## 100-meter dash

Jeffery Hendricks, Western Carolina

## 200-meter dash

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

## 400-meter dash

Demari Boswell, Western Carolina  
Dezerick Frazier, Chattanooga  
Keith Lemay, The Citadel

## 800-meter run

Raphel Rojas, Appalachian State  
William Ivey, Furman  
Wesley Laytham, Davidson

## 1,500-meter run

Tripp Hurt, Furman  
Patrick O'Brien, Chattanooga  
Mitchell Llyod, Furman

## 5,000-meter run

Josh Cox, Appalachian State  
Stuart Graham, Furman  
Travis Alfaro, Western Carolina

## 10,000-meter run

Travis Alfaro, Western Carolina  
Dylann Belles, UNCG

## 3,000-meter steeplechase

Josh Cox, Appalachian State  
Tripp Hurt, Furman  
Eric Williams, UNCG

## 110-meter hurdles

Abraham Faison, Western Carolina  
Pierce DeRico, Davidson  
Stanley Broaden, Appalachian State

## 400-meter hurdles

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

## High jump

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

## Long jump

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

## Triple jump

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

## Discus throw

Andy Benesh, Western Carolina  
Nick Sansotta, Appalachian State

## Hammer throw

Andy Benesh, Western Carolina  
Nick Sansotta, Appalachian State

## Javelin throw

Andy Benesh, Western Carolina

## Shot put

Nick Sansotta, Appalachian State  
Andy Benesh, Western Carolina

## Pole vault

Jacob Stowe, Appalachian State

## Decathlon

Kyle Bernier, Western Carolina  
Cody Russell, Samford  
Ian Aikman, The Citadel

## 2013

## 100-meter dash

Max Burke, Western Carolina

## 200-meter dash

Max Burke, Western Carolina

## 400-meter dash

Geoff Nelson, Chattanooga  
Chase Helton, Appalachian State  
Tevin Williams, The Citadel

## 800-meter run

Brandon Hazouri, Samford  
Marquis Carter, Chattanooga  
Jamie Bigby, Western Carolina

## 1,500-meter run

Adam Jones, Samford  
Brandon Hazouri, Samford  
Josh Crawford, UNCG

## 5,000-meter run

Daniel Samet, Davidson  
Luke Weishaar, Samford

## 10,000-meter run

Daniel Samet, Davidson  
Bradley Gossett, Furman  
Lucas Sieb, Samford

## 3,000-meter steeplechase

Michael Cornwell, Western Carolina  
Ryan Doyle, Wofford

## 110-meter hurdles

Iman Isang, Chattanooga

## 400-meter hurdles

Charles Rappe, Davidson  
Jayce Almes, The Citadel  
Darius Johnson, The Citadel

## High jump

Tevin Johnson, Wofford  
Cole Finch, Appalachian State  
Christian Carswell, Western Carolina

## Long jump

Steven Bastien, Samford  
Tevin Johnson, Wofford  
Dakota Richardson, The Citadel

## Triple jump

Xzavier Killings, Davidson  
Tevin Johnson, Wofford

## Discus throw

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

## Hammer throw

Brian Hill, Samford  
John Leonard, Appalachian State

## Javelin throw

Adam Parker, Western Carolina  
Christian Carswell, Western Carolina

## Shot put

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

## Pole vault

Patrick Quinn, Appalachian State

## Decathlon

Dustin Triplett, Western Carolina  
Christina Carswell, Western Carolina  
Steven Bastien, Samford

## 2014

## 100-meter dash

William Buckley, Appalachian State  
Antonio Marcano, Jr., Appalachian State

## 200-meter dash

William Buckley, Appalachian State  
Adrian Ortado, Western Carolina

## 400-meter dash

Adrian Ortado, Western Carolina

## 1,500-meter run

Brock Baker, Furman  
Nate Riech, , Furman  
Trevor Janssen, Chattanooga

## 3,000-meter steeplechase

Matthew Gill, The Citadel  
Lee Shearer, Furman

## 5,000-meter run

Brock Baker, Furman  
Tanner Hinkle, Furman  
Paul Stuart, Chattanooga

## 10,000-meter run

Tanner Hinkle, Furman  
Paul Stuart, Chattanooga

## 110-meter hurdles

Eric Blake, Western Carolina  
Phillip Thomas, Appalachian State

## 400-meter hurdles

Jay Vines, Samford

## High jump

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

# MEN'S ALL-FRESHMAN TEAMS

## Long jump

Jesse Earnhardt, Appalachian State  
Josh McSwain, Western Carolina  
Jerry Bryant, Western Carolina

## Triple jump

Josh McSwain, Western Carolina  
Chris Powell, Davidson  
Jerry Bryant, Western Carolina

## Discus throw

Brian Smith, Samford  
Nathan Milch, Appalachian State  
Richard Bertrand, The Citadel

## Hammer throw

Nathan Milch, Appalachian State  
Mason Lasater, Appalachian State  
Brian Smith, Samford

## Javelin throw

Jonathon Campbell, Davidson  
Jackson Butkus, The Citadel  
Ellsworth Parham, Appalachian State

## Shot put

Nathan Milch, Appalachian State  
Brian Smith, Samford

## Pole vault

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

## Decathlon

Jackson Powers, Appalachian State  
Andrew Patterson, Samford  
Tim Buzyan, Western Carolina

## 2015

## 100-meter dash

Brendan Caldwell, Western Carolina  
Jeff Beane, UNCG

## 200-meter dash

Carson Howe, Samford  
Henry Kiedy, Western Carolina  
Dakota Lamont, Western Carolina

## 400-meter dash

Henry Kiedy, Western Carolina  
Carson Howe, Samford  
Dakota Lamont, Western Carolina

## 800-meter run

Ashton Wilson, ETSU  
Josh Willard, VMI  
Bryan Whymys, UNCG

## 1,500-meter run

Arse'ne Guillourel, Samford  
Haydn Borghetti-Metz, ETSU  
Bryan Whymys, UNCG

## 5,000-meter run

Arse'ne Guillourel, Samford  
Austin Sprague, Furman  
Josh Bricknell, Furman

## 10,000-meter run

Josh Bricknell, Furman  
Carl Oberfeiting, ETSU  
Luke Sumerford, UNCG

## 3,000-meter steeplechase

Haydn Borghetti-Metz, ETSU  
Josh Salter, Samford  
Paul Richardson, Samford

## 110-meter hurdles

Davon Guerrier, VMI

## 400-meter hurdles

Marquis Barnes, Samford  
Drake Watson, Chattanooga  
Davon Guerrier, VMI

## High jump

Keyth Fightmaster, Samford  
Tanner Riddle, ETSU  
Austin Billings, Samford

## Long jump

Marquis Barnes, Samford  
Brenden Caldwell, Western Carolina  
Devin Singleton, The Citadel

## Triple jump

Marquis Barnes, Samford  
Kevin Hires, Western Carolina

## Discus throw

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina  
Killian Carey, VMI

## Hammer throw

Sadarius Lucas, The Citadel  
Logan Louzader, ETSU

## Javelin throw

Donovan Walton, VMI  
Griffin Miller, The Citadel  
Joseph Lee, Samford

## Shot put

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina  
Logan Louzander, ETSU

## Pole vault

Gavin Gautreau, Samford  
Tray Oates, Samford  
Corey Ginley, Western Carolina

## Decathlon

Austin Billings, Samford  
Killian Carey, VMI  
Jeremiah Sokol, VMI

## 2016

## 100-meter dash

Josiah Johnson, The Citadel  
Louis Lawrence, The Citadel  
Josh Little, Western Carolina

## 200-meter dash

Josiah Johnson, The Citadel  
Josh Little, Western Carolina  
Palmer Dupree, UNCG

## 400-meter dash

Deondre Anderson, VMI  
Tyler Jackson, The Citadel  
Tyriq Trotman, VMI

## 800-meter run

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

## 1,500-meter run

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

## 5,000-meter run

Aaron Templeton, Furman  
Frank Lara, Furman  
Ben Bryant, Samford

## 10,000-meter run

Aaron Templeton, Furman  
Frank Lara, Furman  
Ben Bryant, Samford

## 3,000-meter steeplechase

Jordan Bostian, Western Carolina

## 110-meter hurdles

Tyler Houston, ETSU  
Devyn Montel Jones, Western Carolina  
Brian Donna, VMI

## 400-meter hurdles

Dylan Andrade, Western Carolina  
Devyn Montel Jones, Western Carolina  
Brian Donna, VMI

## High jump

Tyrie Adams, Western Carolina  
Jordan Scott, ETSU  
Khalil Jackson, Western Carolina

## Long jump

Jamie Brown, Western Carolina  
Tyrie Adams, Western Carolina  
Jordan Williams, The Citadel

## Triple jump

Jamie Brown, Western Carolina  
Omar Wingo, Wofford  
Quan Myers, VMI

## Hammer throw

Danny Andrews, The Citadel

## Javelin throw

Ben Johnson, ETSU  
Charlie Hatler, The Citadel  
Brian Donna, VMI

## Discus throw

Ja'lon Williams, The Citadel  
Ben Johnson, ETSU  
Dalton Sullivan, Wofford

## Shot put

Jaylan Reid, Furman  
Ja'lon Williams, The Citadel  
Longinus Nnodim, Wofford

## Pole vault

Andrew Arlint, VMI

## Decathlon

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

## 2017

## 100-meter dash

Emmanuel Tait, Samford  
John Bapoupeleh, Wofford

## 200-meter dash

Devaniel Dale, Western Carolina  
John Bapoupeleh, Wofford

## 400-meter dash

Samuel Santiago, The Citadel  
Devaniel Dale, Western Carolina  
Cody Chavis, Wofford

# MEN'S ALL-FRESHMAN TEAMS

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## **800-meter run**

Madison Daniel, Furman  
Thomas Moore, Furman  
Jonathan Helton, Samford

## **1,500-meter run**

Adam Bradtmueller, ETSU  
Josh Routh, ETSU  
Jack Zemp, Wofford

## **5,000-meter run**

Mason Coppi, Furman  
Dillon Dean, Samford  
Adam Bradtmueller, ETSU

## **10,000 meters**

Nathan Longfellow, ETSU  
Mason Coppi, Furman  
Dillon Dean, Samford

## **3,000-meter steeplechase**

Adam Bradtmueller, ETSU  
Louis Morris, ETSU  
Justin Tucker, Western Carolina

## **110-meter hurdles**

Quandarius Weems, Furman  
Cory Alston, Western Carolina  
Jonathan Hall, Wofford

## **400-meter hurdles**

Jordan Oballe, Samford  
Jonathan Hall, Wofford

## **High jump**

Jon Waarvik, Samford  
Dijoun Huitt, Western Carolina

## **Long jump**

Cory Alston, Western Carolina  
Dijoun Huitt, Western Carolina

## **Triple jump**

Dijoun Huitt, Western Carolina  
Nicholas Lyons, Western Carolina

## **Discus throw**

Prince Howard-Whitaker, The Citadel  
Jay Stanley, Western Carolina  
Tyler Schiemann, The Citadel

## **Hammer throw**

Jay Stanley, Western Carolina  
Hunter Griffin, Wofford

## **Javelin throw**

Evan McDonald, The Citadel  
Jon Waarvik, Samford

## **Shot put**

Tyler Schiemann, The Citadel  
Jay Stanley, Western Carolina  
Hunter Griffin, Wofford

## **Pole vault**

Hunter Schlatter, Samford  
Sage Murphy, ETSU  
Hugh Duggan, Samford

## **Decathlon**

Hunter Schlatter, Samford

# MEN'S CHAMPIONSHIP RESULTS

<b>1923</b>	Mississippi State	47.5	Tulane	4	Florida	11	William & Mary	14.5				
	Louisiana State	40			Georgia Tech	8	Washington & Lee	13.5				
	Tennessee	14	<b>1928</b>	Louisiana State	43.5	Mississippi State	7.5	Richmond	11			
	Georgia Tech	13.5		Georgia Tech	34.25	Clemson	7	South Carolina	8			
	Clemson	13		Auburn	33.75	Alabama	6.5	North Carolina State	7			
	Vanderbilt	9		North Carolina	30.75	Kentucky	6	VMI	7			
	Virginia Tech	8		Georgia	10	Tennessee	5					
	Maryland	8		Mississippi State	10	Vanderbilt	5	<b>1941</b>	Duke	66		
	North Carolina	5		Virginia Tech	10	Virginia Tech	3		North Carolina	59		
	Alabama	3		Maryland	9				Maryland	26		
	Auburn	3		Clemson	8	<b>1933</b>	North Carolina	66	Richmond	18		
	Georgia	1		Kentucky	8		Duke	52	VMI	13		
				Vanderbilt	7		Virginia	35.5	William & Mary	10		
<b>1924</b>	<b>NORTH</b>			Tulane	6		Clemson	17.5	Clemson	7		
	Virginia	70		North Carolina State	5		Maryland	12.5	Virginia Tech	7		
	North Carolina	42.5		Tennessee	5		South Carolina	11	Washington & Lee	6		
	Washington & Lee	33.5		Sewanee	2.75		Virginia Tech	10	Wake Forest	5.5		
	VMI	31		Alabama	2		VMI	9	Davidson	3		
	North Carolina State	17.5					Washington & Lee	8.5	North Carolina State	2.5		
	Maryland	9	<b>1929</b>	Louisiana State	35		North Carolina State	2	South Carolina	2		
	Virginia Tech	7		North Carolina	33	<b>1934</b>	North Carolina	69	<b>1942</b>	North Carolina	64	
<b>1924</b>	<b>SOUTH</b>			Auburn	28					Duke	61.5	
	Mississippi State	64.5		Washington & Lee	21	<b>1935</b>	North Carolina	58		Richmond	19.5	
	Kentucky	26.5		Georgia	20		Maryland	49.75		South Carolina	19	
	Louisiana State	14.5		Mississippi State	14		Duke	47.5		Virginia Tech	16	
	Clemson	13		Duke	13		Clemson	20.25		Clemson	10.5	
	Georgia	9		Tulane	11		Virginia	19		North Carolina State	10	
	Tennessee	9		Vanderbilt	10		Washington & Lee	10		Davidson	9	
	Georgia Tech	8.5		Tennessee	7		VMI	8		William & Mary	9	
	Sewanee	7.5		Sewanee	7		Virginia Tech	7		Maryland	6	
	Auburn	6.5		Virginia Tech	5		North Carolina State	5	<b>1943</b>	North Carolina	77.5	
	Alabama	2		North Carolina State	5		South Carolina	.5		VMI	44.5	
	Mississippi	1		Alabama	4	<b>1936</b>	Duke	67		Duke	41	
				South Carolina	3.5		North Carolina	34.5		South Carolina	15.5	
<b>1925</b>	Mississippi State	29		Clemson	3		Virginia	32		William & Mary	15.5	
	Louisiana State	29		Georgia Tech	3		Clemson	22.5		Davidson	12	
	North Carolina	21		Kentucky	3		Virginia Tech	20.5		North Carolina State	10	
	Vanderbilt	19.5	<b>1930</b>	North Carolina	40.5		Maryland	18.5		Clemson	9	
	VMI	17		Georgia	28		VMI	18	<b>1946</b>	Duke	76	
	Auburn	11		Mississippi State	25					North Carolina	57	
	Kentucky	10		Tulane	23		<b>1937</b>	Duke	78		Maryland	26
	Washington & Lee	8		Auburn	18			North Carolina	39.5		VMI	20
	Clemson	6		Louisiana State	18			VMI	25		South Carolina	19.5
	Alabama	5		Tennessee	16.5			Maryland	22		William & Mary	15
	Georgia Tech	5		North Carolina State	14			Washington & Lee	11		North Carolina State	9.5
	Sewanee	3		Georgia Tech	13			Virginia Tech	9		Clemson	2
	Virginia Tech	2		Alabama	10			South Carolina	6	<b>1947</b>	North Carolina	83
	Mississippi	1		Vanderbilt	7			Clemson	4.5		Duke	42
				Maryland	5			North Carolina State	1		Maryland	26.5
<b>1926</b>	North Carolina	23.5		Kentucky	4						North Carolina State	26
	Virginia	18.5		Duke	2	<b>1938</b>	North Carolina	59.5			VMI	16
	Louisiana State	17					Duke	50.5	<b>1948</b>	North Carolina	55.5	
	Clemson	15	<b>1931</b>	Tulane	31		Maryland	44		Maryland	44	
	Auburn	13		Virginia	29		VMI	15.5		Duke	41	
	Kentucky	12.5		Alabama	28.5		Virginia Tech	14.5		North Carolina State	31	
	Maryland	12		North Carolina	25.5		Washington & Lee	13		South Carolina	14	
	Virginia Tech	8		VMI	18		Davidson	8.5		VMI	13	
	Georgia Tech	6.5		Auburn	14.5		South Carolina	8		Clemson	9	
	VMI	6		Louisiana State	13		Richmond	6.5		VMI	7	
	Georgia	5.5		Kentucky	13		William & Mary	3		Furman	5	
	North Carolina State	5		Georgia	10		North Carolina State	2		Richmond	3	
	Alabama	5		Duke	8		Clemson	1		Washington & Lee	3	
	Vanderbilt	5		Tennessee	6					William & Mary	1	
	Mississippi State	4		Virginia Tech	5	<b>1939</b>	North Carolina	65.5	<b>1949</b>	North Carolina	75	
	Tulane	3		Florida	5		Duke	43		Duke	47.5	
	Sewanee	3		North Carolina State	5		Maryland	43.5		Maryland	45	
	Tennessee	1.5		Vanderbilt	4		South Carolina	22		Virginia Tech	22	
	Washington & Lee	1		South Carolina	3.5		Washington & Lee	22		William & Mary	10	
				Mississippi State	3		VMI	12		VMI	8	
<b>1927</b>	Louisiana State	45		Clemson	3		Richmond	7		Clemson	5.5	
	Georgia Tech	44		Sewanee	1		North Carolina State	4		Furman	4	
	Mississippi State	32	<b>1932</b>	Louisiana State	38		William & Mary	4		Davidson	4	
	North Carolina	24		Duke	27		Davidson	3		North Carolina State	2	
	Auburn	21		Auburn	24		Clemson	3		South Carolina	2	
	Sewanee	16.5		North Carolina	23	<b>1940</b>	North Carolina	65				
	Clemson	13		Georgia	21		Maryland	57				
	Georgia	11.5		Tulane	16		Duke	42				
	Kentucky	8		Virginia	13							
	Vanderbilt	5										

# MEN'S CHAMPIONSHIP RESULTS

<b>1950</b>	North Carolina	74	The Citadel	4	Richmond	26	Appalachian State	123.5			
	Duke	48	Furman	2	West Virginia	23	Marshall	73			
	Maryland	36			VMI	17.5	The Citadel	42.5			
	North Carolina State	24	<b>1958</b>	William & Mary	Davidson	9	Western Carolina	23			
	Virginia Tech	15			<b>1959</b>	The Citadel	105	Furman	22		
	South Carolina	11				East Carolina	54	Davidson	13		
	William & Mary	7	<b>1960</b>	The Citadel	64	The Citadel	46	<b>1980</b>	Appalachian State	137	
	Davidson	4		West Virginia	52	Furman	34	ETSU	132		
	Clemson	3		Furman	45	Davidson	23	VMI	125		
	VMI	2		William & Mary	24	Richmond	22	Marshall	82.5		
<b>1951</b>	Maryland	63		Richmond	13	VMI	3	Western Carolina	55		
	North Carolina	57		VMI	10	<b>1970</b>	William & Mary	114	Furman	51	
	Duke	40		Virginia Tech	7		East Carolina	79	The Citadel	34.5	
	North Carolina State	22	<b>1961</b>	The Citadel	68		Richmond	49	Davidson	3	
	VMI	17		Furman	55		Furman	25	Chattanooga	0	
	South Carolina	13.5		West Virginia	27	<b>1971</b>	The Citadel	16	<b>1981</b>	VMI	161
	Clemson	10.5		William & Mary	24		VMI	9	Appalachian State	106	
	Davidson	8		VMI	15		Davidson	6	ETSU	103	
	Furman	4		Virginia Tech	9.5		Richmond	10	Furman	82	
	William & Mary	3		Richmond	4.5		East Carolina	78	Marshall	72	
<b>1952</b>	Maryland	57.5	<b>1962</b>	Furman	72.67		Furman	68	Western Carolina	42	
	Duke	46		The Citadel	57.5	<b>1972</b>	The Citadel	19	The Citadel	41	
	North Carolina	37.5		William & Mary	36		Richmond	17	Davidson	9	
	Virginia Tech	27		West Virginia	24.33		VMI	11	Chattanooga	1	
	VMI	21.5		VMI	18.5		Davidson	10	<b>1982</b>	VMI	158
	West Virginia	15		Virginia Tech	16		William & Mary	108	Appalachian State	155	
	North Carolina State	13		Davidson	8		East Carolina	73	ETSU	121	
	South Carolina	4		Richmond	7		Furman	54	Furman	46	
	Washington & Lee	2.5	<b>1963</b>	Furman	70		Richmond	44	The Citadel	42	
	Davidson	1		The Citadel	51		Davidson	16	Marshall	42	
<b>1953</b>	Maryland	58.5		West Virginia	36	<b>1973</b>	The Citadel	13	Western Carolina	38	
	Duke	41.5		VMI	32		VMI	12	Davidson	17	
	North Carolina	41		William & Mary	19		Richmond	12	Chattanooga	0	
	Virginia Tech	27		Davidson	12		Appalachian State	16	<b>1983</b>	VMI	174
	VMI	14		Virginia Tech	10		Furman	53	Appalachian State	152	
	South Carolina	10		Richmond	5		Richmond	18.5	ETSU	99	
	North Carolina State	9	<b>1964</b>	West Virginia	56.5		Appalachian State	6	Marshall	61	
	West Virginia	8		Furman	44.5		VMI	6	Furman	45	
	Richmond	5.5		The Citadel	41.33		Davidson	5.33	Western Carolina	42	
	Clemson	4.5		VMI	38		The Citadel	5	The Citadel	38	
	Davidson	2		William & Mary	27.33	<b>1974</b>	William & Mary	209	Davidson	6	
	Furman	2		Virginia Tech	27		East Carolina	167	<b>1984</b>	Appalachian State	201.5
	Washington & Lee	1		Davidson	17.33		Furman	119	VMI	127	
<b>1954</b>	VMI	59		Richmond	3		Richmond	54	ETSU	82	
	Virginia Tech	42	<b>1965</b>	Furman	67		The Citadel	25	Western Carolina	78	
	West Virginia	30		West Virginia	51		VMI	20	The Citadel	61	
	Richmond	17		VMI	32		Appalachian State	18	Marshall	48.5	
	Furman	13		The Citadel	28	<b>1975</b>	Davidson	8	Furman	20	
	Washington & Lee	10		William & Mary	23		<b>1976</b>	East Carolina	Davidson	2	
	Davidson	8		Virginia Tech	18			William & Mary	<b>1977</b>	Appalachian State	151
<b>1955</b>	VMI	67		Davidson	18			East Carolina	128	Western Carolina	124
	William & Mary	50		Richmond	17			Furman	125	VMI	100
	Virginia Tech	41	<b>1966</b>	William & Mary	71			Richmond	84.33	The Citadel	78
	West Virginia	26		The Citadel	41			VMI	82	ETSU	70
	Richmond	19		West Virginia	35	<b>1977</b>	East Carolina	128	Marshall	48	
	Furman	17		Richmond	35		Furman	73	Furman	28	
	Washington & Lee	9		Furman	34		Marshall	73	Davidson	18	
	Davidson	8		East Carolina	9		Appalachian State	67.67	<b>1985</b>	Appalachian State	151
<b>1956</b>	Virginia Tech	67		Davidson	1		Western Carolina	32	Western Carolina	124	
	VMI	55.5	<b>1967</b>	William & Mary	77		The Citadel	21	VMI	100	
	West Virginia	38		VMI	48		Davidson	6	The Citadel	78	
	The Citadel	29		Richmond	40	<b>1978</b>	VMI	187	ETSU	70	
	Furman	22		West Virginia	31		Appalachian State	116	Marshall	48	
	Davidson	13		Furman	29		Marshall	106	Furman	28	
	Washington & Lee	9		The Citadel	23		Furman	75	Davidson	18	
	Richmond	6		East Carolina	22		Western Carolina	44	<b>1986</b>	Appalachian State	154
<b>1957</b>	William & Mary	70		Davidson	0		Davidson	43	VMI	137	
	Virginia Tech	48.75	<b>1968</b>	William & Mary	124.5		The Citadel	35	Marshall	105	
	VMI	33.75		The Citadel	30		Chattanooga	13	The Citadel	94	
	West Virginia	22		East Carolina	30		<b>1979</b>	VMI	ETSU	55	
	Davidson	22.25		Furman	28			188	Western Carolina	42.5	
	Richmond	18.25						133	Furman	25	
	Washington & Lee	5							Davidson	7.5	
									<b>1987</b>	Appalachian State	185
									VMI	121.5	
									Marshall	106	
									Western Carolina	79.5	
									The Citadel	59	
									Furman	34	

# MEN'S CHAMPIONSHIP RESULTS

	ETSU	32	<b>1996</b>	Appalachian State	138		Furman	38.5	<b>2012</b>	Appalachian State	238	
	Chattanooga	2		ETSU	129		Wofford	38		Western Carolina	225	
	Davidson	1		VMI	113		Davidson	19		Samford	107*	
<b>1988</b>	VMI	194.33		Western Carolina	78	<b>2004</b>	Appalachian State	246.5		The Citadel	79	
	Appalachian State	128		Marshall	73		Western Carolina	229.5		Davidson	58	
	Marshall	105.67		Chattanooga	47		Chattanooga	90		Chattanooga	37	
	ETSU	66		The Citadel	27		The Citadel	63		Furman	31	
	Western Carolina	56		Furman	11		ETSU	53		UNCG	30	
	The Citadel	40		Davidson	4		Furman	53		Wofford	11	
	Furman	24	<b>1997</b>	VMI	132.33		Wofford	34		* later vacated 16 points		
	Chattanooga	2		Western Carolina	103	<b>2005</b>	Davidson	26	<b>2013</b>	Western Carolina	222.5	
	Davidson	1		Marshall	102		UNCG	19		Samford	209*	
<b>1989</b>	Appalachian State	180		Appalachian State	94.33		Appalachian State	292.5		Appalachian State	183.5	
	VMI	118		ETSU	91		Western Carolina	250.5		Davidson	70.5	
	ETSU	110		Chattanooga	44		Chattanooga	57		The Citadel	55	
	Western Carolina	74		The Citadel	34.33		The Citadel	48		Furman	38	
	The Citadel	65		Furman	15		ETSU	45		Chattanooga	25	
	Marshall	58		Davidson	4		Furman	33		UNCG	11	
	Furman	12	<b>1998</b>	VMI	171		Wofford	30		Wofford	4.5	
	Chattanooga	3		Appalachian State	125		Davidson	28		* later vacated nine points		
<b>1990</b>	VMI	144		ETSU	116	<b>2006</b>	Davidson	26	<b>2014</b>	Samford	207	
	Appalachian State	124		Western Carolina	107		Western Carolina	258.5		Western Carolina	204	
	Western Carolina	99		Chattanooga	45		Appalachian State	244.5		Appalachian State	165.5	
	ETSU	92		The Citadel	25		Davidson	84		The Citadel	91	
	The Citadel	80		Furman	22		The Citadel	77		Furman	55	
	Marshall	54		Wofford	7		Furman	58		Chattanooga	52	
	Furman	20		Davidson	2		Chattanooga	51		Davidson	31.5	
	Chattanooga	3		UNCG	NTS		Wofford	18		UNCG	5	
<b>1991</b>	VMI	203	<b>1999</b>	Western Carolina	213	<b>2007</b>	Wofford	0	<b>2015</b>	Samford	61	
	Appalachian State	127		Appalachian State	154		Western Carolina	284		ETSU	49	
	Western Carolina	80		VMI	121		Appalachian State	249		Western Carolina	40	
	Marshall	78		ETSU	115		Davidson	104		The Citadel	29	
	ETSU	68		The Citadel	70		The Citadel	78		Furman	16	
	The Citadel	39		Chattanooga	66		Chattanooga	46		VMI	14	
	Furman	21		Furman	36		Furman	36		Wofford	10	
	Chattanooga	3		Davidson	25		UNCG	15		Chattanooga	10	
<b>1992</b>	Appalachian State	161		Wofford	9		Wofford	0		UNCG	4	
	Marshall	143.5	<b>2000</b>	UNCG	2		<b>2008</b>	Appalachian State	315	<b>2016</b>	Western Carolina	245
	Western Carolina	98		VMI	217		Western Carolina	288		VMI	152	
	VMI	86		Western Carolina	182		The Citadel	67		Samford	101	
	ETSU	77.5		Appalachian State	145		Davidson	38		ETSU	98	
	Furman	28		The Citadel	68		Chattanooga	37		Furman	94	
	The Citadel	20		ETSU	67		UNCG	37		The Citadel	77	
	Davidson	11		Chattanooga	51		Furman	22		Wofford	37	
<b>1993</b>	Appalachian State	140.5		Furman	46		Wofford	0		UNCG	8	
	VMI	116	<b>2001</b>	Davidson	27		<b>2009</b>	Western Carolina	254	<b>2017</b>	Western Carolina	190.5
	ETSU	109		Wofford	5		Appalachian State	253.5		Samford	184.5	
	Western Carolina	69.5		UNCG	3		The Citadel	70		The Citadel	132	
	Marshall	63.5		Appalachian State	221		Samford	66.5		ETSU	129	
	The Citadel	40		Western Carolina	156		Davidson	63		Furman	105	
	Furman	35.5		VMI	155		Chattanooga	40		Wofford	52	
	Davidson	6		The Citadel	81		UNCG	32		UNCG	7	
<b>1994</b>	VMI	131		ETSU	79		Furman	28				
	Appalachian State	130		Chattanooga	75		Wofford	10				
	ETSU	108		Furman	25		<b>2010</b>	Appalachian State	263.5			
	Western Carolina	99		Davidson	14		Western Carolina	242				
	Marshall	84		UNCG	6		Samford	132.5				
	Chattanooga	39		Wofford	1		The Citadel	57.5				
	The Citadel	15	<b>2002</b>	Appalachian State	224		Davidson	44				
	Furman	13		Western Carolina	188		Chattanooga	29				
	Davidson	1		VMI	112.5		Furman	21				
<b>1995</b>	Appalachian State	131		The Citadel	83.5		UNCG	21				
	VMI	119		ETSU	63		Wofford	3.5				
	Western Carolina	107		Chattanooga	61		<b>2011</b>	Appalachian State	256			
	ETSU	104		Davidson	31		Western Carolina	218.5				
	Marshall	84		Furman	27		Samford	138.5*				
	Chattanooga	58		Wofford	16		Davidson	70				
	Furman	8	<b>2003</b>	Appalachian State	229		The Citadel	48				
	Davidson	6		Western Carolina	178		Chattanooga	42				
	The Citadel	2		Chattanooga	100		Furman	24				
				VMI	97.5		Wofford	17				
				The Citadel	70.5		UNCG	1				
				ETSU	47.5		* later vacated 13 points					

# WOMEN'S RECORDS AND CHAMPIONS

## Women's Outdoor Championship records

Event	Mark	Conversion	Athlete	Year
100m dash	11.45		Melissa Morrison, Appalachian State	1993
200m dash	23.50		Lamonda Miller, Appalachian State	1989
400m dash	53.55		Angela Rowe, Western Carolina	1995
800m run	2:07.93		Mary Jayne Harrelson, Appalachian State	1999
1,500m run	4:22.95		Shannon Wommack, Chattanooga	2006
3,000m steeplechase	10:07.54		Shannon Wommack, Chattanooga	2006
5,000m run	16:12.98		Allie Buchalski, Furman	2017
10,000m run	34:35.06		Teghan Henderson, Chattanooga	2014
100m high hurdles	13.25		Kyra Atkins, ETSU	2017
400m intermediate hurdles	58.15		Katrina Seymour, ETSU	2017
Long jump	6.53m	21-5.08	Melissa Morrison, Appalachian State	1993
Triple jump	13.16m	43-2.25	Danielle Thorpe, Appalachian State	2010
High jump	1.79m	5-10.50	Megan Kirschling, Elon	2014
Shot put	15.50m	50-10.23	Beverly Burnett, Appalachian State	2005
Discus	47.08m	154-5.00	Maggie Johnston, Samford	2017
Javelin	*53.32m	174-11.21	Meg Warren, Appalachian State	1987
	^44.08m	144-07	Verena Tobis, ETSU	2015
Hammer throw	60.98m	200-0.79	Emily Allen, Samford	2014
Pole vault	4.00m	13-1.48	Laura Tieszen, Western Carolina	2004
4x100m relay	44.50		Georgia Southern	2014
			(Alyssa Felton, Jasmin Walker, Aarian Tipton, Jordan Fordham)	
4x400m relay	3:41.68		Georgia Southern	2007
			(Rashedah Arnold, Nicole Brown, Shauntel Jennings, Carla Ballard)	
Heptathlon	5,361		Tyleana Hanner, Chattanooga	2001

\*-Denotes record pre-1986 redesign; ^-Denotes record post-1986 redesign

## WOMEN'S CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1987	Boone, N.C.	Appalachian State	2008	Cullowhee, N.C.	Western Carolina
1988	Lexington, Va.	Appalachian State	2009	Statesboro, Ga.	Appalachian State
1989	Huntington, W.Va.	Appalachian State	2010	Boone, N.C.	Western Carolina
1990	Boone, N.C.	Appalachian State	2011	Birmingham, Ala.	Appalachian State
1991	Lexington, Va.	Appalachian State	2012	Cullowhee, N.C.	Appalachian State
1992	Huntington, W.Va.	Appalachian State	2013	Statesboro, Ga.	Western Carolina
1993	Boone, N.C.	Appalachian State	2014	Spartanburg, S.C.	Samford
1994	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1995	Huntington, W.Va.	Appalachian State	2016	Cullowhee, N.C.	Western Carolina
1996	Johnson City, Tenn.	ETSU	2017	Birmingham, Ala.	Samford
1997	Boone, N.C.	Western Carolina			
1998	Lexington, Va.	Appalachian State			
1999	Johnson City, Tenn.	Western Carolina			
2000	Boone, N.C.	Western Carolina			
2001	Lexington, Va.	Western Carolina			
2002	Johnson City, Tenn.	Appalachian State			
2003	Boone, N.C.	Appalachian State			
2004	Boone, N.C.	Appalachian State			
2005	Cullowhee, N.C.	Appalachian State			
2006	Statesboro, Ga.	Appalachian State			
2007	Boone, N.C.	Georgia Southern			

  

Total team titles	
Team	Titles
Appalachian State .....	18
Western Carolina .....	9
Samford.....	2
ETSU .....	1
Georgia Southern.....	1

# WOMEN'S INDIVIDUAL HONORS

## Coach of the Year

1987	John Weaver, Appalachian State
1988	Dennis Brachna, Marshall
1989	Tom Roberts, ETSU
1990	Dennis Brachna, Marshall
1991	John Weaver, Appalachian State
1992	John Weaver, Appalachian State
1993	John Weaver, Appalachian State
1994	John Weaver, Appalachian State
1995	John Weaver, Appalachian State
1996	Michelle Byrne, ETSU
1997	Danny Williamson, Western Carolina
1998	John Weaver, Appalachian State
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	Danny Williamson, Western Carolina
2002	John Weaver, Appalachian State
2003	Todd Lane, Georgia Southern
2004	Tood Lane, Georgia Southern and John Weaver, Appalachian State
2005	Shaun Meinecke, Georgia Southern
2006	Shaun Meinecke, Georgia Southern
2007	Natalie Smith, Georgia Southern
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Mark Elliston, Elon
2011	Mark Elliston, Elon
2012	John Weaver, Appalachian State
2013	Danny Williamson, Western Carolina
2014	Rod Tiffin, Samford
2015	Danny Williamson, Western Carolina
2016	Danny Williamson, Western Carolina
2017	Rod Tiffin, Samford

## Most Outstanding Athlete

1987	Meg Warren, Appalachian State
1988	Lamonda Miller, Appalachian State
1989	Whitney Ball, Appalachian State
1990	Vanessa Kosmala, Appalachian State
1991	Von Ross, Western Carolina
1992	Leigh Wallace, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Rita Roberts, Western Carolina
1995	Angela Rowe, Western Carolina
1996	Rahma Mateen, Western Carolina
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, ETSU
1999	Mary Jayne Harrelson, APP
2000	Tyleanna Hanner, Chattanooga
2001	Virginia LaCombe, WCU & Tyleanna Hanner, UTC
2008	Brittani Williams, Appalachian State
2009	Lily Tallent, Appalachian State
2010	Felicia Paulding, Western Carolina
2011	Zakiyyah Stewart, Western Carolina
2012	Breanna Alston, Appalachian State
2013	Ashley Cope, Samford
2014	Jasmin Walker, Georgia Southern
2015	Tayla Carter, WCU & Demeteria Edgecombe, ETSU
2016	Sarah Sanford, Samford
2017	Hailey Cook, Western Carolina Kyra Atkins, ETSU

## Most Outstanding Track Performer

2002	Ronda Wright, Appalachian State
2003	Gina Recher, Chattanooga
2004	Jennifer Claud, Appalachian State
2005	Shannon Wommack, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Nicole Browm, Georgia Southern
2008	Raquel Ramseur, Western Carolina
2009	Felicia Paulding, Western Carolina

2010	Anneli Uys, Chattanooga
2011	Felisha Garren, Western Carolina
2012	Ebony Carter, Georgia Southern
2013	Sinead Haughey, Furman
2014	Jasmin Walker, Georgia Southern
2015	Demeteria Edgecombe, ETSU
2016	Sarah Sanford, Samford
2017	Dasha Arnaut, Western Carolina

## Most Outstanding Field Performer

2002	Virginia LaCombe, Western Carolina
2003	LaShana Poole, Appalachian State
2004	Laura Tieszen, Western Carolina
2005	Laura Tieszen, Western Carolina
2006	Stephanie McNeill, The Citadel
2007	Stephaine McNeill, The Citadel
2008	Brittani Williams, Appalachian State
2009	Melanie Trumbo, Georgia Southern
2010	Zakiyyah Stewart, Western Carolina
2011	Veronica Day, Elon
2012	Emily Allen, Samford
2013	Alisha Bradshaw, Western Carolina
2014	Emily Allen, Samford
2015	Alisha Bradshaw, Western Carolina
2016	Hailey Cook, Western Carolina
2017	Selena Popp, Samford

## Freshman of the Year

1992	Meghan Morrall, Marshall
1993	Heather VandeBrake, Furman
1994	Beth Rack, Marshall
1995	Michelle Gregg, ETSU
1996	Chandra Nelson, Marshall
1997	Mary Jayne Harrelson, Appalachian State
1998	Shonte Pinkston, Appalachian State
1999	Ashley Herndon, WCU
2000	Alison Frese, Chattanooga
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Reshedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga
2005	Raquel Ramseur, Western Carolina
2006	Emily King, Davidson
2007	Jessica Irizzary, Georgia Southern
2008	Felicia Paulding, Western Carolina
2009	Emma Bowers, Western Carolina
2010	Jelain McArthur, College of Charleston
2011	Breanna Alston, Appalachian State
2012	Alisha Bradshaw, Western Carolina
2013	Tayla Carter, Western Carolina
2014	Teghan Henderson, Chattanooga
2015	Allie Buchalski, Furman
2016	Kyra Atkins, ETSU
2017	Jazmine Gooden, Western Carolina



# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Week

<b>2003</b>		<b>2011</b>		<b>2016</b>	
March 28	Rashedah Arnold, GSU	March 16	Ashley Schnell, UNCG (Track)	March 23	LeAndrea Combo, WOF (Track)
April 2	Emily Chaney, ETSU		Veronica Day, Elon (Field)		Ashley Kessler, ETSU (Field)
April 10	Leslie Martin, WCU	March 23	Nicole Okolo, WCU (Track)	March 30	Allie Buchalski, FUR (Track)
April 15	Marlo Mincey, GSU		Cassie Crawford, APP (Field)		Kyra Atkins, ETSU (Field)
<b>2004</b>		March 30	Kwajelin Holsendolph, GSU (Co-Track)	April 6	Karisa Nelson, SAM (Track)
March 25	Marlo Mincey, GSU		Dena O'Brien, CofC (Co-Track)		Hailey Cook, WCU (Field)
March 31	Shannon Wommack, UTC	April 6	Veronica Day, Elon (Field)	April 13	Sarah Sanford, SAM (Track)
April 6	Leslie Martin, WCU		Felisha Garren, WCU (Co-Track)		Selena Popp, SAM (Field)
April 14	Nicole Brown, GSU	April 20	Breanna Alston, APP (Co-Track)	April 20	Tayla Carter, WCU (Track)
April 20	Kristin Truman, ETSU		Zakiyyah Stewart, WCU (Field)		Tatiana Taylor, SAM (Field)
April 27	Lindy Petteway, GSU	April 13	Amy Salek, Elon (Track)	April 27	Allie Buchalski, FUR (Track)
<b>2005</b>			Rebecca Hazeltine, APP (Field)		Ashley Kessler, ETSU (Field)
March 23	Laura Tieszen, WCU	April 20	Danielle McKee, CIT (Track)	May 4	Kimberly Ruch, SAM (Track)
March 30	Beverly Burnett, APP		Rebecca Hazeltine, APP (Field)		Hailey Cook, WCU (Field)
April 6	Shannon Wommack, UTC	April 27	Felisha Garren, WCU (Track)	<b>2017</b>	
April 13	Rhonda White, APP		Veronica Day, Elon (Field)	March 22	Kyra Atkins, ETSU (Track)
April 20	Alice Turner, Elon	<b>2012</b>			Kyra Atkins, ETSU (Field)
April 27	Nikole Simmons, APP	March 14	Amy Salek, Elon (Track)	March 29	Allie Buchalski, FUR (Track)
<b>2006</b>			Gayshawna Watkins, APP (Field)		Maggie Johnston, SAM (Field)
March 21	Raquel Ramseur, WCU	March 20	Jocelyn Keen, WCU (Track)	April 5	Katrina Seymour, ETSU (Track)
April 5	Tangelia Johnson, WCU		Sinead Haughey, FUR (Track)		Hailey Cook, WCU (Field)
April 12	Jessica Clendenning, Elon	March 28	Shaquiela Robinson, APP (Field)	April 12	Gabrielle Jennings, FUR (Track)
April 19	Nicole Brown, GSU		Jasmine Billings, GSU (Track)		Tiffani Lewis, WCU (Field)
<b>2007</b>		April 3	Shelby Bulita, SAM (Field)	April 19	Tonia McKinley, SAM (Track)
March 14	Stephanie McNeill, CIT		Ashley Schnell, UNCG (Track)		Selena Popp, SAM (Field)
March 21	Asia Davis, WCU	April 11	Meghan Morton, WCU (Field)	April 27	Karisa Nelson, SAM (Track)
March 28	Kristen Meister, DAV		Ashley Schnell, UNCG (Track)		Maggie Johnston, SAM (Field)
	Kerrie Savery, WCU	April 18	Alisha Bradshaw, WCU (Field)	May 4	Katrina Seymour, ETSU (Track)
April 4	Lanni Marchant, UTC		Brooke Mosteller, FUR (Track)		Hailey Cook, WCU (Field)
April 11	Brenna Burns, DAV	<b>2013</b>		May 10	Karisa Nelson, SAM (Track)
April 18	Alexis Moore, CIT	March 20	Jocelyn Keen, WCU (Track)		None (Field)
<b>2008</b>			Cassie Crawford, APP (Field)		
March 27	Lynnndsey Hyter, GSU	March 28	Tayla Carter, WCU (Track)		
April 4	Ashley McKiver, APP		Alisha Bradshaw, WCU (Field)		
April 9	Raquel Ramseur, WCU	April 3	Lauren D'Alessio, SAM (Track)		
April 16	Chibuzo Aguocha, FUR		RoShani Glover, CofC (Field)		
April 24	Demetrise Anthony, GSU	April 10	Carolina McCaslin, Elon (Track)		
<b>2009</b>			Alisha Bradshaw, WCU (Field)		
March 19	Amy Salek, Elon (Track)	April 17	Veronica Luedke, Elon (Track)		
	Mary Angela Barron, SAM (Field)		Jasmine Suydam, APP (Field)		
March 26	Felicia Paulding, WCU (Track)	<b>2014</b>			
	Demetrise Anthony, GSU (Field)	March 19	Jennifer Esposito, Elon (Track)		
April 2	Hillary Neal, SAM (Track)		Emily Allen, SAM (Field)		
	Melanie Trumbo, GSU (Field)	March 26	Tayla Carter, WCU (Track)		
April 9	Hillary Neal, SAM (Track)		Nicole Charley, SAM (Field)		
	Shea Snow, APP (Field)	April 3	Sinead Haughey, FUR (Track)		
April 16	Anneli Uys, UTC (Track)		Megan Kirshling, Elon (Field)		
	Rebecca Hazeltine, APP (Field)	April 9	Teghan Henderson, UTC (Track)		
April 23	Felicia Paulding, WCU (Track)		Briana Tate, APP (Field)		
	Melanie Trumbo, GSU (Field)	April 17	Genevieve Emrick, WCU (Track)		
<b>2010</b>			Alisha Bradshaw, WCU (Field)		
March 18	Jelain McArthur, CofC (Track)	<b>2015</b>			
	Urysla Cotton, Elon (Field)	March 18	Sarah Sanford, SAM (Track)		
March 25	Jelain McArthur, CofC (Track)		Tiana Pisoni, SAM (Field)		
	Danielle Thorpe, APP (Field)	March 25	Keturah Williams, ETSU (Track)		
April 1	Hillary Neal, SAM (Track)		Verena Tobis, ETSU (Field)		
	Jelain McArthur, CofC (Field)	April 1	Allie Buchalski, FUR (Track)		
April 8	Felisha Garren, WCU (Track)		Allie Buchalski, FUR (Track)		
	Danielle Thorpe, APP (Field)	April 9	Renee Reives, VMI (Field)		
April 15	Anneli Uys, UTC (Track)		Genevieve Emrick, WCU (Track)		
	Danielle Thorpe, APP (Field)	April 15	Hailey Cook, WCU (Field)		
April 22	Shenita Martin, APP (Track)		Yaa Agyepong-Wiafe, VMI (Track)		
	Gayshawna Watkins, APP (Field)	April 23	Bria Anderson, VMI (Field)		

### Repeat Athletes of the Week

#### Five times

Allie Buchalski, FUR, 2015-17  
Hailey Cook, WCU, 2015-17

#### Four times

Alisha Bradshaw, WCU, 2012-14

#### Three times

Hillary Neal, SAM, 2009-10  
Jelain McArthur, CofC, 2010  
Danielle Thorpe, APP, 2010  
Rebecca Hazeltine, APP, 2009, 11  
Felisha Garren, WCU, 2010-11  
Veronica Day, Elon, 2011  
Amy Salek, Elon, 2009, 11-12  
Ashley Schnell, UNCG, 2011-12  
Hailey Cook, WCU, 2015-16  
Tayla Carter, WCU, 2013-14, 16  
Kyra Atkins, ETSU, 2016-17  
Karisa Nelson, SAM, 2016-17

#### Two times

Marlo Mincey, GSU, 2003-04  
Leslie Martin, WCU, 2003-04  
Shannon Wommack, UTC, 2004-05  
Nicole Brown, GSU, 2004, 06  
Raquel Ramseur, WCU, 2006, 08  
Demetrise Anthony, GSU, 2008-09  
Felicia Paulding, WCU, 2009  
Melanie Trumbo, GSU, 2009  
Anneli Uys, UTC, 2009-10  
Gayshawna Watkins, APP, 2010, 12  
Jocelyn Keen, WCU, 2012-13  
Cassie Crawford, APP, 2011, 13  
Tayla Carter, WCU, 2013-14  
Sinead Haughey, FUR, 2012, 14  
Genevieve Emrick, WCU, 2014-15  
Ashley Kessler, ETSU, 2016  
Sarah Sanford, SAM, 2015-16  
Katrina Seymour, ETSU, 2017  
Maggie Johnston, SAM, 2017  
Selena Popp, SAM, 2016-17

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Month

**2004**  
 March Marlo Mincey, GSU  
 April Lindy Petteway, GSU

**2006**  
 March Raquel Ramseur, WCU  
 April Shannon Wommack, UTC

**2009**  
 March Hillary Neal, SAM (Track)  
 Danielle Thorpe, APP (Field)  
 April Hillary Neal, SAM (Track)  
 Lilly Tallent, APP (Field)

**2010**  
 March Jelain McArthur, CofC (Track)  
 Urysla Cotton, Elon (Field)  
 April Anneli Uys, UTC (Track)  
 Danielle Thorpe, APP (Field)

**2011**  
 March Dena O'Brien, CofC (Co-Track)  
 Ashley Schnell, UNCG (Co-Track)  
 Veronica Day, Elon (Field)  
 April Felisha Garren, WCU (Track)  
 Rebecca Hazeltine, APP (Field)

**2012**  
 March Amy Salek, Elon (Track)  
 Meghan Morton, WCU (Field)

**2013**  
 March Tayla Carter, WCU (Track)  
 Alisha Bradshaw, WCU (Field)  
 April Sinead Haughey, FUR (Track)  
 Alisha Bradshaw, WCU (Field)

**2014**  
 March Tayla Carter, WCU (Track)  
 Emily Allen, SAM (Field)  
 April Jasmin Walker, GSU (Track)  
 Emily Allen, SAM (Field)

**2015**  
 April Demeteria Edgecombe, ETSU (Track)  
 Alisha Bradshaw, WCU (Field)

**2016**  
 March Allie Buchalski, FUR (Track)  
 Ashley Kessler, ETSU (Field)  
 April Karisa Nelson, SAM (Track)  
 Hailey Cook, WCU (Field)

**2017**  
 March Allie Buchalski, FUR (Track)  
 Hailey Cook, WCU (Field)  
 April Katrina Seymour, ETSU (Track)  
 Hailey Cook, WCU (Field)

### Repeat Athletes of the Month

**Three times**

Alisha Bradshaw, WCU, 2013, 15

**Two times**

Hillary Neal, SAM, 2009  
 Danielle Thorpe, APP, 2009-10  
 Tayla Carter, WCU, 2013-14  
 Emily Allen, SAM, 2014  
 Allie Buchalski, FUR, 2016-17  
 Hailey Cook, WCU, 2016-17

# WOMEN'S ALL-FRESHMAN TEAMS

## 2009

### 100-meter dash

Emma Bowers, Western Carolina

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

Cori Christensen, Samford

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

Allyson Costa, Elon

### 3,000-meter steeplechase

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

### 100-meter hurdles

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

### 400-meter hurdles

Brillyance Gilchrist-Poteat

### High jump

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

### Triple jump

Jettana Thomas, Western Carolina

### Hammer throw

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

### Javelin throw

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

### Shot put

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

### Discus throw

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

### Heptathlon

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

## 2010

### 100-meter dash

Ebony Carter, Georgia Southern  
Raven Parrish, Western Carolina

### 400-meter dash

D'Shawnna McLucas, Appalachian State

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 3,000-meter steeplechase

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

### 100-meter hurdles

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

### 400-meter hurdles

Rosie Lewis, Davidson  
Shenita Martin, Appalachian State

### Long jump

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

### High jump

Chenelle Terry, Samford

### Triple jump

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

### Hammer throw

Megan Fannon, Georgia Southern  
Jocelyn Rice, Western Carolina

### Javelin throw

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

### Shot put

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

### Discus throw

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

## Pole vault

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

## Heptathlon

Emily Allen, Samford

## 2011

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000m-meter run

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

### 10,000-meter run

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

### 3,000-meter steeplechase

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### Long jump

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

### High jump

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

### Hammer throw

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

# WOMEN'S ALL-FRESHMAN TEAMS

## Javelin throw

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

## Shot put

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

## Discus throw

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

## Pole vault

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

## Heptathlon

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

## 2012

### 100-meter dash

Jasmine Walker, Georgia Southern  
Taylor Feimester, Western Carolina  
Tanisha Bethel, The Citadel

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 3,000-meter steeplechase

Mara Stickle, Appalachian State  
Jenny Gallagher, Elon

### 100-meter hurdles

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

### 400-meter hurdles

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

### Long jump

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

## High jump

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

## Triple jump

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

## Hammer throw

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

## Javelin throw

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

## Shot put

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

## Discus throw

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

## Pole vault

Devyn Ressler, Western Carolina  
Cara June Elyea, Western Carolina

## Heptathlon

Louise PrevotEAU, Elon  
Anne Greer, Western Carolina

## 2013

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 5,000-meter run

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

### 10,000-meter run

Dana Cox, Appalachian State

### 3,000-meter steeplechase

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

### 100-meter hurdles

Sydney Griffin, Elon

## 400-meter hurdles

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

## High jump

Megan Kirschling, Elon  
Keyanna Harris, Georgia Southern

## Long jump

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

## Triple jump

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

## Discus throw

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

## Hammer throw

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

## Javelin throw

Ciera Holston, College of Charleston

## Shot put

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

## Pole vault

Audrey Diener, Appalachian State

## Heptathlon

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

## 2014

### 200-meter dash

Catherine Crawford, Appalachian State

### 800-meter run

Hannah Rieden, Davidson

### 400-meter dash

Asha Stegall, Georgia Southern

### 1,500-meter run

Ansley Bos, Samford  
Kimberly Johansen, Elon  
Jessica York, Chattanooga

### 5,000-meter run

Teghan Henderson, Chattanooga  
Tristin Van Ord, Appalachian State  
Elyse Bierut, Elon

### 10,000-meter run

Teghan Henderson, Chattanooga  
Laura Miller, Furman  
Shelby Cuddeback, Elon

### 3,000-meter steeplechase

Kaitlin Snapp, Elon  
Ann Sisson, Furman  
Madalyn Garland, Chattanooga

# WOMEN'S ALL-FRESHMAN TEAMS

## 100-meter hurdles

LeNeisha Kearse, Western Carolina

## 400-meter hurdles

Jennifer Esposito, Elon  
Latasha Price, Western Carolina  
LeNiesha Kearse, Western Carolina

## High jump

Anisia Starege, Western Carolina  
Makayla Roten, Appalachian State  
Audrey Florence, Appalachian State

## Long jump

Chenell Bryan, Western Carolina  
Krystal Clarke, Appalachian State  
Tiffani Lewis, Western Carolina

## Triple jump

Carrie Abraham, Elon  
Jayna Coyle, Elon  
Tiffani Lewis, Western Carolina

## Discus throw

Breanna Warren, Elon  
Aerial Horton, Samford  
Taylor Hall, Wofford

## Hammer throw

Kelsey Arnold, Georgia Southern  
India McWhorter, Appalachian State  
Aerial Horton, Samford

## Javelin throw

Emily Williams, Wofford  
Emily Eustace, Samford  
Molly Fagan, Western Carolina

## Shot put

Aerial Horton, Samford  
Breanna Warren, Elon  
India McWhorter, Appalachian State

## Pole vault

Morgan Johnson, Samford  
Emily Eustace, Samford

## 2015

## 100-meter dash

Kerisha Goode, VMI  
Yaa Agyepong-Wiafe, VMI  
Alyiah Riley, Western Carolina

## 200-meter dash

Carson Howe, Samford  
Henry Kiedy, Western Carolina  
Patrick Taylor, ETSU

## 400-meter dash

Aubree Collins, ETSU  
Christina Hill, VMI  
Ty Harris, The Citadel

## 800-meter run

Jacquelyn Crow, Furman  
Emma Garner, Samford  
Hannah Chamblin, Chattanooga  
Hannah Warren, ETSU

## 1,500-meter run

Allie Buchalski, Furman  
Karisa Nelson, Samford  
Jacquelyn Crow, Furman

## 5,000-meter run

Allie Buchalski, Furman  
Emma Mashburn, Furman  
Emily Drouin, Chattanooga

## 10,000-meter run

Laney Browder, Western Carolina  
Grace Jenkins, The Citadel  
Courtney Czerniak, Mercer

## 3,000-meter steeplechase

Emily Drouin, Chattanooga  
Any Bunao, Wofford  
Bethany King, VMI

## 100-meter hurdles

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

## 400-meter hurdles

Sarah Sanford, Samford  
Victoria Wicks, Samford  
Nicki Smith, ETSU

## High jump

Courtney Prengaman, Samford  
Julia Logan, VMI  
Carrie Neill, Samford

## Long jump

Bria Anderson, VMI  
Tiana Pisoni, Samford  
Timia Easley, ETSU

## Triple jump

Tiana Pisoni, Samford  
Timia Easley, ETSU  
Kennedy Smith, SMI

## Discus throw

Alisha Blackmon, Western Carolina

## Javelin throw

Mady Riegel, The Citadel  
Emily Fulton, VMI  
Erin West, Western Carolina

## Shot put

Alisha Blackmon, Western Carolina

## Pole vault

Lauren Torsch, Samford  
Emily Fulton, VMI

## Heptathlon

Katie Beuerlein, Wofford  
Erin West, Western Carolina  
Kasey Widmyer, Wofford

## 2016

## 100-meter dash

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

## 200-meter dash

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

## 400-meter dash

Dasha Arnaut, Western Carolina  
Sally Woerner, Western Carolina  
LeAndrea Combo, Wofford

## 1,500-meter run

Laura Sola Tari, Samford

## 5,000-meter run

Kaitlyn Lingard, Western Carolina  
Shannon McAndrew, Wofford  
Rebeka Fadgyas, Wofford

## 10,000-meter run

Anna Long, Samford

## 3,000-meter steeplechase

Anna Long, Samford  
Haley Morris, Chattanooga

## 100-meter hurdles

Kyra Atkins, ETSU  
Amber Lust, Wofford  
Mackenzie Aydelette, Samford

## 400-meter hurdles

Nidonna Nicholson, Western Carolina  
Sarah Wilson, Wofford  
Jessica Dunker, ETSU

## High jump

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

## Long jump

Kyra Atkins, ETSU  
Tamilia Wright, Western Carolina  
Alexandra Burgess, Wofford

## Triple jump

Alexandra Burgess, Wofford  
Tamilia Wright, Western Carolina  
Megan Meadow, Samford

## Discus throw

Ruby Caldwell, Samford  
Jayci Floyd, Samford  
Tiffany Quick, VMI

## Hammer throw

Tatiana Taylor, Samford  
Ruby Caldwell, Samford  
Alex King, Wofford

## Javelin throw

Kennedy Williams, Western Carolina  
Kameron Cass, The Citadel  
Emily Armstrong, ETSU

## Shot put

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

## Pole vault

Sarah Lee, Samford  
Rebecca Pfitzer, Samford  
Kennedy Williams, Western Carolina

## Heptathlon

Selena Popp, Samford  
Amber Lust, Wofford  
Marisa Scott, Western Carolina

## 2017

## 100-meter dash

Jazmine Gooden, Western Carolina

# WOMEN'S ALL-FRESHMAN TEAMS

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## **200-meter dash**

Kelsey Henry, Chattanooga  
Taylor Sawyer, Chattanooga  
Jazmine Gooden, Western Carolina

## **400-meter dash**

Rachel Dixon, Samford  
Kelsie Whitehead, Western Carolina  
Kassidy Morton, Wofford

## **1,500-meter run**

Kaitlyn Lay, ETSU  
Savannah Carnahan, Furman  
Gabrielle Jennings, Furman

## **5,000-meter run**

Savannah Carnahan, Furman  
Emma Grace Hurley, Furman  
Jennifer Stephenson, Furman

## **10,000-meter run**

Grace Dwyer, Furman  
Anna Hayden, Furman  
Jennifer Stephenson, Furman

## **3,000-meter steeplechase**

Gabrielle Jennings, Furman  
Emma Grace Hurley, Furman  
Anna Grzeszczak, Mercer

## **100-meter hurdles**

Kiara Price, ETSU  
Lauren Beard, Samford  
Jazmine Gooden, Western Carolina

## **400-meter hurdles**

Kiara Price, ETSU  
Lauren Beard, Samford

## **High jump**

Charlotte Krause, Samford  
Cecilia Piscetelli, Western Carolina

## **Long jump**

Jazmine Gooden, Western Carolina  
Erin Hines, Samford

## **Triple jump**

Ationza Smith, ETSU  
Charlotte Krause, Samford

## **Discus throw**

Maggie Johnston, Samford  
Jess Page, The Citadel  
Amy Yarborough, Western Carolina

## **Hammer throw**

Jess Page, The Citadel  
Maggie Johnston, Samford  
Amy Yarborough, Western Carolina

## **Javelin throw**

Erin Hines, Samford  
Emily Kirk, VMI  
Amy Yarborough, Western Carolina

## **Shot put**

Tiffany Dunham, Western Carolina  
Rachel Rouse, Western Carolina  
Amy Yarborough, Western Carolina

## **Heptathlon**

Erin Hines, Samford

# WOMEN'S TEAM AND INDIVIDUAL RECORDS

## Team champions

Team	Titles	Years
Appalachian State	18	1987-95, 98, 02-06, 09, 11-12
Western Carolina*	9	1997, 99-01, 08, 10, 13, 15-16
Samford*	2	2014, 17
ETSU*	1	1996
Georgia Southern	1	2007

\* active SoCon members

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

Name	School	Awards	Years
John Weaver	APP	11	1987, 91-95, 98, 02, 04, 09, 12
Danny Williamson	WCU	8	1997, 99-01, 08, 13, 15-16
Dennis Brachna	Marshall	2	1988, 90
Todd Lane	GSU	2	2003-04
Shaun Meinecke	GSU	2	2005-06
Mark Elliston	Elon	2	2010-11
Rod Tiffin	Samford	2	2014, 17

\* active

^ began in 1987

## Most Outstanding Athlete Award (multiple winners)#

Name	School	Awards	Years
Tyleanna Hanner	UTC	2	2000-01

# began in 1987

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

Name	School	Awards	Years
Shannon Wommack	UTC	2	2005-06

% began in 2002

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

Name	School	Awards	Years
Laura Tieszen	WCU	2	2004-05
Stephanie McNeill	CIT	2	2006-07
Emily Allen	SAM	2	2012, 14
Alisha Bradshaw	WCU	2	2013, 15

% began in 2002

# WOMEN'S NCAA CHAMPIONS

Year	Event	Mark	Name, school
1999	1,500-meter run	4:21.06	Mary Jayne Harrelson, Appalachian State
2001	1,500-meter run	4:14.30	Mary Jayne Harrelson, Appalachian State

# WOMEN'S CHAMPIONSHIP RESULTS

<b>1987</b>	Appalachian State	271.5	<b>1998</b>	Appalachian State	167	<b>2005</b>	Appalachian State	207.5	Wofford	2.5		
	ETSU	133.5		Western Carolina	159		Georgia Southern	199	Davidson	2		
	Marshall	112		Chattanooga	115		Western Carolina	155				
	Furman	13		ETSU	91		Chattanooga	91	<b>2012</b>	Appalachian State	207.5	
	Western Carolina	10		Furman	34		ETSU	52		Western Carolina	149	
	Chattanooga	8		Davidson	14		Furman	33		Samford	113	
	Davidson	1		Wofford	8		Elon	28		Georgia Southern	104	
				*The Citadel	NTS		College of Charleston	21.5		Elon	102	
				*UNCG	NTS		The Citadel	18		College of Charleston	62	
				*VMI	NTS		Wofford	8		UNCG	37	
<b>1988</b>	Appalachian State	263		*The Citadel, UNCG and VMI competed as individuals			Davidson	4		Furman	16	
	Marshall	107					UNCG	0		The Citadel	14.5	
	Western Carolina	61	<b>1999</b>	Western Carolina	275.5	<b>2006</b>	Appalachian State	197.5		Chattanooga	10	
	ETSU	59		Appalachian State	191		Georgia Southern	182.5		Wofford	4	
	Chattanooga	33		ETSU	102.5		Western Carolina	144		Davidson	---	
	Furman	20		Chattanooga	94		Chattanooga	79	<b>2013</b>	Western Carolina	197.5	
	Davidson	7		Furman	50		Elon	55		Appalachian State	159.5	
<b>1989</b>	Appalachian State	255		Davidson	32		The Citadel	48		Georgia Southern	112.5	
	ETSU	130		VMI	29		Furman	40		Elon	111	
	Marshall	82		The Citadel	19		Davidson	39		Samford	110	
	Chattanooga	52		Wofford	13		College of Charleston	20		Furman	32	
	Western Carolina	23		UNCG	7		Wofford	10		College of Charleston	32	
	Furman	13					UNCG	2		The Citadel	23.5	
<b>1990</b>	Appalachian State	275	<b>2000</b>	Western Carolina	250					Wofford	13	
	Marshall	112		Chattanooga	191	<b>2007</b>	Georgia Southern	223.5		Chattanooga	12	
	Western Carolina	80		Appalachian State	106		Appalachian State	173.5		UNCG	12	
	ETSU	40		ETSU	77		Western Carolina	160		Davidson	4	
	Furman	29		Furman	68.5		Chattanooga	69	<b>2014</b>	Samford	166.5	
	Chattanooga	21		Georgia Southern	31		The Citadel	56		Western Carolina	155	
<b>1991</b>	Appalachian State	256		The Citadel	27		Elon	50		Elon	131	
	Western Carolina	121		VMI	26.5		Davidson	36		Appalachian State	126	
	Marshall	80		UNCG	20		Furman	28		Georgia Southern	117.5	
	Chattanooga	43		Wofford	12		College of Charleston	19		Davidson	28	
	Furman	34		Davidson	8		Wofford	4		Chattanooga	26	
	ETSU	20								The Citadel	23	
<b>1992</b>	Appalachian State	258	<b>2001</b>	Western Carolina	230.50		<b>2008</b>	Western Carolina	216		UNCG	20
	Western Carolina	108		Appalachian State	170			Appalachian State	189		Wofford	15
	Marshall	65		Chattanooga	144			Georgia Southern	153		Furman	10
	Furman	53		Georgia Southern	81			Chattanooga	65	<b>2015</b>	Western Carolina	272
	ETSU	52		Furman	64			Elon	59		Samford	183
	Chattanooga	14		ETSU	58			Davidson	45		ETSU	91
	Davidson	14		VMI	30.5			The Citadel	38		Furman	77
<b>1993</b>	Appalachian State	218		Davidson	22			Furman	26		VMI	75
	Western Carolina	151		The Citadel	13			College of Charleston	17		Chattanooga	49
	Furman	93		UNCG	5			UNCG	6		The Citadel	40
	ETSU	47						Wofford	0		Samford	17
	Marshall	38	<b>2002</b>	Appalachian State	216		<b>2009</b>	Appalachian State	210.5		Wofford	12
	Davidson	7		Western Carolina	201.5			Western Carolina	177		UNCG	3
	Chattanooga	4		Georgia Southern	122			Georgia Southern	146.5			
<b>1994</b>	Appalachian State	189		Chattanooga	100.5			Elon	84	<b>2016</b>	Western Carolina	255
	Western Carolina	124		ETSU	79			Chattanooga	52		Samford	251.1
	Furman	94		Furman	35			Samford	44		ETSU	91.5
	ETSU	62		UNCG	23			College of Charleston	42		Furman	45
	Marshall	49		The Citadel	18			The Citadel	27		VMI	44
	Chattanooga	36		VMI	17			Davidson	23		Chattanooga	39
	Davidson	4		Davidson	4			Furman	9		Wofford	37
<b>1995</b>	Appalachian State	148	<b>2003</b>	Appalachian State	230			UNCG	3		The Citadel	29
	ETSU	133		Georgia Southern	154			Wofford	0		Mercer	13
	Western Carolina	122		Chattanooga	153		<b>2010</b>	Western Carolina	221.5		UNCG	7
	Furman	73		Western Carolina	111			Appalachian State	144			
	Chattanooga	42		ETSU	67			Elon	123.5	<b>2017</b>	Samford	245
	Marshall	28.67		VMI	31			Samford	84		Western Carolina	194
	Davidson	11.33		Furman	21			Georgia Southern	83		Furman	109
<b>1996</b>	ETSU	150		College of Charleston	17			College of Charleston	66		ETSU	89
	Western Carolina	133.5		The Citadel	10			Chattanooga	27		VMI	66
	Appalachian State	131		Davidson	9			The Citadel	26		Wofford	44
	Chattanooga	55		UNCG	9			Furman	21		Mercer	26
	Furman	54.5		Wofford	2			Davidson	19		The Citadel	24
	Marshall	34	<b>2004</b>	Appalachian State	231.5			UNCG	3		UNCG	11
	Davidson	27		Georgia Southern	172			Wofford	1		Chattanooga	4
				Chattanooga	124		<b>2011</b>	Appalachian State	195			
<b>1997</b>	Western Carolina	165		Western Carolina	110.5			Western Carolina	138			
	Appalachian State	118		ETSU	60			Elon	131			
	Chattanooga	93		College of Charleston	30			Samford	115.5			
	ETSU	91		Elon	29			Georgia Southern	87.5			
	Marshall	71		Furman	26.5			College of Charleston	65.5			
	Furman	43		Davidson	13.5			UNCG	29			
	Davidson	7		Wofford	11			Furman	25			
				UNCG	6			The Citadel	20			
				The Citadel	5			Chattanooga	7			



# 2017 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	190.5	5. Furman	105
2. Samford	184.5	6. Wofford	52
3. The Citadel	132	7. UNCG	7
4. ETSU	129		

### 100-meter dash

1. Keion Crossen, WCU	10.39
2. Emmanuel Tait, SAM	10.40
3. Matthew Moore, ETSU	10.59
4. Josiah Johnson, CIT	10.70
5. Patrick Taylor, ETSU	10.75
6. Shelby Campbell, SAM	10.76
7. John Bapoupeh, WOF	10.89
8. Tremaine Kernes, WCU	11.06

### 200-meter dash

1. Dakota Lamont, WCU	21.49
2. Devaniel Dale, WCU	21.52
3. Patrick Taylor, ETSU	21.52
4. Josiah Johnson, CIT	21.74
5. Henry Kiedy, WCU	21.80
6. Matthew Moore, ETSU	22.02
7. John Bapoupeh, WOF	22.13
8. Devin Singleton, CIT	22.29

### 400-meter dash

1. Dakota Lamont, WCU	47.75
2. Devaniel Dale, WCU	47.95
3. Henry Kiedy, WCU	48.08
4. Devin Singleton, CIT	48.97
5. Miles Greer, WCU	49.08
6. Carson Howe, SAM	50.22
7. Trey Richardson, CIT	50.36
8. Dylan Andrade, CIT	50.36

### 800-meter run

1. Ryan Adams, FUR	1:51.22
2. Joe Harbacevich, WOF	1:53.23
3. Caleb Albrecht, WCU	1:53.33
4. Thomas Moore, FUR	1:53.47
5. Jonathan Helton, SAM	1:55.05
6. Madison Daniel, FUR	1:55.61
7. Ashton Wilson, ETSU	1:57.65
8. Jack Zemp, WOF	1:58.28

### 1,500-meter run

1. Troy Reeder, FUR	3:46.46
2. Arsène Guillorel, SAM	3:47.07
3. Adam Bradtmueller, ETSU	3:56.85
4. Josh Routh, ETSU	3:57.33
5. Quintin McKinnish, FUR	3:58.76
6. Brandon Hazouri, SAM	3:59.21
7. Jamie Cunningham, CIT	4:00.69
8. Jack Zemp, WOF	4:02.11

### 5,000-meter run

1. Frank Lara, FUR	14:29.35
2. Troy Reeder, FUR	14:39.03
3. Mason Coppi, FUR	14:43.86
4. Simeon Roberts, ETSU	14:44.11
5. Tanner Hinkle, FUR	14:47.62
6. Ben Bryant, SAM	14:49.06
7. Lee Shearer, FUR	15:03.01
8. Carl Oberfeiting, ETSU	15:03.40

### 10,000-meter run

1. Frank Lara, FUR	30:37.98
2. Arsène Guillorel, SAM	30:42.87
3. Josh Brickell, FUR	30:44.43
4. Tanner Hinkle, FUR	31:17.37
5. Ben Bryant, SAM	31:25.68
6. Aaron Templeton, FUR	31:31.80
7. Mason Coppi, FUR	31:58.99
8. Paul Richardson, SAM	32:02.72

### 110-meter hurdles

1. Malik Diggs, CIT	14.27
2. Devyn Jones, WCU	14.36
3. Tyler Houston, ETSU	14.62
4. Quandarius Weems, FUR	14.89
5. Jeffrey Beane, UNCG	14.98
6. Clinton Jones, WCU	15.16
7. Cory Alston, WCU	15.21
8. Kevin Hires, WCU	15.43

### 400-meter hurdles

1. Malik Diggs, CIT	52.87
2. Devyn Jones, WCU	54.71
3. Jordan Oballe, SAM	55.34
4. Tyler Houston, ETSU	56.89
5. Jay Vines, SAM	57.01
6. Charlie Walker, CIT	57.40
7. Jonathan Hall, WOF	57.96
8. Dylan Andrade, WCU	58.10

### 3,000-meter steeplechase

1. Simeon Roberts, ETSU	9:15.50
2. Noah Charles, ETSU	9:18.48
3. Josh Salter, SAM	9:26.32
4. Owen Bailey, SAM	9:26.32
5. Haydn Borgetti-Metz, ETSU	9:30.55
6. Adam Bradtmueller, ETSU	9:31.63
7. Lee Shearer, FUR	9:35.56
8. Jordan Bostian, WCU	9:38.75

### 4x100-meter relay

1. Samford	40.79
2. The Citadel	41.48
3. Wofford	57.89
ETSU	DNF
Western Carolina	DQ

### 4x400-meter relay

1. Western Carolina	3:13.36
2. The Citadel	3:17.19
3. ETSU	3:17.28
4. Samford	3:19.77
5. Wofford	3:23.42
6. UNCG	3:33.21

### High jump

1. Keyth Fightmaster, SAM	2.10m
2. Jackson Nosbisch, CIT	2.00m
3. Jon Waarvik, SAM	1.95m
4. Mick Noel, CIT	1.90m
5. Andrew Patterson, SAM	1.85m
J'Len Wilson, WCU	1.85m
7. Austin Billings, SAM	1.85m
8. Nathan Rivera, ETSU	1.80m

### Pole vault

1. Tray Oates, SAM	5.35m
2. Chris Thrasher, SAM	4.75m
3. Thor Smith, WCU	4.60m
4. Hunter Schlatter, SAM	4.45m
5. Sage Murphy, ETSU	4.45m
6. Hugh Duggan, SAM	4.30m
7. Bryce Meyers	4.15m

### Long jump

1. Marquis Barnes, SAM	7.57m
2. Patrick Taylor, ETSU	7.38m
3. Jordan Williams, CIT	7.32m
4. Javion Lee, SAM	7.25m
5. Kevin Hires, WCU	6.94m
6. Dijoun Huit, WCU	6.82m
7. Cory Alston, WCU	6.60m
8. Nathan Rivera, ETSU	6.45m

### Triple jump

1. Javion Lee, SAM	15.17m
2. Kevin Hires, WCU	15.00m
3. Dijoun Huit, WCU	14.68m
4. Omar Mingo, WOF	14.39m
5. Nicholas Lyons, WCU	13.20m
6. Tremaine Kernes, WCU	13.18m
7. Marquis Barnes, SAM	13.00m
8. Nick Lawson, WCU	12.15m

### Shot put

1. Jaylan Reid, FUR	16.49m
2. Mateius Brown, WCU	16.21m
3. Scott Peretin, WCU	15.21m
4. Ja'lon Williams, CIT	14.99m
5. Tyler Schiemann, CIT	14.73m
6. Dakota Wright, WCU	14.53m
7. Derrick Freeland, CIT	14.46m
8. Jacob Dunlap, ETSU	14.40m

### Discus throw

1. Benjamin Johnson, ETSU	50.19m
2. Prince Howard-Whitaker, CIT	48.51m
3. Scott Peretin, WCU	47.73m
4. Mateius Brown, WCU	47.45m
5. Derrick Freeland, CIT	46.58m
6. Ja'lon Williams, CIT	45.90m
7. Dakota Wright, WCU	45.02m
8. Jay Stanley, WCU	43.58m

### Hammer throw

1. Derrick Freeland, CIT	57.12m
2. Benjamin Johnson, ETSU	56.15m
3. Scott Peretin, WCU	56.14m
4. Dakota Wright, WCU	52.23m
5. James Hayworth, WOF	50.15m
6. Ja'lon Williams, CIT	49.71m
7. Jay Stanley, WCU	47.62m
8. Jacob Dunlap, ETSU	45.11m

### Javelin throw

1. Benjamin Johnson, ETSU	58.80m
2. Charlie Hatler, CIT	57.59m
3. Jon Waarvik, SAM	53.55m
4. Conrad Heinrich, WOF	53.27m
5. Griffin Miller, CIT	50.66m
6. Chris Thrasher, SAM	50.39m
7. Jackson Butkus, CIT	45.62m
8. Evan McDonald, CIT	42.71m

### Decathlon

1. Jay Vines, SAM	6,008
2. Conrad Heinrich, SAM	5,637
3. Hunter Schlatter, SAM	5,637
4. Nathan Rivera, ETSU	5,552
5. Samuel Robinson, WOF	5,429
6. Andrew Patterson, SAM	5,426
7. Bryce Meyers, WCU	5,061
8. Austin Billings, SAM	3,199

### Most Outstanding Athlete

Benjamin Johnson, ETSU

### Most Outstanding Track Performer

Malik Diggs, The Citadel  
Dakota Lamont, Western Carolina

### Most Outstanding Field Performer

Benjamin Johnson, ETSU

### Freshman of the Year

Devaniel Dale, Western Carolina

### Coach of the Year

Cale McDaniel, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2017 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Samford	245	6. Wofford	44
2. Western Carolina	194	7. Mercer	26
3. Furman	109	8. The Citadel	24
4. ETSU	89	9. UNCG	11
5. VMI	66	10. Chattanooga	4

### 100-meter dash

1. Tonia McKinley, SAM	11.77
2. Jazmine Gooden, WCU	11.79
3. Kerisha Goode, VMI	11.79
4. Kiana Davis, ETSU	11.83
5. Laura Dean, WOF	11.96
6. Mia McClain, VMI	12.02
7. Mia Little, WCU	12.02
8. Tiffani Lewis, WCU	12.06

### 200-meter dash

1. Kyra Atkins, ETSU	23.86
2. Laura Dean, WOF	23.88
3. Tonia McKinley, SAM	24.03
4. Kiana Davis, ETSU	24.21
5. Kerisha Goode, VMI	24.73
6. Mia McClain, VMI	24.95
7. Abigail Cutcliffe, SAM	24.97
8. Jazmine Gooden, WCU	25.09

### 400-meter dash

1. Dasha Arnaut, WCU	54.92
2. Katrina Seymour, ETSU	55.44
3. Abigail Cutcliffe, SAM	56.17
4. Cassidy Morton, WOF	56.85
5. Kellsie Whitehead, WCU	56.87
6. Victoria Wicks, SAM	57.18
7. Sally Woerner, WCU	57.29
8. Rachel Dixon, SAM	57.29

### 800-meter run

1. Presley Weems, SAM	2:10.09
2. Kaitlyn Lingard, WCU	2:12.84
3. Jacquelyn Crow, FUR	2:13.26
4. Taylor Delaney, UNCG	2:14.17
5. Riley Burr, FUR	2:15.35
6. Hannah Chamblin, UTC	2:15.87
7. Ann Sisson, FUR	2:18.13
8. Sarah Fairchild, SAM	2:18.56

### 1,500-meter run

1. Karisa Nelson, SAM	4:26.49
2. Gabrielle Jennings, FUR	4:29.97
3. Savannah Carnahan, FUR	4:34.62
4. Kaitlyn Lay, ETSU	4:41.41
5. Katie Hirko, ETSU	4:43.37
6. Mallory Sian, SAM	4:45.63
7. Mary Wilson, WOF	4:46.68
8. Becca Cooley, FUR	4:46.83

### 5,000-meter run

1. Allie Buchalski, FUR	16:12.98M
2. Emma Grace Hurley, FUR	17:02.92
3. Laura Miller, FUR	17:08.66
4. Savannah Carnahan, FUR	17:10.90
5. Jennifer Stephenson, FUR	17:38.98
6. Anna Hayden, FUR	17:44.00
7. Taylor Delaney, UNCG	18:14.22
8. Victoria Hutchens, ETSU	18:17.96

### 10,000-meter run

1. Anna Hayden, FUR	37:05.45
2. Jennifer Stephenson, FUR	37:14.95
3. Grace Dwyer, FUR	37:41.14
4. Kimberly Whiting, MER	38:56.78
5. Shawnda Martin, WCU	39:20.10
6. Victoria Rogers, MER	39:42.26
7. Anna Long, SAM	40:07.80
8. Bethany King, VMI	40:09.89

### 100-meter hurdles

1. Kyra Atkins, ETSU	13.25M
2. Yaa Agyepong-Wiafe, VMI	13.94
3. Lamisha Simmons, ETSU	13.98
4. Jazmine Gooden, WCU	14.03
5. Dasha Arnaut, WCU	14.42
6. Tamilia Wright, WCU	14.58
7. Amber Lust, WOF	14.62
8. Timia Easley, ETSU	14.68

### 400-meter hurdles

1. Dasha Arnaut, WCU	1:00.81
2. Victoria Wicks, SAM	1:01.91
3. Lamisha Simmons, ETSU	1:02.81
4. Nicki Smith, ETSU	1:03.10
5. Lauren Beard, SAM	1:03.67
6. Salley Woerner, WCU	1:03.74
7. Miranda Ham, MER	1:06.14
8. Sarah Wilson, FUR	1:07.07

### 3,000-meter steeplechase

1. Emma Garner, SAM	10:11.76
2. Gabrielle Jennings, FUR	10:25.40
3. Laura Miller, FUR	10:32.01
4. Emma Grace Hurley, FUR	10:47.28
5. Katy Link, UNCG	11:19.90
6. Victoria Hutchens, ETSU	11:22.30
7. Anna Long, SAM	11:28.83
8. Anna Grzeszczak, MER	11:32.90

### 4x100-meter relay

1. Western Carolina	45.42
2. VMI	46.48
3. Samford	47.12
4. Wofford	47.49
5. Mercer	48.67
6. The Citadel	50.80
ETSU	DQ

### 4x400-meter relay

1. Western Carolina	3:47.02
2. Samford	3:49.32
3. Wofford	3:49.80
4. ETSU	3:56.92
5. VMI	3:58.08
6. Mercer	3:58.72
7. Furman	3:59.32
8. Chattanooga	4:06.02
9. The Citadel	4:06.96

### High jump

1. Courtney Pregelmann, SAM	1.73m
2. Selena Popp, SAM	1.73m
3. Charlotte Krause, SAM	1.63m
4. Carrie Neill, SAM	1.63m
5. Julia Logan, VMI	1.63m
6. Tiffani Lewis, WCU	1.58m
7. Rebekah Fox, ETSU	1.58m
8. Ashley Parker, WCU	1.53m

### Pole vault

1. Lindsey Kessler, SAM	3.81m
2. Meghan Breden, WCU	3.66m
3. Sarah Lee, SAM	3.51m
4. Emily Eustace, SAM	3.36m
5. Lauren Torsch, SAM	3.21m
Rebecca Pfitzer, SAM	3.21m
7. Emiley Fulton, VMI	2.76m
Allison Wilson, ETSU	NH

### Long jump

1. Chenell Bryan, WCU	6.13m
2. Kyra Atkins, ETSU	6.13m
3. Jazmine Gooden, WCU	6.12m
4. Tiffani Lewis, WCU	6.00m
5. Erin Hines, SAM	5.82m
6. Bria Anderson, VMI	5.79m
7. Selena Popp, SAM	5.76m
8. Timia Easley, ETSU	5.67m

### Triple jump

1. Megan Meadow, SAM	12.22m
2. Tiffani Lewis, WCU	12.16m
3. Chenell Bryan, WCU	11.98m
4. Tiana Pisoni, SAM	11.61m
5. Tamilia Wright, WCU	11.54m
6. Ationza Smith, ETSU	11.47m
7. Charlotte, Krause, SAM	11.42m
8. Timia Easley, ETSU	11.39m

### Shot put

1. Hailey Cook, WCU	14.85m
2. Simone Williams, WCU	13.83m
3. Tatiana Taylor, SAM	13.47m
4. Aerial Horton, SAM	13.04m
5. Alisha Blackmon, WCU	12.55m
6. Tiffany Quick, VMI	12.27m
7. Amy Yarborough, WCU	11.96m
8. Tiffany Dunham, WCU	11.84m

### Discus throw

1. Maggie Johnston, SAM	47.08mM
2. Elizabeth, VMI	43.09m
3. Hailey Cook, WCU	42.57m
4. Camille Caldwell, SAM	41.80m
5. Jess Page, CIT	40.91m
6. Tiffany Quick, VMI	40.68m
7. Simone Williams, WCU	39.65m
8. Amy Yarborough, WCU	36.86m

### Hammer throw

1. Camille Caldwell, SAM	52.61m
2. Tatiana Taylor, SAM	51.25m
3. Hailey Cook, WCU	50.33m
4. Simone Williams, WCU	49.40m
5. Alisha Blackmon, WCU	47.53m
6. Elizabeth Johnston, VMI	45.94m
7. Jess Page, CIT	45.94m
8. Maggie Johnston, SAM	44.75m

### Javelin throw

1. Mady Riegel, CIT	41.69m
2. Ciarra Edwards, MER	38.94m
3. Selena Popp, SAM	38.08m
4. Kameron Cass, CIT	34.52m
5. Emiley Eustace, SAM	33.01m
6. Camille Caldwell, SAM	32.64m
7. Sally Woerner, WCU	32.54m
8. Amy Yarborough, WCU	32.38m

### Heptathlon

1. Selena Popp, SAM	5,129
2. Amber Lust, WOF	4,772
3. Marisa Scott, WCU	4,641
4. Erin Hines, SAM	4,595
5. Sara Hayes, WOF	4,021
6. Brenea Thomas, VMI	3,913

### Most Outstanding Athletes

Kyra Atkins, ETSU

### Most Outstanding Track Performer

Dasha Arnaut, Western Carolina

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Jazmine Gooden, Western Carolina

### Coach of the Year

Rod Tiffin, Samford

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2016 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	245	6. The Citadel	77
2. VMI	152	7. Wofford	37
2. Samford	101	8. UNCG	8
3. ETSU	98		
5. Furman	94		

### 100-meter dash

1. Greg Henderson, VMI	10.58
2. Josiah Johnson, CIT	10.58
3. Jermaine Lewis, WCU	10.76
4. Shelby Campbell, SAM	10.91
5. Tremaine Kernes, WCU	10.96
6. Lamaris Reed, VMI	11.03
7. Louie Lawrence, CIT	11.27
8. Matthew Moore, ETSU	16.83

### 200-meter dash

1. Greg Henderson, VMI	21.71
2. Henry Kiedy, WCU	21.86
3. Dakota Lamont, WCU	21.86
4. Patrick Taylor, ETSU	22.04
5. Josiah Johnson, CIT	22.08
6. Max Burke, WCU	22.37
7. Dante Ortado, WCU	22.54
8. Jermaine Lewis, WCU	22.77

### 400-meter dash

1. Levi Whitt, VMI	51.46
2. Austin Billings, SAM	51.81
3. Conrad Heinrich, WOF	52.24
4. Samuel Robinson, WOF	53.23
5. Tyler Robinson, VMI	53.40
6. Dustin Triplett, WCU	54.56
7. Draven Crist, WCU	54.63
8. Christian Carswell, WCU	55.14

### 800-meter run

1. Avery Martin, VMI	1:51.43
2. Joe Harbacevich, WOF	1:52.13
3. Caleb Albrecht, WCU	1:52.17
4. Thomas Miller, ETSU	1:52.42
5. Jamie Bigby, WCU	1:53.19
6. Ryan Adams, FUR	1:53.98
7. Ashton Wilson, ETSU	1:54.31
8. Josh Willard, VMI	1:54.90

### 1,500-meter run

1. Troy Reeder, FUR	3:47.25
2. Ryan Adams, FUR	3:48.90
3. Simeon Roberts, ETSU	3:49.01
4. Arsène Guillorel, SAM	3:51.73
5. Avery Martin, VMI	3:54.51
6. Matt Lange, FUR	3:54.90
7. Matthew Warriner, ETSU	3:55.19
8. James Broom, VMI	3:55.72

### 5,000-meter run

1. Aaron Templeton, FUR	14:51.45
2. Troy Reeder, FUR	14:56.49
3. Frank Lara, FUR	14:56.61
4. Josh Brickell, FUR	15:00.24
5. Luke Sumerford, UNCG	15:01.99
6. Ben Bryant, SAM	15:05.14
7. Simeon Roberts, ETSU	15:08.43
8. Matt Lange, FUR	15:09.61

### 10,000-meter run

1. Aaron Templeton, FUR	31:10.79
2. Josh Brickell, FUR	31:19.99
3. Frank Lara, FUR	31:23.87
4. Ben Bryant, SAM	31:42.08
5. Luke Weishaar, SAM	31:49.78
6. Paul Richardson, SAM	31:56.29
7. Liam Brooks, WCU	31:57.63
8. Brandon White, VMI	31:59.21

### 110-meter hurdles

1. Samuel Robinson, WOF	15.61
2. Conrad Heinrich, WOF	15.87
3. Draven Crist, WCU	16.16
4. Austin Billings, SAM	16.19
5. Christian Carswell, WCU	16.45
6. Levi Whitt, VMI	16.53
7. Dustin Triplett, WCU	18.47
8. Tyler Robinson, VMI	19.52

### 400-meter hurdles

1. Michael Williams, ETSU	51.81m
2. Dylan Andrade, WCU	53.26m
3. Desmond Weinberg-Jones, VMI	53.71m
4. Jay Vines, SAM	54.18m
5. Eric Blake, WCU	54.25m
6. Devyn Jones, WCU	55.43m
7. Brian Donna, VMI	56.32m
8. Marquis Barnes, SAM	57.10m

### 3,000-meter steeplechase

1. Simeon Roberts, ETSU	9:18.36
2. Sean Helmke, VMI	9:27.47
3. Lee Shearer, FUR	9:30.86
4. Haydn Borghetti-Metz, ETSU	9:31.67
5. Josh Salter, SAM	9:31.70
6. Matthew Joyner, ETSU	9:40.97
7. Jordan Bostian, WCU	9:45.44
8. Matt Gill, CIT	9:47.19

### 4x100-meter relay

1. Western Carolina	41.19
2. VMI	41.53
3. The Citadel	41.71
4. Samford	41.85
5. Wofford	49.72
-- ETSU	DQ

### 4x400-meter relay

1. Western Carolina	3:13.99
2. The Citadel	3:14.95
3. ETSU	3:15.43
4. VMI	3:19.53
5. UNCG	3:25.97
6. Wofford	3:30.24
7. Furman	3:49.39

### High jump

1. Tyrie Adams, WCU	2.11m
2. Jordan Scott, ETSU	2.11m
3. Khalil Jackson, WCU	2.05m
4. Draven Crist, WCU	2.05m
5. Jamie Brown, WCU	2.00m
6. Mick Noel, CIT	1.95m
7. Christian Carswell, WCU	1.95m
8. Jackson Nosbisch, CIT	1.90m

### Pole vault

1. Tray Oates, SAM	5.50m
2. Brett Squibbs, ETSU	5.11m
3. Grant Holmes, VMI	4.86m
4. Chris Thrasher, SAM	4.86m
5. Austin Eckenroth, SAM	4.76m
6. Thor Smith, WCU	4.61m
7. Dustin Triplett, WCU	4.61m
8. Andrew Arlint, VMI	4.61m

### Long jump

1. Jamie Brown, WCU	7.36m
2. Marquis Barnes, SAM	7.28m
3. Patrick Taylor, ETSU	6.89m
4. Tyrie Adams, WCU	6.85m
5. Jordan Williams, CIT	6.84m
6. Javion Lee, SAM	6.83m
7. Draven Crist, WCU	6.71m
8. Christian Carswell, WCU	6.68m

### Triple jump

1. Javion Lee, SAM	15.03m
2. David Johnson, WCU	14.94m
3. Jamie Brown, WCU	14.46m
4. Omar Mingo, WOF	13.62m
5. Quan Myers, VMI	13.43m
6. Tremaine Kernes, WCU	13.28m
7. Christian Carswell, WCU	13.18m
8. Dondray Copeland, CIT	13.09m

### Shot put

1. Joel Hoisington, VMI	17.18m
2. Jaylan Reid, FUR	16.28m
3. Jordan White, VMI	16.21m
4. Jared Johnson, WCU	15.44m
5. Mateius Brown, WCU	15.36m
6. Evan Albertson, WCU	14.99m
7. Grant Sanchez, VMI	14.73m
8. Scott Peretin, WCU	14.72m

### Discus throw

1. Mateius Brown, WCU	47.58m
2. Jordan White, VMI	47.49m
3. Brian Smith, SAM	47.02m
4. Brian Hill, SAM	46.66m
5. Scott Peretin, WCU	45.41m
6. Derrick Freeland, CIT	45.18m
7. Jalon Williams, CIT	43.85m
8. Joel Hoisington, VMI	43.28m

### Hammer throw

1. Jordan White, VMI	54.60m
2. Scott Peretin, WCU	52.34m
3. Jared Johnson, WCU	51.07m
4. Mateius Brown, WCU	49.99m
5. James Hayworth, WOF	49.96m
6. Brian Hill, SAM	49.17m
7. Derrick Freeland, CIT	48.95m
8. Evan Alberston, WCU	47.41m

### Javelin throw

1. Capers Williamson, CIT	72.95m
2. Benjamin Johnson, ETSU	61.17m
3. Charlie Hatler, CIT	54.56m
4. Brian Donna, VMI	54.41m
5. Austin Billings, SAM	53.01m
6. Joseph Lee, SAM	53.00m
7. Conrad Heinrich, WOF	52.97m
8. Griffin Miller, CIT	51.81m

### Decathlon

1. Christian Carswell, WCU	6,340
2. Conrad Heinrich, WOF	6,008
3. Draven Crist, WCU	5,868
4. Levi Whitt, VMI	5,778
5. Austin Billings, SAM	5,767
6. Dustin Triplett, WCU	5,741
7. Samuel Robinson, WOF	5,454
8. Tyler Robinson, VMI	4,955

### Most Outstanding Athlete

Jordan White, VMI

### Most Outstanding Track Performer

Greg Henderson, VMI  
Henry Kiedy, Western Carolina

### Most Outstanding Field Performer

Jordan White, VMI

### Freshman of the Year

Aaron Templeton, Furman

### Coach of the Year

Danny Williamson, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2016 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	255	6. Chattanooga	39
2. Samford	251.1	7. Wofford	37
3. ETSU	91.5	8. The Citadel	29
4. Furman	45	9. Mercer	13
5. VMI	44	10. UNCG	7

### 100-meter dash

1. Tayla Carter, WCU	11.58
2. Keturah Williams, ETSU	11.73
3. BriAnna Adams, WCU	11.81
4. Tonia McKinley, SAM	11.95
5. Kimberly Ruch, SAM	12.00
6. Mia Little, WCU	12.06
7. Kiana Davis, ETSU	12.08
8. Tamilia Wright, WCU	12.18

### 200-meter dash

1. Tayla Carter, WCU	24.14
2. BriAnna Adams, WCU	24.33
3. Tonia McKinley, SAM	24.51
4. Kiana Davis, ETSU	24.70
5. Kimberly Ruch, SAM	25.04
6. Kerisha Goode, VMI	25.09
7. Mia Little, WCU	25.16
8. Danyel Desouza, WCU	25.16

### 400-meter dash

1. Sarah Sanford, SAM	55.32
2. Corina Archie-McMillan, WCU	56.47
3. Sage Proffitt, WCU	56.94
4. Dasha Amax, WCU	57.36
5. Sally Woerner, WCU	57.58
6. Abigail Cutcliffe, SAM	57.64
7. Kianna Howard, UTC	58.24
8. Victoria Wicks, SAM	58.50

### 800-meter run

1. Kaitlyn Lingard, WCU	2:14.00
2. Hannah Chamblin, UTC	2:14.37
3. Ansley Bos, SAM	2:15.42
4. Lia Sewell, MER	2:16.43
5. Sahara Fletcher, ETSU	2:18.34
6. Christina Hill, VMI	2:22.32
7. Sally Woerner, WCU	2:28.13
-- Maddison Melchionna, UTC	FS

### 1,500-meter run

1. Karisa Nelson, SAM	4:28.40
2. Allie Buchalski, FUR	4:30.70
3. Emma Garner, SAM	4:34.03
4. Jessica York, UTC	4:37.81
5. Becca Cooley, FUR	4:39.70
6. Ansley Bos, SAM	4:40.61
7. Bethany King, VMI	4:45.82
8. Laura Sola Tari, SAM	4:46.64

### 5,000-meter run

1. Allie Buchalski, FUR	17:23.55
2. Karisa Nelson, SAM	17:26.09
3. Emma Mashburn, FUR	17:27.48
4. Teghan Henderson, UTC	17:28.69
5. Katy Link, UNCG	17:31.75
6. Emma Garner, SAM	17:40.55
7. Laura Miller, FUR	17:46.72
8. Kami Orrender, MER	18:16.13

### 10,000-meter run

1. Teghan Henderson, UTC	37:04.05
2. Emma Mashburn, FUR	37:19.23
3. Laura Miller, FUR	37:54.96
4. Anna Long, SAM	38:46.27
5. Caillian Colquitt, CIT	39:02.03
6. Laney Browder, WCU	39:42.86
7. Keeley Stewart, UTC	39:54.56
8. Anna Kate Chance, UTC	40:52.49

### 100-meter hurdles

1. Kyra Atkins, ETSU	13.42
2. Sarah Sanford, SAM	13.55
3. Kimberly Ruch, SAM	14.01
4. Yaa Agyepong-Wiafe, VMI	14.02
5. Alyiah Riley, WCU	14.23
6. Qiona Payton, SAM	14.53
7. Amber Lust, WOF	14.76
8. Jordan Highsmith, SAM	14.91

### 400-meter hurdles

1. Sarah Sanford, SAM	1:00.06
2. Nicki Smith, ETSU	1:01.96
3. Victoria Wicks, SAM	1:02.28
4. Holly Gaines, WCU	1:02.79
5. Latasha Pride, WCU	1:04.69
6. Qiona Payton, SAM	1:06.57
7. Alyiah Riley, WCU	1:08.57
8. Nidonna Nicholson, WCU	1:09.85

### 3,000-meter steeplechase

1. Emma Garner, SAM	10:54.99
2. Macy Carrier, ETSU	11:12.35
3. Kaitlyn Shetler, WCU	11:21.92
4. Anna Long, SAM	11:23.11
5. Katarina Ruehl, WCU	11:42.34
6. Katlyn Ayers, UNCG	11:45.80
7. Haley Morris, UTC	11:48.87
8. Jessica Dewitte, CIT	11:55.84

### 4x100-meter relay

1. Western Carolina	45.84
2. Samford	46.97
3. Wofford	48.37
4. Mercer	49.77
5. The Citadel	49.94
-- ETSU	DQ
-- VMI	DQ

### 4x400-meter relay

1. Western Carolina	3:45.30
2. Samford	3:51.94
3. ETSU	3:54.40
4. Wofford	3:56.52
5. Chattanooga	3:56.77
6. The Citadel	3:59.25
7. Mercer	4:00.71
8. VMI	4:04.94

### High jump

1. Courtney Pregelmann, SAM	1.72m
2. Anisia Starege, WCU	1.68m
3. Julia Logan, VMI	1.63m
4. Selena Popp, SAM	1.63m
5. Tiffani Lewis, WCU	1.63m
6. Carrie Neill, SAM	1.58m
7. Holly Gaines, WCU	1.58m
8. Rebekah Fox, ETSU	1.53m

### Pole vault

1. Meghan Breden, WCU	3.81m
2. Ashley Kessler, ETSU	3.66m
3. Korie Bennett, WCU	3.66m
4. Lindsey Kessler, SAM	3.51m
5. Sarah Lee, SAM	3.51m
6. Emily Eustace, SAM	3.36m
6. Sage Proffitt, WCU	3.36m
8. Rebecca Pfitzer, SAM	3.21m

### Long jump

1. Kyra Atkins, ETSU	5.64m
2. Tiffani Lewis, WCU	5.60m
3. Chenell Bryan, WCU	5.58m
4. Timia Easley, ETSU	5.57m
5. Jordan Highsmith, SAM	5.49m
6. Tamilia Wright, WCU	5.47m
7. Alexandra Burgess, WOF	5.34m
8. Mia McClain, VMI	5.30m

### Triple jump

1. Alexandra Burgess, WOF	12.17m
2. Tamilia Wright, WCU	11.85m
3. Megan Meadow, SAM	11.69m
4. Kennedy Smith, VMI	11.64m
5. Timia Easley, ETSU	11.62m
6. Tiffani Lewis, WCU	11.60m
7. Tiana Pisoni, SAM	11.60m
8. Kyra Atkins, ETSU	11.53m

### Shot put

1. Hailey Cook, WCU	14.71m
2. Aerial Horton, SAM	13.16m
3. Tatiana Taylor, SAM	12.83m
4. Kaycey Cermin, WCU	12.06m
5. Kaitlyn Moore, CIT	11.60m
6. Tyesha Jones, ETSU	11.59m
7. Simone Williams, WCU	11.46m
8. Camille Caldwell, SAM	11.42m

### Discus throw

1. Hailey Cook, WCU	45.36m
2. Camille Caldwell, SAM	41.71m
3. Jayci Floyd, SAM	40.73m
4. Tyesha Jones, ETSU	39.38m
5. Kaycey Cermin, WCU	38.82m
6. Tiffany Quick, VMI	38.73m
7. Logan Edwards, VMI	37.76m
8. Alexandra King, WOF	36.05m

### Hammer throw

1. Hailey Cook, WCU	50.88m
2. Aerial Horton, SAM	48.71m
3. Logan Edwards, VMI	48.67m
4. Tatiana Taylor, SAM	48.18m
5. Camille Caldwell, SAM	46.11m
6. Alexandra King, WOF	43.94m
7. Elizabeth Johnston, VMI	41.36m
8. Tyesha Jones, ETSU	39.20m

### Javelin throw

1. Mady Riegel, CIT	42.18m
2. Holly Gaines, WCU	35.00m
3. Kennedy Williams, WCU	34.12m
4. Emily Fulton, VMI	33.72m
5. Emily Eustace, SAM	33.04m
6. Kameron Cass, CIT	32.72m
7. Kaitlin West, SAM	32.52m
8. Emily Armstrong, ETSU	32.08m

### Heptathlon

1. Holly Gaines, WCU	4,748
2. Selena Popp, SAM	4,595
3. Jordan Highsmith, SAM	4,437
4. Amber Lust, WOF	3,393
5. Marisa Scott, WCU	4,003
6. Sara Hayes, WOF	3,978
7. Marabeth Clark, ETSU	3,968
8. Shannon Smith, FUR	3,919

### Most Outstanding Athletes

Sarah Sanford, Samford  
Hailey Cook, Western Carolina

### Most Outstanding Track Performer

Sarah Sanford, Samford

### Most Outstanding Field Performer

Hailey Cook, Western Carolina

### Freshman of the Year

Kyra Atkins, ETSU  
Bri Anna Adams, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2015 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Samford	244	6. Furman	47
2. Western Carolina	203	7. Chattanooga	26.5
3. ETSU	118.5	8. Wofford	16.5
4. VMI	89	9. UNCG	5
5. The Citadel	67.5		

### 100-meter dash

1. Brenden Caldwell, WCU	10.50
2. Aron Long, VMI	10.67
3. Matthew Moore, ETSU	10.70
4. Jermaine Lewis, WCU	10.72
5. Aaron Tribble, WCU	10.74
6. Shelby Campbell, SAM	10.75
7. Patrick Taylor, ETSU	10.78
8. Lamaris Reed, VMI	10.90

### 200-meter dash

1. Aron Long, VMI	21.33
2. Carson Howe, SAM	21.61
3. Henry Kiedy, WCU	21.63
4. Dante Ortado, WCU	21.71
5. Demari Boswell, WCU	21.72
6. Jerry Wickerson, WCU	21.86
7. Patrick Taylor, ETSU	21.89
8. Dakota Lamont, WCU	22.01

### 400-meter dash

1. Henry Kiedy, WCU	47.04
2. Carson Howe, SAM	47.87
3. Dakota Lamont, WCU	48.47
4. Julian Jackson, VMI	48.51
5. Demari Boswell, WCU	48.54
6. Tevin Williams, CIT	48.82
7. Max Burke, WCU	48.91
8. Brandon Hartman, VMI	49.14

### 800-meter run

1. Brandon Hazouri, SAM	1:50.62
2. Nathan Hendershot, SAM	1:51.26
3. Thomas Miller, ETSU	1:51.48
4. Adam Jones, SAM	1:52.29
5. Marquis Carter, UTC	1:52.79
6. William Ivey, FUR	1:53.56
7. Jamie Bigby, WCU	1:53.98
8. Filip Jalovy, ETSU	1:55.10

### 1,500-meter run

1. Brandon Hazouri, SAM	3:47.05
2. Avery Martin, VMI	3:47.22
3. Arse'ne Guillorel, SAM	3:47.52
4. Tripp Hurt, FUR	3:47.77
5. Adam Jones, SAM	3:48.28
6. Angus Baldwin, ETSU	3:49.03
7. Matthew Warriner, ETSU	3:51.62
8. Nate Gray Wolf Riech, FUR	3:52.59

### 5,000-meter run

1. Arse'ne Guillorel, SAM	14:43.27
2. Tanner Hinkle, FUR	14:46.70
3. Lee Shearer, FUR	14:47.58
4. Austin Sprague, FUR	14:49.54
5. Angus Baldwin, ETSU	14:50.81
6. Josh Brickell, FUR	14:50.84
7. Luke Weishaar, SAM	15:05.19
8. Daniel DeNijs, VMI	15:14.85

### 10,000-meter run

1. Josh Brickell, FUR	31:12.31
2. Paul Stuart, UTC	31:34.27
3. Luke Weishaar, SAM	31:42.04
4. Carl Oberfeiting, ETSU	32:17.20
5. Luke Sumerford, UNCG	32:25.99
6. Brandon White, VMI	32:27.89
7. Ross Jordan, CIT	32:35.93
8. Hartnel Paultre, VMI	32:39.62

### 110-meter hurdles

1. Abraham Faison, WCU	14.28
2. Marquis Bailey, WCU	14.28
3. Quincy Murphy, VMI	14.54
4. Davon Guerrier, VMI	14.75
5. Malik Diggs, CIT	14.76
6. Michael Williams, ETSU	14.99
7. Iman Isang, UTC	15.67
8. Justin D'Angelo, WCU	15.76

### 400-meter hurdles

1. Michael Williams, ETSU	52.03
2. Abraham Faison, WCU	52.44
3. Marquis Barnes, SAM	53.37
4. Jay Vines, SAM	53.88
5. Drake Watson, UTC	54.06
6. Marquis Bailey, WCU	54.07
7. Justin D'Angelo, WCU	55.03
8. Samuel Barton, ETSU	56.57

### 3,000-meter steeplechase

1. Adam Chase, ETSU	9:11.44
2. Michael Cornwell, WCU	9:13.63
3. Lee Shearer, FUR	9:17.45
4. Haydn Borghetti-Metz, ETSU	9:21.90
5. James Miller, ETSU	9:23.30
6. Sean Helmke, VMI	9:24.34
7. John Gilpin, UTC	9:27.20
8. Matthew Joyner, ETSU	9:31.23

### 4x100-meter relay

1. Western Carolina	40.62
2. Samford	41.33
3. ETSU	41.34
4. VMI	41.59
5. The Citadel	42.69
6. Wofford	44.52
7. Chattanooga	46.56

### 4x400-meter relay

1. Western Carolina	3:41.83
2. Samford	3:46.15
3. The Citadel	3:51.48
4. ETSU	3:53.50
5. VMI	3:59.86
6. Chattanooga	4:00.83
7. Mercer	4:01.89
8. Wofford	4:04.35

### High jump

1. Keyth Fightmaster, SAM	2.17m
2. Christian Carswell, WCU	1.98m
3. Nathan Rivera, ETSU	1.98m
4. Mick Noel, CIT	1.93m
5. Jackson Nosbisch, CIT	1.93m
6. Bob Elliott II, SAM	1.93m
7. Tanner Riddle, ETSU	1.88m
8. Geoff Nelson, UTC	1.88m
8. Tevin Nelson, WOF	1.88m

### Pole vault

1. Gavin Gautreau, SAM	4.93m
2. Brett Squibbs, ETSU	4.93m
3. Tray Oates, SAM	4.83m
4. Dustin Triplett, WCU	4.68m
5. Chris Winkle, ETSU	4.68m
5. Chris Thrasher, SAM	4.68m
7. Corey Ginley, WCU	4.68m

### Long jump

1. Marquis Barnes, SAM	7.40m
2. Javion Lee, SAM	7.24m
3. Tevin Johnson, WOF	7.18m
4. Patrick Taylor, ETSU	7.03m
5. Phillip Booker, ETSU	6.99m
6. Christian Carswell, WCU	6.99m
7. David Johnson, WCU	6.98m
8. Nathan Rivera, ETSU	6.77m

### Triple jump

1. Javion Lee, SAM	15.39m
2. David Johnson, WCU	14.60m
3. Jerry Bryant, WCU	14.33m
4. Marquis Barnes, SAM	13.78m
5. Dondray Copeland, CIT	13.74m
6. Kevin Hires, WCU	13.74m
7. Lamaris Reed, VMI	13.62m
8. Bob Elliott II, SAM	13.40m

### Shot put

1. Sidney Jordan, SAM	16.17m
2. Derrick Freeland, CIT	15.44m
3. Jared Johnson, WCU	14.99m
4. Scott Peretin, WCU	14.94m
5. Brian Hill, SAM	14.83m
6. Brian Smith, SAM	14.77m
7. William Condrey, VMI	14.41m
8. Evan Albertson, WCU	14.24m

### Discus throw

1. Sidney Jordan, SAM	47.44m
2. Brian Hill, SAM	47.17m
3. Brian Smith, SAM	45.44m
4. Blase Isom, ETSU	45.40m
5. Jared Johnson, WCU	45.14m
6. Derrick Freeland, CIT	44.98m
7. Grant Sanchez, VMI	44.03m
8. Scott Peretin, WCU	43.61m

### Hammer throw

1. Sidney Jordan, SAM	58.02m
2. Jared Johnson, WCU	51.96m
3. Geno Porter, CIT	48.60m
4. Brian Hill, SAM	48.19m
5. James Hayworth, WOF	48.19m
6. Jordan White, VMI	48.07m
7. Scott Peretin, WCU	46.96m
8. Sadarius Lucas, CIT	46.26m

### Javelin throw

1. Capers Williamson, CIT	66.87m
2. Clay Allen, CIT	66.07m
3. Adam Parker, WCU	53.85m
4. Dustin Triplett, WCU	51.82m
5. Donovan Walton, VMI	49.91m
6. Blake Isom, ETSU	49.84m
7. Griffin Miller, CIT	48.59m
8. Joseph Lee, SAM	47.59m

### Decathlon

1. Quincy Murphy, SAM	6,665
2. Nathan Rivera, ETSU	6,474
3. Christian Carswell, WCU	6,272
4. Andrew Patterson, SAM	6,045
5. Josh Davies, SAM	5,907
6. Austin Billings, SAM	5,562
7. Killian Carey, VMI	5,411
8. Tyler Robinson, VMI	5,333

### Most Outstanding Athlete

Sidney Jordan, Samford

### Most Outstanding Track Performer

Brandon Hazouri, Samford

### Most Outstanding Field Performer

Sidney Jordan, Samford

### Freshman of the Year

Carson Howe, Samford

### Coach of the Year

Rod Tiffin, Samford

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

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-10)

# 2015 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	272	6. Chattanooga	49
2. Samford	183	7. The Citadel	40
3. ETSU	91	8. Mercer	17
4. Furman	77	9. Wofford	12
5. VMI	75	10. UNCG	3

### 100-meter dash

1. Tayla Carter, WCU	11.52
2. Demeteria Edgecombe, ETSU	11.89
3. Kerisha Goode, VMI	12.06
4. Kayla Williams, WCU	12.09
5. Kimberly Ruch, SAM	12.13
6. Tiffani Lewis, WCU	12.20
7. Chenell Bryan, WCU	12.22
8. Yaa Agyepong-Wiafe, VMI	12.34

### 200-meter dash

1. Tayla Carter, WCU	23.69
2. Genevieve Emrick, WCU	24.35
3. Kerisha Goode, VMI	24.66
4. Demeteria Edgecombe, ETSU	25.05
5. Tanisha Bethel, CIT	25.11
6. Corina Archie-McMillan, WCU	25.26
7. Kimberly Ruch, SAM	25.27
8. Abigail Cutcliffe, SAM	25.38

### 400-meter dash

1. Genevieve Emrick, WCU	54.42
2. Corina Archie-McMillan, WCU	55.77
3. Tanisha Bethel, CIT	56.14
4. Emani Little, CIT	57.94
5. Thireyona Legg, VMI	57.96
6. Alexis Robinson, WCU	58.89
7. Aubree Collins, ETSU	59.40
8. Kianna Collins, UTC	1:03.78

### 800-meter run

1. Anna Irvine, SAM	2:11.41
2. Marie DeMedicis, SAM	2:12.05
3. Jacquelyn Crow, FUR	2:12.31
4. Maddison Melchionna, UTC	2:13.21
5. Hannah Chamblin, UTC	2:14.41
6. Emma Garner, SAM	2:14.58
7. Rebecca Greenwall, UTC	2:15.33
8. Lena Elliott, WCU	2:15.46

### 1,500-meter run

1. Allie Buchalski, FUR	4:27.41
2. Karisa Nelson, SAM	4:29.26
3. Amanda Cotter, UTC	4:29.43
4. Jacquelyn Crow, FUR	4:30.66
5. Sinead Haughey, FUR	4:32.40
6. Eira Jenson, UNCG	4:35.89
7. Jessica York, UTC	4:36.01
8. Emily Williams, ETSU	4:39.12

### 5,000-meter run

1. Sinead Haughey, FUR	17:04.84
2. Allie Buchalski, FUR	17:34.25
3. Laura Miller, FUR	17:34.90
4. Emma Mashburn, FUR	17:36.18
5. Emily Drouin, UTC	17:50.83
6. Julia Rodriguez, FUR	17:55.24
7. Keeley Stewart, UTC	17:57.10
8. Amanda Cotter, UTC	18:06.25

### 10,000-meter run

1. Laura Miller, FUR	36:47.70
2. Keeley Stewart, UTC	38:16.58
3. Jenna Gipperich, MER	38:21.20
4. Jackie Thompson, CIT	38:36.65
5. Caillian Colquitt, CIT	38:45.37
6. Anna Kate Chance, UTC	38:57.57
7. Bryce Seymour, FUR	39:04.14
8. Anna McBride, FUR	39:17.37

### 100-meter hurdles

1. Demeteria Edgecombe, ETSU	13.35
2. Sarah Sanford, SAM	13.48
3. Xaviera Bass, WCU	13.58
4. Kayla Williams, WCU	13.92
5. Qiona Payton, SAM	14.25
6. Nicole Alexander, ETSU	14.34
7. Alyiah Riley, WCU	14.36
8. Deborah Allison, VMI	14.78

### 400-meter hurdles

1. Sarah Sanford, SAM	58.25
2. Holly Gaines, WCU	58.72
3. Michaela Birek, WCU	1:02.70
4. Victoria Wicks, SAM	1:03.37
5. Nicole Alexander, ETSU	1:03.72
6. Nicki Smith, ETSU	1:03.85
7. Latasha Pride, WCU	1:04.51
8. Anne Greer, WCU	1:04.86

### 3,000-meter steeplechase

1. Rachel Wooten, SAM	11:01.32
2. Emily Drouin, UTC	11:03.34
3. Francis Bernard, SAM	11:07.98
4. Julia Rodriguez, FUR	11:20.92
5. Kaitlyn Shetler, WCU	11:22.05
6. Victoria Hutchens, ETSU	11:38.08
7. Anya Bunao, WOF	11:45.98
8. Bethany King, VMI	11:57.30

### 4x100-meter relay

1. Western Carolina	45.96
2. ETSU	47.12
3. VMI	47.70
4. The Citadel	48.14
5. Samford	48.76
6. Mercer	49.72
7. Furman	50.18
8. Wofford	51.75

### 4x400-meter relay

1. Western Carolina	3:41.83
2. Samford	3:46.15
3. The Citadel	3:51.48
4. ETSU	3:53.50
5. VMI	3:59.86
6. Chattanooga	4:00.83
7. Mercer	4:01.89
8. Wofford	4:04.35

### High jump

1. Anisia Starege, WCU	1.70m
2. Xaviera Bass, WCU	1.67m
3. Courtney Pregarman, SAM	1.62m
4. Julia Logan, VMI	1.57m
5. Molly Fagan, WCU	1.57m
6. Carrie Neill, SAM	1.57m
7. Danielle Blanco, SAM	1.52m
8. Ansley Bates, SAM	1.52m

### Pole vault

1. Ashley Kessler, ETSU	3.78m
2. Devyn Ressler, WCU	3.63m
3. Morgan Johnson, SAM	3.63m
4. Claire Goodson, SAM	3.63m
5. Care June Elyea, WCU	3.48m
6. Korie Bennett, WCU	3.48m
7. Emily Eustace, SAM	3.33m
8. Lauren Torsch, SAM	3.33m

### Long jump

1. Bria Anderson, VMI	5.94m
2. Molly Fagan, WCU	5.79m
3. Chenell Bryan, WCU	5.73m
4. Michaela Birek, WCU	5.71m
5. Tiffani Lewis, WCU	5.70m
6. Jordan Highsmith, SAM	5.65m
7. Thireyona Legg, VMI	5.61m
8. Tiana Pisoni, SAM	5.59m

### Triple jump

1. Tiana Pisoni, SAM	12.12m
2. Chenell Bryan, WCU	11.57m
3. Hannah Hardy, SAM	11.28m
4. Timia Easley, ETSU	11.26m
5. Nicole Alexander, ETSU	11.18m
6. Kennedy Smith, VMI	11.07m
7. Jordan Highsmith, SAM	11.06m
8. Erin West, WCU	11.00m

### Shot put

1. Hailey Cook, WCU	14.88m
2. Renee Reives, VMI	14.30m
3. Alisha Bradshaw, WCU	14.07m
4. Katelyn Poole, SAM	13.85m
5. Aerial Horton, SAM	13.81m
6. Alisha Bradshaw, WCU	12.54m
7. Mary Grace Lemon, VMI	12.00m
8. Jasmin Brown, WCU	11.71m

### Discus throw

1. Alisha Bradshaw, WCU	44.62m
2. Verena Tobis, ETSU	44.15m
3. Kristin Brining, SAM	43.21m
4. Renee Reives, VMI	43.16m
5. Hailey Cook, WCU	41.52m
6. Aerial Horton, SAM	39.28m
7. Tyesha Jones, ETSU	38.25m
8. Elizabeth Johnston, VMI	37.59m

### Hammer throw

1. Aerial Horton, SAM	50.74m
2. Alisha Bradshaw, WCU	50.41m
3. Kristin Brining, SAM	49.74m
4. Mary Grace Lemon, VMI	49.09m
5. Logan Edwards, VMI	47.41m
6. Jasmin Brown, WCU	47.27m
7. Hailey Cook, WCU	45.93m
8. Katelyn Poole, SAM	45.09m

### Javelin throw

1. Verena Tobis, ETSU	44.08m
2. Kim Cannon, WCU	41.39m
3. Krista Kennedy, MER	40.80m
4. Mady Riegel, CIT	40.19m
5. Anne Greer, WCU	37.80m
6. Emily Eustace, SAM	34.82m
7. Molly Fagan, WCU	33.89m
8. Emily Fulton, VMI	32.06m

### Heptathlon

1. Holly Gaines, WCU	4,584
2. Anne Greer, WCU	4,287
3. Danielle Blanco, SAM	4,054
4. Katie Beuerlein, WOF	3,809
5. Latasha Pride, WCU	3,281
6. Erin West, WCU	2,801
7. Emily Williams, WOF	2,727
8. Kasey Widmeyer, WOF	2,398

### Most Outstanding Athletes

Tayla Carter, Western Carolina  
Demeteria Edgecombe, ETSU

### Most Outstanding Track Performer

Demeteria Edgecombe, ETSU

### Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

### Freshman of the Year

Allie Buchalski, Furman

### Coach of the Year

Danny Williamson, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 18-20)

# 2014 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Samford	207	6. Chattanooga	52
2. Western Carolina	204	7. Davidson	31.5
3. Appalachian State	165.5	T-8. UNCG	5
4. The Citadel	91	T-8. Wofford	5
5. Furman	55		

### 100-meter dash

1. Justin Emerson, SAM	10.47
2. Jamaal Brantley, CIT	10.51
3. Marshall McRae, APP	10.57
4. William Buckley, APP	10.60
5. Jerry Wickerson, WCU	10.73
6. Marquis Bailey, WCU	10.73
7. Jermaine Lewis, WCU	10.79
8. Antonio Marciano, Jr., APP	10.96

### 200-meter dash

1. Jamaal Brantley, CIT	21.59
2. William Buckley, APP	21.64
3. Jerry Wickerson, WCU	21.70
4. Marshall McRae, APP	21.71
5. Earl Rahming, WCU	21.83
6. Justin Emerson, SAM	21.92
7. Adrian Ortado, WCU	22.06
8. Jermaine Lewis, WCU	22.28

### 400-meter dash

1. Earl Rahming, WCU	47.21
2. Aaron Harris, WCU	47.38
3. Raphael Rojas, APP	47.96
4. Jonathon Bush, SAM	48.26
5. Adraian Ortado, WCU	48.55
6. Demari Boswell, WCU	48.73
7. Anmar Phillips, WCU	49.39
8. Tevin Williams, CIT	49.46

### 800-meter run

1. Brandon Hazouri, SAM	1:50.31
2. Andrew Lantz, DAV	1:50.84
3. Nathan Hendershot, SAM	1:51.59
4. Patrick Rollo, DAV	1:53.32
5. Aaron Harris, WCU	1:53.54
6. Jamie Bigby, WCU	1:53.63
7. Raphael Rojas, APP	1:56.06
8. William Ivey, FUR	1:57.47

### 1,500-meter run

1. Brandon Hazouri, SAM	3:54.33
2. Adam Jones, SAM	3:56.20
3. Layton Dorsett, SAM	3:57.07
4. Brock Baker, FUR	3:57.49
5. Lucas Cotter, UTC	3:58.50
6. Nate Riech, FUR	3:58.77
7. Trevor Janssen, UTC	3:59.50
8. John Mogen, DAV	3:59.72

### 5,000-meter run

1. Brock Baker, FUR	14:57.72
2. Tripp Hurt, FUR	14:57.80
3. Kyle McFoy, APP	15:00.41
4. Harry Smithers, UTC	15:01.73
5. Luke Weishaar, SAM	15:02.11
6. Tanner Hinkle, FUR	15:05.35
7. Nathan Wanuch, UTC	15:06.22
8. Mark Cole, UTC	15:06.81

### 10,000-meter run

1. Tanner Hinkle, FUR	30:57.70
2. Mark Cole, UTC	30:59.37
3. Harry Smithers, UTC	31:03.97
4. Dylan Belles, UNCG	31:16.03
5. John Klecker, FUR	31:22.93
6. Paul Stuart, UTC	31:27.89
7. Kyle McFoy, APP	31:28.63
8. Travis Alfaro, WCU	31:41.37

### 110-meter hurdles

1. Marquis Bailey, WCU	14.59
2. Abraham Faison, WCU	14.64
3. Iman Isang, UTC	15.38
4. Kenley Joseph, APP	15.42
5. Charles Rappe, DAV	15.56
6. Eric Blake, WCU	15.68
7. Sam Lusty, WCU	15.75
8. Phillip Thomas, APP	15.80

### 400-meter hurdles

1. Abraham Faison, WCU	52.18
2. Eric Blake, WCU	52.91
3. Marquis Bailey, WCU	53.35
4. Jay Vines, SAM	54.83
5. Charles Rappe, DAV	55.52
6. David Riddleberger, APP	56.00
7. Sam Lusty, WCU	57.48
8. Kenley Joseph, APP	1:00.26

### 3,000-meter steeplechase

1. Tripp Hurt, FUR	8:58.13
2. Josh Cox, APP	9:14.82
3. Nathan Wanuch, UTC	9:16.81
4. Chase Fisher, WCU	9:21.23
5. Grayam Sailor-Tynes, DAV	9:21.69
6. Michael Cornwell, WCU	9:21.72
7. Michael Ellis, APP	9:22.11
8. John Gilpin, UTC	9:41.65

### 4x100-meter relay

1. Appalachian State	40.62
2. Western Carolina	40.78
3. Samford	41.62
4. The Citadel	41.66
5. Chattanooga	43.86
6. Wofford	47.93

### 4x400-meter relay

1. Western Carolina	3:13.01
2. Appalachian State	3:15.19
3. Samford	3:17.08
4. The Citadel	3:18.78
5. Chattanooga	3:19.55
6. Davidson	3:19.80
7. Wofford	3:25.52
8. Furman	3:34.90

### High jump

1. Samuel Allen, APP	2.03m
2. Bob Elliot II, SAM	2.03m
3. Brandon Bassett, SAM	1.98m
4. Cole Finch, APP	1.98m
4. Steven Bastien, SAM	1.98m
6. Bo Ackerson-Gilroy, SAM	1.93m
6. Mick Noel, CIT	1.93m
8. Christian Carswell, WCU	1.93m

### Pole vault

1. Owen Wagoner, SAM	5.10m
2. Ryan Cook, SAM	4.85m
3. Keith Leonard, WCU	4.85m
4. David Melton, CIT	4.75m
5. Dustin Triplett, WCU	4.75m
6. Phillip Thomas, APP	4.65m
7. Chris Thrasher, SAM	4.55m
8. Matt Layne, APP	4.40m

### Long jump

1. Steven Bastien, SAM	7.38m
2. Edward Jones, CIT	7.28m
3. Henry Bustle, APP	7.12m
4. Jamal Tiller, APP	7.04m
5. Jesse Earnhardt, APP	7.00m
6. Josh McSwain, WCU	6.92m
7. Tyler Bell, WCU	6.84m
8. Xzavier Killings, DAV	6.71m

### Triple jump

1. Jamal Tiller, APP	15.06m
2. David Johnson, WCU	15.00m
3. Josh McSwain, WCU	14.71m
4. Adedji Adneye, APP	14.36m
5. Henry Bustle, APP	14.27m
6. Tyler Bell, WCU	14.00m
7. Xzavier Killings, DAV	13.51m
7. Valian Brown, CIT	13.51m

### Shot put

1. Nathan Milch, APP	15.81m
2. Sidney Jordan, SAM	15.62m
3. Dylan Gidado, CIT	15.59m
4. Jared Johnson, WCU	15.15m
5. John Leonard, APP	14.98m
6. Nick Sansotta, APP	14.78m
7. Brian Smith, SAM	14.55m
8. Brian Hill, SAM	14.48m

### Discus throw

1. Sidney Jordan, SAM	48.32m
2. Brian Smith, SAM	46.62m
3. Nathan Milch, APP	45.89m
4. Geno Porter, CIT	43.45m
5. Ian VanderGulik, CIT	43.14m
6. Dylan Gidado, CIT	42.63m
7. Andy Benesh, WCU	41.56m
8. Richard Bertrand, CIT	40.98m

### Hammer throw

1. Sidney Jordan, SAM	56.40m
2. Jared Johnson, WCU	50.79m
3. Andy Benesh, WCU	49.99m
4. Brian Hill, SAM	49.56m
5. Nathan Milch, APP	47.83m
6. Geno Porter, CIT	46.74m
7. Richard Bell, APP	44.98m
8. Dylan Gidado, CIT	44.10m

### Javelin throw

1. Clay Allen, CIT	64.09m
2. Capers Williamson, CIT	63.80m
3. Bo Ackerson-Gilroy, SAM	58.30m
4. Brandon Bassett, SAM	54.96m
5. Andy Benesh, WCU	49.38m
6. Steven Bastien, SAM	48.71m
7. Matt Stenger, WCU	48.31m
8. Adam Parker, WCU	48.24m

### Decathlon

1. Steven Bastien, SAM	6,591
2. Christian Carswell, WCU	6,252
3. Josh Davies, SAM	6,107
4. Jackson Powers, APP	5,654
5. Ian Aikman, CIT	5,307
6. Andrew Patterson, SAM	5,241
7. Sam Lusty, WCU	4,551
8. Tim Buzyan, WCU	4,098

### Most Outstanding Athlete

Steven Bastien, Samford

### Most Outstanding Track Performer

Brandon Hazouri, Samford

### Most Outstanding Field Performer

Sidney Jordan, Samford

### Freshman of the Year

Brandon Hazouri, Samford

### Coach of the Year

Rod Tiffin, Samford

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

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-10)

# 2014 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Samford	166.5	7. Chattanooga	26
2. Western Carolina	155	8. The Citadel	23
3. Elon	131	9. UNCG	20
4. Appalachian State	126	10. Wofford	15
5. Georgia Southern	117.5	11. Furman	10
6. Davidson	28		

### 100-meter dash

1. Tayla Carter, WCU	11.59
2. Jasmin Walker, GSU	11.69
3. Arian Tipton, GSU	11.79
4. Alyssa Felton, GSU	11.96
5. Jordan Fordham, GSU	12.07
6. Janise Robinson, WCU	12.26
7. Xaveria Bass, WCU	12.61
8. Breanna Alston, APP	12.89

### 200-meter dash

1. Tayla Carter, WCU	23.50
2. Arian Tipton, GSU	23.59
3. Jasmin Walker, GSU	23.68
4. Breann Alston, APP	24.36
5. Jordan Fordham, GSU	24.70
6. Catherine Crawford, APP	25.02
7. Sydney Griffin, Elon	25.24
8. Bria Bell, Elon	25.55

### 400-meter dash

1. Bria Bell, Elon	53.95
2. Breanna Alston, APP	54.00
3. Genevieve Emrick, WCU	54.82
4. Corina Archie-McMillan, WCU	55.17
5. Jennifer Pash, Elon	56.30
6. Asha Stegall, GSU	56.86
7. Shiniqua Proyor, WCU	56.88
8. Cherelle King, GSU	57.59

### 800-meter run

1. Marie Demedicis, SAM	2:08.53
2. Alyssa Burkert, WOF	2:08.86
3. Sherril McFarlane, GSU	2:09.03
4. Anna Irvine, SAM	2:09.45
5. Shelby Howell, APP	2:10.35
6. Lena Elliott, WCU	2:10.57
7. Hayley Tomlinson, WCU	2:10.79
8. Hannah Rieden, DAV	2:12.70

### 1,500-meter run

1. Sarah Paddon, DAV	4:24.54
2. Lauren D'Alessio, SAM	4:28.20
3. Ansely Bos, SAM	4:29.03
4. Kimberly Johannsen, Elon	4:31.95
5. Tristin Van Ord, APP	4:32.10
6. Justine Stocks, APP	4:32.77
7. Sherril McFarlane, GSU	4:36.59
8. Jessica York, UTC	4:39.13

### 5,000-meter run

1. Teghan Henderson, UTC	17:00.62
2. Shaina Sumney, UNCG	17:03.10
3. Allyson Oram, Elon	17:08.32
4. Erin Osment, DAV	17:15.21
5. Lauren D'Alessio, SAM	17:21.30
6. Tristin Van Ord, APP	17:35.95
7. Tereza Novotna, Elon	17:39.29
8. Chelsea Sumney, UNCG	17:45.07

### 10,000-meter run

1. Teghan Henderson, UTC	34:35.06
2. Erin Osment, DAV	35:30.82
3. Sinead Haughey, FUR	35:52.54
4. Kaitlin Cagle, APP	36:34.11
5. Laura Miller, FUR	36:40.21
6. Dana Cox, APP	36:47.44
7. Katy Link, UNCG	36:54.93
8. Meghan McCauley, APP	37:10.84

### 100-meter hurdles

1. Sydney Griffin, Elon	13.83
2. Xaveria Bass, WCU	13.97
3. LeNiesha Kearse, WCU	14.28
4. Alyssa Felton, GSU	14.48
5. Ashley Cope, SAM	14.61
6. Brittany Diggs, WCU	14.64
7. Dana Edwards, GSU	14.73
8. Michaela Birek, WCU	14.84

### 400-meter hurdles

1. Jennifer Esposito, Elon	59.60
2. Michaela Birek, WCU	59.90
3. Dana Edwards, GSU	1:00.23
4. Danielle Blanco, SAM	1:00.31
5. Veronica Luedke, Elon	1:01.78
6. Samantha Brown, Elon	1:02.89
7. Latasha Pride, WCU	1:03.16
8. LeNiesha Kearse, WCU	1:04.45

### 3,000-meter steeplechase

1. Tereza Novotna, Elon	10:41.08
2. Chelsea Sumney, UNCG	10:51.59
3. Kayla Schneider, APP	10:55.84
4. Michelle Provost, WCU	11:03.74
5. Sam Hughes, WOF	11:08.90
6. Rachel Wooten, SAM	11:13.60
7. Samantha Camanaro, APP	11:21.36
8. Katlyn Ayers, UNCG	11:28.34

### 4x100-meter relay

1. Georgia Southern	44.50
2. Appalachian State	46.56
3. Elon	46.61
4. Samford	47.87
5. The Citadel	48.01
6. Chattanooga	49.83
7. Wofford	53.24

### 4x400-meter relay

1. Georgia Southern	3:43.20
2. Appalachian State	3:43.69
3. Elon	3:44.28
4. Samford	3:48.00
5. Davidson	3:52.35
6. Chattanooga	3:53.30
7. The Citadel	3:54.30
8. Wofford	4:00.73

### High jump

1. Megan Kirschling, Elon	1.79m
2. Haley Laird, Elon	1.70m
3. Anisia Starege, WCU	1.70m
4. Mary Theresa Montgomery, APP	1.70m
5. Xaveria Bass, WCU	1.70m
6. Makalya Roten, APP	1.70m
7. Keyanna Harris, GSU	1.65m
7. Audrey Florence, APP	1.65m

### Pole vault

1. Claire Goodson, SAM	3.97m
2. Devyn Ressler, WCU	3.87m
3. Morgan Johnson, SAM	3.87m
3. Cassandra Crawford, APP	3.87m
5. Sydney Cook, APP	3.57m
6. Debra Domermuth, APP	3.57m
7. Ashley Cope, SAM	3.57m
8. Chelsea Farr, APP	3.57m

### Long jump

1. Jasmin Walker, GSU	6.12m
2. Nicole Charley, SAM	5.91m
3. Emily Allen, SAM	5.80m
4. Chenell Bryan, WCU	5.74m
5. Krystal Clarke, APP	5.73m
6. Tiffani Lewis, WCU	5.71m
7. Alyssa Felton, GSU	5.55m
8. Carrie Abraham, APP	5.47m

### Triple jump

1. Emily Allen, SAM	12.49m
2. Nicole Charley, SAM	12.39m
3. Ashleigh Rasheed, GSU	12.20m
4. Carrie Abraham, Elon	12.15m
5. Xaveria Bass, WCU	11.14m
6. Brianna Charles, GSU	11.13m
7. Jayna Coyle, Elon	10.97m
8. Tiffani Lewis, WCU	10.96m

### Shot put

1. Brianna Tate, APP	14.61m
2. Aerial Horton, SAM	13.94m
3. Charlise Morgan, Elon	13.93m
4. Alisha Bradshaw, WCU	13.92m
5. Hailey Cook, WCU	13.90m
6. Jasmine Suydam, APP	13.21m
7. Katelyn Poole, SAM	13.13m
8. Breanna Warren, Elon	13.02m

### Discus throw

1. Breanna Warren, Elon	46.68m
2. Alisha Bradshaw, WCU	45.88m
3. Jasmine Suydam, APP	44.53m
4. Aerial Horton, SAM	43.82m
5. Shelby Builtta, SAM	43.37m
6. Kristin Brining, SAM	42.64m
7. Hailey Cook, WCU	41.80m
8. Ana DeLeon, APP	41.19m

### Hammer throw

1. Emily Allen, SAM	60.98m
2. Kristin Brining, SAM	52.58m
3. Alisha Bradshaw, WCU	52.64m
4. Kimberlyn Holt, Elon	49.80m
5. Brianna Tate, APP	48.85m
6. Kelsey Arnold, GSU	48.74m
7. Kayleigh Birks, Elon	47.78m
8. Ana DeLeon, APP	47.04m

### Javelin throw

1. Jocelyn Parnell, APP	43.51m
2. Kim Cannon, WCU	40.18m
3. Shelby Builtta, SAM	39.39m
4. Andriana Love, CIT	39.16m
5. Ashley Cope, SAM	38.86m
6. Nicole Levermann, CIT	34.65m
7. Jennifer Jarvis, Elon	34.12m
8. Anne Greer, WCU	33.53m

### Heptathlon

1. Ashley Cope, SAM	4,806
2. Nicole Levermann, CIT	4,675
3. Ashleigh Rasheed, GSU	4,490
4. Anne Greer, WCU	4,312
5. Holly Gaines, WCU	4,109
6. Stephanie Burris, WCU	3,735
7. Hannah Hardy, SAM	3,580
8. Savannah Emmrich, CIT	3,104

### Most Outstanding Athlete

Jasmin Walker, Georgia Southern

### Most Outstanding Track Performer

Jasmin Walker, Georgia Southern

### Most Outstanding Field Performer

Emily Allen, Samford

### Freshman of the Year

Teghan Henderson, Chattanooga

### Coach of the Year

Rod Tiffin, Samford

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)



# 2013 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Ben Davies, Samford

### Most Outstanding Track Performer

Brandon Hairston, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Brandon Hazouri, Samford

### Coach of the Year

Rod Tiffin, Samford

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

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

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2013 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	197.5	T-6. College of Charleston	32
2. Appalachian State	159.5	8. The Citadel	23.5
3. Georgia Southern	112.5	9. Wofford	13
4. Elon	111	T-10. Chattanooga	12
5. Samford	110	T-10. UNCG	12
T-6. Furman	32	12. Davidson	4

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Athlete

Ashley Cope, Samford

### Most Outstanding Track Performer

Sinead Haughey, Furman

### Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

### Freshman of the Year

Tayla Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2012 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	238	6. Chattanooga	37
2. Western Carolina	225	7. Furman	31
3. Samford	107*	8. UNCG	30
4. The Citadel	79	9. Wofford	11
5. Davidson	58	* later vacated 16 points	

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Jared Stalling, Appalachian State

### Most Outstanding Track Performer

Benny Davis, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Bob Elliott II, Samford

### Coach of the Year

John Weaver, Appalachian State

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

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

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2012 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

1. Kristen Wolf, CofC	10:48.26
2. Brooke Mosteller, FUR	10:49.21
3. Allison Cook, APP	10:57.99
4. Hannah Orders, APP	11:00.70
5. Emily Tryon, Elon	11:27.70
6. Maria Stickley, APP	11:49.53
7. Kelly Montague, UNCG	11:57.92
8. Rachel Sims, SAM	12:11.83

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performer

Breanna Alston, Appalachian State

### Most Outstanding Track Performer

Ebony Carter, Georgia Southern

### Most Outstanding Field Performer

Emily Allen, Samford

### Freshman of the Year

Alisha Bradshaw, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2011 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	256	6. Chattanooga	42
2. Western Carolina	218.5	7. Furman	24
3. Samford	138.5*	8. Wofford	17
4. Davidson	770	9. UNCG	1
5. The Citadel	48	* later vacated 13 points	

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Most Outstanding Track Performer

Dennis Moore, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Freshman of the Year

Aaron Tribble, Western Carolina

### Coach of the Year

Rod Tiffin, Samford

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

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

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2011 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performer

Zakiyyah Stewart, Western Carolina

### Most Outstanding Track Performer

Felisha Garren, Western Carolina

### Most Outstanding Field Performer

Veronica Day, Elon

### Freshman of the Year

Breanna Alston, Appalachian State

### Coach of the Year

Mark Elliston, Elon

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2010 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	263.5	6. Chattanooga	29
2. Western Carolina	242	T-7. Furman	21
3. Samford	132.5	T-7. UNCG	21
4. The Citadel	57.5	9. Wofford	3.5
5. Davidson	44		

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Athlete

Malcolm Styers, Appalachian State

### Most Outstanding Track Performer

Landon Powell, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Freshman of the Year

Landon Powell, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-10)

# 2010 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performer

Felicia Paulding, Western Carolina

### Most Outstanding Track Performer

Anneli Uys, Chattanooga

### Most Outstanding Field Performer

Zakiyyah Stewart, Western Carolina

### Freshman of the Year

Jelain McArthur, College of Charleston

### Coach of the Year

Mark Elliston, Elon

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)



# 2009 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Athlete

Manteo Mitchell, Western Carolina

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Matt Evans, Western Carolina

### Freshman of the Year

Jamie Van Pelt, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

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

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-10)

# 2009 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performer

Lily Tallent, Appalachian State

### Most Outstanding Track Performer

Felicia Paulding, Western Carolina

### Most Outstanding Field Performer

Melanie Trumbo, Georgia Southern

### Freshman of the Year

Emma Bowers, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

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

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 18-20)

# 2008 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	315	T-5. Chattanooga	37
2. Western Carolina	288	T-5. UNCG	37
3. The Citadel	67	7. Furman	22
4. Davidson	38		

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Performer

Wes Kiser, Appalachian State

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Wes Kiser, Appalachian State

### Freshman of the Year

Phillip Bush, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2008 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

1. Felicia Paulding, WCU	11.86
2. Tangelia Johnson, WCU	11.87
3. Ashley McKiver, APP	12.02
4. Sherelle Fronberger, WCU	12.05
5. Demetrise Anthony, GSU	12.06
6. Dominique Thurman, APP	12.23
7. Raquel Ramseur, WCU	12.30
8. Shamyria Ortiz, GSU	12.32

### 200-meter dash

1. Raquel Ramseur, WCU	23.94
2. Felicia Paulding, WCU	24.43
3. Sherelle Fronberger, WCU	24.53
4. Jane't Carothers, WCU	24.76
5. Tangelia Johnson, WCU	24.89
6. Shamyria Ortiz, GSU	25.06
7. Demetrise Anthony, GSU	25.54
8. Ashley McKiver, APP	25.57

### 400-meter dash

1. Raquel Ramseur, WCU	55.14
2. Jane't Carothers, WCU	55.69
3. Shalyn McMichael, WCU	56.57
4. Amanda Alexander, UTC	56.82
5. Carla Ballard, GSU	57.10
6. Aneesha Lane, WCU	57.74
7. Ashley Bush-Hardy, GSU	57.81
8. Tierra Johnson, WCU	58.10

### 800-meter run

1. Kerri Savery, WCU	2:13.04
2. Jennine Strange, ELON	2:15.05
3. Monique Ositelu, FUR	2:15.36
4. Shauntel Jennings, GSU	2:17.35
5. Megan Isaccs, WCU	2:20.94
6. Lindsey Barker, FUR	2:21.56
7. Kala Robertson, APP	2:24.34
-- Lauran Anderson, CofC	DQ

### 1,500-meter run

1. Kerri Savery, WCU	4:37.80
2. Shelley Taylor, UTC	4:41.12
3. Megan Isaccs, WCU	4:42.08
4. Kala Robertson, APP	4:44.25
5. Charlotte Walsh, APP	4:45.22
6. Jess Weber, UNCG	4:48.75
7. Anna Baker, APP	4:49.07
8. Sherrika Jordan, UNCG	4:49.92

### 5,000-meter run

1. Brenna Burns, DAV	17:40.14
2. Katie Williams, UTC	18:02.27
3. Megal Atias, DAV	18:02.57
4. Kathleen Turchin, UTC	18:06.62
5. Sabrina Lefort, UTC	18:18.00
6. Charlotte Walsh, APP	18:29.32
7. Ashley Norris, APP	18:31.98
8. Emily Fournier, ELON	18:36.25

### 10,000-meter run

1. Brenna Burns, DAV	36:56.24
2. Tara Gietema, UTC	38:02.88
3. Katie Williams, UTC	38:14.23
4. Katelyn Ealer, ELON	38:26.24
5. Megan Lordi, FUR	39:00.39
6. Ashley Norris, APP	39:49.22
7. Holly Stewart, FUR	39:27.82
8. Emily King, DAV	39:49.22

### 100-meter hurdles

1. Rashanda Simmons, WCU	14.45
2. Amber Wilson, GSU	14.48
3. Lynnndsey Hyter, GSU	14.61
4. Kiara Crutchfield, APP	14.69
5. Michelle Brutus, APP	15.20
6. Kimberly Abel, ELON	16.82
-- Porsha' Evans-Hardy, APP	FS
-- Morgan Joseph, WCU	DQ

### 400-meter hurdles

1. Carla Ballard, GSU	1:01.22
2. Tierra Johnson, WCU	1:03.37
3. Andrea March, ELON	1:05.22
4. Michelle Brutus, APP	1:06.57
5. Morgan Joseph, WCU	1:07.77
6. Abby Bloom, GSU	1:08.81
7. Jacqueline Beliveau, ELON	1:09.60
8. Amber Wilson, GSU	1:14.52

### 3,000-meter steeplechase

1. Megal Atias, DAV	11:10.01
2. Sabrina Lefort, UTC	11:16.71
3. Shelley Taylor, UTC	11:20.39
4. Emily Fournier, ELON	11:20.60
5. Charlotte Walsh, APP	11:25.85
6. Page Bridges, FUR	11:42.31
7. Jordyn Radke, UTC	11:49.40
8. Colleen McCarthy, ELON	11:58.76

### 4x100-meter relay

1. Western Carolina	45.68
2. Appalachian State	47.20
3. Georgia Southern	47.68
4. Elon	49.68
5. Davidson	51.50
6. The Citadel	54.07
7. Furman	56.86
-- College of Charleston	DNF

### 4x400-meter relay

1. Western Carolina	3:44.09
2. Georgia Southern	3:48.99
3. Elon	3:58.79
4. Chattanooga	3:59.18
5. Davidson	4:00.68
6. College of Charleston	4:03.14
7. UNCG	4:12.94
8. The Citadel	4:15.02

### High jump

1. Melanie Trumbo, GSU	1.68m
2. Bridget Hills, APP	1.63m
2. Jasmine Lightning, GSU	1.63m
4. Jessika Johnson, WCU	1.63m
5. Rebecca Hazeltine, APP	1.58m
6. Brynne Johnson, CofC	1.58m
7. Julie Ward, APP	1.58m
8. Amber Wilson, GSU	1.53m

### Pole vault

1. Shea Snow, APP	3.64m
2. Summer Chambless, CofC	3.64m
3. Kaitlyn Heeke, APP	3.34m
3. Ashley Beale, APP	3.34m
5. Kassie McKie, WCU	3.19m
5. Julie Ward, APP	3.19m
7. Megan Irwin, APP	3.19m
7. Melissa Cabe, WCU	3.19m

### Long jump

1. Shaunta Hamilton, GSU	5.88m
2. Vonteena Knotts, APP	5.88m
3. Demetrise Anthony, GSU	5.85m
4. Lynnndsey Hyter, GSU	5.74m
5. Tia Jones, WCU	5.72m
6. Danielle Thorpe, APP	5.68m
7. Chibuzo Aguocha, FUR	5.61m
8. Bianca Harvey, APP	5.60m

### Triple jump

1. Danielle Thorpe, APP	12.59m
2. Lynnndsey Hyter, GSU	12.15m
3. Tia Jones, WCU	12.05m
4. Shaunta Hamilton, GSU	12.04m
5. Chibuzo Aguocha, FUR	11.93m
6. Vonteena Knotts, APP	11.90m
7. Jessica Mayela, APP	11.90m
8. Demetrise Anthony, GSU	11.53m

### Shot put

1. Jennifer Charles, GSU	13.60m
2. Brittani Williams, APP	13.49m
3. Lily Tallent, APP	13.11m
4. Krystal Paszkeicz, ELON	12.77m
5. Lathcha Sanders, CIT	12.44m
6. Nicole Lopez, WCU	11.76m
7. Whitney Smyre, APP	11.64m
8. Justine Robertson, ELON	11.53m

### Discus throw

1. Brittani Williams, APP	42.86m
2. Nicole Lopez, WCU	41.99m
3. Lathcha Sanders, CIT	40.39m
4. Justine Robertson, ELON	39.99m
5. Adrienne Alexander, APP	38.86m
6. Whitney Smyre, APP	38.55m
7. Monique Edwards, CIT	38.39m
8. Krystal Paszkeicz, ELON	36.07m

### Hammer throw

1. Brittani Williams, APP	49.06m
2. Monique Edwards, CIT	48.27m
3. Michaela Hall, WCU	45.76m
4. Nicole Lopez, WCU	45.15m
5. Adrienne Alexander, APP	45.03m
6. Jessica Irizzary, GSU	44.27m
7. Whitney Smyre, APP	43.81m
8. Tara Tounzen, WCU	43.45m

### Javelin throw

1. Tara Tounzen, WCU	42.69m
2. Jessica Irizzary, GSU	37.30m
3. Lily Tallent, APP	36.62m
4. Justine Robertson, ELON	36.48m
5. Laura Phelan, CIT	36.33m
6. Melanie Trumbo, GSU	35.06m
7. Allison Taylor, CIT	34.52m
8. Adrienne Alexander, APP	30.13m

### Heptathlon

1. Kiara Crutchfield, WCU	4,519
2. Lathcha Sanders, CIT	4,338
3. Melanie Trumbo, GSU	4,231
4. Rashanda Simmons, WCU	4,195
5. Amber Wilson, GSU	4,039
6. Crystal Dukes, APP	4,035
7. Brynne Johnson, CofC	3,983
8. Isabel Boersma, CofC	3,858

### Most Outstanding Performer

Brittani Williams, Appalachian State

### Most Outstanding Track Performer

Raquel Ramseur, Western Carolina

### Most Outstanding Field Performer

Brittani Williams, Appalachian State

### Freshman of the Year

Felicia Paulding, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

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

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

# 2007 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

#### Most Outstanding Track Performer

Douglas Noreen, Davidson

#### Most Outstanding Field Performer

Anthony Greer, Appalachian State

#### Freshman of the Year

Dominique Young, Western Carolina

#### Co-Coaches of the Year

Gary Andrew, Davidson  
Danny Williamson, Western Carolina

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

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

# 2007 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Track Performer

Nicole Brown, Georgia Southern

### Most Outstanding Field Performer

Stephanie McNeill, Georgia Southern

### Freshman of the Year

Jessica Irizzary, Georgia Southern

### Coach of the Year

Natalie Smith, Georgia Southern

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

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

# 2006 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Track Performer

Adam Puett, Western Carolina

### Most Outstanding Field Performer

Katon Bethay, Wofford

### Freshman of the Year

Shaquill Smith, The Citadel

### Coach of the Year

Gary Andrew, Davidson  
Danny Williamson, Western Carolina

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

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

# 2006 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Hepthathlon

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

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Stephanie McNeill, The Citadel

### Freshman of the Year

Emily King, Davidson

### Coach of the Year

Shaun Meinecke, Georgia Southern

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

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



# 2005 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Track Performer

Mike Malone, Western Carolina

### Most Outstanding Field Performer

Anthony Greer, Appalachian State

### Freshman of the Year

Zeb Johnson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2005 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 3,000-meter steeplechase

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Raquel Ramseuf, Western Carolina

### Coaches of the Year

Shaun Meinecke, Georgia Southern

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

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

# 2004 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga

### Most Outstanding Field Performer

Bob Smith, Appalachian State

### Freshman of the Year

Bryan Burney, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2004 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 3,000-meter steeplechase

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Track Performer

Jennifer Claud, Appalachian State

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Kathleen Turchin, Chattanooga

### Coaches of the Year

John Weaver, Appalachian State  
Todd Lane, Georgia Southern

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

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

# 2003 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Track Performer

Jason Green, Appalachian State

### Most Outstanding Field Performer

Adrien Borders, Wofford

### Freshman of the Year

John Robertson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2003 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 3,000-meter steeplechase

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Track Performer

Gina Recher, Chattanooga

### Most Outstanding Field Performer

Lashana Poole, Appalachian State

### Freshman of the Year

Rashedah Arnold, Georgia Southern

### Coach of the Year

Todd Lane, Georgia Southern

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

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

# 2002 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Track Performer

Ryan Linebarger, Appalachian State

### Most Outstanding Field Performer

Bob Smith, Appalachian State

### Freshman of the Year

Adrien Borders, Wofford

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2002 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 3,000-meter steeplechase

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

### 5,000-meter run

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

### 10,000-meter run

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

### 100-meter hurdles

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

### 400-meter hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

1. Dana Anglin, WCU	12'0.50"
2. Suzanne Makinson, APP	12'0.50"
T3. Michelle Velez, WCU	11'5.75"
T3. Laura Tieszen, WCU	11'5.75"
5. Tricia Shepard, WCU	10'0.00"
6. Heidi Gholston, GSU	9'6.25"
7. Kelly Hawkins, APP	9'6.25"
8. Sara Searcy, APP	9'6.25"

### Long jump

1. Ronda White, APP	19'4.75"
2. Kellie Mitchell, GSU	18'10.00"
3. Rosalyn Hood, WCU	18'5.00"
4. Kasola Smith, UTC	18'4.50"
5. Kamata Potts, WCU	18'3.75"
6. Kim Simmons, ETSU	18'3.00"
7. Jacqueline Allen, GSU	18'2.50"
8. Cedeia Bowden, WCU	17'11.50"

### Triple jump

1. Ronda White, APP	42'0.00"
2. Tondra White, APP	41'0.25"
3. Jennifer Claud, APP	40'7.00"
4. Paula Moore, APP	40'4.00"
5. Cedeia Bowden, WCU	39'8.00"
6. Virginia LaCombe, WCU	39'5.75"
7. Jacqueline Allen, GSU	37'11.25"
8. Altavise Franklin, WCU	37'3.25"

### Shot put

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

### Discus throw

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

### Hammer throw

1. Amber Tiggs, GSU	162'0.00"
2. LaShana Poole, APP	156'6.00"
3. Niki Ash, UNCG	138'10.00"
4. Nancy Hinson, APP	136'3.00"
5. Michelle Proctor, UNCG	131'3.00"
6. Kineta Williams, WCU	126'0.00"
7. Carol Hamlin, CIT	125'11.00"
8. Mildred Cooper, VMI	122'11.00"

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Track Performer

Ronda Wright, Appalachian State

### Most Outstanding Field Performer

Virginia LaCombe, Western Carolina

### Freshman of the Year

Jennifer Claud, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

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

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



# 2001 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Performer

Ben Bisette, Appalachian State

### Freshman of the Year

Nick McNeil, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

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

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

# 2001 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	230.5	6. ETSU	58
2. Appalachian State	170	7. VMI	30.5
3. Chattanooga	144	8. Davidson	22
4. Georgia Southern	81	9. The Citadel	13
5. Furman	64	10. UNCG	5

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter dash

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

### 1,500-meter run

1. Mary Jayne Harrelson, APP	4:33.58
2. Lauren Campbell, ETSU	4:39.10
3. Johanna Allen, APP	4:41.99
4. Becky Slick, UTC	4:42.03
5. Erin Howard, FUR	4:45.67
6. Kate Brunk, UTC	4:45.78
7. Whitney Woods, WCU	4:46.69
8. Holly Bright, WCU	4:53.42

### 3,000-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter hurdles

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

### 400-meter hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performers

Virginia LaCombe, Western Carolina  
Tyleana Hanner, Chattanooga

### Freshman of the Year

Oddbjorg Haugen, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

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

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

# 2000 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter high hurdles

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

### 400-meter intermediate hurdles

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

### 3,000-meter steeplechase

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Decathlon

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

### Most Outstanding Performer

Marcus Lynch, VMI

### Freshman of the Year

Kevin Solomon, VMI

### Coach of the Year

Mike Bozeman, VMI

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

• Top three finishers in each event receive all-conference honors.

• Field events converted from metric to English measurements.

# 2000 WOMEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 3,000-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter high hurdles

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

### 400-meter intermediate hurdles

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

### 4x100-meter relay

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

### 4x400-meter relay

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

### High jump

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

### Pole vault

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

### Long jump

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

### Triple jump

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

### Shot put

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

### Discus throw

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

### Hammer throw

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

### Javelin throw

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

### Heptathlon

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

### Most Outstanding Performer

Tyleana Hanner, Chattanooga

### Freshman of the Year

Alison Frese, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

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

• Top three finishers in each event receive all-conference honors.

# 1999 MEN'S CHAMPIONSHIP

## Team results

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

### 100-meter dash

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

### 200-meter dash

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

### 400-meter dash

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

### 800-meter run

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

### 1,500-meter run

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

### 5,000-meter run

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

### 10,000-meter run

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

### 110-meter high hurdles

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

### 400-meter intermediate hurdles

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

### 3,000-meter steeplechase

1. Shon Grice, UTC	9:14.70
2. Derek Murphy, ETSU	9:21.85
3. Shane Austin, APP	9:24.16
4. Ben Bisette, APP	9:31.19
5. Brent Ferrell, DAV	9:39.61
6. Jake Johnson, FUR	9:43.71
7. Tim Briles, FUR	9:46.01
8. Patrick Dillon, FUR	9:55.96

### 4x100-meter relay

1. The Citadel	40.94
2. VMI	41.64
3. Appalachian State	42.13
4. Furman	43.23
5. Chattanooga	43.51
6. Davidson	43.72
7. UNCG	44.62
8. Western Carolina	48.61

### 4x400-meter relay

1. ETSU	3:13.90
2. Western Carolina	3:14.74
3. Appalachian State	3:14.93
4. The Citadel	3:16.46
5. VMI	3:17.18
6. Chattanooga	3:22.81
7. Furman	3:24.33
8. Davidson	3:25.42

### High jump

1. Jason Farr, ETSU	6-11.50
2. Eric McClary, CIT	6-11.50
3. Tommy Mosley, WCU	6-05.50
4. Rob Waddington, CIT	6-05.50
5. Jeffrey McKelvin, VMI	6-03.50
6. Ben Wittkowski, ETSU	6-01.50
7. Scott Cargile, WCU	6-01.50
8. Aaron Wright, WCU	6-01.50

### Pole vault

1. Ryan Lewis, WCU	16-04.75
2. Tim Thomas, WCU	15-07
3. Wes Pickens, APP	15-01
4. Wirt Cross, VMI	15-01
5. Charles Rice, WCU	13-11.25
6. Zach Harris, APP	13-05.25
7. Ronald Hull, VMI	13-05.25
8. Brad Berry, WCU	12-05.50

### Long jump

1. Smith Lamoytna, VMI	24-04.50
2. Rayshon Carthen, WCU	23-11.00
3. Charvin Clark, ETSU	23-08.25
4. Jeremy Carter, WCU	23-08.00
5. Omari Francis, APP	23-01.25
6. Jimmy Johnson, WCU	23-00.75
7. Damion McLean, APP	23-00.00
8. Louis Ivory, FUR	22-07.25

### Triple jump

1. Smith Lamoytna, VMI	49-02.15
2. Aaron Wright, WCU	48-09.00
3. Jimmy Johnson, WCU	48-02.00
4. Rayshon Carthen, WCU	47-07.00
5. Omari Francis, APP	46-09.00
6. Scott Cargile, WCU	45-11.25
7. Ade Artis, DAV	44-10.75
8. Ian Chadwick, WOF	44-08.75

### Shot put

1. Phillip Johnson, WCU	51-06.50
2. Jeb Hall, WCU	51-00.25
3. Sidney Brandon, VMI	49-03.00
4. Larry Brock, APP	47-09.75
5. Chris Stewart, FUR	46-03.50
6. Tom Hite, ETSU	45-00.25
7. Quentin Armstrong, CIT	45-00.25
8. Russ Touchberry, CIT	44-03.50

### Discus throw

1. Phillip Johnson, WCU	169-03
2. Larry Brock, APP	156-05
3. Jason White, VMI	146-05
4. Jeb Hall, WCU	145-06
5. Chris Stewart, FUR	143-04
6. Jeff Chambers, WCU	137-05
7. James Beverly, ETSU	135-09
8. Russ Touchberry, CIT	135-04

### Hammer throw

1. Phillip Johnson, WCU	179-03
2. Sidney Brandon, VMI	165-06
3. Jason White, VMI	160-01
4. Adam Gilbert, APP	156-02
5. Jeff Chambers, WCU	137-11
6. Kelly Underwood, VMI	132-06
7. Russ Touchberry, CIT	132-01
8. Jeb Hall, WCU	129-03

### Javelin throw

1. Philip Weismiller, VMI	187-06
2. Kris Kut, CIT	185-10
3. Larry Brock, APP	182-03
4. Dominic Liberato, VMI	178-10
5. Tyler Milliken, FUR	170-04
6. Tommy Woods, WOF	166-11
7. Matt Roten, APP	158-00
8. Nathan Witcamp, WOF	155-02

### Decathlon

1. Brad Berry, WCU	5,989
2. Daniel Duckworth, APP	5,389
3. Martin Dickson, VMI	5,332
4. Joe Condrey, WCU	5,217
5. Josh Langley, WCU	4,965

### Most Outstanding Performer

Phillip Johnson, Western Carolina

### Freshman-of-the Year

Kenyon Doyle, The Citadel

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	275.5	6. Davidson	32
2. Appalachian State	191	7. VMI	29
3. ETSU	102.5	8. The Citadel	19
4. Chattanooga	94	9. Wofford	13
5. Furman	50	10. UNCG	7

### 100-meter dash

1. Shonte' Pinkston, APP	11.76
2. Angela Pryor, APP	12.11
3. Tyleana Hanner, UTC	12.26
4. Karen Houston, APP	12.45
5. Angela Highbaugh, FUR	12.46
6. Latrice Sales, CIT	12.47
7. Kamilah Gabriel, WCU	12.60
8. Rosalyn Hood, WCU	12.66

### 200-meter dash

1. Angela Pryor, APP	24.55
2. Shonte' Pinkston, APP	25.09
3. Shawnta Person, WCU	25.26
4. Tyleana Hanner, UTC	25.50
5. Angela Highbaugh, FUR	25.58
6. Jennifer Howard, ETSU	25.86
7. Roseline Addo, ETSU	26.65

### 400-meter dash

1. Keeya McManus, WCU	55.46
2. Shawnta Person, WCU	55.65
3. Roseline Addo, ETSU	55.99
4. Jennifer Howard, ETSU	57.48
5. Juanita Welford, APP	58.26
6. Maria Rivas, FUR	58.55
7. Susan Poole, APP	59.04
8. N. Schakleford, UNCG	1:01.94

### 800-meter run

1. Mary Jayne Harrelson, APP	2:07.93
2. Anne Gardner, WCU	2:10.21
3. Keeya McManus, WCU	2:11.11
4. Jennifer Croft, UTC	2:11.21
5. Smyth Bitter, DAV	2:13.89
6. Lauren Campbell, ETSU	2:16.40
7. Christina Smith, WCU	2:18.97
8. Val Urchison, ETSU	2:22.03

### 1,500-meter run

1. Mary Jayne Harrelson, APP	4:24.14
2. Jennifer Croft, UTC	4:26.54
3. Val Urchison, ETSU	4:31.34
4. Anne Gardner, WCU	4:38.05
5. Smyth Bitter, DAV	4:42.20
6. Jessa Brown, WCU	4:43.33
7. Karen Underwood, APP	4:43.74
8. Holly Bright, WCU	4:47.47

### 3,000-meter run

1. Mary Jayne Harrelson, APP	9:52.17
2. Catherine Berry, ETSU	9:54.19
3. Abby Reeder, APP	9:58.29
4. Amanda Lynch, UTC	10:04.13
5. Lory Gray, FUR	10:34.25
6. Lucy Billingsley, DAV	10:51.43
7. Heather Needham, APP	11:03.73
8. Corie Fuchs, APP	11:07.19

### 5,000-meter run

1. Catherine Berry, ETSU	16:53.60
2. Amanda Lynch, UTC	17:18.85
3. Abby Reeder, APP	17:20.72
4. Andrea Davis, UTC	17:33.54
5. Natalie Scruggs, UTC	18:11.11
6. Jenny Warfford, WCU	18:12.32
7. Megan Fischer, FUR	18:19.97
8. Lory Gray, FUR	18:32.68

### 10,000-meter run

1. Jenny Warfford, WCU	37:36.23
2. Andrea Davis, UTC	37:49.81
3. Megan Fischer, FUR	38:11.07
4. Natalie Scruggs, UTC	38:47.78
5. Dana Smith, FUR	39:03.52
6. Laura Walkup, APP	39:32.38
7. J. Hollingsworth, UNCG	39:49.77
8. Leslie Avbel, UNCG	39:59.30

### 100-meter high hurdles

1. Kamilah Gabriel, WCU	14.16
2. Jamilah Sawyer, DAV	14.68
3. Erica Edmond, ETSU	14.79
4. Rosalyn Hood, WCU	15.00
5. Kirsten Bowden, APP	15.33
6. Virginia Lacombe, WCU	15.58
7. Ginger Denison, FUR	15.83

### 400-meter intermediate hurdles

1. Kamilah Gabriel, WCU	1:02.16
2. Virginia Lacombe, WCU	1:03.95
3. Monica Hill, FUR	1:03.96
4. Erica Edmond, ETSU	1:05.23
5. Jamilah Sawyer, DAV	1:05.32
6. Natasha Claxton, UTC	1:06.70
7. Peaches Hudson, CIT	1:08.74
8. Ginger Denison, FUR	1:09.58

### 4X100-meter relay

1. Appalachian State	46.88
2. Western Carolina	47.35
3. Furman	48.30
4. ETSU	48.51
5. Chattanooga	53.68
6. The Citadel	54.38
7. UNCG	58.32

### 4X400-meter relay

1. Western Carolina	3:46.75
2. Appalachian State	3:52.97
3. Furman	3:54.46
4. ETSU	3:58.98
5. Chattanooga	4:07.19
6. Davidson	4:07.57
7. VMI	4:22.13
8. UNCG	4:22.15

### High jump

1. Taneisha Robinson, ETSU	5-05.75
2. Anna Hutcherson, UTC	5-03.75
2. Virginia Lacombe, WCU	5-03.75
4. Dee Mittman, WCU	5-01.75
4. Karen Breeding, ETSU	5-01.75
6. Altavise Franklin, WCU	5-01.75
7. Kirsten Bowden, APP	5-01.75
7. Mary Engle, APP	5-01.75

### Pole vault

1. Valerie Jaluvas, WCU	11-07.75
2. Karen Houston, APP	10-05.50
3. Altavise Franklin, WCU	9-03.25
4. Kelly Hawkins, APP	8-11.75
5. Lena Summers, ETSU	8-11.75
6. Page Stroup, Wofford	8-06
7. Sara Searcy, APP	8-06
8. Virginia Lacombe, WCU	8-06

### Long jump

1. Rosalyn Hood, WCU	19-02.50
2. Kamilah Gabriel, WCU	19-00.75
3. Tyleana Hanner, UTC	18-11.75
4. Carla McKinney, ETSU	18-10
5. Angela Pryor, APP	18-07.75
6. Kirsten Bowden, APP	18-03.25
7. Altavise Franklin, WCU	17-11.75
8. Angela Highbaugh, FUR	17-06.75

### Triple jump

1. Taneisha Robinson, ETSU	42-06.75
2. Kirsten Bowden, APP	40-10.25
3. Tyleana Hanner, UTC	40-09
4. Kamilah Gabriel, WCU	40-08.25
5. Virginia Lacombe, WCU	38-06.75
6. Altavise Franklin, WCU	38-0
7. Dee Mittman, WCU	36-06.75
8. Mary Engle, APP	32-10.25

### Shot put

1. Valerie Metz, WCU	41-10.50
2. Ashley Herendon, WCU	40-02.25
3. Altavise Franklin, WCU	38-01.25
4. Sydney Rowland, APP	37-02.25
5. Angela Vizzi, VMI	33-09.50
6. Mandy Stafford, WOF	32-10.25
7. Tyleana Hanner, UTC	32-09.75
8. Robin Kennel, APP	32-04.75

### Discus throw

1. Ashley Herendon, WCU	129-05
2. Courtney Klitzsch, APP	119-0
3. Sydney Rowland, APP	115-06
4. Kelly Sullivan, VMI	108-07
5. Rolanda Malloy, APP	105-0
6. Valerie Metz, WCU	95-04
7. Robin Kennel, APP	91-01
8. Carol Hamlin, CIT	86-01

### Hammer throw

1. Valerie Metz, WCU	142-07
2. Courtney Klitzsch, APP	133-08
3. Angela Myers, VMI	130-04
4. Alexis Abrams, VMI	130-01
5. Kelly Sullivan, VMI	126-11
6. Angela Vizzi, VMI	126-05
7. Ashley Herendon, WCU	116-11
8. Megan Gentry, CIT	111-11

### Javelin throw

1. Ashley Herendon, WCU	136-05
2. Altavise Franklin, WCU	133-05
3. Yolanda Kirby, DAV	109-11
4. Kathy Dollason, WOF	100-01
5. Rolanda Malloy, APP	94-02
6. Virginia Lacombe, WCU	92-06
7. Kate Cross, WOF	92-02
8. Carol Hamlin, CIT	88-10

### Heptathlon

1. Altavise Franklin, WCU	4,292
2. Peaches Hudson, CIT	3,865
3. Dee Mittman, WCU	3,838
4. Jayna Bryant, WCU	3,716
5. Lena Summers, ETSU	3,533
6. Anna Hutcherson, UTC	3,294

### Most Outstanding Performer

Mary Jane Harrelson, Appalachian State

### Freshman-of-the Year

Ashley Herendon, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

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

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

# 1998 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. VMI	171	6. The Citadel	25
2. Appalachian State	125	7. Furman	22
3. ETSU	116	8. Wofford	7
4. Western Carolina	107	9. Davidson	2
5. Chattanooga	45	-- UNCG	NTS

### 100-meter dash

1. Chris Brooks, ETSU	10.52
2. Darrius Jackson, VMI	10.62
3. Obi Ezekwe, VMI	10.65
4. Marcus Lynch, VMI	10.72
5. Jason McGhinnis, APP	10.85
6. Leon Corpening, APP	10.92

### 200-meter dash

1. Darrius Jackson, VMI	21.64
2. Marcus Lynch, VMI	21.74
3. Obi Ezekwe, VMI	21.84
4. Chris Brooks, ETSU	21.91
5. Leon Corpening, APP	21.97
6. Jason McGhinnis, APP	22.14

### 400-meter dash

1. Warren Robertson, UTC	48.62
2. John Baldwin, UTC	48.98
3. Steve Monticone, APP	49.18
4. Joe Hyman, WCU	49.26
5. Evan Hawkins, ETSU	49.48
6. Uche Chekwa, VMI	49.88

### 800-meter run

1. Zach Whitmarsh, ETSU	1:52.37
2. Chris Wise, VMI	1:53.17
3. Doug Gilbert, ETSU	1:53.57
4. Andrew Lilly, CIT	1:54.54
5. Andy Coker, UTC	1:54.74
6. Anthony Scanlon, ETSU	1:54.77

### 1,500-meter run

1. Zack Whitmarsh, ETSU	3:51.11
2. Declan Fahy, ETSU	3:51.58
3. Yurf Vander-Heijden, FUR	3:53.12
4. Mike Leinweber, UTC	3:55.78
5. Derek Murphy, ETSU	3:56.62
6. Andrew Lilly, CIT	3:56.95

### 5,000-meter run

1. Anthony Famiglietti, APP	14:42.60
2. Rodney Stoker, UTC	14:43.74
3. Brian Clark, WCU	14:46.34
4. Joe Smith, VMI	14:50.91
5. Collin Webster, WCU	14:53.81
6. Shane Austin, APP	14:53.81

### 10,000-Meters

1. Declan Fahy, ETSU	31:25.23
2. Collin Webster, WCU	31:30.16
3. Rodney Stoker, UTC	31:31.53
4. Joe Smith, VMI	31:32.28
5. Brad Leach, APP	31:40.22
6. Bill Baldwin, WCU	32:00.13

### 110-meter hurdles

1. Joe Anwah, VMI	14.63
2. Rahsaan Uldaneta, WCU	14.76
3. Zach Harris, APP	15.16
4. Steve Lindsey, WOF	15.29
5. Chad Case, CIT	15.59
6. Carlton McLelland, UTC	15.96

### 400-meter hurdles

1. Nate Haley, VMI	53.34
2. Jason McGhinnis, APP	53.57
3. Randy Marion, APP	53.67
4. Glenn Hicks, APP	55.81
5. Johnny Bomer, WCU	56.91
6. Dustin Clark, ETSU	57.01

### 3,000-meter steeplechase

1. Anthony Famiglietti, APP	9:08.06
2. Declan Fahy, ETSU	9:12.90
3. Patrick Dillon, FUR	9:18.60
4. Shane Austin, APP	9:29.28
5. Brian Clark, WCU	9:36.32
6. Turner Norris, WCU	9:40.19

### 4x100-meter relay

1. VMI	40.63
2. ETSU	41.76
3. Western Carolina	41.96
4. Appalachian State	42.13
5. Furman	43.09
6. Davidson	44.00

### 4x400-meter relay

1. Appalachian State	3:16.69
2. ETSU	3:17.05
3. Chattanooga	3:20.49
4. VMI	3:20.76
5. Furman	3:24.93
6. Davidson	3:29.40

### High jump

1. Cory Cooper, WCU	6'08.00"
2. Mike Kroeger, APP	6'08.00"
3. Jason Farr, ETSU	6'06.00"
4. Tyler Ashley, VMI	6'04.00"
4. Robert Waddington, CIT	6'04.00"
6. Dan Issacs, APP	6'02.00"

### Pole vault

*^1. Todd Poremba, APP	17'05.25"
2. Jeff Fitzgerald, APP	15'01.00"
3. Tim Thomas, WCU	15'01.00"
4. Wirt Cross, VMI	14'07.25"
4. Errett Buis, VMI	14'07.25"
6. Joe Condrey, WCU	14'07.25"

### Long jump

1. Darrius Jackson, VMI	23'07.50"
2. Charles Mahatha, APP	23'04.50"
3. Rayshon Carthen, WCU	23'03.50"
4. Marcus Lynch, VMI	23'00.50"
5. Obi Ezekwe, VMI	22'11.00"
6. Corey Williams, WCU	22'11.00"

### Triple jump

1. Obi Ezekwe, VMI	50'00.00"
2. Rayshon Carthen, WCU	49'09.00"
3. Derek Green, CIT	48'01.00"
3. Jimmy Johnson, WCU	48'01.00"
5. Charles Mahatha, APP	47'09.75"
6. Ernest Moss, WCU	46'03.00"

### Shot put

1. Curtis Eason, ETSU	50'06.00"
2. Jordan Brandon, VMI	49'10.00"
3. Phil Johnson, WCU	49'08.75"
4. Jason White, VMI	47'05.00"
5. Mark Spang, ETSU	45'07.25"
6. Larry Brock, APP	45'06.00"

### Discus throw

1. Phil Johnson, WCU	156'10.00"
2. Larry Brock, APP	156'06.00"
3. Curtis Eason, ETSU	148'07.50"
4. Mark Spang, ETSU	148'02.00"
5. Jason White, VMI	140'04.00"
6. Tommy Woods, WOF	134'07.50"

### Hammer throw

1. Phil Johnson, WCU	178'01.00"
2. John Chisolm, VMI	167'05.00"
3. Jordan Brandon, VMI	159'04.00"
4. Adam Gilbert, APP	158'04.50"
5. Jason White, VMI	145'02.00"
6. Les Gould, VMI	141'03.50"

### Javelin throw

1. Kris Kut, CIT	190'00.50"
2. Phil Weismiller, VMI	176'06.00"
3. Tyler Milliken, FUR	171'01.50"
4. Al Lester, VMI	167'04.00"
5. Tommy Woods, WOF	160'10.00"
6. Phil Johnson, WCU	145'00.00"

### Most Outstanding Performer

Declan Fahy, ETSU

### Freshman-of-the Year

Marcus Lynch, VMI

### Coach of the Year

Mike Bozeman, VMI

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

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- UNCG athletes competed as individuals and received no team score.

# 1998 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	167	6. Davidson	14
2. Western Carolina	159	7. Wofford	8
3. Chattanooga	115	-- The Citadel	NTS
4. ETSU	91	-- UNCG	NTS
5. Furman	34	-- VMI	NTS

### 100-meter dash

1. Shonte Pinkston, APP	12.12
2. Karen Houston, APP	12.39
3. Angela Pryor, APP	12.42
4. Rshia Johnson, UTC	12.45
5. Leisa Moulton, ETSU	12.72
6. Marla Hyman, WCU	12.79

### 200-meter dash

1. Shonte Pinkston, APP	25.01
2. Karen Houston, APP	25.11
3. Angela Pryor, APP	25.34
4. Shawnta Person, WCU	25.58
5. Leisa Moulton, ETSU	26.11
6. Rshia Johnson, UTC	26.18

### 400-meter dash

1. Shawnta Person, WCU	56.72
2. Keeya McManus, WCU	56.86
3. Andrea Shropshire, UTC	57.99
4. Maria Rivas, FUR	59.56
5. Smyth Bitter, DAV	60.26
6. Susan Poole, APP	60.29

### 800-meter dash

1. Mary Jane Harrelson, APP	2:09.47
2. Michelle Gregg, ETSU	2:09.53
3. Val Urchison, ETSU	2:13.87
4. Keeya McManus, WCU	2:15.17
5. Abby Slack, APP	2:15.54
6. Cassandra Moss, UTC	2:17.14

### 1,500-meter run

1. Mary Jane Harrelson, APP	4:26.62
2. Jennifer Eckard-Kroft, UTC	4:29.59
3. Catherine Wright, UTC	4:32.30
4. Catherine Berry, ETSU	4:33.64
5. Val Urchison, ETSU	4:39.65
6. Cassandra Moss, UTC	4:40.43

### 3,000-meter run

1. Catherine Wright, UTC	9:40.35
2. Catherine Berry, ETSU	9:50.32
3. Anastasia Wright, UTC	9:52.46
4. Corie Fuchs, APP	10:29.27
5. Emily Campbell, ETSU	10:34.27
6. Lory Gray, FUR	10:44.72

### 5,000-meter run

1. Anastasia Wright, UTC	17:01.79
2. Catherine Wright, UTC	17:10.37
3. Amanda Lynch, UTC	17:19.41
4. Mary Jane Middlekoop, UTC	17:26.08
5. Lynn Hudson, FUR	17:32.19
6. Jenny Warfford, WCU	17:41.73

### 10,000-meter run

1. Jenny Warfford, WCU	37:12.65
2. Amanda Lynch, UTC	37:18.25
3. Mary Jane Middlekoop, UTC	38:31.69
4. Nicole Yosmali, FUR	39:35.69
5. Michelle Van Laningham, UTC	40:43.99
6. Jennifer Tilley, APP	41:36.51

### 100-meter hurdles

1. Kamilah Gabriel, WCU	14.80
2. Jamilah Sawyer, DAV	15.00
3. Ginger Denison, FUR	15.54
4. Dee Mitman, WCU	16.14
5. Emily White, WCU	16.17
6. Crystal Turner, WCU	17.77

### 400-meter hurdles

1. Kamilah Gabriel, WCU	64.94
2. Ginger Denison, FUR	67.71
3. Natasha Claxton, UTC	68.45
4. Tami Welch, WCU	71.08
5. Emily White, WCU	72.15
6. Crystal Turner, WCU	73.42

### 4x100-meter relay

1. Appalachian State	47.29
2. Chattanooga	48.20
3. Western Carolina	48.69
4. Furman	48.82
5. Davidson	54.50
6. Wofford	54.53

### 4x400-meter relay

1. Appalachian State	3:52.39
2. Western Carolina	3:56.96
3. Chattanooga	4:00.40
4. Furman	4:00.77
5. Davidson	4:14.11
6. ETSU	SCR

### High jump

1. Taniesha Robinson, ETSU	5'08.00"
2. Anna Hutchenson, UTC	5'06.00"
3. Dee Mittman, WCU	5'06.00"
4. Jennifer Sluss, ETSU	5'04.00"
5. Mary Engle, APP	5'02.00"
6. Katie Condon, FUR	5'02.00"

### Long jump

1. Taniesha Robinson, ETSU	19'04.00"
2. Kirsten Bowden, APP	18'00.75"
3. Jennifer Sluss, ETSU	17'11.25"
4. Angela Pryor, APP	17'02.75"
5. Dee Mittman, WCU	16'11.00"
6. Kamilah Gabriel, WCU	16'10.00"

### Triple jump

1. Taniesha Robinson, ETSU	41'03.00"
2. Jennifer Sluss, ETSU	38'11.50"
3. Kamilah Gabriel, WCU	38'10.25"
4. Kirsten Bowden, APP	38'05.25"
5. Dee Mittman, WCU	37'11.00"
6. Mary Engle, APP	33'01.00"

### Shot put

1. Ayokka Green, APP	48'01.00"
2. LaSha Jackson, WCU	47'01.25"
3. Valerie Metz, WCU	42'00.75"
4. Kelly Weaver, ETSU	40'10.50"
5. Robyn Stochunas, WCU	40'05.50"
6. Tabatha Proffit, APP	38'06.00"

### Discus throw

1. Ayokka Green, APP	152'01.00"
2. Courtney Klitzsch, APP	129'07.00"
3. LaSha Jackson, WCU	126'04.00"
4. Allison Walker, APP	124'10.00"
5. Robyn Stochunas, WCU	124'02.00"
6. Kelly Weaver, ETSU	123'01.00"

### Hammer throw

1. Robyn Stochunas, WCU	154'07.00"
2. Ayokka Green, APP	152'09.00"
% Kelly Sullivan, VMI	140.06.00"
3. Lakeysa Lovette, WCU	139'05.50"
4. Danita Fletcher, ETSU	133'07.50"
5. Valerie Metz, WCU	131'07.00"
6. Allison Walker, APP	129'05.50"

### Javelin throw

1. Christine Ziemba, APP	123'00.00"
2. LaSha Jackson, WCU	112'02.00"
3. Robyn Stochunas, WCU	107'06.00"
4. Christine Clarke, WOF	102'08.00"
5. Amy Greenwood, WOF	90'10.00"
6. Kate Cross, WOF	87'08.50"

### Most Outstanding Performer

Taniesha Robinson, ETSU

### Freshman-of-the Year

Shonte Pinkston, APP

### Coach of the Year

John Weaver, APP

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

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- The Citadel, UNCG and VMI competed as individuals and received no team points.



# 1997 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. VMI	132.33	6. Chattanooga	44
2. Western Carolina	103	7. The Citadel	34.33
3. Marshall	102	8. Furman	15
4. Appalachian State	94.33	9. Davidson	4
5. ETSU	91		

### 100-meter dash

1. Darrius Jackson, VMI	10.88
2. Carlos Frank, CIT	10.99
3. Tobe Taylor, UTC	11.02
4. Johnie Morrison, WCU	11.03
5. Corey Williams, WCU	11.14
6. Leon Corpening, APP	11.87

### 200-meter dash

1. James Yarborough, VMI	21.85
2. Darrius Jackson, VMI	21.94
3. Corey Williams, WCU	22.17
4. Akaloa Glaspie, WCU	22.34
5. Joe Allen, MAR	22.81
6. Andre Thornton, VMI	23.66

### 400-meter dash

1. Joe Restivo, MAR	48.54
2. James Yarborough, VMI	48.92
3. Joe Allen, MAR	49.04
4. Steve Monticone, APP	49.10
5. Doug Gilbert, ETSU	49.24
6. Randolph McCray, WCU	50.21

### 800-meter run

1. Zach Whitmarsh, ETSU	1:52.49
2. Anthony Scanlon, ETSU	1:53.03
3. Chris Wise, VMI	1:53.73
4. Bob Mahoney, APP	1:56.03
5. Kevin Croft, UTC	1:57.57
6. Cleven Brown, ETSU	1:59.20

### 1,500-meter run

1. Anthony Scanlon, ETSU	4:00.26
2. Declan Fahy, ETSU	4:01.46
3. Mike Leinweber, UTC	4:04.00
4. Nic Crider, UTC	4:04.90
5. Cleven Brown, ETSU	4:06.13
6. Mitchell Jones, ETSU	4:06.43

### 5,000-meter run

1. Will Dickerson, APP	15:00.91
2. Seth Peoples, APP	15:05.20
3. Anthony Famiglietti, APP	15:09.61
4. Rodney Stoker, UTC	15:16.65
5. Declan Fahy, ETSU	15:20.32
6. John Fenton, ETSU	15:25.95

### 10,000-meter run

1. Will Dickerson, APP	31:39.00
2. Rodney Stoker, UTC	31:52.00
3. Seth Peoples, APP	32:10.00
4. Bill Baldwin, WCU	32:38.00
5. Roger Clark, ETSU	32:46.00
6. Brian Clark, WCU	33:09.00

### 110-meter hurdles

1. Joe Anwah, VMI	14.67
2. Bernie Motte, CIT	14.85
3. William Wood, MAR	14.90
4. Chad Case, CIT	15.34
5. Zach Harris, APP	15.38
6. Daniel Parker, VMI	15.39

### 400-meter hurdles

1. Chris Upkins, UTC	53.33
2. Jon Hutchins, ETSU	53.87
3. Nate Haley, VMI	54.37
4. Jason McGhinnis, APP	54.80
5. Derek LeMay, WCU	54.88
6. Mike Wingle, WCU	55.22

### 3,000-meter steeplechase

1. Declan Fahy, ETSU	9:29.40
2. Anthony Famiglietti, APP	9:29.80
3. Jake Johnson, FUR	9:41.90
4. Shon Grice, UTC	9:44.86
5. Shane Austin, APP	9:45.65
6. Collin Webster, WCU	9:51.59

### 4x100-meter relay

1. VMI	41.65
2. Western Carolina	41.91
3. ETSU	42.17
4. Marshall	42.73
5. Appalachian State	42.99
6. The Citadel	43.72

### 4x400-meter relay

1. ETSU	3:15.38
2. Marshall	3:18.63
3. VMI	3:19.65
4. Western Carolina	3:19.66
5. Appalachian State	3:20.52
6. Furman	3:23.93

### Long jump

1. Andrew Wilhite, MAR	23'8.75"
2. Obi Ezekwe, VMI	23'4.75"
3. Floyd Johnson, MAR	22'10"
4. Charles Mahatha, APP	22'10"
5. Rayshon Carthen, WCU	22'9.75"
6. Corey Williams, WCU	22'6.5"

### Triple jump

1. Floyd Johnson, MAR	49'1.75"
2. Jimmy Johnson, WCU	47'7.75"
3. Obi Ezekwe, VMI	47'2.5"
4. Ernest Moss, WCU	47'2.5"
5. Rayshon Carthen, WCU	46'9.5"
6. Derek Green, CIT	45'22.5"

### High jump

1. Ben Wittkowski, ETSU	6'8"
2. Dan Ritchley, MAR	6'6"
3. Cory Cooper, WCU	6'4"
4. Andrew Wilhite, MAR	6'4"
5. Michael Kroeger, APP	6'4"
6. Thomas Bock, MAR	6'4"

### Shot put

1. Jason Clendenin, VMI	55'7.75"
2. Derek Summerour, WCU	54'6.75"
3. Sidney Brandon, VMI	53'10.5"
4. John Maynard, MAR	53'5"
5. Ron Moak, CIT	50'9.5"
6. Rich Latta, APP	50'2.75"

### Discus

1. Philip Johnson, WCU	160'9"
2. John Maynard, MAR	158'2"
3. Jason Clendenin, VMI	152'0"
4. Rich Latta, APP	144'10"
5. Chris Cockerham, APP	142'6"
6. Vance Henry, WCU	142'4"

### Hammer throw

1. Rich Latta, APP	194'3"
2. Dan Hall, MAR	186'10"
3. Jason Clendenin, VMI	184'7"
4. Sidney Brandon, VMI	171'5"
5. Chris Botti, WCU	164'0"
6. John Maynard, MAR	163'1"

### Javelin

1. Kris Kut, CIT	177'4"
2. Tyler Milliken, FUR	175'1"
3. Demond Ferebee, VMI	169'7"
4. Dan Dearing, DAV	179'7"
5. Philip Johnson, WCU	167'8"
6. Brian Ballard, WCU	165'9"

### Pole vault

1. Joe Condrey, WCU	14'11.5"
2. Tim Thomas, WCU	14'11.5"
3. Dan Ritchley, MAR	14'11.5"
4. Wirt Cross, VMI	14'11.5"
5. Zach Harris, APP	14'05.5"
6. Chad Case, CIT	13'11.75"
6. Paul Gray, APP	13'11.75"
6. Erritt Buis, VMI	13'11.75"

### Most Outstanding Performer

Will Dickerson, Appalachian State

### Freshman of the Year

Tim Thomas, Western Carolina

### Coach of the Year

Mike Bozeman, VMI

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

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

# 1997 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Western Carolina	165	5. Marshall	71
2. Appalachian State	118	6. Furman	43
3. Chattanooga	93	7. Davidson	7
4. ETSU	91		

### 100-meter dash

1. Daree Thompson, WCU	11.94
2. Reshia Johnson, UTC	12.00
3. Karen Houston, APP	12.36
4. Tyleana Hanner, UTC	12.46
5. Holly Arnold, APP	12.50
6. Leisa Arnold, APP	12.66

### 200-meter dash

1. Daree Thompson, WCU	24.93
2. Salima Fountain, FUR	25.09
3. Andrea Shropshire, UTC	25.32
4. Shawnta Person, WCU	25.36
5. Karen Houston, APP	25.40
6. Tyleana Hanner, UTC	25.50

### 400-meter dash

1. Shawnta Person, WCU	55.88
2. Salima Fountain, FUR	56.28
3. Keeya McManus, WCU	56.85
4. Tracie George, ETSU	57.63
5. Andrea Shropshire, UTC	57.91
6. Yabrsiel Davis, ETSU	58.42

### 800-meter run

1. Mary Jayne Harrelson, APP	2:10.69
2. Michelle Gregg, ETSU	2:12.46
3. Emily Redman, WCU	2:14.16
4. Valerie Urchison, ETSU	2:15.69
5. Maggie Donahue, WCU	2:15.76
6. Paige Stivers, UTC	2:16.29

### 1,500-meter run

1. Mary Jayne Harrelson, APP	4:36.56
2. Michelle Gregg, ETSU	4:38.16
3. Kristin Savery, WCU	4:40.47
4. Valerie Urchison, ETSU	4:43.04
5. Jennifer Eckard, UTC	4:47.11
6. Michelle Bozue, UTC	4:49.98

### 3,000-meter run

1. Jenny Chase, APP	10:23.63
2. Mary Jane Middelkoop, UTC	10:31.51
3. Mary Jo Ferrigan, ETSU	10:33.31
4. Christina Olson, APP	10:48.32
5. Taylor Perin, ETSU	10:49.59
6. Andrea Davis, UTC	10:54.93

### 5,000-meter run

1. Mary Jane Middelkoop, UTC	17:57.53
2. Michele Marshall, UTC	17:59.06
3. Lynn Kepper-Hudson, FUR	18:12.04
4. Jenny Chase, APP	18:21.12
5. Christina Olson, APP	18:36.87
6. Veronica Moore, UTC	18:47.91

### 10,000-meter run

1. Lynn Kepper-Hudson, FUR	37:27.78
2. Michele Marshall, UTC	38:24.08
3. Veronica Moore, UTC	39:33.86
4. Abby Slack, APP	39:40.40
5. Jenny Warford, WCU	39:46.97
6. Allie Curran, DAV	40:09.76

### 100-meter hurdles

1. Trice Roundtree, APP	14.44
2. Adrienne Hundmeyer, MAR	14.51
3. Cindy Dawson, MAR	14.73
4. Rahma Mateen, WCU	14.96
5. Tyleana Hanner, UTC	15.32
6. Kamilah Gabirel, WCU	15.82

### 400-meter hurdles

1. Adrienne Hundmeyer, MAR	1:03.02
2. Leona Benjamin, MAR	1:03.85
3. Kati Pierce, MAR	1:04.35
4. Summer Ciomek, UTC	1:04.49
5. Cindy Dawson, MAR	1:05.49
6. Lakeeva Brooks, WCU	1:06.49

### 4x100-meter relay

1. Chattanooga	47.05
2. Western Carolina	47.18
3. Furman	49.04
4. ETSU	49.23
5. Marshall	54.29

### 4x400-meter relay

1. ETSU	3:50.19
2. Western Carolina	3:50.29
3. Chattanooga	3:52.00
4. Appalachian State	3:59.58
5. Marshall	4:00.84
6. Furman	4:03.91

### Long jump

1. Taneisha Robinson, ETSU	19'0"
2. Rahma Mateen, WCU	18'11.25"
3. Daree Thompson, WCU	18'10"
4. Tyleana Hanner, UTC	18'5.25"
5. Jennifer Sluss, ETSU	17'9"
6. Tracie George, ETSU	17'7.5"

### Triple jump

1. Jennifer Sluss, ETSU	39'11.5"
2. Rahma Mateen, WCU	39'5"
3. Taneisha Robinson, ETSU	39'4"
4. Lisa Roberts, APP	38'3.25"
5. Kamilah Gabriel, WCU	36'11"
6. Trice Roundtree, APP	36'5.5"

### High jump

1. Jennifer Sluss, ETSU	5'5.75"
2. Rahma Mateen, WCU	5'3.75"
3. Kendra Hornish, MAR	5'3.75"
4. Katie Condon, FUR	5'3.75"
5. Lakeeva Brooks, WCU	5'1.75"
6. Dee Mittman, WCU	5'1.75"

### Shot put

1. LaSha Jackson, WCU	47'8.5"
2. Ayokka Green, APP	46'10.25"
3. Beth Reck, MAR	44'9"
4. Robyn Stockunas, WCU	40'8.25"
5. Christine Ziemba, APP	38'9.75"
6. Allison Walker, APP	37'6.5"

### Discus throw

1. Ayokka Green, APP	139'4"
2. Beth Reck, MAR	138'5"
3. Danielle Mall, DAV	134'0"
4. LaSha Jackson, WCU	118'5"
5. Robyn Stockunas, WCU	117'8"
6. Allison Walker, APP	112'2"

### Hammer throw

1. Robyn Stockunas, WCU	156'9"
2. Lakeysha Lovette, WCU	153'6"
3. Beth Reck, MAR	143'4"
4. Ayokka Green, APP	142'3"
5. Rachel Olander, APP	141'2"
6. Allison Walker, APP	140'6"

### Javelin throw

1. Rachel Olander, APP	139'7"
2. LaSha Jackson, WCU	135'11"
3. Christine Ziemba, APP	107'0"
4. Robyn Stockunas, WCU	107'0"
5. Rahma Mateen, WCU	99'2"
6. Kati Pierce, MAR	97'10"

### Most Outstanding Performer

Daree Thompson, Western Carolina

### Freshman of the Year

Mary Jayne Harrelson, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina

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

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

# 1996 MEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. Appalachian State	138	6. Chattanooga	47
2. ETSU	129	7. The Citadel	27
3. VMI	113	8. Furman	11
4. Western Carolina	78	9. Davidson	4
5. Marshall	73		

### 100-meter dash

1. Delevantie Brown, ETSU	10.66
2. Eric Gay, VMI	11.06
3. Mark Gochenour, MAR	11.11
4. Jonathan Boyce, WCU	11.36
5. Clarence Edwards, WCU	11.48
6. Michael Lapid, APP	11.52

### 200-meter dash

1. Delevantie Brown, ETSU	21.29
2. Robert Johnson, APP	21.69
3. Mark Gochenour, MAR	21.94
4. Eric Gay, VMI	22.01
5. Jonathan Boyce, WCU	22.13
6. Holm Ankoma-Sey, VMI	22.40

### 400-meter dash

1. Warren Robertson, UTC	48.53
2. Joe Restivo, MAR	48.70
3. Albert Juan, MAR	49.04
4. Garson Hedrick, APP	49.35
5. Chris White, ETSU	49.42
6. Holm Ankoma-Sey, VMI	49.77

### 800-meter run

1. Zach Whitmarsh, ETSU	1:52.20
2. Casey Price, UTC	1:52.77
3. Jon Austin, APP	1:53.44
4. Brandon Griffin, FUR	1:54.06
5. Kevin Croft, UTC	1:56.06
6. Nic Crider, UTC	1:58.51

### 1,500-meter run

1. Zach Whitmarsh, ETSU	3:58.30
2. Declan Fahy, ETSU	3:58.41
3. Chuck Margraves, UTC	3:59.12
4. Damian Walsh, UTC	4:01.51
5. Chris Huffstickler, APP	4:02.25
6. Jud Sarver, APP	4:02.27

### 5,000-meter run

1. Declan Fahy, ETSU	14:54.12
2. Fred Reinhardt, ETSU	14:54.28
3. Derek Murphy, ETSU	14:59.65
4. Collin Webster, WCU	15:01.81
5. Brian Clark, WCU	15:02.79
6. Jake Johnson, FUR	15:09.41

### 10,000-meter run

1. Fred Reinhardt, ETSU	31:27.37
2. Declan Fahy, ETSU	32:05.04
3. Derek Murphy, ETSU	32:05.35
4. John Fenton, ETSU	32:15.26
5. Collin Webster, WCU	32:19.56
6. Michael Murphy, MAR	32:21.99

### 110-meter hurdles

1. Delevantie Brown, ETSU	14.40
2. Joe Anwah, VMI	14.70
3. Phil Alicea, VMI	14.89
4. Jason Gibson, APP	14.96
5. Raymond Brewer, APP	15.00
6. Marcus Logan, MAR	15.45

### 400-meter hurdles

1. Joe Debose, VMI	52.77
2. Chris Upkins, UTC	52.95
3. Marcus Logan, MAR	55.27
4. Garson Hedrick, APP	55.66
5. Mike Wingle, WCU	57.23
6. Chad Wilson, WCU	57.42

### 3,000-meter steeplechase

1. Chris Huffstickler, APP	9:14.04
2. Russ Sweitzer, VMI	9:22.90
3. Turner Norris, WCU	9:22.91
4. Jake Johnson, FUR	9:35.10
5. Cronan Gantley, ETSU	9:46.29
6. Brent Nicolay, ETSU	9:51.13

### 4x100-meter relay

1. VMI	41.55
2. Appalachian State	41.77
3. Western Carolina	41.98
4. ETSU	42.52
5. Marshall	42.62
6. The Citadel	42.75

### 4x400-meter relay

1. ETSU	3:13.54
2. Chattanooga	3:15.99
3. VMI	3:16.36
4. Marshall	3:18.62
5. Appalachian State	3:20.27
6. Western Carolina	3:24.60

### Long jump

1. Darrius Jackson, VMI	7.37m
2. Clarence Edwards, WCU	7.25m
3. Robert Johnson, APP	7.24m
4. Donnell Brinson, WCU	6.95m
5. Floyd Johnson, MAR	6.80m
6. Chad Stoneking, MAR	6.76m

### Triple jump

1. Robert Johnson, APP	15.23m
2. Jimmy Johnson, WCU	14.56m
3. Floyd Johnson, MAR	14.47m
4. Andrew Willhite, MAR	14.07m
5. Jeff Hubbard, VMI	13.72m
6. Brent Taylor, VMI	13.40m

### High jump

1. Robert Johnson, APP	2.18m
2. Michael Kroeger, APP	2.03m
3. Thomas Bock, MAR	1.98m
4. Cory Cooper, WCU	1.98m
5. Chip Wood, MAR	1.93m
6. Jason Jackson, FUR	1.93m

### Shot put

1. Ron Moak, CIT	16.20m
2. Ryan Earley, VMI	15.91m
3. Derek Summerour, WCU	15.58m
4. Justin May, VMI	15.22m
5. Rich Latta, APP	15.06m
6. Sidney Brandon, VMI	14.89m

### Discus throw

1. Rich Latta, APP	45.96m
2. Justin May, VMI	42.62m
3. Eric Hart, APP	42.50m
4. Ryan Earley, VMI	42.16m
5. Vance Henry, WCU	40.76m
6. Shannon Rodden, WCU	40.40m

### Hammer throw

1. Daniel Hall, MAR	52.32m
2. Tim Brock, VMI	51.60m
3. Rich Latta, APP	51.16m
4. Chris Botti, WCU	48.08m
5. Chris Cockerham, APP	44.68m
6. Vance Henry, WCU	43.02m

### Javelin throw

1. Scot Sanborn, CIT	57.68m
2. Matthew Burnette, APP	55.18m
3. Jeff DeGroft, CIT	52.98m
4. Dan Dearing, DAV	52.18m
5. Albert Juan, MAR	50.84m
6. Tyler Milliken, FUR	49.00m

### Pole vault

1. Todd Poremba, APP	4.90m
2. Jarrett Foster, WCU	4.75m
3. Jeff Fitzgerald, APP	4.75m
4. Erret Buis, VMI	4.45m
5. Jason Stewart, APP	4.30m
6. Phil Alicea, VMI	4.30m

### Outstanding Performer

Robert Johnson, APP

### Freshman of the Year

Zach Whitmarsh, ETSU

### Coach of the Year

John Weaver, APP

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

• Top three finishers in each event receive all-conference honors.

# 1996 WOMEN'S CHAMPIONSHIP

## Team results

Team	Points	Team	Points
1. ETSU	150	5. Furman	54.5
2. Western Carolina	133.5	6. Marshall	34
3. Appalachian State	131	7. Davidson	27
4. Chattanooga	55		

### 100-meter dash

1. Leisa Moulton, Furman	12.40
2. Nikki Harris, Appalachian State	12.40
3. Reshia Johnson, ETSU	12.50
4. Trice Roundtree, Appalachian State	13.00
5. Kamilah Gabriel, Western Carolina	13.30
6. Crystal Carlton, Western Carolina	13.50

### 200-meter dash

1. Salima Fountain, Furman	24.91
2. Nikki Harris, Appalachian State	25.15
3. Tracie George, ETSU	25.39
4. Leisa Moulton, ETSU	25.72
5. Karen Houston, Appalachian State	25.73
6. Kendra Prather, ETSU	25.91

### 400-meter dash

1. Salima Fountain, Furman	55.74
2. Shawnta Person, Western Carolina	56.34
3. Kendra Prather, ETSU	57.60
3. Tracie George, ETSU	57.66
5. Andrea Shropshire, Chattanooga	57.73
6. Karen Houston, Appalachian State	58.23

### 800-meter run

1. Emily Redmon, Western Carolina	2:11.41
2. Michelle Gregg, ETSU	2:11.62
3. Maggie Donahue, Western Carolina	2:13.11
4. Valerie Urchison, ETSU	2:15.17
5. Michelle Bozue, Chattanooga	2:17.28
6. Maria Stivers, Chattanooga	2:21.28

### 1,500-meter run

1. Michelle Gregg, ETSU	4:38.00
2. Valerie Urchison, ETSU	4:40.83
3. Heather VandeBrake, Furman	4:42.24
4. Kristen Savery, Western Carolina	4:42.92
5. Jenny Chase, Appalachian State	4:44.48
6. Jennel Walby, ETSU	4:50.30

### 3,000-meter run

1. Mary Jane Middlekoop, Chattanooga	9:54.60
2. Heather VandeBrake, Furman	10:02.78
3. Christina Olson, Appalachian State	10:08.42
4. Jennel Walby, ETSU	10:20.45
5. Kristen Savery, Western Carolina	10:26.16
6. Taylor Perin, ETSU	10:35.35

### 5,000-meter run

1. Mary Jane Middlekoop, Chattanooga	17:24.46
2. Mary Jo Ferrigan, ETSU	17:32.59
3. Heather VandeBrake, Furman	17:37.76
4. Christina Olson, Appalachian State	17:46.33
5. Lynn Kepper, Furman	17:55.29
6. Taylor Perin, ETSU	17:59.78

### 10,000-meter run

1. Mary Jo Ferrigan, ETSU	37:33.61
2. Michele Marshall, Chattanooga	39:00.97
3. Lynn Kepper, Furman	39:56.02
4. Holley Cooper, Furman	40:09.78
5. Leah Moore, Chattanooga	40:29.00
6. Nicole Yosmali, Furman	41:11.00

### 100-meter hurdles

1. Erica Edmond, ETSU	14.70
2. Wykesha Bailey, Western Carolina	14.91
3. Rahma Mateen, Western Carolina	15.20
3. Jamil Sawyer, Davidson	15.20
5. Kendra Hornish, Marshall	16.05
6. Kamilah Gabriel, Western Carolina	16.07

### 400-meter hurdles

1. Wykesha Bailey, Western Carolina	1:04.51
2. Erica Edmond, ETSU	1:05.17
3. Jodi Bailey, Marshall	1:05.49
4. Kati Pierce, Marshall	1:05.83
5. Natasha Claxton, Chattanooga	1:05.87
6. Tera Pitts, Appalachian State	1:08.20

### 4x100-meter relay

1. ETSU	47.18
2. Appalachian State	47.62
3. Davidson	51.25
4. Western Carolina	52.10

### 4x400-meter relay

1. Western Carolina	3:49.70
2. Chattanooga	3:55.81
3. Appalachian State	3:59.79
4. Marshall	4:08.03
5. Davidson	4:14.04

### Long jump

1. Rahma Mateen, Western Carolina	5.91m
2. Tracie George, ETSU	5.76m
3. Nikki Harris, Appalachian State	5.65m
4. Audra Emery, Appalachian State	5.54m
5. Lisa Roberts, Appalachian State	5.50m
6. Carla McKinney, ETSU	5.49m

### Triple jump

1. Nikki Harris, Appalachian State	11.94m
2. Rahma Mateen, Western Carolina	11.58m
3. Lisa Roberts, Appalachian State	11.47m
4. Jennifer Sluss, ETSU	11.44m
5. Trice Roundtree, Appalachian State	11.32m
6. Karen Newsam, ETSU	11.19m

### High jump

1. Rahma Mateen, Western Carolina	1.70m
2. Jennifer Sluss, ETSU	1.70m
3. Vanessa Sims, Davidson	1.70m
4. Shalimar Folds, Chattanooga	1.65m
5. Kendra Hornish, Marshall	1.60m
6. Lakeeva Brooks, Western Carolina	1.60m
Katie Condon, Furman	1.60m

### Discus throw

1. Ayokka Green, Chattanooga	43.20m
2. Danielle Mall, Davidson	43.12m
3. Allyson Blakenship, ETSU	39.78m
4. Meyetta Grimes, Appalachian State	39.06m
5. LaSha Jackson, Western Carolina	37.16m
6. Robyn Stockunas, Western Carolina	35.08m

### Javelin throw

1. Rachel Olander, Appalachian State	39.92m
2. Christine Ziemba, Appalachian State	38.10m
3. Erica Bahry, Appalachian State	37.94m
4. Robyn Stockunas, Western Carolina	33.70m
5. LaSha Jackson, Western Carolina	32.40m
6. Rhoda Maron, Furman	31.88m

### Shot put

1. LaSha Jackson, Western Carolina	14.58m
2. Ayokka Green, Chattanooga	14.01m
3. Chandra Nelson, Marshall	12.40m
4. Zondra Johnson, Western Carolina	11.87m
5. Felicia Johnson, ETSU	11.47m
6. Robyn Stockunas, Western Carolina	11.18m

### Hammer throw

1. Chandra Nelson, Marshall	44.04m
2. Robyn Stockunas, Western Carolina	39.80m
3. Allyson Blakenship, ETSU	36.52m
4. Rachel Olander, Appalachian State	36.40m
5. Christina Cassidy, Western Carolina	35.82m
6. Ayokka Green, Appalachian State	35.64m
7. Christine Ziemba, Appalachian State	35.00m
8. Erica Bahry, Appalachian State	34.94m

### Outstanding Performer

Rahma Mateen, Western Carolina

### Freshman of the Year

Chandra Nelson, Marshall

### Coach of the Year

Michell Byrne, ETSU

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

• Top three finishers in each event receive all-conference honors.