

Southern Conference Indoor Track & Field Record Book





Men's Records and Champions

Men's Indoor Championship Records

Event	Mark	Conversion	Athlete	Year
55m Dash	6.21		Jeff Horton, East Tennessee State	1995
60m Dash	6.73		Ernest Wiggins, Appalachian State	2004
200m Dash	21.13		Delevantie Brown, East Tennessee State	1995
400m Dash	46.97		Brunson Miller, The Citadel	2012
800m Run	1:50.92		Zach Whitmarsh, East Tennessee State	1997
Mile Run	4:03.97		Mark Scruton, East Tennessee State	1982
3,000m Run	8:05.37		Seamus Power, East Tennessee State	1992
5,000m Run	14:06.00		Adrian Leek, East Tennessee State	1981
55m Hurdles	7.34		Greg Hatchett, VMI	1989
60m Hurdles	7.95		Charles Derrickson, Appalachian State	2007
Long Jump	7.66m	(25-1.75)	Marcus Lynch, VMI	2001
Triple Jump	16.11m	(52-10.25)	Warren Posey, Appalachian State	1989
High Jump	221m	(7-3.0)	Darius Purcell, Appalachian State	2012
Shot Put	17.19m	(56-0.50)	Cosmo Tocci, The Citadel	1980
Pole Vault	5.45m	(17-10.50)	Michael Seaman, Samford	2012
35-Lb. Weight	19.23m	(63-1.25)	Kyle Kirby, Samford	2012
Mile Relay	3:11.71		VMI (Sylvester Davis, Marcus Black, David Estes, Henry Sanchez)	1982
Two Mile Relay	7:35.45		East Tennessee State (Mark Scruton, Wayne Pickett, Ben Turpin, Kevin Johnson)	1982
Distance Medley	9:47.80		East Tennessee State (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	1979
Heptathlon	5127		Bo Ackerson-Gilroy, Samford	2012

Men's Past Team Champions

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

Men's Individual Honors



Coach-of-the-Year

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

Most Outstanding Athlete

1976	Malcolm Grimes, VMI
1978	Rex Wiggins, VMI
1979	Adrian Leek, East Tennessee State
1980	Jody Weatherwax, VMI
1981	Adrian Leek, East Tennessee State
1982	Robbie Mosley, Appalachian State
1983	Dennis Stark, East Tennessee State
1984	Jon Conneely, E Tennessee State
	Sylvester Davis, VMI
1985	Dan Monahan, VMI
1986	Marshall Pitts, Appalachian State
1987	Michael Hanks, Appalachian State
1988	Greg Hatchett, VMI
1989	Lee Hawkins, Appalachian State
1990	James Hynes, East Tennessee State
1991	Frank Allen, Appalachian State
1992	Seamus Power, East Tennessee State
1993	Shawn Miller, Western Carolina
1994	Seamus Power, East Tennessee State
1995	Delevantie Brown, East Tennessee State
1996	Delevantie Brown, East Tennessee State
1997	Declan Fahy, East Tennessee State
1998	Darius Jackson, VMI
1999	Nic Crider, Chattanooga
2000	Nic Crider, Chattanooga
2001	Marcus Lynch, VMI
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cordell Livingston, Western Carolina

2011	Cordell Livingston, Western Carolina
2012	Bo Ackerson-Gilroy, Samford

Most Outstanding Track Performer

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

Most Outstanding Field Performer

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

Freshman-of-the-Year

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



Men's Southern Conference Honors

Athlete-of-the-Week

2001

Jan. 17 Evan Hawkins, East Tennessee State
 Jan. 24 Ryan Kendall, Chattanooga
 Jan. 31 Marcus Lynch, VMI
 Feb. 7 John Chisholm, VMI
 Feb. 14 Caleb Bailey, Western Carolina

2002

Jan. 16 Darus Cofield, Western Carolina
 Jan. 23 Ernest Wiggins, Appalachian State
 Jan. 30 Dan Gibson, Davidson
 Feb. 6 Jason Green, Appalachian State
 Feb. 13 Ryan Kendall, Chattanooga
 Feb. 20 Bob Smith, Appalachian State

2003

Jan. 29 Caleb Bailey, Western Carolina
 Feb. 5 Caleb Bailey, Western Carolina

2004

Jan. 21 Bob Smith, Appalachian State
 Jan. 28 John Yarbrough, Chattanooga
 Feb. 4 Steven Kocsis, Chattanooga
 Feb. 11 James Rainer, East Tennessee State
 Feb. 18 Ernest Wiggins, Appalachian State
 Feb. 25 Dan Queen, Appalachian State

2005

Jan. 19 Zach DiBois, The Citadel
 Jan. 26 Anthony Greer, Appalachian State
 Feb. 2 Steven Kocsis, Chattanooga
 Feb. 9 Chris Martin, Appalachian State
 Feb. 16 Steven Kocsis, Chattanooga
 Feb. 23 Bryan Burney, Appalachian State

2006

Jan. 18 Zach DiBois, The Citadel
 Jan. 25 Mark Sturgis, Appalachian State
 Feb. 1 Ian Mayne, Chattanooga
 Feb. 8 Zeb Johnson, Western Carolina
 Feb. 15 Ian Mayne, Chattanooga

2007

Jan. 18 Tom Divinnie, Davidson
 Jan. 23 Michael Mentz, Chattanooga
 Jan. 31 Zeb Johnson, Western Carolina
 Feb. 7 Manteo Mitchell, Western Carolina
 Adam Van Nortwick, Appalachian State
 Feb. 14 Douglas Noreen, Davidson

2008

Jan. 23 Ricky Harris, Appalachian State
 Jan. 31 Alex Hoyt, Davidson
 Feb. 7 Josh Houser, Appalachian State
 Michael Mentz, Chattanooga
 Feb. 14 Michael Wilson, Appalachian State
 Feb. 21 Manteo Mitchell, Western Carolina
 Feb. 26 Joel Gaddy, Appalachian State

2009

Jan. 21 Manteo Mitchell, Western Carolina (Track)
 Ryan Twiford, Appalachian State (Field)
 Jan. 29 Patrick Morgan, Furman (Track)
 Matt Boruff, Appalachian State (Field)
 Feb. 5 Joey Thompson, UNC Greensboro (Track)
 Mark Sturgis, Appalachian State (Field)
 Feb. 12 Chris Berry, Chattanooga (Track)
 Patrick Morgan, Furman (Track)
 Malcolm Styers, Appalachian State (Field)
 Feb. 19 Thad Sieracki, Davidson (Track)
 Patrick Wells, Samford (Field)
 Feb. 26 Blaise Carie, Samford (Track)
 Kevin Hardy, The Citadel (Field)

2010

Dec. 10 Benny Davis, Western Carolina (Track)
 Alex Dollard, Western Carolina (Field)
 Jan. 14 Josey Weaver, Western Carolina (Track)
 Malcolm Styers, Appalachian State (Field)
 Jan. 21 Alex Taylor, Appalachian State (Track)
 Darius Purcell, Appalachian State (Field)
 Jan. 28 Dominique Young, Western Carolina (Track)
 Michael Seaman, Samford (Field)
 Feb. 4 Tom Divinnie, Davidson (Track)
 Darius Purcell, Appalachian State (Field)
 Feb. 11 Joey Thompson, UNC Greensboro (Track)
 Patrick Wells, Samford (Field)
 Feb. 18 Patrick Morgan, Appalachian State (Track)
 Kevin Hardy, The Citadel (Field)
 Feb. 25 Bud Galloway, Appalachian State (Track)
 Michael Seaman, Samford (Field)

2011

Jan. 26 Cordell Livingston, Western Carolina (Track)
 Kyle Kirby, Samford (Field)
 Feb. 2 Brunson Miller, The Citadel (Track)
 Jerod Gardner, Appalachian State (Field)
 Feb. 9 Brunson Miller, The Citadel (Track)
 Michael Seaman, Samford (Field)
 Feb. 16 Chris Moen, Appalachian State (Track)
 Darius Purcell, Appalachian State (Field)
 Feb. 23 Alex Richter, Samford (Track)
 Owen Wagoner, Samford (Field)
 Mar. 2 Chris Moen, Appalachian State (Track)
 Malcolm Styers, Appalachian State (Field)

2012

Jan. 19 Stanley Broaden, Appalachian State (Track)
 Michael Seaman, Samford (Field)
 Jan. 25 Paul Chelimo, UNCG (Track)
 Kyle Kirby, Samford (Field)
 Feb. 1 Lucas Cotter, Chattanooga (Track)
 Jared Stalling, Appalachian State (Field)
 Feb. 7 Paul Chelimo, UNCG (Track)
 Quintin Turner, The Citadel (Field)
 Feb. 15 Brunson Miller, The Citadel (Track)
 Owen Wagoner, Samford (Field)

Repeat Athlete-of-the-Week

Three-time

Caleb Bailey, Western Carolina (2001, 2003)
 Steven Kocsis, Chattanooga (2004, 2005)
 Manteo Mitchell, Western Carolina (2007, 2008, 2009)
 Malcolm Styers, Appalachian State (2009, 2010, 2011)
 Patrick Morgan, Furman (2009); Appalachian State (2010)
 Darius Purcell, Appalachian State (2010, 2011)
 Michael Seaman, Samford (2010, 2011)

Two-time

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

Athlete-of-the-Month

2008

January Dominique Young, Western Carolina

2009

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

2010

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

2011

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

2012

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

Men's Championship Meet Results



1930	Washington & Lee	29	1938	Duke	40	1952	Maryland	37.5	1961	Furman	42
	North Carolina	27		North Carolina	38		Duke	31.5		VMI	40
	Maryland	13		Maryland	23		North Carolina	20		The Citadel	27.5
	Georgia Tech	13		Virginia Tech	8		VMI	19		William & Mary	13.5
1931	North Carolina	37		Davidson	8		Virginia Tech	13		West Virginia	8.5
	Washington & Lee	19		Washington & Lee	7		North Carolina State	10		Richmond	5
	Alabama	16		VMI	5		Richmond	2		Virginia Tech	4
	Duke	10		Richmond	2	1953	William & Mary	1		Davidson	2.5
	Georgia	10		1939	North Carolina		Duke	35	1962	Furman	66.5
	Louisiana State	9		North Carolina	52		North Carolina	28		The Citadel	38.5
	Tulane	8		Maryland	30		Maryland	19		VMI	28.5
	Auburn	5		Duke	25.5		VMI	16		Virginia Tech	25
	North Carolina State	5		Washington & Lee	8		Virginia Tech	14		William & Mary	19.5
	Virginia	4		South Carolina	7		North Carolina State	9		West Virginia	10.5
	Georgia Tech	3		VMI	5		Richmond	5		Davidson	6.5
	Clemson	3		William & Mary	2.5		West Virginia	4	1963	Furman	62
	Virginia Tech	2		Wake Forest	1		Davidson	2		VMI	41
	South Carolina	1		Davidson	.5		South Carolina	1.5		William & Mary	22
1932	North Carolina	25		Virginia Tech	.5		William & Mary	.5		Virginia Tech	21
	Louisiana State	22	1940	North Carolina	55	1954	VMI	69		The Citadel	18
	Georgia	19		Maryland	29		Virginia Tech	53		Davidson	15.5
	Virginia	18		Duke	24		West Virginia	33		West Virginia	9.5
	Duke	15		Washington & Lee	16		Washington & Lee	19		Richmond	5
	Tulane	10		Richmond	4		The Citadel	14	1964	VMI	44
	Virginia Tech	8		South Carolina	3		Richmond	9		West Virginia	44
	Mississippi	5		William & Mary	1		Davidson	4		Furman	32
	North Carolina State	3	1941	North Carolina	40		VMI	67		William & Mary	26
	Georgia Tech	2		Duke	38		Virginia	52		Virginia Tech	20
	Washington & Lee	2		Maryland	16		West Virginia	44		The Citadel	16
	Kentucky	1		William & Mary	7		Richmond	22		Davidson	10
	South Carolina	1		VMI	6		The Citadel	13		Richmond	5
1933	Duke	42		Davidson	6		Davidson	9		West Virginia	64.3
	Virginia	34		Virginia Tech	4		Washington & Lee	6		West Virginia	37.5
	North Carolina	23		Clemson	4	1956	Virginia Tech	82		Furman	34
	Washington & Lee	11		Washington & Lee	4		VMI	47		William & Mary	24.5
	Virginia Tech	7		North Carolina State	3		Washington & Lee	43		Richmond	14
	VMI	7		Wake Forest	2		West Virginia	27		Virginia Tech	7.67
	Maryland	5		Richmond	1		The Citadel	16		Davidson	7
	North Carolina State	3	1942	North Carolina	54		Davidson	15		The Citadel	6
	South Carolina	1		Duke	22	1957	William & Mary	39.5	1965	VMI	64.3
1934	North Carolina	32		Maryland	16		Virginia Tech	30.5		West Virginia	37.5
	Virginia	31		Richmond	8.5		Virginia Tech	30.5		Furman	34
	Maryland	17		Davidson	8		VMI	30.5		William & Mary	24.5
	Duke	16		VMI	7.5		Richmond	16.5		VMI	35
	VMI	15		Clemson	7		Davidson	8		West Virginia	26.5
	Washington & Lee	8		Virginia Tech	5		West Virginia	7		The Citadel	23
	South Carolina	7		South Carolina	2		Washington & Lee	0		Richmond	18
	Virginia Tech	6		North Carolina State	1	1958	VMI	48.5		East Carolina	2.5
1935	North Carolina	44.5		1949	North Carolina	52	William & Mary	39.5		Davidson	0
	Duke	27		Maryland	33		Virginia Tech	16	1967	William & Mary	75
	Maryland	24		Duke	25		Richmond	12		VMI	49
	Virginia	17		Virginia Tech	9		West Virginia	7		Richmond	37
	Washington & Lee	10		South Carolina	4		The Citadel	7		Furman	20
	Virginia Tech	6.5		North Carolina State	3		Furman	2		West Virginia	10
	VMI	1		VMI	3		Davidson	0		East Carolina	9
1936	Duke	48		Wake Forest	2		Washington & Lee	0		The Citadel	6
	North Carolina	31		Davidson	1	1959	VMI	47		Davidson	4
	Maryland	20.5		1950	North Carolina	60	William & Mary	29.5	1968	William & Mary	94.5
	Virginia	19		Maryland	38.5		Furman	21		VMI	33
	Virginia Tech	6.5		Duke	13		The Citadel	16.5		Richmond	29.5
	Washington & Lee	3		Virginia Tech	7.5		Virginia Tech	16		East Carolina	27
	North Carolina State	2		VMI	6		Richmond	2		Furman	19
	South Carolina	2		North Carolina State	3		Davidson	0		West Virginia	14
1937	North Carolina	45.5		William & Mary	3		West Virginia	0		The Citadel	7
	Duke	30		Washington & Lee	1	1960	VMI	69		Davidson	0
	Maryland	22		1951	North Carolina	54	The Citadel	28	1969	William & Mary	114
	Washington & Lee	10		Duke	39		William & Mary	19		East Carolina	42
	VMI	8		Maryland	26		Furman	11.5		Furman	37
	Richmond	7		North Carolina State	7		Richmond	7.5		VMI	27
	William & Mary	5		VMI	4		Virginia Tech	5		The Citadel	23
	South Carolina	3		Virginia Tech	2		West Virginia	2		Richmond	7
	North Carolina State	1					Davidson	1		Davidson	5
	Virginia Tech	.5									



Men's Championship Meet Results

1970	William & Mary	106	1980	East Tennessee State	153	1988	VMI	145	1997	Marshall	117
	Furman	48		VMI	148		Appalachian State	98		Appalachian State	107
	East Carolina	47		Appalachian State	104		East Tennessee State	71		East Tennessee State	88
	VMI	22		Marshall	66		Western Carolina	57		Chattanooga	62
	The Citadel	15		Western Carolina	37		Marshall	41		VMI	55
	Richmond	15		The Citadel	25		The Citadel	35		Western Carolina	46
	Davidson	3		Furman	25		Furman	8		The Citadel	21
				Chattanooga	0		Chattanooga	6		Davidson	0
				Davidson	0		Davidson	1			
1971	William & Mary	94	1981	VMI	146.5	1989	Appalachian State	132	1998	East Tennessee State	148
	East Carolina	55		East Tennessee State	145		VMI	128		VMI	120
	Furman	43		Appalachian State	99.5		East Tennessee State	96		Appalachian State	93
	Davidson	20		Marshall	59		Western Carolina	58		Western Carolina	72
	Richmond	18		Furman	45		The Citadel	39		Chattanooga	36
	The Citadel	15		The Citadel	16		Marshall	32		The Citadel	25
	VMI	11		Davidson	16		Furman	7		Davidson	0
				Chattanooga	16		Chattanooga	4			
				Western Carolina	16	1990	Appalachian State	144	1999	Western Carolina	159.5
1972	William & Mary	103	1982	VMI	164		VMI	139.5		Appalachian State	139.5
	East Carolina	53		Appalachian State	132		East Tennessee State	64		VMI	108
	Richmond	51		East Tennessee State	123		Western Carolina	51		Chattanooga	75
	Furman	48		Marshall	54		The Citadel	44		East Tennessee State	73
	VMI	20		Furman	29		Chattanooga	28		The Citadel	48
	The Citadel	8		The Citadel	24		Marshall	24		Davidson	18
	Davidson	5		Western Carolina	23		Furman	0	2000	Appalachian State	132.5
				Chattanooga	11					Western Carolina	111
1973	William & Mary	103		Davidson	9	1991	VMI	157		VMI	87
	East Carolina	70	1983	VMI	223.5		Appalachian State	104		Chattanooga	57
	Furman	52		East Tennessee State	103		East Tennessee State	76		The Citadel	48
	Richmond	25		Furman	77		Marshall	74		East Tennessee State	47.5
	VMI	9		Marshall	68.5		Western Carolina	42		Davidson	12
	Appalachian State	7		Western Carolina	44		The Citadel	30	2001	VMI	146
	The Citadel	6		The Citadel	38		Chattanooga	16		Appalachian State	130
	Davidson	0		Davidson	7		Furman	7		Western Carolina	74
1974	William & Mary	90	1984	Appalachian State	183	1992	Appalachian State	149		East Tennessee State	53
	Furman	74		VMI	158		East Tennessee State	96		Chattanooga	52
	East Carolina	52		East Tennessee State	68		VMI	90		The Citadel	25
	Richmond	32		Marshall	66		Marshall	77		Davidson	14
	Appalachian State	12		Western Carolina	53		Western Carolina	58		UNC Greensboro	1
	VMI	7		The Citadel	20		The Citadel	16	2002	Appalachian State	138
	The Citadel	4		Davidson	5		Davidson	7		Western Carolina	100
	Davidson	0		Furman	4		Chattanooga	0		VMI	87
1975	William & Mary	110	1985	Appalachian State	212	1993	VMI	133		Chattanooga	69
	East Carolina	70		VMI	101		East Tennessee State	105		East Tennessee State	53
	Furman	45		Western Carolina	96		Appalachian State	79		The Citadel	28
	Richmond	26		Eastern Tennessee State	65		Western Carolina	59		Davidson	17
	VMI	21		Marshall	34		Chattanooga	57		UNC Greensboro	3
	Appalachian State	14		Marshall	46		Marshall	46	2003	Appalachian State	186
	The Citadel	2		The Citadel	29		The Citadel	16		Western Carolina	118.5
	Davidson	0		Davidson	12		Davidson	0		VMI	99
1976	Furman	20	1986	Appalachian State	180.33	1994	Appalachian State	105		Chattanooga	87
	William & Mary	16		VMI	158.67		Western Carolina	98		East Tennessee State	62.5
	East Carolina	15		Marshall	81		Eastern Tennessee State	88		The Citadel	51
	VMI	9		East Tennessee State	73		VMI	79		Davidson	8
	Appalachian State	2		Western Carolina	32		Marshall	65		Wofford	8
	Richmond	1		Western Carolina	15		Chattanooga	54	2004	Western Carolina	221.5
	Davidson	1		The Citadel	13		The Citadel	7		Appalachian State	200.5
1978	VMI	105		Furman	13	1995	Appalachian State	136		East Tennessee State	91.5
	Appalachian State	52	1987	Davidson	2		East Tennessee State	92		Chattanooga	81.5
	Furman	39		Appalachian State	147.5		VMI	89		The Citadel	26
	The Citadel	30.5		VMI	126.5		Chattanooga	66		UNC Greensboro	18
	Marshall	29		Marshall	43		Marshall	55		Davidson	11
	Western Carolina	16.5		The Citadel	32		Western Carolina	47		Wofford	8
	Davidson	6		Western Carolina	26		The Citadel	9	2005	Appalachian State	231.5
	Chattanooga	0		Eastern Tennessee State	25		Davidson	0		Western Carolina	224.5
1979	VMI	173		Furman	23					Chattanooga	64
	East Tennessee State	161		Chattanooga	10					East Tennessee State	60
	Appalachian State	90		Davidson	0					UNC Greensboro	35
	Marshall	55								The Citadel	22.5
	The Citadel	36								Davidson	13.5
	Furman	28								Wofford	6
	Western Carolina	9									
	Chattanooga	4									
	Davidson	1									

Men's Championship Meet Results



2006	Western Carolina	277
	Appalachian State	213
	The Citadel	43
	Chattanooga	40
	Davidson	33
	UNC Greensboro	30
	Wofford	13
2007	Appalachian State	272.5
	Western Carolina	232.5
	Davidson	57
	Chattanooga	32
	The Citadel	27
	UNC Greensboro	23
2008	Western Carolina	263
	Appalachian State	256.50
	Chattanooga	47
	Citadel	38.50
	Davidson	26
	Furman	15
	UNC Greensboro	8
2009	Appalachian State	235
	Western Carolina	191
	The Citadel	60
	Samford	46
	Chattanooga	46
	Furman	36
	Davidson	23
	UNC Greensboro	22
	Wofford	4
2010	Appalachian State	209
	Western Carolina	207
	Samford	102.5
	The Citadel	42.5
	Davidson	30
	UNC Greensboro	24
	Chattanooga	18
	Furman	6
	Wofford	3
2011	Appalachian State	216.33
	Western Carolina	149
	Samford	127.33
	Davidson	53.33
	The Citadel	49
	Chattanooga	36
	Furman	21
	Wofford	5
	UNCG	1
2012	Western Carolina	155
	Appalachian State	154.50
	Samford	147.50
	The Citadel	58
	Davidson	50
	Chattanooga	32
	Furman	29
	UNCG	27
	Wofford	9



Men's Individual Champions

60-Yard Dash

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

55-Meter Dash

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

60-Meter Dash

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

200-Meter Dash

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

440-Yard Run

1930 Shepard, Washington & Lee, 55.8
 1931 Weil, North Carolina, 54.2
 1932 Williams, Georgia, 54.6
 1933 Recuhman, Duke, 54.1
 1934 Montgomery, North Carolina, 54.6
 1935 Warren Evans, Maryland, 52.5
 1936 Warren Evans, Maryland, 52.4
 1937 Frank Cronin, Maryland, 52.4
 1938 Frank Cronin, Maryland, 52.6
 1939 Al Miller, Maryland, 51.0
 1940 Al Miller, Maryland, 52.1
 1941 Werner Brown, Duke, 51.7
 1942 Werner Brown, Duke, 51.9
 1949 Buddy Grisso, Duke, 52.2
 1950 Harrison, VMI, 51.5
 1951 John Tate, Duke, 51.6
 1952 Bill Johnson, Virginia Tech, 50.3
 1953 John Tate, Duke, 50.3
 1969 Pagie Davis, East Carolina, 50.3
 1970 Bill Fidler, William & Mary, 50.5
 1971 Carl Wood, Richmond, 50.2
 1972 Walter Cooke, William & Mary, 50.3
 1973 Jerome Napier, Richmond, 49.9
 1974 Ken Middleton, Furman, 50.5
 1975 Carter Suggs, East Carolina, 50.2
 1976 Robert Franklin, East Carolina, 50.6
 1977 Calvin Alston, East Carolina, 50.6
 1978 Dennis Watts, VMI, 49.7
 1979 Jordan Laffette, ASU, 47.69
 1980 Ben Judge, VMI, 48.26
 1982 Sylvester Davis, VMI, 48.14

400-Meter Dash

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

330-Yard Run

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

500-Yard Run

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

500-Meter Run

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

600-Yard Run

1965 Norm Radford, VMI, 1:12.2
 1966 John Crotty, VMI, 1:11.8
 1967 Alan Saville, Richmond, 1:12.5
 1968 Dave Watson, William & Mary, 1:13.4
 1969 Carl Wood, Richmond, 1:11.8
 1970 Carl Wood, Richmond, 1:12.2
 1971 Charles Duckworth, Wm & Mary, 1:12.8
 1972 Charles Duckworth, Wm & Mary, 1:12.2
 1973 Walter Cook, William & Mary, 1:12.5
 1974 Dave Anderson, Furman, 1:13.2
 1975 Ben Duckenfield, East Carolina, 1:12.5
 1976 Dave Anderson, Furman, 1:13.3
 1977 Ben Duckenfield, East Carolina, 1:12.1
 1978 Mac Williams, VMI, 1:14.3
 1979 Mac Williams, VMI, 1:12.32
 1980 Lafette Jordan, ASU, 1:10.57
 1982 Henry Sanchez, VMI, 1:11.22
 1984 Davis Ests, VMI, 1:10.35
 1987 Earl Bates, WCU, 1:09.86

Men's Individual Champions



880-Yard Run

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

800-Meter Run

1981 Mark Scruton, ETSU 1:54.6
1983 David Neville, VMI, 1:51.0
1985 Jesse Dingle, ASU, 1:56.6
1986 Thane Harmon, ASU, 1:57.68
1988 James Montague, WCU, 1:53.90
1989 Mike Cason, The Citadel, 1:54.6
1990 Mike Cason, The Citadel, 1:54.03
1991 Jeff Rudolph, VMI, 1:54.24
1992 David Presnall, VMI, 1:55.95
1993 Shane Stryker, UTC, 1:55.07
1994 Jon Austin, ASU, 1:53.07
1995 Jon Austin, ASU, 1:54.42
1996 Zach Whitmarsh, ETSU, 1:56.98
1997 Zach Whitmarsh, ETSU, 1:50.92
1998 Zach Whitmarsh, ETSU, 1:51.79
1999 Zach Whitmarsh, ETSU, 1:58.49
2000 Nic Crider, UTC, 1:55.50
2001 Michael Lokale, VMI, 1:53.43
2002 Caleb Bailey, WCU, 1:54.24

2003 John Robertson, WCU, 1:51.11
2004 Robert Hatcher, UTC, 1:55.85
2005 Jeff Williams, UNCG, 1:55.36
2006 Jeff Williams, UNCG, 1:53.57
2007 Jeff Williams, UNCG, 1:54.05
2008 Drew Tucker, WCU, 1:56.93
2009 Michael Danehy, UTC, 1:55.59
2010 Brandon Hudgins, ASU, 1:54.14
2011 Andrew Lantz, DAV, 1:54.99
2012 Andrew Lantz, DAV, 1:52.18

Mile Run

1930 Wells, Tulane, 4:37.4
1931 Jenson, North Carolina, 4:29.8
1932 Lauck, Virginia, 4:31.0
1933 Lauck, Virginia, 4:26.4
1934 McCrae, North Carolina, 4:24.1
1935 Harry Williamson, No Carolina, 4:20.0
1936 Harry Williamson, No Carolina, 4:22.7
1937 Gammon, North Carolina, 4:24.5
1938 Bill Morse, Duke, 4:23.8
1939 Mason Chronister, Maryland, 4:16.0
1940 Jimmy Davis, North Carolina, 4:12.5
1941 Tommy Fields, Maryland, 4:23.1
1942 Rich Van Wagoner, North Carolina, 4:22.8
1949 Bob Palmer, Maryland, 4:17.9
1950 Bob Palmer, Maryland, 4:30.0
1951 Bill Creamer, Maryland, 4:25.0
1952 Clyde Garrison, North Carolina St, 4:21.7
1953 Clyde Garrison, North Carolina St, 4:21.4
1954 Ben Angle, VMI, 4:48.6
1955 Pete Ashcraft, Davidson, 4:43.6
1956 Dave Pitkethly, VMI, 4:22.6
1957 Dave Pitkethly, VMI, 4:21.8
1958 Bob DeTombe, William & Mary, 4:34.4
1959 Larry Williams, VMI, 4:36.0
1960 Bill Braithwaite, VMI, 4:28.6
1961 Larry Williams, VMI, 4:27.2
1962 Copley Vickers, Furman, 4:29.3
1963 Dennis Patterson, Furman, 4:28.4
1964 Jim Johnson, William & Mary, 4:18.5
1965 Jim Johnson, William & Mary, 4:15.4
1966 Jim Johnson, William & Mary, 4:18.2
1967 Terry Donnelly, William & Mary, 4:16.0
1968 Terry Donnelly, William & Mary, 4:12.4
1969 Howell Michael, William & Mary, 4:07.9
1970 Howell Michael, William & Mary, 4:19.4
1971 Howell Michael, William & Mary, 4:17.6
1972 Ron Martin, William & Mary, 4:11.8
1973 Mac Collins, William & Mary, 4:11.3
1974 Mac Collins, William & Mary, 4:11.6
1975 Reggie Clark, William & Mary, 4:10.7
1976 Mac Collins, William & Mary, 4:11.2
1977 Rex Wiggins, VMI, 4:10.0
1978 Rex Wiggins, VMI, 4:14.6
1979 Jody Weatherwax, VMI, 4:08.01
1980 Jody Weatherwax, VMI, 4:07.9
1982 Mark Scruton, ETSU, 4:03.97
1983 Conrad Conneely, ETSU, 4:05.38
1987 Thomas O'Gara, ETSU, 4:09.56
1988 Thomas O'Gara, ETSU, 4:09.63
1989 Scott Faulds, ETSU, 4:11.0
1990 James Hynes, ETSU, 4:15.76
1991 Seamus Power, ETSU, 4:14.61
1992 Seamus Power, ETSU, 4:07.66
1993 Seamus Power, ETSU, 4:18.67
1994 Seamus Power, ETSU, 4:12.13
1995 Chris Huffstickler, ASU, 4:17.90
1996 Chuck Margraves, UTC, 4:18.4

1997 Declan Fahy, ETSU, 4:10.19
1998 Zach Whitmarsh, ETSU, 4:11.44
1999 Zach Whitmarsh, ETSU, 4:19.14
2000 Nic Crider, UTC, 4:12.51
2001 Caleb Bailey, WCU, 4:15.59
2002 Caleb Bailey, WCU, 4:13.76
2003 Bradley Yewer, ETSU, 4:14.36
2004 Bradley Yewer, ETSU, 4:12.86
2005 Adam Puett, WCU, 4:13.48
2006 Dan Fassinger, WCU, 4:18.07
2007 Adam Van Nortwick, ASU, 4:14.34
2008 Michael Mentz, UTC, 4:13.99
2009 Chirs Moen, ASU, 4:11.08
2010 Patrick Morgan, ASU, 4:13.70
2011 Alex Taylor, ASU, 4:12.35
2012 Paul Chelimo, UNCG, 4:06.57

1,000-Meter Run

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

1,500-Meter Run

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

Two-Mile Run

1930 Young, Georgia, 9:57.4
1931 Simons, Duke, 9:58.2
1932 Jensen, North Carolina, 10:02.6
1933 Lauck, Virginia, 10:07.7
1934 Bird, Duke, 10:07.2
1935 Tom Dunaj, Washington & Lee, 9:44.8
1936 Bill Morse, Duke, 10:03.4
1937 Bill Lumpkin, Richmond, 9:30.7
1938 Bill Morse, Duke, 10:25.8
1939 Tommy Fields, Maryland, 9:59.6
1940 Tommy Fields, Maryland, 9:34.5
1941 Tommy Fields, Maryland, 9:43.5
1942 Al Profenius, Duke, 9:45.0
1949 Sam Magill, North Carolina, 9:49.9
1950 Sam Magill, North Carolina, 9:44.8
1951 Clyde Garrison, North Carolina St, 9:46.1
1952 Jack Tibbets, Maryland, 9:52.9
1953 Dave Shafer, Virginia Tech, 9:37.5
1954 Ben Angle, VMI, 9:52.3
1955 Pete Ashcraft, Davidson, 10:30.4
1956 Dave Pitkethly, VMI, 10:05.7
1957 Dave Pitkethly, VMI, 9:48.8
1958 Bob DeTombe, William & Mary, 9:53.4
1959 Bill Braithwaite, VMI, 10:04.5
1960 Charlie Carlton, VMI, 9:55.3
1961 Bill Braithwaite, VMI, 10:03.5
1962 Copley Vickers, Furman, 9:51.3
1963 Dennis Patterson, Furman, 9:49.7
1964 Jim Johnson, William & Mary, 9:39.0
1965 Jim Johnson, William & Mary, 9:29.6
1966 Jim Johnson, William & Mary, 9:20.4
1967 Carl Hatfield, West Virginia, 9:13.7
1968 Carl Hatfield, West Virginia, 9:13.7
1969 George Davis, William & Mary, 9:21.8
1970 Ken Voss, East Carolina, 9:20.3
1971 Steve Snyder, William & Mary, 9:16.6
1972 Tim Cooke, Williams & Mary, 9:11.6
1973 Tim Cooke, William & Mary, 8:54.2
1974 Bill Louv, William & Mary, 8:55.5
1975 Ron Martin, William & Mary, 8:40.8
1976 Louis Blount, ASU, 9:11.5
1977 Louis Blount, ASU, 9:04.0
1978 Rex Wiggins, VMI, 9:10.0



Men's Individual Champions

1979 Louis Kenny, ETSU, 9:11.07
 1980 Ronnie Carroll, ETSU, 8:58.98
 1984 Brian Dunne, ETSU, 8:49.43
 1987 Thomas O'Gara, ETSU, 8:52.0

3,000-Meter Run

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

5,000-Meter Run

1981 Adrian Leek, ETSU, 14:06.6
 1983 Carey Nelson, ETSU, 14:21.8
 1985 Brian Dunne, ETSU, 14:36.6
 1989 John Erickson, ETSU, 14:09.26
 1990 James Hynes, ETSU, 14:30.06
 1991 Seamus Power, ETSU, 14:50.76
 1992 Seamus Power, ETSU, 14:45.62
 1993 Seamus Power, ETSU, 14:20.89
 1994 Seamus Power, ETSU, 14:56.39
 1995 Tommy Holland, ASU, 14:40.40
 1996 Tommy Holland, ASU, 15:00.9
 1997 Seth Peoples, ASU, 14:48.41
 1998 Rodney Stoker, UTC, 14:45.46
 1999 Nic Crider, UTC, 14:57.05
 2000 Joe Smith, VMI, 14:53.19
 2001 Ben Bisette, ASU, 15:02.19
 2002 James Grufferty, ETSU, 14:50.98
 2003 Bradley Yewer, ETSU, 15:04.83
 2004 Steven Kocsis, UTC, 14:41.89
 2005 Steven Kocsis, UTC, 14:41.70
 2006 Ian Mayne, UTC, 14:48.42
 2007 Brendon Helms, ASU, 15:00.77
 2008 Brian Deal, ASU, 14:53.74
 2009 Chris Berry, UTC, 14:55.12
 2010 Cameron Bean, Samford, 14:29.12
 2011 Sean Soderman, ASU, 14:39.59
 2012 Demetrios Pagonis, DAV, 14:22.47

70-Yard Low Hurdles

1931 Finklestein, Washington & Lee, 8.0
 1932 John Brownlee, Duke, 8.0
 1933 John Brownlee, Duke, 7.8
 1934 Groover Everett, Virginia, 7.8

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

60-Yard Low Hurdles

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

70-Yard High Hurdles

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

60-Yard High Hurdles

1930 Speer, Washington & Lee, 7.9
 1965 Shannon Dawson, Furman, 7.3
 1966 Lavern Barrs, Furman, 7.5
 1967 Doug Griffith, William & Mary, 7.4

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

55-Meter Hurdles

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

60-Meter Hurdles

2004 Lawrence Briscoe, WCU, 8.26
 2005 Lawrence Briscoe, WCU, 8.20
 2006 Lawrence Briscoe, WCU, 8.05
 2007 Charles Derrickson, ASU, 7.95
 2008 Daniel Neal, ASU, 8.05
 2009 Christian Bethune, WCU, 8.25
 2010 Cordell Livingston, WCU, 8.10
 2011 Cordell Livingston, WCU, 8.11
 2012 AJ Dohanac, ASU, 8.01

Mile Relay

1930 Washington & Lee, 3:47.4
 1931 North Carolina, 3:38.6
 1932 North Carolina, 3:43.0
 1933 Duke, 3:36.2
 1934 Maryland, 3:36.5
 1935 Maryland, 3:34.6
 1936 Maryland, 3:31.8
 1937 North Carolina, 3:34.5
 1938 Maryland, 3:29.7
 1939 Maryland, 3:29.3
 1940 Maryland, 3:31.4
 1941 North Carolina, 3:30.8
 1942 North Carolina, 3:28.5
 1949 Maryland, 3:26.9
 1950 Maryland, 3:31.1
 1951 North Carolina, 3:32.9
 1952 Duke, 3:29.9
 1953 Maryland, 3:30.5
 1954 VMI, 3:31.1
 1955 VMI, 3:37.5

Men's Individual Champions



1956 Virginia Tech, 3:34.7
1957 Virginia Tech, 3:35.3
1958 William & Mary, 3:34.8
1959 VMI, 3:32.0
1960 The Citadel, 3:33.6
1961 The Citadel, 3:29.6
1962 VMI, 3:32.7
1963 Furman, 3:28.5
1964 Furman, 3:32.4
1965 VMI, 3:26.2
1966 VMI, 3:24.8
1967 William & Mary, 3:24.8
1968 William & Mary, 3:24.2
1969 William & Mary, 3:23.9
1970 Richmond, 3:20.9
1971 Furman, 3:27.4
1972 Furman, 3:25.7
1973 Furman, 3:25.4
1974 Furman, 3:23.9
1975 East Carolina, 3:23.4
1976 Furman, 3:23.1
1977 East Carolina, 3:21.5
1978 VMI, 3:23.0
1979 VMI, 3:14.91
1980 VMI, 3:13.35
1982 VMI, 3:15.73
1984 VMI, 3:11.71
1987 VMI, 3:16.83
1988 VMI, 3:1.37
1989 Appalachian State, 3:15.25
1991 Appalachian State, 3:17.90
1992 Marshall, 3:20.54
1993 Chattanooga, 3:25.25
1994 Appalachian State, 3:19.68
1995 Chattanooga, 3:17.45
1996 East Tennessee State, 3:21.60

1600-Meter Relay

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

4x400-Meter Relay

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

Two-Mile Relay

1970 East Carolina 7:53.8
1971 Furman, 7:50.3
1972 William & Mary, 7:53.1
1973 William & Mary, 7:56.0
1974 William & Mary, 7:42.1
1975 William & Mary, 7:49.1
1976 Furman, 7:52.3
1977 Furman, 7:45.3
1979 East Tennessee State, 7:41.3
1980 East Tennessee State, 7:46.84

1984 VMI, 7:49.26
1987 VMI, 7:43.12
1989 Appalachian State, 7:47.70
1990 VMI, 7:52.59
1991 VMI, 7:42.22
1992 East Tennessee State, 7:47.75
1993 Chattanooga, 7:58.4

3,200-Meter Relay

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

Distance Medley Relay

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

Long Jump

1930 Ed Hamm, Georgia Tech, 22'7"
1931 Bob Fulmer, Duke, 22'8¹/₄'
1932 Owens, Georgia, 23'7¹/₄"
1933 Bob Fulmer, Duke, 22'3"
1934 Bill Hubbard, North Carolina, 21'9¹/₄"
1935 Bill Hubbard, North Carolina, 23'8¹/₄"
1936 Hanes, Duke, 22'1¹/₄"
1937 Myers, Duke, 22'4"
1938 Bill Corpening, North Carolina, 21'10³/₄"
1939 Bill Corpening, North Carolina, 22'11"
1940 Bill Corpening, North Carolina, 22'7¹/₄"
1941 Ernie Vail, Duke, 22'7¹/₄"
1942 Percy Ashby, North Carolina, 22'1"
1949 Bill Albans, North Carolina, 22'2³/₄"
1950 Bill Albans, North Carolina, 22'8¹/₂"
1951 Henry Poss, Duke, 22'5³/₄"
1952 Francis Nichols, Duke, 21'5³/₄"
1953 Joel Shankle, 22'6¹/₄"
1954 Dale Vaughn, VMI, 22'6"
1955 Dale Vaughn, VMI, 22'8¹/₄"
1956 George Riggs, Richmond, 22'3"
1957 Johnny McLeod, VMI, 22'4"
1958 Johnny McLeod, VMI, 22'6¹/₄"
1959 Jim Nichols, Virginia Tech, 23'1"
1960 Bill Elliot, The Citadel, 21'5¹/₂"
1961 Jackie Taylor, VMI, 22'2"
1962 Howard Melton, Virginia Tech, 22'2¹/₄"
1963 Mike Watson, The Citadel, 22'2¹/₂"
1964 Will Bowden, The Citadel, 22'2¹/₂"
1965 Jim Sherrard, VMI, 23'3¹/₂"
1966 John Prentice, William & Mary, 22'9"
1967 John Decher, VMI, 23'4¹/₂"

1968 Ed Whyte, East Carolina, 23'4"
1969 Tony Rolfe, VMI, 22'8"
1970 Walter Davenport, East Carolina, 23'5¹/₂"
1971 Larry Malone, East Carolina, 23'1¹/₄"
1972 Norm Williams, Richmond, 22'10"
1973 Walter Davenport, East Carolina, 23'1¹/₄"
1974 Bill Williams, Richmond, 23'1¹/₂"
1975 Andre Gibson, VMI, 23'5¹/₄"
1976 George Jackson, East Carolina, 23'5"
1977 Andre Gibson, VMI, 24'4"
1978 Andre Gibson, VMI, 23'9"
1979 Malcolm Grimes, VMI, 24'10¹/₂"
1980 Eugene Scott, VMI, 24'5¹/₄"
1981 Robbie Mosley, ASU, 22'9¹/₂"
1982 Robbie Mosley, ASU, 23'8¹/₂"
1983 Anthony Janes, WCU, 23'8"
1984 Kevin Mitchell, VMI, 23'9¹/₂"
1985 Terry Fortune, VMI, 23'3¹/₄"
1986 Michael Hanks, ASU, 24'4¹/₂"
1987 Michael Hanks, ASU, 25'1¹/₄"
1988 Greg Hatchett, VMI, 24'11"
1989 Greg Hatchett, VMI, 24'10"
1990 Greg Hatchett, VMI, 24'9"
1991 Estaban Frost, VMI, 24'2¹/₂"
1992 Linell Johnson, ASU, 24'3¹/₄"
1993 Shawn Miller, WCU, 23'10¹/₂"
1994 Shawn Miller, WCU, 23'11¹/₄"
1995 Damon Richardson, VMI, 24'1¹/₂"
1996 Andrew Wilhite, Marshall, 23'10¹/₂"
1997 Andrew Wilhite, Marshall, 7.11m
1998 Darrius Jackson, VMI, 7.39m
1999 Charles Mahatha, ASU, 24'7.0"
2000 Damion McLean, ASU, 24'5.75"
2001 Marcus Lynch, VMI, 25'1.75"
2002 Charvin Clark, ETSU, 25'0.5"
2003 Holt McPherson, ASU, 7.50m
2004 Justin Davis, WCU, 7.41m
2005 Joel Gaddy, ASU, 7.09m
2006 Mark Sturgis, ASU, 6.96m
2007 Ricky Harris, ASU, 7.19m
2008 Joel Gaddy, ASU, 7.05m
2009 Buster Skrine, UTC, 6.94m
2010 Kevin Hardy, The Citadel, 7.23m
2011 Lawren Willard, WCU, 7.59m
2012 Bob McNeil, WCU, 7.25m

Triple Jump

1970 Bud Tamea, William & Mary, 46'4³/₄"
1971 Larry Wilkerson, East Carolina, 47'6¹/₂"
1972 Walter Davenport, East Carolina, 48'6¹/₄"
1973 Walter Davenport, East Carolina, 49'11"
1974 Preston Smith, Furman, 47'8³/₄"
1975 John Jones, William & Mary, 49'8³/₄"
1976 Carl Anderson, Furman, 49'3⁴/₄"
1977 Malcolm Grimes, VMI, 51'1¹/₄"
1978 Malcom Grimes, VMI, 49'5¹/₄"
1979 Eugene Scott, VMI, 51'3"
1980 Robbie Mosley, ASU, 50'6¹/₂"
1981 Robbie Mosley, ASU, 50'5"
1982 Robbie Mosley, ASU, 51'5"
1983 Ron Abbit, VMI, 49'1¹/₂"
1984 Ron Abbit, VMI, 50'2"
1985 Carl Harris, ASU, 49'4"
1986 Michael Hanks, ASU, 51'10¹/₂"
1987 Michael Hanks, ASU, 50'10¹/₄"
1988 Warren Posey, ASU, 52'10¹/₄"
1989 Warren Posey, ASU, 51'7"
1990 Jonathan Fuller, ASU, 49'1¹/₄"
1991 Rodney Edwards, VMI, 49'11"
1992 Linell Johnson, ASU, 48'11³/₄"
1993 Shawn Miller, WCU, 48'2³/₄"
1994 Reggie Allison, WCU, 48'7"



Men's Individual Champions

1995 Robert Johnson, ASU, 51'½"
 1996 Obi Ezekwe, VMI, 48'1¾"
 1997 Obi Ezekwe, VMI, 15.22m
 1998 Obi Ezekwe, VMI, 14.77m
 1999 Charles Mahatha, ASU, 48'6.75"
 2000 Charles Mahatha, ASU, 51'3.75"
 2001 Keith Jenkins, ASU, 48'3.5"
 2002 Kevin Solomon, VMI, 48'3.25"
 2003 Kevin Solomon, VMI, 14.65m
 2004 Gerald Foreman, ASU, 14.79m
 2005 Mark Sturgis, ASU, 14.73m
 2006 Mark Sturgis, ASU, 15.22m
 2007 Joel Gaddy, ASU, 14.73m
 2008 Joel Gaddy, ASU, 15.54m
 2009 Mark Sturgis, ASU, 15.25m
 2010 Alex Dollard, WCU, 14.29m
 2011 Jamal Tiller, ASU, 15.59m
 2012 Bob McNeil, WCU, 15.08m

High Jump

1930 Bagby, North Carolina
& Bostick, South Carolina, 5'11¼"
 1931 Bagby, North Carolina, 5'10¼"
 1932 D. David, Georgia, 5'11½"
 1933 Lloyd Turner, Virginia Tech, 6'0"
 1934 Craig, South Carolina
& Reid, North Carolina, 5'10¼"
 1935 Wilkins, Virginia and Myers, Duke, 5'11"
 1936 Dayton, Virginia, 5'11"
 1937 Ed Miller, Maryland, 6'½"
 1938 Ed Miller, Maryland, 6¾"
 1939 Bill Corpening, North Carolina, 6'1"
 1940 Bill Corpening, North Carolina, 6'3"
 1941 Wilmont, Duke, 6'1"
 1942 Duke Alexander, Maryland, 5'11¼"
 1949 Bill Albans, North Carolina, 6'4"
 1950 Jack Moody, North Carolina, 6'4"
 1951 Jack Moody, North Carolina, 6'3"
 1952 Dick Lentz, Maryland
& Ben Lankford, Virginia Tech, 6'2"
 1953 Ben Lankford, Virginia Tech, 6'5"
 1954 Ben Lankford, Virginia Tech, 6'3"
 1955 Dale Vaughn, VMI, 5'11½"
 1956 Bob Bales, William & Mary, 6'2¾"
 1957 Bob Storm, William & Mary, 6'2½"
 1958 Bob Storm, William & Mary, 6'3½"
 1959 Bob Storm, William & Mary
& Roland, Phillips, VMI, 6'2"
 1960 Howard Moss, VMI
& Roland Phillips, VMI, 6½"
 1961 Tony Entyre, Furman, 6'2"
 1962 Tom Miller, The Citadel
& Keith Frazer, Davidson, 6'0"
 1963 Bill Jeffries, William & Mary, 6'1¾"
 1964 Maurice Moone, West Virginia, 6'4¼"
 1965 Frank Saier, Furman, 6'6½"
 1966 Jim Jancaitis, William & Mary, 6'4"
 1967 Colin Campbell, VMI, 6'5"
 1968 Bruce Dallas, William & Mary, 6'5"
 1969 Bruce Dallas, William & Mary, 6'4½"
 1970 Bruce Dallas, William & Mary, 6'7"
 1971 Fred Toepke, William & Mary
 1972 Roy Quick, East Carolina, 6'6½"
 1973 Fred Toepke, William & Mary 6'8"
 1974 Alphonso Irving, William & Mary, 6'8"
 1975 John Schilling, William & Mary, 6'10"
 1976 John Schilling, William & Mary, 6'8"
 1977 John Schilling, William & Mary, 6'10"
 1978 Bob Terry, ASU, 6'8"

1979 Bob Jacobs, The Citadel, 6'10"
 1980 Bob Terry, ASU, 6'8"
 1981 Jim Moore, VMI, 6'8"
 1982 Jim Moore, VMI, 6'9"
 1983 Dale Davis, VMI, 7'0"
 1984 Charles Mack, ASU, 6'10"
 1985 Henry Ingram, VMI, 6'10"
 1986 Sam Cunnigham, ASU, 7'0"
 1987 Sam Cunningham, ASU, 6'9½"
 1988 Garrett Thompson, VMI, 6'8½"
 1989 Kevin Orr, Marshall, 6'7½"
 1990 Kevin McCluney, VMI, 6'8"
 1991 Kevin McCluney, VMI, 6'9½"
 1992 Jon Fullen, ASU, 6'11"
 1993 Shawn Miller, WCU, 6'9¾"
 1994 Shawn Miller, WCU, 6'10¾"
 1995 Jamie Burgess, Marshall, 6'8¾"
 1996 Dan Ritchey, Marshall, 6'9¾"
 1997 Mike Kroeger, ASU, 2.08m
 1998 Cory Cooper, WCU, 2.07m
 1999 Eric McClary, Citadel, 6'9.75"
 2000 Eric McClary, Citadel, 7'1.5"
 2001 Jason Farr, ETSU, 6'9"
 2002 Garrett Brickner, VMI, 6'8"
 2003 Garrett Brickner, VMI, 2.08m
 2004 Lawrence Briscoe, WCU, 2.00m
 2005 Michael Estes, ETSU, 1.97m
 2006 Ricky Harris, ASU, 1.98m
 2007 Matt Evans, WCU, 2.03m
 2008 Daniel Joseph, WCU, 1.95m
 2009 Matt Evans, WCU, 2.11m
 2010 Matt Evans, WCU, 2.09m
 2011 Darius Purcell, ASU, 2.18m
 2012 Darius Purcell, ASU, 2.20m

Pole Vault

1930 Arnold, North Carolina, 12'7¾"
 1931 Ray Ruble, North Carolina, 12'11¾"
 1932 Don Zimmerman, Tulane, 13'3¼"
 1933 Ron Smith, North Carolina, 12'4¼"
 1934 Jackson, North Carolina, 11'10"
 1935 Joe Leidy, Duke, 12'6"
 1936 Huber Moore, Duke, 12'¾"
 1937 Huber Moore, Duke, 12'11"
 1938 Sample, Davidson, 12'2"
 1939 Montford, Duke, 12'2"
 1940 Montford, Duke
McLeod, North Carolina
& Chambers, Duke, 12'6"
 1941 Ralph Fennell, Clemson, 12'6"
 1942 Ralph Fennell, Clemson, 12'10"
 1949 J.T. Colvin, Duke, 12'4"
 1950 Bob Conner, Duke, 11'6"
 1951 Bob Conner, Duke, 13'1½"
 1952 Jerry Cates, Duke, 12'6"
 1953 Jerry Cates, Duke
George Butler, Maryland
Mel Schwartz, North Carolina
Sam Jordan, North Carolina
Billy Duke, North Carolina
& T.J. Roberts, Virginia Tech, 12'10"
 1954 T.J. Roberts, Virginia Tech, 12'7"
 1955 Tommy Theodose, Richmond, 11'6"
 1956 Dave Tork, West Virginia, 13'2¼"
 1957 Dave Tork, West Virginia, 13'0"
 1958 Dave Tork, West Virginia, 13'8¾"
 1959 Bill Spengler, Virginia Tech, 12'9"
 1960 Lowry Miller, Richmond
Tom Metsker, The Citadel

& Ron Henry, William & Mary, 12'8"
 1961 Bill Keel, Furman, 13'10"
 1962 Bill Keel, Furman, 14'4"
 1963 Bill Keel, Furman, 13'0"
 1964 Ed Zuraw, West Virginia, 13'6"
 1965 Jack Carter, West Virginia, 14'5½"
 1966 Jack Carter, West Virginia, 15'6¼"
 1967 Dan Tyson, Furman, 15'4"
 1968 Dan Tyson, Furman, 15'9½"
 1969 Gordon Williams, VMI, 13'6"
 1970 Charles Strode, William & Mary, 15'0"
 1971 Charles Strode, William & Mary, 15'6"
 1972 Charles Strode, William & Mary, 15'6"
 1973 Richard McDuffie, East Carolina, 14'6"
 1974 Gary McCall, Furman, 15'0"
 1975 Doug Becker, Furman, 15'0"
 1976 Dave Lipinski, William & Mary, 14'6"
 1977 Dave Lipinski, William & Mary, 15'0"
 1978 David Ward, ASU, 15'6"
 1979 Lynn Lomax, ASU, 15'0"
 1980 Bill Powers, Marshall, 15'0"
 1981 Lynn Lomax, ASU, 15'0"
 1982 Ken Crowder, VMI, 15'6"
 1983 Ken Crowder, VMI, 15'6"
 1984 Robert Patterson, ASU, 15'1"
 1985 Mike Cook, VMI, 14'0"
 1986 Eric Faison, VMI, 14'0"
 1987 Chris Gerber, Marshall, 14'5½"
 1988 Scott Jones, Marshall, 15'6"
 1989 Mick Schell, ASU, 15'4¼"
 1990 Gary Hall, ASU, 15'7¼"
 1991 Stephen Manns, Marshall, 15'5¾"
 1992 Keith Peloquin, VMI, 15'10"
 1993 Jeff Capss, WCU, 14'6"
 1994 Joe Dobson, VMI, 16'¾"
 1995 Phil Alicea, VMI, 15'7"
 1996 Todd Poremba, ASU, 16'1"
 1997 Jeff Fitzgerald, ASU, 4.62m
 1998 Todd Poremba, ASU, 5.06m
 1999 Tom Thomas, WCU, 15'5.5"
 2000 Tim Thomas, WCU, 15'11.¼"
 2001 J.B. Rosson, VMI, 15'5.5"
 2002 Charles Rice, WCU, 16'3.25"
 2003 Sean Heaston, WCU, 4.72m
 2004 Wes Willoughby, WCU, 4.60m
 2005 Dan Queen, ASU, 4.90m
 2006 Barron Shell, ASU, 4.71m
 2007 Barron Shell, ASU, 4.56m
 2008 Mike Wilson, ASU, 4.70m
 2009 Patrick Wells, SAM, 4.75m
 2010 Michael Seaman, SAM, 5.07m
 2011 Michael Seaman, SAM, 4.95m
 2012 Michael Seaman, SAM, 5.45m

Shot Put

1930 McDonald, Maryland, 42'10½"
 1931 Coleman, Auburn, 46'½"
 1932 Swart, Virginia Tech, 45'7¼"
 1933 George Coles, Virginia, 46'¼"
 1934 George Coles, Virginia, 45'10¾"
 1935 L. Williams, Duke, 43'5½"
 1936 M. Williams, Duke, 45'4"
 1937 Dick Strickler, VMI, 43'10"
 1938 Bill Fischer, Duke, 44'3"
 1939 Larry Craig, South, 45'10"
 1940 Steve Lach, Duke, 46'3½"
 1941 Steve Lach, Duke, 46'11"
 1942 Steve Lach, Duke, 47'6½"
 1949 Jim O'Leary, Duke, 47'4½"
 1950 Jack Unterkofler, Maryland, 49'7¾"
 1951 Jack Unterkofler, Maryland, 46'11½"

Men's Individual Champions



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

35-LB Weight Throw

1973 Bill Dimitrouleas, Furman, 51'1½"
1974 Dan Utley, Furman, 45'9½"
1975 Tom Watson, William & Mary, 47'1"
1976 Drexel George, William & Mary, 52'3"

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

Heptathlon

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



Men's All-Freshman Teams

2009

60-Meter Dash

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

200-Meter Dash

Dennis Moore, Appalachian State
Benny Davis, Western Carolina

400-Meter Dash

Benny Davis, Western Carolina

800-Meter Run

Lee Gilmer, Furman
Chris Moen, Appalachian State

Mile Run

Chris Moen, Appalachian State
Joey Thompson, UNC Greensboro
Josh Vasquez, Chattanooga

3,000-Meter Run

Chris Berry - Chattanooga
Joey Thompson, UNC Greensboro
Sean Soderman, Appalachian State

5,000-Meter Run

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

60-Meter Hurdles

Cavan Corcoran, Samford
Christopher Graham, The Citadel

High Jump

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

Long Jump

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

Triple Jump

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

Shot Put

Jared Stalling, Appalachian State

Weight Throw

Jared Stalling, Appalachian State

Heptathlon

Donald Cooper, Samford
Matt Pflugst, Appalachian State

2011

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

High Jump

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

Long Jump

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

Triple Jump

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

Shot Put

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

Pole Vault

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

Weight Throw

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

Heptathlon

Sam Lusty - Western Carolina
Tyler Bentley - Western Carolina

2010

60-Meter Dash

Landon Powell Appalachian State
Brandon Hairston - Western Carolina

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

Alex Taylor - Appalachian State

Mile Run

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

3,000-Meter Run

Atom Young - The Citadel
Ben Canipe - The Citadel

5,000-Meter Run

Mike Koech - UNC Greensboro
Demetrios Pagonis - Davidson
Vincent Weir - Davidson

60-Meter Hurdles

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

High Jump

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

Long Jump

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

Triple Jump

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

Shot Put

Scott Des Marais - Furman
Brian McCracken - Wofford

Pole Vault

Ryan Cook - Samford
Brandon Bassett - Samford

Heptathlon

Bo Ackerson-Gilroy - Samford
Brandon Bassett - Samford

2012

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

High Jump

Daryl Saunders - Appalachian State

Long Jump

Abraham Faison - Western Carolina

Triple Jump

Abraham Faison - Western Carolina

Shot Put

Nick Sansota - Appalachian State

Pole Vault

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

Weight Throw

Nick Sansota - Appalachian State

Heptathlon

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

Women's Records and Individual Honors



Women's Indoor Championship Records

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

Coach of the Year

1988	John Weaver, Appalachian State
1989	John Weaver, Appalachian State
1990	John Weaver, Appalachian State
1991	Danny Williamson, Western Carolina
1992	Danny Williamson, Western Carolina
1993	Danny Williamson, Western Carolina
1994	John Weaver, Appalachian State
1995	Dave Walker, East Tennessee State
1996	Danny Williamson, Western Carolina
1997	Danny Williamson, Western Carolina
1998	Bill Gautier, Chattanooga
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	Bill Gautier, Chattanooga
2004	John Weaver, Appalachian State
2005	John Weaver, Appalachian State
2006	John Weaver, Appalachian State
2007	Danny Williamson, Western Carolina
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	John Weaver, Appalachian State

Most Outstanding Athlete

1988	Lamonda Miller, Appalachian State
1989	Sabrina Keeton, East Tennessee State
1990	Monica Teeter, Appalachian State
1991	Cate Pichon, Furman
1992	Melissa Morrison, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Shiree Cutts, Furman
1995	Shelli Clendenon, East Tennessee State
1996	Heather VandeBrake, Furman
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, East Tennessee State
1999	Taniesha Robinson, East Tennessee State
2000	Rosalyn Hood, Western Carolina
2001	Tyleana Hanner, Chattanooga
2002	LaShana Poole, Appalachian State
2008	Kerrie Savery, Western Carolina
2009	Lynnsey Hyter, Georgia Southern
2010	Jane't Carothers, Western Carolina
2011	Lynnsey Hyter, Georgia Southern
2012	Dena O'Brien, College of Charleston

Most Outstanding Track Performer

2002	Shannon Wommack, Chattanooga
2003	Shannon Wommack, Chattanooga
2004	Shannon Wommack, Chattanooga
2005	Nettie Halcomb, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Brenna Burns, Davidson
2008	Kerrie Savery, Western Carolina
2009	Jane't Carothers, Western Carolina
2010	Jane't Carothers, Western Carolina
2011	Jane't Carothers, Western Carolina
2012	Dena O'Brien, College of Charleston

Most Outstanding Field Performer

2002	LaShana Poole, Appalachian State
2003	LaShana Poole, Appalachian State
2004	Ronda White, Appalachian State
	Kellie Mitchell, Georgia Southern
2005	Laura Tieszen, Western Carolina
2006	Chakosha Lance, College of Charleston
2007	Nicole Brown, Georgia Southern
2008	Brittani Williams, Appalachian State
2009	Lynnsey Hyter, Georgia Southern
2010	Lynnsey Hyter, Georgia Southern
	Deirdra Morrison, Western Carolina
2011	Lynnsey Hyter, Georgia Southern
2012	Gayshawna Watkins, Appalachian State

Freshman of the Year

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



Women's Southern Conference Honors

Athlete-of-the-Week

2001

Jan. 17 Roselin Addo, East Tennessee State
 Jan. 24 Tyleanna Hanner, Chattanooga
 Jan. 31 Roselin Addo, East Tennessee State
 Feb. 7 Mary Jayne Harrelson, Appalachian State
 Feb. 14 Kristen Bowden, Appalachian State

2002

Jan. 16 Rosalyn Hood, Western Carolina
 Jan. 23 Chantelle Vernon, East Tennessee State
 Jan. 30 Virginia LaCombe, Western Carolina
 Feb. 6 Michelle Velez, Western Carolina
 Feb. 13 Kasola Smith, Chattanooga
 Feb. 20 Suzanne Makinson, Appalachian State

2003

Jan. 23 LaShana Poole, Appalachian State
 Jan. 29 Tiffany Pointer, Chattanooga
 Feb. 5 Rhonda White, Appalachian State

2004

Jan. 21 Rhonda White, Appalachian State
 Jan. 28 Alison Frese, Chattanooga
 Feb. 4 Kellie Mitchell, Georgia Southern
 Feb. 11 Laura Tieszen, Western Carolina
 Feb. 18 Rhonda White, Appalachian State
 Feb. 25 Nikki Slocumb, Georgia Southern

2005

Jan. 19 Beverly Burnett, Appalachian State
 Jan. 26 Leslie Martin, Western Carolina
 Feb. 2 Laura Tieszen, Western Carolina
 Feb. 9 Raquel Ramseur, Western Carolina
 Feb. 16 Paula Moore, Appalachian State
 Feb. 23 Jennifer Claud, Appalachian State

2006

Jan. 18 Alana Black, Elon
 Jan. 25 Beverly Burnett, Appalachian State
 Feb. 1 Shannon Wommack, Chattanooga
 Feb. 8 Stephanie McNeill, The Citadel
 Feb. 15 Chakosha Lance, College of Charleston

2007

Jan. 18 Vonteena Knotts, Appalachian State
 Jan. 23 Lanni Marchant, Chattanooga
 Jan. 31 Brenna Burns, Davidson
 Feb. 7 Raquel Ramseur, Western Carolina
 Feb. 14 Lanni Marchant, Chattanooga
 Feb. 14 Stephanie McNeill, The Citadel

2008

Jan. 28 Danielle Thorpe, Appalachian State
 Jan. 31 Brenna Burns, Davidson
 Feb. 7 Emily Wood, Chattanooga
 Feb. 13 Brittani Williams, Appalachian State
 Feb. 22 Kerrie Savery, Western Carolina

2009

Jan. 21 Jane't Carothers, Western Carolina (Track)
 Jan. 21 Rebecca Hazeltine, Appalachian State (Field)
 Jan. 29 Meg Gaffney, Appalachian State (Track)
 Jan. 29 Emily Smith, College of Charleston (Field)
 Feb. 5 Felicia Paulding, Western Carolina (Track)
 Feb. 5 Danielle Thorpe, Appalachian State (Field)
 Feb. 12 Annelia Uys, Chattanooga (Track)
 Feb. 12 Rebecca Hazeltine, Appalachian State (Field)
 Feb. 19 Meg Gaffney, Appalachian State (Track)
 Feb. 19 Lynnndsey Hyter, Georgia Southern (Field)
 Feb. 26 Megan Jenkins, The Citadel (Track)
 Feb. 26 Mary Angela Brown, Samford (Field)

2010

Dec. 8 Shalyn McMichael, Western Carolina (Track)
 Dec. 8 Tiana Jones, Western Carolina (Field)
 Jan. 14 Andrea Kelsey, Wofford (Track)
 Jan. 14 Whitney Smyre, Appalachian State (Field)
 Jan. 21 Ashley McKiver, Appalachian State (Track)
 Jan. 21 Julie Ward, Appalachian State (Field)
 Jan. 28 Katie Hansen, UNC Greensboro (Track)
 Jan. 28 Chelsea Taylor, College of Charleston (Field)
 Feb. 4 Micah Wessinger, The Citadel (Track)
 Feb. 4 Jelain McArthur, College of Charleston (Field)
 Feb. 11 Hillary Neal, Samford (Track)
 Feb. 11 Laura Bedsole, Samford (Field)
 Feb. 18 Hillary Neal, Samford (Track)
 Feb. 18 Veronica Day, Elon (Field)
 Feb. 25 Jennine Strange, Elon (Track)
 Feb. 25 Morgan Tyler, Samford (Field)

2011

Jan. 26 Jane't Carothers, Western Carolina (Track)
 Jan. 26 Chanelle Terry, Samford (Field)
 Feb. 2 Breanna Alston, Appalachian State (Track)
 Feb. 2 Cassie Crawford, Appalachian State (Field)
 Feb. 9 Dena O'Brien, College of Charleston (Co-Track)
 Feb. 9 Ashley Schnell, UNCG (Co-Track)
 Feb. 16 Bianca Harvey, Appalachian State (Field)
 Feb. 16 Dena O'Brien, College of Charleston (Track)
 Feb. 16 Veronica Day, Elon (Co-Field)
 Feb. 23 Lynnndsey Hyter, Georgia Southern (Co-Field)
 Feb. 23 Hillary Neal, Samford (Track)
 Feb. 23 Lynnndsey Hyter, Georgia Southern (Field)
 Mar. 2 Jane't Carothers, Western Carolina (Track)
 Mar. 2 Lynnndsey Hyter, Georgia Southern (Field)

2012

Jan. 19 Ashley Schnell, UNCG (Track)
 Jan. 19 Claire Goodson, Samford (Field)
 Jan. 25 Shaina Sumney, UNCG (Track)
 Jan. 25 Emily Allen, Samford (Field)
 Feb. 1 Amanda Sumner, Chattanooga (Track)
 Feb. 1 Taylor Wade, Georgia Southern (Field)
 Feb. 7 Dena O'Brien, College of Charleston (Track)
 Feb. 7 Gayshawna Watkins, Appalachian State (Field)
 Feb. 15 Erin Barker, Furman (Track)
 Feb. 15 Emily Allen, Samford (Field)

Repeat Athlete-of-the-Week

Four-time

Lynnndsey Hyter, Georgia Southern (2009, 2011)

Three-time

Rhonda White, Appalachian State (2003, 2004)
 Hillary Neal, Samford (2010, 2011)
 Jane't Carothers, Western Carolina (2009, 2011)

Two-time

Roselin Addo, East Tennessee State (2001)
 Beverly Burnett, Appalachian State (2005, 2006)
 Brenna Burns, Davidson (2007, 2008)
 Meg Gaffney, Appalachian State (2009)
 Rebecca Hazeltine, Appalachian State (2009)
 Lanni Marchant, Chattanooga (2007)
 Stephanie McNeill, The Citadel (2006, 2007)
 Raquel Ramseur, Western Carolina (2005, 2007)
 Danielle Thorpe, Appalachian State (2008, 2009)
 Laura Tieszen, Western Carolina (2004, 2005)
 Dena O'Brien, College of Charleston (2011)
 Veronica Day, Elon (2010, 2011)
 Emily Allen, Samford (2012)

Athlete-of-the-Month

2008

January Danielle Thorpe, Appalachian State

2009

January Jane't Carothers, Western Carolina (Track)
 January Emily Smith, College of Charleston (Field)
 February Meg Gaffney, Appalachian State (Track)
 February Lynnndsey Hyter, Georgia Southern (Field)

2010

January Katie Hansen, UNC Greensboro (Track)
 January Whitney Smyre, Appalachian State (Field)

2011

January Jane't Carothers, Western Carolina (Track)
 January Cassie Crawford, Appalachian State (Field)
 February Dena O'Brien, College of Charleston (Track)
 February Lynnndsey Hyter, Georgia Southern (Field)

2012

January Ashley Schnell, UNCG (Track)
 February Dena O'Brien, College of Charleston (Track)

Women's Champions



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

Women's Championship Meet Results

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



Women's Championship Meet Results

2012	Appalachian State	157.16
	Western Carolina	113
	Georgia Southern	92
	Samford	85
	Elon	72.33
	College of Charleston	59
	UNCG	36
	Furman	17
	Chattanooga	12
	Wofford	9.50
	The Citadel	9
	Davidson	1

Women's Individual Champions



55-Meter Dash

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

2003 Tiffany Pointer, UTC, 56.97
2004 Marlo Mincey, GSU, 55.6
2005 Nichola Cornish, ETSU, 56.21
2006 Raquel Ramseur, WCU, 56.24
2007 Raquel Ramseur, WCU, 56.33
2008 Raquel Ramseur, WCU, 56.65
2009 Jane't Carothers, WCU, 56.06
2010 Jane't Carothers, WCU, 56.05
2011 Jane't Carothers, WCU, 55.34
2012 Felisha Garren, WCU, 54.61

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

1994 Michele Marshall, UTC, 10:09.02
1995 Mary Jane Middlekoop, UTC, 10:12.55
1996 Heather VandeBrake, Furman, 10:06.1
1997 Mary Jane Middlekoop, UTC, 10:13.25
1998 Catherine Berry, ETSU, 9:49.73
1999 Amanda Lynch, UTC, NT
2000 Amanda Lynch, UTC, 9:45.31
2001 Jill Braley, Furman, 10:08.58
2002 Shannon Wommack, UTC, 10:29.43
2003 Shannon Wommack, UTC, 10:10.56
2004 Shannon Wommack, UTC, 9:52.87
2005 Nettie Halcomb, UTC, 10:05.70
2006 Shannon Wommack, UTC, 9:34.01
2007 Brenna Burns, DAV, 9:53.83
2008 Shelley Taylor, UTC, 10:05.02
2009 Meghan Gaffney, ASU, 9:47.21
2010 Trinity Foreman, ASU, 10:09.73
2011 Ashley Schnell, UNCG, 9:52.39
2012 Dena O'Brien, CofC, 9:38.11

5,000-Meter Run

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

55-Meter Hurdles

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

60-Meter Hurdles

2004 Ronda White, ASU, 8.62
2005 Ronda White, ASU, 8.48
2006 Brittany Chase, ASU, 8.51
2007 Dominique Price, ELON, 8.67
2008 Dominique Price, ELON, 8.84
2009 Morgan Tyler, SAM, 8.71
2010 Morgan Tyler, SAM, 8.69



Women's Individual Champions

- 2011 Nicole Okolo, WCU, 8.52
- 2012 Jasmine Billings, GSU, 8.49

Two-Mile Relay

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

Mile Relay

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

4x800-Meter Relay

- 1990 Appalachian State, 9:47.70

4x400-Meter Relay

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

Distance Medley

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

*Run one lap short

Long Jump

- 1988 Sandra Davis, WCU, 19'2"
- 1989 Erica West, Marshall, 18'10"
- 1990 Erica West, Marshall, 18'8½"
- 1991 Sabrina Hill, ASU, 18'8¾"
- 1992 Von Ross, WCU, 20'4"

- 1993 Von Ross, WCU, 20'3½" (6.21m)
- 1994 Alice Vinson, ASU, 19'3½"
- 1995 Shelli Clendenon, ETSU, 19'8½"
- 1996 Rahma Mateen, WCU, 20'0"
- 1997 Rahma Mateen, WCU, 5.81m
- 1998 Taneisha Robinson, ETSU, 5.94m
- 1999 Taneisha Robinson, ETSU, 20'3.0"
- 2000 Rosalyn Hood, WCU, 19'8.25"
- 2001 Tyleana Hanner, UTC, 20'0.25"
- 2002 Ronda White, ASU, 19'6.75"
- 2003 Kellie Mitchell, GSU, 5.93m
- 2004 Kasola Smith, UTC, 6.05m
- 2005 Jennifer Claud, ASU, 5.95m
- 2006 Vonteena Knotts, ASU, 6.07m
- 2007 Nicole Brown, GSU, 6.15m
- 2008 Vonteena Knotts, ASU, 5.81m
- 2009 Lynndsey Hyter, GSU, 5.97m
- 2010 Veronica Day, Elon, 5.72m
- 2011 Lynndsey Hyter, GSU, 6.06m
- 2012 Jasmine Walker, GSU, 5.61m

Triple Jump

- 1988 Linda McKoy, ASU, 38'2"
- 1989 Stethane Pipkins, ASU, 38'11"
- 1990 Sabrina Hill, ASU, 39'2"
- 1991 Sabrina Hill, ASU, 40'6½"
- 1992 Melissa Morrison, ASU, 40'11¼"
- 1993 Melissa Morrison, ASU, 40'11½"
- 1994 Precious Quire, ASU, 39'3½"
- 1995 Precious Quire, ASU, 41'6"
- 1996 Nikki Harris, ASU, 38'8¾"
- 1997 Rahma Mateen, WCU, 11.86m
- 1998 Taneisha Robinson, ETSU, 12.49m
- 1999 Taneisha Robinson, ETSU, 13.30m
- 2000 Rosalyn Hood, WCU, 39'8.75"
- 2001 Kirsten Bowden, ASU, 41'2.25"
- 2002 Tondra White, ASU, 40'4.75"
- 2003 Ronda White, ASU, 12.61m
- 2004 Ronda White, ASU, 13.30m
- 2005 Jennifer Claud, ASU, 12.79m
- 2006 Nicole Brown, GSU, 12.46m
- 2007 Nicole Brown, GSU, 12.76m
- 2008 Chibuzo Aguocha, FUR, 12.52m
- 2009 Danielle Thorpe, ASU, 12.68m
- 2010 Danielle Thorpe, ASU, 12.43m
- 2011 Veronica Day, Elon, 12.24m
- 2012 Emily Allen, SAM, 12.02m

High Jump

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

- 2010 Emily Smith, CofC, 1.73m
- 2011 Rebecca Hazeltine, ASU, 1.17m
- 2012 Emily Smith, CofC, 1.70m

Shot Put

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

20-LB Weight Throw

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

Pole Vault

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

Pentathlon

- 2004 Kellie Mitchell, GSU, 3,754
- 2005 Laura Tieszen, WCU, 3,274
- 2006 Kristie Boggan, ASU, 3,147
- 2007 Nashay McGriff, WCU, 3,226
- 2008 Melanie Trumbo, GSU, 3,248

Women's Individual Champions



2009 Lynnsey Hyter, GSU, 3,551
2010 Lynnsey Hyter, GSU, 3,494
2011 Lynnsey Hyter, GSU, 3,578
2012 Louise PrevotEAU, Elon, 3,566



Women's All-Freshman Teams

2009

200-Meter Dash

Emma Bowers, Western Carolina

400-Meter Dash

Amy Salek, Elon
Asia Dunlap, Appalachian State

800-Meter Run

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

Mile Run

Kristen Wolfe, College of Charleston
Grace Loba, College of Charleston
Kerry Hartman, UNC Greensboro

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

Tori Jones, Western Carolina

High Jump

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

Long Jump

Millic Brooks-Millender, Georgia Southern

Triple Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

Jessie Wilson, Western Carolina
Summer Hughes, Western Carolina

Pentathlon

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

2011

60-Meter Dash

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

200-Meter Dash

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

400-Meter Run

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

High Jump

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

Long Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

2010

60-Meter Dash

Raven Parrish - Western Carolina
Valerie Parks - Western Carolina

200-Meter Dash

Raven Parrish - Western Carolina

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

Jasmine Billings - Georgia Southern
Jelain McArthur - College of Charleston

High Jump

Chenelle Terry - Samford

Long Jump

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

Triple Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

Emily Allen - Samford
Kelsi Billings - The Citadel

2012

60-Meter Dash

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

400-Meter Run

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

High Jump

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

Long Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

Louise PrevotEAU - Elon
Michaela Birek - Western Carolina
Anne Greer - Western Carolina

2012 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Weight Throw

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Brunson Miller, The Citadel

Most Outstanding Field Performer

Bo Ackerson-Gilroy, Samford

Most Outstanding Athlete

Bo Ackerson-Gilroy, Samford

Freshman of the Year

Abraham Faison, Western Carolina

Coach of the Year

John Weaver, Appalachian State



2012 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Dena O'Brien, College of Charleston

Most Outstanding Field Performers

Gayshawna Watkins, Appalachian State

Most Outstanding Athlete

Dena O'Brien, College of Charleston

Freshman of the Year

Jasmine Walker, Georgia Southern

Coach of the Year

Danny Williamson, Western Carolina

2011 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Weight Throw

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Chris Moen, Appalachian State

Most Outstanding Field Performer

Malcolm Styers, Appalachian State

Most Outstanding Athlete

Cordell Livingston, Western Carolina

Freshman of the Year

Jamal Tiller, Appalachian State

Co-Coaches of the Year

John Weaver, Appalachian State



2011 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performers

Lynndsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynndsey Hyter, Georgia Southern

Freshman of the Year

Breanna Alston, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2010 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Cameron Bean, Samford

Most Outstanding Field Performer

Matt Evans, Western Carolina

Most Outstanding Athlete

Cordell Livingston, Western Carolina

Freshman of the Year

Cordell Livingston, Western Carolina

Co-Coaches of the Year

Rod Tiffin, Samford

Danny Williamson, Western Carolina



2010 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley (One Lap Short)

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Co-Most Outstanding Field Performers

Lynnndsey Hyter, Georgia Southern
Deirdra Morrison, Western Carolina

Most Outstanding Athlete

Jane't Carothers, Western Carolina

Freshman of the Year

Trinity Foreman, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2009 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina



2009 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performer

Lynnsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

Freshman of the Year

Emily Smith, College of Charleston

Coach of the Year

John Weaver, Appalachian State

2008 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina



2008 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Outstanding Track Performer

Kerrie Savery, Western Carolina

Outstanding Field Performer

Brittani Williams, Appalachian State

Most Outstanding Performer

Kerrie Savery, Western Carolina

Freshman of the Year

Kara Krutchfield, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2007 Men's Championship



Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Adam Van Nortwick, Appalachian State

Most Outstanding Field Performer

Wes Kiser, Appalachian State

Coach of the Year

John Weaver, Appalachian State



2007 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Petathlon

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

Individual Awards

Most Outstanding Track Performer
Brenna Burns, Davidson

Most Outstanding Field Performer
Nicole Brown, Georgia Southern

Freshman of the Year
Kristen Meister, Davidson

Coach of the Year
Danny Williamson, Western Carolina

2006 Men's Championship



60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

Team Results

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

5,000-Meter Run

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

60-Meter Hurdles

1. Lawrence Briscoe, WCU 8.05

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer

Zeb Johnson, WCU

Most Outstanding Field Performer

Mark Sturgis, ASU

Freshman of the Year

Josh Cox, ASU

Coach of the Year

Danny Williamson, Western Carolina



2006 Women's Championship

60-Meter Dash

1. Tangelia Johnson, WCU7.48
2. Cassandra Gentry, WCU7.72
3. Vonteena Knotts, ASU7.72
4. Lauren Jacobs, GSU7.80
5. Raquel Ramseur, WCU7.84
6. Brittany Chase, GSU7.84
7. Asia Davis, WCU7.91
- Nicole Brown, GSUFS

200-Meter Dash

1. Raquel Ramseur, WCU24.51
2. Nicole Brown, GSU24.54
3. Monica Johnson, ASU25.27
4. Tangelia Johnson, WCU25.29
5. Jodi Whittle, CIT25.55
6. Asia Davis, WCU25.66
7. Vonteena Knotts, ASU26.93

400-Meter Dash

1. Raquel Ramseur, WCU56.24
2. Asia Davis, WCU56.30
3. Amber Wilson, GSU57.01
4. Kristen Edgar, FUR1:00.06
5. Alexine Crutchfield, ASU1:01.38
6. Brooke Saddler, WCU1:06.43
7. Aneesha Lane, WCU1:15.47
- Rashedah Arnold, GSUDNF

800-Meter Run

1. Shannon Wommack, UTC2:15.27
2. Ashley Meagher, UTC2:18.74
3. McKenzie Sharpe, FUR2:18.85
4. Rebecca Mullen, FUR2:19.23
5. Alana Black, ELON2:21.45
6. Kerri Savery, WCU2:22.39
7. Anna Baker, ASU2:24.03
8. Brittney Jett, GSU2:24.64

Mile Run

1. Shannon Wommack, UTC4:48.09
2. Kathleen Turchin, UTC5:00.46
3. Lanni Marchant, UTC5:01.91
4. Meghan Gaffney, ASU5:05.75
5. Megal Atias, DAV5:13.39
6. Jess Weber, UNCG5:13.71
7. Wells Trompeter, CofC5:14.46
8. Brittney Jett, GSU5:20.29

3,000-Meter Run

1. Shannon Wommack, UTC9:34.01
2. Kathleen Turchin, UTC9:45.02
3. Lanni Marchant, UTC9:45.07
4. Megal Atias, DAV10:11.06
5. Sabrina Lefort, UTC10:12.04
6. Meghan Gaffney, ASU10:12.08
7. Caroline Sanker, DAV10:13.07
8. Emily King, DAV10:30.00

5,000-Meter Run

1. Lanni Marchant, UTC17:17.34
2. Kathleen Turchin, UTC17:19.35
3. Sabrina Lefort, UTC17:41.23
4. Meghan Gaffney, ASU17:45.19
5. Katie Williams, UTC17:58.45
6. Heidi Pinkerton, UNCG18:17.17
7. Emily King, DAV18:19.55
8. Anna Mae Flynn, ELON18:20.87

Team Results

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

60-Meter Hurdles

1. Brittany Chase, GSU8.51
2. Dominique Price, ELON8.70
3. Amber Wilson, GSU8.84
4. Lauren Jacobs, GSU8.89
5. Asia Davis, WCU9.04
6. Mandi Phillips, GSU9.06
7. Nashay McGriff, WCU9.07
8. Whitney Jones, FUR9.26

Distance Medley

1. Appalachian State12:11.01
2. Furman12:11.95
3. Chattanooga12:14.50
4. Elon12:25.70
5. Davidson12:31.64
6. The Citadel12:48.04
7. UNC Greensboro12:50.72
8. Western Carolina12:59.38

4x400-Meter Relay

1. Georgia Southern3:54.45
2. Western Carolina3:55.50
3. Furman3:56.87
4. Elon4:00.64
5. Davidson4:04.41
6. College of Charleston4:06.65
7. The Citadel4:07.87
8. Appalachian State4:11.41

Long Jump

1. Vonteena Knotts, ASU6.07m
2. Nicole Brown, GSU6.04m
3. Chibuzo Agoucha, FUR5.77m
4. Jessica Mayela, ASU5.67m
5. Lauren Jacobs, GSU5.63m
6. Dominique Thurman, GSU5.48m
7. Tiffany Mack, WCU5.44m
8. Monica Johnson, ASU5.26m

Triple Jump

1. Nicole Brown, GSU12.46m
2. Lauren Jacobs, GSU12.32m
3. Vonteena Knotts, ASU12.04m
4. Chibuzo Agoucha, FUR11.98m
5. Jessica Mayela, ASU11.61m
6. Mandi Phillips, GSU11.59m
7. Monica Johnson, ASU11.21m
8. Jasmine Lightning, GSU11.06m

High Jump

1. Jessika Johnson, WCU1.64m
2. Brittany Whittaker, WCU1.64m
3. Amber Wilson, GSU1.59m
4. Jasmine Lightning, GSU1.59m
5. Dominique Boone, CofC1.59m
6. Nashay McGriff, WCU1.54m
7. Caroline Jett, ASU1.49m
8. Piper Taylor, ASU1.49m

Shot Put

1. Beverly Burnett, ASU14.88m
2. Stephanie McNeill, CIT14.00m
3. Brittani Williams, ASU13.78m
4. Nikole Simmons, ASU13.66m
5. Kristie Boggan, ASU13.31m
6. Nicole Lopez, WCU13.08m
7. Chakosha Lance, CofC12.41m
8. Emily Greeson, GSU12.40m

Weight Throw

1. Chakosha Lance, CofC19.54m
2. Nikole Simmons, ASU18.15m
3. Monique Pitts, GSU15.92m
4. Emily Greeson, GSU15.84m
5. Stephanie McNeill, CIT15.83m
6. Beverly Burnett, ASU15.79m
7. Brittani Williams, ASU15.37m
8. Charlotte Baker, ASU15.19m

Pole Vault

1. Caren Mah, ASU3.50m
2. Jessica Clendenning, ELON3.50m
3. Summer Chambless, CofC3.20m
3. Jessie Wilson, WCU3.20m
5. Shea Snow, ASU3.20m
6. Bridgett Robinson, ASU3.20m
7. Susan Shore, ELON3.05m
8. Kaitlyn Heeke, ASU2.90m
8. Melissa Cabe, WCU2.90m

Pentathlon

1. Kristie Boggan, ASU3,147
2. Caroline Jett, ASU3,053
3. Julia Hicks, ELON2,999
4. Rachel Glasgow, WCU2,883
5. Latasha Sanders, CIT2,799
6. Emily Wright, ASU2,579
7. Jessica Wilkerson, WCU2,575
8. Kimberly Abel, ELON2,574

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Chakosha Lance, College of Charleston

Freshman of the Year

Monica Johnson, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2005 Men's Championship



60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Team Results

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Heptathlon

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

Individual Awards

Most Outstanding Track Performer
Steven Kocsis, Chattanooga

Most Outstanding Field Performers
Anthony Greer, Appalachian State

Freshman of the Year
Shane Estes, East Tennessee State

Coach of the Year
Danny Williamson, Western Carolina



2005 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Nettie Halcomb, Chattanooga

Most Outstanding Field Performer

Laura Tieszen, Western Carolina

Freshman of the Year

Raquel Ramseur, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2004 Men's Championship



Team Results

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

60-Meter Dash

- Ernest Wiggins, ASU 6.73
- Tee Alford, WCU 6.81
- James Rainer, ETSU 6.82
- Darius Bryson, WCU 6.93
- Sean Jackson, ASU 6.93
- Milton Bolton, WCU 7.10
- Patrick Mauldin, WCU 7.80
- Johnny Tucker, ETSU 7.82

200-Meter Dash

- Ernest Wiggins, ASU 21.64
- Tee Alford, WCU 21.83
- Chris Martin, ASU 21.87
- Milton Bolton, WCU 21.94
- James Barr, WCU 22.01
- James Rainer, ETSU 22.02
- Darius Bryson, WCU 22.27
- Johnny Tucker, ETSU 27.06

400-Meter Dash

- Milton Bolton, WCU 48.01
- James Gregory, WCU 48.96
- James Barr, WCU 48.96
- Bryan Burney, ASU 49.06
- Will Gillespie, ASU 49.30
- Chris Martin, ASU 49.48
- Keith Curry, ASU 50.16
- Johnny Tucker, ETSU 59.02

800-Meter Run

- Robert Hatcher, UTC 1:55.85
- David Haefner, ETSU 1:56.16
- Joshua Hicks, ETSU 1:56.48
- Colin Sullivan, UTC 1:56.95
- Eddie Vick, WCU 1:57.28
- Vince Bechtel, CIT 1:59.04
- Ben Austin, ASU 2:03.47

Mile Run

- Bradley Yewer, ETSU 4:12.86
- Colin Sullivan, UTC 4:14.75
- Adam Puett, WCU 4:15.33
- Linas Salkauskas, UTC 4:18.14
- CR Thomas, UNCG 4:18.82
- Gediminas Banevicius, UTC 4:21.17
- Nathan Adams-Hernandez, ASU 4:22.14
- Nick Lehman, DAV 4:22.67

3,000-Meter Run

- Steven Kocsis, UTC 8:23.03
- Bradley Yewer, ETSU 8:24.24
- Adam Puett, WCU 8:29.68
- Joe Halin, ASU 8:31.76
- Ian Mayne, UTC 8:32.89
- Franklin Manchester, ASU 8:36.28
- James Grufferty, ETSU 8:36.73
- Gediminas Banevicius, UTC 8:37.61

5,000 Meter Run

- Steven Kocsis, UTC 14:41.89
- Bradley Yewer, ETSU 14:53.80
- Ian Mayne, UTC 14:57.25
- James Grufferty, ETSU 14:59.67
- Joe Halin, ASU 15:00.37
- Carson Blackwelder, ASU 15:02.52
- Joe Jacobs, UNCG 15:09.12
- Peter Dalton, ETSU 15:12.09

60-Meter Hurdles

- Lawrence Briscoe, WCU 8.26
- Alex Love, WOF 8.44
- Michael Malone, WCU 8.47
- Kaylin Chesney, ETSU 8.56
- Chris Harrington, UTC 8.64
- Deonte Cook, WCU 8.64
- Thomas Cummings, CIT 8.72
- Brett Phillips, UTC 8.93

Distance Medley

- UNC Greensboro 10:11.00
- East Tennessee State 10:11.46
- Davidson 10:14.82
- Appalachian State 10:15.44
- Chattanooga 10:31.78
- The Citadel 10:44.78
- Western Carolina 11:13.17

4x400-Meter Relay

- Western Carolina 3:14.61
- Appalachian State 3:14.89
- The Citadel 3:21.07
- Chattanooga 3:26.58
- Davidson 3:28.60
- East Tennessee State 3:33.39

Long Jump

- Justin Davis, WCU 7.41m
- Tyler Ferguson, WCU 7.09m
- Arthur Robertson, ASU 6.86m
- Gerald Foreman, ASU 6.75m
- LaMont Reid, WCU 6.47m
- Rod Palmer, WCU 6.45m
- Marquice Miller, UNCG 6.36m
- Chris Cutter, ASU 6.20m

Triple Jump

- Gerald Foreman, ASU 14.79m
- Tyler Ferguson, WCU 14.65m
- Justin Davis, WCU 14.64m
- Donald Cabbler, ETSU 14.51m
- Arthur Robertson, ASU 14.07m
- Chris Cutter, ASU 13.66m
- Kaylin Chesney, ETSU 13.66m
- Rod Palmer, WCU 13.18m

High Jump

- Lawrence Briscoe, WCU 2.00m
- Dan Smith, ASU 1.95m
- John Barlew, UTC 1.95m
- Rod Palmer, WCU 1.90m
- Bobby Robinson, WCU 1.90m
- Jeremy Snoderly, ETSU 1.90m
- LaMont Reid, WCU 1.90m
- Dishan Smith, ASU 1.85m
- Travis Taylor, CIT 1.85m
- Rhette Ezzell, ETSU 1.85m

Shot Put

- Bob Smith, ASU 16.60m
- Anthony Greer, ASU 16.32m
- Kerry Brown, ASU 15.27m
- Charles Hyder, ETSU 15.19m
- Dan Utley, ASU 14.19m
- Jason Stepp, WCU 14.11m
- Felipe Foster, WCU 13.29m
- Matt Decker, WCU 12.96m

Weight Throw

- Bob Smith, ASU 18.72m
- Anthony Greer, ASU 15.75m
- Matt Decker, WCU 15.18m
- Willie Sturgis, WCU 14.18m
- Chris Franklin, CIT 14.18m
- Jon Winkler, ASU 14.04m
- Kevin McAlmont, WCU 13.67m
- Dan Utley, ASU 13.46m

Pole Vault

- Wes Willoughby, WCU 4.60m
- Jeff Fiorello, ASU 4.45m
- Dan Queen, ASU 4.45m
- Joe Irvin, ASU 4.15m
- David McCall, WCU 4.15m
- Bobby Robinson, WCU 4.00m
- Christian Benson, WCU 4.00m
- Ryan Fussell, WCU 3.85m

Heptathlon

- Dan Queen, ASU 4,571
- Bobby Robinson, WCU 4,501
- Dustin Wright, ASU 4,420
- Matt Harlfinger, WCU 4,137
- Travis Taylor, CIT 3,747
- Alex Moore, ASU 3,584
- Hunter Reid, CIT 3,247
- Ryan Fussell, WCU 2,983

Individual Awards

Most Outstanding Track Performer

Steven Kocsis, Chattanooga
Bradley Yewer, East Tennessee State

Most Outstanding Field Performers

Bob Smith, Appalachian State

Freshman of the Year

James Gregory, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina



2004 Women's Championship

Team Results

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

60-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

60-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Pentathlon

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

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Tondra White, Appalachian State

Kellie Mitchell, Georgia Southern

Freshman of the Year

Kathleen Turchin, Chattanooga

Coach of the Year

John Weaver, Appalachian State

2003 Men's Championship



55-Meter Dash

1. Jason Green, ASU6.26
2. Ernest Wiggins, ASU6.27
3. Tee Alford, WCU6.29
4. Sean Jackson, ASU6.40
5. Kevin McLeod, ASU6.49
6. Holt McPherson, ASU6.54
7. Charles Watson, CIT6.70
8. Kenyon Doyle, CIT7.09

200-Meter Dash

1. Jason Green, ASU21.61
2. Ernest Wiggins, ASU21.76
3. Kenyon Doyle, CIT21.94
4. Milton Bolton, WCU22.04
5. Larry Williams, VMI22.17
6. Jeff Witherspoon, CIT22.21
7. Holt McPherson, ASU22.29
- Kevin McLeod, ASUDQ

400-Meter Dash

1. Alex Prince, CIT48.78
2. Milton Bolton, WCU48.97
3. Chris Harrington, UTC49.06
4. Larry Williams, VMI49.17
5. Michael Kirk, VMI50.56
6. Will Gillespie, ASU50.96
7. Charles Watson, CIT50.98
8. Keith Curry, ASU51.36

800-Meter Run

1. John Robertson, WCU1:52.11
2. Caleb Bailey, WCU1:52.33
3. Colin Sullivan, UTC1:53.07
4. Dale Slaughter, ASU1:54.89
5. Robert Hatcher, UTC1:56.55
6. Michael Lokale, VMI1:57.32
7. Ben Austin, ASU1:59.09
8. Greg Scott, DAV2:04.86

Mile Run

1. Bradley Yewer, ETSU4:14.36
2. Colin Sullivan, UTC4:14.65
3. Caleb Bailey, WCU4:17.25
4. Mike Reed, ASU4:18.54
5. Derrick Williamson, ASU4:18.95
6. Adam Puett, WCU4:20.00
7. Greg Scott, DAV4:20.39
8. Linas Salkauskas, UTC4:20.84

3,000-Meter Run

1. Bradley Yewer, ETSU8:26.06
2. Derrick Williamson, ASU8:27.95
3. James Grufferty, ETSU8:28.65
4. Steven Kocsis, UTC8:29.07
5. Lance Parker, ASU8:36.38
6. Adam Puett, WCU8:42.64
7. Ian Mayne, UTC8:43.16
8. Carson Blackwelder, ASU8:43.96

Team Results

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

5,000-Meter Run

1. Bradley Yewer, ETSU15:04.83
2. Steven Kocsis, UTC15:04.93
3. Lance Parker, ASU15:08.99
4. Derrick Williamson, ASU15:10.82
5. Peter Dalton, ETSU15:15.29
6. Franklin Manchester, ASU15:21.93
7. Robert Killian, CIT15:24.48
8. James Grufferty, ETSU15:27.13

55-Meter Hurdles

1. Jeff McKelvin, VMI7.75
2. Chris Harrington, UTC7.78
3. Deangelo Plather, VMI7.95
4. Kaylin Chesney, ETSU8.00
5. Cory Blanton, UTC8.08
6. Andre Brown, WCU8.09
7. Kevin Soloman, VMI8.28
- Deonte Cook, WCUFS

Distance Medley

1. Western Carolina10:07.84
2. East Tennessee State10:08.78
3. Appalachian State10:09.20
4. Chattanooga10:10.41
5. The Citadel10:35.32
6. VMI10:37.06
7. Davidson11:14.35

4x400-Meter Relay

1. The Citadel3:16.34
2. VMI3:16.71
3. Western Carolina3:18.74
4. Chattanooga3:22.92
5. Appalachian State3:23.92
6. Davidson3:28.43
7. East Tennessee State3:28.84

Long Jump

1. Holt McPherson, ASU24'7.25"
2. Justin Davis, WCU23'6.75"
3. James Sills, UTC23'6.25"
4. Deon Britton, ASU23'3.50"
5. Brian Graves, ASU23'1.75"
6. Xavier Goddard, WCU22'8.00"
7. Kevin Soloman, VMI22'7.75"
8. Arthur Robertson, ASU22'5.00"

Triple Jump

1. Kevin Solomon, VMI48'0.75"
2. Michael Dodd, UTC47'3.75"
3. Gerald Foreman, ASU47'2.50"
4. Tyler Ferguson, WCU47'1.75"
5. Arthur Robertson, ASU46'5.25"
6. Brian Graves, ASU46'2.75"
7. Mario Brooks, UTC46'5.20"
8. Marus Carter, CIT45'10.00"

High Jump

1. Garrett Brickner, VMI6'9.75"
2. Chris Walker, VMI6'6"
3. Kamau Hull, VMI6'4"
4. John Barlew, UTC6'4"
5. James Sills, UTC6'4"
6. Travis Taylor, CIT6'4"
7. Jeremy Snoderly, ETSU6'2"
7. Bobby Robinson, WCU6'2"

Shot Put

1. Anthony Greer, ASU51'8.50"
2. Katon Bethay, WOF51'4.50"
3. Quentin Armstrong, CIT50'2.75"
4. Charles Hyder, ETSU48'3.50"
5. Dan Utley, ASU47'5.25"
6. David Bryce, WCU47'2.25"
7. Travis Crittenden, VMI46'11.75"
8. Eric Thompson, VMI46'11.50"

Weight Throw

1. Daniel Duckworth, ASU58'1.25"
2. Nick McNeil, WCU54'4.00"
3. Jason Stepp, WCU48'10.00"
4. Travis Crittenden, VMI48'4.75"
5. Matt Decker, WCU47'11.00"
6. Eric Thompson, VMI46'8.25"
7. Anthony Greer, ASU44'7.00"
8. Chris Franklin, CIT44'6.00"

Pole Vault

1. Sean Heaston, WCU15'5.75"
2. Jon Norman, ASU15'5.75"
3. Ty Denby, VMI15'0.00"
4. Dan Queen, ASU15'0.00"
5. Jeff Fiorello, ASU14'6.00"
6. Bryan Tomlinson, ASU14'0.00"
7. David McCall, WCU13'6.25"
8. William Pearl, VMI13'6.25"

Individual Awards

Most Outstanding Track Performer
Bradley Yewer, East Tennessee State

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

Freshman of the Year
John Robertson, Western Carolina

Coach of the Year
John Weaver, Appalachian State



2003 Women's Championship

Team Results

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

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

55-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Pole Vault

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

Weight Throw

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

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Rashedah Arnold, Georgia Southern

Coach of the Year
Bill Gautier, Chattanooga

2002 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

55-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Track Performer
Caleb Bailey, Western Carolina

Most Outstanding Field Performer
Kevin Solomon, VMI

Freshman of the Year
Milton Bolton, Western Carolina

Coach of the Year
John Weaver, Appalachian State



2002 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

55-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Pole Vault

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

Weight Throw

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

Individual Awards

Most Outstanding Track Performer
Shannon Womack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Jennifer Claud, Appalachian State

Coach of the Year
John Weaver, Appalachian State

2001 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

55-Meter Hurdles

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

Distance Medley

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer

Marcus Lynch, VMI

Freshman of the Year

J.B. Rosson, VMI

Coach of the Year

Mike Bozeman, VMI



2001 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

1. Shonte Pinkston, ASU..... 24.63
2. Ronetta Burgess, WCU..... 24.73
3. Roseline Addo, ETSU..... 25.03
4. Marna Moore, UTC..... 25:14
5. Tyleana Hanner, UTC..... 25.31
6. Jennifer Howard, ETSU..... 25.47

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

55-Meter Hurdles

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

Distance Medley

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

4x400 Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer
Tyleana Hanner, Chattanooga

Freshman of the Year
Oddbjorg Haugen, Chattanooga

Coach of the Year
John Weaver, Appalachian State

2000 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer
Nic Crider, Chattanooga

Freshman of the Year
Derrick High, Western Carolina

Coach of the Year
John Weaver, Appalachian State



2000 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer
Rosalyn Hood, Western Carolina

Freshman of the Year
Andrea Matthews, Appalachian State

Coach of the Year
Danny Williamson, Western Carolina

1999 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

1. Johnnie Morrison, WCU	6.33
2. Ken White, VMI	6.34
3. Jan Ingram, CIT	6.41
4. Kevin Pennycooke, ETSU	6.42
5. Carlos Frank, CIT	6.53
6. Devon Scott, ASU	6.55
7. Jeremy Carter, WCU	6.56
8. Quez Smith, VMI	6.59

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

1. Nic Crider, UTC	8:34.11
2. Derek Murphy, ETSU	8:36.05
3. Rodney Stoker, UTC	8:39.61
4. Shane Auston, ASU	8:42.00
5. Joe Smith, VMI	8:47.83
6. Ben Bissette, ASU	8:50.74
7. Brent Ferrell, DAV	8:52.04
8. J. Buechner, WCU	8:52.14

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

1. Omari Francis, ASU	7.61
2. Keith Sims, ASU	7.62
3. Rahsaan Uldaneta, WCU	7.64
4. Ryan Linebarger, ASU	7.66
5. Jeremy Carter, WCU	7.75
6. Zach Harris, ASU	7.76
7. Jeff McKelvin, VMI	7.81
8. Johnny Bomar, WCU	7.92

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer

Nic Crider, Chattanooga

Freshman of the Year

Jeremy Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina



1999 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

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

4x400-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer

Taneisha Robinson, East Tennessee State

Freshman of the Year

Virginia Lacombe, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

1998 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

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

1,600-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer
Darrius Jackson, VMI

Freshman of the Year
Evan Hawkins, East Tennessee State

Coach of the Year
Milan Donley, East Tennessee State



1998 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

5,000-Meter Run

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

Distance Medley

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

55-Meter Hurdles

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

1,600-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Individual Awards

Most Outstanding Performer

Taneisha Robinson, East Tennessee State

Freshman of the Year

Anna Wright, Chattanooga

Coach of the Year

Bill Gautier, Chattanooga

1997 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

Mile Run

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

3,000-Meter Run

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

Distance Medley

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

5,000-Meter Run

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

55-Meter Hurdles

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

1,600-Meter Relay

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

Long Jump

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

Triple Jump

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

High Jump

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

Shot Put

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

Weight Throw

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

Pole Vault

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

Individual Awards

Most Outstanding Performer
Declan Fahy, East Tennessee State

Freshman of the Year
Randy Moss, Marshall

Coach of the Year
Jeff Small, Marshall



1997 Women's Championship

Team Results

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

Individual Results

55-Meter Dash

1. Daree Thompson, WCU..... 6.98
2. Trice Roundtree, ASU..... 7.21
3. Reshia Johnson, UTC..... 7.22
4. Rahma MATEen, WCU..... 7.29
5. Cindy Dawson, MAR..... 7.31
6. Tyleana Hanner, UTC..... 7.41

200-Meter Dash

1. Daree Thompson, WCU..... 24.89
2. Tyleana Hanner, UTC..... 25.06
3. Salima Fountain, FUR..... 25.17
4. Andrea Shropshire, UTC..... 25.92
5. Shawnta Person, WCU..... 25.99
6. Reshia Johnson, UTC..... 26.35

400-Meter Dash

1. Salima Fountain, FUR..... 56.47
2. Andrea Shropshire, UTC..... 57.06
3. Shawnta Person, WCU..... 57.39
4. Karen Houston, ASU..... 59.41
5. Michelle Simmons, ASU..... 59.60
6. Juanita Welford, ASU..... 1:00.64

800-Meter Run

1. Mary Jayne Harrelson, ASU..... 2:13.30
2. Maggie Donahue, WCU..... 2:14.19
3. Emily Redmon, WCU..... 2:16.12
4. Maria Stiver, UTC..... 2:17.38
5. Valerie Urchison, ETSU..... 2:21.62
6. Becky Pouch, MAR..... 2:22.28

Mile Run

1. Valerie Urchison, ETSU..... 5:02.46
2. Kristen Savery, WCU..... 5:03.54
3. Jennifer Eckard, UTC..... 5:04.31
4. Jenny Chase, ASU..... 5:08.35
5. Corie Fuchs, ASU..... 5:11.60
6. Abby Reeder, ASU..... 5:13.16

3,000-Meter Run

1. Mary Jane Middelkoop, UTC..... 10:13.25
2. Mary Jo Ferrigan, ETSU..... 10:14.37
3. Christina Olson, ASU..... 10:24.63
4. Amanda Lynch, UTC..... 10:25.03
5. Taylor Perin, ETSU..... 10:29.11
6. L. Kepper-Hudson, FUR..... 10:29.44

Distance Medley

1. East Tennessee State..... 12:06.54
2. Chattanooga..... 12:08.66
3. Appalachian State..... 12:09.61
4. Western Carolina..... 12:36.89
5. Marshall..... 13:01.58
6. Davidson..... 13:04.49

5,000-Meter Run

1. Mary Jo Ferrigan, ETSU..... 17:36.82
2. Lynn Kepper-Hudson, FUR..... 17:49.67
3. Mary Jane Middelkoop, UTC..... 17:55.76
4. Michele Marshall, UTC..... 17:59.30
5. Christina Olson, ASU..... 18:17.10
6. Amanda Lynch, UTC..... 18:19.61

55-Meter Hurdles

1. Trice Roundtree, ASU..... 8.07
2. Cindy Dawson, MAR..... 8.19
3. Rahma Mateen, WCU..... 8.22
4. Adrienne Hundemer, MAR..... 8.36
5. Jamilah Sawyer, DAV..... 8.48
6. Kamilah Gabriel, WCU..... 8.65

1,600-Meter Relay

1. Western Carolina..... 3:50.85
2. Chattanooga..... 3:54.88
3. Appalachian State..... 3:57.54
4. East Tennessee State..... 4:00.98
5. Marshall..... 4:01.96
6. Furman..... 4:03.28

Long Jump

1. Rahma Mateen, WCU..... 5.81m
2. Taneisha Robinson, ETSU..... 5.67m
3. Tyleana Hanner, UTC..... 5.65m
4. Daree Thompson, WCU..... 5.49m
5. Jennifer Sluss, ETSU..... 5.47m
6. Lisa Roberts, ASU..... 5.33m

Triple Jump

1. Rahma Mateen, WCU..... 11.86m
2. Jennifer Sluss, ETSU..... 11.81m
3. Taneisha Robinson, ETSU..... 11.77m
4. Lisa Roberts, ASU..... 11.70m
5. Tyleana Hanner, UTC..... 11.40m
6. Starrbria Anderson, MAR..... 11.39m

High Jump

1. Jennifer Sluss, ETSU..... 1.67m
2. Rahma Mateen, WCU..... 1.67m
3. Cori Telzrow, ASU..... 1.62m
4. Lakeeva Brooks, WCU..... 1.62m
5. Katie Condon, FUR..... 1.57m
6. Kelly Fisher, ASU..... 1.57m

Shot Put

1. LaSha Jackson, WCU..... 13.49m
2. Elizabeth Reck, MAR..... 13.15m
3. Robyn Stockunas, WCU..... 13.07m
4. Chandra Nelson, MAR..... 12.09m
5. Christine Ziemba, ASU..... 12.06m
6. Allison Walker, ASU..... 11.67m

Weight Throw

1. Robyn Stockunas, WCU..... 14.88m
2. Chandra Nelson, MAR..... 13.52m
3. LaKeysha Lovette, WCU..... 13.04m
4. Allison Walker, ASU..... 12.56m
5. Elizabeth Reck, MAR..... 12.49m
6. Rachel Olander, ASU..... 12.29m

Individual Awards

Most Outstanding Performer

Daree Thompson, Western Carolina

Freshman of the Year

Tyleana Hanner, Chattanooga

Coach of the Year

Danny Williamson, Western Carolina

1996 Men's Championship



Team Results

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

Individual Results

55-Meter Dash

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

55-Meter Hurdles

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

200-Meter Dash

1. Delevantie Brown, ETSU 22.32
2. Tobe Taylor, UTC 22.76
3. Eric Gay, VMI 22.78
4. Donnell Brinson, WCU 22.99
5. Holm Ankoma-Sey, VMI 23.19
6. Thomas Haskins, VMI 23.28

400-Meter Dash

1. Holm Ankoma-Sey, VMI 50.19
2. Phil Alicea, VMI 50.69
3. Mark Gochenour, MAR 50.73
4. Joe Allen, MAR 50.76
5. Warren Robertson, UTC 51.20
6. Garson Hedrick, ASU 51.52

800-Meter Run

1. Zach Whitmarsh, ETSU 1:56.98
2. Chuck Margraves, UTC 1:57.76
3. David Chambless, WCU 1:58.22
4. Casey Price, UTC 1:58.22
5. Damian Walsh, UTC 2:00.82
6. Scott Johnson, MAR 2:02.32

3,000-Meter Run

1. Mike Leinweber, UTC 8:34.5
2. Tommy Holland, ASU 8:40.5
3. John Fenton, ETSU 8:41.5
4. Derek Murphy, ETSU 8:42.5
5. Kyle McLean, UTC 8:45.6
6. Brian Clark, WCU 8:47.3

5,000-Meter Run

1. Tommy Holland, ASU 15:00.9
2. Mike Leinweber, UTC 15:12.6
3. Derek Murphy, ETSU 15:20.3
4. Kyle McLean, UTC 15:20.4
5. Brian Clark, WCU 15:22.2
6. Fred Reinhardt, ETSU 15:25.7

Mile Run

1. Chuck Margraves, UTC 4:18.4
2. Declan Fahy, ETSU 4:20.1
3. John Fenton, ETSU 4:21.8
4. Zach Whitmarsh, ETSU 4:22.0
5. Ben Redman, MAR 4:22.9
6. Kyle McLean, UTC 4:27.3

Mile Relay

1. East Tennessee State 3:21.60
2. Chattanooga 3:21.65
3. VMI 3:24.61
4. Appalachian State 3:31.41
5. Marshall 3:32.79
6. Western Carolina 3:32.95

Distance Medley

1. Chattanooga 10:27.4
2. East Tennessee State 10:34.7
3. Marshall 10:36.5
4. Appalachian State 10:41.6
5. VMI 10:51.9
6. Western Carolina 10:51.9

Long Jump

1. Andy Wilhite, MAR 23'10½"
2. Eric Gay, VMI 23'6½"
3. Khamisi Jackson, MAR 23'5¼"
4. Darrius Jackson, VMI 23'0"
5. Clarence Edwards, WCU 22'8¼"
6. Floyd Johnson, MAR 22'6½"

Triple Jump

1. Obi Ezekwe, VMI 48'1¾"
2. Jimmy Johnson, WCU 48'1¼"
3. Floyd Johnson, MAR 48'1"
4. Delvell Johnson, VMI 47'8¾"
5. Andy Wilhite, MAR 46'8¾"
6. Brent Taylor, VMI 45'9½"

High Jump

1. Dan Ritchey, MAR 6'9¾"
2. John Moss, ASU 6'9¾"
3. Tommy Bock, MAR 6'6"
- Delvell Johnson, VMI 6'6"
5. Mike Kroeger, ASU 6'6"
6. Cory Cooper, WCU 6'6"

Shot Put

1. Ryan Early, VMI 55'2¼"
2. Jason Clendenin, VMI 51'11"
3. Derek Summerour, WCU 50'11"
4. John Maynard, MAR 50'2"
5. Ron Moak, CIT 49'6½"
6. Curtis Eason, ETSU 48'9"

35-Pound Weight

1. John Maynard, MAR 55'5½"
2. Rich Latta, ASU 54'8"
3. Justin May, VMI 52'8¾"
4. Tim Brock, VMI 52'5"
- Jason Clendenin, VMI 52'5"
6. Chris Botti, WCU 48'2½"

Pole Vault

1. Todd Poremba, ASU 16'1"
2. Phil Alicea, VMI 15'6"
3. Jarrett Foster, WCU 15'0"
4. Brian Butts, MAR 15'0"
5. Wirt Cross, VMI 15'0"
6. Jeff Fitzgerald, ASU 14'6"

Individual Awards

Most Outstanding Performer
Delevantie Brown, East Tennessee State

Freshman of the Year
Zach Whitmarsh, East Tennessee State

Coach of the Year
Jeff Small, Marshall



1996 Women's Championship

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	127.5	5. Chattanooga	44
2. East Tennessee State	108	6. Marshall	17
3. Appalachian State	96	7. Davidson	7
4. Furman	64.5		

Individual Results

55-Meter Dash

1. Nikki Harris, ASU 7.25
2. Rahma Mateen, WCU 7.31
3. Talisha Goins, ASU 7.34
4. Wykesha Bailey, WCU 7.48
5. Karen Houston, ASU 7.52
6. Kendra Prather, ETSU 8.04

200-Meter Dash

1. Salima Fountain, FUR 25.87
2. Kendra Prather, ETSU 26.27
3. Karen Houston, ASU 26.35
4. Wykesha Bailey, WCU 26.38
5. Rahma Mateen, WCU 26.55
6. Tracie George, ETSU 27.17

400-Meter Dash

1. Andrea Shropshire, UTC 58.95
2. Salima Fountain, FUR 59.15
3. Karen Houston, ASU 59.20
4. Kendra Prather, ETSU 59.63
5. Tracie George, ETSU 1:00.32
6. Laura Beck, WCU 1:00.92

800-Meter Run

1. Michelle Gregg, ETSU 2:15.8
2. Emily Redmon, WCU 2:16.1
3. Maggie Donahoe, WCU 2:17.5
4. Val Urchison, WCU 2:19.8
5. Keeva McManus, WCU 2:20.9
6. Michelle Bozue, UTC 2:23.0

3,000-Meter Run

1. Heather VandeBrake, FUR 10:06.1
2. Mary Jane Middlekoop, UTC 10:13.8
3. Jennel Walby, ETSU 10:16.5
4. Christina Olson, ASU 10:22.3
5. Mary Jo Ferrigan, ETSU 10:29.8
6. Lindsay Pinkney, MAR 10:35.5

5,000-Meter Run

1. Heather VandeBrake, FUR 17:36.1
2. Mary Jane Middlekoop, UTC 17:41.6
3. Mary Jo Ferrigan, ETSU 17:55.6
4. Lynn Kepper, FUR 17:55.9
5. Christina Olson, ASU 17:59.6
6. Jennel Walby, ETSU 18:10.0

Mile Run

1. Heather VandeBrake, FUR 5:06.8
2. Kristen Savery, WCU 5:08.4
3. Michelle Gregg, ETSU 5:10.3
4. Mary Jane Middlekoop, UTC 5:16.3
5. Jennel Walby, ETSU 5:17.3
6. Jennifer Eckard, UTC 5:17.5

55-Meter Hurdles

1. Rahma Mateen, WCU 8.12
2. Trice Roundtree, ASU 8.26
3. Erica Edmond, ETSU 8.45
4. Wykesha Bailey, WCU 8.46
5. Kamilah Gabriel, WCU 8.75
6. Faith Ninivaggi, ASU 9.89

Mile Relay

1. Western Carolina 3:57.7
2. East Tennessee State 4:01.2
3. Chattanooga 4:03.5
4. Appalachian State 4:06.4
5. Marshall 4:15.6
6. Furman 4:22.1

Distance Medley

1. East Tennessee State 12:22.0
2. Western Carolina 12:29.4
3. Furman 12:39.2
4. Chattanooga 12:51.2
5. Davidson 13:11.3

Long Jump

1. Rahma Mateen, WCU 20'0"
2. Tracie George, ETSU 19'3"
3. Nikki Harris, ASU 19'¼"
4. Taneisha Robinson, ETSU 18'5½"
5. Jennifer Sluss, ETSU 18'2"
6. Jennifer Sluss, ETSU 18'1"

Triple Jump

1. Nikki Harris, ASU 38'8¾"
2. Rahma Mateen, WCU 38'4¾"
3. Jennifer Sluss, ETSU 38'¼"
4. Lisa Roberts, ASU 36'4¾"
5. Taneisha Robinson, ETSU 35'11½"
6. Karen Newsan, ETSU 35'2¾"

High Jump

1. Rahma Mateen, WCU 5'6"
2. Jennifer Sluss, ETSU 5'4¼"
3. Vanessa Sims, DAV 5'4¼"
3. Gina Richter, FUR 5'4¼"
5. Shalimar Folds, UTC 5'2¼"
6. Katie Condon, FUR 5'2¼"
6. Lakeeva Brooks, WCU 5'2¼"

Shot Put

1. Ayokka Green, ASU 46'3"
2. LaSha Jackson, WCU 45'1½"
3. Beth Reck, MAR 43'11½"
4. Robyn Stockunas, WCU 41'7½"
5. Chandra Nelson, MAR 41'1"
6. Zondra Johnson, WCU 40'4"

25-pound Weight Throw

1. Ayokka Green, ASU 48'2¾"
2. Robyn Stockunas, WCU 43'6½"
3. Erica Bahry, ASU 43'5¾"
4. Chandra Nelson, MAR 42'11¾"
5. Beth Reck, MAR 42'8"
6. Zondra Johnson, WCU 41'7¼"

Individual Awards

Most Outstanding Performer

Heather VandeBrake, Furman

Freshman of the Year

Karen Houston, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina