

Southern Conference Outdoor Track & Field Record Book





Men's Records and Champions

Men's Outdoor Championship Records

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

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

Men's Champions

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

Men's Individual Honors



Coach-of-the-Year

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

Most Outstanding Athlete

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

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

Most Outstanding Track Performer

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

Most Outstanding Field Performer

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

Freshman-of-the-Year

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

Men's Southern Conference Honors

Athlete-of-the-Week

| | | | | | |
|-------------|---|-------------|---|-------------|---|
| 2003 | March 28 Anthony Greer, Appalachian State | 2008 | March 27 Manteo Mitchell, Western Carolina Matt Evans, Western Carolina | 2011 | March 16 Paul Katam, UNCG (Track) Michael Seaman, Samford (Field) |
| | April 2 Greg Scott, Davidson | | April 4 Michael Mentz, Chattanooga | | March 23 Brunson Miller, The Citadel (Track) Kyle Kirby, Samford (Field) |
| | April 10 Adam Puett, Western Carolina | | April 9 Matt Evans, Western Carolina | | March 30 Ryan Hopkins, Davidson (Track) Malcolm Styers, Appalachian State (Field) |
| | April 15 Adrien Borders, Wofford | | April 15 Patrick Morgan, Furman | | April 6 Blaise Carie, Samford (Track) Jamie Van Pelt, Western Carolina (Field) |
| 2004 | March 25 Ernest Wiggins, Appalachian State | | April 24 Zeb Johnson, Western Carolina | | April 13 Dennis Moore, Appalachian State (Track) Brandon Bassett, Samford (Field) |
| | March 31 Steven Kocsis, Chattanooga | 2009 | March 19 Cavan Corcaron, Samford (Track) Patrick Wells, Samford (Field) | | April 20 Brandon Hudgins, Appalachian State (Track) |
| | April 6 Josh Lee, Western Carolina | | March 26 Manteo Mitchell, Western Carolina (Track) Mark Sturgis, Appalachian State (Field) | | April 27 Dennis Moore, Appalachian State (Track) Malcolm Styers, Appalachian State (Field) |
| | April 14 Lanis Salkauskas, Chattanooga | | April 2 Patrick Morgan, Furman (Track) Darius Purcell, Appalachian State (Field) | 2012 | March 20 Andrew Lantz, Davidson (Track) Darius Purcell (Field) |
| | April 20 James Rainer, East Tennessee State | | April 9 Manteo Mitchell, Western Carolina (Track) Matt Evans, Western Carolina (Field) | | March 29 AJ Dohanic, Appalachian State (Track) Michael Seaman, Samford (Field) |
| | April 27 Bob Smith, Appalachian State | | April 16 Joey Thompson, UNC Greensboro (Track) Darron Dotson, Western Carolina (Field) | | April 11 Paul Chelimo, UNCG (Track) Jamie Van Pelt, Western Carolina (Field) |
| 2005 | March 23 Adam Puett, Western Carolina | | April 23 Dominique Young, Western Carolina (Track) Patrick Wells, Samford (Field) | | April 18 Lee Gilmer, Furman (Track) Stewart Dalton, Davidson (Field) |
| | March 30 Steven Kocsis, Chattanooga | 2010 | March 18 Cavan Corcoran, Samford (Track) Christopher Castagno, The Citadel (Field) | | 2013 |
| | April 6 Jeff Williams, UNC Greensboro | | March 25 Brunson Miller, The Citadel (Track) Matt Evans, Western Carolina (Field) | | March 20 Andrew Lantz, Davidson (Track) Jared Stalling, Appalachian State (Field) |
| | April 13 Zeb Johnson, Western Carolina | | April 1 Cameron Bean, Samford (Track) Patrick Wells, Samford (Field) | | March 28 Josey Weaver, Western Carolina (Track) Jared Stalling, Appalachian State (Field) |
| | April 20 Ian Mayne, Chattanooga | | April 8 Cameron Bean, Samford (Track) Cordell Livingston, Western Carolina (Field) | | April 3 Paul Chelimo, UNCG (Track) Patrick Quinn, Appalachian State (Field) |
| | April 27 Adrien Borders, Wofford | | April 15 Lee Gilmer, Furman (Track) Jerod Gardner, Appalachian State (Field) | | April 10 Wilkerson Given, Furman (Track) Capers Williamson, The Citadel (Field) |
| 2006 | March 21 Milton Bolton, Western Carolina | | April 22 John Svoboda, Appalachian State (Track) Quintin Turner, The Citadel (Field) | | |
| | April 5 Zeb Johnson, Western Carolina Ian Mayne, Chattanooga Douglas Noreen, Davidson | | | | |
| | April 12 Milton Bolton, Western Carolina | | | | |
| | April 19 Jeff Williams, UNC Greensboro | | | | |
| | April 25 Lawrence Briscoe, Western Carolina | | | | |
| 2007 | March 14 Jim Walter, Davidson | | | | |
| | March 21 Will Funderburg, Davidson | | | | |
| | March 28 Dominique Young, Western Carolina | | | | |
| | April 4 Manteo Mitchell, Western Carolina Anthony Greer, Appalachian State | | | | |
| | April 11 Charles Derrickson, Appalachian State | | | | |
| | April 18 David Ritchie, Davidson | | | | |

Athlete-of-the-Month

| | |
|---|---|
| 2004 | 2011 |
| April | March |
| Bob Smith, Appalachian State | Cordell Livingston, Western Carolina (Track) Michael Seaman, Samford (Field) |
| 2006 | April |
| March | Cordell Livingston, Western Carolina (Track) Brandon Bassett, Samford (Field) |
| Milton Bolton, Western Carolina | 2012 |
| April | March |
| Zeb Johnson, Western Carolina | AJ Dohanic, Appalachian State (Track) Darius Purcell, Appalachian State (Field) |
| 2009 | 2013 |
| March | March |
| Manteo Mitchell, Western Carolina (Track) Patrick Wells, Samford (Field) | Track |
| April | Brandon Hairston, Western Carolina (Track) Jared Stalling, Appalachian State (Field) |
| Manteo Mitchell, Western Carolina (Track) Matt Evans, Western Carolina (Field) | April |
| 2010 | Brandon Hairston, Western Carolina (Track) Jared Stalling, Appalachian State (Field) |
| March | |
| Phil Mitchell, Appalachian State (Track) Matt Evans, Western Carolina (Field) | |
| April | |
| John Svoboda, Appalachian State (Track) Cordell Livingston, Western Carolina (Field) | |

Men's Team and Individual Records



Team Champions

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

*active SoCon members

Most Outstanding Athlete Awards (multiple winners)%

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

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

Most Outstanding Track Performer Awards (multiple winners)^

| Name | School | Titles | Years |
|-----------------|--------|--------|---------|
| Manteo Mitchell | WCU | 2 | 2008-09 |

^began in 2002

Most Outstanding Field Performer Awards (multiple winners)^

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

^began in 2002

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

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

*active

#began in 1978

Men's NCAA Champions

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

Men's All-Freshman Teams

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

Men's All-Freshman Teams



| | | | | | |
|---|---|---|--|---|--|
| Bob McNeil | Western Carolina | 110-Meter Hurdles Abraham Faison Pierce DeRico Stanley Broaden | Western Carolina Davidson Appalachian State | 1500m Adam Jones Brandon Hazouri Josh Crawford | Samford Samford UNCG |
| High Jump Tyler Kemp Jordan Orr Joshua Hogg | Samford Western Carolina Appalachian State | 400-Meter Hurdles Stanley Broaden Abraham Faison David Riddleberger | Appalachian State Western Carolina Appalachian State | 400m Geoff Nelson Chase Helton Tevin Williams | Chattanooga Appalachian State The Citadel |
| Triple Jump Jamal Tiller Bob McNeil Justin Strickland | Appalachian State Western Carolina Western Carolina | Long Jump Abraham Faison Bob Elliott II Tanner Shoemaker | Western Carolina Samford The Citadel | 100m Max Burke | Western Carolina |
| Javelin Throw Clay Allen Jordan Orr Andrew McCurry | The Citadel Western Carolina Wofford | High Jump Daryl Saunders Bob Elliott II Cory Patterson | Appalachian State Samford Western Carolina | 110m Hurdles Iman Isang | Chattanooga |
| Discus Throw Daniel Alexis Jonathan Newton Dylan Gigado | Western Carolina Western Carolina The Citadel | Triple Jump Bob Elliott II Abraham Faison Matthew Beausoleil | Samford Western Carolina The Citadel | Decathlon Dustin Triplett Christina Carswell Steven Bastien | Western Carolina Western Carolina Samford |
| Shot Put Jonathan Newton Dylan Gigado Daniel Alexis | Western Carolina The Citadel Western Carolina | Javelin Throw Andy Benesh | Western Carolina | 800m Brandon Hazouri Marquis Carter Jamie Bigby | Samford Chattanooga Western Carolina |
| Pole Vault Owen Wagoner Matt Stenger | Samford Western Carolina | Hammer Throw Andy Benesh Nick Sansotta | Western Carolina Appalachian State | Triple Jump Xzavier Killings Tevin Johnson | Davidson Wofford |
| Decathlon Sam Lusty | Western Carolina | Discus Throw Andy Benesh Nick Sansotta | Western Carolina Appalachian State | 400m Hurdles Charles Rappe Jayce Almes Darius Johnson | Davidson The Citadel The Citadel |
| 2012 | | Shot Put Nick Sansotta Andy Benesh | Appalachian State Western Carolina | Shot Put John Leonard Jared Johnson Brian Hill | Appalachian State Western Carolina Samford |
| 100-Meter Dash Jeffery Hendricks | Western Carolina | Pole Vault Jacob Stowe | Appalachian State | Discus Jared Johnson Brian Hill John Leonard | Western Carolina Samford Appalachian State |
| 200-Meter Dash Jeffery Hendricks Demari Boswell Carson Priest | Western Carolina Western Carolina Furman | Decathlon Kyle Bernier Cody Russell Ian Aikman | Western Carolina Samford The Citadel | 200m Max Burke | Western Carolina |
| 400-Meter Dash Demari Boswell Dezerick Frazier Keith Lemay | Western Carolina Chattanooga The Citadel | 2013 | | 5000m Daniel Samet Luke Weishaar | Davidson Samford |
| 800-Meter Run Raphel Rojas William Ivey Wesley Laytham | Appalachian State Furman Davidson | 10,000m Daniel Samet Bradley Gossett Lucas Sieb | Davidson Furman Samford | High Jump Tevin Johnson Cole Finch Christian Carswell | Wofford Appalachian State Western Carolina |
| 1,500-Meter Run Tripp Hurt Patrick O'Brien Mitchell Llyod | Furman Chattanooga Furman | Hammer Brian Hill John Leonard | Samford Appalachian State | | |
| 10,000-Meter Run Travis Alfaro Dylann Belles | Western Carolina UNCG | Long Jump Steven Bastien Tevin Johnson Dakota Richardson | Samford Wofford The Citadel | | |
| 5,000-Meter Run Josh Cox Stuart Graham Travis Alfaro | Appalachian State Furman Western Carolina | Javelin Adam Parker Christian Carswell | Western Carolina Western Carolina | | |
| 3,000-Meter Steeplechase Josh Cox Tripp Hurt Eric Williams | Appalachian State Furman UNCG | Pole Vault Patrick Quinn | Appalachian State | | |
| | | 3000m Steeplechase Michael Cornwell Ryan Doyle | Western Carolina Wofford | | |



Men's Championship Results

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

Men's Championship Results



| | | | | | | | | | | | | | |
|-------------|----------------------|------|-------------|------------------|----------------|-------------|----------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------|
| | VMI | 8 | | Richmond | 6 | | Richmond | 40 | | Davidson | 6 | | |
| | Clemson | 5.5 | | | | | West Virginia | 31 | | | | | |
| | Furman | 4 | 1957 | William & Mary | 70 | | Furman | 29 | 1978 | VMI | 187 | | |
| | Davidson | 4 | | Virginia Tech | 48.75 | | The Citadel | 23 | | Appalachian State | 116 | | |
| | North Carolina State | 2 | | VMI | 33.75 | | East Carolina | 22 | | Marshall | 106 | | |
| | South Carolina | 2 | | West Virginia | 22 | | Davidson | 0 | | Furman | 75 | | |
| 1950 | North Carolina | 74 | | Davidson | 22.25 | 1968 | William & Mary | 124.5 | | Western Carolina | 44 | | |
| | Duke | 48 | | Richmond | 18.25 | | The Citadel | 30 | | Davidson | 43 | | |
| | Maryland | 36 | | Washington & Lee | 5 | | East Carolina | 30 | | The Citadel | 35 | | |
| | North Carolina State | 24 | | The Citadel | 4 | | Furman | 28 | | UT-Chattanooga | 13 | | |
| | Virginia Tech | 15 | 1958 | Furman | 2 | | Richmond | 26 | 1979 | VMI | 188 | | |
| | South Carolina | 11 | | William & Mary | | | West Virginia | 23 | | East Tennessee | 133 | | |
| | William & Mary | 7 | | 1959 | The Citadel | | VMI | 17.5 | | Appalachian State | 123.5 | | |
| | Davidson | 4 | | | | | Davidson | 9 | | Marshall | 73 | | |
| | Clemson | 3 | 1960 | The Citadel | 64 | 1969 | William & Mary | 105 | | The Citadel | 42.5 | | |
| | VMI | 2 | | West Virginia | 52 | | East Carolina | 54 | | Western Carolina | 23 | | |
| 1951 | Maryland | 63 | | Furman | 45 | | The Citadel | 44 | | Furman | 22 | | |
| | North Carolina | 57 | | William & Mary | 24 | | Furman | 36 | | Davidson | 13 | | |
| | Duke | 40 | | Richmond | 13 | | Davidson | 23 | 1980 | Appalachian State | 137 | | |
| | North Carolina State | 22 | | VMI | 10 | | Richmond | 22 | | East Tennessee | 132 | | |
| | VMI | 17 | | Virginia Tech | 7 | | VMI | 3 | | VMI | 125 | | |
| | South Carolina | 13.5 | 1961 | The Citadel | 68 | 1970 | William & Mary | 114 | | Marshall | 82.5 | | |
| | Clemson | 10.5 | | Furman | 55 | | East Carolina | 79 | | Western Carolina | 55 | | |
| | Davidson | 8 | | West Virginia | 27 | | Richmond | 49 | | Furman | 51 | | |
| | Furman | 4 | | William & Mary | 24 | | Furman | 25 | | The Citadel | 34.5 | | |
| | William & Mary | 3 | | VMI | 15 | | The Citadel | 16 | | Davidson | 3 | | |
| 1952 | Maryland | 57.5 | | Virginia Tech | 9.5 | | VMI | 9 | | Chattanooga | 0 | | |
| | Duke | 46 | | Richmond | 4.5 | 1971 | Davidson | 6 | 1981 | VMI | 161 | | |
| | North Carolina | 37.5 | | 1962 | Furman | 72.67 | William & Mary | 101 | | Appalachian State | 106 | | |
| | Virginia Tech | 27 | | | The Citadel | 57.5 | East Carolina | 78 | | East Tennessee | 103 | | |
| | VMI | 21.5 | | | William & Mary | 36 | Furman | 68 | | Furman | 82 | | |
| | West Virginia | 15 | | | West Virginia | 24.33 | The Citadel | 19 | | Marshall | 72 | | |
| | North Carolina State | 13 | | | VMI | 18.5 | Richmond | 17 | | Western Carolina | 42 | | |
| | South Carolina | 4 | | | Virginia Tech | 16 | VMI | 11 | | The Citadel | 41 | | |
| | Washington & Lee | 2.5 | | | Davidson | 8 | Davidson | 10 | | Davidson | 9 | | |
| | Davidson | 1 | | | Richmond | 7 | Davidson | 10 | | Chattanooga | 1 | | |
| 1953 | Maryland | 58.5 | | 1963 | Furman | 70 | 1972 | William & Mary | 108 | 1982 | VMI | 158 | |
| | Duke | 41.5 | | | The Citadel | 51 | | East Carolina | 73 | | Appalachian State | 155 | |
| | North Carolina | 41 | | | West Virginia | 36 | | Furman | 54 | | East Tennessee | 121 | |
| | Virginia Tech | 27 | | | VMI | 32 | | Richmond | 44 | | Furman | 46 | |
| | VMI | 14 | | | William & Mary | 19 | | Davidson | 16 | | The Citadel | 42 | |
| | South Carolina | 10 | | | Davidson | 12 | | The Citadel | 13 | | Marshall | 42 | |
| | North Carolina State | 9 | | | Virginia Tech | 10 | | VMI | 12 | | Western Carolina | 38 | |
| | West Virginia | 8 | | | Richmond | 5 | 1973 | William & Mary | 118.83 | | Davidson | 17 | |
| | Richmond | 5.5 | | 1964 | West Virginia | 56.5 | | East Carolina | 97.33 | | Chattanooga | 0 | |
| | Clemson | 4.5 | | | Furman | 44.5 | | Furman | 53 | 1983 | VMI | 174 | |
| | Davidson | 2 | | | The Citadel | 41.33 | | Richmond | 18.5 | | Appalachian State | 152 | |
| | Furman | 2 | | | VMI | 38 | | Appalachian State | 16 | | East Tennessee | 99 | |
| | Washington & Lee | 1 | | | William & Mary | 27.33 | | VMI | 6 | | Marshall | 61 | |
| 1954 | VMI | 59 | | | Virginia Tech | 27 | | Davidson | 5.33 | | Furman | 45 | |
| | Virginia Tech | 42 | | | Davidson | 17.33 | | The Citadel | 5 | | Western Carolina | 42 | |
| | West Virginia | 30 | | 1965 | Richmond | 3 | | 1974 | William & Mary | 209 | The Citadel | 38 | |
| | Richmond | 17 | | | Furman | 67 | | | East Carolina | 167 | Davidson | 6 | |
| | Furman | 13 | | | West Virginia | 51 | | | Furman | 119 | | | |
| | Washington & Lee | 10 | | | VMI | 32 | | | Richmond | 54 | 1984 | Appalachian State | 201.5 |
| | Davidson | 8 | | | The Citadel | 28 | | | The Citadel | 25 | | VMI | 127 |
| 1955 | VMI | 67 | | | William & Mary | 23 | | | VMI | 20 | | East Tennessee | 82 |
| | William & Mary | 50 | | | Virginia Tech | 18 | | | Appalachian State | 18 | | Western Carolina | 78 |
| | Virginia Tech | 41 | | | Davidson | 18 | | | Davidson | 8 | | The Citadel | 61 |
| | West Virginia | 26 | | 1966 | Richmond | 17 | | | 1975 | William & Mary | | Marshall | 48.5 |
| | Richmond | 19 | | | William & Mary | 71 | | | | Furman | 20 | Furman | 28 |
| | Furman | 17 | | | The Citadel | 41 | | 1976 | East Carolina | | Davidson | 2 | |
| | Washington & Lee | 9 | | | West Virginia | 35 | | | | | 1985 | Appalachian State | 151 |
| | Davidson | 8 | | | Richmond | 35 | | | | | | Western Carolina | 124 |
| 1956 | Virginia Tech | 67 | | | VMI | 34 | | | | | | VMI | 100 |
| | VMI | 55.5 | | | Furman | 34 | | | | | | The Citadel | 78 |
| | West Virginia | 38 | | | East Carolina | 9 | | | | | | East Tennessee | 70 |
| | The Citadel | 29 | | | Davidson | 1 | | | | | | Marshall | 48 |
| | Furman | 22 | | 1967 | William & Mary | 77 | | | | | | Furman | 28 |
| | Davidson | 13 | | | VMI | 48 | | | | | | Davidson | 18 |
| | Washington & Lee | 9 | | | | | | | | | | | |

Men's Championship Results

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

Women's Records and Champions



Women's Outdoor Championship Records

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

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

Women's Champions

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

Women's Individual Honors

Coach-of-the-Year

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

Most Outstanding Athlete

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

Most Outstanding Track Performer

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

Most Outstanding Field Performer

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

Freshman-of-the-Year

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

Women's Southern Conference Honors



Athlete-of-the-Week

| | | | |
|-------------|----------|---|---|
| 2003 | April 24 | Demetrise Anthony, Georgia Southern | Breanna Alston, Appalachian State (Co-Track) |
| March 28 | | Rashedah Arnold, Georgia Southern | Zakiyah Stewart, Western Carolina (Field) |
| April 2 | | Emily Chaney, East Tennessee State | April 13 |
| April 10 | | Leslie Martin, Western Carolina | Amy Salek, Elon (Track) |
| April 15 | | Marlo Mincey, Georgia Southern | Rebecca Hazeltine, Appalachian State (Field) |
| 2004 | March 26 | Felicia Paulding, Western Carolina (Track) | April 20 |
| March 25 | | Marlo Mincey, Georgia Southern | Danielle McKee, The Citadel (Track) |
| March 31 | | Shannon Wommack, Chattanooga | Rebecca Hazeltine, Appalachian State (Field) |
| April 6 | | Leslie Martin, Western Carolina | April 27 |
| April 14 | | Nicole Brown, Georgia Southern | Felisha Garren, Western Carolina (Track) |
| April 20 | | Kristin Truman, East Tennessee State | Veronica Day, Elon (Field) |
| April 27 | | Lindy Petteway, Georgia Southern | 2012 |
| 2005 | March 14 | Amy Salek, Elon (Track) | March 14 |
| March 23 | | Laura Tieszen, Western Carolina | Gayshawna Watkins, Appalachian State (Field) |
| March 30 | | Beverly Burnett, Appalachian State | March 20 |
| April 6 | | Shannon Wommack, Chattanooga | Jocelyn Keen, Western Carolina (Track) |
| April 13 | | Rhonda White, Appalachian State | Sinead Haughey, Furman (Track) |
| April 20 | | Alice Turner, Elon | Shaquiela Robinson, Appalachian State (Field) |
| April 27 | | Nikole Simmons, Appalachian State | March 28 |
| 2006 | March 28 | Jasmine Billings, Georgia Southern (Track) | April 3 |
| March 21 | | Raquel Ramseur, Western Carolina | Ashley Schnell, UNCG (Track) |
| April 5 | | Tangelia Johnson, Western Carolina | Meghan Morton, Western Carolina (Field) |
| April 12 | | Jessica Clendenning, Elon | April 11 |
| April 19 | | Nicole Brown, Georgia Southern | Ashley Schnell, UNCG (Track) |
| 2007 | April 18 | Alexis Moore, The Citadel | Alisha Bradshaw, Western Carolina (Field) |
| March 14 | | Stephanie McNeill, The Citadel | April 18 |
| March 21 | | Asia Davis, Western Carolina | Brooke Mosteller, Furman (Track) |
| March 28 | | Kristen Meister, Davidson | 2013 |
| April 4 | | Terrie Savery, Western Carolina | March 20 |
| April 11 | | Brenna Burns, Davidson | Jocelyn Keen, Western Carolina (Track) |
| April 18 | | Alexis Moore, The Citadel | Cassie Crawford, Appalachian State (Field) |
| 2008 | April 8 | Felisha Garren, Western Carolina (Track) | March 28 |
| March 27 | | Lynnndsey Hyter, Georgia Southern | Tayla Carter, Western Carolina (Track) |
| April 4 | | Ashley McKiver, Appalachian State | Alisha Bradshaw, Western Carolina (Field) |
| April 9 | | Raquel Ramseur, Western Carolina | April 3 |
| April 16 | | Chibuzo Aguocha, Furman | Lauren D'Alessio, Samford (Track) |
| | April 15 | Anneli Uys, Chattanooga (Track) | RoShani Glover, College of Charleston (Field) |
| | April 22 | Danielle Thorpe, Appalachian State (Field) | April 10 |
| | | Shenita Martin, Appalachian State (Track) | Carolina McCaslin, Elon (Track) |
| | | Gayshawna Watkins, Appalachian State (Field) | Alisha Bradshaw, Western Carolina (Field) |
| | April 17 | Jasmine Suydam, Appalachian State (Field) | April 17 |
| | | 2011 | Veronica Luedke, Elon (Track) |
| | March 16 | Ashley Schnell, UNCG (Track) | Jasmine Suydam, Appalachian State (Field) |
| | | Veronica Day, Elon (Field) | |
| | March 23 | Nicole Okolo, Western Carolina (Track) | |
| | | Cassie Crawford, Appalachian State (Field) | |
| | March 30 | Kwajelin Holsendolph, Georgia Southern (Co-Track) | |
| | | Dena O'Brien, College of Charleston (Co-Track) | |
| | | Veronica Day, Elon (Field) | |
| | April 6 | Felisha Garren, Western Carolina (Co-Track) | |

Athlete-of-the-Month

| | | |
|--|-------|--|
| 2004 | April | Annali Uys, Chattanooga (Track) |
| March | | Danielle Thorpe, Appalachian State (Field) |
| Marlo Mincey, Georgia Southern | | 2011 |
| April | | March |
| Lindy Petteway, Georgia Southern | | Dena O'Brien, College of Charleston (Co-Track) |
| 2006 | | Ashley Schnell, UNCG (Co-Track) |
| March | | Veronica Day, Elon (Field) |
| Raquel Ramseur, Western Carolina | | April |
| April | | Felisha Garren, Western Carolina (Track) |
| Shannon Wommack, Chattanooga | | Rebecca Hazeltine, Appalachian State (Field) |
| 2009 | | 2012 |
| March | | March |
| Hillary Neal, Samford (Track) | | Amy Salek, Elon (Track) |
| Danielle Thorpe, Appalachian State (Field) | | Meghan Morton, Western Carolina (Field) |
| April | | 2013 |
| Hillary Neal, Samford (Track) | | March |
| Lilly Tallent, Appalachian State (Field) | | Tayla Carter, Western Carolina (Track) |
| | | Alisha Bradshaw, Western Carolina (Field) |
| 2010 | | April |
| March | | Sinead Haughey, Furman (Track) |
| Jelain McArthur, College of Charleston (Track) | | Alisha Bradshaw, Western Carolina (Field) |
| Urysla Cotton, Elon (Field) | | |

Women's All-Freshman Teams

2009

100-Meter Dash

Emma Bowers, Western Carolina

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

Cori Christensen, Samford

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

Allyson Costa, Elon

100-Meter Hurdles

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

400-Meter Hurdles

Brillyance Gilchrist-Poteat

3,000-Meter Steeplechase

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

High Jump

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

Triple Jump

Jettana Thomas, Western Carolina

Hammer Throw

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

Javelin Throw

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

Shot Put

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

Discus Throw

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

Heptathlon

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

2010

100-Meter Dash

Ebony Carter, Georgia Southern
Raven Parrish, Western Carolina

400-Meter Dash

D'Shawna McLucas, Appalachian State

800-Meter Run

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

1,500-Meter Run

Trinity Foreman, Appalachian State
Shaina Sumney, UNC Greensboro
Morgan Turner, Western Carolina

5,000m-Meter Run

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

10,000m Run

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

100m Hurdles

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

400m Hurdles

Rosie Lewis, Davidson
Shenita Martin, Appalachian State

3,000-Meter Steeplechase

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

Long Jump

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

High Jump

Chenelle Terry, Samford

Triple Jump

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

Hammer Throw

Megan Fannon, Georgia Southern
Jocelyn Rice, Western Carolina

Javelin Throw

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

Shot Put

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

Discus Throw

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

Pole Vault

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

Heptathlon

Emily Allen, Samford

2011

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000m-Meter Run

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

10,000m Run

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

100m Hurdles

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

400m Hurdles

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

3,000-Meter Steeplechase

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

Long Jump

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

High Jump

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

Hammer Throw

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

Javelin Throw

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

Shot Put

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

Discus Throw

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

Pole Vault

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

Heptathlon

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

2012

100-Meter Dash

Jasmine Walker, Georgia Southern

Women's All-Freshman Teams



Taylor Feimester, Western Carolina
Tanisha Bethel, The Citadel

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

5,000m-Meter Run

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

10,000m Run

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

100m Hurdles

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

400m Hurdles

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

3,000-Meter Steeplechase

Mara Sticklely, Appalachian State
Jenny Gallagher, Elon

Long Jump

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

High Jump

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

Triple Jump

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

Hammer Throw

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

Javelin Throw

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

Shot Put

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

Discus Throw

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

Pole Vault

Devyn Ressler, Western Carolina
Cara June Elyea, Western Carolina

Heptathlon

Louise PrevotEAU, Elon
Anne Greer, Western Carolina

2013

10,000m

Dana Cox, Appalachian State

Pole Vault

Audrey Diener, Appalachian State

Javelin

Ciera Holston, College of Charleston

Long Jump

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

3,000m Steeplechase

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

Hammer

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

Heptathlon

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

400m

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

100m

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

100m Hurdles

Sydney Griffin, Elon

800m

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

400m Hurdles

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

High Jump

Megan Kirschling, Elon
Keyanna Harris, Georgia Southern

200m

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

Shot Put

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

Discus

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

5,000m

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

Triple Jump

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

Women's Team and Individual Records

Team Champions

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

*active SoCon members

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

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

*active

^began in 1987

Most Outstanding Athlete Award (multiple winners)#

| Name | School | Titles | Years |
|-----------------|--------|--------|---------|
| Tyleanna Hanner | UTC | 2 | 2000-01 |

#began in 1987

Most Outstanding Track Athlete Award (multiple winners)%

| Name | School | Titles | Years |
|-----------------|--------|--------|---------|
| Shannon Wommack | UTC | 2 | 2005-06 |

%began in 2002

Most Outstanding Field Athlete Award (multiple winners)%

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

%began in 2002

Women's NCAA Champions

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



Women's Championship Results

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

2013 Men's Championship



Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Athlete

Ben Davies, Samford

Most Outstanding Track Performer

Brandon Hairston, Western Carolina

Most Outstanding Field Performer

Jared Stalling, Appalachian State

Freshman of the Year

Brandon Hazouri, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

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

2013 Women's Championship

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Athlete

Ashley Cope, Samford

Most Outstanding Track Performer

Sinead Haughey, Furman

Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

Freshman of the Year

Tayla Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

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

2012 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Athlete

Jared Stalling, Appalachian State

Most Outstanding Track Performer

Benny Davis, Western Carolina

Most Outstanding Field Performer

Jared Stalling, Appalachian State

Freshman of the Year

Bob Elliott II, Samford

Coach of the Year

John Weaver, Appalachian State

****NOTES****

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

2012 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Breanna Alston, Appalachian State

Most Outstanding Track Performer

Ebony Carter, Georgia Southern

Most Outstanding Field Performer

Emily Allen, Samford

Freshman of the Year

Alisha Bradshaw, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2011 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter-Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

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

2011 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Zakiyyah Stewart, Western Carolina

Most Outstanding Track Performer

Felisha Garren, Western Carolina

Most Outstanding Field Performer

Veronica Day, Elon

Freshman of the Year

Breanna Alston, Appalachian State

Coach of the Year

Mark Elliston, Elon

NOTES

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

2010 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Athlete
Malcolm Styers, Appalachian State

Most Outstanding Track Performer
Landon Powell, Appalachian State

Most Outstanding Field Performer
Malcolm Styers, Appalachian State

Freshman of the Year
Landon Powell, Appalachian State

Coach of the Year
John Weaver, Appalachian State

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

2010 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Felicia Paulding, Western Carolina

Most Outstanding Track Performer

Anneli Uys, Chattanooga

Most Outstanding Field Performer

Zakiyyah Stewart, Western Carolina

Freshman of the Year

Jelain McArthur, College of Charleston

Coach of the Year

Mark Elliston, Elon

NOTES

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

2009 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Athlete

Manteo Mitchell, Western Carolina

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Matt Evans, Western Carolina

Freshman of the Year

Jamie Van Pelt, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

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

2009 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Lily Tallent, Appalachian State

Most Outstanding Track Performer

Felicia Paulding, Western Carolina

Most Outstanding Field Performer

Melanie Trumbo, Georgia Southern

Freshman of the Year

Emma Bowers, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2008 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

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

2008 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Brittani Williams, Appalachian State

Most Outstanding Track Performer

Raquel Ramseur, Western Carolina

Most Outstanding Field Performer

Brittani Williams, Appalachian State

Freshman of the Year

Felicia Paulding, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

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

2007 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Douglass Noreen, Davidson

Most Outstanding Field Performer

Anthony Greer, Appalachian State

Freshman of the Year

Dominique Young, Western Carolina

Co-Coaches of the Year

Gary Andrew, Davidson
Danny Williamson, Western Carolina

NOTES

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

2007 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400 Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Track Performer

Nicole Brown, Georgia Southern

Most Outstanding Field Performer

Stephanie McNeill, Georgia Southern

Freshman of the Year

Jessica Irizzary, Georgia Southern

Coach of the Year

Natalie Smith, Georgia Southern

NOTES

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

2006 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Adam Puett, Western Carolina

Most Outstanding Field Performer

Katon Bethay, Wofford

Freshman of the Year

Shaquill Smith, The Citadel

Co-Coaches of the Year

Gary Andrew, Davidson and
Danny Williamson, Western Carolina

NOTES

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

2006 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Stephanie McNeill, The Citadel

Freshman of the Year

Emily King, Davidson

Coach of the Year

Shaun Meinecke, Georgia Southern

NOTES

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

2005 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Mike Malone, Western Carolina

Most Outstanding Field Performer

Anthony Greer, Appalachian State

Freshman of the Year

Zeb Johnson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2005 Women's Championship

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

3,000-Meter Steeplechase

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400 Meter Hurdles

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

| |
|--|
| Most Outstanding Track Performer |
| Shannon Wommack, Chattanooga |
| Most Outstanding Field Performer |
| Laura Tieszen, Western Carolina |
| Freshman of the Year |
| Raquel Ramseur, Western Carolina |
| Coach of the Year |
| Shaun Meinecke, Georgia Southern |
| **NOTE** |
| Top three finishers in each event received all-conference honors |

2004 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Steven Kocsis, Chattanooga

Most Outstanding Field Performer

Bob Smith, Appalachian State

Freshman of the Year

Bryan Burney, Appalachian State

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2004 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

3,000-Meter Steeplechase

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Track Performer
Jennifer Claud, Appalachian State

Most Outstanding Field Performer
Laura Tieszen, Western Carolina

Freshman of the Year
Kathleen Turchin, Chattanooga

Coach of the Year
John Weaver, Appalachian State and
Todd Lane, Georgia Southern

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

2003 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Jason Green, Appalachian State

Most Outstanding Field Performer

Adrien Borders, Wofford

Freshman of the Year

John Robertson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2003 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

3,000-Meter Steeplechase

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

4x100-Meter Relay

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

4x400 Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

| | |
|--------------------------|-------|
| 1. Tondra White, ASU | 4,388 |
| 2. Kristin Truman, ETSU | 4,094 |
| 3. Alison Frese, UTC | 3,940 |
| 4. Kristie Boggan, ASU | 3,780 |
| 5. Kelia Thomas, GSU | 3,736 |
| 6. Rasheeda Ghaffar, UTC | 3,561 |
| 7. Myra Keeter, ASU | 3,368 |

Most Outstanding Track Performer

Gina Recher, Chattanooga

Most Outstanding Field Performer

Lashana Poole, Appalachian State

Freshman of the Year

Rashedah Arnold, Georgia Southern

Coach of the Year

Todd Lane, Georgia Southern

NOTES

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

2002 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Meter Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Track Performer

Ryan Linebarger, Appalachian State

Most Outstanding Field Performer

Bob Smith, Appalachian State

Freshman-of-the-Year

Adrien Borders, Wofford

Coach-of-the-Year

John Weaver, Appalachian State

NOTES

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



2002 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

3,000-Meter Steeplechase

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

5,000-Meter Run

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

10,000-Meter Run

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

100-Meter Hurdles

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

400-Meter Hurdles

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

| | |
|--------------------------|----------|
| 1. Dana Anglin, WCU | 12'0.50" |
| 2. Suzanne Makinson, ASU | 12'0.50" |
| T3. Michelle Velz, WCU | 11'5.75" |
| T3. Laura Tieszen, WCU | 11'5.75" |
| 5. Tricia Shepard, WCU | 10'0.00" |
| 6. Heidi Gholston, GSU | 9'6.25" |
| 7. Kelly Hawkins, ASU | 9'6.25" |
| 8. Sara Searcy, ASU | 9'6.25" |

Long Jump

| | |
|--------------------------|-----------|
| 1. Ronda White, ASU | 19'4.75" |
| 2. Kellie Mitchell, GSU | 18'10.00" |
| 3. Rosalyn Hood, WCU | 18'5.00" |
| 4. Kasola Smith, UTC | 18'4.50" |
| 5. Kamata Potts, WCU | 18'3.75" |
| 6. Kim Simmons, ETSU | 18'3.00" |
| 7. Jacqueline Allen, GSU | 18'2.50" |
| 8. Cedeia Bowden, WCU | 17'11.50" |

Triple Jump

| | |
|---------------------------|-----------|
| 1. Ronda White, ASU | 42'0.00" |
| 2. Tondra White, ASU | 41'0.25" |
| 3. Jennifer Claud, ASU | 40'7.00" |
| 4. Paula Moore, ASU | 40'4.00" |
| 5. Cedeia Bowden, WCU | 39'8.00" |
| 6. Virginia LaCombe, WCU | 39'5.75" |
| 7. Jacqueline Allen, GSU | 37'11.25" |
| 8. Altavise Franklin, WCU | 37'3.25" |

Shot Put

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

Discus Throw

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

Hammer Throw

| | |
|---------------------------|------------|
| 1. Amber Tiggs, GSU | 162'0.00" |
| 2. LaShana Poole, ASU | 156'6.00" |
| 3. Niki Ash, UNCG | 138'10.00" |
| 4. Nancy Hinson, ASU | 136'3.00" |
| 5. Michelle Proctor, UNCG | 131'3.00" |
| 6. Kineta Williams, WCU | 126'0.00" |
| 7. Carol Hamlin, CIT | 125'11.00" |
| 8. Mildred Cooper, VMI | 122'11.00" |

Javelin Throw

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

Heptathlon

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

Most Outstanding Track Performer

Ronda Wright, Appalachian St

Most Outstanding Field Performer

Virginia LaCombe, Western Carolina

Freshman-of-the-Year

Jennifer Claud, Appalachian State

Coach-of-the-Year

John Weaver, Appalachian State

NOTES

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

2001 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

3,000-Steeplechase

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Performer
Ben Bisette, Appalachian State
Freshman-of-the-Year
Nick McNeil, Western Carolina
Coach-of-the-Year
John Weaver, Appalachian State

****NOTES****

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

2001 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Dash

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

1,500-Meter Run

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

3,000-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter Hurdles

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

400-Meter Hurdles

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

4x100-Meter Relay

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

4x400-Meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer

Virginia LaCombe, Western Carolina and
Tyleana Hanner, Chattanooga
Freshman-of-the-Year
Oddbjorg Haugen, Chattanooga
Coach-of-the-Year
Danny Williamson, Western Carolina

NOTES

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

2000 Men's Championship

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter High Hurdles

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

400-Meter Intermediate Hurdles

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

3,000-Meter Steeplechase

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

4x100-meter Relay

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

4x400-meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

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

Most Outstanding Performer

Marcus Lynch, VMI

Freshman of the Year

Kevin Solomon, VMI

Coach of the Year

Mike Bozeman, VMI

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

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

2000 Women's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

3,000-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter High Hurdles

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

400-Meter Intermediate Hurdles

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

4x100-meter Relay

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

4x400-meter Relay

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

High Jump

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

Pole Vault

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

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Heptathlon

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

Most Outstanding Performer
Tyleana Hanner, Chattanooga
Freshman of the Year
Alison Frese, Chattanooga
Coach of the Year
Danny Williamson, Western Carolina
NOTE Top three finishers in each event
receive all-conference honors.

1999 Men's Championship

Team Results

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

100-Meter Dash

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

200-Meter Dash

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

400-Meter Dash

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

800-Meter Run

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

1,500-Meter Run

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

5,000-Meter Run

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

10,000-Meter Run

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

110-Meter High Hurdles

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

400-Meter Int Hurdles

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

3,000-Meter Steeplechase

| | |
|------------------------|---------|
| 1. Shon Grice, UTC | 9:14.70 |
| 2. Derek Murphy, ETSU | 9:21.85 |
| 3. Shane Austin, ASU | 9:24.16 |
| 4. Ben Bisette, ASU | 9:31.19 |
| 5. Brent Ferrell, DAV | 9:39.61 |
| 6. Jake Johnson, FUR | 9:43.71 |
| 7. Tim Briles, FUR | 9:46.01 |
| 8. Patrick Dillon, FUR | 9:55.96 |

4x100-Meter Relay

| | |
|----------------------|-------|
| 1. The Citadel | 40.94 |
| 2. VMI | 41.64 |
| 3. Appalachian State | 42.13 |
| 4. Furman | 43.23 |
| 5. Chattanooga | 43.51 |
| 6. Davidson | 43.72 |
| 7. UNC Greensboro | 44.62 |
| 8. Western Carolina | 48.61 |

4x400-Meter Relay

| | |
|-------------------------|---------|
| 1. East Tennessee State | 3:13.90 |
| 2. Western Carolina | 3:14.74 |
| 3. Appalachian State | 3:14.93 |
| 4. The Citadel | 3:16.46 |
| 5. VMI | 3:17.18 |
| 6. Chattanooga | 3:22.81 |
| 7. Furman | 3:24.33 |
| 8. Davidson | 3:25.42 |

High Jump

| | |
|--------------------------|---------|
| 1. Jason Farr, ETSU | 6-11.50 |
| 2. Eric McClary, CIT | 6-11.50 |
| 3. Tommy Mosley, WCU | 6-05.50 |
| 4. Rob Waddington, CIT | 6-05.50 |
| 5. Jeffrey McKelvin, VMI | 6-03.50 |
| 6. Ben Wittkowski, ETSU | 6-01.50 |
| 7. Scott Cargile, WCU | 6-01.50 |
| 8. Aaron Wright, WCU | 6-01.50 |

Pole Vault

| | |
|----------------------|----------|
| 1. Ryan Lewis, WCU | 16-04.75 |
| 2. Tim Thomas, WCU | 15-07 |
| 3. Wes Pickens, ASU | 15-01 |
| 4. Wirt Cross, VMI | 15-01 |
| 5. Charles Rice, WCU | 13-11.25 |
| 6. Zach Harris, ASU | 13-05.25 |
| 7. Ronald Hull, VMI | 13-05.25 |
| 8. Brad Berry, WCU | 12-05.50 |

Long Jump

| | |
|-----------------------------|----------|
| 1. Smith Lamoytna, VMI | 24-04.50 |
| 2. Rayshon Carthen, WCU | 23-11 |
| 3. Charvin Clark, ETSU | 23-08.25 |
| 4. Jeremy Carter, WCU | 7.21m |
| 5. Omari Francis, ASU | 23-01.25 |
| 6. Jimmy Johnson, WCU | 23-00.75 |
| 7. Damion McLean, ASU | 23-0 |
| 8. Louis Ivory, FUR22-07.25 | |

Triple Jump

| | |
|-------------------------|----------|
| 1. Smith Lamoytna, VMI | 49-2.15 |
| 2. Aaron Wright, WCU | 48-09 |
| 3. Jimmy Johnson, WCU | 48-02 |
| 4. Rayshon Carthen, WCU | 47-07 |
| 5. Omari Francis, ASU | 46-09 |
| 6. Scott Cargile, WCU | 45-11.25 |
| 7. Ade Artis, DAV | 44-10.75 |
| 8. Ian Chadwick, WOF | 44-08.75 |

Shot Put

| | |
|---------------------------|----------|
| 1. Phillip Johnson, WCU | 51-06.50 |
| 2. Jeb Hall, WCU | 51-00.25 |
| 3. Sidney Brandon, VMI | 49-03 |
| 4. Larry Brock, ASU | 47-09.75 |
| 5. Chris Stewart, FUR | 46-03.50 |
| 6. Tom Hite, ETSU | 45-00.25 |
| 7. Quentin Armstrong, CIT | 45-00.25 |
| 8. Russ Touchberry, CIT | 44-03.50 |

Discus Throw

| | |
|-------------------------|--------|
| 1. Phillip Johnson, WCU | 169-03 |
| 2. Larry Brock, ASU | 156-05 |
| 3. Jason White, VMI | 146-05 |
| 4. Jeb Hall, WCU | 145-06 |
| 5. Chris Stewart, FUR | 143-04 |
| 6. Jeff Chambers, WCU | 137-05 |
| 7. James Beverly, ETSU | 135-09 |
| 8. Russ Touchberry, CIT | 135-04 |

Hammer Throw

| | |
|-------------------------|--------|
| 1. Phillip Johnson, WCU | 179-03 |
| 2. Sidney Brandon, VMI | 165-06 |
| 3. Jason White, VMI | 160-01 |
| 4. Adam Gilbert, ASU | 156-02 |
| 5. Jeff Chambers, WCU | 137-11 |
| 6. Kelly Underwood, VMI | 132-06 |
| 7. Russ Touchberry, CIT | 132-01 |
| 8. Jeb Hall, WCU | 129-03 |

Javelin Throw

| | |
|---------------------------|--------|
| 1. Philip Weismiller, VMI | 187-06 |
| 2. Kris Kut, CIT | 185-10 |
| 3. Larry Brock, ASU | 182-03 |
| 4. Dominic Liberato, VMI | 178-10 |
| 5. Tyler Milliken, FUR | 170-04 |
| 6. Tommy Woods, WOF | 166-11 |
| 7. Matt Roten, ASU | 158-0 |
| 8. Nathan Witcamp, WOF | 155-02 |

Decathlon

| | |
|--------------------------|-------|
| 1. Brad Berry, WCU | 5,989 |
| 2. Daniel Duckworth, ASU | 5,389 |
| 3. Martin Dickson, VMI | 5,332 |
| 4. Joe Condrey, WCU | 5,217 |
| 5. Josh Langlely, WCU | 4,965 |

Most Outstanding Performer

Phillip Johnson, Western Carolina

Freshman-of-the-Year

Kenyon Doyle, The Citadel

Coach-of-the-Year

Danny Williamson, Western Carolina

1999 Women's Championship

Team Results

| Team | Points |
|-------------------------|--------|
| 1. Western Carolina | 275.5 |
| 2. Appalachian State | 191 |
| 3. East Tennessee State | 102.5 |
| 4. Chattanooga | 94 |
| 5. Furman | 50 |
| 6. Davidson | 32 |
| 7. VMI | 29 |
| 8. The Citadel | 19 |
| 9. Wofford | 13 |
| 10. UNC Greensboro | 7 |

100-Meter Dash

| | |
|--------------------------|--------|
| 1. Shonte' Pinkston, ASU | 11.76 |
| 2. Angela Pryor, ASU | 12.11 |
| 3. Tyleana Hanner, UTC | 12.26 |
| 4. Karen Houston, ASU | 12.45 |
| 5. Angela Highbaugh, FUR | 12.46 |
| 6. Latrice Sales, CIT | 12.47 |
| 7. Kamilah Gabriel, WCU | 12.60 |
| 8. Rosalyn Hood, WCU | 12.66. |

200-Meter Dash

| | |
|--------------------------|-------|
| 1. Angela Pryor, ASU | 24.55 |
| 2. Shonte' Pinkston, ASU | 25.09 |
| 3. Shawnta Person, WCU | 25.26 |
| 4. Tyleana Hanner, UTC | 25.50 |
| 5. Angela Highbaugh, FUR | 25.58 |
| 6. Jennifer Howard, ETSU | 25.86 |
| 7. Roseline Addo, ETSU | 26.65 |

400-Meter Dash

| | |
|--------------------------|---------|
| 1. Keeya McManus, WCU | 55.46 |
| 2. Shawnta Person, WCU | 55.65 |
| 3. Roseline Addo, ETSU | 55.99 |
| 4. Jennifer Howard, ETSU | 57.48 |
| 5. Juanita Welford, ASU | 58.26 |
| 6. Maria Rivas, FUR | 58.55 |
| 7. Susan Poole, ASU | 59.04 |
| 8. N. Schakleford, UNCG | 1:01.94 |

800-Meter Run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, ASU | 2:07.93 |
| 2. Anne Gardner, WCU | 2:10.21 |
| 3. Keeya McManus, WCU | 2:11.11 |
| 4. Jennifer Croft, UTC | 2:11.21 |
| 5. Smyth Bitter, DAV | 2:13.89 |
| 6. Lauren Campbell, ETSU | 2:16.40 |
| 7. Christina Smith, WCU | 2:18.97 |
| 8. Val Urchison, ETSU | 2:22.03 |

1,500-Meter Run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, ASU | 4:24.14 |
| 2. Jennifer Croft, UTC | 4:26.54 |
| 3. Val Urchison, ETSU | 4:31.34 |
| 4. Anne Gardner, WCU | 4:38.05 |
| 5. Smyth Bitter, DAV | 4:42.20 |
| 6. Jessa Brown, WCU | 4:43.33 |
| 7. Karen Underwood, ASU | 4:43.74 |
| 8. Holly Bright, WCU | 4:47.47 |

3,000-Meter Run

| | |
|------------------------------|----------|
| 1. Mary Jayne Harrelson, ASU | 9:52.17 |
| 2. Catherine Berry, ETSU | 9:54.19 |
| 3. Abby Reeder, ASU | 9:58.29 |
| 4. Amanda Lynch, UTC | 10:04.13 |
| 5. Lory Gray, FUR | 10:34.25 |
| 6. Lucy Billingsley, DAV | 10:51.43 |
| 7. Heather Needham, ASU | 11:03.73 |
| 8. Corie Fuchs, ASU | 11:07.19 |

5,000-Meter Run

| | |
|--------------------------|----------|
| 1. Catherine Berry, ETSU | 16:53.60 |
| 2. Amanda Lynch, UTC | 17:18.85 |
| 3. Abby Reeder, ASU | 17:20.72 |
| 4. Andrea Davis, UTC | 17:33.54 |
| 5. Natalie Scruggs, UTC | 18:11.11 |
| 6. Jenny Warford, WCU | 18:12.32 |
| 7. Megan Fischer, FUR | 18:19.97 |
| 8. Lory Gray, FUR | 18:32.68 |

10,000-Meter Run

| | |
|---------------------------|----------|
| 1. Jenny Warford, WCU | 37:36.23 |
| 2. Andrea Davis, UTC | 37:49.81 |
| 3. Megan Fischer, FUR | 38:11.07 |
| 4. Natalie Scruggs, UTC | 38:47.78 |
| 5. Dana Smith, FUR | 39:03.52 |
| 6. Laura Walkup, ASU | 39:32.38 |
| 7. J. Hollingsworth, UNCG | 39:49.77 |
| 8. Leslie Avbel, UNCG | 39:59.30 |

100-Meter High Hurdles

| | |
|--------------------------|-------|
| 1. Kamilah Gabriel, WCU | 14.16 |
| 2. Jamilah Sawyer, DAV | 14.68 |
| 3. Erica Edmond, ETSU | 14.79 |
| 4. Rosalyn Hood, WCU | 15.00 |
| 5. Kirsten Bowden, ASU | 15.33 |
| 6. Virginia Lacombe, WCU | 15.58 |
| 7. Ginger Denison, FUR | 15.83 |

400-Meter Int Hurdles

| | |
|--------------------------|---------|
| 1. Kamilah Gabriel, WCU | 1:02.16 |
| 2. Virginia Lacombe, WCU | 1:03.95 |
| 3. Monica Hill, FUR | 1:03.96 |
| 4. Erica Edmond, ETSU | 1:05.23 |
| 5. Jamilah Sawyer, DAV | 1:05.32 |
| 6. Natasha Claxton, UTC | 1:06.70 |
| 7. Peaches Hudson, CIT | 1:08.74 |
| 8. Ginger Denison, FUR | 1:09.58 |

4X100-Meter Relay

| | |
|-------------------------|-------|
| 1. Appalachian State | 46.88 |
| 2. Western Carolina | 47.35 |
| 3. Furman | 48.30 |
| 4. East Tennessee State | 48.51 |
| 5. Chattanooga | 53.68 |
| 6. The Citadel | 54.38 |
| 7. UNC Greensboro | 58.32 |

4X400-Meter Relay

| | |
|-------------------------|---------|
| 1. Western Carolina | 3:46.75 |
| 2. Appalachian State | 3:52.97 |
| 3. Furman | 3:54.46 |
| 4. East Tennessee State | 3:58.98 |
| 5. Chattanooga | 4:07.19 |
| 6. Davidson | 4:07.57 |
| 7. VMI | 4:22.13 |
| 8. UNC Greensboro | 4:22.15 |

High Jump

| | |
|----------------------------|---------|
| 1. Taneisha Robinson, ETSU | 5-05.75 |
| 2. Anna Hutcherson, UTC | 5-03.75 |
| 2. Virginia Lacombe, WCU | 5-03.75 |
| 4. Dee Mittman, WCU | 5-01.75 |
| 4. Karen Breeding, ETSU | 5-01.75 |
| 6. Altavise Franklin, WCU | 5-01.75 |
| 7. Kirsten Bowden, ASU | 5-01.75 |
| 7. Mary Engle, ASU | 5-01.75 |

Pole Vault

| | |
|---------------------------|----------|
| 1. Valerie Jaluja, WCU | 11-07.75 |
| 2. Karen Houston, ASU | 10-05.50 |
| 3. Altavise Franklin, WCU | 9-03.25 |
| 4. Kelly Hawkins, ASU | 8-11.75 |
| 5. Lena Summers, ETSU | 8-11.75 |
| 6. Page Stroup, Wofford | 8-06 |
| 7. Sara Searcy, ASU | 8-06 |
| 8. Virginia Lacombe, WCU | 8-06 |

Long Jump

| | |
|---------------------------|----------|
| 1. Rosalyn Hood, WCU | 19-02.50 |
| 2. Kamilah Gabriel, WCU | 19-00.75 |
| 3. Tyleana Hanner, UTC | 18-11.75 |
| 4. Carla McKinney, ETSU | 18-10 |
| 5. Angela Pryor, ASU | 18-07.75 |
| 6. Kirsten Bowden, ASU | 18-03.25 |
| 7. Altavise Franklin, WCU | 17-11.75 |
| 8. Angela Highbaugh, FUR | 17-06.75 |

Triple Jump

| | |
|----------------------------|----------|
| 1. Taneisha Robinson, ETSU | 42-06.75 |
| 2. Kirsten Bowden, ASU | 40-10.25 |
| 3. Tyleana Hanner, UTC | 40-09 |
| 4. Kamilah Gabriel, WCU | 40-08.25 |
| 5. Virginia Lacombe, WCU | 38-06.75 |
| 6. Altavise Franklin, WCU | 38-0 |
| 7. Dee Mittman, WCU | 36-06.75 |
| 8. Mary Engle, ASU | 32-10.25 |

Shot Put

| | |
|---------------------------|----------|
| 1. Valerie Metz, WCU | 41-10.50 |
| 2. Ashley Herndon, WCU | 40-02.25 |
| 3. Altavise Franklin, WCU | 38-01.25 |
| 4. Sydney Rowland, ASU | 37-02.25 |
| 5. Angela Vizzi, VMI | 33-09.50 |
| 6. Mandy Stafford, WOF | 32-10.25 |
| 7. Tyleana Hanner, UTC | 32-09.75 |
| 8. Robin Kennel, ASU | 32-04.75 |

Discus Throw

| | |
|---------------------------|--------|
| 1. Ashley Herndon, WCU | 129-05 |
| 2. Courtney Klitzsch, ASU | 119-0 |
| 3. Sydney Rowland, ASU | 115-06 |
| 4. Kelly Sullivan, VMI | 108-07 |
| 5. Rolanda Malloy, ASU | 105-0 |
| 6. Valerie Metz, WCU | 95-04 |
| 7. Robin Kennel, ASU | 91-01 |
| 8. Carol Hamlin, CIT | 86-01 |

Hammer Throw

| | |
|---------------------------|--------|
| 1. Valerie Metz, WCU | 142-07 |
| 2. Courtney Klitzsch, ASU | 133-08 |
| 3. Angela Myers, VMI | 130-04 |
| 4. Alexis Abrams, VMI | 130-01 |
| 5. Kelly Sullivan, VMI | 126-11 |
| 6. Angela Vizzi, VMI | 126-05 |
| 7. Ashley Herndon, WCU | 116-11 |
| 8. Megan Gentry, CIT | 111-11 |

Javelin Throw

| | |
|---------------------------|--------|
| 1. Ashley Herndon, WCU | 136-05 |
| 2. Altavise Franklin, WCU | 133-05 |
| 3. Yolanda Kirby, DAV | 109-11 |
| 4. Kathy Dollason, WOF | 100-01 |
| 5. Rolanda Malloy, ASU | 94-02 |
| 6. Virginia Lacombe, WCU | 92-06 |
| 7. Kate Cross, WOF | 92-02 |
| 8. Carol Hamlin, CIT | 88-10 |

Heptathlon

| | |
|---------------------------|-------|
| 1. Altavise Franklin, WCU | 4,292 |
| 2. Peaches Hudson, CIT | 3,865 |
| 3. Dee Mittman, WCU | 3,838 |
| 4. Jayna Bryant, WCU | 3,716 |
| 5. Lena Summers, ETSU | 3,533 |
| 6. Anna Hutcherson, UTC | 3,294 |

Most Outstanding Performer

Mary Jane Harrelson,
Appalachian State

Freshman-of-the Year

Ashley Herndon,
Western Carolina

Coach-of-the-Year

Danny Williamson,
Western Carolina

NOTES

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

1998 Men's Championship

Team Results

| Team | Points |
|-------------------------|--------|
| 1. VMI | 171 |
| 2. Appalachian State | 125 |
| 3. East Tennessee State | 116 |
| 4. Western Carolina | 107 |
| 5. Chattanooga | 45 |
| 6. The Citadel | 25 |
| 7. Furman | 22 |
| 8. Wofford | 7 |
| 9. Davidson | 2 |
| -- UNC Greensboro | NTS |

| 100-Meter Dash | | 10,000-Meters | | High Jump | | Shot Put | |
|-----------------------------|----------|-----------------------------|----------|--|-----------|-------------------------|------------|
| 1. Chris Brooks, ETSU | 10.52 | 1. Declan Fahy, ETSU | 31:25.23 | 1. Cory Cooper, WCU | 6'08.00" | 1. Curtis Eason, ETSU | 50'06.00" |
| 2. Darrius Jackson, VMI | 10.62 | 2. Collin Webster, WCU | 31:30.16 | 2. Mike Kroeger, ASU | 6'08.00" | 2. Jordan Brandon, VMI | 49'10.00" |
| 3. Obi Ezekwe, VMI | 10.65 | 3. Rodney Stoker, UTC | 31:31.53 | 3. Jason Farr, ETSU | 6'06.00" | 3. Phil Johnson, WCU | 49'08.75" |
| 4. Marcus Lynch, VMI | 10.72 | 4. Joe Smith, VMI | 31:32.28 | 4. Tyler Ashley, VMI | 6'04.00" | 4. Jason White, VMI | 47'05.00" |
| 5. Jason McGhinnis, ASU | 10.85 | 5. Brad Leach, ASU | 31:40.22 | 4. Robert Waddington, CIT | 6'04.00" | 5. Mark Spang, ETSU | 45'07.25" |
| 6. Leon Corpening, ASU | 10.92 | 6. Bill Baldwin, WCU | 32:00.13 | 6. Dan Issacs, ASU | 6'02.00" | 6. Larry Brock, ASU | 45'06.00" |
| 200-Meter Dash | | 110-Meter Hurdles | | Pole Vault | | Discus Throw | |
| 1. Darrius Jackson, VMI | 21.64 | 1. Joe Anwah, VMI | 14.63 | *^1. Todd Poremba, ASU | 17'05.25" | 1. Phil Johnson, WCU | 156'10.00" |
| 2. Marcus Lynch, VMI | 21.74 | 2. Rahsaan Uldaneta, WCU | 14.76 | 2. Jeff Fitzgerald, ASU | 15'01.00" | 2. Larry Brock, ASU | 156'06.00" |
| 3. Obi Ezekwe, VMI | 21.84 | 3. Zach Harris, ASU | 15.16 | 3. Tim Thomas, WCU | 15'01.00" | 3. Curtis Eason, ETSU | 148'07.50" |
| 4. Chris Brooks, ETSU | 21.91 | 4. Steve Lindsey, WOF | 15.29 | 4. Wirt Cross, VMI | 14'07.25" | 4. Mark Spang, ETSU | 148'02.00" |
| 5. Leon Corpening, ASU | 21.97 | 5. Chad Case, CIT | 15.59 | 4. Errett Buis, VMI | 14'07.25" | 5. Jason White, VMI | 140'04.00" |
| 6. Jason McGhinnis, ASU | 22.14 | 6. Carlton McLelland, UTC | 15.96 | 6. Joe Condrey, WCU | 14'07.25" | 6. Tommy Woods, WOF | 134'07.50" |
| 400-Meter Dash | | 400-Meter Hurdles | | Long Jump | | Hammer Throw | |
| 1. Warren Robertson, UTC | 48.62 | 1. Nate Haley, VMI | 53.34 | 1. Darrius Jackson, VMI | 23'07.50" | 1. Phil Johnson, WCU | 178'01.00" |
| 2. John Baldwin, UTC | 48.98 | 2. Jason McGhinnis, ASU | 53.57 | 2. Charles Mahatha, ASU | 23'04.50" | 2. John Chisolm, VMI | 167'05.00" |
| 3. Steve Monticone, ASU | 49.18 | 3. Randy Marion, ASU | 53.67 | 3. Rayshon Carthen, WCU | 23'03.50" | 3. Jordan Brandon, VMI | 159'04.00" |
| 4. Joe Hyman, WCU | 49.26 | 4. Glenn Hicks, ASU | 55.81 | 4. Marcus Lynch, VMI | 23'00.50" | 4. Adam Gilbert, ASU | 158'04.50" |
| 5. Evan Hawkins, ETSU | 49.48 | 5. Johnny Bomer, WCU | 56.91 | 5. Obi Ezekwe, VMI | 22'11.00" | 5. Jason White, VMI | 145'02.00" |
| 6. Uche Chekwa, VMI | 49.88 | 6. Dustin Clark, ETSU | 57.01 | 6. Corey Williams, WCU | 22'11.00" | 6. Les Gould, VMI | 141'03.50" |
| 800-Meter Run | | 3,000-Meter Steeplechase | | Triple Jump | | Javelin Throw | |
| 1. Zach Whitmarsh, ETSU | 1:52.37 | 1. Anthony Famiglietti, ASU | 9:08.06 | 1. Obi Ezekwe, VMI | 50'00.00" | 1. Kris Kut, CIT | 190'00.50" |
| 2. Chris Wise, VMI | 1:53.17 | 2. Declan Fahy, ETSU | 9:12.90 | 2. Rayshon Carthen, WCU | 49'09.00" | 2. Phil Weismiller, VMI | 176'06.00" |
| 3. Doug Gilbert, ETSU | 1:53.57 | 3. Patrick Dillon, FUR | 9:18.60 | 3. Derek Green, CIT | 48'01.00" | 3. Tyler Milliken, FUR | 171'01.50" |
| 4. Andrew Lilly, CIT | 1:54.54 | 4. Shane Austin, ASU | 9:29.28 | 3. Jimmy Johnson, WCU | 48'01.00" | 4. Al Lester, VMI | 167'04.00" |
| 5. Andy Coker, UTC | 1:54.74 | 5. Brian Clark, WCU | 9:36.32 | 5. Charles Mahatha, ASU | 47'09.75" | 5. Tommy Woods, WOF | 160'10.00" |
| 6. Anthony Scanlon, ETSU | 1:54.77 | 6. Turner Norris, WCU | 9:40.19 | 6. Ernest Moss, WCU | 46'03.00" | 6. Phil Johnson, WCU | 145'00.00" |
| 1,500-Meter Run | | 4x100-Meter Relay | | <div style="border: 1px solid black; padding: 10px;"> <p align="center">Most Outstanding Performer Declan Fahy, ETSU</p> <p align="center">Freshman-of-the-Year Marcus Lynch, VMI</p> <p align="center">Coach-of-the-Year Mike Bozeman, VMI</p> </div> | | | |
| 1. Zack Whitmarsh, ETSU | 3:51.11 | 1. VMI | 40.63 | | | | |
| 2. Declan Fahy, ETSU | 3:51.58 | 2. East Tennessee State | 41.76 | | | | |
| 3. Yurf Vander-Heijden, FUR | 3:53.12 | 3. Western Carolina | 41.96 | | | | |
| 4. Mike Leinweber, UTC | 3:55.78 | 4. Appalachian State | 42.13 | | | | |
| 5. Derek Murphy, ETSU | 3:56.62 | 5. Furman | 43.09 | <div style="border: 1px solid black; padding: 10px;"> <p align="center">**NOTES**</p> <p>Top three finishers in each event receive all-conference honors.</p> <p>Field events were converted from metric to English measurements.</p> <p>-- UNC Greensboro athletes competed as individuals and received no team score.</p> </div> | | | |
| 6. Andrew Lilly, CIT | 3:56.95 | 6. Davidson | 44.00 | | | | |
| 5,000-Meter Run | | 4x400-Meter Relay | | | | | |
| 1. Anthony Famiglietti, ASU | 14:42.60 | 1. Appalachian State | 3:16.69 | | | | |
| 2. Rodney Stoker, UTC | 14:43.74 | 2. East Tennessee State | 3:17.05 | | | | |
| 3. Brian Clark, WCU | 14:46.34 | 3. Chattanooga | 3:20.49 | | | | |
| 4. Joe Smith, VMI | 14:50.91 | 4. VMI | 3:20.76 | | | | |
| 5. Collin Webster, WCU | 14:53.81 | 5. Furman | 3:24.93 | | | | |
| 6. Shane Austin, ASU | 14:53.81 | 6. Davidson | 3:29.40 | | | | |

1998 Women's Championship

Team Results

| Team | Points |
|-------------------------|--------|
| 1. Appalachian State | 167 |
| 2. Western Carolina | 159 |
| 3. Chattanooga | 115 |
| 4. East Tennessee State | 91 |
| 5. Furman | 34 |
| 6. Davidson | 14 |
| 7. Wofford | 8 |
| -- The Citadel | NTS |
| -- UNC Greensboro | NTS |
| -- VMI | NTS |

100-Meter Dash

| | |
|-------------------------|-------|
| 1. Shonte Pinkston, ASU | 12.12 |
| 2. Karen Houston, ASU | 12.39 |
| 3. Angela Pryor, ASU | 12.42 |
| 4. Rshia Johnson, UTC | 12.45 |
| 5. Leisa Moulton, ETSU | 12.72 |
| 6. Marla Hyman, WCU | 12.79 |

200-Meter Dash

| | |
|-------------------------|-------|
| 1. Shonte Pinkston, ASU | 25.01 |
| 2. Karen Houston, ASU | 25.11 |
| 3. Angela Pryor, ASU | 25.34 |
| 4. Shawnta Person, WCU | 25.58 |
| 5. Leisa Moulton, ETSU | 26.11 |
| 6. Rshia Johnson, UTC | 26.18 |

400-Meter Dash

| | |
|---------------------------|-------|
| 1. Shawnta Person, WCU | 56.72 |
| 2. Keeya McManus, WCU | 56.86 |
| 3. Andrea Shropshire, UTC | 57.99 |
| 4. Maria Rivas, FUR | 59.56 |
| 5. Smyth Bitter, DAV | 60.26 |
| 6. Susan Poole, ASU | 60.29 |

800-Meter Dash

| | |
|-----------------------------|---------|
| 1. Mary Jane Harrelson, ASU | 2:09.47 |
| 2. Michelle Gregg, ETSU | 2:09.53 |
| 3. Val Urchison, ETSU | 2:13.87 |
| 4. Keeya McManus, WCU | 2:15.17 |
| 5. Abby Slack, ASU | 2:15.54 |
| 6. Cassandra Moss, UTC | 2:17.14 |

1,500-Meter Run

| | |
|-------------------------------|---------|
| 1. Mary Jane Harrelson, ASU | 4:26.62 |
| 2. Jennifer Eckard-Kroft, UTC | 4:29.59 |
| 3. Catherine Wright, UTC | 4:32.30 |
| 4. Catherine Berry, ETSU | 4:33.64 |
| 5. Val Urchison, ETSU | 4:39.65 |
| 6. Cassandra Moss, UTC | 4:40.43 |

3,000-Meter Run

| | |
|--------------------------|----------|
| 1. Catherine Wright, UTC | 9:40.35 |
| 2. Catherine Berry, ETSU | 9:50.32 |
| 3. Anastasia Wright, UTC | 9:52.46 |
| 4. Corie Fuchs, ASU | 10:29.27 |
| 5. Emily Campbell, ETSU | 10:34.27 |
| 6. Lory Gray, FUR | 10:44.72 |

5,000-Meter Run

| | |
|------------------------------|----------|
| 1. Anastasia Wright, UTC | 17:01.79 |
| 2. Catherine Wright, UTC | 17:10.37 |
| 3. Amanda Lynch, UTC | 17:19.41 |
| 4. Mary Jane Middlekoop, UTC | 17:26.08 |
| 5. Lynn Hudson, FUR | 17:32.19 |
| 6. Jenny Warfford, WCU | 17:41.73 |

10,000-Meter Run

| | |
|--------------------------------|----------|
| 1. Jenny Warfford, WCU | 37:12.65 |
| 2. Amanda Lynch, UTC | 37:18.25 |
| 3. Mary Jane Middlekoop, UTC | 38:31.69 |
| 4. Nicole Yosmali, FUR | 39:35.69 |
| 5. Michelle Van Laningham, UTC | 40:43.99 |
| 6. Jennifer Tilley, ASU | 41:36.51 |

100-Meter Hurdles

| | |
|-------------------------|-------|
| 1. Kamilah Gabriel, WCU | 14.80 |
| 2. Jamilah Sawyer, DAV | 15.00 |
| 3. Ginger Denison, FUR | 15.54 |
| 4. Dee Mitman, WCU | 16.14 |
| 5. Emily White, WCU | 16.17 |
| 6. Crystal Turner, WCU | 17.77 |

400-Meter Hurdles

| | |
|-------------------------|-------|
| 1. Kamilah Gabriel, WCU | 64.94 |
| 2. Ginger Denison, FUR | 67.71 |
| 3. Natasha Claxton, UTC | 68.45 |
| 4. Tami Welch, WCU | 71.08 |
| 5. Emily White, WCU | 72.15 |
| 6. Crystal Turner, WCU | 73.42 |

4x100-Meter Relay

| | |
|----------------------|-------|
| 1. Appalachian State | 47.29 |
| 2. Chattanooga | 48.20 |
| 3. Western Carolina | 48.69 |
| 4. Furman | 48.82 |
| 5. Davidson | 54.50 |
| 6. Wofford | 54.53 |

4x400-Meter Relay

| | |
|-------------------------|---------|
| 1. Appalachian State | 3:52.39 |
| 2. Western Carolina | 3:56.96 |
| 3. Chattanooga | 4:00.40 |
| 4. Furman | 4:00.77 |
| 5. Davidson | 4:14.11 |
| 6. East Tennessee State | SCR |

High Jump

| | |
|-----------------------------|----------|
| 1. Tanieisha Robinson, ETSU | 5'08.00" |
| 2. Anna Hutchenson, UTC | 5'06.00" |
| 3. Dee Mittman, WCU | 5'06.00" |
| 4. Jennifer Sluss, ETSU | 5'04.00" |
| 5. Mary Engle, ASU | 5'02.00" |
| 6. Katie Condon, FUR | 5'02.00" |

Long Jump

| | |
|-----------------------------|-----------|
| 1. Tanieisha Robinson, ETSU | 19'04.00" |
| 2. Kirsten Bowden, ASU | 18'00.75" |
| 3. Jennifer Sluss, ETSU | 17'11.25" |
| 4. Angela Pryor, ASU | 17'02.75" |
| 5. Dee Mittman, WCU | 16'11.00" |
| 6. Kamilah Gabriel, WCU | 16'10.00" |

Triple Jump

| | |
|-----------------------------|-----------|
| 1. Tanieisha Robinson, ETSU | 41'03.00" |
| 2. Jennifer Sluss, ETSU | 38'11.50" |
| 3. Kamilah Gabriel, WCU | 38'10.25" |
| 4. Kirsten Bowden, ASU | 38'05.25" |
| 5. Dee Mittman, WCU | 37'11.00" |
| 6. Mary Engle, ASU | 33'01.00" |

Shot Put

| | |
|-------------------------|-----------|
| 1. Ayokka Green, ASU | 48'01.00" |
| 2. LaSha Jackson, WCU | 47'01.25" |
| 3. Valerie Metz, WCU | 42'00.75" |
| 4. Kelly Weaver, ETSU | 40'10.50" |
| 5. Robyn Stochunas, WCU | 40'05.50" |
| 6. Tabatha Proffit, ASU | 38'06.00" |

Discus Throw

| | |
|---------------------------|------------|
| 1. Ayokka Green, ASU | 152'01.00" |
| 2. Courtney Klitzsch, ASU | 129'07.00" |
| 3. LaSha Jackson, WCU | 126'04.00" |
| 4. Allison Walker, ASU | 124'10.00" |
| 5. Robyn Stochunas, WCU | 124'02.00" |
| 6. Kelly Weaver, ETSU | 123'01.00" |

Hammer Throw

| | |
|--------------------------|------------|
| 1. Robyn Stochunas, WCU | 154'07.00" |
| 2. Ayokka Green, ASU | 152'09.00" |
| % Kelly Sullivan, VMI | 140.06.00" |
| 3. Lakeysa Lovette, WCU | 139'05.50" |
| 4. Danita Fletcher, ETSU | 133'07.50" |
| 5. Valerie Metz, WCU | 131'07.00" |
| 6. Allison Walker, ASU | 129'05.50" |

Javelin Throw

| | |
|--------------------------|------------|
| 1. Christine Ziemba, ASU | 123'00.00" |
| 2. LaSha Jackson, WCU | 112'02.00" |
| 3. Robyn Stochunas, WCU | 107'06.00" |
| 4. Christine Clarke, WOF | 102'08.00" |
| 5. Amy Greenwood, WOF | 90'10.00" |
| 6. Kate Cross, WOF | 87'08.50" |

Most Outstanding Performer

Tanieisha Robinson, ETSU

Freshman-of-the-Year

Shonte Pinkston, ASU

Coach-of-the-Year

John Weaver, ASU

NOTE

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

Field events were converted from metric to English measurements.

-- The Citadel, UNC Greensboro, VMI compete as individuals and receive no team points

1997 Men's Championship

Team Results

| Team | Points |
|-------------------------|--------|
| 1. VMI | 132.33 |
| 2. Western Carolina | 103 |
| 3. Marshall | 102 |
| 4. Appalachian State | 94.33 |
| 5. East Tennessee State | 91 |
| 6. Chattanooga | 44 |
| 7. The Citadel | 34.33 |
| 8. Furman | 15 |
| 9. Davidson | 4 |

100-Meter Dash

| | |
|-------------------------|-------|
| 1. Darrius Jackson, VMI | 10.88 |
| 2. Carlos Frank, CIT | 10.99 |
| 3. Tobe Taylor, UTC | 11.02 |
| 4. Johnie Morrison, WCU | 11.03 |
| 5. Corey Williams, WCU | 11.14 |
| 6. Leon Corpening, ASU | 11.87 |

200-Meter Dash

| | |
|--------------------------|-------|
| 1. James Yarborough, VMI | 21.85 |
| 2. Darrius Jackson, VMI | 21.94 |
| 3. Corey Williams, WCU | 22.17 |
| 4. Akaloa Glaspie, WCU | 22.34 |
| 5. Joe Allen, MAR | 22.81 |
| 6. Andre Thornton, VMI | 23.66 |

400-Meter Dash

| | |
|--------------------------|-------|
| 1. Joe Restivo, MAR | 48.54 |
| 2. James Yarborough, VMI | 48.92 |
| 3. Joe Allen, MAR | 49.04 |
| 4. Steve Monticone, ASU | 49.10 |
| 5. Doug Gilbert, ETSU | 49.24 |
| 6. Randolph McCray, WCU | 50.21 |

800-Meter Run

| | |
|--------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 1:52.49 |
| 2. Anthony Scanlon, ETSU | 1:53.03 |
| 3. Chris Wise, VMI | 1:53.73 |
| 4. Bob Mahoney, ASU | 1:56.03 |
| 5. Kevin Croft, UTC | 1:57.57 |
| 6. Cleven Brown, ETSU | 1:59.20 |

1,500-Meter Run

| | |
|--------------------------|---------|
| 1. Anthony Scanlon, ETSU | 4:00.26 |
| 2. Declan Fahy, ETSU | 4:01.46 |
| 3. Mike Leinweber, UTC | 4:04.00 |
| 4. Nic Crider, UTC | 4:04.90 |
| 5. Cleven Brown, ETSU | 4:06.13 |
| 6. Mitchell Jones, ETSU | 4:06.43 |

5,000-Meter Run

| | |
|-----------------------------|----------|
| 1. Will Dickerson, ASU | 15:00.91 |
| 2. Seth Peoples, ASU | 15:05.20 |
| 3. Anthony Famiglietti, ASU | 15:09.61 |
| 4. Rodney Stoker, UTC | 15:16.65 |
| 5. Declan Fahy, ETSU | 15:20.32 |
| 6. John Fenton, ETSU | 15:25.95 |

10,000-Meter Run

| | |
|------------------------|----------|
| 1. Will Dickerson, ASU | 31:39.00 |
| 2. Rodney Stoker, UTC | 31:52.00 |
| 3. Seth Peoples, ASU | 32:10.00 |
| 4. Bill Baldwin, WCU | 32:38.00 |
| 5. Roger Clark, ETSU | 32:46.00 |
| 6. Brian Clark, WCU | 33:09.00 |

110-Meter Hurdles

| | |
|-----------------------|-------|
| 1. Joe Anwah, VMI | 14.67 |
| 2. Bernie Motte, CIT | 14.85 |
| 3. William Wood, MAR | 14.90 |
| 4. Chad Case, CIT | 15.34 |
| 5. Zach Harris, ASU | 15.38 |
| 6. Daniel Parker, VMI | 15.39 |

400-Meter Hurdles

| | |
|-------------------------|-------|
| 1. Chris Upkins, UTC | 53.33 |
| 2. Jon Hutchins, ETSU | 53.87 |
| 3. Nate Haley, VMI | 54.37 |
| 4. Jason McGhinnis, ASU | 54.80 |
| 5. Derek LeMay, WCU | 54.88 |
| 6. Mike Wingle, WCU | 55.22 |

3,000-Meter Steeplechase

| | |
|-----------------------------|---------|
| 1. Declan Fahy, ETSU | 9:29.40 |
| 2. Anthony Famiglietti, ASU | 9:29.80 |
| 3. Jake Johnson, FUR | 9:41.90 |
| 4. Shon Grice, UTC | 9:44.86 |
| 5. Shane Austin, ASU | 9:45.65 |
| 6. Collin Webster, WCU | 9:51.59 |

4x100-Meter Relay

| | |
|-------------------------|-------|
| 1. VMI | 41.65 |
| 2. Western Carolina | 41.91 |
| 3. East Tennessee State | 42.17 |
| 4. Marshall | 42.73 |
| 5. Appalachian State | 42.99 |
| 6. The Citadel | 43.72 |

4x400-Meter Relay

| | |
|-------------------------|---------|
| 1. East Tennessee State | 3:15.38 |
| 2. Marshall | 3:18.63 |
| 3. VMI | 3:19.65 |
| 4. Western Carolina | 3:19.66 |
| 5. Appalachian State | 3:20.52 |
| 6. Furman | 3:23.93 |

Long Jump

| | |
|-------------------------|----------|
| 1. Andrew Wilhite, MAR | 23'8.75" |
| 2. Obi Ezekwe, VMI | 23'4.75" |
| 3. Floyd Johnson, MAR | 22'10" |
| 4. Charles Mahatha, ASU | 22'10" |
| 5. Rayshon Carthen, WCU | 22'9.75" |
| 6. Corey Williams, WCU | 22'6.5" |

Triple Jump

| | |
|-------------------------|----------|
| 1. Floyd Johnson, MAR | 49'1.75" |
| 2. Jimmy Johnson, WCU | 47'7.75" |
| 3. Obi Ezekwe, VMI | 47'2.5" |
| 4. Ernest Moss, WCU | 47'2.5" |
| 5. Rayshon Carthen, WCU | 46'9.5" |
| 6. Derek Green, CIT | 45'22.5" |

High Jump

| | |
|-------------------------|------|
| 1. Ben Wittkowski, ETSU | 6'8" |
| 2. Dan Ritchley, MAR | 6'6" |
| 3. Cory Cooper, WCU | 6'4" |
| 4. Andrew Wilhite, MAR | 6'4" |
| 5. Michael Kroeger, ASU | 6'4" |
| 6. Thomas Bock, MAR | 6'4" |

Shot Put

| | |
|-------------------------|----------|
| 1. Jason Clendenin, VMI | 55'7.75" |
| 2. Derek Summerour, WCU | 54'6.75" |
| 3. Sidney Brandon, VMI | 53'10.5" |
| 4. John Maynard, MAR | 53" |
| 5. Ron Moak, CIT | 50'9.5" |
| 6. Rich Latta, ASU | 50'2.75" |

Discus

| | |
|-------------------------|---------|
| 1. Philip Johnson, WCU | 160'9" |
| 2. John Maynard, MAR | 158'2" |
| 3. Jason Clendenin, VMI | 152'0" |
| 4. Rich Latta, ASU | 144'10" |
| 5. Chris Cockerham, ASU | 142'6" |
| 6. Vance Henry, WCU | 142'4" |

Hammer Throw

| | |
|-------------------------|---------|
| 1. Rich Latta, ASU | 194'3" |
| 2. Dan Hall, MAR | 186'10" |
| 3. Jason Clendenin, VMI | 184'7" |
| 4. Sidney Brandon, VMI | 171'5" |
| 5. Chris Botti, WCU | 164'0" |
| 6. John Maynard, MAR | 163'1" |

Javelin

| | |
|------------------------|--------|
| 1. Kris Kut, CIT | 177'4" |
| 2. Tyler Milliken, FUR | 175'1" |
| 3. Demond Ferebee, VMI | 169'7" |
| 4. Dan Dearing, DAV | 179'7" |
| 5. Philip Johnson, WCU | 167'8" |
| 6. Brian Ballard, WCU | 165'9" |

Pole Vault

| | |
|----------------------|-----------|
| 1. Joe Condrey, WCU | 14'11.5" |
| 2. Tim Thomas, WCU | 14'11.5" |
| 3. Dan Ritchley, MAR | 14'11.5" |
| 4. Wirt Cross, VMI | 14'11.5" |
| 5. Zach Harris, ASU | 14'05.5" |
| 6. Chad Case, CIT | 13'11.75" |
| 6. Paul Gray, ASU | 13'11.75" |
| 6. Erritt Buis, VMI | 13'11.75" |

Most Outstanding Performer
Will Dickerson, Appalachian State

Freshman-of-the-Year
Tim Thomas, Western Carolina

Coach-of-the-Year
Mike Bozeman, VMI

****NOTE****

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

1997 Women's Championship

| Team Results | |
|-------------------------|-----|
| Team Points | |
| 1. Western Carolina | 165 |
| 2. Appalachian State | 118 |
| 3. Chattanooga | 93 |
| 4. East Tennessee State | 91 |
| 5. Marshall | 71 |
| 6. Furman | 43 |
| 7. Davidson | 7 |

100-Meter Dash

| | |
|------------------------|-------|
| 1. Daree Thompson, WCU | 11.94 |
| 2. Reshia Johnson, UTC | 12.00 |
| 3. Karen Houston, ASU | 12.36 |
| 4. Tyleana Hanner, UTC | 12.46 |
| 5. Holly Arnold, ASU | 12.50 |
| 6. Leisa Arnold, ASU | 12.66 |

200-Meter Dash

| | |
|---------------------------|-------|
| 1. Daree Thompson, WCU | 24.93 |
| 2. Salima Fountain, FUR | 25.09 |
| 3. Andrea Shropshire, UTC | 25.32 |
| 4. Shawnta Person, WCU | 25.36 |
| 5. Karen Houston, ASU | 25.40 |
| 6. Tyleana Hanner, UTC | 25.50 |

400-Meter Dash

| | |
|---------------------------|-------|
| 1. Shawnta Person, WCU | 55.88 |
| 2. Salima Fountain, FUR | 56.28 |
| 3. Keeya McManus, WCU | 56.85 |
| 4. Tracie George, ETSU | 57.63 |
| 5. Andrea Shropshire, UTC | 57.91 |
| 6. Yabrasiel Davis, ETSU | 58.42 |

800-Meter Run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, ASU | 2:10.69 |
| 2. Michelle Gregg, ETSU | 2:12.46 |
| 3. Emily Redman, WCU | 2:14.16 |
| 4. Valerie Urchison, ETSU | 2:15.69 |
| 5. Maggie Donahue, WCU | 2:15.76 |
| 6. Paige Stivers, UTC | 2:16.29 |

1,500-Meter Run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, ASU | 4:36.56 |
| 2. Michelle Gregg, ETSU | 4:38.16 |
| 3. Kristin Savery, WCU | 4:40.47 |
| 4. Valerie Urchison, ETSU | 4:43.04 |
| 5. Jennifer Eckard, UTC | 4:47.11 |
| 6. Michelle Bozue, UTC | 4:49.98 |

3,000-Meter

| | |
|------------------------------|----------|
| 1. Jenny Chase, ASU | 10:23.63 |
| 2. Mary Jane Middelkoop, UTC | 10:31.51 |
| 3. Mary Jo Ferrigan, ETSU | 10:33.31 |
| 4. Christina Olson, ASU | 10:48.32 |
| 5. Taylor Perin, ETSU | 10:49.59 |
| 6. Andrea Davis, UTC | 10:54.93 |

5,000-Meter Run

| | |
|------------------------------|----------|
| 1. Mary Jane Middelkoop, UTC | 17:57.53 |
| 2. Michele Marshall, UTC | 17:59.06 |
| 3. Lynn Kepper-Hudson, FUR | 18:12.04 |
| 4. Jenny Chase, ASU | 18:21.12 |
| 5. Christina Olson, ASU | 18:36.87 |
| 6. Veronica Moore, UTC | 18:47.91 |

10,000-Meter Run

| | |
|----------------------------|----------|
| 1. Lynn Kepper-Hudson, FUR | 37:22.78 |
| 2. Michele Marshall, UTC | 38:24.08 |
| 3. Veronica Moore, UTC | 39:33.86 |
| 4. Abby Slack, ASU | 39:40.40 |
| 5. Jenny Warfford, WCU | 39:46.97 |
| 6. Allie Curran, DAV | 40:09.76 |

100-Meter Hurdles

| | |
|----------------------------|-------|
| 1. Trice Roundtree, ASU | 14.44 |
| 2. Adrienne Hundmeyer, MAR | 14.51 |
| 3. Cindy Dawson, MAR | 14.73 |
| 4. Rahma Mateen, WCU | 14.96 |
| 5. Tyleana Hanner, UTC | 15.32 |
| 6. Kamilah Gabirel, WCU | 15.82 |

400-Meter Hurdles

| | |
|----------------------------|---------|
| 1. Adrienne Hundmeyer, MAR | 1:03.02 |
| 2. Leona Benjamin, MAR | 1:03.85 |
| 3. Kati Pierce, MAR | 1:04.35 |
| 4. Summer Ciomek, UTC | 1:04.49 |
| 5. Cindy Dawson, MAR | 1:05.49 |
| 6. Lakeeva Brooks, WCU | 1:06.49 |

4x100-Meter Relay

| | |
|-------------------------|-------|
| 1. Chattanooga | 47.05 |
| 2. Western Carolina | 47.18 |
| 3. Furman | 49.04 |
| 4. East Tennessee State | 49.23 |
| 5. Marshall | 54.29 |

4x400-Meter Relay

| | |
|-------------------------|---------|
| 1. East Tennessee State | 3:50.19 |
| 2. Western Carolina | 3:50.29 |
| 3. Chattanooga | 3:52.00 |
| 4. Appalachian State | 3:59.58 |
| 5. Marshall | 4:00.84 |
| 6. Furman | 4:03.91 |

Long Jump

| | |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 19'0" |
| 2. Rahma Mateen, WCU | 18'11.25" |
| 3. Daree Thompson, WCU | 18'10" |
| 4. Tyleana Hanner, UTC | 18'5.25" |
| 5. Jennifer Sluss, ETSU | 17'9" |
| 6. Tracie George, ETSU | 17'7.5" |

Triple Jump

| | |
|----------------------------|----------|
| 1. Jennifer Sluss, ETSU | 39'11.5" |
| 2. Rahma Mateen, WCU | 39'5" |
| 3. Taneisha Robinson, ETSU | 39'4" |
| 4. Lisa Roberts, ASU | 38'3.25" |
| 5. Kamilah Gabriel, WCU | 36'11" |
| 6. Trice Roundtree, ASU | 36'5.5" |

High Jump

| | |
|-------------------------|---------|
| 1. Jennifer Sluss, ETSU | 5'5.75" |
| 2. Rahma Mateen, WCU | 5'3.75" |
| 3. Kendra Hornish, MAR | 5'3.75" |
| 4. Katie Condon, FUR | 5'3.75" |
| 5. Lakeeva Brooks, WCU | 5'1.75" |
| 6. Dee Mittman, WCU | 5'1.75" |

Shot Put

| | |
|--------------------------|-----------|
| 1. LaSha Jackson, WCU | 47'8.5" |
| 2. Ayokka Green, ASU | 46'10.25" |
| 3. Beth Reck, MAR | 44'9" |
| 4. Robyn Stockunas, WCU | 40'8.25" |
| 5. Christine Ziemba, ASU | 38'9.75" |
| 6. Allison Walker, ASU | 37'6.5" |

Discus

| | |
|-------------------------|--------|
| 1. Ayokka Green, ASU | 139'4" |
| 2. Beth Reck, MAR | 138'5" |
| 3. Danielle Mall, DAV | 134'0" |
| 4. LaSha Jackson, WCU | 118'5" |
| 5. Robyn Stockunas, WCU | 117'8" |
| 6. Allison Walker, ASU | 112'2" |

Hammer Throw

| | |
|-------------------------|--------|
| 1. Robyn Stockunas, WCU | 156'9" |
| 2. Lakeysa Lovette, WCU | 153'6" |
| 3. Beth Reck, MAR | 143'4" |
| 4. Ayokka Green, ASU | 142'3" |
| 5. Rachel Olander, ASU | 141'2" |
| 6. Allison Walker, ASU | 140'6" |

Javelin

| | |
|--------------------------|---------|
| 1. Rachel Olander, ASU | 139'7" |
| 2. LaSha Jackson, WCU | 135'11" |
| 3. Christine Ziemba, ASU | 107'0" |
| 4. Robyn Stockunas, WCU | 107'0" |
| 5. Rahma Mateen, WCU | 99'2" |
| 6. Kati Pierce, MAR | 97'10" |

Most Outstanding Performer
Daree Thompson, Western Carolina

Freshman-of-the-Year
Mary Jayne Harrelson, Appalachian State

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

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

1996 Men's Championship

Team Results

| Team | Points |
|----------------------|--------|
| 1. Appalachian State | 138 |
| 2. East Tennessee | 129 |
| 3. VMI | 113 |
| 4. Western Carolina | 78 |
| 5. Marshall | 73 |
| 6. Chattanooga | 47 |
| 7. The Citadel | 27 |
| 8. Furman | 11 |
| 9. Davidson | 4 |

100-Meter Dash

| | |
|-----------------------------|-------|
| 1. Delevantie Brown, ETSU | 10.66 |
| 2. Eric Gay, VMI | 11.06 |
| 3. Mark Gochenour, Marshall | 11.11 |
| 4. Jonathan Boyce, WCU | 11.36 |
| 5. Clarence Edwards, WCU | 11.48 |
| 6. Michael Lapid, ASU | 11.52 |

200-Meter Dash

| | |
|-----------------------------|-------|
| 1. Delevantie Brown, ETSU | 21.29 |
| 2. Robert Johnson, ASU | 21.69 |
| 3. Mark Gochenour, Marshall | 21.94 |
| 4. Eric Gay, VMI | 22.01 |
| 5. Jonathan Boyce, WCU | 22.13 |
| 6. Holm Ankoma-Sey, VMI | 22.40 |

400-Meter Dash

| | |
|--------------------------|-------|
| 1. Warren Robertson, UTC | 48.53 |
| 2. Joe Restivo, Marshall | 48.70 |
| 3. Albert Juan, Marshall | 49.04 |
| 4. Garson Hedrick, ASU | 49.35 |
| 5. Chris White, ETSU | 49.42 |
| 6. Holm Ankoma-Sey, VMI | 49.77 |

800-Meter Run

| | |
|----------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 1:52.20 |
| 2. Casey Price, UTC | 1:52.77 |
| 3. Jon Austin, ASU | 1:53.44 |
| 4. Brandon Griffin, Furman | 1:54.06 |
| 5. Kevin Croft, UTC | 1:56.06 |
| 6. Nic Crider, UTC | 1:58.51 |

1,500-Meter Run

| | |
|----------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 3:58.30 |
| 2. Declan Fahy, ETSU | 3:58.41 |
| 3. Chuck Margraves, UTC | 3:59.12 |
| 4. Damian Walsh, UTC | 4:01.51 |
| 5. Chris Huffstickler, ASU | 4:02.25 |
| 6. Jud Sarver, ASU | 4:02.27 |

5,000-Meter Run

| | |
|-------------------------|----------|
| 1. Declan Fahy, ETSU | 14:54.12 |
| 2. Fred Reinhardt, ETSU | 14:54.28 |
| 3. Derek Murphy, ETSU | 14:59.65 |
| 4. Collin Webster, WCU | 15:01.81 |
| 5. Brian Clark, WCU | 15:02.79 |
| 6. Jake Johnson, Furman | 15:09.41 |

10,000-Meter Run

| | |
|-----------------------------|----------|
| 1. Fred Reinhardt, ETSU | 31:27.37 |
| 2. Declan Fahy, ETSU | 32:05.04 |
| 3. Derek Murphy, ETSU | 32:05.35 |
| 4. John Fenton, ETSU | 32:15.26 |
| 5. Collin Webster, WCU | 32:19.56 |
| 6. Michael Murphy, Marshall | 32:21.99 |

110-Meter Hurdles

| | |
|---------------------------|-------|
| 1. Delevantie Brown, ETSU | 14.40 |
| 2. Joe Anwah, VMI | 14.70 |
| 3. Phil Alicea, VMI | 14.89 |
| 4. Jason Gibson, ASU | 14.96 |
| 5. Raymond Brewer, ASU | 15.00 |
| 6. Marcus Logan, Marshall | 15.45 |

400-Meter Hurdles

| | |
|---------------------------|-------|
| 1. Joe Debose, VMI | 52.77 |
| 2. Chris Upkins, UTC | 52.95 |
| 3. Marcus Logan, Marshall | 55.27 |
| 4. Garson Hedrick, ASU | 55.66 |
| 5. Mike Wingler, WCU | 57.23 |
| 6. Chad Wilson, WCU | 57.42 |

3,000-Meter Steeplechase

| | |
|----------------------------|---------|
| 1. Chris Huffstickler, ASU | 9:14.04 |
| 2. Russ Sweitzer, VMI | 9:22.90 |
| 3. Turner Norris, WCU | 9:22.91 |
| 4. Jake Johnson, Furman | 9:35.10 |
| 5. Cronan Gantley, ETSU | 9:46.29 |
| 6. Brent Nicolay, ETSU | 9:51.13 |

4x100-Meter Relay

| | |
|-------------------------|-------|
| 1. VMI | 41.55 |
| 2. Appalachian State | 41.77 |
| 3. Western Carolina | 41.98 |
| 4. East Tennessee State | 42.52 |
| 5. Marshall | 42.62 |
| 6. The Citadel | 42.75 |

4x400-Meter Relay

| | |
|-------------------------|---------|
| 1. East Tennessee State | 3:13.54 |
| 2. UT-Chattanooga | 3:15.99 |
| 3. VMI | 3:16.36 |
| 4. Marshall | 3:18.62 |
| 5. Appalachian State | 3:20.27 |
| 6. Western Carolina | 3:24.60 |

Long Jump

| | |
|-----------------------------|-------|
| 1. Darius Jackson, VMI | 7.37m |
| 2. Clarence Edwards, WCU | 7.25m |
| 3. Robert Johnson, ASU | 7.24m |
| 4. Donnell Brinson, WCU | 6.95m |
| 5. Floyd Johnson, Marshall | 6.80m |
| 6. Chad Stoneking, Marshall | 6.76m |

Triple Jump

| | |
|-----------------------------|--------|
| 1. Robert Johnson, ASU | 15.23m |
| 2. Jimmy Johnson, WCU | 14.56m |
| 3. Floyd Johnson, Marshall | 14.47m |
| 4. Andrew Wilhite, Marshall | 14.07m |
| 5. Jeff Hubbard, VMI | 13.72m |
| 6. Brent Taylor, VMI | 13.40m |

High Jump

| | |
|--------------------------|-------|
| 1. Robert Johnson, ASU | 2.18m |
| 2. Michael Kroeger, ASU | 2.03m |
| 3. Thomas Bock, Marshall | 1.98m |
| 4. Cory Cooper, WCU | 1.98m |
| 5. Chip Wood, Marshall | 1.93m |
| 6. Jason Jackson, Furman | 1.93m |

Shot Put

| | |
|--------------------------|--------|
| 1. Ron Moak, The Citadel | 16.20m |
| 2. Ryan Earley, VMI | 15.91m |
| 3. Derek Summerour, WCU | 15.58m |
| 4. Justin May, VMI | 15.22m |
| 5. Rich Latta, ASU | 15.06m |
| 6. Sidney Brandon, VMI | 14.89m |

Discus

| | |
|------------------------|--------|
| 1. Rich Latta, ASU | 45.96m |
| 2. Justin May, VMI | 42.62m |
| 3. Eric Hart, ASU | 42.50m |
| 4. Ryan Earley, VMI | 42.16m |
| 5. Vance Henry, WCU | 40.76m |
| 6. Shannon Rodden, WCU | 40.40m |

Hammer Throw

| | |
|--------------------------|--------|
| 1. Daniel Hall, Marshall | 52.32m |
| 2. Tim Brock, VMI | 51.60m |
| 3. Rich Latta, ASU | 51.16m |
| 4. Chris Botti, WCU | 48.08m |
| 5. Chris Cockerham, ASU | 44.68m |
| 6. Vance Henry, WCU | 43.02m |

Javelin

| | |
|------------------------------|--------|
| 1. Scot Sanborn, The Citadel | 57.68m |
| 2. Matthew Burnette, ASU | 55.18m |
| 3. Jeff DeGroft, The Citadel | 52.98m |
| 4. Dan Dearing, Davidson | 52.18m |
| 5. Albert Juan, Marshall | 50.84m |
| 6. Tyler Milliken, Furman | 49.00m |

Pole Vault

| | |
|-------------------------|-------|
| 1. Todd Poremba, ASU | 4.90m |
| 2. Jarrett Foster, WCU | 4.75m |
| 3. Jeff Fitzgerald, ASU | 4.75m |
| 4. Erret Buis, VMI | 4.45m |
| 5. Jason Stewart, ASU | 4.30m |
| 6. Phil Alicea, VMI | 4.30m |

NOTE

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

Coach-of-the-Year

John Weaver, ASU

Outstanding Performer

Robert Johnson, ASU

Freshman-of-the-Year

Zach Whitmarsh, ETSU

1996 Women's Championship

Team Results

| Team | Points |
|-------------------------|--------|
| 1. East Tennessee State | 150 |
| 2. Western Carolina | 133.5 |
| 3. Appalachian State | 131 |
| 4. Chattanooga | 55 |
| 5. Furman | 54.5 |
| 6. Marshall | 34 |
| 7. Davidson | 27 |

100-Meter Dash

| | |
|---|-------|
| 1. Leisa Moulton, East Tennessee State | 12.40 |
| 2. Nikki Harris, Appalachian State | 12.40 |
| 3. Reshia Johnson, East Tennessee State | 12.50 |
| 4. Trice Roundtree, Appalachian State | 13.00 |
| 5. Kamilah Gabriel, Western Carolina | 13.30 |
| 6. Crystal Carlton, Western Carolina | 13.50 |

200-Meter Dash

| | |
|---|-------|
| 1. Salima Fountain, Furman | 24.91 |
| 2. Nikki Harris, Appalachian State | 25.15 |
| 3. Tracie George, East Tennessee State | 25.39 |
| 4. Leisa Moulton, East Tennessee State | 25.72 |
| 5. Karen Houston, Appalachian State | 25.73 |
| 6. Kendra Prather, East Tennessee State | 25.91 |

400-Meter Dash

| | |
|---|-------|
| 1. Salima Fountain, Furman | 55.74 |
| 2. Shawnta Person, Western Carolina | 56.34 |
| 3. Kendra Prather, East Tennessee State | 57.60 |
| 3. Tracie George, East Tennessee State | 57.66 |
| 5. Andrea Shropshire, Chattanooga | 57.73 |
| 6. Karen Houston, Appalachian State | 58.23 |

800-Meter Run

| | |
|---|---------|
| 1. Emily Redmon, Western Carolina | 2:11.41 |
| 2. Michelle Gregg, East Tennessee State | 2:11.62 |
| 3. Maggie Donahue, Western Carolina | 2:13.11 |
| 4. Valerie Urchison, East Tennessee State | 2:15.17 |
| 5. Michelle Bozue, Chattanooga | 2:17.28 |
| 6. Maria Stivers, Chattanooga | 2:21.28 |

1,500-Meter Run

| | |
|---|---------|
| 1. Michelle Gregg, East Tennessee State | 4:38.00 |
| 2. Valerie Urchison, East Tennessee State | 4:40.83 |
| 3. Heather VandeBrake, Furman | 4:42.24 |
| 4. Kristen Savery, Western Carolina | 4:42.92 |
| 5. Jenny Chase, Appalachian State | 4:44.48 |
| 6. Jennel Walby, East Tennessee State | 4:50.30 |

3,000-Meter Run

| | |
|---------------------------------------|----------|
| 1. Mary Jane Middlekoop, Chattanooga | 9:54.60 |
| 2. Heather VandeBrake, Furman | 10:02.78 |
| 3. Christina Olson, Appalachian State | 10:08.42 |
| 4. Jennel Walby, East Tennessee State | 10:20.45 |
| 5. Kristen Savery, Western Carolina | 10:26.16 |
| 6. Taylor Perin, East Tennessee State | 10:35.35 |

5,000-Meter Run

| | |
|---|----------|
| 1. Mary Jane Middlekoop, Chattanooga | 17:24.46 |
| 2. Mary Jo Ferrigan, East Tennessee State | 17:32.59 |
| 3. Heather VandeBrake, Furman | 17:37.76 |
| 4. Christina Olson, Appalachian State | 17:46.33 |
| 5. Lynn Kepper, Furman | 17:55.29 |
| 6. Taylor Perin, East Tennessee State | 17:59.78 |

10,000-Meter Run

| | |
|---|----------|
| 1. Mary Jo Ferrigan, East Tennessee State | 37:33.61 |
| 2. Michele Marshall, Chattanooga | 39:00.97 |
| 3. Lynn Kepper, Furman | 39:56.02 |
| 4. Holley Cooper, Furman | 40:09.78 |
| 5. Leah Moore, Chattanooga | 40:29.00 |
| 6. Nicole Yosmali, Furman | 41:11.00 |

100-Meter Hurdles

| | |
|---------------------------------------|-------|
| 1. Erica Edmond, East Tennessee State | 14.70 |
| 2. Wykesha Bailey, Western Carolina | 14.91 |
| 3. Rahma Mateen, Western Carolina | 15.20 |
| 3. Jamil Sawyer, Davidson | 15.20 |
| 5. Kendra Hornish, Marshall | 16.05 |
| 6. Kamilah Gabriel, Western Carolina | 16.07 |

400-Meter Hurdles

| | |
|---------------------------------------|---------|
| 1. Wykesha Bailey, Western Carolina | 1:04.51 |
| 2. Erica Edmond, East Tennessee State | 1:05.17 |
| 3. Jodi Bailey, Marshall | 1:05.49 |
| 4. Kati Pierce, Marshall | 1:05.83 |
| 5. Natasha Claxton, Chattanooga | 1:05.87 |
| 6. Tera Pitts, Appalachian State | 1:08.20 |

4x100-Meter Relay

| | |
|-------------------------|-------|
| 1. East Tennessee State | 47.18 |
| 2. Appalachian State | 47.62 |
| 3. Davidson | 51.25 |
| 4. Western Carolina | 52.10 |

4x400-Meter Relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:49.70 |
| 2. Chattanooga | 3:55.81 |
| 3. Appalachian State | 3:59.79 |
| 4. Marshall | 4:08.03 |
| 5. Davidson | 4:14.04 |

Long Jump

| | |
|---|-------|
| 1. Rahma Mateen, Western Carolina | 5.91m |
| 2. Tracie George, East Tennessee State | 5.76m |
| 3. Nikki Harris, Appalachian State | 5.65m |
| 4. Audra Emery, Appalachian State | 5.54m |
| 5. Lisa Roberts, Appalachian State | 5.50m |
| 6. Carla McKinney, East Tennessee State | 5.49m |

Triple Jump

| | |
|---|--------|
| 1. Nikki Harris, Appalachian State | 11.94m |
| 2. Rahma Mateen, Western Carolina | 11.58m |
| 3. Lisa Roberts, Appalachian State | 11.47m |
| 4. Jennifer Sluss, East Tennessee State | 11.44m |
| 5. Trice Roundtree, Appalachian State | 11.32m |
| 6. Karen Newsam, East Tennessee State | 11.19m |

High Jump

| | |
|---|-------|
| 1. Rahma Mateen, Western Carolina | 1.70m |
| 2. Jennifer Sluss, East Tennessee State | 1.70m |
| 3. Vanessa Sims, Davidson | 1.70m |
| 4. Shalimar Folds, Chattanooga | 1.65m |
| 5. Kendra Hornish, Marshall | 1.60m |
| 6. Lakeeva Brooks, Western Carolina | 1.60m |
| 6. Katie Condon, Furman | 1.60m |

Discus

| | |
|---|--------|
| 1. Ayokka Green, Chattanooga | 43.20m |
| 2. Danielle Mall, Davidson | 43.12m |
| 3. Allyson Blakenship, East Tennessee State | 39.78m |
| 4. Meyetta Grimes, Appalachian State | 39.06m |
| 5. LaSha Jackson, Western Carolina | 37.16m |
| 6. Robyn Stockunas, Western Carolina | 35.08m |

Javelin

| | |
|--|--------|
| 1. Rachel Olander, Appalachian State | 39.92m |
| 2. Christine Ziemba, Appalachian State | 38.10m |
| 3. Erica Bahry, Appalachian State | 37.94m |
| 4. Robyn Stockunas, Western Carolina | 33.70m |
| 5. LaSha Jackson, Western Carolina | 32.40m |
| 6. Rhoda Maron, Furman | 31.88m |

Shot Put

| | |
|--|--------|
| 1. LaSha Jackson, Western Carolina | 14.58m |
| 2. Ayokka Green, Chattanooga | 14.01m |
| 3. Chandra Nelson, Marshall | 12.40m |
| 4. Zondra Johnson, Western Carolina | 11.87m |
| 5. Felicia Johnson, East Tennessee State | 11.47m |
| 6. Robyn Stockunas, Western Carolina | 11.18m |

Hammer Throw

| | |
|---|--------|
| 1. Chandra Nelson, Marshall | 44.04m |
| 2. Robyn Stockunas, Western Carolina | 39.80m |
| 3. Allyson Blakenship, East Tennessee State | 36.52m |
| 4. Rachel Olander, Appalachian State | 36.40m |
| 5. Christina Cassidy, Western Carolina | 35.82m |
| 6. Ayokka Green, Appalachian State | 35.64m |
| 7. Christine Ziemba, Appalachian State | 35.00m |

Coach-of-the-Year
Michell Byrne, East Tennessee State

Outstanding Performer
Rahma Mateen, Western Carolina

Freshman-of-the-Year
Chandra Nelson, Marshall

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