

Southern Conference



Wrestling History





Regular-Season Standings

1993-94

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^Appalachian State	3-1	.750		12-4-1	.705	
^VMI	3-1	.750		9-5	.642	
^\$Chattanooga	3-1	.750		5-6	.454	
The Citadel	1-3	.250		9-12	.428	
Davidson	0-4	.000		6-16	.272	

^ Regular-season champion
\$ Tournament champion

1994-95

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$VMI	4-0	1.000	115-39	8-2	.800	201-76
\$Appalachian State	3-1	.750	101-47	6-6-1	.461	163-202
Chattanooga	2-2	.500	98-45	4-7	.363	107-170
The Citadel	1-3	.250	125-136	5-14	.263	163-441
Davidson	0-4	.000	51-201	4-20	.166	245-559

^ Regular-season champion
\$ Tournament champion

1995-96

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^VMI	4-0	1.000		11-3	.785	
Chattanooga	3-1	.750		6-4	.400	
\$Appalachian State	2-2	.500		10-8	.555	
The Citadel	1-3	.250		5-13	.277	
Davidson	0-4	.000		4-15	.210	

^ Regular-season champion
\$ Tournament champion

1996-97

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Appalachian State	5-0	1.000	141-56	10-8	.556	377-350
\$VMI	4-1	.800	139-65	8-5	.615	288-231
\$UNCG	3-2	.600	123-75	9-5-1	.633	422-233
Chattanooga	2-3	.400	96-91	7-9	.438	292-367
The Citadel	1-4	.200	86-130	4-8	.333	227-296
Davidson	0-5	.000	29-207	2-13-1	.156	211-515

^ Regular-season champion
\$ Tournament champion

1997-98

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^UNCG	4-1	.800	136-73	10-3	.769	345-122
^\$Chattanooga	4-1	.800	139-73	7-8-1	.469	346-324
^Appalachian State	4-1	.800	131-64	6-7	.462	252-263
The Citadel	2-3	.400	98-110	4-10	.286	240-350
VMI	1-4	.200	85-132	1-13	.071	183-414
Davidson	0-5	.000	47-184	9-9-1	.500	458-404

^ Regular-season champion
\$ Tournament champion

1998-99

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^Appalachian State	4-1	.800	131-75	6-3	.667	213-155
^\$Chattanooga	4-1	.800	140-67	7-5	.583	279-192
VMI	4-1	.800	124-62	8-4	.667	311-180
UNCG	2-3	.400	120-87	8-5	.615	347-212
The Citadel	1-4	.200	80-123	4-10	.286	210-360
Davidson	0-5	.000	22-205	6-13	.316	281-564

^ Regular-season champion
\$ Tournament champion

1999-2000

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Chattanooga	5-0-0	1.000	151-58	10-2-0	.833	336-163
VMI	4-1-0	.800	133-76	6-7-0	.462	250-278
Appalachian State	3-2-0	.600	185-96	7-10-0	.412	311-358
UNCG	2-3-0	.400	96-97	4-4-0	.500	166-143
The Citadel	1-4-0	.200	77-120	2-11-2	.200	225-391
Davidson	0-5-0	.000	35-185	3-12-0	.231	184-449

^ Regular-season champion
\$ Tournament champion

2000-01

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Appalachian State	5-0-0	1.000	152-41	8-5-0	.615	307-186
Chattanooga	4-1-0	.800	141-57	6-7-0	.462	267-219
UNCG	2-3-0	.400	59-98	5-7-0	.417	169-322
The Citadel	2-3-0	.400	98-100	5-15-0	.250	309-459
VMI	2-3-0	.400	95-110	2-11-0	.154	175-370
Davidson	0-5-0	.000	39-166	6-13-0	.316	300-461

^ Regular-season champion
\$ Tournament champion

2001-02

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Chattanooga	5-0-0	1.000	120-65	9-8-0	.529	255-366
VMI	4-1-0	.800	156-46	11-4-0	.733	388-185
The Citadel	3-2-0	.600	113-86	10-7-0	.588	384-321
Appalachian State	2-3-0	.400	119-77	6-8-0	.429	276-246
UNCG	1-4-0	.200	86-119	3-8-0	.273	194-255
Davidson	0-5-0	.000	22-223	0-15-0	.000	101-702

^ Regular-season champion
\$ Tournament champion

2002-03

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Appalachian State	5-0	1.000	169-42	11-2	.846	385-159
VMI	4-1	.800	72-44	8-3	.727	167-120
The Citadel	3-2	.600	139-42	12-3	.800	406-167
Chattanooga	2-3	.500	93-88	6-17	.260	335-501
UNCG	1-4	.200	67-164	1-14	.066	202-469
Davidson	0-5	.000	33-153	1-13	.071	154-247

^ Regular-season champion
\$ Tournament champion



Regular-Season Standings

2003-04

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$The Citadel	5-0	1.000	151-49	13-3	.813	
Chattanooga	4-1	.800	143-67	11-6	.647	
Appalachian State	2-3	.400	105-90	6-4	.600	
UNCG	2-3	.400	90-107	9-6	.600	
VMI	2-3	.400	81-108	7-7	.500	
Davidson	0-5	.000	39-188	4-13	.235	

^ Regular-season champion

\$ Tournament champion

2004-05

Team	SoCon		Points	Overall		Points
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.	Own-Opp
^\$Chattanooga	5-0-0	1.00	184-25	14-10-0	.528	629-358
UNCG	4-1-0	.800	188-66	12-5-0	.705	411-228
The Citadel	2-2-1	.500	135-93	5-8-1	.357	242-305
VMI	2-3-0	.400	97-140	6-6-1	.461	243-240
Appalachian State	1-3-1	.300	87-119	8-9-1	.444	375-396
Davidson	0-5-0	.000	40-185	8-7-0	.533	330-368

^ Regular-season champion

\$ Tournament champion

2005-06

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	5-0	.1000		16-8-1	.660
UNCG	4-1	.800		9-6	.600
The Citadel	3-2	.600		8-8	.500
Davidson	1-3-1	.200		7-9-1	.468
Appalachian State	1-4	.200		11-8-1	.575
VMI	0-4-1	.100		1-8-1	.150

^ Regular-season champion

\$ Tournament champion

2006-07

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	5-0	.1000	187-33	16-1	.941
UNCG	4-1	.800	143-70	10-4	.714
VMI	3-2	.667	80-129	6-8	.429
Appalachian State	2-3	.400	82-116	8-15	.348
The Citadel	1-4	.250	72-124	5-9	.364
Davidson	0-5	.000	63-155	6-10	.375

^ Regular-season champion

\$ Tournament champion

2007-08

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	5-0	.1000	166-50	11-6	.733
Appalachian State	4-1	.800	141-61	14-7	.666
UNCG	3-2	.667	129-71	9-9	.500
The Citadel	2-3	.400	82-115	5-6	.454
VMI	1-4	.250	57-154	6-8	.428
Davidson	0-5	.000	42-166	3-11	.214

^ Regular-season champion

\$ Tournament champion

2008-09

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	5-0	1.000	171-48	12-10	.545
UNCG	4-1	.800	147-53	7-11	.389
The Citadel	3-2	.600	81-93	9-6-1	.594
Appalachian State	2-3	.400	90-102	7-16	.304
Davidson	1-4	.200	51-139	6-12	.333
VMI	0-5	.000	48-153	0-11	.000

^ Regular-season champion

\$ Tournament champion

2009-10

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^Chattanooga	5-0	1.000	161-43	11-7	.611
\$UNCG	4-1	.800	144-64	8-7	.533
Appalachian State	3-2	.600	107-97	9-11	.450
The Citadel	2-3	.400	87-109	9-6	.600
VMI	1-4	.200	79-113	5-9	.357
Davidson	0-5	.000	39-190	5-16	.238

^ Regular-season champion

\$ Tournament champion

2010-11

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	5-0	1.000	145-43	11-9	.550
UNCG	4-1	.800	120-72	8-11	.421
The Citadel	3-2	.600	102-77	8-12	.400
Appalachian State	2-3	.400	99-94	8-11-1	.425
VMI	1-4	.200	74-118	4-10	.286
Davidson	0-5	.000	39-175	5-13	.278

^ Regular-season champion

\$ Tournament champion

2011-12

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^Appalachian State	6-0	1.000	196-63	13-4	.765
\$Chattanooga	5-1	.833	202-47	12-6	.667
The Citadel	4-2	.667	160-89	9-9	.500
Campbell	3-3	.500	109-129	11-17	.393
VMI	2-4	.333	82-165	5-11	.313
Gardner-Webb	1-5	.167	82-159	6-12	.333
Davidson	0-6	.000	43-222	3-14	.176

^ Regular-season champion

\$ Tournament champion

2012-13

Team	SoCon		Points	Overall	
	W-L-T	Pct.	Own-Opp	W-L-T	Pct.
^\$Chattanooga	7-0	1.000	234-52	11-6	.647
Appalachian State	5-2	.714	135-124	8-6	.571
Citadel	5-2	.714	189-91	7-6	.538
Campbell	5-2	.714	181-100	7-10	.412
Gardner-Webb	2-5	.286	113-160	4-13	.235
VMI	2-5	.286	113-146	2-15	.118
Davidson	1-6	.143	77-224	6-14	.300
SIUE	1-6	.143	83-228	5-19	.208

^ Regular-season champion

\$ Tournament champion



Southern Conference Champions

Year	Site	Team Champion	Year	Site	Team Champion	Year	Site	Team Champion
1930	Lexington, Va.	VMI	1959	Charleston, S.C.	West Virginia	1988	Davidson, N.C.	Chattanooga
1931	NO MEET		1960	Davidson, N.C.	Virginia Tech	1989	Greenville, S.C.	Chattanooga
1932	NO MEET		1961	Morgantown, W.Va.	Virginia Tech	1990	Charleston, S.C.	Chattanooga
1933	Lexington, Va.	Washington & Lee	1962	Blacksburg, Va.	Virginia Tech	1991	Boone, N.C.	Chattanooga
1934	Blacksburg, Va.	Washington & Lee	1963	Morgantown, W.Va.	Virginia Tech	1992	Asheville, N.C.	Chattanooga
1935	Lexington, Va.	VMI	1964	Davidson, N.C.	West Virginia	1993	Asheville, N.C.	Chattanooga
1936	Lexington, Va.	Washington & Lee	1965	Lexington, Va.	West Virginia	1994	Asheville, N.C.	Chattanooga
1937	NO MEET		1966	Williamsburg, Va.	West Virginia	1995	Asheville, N.C.	Appalachian State
1938	Blacksburg, Va.	VMI	1967	Morgantown, W.Va.	The Citadel			
1939	NO MEET		1968	Lexington, Va.	William & Mary	1996	Greensboro, N.C.	Appalachian State
1940	NO MEET		1969	Charleston, S.C.	William & Mary	1997	Greensboro, N.C.	Appalachian State
1941	College Park, Md.	Washington & Lee	1970	Williamsburg, Va.	William & Mary			
1942	Greensboro, N.C.	North Carolina	1971	Williamsburg, Va.	William & Mary			
1943	Waynesboro, Va.	VMI	1972	Greenville, N.C.	East Carolina	1998	Greensboro, N.C.	Chattanooga
1944	NO MEET		1973	Williamsburg, Va.	East Carolina	1999	Greensboro, N.C.	Chattanooga
1945	NO MEET		1974	Boone, N.C.	East Carolina	2000	Chattanooga, Tenn.	Chattanooga
1946	NO MEET		1975	Richmond, Va.	East Carolina	2001	Chapel Hill, N.C.	Appalachian State
1947	Lexington, Va.	North Carolina	1976	Lexington, S.C.	East Carolina	2002	Raleigh, N.C.	Chattanooga
1948	Lexington, Va.	Washington & Lee	1977	Greenville, N.C.	William & Mary	2003	Boone, N.C.	Appalachian State
1949	Lexington, Va.	Washington & Lee	1978	Boone, N.C.	Chattanooga	2004	Charlottesville, Va.	The Citadel
1950	College Park, Md.	Washington & Lee	1979	Chattanooga, Tenn.	Chattanooga	2005	Greensboro, N.C.	Chattanooga
1951	Lexington, Va.	VMI	1980	Charleston, S.C.	Chattanooga	2006	Lexington, Va.	Chattanooga
1952	Lexington, Va.	Maryland	1981	Boone, N.C.	Chattanooga	2007	Raleigh, N.C.	Chattanooga
1953	Lexington, Va.	Maryland	1982	Lexington, Va.	Chattanooga	2008	Chattanooga, Tenn.	Chattanooga
1954	Lexington, Va.	West Virginia	1983	Chattanooga, Tenn.	Chattanooga	2009	Charleston, S.C.	Chattanooga
1955	Lexington, Va.	Virginia Tech	1984	Charleston, S.C.	Appalachian State	2010	Davidson, N.C.	UNCG
1956	Lexington, Va.	Virginia Tech	1985	Boone, N.C.	VMI	2011	Boone, N.C.	Chattanooga
1957	Lexington, Va.	VMI	1986	Lexington, Va.	Chattanooga	2012	Chattanooga, Tenn.	Chattanooga
1958	Blacksburg, Va.	Virginia Tech	1987	Chattanooga, Tenn.	Chattanooga	2013	Lexington, Va.	Chattanooga

SoCon Championship Results

1930	VMI	33	1943	VMI	33	1952	Maryland	43	1959	West Virginia	73
	Virginia Tech	17		North Carolina	32		West Virginia	16		Virginia Tech	67
	Washington & Lee	13		N.C. State	17		Davidson	15		VMI	45
	North Carolina	13		Duke	14		VMI	12		Davidson	25
	Duke	6		Washington & Lee	11		Virginia Tech	7		The Citadel	15
				Virginia Tech	7		The Citadel	6			
1933	Washington & Lee	32	1947	North Carolina	29		North Carolina	6	1960	Virginia Tech	74
	VMI	24		VMI	20		Wake Forest	6		VMI	61
	Virginia Tech	12		N.C. State	20		Washington & Lee	5		West Virginia	53
	North Carolina	11		Washington & Lee	14	1953	Maryland	40		The Citadel	28
	Duke	3		Maryland	10		West Virginia	23		Davidson	12
1934	Washington & Lee	30		Virginia Tech	6		Virginia Tech	14	1961	Virginia Tech	73
	VMI	27		Davidson	4		VMI	12		VMI	56
	N.C. State	18	1948	Washington & Lee	41		Washington & Lee	10		West Virginia	52
	Virginia Tech	16		VMI	17		North Carolina	8		The Citadel	35
	North Carolina	10		N.C. State	17		Duke	7		Davidson	12
	Duke	4		Maryland	13		Davidson	5	1962	Virginia Tech	71
1935	VMI	36	1949	Washington & Lee	33	1954	West Virginia	36		The Citadel	50
	Washington & Lee	31		VMI	22		VMI	28		VMI	48
	Virginia Tech	22		Maryland	16		Washington & Lee	24		West Virginia	43
	N.C. State	19		North Carolina	13		Davidson	15		Davidson	15
	North Carolina	11		Duke	11		Virginia Tech	11	1963	Virginia Tech	73
	Duke	6		Virginia Tech	10	1955	Virginia Tech	42		West Virginia	63
1936	Washington & Lee			Wake Forest	8		West Virginia	41		The Citadel	47
				The Citadel	4		VMI	35		Davidson	24
1938	VMI	28	1950	Washington & Lee	29	1956	Virginia Tech	82	1964	West Virginia	75
	Washington & Lee	24		VMI	24		VMI	47		Virginia Tech	59
	Davidson	9		Maryland	15		Washington & Lee	43		VMI	44
	Virginia Tech	7		Duke	14		Virginia Tech	27		The Citadel	30
	North Carolina	6		The Citadel	11		Washington & Lee	43		Davidson	14
	Duke	1		North Carolina	11		West Virginia	27	1965	West Virginia	74
	N.C. State	1		Virginia Tech	7		The Citadel	16		Virginia Tech	71
	Maryland	0		N.C. State	2		Davidson	15		VMI	42
1941	Washington & Lee	32		Davidson	1	1957	VMI	66		The Citadel	40
	VMI	29		George Washington	0		Virginia Tech	62		Davidson	22
	North Carolina	27	1951	VMI	29		Washington & Lee	62		Furman	0
	Maryland	11		Washington & Lee	23		Washington & Lee	41		William & Mary	0
	Davidson	7		Maryland	18		West Virginia	35	1966	West Virginia	76
	Duke	7		Duke	12		Davidson	22		The Citadel	72
	N.C. State	4		West Virginia	12		The Citadel	14		VMI	37
1942	North Carolina	30		N.C. State	11	1958	Virginia Tech	85		East Carolina	30
	VMI	28		The Citadel	4		West Virginia	56		William & Mary	22
	Washington & Lee	22		Davidson	4		The Citadel	43		Davidson	19
	Virginia Tech	16		Virginia Tech	4		VMI	33	1967	The Citadel	80
	Duke	11		North Carolina	0		Davidson	13		West Virginia	69
	Davidson	7					Washington & Lee	13		Davidson	56
	N.C. State	7								VMI	46
	Maryland	1								William & Mary	19
										East Carolina	15



SoCon Championship Results

1968	William & Mary 87 VMI 65 East Carolina 51 West Virginia 49 The Citadel 44 Davidson 26	1979	Chattanooga 94.5 Appalachian State 84 The Citadel 59 Marshall 35.25 VMI 24 Furman 0	1992	Chattanooga 91.75 Appalachian State 87 VMI 62.5 The Citadel 51 Davidson 4	2006	Chattanooga 112.5 UNCG 72 The Citadel 63.5 Appalachian State 49.5 VMI 28.5 Davidson 17
1969	William & Mary 87 East Carolina 83 VMI 66 The Citadel 53 Davidson 32 George Washington 22 Furman 4	1980	Chattanooga 100.75 VMI 64.5 Appalachian State 56.5 The Citadel 51.5 Marshall 32 Davidson 10.5 Furman 1	1993	Chattanooga 87.25 Appalachian State 83.5 The Citadel 62 VMI 57.25 Davidson 5.5	2007	Chattanooga 117.5 UNCG 75 VMI 41 The Citadel 38.5 Appalachian State 36.5 Davidson 34.5
1970	William & Mary 113 East Carolina 91 The Citadel 54 VMI 40 Davidson 19 George Washington 9 Furman 6	1981	Chattanooga 101 Appalachian State 89.25 The Citadel 57 VMI 46.25 Marshall 45.25 East Tennessee 7.5 Davidson 5 Furman 0	1994	Chattanooga 91.25 Appalachian State 88.75 VMI 76 The Citadel 42 Davidson 12	2008	Chattanooga 104.5 Appalachian State 86.5 UNCG 71.5 The Citadel 30.5 VMI 26 Davidson 24.5
1971	William & Mary 103 East Carolina 92 VMI 50 Davidson 26 The Citadel 19 Furman 2	1982	Chattanooga 107 Appalachian State 73.75 VMI 73.25 The Citadel 39.75 Marshall 37.75 Davidson 7.5 East Tennessee 0 Furman 0	1995	Appalachian State 99.5 VMI 99.5 Chattanooga 88.5 The Citadel 31 Davidson 13	2009	Chattanooga 104 UNCG 73 Appalachian State 63 The Citadel 55.5 VMI 27 Davidson 20.5
1972	East Carolina 107 William & Mary 94.5 VMI 51 The Citadel 29 Furman 16 Davidson 6 Richmond 0	1983	Chattanooga 104.75 Appalachian State 77.75 VMI 68.5 The Citadel 59 Davidson 11 Furman 0	1996	Appalachian State 103 VMI 79.5 Chattanooga 74.5 The Citadel 39.5 Davidson 25	2010	UNCG 81.5 The Citadel 74 Appalachian State 71.5 Chattanooga 43 VMI 37 Davidson 21
1973	East Carolina 119.5 William & Mary 95 Appalachian State 53.5 VMI 33 Furman 5.5 The Citadel 5 Davidson 0	1984	Appalachian State 98.5 Chattanooga 83.75 VMI 82 The Citadel 39 Davidson 5.5 Furman 0	1997	Appalachian State 73 VMI 73 UNCG 73 Chattanooga 60.5 The Citadel 42 Davidson 12.5	2011	Chattanooga 98 UNCG 87.5 Appalachian State 57.5 The Citadel 44.5 VMI 27 Davidson 18
1974	East Carolina 171 Appalachian State 121.5 William & Mary 111.5 VMI 52.5 The Citadel 38.5 Richmond 23.5 Davidson 10.5 Furman 3.5	1985	VMI 91 Appalachian State 80 Chattanooga 73.5 The Citadel 54 Furman 2 Davidson 0	1998	Chattanooga 92.5 UNCG 83.5 Appalachian State 71.0 VMI 50.5 The Citadel 43.5 Davidson 14.5	2012	Chattanooga 102.5 Campbell 62.5 The Citadel 59.0 Gardner-Webb 49.5 SIUE 29.5 Appalachian State 27.0 Davidson 25.5 VMI 23.5
1975	East Carolina 159.5 William & Mary 143.5 Appalachian State 84.5 Richmond 53 The Citadel 46 VMI 37 Davidson 11	1986	Chattanooga 86 Appalachian State 85.5 VMI 77.5 The Citadel 59.5 Furman 16 Davidson 0	1999	Chattanooga 92 UNCG 72.5 VMI 71 Appalachian State 48.5 Citadel 42 Davidson 13	2000	Chattanooga 102.5 Appalachian State 80 UNCG 70.5 VMI 54.5 The Citadel 26.5 Davidson 16.5
1976	East Carolina 111 William & Mary 74.75 VMI 30 The Citadel 26.5 Richmond 24.5 Appalachian State 20.5 Davidson 6	1987	Chattanooga 97.75 Appalachian State 97.50 VMI 74 The Citadel 24 Furman 13.5 Davidson 8	2001	Appalachian State 113.5 Chattanooga 77 VMI 49 The Citadel 48.5 UNCG 37.5 Davidson 16.5	2002	Chattanooga 72 VMI 70 The Citadel 62.5 Appalachian State 61.5 UNCG 28 Davidson 16.5
1977	William & Mary 94.5 East Carolina 83.5 VMI 54.75 Appalachian State 37.5 Marshall 26.25 The Citadel 14.75 Davidson 0.5	1988	Chattanooga 110.5 Appalachian State 71 VMI 67.5 The Citadel 28.5 Furman 17 Davidson 5.5	2003	Appalachian State 97.5 VMI 80 The Citadel 70 Chattanooga 51.5 UNCG 20 Davidson 4.5	2004	The Citadel 89 Chattanooga 79 VMI 65 Appalachian State 51.5 UNCG 49.5 Davidson 10
1978	Chattanooga 100.25 Appalachian State 83.5 Marshall 62 The Citadel 29.5 VMI 25.5 Davidson 5.5	1989	Chattanooga 107.75 Appalachian State 94 VMI 54.5 The Citadel 28.5 Furman 19	2005	Chattanooga 90 The Citadel 81 UNCG 77 Appalachian State 57.5 Davidson 30.5 VMI 23.5		
		1990	Chattanooga 94 Appalachian State 93.25 VMI 58.25 The Citadel 34.50 Furman 9				
		1991	Chattanooga 103.5 Appalachian State 82.5 VMI 49 The Citadel 44.5 Furman 25.5				

All-Conference Teams

1993
 118 David Barden, UTC
 126 Donnell Rawls, APP
 134 Frank Mathews, UTC
 142 Charlie Branch, VMI
 150 Guy Harris, UTC
 158 Corey Creech, APP
 167 Shomari Rozier, APP
 177 Chad Dennis, UTC
 190 John Reynolds, APP
 HWT Melvin Crosby, APP

1994
 118 Jason Laflin, UTC
 126 David Barden, UTC
 134 Vince Zullo, APP
 142 Charlie Branch, VMI
 150 Kyle Kuykendall, APP
 158 Chad Dennis, UTC
 167 Shomari Rozier, APP
 177 Seth Meyerson, APP
 190 Vince Crum, CIT
 HWT Mark Wysong, VMI

1995
 118 Mike Orris, APP
 126 Aaron Mickiewicz, VMI
 134 Adam Mickiewicz, VMI
 142 Charlie Branch, VMI
 150 Jeremy Ingram, VMI
 158 Kevin Johnson, VMI
 167 Rob Reaves, CIT
 177 Daryk Moistner, APP
 190 Raymond James, VMI
 HWT Hercules Ward, UTC

1996
 118 Tony Hairston, APP
 126 David Barden, UTC
 134 Adam Mickiewicz, VMI
 142 Jason Foresman, VMI
 150 Reese Edgington, VMI
 158 Greg Young, UTC
 167 Chad Dennis, UTC
 177 Jason Hooker, APP
 190 Seth Meyerson, APP
 HWT Leslie Apedoe, VMI

1997
 118 Miles Cox, DAV
 126 Andy Cook, UTC
 134 Adam Mickiewicz, VMI
 142 Jarrod Fitzgerald, VMI
 150 Jason Foresman, VMI
 158 Joe Stanton, UNCG
 167 Jamie Hensch, UNCG
 177 Nathan Funk, UTC
 190 Isaac Moore, VMI
 HWT Leslie Apedoe, VMI

1998
 118 Corey Williams, UNCG
 126 Bob Hanson, UTC
 134 Bobby Cook, UTC
 142 Melvin Saunders, UTC
 150 Heath Eslinger, UTC
 158 Jarrod Fitzpatrick, VMI
 167 Jamie Hensch, UNCG
 177 Nathan Funk, UTC
 190 Isaac Moore, VMI
 HWT Leslie Apedoe, VMI

1999
 125 Adrian Tramutola, VMI
 133 Bobby Hanson, UTC
 141 Bobby Cook, UTC
 149 Melvin Saunders, UNCG
 157 Heath Eslinger, UTC
 165 Gill Decher, VMI
 174 Jamie Hensch, UNCG
 184 Dax Pecaro, UNCG
 197 Isaac Moore, VMI
 HWT Leslie Apedoe, VMI

2000
 125 Adrian Tramutola, UTC
 133 Oliver Ruiz, VMI
 141 Jeremy Hart, APP
 149 Andy Putnam, APP
 157 Ian Kaplan, DAV
 165 Heath Eslinger, UTC
 174 Austen Palmer, VMI
 184 Dax Pecaro, UNCG
 197 Josh Lambrecht, UTC
 HWT A.J. Lyczkowski, UTC

2001
 125 Rich Caisse, APP
 133 Travis Drake, APP
 141 Jared Sullivan, UTC
 149 Adam Britt, VMI
 157 PJ Bocchia, APP
 165 Jacob Inge, VMI
 174 Mike Regner, Citadel
 184 Adam Duncan, UTC
 197 Geoff McIntosh, APP
 HWT Danny Misenheimer, APP

2002
 125 Matt Pitts, UTC
 133 Travis Drake, APP
 141 Jared Sullivan, UTC
 149 Mike Parsons, VMI
 157 Adam Britt, VMI
 165 Mark Fee, APP
 174 Lee Roper, APP
 184 Jason Cox, VMI
 197 Austin David, UTC
 HWT Greg Forbes, UNCG

2003
 125 Rich Caisse, APP
 133 Travis Drake, APP
 141 Erin Burns, APP
 149 Jacob Harris, UTC
 157 Adam Britt, VMI
 165 Lee Roper, APP
 174 Mark Fee, APP
 184 Sean McIntosh, APP
 197 Josh Carroll, APP
 HWT Billy Linane, CIT
 John Kimble, UNCG
 Scott Buhman, VMI

2004
 125 Ryan McClester, CIT
 133 Josh Keefe, UTC
 141 Michael Keefe, UTC
 149 Jason Jones, APP
 157 Dan Thompson, CIT
 165 Jon Siores, UTC
 174 Keith Clifton, CIT
 184 John Davis, UTC
 197 Jason Cox, VMI
 HWT Billy Linane, CIT

2005
 125 Matt Pitts, UTC
 133 Josh Keefe, UTC
 141 Michael Keefe, UTC
 149 Wayne French, UTC
 157 Travis Piccard, CIT
 165 Jon Siores, UTC
 174 Daniel Peterson, UTC
 184 John Davis, UTC
 197 Daren Burns, UNCG
 HWT Ruebon Daniels, APP

2006
 125 Javier Maldonado, UTC
 133 Matt Keller, UTC
 141 Sean Markey, CIT
 149 Eric Burns, APP
 157 Jake Yost, APP
 165 Dan Thompson, CIT
 174 Joe Lowe, UNCG
 184 John Davis, UTC
 197 Daren Burns, UNCG
 HWT Tyler Sholvin, UNCG

2007
 125 Javier Maldonado, UTC
 133 Matt Keller, UTC
 141 Michael Keefe, UTC
 149 Aaron Martin, UTC
 157 Jake Yost, UTC
 165 T.J. Sayers, UTC
 174 Josh Edmondson, UTC
 184 Matt Koz, UTC
 197 Joe Lowe, UNCG
 HWT Corry Murray-VMI

2008
 125 Javier Maldonado, UTC
 133 Jeff Hedges, UNCG
 141 Cody Cleveland, UTC
 149 Scott Ervin, APP
 157 Seth Garvin, UTC
 165 Byron Sigmon, UNCG
 174 Lloyd Rogers, UTC
 184 Josh Edmondson, UTC
 197 Daren Burns, UNCG
 HWT Ryan Hsu, UNCG

2009
 125 Tyler Sim, CIT
 133 Frank Celorrio, APP
 141 Cody Cleveland, UTC
 149 Dan Waddell, UTC
 Ben Wilmore, UNCG
 157 Joey Knox, UTC
 165 Seth Garvin, UTC
 174 Jason McCroskey, UTC
 184 Mikal McKee, UNCG
 197 Odie Delaney, CIT
 HWT Josh Wine, VMI

2010
 125 Demetrius Johnson, UTC
 133 Josh Statum, UTC
 141 Ivan Lopouchanski, UNCG
 149 Savva Kostis, APP
 157 Josh Condon, UTC
 165 Brandon Wright, UTC
 174 Byron Sigmon, UNCG
 184 Austin Trotman, APP
 197 Niko Brown, UTC
 HWT Josh Wine, VMI

2011
 125 Manuel Ramirez, UNCG
 133 Jamel Johnson, UNCG
 141 Cody Cleveland, UTC
 149 Ivan Lopouchanski, UNCG
 157 Josh Condon, UTC
 165 Turtogtokh Luvsandorj, CIT
 174 Brandon Wright, UTC
 184 Austin Trotman, APP
 197 Caylor Williams, UNCG
 HWT Josh Wine, VMI

2012
 125 Manuel Ramirez, UTC
 133 Nick Soto, UTC
 141 Mike Kessler, APP
 149 Savva Kostis, APP
 157 Dan Waddell, UTC
 165 Kyle Blevins, APP
 174 Turtogtokh Luvsandorj, CIT
 184 Austin Trotman, APP
 197 Kelby Smith, CIT
 HWT Odie Delaney, CIT

2013
 125 Nick Soto, UTC
 133 Aaron Hansen, CIT
 141 Ugi Khishignyam, CIT
 149 Alex Hudson, UTC
 157 Matt Frisch, CIT
 165 Zack Strickland, APP
 Josh Condon, UTC
 174 John Lampe, UTC
 184 Josh Tuck, CIT
 197 Niko Brown, UTC
 HWT Odie Delaney, CIT

All-Freshman Teams

2009
 Kyle Blevins, APP
 Mike Kessler, APP
 J.C. Oddo, CIT
 Odie Delaney, CIT
 Richard Alarcon, CIT
 David DeCamp, DAV
 Tyler Mullen, DAV
 Jason McCroskey, UTC
 Demetrius Johnson, UTC
 Dan Waddell, CIT
 Tyler Roberson, UTC
 Ethan Winel, UTC
 Andrew Szymborski, VMI

2010
 Jacob Earp, APP
 Niko Brown, UTC
 Josh Condon, UTC
 Dean Pavlou, UTC
 Jake Young, UTC
 Nick LaFevre, CIT
 Turtogtokh Luvsandorj, CIT
 Eric Chandler, UNCG
 Ivan Lopouchanski, UNCG
 Travis Sheehy, UNCG

2011
 Chris Johnson, APP
 Marc Tyson, APP
 Luke Johnson, CIT
 Scott Patrick, DAV
 Elijah Adams, UNCG
 Jamel Johnson, UNCG
 Caylor Williams, UNCG
 Levi Clemons, UTC
 Shawn Greevy, UTC
 Ted Gottwald, VMI

2012
 Paul Weiss, APP
 James Cook, CAMP
 Mark Hartenstine, CAMP
 Ryan Kreckler, CAMP
 Joe Nolan, CAMP
 Joey Rizzolino, CAMP
 Kyle Casaletto, CIT
 Anthony Elias, DAV
 Kevin Malone, UTC
 Nick Soto, UTC

2013
 Colin Hedash, APP
 Zack Strickland, APP
 Eric Montoya, CAM
 Matt Frisch, CIT
 Marshall Haas, CIT
 Aaron Hansen, CIT
 Ugi Khishignyam, CIT
 Gray Jones, GWU
 Jake Residori, SIUE
 John Lampe, UTC

* Prior to 1993, all individual Southern Conference meet champions earned all-conference honors.
 * In 2009 coaches approved a 10-member all-freshman team, regardless of weight class.



NCAA Individual & Team Top Finishes

NCAA Individual Top 8 Finishers

Year	Wgt.	Fin.	Individual
1955	115	4th	Robert Perry, WVU
	123	2nd	Lewis Guidi, WVU
1974	134	5th	Mark Belknap, W&M
	177	5th	Bill Hill, ECU
1975	134	3rd	Mark Belknap, W&M
1979	126	5th	Byron McGlathery, UTC
1983	118	2nd	Charlie Heard, UTC
1984	118	7th	Charlie Heard, UTC
1991	177	5th	Bret Gustafson, UTC
1992	142	8th	Guy Harris, UTC
1992	158	8th	Howard Langford, UTC
1999	HWT	6th	Leslie Apedoe, VMI
2002	165	5th	Mark Fee, APP
2005	141	5th	Michael Keefe, UTC
	165	5th	Jon Sioredas, UTC
2006	133	8th	Matt Keller, UTC
	165	7th	Dan Thompson, CIT
2007	133	4th	Matt Keller, UTC
2008	141	8th	Cody Cleveland, UTC
2012	165	4th	Kyle Blevins, APP
	184	3rd	Austin Trotman, APP
2013	141	4th	Ugi Khishignyam, CIT
	HWT	7th	Odie Delaney, CIT

NCAA Team Finishes

Year	Finish	School
1935	13th	VMI
1941	T-21st	VMI
1952	T-20th	Maryland
1955	12th	West Virginia
1956	T-19th	Virginia Tech
	T-33rd	VMI
1961	T-23rd	The Citadel
1964	T-37th	West Virginia
1968	T-52nd	Davidson
1971	T-44th	East Carolina
1972	T-55th	East Carolina
	T-55th	William & Mary
1973	T-37th	William & Mary
1974	T-24th	East Carolina
	T-24th	William & Mary
1975	17th	William & Mary
	38th	East Carolina
1976	31st	East Carolina
	37th	The Citadel
	T-41st	William & Mary
	T-72nd	VMI
1977	33rd	William & Mary
	T-51st	Appalachian State
	T-51st	VMI
1978	T-47th	Chattanooga
1979	31st	Chattanooga
	T-56th	Appalachian State
1980	T-40th	Chattanooga
	T-47th	Appalachian State
	T-53rd	The Citadel
1982	38th	Chattanooga
1983	T-14th	Chattanooga
1984	29th	Chattanooga
1985	T-38th	Appalachian State
	T-55th	Chattanooga
1986	T-49th	Appalachian State
	T-59th	Chattanooga
1987	T-45th	The Citadel
	T-47th	Appalachian State
	T-62nd	Chattanooga

1988	T-27th	Chattanooga
	T-46th	The Citadel
1989	35th	Chattanooga
	T-46th	Appalachian State
1991	T-27th	Chattanooga
1992	T-22nd	Chattanooga
1997	T-47th	VMI
	T-58th	Appalachian State
	T73rd	Chattanooga
1998	T-58	Chattanooga
	T-67	VMI
1999	T-34th	VMI
	41st	Chattanooga
	T-48th	Appalachian State
	T-64th	UNCG
2000	T-47th	Appalachian State
	T-47th	UNCG
	T-47th	Chattanooga
	T-57th	VMI
2001	T-51st	Chattanooga
	T-66th	Appalachian State
	T-68th	UNCG
2002	28th	Appalachian State
	T-39th	VMI
	T-70th	Chattanooga
	T-72nd	The Citadel
	T-72nd	UNCG
2003	33rd	Appalachian State
	T-46th	VMI
	T-48th	The Citadel
2004	T-29th	Chattanooga
	T-50th	The Citadel
	T-60th	UNCG
	T-68th	VMI
2005	21st	Chattanooga
2006	30th	Chattanooga
	31st	UNCG
	33rd	The Citadel
2007	20th	Chattanooga
2008	37th	Chattanooga
	38th	Appalachian State
	T-41st	UNCG
2009	T-52nd	Chattanooga
	T-58th	UNCG
	T-62nd	Appalachian State
	T-62nd	The Citadel
	T-62nd	VMI
2010	T-43rd	UNCG
	55th	Chattanooga
	T-56th	Appalachian State
	T-66th	Davidson
	T-66th	The Citadel
2011	T-52nd	UNCG
	T-56th	Appalachian State
	T-65th	The Citadel
	T-65th	Chattanooga
	T-65th	VMI
2012	T-21st	Appalachian State
	T-48th	The Citadel
	T-51st	Chattanooga
	T-59th	Campbell
2013	20th	The Citadel
	T-49th	Appalachian State
	T-55th	Chattanooga
	T-60th	Gardner-Webb
	T-66th	Campbell
	T-66th	Davidson

NCAA At-Large Bids

1997	134 - Eric Smith, Appalachian State
	158 - Reese Edgington, VMI
1999	157 - Matt Erwin, VMI
	157 - Ian Kaplan, Davidson
	197 - Greg Forbes, UNCG
2000	141 - Joe Herron, UNCG
	165 - Matt Erwin, VMI
	184 - Mike Regner, The Citadel
2001	141 - Jared Sullivan, Chattanooga
	141 - Corey Williams, UNCG
	157 - Robby Bell, The Citadel
2002	141 - Mark DiSalvo, VMI
	157 - PJ Boccia, Appalachian State
	165 - Craig Johnson, Chattanooga
2003	125 - Ryan McClester, The Citadel
	133 - Sean Markey, The Citadel
	174 - Matt Erwin, VMI
2004	125 - Matt Pitts, Chattanooga
	133 - Sean Markey, The Citadel
	141 - Michael Keefe, Chattanooga
2005	125 - Matt Pitts, Chattanooga
	133 - Josh Keefe, Chattanooga
	141 - Jason Jones, Appalachian State
2006	141 - Micheal Keefe, Chattanooga
	Kevin Artis, UNCG
	285 - Israel Silva, Chattanooga
2007	149 - Aaron Martin, Chattanooga
	Sam Alvarenga, VMI
	174 - Neal Martin, Appalachian State
	Llyod Rogers, Chattanooga
2008	133 - Terrelly Williams, Appalachian State
	Steve Hromada, Chattanooga
	149 - Joey Knox, Chattanooga
	184 - Austin Trotman, Appalachian State
	197 - Matt Koz, Chattanooga
2009	141 - Chris Bencivenga, UNCG
	174 - Byron Sigmon, UNCG
2010	184 - Andrew Saunders, UNCG
	Jason McCroskey, Chattanooga
2011	197 - Niko Brown, Chattanooga
2012	165 - Kyle Blevins, Appalachian State
	174 - Levi Clemmons, Chattanooga
2013	125 - Eric Montoya, Campbell



Southern Conference Honors

Coach Of The Year

- 1975 John Welborn, East Carolina
- 1976 John Welborn, East Carolina
- 1977 Oscar Gupton, VMI
- 1978 Jim Morgan, Chattanooga
- 1979 Major Gene Styles, The Citadel
- 1980 Ike Sherlock, VMI
- 1981 Jim Hargan, Chattanooga
- 1982 Ike Sherlock, VMI
- 1983 Jim Morgan, Chattanooga
- 1984 Ike Sherlock, VMI
- 1985 Ike Sherlock, VMI
- 1986 Ken Shelton, The Citadel
- 1987 Ethan Reeve, Chattanooga
- 1988 Ethan Reeve, Chattanooga
- 1989 Paul Mance, Appalachian State
- 1990 Ethan Reeve, Chattanooga
- 1991 Ralph Manning, Chattanooga
- 1992 Ralph Manning, Chattanooga
- 1993 Paul Mance, Appalachian State
- 1994 John Trudgeon, VMI
- 1995 John Trudgeon, VMI
- 1996 Paul Mance, Appalachian State
- 1997 Denny Moore, UNCG
- 1998 Denny Moore, UNCG
- 1999 John Trudgeon, VMI
- 2000 John Trudgeon, VMI
- 2001 Paul Mance, ASU
- 2002 Franky James, Chattanooga
- 2003 Paul Mance, Appalachian State
- 2004 Rob Hjerling, The Citadel
- 2005 Terry Brands, Chattanooga
- 2006 Joe Seay, Chattanooga
- 2007 Chris Bono, Chattanooga
- 2008 Chris Bono, Chattanooga
- 2009 Chris Bono, Chattanooga
- 2010 Jason Loukides, UNCG
- 2011 Heath Eslinger, Chattanooga
- 2012 John-Mark Bentley, Appalachian State
- 2013 Heath Eslinger, Chattanooga

Wrestler Of The Year

- 1993 Donnell Rawls, Appalachian State
- 1994 Charlie Branch, VMI
- 1995 Charlie Branch, VMI
- 1996 David Barden, Chattanooga
- 1997 Adam Mickiewicz, VMI
- 1998 Leslie Apedoe, VMI
- 1999 Leslie Apedoe, VMI
- 2000 Heath Eslinger, Chattanooga
- 2001 Jeremy Hart, ASU
- 2002 Travis Drake, ASU
- 2003 Adam Britt, VMI
- 2004 Ryan McClester, The Citadel
- 2005 Jon Sioredas, Chattanooga
- 2006 Sean Markey, the Citadel
- 2007 Matt Kellerm, Chattanooga
- 2008 Scott Ervin, Appalachian State
- Lloyd Rogers, Chattanooga
- 2009 Chris Bencivenga, UNCG
- Cody Cleveland, Chattanooga
- 2010 Austin Trotman, Appalachian State
- 2011 Turtogtokh Luvsandorj, The Citadel
- 2012 Kyle Blevins, Appalachian State
- 2013 Odie Delaney, The Citadel

Freshman Of The Year

- 1992 Charlie Branch, VMI
- 1993 Gerald Carr, Chattanooga
- 1994 Miles Miller, Davidson
- 1995 Kevin Johnson, VMI
- 1996 Leslie Apedoe, VMI
- 1997 Trey Burlingame, UNCG
- 1998 Corey Williams, UNCG
- 1999 Matt Erwin, VMI
- 2000 Josh Lambrecht, Chattanooga
- 2001 Jarred Sullivan, Chattanooga
- 2002 Matt Pitts, Chattanooga
- 2003 Chris Seta, VMI
- 2004 Daren Burns, UNCG
- 2005 Joe Kemmerer, UNCG
- 2006 Anothony Easter, The Citadel
- 2007 Ben Altman, Davidson
- 2008 Austin Trotman, Appalachian State
- 2009 Jason McCroskey, Chattanooga
- 2010 Jake Young, Chattanooga
- 2011 Caylor Williams, UNCG
- 2012 Nick Soto, Chattanooga
- 2013 Ugi Khishignyam, The Citadel

Tournament Outstanding Wrestler

- 1949 Phil Kemp, North Carolina
- 1950 Jerry Gallagher, Duke
- 1951 Ted Lonergan, Washington & Lee
- 1952 Ernie Fischer, Maryland
- 1953 Rodney Norris, Maryland
- 1961 Jeff Hartsell, The Citadel
- 1962 Jeff Hartsell, The Citadel
- 1963 Jose Barcelo, The Citadel
- 1964 Bruce Schwanda, The Citadel
- 1965 Henry Seymour, Virginia Tech
- 1966 John Luckini, West Virginia
- 1967 Ed Steers, The Citadel
- 1968 Bob Hobson, William & Mary
- 1969 John Wood, The Citadel
- 1970 Bob Hobson, Wiliam & Mary
- 1971 Lonnie Parker, William & Mary
- 1972 John Kaila, William & Mary
- 1973 Mark Belknap, William & Mary
- 1974 Chris Jacobsen, Appalachian State
- 1975 Mark Belknap, William & Mary
- 1976 Mike Regner, The Citadel
- 1977 Phil Mueller, East Carolina
- 1978 Randy Batten, Chattanooga
- 1979 Tom Flanagan, Chattanooga
- 1980 Larry Meierotto, Chattanooga
- 1981 Todd Sumter, Appalachian State
- Larry Meierotto, Chattanooga
- 1982 Charlie Heard, Chattanooga
- 1983 Bill Moss, Chattanooga
- 1984 Charlie Heard, Chattanooga
- John Munno, VMI
- 1985 Amaro Lamar, Appalachian State
- 1986 Ben Walker, VMI
- 1987 Amaro Lamar, Appalachian State
- 1988 Tom Sell, Chattanooga
- Clay Ogden, The Citadel
- 1989 Charlie Buckshaw, Chattanooga
- 1990 Michael Murray, VMI
- 1991 Bret Gustafson, Chattanooga
- 1992 Bret Gustafson, Chattanooga
- 1993 Victor Balmededa, Appalachian State
- 1994 Charlie Branch, VMI
- 1995 David Barden, Chattanooga
- 1996 Aaron Mickiewicz, VMI
- 1997 Leslie Apedoe, VMI
- 1998 Bob Hanson, Chattanooga
- 1999 Jeremy Hart, Appalachian State
- 2000 Heath Eslinger, Chattanooga
- 2001 Jeremy Hart, Appalachian State
- 2002 Mark Fee, Appalachian State
- 2003 Adam Britt, VMI
- 2004 Josh Keefe, Chattanooga
- 2005 Jon Sioredas, Chattanooga
- 2006 Matt Keller, Chattanooga
- 2007 Scott Ervin, Appalachian State
- 2008 Cody Cleveland, Chattanooga
- 2009 Cody Cleveland, Chattanooga
- 2010 Victor Hojilla, UNCG
- 2011 Kyle Blevins, Appalachian State
- 2012 Austin Trotman, Appalachian State
- 2013 Anthony Elias, Davidson



Southern Conference Honors

Wrestlers of the Week

2000-01

Nov. 15 Travis Drake, Appalachian State
 Nov. 22 Josh Hooker, Chattanooga
 Nov. 29 Corey Williams, UNCG
 Dec. 6 Travis Drake, Appalachian State
 Jan. 3 PJ Bocchia, Appalachian State
 Jan. 10 Jeff Libersat, Davidson
 Jan. 17 Joe Scolaro, UNCG
 Jan. 24 Danny Misenheimer, Appalachian State
 Jan. 31 Jeff Libersat, Davidson
 Feb. 7 Robby Bell, The Citadel
 Feb. 14 Adam Britt, VMI
 Feb. 21 Jason Cox, VMI
 Adam Duncan, Chattanooga

2001-02

Jan. 8 Travis Drake, Appalachian State
 Jan. 15 Adam Britt, VMI
 Jan. 22 Adam Britt, VMI
 Jan. 29 Mark Fee, Appalachian State
 Feb. 5 Matt Erwin, VMI
 Mike Regner, The Citadel
 Feb. 12 Mark Fee, Appalachian State
 Feb. 19 Mike Regner, The Citadel
 Feb. 26 Adam Britt, VMI

2002-03

Jan. 8 Patrick Coman, Appalachian State
 Jan. 15 Adam Britt, VMI
 Jan. 22 Travis Drake, Appalachian State
 Jan. 29 Sean Markey, The Citadel
 Feb. 5 Ryan McClester, The Citadel
 Feb. 11 Adam Britt, VMI
 Feb. 19 Keith Clifton, The Citadel
 Feb. 24 Mark Fee, Appalachian State

2003-04

Dec. 8 Sean Markey, The Citadel
 Jan. 6 Jason Cox, VMI
 Jan. 12 Josh Keefe, Chattanooga
 Jan. 19 Jason Cox, VMI
 Jan. 26 Mark O'Hair, Davidson
 Feb. 3 Sean Markey, The Citadel
 Feb. 10 Micah Amrozowicz, VMI
 Feb. 17 Charles Jones, UNCG
 Feb. 24 Ryan McClester, The Citadel

2004-05

Dec. 8 Matt Pitts, Chattanooga
 Dec. 15 Jon Sioredas, Chattanooga
 Dec. 22 Jason Jones, Appalachian State
 Jan. 5 Travis Piccard, The Citadel
 Daren Burns, UNCG
 Jan. 12 Benjamin Graham, Davidson
 Jan. 19 Michael Keefe, Chattanooga
 Jan. 26 Travis Piccard, The Citadel
 Feb. 2 Daren Burns, UNCG
 Feb. 9 Ryan McClester, The Citadel
 Feb. 16 Jon Sioredas, Chattanooga
 Feb. 23 Josh Keefe, Chattanooga

2005-06

Dec. 7 Matt Keller, Chattanooga
 Dec. 21 Matt Keller, Chattanooga
 Jan. 4 Sean Markey, The Citadel
 Jan. 11 Matt Keller, Chattanooga
 Jan. 18 Matt Keller, Chattanooga
 Jan. 25 Marcus Cox, Appalachian State
 Feb. 1 Joe Lowe, UNCG
 Feb. 8 Sean Markey, The Citadel
 Feb. 15 Lloyd Rogers, Chattanooga
 Feb. 22 Kevin Artis, UNCG
 Israel Silva, Chattanooga

2006-07

Dec. 6 Matt Keller, Chattanooga
 Dec. 20 Aaron Martin, Chattanooga
 Jan. 3 Lloyd Rogers, Chattanooga
 Jan. 9 Marcus Boyd, Davidson
 Jan. 17 Jeff Hedges, UNCG
 Jan. 31 Scott Buhman, VMI
 Feb. 7 Sam Alvarenga, VMI
 Feb. 15 Scott Ervin, Appalachian State
 Feb. 22 Travis Piccard, The Citadel

2007-08

Dec. 4 Daren Burns, UNCG
 Dec. 11 Josh Wine, VMI
 Dec. 20 Scott Ervin, Appalachian State
 Jan. 3 Cody Cleveland, Chattanooga
 Jan. 10 Eddie Hutchinson, Appalachian State
 Jan. 17 Sam O'Hair, Davidson
 Jan. 23 Jeff Hedges, UNCG
 Jan. 30 Tommy Hutchinson, Appalachian State
 Feb. 6 David Metzler, VMI
 Feb. 13 Javier Maldonado, Chattanooga
 Feb. 21 Terrey Williams, Appalachian State

2008-09

Nov. 28 Chris Bencivenga, UNCG
 Dec. 3 Austin Trotman, Appalachian State
 Dec. 10 Vitaly Radsky, Davidson
 Jan. 8 Chris Bencivenga, UNCG
 Jan. 13 Leon Barrow, VMI
 Jan. 21 Frank Celorrio, Appalachian State
 Jan. 28 Jason McCroskey, Chattanooga
 Feb. 4 Keith Koziel, The Citadel
 Feb. 11 Tyler Sim, The Citadel
 Feb. 17 Sam O'Hair, Davidson
 Feb. 25 Odie Delaney, The Citadel

2009-10

Dec. 2 Jake Young, Chattanooga
 Dec. 9 Odie Delaney, The Citadel
 Dec. 16 Ronnie Ellsworth, VMI
 Jan. 6 Andrew Saunders, UNCG
 Jan. 13 Andrew Szymborski, VMI
 Jan. 20 Austin Trotman, Appalachian State
 Jan. 27 Kyle Blevins, Appalachian State
 Feb. 3 Ryan Sughrue, UNCG
 Feb. 10 Austin Trotman, Appalachian State
 Feb. 17 Vitaly Radsky, Davidson
 Feb. 24 Turtogtokh Luvsandorj, The Citadel

2010-11

Nov. 24 Ivan Lopouchanski, UNCG
 Dec. 1 Ivan Lopouchanski, UNCG
 Dec. 8 Andrew Saunders, UNCG
 Dec. 15 Matthew Brock, VMI
 Jan. 5 Turtogtokh Luvsandorj, The Citadel
 Jan. 12 Vitaly Radsky, Davidson
 Jan. 19 Austin Trotman, Appalachian State
 Jan. 26 Kyle Blevins, Appalachian State
 Feb. 2 Turtogtokh Luvsandorj, The Citadel
 Feb. 9 Brandon Wright, Chattanooga
 Feb. 16 Austin Trotman, Appalachian State
 Feb. 23 Justin Sparrow, The Citadel

2011-12

Nov. 16 Austin Trotman, Appalachian State
 Nov. 23 Niko Brown, Chattanooga
 Nov. 30 Nick Rex, Campbell
 Dec. 7 Chip Powell, Appalachian State
 Dec. 14 Mark Hartenstine, Campbell
 Dec. 21 Nick Soto, Chattanooga
 Jan. 4 Nick Soto, Chattanooga
 Jan. 11 Austin Trotman, Appalachian State
 Jan. 18 Odie Delaney, The Citadel
 Jan. 25 Matthew Brock, VMI
 Feb. 1 John Weakley, Campbell
 Feb. 8 Travis Porter, Gardner-Webb
 Feb. 15 Kyle Blevins, Appalachian State
 Feb. 22 Odie Delaney, The Citadel

2012-13

Nov. 7 Nick Soto, Chattanooga
 Nov. 14 Niko Brown, Chattanooga
 Nov. 21 Odie Delaney, The Citadel
 Dec. 5 Patrick Myers, SIUE
 Dec. 12 Ugi Khishignyam, The Citadel
 Dec. 19 Ugi Khishignyam, The Citadel
 Jan. 3 Ugi Khishignyam, The Citadel
 Jan. 9 Zack Strickland, Appalachian State
 Jan. 16 Eric Montoya, Campbell
 Jan. 23 Marshall Haas, The Citadel
 Jan. 30 John Merickel, Campbell
 Feb. 6 Odie Delaney, The Citadel
 Feb. 13 Odie Delaney, The Citadel
 Feb. 20 Odie Delaney, The Citadel
 Feb. 27 Josh Condon, Chattanooga

Wrestler of the Week Repeat winners

8 times

Odie Delaney, The Citadel (2008-13)

7 times

Austin Trotman, Appalachian State (2008-12)

6 times

Adam Britt, VMI (2000-03)

5 times

Sean Markey, The Citadel (2002-06)

Matt Keller, Chattanooga (2005-07)

4 times

Travis Drake, Appalachian State (2000-03)

3 times

Mark Fee, Appalachian State (2001-03)

Jason Cox, VMI (2000-04)

Ryan McClester, The Citadel (2002-05)

Travis Piccard, The Citadel (2004-07)

Daren Burns, UNCG (2004-08)

Vitaly Radsky, Davidson (2008-11)

Turtogtokh Luvsandorj, The Citadel (2009-11)

Niko Brown, Chattanooga (2011-13)

Ugi Khishignyam, The Citadel (2012-13)

2 times

Jeff Libersat, Davidson (2000-01)

Mike Regner, The Citadel (2001-02)

Josh Keefe, Chattanooga (2003-05)

Jon Sioredas, Chattanooga (2004-05)

Lloyd Rogers, Chattanooga (2005-07)

Scott Ervin, Appalachian State (2006-08)

Jeff Hedges, UNCG (2006-08)

Sam O'Hair, Davidson (2007-09)

Chris Bencivenga, UNCG (2008-09)

Andrew Saunders, UNCG (2009-11)

Ivan Lopouchanski, UNCG (2010-11)

Matthew Brock, VMI (2010-12)

Kyle Blevins, Appalachian State (2010-12)

Niko Brown, Chattanooga (2011-13)

Individual Champions

115-LB

- 1930 Graves, Virginia Tech
- 1933 Rowland Thomas, Washington & Lee
- 1934 Dave Morrah, North Carolina State
- 1967 Colin Hudson, Davidson
- 1968 Lonnie Parker, William & Mary
- 1969 Lonnie Parker, William & Mary

118-LB

- 1935 Rowland Thomas, Washington & Lee
- 1936 Rowland Thomas, Washington & Lee
- 1938 Kemp, Washington & Lee
- 1970 Lonnie Parker, William & Mary
- 1971 Lonnie Parker, William & Mary
- 1972 Glenn Baker, East Carolina
- 1973 Glenn Baker, East Carolina
- 1974 Jim Blair, East Carolina
- 1975 Jim Blair, East Carolina
- 1976 Tom Dursee, William & Mary
- 1977 Tom Dursee, William & Mary
- 1978 Byron McGlathery, Chattanooga
- 1979 Mike Marino, Chattanooga
- 1980 Bobby Greenwood, VMI
- 1981 Tom Moore, Appalachian State
- 1982 Charlie Heard, Chattanooga
- 1983 Charlie Heard, Chattanooga
- 1984 Charlie Heard, Chattanooga
- 1985 Bob Zoeke, VMI
- 1986 Ben Reichel, Chattanooga
- 1987 Ben Reichel, Chattanooga
- 1988 Tom Herring, Chattanooga
- 1989 Ben Reichel, Chattanooga
- 1990 Antonio Calloway, Appalachian State
- 1991 Antonio Calloway, Appalachian State
- 1992 Donnell Rawls, Appalachian State
- 1993 David Barden, Chattanooga
- 1994 Jason Laflin, Chattanooga
- 1995 Mike Orris, Appalachian State
- 1996 Tony Hairston, Appalachian State
- 1997 Tony Hairston, Appalachian State
- 1998 Corey Williams, UNCG

121-LB

- 1941 Graham, Washington & Lee
- 1942 John McCarthy, Virginia Tech
- 1943 Warren Danneburg, VMI
- 1947 Matt Moyer, VMI
- 1948 Matt Moyer, VMI
- 1949 Mike Kusturiss, Duke
- 1950 Howie David, Washington & Lee

123-LB

- 1951 Johnny Jordan, VMI
- 1952 Bobby Perry, West Virginia
- 1953 Bobby Perry, West Virginia
- 1954 Bobby Perry, West Virginia
- 1955 Bobby Perry, West Virginia
- 1956 Ernie Piercy, Virginia Tech
- 1957 Tom Westfall, West Virginia
- 1958 Tom Westfall, West Virginia
- 1959 Bob Bowman, Virginia Tech
- 1960 Bob Bowman, Virginia Tech
- 1961 Mike Grandstaff, Virginia Tech
- 1962 Ernie Venturino, Virginia Tech
- 1963 Ernie Venturino, Virginia Tech
- 1964 Henry Seymour, Virginia Tech
- 1965 Henry Seymour, Virginia Tech
- 1966 Don Check, West Virginia
- 1967 Howard Metzgar, East Carolina
- 1968 John Wood, The Citadel
- 1969 John Wood, The Citadel

125-LB

- 1930 Stuart Will, VMI
- 1933 Fred Sarkis, Washington & Lee
- 1934 Fred Sarkis, Washington & Lee
- 1999 Adrian Tramutola, Chattanooga
- 2000 Adrian Tramutola, Chattanooga
- 2001 Adrian Tramutola, Chattanooga
- 2002 Matt Pitts, Chattanooga
- 2003 Rich Caisse, Appalachian State
- 2004 Ryan McClester, The Citadel
- 2005 Joe Kemmerer, UNCG
- 2006 Javier Maldonado, Chattanooga
- 2007 Javier Maldonado, Chattanooga
- 2008 Javier Maldonado, Chattanooga
- 2009 Demetrius Johnson, Chattanooga

- 2010 Tony Gravely, Appalachian State
- 2011 Manuel Ramirez, UNCG
- 2012 Tony Gravely, Appalachian State
- 2013 Nick Soto, Chattanooga

126-LB

- 1935 Sherrard, VMI
- 1936 Sherrard, VMI
- 1938 Pound, VMI
- 1970 Tim Ellenberge, East Carolina
- 1971 Dan Monroe, East Carolina
- 1972 Dan Monroe, East Carolina
- 1973 Dan Monroe, East Carolina
- 1974 Glenn Baker, East Carolina
- 1975 Jim Hicks, William & Mary
- 1976 Paul Osman, East Carolina
- 1977 Paul Osman, East Carolina
- 1978 Randy Batten, Chattanooga
- 1979 Ike Anderson, Appalachian State
- 1980 Byron McGlathery, Chattanooga
- 1981 Floyd Dotter, The Citadel
- 1982 Thomas Hutchinson, Appalachian State
- 1983 Leonard Champaign, Chattanooga
- 1984 John Munno, VMI
- 1985 Ron Ensign, Chattanooga
- 1986 Trey Bennett, The Citadel
- 1987 Tom Herring, Chattanooga
- 1988 Scott Corcoran, Chattanooga
- 1989 Jevon Morris, Appalachian State
- 1990 John Jones, The Citadel
- 1991 Brian Mason, VMI
- 1992 Brian Mason, VMI
- 1993 Allan Smith, The Citadel
- 1994 David Barden, Chattanooga
- 1995 David Barden, Chattanooga
- 1996 Aaron Mickiewicz, VMI
- 1997 David Hopper, Appalachian State
- 1998 Bob Hanson, Chattanooga

128-LB

- 1941 Bud Robb, Washington & Lee
- 1942 Hobie McKeever, North Carolina
- 1943 Hobie McKeever, North Carolina
- 1947 Tom Hearn, North Carolina
- 1948 Ted Lonergan, Washington & Lee
- 1949 Irving Perry, VMI
- 1950 Kerry Gallagher, Duke

130-LB

- 1951 Irving Perry, VMI
- 1952 Matt Flynn, Maryland
- 1953 Al Motley, Virginia Tech
- 1954 Lew Guidi, West Virginia
- 1955 Al Carson, Virginia Tech
- 1956 Lew Guidi, West Virginia
- 1957 Brandon Glover, Virginia Tech
- 1958 Brandon Glover, Virginia Tech
- 1959 Brandon Glover, Virginia Tech
- 1960 Brandon, Glover, Virginia Tech
- 1961 Mike Petres, West Virginia
- 1962 Mike Grandstaff, Virginia Tech
- 1963 Jose Barcelo, The Citadel
- 1964 Bill Meacci, West Virginia
- 1965 Mickey Jarrell, Virginia Tech
- 1966 Fred Bates, East Carolina
- 1967 Don Killen, West Virginia
- 1968 Tim Ellenberger, East Carolina
- 1969 Tim Ellenberger, East Carolina

133-LB

- 1999 Bobby Hanson, Chattanooga
- 2000 Bobby Hanson, Chattanooga
- 2001 Travis Drake, Appalachian State
- 2002 Travis Drake, Appalachian State
- 2003 Travis Drake, Appalachian State
- 2004 Josh Keefe, Chattanooga
- 2005 Ryan McClester, The Citadel
- 2006 Matt Keller, Chattanooga
- 2007 Matt Keller, Chattanooga
- 2008 Jeff Hedges, UNCG
- 2009 Frank Celorrio, Appalachian State
- 2010 Alex Radsky, Davidson
- 2011 Demetrius Johnson, Chattanooga
- 2012 Nick Soto, Chattanooga
- 2013 Anthony Elias, Davidson

134-LB

- 1970 John Kaila, William & Mary
- 1971 Steve Morgan, East Carolina
- 1972 Jim McCloe, East Carolina
- 1973 Mark Belknap, William & Mary
- 1974 Mark Belknap, William & Mary
- 1975 Mark Belknap, William & Mary
- 1976 Jim Hicks, William & Mary
- 1977 Jim Hicks, William & Mary
- 1978 Jim Polsineeli, Appalachian State
- 1979 Andre Massey, Appalachian State
- 1980 Rick Waller, Chattanooga
- 1981 Rick Waller, Chattanooga
- 1982 Fitz Johnson, The Citadel
- 1983 Ricky Talley, Chattanooga
- 1984 Larry Savides, Appalachian State
- 1985 Mitch Fuller, The Citadel
- 1986 Thomas Hutchinson, Appalachian State
- 1987 Dave Sloan, Appalachian State
- 1988 Mark Allison, Chattanooga
- 1989 Clarence Arrington, Chattanooga
- 1990 Clarence Arrington, Chattanooga
- 1991 Jevon Morris, Appalachian State
- 1992 Charlie Branch, VMI
- 1993 Victor Balmededa, Appalachian State
- 1994 Vinny Zullo, Appalachian State
- 1995 Adam Mickiewicz, VMI
- 1996 Adam Mickiewicz, VMI
- 1997 Adam Mickiewicz, VMI
- 1998 Bobby Cook, Chattanooga

135-LB

- 1930 Fild, VMI
- 1933 Munger, Washington & Lee
- 1934 Charley Nolan, North Carolina State
- 1935 A. Witt, VMI
- 1936 A. Witt, VMI
- 1938 Reeves, VMI
- 1942 Tom Fuller, Washington & Lee

136-LB

- 1941 Tom Fuller, Washington & Lee
- 1943 Jack McGrath, VMI
- 1947 Steiff, Washington & Lee
- 1948 Joe Sconce, Washington & Lee
- 1949 Joe Sconce, Washington & Lee
- 1950 Ted Lonergan, Washington & Lee

137-LB

- 1951 Ted Lonergan, Washington & Lee
- 1952 Rodney Norris, Maryland
- 1953 Rodney Norris, Maryland
- 1954 Bill Pritchard, West Virginia
- 1955 Armand Taylor, Virginia Tech
- 1956 Joe Heller, Virginia Tech
- 1957 Armand Taylor, Virginia Tech
- 1958 Joe Heller, Virginia Tech
- 1959 Joe Heller, Virginia Tech
- 1960 Joe Heller, Virginia Tech
- 1961 Bob Robinson, Virginia Tech
- 1962 Don Ellerman, Virginia Tech
- 1963 Don Ellerman, Virginia Tech
- 1964 Don Ellerman, Virginia Tech
- 1965 Ken Cole, Virginia Tech
- 1966 Bill Maecchi, West Virginia
- 1967 Jim Stevens, West Virginia
- 1968 Steve Vaughan, VMI
- 1969 Robert Corbo, East Carolina

141-LB

- 1999 Jeremy Hart, Appalachian State
- 2000 Jeremy Hart, Appalachian State
- 2001 Jeremy Hart, Appalachian State
- 2002 Jared Sullivan, Chattanooga
- 2003 Jared Sullivan, Chattanooga
- 2004 Kevin Artis, UNCG
- 2005 Michael Keefe, Chattanooga
- 2006 Sean Markey, The Citadel
- 2007 Michael Keefe, Chattanooga
- 2008 Cody Cleveland, Chattanooga
- 2009 Cody Cleveland, Chattanooga
- 2010 Ivan Lopouchanski, UNCG
- 2011 Cody Cleveland, Chattanooga
- 2012 Mike Kessler, Appalachian State
- 2013 Ugi Khishignyam, The Citadel



Individual Champions

142-LB

- 1970 John Childress, The Citadel
- 1971 Brad Smallwood, William & Mary
- 1972 John Kaila, William & Mary
- 1973 Milt Sherman, East Carolina
- 1974 Tom Marriot, East Carolina
- 1975 Tom Marriot, East Carolina
- 1976 Tom Marriot, East Carolina
- 1977 Ronald Moore, William & Mary
- 1978 Ralph Truitt, Marshall
- 1979 Cary Waller, Chattanooga
- 1980 Bob Hilfiger, Appalachian State
- 1981 Bob Hilfiger, Appalachian State
- 1982 Randel Wider, Chattanooga
- 1983 Billy Moss, Chattanooga
- 1984 John Ehrenberger, VMI
- 1985 Amaro Lamar, Appalachian State
- 1986 Amaro Lamar, Appalachian State
- 1987 Jay Smallden, VMI
- 1988 Jay Smallden, VMI
- 1989 Dave Sloan, Appalachian State
- 1990 Steve Pitts, VMI
- 1991 Marty Fajerman, Furman
- 1992 Guy Harris, Chattanooga
- 1993 Charlie Branch, VMI
- 1994 Charlie Branch, VMI
- 1995 Charlie Branch, VMI
- 1996 Jason Foresman, VMI
- 1997 Trey Burlingame, UNCG
- 1998 Melvin Saunders, UNCG

145-LB

- 1930 Kellam, VMI
- 1933 Allison, Virginia Tech
- 1934 Bill White, VMI
- 1935 Glenn Shively, Washington & Lee
- 1936 Glenn Shively, Washington & Lee
- 1938 Pitts, North Carolina
- 1941 Somervell, North Carolina
- 1942 Sterling Edwards, VMI
- 1943 Bob Sherrard, VMI
- 1947 Bob Sherrard, VMI
- 1948 Ken Finley, Washington & Lee
- 1949 Ken Finley, Washington & Lee
- 1950 Hap Dasheir, VMI
- 1966 Ed Steers, The Citadel
- 1967 Ed Steers, The Citadel
- 1968 Ed Steers, The Citadel
- 1969 Stan Bastain, East Carolina

147-LB

- 1951 Doug Martin, North Carolina State
- 1952 Ed Brown, VMI
- 1953 Ed Brown, VMI
- 1954 Jeff Robertson, VMI
- 1955 Pannill Jones, VMI
- 1956 Armand Taylor, Virginia Tech
- 1957 Sherman Vandevender, Virginia Tech
- 1958 Sherman Vandevender, Virginia Tech
- 1959 Andy Sadie, West Virginia
- 1960 Bryan Kane, VMI
- 1961 Al Bamforth, VMI
- 1962 Jeff Hartsell, The Citadel
- 1963 Sam Church, West Virginia
- 1964 Bruce Schwanda, The Citadel
- 1965 Bruce Schwanda, The Citadel

149-LB

- 1999 Melvin Saunders, UNCG
- 2000 Melvin Saunders, UNCG
- 2001 Adam Britt, VMI
- 2002 Wayne Watts, The Citadel
- 2003 Jacob Harris, Chattanooga
- 2004 Sam Alvarenga, VMI
- 2005 Levi Duyn, The Citadel
- 2006 Aaron Martin, Chattanooga
- 2007 Scott Ervin, Appalachian State
- 2008 Scott Ervin, Appalachian State
- 2009 Daniel Waddell, Chattanooga
- 2010 Dean Pavlou, Chattanooga
- 2011 Ivan Lopouchanski, UNCG
- 2012 Dean Pavlou, Chattanooga
- 2013 Alex Hudson, Chattanooga

150-LB

- 1970 Greg Giordano, William & Mary
- 1971 Bill Hogan, William & Mary
- 1972 Bill Hogan, William & Mary
- 1973 Tom Marriot, East Carolina
- 1974 Chris Jacobsen, Appalachian State
- 1975 Paul Thorp, East Carolina
- 1976 Max Lorenzo, William & Mary
- 1977 Frank Schaede, East Carolina
- 1978 Tom Lunsford, Appalachian State
- 1979 Walt Fingar, The Citadel
- 1980 Pat Cucci, Appalachian State
- 1981 Cary Waller, Chattanooga
- 1982 John Feldhacker, Chattanooga
- 1983 Cary Waller, Chattanooga
- 1984 John Feldhacker, Chattanooga
- 1985 John Feldhacker, Chattanooga
- 1986 Ben Walker, VMI
- 1987 Amaro Lamar, Appalachian State
- 1988 Tom Sell, Chattanooga
- 1989 Tom Sell, Chattanooga
- 1990 Adrian Hines, Appalachian State
- 1991 Adrian Hines, Appalachian State
- 1992 Adrian Hines, Appalachian State
- 1993 Guy Harris, Chattanooga
- 1994 Kyle Kuykendall, Appalachian State
- 1995 Jeremy Ingram, VMI
- 1996 Reese Edgington, VMI
- 1997 Jason Foresman, VMI
- 1998 Heath Eslinger, Chattanooga

152-LB

- 1966 Bill Zimmerman, West Virginia
- 1967 Dick Conard, The Citadel
- 1968 Greg Giordano, William & Mary
- 1969 Tom Bull, The Citadel

155-LB

- 1930 McCrary, VMI
- 1933 E. Landis, VMI
- 1934 Bill Currence, VMI
- 1935 Arnez, Washington & Lee
- 1936 Arnez, Washington & Lee
- 1938 Thomas, Washington & Lee
- 1941 Beamer, VMI
- 1942 Sam Mordecai, North Carolina
- 1943 Leroy Roper, VMI
- 1947 Zerple, North Carolina
- 1948 Doug Martin, North Carolina State
- 1949 Phil Kemp, North Carolina
- 1950 Phil Kemp, North Carolina

157-LB

- 1951 Joel Adelberg, Maryland
- 1952 Bobby Fischer, Maryland
- 1953 Bobby Fischer, Maryland
- 1954 Bryce Kramer, West Virginia
- 1955 Bryce Kramer, West Virginia
- 1956 Sherman Vandevender, Virginia Tech
- 1957 Harold Westervelt, Davidson
- 1958 Harold Westervelt, Davidson
- 1959 Sherman Vandevender, Virginia Tech
- 1960 Bill Daniels, VMI
- 1961 Jeff Hartsell, The Citadel
- 1962 Bob Hatcher, Virginia Tech
- 1963 Charles Callahan, Virginia Tech
- 1964 Jim Jioio, West Virginia
- 1965 Jerry Gooden, West Virginia
- 1999 Heath Eslinger, Chattanooga
- 2000 P.J. Boccia, Appalachian State
- 2001 P.J. Boccia, Appalachian State
- 2002 Adam Britt, VMI
- 2003 Adam Britt, VMI
- 2004 Dan Thompson, The Citadel
- 2005 Travis Piccard, The Citadel
- 2006 Jake Yost, Chattanooga
- 2007 Jake Yost, Chattanooga
- 2008 Seth Garvin, Chattanooga
- 2009 Joey Knox, Chattanooga
- 2010 Turtogtokh Luvsandorj, The Citadel
- 2011 Josh Condon, Chattanooga
- 2012 Dan Waddell, Chattanooga
- 2013 Matt Frisch, The Citadel

158-LB

- 1970 Mike Spohn, East Carolina
- 1971 Greg Giordano, William & Mary
- 1972 Phil Smith, VMI
- 1973 Bruce Hall, East Carolina
- 1974 Bruce Hall, East Carolina
- 1975 Dale Midkiff, Appalachian State
- 1976 Mike Regner, The Citadel
- 1977 Craig Cody, Appalachian State
- 1978 Anthony Parris, Chattanooga
- 1979 Rich Boland, The Citadel
- 1980 David Strickland, Chattanooga
- 1981 Todd Sumpter, Appalachian State
- 1982 David Strickland, Chattanooga
- 1983 Steve Swan, Appalachian State
- 1984 Steve Swan, Appalachian State
- 1985 Jesse Waltz, VMI
- 1986 Clay Ogden, The Citadel
- 1987 Lee Reitzel, Appalachian State
- 1988 Clay Ogden, The Citadel
- 1989 Howard Langford, Chattanooga
- 1990 Michael Murray, VMI
- 1991 Jeff Clark, VMI
- 1992 Howard Langford, Chattanooga
- 1993 Corey Creech, Appalachian State
- 1994 Fred Barber, VMI
- 1995 Kevin Johnson, VMI
- 1996 Derek Strobel, Appalachian State
- 1997 Joe Stanton, UNCG
- 1998 Jarrod Fitzpatrick, VMI

160-LB

- 1966 Steve Rothstein, The Citadel
- 1967 Steve Rothstein, The Citadel
- 1968 Jeff Thiel, William & Mary
- 1969 Jeff Theil, William & Mary

165-LB

- 1930 Tallamn, Virginia Tech
- 1933 Charley Pritchard, Washington & Lee
- 1934 Charley Pritchard, Washington & Lee
- 1935 Bill Currence, VMI
- 1936 Not Available
- 1938 Steidman, VMI
- 1941 Weddie Huffman, Duke
- 1942 Jim Wilson, VMI
- 1943 Frank Mordecai, North Carolina
- 1947 Don Troxler, North Carolina State
- 1948 Ken Lindell, Washington & Lee
- 1949 Oscar Gupton, North Carolina
- 1950 Bill Blackwell, VMI
- 1999 Tim Ritchie, The Citadel
- 2000 Heath Eslinger, Chattanooga
- 2001 Mark Fee, Appalachian State
- 2002 Mark Fee, Appalachian State
- 2003 Lee Roper, Appalachian State
- 2004 Jon Sioresdas, Chattanooga
- 2005 Jon Sioresdas, Chattanooga
- 2006 Dan Thompson, The Citadel
- 2007 T.J. Sayers, Chattanooga
- 2008 Byron Sigmon, UNCG
- 2009 Seth Garvin, Chattanooga
- 2010 Victor Hojilla, UNCG
- 2011 Kyle Blevins, Appalachian State
- 2012 Brandon Wright, Chattanooga
- 2013 Josh Condon, Chattanooga

167-LB

- 1951 Don Kniffen, West Virginia
- 1952 Ernie Fischer, Maryland
- 1953 Ernie Fischer, Maryland
- 1954 Gil McSpadden, Washington & Lee
- 1955 Gil McSpadden, Washington & Lee
- 1956 John Wright, Virginia Tech
- 1957 Don Vaughn, Virginia Tech
- 1958 Charles Sherwood, West Virginia
- 1959 Charles Sherwood, West Virginia
- 1960 Phil Hoblitzell, West Virginia
- 1961 Bill Daniels, VMI
- 1962 Roy Sialer, West Virginia
- 1963 Tom Rihn, West Virginia
- 1964 Mark Biodolillo, West Virginia
- 1965 Ken Jenkins, Virginia Tech
- 1966 Mike Armstrong, The Citadel
- 1967 Mike Armstrong, The Citadel
- 1968 Bob Hobson, William & Mary
- 1969 Bob Hobson, William & Mary

Individual Champions

1970 Bob Hobson, William & Mary
 1971 Bob Hobson, William Mary
 1972 Scott Moyer, William & Mary
 1973 Scott Moyer, William & Mary
 1974 Bob Stark, William & Mary
 1975 Ron Whitcomb, East Carolina
 1976 Phil Mueller, East Carolina
 1977 Phil Mueller, East Carolina
 1978 Garth Hinckle, The Citadel
 1979 David Coyle, Marshall
 1980 Larry Meierotto, Chattanooga
 1981 Tim Jones, Marshall
 1982 Larry Meierotto, Chattanooga
 1983 Eric Williams, The Citadel
 1984 Jonathan Hampton, Appalachian State
 1985 Marshall Irby, Appalachian State
 1986 Todd Arris, VMI
 1987 Todd Arris, VMI
 1988 Bret Gustafson, Chattanooga
 1989 Mike Maxam, Appalachian State
 1990 Bryan Flint, Chattanooga
 1991 Bryan Flint, Chattanooga
 1992 Corey Creech, Appalachian State
 1993 Rob Reaves, The Citadel
 1994 Shomari Rozier, Appalachian State
 1995 Rob Reaves, The Citadel
 1996 Chad Dennis, Chattanooga
 1997 Derek Strobel, Appalachian State
 1998 Jamie Hensch, UNCG

174-LB

1999 Jamie Hensch, UNCG
 2000 Austen Palmer, VMI
 2001 Mike Regner, The Citadel
 2002 Matt Erwin, VMI
 2003 Mark Fee, Appalachian State
 2004 Keith Clifton, The Citadel
 2005 Joe Lowe, UNCG
 2006 Joe Lowe, UNCG
 2007 Joe Lowe, UNCG
 2008 Lloyd Rogers, Chattanooga
 2009 Jason McCroskey, Chattanooga
 2010 Byron Sigmon, UNCG
 2011 Brandon Wright, Chattanooga
 2012 Turtogtokh Luvsandorj, The Citadel
 2013 Hunter Gamble, Gardner-Webb

175-LB

1930 Tilson, Washington & Lee
 1933 Nelson Waldrop, Virginia Tech
 1934 Nelson Waldrop, Virginia Tech
 1935 Burgess, VMI
 1936 Not Available
 1938 Martin, VMI
 1941 McNeil, Maryland
 1942 Jim Dorier, VMI
 1943 Weddie Huffman, Duke
 1947 J.B. Edwards, N.C. State
 1948 Bob Mahoney, Washington & Lee
 1949 Ken Lindell, Washington & Lee
 1950 Stewart Oliver, Virginia Tech

177-LB

1951 Dick Harrison, Duke
 1952 Jack Shanahan, Maryland
 1953 Jack Shanahan, Maryland
 1954 Miles Nowitzky, VMI
 1955 Frank Craze, West Virginia
 1956 Gil McSpadden, Washington & Lee
 1957 Mike McClintic, West Virginia
 1958 Tom Burrus, Virginia Tech
 1959 Harold Westervelt, Davidson
 1960 Buddy Sanders, Virginia Tech
 1961 Frank Kirk, Virginia Tech
 1962 Tom Hill, VMI
 1963 Roy Sisler, West Virginia
 1964 Roy Sisler, West Virginia
 1965 Marshall Taylor, VMI
 1966 John Luckini, West Virginia
 1967 Scott Curzi, William & Mary
 1968 Don Taylor, VMI
 1969 Cliff Bernard, East Carolina
 1970 Scott Moyer, William & Mary
 1971 Bill Hill, East Carolina
 1972 Bill Hill, East Carolina
 1973 Bill Hill, East Carolina
 1974 Bill Hill, East Carolina

1975 Mike Radford, East Carolina
 1976 Ron Whitcomb, East Carolina
 1977 Bob Stark, William & Mary
 1978 Tom Flanagan, Chattanooga
 1979 Tom Flanagan, Chattanooga
 1980 Bobby Orand, Chattanooga
 1981 Larry Meierotto, Chattanooga
 1982 Steve Evans, VMI
 1983 Johnathan Hampton, Appalachian State
 1984 Robert Wyndham, The Citadel
 1985 Johnathan Hampton, Appalachian State
 1986 Charlie Buckshaw, Chattanooga
 1987 Charlie Buckshaw, Chattanooga
 1988 Charlie Buckshaw, Chattanooga
 1989 Erick Ames, VMI
 1990 Bret Gustafson, Chattanooga
 1991 Bret Gustafson, Chattanooga
 1992 Bret Gustafson, Chattanooga
 1993 Chad Dennis, Chattanooga
 1994 Seth Meyerson, Appalachian State
 1995 Seth Meyerson, Appalachian State
 1996 Eddy Clark, Appalachian State
 1997 Nathan Funk, Appalachian State
 1998 Nathan Funk, Appalachian State

184-LB

1999 Dax Pecaro, UNCG
 2000 Dax Pecaro, UNCG
 2001 Adam Duncan, Chattanooga
 2002 Quantel Langford, Chattanooga
 2003 Keith Clifton, The Citadel
 2004 John Davis, Chattanooga
 2005 John Davis, Chattanooga
 2006 John Davis, Chattanooga
 2007 Josh Edmondson, Chattanooga
 2008 Josh Edmondson, Chattanooga
 2009 Mikal McKee, UNCG
 2010 Austin Trotman, Appalachian State
 2011 Austin Trotman, Appalachian State
 2012 Austin Trotman, Appalachian State
 2013 James Cook, Campbell

190-LB

1970 Tom Williams, The Citadel
 1971 Jim Bailey, VMI
 1972 Jim Bailey, VMI
 1973 Mike Furiness, William & Mary
 1974 Mike Radford, East Carolina
 1975 Rick Dixon, William & Mary
 1976 Mike Radford, East Carolina
 1977 John Vizzi, VMI
 1978 Bobby Orand, Chattanooga
 1979 Bobby Orand, Chattanooga
 1980 Pat Murphy, Chattanooga
 1981 Pat Murphy, Chattanooga
 1982 Pat Murphy, Chattanooga
 1983 Pat Murphy, Chattanooga
 1984 Thermus Biggs, Appalachian State
 1985 Jeff Rufolo, Chattanooga
 1986 Chris Thornbury, Chattanooga
 1987 Jeff Rufolo, Chattanooga
 1988 Jeff Rufolo, Chattanooga
 1989 Charlie Buckshaw, Chattanooga
 1990 Chris Zwilling, Appalachian State
 1991 Rod Horner, Chattanooga
 1992 Warren Osbourn, Chattanooga
 1993 Gearld Carr, Chattanooga
 1994 Vince Crum, The Citadel
 1995 Daryk Moistner, Appalachian State
 1996 Seth Meyerson, Appalachian State
 1997 Eric Sanders, UNCG
 1998 Isaac Moore, VMI

191-LB

1967 Don Taylor, VMI
 1968 Gil Reel, West Virginia
 1969 Kerry Keith, Davidson

197-LB

1999 Isaac Moore, VMI
 2000 Josh Lambrecht, Chattanooga
 2001 David Tyner, Chattanooga
 2002 Austin David, Chattanooga
 2003 Josh Carroll, Appalachian State
 2004 Daren Burns, UNCG
 2005 Daren Burns, UNCG
 2006 Daren Burns, UNCG

2007 Corry Murray, VMI
 2008 Daren Burns, UNCG
 2009 Odie Delaney, The Citadel
 2010 Dylan Temple, Appalachian State
 2011 Caylor Williams, UNCG
 2012 Kelby Smith, The Citadel
 2013 Niko Brown, Chattanooga

285-LB

1930 Davis, Virginia Tech
 1933 Idol, North Carolina
 1934 Hugo Bonino, Washington & Lee
 1935 Hugo Bonino, Washington & Lee
 1936 Not Available
 1938 McFayden, Davidson
 1941 Lillard Ailor, Washington & Lee
 1942 Woody Jones, North Carolina State
 1943 John Coppedge, VMI
 1947 Hooper, North Carolina
 1948 Bill George, Wake Forest
 1949 Bill George, Wake Forest
 1950 Jerry Jack, Washington & Lee
 1951 Bob Boswell, West Virginia
 1952 Bill George, Wake Forest
 1953 Jack McNicol, Virginia Tech
 1954 Nick Servidio, VMI
 1955 Jim Lock, Virginia Tech
 1956 Dale Vaughn, VMI
 1957 Don Basham, VMI
 1958 J.D. Miller, West Virginia
 1959 J.D. Miller, West Virginia
 1960 Ray Bazzoli, West Virginia
 1961 Dennis Merklinger, VMI
 1962 Gene Breen, Virginia Tech
 1963 Don Marks, Virginia Tech
 1964 Ken Woodeshick, West Virginia
 1965 Mike George, West Virginia
 1966 Ken Woodeshick, West Virginia
 1967 Lowell Bryan, Davidson
 1968 Bob Biddle, VMI
 1969 Bob Biddle, VMI
 1970 Doug Freiburger, William & Mary
 1971 Greg Freaney, William & Mary
 1972 Greg Freaney, William & Mary
 1973 Mark Pohren, East Carolina
 1974 Willie Bryant, East Carolina
 1975 Willie Bryant, East Carolina
 1976 Ned Stepahovich, VMI
 1977 Ned Stepahovich, VMI
 1978 Lo Carmen, Appalachian State
 1979 Lo Carmen, Appalachian State
 1980 Chuck Pinta, The Citadel
 1981 Chuck Pinta, The Citadel
 1982 Chuck Pinta, The Citadel
 1983 Jim Ettari, The Citadel
 1984 David Besser, Appalachian State
 1985 John Long, VMI
 1986 Mike Wallace, Chattanooga
 1987 Chris Thornbury, Chattanooga
 1988 Rock Burch, Appalachian State
 1989 Chris Thornbury, Chattanooga
 1990 Rock Burch, Appalachian State
 1991 Warren Osbourn, Chattanooga
 1992 Melvin Crosby, Appalachian State
 1993 Melvin Crosby, Appalachian State
 1994 Mark Wyson, VMI
 1995 Duke Howell, Appalachian State
 1996 Leslie Apedoe, VMI
 1997 Leslie Apedoe, VMI
 1998 Leslie Apedoe, VMI
 1999 Leslie Apedoe, VMI
 2000 Kevin Baltz, Chattanooga
 2001 John Kimble, UNCG
 2002 Greg Forbes, UNCG
 2003 Billy Linane, UNCG
 2004 Billy Linane, The Citadel
 2005 Ruebon Daniels, Appalachian State
 2006 Tyler Sholvin, UNCG
 2007 Matt Koz, Chattanooga
 2008 Josh Wine, VMI
 2009 Josh Wine, VMI
 2010 Odie Delaney, The Citadel
 2011 Josh Wine, VMI
 2012 Odie Delaney, The Citadel
 2013 Odie Delaney, The Citadel