

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****Women 100 Meter Dash**

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Top 2 then the next 2 fastest times advance

Meet Rec: m 11.45 1993 Mellisa Morrison, Appalachian State

Name Year School Prelims Wind H#

## =====

## Preliminaries

|    |                    |                  |        |      |          |
|----|--------------------|------------------|--------|------|----------|
| 1  | Gooden, Jazmine    | Western Carolina | 11.75Q | 2.0  | 2        |
| 2  | Dean, Laura        | Wofford          | 11.91Q | 0.4  | 1        |
| 3  | Atkins, Kyra       | East Tenn. St.   | 12.04Q | -1.3 | 3        |
| 4  | Davis, Kiana       | East Tenn. St.   | 11.89Q | 2.0  | 2        |
| 5  | Goode, Kerisha     | Vmi              | 12.10Q | -1.3 | 3        |
| 6  | McKinley, Tonia    | Samford          | 12.18Q | 0.4  | 1 12.180 |
| 7  | Campbell, Sydney   | Mercer           | 12.07q | 2.0  | 2        |
| 8  | Little, Mia        | Western Carolina | 12.18q | -1.3 | 3 12.180 |
| 9  | Dancy, Lauryn      | Mercer           | 12.19  | 0.4  | 1 12.189 |
| 10 | Williams, Alex     | Mercer           | 12.19  | -1.3 | 3 12.190 |
| 11 | Meadows, Marion    | Mercer           | 12.27  | 2.0  | 2        |
| 12 | Graham, Starr      | East Tenn. St.   | 12.40  | 0.4  | 1        |
| 13 | Burgess, Alexandra | Wofford          | 12.51  | 0.4  | 1 12.510 |
| 13 | Burch, Tamia       | Citadel          | 12.51  | 2.0  | 2 12.510 |
| 15 | Friday, Nautica    | Unc-Greensboro   | 12.65  | -1.3 | 3        |
| 16 | Rice, Alexis       | Unc-Greensboro   | 12.83  | -1.3 | 3        |
| 17 | Smith, Antonia     | Unc-Greensboro   | 12.99  | 0.4  | 1        |
| 18 | Baran, Carlen      | Furman           | 13.09  | 0.4  | 1        |
| 19 | Hill, Tiffany      | Citadel          | 13.22  | 2.0  | 2        |
| 20 | Head, Olivia       | Wofford          | 13.37  | -1.3 | 3        |
| 21 | Bryant, Rebekah    | Ut-Chattanooga   | 13.88  | 2.0  | 2        |

**Women 100 Meter Dash**

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Top 2 then the next 2 fastest times advance

Meet Rec: m 11.45 1993 Mellisa Morrison, Appalachian Stat

Name Year School Finals Wind

## =====

## Finals

|   |                  |                  |       |     |
|---|------------------|------------------|-------|-----|
| 1 | Dean, Laura      | Wofford          | 11.61 | 1.1 |
| 2 | Davis, Kiana     | East Tenn. St.   | 11.67 | 1.1 |
| 3 | Gooden, Jazmine  | Western Carolina | 11.84 | 1.1 |
| 4 | Goode, Kerisha   | Vmi              | 11.96 | 1.1 |
| 5 | Little, Mia      | Western Carolina | 12.06 | 1.1 |
| 6 | McKinley, Tonia  | Samford          | 12.15 | 1.1 |
| 7 | Campbell, Sydney | Mercer           | 12.17 | 1.1 |
| 8 | Atkins, Kyra     | East Tenn. St.   | 12.21 | 1.1 |

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**Results****Women 200 Meter Dash**

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Top 2 then the next 2 fastest times advance

Meet Rec: m 23.50 1989 Lamonda Miller, Appalachian State

Name Year School Prelims Wind H#

## =====

## Preliminaries

|    |                   |                  |        |      |   |
|----|-------------------|------------------|--------|------|---|
| 1  | Dean, Laura       | Wofford          | 23.97Q | 0.5  | 1 |
| 2  | Atkins, Kyra      | East Tenn. St.   | 24.37Q | 0.1  | 3 |
| 3  | Davis, Kiana      | East Tenn. St.   | 24.92Q | -0.1 | 2 |
| 4  | Arnaut, Dasha     | Western Carolina | 24.36Q | 0.5  | 1 |
| 5  | Goode, Kerisha    | Vmi              | 24.69Q | 0.1  | 3 |
| 6  | Gooden, Jazmine   | Western Carolina | 24.93Q | -0.1 | 2 |
| 7  | Simmons, Lamisha  | East Tenn. St.   | 24.80q | 0.5  | 1 |
| 8  | McKinley, Tonia   | Samford          | 25.09q | -0.1 | 2 |
| 9  | Delisser, Dominiq | Western Carolina | 25.14  | 0.5  | 1 |
| 10 | Little, Mia       | Western Carolina | 25.17  | -0.1 | 2 |
| 11 | Duncan, Tessola   | Mercer           | 25.33  | 0.1  | 3 |
| 12 | Meadows, Marion   | Mercer           | 25.44  | 0.5  | 1 |
| 13 | Dancy, Lauryn     | Mercer           | 26.03  | 0.1  | 3 |
| 14 | Graham, Starr     | East Tenn. St.   | 26.04  | 0.1  | 3 |
| 15 | Desouza, Danyel   | Western Carolina | 26.09  | 0.5  | 1 |
| 16 | Faoro, Gia        | East Tenn. St.   | 26.25  | -0.1 | 2 |
| 17 | Wright, Cherrish  | Mercer           | 26.34  | 0.1  | 3 |
| 18 | Rice, Alexis      | Unc-Greensboro   | 26.53  | 0.5  | 1 |
| 19 | Friday, Nautica   | Unc-Greensboro   | 26.71  | -0.1 | 2 |
| 20 | Hill, Tiffany     | Citadel          | 27.00  | -0.1 | 2 |
| 21 | Burch, Tamia      | Citadel          | 27.13  | 0.1  | 3 |
| 22 | Baran, Carlen     | Furman           | 27.23  | 0.1  | 3 |
| 23 | Smith, Antonia    | Unc-Greensboro   | 27.27  | 0.5  | 1 |
| -- | Hines, Erin       | Samford          | FS     | -0.1 | 2 |

**Women 200 Meter Dash**

=====

Top 2 then the next 2 fastest times advance

Meet Rec: m 23.50 1989 Lamonda Miller, Appalachian State

Name Year School Finals Wind

## =====

## Finals

|   |                  |                  |       |      |
|---|------------------|------------------|-------|------|
| 1 | Dean, Laura      | Wofford          | 23.69 | -0.2 |
| 2 | Davis, Kiana     | East Tenn. St.   | 23.87 | -0.2 |
| 3 | Goode, Kerisha   | Vmi              | 24.51 | -0.2 |
| 4 | Atkins, Kyra     | East Tenn. St.   | 24.92 | -0.2 |
| 5 | McKinley, Tonia  | Samford          | 24.99 | -0.2 |
| 6 | Simmons, Lamisha | East Tenn. St.   | 25.19 | -0.2 |
| 7 | Gooden, Jazmine  | Western Carolina | 25.40 | -0.2 |
| 8 | Arnaut, Dasha    | Western Carolina | 25.47 | -0.2 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****Women 400 Meter Dash**

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Top 2 then next 2 fastest times advance

Meet Rec: m 53.55 1995 Angela rowe, Western Carolina

Name Year School Prelims H#

## =====

## Preliminaries

|    |                    |                  |         |   |
|----|--------------------|------------------|---------|---|
| 1  | Arnaut, Dasha      | Western Carolina | 56.03Q  | 1 |
| 2  | Hill, Aliyah       | East Tenn. St.   | 56.59Q  | 2 |
| 3  | Franse, Vicki      | East Tenn. St.   | 56.80Q  | 3 |
| 4  | Morton, Cassidy    | Wofford          | 57.50Q  | 1 |
| 5  | Delisser, Dominiq  | Western Carolina | 57.54Q  | 3 |
| 6  | Duncan, Tessola    | Mercer           | 58.12Q  | 2 |
| 7  | Ruffin, Ariana     | Vmi              | 57.65q  | 1 |
| 8  | Whitehead, Kellsie | Western Carolina | 57.66q  | 3 |
| 9  | Mueller, Madison   | Mercer           | 58.18   | 2 |
| 10 | Faoro, Gia         | East Tenn. St.   | 58.75   | 1 |
| 11 | Dixon, Rachel      | Samford          | 58.96   | 2 |
| 12 | Combo, LeAndrea    | Wofford          | 59.61   | 1 |
| 13 | Royer, Joie        | Citadel          | 1:00.04 | 3 |
| 14 | Collins, Aubree    | East Tenn. St.   | 1:01.08 | 2 |
| 15 | Murray, Hannah     | Citadel          | 1:02.09 | 2 |
| 16 | Williams, Alicia   | Mercer           | 1:03.91 | 3 |
| 17 | Neeley, Jordan     | Citadel          | 1:05.03 | 3 |

**Women 400 Meter Dash**

=====

Top 2 then next 2 fastest times advance

Meet Rec: m 53.55 1995 Angela rowe, Western Carolina

Name Year School Finals

## =====

## Finals

|   |                    |                  |       |  |
|---|--------------------|------------------|-------|--|
| 1 | Arnaut, Dasha      | Western Carolina | 54.65 |  |
| 2 | Delisser, Dominiq  | Western Carolina | 56.40 |  |
| 3 | Hill, Aliyah       | East Tenn. St.   | 56.76 |  |
| 4 | Whitehead, Kellsie | Western Carolina | 56.80 |  |
| 5 | Morton, Cassidy    | Wofford          | 57.31 |  |
| 6 | Franse, Vicki      | East Tenn. St.   | 57.51 |  |
| 7 | Ruffin, Ariana     | Vmi              | 57.63 |  |
| 8 | Duncan, Tessola    | Mercer           | 57.71 |  |

**Women 800 Meter Run**

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Top 1 and next 4 times advance

Meet Rec: m 2:07.93 1999 Mary Jane Harrelson, Appalachi

Name Year School Prelims H#

## =====

## Preliminaries

|   |                   |                |          |   |
|---|-------------------|----------------|----------|---|
| 1 | Kuntz, Emma       | Furman         | 2:10.91Q | 1 |
| 2 | Williams-McElroy, | East Tenn. St. | 2:12.21Q | 2 |
| 3 | Lord, Jessica     | East Tenn. St. | 2:13.39Q | 4 |

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**Results****....Women 800 Meter Run**

|    |                    |                  |          |   |
|----|--------------------|------------------|----------|---|
| 4  | Feuchtenberger, He | East Tenn. St.   | 2:15.09Q | 3 |
| 5  | Crow, Jacquelyn    | Furman           | 2:13.31q | 1 |
| 6  | Bateman, Abby      | Ut-Chattanooga   | 2:13.91q | 1 |
| 7  | Lay, Kaitlyn       | East Tenn. St.   | 2:14.51q | 2 |
| 8  | Paraskeva, Madison | Wofford          | 2:15.33q | 1 |
| 9  | Mallory, Shian     | Samford          | 2:15.73  | 4 |
| 10 | Lingard, Kaitlyn   | Western Carolina | 2:16.19  | 3 |
| 11 | Nikolaou, Christin | Western Carolina | 2:16.54  | 2 |
| 12 | Hill, Christina    | Vmi              | 2:16.91  | 4 |
| 13 | Bryant, D'Amari    | Western Carolina | 2:17.96  | 1 |
| 14 | Lyle, Veronica     | Samford          | 2:18.16  | 3 |
| 15 | Buehrle, Nicole    | Ut-Chattanooga   | 2:18.43  | 3 |
| 16 | Burr, Riley        | Furman           | 2:18.92  | 1 |
| 17 | Cooley, Becca      | Furman           | 2:20.96  | 4 |
| 18 | Broling, Ashlynd   | Ut-Chattanooga   | 2:21.27  | 2 |
| 19 | Lane, Emily        | Furman           | 2:23.01  | 4 |
| 20 | Barnett, Jamie     | Wofford          | 2:23.53  | 2 |
| 21 | Coker, Katie       | Ut-Chattanooga   | 2:27.77  | 1 |
| 22 | Knoblett, Julianne | Vmi              | 2:37.92  | 3 |
| 23 | McGee, Josephine   | Unc-Greensboro   | 2:39.05  | 2 |
| 24 | Wetherell, Kayla   | Unc-Greensboro   | 2:39.23  | 4 |
| 25 | Sawyer, Taylor     | Ut-Chattanooga   | 2:39.41  | 3 |
| 26 | Habich, Anna       | Unc-Greensboro   | 2:40.36  | 2 |

**Women 800 Meter Run**

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Top 1 and next 4 times advance

Meet Rec: m 2:07.93 1999 Mary Jane Harrelson, Appala

Name Year School Finals

## Finals

|   |                    |                |         |  |
|---|--------------------|----------------|---------|--|
| 1 | Kuntz, Emma        | Furman         | 2:10.08 |  |
| 2 | Williams-McElroy,  | East Tenn. St. | 2:10.98 |  |
| 3 | Crow, Jacquelyn    | Furman         | 2:12.31 |  |
| 4 | Lord, Jessica      | East Tenn. St. | 2:13.17 |  |
| 5 | Feuchtenberger, He | East Tenn. St. | 2:13.80 |  |
| 6 | Lay, Kaitlyn       | East Tenn. St. | 2:14.56 |  |
| 7 | Bateman, Abby      | Ut-Chattanooga | 2:15.86 |  |
| 8 | Paraskeva, Madison | Wofford        | 2:16.16 |  |

**Women 1500 Meter Run**

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Top 3 then the next 6 fastest times advance

Meet Rec: m 4:22.95 2006 Shannon Wommack, Chattanooga

Name Year School Prelims H#

## Preliminaries

|   |                    |        |          |   |
|---|--------------------|--------|----------|---|
| 1 | Buchalski, Allie   | Furman | 4:31.63Q | 1 |
| 2 | Carnahan, Savannah | Furman | 4:35.70Q | 2 |

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**Results****....Women 1500 Meter Run**

|    |                    |                |          |   |
|----|--------------------|----------------|----------|---|
| 3  | Gear, Kristlin     | Furman         | 4:33.64Q | 1 |
| 4  | Jennings, Gabriell | Furman         | 4:36.93Q | 2 |
| 5  | Crow, Jacquelyn    | Furman         | 4:34.70Q | 1 |
| 6  | Steelman, Hannah   | Wofford        | 4:37.06Q | 2 |
| 7  | Delaney, Taylor    | Unc-Greensboro | 4:35.62q | 1 |
| 8  | Zane, Abbey        | Samford        | 4:40.00q | 1 |
| 9  | Stallworth, Lindse | East Tenn. St. | 4:41.43q | 1 |
| 10 | Burr, Riley        | Furman         | 4:42.18q | 2 |
| 11 | Lay, Kaitlyn       | East Tenn. St. | 4:43.40q | 2 |
| 12 | Nelson, Brianna    | Ut-Chattanooga | 4:44.96q | 2 |
| 13 | King, Bethany      | Vmi            | 4:47.21  | 2 |
| 14 | Barnett, Jamie     | Wofford        | 4:49.86  | 2 |
| 15 | Williamson, Colbie | East Tenn. St. | 4:52.14  | 1 |
| 16 | Henderson, Julia   | Ut-Chattanooga | 4:59.02  | 1 |
| 17 | Yates, Kathleen    | Vmi            | 5:00.99  | 1 |
| 18 | Armfield, Anna     | Vmi            | 5:02.07  | 2 |
| 19 | Barrett, Kelsey    | Unc-Greensboro | 5:14.68  | 1 |
| 20 | Dill, Cassidy      | Unc-Greensboro | 5:20.34  | 2 |

**Women 1500 Meter Run**

=====  
 Top 3 then the next 6 fastest times advance

Meet Rec: m 4:22.95 2006 Shannon Wommack, Chattanooga  
 Name Year School Finals

**Finals**

|    |                    |                |          |
|----|--------------------|----------------|----------|
| 1  | Buchalski, Allie   | Furman         | 4:19.44m |
| 2  | Carnahan, Savannah | Furman         | 4:23.66  |
| 3  | Steelman, Hannah   | Wofford        | 4:23.69  |
| 4  | Jennings, Gabriell | Furman         | 4:32.36  |
| 5  | Crow, Jacquelyn    | Furman         | 4:33.90  |
| 6  | Delaney, Taylor    | Unc-Greensboro | 4:36.50  |
| 7  | Stallworth, Lindse | East Tenn. St. | 4:39.70  |
| 8  | Zane, Abbey        | Samford        | 4:41.08  |
| 9  | Gear, Kristlin     | Furman         | 4:41.64  |
| 10 | Nelson, Brianna    | Ut-Chattanooga | 4:43.01  |
| 11 | Lay, Kaitlyn       | East Tenn. St. | 4:47.26  |
| 12 | Burr, Riley        | Furman         | 4:52.01  |

**Women 5000 Meter Run**

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 Meet Rec: m 16:26.98 2017 Allie Buchalski, Furman  
 Name Year School Finals

|   |                    |         |          |
|---|--------------------|---------|----------|
| 1 | Buchalski, Allie   | Furman  | 17:20.02 |
| 2 | Carnahan, Savannah | Furman  | 17:29.60 |
| 3 | Hurley, Emma Grace | Furman  | 17:33.26 |
| 4 | Ward, Haley        | Samford | 17:41.85 |
| 5 | Caldwell, Reilly   | Furman  | 17:49.94 |

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Western Carolina University / Cullowee, NC

**Results****...Women 5000 Meter Run**

|    |                    |                  |          |
|----|--------------------|------------------|----------|
| 6  | Stephenson, Jennif | Furman           | 18:05.03 |
| 7  | Cooley, Becca      | Furman           | 18:09.14 |
| 8  | Poole, Emily       | Ut-Chattanooga   | 18:12.83 |
| 9  | Stone, Kaitlyn     | Unc-Greensboro   | 18:24.29 |
| 10 | Zane, Abbey        | Samford          | 18:25.81 |
| 11 | King, Bethany      | Vmi              | 18:35.98 |
| 12 | Williams-McElroy,  | East Tenn. St.   | 18:38.11 |
| 13 | Armfield, Anna     | Vmi              | 18:42.80 |
| 14 | Bunao, Anya        | Wofford          | 18:43.94 |
| 15 | Shaw, Makayla      | East Tenn. St.   | 18:51.78 |
| 16 | Neglia, Sophia     | Ut-Chattanooga   | 18:52.26 |
| 17 | Nelson, Brianna    | Ut-Chattanooga   | 18:55.37 |
| 18 | Christopoulos, Ale | Wofford          | 18:58.56 |
| 19 | Czerniak, Courtney | Mercer           | 19:06.94 |
| 20 | Caldwell, Hannah   | Ut-Chattanooga   | 19:16.73 |
| 21 | DePillo, Mia       | East Tenn. St.   | 19:45.26 |
| 22 | Elsass, Whitley    | Wofford          | 20:11.37 |
| 23 | McManus, Lefler    | Unc-Greensboro   | 21:14.33 |
| -- | Trotter, Lindsey   | Western Carolina | DNF      |
| -- | Smith, Malea       | Unc-Greensboro   | DNF      |
| -- | Nikolaou, Christin | Western Carolina | DNF      |
| -- | Contreras, Kayla   | Unc-Greensboro   | DNF      |
| -- | Lingard, Kaitlyn   | Western Carolina | DNF      |

**Women 10000 Meter Run**

=====  
 Meet Rec: m 34:35.06 2015 Teghan Henderson, Chattanooga

Name Year School Finals

|    |                    |                  |          |
|----|--------------------|------------------|----------|
| 1  | Ward, Haley        | Samford          | 38:06.51 |
| 2  | Caldwell, Reilly   | Furman           | 38:08.43 |
| 3  | Stephenson, Jennif | Furman           | 38:22.74 |
| 4  | Poole, Emily       | Ut-Chattanooga   | 38:32.17 |
| 5  | Grzeszczak, Ania   | Mercer           | 38:35.72 |
| 6  | Stone, Kaitlyn     | Unc-Greensboro   | 39:08.05 |
| 7  | Czerniak, Courtney | Mercer           | 39:11.53 |
| 8  | Trotter, Lindsey   | Western Carolina | 40:08.07 |
| 9  | Mordoff, Holly     | Unc-Greensboro   | 40:15.14 |
| 10 | Wich, Rebekah      | Ut-Chattanooga   | 40:42.43 |
| 11 | Garcia, Ariana     | Unc-Greensboro   | 41:23.19 |
| 12 | Elsass, Whitley    | Wofford          | 41:38.60 |
| 13 | DePillo, Mia       | East Tenn. St.   | 41:39.84 |

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Western Carolina University / Cullowee, NC

**Results****Women 100 Meter Hurdles**

=====

Top 3 then next 2 fastest times advance

Meet Rec: m 13.25 2017 Kyra Atkins, ETSU

Name Year School Prelims Wind H#

## =====

| Preliminaries |                  |                  |        |      |   |
|---------------|------------------|------------------|--------|------|---|
| 1             | Atkins, Kyra     | East Tenn. St.   | 13.70Q | -1.7 | 1 |
| 2             | Gooden, Jazmine  | Western Carolina | 14.24Q | -0.4 | 2 |
| 3             | Arnaut, Dasha    | Western Carolina | 14.09Q | -1.7 | 1 |
| 4             | Lust, Amber      | Wofford          | 14.41Q | -0.4 | 2 |
| 5             | Sanford, Sarah   | Samford          | 14.17Q | -1.7 | 1 |
| 6             | Easley, Timia    | East Tenn. St.   | 14.67Q | -0.4 | 2 |
| 7             | Woerner, Sally   | Western Carolina | 14.89q | -0.4 | 2 |
| 8             | Wright, Cherrish | Mercer           | 14.92q | -1.7 | 1 |
| 9             | Hines, Erin      | Samford          | 15.00  | -1.7 | 1 |
| 10            | Desouza, Danyel  | Western Carolina | 15.07  | -0.4 | 2 |
| 11            | Simmons, Lamisha | East Tenn. St.   | 15.22  | -0.4 | 2 |
| 12            | Wright, Tamilia  | Western Carolina | 15.24  | -0.4 | 2 |
| 13            | Beard, Lauren    | Samford          | 15.32  | -1.7 | 1 |
| 14            | Warren, Jaelyn   | Western Carolina | 15.45  | -1.7 | 1 |

**Women 100 Meter Hurdles**

=====

Top 3 then next 2 fastest times advance

Meet Rec: m 13.25 2017 Kyra Atkins, ETSU

Name Year School Finals Wind

## =====

| Finals |                  |                  |       |     |        |
|--------|------------------|------------------|-------|-----|--------|
| 1      | Atkins, Kyra     | East Tenn. St.   | 13.42 | 2.2 |        |
| 2      | Sanford, Sarah   | Samford          | 13.83 | 2.2 |        |
| 3      | Arnaut, Dasha    | Western Carolina | 13.91 | 2.2 |        |
| 4      | Lust, Amber      | Wofford          | 14.06 | 2.2 |        |
| 5      | Easley, Timia    | East Tenn. St.   | 14.43 | 2.2 |        |
| 6      | Woerner, Sally   | Western Carolina | 14.84 | 2.2 |        |
| 7      | Wright, Cherrish | Mercer           | 14.92 | 2.2 | 14.915 |
| 8      | Gooden, Jazmine  | Western Carolina | 14.92 | 2.2 | 14.919 |

**Women 400 Meter Hurdles**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 58.15 2017 Katrina Seymour, ETSU

Name Year School Prelims H#

## =====

| Preliminaries |                  |                  |          |  |   |
|---------------|------------------|------------------|----------|--|---|
| 1             | Arnaut, Dasha    | Western Carolina | 1:01.77Q |  | 1 |
| 2             | Sanford, Sarah   | Samford          | 1:02.38Q |  | 2 |
| 3             | Wicks, Victoria  | Samford          | 1:03.39Q |  | 2 |
| 4             | Smith, Nicki     | East Tenn. St.   | 1:03.68Q |  | 1 |
| 5             | Mueller, Madison | Mercer           | 1:03.64Q |  | 2 |
| 6             | Woerner, Sally   | Western Carolina | 1:03.75Q |  | 1 |

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**Results****....Women 400 Meter Hurdles**

|    |                  |                  |          |   |
|----|------------------|------------------|----------|---|
| 7  | Ham, Myranda     | Mercer           | 1:04.65q | 2 |
| 8  | Dumar, Amanda    | Samford          | 1:04.74q | 2 |
| 9  | Beard, Lauren    | Samford          | 1:05.39  | 1 |
| 10 | Wright, Tamilia  | Western Carolina | 1:05.47  | 1 |
| 11 | Lee, Sarah       | Samford          | 1:06.63  | 1 |
| 12 | McKenzie, Sommer | Wofford          | 1:07.88  | 1 |
| 13 | Combo, LeAndrea  | Wofford          | 1:09.49  | 2 |

**Women 400 Meter Hurdles**

Top 3 then the next 2 fastest times advance

Meet Rec: m 58.15 2017 Katrina Seymour, ETSU

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

**Finals**

|   |                  |                  |         |
|---|------------------|------------------|---------|
| 1 | Arnaut, Dasha    | Western Carolina | 59.09   |
| 2 | Sanford, Sarah   | Samford          | 1:00.95 |
| 3 | Mueller, Madison | Mercer           | 1:02.33 |
| 4 | Woerner, Sally   | Western Carolina | 1:03.55 |
| 5 | Smith, Nicki     | East Tenn. St.   | 1:03.72 |
| 6 | Wicks, Victoria  | Samford          | 1:04.01 |
| 7 | Dumar, Amanda    | Samford          | 1:06.02 |
| 8 | Ham, Myranda     | Mercer           | 1:08.68 |

**Women 3000 Meter Steeplechase**

Meet Rec: m 10:07.54 2006 Shannon Wommack, Chattanooga

| Name | Year | School | Finals |
|------|------|--------|--------|
|------|------|--------|--------|

|    |                    |                |          |
|----|--------------------|----------------|----------|
| 1  | Steelman, Hannah   | Wofford        | 10:09.39 |
| 2  | Hurley, Emma Grace | Furman         | 10:25.23 |
| 3  | Jennings, Gabriell | Furman         | 10:32.29 |
| 4  | Gear, Kristlin     | Furman         | 10:49.06 |
| 5  | Carrier, Macy      | East Tenn. St. | 11:08.57 |
| 6  | Grzeszczak, Ania   | Mercer         | 11:23.02 |
| 7  | Morris, Haley      | Ut-Chattanooga | 11:33.66 |
| 8  | Bunao, Anya        | Wofford        | 11:34.96 |
| 9  | Christopoulos, Ale | Wofford        | 11:54.32 |
| 10 | Miller, Casey      | Citadel        | 12:53.71 |

**Women 4x100 Meter Relay**

Meet Rec: m 44.50 2015 , Georgia Southern

Felton, Walker, Tipton, Fordham

| School | Finals | H# |
|--------|--------|----|
|--------|--------|----|

|   |                     |                  |   |
|---|---------------------|------------------|---|
| 1 | East Tenn. St. 'A'  | 45.65            | 1 |
|   | 1) Simmons, Lamisha | 2) Davis, Kiana  |   |
|   | 3) Atkins, Kyra     | 4) Graham, Starr |   |



**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****...Women 4x100 Meter Relay**

|                        |                       |   |
|------------------------|-----------------------|---|
| 2 Western Carolina 'A' | 45.69                 | 1 |
| 1) Little, Mia         | 2) Arnaut, Dasha      |   |
| 3) Delisser, Dominiq   | 4) Gooden, Jazmine    |   |
| 3 Mercer 'A'           | 46.07                 | 1 |
| 1) Meadows, Marion     | 2) Dancy, Lauryn      |   |
| 3) Campbell, Sydney    | 4) Williams, Alex     |   |
| 4 Wofford 'A'          | 46.83                 | 1 |
| 1) Lust, Amber         | 2) Dean, Laura        |   |
| 3) Head, Olivia        | 4) Burgess, Alexandra |   |
| 5 Vmi 'A'              | 47.11                 | 2 |
| 1) Ruffin, Ariana      | 2) Goode, Kerisha     |   |
| 3) Anderson, Bria      | 4) McClain, Mia       |   |
| 6 Samford 'A'          | 47.38                 | 1 |
| 1) McKinley, Tonia     | 2) Hines, Erin        |   |
| 3) Dixon, Rachel       | 4) Beard, Lauren      |   |
| 7 Citadel 'A'          | 48.95                 | 1 |
| 1) Royer, Joie         | 2) Hill, Tiffany      |   |
| 3) Burch, Tamia        | 4) Guth, Kaeleigh     |   |
| 8 Ut-Chattanooga 'A'   | 52.41                 | 2 |
| 1) Bateman, Abby       | 2) Hampton, Rebekah   |   |
| 3) Coker, Katie        | 4) Bryant, Rebekah    |   |
| 9 Furman 'A'           | 54.97                 | 2 |
| 1) Baran, Carlen       | 2) Chewning, Reagan   |   |
| 3) Smith, Shannon      | 4) Lane, Emily        |   |

**Women 4x400 Meter Relay**

=====  
 Meet Rec: m 3:41.68 2007 , Georgia Southern  
 Arnold, Brown, Jennings, Ballard

School Finals H#

|                        |                      |   |
|------------------------|----------------------|---|
| 1 East Tenn. St. 'A'   | 3:45.67              | 1 |
| 1) Hill, Aliyah        | 2) Simmons, Lamisha  |   |
| 3) Franse, Vicki       | 4) Lord, Jessica     |   |
| 2 Western Carolina 'A' | 3:48.79              | 1 |
| 1) Whitehead, Kellsie  | 2) Woerner, Sally    |   |
| 3) Bryant, D'Amani     | 4) Delisser, Dominiq |   |
| 3 Wofford 'A'          | 3:49.14              | 1 |
| 1) Dean, Laura         | 2) Combo, LeAndrea   |   |
| 3) Paraskeva, Madison  | 4) Morton, Cassidy   |   |
| 4 Mercer 'A'           | 3:52.23              | 1 |
| 1) Mueller, Madison    | 2) Dancy, Lauryn     |   |
| 3) Duncan, Tessola     | 4) Meadows, Marion   |   |
| 5 Samford 'A'          | 3:53.43              | 1 |
| 1) Dixon, Rachel       | 2) Wicks, Victoria   |   |
| 3) Popp, Selena        | 4) Sanford, Sarah    |   |
| 6 Furman 'A'           | 3:55.12              | 2 |
| 1) Gear, Kristlin      | 2) Burr, Riley       |   |
| 3) Crow, Jacquelyn     | 4) Kuntz, Emma       |   |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****...Women 4x400 Meter Relay**

|                       |                      |         |   |
|-----------------------|----------------------|---------|---|
| 7 Vmi 'A'             |                      | 3:59.45 | 2 |
| 1) Ruffin, Ariana     | 2) Logan, Julia      |         |   |
| 3) Knoblett, Julianne | 4) Hill, Christina   |         |   |
| 8 Citadel 'A'         |                      | 4:08.34 | 1 |
| 1) Royer, Joie        | 2) Murray, Hannah    |         |   |
| 3) Burch, Tamia       | 4) Hill, Tiffany     |         |   |
| 9 Ut-Chattanooga 'A'  |                      | 4:11.88 | 1 |
| 1) Coker, Katie       | 2) Brooling, Ashlynd |         |   |
| 3) Buehrle, Nicole    | 4) Bateman, Abby     |         |   |
| 10 Unc-Greensboro 'A' |                      | 4:24.45 | 2 |
| 1) McGee, Josephine   | 2) Barrett, Kelsey   |         |   |
| 3) Dill, Kassidy      | 4) Garcia, Ariana    |         |   |

**Women High Jump**

Starting Height: 1.48

Progression: 1.48, 1.53, 1.58, 1.63, 1.68, 1.73, 1.78

Progression Cont.: 1.83, 1.88, 1.93, 1.98

Meet Rec: m 1.79m 2014 Megan Kirschling, Elon

| Name                | Year | School           | Finals |         |
|---------------------|------|------------------|--------|---------|
| 1 Popp, Selena      |      | Samford          | 1.73m  | 5-08.00 |
| 2 Krause, Charlotte |      | Samford          | 1.68m  | 5-06.00 |
| 3 Logan, Julia      |      | Vmi              | 1.63m  | 5-04.25 |
| 4 Warren, Jaelyn    |      | Western Carolina | J1.63m | 5-04.25 |
| 5 Scott, Marisa     |      | Western Carolina | J1.63m | 5-04.25 |
| 6 Parker, Ashley    |      | Western Carolina | 1.58m  | 5-02.25 |
| 7 Neill, Carrie     |      | Samford          | J1.58m | 5-02.25 |
| 8 James, Autumn     |      | Western Carolina | 1.53m  | 5-00.25 |
| -- Fulton, Emily    |      | Vmi              | NH     |         |
| -- Lacy, Jazmin     |      | East Tenn. St.   | NH     |         |
| -- Wright, Cherrish |      | Mercer           | NH     |         |
| -- Thompson, Summer |      | Citadel          | NH     |         |

**Women Pole Vault**

Starting Height: 2.90

Progression: 2.90, 3.05, 3.20, 3.35, 3.50 3.65

Progression Cont.: 3.80, 3.95

Meet Rec: m 4.00m 2004 Laura Tiezen, Western Carolina

| Name                 | Year | School           | Finals |          |
|----------------------|------|------------------|--------|----------|
| 1 Breden, Meghan     |      | Western Carolina | 3.80m  | 12-05.50 |
| 2 Drummonds, Kinley  |      | Western Carolina | 3.50m  | 11-05.75 |
| 3 Wilson, Tally      |      | Samford          | 3.35m  | 10-11.75 |
| 4 Pfitzer, Rebecca   |      | Samford          | J3.35m | 10-11.75 |
| 5 Eubanks, Jayme-Cla |      | Samford          | J3.35m | 10-11.75 |
| 6 Roach, Megan       |      | Samford          | 3.20m  | 10-06.00 |
| 7 Torsch, Lauren     |      | Samford          | 3.05m  | 10-00.00 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Women Pole Vault**

|    |                    |         |        |          |
|----|--------------------|---------|--------|----------|
| 8  | Dumar, Amanda      | Samford | J3.05m | 10-00.00 |
| 9  | Schumacher, Catren | Vmi     | 2.90m  | 9-06.25  |
| -- | Fulton, Emily      | Vmi     | NH     |          |

**Women Long Jump**

Top 9 advance to the finals

Meet Rec: m 6.53m 1993 Mellisa Morrison, Appalachian State

| Name | Year | School             | Finals           | Wind                |
|------|------|--------------------|------------------|---------------------|
| 1    |      | Gooden, Jazmine    | Western Carolina | 6.16m +0.0 20-02.50 |
| 2    |      | Popp, Selena       | Samford          | 5.86m +0.0 19-02.75 |
| 3    |      | Hines, Erin        | Samford          | 5.78m +0.0 18-11.75 |
| 4    |      | Anderson, Bria     | Vmi              | 5.77m +0.0 18-11.25 |
| 5    |      | Campbell, Sydney   | Mercer           | 5.67m +0.0 18-07.25 |
| 6    |      | Easley, Timia      | East Tenn. St.   | 5.58m +0.0 18-03.75 |
| 7    |      | Guth, Kaeleigh     | Citadel          | 5.55m +0.0 18-02.50 |
| 8    |      | Atkins, Kyra       | East Tenn. St.   | 5.50m +0.0 18-00.50 |
| 9    |      | McIntyre, Makaila  | Western Carolina | 5.48m +0.0 17-11.75 |
| 10   |      | Shoates, Nyambi    | East Tenn. St.   | 5.44m 0.3 17-10.25  |
| 11   |      | Lust, Amber        | Wofford          | 5.42m 0.2 17-09.50  |
| 12   |      | Willard, Erin      | Western Carolina | 5.38m +0.0 17-08.00 |
| 13   |      | Woods, Jada        | Western Carolina | 5.31m 0.5 17-05.25  |
| 14   |      | Daniels, Asyria    | Citadel          | 5.30m +0.0 17-04.75 |
| 15   |      | Burgess, Alexandra | Wofford          | 5.22m +0.0 17-01.50 |
| 16   |      | Logan, Julia       | Vmi              | 5.11m +0.0 16-09.25 |
| 17   |      | Thomas, Brenea     | Vmi              | 5.00m +0.0 16-05.00 |
| 18   |      | Hampton, Rebekah   | Ut-Chattanooga   | 4.94m +0.0 16-02.50 |
| 19   |      | Bryant, Rebekah    | Ut-Chattanooga   | 4.88m +0.0 16-00.25 |
| 20   |      | Scott, Marisa      | Western Carolina | 4.56m +0.0 14-11.50 |

**Women Triple Jump**

Top 9 advance to the finals

Meet Rec: m 13.16m 2010 Danielle Thorpe, Appalachian State

| Name | Year | School             | Finals           | Wind                 |
|------|------|--------------------|------------------|----------------------|
| 1    |      | Williams, Alex     | Mercer           | 12.18m +0.0 39-11.50 |
| 2    |      | McIntyre, Makaila  | Western Carolina | 12.04m 0.4 39-06.00  |
| 3    |      | James, Autumn      | Western Carolina | 11.93m +0.0 39-01.75 |
| 4    |      | Meadow, Megan      | Samford          | 11.88m +0.0 38-11.75 |
| 5    |      | Gooden, Jazmine    | Western Carolina | 11.87m -0.1 38-11.50 |
| 6    |      | Easley, Timia      | East Tenn. St.   | 11.79m 0.3 38-08.25  |
| 7    |      | Wright, Tamilia    | Western Carolina | 11.47m +0.0 37-07.75 |
| 8    |      | Krause, Charlotte  | Samford          | 11.43m +0.0 37-06.00 |
| 9    |      | Woods, Jada        | Western Carolina | 11.38m +0.0 37-04.00 |
| 10   |      | Burgess, Alexandra | Wofford          | 11.32m -0.1 37-01.75 |
| 11   |      | Guth, Kaeleigh     | Citadel          | 10.76m -1.1 35-03.75 |
| 11   |      | Hill, Aliyah       | East Tenn. St.   | 10.76m +0.0 35-03.75 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Women Triple Jump**

|    |                    |                |        |      |          |
|----|--------------------|----------------|--------|------|----------|
| 13 | Whitehurst, Kendra | East Tenn. St. | 10.71m | +0.0 | 35-01.75 |
| 14 | Widmyer, Kasey     | Wofford        | 10.56m | +0.0 | 34-07.75 |
| 15 | Hampton, Rebekah   | Ut-Chattanooga | 10.43m | -0.6 | 34-02.75 |
| 16 | Shoates, Nyambi    | East Tenn. St. | 10.34m | 1.1  | 33-11.25 |
| 17 | Daniels, Asyria    | Citadel        | 10.30m | +0.0 | 33-09.50 |
| 18 | Bryant, Rebekah    | Ut-Chattanooga | 9.73m  | 0.4  | 31-11.25 |
| -- | Murray, Hannah     | Citadel        |        |      | FOUL     |

**Women Shot Put**

Top 9 advance to the finals

Meet Rec: m 15.50m 2005 Beverly Burnett, Appalachian State

| Name | Year | School           | Finals           |                 |
|------|------|------------------|------------------|-----------------|
| 1    |      | Blackmon, Alisha | Western Carolina | 13.85m 45-05.25 |
| 2    |      | Buxton, Symphony | East Tenn. St.   | 13.26m 43-06.00 |
| 3    |      | Williams, Simone | Western Carolina | 13.14m 43-01.50 |
| 4    |      | Leckman, Sarah   | Vmi              | 13.08m 42-11.00 |
| 5    |      | Taylor, Tatiana  | Samford          | 12.83m 42-01.25 |
| 6    |      | Tabor, Lesleigh  | Western Carolina | 12.78m 41-11.25 |
| 7    |      | Johnston, Maggie | Samford          | 12.64m 41-05.75 |
| 8    |      | Yarborough, Amy  | Western Carolina | 12.46m 40-10.50 |
| 9    |      | Quick, Tiffany   | Vmi              | 12.25m 40-02.25 |
| 10   |      | Logan, Maura     | Vmi              | 11.91m 39-01.00 |
| 11   |      | Cass, Kameron    | Citadel          | 11.88m 38-11.75 |
| 12   |      | Finch, Jaden     | East Tenn. St.   | 11.63m 38-02.00 |
| 13   |      | Rouse, Rachel    | Western Carolina | 11.40m 37-05.00 |
| 14   |      | Dunham, Tiffany  | Western Carolina | 11.14m 36-06.75 |
| 15   |      | Grayson, Taylor  | Ut-Chattanooga   | 10.57m 34-08.25 |
| 16   |      | Lopez, Sandra    | Wofford          | 9.51m 31-02.50  |

**Women Discus Throw**

Top 9 advance to the finals

Meet Rec: m 47.08m 2017 Maggie Johnston, Samford

| Name | Year | School            | Finals           |               |
|------|------|-------------------|------------------|---------------|
| 1    |      | Johnston, Maggie  | Samford          | 48.31m 158-06 |
| 2    |      | Quick, Tiffany    | Vmi              | 43.38m 142-04 |
| 3    |      | Page, Jess        | Citadel          | 42.38m 139-00 |
| 4    |      | Rouse, Rachel     | Western Carolina | 41.82m 137-02 |
| 5    |      | Caldwell, Camille | Samford          | 41.09m 134-10 |
| 6    |      | Logan, Maura      | Vmi              | 39.45m 129-05 |
| 7    |      | Cass, Kameron     | Citadel          | 39.43m 129-04 |
| 8    |      | Buxton, Symphony  | East Tenn. St.   | 38.93m 127-09 |
| 9    |      | Tabor, Lesleigh   | Western Carolina | 36.00m 118-01 |
| 10   |      | Williams, Simone  | Western Carolina | 35.20m 115-06 |
| 11   |      | Blackmon, Alisha  | Western Carolina | 35.17m 115-05 |
| 12   |      | Kirk, Emily       | Vmi              | 33.14m 108-09 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Women Discus Throw**

|    |                  |                  |        |        |
|----|------------------|------------------|--------|--------|
| 13 | Bennett, Anne    | Western Carolina | 32.26m | 105-10 |
| 14 | Hayden, Margaret | East Tenn. St.   | 31.53m | 103-05 |
| 15 | Hays, Sydney     | Vmi              | 31.41m | 103-01 |
| 16 | Lopez, Sandra    | Wofford          | 30.78m | 101-00 |
| 17 | Rickett, Holly   | Citadel          | 30.21m | 99-01  |
| 18 | Yarborough, Amy  | Western Carolina | 29.91m | 98-01  |
| -- | Finch, Jaden     | East Tenn. St.   | FOUL   |        |

**Women Hammer Throw**

Top 9 advance to the finals

Meet Rec: m 60.98m 2014 Emily Allen, Samford

| Name | Year              | School           | Finals |        |
|------|-------------------|------------------|--------|--------|
| 1    | Taylor, Tatiana   | Samford          | 54.35m | 178-04 |
| 2    | Williams, Simone  | Western Carolina | 52.38m | 171-10 |
| 3    | Blackmon, Alisha  | Western Carolina | 50.97m | 167-03 |
| 4    | Page, Jess        | Citadel          | 50.61m | 166-00 |
| 5    | Caldwell, Camille | Samford          | 49.16m | 161-03 |
| 6    | Hayden, Margaret  | East Tenn. St.   | 48.73m | 159-10 |
| 7    | Johnston, Maggie  | Samford          | 48.63m | 159-06 |
| 8    | Buxton, Symphony  | East Tenn. St.   | 44.71m | 146-08 |
| 9    | Hays, Sydney      | Vmi              | 42.67m | 140-00 |
| 10   | Tabor, Lesleigh   | Western Carolina | 40.38m | 132-06 |
| 11   | Dunham, Tiffany   | Western Carolina | 39.13m | 128-04 |
| 12   | Yarborough, Amy   | Western Carolina | 39.05m | 128-01 |
| 13   | Kirk, Emily       | Vmi              | 37.79m | 124-00 |
| 14   | Cass, Kameron     | Citadel          | 37.48m | 122-11 |
| 15   | Finch, Jaden      | East Tenn. St.   | 37.31m | 122-05 |
| 16   | Grayson, Taylor   | Ut-Chattanooga   | 37.21m | 122-01 |
| 17   | Hawks, Sydney     | East Tenn. St.   | 37.15m | 121-10 |
| 18   | Endicott, Ariel   | Vmi              | 30.62m | 100-05 |

**Women Javelin Throw**

Top 9 advance to the finals

Meet Rec: m 44.08m 2015 Verena Tobis, ETSu

| Name | Year             | School           | Finals |        |
|------|------------------|------------------|--------|--------|
| 1    | Whipkey, Alyssa  | East Tenn. St.   | 43.34m | 142-02 |
| 2    | Riegel, Mady     | Citadel          | 38.04m | 124-10 |
| 3    | Chewning, Reagan | Furman           | 37.04m | 121-06 |
| 4    | Rouse, Rachel    | Western Carolina | 35.41m | 116-02 |
| 5    | Cass, Kameron    | Citadel          | 35.37m | 116-00 |
| 6    | Dunn, Megan      | Wofford          | 35.19m | 115-05 |
| 7    | Smith, Shannon   | Furman           | 34.07m | 111-09 |
| 8    | Popp, Selena     | Samford          | 33.63m | 110-04 |
| 9    | Kirk, Emily      | Vmi              | 31.46m | 103-02 |
| 10   | Troyer, Erin     | Wofford          | 30.63m | 100-06 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Women Javelin Throw**

|    |                    |                  |        |       |
|----|--------------------|------------------|--------|-------|
| 11 | Barfield, Anna-Mar | Citadel          | 30.38m | 99-08 |
| 12 | Caldwell, Camille  | Samford          | 30.25m | 99-03 |
| 13 | Yarborough, Amy    | Western Carolina | 29.09m | 95-05 |
| 14 | Fulton, Emily      | Vmi              | 28.52m | 93-07 |
| 15 | Hawks, Sydney      | East Tenn. St.   | 28.47m | 93-05 |
| 16 | Bennett, Anne      | Western Carolina | 27.98m | 91-09 |
| 17 | Krone, Victoria    | Citadel          | 26.61m | 87-04 |
| 18 | Woerner, Sally     | Western Carolina | 24.23m | 79-06 |

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

| Name | Year               | School           | Finals | Wind | H# | Points |
|------|--------------------|------------------|--------|------|----|--------|
| 1    | Lust, Amber        | Wofford          | 24.74  | 1.3  | 2  | 911    |
| 2    | Popp, Selena       | Samford          | 25.11  | 0.3  | 1  | 877    |
| 3    | Scott, Marisa      | Western Carolina | 25.45  | 1.3  | 2  | 846    |
| 4    | Dumar, Amanda      | Samford          | 25.68  | 1.3  | 2  | 825    |
| 5    | Woerner, Sally     | Western Carolina | 25.86  | 0.3  | 1  | 809    |
| 6    | Dunn, Megan        | Wofford          | 25.97  | 1.3  | 2  | 800    |
| 7    | Whitehurst, Kendra | East Tenn. St.   | 26.49  | 0.3  | 1  | 755    |
| 8    | Ham, Myranda       | Mercer           | 26.53  | 1.3  | 2  | 751    |
| 9    | Clark, Marabeth    | East Tenn. St.   | 26.85  | 0.3  | 1  | 724    |
| 10   | Lacy, Jazmin       | East Tenn. St.   | 28.03  | 0.3  | 1  | 628    |
| 11   | Thomas, Brenea     | Vmi              | 29.03  | 1.3  | 2  | 552    |
| 12   | Weible, Erin       | Vmi              | 29.73  | 1.3  | 2  | 501    |

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

| Name | Year               | School           | Finals  | Points |
|------|--------------------|------------------|---------|--------|
| 1    | Woerner, Sally     | Western Carolina | 2:24.58 | 762    |
| 2    | Lust, Amber        | Wofford          | 2:26.22 | 741    |
| 3    | Dunn, Megan        | Wofford          | 2:27.34 | 727    |
| 4    | Lacy, Jazmin       | East Tenn. St.   | 2:27.72 | 722    |
| 5    | Clark, Marabeth    | East Tenn. St.   | 2:28.10 | 717    |
| 6    | Ham, Myranda       | Mercer           | 2:28.59 | 711    |
| 7    | Dumar, Amanda      | Samford          | 2:28.69 | 709    |
| 8    | Whitehurst, Kendra | East Tenn. St.   | 2:43.27 | 536    |
| 9    | Popp, Selena       | Samford          | 2:45.58 | 511    |
| 10   | Scott, Marisa      | Western Carolina | 2:46.70 | 498    |
| 11   | Weible, Erin       | Vmi              | 2:59.45 | 370    |
| 12   | Thomas, Brenea     | Vmi              | 3:12.97 | 254    |

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

| Name | Year           | School           | Finals | Wind | H# | Points |
|------|----------------|------------------|--------|------|----|--------|
| 1    | Lust, Amber    | Wofford          | 14.20  | 0.5  | 4  | 950    |
| 2    | Woerner, Sally | Western Carolina | 14.72  | 1.0  | 2  | 879    |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

|    |                    |                  |       |     |   |     |
|----|--------------------|------------------|-------|-----|---|-----|
| 3  | Popp, Selena       | Samford          | 14.74 | 1.0 | 1 | 876 |
| 4  | Dumar, Amanda      | Samford          | 14.97 | 1.0 | 2 | 846 |
| 5  | Scott, Marisa      | Western Carolina | 14.98 | 1.0 | 2 | 844 |
| 6  | Ham, Myranda       | Mercer           | 15.41 | 0.1 | 3 | 788 |
| 6  | Whitehurst, Kendra | East Tenn. St.   | 15.41 | 0.1 | 3 | 788 |
| 8  | Clark, Marabeth    | East Tenn. St.   | 15.50 | 1.0 | 1 | 777 |
| 9  | Dunn, Megan        | Wofford          | 15.51 | 0.5 | 4 | 775 |
| 10 | Lacy, Jazmin       | East Tenn. St.   | 15.97 | 0.1 | 3 | 718 |
| 11 | Thomas, Brenea     | Vmi              | 18.63 | 1.0 | 1 | 425 |
| 12 | Weible, Erin       | Vmi              | 20.49 | 0.5 | 4 | 263 |

**Heptathlon: #2 Women High Jump Heptathlon**

| Name | Year | School             | Finals           |       | Points  |     |
|------|------|--------------------|------------------|-------|---------|-----|
| 1    |      | Popp, Selena       | Samford          | 1.77m | 5-09.75 | 941 |
| 2    |      | Scott, Marisa      | Western Carolina | 1.65m | 5-05.00 | 795 |
| 3    |      | Lust, Amber        | Wofford          | 1.62m | 5-03.75 | 759 |
| 4    |      | Woerner, Sally     | Western Carolina | 1.53m | 5-00.25 | 655 |
| 4    |      | Dunn, Megan        | Wofford          | 1.53m | 5-00.25 | 655 |
| 6    |      | Ham, Myranda       | Mercer           | 1.47m | 4-09.75 | 588 |
| 7    |      | Lacy, Jazmin       | East Tenn. St.   | 1.44m | 4-08.75 | 555 |
| 8    |      | Whitehurst, Kendra | East Tenn. St.   | 1.35m | 4-05.00 | 460 |
| 9    |      | Dumar, Amanda      | Samford          | 1.32m | 4-04.00 | 429 |
| 10   |      | Clark, Marabeth    | East Tenn. St.   | 1.29m | 4-02.75 | 399 |
| 11   |      | Weible, Erin       | Vmi              | 1.23m | 4-00.50 | 340 |
| --   |      | Thomas, Brenea     | Vmi              | NH    |         |     |

**Heptathlon: #5 Women Long Jump Heptathlon**

| Name | Year | School             | Finals           | Wind  |      | Points   |     |
|------|------|--------------------|------------------|-------|------|----------|-----|
| 1    |      | Popp, Selena       | Samford          | 5.67m | +0.0 | 18-07.25 | 750 |
| 2    |      | Lust, Amber        | Wofford          | 5.54m | +0.0 | 18-02.25 | 712 |
| 3    |      | Scott, Marisa      | Western Carolina | 5.31m | 0.3  | 17-05.25 | 645 |
| 4    |      | Whitehurst, Kendra | East Tenn. St.   | 5.19m | +0.0 | 17-00.50 | 612 |
| 5    |      | Dumar, Amanda      | Samford          | 5.00m | +0.0 | 16-05.00 | 559 |
| 6    |      | Woerner, Sally     | Western Carolina | 4.99m | +0.0 | 16-04.50 | 557 |
| 7    |      | Thomas, Brenea     | Vmi              | 4.93m | +0.0 | 16-02.25 | 540 |
| 8    |      | Dunn, Megan        | Wofford          | 4.87m | 0.1  | 15-11.75 | 524 |
| 9    |      | Lacy, Jazmin       | East Tenn. St.   | 4.60m | 0.6  | 15-01.25 | 454 |
| 10   |      | Ham, Myranda       | Mercer           | 4.52m | +0.0 | 14-10.00 | 433 |
| 11   |      | Clark, Marabeth    | East Tenn. St.   | 4.41m | +0.0 | 14-05.75 | 406 |
| 12   |      | Weible, Erin       | Vmi              | 3.98m | +0.0 | 13-00.75 | 303 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****Heptathlon: #3 Women Shot Put Heptathlon**

| Name | Year | School             | Finals           | Points              |
|------|------|--------------------|------------------|---------------------|
| 1    |      | Popp, Selena       | Samford          | 11.22m 36-09.75 610 |
| 2    |      | Woerner, Sally     | Western Carolina | 10.26m 33-08.00 546 |
| 3    |      | Weible, Erin       | Vmi              | 10.11m 33-02.00 537 |
| 4    |      | Lust, Amber        | Wofford          | 9.78m 32-01.00 515  |
| 5    |      | Dunn, Megan        | Wofford          | 9.70m 31-10.00 510  |
| 6    |      | Ham, Myranda       | Mercer           | 9.59m 31-05.75 503  |
| 7    |      | Scott, Marisa      | Western Carolina | 8.64m 28-04.25 441  |
| 8    |      | Dumar, Amanda      | Samford          | 8.59m 28-02.25 438  |
| 9    |      | Thomas, Brenea     | Vmi              | 8.54m 28-00.25 434  |
| 10   |      | Lacy, Jazmin       | East Tenn. St.   | 8.47m 27-09.50 430  |
| 11   |      | Clark, Marabeth    | East Tenn. St.   | 8.39m 27-06.50 425  |
| 12   |      | Whitehurst, Kendra | East Tenn. St.   | 7.81m 25-07.50 387  |

**Heptathlon: #6 Women Javelin Throw Heptathlon**

| Name | Year | School             | Finals           | Points            |
|------|------|--------------------|------------------|-------------------|
| 1    |      | Dunn, Megan        | Wofford          | 36.61m 120-01 602 |
| 2    |      | Popp, Selena       | Samford          | 30.24m 99-02 481  |
| 3    |      | Thomas, Brenea     | Vmi              | 29.14m 95-07 460  |
| 4    |      | Ham, Myranda       | Mercer           | 28.64m 93-11 451  |
| 5    |      | Woerner, Sally     | Western Carolina | 26.38m 86-06 408  |
| 6    |      | Clark, Marabeth    | East Tenn. St.   | 24.89m 81-08 380  |
| 7    |      | Lust, Amber        | Wofford          | 24.76m 81-03 378  |
| 8    |      | Scott, Marisa      | Western Carolina | 23.63m 77-06 357  |
| 9    |      | Whitehurst, Kendra | East Tenn. St.   | 21.65m 71-00 320  |
| 10   |      | Dumar, Amanda      | Samford          | 17.60m 57-09 244  |
| --   |      | Lacy, Jazmin       | East Tenn. St.   | FOUL              |
| --   |      | Weible, Erin       | Vmi              | FOUL              |

**Women Heptathlon**

| Name | Year | School             | Finals                |
|------|------|--------------------|-----------------------|
| 1    |      | Popp, Selena       | Samford 5046          |
| 2    |      | Lust, Amber        | Wofford 4966          |
| 3    |      | Woerner, Sally     | Western Carolina 4616 |
| 4    |      | Dunn, Megan        | Wofford 4593          |
| 5    |      | Scott, Marisa      | Western Carolina 4426 |
| 6    |      | Ham, Myranda       | Mercer 4225           |
| 7    |      | Dumar, Amanda      | Samford 4050          |
| 8    |      | Whitehurst, Kendra | East Tenn. St. 3858   |
| 9    |      | Clark, Marabeth    | East Tenn. St. 3828   |
| 10   |      | Lacy, Jazmin       | East Tenn. St. 3507   |
| 11   |      | Thomas, Brenea     | Vmi 2665              |
| 12   |      | Weible, Erin       | Vmi 2314              |



**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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**Results****Men 100 Meter Dash**

=====

Top 2 then the next 2 fastest times advance

Meet Rec: m 10.10 1990 Greg Hatchett, VMI

Name Year School Prelims Wind H#

## =====

| Preliminaries |                    |      |                  |         |         |
|---------------|--------------------|------|------------------|---------|---------|
|               | Name               | Year | School           | Prelims | Wind H# |
| 1             | Johnson, Josiah    |      | Citadel          | 10.35Q  | 2.4 2   |
| 2             | Tait, Emmanuel     |      | Samford          | 10.51Q  | 1.6 1   |
| 3             | Lamont, Dakota     |      | Western Carolina | 10.80Q  | 1.9 3   |
| 4             | Delince, Karon     |      | East Tenn. St.   | 10.64Q  | 2.4 2   |
| 5             | Bapoupeleh, John   |      | Wofford          | 10.72Q  | 1.6 1   |
| 6             | Washington-Saunder |      | Western Carolina | 10.81Q  | 1.9 3   |
| 7             | Barnes, Marquis    |      | Samford          | 10.82q  | 1.9 3   |
| 8             | Little, Josh       |      | Western Carolina | 10.86q  | 1.9 3   |
| 9             | Williams, Jordan   |      | Citadel          | 10.87   | 2.4 2   |
| 10            | Ogobri, Timiebi    |      | Citadel          | 10.98   | 1.6 1   |
| 11            | Williams, Ny-Juan  |      | Unc-Greensboro   | 10.99   | 1.6 1   |
| 12            | Mingo, Omar        |      | Wofford          | 11.00   | 2.4 2   |
| 13            | Alston, Cory       |      | Western Carolina | 11.06   | 1.9 3   |
| 14            | Manigault, Tyler   |      | Western Carolina | 11.08   | 1.6 1   |
| 15            | Collins, John      |      | Vmi              | 11.18   | 1.6 1   |
| 16            | Warren, Kashif     |      | East Tenn. St.   | 11.25   | 2.4 2   |
| 17            | Minus, Caleb       |      | Vmi              | 11.47   | 2.4 2   |
| 18            | Word, Chad         |      | Furman           | 11.50   | 2.4 2   |
| 19            | Dupree, Palmer     |      | Unc-Greensboro   | 11.61   | 1.9 3   |
| 20            | Kiedy, Henry       |      | Western Carolina | 11.85   | 1.6 1   |

**Men 100 Meter Dash**

=====

Top 2 then the next 2 fastest times advance

Meet Rec: m 10.10 1990 Greg Hatchett, VMI

Name Year School Finals Wind

## =====

| Finals |                    |      |                  |        |            |
|--------|--------------------|------|------------------|--------|------------|
|        | Name               | Year | School           | Finals | Wind       |
| 1      | Johnson, Josiah    |      | Citadel          | 10.30  | 2.9        |
| 2      | Tait, Emmanuel     |      | Samford          | 10.31  | 2.9        |
| 3      | Delince, Karon     |      | East Tenn. St.   | 10.51  | 2.9        |
| 4      | Lamont, Dakota     |      | Western Carolina | 10.73  | 2.9        |
| 5      | Bapoupeleh, John   |      | Wofford          | 10.84  | 2.9        |
| 6      | Washington-Saunder |      | Western Carolina | 10.90  | 2.9        |
| 7      | Barnes, Marquis    |      | Samford          | 10.92  | 2.9 10.913 |
| 8      | Little, Josh       |      | Western Carolina | 10.92  | 2.9 10.918 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****Men 200 Meter Dash**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 20.80 1977 Calvin Alton, East Carolina

Name Year School Prelims Wind H#

## Preliminaries

|    |                    |                  |        |     |               |
|----|--------------------|------------------|--------|-----|---------------|
| 1  | Delince, Karon     | East Tenn. St.   | 21.28Q | 0.6 | 2             |
| 2  | Kiedy, Henry       | Western Carolina | 21.67Q | 0.5 | 1             |
| 3  | Johnson, Josiah    | Citadel          | 21.36Q | 0.6 | 2             |
| 4  | Lamont, Dakota     | Western Carolina | 21.75Q | 0.5 | 1             |
| 5  | Washington-Saunder | Western Carolina | 21.77Q | 0.5 | 1             |
| 6  | Dale, Devaniel     | Western Carolina | 21.80Q | 0.6 | 2 21.7979     |
| 7  | Tait, Emmanuel     | Samford          | 21.80q | 0.5 | 1 21.7929     |
| 8  | Singleton, Devin   | Citadel          | 21.85q | 0.6 | 2             |
| 9  | Bapoupeleh, John   | Wofford          | 22.22  | 0.6 | 2             |
| 10 | Gould, Andrew      | Vmi              | 22.70  | 0.6 | 2             |
| 11 | Little, Josh       | Western Carolina | 22.74  | 0.5 | 1             |
| 12 | Collins, John      | Vmi              | 22.81  | 0.5 | 1             |
| 13 | Ogobri, Timiebi    | Citadel          | 22.87  | 0.6 | 2             |
| 14 | Richardson, Trey   | Citadel          | 23.12  | 0.5 | 1             |
| 15 | Dupree, Palmer     | Unc-Greensboro   | 23.61  | 0.6 | 2             |
| -- | Minus, Caleb       | Vmi              | DQ     | 0.5 | 1 Medical DNS |

**Men 200 Meter Dash**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 20.80 1977 Calvin Alton, East Carolina

Name Year School Finals Wind

## Finals

|    |                    |                  |       |                         |
|----|--------------------|------------------|-------|-------------------------|
| 1  | Delince, Karon     | East Tenn. St.   | 21.25 | 0.4                     |
| 2  | Johnson, Josiah    | Citadel          | 21.26 | 0.4                     |
| 3  | Tait, Emmanuel     | Samford          | 21.35 | 0.4                     |
| 4  | Lamont, Dakota     | Western Carolina | 21.42 | 0.4                     |
| 5  | Dale, Devaniel     | Western Carolina | 21.53 | 0.4                     |
| 6  | Washington-Saunder | Western Carolina | 21.79 | 0.4                     |
| 7  | Kiedy, Henry       | Western Carolina | 21.89 | 0.4                     |
| -- | Singleton, Devin   | Citadel          | DQ    | 0.4 Unsportsman Conduct |

**Men 400 Meter Dash**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 45.77 1991 Mario Small, VMI

Name Year School Prelims H#

## Preliminaries

|   |                    |                  |        |   |
|---|--------------------|------------------|--------|---|
| 1 | Lamont, Dakota     | Western Carolina | 47.29Q | 1 |
| 2 | Washington-Saunder | Western Carolina | 47.63Q | 2 |
| 3 | Kiedy, Henry       | Western Carolina | 47.70Q | 2 |
| 4 | Dale, Devaniel     | Western Carolina | 47.75Q | 1 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****....Men 400 Meter Dash**

|    |                  |                  |         |   |
|----|------------------|------------------|---------|---|
| 5  | Singleton, Devin | Citadel          | 49.26Q  | 1 |
| 6  | Richardson, Trey | Citadel          | 49.65Q  | 2 |
| 7  | Greer, Miles     | Western Carolina | 49.58q  | 1 |
| 8  | Gould, Andrew    | Vmi              | 49.78q  | 2 |
| 9  | Overbay, Tate    | East Tenn. St.   | 50.41   | 2 |
| 10 | Lawson, Nick     | Western Carolina | 51.04   | 1 |
| 11 | Smith, Bradford  | Wofford          | 51.06   | 2 |
| 12 | Chavis, Cody     | Wofford          | 51.14   | 1 |
| 13 | Rust, Daniel     | Unc-Greensboro   | 51.50   | 1 |
| 14 | Howe, Carson     | Samford          | 52.28   | 2 |
| 15 | Barksdale, Karl  | Unc-Greensboro   | 1:00.71 | 2 |
| 16 | Roy, Alex        | Unc-Greensboro   | 1:01.42 | 1 |

**Men 400 Meter Dash**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 45.77 1991 Mario Small, VMI

Name Year School Finals

## Finals

|    |                    |                  |       |                     |
|----|--------------------|------------------|-------|---------------------|
| 1  | Kiedy, Henry       | Western Carolina | 47.41 |                     |
| 2  | Dale, Devaniel     | Western Carolina | 48.66 |                     |
| 3  | Washington-Saunder | Western Carolina | 49.23 |                     |
| 4  | Lamont, Dakota     | Western Carolina | 49.42 |                     |
| 5  | Greer, Miles       | Western Carolina | 49.64 |                     |
| 6  | Gould, Andrew      | Vmi              | 49.98 |                     |
| 7  | Richardson, Trey   | Citadel          | 50.54 |                     |
| -- | Singleton, Devin   | Citadel          | DQ    | Unsportsman Conduct |

**Men 800 Meter Run**

=====

Top 1 and next 4 times advance

Meet Rec: m 1:49.20 1977 Phil Barker, Furman

Name Year School Prelims H#

## Preliminaries

|    |                    |                  |          |   |
|----|--------------------|------------------|----------|---|
| 1  | Scarr, Matthew     | East Tenn. St.   | 1:53.97Q | 3 |
| 2  | Shahbaz, Jahanzib  | Vmi              | 1:54.51Q | 1 |
| 3  | Willard, Josh      | Vmi              | 1:54.56Q | 2 |
| 4  | Ogden, Jake        | Furman           | 1:55.73Q | 4 |
| 5  | Rodriguez, Juan    | Unc-Greensboro   | 1:54.99q | 1 |
| 6  | Borghetti-Metz, Ha | East Tenn. St.   | 1:55.03q | 2 |
| 7  | Hensley, Ben       | Wofford          | 1:55.34q | 3 |
| 8  | Kulick, Stephan    | Citadel          | 1:55.62q | 2 |
| 9  | Albrecht, Caleb    | Western Carolina | 1:56.03  | 4 |
| 10 | Moore, Thomas      | Furman           | 1:56.34  | 1 |
| 11 | Robakiewicz, Tyler | Western Carolina | 1:56.45  | 3 |
| 12 | Ellington, Micah   | Vmi              | 1:56.61  | 1 |
| 13 | McCoy, James       | Wofford          | 1:56.78  | 2 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****....Men 800 Meter Run**

|    |                    |                  |         |   |
|----|--------------------|------------------|---------|---|
| 14 | Daniel, Madison    | Furman           | 1:57.22 | 4 |
| 15 | Summerall, Zackery | East Tenn. St.   | 1:57.24 | 2 |
| 16 | Harbacevich, Joe   | Wofford          | 1:57.42 | 2 |
| 17 | Zemp, Jack         | Wofford          | 1:57.68 | 1 |
| 18 | Betts, Jackson     | Vmi              | 1:57.93 | 3 |
| 19 | Shiple, Jeremy     | Citadel          | 1:59.17 | 3 |
| 20 | Wilson, Ashton     | East Tenn. St.   | 1:59.51 | 4 |
| 21 | Greer, Miles       | Western Carolina | 2:01.33 | 4 |
| 22 | Bousquet, Joyner   | Samford          | 2:01.56 | 4 |
| 23 | Cox, Hayden        | Furman           | 2:01.75 | 1 |
| 24 | Kempf, Aaron       | Vmi              | 2:02.21 | 1 |
| 25 | Timothy, Jonathan  | Unc-Greensboro   | 2:02.46 | 4 |
| 26 | Gaines, Preston    | Unc-Greensboro   | 2:03.22 | 3 |
| 27 | McKinnish, Quintin | Furman           | 2:03.31 | 2 |
| 28 | Sprinkle, Logan    | Unc-Greensboro   | 2:06.26 | 4 |
| 29 | Roberto, Adam      | Vmi              | 2:07.14 | 2 |

**Men 800 Meter Run**

=====

Top 1 and next 4 times advance

Meet Rec: m 1:49.20 1977 Phil Barker, Furman

Name Year School Finals

## =====

## Finals

|   |                    |                |         |
|---|--------------------|----------------|---------|
| 1 | Shahbaz, Jahanzib  | Vmi            | 1:53.71 |
| 2 | Willard, Josh      | Vmi            | 1:54.25 |
| 3 | Scarr, Matthew     | East Tenn. St. | 1:54.33 |
| 4 | Borghetti-Metz, Ha | East Tenn. St. | 1:54.61 |
| 5 | Ogden, Jake        | Furman         | 1:54.71 |
| 6 | Kulick, Stephan    | Citadel        | 1:55.30 |
| 7 | Rodriguez, Juan    | Unc-Greensboro | 1:55.49 |
| 8 | Hensley, Ben       | Wofford        | 1:59.17 |

**Men 1500 Meter Run**

=====

Top 3 then next 6 fastest times advance

Meet Rec: m 3:40.04 1977 Kevin Cropp, Wolliam &amp; Mary

Name Year School Prelims H#

## =====

## Preliminaries

|   |                    |                |          |   |
|---|--------------------|----------------|----------|---|
| 1 | Varghese, Ben      | East Tenn. St. | 3:54.56Q | 1 |
| 2 | Templeton, Aaron   | Furman         | 3:55.63Q | 2 |
| 3 | Guillorel, Arsène  | Samford        | 3:54.77Q | 1 |
| 4 | Ogden, Jake        | Furman         | 3:55.95Q | 2 |
| 5 | Hensley, Ben       | Wofford        | 3:56.20Q | 2 |
| 6 | Roberts, Simeon    | East Tenn. St. | 3:56.66Q | 1 |
| 7 | Bradtmueller, Adam | East Tenn. St. | 3:56.34q | 2 |
| 8 | Lara, Frank        | Furman         | 3:56.71q | 2 |
| 9 | Scarr, Matthew     | East Tenn. St. | 3:56.96q | 1 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Men 1500 Meter Run**

|    |                   |                |          |   |
|----|-------------------|----------------|----------|---|
| 10 | Zemp, Jack        | Wofford        | 3:57.55q | 2 |
| 11 | Sandin, William   | Unc-Greensboro | 3:58.81q | 1 |
| 12 | Meade, Luke       | Furman         | 3:59.59q | 1 |
| 13 | Cunningham, Jamie | Citadel        | 4:02.99  | 2 |
| 14 | Ferre, Cisco      | Wofford        | 4:09.37  | 1 |
| 15 | Clayton, Weston   | Unc-Greensboro | 4:15.80  | 1 |
| 16 | Reeves, Kellen    | Vmi            | 4:19.17  | 1 |
| 17 | Kitson, Walt      | Vmi            | 4:26.45  | 2 |

**Men 1500 Meter Run**

=====

Top 3 then next 6 fastest times advance

Meet Rec: m 3:40.04 1977 Kevin Cropp, Wolliam &amp; Mary

Name Year School Finals

## Finals

|    |                    |                |         |  |
|----|--------------------|----------------|---------|--|
| 1  | Guillorel, Arsène  | Samford        | 3:49.03 |  |
| 2  | Templeton, Aaron   | Furman         | 3:51.70 |  |
| 3  | Varghese, Ben      | East Tenn. St. | 3:53.28 |  |
| 4  | Roberts, Simeon    | East Tenn. St. | 3:54.10 |  |
| 5  | Hensley, Ben       | Wofford        | 3:56.76 |  |
| 6  | Ogden, Jake        | Furman         | 3:58.02 |  |
| 7  | Zemp, Jack         | Wofford        | 3:58.43 |  |
| 8  | Lara, Frank        | Furman         | 3:59.06 |  |
| 9  | Bradtmueller, Adam | East Tenn. St. | 3:59.24 |  |
| 10 | Meade, Luke        | Furman         | 3:59.30 |  |
| 11 | Scarr, Matthew     | East Tenn. St. | 4:00.78 |  |
| 12 | Sandin, William    | Unc-Greensboro | 4:04.94 |  |

**Men 5000 Meter Run**

=====

Meet Rec: m 14:13.06 1981 Adrian Leek, ETSU

Name Year School Finals

|    |                  |                  |          |  |
|----|------------------|------------------|----------|--|
| 1  | Templeton, Aaron | Furman           | 14:27.55 |  |
| 2  | Lara, Frank      | Furman           | 14:34.28 |  |
| 3  | Gemechu, Soresa  | East Tenn. St.   | 14:39.63 |  |
| 4  | Brickell, Josh   | Furman           | 14:41.44 |  |
| 5  | Coppi, Mason     | Furman           | 14:54.54 |  |
| 6  | Reeder, Troy     | Furman           | 14:56.62 |  |
| 7  | Dean, Dillon     | Samford          | 15:02.92 |  |
| 8  | Charles, Noah    | East Tenn. St.   | 15:14.25 |  |
| 9  | Salter, Josh     | Samford          | 15:14.44 |  |
| 10 | Sumerford, Luke  | Unc-Greensboro   | 15:27.84 |  |
| 11 | Cheek, Brad      | Samford          | 15:33.68 |  |
| 12 | Ferre, Cisco     | Wofford          | 15:37.60 |  |
| 13 | Garner, Ben      | Samford          | 15:42.42 |  |
| 14 | Rohdy, Michael   | Samford          | 15:43.26 |  |
| 15 | Bostian, Jordan  | Western Carolina | 15:43.44 |  |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Men 5000 Meter Run**

|    |                    |                |          |
|----|--------------------|----------------|----------|
| 16 | Ellington, Micah   | Vmi            | 15:43.94 |
| 17 | Oberfeiting, Car   | East Tenn. St. | 15:50.81 |
| 18 | Adams, Justin      | Vmi            | 15:51.53 |
| 19 | Cunningham, Jamie  | Citadel        | 15:54.86 |
| 20 | Longfellow, Nathan | East Tenn. St. | 15:57.98 |
| 21 | Fitch, Tripp       | Vmi            | 15:58.78 |
| 22 | Lantz, Mike        | Citadel        | 16:12.74 |
| 23 | Sandin, William    | Unc-Greensboro | 16:13.51 |
| 24 | Fernandes, Carlos  | Vmi            | 16:28.29 |
| 25 | Jones, Trelek      | Unc-Greensboro | 16:47.12 |
| 26 | Hynes, Ewan        | Unc-Greensboro | 17:04.19 |
| 27 | Mazziotta, Jake    | Vmi            | 17:11.70 |
| 28 | Gibbs, Walker      | Wofford        | 17:32.87 |
| -- | Morris, Louis      | East Tenn. St. | DNF      |
| -- | Shahbaz, Jahanzib  | Vmi            | DNF      |
| -- | Varghese, Ben      | East Tenn. St. | DNF      |

**Men 10000 Meter Run**

Meet Rec: m 29:21.30 1977 Adrian Leek, ETSU

Name Year School Finals

|    |                    |                |          |
|----|--------------------|----------------|----------|
| 1  | Gemechu, Soresa    | East Tenn. St. | 33:01.85 |
| 2  | Dean, Dillon       | Samford        | 33:10.47 |
| 3  | Oberfeiting, Car   | East Tenn. St. | 33:18.43 |
| 4  | Sumerford, Luke    | Unc-Greensboro | 33:21.43 |
| 5  | Coppi, Mason       | Furman         | 33:35.13 |
| 6  | Longfellow, Nathan | East Tenn. St. | 33:40.82 |
| 7  | Clark, Allen       | Furman         | 33:42.97 |
| 8  | Cheek, Brad        | Samford        | 33:43.35 |
| 9  | Rohdy, Michael     | Samford        | 33:46.64 |
| 10 | McNamara, Patrick  | Furman         | 34:29.14 |
| 11 | Fitch, Tripp       | Vmi            | 34:48.68 |

**Men 110 Meter Hurdles**

Top 3 then then next 2 fastest times advance

Meet Rec: m 14.10 1977 Marvin Rankins, East Carolina

Meet Rec: 14.10 1979 Tim Bridges, VMI

Meet Rec: 14.10 1980 Tim Bridges, VMI

Name Year School Prelims Wind H#

**Preliminaries**

|   |                  |         |        |     |   |
|---|------------------|---------|--------|-----|---|
| 1 | Tait, Emmanuel   | Samford | 14.25Q | 1.9 | 2 |
| 2 | Diggs, Malik     | Citadel | 14.45Q | 0.2 | 1 |
| 3 | Ellis, Isaiah    | Wofford | 14.56Q | 1.9 | 2 |
| 4 | Warren, Lee      | Vmi     | 14.66Q | 0.2 | 1 |
| 5 | McHugh, Jack     | Samford | 14.68Q | 1.9 | 2 |
| 6 | Heinrich, Conrad | Wofford | 15.14Q | 0.2 | 1 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Men 110 Meter Hurdles**

|    |                   |                  |        |     |   |
|----|-------------------|------------------|--------|-----|---|
| 7  | Jones, Mike       | Western Carolina | 14.74q | 1.9 | 2 |
| 8  | Alston, Cory      | Western Carolina | 15.19q | 0.2 | 1 |
| 9  | Robinson, Samuel  | Wofford          | 15.20  | 1.9 | 2 |
| 10 | Hall, Jonathan    | Wofford          | 15.25  | 1.9 | 2 |
| 10 | Granderson, James | Vmi              | 15.25  | 0.2 | 1 |
| 12 | Jones, Devyn      | Western Carolina | 15.42  | 0.2 | 1 |
| 13 | McMahan, Michael  | Samford          | 15.50  | 0.2 | 1 |

**Men 110 Meter Hurdles**

Top 3 then next 2 fastest times advance

Meet Rec: m 14.10 1977 Marvin Rankins, East Carolina

Meet Rec: 14.10 1979 Tim Bridges, VMI

Meet Rec: 14.10 1980 Tim Bridges, VMI

| Name | Year | School | Finals | Wind |
|------|------|--------|--------|------|
|------|------|--------|--------|------|

**Finals**

|   |                  |                  |        |     |
|---|------------------|------------------|--------|-----|
| 1 | Diggs, Malik     | Citadel          | 14.09m | 1.4 |
| 2 | Tait, Emmanuel   | Samford          | 14.11  | 1.4 |
| 3 | Warren, Lee      | Vmi              | 14.46  | 1.4 |
| 4 | Jones, Mike      | Western Carolina | 14.71  | 1.4 |
| 5 | Ellis, Isaiah    | Wofford          | 14.79  | 1.4 |
| 6 | McHugh, Jack     | Samford          | 15.08  | 1.4 |
| 7 | Heinrich, Conrad | Wofford          | 15.12  | 1.4 |
| 8 | Alston, Cory     | Western Carolina | 15.89  | 1.4 |

**Men 400 Meter Hurdles**

Top 3 then the next 2 fastest times advance

Meet Rec: m 50.70 1977 David Anderson, Furman

| Name | Year | School | Prelims | H# |
|------|------|--------|---------|----|
|------|------|--------|---------|----|

**Preliminaries**

|    |                    |                  |        |   |
|----|--------------------|------------------|--------|---|
| 1  | Diggs, Malik       | Citadel          | 53.33Q | 1 |
| 2  | Barnes, Marquis    | Samford          | 54.68Q | 2 |
| 3  | Ellis, Isaiah      | Wofford          | 54.74Q | 2 |
| 4  | Oballe, Jordan     | Samford          | 55.96Q | 1 |
| 5  | Jones, Mike        | Western Carolina | 54.87Q | 2 |
| 6  | McMahan, Michael   | Samford          | 56.71Q | 1 |
| 7  | Andrade, Dylan     | Western Carolina | 55.82q | 2 |
| 8  | Manigault, Tyler   | Western Carolina | 56.28q | 2 |
| 9  | Jones, Devyn       | Western Carolina | 57.03  | 1 |
| 10 | Hall, Jonathan     | Wofford          | 57.16  | 1 |
| 11 | Fitzpatrick, Warre | Samford          | 58.61  | 1 |
| 12 | Walker, Charlie    | Citadel          | 58.70  | 2 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****Men 400 Meter Hurdles**

=====

Top 3 then the next 2 fastest times advance

Meet Rec: m 50.70 1977 David Anderson, Furman

Name Year School Finals

## =====

## Finals

|   |                  |                  |       |
|---|------------------|------------------|-------|
| 1 | Diggs, Malik     | Citadel          | 52.76 |
| 2 | Ellis, Isaiah    | Wofford          | 53.01 |
| 3 | Barnes, Marquis  | Samford          | 54.02 |
| 4 | Andrade, Dylan   | Western Carolina | 54.08 |
| 5 | Oballe, Jordan   | Samford          | 55.04 |
| 6 | McMahan, Michael | Samford          | 55.75 |
| 7 | Jones, Mike      | Western Carolina | 55.96 |
| 8 | Manigault, Tyler | Western Carolina | 57.88 |

**Men 3000 Meter Steeplechase**

=====

Meet Rec: m 8:49.77 1988 Todd Crosson, Marshall

Name Year School Finals

|    |                    |                  |          |
|----|--------------------|------------------|----------|
| 1  | Reeder, Troy       | Furman           | 8:56.08  |
| 2  | Roberts, Simeon    | East Tenn. St.   | 9:04.97  |
| 3  | Charles, Noah      | East Tenn. St.   | 9:07.50  |
| 4  | Salter, Josh       | Samford          | 9:16.52  |
| 5  | Garner, Ben        | Samford          | 9:22.79  |
| 6  | Bostian, Jordan    | Western Carolina | 9:32.10  |
| 7  | Morris, Louis      | East Tenn. St.   | 9:39.38  |
| 8  | Bradtmueller, Adam | East Tenn. St.   | 9:43.92  |
| 9  | Robakiewicz, Tyler | Western Carolina | 9:59.01  |
| 10 | Gibbs, Walker      | Wofford          | 10:37.06 |
| 11 | Reeves, Kellen     | Vmi              | 10:47.96 |
| 12 | Wolf, Stephen      | Vmi              | 10:56.65 |

**Men 4x100 Meter Relay**

=====

Meet Rec: m 39.91 2003 , Appalachian State

Green, Jackson, McLeod, Wiggins

School Finals

|   |                               |                     |
|---|-------------------------------|---------------------|
| 1 | Citadel 'A'                   | 40.96               |
|   | 1) Ogobri, Timiebi            | 2) Johnson, Josiah  |
|   | 3) Diggs, Malik               | 4) Williams, Jordan |
| 2 | Western Carolina 'A'          | 41.66               |
|   | 1) Little, Josh               | 2) Lamont, Dakota   |
|   | 3) Washington-Saunders, Chace | 4) Kiedy, Henry     |
| 3 | East Tenn. St. 'A'            | 42.14               |
|   | 1) Delince, Karon             | 2) Warren, Kashif   |
|   | 3) Sampson, Hunter            | 4) Overbay, Tate    |
| 4 | Wofford 'A'                   | 42.15               |
|   | 1) Mingo, Omar                | 2) Ellis, Isaiah    |



**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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**Results****....Men 4x100 Meter Relay**

|                        |                     |       |
|------------------------|---------------------|-------|
| 3) Chavis, Cody        | 4) Bapoupeleh, John |       |
| 5 Vmi 'A'              |                     | 42.92 |
| 1) Collins, John       | 2) Gould, Andrew    |       |
| 3) Granderson, James   | 4) Minus, Caleb     |       |
| 6 Samford 'A'          |                     | 43.02 |
| 1) McHugh, Jack        | 2) Oballe, Jordan   |       |
| 3) Fitzpatrick, Warren | 4) Ozburn, Thomas   |       |
| 7 Furman 'A'           |                     | 48.02 |
| 1) Word, Chad          | 2) Cox, Hayden      |       |
| 3) Daniel, Madison     | 4) Moore, Thomas    |       |

**Men 4x400 Meter Relay**

Meet Rec: m 3:10.50 1984 , VMI  
Davis, Estes, Sanchez, Young

School Finals

|                               |                          |          |
|-------------------------------|--------------------------|----------|
| 1 Western Carolina 'A'        |                          | 3:09.06m |
| 1) Dale, Devaniel             | 2) Kiedy, Henry          |          |
| 3) Washington-Saunders, Chace | 4) Lamont, Dakota        |          |
| 2 Citadel 'A'                 |                          | 3:18.48  |
| 1) Johnson, Josiah            | 2) Richardson, Trey      |          |
| 3) Kulick, Stephan            | 4) Diggs, Malik          |          |
| 3 East Tenn. St. 'A'          |                          | 3:19.10  |
| 1) Delince, Karon             | 2) Sampson, Hunter       |          |
| 3) Overbay, Tate              | 4) Borghetti-Metz, Haydn |          |
| 4 Wofford 'A'                 |                          | 3:22.70  |
| 1) Ellis, Isaiah              | 2) Smith, Bradford       |          |
| 3) Chavis, Cody               | 4) Harbacevich, Joe      |          |
| 5 Vmi 'A'                     |                          | 3:25.72  |
| 1) Gould, Andrew              | 2) Willard, Josh         |          |
| 3) Collins, John              | 4) Betts, Jackson        |          |
| 6 Samford 'A'                 |                          | 3:25.76  |
| 1) Howe, Carson               | 2) Fitzpatrick, Warren   |          |
| 3) McMahan, Michael           | 4) Oballe, Jordan        |          |
| 7 Unc-Greensboro 'A'          |                          | 3:27.52  |
| 1) Rust, Daniel               | 2) Gaines, Preston       |          |
| 3) Timothy, Jonathan          | 4) Rodriguez, Juan       |          |
| 8 Furman 'A'                  |                          | 3:39.63  |
| 1) Moore, Thomas              | 2) Cox, Hayden           |          |
| 3) McNamara, Patrick          | 4) Daniel, Madison       |          |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****Men High Jump**

Starting Height: 1.78

Progression: 1.78, 1.83, 1.88, 1.93, 1.98, 2.03, 2.08

Progression Cont.: 2.13, 2.18, 2.23, 2.28

Meet Rec: m 2.18m 2012 Daryl Sanders, Appalachian State

| Name | Year | School             | Finals           |                |
|------|------|--------------------|------------------|----------------|
| 1    |      | Fightmaster, Keyth | Samford          | 2.13m 6-11.75  |
| 2    |      | Cahoon, Matt       | Samford          | 2.03m 6-08.00  |
| 3    |      | Waarvik, Jon       | Samford          | J2.03m 6-08.00 |
| 4    |      | Huitt, Dijoun      | Western Carolina | 1.93m 6-04.00  |
| 5    |      | Barnes, Marquis    | Samford          | J1.93m 6-04.00 |
| 6    |      | Hanks, Tyler       | Western Carolina | J1.93m 6-04.00 |
| 7    |      | Mansell, Harrison  | Citadel          | J1.93m 6-04.00 |
| 8    |      | Snead, Khadevis    | Western Carolina | 1.88m 6-02.00  |
| 9    |      | Eck, Austin        | Samford          | 1.83m 6-00.00  |
| 10   |      | Pinckney, Kenya    | Citadel          | J1.83m 6-00.00 |

**Men Pole Vault**

Starting Height: 4.00

Progression: 4.00, 4.15, 4.30, 4.45, 4.60, 4.75, 4.90

Progression Cont.: 5.05, 5.20, 5.35, 5.50, 5.65

Meet Rec: m 5.50m 2016 Tray Oates, Samford

| Name | Year | School            | Finals           |                 |
|------|------|-------------------|------------------|-----------------|
| 1    |      | Oates, Tray       | Samford          | 5.20m 17-00.75  |
| 2    |      | Duggan, Hugh      | Samford          | 4.90m 16-00.75  |
| 3    |      | Ginley, Corey     | Western Carolina | 4.75m 15-07.00  |
| 4    |      | Arlint, Andrew    | Vmi              | J4.75m 15-07.00 |
| 5    |      | Gautreau, Gavin   | Samford          | J4.75m 15-07.00 |
| 6    |      | Blumer, Sam       | Citadel          | 4.45m 14-07.25  |
| 7    |      | Kowal, Griffin    | Vmi              | 4.30m 14-01.25  |
| 8    |      | Pierce, Lindsay   | Citadel          | J4.30m 14-01.25 |
| 9    |      | Schlatter, Hunter | Samford          | 4.15m 13-07.25  |

**Men Long Jump**

Top 9 advance to the finals

Meet Rec: m 7.69m 1987 Michael Hanks, Appalachian State

| Name | Year | School             | Finals           | Wind       |          |
|------|------|--------------------|------------------|------------|----------|
| 1    |      | Barnes, Marquis    | Samford          | 7.18m 1.4  | 23-06.75 |
| 2    |      | Waarvik, Jon       | Samford          | 7.16m +0.0 | 23-06.00 |
| 3    |      | Williams, Jordan   | Citadel          | 7.10m +0.0 | 23-03.50 |
| 4    |      | Lyons, Nicholas    | Western Carolina | 7.06m 2.4  | 23-02.00 |
| 5    |      | Ozburn, Thomas     | Samford          | 7.03m 1.0  | 23-00.75 |
| 6    |      | Bradford, Jacquary | Citadel          | 7.02m 1.0  | 23-00.50 |
| 7    |      | Hires, Kevin       | Western Carolina | 6.98m 0.4  | 22-11.00 |
| 8    |      | Delince, Karon     | East Tenn. St.   | 6.91m +0.0 | 22-08.00 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Men Long Jump**

|    |                   |                  |        |      |          |
|----|-------------------|------------------|--------|------|----------|
| 9  | Alston, Cory      | Western Carolina | J6.91m | +0.0 | 22-08.00 |
| 10 | Huitt, Dijoun     | Western Carolina | 6.79m  | 0.2  | 22-03.50 |
| 11 | Mingo, Omar       | Wofford          | 6.71m  | +0.0 | 22-00.25 |
| 12 | Word, Chad        | Furman           | 6.34m  | 0.1  | 20-09.75 |
| 13 | Granderson, James | Vmi              | J6.34m | 1.7  | 20-09.75 |

**Men Triple Jump**

Top 9 advance to the finals

Meet Rec: m 16.06m 1987 Michael Hanks, Appalachian State

| Name | Year | School          | Finals           | Wind    |      |          |
|------|------|-----------------|------------------|---------|------|----------|
| 1    |      | Huitt, Dijoun   | Western Carolina | 15.48m  | 1.5  | 50-09.50 |
| 2    |      | Hires, Kevin    | Western Carolina | 15.31m  | +0.0 | 50-02.75 |
| 3    |      | Lyons, Nicholas | Western Carolina | 14.53m  | 0.4  | 47-08.00 |
| 4    |      | Koko, Yohana    | East Tenn. St.   | J14.53m | 0.9  | 47-08.00 |
| 5    |      | Mingo, Omar     | Wofford          | 14.44m  | 0.1  | 47-04.50 |
| 6    |      | Hanks, Tyler    | Western Carolina | 14.14m  | 0.4  | 46-04.75 |
| 7    |      | Lawson, Nick    | Western Carolina | 13.82m  | +0.0 | 45-04.25 |
| 8    |      | Osburne, Noah   | Samford          | 13.47m  | +0.0 | 44-02.50 |
| 9    |      | Waarvik, Jon    | Samford          | 13.11m  | +0.0 | 43-00.25 |
| --   |      | Barnes, Marquis | Samford          | FOUL    |      |          |
| --   |      | Ellis, Isaiah   | Wofford          | FOUL    |      |          |
| --   |      | Mudd, Matthew   | Western Carolina | FOUL    |      |          |

**Men Shot Put**

Top 9 advance to the finals

Meet Rec: m 17.72m 2005 Anthony Greer, Appalachian State

| Name | Year | School             | Finals           |        |          |
|------|------|--------------------|------------------|--------|----------|
| 1    |      | Brown, Mateius     | Western Carolina | 16.69m | 54-09.25 |
| 2    |      | Peretin, Scott     | Western Carolina | 16.59m | 54-05.25 |
| 3    |      | Reid, Jaylan       | Furman           | 16.08m | 52-09.25 |
| 4    |      | Wright, Dakota     | Western Carolina | 15.93m | 52-03.25 |
| 5    |      | Freeland, Derrick  | Citadel          | 15.07m | 49-05.50 |
| 6    |      | Williams, Ja'lon   | Citadel          | 14.76m | 48-05.25 |
| 7    |      | Bennett, Mac       | Western Carolina | 14.62m | 47-11.75 |
| 8    |      | Johnson, Benjamin  | East Tenn. St.   | 14.29m | 46-10.75 |
| 9    |      | Stehling, Chase    | Western Carolina | 14.23m | 46-08.25 |
| 10   |      | Nnodim, Longinus   | Wofford          | 13.60m | 44-07.50 |
| 11   |      | Griffin, Hunter    | Wofford          | 13.57m | 44-06.25 |
| 11   |      | Stanley, Jay       | Western Carolina | 13.57m | 44-06.25 |
| 13   |      | Howard-Whitaker, P | Citadel          | 12.94m | 42-05.50 |
| 14   |      | Condrey, Ross      | Vmi              | 12.53m | 41-01.50 |
| 15   |      | Jackson, Amos      | Citadel          | 10.57m | 34-08.25 |
| --   |      | Lufkin, Austin     | Wofford          | FOUL   |          |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****Men Discus Throw**

Top 9 advance to the finals

Meet Rec: m 52.25m 2012 Jared Stalling, Appalachian State

| Name | Year | School             | Finals           |               |
|------|------|--------------------|------------------|---------------|
| 1    |      | Brown, Mateius     | Western Carolina | 50.25m 164-10 |
| 2    |      | Peretin, Scott     | Western Carolina | 49.38m 162-00 |
| 3    |      | Johnson, Benjamin  | East Tenn. St.   | 49.05m 160-11 |
| 4    |      | Lufkin, Austin     | Wofford          | 48.74m 159-11 |
| 5    |      | Freeland, Derrick  | Citadel          | 47.95m 157-04 |
| 6    |      | Cahoon, Matt       | Samford          | 47.88m 157-01 |
| 7    |      | Howard-Whitaker, P | Citadel          | 45.67m 149-10 |
| 8    |      | Stanley, Jay       | Western Carolina | 45.48m 149-02 |
| 9    |      | Williams, Ja'lon   | Citadel          | 41.23m 135-03 |
| 10   |      | Bennett, Mac       | Western Carolina | 40.99m 134-06 |
| 11   |      | Jackson, Amos      | Citadel          | 39.05m 128-01 |
| 12   |      | Condrey, Ross      | Vmi              | 38.03m 124-09 |
| 13   |      | Griffin, Hunter    | Wofford          | 37.82m 124-01 |
| 14   |      | Walton, Donovan    | Vmi              | 35.84m 117-07 |
| --   |      | Wright, Dakota     | Western Carolina | FOUL          |

**Men Hammer Throw**

Top 9 advance to the finals

Meet Rec: m 60.62m 2008 Wes Kiser, Appalachian State

| Name | Year | School             | Finals           |               |
|------|------|--------------------|------------------|---------------|
| 1    |      | Peretin, Scott     | Western Carolina | 58.15m 190-09 |
| 2    |      | Wright, Dakota     | Western Carolina | 55.83m 183-02 |
| 3    |      | Johnson, Benjamin  | East Tenn. St.   | 54.43m 178-07 |
| 4    |      | Freeland, Derrick  | Citadel          | 53.74m 176-04 |
| 5    |      | Stehling, Chase    | Western Carolina | 49.36m 161-11 |
| 6    |      | Stanley, Jay       | Western Carolina | 47.40m 155-06 |
| 7    |      | Williams, Ja'lon   | Citadel          | 46.67m 153-01 |
| 8    |      | Jackson, Amos      | Citadel          | 46.32m 152-00 |
| 9    |      | Cahoon, Matt       | Samford          | 44.83m 147-01 |
| 10   |      | Brown, Mateius     | Western Carolina | 43.33m 142-02 |
| 11   |      | Andrews, Danny     | Citadel          | 42.42m 139-02 |
| 12   |      | Griffin, Hunter    | Wofford          | 39.95m 131-01 |
| 13   |      | Bennett, Mac       | Western Carolina | 39.15m 128-05 |
| 14   |      | Howard-Whitaker, P | Citadel          | 37.14m 121-10 |
| 15   |      | Nnodim, Longinus   | Wofford          | 36.93m 121-02 |

**Men Javelin Throw**

Top 9 advance to the finals

Meet Rec: m 72.95m 2016 Capers Williamson, The Citadel

| Name | Year | School            | Finals         |               |
|------|------|-------------------|----------------|---------------|
| 1    |      | Johnson, Benjamin | East Tenn. St. | 62.77m 205-11 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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Western Carolina University / Cullowee, NC

**Results****....Men Javelin Throw**

|    |                   |                  |        |        |
|----|-------------------|------------------|--------|--------|
| 2  | Hatler, Charlie   | Citadel          | 58.31m | 191-04 |
| 3  | Walton, Donovan   | Vmi              | 55.91m | 183-05 |
| 4  | Heinrich, Conrad  | Wofford          | 54.13m | 177-07 |
| 5  | Cahoon, Matt      | Samford          | 53.02m | 173-11 |
| 6  | Miller, Griffin   | Citadel          | 49.96m | 163-11 |
| 7  | McDonald, Evan    | Citadel          | 47.33m | 155-03 |
| 8  | Schlatter, Hunter | Samford          | 46.37m | 152-01 |
| 9  | Robinson, Samuel  | Wofford          | 44.75m | 146-10 |
| 10 | Wright, Dakota    | Western Carolina | 43.12m | 141-06 |
| 11 | Stout, Robert     | Wofford          | 41.20m | 135-02 |
| 12 | Eck, Austin       | Samford          | 40.20m | 131-11 |
| 13 | Mudd, Matthew     | Western Carolina | 40.13m | 131-08 |

**Decathlon: #1 Men 100 Meter Dash Decathlon**

| Name | Year | School             | Finals           | Wind  | H#  | Points |     |
|------|------|--------------------|------------------|-------|-----|--------|-----|
| 1    |      | Robinson, Samuel   | Wofford          | 11.49 | 0.3 | 1      | 755 |
| 2    |      | Mudd, Matthew      | Western Carolina | 11.61 | 0.7 | 2      | 730 |
| 3    |      | Ozburn, Thomas     | Samford          | 11.65 | 0.7 | 2      | 721 |
| 4    |      | Eck, Austin        | Samford          | 11.79 | 0.3 | 1      | 693 |
| 5    |      | Maxey, Thomas      | Wofford          | 11.84 | 0.7 | 2      | 683 |
| 6    |      | Stout, Robert      | Wofford          | 11.86 | 0.7 | 2      | 679 |
| 7    |      | Heinrich, Conrad   | Wofford          | 11.96 | 0.7 | 2      | 659 |
| 8    |      | Schlatter, Hunter  | Samford          | 11.98 | 0.3 | 1      | 655 |
| 9    |      | Brown, Chad        | Vmi              | 12.13 | 0.7 | 2      | 626 |
| 10   |      | Richardson, Colton | Vmi              | 12.54 | 0.7 | 2      | 549 |

**Decathlon: #5 Men 400 Meter Dash Decathlon**

| Name | Year | School             | Finals           | H#    | Points |     |
|------|------|--------------------|------------------|-------|--------|-----|
| 1    |      | Stout, Robert      | Wofford          | 51.16 | 2      | 762 |
| 2    |      | Heinrich, Conrad   | Wofford          | 51.86 | 2      | 731 |
| 3    |      | Eck, Austin        | Samford          | 52.28 | 1      | 713 |
| 4    |      | Mudd, Matthew      | Western Carolina | 52.44 | 2      | 706 |
| 5    |      | Maxey, Thomas      | Wofford          | 52.87 | 2      | 687 |
| 6    |      | Ozburn, Thomas     | Samford          | 53.01 | 2      | 681 |
| 7    |      | Robinson, Samuel   | Wofford          | 53.73 | 1      | 651 |
| 8    |      | Brown, Chad        | Vmi              | 55.05 | 1      | 597 |
| 9    |      | Schlatter, Hunter  | Samford          | 55.38 | 2      | 584 |
| 10   |      | Richardson, Colton | Vmi              | 58.43 | 2      | 468 |

**Decathlon: #10 Men 1500 Meter Run Decathlon**

| Name | Year | School           | Finals  | Points  |     |
|------|------|------------------|---------|---------|-----|
| 1    |      | Heinrich, Conrad | Wofford | 4:43.78 | 657 |
| 2    |      | Stout, Robert    | Wofford | 4:45.98 | 643 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****....Decathlon: #10 Men 1500 Meter Run Decathlon**

|    |                    |                  |         |     |
|----|--------------------|------------------|---------|-----|
| 3  | Maxey, Thomas      | Wofford          | 4:48.96 | 625 |
| 4  | Ozburn, Thomas     | Samford          | 4:50.27 | 617 |
| 5  | Eck, Austin        | Samford          | 4:50.91 | 613 |
| 6  | Robinson, Samuel   | Wofford          | 4:52.37 | 604 |
| 7  | Mudd, Matthew      | Western Carolina | 4:54.86 | 590 |
| 8  | Richardson, Colton | Vmi              | 4:55.62 | 585 |
| 9  | Brown, Chad        | Vmi              | 5:14.30 | 480 |
| 10 | Schlatter, Hunter  | Samford          | 5:24.99 | 424 |

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

| Name | Year               | School           | Finals | Wind | H# | Points |
|------|--------------------|------------------|--------|------|----|--------|
| 1    | Heinrich, Conrad   | Wofford          | 15.48  | -0.5 | 3  | 792    |
| 2    | Robinson, Samuel   | Wofford          | 15.61  | -0.4 | 2  | 777    |
| 3    | Stout, Robert      | Wofford          | 16.71  | -0.4 | 2  | 655    |
| 4    | Mudd, Matthew      | Western Carolina | 16.95  | -0.5 | 3  | 629    |
| 5    | Schlatter, Hunter  | Samford          | 17.08  | -0.5 | 3  | 616    |
| 6    | Eck, Austin        | Samford          | 18.05  | -0.2 | 4  | 519    |
| 7    | Ozburn, Thomas     | Samford          | 18.72  | -0.7 | 1  | 457    |
| 8    | Maxey, Thomas      | Wofford          | 19.69  | -0.4 | 2  | 374    |
| 9    | Brown, Chad        | Vmi              | 20.37  | -0.7 | 1  | 321    |
| 10   | Richardson, Colton | Vmi              | 46.58  | -0.2 | 4  |        |

**Decathlon: #4 Men High Jump Decathlon**

| Name | Year               | School           | Finals | Points      |
|------|--------------------|------------------|--------|-------------|
| 1    | Eck, Austin        | Samford          | 1.83m  | 6-00.00 653 |
| 2    | Ozburn, Thomas     | Samford          | 1.80m  | 5-10.75 627 |
| 2    | Heinrich, Conrad   | Wofford          | 1.80m  | 5-10.75 627 |
| 4    | Stout, Robert      | Wofford          | 1.77m  | 5-09.75 602 |
| 5    | Mudd, Matthew      | Western Carolina | 1.71m  | 5-07.25 552 |
| 5    | Robinson, Samuel   | Wofford          | 1.71m  | 5-07.25 552 |
| 7    | Richardson, Colton | Vmi              | 1.53m  | 5-00.25 411 |
| 8    | Maxey, Thomas      | Wofford          | 1.50m  | 4-11.00 389 |
| 8    | Brown, Chad        | Vmi              | 1.50m  | 4-11.00 389 |
| 10   | Schlatter, Hunter  | Samford          | 1.41m  | 4-07.50 324 |

**Decathlon: #8 Men Pole Vault Decathlon**

| Name | Year              | School  | Finals | Points       |
|------|-------------------|---------|--------|--------------|
| 1    | Schlatter, Hunter | Samford | 4.10m  | 13-05.25 645 |
| 2    | Robinson, Samuel  | Wofford | 4.00m  | 13-01.50 617 |
| 3    | Stout, Robert     | Wofford | 3.90m  | 12-09.50 590 |
| 4    | Eck, Austin       | Samford | 3.80m  | 12-05.50 562 |
| 5    | Maxey, Thomas     | Wofford | 3.70m  | 12-01.50 535 |
| 5    | Heinrich, Conrad  | Wofford | 3.70m  | 12-01.50 535 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

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**Results****....Decathlon: #8 Men Pole Vault Decathlon**

|    |                    |                  |       |          |     |
|----|--------------------|------------------|-------|----------|-----|
| 7  | Ozburn, Thomas     | Samford          | 3.50m | 11-05.75 | 482 |
| 8  | Richardson, Colton | Vmi              | 3.20m | 10-06.00 | 406 |
| 9  | Mudd, Matthew      | Western Carolina | 3.00m | 9-10.00  | 357 |
| 10 | Brown, Chad        | Vmi              | 2.60m | 8-06.25  | 264 |

**Decathlon: #2 Men Long Jump Decathlon**

| Name | Year               | School           | Finals | Wind | Points   |     |
|------|--------------------|------------------|--------|------|----------|-----|
| 1    | Ozburn, Thomas     | Samford          | 6.60m  | +0.0 | 21-08.00 | 720 |
| 2    | Mudd, Matthew      | Western Carolina | 6.41m  | +0.0 | 21-00.50 | 677 |
| 3    | Eck, Austin        | Samford          | 6.24m  | 1.0  | 20-05.75 | 639 |
| 4    | Stout, Robert      | Wofford          | 6.23m  | +0.0 | 20-05.25 | 637 |
| 5    | Heinrich, Conrad   | Wofford          | 6.02m  | 1.4  | 19-09.00 | 591 |
| 6    | Schlatter, Hunter  | Samford          | 5.95m  | +0.0 | 19-06.25 | 576 |
| 7    | Robinson, Samuel   | Wofford          | 5.77m  | +0.0 | 18-11.25 | 537 |
| 8    | Maxey, Thomas      | Wofford          | 5.52m  | 0.8  | 18-01.50 | 485 |
| 9    | Richardson, Colton | Vmi              | 5.18m  | +0.0 | 17-00.00 | 417 |
| 10   | Brown, Chad        | Vmi              | 4.87m  | +0.0 | 15-11.75 | 358 |

**Decathlon: #3 Men Shot Put Decathlon**

| Name | Year               | School           | Finals | Points   |     |
|------|--------------------|------------------|--------|----------|-----|
| 1    | Heinrich, Conrad   | Wofford          | 11.93m | 39-01.75 | 602 |
| 2    | Robinson, Samuel   | Wofford          | 10.87m | 35-08.00 | 538 |
| 3    | Stout, Robert      | Wofford          | 10.56m | 34-07.75 | 519 |
| 4    | Eck, Austin        | Samford          | 9.69m  | 31-09.50 | 467 |
| 5    | Ozburn, Thomas     | Samford          | 9.51m  | 31-02.50 | 456 |
| 6    | Maxey, Thomas      | Wofford          | 9.44m  | 30-11.75 | 452 |
| 7    | Schlatter, Hunter  | Samford          | 9.43m  | 30-11.25 | 451 |
| 8    | Mudd, Matthew      | Western Carolina | 9.42m  | 30-11.00 | 451 |
| 9    | Brown, Chad        | Vmi              | 9.40m  | 30-10.25 | 450 |
| 10   | Richardson, Colton | Vmi              | 7.68m  | 25-02.50 | 347 |

**Decathlon: #7 Men Discus Throw Decathlon**

| Name | Year               | School           | Finals | Points |     |
|------|--------------------|------------------|--------|--------|-----|
| 1    | Heinrich, Conrad   | Wofford          | 34.49m | 113-02 | 553 |
| 2    | Eck, Austin        | Samford          | 32.54m | 106-09 | 515 |
| 3    | Ozburn, Thomas     | Samford          | 31.90m | 104-08 | 502 |
| 4    | Stout, Robert      | Wofford          | 27.23m | 89-04  | 410 |
| 5    | Maxey, Thomas      | Wofford          | 25.46m | 83-06  | 376 |
| 6    | Mudd, Matthew      | Western Carolina | 25.45m | 83-06  | 376 |
| 7    | Robinson, Samuel   | Wofford          | 24.86m | 81-07  | 364 |
| 8    | Schlatter, Hunter  | Samford          | 24.79m | 81-04  | 363 |
| 9    | Brown, Chad        | Vmi              | 19.71m | 64-08  | 267 |
| 10   | Richardson, Colton | Vmi              | 16.93m | 55-06  | 215 |

**2018 SOCON Outdoor T&F Championships - 5/10/2018 to 5/11/2018**

www.rrtiming.com

Western Carolina University / Cullowee, NC

**Results****Decathlon: #9 Men Javelin Throw Decathlon**

| Name | Year | School             | Finals           | Points |        |     |
|------|------|--------------------|------------------|--------|--------|-----|
| 1    |      | Heinrich, Conrad   | Wofford          | 54.41m | 178-06 | 654 |
| 2    |      | Stout, Robert      | Wofford          | 43.99m | 144-04 | 500 |
| 3    |      | Schlatter, Hunter  | Samford          | 41.38m | 135-09 | 462 |
| 4    |      | Eck, Austin        | Samford          | 41.35m | 135-08 | 462 |
| 5    |      | Mudd, Matthew      | Western Carolina | 40.98m | 134-05 | 456 |
| 6    |      | Robinson, Samuel   | Wofford          | 38.91m | 127-08 | 426 |
| 7    |      | Ozburn, Thomas     | Samford          | 37.57m | 123-03 | 407 |
| 8    |      | Maxey, Thomas      | Wofford          | 36.74m | 120-06 | 395 |
| 9    |      | Brown, Chad        | Vmi              | 32.31m | 106-00 | 332 |
| 10   |      | Richardson, Colton | Vmi              | 27.89m | 91-06  | 270 |

**Men Decathlon**

| Name | Year | School             | Finals           |      |
|------|------|--------------------|------------------|------|
| 1    |      | Heinrich, Conrad   | Wofford          | 6401 |
| 2    |      | Stout, Robert      | Wofford          | 5997 |
| 3    |      | Eck, Austin        | Samford          | 5836 |
| 4    |      | Robinson, Samuel   | Wofford          | 5821 |
| 5    |      | Ozburn, Thomas     | Samford          | 5670 |
| 6    |      | Mudd, Matthew      | Western Carolina | 5524 |
| 7    |      | Schlatter, Hunter  | Samford          | 5100 |
| 8    |      | Maxey, Thomas      | Wofford          | 5001 |
| 9    |      | Brown, Chad        | Vmi              | 4084 |
| 10   |      | Richardson, Colton | Vmi              | 3668 |

**Women - Team Rankings - 21 Events Scored**

|                     |     |                    |     |
|---------------------|-----|--------------------|-----|
| 1) Western Carolina | 193 | 2) Samford         | 161 |
| 3) East Tenn. St.   | 129 | 4) Furman          | 120 |
| 5) Wofford          | 74  | 6) Mercer          | 49  |
| 7) VMI              | 46  | 8) Citadel         | 30  |
| 9) UT-Chattanooga   | 11  | 10) UNC-Greensboro | 6   |

**Men - Team Rankings - 21 Events Scored**

|                     |     |                   |     |
|---------------------|-----|-------------------|-----|
| 1) Western Carolina | 214 | 2) Samford        | 169 |
| 3) East Tenn. St.   | 122 | 4) Citadel        | 110 |
| 5) Wofford          | 73  | 6) Furman         | 71  |
| 7) VMI              | 48  | 8) UNC-Greensboro | 9   |