



2021 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS

CORPS PHYSICAL TRAINING FACILITY
LEXINGTON, VIRGINIA



SCHEDULE OF EVENTS

SATURDAY, FEB. 27

| | |
|-----------|-------------------------|
| 9:00 a.m. | Men's Hept 60m |
| | Men's Hept LJ |
| | Men's Hept SP |
| | Men's Hept HJ |
| 9:15 a.m. | Women's Pent 60mH |
| | Women's Pent HJ |
| | Women's Pent SP |
| | Women's Pent LJ |
| | Women's Pent 800m |
| 1:30 p.m. | Men's Shot Put Final |
| 2:00 p.m. | Women's Long Jump Final |
| 2:20 p.m. | Women's Mile Trials |
| 2:40 p.m. | Men's Mile Trials |
| 3:05 p.m. | Women's 60m H Trials |
| 3:20 p.m. | Men's 60m H Trials |
| 3:30 p.m. | Men's Pole Vault Final |
| 3:35 p.m. | Women's 60m Trials |
| 3:45 p.m. | Men's 60m Trials |
| 4:00 p.m. | Women's Shot Put Final |
| 4:00 p.m. | Women's 400m Trials |
| 4:10 p.m. | Men's 400m Trials |
| 4:20 p.m. | Women's 800m Trials |
| 4:30 p.m. | Men's 800m Trials |
| 4:30 p.m. | Men's Long Jump Final |
| 4:50 p.m. | Women's 200m Trials |
| 5:05 p.m. | Women's High Jump Final |
| 5:10 p.m. | Men's 200m Trials |
| 5:30 p.m. | Women's 3000m B Final |
| 5:43 p.m. | Women's 3000m A Final |
| 5:55 p.m. | Men's 3000m B Final |
| 6:05 p.m. | Men's 3000m A Final |
| 6:20 p.m. | Women's DMR Final |
| 6:35 p.m. | Men's DMR Final |

SUNDAY, FEB. 28

| | |
|------------|----------------------------|
| 9:00 a.m. | Men's Hept 60m H |
| | Men's Hept PV |
| | Men's Hept 1,000m |
| 10:00 a.m. | Men's Triple Jump Final |
| 10:30 a.m. | Women's Weight Throw Final |
| 12:10 p.m. | Women's Mile Final |
| 12:20 p.m. | Men's Mile Final |
| 12:30 p.m. | Women's Triple Jump Final |
| 12:40 p.m. | Women's 60m H Final |
| 12:50 p.m. | Men's 60m H Final |
| 1:00 p.m. | Women's 60m Final |
| 1:00 p.m. | Men's Weight Throw Final |
| 1:00 p.m. | Women's Pole Vault Final |
| 1:10 p.m. | Men's 60m Final |
| 1:30 p.m. | Women's 400m Final |
| 1:40 p.m. | Men's 400m Final |
| 1:50 p.m. | Women's 800m Final |
| 2:00 p.m. | Men's 800m Final |
| 2:10 p.m. | Women's 200m Final |
| 2:20 p.m. | Men's 200m Final |
| 2:30 p.m. | Men's High Jump Final |
| 2:30 p.m. | Women's 5000m B Final |
| 2:50 p.m. | Women's 5000m A Final |
| 3:10 p.m. | Men's 5000 B Final |
| 3:30 p.m. | Men's 5000 A Final |
| 3:50 p.m. | Women's 4x400m Final |
| 4:00 p.m. | Men's 4x400m Final |
| | Awards Ceremony |

CHAMPIONSHIP PREVIEW

2021 INDOOR TRACK & FIELD CHAMPIONSHIPS KICK OFF SATURDAY

The Southern Conference Men's and Women's Indoor Track and Field Championships will take place at VMI's Corps Physical Training Facility in Lexington, Virginia, this weekend. This year marks the 86th edition of the men's championship and 34th women's championship. VMI is hosting the meets for the fourth straight season.

Samford swept the team titles last year, with the Bulldog men claiming their first SoCon indoor title to end Western Carolina's six-year reign. The Samford women won their fifth straight indoor title last season and will seek to become just the second women's program to win at least six straight. Appalachian State won seven straight titles twice, from 1988-94 and again from 2001-07.

After finishing second to WCU for five straight years, Samford's men finally broke through in 2020 with 190 points, 30 clear of the Catamounts. Furman finished third for the second straight season.

Samford's women totaled 177.5 points. ETSU picked up 134 points for a second-place finish, its best since 1998, and Furman claimed third with 109 points.

This season's power rankings – determined by the top eight times or scores that are reported by the schools for each event that will be conducted at this weekend's championships – predict successful title defenses for both Samford programs, though it's worth noting that several teams competed in fewer meets than usual this season.

The Samford men totaled 207 points in the power rankings, comfortably ahead of second-place Furman's 113. The race is tighter on the women's side, as the Bulldogs have 175.33 points and second-place Wofford boasts 122.33.

Spectators are not permitted at this year's championships, but both days of meet will air live on ESPN+. Live results, daily recaps, photos and video highlights can be found at SoConSports.com.

Storylines:

- Lexington, Virginia, is the site of the men's event for the 39th time, more than double the total of the next-highest sites, Chapel Hill, North Carolina, and Johnson City, Tennessee, which have hosted 18 times each. The men's championship was contested in Lexington for 28 consecutive years from 1954-81. The women's championship was held in Lexington for the seventh time last season. Prior to 2018, the last time VMI hosted the championships was in 2000.

- The winners of eight of the 15 individual men's events and nine of the 15 individual women's events from last year's meet return this season.

- Of all of last year's superlative winners, only three return this season. Samford's Matt Cahoon, who shared the Heath Whittle Award as the Most Outstanding Athlete and was voted the Most Outstanding Field Performer, and Samford's Evan Brooks and Wofford's Georgia McDevitt, the freshmen of the year, are back.

- Cahoon has the top SoCon marks this season in the shot put (15.37 meters) and weight throw (17.32m) and is the defending SoCon champion in both events. He is fourth in the league in the high jump this season (2.00m) and was the 2019 SoCon champion in the event.

- Brooks paces the SoCon this season in the 60-meter dash (6.86 seconds) and 200-meter dash (21.65).

- McDevitt ranks in the top eight in the SoCon in four events this season, as she's third in the long jump (5.76m), sixth in the 200m (25.23) and eighth in the 60m (7.79) and 400m (58.75).

- If Furman's Cameron Ponder successfully defends his title in the mile, it will be the Paladins' fifth straight title in the event, while Daniel Bernal would give Furman four straight wins in the 3,000-meter run if he defends his crown.

- Furman's Ryan Adams finished his career with his third 800-meter title last season, turning in a time of 1:50.37 to erase a meet record that had stood since 1997.

- Samford's Titus Moore will be chasing his third straight title in the 60-meter hurdles. He set a meet record with a time of 7.81 in the preliminaries last season.

- Justin Stuckey became the third different Samford high jump champion in as many years and won the Bulldogs' fourth straight title in the event in 2020.

- Western Carolina's men will go for their 10th straight title in the 4x400-meter relay.

- ETSU's Nicole Johnson set a meet record as a freshman last season, winning the 60-meter dash in 7.40 seconds.

- Samford's Brittany Bishop claimed the pole vault title for the Bulldogs as a freshman last season and owns the top mark in the league this season at 3.80 meters. Bishop was the third different Bulldog to claim the title in as many years, and 2019 champion Tally Wilson is back in the field again this year.

- Furman's Savannah Carnahan capped her career with her fourth straight title in the 5,000-meter run last season. The Paladins are well-positioned to retain the title this year, as the top three times in the league this year belong to Furman runners, led by freshmen Madelynn Cadeau and Jonna Strange.

- A pair of VMI Keydets will look to defend SoCon titles in their home venue, as Ahliyah Williams is the reigning 400-meter champion and Sarah Leckman is the defending champion in the shot put.

- Wofford had its most successful showing ever at the 2020 SoCon indoor meet, with the Terrier women totaling 97.5 points and a fourth-place finish, both program-best marks, and the Wofford men finishing fifth, their best finish ever, with 56 points, the second-most in program history.



Samford's men won their first indoor title in 2020



Samford won its fifth straight women's title in 2020



CHAMPIONSHIP RECORDS



Men's SoCon Championship records

| Event | Mark | Conversion | Athlete | Year |
|-----------------------|----------|------------|--|------|
| 60m dash | 6.73 | | Ernest Wiggins, Appalachian State | 2004 |
| 200m dash | 21.13 | | Delevantie Brown, ETSU | 1995 |
| 400m dash | 46.97 | | Brunson Miller, The Citadel | 2012 |
| 800m run | 1:50.37 | | Ryan Adams, Furman | 2020 |
| Mile run | 4:03.97 | | Mark Scruton, ETSU | 1982 |
| 3,000m run | 8:05.37 | | Seamus Power, ETSU | 1992 |
| 5,000m run | 13:55.73 | | Arsène Guillourel, Samford | 2016 |
| 60m hurdles | 7.81 | | Titus Moore, Samford | 2020 |
| Long jump | 7.66m | (25-1.75) | Marcus Lynch, VMI | 2001 |
| Triple jump | 16.11m | (52-10.25) | Warren Posey, Appalachian State | 1988 |
| High jump | 2.21m | (7-3.0) | Darius Purcell, Appalachian State | 2012 |
| Shot put | 17.19m | (56-0.50) | Cosmo Tocci, The Citadel | 1980 |
| Pole vault | 5.45m | (17-10.50) | Michael Seaman, Samford | 2012 |
| 35-lb. weight | 21.99m | (72-2.0) | Ben Johnson, ETSU | 2018 |
| 4x400-meter relay | 3:14.40 | | Western Carolina (Derrick High, Irving Hunter, Tim Vaught, Joe Hyman) | 2000 |
| Distance medley relay | 9:47.80 | | ETSU (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek) | 1979 |
| Heptathlon | 5,127 | | Bo Ackerson-Gilroy, Samford | 2012 |

Past champions

| Year | Site | Champion | Year | Site | Champion | Year | Site | Champion |
|-------------|-------------------|------------------|------|---------------------|-------------------|------|---------------------|-------------------|
| 1930 | Chapel Hill, N.C. | Washington & Lee | 1968 | Lexington, Va. | William & Mary | 2002 | Johnson City, Tenn. | Appalachian State |
| 1931 | Chapel Hill, N.C. | North Carolina | 1969 | Lexington, Va. | William & Mary | 2003 | Johnson City, Tenn. | Appalachian State |
| 1932 | Chapel Hill, N.C. | North Carolina | 1970 | Lexington, Va. | William & Mary | 2004 | Johnson City, Tenn. | Western Carolina |
| 1933 | Chapel Hill, N.C. | Duke | 1971 | Lexington, Va. | William & Mary | 2005 | Johnson City, Tenn. | Appalachian State |
| 1934 | Chapel Hill, N.C. | North Carolina | 1972 | Lexington, Va. | William & Mary | 2006 | Clemson, S.C. | Western Carolina |
| 1935 | Chapel Hill, N.C. | North Carolina | 1973 | Lexington, Va. | William & Mary | 2007 | Clemson, S.C. | Appalachian State |
| 1936 | Chapel Hill, N.C. | Duke | 1974 | Lexington, Va. | William & Mary | 2008 | Clemson, S.C. | Western Carolina |
| 1937 | Chapel Hill, N.C. | North Carolina | 1975 | Lexington, Va. | William & Mary | 2009 | Clemson, S.C. | Appalachian State |
| 1938 | Chapel Hill, N.C. | Duke | 1976 | Lexington, Va. | Furman | 2010 | Clemson, S.C. | Appalachian State |
| 1939 | Chapel Hill, N.C. | North Carolina | 1977 | Lexington, Va. | East Carolina | 2011 | Clemson, S.C. | Appalachian State |
| 1940 | Chapel Hill, N.C. | North Carolina | 1978 | Lexington, Va. | VMI | 2012 | Birmingham, Ala. | Western Carolina |
| 1941 | Chapel Hill, N.C. | North Carolina | 1979 | Lexington, Va. | VMI | 2013 | Winston-Salem, N.C. | Appalachian State |
| 1942 | Chapel Hill, N.C. | North Carolina | 1980 | Lexington, Va. | ETSU | 2014 | Winston-Salem, N.C. | Western Carolina |
| 1943 - 1948 | | NO MEET | 1981 | Lexington, Va. | VMI | 2015 | Birmingham, Ala. | Western Carolina |
| 1949 | Chapel Hill, N.C. | North Carolina | 1982 | Johnson City, Tenn. | VMI | 2016 | Birmingham, Ala. | Western Carolina |
| 1950 | Chapel Hill, N.C. | North Carolina | 1983 | Lexington, Va. | VMI | 2017 | Johnson City, Tenn. | Western Carolina |
| 1951 | Chapel Hill, N.C. | North Carolina | 1984 | Johnson City, Tenn. | Appalachian State | 2018 | Lexington, Va. | Western Carolina |
| 1952 | Chapel Hill, N.C. | North Carolina | 1985 | Lexington, Va. | Appalachian State | 2019 | Lexington, Va. | Western Carolina |
| 1953 | Chapel Hill, N.C. | Duke | 1986 | Lexington, Va. | Appalachian State | 2020 | Lexington, Va. | Samford |
| 1954 | Lexington, Va. | VMI | 1987 | Johnson City, Tenn. | Appalachian State | | | |
| 1955 | Lexington, Va. | VMI | 1988 | Johnson City, Tenn. | Appalachian State | | | |
| 1956 | Lexington, Va. | Virginia Tech | 1989 | Johnson City, Tenn. | Appalachian State | | | |
| 1957 | Lexington, Va. | William & Mary | 1990 | Lexington, Va. | Appalachian State | | | |
| 1958 | Lexington, Va. | VMI | 1991 | Johnson City, Tenn. | VMI | | | |
| 1959 | Lexington, Va. | VMI | 1992 | Johnson City, Tenn. | Appalachian State | | | |
| 1960 | Lexington, Va. | VMI | 1993 | Lexington, Va. | VMI | | | |
| 1961 | Lexington, Va. | Furman | 1994 | Johnson City, Tenn. | Appalachian State | | | |
| 1962 | Lexington, Va. | Furman | 1995 | Johnson City, Tenn. | Appalachian State | | | |
| 1963 | Lexington, Va. | Furman | 1996 | Lexington, Va. | VMI | | | |
| 1964 | Lexington, Va. | VMI | 1997 | Johnson City, Tenn. | Marshall | | | |
| | | West Virginia | 1998 | Johnson City, Tenn. | ETSU | | | |
| 1965 | Lexington, Va. | VMI | 1999 | Johnson City, Tenn. | Western Carolina | | | |
| 1966 | Lexington, Va. | William & Mary | 2000 | Lexington, Va. | Appalachian State | | | |
| 1967 | Lexington, Va. | William & Mary | 2001 | Johnson City, Tenn. | VMI | | | |

Total team titles

| Team | Titles |
|-------------------|--------|
| Appalachian State | 19 |
| VMI | 16 |
| North Carolina | 13 |
| Western Carolina | 11 |
| William & Mary | 11 |
| Duke | 4 |
| Furman | 4 |
| ETSU | 2 |
| East Carolina | 1 |
| Marshall | 1 |
| Samford | 1 |
| Virginia Tech | 1 |
| Washington & Lee | 1 |
| West Virginia | 1 |



Women's SoCon Championship records

| Event | Mark | Conversion | Name(s), school | Year |
|-----------------------|----------|------------|---|------|
| 60m dash | 7.40 | | Nicole Johnson, ETSU | 2020 |
| 200m dash | 23.84 | | Lamonda Miller, Appalachian State | 1989 |
| 400m dash | 54.61 | | Felisha Garren, Western Carolina | 2012 |
| 800m run | 2:06.10 | | Karisa Nelson, Samford | 2019 |
| Mile run | 4:38.23 | | Karisa Nelson, Samford | 2019 |
| 3,000m run | 9:11.04 | | Savannah Carnahan, Furman | 2019 |
| 5,000m run | 16:22.61 | | Savannah Carnahan, Furman | 2019 |
| 60m hurdles | 8.29 | | Demeteria Edgecombe, ETSU | 2015 |
| | 8.29 | | Kyra Atkins, ETSU | 2018 |
| Long jump | 6.21m | (20-4.50) | Von Ross, Western Carolina | 1993 |
| Triple jump | 13.30m | (43-7.75) | Taniesha Robinson, ETSU | 1999 |
| | 13.30m | (43-7.75) | Ronda White, Appalachian State | 2004 |
| High jump | 1.81m | (5-11.25) | Kristen Meister, Davidson | 2007 |
| Shot put | 16.61m | (54-6.00) | Angie Barker, ETSU | 1988 |
| Pole vault | 4.05m | (13-3.50) | Claire Goodson, Samford | 2012 |
| 20-pound weight | 19.54m | (64-1.29) | Chakosha Lance, College of Charleston | 2006 |
| 4x400m relay | 3:44.98 | | Western Carolina | 2012 |
| | | | (Shiniqua Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren) | |
| Distance medley relay | 11:39.35 | | Furman | 2019 |
| | | | (Krissy Gear, Carlen Baran, Emma Kuntz, Gabbi Jennings) | |
| Pentathlon | 4,118 | | Selena Popp, Samford | 2018 |

Past champions

| Year | Site | Champion | Year | Site | Champion |
|------|---------------------|-------------------|------|---------------------|-------------------|
| 1988 | Johnson City, Tenn. | Appalachian State | 2008 | Clemson, S.C. | Western Carolina |
| 1989 | Johnson City, Tenn. | Appalachian State | 2009 | Clemson, S.C. | Appalachian State |
| 1990 | Lexington, Va. | Appalachian State | 2010 | Clemson, S.C. | Western Carolina |
| 1991 | Johnson City, Tenn. | Appalachian State | 2011 | Clemson, S.C. | Appalachian State |
| 1992 | Johnson City, Tenn. | Appalachian State | 2012 | Birmingham, Ala | Appalachian State |
| 1993 | Lexington, Va. | Appalachian State | 2013 | Winston-Salem, N.C. | Western Carolina |
| 1994 | Johnson City, Tenn. | Appalachian State | 2014 | Winston-Salem, N.C. | Western Carolina |
| 1995 | Johnson City, Tenn. | ETSU | 2015 | Birmingham, Ala. | Western Carolina |
| 1996 | Lexington, Va. | Western Carolina | 2016 | Birmingham, Ala. | Samford |
| 1997 | Johnson City, Tenn. | Western Carolina | 2017 | Johnson City, Tenn. | Samford |
| 1998 | Johnson City, Tenn. | Chattanooga | 2018 | Lexington, Va. | Samford |
| 1999 | Johnson City, Tenn. | Western Carolina | 2019 | Lexington, Va. | Samford |
| 2000 | Lexington, Va. | Western Carolina | 2020 | Lexington, Va. | Samford |
| 2001 | Johnson City, Tenn. | Appalachian State | | | |
| 2002 | Johnson City, Tenn. | Appalachian State | | | |
| 2003 | Johnson City, Tenn. | Appalachian State | | | |
| 2004 | Johnson City, Tenn. | Appalachian State | | | |
| 2005 | Johnson City, Tenn. | Appalachian State | | | |
| 2006 | Clemson, S.C. | Appalachian State | | | |
| 2007 | Clemson, S.C. | Appalachian State | | | |

| <u>Total team titles</u> | |
|--------------------------|--------|
| Team | Titles |
| Appalachian State..... | 17 |
| Western Carolina | 9 |
| Samford..... | 5 |
| ETSU | 1 |
| Chattanooga | 1 |



TEAM ROSTERS



The Citadel Bulldogs

Head coach: Jody Huddleston

Assistant coaches: Kris Kut, Erin Leonard

| Men | | | Women | | |
|------------------------|-------|----------------------|--------------------|-------|---------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Bryce Baglia | Fr. | Falconer, N.Y. | Anna Barfield | Sr. | Charleston, S.C. |
| Sam Blumer | Sr. | Greenville, S.C. | Tamia Burch | Sr. | Charlotte, N.C. |
| Thorin Cardente | Jr. | North Kingston, R.I. | Cyla Byrd | Fr. | Pace, Fla. |
| Ty Duben | So. | Orange Beach, Ala. | Sarai Chestnut | So. | Baltimore, Md. |
| Kane Duncan | So. | Landrum, S.C. | Mya Dollard | Jr. | Johnsonville, S.C. |
| Graham Holland | Sr. | Florence, S.C. | Samantha Engel | Sr. | Placerville, Calif. |
| Prince Howard-Whitaker | Gr. | Columbia, S.C. | Heidi Fortin | So. | Ogunquit, Maine |
| Jake Kenison | So. | Simpsonville, S.C. | Emily Hickey | Fr. | Reading, Ma. |
| Stephen Kraeling | Fr. | Guyton, Ga. | Mecca Jackson | Fr. | Sandersville, Ga. |
| Sam LaRosa | So. | Chapin, S.C. | Amanda Konieczny | Fr. | Lancaster, N.Y. |
| Tyler Manon | Fr. | Bryan, Ohio | Casey Miller | Sr. | Johnson City, Tenn. |
| Harrison Mansell | Sr. | Woodstock, Ga. | Jay Mitchell | Fr. | Louisville, Ky. |
| Triston McClain | Jr. | Spartanburg, S.C. | Leah Murray | Fr. | Bowie, Md. |
| Devin Merrick | Sr. | Florence, S.C. | Joie Royer | Sr. | Stone Mountain, Ga. |
| Prince Moody | So. | Springfield, Va. | Gabby Shea | Fr. | Sparkill, N.Y. |
| Treonte Newton | So. | Summerville, S.C. | Grace Wolf | So. | Houston, Texas |
| Timiebri Ogobri | Sr. | Reston, Va. | Shannon Ziccarello | Jr. | Whippany, N.J. |
| Lindsay Pierce | Sr. | Camden, S.C. | | | |
| Will Ray | Fr. | Okinawa, Japan | | | |
| Reggie Reynolds | So. | Disputanta, Va. | | | |
| Aidan Richter | So. | Mount Pleasant, S.C. | | | |
| Jeremy Shipley | Sr. | Hillsborough, N.J. | | | |
| Jeremy Walker | Jr. | Tampa, Fla. | | | |

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Hassaan Stamps, Steven Sanchez, Catherine Layne, Michael Lockhart

| Men | | | Women | | |
|-----------------|-------|---------------------------------|-------------------------|-------|---------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Seth Bowden | Jr. | Maryville, Tenn. | Mary Brown | Jr. | Radford, Va. |
| Gavin Cooper | R-So. | Jacksboro, Tenn. | Mekayla Brown | Jr. | Elgin, S.C. |
| Marcus Evans | So. | Snellville, Ga. | Hannah Burkhart | Fr. | Knoxville, Tenn. |
| Spencer Fejeran | So. | Tazewell, Tenn. | Kennedie Carithers | So. | Dacula, Ga. |
| Zachary Fejeran | Jr. | Tazewell, Tenn. | Alyssa Ceja-Pena | So. | Salinas, Calif. |
| Evan Guzman | Fr. | Franklin, Tenn. | Britney Griffith | Fr. | Charlotte, N.C. |
| Josh Krafsur | R-So. | Fort Collins, Colo. | Caitlin Cutshall | So. | Kingsport, Tenn. |
| Isaac Lockhart | Fr. | Haysi, Va. | Johnaida Eliscar | Jr. | Columbia, S.C. |
| Phelani Maduwa | Jr. | Parys, Free State, South Africa | Britney Griffith | Jr. | Kingsport, Tenn. |
| Isaiah Mills | Fr. | Freeport, Fla. | Kennedi Johnson | Jr. | Nashville, Tenn. |
| Miguel Parrilla | So. | Knoxville, Tenn. | Nicole Johnson | So. | Chattanooga, Tenn. |
| Matt Scarr | Sr. | Wamberal, NSW, Australia | Julia Karsten | So. | Old Hickory, Tenn. |
| Noah Shelton | Jr. | Gray, Tenn. | Jessica Lord | Jr. | Morristown, Tenn. |
| Myles Stoots | So. | Mobile, Ala. | LaNaya Martin | Jr. | Columbia, S.C. |
| Jordan Thomas | Fr. | Knoxville, Tenn. | Paige Peterson | Sr. | Alpharetta, Ga. |
| Malachi Thomas | Fr. | Chilhowie, Va. | Molly Rhudy | So. | Chilhowie, Va. |
| Bryce Turnbow | So. | Cookeville, Tenn. | Marissa Schalk-Salmeron | R-Fr. | Granite Falls, N.C. |
| Kameron Walsh | So. | Hays, N.C. | Genevieve Schwarz | Jr. | Oak Ridge, Tenn. |
| Dylan Zeller | Fr. | Hixson, Tenn. | Makayla Shaw | Sr. | Jonesborough, Tenn. |
| | | | Kiera Snyder | Fr. | Clyde, Mich. |
| | | | Lindsey Stallworth | Jr. | Knoxville, Tenn. |
| | | | Atlantis Warren | Jr. | Memphis, Tenn. |
| | | | Kendra Whitehurst | Sr. | Atlanta, Ga. |
| | | | Patra Williams | So. | Lithonia, Ga. |
| | | | Colbie Williamson | Sr. | Clyde, N.C. |

Furman Paladins

Head coach: Robert Gary

Assistant coaches: Rita Gary, Chris Neal, Logan Roberts

Volunteer assistant: Mickey McCauley

| Men | | | Women | | |
|-----------------|-------|-----------------------|-----------------|-------|-------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| David Ahlmeyer | So. | Hendersonville, Tenn. | Madelynn Cadeau | Fr. | Cumming, Ga. |
| Daniel Bernal | Sr. | El Paso, Texas | Beth Donnelly | Fr. | Brentwood, Tenn. |
| Adam Beucler | So. | Hudson, Ohio | Bethany Graham | Fr. | Aldie, Va. |
| Mason Coppi | Sr. | Dana Point, Calif. | Emma Kuntz | Sr. | Louisville, Ky. |
| Noah Dolhare | So. | Charlotte, N.C. | Emily Little | Fr. | Atlanta, Ga. |
| Nick Epstein | So. | Hillsborough, N.C. | Erin MacDevette | So. | Charlotte, N.C. |
| Adrian Gonzalez | Fr. | Chanhassen, Minn. | Megan Marvin | Fr. | Chapel Hill, N.C. |
| Andrew Hammel | Fr. | Clyde, N.C. | Nicole Matysik | So. | Key West, Fla. |
| Trenton Mandato | Sr. | Winter Park, Fla. | Caroline Nguyen | So. | Asheville, N.C. |
| Evin McEntee | So. | Charlotte, N.C. | Jonna Strange | Fr. | Statesville, N.C. |
| Jake Ogden | Sr. | Dana Point, Calif. | Sammy Trone | Jr. | Glenville, Pa. |
| Cameron Ponder | Jr. | Winston-Salem, N.C. | Kylie Wittman | Fr. | Brentwood, Tenn. |
| Josh Powers | So. | Greenville, S.C. | | | |
| Ares Reading | So. | Niwot, Colo. | | | |
| Mac Roberts | So. | Munich, Germany | | | |
| Dylan Schubert | Fr. | Loveland, Colo. | | | |
| Benjamin Seeber | So. | Greensboro, N.C. | | | |
| Aaron Wier | Sr. | Versailles, Ky. | | | |
| Carson Williams | Fr. | Raleigh, N.C. | | | |

UNCG Spartans

Head coach: Chad Pearson

Assistant coaches: Loren Donohue

| Men | | | Women | | |
|--------------------|-------|----------------------|-------------------|-------|---------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Tyler Adams | Jr. | Kulpmont, Pa. | Ashlyn Dalton | Sr. | Mastic, N.Y. |
| Colin Alexander | Jr. | Southern Pines, N.C. | Kassidy Dill | Sr. | Milford, Maine |
| Dylan Christopher | Jr. | Hendersonville, N.C. | Jillian Felton | Jr. | Crystal River, Fla. |
| Weston Clayton | Sr. | Raleigh, N.C. | Ariana Garcia | Sr. | Beulaville, N.C. |
| Jonathan Kennedy | So. | Charlotte, N.C. | Kristin Hogan | So. | Greensboro, N.C. |
| Thomas Kneppshield | Jr. | Louisville, Ky. | Chandler McCaslin | Jr. | Mooreville, N.C. |
| Juan Rodriguez | Sr. | Winston-Salem, N.C. | Madison Owings | Sr. | Apex, N.C. |
| Joe Thoma | Jr. | Whippany, N.J. | Jenna Reiter | Fr. | Morehead City, N.C. |
| Nicholas Thoma | Jr. | Whippany, N.J. | Meredith Roberts | Jr. | Winston-Salem, N.C. |
| Michael Zapherson | So. | Asheville, N.C. | Jordyn Singletary | So. | Asheville, N.C. |
| | | | Malea Smith | Sr. | Davidson, N.C. |
| | | | Shay Soukup | Fr. | Defiance, Ohio |



TEAM ROSTERS



Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: David Clyburn, Ashley Cope, Chad Balyo

Volunteer assistant: Tyra Massey

| Men | | | Women | | |
|--------------------|-------|---------------------------|---------------------|-------|-----------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Louis Brogan | Fr. | Mableton, Ga. | Riley Alexander | So. | Arlington, Texas |
| Evan Brooks | So. | Madison, Ala. | Jackie Barnes | R-Sr. | Beaufort, S.C. |
| Matt Cahoon | Sr. | Cullman, Ala. | Morayo Bhadmos | Sr. | Powder Springs, Ga. |
| Brady Cassell | So. | Homewood, Ala. | Brittany Bishop | So. | Clinton, Tenn. |
| Jake Diggs | Jr. | Trussville, Ala. | Kaitlyn Cole | So. | Spanish Fort, Ala. |
| Jack Elliott | So. | New Plymouth, New Zealand | Alexis Cook | Fr. | Daphne, Ala. |
| Warren Fitzpatrick | Sr. | Birmingham, Ala. | Hannah Daffin | So. | Mobile, Ala. |
| Marshall Gainer | Fr. | Hazelhurst, Ga. | Amanda Dumar | Sr. | Tampa, Fla. |
| Benjamin Garner | Sr. | Opelika, Ala. | Megan Elliott | Jr. | Wichita, Kans. |
| Jeb Jones | So. | Johnson City, Tenn. | Aiya Finch | R-Fr. | Homewood, Ala. |
| McCray Kelton | So. | Tomball, Texas | Tatum Foreman | Fr. | Southlake, Texas |
| Ty Kimberlin | Jr. | Olive Branch, Miss. | Grace Gamboa | Fr. | Brentwood, Tenn. |
| Stockton McGuire | Gr. | Fairburn, Ga. | Makenzie Hooton | Fr. | Kansas City, Mo. |
| Jack McHugh | Sr. | Alpharetta, Ga. | Caroline Huff | Jr. | Daphne, Ala. |
| Michael McMahan | Sr. | Franklin, Tenn. | Erin Long | Fr. | Pelham, Ala. |
| Titus Moore | Jr. | Macon, Ga. | Hannah Lueders | Sr. | Rogers, Ark. |
| Don Morgan | Fr. | Kansas City, Mo. | Kaelyn McCann | Fr. | Temecula, Ca. |
| Noah Osborne | Sr. | Bradenton, Fla. | Mia Milasinovic | Fr. | Podgorica, Montenegro |
| Thomas Ozburn Jr. | Sr. | Brentwood, Tenn. | Allison Nelson | R-Sr. | Brewton, Ala. |
| José Peñalver | Sr. | Plantation, Fla. | Emma Nolte | Fr. | Plano, Texas |
| Edwin Rainey | Fr. | Tuscaloosa, Ala. | Savannah Schmidt | Fr. | Saint Louis, Mo. |
| Jed Sisco | Fr. | Morrow, Ohio | Katie Snodgrass | Jr. | Hunstville, Ala. |
| Justin Stuckey | Jr. | Helena, Ala. | Katie Strozier | So. | Pelham, Ala. |
| Bryce Williamson | So. | Fairburn, Ga. | Mary Grace Strozier | R-Sr. | Pelham, Ala. |
| Landon Wright | Fr. | Eads, Tenn. | Tally Wilson | R-Sr. | Cullman, Ala. |

Chattanooga Mocs

Head coach: Andy Meyer

Assistant coach: Tyler Griffin

| Women | | |
|---------------------|-------|--------------------|
| Name | Class | Hometown |
| Faith Brown | So. | Gallatin, Tenn. |
| Imani Bryant | So. | Dandridge, Tenn. |
| Mikah Charley | Fr. | Nashville, Tenn. |
| Emmy Davis | Fr. | Chattanooga, Tenn. |
| Sage Davis | Jr. | Powell, Tenn. |
| Kimbra Dunning | Fr. | Chattanooga, Tenn. |
| Lesley Green | So. | Dayton, Tenn. |
| Ashtyn Hagood | Fr. | Bristol, Tenn. |
| Makenzie Jones | Gr. | Morristown, Tenn. |
| Ashlynd Miller | Sr. | Athens, Tenn. |
| Sophia Neglia | Sr. | Kingsport, Tenn. |
| Emma Russum | Fr. | Kingsport, Tenn. |
| Madelyn Thompson | So. | Ringgold, Ga. |
| McKenzie Williamson | So. | Franklin, Tenn. |

VMI Keydets

Head coach: Darrin Webb

Assistant coaches: Dr. Drew Ludtke, Zack Scott, Sean Bernstein

| Men | | | Women | | |
|---------------------|-------|-------------------------|---------------------|-------|---------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Herbert Brooks | So. | Nathalie, Va. | Anna Armfield | Sr. | Raburn Gap, Ga. |
| Max Burke | Jr. | Troutville, Va. | Sara Belamarich | Jr. | Chesapeake, Va. |
| David Fiorillo | So. | St. Petersburg, Fla. | McKenna Dunn | Jr. | Midlothian, Va. |
| Solomon Ghosh | Jr. | Blacksburg, Va. | Ariel Endicott | Sr. | Hurley, Va. |
| Andrew Granger | Fr. | Marietta, Ga. | Judith Gonzalez | R-Fr. | Meriden, Conn. |
| Jonathan Gray | Jr. | Stafford, Va. | Naomi Hahn | Fr. | Warren, Pa. |
| Dylan Haines | Jr. | Broomfield, Colo. | Alyssa Ingerson | Fr. | Salem, Va. |
| Ian Irizarry Negron | Jr. | Chesapeake, Va. | Stephanie Jones | Jr. | Chesapeake, Va. |
| Gavin Jenkins | R-Jr. | Chester Gap, Va. | Jenna Kirkland | Fr. | West Point, Va. |
| Robert Jones | Fr. | Peyton, Colo. | Sarah Leckman | Sr. | Alexandria, Va. |
| Andre Jordan | Jr. | Chesapeake, Va. | Marissa Linkous | So. | Richmond, Va. |
| Aaron Kempf | Sr. | Newport News, Va. | Elie Miller | Jr. | Dayton, Va. |
| Walt Kitson | Sr. | Midlothian, Va. | Elizabeth Morris | Fr. | McDonough, Ga. |
| Kevin Linko | So. | Princeton, N.J. | Julia Noll | Fr. | Eldersburg, Md. |
| Keyandre Midgett | Fr. | Portsmouth, Va. | Autumn Parson | Jr. | Walkersville, Md. |
| Stephen Munson | Fr. | Twp of Washington, N.J. | Alexis Rocker | Fr. | Wayne, N.J. |
| Jayden Napier | R-Fr. | Kuwait City, Kuwait | Ariana Ruffin | Sr. | Philadelphia, Pa. |
| Nick Petriello | Jr. | Franklinville, N.J. | Olivia Smoot | Jr. | Auburn, Va. |
| Jordin Poindexter | Jr. | Richmond, Va. | Abby Soyars | Fr. | Waynesboro, Va. |
| Hunter Reed | Fr. | Ashburn, Va. | Suzanna Stoneburner | R-Fr. | Lexington, Va. |
| Kellen Reeves | Sr. | Fredericksburg, Va. | Nia Vaughan | Jr. | Richmond, Va. |
| Noah Schagelin | So. | Wharton, N.J. | Emily Wells | So. | Ljamsville, Md. |
| Bret Trahan | Jr. | Holly Springs, N.C. | Ahliyah Williams | Jr. | Upper Marlboro, Md. |
| Adam Waite | Jr. | Midlothian, Va. | | | |
| Johnnie Walker | Jr. | Stafford, Va. | | | |

SOCON ATHLETES OF THE WEEK

| Men's track | Date | Men's field |
|-------------------------|---------|---------------------------|
| Cameron Ponder, Furman | Jan. 27 | Jed Sisco, Samford |
| Johnnie Walker, VMI | Feb. 3 | Tanner Henry, Wofford |
| José Peñalver, Samford | Feb. 10 | Justin Stuckey, Samford |
| José Peñalver, Samford | Feb. 17 | Justin Stuckey, Samford |
| Cameron Ponder, Furman | Feb. 24 | None |
| Women's track | Date | Women's field |
| Megan Marvin, Furman | Jan. 27 | Madeline McNinch, Wofford |
| Ariana Ruffin, VMI | Feb. 3 | Megan Dunn, Wofford |
| Emma Kuntz, Furman | Feb. 10 | Morayo Bhadmos, Samford |
| Madelyne Cadeau, Furman | Feb. 17 | Hannah Daffin, Samford |
| Emma Kuntz, Furman | Feb. 24 | None |



TEAM ROSTERS



Western Carolina Catamounts

Head coach: Jesse Norman

Assistant coach: David Johnston, Greg Lambert

| Men | | | Women | | |
|------------------|-------|----------------------|-------------------|-------|----------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Noah Alleyne | Fr. | Acworth, Ga. | Marissa Blakely | Jr. | Concord, N.C. |
| Kaleb Ambrose | Jr. | Douglasville, Ga. | Jamie Blaylock | Jr. | Brentwood, Tenn. |
| Mac Bennett | Sr. | Gainesville, Ga. | Imani Boyd | Fr. | Charlotte, N.C. |
| Marcus Brown | Fr. | Cary, N.C. | Chloe Cobbett | Fr. | Cumming, Ga. |
| Charles Cooley | Jr. | Morehead City, N.C. | Derica Currie | Fr. | Burlington, N.C. |
| Ryan Eldridge | Jr. | Mount Airy, N.C. | Rylee Dean | Sr. | Hendersonville, N.C. |
| Kevin Haley Jr. | Fr. | Winder, Ga. | Dominiq Delisser | Sr. | Suwanee, Ga. |
| Michael Harris | So. | Simpsonville, S.C. | Kinley Drummonds | Sr. | Boone, N.C. |
| Adam Hart | Jr. | Topsail, N.C. | Amaya English | Fr. | Browns Summit, N.C. |
| Brandon Harvey | Jr. | Lilburn, Ga. | Cierra Jenkins | Jr. | Arlington, Va. |
| Mike Jones | Sr. | Tyrone, Ga. | Nytrinity Jenkins | Fr. | Winston-Salem, N.C. |
| Jonathan Lehe | Jr. | Mooresville, N.C. | Mallory Lowe | Fr. | Hampton, Ga. |
| Tyler Manigault | Sr. | Concord, N.C. | Kate Mattison | Jr. | Oconee, Ga. |
| David Miles | So. | Burlington, N.C. | Omara McBride | Fr. | Apex, N.C. |
| Shon Pratcher | Sr. | Germantown, Wis. | Makaila McIntyre | Sr. | Peachtree City, Ga. |
| Mason Robinson | Fr. | Villa Rica, Ga. | Erica O'Neal | Fr. | Snellville, Ga. |
| Tyler Rodriguez | So. | Dodd City, Texas | Mekyll Robinson | So. | Charlotte, N.C. |
| Zae Smith | So. | Greenville, S.C. | Sydney Runyan | Fr. | Woodstock, Ga. |
| Khadevis Snead | Sr. | Raleigh, N.C. | Dami Shodeinde | Fr. | Marietta, Ga. |
| Jay Stanley | Sr. | Maysville, Ky. | Victoria Solheim | Jr. | Dallas, Ga. |
| Joshua Stapleton | Jr. | Duluth, Ga. | Lesleigh Tabor | Sr. | Franklin, N.C. |
| Elijah Stuart | Jr. | Hampshire, Ill. | Mikayla Turner | Fr. | Columbia, S.C. |
| Adam Winebarger | Fr. | Hays, N.C. | Carter Unger | Jr. | Chapin, S.C. |
| Drew Zink | Fr. | Sherrills Ford, N.C. | Erin Willard | Sr. | Germantown, Wis. |
| | | | Ronje Williams | Jr. | Snellville, Ga. |

Wofford Terriers

Head coach: Johnny Bomar

Assistant coach: Michael Wilson

| Men | | | Women | | |
|----------------------|-------|----------------------|--------------------|-------|---------------------|
| Name | Class | Hometown | Name | Class | Hometown |
| Carson Archie | Fr. | Mount Pleasant, S.C. | Alexus Atkins | Fr. | Campobello, S.C. |
| Theron Bradford | So. | Sumter, S.C. | Giselle Cruz | So. | Norcross, Ga. |
| Elijah Bull | Jr. | Mt. Pleasant, S.C. | Dahlia Cutler | So. | Waxhaw, N.C. |
| Beck Classey | Jr. | Denver, N.C. | Megan Dunn | Sr. | Dorchester, Ontario |
| Isaiah Ellis | Sr. | Spartanburg, S.C. | Kelly Hogan | Sr. | Suffolk, Va. |
| Josh Hendry | Jr. | Kilmacoll, Scotland | Janie Holecek | Fr. | Knoxville, Tenn. |
| Tanner Henry | So. | Kingsport, Tenn. | Jasmine Jefferson | Fr. | Knoxville, Tenn. |
| Sam Kamara | So. | Burke, Va. | Kerrington Johnson | So. | Anderson, S.C. |
| Sam Larkin | Sr. | Atlanta, Ga. | Rylee Jorgensen | So. | Maryville, Tenn. |
| Sebastian LaTorre | Fr. | Knoxville, Tenn. | Netanya Linares | So. | Waxhaw, N.C. |
| Cooper Lindsey | Fr. | Birmingham, Ala. | Georgia McDevitt | So. | Maryville, Tenn. |
| T.J. Maxey | Sr. | Charlotte, N.C. | Madeline McNinch | Fr. | Bradenton, Fla. |
| Ford McCoy | Sr. | Greenville, S.C. | Lily Meetze | So. | Irmo, S.C. |
| Conor Murphy | Fr. | London, England | Jenna Reid | So. | Nova Scotia, Canada |
| Christopher Sheppard | Fr. | Wesley Chapel, Fla. | Lexi Rhine | So. | Greenville, S.C. |
| | | | Morgan Roberts | Fr. | Williamston, S.C. |
| | | | Chandler Robinson | Jr. | Mt. Pleasant, S.C. |
| | | | Destiny Shippy | Jr. | Spartanburg, S.C. |



CONGRATULATIONS, SENIORS!



The Southern Conference would like to recognize the seniors who will be competing in their final indoor conference meet.

| | | | | | | | | |
|------------------------|-------|-------------|---------------------|-------|-------------|------------------|-------|------------------|
| Sam Blumer | | The Citadel | Juan Rodriguez | | UNCG | Aaron Kempf | | VMI |
| Graham Holland | | The Citadel | Ashlyn Dalton | | UNCG | Walt Kitson | | VMI |
| Prince Howard-Whitaker | | The Citadel | Kassidy Dill | | UNCG | Kellen Reeves | | VMI |
| Harrison Mansell | | The Citadel | Ariana Garcia | | UNCG | Anna Armfield | | VMI |
| Devin Merrick | | The Citadel | Madison Owings | | UNCG | Ariel Endicott | | VMI |
| Timiebi Ogobri | | The Citadel | Malea Smith | | UNCG | Sarah Leckman | | VMI |
| Lindsay Pierce | | The Citadel | Matt Cahoon | | Samford | Ariana Ruffin | | VMI |
| Jeremy Shipley | | The Citadel | Warren Fitzpatrick | | Samford | Mac Bennett | | Western Carolina |
| Anna Barfield | | The Citadel | Benjamin Garner | | Samford | Mike Jones | | Western Carolina |
| Tamia Burch | | The Citadel | Stockton McGuire | | Samford | Tyler Manigault | | Western Carolina |
| Samantha Engel | | The Citadel | Jack McHugh | | Samford | Shon Pratcher | | Western Carolina |
| Casey Miller | | The Citadel | Michael McMahan | | Samford | Khadevis Snead | | Western Carolina |
| Joie Royer | | The Citadel | Noah Osborne | | Samford | Jay Stanley | | Western Carolina |
| Matt Scarr | | ETSU | Thomas Ozburn Jr. | | Samford | Rylee Dean | | Western Carolina |
| Paige Peterson | | ETSU | José Peñalver | | Samford | Dominiq Delisser | | Western Carolina |
| Makayla Shaw | | ETSU | Jackie Barnes | | Samford | Kinley Drummonds | | Western Carolina |
| Kendra Whitehurst | | ETSU | Morayo Bhadmos | | Samford | Makaila McIntyre | | Western Carolina |
| Colbie Williamson | | ETSU | Amanda Dumar | | Samford | Lesleigh Tabor | | Western Carolina |
| Daniel Bernal | | Furman | Hannah Lueders | | Samford | Erin Willard | | Western Carolina |
| Mason Coppi | | Furman | Allison Nelson | | Samford | Isaiah Ellis | | Wofford |
| Trenton Mandato | | Furman | Mary Grace Strozier | | Samford | Sam Larkin | | Wofford |
| Jake Ogden | | Furman | Tally Wilson | | Samford | T.J. Maxey | | Wofford |
| Aaron Wier | | Furman | Makenzie Jones | | Chattanooga | Ford McCoy | | Wofford |
| Emma Kuntz | | Furman | Ashlynd Miller | | Chattanooga | Megan Dunn | | Wofford |
| Weston Clayton | | UNCG | Sophia Neglia | | Chattanooga | Kelly Hogan | | Wofford |