

Southern Conference Outdoor Track & Field Record Book



Through 2022 season

MEN'S RECORDS AND CHAMPIONS

Men's Outdoor Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	10.1		Greg Hatchett, VMI	1990
200m dash	20.80		Calvin Alston, East Carolina	1977
400m dash	45.77		Mario Small, VMI	1991
800m run	1:48.37		Matthew Smith, Furman	2022
1,500m run	3:40.04		Kevin Cropp, William & Mary	1977
3,000m steeplechase	8:49.66		Cameron Ponder, Furman	2021
5,000m run	14:13.06		Adrian Leek, ETSU	1981
10,000m run	29:21.30		Adrian Leek, ETSU	1979
110m high hurdles	13.97		Titus Moore, Samford	2021
400m intermediate hurdles	50.70		David Anderson, Furman	1977
Long jump	7.69m	25-2.75	Michael Hanks, Appalachian State	1987
Triple jump	16.06m	52-8.28	Michael Hanks, Appalachian State	1987
High jump	2.19m	7-2.25	Justin Stuckey, Samford	2021
Shot put	17.72m	58-1.63	Anthony Greer, Appalachian State	2005
Discus	54.53m	178-11	Ben Johnson, ETSU	2019
Javelin	*71.82m	235-7.55	Jeff Roseme, VMI	1981
	^72.95	239-04	Capers Williamson, The Citadel	2016
Hammer throw	60.62m	198-10.61	Wes Kiser, Appalachian State	2008
Pole vault	5.50m	18-00.50	Tray Oates, Samford	2016
4x100m relay	39.91		Appalachian State (Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)	2003
4x400m relay	3:09.06		Western Carolina (Devaniel Dale, Henry Kiedy, Chace Washington-Saunders, Dakota Lamont)	2018
Decathlon	7,040		Brandon Bassett, Samford	2011

*-Denotes record pre-1986 redesign; ^-Denotes record post-1986 redesign

MEN'S RECORDS AND CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1923	Montgomery, Ala.	Mississippi State	1984	Huntington, W.Va.	Appalachian State
1924N	Charlottesville, Va.	Virginia	1985	Boone, N.C.	Appalachian State
1924S	Montgomery, Ala.	Mississippi State	1986	Huntington, W.Va.	Appalachian State
1925	Sewanee, Tenn.	Mississippi State	1987	Boone, N.C.	Appalachian State
1926	Chapel Hill, N.C.	North Carolina	1988	Lexington, Va.	VMI
1927	Baton Rouge, La.	Louisiana State	1989	Huntington, W.Va.	Appalachian State
1928	Birmingham, Ala.	Louisiana State	1990	Boone, N.C.	VMI
1929	Birmingham, Ala.	Louisiana State	1991	Lexington, Va.	VMI
1930	Birmingham, Ala.	North Carolina	1992	Huntington, W.Va.	Appalachian State
1931	Birmingham, Ala.	Tulane	1993	Boone, N.C.	Appalachian State
1932	Atlanta, Ga.	Louisiana State	1994	Lexington, Va.	VMI
1933	Durham, N.C.	North Carolina	1995	Huntington, W.Va.	Appalachian State
1934	Durham, N.C.	North Carolina	1996	Johnson City, Tenn.	Appalachian State
1935	Durham, N.C.	North Carolina	1997	Boone, N.C.	VMI
1936	Durham, N.C.	Duke	1998	Lexington, Va.	VMI
1937	Durham, N.C.	Duke	1999	Johnson City, Tenn.	Western Carolina
1938	Durham, N.C.	North Carolina	2000	Boone, N.C.	VMI
1939	Chapel Hill, N.C.	North Carolina	2001	Lexington, Va.	Appalachian State
1940	Williamsburg, Va.	North Carolina	2002	Johnson City, Tenn.	Appalachian State
1941	Williamsburg, Va.	Duke	2003	Boone, N.C.	Appalachian State
1942	Chapel Hill, N.C.	North Carolina	2004	Boone, N.C.	Appalachian State
1943	Chapel Hill, N.C.	North Carolina	2005	Cullowhee, N.C.	Appalachian State
1944	NO MEET		2006	Statesboro, Ga.	Western Carolina
1945	NO MEET		2007	Boone, N.C.	Western Carolina
1946	Chapel Hill, N.C.	Duke	2008	Cullowhee, N.C.	Appalachian State
1947	Chapel Hill, N.C.	North Carolina	2009	Statesboro, Ga.	Western Carolina
1948	Chapel Hill, N.C.	North Carolina	2010	Boone, N.C.	Appalachian State
1949	Chapel Hill, N.C.	North Carolina	2011	Birmingham, Ala.	Appalachian State
1950	Chapel Hill, N.C.	North Carolina	2012	Cullowhee, N.C.	Appalachian State
1951	Chapel Hill, N.C.	Maryland	2013	Statesboro, Ga.	Western Carolina
1952	Chapel Hill, N.C.	Maryland	2014	Spartanburg, S.C.	Samford
1953	Durham, N.C.	Maryland	2015	Birmingham, Ala.	Samford
1954	Ft. Eustis, Va.	VMI	2016	Cullowhee, N.C.	Western Carolina
1955	Ft. Eustis, Va.	VMI	2017	Birmingham, Ala.	Western Carolina
1956	Williamsburg, Va.	Virginia Tech	2018	Cullowhee, N.C.	Western Carolina
1957	Williamsburg, Va.	William & Mary	2019	Birmingham, Ala.	Western Carolina
1958	Williamsburg, Va.	William & Mary	2020	NO MEET (COVID-19 pandemic)	
1959	Williamsburg, Va.	The Citadel	2021	Cullowhee, N.C.	Samford
1960	Williamsburg, Va.	The Citadel	2022	Birmingham, Ala.	Samford
1961	Williamsburg, Va.	The Citadel			
1962	Norfolk, Va.	Furman			
1963	Charleston, W.Va.	Furman			
1964	Williamsburg, Va.	West Virginia			
1965	Greenville, S.C.	Furman			
1966	Ft. Eustis, Va.	William & Mary			
1967	Ft. Eustis, Va.	William & Mary			
1968	Ft. Eustis, Va.	William & Mary			
1969	Ft. Eustis, Va.	William & Mary			
1970	Ft. Eustis, Va.	William & Mary			
1971	Ft. Eustis, Va.	William & Mary			
1972	Greenville, S.C.	William & Mary			
1973	Greenville, N.C.	William & Mary			
1974	Richmond, Va.	William & Mary			
1975	Williamsburg, Va.	William & Mary			
1976	Davidson, N.C.	East Carolina			
1977	Greenville, S.C.	East Carolina			
1978	Huntington, W.Va.	VMI			
1979	Boone, N.C.	VMI			
1980	Charleston, S.C.	Appalachian State			
1981	Boone, N.C.	VMI			
1982	Greenville, S.C.	VMI			
1983	Lexington, Va.	VMI			

Total team titles	
Team	Titles
Appalachian State	19
North Carolina	14
VMI	14
William & Mary	12
Western Carolina	9
Duke	4
LSU	4
Samford	4
The Citadel	3
Furman	3
Maryland	3
Mississippi State	3
East Carolina	2
Tulane	1
Virginia	1
Virginia Tech	1
West Virginia	1

MEN'S INDIVIDUAL HONORS

Coach of the Year

1978	Wade Williams, VMI
1979	Bob Pollock, Appalachian State
1980	Bob Pollock, Appalachian State
1981	Stan Narewski, Furman
1982	Wade Williams, VMI
1983	Wade Williams, VMI
1984	Bob Pollock, Appalachian State
1985	Don Millwood, Western Carolina
1986	Bob Pollock, Appalachian State
1987	Bob Pollock, Appalachian State
1988	Mike Bozeman, VMI
1989	Dave Walker, ETSU
1990	Danny Williamson, Western Carolina
1991	Mike Bozeman, VMI
1992	Dennis Brachna, Marshall
1993	Al Fereshetian, Appalachian State
1994	Mike Bozeman, VMI
1995	Danny Williamson, Western Carolina
1996	John Weaver, Appalachian State
1997	Mike Bozeman, VMI
1998	Mike Bozeman, VMI
1999	Danny Williamson, Western Carolina
2000	Mike Bozeman, VMI
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	John Weaver, Appalachian State
2005	John Weaver, Appalachian State
2006	Gary Andrew, Davidson
	Danny Williamson, Western Carolina
2007	Gary Andrew, Davidson
	Danny Williamson, Western Carolina
2008	John Weaver, Appalachian State
2009	Danny Williamson, Western Carolina
2010	John Weaver, Appalachian State
2011	Rod Tiffin, Samford
2012	John Weaver, Appalachian State
2013	Rod Tiffin, Samford
2014	Rod Tiffin, Samford
2015	Rod Tiffin, Samford
2016	Danny Williamson, Western Carolina
2017	Cale McDaniel, Western Carolina
2018	Cale McDaniel, Western Carolina
2019	Rod Tiffin, Samford
	Jesse Norman, Western Carolina
2020	Not awarded (COVID-19 pandemic)
2021	Rod Tiffin, Samford
2022	Rod Tiffin, Samford

Most Outstanding Athlete

1978	David Washington, VMI
1979	Adrian Leek, ETSU
1980	Lafette Jordan, Appalachian State
1981	Robbie Mosley, Appalachian State
	Adrian Leek, ETSU
	David Washington, VMI
1982	Kevin Johnson, ETSU
1983	Dale Davis, VMI
	James Barham, ETSU
1984	Sylvester Davis, VMI
1985	Curtis Handy, The Citadel
1986	Michael Hanks, Appalachian State
1987	Michael Hanks, Appalachian State
1988	Leigh Hawkins, Appalachian State
1989	Leigh Hawkins, Appalachian State
1990	James Hynes, ETSU

1991	Mario Small, VMI
1992	Shawn Miller, Western Carolina
1993	Jason Dalton, Appalachian State
1994	Shawn Miller, Western Carolina
1995	Jeff Capps, Western Carolina
1996	Robert Johnson, Appalachian State
1997	Will Dickerson, Appalachian State
1998	Declan Fehy, ETSU
1999	Phillip Johnson, Western Carolina
2000	Marcus Lynch, VMI
2001	Ben Bisette, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Malcolm Styers, Appalachian State
2011	Cordell Livingston, Western Carolina
2012	Jared Stalling, Appalachian State
2013	Ben Davies, Samford
2014	Steven Bastien, Samford
2015	Sidney Jordan, Samford
2016	Jordan White, VMI
2017	Ben Johnson, ETSU
2018	Scott Peretin, Western Carolina
2019	Ben Johnson, ETSU
2020	Not awarded (COVID-19 pandemic)
2021	Matt Cahoon, Samford
2022	Matt Cahoon, Samford

Most Outstanding Track Performer

2002	Ryan Linebarger, Appalachian State
2003	Jason Green, Appalachian State
2004	Steven Kocsis, Chattanooga
2005	Mike Malone, Western Carolina
2006	Adam Puett, Western Carolina
2007	Douglass Noreen, Davidson
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Landon Powell, Appalachian State
2011	Dennis Moore, Appalachian State
2012	Benny Davis, Western Carolina
2013	Brandon Hairston, Appalachian State
2014	Brandon Hazouri, Samford
2015	Brandon Hazouri, Samford
2016	Greg Henderson, VMI
	Henry Kiedy, Western Carolina
2017	Malik Diggs, The Citadel
	Dakota Lamont, Western Carolina
2018	Malik Diggs, The Citadel
2019	Devaniel Dale, Western Carolina
2020	Not awarded (COVID-19 pandemic)
2021	Jordin Poindexter, VMI
2022	Jordin Poindexter, VMI

Most Outstanding Field Performer

2002	Bob Smith, Appalachian State
2003	Adrien Borders, Wofford
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State
2006	Katon Bethay, Wofford
2007	Anthony Greer, Appalachian State
2008	Wes Kiser, Appalachian State
2009	Matt Evans, Western Carolina
2010	Malcolm Styers, Appalachian State
2011	Malcolm Styers, Appalachian State
2012	Jared Stalling, Appalachian State
2013	Jared Stalling, Appalachian State
2014	Sidney Jordan, Samford
2015	Sidney Jordan, Samford

2016	Jordan White, VMI
2017	Ben Johnson, ETSU
2018	Scott Peretin, Western Carolina
2019	Ben Johnson, ETSU
2020	Not awarded (COVID-19 pandemic)
2021	Matt Cahoon, Samford
2022	Matt Cahoon, Samford

Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Holm Ankoma-Sey, VMI
1994	Danion Sidney, ETSU
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, ETSU
1997	Tim Thomas, Western Carolina
1998	Marcus Lynch, VMI
1999	Kenyon Doyle, The Citadel
2000	Kevin Solomon, VMI
2001	Nick McNeil, Western Carolina
2002	Adrien Borders, Wofford
2003	John Robertson, Western Carolina
2004	Bryan Burney, Appalachian State
2005	Zeb Johnson, Western Carolina
2006	Shaquill Smith, The Citadel
2007	Dominique Young, Western Carolina
2008	Phillip Bush, Appalachian State
2009	Jamie Van Pelt, Western Carolina
2010	Landon Powell, Appalachian State
2011	Aaron Tribble, Western Carolina
2012	Bob Elliott II, Samford
2013	Brandon Hazouri, Samford
2014	Nathan Milch, Appalachian State
2015	Carson Howe, Samford
2016	Aaron Templeton, Furman
2017	Devaniel Dale, Western Carolina
2018	Karon Delince, ETSU
2019	Elijah Bull, Wofford
2020	Not awarded (COVID-19 pandemic)
2021	Ty Kimberlin, Samford
2022	Matthew Smith, Furman

Pinnacle Award (highest GPA on championship team)

2017	Dakota Wright, Western Carolina
2018	Miles Greer, Western Carolina
2019	Miles Greer, Western Carolina
2020	Not awarded (COVID-19 pandemic)
2021	Luke Dobbins, Samford
2022	Logan Guzik, Samford

MEN'S TEAM AND INDIVIDUAL RECORDS

Team champions

Team	Titles	Years
Appalachian State	19	1980, 84-87, 89, 92-93, 95-96, 01-05, 08, 10-12
VMI*	14	1954-55, 78-79, 81-83, 88, 90-91, 94, 97-98, 00
North Carolina	14	1926, 30, 33-35, 38-40, 42-43, 47-50
William & Mary	12	1957-58, 1966-75
Western Carolina*	9	1999, 06-07, 09, 13, 16-19
LSU	4	1927-1929, 1932
Duke	4	1936-37, 41, 46
Samford*	4	2014-15, 21-22
The Citadel*	3	1959-61
Furman*	3	1962-63, 65
Maryland	3	1951-53
Mississippi State	3	1923, 24 (South)-25
East Carolina	2	1976-77
Tulane	1	1931
Virginia	1	1924 (North)
Virginia Tech	1	1956
West Virginia	1	1964

* active SoCon members

Coach of the Year Awards (multiple winners)#

Name	School	Awards	Years
John Weaver	APP	9	1996, 01-05, 08, 10, 12
Rod Tiffin*	SAM	7	2011, 13-15, 19, 21-22
Danny Williamson	WCU	7	1990, 95, 99, 06-07, 09, 16
Mike Bozeman	VMI	6	1988, 91, 94, 97-98, 00
Bob Pollock	APP	5	1979-80, 84, 86-87
Wade Williams	VMI	3	1978, 1982-83
Gary Andrew	DAV	2	2006-07
Cale McDaniel	WCU	2	2017-18
Jesse Norman*	WCU	1	2019

* active

began in 1978

Most Outstanding Athlete Awards (multiple winners)%

Name	School	Awards	Years
Adrian Leek	ETSU	2	1979, 81
Michael Hanks	APP	2	1986-87
Leigh Hawkins	APP	2	1988-89
Shawn Miller	WCU	2	1992, 94
Manteo Mitchell	WCU	2	2008-09
Ben Johnson	ETSU	2	2017, 19
Matt Cahoon	SAM	2	2021-22

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

Most Outstanding Track Performer Awards (multiple winners)^

Name	School	Awards	Years
Manteo Mitchell	WCU	2	2008-09
Brandon Hazouri	SAM	2	2014-15
Malik Diggs	CIT	2	2017-18
Jordin Poindexter	VMI	2	2021-22

^ began in 2002

Most Outstanding Field Performer Awards (multiple winners)^

Name	School	Awards	Years
Anthony Greer	APP	2	2005, 07
Malcolm Styers	APP	2	2010-11
Jared Stalling	APP	2	2012-13
Sidney Jordan	SAM	2	2014-15
Ben Johnson	ETSU	2	2017, 19
Matt Cahoon	SAM	2	2021-22

^ began in 2002

MEN'S NCAA CHAMPIONS

Year	Site	Event	Mark	Name, school
1921	Chicago, Ill.	Pole vault	12'0"	Longino Welch, Georgia Tech
1927	Chicago, Ill.	120-yard high hurdles	14.90	Weems Baskin, Auburn
1927	Chicago, Ill.	Long jump	24'1"	Edward Hamm, Georgia Tech
1928	Chicago, Ill.	Long jump	25'0"	Edward Hamm, Georgia Tech
1948	Minneapolis, Minn.	440-yard run	47.20	Norman Rucks, South Carolina
1950	Minneapolis, Minn.	220-yard low hurdles	23.8	Bill Albans, North Carolina

MEN'S SOUTHERN CONFERENCE HONORS

Athlete of the Week

2003						
March 28	Anthony Greer, APP	April 13	Jamie Van Pelt, WCU (Field)	2018	March 21	Chace Washington-Saunders, WCU (Track)
April 2	Greg Scott, DAV		Dennis Moore, APP (Track)			Mateius Brown, WCU (Field)
April 10	Adam Puett, WCU	April 20	Brandon Bassett, SAM (Field)	March 28	Emmanuel Tait, SAM (Track)	Ben Johnson, ETSU (Field)
April 15	Adrien Borders, WOF	April 27	Brandon Hudgins, APP (Track)	April 4	Simeon Roberts, ETSU (Track)	Tray Oates, SAM (Field)
			Dennis Moore, APP (Track)	April 11	Emmanuel Tait, SAM (Track)	Conrad Heinrich, WOF (Field)
			Malcolm Styers, APP (Field)	April 18	Dakota Lamont, WCU (Track)	Tray Oates, SAM (Field)
2004		2012		April 25	Arsène Guillourel, SAM (Track)	Ben Johnson, ETSU (Field)
March 25	Ernest Wiggins, APP	March 20	Andrew Lantz, DAV (Track)	May 2	Matt Scarr, ETSU (Track)	Ben Johnson, ETSU (Field)
March 31	Steven Kocsis, UTC		Darius Purcell, APP (Field)	May 9	Troy Reeder, FUR (Track)	Donovan Walton, VMI (Field)
April 6	Josh Lee, WCU	March 29	AJ Dohanic, APP (Track)			
April 14	Lanis Salkauskas, UTC	April 11	Michael Seaman, SAM (Field)	2019	March 20	Noah Charles, ETSU (Track)
April 20	James Rainer, ETSU	April 18	Paul Chelimo, UNCG (Track)	March 27	Matt Scarr, ETSU (Track)	Ben Johnson, ETSU (Field)
April 27	Bob Smith, APP		Jamie Van Pelt, WCU (Field)	April 3	Aaron Templeton, FUR (Track)	Solomon Ghosh, VMI (Field)
			Lee Gilmer, FUR (Track)	April 10	Titus Moore, SAM (Track)	Keyth Fightmaster, SAM (Field)
2005			Stewart Dalton, DAV (Field)	April 17	Emmanuel Tait, SAM (Track)	Ben Johnson, ETSU (Field)
March 23	Adam Puett, WCU	2013		April 24	Aaron Templeton, FUR (Track)	Sam Blumer, CIT (Field)
March 30	Steven Kocsis, UTC	March 20	Andrew Lantz, DAV (Track)			
April 6	Jeff Williams, UNCG	March 28	Jared Stalling, APP (Field)	2020	Not awarded (COVID-19 pandemic)	
April 13	Zeb Johnson, WCU	April 3	Josey Weaver, WCU (Track)	2021	March 25	Michael McMahan, SAM (Track)
April 20	Ian Mayne, UTC	April 10	Jared Stalling, APP (Field)	March 31	Solomon Ghosh, VMI (Field)	Daniel Bernal, FUR (Track)
April 27	Adrien Borders, WOF	April 17	Paul Chelimo, UNCG (Track)	April 7	Titus Moore, SAM (Track)	Sam Blumer, CIT (Field)
			Patrick Quinn, APP (Field)	April 14	Ryan Adams, FUR (Track)	JP Caglione, CIT (Field)
2006			Wilkerson Given, FUR (Track)	April 21	Ryan Adams, FUR (Track)	Justin Stuckey, SAM (Field)
March 21	Milton Bolton, WCU	2014	Capers Williamson, CIT (Field)	April 28	Ryan Adams, FUR (Track)	Andrew Granger, VMI (Field)
April 5	Zeb Johnson, WCU	March 19	Brandon Hazouri, SAM (Track)			
	Ian Mayne, UTC	March 26	Brain Smith, SAM (Field)	2022	March 23	Miguel Parrilla, ETSU (Track)
	Douglas Noreen, DAV	April 3	Andrew Lantz, DAV (Track)	March 30	Adam Bradtmueller, ETSU (Track)	Ashton Domingue, SAM (Field)
April 12	Milton Bolton, WCU	April 9	Clay Allen, CIT (Field)	April 6	Jordin Poindexter, VMI (Track)	JP Caglione, CIT (Field)
April 19	Jeff Williams, UNCG	April 17	Tanner Hinkle, FUR (Track)	April 13	Michael McMahan, SAM (Track)	Jed Sisco, SAM (Field)
April 25	Lawrence Briscoe, WCU		Kyle McFoy, APP (Track)	April 20	Michael McMahan, SAM (Track)	Sam Blumer, CIT (Field)
			Sidney Jordan, SAM (Field)	April 27	Carson Williams, FUR (Track)	Jed Sisco, SAM (Field)
			Earl Rahming, WCU (Track)			
			Eddie Jones, CIT (Field)			
2007		2015				
March 14	Jim Walter, DAV	March 18	Adam Jones, SAM (Track)			
March 21	Will Funderburg, DAV	March 25	Keyth Fightmaster, SAM (Field)			
March 28	Dominique Young, WCU	April 1	Brandon Hazouri, SAM (Track)			
April 4	Manteo Mitchell, WCU	April 9	Tray Oates, SAM (Field)			
	Anthony Greer, APP	April 15	Avery Martin, VMI (Track)			
April 11	Charles Derrickson, APP	April 23	Arsène Guillourel, SAM (Track)			
April 18	David Ritchie, DAV		Sidney Jordan, SAM (Field)			
			Brandon Hazouri, SAM (Track)			
2008			Javion Lee, SAM (Field)			
March 27	Manteo Mitchell, WCU		Tanner Hinkle, FUR (Track)			
	Matt Evans, WCU		Jordan White, VMI (Field)			
April 4	Michael Mentz, UTC	2016				
April 9	Matt Evans, WCU	March 23	Henry Kiedy, WCU (Track)			
April 15	Patrick Morgan, FUR	March 30	Capers Williamson, CIT (Field)			
April 24	Zeb Johnson, WCU	April 6	Troy Reeder, FUR (Track)			
		April 13	Javion Lee, SAM (Field)			
2009		April 20	Mike Williams, ETSU (Track)			
March 19	Cavan Corcaron, SAM (Track)	April 27	Jamie Brown, WCU (Field)			
	Patrick Wells, SAM (Field)	May 4	Caleb Albrecht, WCU (Track)			
March 26	Manteo Mitchell, WCU (Track)		Capers Williamson, CIT (Field)			
	Mark Sturgis, APP (Field)		Henry Kiedy, WCU (Track)			
April 2	Patrick Morgan, FUR (Track)		Tray Oates, SAM (Field)			
April 9	Darius Purcell, APP (Field)		Mike Williams, ETSU (Track)			
April 16	Manteo Mitchell, WCU (Track)		Marquis Barnes, SAM (Field)			
	Matt Evans, WCU (Field)		Justin Kenard, WCU (Track)			
April 23	Joey Thompson, UNCG (Track)		Capers Williamson, CIT (Field)			
	Darron Dotson, WCU (Field)					
	Dominique Young, WCU (Track)					
	Patrick Wells, SAM (Field)					
2010		2017				
March 18	Cavan Corcoran, SAM (Track)	March 22	Matthew Moore, ETSU (Track)			
March 25	Christopher Castagno, CIT (Field)	March 29	Brett Squibbs, ETSU (Field)			
	Brunson Miller, CIT (Track)	April 5	Malik Diggs, CIT (Track)			
	Matt Evans, WCU (Field)	April 12	Tray Oates, SAM (Field)			
April 1	Cameron Bean, SAM (Track)	April 19	Brandon Hazouri, SAM (Track)			
April 8	Patrick Wells, SAM (Field)	April 27	Scott Peretin, WCU (Field)			
April 15	Cameron Bean, SAM (Track)	May 4	Ryan Adams, FUR (Track)			
April 22	Cordell Livingston, WCU (Field)	May 10	Kevin Hires, WCU (Field)			
	Lee Gilmer, FUR (Track)		Emmanuel Tait, SAM (Track)			
	Jerod Gardner, APP (Field)		Scott Peretin, WCU (Field)			
	John Svoboda, APP (Track)		Greg Henderson, VMI (Track)			
	Quintin Turner, CIT (Field)		Jaylan Reid, FUR (Field)			
2011						
March 16	Paul Katam, UNCG (Track)					
March 23	Michael Seaman, SAM (Field)					
	Brunson Miller, CIT (Track)					
March 30	Kyle Kirby, SAM (Field)					
	Ryan Hopkins, DAV (Track)					
April 6	Malcolm Styers, APP (Field)					
	Blaise Carie, SAM (Track)					

MEN'S SOUTHERN CONFERENCE HONORS

Repeat Athletes of the Week

Six times

Ben Johnson, ETSU, 2018-19

Five times

Tray Oates, SAM, 2015-18

Four times

Manteo Mitchell, WCU, 2007-09
 Matt Evans, WCU, 2008-10
 Capers Williamson, CIT, 2013, 16
 Brandon Hazouri, SAM, 2014-15, 17
 Emmanuel Tait, SAM, 2017-19
 Ryan Adams, FUR, 2017, 21

Three times

Zeb Johnson, WCU, 2005-06, 08
 Patrick Wells, SAM, 2009-10
 Andrew Lantz, DAV, 2012-14
 Troy Reeder, Furman, 2016-18
 Michael McMahan, SAM 2021-22
 Sam Blumer, CIT, 2019, 21-22

Two times

Adam Puett, WCU, 2003, 05
 Steven Kocsis, UTC, 2004-05
 Adrien Borders, WOF, 2003, 05
 Ian Mayne, UTC, 2005-06
 Milton Bolton, WCU, 2006
 Jeff Williams, UNCG, 2005-06
 Anthony Greer, APP, 2003, 07
 Patrick Morgan, FUR, 2008-09
 Dominique Young, WCU, 2007, 09
 Cavan Corcaron, SAM, 2009-10
 Cameron Bean, SAM, 2010
 Brunson Miller, CIT, 2010-11
 Dennis Moore, APP, 2011
 Malcolm Styers, APP, 2011
 Darius Purcell, APP, 2009, 12
 Michael Seaman, SAM, 2011-12
 Jamie Van Pelt, WCU, 2011-12
 Lee Gilmer, FUR, 2010, 12
 Jared Stalling, APP, 2013
 Paul Chelimo, UNCG, 2012-13
 Sidney Jordan, SAM, 2014-15

Tanner Hinkle, FUR, 2014-15
 Henry Kiedy, WCU, 2016
 Javion Lee, SAM, 2015-16
 Mike Williams, ETSU, 2016
 Scott Peretin, WCU, 2017
 Mateius Brown, WCU, 2017-18
 Arsène Guillorel, SAM, 2015, 18
 Matt Scarr, ETSU, 2018-19
 Aaron Templeton, FUR, 2019
 Keyth Fightmaster, SAM, 2015, 19
 Solomon Ghosh, VMI, 2019, 21
 Titus Moore, SAM, 2019, 21
 JP Caglione, CIT 2021-22
 Jed Sisco, SAM 2022

Athlete of the Month

2004	
March	Ernest Wiggins, APP
April	Bob Smith, APP
2005	
March	Steven Kocsis, UTC
April	Information unavailable
2006	
March	Milton Bolton, WCU
April	Zeb Johnson, WCU
2009	
March	Manteo Mitchell, WCU (Track) Patrick Wells, SAM (Field)
April	Manteo Mitchell, WCU (Track) Matt Evans, WCU (Field)
2010	
March	Phil Mitchell, APP (Track) Matt Evans, WCU (Field)
April	John Svoboda, APP (Track) Cordell Livingston, WCU (Field)
2011	
March	Cordell Livingston, WCU (Track) Michael Seaman, SAM (Field)
April	Cordell Livingston, WCU (Track) Brandon Bassett, SAM (Field)
2012	
March	AJ Dohanic, APP (Track) Darius Purcell, APP (Field)
2013	
March	Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
April	Brandon Hairston, WCU (Track) Jared Stalling, APP (Field)
2014	
March	Brandon Hazouri, SAM (Track) Clay Allen, CIT (Field)
April	Brandon Hazouri, SAM (Track) Sidney Jordan, SAM (Field)

2015	
March	Brandon Hazouri, SAM (Track) Tray Oates, SAM (Field)
April	Brandon Hazouri, SAM (Track) Sidney Jordan, SAM (Field)
2016	
March	Troy Reeder, FUR (Track) Capers Williamson, CIT (Field)
April	Mike Williams, ETSU (Track) Capers Williamson, CIT (Field)
2017	
March	Matthew Morre, ETSU (Track) Tray Oates, SAM (Field)
April	Emmanuel Tait, SAM (Track) Scott Peretin, WCU (Field)
2018	
March	Henry Kiedy, WCU (Track) Ben Johnson, ETSU (Field)
April	Emmanuel Tait, SAM (Track) Tray Oates, SAM (Field)
2019	
March	Aaron Templeton, FUR (Track) Ben Johnson, ETSU (Field)
April	Josiah Johnson, CIT (Track) Ben Johnson, ETSU (Field)
2020	
March	Not awarded (COVID-19 pandemic)
2021	
March	Daniel Bernal, FUR (Track) Solomon Ghosh, VMI (Field)
April	Ryan Adams, FUR (Track) Justin Stuckey, SAM (Field)
2022	
March	Adam Bradtmueller, ETSU (Track) Matt Cahoon, SAM (Field)
April	Jordin Poindexter, VMI (Track) JP Caglione, CIT (Field)

Repeat Athletes of the Month

Four times

Brandon Hazouri, SAM, 2014-15

Three times

Cordell Livingston, WCU, 2010-11
 Tray Oates, SAM, 2015, 17-18
 Ben Johnson, ETSU, 2018-19

Two times

Manteo Mitchell, WCU, 2009
 Matt Evans, WCU, 2009-10
 Brandon Hairston, WCU, 2013
 Jared Stalling, APP, 2013
 Sidney Jordan, SAM, 2014-15
 Capers Williamson, CIT, 2016
 Emmanuel Tait, SAM, 2017-18

MEN'S ALL-FRESHMAN TEAMS

2009

100-meter dash

Dennis Moore, Appalachian State
Benny Davis, Western Carolina

200-meter dash

Dennis Moore, Appalachian State
Benny Davis, Western Carolina

400-meter dash

Benny Davis, Western Carolina
Taylor Martin, Davidson

800-meter run

Lee Gilmer, Furman

1,500-meter run

Joey Thompson, UNCG
Josh Vasquez, Chattanooga
Chris Moen, Appalachian State

5,000-meter run

Sean Soderman, Appalachian State
Ryan Hopkins, Davidson
Josey Weaver, Western Carolina

10,000-meter run

Ryan Hopkins, Davidson
Josey Weaver, Western Carolina
Jay Miller, Furman

3,000-meter steeplechase

Mason Campbell, Appalachian State
Sean Soderman, Appalachian State
Matthew Clay, Furman

110-meter hurdles

Cavan Corcoran, Samford
AJ Dohanich, Appalachian State

400-meter hurdles

AJ Dohanich, Appalachian State
Cavan Corcoran, Samford

High jump

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

Long jump

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

Triple jump

Cornelius Williams, Western Carolina
Mike Pope, Appalachian State

Discus throw

Jamie Van Pelt, Western Carolina
Jared Stalling, Appalachian State
Caleb Poplin, Appalachian State

Hammer throw

Jared Stalling, Appalachian State
Jamie Van Pelt, Western Carolina
Caleb Poplin, Appalachian State

Javelin throw

Thomas Oliver, Samford
Darron Dotson, Western Carolina
Matt Pfingst, Appalachian State

Shot put

Jared Stalling, Appalachian State
Caleb Poplin, Appalachian State
Jamie Van Pelt, Western Carolina

Decathlon

Matt Pfingst, Appalachian State
Donald Cooper, Samford
Wayne Parker, Western Carolina

2010

100-meter dash

Willie Bowman, Western Carolina
Landon Powell, Appalachian State
Justin Thomas, Appalachian State

200-meter dash

Landon Powell, Appalachian State
Justin Thomas, Appalachian State
Daniel Till, The Citadel

400-meter dash

Tyler Combs, Appalachian State
Brandon Hairston, Western Carolina
Brunson Miller, The Citadel

800-meter run

Will Stratford, Davidson
Alex Taylor, Appalachian State
Garrett West, Western Carolina

1,500-meter run

Taylor Day, UNCG
Alex Taylor, Appalachian State
Vincent Weir, Davidson

5,000-meter run

Russell Baker, Wofford
Nolan Clark, Western Carolina
Wes Reynolds, Davidson

10,000-meter run

Nolan Clark, Western Carolina
Mark Cole, Chattanooga
Demetrios Pagonis, Davidson

3,000-meter steeplechase

Vincent Weir, Davidson
Taylor Day, UNCG

110-meter hurdles

Tyler Bentley, Western Carolina
Trey Jones, Appalachian State
Cordell Livingston, Western Carolina

400-meter hurdles

Tyler Bentley, Western Carolina
Trey Jones, Appalachian State
Blake Olson, Chattanooga

High jump

Bo Ackerson-Gilroy, Samford
Xavier Newton, The Citadel
Brad Triplett, Appalachian State

Long jump

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

Triple jump

Cordell Livingston, Western Carolina
Lawren Willard, Western Carolina

Discus throw

Scott Des Marais, Furman
Brian McCracken, Wofford

Javelin throw

Bo Ackerson-Gilroy, Samford
Andrew Hill, Appalachian State
Ryland Robbins, Samford

Shot put

Scott Des Marais, Furman
Brian McCracken, Wofford

Pole vault

Brandon Bassett, Samford
Ryan Cook, Samford

Decathlon

Bo Ackerson-Gilroy, Samford
Luke Burton, Western Carolina
Andrew Hill, Appalachian State

2011

100-meter dash

Justin Emerson, Samford
Ron Duncan, Western Carolina
Stephon Shelton, Wofford

200-meter dash

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

400-meter dash

Aaron Tribble, Western Carolina
Sidney Rhodes, Western Carolina
Ammar Phillips, Western Carolina

800-meter run

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

1,500-meter run

Grayam Sailor-Tynes, Davidson
James Perez, Furman
Andrew Lantz, Davidson

5,000-meter run

Layton Dorsett, Samford
Chase Fisher, Western Carolina
Kenny Hinman, UNCG

3,000-meter steeplechase

Chase Fisher, Western Carolina
Grayam Sailor-Tynes, Davidson
James Graham, Samford

110-meter hurdles

Sam Lusty, Western Carolina
Chris Sievert, The Citadel

400-meter hurdles

Sam Lusty, Western Carolina
Chris Sievert, The Citadel

High jump

Tyler Kemp, Samford
Jordan Orr, Western Carolina
Joshua Hogg, Appalachian State

Long jump

Stewar Dalton, Davidson
Mike McCrimon, Wofford
Bob McNeil, Western Carolina

Triple jump

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

Discus throw

Daniel Alexis, Western Carolina
Jonathan Newton, Western Carolina
Dylan Gigado, The Citadel

Javelin throw

Clay Allen, The Citadel
Jordan Orr, Western Carolina
Andrew McCurry, Wofford

Shot put

Jonathan Newton, Western Carolina
Dylan Gigado, The Citadel
Daniel Alexis, Western Carolina

Pole vault

Owen Wagoner, Samford
Matt Stenger, Western Carolina

Decathlon

Sam Lusty, Western Carolina

2012

100-meter dash

Jeffery Hendricks, Western Carolina

200-meter dash

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

400-meter dash

Demari Boswell, Western Carolina
Dezerick Frazier, Chattanooga
Keith Lemay, The Citadel

800-meter run

Raphel Rojas, Appalachian State
William Ivey, Furman
Wesley Laytham, Davidson

1,500-meter run

Tripp Hurt, Furman
Patrick O'Brien, Chattanooga
Mitchell Llyod, Furman

5,000-meter run

Josh Cox, Appalachian State
Stuart Graham, Furman
Travis Alfaro, Western Carolina

10,000-meter run

Travis Alfaro, Western Carolina
Dylann Belles, UNCG

3,000-meter steeplechase

Josh Cox, Appalachian State
Tripp Hurt, Furman
Eric Williams, UNCG

110-meter hurdles

Abraham Faison, Western Carolina
Pierce DeRico, Davidson
Stanley Broaden, Appalachian State

400-meter hurdles

Stanley Broaden, Appalachian State
Abraham Faison, Western Carolina
David Riddleberger, Appalachian State

MEN'S ALL-FRESHMAN TEAMS

High jump

Daryl Saunders, Appalachian State
Bob Elliott II, Samford
Cory Patterson, Western Carolina

Long jump

Abraham Faison, Western Carolina
Bob Elliott II, Samford
Tanner Shoemaker, The Citadel

Triple jump

Bob Elliott II, Samford
Abraham Faison, Western Carolina
Matthew Beausoleil, The Citadel

Discus throw

Andy Benesh, Western Carolina
Nick Sansotta, Appalachian State

Hammer throw

Andy Benesh, Western Carolina
Nick Sansotta, Appalachian State

Javelin throw

Andy Benesh, Western Carolina

Shot put

Nick Sansotta, Appalachian State
Andy Benesh, Western Carolina

Pole vault

Jacob Stowe, Appalachian State

Decathlon

Kyle Bernier, Western Carolina
Cody Russell, Samford
Ian Aikman, The Citadel

2013

100-meter dash

Max Burke, Western Carolina

200-meter dash

Max Burke, Western Carolina

400-meter dash

Geoff Nelson, Chattanooga
Chase Helton, Appalachian State
Tevin Williams, The Citadel

800-meter run

Brandon Hazouri, Samford
Marquis Carter, Chattanooga
Jamie Bigby, Western Carolina

1,500-meter run

Adam Jones, Samford
Brandon Hazouri, Samford
Josh Crawford, UNCG

5,000-meter run

Daniel Samet, Davidson
Luke Weishaar, Samford

10,000-meter run

Daniel Samet, Davidson
Bradley Gossett, Furman
Lucas Sieb, Samford

3,000-meter steeplechase

Michael Cornwell, Western Carolina
Ryan Doyle, Wofford

110-meter hurdles

Iman Isang, Chattanooga

400-meter hurdles

Charles Rappe, Davidson
Jayce Almes, The Citadel
Darius Johnson, The Citadel

High jump

Tevin Johnson, Wofford
Cole Finch, Appalachian State
Christian Carswell, Western Carolina

Long jump

Steven Bastien, Samford
Tevin Johnson, Wofford
Dakota Richardson, The Citadel

Triple jump

Xzavier Killings, Davidson
Tevin Johnson, Wofford

Discus throw

Jared Johnson, Western Carolina
Brian Hill, Samford
John Leonard, Appalachian State

Hammer throw

Brian Hill, Samford
John Leonard, Appalachian State

Javelin throw

Adam Parker, Western Carolina
Christian Carswell, Western Carolina

Shot put

John Leonard, Appalachian State
Jared Johnson, Western Carolina
Brian Hill, Samford

Pole vault

Patrick Quinn, Appalachian State

Decathlon

Dustin Triplett, Western Carolina
Christina Carswell, Western Carolina
Steven Bastien, Samford

2014

100-meter dash

William Buckley, Appalachian State
Antonio Marcano Jr., Appalachian State

200-meter dash

William Buckley, Appalachian State
Adrian Ortado, Western Carolina

400-meter dash

Adrian Ortado, Western Carolina

1,500-meter run

Brock Baker, Furman
Nate Riech, Furman
Trevor Janssen, Chattanooga

3,000-meter steeplechase

Matthew Gill, The Citadel
Lee Shearer, Furman

5,000-meter run

Brock Baker, Furman
Tanner Hinkle, Furman
Paul Stuart, Chattanooga

10,000-meter run

Tanner Hinkle, Furman
Paul Stuart, Chattanooga

110-meter hurdles

Eric Blake, Western Carolina
Phillip Thomas, Appalachian State

400-meter hurdles

Jay Vines, Samford

High jump

Samuel Allen, Appalachian State
Mick Noel, The Citadel
Jackson Nosbisch, The Citadel

Long jump

Jesse Earnhardt, Appalachian State
Josh McSwain, Western Carolina
Jerry Bryant, Western Carolina

Triple jump

Josh McSwain, Western Carolina
Chris Powell, Davidson
Jerry Bryant, Western Carolina

Discus throw

Brian Smith, Samford
Nathan Milch, Appalachian State
Richard Bertrand, The Citadel

Hammer throw

Nathan Milch, Appalachian State
Mason Lasater, Appalachian State
Brian Smith, Samford

Javelin throw

Jonathon Campbell, Davidson
Jackson Butkus, The Citadel
Ellsworth Parham, Appalachian State

Shot put

Nathan Milch, Appalachian State
Brian Smith, Samford

Pole vault

Phillip Thomas, Appalachian State
Chris Thrasher, Samford
Matt Layne, Appalachian State

Decathlon

Jackson Powers, Appalachian State
Andrew Patterson, Samford
Tim Buzyan, Western Carolina

2015

100-meter dash

Brendan Caldwell, Western Carolina
Jeff Beane, UNCG

200-meter dash

Carson Howe, Samford
Henry Kiedy, Western Carolina
Dakota Lamont, Western Carolina

400-meter dash

Henry Kiedy, Western Carolina
Carson Howe, Samford
Dakota Lamont, Western Carolina

800-meter run

Ashton Wilson, ETSU
Josh Willard, VMI
Bryan Whyms, UNCG

1,500-meter run

Arse'ne Guillourel, Samford
Haydn Borghetti-Metz, ETSU
Bryan Whyms, UNCG

5,000-meter run

Arse'ne Guillourel, Samford
Austin Sprague, Furman
Josh Bricknell, Furman

10,000-meter run

Josh Bricknell, Furman
Carl Oberfeiting, ETSU
Luke Sumerford, UNCG

3,000-meter steeplechase

Haydn Borghetti-Metz, ETSU
Josh Salter, Samford
Paul Richardson, Samford

110-meter hurdles

Davon Guerrier, VMI

400-meter hurdles

Marquis Barnes, Samford
Drake Watson, Chattanooga
Davon Guerrier, VMI

High jump

Keyth Fightmaster, Samford
Tanner Riddle, ETSU
Austin Billings, Samford

Long jump

Marquis Barnes, Samford
Brenden Caldwell, Western Carolina
Devin Singleton, The Citadel

Triple jump

Marquis Barnes, Samford
Kevin Hires, Western Carolina

Discus throw

Derrick Freeland, The Citadel
Mateius Brown, Western Carolina
Killian Carey, VMI

Hammer throw

Sadarius Lucas, The Citadel
Logan Louzader, ETSU

Javelin throw

Donovan Walton, VMI
Griffin Miller, The Citadel
Joseph Lee, Samford

Shot put

Derrick Freeland, The Citadel
Mateius Brown, Western Carolina
Logan Louzander, ETSU

Pole vault

Gavin Gautreau, Samford
Tray Oates, Samford
Corey Ginley, Western Carolina

Decathlon

Austin Billings, Samford
Killian Carey, VMI
Jeremiah Sokol, VMI

2016

100-meter dash

Josiah Johnson, The Citadel
Louis Lawrence, The Citadel
Josh Little, Western Carolina

MEN'S ALL-FRESHMAN TEAMS

200-meter dash

Josiah Johnson, The Citadel
Josh Little, Western Carolina
Palmer Dupree, UNCG

400-meter dash

Deondre Anderson, VMI
Tyler Jackson, The Citadel
Tyriq Trotman, VMI

800-meter run

Joe Harbacevich, Wofford
Caleb Albrecht, Western Carolina
Ryan Adams, Furman

1,500-meter run

Ryan Adams, Furman
Jay Broom, VMI
Owen Bailey, Samford

5,000-meter run

Aaron Templeton, Furman
Frank Lara, Furman
Ben Bryant, Samford

10,000-meter run

Aaron Templeton, Furman
Frank Lara, Furman
Ben Bryant, Samford

3,000-meter steeplechase

Jordan Bostian, Western Carolina

110-meter hurdles

Tyler Houston, ETSU
Devyn Montel Jones, Western Carolina
Brian Donna, VMI

400-meter hurdles

Dylan Andrade, Western Carolina
Devyn Montel Jones, Western Carolina
Brian Donna, VMI

High jump

Tyrie Adams, Western Carolina
Jordan Scott, ETSU
Khalil Jackson, Western Carolina

Long jump

Jamie Brown, Western Carolina
Tyrie Adams, Western Carolina
Jordan Williams, The Citadel

Triple jump

Jamie Brown, Western Carolina
Omar Wingo, Wofford
Quan Myers, VMI

Discus throw

Ja'lon Williams, The Citadel
Ben Johnson, ETSU
Dalton Sullivan, Wofford

Hammer throw

Danny Andrews, The Citadel

Javelin throw

Ben Johnson, ETSU
Charlie Hatler, The Citadel
Brian Donna, VMI

Shot put

Jaylan Reid, Furman
Ja'lon Williams, The Citadel
Longinus Nnodim, Wofford

Pole vault

Andrew Arlint, VMI

Decathlon

Conrad Heinrich, Wofford
Draven Crist, Western Carolina
Levi Whitt, VMI

2017

100-meter dash

Emmanuel Tait, Samford
John Bapoupeleh, Wofford

200-meter dash

Devaniel Dale, Western Carolina
John Bapoupeleh, Wofford

400-meter dash

Samuel Santiago, The Citadel
Devaniel Dale, Western Carolina
Cody Chavis, Wofford

800-meter run

Madison Daniel, Furman
Thomas Moore, Furman
Jonathan Helton, Samford

1,500-meter run

Adam Bradtmueller, ETSU
Josh Routh, ETSU
Jack Zemp, Wofford

5,000-meter run

Mason Coppi, Furman
Dillon Dean, Samford
Adam Bradtmueller, ETSU

10,000 meters

Nathan Longfellow, ETSU
Mason Coppi, Furman
Dillon Dean, Samford

3,000-meter steeplechase

Adam Bradtmueller, ETSU
Louis Morris, ETSU
Justin Tucker, Western Carolina

110-meter hurdles

Quandarius Weems, Furman
Cory Alston, Western Carolina
Jonathan Hall, Wofford

400-meter hurdles

Jordan Oballe, Samford
Jonathan Hall, Wofford

High jump

Jon Waarvik, Samford
Dijoun Huitt, Western Carolina

Long jump

Cory Alston, Western Carolina
Dijoun Huitt, Western Carolina

Triple jump

Dijoun Huitt, Western Carolina
Nicholas Lyons, Western Carolina

Discus throw

Prince Howard-Whitaker, The Citadel
Jay Stanley, Western Carolina
Tyler Schiemann, The Citadel

Hammer throw

Jay Stanley, Western Carolina
Hunter Griffin, Wofford

Javelin throw

Evan McDonald, The Citadel
Jon Waarvik, Samford

Shot put

Tyler Schiemann, The Citadel
Jay Stanley, Western Carolina
Hunter Griffin, Wofford

Pole vault

Hunter Schlatter, Samford
Sage Murphy, ETSU
Hugh Duggan, Samford

Decathlon

Hunter Schlatter, Samford

2018

100-meter dash

Karon Delince, ETSU
Timiebi Ogbri, The Citadel
Tyler Manigault, Western Carolina

200-meter dash

Karon Delince, ETSU
John Collins, VMI
Timiebi Ogbri, The Citadel

400-meter dash

Tate Overbay, ETSU
Daniel Rust, UNCG
Karl Barksdale, UNCG

800-meter run

Matt Scarr, ETSU
Juan Rodriguez, UNCG
Ford McCoy, Wofford

1,500-meter run

Ben Varghese, ETSU
Matt Scarr, ETSU
Weston Clayton, UNCG

5,000-meter run

Ben Garner, Samford
Ewan Hynes, UNCG
Jake Mazziotta, VMI

10,000-meter run

Allen Clark, Furman

3,000-meter steeplechase

Ben Garner, Samford
Kellen Reeves, VMI
Stephen Wolf, VMI

110-meter hurdles

Mike Jones, Western Carolina
Isaiah Ellis, Wofford
Jack McHugh, Samford

400-meter hurdles

Isaiah Ellis, Wofford
Michael McMahan, Samford
Mike Jones, Western Carolina

High jump

Matt Cahoon, Samford
Tyler Hanks, Western Carolina
Harrison Mansell, The Citadel

Long jump

Thomas Ozburn Jr., Samford
Karon Delince, ETSU

Triple jump

Tyler Hanks, Western Carolina
Noah Osbourne, Samford

Discus throw

Austin Lufkin, Wofford
Matt Cahoon, Samford
Mac Bennett, Western Carolina

Hammer throw

Matt Cahoon, Samford
Mac Bennett, Western Carolina

Javelin throw

Matt Cahoon, Samford
Austin Eck, Samford
Matthew Mudd, Western Carolina

Shot put

Mac Bennett, Western Carolina

Pole vault

Sam Blumer, The Citadel
Griffin Kowal, VMI
Lindsay Pierce, The Citadel

Decathlon

Austin Eck, Samford
Thomas Ozburn Jr., Samford
Matthew Mudd, Western Carolina

2019

100-meter dash

Titus Moore, Samford
Jordin Poindexter, VMI
Chris Ferrill, VMI

200-meter dash

Jordin Poindexter, VMI
Blaine Ashton, VMI

400-meter dash

Jordan Woodbine, Samford
Elijah Bull, Wofford
Blaine Ashton, VMI

800-meter run

Seth Corey, Samford
Nicholas Thoma, UNCG
Jake Maddox, Samford

1,500-meter run

Colin Alexander, UNCG
Noah Dolhare, Furman
Dylan Haines, VMI

5,000-meter run

Daniel Bernal, Furman
Andre Jordan, VMI
Seth Bowden, ETSU

10,000-meter run

Daniel Bernal, Furman
Seth Bowden, ETSU
Dalton Miles, UNCG

3,000-meter steeplechase

Gavin Jenkins, VMI
Jeremiah Gaulding, VMI
Zach Johnson, ETSU

MEN'S ALL-FRESHMAN TEAMS

110-meter hurdles

Titus Moore, Samford
Keefe White, The Citadel

400-meter hurdles

Elijah Bull, Wofford
Keefe White, The Citadel

High jump

Dakota Oxendine, Western Carolina
Justin Stuckey, Samford
Gavin Jenkins, VMI

Long jump

Trini Feggett, Western Carolina
Benjamin Okafor, Western Carolina
Titus Moore, Samford

Triple jump

Blaine Ashton, VMI
Benjamin Okafor, Western Carolina
Brandon Harvey, Samford

Discus throw

Adam Hart, Western Carolina
Kolin Miller, ETSU
Zachary Fejeran, ETSU

Hammer throw

Kolin Miller, ETSU
Ethan Brown, Samford
Zachary Fejeran, ETSU

Javelin throw

Noah Shelton, ETSU

Shot put

Adam Hart, Western Carolina
Ryan Eldridge, Western Carolina
Jonathan Toole, The Citadel

Pole vault

Charles Cooley, Western Carolina
Daniel Walsh, VMI
Jonathan Lehe, Western Carolina

Decathlon

Max Burke, VMI

2020

Not awarded (COVID-19 pandemic)

2021

100-meter dash

Evan Brooks, Samford
Marcus Brown, Western Carolina
David Miles, Western Carolina

200-meter dash

Marcus Brown, Western Carolina
Evan Brooks, Samford
Conor Murphy, Wofford

400-meter dash

Kane Duncan, The Citadel
Conor Murphy, Wofford
Kevin Haley Jr., Western Carolina

800-meter run

Miguel Parrilla, ETSU
Trent Whittaker, VMI
Nick Epstein, Furman

1,500-meter run

Trent Whitaker, VMI
Evan Guzman, ETSU
Ares Reading, Furman

5,000-meter run

Dylan Schubert, Furman
Andrew Hammel, Furman
Sam Sharnas, The Citadel

10,000-meter run

David Ahlmeyer, Furman
Andrew Hammel, Furman
Adam Beucler, Furman

3,000-meter steeplechase

Myles Stoots, ETSU
Spencer Tate, Furman
Josh Powers, Furman

110-meter hurdles

Keyandre Midgett, VMI
Landon Wright, Samford
Liam McBride, VMI

400-meter hurdles

Matthew Grigg, Samford
Gabel Fulford, Samford
Jonah Dill, Furman

High jump

Stephen Kraeling, The Citadel
Prince Moody, The Citadel
Louis Brogan, Samford

Long jump

Tyler Rodriguez, Western Carolina
Ty Kimberlin, Samford
Keyandre Midgett, VMI

Triple jump

Edwin Rainey, Samford
Keyandre Midgett, VMI
Ty Kimberlin, Samford

Discus throw

Solomon Ghosh, VMI
Marshall Gainer, Samford
Spencer Fejeran, ETSU

Hammer throw

Andrew Granger, VMI
Mason Robinson, Western Carolina
Marshall Gainer, Samford

Javelin throw

Paul Szuba, Wofford
Ty Wesenyak, VMI
Ty Hevener, VMI

Shot put

Solomon Ghosh, VMI
Marshall Gainer, Samford
Mason Robinson, Western Carolina

Pole vault

Jed Sisco, Samford
McCray Kelton, Samford
Sebastian LaTorre, Wofford

Decathlon

Ty Kimberlin, Samford
Landon Wright, Samford
McCray Kelton, Samford

2022

100-meter dash

Nolan Johnson, ETSU
Jeremiah Wilks, VMI
Tyke Tabor, Samford

200-meter dash

Jeremiah Wilks, VMI
Nolan Johnson, ETSU
Zin Maung, UNCG

400-meter dash

Richard Edwards, VMI
Andrew Hamilton, UNCG
Jackson Casey, Wofford

800-meter run

Matthew Smith, Furman
Henry Stecher, Western Carolina
Spencer Connick, UNCG

1,500-meter run

Matthew Smith, Furman
Gabe Montague, Furman
Colin Keck, UNCG

5,000-meter run

Gabe Montague, Furman
Nick Goldstein, Furman
Foster Wilfong, Furman

10,000-meter run

Nick Goldstein, Furman
Ethan Vargas, Furman
Nicholas Kiser, Western Carolina

3,000-meter steeplechase

Foster Wilfong, Furman
Casey Burr, Furman

110-meter hurdles

Xander Topos, VMI
Grant Witherspoon, Wofford

400-meter hurdles

Xander Topos, VMI
Benedikt Strack, ETSU

High jump

Edric Wenhold, Samford
Tyler Smith, Samford

Long jump

Charles Male, VMI
Damian Hines, Samford
Owen Barr, Western Carolina

Triple jump

Ian Jones, Samford
Charles Male, VMI
Owen Barr, Western Carolina

Javelin throw

Ian McCorkle, The Citadel

Shot put

Hunter Davis, VMI

Decathlon

Damian Hines, Samford
Isaiah Blount, VMI

Note: 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

MEN'S CHAMPIONSHIP RESULTS

1923	Mississippi State	47.5	North Carolina	30.75	1933	North Carolina	66	Washington & Lee	6	
	Louisiana State	40	Georgia	10		Duke	52	Wake Forest	5.5	
	Tennessee	14	Mississippi State	10		Virginia	35.5	Davidson	3	
	Georgia Tech	13.5	Virginia Tech	10		Clemson	17.5	North Carolina State	2.5	
	Clemson	13	Maryland	9		Maryland	12.5	South Carolina	2	
	Vanderbilt	9	Clemson	8		South Carolina	11			
	Virginia Tech	8	Kentucky	8		Virginia Tech	10	1942	North Carolina	
	Maryland	8	Vanderbilt	7		VMI	9	Duke	61.5	
	North Carolina	5	Tulane	6		Washington & Lee	8.5	Richmond	19.5	
	Alabama	3	North Carolina State	5		North Carolina State	2	South Carolina	19	
	Auburn	3	Tennessee	5				Virginia Tech	16	
	Georgia	1	Sewanee	2.75	1934	North Carolina	69	Clemson	10.5	
			Alabama	2				North Carolina State	10	
1924	NORTH		1929	Louisiana State	35	1935	North Carolina	58	Davidson	9
	Virginia	70	North Carolina	33		Maryland	49.75	William & Mary	9	
	North Carolina	42.5	North Carolina	28		Duke	47.5	Maryland	6	
	Washington & Lee	33.5	Auburn	21		Clemson	20.25			
	VMI	31	Washington & Lee	21		Virginia	19	1943	North Carolina	
	North Carolina State	17.5	Georgia	20		Washington & Lee	10	North Carolina	77.5	
	Maryland	9	Mississippi State	14		VMI	8	VMI	44.5	
	Virginia Tech	7	Duke	13		Virginia Tech	7	Duke	41	
1924	SOUTH		Tulane	11		North Carolina State	5	South Carolina	15.5	
	Mississippi State	64.5	Vanderbilt	10		South Carolina	.5	William & Mary	15.5	
	Kentucky	26.5	Tennessee	7				Davidson	12	
	Louisiana State	14.5	Sewanee	7	1936	Duke	67	North Carolina State	10	
	Clemson	13	Virginia Tech	5		North Carolina	34.5	Clemson	9	
	Georgia	9	North Carolina State	5		Virginia	32	1946	Duke	
	Tennessee	9	Alabama	4		Clemson	22.5	North Carolina	76	
	Georgia Tech	8.5	South Carolina	3.5		Virginia Tech	20.5	North Carolina	57	
	Sewanee	7.5	Clemson	3		Maryland	18.5	Maryland	26	
	Auburn	6.5	Georgia Tech	3		VMI	18	VMI	20	
	Alabama	2	Kentucky	3				South Carolina	19.5	
	Mississippi	1	1930	North Carolina	40.5	1937	Duke	78	William & Mary	15
			Georgia	28		North Carolina	39.5	North Carolina State	9.5	
1925	Mississippi State	29	Mississippi State	25		VMI	25	Clemson	2	
	Louisiana State	29	Tulane	23		Maryland	22	1947	North Carolina	
	North Carolina	21	Auburn	18		Washington & Lee	11	North Carolina	83	
	Vanderbilt	19.5	Louisiana State	18		Virginia Tech	9	Duke	42	
	VMI	17	Tennessee	16.5		South Carolina	6	Maryland	26.5	
	Auburn	11	North Carolina State	14		Clemson	4.5	North Carolina State	26	
	Kentucky	10	Georgia Tech	13		North Carolina State	1	VMI	16	
	Washington & Lee	8	Alabama	10				1948	North Carolina	
	Clemson	6	Vanderbilt	7		1938	North Carolina	59.5	Maryland	
	Alabama	5	Maryland	5		Duke	50.5	Maryland	44	
	Georgia Tech	5	Kentucky	4		Maryland	44	Duke	41	
	Sewanee	3	Duke	2		VMI	15.5	North Carolina State	31	
	Virginia Tech	2	1931	Tulane	31		Virginia Tech	14.5	South Carolina	
	Mississippi	1	Virginia	29		Washington & Lee	13	VMI	13	
1926	North Carolina	23.5	Alabama	28.5		Davidson	8.5	Clemson	9	
	Virginia	18.5	North Carolina	25.5		South Carolina	8	VMI	7	
	Louisiana State	17	VMI	18		Richmond	6.5	Furman	5	
	Clemson	15	Auburn	14.5		William & Mary	3	Richmond	3	
	Auburn	13	Louisiana State	13		North Carolina State	2	Washington & Lee	3	
	Kentucky	12.5	Kentucky	13		Clemson	1	William & Mary	1	
	Maryland	12	Georgia	10	1939	North Carolina	65.5	1949	North Carolina	
	Virginia Tech	8	Duke	8		Duke	43	North Carolina	75	
	Georgia Tech	6.5	Tennessee	6		Maryland	43.5	Duke	47.5	
	VMI	6	Virginia Tech	5		South Carolina	22	Maryland	45	
	Georgia	5.5	Florida	5		Washington & Lee	22	Virginia Tech	22	
	North Carolina State	5	North Carolina State	5		VMI	12	William & Mary	10	
	Alabama	5	Vanderbilt	4		Richmond	7	VMI	8	
	Vanderbilt	5	South Carolina	3.5		North Carolina State	4	Clemson	5.5	
	Mississippi State	4	Mississippi State	3		William & Mary	4	Furman	4	
	Tulane	3	Clemson	3		Davidson	3	Davidson	4	
	Sewanee	3	Sewanee	1		Clemson	3	North Carolina State	2	
	Tennessee	1.5	1932	Louisiana State	38	1940	North Carolina	65	South Carolina	2
	Washington & Lee	1	Duke	27		Maryland	57	1950	North Carolina	
1927	Louisiana State	45	Auburn	24		Duke	42	North Carolina	74	
	Georgia Tech	44	North Carolina	23		William & Mary	14.5	Duke	48	
	Mississippi State	32	Georgia	21		Washington & Lee	13.5	Maryland	36	
	North Carolina	24	Tulane	16		Richmond	11	North Carolina State	24	
	Auburn	21	Virginia	13		South Carolina	8	Virginia Tech	15	
	Sewanee	16.5	Florida	11		North Carolina State	7	South Carolina	11	
	Clemson	13	Georgia Tech	8		VMI	7	William & Mary	7	
	Georgia	11.5	Mississippi State	7.5				Davidson	4	
	Kentucky	8	Clemson	7		1941	Duke	Clemson	3	
	Vanderbilt	5	Alabama	6.5		Duke	66	North Carolina	7	
	Tulane	4	Kentucky	6		North Carolina	59	Duke	63	
1928	Louisiana State	43.5	Tennessee	5		Maryland	26	North Carolina State	57	
	Georgia Tech	34.25	Vanderbilt	5		Richmond	18	Duke	40	
	Auburn	33.75	Virginia Tech	3		VMI	13	North Carolina State	22	
						William & Mary	10	VMI	17	
						Clemson	7	South Carolina	13.5	
						Virginia Tech	7	Clemson	10.5	
								Davidson	8	

MEN'S CHAMPIONSHIP RESULTS

	The Citadel	65	Chattanooga	45	Chattanooga	51	ETSU	49
	Marshall	58	The Citadel	25	Wofford	18	Western Carolina	40
	Furman	12	Furman	22	2007 Western Carolina	284	The Citadel	29
	Chattanooga	3	Wofford	7	Appalachian State	249	Furman	16
1990	VMI	144	Davidson	2	Davidson	104	VMI	14
	Appalachian State	124	UNC Greensboro	NTS	The Citadel	78	Wofford	10
	Western Carolina	99	1999 Western Carolina	213	Chattanooga	46	Chattanooga	10
	ETSU	92	Appalachian State	154	Furman	36	UNC Greensboro	4
	The Citadel	80	VMI	121	UNC Greensboro	15	2016 Western Carolina	245
	Marshall	54	ETSU	115	Wofford	0	VMI	152
	Furman	20	The Citadel	70	2008 Appalachian State	315	Samford	101
	Chattanooga	3	Chattanooga	66	Western Carolina	288	ETSU	98
1991	VMI	203	Furman	36	The Citadel	67	Furman	94
	Appalachian State	127	Davidson	25	Davidson	38	The Citadel	77
	Western Carolina	80	Wofford	9	Chattanooga	37	Wofford	37
	Marshall	78	UNC Greensboro	2	UNC Greensboro	37	UNC Greensboro	8
	ETSU	68	2000 VMI	217	Furman	22	2017 Western Carolina	190.5
	The Citadel	39	Western Carolina	182	Wofford	0	Samford	184.5
	Furman	21	Appalachian State	145	2009 Western Carolina	254	The Citadel	132
	Chattanooga	3	The Citadel	68	Appalachian State	253.5	ETSU	129
1992	Appalachian State	161	ETSU	67	The Citadel	70	Furman	105
	Marshall	143.5	Chattanooga	51	Samford	66.5	Wofford	52
	Western Carolina	98	Furman	46	Davidson	63	UNC Greensboro	7
	VMI	86	Wofford	27	Chattanooga	40	2018 Western Carolina	214
	ETSU	77.5	UNC Greensboro	3	UNC Greensboro	32	Samford	169
	Furman	28	2001 Appalachian State	221	Furman	28	ETSU	122
	The Citadel	20	Western Carolina	156	Wofford	10	The Citadel	110
	Davidson	11	VMI	155	2010 Appalachian State	263.5	Wofford	73
1993	Appalachian State	140.5	The Citadel	81	Western Carolina	242	Furman	71
	VMI	116	ETSU	79	Samford	132.5	VMI	48
	ETSU	109	Chattanooga	75	The Citadel	57.5	UNC Greensboro	9
	Western Carolina	69.5	Furman	25	Davidson	44	2019 Western Carolina	186
	Marshall	63.5	Davidson	14	Chattanooga	29	Samford	169
	The Citadel	40	UNC Greensboro	6	Furman	21	ETSU	136
	Furman	35.5	Wofford	1	UNC Greensboro	21	Wofford	91
	Davidson	6	2002 Appalachian State	224	Wofford	3.5	Furman	88
1994	VMI	131	Western Carolina	188	2011 Appalachian State	256	The Citadel	74
	Appalachian State	130	VMI	112.5	Western Carolina	218.5	VMI	65
	ETSU	108	The Citadel	83.5	Samford	138.5*	UNC Greensboro	5
	Western Carolina	99	ETSU	63	Davidson	70	2020 No meet (COVID-19 pandemic)	
	Marshall	84	Chattanooga	61	The Citadel	48	2021 Samford	204.5
	Chattanooga	39	Davidson	31	Chattanooga	42	Western Carolina	139.5
	The Citadel	15	Furman	27	Furman	24	Furman	122
	Furman	13	Wofford	16	Wofford	17	VMI	113
	Davidson	1	2003 Appalachian State	229	UNC Greensboro	1	The Citadel	100
1995	Appalachian State	131	Western Carolina	178	* later vacated 13 points		Wofford	83
	VMI	119	Chattanooga	100	2012 Appalachian State	238	Wofford	83
	Western Carolina	107	VMI	97.5	Western Carolina	225	ETSU	41
	ETSU	104	The Citadel	70.5	Samford	107*	UNCG	12
	Marshall	84	ETSU	47.5	The Citadel	79	2022 Samford	226
	Chattanooga	58	Furman	38.5	Davidson	58	Western Carolina	149
	Furman	8	Wofford	38	Chattanooga	37	VMI	123
	Davidson	6	Davidson	19	Furman	31	Furman	95
	The Citadel	2	2004 Appalachian State	246.5	UNC Greensboro	30	ETSU	87
1996	Appalachian State	138	Western Carolina	229.5	Wofford	11	The Citadel	74
	ETSU	129	Chattanooga	90	* later vacated 16 points		Wofford	42
	VMI	113	The Citadel	63	2013 Western Carolina	222.5	UNCG	15
	Western Carolina	78	ETSU	53	Samford	209*		
	Marshall	73	Furman	53	Appalachian State	183.5		
	Chattanooga	47	Wofford	34	Davidson	70.5		
	The Citadel	27	Davidson	26	The Citadel	55		
	Furman	11	UNC Greensboro	19	Furman	38		
	Davidson	4	2005 Appalachian State	292.5	Chattanooga	25		
1997	VMI	132.33	Western Carolina	250.5	UNC Greensboro	11		
	Western Carolina	103	Chattanooga	57	Wofford	4.5		
	Marshall	102	The Citadel	48	* later vacated nine points			
	Appalachian State	94.33	ETSU	45	2014 Samford	207		
	ETSU	91	Furman	33	Western Carolina	204		
	Chattanooga	44	Wofford	30	Appalachian State	165.5		
	The Citadel	34.33	Davidson	28	The Citadel	91		
	Furman	15	UNC Greensboro	26	Furman	55		
	Davidson	4	2006 Western Carolina	258.5	Chattanooga	52		
1998	VMI	171	Appalachian State	244.5	Davidson	31.5		
	Appalachian State	125	Davidson	84	UNC Greensboro	5		
	ETSU	116	The Citadel	77	Wofford	5		
	Western Carolina	107	Furman	58	2015 Samford	61		

MEN'S INDIVIDUAL CHAMPIONS

100-meter dash			400-meter dash			1,500-meter run			10,000-meter run			
1987 Bobby Blackwell, VMI	10.52	2019 Devaniel Dale, WCU	20.86	2013 Andrew Lantz, DAV	1:50.62	2008 Brian Deal, APP	14:45.38					
1988 Keith Collins, APP	10.72	2020 No meet (COVID-19 pandemic)		2014 Brandon Hazouri, SAM	1:50.31	2009 Chris Berry, UTC	15:05.32					
1989 Philip Florence, CIT	10.61	2021 Justin Poindexter, VMI	21.32	2015 Brandon Hazouri, SAM	1:50.62	2010 Phil Mitchell, APP	14:53.82					
1990 Greg Hatchett, VMI	10.1	2022 Justin Poindexter, VMI	20.89	2016 Avery Martin, VMI	1:51.43	2011 Will Raby, APP	14:54.57					
1991 Greg Hatchett, VMI	10.38				2017 Ryan Adams, FUR	1:51.22	2012 Ryan Hopkins, DAV	14:44.36				
1992 Jason Dalton, APP	10.6				2018 Jahanzib Shahbaz, VMI	1:53.71	2013 Demetrios Pagonis, DAV	14:35.84				
1993 Jason Dalton, APP	10.46				2019 Ryan Adams, FUR	1:50.50	2014 Brock Baker, FUR	14:57.72				
1994 Jerry Ellison, UTC	10.68				2020 No meet (COVID-19 pandemic)		2015 Arsène Guillorel, SAM	14:43.27				
1995 Jeff Horten, ETSU	10.62				2021 Ryan Adams, FUR	1:50.72	2016 Aaron Templeton, FUR	14:51.45				
1996 Delevantie Brown, ETSU	10.66				2022 Matthew Smith, FUR	1:48.37	2017 Frank Lara, FUR	14:29.35				
1997 Darrius Jackson, VMI	10.88							2018 Aaron Templeton, FUR	14:27.55			
1998 Chris Brooks, ETSU	10.52							2019 Frank Lara, FUR	14:40.63			
1999 Kenyon Doyle, CIT	10.51							2020 No meet (COVID-19 pandemic)				
2000 Marcus Lynch, VMI	10.65							2021 Noah Dolhare, FUR	14:18.19			
2001 Akaba Glaspie, WCU	10.78							2022 Gabe Montague, FUR	15:18.40			
2002 Ernest Wiggins, APP	10.69											
2003 Jason Green, APP	10.42											
2004 Tee Alford, WCU	10.41											
2005 Michael Malone, WCU	10.45											
2006 Zeb Johnson, WCU	10.88											
2007 Dominique Young, WCU	10.48											
2008 Dominique Young, WCU	10.50											
2009 Dominique Young, WCU	10.53											
2010 Landon Powell, APP	10.50											
2011 Dennis Moore, APP	10.39											
2012 Dennis Moore, APP	10.35											
2013 Brandon Hairston, WCU	10.52											
2014 Justin Emerson, SAM	10.47											
2015 Brenden Caldwell, WCU	10.50											
2016 Greg Henderson, VMI	10.58											
2017 Keion Crossen, WCU	10.39											
2018 Josiah Johnson, CIT	10.30											
2019 Josiah Johnson, CIT	10.50											
2020 No meet (COVID-19 pandemic)												
2021 Emmanuel Tait, SAM	10.58											
2022 Jordin Poindexter, VMI	10.27											
200-meter dash			800-meter run			5,000-meter run			110-meter hurdles			
1987 Earl Bates, WCU	21.46	1987 Richard Rowe, WCU	1:52.84	1987 Thomas O'Gara, ETSU	14:32.04	1987 Tommy Robins, APP	14.42					
1988 Mario Small, VMI	21.73	1988 Richard Rowe, WCU	1:51.35	1988 Thomas O'Gara, ETSU	14:22.22	1988 Andrew Stewart, VMI	14.52					
1989 Mario Small, VMI	21.30	1989 Mike Cason, CIT	1:51.69	1989 John Erickson, ETSU	14:39.74	1989 Tony McKennie, WCU	14.41					
1990 Mario Small, VMI	21.42	1990 Mike Cason, CIT	1:53.95	1990 James Hynes, ETSU	14:51.0	1990 Tony McKennie, WCU	14.41					
1991 Mario Small, VMI	20.90	1991 Jeff Rudolph, VMI	1:51.44	1991 Seamus Power, ETSU	14:55.59	1991 William Robinson, WCU	14.51					
1992 Jason Dalton, APP	21.60	1992 Paul Helmandollar, ETSU	1:54.10	1992 Seamus Power, ETSU	14:19.64	1992 Kedrick Ford, APP	14.68					
1993 Jason Dalton, APP	21.36	1993 Shane Stryker, UTC	1:52.86	1993 Seamus Power, ETSU	14:37.61	1993 Phil Watson, VMI	14.54					
1994 Fred Cook, ETSU	21.34	1994 Jon Austin, APP	1:51.54	1994 Seamus Power, ETSU	14:45.20	1994 Shawn Miller, WCU	14.39					
1995 Dainon Sidney, ETSU	21.44	1995 Jon Austin, APP	1:52.88	1995 Brian Meisch, APP	14:49.60	1995 Joe Anwah, VMI	14.82					
1996 Delevantie Brown, ETSU	21.29	1996 Zach Whitmarsh, ETSU	1:52.20	1996 Declan Fahy, ETSU	14:54.12	1996 Delevantie Brown, ETSU	14.40					
1997 James Yarborough, VMI	21.85	1997 Zach Whitmarsh, ETSU	1:52.49	1997 Will Dickerson, APP	15:00.91	1997 Joe Anwah, VMI	14.67					
1998 Darrius Jackson, VMI	21.64	1998 Zach Whitmarsh, ETSU	1:52.37	1998 Anthony Famiglietti, APP	14:42.60	1998 Joe Anwah, VMI	14.63					
1999 Kenyon Doyle, CIT	21.34	1999 Zach Whitmarsh, ETSU	1:51.77	1999 Shane Austin, APP	14:54.51	1999 Omari Francis, APP	14.38					
2000 Marcus Lynch, VMI	21.32	2000 John Baldwin, UTC	1:56.93	2000 Shane Austin, APP	14:53.43	2000 Jeff McKelvin, VMI	14.48					
2001 Jeff Witherspoon, CIT	21.44	2001 Chris Green, VMI	1:52.78	2001 Ben Bissette, APP	14:53.22	2001 Omari Francis, APP	14.46					
2002 Reggie Williams, APP	21.50	2002 Caleb Bailey, WCU	1:53.93	2002 Steven Kocsis, UTC	15:10.51							
2003 Jason Green, APP	21.27	2003 Caleb Bailey, WCU	1:53.15	2003 Steven Kocsis, UTC	14:48.45							
2004 Chris Martin, APP	21.45	2004 Landon Powell, APP	1:50.54	2004 Steven Kocsis, UTC	15:06.93							
2005 Michael Malone, WCU	21.25	2005 Bryan Burney, APP	1:52.61	2005 Steven Kocsis, UTC	14:55.55							
2006 Zeb Johnson, WCU	21.63	2006 Jeff Williams, UNCG	1:51.79	2006 Colin Sullivan, UTC	14:42.18							
2007 Dexter Jackson, APP	21.01	2007 Douglas Noreen, DAV	1:53.05	2007 Tim Clark, UTC	15:23.64							
2008 Manteo Mitchell, WCU	21.10	2008 Patrick Morgan, FUR	1:51.78									
2009 Manteo Mitchell, WCU	20.90	2009 Michael Danehy, UTC	1:54.82									
2010 Landon Powell, APP	21.51	2010 Drew Tucker, WCU	1:51.57									
2011 Dennis Moore, APP	20.81	2011 Drew Tucker, WCU	1:51.33									
2012 Benny Davis, WCU	20.82	2012 Andrew Lantz, DAV	1:54.60									
2013 Brandon Hairston, WCU	21.36											
2014 Jamaal Brantley, CIT	21.59											
2015 Aron Long, VMI	21.33											
2016 Greg Henderson, VMI	21.71											
2017 Dakota Lamont, WCU	21.49											
2018 Karon Delince, ETSU	21.25											

WOMEN'S RECORDS AND CHAMPIONS

Women's Outdoor Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	11.45		Melissa Morrison, Appalachian State	1993
200m dash	23.50		Lamonda Miller, Appalachian State	1989
400m dash	53.55		Angela Rowe, Western Carolina	1995
800m run	2:04.18		Megan Marvin, Furman	2021
1,500m run	4:18.52		Karisa Nelson, Samford	2019
3,000m steeplechase	10:00.79		Hannah Steelman, Wofford	2019
5,000m run	16:12.98		Allie Buchalski, Furman	2017
10,000m run	34:35.06		Teghan Henderson, Chattanooga	2014
100m high hurdles	13.25		Kyra Atkins, ETSU	2017
400m intermediate hurdles	58.15		Katrina Seymour, ETSU	2017
Long jump	6.53m	21-5.08	Melissa Morrison, Appalachian State	1993
Triple jump	13.16m	43-2.25	Danielle Thorpe, Appalachian State	2010
High jump	1.79m	5-10.50	Megan Kirschling, Elon	2014
Shot put	15.50m	50-10.23	Beverly Burnett, Appalachian State	2005
Discus	51.40m	168-8	Maggie Johnston, Samford	2019
Javelin	*53.32m	174-11.50	Meg Warren, Appalachian State	1987
	^51.02	167-5	Erin Long, Samford	2022
Hammer throw	60.98m	200-0.79	Emily Allen, Samford	2014
Pole vault	4.01m	13-1.75	Brittany Bishop, Samford	2022
4x100m relay	44.50		Georgia Southern	2014
			(Alyssa Felton, Jasmin Walker, Aarian Tipton, Jordan Fordham)	
4x400m relay	3:41.68		Georgia Southern	2007
			(Rashedah Arnold, Nicole Brown, Shauntel Jennings, Carla Ballard)	
Heptathlon	5,361		Tyleana Hanner, Chattanooga	2001

*-Denotes record pre-1999 redesign; ^-Denotes record post-1999 redesign

WOMEN'S CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1987	Boone, N.C.	Appalachian State	2011	Birmingham, Ala.	Appalachian State
1988	Lexington, Va.	Appalachian State	2012	Cullowhee, N.C.	Appalachian State
1989	Huntington, W.Va.	Appalachian State	2013	Statesboro, Ga.	Western Carolina
1990	Boone, N.C.	Appalachian State	2014	Spartanburg, S.C.	Samford
1991	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1992	Huntington, W.Va.	Appalachian State	2016	Cullowhee, N.C.	Western Carolina
1993	Boone, N.C.	Appalachian State	2017	Birmingham, Ala.	Samford
1994	Lexington, Va.	Appalachian State	2018	Cullowhee, N.C.	Western Carolina
1995	Huntington, W.Va.	Appalachian State	2019	Birmingham, Ala.	Samford
1996	Johnson City, Tenn.	ETSU	2020	NO MEET (COVID-19 pandemic)	
1997	Boone, N.C.	Western Carolina	2021	Cullowhee, N.C.	Samford
1998	Lexington, Va.	Appalachian State	2022	Birmingham, Ala.	Samford
1999	Johnson City, Tenn.	Western Carolina			
2000	Boone, N.C.	Western Carolina			
2001	Lexington, Va.	Western Carolina			
2002	Johnson City, Tenn.	Appalachian State			
2003	Boone, N.C.	Appalachian State			
2004	Boone, N.C.	Appalachian State			
2005	Cullowhee, N.C.	Appalachian State			
2006	Statesboro, Ga.	Appalachian State			
2007	Boone, N.C.	Georgia Southern			
2008	Cullowhee, N.C.	Western Carolina			
2009	Statesboro, Ga.	Appalachian State			
2010	Boone, N.C.	Western Carolina			

Total team titles	
Team	Titles
Appalachian State	18
Western Carolina	10
Samford.....	5
ETSU	1
Georgia Southern.....	1

WOMEN'S INDIVIDUAL HONORS

Coach of the Year

1987	John Weaver, Appalachian State
1988	Dennis Brachna, Marshall
1989	Tom Roberts, ETSU
1990	Dennis Brachna, Marshall
1991	John Weaver, Appalachian State
1992	John Weaver, Appalachian State
1993	John Weaver, Appalachian State
1994	John Weaver, Appalachian State
1995	John Weaver, Appalachian State
1996	Michelle Byrne, ETSU
1997	Danny Williamson, Western Carolina
1998	John Weaver, Appalachian State
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	Danny Williamson, Western Carolina
2002	John Weaver, Appalachian State
2003	Todd Lane, Georgia Southern
2004	Tood Lane, Georgia Southern John Weaver, Appalachian State
2005	Shaun Meinecke, Georgia Southern
2006	Shaun Meinecke, Georgia Southern
2007	Natalie Smith, Georgia Southern
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Mark Elliston, Elon
2011	Mark Elliston, Elon
2012	John Weaver, Appalachian State
2013	Danny Williamson, Western Carolina
2014	Rod Tiffin, Samford
2015	Danny Williamson, Western Carolina
2016	Danny Williamson, Western Carolina
2017	Rod Tiffin, Samford
2018	Cale McDaniel, Western Carolina
2019	Johnny Bomar, Wofford
2020	Not awarded (COVID-19 pandemic)
2021	Rod Tiffin, Samford
2022	Rod Tiffin, Samford

Most Outstanding Athlete

1987	Meg Warren, Appalachian State
1988	Lamonda Miller, Appalachian State
1989	Whitney Ball, Appalachian State
1990	Vanessa Kosmala, Appalachian State
1991	Von Ross, Western Carolina
1992	Leigh Wallace, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Rita Roberts, Western Carolina
1995	Angela Rowe, Western Carolina
1996	Rahma Mateen, Western Carolina
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, ETSU
1999	Mary Jayne Harrelson, Appalachian State
2000	Tyleana Hanner, Chattanooga
2001	Virginia LaCombe, Western Carolina Tyleana Hanner, Chattanooga
2008	Brittani Williams, Appalachian State
2009	Lily Tallent, Appalachian State
2010	Felicia Paulding, Western Carolina
2011	Zakiyyah Stewart, Western Carolina
2012	Breanna Alston, Appalachian State
2013	Ashley Cope, Samford
2014	Jasmin Walker, Georgia Southern
2015	Tayla Carter, Western Carolina Demeteria Edgecombe, ETSU
2016	Sarah Sanford, Samford Hailey Cook, Western Carolina

2017	Kyra Atkins, ETSU
2018	Selena Popp, Samford
2019	Maggie Johnston, Samford
2020	Not awarded (COVID-19 pandemic)
2021	Cherrish Wright, Mercer
2022	Marissa Blakely, Western Carolina

Most Outstanding Track Performer

2002	Ronda White, Appalachian State
2003	Gina Recher, Chattanooga
2004	Jennifer Claud, Appalachian State
2005	Shannon Wommack, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Nicole Brown, Georgia Southern
2008	Raquel Ramseur, Western Carolina
2009	Felicia Paulding, Western Carolina
2010	Anneli Uys, Chattanooga
2011	Felisha Garren, Western Carolina
2012	Ebony Carter, Georgia Southern
2013	Sinead Haughey, Furman
2014	Jasmin Walker, Georgia Southern
2015	Demeteria Edgecombe, ETSU
2016	Sarah Sanford, Samford
2017	Dasha Arnaut, Western Carolina
2018	Dasha Arnaut, Western Carolina
2019	Hannah Steelman, Wofford
2020	Not awarded (COVID-19 pandemic)
2021	Cherrish Wright, Mercer
2022	Marissa Blakely, Western Carolina

Most Outstanding Field Performer

2002	Virginia LaCombe, Western Carolina
2003	LaShana Poole, Appalachian State
2004	Laura Tieszen, Western Carolina
2005	Laura Tieszen, Western Carolina
2006	Stephanie McNeill, The Citadel
2007	Stephaine McNeill, The Citadel
2008	Brittani Williams, Appalachian State
2009	Melanie Trumbo, Georgia Southern
2010	Zakiyyah Stewart, Western Carolina
2011	Veronica Day, Elon
2012	Emily Allen, Samford
2013	Alisha Bradshaw, Western Carolina
2014	Emily Allen, Samford
2015	Alisha Bradshaw, Western Carolina
2016	Hailey Cook, Western Carolina
2017	Selena Popp, Samford
2018	Selena Popp, Samford
2019	Maggie Johnston, Samford
2020	Not awarded (COVID-19 pandemic)
2021	Maggie Johnston, Samford
2022	Hannah Daffin, Samford

Freshman of the Year

1992	Meghan Morrall, Marshall
1993	Heather VandeBrake, Furman
1994	Beth Rack, Marshall
1995	Michelle Gregg, ETSU
1996	Chandra Nelson, Marshall
1997	Mary Jayne Harrelson, Appalachian State
1998	Shonte' Pinkston, Appalachian State
1999	Ashley Herendon, WCU
2000	Alison Frese, Chattanooga
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Reshedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga

2005	Raquel Ramseur, Western Carolina
2006	Emily King, Davidson
2007	Jessica Irizzing, Georgia Southern
2008	Felicia Paulding, Western Carolina
2009	Emma Bowers, Western Carolina
2010	Jelain McArthur, College of Charleston
2011	Breanna Alston, Appalachian State
2012	Alisha Bradshaw, Western Carolina
2013	Tayla Carter, Western Carolina
2014	Teghan Henderson, Chattanooga
2015	Allie Buchalski, Furman
2016	Kyra Atkins, ETSU
2017	Jazmine Gooden, Western Carolina
2018	Hannah Steelman, Wofford
2019	Mekayla Brown, ETSU
2020	Not awarded (COVID-19 pandemic)
2021	Kerrington Johnson, Wofford
2022	Madelynne Cadeau, Furman

Pinnacle Award

(highest GPA on championship team)

2017	Abigail Cutcliffe, Samford
2018	Lindsey Trotter, Western Carolina
2019	Amanda Dumar, Samford
2020	Not awarded (COVID-19 pandemic)
2021	Aiya Finch, Samford
2022	Savannah Schmidt, Samford

WOMEN'S TEAM AND INDIVIDUAL RECORDS

Team champions

Team	Titles	Years
Appalachian State	18	1987-95, 98, 02-06, 09, 11-12
Western Carolina*	10	1997, 99-01, 08, 10, 13, 15-16, 18
Samford*	5	2014, 17, 19, 21-22
ETSU*	1	1996
Georgia Southern	1	2007

* active SoCon members

Coach of the Year Award (multiple winners)^

Name	School	Awards	Years
John Weaver	APP	11	1987, 91-95, 98, 02, 04, 09, 12
Danny Williamson	WCU	8	1997, 99-01, 08, 13, 15-16
Rod Tiffin*	SAM	4	2014, 17, 21-22
Dennis Brachna	MAR	2	1988, 90
Todd Lane	GSU	2	2003-04
Shaun Meinecke	GSU	2	2005-06
Mark Elliston	Elon	2	2010-11
John Bomar	WOF	1	2019

* active

^ began in 1987

Most Outstanding Athlete Award (multiple winners)#

Name	School	Awards	Years
Tyleana Hanner	UTC	2	2000-01

began in 1987

Most Outstanding Track Athlete Award (multiple winners)%

Name	School	Awards	Years
Shannon Wommack	UTC	2	2005-06
Dasha Arnaut	WCU	2	2017-18

% began in 2002

Most Outstanding Field Athlete Award (multiple winners)%

Name	School	Awards	Years
Laura Tieszen	WCU	2	2004-05
Stephanie McNeill	CIT	2	2006-07
Emily Allen	SAM	2	2012, 14
Alisha Bradshaw	WCU	2	2013, 15
Selena Popp	SAM	2	2017-18
Maggie Johnston	SAM	2	2019, 21

% began in 2002

WOMEN'S NCAA CHAMPIONS

Year	Site	Event	Mark	Name, school
1999	Boise, Idaho	1,500-meter run	4:21.06	Mary Jayne Harrelson, Appalachian State
2001	Eugene, Ore.	1,500-meter run	4:14.30	Mary Jayne Harrelson, Appalachian State

WOMEN'S SOUTHERN CONFERENCE HONORS

Athlete of the Week

2003		April 13	Amy Salek, Elon (Track)	April 19	Tiffani Lewis, WCU (Field)
March 28	Rashedah Arnold, GSU	April 20	Rebecca Hazeltine, APP (Field)	April 19	Tonia McKinley, SAM (Track)
April 2	Emily Chaney, ETSU	April 20	Danielle McKee, CIT (Track)	April 27	Selena Popp, SAM (Field)
April 10	Leslie Martin, WCU	April 27	Rebecca Hazeltine, APP (Field)	April 27	Karisa Nelson, SAM (Track)
April 15	Marlo Mincey, GSU	April 27	Felisha Garren, WCU (Track)	May 4	Maggie Johnston, SAM (Field)
			Veronica Day, Elon (Field)	May 4	Katrina Seymour, ETSU (Track)
2004		2012		May 10	Hailey Cook, WCU (Field)
March 25	Marlo Mincey, GSU	March 14	Amy Salek, Elon (Track)	May 10	Karisa Nelson, SAM (Track)
March 31	Shannon Wommack, UTC	March 14	Gayshawna Watkins, APP (Field)		None (Field)
April 6	Leslie Martin, WCU	March 20	Jocelyn Keen, WCU (Track)	2018	
April 14	Nicole Brown, GSU	March 20	Sinead Haughey, FUR (Track)	March 21	Hannah Steelman, WOF (Track)
April 20	Kristin Truman, ETSU	March 28	Shaquiela Robinson, APP (Field)	March 28	Makaila McIntyre, WCU (Field)
April 27	Lindy Petteway, GSU	March 28	Jasmine Billings, GSU (Track)	March 28	Sarah Sanford, SAM (Track)
		April 3	Shelby Bulita, SAM (Field)	April 4	Erin Hines, SAM (Field)
2005		April 3	Ashley Schnell, UNCG (Track)	April 4	Emma Grace Hurley, FUR (Track)
March 23	Laura Tieszen, WCU	April 11	Meghan Morton, WCU (Field)	April 11	Jaelyn Warren, WCU (Field)
March 30	Beverly Burnett, APP	April 11	Ashley Schnell, UNCG (Track)	April 11	McLeod Dean, WOF (Track)
April 6	Shannon Wommack, UTC	April 18	Alisha Bradshaw, WCU (Field)	April 18	Alyssa Whipkey, ETSU (Field)
April 13	Rhonda White, APP	April 18	Brooke Mosteller, FUR (Track)	April 18	Dasha Arnaut, WCU (Track)
April 20	Alice Turner, Elon			April 25	Simone Williams, WCU (Field)
April 27	Nikole Simmons, APP	2013		April 25	Allie Buchalski, FUR (Track)
		March 20	Jocelyn Keen, WCU (Track)	April 25	Alisha Blackmon, WCU (Field)
2006		March 20	Cassie Crawford, APP (Field)	May 2	McLeod Dean, WOF (Track)
March 21	Raquel Ramseur, WCU	March 28	Tayla Carter, WCU (Track)	May 2	Alex Williams, MER (Field)
April 5	Tangelia Johnson, WCU	April 3	Alisha Bradshaw, WCU (Field)	May 9	Allie Buchalski, FUR (Track)
April 12	Jessica Clendenning, Elon	April 3	Lauren D'Alessio, SAM (Track)		Bria Anderson, VMI (Field)
April 19	Nicole Brown, GSU	April 3	RoShani Glover, CofC (Field)	2019	
		April 10	Carolina McCaslin, Elon (Track)	March 21	Lindsey Stallworth, ETSU (Track)
2007		April 10	Alisha Bradshaw, WCU (Field)	March 21	Simone Williams, WCU (Field)
March 14	Stephanie McNeill, CIT	April 17	Veronica Luedke, Elon (Track)	March 27	Kennedy Thomson, UTC (Track)
March 21	Asia Davis, WCU	April 17	Jasmine Suydam, APP (Field)	March 27	Amber Lust, WOF (Field)
March 28	Kristen Meister, DAV			April 3	Gabbi Jennings, FUR (Track)
	Kerrie Savery, WCU	2014		April 3	Tiffany Quick, VMI (Field)
April 4	Lanni Marchant, UTC	March 19	Jennifer Esposito, Elon (Track)	April 10	Hannah Steelman, WOF (Track)
April 11	Brenna Burns, DAV	March 26	Emily Allen, SAM (Field)	April 10	Maggie Johnston, SAM (Field)
April 18	Alexis Moore, CIT	April 3	Tayla Carter, WCU (Track)	April 17	Hannah Steelman, WOF (Track)
		April 3	Nicole Charley, SAM (Field)	April 17	Morayo Bhadmos, SAM (Field)
2008		April 3	Sinead Haughey, FUR (Track)	April 24	Gabbi Jennings, FUR (Track)
March 27	Lynnsey Hyter, GSU	April 9	Megan Kirshling, Elon (Field)	April 24	Khiara White, ETSU (Field)
April 4	Ashley McKiver, APP	April 9	Teghan Henderson, UTC (Track)		
April 9	Raquel Ramseur, WCU	April 9	Briana Tate, APP (Field)	2020	
April 16	Chibuzo Aguocha, FUR	April 17	Genevieve Emrick, WCU (Track)	Not awarded (COVID-19 pandemic)	
April 24	Demetrise Anthony, GSU	April 17	Alisha Bradshaw, WCU (Field)		
				2021	
2009		2015		March 25	Amanda Dumar, SAM (Track)
March 19	Amy Salek, Elon (Track)	March 18	Sarah Sanford, SAM (Track)	March 25	Maggie Johnston, SAM (Field)
	Mary Angela Barron, SAM (Field)	March 25	Tiana Pisoni, SAM (Field)	March 31	Bethany Graham, FUR (Track)
March 26	Felicia Paulding, WCU (Track)	March 25	Keturah Williams, ETSU (Track)	March 31	Milan Williams, CIT (Field)
	Demetrise Anthony, GSU (Field)	April 1	Verena Tobis, ETSU (Field)	April 7	Cherrish Wright, MER (Track)
April 2	Hillary Neal, SAM (Track)	April 1	Allie Buchalski, FUR (Track)	April 7	Georgia McDevitt, WOF (Field)
April 9	Melanie Trumbo, GSU (Field)	April 1	None (Field)	April 14	Gabbi Jennings, FUR (Track)
April 9	Hillary Neal, SAM (Track)	April 9	Allie Buchalski, FUR (Track)	April 14	Maggie Johnston, SAM (Field)
	Shea Snow, APP (Field)	April 15	Renee Reives, VMI (Field)	April 21	Bethany Graham, FUR (Track)
April 16	Anneli Uys, UTC (Track)	April 15	Genevieve Emrick, WCU (Track)	April 21	Maggie Johnston, SAM (Field)
	Rebecca Hazeltine, APP (Field)	April 23	Hailey Cook, WCU (Field)	April 28	Maggie Johnston, SAM (Field)
April 23	Felicia Paulding, WCU (Track)	April 23	Yaa Agyepong-Wiafe, VMI (Track)	April 28	Gabbi Jennings, FUR (Track)
	Melanie Trumbo, GSU (Field)	April 23	Bria Anderson, VMI (Field)		Ellie Miller, VMI (Field)
				2002	
2010		2016		March 23	Genevieve Schwarz, ETSU (Track)
March 18	Jelain McArthur, CofC (Track)	March 23	LeAndrea Combo, WOF (Track)	March 23	Brittany Bishop, SAM (Field)
March 18	Urysla Cotton, Elon (Field)	March 30	Ashley Kessler, ETSU (Field)	March 30	Megan Marvin, FUR (Track)
March 25	Jelain McArthur, CofC (Track)	March 30	Allie Buchalski, FUR (Track)	March 30	Alex Webb, SAM (Field)
	Danielle Thorpe, APP (Field)	April 6	Kyra Atkins, ETSU (Field)	April 6	Ariel Raggs, MER (Track)
April 1	Hillary Neal, SAM (Track)	April 6	Karisa Nelson, SAM (Track)	April 6	Tya Blake, ETSU (Field)
	Jelain McArthur, CofC (Field)	April 13	Hailey Cook, WCU (Field)	April 13	Kerrington Johnson, WOF (Track)
April 8	Felisha Garren, WCU (Track)	April 13	Sarah Sanford, SAM (Track)	April 13	Morayo Bhadmos, SAM (Field)
	Danielle Thorpe, APP (Field)	April 20	Selena Popp, SAM (Field)	April 20	McKenzie Hogue, SAM (Track)
April 15	Anneli Uys, UTC (Track)	April 20	Tayla Carter, WCU (Track)	April 20	Brittany Bishop, SAM (Field)
	Danielle Thorpe, APP (Field)	April 27	Tatiana Taylor, SAM (Field)	April 27	Megan Marvin, FUR (Track)
April 22	Shenita Martin, APP (Track)	April 27	Allie Buchalski, FUR (Track)	April 27	Alex Webb, SAM (Field)
	Gayshawna Watkins, APP (Field)	April 27	Ashley Kessler, ETSU (Field)		
		May 4	Kimberly Ruch, SAM (Track)		
2011		May 4	Hailey Cook, WCU (Field)		
March 16	Ashley Schnell, UNCG (Track)				
	Veronica Day, Elon (Field)	2017			
March 23	Nicole Okolo, WCU (Track)	March 22	Kyra Atkins, ETSU (Track)		
	Cassie Crawford, APP (Field)	March 22	Kyra Atkins, ETSU (Field)		
March 30	Kwajelin Holsendolph, GSU (Track)	March 29	Allie Buchalski, FUR (Track)		
	Dena O'Brien, CofC (Track)	March 29	Maggie Johnston, SAM (Field)		
	Veronica Day, Elon (Field)	April 5	Katrina Seymour, ETSU (Track)		
April 6	Felisha Garren, WCU (Track)	April 5	Hailey Cook, WCU (Field)		
	Breanna Alston, APP (Track)	April 12	Gabbi Jennings, FUR (Track)		
	Zakiyyah Stewart, WCU (Field)				

WOMEN'S SOUTHERN CONFERENCE HONORS

Repeat Athletes of the Week

Seven times

Allie Buchalski, FUR, 2015-18

Six times

Maggie Johnston, SAM, 2017, 19, 21

Five times

Hailey Cook, WCU, 2015-17

Gabbi Jennings, FUR, 2017, 19, 21

Four times

Alisha Bradshaw, WCU, 2012-14

Three times

Hillary Neal, SAM, 2009-10

Jelain McArthur, CofC, 2010

Danielle Thorpe, APP, 2010

Rebecca Hazeltine, APP, 2009, 11

Felisha Garren, WCU, 2010-11

Veronica Day, Elon, 2011

Amy Salek, Elon, 2009, 11-12

Ashley Schnell, UNCG, 2011-12

Hailey Cook, WCU, 2015-16

Tayla Carter, WCU, 2013-14, 16

Kyra Atkins, ETSU, 2016-17

Karisa Nelson, SAM, 2016-17

Sarah Sanford, SAM, 2015-16, 18

Hannah Steelman, WOF, 2018-19

Two times

Marlo Mincey, GSU, 2003-04

Leslie Martin, WCU, 2003-04

Shannon Wommack, UTC, 2004-05

Nicole Brown, GSU, 2004, 06

Raquel Ramseur, WCU, 2006,08

Demetrise Anthony, GSU, 2008-09

Felicia Paulding, WCU, 2009

Melanie Trumbo, GSU, 2009

Anneli Uys, UTC, 2009-10

Gayshawna Watkins, APP, 2010, 12

Jocelyn Keen, WCU, 2012-13

Cassie Crawford, APP, 2011, 13

Tayla Carter, WCU, 2013-14

Sinead Haughey, FUR, 2012, 14

Genevieve Emrick, WCU, 2014-15

Ashley Kessler, ETSU, 2016

Katrina Seymour, ETSU, 2017

Selena Popp, SAM, 2016-17

McLeod Dean, WOF, 2018

Bria Anderson, VMI, 2015, 18

Simone Williams, WCU, 2018-19

Bethany Graham, FUR, 2021

Morayo Bhadmos, SAM 2019, 22

Brittany Bishop, SAM, 2022

Megan Marvin, FUR 2022

Alex Webb, SAM, 2022

Athlete of the Month

2004	
March	Marlo Mincey, GSU
April	Lindy Petteway, GSU
2005	
March	Beverly Burnett, APP
April	Information unavailable
2006	
March	Raquel Ramseur, WCU
April	Shannon Wommack, UTC
2009	
March	Hillary Neal, SAM (Track) Danielle Thorpe, APP (Field)
April	Hillary Neal, SAM (Track) Lilly Tallent, APP (Field)
2010	
March	Jelain McArthur, CofC (Track) Urysla Cotton, Elon (Field)
April	Anneli Uys, UTC (Track) Danielle Thorpe, APP (Field)
2011	
March	Dena O'Brien, CofC (Co-Track) Ashley Schnell, UNCG (Co-Track) Veronica Day, Elon (Field)
April	Felisha Garren, WCU (Track) Rebecca Hazeltine, APP (Field)
2012	
March	Amy Salek, Elon (Track) Meghan Morton, WCU (Field)
2013	
March	Tayla Carter, WCU (Track) Alisha Bradshaw, WCU (Field)
April	Sinead Haughey, FUR (Track) Alisha Bradshaw, WCU (Field)
2014	
March	Tayla Carter, WCU (Track) Emily Allen, SAM (Field)
April	Jasmin Walker, GSU (Track) Emily Allen, SAM (Field)

2015	
April	Demeteria Edgecombe, ETSU (Track) Alisha Bradshaw, WCU (Field)
2016	
March	Allie Buchalski, FUR (Track) Ashley Kessler, ETSU (Field)
April	Karisa Nelson, SAM (Track) Hailey Cook, WCU (Field)
2017	
March	Allie Buchalski, FUR (Track) Hailey Cook, WCU (Field)
April	Katrina Seymour, ETSU (Track) Hailey Cook, WCU (Field)
2018	
March	Emma Grace Hurley, FUR (Track) Jaelyn Warren, WCU (Field)
April	Haley Ward, SAM (Track) Alisha Blackmon, WCU (Field)
2019	
March	Gabbi Jennings, FUR (Track) Amber Lust, WOF (Field)
April	Hannah Steelman, WOF (Track) Maggie Johnston, SAM (Field)
2020	Not awarded (COVID-19 pandemic)
2021	
March	Bethany Graham, FUR (Track) Maggie Johnston, SAM (Field)
April	Gabbi Jennings, FUR (Track) Maggie Johnston, SAM (Field)
2022	
March	Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field)
April	Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field)

Repeat Athletes of the Month

Three times

Alisha Bradshaw, WCU, 2013, 15
Maggie Johnston, SAM, 2019, 21

Two times

Hillary Neal, SAM, 2009
Danielle Thorpe, APP, 2009-10
Tayla Carter, WCU, 2013-14
Emily Allen, SAM, 2014
Allie Buchalski, FUR, 2016-17
Hailey Cook, WCU, 2016-17
Gabbi Jennings, FUR, 2019, 21
Megan Marvin, FUR, 2022
Brittany Bishop, SAM, 2022

WOMEN'S ALL-FRESHMAN TEAMS

2009

100-meter dash

Emma Bowers, Western Carolina

200-meter dash

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

400-meter dash

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

800-meter run

Cori Christensen, Samford

1,500-meter run

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

5,000-meter run

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

10,000-meter run

Allyson Costa, Elon

3,000-meter steeplechase

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

100-meter hurdles

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

400-meter hurdles

Brillyance Gilchrist-Poteat

High jump

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

Triple jump

Jettana Thomas, Western Carolina

Hammer throw

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

Javelin throw

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

Shot put

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

Discus throw

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

Pole vault

None

Heptathlon

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

2010

100-meter dash

Ebony Carter, Georgia Southern
Raven Parrish, Western Carolina

400-meter dash

D'Shawnna McLucas, Appalachian State

800-meter run

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

1,500-meter run

Trinity Foreman, Appalachian State
Shaina Sumney, UNCG
Morgan Turner, Western Carolina

5,000-meter run

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

10,000-meter run

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

3,000-meter steeplechase

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

100-meter hurdles

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

400-meter hurdles

Rosie Lewis, Davidson
Shenita Martin, Appalachian State

Long jump

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

High jump

Chenelle Terry, Samford

Triple jump

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

Hammer throw

Megan Fannon, Georgia Southern
Jocelyn Rice, Western Carolina

Javelin throw

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

Shot put

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

Discus throw

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

Pole vault

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

Heptathlon

Emily Allen, Samford

2011

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000m-meter run

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

10,000-meter run

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

3,000-meter steeplechase

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

100-meter hurdles

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

400-meter hurdles

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

Long jump

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

High jump

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

Hammer throw

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

Javelin throw

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

Shot put

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

Discus throw

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

Pole vault

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

Heptathlon

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

2012

100-meter dash

Jasmin Walker, Georgia Southern
Taylor Feimester, Western Carolina
Tanisha Bethel, The Citadel

200-meter dash

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

400-meter dash

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

800-meter run

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

5,000-meter run

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

10,000-meter run

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

3,000-meter steeplechase

Mara Stickley, Appalachian State
Jenny Gallagher, Elon

100-meter hurdles

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

WOMEN'S ALL-FRESHMAN TEAMS

400-meter hurdles

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

Long jump

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

High jump

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

Triple jump

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Shot put

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

Pole vault

Devyn Ressler, Western Carolina
Cara June Elyea, Western Carolina

Heptathlon

Louise PrevotEAU, Elon
Anne Greer, Western Carolina

2013

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

5,000-meter run

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

10,000-meter run

Dana Cox, Appalachian State

3,000-meter steeplechase

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

100-meter hurdles

Sydney Griffin, Elon

400-meter hurdles

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

High jump

Megan Kirschling, Elon
Keyanna Harris, Georgia Southern

Long jump

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

Triple jump

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

Discus throw

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

Hammer throw

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

Javelin throw

Ciera Holston, College of Charleston

Shot put

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

Pole vault

Audrey Diener, Appalachian State

Heptathlon

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

2014

200-meter dash

Catherine Crawford, Appalachian State

800-meter run

Hannah Rieden, Davidson

400-meter dash

Asha Stegall, Georgia Southern

1,500-meter run

Ansley Bos, Samford
Kimberly Johansen, Elon
Jessica York, Chattanooga

5,000-meter run

Teghan Henderson, Chattanooga
Tristin Van Ord, Appalachian State
Elyse Bierut, Elon

10,000-meter run

Teghan Henderson, Chattanooga
Laura Miller, Furman
Shelby Cuddeback, Elon

3,000-meter steeplechase

Kaitlin Snapp, Elon
Ann Sisson, Furman
Madalyn Garland, Chattanooga

100-meter hurdles

LeNeisha Kearse, Western Carolina

400-meter hurdles

Jennifer Esposito, Elon
Latasha Price, Western Carolina
LeNiesha Kearse, Western Carolina

High jump

Anisia Starege, Western Carolina
Makayla Roten, Appalachian State
Audrey Florence, Appalachian State

Long jump

Chenell Bryan, Western Carolina
Krystal Clarke, Appalachian State
Tiffani Lewis, Western Carolina

Triple jump

Carrie Abraham, Elon
Jayna Coyle, Elon
Tiffani Lewis, Western Carolina

Discus throw

Breanna Warren, Elon
Aerial Horton, Samford
Taylor Hall, Wofford

Hammer throw

Kelsey Arnold, Georgia Southern
India McWhorter, Appalachian State
Aerial Horton, Samford

Javelin throw

Emily Williams, Wofford
Emily Eustace, Samford
Molly Fagan, Western Carolina

Shot put

Aerial Horton, Samford
Breanna Warren, Elon
India McWhorter, Appalachian State

Pole vault

Morgan Johnson, Samford
Emily Eustace, Samford

Heptathlon

None

2015

100-meter dash

Kerisha Goode, VMI
Yaa Agyepong-Wiafe, VMI
Alyiah Riley, Western Carolina

200-meter dash

Carson Howe, Samford
Henry Kiedy, Western Carolina
Patrick Taylor, ETSU

400-meter dash

Aubree Collins, ETSU
Christina Hill, VMI
Ty Harris, The Citadel

800-meter run

Jacquelyn Crow, Furman
Emma Garner, Samford
Hannah Chamblin, Chattanooga
Hannah Warren, ETSU

1,500-meter run

Allie Buchalski, Furman
Karisa Nelson, Samford
Jacquelyn Crow, Furman

5,000-meter run

Allie Buchalski, Furman
Emma Mashburn, Furman
Emily Drouin, Chattanooga

10,000-meter run

Laney Browder, Western Carolina
Grace Jenkins, The Citadel
Courtney Czerniak, Mercer

3,000-meter steeplechase

Emily Drouin, Chattanooga
Anya Bunao, Wofford
Bethany King, VMI

100-meter hurdles

Sarah Sanford, Samford
Qiona Payton, Samford
Alyiah Riley, Western Carolina

400-meter hurdles

Sarah Sanford, Samford
Victoria Wicks, Samford
Nicki Smith, ETSU

High jump

Courtney Pregelaman, Samford
Julia Logan, VMI
Carrie Neill, Samford

Long jump

Bria Anderson, VMI
Tiana Pisoni, Samford
Timia Easley, ETSU

Triple jump

Tiana Pisoni, Samford
Timia Easley, ETSU
Kennedy Smith, SMI

Discus throw

Alisha Blackmon, Western Carolina

Hammer throw

None

Javelin throw

Mady Riegel, The Citadel
Emily Fulton, VMI
Erin West, Western Carolina

Shot put

Alisha Blackmon, Western Carolina

WOMEN'S ALL-FRESHMAN TEAMS

Pole vault

Lauren Torsch, Samford
Emily Fulton, VMI

Heptathlon

Katie Beuerlein, Wofford
Erin West, Western Carolina
Kasey Widmyer, Wofford

2016

100-meter dash

BriAnna Adams, Western Carolina
Mia Little, Western Carolina
Kiana Davis, ETSU

200-meter dash

BriAnna Adams, Western Carolina
Kiana Davis, ETSU
Mia Little, Western Carolina

400-meter dash

Dasha Arnaut, Western Carolina
Sally Woerner, Western Carolina
LeAndrea Combo, Wofford

1,500-meter run

Laura Sola Tari, Samford

5,000-meter run

Kaitlyn Lingard, Western Carolina
Shannon McAndrew, Wofford
Rebeka Fadgyas, Wofford

10,000-meter run

Anna Long, Samford

3,000-meter steeplechase

Anna Long, Samford
Haley Morris, Chattanooga

100-meter hurdles

Kyra Atkins, ETSU
Amber Lust, Wofford
Mackenzie Aydelette, Samford

400-meter hurdles

Nidonna Nicholson, Western Carolina
Sarah Wilson, Wofford
Jessica Dunker, ETSU

High jump

Selena Popp, Samford
Rebekah Fox, ETSU
Ashley Parker, Western Carolina

Long jump

Kyra Atkins, ETSU
Tamilia Wright, Western Carolina
Alexandra Burgess, Wofford

Triple jump

Alexandra Burgess, Wofford
Tamilia Wright, Western Carolina
Megan Meadow, Samford

Discus throw

Ruby Caldwell, Samford
Jayci Floyd, Samford
Tiffany Quick, VMI

Hammer throw

Tatiana Taylor, Samford
Ruby Caldwell, Samford
Alex King, Wofford

Javelin throw

Kennedy Williams, Western Carolina
Kameron Cass, The Citadel
Emily Armstrong, ETSU

Shot put

Tatiana Taylor, Samford
Simone Williams, Western Carolina
Ruby Caldwell, Samford

Pole vault

Sarah Lee, Samford
Rebecca Pfitzer, Samford
Kennedy Williams, Western Carolina

Heptathlon

Selena Popp, Samford
Amber Lust, Wofford
Marisa Scott, Western Carolina

2017

100-meter dash

Jazmine Gooden, Western Carolina

200-meter dash

Kelsey Henry, Chattanooga
Taylor Sawyer, Chattanooga
Jazmine Gooden, Western Carolina

400-meter dash

Rachel Dixon, Samford
Kellsie Whitehead, Western Carolina
Kassidy Morton, Wofford

1,500-meter run

Kaitlyn Lay, ETSU
Savannah Carnahan, Furman
Gabrielle Jenings, Furman

5,000-meter run

Savannah Carnahan, Furman
Emma Grace Hurley, Furman
Jennifer Stephenson, Furman

10,000-meter run

Grace Dwyer, Furman
Anna Hayden, Furman
Jennifer Stephenson, Furman

3,000-meter steeplechase

Gabbi Jennings, Furman
Emma Grace Hurley, Furman
Anna Grzeszczak, Mercer

100-meter hurdles

Kiara Price, ETSU
Lauren Beard, Samford
Jazmine Gooden, Western Carolina

400-meter hurdles

Kiara Price, ETSU
Lauren Beard, Samford

High jump

Charlotte Krause, Samford
Cecilia Piscetelli, Western Carolina

Long jump

Jazmine Gooden, Western Carolina
Erin Hines, Samford

Triple jump

Ationza Smith, ETSU
Charlotte Krause, Samford

Discus throw

Maggie Johnston, Samford
Jess Page, The Citadel
Amy Yarborough, Western Carolina

Hammer throw

Jess Page, The Citadel
Maggie Johnston, Samford
Amy Yarborough, Western Carolina

Javelin throw

Erin Hines, Samford
Emily Kirk, VMI
Amy Yarborough, Western Carolina

Shot put

Tiffany Dunham, Western Carolina
Rachel Rouse, Western Carolina
Amy Yarborough, Western Carolina

Pole vault

None

Heptathlon

Erin Hines, Samford

2018

100-meter dash

Sydney Campbell, Mercer
Lauryn Dancy, Mercer
Marion Meadows, Mercer

200-meter dash

Dominique Delisser, Western Carolina
Tessola Duncan, Mercer
Marion Meadows, Mercer

400-meter dash

Dominique Delisser, Western Carolina
Aliyah Hill, ETSU
Ariana Ruffin, VMI

800-meter run

Emma Kuntz, Furman
Jessica Lord, ETSU
Heather Feuchtenberger, ETSU

1,500-meter run

Hannah Steelman, Wofford
Lindsey Stallworth, ETSU
Abbey Zane, Samford

5,000-meter run

Reilly Caldwell, Furman
Abbey Zane, Samford
Anna Armfield, VMI

10,000-meter run

Reilly Caldwell, Furman
Ariana Garcia, UNCG
Whitley Elsass, Wofford

3,000-meter steeplechase

Hannah Steelman, Wofford
Krissey Gear, Furman
Casey Miller, The Citadel

100-meter hurdles

Cherrish Wright, Mercer
Jaelyn Warren, Western Carolina

400-meter hurdles

Amanda Dumar, Samford

High jump

Jaelyn Warren, Western Carolina
Autumn James, Western Carolina

Long jump

Sydney Campbell, Mercer
Makaila McIntyre, Western Carolina
Erin Willard, Western Carolina

Triple jump

Makaila McIntyre, Western Carolina
Autumn James, Western Carolina
Aliyah Hill, ETSU

Discus throw

Symphony Buxton, ETSU
Lesleigh Tabor, Western Carolina
Sandra Lopez, Wofford

Hammer throw

Symphony Buxton, ETSU
Lesleigh Tabor, Western Carolina
Jaden Finch, ETSU

Javelin throw

Megan Dunn, Wofford
Anna Barfield, The Citadel
Sydney Hawks, ETSU

Shot put

Symphony Buxton, ETSU
Sarah Leckman, VMI
Lesleigh Tabor, Western Carolina

Pole vault

Kinley Drummonds, Western Carolina
Tally Wilson, Samford
Jayme Claire Eubanks, Samford

Heptathlon

Megan Dunn, Wofford
Amanda Dumar, Samford
Kendra Whitehurst, ETSU

2019

100-meter dash

Mekayla Brown, ETSU
Ingrid Joseph, VMI
Destiny Shippy, Wofford

200-meter dash

Johnaida Eliscar, ETSU
Marissa Blakely, Western Carolina
Ahliyah Williams, VMI

400-meter dash

Kennedi Weston-Shields, Mercer
Vada Samuels, Samford
Marissa Blakely, Western Carolina

WOMEN'S ALL-FRESHMAN TEAMS

800-meter run

Genevieve Schwarz, ETSU
Guilia Giorgi, Mercer

1,500-meter run

Kate Mattison, Western Carolina
Chandler McCaslin, UNCG
Siena Gates, Western Carolina

5,000-meter run

Ashley McMahan, Mercer
Jamie Blaylock, Western Carolina
Kate Mattison, Western Carolina

10,000-meter run

Jamie Blaylock, Western Carolina
Mary Kellison Thorne, Samford

3,000-meter steeplechase

Ashley McMahan, Mercer
Skylar Pierce, VMI

100-meter hurdles

Destiny Shippy, Wofford
Shakaiya Bradford, Wofford
Ronje Williams, Western Carolina

400-meter hurdles

Britney Griffith, ETSU
Peyton Wood, Western Carolina

High jump

Megan Elliott, Samford
Ronje Williams, Western Carolina
Mya Dollard, The Citadel

Long jump

Caroline Huff, Samford
Khiara White, ETSU
Chandler Robinson, Wofford

Triple jump

Mekayla Brown, ETSU
Chandler Robinson, Wofford

Discus throw

Victoria Solheim, Western Carolina

Hammer throw

Victoria Solheim, Western Carolina
Stephanie Jones, VMI

Javelin throw

Emorie Long, Samford
Shannon Ziccarello, The Citadel
Ellie Miller, VMI

Shot put

Shakaiya Bradford, Wofford
Victoria Solheim, Western Carolina

Pole vault

Carter Unger, Western Carolina
McKenna Dunn, VMI

Heptathlon

Shakaiya Bradford, Wofford
Carolina Huff, Samford

2020

Not awarded (COVID-19 pandemic)

2021

100-meter dash

Mecca Jackson, The Citadel
Madeline McNinch, Wofford
Rylee Jorgensen, Wofford

200-meter dash

Mecca Jackson, The Citadel
Kaitlin Cole, Samford
Mekyll Robinson, Western Carolina

400-meter dash

Jasmine Jefferson, Wofford
Kaitlyn Cole, Samford
Tara Davis, Mercer

800-meter run

Megan Marvin, Furman
Katie Strozier, Samford
Julia Karsten, ETSU

1,500-meter run

Bethany Graham, Furman
Beth Donnelly, Furman
Kiera Snyder, ETSU

5,000-meter run

Bethany Graham, Furman
Emily Little, Furman
Kylie Wittman, Furman

10,000-meter run

Jonna Strange, Furman
Emily Little, Furman
Lesley Green, Chattanooga

3,000-meter steeplechase

Harper McGowan, Samford
Naomi Hahn, VMI
Faith Brown, Chattanooga

100-meter hurdles

Kerrington Johnson, Wofford
Netanya Linares, Wofford
Imani Boyd, Western Carolina

400-meter hurdles

Kerrington Johnson, Wofford
Imani Boyd, Western Carolina
Mallory Lowe, Western Carolina

High jump

Makenzie Hooton, Samford
Mia Milasinovic, Samford
Imani Boyd, Western Carolina

Long jump

Molly Rhudy, ETSU
Aiya Finch, Samford
Rylee Jorgensen, Wofford

Triple jump

Omare McBride, Western Carolina
Amaya English, Western Carolina
Rylee Joegensen, Wofford

Discus throw

Emma Nolte, Samford
Jenna Kirkland, VMI
Judith Gonzalez, VMI

Hammer throw

Hannah Daffin, Samford
Jenna Reid, Wofford
Emma Nolte, Samford

Javelin throw

Erin Long, Samford
Jenna Reid, Wofford
Maddy Cardenas, The Citadel

Shot put

Emma Nolte, Samford
Jenna Reid, Wofford

Pole vault

Brittany Bishop, Samford
Alexis Cook, Samford
Riley Alexander, Samford

Heptathlon

Netanya Linares, Wofford
Mia Milasinovic, Samford

2022

100-meter dash

Eleyah Armstrong, VMI
Liyah Nelson, Samford
Leslie Gansore, ETSU

200-meter dash

Kelsey Martin, Samford
Amiel Dabney, Samford
Eleyah Armstrong, VMI

400-meter dash

Monica Seitz, Furman

800-meter run

Callie Harper, Furman
Serena Henderson, UNCG
Chloe Gilbert, Wofford

1,500-meter run

Madelynne Cadeau, Furman
Mary Claire Ridgeway, Wofford
Kaylie Armitage, Furman
Bella Manfre, UNCG

5,000-meter run

Madelynne Cadeau, Furman
Sinkenesh Parker, Samford
Alesea Caldwell, Western Carolina

10,000-meter run

Carolyne Shealy, Wofford
Sierra Bower, Furman
Alesea Caldwell, Western Carolina

3,000-meter steeplechase

Mary Claire Ridgeway, Wofford
Gretal Shank, VMI

100-meter hurdles

Amiel Dabney, Samford
Tre'Breh Scott, Western Carolina
Ariel Raggs, Mercer

400-meter hurdles

Ariel Raggs, Mercer
Ayden Drake, Samford
Gracie Morse, Chattanooga

Long jump

Kelsey Martin, Samford
Eleyah Armstrong, VMI
Gracie Morse, Chattanooga

Triple jump

Kelsey Martin, Samford
Yvonnia Perrello, VMI

Discus throw

Taniyah Thomas, Western Carolina

Javelin throw

Ali Ruffin, The Citadel
Taniyah Thomas, Western Carolina

Shot put

Yanna Cuesta, The Citadel

Pole vault

Diana Romero-Barba, ETSU

Heptathlon

Marga Van Der Linde, Wofford
Abbey King, ETSU

Note: 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

WOMEN'S CHAMPIONSHIP RESULTS

1987	Appalachian State	271.5	1997	Western Carolina	165	UNC Greensboro	9	2010	Western Carolina	221.5			
	ETSU	133.5		Appalachian State	118	Wofford	2		Appalachian State	144			
	Marshall	112		Chattanooga	93				Elon	123.5			
	Furman	13		ETSU	91	2004	Appalachian State	231.5	Samford	84			
	Western Carolina	10		Marshall	71		Georgia Southern	172	Georgia Southern	83			
	Chattanooga	8		Furman	43		Chattanooga	124	College of Charleston	66			
	Davidson	1		Davidson	7		Western Carolina	110.5	Chattanooga	27			
							ETSU	60	The Citadel	26			
1988	Appalachian State	263	1998	Appalachian State	167		College of Charleston	30	Furman	21			
	Marshall	107		Western Carolina	159		Elon	29	Davidson	19			
	Western Carolina	61		Chattanooga	115		Furman	26.5	UNC Greensboro	3			
	ETSU	59		ETSU	91		Davidson	13.5	Wofford	1			
	Chattanooga	33		Furman	34		Wofford	11					
	Furman	20		Davidson	14		UNC Greensboro	6	2011	Appalachian State	195		
	Davidson	7		Wofford	8		The Citadel	5		Western Carolina	138		
				*The Citadel	NTS					Elon	131		
1989	Appalachian State	255		*UNC Greensboro	NTS	2005	Appalachian State	207.5		Samford	115.5		
	ETSU	130		*VMI	NTS		Georgia Southern	199		Georgia Southern	87.5		
	Marshall	82		*The Citadel, UNC Greensboro and VMI competed as individuals			Western Carolina	155		College of Charleston	65.5		
	Chattanooga	52		1999	Western Carolina	275.5	Chattanooga	91		UNC Greensboro	29		
	Western Carolina	23			Appalachian State	191	ETSU	52		Furman	25		
	Furman	13			ETSU	102.5	Furman	33		The Citadel	20		
1990	Appalachian State	275			Chattanooga	94	Elon	28		Chattanooga	7		
	Marshall	112			Furman	50	College of Charleston	21.5		Wofford	2.5		
	Western Carolina	80			Davidson	32	The Citadel	18		Davidson	2		
	ETSU	40			VMI	29	Wofford	8					
	Furman	29			The Citadel	19	Davidson	4	2012	Appalachian State	207.5		
	Chattanooga	21			Wofford	13	UNC Greensboro	0		Western Carolina	149		
1991	Appalachian State	256			UNC Greensboro	7	2006	Appalachian State	197.5		Samford	113	
	Western Carolina	121		2000	Western Carolina	250		Georgia Southern	182.5		Georgia Southern	104	
	Marshall	80			Chattanooga	191		Western Carolina	144		Elon	102	
	Chattanooga	43			Appalachian State	106		Chattanooga	79		College of Charleston	62	
	Furman	34			ETSU	77		Elon	55		UNC Greensboro	37	
	ETSU	20			Furman	68.5		The Citadel	48		Furman	16	
1992	Appalachian State	258			Georgia Southern	31		Furman	40		The Citadel	14.5	
	Western Carolina	108			The Citadel	27		Davidson	39		Chattanooga	10	
	Marshall	65			VMI	26.5		College of Charleston	20		Wofford	4	
	Furman	53			UNC Greensboro	20		Wofford	10		Davidson	---	
	ETSU	52			Wofford	12		UNC Greensboro	2	2013	Western Carolina	197.5	
	Chattanooga	14			Davidson	8	2007	Georgia Southern	223.5		Appalachian State	159.5	
	Davidson	14			2001	Western Carolina	230.50		Appalachian State	173.5		Elon	111
1993	Appalachian State	218			Appalachian State	170		Western Carolina	160		Samford	110	
	Western Carolina	151			Chattanooga	144		Chattanooga	69		Furman	32	
	Furman	93			Georgia Southern	81		The Citadel	56		College of Charleston	32	
	ETSU	47			Furman	64		Elon	50		The Citadel	23.5	
	Marshall	38			ETSU	58		Davidson	36		Wofford	13	
	Davidson	7			VMI	30.5		Furman	28		Chattanooga	12	
	Chattanooga	4			Davidson	22		College of Charleston	19		UNC Greensboro	12	
1994	Appalachian State	189			The Citadel	13	2008	Wofford	4		Davidson	4	
	Western Carolina	124			UNC Greensboro	5		Western Carolina	216	2014	Samford	166.5	
	Furman	94			2002	Appalachian State	216		Appalachian State	189		Western Carolina	155
	ETSU	62			Western Carolina	201.5		Georgia Southern	153		Elon	131	
	Marshall	49			Georgia Southern	122		Chattanooga	65		Appalachian State	126	
	Chattanooga	36			Chattanooga	100.5		Elon	59		Georgia Southern	117.5	
	Davidson	4			ETSU	79		Davidson	45		Davidson	28	
1995	Appalachian State	148			Furman	35		The Citadel	38		Chattanooga	26	
	ETSU	133			UNC Greensboro	23		Furman	26		The Citadel	23	
	Western Carolina	122			The Citadel	18		College of Charleston	17		UNC Greensboro	20	
	Furman	73			VMI	17		UNC Greensboro	6		Wofford	15	
	Chattanooga	42			Davidson	4		Wofford	0		Furman	10	
	Marshall	28.67			2003	Appalachian State	230	2009	Appalachian State	210.5	2015	Western Carolina	272
	Davidson	11.33			Georgia Southern	154		Western Carolina	177			Samford	183
1996	ETSU	150			Chattanooga	153		Georgia Southern	146.5			ETSU	91
	Western Carolina	133.5			Western Carolina	111		Elon	84			Furman	77
	Appalachian State	131			ETSU	67		Chattanooga	52			VMI	75
	Chattanooga	55			VMI	31		Samford	44			Chattanooga	49
	Furman	54.5			Furman	21		College of Charleston	42			The Citadel	40
	Marshall	34			College of Charleston	17		The Citadel	27			Mercer	17
	Davidson	27			The Citadel	10		Davidson	23			Wofford	12
					Davidson	9		Furman	9			UNC Greensboro	3
								UNC Greensboro	3				
								Wofford	0				

WOMEN'S CHAMPIONSHIP RESULTS

2016	Western Carolina	255
	Samford	251.1
	ETSU	91.5
	Furman	45
	VMI	44
	Chattanooga	39
	Wofford	37
	The Citadel	29
	Mercer	13
UNC Greensboro	7	
2017	Samford	245
	Western Carolina	194
	Furman	109
	ETSU	89
	VMI	66
	Wofford	44
	Mercer	26
	The Citadel	24
	UNC Greensboro	11
Chattanooga	4	
2018	Western Carolina	193
	Samford	161
	ETSU	129
	Furman	120
	Wofford	74
	Mercer	49
	VMI	46
	The Citadel	30
	Chattanooga	11
UNC Greensboro	6	
2019	Samford	228
	Wofford	126
	Western Carolina	119
	ETSU	100
	Furman	91
	Mercer	70
	VMI	31
	The Citadel	31
	Chattanooga	15
UNC Greensboro	8	
2020	No meet (COVID-19 pandemic)	
2021	Samford	229.5
	Wofford	120.5
	Western Carolina	114
	ETSU	93
	Furman	88
	Mercer	59
	The Citadel	50
	VMI	34
	Chattanooga	30
UNC Greensboro	0	
2022	Samford	224
	ETSU	138
	Western Carolina	133
	Wofford	117
	Furman	94
	The Citadel	46
	Mercer	31
	Chattanooga	21
	VMI	14
UNC Greensboro	0	

WOMEN'S INDIVIDUAL CHAMPIONS

100-meter hurdles		2019 Sarah Sanford, SAM	1:01.91	1991 Appalachian State	3:53.31	Pole vault	
1987 Bobbie Puckett, APP	14.56	2020 No meet (COVID-19 pandemic)		1992 Western Carolina	3:55.74	1999 Valerie Jalajas, WCU	11-07.75
1988 Patrina Massey, APP	15.03	2021 Kerrington Johnson, WOF	1:01.42	1993 Western Carolina	3:57.05	2000 Valerie Jalajas, WCU	10-6
1989 Lynn Kochendorfer, MAR	14.71	2022 Lindsay Cooper, ETSU	1:00.33	1994 Western Carolina	3:49.59	2001 Valerie Jalajas, WCU	11'11.25"
1989 Lynn Kochendorfer, MAR	15.22	3,000-meter steeplechase		1995 ETSU	3:50.10	2002 Dana Anglin, WCU	12'0.50"
1991 Melissa Morrison, APP	13.96	2002 Shannon Wommack, UTC	11:31.59	1996 Western Carolina	3:49.70	2003 Laura Tieszen, WCU	3.81m
1992 Melissa Morrison, APP	14.76	2003 Lanni Marchant, UTC	11:28.89	1997 ETSU	3:50.19	2004 Laura Tieszen, WCU	4.00m
1993 Melissa Morrison, APP	13.70	2004 Shannon Wommack, UTC	10:45.65	1998 Appalachian State	3:52.39	2005 Laura Tieszen, WCU	3.80m
1994 Charlotte Redden, APP	14.65	2005 Shannon Wommack, UTC	10:34.87	1999 Western Carolina	3:46.75	2006 Jessica Clendenning, Elon	11-11.75
1995 Trice Roundtree, APP	14.57	2006 Shannon Wommack, UTC	10:07.54	2000 Western Carolina	3:51.14	2007 Jessica Clendenning, Elon	12-05.50
1996 Erica Edmond, ETSU	14.70	2007 Meghan Gaffney, APP	10:46.40	2001 ETSU	3:48.26	2008 Shea Snow, APP	3.64m
1997 Trice Roundtree, APP	14.44	2008 Megal Atlas, DAV	11:10.01	2002 ETSU	3:48.17	2009 Shea Snow, APP	3.70m
1998 Kamilah Gabriel, WCU	14.80	2009 Hillary Neal, SAM	10:41.38	2003 Georgia Southern	3:45.16	2010 Laura Bedsole, SAM	3.50m
1999 Kamilah Gabriel, WCU	14.16	2010 Hillary Neal, SAM	10:42.61	2004 Georgia Southern	3:46.72	2011 Cassandra Crawford, APP	3.80m
2000 Marna Moore, UTC	14.02	2011 Kristen Wolf, CofC	10:42.85	2005 Western Carolina	3:45.72	2012 Claire Goodson, SAM	3.90m
2001 Marna Moore, UTC	14.25	2012 Kristen Wolf, CofC	10:48.26	2006 Western Carolina	3:43.15	2013 Ashley Cope, SAM	3.90m
2002 Ronda White, APP	14.07	2013 Caroline McCaslin, Elon	10:42.89	2007 Georgia Southern	3:41.68	2014 Claire Goodson, SAM	3.97m
2003 Ronda White, APP	13.98	2014 Tereza Novotna, Elon	10:41.08	2008 Western Carolina	3:44.09	2015 Ashley Kessler, ETSU	3.97m
2004 Ronda White, APP	13.79	2015 Rachel Wooten, SAM	11:01.32	2009 Western Carolina	3:44.99	2016 Meghan Breden, WCU	3.81m
2005 Brittany Chase, GSU	14:00	2016 Emma Garner, SAM	10:54.99	2010 Western Carolina	3:46.74	2017 Lindsey Kessler, SAM	3.81m
2006 Brittany Chase, GSU	13.95	2017 Emma Garner, SAM	10:11.76	2011 Elon	3:43.83	2018 Meghan Breden, WCU	3.80m
2007 Brittany Chase, GSU	13.92	2018 Hannah Steelman, WOF	10:09.39	2012 Western Carolina	3:46.80	2019 Tally Wilson, SAM	3.78m
2008 Rashanda Simmons, WCU	14.45	2019 Hannah Steelman, WOF	10:00.79	2013 Western Carolina	3:45.89	2020 No meet (COVID-19 pandemic)	
2009 Kristin Olson, GSU	14.42	2020 No meet (COVID-19 pandemic)		2014 Georgia Southern	3:43.20	2021 Tally Wilson, SAM	3.97m
2010 Nicole Okolo, WCU	13.85	2021 Emma Garner, SAM	10:54.35	2015 Western Carolina	3:41.83	2022 Brittany Bishop, SAM	4.01m
2011 Nicole Okolo, WCU	13.73	2022 Nicole Matysik, FUR	10:55.84	2016 Western Carolina	3:45.30	Long jump	
2012 Jasmine Billings, GSU	13.68	4x100-meter relay		2017 Western Carolina	3:47.02	1987 Patrina Massey, APP	18'06.75"
2013 Ashley Cope, SAM	14.15	1987 Appalachian State	47.66	2018 ETSU	3:45.67	1988 Sandra Davis, WCU	19'06.25"
2014 Sydney Griffin, Elon	13.83	1988 Appalachian State	46.81	2019 Mercer	3:47.27	1989 Erica West, MAR	19'11.75"
2015 Demeteria Edgecombe, ETSU	13.35	1989 Appalachian State	45.86	2020 No meet (COVID-19 pandemic)		1990 Linda McKoy, APP	20.00.50"
2016 Kyra Atkins, ETSU	13.42	1990 Appalachian State	48.18	2021 Western Carolina	3:44.01	1991 Von Ross, WCU	19'08.00"
2017 Kyra Atkins, ETSU	13.25	1991 Appalachian State	46.50	2022 ETSU	3:48.68	1992 Melissa Morrison, APP	5.90m
2018 Kyra Atkins, ETSU	13.42	1992 Appalachian State	46.7	High jump		1993 Melissa Morrison, APP	20'05.75"
2019 Amber Lust, WOF	13.68	1993 Appalachian State	45.71	1987 Jeanne King, APP	5'06.00"	1994 Alice Vinson, APP	19'00.50"
2020 No meet (COVID-19 pandemic)		1994 Appalachian State	46.23	1988 Linda McKoy, APP	5'06.00"	1995 Rahma Mateen, WCU	6.10m
2021 Kerrington Johnson, WOF	13.27	1995 Western Carolina	46.29	1989 Linda McKoy, APP	5'04.00"	1996 Rahma Mateen, WCU	5.91m
2022 Kerrington Johnson, WOF	13.40	1996 ETSU	47.18	1990 Kellie Beckleheimer, MAR	5'04.00"	1997 Taneisha Robinson, ETSU	19'0"
400-meter hurdles		1997 Chattanooga	47.05	1991 Susie Gardner, WCU	5'06.00"	1998 Taneisha Robinson, ETSU	19'04.00"
1987 Lisa Rosenbaum, ETSU	1:03.70	1998 Appalachian State	47.29	1992 Sabrina Hill, APP	5'04.00"	1999 Rosalyn Hood, WCU	19-02.50
1988 Kim Frazer, ETSU	1:03.38	1999 Appalachian State	46.88	1993 Cynthia Miner, APP	5'07.00"	2000 Tyleana Hanner, UTC	19-4
1989 Monica Teeter, APP	1:01.0	2000 Appalachian State	47.05	1994 Shelli Clendenon, ETSU	5'08.00"	2001 Tyleana Hanner, UTC	19'06.75"
1990 Joy Davis, WCU	1:04.29	2001 Chattanooga	46.74	1995 Shelli Clendenon, ETSU	1.73m	2002 Ronda White, APP	19'4.75"
1991 Joy Davis, WCU	1:02.77	2002 Western Carolina	45.99	1996 Rahma Mateen, WCU	1.70m	2003 Ronda White, APP	5.82m
1992 Joy Davis, WCU	1:02.78	2003 Georgia Southern	45.83	1997 Jennifer Sluss, ETSU	5'5.75"	2004 Ronda White, APP	6.13m
1993 Joy Davis, WCU	1:03.51	2004 Appalachian State	45.78	1998 Taneisha Robinson, ETSU	5'08.00"	2005 Lauren Jacobs, GSU	5.81m
1994 Beth Burleson, APP	1:03.35	2005 Georgia Southern	46.32	1999 Taneisha Robinson, ETSU	5-05.75	2006 Nicole Brown, GSU	20-07.25
1995 Wykesha Bailey, WCU	1:02.25	2006 Georgia Southern	46.17	2000 Anna Hutcherson, UTC	5-5	2007 Nicole Brown, GSU	20-05.00
1996 Wykesha Bailey, WCU	1:04.51	2007 Western Carolina	46.025	2001 Virginia LaCombe, WCU	5'09.75"	2008 Shaunta Hamilton, GSU	5.88m
1997 Adrienne Hundmeyer, MAR	1:03.02	2008 Western Carolina	45.68	2002 Virginia LaCombe, WCU	5'08.00"	2009 Demetris Anthony, GSU	6.08m
1998 Kamilah Gabriel, WCU	1:04.94	2009 Western Carolina	45.51	2003 Cheryl Howard, ETSU	1.65m	2010 Demetris Anthony, GSU	5.90m
1999 Kamilah Gabriel, WCU	1:02.16	2010 Western Carolina	45.45	2004 Brittany Whitaker, WCU	1.74m	2011 Shaunta Hamilton, GSU	5.99m
2000 Rosalyn Hood, WCU	1:02.67	2011 Western Carolina	45.92	2005 Brittany Whitaker, WCU	1.71m	2012 Jasmin Walker, GSU	5.93m
2001 Monica Hill, FUR	1:02.55	2012 Appalachian State	45.92	2006 Jessika Johnson, WCU	5-05.75	2013 Jasmin Walker, GSU	5.82m
2002 Elisabeth Sain, UTC	1:00.22	2013 Georgia Southern	45.46	2007 Kristen Meister, DAV	5-10.00	2014 Jasmin Walker, GSU	6.12m
2003 Marlo Mincey, GSU	1:00.16	2014 Georgia Southern	44.50	2008 Melanie Trumbo, GSU	1.68m	2015 Bria Anderson, VMI	5.94m
2004 Marlo Mincey, GSU	59.72	2015 Western Carolina	45.96	2009 Emily Smith, CofC	1.75m	2016 Kyra Atkins, ETSU	5.64m
2005 Asia Davis, WCU	1:00.77	2016 Western Carolina	45.84	2010 Chenelle Terry, SAM	1.70m	2017 Chenell Bryan, WCU	6.13m
2006 Asia Davis, WCU	1:00.47	2017 Western Carolina	45.42	2011 Rebecca Hazeltine, APP	1.75m	2018 Jazmine Gooden, WCU	6.16m
2007 Asia Davis, WCU	1:00.48	2018 ETSU	45.65	2012 Emily Smith, CofC	1.75m	2019 Makaila McIntyre, WCU	6.14m
2008 Carla Ballard, GSU	1:01.22	2019 Mercer	45.71	2013 Chenelle Terry, SAM	1.72m	2020 No meet (COVID-19 pandemic)	
2009 Tierra Johnson, WCU	1:03.54	2020 No meet (COVID-19 pandemic)		2014 Megan Kirschling, Elon	1.79m	2021 Makaila McIntyre, WCU	5.87m
2010 Tierra Johnson, WCU	1:02.39	2021 Wofford	46.27	2015 Anisia Starege, WCU	1.70m	2022 Makaila McIntyre, WCU	5.73m
2011 Chenel McFadden, APP	1:00.94	2022 Wofford	45.99	2016 Courtney Pregelmann, SAM	1.72m	Triple jump	
2012 Shenita Martin, APP	1:01.27	4x400-meter relay		2017 Courtney Pregelmann, SAM	1.73m	1987 Patrina Massey, APP	37'01.75"
2013 Danielle Blanco, SAM	1:00.96	1987 ETSU	3:57.90	2018 Selena Popp, SAM	1.73m	1988 Linda McKoy, APP	37'04.50"
2014 Jennifer Esposito, Elon	59.60	1988 Appalachian State	3:52.84	2019 Charlotte Krause, SAM	1.69m	1989 Linda McKoy, APP	37'07.25"
2015 Sarah Sanford, SAM	58.25	1989 Appalachian State	3:52.86	2020 No meet (COVID-19 pandemic)		1990 Sabrina Hill, APP	38'02.75"
2016 Sarah Sanford, SAM	1:00.06	1990 Appalachian State	3:54.0	2021 Charlotte Krause, SAM	1.74m	1991 Sabrina Hill, APP	39'00.50"
2017 Dasha Arnaut, WCU	1:00.81			2022 Makenzie Hooton, SAM	1.65m	1992 Sabrina Hill, APP	11.70m
2018 Dasha Arnaut, WCU	59.09						

WOMEN'S INDIVIDUAL CHAMPIONS

1993	Melissa Morrison, APP	41'02.00"	1988	Lynn Cotton, MAR	127'08.00"	1992	Susan Inge, APP	129'02.00"
1994	Precious Quire, APP	40'00.75"	1989	Michelle Rhyne, APP	140'00.00"	1993	Debbie Evans, WCU	124'10.00"
1995	Precious Quire, APP	12.43m	1990	Erica Crawford, WCU	131'10.00"	1994	Rachel Olander, APP	121'05.00"
1996	Nikki Harris, APP	11.94m	1991	Erica Crawford, WCU	134'01.00"	1995	Rachel Olander, APP	40.32m
1997	Jennifer Sluss, ETSU	39'11.5"	1992	Andi Montgomery, MAR	133'10.00"	1996	Rachel Olander, APP	39.92m
1998	Taneisha Robinson, ETSU	41'03.00"	1993	Sheri Miller, APP	132'07.00"	1997	Rachel Olander, APP	139'7"
1999	Taneisha Robinson, ETSU	42-06.75	1994	Beth Reck, MAR	129'02.00"	1998	Christine Ziemba, APP	123'00.00"
2000	Rosalyn Hood, WCU	40-7.75	1995	Danielle Mall, DAV	44.90m	Javelin redesigned		
2001	Kirsten Bowden, APP	12.97m	1996	Ayokka Green, APP	43.20m	1999	Ashley Herendon, WCU	136-05
2002	Ronda White, APP	42'0.0"	1997	Ayokka Green, APP	139'4"	2000	Ashley Herendon, WCU	138-11
2003	Ronda White, APP	12.70m	1998	Ayokka Green, APP	152'01.00"	2001	Ashley Herendon, WCU	128'08"
2004	Ronda White, APP	12.71m	1999	Ashley Herendon, WCU	129-05	2002	Altavise Franklin, WCU	121'11"
2005	Nicole Brown, GSU	13.07m	2000	Ashley Herendon, WCU	127-5	2003	Kineta Williams-Rogers, WCU	36.74m
2006	Mandi Phillips, GSU	39-11.50	2001	LaShana Poole, APP	135'06"	2004	Lindy Petteway, GSU	40.47m
2007	Nicole Brown, GSU	42-05.50	2002	LaShana Poole, APP	141'6"	2005	Carolyn Kitchens, APP	39.30m
2008	Danielle Thorpe, APP	12.59m	2003	LaShana Poole, APP	45.31m	2006	Nola Belcher, WOF	127-00
2009	Danielle Thorpe, APP	12.84m	2004	Markaysa Norwood, GSU	41.53m	2007	Jessica Irizzary, GSU	134-04
2010 Danielle Thorpe, APP	13.16m		2005	Markaysa Norwood, GSU	43.64m	2008	Tara Tounzen, WCU	42.69m
2011	Veronica Day, Elon	12.64m	2006	Stephanie McNeill, CIT	141-02	2009	Lily Tallent, APP	39.31m
2012	Erika Ivey, APP	12.09m	2007	Brittani Williams, APP	138-07	2010	Justine Robertson, Elon	39.74m
2013	Jamie Glenn, APP	12.14m	2008	Brittani Williams, APP	42.86m	2011	Megan Morton, WCU	42.71m
2014	Emily Allen, SAM	12.49m	2009	Lily Tallent, APP	40.87m	2012	Megan Morton, WCU	42.84m
2015	Tiana Pisoni, SAM	12.12m	2010	Alyssa Girvin, Elon	44.26m	2013	Suzanne Martin, Elon	41.85m
2016	Alexandra Burgess, WOF	12.17m	2011	Zakiyyah Stewart, WCU	43.74m	2014	Jocelyn Parnell, APP	43.51m
2017	Megan Meadow, SAM	12.22m	2012	Alisha Bradshaw, WCU	43.71m	2015	Verena Tobis, ETSU	44.08m
2018	Alex Williams, MER	12.18m	2013	Alisha Bradshaw, WCU	46.68m	2016	Mady Riegel, CIT	42.18m
2019	Makaila McIntyre, WCU	12.22m	2014	Breanna Warren, Elon	46.68m	2017	Mady Riegel, CIT	41.69m
2020	No meet (COVID-19 pandemic)		2015	Alisha Bradshaw, WCU	44.62m	2018	Alyssa Whipkey, ETSU	43.34m
2021	Mekayla Brown, ETSU	11.95m	2016	Hailey Cook, WCU	45.36m	2019	Emorie Long, SAM	39.49m
2022	Morayo Bhadmos, SAM	12.21m	2017	Maggie Johnston, SAM	47.08m	2020	No meet (COVID-19 pandemic)	
			2018	Maggie Johnston, SAM	48.31m	2021	Erin Long, SAM	42.65m
			2019 Maggie Johnston, SAM	51.40m	2022 Erin Long, SAM	51.02m		
			2020	No meet (COVID-19 pandemic)				
			2021	Maggie Johnston, SAM	50.79m	Heptathlon		
			2022	Victoria Solheim, WCU	46.95m	1999	Altavise Franklin, WCU	4,292
Shot put			Hammer throw			2000	Virginia LaCombe, WCU	4,225
1987	Michelle Withers, MAR	41'09.75"	1996	Chandra Nelson, MAR	44.04m	2001 Tyleana Hanner, UTC	5,361	
1988	Maelynn Thompson, ETSU	39'00.50"	1997	Robyn Stockunas, WCU	156'9"	2002	Virginia LaCombe, WCU	4,790
1989	Angie Barker, ETSU	44'07.00"	1998	Robyn Stockunas, WCU	154'07.00"	2003	Tondra White, APP	4,388
1990	Tina Osborne, MAR	40'10.50"	1999	Valerie Metz, WCU	142-07	2004	Kellie Mitchell, GSU	4,987
1991	Missy Kouns, MAR	42'11.00"	2000	Valerie Metz, WCU	163-8	2005	Laura Tieszen, WCU	4,387
1992	Michelle Rhyne, APP	43'01.00"	2001	Barbara Palmer, WCU	151'02.0"	2006	Kristie Boggan, APP	4,332
1993	Zondra Johnson, WCU	39'06.75"	2002	Amber Tiggs, GSU	162'0.0"	2007	Lathcha Sanders, CIT	4,396
1994	Beth Reck, MAR	41'03.00"	2003	LaShana Poole, APP	51.78m	2008	Kiara Crutchfield, APP	4,519
1995	LaSha Jackson, WCU	13.28m	2004	Chakosha Lance, CofC	54.23m	2009	Melanie Trumbo, GSU	4,589
1996	LaSha Jackson, WCU	14.58m	2005	Nikole Simmons, APP	55.27m	2010	Shaunta Hamilton, GSU	4,573
1997	LaSha Jackson, WCU	47'8.5"	2006	Nikole Simmons, APP	189-02	2011	Ashley Cope, SAM	4,669
1998	Ayokka Green, APP	48'01.00"	2007	Stephanie McNeill, CIT	163-01	2012	Ashley Cope, SAM	4,743
1999	Valerie Metz, WCU	41-10.50	2008	Brittani Williams, APP	49.06m	2013	Ashley Cope, SAM	4,673
2000	Valerie Metz, WCU	39-10.75	2009	Whitney Smyre, APP	49.27m	2014	Ashley Cope, SAM	4,806
2001	Ashley Herendon, WCU	44'00.0"	2010	Zakiyyah Stewart, WCU	50.92m	2015	Holly Gaines, WCU	4,584
2002	Mildred Cooper, VMI	44-04.25	2011	Zakiyyah Stewart, WCU	52.12m	2016	Holly Gaines, WCU	4,748
2003	Mildred Cooper, VMI	13.25m	2012	Zakiyyah Stewart, WCU	52.12m	2017	Selena Popp, SAM	5,129
2004	Beverly Burnett, APP	13.58m	2013	Kimberly Holt, Elon	53.45m	2018	Selena Popp, SAM	5,046
2005 Beverly Burnett, APP	15.50m		2014 Emily Allen, SAM	60.98m	2019	Amber Lust, WOF	5,005	
2006	Beverly Burnett, APP	48-11.50	2015	Aerial Horton, SAM	50.74m	2020	No meet (COVID-19 pandemic)	
2007	Stephanie McNeill, CIT	47-05.25	2016	Hailey Cook, WCU	50.88m	2021	Megan Dunn, WOF	5,013
2008	Jennifer Charles, GSU	13.60m	2017	Camille Caldwell, SAM	52.61m	2022	Mia Milasinovic, SAM	4,871
2009	Lily Tallent, APP	13.14m	2018	Tatiana Taylor, SAM	54.35m			
2010	Urysla Cotton, Elon	13.39m	2019	Tatiana Taylor, SAM	53.46m			
2011	Norjai Palma, APP	14.34m	2020	No meet (COVID-19 pandemic)				
2012	Sarah Sisk, CofC	13.55m	2021	Milan Williams, CIT	57.72m			
2013	Alisha Bradshaw, WCU	14.20m	2022	Hannah Daffin, SAM	53.60m			
2014	Brianna Tate, APP	14.61m	Javelin throw			1987 Meg Warren, APP	174'11.50"	
2015	Hailey Cook, WCU	14.88m	1988	Lee Ann Parsley, MAR	125'05.00"	1989	Lee Ann Parsley, MAR	129'09.00"
2016	Hailey Cook, WCU	14.71m	1990	Tammy Rayevich, FUR	134'02.00"	1991	Susan Inge, APP	127'02.00"
2017	Hailey Cook, WCU	14.85m						
2018	Alisha Blackmon, WCU	13.85m						
2019	Maggie Johnston, SAM	14.35m						
2020	No meet (COVID-19 pandemic)							
2021	Maggie Johnston, SAM	14.30m						
2022	Hannah Daffin, SAM	14.38m						
Discus throw								
1987	Lynn Cotton, MAR	122'10.00"						

2022 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	226	5. ETSU	87
2. Western Carolina	149	6. The Citadel	74
3. VMI	123	7. Wofford	42
4. Furman	95	8. UNCG	15

100-meter dash

1. Jordin Poindexter, VMI	10.27
2. Ronald Kent, WCU	10.49
3. David Miles, WCU	10.49
4. Nolan Johnson, ETSU	10.59
5. Evan Brooks, SAM	10.62
6. Jeremiah Wilks, VMI	10.67
7. Marcus Brown, WCU	10.77
8. Mac Strunk, CIT	10.78

200-meter dash

1. Jordin Poindexter, VMI	20.89
2. David Miles, WCU	21.29
3. Evan Brooks, SAM	21.49
4. Jeremiah Wilks, VMI	21.59
5. Mac Strunk, CIT	21.70
6. Nolan Johnson, ETSU	21.81
7. Marcus Brown, WCU	22.07

400-meter dash

1. Michael Harris, WCU	47.62
2. Johnnie Walker, VMI	47.96
3. Cagan Campbell, WOF	48.20
4. Conor Murphy, WOF	48.26
5. Treonte Newton, CIT	48.62
6. Richard Edwards, VMI	48.62
7. Matthew Grigg, SAM	48.77
8. Theron Bradford, WOF	48.81

800-meter run

1. Matthew Smith, FUR	1:48.37
2. Miguel Parrilla, ETSU	1:48.84
3. Phelani Maduwa, ETSU	1:50.57
4. Trent Whittaker, VMI	1:51.74
5. Josh Krafsur, ETSU	1:52.41
6. Harrison Siegel, SAM	1:52.57
7. Evan Guzman, ETSU	1:52.73
8. Jalen Elwell, WCU	1:52.83

1,500-meter run

1. Adam Bradtmueller, ETSU	3:44.56
2. Carson Williams, FUR	3:45.89
3. Matthew Scarr, ETSU	3:46.10
4. Aaron Wier, FUR	3:47.48
5. Evan Guzman, ETSU	3:48.66
6. Gavin Jenkins, VMI	3:49.95
7. Matthew Smith, FUR	3:50.88
8. Gabe Montague, FUR	3:52.45

5,000-meter run

1. Gabe Montague, FUR	15:18.40
2. Dylan Schubert, FUR	15:19.06
3. Carson Williams, FUR	15:19.21
4. Matthew Scarr, ETSU	15:19.78
5. Gavin Jenkins, VMI	15:22.58
6. Myles Stoots, ETSU	15:23.71
7. Adam Bradtmueller, ETSU	15:24.21
8. Gavin Cooper, ETSU	15:25.01

10,000-meter run

1. Dylan Christopher, UNCG	30:48.13
2. Noah Dolhare, FUR	30:50.65
3. Nick Goldstein, FUR	30:53.35
4. Adam Beucler, FUR	30:58.03
5. Michael Zapherson, UNCG	31:12.27
6. Sam Sharnas, CIT	31:24.33
7. Ethan Vargas, FUR	31:50.15
8. Thomas Kneppshield, UNCG	32:05.45

110-meter hurdles

1. Michael McMahan, SAM	14.52
2. Landon Wright, SAM	14.59
3. Kaleb Ambrose, WCU	14.91
4. Jonah Dill, FUR	15.17
5. Xander Topos, VMI	15.35
6. Logan Guzik, SAM	15.38
7. Grant Witherspoon, WOF	15.62
8. Gabel Fulford, SAM	15.74

400-meter hurdles

1. Michael McMahan, SAM	53.05
2. Landon Wright, SAM	53.34
3. Elijah Bull, WOF	53.39
4. Xander Topos, VMI	56.08
5. Kaleb Ambrose, WCU	56.34
6. Logan Guzik, SAM	56.70
7. Jonah Dill, FUR	57.66
8. Luke Segee, CIT	1:00.57

3,000-meter steeplechase

1. Ben Garner, SAM	8:55.55
2. Myles Stoots, ETSU	8:57.93
3. Gavin Cooper, ETSU	9:07.72
4. Josh Powers, FUR	9:26.41
5. Foster Wilfong, FUR	9:33.66
6. Luke Dobbins, SAM	9:56.64
7. Casey Burr, FUR	10:02.69
8. Andrew Hirneisen, VMI	10:24.64

4x100-meter relay

1. Western Carolina	41.13
2. Wofford	42.20
3. VMI	42.59
4. The Citadel	42.80
5. Samford	43.78
6. Furman	49.18

4x400-meter relay

1. VMI	3:11.08F 10
2. Wofford	3:14.54 8
3. Western Carolina	3:16.53 6
4. ETSU	3:19.16 5
5. The Citadel	3:26.38 4
6. Furman	3:34.48 3

High jump

1. Stephen Kraeling, CIT	2.05m
2. Brandon Harvey, WCU	2.00m
3. Augustine Morgan, SAM	1.90m
Edric Wenhold, SAM	1.90m
5. Matt Cahoon, SAM	1.90m
6. Prince Moody, CIT	1.90m
7. Tyler Smith, SAM	1.85m

Pole vault

1. Jed Sisco, SAM	5.20m
2. Sam Blumer, CIT	4.90m
3. Stockton McGuire, SAM	4.60m
4. Devin Merrick, CIT	4.45m
5. Thomas Martin, WCU	4.45m
6. Charles Cooley, WCU	4.45m
7. McCray Kelton, SAM	4.30m
8. Jonathan Lehe, WCU	4.00m

Long jump

1. Ty Kimberlin, SAM	7.28m
2. Javon Brown, WCU	7.28m
3. Javell Brown, WCU	7.16m
4. Charles Male, VMI	7.01m
5. Tyler Rodriguez, WCU	6.99m
6. Brandon Harvey, WCU	6.91m
7. Edwin Rainey, SAM	6.81m
8. Damian Hines, SAM	6.80m

Triple jump

1. Javon Brown, WCU	15.36m
2. Javell Brown, WCU	14.86m
3. Edwin Rainey, SAM	14.85m
4. Ian Jones, SAM	14.24m
5. Kaleb Ambrose, WCU	13.66m
6. Christopher Sheppard, WOF	13.65m
7. Charles Male, VMI	13.40m
8. Brandon Harvey, WCU	13.38m

Shot put

1. JP Caglione, CIT	15.49m
2. Adam Hart, WCU	15.48m
3. Ryan Eldridge, WCU	15.03m
4. Solomon Ghosh, VMI	14.54m
5. Riley Center, WCU	14.53m
6. Seth Wolfe, SAM	14.52m
7. Matt Cahoon, SAM	14.41m
8. Hikeem Elmore, CIT	14.22m

Discus throw

1. Solomon Ghosh, VMI	48.70m
2. Matt Cahoon, SAM	48.53m
3. Adam Hart, WCU	46.89m
4. Seth Wolfe, SAM	46.76m
5. JP Caglione, CIT	45.98m
6. Marshall Gainer, SAM	43.26m
7. Herbert Brooks, VMI	40.99m
8. Noah Shelton, ETSU	38.54m

Hammer throw

1. Seth Wolfe, SAM	59.48m
2. JP Caglione, CIT	55.83m
3. Matt Cahoon, SAM	54.15m
4. Andrew Granger, VMI	49.74m
5. Marshall Gainer, SAM	46.80m
6. Zach Fejeran, ETSU	45.72m
7. Adam Hart, WCU	44.25m
8. Noah Shelton, ETSU	44.17m

Javelin throw

1. Ashton Domingue, SAM	67.01m 10
2. Matt Cahoon, SAM	65.45m 8
3. Ty Wesenyak, VMI	54.56m 6
4. Ty Hevener, VMI	53.14m 5
5. Noah Shelton, ETSU	52.72m 4
6. Paul Szuba, WOF	52.37m 3
7. Caleb McDonald, CIT	51.47m 2
8. Ian McCorkle, CIT	49.73m 1

Decathlon

1. Ty Kimberlin, SAM	6,769
2. Stockton McGuire, SAM	6,672
3. Damian Hines, SAM	6,457
4. Bryce Williamson, SAM	6,075
5. McCray Kelton, SAM	5,984
6. Isaiah Blount, VMI	5,693
7. Kevin Linko, VMI	5,249
8. Hunter Reed, VMI	4,977

Most Outstanding Athlete

Matt Cahoon, Samford

Most Outstanding Track Performer

Jordin Poindexter, VMI

Most Outstanding Field Performer

Matt Cahoon, Samford

Freshman of the Year

Matthew Smith, Furman

Pinnacle Award

Logan Guzik, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2022 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	224	6. The Citadel	46
2. ETSU	138	7. Mercer	31
3. Western Carolina	133	8. Chattanooga	21
4. Wofford	117	9. VMI	14
5. Furman	94	10. UNCG	0

100-meter dash

1. Nicole Johnson, ETSU	11.66
2. Eleyah Armstrong, VMI	11.83
3. Makaila McIntyre, WCU	11.91
4. Georgia McDevitt, WOF	11.91
5. Rylee Jorgensen, WOF	12.04
6. Samaya O'Dneal, MER	12.04
7. Jaciya Guthrie, ETSU	12.05
8. Lanaya Martin, ETSU	12.09

200-meter dash

1. Marissa Blakely, WCU	24.29
2. Nytrinety Jenkins, WCU	24.43
3. Kelsey Martin, SAM	24.44
4. Madeline McNinch, WOF	24.69
5. Mecca Jackson, CIT	24.71
6. Jasmine Jefferson, WOF	24.96
7. Bianca Browne, MER	25.07
8. Samaya O'Dneal, MER	25.25

400-meter dash

1. Marissa Blakely, WCU	54.93
2. Nytrinety Jenkins, WCU	55.71
3. Tara Davis, MER	56.35
4. Jasmine Jefferson, WOF	56.55
5. Kaitlyn Cole, SAM	57.70
6. Mikayla Turner, WCU	58.46
7. Dahlia Cutler, WOF	58.48
8. Hannah Burkhart, ETSU	58.64

800-meter run

1. Megan Marvin, FUR	2:07.66
2. Jessica Lord, ETSU	2:09.66
3. Katie Strozier, SAM	2:12.11
4. Genevieve Schwarz, ETSU	2:13.86
5. McKenzie Hogue, SAM	2:14.82
6. Julia Karsten, ETSU	2:16.16
7. Rebekah Howard, ETSU	2:19.41
8. Jaziah Ochoa, MER	2:20.80

1,500-meter run

1. Megan Marvin, FUR	4:20.44
2. Madelynn Cadeau, FUR	4:22.20
3. Genevieve Schwarz, ETSU	4:22.72
4. Bethany Graham, FUR	4:26.43
5. Abigail Robertson, FUR	4:28.72
6. McKenzie Hogue, SAM	4:32.58
7. Allie Nelson, SAM	4:37.04
8. Kiera Snyder, ETSU	4:40.96

5,000-meter run

1. Bethany Graham, FUR	17:05.04
2. Emily Little, FUR	17:10.60
3. Madelynn Cadeau, FUR	17:25.89
4. Kate Mattison, WCU	17:27.53
5. Ashley Walker, SAM	17:39.40
6. Nicole Matysik, FUR	17:45.69
7. Sinkenesh Parker, SAM	17:59.31
8. Lesley Green, UTC	18:07.96

10,000-meter run

1. Emily Little, FUR	36:16.17
2. Kate Mattison, WCU	36:34.29
3. Lesley Green, UTC	37:08.22
4. Kylie Wittman, FUR	38:30.29
5. Emma Russum, CIT	38:40.05
6. Heidi Fortin, CIT	39:00.59
7. Julia Foote, ETSU	39:22.81
8. Carolyne Shealy, WOF	39:50.71

100-meter hurdles

1. Kerrington Johnson, WOF	13.40
2. Lindsay Cooper, ETSU	13.74
3. Amiel Dabney, SAM	13.89
4. Destiny Shippy, WOF	13.93
5. Dami Shodeinde, WCU	14.29
6. Riley Alexander, SAM	14.36
7. Mallory Lowe, WCU	14.55
8. Tre'Breh Scott, WCU	14.77

400-meter hurdles

1. Lindsay Cooper, ETSU	1:00.33
2. Ariel Raggs, MER	1:00.36
3. Kerrington Johnson, WOF	1:02.05
4. Ayden Drake, SAM	1:02.09
5. Gracie Morse, UTC	1:06.01
6. Johnaida Eliscar, ETSU	1:06.64
7. Britney Griffith, ETSU	1:08.11
8. Caroline Nguyen, FUR	1:09.80

3,000-meter steeplechase

1. Nicole Matysik, FUR	10:55.84
2. Allie Nelson, SAM	10:59.30
3. Makayla Shaw, ETSU	11:13.81
4. Harper McGowan, SAM	11:26.57
5. Mary Claire Ridgeway, WOF	11:29.86
6. Shila Kapaya, ETSU	11:46.96
7. Sydney Runyan, WCU	11:55.67
8. Naomi Hahn, VMI	11:56.97

4x100-meter relay

1. Wofford	45.99
2. ETSU	46.19
3. Western Carolina	46.89
4. Samford	47.57
5. Mercer	47.59
6. The Citadel	48.40
7. Chattanooga	49.56
8. Furman	52.13

4x400-meter relay

1. ETSU	3:48.68
2. Wofford	3:50.19
3. Mercer	3:50.88
4. Western Carolina	3:53.69
5. Samford	3:58.22
6. Furman	4:10.86
7. The Citadel	4:14.97
8. Chattanooga	4:21.66

High jump

1. Makenzie Hooton, SAM	1.65m
2. Netanya Linares, WOF	1.60m
3. Erin Long, SAM	1.60m
4. Marissa Blakely, WCU	1.60m
5. Mia Milasinovic, SAM	1.55m
6. Savannah Schmidt, SAM	1.55m
7. Mekayla Brown, ETSU	1.55m
8. Jaclyn Wright, ETSU	1.50m

Pole vault

1. Brittany Bishop, SAM	4.01m
2. Alexis Cook, SAM	3.56m
3. Riley Alexander, SAM	3.56m
4. Kaelyn McCann, SAM	3.56m
5. Diana Romero-Barba, ETSU	3.41m
6. Emily Hickey, CIT	3.41m
7. Carter Unger, WCU	3.26m

Long jump

1. Makaila McIntyre, WCU	5.73m
2. Mekayla Brown, ETSU	5.70m
3. Rylee Jorgensen, WOF	5.66m
4. Madeline McNinch, WOF	5.58m
5. Georgia McDevitt, WOF	5.53m
6. Kimbra Dunning, UTC	5.50m
7. Aiya Finch, SAM	5.36m
8. Chandler Robinson, WOF	5.35m

Triple jump

1. Morayo Bhadmos, SAM	12.21m
2. Makaila McIntyre, WCU	12.20m
3. Mekayla Brown, ETSU	12.17m
4. Kelsey Martin, SAM	11.58m
5. Derica Currie, WCU	11.43m
6. Rylee Jorgensen, WOF	11.25m
7. Erica O'Neal, WCU	11.14m
8. Aiya Finch, SAM	10.87m

Shot put

1. Hannah Daffin, SAM	14.38m
2. Carisma Holland, CIT	13.68m
3. Tatiana Corso, CIT	13.06m
4. Alex Webb, SAM	12.46m
5. Victoria Solheim, WCU	12.44m
6. Emma Nolte, SAM	12.36m
7. Ellie Miller, VMI	11.95m
8. Anna Moore, ETSU	11.67m

Discus throw

1. Victoria Solheim, WCU	46.95m
2. Mary Brown, ETSU	41.39m
3. Emma Nolte, SAM	40.61m
4. Carisma Holland, CIT	37.56m
5. Hannah Daffin, SAM	37.04m
6. Tatiana Corso, CIT	34.99m
7. Taniyah Thomas, WCU	33.93m
8. Anna Moore, ETSU	33.32m

Hammer throw

1. Hannah Daffin, SAM	53.60m
2. Mary Brown, ETSU	50.65m
3. Emma Nolte, SAM	50.05m
4. Jenna Reid, WOF	48.82m
5. Victoria Solheim, WCU	47.45m
6. Carisma Holland, CIT	45.69m
7. Rebecca Avery, ETSU	45.17m
8. Alexis Rocker, VMI	41.83m

Javelin throw

1. Erin Long, SAM	51.02m
2. Alex Webb, SAM	43.89m
3. Jenna Reid, WOF	43.85m
4. Ali Ruffin, CIT	41.11m
5. Emorie Long, SAM	38.71m
6. Mia Milasinovic, SAM	36.99m
7. Ellie Miller, VMI	35.63m
8. Shannon Ziccarello, CIT	34.65m

Heptathlon

1. Mia Milasinovic, SAM	4,871
2. Netanya Linares, WOF	4,734
3. Savannah Schmidt, SAM	4,285
4. Britney Griffith, ETSU	3,991
5. Omare McBride, WCU	3,955
6. Marga Van Der Linde, WOF	3,917
7. Caroline Huff, SAM	3,528
8. Abbey King, ETSU	3,515

Most Outstanding Athletes

Marissa Blakely, Western Carolina

Most Outstanding Track Performer

Marissa Blakely, Western Carolina

Most Outstanding Field Performer

Hannah Daffin, Samford

Freshman of the Year

Madelynn Cadeau, Furman

Pinnacle Award

Savannah Schmidt, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2021 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	204.5	5. The Citadel	100
2. Western Carolina	139.5	6. Wofford	83
3. Furman	122	7. ETSU	41
4. VMI	113	8. UNCG	12

100-meter dash

1. Emmanuel Tait, SAM	10.58
2. Jordin Poindexter, VMI	10.60
3. Evan Brooks, SAM	10.70
4. Jaylen Muhammad, WOF	10.72
5. Marcus Brown, WCU	10.82
6. Timiebi Ogbri, CIT	10.84
7. Tyler Manigault, WCU	10.86
8. David Miles, WCU	11.11

200-meter dash

1. Jordin Poindexter, VMI	21.32
2. Marcus Brown, WCU	21.43
3. Evan Brooks, SAM	21.46
4. Jaylen Muhammad, WOF	21.51
5. Conor Murphy, WOF	22.02
6. Samuel Larkin III, WOF	22.06
7. Tyler Manigault, WCU	22.16
8. David Miles, WCU	24.03

400-meter dash

1. Kane Duncan, CIT	47.89
2. Conor Murphy, WOF	47.95
3. Johnnie Walker, VMI	48.28
4. Elijah Bull, WOF	48.33
5. Shon Pratcher, WCU	48.65
6. Larkin III, Samuel WOF	48.80
7. Kevin Haley Jr., WCU	49.46
8. Treonte Newton, CIT	49.57

800-meter run

1. Ryan Adams, FUR	1:50.72
2. Phelani Maduwa, ETSU	1:51.71
3. Jose Penalver, SAM	1:52.15
4. Miguel Parrilla, ETSU	1:52.20
5. Trent Whittaker, VMI	1:53.52
6. Nick Epstein, FUR	1:53.76
7. Evan Guzman, ETSU	1:53.93
8. Zach Lauster, VMI	1:54.73

1,500-meter run

1. Ryan Adams, FUR	3:53.88
2. Jake Ogden, FUR	3:54.96
3. Trent Whittaker, VMI	3:55.29
4. Matthew Scarr, ETSU	3:55.43
5. Daniel Bernal, FUR	3:56.06
6. Evan Guzman, ETSU	3:56.19
7. Ares Reading, FUR	3:58.50
8. Colin Alexander, UNCG	3:58.85

5,000-meter run

1. Noah Dolhare, FUR	14:18.19
2. Gavin Jenkins, VMI	14:21.73
3. Dylan Schubert, FUR	14:22.66
4. Mason Coppi, FUR	14:23.47
5. Daniel Bernal, FUR	14:32.35
6. Jake Ogden, FUR	14:35.51
7. Dylan Christopher, UNCG	14:35.77
8. Andrew Hammel, FUR	14:43.35

10,000-meter run

1. David Ahlmeyer, FUR	30:33.53
2. Andrew Hammel, FUR	30:36.27
3. Adam Beucler, FUR	30:38.60
4. Dylan Christopher, UNCG	30:51.96
5. Ares Reading, FUR	31:01.14
6. Trent Mandato, FUR	31:05.24
7. Benjamin Seeber, FUR	31:12.65
8. Seth Bowden, ETSU	31:24.73

110-meter hurdles

1. Michael McMahan, SAM	13.98
2. Titus Moore, SAM	14.00
3. Isaiah Ellis, WOF	14.05
4. Emmanuel Tait, SAM	14.35
5. Mike Jones, WCU	14.80
6. Keyandre Midgett, VMI	14.81
7. Landon Wright, SAM	15.03
8. Liam McBride, VMI	15.43

400-meter hurdles

1. Michael McMahan, SAM	51.00
2. Isaiah Ellis, WOF	53.24
3. Elijah Bull, WOF	53.57
4. Matthew Grigg, SAM	53.73
5. Gabel Fulford, SAM	55.07
6. Jonah Dill, FUR	55.08
7. Jack Rice, VMI	57.75
8. Mike Jones, WCU	59.40

3,000-meter steeplechase

1. Cameron Ponder, FUR	8:49.66
2. Gavin Jenkins, VMI	8:54.41
3. Ben Garner, SAM	8:57.78
4. Myles Stoots, ETSU	9:32.53
5. Walt Kitson, VMI	9:33.54
6. Spencer Tate, FUR	9:34.25
7. Josh Powers, FUR	9:56.47
8. Josh Hendry, WOF	9:58.64

4x100-meter relay

1. Western Carolina	40.95
2. Wofford	41.21
3. VMI	41.86
4. The Citadel	42.39
5. Samford	43.82
6. Furman	50.99

4x400-meter relay

1. VMI	3:12.99
2. The Citadel	3:16.10
3. ETSU	3:16.86
4. Western Carolina	3:17.00
5. UNCG	3:26.77
6. Samford	3:28.51
7. Furman	3:28.67
-- Wofford	DQ

High jump

1. Justin Stuckey, SAM	2.19m
2. Stephen Kraeling, CIT	2.05m
3. Prince Moody, CIT	2.00m
4. Louis Brogan, SAM	2.00m
5. Matt Cahoon, SAM	2.00m
6. Brandon Harvey, WCU	1.95m
7. Tanner Henry, WOF	1.95m
8. Malachi Thomas, ETSU	1.95m

Pole vault

1. Jed Sisco, SAM	4.90m
2. Sam Blumer, CIT	4.90m
3. Devin Merrick, CIT	4.60m
4. Charles Cooley, WCU	4.45m
5. Lindsay Pierce, CIT	4.45m
6. Thomas Martin, WCU	4.30m
7. McCray Kelton, SAM	4.30m
8. Sebastian Latorre, WOF	4.30m

Long jump

1. Shon Pratcher, WCU	7.43m
2. Tyler Rodriguez, WCU	6.98m
3. Ty Kimberlin, SAM	6.93m
4. Keyandre Midgett, VMI	6.91m
5. Justin Stuckey, SAM	6.85m
6. Titus Moore, SAM	6.82m
7. Brandon Harvey, WCU	6.76m
8. Kaleb Ambrose, WCU	6.73m

Triple jump

1. Edwin Rainey, SAM	14.80m
2. Keyandre Midgett, VMI	14.63m
3. Ty Kimberlin, SAM	13.92m
4. Brandon Harvey, WCU	13.79m
Noah Osborne, SAM	13.79m
6. Christopher Sheppard, WOF	13.51m
7. Kaleb Ambrose, WCU	13.35m
8. Tyler Rodriguez, WCU	13.17m

Shot put

1. Ryan Eldridge, WCU	15.74m
2. Mac Bennett, WCU	15.47m
3. Matt Cahoon, SAM	15.33m
4. JP Caglione, CIT	15.15m
5. Jay Stanley, WCU	15.13m
6. Solomon Ghosh, VMI	14.83m
7. Prince Howard-Whitaker, CIT	14.67m
8. Adam Hart, WCU	14.61m

Discus throw

1. Matt Cahoon, SAM	49.98m
2. Solomon Ghosh, VMI	48.70m
3. JP Caglione, CIT	46.68m
4. Mac Bennett, WCU	45.41m
5. Prince Howard-Whitaker, CIT	44.86m
6. Jay Stanley, WCU	43.93m
7. Adam Hart, WCU	43.21m
8. Marshall Gainer, SAM	40.08m

Hammer throw

1. JP Caglione, CIT	57.10m
2. Andrew Granger, VMI	54.91m
3. Jay Stanley, WCU	51.77m
4. Mac Bennett, WCU	49.03m
5. Prince Howard-Whitaker, CIT	48.73m
6. Ryan Eldridge, WCU	47.55m
7. Matt Cahoon, SAM	46.63m
8. Adam Hart, WCU	45.39m

Javelin throw

1. Matt Cahoon, SAM	67.87m
2. Brett Lemmons, WCU	56.52m
3. Evan McDonald, CIT	54.09m
4. Noah Shelton, ETSU	51.83m
5. Devin Merrick, CIT	51.04m
6. Paul Szuba, WOF	49.40m
7. Stockton McGuire, SAM	48.16m
8. Ty Wesenyak, VMI	47.73m

Decathlon

1. Ty Kimberlin, SAM	6659
2. Tanner Henry, WOF	6466
3. Landon Wright, SAM	6104
4. Thomas Ozburn, SAM	6034
5. Sebastian Latorre, WOF	5974
6. McCray Kelton, SAM	5930
7. Max Burke, VMI	4985
8. Kevin Linko, VMI	4805

Most Outstanding Athlete

Matt Cahoon, Samford

Most Outstanding Track Performer

Jordin Poindexter, VMI

Most Outstanding Field Performer

Matt Cahoon, Samford

Freshman of the Year

Ty Kimberlin, Samford

Pinnacle Award

Luke Dobbins, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)
- 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

2021 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	229.5	6. Mercer	59
2. Wofford	120.5	7. The Citadel	50
3. Western Carolina	114	8. VMI	34
4. ETSU	93	9. Chattanooga	30
5. Furman	88	10. UNCG	0

100-meter dash

1. Cherrish Wright, MER	11.63
2. Mecca Jackson, CIT	11.88
3. Hannah Lueders, SAM	11.92
4. Lauryn Dancy, MER	11.99
5. Destiny Shippy, WOF	12.02
6. Madeline McNinch, WOF	12.04
7. Makaila McIntyre, WCU	12.07
8. Ariana Ruffin, VMI	12.14

200-meter dash

1. Cherrish Wright, MER	23.88
2. Hannah Lueders, SAM	24.24
3. Destiny Shippy, WOF	24.25
4. Mecca Jackson, CIT	24.26
5. Ariana Ruffin, VMI	24.38
6. Dominiq Delisser, WCU	24.86
7. Kaitlyn Cole, SAM	25.01
8. Mekyll Robinson, WCU	25.02

400-meter dash

1. Carlandra Jones, MER	54.74
2. Kellsie Whitehead, WCU	55.56
3. Jasmine Jefferson, WOF	55.92
4. Kaitlyn Cole, SAM	56.15
5. Tara Davis, MER	56.66
6. Dahlia Cutler, WOF	57.20
7. Marissa Blakely, WCU	57.29
8. Dominiq Delisser, WCU	57.41

800-meter run

1. Megan Marvin, FUR	2:04.18
2. Gabbi Jennings, FUR	2:04.66
3. Emma Kuntz, FUR	2:06.35
4. Katie Strozier, SAM	2:12.22
5. Nicole Buehrle, UTC	2:13.63
6. Jessica Lord, ETSU	2:13.76
7. Julia Karsten, ETSU	2:14.89
8. Colbie Williamson, ETSU	2:23.87

1,500-meter run

1. Gabbi Jennings, FUR	4:22.51
2. Bethany Graham, FUR	4:26.79
3. Mary Grace Strozier, SAM	4:27.86
4. Nicole Buehrle, UTC	4:28.36
5. Genevieve Schwarz, ETSU	4:29.07
6. Lindsey Stallworth, ETSU	4:30.15
7. Allie Nelson, SAM	4:33.47
8. Beth Donnelly, FUR	4:34.54

5,000-meter run

1. Bethany Graham, FUR	17:04.60
2. Emma Garner, SAM	17:18.45
3. Emily Little, FUR	17:21.87
4. Lindsey Stallworth, ETSU	17:26.56
5. Mary Grace Strozier, SAM	17:38.74
6. Kate Mattison, WCU	17:43.33
7. Kylie Wittman, FUR	17:48.86
8. Emily Lane, FUR	17:49.17

10,000-meter run

1. Jonna Strange, FUR	35:31.32
2. Emily Little, FUR	36:34.37
3. Lesley Green, UTC	37:08.81
4. Kate Mattison, WCU	37:17.58
5. Kylie Wittman, FUR	37:22.21
6. Makenzie Jones, UTC	37:44.06
7. Emma Russum, UTC	37:47.86
8. Ashley McMahon, MER	37:54.96

100-meter hurdles

1. Kerrington Johnson, WOF	13.27
2. Cherrish Wright, MER	13.70
3. Destiny Shippy, WOF	13.74
4. Netanya Linares, WOF	14.31
5. Imani Boyd, WCU	14.35
6. Amaya English, WCU	14.513
7. Riley Alexander, SAM	14.514
8. Mallory Lowe, WCU	14.84

400-meter hurdles

1. Kerrington Johnson, WOF	1:01.42
2. Britney Griffith, ETSU	1:02.41
3. Imani Boyd, WCU	1:03.17
4. Johnaida Eliscar, ETSU	1:03.43
5. Amanda Dumar, SAM	1:07.32
6. Lily Meetze, WOF	1:08.77
7. Mallory Lowe, WCU	1:09.80
8. Caroline Nguyen, FUR	1:12.60

3,000-meter steeplechase

1. Emma Garner, SAM	10:54.35
2. Harper McGowan, SAM	11:33.88
3. Naomi Hahn, VMI	12:00.47
4. Faith Brown, UTC	12:21.77
5. Casey Miller, CIT	12:35.76
6. Sara Belamarich, VMI	12:40.41
7. Janie Holecek, WOF	12:55.44
8. Morgan Roberts, WOF	12:58.34

4x100-meter relay

1. Wofford	46.27
2. Western Carolina	46.39
3. Mercer	46.53
4. Samford	47.09
5. The Citadel	47.64
6. ETSU	48.21
7. VMI	48.25
8. Chattanooga	50.15

4x400-meter relay

1. Western Carolina	3:44.01
2. VMI	3:47.91
3. ETSU	3:49.47
4. Mercer	3:49.70
5. Wofford	3:52.14
6. Furman	3:53.28
7. The Citadel	3:54.66
8. Chattanooga	4:13.29

High jump

1. Charlotte Krause, SAM	1.74m
2. Makenzie Hooton, SAM	1.70m
3. Megan Elliott, SAM	1.70m
4. Tally Wilson, SAM	1.60m
Mia Milasinovic, SAM	1.60m
6. Mya Dollard, CIT	1.60m
Imani Boyd, WCU	1.60m
8. Ronje Williams, WCU	1.60m

Pole vault

1. Tally Wilson, SAM	3.97m
2. Jackie Barnes, SAM	3.82m
3. Brittany Bishop, SAM	3.82m
4. Alexis Cook, SAM	3.82m
5. Carter Unger, WCU	3.52m
Riley Alexander, SAM	3.52m
7. Netanya Linares, WOF	3.52m
Kaelyn McCann, SAM	3.52m

Long jump

1. Makaila McIntyre, WCU	5.87m
2. Mekayla Brown, ETSU	5.61m
3. Molly Rhudy, ETSU	5.51m
4. Aiya Finch, SAM	5.48m
5. Rylee Jorgensen, WOF	5.45m
6. Kimbra Dunning, UTC	5.45m
7. Kendra Whitehurst, ETSU	5.42m
8. Chandler Robinson, WOF	5.31m

Triple jump

1. Mekayla Brown, ETSU	11.95m
2. Morayo Bhados, SAM	11.94m
3. Makaila McIntyre, WCU	11.89m
4. Omare McBride, WCU	11.70m
5. Amaya English, WCU	11.63m
6. Kendra Whitehurst, ETSU	11.34m
7. Rylee Jorgensen, WOF	11.28m
8. Chloe Cobbett, WCU	10.97m

Shot put

1. Maggie Johnston, SAM	14.30m
2. Sarah Leckman, VMI	14.00m
3. Lesleigh Tabor, WCU	13.40m
4. Kelly Hogan, WOF	12.76m
5. Milan Williams, CIT	12.35m
6. Emma Nolte, SAM	11.75m
7. Ellie Miller, VMI	11.66m
8. Atlantis Warren, ETSU	11.57m

Discus throw

1. Maggie Johnston, SAM	50.79m
2. Mary Brown, ETSU	40.27m
3. Victoria Solheim, WCU	40.13m
4. Emma Nolte, SAM	38.91m
5. Hannah Daffin, SAM	38.01m
Milan Williams, CIT	38.01m
7. Atlantis Warren, ETSU	37.71m
8. Margaret Hayden, ETSU	36.07m

Hammer throw

1. Milan Williams, CIT	57.72m
2. Hannah Daffin, SAM	54.87m
3. Maggie Johnston, SAM	54.46m
4. Margaret Hayden, ETSU	54.30m
5. Jenna Reid, WOF	49.61m
6. Mary Brown, ETSU	48.27m
7. Atlantis Warren, ETSU	45.64m
8. Victoria Solheim, WCU	44.46m

Javelin throw

1. Erin Long, SAM	42.65m
2. Jenna Reid, WOF	42.44m
3. Emorie Long, SAM	38.43m
4. Megan Dunn, WOF	35.47m
5. Anna Barfield, CIT	33.98m
6. Shannon Ziccarello, CIT	33.49m
7. Mary Brown, ETSU	33.40m
8. Kelly Hogan, WOF	33.12m

Heptathlon

1. Megan Dunn, WOF	5,013
2. Caroline Huff, SAM	4,504
3. Netanya Linares, WOF	4,493
4. Mia Milasinovic, SAM	4,322
5. Ronje Williams, WCU	3,934
6. Rylee Dean, WCU	3,293
7. Beckah Goras, WCU	2,823

Most Outstanding Athletes

Cherrish Wright, Mercer

Most Outstanding Track Performer

Cherrish Wright, Mercer

Most Outstanding Field Performer

Maggie Johnston, Samford

Freshman of the Year

Kerrington Johnson, Wofford

Pinnacle Award

Aiya Finch, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)
- 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

2019 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	186	5. Furman	88
2. Samford	169	6. The Citadel	74
3. ETSU	136	7. VMI	65
4. Wofford	91	8. UNCG	5

100-meter dash

1. Josiah Johnson, CIT	10.50
2. Emmanuel Tait, SAM	10.62
3. Karon Delince, ETSU	10.79
4. Kashif Warren, ETSU	10.90
5. Jaylen Muhammad, WOF	10.92
6. Gregory Jacobs, WCU	10.94
7. Timiebi Ogobri, CIT	11.01
8. Cory Alston, WCU	11.02

200-meter dash

1. Devaniel Dale, WCU	20.86
2. Josiah Johnson, CIT	21.08
3. Jaylen Muhammad, WOF	21.23
4. Jordin Poindexter, VMI	21.80
5. Shon Pratcher, WCU	21.81
6. Kashif Warren, ETSU	22.01
7. Tyler Manigault, WCU	22.10
8. Trey Richardson, CIT	22.37

400-meter dash

1. Devaniel Dale, WCU	46.55
2. Shon Pratcher, WCU	48.52
3. Miles Greer, WCU	48.86
4. Jordan Woodbine, SAM	49.04
5. Elijah Bull, WOF	49.10
6. Trey Richardson, CIT	49.33
7. Bradford Smith, WOF	50.06
8. Hunter Sampson, ETSU	51.03

800-meter run

1. Ryan Adams, FUR	1:50.50
2. Khayvonn Benson, ETSU	1:52.38
3. Jahanzib Shahbaz, VMI	1:52.92
4. Caleb Albrecht, WCU	1:54.21
5. Matthew Scarr, ETSU	1:54.46
6. Stephan Kulick, CIT	1:54.75
7. Seth Corey, SAM	1:55.67
8. Weston Clayton, UNCG	1:56.70

1,500-meter run

1. Ryan Adams, FUR	3:48.15
2. Jake Ogden, FUR	3:48.45
3. Jahanzib Shahbaz, VMI	3:50.07
4. Matthew Scarr, ETSU	3:50.33
5. Wes Pectol, ETSU	3:51.19
6. Jack Zemp, WOF	3:54.39
7. Khayvonn Benson, ETSU	3:55.27
8. Owen Bailey, SAM	3:56.72

5,000-meter run

1. Frank Lara, FUR	14:40.63
2. Luke Meade, FUR	14:43.77
3. Mason Coppi, FUR	14:50.88
4. Daniel Bernal, FUR	14:52.87
5. Dillon Dean, SAM	14:55.96
6. Ben Varghese, ETSU	15:02.79
7. Noah Charles, ETSU	15:14.37
8. Ben O'Connor, ETSU	15:21.08

10,000-meter run

1. Frank Lara, FUR	31:00.06
2. Luke Meade, FUR	31:01.66
3. Daniel Bernal, FUR	31:04.07
4. Dillon Dean, SAM	31:05.92
5. Mason Coppi, FUR	31:21.07
6. Seth Bowden, ETSU	31:39.00
7. Luke Sumerford, UNCG	31:57.57
8. Colin Martin, CIT	32:16.72

110-meter hurdles

1. Emmanuel Tait, SAM	14.15
2. Titus Moore, SAM	14.27
3. Michael McMahan, SAM	14.48
4. Mike Jones, WCU	14.64
5. Jack McHugh, SAM	14.91
6. James Granderson, VMI	14.94
7. Jonathan Hall, WOF	15.34
-- Cory Alston, WCU	DQ

400-meter hurdles

1. Michael McMahan, SAM	52.47
2. Elijah Bull, WOF	53.677
3. Isaiah Ellis, WOF	53.678
4. Mike Jones, WCU	53.77
5. Jordan Oballe, SAM	53.94
6. Warren Fitzpatrick, SAM	55.35
7. Dylan Andrade, WCU	57.42
8. Jonathan Hall, WOF	58.54

3,000-meter steeplechase

1. Noah Charles, ETSU	9:12.91
2. Ben Garner, SAM	9:18.97
3. Gavin Jenkins, VMI	9:19.19
4. Tyler Robakiewicz, WCU	9:51.09
5. Ben O'Connor, ETSU	9:59.69
6. Walt Kitson, VMI	9:59.91
7. Jeremiah Gaulding, VMI	10:00.37
8. Zach Johnson, ETSU	10:01.50

4x100-meter relay

1. The Citadel	40.71
2. Western Carolina	40.95
3. ETSU	41.38
4. Wofford	41.64
5. Samford	41.74
6. VMI	41.81
7. Furman	50.93

4x400-meter relay

1. Samford	3:15.153
2. Western Carolina	3:15.154
3. Citadel	3:16.34
4. VMI	3:17.47
5. ETSU	3:21.79
6. Wofford	3:23.31
7. UNC Greensboro	3:31.22
8. Furman	3:33.11

High jump

1. Dakota Oxendine, WCU	2.12m
2. Keyth Fightmaster, SAM	2.08m
3. Justin Stuckey, SAM	2.08m
4. Matt Cahoon, SAM	2.08m
5. Tyler Hanks, WCU	2.03m
6. Dijoun Huit, WCU	1.98m
7. Gavin Jenkins, VMI	1.93m
8. Noah Shelton, ETSU	1.93m

Pole vault

1. Hugh Duggan, SAM	5.20m
2. Andrew Arlint, VMI	4.70m
3. Sam Blumer, CIT	4.60m
4. Hunter Schlatter, SAM	4.60m
5. Charles Cooley, WCU	4.45m
6. Devin Merrick, CIT	4.45m
7. Daniel Walsh, VMI	4.30m
8. Jonathan Lehe, WCU	4.15m

Long jump

1. Karon Delince, ETSU	7.54m
2. Trini Feggett, WCU	7.42m
3. Shon Pratcher, WCU	7.39m
4. Benjamin Okafor, WCU	7.12m
5. Titus Moore, SAM	7.07m
6. Jon Waarvik, SAM	7.02m
7. James Granderson, VMI	7.00m
8. Justin Stuckey, SAM	6.96m

Triple jump

1. Dijoun Huit, WCU	15.42m
2. Yohana Koko, ETSU	15.10m
3. Blaine Ashton, VMI	14.55m
4. Benjamin Okafor, WCU	14.31m
5. Tyler Hanks, WCU	14.19m
6. Shon Pratcher, WCU	13.98m
7. Brandon Harvey, WCU	13.73m
8. Nicholas Lyons, WCU	13.69m

Shot put

1. Dakota Wright, WCU	16.79m
2. Benjamin Johnson, ETSU	16.78m
3. Austin Lufkin, WOF	15.56m
4. Matt Cahoon, SAM	15.13m
5. Longinus Nnodim, WOF	14.88m
6. Mac Bennett, WCU	14.83m
7. Adam Hart, WCU	14.25m
8. Ja'lon Williams, CIT	14.21m

Discus throw

1. Ben Johnson, ETSU	54.53m
2. Matt Cahoon, SAM	48.56m
3. Austin Lufkin, WOF	47.78m
4. Dakota Wright, WCU	46.29m
5. Mac Bennett, WCU	44.17m
6. Prince Howard-Whitaker, CIT	44.05m
7. Adam Hart, WCU	43.08m
8. Daniel Usher, VMI	42.39m

Hammer throw

1. Ben Johnson, ETSU	59.89m
2. Dakota Wright, WCU	55.70m
3. Longinus Nnodim, WOF	52.69m
4. Ja'lon Williams, CIT	51.23m
5. Kolin Miller, ETSU	48.82m
6. Matt Cahoon, SAM	48.68m
7. Prince Howard-Whitaker, CIT	46.24m
8. Mac Bennett, WCU	45.59m

Javelin throw

1. Ben Johnson, ETSU	60.80m
2. Matt Cahoon, SAM	60.17m
3. Charlie Hatler, CIT	56.10m
4. Conrad Heinrich, WOF	54.96m
5. Evan McDonald, CIT	53.25m
6. Noah Shelton, ETSU	46.21m
7. Hunter Schlatter, SAM	43.73m
8. Jordan Oballe, SAM	43.52m

Decathlon

1. Conrad Heinrich, WOF	6,574
2. Thomas Ozburn, SAM	6,343
3. William Stout, WOF	6,096
4. Max Burke, VMI	5,022
5. Thomas Maxey, WOF	4,775
6. Khadevis Snead, WCU	4,696

Most Outstanding Athlete

Ben Johnson, ETSU

Most Outstanding Track Performer

Devaniel Dale, Western Carolina

Most Outstanding Field Performer

Ben Johnson, ETSU

Freshman of the Year

Elijah Bull, Wofford

Pinnacle Award

Miles Greer, Western Carolina

Coach of the Year

Rod Tiffin, Samford
Jesse Norman, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2019 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	228	6. Mercer	70
2. Wofford	126	T-7. VMI	31
3. Western Carolina	119	T-7. The Citadel	31
4. ETSU	100	9. Chattanooga	15
5. Furman	91	10. UNCG	8

100-meter dash

1. McLeod Dean, WOF	11.57
2. Kiana Davis, ETSU	11.67
3. Cherrish Wright, MER	11.87
4. Lauryn Dancy, MER	12.00
5. Hannah Lueders, SAM	12.04
6. Mia Little, WCU	12.18
7. Tessola Duncan, MER	12.19
8. Mekayla Brown, ETSU	12.35

200-meter dash

1. McLeod Dean, WOF	23.56
2. Kiana Davis, ETSU	23.66
3. Cherrish Wright, MER	24.01
4. Hannah Lueders, SAM	24.26
5. Tessola Duncan, MER	24.67
6. Dominique Delisser, WCU	24.68
7. Starr Graham, ETSU	24.90
8. Ariana Ruffin, VMI	25.04

400-meter dash

1. Kellsie Whitehead, WCU	55.23
2. Dominique Delisser, WCU	55.57
3. Kennedy Weston-Shields, MER	56.18
4. Cassidy Morton, WOF	56.25
5. Ariana Ruffin, VMI	57.54
6. Vada Samuels, SAM	57.57
7. Vicki Franse, ETSU	57.88
8. Marissa Blakely, WCU	58.20

800-meter run

1. Krissy Gear, FUR	2:09.80
2. Christina Nikolaou, WCU	2:11.79
3. Veronica Lyle, SAM	2:11.91
4. Emma Kuntz, FUR	2:12.32
5. Heather Feuchtenberger, ETSU	2:12.39
6. Madison Paraskeva, WOF	2:12.97
7. Genevieve Schwarz, ETSU	2:13.51
8. Shian Mallory, SAM	2:14.48

1,500-meter run

1. Karisa Nelson, SAM	4:18.52
2. Savannah Carnahan, FUR	4:18.67
3. Hannah Steelman, WOF	4:22.87
4. Mary Grace Strozier, SAM	4:24.81
5. Kennedy Thomson, UTC	4:27.26
6. Lindsey Stallworth, ETSU	4:28.67
7. Shian Mallory, SAM	4:33.00
8. Nicole Buehrle, UTC	4:34.37

5,000-meter run

1. Gabbi Jennings, FUR	16:36.05
2. Hannah Steelman, WOF	16:53.63
3. Emma Grace Hurley, FUR	17:37.48
4. Mary Grace Strozier, SAM	17:43.41
5. Jennifer Stephenson, FUR	17:45.64
6. Grace Dwyer, FUR	17:49.67
7. Emily Lane, FUR	18:06.56
8. Kaitlyn Stone, UNCG	18:11.89

10,000-meter run

1. Grace Dwyer, FUR	36:40.53
2. Emma Grace Hurley, FUR	36:48.09
3. Jennifer Stephenson, FUR	36:54.73
4. Kaitlyn Stone, UNCG	37:41.24
5. Lindsey Trotter, WCU	38:01.58
6. Shannon McAndrew, WOF	38:44.55
7. Mia DePillo, ETSU	38:49.66
8. Jamie Blaylock, WCU	38:51.13

100-meter hurdles

1. Amber Lust, WOF	13.68
2. Cherrish Wright, MER	14.02
3. Lamisha Simmons, ETSU	14.05
4. Sarah Sanford, SAM	14.18
5. Destiny Shippy, WOF	14.59
6. Shakaiya Bradford, WOF	14.80
7. Lauren Beard, SAM	14.86
8. Rebekah Hampton, UTC	17.03

400-meter hurdles

1. Sarah Sanford, SAM	1:01.91
2. Lauren Beard, SAM	1:02.08
3. Madison Mueller, MER	1:02.81
4. Cassidy Morton, WOF	1:02.89
5. LeAndrea Combo, WOF	1:05.07
6. Amanda Dumar, SAM	1:05.66
7. Britney Griffith, ETSU	1:06.37
8. Nicole Buehrle, UTC	1:06.76

3,000-meter steeplechase

1. Hannah Steelman, WOF	10:00.79
2. Gabbi Jennings, FUR	10:06.25
3. Krissy Gear, FUR	10:31.22
4. Nicole Buehrle, UTC	11:27.11
5. Ashley McMahon, MER	11:47.21
6. Sommer McKenzie, WOF	11:58.44
7. Cassidy Dill, UNCG	11:58.97
8. Casey Miller, CIT	12:40.91

4x100-meter relay

1. Mercer	45.71
2. ETSU	45.76
3. Western Carolina	46.58
4. Wofford	46.62
5. VMI	48.27
6. Samford	49.20
7. The Citadel	49.96
8. Chattanooga	54.81

4x400-meter relay

1. Mercer	3:47.27
2. Western Carolina	3:48.88
3. Samford	3:52.03
4. Wofford	3:53.75
5. Furman	3:59.27
6. VMI	3:59.52
7. Chattanooga	4:03.59
8. ETSU	4:09.70

High jump

1. Charlotte Krause, SAM	1.69m
2. Jaelyn Warren, WCU	1.69m
3. Megan Elliott, SAM	1.66m
4. Selena Popp, SAM	1.61m
Tally Wilson, SAM	1.61m
6. Ronje Williams, WCU	1.61m
7. Mya Dollard, CIT	1.56m
8. Marissa Blakely, WCU	1.51m

Pole vault

1. Tally Wilson, SAM	3.78m
2. Jackie Barnes, SAM	3.78m
3. Carter Unger, WCU	3.48m
4. Jayme-Claire Eubanks, SAM	3.33m
5. McKenna Dunn, VMI	3.33m
6. Sam Engel, CIT	3.33m
7. Rebecca Pfitzer, SAM	3.18m
8. Amanda Dumar, SAM	3.03m

Long jump

1. Makaila McIntyre, WCU	6.14m
2. Selena Popp, SAM	5.86m
3. Nyambi Shoates, ETSU	5.84m
4. Erin Hines, SAM	5.79m
5. Kaeleigh Guth, CIT	5.70m
6. Mekayla Brown, ETSU	5.70m
7. Caroline Huff, SAM	5.63m
8. Madeline Ballard, SAM	5.55m

Triple jump

1. Makaila McIntyre, WCU	12.22m
2. Morayo Bhadmos, SAM	12.08m
3. Mekayla Brown, ETSU	11.91m
4. Aliyah Hill, ETSU	11.81m
5. Charlotte Krause, SAM	11.66m
6. Paige Peterson, ETSU	11.47m
7. Nyambi Shoates, ETSU	11.24m
8. Erin Willard, WCU	11.21m

Shot put

1. Maggie Johnston, SAM	14.35m
2. Sarah Leckman, VMI	14.24m
3. Lesleigh Tabor, WCU	13.79m
4. Symphony Buxton, ETSU	13.56m
5. Tatiana Taylor, SAM	13.21m
6. Jaden Finch, ETSU	13.12m
7. Simone Williams, WCU	13.11m
8. Amy Yarborough, WCU	13.01m

Discus throw

1. Maggie Johnston, SAM	51.40m
2. Victoria Solheim, WCU	44.89m
3. Tiffany Quick, VMI	44.27m
4. Lamisha Simmons, ETSU	43.12m
5. Jaden Finch, ETSU	42.37m
6. Rachel Rouse, WCU	40.93m
7. Jess Page, CIT	40.78m
8. Camille Caldwell, SAM	39.95m

Hammer throw

1. Tatiana Taylor, SAM	53.46m
2. Maggie Johnston, SAM	52.81m
3. Jess Page, CIT	51.15m
4. Camille Caldwell, SAM	49.05m
5. Symphony Buxton, ETSU	47.09m
6. Amy Yarborough, WCU	45.34m
7. Victoria Solheim, WCU	44.13m
8. Jaden Finch, ETSU	43.43m

Javelin throw

1. Emorie Long, SAM	39.49m
2. Megan Dunn, WOF	39.04m
3. Shannon Ziccarello, CIT	37.53m
4. Anna-Marie Barfield, CIT	36.35m
5. Selena Popp, SAM	36.07m
6. Rachel Rouse, WCU	35.31m
7. Sydney Hawks, ETSU	35.05m
8. Reagan Chewing, FUR	34.35m

Heptathlon

1. Amber Lust, WOF	5,005
2. Megan Dunn, WOF	4,798
3. Shakaiya Bradford, WOF	4,703
4. Caroline Huff, SAM	4,478
5. Erin Hines, SAM	4,465
6. Myranda Ham, MER	4,178
7. Kendra Whitehurst, ETSU	3,774
8. Brenea Thomas, VMI	3,374

Most Outstanding Athletes

Maggie Johnston, Samford

Most Outstanding Track Performer

Hannah Steelman, Wofford

Most Outstanding Field Performer

Maggie Johnston, Samford

Freshman of the Year

Mekayla Brown, ETSU

Pinnacle Award

Amanda Dumar, Samford

Coach of the Year

Johnny Bomar, Wofford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2018 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	214	5. Wofford	73
2. Samford	169	6. Furman	71
3. ETSU	122	7. VMI	48
4. The Citadel	110	8. UNCG	9

100-meter dash

1. Josiah Johnson, CIT	10.30
2. Emmanuel Tait, SAM	10.31
3. Karon Delince, ETSU	10.51
4. Dakota Lamont, WCU	10.73
5. John Bapoupeleh, WOF	10.84
6. Chace Washington-Saunders, WCU	10.90
7. Marquis Barnes, SAM	10.913
8. Josh Little, WCU	10.918

200-meter dash

1. Karon Delince, ETSU	21.25
2. Josiah Johnson, CIT	21.26
3. Emmanuel Tait, SAM	21.35
4. Dakota Lamont, WCU	21.42
5. Devaniel Dale, WCU	21.53
6. Chace Washington-Saunders, WCU	21.79
7. Henry Kiedy, WCU	21.89
-- Devin Singleton, CIT	DQ

400-meter dash

1. Henry Kiedy, WCU	47.41
2. Devaniel Dale, WCU	48.66
3. Chace Washington-Saunders, WCU	49.23
4. Dakota Lamont, WCU	49.42
5. Miles Greer, WCU	49.64
6. Andrew Gould, VMI	49.98
7. Trey Richardson, CIT	50.54
-- Devin Singleton, CIT	DQ

800-meter run

1. Jahanzib Shahbaz, VMI	1:53.71
2. Josh Willard, VMI	1:54.25
3. Matt Scarr, ETSU	1:54.33
4. Haydn Borghetti-Metz, ETSU	1:54.61
5. Jake Ogden, FUR	1:54.71
6. Stephan Kulick, CIT	1:55.30
7. Juan Rodriguez, UNCG	1:55.49
8. Ben Hensley, WOF	1:59.17

1,500-meter run

1. Arsène Guillorel, SAM	3:49.03
2. Aaron Templeton, FUR	3:51.70
3. Ben Varghese, ETSU	3:53.28
4. Simeon Roberts, ETSU	3:54.10
5. Ben Hensley, WOF	3:56.76
6. Jake Ogden, FUR	3:58.02
7. Jack Zemp, WOF	3:58.43
8. Frank Lara, FUR	3:59.06

5,000-meter run

1. Aaron Templeton, FUR	14:27.55
2. Frank Lara, FUR	14:34.28
3. Malick Gemechu, ETSU	14:39.63
4. Josh Brickell, FUR	14:41.44
5. Mason Coppi, FUR	14:54.54
6. Troy Reeder, FUR	14:56.62
7. Dillon Dean, SAM	15:02.92
8. Noah Charles, ETSU	15:14.25

10,000-meter run

1. Malick Gemechu, ETSU	33:01.85
2. Dillon Dean, SAM	33:10.47
3. Carl Oberfeiting, ETSU	33:18.43
4. Luke Sumerford, UNCG	33:21.43
5. Mason Coppi, FUR	33:35.13
6. Nathan Longfellow, ETSU	33:40.82
7. Allen Clark, FUR	33:42.97
8. Brad Cheek, SAM	33:43.35

110-meter hurdles

1. Malik Diggs, CIT	14.09
2. Emmanuel Tait, SAM	14.11
3. Lee Warren, VMI	14.46
4. Mike Jones, WCU	14.71
5. Isaiah Ellis, WOF	14.79
6. Jack McHugh, SAM	15.08
7. Conrad Heinrich, WOF	15.12
8. Cory Alston, WCU	15.89

400-meter hurdles

1. Malik Diggs, CIT	52.76
2. Isaiah Ellis, WOF	53.01
3. Marquis Barnes, SAM	54.02
4. Dylan Andrade, WCU	54.08
5. Jordan Oballe, SAM	55.04
6. Michael McMahan, SAM	55.75
7. Mike Jones, WCU	55.96
8. Tyler Manigault, WCU	57.88

3,000-meter steeplechase

1. Troy Reeder, FUR	8:56.08
2. Simeon Roberts, ETSU	9:04.97
3. Noah Charles, ETSU	9:07.50
4. Josh Salter, SAM	9:16.52
5. Ben Garner, SAM	9:22.79
6. Jordan Bostian, WCU	9:32.10
7. Louis Morris, ETSU	9:39.38
8. Adam Bradtmueller, ETSU	9:43.92

4x100-meter relay

1. The Citadel	40.96
2. Western Carolina	41.66
3. ETSU	42.14
4. Wofford	42.15
5. VMI	42.92
6. Samford	43.02
7. Furman	48.02

4x400-meter relay

1. Western Carolina	3:09.06
2. The Citadel	3:18.48
3. ETSU	3:19.10
4. Wofford	3:22.70
5. VMI	3:25.72
6. Samford	3:25.76
7. UNCG	3:27.52
8. Furman	3:39.63

High jump

1. Keyth Fightmaster, SAM	2.13m
2. Matt Cahoon, SAM	2.03m
3. Jon Waarvik, SAM	2.03m
4. Dijoun Huit, WCU	1.93m
5. Marquis Barnes, SAM	1.93m
6. Tyler Hanks, WCU	1.93m
7. Harrison Mansell, CIT	1.93m
8. Khadevis Snead, WCU	1.88m

Pole vault

1. Tray Oates, SAM	5.20m
2. Hugh Duggan, SAM	4.90m
3. Corey Ginley, WCU	4.75m
4. Andrew Arlint, VMI	4.75m
5. Gavin Gautreau, SAM	4.75m
6. Sam Blumer, CIT	4.45m
7. Griffin Kowal, VMI	4.30m
8. Lindsay Pierce, CIT	4.30m

Long jump

1. Marquis Barnes, SAM	7.18m
2. Jon Waarvik, SAM	7.16m
3. Jordan Williams, CIT	7.10m
4. Nicholas Lyons, WCU	7.06m
5. Thomas Ozburn, SAM	7.03m
6. Jacquary Bradford, CIT	7.02m
7. Kevin Hires, WCU	6.98m
8. Karon Delince, ETSU	6.91m

Triple jump

1. Dijoun Huit, WCU	15.48m
2. Kevin Hires, WCU	15.31m
3. Nicholas Lyons, WCU	14.53m
4. Yohana Koko, ETSU	14.53m
5. Omar Mingo, WOF	14.44m
6. Tyler Hanks, WCU	14.14m
7. Nick Lawson, WCU	13.82m
8. Noah Osburne, SAM	13.47m

Shot put

1. Mateius Brown, WCU	16.69m
2. Scott Peretin, WCU	16.59m
3. Jaylan Reid, FUR	16.08m
4. Dakota Wright, WCU	15.93m
5. Derrick Freeland, CIT	15.07m
6. Ja'lon Williams, CIT	14.76m
7. Mac Bennett, WCU	14.62m
8. Ben Johnson, ETSU	14.29m

Discus throw

1. Mateius Brown, WCU	50.25m
2. Scott Peretin, WCU	49.38m
3. Ben Johnson, ETSU	49.05m
4. Austin Lufkin, WOF	48.74m
5. Derrick Freeland, CIT	47.95m
6. Matt Cahoon, SAM	47.88m
7. Prince Howard-Whitaker, CIT	45.67m
8. Jay Stanley, WCU	45.48m

Hammer throw

1. Scott Peretin, WCU	58.15m
2. Dakota Wright, WCU	55.83m
3. Ben Johnson, ETSU	54.43m
4. Derrick Freeland, CIT	53.74m
5. Chase Stehling, WCU	49.36m
6. Jay Stanley, WCU	47.40m
7. Ja'lon Williams, CIT	46.67m
8. Amos Jackson, CIT	46.32m

Javelin throw

1. Ben Johnson, ETSU	62.77m
2. Charlie Hatler, CIT	58.31m
3. Donovan Walton, VMI	55.91m
4. Conrad Heinrich, WOF	54.13m
5. Matt Cahoon, SAM	53.02m
6. Griffin Miller, CIT	49.96m
7. Evan McDonald, CIT	47.33m
8. Hunter Schlatter, SAM	46.37m

Decathlon

1. Conrad Heinrich, WOF	6,401
2. William Stout, WOF	5,997
3. Austin Eck, SAM	5,836
4. Samuel Robinson, WOF	5,821
5. Thomas Ozburn, SAM	5,670
6. Matthew Mudd, WCU	5,524
7. Hunter Schlatter, SAM	5,100
8. Thomas Maxey, WOF	5,001

Most Outstanding Athlete

Scott Peretin, Western Carolina

Most Outstanding Track Performer

Malik Diggs, The Citadel

Most Outstanding Field Performer

Scott Peretin, Western Carolina

Freshman of the Year

Karon Delince, ETSU

Pinnacle Award

Miles Greer, Western Carolina

Coach of the Year

Cale McDaniel, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2018 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	193	6. Mercer	49
2. Samford	161	7. VMI	46
3. ETSU	129	8. The Citadel	30
4. Furman	120	9. Chattanooga	11
5. Wofford	74	10. UNCG	6

100-meter dash

1. McLeod Dean, WOF	11.61
2. Kiana Davis, ETSU	11.67
3. Jazmine Gooden, WCU	11.84
4. Kerisha Goode, VMI	11.96
5. Mia Little, WCU	12.06
6. Tonia McKinley, SAM	12.15
7. Sydney Campbell, MER	12.17
8. Kyra Atkins, ETSU	12.21

200-meter dash

1. McLeod Dean, WOF	23.69
2. Kiana Davis, ETSU	23.87
3. Kerisha Goode, VMI	24.51
4. Kyra Atkins, ETSU	24.92
5. Tonia McKinley, SAM	24.99
6. Lamisha Simmons, ETSU	25.19
7. Jazmine Gooden, WCU	25.40
8. Dasha Arnaut, WCU	25.47

400-meter dash

1. Dasha Arnaut, WCU	54.65
2. Dominiq Delisser, WCU	56.40
3. Aliyah Hill, ETSU	56.76
4. Kellsie Whitehead, WCU	56.80
5. Cassidy Morton, WOF	57.31
6. Vicki Franse, ETSU	57.51
7. Ariana Ruffin, VMI	57.63
8. Tessola Duncan, MER	57.71

800-meter run

1. Emma Kuntz, FUR	2:10.08
2. Emily Williams-McElroy, ETSU	2:10.98
3. Jacquelyn Crow, FUR	2:12.31
4. Jessica Lord, ETSU	2:13.17
5. Heather Feuchtenberger, ETSU	2:13.80
6. Kaitlyn Lay, ETSU	2:14.56
7. Abby Bateman, UTC	2:15.86
8. Madison Paraskeva, WOF	2:16.16

1,500-meter run

1. Allie Buchalski, FUR	4:19.44
2. Savannah Carnahan, FUR	4:23.66
3. Hannah Steelman, WOF	4:23.69
4. Gabbi Jennings, FUR	4:32.36
5. Jacquelyn Crow, FUR	4:33.90
6. Taylor Delaney, UNCG	4:36.50
7. Lindsey Stallworth, ETSU	4:39.70
8. Abbey Zane, SAM	4:41.08

5,000-meter run

1. Allie Buchalski, FUR	17:20.02
2. Savannah Carnahan, FUR	17:29.60
3. Emma Grace Hurley, FUR	17:33.26
4. Haley Ward, SAM	17:41.85
5. Reilly Caldwell, FUR	17:49.94
6. Jennifer Stephenson, FUR	18:05.03
7. Becca Cooley, FUR	18:09.14
8. Emily Poole, UTC	18:12.83

10,000-meter run

1. Haley Ward, SAM	38:06.51
2. Reilly Caldwell, FUR	38:08.43
3. Jennifer Stephenson, FUR	38:22.74
4. Emily Poole, UTC	38:32.17
5. Ania Grzeszczak, MER	38:35.72
6. Kaitlyn Stone, UNCG	39:08.05
7. Courtney Czerniak, MER	39:11.53
8. Lindsey Trotter, WCU	40:08.07

100-meter hurdles

1. Kyra Atkins, ETSU	13.42
2. Sarah Sanford, SAM	13.83
3. Dasha Arnaut, WCU	13.91
4. Amber Lust, WOF	14.06
5. Timia Easley, ETSU	14.43
6. Sally Woerner, WCU	14.84
7. Cherrish Wright, MER	14.915
8. Jazmine Gooden, WCU	14.919

400-meter hurdles

1. Dasha Arnaut, WCU	59.09
2. Sarah Sanford, SAM	1:00.95
3. Madison Mueller, MER	1:02.33
4. Sally Woerner, WCU	1:03.55
5. Nicki Smith, ETSU	1:03.72
6. Victoria Wicks, SAM	1:04.01
7. Amanda Dumar, SAM	1:06.02
8. Myranda Ham, MER	1:08.68

3,000-meter steeplechase

1. Hannah Steelman, WOF	10:09.39
2. Emma Grace Hurley, FUR	10:25.23
3. Gabbi Jennings, FUR	10:32.29
4. Krissy Gear, FUR	10:49.06
5. Macy Carrier, ETSU	11:08.57
6. Ania Grzeszczak, MER	11:23.02
7. Haley Morris, UTC	11:33.66
8. Anya Bunao, WOF	11:34.96

4x100-meter relay

1. ETSU	45.65
2. Western Carolina	45.69
3. Mercer	46.07
4. Wofford	46.83
5. VMI	47.11
6. Samford	47.38
7. The Citadel	48.95
8. Chattanooga	52.41

4x400-meter relay

1. ETSU	3:45.67
2. Western Carolina	3:48.79
3. Wofford	3:49.14
4. Mercer	3:52.23
5. Samford	3:53.43
6. Furman	3:55.12
7. VMI	3:59.45
8. The Citadel	4:08.34

High jump

1. Selena Popp, SAM	1.73m
2. Charlotte Krause, SAM	1.68m
3. Julia Logan, VMI	1.63m
4. Jaelyn Warren, WCU	1.63m
5. Marisa Scott, WCU	1.63m
6. Ashley Parker, WCU	1.58m
7. Carrie Neill, SAM	1.58m
8. Autumn James, WCU	1.53m

Pole vault

1. Meghan Breden, WCU	3.80m
2. Kinley Drummonds, WCU	3.50m
3. Tally Wilson, SAM	3.35m
4. Rebecca Pfitzer, SAM	3.35m
5. Jayme Claire Eubanks, SAM	3.35m
6. Megan Roach, SAM	3.20m
7. Lauren Torsch, SAM	3.05m
8. Amanda Dumar, SAM	3.05m

Long jump

1. Jazmine Gooden, WCU	6.16m
2. Selena Popp, SAM	5.86m
3. Erin Hines, SAM	5.78m
4. Bria Anderson, VMI	5.77m
5. Sydney Campbell, MER	5.67m
6. Timia Easley, ETSU	5.58m
7. Kaeleigh Guth, CIT	5.55m
8. Kyra Atkins, ETSU	5.50m

Triple jump

1. Alex Williams, MER	12.18m
2. Makaila McIntyre, WCU	12.04m
3. Autumn James, WCU	11.93m
4. Megan Meadow, SAM	11.88m
5. Jazmine Gooden, WCU	11.87m
6. Timia Easley, ETSU	11.79m
7. Tamilia Wright, WCU	11.47m
8. Charlotte Krause, SAM	11.43m

Shot put

1. Alisha Blackmon, WCU	13.85m
2. Symphony Buxton, ETSU	13.26m
3. Simone Williams, WCU	13.14m
4. Sarah Leckman, VMI	13.08m
5. Tatiana Taylor, SAM	12.83m
6. Lesleigh Tabor, WCU	12.78m
7. Maggie Johnston, SAM	12.64m
8. Amy Yarborough, WCU	12.46m

Discus throw

1. Maggie Johnston, SAM	48.31m
2. Tiffany Quick, VMI	43.38m
3. Jess Page, CIT	42.38m
4. Rachel Rouse, WCU	41.82m
5. Camille Caldwell, SAM	41.09m
6. Maura Logan, VMI	39.45m
7. Kameron Cass, CIT	39.43m
8. Symphony Buxton, ETSU	38.93m

Hammer throw

1. Tatiana Taylor, SAM	54.35m
2. Simone Williams, WCU	52.38m
3. Alisha Blackmon, WCU	50.97m
4. Jess Page, CIT	50.61m
5. Camille Caldwell, SAM	49.16m
6. Margaret Hayden, ETSU	48.73m
7. Maggie Johnston, SAM	48.63m
8. Symphony Buxton, ETSU	44.71m

Javelin throw

1. Alyssa Whipkey, ETSU	43.34m
2. Mady Riegel, CIT	38.04m
3. Reagan Chewing, FUR	37.04m
4. Rachel Rouse, WCU	35.41m
5. Kameron Cass, CIT	35.37m
6. Megan Dunn, WOF	35.19m
7. Shannon Smith, FUR	34.07m
8. Selena Popp, SAM	33.63m

Heptathlon

1. Selena Popp, SAM	5,046
2. Amber Lust, WOF	4,966
3. Sally Woerner, WCU	4,616
4. Megan Dunn, WOF	4,593
5. Marisa Scott, WCU	4,426
6. Myranda Ham, MER	4,225
7. Amanda Dumar, SAM	4,050
8. Kendra Whitehurst, ETSU	3,858

Most Outstanding Athletes

Selena Popp, Samford

Most Outstanding Track Performer

Dasha Arnaut, Western Carolina

Most Outstanding Field Performer

Selena Popp, Samford

Freshman of the Year

Hannah Steelman, Wofford

Pinnacle Award

Lindsey Trotter, Western Carolina

Coach of the Year

Cale McDaniel, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2017 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	190.5	5. Furman	105
2. Samford	184.5	6. Wofford	52
3. The Citadel	132	7. UNCG	7
4. ETSU	129		

100-meter dash

1. Keion Crossen, WCU	10.39
2. Emmanuel Tait, SAM	10.40
3. Matthew Moore, ETSU	10.59
4. Josiah Johnson, CIT	10.70
5. Patrick Taylor, ETSU	10.75
6. Shelby Campbell, SAM	10.76
7. John Bapoupeh, WOF	10.89
8. Tremaine Kernes, WCU	11.06

200-meter dash

1. Dakota Lamont, WCU	21.49
2. Devaniel Dale, WCU	21.52
3. Patrick Taylor, ETSU	21.52
4. Josiah Johnson, CIT	21.74
5. Henry Kiedy, WCU	21.80
6. Matthew Moore, ETSU	22.02
7. John Bapoupeh, WOF	22.13
8. Devin Singleton, CIT	22.29

400-meter dash

1. Dakota Lamont, WCU	47.75
2. Devaniel Dale, WCU	47.95
3. Henry Kiedy, WCU	48.08
4. Devin Singleton, CIT	48.97
5. Miles Greer, WCU	49.08
6. Carson Howe, SAM	50.22
7. Trey Richardson, CIT	50.36
8. Dylan Andrade, CIT	50.36

800-meter run

1. Ryan Adams, FUR	1:51.22
2. Joe Harbacevich, WOF	1:53.23
3. Caleb Albrecht, WCU	1:53.33
4. Thomas Moore, FUR	1:53.47
5. Jonathan Helton, SAM	1:55.05
6. Madison Daniel, FUR	1:55.61
7. Ashton Wilson, ETSU	1:57.65
8. Jack Zemp, WOF	1:58.28

1,500-meter run

1. Troy Reeder, FUR	3:46.46
2. Arsène Guillorel, SAM	3:47.07
3. Adam Bradtmueller, ETSU	3:56.85
4. Josh Routh, ETSU	3:57.33
5. Quintin McKinnish, FUR	3:58.76
6. Brandon Hazouri, SAM	3:59.21
7. Jamie Cunningham, CIT	4:00.69
8. Jack Zemp, WOF	4:02.11

5,000-meter run

1. Frank Lara, FUR	14:29.35
2. Troy Reeder, FUR	14:39.03
3. Mason Coppi, FUR	14:43.86
4. Simeon Roberts, ETSU	14:44.11
5. Tanner Hinkle, FUR	14:47.62
6. Ben Bryant, SAM	14:49.06
7. Lee Shearer, FUR	15:03.01
8. Carl Oberfeiting, ETSU	15:03.40

10,000-meter run

1. Frank Lara, FUR	30:37.98
2. Arsène Guillorel, SAM	30:42.87
3. Josh Brickell, FUR	30:44.43
4. Tanner Hinkle, FUR	31:17.37
5. Ben Bryant, SAM	31:25.68
6. Aaron Templeton, FUR	31:31.80
7. Mason Coppi, FUR	31:58.99
8. Paul Richardson, SAM	32:02.72

110-meter hurdles

1. Malik Diggs, CIT	14.27
2. Devyn Jones, WCU	14.36
3. Tyler Houston, ETSU	14.62
4. Quandarius Weems, FUR	14.89
5. Jeffrey Beane, UNCG	14.98
6. Clinton Jones, WCU	15.16
7. Cory Alston, WCU	15.21
8. Kevin Hires, WCU	15.43

400-meter hurdles

1. Malik Diggs, CIT	52.87
2. Devyn Jones, WCU	54.71
3. Jordan Oballe, SAM	55.34
4. Tyler Houston, ETSU	56.89
5. Jay Vines, SAM	57.01
6. Charlie Walker, CIT	57.40
7. Jonathan Hall, WOF	57.96
8. Dylan Andrade, WCU	58.10

3,000-meter steeplechase

1. Simeon Roberts, ETSU	9:15.50
2. Noah Charles, ETSU	9:18.48
3. Josh Salter, SAM	9:26.32
4. Owen Bailey, SAM	9:26.32
5. Haydn Borgetti-Metz, ETSU	9:30.55
6. Adam Bradtmueller, ETSU	9:31.63
7. Lee Shearer, FUR	9:35.56
8. Jordan Bostian, WCU	9:38.75

4x100-meter relay

1. Samford	40.79
2. The Citadel	41.48
3. Wofford	57.89
ETSU	DNF
Western Carolina	DQ

4x400-meter relay

1. Western Carolina	3:13.36
2. The Citadel	3:17.19
3. ETSU	3:17.28
4. Samford	3:19.77
5. Wofford	3:23.42
6. UNCG	3:33.21

High jump

1. Keyth Fightmaster, SAM	2.10m
2. Jackson Nosbisch, CIT	2.00m
3. Jon Waarvik, SAM	1.95m
4. Mick Noel, CIT	1.90m
5. Andrew Patterson, SAM	1.85m
J'Len Wilson, WCU	1.85m
7. Austin Billings, SAM	1.85m
8. Nathan Rivera, ETSU	1.80m

Pole vault

1. Tray Oates, SAM	5.35m
2. Chris Thrasher, SAM	4.75m
3. Thor Smith, WCU	4.60m
4. Hunter Schlatter, SAM	4.45m
5. Sage Murphy, ETSU	4.45m
6. Hugh Duggan, SAM	4.30m
7. Bryce Meyers	4.15m

Long jump

1. Marquis Barnes, SAM	7.57m
2. Patrick Taylor, ETSU	7.38m
3. Jordan Williams, CIT	7.32m
4. Javion Lee, SAM	7.25m
5. Kevin Hires, WCU	6.94m
6. Dijoun Huit, WCU	6.82m
7. Cory Alston, WCU	6.60m
8. Nathan Rivera, ETSU	6.45m

Triple jump

1. Javion Lee, SAM	15.17m
2. Kevin Hires, WCU	15.00m
3. Dijoun Huit, WCU	14.68m
4. Omar Mingo, WOF	14.39m
5. Nicholas Lyons, WCU	13.20m
6. Tremaine Kernes, WCU	13.18m
7. Marquis Barnes, SAM	13.00m
8. Nick Lawson, WCU	12.15m

Shot put

1. Jaylan Reid, FUR	16.49m
2. Mateius Brown, WCU	16.21m
3. Scott Peretin, WCU	15.21m
4. Ja'lon Williams, CIT	14.99m
5. Tyler Schiemann, CIT	14.73m
6. Dakota Wright, WCU	14.53m
7. Derrick Freeland, CIT	14.46m
8. Jacob Dunlap, ETSU	14.40m

Discus throw

1. Ben Johnson, ETSU	50.19m
2. Prince Howard-Whitaker, CIT	48.51m
3. Scott Peretin, WCU	47.73m
4. Mateius Brown, WCU	47.45m
5. Derrick Freeland, CIT	46.58m
6. Ja'lon Williams, CIT	45.90m
7. Dakota Wright, WCU	45.02m
8. Jay Stanley, WCU	43.58m

Hammer throw

1. Derrick Freeland, CIT	57.12m
2. Ben Johnson, ETSU	56.15m
3. Scott Peretin, WCU	56.14m
4. Dakota Wright, WCU	52.23m
5. James Hayworth, WOF	50.15m
6. Ja'lon Williams, CIT	49.71m
7. Jay Stanley, WCU	47.62m
8. Jacob Dunlap, ETSU	45.11m

Javelin throw

1. Ben Johnson, ETSU	58.80m
2. Charlie Hatler, CIT	57.59m
3. Jon Waarvik, SAM	53.55m
4. Conrad Heinrich, WOF	53.27m
5. Griffin Miller, CIT	50.66m
6. Chris Thrasher, SAM	50.39m
7. Jackson Butkus, CIT	45.62m
8. Evan McDonald, CIT	42.71m

Decathlon

1. Jay Vines, SAM	6,008
2. Conrad Heinrich, SAM	5,637
3. Hunter Schlatter, SAM	5,637
4. Nathan Rivera, ETSU	5,552
5. Samuel Robinson, WOF	5,429
6. Andrew Patterson, SAM	5,426
7. Bryce Meyers, WCU	5,061
8. Austin Billings, SAM	3,199

Most Outstanding Athlete

Ben Johnson, ETSU

Most Outstanding Track Performer

Malik Diggs, The Citadel
Dakota Lamont, Western Carolina

Most Outstanding Field Performer

Ben Johnson, ETSU

Freshman of the Year

Devaniel Dale, Western Carolina

Pinnacle Award

Dakota Wright, Western Carolina

Coach of the Year

Cale McDaniel, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2017 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	245	6. Wofford	44
2. Western Carolina	194	7. Mercer	26
3. Furman	109	8. The Citadel	24
4. ETSU	89	9. UNCG	11
5. VMI	66	10. Chattanooga	4

100-meter dash

1. Tonia McKinley, SAM	11.77
2. Jazmine Gooden, WCU	11.79
3. Kerisha Goode, VMI	11.79
4. Kiana Davis, ETSU	11.83
5. Laura Dean, WOF	11.96
6. Mia McClain, VMI	12.02
7. Mia Little, WCU	12.02
8. Tiffani Lewis, WCU	12.06

200-meter dash

1. Kyra Atkins, ETSU	23.86
2. Laura Dean, WOF	23.88
3. Tonia McKinley, SAM	24.03
4. Kiana Davis, ETSU	24.21
5. Kerisha Goode, VMI	24.73
6. Mia McClain, VMI	24.95
7. Abigail Cutcliffe, SAM	24.97
8. Jazmine Gooden, WCU	25.09

400-meter dash

1. Dasha Arnaut, WCU	54.92
2. Katrina Seymour, ETSU	55.44
3. Abigail Cutcliffe, SAM	56.17
4. Cassidy Morton, WOF	56.85
5. Kelsie Whitehead, WCU	56.87
6. Victoria Wicks, SAM	57.18
7. Sally Woerner, WCU	57.29
8. Rachel Dixon, SAM	57.29

800-meter run

1. Presley Weems, SAM	2:10.09
2. Kaitlyn Lingard, WCU	2:12.84
3. Jacquelyn Crow, FUR	2:13.26
4. Taylor Delaney, UNCG	2:14.17
5. Riley Burr, FUR	2:15.35
6. Hannah Chamblin, UTC	2:15.87
7. Ann Sisson, FUR	2:18.13
8. Sarah Fairchild, SAM	2:18.56

1,500-meter run

1. Karisa Nelson, SAM	4:26.49
2. Gabbi Jennings, FUR	4:29.97
3. Savannah Carnahan, FUR	4:34.62
4. Kaitlyn Lay, ETSU	4:41.41
5. Katie Hirko, ETSU	4:43.37
6. Mallory Sian, SAM	4:45.63
7. Mary Wilson, WOF	4:46.68
8. Becca Cooley, FUR	4:46.83

5,000-meter run

1. Allie Buchalski, FUR	16:12.98
2. Emma Grace Hurley, FUR	17:02.92
3. Laura Miller, FUR	17:08.66
4. Savannah Carnahan, FUR	17:10.90
5. Jennifer Stephenson, FUR	17:38.98
6. Anna Hayden, FUR	17:44.00
7. Taylor Delaney, UNCG	18:14.22
8. Victoria Hutchens, ETSU	18:17.96

10,000-meter run

1. Anna Hayden, FUR	37:05.45
2. Jennifer Stephenson, FUR	37:14.95
3. Grace Dwyer, FUR	37:41.14
4. Kimberly Whiting, MER	38:56.78
5. Shawnda Martin, WCU	39:20.10
6. Victoria Rogers, MER	39:42.26
7. Anna Long, SAM	40:07.80
8. Bethany King, VMI	40:09.89

100-meter hurdles

1. Kyra Atkins, ETSU	13.25
2. Yaa Agyepong-Wiafe, VMI	13.94
3. Lamisha Simmons, ETSU	13.98
4. Jazmine Gooden, WCU	14.03
5. Dasha Arnaut, WCU	14.42
6. Tamilia Wright, WCU	14.58
7. Amber Lust, WOF	14.62
8. Timia Easley, ETSU	14.68

400-meter hurdles

1. Dasha Arnaut, WCU	1:00.81
2. Victoria Wicks, SAM	1:01.91
3. Lamisha Simmons, ETSU	1:02.81
4. Nicki Smith, ETSU	1:03.10
5. Lauren Beard, SAM	1:03.67
6. Salley Woerner, WCU	1:03.74
7. Miranda Ham, MER	1:06.14
8. Sarah Wilson, FUR	1:07.07

3,000-meter steeplechase

1. Emma Garner, SAM	10:11.76
2. Gabbi Jennings, FUR	10:25.40
3. Laura Miller, FUR	10:32.01
4. Emma Grace Hurley, FUR	10:47.28
5. Katy Link, UNCG	11:19.90
6. Victoria Hutchens, ETSU	11:22.30
7. Anna Long, SAM	11:28.83
8. Anna Grzeszczak, MER	11:32.90

4x100-meter relay

1. Western Carolina	45.42
2. VMI	46.48
3. Samford	47.12
4. Wofford	47.49
5. Mercer	48.67
6. The Citadel	50.80
ETSU	DQ

4x400-meter relay

1. Western Carolina	3:47.02
2. Samford	3:49.32
3. Wofford	3:49.80
4. ETSU	3:56.92
5. VMI	3:58.08
6. Mercer	3:58.72
7. Furman	3:59.32
8. Chattanooga	4:06.02

High jump

1. Courtney Pregelman, SAM	1.73m
2. Selena Popp, SAM	1.73m
3. Charlotte Krause, SAM	1.63m
4. Carrie Neill, SAM	1.63m
5. Julia Logan, VMI	1.63m
6. Tiffani Lewis, WCU	1.58m
7. Rebekah Fox, ETSU	1.58m
8. Ashley Parker, WCU	1.53m

Pole vault

1. Lindsey Kessler, SAM	3.81m
2. Meghan Breden, WCU	3.66m
3. Sarah Lee, SAM	3.51m
4. Emily Eustace, SAM	3.36m
5. Lauren Torsch, SAM	3.21m
Rebecca Pfitzer, SAM	3.21m
7. Emiley Fulton, VMI	2.76m
Allison Wilson, ETSU	NH

Long jump

1. Chenell Bryan, WCU	6.13m
2. Kyra Atkins, ETSU	6.13m
3. Jazmine Gooden, WCU	6.12m
4. Tiffani Lewis, WCU	6.00m
5. Erin Hines, SAM	6.82m
6. Bria Anderson, VMI	5.79m
7. Selena Popp, SAM	5.76m
8. Timia Easley, ETSU	5.67m

Triple jump

1. Megan Meadow, SAM	12.22m
2. Tiffani Lewis, WCU	12.16m
3. Chenell Bryan, WCU	11.98m
4. Tiana Pisoni, SAM	11.61m
5. Tamilia Wright, WCU	11.54m
6. Ationza Smith, ETSU	11.47m
7. Charlotte, Krause, SAM	11.42m
8. Timia Easley, ETSU	11.39m

Shot put

1. Hailey Cook, WCU	14.85m
2. Simone Williams, WCU	13.83m
3. Tatiana Taylor, SAM	13.47m
4. Aerial Horton, SAM	13.04m
5. Alisha Blackmon, WCU	12.55m
6. Tiffany Quick, VMI	12.27m
7. Amy Yarborough, WCU	11.96m
8. Tiffani Dunham, WCU	11.84m

Discus throw

1. Maggie Johnston, SAM	47.08m
2. Elizabeth, VMI	43.09m
3. Hailey Cook, WCU	42.57m
4. Camille Caldwell, SAM	41.80m
5. Jess Page, CIT	40.91m
6. Tiffany Quick, VMI	40.68m
7. Simone Williams, WCU	39.65m
8. Amy Yarborough, WCU	36.86m

Hammer throw

1. Camille Caldwell, SAM	52.61m
2. Tatiana Taylor, SAM	51.25m
3. Hailey Cook, WCU	50.33m
4. Simone Williams, WCU	49.40m
5. Alisha Blackmon, WCU	47.53m
6. Elizabeth Johnston, VMI	45.94m
7. Jess Page, CIT	45.94m
8. Maggie Johnston, SAM	44.75m

Javelin throw

1. Mady Riegel, CIT	41.69m
2. Ciarra Edwards, MER	38.94m
3. Selena Popp, SAM	38.08m
4. Kameron Cass, CIT	34.52m
5. Emiley Eustace, SAM	33.01m
6. Camille Caldwell, SAM	32.64m
7. Sally Woerner, WCU	32.54m
8. Amy Yarborough, WCU	32.38m

Heptathlon

1. Selena Popp, SAM	5,129
2. Amber Lust, WOF	4,772
3. Marisa Scott, WCU	4,641
4. Erin Hines, SAM	4,595
5. Sara Hayes, WOF	4,021
6. Brenea Thomas, VMI	3,913

Most Outstanding Athletes

Kyra Atkins, ETSU

Most Outstanding Track Performer

Dasha Arnaut, Western Carolina

Most Outstanding Field Performer

Selena Popp, Samford

Freshman of the Year

Jazmine Gooden, Western Carolina

Pinnacle Award

Abigail Cutcliffe, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2016 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	245	6. The Citadel	77
2. VMI	152	7. Wofford	37
3. Samford	101	8. UNCG	8
4. ETSU	98		
5. Furman	94		

100-meter dash		10,000-meter run		High jump		Hammer throw	
1. Greg Henderson, VMI	10.58	1. Aaron Templeton, FUR	31:10.79	1. Tyrie Adams, WCU	2.11m	1. Jordan White, VMI	54.60m
2. Josiah Johnson, CIT	10.58	2. Josh Brickell, FUR	31:19.99	2. Jordan Scott, ETSU	2.11m	2. Scott Peretin, WCU	52.34m
3. Jermaine Lewis, WCU	10.76	3. Frank Lara, FUR	31:23.87	3. Khalil Jackson, WCU	2.05m	3. Jared Johnson, WCU	51.07m
4. Shelby Campbell, SAM	10.91	4. Ben Bryant, SAM	31:42.08	4. Draven Crist, WCU	2.05m	4. Mateius Brown, WCU	49.99m
5. Tremaine Kernes, WCU	10.96	5. Luke Weishaar, SAM	31:49.78	5. Jamie Brown, WCU	2.00m	5. James Hayworth, WOF	49.96m
6. Lamaris Reed, VMI	11.03	6. Paul Richardson, SAM	31:56.29	6. Mick Noel, CIT	1.95m	6. Brian Hill, SAM	49.17m
7. Louie Lawrence, CIT	11.27	7. Liam Brooks, WCU	31:57.63	7. Christian Carswell, WCU	1.95m	7. Derrick Freeland, CIT	48.95m
8. Matthew Moore, ETSU	16.83	8. Brandon White, VMI	31:59.21	8. Jackson Nosbisch, CIT	1.90m	8. Evan Alberston, WCU	47.41m
200-meter dash		110-meter hurdles		Pole vault		Javelin throw	
1. Greg Henderson, VMI	21.71	1. Davon Guerrier, VMI	14.35	1. Tray Oates, SAM	5.50m	1. Capers Williamson, CIT	72.95m
2. Henry Kiedy, WCU	21.86	2. Malik Diggs, CIT	14.41	2. Brett Squibbs, ETSU	5.11m	2. Ben Johnson, ETSU	61.17m
3. Dakota Lamont, WCU	21.86	3. Tyler Houston, ETSU	14.78	3. Grant Holmes, VMI	4.86m	3. Charlie Hatler, CIT	54.56m
4. Patrick Taylor, ETSU	22.04	4. Michael Williams, ETSU	15.00	4. Chris Thrasher, SAM	4.86m	4. Brian Donna, VMI	54.41m
5. Josiah Johnson, CIT	22.08	5. Devyn Jones, WCU	15.07	5. Austin Eckenroth, SAM	4.76m	5. Austin Billings, SAM	53.01m
6. Max Burke, WCU	22.37	6. Desmond Weinberg-Jones, VMI	15.44	6. Thor Smith, WCU	4.61m	6. Joseph Lee, SAM	53.00m
7. Dante Ortado, WCU	22.54	7. Brian Donna, VMI	15.51	7. Dustin Triplett, WCU	4.61m	7. Conrad Heinrich, WOF	52.97m
8. Jermaine Lewis, WCU	22.77	8. Conrad Heinrich, WOF	15.70	8. Andrew Arlint, VMI	4.61m	8. Griffin Miller, CIT	51.81m
400-meter dash		400-meter hurdles		Long jump		Decathlon	
1. Levi Whitt, VMI	51.46	1. Michael Williams, ETSU	51.81	1. Jamie Brown, WCU	7.36m	1. Christian Carswell, WCU	6,340
2. Austin Billings, SAM	51.81	2. Dylan Andrade, WCU	53.26	2. Marquis Barnes, SAM	7.28m	2. Conrad Heinrich, WOF	6,008
3. Conrad Heinrich, WOF	52.24	3. Desmond Weinberg-Jones, VMI	53.71	3. Patrick Taylor, ETSU	6.89m	3. Draven Crist, WCU	5,868
4. Samuel Robinson, WOF	53.23	4. Jay Vines, SAM	54.18	4. Tyrie Adams, WCU	6.85m	4. Levi Whitt, VMI	5,778
5. Tyler Robinson, VMI	53.40	5. Eric Blake, WCU	54.25	5. Jordan Williams, CIT	6.84m	5. Austin Billings, SAM	5,767
6. Dustin Triplett, WCU	54.56	6. Devyn Jones, WCU	55.43	6. Javion Lee, SAM	6.83m	6. Dustin Triplett, WCU	5,741
7. Draven Crist, WCU	54.63	7. Brian Donna, VMI	56.32	7. Draven Crist, WCU	6.71m	7. Samuel Robinson, WOF	5,454
8. Christian Carswell, WCU	55.14	8. Marquis Barnes, SAM	57.10	8. Christian Carswell, WCU	6.68m	8. Tyler Robinson, VMI	4,955
800-meter run		3,000-meter steeplechase		Triple jump		Most Outstanding Athlete Jordan White, VMI Most Outstanding Track Performer Greg Henderson, VMI Henry Kiedy, Western Carolina Most Outstanding Field Performer Jordan White, VMI Freshman of the Year Aaron Templeton, Furman Coach of the Year Danny Williamson, Western Carolina **NOTES** • Top three finishers in each event received all-conference honors • Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)	
1. Avery Martin, VMI	1:51.43	1. Simeon Roberts, ETSU	9:18.36	1. Javion Lee, SAM	15.03m		
2. Joe Harbacevich, WOF	1:52.13	2. Sean Helmke, VMI	9:27.47	2. David Johnson, WCU	14.94m		
3. Caleb Albrecht, WCU	1:52.17	3. Lee Shearer, FUR	9:30.86	3. Jamie Brown, WCU	14.46m		
4. Thomas Miller, ETSU	1:52.42	4. Haydn Borghetti-Metz, ETSU	9:31.67	4. Omar Mingo, WOF	13.62m		
5. Jamie Bigby, WCU	1:53.19	5. Josh Salter, SAM	9:31.70	5. Quan Myers, VMI	13.43m		
6. Ryan Adams, FUR	1:53.98	6. Matthew Joyner, ETSU	9:40.97	6. Tremaine Kernes, WCU	13.28m		
7. Ashton Wilson, ETSU	1:54.31	7. Jordan Bostian, WCU	9:45.44	7. Christian Carswell, WCU	13.18m		
8. Josh Willard, VMI	1:54.90	8. Matt Gill, CIT	9:47.19	8. Dondray Copeland, CIT	13.09m		
1,500-meter run		4x100-meter relay		Shot put			
1. Troy Reeder, FUR	3:47.25	1. Western Carolina	41.19	1. Joel Hoisington, VMI	17.18m		
2. Ryan Adams, FUR	3:48.90	2. VMI	41.53	2. Jaylan Reid, FUR	16.28m		
3. Simeon Roberts, ETSU	3:49.01	3. The Citadel	41.71	3. Jordan White, VMI	16.21m		
4. Arsène Guillourel, SAM	3:51.73	4. Samford	41.85	4. Jared Johnson, WCU	15.44m		
5. Avery Martin, VMI	3:54.51	5. Wofford	49.72	5. Mateius Brown, WCU	15.36m		
6. Matt Lange, FUR	3:54.90	-- ETSU	DQ	6. Evan Albertson, WCU	14.99m		
7. Matthew Warriner, ETSU	3:55.19			7. Grant Sanchez, VMI	14.73m		
8. James Broom, VMI	3:55.72			8. Scott Peretin, WCU	14.72m		
5,000-meter run		4x400-meter relay		Discus throw			
1. Aaron Templeton, FUR	14:51.45	1. Western Carolina	3:13.99	1. Mateius Brown, WCU	47.58m		
2. Troy Reeder, FUR	14:56.49	2. The Citadel	3:14.95	2. Jordan White, VMI	47.49m		
3. Frank Lara, FUR	14:56.61	3. ETSU	3:15.43	3. Brian Smith, SAM	47.02m		
4. Josh Brickell, FUR	15:00.24	4. VMI	3:19.53	4. Brian Hill, SAM	46.66m		
5. Luke Sumerford, UNCG	15:01.99	5. UNCG	3:25.97	5. Scott Peretin, WCU	45.41m		
6. Ben Bryant, SAM	15:05.14	6. Wofford	3:30.24	6. Derrick Freeland, CIT	45.18m		
7. Simeon Roberts, ETSU	15:08.43	7. Furman	3:49.39	7. Jalon Williams, CIT	43.85m		
8. Matt Lange, FUR	15:09.61			8. Joel Hoisington, VMI	43.28m		

2016 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	255	6. Chattanooga	39
2. Samford	251.1	7. Wofford	37
3. ETSU	91.5	8. The Citadel	29
4. Furman	45	9. Mercer	13
5. VMI	44	10. UNCG	7

100-meter dash

1. Tayla Carter, WCU	11.58
2. Keturah Williams, ETSU	11.73
3. BriAnna Adams, WCU	11.81
4. Tonia McKinley, SAM	11.95
5. Kimberly Ruch, SAM	12.00
6. Mia Little, WCU	12.06
7. Kiana Davis, ETSU	12.08
8. Tamilia Wright, WCU	12.18

200-meter dash

1. Tayla Carter, WCU	24.14
2. BriAnna Adams, WCU	24.33
3. Tonia McKinley, SAM	24.51
4. Kiana Davis, ETSU	24.70
5. Kimberly Ruch, SAM	25.04
6. Kerisha Goode, VMI	25.09
7. Mia Little, WCU	25.16
8. Danyel Desouza, WCU	25.16

400-meter dash

1. Sarah Sanford, SAM	55.32
2. Corina Archie-McMillan, WCU	56.47
3. Sage Proffitt, WCU	56.94
4. Dasha Amsaut, WCU	57.36
5. Sally Woerner, WCU	57.58
6. Abigail Cutcliffe, SAM	57.64
7. Kianna Howard, UTC	58.24
8. Victoria Wicks, SAM	58.50

800-meter run

1. Kaitlyn Lingard, WCU	2:14.00
2. Hannah Chamblin, UTC	2:14.37
3. Ansley Bos, SAM	2:15.42
4. Lia Sewell, MER	2:16.43
5. Sahara Fletcher, ETSU	2:18.34
6. Christina Hill, VMI	2:22.32
7. Sally Woerner, WCU	2:28.13
-- Maddison Melchionna, UTC	FS

1,500-meter run

1. Karisa Nelson, SAM	4:28.40
2. Allie Buchalski, FUR	4:30.70
3. Emma Garner, SAM	4:34.03
4. Jessica York, UTC	4:37.81
5. Becca Cooley, FUR	4:39.70
6. Ansley Bos, SAM	4:40.61
7. Bethany King, VMI	4:45.82
8. Laura Sola Tari, SAM	4:46.64

5,000-meter run

1. Allie Buchalski, FUR	17:23.55
2. Karisa Nelson, SAM	17:26.09
3. Emma Mashburn, FUR	17:27.48
4. Teghan Henderson, UTC	17:28.69
5. Katy Link, UNCG	17:31.75
6. Emma Garner, SAM	17:40.55
7. Laura Miller, FUR	17:46.72
8. Kami Orrender, MER	18:16.13

10,000-meter run

1. Teghan Henderson, UTC	37:04.05
2. Emma Mashburn, FUR	37:19.23
3. Laura Miller, FUR	37:54.96
4. Anna Long, SAM	38:46.27
5. Caillian Colquitt, CIT	39:02.03
6. Laney Browder, WCU	39:42.86
7. Keeley Stewart, UTC	39:54.56
8. Anna Kate Chance, UTC	40:52.49

100-meter hurdles

1. Kyra Atkins, ETSU	13.42
2. Sarah Sanford, SAM	13.55
3. Kimberly Ruch, SAM	14.01
4. Yaa Agyepong-Wiafe, VMI	14.02
5. Alyiah Riley, WCU	14.23
6. Qiona Payton, SAM	14.53
7. Amber Lust, WOF	14.76
8. Jordan Highsmith, SAM	14.91

400-meter hurdles

1. Sarah Sanford, SAM	1:00.06
2. Nicki Smith, ETSU	1:01.96
3. Victoria Wicks, SAM	1:02.28
4. Holly Gaines, WCU	1:02.79
5. Latasha Pride, WCU	1:04.69
6. Qiona Payton, SAM	1:06.57
7. Alyiah Riley, WCU	1:08.57
8. Nidonna Nicholson, WCU	1:09.85

3,000-meter steeplechase

1. Emma Garner, SAM	10:54.99
2. Macy Carrier, ETSU	11:12.35
3. Kaitlyn Shetler, WCU	11:21.92
4. Anna Long, SAM	11:23.11
5. Katarina Ruehl, WCU	11:42.34
6. Katlyn Ayers, UNCG	11:45.80
7. Haley Morris, UTC	11:48.87
8. Jessica Dewitte, CIT	11:55.84

4x100-meter relay

1. Western Carolina	45.84
2. Samford	46.97
3. Wofford	48.37
4. Mercer	49.77
5. The Citadel	49.94
-- ETSU	DQ
-- VMI	DQ

4x400-meter relay

1. Western Carolina	3:45.30
2. Samford	3:51.94
3. ETSU	3:54.40
4. Wofford	3:56.52
5. Chattanooga	3:56.77
6. The Citadel	3:59.25
7. Mercer	4:00.71
8. VMI	4:04.94

High jump

1. Courtney Pregelmann, SAM	1.72m
2. Anisia Starege, WCU	1.68m
3. Julia Logan, VMI	1.63m
4. Selena Popp, SAM	1.63m
5. Tiffani Lewis, WCU	1.63m
6. Carrie Neill, SAM	1.58m
7. Holly Gaines, WCU	1.58m
8. Rebekah Fox, ETSU	1.53m

Pole vault

1. Meghan Breden, WCU	3.81m
2. Ashley Kessler, ETSU	3.66m
3. Korie Bennett, WCU	3.66m
4. Lindsey Kessler, SAM	3.51m
5. Sarah Lee, SAM	3.51m
6. Emily Eustace, SAM	3.36m
6. Sage Proffitt, WCU	3.36m
8. Rebecca Pfizter, SAM	3.21m

Long jump

1. Kyra Atkins, ETSU	5.64m
2. Tiffani Lewis, WCU	5.60m
3. Chenell Bryan, WCU	5.58m
4. Timia Easley, ETSU	5.57m
5. Jordan Highsmith, SAM	5.49m
6. Tamilia Wright, WCU	5.47m
7. Alexandra Burgess, WOF	5.34m
8. Mia McClain, VMI	5.30m

Triple jump

1. Alexandra Burgess, WOF	12.17m
2. Tamilia Wright, WCU	11.85m
3. Megan Meadow, SAM	11.69m
4. Kennedy Smith, VMI	11.64m
5. Timia Easley, ETSU	11.62m
6. Tiffani Lewis, WCU	11.60m
7. Tiana Pisoni, SAM	11.60m
8. Kyra Atkins, ETSU	11.53m

Shot put

1. Hailey Cook, WCU	14.71m
2. Aerial Horton, SAM	13.16m
3. Tatiana Taylor, SAM	12.83m
4. Kaycey Cermin, WCU	12.06m
5. Kaitlyn Moore, CIT	11.60m
6. Tyesha Jones, ETSU	11.59m
7. Simone Williams, WCU	11.46m
8. Camille Caldwell, SAM	11.42m

Discus throw

1. Hailey Cook, WCU	45.36m
2. Camille Caldwell, SAM	41.71m
3. Jayci Floyd, SAM	40.73m
4. Tyesha Jones, ETSU	39.38m
5. Kaycey Cermin, WCU	38.82m
6. Tiffany Quick, VMI	38.73m
7. Logan Edwards, VMI	37.76m
8. Alexandra King, WOF	36.05m

Hammer throw

1. Hailey Cook, WCU	50.88m
2. Aerial Horton, SAM	48.71m
3. Logan Edwards, VMI	48.67m
4. Tatiana Taylor, SAM	48.18m
5. Camille Caldwell, SAM	46.11m
6. Alexandra King, WOF	43.94m
7. Elizabeth Johnston, VMI	41.36m
8. Tyesha Jones, ETSU	39.20m

Javelin throw

1. Mady Riegel, CIT	42.18m
2. Holly Gaines, WCU	35.00m
3. Kennedy Williams, WCU	34.12m
4. Emily Fulton, VMI	33.72m
5. Emily Eustace, SAM	33.04m
6. Kameron Cass, CIT	32.72m
7. Kaitlin West, SAM	32.52m
8. Emily Armstrong, ETSU	32.08m

Heptathlon

1. Holly Gaines, WCU	4,748
2. Selena Popp, SAM	4,595
3. Jordan Highsmith, SAM	4,437
4. Amber Lust, WOF	3,393
5. Marisa Scott, WCU	4,003
6. Sara Hayes, WOF	3,978
7. Marabeth Clark, ETSU	3,968
8. Shannon Smith, FUR	3,919

Most Outstanding Athletes

Sarah Sanford, Samford
Hailey Cook, Western Carolina

Most Outstanding Track Performer

Sarah Sanford, Samford

Most Outstanding Field Performer

Hailey Cook, Western Carolina

Freshman of the Year

Kyra Atkins, ETSU
Bri Anna Adams, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2015 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	244	6. Furman	47
2. Western Carolina	203	7. Chattanooga	26.5
3. ETSU	118.5	8. Wofford	16.5
4. VMI	89	9. UNCG	5
5. The Citadel	67.5		

100-meter dash

1. Brenden Caldwell, WCU	10.50
2. Aron Long, VMI	10.67
3. Matthew Moore, ETSU	10.70
4. Jermaine Lewis, WCU	10.72
5. Aaron Tribble, WCU	10.74
6. Shelby Campbell, SAM	10.75
7. Patrick Taylor, ETSU	10.78
8. Lamaris Reed, VMI	10.90

200-meter dash

1. Aron Long, VMI	21.33
2. Carson Howe, SAM	21.61
3. Henry Kiedy, WCU	21.63
4. Dante Ortado, WCU	21.71
5. Demari Boswell, WCU	21.72
6. Jerry Wickerson, WCU	21.86
7. Patrick Taylor, ETSU	21.89
8. Dakota Lamont, WCU	22.01

400-meter dash

1. Henry Kiedy, WCU	47.04
2. Carson Howe, SAM	47.87
3. Dakota Lamont, WCU	48.47
4. Julian Jackson, VMI	48.51
5. Demari Boswell, WCU	48.54
6. Tevin Williams, CIT	48.82
7. Max Burke, WCU	48.91
8. Brandon Hartman, VMI	49.14

800-meter run

1. Brandon Hazouri, SAM	1:50.62
2. Nathan Hendershot, SAM	1:51.26
3. Thomas Miller, ETSU	1:51.48
4. Adam Jones, SAM	1:52.29
5. Marquis Carter, UTC	1:52.79
6. William Ivey, FUR	1:53.56
7. Jamie Bigby, WCU	1:53.98
8. Filip Jalovy, ETSU	1:55.10

1,500-meter run

1. Brandon Hazouri, SAM	3:47.05
2. Avery Martin, VMI	3:47.22
3. Arsène Guillorel, SAM	3:47.52
4. Tripp Hurt, FUR	3:47.77
5. Adam Jones, SAM	3:48.28
6. Angus Baldwin, ETSU	3:49.03
7. Matthew Warriner, ETSU	3:51.62
8. Nate Gray Wolf Riech, FUR	3:52.59

5,000-meter run

1. Arsène Guillorel, SAM	14:43.27
2. Tanner Hinkle, FUR	14:46.70
3. Lee Shearer, FUR	14:47.58
4. Austin Sprague, FUR	14:49.54
5. Angus Baldwin, ETSU	14:50.81
6. Josh Brickell, FUR	14:50.84
7. Luke Weishaar, SAM	15:05.19
8. Daniel DeNijs, VMI	15:14.85

10,000-meter run

1. Josh Brickell, FUR	31:12.31
2. Paul Stuart, UTC	31:34.27
3. Luke Weishaar, SAM	31:42.04
4. Carl Oberfeiting, ETSU	32:17.20
5. Luke Sumerford, UNCG	32:25.99
6. Brandon White, VMI	32:27.89
7. Ross Jordan, CIT	32:35.93
8. Hartnel Paultre, VMI	32:39.62

110-meter hurdles

1. Abraham Faison, WCU	14.28
2. Marquis Bailey, WCU	14.28
3. Quincy Murphy, VMI	14.54
4. Davon Guerrier, VMI	14.75
5. Malik Diggs, CIT	14.76
6. Michael Williams, ETSU	14.99
7. Iman Isang, UTC	15.67
8. Justin D'Angelo, WCU	15.76

400-meter hurdles

1. Michael Williams, ETSU	52.03
2. Abraham Faison, WCU	52.44
3. Marquis Barnes, SAM	53.37
4. Jay Vines, SAM	53.88
5. Drake Watson, UTC	54.06
6. Marquis Bailey, WCU	54.07
7. Justin D'Angelo, WCU	55.03
8. Samuel Barton, ETSU	56.57

3,000-meter steeplechase

1. Adam Chase, ETSU	9:11.44
2. Michael Cornwell, WCU	9:13.63
3. Lee Shearer, FUR	9:17.45
4. Haydn Borghetti-Metz, ETSU	9:21.90
5. James Miller, ETSU	9:23.30
6. Sean Helmke, VMI	9:24.34
7. John Gilpin, UTC	9:27.20
8. Matthew Joyner, ETSU	9:31.23

4x100-meter relay

1. Western Carolina	40.62
2. Samford	41.33
3. ETSU	41.34
4. VMI	41.59
5. The Citadel	42.69
6. Wofford	44.52
7. Chattanooga	46.56

4x400-meter relay

1. Western Carolina	3:12.75
2. Samford	3:16.79
3. VMI	3:17.08
4. The Citadel	3:17.73
5. Chattanooga	3:18.42
6. Wofford	3:22.96
7. ETSU	3:26.71
8. UNCG	3:27.40

High jump

1. Keyth Fightmaster, SAM	2.17m
2. Christian Carswell, WCU	1.98m
3. Nathan Rivera, ETSU	1.98m
4. Mick Noel, CIT	1.93m
5. Jackson Nosbisch, CIT	1.93m
6. Bob Elliott II, SAM	1.93m
7. Tanner Riddle, ETSU	1.88m
8. Geoff Nelson, UTC	1.88m
8. Tevin Nelson, WOF	1.88m

Pole vault

1. Gavin Gautreau, SAM	4.93m
2. Brett Squibbs, ETSU	4.93m
3. Tray Oates, SAM	4.83m
4. Dustin Triplett, WCU	4.68m
5. Chris Winkle, ETSU	4.68m
5. Chris Thrasher, SAM	4.68m
7. Corey Ginley, WCU	4.68m

Long jump

1. Marquis Barnes, SAM	7.40m
2. Javion Lee, SAM	7.24m
3. Tevin Johnson, WOF	7.18m
4. Patrick Taylor, ETSU	7.03m
5. Phillip Booker, ETSU	6.99m
6. Christian Carswell, WCU	6.99m
7. David Johnson, WCU	6.98m
8. Nathan Rivera, ETSU	6.77m

Triple jump

1. Javion Lee, SAM	15.39m
2. David Johnson, WCU	14.60m
3. Jerry Bryant, WCU	14.33m
4. Marquis Barnes, SAM	13.78m
5. Dondray Copeland, CIT	13.74m
6. Kevin Hires, WCU	13.74m
7. Lamaris Reed, VMI	13.62m
8. Bob Elliott II, SAM	13.40m

Shot put

1. Sidney Jordan, SAM	16.17m
2. Derrick Freeland, CIT	15.44m
3. Jared Johnson, WCU	14.99m
4. Scott Peretin, WCU	14.94m
5. Brian Hill, SAM	14.83m
6. Brian Smith, SAM	14.77m
7. William Condrey, VMI	14.41m
8. Evan Albertson, WCU	14.24m

Discus throw

1. Sidney Jordan, SAM	47.44m
2. Brian Hill, SAM	47.17m
3. Brian Smith, SAM	45.44m
4. Blase Isom, ETSU	45.40m
5. Jared Johnson, WCU	45.14m
6. Derrick Freeland, CIT	44.98m
7. Grant Sanchez, VMI	44.03m
8. Scott Peretin, WCU	43.61m

Hammer throw

1. Sidney Jordan, SAM	58.02m
2. Jared Johnson, WCU	51.96m
3. Geno Porter, CIT	48.60m
4. Brian Hill, SAM	48.19m
5. James Hayworth, WOF	48.19m
6. Jordan White, VMI	48.07m
7. Scott Peretin, WCU	46.96m
8. Sadarius Lucas, CIT	46.26m

Javelin throw

1. Capers Williamson, CIT	66.87m
2. Clay Allen, CIT	66.07m
3. Adam Parker, WCU	53.85m
4. Dustin Triplett, WCU	51.82m
5. Donovan Walton, VMI	49.91m
6. Blake Isom, ETSU	49.84m
7. Griffin Miller, CIT	48.59m
8. Joseph Lee, SAM	47.59m

Decathlon

1. Quincy Murphy, SAM	6,665
2. Nathan Rivera, ETSU	6,474
3. Christian Carswell, WCU	6,272
4. Andrew Patterson, SAM	6,045
5. Josh Davies, SAM	5,907
6. Austin Billings, SAM	5,562
7. Killian Carey, VMI	5,411
8. Tyler Robinson, VMI	5,333

Most Outstanding Athlete

Sidney Jordan, Samford

Most Outstanding Track Performer

Brandon Hazouri, Samford

Most Outstanding Field Performer

Sidney Jordan, Samford

Freshman of the Year

Carson Howe, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)

2015 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	272	6. Chattanooga	49
2. Samford	183	7. The Citadel	40
3. ETSU	91	8. Mercer	17
4. Furman	77	9. Wofford	12
5. VMI	75	10. UNCG	3

100-meter dash

1. Tayla Carter, WCU	11.52
2. Demeteria Edgecombe, ETSU	11.89
3. Kerisha Goode, VMI	12.06
4. Kayla Williams, WCU	12.09
5. Kimberly Ruch, SAM	12.13
6. Tiffani Lewis, WCU	12.20
7. Chenell Bryan, WCU	12.22
8. Yaa Agyepong-Wiafe, VMI	12.34

200-meter dash

1. Tayla Carter, WCU	23.69
2. Genevieve Emrick, WCU	24.35
3. Kerisha Goode, VMI	24.66
4. Demeteria Edgecombe, ETSU	25.05
5. Tanisha Bethel, CIT	25.11
6. Corina Archie-McMillian, WCU	25.26
7. Kimberly Ruch, SAM	25.27
8. Abigail Cutcliffe, SAM	25.38

400-meter dash

1. Genevieve Emrick, WCU	54.42
2. Corina Archie-McMillian, WCU	55.77
3. Tanisha Bethel, CIT	56.14
4. Emani Little, CIT	57.94
5. Thireyona Legg, VMI	57.96
6. Alexis Robinson, WCU	58.89
7. Aubree Collins, ETSU	59.40
8. Kianna Collins, UTC	1:03.78

800-meter run

1. Anna Irvine, SAM	2:11.41
2. Marie DeMedicis, SAM	2:12.05
3. Jacquelyn Crow, FUR	2:12.31
4. Maddison Melchionna, UTC	2:13.21
5. Hannah Chamblin, UTC	2:14.41
6. Emma Garner, SAM	2:14.58
7. Rebecca Greenwall, UTC	2:15.33
8. Lena Elliott, WCU	2:15.46

1,500-meter run

1. Allie Buchalski, FUR	4:27.41
2. Karisa Nelson, SAM	4:29.26
3. Amanda Cotter, UTC	4:29.43
4. Jacquelyn Crow, FUR	4:30.66
5. Sinead Haughey, FUR	4:32.40
6. Eira Jenson, UNCG	4:35.89
7. Jessica York, UTC	4:36.01
8. Emily Williams, ETSU	4:39.12

5,000-meter run

1. Sinead Haughey, FUR	17:04.84
2. Allie Buchalski, FUR	17:34.25
3. Laura Miller, FUR	17:34.90
4. Emma Mashburn, FUR	17:36.18
5. Emily Drouin, UTC	17:50.83
6. Julia Rodriguez, FUR	17:55.24
7. Keeley Stewart, UTC	17:57.10
8. Amanda Cotter, UTC	18:06.25

10,000-meter run

1. Laura Miller, FUR	36:47.70
2. Keeley Stewart, UTC	38:16.58
3. Jenna Gipperich, MER	38:21.20
4. Jackie Thompson, CIT	38:36.65
5. Caillian Colquitt, CIT	38:45.37
6. Anna Kate Chance, UTC	38:57.57
7. Bryce Seymour, FUR	39:04.14
8. Anna McBride, FUR	39:17.37

100-meter hurdles

1. Demeteria Edgecombe, ETSU	13.35
2. Sarah Sanford, SAM	13.48
3. Xaviera Bass, WCU	13.58
4. Kayla Williams, WCU	13.92
5. Qiona Payton, SAM	14.25
6. Nicole Alexander, ETSU	14.34
7. Alyiah Riley, WCU	14.36
8. Deborah Allison, VMI	14.78

400-meter hurdles

1. Sarah Sanford, SAM	58.25
2. Holly Gaines, WCU	58.72
3. Michaela Birek, WCU	1:02.70
4. Victoria Wicks, SAM	1:03.37
5. Nicole Alexander, ETSU	1:03.72
6. Nicki Smith, ETSU	1:03.85
7. Latasha Pride, WCU	1:04.51
8. Anne Greer, WCU	1:04.86

3,000-meter steeplechase

1. Rachel Wooten, SAM	11:01.32
2. Emily Drouin, UTC	11:03.34
3. Francis Bernard, SAM	11:07.98
4. Julia Rodriguez, FUR	11:20.92
5. Kaitlyn Shetler, WCU	11:22.05
6. Victoria Hutchens, ETSU	11:38.08
7. Anya Bunao, WOF	11:45.98
8. Bethany King, VMI	11:57.30

4x100-meter relay

1. Western Carolina	45.96
2. ETSU	47.12
3. VMI	47.70
4. The Citadel	48.14
5. Samford	48.76
6. Mercer	49.72
7. Furman	50.18
8. Wofford	51.75

4x400-meter relay

1. Western Carolina	3:41.83
2. Samford	3:46.15
3. The Citadel	3:51.48
4. ETSU	3:53.50
5. VMI	3:59.86
6. Chattanooga	4:00.83
7. Mercer	4:01.89
8. Wofford	4:04.35

High jump

1. Anisia Starege, WCU	1.70m
2. Xaviera Bass, WCU	1.67m
3. Courtney Pregelman, SAM	1.62m
4. Julia Logan, VMI	1.57m
5. Molly Fagan, WCU	1.57m
6. Carrie Neill, SAM	1.57m
7. Danielle Blanco, SAM	1.52m
8. Ansley Bates, SAM	1.52m

Pole vault

1. Ashley Kessler, ETSU	3.78m
2. Devyn Ressler, WCU	3.63m
3. Morgan Johnson, SAM	3.63m
4. Claire Goodson, SAM	3.63m
5. Care June Elyea, WCU	3.48m
6. Korie Bennett, WCU	3.48m
7. Emily Eustace, SAM	3.33m
8. Lauren Torsch, SAM	3.33m

Long jump

1. Bria Anderson, VMI	5.94m
2. Molly Fagan, WCU	5.79m
3. Chenell Bryan, WCU	5.73m
4. Michaela Birek, WCU	5.71m
5. Tiffani Lewis, WCU	5.70m
6. Jordan Highsmith, SAM	5.65m
7. Thireyona Legg, VMI	5.61m
8. Tiana Pisoni, SAM	5.59m

Triple jump

1. Tiana Pisoni, SAM	12.12m
2. Chenell Bryan, WCU	11.57m
3. Hannah Hardy, SAM	11.28m
4. Timia Easley, ETSU	11.26m
5. Nicole Alexander, ETSU	11.18m
6. Kennedy Smith, VMI	11.07m
7. Jordan Highsmith, SAM	11.06m
8. Erin West, WCU	11.00m

Shot put

1. Hailey Cook, WCU	14.88m
2. Renee Reives, VMI	14.30m
3. Alisha Bradshaw, WCU	14.07m
4. Katelyn Poole, SAM	13.85m
5. Aerial Horton, SAM	13.81m
6. Alisha Bradshaw, WCU	12.54m
7. Mary Grace Lemon, VMI	12.00m
8. Jasmin Brown, WCU	11.71m

Discus throw

1. Alisha Bradshaw, WCU	44.62m
2. Verena Tobis, ETSU	44.15m
3. Kristin Brining, SAM	43.21m
4. Renee Reives, VMI	43.16m
5. Hailey Cook, WCU	41.52m
6. Aerial Horton, SAM	39.28m
7. Tyesha Jones, ETSU	38.25m
8. Elizabeth Johnston, VMI	37.59m

Hammer throw

1. Aerial Horton, SAM	50.74m
2. Alisha Bradshaw, WCU	50.41m
3. Kristin Brining, SAM	49.74m
4. Mary Grace Lemon, VMI	49.09m
5. Logan Edwards, VMI	47.41m
6. Jasmin Brown, WCU	47.27m
7. Hailey Cook, WCU	45.93m
8. Katelyn Poole, SAM	45.09m

Javelin throw

1. Verena Tobis, ETSU	44.08m
2. Kim Cannon, WCU	41.39m
3. Krista Kennedy, MER	40.80m
4. Mady Riegel, CIT	40.19m
5. Anne Greer, WCU	37.80m
6. Emily Eustace, SAM	34.82m
7. Molly Fagan, WCU	33.89m
8. Emily Fulton, VMI	32.06m

Heptathlon

1. Holly Gaines, WCU	4,584
2. Anne Greer, WCU	4,287
3. Danielle Blanco, SAM	4,054
4. Katie Beuerlein, WOF	3,809
5. Latasha Pride, WCU	3,281
6. Erin West, WCU	2,801
7. Emily Williams, WOF	2,727
8. Kasey Widmeyer, WOF	2,398

Most Outstanding Athletes

Tayla Carter, Western Carolina
Demeteria Edgecombe, ETSU

Most Outstanding Track Performer

Demeteria Edgecombe, ETSU

Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

Freshman of the Year

Allie Buchalski, Furman

Coach of the Year

Danny Williamson, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2014 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	207	6. Chattanooga	52
2. Western Carolina	204	7. Davidson	31.5
3. Appalachian State	165.5	T-8. UNCG	5
4. The Citadel	91	T-8. Wofford	5
5. Furman	55		

100-meter dash

1. Justin Emerson, SAM	10.47
2. Jamaal Brantley, CIT	10.51
3. Marshall McRae, APP	10.57
4. William Buckley, APP	10.60
5. Jerry Wickerson, WCU	10.73
6. Marquis Bailey, WCU	10.73
7. Jermaine Lewis, WCU	10.79
8. Antonio Marcano, Jr., APP	10.96

200-meter dash

1. Jamaal Brantley, CIT	21.59
2. William Buckley, APP	21.64
3. Jerry Wickerson, WCU	21.70
4. Marshall McRae, APP	21.71
5. Earl Rahming, WCU	21.83
6. Justin Emerson, SAM	21.92
7. Adrian Ortado, WCU	22.06
8. Jermaine Lewis, WCU	22.28

400-meter dash

1. Earl Rahming, WCU	47.21
2. Aaron Harris, WCU	47.38
3. Raphael Rojas, APP	47.96
4. Jonathon Bush, SAM	48.26
5. Adraian Ortado, WCU	48.55
6. Demari Boswell, WCU	48.73
7. Anmar Phillips, WCU	49.39
8. Tevin Williams, CIT	49.46

800-meter run

1. Brandon Hazouri, SAM	1:50.31
2. Andrew Lantz, DAV	1:50.84
3. Nathan Hendershot, SAM	1:51.59
4. Patrick Rollo, DAV	1:53.32
5. Aaron Harris, WCU	1:53.54
6. Jamie Bigby, WCU	1:53.63
7. Raphael Rojas, APP	1:56.06
8. William Ivey, FUR	1:57.47

1,500-meter run

1. Brandon Hazouri, SAM	3:54.33
2. Adam Jones, SAM	3:56.20
3. Layton Dorsett, SAM	3:57.07
4. Brock Baker, FUR	3:57.49
5. Lucas Cotter, UTC	3:58.50
6. Nate Riech, FUR	3:58.77
7. Trevor Janssen, UTC	3:59.50
8. John Mogen, DAV	3:59.72

5,000-meter run

1. Brock Baker, FUR	14:57.72
2. Tripp Hurt, FUR	14:57.80
3. Kyle McFoy, APP	15:00.41
4. Harry Smithers, UTC	15:01.73
5. Luke Weishaar, SAM	15:02.11
6. Tanner Hinkle, FUR	15:05.35
7. Nathan Wanuch, UTC	15:06.22
8. Mark Cole, UTC	15:06.81

10,000-meter run

1. Tanner Hinkle, FUR	30:57.70
2. Mark Cole, UTC	30:59.37
3. Harry Smithers, UTC	31:03.97
4. Dylan Belles, UNCG	31:16.03
5. John Klecker, FUR	31:22.93
6. Paul Stuart, UTC	31:27.89
7. Kyle McFoy, APP	31:28.63
8. Travis Alfaro, WCU	31:41.37

110-meter hurdles

1. Marquis Bailey, WCU	14.59
2. Abraham Faison, WCU	14.64
3. Iman Isang, UTC	15.38
4. Kenley Joseph, APP	15.42
5. Charles Rapppe, DAV	15.56
6. Eric Blake, WCU	15.68
7. Sam Lusty, WCU	15.75
8. Phillip Thomas, APP	15.80

400-meter hurdles

1. Abraham Faison, WCU	52.18
2. Eric Blake, WCU	52.91
3. Marquis Bailey, WCU	53.35
4. Jay Vines, SAM	54.83
5. Charles Rapppe, DAV	55.52
6. David Riddleberger, APP	56.00
7. Sam Lusty, WCU	57.48
8. Kenley Joseph, APP	1:00.26

3,000-meter steeplechase

1. Tripp Hurt, FUR	8:58.13
2. Josh Cox, APP	9:14.82
3. Nathan Wanuch, UTC	9:16.81
4. Chase Fisher, WCU	9:21.23
5. Grayam Sailor-Tynes, DAV	9:21.69
6. Michael Cornwell, WCU	9:21.72
7. Michael Ellis, APP	9:22.11
8. John Gilpin, UTC	9:41.65

4x100-meter relay

1. Appalachian State	40.62
2. Western Carolina	40.78
3. Samford	41.62
4. The Citadel	41.66
5. Chattanooga	43.86
6. Wofford	47.93

4x400-meter relay

1. Western Carolina	3:13.01
2. Appalachian State	3:15.19
3. Samford	3:17.08
4. The Citadel	3:18.78
5. Chattanooga	3:19.55
6. Davidson	3:19.80
7. Wofford	3:25.52
8. Furman	3:34.90

High jump

1. Samuel Allen, APP	2.03m
2. Bob Elliot II, SAM	2.03m
3. Brandon Bassett, SAM	1.98m
4. Cole Finch, APP	1.98m
4. Steven Bastien, SAM	1.98m
6. Bo Ackerson-Gilroy, SAM	1.93m
6. Mick Noel, CIT	1.93m
8. Christian Carswell, WCU	1.93m

Pole vault

1. Owen Wagoner, SAM	5.10m
2. Ryan Cook, SAM	4.85m
3. Keith Leonard, WCU	4.85m
4. David Melton, CIT	4.75m
5. Dustin Triplett, WCU	4.75m
6. Phillip Thomas, APP	4.65m
7. Chris Thrasher, SAM	4.55m
8. Matt Layne, APP	4.40m

Long jump

1. Steven Bastien, SAM	7.38m
2. Edward Jones, CIT	7.28m
3. Henry Bustle, APP	7.12m
4. Jamal Tiller, APP	7.04m
5. Jesse Earnhardt, APP	7.00m
6. Josh McSwain, WCU	6.92m
7. Tyler Bell, WCU	6.84m
8. Xzavier Killings, DAV	6.71m

Triple jump

1. Jamal Tiller, APP	15.06m
2. David Johnson, WCU	15.00m
3. Josh McSwain, WCU	14.71m
4. Adedji Adneye, APP	14.36m
5. Henry Bustle, APP	14.27m
6. Tyler Bell, WCU	14.00m
7. Xzavier Killings, DAV	13.51m
7. Valian Brown, CIT	13.51m

Shot put

1. Nathan Milch, APP	15.81m
2. Sidney Jordan, SAM	15.62m
3. Dylan Gidado, CIT	15.59m
4. Jared Johnson, WCU	15.15m
5. John Leonard, APP	14.98m
6. Nick Sansotta, APP	14.78m
7. Brian Smith, SAM	14.55m
8. Brian Hill, SAM	14.48m

Discus throw

1. Sidney Jordan, SAM	48.32m
2. Brain Smith, SAM	46.62m
3. Nathan Milch, APP	45.89m
4. Geno Porter, CIT	43.45m
5. Ian VanderGulik, CIT	43.14m
6. Dylan Gidado, CIT	42.63m
7. Andy Benesh, WCU	41.56m
8. Richard Bertrand, CIT	40.98m

Hammer throw

1. Sidney Jordan, SAM	56.40m
2. Jared Johnson, WCU	50.79m
3. Andy Benesh, WCU	49.99m
4. Brian Hill, SAM	49.56m
5. Nathan Milch, APP	47.83m
6. Geno Porter, CIT	46.74m
7. Richard Bell, APP	44.98m
8. Dylan Gidado, CIT	44.10m

Javelin throw

1. Clay Allen, CIT	64.09m
2. Capers Williamson, CIT	63.80m
3. Bo Ackerson-Gilroy, SAM	58.30m
4. Brandon Bassett, SAM	54.96m
5. Andy Benesh, WCU	49.38m
6. Steven Bastien, SAM	48.71m
7. Matt Stenger, WCU	48.31m
8. Adam Parker, WCU	48.24m

Decathlon

1. Steven Bastien, SAM	6,591
2. Christian Carswell, WCU	6,252
3. Josh Davies, SAM	6,107
4. Jackson Powers, APP	5,654
5. Ian Aikman, CIT	5,307
6. Andrew Patterson, SAM	5,241
7. Sam Lusty, WCU	4,551
8. Tim Buzyan, WCU	4,098

Most Outstanding Athlete

Steven Bastien, Samford

Most Outstanding Track Performer

Brandon Hazouri, Samford

Most Outstanding Field Performer

Sidney Jordan, Samford

Freshman of the Year

Brandon Hazouri, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2014 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Samford	166.5	7. Chattanooga	26
2. Western Carolina	155	8. The Citadel	23
3. Elon	131	9. UNCG	20
4. Appalachian State	126	10. Wofford	15
5. Georgia Southern	117.5	11. Furman	10
6. Davidson	28		

100-meter dash

1. Tayla Carter, WCU	11.59
2. Jasmin Walker, GSU	11.69
3. Arian Tipton, GSU	11.79
4. Alyssa Felton, GSU	11.96
5. Jordan Fordham, GSU	12.07
6. Janise Robinson, WCU	12.26
7. Xaveria Bass, WCU	12.61
8. Breanna Alston, APP	12.89

200-meter dash

1. Tayla Carter, WCU	23.50
2. Arian Tipton, GSU	23.59
3. Jasmin Walker, GSU	23.68
4. Breann Alston, APP	24.36
5. Jordan Fordham, GSU	24.70
6. Catherine Crawford, APP	25.02
7. Sydney Griffin, Elon	25.24
8. Bria Bell, Elon	25.55

400-meter dash

1. Bria Bell, Elon	53.95
2. Breanna Alston, APP	54.00
3. Genevieve Emrick, WCU	54.82
4. Corina Archie-McMillan, WCU	55.17
5. Jennifer Pash, Elon	56.30
6. Asha Stegall, GSU	56.86
7. Shiniqua Proyor, WCU	56.88
8. Cherelle King, GSU	57.59

800-meter run

1. Marie Demedecis, SAM	2:08.53
2. Alyssa Burkert, WOF	2:08.86
3. Sherril McFarlane, GSU	2:09.03
4. Anna Irvine, SAM	2:09.45
5. Shelby Howell, APP	2:10.35
6. Lena Elliott, WCU	2:10.57
7. Hayley Tomlinson, WCU	2:10.79
8. Hannah Rieden, DAV	2:12.70

1,500-meter run

1. Sarah Paddon, DAV	4:24.54
2. Lauren D'Alessio, SAM	4:28.20
3. Ansely Bos, SAM	4:29.03
4. Kimberly Johannsen, Elon	4:31.95
5. Tristin Van Ord, APP	4:32.10
6. Justine Stocks, APP	4:32.77
7. Sherril McFarlane, GSU	4:36.59
8. Jessica York, UTC	4:39.13

5,000-meter run

1. Teghan Henderson, UTC	17:00.62
2. Shaina Sumney, UNCG	17:03.10
3. Allyson Oram, Elon	17:08.32
4. Erin Osment, DAV	17:15.21
5. Lauren D'Alessio, SAM	17:21.30
6. Tristin Van Ord, APP	17:35.95
7. Tereza Novotna, Elon	17:39.29
8. Chelsea Sumney, UNCG	17:45.07

10,000-meter run

1. Teghan Henderson, UTC	34:35.06
2. Erin Osment, DAV	35:30.82
3. Sinead Haughey, FUR	35:52.54
4. Kaitlin Cagle, APP	36:34.11
5. Laura Miller, FUR	36:40.21
6. Dana Cox, APP	36:47.44
7. Katy Link, UNCG	36:54.93
8. Meghan McCauley, APP	37:10.84

100-meter hurdles

1. Sydney Griffin, Elon	13.83
2. Xaveria Bass, WCU	13.97
3. LeNiesha Kearse, WCU	14.28
4. Alyssa Felton, GSU	14.48
5. Ashley Cope, SAM	14.61
6. Brittany Diggs, WCU	14.64
7. Dana Edwards, GSU	14.73
8. Michaela Birek, WCU	14.84

400-meter hurdles

1. Jennifer Esposito, Elon	59.60
2. Michaela Birek, WCU	59.90
3. Dana Edwards, GSU	1:00.23
4. Danielle Blanco, SAM	1:00.31
5. Veronica Luedke, Elon	1:01.78
6. Samantha Brown, Elon	1:02.89
7. Latasha Pride, WCU	1:03.16
8. LeNiesha Kearse, WCU	1:04.45

3,000-meter steeplechase

1. Tereza Novotna, Elon	10:41.08
2. Chelsea Sumney, UNCG	10:51.59
3. Kayla Schneider, APP	10:55.84
4. Michelle Provost, WCU	11:03.74
5. Sam Hughes, WOF	11:08.90
6. Rachel Wooten, SAM	11:13.60
7. Samantha Camanaro, APP	11:21.36
8. Katlyn Ayers, UNCG	11:28.34

4x100-meter relay

1. Georgia Southern	44.50
2. Appalachian State	46.56
3. Elon	46.61
4. Samford	47.87
5. The Citadel	48.01
6. Chattanooga	49.83
7. Wofford	53.24

4x400-meter relay

1. Georgia Southern	3:43.20
2. Appalachian State	3:43.69
3. Elon	3:44.28
4. Samford	3:48.00
5. Davidson	3:52.35
6. Chattanooga	3:53.30
7. The Citadel	3:54.30
8. Wofford	4:00.73

High jump

1. Megan Kirschling, Elon	1.79m
2. Haley Laird, Elon	1.70m
3. Anisia Starege, WCU	1.70m
4. Mary Theresa Montgomery, APP	1.70m
5. Xaveria Bass, WCU	1.70m
6. Makalya Roten, APP	1.70m
7. Keyanna Harris, GSU	1.65m
7. Audrey Florence, APP	1.65m

Pole vault

1. Claire Goodson, SAM	3.97m
2. Devyn Ressler, WCU	3.87m
3. Morgan Johnson, SAM	3.87m
3. Cassandra Crawford, APP	3.87m
5. Sydney Cook, APP	3.57m
6. Debra Domermuth, APP	3.57m
7. Ashley Cope, SAM	3.57m
8. Chelsea Farr, APP	3.57m

Long jump

1. Jasmin Walker, GSU	6.12m
2. Nicole Charley, SAM	5.91m
3. Emily Allen, SAM	5.80m
4. Chenell Bryan, WCU	5.74m
5. Xaveria Bass, WCU	5.73m
6. Tiffani Lewis, WCU	5.71m
7. Alyssa Felton, GSU	5.55m
8. Carrie Abraham, APP	5.47m

Triple jump

1. Emily Allen, SAM	12.49m
2. Nicole Charley, SAM	12.39m
3. Ashleigh Rasheed, GSU	12.20m
4. Carrie Abraham, Elon	12.15m
5. Xaveria Bass, WCU	11.14m
6. Brianna Charles, GSU	11.13m
7. Jayna Coyle, Elon	10.97m
8. Tiffani Lewis, WCU	10.96m

Shot put

1. Brianna Tate, APP	14.61m
2. Aerial Horton, SAM	13.94m
3. Charlise Morgan, Elon	13.93m
4. Alisha Bradshaw, WCU	13.92m
5. Hailey Cook, WCU	13.90m
6. Jasmine Suydam, APP	13.21m
7. Katelyn Poole, SAM	13.13m
8. Breanna Warren, Elon	13.02m

Discus throw

1. Breanna Warren, Elon	46.68m
2. Alisha Bradshaw, WCU	45.88m
3. Jasmine Suydam, APP	44.53m
4. Aerial Horton, SAM	43.82m
5. Shelby Builtta, SAM	43.37m
6. Kristin Brining, SAM	42.64m
7. Hailey Cook, WCU	41.80m
8. Ana DeLeon, APP	41.19m

Hammer throw

1. Emily Allen, SAM	60.98m
2. Kristin Brining, SAM	52.58m
3. Alisha Bradshaw, WCU	52.64m
4. Kimberlyn Holt, Elon	49.80m
5. Brianna Tate, APP	48.85m
6. Kelsey Arnold, GSU	48.74m
7. Kayleigh Birks, Elon	47.78m
8. Ana DeLeon, APP	47.04m

Javelin throw

1. Jocelyn Parnell, APP	43.51m
2. Kim Cannon, WCU	40.18m
3. Shelby Builtta, SAM	39.39m
4. Andriana Love, CIT	39.16m
5. Ashley Cope, SAM	38.86m
6. Nicole Levermann, CIT	34.65m
7. Jennifer Jarvis, Elon	34.12m
8. Anne Greer, WCU	33.53m

Heptathlon

1. Ashley Cope, SAM	4,806
2. Nicole Levermann, CIT	4,675
3. Ashleigh Rasheed, GSU	4,490
4. Anne Greer, WCU	4,312
5. Holly Gaines, WCU	4,109
6. Stephanie Burris, WCU	3,735
7. Hannah Hardy, SAM	3,580
8. Savannah Emmrich, CIT	3,104

Most Outstanding Athlete

Jasmin Walker, Georgia Southern

Most Outstanding Track Performer

Jasmin Walker, Georgia Southern

Most Outstanding Field Performer

Emily Allen, Samford

Freshman of the Year

Teghan Henderson, Chattanooga

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 23-26)

2013 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

1. Western Carolina	3:14.44
2. Appalachian State	3:15.23
3. The Citadel	3:17.75
4. Samford*	3:18.49
5. Chattanooga	3:20.33
6. Davidson	3:24.76
7. Furman	3:28.20
8. Wofford	3:29.18

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

* later vacated
^ all-conference honor later vacated

Most Outstanding Athlete

Ben Davies, Samford

Most Outstanding Track Performer

Brandon Hairston, Western Carolina

Most Outstanding Field Performer

Jared Stalling, Appalachian State

Freshman of the Year

Brandon Hazouri, Samford

Coach of the Year

Rod Tiffin, Samford

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2013 WOMEN'S CHAMPIONSHIP

Team results			
Team	Points	Team	Points
1. Western Carolina	197.5	T-6. College of Charleston	32
2. Appalachian State	159.5	8. The Citadel	23.5
3. Georgia Southern	112.5	9. Wofford	13
4. Elon	111	T-10. Chattanooga	12
5. Samford	110	T-10. UNCG	12
T-6. Furman	32	12. Davidson	4

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

200-meter dash	
1. Tayla Carter, WCU	23.79
2. Breanna Alston, APP	23.85
3. Ebony Carter, GSU	24.67
4. Brittany Diggs, WCU	24.68
5. Alyssa Felton, GSU	25.05
6. Jasmin Walker, GSU	25.21
7. D'Shawna McClucas, APP	25.29
8. Aarian Tipton, GSU	25.50

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

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

1,500-meter run	
1. Hayley McMahon, CofC	4:28.45
2. Lauren D'Alessio, SAM	4:31.30
3. Amanda Sumner, UTC	4:37.29
4. Hayley Tomlinson, WCU	4:39.48
5. Emily Tryon, Elon	4:39.84
6. Justine Stocks, APP	4:40.09
7. Eira Jensen, UNCG	4:40.60
8. Amanda Hamilton, APP	4:41.61

5,000-meter run	
1. Sinead Haughey, FUR	17:16.84
2. Allyson Oram, Elon	17:20.08
3. Lydia Saina, UNCG	17:26.71
4. Mara Smith, WCU	17:31.78
5. Sarah Williamson, APP	17:33.76
6. Emily Wirzba, FUR	17:38.19
7. Sam Hughes, WOF	17:52.91
8. Dana Cox, APP	17:58.53

10,000-meter run	
1. Sinead Haughey, FUR	35:40.25
2. Mara Smith, WCU	35:53.64
3. Amanda Hamilton, APP	36:33.28
4. Sarah Williamson, APP	36:50.89
5. Meaghan McCauley, APP	37:10.51
6. Natalie Atabek, Davidson	37:15.91
7. Dana Cox, APP	37:23.53
8. Erin Osment, DAV	37:25.31

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

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

3,000-meter steeplechase	
1. Caroline McCaslin, Elon	10:42.89
2. Tereza Novotna, Elon	10:42.95
3. Emily Tryon, Elon	10:51.01
4. Justine Stocks, APP	11:00.19
5. Kayla Schneider, APP	11:01.57
6. Sam Hughes, WOF	11:15.76
7. Rachel Wooten, SAM	11:25.90
8. Kaitlyn Shetler, WCU	12:02.58

4x100-meter relay	
1. Georgia Southern	45.46
2. Western Carolina	45.71
3. Appalachian State	47.35
4. Elon	47.56
5. The Citadel	48.69
6. Chattanooga	49.26
7. Samford	49.28
8. Furman	49.39

4x400-meter relay	
1. Western Carolina	3:45.89
2. Georgia Southern	3:48.89
3. Appalachian State	3:49.15
4. The Citadel	3:51.34
5. Samford	3:52.14
6. Elon	3:55.66
7. Furman	3:56.19
8. Chattanooga	3:56.79

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

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

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

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

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

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

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

Javelin throw	
1. Suzanne Martin, Elon	41.85m
2. Christine Klinar, CofC	39.73m
3. Jocelyn Parnell, APP	39.23m
4. Deanne Tiplady, APP	38.96m
5. Jennifer Jarvis, Elon	36.77m
6. Shelby Builtta, SAM	35.64m
7. Brittany Pierce, APP	34.86m
8. Anne Greer, WCU	34.63m

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

Most Outstanding Athlete Ashley Cope, Samford
Most Outstanding Track Performer Sinead Haughey, Furman
Most Outstanding Field Performer Alisha Bradshaw, Western Carolina
Freshman of the Year Tayla Carter, Western Carolina
Coach of the Year Danny Williamson, Western Carolina
NOTES • Top three finishers in each event received all-conference honors • Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2012 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	238	6. Chattanooga	37
2. Western Carolina	225	7. Furman	31
3. Samford	107*	8. UNCG	30
4. The Citadel	79	9. Wofford	11
5. Davidson	58	* later vacated 16 points	

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

* later vacated

^ all-conference honor later vacated

Most Outstanding Athlete

Jared Stalling, Appalachian State

Most Outstanding Track Performer

Benny Davis, Western Carolina

Most Outstanding Field Performer

Jared Stalling, Appalachian State

Freshman of the Year

Bob Elliott II, Samford

Coach of the Year

John Weaver, Appalachian State

NOTES

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

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2012 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Breanna Alston, Appalachian State

Most Outstanding Track Performer

Ebony Carter, Georgia Southern

Most Outstanding Field Performer

Emily Allen, Samford

Freshman of the Year

Alisha Bradshaw, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2011 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	256	6. Chattanooga	42
2. Western Carolina	218.5	7. Furman	24
3. Samford	138.5*	8. Wofford	17
4. Davidson	770	9. UNCG	1
5. The Citadel	48	* later vacated 13 points	

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

* later vacated

^ all-conference honor later vacated

Most Outstanding Athlete

Cordell Livingston, Western Carolina

Most Outstanding Track Performer

Dennis Moore, Appalachian State

Most Outstanding Field Performer

Malcolm Styers, Appalachian State

Freshman of the Year

Aaron Tribble, Western Carolina

Coach of the Year

Rod Tiffin, Samford

NOTES

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

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2011 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

1. Rebecca Hazeltine, APP	1.75m
2. Shaquela Robinson, APP	1.70m
3. Rebecca Hazeltine, APP	1.70m
4. Emily Smith, CofC	1.70m
5. Nicole Levermann, CIT	1.60m
6. Zakiyyah Stewart, WCU	1.60m
7. Kaitlin Brown, WOF	1.60m
Alex Cassagnol, GSU	1.60m

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Zakiyyah Stewart, Western Carolina

Most Outstanding Track Performer

Felisha Garren, Western Carolina

Most Outstanding Field Performer

Veronica Day, Elon

Freshman of the Year

Breanna Alston, Appalachian State

Coach of the Year

Mark Elliston, Elon

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2010 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	263.5	6. Chattanooga	29
2. Western Carolina	242	T-7. Furman	21
3. Samford	132.5	T-7. UNCG	21
4. The Citadel	57.5	9. Wofford	3.5
5. Davidson	44		

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Athlete

Malcolm Styers, Appalachian State

Most Outstanding Track Performer

Landon Powell, Appalachian State

Most Outstanding Field Performer

Malcolm Styers, Appalachian State

Freshman of the Year

Landon Powell, Appalachian State

Coach of the Year

John Weaver, Appalachian State

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2010 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Felicia Paulding, Western Carolina

Most Outstanding Track Performer

Anneli Uys, Chattanooga

Most Outstanding Field Performer

Zakiyyah Stewart, Western Carolina

Freshman of the Year

Jelain McArthur, College of Charleston

Coach of the Year

Mark Elliston, Elon

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2009 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Athlete

Manteo Mitchell, Western Carolina

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Matt Evans, Western Carolina

Freshman of the Year

Jamie Van Pelt, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

2009 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

1. Felicia Paulding, WCU	23.95
2. Jane't Carothers, WCU	24.06
3. Emma Bowers, WCU	24.33
4. Demetris Anthony, GSU	24.63
5. Shalyn McMichael, WCU	24.78
6. Aneesha Lane, WCU	24.83
7. Ariel Hatcher, CofC	25.05
8. Danielle Thorpe, APP	25.30

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Lily Tallent, Appalachian State

Most Outstanding Track Performer

Felicia Paulding, Western Carolina

Most Outstanding Field Performer

Melanie Trumbo, Georgia Southern

Freshman of the Year

Emma Bowers, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTES

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 23-26)

2008 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	315	T-5. Chattanooga	37
2. Western Carolina	288	T-5. UNCG	37
3. The Citadel	67	7. Furman	22
4. Davidson	38		

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

1. David Bowles, WCU	56.90m
3. Beau Jones, DAV	53.51m
4. Matt Earls, CIT	52.21m
5. Wes Kiser, APP	49.78m
6. Jeremy Cannon, UNCG	48.15m
7. Chris Page, WCU	45.77m
8. Sean Reardon, WCU	44.67m

Decathlon

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

Most Outstanding Performer

Wes Kiser, Appalachian State

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Wes Kiser, Appalachian State

Freshman of the Year

Phillip Bush, Appalachian State

Coach of the Year

John Weaver, Appalachian State

NOTE

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

2008 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Brittani Williams, Appalachian State

Most Outstanding Track Performer

Raquel Ramseur, Western Carolina

Most Outstanding Field Performer

Brittani Williams, Appalachian State

Freshman of the Year

Felicia Paulding, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTE

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

2007 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Douglas Noreen, Davidson

Most Outstanding Field Performer

Anthony Greer, Appalachian State

Freshman of the Year

Dominique Young, Western Carolina

Co-Coaches of the Year

Gary Andrew, Davidson
Danny Williamson, Western Carolina

NOTE

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

2007 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Track Performer
Nicole Brown, Georgia Southern

Most Outstanding Field Performer
Stephanie McNeill, Georgia Southern

Freshman of the Year
Jessica Irizzary, Georgia Southern

Coach of the Year
Natalie Smith, Georgia Southern

NOTE

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

2006 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Adam Puett, Western Carolina

Most Outstanding Field Performer

Katon Bethay, Wofford

Freshman of the Year

Shaquill Smith, The Citadel

Coach of the Year

Gary Andrew, Davidson
Danny Williamson, Western Carolina

NOTE

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

2006 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

1. Shannon Wommack, UTC	10:07.54
2. Sabrina LeFort, UTC	10:40.56
3. Meghan Gaffner, APP	10:44.09
4. Page Bridges, FUR	11:19.38
5. Anna Mae Flynn, Elon	11:25.29
6. Sarah Strickland, CIT	11:26.45

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Stephanie McNeill, The Citadel

Freshman of the Year

Emily King, Davidson

Coach of the Year

Shaun Meinecke, Georgia Southern

NOTE

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

2005 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	292.5	6. Furman	33
2. Western Carolina	250.5	7. Wofford	30
3. Chattanooga	57	8. Davidson	28
4. The Citadel	48	9. UNCG	26
5. ETSU	45		

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

1. Western Carolina	3:15.38
2. Appalachian State	3:16.52
3. Davidson	3:18.72
4. The Citadel	3:21.23
5. UNCG	3:27.09
6. Furman	3:30.39
7. ETSU	3:34.89

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Mike Malone, Western Carolina

Most Outstanding Field Performer

Anthony Greer, Appalachian State

Freshman of the Year

Zeb Johnson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTE

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

2005 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter steeplechase

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Laura Tieszen, Western Carolina

Freshman of the Year

Raquel Ramseuf, Western Carolina

Coaches of the Year

Shaun Meinecke, Georgia Southern

NOTE

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

2004 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	246.5	5. ETSU	53
2. Western Carolina	229.5	7. Wofford	34
3. Chattanooga	90	8. Davidson	26
4. The Citadel	63	9. UNCG	19
5. Furman	53		

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Steven Kocsis, Chattanooga

Most Outstanding Field Performer

Bob Smith, Appalachian State

Freshman of the Year

Bryan Burney, Appalachian State

Coach of the Year

John Weaver, Appalachian State

NOTE

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

2004 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	231.5	7. Elon	29
2. Georgia Southern	172	8. Furman	26.5
3. Chattanooga	124	9. Davidson	13.5
4. Western Carolina	110.5	10. Wofford	11
5. ETSU	60	11. UNCG	6
6. College of Charleston	30	12. The Citadel	5

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter steeplechase

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Track Performer

Jennifer Claud, Appalachian State

Most Outstanding Field Performer

Laura Tieszen, Western Carolina

Freshman of the Year

Kathleen Turchin, Chattanooga

Coaches of the Year

John Weaver, Appalachian State

Todd Lane, Georgia Southern

NOTE

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

2003 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Jason Green, Appalachian State

Most Outstanding Field Performer

Adrien Borders, Wofford

Freshman of the Year

John Robertson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

NOTE

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

2003 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter steeplechase

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

1. Tondra White, APP	4,388
2. Kristin Truman, ETSU	4,094
3. Alison Frese, UTC	3,940
4. Kristie Boggan, APP	3,780
5. Kelia Thomas, GSU	3,736
6. Rasheeda Ghaffar, UTC	3,561
7. Myra Keeter, APP	3,368
8. Cristel Kirkpatrick, WCU	3,097

Most Outstanding Track Performer

Gina Recher, Chattanooga

Most Outstanding Field Performer

Lashana Poole, Appalachian State

Freshman of the Year

Rashedah Arnold, Georgia Southern

Coach of the Year

Todd Lane, Georgia Southern

NOTE

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

2002 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

Most Outstanding Track Performer

Ryan Linebarger, Appalachian State

Most Outstanding Field Performer

Bob Smith, Appalachian State

Freshman of the Year

Adrien Borders, Wofford

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2002 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter steeplechase

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

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

4x400-meter relay

1. ETSU	3:48.17
2. Appalachian State	3:50.65
3. Georgia Southern	3:50.69
4. Western Carolina	3:50.76
5. Furman	4:02.45
6. VMI	4:07.77
7. Davidson	4:17.93
8. UNCG	4:24.51
9. Chattanooga	4:24.85

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Track Performer

Ronda White, Appalachian State

Most Outstanding Field Performer

Virginia LaCombe, Western Carolina

Freshman of the Year

Jennifer Claud, Appalachian State

Coach of the Year

John Weaver, Appalachian State

NOTES

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

2001 MEN'S CHAMPIONSHIP

Team results			
Team	Points	Team	Points
1. Appalachian State	221	6. Chattanooga	75
2. Western Carolina	156	7. Furman	25
3. VMI	155	8. Davidson	14
4. The Citadel	81	9. UNCG	6
5. ETSU	79	10. Wofford	1

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

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

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

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

1,500-meter run	
1. Aaron Prieur, UTC	3:52.76
2. Caleb Bailey, WCU	3:53.79
3. Ryan Kendall, UTC	3:54.76
4. Yuri Van der Heijden, FUR	3:57.38
5. Jimmy Swansbrough, DAV	3:57.73
6. Leonard Mitchell, UNCG	3:58.01
7. Chris Green, VMI	3:59.41
8. Shawn Holland, APP	4:01.63

5,000-meter run	
1. Ben Bisette, APP	14:53.22
2. Curtis Gadula, UTC	15:05.99
3. Joe Halin, APP	15:10.01
4. Franklin Manchester, APP	15:10.14
5. Shon Grice, UTC	15:15.51
6. Dwight Thomas, UTC	15:18.83
7. Alan Marion, APP	15:19.93
8. Tim Briles, FUR	15:26.98

10,000-meter run	
1. Ben Bisette, APP	31:18.45
2. Dwight Thomas, UTC	31:36.76
3. Curtis Gadula, UTC	31:40.67
4. Joe Halin, APP	31:45.93
5. Alan Marion, APP	31:46.44
6. Ryan Toler, APP	31:47.45
7. Greg Sprowl, ETSU	32:07.94
8. Jesse Norman, WCU	32:27.32

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

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

3,000-meter steeplechase	
1. Shon Grice, UTC	9:13.34
2. Tim Briles, FUR	9:22.94
3. Ben Schowe, APP	9:26.13
4. Franklin Manchester, APP	9:29.05
5. Shawn Evans, APP	9:30.44
6. Jimmy Swansbrough, DAV	9:32.56
7. David Haefner, ETSU	9:37.60
8. Robert Killian, CIT	9:43.36

4x100-meter relay	
1. Western Carolina	41.00
2. The Citadel	41.35
3. VMI	41.83
4. Appalachian State	41.88
5. Davidson	44.19

4x400-meter relay	
1. Western Carolina	3:15.20
2. VMI	3:15.64
3. Appalachian State	3:17.10
4. Chattanooga	3:19.64
5. The Citadel	3:20.55
6. Davidson	3:22.69
7. ETSU	3:24.32
8. UNCG	3:28.76

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

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

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

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

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

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

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

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

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

Most Outstanding Performer
Ben Bisette, Appalachian State
Freshman of the Year
Nick McNeil, Western Carolina
Coach of the Year
John Weaver, Appalachian State
NOTES
• Top three finishers in each event received all-conference honors
• Field events converted from metric to English measurements.

2001 WOMEN'S CHAMPIONSHIP

Team results			
Team	Points	Team	Points
1. Western Carolina	230.5	6. ETSU	58
2. Appalachian State	170	7. VMI	30.5
3. Chattanooga	144	8. Davidson	22
4. Georgia Southern	81	9. The Citadel	13
5. Furman	64	10. UNCG	5

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

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

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

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

1,500-meter run	
1. Mary Jayne Harrelson, APP	4:33.58
2. Lauren Campbell, ETSU	4:39.10
3. Johanna Allen, APP	4:41.99
4. Becky Slick, UTC	4:42/03
5. Erin Howard, FUR	4:45.67
6. Kate Brunk, UTC	4:45.78
7. Whitney Woods, WCU	4:46.69
8. Holly Bright, WCU	4:53.42

3,000-meter run	
1. Mary Jayne Harrelson, APP	9:35.92
2. Oddbjorg Haugen, UTC	9:54.51
3. Becky Slick, UTC	10:01.03
4. Jill Braley, FUR	10:01.85
5. Johanna Allen, APP	10:09.52
6. Lory Gray, FUR	10:28.76
7. Emily Campbell, ETSU	10:33.63
8. Whitney Woods, WCU	10:38.80

5,000-meter run	
1. Oddbjorg Haugen, UTC	16:58.93
2. Jill Braley, FUR	17:05.53
3. Andrea Davis, UTC	17:27.60
4. Gina Recher, UTC	17:54.14
5. Lory Gray, FUR	18:07.90
6. Sarah Primeau, APP	18:17.19
7. Melanie Cooper, WCU	18:39.46
8. Whitney Woods, WCU	18:43.86

10,000-meter run	
1. Jill Braley, FUR	37:30.01
2. Andrea Davis, UTC	37:32.13
3. Dana Smith, FUR	38:04.17
4. Sarah Primeau, APP	38:16.51
5. Heather Needham, APP	38:50.85
6. Jennifer Honeycutt, APP	39:51.69
7. Emily Eades, FUR	40:04.84
8. Melanie Cooper, WCU	40:35.95

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

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

4x100-meter relay	
1. Chattanooga	46.74
2. Western Carolina	46.81
3. Appalachian State	46.97
4. Georgia Southern	47.18
5. Furman	48.51
6. VMI	51.06
7. Davidson	51.80
8. The Citadel	54.47

4x400-meter relay	
1. ETSU	3:48.26
2. Georgia Southern	3:52.00
3. Appalachian State	3:53.19
4. Western Carolina	3:58.44
5. Chattanooga	4:03.00
6. Davidson	4:03.12
7. Furman	4:05.94
8. VMI	4:10.89

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

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

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

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

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

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

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

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

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

Most Outstanding Performers	
Virginia LaCombe, Western Carolina	Tyleana Hanner, Chattanooga
Freshman of the Year	
Oddbjorg Haugen, Chattanooga	
Coach of the Year	
Danny Williamson, Western Carolina	
NOTES	
• Top three finishers in each event received all-conference honors	
• Certain field events converted from metric to English measurements.	

2000 MEN'S CHAMPIONSHIP

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

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

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

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

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

1,500-meter run	
1. Nic Crider, UTC	3:55.34
2. Dan Gibson, Davidson	3:56.58
3. Aaron Prier, UTC	3:58.21
4. Caleb Bailey, WCU	3:59.38
5. Grady Powell, Furman	4:01.31
6. Yuri Vanderheijden, Furman	4:02.01
7. Curtis Gadula, UTC	4:03.98
8. Alan Marion, APP	4:05.17

5,000-meter run	
1. Shane Austin, APP	14:53.43
2. Brent Ferrell, Davidson	15:12.54
3. Daniel Welsh, ETSU	15:14.48
4. Ben Bisette, APP	15:19.74
5. Mitchell Jones, ETSU	15:25.24
6. Timothy Briles, Furman	15:33.30
7. Joe Smith, VMI	15:35.12
8. Jesse Norman, WCU	15:35.22

10,000-meter run	
1. Joe Smith, VMI	32:11.14
2. Ben Bisette, APP	32:30.36
3. Jesse Norman, WCU	32:37.50
4. Daniel Welsh, ETSU	32:43.11
5. Robert Stephens, WCU	32:48.87
6. Greg Sprowl, ETSU	33:02.78
7. Rob Ball, UNCG	33:12.47
8. Brian St Onge, UNCG	33:33.56

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

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

3,000-meter steeplechase	
1. Timothy Briles, Furman	9:25.81
2. Shane Austin, APP	9:25.85
3. Patrick Dillon, Furman	9:42.62
4. Shon Grice, UTC	9:44.37
5. Franklin Manchester, APP	9:51.33
6. Ben Bisette, APP	9:51.46
7. Ben Schave, APP	9:52.64
8. Shawn Evans, APP	9:54.29

4x100-meter relay	
1. VMI	41.48
2. The Citadel	41.54
3. Western Carolina	41.79
4. Appalachian State	42.30
5. Furman	42.90
6. Davidson	44.97

4x400-meter relay	
1. Western Carolina	3:17.73
2. Appalachian State	3:18.26
3. VMI	3:18.56
4. Chattanooga	3:20.58
5. The Citadel	3:21.24
6. ETSU	3:25.21
7. Furman	3:26.56
8. Davidson	3:26.88

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

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

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

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

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

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

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

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

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

<p>Most Outstanding Performer Marcus Lynch, VMI</p> <p>Freshman of the Year Kevin Solomon, VMI</p> <p>Coach of the Year Mike Bozeman, VMI</p> <p>**NOTES**</p> <ul style="list-style-type: none"> • Top three finishers in each event receive all-conference honors. • Field events converted from metric to English measurements.
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2000 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Heptathlon

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

Most Outstanding Performer

Tyleana Hanner, Chattanooga

Freshman of the Year

Alison Frese, Chattanooga

Coach of the Year

Danny Williamson, Western Carolina

NOTE

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

1999 MEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

5,000-meter run

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

10,000-meter run

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

110-meter hurdles

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

400-meter hurdles

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

3,000-meter steeplechase

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

4x100-meter relay

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

4x400-meter relay

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

High jump

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

Pole vault

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

Long jump

1. Smith Lamoytna, VMI	24-04.50
2. Rayshon Carthen, WCU	23-11.00
3. Charvin Clark, ETSU	23-08.25
4. Jeremy Carter, WCU	23-08.00
5. Omari Francis, APP	23-01.25
6. Jimmy Johnson, WCU	23-00.75
7. Damion McLean, APP	23-00.00
8. Louis Ivory, FUR	22-07.25

Triple jump

1. Smith Lamoytna, VMI	49-02.15
2. Aaron Wright, WCU	48-09.00
3. Jimmy Johnson, WCU	48-02.00
4. Rayshon Carthen, WCU	47-07.00
5. Omari Francis, APP	46-09.00
6. Scott Cargile, WCU	45-11.25
7. Ade Artis, DAV	44-10.75
8. Ian Chadwick, WOF	44-08.75

Shot put

1. Phillip Johnson, WCU	51-06.50
2. Jeb Hall, WCU	51-00.25
3. Sidney Brandon, VMI	49-03.00
4. Larry Brock, APP	47-09.75
5. Chris Stewart, FUR	46-03.50
6. Tom Hite, ETSU	45-00.25
7. Quentin Armstrong, CIT	45-00.25
8. Russ Touchberry, CIT	44-03.50

Discus throw

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

Hammer throw

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

Javelin throw

1. Phil Weismiller, VMI	187-06
2. Kris Kut, CIT	185-10
3. Larry Brock, APP	182-03
4. Dominic Liberato, VMI	178-10
5. Tyler Milliken, FUR	170-04
6. Tommy Woods, WOF	166-11
7. Matt Roten, APP	158-00
8. Nathan Witcamp, WOF	155-02

Decathlon

1. Brad Berry, WCU	5,989
2. Daniel Duckworth, APP	5,389
3. Martin Dickson, VMI	5,332
4. Joe Condrey, WCU	5,217
5. Josh Langley, WCU	4,965

Most Outstanding Performer

Phillip Johnson, Western Carolina

Freshman-of-the Year

Kenyon Doyle, The Citadel

Coach of the Year

Danny Williamson, Western Carolina

1999 WOMEN'S CHAMPIONSHIP

Team results

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

100-meter dash

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

200-meter dash

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

400-meter dash

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

800-meter run

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

1,500-meter run

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

3,000-meter run

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

5,000-meter run

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

10,000-meter run

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

100-meter hurdles

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

400-meter hurdles

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

4x100-meter relay

1. Appalachian State	46.88
2. Western Carolina	47.35
3. Furman	48.30
4. ETSU	48.51
5. Chattanooga	53.68
6. The Citadel	54.38
7. UNCG	58.32

4x400-meter relay

1. Western Carolina	3:46.75
2. Appalachian State	3:52.97
3. Furman	3:54.46
4. ETSU	3:58.98
5. Chattanooga	4:07.19
6. Davidson	4:07.57
7. VMI	4:22.13
8. UNCG	4:22.15

High jump

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

Pole vault

1. Valerie Jalajas, WCU	11-07.75
2. Karen Houston, APP	10-05.50
3. Altavise Franklin, WCU	9-03.25
4. Kelly Hawkins, APP	8-11.75
5. Lena Summers, ETSU	8-11.75
6. Page Stroup, WOF	8-06
7. Sara Searcy, APP	8-06
8. Virginia LaCombe, WCU	8-06

Long jump

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

Triple jump

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

Shot put

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

Discus throw

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

Hammer throw

1. Valerie Metz, WCU	142-07
2. Courtney Klitzsch, APP	133-08
3. Angela Myers, VMI	130-04
4. Alexis Abrams, VMI	130-01
5. Kelly Sullivan, VMI	126-11
6. Angela Vizzi, VMI	126-05
7. Ashley Herendon, WCU	116-11
8. Megan Gentry, CIT	111-11

Javelin throw

1. Ashley Herendon, WCU	136-05
2. Altavise Franklin, WCU	133-05
3. Yolanda Kirby, DAV	109-11
4. Kathy Dollason, WOF	100-01
5. Rolanda Malloy, APP	94-02
6. Virginia LaCombe, WCU	92-06
7. Kate Cross, WOF	92-02
8. Carol Hamlin, CIT	88-10

Heptathlon

1. Altavise Franklin, WCU	4,292
2. Peaches Hudson, CIT	3,865
3. Dee Mittman, WCU	3,838
4. Jayna Bryant, WCU	3,716
5. Lena Summers, ETSU	3,533
6. Anna Hutcherson, UTC	3,294

Most Outstanding Performer

Mary Jayne Harrelson, Appalachian State

Freshman-of-the Year

Ashley Herendon, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

NOTES

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

1998 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. VMI	171	6. The Citadel	25
2. Appalachian State	125	7. Furman	22
3. ETSU	116	8. Wofford	7
4. Western Carolina	107	9. Davidson	2
5. Chattanooga	45	-- UNCG	NTS

100-meter dash

1. Chris Brooks, ETSU	10.52
2. Darrius Jackson, VMI	10.62
3. Obi Ezekwe, VMI	10.65
4. Marcus Lynch, VMI	10.72
5. Jason McGhinnis, APP	10.85
6. Leon Corpening, APP	10.92

200-meter dash

1. Darrius Jackson, VMI	21.64
2. Marcus Lynch, VMI	21.74
3. Obi Ezekwe, VMI	21.84
4. Chris Brooks, ETSU	21.91
5. Leon Corpening, APP	21.97
6. Jason McGhinnis, APP	22.14

400-meter dash

1. Warren Robertson, UTC	48.62
2. John Baldwin, UTC	48.98
3. Steve Monticone, APP	49.18
4. Joe Hyman, WCU	49.26
5. Evan Hawkins, ETSU	49.48
6. Uche Chekwa, VMI	49.88

800-meter run

1. Zach Whitmarsh, ETSU	1:52.37
2. Chris Wise, VMI	1:53.17
3. Doug Gilbert, ETSU	1:53.57
4. Andrew Lilly, CIT	1:54.54
5. Andy Coker, UTC	1:54.74
6. Anthony Scanlon, ETSU	1:54.77

1,500-meter run

1. Zack Whitmarsh, ETSU	3:51.11
2. Declan Fahy, ETSU	3:51.58
3. Yurf Vander-Heijden, FUR	3:53.12
4. Mike Leinweber, UTC	3:55.78
5. Derek Murphy, ETSU	3:56.62
6. Andrew Lilly, CIT	3:56.95

5,000-meter run

1. Anthony Famiglietti, APP	14:42.60
2. Rodney Stoker, UTC	14:43.74
3. Brian Clark, WCU	14:46.34
4. Joe Smith, VMI	14:50.91
5. Collin Webster, WCU	14:53.81
6. Shane Austin, APP	14:53.81

10,000-meter run

1. Declan Fahy, ETSU	31:25.23
2. Collin Webster, WCU	31:30.16
3. Rodney Stoker, UTC	31:31.53
4. Joe Smith, VMI	31:32.28
5. Brad Leach, APP	31:40.22
6. Bill Baldwin, WCU	32:00.13

110-meter hurdles

1. Joe Anwah, VMI	14.63
2. Rahsaan Uldaneta, WCU	14.76
3. Zach Harris, APP	15.16
4. Steve Lindsey, WOF	15.29
5. Chad Case, CIT	15.59
6. Carlton McLelland, UTC	15.96

400-meter hurdles

1. Nate Haley, VMI	53.34
2. Jason McGhinnis, APP	53.57
3. Randy Marion, APP	53.67
4. Glenn Hicks, APP	55.81
5. Johnny Bomer, WCU	56.91
6. Dustin Clark, ETSU	57.01

3,000-meter steeplechase

1. Anthony Famiglietti, APP	9:08.06
2. Declan Fahy, ETSU	9:12.90
3. Patrick Dillon, FUR	9:18.60
4. Shane Austin, APP	9:29.28
5. Brian Clark, WCU	9:36.32
6. Turner Norris, WCU	9:40.19

4x100-meter relay

1. VMI	40.63
2. ETSU	41.76
3. Western Carolina	41.96
4. Appalachian State	42.13
5. Furman	43.09
6. Davidson	44.00

4x400-meter relay

1. Appalachian State	3:16.69
2. ETSU	3:17.05
3. Chattanooga	3:20.49
4. VMI	3:20.76
5. Furman	3:24.93
6. Davidson	3:29.40

High jump

1. Cory Cooper, WCU	6'08.00"
2. Mike Kroeger, APP	6'08.00"
3. Jason Farr, ETSU	6'06.00"
4. Tyler Ashley, VMI	6'04.00"
4. Robert Waddington, CIT	6'04.00"
6. Dan Issacs, APP	6'02.00"

Pole vault

*^1. Todd Poremba, APP	17'05.25"
2. Jeff Fitzgerald, APP	15'01.00"
3. Tim Thomas, WCU	15'01.00"
4. Wirt Cross, VMI	14'07.25"
4. Errett Buis, VMI	14'07.25"
6. Joe Condrey, WCU	14'07.25"

Long jump

1. Darrius Jackson, VMI	23'07.50"
2. Charles Mahatha, APP	23'04.50"
3. Rayshon Carthen, WCU	23'03.50"
4. Marcus Lynch, VMI	23'00.50"
5. Obi Ezekwe, VMI	22'11.00"
6. Corey Williams, WCU	22'11.00"

Triple jump

1. Obi Ezekwe, VMI	50'00.00"
2. Rayshon Carthen, WCU	49'09.00"
3. Derek Green, CIT	48'01.00"
3. Jimmy Johnson, WCU	48'01.00"
5. Charles Mahatha, APP	47'09.75"
6. Ernest Moss, WCU	46'03.00"

Shot put

1. Curtis Eason, ETSU	50'06.00"
2. Jordan Brandon, VMI	49'10.00"
3. Phil Johnson, WCU	49'08.75"
4. Jason White, VMI	47'05.00"
5. Mark Spang, ETSU	45'07.25"
6. Larry Brock, APP	45'06.00"

Discus throw

1. Phil Johnson, WCU	156'10.00"
2. Larry Brock, APP	156'06.00"
3. Curtis Eason, ETSU	148'07.50"
4. Mark Spang, ETSU	148'02.00"
5. Jason White, VMI	140'04.00"
6. Tommy Woods, WOF	134'07.50"

Hammer throw

1. Phil Johnson, WCU	178'01.00"
2. John Chisolm, VMI	167'05.00"
3. Jordan Brandon, VMI	159'04.00"
4. Adam Gilbert, APP	158'04.50"
5. Jason White, VMI	145'02.00"
6. Les Gould, VMI	141'03.50"

Javelin throw

1. Kris Kut, CIT	190'00.50"
2. Phil Weismiller, VMI	176'06.00"
3. Tyler Milliken, FUR	171'01.50"
4. Al Lester, VMI	167'04.00"
5. Tommy Woods, WOF	160'10.00"
6. Phil Johnson, WCU	145'00.00"

Most Outstanding Performer

Declan Fahy, ETSU

Freshman-of-the Year

Marcus Lynch, VMI

Coach of the Year

Mike Bozeman, VMI

NOTES

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- UNCG athletes competed as individuals and received no team score.

1998 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	167	6. Davidson	14
2. Western Carolina	159	7. Wofford	8
3. Chattanooga	115	-- The Citadel	NTS
4. ETSU	91	-- UNCG	NTS
5. Furman	34	-- VMI	NTS

100-meter dash

1. Shonte' Pinkston, APP	12.12
2. Karen Houston, APP	12.39
3. Angela Pryor, APP	12.42
4. Rshia Johnson, UTC	12.45
5. Leisa Moulton, ETSU	12.72
6. Marla Hyman, WCU	12.79

200-meter dash

1. Shonte' Pinkston, APP	25.01
2. Karen Houston, APP	25.11
3. Angela Pryor, APP	25.34
4. Shawnta Person, WCU	25.58
5. Leisa Moulton, ETSU	26.11
6. Rshia Johnson, UTC	26.18

400-meter dash

1. Shawnta Person, WCU	56.72
2. Keeya McManus, WCU	56.86
3. Andrea Shropshire, UTC	57.99
4. Maria Rivas, FUR	59.56
5. Smyth Bitter, DAV	60.26
6. Susan Poole, APP	60.29

800-meter run

1. Mary Jayne Harrelson, APP	2:09.47
2. Michelle Gregg, ETSU	2:09.53
3. Val Urchison, ETSU	2:13.87
4. Keeya McManus, WCU	2:15.17
5. Abby Slack, APP	2:15.54
6. Cassandra Moss, UTC	2:17.14

1,500-meter run

1. Mary Jayne Harrelson, APP	4:26.62
2. Jennifer Eckard-Kroft, UTC	4:29.59
3. Catherine Wright, UTC	4:32.30
4. Catherine Berry, ETSU	4:33.64
5. Val Urchison, ETSU	4:39.65
6. Cassandra Moss, UTC	4:40.43

3,000-meter run

1. Catherine Wright, UTC	9:40.35
2. Catherine Berry, ETSU	9:50.32
3. Anastasia Wright, UTC	9:52.46
4. Corie Fuchs, APP	10:29.27
5. Emily Campbell, ETSU	10:34.27
6. Lory Gray, FUR	10:44.72

5,000-meter run

1. Anastasia Wright, UTC	17:01.79
2. Catherine Wright, UTC	17:10.37
3. Amanda Lynch, UTC	17:19.41
4. Mary Jane Middlekoop, UTC	17:26.08
5. Lynn Hudson, FUR	17:32.19
6. Jenny Warfford, WCU	17:41.73

10,000-meter run

1. Jenny Warfford, WCU	37:12.65
2. Amanda Lynch, UTC	37:18.25
3. Mary Jane Middlekoop, UTC	38:31.69
4. Nicole Yosmali, FUR	39:35.69
5. Michelle Van Laningham, UTC	40:43.99
6. Jennifer Tilley, APP	41:36.51

100-meter hurdles

1. Kamilah Gabriel, WCU	14.80
2. Jamilah Sawyer, DAV	15.00
3. Ginger Denison, FUR	15.54
4. Dee Mitman, WCU	16.14
5. Emily White, WCU	16.17
6. Crystal Turner, WCU	17.77

400-meter hurdles

1. Kamilah Gabriel, WCU	64.94
2. Ginger Denison, FUR	67.71
3. Natasha Claxton, UTC	68.45
4. Tami Welch, WCU	71.08
5. Emily White, WCU	72.15
6. Crystal Turner, WCU	73.42

4x100-meter relay

1. Appalachian State	47.29
2. Chattanooga	48.20
3. Western Carolina	48.69
4. Furman	48.82
5. Davidson	54.50
6. Wofford	54.53

4x400-meter relay

1. Appalachian State	3:52.39
2. Western Carolina	3:56.96
3. Chattanooga	4:00.40
4. Furman	4:00.77
5. Davidson	4:14.11
6. ETSU	SCR

High jump

1. Taneisha Robinson, ETSU	5'08.00"
2. Anna Hutchenson, UTC	5'06.00"
3. Dee Mittman, WCU	5'06.00"
4. Jennifer Sluss, ETSU	5'04.00"
5. Mary Engle, APP	5'02.00"
6. Katie Condon, FUR	5'02.00"

Long jump

1. Taneisha Robinson, ETSU	19'04.00"
2. Kirsten Bowden, APP	18'00.75"
3. Jennifer Sluss, ETSU	17'11.25"
4. Angela Pryor, APP	17'02.75"
5. Dee Mittman, WCU	16'11.00"
6. Kamilah Gabriel, WCU	16'10.00"

Triple jump

1. Taneisha Robinson, ETSU	41'03.00"
2. Jennifer Sluss, ETSU	38'11.50"
3. Kamilah Gabriel, WCU	38'10.25"
4. Kirsten Bowden, APP	38'05.25"
5. Dee Mittman, WCU	37'11.00"
6. Mary Engle, APP	33'01.00"

Shot put

1. Ayokka Green, APP	48'01.00"
2. LaSha Jackson, WCU	47'01.25"
3. Valerie Metz, WCU	42'00.75"
4. Kelly Weaver, ETSU	40'10.50"
5. Robyn Stochunas, WCU	40'05.50"
6. Tabatha Proffit, APP	38'06.00"

Discus throw

1. Ayokka Green, APP	152'01.00"
2. Courtney Klitzsch, APP	129'07.00"
3. LaSha Jackson, WCU	126'04.00"
4. Allison Walker, APP	124'10.00"
5. Robyn Stochunas, WCU	124'02.00"
6. Kelly Weaver, ETSU	123'01.00"

Hammer throw

1. Robyn Stochunas, WCU	154'07.00"
2. Ayokka Green, APP	152'09.00"
% Kelly Sullivan, VMI	140.06.00"
3. Lakeysha Lovette, WCU	139'05.50"
4. Danita Fletcher, ETSU	133'07.50"
5. Valerie Metz, WCU	131'07.00"
6. Allison Walker, APP	129'05.50"

Javelin throw

1. Christine Ziemba, APP	123'00.00"
2. LaSha Jackson, WCU	112'02.00"
3. Robyn Stochunas, WCU	107'06.00"
4. Christine Clarke, WOF	102'08.00"
5. Amy Greenwood, WOF	90'10.00"
6. Kate Cross, WOF	87'08.50"

Most Outstanding Performer

Taneisha Robinson, ETSU

Freshman-of-the Year

Shonte' Pinkston, APP

Coach of the Year

John Weaver, APP

NOTES

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- The Citadel, UNCG and VMI competed as individuals and received no team points.

1997 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. VMI	132.33	6. Chattanooga	44
2. Western Carolina	103	7. The Citadel	34.33
3. Marshall	102	8. Furman	15
4. Appalachian State	94.33	9. Davidson	4
5. ETSU	91		

100-meter dash

1. Darrius Jackson, VMI	10.88
2. Carlos Frank, CIT	10.99
3. Tobe Taylor, UTC	11.02
4. Johnie Morrison, WCU	11.03
5. Corey Williams, WCU	11.14
6. Leon Corpening, APP	11.87

200-meter dash

1. James Yarborough, VMI	21.85
2. Darrius Jackson, VMI	21.94
3. Corey Williams, WCU	22.17
4. Akaloa Gaspie, WCU	22.34
5. Joe Allen, MAR	22.81
6. Andre Thornton, VMI	23.66

400-meter dash

1. Joe Restivo, MAR	48.54
2. James Yarborough, VMI	48.92
3. Joe Allen, MAR	49.04
4. Steve Monticone, APP	49.10
5. Doug Gilbert, ETSU	49.24
6. Randolph McCray, WCU	50.21

800-meter run

1. Zach Whitmarsh, ETSU	1:52.49
2. Anthony Scanlon, ETSU	1:53.03
3. Chris Wise, VMI	1:53.73
4. Bob Mahoney, APP	1:56.03
5. Kevin Croft, UTC	1:57.57
6. Cleven Brown, ETSU	1:59.20

1,500-meter run

1. Anthony Scanlon, ETSU	4:00.26
2. Declan Fahy, ETSU	4:01.46
3. Mike Leinweber, UTC	4:04.00
4. Nic Crider, UTC	4:04.90
5. Cleven Brown, ETSU	4:06.13
6. Mitchell Jones, ETSU	4:06.43

5,000-meter run

1. Will Dickerson, APP	15:00.91
2. Seth Peoples, APP	15:05.20
3. Anthony Famiglietti, APP	15:09.61
4. Rodney Stoker, UTC	15:16.65
5. Declan Fahy, ETSU	15:20.32
6. John Fenton, ETSU	15:25.95

10,000-meter run

1. Will Dickerson, APP	31:39.00
2. Rodney Stoker, UTC	31:52.00
3. Seth Peoples, APP	32:10.00
4. Bill Baldwin, WCU	32:38.00
5. Roger Clark, ETSU	32:46.00
6. Brian Clark, WCU	33:09.00

110-meter hurdles

1. Joe Anwah, VMI	14.67
2. Bernie Motte, CIT	14.85
3. William Wood, MAR	14.90
4. Chad Case, CIT	15.34
5. Zach Harris, APP	15.38
6. Daniel Parker, VMI	15.39

400-meter hurdles

1. Chris Upkins, UTC	53.33
2. Jon Hutchins, ETSU	53.87
3. Nate Haley, VMI	54.37
4. Jason McGhinnis, APP	54.80
5. Derek LeMay, WCU	54.88
6. Mike Wingle, WCU	55.22

3,000-meter steeplechase

1. Declan Fahy, ETSU	9:29.40
2. Anthony Famiglietti, APP	9:29.80
3. Jake Johnson, FUR	9:41.90
4. Shon Grice, UTC	9:44.86
5. Shane Austin, APP	9:45.65
6. Collin Webster, WCU	9:51.59

4x100-meter relay

1. VMI	41.65
2. Western Carolina	41.91
3. ETSU	42.17
4. Marshall	42.73
5. Appalachian State	42.99
6. The Citadel	43.72

4x400-meter relay

1. ETSU	3:15.38
2. Marshall	3:18.63
3. VMI	3:19.65
4. Western Carolina	3:19.66
5. Appalachian State	3:20.52
6. Furman	3:23.93

Long jump

1. Andrew Wilhite, MAR	23'8.75"
2. Obi Ezekwe, VMI	23'4.75"
3. Floyd Johnson, MAR	22'10"
4. Charles Mahatha, APP	22'10"
5. Rayshon Carthen, WCU	22'9.75"
6. Corey Williams, WCU	22'6.5"

Triple jump

1. Floyd Johnson, MAR	49'1.75"
2. Jimmy Johnson, WCU	47'7.75"
3. Obi Ezekwe, VMI	47'2.5"
4. Ernest Moss, WCU	47'2.5"
5. Rayshon Carthen, WCU	46'9.5"
6. Derek Green, CIT	45'22.5"

High jump

1. Ben Wittkowski, ETSU	6'8"
2. Dan Ritchley, MAR	6'6"
3. Cory Cooper, WCU	6'4"
4. Andrew Wilhite, MAR	6'4"
5. Michael Kroeger, APP	6'4"
6. Thomas Bock, MAR	6'4"

Shot put

1. Jason Clendenin, VMI	55'7.75"
2. Derek Summerour, WCU	54'6.75"
3. Sidney Brandon, VMI	53'10.5"
4. John Maynard, MAR	53'5"
5. Ron Moak, CIT	50'9.5"
6. Rich Latta, APP	50'2.75"

Discus

1. Philip Johnson, WCU	160'9"
2. John Maynard, MAR	158'2"
3. Jason Clendenin, VMI	152'0"
4. Rich Latta, APP	144'10"
5. Chris Cockerham, APP	142'6"
6. Vance Henry, WCU	142'4"

Hammer throw

1. Rich Latta, APP	194'3"
2. Dan Hall, MAR	186'10"
3. Jason Clendenin, VMI	184'7"
4. Sidney Brandon, VMI	171'5"
5. Chris Botti, WCU	164'0"
6. John Maynard, MAR	163'1"

Javelin

1. Kris Kut, CIT	177'4"
2. Tyler Milliken, FUR	175'1"
3. Demond Ferebee, VMI	169'7"
4. Dan Dearing, DAV	179'7"
5. Philip Johnson, WCU	167'8"
6. Brian Ballard, WCU	165'9"

Pole vault

1. Joe Condrey, WCU	14'11.5"
2. Tim Thomas, WCU	14'11.5"
3. Dan Ritchley, MAR	14'11.5"
4. Wirt Cross, VMI	14'11.5"
5. Zach Harris, APP	14'05.5"
6. Chad Case, CIT	13'11.75"
6. Paul Gray, APP	13'11.75"
6. Erritt Buis, VMI	13'11.75"

Most Outstanding Performer

Will Dickerson, Appalachian State

Freshman of the Year

Tim Thomas, Western Carolina

Coach of the Year

Mike Bozeman, VMI

NOTES

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

1997 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Western Carolina	165	5. Marshall	71
2. Appalachian State	118	6. Furman	43
3. Chattanooga	93	7. Davidson	7
4. ETSU	91		

100-meter dash

1. Daree Thompson, WCU	11.94
2. Reshia Johnson, UTC	12.00
3. Karen Houston, APP	12.36
4. Tyleana Hanner, UTC	12.46
5. Holly Arnold, APP	12.50
6. Leisa Arnold, APP	12.66

200-meter dash

1. Daree Thompson, WCU	24.93
2. Salima Fountain, FUR	25.09
3. Andrea Shropshire, UTC	25.32
4. Shawnta Person, WCU	25.36
5. Karen Houston, APP	25.40
6. Tyleana Hanner, UTC	25.50

400-meter dash

1. Shawnta Person, WCU	55.88
2. Salima Fountain, FUR	56.28
3. Keeya McManus, WCU	56.85
4. Tracie George, ETSU	57.63
5. Andrea Shropshire, UTC	57.91
6. Yabrsiel Davis, ETSU	58.42

800-meter run

1. Mary Jayne Harrelson, APP	2:10.69
2. Michelle Gregg, ETSU	2:12.46
3. Emily Redman, WCU	2:14.16
4. Valerie Urchison, ETSU	2:15.69
5. Maggie Donahue, WCU	2:15.76
6. Paige Stivers, UTC	2:16.29

1,500-meter run

1. Mary Jayne Harrelson, APP	4:36.56
2. Michelle Gregg, ETSU	4:38.16
3. Kristin Savery, WCU	4:40.47
4. Valerie Urchison, ETSU	4:43.04
5. Jennifer Eckard, UTC	4:47.11
6. Michelle Bozue, UTC	4:49.98

3,000-meter run

1. Jenny Chase, APP	10:23.63
2. Mary Jane Middelkoop, UTC	10:31.51
3. Mary Jo Ferrigan, ETSU	10:33.31
4. Christina Olson, APP	10:48.32
5. Taylor Perin, ETSU	10:49.59
6. Andrea Davis, UTC	10:54.93

5,000-meter run

1. Mary Jane Middelkoop, UTC	17:57.53
2. Michele Marshall, UTC	17:59.06
3. Lynn Kepper-Hudson, FUR	18:12.04
4. Jenny Chase, APP	18:21.12
5. Christina Olson, APP	18:36.87
6. Veronica Moore, UTC	18:47.91

10,000-meter run

1. Lynn Kepper-Hudson, FUR	37:22.78
2. Michele Marshall, UTC	38:24.08
3. Veronica Moore, UTC	39:33.86
4. Abby Slack, APP	39:40.40
5. Jenny Warford, WCU	39:46.97
6. Allie Curran, DAV	40:09.76

100-meter hurdles

1. Trice Roundtree, APP	14.44
2. Adrienne Hundmeyer, MAR	14.51
3. Cindy Dawson, MAR	14.73
4. RahmaMateen, WCU	14.96
5. Tyleana Hanner, UTC	15.32
6. Kamilah Gabirel, WCU	15.82

400-meter hurdles

1. Adrienne Hundmeyer, MAR	1:03.02
2. Leona Benjamin, MAR	1:03.85
3. Kati Pierce, MAR	1:04.35
4. Summer Ciomek, UTC	1:04.49
5. Cindy Dawson, MAR	1:05.49
6. Lakeeva Brooks, WCU	1:06.49

4x100-meter relay

1. Chattanooga	47.05
2. Western Carolina	47.18
3. Furman	49.04
4. ETSU	49.23
5. Marshall	54.29

4x400-meter relay

1. ETSU	3:50.19
2. Western Carolina	3:50.29
3. Chattanooga	3:52.00
4. Appalachian State	3:59.58
5. Marshall	4:00.84
6. Furman	4:03.91

Long jump

1. Taneisha Robinson, ETSU	19'0"
2. Rahma Mateen, WCU	18'11.25"
3. Daree Thompson, WCU	18'10"
4. Tyleana Hanner, UTC	18'5.25"
5. Jennifer Sluss, ETSU	17'9"
6. Tracie George, ETSU	17'7.5"

Triple jump

1. Jennifer Sluss, ETSU	39'11.5"
2. Rahma Mateen, WCU	39'5"
3. Taneisha Robinson, ETSU	39'4"
4. Lisa Roberts, APP	38'3.25"
5. Kamilah Gabriel, WCU	36'11"
6. Trice Roundtree, APP	36'5.5"

High jump

1. Jennifer Sluss, ETSU	5'5.75"
2. Rahma Mateen, WCU	5'3.75"
3. Kendra Hornish, MAR	5'3.75"
4. Katie Condon, FUR	5'3.75"
5. Lakeeva Brooks, WCU	5'1.75"
6. Dee Mittman, WCU	5'1.75"

Shot put

1. LaSha Jackson, WCU	47'8.5"
2. Ayokka Green, APP	46'10.25"
3. Beth Reck, MAR	44'9"
4. Robyn Stockunas, WCU	40'8.25"
5. Christine Ziemba, APP	38'9.75"
6. Allison Walker, APP	37'6.5"

Discus throw

1. Ayokka Green, APP	139'4"
2. Beth Reck, MAR	138'5"
3. Danielle Mall, DAV	134'0"
4. LaSha Jackson, WCU	118'5"
5. Robyn Stockunas, WCU	117'8"
6. Allison Walker, APP	112'2"

Hammer throw

1. Robyn Stockunas, WCU	156'9"
2. Lakeysya Lovette, WCU	153'6"
3. Beth Reck, MAR	143'4"
4. Ayokka Green, APP	142'3"
5. Rachel Olander, APP	141'2"
6. Allison Walker, APP	140'6"

Javelin throw

1. Rachel Olander, APP	139'7"
2. LaSha Jackson, WCU	135'11"
3. Christine Ziemba, APP	107'0"
4. Robyn Stockunas, WCU	107'0"
5. Rahma Mateen, WCU	99'2"
6. Kati Pierce, MAR	97'10"

Most Outstanding Performer

Daree Thompson, Western Carolina

Freshman of the Year

Mary Jayne Harrelson, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

NOTES

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

1996 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	138	6. Chattanooga	47
2. ETSU	129	7. The Citadel	27
3. VMI	113	8. Furman	11
4. Western Carolina	78	9. Davidson	4
5. Marshall	73		

100-meter dash

1. Delevantie Brown, ETSU	10.66
2. Eric Gay, VMI	11.06
3. Mark Gochenour, MAR	11.11
4. Jonathan Boyce, WCU	11.36
5. Clarence Edwards, WCU	11.48
6. Michael Lapid, APP	11.52

200-meter dash

1. Delevantie Brown, ETSU	21.29
2. Robert Johnson, APP	21.69
3. Mark Gochenour, MAR	21.94
4. Eric Gay, VMI	22.01
5. Jonathan Boyce, WCU	22.13
6. Holm Ankoma-Sey, VMI	22.40

400-meter dash

1. Warren Robertson, UTC	48.53
2. Joe Restivo, MAR	48.70
3. Albert Juan, MAR	49.04
4. Garson Hedrick, APP	49.35
5. Chris White, ETSU	49.42
6. Holm Ankoma-Sey, VMI	49.77

800-meter run

1. Zach Whitmarsh, ETSU	1:52.20
2. Casey Price, UTC	1:52.77
3. Jon Austin, APP	1:53.44
4. Brandon Griffin, FUR	1:54.06
5. Kevin Croft, UTC	1:56.06
6. Nic Crider, UTC	1:58.51

1,500-meter run

1. Zach Whitmarsh, ETSU	3:58.30
2. Declan Fahy, ETSU	3:58.41
3. Chuck Margraves, UTC	3:59.12
4. Damian Walsh, UTC	4:01.51
5. Chris Huffstickler, APP	4:02.25
6. Jud Sarver, APP	4:02.27

5,000-meter run

1. Declan Fahy, ETSU	14:54.12
2. Fred Reinhardt, ETSU	14:54.28
3. Derek Murphy, ETSU	14:59.65
4. Collin Webster, WCU	15:01.81
5. Brian Clark, WCU	15:02.79
6. Jake Johnson, FUR	15:09.41

10,000-meter run

1. Fred Reinhardt, ETSU	31:27.37
2. Declan Fahy, ETSU	32:05.04
3. Derek Murphy, ETSU	32:05.35
4. John Fenton, ETSU	32:15.26
5. Collin Webster, WCU	32:19.56
6. Michael Murphy, MAR	32:21.99

110-meter hurdles

1. Delevantie Brown, ETSU	14.40
2. Joe Anwah, VMI	14.70
3. Phil Alicea, VMI	14.89
4. Jason Gibson, APP	14.96
5. Raymond Brewer, APP	15.00
6. Marcus Logan, MAR	15.45

400-meter hurdles

1. Joe Debose, VMI	52.77
2. Chris Upkins, UTC	52.95
3. Marcus Logan, MAR	55.27
4. Garson Hedrick, APP	55.66
5. Mike Wingle, WCU	57.23
6. Chad Wilson, WCU	57.42

3,000-meter steeplechase

1. Chris Huffstickler, APP	9:14.04
2. Russ Sweitzer, VMI	9:22.90
3. Turner Norris, WCU	9:22.91
4. Jake Johnson, FUR	9:35.10
5. Cronan Gantley, ETSU	9:46.29
6. Brent Nicolay, ETSU	9:51.13

4x100-meter relay

1. VMI	41.55
2. Appalachian State	41.77
3. Western Carolina	41.98
4. ETSU	42.52
5. Marshall	42.62
6. The Citadel	42.75

4x400-meter relay

1. ETSU	3:13.54
2. Chattanooga	3:15.99
3. VMI	3:16.36
4. Marshall	3:18.62
5. Appalachian State	3:20.27
6. Western Carolina	3:24.60

Long jump

1. Darrius Jackson, VMI	7.37m
2. Clarence Edwards, WCU	7.25m
3. Robert Johnson, APP	7.24m
4. Donnell Brinson, WCU	6.95m
5. Floyd Johnson, MAR	6.80m
6. Chad Stoneking, MAR	6.76m

Triple jump

1. Robert Johnson, APP	15.23m
2. Jimmy Johnson, WCU	14.56m
3. Floyd Johnson, MAR	14.47m
4. Andrew Wilhite, MAR	14.07m
5. Jeff Hubbard, VMI	13.72m
6. Brent Taylor, VMI	13.40m

High jump

1. Robert Johnson, APP	2.18m
2. Michael Kroeger, APP	2.03m
3. Thomas Bock, MAR	1.98m
4. Cory Cooper, WCU	1.98m
5. Chip Wood, MAR	1.93m
6. Jason Jackson, FUR	1.93m

Shot put

1. Ron Moak, CIT	16.20m
2. Ryan Earley, VMI	15.91m
3. Derek Summerour, WCU	15.58m
4. Justin May, VMI	15.22m
5. Rich Latta, APP	15.06m
6. Sidney Brandon, VMI	14.89m

Discus throw

1. Rich Latta, APP	45.96m
2. Justin May, VMI	42.62m
3. Eric Hart, APP	42.50m
4. Ryan Earley, VMI	42.16m
5. Vance Henry, WCU	40.76m
6. Shannon Rodden, WCU	40.40m

Hammer throw

1. Daniel Hall, MAR	52.32m
2. Tim Brock, VMI	51.60m
3. Rich Latta, APP	51.16m
4. Chris Botti, WCU	48.08m
5. Chris Cockerham, APP	44.68m
6. Vance Henry, WCU	43.02m

Javelin throw

1. Scot Sanborn, CIT	57.68m
2. Matthew Burnette, APP	55.18m
3. Jeff DeGroot, CIT	52.98m
4. Dan Dearing, DAV	52.18m
5. Albert Juan, MAR	50.84m
6. Tyler Milliken, FUR	49.00m

Pole vault

1. Todd Poremba, APP	4.90m
2. Jarrett Foster, WCU	4.75m
3. Jeff Fitzgerald, APP	4.75m
4. Erret Buis, VMI	4.45m
5. Jason Stewart, APP	4.30m
6. Phil Alicea, VMI	4.30m

Outstanding Performer
Robert Johnson, APP

Freshman of the Year
Zach Whitmarsh, ETSU

Coach of the Year
John Weaver, APP

****NOTE****

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

1996 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. ETSU	150	5. Furman	54.5
2. Western Carolina	133.5	6. Marshall	34
3. Appalachian State	131	7. Davidson	27
4. Chattanooga	55		

100-meter dash

1. Leisa Moulton, ETSU	12.40
2. Nikki Harris, Appalachian State	12.40
3. Reshia Johnson, ETSU	12.50
4. Trice Roundtree, Appalachian State	13.00
5. Kamilah Gabriel, Western Carolina	13.30
6. Crystal Carlton, Western Carolina	13.50

200-meter dash

1. Salima Fountain, Furman	24.91
2. Nikki Harris, Appalachian State	25.15
3. Tracie George, ETSU	25.39
4. Leisa Moulton, ETSU	25.72
5. Karen Houston, Appalachian State	25.73
6. Kendra Prather, ETSU	25.91

400-meter dash

1. Salima Fountain, Furman	55.74
2. Shawnta Person, Western Carolina	56.34
3. Kendra Prather, ETSU	57.60
4. Tracie George, ETSU	57.66
5. Andrea Shropshire, Chattanooga	57.73
6. Karen Houston, Appalachian State	58.23

800-meter run

1. Emily Redmon, Western Carolina	2:11.41
2. Michelle Gregg, ETSU	2:11.62
3. Maggie Donahue, Western Carolina	2:13.11
4. Valerie Urchison, ETSU	2:15.17
5. Michelle Bozue, Chattanooga	2:17.28
6. Maria Stivers, Chattanooga	2:21.28

1,500-meter run

1. Michelle Gregg, ETSU	4:38.00
2. Valerie Urchison, ETSU	4:40.83
3. Heather VandeBrake, Furman	4:42.24
4. Kristen Savery, Western Carolina	4:42.92
5. Jenny Chase, Appalachian State	4:44.48
6. Jennel Walby, ETSU	4:50.30

3,000-meter run

1. Mary Jane Middlekoop, Chattanooga	9:54.60
2. Heather VandeBrake, Furman	10:02.78
3. Christina Olson, Appalachian State	10:08.42
4. Jennel Walby, ETSU	10:20.45
5. Kristen Savery, Western Carolina	10:26.16
6. Taylor Perin, ETSU	10:35.35

5,000-meter run

1. Mary Jane Middlekoop, Chattanooga	17:24.46
2. Mary Jo Ferrigan, ETSU	17:32.59
3. Heather VandeBrake, Furman	17:37.76
4. Christina Olson, Appalachian State	17:46.33
5. Lynn Kepper, Furman	17:55.29
6. Taylor Perin, ETSU	17:59.78

10,000-meter run

1. Mary Jo Ferrigan, ETSU	37:33.61
2. Michele Marshall, Chattanooga	39:00.97
3. Lynn Kepper, Furman	39:56.02
4. Holley Cooper, Furman	40:09.78
5. Leah Moore, Chattanooga	40:29.00
6. Nicole Yosmali, Furman	41:11.00

100-meter hurdles

1. Erica Edmond, ETSU	14.70
2. Wykesha Bailey, Western Carolina	14.91
3. Rahma Mateen, Western Carolina	15.20
Jamil Sawyer, Davidson	15.20
5. Kendra Hornish, Marshall	16.05
6. Kamilah Gabriel, Western Carolina	16.07

400-meter hurdles

1. Wykesha Bailey, Western Carolina	1:04.51
2. Erica Edmond, ETSU	1:05.17
3. Jodi Bailey, Marshall	1:05.49
4. Kati Pierce, Marshall	1:05.83
5. Natasha Claxton, Chattanooga	1:05.87
6. Tera Pitts, Appalachian State	1:08.20

4x100-meter relay

1. ETSU	47.18
2. Appalachian State	47.62
3. Davidson	51.25
4. Western Carolina	52.10

4x400-meter relay

1. Western Carolina	3:49.70
2. Chattanooga	3:55.81
3. Appalachian State	3:59.79
4. Marshall	4:08.03
5. Davidson	4:14.04

Long jump

1. Rahma Mateen, Western Carolina	5.91m
2. Tracie George, ETSU	5.76m
3. Nikki Harris, Appalachian State	5.65m
4. Audra Emery, Appalachian State	5.54m
5. Lisa Roberts, Appalachian State	5.50m
6. Carla McKinney, ETSU	5.49m

Triple jump

1. Nikki Harris, Appalachian State	11.94m
2. Rahma Mateen, Western Carolina	11.58m
3. Lisa Roberts, Appalachian State	11.47m
4. Jennifer Sluss, ETSU	11.44m
5. Trice Roundtree, Appalachian State	11.32m
6. Karen Newsam, ETSU	11.19m

High jump

1. Rahma Mateen, Western Carolina	1.70m
2. Jennifer Sluss, ETSU	1.70m
3. Vanessa Sims, Davidson	1.70m
4. Shalimar Folds, Chattanooga	1.65m
5. Kendra Hornish, Marshall	1.60m
6. Lakeeva Brooks, Western Carolina	1.60m
Katie Condon, Furman	1.60m

Discus throw

1. Ayokka Green, Chattanooga	43.20m
2. Danielle Mall, Davidson	43.12m
3. Allyson Blakenship, ETSU	39.78m
4. Meyetta Grimes, Appalachian State	39.06m
5. LaSha Jackson, Western Carolina	37.16m
6. Robyn Stockunas, Western Carolina	35.08m

Javelin throw

1. Rachel Olander, Appalachian State	39.92m
2. Christine Ziemba, Appalachian State	38.10m
3. Erica Bahry, Appalachian State	37.94m
4. Robyn Stockunas, Western Carolina	33.70m
5. LaSha Jackson, Western Carolina	32.40m
6. Rhoda Maron, Furman	31.88m

Shot put

1. LaSha Jackson, Western Carolina	14.58m
2. Ayokka Green, Chattanooga	14.01m
3. Chandra Nelson, Marshall	12.40m
4. Zondra Johnson, Western Carolina	11.87m
5. Felicia Johnson, ETSU	11.47m
6. Robyn Stockunas, Western Carolina	11.18m

Hammer throw

1. Chandra Nelson, Marshall	44.04m
2. Robyn Stockunas, Western Carolina	39.80m
3. Allyson Blakenship, ETSU	36.52m
4. Rachel Olander, Appalachian State	36.40m
5. Christina Cassidy, Western Carolina	35.82m
6. Ayokka Green, Appalachian State	35.64m
7. Christine Ziemba, Appalachian State	35.00m
8. Erica Bahry, Appalachian State	34.94m

Outstanding Performer

Rahma Mateen, Western Carolina

Freshman of the Year

Chandra Nelson, Marshall

Coach of the Year

Michell Byrne, ETSU

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