



SOCON

2024 - 2025

INDOOR TRACK & FIELD
RECORD BOOK

IT'S ALL HERE.

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MEN'S INDOOR CHAMPIONSHIP RECORDS

| Event | Mark | Conversion | Athlete | Year |
|-----------------------|----------|------------|--|------|
| 60m dash | 6.73 | | Ernest Wiggins, Appalachian State | 2004 |
| | | | O'Rell Fisher, Wofford | 2024 |
| 200m dash | 21.13 | | Delevantie Brown, ETSU | 1995 |
| 400m dash | 46.97 | | Brunson Miller, The Citadel | 2012 |
| 800m run | 1:49.77 | | José Peñalver, Samford | 2021 |
| Mile run | 3:59.75 | | Cameron Ponder, Furman | 2022 |
| 3,000m run | 8:02.87 | | Carson Williams, Furman | 2022 |
| 5,000m run | 13:54.58 | | Dylan Schubert, Furman | 2023 |
| 60m hurdles | 7.79 | | Titus Moore, Samford | 2023 |
| Long jump | 7.66m | (25-1.75) | Marcus Lynch, VMI | 2001 |
| Triple jump | 16.11m | (52-10.25) | Warren Posey, Appalachian State | 1988 |
| High jump | 2.21m | (7-3.0) | Darius Purcell, Appalachian State | 2012 |
| Shot put | 17.19m | (56-0.50) | Cosmo Tocci, The Citadel | 1980 |
| Pole vault | 5.45m | (17-10.50) | Michael Seaman, Samford | 2012 |
| 35-lb. weight | 21.99m | (72-2.0) | Ben Johnson, ETSU | 2018 |
| 4x400-meter relay | 3:14.40 | | Western Carolina (Derrick High, Irving Hunter, Tim Vaught, Joe Hyman) | 2000 |
| Distance medley relay | 9:47.80 | | ETSU (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek) | 1979 |

MEN'S NCAA CHAMPIONS

| Year | Site | Event | Mark | Name, school |
|------|----------------|--------------|--------|------------------------------|
| 1970 | Detroit, Mich. | Mile run | 4:03.1 | Hal Michael, William & Mary |
| 1974 | Detroit, Mich. | 880-yard run | 1:52.2 | Reggie Clark, William & Mary |

MEN'S TEAM CHAMPIONS

| Year | Site | Champion | Year | Site | Champion |
|-------------|---------------------|-------------------|------|---------------------|-------------------|
| 1930 | Chapel Hill, N.C. | Washington & Lee | 1990 | Lexington, Va. | Appalachian State |
| 1931 | Chapel Hill, N.C. | North Carolina | 1991 | Johnson City, Tenn. | VMI |
| 1932 | Chapel Hill, N.C. | North Carolina | 1992 | Johnson City, Tenn. | Appalachian State |
| 1933 | Chapel Hill, N.C. | Duke | 1993 | Lexington, Va. | VMI |
| 1934 | Chapel Hill, N.C. | North Carolina | 1994 | Johnson City, Tenn. | Appalachian State |
| 1935 | Chapel Hill, N.C. | North Carolina | 1995 | Johnson City, Tenn. | Appalachian State |
| 1936 | Chapel Hill, N.C. | Duke | 1996 | Lexington, Va. | VMI |
| 1937 | Chapel Hill, N.C. | North Carolina | 1997 | Johnson City, Tenn. | Marshall |
| 1938 | Chapel Hill, N.C. | Duke | 1998 | Johnson City, Tenn. | ETSU |
| 1939 | Chapel Hill, N.C. | North Carolina | 1999 | Johnson City, Tenn. | Western Carolina |
| 1940 | Chapel Hill, N.C. | North Carolina | 2000 | Lexington, Va. | Appalachian State |
| 1941 | Chapel Hill, N.C. | North Carolina | 2001 | Johnson City, Tenn. | VMI |
| 1942 | Chapel Hill, N.C. | North Carolina | 2002 | Johnson City, Tenn. | Appalachian State |
| 1943 - 1948 | | NO MEET | 2003 | Johnson City, Tenn. | Appalachian State |
| 1949 | Chapel Hill, N.C. | North Carolina | 2004 | Johnson City, Tenn. | Western Carolina |
| 1950 | Chapel Hill, N.C. | North Carolina | 2005 | Johnson City, Tenn. | Appalachian State |
| 1951 | Chapel Hill, N.C. | North Carolina | 2006 | Clemson, S.C. | Western Carolina |
| 1952 | Chapel Hill, N.C. | North Carolina | 2007 | Clemson, S.C. | Appalachian State |
| 1953 | Chapel Hill, N.C. | Duke | 2008 | Clemson, S.C. | Western Carolina |
| 1954 | Lexington, Va. | VMI | 2009 | Clemson, S.C. | Appalachian State |
| 1955 | Lexington, Va. | VMI | 2010 | Clemson, S.C. | Appalachian State |
| 1956 | Lexington, Va. | Virginia Tech | 2011 | Clemson, S.C. | Appalachian State |
| 1957 | Lexington, Va. | William & Mary | 2012 | Birmingham, Ala. | Western Carolina |
| 1958 | Lexington, Va. | VMI | 2013 | Winston-Salem, N.C. | Appalachian State |
| 1959 | Lexington, Va. | VMI | 2014 | Winston-Salem, N.C. | Western Carolina |
| 1960 | Lexington, Va. | VMI | 2015 | Birmingham, Ala. | Western Carolina |
| 1961 | Lexington, Va. | Furman | 2016 | Birmingham, Ala. | Western Carolina |
| 1962 | Lexington, Va. | Furman | 2017 | Johnson City, Tenn. | Western Carolina |
| 1963 | Lexington, Va. | Furman | 2018 | Lexington, Va. | Western Carolina |
| 1964 | Lexington, Va. | VMI | 2019 | Lexington, Va. | Western Carolina |
| | | West Virginia | 2020 | Lexington, Va. | Samford |
| 1965 | Lexington, Va. | VMI | 2021 | Lexington, Va. | Samford |
| 1966 | Lexington, Va. | William & Mary | 2022 | Lexington, Va. | Samford |
| 1967 | Lexington, Va. | William & Mary | 2023 | Lexington, Va. | Samford |
| 1968 | Lexington, Va. | William & Mary | 2024 | Lexington, Va. | Samford |
| 1969 | Lexington, Va. | William & Mary | | | |
| 1970 | Lexington, Va. | William & Mary | | | |
| 1971 | Lexington, Va. | William & Mary | | | |
| 1972 | Lexington, Va. | William & Mary | | | |
| 1973 | Lexington, Va. | William & Mary | | | |
| 1974 | Lexington, Va. | William & Mary | | | |
| 1975 | Lexington, Va. | William & Mary | | | |
| 1976 | Lexington, Va. | Furman | | | |
| 1977 | Lexington, Va. | East Carolina | | | |
| 1978 | Lexington, Va. | VMI | | | |
| 1979 | Lexington, Va. | VMI | | | |
| 1980 | Lexington, Va. | ETSU | | | |
| 1981 | Lexington, Va. | VMI | | | |
| 1982 | Johnson City, Tenn. | VMI | | | |
| 1983 | Lexington, Va. | VMI | | | |
| 1984 | Johnson City, Tenn. | Appalachian State | | | |
| 1985 | Lexington, Va. | Appalachian State | | | |
| 1986 | Lexington, Va. | Appalachian State | | | |
| 1987 | Johnson City, Tenn. | Appalachian State | | | |
| 1988 | Johnson City, Tenn. | Appalachian State | | | |
| 1989 | Johnson City, Tenn. | Appalachian State | | | |

Total team titles

| Team | Titles |
|-------------------|--------|
| Appalachian State | 19 |
| VMI | 16 |
| North Carolina | 13 |
| Western Carolina | 11 |
| William & Mary | 11 |
| Samford | 5 |
| Duke | 4 |
| Furman | 4 |
| ETSU | 2 |
| East Carolina | 1 |
| Marshall | 1 |
| Virginia Tech | 1 |
| Washington & Lee | 1 |
| West Virginia | 1 |

MEN'S INDIVIDUAL SUPERLATIVES

Coach of the Year

| | |
|------|------------------------------------|
| 1975 | John Randolph, William & Mary |
| 1976 | Wade Williams, VMI |
| 1978 | Bob Pollock, Appalachian State |
| 1979 | Wade Williams, VMI |
| 1980 | Dave Walker, ETSU |
| 1981 | Dave Walker, ETSU |
| 1982 | Bob Pollock, Appalachian State |
| 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 | Dave Walker, ETSU |
| 1991 | Mike Bozeman, VMI |
| 1992 | Al Fereshetian, Appalachian State |
| 1993 | Mike Bozeman, VMI |
| 1994 | Danny Williamson, Western Carolina |
| 1995 | Al Fereshetian, Appalachian State |
| 1996 | Jeff Small, Marshall |
| 1997 | Jeff Small, Marshall |
| 1998 | Milan Donley, ETSU |
| 1999 | Danny Williamson, Western Carolina |
| 2000 | John Weaver, Appalachian State |
| 2001 | Mike Bozeman, VMI |
| 2002 | John Weaver, Appalachian State |
| 2003 | John Weaver, Appalachian State |
| 2004 | Danny Williamson, Western Carolina |
| 2005 | Danny Williamson, Western Carolina |
| 2006 | Danny Williamson, Western Carolina |
| 2007 | John Weaver, Appalachian State |
| 2008 | Danny Williamson, Western Carolina |
| 2009 | Jody Huddleston, The Citadel |
| 2010 | Rod Tiffin, Samford |
| | Danny Williamson, Western Carolina |
| 2011 | John Weaver, Appalachian State |
| 2012 | Danny Williamson, Western Carolina |
| 2013 | Rod Tiffin, Samford |
| 2014 | Danny Williamson, Western Carolina |
| 2015 | Danny Williamson, Western Carolina |
| 2016 | Danny Williamson, Western Carolina |
| 2017 | Cale McDaniel, Western Carolina |
| 2018 | Cale McDaniel, Western Carolina |
| 2019 | Jesse Norman, Western Carolina |
| 2020 | Rod Tiffin, Samford |
| 2021 | Rod Tiffin, Samford |
| 2022 | Rod Tiffin, Samford |
| 2023 | Rod Tiffin, Samford |
| 2024 | Rod Tiffin, Samford |

Heath Whittle Award (Most Outstanding Athlete)

| | |
|------|-----------------------------------|
| 1970 | Charles Strode, William & Mary |
| 1971 | Hal Michael, William & Mary |
| 1973 | Bill Dimitrouleas, Furman |
| 1974 | Mac Collins, William & Mary |
| 1975 | Carter Suggs, East Carolina |
| 1976 | Malcolm Grimes, VMI |
| 1978 | Rex Wiggins, VMI |
| 1979 | Adrian Leek, ETSU |
| 1980 | Jody Weatherwax, VMI |
| 1981 | Adrian Leek, ETSU |
| 1982 | Robbie Mosley, Appalachian State |
| 1983 | Dennis Stark, ETSU |
| 1984 | Jon Conneely, ETSU |
| | Sylvester Davis, VMI |
| 1985 | Dan Monahan, VMI |
| 1986 | Marshall Pitts, Appalachian State |

| | |
|------|--------------------------------------|
| 1987 | Michael Hanks, Appalachian State |
| 1988 | Greg Hatchett, VMI |
| 1989 | Leigh Hawkins, Appalachian State |
| 1990 | James Hynes, ETSU |
| 1991 | Frank Allen, Appalachian State |
| 1992 | Seamus Power, ETSU |
| 1993 | Shawn Miller, Western Carolina |
| 1994 | Seamus Power, ETSU |
| 1995 | Delevantie Brown, ETSU |
| 1996 | Delevantie Brown, ETSU |
| 1997 | Declan Fahy, ETSU |
| 1998 | Darius Jackson, VMI |
| 1999 | Nic Crider, Chattanooga |
| 2000 | Nic Crider, Chattanooga |
| 2001 | Marcus Lynch, VMI |
| 2008 | Manteo Mitchell, Western Carolina |
| 2009 | Manteo Mitchell, Western Carolina |
| 2010 | Cordell Livingston, Western Carolina |
| 2011 | Cordell Livingston, Western Carolina |
| 2012 | Bo Ackerson-Gilroy, Samford |
| 2013 | Brandon Hairston, Western Carolina |
| 2014 | Brandon Bassett, Samford |
| 2015 | Tripp Hurt, Furman |
| 2016 | Jamie Brown, Western Carolina |
| 2017 | Patrick Taylor, ETSU |
| 2018 | Marquis Barnes, Samford |
| 2019 | Trini Feggett, Western Carolina |
| 2020 | Matt Cahoon, Samford |
| | Emmanuel Tait, Samford |
| 2021 | Matt Cahoon, Samford |
| | Ty Kimberlin, Samford |
| 2022 | Jordin Poindexter, VMI |
| 2023 | Keyandre Midgett, VMI |
| 2024 | Cagan Campbell, Samford |

Most Outstanding Track Performer

| | |
|------|--------------------------------------|
| 2002 | Caleb Bailey, Western Carolina |
| 2003 | Bradley Yewer, ETSU |
| 2004 | Steven Kocsis, Chattanooga |
| | Bradley Yewer, ETSU |
| 2005 | Steven Kocsis, Chattanooga |
| 2006 | Zeb Johnson, Western Carolina |
| 2007 | Adam Van Nortwick, Appalachian State |
| 2008 | Manteo Mitchell, Western Carolina |
| 2009 | Manteo Mitchell, Western Carolina |
| 2010 | Cameron Bean, Samford |
| 2011 | Chris Moen, Appalachian State |
| 2012 | Brunson Miller, The Citadel |
| 2013 | Brandon Hairston, Western Carolina |
| 2014 | Jamaal Brantley, The Citadel |
| 2015 | Tripp Hurt, Furman |
| 2016 | Arsène Guillorel, Samford |
| 2017 | Ryan Adams, Furman |
| 2018 | Emmanuel Tait, Samford |
| 2019 | Ryan Adams, Furman |
| 2020 | Emmanuel Tait, Samford |
| 2021 | Evan Brooks, Samford |
| 2022 | Jordin Poindexter, VMI |
| 2023 | Cagan Campbell, Samford |
| 2024 | Cagan Campbell, Samford |

Most Outstanding Field Performer

| | |
|------|-----------------------------------|
| 2002 | Kevin Solomon, VMI |
| 2003 | Holt McPherson, Appalachian State |
| | Anthony Greer, Appalachian State |
| 2004 | Bob Smith, Appalachian State |
| 2005 | Anthony Greer, Appalachian State |

| | |
|------|-----------------------------------|
| 2006 | Mark Sturgis, Appalachian State |
| 2007 | Wes Kiser, Appalachian State |
| 2008 | Joel Gaddy, Appalachian State |
| 2009 | Matt Evans, Western Carolina |
| 2010 | Matt Evans, Western Carolina |
| 2011 | Malcolm Styers, Appalachian State |
| 2012 | Bo Ackerson-Gilroy, Samford |
| 2013 | Steven Bastien, Samford |
| 2014 | Jared Johnson, Western Carolina |
| 2015 | Jared Johnson, Western Carolina |
| 2016 | Jordan White, VMI |
| 2017 | Nathan Rivera, ETSU |
| 2018 | Marquis Barnes, Samford |
| 2019 | Ben Johnson, ETSU |
| 2020 | Matt Cahoon, Samford |
| 2021 | Matt Cahoon, Samford |
| 2022 | Javell Brown, Western Carolina |
| 2023 | Keyandre Midgett, VMI |
| 2024 | Keyandre Midgett, VMI |

Freshman of the Year

| | |
|------|--------------------------------------|
| 1992 | Jason Dalton, Appalachian State |
| 1993 | Tobe Taylor, Chattanooga |
| 1994 | Dainon Sidney, ETSU |
| 1995 | Seth Peoples, Appalachian State |
| 1996 | Zach Whitmarsh, ETSU |
| 1997 | Randy Moss, Marshall |
| 1998 | Evan Hawkins, ETSU |
| 1999 | Jeremy Carter, Western Carolina |
| 2000 | Derrick High, Western Carolina |
| 2001 | J.B. Rosson, VMI |
| 2002 | Milton Bolton, Western Carolina |
| 2003 | John Robertson, Western Carolina |
| 2004 | James Gregory, Western Carolina |
| 2005 | Shane Estes, ETSU |
| 2006 | Josh Cox, Appalachian State |
| 2007 | Dominique Young, Western Carolina |
| 2008 | Drew Tucker, Western Carolina |
| 2009 | Dennis Moore, The Citadel |
| 2010 | Cordell Livingston, Western Carolina |
| 2011 | Jamal Tiller, Appalachian State |
| 2012 | Abraham Faison, Western Carolina |
| 2013 | Steven Bastien, Samford |
| 2014 | Josh McSwain, Western Carolina |
| 2015 | Brenden Caldwell, Western Carolina |
| 2016 | Jamie Brown, Western Carolina |
| 2017 | Emmanuel Tait, Samford |
| 2018 | Karon Delince, ETSU |
| 2019 | Trini Feggett, Western Carolina |
| 2020 | Evan Brooks, Samford |
| 2021 | Keyandre Midgett, VMI |
| 2022 | Justin Hayes, Western Carolina |
| 2023 | Dohnavon Hunt, Western Carolina |
| 2024 | Rafe Clendenin, VMI |

Pinnacle Award (highest GPA on championship team)

| | |
|------|---------------------------------|
| 2017 | Miles Greer, Western Carolina |
| 2018 | Dakota Wright, Western Carolina |
| 2019 | Dakota Wright, Western Carolina |
| 2020 | Hunter Poole, Samford |
| 2021 | Jeb Jones, Samford |
| 2022 | Harrison Siegel, Samford |
| 2023 | Jeb Jones, Samford |
| 2024 | Ethan Womack, Samford |

MEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

| | | | | | |
|-------------|------------------------------|-------------|---------------------------------|-------------|--|
| 2001 | | 2010 | | 2015 | |
| Jan. 17 | Evan Hawkins, ETSU | Dec. 10 | Benny Davis, WCU (Track) | Jan. 21 | Brandon Hazouri, SAM (Track) |
| Jan. 24 | Ryan Kendall, UTC | | Alex Dollard, WCU (Field) | | Keyth Fightmaster, SAM (Field) |
| Jan. 31 | Marcus Lynch, VMI | Jan. 14 | Josey Weaver, WCU (Track) | Jan. 28 | Troy Reeder, FUR (Track) |
| Feb. 7 | John Chisholm, VMI | | Malcolm Styers, APP (Field) | | Tray Oates, SAM (Field) |
| Feb. 14 | Caleb Bailey, WCU | Jan. 21 | Alex Taylor, APP (Track) | Feb. 5 | Henry Kiedy, WCU (Track) |
| | | | Darius Purcell, APP (Field) | | Jared Johnson, WCU (Field) |
| 2002 | | Jan. 28 | Dominique Young, WCU (Track) | Feb. 12 | Avery Martin, VMI (Track) |
| Jan. 16 | Darus Cofield, WCU | | Michael Seaman, SAM (Field) | | Quincy Martin, VMI (Field) |
| Jan. 23 | Ernest Wiggins, APP | Feb. 4 | Tom Divinnie, DAV (Track) | Feb. 18 | Troy Reeder, FUR (Track) |
| Jan. 30 | Dan Gibson, DAV | | Darius Purcell, APP (Field) | | Javion Lee, SAM (Field) |
| Feb. 6 | Jason Green, APP | Feb. 11 | Joey Thompson, UNCG (Track) | Feb. 25 | Julian Jackson, VMI (Track) |
| Feb. 13 | Ryan Kendall, UTC | | Patrick Wells, SAM (Field) | | Jordan White, VMI (Field) |
| Feb. 20 | Bob Smith, APP | Feb. 18 | Patrick Morgan, APP (Track) | | |
| | | | Kevin Hardy, CIT (Field) | 2016 | |
| 2003 | | Feb. 25 | Bud Galloway, APP (Track) | Jan. 20 | Brandon Hazouri, SAM (Track) |
| Jan. 29 | Caleb Bailey, WCU | | Michael Seaman, SAM (Field) | | Jamie Brown, WCU (Field) |
| Feb. 5 | Caleb Bailey, WCU | | | Jan. 27 | No nominees (Track) |
| | | | | | No nominees (Field) |
| 2004 | | 2011 | | Feb. 3 | Brandon Hazouri, SAM (Track) |
| Jan. 21 | Bob Smith, APP | Jan. 26 | Cordell Livingston, WCU (Track) | | Jared Johnson, WCU (Field) |
| Jan. 28 | John Yarbrough, UTC | | Kyle Kirby, SAM (Field) | Feb. 10 | Matt Moore, ETSU (Track) |
| Feb. 4 | Steven Kocsis, UTC | Feb. 2 | Brunson Miller, CIT (Track) | | Jordan White, VMI (Field) |
| Feb. 11 | James Rainer, ETSU | | Jerod Gardner, APP (Field) | Feb. 17 | Ryan Adams, FUR (Track) |
| Feb. 18 | Ernest Wiggins, APP | Feb. 9 | Brunson Miller, CIT (Track) | | Tray Oates, SAM (Field) |
| Feb. 25 | Dan Queen, APP | | Michael Seaman, SAM (Field) | Feb. 24 | Brandon Hazouri, SAM (Track) |
| | | Feb. 16 | Chris Moen, APP (Track) | | Joel Hoisington, VMI (Field) |
| | | | Darius Purcell, APP (Field) | | |
| 2005 | | Feb. 23 | Alex Richter, SAM (Track) | | |
| Jan. 19 | Zach DiBois, CIT | | Owen Wagoner, SAM (Field) | 2017 | |
| Jan. 26 | Anthony Greer, APP | March 2 | Chris Moen, APP (Track) | Jan. 19 | None (Track) |
| Feb. 2 | Steven Kocsis, UTC | | Malcolm Styers, APP (Field) | | Scott Peretin, WCU (Field) |
| Feb. 9 | Chris Martin, APP | | | Jan. 25 | Emmanuel Tait, SAM (Track) |
| Feb. 16 | Steven Kocsis, UTC | 2012 | | | Jay Vines, SAM (Field) |
| Feb. 23 | Bryan Burney, APP | Jan. 19 | Stanley Broaden, APP (Track) | Feb. 1 | Greg Henderson, VMI (Track) |
| | | | Michael Seaman, SAM (Field) | | Tray Oates, SAM (Field) |
| 2006 | | Jan. 25 | Paul Chelimo, UNCG (Track) | Feb. 8 | Matt Moore, ETSU (Track) |
| Jan. 18 | Zach DiBois, CIT | | Kyle Kirby, SAM (Field) | | Tray Oates, SAM (Field) |
| Jan. 25 | Mark Sturgis, APP | Feb. 1 | Lucas Cotter, UTC (Track) | Feb. 15 | Malik Diggs, CIT (Track) |
| Feb. 1 | Ian Mayne, UTC | | Jared Stalling, APP (Field) | | Ben Johnson, ETSU (Field) |
| Feb. 8 | Zeb Johnson, WCU | Feb. 7 | Paul Chelimo, UNCG (Track) | Feb. 22 | Ryan Adams, FUR (Track) |
| Feb. 15 | Ian Mayne, UTC | | Quintin Turner, CIT (Field) | | Derrick Freeland, CIT (Field) |
| | | Feb. 15 | Brunson Miller, CIT (Track) | | |
| | | | Owen Wagoner, SAM (Field) | 2018 | |
| 2007 | | 2013 | | Jan. 17 | Dakota Lamont, WCU (Track) |
| Jan. 18 | Tom Divinnie, DAV | Jan. 24 | Nathan Hendershot, SAM (Track) | | Tray Oates, SAM (Field) |
| Jan. 23 | Michael Mentz, UTC | | Tyler Kemp, SAM (Field) | Jan. 24 | Arsène Guillorel, SAM (Track) |
| Jan. 31 | Zeb Johnson, WCU | Jan. 30 | Brandon Hairston, WCU (Track) | | Keyth Fightmaster, SAM (Field) |
| Feb. 7 | Manteo Mitchell, WCU | | Geno Porter, CIT (Field) | Jan. 31 | Dakota Lamont, WCU (Track) |
| | Adam Van Nortwick, APP | Feb. 6 | Demetrios Pagonis, DAV (Track) | | Ben Johnson, ETSU (Field) |
| Feb. 14 | Douglas Noreen, DAV | | Ryan Cook, SAM (Field) | Feb. 7 | Aaron Templeton, FUR (Track) |
| | | Feb. 13 | Paul Katam, UNCG (Track) | | Ben Johnson, ETSU (Field) |
| 2008 | | | Jamal Tiller, APP (Field) | Feb. 14 | Frank Lara, FUR (Track) |
| Jan. 23 | Ricky Harris, APP | Feb. 20 | Stanley Broaden, APP (Track) | | Tray Oates, SAM (Field) |
| Jan. 31 | Alex Hoyt, DAV | | Cole Finch, APP (Field) | Feb. 21 | Malik Diggs, CIT (Track) |
| Feb. 7 | Josh Houser, APP | Feb. 27 | Brandon Hairston, WCU (Track) | | Tray Oates, SAM (Field) |
| | Michael Mentz, UTC | | Steven Bastien, SAM (Field) | | |
| Feb. 14 | Michael Wilson, APP | 2014 | | 2019 | |
| Feb. 21 | Manteo Mitchell, WCU | Jan. 22 | Adam Jones, SAM (Track) | Jan. 17 | Ben Varghese, ETSU (Track) |
| Feb. 26 | Joel Gaddy, APP | | Brandon Bassett, SAM (Field) | | Longinus Nnodim, WOF (Field) |
| | | Jan. 29 | Jamaal Brantley, CIT (Track) | Jan. 23 | Owen Bailey, SAM (Track) |
| 2009 | | | David Johnson, WCU (Field) | | Ben Johnson, ETSU (Field) |
| Jan. 21 | Manteo Mitchell, WCU (Track) | Feb. 5 | Brandon Hazouri, SAM (Track) | Jan. 30 | Chace Washington-Saunders, WCU (Track) |
| | Ryan Twiford, APP (Field) | | No selection (Field) | | Trini Feggett, WCU (Field) |
| Jan. 29 | Patrick Morgan, FUR (Track) | | Tripp Hurt, FUR (Track) | Feb. 6 | Ben Varghese, ETSU (Track) |
| | Matt Boruff, APP (Field) | Feb. 12 | Sidney Jordan, SAM (Field) | | Conrad Heinrich, WOF (Field) |
| Feb. 5 | Joey Thompson, UNCG (Track) | | Tanner Hinkle, FUR, (Track) | Feb. 13 | Frank Lara, FUR (Track) |
| | Mark Sturgis, APP (Field) | Feb. 19 | Geno Porter, CIT (Field) | | Ben Johnson, ETSU (Field) |
| Feb. 12 | Chris Berry, UTC (Track) | | Jamaal Brantley, CIT (Track) | Feb. 20 | Johnnie Walker, VMI (Track) |
| | Patrick Morgan, FUR (Track) | Feb. 26 | Matt Layne, APP (Field) | | Sam Blumer, CIT (Field) |
| | Malcolm Styers, APP (Field) | | | | |
| Feb. 19 | Thad Sieracki, DAV (Track) | | | | |
| | Patrick Wells, SAM (Field) | | | | |
| Feb. 26 | Blaise Carie, SAM (Track) | | | | |
| | Kevin Hardy, CIT (Field) | | | | |

MEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

2020
 Jan. 16 Emmanuel Tait, SAM (Track)
 Matt Cahoon, SAM (Field)
 Jan. 22 Ryan Adams, FUR (Track)
 Justin Stuckey, SAM (Field)
 Jan. 29 Ryan Adams, FUR (Track)
 Charles Cooley, WCU (Field)
 Feb. 5 Titus Moore, SAM (Track)
 Matt Cahoon, SAM (Field)
 Feb. 12 Aaron Wier, FUR (Track)
 Sam Blumer, CIT (Field)
 Feb. 19 Titus Moore, SAM (Track)
 Matt Cahoon, SAM (Field)
 Feb. 26 Jordin Poindexter, VMI (Track)
 Sam Blumer, CIT (Field)

2021
 Jan. 27 Cameron Ponder, FUR (Track)
 Jed Sisco, SAM (Field)
 Feb. 3 Johnnie Walker, VMI (Track)
 Tanner Henry, WOF (Field)
 Feb. 10 José Peñalver, SAM (Track)
 Justin Stuckey, SAM (Field)
 Feb. 17 José Peñalver, SAM (Track)
 Justin Stuckey, SAM (Field)
 Feb. 24 Cameron Ponder, FUR (Track)
 No selection (Field)

2022
 Jan. 19 Evan Guzman, ETSU (Track)
 Seth Wolfe, SAM (Field)
 Jan. 26 Ben Garner, SAM (Track)
 Ty Kimberlin, SAM (Field)
 Feb. 2 Cameron Ponder, FUR (Track)
 Ryan Eldridge, WCU (Field)
 Feb. 9 Cameron Ponder, FUR (Track)
 Jed Sisco, SAM (Field)
 Feb. 16 Carson Williams, FUR (Track)
 Justin Stuckey, SAM (Field)
 Feb. 23 Cameron Ponder, FUR (Track)
 Stephen Kraeling, CIT (Field)

2023
 Jan. 18 Phelani Maduwa, ETSU (Track)
 Keyandre Midgett, VMI (Field)
 Jan. 25 Matthew Smith, FUR (Track)
 Ty Kimberlin, SAM (Field)
 Feb. 1 Matthew Smith, FUR (Track)
 Keyandre Midgett, VMI (Field)
 Feb. 8 Carson Williams, FUR (Track)
 Noah Straley, WCU (Field)
 Feb. 15 Carson Williams, FUR (Track)
 Jed Sisco, SAM (Field)
 Feb. 22 Joe Thoma, UNCG (Track)
 Stephen Kraeling, CIT (Field)

2024
 Jan. 17 CJ McFerrin, WCU (Track)
 Brenden Vanderpool, SAM (Field)
 Jan. 24 Carson Williams, FUR (Track)
 Samuel Werner, SAM (Field)
 Jan. 31 Cameron Ponder, FUR (Track)
 Rafe Clendenin, VMI (Field)
 Feb. 7 Liam McBride, VMI (Track)
 Isaiah Blount, VMI (Field)
 Feb. 14 Cameron Ponder, FUR (Track)
 Brenden Vanderpool, SAM (Field)
 Feb. 21 Bradlee Jones, CIT (Track)
 No Nominations (Field)

Repeat selections

Seven times

Tray Oates, SAM, 2015-18
 Cameron Ponder, FUR 2021-22,
 2024

Five times

Brandon Hazouri, SAM, 2014-16
 Ben Johnson, ETSU, 2017-19
 Cameron Ponder, FUR, 2021-22

Four times

Michael Seaman, SAM, 2010-12
 Ryan Adams, FUR, 2016-17, '20
 Justin Stuckey, SAM, 2020-22

Three times

Caleb Bailey, WCU, 2001, '03
 Steven Kocsis, UTC, 2004-05
 Manteo Mitchell, WCU, 2007-09
 Malcolm Styers, APP, 2009-11
 Patrick Morgan, FUR, 2009/APP, '10
 Darius Purcell, APP, 2010-11
 Brunson Miller, CIT, 2011-12
 Matt Cahoon, SAM, 2020

Sam Blumer, CIT, 2019-20
 Carson Williams, FUR, 2022-23
 Jed Sisco, SAM, 2021-23

Two times

Ryan Kendall, UTC, 2001-02
 Bob Smith, APP, 2002, '04
 Ernest Wiggins, APP, 2002, '04
 Zach DiBois, CIT, 2005-06
 Ian Mayne, UTC, 2006
 Zeb Johnson, WCU, 2006-07
 Michael Mentz, UTC, 2007-08
 Mark Sturgis, APP, 2006, '09
 Tom Divinnie, DAV, 2007-10
 Joey Thompson, UNCG, 2009-10
 Patrick Wells, SAM, 2009-10
 Kevin Hardy, CIT, 2009-10
 Chris Moen, APP, 2011
 Kyle Kirby, SAM, 2011-12
 Paul Chelimo, UNCG, 2012
 Owen Wagoner, SAM, 2011-12
 Stanley Broaden, APP, 2012-13
 Brandon Hairston, WCU, 2013

Geno Porter, CIT, 2013-14
 Jamaal Brantley, CIT, 2014
 Troy Reeder, FUR, 2015
 Jared Johnson, WCU, 2015-16
 Jordan White, VMI, 2015-16
 Keyth Fightmaster, SAM, 2015, '18
 Dakota Lamont, WCU, 2018
 Malik Diggs, CIT, 2017-18
 Ben Varghese, ETSU, 2019
 Frank Lara, FUR, 2018-19
 Emmanuel Tait, SAM, 2017, '20
 Titus Moore, SAM, 2020
 Johnnie Walker, VMI, 2019, '21
 José Peñalver, SAM, 2021
 Ty Kimberlin, SAM, 2022-23
 Matthew Smith FUR, 2023
 Keyandre Midgett, VMI 2023
 Stephen Kraeling, CIT 2022-23
 Brenden Vanderpool, SAM, 2024

MEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Month

| | |
|-------------|--|
| 2008 | |
| January | Dominique Young, WCU |
| 2009 | |
| January | Manteo Mitchell, WCU (Track) Mark Sturgis, APP (Field) |
| February | Patrick Morgan, FUR (Track) Mark Sturgis, APP (Field) |
| 2010 | |
| January | Tom Divinnie, DAV (Track) Malcolm Styers, APP (Field) |
| 2011 | |
| January | Brunson Miller, CIT (Track) Kyle Kirby, SAM (Field) |
| February | Chris Moen, APP (Track) Malcolm Styers, APP (Field) |
| 2012 | |
| January | Paul Chelimo, UNCG (Track) |
| February | Michael Seaman, SAM (Field) |
| 2013 | |
| January | Paul Katam, UNCG (Track) Jared Stalling, APP (Field) |
| February | Brandon Hairston, WCU (Track) Steven Bastien, SAM (Field) |
| 2014 | |
| January | Brandon Hazouri, SAM (Track) Brandon Bassett, SAM (Field) |
| February | Jamaal Brantley, CIT (Track) Jared Johnson, WCU (Field) |
| 2015 | |
| January | Troy Reeder, FUR (Track) Javion Lee, SAM (Field) |
| February | Tripp Hurt, FUR (Track) Jared Johnson, WCU (Field) |
| 2016 | |
| January | Brandon Hazouri, SAM (Track) Jamie Brown, WCU (Field) |
| February | Arsène Guillorel, SAM (Track) Jordan White, VMI (Field) |
| 2017 | |
| January | Greg Henderson, VMI (Track) Tray Oates, SAM (Field) |
| February | Emmanuel Tait, SAM (Track) Nathan Rivera, ETSU (Field) |
| 2018 | |
| January | Arsène Guillorel, SAM (Track) Tray Oates, SAM (Field) |
| February | Emmanuel Tait, SAM (Track) Tray Oates, SAM (Field) |
| 2019 | |
| January | Ben Varghese, ETSU (Track) Ben Johnson, ETSU (Field) |
| February | Ben Varghese, ETSU (Track) Ben Johnson, ETSU (Field) |
| 2020 | |
| January | Ryan Adams, FUR (Track) Matt Cahoon, SAM (Field) |
| February | Titus Moore, SAM (Track) Matt Cahoon, SAM (Field) |

| | |
|-------------|---|
| 2021 | |
| January | Cameron Ponder, FUR (Track) Jed Sisco, SAM (Field) |
| February | Cameron Ponder, FUR (Track) Justin Stuckey, SAM (Field) |
| 2022 | |
| January | Cameron Ponder, FUR (Track) Seth Wolfe, SAM (Field) |
| February | Cameron Ponder, FUR (Track) Justin Stuckey, SAM (Field) |
| 2023 | |
| January | Matthew Smith, FUR (Track) Ty Kimberlin, SAM (Field) |
| February | Carson Williams, FUR (Track) Stephen Kraeling, CIT (Field) |
| 2024 | |
| January | Carson Williams, FUR (Track) Keyandre Midgett, VMI (Field) |
| February | Carson Williams, FUR (Track) No Nominees (Field) |

Repeat selections

Four times

Cameron Ponder, FUR, 2021-22

Three times

Tray Oates, SAM, 2017-18

Carson Williams, VMI, 2023-2024

Two times

Mark Sturgis, APP, 2009

Malcolm Styers, APP, 2010-11

Jared Johnson, WCU, 2014-15

Brandon Hazouri, SAM, 2014, '16

Arsène Guillorel, SAM, 2016, '18

Emmanuel Tait, SAM, 2017-18

Ben Varghese, ETSU, 2019

Ben Johnson, ETSU, 2019

Matt Cahoon, SAM, 2020

Justin Stuckey, SAM, 2021-22

MEN'S CHAMPIONSHIP MEET RESULTS

| | | | | |
|-------------|--|---|---|--|
| 1930 | Washington & Lee 29 North Carolina 27 Maryland 13 Georgia Tech 13 | William & Mary 5 South Carolina 3 North Carolina State 1 Virginia Tech .5 | William & Mary 3 Washington & Lee 1 | Richmond 2 Davidson 0 West Virginia 0 |
| 1931 | North Carolina 37 Washington & Lee 19 Alabama 16 Duke 10 Georgia 10 Louisiana State 9 Tulane 8 Auburn 5 North Carolina State 5 Virginia 4 Georgia Tech 3 Clemson 3 Virginia Tech 2 South Carolina 1 | 1938 Duke 40 North Carolina 38 Maryland 23 Virginia Tech 8 Davidson 8 Washington & Lee 7 VMI 5 Richmond 2 William & Mary 1 | 1951 North Carolina 54 Duke 39 Maryland 26 North Carolina State 7 VMI 4 Virginia Tech 2 | 1960 VMI 69 The Citadel 28 William & Mary 19 Furman 11.5 Richmond 7.5 Virginia Tech 5 West Virginia 2 Davidson 1 |
| 1932 | North Carolina 25 Louisiana State 22 Georgia 19 Virginia 18 Duke 15 Tulane 10 Virginia Tech 8 Mississippi 5 North Carolina State 3 Georgia Tech 2 Washington & Lee 2 Kentucky 1 South Carolina 1 | 1939 North Carolina 52 Maryland 30 Duke 25.5 Washington & Lee 8 South Carolina 7 VMI 5 William & Mary 2.5 Wake Forest 1 Davidson .5 Virginia Tech .5 | 1952 Maryland 37.5 Duke 31.5 North Carolina 20 VMI 19 Virginia Tech 13 North Carolina State 10 Richmond 2 | 1961 Furman 42 VMI 40 The Citadel 27.5 William & Mary 13.5 West Virginia 8.5 Richmond 5 Virginia Tech 4 Davidson 2.5 |
| 1933 | Duke 42 Virginia 34 North Carolina 23 Washington & Lee 11 Virginia Tech 7 VMI 7 Maryland 5 North Carolina State 3 South Carolina 1 | 1940 North Carolina 55 Maryland 29 Duke 24 Washington & Lee 16 Richmond 4 South Carolina 3 William & Mary 1 | 1953 Duke 35 North Carolina 28 Maryland 19 VMI 16 Virginia Tech 14 North Carolina State 9 Richmond 5 West Virginia 4 Davidson 2 South Carolina 1.5 William & Mary .5 | 1962 Furman 66.5 The Citadel 38.5 VMI 28.5 Virginia Tech 25 William & Mary 19.5 West Virginia 10.5 Davidson 6.5 |
| 1934 | Duke 42 Virginia 34 North Carolina 23 Washington & Lee 11 Virginia Tech 7 VMI 7 Maryland 5 North Carolina State 3 South Carolina 1 | 1941 North Carolina 40 Duke 38 Maryland 16 William & Mary 7 VMI 6 Davidson 6 Virginia Tech 4 Clemson 4 Washington & Lee 4 North Carolina State 3 Wake Forest 2 Richmond 1 | 1954 VMI 69 Virginia Tech 53 West Virginia 33 Washington & Lee 19 The Citadel 14 Richmond 9 Davidson 4 | 1963 Furman 62 VMI 41 William & Mary 22 Virginia Tech 21 The Citadel 18 Davidson 15.5 West Virginia 9.5 Richmond 5 |
| 1935 | North Carolina 44.5 Duke 27 Maryland 24 Virginia 17 Washington & Lee 10 Virginia Tech 6.5 VMI 1 | 1942 North Carolina 54 Duke 22 Maryland 16 Richmond 8.5 Davidson 8 VMI 7.5 Clemson 7 Virginia Tech 5 South Carolina 2 North Carolina State 1 | 1955 VMI 67 Virginia 52 West Virginia 44 Richmond 22 The Citadel 13 Davidson 9 Washington & Lee 6 | 1964 VMI 44 West Virginia 44 Furman 32 William & Mary 26 Virginia Tech 20 The Citadel 16 Davidson 10 Richmond 5 |
| 1936 | Duke 48 North Carolina 31 Maryland 20.5 Virginia 19 Virginia Tech 6.5 Washington & Lee 3 North Carolina State 2 South Carolina 2 | 1943-48 - No meet | 1956 Virginia Tech 82 VMI 47 Washington & Lee 43 West Virginia 27 The Citadel 16 Davidson 15 | 1965 VMI 64.3 West Virginia 37.5 Furman 34 William & Mary 24.5 Richmond 14 Virginia Tech 7.67 Davidson 7 The Citadel 6 |
| 1937 | North Carolina 45.5 Duke 30 Maryland 22 Washington & Lee 10 VMI 8 Richmond 7 | 1949 North Carolina 52 Maryland 33 Duke 25 Virginia Tech 9 South Carolina 4 North Carolina State 3 VMI 3 Wake Forest 2 Davidson 1 | 1957 William & Mary 39.5 Virginia Tech 30.5 VMI 30.5 Richmond 16.5 Davidson 8 West Virginia 7 Washington & Lee 0 | 1966 William & Mary 57 Furman 48 VMI 35 West Virginia 26.5 The Citadel 23 Richmond 18 East Carolina 2.5 Davidson 0 |
| | | 1950 North Carolina 60 Maryland 38.5 Duke 13 Virginia Tech 7.5 VMI 6 North Carolina State 3 | 1958 VMI 48.5 William & Mary 39.5 Virginia Tech 16 Richmond 12 West Virginia 7 The Citadel 7 Furman 2 Davidson 0 Washington & Lee 0 | 1967 William & Mary 75 VMI 49 Richmond 37 Furman 20 West Virginia 10 East Carolina 9 The Citadel 6 Davidson 4 |
| | | | 1959 VMI 47 William & Mary 29.5 Furman 21 The Citadel 16.5 Virginia Tech 16 | |

MEN'S CHAMPIONSHIP MEET RESULTS

| | | | | | | | | | | | |
|-------------|-------------------|------|-------------|-------------------|-------|-------------|-------------------|--------|-------------------|-------------------|-------|
| 1968 | William & Mary | 94.5 | 1977 | East Carolina | 67 | 1985 | Appalachian State | 212 | Appalachian State | 79 | |
| | VMI | 33 | | William & Mary | 66 | | VMI | 101 | Western Carolina | 59 | |
| | Richmond | 29.5 | | VMI | 58.33 | | Western Carolina | 96 | Chattanooga | 57 | |
| | East Carolina | 27 | | Furman | 33 | | ETSU | 65 | Marshall | 46 | |
| | Furman | 19 | | Appalachian State | 25.5 | | Marshall | 34 | The Citadel | 16 | |
| | West Virginia | 14 | | Marshall | 19.83 | | The Citadel | 29 | Davidson | 0 | |
| | The Citadel | 7 | | Western Carolina | 10.33 | | Davidson | 12 | | | |
| | Davidson | 0 | | The Citadel | 7 | | Furman | 8 | 1994 | Appalachian State | 105 |
| 1969 | William & Mary | 114 | 1978 | VMI | 105 | 1986 | Appalachian State | 180.33 | Western Carolina | 98 | |
| | East Carolina | 42 | | Appalachian State | 52 | | VMI | 158.67 | ETSU | 88 | |
| | Furman | 37 | | Furman | 39 | | Marshall | 81 | VMI | 79 | |
| | VMI | 27 | | The Citadel | 30.5 | | ETSU | 73 | Marshall | 65 | |
| | The Citadel | 23 | | Marshall | 29 | | Western Carolina | 32 | Chattanooga | 54 | |
| | Richmond | 7 | | Western Carolina | 16.5 | | The Citadel | 15 | The Citadel | 7 | |
| | Davidson | 5 | | Davidson | 6 | | Furman | 13 | 1995 | Appalachian State | 136 |
| 1970 | William & Mary | 106 | 1979 | VMI | 173 | 1987 | Appalachian State | 147.5 | ETSU | 92 | |
| | Furman | 48 | | ETSU | 161 | | VMI | 126.5 | VMI | 89 | |
| | East Carolina | 47 | | Appalachian State | 90 | | Marshall | 43 | Chattanooga | 66 | |
| | VMI | 22 | | Marshall | 55 | | The Citadel | 32 | Marshall | 55 | |
| | The Citadel | 15 | | The Citadel | 36 | | Western Carolina | 26 | Western Carolina | 47 | |
| | Richmond | 15 | | Furman | 28 | | ETSU | 25 | The Citadel | 9 | |
| | Davidson | 3 | | Western Carolina | 9 | | Furman | 23 | Davidson | 0 | |
| 1971 | William & Mary | 94 | | Chattanooga | 4 | 1988 | Chattanooga | 10 | 1996 | VMI | 126 |
| | East Carolina | 55 | | Davidson | 1 | | Davidson | 0 | ETSU | 93 | |
| | Furman | 43 | 1980 | ETSU | 153 | | VMI | 145 | Marshall | 87 | |
| | Davidson | 20 | | VMI | 148 | | Appalachian State | 98 | Chattanooga | 83 | |
| | Richmond | 18 | | Appalachian State | 104 | | ETSU | 71 | Appalachian State | 64 | |
| | The Citadel | 15 | | Marshall | 66 | | Western Carolina | 57 | Western Carolina | 41 | |
| | VMI | 11 | | Western Carolina | 37 | | Marshall | 41 | The Citadel | 2 | |
| 1972 | William & Mary | 103 | | The Citadel | 25 | | The Citadel | 35 | Davidson | 0 | |
| | East Carolina | 53 | | Furman | 25 | 1989 | Furman | 8 | 1997 | Marshall | 117 |
| | Richmond | 51 | | Chattanooga | 0 | | Chattanooga | 6 | Appalachian State | 107 | |
| | Furman | 48 | | Davidson | 0 | | Davidson | 1 | ETSU | 88 | |
| | VMI | 20 | 1981 | VMI | 146.5 | | ETSU | 132 | Chattanooga | 62 | |
| | The Citadel | 8 | | ETSU | 145 | | VMI | 128 | VMI | 55 | |
| | Davidson | 5 | | Appalachian State | 99.5 | | ETSU | 96 | Western Carolina | 46 | |
| 1973 | William & Mary | 103 | | Marshall | 59 | | Western Carolina | 58 | The Citadel | 21 | |
| | East Carolina | 70 | | Furman | 45 | | The Citadel | 39 | Davidson | 0 | |
| | Furman | 52 | | The Citadel | 16 | 1990 | Furman | 7 | 1998 | ETSU | 148 |
| | Richmond | 25 | | Davidson | 16 | | Chattanooga | 4 | VMI | 120 | |
| | VMI | 9 | | Chattanooga | 16 | | ETSU | 144 | Appalachian State | 93 | |
| | Appalachian State | 7 | | Western Carolina | 16 | | VMI | 139.5 | Western Carolina | 72 | |
| | The Citadel | 6 | 1982 | VMI | 164 | | ETSU | 64 | Chattanooga | 36 | |
| | Davidson | 0 | | Appalachian State | 132 | | Western Carolina | 51 | The Citadel | 25 | |
| 1974 | William & Mary | 90 | | ETSU | 123 | | The Citadel | 44 | Davidson | 0 | |
| | Furman | 74 | | Marshall | 54 | 1991 | Chattanooga | 28 | 1999 | Western Carolina | 159.5 |
| | East Carolina | 52 | | Furman | 29 | | Marshall | 24 | Appalachian State | 139.5 | |
| | Richmond | 32 | | The Citadel | 24 | | Furman | 0 | VMI | 108 | |
| | Appalachian State | 12 | | Western Carolina | 23 | | ETSU | 24 | Chattanooga | 75 | |
| | VMI | 7 | | Chattanooga | 11 | | Marshall | 24 | ETSU | 73 | |
| | The Citadel | 4 | | Davidson | 9 | | Furman | 0 | The Citadel | 48 | |
| | Davidson | 0 | 1983 | VMI | 223.5 | | ETSU | 157 | Davidson | 18 | |
| 1975 | William & Mary | 110 | | ETSU | 103 | | Appalachian State | 104 | 2000 | Appalachian State | 132.5 |
| | East Carolina | 70 | | Furman | 77 | | ETSU | 76 | Western Carolina | 111 | |
| | Furman | 45 | | Marshall | 68.5 | | Marshall | 74 | VMI | 87 | |
| | Richmond | 26 | | Western Carolina | 44 | | Western Carolina | 42 | Chattanooga | 57 | |
| | VMI | 21 | | The Citadel | 38 | | The Citadel | 30 | The Citadel | 48 | |
| | Appalachian State | 14 | | Davidson | 7 | | Chattanooga | 16 | ETSU | 47.5 | |
| | The Citadel | 2 | 1984 | Appalachian State | 183 | | Furman | 7 | Davidson | 12 | |
| | Davidson | 0 | | VMI | 158 | 1992 | ETSU | 149 | 2001 | VMI | 146 |
| 1976 | Furman | 20 | | ETSU | 68 | | ETSU | 96 | Appalachian State | 130 | |
| | William & Mary | 16 | | Marshall | 66 | | VMI | 90 | Western Carolina | 74 | |
| | East Carolina | 15 | | Western Carolina | 53 | | Marshall | 77 | Western Carolina | 53 | |
| | VMI | 9 | | The Citadel | 20 | | Western Carolina | 58 | ETSU | 53 | |
| | Appalachian State | 2 | | Davidson | 5 | | The Citadel | 16 | Chattanooga | 52 | |
| | Richmond | 1 | | Furman | 4 | | Davidson | 7 | The Citadel | 25 | |
| | Davidson | 1 | | | | | Chattanooga | 0 | Davidson | 14 | |
| | | | | | | 1993 | VMI | 133 | UNCG | 1 | |
| | | | | | | | ETSU | 105 | | | |

MEN'S CHAMPIONSHIP MEET RESULTS

| | | | | | | | | | | |
|-------------|-------------------|--------|-------------|------------------------------|----------------------------|------------------|------------------|------------------|------------------|-------|
| 2002 | Appalachian State | 138 | Furman | 6 | 2018 | Western Carolina | 141 | | | |
| | Western Carolina | 100 | Wofford | 3 | | Samford | 138 | | | |
| | VMI | 87 | | | | ETSU | 111 | | | |
| | Chattanooga | 69 | 2011 | Appalachian State | 216.33 | Furman | 92 | | | |
| | ETSU | 53 | | Western Carolina | 149 | The Citadel | 66 | | | |
| | The Citadel | 28 | | Samford* | 127.33 | Wofford | 62 | | | |
| | Davidson | 17 | | Davidson | 53.33 | VMI | 48 | | | |
| | UNCG | 3 | | The Citadel | 49 | UNCG | 4 | | | |
| | | | | Chattanooga | 36 | | | | | |
| 2003 | Appalachian State | 186 | | Furman | 21 | 2019 | Western Carolina | 165.5 | | |
| | Western Carolina | 118.5 | | Wofford | 5 | | Samford | 138.5 | | |
| | VMI | 99 | | UNCG | 1 | | Furman | 90 | | |
| | Chattanooga | 87 | | | | | ETSU | 89 | | |
| | ETSU | 62.5 | | * later vacated three points | | | The Citadel | 75 | | |
| | The Citadel | 51 | | | | | Wofford | 48 | | |
| | Davidson | 8 | | 2012 | Western Carolina | 155 | VMI | 44 | | |
| | Wofford | 8 | | | Appalachian State | 154.50 | UNCG | 11 | | |
| | | | | | Samford* | 147.50 | | | | |
| 2004 | Western Carolina | 221.5 | | | The Citadel | 58 | 2020 | Samford | 190 | |
| | Appalachian State | 200.5 | | | Davidson | 50 | | Western Carolina | 160 | |
| | ETSU | 91.5 | | | Chattanooga | 32 | | Furman | 101 | |
| | Chattanooga | 81.5 | | | Furman | 29 | | VMI | 64 | |
| | The Citadel | 26 | | | UNCG | 27 | | Wofford | 56 | |
| | UNCG | 18 | | | Wofford | 9 | | The Citadel | 48 | |
| | Davidson | 11 | | | | | | ETSU | 34 | |
| | Wofford | 8 | | | * later vacated six points | | | UNCG | 10 | |
| | | | | | | | | | | |
| 2005 | Appalachian State | 231.5 | 2013 | Appalachian State | 183.50 | 2021 | Samford | 191 | | |
| | Western Carolina | 224.5 | | Samford* | 179 | | Western Carolina | 129 | | |
| | Chattanooga | 64 | | Western Carolina | 161.50 | | Furman | 118 | | |
| | ETSU | 60 | | Davidson | 30 | | VMI | 66 | | |
| | UNCG | 35 | | UNCG | 29 | | Wofford | 55 | | |
| | The Citadel | 22.5 | | The Citadel | 27 | | ETSU | 51.5 | | |
| | Davidson | 13.5 | | Chattanooga | 27 | | The Citadel | 45.5 | | |
| | Wofford | 6 | | Furman | 22 | | UNCG | 7 | | |
| | | | | Wofford | 3 | | | | | |
| 2006 | Western Carolina | 277 | | | | 2022 | Samford | 206.5 | | |
| | Appalachian State | 213 | | * later vacated 23 points | | | Western Carolina | 117 | | |
| | The Citadel | 43 | | | | | VMI | 90 | | |
| | Chattanooga | 40 | | 2014 | Western Carolina | 185 | Furman | 84 | | |
| | Davidson | 33 | | | Appalachian State | 150 | ETSU | 74 | | |
| | UNCG | 30 | | | Samford | 112 | The Citadel | 48.5 | | |
| | Wofford | 13 | | | The Citadel | 66 | Wofford | 38 | | |
| | | | | | Furman | 65 | UNCG | 2 | | |
| 2007 | Appalachian State | 272.5 | | | Davidson | 36 | | | | |
| | Western Carolina | 232.5 | | | Chattanooga | 25 | 2023 | Samford | 174.5 | |
| | Davidson | 57 | | | Wofford | 13 | | Western Carolina | 122.33 | |
| | Chattanooga | 32 | | | UNCG | 9 | | ETSU | 102.5 | |
| | The Citadel | 27 | | | | | | VMI | 96.33 | |
| | UNCG | 23 | | | 2015 | Western Carolina | 228 | Furman | 86 | |
| | | | | | | Samford | 155 | The Citadel | 41.33 | |
| 2008 | Western Carolina | 263 | | | | VMI | 98.50 | Wofford | 34 | |
| | Appalachian State | 256.50 | | | | Furman | 92 | UNCG | 4 | |
| | Chattanooga | 47 | | | | The Citadel | 40.50 | | | |
| | Citadel | 38.50 | | | | Chattanooga | 32 | 2024 | Samford | 188 |
| | Davidson | 26 | | | | Wofford | 12 | | Western Carolina | 121.5 |
| | Furman | 15 | | | | UNCG | 4 | | Furman | 112 |
| | UNCG | 8 | | | | | | | VMI | 109 |
| | | | | | | 2016 | Western Carolina | 183 | Wofford | 62.5 |
| 2009 | Appalachian State | 235 | | | | | Samford | 129 | The Citadel | 49 |
| | Western Carolina | 191 | | | | | VMI | 126 | UNCG | 11 |
| | The Citadel | 60 | | | | | ETSU | 101 | | |
| | Samford | 46 | | | | | Furman | 57 | | |
| | Chattanooga | 46 | | | | | The Citadel | 35 | | |
| | Furman | 36 | | | | | Wofford | 28 | | |
| | Davidson | 23 | | | | | UNCG | 3 | | |
| | UNCG | 22 | | | | | | | | |
| | Wofford | 4 | | | | 2017 | Western Carolina | 170 | | |
| 2010 | Appalachian State | 209 | | | | | Samford | 155 | | |
| | Western Carolina | 207 | | | | | ETSU | 137 | | |
| | Samford | 102.5 | | | | | Furman | 87 | | |
| | The Citadel | 42.5 | | | | | The Citadel | 57 | | |
| | Davidson | 30 | | | | | Wofford | 44 | | |
| | UNCG | 24 | | | | | UNCG | 4 | | |
| | Chattanooga | 18 | | | | | | | | |

MEN'S INDIVIDUAL CHAMPIONS

60-meter dash

2004 Ernest Wiggins, APP, 6.73
 2005 James Rainer, ETSU, 6.83
 2006 Zeb Johnson, WCU, 6.85
 2007 Albert Ashcraft, WCU, 6.91
 2008 Manteo Mitchell, WCU, 6.81
 2009 Manteo Mitchell, WCU, 6.80
 2010 Dominique Young, WCU, 6.84
 2011 Dennis Moore, APP, 6.79
 2012 Justin Emerson, SAM, 6.86
 2013 Justin Emerson, SAM, 6.85
 2014 Jamaal Brantley, CIT, 6.83
 2015 Jermaine Lewis, WCU, 6.83
 2016 Matthew Moore, ETSU, 6.79
 2017 Matthew Moore, ETSU, 6.79
 2018 Josiah Johnson, CIT, 6.76
 2019 Josiah Johnson, CIT, 6.76
 2020 Emmanuel Tait, SAM, 6.81
 2021 Evan Brooks, Samford, 6.80
 2022 Jordin Poindexter, VMI, 6.74
 2023 William Malcolm, SAM/
 Cagan Campbell, SAM, 6.84
2024 O'Rell Fisher, WOF, 6.73

200-meter dash

1988 Frank Allen, APP, 21.96
 1989 Greg Hatchett, VMI, 21.65
 1990 Shoun Habersham, UTC, 22.25
 1991 Frank Allen, APP, 21.60
 1992 Jason Dalton, APP, 21.86
 1993 Estaban Frost, VMI, 22.26
 1994 Danion Sidney, ETSU, 21.55
1995 Delevantie Brown, ETSU, 21.13
 1996 Delevantie Brown, ETSU, 22.32
 1997 Randy Moss, MAR, 21.15
 1998 Darrius Jackson, VMI, 21.80
 1999 Jay Ingram, CIT, 22.32
 2000 Jason McGinnis, APP, 21.55
 2001 Evan Hawkins, ETSU, 21.55
 2002 Darrus Cofield, WCU, 21.64
 2003 Jason Green, APP, 21.61
 2004 Ernest Wiggins, APP, 21.64
 2005 Chris Martin, APP, 21.71
 2006 Zeb Johnson, WCU, 21.83
 2007 Zeb Johnson, WCU, 21.88
 2008 Manteo Mitchell, WCU, 21.52
 2009 Manteo Mitchell, WCU, 21.57
 2010 Dominique Young, WCU, 21.84
 2011 Dennis Moore, APP, 21.62
 2012 Benny Davis, WCU, 21.35
 2013 Brandon Hairston, WCU, 22.12
 2014 Jamaal Brantley, CIT, 21.97
 2015 Chris Hancock, WCU, 21.91
 2016 Greg Henderson, VMI, 22.08
 2017 Patrick Taylor, ETSU, 21.88
 2018 Karon Delince, ETSU, 21.62
 2019 Trini Feggett, WCU, 21.48
 2020 Devaniel Dale, WCU, 21.56
 2021 Evan Brooks, SAM, 21.50
 2022 Jordin Poindexter, VMI, 21.41
 2023 Cagan Campbell, SAM, 21.58
 2024 Cagan Campbell, SAM
 Cameron Dalton, WOF, 21.42

400-meter dash

1981 Floyd White, FUR, 50.5
 1983 Floyd White, FUR, 49.5
 1984 Sylvester Davis, VMI, 46.77
 1985 Dan Monahan, VMI, 49.4
 1986 Bobby Harris, VMI, 49.86
 1988 Mario Small, VMI, 47.53
 1989 Mario Small, VMI, 47.11
 1990 Mario Small, VMI, 48.26
 1991 Estaban Frost, VMI, 48.51
 1992 Eric Joe, APP, 48.99
 1993 Estaban Frost, VMI, 49.88
 1994 Michael Kyle, UTC, 48.60
 1995 Michael Kyle, UTC, 48.90
 1996 Holm Ankoma-Sey, VMI, 50.19
 1997 Bobby Horan, APP, 50.01

1998 Evan Hawkins, ETSU, 49.01
 1999 James Yarborough, VMI, 50.48
 2000 Evan Hawkins, ETSU, 48.26
 2001 Derrick High, WCU, 47.53
 2002 Darrus Cofield, WCU, 47.45
 2003 Alex Prince, CIT, 48.78
 2004 Milton Bolton, WCU, 48.01
 2005 Bryan Burney, APP, 48.42
 2006 Milton Bolton, WCU, 49.32
 2007 Manteo Mitchell, WCU, 49.42
 2008 Manteo Mitchell, WCU, 49.12
 2009 Manteo Mitchell, WCU, 49.12
 2010 Brunson Miller, CIT, 48.65
 2011 Brunson Miller, CIT, 48.11
2012 Brunson Miller, CIT, 46.97
 2013 Aaron Harris, WCU, 49.15
 2014 Aaron Harris, WCU, 49.48
 2015 Aaron Tribble, WCU, 48.66
 2016 Michael Williams, ETSU, 49.69
 2017 Dakota Lamont, WCU, 48.41
 2018 Henry Kiedy, WCU, 48.29
 2019 Devaniel Dale, WCU, 48.09
 2020 Devaniel Dale, WCU, 47.66
 2021 Michael McMahan, SAM, 48.68
 2022 Conor Murphy, WOF, 48.24
 2023 Michael Harris, WCU, 47.87
 2024 Cagan Campbell, SAM, 47.72

800-meter run

1981 Mark Scruton, ETSU, 1:54.6
 1983 David Neville, VMI, 1:51.0
 1985 Jesse Dingle, APP, 1:56.5
 1986 Thane Harmon, APP, 1:57.68
 1988 James Montague, WCU, 1:53.90
 1989 Mike Cason, CIT, 1:54.6
 1990 Mike Cason, CIT, 1:54.03
 1991 Jeff Rudolph, VMI, 1:54.24
 1992 David Presnall, VMI, 1:55.95
 1993 Shane Stryker, UTC, 1:55.07
 1994 Jon Austin, APP, 1:53.07
 1995 Jon Austin, APP, 1:54.42
 1996 Zach Whitmarsh, ETSU, 1:56.98
 1997 Zach Whitmarsh, ETSU, 1:50.92
 1998 Zach Whitmarsh, ETSU, 1:51.79
 1999 Zach Whitmarsh, ETSU, 1:58.49
 2000 Nic Crider, UTC, 1:55.50
 2001 Michael Lokale, VMI, 1:53.43
 2002 Caleb Bailey, WCU, 1:54.24
 2003 John Robertson, WCU, 1:51.11
 2004 Robert Hatcher, UTC, 1:55.85
 2005 Jeff Williams, UNCG, 1:55.36
 2006 Jeff Williams, UNCG, 1:53.57
 2007 Jeff Williams, UNCG, 1:54.05
 2008 Drew Tucker, WCU, 1:56.93
 2009 Michael Danehy, UTC, 1:55.59
 2010 Brandon Hudgins, APP, 1:54.14
 2011 Andrew Lantz, DAV, 1:54.99
 2012 Andrew Lantz, DAV, 1:52.18
 2013 Nathan Hendershot, SAM, 1:53.68*
 2014 Nathan Hendershot, SAM, 1:51.69
 2015 Brandon Hazouri, SAM, 1:54.73
 2016 Brandon Hazouri, SAM, 1:51.85
 2017 Ryan Adams, FUR, 1:54.26
 2018 Joe Harbacevich, WOF, 1:53.94
 2019 Ryan Adams, FUR, 1:53.18
 2020 Ryan Adams, FUR, 1:50.37
2021 José Peñalver, SAM, 1:49.77
 2022 Trent Whittaker, VMI, 1:51.02
 2023 Phelani Maduwa, ETSU, 1:50.12
 2024 ephaniah Carico-McLennan, SAM, 1:51.72

* later vacated

Mile run

1930 Wells, Tulane, 4:37.4
 1931 Jenson, UNC, 4:29.8
 1932 Lauck, UVA, 4:31.0
 1933 Lauck, UVA, 4:26.4
 1934 McCrae, UNC, 4:24.1
 1935 Harry Williamson, UNC, 4:20.0

1936 Harry Williamson, UNC, 4:22.7
 1937 Gammon, UNC, 4:24.5
 1938 Bill Morse, Duke, 4:23.8
 1939 Mason Chronister, MD, 4:16.0
 1940 Jimmy Davis, UNC, 4:12.5
 1941 Tommy Fields, MD, 4:23.1
 1942 Rich Van Wagoner, UNC, 4:22.8
 1949 Bob Palmer, MD, 4:17.9
 1950 Bob Palmer, MD, 4:30.0
 1951 Bill Creamer, MD, 4:25.0
 1952 Clyde Garrison, NCSU, 4:21.7
 1953 Clyde Garrison, NCSU, 4:21.4
 1954 Ben Angle, VMI, 4:48.6
 1955 Pete Ashcraft, DAV, 4:43.6
 1956 Dave Pitkethly, VMI, 4:22.6
 1957 Dave Pitkethly, VMI, 4:21.8
 1958 Bob DeTombe, W&M, 4:34.4
 1959 Larry Williams, VMI, 4:36.0
 1960 Bill Braithwaire, VMI, 4:28.6
 1961 Larry Williams, W&M, 4:27.2
 1962 Copley Vickers, FUR, 4:29.3
 1963 Dennis Patterson, FUR, 4:28.4
 1964 Jim Johnson, W&M, 4:18.5
 1965 Jim Johnson, W&M, 4:15.4
 1966 Jim Johnson, W&M, 4:18.2
 1967 Terry Donnelly, W&M, 4:16.0
 1968 Terry Donnelly, W&M, 4:12.4
 1969 Hal Michael, W&M, 4:07.9
 1970 Hal Michael, W&M, 4:19.4
 1971 Hal Michael, W&M, 4:17.6
 1972 Ron Martin, W&M, 4:11.8
 1973 Mac Collins, W&M, 4:11.3
 1974 Mac Collins, W&M, 4:11.6
 1975 Reggie Clark, W&M, 4:10.7
 1976 Mac Collins, W&M, 4:11.2
 1977 Rex Wiggins, VMI, 4:10.0
 1978 Rex Wiggins, VMI, 4:14.6
 1979 Jody Weatherwax, VMI, 4:08.01
 1980 Jody Weatherwax, VMI, 4:07.9
 1982 Mark Scruton, ETSU, 4:03.97
 1983 Conrad Conneely, ETSU, 4:05.38
 1987 Thomas O'Gara, ETSU, 4:09.56
 1988 Thomas O'Gara, ETSU, 4:09.63
 1989 Scott Faulds, ETSU, 4:11.0
 1990 James Hynes, ETSU, 4:15.76
 1991 Seamus Power, ETSU, 4:14.61
 1992 Seamus Power, ETSU, 4:07.66
 1993 Seamus Power, ETSU, 4:18.67
 1994 Seamus Power, ETSU, 4:12.13
 1995 Chris Huffstickler, APP, 4:17.90
 1996 Chuck Margraves, UTC, 4:18.4
 1997 Declan Fahy, ETSU, 4:10.19
 1998 Zach Whitmarsh, ETSU, 4:11.44
 1999 Zach Whitmarsh, ETSU, 4:19.14
 2000 Nic Crider, UTC, 4:12.51
 2001 Caleb Bailey, WCU, 4:15.59
 2002 Caleb Bailey, WCU, 4:13.76
 2003 Bradley Yewer, ETSU, 4:14.36
 2004 Bradley Yewer, ETSU, 4:12.86
 2005 Adam Puett, WCU, 4:13.48
 2006 Dan Fassinger, WCU, 4:18.07
 2007 Adam Van Nortwick, APP, 4:14.34
 2008 Michael Mentz, UTC, 4:13.99
 2009 Chris Moen, APP, 4:11.08
 2010 Patrick Morgan, APP, 4:13.70
 2011 Alex Taylor, APP, 4:12.35
 2012 Paul Chelimo, UNCG, 4:06.57
 2013 Alex Taylor, APP, 4:12.29
 2014 Adam Jones, SAM, 4:17.52
 2015 Troy Reeder, FUR, 4:08.21
 2016 Brandon Hazouri, SAM, 4:10.17
 2017 Troy Reeder, FUR, 4:14.06
 2018 Troy Reeder, FUR, 4:13.83
 2019 Jake Ogden, FUR, 4:19.15
 2020 Cameron Ponder, FUR, 4:07.81
 2021 Cameron Ponder, FUR, 4:02.62
2022 Cameron Ponder, FUR, 3:59.75
 2023 Carson Williams, FUR, 4:05.67
 2024 Cameron Ponder, FUR, 4:06.40

3,000-meter run

MEN'S INDIVIDUAL CHAMPIONS

1981 Adrian Leek, ETSU, 8:15.2
 1983 Dennis Stark, ETSU, 8:06.8
 1985 Brian Dunne, ETSU, 8:22.7
 1986 Conrad Conneely, ETSU, 8:33.53
 1988 Thomas O'Gara, ETSU, 8:26.13
 1989 James Hynes, ETSU, 8:17.74
 1990 James Hynes, ETSU, 8:34.26
 1991 Seamus Power, ETSU, 8:32.36
 1992 Seamus Power, ETSU, 8:05.37
 1993 Dennis Barry, ETSU, 8:30.2
 1994 Seamus Power, ETSU, 8:34.17
 1995 Tommy Holland, APP, 8:26.39
 1996 Mike Leinweber, UTC, 8:34.5
 1997 Declan Fahy, ETSU, 8:28.31
 1998 Declan Fahy, ETSU, 8:24.94
 1999 Nic Crider, UTC, 8:34.11
 2000 Ben Bisette, APP, 8:29.32
 2001 Curtis Gadula, UTC, 8:37.42
 2002 Dan Gibson, DAV, 8:25.66
 2003 Bradley Yewer, ETSU, 8:26.06
 2004 Steven Kocsis, UTC, 8:23.03
 2005 Steven Kocsis, UTC, 8:21.77
 2006 Adam Puett, WCU, 8:30.16
 2007 Adam Van Nortwick, APP, 8:34.68
 2008 Brian Deal, APP, 8:27.41
 2009 Patrick Morgan, FUR, 8:26.45
 2010 Cameron Bean, SAM, 8:15.74
 2011 Chris Moen, APP, 8:23.42
 2012 Lucas Cotter, UTC, 8:09.89
 2013 Paul Chelimo, UNCG, 8:09.07
 2014 Tripp Hurt, FUR, 8:18.06
 2015 Tripp Hurt, FUR, 8:29.81
 2016 Arsène Guillorel, SAM, 8:09.62
 2017 Arsène Guillorel, SAM, 8:15.26
 2018 Frank Lara, FUR, 8:13.79
 2019 Ben Varghese, ETSU, 8:24.65
 2020 Luke Meade, FUR, 8:15.38
 2021 Matt Scarr, ETSU, 8:24.38
2022 Carson Williams, FUR, 8:02.87
 2023 Carson Williams, FUR, 8:22.51
 2024 Carson Williams, FUR, 8:12.77

5,000-meter run

1981 Adrian Leek, ETSU, 14:06.6
 1983 Carey Nelson, ETSU, 14:21.8
 1985 Brian Dunne, ETSU, 14:36.6
 1989 John Erickson, ETSU, 14:09.26
 1990 James Hynes, ETSU, 14:30.06
 1991 Seamus Power, ETSU, 14:50.76
 1992 Seamus Power, ETSU, 14:45.62
 1993 Seamus Power, ETSU, 14:20.89
 1994 Seamus Power, ETSU, 14:56.39
 1995 Tommy Holland, APP, 14:40.40
 1996 Tommy Holland, APP, 15:00.9
 1997 Seth Peoples, APP, 14:48.41
 1998 Rodney Stoker, UTC, 14:45.46
 1999 Nic Crider, UTC, 14:57.05
 2000 Joe Smith, VMI, 14:53.19
 2001 Ben Bisette, APP, 15:02.19
 2002 James Grufferty, ETSU, 14:50.98
 2003 Bradley Yewer, ETSU, 15:04.83
 2004 Steven Kocsis, UTC, 14:41.89
 2005 Steven Kocsis, UTC, 14:41.70
 2006 Ian Mayne, UTC, 14:48.42
 2007 Brendon Helms, APP, 15:00.77
 2008 Brian Deal, APP, 14:53.74
 2009 Chris Berry, UTC, 14:55.12
 2010 Cameron Bean, SAM, 14:29.12
 2011 Sean Soderman, APP, 14:39.59
 2012 Demetrios Pagonis, DAV, 14:22.47
 2013 Paul Katam, UNCG, 14:13.77*
 2014 Tripp Hurt, FUR, 14:30.76
 2015 Tripp Hurt, FUR, 14:18.23
 2016 Arsène Guillorel, SAM, 13:55.73
 2017 Arsène Guillorel, SAM, 14:21.39
 2018 Frank Lara, FUR, 14:19.75
 2019 Frank Lara, FUR, 14:18.66
 2020 Daniel Bernal, FUR, 14:37.77
 2021 Adam Beucler, FUR, 14:20.86
 2022 Adam Bradtmueller, ETSU, 14:08.18

2023 Dylan Schubert, FUR, 13:54.58
 2024 Dylan Schubert, FUR, 14:05.60

* later vacated

60-meter hurdles

2004 Lawrence Briscoe, WCU, 8.26
 2005 Lawrence Briscoe, WCU, 8.20
 2006 Lawrence Briscoe, WCU, 8.05
 2007 Charles Derrickson, APP, 7.95
 2008 Daniel Neal, APP, 8.05
 2009 Christian Bethune, WCU, 8.25
 2010 Cordell Livingston, WCU, 8.10
 2011 Cordell Livingston, WCU, 8.11
 2012 AJ Dohanic, APP, 8:01
 2013 Stanley Broaden, APP, 7.90
 2014 Marquis Bailey, WCU, 8.35
 2015 Marquis Bailey, WCU, 8.14
 2016 Michael Williams, ETSU, 8.14
 2017 Emmanuel Tait, SAM, 8.13
 2018 Malik Diggs, CIT, 7.94
 2019 Titus Moore, SAM, 8.06
 2020 Titus Moore, SAM, 7.92
 2021 Titus Moore, SAM, 7.93
 2022 Michael McMahan, SAM, 8.12
2023 Titus Moore, SAM, 7.79
 2024 Titus Moore, SAM, 7.80

4x400-meter relay

1981 Marshall, 3:20.6
 1983 VMI, 3:21.4
 1985 VMI, 3:19.4
 1986 Appalachian State, 3:18.15
 1990 VMI, 3:18.61
 1997 ETSU, 3:17.19
 1998 ETSU, 3:16.79
 1999 VMI, 3:24.85
2000 Western Carolina, 3:14.40
 2001 VMI, 3:16.23
 2002 Appalachian State, 3:16.35
 2003 The Citadel, 3:16.34
 2004 Western Carolina, 3:14.61
 2005 Appalachian State, 3:15.32
 2006 Appalachian State, 3:21.29
 2007 Western Carolina, 3:23.58
 2008 Western Carolina, 3:22.59
 2009 Western Carolina, 3:19.60
 2010 Western Carolina, 3:18.18
 2011 The Citadel, 3:17.76
 2012 Western Carolina, 3:15.08
 2013 Western Carolina, 3:17.95
 2014 Western Carolina, 3:19.35
 2015 Western Carolina, 3:17.07
 2016 Western Carolina, 3:18.31
 2017 Western Carolina, 3:16.68
 2018 Western Carolina, 3:15.77
 2019 Western Carolina, 3:18.78
 2020 Western Carolina, 3:16.43
 2021 VMI, 3:19.18
 2022 VMI, 3:17.13
 2023 Western Carolina, 3:17.80
 2024 Samford, 3:14.98

Distance medley Relay

1979 ETSU, 9:47.80
 1980 ETSU, 10:07.21
 1981 ETSU, 10:04.5
 1982 ETSU, 9:59.35
 1983 Appalachian State, 10:10.98
 1986 ETSU, 10:08.17
 1994 ETSU, 10:18.64
 1995 ETSU, 10:17.78
 1996 Chattanooga, 10:27.4
 1997 ETSU, 10:17.76
 1998 Chattanooga, 10:15.97
 1999 Chattanooga, 10:28.27
 2000 Chattanooga, 10:15.88
 2001 Appalachian State, 10:20.20
 2002 Appalachian State, 10:13.20
 2003 Western Carolina, 10:07.84

2004 UNCG, 10:11.00
 2005 Chattanooga, 10:14.83
 2006 Western Carolina, 10:05.02
 2007 Appalachian State, 10:19.14
 2008 Appalachian State, 10:18.42
 2009 Appalachian State, 10:16.38
 2010 Appalachian State, 10:09.92
 2011 Chattanooga, 10:15.20
 2012 UNCG, 9:59.73*
 2013 Appalachian State, 10:05.77
 2014 Samford, 10:02.54
 2015 Furman, 10:06.16
 2016 Samford, 10:11.67
 2017 Furman, 10:05.42
 2018 ETSU, 10:07.32
 2019 ETSU, 10:00.71
 2020 Furman, 10:03.39
 2021 Furman, 10:08.90
 2022 ETSU, 9:51.15
 2023 Furman, 9:56.28
 2024 Furman, 9:55.18
 * later vacated

High jump

1930 Bagby, UNC
 & Bostick, USC, 5'11¼"
 1931 Bagby, UNC, 5'10¼"
 1932 D. David, UGA, 5'11½"
 1933 Lloyd Turner, VT, 6'0"
 1934 Craig, USC
 & Reid, UNC, 5'10¼"
 1935 Wilkins, UVa and Myers, Duke, 5'11"
 1936 Dayton, UVa, 5'11"
 1937 Ed Miller, MD, 6'½"
 1938 Ed Miller, MD, 6'¾"
 1939 Bill Corpening, UNC, 6'1"
 1940 Bill Corpening, UNC, 6'3"
 1941 Wilmont, Duke, 6'1"
 1942 Duke Alexander, MD, 5'11¼"
 1949 Bill Albans, UNC, 6'4"
 1950 Jack Moody, UNC, 6'4"
 1951 Jack Moody, UNC, 6'3"
 1952 Dick Lentz, MD
 & Ben Lankford, VT, 6'2"
 1953 Ben Lankford, VT, 6'5"
 1954 Ben Lankford, VT, 6'3"
 1955 Dale Vaughn, VMI, 5'11½"
 1956 Bob Bales, W&M, 6'2¾"
 1957 Bob Storm, W&M, 6'2½"
 1958 Bob Storm, W&M, 6'3½"
 1959 Bob Storm, W&M
 & Roland Phillips, VMI, 6'2"
 1960 Howard Moss, VMI
 & Roland Phillips, VMI, 6'½"
 1961 Tony Entyre, FUR, 6'2"
 1962 Tom Miller, CIT
 & Keith Frazer, DAV, 6'0"
 1963 Bill Jeffries, W&M, 6'1¾"
 1964 Maurice Moone, WVU, 6'4¼"
 1965 Frank Saier, FUR, 6'6½"
 1966 Jim Jancaitis, W&M, 6'4"
 1967 Colin Campbell, VMI, 6'5"
 1968 Bruce Dallas, W&M, 6'5"
 1969 Bruce Dallas, W&M, 6'4½"
 1970 Bruce Dallas, W&M, 6'7"
 1971 Fred Toepke, W&M
 1972 Roy Quick, ECU, 6'6½"
 1973 Fred Toepke, W&M 6'8"
 1974 Alphonso Irving, W&M, 6'8"
 1975 John Schilling, W&M, 6'10"
 1976 John Schilling, W&M, 6'8"
 1977 John Schilling, W&M, 6'10"
 1978 Bob Terry, APP, 6'8"
 1979 Bob Jacobs, CIT, 6'10"
 1980 Bob Terry, APP, 6'8"
 1981 Jim Moore, VMI, 6'8"
 1982 Jim Moore, VMI, 6'9"
 1983 Dale Davis, VMI, 7'0"
 1984 Charles Mack, APP, 6'10"
 1985 Henry Ingram, VMI, 6'10"

MEN'S INDIVIDUAL CHAMPIONS

1986 Sammie Cunningham, APP, 7'0"
 1987 Sammie Cunningham, APP, 6'9½"
 1988 Garrett Thompson, VMI, 6'8½"
 1989 Kevin Orr, MAR, 6'7½"
 1990 Kevin McCluney, VMI, 6'8"
 1991 Kevin McCluney, VMI, 6'9½"
 1992 Jon Fullen, APP, 6'11"
 1993 Shawn Miller, WCU, 6'9¾"
 1994 Shawn Miller, WCU, 6'10¾"
 1995 Jamie Burgess, MAR, 6'8¾"
 1996 Dan Ritchey, MAR, 6'9¾"
 1997 Mike Kroeger, APP, 2.08m
 1998 Cory Cooper, WCU, 2.07m
 1999 Eric McClary, CIT, 6'9.75"
 2000 Eric McClary, CIT, 7'1.5"
 2001 Jason Farr, ETSU, 6'9"
 2002 Garrett Brickner, VMI, 6'8"
 2003 Garrett Brickner, VMI, 2.08m
 2004 Lawrence Briscoe, WCU, 2.00m
 2005 Michael Estes, ETSU, 1.97m
 2006 Ricky Harris, APP, 1.98m
 2007 Matt Evans, WCU, 2.03m
 2008 Daniel Joseph, WCU, 1.95m
 2009 Matt Evans, WCU, 2.11m
 2010 Matt Evans, WCU, 2.09m
 2011 Darius Purcell, APP, 2.18m
2012 Darius Purcell, APP, 2'21m
 2013 Bob Elliott II, SAM, 2.03m
 2014 Christian Carswell, WCU, 1.88m
 2015 Keyth Fightmaster, SAM, 2.15m
 2016 Tyrie Adams, WCU, 2.09m
 2017 Keyth Fightmaster, SAM, 2.16m
 2018 Keyth Fightmaster, SAM, 2.03m
 2019 Matt Cahoon, SAM, 2.05m
 2020 Justin Stuckey, SAM, 2.05m
 2021 Justin Stuckey, SAM, 2.17m
 2022 Justin Stuckey, SAM, 2.10m
 2023 Tanner Henry, WOF, 2.05m
 2024 Arthur Chitty, SAM, 2.05m

Long jump

1930 Ed Hamm, GT, 22'7"
 1931 Bob Fulmer, Duke, 22'8¼"
 1932 Owens, UGA, 23'7¼"
 1933 Bob Fulmer, Duke, 22'3"
 1934 Bill Hubbard, UNC, 21'9¼"
 1935 Bill Hubbard, UNC, 23'8¼"
 1936 Hanes, Duke, 22'1¼"
 1937 Myers, Duke, 22'4"
 1938 Bill Corpening, UNC, 21'10¾"
 1939 Bill Corpening, UNC, 22'11"
 1940 Bill Corpening, UNC, 22'7¼"
 1941 Ernie Vail, Duke, 22'7¼"
 1942 Percy Ashby, UNC, 22'1"
 1949 Bill Albans, UNC, 22'2¾"
 1950 Bill Albans, UNC, 22'8½"
 1951 Henry Poss, Duke, 22'5¾"
 1952 Francis Nichols, Duke, 21'5¾"
 1953 Joel Shankle, Duke, 22'6¼"
 1954 Dale Vaughn, VMI, 22'6"
 1955 Dale Vaughn, VMI, 22'8¼"
 1956 George Riggs, UR, 22'3"
 1957 Johnny McLeod, VMI, 22'4"
 1958 Johnny McLeod, VMI, 22'6¼"
 1959 Jim Nichols, VT, 23'1"
 1960 Bill Elliot, CIT, 21'5½"
 1961 Jackie Taylor, VMI, 22'2"
 1962 Howard Melton, VT, 22'2¼"
 1963 Mike Watson, CIT, 22'2½"
 1964 Will Bowden, CIT, 22'2½"
 1965 Jim Sherrard, VMI, 23'3½"
 1966 John Prentice, W&M, 22'9"
 1967 John Decher, VMI, 23'4½"
 1968 Ed Whyte, ECU, 23'4"
 1969 Tony Rolfe, VMI, 22'8"
 1970 Walter Davenport, ECU, 23'5½"
 1971 Larry Malone, ECU, 23'¼"
 1972 Norm Williams, UR, 22'10"
 1973 Walter Davenport, ECU, 23'1¼"
 1974 Bill Williams, UR, 23'1½"

1975 Andre Gibson, VMI, 23'5¼"
 1976 George Jackson, ECU, 23'5"
 1977 Andre Gibson, VMI, 24'4"
 1978 Andre Gibson, VMI, 23'9"
 1979 Malcolm Grimes, VMI, 24'10½"
 1980 Eugene Scott, VMI, 24'5¼"
 1981 Robbie Mosley, APP, 22'9½"
 1982 Robbie Mosley, APP, 23'8½"
 1983 Anthony Janes, WCU, 23'8"
 1984 Kevin Mitchell, VMI, 23'9½"
 1985 Terry Fortune, VMI, 23'3¼"
 1986 Michael Hanks, APP, 24'4½"
 1987 Michael Hanks, APP, 25'1¼"
 1988 Greg Hatchett, VMI, 24'11"
 1989 Greg Hatchett, VMI, 24'10"
 1990 Greg Hatchett, VMI, 24'9"
 1991 Estaban Frost, VMI, 24'2½"
 1992 Linell Johnson, APP, 24'3¼"
 1993 Shawn Miller, WCU, 23'10½"
 1994 Shawn Miller, WCU, 23'11¼"
 1995 Damon Richardson, VMI, 24'1½"
 1996 Andrew Wilhite, MAR, 23'10½"
 1997 Andrew Wilhite, MAR, 7.11m
 1998 Darius Jackson, VMI, 7.39m
 1999 Charles Mahatha, APP, 24'7.0"
 2000 Damion McLean, APP, 24'5.75"
2001 Marcus Purcell, VMI, 25'1.75" (7.66m)
 2002 Charvin Clark, ETSU, 25'0.5"
 2003 Holt McPherson, APP, 7.50m
 2004 Justin Davis, WCU, 7.41m
 2005 Joel Gaddy, APP, 7.09m
 2006 Mark Sturgis, APP, 6.96m
 2007 Ricky Harris, APP, 7.19m
 2008 Joel Gaddy, APP, 7.05m
 2009 Buster Skrine, UTC, 6.94m
 2010 Kevin Hardy, CIT, 7.23m
 2011 Lawren Willard, WCU, 7.59m
 2012 Bob McNeil, WCU, 7.25m
 2013 Steven Bastien, SAM, 7.19m
 2014 Josh McSwain, WCU, 7.30m
 2015 Brendan Caldwell, WCU, 6.89m
 2016 Jamie Brown, WCU, 7.28m
 2017 Patrick Taylor, ETSU, 7.41m
 2018 Marquis Barnes, SAM, 7.38m
 2019 Trini Feggett, WCU, 7.54m
 2020 Benjamin Okafor, WCU, 7.38m
 2021 Shon Pratcher, WCU, 7.25m
 2022 Javell Brown, WCU, 7.32m
 2023 Ty Kimberlin, SAM, 7.44m
 2024 Keyandre Midgett, 7.49m

Triple jump

1970 Bud Tamea, W&M, 46'4¾"
 1971 Larry Wilkerson, ECU, 47'6½"
 1972 Walter Davenport, ECU, 48'6¼"
 1973 Walter Davenport, ECU, 49'11"
 1974 Preston Smith, FUR, 47'8¾"
 1975 John Jones, W&M, 49'8¾"
 1976 Carl Anderson, FUR, 49'¾"
 1977 Malcolm Grimes, VMI, 51'¼"
 1978 Malcolm Grimes, VMI, 49'5¼"
 1979 Eugene Scott, VMI, 51'3"
 1980 Robbie Mosley, APP, 50'6½"
 1981 Robbie Mosley, APP, 50'5"
 1982 Robbie Mosley, APP, 51'5"
 1983 Ron Abbit, VMI, 49'½"
 1984 Ron Abbit, VMI, 50'2"
 1985 Carl Harris, APP, 49'4"
 1986 Michael Hanks, APP, 51'10½"
 1987 Michael Hanks, APP, 50'10½"
1988 Warren Posey, APP, 52'10¼" (16.11m)
 1989 Warren Posey, APP, 51'7"
 1990 Jonathan Fuller, APP, 49'1¼"
 1991 Rodney Edwards, VMI, 49'11"
 1992 Linell Johnson, APP, 48'11¾"
 1993 Shawn Miller, WCU, 48'2¾"
 1994 Reggie Allison, WCU, 48'7"
 1995 Robert Johnson, APP, 51'½"
 1996 Obi Ezekwe, VMI, 48'1¾"
 1997 Obi Ezekwe, VMI, 15.22m

1998 Obi Ezekwe, VMI, 14.77m
 1999 Charles Mahatha, APP, 48'6.75"
 2000 Charles Mahatha, APP, 51'3.75"
 2001 Keith Jenkins, APP, 48'3.5"
 2002 Kevin Solomon, VMI, 48'3.25"
 2003 Kevin Solomon, VMI, 14.65m
 2004 Gerald Foreman, APP, 14.79m
 2005 Mark Sturgis, APP, 14.73m
 2006 Mark Sturgis, APP, 15.22m
 2007 Joel Gaddy, APP, 14.73m
 2008 Joel Gaddy, APP, 15.54m
 2009 Mark Sturgis, APP, 15.25m
 2010 Alex Dollard, WCU, 14.29m
 2011 Jamal Tiller, APP, 15.59m
 2012 Bob McNeil, WCU, 15.08m
 2013 Jamal Tiller, APP, 15.71m
 2014 Jamal Tiller, APP, 15.44m
 2015 David Johnson, WCU, 14.80m
 2016 David Johnson, WCU, 14.94m
 2017 Javion Lee, SAM, 14.95m
 2018 Kevin Hires, WCU, 14.94m
 2019 Dijoun Huitt, WCU, 15.12m
 2020 Dijoun Huitt, WCU, 15.54m
 2021 Keyandre Midgett, VMI, 14.53m
 2022 Javell Brown, WCU, 15.46m
 2023 Keyandre Midgett, VMI, 15.24m
 2024 Keyandre Midgett, VMI, 15.57m

Shot put

1930 McDonald, MD, 42'10½"
 1931 Coleman, Auburn, 46'½"
 1932 Swart, VT, 45'7¼"
 1933 George Coles, UVA, 46'¼"
 1934 George Coles, UVA, 45'10¾"
 1935 L. Williams, Duke, 43'5½"
 1936 M. Williams, Duke, 45'4"
 1937 Dick Strickler, VMI, 43'10"
 1938 Bill Fischer, Duke, 44'3"
 1939 Larry Craig, South, 45'10"
 1940 Steve Lach, Duke, 46'3½"
 1941 Steve Lach, Duke, 46'11"
 1942 Steve Lach, Duke, 47'6½"
 1949 Jim O'Leary, Duke, 47'4½"
 1950 Jack Unterkofler, MD, 49'7¾"
 1951 Jack Unterkofler, MD, 46'11½"
 1952 Jack Unterkofler, MD, 46'9"
 1953 Durham Lawshe, Duke, 48'11"
 1954 Don Carter, VMI, 46'11"
 1955 Don Carter, VMI, 47'10½"
 1956 Mike Blake, WVU, 44'7½"
 1957 Jerry Vaughn, UR, 46'2"
 1958 Len Muse, VT, 47'3¾"
 1959 Ken Garrett, FUR, 48'6"
 1960 Ken Garrett, FUR, 53'8¾"
 1961 Bill Ventura, UR, 48'8½"
 1962 Pete Bracken, W&M, 51'6½"
 1963 Eddie Moore, FUR, 51'¼"
 1964 Jim Karwoski, WVU, 50'5"
 1965 Roger Bates, W&M, 51'8½"
 1966 Steve Whaley, WVU, 50'3¾"
 1967 Nick Byrne, W&M, 47'11¼"
 1968 Dennis Moody, ECU, 50'10"
 1969 Ed Watkins, CIT, 49'4"
 1970 Dennis Cambal, W&M, 49'8¾"
 1971 Dennis Cambal, W&M, 49'10"
 1972 Bill Dimitrouleas, FUR, 50'8¾"
 1973 Bill Dimitrouleas, FUR, 52'3¾"
 1974 Tom Watson, ECU, 52'1¼"
 1975 Brad Hiles, FUR, 51'5"
 1976 Drexel George, W&M, 54'¼"
 1977 Drexel George, W&M, 53'2"
 1978 Joe Johns, MAR, 54'6½"
 1979 Joe Johns, MAR, 55'¼"
1980 Cosmo Tocci, CIT, 56'5" (17.19m)
 1981 Rudy Cebula, MAR, 53'6"
 1982 Shaun McWhorter, MAR, 52'6"
 1983 Shaun McWhorter, MAR, 53'1"
 1984 Shaun McWhorter, MAR, 52'11"
 1985 Steve Schultz, APP, 51'11"
 1986 Fred Ryna, MAR, 51'8½"

MEN'S INDIVIDUAL CHAMPIONS

1987 Steve Jack, APP, 51'9½"
 1988 Leigh Hawkins, APP, 51'6"
 1989 Leigh Hawkins, APP, 52'4¾"
 1990 Mike Naifeh, VMI, 53'10"
 1991 Mike Naifeh, VMI, 53'1"
 1992 Frank Boehling, VMI, 52'5½"
 1993 Carey Cash, CIT, 52'¼"
 1994 Frank Boehling, VMI, 50'10¾"
 1995 Ryan Early, VMI, 52'8¾"
 1996 Ryan Early, VMI, 55'2¼"
 1997 John Maynard, MAR, 15.90m
 1998 Jordan Brandon, VMI, 16.46m
 1999 Phillip Johnson, WCU, 51'1.75"
 2000 Jeb Hall, WCU, 52'1.75"
 2001 Quentin Armstrong, CIT, 49'6.5"
 2002 Bob Smith, APP, 53'5.5"
 2003 Anthony Greer, APP, 15.76m
 2004 Bob Smith, APP, 16.60m
 2005 Anthony Greer, APP, 16.68m
 2006 Anthony Greer, APP, 15.63m
 2007 Wes Kiser, APP, 15.56m
 2008 Patrick Morris, WCU, 15.32m
 2009 Malcolm Styers, APP, 16.56m
 2010 Malcolm Styers, APP, 16.29m
 2011 Jerod Gardner, APP, 16.67m
 2012 Jared Stalling, APP, 16.97m
 2013 Jared Stalling, APP, 15.98m
 2014 Jared Johnson, WCU, 15.51m
 2015 Jordan White, VMI, 16.26m
 2016 Joel Hoisington, VMI, 16.28m
 2017 Mateius Brown, WCU, 15.27m
 2018 Mateius Brown, WCU, 16.64m
 2019 Ben Johnson, ETSU, 16.39m
 2020 Matt Cahoon, SAM, 16.06m
 2021 Matt Cahoon, SAM, 15.85m
 2022 Seth Wolfe, SAM, 15.62m
 2023 Riley Center, WCU, 14.44m
 2024 Carl Henry, SAM, 15.38m

35-LB Weight throw

1973 Bill Dimitrouleas, FUR, 51'11½"
 1974 Dan Utley, FUR, 45'9½"
 1975 Tom Watson, W&M, 47'1"
 1976 Drexel George, W&M, 52'3"
 1977 Drexel George, W&M, 49'3½"
 1978 Doug Wertz, CIT, 47'8½"
 1979 Pat McCarthy, VMI, 47'8¾"
 1980 Oscho Rufty, APP, 54'1¼"
 1981 Oscho Rufty, APP, 58'2¼"
 1982 Jay Lasek, VMI, 52'3½"
 1983 John Shannon, VMI, 54'10½"
 1984 Sheldon Johnson, VMI, 61'2½"
 1985 Steve Jack, APP, 56'9½"
 1986 Sheldon Johnson, VMI, 59'2"
 1987 Steve Jack, APP, 51'9½"
 1988 Leigh Hawkins, APP, 54'1¼"
 1989 Leigh Hawkins, APP, 51'¾"
 1990 Kenny Kovac, VMI, 54'9"
 1991 Marcin Allison, WCU, 54'4"
 1992 Rob Grant, APP, 53'9"
 1993 Fritz Ligday, VMI, 55'5½"
 1994 Rich Grant, APP, 57'2½"
 1995 Rich Grant, APP, 58'9"
 1996 John Maynard, MAR, 55'5½"
 1997 Rich Latta, APP, 18.36m
 1998 Phillip Johnson, WCU, 18.26m
 1999 Phillip Johnson, WCU, 61'2.25"
 2000 John Chisholm, VMI, 60'3"
 2001 John Chisholm, VMI, 61'8.5"
 2002 Bob Smith, APP, 59'11.25"
 2003 Daniel Duckworth, APP, 17.71m
 2004 Bob Smith, APP, 18.72m
 2005 Anthony Greer, APP, 17.11m
 2006 Anthony Greer, APP, 17.60m
 2007 Wes Kiser, APP, 17.63m
 2008 Wes Kiser, APP, 18.61m
 2009 Malcolm Styers, APP, 16.56m
 2010 Malcolm Styers, APP, 18.54m
 2011 Malcolm Styers, APP, 18.96m
 2012 Kyle Kirby, SAM, 19.23m

2013 Jared Stalling, APP, 18.83m
 2014 Jared Johnson, WCU, 18.18m
 2015 Jared Johnson, WCU, 18.64m
 2016 Jordan White, VMI, 19.21m
 2017 Scott Peretin, WCU, 18.91m
2018 Ben Johnson, ETSU, 21.99m
 2019 Ben Johnson, ETSU, 21.60m
 2020 Matt Cahoon, SAM, 17.10m
 2021 Matt Cahoon, SAM, 17.30m
 2022 Seth Wolfe, SAM, 19.71m
 2023 Andrew Granger, VMI, 16.78m
 2024 Andrew Granger, VMI, 17.46m

Pole vault

1930 Arnold, UNC, 12'7¾"
 1931 Ray Ruble, UNC, 12'11¾"
 1932 Don Zimmerman, Tulane, 13'3¼"
 1933 Ron Smith, UNC, 12'4¼"
 1934 Jackson, UNC, 11'10"
 1935 Joe Leidy, Duke, 12'6"
 1936 Huber Moore, Duke, 12'¾"
 1937 Huber Moore, Duke, 12'11"
 1938 Sample, DAV, 12'2"
 1939 Montford, Duke, 12'2"
 1940 Montford, Duke & McLeod, UNC & Chambers, Duke, 12'6"
 1941 Ralph Fennell, CLEM, 12'6"
 1942 Ralph Fennell, CLEM, 12'10"
 1949 J.T. Colvin, Duke, 12'4"
 1950 Bob Conner, Duke, 11'6"
 1951 Bob Conner, Duke, 13'1½"
 1952 Jerry Cates, Duke, 12'6"
 1953 Jerry Cates, Duke & George Butler, MD & Mel Schwartz, UNC & Sam Jordan, UNC & Billy Duke, UNC & T.J. Roberts, VT, 12'10"
 1954 T.J. Roberts, VT, 12'7"
 1955 Tommy Theodose, UR, 11'6"
 1956 Dave Tork, WVU, 13'2¼"
 1957 Dave Tork, WVU, 13'0"
 1958 Dave Tork, WVU, 13'8¾"
 1959 Bill Spengler, VT, 12'9"
 1960 Lowry Miller, UR & Tom Metsker, CIT & Ron Henry, W&M, 12'8"
 1961 Bill Keel, FUR, 13'10"
 1962 Bill Keel, FUR, 14'4"
 1963 Bill Keel, FUR, 13'0"
 1964 Ed Zuraw, WVU, 13'6"
 1965 Jack Carter, WVU, 14'5½"
 1966 Jack Carter, WVU, 15'6¼"
 1967 Dan Tyson, FUR, 15'4"
 1968 Dan Tyson, FUR, 15'9½"
 1969 Gorson Williams, VMI, 13'6"
 1970 Charles Strode, W&M, 15'0"
 1971 Charles Strode, W&M, 15'6"
 1972 Charles Strode, W&M, 15'6"
 1973 Richard McDuffie, ECU, 14'6"
 1974 Gary McCall, FUR, 15'0"
 1975 Doug Becker, FUR, 15'0"
 1976 Dave Lipinski, W&M, 14'6"
 1977 Dave Lipinski, W&M, 15'0"
 1977 David Ward, APP, 15'6"
 1978 David Ward, APP, 15'6"
 1979 Lynn Lomax, APP, 15'0"
 1980 Bill Powers, MAR, 15'0"
 1981 Lynn Lomax, APP, 15'0"
 1982 Ken Crowder, VMI, 15'6"
 1983 Ken Crowder, VMI, 15'6"
 1984 Robert Patterson, APP, 15'1"
 1985 Mike Cook, VMI, 14'0"
 1986 Eric Faison, VMI, 14'0"
 1987 Chris Gerber, MAR, 14'5½"
 1988 Scott Jones, MAR, 15'6"
 1989 Mick Schell, APP, 15'4¼"
 1990 Gary Hall, APP, 15'7¼"
 1991 Stephen Manns, MAR, 15'5¾"

1992 Keith Peloquin, VMI, 15'10"
 1993 Jeff Capps, WCU, 14'6"
 1994 Joe Dobson, VMI, 16'¾"
 1995 Phil Alicea, VMI, 15'7"
 1996 Todd Poremba, APP, 16'1"
 1997 Jeff Fitzgerald, APP, 4.62m
 1998 Todd Poremba, APP, 5.06m
 1999 Tim Thomas, WCU, 15'5.5"
 2000 Tim Thomas, WCU, 15'11.25"
 2001 J.B. Rosson, VMI, 15'5.5"
 2002 Charles Rice, WCU, 16'3.25"
 2003 Sean Heaston, WCU, 4.72m
 2004 Wes Willoughby, WCU, 4.60m
 2005 Dan Queen, APP, 4.90m
 2006 Barron Shell, APP, 4.71m
 2007 Barron Shell, APP, 4.56m
 2008 Mike Wilson, APP, 4.70m
 2009 Patrick Wells, SAM, 4.75m
 2010 Michael Seaman, SAM, 5.07m
 2011 Michael Seaman, SAM, 4.95m
2012 Michael Seaman, SAM, 5.45m
 2013 Ryan Cook, SAM, 4.89m
 2014 Phillip Thomas, APP, 4.70m
 2015 Tray Oates, SAM, 5.02m
 2016 Tray Oates, SAM, 5.10m
 2017 Tray Oates, SAM, 5.20m
 2018 Tray Oates, SAM, 5.00m
 2019 Hugh Duggan, SAM, 5.00m
 2020 Sam Blumer, CIT, 4.80m
 2021 Charles Cooley, WCU, 4.85m
 2022 Jed Sisco, SAM, 5.20m
 2023 Walker Smith, SAM, 4.65m
 2024 Brenden Vanderpool, SAM, 5.20m

Heptathlon

2004 Dan Queen, APP, 4,571
 2005 Dustin Wright, APP, 4,581
 2006 Josh Cox, APP, 4,602
 2007 Matt Harlfinger, WCU, 4,620
 2008 Matt Boruff, APP, 4,720
 2009 Matt Boruff, APP, 5,021
 2010 Matt Evans, WCU, 4,998
 2011 Brandon Bassett, SAM, 5,063
 2012 Bo Ackerson-Gilroy, SAM, 5,127
 2013 Steven Bastien, SAM, 4,916
 2014 Christian Carswell, WCU, 4,681
 2015 Quincy Murphy, VMI, 4,952
 2016 Christian Carswell, WCU, 4,998
 2017 Nathan Rivera, ETSU, 5,041
 2018 Marquis Barnes, SAM, 4,951
 2019 Conrad Heinrich, WOF, 4,810
 2020 Ty Kimberlin, SAM, 5,010
 2021 Ty Kimberlin, Samford, 5,203
 2022 Ty Kimberlin, Samford, 5,395
2023 Ty Kimberlin, Samford, 5,442
 2024 Samuel Werner, SAM, 5,380

Bold italics indicates championship record

MEN'S INDIVIDUAL CHAMPIONS

RETIRED EVENTS

60-Yard Dash

1930 Farmer, North Carolina, 6.4
 1931 Bradley, Alabama, 6.6
 1932 Burnett, Mississippi, 6.4
 1933 Earl Widmyer, Maryland, 6.3
 1934 Earl Widmyer, Maryland, 6.3
 1935 Earl Widmyer, Maryland, 6.5
 1936 Tom Shehan, Duke, 6.5
 1937 Finaly, North Carolina, 6.4
 1938 Reavis, Duke, 6.6
 1939 Joe Murphy, Maryland, 6.4
 1940 Charles Curl, Washington & Lee, 6.4
 1941 Ernie Vail, Duke, 6.4
 1942 Wayne McMullin, Virginia Tech, 6.5
 1949 Bill Albans, Duke, 6.5
 1950 George Willis, North Carolina, 6.5
 1951 George Willis, North Carolina, 6.5
 1952 Henry Poss, Duke, 6.5
 1953 Jeff Newton, North Carolina, 6.4
 1954 John Mapp, VMI, 6.3
 1955 Walt Fillman, William & Mary, 6.5
 1956 Walt Fillman, William & Mary, 6.4
 1957 Walt Fillman, William & Mary, 6.2
 1958 Sam Horner, VMI, 6.3
 1959 Art Brandriff, VMI, 6.3
 1960 Ken Scott, VMI, 6.4
 1961 Dave Segal, Furman, 6.2
 1962 Dave Segal, Furman, 6.2
 1963 Dave Segal, Furman, 6.2
 1964 Tommy Thompson, Furman, 6.3
 1965 Sam McCormick, Richmond, 6.2
 1966 Bob Crute, Richmond, 6.3
 1967 Bob Crute, Richmond, 6.4
 1968 Mike Fratkin, William & Mary, 6.3
 1969 Mike Fratkin, William & Mary, 6.3
 1970 Bruce Jones, Furman, 6.3
 1971 Tom Richardson, Davidson, 6.3
 1972 Jerome Napier, Richmond, 6.2
 1973 Maurice Huntley, East Carolina, 6.3
 1974 Weldon Edwards, Richmond, 6.3
1975 Carter Suggs, East Carolina, 6.1
 1976 Carter Sugs, East Carolina, 6.3
 1977 John Borron, Western Carolina, 6.2
 1978 Lonnie Ford, The Citadel, 6.3
 1979 Ernie Halstead, ETSU, 6.43
 1980 Ernie Halstead, ETSU, 6.40

55-meter dash

1981 Norman Gleaton, Chattanooga, 6.2
 1982 Norman Gleaton, Chattanooga, 6.46
1983 James Barham, ETSU, 6.1
 1984 Mike Rigsbee, Appalachian State, 6.37
 1985 Eric Rasheed, Western Carolina, 6.41
 1986 Bobby Blackwell, VMI, 6.40
 1987 Keith Washington, VMI, 6.36
 1988 Greg Hatchett, VMI, 6.37
 1989 Greg Hatchett, VMI, 6.36
 1990 Greg Hatchett, VMI, 6.30
 1991 Frank Allen, Appalachian State, 6.40
 1992 Jason Dalton, Appalachian State, 6.47
 1993 Leander Watts, Appalachian State, 6.37
 1994 Leander Watts, Appalachian State, 6.34
 1995 Jeff Horton, ETSU, 6.30
 1996 Eric Gay, VMI, 6.38
 1997 Randy Moss, Marshall, 6.32
 1998 Chris Brooks, ETSU, 6.24
 1999 Johnie Morrison, Western Carolina, 6.33
 2000 Johnie Morrison, Western Carolina, 6.36
 2001 Marcus Lynch, VMI, 6.49
 2002 Jason Green, Appalachian State, 6.26
 2003 Jason Green, Appalachian State, 6.26

440-Yard Run

1930 Shepard, Washington & Lee, 55.8
 1931 Weil, North Carolina, 54.2
 1932 Williams, Georgia, 54.6
 1933 Recuhman, Duke, 54.1

1934 Montgomery, North Carolina, 54.6
 1935 Warren Evans, Maryland, 52.5
 1936 Warren Evans, Maryland, 52.4
 1937 Frank Cronin, Maryland, 52.4
 1938 Frank Cronin, Maryland, 52.6
 1939 Al Miller, Maryland, 51.0
 1940 Al Miller, Maryland, 52.1
 1941 Werner Brown, Duke, 51.7
 1942 Werner Brown, Duke, 51.9
 1949 Buddy Grisso, Duke, 52.2
 1950 Harrison, VMI, 51.5
 1951 John Tate, Duke, 51.6
 1952 Bill Johnson, Virginia Tech, 50.3
 1953 John Tate, Duke, 50.3
 1969 Pagie Davis, East Carolina, 50.3
 1970 Bill Findler, William & Mary, 50.5
 1971 Carl Wood, Richmond, 50.2
 1972 Walter Cooke, William & Mary, 50.3
 1973 Jerome Napier, Richmond, 49.9
 1974 Ken Middleton, Furman, 50.5
 1975 Carter Suggs, East Carolina, 50.2
 1976 Robert Franklin, East Carolina, 50.6
 1977 Calvin Alston, East Carolina, 50.6
 1978 Dennis Watts, VMI, 49.7
1979 Laffette Jordan, Appalachian State, 47.69
 1980 Ben Judge, VMI, 48.26
 1982 Sylvester Davis, VMI, 48.14

330-Yard Run

1966 Bob Crute, Richmond, 35.6
 1967 Rod Camden, Richmond, 35.8
1968 Bill Findler, William & Mary, 35.6

500-Yard Run

1963 Don Armstrong, Furman, 58.6
 1964 Pat Anderson, Furman, 1:01.4

500-Meter Run

1981 Ed Puc, Furman, 1:07.2
 1983 Henry Sanchez, VMI, 1:05.0
 1985 David Carter, Appalachian State, 1:04.56
1986 Marshall Pitts, Appalachian State, 1:04.34

600-Yard Run

1965 Norm Radford, VMI, 1:12.2
 1966 John Crotty, VMI, 1:11.8
 1967 Alan Saville, Richmond, 1:12.5
 1968 Dave Watson, William & Mary, 1:13.4
 1969 Carl Wood, Richmond, 1:11.8
 1970 Carl Wood, Richmond, 1:12.2
 1971 Charles Duckworth, William & Mary, 1:12.8
 1972 Charles Duckworth, William & Mary, 1:12.2
 1973 Walter Cook, William & Mary, 1:12.5
 1974 Dave Anderson, Furman, 1:13.2
 1975 Ben Duckenfield, East Carolina, 1:12.5
 1976 Dave Anderson, Furman, 1:13.3
 1977 Ben Duckenfield, East Carolina, 1:12.1
 1978 Mac Williams, VMI, 1:14.3
 1979 Mac Williams, VMI, 1:12.32
 1980 Lafette Jordan, Appalachian State, 1:10.57
 1982 Henry Sanchez, VMI, 1:11.22
 1984 Davis Ests, VMI, 1:10.35
1987 Earl Bates, Western Carolina, 1:09.86

880-Yard Run

1930 Linzey, Maryland, 2:02.0
 1931 McGinn, North Carolina State, 2:05.0
 1932 Cary, Virginia, 2:03.8
 1933 Bradsher, Duke, 2:01.8
 1934 Harry Williamson, North Carolina, 1:57.6
 1935 Wellford, VMI, 2:04.4
 1936 Harry Williamson, North Carolina, 2:00.9
 1937 Harry Williamson, North Carolina, 1:57.4
 1938 Gammon, North Carolina, 2:01.4
 1939 Jimmy Davis, North Carolina, 1:57.3
 1940 Jim Kehoe, Maryland, 1:55.0
 1941 Earl Morrison, North Carolina, 1:57.2
 1942 Bill Condon, Maryland, 2:01.3
 1949 Jim Umbarger, Maryland, 2:00.6

1950 Jim Umbarger, Maryland, 2:02.0
 1951 Al Buehler, Maryland, 1:56.4
 1952 Al Buehler, Maryland, 1:57.7
 1953 John Tate, Duke, 1:59.1
 1954 Ben Angle, VMI, 2:04.7
 1955 Bob Wingfield, Virginia Tech, 2:05.2
 1956 Bob Wingfield, Virginia Tech, 2:06.2
 1957 Bob Wingfield, Virginia Tech, 2:00.0
 1958 Jim Lowe, VMI, 2:02.5
 1959 Jim Martin, Furman, 2:00.5
 1960 Larry Williams, VMI, 1:58.0
 1961 Thad Talley, Furman, 1:57.7
 1962 Thad Talley, Furman, 2:00.0
 1963 Gene Simpson, Virginia Tech, 1:57.7
 1964 Dave Tyler, Furman, 1:56.0
 1965 Ed West, Furman, 1:57.4
 1966 Skip Roberts, VMI, 1:55.7
 1967 Terry Donnelly, William & Mary, 1:55.2
 1968 Juris Luzins, William & Mary, 1:54.8
 1969 Ted Wood, William & Mary, 1:55.4
 1970 Ted Wood, William & Mary, 1:56.5
 1971 James Kidd, East Carolina, 1:53.9
 1972 James Kidd, East Carolina, 1:53.2
 1973 Lewis McGehee, William & Mary, 1:55.7
 1974 Mac Collins, William & Mary, 4:11.6
 1975 Reggie Clark, William & Mary, 1:53.9
 1976 Phil Barker, Furman, 1:54.3
 1977 John George, William & Mary, 1:57.0
 1978 Phil Barker, Furman, 1:57.0
1979 Mark Scruton, ETSU, 1:51.66
 1980 Kevin Johnson, ETSU, 1:53.30
 1982 David Neville, VMI, 1:53.93
 1984 Henry Sanchez, VMI, 1:52.12

1,000-Yard Run

1982 Ben Turpin, ETSU, 2:12.12
 1984 Conrad Conneely, ETSU, 2:12.57
 1987 Layne Anderson, The Citadel, 2:14.44

1,000-Meter Run

1981 Kevin Johnson, ETSU, 2:27.7
 1983 John Scott, VMI, 2:31.5
 1985 Todd Goeway, Appalachian State, 2:31.5
 1986 Keith Sewell, Appalachian State, 2:29.54

1,500-Meter Run

1980 Dennis Stark, ETSU, 3:50.1
 1981 Dennis Stark, ETSU, 3:50.0
1983 Dennis Stark, ETSU, 3:49.2
 1985 Todd Goeway, Appalachian State, 3:51.4
 1986 Phil Roberts, Western Carolina, 3:56.77

Two-Mile run

1930 Young, Georgia, 9:57.4
 1931 Simons, Duke, 9:58.2
 1932 Jensen, North Carolina, 10:02.6
 1933 Lauck, Virginia, 10:07.7
 1934 Bird, Duke, 10:07.2
 1935 Tom Dunaj, Washington & Lee, 9:44.8
 1936 Bill Morse, Duke, 10:03.4
 1937 Bill Lumpkin, Richmond, 9:30.7
 1938 Bill Morse, Duke, 10:25.8
 1939 Tommy Fields, Maryland, 9:59.6
 1940 Tommy Fields, Maryland, 9:34.5
 1941 Tommy Fields, Maryland, 9:43.5
 1942 Al Profeniy, Duke, 9:45.0
 1949 Sam Magill, North Carolina, 9:49.9
 1950 Sam Magill, North Carolina, 9:44.8
 1951 Clyde Garrison, North Carolina State, 9:46.1
 1952 Jack Tibbets, Maryland, 9:52.9
 1953 Dave Shafer, Virginia Tech, 9:37.5
 1954 Ben Angle, VMI, 9:52.3
 1955 Pete Ashcraft, Davidson, 10:30.4
 1956 Dave Pitkethly, VMI, 10:05.7
 1957 Dave Pitkethly, VMI, 9:48.8
 1958 Bob DeTombe, William & Mary, 9:53.4
 1959 Bill Braithwaite, VMI, 10:04.5
 1960 Charlie Carlton, VMI, 9:55.3
 1961 Bill Braithwaite, VMI, 10:03.5

MEN'S INDIVIDUAL CHAMPIONS

1962 Copley Vickers, Furman, 9:51.3
1963 Dennis Patterson, Furman, 9:49.7
1964 Jim Johnson, William & Mary, 9:39.0
1965 Jim Johnson, William & Mary, 9:29.6
1966 Jim Johnson, William & Mary, 9:20.4
1967 Carl Hatfield, West Virginia, 9:13.7
1968 Carl Hatfield, West Virginia, 9:13.7
1969 George Davis, William & Mary, 9:21.8
1970 Ken Voss, East Carolina, 9:20.3
1971 Steve Snyder, William & Mary, 9:16.6
1972 Tim Cooke, Williams & Mary, 9:11.6
1973 Tim Cooke, William & Mary, 8:54.2
1974 Bill Louv, William & Mary, 8:55.5
1975 Ron Martin, William & Mary, 8:40.8
1976 Louis Blount, Appalachian State, 9:11.5
1977 Louis Blount, Appalachian State, 9:04.0
1978 Rex Wiggins, VMI, 9:10.0
1979 Louis Kenny, ETSU, 9:11.07
1980 Ronnie Carroll, ETSU, 8:58.98
1982 Mike Mansey, ETSU, 8:52.61
1984 Brian Dunne, ETSU, 8:49.43
1987 Thomas O'Gara, ETSU, 8:52.0

70-Yard Low Hurdles

1931 Finklestein, Washington & Lee, 8.0
1932 John Brownlee, Duke, 8.0
1933 John Brownlee, Duke, 7.8
1934 Groover Everett, Virginia, 7.8
1935 Gene Schule, Washington & Lee, 7.9
1936 Frank Sizemore, Duke, 8.2
1937 Reavis, Duke, 8.1
1938 Reavis, Duke, 7.9
1939 Holmes, North Carolina, 7.9
1940 Bill Corpening, North Carolina, 7.8
1941 Ernie Vail, Duke, 7.9
1942 Archie Taylor, Davidson, 8.1
1949 Bill Albans, North Carolina, 7.6
1950 Bill Albans, North Carolina, 7.7
1951 Garrett Scott, North Carolina, 8.0
1952 John Mapp, VMI, 7.9
1953 John Mapp, VMI, 7.9
1954 John Mapp, VMI, 7.7
1955 Dick Fischl, Citadel, 7.9
1956 Walt Fillman, William & Mary, 7.7
1957 Walt Fillman, William & Mary, 7.6
1958 Jim Pugh, The Citadel, 7.8
1959 Dan Coogan, VMI, 8.0
1960 Jim Pugh, The Citadel, 7.8
1961 Dave Segal, Furman, 7.7
1962 John Tryanham, VMI, 7.8
1963 Frank Loustalot, Furman, 8.0
1964 Alan Turner, Davidson, 8.1

60-Yard Low Hurdles

1930 Finklestein, Washington & Lee, 7.0
1965 Dabney, Pasco, VMI, 6.8
1966 Lavern Barnes, Furman, 7.0
1967 Bob Pabasevich, VMI, 7.1
1968 Doug Griffith, William & Mary, 6.8
1969 Doug Griffith, William & Mary, 6.9
1970 Tom Malik, Furman, 7.0

70-Yard High Hurdles

1931 Speer, Washington & Lee, 9.0
1932 Moreau, Louisiana State, 9.0
1933 Finklestein, Washington & Lee, 8.9
1934 Groover Everett, Virginia, 8.7
1935 Groover Everett, Virginia, 9.0
1936 Graham, North Carolina, 9.1
1937 Rogers, Washington & Lee, 8.9
1938 Hubert Reavis, Duke, 8.8
1939 Whaley, Washington & Lee, 8.7
1940 Bill Corpening, North Carolina, 8.5
1941 Dave Mangum, North Carolina, 9.0
1942 Warren Mengel, North Carolina, 8.9
1949 Bill Albans, North Carolina, 8.6
1950 Bill Albans, North Carolina, 8.6
1951 Tommy Reaves, Duke, 8.9
1952 John Carter, Maryland, 9.0

1953 Joel Shankle, Duke, 8.9
1954 John Mapp, VMI, 9.1
1955 Carter Valentine, VMI, 8.9
1956 Bob McCoy, Virginia Tech, 9.2
1957 Jim Thacker, Richmond, 9.1
1958 Jerry Saunders, William & Mary, 9.2
1959 Jerry Saunders, William & Mary, 9.2
1960 Bob Diederich, William & Mary, 8.8
1961 Bob Diederich, William & Mary, 8.7
1962 Ed Hart, Furman, 8.8
1963 Frank Loustalot, Furman, 8.6
1964 Hank Cronin, VMI, 8.8

60-Yard High Hurdles

1930 Speer, Washington & Lee, 7.9
1965 Shannon Dawson, Furman, 7.3
1966 Lavern Barrs, Furman, 7.5
1967 Doug Griffith, William & Mary, 7.4
1968 Doug Griffith, William & Mary, 7.5
1969 Doug Griffith, William & Mary, 7.4
1970 Tom Malik, Furman, 7.6
1971 Ray Sweetenburg, Davidson, 7.4
1972 Charles Dobson, William & Mary, 7.5
1973 Charles Dobson, William & Mary, 7.4
1974 Jim Detwiler, Richmond, 7.4
1975 Charles Dobson, William & Mary, 7.1
1976 Marvin Rankin, East Carolina, 7.3
1977 Marvin Rankin, East Carolina, 7.2
1978 Tim Bridges, VMI, 7.5
1979 Tim Bridges, VMI, 7.51
1980 David Washington, VMI, 7.55
1982 Bob McKay, ETSU, 7.45
1984 Walt Foster, Appalachian State, 7.51
1987 Walt Foster, Appalachian State, 7.36

55-meter hurdles

1981 Norman Gleaton, Chattanooga, 7.2
1983 Sylvester Davis, VMI, 7.3
1985 Chris Havener, Appalachian State, 7.58
1986 Andrew Stewart, VMI, 7.62
1988 Greg Hatchett, VMI, 7.45
1989 Greg Hatchett, VMI, 7.34
1990 Lawrence Lloyd, Appalachian State, 7.68
1991 Phil Watson, VMI, 7.54
1992 Kedrick Ford, Appalachian State, 7.57
1993 Malachi Jamison, ETSU, 7.64
1994 Shawn Miller, Western Carolina, 7.43
1995 Delevantie Brown, ETSU, 7.40
1996 Delevantie Brown, ETSU, 7.58
1997 Joe Anwah, VMI, 7.65
1998 Joe Anwah, VMI, 7.57
1999 Omari Francis, Appalachian State, 7.61
2000 Ryan Linebarger, Appalachian State, 7.58
2001 Jeff Foy, VMI, 7.62
2002 Ryan Linebarger, Appalachian State, 7.66
2003 Jeff McKelvin, VMI, 7.75

Mile Relay

1930 Washington & Lee, 3:47.4
1931 North Carolina, 3:38.6
1932 North Carolina, 3:43.0
1933 Duke, 3:36.2
1934 Maryland, 3:36.5
1935 Maryland, 3:34.6
1936 Maryland, 3:31.8
1937 North Carolina, 3:34.5
1938 Maryland, 3:29.7
1939 Maryland, 3:29.3
1940 Maryland, 3:31.4
1941 North Carolina, 3:30.8
1942 North Carolina, 3:28.5
1949 Maryland, 3:26.9
1950 Maryland, 3:31.1
1951 North Carolina, 3:32.9
1952 Duke, 3:29.9
1953 Maryland, 3:30.5
1954 VMI, 3:31.1
1955 VMI, 3:37.5
1956 Virginia Tech, 3:34.7

1957 Virginia Tech, 3:35.3
1958 William & Mary, 3:34.8
1959 VMI, 3:32.0
1960 The Citadel, 3:33.6
1961 The Citadel, 3:29.6
1962 VMI, 3:32.7
1963 Furman, 3:28.5
1964 Furman, 3:32.4
1965 VMI, 3:26.2
1966 VMI, 3:24.8
1967 William & Mary, 3:24.8
1968 William & Mary, 3:24.2
1969 William & Mary, 3:23.9
1970 Richmond, 3:20.9
1971 Furman, 3:27.4
1972 Furman, 3:25.7
1973 Furman, 3:25.4
1974 Furman, 3:23.9
1975 East Carolina, 3:23.4
1976 Furman, 3:23.1
1977 East Carolina, 3:21.5
1978 VMI, 3:23.0
1979 VMI, 3:14.91
1980 VMI, 3:13.35
1982 VMI, 3:15.73
1984 VMI, 3:11.71
1987 VMI, 3:16.83
1988 VMI, 3:16.37
1989 Appalachian State, 3:15.25
1991 Appalachian State, 3:17.90
1992 Marshall, 3:20.54
1993 Chattanooga, 3:25.25
1994 Appalachian State, 3:19.68
1995 Chattanooga, 3:17.45
1996 ETSU, 3:21.60

Two-Mile Relay

1970 East Carolina, 7:53.8
1971 Furman, 7:50.3
1972 William & Mary, 7:53.1
1973 William & Mary, 7:56.0
1974 William & Mary, 7:42.1
1975 William & Mary, 7:49.1
1976 Furman, 7:52.3
1977 Furman, 7:45.3
1979 ETSU, 7:41.3
1980 ETSU, 7:46.84
1984 VMI, 7:49.26
1987 VMI, 7:43.12
1989 Appalachian State, 7:47.70
1990 VMI, 7:52.59
1991 VMI, 7:42.22
1992 ETSU, 7:47.75
1993 Chattanooga, 7:58.4

3,200-Meter Relay

1981 ETSU, 7:48.2
1985 Appalachian State, 7:52.63
1986 VMI, 7:53.62

Bold italics indicates championship record

MEN'S ALL-FRESHMAN TEAMS

2009

60-meter dash

Dennis Moore, Appalachian State
Brian Sutherland, Chattanooga
Kevin Hardy, The Citadel

200-meter dash

Dennis Moore, Appalachian State
Benny Davis, Western Carolina

400-meter dash

Benny Davis, Western Carolina

800-meter run

Lee Gilmer, Furman
Chris Moen, Appalachian State

Mile run

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

3,000-meter run

Chris Berry, Chattanooga
Joey Thompson, UNCG
Sean Soderman, Appalachian State

5,000-meter run

Chris Berry, Chattanooga
Sean Soderman, Appalachian State
Josey Weaver, Western Carolina

60-meter hurdles

Cavan Corcoran, Samford
Christopher Graham, The Citadel

High jump

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

Long jump

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

Triple jump

Cornelius Williams, Western Carolina
Matt Pfungst, Appalachian State
Mike Pope, Appalachian State

Shot put

Jared Stalling, Appalachian State

Pole vault

None

Weight throw

Jared Stalling, Appalachian State

Heptathlon

Donald Cooper, Samford
Matt Pfungst, Appalachian State

2010

60-meter dash

Landon Powell, Appalachian State
Brandon Hairston, Western Carolina

200-meter dash

Cordell Livingston, Western Carolina
Landon Powell, Appalachian State
Brandon Hairston, Western Carolina

400-meter dash

Brunson Miller, The Citadel
Brandon Hairston, Western Carolina
Zac Cordner, Samford

800-meter run

Alex Taylor, Appalachian State

Mile run

Alex Taylor, Appalachian State
Garrett West, Western Carolina
Lucas Cotter, Chattanooga

3,000-meter run

Atom Young, The Citadel
Ben Canipe, The Citadel

5,000-meter run

Mike Koech, UNCG
Demetrios Pagonis, Davidson
Vincent Weir, Davidson

60-meter hurdles

Cordell Livingston, Western Carolina
Trey Jones, Appalachian State
Bo Ackerson-Gilroy, Samford

High jump

Bo Ackerson-Gilroy, Samford
Collin Reber, Appalachian State
Brad Triplett, Appalachian State

Long jump

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

Triple jump

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

Shot put

Scott Des Marais, Furman
Brian McCracken, Wofford

Weight throw

None

Pole vault

Ryan Cook, Samford
Brandon Bassett, Samford

Heptathlon

Bo Ackerson-Gilroy, Samford
Brandon Bassett, Samford

2011

60-meter dash

Justin Emerson, Samford
Ron Duncan, Western Carolina
Tim Smith, The Citadel

200-meter dash

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

400-meter dash

Blane Woodfin, The Citadel
Sidney Rhodes, Western Carolina
Aaron Tribble, Western Carolina

800-meter run

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

Mile run

Layton Dorsett, Samford
Nathan Wanuch, Chattanooga
Kyle McLarty, Chattanooga

3,000-meter run

Nathan Wanuch, Chattanooga
Tyler Greathouse, Furman
Kenny Hinman, UNCG

5,000-meter run

Paul Katam, UNCG
Layton Dorsett, Davidson
Kenny Hinman, UNCG

60-meter hurdles

Tyler Bentley, Western Carolina
Chris Sievert, The Citadel
Sam Lusty, Western Carolina

High jump

Bob Elliot, II, Samford
Tyler Kemp, Samford
Jordan Orr, Western Carolina

Long jump

Bob McNeil, Western Carolina
Jamal Tiller, Appalachian State
Tim Smith, The Citadel

Triple jump

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

Shot put

Cameron McRae, Western Carolina
Jonathan Newton, Western Carolina
Dylan Gidado, The Citadel

Weight throw

Cameron McRae, Western Carolina
Dylan Gidado, The Citadel
Jonathan Newton, Western Carolina

Pole vault

David Melton, The Citadel
Landon Hunt, Appalachian State
Mark Boozer, The Citadel

Heptathlon

Sam Lusty, Western Carolina
Tyler Bentley, Western Carolina

2012

200-meter dash

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

400-meter dash

Demari Boswell, Western Carolina
David Riddleberger, Appalachian State
Dezerick Frazier, Chattanooga

800-meter run

William Ivey, Furman
Michael Brewer, The Citadel
Wesley Laytham, Davidson

Mile run

Tripp Hurt, Furman
Sal del Guidice, Davidson
Patrick O'Brien, Chattanooga

3,000-meter run

Abraham Kemboi, UNCG
Hunter McGahee, Wofford
Patrick O'Brien, Chattanooga

5,000-meter run

Henry Falotico, Davidson
Travis Alfaro, Western Carolina
Dylan Belles, UNCG

60-meter hurdles

Stanley Broaden, Appalachian State
Abraham Faison, Western Carolina
Marquis Bailey, Western Carolina

High jump

Daryl Saunders, Appalachian State

Long jump

Abraham Faison, Western Carolina

Triple jump

Abraham Faison, Western Carolina

Shot put

Nick Sansota, Appalachian State

Weight throw

Nick Sansota, Appalachian State

Pole vault

Cory Sears, Samford
Jacob Stowe, Appalachian State
Ian Aikman, The Citadel

Heptathlon

Josh Davies, Samford
Cody Russell, Samford
Kyle Bernier, Western Carolina

2013

60-meter dash

Jermaine Lewis, Western Carolina
Marshall McRae, Appalachian State
Chris Armfield, Wofford

200-meter dash

Marshall McRae, Appalachian State
Trey Edgerton, Appalachian State
Chris Armfield, Wofford

400-meter dash

Cole Warren, Furman
Tevin Williams, The Citadel
Trey Edgerton, Appalachian State

800-meter run

Marquis Carter, Chattanooga
Trevor Janssen, Chattanooga
Adam Jones, Samford

Mile run

Brandon Hazouri, Samford

3,000-meter run

Daniel Samet, Davidson
Josh Crawford

MEN'S ALL-FRESHMAN TEAMS

5,000-meter run

Paul Stuart, Chattanooga
Daniel Samet, Davidson
Ryan Doyle, Wofford

60-meter hurdles

Iman Isang, Chattanooga
Darius Johnson, The Citadel

High jump

Christian Carswell, Western Carolina
Cole Finch, Appalachian State
Xzavier Killings, Davidson

Long jump

Steven Bastien, Samford

Triple jump

Henry Bustle, Appalachian State
Tevin Johnson, Wofford

Shot put

Jared Johnson, Western Carolina
John Leonard, Appalachian State

Weight throw

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

Pole vault

Steven Bastien, Samford
Patrick Quinn, Appalachian State

Heptathlon

Steven Bastien, Samford
Dustin Triplett, Western Carolina

2014

60-meter dash

William Buckley, Appalachian State

200-meter dash

William Buckley, Appalachian State

400-meter dash

Joshua Hanna, Appalachian State
Eric Blake, Western Carolina

Mile run

Brock Baker, Furman
JC Cornett, Western Carolina
Nate Riech, Furman

3,000-meter run

Tanner Hinkle, Furman
Lee Shearer, Furman
Jonathon Rice, Wofford

5,000-meter run

Tanner Hinkle, Furman
Chris Anderson, Appalachian State
JC Cornett, Western Carolina

60-meter hurdles

None

High jump

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

Long jump

Josh McSwain, Western Carolina
Jesse Earnhardt, Appalachian State
Antonio Cuccaro, The Citadel

Triple jump

Josh McSwain, Western Carolina
James Stovall, Chattanooga
Chris Powell, Davidson

Shot put

Nathan Milch, Appalachian State
Brian Smith, Samford
James Hayworth, Wofford

Weight throw

Nathan Milch, Appalachian State
Brian Smith, Samford
James Hayworth, Wofford

Pole vault

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

Heptathlon

Jackson Powers, Appalachian State
Andrew Patterson, Samford

2015

60-meter dash

Brenden Caldwell, Western Carolina
Chris Hancock, Western Carolina

200-meter dash

Chris Hancock, Western Carolina
Dakota Lamont, Western Carolina
Henry Kiedy, Western Carolina

400-meter dash

Dakota Lamont, Western Carolina
Carson Howe, Samford
Devin Singleton, The Citadel

Mile run

Troy Reeder, Furman
Austin Sprague, Furman
Bryan Whymys, UNCG

3,000-meter run

Arsène Guillorel, Samford
Mike Lantz, The Citadel
Brandon King, UNCG

5,000-meter run

Arsène Guillorel, Samford
Aaron Templeton, Furman
Troy Reeder, Furman

60-meter hurdles

Lee Warren, VMI
Drake Watson, Chattanooga
Marquis Barnes, Samford

High jump

Keyth Fightmaster, Samford
Jaquell Bryant, Western Carolina
Austin Billings, Samford

Long jump

Brenden Caldwell, Western Carolina
Jordan Santana, Western Carolina
Kevin Hires, Western Carolina

Triple jump

Kevin Hires, Western Carolina
Jordan Santana, Western Carolina
Marquis Barnes, Samford

Shot put

Derrick Freeland, The Citadel
Mateius Brown, Western Carolina

Weight throw

Mateius Brown, Western Carolina

Pole vault

Tray Oates, Samford

Heptathlon

Marquis Barnes, Samford
Austin Billings, Samford
Jordan Santana, Western Carolina

2016

60-meter dash

Josiah Johnson, The Citadel
Quan Myers, VMI

400-meter dash

Deondre Anderson, VMI

800-meter run

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

Mile run

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

3,000-meter run

Liam Brooks, Western Carolina
Nick Horne, ETSU

5,000-meter run

Liam Brooks, Western Carolina
Ben Bryant, Samford
James Garst, ETSU

60-meter hurdles

Tyler Houston, ETSU
Conrad Heinrich, Wofford

High jump

Tyrie Adams, Western Carolina
Jamie Brown, Western Carolina
Khalil Jackson, Western Carolina

Long jump

Jamie Brown, Western Carolina
Tyrie Adams, Western Carolina
Omar Mingo, Wofford

Triple jump

Jamie Brown, Western Carolina
Mikel Halim, ETSU
Yohana Koko, ETSU

Shot put

Dakota Wright, Western Carolina
Brandon Zamary, Wofford
Longinus, Nnodim, Wofford

Weight throw

Dakota Wright, Western Carolina
Michael Fernandez, The Citadel

Pole vault

Andrew Arlint, VMI

Heptathlon

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

2017

60-meter dash

Emmanuel Tait, Samford
John Bapoupeleh, Wofford
Charles McCann, ETSU

400-meter dash

Devaniel Dale, Western Carolina
Bradford Smith, Wofford

800-meter run

Harper Sigler, ETSU
Jack Zemp, Wofford
Thomas Moore, Furman

Mile run

Jake Ogden, Furman

3,000-meter run

Adam Bradtmueller, ETSU
Luke Meade, Furman
Ben O'Connor, ETSU

5,000-meter run

Mason Coppi, Furman
Adam Bradtmueller, ETSU
Louis Morris, ETSU

60-meter hurdles

Emmanuel Tait, Samford
Anthony Richardson, Western Carolina
L'Jen Wilson, Western Carolina

High jump

Jon Waarvik, Samford
Dijoun Huitt, Western Carolina
L'Jen Wilson, Western Carolina

Long jump

Dijoun Huitt, Western Carolina
Kevin Hires, Western Carolina
Cory Alston, Western Carolina

Shot put

Tyler Schiemann, The Citadel
Hunter Griffin, Wofford

Triple jump

Dijoun Huitt, Western Carolina
Jon Waarvik, Samford
William Stout, Wofford

Weight throw

Hunter Griffin, Wofford

Pole vault

William Stout, Wofford

Heptathlon

William Stout, Wofford
Hunter Schlatter, Samford
Anthony Richardson, Western Carolina

MEN'S ALL-FRESHMAN TEAMS

| 2018 | 2019 | 2020 | 2021 | 2022 |
|---|---|---|---|--|
| <p>60-meter dash Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI</p> <p>200-meter dash Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI</p> <p>400-meter dash Kofie-Safie Boateng, VMI Tate Overbay, ETSU Preston Gaines, UNCG</p> <p>800-meter run Matt Scarr, ETSU Juan Rodriguez, UNCG Jackson Betts, VMI</p> <p>Mile run None</p> <p>3,000-meter run Daniel Bernal, Furman Trent Mandato, Furman Ben Garner, Samford</p> <p>5,000-meter run Daniel Bernal, Furman Allen Clark, Furman Trent Mandato, Furman</p> <p>60-meter hurdles Isaiah Ellis, Wofford Mike Jones, Western Carolina Jack McHugh, Samford</p> <p>High jump Matt Cahoon, Samford Kenya Pinckney, The Citadel Khadevis Snead, Western Carolina</p> <p>Long jump Karon Delince, ETSU Thomas Ozburn Jr., Samford Drae Butts, ETSU</p> <p>Triple jump Drae Butts, ETSU Matthew Mudd, Western Carolina Isaiah Ellis, Wofford</p> <p>Shot put Austin Lufkin, Wofford Jay Stanley, Western Carolina Mac Bennett, Western Carolina Connor Jacobs, Wofford</p> <p>Weight throw Jay Stanley, Western Carolina Matt Cahoon, Samford Mac Bennett, Western Carolina</p> <p>Pole vault Hugh Duggan, Samford Griffin Kowal, VMI Sam Blumer, The Citadel</p> <p>Heptathlon Thomas Ozburn Jr., Samford Austin Eck, Samford Matthew Mudd, Western Carolina</p> | <p>60-meter dash Trini Feggett, Western Carolina Carden Williams, The Citadel Titus Moore, Samford</p> <p>200-meter dash Trini Feggett, Western Carolina Blaine Ashton, VMI Jordin Poindexter, VMI</p> <p>400-meter dash Jordan Woodbine, Samford Johnnie Walker, VMI Rafael Mas, VMI</p> <p>800-meter run Seth Corey, Samford Adam Waite, VMI Nicholas Thoma, UNCG</p> <p>Mile run Cameron Ponder, Furman Colin Alexander, UNCG Andre Jordan, VMI</p> <p>3,000-meter run Cameron Belk, UNCG</p> <p>5,000-meter run Thomas Kneppshield, UNCG Andre Jordan, VMI Dalton Miles, UNCG</p> <p>60-meter hurdles Titus Moore, Samford Keefe White, The Citadel</p> <p>High jump Justin Stuckey, Samford Dakota Oxendine, Western Carolina Tyler Hanks, Western Carolina</p> <p>Long jump Trini Feggett, Western Carolina Justin Stuckey, Samford Benjamin Okafor, Western Carolina</p> <p>Triple jump Blaine Ashton, VMI Ty Kimberlin, Samford Tyler Hanks, Western Carolina</p> <p>Shot put Ryan Eldridge, Western Carolina Adam Hart, Western Carolina Solomon Ghosh, VMI</p> <p>Weight throw Adam Hart, Western Carolina Kolin Miller, ETSU Ethan Brown, Samford</p> <p>Pole vault Charles Cooley, Western Carolina Thomas Martin, Western Carolina Daniel Walsh, VMI</p> <p>Heptathlon Ty Kimberlin, Samford Max Burke, VMI</p> | <p>60-meter dash Evan Brooks, Samford Sam Kamara, Wofford David Miles, Western Carolina</p> <p>200-meter dash Evan Brooks, Samford David Miles, Western Carolina Michael Harris, Western Carolina</p> <p>400-meter dash Michael Harris, Western Carolina Jevon Leonard, Western Carolina Treonte Newton, The Citadel</p> <p>800-meter run Miguel Parrilla, ETSU Trent Whittaker, VMI Nick Epstein, Furman</p> <p>Mile run Jeb Jones, Samford Myles Stoots, ETSU</p> <p>3,000-meter run David Ahlmeyer, Furman Ares Reading, Furman Michael Zapherson, UNCG</p> <p>5,000-meter run David Ahlmeyer, Furman Ares Reading, Furman James LaLonde, Furman</p> <p>60-meter hurdles Jonah Dill, Furman</p> <p>High jump Tanner Henry, Wofford McCray Kelton, Samford</p> <p>Long jump McCray Kelton, Samford Marcus Evans, ETSU</p> <p>Triple jump McCray Kelton, Samford Marcus Evans, ETSU Evin McEntee, Furman</p> <p>Shot put Nathan Myers, Wofford Jake Musselwhite, ETSU</p> <p>Weight throw Nate Myers, Wofford Herbert Brooks, VMI Reggie Reynolds, The Citadel</p> <p>Pole vault Brady Cassell, Samford John Retenbach, Western Carolina Sam LaRosa, The Citadel</p> <p>Heptathlon Tanner Henry, Wofford Kevin Linko, VMI</p> <p>60-meter dash Noah Alleyne, Western Carolina Christopher Sheppard, Wofford Isaac Lockhart, ETSU</p> | <p>200-meter dash Isaiah Mills, ETSU Noah Alleyne, Western Carolina Conor Murphy, Wofford</p> <p>400-meter dash Conor Murphy, Wofford Isaiah Mills, ETSU Kevin Haley Jr., Western Carolina</p> <p>800-meter run Cooper Lindsey, Wofford</p> <p>Mile run Carson Williams, Furman Evan Guzman, ETSU</p> <p>3,000-meter run None</p> <p>5,000-meter run Dylan Schubert, Furman Andrew Hammel, Furman Drew Zink, Western Carolina</p> <p>60-meter hurdles Landon Wright, Samford Keyandre Midgett, VMI Jack Rice, VMI</p> <p>High jump Louis Brogan, Samford Don Morgan, Samford Malachi Thomas, ETSU</p> <p>Long jump Christopher Sheppard, Wofford Edwin Rainey, Samford Jayden Napier, VMI</p> <p>Triple jump Keyandre Midgett, VMI Edwin Rainey, Samford Jayden Napier, VMI</p> <p>Shot put Marshall Gainer, Samford Andrew Grainger, VMI</p> <p>Weight throw Mason Robinson, Western Carolina Andrew Granger, VMI Marshall Gainer, Samford</p> <p>Pole vault Landon Wright, Samford Sebastian LaTorre, Wofford Jed Sisco, Samford</p> <p>Heptathlon Landon Wright, Samford Sebastian LaTorre, Wofford Hunter Reed, VMI</p> | <p>60-meter dash Tyke Tabor, Samford Nolan Johnson, ETSU Cameron Dalton, Wofford</p> <p>200-meter dash Jeremiah Wilks, VMI Tyke Tabor, Samford Cameron Dalton, Wofford</p> |

MEN'S ALL-FRESHMAN TEAMS

400-meter dash

Richard Edwards, VMI
Jackson Casey, Wofford
Benedikt Strack, ETSU

800-meter run

Caleb Scheffler, Samford
John Davis, Western Carolina
Mason Brandon, ETSU

Mile run

Foster Wilfong, Furman
Casey Burr, Furman
Colin Keck, UNCG

3,000-meter run

Justin Hayes, Western Carolina
Foster Wilfong, Furman
Will Mitchell, Western Carolina

5,000-meter run

Justin Hayes, Western Carolina
Will Mitchell, Western Carolina
Nick Goldstein, Furman

60-meter hurdles

Xander Topos, VMI
Grant Witherspoon, Wofford

High jump

Edric Wendhold, Samford
Joshua Tuell, VMI
Ben Kendall, Wofford

Long jump

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

Triple jump

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

Shot put

Hunter Davis, VMI

Weight throw

None

Pole vault

None

Heptathlon

Damian Hines, Samford
Isaiah Blount, VMI
Ben Kendall, Wofford

2023

60-meter dash

Dohnavon Hunt, Western Carolina
Skyler Woodard, Western Carolina
D'Shawn Fletcher, ETSU

200-meter dash

Dohnavon Hunt, Western Carolina
Noah Straley, Western Carolina
Robert Hilsman, Wofford

400-meter dash

Noah Straley, Western Carolina
Robert Hilsman, Wofford
Thomas Stamper, Wofford

800-meter run

Conner Overly, ETSU
Will Berger, Wofford

Mile run

Nate Hillis, ETSU
Matthew Martin, Western Carolina
Ben Kenner, ETSU

3,000-meter run

Luke Taylor, Furman
Xian Campbell, ETSU
Evan Pena, UNCG

5,000-meter run

Xian Campbell, ETSU
Andrew McGinnis, Samford

60-meter hurdles

Claude Campbell, Samford
Treven McGhee, ETSU
Zion Bennett, Wofford

High jump

Jack Mulvey, The Citadel
Zion Bennett, Wofford

Long jump

Noah Straley, Western Carolina
Dohnavon Hunt, Western Carolina
Claude Campbell, Samford

Triple jump

Nathan Williams, Western Carolina
Tate Sistare, The Citadel

Shot put

Johnerio Holt, Samford
Logan Wagner, ETSU
Eli Penix, Samford

Weight throw

Jacob Thomas, Western Carolina
Quin Goodson, Wofford
Chase Edwards, Wofford

Pole vault

Carter Ellis, Samford
Ethan Fulford, ETSU

Heptathlon

Ethan Fulford, ETSU
Zion Bennett, Wofford

2024

60-meter dash

Bradlee Jones, The Citadel
Dylan Thompson, The Citadel

200-meter dash

Quinton Godfrey, Western Carolina
Dylan Thompson, The Citadel

400-meter dash

Elias Barton, Western Carolina
Quinton Godfrey, Western Carolina
Archie Woodard, Wofford

800-meter run

Sam Barnard, UNCG
Chase Thurber, Western Carolina

Mile run

Brayden Seymour, Furman

Lawson Mecom, Western Carolina
Colton Kempney, Furman

3,000-meter run

Owen Shifflett, Furman
Khalid Abdullahi, UNCG
Patrick Lowry, VMI

5,000-meter run

Owen Shifflett, Furman
Kevin Shank, VMI
Lawson Mecom, Western Carolina

60-meter hurdles

Archie Woodard, Wofford

High jump

Arthur Chitty, Samford
Jordan Chestnut, The Citadel
Jake Ross, Wofford

Long jump

Samuel Werner, Samford
Jordan Chestnut, The Citadel
David Dorbin, Western Carolina

Triple jump

Jordan Chestnut, The Citadel
David Dorbin, Western Carolina

Shot put

Carl Henty, Samford
Rafe Celindenin, VMI
Dakota Sorrells, Western Carolina

Weight throw

Rafe Clendenin, VMI
Austin Ramirez, Western Carolina
Jack Weil, The Citadel

Pole vault

Brenden Vanderpool, Samford
Cameron Thomas, VMI
Jack Scott, The Citadel

Heptathlon

Colby Capps, Western Carolina
Ethan Hibberts, Western Carolina

WOMEN'S INDOOR CHAMPIONSHIP RECORDS

| Event | Mark | Conversion | Name(s), school | Year |
|-----------------------|----------|------------|---|------|
| 60m dash | 7.40 | | Nicole Johnson, ETSU | 2020 |
| 200m dash | 23.84 | | Lamonda Miller, Appalachian State | 1989 |
| 400m dash | 54.22 | | Jasmine Jefferson, Wofford | 2024 |
| 800m run | 2:05.68 | | Megan Marvin, Furman | 2022 |
| Mile run | 4:38.23 | | Karisa Nelson, Samford | 2019 |
| 3,000m run | 9:11.04 | | Savannah Carnahan, Furman | 2019 |
| 5,000m run | 16:22.61 | | Savannah Carnahan, Furman | 2019 |
| 60m hurdles | 8.29 | | Demeteria Edgecombe, ETSU | 2015 |
| | 8.29 | | Kyra Atkins, ETSU | 2018 |
| Long jump | 6.21m | (20-4.50) | Von Ross, Western Carolina | 1993 |
| Triple jump | 13.30m | (43-7.75) | Taniesha Robinson, ETSU | 1999 |
| | 13.30m | (43-7.75) | Ronda White, Appalachian State | 2004 |
| High jump | 1.81m | (5-11.25) | Kristen Meister, Davidson | 2007 |
| Shot put | 16.61m | (54-6.00) | Angie Barker, ETSU | 1988 |
| Pole vault | 4.06m | (13-3.75) | Brittany Bishop, Samford | 2022 |
| 20-pound weight | 19.54m | (64-1.29) | Chakosha Lance, College of Charleston | 2006 |
| 4x400m relay | 3:44.98 | | Western Carolina | 2012 |
| | | | (Shinique Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren) | |
| Distance medley relay | 11:25.60 | | Furman | 2023 |
| | | | (Kaylie Armitage, Erin MacDevette, Camryn Wennersten, Megan Marvin) | |
| Pentathlon | 4,118 | | Selena Popp, Samford | 2018 |

WOMEN'S TEAM CHAMPIONS

| Year | Site | Champion | Year | Site | Champion |
|------|---------------------|-------------------|------|---------------------|------------------|
| 1988 | Johnson City, Tenn. | Appalachian State | 2013 | Winston-Salem, N.C. | Western Carolina |
| 1989 | Johnson City, Tenn. | Appalachian State | 2014 | Winston-Salem, N.C. | Western Carolina |
| 1990 | Lexington, Va. | Appalachian State | 2015 | Birmingham, Ala. | Western Carolina |
| 1991 | Johnson City, Tenn. | Appalachian State | 2016 | Birmingham, Ala. | Samford |
| 1992 | Johnson City, Tenn. | Appalachian State | 2017 | Johnson City, Tenn. | Samford |
| 1993 | Lexington, Va. | Appalachian State | 2018 | Lexington, Va. | Samford |
| 1994 | Johnson City, Tenn. | Appalachian State | 2019 | Lexington, Va. | Samford |
| 1995 | Johnson City, Tenn. | ETSU | 2020 | Lexington, Va. | Samford |
| 1996 | Lexington, Va. | Western Carolina | 2021 | Lexington, Va. | Samford |
| 1997 | Johnson City, Tenn. | Western Carolina | 2022 | Lexington, Va. | Samford |
| 1998 | Johnson City, Tenn. | Chattanooga | 2023 | Lexington, Va. | Samford |
| 1999 | Johnson City, Tenn. | Western Carolina | 2024 | Lexington, Va. | Samford |
| 2000 | Lexington, Va. | Western Carolina | | | |
| 2001 | Johnson City, Tenn. | Appalachian State | | | |
| 2002 | Johnson City, Tenn. | Appalachian State | | | |
| 2003 | Johnson City, Tenn. | Appalachian State | | | |
| 2004 | Johnson City, Tenn. | Appalachian State | | | |
| 2005 | Johnson City, Tenn. | Appalachian State | | | |
| 2006 | Clemson, S.C. | Appalachian State | | | |
| 2007 | Clemson, S.C. | Appalachian State | | | |
| 2008 | Clemson, S.C. | Western Carolina | | | |
| 2009 | Clemson, S.C. | Appalachian State | | | |
| 2010 | Clemson, S.C. | Western Carolina | | | |
| 2011 | Clemson, S.C. | Appalachian State | | | |
| 2012 | Birmingham, Ala | Appalachian State | | | |

| Total team titles | |
|-------------------------|--------|
| Team | Titles |
| Appalachian State | 17 |
| Western Carolina | 9 |
| Samford..... | 9 |
| ETSU | 1 |
| Chattanooga | 1 |

WOMEN'S NCAA CHAMPIONS

| Year | Site | Event | Mark | Name, school |
|------|------------------------|----------|------------------|------------------------|
| 1988 | Oklahoma City, Okla. | Shot put | 16.27m (53-4.50) | Angie Barker, ETSU |
| 2017 | College Station, Texas | Mile run | 4:31.24 | Karisa Nelson, Samford |

WOMEN'S INDIVIDUAL SUPERLATIVES

Coach of the Year

| | |
|------|------------------------------------|
| 1988 | John Weaver, Appalachian State |
| 1989 | John Weaver, Appalachian State |
| 1990 | John Weaver, Appalachian State |
| 1991 | Danny Williamson, Western Carolina |
| 1992 | Danny Williamson, Western Carolina |
| 1993 | Danny Williamson, Western Carolina |
| 1994 | John Weaver, Appalachian State |
| 1995 | Dave Walker, ETSU |
| 1996 | Danny Williamson, Western Carolina |
| 1997 | Danny Williamson, Western Carolina |
| 1998 | Bill Gautier, Chattanooga |
| 1999 | Danny Williamson, Western Carolina |
| 2000 | Danny Williamson, Western Carolina |
| 2001 | John Weaver, Appalachian State |
| 2002 | John Weaver, Appalachian State |
| 2003 | Bill Gautier, Chattanooga |
| 2004 | John Weaver, Appalachian State |
| 2005 | John Weaver, Appalachian State |
| 2006 | John Weaver, Appalachian State |
| 2007 | Danny Williamson, Western Carolina |
| 2008 | Danny Williamson, Western Carolina |
| 2009 | John Weaver, Appalachian State |
| 2010 | Danny Williamson, Western Carolina |
| 2011 | John Weaver, Appalachian State |
| 2012 | John Weaver, Appalachian State |
| 2013 | Danny Williamson, Western Carolina |
| 2014 | Danny Williamson, Western Carolina |
| 2015 | Danny Williamson, Western Carolina |
| 2016 | Rod Tiffin, Samford |
| 2017 | Rod Tiffin, Samford |
| 2018 | Rod Tiffin, Samford |
| 2019 | Rod Tiffin, Samford |
| 2020 | Rod Tiffin, Samford |
| 2021 | Johnny Bomar, Wofford |
| 2022 | Rod Tiffin, Samford |
| 2023 | Rod Tiffin, Samford |
| 2024 | Johnny Bomar, Wofford |

Most Outstanding Athlete

| | |
|------|-------------------------------------|
| 1988 | Lamonda Miller, Appalachian State |
| 1989 | Sabrina Keeton, ETSU |
| 1990 | Monica Teeter, Appalachian State |
| 1991 | Cate Pichon, Furman |
| 1992 | Melissa Morrison, Appalachian State |
| 1993 | Melissa Morrison, Appalachian State |
| 1994 | Shiree Cutts, Furman |
| 1995 | Shelli Clendenon, ETSU |
| 1996 | Heather VandeBrake, Furman |
| 1997 | Daree Thompson, Western Carolina |
| 1998 | Taneisha Robinson, ETSU |
| 1999 | Taniesha Robinson, ETSU |
| 2000 | Rosalyn Hood, Western Carolina |
| 2001 | Tyleana Hanner, Chattanooga |
| 2002 | LaShana Poole, Appalachian State |
| 2008 | Kerrie Savery, Western Carolina |
| 2009 | Lynnndsey Hyter, Georgia Southern |
| 2010 | Jane't Carothers, Western Carolina |
| 2011 | Lynnndsey Hyter, Georgia Southern |
| 2012 | Dena O'Brien, College of Charleston |
| 2013 | Lauren D'Alessio, Samford |
| | Breanna Alston, Appalachian State |
| 2014 | Breanna Alston, Appalachian State |
| 2015 | Xaviera Bass, Western Carolina |
| | Allie Buchalski, Furman |
| 2016 | Allie Buchalski, Furman |
| 2017 | Katrina Seymour, ETSU |
| 2018 | Selena Popp, Samford |
| 2019 | Selena Popp, Samford |
| 2020 | Savannah Carnahan, Furman |
| 2021 | Nicole Johnson, ETSU |

| | |
|------|------------------------------------|
| | Makaila McIntyre, Western Carolina |
| | Netanya Linares, Wofford |
| 2022 | Makaila McIntyre, Western Carolina |
| 2023 | Netanya Linares, Wofford |
| 2024 | Sherika Christie, Wofford |

Most Outstanding Track Performer

| | |
|------|-------------------------------------|
| 2002 | Shannon Wommack, Chattanooga |
| 2003 | Shannon Wommack, Chattanooga |
| 2004 | Shannon Wommack, Chattanooga |
| 2005 | Nettie Halcomb, Chattanooga |
| 2006 | Shannon Wommack, Chattanooga |
| 2007 | Brenna Burns, Davidson |
| 2008 | Kerrie Savery, Western Carolina |
| 2009 | Jane't Carothers, Western Carolina |
| 2010 | Jane't Carothers, Western Carolina |
| 2011 | Jane't Carothers, Western Carolina |
| 2012 | Dena O'Brien, College of Charleston |
| 2013 | Lauren D'Alessio, Samford |
| 2014 | Breanna Alston, Appalachian State |
| 2015 | Allie Buchalski, Furman |
| 2016 | Allie Buchalski, Furman |
| 2017 | Katrina Seymour, ETSU |
| 2018 | Ty-Leah Hampton, Western Carolina |
| 2019 | Karisa Nelson, Samford |
| | McLeod Dean, Wofford |
| 2020 | Savannah Carnahan, Furman |
| 2021 | Nicole Johnson, ETSU |
| 2022 | Madelynn Cadeau, Furman |
| 2023 | Abigail Robertson, Furman |
| 2024 | Jasmine Jefferson, Wofford |

Most Outstanding Field Performer

| | |
|------|---------------------------------------|
| 2002 | LaShana Poole, Appalachian State |
| 2003 | LaShana Poole, Appalachian State |
| 2004 | Ronda White, Appalachian State |
| | Kellie Mitchell, Georgia Southern |
| 2005 | Laura Tieszen, Western Carolina |
| 2006 | Chakosha Lance, College of Charleston |
| 2007 | Nicole Brown, Georgia Southern |
| 2008 | Brittani Williams, Appalachian State |
| 2009 | Lynnndsey Hyter, Georgia Southern |
| 2010 | Lynnndsey Hyter, Georgia Southern |
| | Deirdra Morrison, Western Carolina |
| 2011 | Lynnndsey Hyter, Georgia Southern |
| 2012 | Gayshawna Watkins, Appalachian State |
| 2013 | Alisha Bradshaw, Western Carolina |
| 2014 | Ashley Cope, Samford |
| 2015 | Xaviera Bass, Western Carolina |
| | Alisha Bradshaw, Western Carolina |
| 2016 | Hailey Cook, Western Carolina |
| 2017 | Selena Popp, Samford |
| 2018 | Selena Popp, Samford |
| 2019 | Selena Popp, Samford |
| 2020 | Maggie Johnston, Samford |
| 2021 | Hannah Daffin, Samford |
| 2022 | Netanya Linares, Wofford |
| 2023 | Hannah Daffin, Samford |
| 2024 | Sherika Christie, Wofford |

Freshman of the Year

| | |
|------|-----------------------------------|
| 1992 | Precious Quire, Appalachian State |
| 1993 | Heather VandeBrake, Furman |
| 1994 | Michele Marshall, Chattanooga |
| 1995 | Mary Jane Middlekoop, Chattanooga |
| 1996 | Karen Houston, Appalachian State |
| 1997 | Tyleana Hanner, Chattanooga |
| 1998 | Anna Wright, Chattanooga |

| | |
|------|-------------------------------------|
| 1999 | Virginia LaCombe, Western Carolina |
| 2000 | Andrea Matthews, Appalachian State |
| 2001 | Oddbjorg Haugen, Chattanooga |
| 2002 | Jennifer Claud, Appalachian State |
| 2003 | Rashedah Arnold, Georgia Southern |
| 2004 | Kathleen Turchin, Chattanooga |
| 2005 | Raquel Ramseur, Western Carolina |
| 2006 | Monica Johnson, Appalachian State |
| 2007 | Kristen Meister, Davidson |
| 2008 | Kara Krutchfield, Appalachian State |
| 2009 | Emily Smith, College of Charleston |
| 2010 | Trinity Foreman, Appalachian State |
| 2011 | Breanna Alston, Appalachian State |
| 2012 | Jasmine Walker, Georgia Southern |
| 2013 | Tayla Carter, Western Carolina |
| 2014 | Morgan Johnson, Samford |
| 2015 | Tiana Pisoni, Samford |
| 2016 | Kyra Atkins, ETSU |
| 2017 | Savannah Carnahan, Furman |
| | Presley Weems, Samford |
| 2018 | Krissy Gear, Furman |
| 2019 | Mekayla Brown, ETSU |
| 2020 | Georgia McDevitt, Wofford |
| 2021 | Madeline McNinch, Wofford |
| 2022 | Sierra Bower, Furman |
| 2023 | Jenna Mulhern, Furman |
| 2024 | Sherika Christie, Wofford |

Pinnacle Award

(highest GPA on championship team)

| | |
|------|------------------------|
| 2017 | Bekah Pfitzer, Samford |
| 2018 | Rachel Dixon, Samford |
| 2019 | Bekah Pfitzer, Samford |
| 2020 | Amanda Dumar, Samford |
| 2021 | Amanda Dumar, Samford |
| 2022 | Erin Long, Samford |
| 2023 | Erin Long, Samford |
| 2024 | Grace Lueders, Samford |

WOMEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

| | | | | | |
|-------------|--------------------------------|-------------|--------------------------------|-------------|---------------------------------|
| 2001 | | 2010 | | 2015 | |
| Jan. 17 | Roselin Addo, ETSU | Dec. 8 | Shalyn McMichael, WCU (Track) | Jan. 21 | Tayla Carter, WCU (Track) |
| Jan. 24 | Tyleanna Hanner, UTC | | Tiana Jones, WCU (Field) | | Chenell Bryan, WCU (Field) |
| Jan. 31 | Roselin Addo, ETSU | Jan. 14 | Andrea Kelsey, WOF (Track) | Jan. 28 | Sinead Haughey, FUR (Track) |
| Feb. 7 | Mary Jayne Harrelson, APP | | Whitney Smyre, APP (Field) | | Kristen Brining, SAM (Field) |
| Feb. 14 | Kristen Bowden, APP | Jan. 21 | Ashley McKiver, APP (Track) | Feb. 5 | Tayla Carter, WCU (Track) |
| | | | Julie Ward, APP (Field) | | Chenell Bryan, WCU (Field) |
| 2002 | | Jan. 28 | Katie Hansen, UNCG (Track) | Feb. 12 | Jackie Thompson, CIT (Track) |
| Jan. 16 | Rosalyn Hood, WCU | | Chelsea Taylor, CofC (Field) | | Michaela Birek, WCU (Field) |
| Jan. 23 | Chantelle Vernon, ETSU | Feb. 4 | Micah Wessinger, CIT (Track) | Feb. 18 | Yaa Agyepong-Wiafe, VMI (Track) |
| Jan. 30 | Virginia LaCombe, WCU | | Jelain McArthur, CofC (Field) | | Kerisha Goode, VMI (Field) |
| Feb. 6 | Michelle Velez, WCU | Feb. 11 | Hillary Neal, SAM (Track) | Feb. 25 | Jackie Thompson, CIT (Track) |
| Feb. 13 | Kasola Smith, UTC | | Laura Bedsole, SAM (Field) | | Renee Reives, VMI (Field) |
| Feb. 20 | Suzanne Makinson, APP | Feb. 18 | Hillary Neal, SAM (Track) | | |
| | | | Veronica Day, Elon (Field) | 2016 | |
| 2003 | | Feb. 25 | Jennine Strange, Elon (Track) | Jan. 20 | Tayla Carter, WCU (Track) |
| Jan. 23 | LaShana Poole, APP | | Morgan Tyler, SAM (Field) | | Hailey Cook, WCU (Field) |
| Jan. 29 | Tiffany Pointer, UTC | | | Jan. 27 | None |
| Feb. 5 | Rhonda White, APP | 2011 | | Jan. 27 | Jordan Highsmith, SAM (Field) |
| | | Jan. 26 | Jane't Carothers, WCU (Track) | Feb. 3 | Sarah Sanford, SAM (Track) |
| 2004 | | | Chanelle Terry, SAM (Field) | | Holly Gaines, WCU (Field) |
| Jan. 21 | Rhonda White, APP | Feb. 2 | Breanna Alston, APP (Track) | Feb. 10 | Teghan Henderson, UTC (Track) |
| Jan. 28 | Alison Frese, UTC | | Cassie Crawford, APP (Field) | | Tatiana Taylor, SAM (Field) |
| Feb. 4 | Kellie Mitchell, GSU | Feb. 9 | Dena O'Brien, CofC (Track) | Feb. 17 | Laura Miller, FUR (Track) |
| Feb. 11 | Laura Tieszen, WCU | | Ashley Schnell, UNCG (Track) | | Tiffani Lewis, WCU (Field) |
| Feb. 18 | Rhonda White, APP | | Bianca Harvey, APP (Field) | Feb. 24 | Yaa Agyepong-Wiafe, VMI (Track) |
| Feb. 25 | Nikki Slocumb, GSU | Feb. 16 | Dena O'Brien, CofC (Track) | | Bria Anderson, VMI (Field) |
| | | | Veronica Day, Elon (Field) | | |
| 2005 | | | Lynnsey Hyter, GSU (Field) | 2017 | |
| Jan. 19 | Beverly Burnett, APP | Feb. 23 | Hillary Neal, SAM (Track) | Jan. 19 | Kyrath Atkins, ETSU (Track) |
| Jan. 26 | Leslie Martin, WCU | | Lynnsey Hyter, GSU (Field) | | Hailey Cook, WCU (Field) |
| Feb. 2 | Laura Tieszen, WCU | March 2 | Jane't Carothers, WCU (Track) | Jan. 25 | Allie Buchalski, FUR (Track) |
| Feb. 9 | Raquel Ramseur, WCU | | Lynnsey Hyter, GSU (Field) | | Selena Popp, SAM (Field) |
| Feb. 16 | Paula Moore, APP | | | Feb. 1 | Kerisha Goode, VMI (Track) |
| Feb. 23 | Jennifer Claud, APP | 2012 | | | Tiffani Lewis, WCU (Field) |
| | | Jan. 19 | Ashley Schnell, UNCG (Track) | Feb. 8 | Allie Buchalski, FUR (Track) |
| 2006 | | | Claire Goodson, SAM (Field) | | Meagan Meadow, SAM (Field) |
| Jan. 18 | Alana Black, Elon | Jan. 25 | Shaina Sumney, UNCG (Track) | Feb. 15 | Allie Buchalski, FUR (Track) |
| Jan. 25 | Beverly Burnett, APP | | Emily Allen, SAM (Field) | | Lindsey Kessler, SAM (Field) |
| Feb. 1 | Shannon Wommack, UTC | Feb. 1 | Amanda Sumner, UTC (Track) | Feb. 22 | Bria Anderson, VMI (Track) |
| Feb. 8 | Stephanie McNeill, CIT | | Taylor Wade, GSU (Field) | | Bria Anderson, VMI (Field) |
| Feb. 15 | Chakosha Lance, CofC | Feb. 7 | Dena O'Brien, CofC (Track) | | |
| | | | Gayshawna Watkins, APP (Field) | 2018 | |
| 2007 | | Feb. 15 | Erin Barker, FUR (Track) | Jan. 17 | Ty-Leah Hampton, WCU (Track) |
| Jan. 18 | Vonteena Knotts, APP | | Emily Allen, SAM (Field) | | Erin Hines, SAM (Field) |
| Jan. 23 | Lanni Marchant, UTC | | | Jan. 24 | Karisa Nelson, SAM (Track) |
| Jan. 31 | Brenna Burns, DAV | 2013 | | | Selena Popp, SAM (Field) |
| | Raquel Ramseur, WCU | Jan. 24 | Tayla Carter, WCU (Track) | Jan. 31 | Kyra Atkins, ETSU (Track) |
| | Lanni Marchant, UTC | | RoShani Glover, CofC (Field) | | Autumn James, WCU (Field) |
| Feb. 7 | Lanni Marchant, UTC | Jan. 30 | Amanda Hamilton, APP (Track) | Feb. 7 | Savannah Carnahan, FUR (Track) |
| Feb. 14 | Stephanie McNeill, CIT | | Ana DeLeon, APP (Field) | | Simone Williams, WCU (Field) |
| | | Feb. 6 | Lauren D'Alessio, SAM (Track) | Feb. 14 | Kyra Atkins, ETSU (Track) |
| 2008 | | | Megan Kirschling, Elon (Field) | | Simone Williams, WCU (Field) |
| Jan. 28 | Danielle Thorpe, APP | Feb. 13 | Chelsea Sumney, UNCG (Track) | Feb. 21 | Krissy Gear, FUR (Track) |
| Jan. 31 | Brenna Burns, DAV | | Aschah Brice, WCU (Field) | | Bria Anderson, VMI (Field) |
| Feb. 7 | Emily Wood, UTC | Feb. 20 | Sydney Griffin, Elon (Track) | | |
| Feb. 13 | Brittani Williams, APP | | Brianna Tate, APP (Field) | 2019 | |
| Feb. 22 | Kerrie Savery, WCU | Feb. 27 | Lauren D'Alessio, SAM (Track) | Jan. 17 | Karisa Nelson, SAM (Track) |
| | | | Alisha Bradshaw, WCU (Field) | | Jackie Barnes, SAM (Field) |
| 2009 | | 2014 | | Jan. 23 | Karisa Nelson, SAM (Track) |
| Jan. 21 | Jane't Carothers, WCU (Track) | Jan. 22 | Teghan Henderson, UTC (Track) | | Sarah Leckman, VMI (Field) |
| | Rebecca Hazeltine, APP (Field) | | Chenell Bryan, WCU (Field) | Jan. 30 | Karisa Nelson, SAM (Track) |
| Jan. 29 | Meg Gaffney, APP (Track) | Jan. 29 | Grace Tinkey, FUR (Track) | | Victoria Solheim, WCU (Field) |
| | Emily Smith, CofC (Field) | | Michaela Birek, WCU (Field) | Feb. 6 | Hannah Steelman, WOF (Track) |
| Feb. 5 | Felicia Paulding, WCU (Track) | Feb. 5 | Genevieve Emrick, WCU (Track) | | Maggie Johnston, SAM (Field) |
| | Danielle Thorpe, APP (Field) | | Makayla Roten, APP (Field) | Feb. 13 | Savannah Carnahan, FUR (Track) |
| Feb. 12 | Annelia Uys, UTC (Track) | | Grace Tinkey, FUR (Track) | | Mekayla Brown, ETSU (Field) |
| | Rebecca Hazeltine, APP (Field) | Feb. 12 | Ashley Cope, SAM (Field) | Feb. 20 | Ariana Ruffin, VMI (Track) |
| Feb. 19 | Meg Gaffney, APP (Track) | | Tayla Carter, WCU (Track) | | No nominees |
| | Lynnsey Hyter, GSU (Field) | Feb. 19 | Nicole Charley, SAM (Field) | | |
| Feb. 26 | Megan Jenkins, CIT (Track) | Feb. 26 | Sydney Griffin, Elon (Track) | | |
| | Mary Angela Brown, SAM (Field) | | Makayla Roten, APP (Field) | | |

WOMEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

2020
 Jan. 16 Makaila McIntyre, WCU (Track)
 Georgia McDevitt, WOF (Field)
 Jan. 22 McKenzie Hogue, SAM (Track)
 Sarah Leckman, VMI (Field)
 Jan. 29 Mekayla Brown, ETSU (Track)
 Megan Dunn, WOF (Field)
 Feb. 5 Gabbi Jennings, FUR (Track)
 Maggie Johnston, SAM (Field)
 Feb. 12 Gabbi Jennings, FUR (Track)
 Rachel Rouse, WCU (Field)
 Feb. 19 Gabbi Jennings, FUR (Track)
 Maggie Johnston, SAM (Field)
 Feb. 26 Ahliyah Williams, VMI (Track)
 McKenna Dunn, VMI (Field)

2021
 Jan. 27 Megan Marvin, FUR (Track)
 Madeline McNinch, WOF (Field)
 Feb. 3 Ariana Ruffin, VMI (Track)
 Megan Dunn, WOF (Field)
 Feb. 10 Emma Kuntz, FUR (Track)
 Morayo Bhadmos, SAM (Field)
 Feb. 17 Madelynne Cadeau, FUR (Track)
 Hannah Daffin, SAM (Field)
 Feb. 24 Emma Kuntz, FUR (Track)
 None selected (Field)

2022
 Jan. 19 Megan Marvin, FUR (Track)
 Symphony Buxton, ETSU (Field)
 Jan. 26 Lesley Green, UTC (Track)
 Brittany Bishop, SAM (Field)
 Feb. 2 Megan Marvin, FUR (Track)
 Carisma Holland, CIT (Field)
 Feb. 9 Genevieve Schwarz, ETSU (Track)
 Carisma Holland, CIT (Field)
 Feb. 16 Megan Marvin, FUR (Track)
 Brittany Bishop, SAM (Field)
 Feb. 23 Ariana Garcia, UNCG (Track)
 Carisma Holland, CIT (Field)

2023
 Jan. 18 Kaylie Armitage, FUR (Track)
 Brittany Bishop, SAM (Field)
 Jan. 25 Megan Marvin, FUR (Track)
 Imani Boyd, WCU (Field)
 Feb. 1 Megan Marvin, FUR (Track)
 Eleyah Armstrong, VMI (Field)
 Feb. 8 Nytrinitley Jenkins, WCU (Track)
 Hannah Daffin, SAM (Field)
 Feb. 15 Jenna Mulhern, FUR (Track)
 Dorsey Parker, SAM (Field)
 Feb. 22 Mecca Jackson, CIT (Track)
 Blythe Hehmeyer, CIT (Field)

2024
 Jan. 17 Ella Tennent, WOF (Track)
 Hannah Daffin, SAM (Field)
 Jan. 24 Sierra Bower, FUR (Track)
 Sherika Christie, WOF (Field)
 Jan. 31 Lily Feingold, FUR (Track)
 Diana Romero-Barba, ETSU (Field)
 Feb. 7 Amiel Dabney, SAM (Track)
 Olivia Bagg, WOF (Field)
 Feb. 14 Lesley Green-Boyd, CHATT (Track)
 Sherika Christie, WOF (Field)
 Feb. 21 Camryn Wennersten, FUR (Track)
 Karmen Willaims, CIT (Field)

Repeat selections

Six times
 Megan Marvin, FUR, 2021-23

Five times
 Tayla Carter, WCU, 2013-16

Four times
 Lynnndsey Hyter, GSU, 2009, '11
 Bria Anderson, VMI, 2016-18
 Karisa Nelson, SAM, 2018-19

Three times
 Rhonda White, APP, 2003-04
 Hillary Neal, SAM, 2010-11
 Jane't Carothers, WCU, 2009, '11
 Dena O'Brien, CofC, 2011-12
 Chenell Bryan, WCU, 2014-15
 Allie Buchalski, FUR, 2016-17
 Kyra Atkins, ETSU, 2017-18
 Gabbi Jennings, FUR, 2020

Maggie Johnston, SAM, 2019-20
 Carisma Holland, CIT, 2022
 Brittany Bishop, SAM, 2022-23

Two times
 Roselin Addo, ETSU, 2001
 Laura Tieszen, WCU, 2004-05
 Beverly Burnett, APP, 2005-06
 Raquel Ramseur, WCU, 2005, '07
 Lanni Marchant, UTC, 2007
 Stephanie McNeill, CIT, 2006-07
 Brenna Burns, DAV, 2007-08
 Danielle Thorpe, APP, 2008-09
 Rebecca Hazeltine, APP, 2009
 Meg Gaffney, APP, 2009
 Veronica Day, Elon, 2010-11
 Ashley Schnell, UNCG, 2011-12
 Emily Allen, SAM, 2012
 Lauren D'Alessio, SAM, 2013
 Grace Tinkey, FUR, 2014

Sydney Griffin, Elon, 2013-14
 Makayla Roten, APP, 2014
 Michaela Birek, WCU, 2014-15
 Jackie Thompson, CIT, 2015
 Teghan Henderson, UTC, 2014, '16
 Yaa Agyepong-Wiafe, VMI, 2015-16
 Selena Popp, SAM, 2017-18
 Simone Williams, WCU, 2018
 Savannah Carnahan, FUR, 2018-19
 Sarah Leckman, VMI, 2019-20
 Mekayla Brown, ETSU, 2019-20
 Ariana Ruffin, VMI, 2019, '21
 Megan Dunn, WOF, 2020-21
 Emma Kuntz, FUR, 2021
 Hannah Daffin, SAM, 2021, '23
 Sherika Christie, WOF, 2024

WOMEN'S SOUTHERN CONFERENCE HONORS

Athlete of the Month

| | |
|-------------|---|
| 2008 | |
| January | Danielle Thorpe, APP |
| 2009 | |
| January | Jane't Carothers, WCU (Track) Emily Smith, CofC (Field) |
| February | Meg Gaffney, APP (Track) Lynnsey Hyter, GSU (Field) |
| 2010 | |
| January | Katie Hansen, UNCG (Track) Whitney Smyre, APP (Field) |
| 2011 | |
| January | Jane't Carothers, WCU (Track) Cassie Crawford, APP (Field) |
| February | Dena O'Brien, CofC (Track) Lynnsey Hyter, GSU (Field) |
| 2012 | |
| January | Ashley Schnell, UNCG (Track) |
| February | Dena O'Brien, CofC (Track) |
| 2013 | |
| January | Tayla Carter, WCU (Track) Roshani Glover, CofC (Field) |
| February | Lauren D'Alessio, SAM (Track) Alisha Bradshaw, WCU (Field) |
| 2014 | |
| January | Teghan Henderson, UTC (Track) Ashley Cope, SAM (Field) |
| February | Breanna Alston, APP (Track) Ashley Cope, SAM (Field) |
| 2015 | |
| January | Tayla Carter, WCU (Track) Chenell Bryan, WCU (Field) |
| February | Allie Buchalski, FUR (Track) Xaviera Bass, WCU (Field) |
| 2016 | |
| January | Tayla Carter, WCU (Track) Hailey Cook, WCU (Field) |
| February | Allie Buchalski, FUR (Track) Hailey Cook, WCU (Field) |
| 2017 | |
| January | Katrina Seymour, ETSU (Track) Hailey Cook, WCU (Field) |
| February | Karisa Nelson, SAM (Track) Selena Popp, SAM (Field) |
| 2018 | |
| January | Karisa Nelson, SAM (Track) Selena Popp, SAM (Field) |
| February | Ty-Leah Hampton, WCU (Track) Selena Popp, SAM (Field) |
| 2019 | |
| January | Karisa Nelson, SAM (Track) Victoria Solheim, WCU (Field) |
| February | Karisa Nelson, SAM (Track) Mekayla Brown, ETSU (Field) |
| 2020 | |
| January | Gabbi Jennings, FUR (Track) Georgia McDevitt, WOF (Field) |
| February | Gabbi Jennings, FUR (Track) Maggie Johnston, SAM (Field) |

| | |
|-------------|---|
| 2021 | |
| January | Ariana Ruffin, VMI (Track) Megan Dunn, WOF (Field) |
| February | Madelyne Cadeau, FUR (Track) Hannah Daffin, SAM (Field) |
| 2022 | |
| January | Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field) |
| February | Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field) |
| 2023 | |
| January | Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field) |
| February | Jenna Mulhern, FUR (Track) Hannah Daffin, SAM (Field) |
| 2024 | |
| January | Megan Marvin, FUR (Track) Sherika Christie, WOF (Field) |
| February | Megan Marvin, FUR (Track) Diana Romero-Barba, ETSU (Field) |

Repeat selections

Five times

Megan Marvin, FUR, 2022-24

Four times

Karisa Nelson, SAM, 2017-19

Three times

Tayla Carter, WCU, 2013, '15-16

Hailey Cook, WCU, 2016-17

Selena Popp, SAM, 2017-18

Brittany Bishop, SAM, 2022-23

Two times

Jane't Carothers, WCU, 2009, '11

Lynnsey Hyter, GSU, 2009, '11

Dena O'Brien, CofC, 2011-12

Ashley Cope, SAM, 2014

Allie Buchalski, FUR, 2015-16

Gabbi Jennings, FUR, 2020

WOMEN'S CHAMPIONSHIP MEET RESULTS

| | | | | | | | | | | | | |
|-------------|-------------------|-------|-------------|-----------------------|-------------------|-------------|-----------------------|-----------------------|-------------|-----------------------|-----------------------|----|
| 1988 | Appalachian State | 196 | 1998 | Chattanooga | 141 | 2005 | Appalachian State | 161.83 | 2011 | Appalachian State | 185 | |
| | ETSU | 74.5 | | ETSU | 131 | | Western Carolina | 152.5 | | Western Carolina | 110.5 | |
| | Marshall | 48 | | Western Carolina | 84 | | Georgia Southern | 125.5 | | Georgia Southern | 97 | |
| | Western Carolina | 41 | | Appalachian State | 82 | | Chattanooga | 75.5 | | Elon | 84 | |
| | Chattanooga | 22 | | Furman | 17 | | ETSU | 54 | | Samford | 62.5 | |
| | Furman | 14 | | Davidson | 9 | | Elon | 27.33 | | College of Charleston | 49 | |
| | Davidson | 6.5 | | Wofford | 0 | | College of Charleston | 23.33 | | UNCG | 31 | |
| | | | | The Citadel | NTS | | Furman | 23 | | Furman | 21 | |
| | | | | VMI | NTS | | Davidson | 9 | | The Citadel | 13 | |
| 1989 | Appalachian State | 215 | 1999 | Western Carolina | 169 | 2006 | Appalachian State | 148.5 | 2012 | Appalachian State | 157.16 | |
| | ETSU | 99 | | Appalachian State | 149 | | Western Carolina | 122 | | Western Carolina | 113 | |
| | Marshall | 68 | | Chattanooga | 118 | | Georgia Southern | 118 | | Georgia Southern | 92 | |
| | Chattanooga | 31 | | ETSU | 100.5 | | Chattanooga | 108 | | Samford | 85 | |
| | Western Carolina | 18 | | Furman | 43.5 | | Furman | 42 | | Elon | 72.33 | |
| | Furman | 0 | | VMI | 25 | | Elon | 40 | | College of Charleston | 59 | |
| | | | | Davidson | 11 | | College of Charleston | 26.5 | | UNCG | 36 | |
| 1990 | Appalachian State | 236 | | Wofford | 4 | | The Citadel | 25 | | Davidson | 17 | |
| | Marshall | 68 | | The Citadel | 3 | | Davidson | 22 | | Chattanooga | 12 | |
| | Western Carolina | 56 | 2000 | Western Carolina | 145.5 | | UNCG | 8 | | Wofford | 9.5 | |
| | ETSU | 32 | | Appalachian State | 119 | 2007 | Appalachian State | 161 | | The Citadel | 9 | |
| | Chattanooga | 26 | | Chattanooga | 86 | | Western Carolina | 159.5 | | Davidson | 1 | |
| | Furman | 18 | | ETSU | 71 | | Georgia Southern | 122.5 | 2013 | Western Carolina | 149 | |
| 1991 | Appalachian State | 185 | | Georgia Southern | 30 | | Chattanooga | 46 | | Appalachian State | 143.5 | |
| | Western Carolina | 81 | | Furman | 21.5 | | Furman | 42 | | Samford | 139 | |
| | Chattanooga | 56 | | VMI | 11 | | Elon | 40 | | Elon | 81 | |
| | Marshall | 48 | | UNCG | 8 | | The Citadel | 38 | | Georgia Southern | 70.5 | |
| | Furman | 34 | | The Citadel | 4 | | Davidson | 37 | | The Citadel | 21 | |
| | ETSU | 29 | | 2001 | Appalachian State | 130 | | College of Charleston | 16 | | College of Charleston | 18 |
| 1992 | Appalachian State | 156 | | Western Carolina | 128 | 2008 | Western Carolina | 172 | | Chattanooga | 13 | |
| | Western Carolina | 82 | | Chattanooga | 101 | | Appalachian State | 167 | | UNCG | 9 | |
| | Chattanooga | 60 | | ETSU | 52 | | Georgia Southern | 120 | | Wofford | 8 | |
| | Marshall | 47 | | Furman | 36 | | Chattanooga | 78 | | Davidson | 7 | |
| | ETSU | 38 | | Georgia Southern | 19 | | Elon | 35 | | Furman | 4 | |
| | Furman | 23 | | VMI | 16 | | Davidson | 32 | 2014 | Western Carolina | 132 | |
| | Davidson | 17 | | UNCG | 8 | | College of Charleston | 23 | | Appalachian State | 120.5 | |
| 1993 | Appalachian State | 154 | | The Citadel | 4 | | The Citadel | 22 | | Georgia Southern | 119 | |
| | Western Carolina | 91 | | Davidson | 2 | | Furman | 14 | | Samford | 113.5 | |
| | Furman | 64 | 2002 | Appalachian State | 139 | 2009 | Appalachian State | 211 | | Elon | 88 | |
| | ETSU | 46 | | Western Carolina | 111 | | Western Carolina | 135 | | Chattanooga | 22 | |
| | Chattanooga | 41 | | Chattanooga | 96 | | Georgia Southern | 93 | | UNCG | 18 | |
| | Marshall | 37 | | Georgia Southern | 69 | | Samford | 78 | | Furman | 17 | |
| | Davidson | 1 | | ETSU | 52 | | College of Charleston | 44 | | Davidson | 16 | |
| 1994 | Appalachian State | 156 | | UNCG | 17 | | Chattanooga | 42 | | The Citadel | 10 | |
| | Western Carolina | 73 | | Furman | 7 | | Elon | 36 | | Wofford | 3 | |
| | ETSU | 63 | | VMI | 3 | | Furman | 11 | 2015 | Western Carolina | 226 | |
| | Chattanooga | 55 | | Davidson | 2 | | Davidson | 8 | | Samford | 155 | |
| | Furman | 54 | 2003 | Appalachian State | 186.5 | | The Citadel | 3 | | ETSU | 96 | |
| | Marshall | 31 | | Chattanooga | 158.5 | | UNCG | 1 | | Furman | 83 | |
| | Davidson | 2 | | Georgia Southern | 97 | | Wofford | 0 | | Chattanooga | 46 | |
| 1995 | ETSU | 114 | | Western Carolina | 78 | 2010 | Western Carolina | 174.5 | | The Citadel | 24 | |
| | Western Carolina | 94 | | ETSU | 40 | | Appalachian State | 122 | | VMI | 23 | |
| | Appalachian State | 92 | | Furman | 24 | | Georgia Southern | 95 | | Wofford | 5 | |
| | Furman | 63 | | Davidson | 7 | | Samford | 77 | | UNCG | 5 | |
| | Chattanooga | 43 | | College of Charleston | 6 | | Elon | 70 | 2016 | Samford | 216 | |
| | Marshall | 26 | | The Citadel | 2 | | College of Charleston | 38.5 | | Western Carolina | 164 | |
| | Davidson | 2 | | UNCG | 1 | | Chattanooga | 25 | | ETSU | 84.50 | |
| 1996 | Western Carolina | 127.5 | | 2004 | Appalachian State | 222 | | The Citadel | 25 | | Furman | 80 |
| | ETSU | 108 | | Chattanooga | 138.5 | | Furman | 23 | | VMI | 50.50 | |
| | Appalachian State | 96 | | Georgia Southern | 105 | | Davidson | 12 | | Chattanooga | 34 | |
| | Furman | 64.5 | | Western Carolina | 72 | | UNCG | 0 | | Wofford | 20 | |
| | Chattanooga | 44 | | ETSU | 69.5 | | Wofford | 0 | | UNCG | 9 | |
| | Marshall | 17 | | College of Charleston | 23 | | | | | The Citadel | 5 | |
| | Davidson | 7 | | Elon | 16 | | | | | | | |
| 1997 | Western Carolina | 143 | | Furman | 12 | | | | | | | |
| | Chattanooga | 87 | | Davidson | 3 | | | | | | | |
| | Appalachian State | 81.33 | | The Citadel | 1 | | | | | | | |
| | ETSU | 80.33 | | | | | | | | | | |
| | Marshall | 42.33 | | | | | | | | | | |
| | Furman | 28 | | | | | | | | | | |
| | Davidson | 3 | | | | | | | | | | |

WOMEN'S CHAMPIONSHIP MEET RESULTS

| | | |
|-------------|------------------|--------|
| 2017 | Samford | 208 |
| | Western Carolina | 151.5 |
| | ETSU | 107.5 |
| | Furman | 97 |
| | VMI | 47 |
| | Wofford | 29 |
| | Chattanooga | 9 |
| | UNCG | 7 |
| | The Citadel | 6 |
| 2018 | Samford | 161 |
| | Western Carolina | 150 |
| | Furman | 107 |
| | ETSU | 103 |
| | Wofford | 67 |
| | VMI | 48 |
| | The Citadel | 16 |
| | Chattanooga | 6 |
| | UNCG | 4 |
| 2019 | Samford | 172 |
| | Western Carolina | 140 |
| | ETSU | 104 |
| | Furman | 91 |
| | Wofford | 78 |
| | VMI | 46 |
| | Chattanooga | 27 |
| | The Citadel | 5 |
| | UNCG | 0 |
| 2020 | Samford | 177.5 |
| | ETSU | 134 |
| | Furman | 109 |
| | Wofford | 97.5 |
| | Western Carolina | 78 |
| | VMI | 45 |
| | Chattanooga | 10 |
| | The Citadel | 9 |
| | UNCG | 3 |
| 2021 | Samford | 155.5 |
| | Wofford | 131 |
| | ETSU | 125.5 |
| | Furman | 102 |
| | Western Carolina | 94 |
| | VMI | 36 |
| | Chattanooga | 12 |
| | The Citadel | 6 |
| | UNCG | 1 |
| 2022 | Samford | 161.5 |
| | ETSU | 146.5 |
| | Western Carolina | 107.5 |
| | Wofford | 104 |
| | Furman | 92 |
| | VMI | 20.5 |
| | The Citadel | 19 |
| | Chattanooga | 10 |
| | UNCG | 2 |
| 2023 | Samford | 183.33 |
| | Wofford | 120 |
| | ETSU | 84 |
| | Furman | 82 |
| | Western Carolina | 82 |
| | The Citadel | 49.33 |
| | VMI | 38.33 |
| Chattanooga | 20 | |
| 2024 | Samford | 160.5 |
| | Wofford | 117 |
| | Furman | 92 |
| | Western Carolina | 83.66 |
| | ETSU | 70 |
| | VMI | 68.5 |
| | Chattanooga | 37 |
| | The Citadel | 30.33 |
| | UNCG | 3 |

WOMEN'S INDIVIDUAL CHAMPIONS

60-meter dash

| | |
|-------------|-----------------------------------|
| 2004 | Chantelle Vernon, ETSU, 7.54 |
| 2005 | Nicole Brown, GSU, 7.43 |
| 2006 | Tangelia Johnson, WCU, 7.48 |
| 2007 | Nicole Brown, GSU, 7.60 |
| 2008 | Tangelia Johnson, WCU, 7.57 |
| 2009 | Felicia Paulding, WCU, 7.62 |
| 2010 | Ashley McKiver, APP, 7.62 |
| 2011 | Breanna Alston, APP, 7.58 |
| 2012 | Ebony Carter, GSU, 7.56 |
| 2013 | Tayla Carter, WCU, 7.45 |
| 2014 | Tayla Carter, WCU, 7.45 |
| 2015 | Tayla Carter, WCU, 7.49 |
| 2016 | Tayla Carter, WCU, 7.43 |
| 2017 | Katrina Seymour, ETSU, 7.57 |
| 2018 | Ty-Leah Hampton, WCU, 7.43 |
| 2019 | McLeod Dean, WOF, 7.52 |
| 2020 | Nicole Johnson, ETSU, 7.40 |
| 2021 | Nicole Johnson, ETSU, 7.43 |
| 2022 | Nicole Johnson, ETSU, 7.52 |
| 2023 | Eleyah Armstrong, VMI, 7.56 |
| 2024 | Eleyah Armstrong, VMI, 7.44 |

200-meter dash

| | |
|-------------|-----------------------------------|
| 1988 | Lamonda Miller, APP, 24.06 |
| 1989 | Lamonda Miller, APP, 23.84 |
| 1990 | Stethane Pipkins, APP, 25.83 |
| 1991 | Lynette Gardin, APP, 24.99 |
| 1992 | Lynette Gardin, APP, 24.93 |
| 1993 | Melissa Morrison, APP, 25.69 |
| 1994 | Shiree Cutts, FUR, 24.66 |
| 1995 | Shelli Clendenon, ETSU, 24.60 |
| 1996 | Salima Fountain, FUR, 25.87 |
| 1997 | Daree Thompson, WCU, 24.89 |
| 1998 | Rashida Dodson, UTC, 24.39 |
| 1999 | Tyleana Hanner, UTC, 25.80 |
| 2000 | Shonte' Pinkston, APP, 26.36 |
| 2001 | Shonte' Pinkston, APP, 24.63 |
| 2002 | Ronetta Burgess, WCU, 24.64 |
| 2003 | Rashedah Arnold, GSU, 24.42 |
| 2004 | Jennifer Claud, APP, 24.59 |
| 2005 | Nicole Brown, GSU, 24.33 |
| 2006 | Raquel Ramseur, WCU, 24.51 |
| 2007 | Nicole Brown, GSU, 24.43 |
| 2008 | Raquel Ramseur, WCU, 24.87 |
| 2009 | Felicia Paulding, WCU, 24.82 |
| 2010 | Jane't Carothers, WCU, 24.94 |
| 2011 | Breanna Alston, APP, 24.48 |
| 2012 | Breanna Alston, APP, 24.31 |
| 2013 | Breanna Alston, APP, 24.38 |
| 2014 | Breanna Alston, APP, 24.42 |
| 2015 | Tayla Carter, WCU, 24.46 |
| 2016 | Tayla Carter, WCU, 24.15 |
| 2017 | Katrina Seymour, ETSU, 24.32 |
| 2018 | Ty-Leah Hampton, WCU, 24.07 |
| 2019 | McLeod Dean, WOF, 24.28 |
| 2020 | Hannah Leuders, SAM, 24.47 |
| 2021 | Nicole Johnson, ETSU, 24.37 |
| 2022 | Madeline McNinch, WOF, 24.52 |
| 2023 | Madeline McNinch, WOF, 24.70 |
| 2024 | Jasmine Jefferson, WOF, 24.13 |

400-meter dash

| | |
|------|-------------------------------|
| 1988 | Melissia Rogers, APP, 58.39 |
| 1989 | April Via, ETSU, 58.28 |
| 1990 | Monica Teeter, APP, 59.17 |
| 1991 | Tega Crawford, WCU, 59.04 |
| 1992 | Lynette Gardin, APP, 56.55 |
| 1993 | Joy Davis, WCU, 60.09 |
| 1994 | Shiree Cutts, FUR, 55.88 |
| 1995 | Angela Rowe, WCU, 54.64 |
| 1996 | Andrea Shropshire, UTC, 58.95 |
| 1997 | Salima Fountain, FUR, 56.47 |
| 1998 | Keeya McManus, WCU, 57.14 |
| 1999 | Shawnta Person, WCU, 59.20 |
| 2000 | Rosaline Addo, ETSU, 56.33 |

| | |
|-------------|--------------------------------------|
| 2001 | Rosaline Addo, ETSU, 56.92 |
| 2002 | Jennifer Howard, ETSU, 56.95 |
| 2003 | Tiffany Pointer, UTC, 56.97 |
| 2004 | Marlo Mincey, GSU, 55.6 |
| 2005 | Nichola Cornish, ETSU, 56.21 |
| 2006 | Raquel Ramseur, WCU, 56.24 |
| 2007 | Raquel Ramseur, WCU, 56.33 |
| 2008 | Raquel Ramseur, WCU, 56.65 |
| 2009 | Jane't Carothers, WCU, 56.06 |
| 2010 | Jane't Carothers, WCU, 56.05 |
| 2011 | Jane't Carothers, WCU, 55.34 |
| 2012 | Felisha Garren, WCU, 54.61 |
| 2013 | Breanna Alston, APP, 56.70 |
| 2014 | Genevieve Emrick, WCU, 55.62 |
| 2015 | Genevieve Emrick, WCU, 55.44 |
| 2016 | Katrina Seymour, ETSU, 55.12 |
| 2017 | Katrina Seymour, ETSU, 55.91 |
| 2018 | Allison Holland, SAM, 55.62 |
| 2019 | Kellsie Whitehead, WCU, 55.69 |
| 2020 | Ahlyiah Williams, VMI, 56.66 |
| 2021 | Ariana Ruffin, VMI, 56.74 |
| 2022 | Mekyll Robinson, WCU, 56.72 |
| 2023 | Jasmine Jefferson, WOF, 56.16 |
| 2024 | Jasmine Jefferson, WOF, 54.22 |

800-meter run

| | |
|-------------|------------------------------------|
| 1988 | Debbie Dukes, MAR, 2:16.86 |
| 1989 | Sabrina Keeton, ETSU, 2:19.93 |
| 1990 | Jennifer Bowers, APP, 2:18.59 |
| 1991 | Jennifer Bowers, APP, 2:13.67 |
| 1992 | Susie Gardner, WCU, 2:17.21 |
| 1993 | Sarah Crandall, MAR, 2:20.08 |
| 1994 | Sarah Crandall, MAR, 2:16.10 |
| 1995 | Michelle Gregg, ETSU, 2:12.98 |
| 1996 | Michelle Gregg, ETSU, 2:15.8 |
| 1997 | Mary Jayne Harrelson, APP, 2:13.30 |
| 1998 | Mary Jayne Harrelson, APP, 2:10.54 |
| 1999 | Mary Jayne Harrelson, APP, 2:15.91 |
| 2000 | Lauren Campbell, ETSU, 2:12.96 |
| 2001 | Mary Jayne Harrelson, APP, 2:08.40 |
| 2002 | Katie Sujkowski, APP, 2:13.29 |
| 2003 | Katie Sujkowski, APP, 2:19.45 |
| 2004 | Kim Simmons, ETSU, 2:14.55 |
| 2005 | Leslie Martin, WCU, 2:14.81 |
| 2006 | Shannon Wommack, UTC, 2:15.27 |
| 2007 | Kerri Savery, WCU, 2:12.83 |
| 2008 | Kerri Savery, WCU, 2:12.26 |
| 2009 | Monique Ositelu, FUR, 2:15.98 |
| 2010 | Micah Wessinger, CIT, 2:16.10 |
| 2011 | Hillary Neal, SAM, 2:10.42 |
| 2012 | Marie Demedicis, SAM, 2:12.90 |
| 2013 | Marie Demedicis, SAM, 2:11.20 |
| 2014 | Sherril McFarlane, GSU, 2:10.54 |
| 2015 | Marie DeMedicis, SAM, 2:11.58 |
| 2016 | Maddison Melchionna, UTC, 2:12.38 |
| 2017 | Presley Weems, SAM, 2:13.91 |
| 2018 | Krissy Gear, FUR, 2:10.28 |
| 2019 | Karisa Nelson, SAM, 2:06.10 |
| 2020 | Emma Kuntz, FUR, 2:07.68 |
| 2021 | Megan Marvin, FUR, 2:07.72 |
| 2022 | Megan Marvin, FUR, 2:05.68 |
| 2023 | Megan Marvin, FUR, 2:06.25 |
| 2024 | Megan Marvin, FUR, 2:08.85 |

Mile run

| | |
|------|----------------------------------|
| 1988 | Sabrina Keeton, ETSU, 5:10.33 |
| 1989 | Sabrina Keeton, ETSU, 5:02.02 |
| 1990 | Traci McIntyre, APP, 5:12.61 |
| 1991 | Monica Lambert, UTC, 5:04.60 |
| 1992 | Susie Gardner, WCU, 5:04.59 |
| 1993 | Heather VandeBrake, FUR, 5:06.10 |
| 1994 | Jennel Walby, ETSU, 5:09.09 |
| 1995 | Heather VandeBrake, FUR, 4:58.87 |
| 1996 | Heather VandeBrake, FUR, 5:06.8 |
| 1997 | Valerie Urchison, ETSU, 5:02.46 |
| 1998 | Valerie Urchison, ETSU, 4:53.37 |

| | |
|-------------|------------------------------------|
| 1999 | Mary Jayne Harrelson, APP, 4:57.17 |
| 2000 | Becky Slick, UTC, 5:04.25 |
| 2001 | Mary Jayne Harrelson, APP, 4:59.20 |
| 2002 | Katie Sujkowski, APP, 5:07.96 |
| 2003 | Shannon Wommack, UTC, 4:58.90 |
| 2004 | Shannon Wommack, UTC, 4:55.61 |
| 2005 | Nettie Halcomb, UTC, 5:04.99 |
| 2006 | Shannon Wommack, UTC, 4:48.09 |
| 2007 | Meghan Gaffney, APP, 5:00.88 |
| 2008 | Kerri Savery, WCU, 5:04.26 |
| 2009 | Hillary Neal, SAM, 4:59.19 |
| 2010 | Hillary Neal, SAM, 4:49.52 |
| 2011 | Lauren D'Alessio, SAM, 4:59.79 |
| 2012 | Ashley Schnell, UNCG, 4:46.42 |
| 2013 | Lauren D'Alessio, SAM, 4:57.60 |
| 2014 | Lauren D'Alessio, SAM, 4:58.51 |
| 2015 | Allie Buchalski, FUR, 4:58.17 |
| 2016 | Allie Buchalski, FUR, 4:51.84 |
| 2017 | Karisa Nelson, SAM, 4:43.96 |
| 2018 | Krissy Gear, FUR, 4:52.34 |
| 2019 | Karisa Nelson, SAM, 4:38.23 |
| 2020 | Gabbi Jennings, APP, 4:50.77 |
| 2021 | Genevieve Schwarz, ETSU, 5:01.46 |
| 2022 | Genevieve Schwarz, ETSU, 4:51.72 |
| 2023 | Genevieve Schwarz, ETSU, 4:46.22 |
| 2024 | Abigail Robertson, FUR, 4:47.56 |

3,000-meter run

| | |
|-------------|--|
| 1988 | Emily Romines, UTC, 10:27.13 |
| 1989 | Whitney Ball, APP, 9:48.61 |
| 1990 | Whitney Ball, APP, 9:57.28 |
| 1991 | Cate Pichon, FUR, 10:03.84 |
| 1992 | Lucie Mayes, UTC, 9:59.51 |
| 1993 | Gail Pennachio, FUR, 10:08.50 |
| 1994 | Michele Marshall, UTC, 10:09.02 |
| 1995 | Mary Jane Middlekoop, UTC, 10:12.55 |
| 1996 | Heather VandeBrake, FUR, 10:06.1 |
| 1997 | Mary Jane Middlekoop, UTC, 10:13.25 |
| 1998 | Catherine Berry, ETSU, 9:49.73 |
| 1999 | Amanda Lynch, UTC, NT |
| 2000 | Amanda Lynch, UTC, 9:45.31 |
| 2001 | Jill Braley, FUR, 10:08.58 |
| 2002 | Shannon Wommack, UTC, 10:29.43 |
| 2003 | Shannon Wommack, UTC, 10:10.56 |
| 2004 | Shannon Wommack, UTC, 9:52.87 |
| 2005 | Nettie Halcomb, UTC, 10:05.70 |
| 2006 | Shannon Wommack, UTC, 9:34.01 |
| 2007 | Brenna Burns, DAV, 9:53.83 |
| 2008 | Shelley Taylor, UTC, 10:05.02 |
| 2009 | Meghan Gaffney, APP, 9:47.21 |
| 2010 | Trinity Foreman, APP, 10:09.73 |
| 2011 | Ashley Schnell, UNCG, 9:52.39 |
| 2012 | Dena O'Brien, CoFC, 9:38.11 |
| 2013 | Lauren D'Alessio, SAM, 9:51.06 |
| 2014 | Allyson Oram, Elon, 9:34.97 |
| 2015 | Sinead Haughey, FUR, 9:27.51 |
| 2016 | Allie Buchalski, FUR, 9:55.05 |
| 2017 | Karisa Nelson, SAM, 9:34.87 |
| 2018 | Emma Grace Hurley, FUR, 9:54.74 |
| 2019 | Savannah Carnahan, FUR, 9:11.04 |
| 2020 | Hannah Steelman, WOF, 9:14.48 |
| 2021 | Madelynn Cadeau, FUR, 9:31.01 |
| 2022 | Madelynn Cadeau, FUR, 9:36.26 |
| 2023 | Abigail Robertson, FUR, 9:26.48 |
| 2024 | Abigail Robertson, FUR, 9:31.02 |

5,000-meter run

| | |
|------|-------------------------------------|
| 1989 | Whitney Ball, APP, 16:52.46 |
| 1990 | Whitney Ball, APP, 17:26.16 |
| 1991 | Cate Pichon, FUR, 17:30.50 |
| 1992 | Leigh Wallace, APP, 17:07.82 |
| 1993 | Lucie Mayes, UTC, 17:44.41 |
| 1994 | Rita Roberts, WCU, 17:35.19 |
| 1995 | Mary Jane Middlekoop, UTC, 17:54.54 |
| 1996 | Heather VandeBrake, FUR, 17:36.1 |
| 1997 | Mary Jo Ferrigan, ETSU, 17:36.82 |

WOMEN'S INDIVIDUAL CHAMPIONS

| | |
|------|---|
| 1998 | Anna Wright, UTC, 17:02.29 |
| 1999 | Amanda Lynch, UTC, 17:35.29 |
| 2000 | Catherine Berry, ETSU, 17:01.05 |
| 2001 | Jill Braley, FUR, 17:33.06 |
| 2002 | Shannon Wommack, UTC, 17:54.22 |
| 2003 | Sarah Primeau, APP, 17:43.56 |
| 2004 | Shannon Wommack, UTC, 17:40.19 |
| 2005 | Nettie Halcomb, UTC, 17:20.87 |
| 2006 | Lanni Marchant, UTC, 17:17.34 |
| 2007 | Lanni Marchant, UTC, 17:02.49 |
| 2008 | Brenna Burns, DAV, 17:18.56 |
| 2009 | Andrea Seccafien, SAM, 17:55.94 |
| 2010 | Chloe Kowalski, FUR, 17:39.20 |
| 2011 | Dena O'Brien, CofC, 16:46.59 |
| 2012 | Dena O'Brien, CofC, 16:39.47 |
| 2013 | Lauren D'Alessio, SAM, 17:05.48 |
| 2014 | Shaina Sumney, UNCG, 16:39.02 |
| 2015 | Sinead Haughey, FUR, 16:33.51 |
| 2016 | Allie Buchalski, FUR, 17:23.19 |
| 2017 | Savannah Carnahan, FUR, 16:41.92 |
| 2018 | Savannah Carnahan, FUR, 16:24.84 |
| 2019 | Savannah Carnahan, FUR, 16:22.61 |
| 2020 | Savannah Carnahan, FUR, 16:38.38 |
| 2021 | Madelynn Cadeau, FUR, 16:32.11 |
| 2022 | Madelynn Cadeau, FUR, 16:43.03 |
| 2023 | Abigail Robertson, FUR, 16:23.42 |
| 2024 | Sierra Bower, FUR, 16:26.02 |

60-meter hurdles

| | |
|------|---------------------------------------|
| 2004 | Ronda White, APP, 8.62 |
| 2005 | Ronda White, APP, 8.48 |
| 2006 | Brittany Chase, ASU, 8.51 |
| 2007 | Dominique Price, ELON, 8.67 |
| 2008 | Dominique Price, ELON, 8.84 |
| 2009 | Morgan Tyler, SAM, 8.71 |
| 2010 | Morgan Tyler, SAM, 8.69 |
| 2011 | Nicole Okolo, WCU, 8.52 |
| 2012 | Jasmine Billings, GSU, 8.49 |
| 2013 | Sydney Griffin, Elon, 8.65 |
| 2014 | Sydney Griffin, Elon, 8.60 |
| 2015 | Demeteria Edgcombe, ETSU, 8:29 |
| 2016 | Sarah Sanford, SAM, 8.44 |
| 2017 | Kyra Atkins, ETSU, 8.32 |
| 2018 | Kyra Atkins, ETSU, 8:29 |
| 2019 | Amber Lust, WOF, 8.54 |
| 2020 | Destiny Shippy, WOF, 8.70 |
| 2021 | Kerrington Johnson, WOF, 8.49 |
| 2022 | Kerrington Johnson, WOF, 8.48 |
| 2023 | Kerrington Johnson, WOF, 8.53 |
| 2024 | Amiel Dabney, SAM, 8.57 |

4x400-meter relay

| | |
|------|----------------------------------|
| 1990 | Appalachian State, 4:00.92 |
| 1995 | ETSU, 3:50.44 |
| 1997 | Western Carolina, 3:50.85 |
| 1998 | Western Carolina, 3:50.64 |
| 1999 | Western Carolina, 3:58.94 |
| 2000 | Western Carolina, 3:54.38 |
| 2001 | ETSU, 3:49.11 |
| 2002 | Western Carolina, 3:48.89 |
| 2003 | Georgia Southern, 3:47.35 |
| 2004 | Western Carolina, 3:47.59 |
| 2005 | Western Carolina, 3:46.40 |
| 2006 | Georgia Southern, 3:54.55 |
| 2007 | Western Carolina, 3:48.28 |
| 2008 | Western Carolina, 3:47.17 |
| 2009 | Western Carolina, 3:48.01 |
| 2010 | Western Carolina, 3:49.92 |
| 2011 | Western Carolina, 3:50.35 |
| 2012 | Western Carolina, 3:44.98 |
| 2013 | Western Carolina, 3:47.95 |
| 2014 | Georgia Southern, 3:50.02 |
| 2015 | Western Carolina, 3:46.42 |
| 2016 | Samford, 3:48.69 |
| 2017 | ETSU, 3:50.04 |
| 2018 | Western Carolina, 3:46.71 |

| | |
|------|---------------------------|
| 2019 | Samford, 3:50.90 |
| 2020 | Samford, 3:49.55 |
| 2021 | Samford, 3:52.44 |
| 2022 | ETSU, 3:53.96 |
| 2023 | Western Carolina, 3:50.26 |
| 2024 | Samford, 3:50.18 |

Distance medley relay

| | |
|------|-----------------------------|
| 1994 | Appalachian State, 12:23.41 |
| 1995 | *Chattanooga, 11:35.99 |
| 1996 | ETSU, 12:22.0 |
| 1997 | ETSU, 12:06.54 |
| 1998 | ETSU, 11:58.99 |
| 1999 | Appalachian State, 12:23.66 |
| 2000 | ETSU, 12:03.81 |
| 2001 | Appalachian State, 12:14.16 |
| 2002 | Chattanooga, 12:17.69 |
| 2003 | Chattanooga, 12:11.58 |
| 2004 | Chattanooga, 12:20.24 |
| 2005 | Western Carolina, 12:14.55 |
| 2006 | Appalachian State, 12:11.01 |
| 2007 | Chattanooga, 12:11.88 |
| 2008 | Western Carolina, 12:09.60 |
| 2009 | Samford, 11:52.69 |
| 2010 | *Samford, 11:24.73 |
| 2011 | UNCG, 11:55.95 |
| 2012 | UNCG, 11:43.99 |
| 2013 | Western Carolina, 11:52.62 |
| 2014 | Samford, 11:52.66 |
| 2015 | Chattanooga, 11:49.59 |
| 2016 | Chattanooga, 12:03.01 |
| 2017 | Furman, 11:54.34 |
| 2018 | Furman, 11:52.94 |
| 2019 | Furman, 11:39.35 |
| 2020 | Furman, 11:54.42 |
| 2021 | Furman, 11:44.17 |
| 2022 | Furman, 11:31.56 |
| 2023 | Furman, 11:25.60 |
| 2024 | Furman, 11:31.07 |

*Run one lap short

High jump

| | |
|------|------------------------------------|
| 1988 | Linda McKoy, APP, 5'6" |
| 1989 | Linda McKoy, APP, 5'9" (1.75m) |
| 1990 | Linda McKoy, APP, 5'6" |
| 1991 | Sabrina Hill, APP, 5'6" |
| 1992 | Shelli Clendenon, ETSU, 5'6½" |
| 1993 | Shelli Clendenon, ETSU, 5'6" |
| 1994 | Cindy Miner, APP, 5'7¾" |
| 1995 | Shelli Clendenon, ETSU, 5'7¾" |
| 1996 | Rahma Mateen, WCU, 5'6" |
| 1997 | Jennifer Sluss, ETSU, 1.67m |
| 1998 | Jennifer Sluss, ETSU, 1.67m |
| 1999 | Taneisha Robinson, ETSU, 5'8" |
| 2000 | Virginia LaCombe, WCU, 5'5.75" |
| 2001 | Virginia LaCombe, WCU, 5'7.75" |
| 2002 | Virginia LaCombe, WCU, 5'7" |
| 2003 | Cheryl Howard, ETSU, 1.66m |
| 2004 | Suzanne Makinson, APP, 1.68m |
| 2005 | Anna Ricciardi, ETSU, 1.73m |
| 2006 | Jessika Johnson, WCU, 1.64m |
| 2007 | Kristen Meister, DAV, 1.81m |
| 2008 | Jessika Johnson, WCU, 1.66m |
| 2009 | Emily Smith, CofC, 1.78m |
| 2010 | Emily Smith, CofC, 1.73m |
| 2011 | Rebecca Hazeltine, APP, 1.17m |
| 2012 | Emily Smith, CofC, 1.70m |
| 2013 | Chenelle Terry, SAM, 1.75m |
| 2014 | Anasia Starege, WCU, 1.75m |
| 2015 | Xaviera Bass, WCU, 1.69m |
| 2016 | Courtney Pregelmann, SAM, 1.70m |
| 2017 | Selena Popp, SAM, 1.75m |
| 2018 | Selena Popp, SAM, 1.70m |
| 2019 | Selena Popp, SAM, 1.70m |
| 2020 | Charlotte Krause, SAM, 1.65m |
| 2021 | Megan Elliott, SAM, 1.65m |

| | |
|------|-----------------------------|
| 2022 | Netanya Linares, WOF, 1.64m |
| 2023 | Dorsey Parker, SAM, 1.68m |
| 2024 | Imani Boyd, WCU, 1.71m |

Long jump

| | |
|------|--------------------------------------|
| 1988 | Sandra Davis, WCU, 19'2" |
| 1989 | Erica West, MAR, 18'10" |
| 1990 | Erica West, MAR, 18'8½" |
| 1991 | Sabrina Hill, APP, 18'8¾" |
| 1992 | Von Ross, WCU, 20'4" |
| 1993 | Von Ross, WCU, 20'3½" (6.21m) |
| 1994 | Alice Vinson, APP, 19'3½" |
| 1995 | Shelli Clendenon, ETSU, 19'8½" |
| 1996 | Rahma Mateen, WCU, 20'0" |
| 1997 | Rahma Mateen, WCU, 5.81m |
| 1998 | Taneisha Robinson, ETSU, 5.94m |
| 1999 | Taneisha Robinson, ETSU, 20'3.0" |
| 2000 | Rosalyn Hood, WCU, 19'8.25" |
| 2001 | Tyleana Hanner, UTC, 20'0.25" |
| 2002 | Ronda White, APP, 19'6.75" |
| 2003 | Kellie Mitchell, GSU, 5.93m |
| 2004 | Kasola Smith, UTC, 6.05m |
| 2005 | Jennifer Claud, APP, 5.95m |
| 2006 | Vonteena Knotts, APP, 6.07m |
| 2007 | Nicole Brown, GSU, 6.15m |
| 2008 | Vonteena Knotts, APP, 5.81m |
| 2009 | Lynnsey Hyter, GSU, 5.97m |
| 2010 | Veronica Day, Elon, 5.72m |
| 2011 | Lynnsey Hyter, GSU, 6.06m |
| 2012 | Jasmine Walker, GSU, 5.61m |
| 2013 | Alyssa Felton, GSU, 5.85m |
| 2014 | Jasmin Walker, GSU, 6.01m |
| 2015 | Tiffani Lewis, WCU, 5.90m |
| 2016 | Bria Anderson, VMI, 5.83m |
| 2017 | Tiffani Lewis, WCU, 6.05m |
| 2018 | Selena Popp, SAM, 6.04m |
| 2019 | Khiara White, ETSU, 6.01m |
| 2020 | Aliyah Hill, ETSU, 5.91m |
| 2021 | Makaila McIntyre, WCU, 5.99m |
| 2022 | Makaila McIntyre, WCU, 5.88m |
| 2023 | Eleyah Armstrong, VMI, 5.86m |
| 2024 | Eleyah Armstrong, VMI, 6.05m |

Triple jump

| | |
|------|--|
| 1988 | Linda McKoy, APP, 38'2" |
| 1989 | Stethane Pipkins, APP, 38'11" |
| 1990 | Sabrina Hill, APP, 39'2" |
| 1991 | Sabrina Hill, APP, 40'6½" |
| 1992 | Melissa Morrison, APP, 40'11¼" |
| 1993 | Melissa Morrison, APP, 40'11½" |
| 1994 | Precious Quire, APP, 39'3½" |
| 1995 | Precious Quire, APP, 41'6" |
| 1996 | Nikki Harris, APP, 38'8¾" |
| 1997 | Rahma Mateen, WCU, 11.86m |
| 1998 | Taneisha Robinson, ETSU, 12.49m |
| 1999 | Taneisha Robinson, ETSU, 13.30m |
| 2000 | Rosalyn Hood, WCU, 39'8.75" |
| 2001 | Kirsten Bowden, APP, 41'2.25" |
| 2002 | Tondra White, APP, 40'4.75" |
| 2003 | Ronda White, APP, 12.61m |
| 2004 | Ronda White, APP, 13.30m |
| 2005 | Jennifer Claud, APP, 12.79m |
| 2006 | Nicole Brown, GSU, 12.46m |
| 2007 | Nicole Brown, GSU, 12.76m |
| 2008 | Chibuzo Aguocha, FUR, 12.52m |
| 2009 | Danielle Thorpe, APP, 12.68m |
| 2010 | Danielle Thorpe, APP, 12.43m |
| 2011 | Veronica Day, Elon, 12.24m |
| 2012 | Emily Allen, SAM, 12.02m |
| 2013 | Emily Allen, SAM, 11.95m |
| 2014 | Nicole Charley, SAM, 12.59m |
| 2015 | Tiana Pisoni, SAM, 11.99m |
| 2016 | Tamilia Wright, WCU, 11.95m |
| 2017 | Megan Meadow, SAM, 12.42m |
| 2018 | Autumn James, WCU, 12.02m |
| 2019 | Morayo Bhadmos, SAM, 12.32m |

WOMEN'S INDIVIDUAL CHAMPIONS

| | |
|------|-------------------------------|
| 2020 | Mekayla Brown, ETSU, 12.63m |
| 2021 | Morayo Bhadmos, SAM, 12.57m |
| 2022 | Makaila McIntyre, WCU, 12.32m |
| 2023 | Tya Blake, ETSU, 11.68m |
| 2024 | Sherika Christie, WOF, 12.38m |

Shot put

| | |
|-------------|---|
| 1988 | Angie Barker, ETSU, 54'6" (16.61m) |
| 1989 | Angie Barker, ETSU, 45'1" |
| 1990 | Tina Osbourne, MAR, 42'9½" |
| 1991 | Missy Kouns, MAR, 41'9¾" |
| 1992 | Michelle Rhyne, APP, 41'9¼" |
| 1993 | Zondra Johnson, WCU, 40'11" |
| 1994 | Beth Reck, MAR, 39'9" |
| 1995 | LaSha Jackson, WCU, 43'8¼" |
| 1996 | Ayokka Green, APP, 46'3" |
| 1997 | LaSha Jackson, WCU, 13.49m |
| 1998 | Ayokka Green, APP, 14.5m |
| 1999 | Ashley Herendon, WCU, 40'5.5" |
| 2000 | Ashley Herendon, WCU, 42'2.0" |
| 2001 | Ashley Herendon, WCU, 44'9.75" |
| 2002 | LaShana Poole, APP, 43'10.75" |
| 2003 | Mildred Cooper, VMI, 13.92m |
| 2004 | Beverly Burnett, APP, 14.68m |
| 2005 | Brittani Williams, APP, 14.39m |
| 2006 | Beverly Burnett, APP, 14.88m |
| 2007 | Brittani Williams, APP, 14.54m |
| 2008 | Brittani Williams, APP, 14.72m |
| 2009 | Whitney Smyre, APP, 13.14m |
| 2010 | Deirdra Morrison, WCU, 12.98m |
| 2011 | Gayshawna Watkins, APP, 15.06m |
| 2012 | Gayshawna Watkins, APP, 13.67m |
| 2013 | Alisha Bradshaw, WCU, 14.28m |
| 2014 | Brianna Tate, APP, 14.82m |
| 2015 | Alisha Bradshaw, WCU, 15.04m |
| 2016 | Hailey Cook, WCU, 14.65m |
| 2017 | Hailey Cook, WCU, 14.84m |
| 2018 | Simone Williams, WCU, 13.56m |
| 2019 | Lesleigh Tabor, WCU, 14.03m |
| 2020 | Sarah Leckman, VMI, 14.50m |
| 2021 | Hannah Daffin, SAM, 14.10m |
| 2022 | Carisma Holland, CIT, 14.23m |
| 2023 | Hannah Daffin, SAM, 14.21m |
| 2024 | Ellie Sawicki, WOF, 13.66m |

20-LB Weight throw

| | |
|-------------|-------------------------------------|
| 1996 | Ayokka Green, UTC, 48'2¾" |
| 1997 | Robyn Stockunas, WCU, 14.88m |
| 1998 | Ayokka Green, APP, 16.8m |
| 1999 | Valerie Mertz, WCU, 50'5.25" |
| 2000 | Valerie Mertz, WCU, 54'7.25" |
| 2001 | LaShana Poole, APP, 55'3.75" |
| 2002 | LaShana Poole, APP, 56'3.25" |
| 2003 | LaShana Poole, APP, 17.42m |
| 2004 | Chakosha Lance, CoFC, 16.33m |
| 2005 | Chakosha Lance, CoFC, 18.32m |
| 2006 | Chakosha Lance, CoFC, 19.54m |
| 2007 | Stephanie McNeill, CIT, 16.30m |
| 2008 | Brittani Williams, APP, 18.05m |
| 2009 | Whitney Smyre, APP, 17.79m |
| 2010 | Monique Edwards, CIT, 16.25m |
| 2011 | Whitney Smyre, APP, 17.92m |
| 2012 | Gayshawna Watkins, APP, 17.09m |
| 2013 | Alisha Bradshaw, WCU, 17.56m |
| 2014 | Alisha Bradshaw, WCU, 19.27m |
| 2015 | Alisha Bradshaw, WCU, 17.80m |
| 2016 | Hailey Cook, WCU, 17.23m |
| 2017 | Hailey Cook, WCU, 17.96m |
| 2018 | Camille Caldwell, SAM, 18.29m |
| 2019 | Victoria Solheim, WCU, 18.52m |
| 2020 | Maggie Johnston, SAM, 18.27m |
| 2021 | Victoria Solheim, WCU, 17.25m |
| 2022 | Hannah Daffin, SAM, 18.61m |
| 2023 | Hannah Daffin, SAM, 18.37m |
| 2024 | Hannah Daffin, SAM, 17.87m |

Pole vault

| | |
|-------------|---------------------------------------|
| 1999 | Valerie Jalajas, WCU, 11'7.75" |
| 2000 | Valerie Jalajas, WCU, 12'0.5" |
| 2001 | Valerie Jalajas, WCU, 11'11.75" |
| 2002 | Michelle Velez, WCU, 12'7.50" (3.85m) |
| 2003 | Laura Tieszen, WCU, 12'1.25" (3.69m) |
| 2004 | Laura Tieszen, WCU, 3.95m |
| 2005 | Laura Tieszen, WCU, 3.85m |
| 2006 | Caren Mah, APP, 3.50m |
| 2007 | Jessica Clendenning, Elon, 3.97m |
| 2008 | Shea Snow, APP, 3.70m |
| 2009 | Julie Ward, APP, 3.60m |
| 2010 | Julie Ward, APP, 3.55m |
| 2011 | Cassandra Crawford, APP, 3.80m |
| 2012 | Claire Goodson, SAM, 4.05m |
| 2013 | Devyn Ressler, WCU, 3.75m |
| 2014 | Morgan Johnson, SAM, 3.87m |
| 2015 | Devyn Ressler, WCU, 3.90m |
| 2016 | Ashley Kessler, ETSU, 3.75m |
| 2017 | Meghan Breden, WCU, 3.80m |
| 2018 | Sarah Lee, SAM, 3.50m |
| 2019 | Tally Wilson, SAM, 3.85m |
| 2020 | Brittany Bishop, SAM, 3.85m |
| 2021 | Brittany Bishop, SAM, 3.80m |
| 2022 | Brittany Bishop, SAM, 4.06m |
| 2023 | Brittany Bishop, SAM, 3.70m |
| 2024 | Taylor Hill, VMI, 3.82m |

Pentathlon

| | |
|-------------|--------------------------------|
| 2004 | Kellie Mitchell, GSU, 3,754 |
| 2005 | Laura Tieszen, WCU, 3,274 |
| 2006 | Kristie Boggan, APP, 3,147 |
| 2007 | Nashay McGriff, WCU, 3,226 |
| 2008 | Melanie Trumbo, GSU, 3,248 |
| 2009 | Lynnndsey Hyter, GSU, 3,551 |
| 2010 | Lynnndsey Hyter, GSU, 3,494 |
| 2011 | Lynnndsey Hyter, GSU, 3,578 |
| 2012 | Louise PrevotEAU, Elon, 3,566 |
| 2013 | Louise PrevotEAU, Elon, 3,711 |
| 2014 | Ashley Cope, SAM, 3,461 |
| 2015 | Michaela Birek, WCU, 3,511 |
| 2016 | Holly Gaines, WCU, 3,492 |
| 2017 | Selena Popp, SAM, 3,779 |
| 2018 | Selena Popp, SAM, 4,118 |
| 2019 | Selena Popp, SAM, 3,558 |
| 2020 | Megan Dunn, WOF, 3,552 |
| 2021 | Megan Dunn, WOF, 3,604 |
| 2022 | Netanya Linares, WOF, 3,673 |
| 2023 | Netanya Linares, WOF, 3,795 |
| 2024 | Sherika Christie, WOF, 3,641 |

RETIRED EVENTS

55-meter dash

| | |
|-------------|----------------------------------|
| 1988 | Lamonda Miller, APP, 6.91 |
| 1989 | Lamonda Miller, APP, 6.82 |
| 1990 | Lynett Farmer, APP, 7.01 |
| 1991 | Kim Arthur, WCU, 7.18 |
| 1992 | Melissa Morrison, APP, 7.10 |
| 1993 | Melissa Morrison, APP, 6.98 |
| 1994 | Alice Vinson, APP, 7.05 |
| 1995 | Daree Thompson, WCU, 7.14 |
| 1996 | Nikki Harris, APP, 7.25 |
| 1997 | Daree Thompson, WCU, 6.98 |
| 1998 | Rashida Dodson, UTC, 7.05 |
| 1999 | Tyleana Hanner, UTC, 7.10 |
| 2000 | Shonte' Pinkston, APP, 6.95 |
| 2001 | Shonte' Pinkston, APP, 6.90 |
| 2002 | Jennifer Claud, APP, 7.04 |
| 2003 | Rashedah Arnold, GSU, 7.05 |

55-meter hurdles

| | |
|-------------|-----------------------------------|
| 1988 | Patrina Massey, APP, 8.68 |
| 1989 | Lynn Kochendorfer, Marshall, 8.62 |
| 1990 | Monica Teeter, APP, 8.49 |
| 1991 | Melissa Morrison, APP, 8.18 |
| 1992 | Melissa Morrison, APP, 7.98 |
| 1993 | Melissa Morrison, APP, 8.09 |
| 1994 | Beth Burleson, APP, 8.20 |
| 1995 | Charlotte Redden, APP, 8.20 |
| 1996 | Rahma Mateen, WCU, 8.12 |
| 1997 | Trice Roundtree, APP, 8.07 |
| 1998 | Tyleana Hanner, UTC, 8.28 |
| 1999 | Marna Moore, UTC, 8.08 |
| 2000 | Rosalyn Hood, WCU, 8.44 |
| 2001 | Marna Moore, UTC, 8.05 |
| 2002 | Lindy Petteway, GSU, 8.11 |
| 2003 | Ronda White, APP, 7.86 |

Two-Mile Relay

| | |
|-------------|-----------------------------------|
| 1988 | ETSU, 9:45.63 |
| 1989 | ETSU, 9:32.27 |
| 1991 | Appalachian State, 9:29.56 |
| 1992 | Appalachian State, 9:34.06 |
| 1993 | Furman, 9:33.30 |

Mile Relay

| | |
|------|----------------------------|
| 1988 | Western Carolina, 4:01.41 |
| 1989 | Appalachian State, 3:58.83 |
| 1991 | Western Carolina, 3:55.47 |
| 1992 | Western Carolina, 3:56.89 |
| 1993 | Appalachian State, 4:06.51 |
| 1994 | Chattanooga, 3:57.69 |
| 1996 | Western Carolina, 3:57.7 |

4x800-Meter Relay

| | |
|------|----------------------------|
| 1990 | Appalachian State, 9:47.70 |
|------|----------------------------|

Bold italics indicates championship record

WOMEN'S ALL-FRESHMAN TEAMS

2009

200-meter dash

Emma Bowers, Western Carolina

400-meter dash

Amy Salek, Elon
Asia Dunlap, Appalachian State

800-meter run

Alyssa D'Orazio, College of Charleston
Cori Christensen, Samford

Mile run

Kristen Wolfe, College of Charleston
Grace Loba, College of Charleston
Kerry Hartman, UNCG

3,000-meter run

Andrea Seccafien, Samford
Deanna Zidar, Samford
Rebecca Shelton, Furman

5,000-meter run

Andrea Seccafien, Samford
Alyson Costa, Elon
Deanna Zidar, Samford

60-meter hurdles

Tori Jones, Western Carolina

High jump

Emily Smith, College of Charleston
Alex Casagnol, Georgia Southern
Laura Langley, Western Carolina

Long jump

Millic Brooks-Millender, Ga. Southern

Triple jump

Millic Brooks-Millender, Ga. Southern
Naadia Crutchfield, Appalachian State
Jettana Thomas, Western Carolina

Shot put

Deirdra Morrison, Western Carolina
Alyssa Girvin, Elon
Alicia Gainey, Western Carolina

Weight throw

Deirdra Morrison, Western Carolina
Alyssa Girvin, Elon
Sarah Herndon, Georgia Southern

Pole vault

Jessie Wilson, Western Carolina
Summer Hughes, Western Carolina

Pentathlon

Alicia Gainey, Western Carolina
Jettana Thomas, Western Carolina
Christian McGuire, Samford

2010

60-meter dash

Raven Parrish, Western Carolina
Valerie Parks, Western Carolina

200-meter dash

Raven Parrish, Western Carolina

800-meter run

Micah Wessinger, The Citadel
Holly Benson, Samford
Lauren D'Alessio, Samford

Mile run

Trinity Foreman, Appalachian State
Morgan Turner, Western Carolina
Emily Tryon, Elon

3,000-meter run

Trinity Foreman, Appalachian State
Heather Stuve, Chattanooga
Morgan Denecke, Elon

5,000-meter run

Natalie Atabek, Davidson
Morgan Turner, Western Carolina
Andrea Kelsey, Wofford

60-meter hurdles

Jasmine Billings, Georgia Southern
Jelain McArthur, Coll. of Charleston

High jump

Chenelle Terry, Samford

Long jump

Jelain McArthur, Coll. of Charleston
Raven Parrish, Western Carolina
Emily Allen, Samford

Triple jump

Jelain McArthur, Coll. of Charleston
Emily Allen, Samford
Janelle McNeil, Elon

Shot put

Gayshawna Watkins, Appalachian St.
Ashley Thomas, Georgia Southern
Jocelyn Rice, Western Carolina

Weight throw

Gayshawna Watkins, Appalachian St.
Megan Fannon, Georgia Southern
Casey McKee, College of Charleston

Pole vault

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

Pentathlon

Emily Allen, Samford
Kelsi Billings, The Citadel

2011

60-meter dash

Breanna Alston, Appalachian State
Kwajelin Holsendolph, Ga. Southern
Kristen Campbell, Appalachian State

200-meter dash

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

400-meter dash

Bria Bell, Elon
Breahna Morrison, Appalachian State
Veronica Luedke, Elon

800-meter run

Julie Hart, Furman
Katie Kessler, Wofford
Jocelyn Keen, Western Carolina

Mile run

Catherine Burton, Furman
Alyssa Burket, Wofford
Kelly Montague, UNCG

3,000-meter run

Dena O'Brien, College of Charleston
Allyson Oram, Elon
Julia Means, Furman

5,000-meter run

Dena O'Brien, College of Charleston
Allyson Oram, Elon
Megan Mavity, Davidson

60-meter hurdles

Kwajelin Holsendolph, Georgia Southern
Stephanie Hicks, Georgia Southern
Nakristen Greene, Western Carolina

High jump

Shaquiela Robinson, Appalachian St.
Nicole Levermann, The Citadel
Kaitlin Brown, Wofford

Long jump

Stephanie Hicks, Georgia Southern
Nakristen Greene, Western Carolina
Ashley Cope, Samford

Shot put

Charlise Morgan, Elon
Ana DeLeon, Appalachian State
Andriana Love, The Citadel

Weight throw

Ana DeLeon, Appalachian State
Shelby Built, Samford
Sydney Revis, Western Carolina

Pole vault

Cassandra Crawford, Appalachian St.
Claire Goodson, College of Charleston
Rachel Gregory, Samford

Pentathlon

Stephanie Hicks, Georgia Southern
Nicole Levermann, The Citadel
Macy Conger, Samford

2012

60-meter dash

Jasmine Walker, Georgia Southern
Tanisha Bethel, The Citadel
Tayana Bryant, Appalachian State

400-meter dash

Genevieve Emrick, Western Carolina
Kimberly Thomas, Georgia Southern
Taylor Wade, Georgia Southern

800-meter run

Marie Demedicis, Samford
Anna Irvine, Samford
Lena Elliot, Western Carolina

Mile run

Hayley McMahon, Coll. of Charleston
Presley Parkes, Davidson
Ali Cobb, Davidson

3,000-meter run

Haylee Dawe, Elon
Ali Cobb, Davidson
Blair Burke, Furman

5,000-meter run

Sinead Haughey, Furman
Haylee Dawe, Elon
Erin Osment, Davidson

60-meter hurdles

Taylor Wade, Georgia Southern
Xaviera Bass, Western Carolina
Michaela Birek, Western Carolina

High jump

Haley Laird, Elon
Janet Watson, Appalachian State
Xaviera Bass, Western Carolina

Long jump

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

Shot put

Alisha Bradshaw, Western Carolina
Jasmine Suydam, Appalachian State
Sarah Sisk, College of Charleston

Weight throw

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

Pole vault

Chelsea Farr, Appalachian State
Cara June Elyea, Western Carolina
Debra Domermuth, Appalachian St.

Pentathlon

Louise PrevotEAU, Elon
Michaela Birek, Western Carolina
Anne Greer, Western Carolina

2013

60-meter dash

Tayla Carter, Western Carolina
Alyssa Felton, Georgia Southern
Sydney Griffin, Elon

400-meter dash

Jennifer Pash, Elon
Kendra Douglas, Western Carolina
Corina Archi-McMillan, Western Caro.

800-meter run

Shelby Howell, Appalachian State
Katelynn Brock, Samford
Kianna Howard, Chattanooga

Mile run

Rachel Wooten, Samford
Caroline McCaslin, Elon
Katy Link, UNCG

3,000-meter run

Rachel Roberts, Samford
Tereza Novotna, Elon

5,000-meter run

Rachel Roberts, Samford
Teghan Henderson, Chattanooga
Lydia Saina, UNCG

60-meter hurdles

Sydney Griffin, Elon
Rachel Leder, College of Charleston
Shaakira Brown, Wofford

High jump

Megan Kirschling, Elon
Keyanna Harris, Georgia Southern

Long jump

Alyssa Felton, Georgia Southern
Jamie Glenn, Appalachian State
Marie Borowycz, Elon

Shot put

Brianna Tate, Appalachian State
Jasmin Brown, Western Carolina

Weight throw

Kelsey Chandler, Georgia Southern
Jasmin Brown, Western Carolina
Jazmine Johnson, Georgia Southern

Pole vault

Devyn Ressler, Western Carolina
Audrey Diener, Appalachian State

2014

60-meter dash

Tiffani Lewis, Western Carolina

400-meter dash

Asha Stegall, Georgia Southern

Mile run

Allie Buchalski, Furman

3,000-meter run

Allie Buchalski, Furman
Elyse Bierut, Elon
Kelly Montague, UNCG

WOMEN'S ALL-FRESHMAN TEAMS

5,000-meter run

Grace Tinkey, Furman
Tristan Van Ord, Appalachian State
Elyse Bierut, Elon

High jump

Anisia Starege, Western Carolina
Audrey Florence, Appalachian State
Carrie Abraham, Elon

Long jump

Tiffani Lewis, Western Carolina
Carrie Abraham, Elon
Krystal Clark, Appalachian State

Triple jump

Tiffani Lewis, Western Carolina

Shot put

Hailey Cook, Western Carolina
Aerial Horton, Samford
Breanna Warren, Elon

Weight throw

Kelsey Arnold, Georgia Southern
Aerial Horton, Samford
Hailey Cook, Western Carolina

Pole vault

Morgan Johnson, Samford
Emily Eustace, Samford

Pentathlon

LeNiesha Kearse, Western Carolina
Morgan Johnson, Samford
Christina Czarnecki, Appalachian St.

2015

200-meter dash

Marabeth Clark, ETSU

400-meter dash

Sarah Sanford, Samford

800-meter run

Jacquelyn Crow, Furman

Mile run

Jacquelyn Crow, Furman
Karisa Nelson, Samford

3,000-meter run

Emma Mashburn, Furman
Emily Drouin, Chattanooga
Bryce Seymour, Furman

5,000-meter run

Emma Mashburn, Furman
Emily Drouin, Chattanooga
Anna Kate Chance, Chattanooga

60-meter hurdles

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

High jump

Carrie Neill, Samford
Julia Logan, VMI
Katie Beverlein, Wofford

Long jump

Timia Easley, ETSU
Tiana Pisoni, Samford
Asyria Daniels, The Citadel

Triple jump

Tiana Pisoni, Samford
Adriana Watkins, ETSU
Kennedy Smith, VMI

Pentathlon

Katie Beuerlein, Wofford
Victoria Wicks, Samford
Adriana Watkins, ETSU

2016

60-meter dash

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

200-meter dash

BriAnna Adams, Western Carolina
Kiana Davis, ETSU
Daijah White, Samford

400-meter dash

Dasha Arnaut, Western Carolina
Sally Woerner, Western Carolina

800-meter run

None

Mile run

Haley Morris, Chattanooga

3,000-meter run

None

5,000-meter run

Kathleen Mansure, UNCG
Alexandria Forster, Wofford
Rebeka Fadgyas, Wofford

60-meter hurdles

Kyra Atkins, ETSU
Amber Lust, Wofford

High jump

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

Long jump

Kyra Atkins, ETSU
Brenea Thomas, VMI
Tamilia Wright, Western Carolina

Triple jump

Tamilia Wright, Western Carolina
Megan Meadow, Samford
Alanna Johnson, Western Carolina

Shot put

Tatiana Taylor, Samford
Simone Williams, Western Carolina
Kameron Cass, The Citadel

Weight throw

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

Pentathlon

Selena Popp, Samford
Amber Lust, Wofford
Megan Meadow, Samford

2017

60-meter dash

Jazmine Gooden, Western Carolina

200-meter dash

Jazmine Gooden, Western Carolina

400-meter dash

Rachel Dixon, Samford
Kassidy Morton, Wofford
Sarah Fairchild, Samford

800-meter run

Presley Weems, Samford
Riley Burr, Furman
Shian Mallory, Samford

Mile run

Gabbi Jennings, Furman
Emma Grace Hurley, Furman
Taylor Delaney, UNCG

3,000-meter run

Emma Grace Hurley, Furman
Gabbi Jennings, Furman
Savannah Carnahan, Furman

5,000-meter run

Savannah Carnahan, Furman
Anna Hayden, Furman
Grace Dwyer, Furman

60-meter hurdles

Jazmine Gooden, Western Carolina

High jump

Charlotte Krause, Samford
Imani Bennet, Western Carolina

Long jump

Jazmine Gooden, Western Carolina
Erin Hines, Samford
Imani Bennett, Western Carolina

Triple jump

Imani Bennett, Western Carolina
Jazmine Gooden, Western Carolina
Ationza Smith, ETSU

Shot put

Maggie Johnston, Samford
Mahogani Holiday, Western Carolina
Amy Yarborough, Western Carolina

Weight throw

Jess Page, The Citadel
Amy Yarborough, Western Carolina
Margaret Hayden, ETSU

Pentathlon

Erin Hines, Samford
Kiara Price, ETSU

2018

60-meter dash

Makaila McIntyre, Western Carolina
Tiffany Hill, The Citadel
Tamie Burch, The Citadel

200-meter dash

Allison Holland, Samford
Ariana Ruffin, VMI
Tiffany Hill, The Citadel

400-meter dash

Allison Holland, Samford
Ariana Ruffin, VMI
Joie Royer, The Citadel

800-meter run

Krissy Gear, Furman
Emma Kuntz, Furman
Heather Feuchtenberger, ETSU

Mile run

Krissy Gear, Furman
Hannah Steelman, Wofford
Abbey Zane, Samford

3,000-meter run

Hannah Steelman, Wofford
Allie Nelson, Samford
Sophia Neglia, Chattanooga

5,000-meter run

Hannah Steelman, Wofford
Reilly Caldwell, Furman
Allie Nelson, Samford

60-meter hurdles

Jaelyn Warren, Western Carolina
Kendra Whitehurst, ETSU

High jump

Jaelyn Warren, Western Carolina
Autumn James, Western Carolina

Long jump

Makaila McIntyre, Western Carolina
Erin Willard, Western Carolina

Triple jump

Autumn James, Western Carolina
Makaila McIntyre, Western Carolina
Kendra Whitehurst, ETSU

Shot put

Sarah Leckman, VMI
Jadan Finch, ETSU
Atlantis Warren, ETSU

Weight throw

Symphony Buxton, ETSU
Jaden Finch, ETSU
Sarah Leckman, VMI

Pole vault

Tally Wilson, Samford
Kinley Drummonds, Western Carolina
Samantha Engel, The Citadel

Pentathlon

Megan Dunn, Wofford
Autumn James, Western Carolina
Amanda Dumar, Samford

2019

60-meter dash

Lanaya Martin, ETSU
Mekayla Brown, ETSU
Ingrid Joseph, VMI

200-meter dash

Ingrid Joseph, VMI
Eliza Brooks, VMI
Vada Samuels, Samford

400-meter dash

Eliza Brooks, VMI
Vada Samuels, Samford
Ahliyah Williams, VMI

800-meter run

Peyton Wood, Western Carolina
Sammy Trone, Furman

Mile run

Lindsey Stallworth, ETSU
Genevieve Schwarz, ETSU
Chandler McCaslin, UNCG

3,000-meter run

Lindsey Stallworth, ETSU
Shila Kapaya, ETSU
Mary Kellison Thorne, Samford

5,000-meter run

Shila Kapaya, ETSU
Kathryn Anderson, UNCG
Sara Belamarich, VMI

60-meter hurdles

Destiny Shipp, Wofford
Charnessa Reid, Western Carolina
Lanaya Martin, ETSU

High jump

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

Long jump

Khiara White, ETSU
Mekayla Brown, ETSU
Charnessa Reid, Western Carolina

Triple jump

Mekayla Brown, ETSU
Alyiah Hill, ETSU
Khiara White, ETSU

WOMEN'S ALL-FRESHMAN TEAMS

Shot put

Victoria Solheim, Western Carolina
Shakaiya Bradford, Wofford
Annika Sleenhof, Furman

Weight throw

Victoria Solheim, Western Carolina
Stephanie Jones, VMI

Pole vault

McKenna Dunn, VMI
Carter Unger, Western Carolina
Mary Kellison Thorne, Samford

Pentathlon

Ronje Williams, Western Carolina
Shakaiya Bradford, Wofford
Carolina Huff, Samford

2020

60-meter dash

Nicole Johnson, ETSU
Kennedie Carithers, ETSU
Georgia McDevitt, Wofford

200-meter dash

Georgia McDevitt, Wofford
Nicole Johnson, ETSU
Kennedie Carithers, ETSU

400-meter dash

Mekyll Robinson, Western Carolina
Dahlia Cutler, Wofford
JaTorria Lee, Samford

800-meter run

Katie Strozier, Samford
Abigail Robertson, Furman
Julia Karsten, ETSU

Mile run

McKenzie Hogue, Samford
Nicole Matysik, Furman
Lauren Peterson, Furman

3,000-meter run

McKenzie Hogue, Samford
Quinn McConnell, Furman
Nicole Matysik, Furman

5,000-meter run

Lauren Peterson, Furman
Quinn McConnell, Furman
Lesley Green, Chattanooga

60-meter hurdles

Riley Alexander, Samford
Kerrington Johnson, Wofford
Netanya Linares, Wofford

High jump

Patra Williams, ETSU
Sarah Morelock, ETSU
Netanya Linares, Wofford

Long jump

Georgia McDevitt, Wofford
Rylee Jorgensen, Wofford
Madelyn Thompson, Chattanooga

Triple jump

Georgia McDevitt, Wofford
Rylee Jorgensen, Wofford

Shot put

Hannah Daffin, Samford
Jataya Wilson, ETSU
Giselle Cruz, Wofford

Weight throw

Jataya Wilson, ETSU
Hannah Daffin, Samford
Jenna Reid, Wofford

Pole vault

Brittany Bishop, Samford
Riley Alexander, Samford
Netanya Linares, Wofford

Pentathlon

Netanya Linares, Wofford
Sarah Morelock, ETSU

2021

60-meter dash

Madeline McNinch, Wofford
Kimbra Dunning, Chattanooga

200-meter dash

Madeline McNinch, Wofford
Mecca Jackson, The Citadel
Mikayla Turner, Western Carolina

400-meter dash

Jasmine Jefferson, Wofford
Lindsay Cooper, ETSU
Mecca Jackson, The Citadel

800-meter run

Megan Marvin, Furman
Janie Holecek, Wofford
Emmy Davis, Chattanooga

Mile run

Beth Donnelly, Furman
Ashtyn Hagood, Chattanooga
Kylie Wittman, Furman

3,000-meter run

Madelynne Cadeau, Furman
Bethany Graham, Furman
Jonna Strange, Furman

5,000-meter run

Madelynne Cadeau, Furman
Bethany Graham, Furman
Jonna Strange, Furman

60-meter hurdles

Lindsay Cooper, ETSU
Dami Shodeinde, Western Carolina
Amaya English, Western Carolina

High jump

Imani Boyd, Western Carolina
Makenzie Hooton, Samford
Savannah Schmidt, Samford

Long jump

Madeline McNinch, Wofford
Aiya Finch, Samford
Omara McBride, Western Carolina

Triple jump

Omara McBride, Western Carolina
Derica Currie, Western Carolina
Erica O'Neal, Western Carolina

Shot put

Jenna Kirkland, VMI

Weight throw

Emma Nolte, Samford
Anna Moore, ETSU
Judith Gonzalez, VMI

Pole vault

Kaelyn McCann, Samford
Alexis Cook, Samford
Emily Hickey, The Citadel

Pentathlon

Mia Milasinovic, Samford
Erin Long, Samford
Imani Boyd, Western Carolina

2022

60-meter dash

Eleyah Armstrong, VMI
Liyah Nelson, Samford
Amiel Dabney, Samford

200-meter dash

Amiel Dabney, Samford
Kelsey Martin, Samford
Liyah Nelson, Samford

400-meter dash

Ayden Drake, Samford
Kelsey Martin, Samford

800-meter run

Callie Harper, Furman
Gretal Shank, VMI
Mary Claire Ridgeway, Wofford

Mile run

Meghan Ford, Furman
Bella Manfre, UNCG
Serena Henderson, UNCG

3,000-meter run

Sierra Bower, Furman
Meghan Ford, Furman

5,000-meter run

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

60-meter hurdles

Amiel Dabney, Samford
Ant'wonike Jennings, ETSU
Marga Van Der Linde, Wofford

High jump

Abbey King, ETSU

Long jump

Eleyah Armstrong, VMI
Tya Blake, ETSU

Triple jump

Tya Blake, ETSU
Kesley Martin, Samford

Shot put

Alex Webb, Samford
Taniyah Thomas, Western Carolina
Yanna Cuesta, The Citadel

Weight throw

Taniyah Thomas, Western Carolina

Pole vault

Diana Romero-Barba, ETSU

Pentathlon

Marga Van Der Linde, Wofford
Ant'wonike Jennings, ETSU
Yvonnica Perrello, VMI

2023

60-meter dash

Ella Tennant, Wofford
Heaven Hall, VMI

200-meter dash

Se'More Green, VMI
Ella Tennant, Wofford
Jasmine Greene, Western Carolina

400-meter dash

Grace Lueders, Samford
Heaven Hall, VMI
Shaneil Lysight, Western Carolina

800-meter run

Reagan O'Quinn, UNCG
Clair Garrett, Furman
Delaney Mulick, Chattanooga

Mile run

Camryn Wennersten, Furman
Chanelle Kruger, ETSU
Maddie Wheatcroft, Chattanooga

3,000-meter run

Jenna Mulhern, Furman
Chanelle Kruger, ETSU
Carly Wilkes, Furman

5,000-meter run

Jenna Mulhern, Furman
Carly Wilkes, Furman
Gabbie Hoots, Samford

60-meter hurdles

Meg Coleman, Samford
Shaneil Lysight, Western Carolina
Rashni Walker, Samford

High jump

Dorsey Parker, Samford
Hannah Pettyjohn, Samford
Sadler Miller, Western Carolina

Long jump

Jasmine Greene, Western Carolina
Se'More Green, VMI
Anaya Young, ETSU

Triple jump

Jasmine Greene, Western Carolina
Anaya Young, ETSU

Shot put

Ellie Sawicki, Wofford
Olivia Bagg, Wofford
Torja Roundtree, Western Carolina

Weight throw

Torja Roundtree, Western Carolina
Ellie Sawicki, Wofford
Claire Harrison, Samford

Pole vault

Taylor Hill, VMI
Lindsey Havens, Samford
Hannah Pettyjohn, Samford

Pentathlon

Hannah Pettyjohn, Samford
Rashni Walker, Samford
Olivia Bagg, Wofford

2024

60-meter dash

Cymoria Thonas, Western Carolina
Devon Babcock, ETSU
Jennifer Koumondji, VMI

200-meter dash

Cymoria Thomas, Western Carolina
Ellison Chadwick, Samford
Defon Babcock, ETSU

400-meter dash

Leah Butler, Western Carolina
Kyndal Saunders, Western Carolina
Paden Bell, ETSU

800-meter run

Olivia Hurd, VMI
Danniella King, Wofford
Kristen Hallman, Wofford

Mile run

Katherine Hopkins, Western Carolina
Kennedy Reynolds, Chattanooga

WOMEN'S ALL-FRESHMAN TEAMS

3,000-meter run

Lily Feingold, Furman
Andrea Ellis, Chattanooga
Michaela Dabney, Chattanooga

5,000-meter run

Josi Seering, ETSU
Jillian Sisk, VMI
Andrea Ellis, Chattanooga

60-meter hurdles

JaKayla Campbell, Wofford
Brianna Baker, ETSU
Kendal Hudson, Western Carolina

High jump

Ava Cooper, Wofford
Morgan Fraser, VMI
Ava McGue, Chattanooga

Long jump

Ellison Chadwick, Samford
Sherika Christie, Wofford
Eliza Ruch, ETSU

Triple jump

Sherika Christie, Wofford
Kiersten Bell, Samford
Kendal Hudson, Western Carolina

Shot put

Diamond Baker, VMI
Sherika Christie, Wofford
Landrey Pike, Western Carolina

Weight throw

Merkenzee Wells, Western Carolina
Diamond Baker, VMI
Landrey Pike, Western Carolina

Pole vault

Libby Jackson, Samford
Antonina Tereshenko, Samford
Bella Hilleary, Western Carolina

Pentathlon

Sherika Christie, Samford
Kiersten Bell, Samford
Brianna Baker, ETSU

(TITLE)

2024 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 188 |
| 2. | Western Carolina | 121.5 |
| 3. | Furman | 112 |
| 4. | VMI | 109 |
| 5. | Wofford | 62.5 |
| 6. | The Citadel | 49 |
| 7. | UNCG | 11 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | O'Rell Fisher, WOF | 6.73 |
| 2. | Bradlee Jones, CIT | 6.81 |
| 3. | Cagan Campbell, SAM | 6.83 |
| 4. | William Malcolm, SAM | 6.93 |
| 5. | David Miles, WCU | 6.94 |
| 6. | Cameron Dalton, WOF | 6.96 |
| 7. | Demetrius Shine, CIT | 6.98 |
| 8. | Nick Brown | 7.04 |

200-meter dash

| | | |
|----|----------------------|-------|
| 1. | Cagan Campbell, SAM | 21.42 |
| 2. | Cameron Dalton, WOF | 21.42 |
| 3. | Quinton Godfrey, WCU | 21.71 |
| 4. | Teddy Ayden, WCU | 21.93 |
| 5. | Dylan Thompson, CIT | 22.37 |
| 6. | Zion Bennett, WOF | 22.37 |
| 7. | William Malcolm, SAM | 22.52 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Cagan Campbell, SAM | 47.72 |
| 2. | Nick Brown, VMI | 47.74 |
| 3. | Richard Edwards, VMI | 48.21 |
| 4. | Landon Wright, SAM | 48.55 |
| 5. | Elias Barton, WCU | 49.07 |
| 6. | Zion Bennett, WOF | 49.17 |
| 7. | Quinton Godfrey, WCU | 49.20 |
| 8. | Jackson Olivo, SAM | 49.38 |

800-meter run

| | | |
|----|--------------------------------|---------|
| 1. | Zephaniah Carico-McLennan, SAM | 1:51.27 |
| 2. | Carson Williams, FUR | 1:51.55 |
| 3. | John Davis, WCU | 1:53.59 |
| 4. | Sam Barnard, UNCG | 1:54.03 |
| 5. | Benjamin Hagerich, VMI | 1:55.00 |
| 6. | Andrew Hamilton, UNCG | 1:55.31 |
| 7. | Harrison Siegel, SAM | 1:55.42 |
| 8. | Henry Stecher, WCU | 2:00.02 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Carson Williams, FUR | 4:05.67 |
| 2. | Josh Krafur, ETSU | 4:08.27 |
| 3. | Evan Guzman, ETSU | 4:08.92 |
| 4. | Myles Stoots, ETSU | 4:09.80 |
| 5. | David Ahlmeyer, FUR | 4:09.81 |
| 6. | Josh Powers, FUR | 4:12.79 |
| 7. | Nathan Hillis, ETSU | 4:13.55 |
| 8. | Mac Roberts, FUR | 4:14.10 |

3,000-meter run

| | | |
|----|-------------------------|---------|
| 1. | Carson Williams, FUR | 8:22.51 |
| 2. | Brayden Hamblen, ETSU | 8:24.08 |
| 3. | Adam Beucler, FUR | 8:26.09 |
| 4. | Evan Guzman, ETSU | 8:27.50 |
| 5. | Josh Powers, FUR | 8:34.75 |
| 6. | Nicholas Goldstein, FUR | 8:35.99 |
| 7. | Luke Taylor, FUR | 8:37.58 |
| 8. | Will Mitchell, WCU | 8:38.62 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Dylan Schubert, FUR | 13:54.58 |
| 2. | Adam Beucler, FUR | 14:15.35 |
| 3. | Brayden Hamblen, ETSU | 14:22.30 |
| 4. | David Ahlmeyer, FUR | 14:34.04 |
| 5. | Dylan Christopher, UNCG | 14:38.70 |
| 6. | Nicholas Goldstein, FUR | 14:43.55 |
| 7. | Evan Guzman, ETSU | 14:50.45 |
| 8. | Xian Campbell, ETSU | 14:59.00 |

60-meter hurdles

| | | |
|----|------------------------|-------|
| 1. | Titus Moore, SAM | 7.80 |
| 2. | Liam McBride, VMI | 7.96 |
| 3. | C.J. McFerrin, WCU | 8.15 |
| 4. | Landon Wright, SAM | 8.20 |
| 5. | Grant Witherspoon, WOF | 8.42 |
| 6. | Jackson Olivo, SAM | 8.67 |
| 7. | Archie Woodard, WOF | 8.98 |
| 8. | Isaiah Blount, VMI | 13.34 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 9:55.18 |
| 2. | Samford | 10:09.33 |
| 3. | Western Carolina | 10:17.96 |
| 4. | Citadel | 10:39.50 |
| 5. | VMI | 10:42.17 |
| 6. | Wofford | 11:25.34 |

4x400-meter relay

| | | |
|----|---------|---------|
| 1. | Samford | 3:14.98 |
| 2. | Wofford | 3:15.08 |
| 3. | VMI | 3:19.57 |
| 4. | Citadel | 3:23.87 |
| 5. | Furman | 3:33.38 |

High jump

| | | |
|----|----------------------|-------|
| 1. | Arthur Chitty, SAM | 2.10m |
| 2. | Stephen Krae, CIT | 2.00m |
| | Prince Moody, CIT | 2.00m |
| 4. | Javell Brown, WCU | 1.95m |
| 5. | Jordan Chestnut, CIT | 1.95m |
| 6. | Jake Ross, WOF | 1.90m |
| | Cameron Pompey, WCU | 1.90m |
| 8. | Adam Ledford, WCU | 1.85m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Keyandre Midgett, VMI | 7.49m |
| 2. | O'Rell Fisher, WOF | 7.18m |
| 3. | Javon Brown, WCU | 7.16m |
| 4. | Noah Straley, WCU | 7.13m |
| 5. | Charles Male, VMI | 7.13m |
| 6. | Javell Brown, WCU | 7.03m |
| 7. | Samuel Werner, SAM | 6.87m |
| 8. | Titus Moore, M | 6.75m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Keyandre Midgett, VMI | 15.57m |
| 2. | Javon Brown, WCU | 15.31m |
| 3. | Jordan Chestnut, CIT | 14.73m |
| 4. | Javell Brown, WCU | 14.65m |
| 5. | Ian Jones, SAM | 14.56m |
| 6. | David Dorbin, WCU | 13.66m |
| 7. | Charles Male, VMI | 13.48m |
| 8. | Cameron Pompey, WCU | 13.08m |

Shot put

| | | |
|----|---------------------|--------|
| 1. | Carly Henry, SAM | 15.38m |
| 2. | Rafe Clendenin, VMI | 15.18m |
| 3. | Riley Center, WCU | 14.37m |
| 4. | Hunter Davis, VMI | 14.15m |

| | | |
|----|----------------------|--------|
| 5. | Eli Penix, SAM | 14.10m |
| 6. | Chase Edwards, WOF | 13.92m |
| 7. | Andrew Granger, VMI | 13.91m |
| 8. | Dakota Sorrells, WCU | 13.89m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Andrew Granger, VMI | 17.46m |
| 2. | Rafe Clendenin, VMI | 15.60m |
| 3. | Dominick Dale, WCU | 15.06m |
| 4. | Riley Center, WCU | 15.04m |
| 5. | Austin Ramirez, WCU | 14.92m |
| 6. | Marshall Gainer, SAM | 14.83m |
| 7. | Austin Cline, WCU | 14.69m |
| 8. | Chase Edwards, WOF | 13.77m |

Pole vault

| | | |
|----|-------------------------|-------|
| 1. | Brenden Vanderpool, SAM | 5.20m |
| 2. | Jed Sisco, SAM | 5.05m |
| 3. | Walker Smith, SAM | 4.90m |
| 4. | Carter Ellis, SAM | 4.90m |
| 5. | Cameron Thomas, VMI | 4.75m |
| 6. | Isaiah Blount, VMI | 4.75m |
| 7. | Ethan Womack, SAM | 4.45m |
| 8. | Jack Scott, CIT | 4.15m |

Heptathlon

| | | |
|----|------------------------|-------|
| 1. | Samuel Werner, SAM | 5,380 |
| 2. | Bryc Williamson, SAM | 4,915 |
| 3. | Damon Worlye, WCU | 4,881 |
| 4. | Isaiah Blount, VMI | 4,783 |
| 5. | Ethan Womack, SAM | 4,778 |
| 6. | Sebastian Lattore, WOF | 4,288 |
| 7. | Colby Capps, WCU | 4,274 |
| 8. | Ethan Hibberts, WCU | 3,627 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Cagan Campbell, Samford

Most Outstanding Track Performer
Cagan Campbell, Samford

Most Outstanding Field Performer
Keyandre Midgett, VMI

Freshman of the Year
Rafe Clendenin, VMI

Pinnacle Award
(highest GPA on championship-winning team)
Ethan Womack, Samford

Coach of the Year
Rod Tiffin, Samford

2024 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 160.5 |
| 2. | Wofford | 117 |
| 3. | Furman | 92 |
| 4. | Western Carolina | 83.66 |
| 5. | ETSU | 70 |
| 6. | VMI | 68.5 |
| 7. | Chattanooga | 37 |
| 8. | The Citadel | 30.33 |
| 9. | UNCG | 3 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Eleyah Armstrong, VMI | 7.44 |
| 2. | Ella Tennant, WOF | 7.57 |
| 3. | Madeline McNinch, WOF | 7.62 |
| 4. | Armani Blair, WCU | 7.63 |
| 5. | Cyla Byrd, CIT | 7.70 |
| 6. | Brianna Gayle, WCU | 7.75 |
| 7. | Gabrielle Walker, ETSU | 7.82 |
| 8. | Amiel Dabney, SAM | 7.82 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Jasmine Jefferson, WOF | 24.13 |
| 2. | Madeline McNinch, WOF | 24.33 |
| 3. | Nytrinitey Jenkins, WCU | 24.97 |
| 4. | Kelsey Martin, SAM | 25.17 |
| 5. | Eleyah Armstrong, VMI | 25.35 |
| 6. | Cymoria Thomas, WCU | 25.54 |
| 7. | Cyla Byrd, CIT | 25.57 |

400-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Jasmine Jefferson, WOF | 54.22 |
| 2. | Nytrinitey Jenkins, WCU | 56.22 |
| 3. | Grace Lueders, SAM | 57.24 |
| 4. | Ayden Drake, SAM | 57.42 |
| 5. | Mikayla Turner, WCU | 59.05 |
| 6. | Leah Butler, WCU | 59.10 |
| 7. | Heaven Hall, VMI | 59.12 |
| 8. | Kyndal Saunders, WCU | 59.85 |

800-meter run

| | | |
|----|-------------------------|---------|
| 1. | Megan Marvin, FUR | 2:08.85 |
| 2. | Katie Keller, SAM | 2:09.02 |
| 3. | Camryn Wennersten, FUR | 2:09.02 |
| 4. | Adeline Haisch, SAM | 2:11.11 |
| 5. | Hannah Burkhart, ETSU | 2:14.57 |
| 6. | Meg Lance, ETSU | 2:15.12 |
| 7. | Callie Harper, FUR | 2:16.67 |
| 8. | Ansley Archuletta, ETSU | 2:24.10 |

Mile run

| | | |
|----|----------------------------|---------|
| 1. | Abigail Robertson, FUR | 4:47.56 |
| 2. | Nicole Matysik, FUR | 4:49.47 |
| 3. | Harper McGowan, SAM | 4:58.14 |
| 4. | Rebekah Howard, ETSU | 4:59.97 |
| 5. | Maddie Wheatcroft, UTC | 5:00.54 |
| 6. | Clair Garrett, FUR | 5:01.68 |
| 7. | Katherine Vradenburgh, UTC | 5:08.51 |
| 8. | Bonita Gray, ETSU | 5:08.61 |

3,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Abigail Robertson, FUR | 9:31.02 |
| 2. | Lesley Green, UTC | 9:34.17 |
| 3. | Madelynn Cadeau, FUR | 9:34.77 |
| 4. | Lillian Feingold, FUR | 9:59.93 |
| 5. | Leah Boyd, UTC | 10:11.85 |
| 6. | Victoria Sosa, UNCG | 10:14.58 |
| 7. | Eddie Smith, SAM | 10:17.07 |
| 8. | Andrea Ellis, UTC | 10:51.60 |
| 9. | Michaela Dabney, UTC | 11:34.58 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Sierra Bower, FUR | 16:26.02 |
| 2. | Lesley Green, UTC | 16:34.98 |
| 3. | Madelynn Cadeau, FUR | 16:52.70 |
| 4. | Nicole Matysik, FUR | 17:03.08 |
| 5. | Kiera Snyder, ETSU | 17:22.55 |
| 6. | Josi Seering, ETSU | 17:44.26 |
| 7. | Leah Boyd, UTC | 17:48.48 |
| 8. | Eddie Smith, SAM | 17:51.02 |

60-meter hurdles

| | | |
|----|--------------------------|------|
| 1. | Amiel Dabney, SAM | 8.57 |
| 2. | JaKayla Campbell, WOF | 8.87 |
| 3. | Imani Boyd, WCU | 8.96 |
| 4. | Olivia Bagg, WOF | 9.04 |
| 5. | Shaneil Lysight, WCU | 9.08 |
| 6. | Meg Coleman, SAM | 9.17 |
| 7. | Ayden Drake, SAM | 9.17 |
| 8. | Marga van der Linde, WOF | 9.23 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 11:31.07 |
| 2. | Samford | 11:45.49 |
| 3. | ETSU | 12:01.09 |
| 4. | Chattanooga | 12:12.68 |
| 5. | VMI | 12:42.86 |
| 6. | Western Carolina | 12:58.98 |
| 7. | The Citadel | 13:03.97 |
| 8. | Wofford | 13:12.33 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Samford | 3:50.18 |
| 2. | Western Carolina | 3:54.42 |
| 3. | ETSU | 3:55.96 |
| 4. | Wofford | 3:58.26 |
| 5. | VMI | 4:02.00 |
| 6. | Chattanooga | 4:07.97 |
| 7. | The Citadel | 4:09.31 |
| 8. | Furman | 4:28.73 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Imani Boyd, WCU | 1.71m |
| 2. | Maya Murchison, ETSU | 1.61m |
| 3. | Dorsey Parker, SAM | 1.61m |
| 4. | Savannah Schmidt, SAM | 1.61m |
| 5. | Grace Gamboa, SAM | 1.61m |
| 6. | Ava Cooper, WOF | 1.61m |
| 7. | Erin Long, SAM | 1.61m |
| | Morgan Fraser, VMI | 1.61m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Eleyah Armstrong, VMI | 6.05m |
| 2. | Ellison Chadwick, SAM | 5.92m |
| 3. | Madeline McNinch, WOF | 5.76m |
| 4. | Sherika Christie, WOF | 5.71m |
| 5. | Jasmine Greene, WCU | 5.52m |
| 6. | Olivia Bagg, WOF | 5.44m |
| 7. | Derica Currie, WCU | 5.44m |
| 8. | Eliza Ruch, ETSU | 5.39m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Sherika Christie, WOF | 12.38m |
| 2. | Tya Blake, ETSU | 11.68m |
| 3. | Kiersten Bell, SAM | 11.67m |
| 4. | Jasmine Greene, WCU | 11.61m |
| 5. | Julie Freitas, VMI | 11.57m |
| 6. | Derica Currie, WCU | 11.50m |
| 7. | Erica O'Neal, WCU | 10.78m |
| 8. | Kendal Hudson, WCU | 10.45m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Ellie Sawicki, WOF | 13.66m |
| 2. | Jenna Kirkland, VMI | 12.92m |
| 3. | Karmen Williams, CIT | 12.84m |
| 4. | Diamond Baker, VMI | 12.50m |
| 5. | Hanna Pettyjohn, SAM | 12.48m |
| 6. | Hannah Daffine, SAM | 12.41m |
| 7. | Anna Moore, ETSU | 12.27m |
| 8. | Sherika Christie, WOF | 11.57m |

Weight throw

| | | |
|----|----------------------------|--------|
| 1. | Hannah Daffin, SAM | 17.87m |
| 2. | Emily Danielson, CIT | 16.58m |
| 3. | Karmen Williams, CIT | 16.00m |
| 4. | Jenna Kirkland, VMI | 15.00m |
| 5. | Aaryanna Billingsley, ETSU | 14.99m |
| 6. | Emma Nolte, SAM | 14.90m |
| 7. | Toria Roundtree, WCU | 14.34m |
| 8. | Anna Moore, ETSU | 14.13m |

Pole vault

| | | |
|----|--------------------------|-------|
| 1. | Taylor Hill, VMI | 3.82m |
| 2. | Diana Romero-Barba, ETSU | 3.67m |
| 3. | Libby Jackson, SAM | 3.67m |
| 4. | Alexis Cook, SAM | 3.52m |
| 5. | Antonina Tereshenko, SAM | 3.52m |
| 6. | Kaelyn McCann, SAM | 3.37m |
| 7. | Hanna Pettyjohn, SAM | 3.37m |
| 8. | Bella Hilleary, WCU | 3.22m |
| | Emily Hickey, CIT | 3.22m |
| | Jennifer Wagner, WCU | 3.22m |

Pentathlon

| | | |
|----|-----------------------|-------|
| 1. | Sherika Christie, WOF | 3,641 |
| 2. | Olivia Bagg, WOF | 3,593 |
| 3. | Erin Long, SAM | 3,438 |
| 4. | Hanna Pettyjohn, SAM | 3,411 |
| 5. | Kiersten Bell, SAM | 3,402 |
| 6. | Brianna Baker, ETSU | 3,311 |
| 7. | Savanna Schmidt, SAM | 3,236 |
| 8. | Shea Hart, VMI | 3,119 |

Individual Awards

Most Outstanding Athlete

Sherika Christie, Wofford

Most Outstanding Track Performer

Jasmine Jefferson, Wofford

Most Outstanding Field Performer

Sherika Christie, Wofford

Freshman of the Year

Sherika Christie, Wofford

Pinnacle Award (highest GPA on championship-winning team)

Grace Lueders, Samford

Coach of the Year

Johnny Bomar, Wofford

2023 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 174.5 |
| 2. | Western Carolina | 122.33 |
| 3. | ETSU | 102.5 |
| 4. | VMI | 96.33 |
| 5. | Furman | 86 |
| 6. | The Citadel | 41.33 |
| 7. | Wofford | 34 |
| 8. | UNCG | 4 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | William Malcolm, SAM | 6.84 |
| | Cagan Campbell, SAM | 6.84 |
| 3. | Evan Brooks, SAM | 6.85 |
| 4. | Dohnavon Hunt, WCU | 6.87 |
| 5. | O'Rell Fisher, WOF | 6.89 |
| 6. | David Miles, WCU | 6.91 |
| 7. | Skyler Woodard, WCU | 6.96 |
| 8. | Deshawn Fletcher, ETSU | 6.96 |

200-meter dash

| | | |
|----|---------------------|-------|
| 1. | Cagan Campbell, SAM | 21.58 |
| 2. | Dohnavon Hunt, WCU | 21.60 |
| 3. | Evan Brooks, SAM | 21.64 |
| 4. | Cameron Dalton, WOF | 21.73 |
| 5. | David Miles, WCU | 21.88 |
| 6. | Teddy Ayden, WCU | 22.03 |
| 7. | Noah Straley, WCU | 22.50 |
| 8. | Michael Harris, WCU | 22.73 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Michael Harris, WCU | 47.87 |
| 2. | Nick Brown, VMI | 48.25 |
| 3. | Cagan Campbell, SAM | 48.54 |
| 4. | Kane Duncan, CIT | 49.48 |
| 5. | Matthew Grigg, SAM | 49.55 |
| 6. | Xander Topos, VMI | 49.95 |
| 7. | Richard Edwards, VMI | 50.01 |
| 8. | Treonte Newton, CIT | 50.16 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Phelani Maduwa, ETSU | 1:50.12 |
| 2. | Miguel Parrilla, ETSU | 1:50.52 |
| 3. | Trent Whittaker, VMI | 1:52.94 |
| 4. | Josh Krafzur, ETSU | 1:53.21 |
| 5. | John Davis, WCU | 1:53.33 |
| 6. | Henry Stecher, WCU | 1:53.46 |
| 7. | Conner Overly, ETSU | 1:56.67 |
| 8. | Nick Epstein, FUR | 1:58.74 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Carson Williams, FUR | 4:05.67 |
| 2. | Josh Krafzur, ETSU | 4:08.27 |
| 3. | Evan Guzman, ETSU | 4:08.92 |
| 4. | Myles Stoots, ETSU | 4:09.80 |
| 5. | David Ahlmeyer, FUR | 4:09.81 |
| 6. | Josh Powers, FUR | 4:12.79 |
| 7. | Nathan Hillis, ETSU | 4:13.55 |
| 8. | Mac Roberts, FUR | 4:14.10 |

3,000-meter run

| | | |
|----|-------------------------|---------|
| 1. | Carson Williams, FUR | 8:22.51 |
| 2. | Brayden Hamblen, ETSU | 8:24.08 |
| 3. | Adam Beucler, FUR | 8:26.09 |
| 4. | Evan Guzman, ETSU | 8:27.50 |
| 5. | Josh Powers, FUR | 8:34.75 |
| 6. | Nicholas Goldstein, FUR | 8:35.99 |
| 7. | Luke Taylor, FUR | 8:37.58 |
| 8. | Will Mitchell, WCU | 8:38.62 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Dylan Schubert, FUR | 13:54.58 |
| 2. | Adam Beucler, FUR | 14:15.35 |
| 3. | Brayden Hamblen, ETSU | 14:22.30 |
| 4. | David Ahlmeyer, FUR | 14:34.04 |
| 5. | Dylan Christopher, UNCG | 14:38.70 |
| 6. | Nicholas Goldstein, FUR | 14:43.55 |
| 7. | Evan Guzman, ETSU | 14:50.45 |
| 8. | Xian Campbell, ETSU | 14:59.00 |

60-meter hurdles

| | | |
|----|------------------------|------|
| 1. | Titus Moore, SAM | 7.79 |
| 2. | Keyandre Midgett, VMI | 8.18 |
| 3. | Liam McBride, VMI | 8.20 |
| 4. | Landon Wright, SAM | 8.22 |
| 5. | Jonah Dill, FUR | 8.42 |
| 6. | Claude Campbell, SAM | 8.43 |
| 7. | Grant Witherspoon, WOF | 8.53 |
| 8. | Xander Topos, VMI | 8.68 |

Distance medley

| | | |
|----|------------------|-----------|
| 1. | Furman | 9:56.28 |
| 2. | ETSU | 10:02.88 |
| 3. | The Citadel | 10:08.97 |
| 4. | VMI | 10:12.85 |
| 5. | Samford | 10:17.34 |
| 6. | Western Carolina | 10:132.09 |
| 7. | Wofford | 11:08.21 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:17.80 |
| 2. | VMI | 3:18.04 |
| 3. | Samford | 3:18.13 |
| 4. | ETSU | 3:19.75 |
| 5. | Wofford | 3:20.33 |
| 6. | The Citadel | 3:20.98 |
| 7. | Furman | 3:30.85 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Tanner Henry, WOF | 2.05m |
| 2. | Malachi Tomas, ETSU | 2.00m |
| 3. | Stephen Kraeling, CIT | 2.00m |
| 4. | Javell Brown, WCU | 1.90m |
| 5. | Prince Moody, CIT | 1.90m |
| 6. | Bryce Williamson, SAM | 1.85m |
| 7. | Edric Wenhold, SAM | 1.80m |
| 8. | Charles Male, VMI | 1.75m |
| | Javon Brown, WCU | 1.75m |
| | Jack Mulvey, CIT | 1.75m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Ty Kimberlin, SAM | 7.44m |
| 2. | Keyandre Midgett, VMI | 7.29m |
| 3. | Tyler Rodriguez, WCU | 7.18m |
| 4. | Noah Straley, WCU | 7.08m |
| 5. | Dohnavon Hunt, WCU | 7.06m |
| 6. | Edwin Rainey, SAM | 6.89m |
| 7. | Javon Brown, WCU | 6.86m |
| 8. | Claude Campbell, SAM | 6.84m |

Triple jump

| | | |
|----|---------------------------|--------|
| 1. | Keyandre Midgett, VMI | 15.24m |
| 2. | Javon Brown, WCU | 15.08m |
| 3. | Javell Brown, WCU | 14.90m |
| 4. | Edwin Rainey, SAM | 14.67m |
| 5. | Ian Jones, SAM | 14.62m |
| 6. | Tyler Rodriguez, WCU | 14.04m |
| 7. | Christopher Sheppard, WOF | 13.48m |
| 8. | Charles Male, VMI | 13.35m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Riley Center, WCU | 14.44m |
| 2. | Johnerio Holt, SAM | 14.30m |
| 3. | Logan Wagner, ETSU | 14.29m |
| 4. | Eli Penix, SAM | 14.26m |
| 5. | Solomon Ghosh, CIT | 14.06m |
| 6. | Herbert Brooks, VMI | 13.89m |
| 7. | Hunter Davis, VMI | 13.89m |
| 8. | Marshall Gainer, SAM | 13.86m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Andrew Granger, VMI | 16.78m |
| 2. | Reggie Reynolds, CIT | 16.72m |
| 3. | Herbert Brooks, VMI | 16.68m |
| 4. | Jacob Thomas, WCU | 15.86m |
| 5. | Solomon Ghosh, CIT | 14.43m |
| 6. | Riley Center, WCU | 14.33m |
| 7. | Marshall Gainer, SAM | 14.02m |
| 8. | Jalen Belton, WOF | 13.68m |

Pole vault

| | | |
|----|------------------------|-------|
| 1. | Walker Smith, SAM | 4.65m |
| 2. | Carter Ellis, SAM | 4.65m |
| 3. | Jonathan Lehe, WCU | 4.50m |
| 4. | Stephen Munson, VMI | 4.50m |
| 5. | Ethan Fulford, ETSU | 4.35m |
| | Landon Wright, SAM | 4.35m |
| 7. | Damian Hines, SAM | 4.05m |
| 8. | Sebastian LaTorre, WOF | 4.05m |

Heptathlon

| | | |
|----|------------------------|-------|
| 1. | Ty Kimberlin, SAM | 5,442 |
| 2. | Landon Wright, SAM | 5,129 |
| 3. | Damian Hines, SAM | 4,787 |
| 4. | Bryce Williamson, SAM | 4,663 |
| 5. | Kevin Linko, VMI | 4,472 |
| 6. | Ethan Fulford, ETSU | 4,464 |
| 7. | Zion Bennett, WOF | 4,160 |
| 8. | Sebastian LaTorre, WOF | 4,029 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Keyandre Midgett, VMI

Most Outstanding Track Performer
Cagan Campbell, Samford

Most Outstanding Field Performer
Keyandre Midgett, VMI

Freshman of the Year
Dohnavon Hunt, Western Carolina

Pinnacle Award
(highest GPA on championship-winning team)
Jeb Jones, Samford

Coach of the Year
Rod Tiffin, Samford

2023 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 183.33 |
| 2. | Wofford | 120 |
| 3. | ETSU | 84 |
| T4. | Furman | 82 |
| T4. | Western Carolina | 82 |
| 6. | The Citadel | 49.33 |
| 7. | VMI | 38.33 |
| 8. | Chattanooga | 20 |
| 9. | UNCG | 3 |

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Eleyah Armstrong, VMI | 7.56 |
| 2. | Mecca Jackson, CIT | 7.63 |
| 3. | Madeline McNinch, WOF | 7.66 |
| 4. | Ella Tennant, WOF | 7.71 |
| 5. | Zeniyah Lawrence, CIT | 7.72 |
| 6. | Kaitlyn Cole, SAM | 7.88 |
| 7. | Georgia McDevitt, WOF | 7.93 |
| -- | SeMore Green, VMI | FS |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Madeline McNinch, WOF | 24.70 |
| 2. | Mecca Jackson, CIT | 24.71 |
| 3. | Nytrinitey Jenkins, WCU | 24.82 |
| 4. | Jasmine Jefferson, WOF | 25.01 |
| 5. | Mekyll Robinson, WCU | 25.23 |
| 6. | Kelsey Martin, SAM | 25.29 |
| 7. | Amiel Dabney, SAM | 25.87 |
| 8. | Zeniyah Lawrence, CIT | 26.19 |

400-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Jasmine Jefferson, WOF | 56.16 |
| 2. | Kaitlyn Cole, SAM | 56.94 |
| 3. | Grace Lueders, SAM | 57.14 |
| 4. | Nytrinitey Jenkins, WCU | 57.22 |
| 5. | Mekyll Robinson, WCU | 57.54 |
| 6. | Cutler, SR WOF | 57.75 |
| 7. | Heaven Hall, VMI | 58.41 |
| 8. | Ayden Drake, SAM | 59.32 |

800-meter run

| | | |
|----|-------------------------|---------|
| 1. | Megan Marvin, FUR | 2:06.25 |
| 2. | Jessica Lord, ETSU | 2:08.87 |
| 3. | Katie Strozier, SAM | 2:09.64 |
| 4. | Genevieve Schwarz, ETSU | 2:13.02 |
| 5. | Julia Karsten, ETSU | 2:15.27 |
| 6. | Reagan O'Quinn, UNCG | 2:16.73 |
| 7. | Gretal Shank, VMI | 2:18.45 |
| 8. | Callie Harper, FUR | 2:19.08 |

Mile run

| | | |
|----|-------------------------|---------|
| 1. | Genevieve Schwarz, ETSU | 4:46.22 |
| 2. | Kaylie Armitage, FUR | 4:47.28 |
| 3. | McKenzie Hogue, SAM | 4:50.19 |
| 4. | Camryn Wennersten, FUR | 4:55.39 |
| 5. | Chanelle Kruger, ETSU | 4:56.51 |
| 6. | Maddie Wheatcroft, UTC | 4:57.30 |
| 7. | Harper McGowan, SAM | 5:03.49 |
| 8. | Rebekah Howard, ETSU | 5:04.99 |

3,000-meter run

| | | |
|----|------------------------|---------|
| 1. | Abigail Robertson, FUR | 9:26.48 |
| 2. | Kiera Snyder, ETSU | 9:34.01 |
| 3. | Lesley Green, UTC | 9:36.79 |
| 4. | Jenna Mulhern, FUR | 9:36.97 |
| 5. | Chanelle Kruger, ETSU | 9:40.69 |
| 6. | Kate Mattison, WCU | 9:41.69 |
| 7. | Carly Wilkes, FUR | 9:46.28 |
| 8. | Sierra Bower, FUR | 9:50.13 |

5,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Abigail Robertson, FUR | 16:23.42 |
| 2. | Jenna Mulhern, FUR | 16:36.47 |
| 3. | Lesley Green, UTC | 16:47.30 |
| 4. | Kate Mattison, WCU | 16:52.09 |
| 5. | Sierra Bower, FUR | 17:02.87 |
| 6. | Carly Wilkes, FUR | 17:04.22 |
| 7. | Kiera Snyder, ETSU | 17:06.28 |
| 8. | Emma Russum, UTC | 17:27.47 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Kerrington Johnson, WOF | 8.53 |
| 2. | Dami Shodeinde, WCU | 8.57 |
| 3. | Amiel Dabney, SAM | 8.62 |
| 4. | Netanya Linares, WOF | 8.72 |
| 5. | Imani Boyd, WCU | 8.75 |
| 6. | Riley Alexander, SAM | 8.86 |
| 7. | Meg Coleman, SAM | 9.04 |
| 8. | Shaneil Lysight, WCU | 9.12 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 11:25.60 |
| 2. | Samford | 11:51.44 |
| 3. | ETSU | 12:03.93 |
| 4. | Western Carolina | 12:23.42 |
| 5. | The Citadel | 12:28.41 |
| 6. | Chattanooga | 12:37.08 |
| 7. | Wofford | 12:38.83 |
| 8. | VMI | 13:26.33 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:50.26 |
| 2. | Samford | 3:50.59 |
| 3. | ETSU | 3:52.80 |
| 4. | Furman | 3:54.68 |
| 5. | Wofford | 3:55.34 |
| 6. | VMI | 4:05.16 |
| 7. | The Citadel | 4:08.30 |
| 8. | Chattanooga | 4:10.94 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Dorsey Parker, SAM | 1.68m |
| 2. | Grace Gamboa, SAM | 1.68m |
| 3. | Erin Long, SAM | 1.63m |
| 4. | Netanya Linares, WOF | 1.63m |
| 5. | Imani Boyd, WCU | 1.58m |
| 6. | Jaclyn Wright, ETSU | 1.58m |
| 7. | Savannah Schmidt, SAM | 1.53m |
| | Hannah Pettyjohn, SAM | 1.53m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Eleyah Armstrong, VMI | 5.86m |
| 2. | Georgia McDevitt, WOF | 5.82m |
| 3. | Madeline McNinch, WOF | 5.74m |
| 4. | Rylee Jorgensen, WOF | 5.74m |
| 5. | Netanya Linares, WOF | 5.60m |
| 6. | Tya Blake, ETSU | 5.44m |
| 7. | Kelsey Martin, SAM | 5.40m |
| 8. | Molly Rhudy, ETSU | 5.39m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Tya Blake, ETSU | 11.68m |
| 2. | Derica Currie, WCU | 11.66m |
| 3. | Jasmine Greene, WCU | 11.49m |
| 4. | Rylee Jorgensen, WOF | 11.47m |
| 5. | Erica O'Neal, WCU | 11.07m |
| 6. | Grace Gamboa, SAM | 10.97m |
| 7. | Kelsey Martin, SAM | 10.72m |
| 8. | Anaya Young, ETSU | 9.98m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Hannah Daffin, SAM | 14.21m |
| 2. | Tatiana Corso, CIT | 12.99m |
| 3. | Emma Nolte, SAM | 12.38m |
| 4. | Ellie Sawicki, WOF | 11.77m |
| 5. | Erin Long, SAM | 11.64m |
| 6. | Anna Moore, ETUS | 11.54m |
| 7. | Savannah Schmidt, SAM | 11.30m |
| 8. | Jenna Kirkland, VMI | 11.01m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Hannah Daffin, SAM | 18.37m |
| 2. | Tatiana Corso, CIT | 14.50m |
| 3. | Emma Nolte, SAM | 14.42m |
| 4. | Dani Emmen, WOF | 14.30m |
| 5. | Anna Moore, ETSU | 14.16m |
| 6. | Toria Roundtree, WCU | 13.95m |
| 7. | Jenna Kirkland, VMI | 13.68m |
| 8. | Alyssa Ceja-Pena, ETSU | 13.39m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Brittany Bishop, SAM | 3.70m |
| 2. | Kaelyn McCann, SAM | 3.55m |
| | Blythe Hehmeyer, CIT | 3.55m |
| | Taylor Hill, VMI | 3.55m |
| 5. | Lindsey Havens, SAM | 3.55m |
| 6. | Riley Alexander, SAM | 3.40m |
| 7. | Sydney Gallant, WCU | 3.40m |
| 8. | Alexis Cook, SAM | 3.40m |

Pentathlon

| | | |
|----|--------------------------|-------|
| 1. | Netanya Linares, WOF | 3,795 |
| 2. | Erin Long, SAM | 3,294 |
| 3. | Hannah Pettyjohn, SAM | 3,226 |
| 4. | Rashni Walker, SAM | 3,198 |
| 5. | Savannah Schmidt, SAM | 3,100 |
| 6. | Olivia Bagg, WOF | 3,074 |
| 7. | Marga Van Der Linde, WOF | 3,069 |
| 8. | Shea Hart, VMI | 2,930 |

Individual Awards

Most Outstanding Athlete

Netanya Linares, Wofford

Most Outstanding Track Performer

Abigail Robertson, Furman

Most Outstanding Field Performer

Hannah Daffin, Samford

Freshman of the Year

Jenna Mulhern, Furman

Pinnacle Award (highest GPA on championship-winning team)

Erin Long, Samford

Coach of the Year

Rod Tiffin, Samford

2022 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 206.5 |
| 2. | Western Carolina | 117 |
| 3. | VMI | 90 |
| 4. | Furman | 84 |
| 5. | ETSU | 74 |
| 6. | The Citadel | 48.5 |
| 7. | Wofford | 38 |
| 8. | UNCG | 2 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Jordin Poindexter, VMI | 6.74 |
| 2. | Evan Brooks, SAM | 6.81 |
| 3. | Cagan Campbell, WOF | 6.93 |
| 4. | Tyke Tabor, SAM | 6.94 |
| 5. | David Miles, WCU | 6.95 |
| 6. | Nolan Johnson, ETSU | 7.01 |
| 7. | Jaylan Adams, CIT | 7.12 |
| 8. | Tyler Manigault, WCU | 7.14 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Jordin Poindexter, VMI | 21.41 |
| 2. | Evan Brooks, SAM | 21.50 |
| 3. | David Miles, WCU | 21.67 |
| 4. | Cagan Campbell, WOF | 21.75 |
| 5. | Marcus Brown, WCU | 21.91 |
| 6. | Jeremiah Wilks, VMI | 22.23 |
| 7. | Michael Harris, WCU | 22.46 |
| 8. | Tyler Manigault, WCU | 26.42 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Conor Murphy, WOF | 48.24 |
| 2. | Johnnie Walker, VMI | 48.44 |
| 3. | Matthew Grigg, SAM | 48.72 |
| 4. | Michael Harris, WCU | 48.87 |
| 5. | Elijah Bull, WOF | 49.64 |
| 6. | Treonte Newton, CIT | 49.77 |
| 7. | Jake Diggs, SAM | 49.89 |
| 8. | Michael McMahan, SAM | 49.92 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Trent Whittaker, VMI | 1:51.02 |
| 2. | Miguel Parrilla, ETSU | 1:51.18 |
| 3. | Phelani Maduwa, ETSU | 1:51.45 |
| 4. | Jose Peñalver, SAM | 1:53.00 |
| 5. | Josh Krafzur, ETSU | 1:54.21 |
| 6. | Harrison Siegel, SAM | 1:55.19 |
| 7. | Caleb Scheffler, SAM | 1:56.55 |
| -- | Matthew Smith, FUR | DNF |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Cameron Ponder, FUR | 3:59.75 |
| 2. | Aaron Wier, FUR | 4:04.98 |
| 3. | Matthew Scarr, ETSU | 4:06.12 |
| 4. | Evan Guzman, ETSU | 4:07.73 |
| 5. | Gavin Jenkins, VMI | 4:08.14 |
| 6. | Myles Stoots, ETSU | 4:10.09 |
| 7. | Ben Garner, SAM | 4:12.10 |
| 8. | Mac Roberts, FUR | 4:12.98 |

3,000-meter run

| | | |
|----|-------------------------|---------|
| 1. | Carson Williams, FUR | 8:02.87 |
| 2. | Adam Bradtmueller, ETSU | 8:05.64 |
| 3. | Dylan Schubert, FUR | 8:11.00 |
| 4. | Noah Dolhare, FUR | 8:11.65 |
| 5. | Justin Hayes, WCU | 8:18.87 |
| 6. | Adam Beucler, FUR | 8:21.88 |
| 7. | Foster Wilfong, FUR | 8:23.31 |
| 8. | Ben Garner, SAM | 8:23.33 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Adam Bradtmueller, ETSU | 14:08.18 |
| 2. | Schubert, FR FUR | 14:10.92 |
| 3. | Carson Williams, FUR | 14:22.30 |
| 4. | Noah Dolhare, FUR | 14:23.69 |
| 5. | Adam Beucler, FUR | 14:29.82 |
| 6. | Justin Hayes, WCU | 14:41.96 |
| 7. | Michael Zapherson, UNCG | 14:46.12 |
| 8. | Myles Stoots, ETSU | 14:50.38 |

60-meter hurdles

| | | |
|----|------------------------|------|
| 1. | Michael McMahan, SAM | 8.12 |
| 2. | Landon Wright, SAM | 8.19 |
| 3. | Keyandre Midgett, VMI | 8.27 |
| 4. | Kaleb Ambrose, WCU | 8.30 |
| 5. | Jonah Dill, FUR | 8.50 |
| 6. | Topos, VMI | 8.70 |
| 7. | Grant Witherspoon, WOF | 8.75 |
| 8. | Elijah Bull, WOF | 8.81 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | ETSU | 9:51.15 |
| 2. | Furman | 9:59.00 |
| 3. | VMI | 10:07.81 |
| 4. | The Citadel | 10:14.11 |
| 5. | Samford | 10:26.88 |
| 6. | Western Carolina | 10:26.91 |
| 7. | Wofford | 11:11.84 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | VMI | 3:17.13 |
| 2. | Samford | 3:17.89 |
| 3. | Western Carolina | 3:18.46 |
| 4. | Wofford | 3:18.83 |
| 5. | The Citadel | 3:22.93 |
| 6. | ETSU | 3:24.54 |
| 7. | Furman | 3:29.33 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Justin Stuckey, SAM | 2.10m |
| 2. | Stephen Kraeling, CIT | 2.00m |
| 3. | Brandon Harvey, WCU | 1.95m |
| 4. | Matt Cahoon, SAM | 1.95m |
| | Augustine Morgan, SAM | 1.95m |
| 6. | Prince Moody, CIT | 1.95m |
| 7. | Edric Wenhold, SAM | 1.90m |
| 8. | Khadevis Snead, WCU | 1.85m |

Long jump

| | | |
|----|----------------------|-------|
| 1. | Javell Brown, WCU | 7.32m |
| 2. | Ty Kimberlin, SAM | 7.22m |
| 3. | Tyler Rodriguez, WCU | 7.22m |
| 4. | Javon Brown, WCU | 7.00m |
| 5. | Edwin Rainey, SAM | 6.97m |
| 6. | Charles Male, VMI | 6.89m |
| 7. | Brandon Harvey, WCU | 6.81m |
| 8. | Damian Hines, SAM | 6.74m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Javell Brown, WCU | 15.46m |
| 2. | Edwin Rainey, SAM | 14.66m |
| 3. | Javon Brown, WCU | 14.54m |
| 4. | Keyandre Midgett, VMI | 14.32m |
| 5. | Ian Jones, SAM | 14.21m |
| 6. | Tyler Rodriguez, WCU | 13.72m |
| 7. | Evin McEntee, FUR | 13.63m |
| 8. | Owen Barr, WCU | 13.56m |

Shot put

| | | |
|----|-----------------------------|--------|
| 1. | Seth Wolfe, SAM | 15.62m |
| 2. | Ryan Eldridge, WCU | 15.41m |
| 3. | Matt Cahoon, SAM | 15.40m |
| 4. | Prince Howard-Whitaker, CIT | 14.89m |
| 5. | Solomon Ghosh, VMI | 14.82m |
| 6. | Adam Hart, WCU | 14.40m |
| 7. | Marshall Gainer, SAM | 13.77m |
| 8. | Riley Center, WCU | 13.43m |

Weight throw

| | | |
|----|-----------------------------|--------|
| 1. | Seth Wolfe, SAM | 19.71m |
| 2. | Matt Cahoon, SAM | 17.50m |
| 3. | Prince Howard-Whitaker, CIT | 16.07m |
| 4. | Andrew Granger, VMI | 15.48m |
| 5. | Noah Shelton, ETSU | 15.24m |
| 6. | Zach Fejeran, ETSU | 15.04m |
| 7. | Reggie Reynolds, CIT | 14.89m |
| 8. | Adam Hart, WCU | 14.75m |

Pole vault

| | | |
|----|-----------------------|-------|
| 1. | Jed Sisco, SAM | 5.20m |
| 2. | Sam Blumer, CIT | 4.75m |
| 3. | Charles Cooley, WCU | 4.60m |
| 4. | Walker Smith, SAM | 4.60m |
| 5. | Thomas Martin, WCU | 4.45m |
| 6. | Devin Merrick, CIT | 4.45m |
| | Stockton McGuire, SAM | 4.45m |
| 8. | Landon Wright, SAM | 4.45m |

Heptathlon

| | | |
|----|------------------------|-------|
| 1. | Ty Kimberlin, SAM | 5,395 |
| 2. | Stockton McGuire, SAM | 4,842 |
| 3. | McCray Kelton, SAM | 4,748 |
| 4. | Bryce Williamson, SAM | 4,605 |
| 5. | Damian Hines, SAM | 4,520 |
| 6. | Isaiah Blount, VMI | 4,348 |
| 7. | Sebastian LaTorre, WOF | 4,234 |
| 8. | Ben Kendall, WOF | 4,226 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Jordin Poindexter, VMI

Most Outstanding Track Performer
Jordin Poindexter, VMI

Most Outstanding Field Performer
Javell Brown, Western Carolina

Freshman of the Year
Justin Hayes, Western Carolina

Pinnacle Award
(highest GPA on championship-winning team)
Harrison Siegel, Samford

Coach of the Year
Rod Tiffin, Samford

2022 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 161.5 |
| 2. | ETSU | 146.5 |
| 3. | Western Carolina | 107.5 |
| 4. | Wofford | 104 |
| 5. | Furman | 92 |
| 6. | VMI | 20.5 |
| 7. | The Citadel | 19 |
| 8. | Chattanooga | 10 |
| 9. | UNCG | 2 |

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Nicole Johnson, ETSU | 7.52 |
| 2. | Makaila McIntyre, WCU | 7.55 |
| 3. | Madeline McNinch, WOF | 7.70 |
| | Mekayla Brown, ETSU | 7.70 |
| 5. | Eleyah Armstrong, VMI | 7.73 |
| | Destiny Shippy, WOF | 7.73 |
| 7. | Lanaya Martin, ETSU | 7.77 |
| 8. | Ingrid Joseph, VMI | 7.79 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Madeline McNinch, WOF | 24.52 |
| 2. | Mekyll Robinson, WCU | 24.67 |
| 3. | Nicole Johnson, ETSU | 24.74 |
| 4. | Destiny Shippy, WOF | 25.28 |
| 5. | Ingrid Joseph, VMI | 25.44 |
| 6. | Amiel Dabney, SAM | 25.54 |
| 7. | Marissa Blakely, WCU | 25.57 |
| 8. | Jasmine Jefferson, WOF | 25.66 |

400-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Mekyll Robinson, WCU | 56.72 |
| 2. | Jasmine Jefferson, WOF | 57.00 |
| 3. | Lindsay Cooper, ETSU | 57.22 |
| 4. | Marissa Blakely, WCU | 57.63 |
| 5. | Hannah Burkhart, ETSU | 57.96 |
| 6. | Kaitlyn Cole, SAM | 58.12 |
| 7. | Vada Samuels, SAM | 58.16 |
| 8. | Nytrinitey Jenkins, WCU | 58.26 |

800-meter run

| | | |
|----|-------------------------|---------|
| 1. | Megan Marvin, FUR | 2:05.68 |
| 2. | Katie Strozier, SAM | 2:11.75 |
| 3. | Jessica Lord, ETSU | 2:11.97 |
| 4. | Julia Karsten, ETSU | 2:14.33 |
| 5. | Genevieve Schwarz, ETSU | 2:14.75 |
| 6. | Callie Harper, FUR | 2:18.62 |
| 7. | Rebekah Howard, ETSU | 2:19.73 |
| 8. | Emmy Davis, UTC | 2:19.87 |

Mile run

| | | |
|----|-------------------------|---------|
| 1. | Genevieve Schwarz, ETSU | 4:51.72 |
| 2. | Bethany Graham, FUR | 4:52.68 |
| 3. | McKenzie Hogue, SAM | 4:55.79 |
| 4. | Meghan Ford, FUR | 4:57.07 |
| 5. | Kate Mattison, WCU | 4:59.49 |
| 6. | Nicole Matysik, FUR | 5:07.23 |
| 7. | Ariana Garcia, UNCG | 5:07.89 |
| 8. | Makayla Shaw, ETSU | 5:11.51 |

3,000-meter run

| | | |
|----|--------------------------|----------|
| 1. | Madelynn Cadeau, FUR | 9:36.26 |
| 2. | Lindsey Stallworth, ETSU | 9:37.49 |
| 3. | Emily Little, FUR | 9:45.80 |
| 4. | Sierra Bower, FUR | 9:48.30 |
| 5. | Meghan Ford, FUR | 9:50.66 |
| 6. | Kate Mattison, WCU | 9:52.61 |
| 7. | Allie Nelson, SAM | 9:57.19 |
| 8. | Kiera Snyder, ETSU | 10:02.51 |

5,000-meter run

| | | |
|----|--------------------------|----------|
| 1. | Madelynn Cadeau, FUR | 16:43.03 |
| 2. | Lindsey Stallworth, ETSU | 16:43.63 |
| 3. | Emily Little, FUR | 16:47.81 |
| 4. | Bethany Graham, FUR | 16:55.07 |
| 5. | Sierra Bower, FUR | 17:10.34 |
| 6. | Kate Mattison, WCU | 17:23.51 |
| 7. | Justine Glass, UTC | 17:25.10 |
| 8. | Lesley Green, UTC | 17:36.67 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Kerrington Johnson, WOF | 8.48 |
| 2. | Destiny Shippy, WOF | 8.55 |
| 3. | Lindsay Cooper, ETSU | 8.71 |
| 4. | Amiel Dabney, SAM | 8.82 |
| 5. | Dami Shodeinde, WCU | 8.86 |
| 6. | Riley Alexander, SAM | 8.98 |
| 7. | Jaciya Guthrie, ETSU | 8.99 |
| 8. | Mallory Lowe, WCU | 9.04 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 11:31.56 |
| 2. | Samford | 12:21.15 |
| 3. | ETSU | 12:26.61 |
| 4. | Chattanooga | 12:40.22 |
| 5. | Wofford | 12:47.22 |
| 6. | Western Carolina | 12:50.86 |
| 7. | VMI | 13:00.36 |
| 8. | The Citadel | 13:24.00 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | ETSU | 3:53.96 |
| 2. | Western Carolina | 3:54.24 |
| 3. | Wofford | 3:55.58 |
| 4. | Samford | 3:58.12 |
| 5. | VMI | 4:02.07 |
| 6. | Furman | 4:05.41 |
| 7. | The Citadel | 4:06.17 |
| 8. | Chattanooga | 4:18.86 |

High jump

| | | |
|----|----------------------|-------|
| 1. | Netanya Linares, WOF | 1.64m |
| 2. | Savanah Schmidt, SAM | 1.64m |
| 3. | Makenzie Hooton, SAM | 1.59m |
| 4. | Mia Milasinovic, SAM | 1.59m |
| 5. | Marissa Blakely, WCU | 1.59m |
| 6. | Erin Long, SAM | 1.54m |
| 7. | Jaclyn Wright, ETSU | 1.54m |
| 8. | Omara McBride, WCU | 1.49m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Makaila McIntyre, WCU | 5.88m |
| 2. | Madeline McNinch, WOF | 5.79m |
| 3. | Mekayla Brown, ETSU | 5.75m |
| 4. | Eleyah Armstrong, VMI | 5.72m |
| 5. | Georgia McDevitt, WOF | 5.64m |
| 6. | Rylee Jorgensen, WOF | 5.61m |
| 7. | Destiny Shippy, WOF | 5.43m |
| 8. | Omara McBride, WCU | 5.34m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Makaila McIntyre, WCU | 12.32m |
| 2. | Morayo Bhadosh, SAM | 11.94m |
| 3. | Mekayla Brown, ETSU | 11.74m |
| 4. | Omara McBride, WCU | 11.69m |
| 5. | Tya Blake, ETSU | 11.49m |
| 6. | Derica Currie, WCU | 11.39m |
| 7. | Kelsey Martin, SAM | 11.33m |
| 8. | Rylee Jorgensen, WOF | 11.21m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Carisma Holland, CIT | 14.23m |
| 2. | Hannah Daffin, SAM | 13.63m |
| 3. | Emma Nolte, SAM | 13.14m |
| 4. | Symphony Buxton, ETSU | 13.05m |
| 5. | Victoria Solheim, WCU | 13.04m |
| 6. | Alex Webb, SAM | 12.51m |
| 7. | Tatiana Corso, CIT | 12.29m |
| 8. | Ellie Miller, VMI | 11.52m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Hannah Daffin, SAM | 18.61m |
| 2. | Symphony Buxton, ETSU | 17.62m |
| 3. | Victoria Solheim, WCU | 15.77m |
| 4. | Alyssa Ceja-Pena, ETSU | 15.63m |
| 5. | Emma Nolte, SAM | 15.28m |
| 6. | Jenna Reid, WOF | 14.98m |
| 7. | Tatiana Corso, CIT | 14.96m |
| 8. | Mary Brown, ETSU | 14.92m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Brittany Bishop, SAM | 4.06m |
| 2. | Alexis Cook, SAM | 3.65m |
| | Jackie Barnes, SAM | 3.65m |
| 4. | Riley Alexander, SAM | 3.65m |
| 5. | Kaelyn McCann, SAM | 3.35m |
| | Carter Unger, WCU | 3.35m |
| 7. | Emily Hickey, CIT | 3.35m |
| 8. | Netanya Linares, WOF | 3.35m |

Pentathlon

| | | |
|----|--------------------------|-------|
| 1. | Netanya Linares, WOF | 3,673 |
| 2. | Mia Milasinovic, SAM | 3,626 |
| 3. | Erin Long, SAM | 3,291 |
| 4. | Savanah Schmidt, SAM | 3,152 |
| 5. | Jaclyn Wright, ETSU | 3,078 |
| 6. | Britney Griffith, ETSU | 2,989 |
| 7. | Caroline Huff, SAM | 2,985 |
| 8. | Marga Van Der Linde, WOF | 2,735 |

Individual Awards

Most Outstanding Athlete

Makaila McIntyre, Western Carolina

Most Outstanding Track Performer

Madelynn Cadeau, Furman

Most Outstanding Field Performer

Netanya Linares, Wofford

Freshman of the Year

Sierra Bower, Furman

Pinnacle Award (highest GPA on championship-winning team)

Erin Long, Samford

Coach of the Year

Rod Tiffin, Samford

2021 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 191 |
| 2. | Western Carolina | 129 |
| 3. | Furman | 118 |
| 4. | VMI | 66 |
| 5. | Wofford | 55 |
| 6. | ETSU | 51.5 |
| 7. | The Citadel | 45.5 |
| 8. | UNCG | 7 |

60-meter dash

| | |
|--------------------------------|------|
| 1. Evan Brooks, SAM..... | 6.80 |
| 2. Jordin Poindexter, VMI..... | 6.92 |
| 3. Timiebi Ogobri, CIT..... | 6.95 |
| 4. David Miles, WCU..... | 6.96 |
| 5. Titus Moore, SAM..... | 7.05 |
| 6. Bai Kamara, WOF..... | 7.10 |
| 7. Shon Pratcher, WCU..... | 7.11 |
| 8. Tyler Manigault, WCU..... | 7.12 |

200-meter dash

| | |
|--------------------------------|-------|
| 1. Evan Brooks, SAM..... | 21.50 |
| 2. David Miles, WCU..... | 21.81 |
| 3. Jordin Poindexter, VMI..... | 21.95 |
| 4. Shon Pratcher, WCU..... | 22.08 |
| 5. Tyler Manigault, WCU..... | 22.29 |
| 6. Zeante Smith, WCU..... | 22.33 |
| 7. Samuel Larkin III, WOF..... | 22.46 |
| 8. Jonathan Gray, VMI..... | 22.53 |

400-meter dash

| | |
|------------------------------|-------|
| 1. Michael McMahan, SAM..... | 48.68 |
| 2. Johnnie Walker, VMI..... | 49.28 |
| 3. Conor Murphy, WOF..... | 49.50 |
| 4. Zeante Smith, WCU..... | 49.73 |
| 5. Elijah Bull, WOF..... | 49.77 |
| 6. Jonathan Gray, VMI..... | 49.94 |
| 7. Kane Duncan, CIT..... | 50.08 |
| 8. Jake Diggs, SAM..... | 50.34 |

800-meter run

| | |
|-------------------------------|---------|
| 1. Jose Peñalver, SAM..... | 1:49.77 |
| 2. Cameron Ponder, FUR..... | 1:50.86 |
| 3. Phelani Maduwa, ETSU..... | 1:51.92 |
| 4. Miguel Parrilla, ETSU..... | 1:51.93 |
| 5. Aaron Wier, FUR..... | 1:53.36 |
| 6. Nick Epstein, FUR..... | 1:53.95 |
| 7. Gavin Jenkins, VMI..... | 1:54.24 |
| 8. Trent Whittaker, VMI..... | 2:00.15 |

Mile run

| | |
|------------------------------|---------|
| 1. Cameron Ponder, FUR..... | 4:02.62 |
| 2. Aaron Wier, FUR..... | 4:03.14 |
| 3. Jake Ogden, FUR..... | 4:07.47 |
| 4. Carson Williams, FUR..... | 4:08.39 |
| 5. Daniel Bernal, FUR..... | 4:09.11 |
| 6. Matt Scarr, ETSU..... | 4:11.78 |
| 7. Evan Guzman, ETSU..... | 4:13.63 |
| 8. Mason Coppi, FUR..... | 4:14.53 |

3,000-meter run

| | |
|---------------------------------|---------|
| 1. Matt Scarr, ETSU..... | 8:24.38 |
| 2. Noah Dolhare, FUR..... | 8:27.77 |
| 3. Mason Coppi, FUR..... | 8:29.58 |
| 4. Adam Beucler, FUR..... | 8:31.26 |
| 5. Jake Ogden, FUR..... | 8:32.34 |
| 6. Ares Reading, FUR..... | 8:34.09 |
| 7. Ben Garner, SAM..... | 8:34.96 |
| 8. Dylan Christopher, UNCG..... | 8:41.42 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Adam Beucler, FUR..... | 14:20.86 |
| 2. Ares Reading, FUR..... | 14:23.55 |
| 3. Daniel Bernal, FUR..... | 14:25.44 |
| 4. Matt Scarr, ETSU..... | 14:27.04 |
| 5. Dylan Schubert, FUR..... | 14:27.86 |
| 6. Trent Mandato, FUR..... | 14:39.74 |
| 7. Ben Garner, SAM..... | 14:51.06 |
| 8. Andrew Hammel, FUR..... | 14:56.48 |

60-meter hurdles

| | |
|-------------------------------|------|
| 1. Titus Moore, SAM..... | 7.93 |
| 2. Michael McMahan, SAM..... | 8.09 |
| 3. Jack McHugh, SAM..... | 8.10 |
| 4. Isaiah Ellis, WOF..... | 8.10 |
| 5. Kaleb Ambrose, WCU..... | 8.34 |
| 6. Kameron Walsh, ETSU..... | 8.43 |
| 7. Landon Wright, SAM..... | 8.50 |
| 8. Keyandre Midgett, VMI..... | 8.60 |

Distance medley

| | |
|--------------------------|----------|
| 1. Furman..... | 10:08.90 |
| 2. Samford..... | 10:11.39 |
| 3. ETSU..... | 10:15.67 |
| 4. VMI..... | 10:23.57 |
| 5. UNCG..... | 10:27.46 |
| 6. Western Carolina..... | 10:28.84 |
| 7. The Citadel..... | 10:35.60 |
| 8. Wofford..... | 10:55.81 |

4x400-meter relay

| | |
|--------------------------|---------|
| 1. VMI..... | 3:19.18 |
| 2. Wofford..... | 3:19.42 |
| 3. The Citadel..... | 3:20.04 |
| 4. ETSU..... | 3:20.85 |
| 5. Western Carolina..... | 3:21.81 |
| 6. Samford..... | 3:21.97 |
| 7. UNCG..... | 3:28.80 |
| 8. Furman..... | 3:29.26 |

High jump

| | |
|-------------------------------|-------|
| 1. Justin Stuckey, SAM..... | 2.17m |
| 2. Matt Cahoon, SAM..... | 2.05m |
| 3. Tanner Henry, WOF..... | 2.00m |
| 4. Louis Brogan, SAM..... | 1.95m |
| 5. Brandon Harvey, WCU..... | 1.90m |
| 6. Augustine Morgan, SAM..... | 1.90m |
| 7. Khadevis Snead, WCU..... | 1.90m |
| Malachi Thomas, ETSU..... | 1.90m |

Long jump

| | |
|-----------------------------------|-------|
| 1. Shon Pratcher, WCU..... | 7.25m |
| 2. Ty Kimberlin, SAM..... | 7.23m |
| 3. Justin Stuckey, SAM..... | 7.15m |
| 4. Brandon Harvey, WCU..... | 7.14m |
| 5. Tyler Rodriguez, WCU..... | 7.06m |
| 6. Tanner Henry, WOF..... | 6.95m |
| 7. Christopher Sheppard, WOF..... | 6.89m |
| 8. Edwin Rainey, SAM..... | 6.83m |

Triple jump

| | |
|-----------------------------------|--------|
| 1. Keyandre Midgett, VMI..... | 14.53m |
| 2. Edwin Rainey, SAM..... | 14.40m |
| 3. Jayden Napier, VMI..... | 14.16m |
| 4. Shon Pratcher, WCU..... | 13.80m |
| 5. Tyler Rodriguez, WCU..... | 13.72m |
| 6. Christopher Sheppard, WOF..... | 13.67m |
| 7. Noah Osborne, SAM..... | 13.59m |
| 8. Brandon Harvey, WCU..... | 13.46m |

Shot put

| | |
|-------------------------------------|--------|
| 1. Matt Cahoon, SAM..... | 15.85m |
| 2. Mac Bennett, WCU..... | 15.42m |
| 3. Jay Stanley, WCU..... | 14.96m |
| 4. Ryan Eldridge, WCU..... | 14.87m |
| 5. Adam Hart, WCU..... | 14.37m |
| 6. Prince Howard-Whitaker, CIT..... | 14.29m |
| 7. Solomon Ghosh, VMI..... | 13.82m |
| 8. Marshall Gainer, SAM..... | 13.54m |

Weight throw

| | |
|-------------------------------------|--------|
| 1. Matt Cahoon, SAM..... | 17.30m |
| 2. Jay Stanley, WCU..... | 17.06m |
| 3. Prince Howard-Whitaker, CIT..... | 16.61m |
| 4. Noah Shelton, ETSU..... | 15.65m |
| 5. Mac Bennett, WCU..... | 15.61m |
| 6. Herbert Brooks, VMI..... | 15.56m |
| 7. Adam Hart, WCU..... | 15.12m |
| 8. Reginald Reynolds, CIT..... | 14.76m |

Pole vault

| | |
|-----------------------------|-------|
| 1. Charles Cooley, WCU..... | 4.85m |
| 2. Sam Blumer, CIT..... | 4.70m |
| 3. Devin Merrick, CIT..... | 4.70m |
| 4. Brady Cassell, SAM..... | 4.55m |
| 5. Sam LaRosa, CIT..... | 4.40m |
| Jonathan Lehe, WCU..... | 4.40m |
| 7. Lindsay Pierce, CIT..... | 4.40m |
| 8. Thomas Maxey, WOF..... | 4.10m |

Heptathlon

| | |
|--------------------------------|-------|
| 1. Ty Kimberlin, SAM..... | 5,203 |
| 2. Tanner Henry, WOF..... | 4,867 |
| 3. Landon Wright, SAM..... | 4,859 |
| 4. Thomas Ozburn, SAM..... | 4,646 |
| 5. McCray Kelton, SAM..... | 4,620 |
| 6. Bryce Williamson, SAM..... | 4,505 |
| 7. Thomas Maxey, WOF..... | 4,429 |
| 8. Sebastian LaTorre, WOF..... | 4,283 |

Individual Awards

**Heath Whittle Award
(Most Outstanding Athlete)**
Matt Cahoon, Samford
Ty Kimberlin, Samford

Most Outstanding Track Performer
Evan Brooks, Samford

Most Outstanding Field Performer
Matt Cahoon, Samford

Freshman of the Year
Keyandre Midgett, VMI

**Pinnacle Award
(highest GPA on championship-winning team)**
Jeb Jones, Samford

Coach of the Year
Rod Tiffin, Samford

2021 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 155.5 |
| 2. | Wofford | 131 |
| 3. | ETSU | 125.5 |
| 4. | Furman | 102 |
| 5. | Western Carolina | 94 |
| 6. | VMI | 36 |
| 7. | Chattanooga | 12 |
| 8. | The Citadel | 6 |
| 9. | UNCG | 1 |

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Nicole Johnson, ETSU | 7.43 |
| 2. | Mekayla Brown, ETSU | 7.62 |
| 3. | Madeline McNinch, WOF | 7.67 |
| 4. | Makaila McIntyre, WCU | 7.70 |
| 5. | Hannah Lueders, SAM | 7.70 |
| 6. | Destiny Shippy, WOF | 7.73 |
| 7. | Georgia McDevitt, WOF | 7.75 |
| 8. | Rylee Jorgensen, WOF | 7.94 |

200-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Nicole Johnson, ETSU | 24.37 |
| 2. | Madeline McNinch, WOF | 24.61 |
| 3. | Georgia McDevitt, WOF | 24.61 |
| 4. | Hannah Lueders, SAM | 25.04 |
| 5. | Destiny Shippy, WOF | 25.14 |
| 6. | Ariana Ruffin, VMI | 25.36 |
| 7. | Mekyll Robinson, WCU | 25.65 |
| 8. | Rylee Jorgensen, WOF | 26.09 |

400-meter dash

| | | |
|----|------------------------|-------|
| 1. | Ariana Ruffin, VMI | 56.74 |
| 2. | Jasmine Jefferson, WOF | 56.95 |
| 3. | Lindsay Cooper, ETSU | 57.29 |
| 4. | Amanda Dumar, SAM | 57.39 |
| 5. | Ahlyiah Williams, VMI | 58.05 |
| 6. | Dahlia Cutler, WOF | 58.16 |
| 7. | Kaitlyn Cole, SAM | 58.74 |
| 8. | Marissa Linkous, VMI | 59.68 |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Megan Marvin, FUR | 2:07.72 |
| 2. | Emma Kuntz, FUR | 2:09.97 |
| 3. | Katie Strozier, SAM | 2:11.56 |
| 4. | Jessica Lord, ETSU | 2:13.99 |
| 5. | Julia Karsten, ETSU | 2:18.51 |
| 6. | Mary Grace Strozier, SAM | 2:18.78 |
| 7. | Janie Holecek, WOF | 2:21.68 |
| 8. | Emmy Davis, UTC | 2:22.62 |

Mile run

| | | |
|----|--------------------------|---------|
| 1. | Genevieve Schwarz, ETSU | 5:01.46 |
| 2. | Beth Donnelly, FUR | 5:02.15 |
| 3. | Nicole Matysik, FUR | 5:03.69 |
| 4. | Allie Nelson, SAM | 5:04.44 |
| 5. | Mary Grace Strozier, SAM | 5:06.88 |
| 6. | Ashtyn Hagood, UTC | 5:12.28 |
| 7. | Kylie Wittman, FUR | 5:13.73 |
| 8. | Shay Soukup, UNCG | 5:14.92 |

3,000-meter run

| | | |
|----|--------------------------|----------|
| 1. | Madelynne Cadeau, FUR | 9:31.01 |
| 2. | Bethany Graham, FUR | 9:32.85 |
| 3. | Jonna Strange, FUR | 9:33.52 |
| 4. | Lindsey Stallworth, ETSU | 9:34.43 |
| 5. | Makayla Shaw, ETSU | 10:03.44 |
| 6. | Emily Little, FUR | 10:04.55 |
| 7. | Tatum Foreman, SAM | 10:06.32 |
| 8. | Kylie Wittman, FUR | 10:25.34 |

5,000-meter run

| | | |
|----|--------------------------|----------|
| 1. | Madelynne Cadeau, FUR | 16:32.11 |
| 2. | Bethany Graham, FUR | 16:32.34 |
| 3. | Jonna Strange, FUR | 16:48.52 |
| 4. | Lindsey Stallworth, ETSU | 16:57.18 |
| 5. | Beth Donnelly, FUR | 17:07.06 |
| 6. | Makenzie Jones, UTC | 17:25.97 |
| 7. | Tatum Foreman, SAM | 17:28.25 |
| 8. | Kate Mattison, WCU | 17:28.80 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Kerrington Johnson, WOF | 8.49 |
| 2. | Destiny Shippy, WOF | 8.51 |
| 3. | Lindsay Cooper, ETSU | 8.55 |
| 4. | Riley Alexander, SAM | 8.66 |
| 5. | Dami Shodeinde, WCU | 8.83 |
| 6. | Amaya English, WCU | 8.89 |
| 7. | Netanya Linares, WOF | 8.90 |
| 8. | Kennedi Johnson, ETSU | 9.11 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 11:44.17 |
| 2. | Samford | 11:54.56 |
| 3. | ETSU | 11:57.50 |
| 4. | Western Carolina | 12:26.42 |
| 5. | Chattanooga | 12:41.81 |
| 6. | The Citadel | 12:47.04 |
| 7. | Wofford | 12:48.08 |
| 8. | VMI | 13:08.42 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Samford | 3:52.44 |
| 2. | ETSU | 3:53.13 |
| 3. | VMI | 3:53.16 |
| 4. | Wofford | 3:53.17 |
| 5. | Western Carolina | 3:53.38 |
| 6. | The Citadel | 4:02.60 |
| 7. | Furman | 4:03.32 |
| 8. | Chattanooga | 4:20.36 |

High jump

| | | |
|----|----------------------|-------|
| 1. | Megan Elliott, SAM | 1.65m |
| 2. | Imani Boyd, WCU | 1.65m |
| 3. | Makenzie Hooten, SAM | 1.60m |
| 4. | Netanya Linares, WOF | 1.60m |
| 5. | Patra Williams, ETSU | 1.55m |
| | Savanah Schmidt, SAM | 1.55m |
| 7. | Erin Long, SAM | 1.55m |
| 8. | Marissa Blakely, WCU | 1.55m |
| | Ronje Williams, WCU | 1.55m |

Long jump

| | | |
|----|-------------------------|-------|
| 1. | Makaila McIntyre, WCU | 5.99m |
| 2. | Georgia McDevitt, WOF | 5.87m |
| 3. | Madeline McNinch, WOF | 5.80m |
| 4. | Kendra Whitehurst, ETSU | 5.74m |
| 5. | Rylee Jorgensen, WOF | 5.73m |
| 6. | Mekayla Brown, ETSU | 5.66m |
| 7. | Aiya Finch, SAM | 5.60m |
| 8. | Molly Rhudy, ETSU | 5.53m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Morayo Bhadmos, SAM | 12.57m |
| 2. | Mekayla Brown, ETSU | 12.16m |
| 3. | Makaila McIntyre, WCU | 12.16m |
| 4. | Omara McBride, WCU | 11.85m |
| 5. | Paige Peterson, ETSU | 11.67m |
| 6. | Kendra Whitehurst, ETSU | 11.34m |
| 7. | Derica Currie, WCU | 11.19m |
| 8. | Erica O'Neal, WCU | 11.05m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Hannah Daffin, SAM | 14.10m |
| 2. | Lesleigh Tabor, WCU | 13.41m |
| 3. | Sarah Leckman, VMI | 13.26m |
| 4. | Victoria Solheim, WCU | 13.23m |
| 5. | Atlantis Warren, ETSU | 11.71m |
| 6. | Ellie Miller, VMI | 11.56m |
| 7. | Kelly Hogan, WOF | 11.39m |
| 8. | Jenna Reid, WOF | 11.18m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Victoria Solheim, WCU | 17.25m |
| 2. | Lesleigh Tabor, WCU | 16.55m |
| 3. | Hannah Daffin, SAM | 16.41m |
| 4. | Kelly Hogan, WOF | 14.88m |
| 5. | Jenna Reid, WOF | 14.45m |
| 6. | Mary Brown, ETSU | 14.25m |
| 7. | Atlantis Warren, ETSU | 13.90m |
| 8. | Alyssa Ceja-Pena, ETSU | 13.88m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Brittany Bishop, SAM | 3.80m |
| 2. | Netanya Linares, WOF | 3.65m |
| | Tally Wilson, SAM | 3.65m |
| 4. | Jackie Barnes, SAM | 3.65m |
| 5. | Kaelyn McCann, SAM | 3.65m |
| 6. | Alexis Cook, SAM | 3.65m |
| 7. | McKenna Dunn, VMI | 3.50m |
| 8. | Riley Alexander, SAM | 3.50m |

Pentathlon

| | | |
|----|----------------------|-------|
| 1. | Megan Dunn, WOF | 3,604 |
| 2. | Netanya Linares, WOF | 3,561 |
| 3. | Mia Milasinovic, SAM | 3,248 |
| 4. | Erin Long, SAM | 3,114 |
| 5. | Caroline Huff, SAM | 3,088 |
| 6. | Ronje Williams, WCU | 2,972 |
| 7. | Imani Boyd, WCU | 2,897 |
| 8. | Dami Shodeinde, WCU | 2,872 |

Individual Awards

Most Outstanding Athlete

Nicole Johnson, ETSU
Makaila McIntyre, Western Carolina
Netanya Linares, Wofford

Most Outstanding Track Performer

Nicole Johnson, ETSU

Most Outstanding Field Performer

Hannah Daffin, Samford

Freshman of the Year

Madeline McNinch, Wofford

Pinnacle Award

(highest GPA on championship-winning team)

Amanda Dumar, Samford

Coach of the Year

Johnny Bomar, Wofford

2020 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 190 |
| 2. | Western Carolina | 160 |
| 3. | Furman | 101 |
| 4. | VMI | 64 |
| 5. | Wofford | 56 |
| 6. | The Citadel | 48 |
| 7. | ETSU | 34 |
| 8. | UNCG | 10 |

60-meter dash

| | | |
|----|--------------------------|------|
| 1. | Emmanuel Tait, SAM | 6.81 |
| 2. | Evan Brooks, SAM | 6.87 |
| 3. | Jaylen Muhammad, WOF | 6.94 |
| 4. | Jordin Poindexter, VMI | 6.95 |
| 5. | Tyler Manigault, WCU | 6.99 |
| 6. | Montrell Washington, SAM | 7.00 |
| 7. | Bai Kamara, WOF | 7.02 |
| 8. | Titus Moore, SAM | 7.03 |

200-meter dash

| | | |
|----|--------------------------------|-------|
| 1. | Devaniel Dale, WCU | 21.56 |
| 2. | Emmanuel Tait, SAM | 21.64 |
| 3. | Evan Brooks, SAM | 21.69 |
| 4. | Jordin Poindexter, VMI | 21.92 |
| 5. | Jaylen Muhammad, WOF | 21.92 |
| 6. | Chace Washington-Saunders, WCU | 22.02 |
| 7. | David Miles, WCU | 22.40 |
| 8. | Michael Harris, WCU | 22.65 |

400-meter dash

| | | |
|----|--------------------------------|-------|
| 1. | Devaniel Dale, WCU | 47.66 |
| 2. | Chace Washington-Saunders, WCU | 47.79 |
| 3. | Michael Harris, WCU | 48.38 |
| 4. | Shon Pratcher, WCU | 49.19 |
| 5. | Bradford Smith, WOF | 49.23 |
| 6. | Elijah Bull, WOF | 49.27 |
| 7. | Jonathan Gray, VMI | 49.30 |
| 8. | Michael McMahan, SAM | 49.77 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Ryan Adams, FUR | 1:50.37 |
| 2. | Jahanzib Shahbaz, VMI | 1:52.07 |
| 3. | Jose Peñalver, SAM | 1:52.11 |
| 4. | Miguel Parrilla, ETSU | 1:53.53 |
| 5. | Trent Whittaker, VMI | 1:55.96 |
| 6. | Zach Lauster, VMI | 1:56.06 |
| 7. | Madison Daniel, FUR | 1:57.42 |
| 8. | Nick Epstein, FUR | 1:58.78 |

Mile run

| | | |
|----|-----------------------|---------|
| 1. | Cameron Ponder, FUR | 4:07.81 |
| 2. | Aaron Wier, FUR | 4:07.95 |
| 3. | Jahanzib Shahbaz, VMI | 4:07.99 |
| 4. | Luke Meade, FUR | 4:11.73 |
| 5. | Daniel Bernal, FUR | 4:13.36 |
| 6. | Jeb Jones, SAM | 4:17.56 |
| 7. | Colin Alexander, UNCG | 4:19.85 |
| 8. | Ben Varghese, ETSU | 4:19.99 |

3,000-meter run

| | | |
|----|----------------------|---------|
| 1. | Luke Meade, FUR | 8:15.38 |
| 2. | Aaron Wier, FUR | 8:16.32 |
| 3. | Matt Scarr, ETSU | 8:16.59 |
| 4. | Dillon Dean, SAM | 8:18.18 |
| 5. | David Ahlmeyer, FUR | 8:25.99 |
| 6. | Ares Reading, FUR | 8:27.05 |
| 7. | Soresa Gemechu, ETSU | 8:27.62 |
| 8. | Alex Roy, UNCG | 8:37.63 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Daniel Bernal, FUR | 14:37.77 |
| 2. | Dillon Dean, SAM | 14:42.46 |
| 3. | David Ahlmeyer, FUR | 14:50.77 |
| 4. | Ares Reading, FUR | 14:53.44 |
| 5. | Soresa Gemechu, ETSU | 14:54.42 |
| 6. | James LaLonde, FUR | 15:04.49 |
| 7. | Alex Roy, UNCG | 15:04.83 |
| 8. | Matt Scarr, ETSU | 15:08.97 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Titus Moore, SAM | 7.92 |
| 2. | Emmanuel Tait, SAM | 8.05 |
| 3. | Isaiah Ellis, WOF | 8.08 |
| 4. | Mike Jones, WCU | 8.19 |
| 5. | Michael McMahan, SAM | 8.37 |
| 6. | James Granderson, VMI | 8.46 |
| 7. | Jonathan Hall, WOF | 8.51 |
| 8. | Keefe White, CIT | 8.53 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Furman | 10:03.39 |
| 2. | VMI | 10:07.55 |
| 3. | ETSU | 10:09.86 |
| 4. | Samford | 10:22.10 |
| 5. | UNCG | 10:27.52 |
| 6. | The Citadel | 10:32.26 |
| 7. | Wofford | 10:34.23 |
| 8. | Western Carolina | 10:35.13 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:16.43 |
| 2. | VMI | 3:17.11 |
| 3. | Samford | 3:17.60 |
| 4. | Wofford | 3:18.83 |
| 5. | ETSU | 3:24.52 |
| 6. | Furman | 3:25.48 |
| 7. | UNCG | 3:26.41 |
| -- | The Citadel | DQ |

High jump

| | | |
|----|----------------------|-------|
| 1. | Justin Stuckey, SAM | 2.05m |
| 2. | Dakota Oxendine, WCU | 2.05m |
| 3. | Matt Cahoon, SAM | 2.05m |
| 4. | Brandon Harvey, WCU | 1.95m |
| | Jon Waarvik, SAM | 1.95m |
| 6. | Dijoun Huiit, WCU | 1.95m |
| 7. | Tanner Henry, WOF | 1.95m |
| 8. | Khadevis Snead, WCU | 1.90m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Benjamin Okafor, WCU | 7.38m |
| 2. | Shon Pratcher, WCU | 7.22m |
| 3. | Jacquary Bradford, CIT | 7.15m |
| 4. | Jon Waarvik, SAM | 7.14m |
| 5. | Titus Moore, SAM | 7.11m |
| 6. | Justin Stuckey, SAM | 7.04m |
| 7. | Ty Kimberlin, SAM | 7.03m |
| 8. | Brandon Harvey, WCU | 6.94m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Dijoun Huiit, WCU | 15.54m |
| 2. | Benjamin Okafor, WCU | 14.34m |
| 3. | Justin Stuckey, SAM | 13.96m |
| 4. | Brandon Harvey, WCU | 13.68m |
| 5. | Noah Osborne, SAM | 13.60m |
| 6. | Ty Kimberlin, SAM | 13.55m |
| 7. | Shon Pratcher, WCU | 13.51m |
| 8. | McCray Kelton, SAM | 13.38m |

Shot put

| | | |
|----|-----------------------------|--------|
| 1. | Matt Cahoon, SAM | 16.06m |
| 2. | Prince Howard-Whitaker, CIT | 15.25m |
| 3. | Mac Bennett, WCU | 14.85m |
| 4. | Daniel Usher, VMI | 14.73m |
| 5. | Jay Stanley, WCU | 14.42m |
| 6. | Ryan Eldridge, WCU | 14.34m |
| 7. | Kolin Miller, ETSU | 13.86m |
| 8. | Adam Hart, WCU | 13.74m |

Weight throw

| | | |
|----|-----------------------------|--------|
| 1. | Matt Cahoon, SAM | 17.10m |
| 2. | Prince Howard-Whitaker, CIT | 16.65m |
| 3. | Jay Stanley, WCU | 16.62m |
| 4. | Adam Hart, WCU | 15.72m |
| 5. | Nathan Myers, WOF | 15.60m |
| 6. | Kolin Miller, ETSU | 15.43m |
| 7. | Daniel Usher, VMI | 15.29m |
| 8. | Mac Bennett, WCU | 15.04m |

Pole vault

| | | |
|----|---------------------|-------|
| 1. | Sam Blumer, CIT | 4.80m |
| 2. | Devin Merrick, CIT | 4.80m |
| 3. | Charles Cooley, WCU | 4.65m |
| | Hugh Duggan, SAM | 4.65m |
| 5. | Brady Cassell, SAM | 4.65m |
| 6. | Griffin Kowal, VMI | 4.65m |
| 7. | John Retenbach, WCU | 4.50m |
| 8. | Sam LaRosa, CIT | 4.35m |

Heptathlon

| | | |
|----|---------------------|-------|
| 1. | Ty Kimberlin, SAM | 5,010 |
| 2. | William Stout, WOF | 4,781 |
| 3. | Jon Waarvik, SAM | 4,765 |
| 4. | Tanner Henry, WOF | 4,724 |
| 5. | Thomas Ozburn, SAM | 4,558 |
| 6. | Thomas Maxey, WOF | 4,181 |
| 7. | Max Burke, VMI | 4,123 |
| 8. | Khadevis Snead, WCU | 4,045 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Matt Cahoon, Samford
Emmanuel Tait, Samford

Most Outstanding Track Performer
Emmanuel Tait, Samford

Most Outstanding Field Performer
Matt Cahoon, Samford

Freshman of the Year
Evan Brooks, Samford

Pinnacle Award
(highest GPA on championship-winning team)
Hunter Poole, Samford

Coach of the Year
Rod Tiffin, Samford

2020 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 177.5 |
| 2. | ETSU | 134 |
| 3. | Furman | 109 |
| 4. | Wofford | 97.5 |
| 5. | Western Carolina | 78 |
| 6. | VMI | 45 |
| 7. | Chattanooga | 10 |
| 8. | The Citadel | 9 |
| 9. | UNCG | 3 |

60-meter dash

| | |
|-----------------------------|------|
| 1. Nicole Johnson, ETSU | 7.40 |
| 2. Kennedie Carithers, ETSU | 7.57 |
| 3. Mekayla Brown, ETSU | 7.59 |
| 4. Georgia McDevitt, WOFF | 7.65 |
| 5. Hannah Lueders, SAM | 7.67 |
| 6. Lanaya Martin, ETSU | 7.67 |
| 7. Makaila McIntyre, WCU | 7.73 |
| 8. Kaitlyn Cole, SAM | 7.82 |

200-meter dash

| | |
|-----------------------------|-------|
| 1. Hannah Lueders, SAM | 24.47 |
| 2. Georgia McDevitt, WOF | 24.50 |
| 3. Nicole Johnson, ETSU | 24.56 |
| 4. Kennedie Carithers, ETSU | 24.85 |
| 5. Vada Samuels, SAM | 25.12 |
| 6. Ingrid Joseph, VMI | 25.26 |
| 7. Ariana Ruffin, VMI | 25.54 |
| 8. Mekyll Robinson, WCU | 25.64 |

400-meter dash

| | |
|--------------------------|---------|
| 1. Ahliyah Williams, VMI | 56.66 |
| 2. Ariana Ruffin, VMI | 56.68 |
| 3. Vada Samuels, SAM | 56.87 |
| 4. Cassidy Morton, WOF | 56.88 |
| 5. Marissa Blakely, WCU | 57.28 |
| 6. Mekyll Robinson, WCU | 57.68 |
| 7. Dahlia Cutler, WOF | 58.08 |
| 8. Marissa Linkous, VMI | 1:00.41 |

800-meter run

| | |
|---------------------------------|---------|
| 1. Emma Kuntz, FUR | 2:07.68 |
| 2. Gabbi Jennings, FUR | 2:07.87 |
| 3. Veronica Lyle, SAM | 2:11.10 |
| 4. Shian Mallory, SAM | 2:11.77 |
| 5. Heather Feuchtenberger, ETSU | 2:12.50 |
| 6. Katie Strozier, SAM | 2:13.36 |
| 7. Abigail Robertson, FUR | 2:18.16 |
| 8. Madison Paraskeva, WOF | 2:18.65 |

Mile run

| | |
|-----------------------------|---------|
| 1. Gabbi Jennings, FUR | 4:50.77 |
| 2. Savannah Carnahan, FUR | 4:52.54 |
| 3. Hannah Steelman, WOF | 4:54.61 |
| 4. Emma Grace Hurley, FUR | 4:58.63 |
| 5. McKenzie Hogue, SAM | 5:01.79 |
| 6. Genevieve Schwarz, ETSU | 5:02.86 |
| 7. Nicole Matsysik, FUR | 5:04.97 |
| 8. Mary Grace Strozier, SAM | 5:05.68 |

3,000-meter run

| | |
|-----------------------------|----------|
| 1. Hannah Steelman, WOF | 9:14.48 |
| 2. Savannah Carnahan, FUR | 9:31.31 |
| 3. Grace Dwyer, FUR | 10:01.01 |
| 4. Mary Grace Strozier, SAM | 10:01.60 |
| 5. Lindsey Stallworth, ETSU | 10:03.86 |
| 6. McKenzie Hogue, SAM | 10:06.18 |
| 7. Jennifer Stephenson, FUR | 10:08.04 |
| 8. Quinn McConnell, FUR | 10:12.71 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Savannah Carnahan, FUR | 16:38.38 |
| 2. Emma Grace Hurley, FUR | 16:57.09 |
| 3. Grace Dwyer, FUR | 17:15.43 |
| 4. Jennifer Stephenson, FUR | 17:19.37 |
| 5. Makenzie Jones, UTC | 17:20.83 |
| 6. Lauren Peterson, FUR | 17:39.94 |
| 7. Lindsey Stallworth, ETSU | 17:40.01 |
| 8. Quinn McConnell, FUR | 17:53.55 |

60-meter hurdles

| | |
|----------------------------|------|
| 1. Destiny Shippy, WOF | 8.70 |
| 2. Riley Alexander, SAM | 8.79 |
| 3. Kerrington Johnson, WOF | 8.88 |
| 4. Kennedi Johnson, ETSU | 8.88 |
| 5. Netanya Linares, WOF | 8.97 |
| 6. Erin Hines, SAM | 9.04 |
| 7. Ronje Williams, WCU | 9.10 |
| 8. Megan Dunn, WOF | 9.16 |

Distance medley

| | |
|---------------------|----------|
| 1. Furman | 11:54.42 |
| 2. Samford | 11:59.96 |
| 3. ETSU | 12:06.41 |
| 4. Wofford | 12:24.25 |
| 5. Chattanooga | 12:27.05 |
| 6. Western Carolina | 12:31.97 |
| 7. UNCG | 12:47.53 |
| 8. VMI | 12:51.52 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Samford | 3:49.55 |
| 2. Western Carolina | 3:50.10 |
| 3. Wofford | 3:50.62 |
| 4. VMI | 3:52.78 |
| 5. Furman | 3:55.73 |
| 6. ETSU | 3:57.36 |
| 7. Chattanooga | 4:09.51 |
| 8. UNCG | 4:10.34 |

High jump

| | |
|--------------------------|-------|
| 1. Charlotte Krause, SAM | 1.65m |
| 2. Megan Elliott, SAM | 1.65m |
| 3. Mya Dollard, CIT | 1.60m |
| 4. Ronje Williams, WCU | 1.60m |
| 5. Tally Wilson, SAM | 1.55m |
| Patra Williams, ETSU | 1.55m |
| 7. Mekayla Brown, ETSU | 1.55m |
| Sarah Morelock, ETSU | 1.55m |
| Shakaiya Bradford, WOF | 1.55m |
| Megan Dunn, WOF | 1.55m |

Long jump

| | |
|----------------------------|-------|
| 1. Aliyah Hill, ETSU | 5.91m |
| 2. Makaila McIntyre, WCU | 5.87m |
| 3. Georgia McDevitt, WOF | 5.85m |
| 4. Mekayla Brown, ETSU | 5.85m |
| 5. Erin Hines, SAM | 5.74m |
| 6. Kendra Whitehurst, ETSU | 5.71m |
| 7. Caroline Huff, SAM | 5.64m |
| 8. Khiara White, ETSU | 5.62m |

Triple jump

| | |
|----------------------------|--------|
| 1. Mekayla Brown, ETSU | 12.63m |
| 2. Morayo Bhadmos, SAM | 12.40m |
| 3. Aliyah Hill, ETSU | 12.40m |
| 4. Makaila McIntyre, WCU | 12.31m |
| 5. Paige Peterson, ETSU | 11.70m |
| 6. Kendra Whitehurst, ETSU | 11.49m |
| 7. Charlotte Krause, SAM | 11.46m |
| 8. Kaeleigh Guth, CIT | 11.41m |

Shot put

| | |
|--------------------------|--------|
| 1. Sarah Leckman, VMI | 14.50m |
| 2. Maggie Johnston, SAM | 14.42m |
| 3. Amy Yarborough, WCU | 13.86m |
| 4. Lesleigh Tabor, WCU | 13.65m |
| 5. Rachel Rouse, WCU | 13.55m |
| 6. Hannah Daffin, SAM | 13.13m |
| 7. Symphony Buxton, ETSU | 13.05m |
| 8. Jataya Wilson, ETSU | 12.90m |

Weight throw

| | |
|--------------------------|--------|
| 1. Maggie Johnston, SAM | 18.27m |
| 2. Symphony Buxton, ETSU | 17.61m |
| 3. Victoria Solheim, WCU | 17.51m |
| 4. Lesleigh Tabor, WCU | 17.15m |
| 5. Jataya Wilson, ETSU | 16.95m |
| 6. Margaret Hayden, ETSU | 16.89m |
| 7. Jess Page, CIT | 16.34m |
| 8. Jaden Finch, ETSU | 15.71m |

Pole vault

| | |
|--------------------------|-------|
| 1. Brittany Bishop, SAM | 3.85m |
| 2. Tally Wilson, SAM | 3.85m |
| 3. Jackie Barnes, SAM | 3.85m |
| 4. McKenna Dunn, VMI | 3.55m |
| 5. Carter Unger, WCU | 3.40m |
| Kinley Drummonds, WCU | 3.40m |
| 7. Riley Alexander, SAM | 3.40m |
| 8. Lauryn Dougherty, WCU | 3.25m |

Pentathlon

| | |
|---------------------------|-------|
| 1. Megan Dunn, WOF | 3,552 |
| 2. Erin Hines, SAM | 3,538 |
| 3. Netanya Linares, WOF | 3,381 |
| 4. Shakaiya Bradford, WOF | 3,374 |
| 5. Caroline Huff, SAM | 3,266 |
| 6. Kennedi Johnson, ETSU | 3,061 |
| 7. Erin Willard, WCU | 2,734 |
| 8. Peyton Wood, WCU | 2,536 |

Individual Awards

Most Outstanding Athlete

Savannah Carnahan, Furman

Most Outstanding Track Performer

Savannah Carnahan, Furman

Most Outstanding Field Performer

Maggie Johnston, Samford

Freshman of the Year

Georgia McDevitt, Wofford

Pinnacle Award

(highest GPA on championship-winning team)

Amanda Dumar, Samford

Coach of the Year

Rod Tiffin, Samford

2019 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Western Carolina | 165.5 |
| 2. | Samford | 138.5 |
| 3. | Furman | 90 |
| 4. | ETSU | 89 |
| 5. | The Citadel | 75 |
| 6. | Wofford | 48 |
| 7. | VMI | 44 |
| 8. | UNCG | 11 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | Josiah Johnson, CIT | 6.76 |
| 2. | Emmanuel Tait, SAM | 6.82 |
| 3. | Trini Feggett, WCU | 6.93 |
| 4. | Jaylen Muhammad, WOF | 6.95 |
| 5. | Kashif Warren, ETSU | 7.03 |
| 6. | Carden Williams, CIT | 7.04 |
| 7. | Titus Moore, SAM | 7.07 |
| 8. | John Bapoupeleh, WOF | 7.17 |

200-meter dash

| | | |
|----|--------------------------------|-------|
| 1. | Trini Feggett, WCU | 21.48 |
| 2. | Josiah Johnson, CIT | 21.68 |
| 3. | Jaylen Muhammad, WOF | 21.80 |
| 4. | Devaniel Dale, WCU | 22.02 |
| 5. | Emmanuel Tait, SAM | 22.04 |
| 6. | Chace Washington-Saunders, WCU | 22.24 |
| 7. | Blaine Ashton, VMI | 22.43 |
| 8. | Tyler Manigault, WCU | 22.58 |

400-meter dash

| | | |
|----|--------------------------------|-------|
| 1. | Devaniel Dale, WCU | 48.09 |
| 2. | Chace Washington-Saunders, WCU | 48.13 |
| 3. | Trey Richardson, CIT | 49.47 |
| 4. | Miles Greer, WCU | 49.57 |
| 5. | Warren Fitzpatrick, SAM | 50.00 |
| 6. | Jordan Woodbine, SAM | 50.23 |
| 7. | Johnnie Walker, VMI | 52.05 |
| -- | Elijah Bull, WOF | DQ |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Ryan Adams, FUR | 1:53.18 |
| 2. | Khayvonn Benson, ETSU | 1:53.61 |
| 3. | Juan Rodriguez, UNCG | 1:54.60 |
| 4. | Jahanzib Shahbaz, VMI | 1:55.10 |
| 5. | Ben Garner, SAM | 1:55.85 |
| 6. | Seth Corey, SAM | 1:57.08 |
| 7. | Stephan Kulick, CIT | 1:57.18 |
| 8. | Joe Harbacevich, WOF | 2:10.67 |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Jake Ogdan, FUR | 4:19.15 |
| 2. | Ryan Adams, FUR | 4:19.78 |
| 3. | Cameron Ponder, FUR | 4:20.23 |
| 4. | Ben Varghese, ETSU | 4:21.35 |
| 5. | Owen Bailey, SAM | 4:22.50 |
| 6. | Matt Scarr, ETSU | 4:23.34 |
| 7. | Josh Routh, ETSU | 4:23.88 |
| 8. | Wes Pectol, ETSU | 4:24.25 |

3,000-meter run

| | | |
|----|--------------------|---------|
| 1. | Ben Varghese, ETSU | 8:24.65 |
| 2. | Mason Coppi, FUR | 8:29.79 |
| 3. | Luke Meade, FUR | 8:30.26 |
| 4. | Frank Lara, FUR | 8:31.20 |
| 5. | Daniel Bernal, FUR | 8:33.23 |
| 6. | Noah Charles, ETSU | 8:36.67 |
| 7. | Dillon Dean, SAM | 8:40.66 |
| 8. | Colin Martin, CIT | 8:41.37 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Frank Lara, FUR | 14:18.66 |
| 2. | Adam Bradtmueller, ETSU | 14:30.69 |
| 3. | Mason Coppi, FUR | 14:38.56 |
| 4. | Daniel Bernal, FUR | 14:41.73 |
| 5. | Trent Mandato, FUR | 14:52.10 |
| 6. | Jordan Bostian, WCU | 14:52.61 |
| 7. | Noah Charles, ETSU | 14:53.88 |
| 8. | Dillon Dean, SAM | 14:54.13 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Titus Moore, SAM | 8.06 |
| 2. | Jack McHugh, SAM | 8.08 |
| 3. | Emmanuel Tait, SAM | 8.10 |
| 4. | Isaiah Ellis, WOF | 8.17 |
| 5. | Mike Jones, WCU | 8.27 |
| 6. | Michael McMahan, SAM | 8.27 |
| 7. | James Granderson, VMI | 8.53 |
| 8. | Cory Alston, WCU | 8.63 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | ETSU | 10:00.71 |
| 2. | Furman | 10:07.11 |
| 3. | Samford | 10:10.81 |
| 4. | Western Carolina | 10:12.96 |
| 5. | VMI | 10:18.64 |
| 6. | UNCG | 10:37.96 |
| 7. | The Citadel | 10:44.39 |
| 8. | Wofford | 10:54.40 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:18.78 |
| 2. | VMI | 3:20.06 |
| 3. | Samford | 3:20.13 |
| 4. | The Citadel | 3:22.80 |
| 5. | Wofford | 3:22.97 |
| 6. | ETSU | 3:29.43 |
| 7. | UNCG | 3:30.27 |
| -- | Furman | DQ |

High jump

| | | |
|----|----------------------|-------|
| 1. | Matt Cahoon, SAM | 2.05m |
| 2. | Justin Stuckey, SAM | 2.05m |
| 3. | Dakota Oxendine, WCU | 2.05m |
| 4. | Tyler Hanks, WCU | 1.95m |
| 5. | Kenya Pinckney, CIT | 1.90m |
| 6. | Gavin Jenkins, VMI | 1.90m |
| 7. | Noah Shelton, ETSU | 1.90m |
| 8. | Khadevis Snead, WCU | 1.90m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Trini Feggett, WCU | 7.54m |
| 2. | Jacquary Bradford, CIT | 7.05m |
| 3. | Dijoun Huitt, WCU | 6.92m |
| 4. | Jon Waarvik, SAM | 6.86m |
| 5. | Justin Stuckey, SAM | 6.78m |
| 6. | Nicholas Lyons, WCU | 6.75m |
| 7. | Benjamin Okafor, WCU | 6.74m |
| 8. | Jordan Williams, CIT | 6.73m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Dijoun Huitt, WCU | 15.12m |
| 2. | Blaine Ashton, VMI | 14.29m |
| 3. | Yohana Koko, ETSU | 14.27m |
| 4. | Ty Kimberlin, SAM | 14.24m |
| 5. | Tyler Hanks, WCU | 14.05m |
| 6. | Nicholas Lyons, WCU | 13.97m |
| 7. | Benjamin Okafor, WCU | 13.66m |
| 8. | Torrey Hollis, CIT | 13.06m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Ben Johnson, ETSU | 16.39m |
| 2. | Dakota Wright, WCU | 15.81m |
| 3. | Mac Bennett, WCU | 15.58m |
| 4. | Ja'lon Williams, CIT | 15.50m |
| 5. | Ryan Eldridge, WCU | 15.10m |
| 6. | Longinus Nnodim, WOF | 14.93m |
| 7. | Matt Cahoon, SAM | 14.86m |
| 8. | Daniel Usher, VMI | 14.57m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Ben Johnson, ETSU | 21.60m |
| 2. | Dakota Wright, WCU | 18.97m |
| 3. | Longinus Nnodim, WOF | 17.08m |
| 4. | Ja'lon Williams, CIT | 16.47m |
| 5. | Matt Cahoon, SAM | 16.37m |
| 6. | Adam Hart, WCU | 15.53m |
| 7. | Kolin Miller, ETSU | 15.27m |
| 8. | Daniel Usher, VMI | 15.00m |

Pole vault

| | | |
|----|-----------------------|-------|
| 1. | Hugh Duggan, SAM | 5.00m |
| 2. | Sam Blumer, CIT | 4.85m |
| 3. | Devin Merrick, CIT | 4.85m |
| 4. | Charles Cooley, WCU | 4.55m |
| 5. | Andrew Arlint, VMI | 4.55m |
| | Griffin Kowal, VMI | 4.55m |
| 7. | Thomas Martin, WCU | 4.40m |
| | Hunter Schlatter, SAM | 4.40m |

Heptathlon

| | | |
|----|-----------------------|-------|
| 1. | Conrad Heinrich, WOF | 4,810 |
| 2. | Thomas Ozburn, SAM | 4,545 |
| 3. | William Stout, WOF | 4,532 |
| 4. | Cory Alston, WCU | 4,086 |
| 5. | Ty Kimberlin, SAM | 3,950 |
| 6. | Hunter Schlatter, SAM | 3,914 |
| 7. | Khadevis Snead, WCU | 3,912 |
| 8. | Max Burke, VMI | 3,884 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Trini Feggett, Western Carolina

Most Outstanding Track Performer
Ryan Adams, Furman

Most Outstanding Field Performer
Ben Johnson, ETSU

Freshman of the Year
Trini Feggett, Western Carolina

Pinnacle Award
(highest GPA on championship-winning team)
Dakota Wright, Western Carolina

Coach of the Year
Jesse Norman, Western Carolina

2019 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 172 |
| 2. | Western Carolina | 140 |
| 3. | ETSU | 104 |
| 4. | Furman | 91 |
| 5. | Wofford | 78 |
| 6. | VMI | 46 |
| 7. | Chattanooga | 27 |
| 8. | The Citadel | 5 |
| 9. | UNCG | 0 |

60-meter dash

| | |
|------------------------|------|
| 1. McLeod Dean, WOF | 7.52 |
| 2. Kiana Davis, ETSU | 7.53 |
| 3. Mia Little, WCU | 7.67 |
| 4. Lanaya Martin, ETSU | 7.71 |
| 5. Hannah Lueders, SAM | 7.72 |
| 6. Amber Lust, WOF | 7.77 |
| 7. Mekayla Brown, ETSU | 7.84 |
| 8. Keysia Grant, WCU | 7.98 |

200-meter dash

| | |
|---------------------------|-------|
| 1. McLeod Dean, WOF | 24.28 |
| 2. Hannah Lueders, SAM | 24.69 |
| 3. Lamisha Simmons, ETSU | 25.15 |
| 4. Kellsie Whitehead, WCU | 25.40 |
| 5. Amber Lust, WOF | 25.45 |
| 6. Ariana Ruffin, VMI | 25.46 |
| 7. Mia Little, WCU | 25.47 |
| 8. Starr Graham, ETSU | 25.49 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Kellsie Whitehead, WCU | 55.69 |
| 2. Eliza Brooks, VMI | 56.62 |
| 3. Vicki Franse, ETSU | 56.67 |
| 4. Ariana Ruffin, VMI | 56.70 |
| 5. Vada Samuels, SAM | 57.76 |
| 6. Ahliyah Williams, VMI | 58.16 |
| 7. Cassidy Morton, WOF | 58.24 |
| 8. Rachel Dixon, SAM | 58.49 |

800-meter run

| | |
|----------------------------|---------|
| 1. Karisa Nelson, SAM | 2:06.10 |
| 2. Krissy Gear, FUR | 2:09.11 |
| 3. Kennedy Thomson, UTC | 2:09.91 |
| 4. Shian Mallory, SAM | 2:13.11 |
| 5. Jessica Lord, ETSU | 2:16.34 |
| 6. Christina Nikolaou, WCU | 2:16.60 |
| 7. Madison Paraskeva, WOF | 2:17.29 |
| 8. Emma Kuntz, FUR | 2:19.79 |

Mile run

| | |
|-----------------------------|---------|
| 1. Karisa Nelson, SAM | 4:38.23 |
| 2. Gabbi Jennings, FUR | 4:40.51 |
| 3. Hannah Steelman, WOF | 4:43.14 |
| 4. Kennedy Thomson, UTC | 4:47.76 |
| 5. Krissy Gear, FUR | 4:51.19 |
| 6. Lindsey Stallworth, ETSU | 4:53.42 |
| 7. Mary Grace Strozier, SAM | 4:55.90 |
| 8. Genevieve Schwarz, ETSU | 4:56.02 |

3,000-meter run

| | |
|-----------------------------|----------|
| 1. Savannah Carnahan, FUR | 9:11.04 |
| 2. Hannah Steelman, WOF | 9:11.16 |
| 3. Emma Grace Hurley, FUR | 9:29.40 |
| 4. Lindsey Stallworth, ETSU | 9:32.36 |
| 5. Grace Dwyer, FUR | 9:59.50 |
| 6. Emily Lane, FUR | 10:02.03 |
| 7. Emily Poole, UTC | 10:10.27 |
| 8. Jennifer Stephenson, FUR | 10:14.93 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Savannah Carnahan, FUR | 16:22.61 |
| 2. Emma Grace Hurley, FUR | 16:36.44 |
| 3. Gabbi Jennings, FUR | 16:46.87 |
| 4. Jennifer Stephenson, FUR | 17:29.51 |
| 5. Grace Dwyer, FUR | 17:32.73 |
| 6. Emily Poole, UTC | 17:36.96 |
| 7. Makenzie Jones, UTC | 17:47.05 |
| 8. Emily Lane, FUR | 18:04.74 |

60-meter hurdles

| | |
|--------------------------|------|
| 1. Amber Lust, WOF | 8.54 |
| 2. Lamisha Simmons, ETSU | 8.75 |
| 3. Sarah Sanford, SAM | 8.78 |
| 4. Tamilya Wright, WCU | 8.84 |
| 5. Destiny Shippy, WOF | 8.99 |
| 6. Charnessa Reid, WCU | 9.02 |
| 7. Lanaya Martin, ETSU | 9.15 |
| 8. Sally Woerner, WCU | 9.27 |

Distance medley

| | |
|---------------------|----------|
| 1. Furman | 11:39.35 |
| 2. Samford | 12:04.67 |
| 3. Chattanooga | 12:23.62 |
| 4. ETSU | 12:28.72 |
| 5. VMI | 12:31.86 |
| 6. Western Carolina | 12:34.38 |
| 7. Wofford | 12:36.35 |
| 8. The Citadel | 13:15.52 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Samford | 3:50.90 |
| 2. Western Carolina | 3:51.70 |
| 3. VMI | 3:53.77 |
| 4. Wofford | 3:55.30 |
| 5. ETSU | 3:59.27 |
| 6. Chattanooga | 3:59.60 |
| 7. Furman | 4:06.46 |
| 8. The Citadel | 4:25.97 |

High jump

| | |
|--------------------------|-------|
| 1. Selena Popp, SAM | 1.70m |
| 2. Jaelyn Warren, WCU | 1.70m |
| 3. Ronje Williams, WCU | 1.70m |
| 4. Tally Wilson, SAM | 1.60m |
| 5. Charlotte Krause, SAM | 1.60m |
| 6. Megan Elliott, SAM | 1.60m |
| 7. Marisa Scott, WCU | 1.60m |
| 8. Mya Dollard, CIT | 1.55m |

Long jump

| | |
|--------------------------|-------|
| 1. Khiara White, ETSU | 6.01m |
| 2. Erin Hines, SAM | 5.74m |
| 3. Selena Popp, SAM | 5.73m |
| 4. Tamilya Wright, WCU | 5.50m |
| 5. Mekayla Brown, ETSU | 5.43m |
| 6. Makaila McIntyre, WCU | 5.42m |
| 7. Nyambi Shoates, ETSU | 5.37m |
| 8. Jada Woods, WCU | 5.35m |

Triple jump

| | |
|--------------------------|--------|
| 1. Morayo Bhadmos, SAM | 12.32m |
| 2. Mekayla Brown, ETSU | 11.89m |
| 3. Aliyah Hill, ETSU | 11.77m |
| 4. Makaila McIntyre, WCU | 11.71m |
| 5. Tamilya Wright, WCU | 11.71m |
| 6. Autumn James, WCU | 11.65m |
| 7. Jada Woods, WCU | 11.63m |
| 8. Paige Peterson, ETSU | 11.60m |

Shot put

| | |
|--------------------------|--------|
| 1. Lesleigh Tabor, WCU | 14.03m |
| 2. Sarah Leckman, VMI | 13.50m |
| 3. Tatiana Taylor, SAM | 13.38m |
| 4. Maggie Johnston, SAM | 13.36m |
| 5. Symphony Buxton, ETSU | 13.31m |
| 6. Victoria Solheim, WCU | 13.15m |
| 7. Tiffany Quick, VMI | 12.99m |
| 8. Simone Williams, WCU | 12.80m |

Weight throw

| | |
|--------------------------|--------|
| 1. Victoria Solheim, WCU | 18.52m |
| 2. Symphony Buxton, ETSU | 18.49m |
| 3. Simone Williams, WCU | 17.99m |
| 4. Maggie Johnston, SAM | 17.54m |
| 5. Camille Caldwell, SAM | 17.42m |
| 6. Lesleigh Tabor, WCU | 16.71m |
| 7. Tatiana Taylor, SAM | 16.66m |
| 8. Jaden Finch, ETSU | 16.09m |

Pole vault

| | |
|------------------------------|-------|
| 1. Tally Wilson, SAM | 3.85m |
| 2. Jackie Barnes, SAM | 3.70m |
| 3. Kinley Drummonds, WCU | 3.70m |
| 4. McKenna Dunn, VMI | 3.55m |
| 5. Carter Unger, WCU | 3.40m |
| 6. Jayme-Claire Eubanks, SAM | 3.25m |
| 7. Sam Engel, CIT | 3.25m |
| 8. Amanda Dumar, SAM | 3.10m |

Pentathlon

| | |
|---------------------------|-------|
| 1. Selena Popp, SAM | 3,558 |
| 2. Megan Dunn, WOF | 3,428 |
| 3. Sally Woerner, WCU | 3,390 |
| 4. Ronje Williams, WCU | 3,210 |
| 5. Shakaiya Bradford, WOF | 3,110 |
| 6. Amanda Dumar, SAM | 2,983 |
| 7. Brenea Thomas, VMI | 2,590 |
| 8. Caroline Huff, SAM | 2,327 |

Individual Awards

Most Outstanding Athlete

Selena Popp, Samford

Most Outstanding Track Performers

Karisa Nelson, Samford
McLeod Dean, Wofford

Most Outstanding Field Performer

Selena Popp, Samford

Freshman of the Year

Mekayla Brown, ETSU

Pinnacle Award

(highest GPA on championship-winning team)

Bekah Pfitzer, Samford

Coach of the Year

Rod Tiffin, Samford

2018 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Western Carolina | 141 |
| 2. | Samford | 138 |
| 3. | ETSU | 111 |
| 4. | Furman | 92 |
| 5. | The Citadel | 66 |
| 6. | Wofford | 62 |
| 7. | VMI | 48 |
| 8. | UNCG | 4 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | Josiah Johnson, CIT | 6.76 |
| 2. | Emmanuel Tait, SAM | 6.78 |
| 3. | Keion Crossen, WCU | 6.79 |
| 4. | Karon Delince, ETSU | 6.86 |
| 5. | Levi Whitt, VMI | 7.08 |
| 6. | Marquis Barnes, SAM | 7.08 |
| 7. | Omar Mingo, WOF | 7.10 |
| 8. | John Bapoupeleh, WOF | 7.18 |

200-meter dash

| | | |
|----|----------------------|-------|
| 1. | Karon Delince, ETSU | 21.62 |
| 2. | Emmanuel Tait, SAM | 21.65 |
| 3. | Keion Crossen, WCU | 21.73 |
| 4. | Devin Singleton, CIT | 21.85 |
| 5. | Devaniel Dale, WCU | 21.88 |
| 6. | Dakota Lamont, WCU | 21.89 |
| 7. | Josiah Johnson, CIT | 22.04 |
| 8. | Henry Kiedy, WCU | 22.49 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Henry Kiedy, WCU | 48.29 |
| 2. | Dakota Lamont, WCU | 48.34 |
| 3. | Devin Singleton, CIT | 49.00 |
| 4. | Miles Greer, WCU | 49.55 |
| 5. | Hunter Sampson, ETSU | 49.55 |
| 6. | Trey Richardson, CIT | 49.66 |
| 7. | Andrew Gould, VMI | 50.16 |
| -- | Devaniel Dale, WCU | DQ |

800-meter run

| | | |
|----|----------------------------|---------|
| 1. | Joe Harbacevich, WOF | 1:53.94 |
| 2. | Josh Willard, VMI | 1:54.11 |
| 3. | Jake Ogden, FUR | 1:54.41 |
| 4. | Matt Scarr, ETSU | 1:54.64 |
| 5. | Jack Zemp, WOF | 1:56.06 |
| 6. | Josh Salter, SAM | 1:56.57 |
| 7. | Haydn Borghetti-Metz, ETSU | 1:56.59 |
| 8. | Juan Rodriguez, UNCG | 1:57.77 |

Mile run

| | | |
|----|-------------------------|---------|
| 1. | Troy Reeder, FUR | 4:13.83 |
| 2. | Jake Ogden, FUR | 4:14.21 |
| 3. | Simeon Roberts, ETSU | 4:14.92 |
| 4. | Adam Bradtmueller, ETSU | 4:15.77 |
| 5. | Mason Coppi, FUR | 4:16.80 |
| 6. | Arsène Guillorel, SAM | 4:17.21 |
| 7. | Josh Salter, SAM | 4:18.62 |
| 8. | Noah Charles, ETSU | 4:20.67 |

3,000-meter run

| | | |
|----|-----------------------|---------|
| 1. | Frank Lara, FUR | 8:13.79 |
| 2. | Mason Coppi, FUR | 8:17.76 |
| 3. | Simeon Roberts, ETSU | 8:17.90 |
| 4. | Arsène Guillorel, SAM | 8:18.20 |
| 5. | Daniel Bernal, FUR | 8:19.55 |
| 6. | Aaron Templeton, FUR | 8:22.11 |
| 7. | Malick Gemechu, ETSU | 8:23.11 |
| 8. | Dillon Dean, SAM | 8:35.38 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Frank Lara, FUR | 14:19.75 |
| 2. | Mason Coppi, FUR | 14:29.76 |
| 3. | Daniel Bernal, FUR | 14:30.12 |
| 4. | Malick Gemechu, ETSU | 14:32.94 |
| 5. | Arsène Guillorel, SAM | 14:36.57 |
| 6. | Aaron Templeton, FUR | 14:40.29 |
| 7. | Allen Clark, FUR | 14:50.12 |
| 8. | Trent Mandato, FUR | 14:58.12 |

60-meter hurdles

| | | |
|----|--------------------|------|
| 1. | Malik Diggs, CIT | 7.94 |
| 2. | Emmanuel Tait, SAM | 8.00 |
| 3. | Lee Warren, VMI | 8.25 |
| 4. | Isaiah Ellis, WOF | 8.33 |
| 5. | Mike Jones, WCU | 8.33 |
| 6. | Devyn Jones, WCU | 8.38 |
| 7. | J'len Wilson, WCU | 8.40 |
| 8. | Jack McHugh, SAM | 8.45 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | ETSU | 10:07.32 |
| 2. | Furman | 10:11.02 |
| 3. | VMI | 10:14.92 |
| 4. | Western Carolina | 10:15.59 |
| 5. | The Citadel | 10:16.56 |
| 6. | Wofford | 10:27.39 |
| 7. | Samford | 10:39.66 |
| 8. | UNCG | 11:11.80 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:15.77 |
| 2. | The Citadel | 3:17.15 |
| 3. | ETSU | 3:19.93 |
| 4. | Wofford | 3:25.49 |
| 5. | Samford | 3:25.68 |
| 6. | VMI | 3:28.52 |
| 7. | UNCG | 3:33.27 |
| 8. | Furman | 3:34.71 |

High jump

| | | |
|----|------------------------|-------|
| 1. | Keyth Fightmaster, SAM | 2.03m |
| 2. | Jordan Scott, ETSU | 1.98m |
| 3. | Matt Cahoon, SAM | 1.93m |
| 4. | J'len Wilson, WCU | 1.93m |
| 5. | Marquis Barnes, SAM | 1.93m |
| 6. | Jon Waarvik, SAM | 1.88m |
| 7. | Kenya Pinckney, CIT | 1.88m |
| 8. | Khadevis Sneed, WCU | 1.88m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Marquis Barnes, SAM | 7.38m |
| 2. | Karon Delince, ETSU | 7.31m |
| 3. | James Granderson, VMI | 7.11m |
| 4. | Kevin Hires, WCU | 7.05m |
| 5. | Jon Waarvik, SAM | 6.98m |
| 6. | Jordan Williams, CIT | 6.96m |
| 7. | Omar Mingo, WOF | 6.89m |
| 8. | Thomas Ozburn Jr., SAM | 6.87m |

Triple jump

| | | |
|----|---------------------|--------|
| 1. | Kevin Hires, WCU | 14.94m |
| 2. | Drae Butts, ETSU | 14.66m |
| 3. | Omar Mingo, WOF | 14.35m |
| 4. | Dijoun Huitt, WCU | 14.06m |
| 5. | Marquis Barnes, SAM | 14.06m |
| 6. | Nicholas Lyons, WCU | 13.88m |
| 7. | Yohana Koko, ETSU | 13.59m |
| 8. | Nick Lawson, WCU | 13.30m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Mateius Brown, WCU | 16.64m |
| 2. | Ben Johnson, ETSU | 16.13m |
| 3. | Austin Lufkin, WOF | 16.00m |
| 4. | Dakota Wright, WCU | 15.79m |
| 5. | Jay Stanley, WCU | 14.77m |
| 6. | Chase Stehling, WCU | 14.75m |
| 7. | Derrick Freeland, CIT | 14.60m |
| 8. | Mac Bennett, WCU | 14.35m |

Weight throw

| | | |
|----|-----------------------|--------|
| 1. | Ben Johnson, ETSU | 21.99m |
| 2. | Derrick Freeland, CIT | 18.10m |
| 3. | Dakota Wright, WCU | 17.88m |
| 4. | Chase Stehling, WCU | 17.46m |
| 5. | Longinus Nnodim, WOF | 16.90m |
| 6. | Daryn Hughes, WCU | 16.37m |
| 7. | Mateius Brown, WCU | 15.95m |
| 8. | Jay Stanley, WCU | 15.45m |

Pole vault

| | | |
|----|---------------------|-------|
| 1. | Tray Oates, SAM | 5.00m |
| 2. | Gavin Gautreau, SAM | 4.85m |
| 3. | Hugh Duggan, SAM | 4.70m |
| 4. | Griffin Kowal, VMI | 4.70m |
| 5. | Andrew Arlint, VMI | 4.55m |
| 6. | Corey Ginley, WCU | 4.55m |
| 7. | Sam Blumer, CIT | 4.25m |
| 8. | Lindsay Pierce, CIT | 4.25m |

Heptathlon

| | | |
|----|-----------------------------|-------|
| 1. | Marquis Barnes, SAM | 4,951 |
| 2. | Conrad Heinrich, WOF | 4,650 |
| 3. | William Stout, WOF | 4,552 |
| 4. | Thomas Ozburn Jr., SAM | 4,420 |
| 5. | Desmond Weinberg-Jones, VMI | 4,413 |
| 6. | Austin Eck, SAM | 4,370 |
| 7. | Jon Waarvik, SAM | 4,337 |
| 8. | Matthew Mudd, WCU | 4,261 |

Individual Awards

Heath Whittle Award
(Most Outstanding Athlete)
Marquis Barnes, Samford

Most Outstanding Track Performer
Emmanuel Tait, Samford

Most Outstanding Field Performer
Marquis Barnes, Samford

Freshman of the Year
Karon Delince, ETSU

Pinnacle Award
(highest GPA on championship-winning team)
Dakota Wright, Western Carolina

Coach of the Year
Cale McDaniel, Western Carolina

2018 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 161 |
| 2. | Western Carolina | 150 |
| 3. | Furman | 107 |
| 4. | ETSU | 103 |
| 5. | Wofford | 67 |
| 6. | VMI | 48 |
| 7. | The Citadel | 16 |
| 8. | Chattanooga | 6 |
| 9. | UNCG | 4 |

60-meter dash

| | |
|-------------------------|------|
| 1. Ty-Leah Hampton, WCU | 7.43 |
| 2. Kiana Davis, ETSU | 7.54 |
| 3. Kerisha Goode, VMI | 7.58 |
| 4. Kyra Atkins, ETSU | 7.64 |
| 5. Mia Little, WCU | 7.67 |
| 6. Tonia McKinley, SAM | 7.68 |
| 7. McLeod Dean, WOF | 7.69 |
| 8. Bria Anderson, VMI | 7.89 |

200-meter dash

| | |
|--------------------------|-------|
| 1. Ty-Leah Hampton, WCU | 24.07 |
| 2. Kerisha Goode, VMI | 24.24 |
| 3. Kiana Davis, ETSU | 24.46 |
| 4. McLeod Dean, WOF | 24.50 |
| 5. Kyra Atkins, ETSU | 24.71 |
| 6. Lamisha Simmons, ETSU | 24.91 |
| 7. Dasha Arnaut, WCU | 24.96 |
| 8. Tonia McKinley, SAM | 24.98 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Allison Holland, SAM | 55.62 |
| 2. Dasha Arnaut, WCU | 56.16 |
| 3. Kellsie Whitehead, WCU | 56.74 |
| 4. Cassidy Morton, WOF | 56.98 |
| 5. Ariana Ruffin, VMI | 57.69 |
| 6. Rachel Dixon, SAM | 57.81 |
| 7. Joie Royer, CIT | 58.08 |
| 8. Sarah Sanford, SAM | 58.43 |

800-meter run

| | |
|---------------------------------|---------|
| 1. Krissy Gear, FUR | 2:10.28 |
| 2. Emma Kuntz, FUR | 2:11.07 |
| 3. Riley Burr, FUR | 2:11.51 |
| 4. Heather Feuchtenberger, ETSU | 2:12.82 |
| 5. Madison Paraskeva, WOF | 2:15.01 |
| 6. Jessica Lord, ETSU | 2:15.46 |
| 7. Christina Nikolaou, WCU | 2:21.15 |
| -- Kaitlyn Lingard, WCU | DQ |

Mile run

| | |
|---------------------------------|---------|
| 1. Krissy Gear, FUR | 4:52.34 |
| 2. Riley Burr, FUR | 4:53.72 |
| 3. Gabbi Jennings, FUR | 4:55.14 |
| 4. Hannah Steelman, WOF | 4:57.83 |
| 5. Emily Williams-McElroy, ETSU | 5:01.63 |
| 6. Abbey Zane, SAM | 5:02.29 |
| 7. Jacquelyn Crow, FUR | 5:04.14 |
| 8. Bethany King, VMI | 5:07.53 |

3,000-meter run

| | |
|---------------------------|----------|
| 1. Emma Grace Hurley, FUR | 9:54.74 |
| 2. Hannah Steelman, WOF | 9:58.41 |
| 3. Grace Dwyer, FUR | 9:59.92 |
| 4. Haley Ward, SAM | 10:09.43 |
| 5. Taylor Delaney, UNCG | 10:13.89 |
| 6. Allie Nelson, SAM | 10:17.25 |
| 7. Taryn Schoen, WOF | 10:17.61 |
| 8. Sophia Neglia, UTC | 10:20.05 |

5,000-meter run

| | |
|---------------------------|----------|
| 1. Savannah Carnahan, FUR | 16:24.84 |
| 2. Emma Grace Hurley, FUR | 16:30.43 |
| 3. Hannah Steelman, WOF | 16:44.88 |
| 4. Haley Ward, SAM | 17:03.41 |
| 5. Grace Dwyer, FUR | 17:10.84 |
| 6. Gabbi Jennings, FUR | 17:42.04 |
| 7. Reilly Caldwell, FUR | 17:43.30 |
| 8. Emily Poole, UTC | 17:55.52 |

60-meter hurdles

| | |
|--------------------------|------|
| 1. Kyra Atkins, ETSU | 8.29 |
| 2. Lamisha Simmons, ETSU | 8.62 |
| 3. Amber Lust, WOF | 8.63 |
| 4. Timia Easley, ETSU | 8.89 |
| 5. Dasha Arnaut, WCU | 8.93 |
| 6. Sarah Sanford, SAM | 8.96 |
| 7. Qiona Payton, SAM | 9.05 |
| 8. Erin Hines, SAM | 9.10 |

Distance medley

| | |
|---------------------|----------|
| 1. Furman | 11:52.94 |
| 2. Samford | 12:00.30 |
| 3. ETSU | 12:01.71 |
| 4. VMI | 12:09.17 |
| 5. Western Carolina | 12:12.84 |
| 6. Chattanooga | 12:23.84 |
| 7. Wofford | 12:25.44 |
| 8. The Citadel | 13:09.90 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Western Carolina | 3:46.71 |
| 2. Samford | 3:49.82 |
| 3. Wofford | 3:50.93 |
| 4. ETSU | 3:53.44 |
| 5. Furman | 3:55.49 |
| 6. VMI | 4:00.82 |
| 7. The Citadel | 4:09.86 |
| 8. Chattanooga | 4:11.43 |

High jump

| | |
|-----------------------|-------|
| 1. Selena Popp, SAM | 1.70m |
| 2. Julia Logan, VMI | 1.70m |
| 3. Jaelyn Warren, WCU | 1.65m |
| 4. Rebekah Fox, ETSU | 1.65m |
| 5. Ashley Parker, WCU | 1.60m |
| 6. Marisa Scott, WCU | 1.60m |
| Charlotte Krause, SAM | 1.60m |
| 8. Carrie Neill, SAM | 1.60m |

Long jump

| | |
|--------------------------|-------|
| 1. Selena Popp, SAM | 6.04m |
| 2. Erin Hines, SAM | 5.90m |
| 3. Kyra Atkins, ETSU | 5.82m |
| 4. Jazmine Gooden, WCU | 5.81m |
| 5. Timia Easley, ETSU | 5.80m |
| 6. Makaila McIntyre, WCU | 5.73m |
| 7. Asyria Daniels, CIT | 5.65m |
| 8. Sara Hayes, WOF | 5.60m |

Triple jump

| | |
|--------------------------|--------|
| 1. Autumn James, WCU | 12.02m |
| 2. Megan Meadow, SAM | 11.97m |
| 3. Makaila McIntyre, WCU | 11.92m |
| 4. Timia Easley, ETSU | 11.83m |
| 5. Tamilya Wright, WCU | 11.72m |
| 6. Jazmine Gooden, WCU | 11.53m |
| 7. Jada Woods, WCU | 11.51m |
| 8. Charlotte Krause, SAM | 11.47m |

Shot put

| | |
|--------------------------|--------|
| 1. Simone Williams, WCU | 13.56m |
| 2. Alisha Blackmon, WCU | 13.33m |
| 3. Tatiana Taylor, SAM | 12.97m |
| 4. Maggie Johnston, SAM | 12.92m |
| 5. Amy Yarborough, WCU | 12.64m |
| 6. Sarah Leckman, VMI | 12.46m |
| 7. Jaden Finch, ETSU | 12.40m |
| 8. Atlantis Warren, ETSU | 12.07m |

Weight throw

| | |
|--------------------------|--------|
| 1. Camille Caldwell, SAM | 18.29m |
| 2. Symphony Buxton, ETSU | 17.62m |
| 3. Simone Williams, WCU | 17.02m |
| 4. Jess Page, CIT | 16.69m |
| 5. Alisha Blackmon, WCU | 16.63m |
| 6. Maggie Johnston, SAM | 16.46m |
| 7. Tatiana Taylor, SAM | 16.27m |
| 8. Mady Riegel, CIT | 15.12m |

Pole vault

| | |
|----------------------------|-------|
| 1. Sarah Lee, SAM | 3.50m |
| 2. Tally Wilson, SAM | 3.35m |
| 3. Lauren Torsch, SAM | 3.20m |
| Kinley Drummonds, WCU | 3.20m |
| 5. Megan Roach, SAM | 3.20m |
| 6. Sam Engel, CIT | 3.05m |
| 7. Catrena Schumacher, VMI | 2.75m |
| 8. Emily Fulton, VMI | 2.75m |

Pentathlon

| | |
|----------------------|-------|
| 1. Selena Popp, SAM | 4,118 |
| 2. Amber Lust, WOF | 3,532 |
| 3. Julia Logan, VMI | 3,433 |
| 4. Marisa Scott, WCU | 3,330 |
| 5. Sara Hayes, WOF | 3,295 |
| 6. Megan Dunn, WOF | 3,091 |
| 7. Autumn James, WCU | 3,050 |
| 8. Amanda Dumar, SAM | 2,977 |

Individual Awards

Most Outstanding Athlete

Selena Popp, Samford

Most Outstanding Track Performer

Ty-Leah Hampton, Western Carolina

Most Outstanding Field Performer

Selena Popp, Samford

Freshman of the Year

Krissy Gear, Furman

Pinnacle Award

(highest GPA on championship-winning team)

Rachel Dixon, Samford

Coach of the Year

Rod Tiffin, Samford

2017 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Western Carolina | 170 |
| 2. | Samford | 155 |
| 3. | ETSU | 137 |
| 4. | Furman | 87 |
| 5. | The Citadel | 57 |
| 6. | Wofford | 44 |
| 7. | UNCG | 4 |

60-meter dash

| | |
|-------------------------|------|
| 1. Matthew Moore, ETSU | 6.77 |
| 2. Emmanuel Tait, SAM | 6.81 |
| 3. Josiah Johnson, CIT | 6.82 |
| 4. Patrick Taylor, ETSU | 6.90 |
| 5. Shelby Campbell, SAM | 6.98 |
| 6. John Bapoupeleh, WOF | 7.13 |
| 7. Josh Little, WCU | 7.13 |
| 8. Henry Kiedy, WCU | 7.14 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Patrick Taylor, ETSU | 21.88 |
| 2. Dominic Smith Jr., SAM | 21.94 |
| 3. Josiah Johnson, CIT | 22.01 |
| 4. Dakota Lamont, WCU | 22.10 |
| 5. Henry Kiedy, WCU | 22.18 |
| 6. Devaniel Dale, WCU | 22.33 |
| 7. Carson Howe, SAM | 22.83 |
| 8. John Bapoupeleh, WOF | 22.98 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Dakota Lamont, WCU | 48.41 |
| 2. Michael Williams, ETSU | 48.73 |
| 3. Henry Kiedy, WCU | 49.02 |
| 4. Trey Richardson, CIT | 49.78 |
| 5. Devaniel Dale, WCU | 50.09 |
| 6. Dylan Andrade, WCU | 50.23 |
| 7. Bradford Smith, WOF | 50.58 |
| 8. Carson Howe, SAM | 51.96 |

800-meter run

| | |
|------------------------|---------|
| 1. Ryan Adams, FUR | 1:53.02 |
| 2. Harper Sigler, ETSU | 1:53.07 |
| 3. Ashton Wilson, ETSU | 1:53.89 |
| 4. Thomas Miller, ETSU | 1:54.23 |
| 5. Jack Zemp, WOF | 1:55.55 |
| 6. Miles Greer, WCU | 1:55.73 |
| 7. Thomas Moore, FUR | 1:56.88 |
| 8. Madison Daniel, FUR | 1:59.34 |

Mile run

| | |
|-------------------------------|---------|
| 1. Troy Reeder, FUR | 4:14.06 |
| 2. Ryan Adams, FUR | 4:16.35 |
| 3. Jake Ogden, FUR | 4:18.36 |
| 4. Ben Bryant, SAM | 4:19.52 |
| 5. Josh Salter, SAM | 4:21.21 |
| 6. Haydn Borghetti-Metz, ETSU | 4:22.16 |
| 7. Kyle Polman, FUR | 4:22.43 |
| 8. Liam Brooks, WCU | 4:25.03 |

3,000-meter run

| | |
|----------------------------|---------|
| 1. Arsène Guillorel, SAM | 8:15.26 |
| 2. Simeon Roberts, ETSU | 8:17.08 |
| 3. Tanner Hinkle, FUR | 8:18.25 |
| 4. Ben Bryant, SAM | 8:20.34 |
| 5. Aaron Templeton, FUR | 8:23.62 |
| 6. Adam Bradtmueller, ETSU | 8:24.38 |
| 7. Luke Meade, FUR | 8:26.61 |
| 8. Matt Lange, FUR | 8:27.20 |

5,000-meter run

| | |
|---------------------------|----------|
| 1. Arsène Guillorel, SAM | 14:21.39 |
| 2. Tanner Hinkle, FUR | 14:27.22 |
| 3. Simeon Roberts, ETSU | 14:28.84 |
| 4. Aaron Templeton, FUR | 14:32.41 |
| 5. Mason Coppi, FUR | 14:36.72 |
| 6. Josh Brickell, FUR | 14:36.82 |
| 7. David Winchester, ETSU | 14:38.21 |
| 8. Ben Bryant, SAM | 14:41.02 |

60-meter hurdles

| | |
|----------------------------|------|
| 1. Emmanuel Tait, SAM | 8:13 |
| 2. Michael Williams, ETSU | 8:17 |
| 3. Malik Diggs, CIT | 8:23 |
| 4. Devyn Jones, WCU | 8:29 |
| 5. Anthony Richardson, WCU | 8:44 |
| 6. J'Len Wilson, WCU | 8:46 |
| 7. Cory Alston, WCU | 8:62 |
| 8. Nathan Rivera, ETSU | 8:76 |

Distance medley

| | |
|---------------------|----------|
| 1. Furman | 10:05.42 |
| 2. Western Carolina | 10:11.88 |
| 3. Samford | 10:16.97 |
| 4. ETSU | 10:23.75 |
| 5. Wofford | 10:41.01 |
| 6. The Citadel | 12:06.19 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Western Carolina | 3:16.68 |
| 2. The Citadel | 3:20.99 |
| 3. Wofford | 3:24.44 |
| 4. Furman | 3:29.88 |
| 5. UNCG | 3:34.47 |
| -- ETSU | DNF |
| -- Samford | DQ |

High jump

| | |
|---------------------------|-------|
| 1. Keyth Fightmaster, SAM | 2.16m |
| 2. Khalil Jackson, WCU | 2.05m |
| 3. Mick Noel, CIT | 1.95m |
| P Jackson Nosbisich, CIT | 1.95m |
| 5. Jon Waarvik, SAM | 1.95m |
| 6. Nathan Rivera, ETSU | 1.90m |
| 7. Dijoun Huitt, WCU | 1.85m |
| 8. J'Len Wilson, WCU | 1.80m |

Long jump

| | |
|--------------------------|-------|
| 1. Patrick Taylor, ETSU | 7.41m |
| 2. Marquis Barnes, SAM | 7.35m |
| 3. Nathan Rivera, ETSU | 7.00m |
| 4. Javion Lee, SAM | 6.91m |
| 5. Dijoun Huitt, WCU | 6.88m |
| 6. Andrew Patterson, SAM | 6.78m |
| 7. Kevin Hires, WCU | 6.74m |
| 8. Jon Waarvik, SAM | 6.72m |

Triple jump

| | |
|--------------------------|--------|
| 1. Javion Lee, SAM | 14.95m |
| 2. Kevin Hires, WCU | 14.62m |
| 3. Dijoun Huitt, WCU | 14.42m |
| 4. Marquis Barnes, SAM | 14.05m |
| 5. Omar Mingo, WOF | 13.91m |
| 6. Tremaine Kernes, WCU | 13.57m |
| 7. Dondray Copeland, CIT | 13.32m |
| 8. Jon Waarvik, SAM | 13.04m |

Shot put

| | |
|-------------------------|--------|
| 1. Mateius Brown, WCU | 15.27m |
| 2. Scott Peretin, WCU | 14.78m |
| 3. Chase Stehling, WCU | 14.71m |
| 4. Jacob Dunlap, ETSU | 14.48m |
| 5. Dakota Wright, WCU | 14.34m |
| 6. Evan Albertson, WCU | 14.18m |
| 7. Tyler Schiemann, CIT | 13.85m |
| 8. Ben Johnson, ETSU | 13.36m |

Weight throw

| | |
|--------------------------|--------|
| 1. Scott Peretin, WCU | 18.91m |
| 2. Derrick Freeland, CIT | 18.88m |
| 3. Chase Stehling, WCU | 18.00m |
| 4. Dakota Wright, WCU | 17.56m |
| 5. Ben Johnson, ETSU | 17.41m |
| 6. James Hayworth, WOF | 16.10m |
| 7. Mateius Brown, WCU | 15.08m |
| 8. Longinus Nnodim, WOF | 14.58m |

Pole vault

| | |
|------------------------|-------|
| 1. Tray Oates, SAM | 5.20m |
| 2. Brett Squibbs, ETSU | 5.10m |
| 3. Chris Thrasher, SAM | 4.85m |
| 4. Gavin Gautreau, SAM | 4.70m |
| 5. Thor Smith, WCU | 4.70m |
| 6. Corey Ginley, WCU | 4.55m |
| 7. Sage Murphy, ETSU | 4.55m |
| 8. William Stout, WOF | 4.10m |

Heptathlon

| | |
|----------------------------|-------|
| 1. Nathan Rivera, ETSU | 5,041 |
| 2. Jay Vines, SAM | 4,623 |
| 3. William Stout, WOF | 4,525 |
| 4. Conrad Heinrich, WOF | 4,439 |
| 5. Samuel Robinson, WOF | 4,373 |
| 6. Hunter Schlatter, SAM | 4,200 |
| 7. Anthony Richardson, WCU | 3,997 |
| 8. Austin Billings, WCU | 3,948 |

Individual Awards

Most Outstanding Athlete

Patrick Taylor, ETSU

Most Outstanding Track Performer

Ryan Adams, Furman

Most Outstanding Field Performer

Nathan Rivera, ETSU

Freshman of the Year

Emmanuel Tait, Samford

Pinnacle Award

(highest GPA on championship-winning team)

Miles Greer, Western Carolina

Coach of the Year

Cale McDaniel, Western Carolina

2017 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 208 |
| 2. | Western Carolina | 151.5 |
| 3. | ETSU | 107.5 |
| 4. | Furman | 97 |
| 5. | VMI | 47 |
| 6. | Wofford | 29 |
| 7. | Chattanooga | 9 |
| 8. | UNCG | 7 |
| 9. | The Citadel | 6 |

60-meter dash

| | |
|----------------------------|------|
| 1. Katrina Seymour, ETSU | 7.57 |
| 2. Tiffani Lewis, WCU | 7.58 |
| 3. Mia Little, WCU | 7.61 |
| 4. Kiana Davis, ETSU | 7.63 |
| 5. Kerisha Goode, VMI | 7.64 |
| 6. Tonia McKinley, SAM | 7.68 |
| 7. Yaa Agyepong-Wiafe, VMI | 7.75 |
| 8. Jazmine Gooden, WCU | 7.84 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Katrina Seymour, ETSU | 24.32 |
| 2. Kyra Atkins, ETSU | 24.33 |
| 3. Tonia McKinley, SAM | 24.56 |
| 4. Kiana Davis, ETSU | 24.66 |
| 5. Laura Dean, WOF | 25.01 |
| 6. Jazmine Gooden, WCU | 25.05 |
| 7. Kerisha Goode, VMI | 25.07 |
| 8. Abigail Cutcliffe, SAM | 25.40 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Katrina Seymour, ETSU | 55.91 |
| 2. Abigail Cutcliffe, SAM | 56.53 |
| 3. Victoria Wicks, SAM | 57.46 |
| 4. Rachel Dixon, SAM | 57.63 |
| 5. Dasha Arnaut, WCU | 57.82 |
| 6. Sally Woerner, WCU | 57.85 |
| 7. Cassidy Morton, WOF | 58.16 |
| 8. Sarah Fairchild, SAM | 58.52 |

800-meter run

| | |
|-------------------------|---------|
| 1. Presley Weems, SAM | 2:13.91 |
| 2. Riley Burr, FUR | 2:16.26 |
| 3. Shian Mallory, SAM | 2:16.61 |
| 4. Kennedy Thomson, UTC | 2:17.79 |
| 5. Christina Hill, VMI | 2:18.14 |
| 6. Jacquelyn Crow, FUR | 2:18.93 |
| 7. Nicki Smith, ETSU | 2:19.63 |
| 8. Taylor Delaney, UNCG | 2:19.83 |

Mile run

| | |
|---------------------------|---------|
| 1. Karisa Nelson, SAM | 4:43.96 |
| 2. Allie Buchalski, FUR | 4:45.70 |
| 3. Emma Garner, SAM | 4:48.47 |
| 4. Gabbi Jennings, FUR | 4:52.30 |
| 5. Emma Grace Hurley, FUR | 4:57.62 |
| 6. Ann Sisson, FUR | 4:58.87 |
| 7. Taylor Delaney, UNCG | 5:05.51 |
| 8. Kaitlyn Lay, ETSU | 5:07.10 |

3,000-meter run

| | |
|---------------------------|----------|
| 1. Karisa Nelson, SAM | 9:34.87 |
| 2. Emma Garner, SAM | 9:35.90 |
| 3. Emma Grace Hurley, FUR | 9:38.86 |
| 4. Gabbi Jennings, FUR | 9:40.11 |
| 5. Savannah Carnahan, FUR | 9:43.72 |
| 6. Laura Miller, FUR | 10:01.03 |
| 7. Grace Dwyer, FUR | 10:16.77 |
| 8. Macy Carrier, ETSU | 10:23.24 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Savannah Carnahan, FUR | 16:41.82 |
| 2. Laura Miller, FUR | 17:26.00 |
| 3. Anna Hayden, FUR | 17:37.30 |
| 4. Grace Dwyer, FUR | 17:48.36 |
| 5. Kaitlyn Stone, UNCG | 17:49.82 |
| 6. Jennifer Stephenson, FUR | 17:56.85 |
| 7. Macy Carrier, ETSU | 17:59.11 |
| 8. Logan Luckett, VMI | 18:30.88 |

60-meter hurdles

| | |
|----------------------------|------|
| 1. Kyra Atkins, ETSU | 8.32 |
| 2. Yaa Agyepong-Wiafe, VMI | 8.64 |
| 3. Lamisha Simmons, ETSU | 8.66 |
| 4. Amber Lust, WOF | 8.83 |
| 5. Jazmine Gooden, WCU | 8.85 |
| 6. Danyel Desouza, WCU | 9.09 |
| 7. Allison Wilson, ETSU | 9.54 |
| 8. Imani Bennett, WCU | 9.76 |

Distance medley

| | |
|---------------------|----------|
| 1. Furman | 11:54.34 |
| 2. Samford | 12:10.63 |
| 3. ETSU | 12:11.75 |
| 4. VMI | 12:31.54 |
| 5. Western Carolina | 12:34.87 |
| 6. Chattanooga | 12:39.76 |
| 7. Wofford | 13:02.98 |
| 8. The Citadel | 14:04.19 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. ETSU | 3:50.04 |
| 2. Samford | 3:51.00 |
| 3. Western Carolina | 3:52.12 |
| 4. Wofford | 3:53.28 |
| 5. Furman | 4:02.53 |
| 6. The Citadel | 4:03.40 |
| 7. VMI | 4:04.97 |
| 8. Chattanooga | 4:05.98 |

High jump

| | |
|----------------------------|-------|
| 1. Selena Popp, SAM | 1.75m |
| 2. Courtney Prengaman, SAM | 1.75m |
| 3. Tiffani Lewis, WCU | 1.65m |
| 4. Charlotte Krause, SAM | 1.65m |
| 5. Rebekah Fox, ETSU | 1.65m |
| 6. Julie Logan, VMI | 1.65m |
| 7. Carrie Neill, SAM | 1.60m |
| 8. Imani Bennett, WCU | 1.55m |
| Marisa Scott, WCU | 1.55m |

Long jump

| | |
|------------------------|-------|
| 1. Tiffani Lewis, WCU | 6.05m |
| 2. Kyra Atkins, ETSU | 6.03m |
| 3. Jazmine Gooden, WCU | 6.02m |
| 4. Bria Anderson, VMI | 5.69m |
| 5. Selena Popp, SAM | 5.66m |
| 6. Erin Hines, SAM | 5.63m |
| 7. Chenell Bryan, WCU | 5.61m |
| 8. Megan Meadow, SAM | 5.59m |

Triple jump

| | |
|--------------------------|--------|
| 1. Megan Meadow, SAM | 12.42m |
| 2. Tiffani Lewis, WCU | 11.94m |
| 3. Tiana Pisoni, SAM | 11.88m |
| 4. Imani Bennett, WCU | 11.87m |
| 5. Jazmine Gooden, WCU | 11.64m |
| 6. Chenell Bryan, WCU | 11.62m |
| 7. Adriana Watkins, ETSU | 11.38m |
| 8. Tamilya Wright, WCU | 11.37m |

Shot put

| | |
|--------------------------|--------|
| 1. Hailey Cook, WCU | 14.84m |
| 2. Simone Williams, WCU | 13.02m |
| 3. Tiffany Quick, VMI | 12.79m |
| 4. Maggie Johnston, SAM | 12.72m |
| 5. Tatiana Taylor, SAM | 12.60m |
| 6. Alisha Blackmon, WCU | 12.59m |
| 7. Mahogani Holiday, WCU | 12.05m |
| 8. Amy Yarborough, WCU | 11.98m |

Weight throw

| | |
|----------------------------|--------|
| 1. Hailey Cook, WCU | 17.96m |
| 2. Aerial Horton, SAM | 17.22m |
| 3. Camille Caldwell, SAM | 16.85m |
| 4. Tatiana Taylor, SAM | 15.31m |
| 5. Simone Williams, WCU | 15.29m |
| 6. Alisha Blackmon, WCU | 15.10m |
| 7. Jess Page, CIT | 15.08m |
| 8. Elizabeth Johnston, VMI | 14.23m |

Pole vault

| | |
|----------------------------|-------|
| 1. Meghan Breden, WCU | 3.80m |
| 2. Lindsey Kessler, SAM | 3.70m |
| 3. Emily Eustace, SAM | 3.30m |
| 3. Korie Bennett, WCU | 3.30m |
| 5. Rebecca Pfitzer, SAM | 3.15m |
| 6. Lauren Torsch, SAM | 3.00m |
| 6. Savannah Bowne, ETSU | 3.00m |
| -- Catrena Schumacher, VMI | NH |

Pentathlon

| | |
|-------------------------|-------|
| 1. Selena Popp, SAM | 3,779 |
| 2. Amber Lust, WOF | 3,435 |
| 3. Marisa Scott, WCU | 3,352 |
| 4. Erin Hines, SAM | 3,319 |
| 5. Julia Logan, VMI | 3,152 |
| 6. Sara Hayes, WOF | 2,902 |
| 7. Marabeth Clark, ETSU | 2,876 |
| 8. Kiara Price, ETSU | 2,859 |

Individual Awards

Most Outstanding Athlete

Katrina Seymour, ETSU

Most Outstanding Track Performer

Katrina Seymour, ETSU

Most Outstanding Field Performer

Selena Popp, Samford

Freshman of the Year

Savannah Carnahan, Furman
Presley Weems, Samford

Pinnacle Award (highest GPA on championship-winning team)

Bekah Pfitzer, Samford

Coach of the Year

Rod Tiffin, Samford

2016 MEN'S CHAMPIONSHIP

Team Results

| Team Finish | Points |
|---------------------|--------|
| 1. Western Carolina | 183 |
| 2. Samford | 129 |
| 3. VMI | 126 |
| 4. ETSU | 101 |
| 5. Furman | 57 |
| 6. The Citadel | 35 |
| 7. Wofford | 28 |
| 8. UNCG | 3 |

60-meter dash

| | |
|-------------------------|------|
| 1. Matthew Moore, ETSU | 6.79 |
| 2. Patrick Taylor, ETSU | 6.89 |
| 3. Jermaine Lewis, WCU | 6.90 |
| 4. Greg Henderson, VMI | 6.93 |
| 5. Shelby Campbell, SAM | 7.00 |
| 6. Josiah Johnson, CIT | 7.02 |
| 7. Quan Myers, VMI | 7.13 |

200-meter dash

| | |
|----------------------------|-------|
| 1. Greg Henderson, VMI | 22.91 |
| 2. Aron Long, VMI | 22.01 |
| 3. Dakota Lamont, WCU | 22.06 |
| 4. Jermaine Lewis, WCU | 22.25 |
| 5. Lamaris Reed, VMI | 22.58 |
| 6. Dante Ortado, WCU | 22.44 |
| 7. A'Darrius Sanders, ETSU | 22.50 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Michael Williams, ETSU | 48.39 |
| 2. Dakota Lamont, WCU | 48.52 |
| 3. Henry Kiedy, WCU | 48.68 |
| 4. Andrew Gould, VMI | 49.58 |
| 5. Devin Singleton, CIT | 49.74 |
| 6. Tevin Williams, CIT | 49.99 |
| 7. Jay Vines, SAM | 50.26 |
| 8. Deondre Anderson, VMI | 50.80 |

800-meter run

| | |
|-------------------------|---------|
| 1. Brandon Hazouri, SAM | 1:51.31 |
| 2. Avery Martin, VMI | 1:51.57 |
| 3. Joe Harbacevich, WOF | 1:53.06 |
| 4. Ryan Adams, FUR | 1:53.78 |
| 5. Jamie Bigby, WCU | 1:54.46 |
| 6. Adam Jones, SAM | 1:54.84 |
| 7. Caleb Albrecht, WCU | 1:56.33 |
| 8. Justin Kenard, WCU | 1:57.93 |

Mile run

| | |
|-------------------------|---------|
| 1. Brandon Hazouri, SAM | 4:10.17 |
| 2. Avery Martin, VMI | 4:10.80 |
| 3. Troy Reeder, FUR | 4:11.43 |
| 4. Simeon Roberts, ETSU | 4:11.97 |
| 5. Ryan Adams, FUR | 4:13.22 |
| 6. James Broom, VMI | 4:17.40 |
| 7. Alex Michaels, WOF | 4:18.62 |
| 8. Owen Bailey, SAM | 4:21.30 |

3,000-meter run

| | |
|--------------------------|---------|
| 1. Arsène Guillorel, SAM | 8:09.62 |
| 2. Troy Reeder, FUR | 8:17.37 |
| 3. Simeon Roberts, ETSU | 8:18.25 |
| 4. Aaron Templeton, FUR | 8:19.32 |
| 5. Tanner Hinkle, FUR | 8:30.01 |
| 6. Liam Brooks, WCU | 8:30.85 |
| 7. Daniel DeNijs, VMI | 8:38.23 |
| 8. Austin Sprague, FUR | 8:40.07 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Arsène Guillorel, SAM | 13:55.73 |
| 2. Tanner Hinkle, FUR | 14:20.00 |
| 3. Aaron Templeton, FUR | 14:35.34 |
| 4. Troy Reeder, FUR | 14:51.50 |
| 5. Liam Brooks, WCU | 14:54.38 |
| 6. Luke Weishaar, SAM | 14:54.44 |
| 7. Austin Sprague, FUR | 14:59.54 |
| 8. Sean Helmke, VMI | 15:11.66 |

60-meter hurdles

| | |
|---------------------------|-------|
| 1. Michael Williams, ETSU | 8.14 |
| 2. Davon Guerrier, VMI | 8.20 |
| 3. Lee Warren, VMI | 8.27 |
| 4. Tyler Houston, ETSU | 8.29 |
| 5. Conrad Heinrich, WOF | 8.63 |
| 6. Kevin Hires, WCU | 8.64 |
| 7. Malik Diggs, CIT | 8.67 |
| 8. Jay Vines, SAM | 14.77 |

Distance medley

| | |
|---------------------|----------|
| 1. Samford | 10:11.67 |
| 2. VMI | 10:17.04 |
| 3. ETSU | 10:17.11 |
| 4. Wofford | 10:21.08 |
| 5. The Citadel | 10:22.82 |
| 6. Western Carolina | 10:23.47 |
| 7. Furman | 10:31.52 |
| 8. UNCG | 11:04.04 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Samford | 3:48.69 |
| 2. Western Carolina | 3:50.37 |
| 3. ETSU | 3:50.49 |
| 4. Wofford | 3:59.51 |
| 5. VMI | 4:04.75 |
| 6. The Citadel | 4:06.42 |
| 7. Chattanooga | 4:07.22 |
| 8. Furman | 4:09.68 |
| 9. UNCG | 4:28.27 |

High jump

| | |
|----------------------------|-------|
| 1. Tyrie Adams, WCU | 2.09m |
| 2. Jamie Brown, WCU | 2.06m |
| 3. Khalil Jackson, WCU | 2.06m |
| 4. Keyth Fightmaster, SAM | 2.03m |
| 5. Jordan Scott, ETSU | 2.00m |
| 6. Christian Carswell, WCU | 1.95m |
| 7. Jackson Nosbisch, CIT | 1.95m |
| 8. Mick Noel, CIT | 1.95m |

Long jump

| | |
|----------------------------|-------|
| 1. Jamie Brown, WCU | 7.28m |
| 2. Marquis Barnes, SAM | 7.20m |
| 3. Patrick Taylor, ETSU | 7.04m |
| 4. Javion Lee, SAM | 6.88m |
| 5. Tevin Johnson, WOF | 6.86m |
| 6. Christian Carswell, WCU | 6.83m |
| 7. David Johnson, WCU | 6.72m |
| 8. Tyrie Adams, WCU | 6.71m |

Triple jump

| | |
|----------------------|--------|
| 1. David Johnson | 14.94m |
| 2. Javion Lee, SAM | 14.89m |
| 3. Jamie Brown, WCU | 14.75m |
| 4. Kevin Hires, WCU | 14.50m |
| 5. Mikel Halim, ETSU | 13.75m |
| 6. Yohana Koko, ETSU | 13.72m |
| 7. Jerry Bryant, WCU | 13.40m |
| 8. Omar Mingo, WOF | 13.36m |

Shot put

| | |
|--------------------------|--------|
| 1. Joel Hoisington, VMI | 16.28m |
| 2. Jordan White, VMI | 16.20m |
| 3. Jared Johnson, WCU | 16.09m |
| 4. Derrick Freeland, CIT | 15.36m |
| 5. Grant Sanchez, VMI | 15.23m |
| 6. Scott Peretin, WCU | 15.00m |
| 7. William Condrey, VMI | 14.79m |
| 8. Jacob Dunlap, ETSU | 14.53m |

Weight throw

| | |
|--------------------------|--------|
| 1. Jordan White, VMI | 19.21m |
| 2. Jared Johnson, WCU | 18.50m |
| 3. Scott Peretin, WCU | 17.33m |
| 4. Derrick Freeland, CIT | 16.84m |
| 5. Dakota Wright, WCU | 16.39m |
| 6. Chase Stehling, WCU | 16.36m |
| 7. James Hayworth, WOF | 16.06m |
| 8. Mateius Brown, WCU | |

Pole vault

| | |
|--------------------------|-------|
| 1. Tray Oates, SAM | 5.10m |
| 2. Austin Eckenroth, SAM | 5.00m |
| 3. Gavin Gautreau, SAM | 5.00m |
| 4. Brett Squibbs, ETSU | 4.90m |
| 5. Dustin Triplett, WCU | 4.90m |
| 6. Corey Ginley, WCU | 4.90m |
| 7. Chris Thrasher, SAM | 4.75m |
| 8. Grant Holmes, VMI | 4.60m |

Heptathlon

| | |
|--------------------------------|------|
| 1. Christian Carswell, WCU | 4998 |
| 2. Nathan Rivera, ETSU | 4982 |
| 3. Andrew Patterson, SAM | 4706 |
| 4. Draven Crist, WCU | 4614 |
| 5. Desmond Weinberg-Jones, VMI | 4395 |
| 6. Austiin Billings, SAM | 4368 |
| 7. Levi Whitt, VMI | 4354 |
| 8. Conrad Heinrich, WOF | 4314 |

Individual Awards

Most Outstanding Athlete

Jamie Brown, Western Carolina

Most Outstanding Track Performer

Arsène Guillorel, Samford

Most Outstanding Field Performer

Jordan White, VMI

Freshman of the Year

Jamie Brown, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2016 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Samford | 216 |
| 2. | Western Carolina | 164 |
| 3. | ETSU | 84.50 |
| 4. | Furman | 80 |
| 5. | VMI | 50.50 |
| 6. | Chattanooga | 34 |
| 7. | Wofford | 20 |
| 8. | UNCG | 9 |
| 9. | The Citadel | 5 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Tayla Carter, WCU | 7.43 |
| 2. | Kimberly Ruch, SAM | 7.59 |
| 3. | Keturah Williams, ETSU | 7.61 |
| 4. | Mia Little, WCU | 7.66 |
| 5. | Tiffani Lewis, WCU | 7.67 |
| 6. | BriAnna Williams, WCU | 7.70 |
| 7. | Kiana Davis, ETSU | 7.74 |
| 8. | Tonia McKinley, SAM | 7.85 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Tayla Carter, WCU | 24.15 |
| 2. | Kimberly Ruch, SAM | 24.51 |
| 3. | BriAnna Adams, WCU | 25.03 |
| 4. | Kerisha Goode, VMI | 25.06 |
| 5. | Kiana Davis, ETSU | 25.11 |
| 6. | Tonia McKinley, SAM | 25.32 |
| 7. | Daijah White, SAM | 25.52 |
| 8. | Abigail Cutcliffe, SAM | 26.58 |

400-meter dash

| | | |
|----|-----------------------------|-------|
| 1. | Katrina Seymour, ETSU | 55.12 |
| 2. | Sarah Sanford, SAM | 55.51 |
| 3. | Abigail Cutcliffe, SAM | 56.44 |
| 4. | Corina Archie-McMillan, WCU | 56.49 |
| 5. | Dasha Arnaut, WCU | 58.08 |
| 6. | Holly Gaines, WCU | 58.46 |
| 7. | Sally Woerner, WCU | 58.50 |
| 8. | Victoria Wicks, SAM | 58.62 |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Maddison Melchionna, UTC | 2:12.38 |
| 2. | Karisa Nelson, SAM | 2:13.38 |
| 3. | Jacquelyn Crow, FUR | 2:13.88 |
| 4. | Emma Garner, SAM | 2:14.68 |
| 5. | Nicki Smith, ETSU | 2:18.32 |
| 6. | Ann Sisson, FUR | 2:18.42 |
| 7. | Christina Hill, VMI | 2:20.03 |
| 8. | Sahara Fletcher, ETSU | 2:20.22 |

Mile run

| | | |
|----|-----------------------|---------|
| 1. | Allie Buchalski, FUR | 4:51.84 |
| 2. | Karisa Nelson, SAM | 4:53.22 |
| 3. | Ansley Bos, SAM | 4:53.97 |
| 4. | Emma Garner, SAM | 4:55.99 |
| 5. | Laura Miller, FUR | 4:57.43 |
| 6. | Teghan Henderson, UTC | 4:57.47 |
| 7. | Eira Jensen, UNCG | 4:57.97 |
| 8. | Jessica York, UTC | 5:05.40 |

3,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Allie Buchalski, FUR | 9:55.05 |
| 2. | Laura Miller, FUR | 9:56.97 |
| 3. | Emma Mashburn, FUR | 9:57.40 |
| 4. | Ansley Bos, SAM | 10:01.68 |
| 5. | Katy Link, UNCG | 10:18.95 |
| 6. | Victoria Hutchens, ETSU | 10:25.18 |
| 7. | Anna Kate Chance, UTC | 10:29.31 |
| 8. | Laney Browder, WCU | 10:44.71 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Allie Buchalski, FUR | 17:23.19 |
| 2. | Emma Mashburn, FUR | 17:24.97 |
| 3. | Laura Miller, FUR | 17:25.42 |
| 4. | Teghan Henderson, UTC | 17:25.72 |
| 5. | Bethany King, VMI | 18:00.84 |
| 6. | Victoria Hutchens, ETSU | 18:04.37 |
| 7. | Kathleen Mansure, UNCG | 18:04.58 |
| 8. | Emily Drouin, UTC | 18:05.38 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Sarah Sanford, SAM | 8.44 |
| 2. | Kyra Atkins, ETSU | 8.56 |
| 3. | Alyiah Riley, WCU | 8.68 |
| 4. | Yaa Agyepong-Wiafe, VMI | 8.70 |
| 5. | Amber Lust, WOF | 8.91 |
| 6. | Kimberly Ruch, SAM | 8.92 |
| 7. | Qiona Payton, SAM | 9.03 |
| 8. | Jordan Highsmith, SAM | 9.05 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Chattanooga | 12:03.10 |
| 2. | Furman | 12:12.33 |
| 3. | ETSU | 12:25.08 |
| 4. | VMI | 12:28.33 |
| 5. | Wofford | 12:33.16 |
| 6. | Western Carolina | 12:33.28 |
| 7. | Samford | 12:41.08 |
| 8. | UNCG | 13:04.95 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Samford | 3:48.69 |
| 2. | Western Carolina | 3:50.37 |
| 3. | ETSU | 3:50.49 |
| 4. | Wofford | 3:59.51 |
| 5. | VMI | 4:04.75 |
| 6. | The Citadel | 4:06.42 |
| 7. | Chattanooga | 4:07.22 |
| 8. | Furman | 4:09.68 |

High jump

| | | |
|----|--------------------------|-------|
| 1. | Courtney Pregelaman, SAM | 1.70m |
| 2. | Carrie Neill, SAM | 1.64m |
| 3. | Selena Popp, SAM | 1.64m |
| 4. | Julia Logan, VMI | 1.56m |
| | Tiffani Lewis, WCU | 1.56m |
| 6. | Rebekah Fox, ETSU | 1.56m |
| | Ashley Parker, WCU | 1.56m |
| 8. | Holly Gaines, WCU | 1.56m |

Long jump

| | | |
|----|---------------------|-------|
| 1. | Mia McClainn, VMI | 5.34m |
| 2. | Kerisha Goode, VMI | 5.24m |
| 3. | Tamilia Wright, WCU | 5.22m |
| 4. | Asyria Daniels, CIT | 5.13m |
| 5. | Mia Little, WCU | 5.03m |
| 6. | Tiana Pisoni, SAM | 5.03m |
| 7. | Kennedy Smith, VMI | 4.99m |
| 8. | Tayla Carter, WCU | 4.96m |

Triple jump

| | | |
|----|------------------------|--------|
| 1. | Hannah Hardy, SAM | 11.63m |
| 2. | Kyra Atkins, ETSU | 11.38m |
| 3. | Kasey Widmyer, WOF | 11.07m |
| 4. | Timia Easley, ETSU | 10.91m |
| 5. | Asyria Daniels, CIT | 10.73m |
| 6. | Nidonna Nicholson, WCU | 10.56m |
| 7. | Bria Anderson, VMI | 10.37m |
| 8. | Ashley Parker, WCU | 10.13m |

Shot put

| | | |
|----|-------------------------|--------|
| 1. | Hailey Cook, WCU | 14.65m |
| 2. | Aerial Horton, SAM | 13.28m |
| 3. | Tyesha Jones, ETSU | 12.73m |
| 4. | Tatiana Taylor, SAM | 12.68m |
| 5. | Simone Williams, WCU | 11.76m |
| 6. | Elizabeth Johnston, VMI | 11.56m |
| 7. | Kameron Cass, CIT | 11.54m |
| 8. | Camille Caldwell, SAM | 11.48m |

Weight throw

| | | |
|----|-----------------------|--------|
| 1. | Hailey Cook, WCU | 17.23m |
| 2. | Aerial Horton, SAM | 16.49m |
| 3. | Tatiana Taylor, SAM | 16.24m |
| 4. | Tyesha Jones, ETSU | 15.58m |
| 5. | Logan Edwards, VMI | 15.15m |
| 6. | Camille Caldwell, SAM | 14.91m |
| 7. | Simone Williams, WCU | 14.33m |
| 8. | Alexandra King, WOF | 12.93m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Ashley Kessler, ETSU | 3.75m |
| 2. | Lindsey Kessler, SAM | 3.75m |
| 3. | Korie Bennett, WCU | 3.65m |
| 4. | Meghan Breden, WCU | 3.65m |
| 5. | Sage Proffitt, WCU | 3.65m |
| 6. | Sarah Lee, SAM | 3.55m |
| 7. | Emily Eustace, SAM | 3.20m |
| 8. | Savvanah Bowe, ETSU | 3.05m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Holly Gaines, WCU | 3,492 |
| 2. | Hannah Hardy, SAM | 3,425 |
| 3. | Selena Popp, SAM | 3,377 |
| 4. | Jordan Highsmith, SAM | 3,374 |
| 5. | Amber Lust, WOF | 3,130 |
| 6. | Megan Meadow, SAM | 3,085 |
| 7. | Nidonna Nicholson, WCU | 3,078 |
| 8. | Marisa Scott, WCU | 3,014 |

Individual Awards

Most Outstanding Athlete

Allie Buchalski, Furman

Most Outstanding Track Performer

Allie Buchalski, Furman

Most Outstanding Field Performer

Hailey Cook, Western Carolina

Freshman of the Year

Kyra Atkins, ETSU

Coach of the Year

Rodd Tiffin, Samford

2015 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Western Carolina | 228 |
| 2. | Samford | 155 |
| 3. | VMI | 98.50 |
| 4. | Furman | 92 |
| 5. | The Citadel | 40.50 |
| 6. | Chattanooga | 32 |
| 7. | Wofford | 12 |
| 8. | UNCG | 4 |

60-meter dash

| | |
|-------------------------------|------|
| 1. Jermaine Lewis, WCU..... | 6.83 |
| 2. Brenden Caldwell, WCU..... | 6.93 |
| 3. Chris Hancock, WCU..... | 6.98 |
| 4. Jerry Wickerson, WCU..... | 7.04 |
| 5. Demari Boswell, WCU..... | 7.07 |
| 6. Shelby Campbell, SAM..... | 7.11 |
| 7. Lamaris Reed, VMI..... | 7.12 |
| 8. Aron Long, VMI..... | 7.14 |

200-meter dash

| | |
|-------------------------------|-------|
| 1. Chris Hancock, WCU..... | 21.91 |
| 2. Jerry Wickerson, WCU..... | 22.08 |
| 3. Aron Long, VMI..... | 22.13 |
| 4. Dakota Lamont, WCU..... | 22.32 |
| 5. Henry Kiedy, WCU..... | 22.38 |
| 6. Jacob Noorbergen, UTC..... | 22.43 |
| 7. Julian Jackson, VMI..... | 22.50 |
| 8. Demari Boswell, WCU..... | 30.27 |

400-meter dash

| | |
|------------------------------|---------|
| 1. Aaron Tribble, WCU..... | 48.66 |
| 2. Dakota Lamont, WCU..... | 48.96 |
| 3. Julian Jackson, VMI..... | 49.29 |
| 4. Carson Howe, SAM..... | 49.72 |
| 5. Devin Singleton, CIT..... | 49.84 |
| 6. Kaleb McEntyre, WCU..... | 53.97 |
| 7. Demari Boswell, WCU..... | 1:00.28 |
| 8. Henry Kiedy, WCU..... | DQ |

800-meter run

| | |
|-----------------------------------|---------|
| 1. Brandon Hazouri, SAM..... | 1:54.73 |
| 2. Avery Martin, VMI..... | 1:55.58 |
| 3. Marquis Carter, UTC..... | 1:55.67 |
| 4. William Ivey, FUR..... | 1:56.99 |
| 5. Jamie Bigby, WCU..... | 1:57.95 |
| 6. Trevor Janssen, UTC..... | 1:58.13 |
| 7. Nate Gray Wolf Riech, FUR..... | 1:58.47 |
| 8. Michael Cornwell, WCU..... | 2:01.05 |

Mile run

| | |
|-------------------------------|---------|
| 1. Troy Reeder, FUR..... | 4:08.21 |
| 2. Brandon Hazouri, SAM..... | 4:08.35 |
| 3. Avery Martin, VMI..... | 4:09.19 |
| 4. Brock Baker, FUR..... | 4:12.52 |
| 5. James Perez, FUR..... | 4:12.78 |
| 6. William Ivey, FUR..... | 4:13.79 |
| 7. Michael Cornwell, WCU..... | 4:14.33 |
| 8. Austin Sprague, FUR..... | 4:14.37 |

3,000-meter run

| | |
|--------------------------------|---------|
| 1. Tripp Hurt, FUR..... | 8:29.81 |
| 2. Arsène Guillourel, SAM..... | 8:30.20 |
| 3. Brock Baker, FUR..... | 8:30.55 |
| 4. Luke Weishaar, SAM..... | 8:32.84 |
| 5. Tanner Hinkle, FUR..... | 8:33.18 |
| 6. Lee Shearer, FUR..... | 8:38.78 |
| 7. Paul Stuart, UTC..... | 8:40.45 |
| 8. Patrick Spahn, VMI..... | 8:42.17 |

5,000-meter run

| | |
|--------------------------------|----------|
| 1. Tripp Hurt, FUR..... | 14:18.23 |
| 2. Arsène Guillourel, SAM..... | 14:18.45 |
| 3. Tanner Hinkle, FUR..... | 14:25.53 |
| 4. Josh Brickell, FUR..... | 14:35.72 |
| 5. Aaron Templeton, FUR..... | 14:42.97 |
| 6. Troy Reeder, FUR..... | 14:44.16 |
| 7. Paul Stuart, UTC..... | 14:53.45 |
| 8. Luke Weishaar, SAM..... | 14:57.80 |

60-meter hurdles

| | |
|------------------------------|------|
| 1. Marquis Bailey, WCU..... | 8.14 |
| 2. Abraham Faison, WCU..... | 8.22 |
| 3. Quincy Murphy, VMI..... | 8.39 |
| 4. Lee Warren, VMI..... | 8.58 |
| 5. Drake Watson, UTC..... | 8.74 |
| 6. Marquis Barnes, SAM..... | 8.84 |
| 7. Davon Guerrier, VMI..... | 8.86 |
| 8. Samuel Robinson, WOF..... | 8.97 |

Distance medley

| | |
|--------------------------|----------|
| 1. Furman..... | 10:06.16 |
| 2. Chattanooga..... | 10:11.17 |
| 3. Western Carolina..... | 10:12.81 |
| 4. Samford..... | 10:25.00 |
| 5. VMI..... | 10:28.21 |
| 6. The Citadel..... | 10:40.37 |
| 7. UNCG..... | 10:42.91 |
| 8. Wofford..... | 10:48.11 |

4x400-meter relay

| | |
|--------------------------|---------|
| 1. Western Carolina..... | 3:17.07 |
| 2. The Citadel..... | 3:18.54 |
| 3. Samford..... | 3:20.49 |
| 4. VMI..... | 3:22.46 |
| 5. Chattanooga..... | 3:25.17 |
| 6. Wofford..... | 3:28.48 |
| 7. UNCG..... | 3:29.75 |
| 8. Furman..... | 3:36.18 |

High jump

| | |
|---------------------------------|-------|
| 1. Keyth Fightmaster, SAM..... | 2.15m |
| 2. Mick Noel, CIT..... | 1.96m |
| 3. Jaquell Bryant, WCU..... | 1.93m |
| 4. Christian Carswell, WCU..... | 1.93m |
| 5. Jackson Nobsbisch, CIT..... | 1.93m |
| 6. Tevin Johnson, WOF..... | 1.88m |
| 7. Austin Billings, SAM..... | 1.88m |
| 8. Andrew Patterson SAM..... | 1.88m |

Long jump

| | |
|-------------------------------|-------|
| 1. Brendan Caldwell, WCU..... | 6.89m |
| 2. Javion Lee, SAM..... | 6.79m |
| 3. Abraham Faison, WCU..... | 6.76m |
| 4. Lamaris Reed, VMI..... | 6.76m |
| 5. Jordan Santana, WCU..... | 6.75m |
| 6. Tevin Johnson, WOF..... | 6.69m |
| 7. Quincy Murphy, VMI..... | 6.67m |
| 8. David Johnson, WCU..... | 6.64m |

Triple jump

| | |
|---------------------------------|--------|
| 1. David Johnson, WCU..... | 14.80m |
| 2. Javion Lee, SAM..... | 14.51m |
| 3. Kevin Hires, WCU..... | 13.98m |
| 4. Jordan Santana, WCU..... | 13.64m |
| 5. Marquis Barnes, SAM..... | 13.38m |
| 6. Lamaris Reed, VMI..... | 13.16m |
| 7. Christian Carswell, WCU..... | 13.11m |
| 8. Andrew Patterson, SAM..... | 12.99m |

Shot put

| | |
|-------------------------------|--------|
| 1. Jordan White, VMI..... | 16.26m |
| 2. Jared Johnson, WCU..... | 15.76m |
| 3. Sidney Jordan, SAM..... | 15.64m |
| 4. Scott Peretin, WCU..... | 15.01m |
| 5. Grant Sanchez, VMI..... | 14.67m |
| 6. Derrick Freeland, CIT..... | 14.37m |
| 7. Brian Smith, SAM..... | 14.31m |
| 8. William Condrey, VMI..... | 14.08m |

Weight throw

| | |
|-----------------------------|--------|
| 1. Jared Johnson, WCU..... | 18.64m |
| 2. Geno Porter, CIT..... | 17.77m |
| 3. Sidney Jordan, SAM..... | 17.35m |
| 4. Jordan White, VMI..... | 16.28m |
| 5. Brian Hill, SAM..... | 15.56m |
| 6. Scott Peretin, WCU..... | 15.35m |
| 7. Sadarius Lucas, CIT..... | 15.21m |
| 8. James Hayworth, WOF..... | 15.07m |

Pole vault

| | |
|---------------------------------|-------|
| 1. Tray Oates, SAM..... | 5.02m |
| 2. Austin Eckenroth, SAM..... | 5.02m |
| 3. Chris Thrasher, SAM..... | 4.62m |
| 4. Thor Smith, WCU..... | 4.62m |
| 5. Dustin Triplett, WCU..... | 4.42m |
| Grant Holmes, VMI..... | 4.42m |
| 7. Christian Carswell, WCU..... | 4.27m |
| 8. Sean Connolly, VMI..... | 4.12m |

Heptathlon

| | |
|---------------------------------|-------|
| 1. Quincy Murphy, VMI..... | 4,952 |
| 2. Christian Carswell, WCU..... | 4,755 |
| 3. Marquis Barnes, SAM..... | 4,688 |
| 4. Josh Davies, SAM..... | 4,463 |
| 5. Andrew Patterson, SAM..... | 4,415 |
| 6. Dustin Triplett, WCU..... | 4,357 |
| 7. Austin Billings, SAM..... | 4,330 |
| 8. Jordan Santana, WCU..... | 4,277 |

Individual Awards

Most Outstanding Athlete

Tripp Hurt, Furman

Most Outstanding Track Performer

Tripp Hurt, Furman

Most Outstanding Field Performer

Jared Johnson, Western Carolina

Freshman of the Year

Brenden Caldwell, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2015 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|------------------|--------|
| 1. | Western Carolina | 226 |
| 2. | Samford | 155 |
| 3. | ETSU | 96 |
| 4. | Furman | 83 |
| 5. | Chattanooga | 46 |
| 6. | The Citadel | 24 |
| 7. | VMI | 23 |
| T8. | Wofford | 5 |
| T8. | UNCG | 5 |

60-meter dash

| | | |
|----|---------------------------|------|
| 1. | Tayla Carter, WCU | 7.49 |
| 2. | Keturah Williams, ETSU | 7.60 |
| 3. | Demeteria Edgecombe, ETSU | 7.66 |
| 4. | Kayla Williams, WCU | 7.78 |
| 5. | Tiffani Lewis, WCU | 7.83 |
| 6. | Chenell Bryan, WCU | 7.87 |
| 7. | Kimberly Ruch, SAM | 7.93 |
| 8. | Xaviera Bass, WCU | 7.98 |

200-meter dash

| | | |
|----|-----------------------------|-------|
| 1. | Tayla Carter, WCU | 24.46 |
| 2. | Keturah Williams, ETSU | 24.61 |
| 3. | Tanisha Bethel, CIT | 25.22 |
| 4. | Demeteria Edgecombe, ETSU | 25.35 |
| 5. | Genevieve Emrick, WCU | 25.51 |
| 6. | Kayla Williams, WCU | 25.79 |
| 7. | Marabeth Clark, ETSU | 25.96 |
| 8. | Corina Archie-McMillan, WCU | 26.36 |

400-meter dash

| | | |
|----|-----------------------------|-------|
| 1. | Genevieve Emrick, WCU | 55.44 |
| 2. | Sarah Sanford, SAM | 56.43 |
| 3. | Corina Archie-McMillan, WCU | 57.08 |
| 4. | Sarah Johnson, CIT | 57.90 |
| 5. | Emani Little, CIT | 57.94 |
| 6. | Lena Elliott, WCU | 58.32 |
| 7. | Michaela Williams, WCU | 59.12 |
| 8. | Kianna Howard, UTC | 59.53 |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Marie DeMedicis, SAM | 2:11.58 |
| 2. | Anna Irvine, SAM | 2:12.73 |
| 3. | Maddison Melchionna, UTC | 2:13.39 |
| 4. | Jacquelyn Crow, FUR | 2:13.41 |
| 5. | Katelyn Brock, SAM | 2:14.85 |
| 6. | Hannah Chamblin, UTC | 2:15.25 |
| 7. | Carolyn Hinch, ETSU | 2:21.06 |
| 8. | Lena Elliott, WCU | 2:38.46 |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Jacquelyn Crow, FUR | 4:58.17 |
| 2. | Ansley Bos, SAM | 4:58.91 |
| 3. | Jacquelyn Crow, FUR | 4:59.13 |
| 4. | Karisa Nelson, SAM | 5:00.22 |
| 5. | Amanda Cotter, UTC | 5:00.69 |
| 6. | Laura Miller, FUR | 5:01.50 |
| 7. | Eira Jensen, UNCG | 5:03.25 |
| 8. | Jessica York, UTC | 5:06.14 |

3,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Sinead Haughey, FUR | 9:27.51 |
| 2. | Allie Buchalski, FUR | 9:45.21 |
| 3. | Rachel Wooten, SAM | 10:03.02 |
| 4. | Emma Mashburn, FUR | 10:06.62 |
| 5. | Emily Drouin, UTC | 10:09.11 |
| 6. | Keeley Stewart, UTC | 10:11.41 |
| 7. | Francis Bernard, SAM | 10:11.69 |
| 8. | Bryce Seymour, FUR | 10:37.73 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Sinead Haughey, FUR | 16:33.51 |
| 2. | Allie Buchalski, FUR | 17:08.87 |
| 3. | Emma Mashburn, FUR | 17:10.33 |
| 4. | Amanda Cotter, UTC | 17:11.27 |
| 5. | Laura Miller, FUR | 17:21.85 |
| 6. | Emily Drouin, UTC | 17:23.05 |
| 7. | Katy Link, UNCG | 17:25.99 |
| 8. | Rachel Wooten, SAM | 17:33.53 |

60-meter hurdles

| | | |
|----|---------------------------|------|
| 1. | Demeteria Edgecombe, ETSU | 8.29 |
| 2. | Xaviera Bass, WCU | 8.50 |
| 3. | Sarah Sanford, SAM | 8.51 |
| 4. | Kayla Williams, WCU | 8.76 |
| 5. | Alyiah Riley, WCU | 8.90 |
| 6. | Qiona Payton, SAM | 8.95 |
| 7. | Yaa Agyepong-Wiafe, VMI | 8.97 |
| 8. | Michaela Birek, WCU | 9.13 |

Distance medley

| | | |
|----|------------------|----------|
| 1. | Chattanooga | 11:49.59 |
| 2. | Samford | 12:04.05 |
| 3. | ETSU | 12:12.28 |
| 4. | Furman | 12:20.35 |
| 5. | VMI | 12:28.77 |
| 6. | Western Carolina | 12:34.70 |
| 7. | The Citadel | 12:53.78 |
| 8. | UNCG | 13:01.02 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:46.42 |
| 2. | Samford | 3:51.55 |
| 3. | The Citadel | 3:54.06 |
| 4. | ETSU | 3:58.26 |
| 5. | Chattanooga | 3:58.85 |
| 6. | VMI | 4:04.31 |
| 7. | Furman | 4:08.52 |
| 8. | Wofford | 4:17.63 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Xaviera Bass, WCU | 1.69m |
| 2. | Anisia Starege, WCU | 1.66m |
| 3. | Molly Fagan, WCU | 1.66m |
| 4. | Courtney Pregarman, SAM | 1.63m |
| 5. | Carrie Neill, SAM | 1.57m |
| 6. | Julia Logan, VMI | 1.57m |
| 7. | Nicole Sumida, UTC | 1.57m |
| 8. | Danielle Blanco, SAM | 1.52m |

Long jump

| | | |
|----|---------------------|-------|
| 1. | Tiffani Lewis, WCU | 5.90m |
| 2. | Timia Easley, ETSU | 5.69m |
| 3. | Tiana Pisoni, SAM | 5.53m |
| 4. | Chenell Bryan, WCU | 5.52m |
| 5. | Xaviera Bass, WCU | 5.47m |
| 6. | Michaela Birek, WCU | 5.43m |
| 7. | Molly Fagan, WCU | 5.28m |
| 8. | Asyria Daniels, CIT | 5.09m |

Triple jump

| | | |
|----|------------------------|--------|
| 1. | Tiana Pisoni, SAM | 11.99m |
| 2. | Adriana Watkins, ETSU | 11.42m |
| 3. | Nicole Alexander, ETSU | 11.30m |
| 4. | Tiffani Lewis, WCU | 11.04m |
| 5. | Chenell Bryan, WCU | 11.03m |
| 6. | Xaviera Bass, WCU | 10.94m |
| 7. | Kennedy Smith, VMI | 10.75m |
| 8. | Molly Fagan, WCU | 10.65m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Alisha Bradshaw, WCU | 15.04m |
| 2. | Hailey Cook, WCU | 14.51m |
| 3. | Renee Reives, VMI | 14.04m |
| 4. | Katelyn Poole, SAM | 13.61m |
| 5. | Aerial Horton, SAM | 13.02m |
| 6. | Tyesha Jones, ETSU | 12.77m |
| 7. | Alisha Blackmon, WCU | 12.44m |
| 8. | Jasmin Brown, WCU | 12.21m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Alisha Bradshaw, WCU | 17.80m |
| 2. | Kristin Brining, SAM | 17.25m |
| 3. | Aerial Horton, SAM | 16.80m |
| 4. | Katelyn Poole, SAM | 16.03m |
| 5. | Hailey Cook, WCU | 15.48m |
| 6. | Tyesha Jones, ETSU | 15.18m |
| 7. | Logan Edwards, VMI | 14.89m |
| 8. | Alisha Blackmon, WCU | 14.71m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Devyn Ressler, WCU | 3.90m |
| 2. | Ashley Kessler, ETSU | 3.80m |
| 3. | Morgan Johnson, SAM | 3.80m |
| 4. | Korie Bennett, WCU | 3.50m |
| 5. | Emily Eustace, SAM | 3.35m |
| 6. | Cara June Elyea, WCU | 3.35m |
| 7. | Meghan Breden, WCU | 3.35m |
| 8. | Emily Fulton, VMI | 3.20m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Michaela Birek, WCU | 3,511 |
| 2. | Nicole Alexander, ETSU | 3,352 |
| 3. | Danielle Blanco, SAM | 3,328 |
| 4. | Jordan Highsmith, SAM | 3,278 |
| 5. | Katie Beuerlein, WOF | 3,251 |
| 6. | Anne Greer, WCU | 3,154 |
| 7. | Holly Gaines, WCU | 3,099 |
| 8. | Victoria Wicks, SAM | 2,987 |

Individual Awards

Most Outstanding Athlete

Xaviera Bass, Western Carolina
Allie Buchalski, Furman

Most Outstanding Track Performer

Allie Buchalski, Furman

Most Outstanding Field Performer

Xaviera Bass, Western Carolina
Alisha Bradshaw, Western Carolina

Freshman of the Year

Tiana Pisoni, Samford

Coach of the Year

Danny Williamson, Western Carolina

2014 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 185 |
| 2. | Appalachian State | 150 |
| 3. | Samford | 112 |
| 4. | The Citadel | 66 |
| 5. | Furman | 65 |
| 6. | Davidson | 36 |
| 7. | Chattanooga | 25 |
| 8. | Wofford | 13 |
| 9. | UNCG | 9 |

60-meter dash

| | |
|---------------------------|------|
| 1. Jamaal Brantley, CIT | 6.82 |
| 2. Marshall McRae, APP | 6.85 |
| 3. Justin Emerson, SAM | 6.89 |
| 4. Jeffery Hendricks, WCU | 6.91 |
| 5. Jerry Wickerson, WCU | 6.94 |
| 6. Jermaine Lewis, WCU | 6.96 |
| 7. William Buckley, APP | 7.00 |
| 8. Earl Rahming, WCU | 7.06 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Jamaal Brantley, CIT | 21.97 |
| 2. Jeffery Hendricks, WCU | 22.16 |
| 3. Jerry Wickerson, WCU | 22.29 |
| 4. William Buckley, APP | 22.44 |
| 5. Earl Rahming, WCU | 22.47 |
| 6. Justin Emerson, SAM | 22.62 |
| 7. Adrian Ortado, WCU | 22.80 |
| 8. Demari Boswell, WCU | 22.83 |

400-meter dash

| | |
|------------------------|-------|
| 1. Aaron Harris, WCU | 48.48 |
| 2. Raphael Rojas, APP | 48.56 |
| 3. Earl Rahming, WCU | 48.80 |
| 4. Adrian Ortado, WCU | 49.70 |
| 5. Joshua Hann, APP | 50.15 |
| 6. Demari Boswell, WCU | 50.43 |
| 7. Trey Edgerton, APP | 50.56 |
| 8. Eric Blake, WCU | 50.98 |

800-meter run

| | |
|---------------------------|---------|
| 1. Nathan Hendershot, SAM | 1:51.69 |
| 2. Brandon Hazouri, SAM | 1:52.14 |
| 3. William Ivey, FUR | 1:53.26 |
| 4. Patrick Rollo, DAV | 1:55.40 |
| 5. Wesley Laytham, DAV | 1:56.29 |
| 6. Michael Cornwell, WCU | 1:56.41 |
| 7. Marquis Carter, UTC | 1:57.23 |
| 8. Trevor Janssen, UTC | 2:01.13 |

Mile run

| | |
|-----------------------------|---------|
| 1. Adam Jones, SAM | 4:17.52 |
| 2. Brock Baker, FUR | 4:18.27 |
| 3. Layton Dorsett, SAM | 4:18.37 |
| 4. Tyron Alston, UNCG | 4:21.42 |
| 5. Grayam Sailor-Tynes, DAV | 4:21.67 |
| 6. JC Cornett, WCU | 4:22.44 |
| 7. Alex Michaels, WOF | 4:26.03 |
| 8. Brandon Cain, UNCG | 4:26.52 |

3,000-meter run

| | |
|------------------------|---------|
| 1. Tripp Hurt, FUR | 8:18.04 |
| 2. Tanner Hinkle, FUR | 8:23.05 |
| 3. Kyle McFoy, APP | 8:27.46 |
| 4. Whitner Chase, DAV | 8:30.35 |
| 5. Harry Smithers, UTC | 8:35.41 |
| 6. Luke Weishaar, SAM | 8:36.11 |
| 7. Nathan Wanuch, UTC | 8:41.26 |
| 8. Travis Alfaro, WCU | 8:45.23 |

5,000-meter run

| | |
|------------------------|----------|
| 1. Tripp Hurt, FUR | 14:30.76 |
| 2. Tanner Hinkle, FUR | 14:32.82 |
| 3. Kyle McFoy, APP | 14:46.89 |
| 4. Nathan Wanuch, UTC | 14:48.11 |
| 5. John Klecker, FUR | 14:48.67 |
| 6. Chris Anderson, APP | 14:50.53 |
| 7. Whitner Chase, DAV | 14:50.74 |
| 8. Dylan Belles, UNCG | 14:58.80 |

60-meter hurdles

| | |
|----------------------------|------|
| 1. Marquis Bailey, WCU | 8.35 |
| 2. Abraham Faison, WCU | 8.35 |
| 3. Brandon Bassett, SAM | 8.45 |
| 4. Charles Rappe, DAV | 8.51 |
| 5. Sam Lusty, WCU | 8.62 |
| 6. Kenley Joeseph, APP | 8.65 |
| 7. Matthew Beausoleil, CIT | 8.68 |
| 8. Iman Isang, UTC | 8.69 |

Distance medley

| | |
|----------------------|----------|
| 1. Samford | 10:02.54 |
| 2. Furman | 10:06.83 |
| 3. Davidson | 10:10.55 |
| 4. Appalachian State | 10:20.95 |
| 5. Chattanooga | 10:34.61 |
| 6. Western Carolina | 10:26.95 |
| 7. UNCG | 10:37.56 |
| 8. Wofford | 10:44.61 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:19.35 |
| 2. Appalachian State | 3:21.44 |
| 3. The Citadel | 3:22.26 |
| 4. Davidson | 3:25.70 |
| 5. Chattanooga | 3:29.09 |
| 6. Furman | 3:33.13 |
| 7. Wofford | 3:42.44 |
| -- Samford | DNS |

High jump

| | |
|--------------------------|-------|
| 1. Brandon Bassett, SAM | 2.09m |
| 2. Samuel Allen, APP | 2.04m |
| 3. Bob Elliott II, SAM | 1.99m |
| 4. Jackson Nosbisch, CIT | 1.94m |
| 5. Tevin Johnson, WOF | 1.89m |
| 6. Darrow Goff, APP | 1.89m |
| 7. Bob McNeil, WCU | 1.89m |
| 8. Mick Noel, CIT | 1.84m |

Long jump

| | |
|--------------------------|-------|
| 1. Brandon Bassett, SAM | 2.09m |
| 2. Samuel Allen, APP | 2.04m |
| 3. Bob Elliott II, SAM | 1.99m |
| 4. Jackson Nosbisch, CIT | 1.94m |
| 5. Tevin Johnson, WOF | 1.89m |
| 6. Darro Goff, APP | 1.89m |
| 7. Bob McNeil, WCU | 1.89m |
| 8. Noel Mick, CIT | 1.84m |

Triple jump

| | |
|-------------------------|--------|
| 1. Jamal Tiller, APP | 15.44m |
| 2. Adedeji Adeneye, APP | 15.29m |
| 3. Josh McSwain, WCU | 15.19m |
| 4. Bob McNeil, WCU | 14.84m |
| 5. David Johnson, WCU | 14.43m |
| 6. Henry Bustle, APP | 14.33m |
| 7. James Stovall, UTC | 14.07m |
| 8. Bob Elliott II, SAM | 13.79m |

Shot put

| | |
|-------------------------|--------|
| 1. Jared Johnson, WCU | 15.51m |
| 2. Dylan Gidado, CIT | 15.23m |
| 3. Sidney Jordan, SAM | 15.03m |
| 4. Nathan Milch, APP | 14.72m |
| 5. Brian Smith, SAM | 14.60m |
| 6. John Leonard, APP | 14.56m |
| 7. Ian VanderGulik, CIT | 14.55m |
| 8. Brian Hill, SAM | 14.47m |

Weight throw

| | |
|-------------------------|--------|
| 1. Jared Johnson, WCU | 18.18m |
| 2. Jonathan Howes, APP | 16.63m |
| 3. Brian Hill, SAM | 16.32m |
| 4. John Leonard, APP | 16.09m |
| 5. Geno Porter, CIT | 16.05m |
| 6. Ian VanderGulik, CIT | 15.51m |
| 7. Dylan Gidado, CIT | 15.43m |
| 8. Sidney Jordan, SAM | 15.39m |

Pole vault

| | |
|-------------------------|-------|
| 1. Phillip Thomas, APP | 4.70m |
| 2. Dustin Triplett, WCU | 4.70m |
| 3. Matt Layne, APP | 4.55m |
| 4. Alex Lomax, APP | 4.55m |
| 5. Brandon Bassett, SAM | 4.55m |
| 6. Keith Leonard, WCU | 4.55m |
| 7. David Melton, CIT | 4.55m |
| 8. Chris Thrasher, SAM | 4.55m |

Heptathlon

| | |
|----------------------------|-------|
| 1. Christian Carswell, WCU | 4,681 |
| 2. Sam Lusty, WCU | 4,648 |
| 3. Jackson Powers, APP | 4,351 |
| 4. Tyler Bell, WCU | 4,072 |
| 5. Andrew Patterson, SAM | 4,020 |
| 6. Ian Aikman, CIT | 3,838 |
| 7. Sam Parrott, WOF | 3,057 |

Individual Awards

Most Outstanding Track Performer

Jamaal Brantley, The Citadel

Most Outstanding Field Performer

Jared Johnson, Western Carolina

Most Outstanding Athlete

Brandon Bassett, Samford

Freshman of the Year

Josh McSwain, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2014 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 132 |
| 2. | Appalachian State | 120.50 |
| 3. | Georgia Southern | 119 |
| 4. | Samford | 113.50 |
| 5. | Elon | 88 |
| 6. | Chattanooga | 22 |
| 7. | UNCG | 18 |
| 8. | Furman | 17 |
| 9. | Davidson | 16 |
| 10. | The Citadel | 10 |
| 11. | Wofford | 3 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | Tayla Carter, WCU | 7.45 |
| 2. | Jasmin Walker, GSU | 7.51 |
| 3. | Breanna Alston, APP | 7.62 |
| 4. | Jordan Fordham, GSU | 7.74 |
| 5. | Janise Robinson, WCU | 7.75 |
| 6. | Alyssa Felton, GSU | 7.78 |
| 7. | Kimberly Ruch, SAM | 7.82 |
| 8. | Tiffani Lewis, WCU | 7.85 |

200-meter dash

| | | |
|----|----------------------|-------|
| 1. | Breanna Alston, APP | 24.42 |
| 2. | Tayla Carter, WCU | 24.63 |
| 3. | Aarian Tipton, APP | 24.81 |
| 4. | Jasmin Walker, GSU | 24.98 |
| 5. | Jordan Fordham, GSU | 25.14 |
| 6. | Sydney Griffin, Elon | 25.17 |
| 7. | Tanisha Bethel, CIT | 25.59 |
| 8. | Bria Bell, Elon | 26.19 |

400-meter dash

| | | |
|----|-----------------------------|-------|
| 1. | Genevieve Emrick, WCU | 55.62 |
| 2. | Asha Stegall, GSU | 55.96 |
| 3. | Bria Bell, Elon | 56.28 |
| 4. | Jennifer Pash, Elon | 57.41 |
| 5. | Lena Elliott, WCU | 57.44 |
| 6. | Corina Archie-McMillan, WCU | 57.87 |
| 7. | Jennifer Esposito, Elon | 58.67 |
| 8. | Dana Edwards, GSU | 59.08 |

800-meter run

| | | |
|----|------------------------|---------|
| 1. | Sherril McFarlane, GSU | 2:10.54 |
| 2. | Marie Demedicis, SAM | 2:11.82 |
| 3. | Shelby Howell, APP | 2:12.26 |
| 4. | Hayley Tomlinson, WCU | 2:12.28 |
| 5. | Anna Irvine, SAM | 2:13.02 |
| 6. | Taryn Stern, APP | 2:13.94 |
| 7. | Jocelyn Keen, WCU | 2:15.12 |
| 8. | Brigid Behrens, DAV | 2:19.97 |

Mile run

| | | |
|----|------------------------|---------|
| 1. | Lauren D'Alessio, SAM | 4:58.51 |
| 2. | Chelsea Sumney, UNCG | 5:00.85 |
| 3. | Tereza Novotna, Elon | 5:01.15 |
| 4. | Sarah Paddon, DAV | 5:01.73 |
| 5. | Allie Buchalski, FUR | 5:08.27 |
| 6. | Justine Stocks, APP | 5:08.32 |
| 7. | Francis Bernard, SAM | 5:10.71 |
| 8. | Rebecca Greenwall, UTC | 5:12.70 |

3,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Allyson Oram, Elon | 9:34.97 |
| 2. | Teghan Henderson, UTC | 9:38.15 |
| 3. | Allie Buchalski, FUR | 10:04.48 |
| 4. | Kaitlin Cagle, APP | 10:05.37 |
| 5. | Elyse Bierut, Elon | 10:05.97 |
| 6. | Tristin Van Ord, APP | 10:06.30 |
| 7. | Rachel Wooten, SAM | 10:10.52 |
| 8. | Keeley Stewart, UTC | 10:19.86 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Shaina Sumney, UNCG | 16:39.02 |
| 2. | Allyson Oram, Elon | 16:53.28 |
| 3. | Teghan Henderson, UTC | 16:53.70 |
| 4. | Grace Tinkey, FUR | 17:01.03 |
| 5. | Tristin Van Ord, APP | 17:19.44 |
| 6. | Kaitlin Cagle, APP | 17:26.87 |
| 7. | Erin Osment, DAV | 17:29.23 |
| 8. | Elyse Bierut, Elon | 17:44.03 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Sydney Griffin, Elon | 8.60 |
| 2. | Alyssa Felton, GSU | 8.74 |
| 3. | Xaveria Bass, WCU | 8.75 |
| 4. | Ashley Cope, SAM | 8.79 |
| 5. | Dana Edwards, GSU | 8.88 |
| 6. | Shermell Wilkins, WCU | 8.91 |
| 7. | Brittany Diggs, WCU | 9.01 |
| 8. | Jennifer Esposito, Elon | 9.12 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Samford | 11:52.66 |
| 2. | Appalachian State | 11:59.48 |
| 3. | Western Carolina | 12:04.90 |
| 4. | Davidson | 12:14.60 |
| 5. | Chattanooga | 12:32.82 |
| 6. | Wofford | 12:40.51 |
| 7. | Furman | 12:46.97 |
| 8. | The Citadel | 12:52.97 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Georgia Southern | 3:50.02 |
| 2. | Appalachian State | 3:51.12 |
| 3. | Elon | 3:52.42 |
| 4. | The Citadel | 3:59.06 |
| 5. | Samford | 3:59.60 |
| 6. | Davidson | 4:02.98 |
| 7. | Chattanooga | 4:03.74 |
| 8. | Western Carolina | 4:07.15 |

High jump

| | | |
|----|------------------------|-------|
| 1. | Anisisa Starege, WCU | 1.75m |
| 2. | Keyanna Harris, GSU | 1.70m |
| 3. | Xaveria Bass, WCU | 1.70m |
| 4. | Molly Fagan, WCU | 1.65m |
| 5. | Audrey Florence, APP | 1.65m |
| 6. | Haley Laird, Elon | 1.65m |
| 7. | Carrie Abraham, Elon | 1.65m |
| | Megan Kirschling, Elon | 1.65m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Jasmin Walker, GSU | 6.01m |
| 2. | Charley Nicole, SAM | 5.97m |
| 3. | Breanna Alston, APP | 5.90m |
| 4. | Tiffani Lewis, WCU | 5.72m |
| 5. | Carrie Abraham, Elon | 5.72m |
| 6. | Camryn Coleman, GSU | 5.68m |
| 7. | Ashleigh Rasheed, GSU | 5.61m |
| 8. | Alyssa Felton, GSU | 5.60m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Nicole Charley, SAM | 12.58m |
| 2. | Ashleigh Rasheed, GSU | 12.31m |
| 3. | Tiffani Lewis, WCU | 11.33m |
| 4. | Carrie Abraham, Elon | 11.27m |
| 5. | Brianna Charles, GSU | 11.17m |
| 6. | Xaveria Bass, WCU | 11.16m |
| 7. | Kinnari Badger, WCU | 11.09m |
| 8. | Jayna Coyle, Elon | 11.00m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Brianna Tate, APP | 14.82m |
| 2. | Charlise Morgan, Elon | 14.78m |
| 3. | Hailey Cook, WCU | 14.14m |
| 4. | Aerial Horton, SAM | 13.96m |
| 5. | Jasmine Suydam, APP | 13.69m |
| 6. | Alisha Bradshaw, WCU | 13.49m |
| 7. | Katelyn Poole, SAM | 13.48m |
| 8. | Breanna Warren, Elon | 13.14m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Alisha Bradshaw, WCU | 19.27m |
| 2. | Gayshawna Watkins, APP | 17.60m |
| 3. | Ana DeLeon, APP | 17.37m |
| 4. | Jocelyn Parnell, APP | 17.30m |
| 5. | Brianna Tate, APP | 17.11m |
| 6. | Kelsey Arnold, GSU | 16.97m |
| 7. | Aerial Horton, SAM | 15.94m |
| 8. | Megan Withers, WCU | 15.23m |

Pole vault

| | | |
|----|-------------------------|-------|
| 1. | Morgan Johnson, SAM | 3.87m |
| 2. | Cassandra Crawford, APP | 3.77m |
| 3. | Ashley Cope, SAM | 3.77m |
| 4. | Claire Goodson, SAM | 3.77m |
| 5. | Debra Bomermuth, APP | 3.62m |
| 6. | Chelsea Farr, APP | 3.62m |
| 7. | Devyn Ressler, WCU | 3.62m |
| 8. | Emily Eustace, SAM | 3.62m |

Pentathlon

| | | |
|----|-----------------------|-------|
| 1. | Ashley Cope, SAM | 3,461 |
| 2. | Ashleigh Rasheed, GSU | 3,409 |
| 3. | Nicole Levermann, CIT | 3,336 |
| 4. | Danielle Blanco, SAM | 3,269 |
| 5. | Michaela Birek, WCU | 3,224 |
| 6. | Holly Gaines, WCU | 3,193 |
| 7. | LeNiesha Kearse, WCU | 3,085 |
| 8. | Morgan Johnson, SAM | 3,037 |

Individual Awards

Most Outstanding Track Performer

Breanna Alston, Appalachian State

Most Outstanding Field Performers

Ashley Cope, Samford

Co-Most Outstanding Athlete

Breanna Alston, Appalachian State

Freshman of the Year

Morgan Johnson, Samford

Coach of the Year

Danny Williamson, Western Carolina

2013 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 183.50 |
| 2. | Samford | 179* |
| 3. | Western Carolina | 161.50 |
| 4. | Davidson | 30 |
| 5. | UNCG | 29 |
| 6. | Chattanooga | 27 |
| 6. | The Citadel | 27 |
| 8. | Furman | 22 |
| 9. | Wofford | 3 |

* later vacated 23 points

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Justin Emerson, SAM | 6.85 |
| 2. | Brandon Hairston, WCU | 6.86 |
| 3. | Ron Duncan, WCU | 6.87 |
| 4. | Justin Thomas, APP | 6.88 |
| 5. | Jamaal Brantley, CIT | 6.94 |
| 6. | Owen Wagoner, SAM | 6.98 |
| 7. | Jermaine Lewis, WCU | 7.07 |
| 8. | Marshall McRae, APP | 7.10 |

200-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Brandon Hairston, WCU | 22.12 |
| 2. | Stanley Broaden, APP | 22.34 |
| 3. | Justin Thomas, APP | 22.37 |
| 4. | Demari Boswell, WCU | 22.42 |
| 5. | Aaron Tribble, WCU | 22.46 |
| 6. | Jonathon Bush, SAM | 22.64 |
| 7. | Marshall McRae, APP | 22.90 |
| -- | Jamaal Brantley, CIT | DQ |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Aaron Harris, WCU | 49.15 |
| 2. | Earl Rahming, WCU | 49.15 |
| 3. | Brandon Hairston, WCU | 49.35 |
| 4. | Jonathon Bush, SAM | 49.49 |
| 5. | Aaron Tribble, WCU | 49.78 |
| 6. | Cole Warren, FUR | 50.30 |
| 7. | Tevin Williams, CIT | 50.72 |
| 8. | Trey Edgerton, APP | 50.76 |

800-meter run

| | | |
|----|-------------------------|---------|
| 1. | Nathan Hendershot, SAM* | 1:53.68 |
| 2. | Marquis Carter, UTC | 1:54.21 |
| 3. | Raphael Rojas, APP | 1:54.35 |
| 4. | Trevor Janssen, UTC | 1:55.29 |
| 5. | William Ivey, FUR | 1:55.39 |
| 6. | Adam Jones, SAM | 1:55.49 |
| 7. | Wesley Laytham, DAV | 1:57.78 |
| 8. | Alex Taylor, APP | 1:59.92 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Alex Taylor, APP | 4:12.20 |
| 2. | Chris Moen, APP | 4:13.88 |
| 3. | Wilkerson Given, FUR | 4:14.36 |
| 4. | Brandon Hazouri, SAM | 4:14.81 |
| 5. | Layton Dorsett, SAM | 4:15.12 |
| 6. | Nolan Clark, WCU | 4:16.81 |
| 7. | James Perez, FUR | 4:17.11 |
| 8. | Josh Crawford, UNCG | 4:20.10 |

3,000-meter run

| | | |
|----|------------------------|---------|
| 1. | Paul Chelimo, UNCG | 8:09.07 |
| 2. | Paul Katam, UNCG | 8:10.75 |
| 3. | Demetrios Pagonis, DAV | 8:13.02 |
| 4. | Chris Moen, APP | 8:22.57 |
| 5. | Brian Graves, APP | 8:24.27 |
| 6. | Nathan Wanuch, UTC | 8:24.93 |
| 7. | Vincent Weir, DAV | 8:25.03 |
| 8. | Michael Lilley, APP | 8:26.28 |

5,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Paul Katam, UNCG* | 14:13.77 |
| 2. | Demetrios Pagonis, DAV | 14:29.63 |
| 3. | Chris Moen, APP | 14:42.22 |
| 4. | Josey Weaver, WCU | 14:46.39 |
| 5. | Michael Lilley, APP | 14:48.15 |
| 6. | Brian Graves, APP | 14:52.00 |
| 7. | Nathan Wanuch, UTC | 14:52.87 |
| 8. | Travis Alfaro, WCU | 15:02.14 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Stanley Broaden, APP | 7.90 |
| 2. | Bo Ackerson-Gilroy, SAM | 8.22 |
| 3. | Marquis Bailey, WCU | 8.24 |
| 4. | Sam Lusty, WCU | 8.38 |
| 5. | Abraham Faison, WCU | 8.39 |
| 6. | Ben Davies, SAM | 8.43 |
| 7. | Iman Isang, UTC | 8.49 |
| 8. | Tyler Bentley, WCU | 8.56 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Appalachian State | 10:05.77 |
| 2. | Samford* | 10:06.61 |
| 3. | Western Carolina | 10:09.39 |
| 4. | Davidson | 10:10.08 |
| 5. | Furman | 10:13.09 |
| 6. | Chattanooga | 10:29.79 |
| 7. | The Citadel | 10:36.58 |
| 8. | Wofford | 10:58.14 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:17.95 |
| 2. | Appalachian State | 3:20.48 |
| 3. | The Citadel | 3:20.92 |
| 4. | Samford* | 3:21.13 |
| 5. | Chattanooga | 3:26.78 |
| 6. | Davidson | 3:27.86 |
| 7. | Furman | 3:29.13 |
| 8. | Wofford | 3:29.77 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Bob Elliott II, SAM | 2.03m |
| 2. | Tyler Kemp, SAM | 2.03m |
| 3. | Aaron Tribble, WCU | 1.98m |
| 4. | Bo Ackerson-Gilroy, SAM | 1.98m |
| 5. | Brandon Bassett, SAM | 1.98m |
| 6. | Christian Carswell, WCU | 1.88m |
| 7. | Cole Finch, APP | 1.88m |
| | Bob McNeil, WCU | 1.88m |

Long jump

| | | |
|----|----------------------|-------|
| 1. | Steven Bastien, SAM | 7.19m |
| 2. | Henry Bustle, APP | 7.07m |
| 3. | Jamal Tiller, APP | 6.96m |
| 4. | Bob McNeil, WCU | 6.89m |
| 5. | Sam Lusty, WCU | 6.79m |
| 6. | Stewart Dalton, DAV | 6.76m |
| 7. | Adedeji Adeneye, APP | 6.68m |
| 8. | Brandon Bassett, SAM | 6.68m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Jamal Tiller, APP | 15.41m |
| 2. | Bob McNeil, WCU | 14.76m |
| 3. | Adedeji Adeneye, APP | 14.40m |
| 4. | Bob Elliott II, SAM | 14.38m |
| 5. | Henry Bustle, APP | 14.33m |
| 6. | Sam Lusty, WCU | 13.93m |
| 7. | Edward Jones, CIT | 13.53m |
| 8. | Tevin Johnson, WOF | 13.33m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Jared Stalling, APP | 15.98m |
| 2. | Jared Johnson, WCU | 15.56m |
| 3. | Sydney Jordan, SAM | 15.34m |
| 4. | Zane Lail, APP | 15.12m |
| 5. | Nick Sansotta, APP | 15.12m |
| 6. | John Leonard, APP | 15.11m |
| 7. | Dylan Gidado, CIT | 14.91m |
| 8. | Scott Des Marias, FUR | 14.59m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Jared Stalling, APP | 18.83m |
| 2. | Jamie Van Pelt, WCU | 18.26m |
| 3. | Geno Porter, CIT | 17.24m |
| 4. | Joe Korac, WCU | 16.62m |
| 5. | Zane Lail, APP | 16.20m |
| 6. | Jared Johnson, WCU | 15.39m |
| 7. | Clay Allen, CIT | 15.02m |
| 8. | Dylan Gidado, CIT | 14.91m |

Pole vault

| | | |
|----|------------------------|-------|
| 1. | Ryan Cook, SAM | 4.89m |
| 2. | Ben Davies, SAM | 4.89m |
| 3. | Owen Wagoner, SAM | 4.74m |
| 4. | Jacob Stowe, APP | 4.74m |
| 5. | Alex Lomas, APP | 4.59m |
| 6. | Steven Bastien, SAM | 4.59m |
| 7. | Patrick Quinn, APP | 4.59m |
| 8. | Michael Lorentsen, DAV | 4.44m |

Heptathlon

| | | |
|----|-------------------------|-------|
| 1. | Steven Bastien, SAM | 4,916 |
| 2. | Brandon Bassett, SAM | 4,658 |
| 3. | Cody Russell, SAM | 4,558 |
| 4. | Ben Davies, SAM | 4,450 |
| 5. | Josh Davies, SAM | 4,329 |
| 6. | Bo Ackerson-Gilroy, SAM | 4,294 |
| 7. | Dustin Triplett, WCU | 4,103 |
| 8. | Tyler Bentley, WCU | 4,013 |

* later vacated

Individual Awards

Most Outstanding Track Performer

Brandon Hairston, Appalachian State

Most Outstanding Field Performer

Steven Bastien, Samford

Most Outstanding Athlete

Brandon Hairston, Appalachian State

Freshman of the Year

Steven Bastien, Samford

Coach of the Year

Rod Tiffin, Samford

2013 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Western Carolina | 149 |
| 2. | Appalachian State | 143.50 |
| 3. | Samford | 139 |
| 4. | Elon | 81 |
| 5. | Georgia Southern | 70.50 |
| 6. | The Citadel | 21 |
| 7. | College of Charleston | 18 |
| 8. | Chattanooga | 13 |
| 9. | UNCG | 9 |
| 10. | Wofford | 8 |
| 11. | Davidson | 7 |
| 12. | Furman | 4 |

60-meter dash

| | |
|-------------------------|------|
| 1. Tayla Carter, WCU | 7.45 |
| 2. Ebony Carter, GSU | 7.59 |
| 3. Breanna Alston, APP | 7.65 |
| 4. Jasmine Walker, GSU | 7.68 |
| 5. Raven Parrish, WCU | 7.69 |
| 6. Janise Robinson, WCU | 7.77 |
| 7. Amber Vaughn, GSU | 7.81 |
| 8. Alyssa Felton, GSU | 7.86 |

200-meter dash

| | |
|-------------------------|--------|
| 1. Breanna Alston, APP | 24.38 |
| 2. Tayla Carter, WCU | 24.66 |
| 3. Ebony Carter, GSU | 25.064 |
| 4. Sydney Griffin, Elon | 25.070 |
| 5. Brittany Diggs, WCU | 25.15 |
| 6. Alyssa Felton, GSU | 25.18 |
| 7. Jasmine Walker, GSU | 25.63 |
| 8. Bria Bell, Elon | 26.02 |

400-meter dash

| | |
|--------------------------------|-------|
| 1. Breanna Alston, APP | 56.70 |
| 2. Bria Bell, Elon | 57.14 |
| 3. Genevieve Emrick, WCU | 57.49 |
| 4. Breahna Morrison, APP | 57.65 |
| 5. Jennifer Pash, Elon | 58.84 |
| 6. Kendra Douglas, WCU | 58.90 |
| 7. Corina Archie-McMillan, WCU | 59.15 |
| 8. Kimberly Thomas, GSU | 59.17 |

800-meter run

| | |
|--------------------------|---------|
| 1. Marie Demedicis, SAM | 2:11.20 |
| 2. Jocelyn Keen, WCU | 2:12.26 |
| 3. Micah Wessinger, CIT | 2:12.70 |
| 4. Anna Irvine, SAM | 2:13.40 |
| 5. Hayley Tomlinson, WCU | 2:14.36 |
| 6. Lena Elliott, WCU | 2:14.89 |
| 7. Shelby Howell, APP | 2:15.21 |
| 8. Hayley McMahon, CofC | 2:20.34 |

Mile run

| | |
|--------------------------|---------|
| 1. Lauren D'Alessio, SAM | 4:57.60 |
| 2. Amanda Hamilton, APP | 4:59.24 |
| 3. Rachel Wooten, SAM | 5:04.82 |
| 4. Justine Stocks, APP | 5:05.63 |
| 5. Kayla Schneider, APP | 5:06.14 |
| 6. Chelsea Treadway, SAM | 5:06.42 |
| 7. Mara Smith, WCU | 5:06.86 |
| 8. Niki Klasnic, WOF | 5:06.92 |

3,000-meter run

| | |
|--------------------------|----------|
| 1. Lauren D'Alessio, SAM | 9:51.06 |
| 2. Rachel Roberts, SAM | 9:52.58 |
| 3. Amanda Hamilton, APP | 9:53.38 |
| 4. Allyson Oram, Elon | 9:58.03 |
| 5. Justine Stocks, APP | 10:05.49 |
| 6. Natalie Atabek, DAV | 10:05.93 |
| 7. Aleshia Reese, WCU | 10:07.96 |
| 8. Sarah Williamson, APP | 10:12.96 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Lauren D'Alessio, SAM | 17:05.48 |
| 2. Chelsea Sumney, UNCG | 17:05.51 |
| 3. Rachel Roberts, SAM | 17:14.88 |
| 4. Amanda Hamilton, APP | 17:21.76 |
| 5. Teghan Henderson, UTC | 17:28.61 |
| 6. Sarah Williamson, APP | 17:36.21 |
| 7. Sinead Haughey, FUR | 17:38.00 |
| 8. Allyson Oram, Elon | 17:43.49 |

60-meter hurdles

| | |
|--------------------------|------|
| 1. Sydney Griffin, Elon | 8.65 |
| 2. Jasmine Billings, GSU | 8.69 |
| 3. Ashley Cope, SAM | 8.79 |
| 4. Brittany Diggs, WCU | 8.87 |
| 5. Xaviera Bass, WCU | 9.05 |
| 6. Rachel Leder, CofC | 9.29 |
| 7. Shermell Wilkins, WCU | 9.32 |
| 8. Lauren Toomer, GSU | 9.33 |

Distance medley

| | |
|----------------------|----------|
| 1. Western Carolina | 11:52.62 |
| 2. Chattanooga | 12:01.72 |
| 3. Samford | 12:05.20 |
| 4. Wofford | 12:09.36 |
| 5. Davidson | 12:15.69 |
| 6. Appalachian State | 12:18.02 |
| 7. Furman | 12:27.08 |
| 8. UNCG | 12:38.17 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:47.95 |
| 2. Appalachian State | 3:54.34 |
| 3. The Citadel | 3:55.04 |
| 4. Samford | 3:57.17 |
| 5. Georgia Southern | 3:57.39 |
| 6. Elon | 3:58.42 |
| 7. Wofford | 4:00.46 |
| 8. Chattanooga | 4:04.81 |

High jump

| | |
|---------------------------------|-------|
| 1. Chenelle Terry, SAM | 1.75m |
| 2. Megan Kirschling, Elon | 1.72m |
| 3. Mary Theresa Montgomery, APP | 1.67m |
| 4. Keyanna Harris, GSU | 1.62m |
| 5. Xaviera Bass, WCU | 1.62m |
| 6. Louise PrevotEAU, Elon | 1.62m |
| 7. Janet Watson, APP | 1.62m |
| 8. Haley Laird, Elon | 1.62m |

Long jump

| | |
|---------------------------|-------|
| 1. Alyssa Felton, GSU | 5.85m |
| 2. Jamine Walker, GSU | 5.79m |
| 3. Emily Allen, SAM | 5.74m |
| 4. Louise PrevotEAU, Elon | 5.61m |
| 5. Raven Parrish, WCU | 5.57m |
| 6. Breanna Alston, APP | 5.47m |
| 7. Tatyana Bryant, APP | 5.42m |
| 8. Ashley Cope, SAM | 5.29m |

Triple jump

| | |
|--------------------------|--------|
| 1. Emily Allen, SAM | 11.95m |
| 2. Jamie Glenn, APP | 11.86m |
| 3. Achsah Brice, WCU | 11.82m |
| 4. Ashleigh Rasheed, GSU | 11.62m |
| 5. RoShani Glover, CofC | 11.54m |
| 6. Tatyana Bryant, APP | 11.24m |
| 7. Janelle McNeil, Elon | 11.17m |
| 8. Brittany Powell, WCU | 11.08m |

Shot put

| | |
|--------------------------|--------|
| 1. Alisha Bradshaw, WCU | 14.38m |
| 2. Charlise Morgan, Elon | 14.26m |
| 3. Sarah Sisk, CofC | 13.97m |
| 4. Jasmine Suydam, APP | 13.59m |
| 5. Adriana Love, CIT | 13.27m |
| 6. Brianna Tate, APP | 13.17m |
| 7. Jasmin Brown, WCU | 12.99m |
| 8. Kimberlyn Holt, Elon | 12.94m |

Weight throw

| | |
|--------------------------|--------|
| 1. Alisha Bradshaw, WCU | 17.56m |
| 2. Ana DeLeon, APP | 17.34m |
| 3. Jasmine Suydam, APP | 16.86m |
| 4. Jocelyne Parnell, APP | 16.78m |
| 5. Charlise Morgan, Elon | 16.37m |
| 6. Katelyn Poole, SAM | 16.12m |
| 7. Kimberlyn Holt, Elon | 15.92m |
| 8. Emily Allen, SAM | 15.90m |

Pole vault

| | |
|----------------------------|-------|
| 1. Devyn Ressler, WCU | 3.75m |
| 2. Cassandra Crawford, APP | 3.75m |
| 3. Claire Goodson, SAM | 3.75m |
| 4. Ashley Wala, WCU | 3.75m |
| 5. Laura Bedsole, SAM | 3.60m |
| 6. Chelsea Farr, APP | 3.60m |
| 7. Ashley Cope, SAM | 3.60m |
| 8. Audrey Diener, APP | 3.60m |

Pentathlon

| | |
|----------------------------|-------|
| 1. Louise PrevotEAU, Elon | 3,711 |
| 2. Ashley Cope, SAM | 3,332 |
| 3. Michaela Birek, WCU | 3,330 |
| 4. Nicole Levermann, CIT | 3,327 |
| 5. Kaitlin McWhorter, CofC | 3,269 |
| 6. Christian McGuire, SAM | 3,214 |
| 7. Ashleigh Rasheed, GSU | 3,076 |
| 8. Leslie Graf, SAM | 3,053 |

Individual Awards

Most Outstanding Track Performer

Lauren D'Alessio, Samford

Most Outstanding Field Performers

Alisha Bradshaw, Appalachian State

Co-Most Outstanding Athlete

Laren D'Alessio, Samford
Breanna Alston, Appalachian State

Freshman of the Year

Tayla Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2012 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|---------|
| 1. | Western Carolina | 155 |
| 2. | Appalachian State | 154.50 |
| 3. | Samford | 147.50* |
| 4. | The Citadel | 58 |
| 5. | Davidson | 50 |
| 6. | Chattanooga | 32 |
| 7. | Furman | 29 |
| 8. | UNCG | 27 |
| 9. | Wofford | 9 |

* later vacated six points

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Justin Emerson, SAM | 6.86 |
| 2. | Brandon Hairston, WCU | 6.91 |
| 3. | Ron Duncan, WCU | 6.94 |
| 4. | Landon Powell, APP | 6.95 |
| 5. | Willie Bowman, WCU | 6.96 |
| 6. | Dennis Moore, APP | 6.97 |
| 7. | Jamaal Brantley, CIT | 6.99 |
| 8. | Justin Thomas, APP | 7.04 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Benny Davis, WCU | 21.35 |
| 2. | Brunson Miller, CIT | 21.58 |
| 3. | Justin Emerson, SAM | 21.78 |
| 4. | Landon Powell, APP | 21.93 |
| 5. | Jeffery Hendricks, WCU | 22.21 |
| 6. | Alex Richter, SAM* | 22.32 |
| 7. | Demari Boswell, WCU | 22.46 |
| -- | Brandon Hairston, WCU | FS |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Brunson Miller, CIT | 46.97 |
| 2. | Benny Davis, WCU | 48.51 |
| 3. | Brandon Hairston, WCU | 48.51 |
| 4. | Aaron Tribble, WCU | 48.58 |
| 5. | Jonathan Bush, SAM | 48.90 |
| 6. | Demari Boswell, WCU | 49.53 |
| 7. | Alex Richter, SAM* | 49.60 |
| 8. | Henry Stevens-Carty | 49.83 |

800-meter run

| | | |
|----|---------------------|---------|
| 1. | Andrew Lantz, DAV | 1:52.18 |
| 2. | Alex Taylor, APP | 1:52.32 |
| 3. | Ramsey White, SAM | 1:54.12 |
| 4. | William Ivey, FUR | 1:54.77 |
| 5. | Garrett West, WCU | 1:56.44 |
| 6. | Drew Austell, UTC | 1:57.53 |
| 7. | Layton Dorsett, SAM | 2:00.66 |
| 8. | Taylor Hurst, UNCG | 2:03.94 |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Paul Chelimo, UNCG | 4:06.57 |
| 2. | Lee Gilmer, FUR | 4:09.51 |
| 3. | Alex Taylor, APP | 4:11.98 |
| 4. | Chris Moen, APP | 4:13.40 |
| 5. | Tripp Hurt, FUR | 4:13.96 |
| 6. | Layton Dorsett, SAM | 4:14.44 |
| 7. | Wilkerson Give, FUR | 4:14.48 |
| 8. | James Perez, FUR | 4:14.65 |

3,000-meter run

| | | |
|----|------------------------|---------|
| 1. | Lucas Cotter, UTC | 8:09.89 |
| 2. | Chris Moen, APP | 8:11.52 |
| 3. | Demetrios Pagonis, DAV | 8:16.27 |
| 4. | Ryan Hopkins, DAV | 8:18.76 |
| 5. | Joey Thompson, UNCG | 8:19.83 |
| 6. | Will Raby, APP | 8:22.65 |
| 7. | Sean Soderman, APP | 8:29.38 |
| 8. | Vincent Weir, DAV | 8:30.42 |

5,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Demetrios Pagonis, DAV | 14:22.47 |
| 2. | Lucas Cotter, UTC | 14:29.31 |
| 3. | Will Raby, APP | 14:30.43 |
| 4. | Chris Moen, APP | 14:31.45 |
| 5. | Ryan Hopkins, DAV | 14:31.80 |
| 6. | Chris Berry, UTC | 14:33.04 |
| 7. | Emmanuel Kirwa, UTC | 14:35.41 |
| 8. | Sean Soderman, APP | 14:40.18 |

60-meter hurdles

| | | |
|----|-----------------------------|------|
| 1. | AJ Dohanic, APP | 8.01 |
| 2. | Stanley Broaden-Branch, APP | 8.21 |
| 3. | Cavan Corcoran, SAM | 8.34 |
| 4. | Bo Ackerson-Gilroy, SAM | 8.35 |
| 5. | Abraham Faison, WCU | 8.37 |
| 6. | Marquis Bailey, WCU | 8.47 |
| 7. | Tyler Bentley, WCU | 8.60 |
| 8. | Matthew Beausoleil, CIT | 8.74 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | UNCG* | 9:59.73 |
| 2. | Appalachian State | 10:00.90 |
| 3. | Furman | 10:01.35 |
| 4. | Samford | 10:17.71 |
| 5. | Western Carolina | 10:21.15 |
| 6. | Davidson | 10:22.05 |
| 7. | Chattanooga | 10:24.90 |
| 8. | The Citadel | 10:43.73 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:15.08 |
| 2. | The Citadel | 3:18.47 |
| 3. | Appalachian State | 3:19.10 |
| 4. | Davidson | 3:24.95 |
| 5. | Chattanooga | 3:26.93 |
| 6. | Wofford | 3:31.68 |
| 7. | UNCG | 3:32.57 |
| 8. | Samford* | 3:48.88 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Darius Purcell, APP | 2.21m |
| 2. | Tyler Kemp, SAM | 2.05m |
| 3. | Bo Ackerson-Gilroy, SAM | 2.05m |
| 4. | Daryl Saunders, APP | 2.05m |
| 5. | Jordan Orr, WCU | 2.05m |
| 6. | Bob Elliot II, SAM | 1.95m |
| 7. | Stephen Davis, APP | 1.95m |
| | Donald Cooper, SAM | 1.95m |

Long jump

| | | |
|----|---------------------|-------|
| 1. | Bob McNeil, WCU | 7.25m |
| 2. | Jamal Tiller, APP | 7.00m |
| 3. | Stewart Dalton, DAV | 6.68m |
| 4. | Abraham Faison, WCU | 6.62m |
| 5. | Tim Smith, CIT | 6.57m |
| 6. | Mike McCrimon, WOF | 6.57m |
| 7. | Willie Bowman, WCU | 6.52m |
| 8. | Darius Purcell, APP | 6.51m |

Triple jump

| | | |
|----|---------------------|--------|
| 1. | Bob McNeil, WCU | 15.08m |
| 2. | Jamal Tiller, APP | 14.93m |
| 3. | Bob Elliot II, SAM | 14.24m |
| 4. | Edward Jones, CIT | 14.03m |
| 5. | Patrick Hill, APP | 13.65m |
| 6. | Mike McCrimon, WOF | 13.06m |
| 7. | Valian Brown, CIT | 12.93m |
| 8. | Abraham Faison, WCU | 12.80m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | Jared Stalling, APP | 16.97m |
| 2. | Quintin Turner, CIT | 15.42m |
| 3. | Nick Sansotta, APP | 14.49m |
| 4. | Jonathan Newton, WCU | 14.27m |
| 5. | Dylan Gidado, CIT | 14.18m |
| 6. | Scott Des Marais, FUR | 13.62m |
| 7. | Jamie Van Pelt, WCU | 13.61m |
| 8. | Andy Benesh, WCU | 13.57m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Kyle Kirby, SAM | 19.23m |
| 2. | Jared Stalling, APP | 18.02m |
| 3. | Jamie Van Pelt, WCU | 17.55m |
| 4. | Kanon Burt, SAM | 16.68m |
| 5. | Jonathan Newton WCU | 16.23m |
| 6. | Caleb Poplin, APP | 15.96m |
| 7. | Quintin Turner, CIT | 15.42m |
| 8. | Dylan Gidado, CIT | 14.81m |

Pole vault

| | | |
|----|-------------------------|-------|
| 1. | Michael Seaman, SAM | 5.45m |
| 2. | Owen Wagoner, SAM | 4.90m |
| 3. | Matt Stenger, WCU | 4.75m |
| 4. | Ryan Cook, SAM | 4.75m |
| 5. | Keith Leonard, WCU | 4.60m |
| 6. | Bo Ackerson-Gilroy, SAM | 4.60m |
| 7. | Wayne Parker, WCU | 4.45m |
| 8. | Cory Sears, SAM | 4.45m |

Heptathlon

| | | |
|----|-------------------------|-------|
| 1. | Bo Ackerson-Gilroy, SAM | 5,127 |
| 2. | Josh Davies, SAM | 4,780 |
| 3. | Luke Burton, WCU | 4,711 |
| 4. | Donald Cooper, SAM | 4,395 |
| 5. | Cody Russell, SAM | 4,163 |
| 6. | Tyler Bentley, WCU | 4,077 |
| 7. | Ellison Glenn, CIT | 3,883 |
| 8. | Kyle Bernier, WCU | 3,818 |

* later vacated

Individual Awards

Most Outstanding Track Performer
Brunson Miller, The Citadel

Most Outstanding Field Performer
Bo Ackerson-Gilroy, Samford

Most Outstanding Athlete
Bo Ackerson-Gilroy, Samford

Freshman of the Year
Abraham Faison, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2012 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 157.17 |
| 2. | Western Carolina | 113 |
| 3. | Georgia Southern | 92 |
| 4. | Samford | 85 |
| 5. | Elon | 72.33 |
| 6. | College of Charleston | 59 |
| 7. | UNCG | 36 |
| 8. | Furman | 17 |
| 9. | Chattanooga | 12 |
| 10. | Wofford | 9.50 |
| 11. | The Citadel | 9 |
| 12. | Davidson | 1 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Ebony Carter, GSU | 7.56 |
| 2. | Breanna Alston, APP | 7.63 |
| 3. | Janise Robinson, WCU | 7.74 |
| 4. | Jasmine Walker, GSU | 7.77 |
| 5. | Jasmine Billings, GSU | 7.81 |
| 6. | D'Shawrna McLucas, APP | 7.81 |
| 7. | Dana Cataldo, Elon | 7.85 |
| 8. | Kristen Campbell, APP | 7.87 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Breanna Alston, APP | 24.31 |
| 2. | Ebony Carter, GSU | 24.70 |
| 3. | Felisha Garren, WCU | 24.74 |
| 4. | D'Shawrna McLucas, APP | 25.01 |
| 5. | Raven Parrish, WCU | 25.09 |
| 6. | Brittany Diggs, WCU | 25.20 |
| 7. | Amy Salek, Elon | 25.32 |
| 8. | Bria Bell, Elon | 25.35 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Felisha Garren, WCU | 54.61 |
| 2. | Asia Dunlap, APP | 55.58 |
| 3. | Amy Salek, Elon | 55.78 |
| 4. | Genevieve Emrick, WCU | 56.81 |
| 5. | Bria Bell, Elon | 57.50 |
| 6. | Jessica Watson, SAM | 57.57 |
| 7. | Shenita Martin, APP | 58.48 |
| 8. | Cherrelle King, GSU | 58.94 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Marie Demedicis, SAM | 2:12.90 |
| 2. | Amanda Irvine, SAM | 2:13.36 |
| 3. | Alyssa D'Orazio, CofC | 2:13.48 |
| 4. | Hayley Tomlinson, WCU | 2:14.63 |
| 5. | Jocelyn Keen, WCU | 2:15.27 |
| 6. | Asea Mayfield, GSU | 2:15.39 |
| 7. | Micah Wessinger, CIT | 2:17.50 |
| 8. | Lena Elliot, WCU | 2:18.99 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Ashley Schnell, UNCG | 4:46.42 |
| 2. | Dena O'Brien, CofC | 4:53.46 |
| 3. | Erin Barker, FUR | 4:54.74 |
| 4. | Amanda Hamilton, APP | 4:59.72 |
| 5. | Holly Benson, SAM | 5:00.66 |
| 6. | Hayley McMahon, CofC | 5:03.51 |
| 7. | Mara Smith, WCU | 5:04.18 |
| 8. | Presley Parkes, DAV | 5:04.78 |

3,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Dena O'Brien, CofC | 9:38.11 |
| 2. | Amanda Hamilton, APP | 9:44.38 |
| 3. | Erin Barker, FUR | 9:49.53 |
| 4. | Shaina Sumney, UNCG | 9:53.27 |
| 5. | Amanda Sumner, UTC | 9:54.46 |
| 6. | Kerry Hartman, UNCG | 9:56.45 |
| 7. | Emily Tryon, Elon | 10:05.79 |
| 8. | Sarah Williamson, APP | 10:05.98 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Dena O'Brien, CofC | 16:39.47 |
| 2. | Chelsea Sumney, UNCG | 16:51.25 |
| 3. | Amanda Sumner, UTC | 17:05.22 |
| 4. | Amanda Hamilton, APP | 17:06.71 |
| 5. | Brooke Mosteller, FUR | 17:18.51 |
| 6. | Sarah Williamson, APP | 17:19.10 |
| 7. | Allyson Oram, Elon | 17:19.14 |
| 8. | Hannah Orders, APP | 17:25.90 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Jasmine Billings, GSU | 8.49 |
| 2. | Julie McDonald, SAM | 8.65 |
| 3. | Stephanie Hicks, GSU | 8.73 |
| 4. | Ashley Cope, SAM | 8.87 |
| 5. | Taylor Wade, GSU | 8.89 |
| 6. | Xaviera Bass, WCU | 9.01 |
| 7. | Veronica Luedke, Elon | 9.07 |
| 8. | Molly Vaughn, APP | 9.09 |

Distance medley

| | | |
|----|-----------------------|----------|
| 1. | UNCG | 11:43.99 |
| 2. | Western Carolina | 12:02.71 |
| 3. | Samford | 12:06.47 |
| 4. | Appalachian State | 12:12.62 |
| 5. | Wofford | 12:18.93 |
| 6. | College of Charleston | 12:26.95 |
| 7. | Chattanooga | 12:29.71 |
| 8. | Elon | 12:39.48 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:44.98 |
| 2. | Appalachian State | 3:47.39 |
| 3. | Elon | 3:49.14 |
| 4. | Georgia Southern | 3:50.96 |
| 5. | Samford | 3:54.66 |
| 6. | The Citadel | 3:57.75 |
| 7. | Wofford | 4:02.38 |
| 8. | Furman | 4:12.91 |

High jump

| | | |
|----|------------------------------|-------|
| 1. | Emily Smith, CofC | 1.70m |
| 2. | Haley Laird, Elon | 1.60m |
| | Mary Theresa Montgomery, APP | 1.60m |
| | Shaquiela Robinson, APP | 1.60m |
| 5. | Janet Watson, APP | 1.60m |
| | Kaitlin Brown, WOF | 1.60m |
| 7. | Xaviera Bass, WCU | 1.60m |
| 8. | Nicole Levermann, CIT | 1.55m |

Long jump

| | | |
|----|-------------------------------|-------|
| 1. | Jasmine Walker, GSU | 5.61m |
| 2. | Stephanie Hicks, GSU | 5.58m |
| 3. | Tatyana Bryant, APP | 5.54m |
| 4. | Raven Parrish, WCU | 5.52m |
| 5. | Louise PrevotEAU, Elon | 5.40m |
| 6. | Michaela Birek, WCU | 5.30m |
| 7. | Millice Brooks-Millender, GSU | 5.22m |

Triple jump

| | | |
|----|-------------------------------|--------|
| 1. | Emily Allen, SAM | 12.02m |
| 2. | Erika Ivey, APP | 11.83m |
| 3. | Raven Parrish, WCU | 11.52m |
| 4. | Jelain McArthur, CofC | 11.42m |
| 5. | Millice Brooks-Millender, GSU | 11.41m |
| 6. | Tatyana Bryant, APP | 11.32m |
| 7. | Janelle McNeil, Elon | 11.07m |
| 8. | Jettana Thomas, WCU | 11.07m |

Shot put

| | | |
|----|------------------------|--------|
| 1. | Gayshawna Watkins, APP | 13.67m |
| 2. | Alisha Bradshaw, WCU | 13.68m |
| 3. | Jasmine Suydam, APP | 13.18m |
| 4. | Charlise Morgan, Elon | 13.07m |
| 5. | Sarah Sisk, CofC | 12.73m |
| 6. | Charnelle Wray, GSU | 12.57m |
| 7. | Sarah Hall, GSU | 12.55m |
| 8. | Katelyn Poole, SAM | 12.29m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Gayshawna Watkins, APP | 17.09m |
| 2. | Charlise Morgan, Elon | 15.58m |
| 3. | Alyssa Girvin, Elon | 15.36m |
| 4. | Alisha Bradshaw, WCU | 15.34m |
| 5. | Jocelyn Parnell, APP | 15.11m |
| 6. | Jasmine Suydam, APP | 14.90m |
| 7. | Emily Allen, SAM | 14.89m |
| 8. | Sarah Hall, GSU | 14.72m |

Pole vault

| | | |
|----|-------------------------|-------|
| 1. | Claire Goodson, SAM | 4.05m |
| 2. | Chelsea Farr, APP | 3.85m |
| 3. | Cassandra Crawford, APP | 3.85m |
| 4. | Ashley Wala, WCU | 3.55m |
| 5. | Cara June Elyea, WCU | 3.55m |
| 6. | Debra Domermuth, APP | 3.40m |
| 7. | Claire Smith, Elon | 3.40m |
| 8. | Laura Bedsole, SAM | 3.40m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Louise PrevotEAU, Elon | 3,566 |
| 2. | Ashley Cope, SAM | 3,449 |
| 3. | Stephanie Hicks, GSU | 3,347 |
| 4. | Michaela Birek, WCU | 3,328 |
| 5. | Macy Conger, SAM | 3,308 |
| 6. | Nicole Levermann, CIT | 3,255 |
| 7. | Jettana Thomas, WCU | 3,152 |
| 8. | Veronica Luedke, Elon | 3,111 |

Individual Awards

Most Outstanding Track Performer

Dena O'Brien, College of Charleston

Most Outstanding Field Performers

Gayshawna Watkins, Appalachian State

Most Outstanding Athlete

Dena O'Brien, College of Charleston

Freshman of the Year

Jasmine Walker, Georgia Southern

Coach of the Year

Danny Williamson, Western Carolina

2011 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|---------|
| 1. | Appalachian State | 216.33 |
| 2. | Western Carolina | 149 |
| 3. | Samford | 127.33* |
| 4. | Davidson | 53.33 |
| 5. | The Citadel | 49 |
| 6. | Chattanooga | 36 |
| 7. | Furman | 21 |
| 8. | Wofford | 5 |
| 9. | UNCG | 1 |

* later vacated three points

60-meter dash

| | | |
|----|-----------------------|------|
| 1. | Dennis Moore, APP | 6.79 |
| 2. | Justin Emerson, SAM | 6.81 |
| 3. | Landon Powell, APP | 6.84 |
| 4. | Brandon Hairston, WCU | 6.86 |
| 5. | Ron Duncan, WCU | 6.87 |
| 6. | Justin Thomas, APP | 6.89 |
| 7. | Cortez Johnson, FUR | 6.99 |
| 8. | Christian Graham, CIT | 7.02 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Dennis Moore, APP | 21.62 |
| 2. | Landon Powell, APP | 22.18 |
| 3. | Brandon Hairston, WCU | 22.26 |
| 4. | Justin Thomas, APP | 22.37 |
| 5. | Donald Cooper, SAM | 22.39 |
| 6. | Cordell Livingston, WCU | 22.56 |
| 7. | Phillip Bush, APP | 22.94 |
| 8. | Alex Richter, SAM* | 23.02 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Brunson Miller, CIT | 48.11 |
| 2. | Brandon Hairston, WCU | 48.36 |
| 3. | Benny Davis, WCU | 49.32 |
| 4. | JinHan Song, DAV | 50.10 |
| 5. | Blake Woodfin, CIT | 50.58 |
| 6. | Sidney Rhodes, WCU | 50.84 |
| 7. | Alex Richter, SAM* | 51.03 |
| -- | Aaron Tribble, WCU | DQ |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Andrew Lantz, DAV | 1:54.99 |
| 2. | Henry Stevens-Carty, SAM | 1:55.10 |
| 3. | Lee Gilmer, FUR | 1:55.29 |
| 4. | Drew Tucker, WCU | 1:55.65 |
| 5. | David Moore, UTC | 1:56.21 |
| 6. | Scott Cope, SAM | 1:56.90 |
| 7. | Chris Moen, APP | 2:08.86 |
| 8. | Alex Taylor, APP | 2:09.31 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Alex Taylor, APP | 4:12.35 |
| 2. | Chris Moen, APP | 4:12.48 |
| 3. | Lee Gilmer, FUR | 4:12.87 |
| 4. | Blaise Carie, SAM | 4:14.95 |
| 5. | Layton Dorsett, SAM | 4:15.14 |
| 6. | Brandon Hudgins, APP | 4:16.89 |
| 7. | Garrett West, WCU | 4:17.41 |
| 8. | Andrew Yarchin, APP | 4:18.28 |

3,000-meter run

| | | |
|----|------------------------|---------|
| 1. | Chris Moen, APP | 8:23.42 |
| 2. | Charlie Schmitt, DAV | 8:24.88 |
| 3. | Chris Berry, UTC | 8:25.43 |
| 4. | Ryan Hopkins, DAV | 8:26.62 |
| 5. | Blaise Carie, SAM | 8:27.33 |
| 6. | Nicholas Kelly, APP | 8:29.23 |
| 7. | Sean Soderman, APP | 8:30.03 |
| 8. | Demetrios Pagonis, DAV | 8:31.18 |

5,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Sean Soderman, APP | 14:39.59 |
| 2. | Charlie Schmitt, DAV | 14:41.03 |
| 3. | Emmanuel Kirwa, UTC | 14:46.13 |
| 4. | Chris Berry, UTC | 14:46.51 |
| 5. | Ryan Hopkins, DAV | 14:46.89 |
| 6. | Nicholas Kelly, APP | 14:49.16 |
| 7. | Demetrios Pagonis, DAV | 14:52.49 |
| 8. | Joey Thompson, UNCG | 14:53.75 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Cordell Livingston, WCU | 8.11 |
| 2. | Cavan Corcoran, SAM | 8.26 |
| 3. | AJ Dohanic, APP | 8.28 |
| 4. | Trey Jones, APP | 8.28 |
| 5. | Jordan Blazer, WCU | 8.32 |
| 6. | Tyler Bentley, WCU | 8.48 |
| 7. | Chris Sievert, CIT | 8.59 |
| 8. | Bo Ackerson-Gilroy | 8.88 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Chattanooga | 10:15.20 |
| 2. | Appalachian State | 10:17.31 |
| 3. | Samford | 10:17.90 |
| 4. | Western Carolina | 10:20.65 |
| 5. | Davidson | 10:20.77 |
| 6. | Furman | 10:22.24 |
| 7. | Wofford | 10:50.46 |
| 8. | The Citadel | 10:53.27 |

4x400-meter relay

| | | |
|----|-------------|---------|
| 1. | The Citadel | 3:17.76 |
| 2. | Samford | 3:26.04 |
| 3. | Davidson | 3:28.54 |
| 4. | Chattanooga | 3:28.74 |
| 5. | Furman | 3:29.91 |
| 6. | Wofford | 3:32.04 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Darius Purcell, APP | 2.18m |
| 2. | James Harris, CIT | 2.05m |
| 3. | Bob Elliot II, SAM | 2.00m |
| 4. | Bo Ackerson-Gilroy, SAM | 1.95m |
| 5. | Donald Cooper, SAM | 1.95m |
| 6. | Tyler Kemp, SAM | 1.95m |
| 7. | Jordan Orr, WCU | 1.90m |
| | Aaron Tribble, WCU | 1.90m |
| | Brandon Bassett, SAM | 1.90m |

Long jump

| | | |
|----|-------------------------|-------|
| 1. | Lawren Willard, WCU | 7.59m |
| 2. | Cordell Livingston, WCU | 7.20m |
| 3. | Bob McNeil, WCU | 7.08m |
| 4. | Phillip Bush, APP | 7.07m |
| 5. | Jamal Tiller, APP | 6.91m |
| 6. | Tim Smith, CIT | 6.85m |
| 7. | Darius Purcell, APP | 6.79m |
| 8. | Brandon Bassett, SAM | 6.77m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Jamal Tiller, APP | 15.59m |
| 2. | Cordell Livingston, WCU | 15.23m |
| 3. | Lawren Willard, WCU | 14.62m |
| 4. | Cornelius Williams, WCU | 14.59m |
| 5. | Bob McNeil, WCU | 14.33m |
| 6. | Justin Strickland, WCU | 14.22m |
| 7. | Patrick Hill, APP | 14.18m |
| 8. | Bob Elliot II, SAM | 14.09m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Jerod Gardner, APP | 16.67m |
| 2. | Malcolm Styers, APP | 15.50m |
| 3. | Ryan Pless, WCU | 15.05m |
| 4. | Jacob Lane, APP | 14.92m |
| 5. | Cameron McRae, WCU | 14.68m |
| 6. | Jonathan Newton, WCU | 14.51m |
| 7. | Chris Davis, SAM | 13.98m |
| 8. | Jamie Van Pelt, WCU | 13.87m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Malcolm Styers, APP | 18.96m |
| 2. | Kyle Kirby, SAM | 18.87m |
| 3. | Timothy Daly, APP | 18.15m |
| 4. | Chris Castagno, CIT | 17.52m |
| 5. | Ryan Pless, WCU | 17.12m |
| 6. | Jerod Gardner, APP | 16.99m |
| 7. | Jamie Van Pelt, WCU | 16.28m |
| 8. | Jacob Lane, APP | 15.36m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Michael Seaman, SAM | 4.95m |
| 2. | Ryan Twiford, APP | 4.95m |
| 3. | Mike Wilson, APP | 4.65m |
| 4. | David Melton, CIT | 4.50m |
| 5. | Landon Hunt, APP | 4.50m |
| 6. | Zac Epperson, SAM | 4.50m |
| 7. | Wayne Parker, WCU | 4.50m |
| 8. | Jake Goodchild, APP | 4.35m |
| | Brandon Bassett, SAM | 4.35m |
| | Bryce Jones, DAV | 4.35m |

Heptathlon

| | | |
|----|-------------------------|-------|
| 1. | Brandon Bassett, SAM | 5,063 |
| 2. | Donald Cooper, SAM | 4,926 |
| 3. | Jake Goodchild, APP | 4,770 |
| 4. | Luke Burton, WCU | 4,668 |
| 5. | Sam Lusty, WCU | 4,630 |
| 6. | Bo Ackerson-Gilroy, SAM | 3,922 |
| 7. | Tyler Bentley, WCU | 3,467 |

* later vacated

Individual Awards

Most Outstanding Track Performer
Chris Moen, Appalachian State

Most Outstanding Field Performer
Malcolm Styers, Appalachian State

Most Outstanding Athlete
Cordell Livingston, Western Carolina

Freshman of the Year
Jamal Tiller, Appalachian State

Coach of the Year
John Weaver, Appalachian State

2011 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 185 |
| 2. | Western Carolina | 110.5 |
| 3. | Georgia Southern | 97 |
| 4. | Elon | 84 |
| 5. | Samford | 62.5 |
| 6. | College of Charleston | 49 |
| 7. | UNCG | 31 |
| 8. | Furman | 21 |
| 9. | The Citadel | 13 |
| 10. | Davidson | 8 |
| 11. | Wofford | 2 |
| 12. | Chattanooga | 0 |

60-meter dash

| | | |
|----|---------------------------|------|
| 1. | Breanna Alston, APP | 7.58 |
| 2. | Kwajelin Holsendolph, GSU | 7.65 |
| 3. | Crystal Dukes, APP | 7.67 |
| 4. | Jane't Carothers, WCU | 7.70 |
| 5. | Ebony Carter, GSU | 7.72 |
| 6. | Kristen Campbell, APP | 7.74 |
| 7. | Lynnsey Hyter, GSU | 7.82 |
| 8. | Janise Robinson, WCU | 7.89 |

200-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Breanna Alston, APP | 24.48 |
| 2. | Jane't Carothers, WCU | 24.59 |
| 3. | Felisha Garren, WCU | 25.14 |
| 4. | Kristen Campbell, APP | 25.26 |
| 5. | Bria Bell, Elon | 25.38 |
| 6. | Kayleigh Birks, Elon | 25.42 |
| 7. | D'Shawna McLucas, APP | 25.73 |
| 8. | Shalyn McMichael, WCU | 26.35 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Jane't Carothers, WCU | 55.34 |
| 2. | Felisha Garren, WCU | 55.60 |
| 3. | Amy Salek, Elon | 55.70 |
| 4. | Bria Bell, Elon | 57.37 |
| 5. | Breahna Morrison, APP | 57.69 |
| 6. | Shalyn McMichael, WCU | 57.94 |
| 7. | Nadia Liriano, APP | 58.11 |
| 8. | Tatum Moffett, SAM | 58.14 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Hillary Neal, SAM | 2:10.42 |
| 2. | Chenel McFadden, APP | 2:12.66 |
| 3. | Micah Wessinger, CIT | 2:12.79 |
| 4. | Asia Dunlap, APP | 2:12.88 |
| 5. | Julie Hart, Elon | 2:14.21 |
| 6. | Alyssa D'Orazio, CofC | 2:19.24 |
| 7. | Katie Kessler, WOF | 2:19.47 |
| 8. | Monique Ositelu, FUR | 2:30.22 |

Mile run

| | | |
|----|-----------------------|---------|
| 1. | Lauren D'Alessio, SAM | 4:59.79 |
| 2. | Jenna Callahan, FUR | 5:05.14 |
| 3. | Shaina Sumney, UNCG | 5:06.45 |
| 4. | Kerry Hartman, UNCG | 5:06.59 |
| 5. | Morgan Turner, WCU | 5:08.07 |
| 6. | Jordan Gaddy, WCU | 5:08.62 |
| 7. | Erin Barker, FUR | 5:09.82 |
| 8. | Brittney Caudle, APP | 5:10.10 |

3,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Ashley Schnell, UNCG | 9:52.39 |
| 2. | Dena O'Brien, CofC | 9:53.32 |
| 3. | Deanna Zidar, SAM | 10:10.07 |
| 4. | Allyson Oram, Elon | 10:12.04 |
| 5. | Brittney Caudle, APP | 10:13.42 |
| 6. | Emily Fournier, Elon | 10:14.20 |
| 7. | Morgan Turner, WCU | 10:19.48 |
| 8. | Sarah Cline, DAV | 10:23.32 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Dena O'Brien, CofC | 16:46.59 |
| 2. | Allyson Oram, Elon | 17:49.14 |
| 3. | Amy Neilson, APP | 17:51.13 |
| 4. | Heather Conarro, DAV | 17:51.18 |
| 5. | Emily Fournier, Elon | 17:54.04 |
| 6. | Jillian Klassen, SAM | 17:56.49 |
| 7. | Morgan Turner, WCU | 18:11.68 |
| 8. | Sara Curry, GSU | 18:14.71 |

60-meter hurdles

| | | |
|----|---------------------------|------|
| 1. | Nicole Okolo, WCU | 8.52 |
| 2. | Kwajelin Holsendolph, GSU | 8.58 |
| 3. | Jasmine Billings, GSU | 8.72 |
| 4. | Lynnsey Hyter, GSU | 8.88 |
| 5. | Misha Holmes, FUR | 8.95 |
| 6. | Stephanie Hicks, GSU | 8.97 |
| 7. | Michelle Brutus, APP | 9.08 |
| 8. | Julie McDonald, SAM | 9.17 |

Distance medley

| | | |
|----|-----------------------|----------|
| 1. | UNCG | 11:55.95 |
| 2. | Appalachian State | 12:05.05 |
| 3. | Samford | 12:05.23 |
| 4. | Western Carolina | 12:05.40 |
| 5. | Furman | 12:06.35 |
| 6. | College of Charleston | 12:19.30 |
| 7. | Elon | 12:22.85 |
| 8. | Georgia Southern | 12:35.85 |

4x400-meter relay

| | | |
|----|-----------------------|---------|
| 1. | Western Carolina | 3:50.35 |
| 2. | Elon | 3:50.41 |
| 3. | Appalachian State | 3:53.11 |
| 4. | Georgia Southern | 3:58.61 |
| 5. | Samford | 3:59.20 |
| 6. | College of Charleston | 4:02.83 |
| 7. | Furman | 4:03.30 |
| 8. | The Citadel | 4:04.49 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Rebecca Hazeltine, APP | 1.71m |
| 2. | Chenelle Terry, SAM | 1.70m |
| 3. | Shaquiela Robinson, APP | 1.70m |
| 4. | Emily Smith, CofC | 1.65m |
| 5. | Alex Cassagnol, GSU | 1.60m |
| 6. | Nicole Levermann, CIT | 1.60m |
| 7. | Erin Lupher, DAV | 1.60m |
| 8. | Jane't Carothers, WCU | 1.60m |

Long jump

| | | |
|----|---------------------------------|-------|
| 1. | Lynnsey Hyter, GSU | 6.06m |
| 2. | Veronica Day, Elon | 5.95m |
| 3. | Bianca Harvey, APP | 5.82m |
| 4. | Crystal Dukes, APP | 5.81m |
| 5. | Stephanie Hicks, GSU | 5.72m |
| 6. | Millicent Brooks-Millender, GSU | 5.55m |
| 7. | Lauren Hawkesworth, Elon | 5.49m |
| 8. | Raven Parrish, WCU | 5.44m |
| | Jettana Thomas, WCU | 5.44m |

Triple jump

| | | |
|----|---------------------------------|--------|
| 1. | Veronica Day, Elon | 12.24m |
| 2. | Lynnsey Hyter, GSU | 12.20m |
| 3. | Millicent Brooks-Millender, GSU | 12.02m |
| 4. | Lauren Hawkesworth, Elon | 11.95m |
| 5. | Erika Ivey, APP | 11.88m |
| 6. | Bianca Harvey, APP | 11.78m |
| 7. | Crystal Dukes, APP | 11.55m |
| 8. | Emily Allen, SAM | 11.22m |
| | Nicole Okolo, WCU | 11.22m |

Shot put

| | | |
|----|-------------------------|--------|
| 1. | Gayshawna Watkins, APP | 15.06m |
| 2. | Norjai Palma, APP | 14.23m |
| 3. | Zakiyyah Stewart, WCU | 13.91m |
| 4. | Whitney Smyre, APP | 13.66m |
| 5. | Natash Creasy, GSU | 13.20m |
| 6. | Justine Robertson, Elon | 12.75m |
| 7. | Charlise Morgan, Elon | 12.54m |
| 8. | Ana DeLeon, APP | 12.36m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Whitney Smyre, APP | 17.92m |
| 2. | Gayshawna Watkins, APP | 17.29m |
| 3. | Ana DeLeon, APP | 16.36m |
| 4. | Zakiyyah Stewart, WCU | 16.14m |
| 5. | Michaela McGriff, APP | 15.01m |
| 6. | Norjai Palma, APP | 14.93m |
| 7. | Alyssa Girvin, Elon | 14.64m |
| 8. | Kassandra Polson, CIT | 14.04m |

Pole vault

| | | |
|----|-------------------------|-------|
| 1. | Cassandra Crawford, APP | 3.80m |
| 2. | Laura Bedsole, SAM | 3.65m |
| 3. | Kassie McKie, WCU | 3.50m |
| 4. | Claire Goodson, CofC | 3.50m |
| 5. | Ashley Wala, WCU | 3.50m |
| 6. | Mary Barron, SAM | 3.35m |
| 7. | Meredith Wilson, APP | 3.35m |
| 8. | Rachel Gregory, SAM | 3.35m |

Pentathlon

| | | |
|----|-----------------------|-------|
| 1. | Lynnsey Hyter, GSU | 3,578 |
| 2. | Isabel Boersma, CofC | 3,411 |
| 3. | Jettana Thomas, WCU | 3,409 |
| 4. | Stephanie Hicks, GSU | 3,369 |
| 5. | Brynne Johnson, CofC | 3,331 |
| 6. | Carlyn Wright, WCU | 3,257 |
| 7. | Nicole Levermann, CIT | 3,243 |
| 8. | Macy Conger, SAM | 3,194 |

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performers

Lynnsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

Freshman of the Year

Breanna Alston, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2010 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 209 |
| 2. | Western Carolina | 207 |
| 3. | Samford | 102.5 |
| 4. | The Citadel | 42.5 |
| 5. | Davidson | 30 |
| 6. | UNCG | 24 |
| 7. | Chattanooga | 18 |
| 8. | Furman | 6 |
| 9. | Wofford | 3 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Dominique Young, WCU | 6.84 |
| 2. | Landon Powell, APP | 6.91 |
| 3. | John Svoboda, APP | 6.94 |
| 4. | Christian Bethune, WCU | 6.97 |
| 5. | Brandon Hairston, WCU | 7.01 |
| 6. | Christian Graham, CIT | 7.07 |
| 7. | Dennis Moore, APP | 7.09 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Dominique Young, WCU | 21.84 |
| 2. | John Svoboda, APP | 22.15 |
| 3. | Cordell Livingston, WCU | 22.43 |
| 4. | Landon Powell, APP | 22.43 |
| 5. | Benny Davis, WCU | 22.45 |
| 6. | Dennis Moore, APP | 22.56 |
| 7. | Donald Cooper, SAM | 22.71 |
| 8. | Brandon Hairston, WCU | 23.07 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Brunson Miller, CIT | 48.65 |
| 2. | John Svoboda, APP | 49.15 |
| 3. | Nick Zeller, APP | 49.18 |
| 4. | Benny Davis, WCU | 49.37 |
| | Brandon Hairston, WCU | 49.37 |
| 6. | Zac Corder, SAM | 51.04 |
| 7. | Tyler Combs, APP | 51.06 |
| 8. | Stephon Roach, WCU | 51.37 |

800-meter run

| | | |
|----|----------------------|---------|
| 1. | Brandon Hudgins, APP | 1:54.14 |
| 2. | Drew Tucker, WCU | 1:54.89 |
| 3. | Chas Keithan, SAM | 1:55.24 |
| 4. | Nick O'Keefe, APP | 1:55.45 |
| 5. | Alex Taylor, APP | 1:55.95 |
| 6. | Josh Houser, APP | 1:56.13 |
| 7. | Terry Wyatt, UNCG | 1:56.28 |
| 8. | Scott Cope, SAM | 1:56.71 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Patrick Morgan, APP | 4:13.70 |
| 2. | Joey Thompson, UNCG | 4:13.93 |
| 3. | Alex Taylor, APP | 4:14.84 |
| 4. | Brandon Hudgins, APP | 4:15.24 |
| 5. | Josh Houser, APP | 4:15.49 |
| 6. | Blaise Carie, SAM | 4:15.98 |
| 7. | Lee Gilmer, FUR | 4:17.18 |
| 8. | Blake Evitt, DAV | 4:18.01 |

3,000-meter run

| | | |
|----|---------------------|---------|
| 1. | Cameron Bean, SAM | 8:15.74 |
| 2. | Joey Thompson, UNCG | 8:15.81 |
| 3. | Tom Divinnie, DAV | 8:20.39 |
| 4. | Patrick Morgan, APP | 8:21.38 |
| 5. | Lee Gilmer, FUR | 8:28.18 |
| 6. | Ryan Hopkins, DAV | 8:28.83 |
| 7. | Blaise Carie, SAM | 8:30.75 |
| 8. | Emmanuel Kirwa, UTC | 8:31.14 |

5,000-meter run

| | | |
|----|---------------------|----------|
| 1. | Cameron Bean, SAM | 14:29.12 |
| 2. | Chris Berry, UTC | 14:30.20 |
| 3. | Tom Divinnie, DAV | 14:36.29 |
| 4. | Emmanuel Kirwa, UTC | 14:40.93 |
| 5. | Patrick Morgan, APP | 14:47.99 |
| 6. | Ryan Hopkins, DAV | 14:49.09 |
| 7. | Sean Soderman, APP | 14:49.10 |
| 8. | Mike Koech, UNCG | 14:50.41 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Cordell Livingston, WCU | 8.10 |
| 2. | Matt Boruff, APP | 8.31 |
| 3. | Christian Bethune, WCU | 8.37 |
| 4. | Cavan Corcoran, SAM | 8.40 |
| 5. | Trey Jones, APP | 8.41 |
| 6. | Bo Ackerson-Gilroy, SAM | 8.69 |
| 7. | Sean Reardon, WCU | 8.87 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Appalachian State | 10:09.92 |
| 2. | Western Carolina | 10:10.29 |
| 3. | Davidson | 10:16.61 |
| 4. | Samford | 10:18.44 |
| 5. | Chattanooga | 10:29.78 |
| 6. | The Citadel | 10:32.98 |
| 7. | UNCG | 10:35.58 |
| 8. | Wofford | 11:32.28 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:18.18 |
| 2. | Appalachian State | 3:20.47 |
| 3. | The Citadel | 3:20.60 |
| 4. | Samford | 3:25.49 |
| 5. | Davidson | 3:30.00 |
| 6. | UNCG | 3:33.17 |
| 7. | Wofford | 3:35.61 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Matt Evans, WCU | 2.09m |
| 2. | Darius Purcell, APP | 2.04m |
| 3. | Donald Cooper, SAM | 1.99m |
| 4. | James Harris, CIT | 1.99m |
| | Bo Ackerson-Gilroy, SAM | 1.99m |
| 6. | Collin Reber, APP | 1.94m |
| 7. | Brad Triplett, APP | 1.94m |
| 8. | Matt Boruff, APP | 1.94m |

Long jump

| | | |
|----|-------------------------|-------|
| 1. | Kevin Hardy, CIT | 7.23m |
| 2. | Alex Dollard, WCU | 7.19m |
| 3. | Cordell Livingston, WCU | 6.89m |
| 4. | Phillip Bush, APP | 6.89m |
| 5. | Lawren Willard, WCU | 6.89m |
| 6. | DeSean Pearce, APP | 6.69m |
| 7. | Brandon Bassett, SAM | 6.68m |
| 8. | Ethan Dunn, DAV | 6.41m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Alex Dollard, WCU | 14.29m |
| 2. | Cordell Livingston, WCU | 14.13m |
| 3. | Cornelius Williams, WCU | 13.88m |
| 4. | Chinedu Amah, SAM | 13.81m |
| 5. | Matt Evans, WCU | 13.26m |
| 6. | Lawren Willard, WCU | 13.06m |
| 7. | Brandon Bassett, SAM | 12.98m |
| 8. | Jestin Jennings, WCU | 12.88m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Malcolm Styers, APP | 16.29m |
| 2. | Cale McDaniel, WCU | 15.85m |
| 3. | Ryan Pless, WCU | 15.71m |
| 4. | Jerod Gardner, APP | 15.54m |
| 5. | Quincy Marshall, WCU | 14.87m |
| 6. | Quintin Turner, CIT | 14.77m |
| 7. | Jared Stalling, APP | 14.70m |
| 8. | Jamie Van Pelt, WCU | 13.73m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Malcolm Styers, APP | 18.54m |
| 2. | Cale McDaniel, WCU | 17.66m |
| 3. | Kyle Kirby, SAM | 17.38m |
| 4. | Timothy Daly, APP | 17.12m |
| 5. | Jerod Gardner, APP | 16.98m |
| 6. | Quincy Marshall, WCU | 16.48m |
| 7. | Quintin Turner, CIT | 16.11m |
| 8. | Matt Earls, CIT | 16.01m |

Pole vault

| | | |
|----|---------------------|-------|
| 1. | Michael Seaman, SAM | 5.07m |
| 2. | Patrick Wells, SAM | 4.92m |
| 3. | Matt Boruff, APP | 4.77m |
| 4. | Mike O'Steen, WCU | 4.77m |
| 5. | Zac Epperson, SAM | 4.62m |
| 6. | Ryan Cook, SAM | 4.47m |
| 7. | Sean Reardon, WCU | 4.32m |
| 8. | Chas Keithan, SAM | 4.32m |

Heptathlon

| | | |
|----|-------------------------|-------|
| 1. | Matt Evans, WCU | 4,998 |
| 2. | Matt Boruff, APP | 4,919 |
| 3. | Bo Ackerson-Gilroy, SAM | 4,878 |
| 4. | Brandon Bassett, SAM | 4,770 |
| 5. | Sean Reardon, WCU | 4,697 |
| 6. | Donald Cooper, SAM | 4,564 |
| 7. | David Gift, WCU | 4,516 |
| 8. | Jake Goodchild, APP | 4,107 |

Individual Awards

Most Outstanding Track Performer
Cameron Bean, Samford

Most Outstanding Field Performer
Matt Evans, Western Carolina

Most Outstanding Athlete
Cordell Livingston, Western Carolina

Freshman of the Year
Cordell Livingston, Western Carolina

Co-Coaches of the Year
Rod Tiffin, Samford
Danny Williamson, Western Carolina

2010 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|------|-----------------------|--------|
| 1. | Western Carolina | 174.5 |
| 2. | Appalachian State | 122 |
| 3. | Georgia Southern | 95 |
| 4. | Samford | 77 |
| 5. | Elon | 70 |
| 6. | College of Charleston | 38.5 |
| T7. | Chattanooga | 25 |
| T7. | The Citadel | 25 |
| 9. | Furman | 23 |
| 10. | Davidson | 12 |
| T11. | UNCG | 0 |
| T11. | Wofford | 0 |

60-meter dash

| | | |
|----|--------------------------|------|
| 1. | Ashley McKiver, APP | 7.62 |
| 2. | Felicia Paulding, WCU | 7.68 |
| 3. | Jane't Carothers, WCU | 7.70 |
| 4. | Demetrise Anthony, GSU | 7.74 |
| 5. | Sherelle Fronberger, WCU | 7.75 |
| 6. | Raven Parrish, WCU | 7.76 |
| 7. | Valerie Parks, WCU | 7.95 |
| 8. | Veronica Day, Elon | 8.04 |

200-meter dash

| | | |
|----|--------------------------|-------|
| 1. | Jane't Carothers, WCU | 24.94 |
| 2. | Sherelle Fronberger, WCU | 25.12 |
| 3. | Felisha Garren, WCU | 25.19 |
| 4. | Felicia Paulding, WCU | 25.27 |
| 5. | Antoinette Jordan, GSU | 25.44 |
| 6. | Ashley McKiver, APP | 25.46 |
| 7. | Emma Bowers, WCU | 26.09 |
| 8. | Raven Parrish, WCU | 26.16 |

400-meter dash

| | | |
|----|------------------------|-------|
| 1. | Jane't Carothers, WCU | 56.05 |
| 2. | Felisha Garren, WCU | 56.39 |
| 3. | JoAnn JaJa Benson, GSU | 57.62 |
| 4. | Morgan Jefferson, GSU | 57.63 |
| 5. | Shalyn McMichael, WCU | 57.71 |
| 6. | Mary Zolga, CofC | 57.83 |
| 7. | Emma Bowers, WCU | 58.00 |
| 8. | Nadia Liriano, APP | 58.94 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Micah Wessinger, CIT | 2:16.10 |
| 2. | Jennine Strange, Elon | 2:16.24 |
| 3. | Monique Ositelu, FUR | 2:16.34 |
| 4. | Holly Benson, SAM | 2:16.45 |
| 5. | Anneli Uys, UTC | 2:16.86 |
| 6. | Lauren D'Alessio, SAM | 2:17.17 |
| 7. | Hillary Neal, SAM | 2:21.71 |
| 8. | Kristen Wolfe, CofC | 2:23.81 |

Mile run

| | | |
|----|--------------------------|---------|
| 1. | Hillary Neal, SAM | 4:49.52 |
| 2. | Anneli Uys, UTC | 4:52.83 |
| 3. | Jessica Van Ausdall, SAM | 5:04.64 |
| 4. | Trinity Foreman, APP | 5:06.71 |
| 5. | Morgan Turner, WCU | 5:07.16 |
| 6. | Hannah Parks, APP | 5:07.20 |
| 7. | Jordan Gaddy, WCU | 5:10.46 |
| 8. | Courtney Whalen, Elon | 5:11.84 |

3,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Trinity Foreman, APP | 10:09.73 |
| 2. | Caitlin Beeler, Elon | 10:13.24 |
| 3. | Olivia Jacobs, WCU | 10:14.57 |
| 4. | Jordan Gaddy, WCU | 10:17.33 |
| 5. | Heather Stuiwe, UTC | 10:19.26 |
| 6. | Kelsey Hanger, APP | 10:21.17 |
| 7. | Morgan Denecke, Elon | 10:21.90 |
| 8. | Natalie Atabek, DAV | 10:22.56 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Chloe Kowalski, FUR | 17:39.20 |
| 2. | Caitlin Beeler, Elon | 17:43.11 |
| 3. | Natalie Atabek, DAV | 17:49.01 |
| 4. | Emily Fournier, Elon | 17:55.02 |
| 5. | Morgan Turner, WCU | 17:59.61 |
| 6. | Heather Conarro, DAV | 18:00.86 |
| 7. | Brittany Johnson, FUR | 18:01.78 |
| 8. | Kelsey Hanger, APP | 18:04.97 |

60-meter hurdles

| | | |
|----|------------------------|-------|
| 1. | Morgan Tyler, SAM | 8.69 |
| 2. | Jasmine Billings, GSU | 8.76 |
| 3. | Kiara Crutchfield, APP | 8.83 |
| 4. | Jelain McArthur, CofC | 8.85 |
| 5. | Lynnsey Hyter, GSU | 8.97 |
| 6. | Nicole Okolo, WCU | 9.15 |
| 7. | Jettana Thomas, WCU | 9.42 |
| 8. | Carlyn Wright, WCU | 13.60 |

Distance medley (One Lap Short)

| | | |
|----|-----------------------|----------|
| 1. | Samford | 11:24.73 |
| 2. | Chattanooga | 11:31.29 |
| 3. | Appalachian State | 11:31.47 |
| 4. | Western Carolina | 11:32.38 |
| 5. | Elon | 11:36.90 |
| 6. | Georgia Southern | 12:02.79 |
| 7. | Furman | 12:09.21 |
| 8. | College of Charleston | 12:11.03 |

4x400-meter relay

| | | |
|----|-----------------------|---------|
| 1. | Western Carolina | 3:49.92 |
| 2. | Georgia Southern | 3:56.70 |
| 3. | Elon | 3:57.53 |
| 4. | Appalachian State | 3:58.53 |
| 5. | Samford | 4:01.98 |
| 6. | Furman | 4:06.37 |
| 7. | College of Charleston | 4:07.62 |
| 8. | Chattanooga | 4:11.85 |

High jump

| | | |
|----|-------------------------|-------|
| 1. | Emily Smith, CofC | 1.73m |
| 2. | Chenelle Terry, SAM | 1.68m |
| 3. | Rebecca Hazeltine, APP | 1.68m |
| 4. | Julie Ward, APP | 1.63m |
| 5. | Courtney Weathers, Elon | 1.63m |
| 6. | Alex Cassagnol, GSU | 1.58m |
| 7. | Erin Lupher, DAV | 1.58m |
| 8. | Brynne Johnson, CofC | 1.53m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Veronica Day, Elon | 5.72m |
| 2. | Shaunta Hamilton, GSU | 5.68m |
| 3. | Lynnsey Hyter, GSU | 5.65m |
| 4. | Bianca Harvey, APP | 5.60m |
| 5. | Tia Jones, WCU | 5.55m |
| 6. | Demetrise Anthony, GSU | 5.45m |
| 7. | Danielle Thorpe, APP | 5.44m |
| 8. | Jelain McArthur, CofC | 5.43m |

Triple jump

| | | |
|----|--------------------------|--------|
| 1. | Danielle Thorpe, APP | 12.43m |
| 2. | Lynnsey Hyter, GSU | 12.20m |
| 3. | Shaunta Hamilton, GSU | 11.97m |
| 4. | Morgan Tyler, SAM | 11.96m |
| 5. | Veronica Day, Elon | 11.91m |
| 6. | Tia Jones, WCU | 11.83m |
| 7. | Jelain McArthur, CofC | 11.83m |
| 8. | Lauren Hawkesworth, Elon | 11.74m |

Shot put

| | | |
|----|-------------------------|--------|
| 1. | Deirdra Morrison, WCU | 12.98m |
| 2. | Zakiyyah Stewart, WCU | 12.96m |
| 3. | Gayshawna Watkins, APP | 12.76m |
| 4. | Justine Robertson, Elon | 12.68m |
| 5. | Ashley Thomas, GSU | 11.56m |
| 6. | Jocelyn Rice, WCU | 11.52m |
| 7. | Julie Ward, APP | 11.30m |
| 8. | Charnelle Wray, GSU | 10.82m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Monique Edwards, CIT | 16.25m |
| 2. | Deirdra Morrison, WCU | 15.51m |
| 3. | Gayshawna Watkins, APP | 15.27m |
| 4. | Zakiyyah Stewart, WCU | 14.84m |
| 5. | Emily Green, CIT | 14.75m |
| 6. | Alyssa Girvin, Elon | 14.26m |
| 7. | Amanda Spivy, GSU | 13.97m |
| 8. | Megan Fannon, GSU | 13.10m |

Pole vault

| | | |
|----|----------------------|-------|
| 1. | Julie Ward, APP | 3.55m |
| 2. | Ashley Beale, APP | 3.55m |
| | Mackenzie Wills, SAM | 3.55m |
| 4. | Laura Bedsole, SAM | 3.40m |
| 5. | Ashley Wala, WCU | 3.40m |
| | Chelsea Taylor, CofC | 3.40m |
| 7. | Meredith Wilson, APP | 3.25m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Lynnsey Hyter, GSU | 3,494 |
| 2. | Kiara Crutchfield, APP | 3,361 |
| 3. | Jettana Thomas, WCU | 3,314 |
| 4. | Brynne Johnson, CofC | 3,251 |
| 5. | Isabel Boersma, CofC | 3,110 |
| 6. | Carlyn Wright, WCU | 3,068 |
| 7. | Emily Allen, SAM | 3,064 |
| 8. | Kelsi Billings, CIT | 3,045 |

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Co-Most Outstanding Field Performers

Lynnsey Hyter, Georgia Southern
Deirdra Morrison, Western Carolina

Most Outstanding Athlete

Jane't Carothers, Western Carolina

Freshman of the Year

Trinity Foreman, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2009 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 235 |
| 2. | Western Carolina | 191 |
| 3. | The Citadel | 60 |
| T4. | Samford | 46 |
| T4. | Chattanooga | 46 |
| 6. | Furman | 36 |
| 7. | Davidson | 23 |
| 8. | UNCG | 22 |
| 9. | Wofford | 4 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Manteo Mitchell, WCU | 6.80 |
| 2. | Dennis Moore, APP | 6.92 |
| 3. | Christian Bethune, WCU | 6.93 |
| 4. | Dominique Young, WCU | 6.94 |
| 5. | Thomas Funderburk, WCU | 6.98 |
| 6. | Brian Sutherland, UTC | 7.01 |
| 7. | Ricky Harris, APP | 7.02 |
| 8. | Kevin Hardy, CIT | 7.06 |

200-meter dash

| | | |
|----|----------------------|-------|
| 1. | Manteo Mitchell, WCU | 21.57 |
| 2. | Dennis Moore, APP | 21.91 |
| 3. | Dominique Young, WCU | 21.92 |
| 4. | Mark Sturgis, APP | 22.26 |
| 5. | John Oros, WCU | 22.38 |
| 6. | John Svoboda, APP | 22.39 |
| 7. | Phillip Bush, APP | 22.66 |
| 8. | Benny Davis, WCU | 22.79 |

400-meter dash

| | | |
|----|------------------------|-------|
| 1. | Manteo Mitchell, WCU | 49.12 |
| 2. | John Svoboda, APP | 49.62 |
| 3. | Benny Davis, WCU | 49.83 |
| 4. | Thomas Funderburk, WCU | 50.15 |
| 5. | John Oros, WCU | 50.51 |
| 6. | Kevin Johnson, WCU | 50.79 |
| 7. | Jestin Jennings, WCU | 51.04 |
| 8. | Brian Smith, WOF | 51.22 |

800-meter run

| | | |
|----|---------------------|---------|
| 1. | Michael Danehy, UTC | 1:55.59 |
| 2. | Lee Gilmer, FUR | 1:56.05 |
| 3. | Taylor Hurst, UNCG | 1:56.27 |
| 4. | Terry Wyatt, UNCG | 1:56.92 |
| 5. | Zach Johnson, CIT | 1:56.97 |
| 6. | Nick O'Keefe, APP | 1:57.23 |
| 7. | Matt Baltimore, UTC | 2:05.45 |
| 8. | Chris Moen, APP | 2:17.49 |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Chris Moen, APP | 4:11.08 |
| 2. | Patrick Morgan, FUR | 4:11.16 |
| 3. | Josh Houser, APP | 4:15.71 |
| 4. | Thad Sieracki, DAV | 4:16.47 |
| 5. | Asmeron Desta, APP | 4:17.13 |
| 6. | Bud Galloway, APP | 4:17.22 |
| 7. | Joey Thompson, UNCG | 4:17.89 |
| 8. | Scott Cope, SAM | 4:21.72 |

3,000-meter run

| | | |
|----|---------------------|---------|
| 1. | Patrick Morgan, FUR | 8:26.45 |
| 2. | Chris Berry, UTC | 8:26.94 |
| 3. | Joey Thompson, UNCG | 8:30.40 |
| 4. | Josh Houser, APP | 8:32.65 |
| 5. | Asmeron Desta, APP | 8:32.68 |
| 6. | Thad Sieracki, DAV | 8:38.52 |
| 7. | Alex Hoyt, DAV | 8:43.89 |
| 8. | David Moore, UTC | 8:47.11 |

5,000-meter run

| | | |
|----|---------------------|----------|
| 1. | Chris Berry, UTC | 14:55.12 |
| 2. | Asmeron Desta, APP | 15:06.72 |
| 3. | Lance Harden, DAV | 15:11.93 |
| 4. | Sean Soderman, APP | 15:20.11 |
| 5. | Josh Houser, APP | 15:21.45 |
| 6. | Alex Plasencia, FUR | 15:24.85 |
| 7. | Michael Walker, APP | 15:25.01 |
| 8. | Josey Weaver, WCU | 15:29.83 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Christian Bethune, WCU | 8.25 |
| 2. | Jamel Brown, CIT | 8.29 |
| 3. | Daniel Neal, APP | 8.32 |
| 4. | Jordan Blazer, WCU | 8.37 |
| 5. | Cavan Corcoran, SAM | 8.38 |
| 6. | Matt Boruff, APP | 8.42 |
| 7. | Christopher Graham, CIT | 8.45 |
| 8. | Phillip Bush, APP | 8.46 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Appalachian State | 10:16.38 |
| 2. | Samford | 10:18.90 |
| 3. | Furman | 10:23.26 |
| 4. | Western Carolina | 10:24.53 |
| 5. | Chattanooga | 10:25.56 |
| 6. | The Citadel | 10:33.58 |
| 7. | Davidson | 10:35.37 |
| 8. | Wofford | 12:49.36 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:19.60 |
| 2. | The Citadel | 3:22.22 |
| 3. | Appalachian State | 3:26.49 |
| 4. | Chattanooga | 3:28.09 |
| 5. | Samford | 3:29.60 |
| 6. | UNCG | 3:32.48 |
| 7. | Davidson | 3:33.40 |
| 8. | Furman | 3:39.09 |

High jump

| | | |
|----|---------------------|-------|
| 1. | Matt Evans, WCU | 2.11m |
| 2. | Darius Purcell, APP | 2.07m |
| 3. | Donald Cooper, SAM | 1.98m |
| 4. | James Harris, CIT | 1.93m |
| 5. | Matt Boruff, APP | 1.93m |
| 6. | Shaquill Smith, CIT | 1.88m |
| 7. | Daniel Joseph, WCU | 1.83m |
| 8. | Aaron Overton, CIT | 1.83m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Kevin Hardy, CIT | 7.37m |
| 2. | Thomas Funderburk, WCU | 7.33m |
| 3. | Ricky Harris, APP | 7.22m |
| 4. | Alex Dollard, WCU | 7.04m |
| 5. | Phillip Bush, APP | 6.98m |
| 6. | Buster Skrine, UTC | 6.94m |
| 7. | Elias Contis, WOF | 6.58m |
| 8. | Mark Sturgis, APP | 6.48m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Mark Sturgis, APP | 15.25m |
| 2. | Ricky Harris, APP | 14.26m |
| 3. | Daniel Joseph, WCU | 14.12m |
| 4. | Shaquill Smith, CIT | 14.04m |
| 5. | Alex Dollard, WCU | 13.61m |
| 6. | Matt Evans, WCU | 13.43m |
| 7. | Cornelius Williams, WCU | 13.37m |
| 8. | Matt Pflugst, APP | 13.26m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Malcolm Styers, APP | 16.56m |
| 2. | Jerod Gardner, APP | 15.61m |
| 3. | Jared Stalling, APP | 15.22m |
| 4. | Cale McDaniel, WCU | 15.11m |
| 5. | Ryan Pless, WCU | 15.07m |
| 6. | Will Funderburg, DAV | 14.63m |
| 7. | Chris Page, WCU | 14.56m |
| 8. | Quintin Turner, CIT | 14.25m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Malcolm Styers, APP | 17.24m |
| 2. | Cale McDaniel, WCU | 17.13m |
| 3. | Chris Page, WCU | 16.32m |
| 4. | Jared Stalling, APP | 15.76m |
| 5. | Quintin Turner, CIT | 15.22m |
| 6. | Kyle Brown, SAM | 15.20m |
| 7. | Matt Earls, CIT | 14.53m |
| 8. | Kyle Kirby, SAM | 13.78m |

Pole vault

| | | |
|----|--------------------|-------|
| 1. | Patrick Wells, SAM | 4.75m |
| 2. | Ryan Twiford, APP | 4.75m |
| 3. | Mike O'Steen, WCU | 4.60m |
| 4. | Matt Boruff, APP | 4.60m |
| 5. | Zac Epperson, SAM | 4.60m |
| 6. | Mike Wilson, APP | 4.60m |
| 7. | Joel Lynch, WCU | 4.45m |
| 8. | Zach Smith, APP | 4.45m |

Heptathlon

| | | |
|----|---------------------|-------|
| 1. | Matt Boruff, APP | 5,021 |
| 2. | Matt Evans, WCU | 4,776 |
| 3. | Jake Goodchild, APP | 4,633 |
| 4. | Donald Cooper, SAM | 4,614 |
| 5. | Matt Pflugst, APP | 4,540 |
| 6. | Brian Baize, CIT | 4,534 |
| 7. | David Gift, WCU | 4,517 |
| 8. | Sean Reardon, WCU | 4,486 |

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2009 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 211 |
| 2. | Western Carolina | 135 |
| 3. | Georgia Southern | 93 |
| 4. | Samford | 78 |
| 5. | College of Charleston | 44 |
| 6. | Chattanooga | 42 |
| 7. | Elon | 36 |
| 8. | Furman | 11 |
| 9. | Davidson | 8 |
| 10. | The Citadel | 3 |
| 11. | UNCG | 1 |
| 12. | Wofford | 0 |

60-meter dash

| | |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU | 7.62 |
| 2. Demetrise Anthony, GSU | 7.69 |
| 3. Ashley McKiver, APP | 7.735 |
| 4. Jane't Carothers, WCU | 7.739 |
| 5. Crystal Dukes, APP | 7.81 |
| 6. Sherelle Fronberger, WCU | 7.87 |
| 7. Monica Johnson, APP | 7.88 |
| 8. Courtney Ware, GSU | 7.90 |

200-meter dash

| | |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU | 24.82 |
| 2. Sherelle Fronberger, WCU | 25.27 |
| 3. Jane't Carothers, WCU | 25.50 |
| 4. Emma Bowers, WCU | 25.51 |
| 5. Monica Johnson, APP | 25.59 |
| 6. Shalyn McMichael, WCU | 25.70 |
| 7. Danielle Thorpe, APP | 25.74 |
| -- Ashley McKiver, APP | DQ |

400-meter dash

| | |
|---------------------------|-------|
| 1. Jane't Carothers, WCU | 56.06 |
| 2. Shalyn McMichael, WCU | 56.48 |
| 3. Amy Salek, ELON | 56.85 |
| 4. Ashley Bush-Hardy, GSU | 56.87 |
| 5. Lynda Hiller, APP | 57.85 |
| 6. Asia Dunlap, APP | 58.41 |
| 7. Ashley Dance, SAM | 58.58 |
| 8. Mary Zolga, CofC | 58.74 |

800-meter run

| | |
|--------------------------|---------|
| 1. Monique Ositelu, FUR | 2:15.98 |
| 2. Lauran Anderson, UTC | 2:16.02 |
| 3. Alyssa D'Orazio, CofC | 2:16.94 |
| 4. Hillary Neal, SAM | 2:16.95 |
| 5. Cori Christensen, SAM | 2:17.24 |
| 6. Jordan Gaddy, WCU | 2:19.96 |
| 7. Megan Isaccs, WCU | 2:21.19 |
| 8. Annie Bailey, WCU | 2:22.70 |

Mile run

| | |
|-----------------------------|---------|
| 1. Hillary Neal, SAM | 4:59.19 |
| 2. Meghan Gaffney, APP | 5:01.53 |
| 3. Jennifer Povick, APP | 5:01.58 |
| 4. Anneli Uys, UTC | 5:02.90 |
| 5. Shelley Taylor, UTC | 5:07.88 |
| 6. Jessica Van Ausdall, SAM | 5:13.02 |
| 7. Emily Fournier, ELON | 5:13.11 |
| 8. Kristen Wolfe, CofC | 5:15.33 |

3,000-meter run

| | |
|--------------------------|----------|
| 1. Meghan Gaffney, APP | 9:47.21 |
| 2. Andrea Seccafien, SAM | 9:51.33 |
| 3. Jennifer Povick, APP | 9:53.41 |
| 4. Emily Fournier, ELON | 10:18.75 |
| 5. Erin Stoddard, CofC | 10:22.26 |
| 6. Shelley Taylor, UTC | 10:28.54 |
| 7. Jordyn Radke, UTC | 10:29.03 |
| 8. Sabrina Lefort, UTC | 10:31.66 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Andrea Seccafien, SAM | 17:55.94 |
| 2. Erin Stoddard, CofC | 18:03.30 |
| 3. Tara Gietema, UTC | 18:05.59 |
| 4. Meghan Gaffney, APP | 18:09.72 |
| 5. Sabrina Lefort, UTC | 18:16.78 |
| 6. Emily Fournier, ELON | 18:17.28 |
| 7. Emily King, DAV | 18:21.93 |
| 8. Allyson Costa, ELON | 18:23.04 |

60-meter hurdles

| | |
|-----------------------------|-------|
| 1. Morgan Tyler, SAM | 8.71 |
| 2. Lynnndsey Hyter, GSU | 8.79 |
| 3. Michelle Brutus, APP | 8.874 |
| 4. Kristin Olson, GSU | 8.878 |
| 5. Morgan Joseph, WCU | 8.99 |
| 6. Kiara Crutchfield, APP | 9.01 |
| 7. Porsha' Evans-Hardy, APP | 9.07 |
| 8. Tori Jones, WCU | 9.38 |

Distance medley

| | |
|--------------------------|----------|
| 1. Samford | 11:52.69 |
| 2. Appalachian State | 12:12.61 |
| 3. Chattanooga | 12:21.02 |
| 4. College of Charleston | 12:26.85 |
| 5. Western Carolina | 12:27.72 |
| 6. The Citadel | 12:44.33 |
| 7. Georgia Southern | 12:49.77 |
| 8. Furman | 12:51.27 |

4x400-meter relay

| | |
|--------------------------|---------|
| 1. Western Carolina | 3:48.01 |
| 2. Appalachian State | 3:52.42 |
| 3. Georgia Southern | 3:53.00 |
| 4. Samford | 3:56.30 |
| 5. College of Charleston | 4:03.69 |
| 6. Chattanooga | 4:06.78 |
| 7. Davidson | 4:09.54 |
| 8. UNCG | 4:16.22 |

High jump

| | |
|---------------------------|-------|
| 1. Emily Smith, CofC | 1.78m |
| 2. Melanie Trumbo, GSU | 1.68m |
| 3. Rebecca Hazeltine, APP | 1.68m |
| 4. Bridgette Hills, APP | 1.63m |
| 5. Alex Cassagnol, GSU | 1.58m |
| Jasmine Lightning, GSU | 1.58m |
| Crystal Dukes, APP | 1.58m |
| 8. Julie Ward, APP | 1.58m |

Long jump

| | |
|---------------------------|-------|
| 1. Lynnndsey Hyter, GSU | 5.97m |
| 2. Danielle Thorpe, APP | 5.76m |
| 3. Shaunta Hamilton, GSU | 5.71m |
| 4. Demetrise Anthony, GSU | 5.59m |
| 5. Tia Jones, WCU | 5.50m |
| 6. Veronica Day, ELON | 5.49m |
| 7. Bianca Harvey, APP | 5.48m |
| 8. Morgan Joseph, WCU | 5.44m |

Triple jump

| | |
|-----------------------------|--------|
| 1. Danielle Thorpe, APP | 12.68m |
| 2. Lynnndsey Hyter, GSU | 12.25m |
| 3. Tia Jones, WCU | 12.01m |
| 4. Shaunta Hamilton, GSU | 11.73m |
| 5. Morgan Tyler, SAM | 11.55m |
| 6. Crystal Dukes, APP | 11.48m |
| 7. Lauren Hawkesworth, ELON | 11.43m |
| 8. Kennesia Martin, DAV | 11.26m |

Shot put

| | |
|----------------------------|--------|
| 1. Whitney Smyre, APP | 13.14m |
| 2. Lily Tallent, APP | 12.79m |
| 3. Justine Robertson, ELON | 12.29m |
| 4. Carla Durham, APP | 12.20m |
| 5. Deidra Morrison, WCU | 12.14m |
| 6. Kittery Neale, DAV | 11.86m |
| 7. Crystal Dukes, APP | 11.81m |
| 8. Michaela McGriff, APP | 11.79m |

Weight throw

| | |
|----------------------------|--------|
| 1. Whitney Smyre, APP | 17.79m |
| 2. Chelsea McLean, WCU | 15.65m |
| 3. Michaela McGriff, APP | 15.64m |
| 4. Carla Durham, APP | 15.22m |
| 5. Justine Robertson, ELON | 14.58m |
| 6. Lily Tallent, APP | 14.10m |
| 7. Deirdra Morrison, WCU | 13.96m |
| 8. Alyssa Girvin, ELON | 13.68m |

Pole vault

| | |
|-------------------------|-------|
| 1. Julie Ward, APP | 3.60m |
| 2. Shea Snow, APP | 3.50m |
| 3. Ashley Beale, APP | 3.50m |
| 4. Megan Irwin, APP | 3.35m |
| 5. Jessica Cumbee, CofC | 3.20m |
| 6. Mary Barron, SAM | 3.20m |
| 7. Kassie McKie, WCU | 3.20m |
| 8. Jessie Wilson, WCU | 3.20m |

Pentathlon

| | |
|------------------------------|-------|
| 1. Lynnndsey Hyter, GSU | 3,551 |
| 2. Kiara Crutchfield, APP | 3,265 |
| 3. Alicia Gainey, WCU | 3,156 |
| 4. Jettana Thomas, WCU | 3,008 |
| 5. Christian McGuire, SAM | 2,979 |
| 6. Jacqueline Beliveau, ELON | 2,931 |
| 7. Carlyn Wright, WCU | 2,926 |
| 8. Brynne Johnson, CofC | 2,913 |

Individual Awards

Most Outstanding Track Performer

Jane't Carothers, Western Carolina

Most Outstanding Field Performer

Lynnndsey Hyter, Georgia Southern

Most Outstanding Athlete

Lynnndsey Hyter, Georgia Southern

Freshman of the Year

Emily Smith, College of Charleston

Coach of the Year

John Weaver, Appalachian State

2008 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolin | 263 |
| 2. | Appalachian State | 256.50 |
| 3. | Chattanooga | 47 |
| 4. | The Citadel | 38.50 |
| 5. | Davidson | 26 |
| 6. | Furman | 15 |
| 7. | UNCG | 8 |

60-meter dash

| | |
|----------------------------|------|
| 1. Manteo Mitchell, WCU | 6.81 |
| 2. Dominique Young, WCU | 6.85 |
| 3. Zeb Johnson, WCU | 6.87 |
| 4. Christian Bethune, WCU | 6.96 |
| 5. Daniel Neal, APP | 6.99 |
| 6. Phillip Bush, APP | 7.04 |
| 7. Ricky Harris, APP | 7.05 |
| 8. Thomas Funderburke, WCU | 7.10 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Manteo Mitchell, WCU | 21.52 |
| 2. Zeb Johnson, WCU | 21.70 |
| 3. Dominique Young, WCU | 21.99 |
| 4. John Oros, WCU | 22.33 |
| 5. Duke Craig, WCU | 22.35 |
| 6. Phillip Bush, APP | 22.37 |
| 7. Mark Sturgiss, APP | 22.44 |
| 8. Christian Bethune, WCU | 23.17 |

400-meter dash

| | |
|----------------------------|-------|
| 1. Manteo Mitchell, WCU | 49.12 |
| 2. John Oros, WCU | 50.17 |
| 3. Thomas Funderburke, WCU | 50.35 |
| 4. Zeb Johnson, WCU | 50.64 |
| 5. Duke Craig, WCU | 50.87 |
| 6. Jonathan Vallejo, CIT | 51.14 |
| 7. Bryan Hladik, CIT | 51.16 |
| 8. Nick Zeller, APP | 51.33 |

800-meter run

| | |
|------------------------|---------|
| 1. Drew Tucker, WCU | 1:56.93 |
| 2. Michael Danehy, UTC | 1:57.27 |
| 3. Stephen George, UTC | 1:57.62 |
| 4. Aaron Grant, WCU | 1:57.75 |
| 5. Josh Houser, APP | 1:57.87 |
| 6. Andrew Yarchin, APP | 1:58.32 |
| 7. Blake Ketron, UTC | 1:59.95 |
| 8. Patrick Morgan, FUR | 2:01.87 |

Mile run

| | |
|--------------------------|---------|
| 1. Michael Mentz, UTC | 4:13.99 |
| 2. Josh Houser, APP | 4:14.20 |
| 3. Brian Deal, APP | 4:14.87 |
| 4. Phillip Mitchell, APP | 4:15.93 |
| 5. Patrick Morgan, FUR | 4:17.90 |
| 6. Alex Hoyt, DAV | 4:18.08 |
| 7. Alec Meyer, APP | 4:19.62 |
| 8. Matt Baltimore, UTC | 4:19.75 |

3,000-meter run

| | |
|--------------------------|---------|
| 1. Brian Deal, APP | 8:27.41 |
| 2. Michael Mentz, UTC | 8:29.81 |
| 3. Phillip Mitchell, APP | 8:34.05 |
| 4. Asmeron Desta, APP | 8:34.73 |
| 5. Alex Hoyt, DAV | 8:35.69 |
| 6. Ryan O'Keefe, APP | 8:36.22 |
| 7. Thad Sieracki, DAV | 8:36.55 |
| 8. Alec Meyer, APP | 8:44.67 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Brian Deal, APP | 14:53.74 |
| 2. Asmeron Desta, APP | 15:00.95 |
| 3. Phillip Mitchell, APP | 15:02.75 |
| 4. Ryan O'Keefe, APP | 15:06.98 |
| 5. Thad Sieracki, DAV | 15:07.68 |
| 6. Alex Plasencia, FUR | 15:11.81 |
| 7. Michael Mentz, UTC | 15:13.83 |
| 8. Blair Teal, APP | 15:14.41 |

60-meter hurdles

| | |
|---------------------------|------|
| 1. Daniel Neal, APP | 8.05 |
| 2. Phillip Bush, APP | 8.33 |
| 3. Jamel Brown, CIT | 8.44 |
| 4. Christian Bethune, WCU | 8.49 |
| 5. Matt Boruff, APP | 8.54 |
| 6. Jordan Blazer, WCU | 8.57 |
| 7. David Gift, WCU | 8.89 |
| 8. Sean Reardon, WCU | 9.09 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 10:18.42 |
| 2. UNCG | 10:19.95 |
| 3. Western Carolina | 10:25.99 |
| 4. Chattanooga | 10:26.51 |
| 5. The Citadel | 10:43.81 |
| 6. Furman | 10:51.68 |
| 7. Davidson | 10:54.46 |

4x400-meter relay

| | |
|---------------------|---------|
| 1. Western Carolina | 3:22.59 |
| 2. The Citadel | 3:24.58 |
| 3. Davidson | 3:28.74 |
| 4. Chattanooga | 3:31.00 |
| 5. Furman | 3:43.78 |

High jump

| | |
|------------------------|-------|
| 1. Daniel Joesph, WCU | 1.95m |
| 2. Rashad Herndon, WCU | 1.95m |
| 3. Matt Evans, WCU | 1.95m |
| 4. James Harris, CIT | 1.90m |
| Chris Gaillard, WCU | 1.90m |
| 6. Ricky Harris, APP | 1.85m |
| 7. David Gift, WCU | 1.80m |

Long jump

| | |
|------------------------|-------|
| 1. Joel Gaddy, APP | 7.05m |
| 2. Ricky Harris, APP | 6.99m |
| 3. Mark Sturgiss, APP | 6.97m |
| 4. Chris Gaillard, WCU | 6.93m |
| 5. Rashad Herndon, WCU | 6.92m |
| 6. Phillip Bush, APP | 6.87m |
| 7. Alex Dollard, WCU | 6.82m |
| 8. Daniel Joseph, WCU | 6.73m |

Triple jump

| | |
|---------------------------|--------|
| 1. Joel Gaddy, APP | 15.54m |
| 2. Daniel Joseph, WCU | 15.12m |
| 3. Mark Sturgis, APP | 15.00m |
| 4. Chris Gaillard, WCU | 14.30m |
| 5. Rashad Herndon, WCU | 13.94m |
| 6. Kwame Som-Pimpong, DAV | 13.89m |
| 7. Ricky Harris, APP | 13.75m |
| 8. Alex Dollard, WCU | 13.65m |

Shot put

| | |
|------------------------|--------|
| 1. Patrick Morris, WCU | 15.32m |
| 2. Wes Kiser, APP | 15.19m |
| 3. Cale McDaniel, WCU | 15.05m |
| 4. Chris Page, WCU | 14.91m |
| 5. Quintin Turner, CIT | 14.56m |
| 6. Jerod Gardner, APP | 14.35m |
| 7. Malcolm Styers, APP | 13.83m |
| 8. Grant Haun, APP | 13.03m |

Weight throw

| | |
|-------------------------|--------|
| 1. Wes Kiser, APP | 18.61m |
| 2. Grant Haun, APP | 16.84m |
| 3. Timothy Daly, APP | 16.74m |
| 4. Cale McDaniel, WCU | 15.81m |
| 5. Chris Page, WCU | 15.73m |
| 6. Jerod Gardner, APP | 15.61m |
| 7. Will Funderburg, DAV | 14.19m |
| 8. Quintin Turner, CIT | 13.31m |

Pole vault

| | |
|----------------------|-------|
| 1. Mike Wilson, APP | 4.70m |
| 2. Mike O'Steen, WCU | 4.60m |
| 3. Barron Shell, APP | 4.60m |
| 4. Zach Smith, APP | 4.45m |
| 5. Logan James, WCU | 4.45m |
| 6. Sean Reardon, WCU | 4.30m |
| Ryan Twiford, APP | 4.30m |

Heptathlon

| | |
|-----------------------|-------|
| 1. Matt Boruff, APP | 4,720 |
| 2. Sean Reardon, WCU | 4,460 |
| 3. Matt Evans, WCU | 4,426 |
| 4. David Gift, WCU | 4,122 |
| 5. Barron Shell, APP | 3,842 |
| 6. Brian Baize, CIT | 3,828 |
| 7. Caleb Moore, CIT | 3,374 |
| 8. Jose Trinidad, CIT | 2,934 |

Individual Awards

Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

Most Outstanding Field Performer

Joel Gaddy, Appalachian State

Most Outstanding Performer

Manteo Mitchell, Western Carolina

Freshman of the Year

Drew Tucker, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2008 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Western Carolina | 172 |
| 2. | Appalachian State | 167 |
| 3. | Georgia Southern | 120 |
| 4. | Chattanooga | 78 |
| 5. | Elon | 35 |
| 6. | Davidson | 32 |
| 7. | College of Charleston | 23 |
| 8. | The Citadel | 22 |
| 9. | Furman | 14 |

60-meter dash

| | | |
|----|--------------------------|------|
| 1. | Tangelia Johnson, WCU | 7.57 |
| 2. | Demetris Anthony, GSU | 7.57 |
| 3. | Ashley McKiver, APP | 7.61 |
| 4. | Felicia Paulding, WCU | 7.67 |
| 5. | Sherelle Fronberger, WCU | 7.81 |
| 6. | Vonteena Knotts, APP | 7.83 |
| 7. | Monica Johnson, APP | 8.00 |
| 8. | Raquel Ramseur, WCU | 8.03 |

200-meter dash

| | | |
|----|--------------------------|-------|
| 1. | Raquel Ramseur, WCU | 24.87 |
| 2. | Jane't Carothers, WCU | 24.96 |
| 3. | Ashley McKiver, APP | 25.19 |
| 4. | Sherelle Fronberger, WCU | 25.30 |
| 5. | Shamyria Ortiz, GSU | 25.37 |
| 6. | Tangelia Johnson, WCU | 25.48 |
| 7. | Felicia Paulding, WCU | 25.51 |
| 8. | Jodi Whittle, CIT | 25.83 |

400-meter dash

| | | |
|----|------------------------|-------|
| 1. | Raquel Ramseur, WCU | 56.65 |
| 2. | Carla Ballard, GSU | 56.77 |
| 3. | Jane't Carothers, WCU | 56.81 |
| 4. | Ashley Bush-Hardy, GSU | 58.15 |
| 5. | Amanda Alexander, UTC | 59.19 |
| 6. | London Ryles, GSU | 59.42 |
| 7. | Aneesha Lane, WCU | 60.82 |
| 8. | Shalyn McMichael, WCU | 64.56 |

800-meter run

| | | |
|----|------------------------|---------|
| 1. | Kerri Savery, WCU | 2:12.26 |
| 2. | Emily Wood, UTC | 2:14.34 |
| 3. | Jennine Strange, ELON | 2:14.54 |
| 4. | Shauntel Jennings, GSU | 2:16.43 |
| 5. | Jennifer Povick, APP | 2:16.93 |
| 6. | Kala Robertson, APP | 2:18.69 |
| 7. | Annie Bailey, WCU | 2:18.70 |
| 8. | Megan Issacs, WCU | 2:21.24 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Kerri Savery, WCU | 5:04.26 |
| 2. | Jennifer Povick, APP | 5:07.15 |
| 3. | Shelley Taylor, UTC | 5:07.43 |
| 4. | Megan Isaccs, WCU | 5:07.84 |
| 5. | Sabrina Lefort, UTC | 5:09.90 |
| 6. | Charlotte Walsh, APP | 5:12.73 |
| 7. | Jordan Gaddy, WCU | 5:13.86 |
| 8. | Emily Wood, UTC | 5:13.96 |

3,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Shelley Taylor, UTC | 10:05.02 |
| 2. | Kathleen Turchin, UTC | 10:05.12 |
| 3. | Sabrina Lefort, UTC | 10:07.23 |
| 4. | Caroline Sanker, DAV | 10:08.59 |
| 5. | Brenna Burns, DAV | 10:09.78 |
| 6. | Tara Gietema, UTC | 10:16.92 |
| 7. | Emily Fournier, ELON | 10:21.97 |
| 8. | Jordyn Radke, UTC | 10:27.42 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Brenna Burns, DAV | 17:18.56 |
| 2. | Caroline Sanker, DAV | 17:30.01 |
| 3. | Kathleen Turchin, UTC | 17:51.01 |
| 4. | Shelley Taylor, UTC | 17:58.48 |
| 5. | Jennifer Povick, APP | 17:58.98 |
| 6. | Megan Lordi, FUR | 18:03.62 |
| 7. | Sabrina Lefort, UTC | 18:13.20 |
| 8. | Megal Atias, DAV | 18:14.09 |

60-meter hurdles

| | | |
|----|--------------------------|------|
| 1. | Dominique Price, ELON | 8.84 |
| 2. | Porsha' Evans-Hardy, APP | 9.01 |
| 3. | Nashay McGriff, WCU | 9.08 |
| 4. | Kristin Olson, GSU | 9.12 |
| 5. | Rashanda Simmons, WCU | 9.14 |
| 6. | Amber Wilson, GSU | 9.23 |
| 7. | Lathcha Sanders, CIT | 9.24 |
| 8. | Kiara Crutchfield, APP | 9.27 |

Distance medley

| | | |
|----|-----------------------|----------|
| 1. | Western Carolina | 12:09.60 |
| 2. | Chattanooga | 12:23.71 |
| 3. | Appalachian State | 12:24.42 |
| 4. | College of Charleston | 12:36.57 |
| 5. | Georgia Southern | 12:41.15 |
| 6. | Elon | 12:42.75 |
| 7. | Davidson | 12:43.26 |
| 8. | The Citadel | 12:48.86 |

4x400-meter relay

| | | |
|----|-----------------------|---------|
| 1. | Western Carolina | 3:47.17 |
| 2. | Georgia Southern | 3:50.09 |
| 3. | Chattanooga | 3:57.84 |
| 4. | Elon | 3:58.65 |
| 5. | College of Charleston | 4:02.17 |
| 6. | Appalachian State | 4:04.56 |
| 7. | Davidson | 4:07.28 |
| 8. | Furman | 4:08.70 |

High jump

| | | |
|----|------------------------|-------|
| 1. | Jessika Johnson, WCU | 1.66m |
| 2. | Rebecca Hazeltine, APP | 1.63m |
| 2. | Melanie Trumbo, GSU | 1.63m |
| 4. | Amber Wilson, GSU | 1.60m |
| 5. | Jasmine Lightning, GSU | 1.55m |
| 6. | Angela Stark, WCU | 1.55m |
| 7. | Julie Ward, APP | 1.55m |
| | Bridget Hills, APP | 1.55m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Vonteena Knotts, APP | 5.81m |
| 2. | Shaunta Hamilton, GSU | 5.71m |
| 3. | Bianca Harvey, APP | 5.62m |
| 4. | Danielle Thorpe, APP | 5.58m |
| 5. | Demetris Anthony, GSU | 5.54m |
| 6. | Tia Jones, WCU | 5.53m |
| 7. | Veronica Day, ELON | 5.48m |
| 8. | Kiara Crutchfield, APP | 5.47m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Chibuzo Aguocha, FUR | 12.52m |
| 2. | Danielle Thorpe, APP | 12.50m |
| 3. | Tia Jones, WCU | 12.21m |
| 4. | Demetris Anthony, GSU | 12.12m |
| 5. | Shaunta Hamilton, GSU | 11.99m |
| 6. | Lynnsey Hyter, GSU | 11.83m |
| 7. | Michelle Uzoh, GSU | 11.50m |
| 8. | Nashay McGriff, WCU | 11.50m |

Shot put

| | | |
|----|-------------------------|--------|
| 1. | Brittani Williams, APP | 14.72m |
| 2. | Jennifer Charles, GSU | 13.24m |
| 3. | Lathcha Sanders, CIT | 13.01m |
| 4. | Nicole Lopez, WCU | 12.87m |
| 5. | Justine Robertson, ELON | 12.15m |
| 6. | Krystal Paszkeicz, ELON | 12.14m |
| 7. | Chelsea McLean, WCU | 12.03m |
| 8. | Lily Tallent, APP | 11.87m |

Weight throw

| | | |
|----|-------------------------|--------|
| 1. | Brittani Williams, APP | 18.05m |
| 2. | Nicole Lopez, WCU | 16.44m |
| 3. | Whitney Smyre, APP | 15.68m |
| 4. | Adrienne Alexander, APP | 15.48m |
| 5. | Monique Edwards, CIT | 15.36m |
| 6. | Jessica Irizzary, GSU | 15.04m |
| 7. | Jennifer Charles, GSU | 14.32m |
| 8. | Tara Tounzen, WCU | 13.45m |

Pole vault

| | | |
|----|------------------------|-------|
| 1. | Shea Snow, APP | 3.70m |
| 2. | Kaitlyn Heeke, APP | 3.50m |
| | Ashley Beale, APP | 3.50m |
| 4. | Summer Chambless, CofC | 3.40m |
| 5. | Megan Irwin, APP | 3.40m |
| 6. | Julie Ward, APP | 3.30m |
| 7. | Melissa Cabe, WCU | 3.15m |
| 8. | Jessica Cumbee, CofC | 3.00m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Melanie Trumbo, GSU | 3,248 |
| 2. | Lathcha Sanders, CIT | 3,210 |
| 3. | Kiara Crutchfield, APP | 3,166 |
| 4. | Brynne Johnson, CofC | 3,063 |
| 5. | Nashay McGriff, WCU | 3,035 |
| 6. | Isabel Boersma, CofC | 3,020 |
| 7. | Serenity Thompson, GSU | 2,962 |
| 8. | Crystal Dukes, APP | 2,943 |

Individual Awards

Outstanding Track Performer

Kerrie Savery, Western Carolina

Outstanding Field Performer

Brittani Williams, Appalachian State

Most Outstanding Performer

Kerrie Savery, Western Carolina

Freshman of the Year

Kara Krutchfield, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2007 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 272.50 |
| 2. | Western Carolina | 232.50 |
| 3. | Davidson | 57 |
| 4. | Chattanooga | 32 |
| 5. | The Citadel | 27 |
| 6. | UNCG | 23 |

60-meter dash

| | | |
|----|-------------------------|------|
| 1. | Albert Ashcraft, WCU | 6.91 |
| 2. | Charles Derrickson, APP | 6.94 |
| 3. | Dominique Young, WCU | 6.97 |
| 4. | Daniel Neal, APP | 6.99 |
| 5. | Kevin Johnson, WCU | 7.04 |
| 6. | Brandon Golder, UTC | 7.06 |
| 7. | Manteo Mitchell, WCU | 7.09 |
| 8. | Zeb Johnson, WCU | 7.24 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Zeb Johnson, WCU | 21.88 |
| 2. | Dominique Young, WCU | 21.93 |
| 3. | Manteo Mitchell, WCU | 22.17 |
| 4. | Jordan Hazard, UTC | 22.27 |
| 5. | Charles Derrickson, APP | 22.32 |
| 6. | James Gregory, WCU | 22.73 |
| 7. | Kevin Johnson, WCU | 22.87 |
| 8. | Quintin Wright, CIT | 22.92 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Manteo Mitchell, WCU | 49.42 |
| 2. | Zeb Johnson, WCU | 49.54 |
| 3. | Greg McCain, APP | 50.07 |
| 4. | James Gregory, WCU | 50.10 |
| 5. | Michael Malone, WCU | 50.51 |
| 6. | David Ritchie, DAV | 50.81 |
| 7. | Johnny Svoboda, APP | 51.68 |
| 8. | David Cherry, APP | 52.59 |

800-meter run

| | | |
|----|------------------------|---------|
| 1. | Jeff Williams, UNCG | 1:54.05 |
| 2. | Adam Van Nortwick, APP | 1:54.44 |
| 3. | Douglas Noreen, DAV | 1:55.95 |
| 4. | Jestin Jennings, WCU | 1:56.30 |
| 5. | Rance Shuler, APP | 1:56.41 |
| 6. | Josh Houser, APP | 1:56.61 |
| 7. | Blake Ketron, UTC | 1:57.24 |
| 8. | Aaron Grant, WCU | 1:57.57 |

Mile run

| | | |
|----|------------------------|---------|
| 1. | Adam Van Nortwick, APP | 4:14.34 |
| 2. | Michael Mentz, UTC | 4:17.64 |
| 3. | Douglas Noreen, DAV | 4:18.11 |
| 4. | Phillip Mitchell, APP | 4:18.19 |
| 5. | Josh Houser, APP | 4:18.38 |
| 6. | Tim Clark, UTC | 4:21.65 |
| 7. | Alex Hoyt, DAV | 4:25.97 |
| 8. | Ryan Rodd, UNCG | 4:26.30 |

3,000-meter run

| | | |
|----|------------------------|---------|
| 1. | Adam Van Nortwick, APP | 8:34.68 |
| 2. | Phillip Mitchell, APP | 8:35.28 |
| 3. | Lance Harden, DAV | 8:36.70 |
| 4. | Ryan O'Keefe, APP | 8:40.67 |
| 5. | Asmeron Desta, APP | 8:44.16 |
| 6. | Brendon Helms, APP | 8:44.51 |
| 7. | Alex Hoyt, DAV | 8:44.92 |
| 8. | Brendan Kight, CIT | 9:00.56 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Brendon Helms, APP | 15:00.77 |
| 2. | Phillip Mitchell, APP | 15:01.96 |
| 3. | Ryan O'Keefe, APP | 15:03.34 |
| 4. | Lance Harden, DAV | 15:04.51 |
| 5. | Tim Clark, UTC | 15:08.62 |
| 6. | Matt Harlfinger, APP | 15:11.84 |
| 7. | Xavier Rutz, UNCG | 15:12.11 |
| 8. | Josh Wyatt, UNCG | 15:20.89 |

60-meter hurdles

| | | |
|----|-------------------------|------|
| 1. | Charles Derrickson, APP | 7.95 |
| 2. | Daniel Neal, APP | 8.24 |
| 3. | Michael Malone, WCU | 8.28 |
| 4. | Matt Harlfinger, WCU | 8.42 |
| 5. | Jamel Brown, CIT | 8.44 |
| 6. | Matt Boruff, APP | 8.71 |
| 7. | Ashton Bennett, WCU | 8.72 |
| 8. | David Gift, WCU | 8.99 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Appalachian State | 10:19.14 |
| 2. | UNCG | 10:19.91 |
| 3. | The Citadel | 10:27.27 |
| 4. | Western Carolina | 10:47.79 |
| 5. | Davidson | 10:51.50 |
| -- | Chattanooga | DNF |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:23.58 |
| 2. | Davidson | 3:24.29 |
| 3. | The Citadel | 3:24.68 |
| 4. | Appalachian State | 3:28.77 |
| 5. | Chattanooga | 3:30.21 |

High jump

| | | |
|----|----------------------|-------|
| 1. | Matt Evans, WCU | 2.03m |
| 2. | Daniel Joseph, WCU | 1.93m |
| 3. | Rashad Herndon, WCU | 1.88m |
| 3. | Dan Smith, APP | 1.88m |
| 5. | Matt Harlfinger, WCU | 1.88m |
| 6. | David Gift, WCU | 1.83m |
| 7. | Ricky Harris, APP | 1.78m |

Long jump

| | | |
|----|--------------------------|-------|
| 1. | Ricky Harris, APP | 7.19m |
| 2. | Joel Gaddy, APP | 7.12m |
| 3. | Rashad Herndon, WCU | 6.74m |
| 4. | Brandon Golder, UTC | 6.68m |
| 5. | John Bialas, DAV | 6.64m |
| 6. | Ramon Jobson-Brown, UNCG | 6.55m |

Triple jump

| | | |
|----|------------------------|--------|
| 1. | Joel Gaddy, APP | 14.73m |
| 2. | Ricky Harris, APP | 14.03m |
| 3. | Tyler Ferguson, WCU | 13.95m |
| 4. | Daniel Joseph, WCU | 13.84m |
| 5. | Rashad Herndon, WCU | 13.76m |
| 6. | Lee Banks, WCU | 13.44m |
| 7. | Kwame Som-Pimpong, DAV | 13.30m |
| 8. | Matt Evans, WCU | 12.84m |

Shot put

| | | |
|----|----------------------|--------|
| 1. | Wes Kiser, APP | 15.56m |
| 2. | Will Funderburg, DAV | 15.24m |
| 3. | Chris Page, WCU | 14.44m |
| 4. | Grant Haun, APP | 14.07m |
| 5. | Alex Croskey, CIT | 13.97m |
| 6. | Kenton Stephens, CIT | 13.96m |
| 7. | Shamar Allen, WCU | 13.30m |
| 8. | Cale McDaniel, WCU | 12.90m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Wes Kiser, APP | 17.63m |
| 2. | Grant Haun, APP | 16.59m |
| 3. | Chris Page, WCU | 15.07m |
| 4. | Daniel Fioramonti, APP | 14.58m |
| 5. | Shamar Allen, WCU | 14.19m |
| 6. | Jim Walter, DAV | 14.19m |
| 7. | Alex Croskey, CIT | 14.09m |
| 8. | Cale McDaniel, WCU | 13.39m |

Pole vault

| | | |
|----|-----------------------|-------|
| 1. | Barron Shell, APP | 4.56m |
| 2. | Justin Hunnicutt, APP | 4.41m |
| 3. | Joel Lynch, WCU | 4.26m |
| 4. | Joe Irvin, APP | 4.26m |
| 5. | Mike O'Steen, WCU | 4.11m |
| 6. | Matt Boruff, APP | 4.11m |
| 7. | Matt Harlfinger, WCU | 3.06m |
| | David Gift, WCU | 3.06m |

Heptathlon

| | | |
|----|----------------------|-------|
| 1. | Matt Harlfinger, WCU | 4,620 |
| 2. | Matt Boruff, APP | 4,545 |
| 3. | David Gift, WCU | 4,443 |
| 4. | Ashton Bennett, WCU | 4,421 |
| 5. | Josh Cox, APP | 1,269 |

Individual Awards

Most Outstanding Track Performer
Adam Van Nortwick, Appalachian State

Most Outstanding Field Performer
Wes Kiser, Appalachian State

Coach of the Year
John Weaver, Appalachian State

2007 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 261 |
| 2. | Western Carolina | 159.50 |
| 3. | Georgia Southern | 122.50 |
| 4. | Chattanooga | 46 |
| 5. | Furman | 42 |
| 6. | Elon | 40 |
| 7. | The Citadel | 38 |
| 8. | Davidson | 37 |
| 9. | College of Charleston | 16 |

60-meter dash

| | | |
|----|--------------------------|------|
| 1. | Nicole Brown, GSU | 7.60 |
| 2. | Tangelia Johnson, WCU | 7.63 |
| 3. | Ashley McKiver, APP | 7.75 |
| 4. | Raquel Ramseur, WCU | 7.77 |
| 5. | Vonteena Knotts, APP | 7.78 |
| 6. | Demetrise Anthony, GSU | 7.85 |
| 7. | Sherelle Fronberger, WCU | 7.86 |
| 8. | Shamyria Ortiz, GSU | 7.90 |

200-meter dash

| | | |
|----|--------------------------|-------|
| 1. | Nicole Brown, GSU | 24.43 |
| 2. | Raquel Ramseur, WCU | 24.53 |
| 3. | Sherelle Fronberger, WCU | 25.37 |
| 4. | Monica Johnson, APP | 25.54 |
| 5. | Ashley McKiver, APP | 25.58 |
| 6. | Alexis Moore, CIT | 25.86 |
| 7. | Tangelia Johnson, WCU | 26.05 |
| 8. | Vonteena Knotts, APP | 26.17 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Raquel Ramseur, WCU | 56.33 |
| 2. | Asia Davis, WCU | 57.26 |
| 3. | Rashedah Arnold, GSU | 57.87 |
| 4. | Lynda Hiller, APP | 58.09 |
| 5. | Aneesha Lane, WCU | 58.16 |
| 6. | Carla Ballard, GSU | 58.79 |
| 7. | Chanel McFadden, APP | 59.15 |
| 8. | Amber Wilson, GSU | 59.80 |

800-meter run

| | | |
|----|----------------------|---------|
| 1. | Kerri Savery, WCU | 2:12.83 |
| 2. | McKenzie Sharpe, FUR | 2:14.95 |
| 3. | Emily Wood, UTC | 2:16.85 |
| 4. | Rebecca Mullen, FUR | 2:18.27 |
| 5. | Lindsey Barker, FUR | 2:20.50 |
| 6. | Kala Robertson, APP | 2:20.84 |
| 7. | Anna Baker, APP | 2:22.85 |
| 8. | Jennifer Povick, APP | 2:29.34 |

Mile run

| | | |
|----|-----------------------|---------|
| 1. | Meghan Gaffney, APP | 5:00.88 |
| 2. | Nettie Halcomb, UTC | 5:03.71 |
| 3. | Deanna Kulesz, WCU | 5:05.48 |
| 4. | Kerri Savery, WCU | 5:05.49 |
| 5. | Kasey Smith, APP | 5:07.73 |
| 6. | Kathleen Turchin, UTC | 5:10.08 |
| 7. | Hannah Parks, APP | 5:12.78 |
| 8. | Amy Laughlin, CofC | 5:13.27 |

3,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Brenna Burns, DAV | 9:53.83 |
| 2. | Kasey Smith, APP | 9:56.76 |
| 3. | Jenna Wrieden, APP | 9:57.14 |
| 4. | Lanni Marchant, UTC | 10:01.59 |
| 5. | Deanna Kulesz, WCU | 10:02.80 |
| 6. | Hannah Parks, APP | 10:03.39 |
| 7. | Meghan Gaffney, APP | 10:05.16 |
| 8. | Caroline Sanker, DAV | 10:13.97 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Lanni Marchant, UTC | 17:02.49 |
| 2. | Brenna Burns, DAV | 17:08.63 |
| 3. | Jenna Wrieden, APP | 17:26.46 |
| 4. | Kasey Smith, APP | 17:38.96 |
| 5. | Anna Mae Flynn, ELON | 17:44.19 |
| 6. | Nettie Halcomb, UTC | 17:55.28 |
| 7. | Emily King, DAV | 18:07.76 |
| 8. | Katie Williams, UTC | 18:11.85 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Dominique Price, ELON | 8.67 |
| 2. | Asia Davis, WCU | 8.79 |
| 3. | Amber Wilson, GSU | 8.93 |
| 4. | Lauren Jacobs, GSU | 9.06 |
| 5. | Nashay McGriff, WCU | 9.10 |
| 6. | Kristen Meister, DAV | 9.37 |
| 7. | Rashanda Simmons, WCU | 9.37 |

Distance medley

| | | |
|----|-----------------------|----------|
| 1. | Chattanooga | 12:11.88 |
| 2. | Appalachian State | 12:14.31 |
| 3. | Western Carolina | 12:17.70 |
| 4. | Furman | 12:18.81 |
| 5. | College of Charleston | 12:42.57 |
| 6. | Elon | 12:54.20 |
| 7. | The Citadel | 12:55.02 |
| 8. | Georgia Southern | 12:55.35 |

4x400-meter relay

| | | |
|----|-----------------------|---------|
| 1. | Western Carolina | 3:48.28 |
| 2. | Georgia Southern | 3:49.70 |
| 3. | Appalachian State | 3:58.44 |
| 4. | The Citadel | 4:03.52 |
| 5. | Furman | 4:04.83 |
| 6. | Davidson | 4:05.31 |
| 7. | Elon | 4:07.02 |
| 8. | College of Charleston | 4:07.14 |

High jump

| | | |
|----|------------------------|-------|
| 1. | Kristen Meister, DAV | 1.81m |
| 2. | Jessika Johnson, WCU | 1.68m |
| 3. | Meg Phillips, APP | 1.63m |
| 4. | Heather Collier, CofC | 1.58m |
| 5. | Melanie Trumbo, GSU | 1.58m |
| 6. | Jasmine Lightning, GSU | 1.58m |
| 7. | Nashay McGriff, WCU | 1.53m |
| | Amber Wilson, GSU | 1.53m |

Long jump

| | | |
|----|----------------------|-------|
| 1. | Nicole Brown, GSU | 6.15m |
| 2. | Chibuzo Aguocha, FUR | 5.94m |
| 3. | Vonteena Knotts, APP | 5.81m |
| 4. | Danielle Thorpe, APP | 5.72m |
| 5. | Monique Vines, ELON | 5.70m |
| 6. | Lauren Jacobs, GSU | 5.68m |
| 7. | Tia Jones, WCU | 5.56m |
| 8. | Morgan Joseph, WCU | 5.41m |

Triple jump

| | | |
|----|------------------------|--------|
| 1. | Nicole Brown, GSU | 12.76m |
| 2. | Chibuzo Aguocha, FUR | 12.35m |
| 3. | Vonteena Knotts, APP | 12.17m |
| 4. | Danielle Thorpe, APP | 11.91m |
| 5. | Brittany Chase, GSU | 11.86m |
| 6. | Demetrise Anthony, GSU | 11.71m |
| 7. | Lauren Jacobs, GSU | 11.53m |
| 8. | Morgan Broadnax, WCU | 11.48m |

Shot put

| | | |
|----|-------------------------|--------|
| 1. | Brittani Williams, APP | 14.54m |
| 2. | Stephanie McNeill, CIT | 14.15m |
| 3. | Emily Greeson, GSU | 13.54m |
| 4. | Lily Tallent, APP | 12.69m |
| 5. | Nicole Lopez, WCU | 12.40m |
| 6. | Sharhonda Bell, WCU | 12.11m |
| 7. | Shaniqua Wallace, APP | 12.11m |
| 8. | Adrienne Alexander, APP | 12.01m |

Weight throw

| | | |
|----|------------------------|--------|
| 1. | Stephanie McNeill, CIT | 16.30m |
| 2. | Nicole Lopez, WCU | 16.05m |
| 3. | Monique Pitts, GSU | 15.75m |
| 4. | Emily Greeson, GSU | 15.50m |
| 5. | Jessica Irizzary, GSU | 15.12m |
| 6. | Whitney Smyre, APP | 15.05m |
| 7. | Monique Edwards, CIT | 14.94m |
| 8. | Shaniqua Wallace, APP | 14.16m |

Pole vault

| | | |
|----|------------------------|-------|
| 1. | Jessica Clending, ELON | 3.97m |
| 2. | Shea Snow, APP | 3.65m |
| 3. | Melissa Cabe, WCU | 3.35m |
| 4. | Kaitlyn Heeke, APP | 3.20m |
| 5. | Summer Chambless, CofC | 3.20m |
| 6. | Julie Ward, APP | 3.20m |
| 7. | Megan Irwin, APP | 3.05m |
| 8. | Jessica Cumbee, CofC | 2.90m |

Petathlon

| | | |
|----|------------------------|-------|
| 1. | Nashay McGriff, WCU | 3,226 |
| 2. | Lathcha Sanders, CIT | 3,096 |
| 3. | Kimberly Abel, ELON | 3,056 |
| 4. | Morgan Broadnax, WCU | 3,023 |
| 5. | Melanie Trumbo, GSU | 3,001 |
| 6. | Carla Ballard, GSU | 2,941 |
| 7. | Jessica Wilkerson, WCU | 2,768 |
| 8. | Lauren Connelly, ELON | 2,738 |

Individual Awards

Most Outstanding Track Performer

Brenna Burns, Davidson

Most Outstanding Field Performer

Nicole Brown, Georgia Southern

Freshman of the Year

Kristen Meister, Davidson

Coach of the Year

Danny Williamson, Western Carolina

2006 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 277 |
| 2. | Appalachian State | 213 |
| 3. | The Citadel | 43 |
| 4. | Chattanooga | 40 |
| 5. | Davidson | 33 |
| 6. | UNCG | 30 |
| 7. | Wofford | 13 |

60-meter dash

| | |
|-------------------------|------|
| 1. Zeb Johnson, WCU | 6.85 |
| 2. Manteo Mitchell, WCU | 6.91 |
| 3. Kevin Johnson, WCU | 6.93 |
| 4. Michael Malone, WCU | 6.94 |
| 5. Milton Bolton, WCU | 6.94 |
| 6. Thomas Pressley, CIT | 7.00 |
| 7. Quintin Wright, CIT | 7.00 |
| 8. Charles White, APP | 7.21 |

200-meter dash

| | |
|----------------------------|-------|
| 1. Zeb Johnson, WCU | 21.83 |
| 2. Milton Bolton, WCU | 22.01 |
| 3. Kevin Johnson, WCU | 22.21 |
| 4. Charles Derrickson, APP | 22.29 |
| 5. Michael Malone, WCU | 22.53 |
| 6. Manteo Mitchell, WCU | 22.63 |
| 7. James Gregory, WCU | 22.74 |
| 8. Mark Sturgis, APP | 22.97 |

400-meter dash

| | |
|----------------------------|-------|
| 1. Milton Bolton, WCU | 49.32 |
| 2. Zeb Johnson, WCU | 49.34 |
| 3. Manteo Mitchell, WCU | 49.67 |
| 4. Jonathan Vallejo, CIT | 50.40 |
| 5. Charles Derrickson, APP | 50.79 |
| 6. James Gregory, WCU | 51.18 |
| 7. Greg McCain, APP | 51.27 |
| -- David Ritchie, DAV | DQ |

800-meter run

| | |
|---------------------------|---------|
| 1. Jeff Williams, UNCG | 1:53.57 |
| 2. Dan Fassinger, WCU | 1:54.68 |
| 3. Marcus Butler, CIT | 1:54.72 |
| 4. Adam Puett, WCU | 1:54.99 |
| 5. Douglas Noreen, DAV | 1:55.41 |
| 6. Michael Mentz, UTC | 1:55.90 |
| 7. Brad Troxell, DAV | 1:56.02 |
| 8. Jordan Longstreth, UTC | 1:58.27 |

Mile run

| | |
|--------------------------------|---------|
| 1. Dan Fassinger, WCU | 4:18.07 |
| 2. Adam Puett, WCU | 4:18.16 |
| 3. Adam Van Nortwick, APP | 4:18.99 |
| 4. Nick Vaccaro, UNCG | 4:20.01 |
| 5. Douglas Noreen, DAV | 4:20.02 |
| 6. Linas Salkauskas, UTC | 4:20.88 |
| 7. Michael Mentz, UTC | 4:21.26 |
| 8. Nathan Hernandez-Adams, APP | 4:21.63 |

3,000-meter run

| | |
|--------------------------------|---------|
| 1. Adam Puett, WCU | 8:30.16 |
| 2. Adam Van Nortwick, APP | 8:30.85 |
| 3. Dan Fassinger, WCU | 8:30.86 |
| 4. Ian Mayne, UTC | 8:35.14 |
| 5. Nathan Hernandez-Adams, APP | 8:38.23 |
| 6. Linas Salkauskas, UTC | 8:43.40 |
| 7. Jonathan Baker, DAV | 8:45.14 |
| 8. Brian Deal, APP | 8:52.99 |

5,000-meter run

| | |
|---------------------------|----------|
| 1. Ian Mayne, UTC | 14:48.42 |
| 2. Brian Deal, APP | 14:54.98 |
| 3. Lance Harden, DAV | 15:02.33 |
| 4. Jonathan Baker, DAV | 15:06.65 |
| 5. Linas Salkauskas, UTC | 15:16.48 |
| 6. Xavier Rutz, UNCG | 15:16.62 |
| 7. Austin Mercadante, DAV | 15:20.46 |
| 8. Ryan O'Keefe, APP | 15:20.91 |

60-meter hurdles

| | |
|--------------------------|------|
| 1. Lawrence Briscoe, WCU | 8.05 |
|--------------------------|------|

Distance medley

| | |
|----------------------|----------|
| 1. Western Carolina | 10:05.02 |
| 2. Appalachian State | 10:05.03 |
| 3. The Citadel | 10:18.09 |
| 4. Chattanooga | 10:27.72 |
| 5. UNCG | 10:37.64 |
| 6. Davidson | 10:59.01 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Appalachian State | 3:21.29 |
| 2. The Citadel | 3:23.06 |
| 3. Western Carolina | 3:23.06 |
| 4. Davidson | 3:24.09 |
| 5. Chattanooga | 3:33.23 |

High jump

| | |
|---------------------------|-------|
| 1. Ricky Harris, APP | 1.98m |
| 2. Laswrence Briscoe, WCU | 1.98m |
| 3. Daniel Joseph, WCU | 1.93m |
| 4. Dan Smith, APP | 1.93m |
| 5. Josh Cox, APP | 1.93m |
| 6. Rashad Herndon, WCU | 1.93m |
| 7. Shaquill Smith, CIT | 1.83m |
| Michael Malone, WCU | 1.83m |

Long jump

| | |
|------------------------|-------|
| 1. Mark Sturgis, APP | 6.96m |
| 2. Rashad Herndon, WCU | 6.96m |
| 3. Ricky Harris, APP | 6.86m |
| 4. Tyler Ferguson, WCU | 6.83m |
| 5. Chris Gaillard, WCU | 6.68m |
| 6. Daniel Joseph, WCU | 6.64m |
| 7. Michael Malone, WCU | 6.62m |
| 8. Joel Gaddy, APP | 6.50m |

Triple jump

| | |
|------------------------|--------|
| 1. Mark Sturgis, APP | 15.22m |
| 2. Charles Jones, UNCG | 15.05m |
| 3. Tyler Ferguson, WCU | 14.85m |
| 4. Daniel Joseph, WCU | 14.50m |
| 5. Josh Cox, APP | 14.37m |
| 6. Chris Cutter, APP | 14.13m |
| 7. Rashad Herndon, WCU | 14.10m |
| 8. Joel Gaddy, APP | 14.02m |

Shot put

| | |
|---------------------------|--------|
| 1. Anthony Greer, APP | 15.63m |
| 2. Daniel Fioramonti, APP | 12.96m |
| 3. Nick DiLuzio, DAV | 12.33m |
| 4. Jim Walter, DAV | 12.29m |
| 5. Chris Davis, UTC | 12.14m |
| 6. Dustin Wright, APP | 11.72m |
| 7. Willie Sturgis, WCU | 10.93m |
| 8. Jason Vincent, UTC | 10.57m |

Weight throw

| | |
|---------------------------|--------|
| 1. Anthony Greer, APP | 17.60m |
| 2. Willie Sturgis, WCU | 16.67m |
| 3. Grant Haun, APP | 16.20m |
| 4. Wes Kiser, APP | 15.33m |
| 5. Zach DiBois, CIT | 15.05m |
| 6. Jerod Kelly, WCU | 14.83m |
| 7. Daniel Fioramonti, APP | 14.50m |
| 8. Chris Page, WCU | 13.97m |

Pole vault

| | |
|-------------------------|-------|
| 1. Barron Shell, APP | 4.71m |
| 2. Dan Queen, APP | 4.71m |
| 3. Wes Willoughby, WCU | 4.56m |
| 4. Justin Spormann, WCU | 4.41m |
| 5. Joe Irvin, APP | 4.26m |
| 6. Joel Lynch, WCU | 3.96m |
| 7. Dustin Wright, APP | 3.96m |

Heptathlon

| | |
|-------------------------|-------|
| 1. Josh Cox, APP | 4,602 |
| 2. Matt Harfinger, WCU | 4,551 |
| 3. Dustin Wright, APP | 4,523 |
| 4. Ashton Bennett, WCU | 4,126 |
| 5. Justin Spormann, WCU | 4,031 |
| 6. Adam Williams, APP | 3,775 |

Individual Awards

Most Outstanding Track Performer

Zeb Johnson, Western Carolina

Most Outstanding Field Performer

Mark Sturgis, Appalachian State

Freshman of the Year

Josh Cox, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

2006 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 148.50 |
| 2. | Western Carolina | 122 |
| 3. | Georgia Southern | 118 |
| 4. | Chattanooga | 108 |
| 5. | Furman | 42 |
| 6. | Elon | 40 |
| 7. | College of Charleston | 26.50 |
| 8. | The Citadel | 25 |
| 9. | Davidson | 22 |
| 10. | UNCG | 8 |

60-meter dash

| | |
|--------------------------|------|
| 1. Tangelia Johnson, WCU | 7.48 |
| 2. Cassandra Gentry, WCU | 7.72 |
| 3. Vonteena Knotts, APP | 7.72 |
| 4. Lauren Jacobs, GSU | 7.80 |
| 5. Raquel Ramseur, WCU | 7.84 |
| 6. Brittany Chase, GSU | 7.84 |
| 7. Asia Davis, WCU | 7.91 |
| -- Nicole Brown, GSU | FS |

200-meter dash

| | |
|--------------------------|-------|
| 1. Raquel Ramseur, WCU | 24.51 |
| 2. Nicole Brown, GSU | 24.54 |
| 3. Monica Johnson, APP | 25.27 |
| 4. Tangelia Johnson, WCU | 25.29 |
| 5. Jodi Whittle, CIT | 25.55 |
| 6. Asia Davis, WCU | 25.66 |
| 7. Vonteena Knotts, APP | 26.93 |

400-meter dash

| | |
|-----------------------------|---------|
| 1. Raquel Ramseur, WCU | 56.24 |
| 2. Asia Davis, WCU | 56.30 |
| 3. Amber Wilson, GSU | 57.01 |
| 4. Kristen Edgar, FUR | 1:00.06 |
| 5. Alexine Crutchfield, APP | 1:01.38 |
| 6. Brooke Saddler, WCU | 1:06.43 |
| 7. Aneesha Lane, WCU | 1:15.47 |
| -- Rashedah Arnold, GSU | DNF |

800-meter run

| | |
|-------------------------|---------|
| 1. Shannon Wommack, UTC | 2:15.27 |
| 2. Ashley Meagher, UTC | 2:18.74 |
| 3. McKenzie Sharpe, FUR | 2:18.85 |
| 4. Rebecca Mullen, FUR | 2:19.23 |
| 5. Alana Black, ELON | 2:21.45 |
| 6. Kerri Savery, WCU | 2:22.39 |
| 7. Anna Baker, APP | 2:24.03 |
| 8. Brittney Jett, GSU | 2:24.64 |

Mile run

| | |
|--------------------------|---------|
| 1. Shannon Wommack, UTC | 4:48.09 |
| 2. Kathleen Turchin, UTC | 5:00.46 |
| 3. Lanni Marchant, UTC | 5:01.91 |
| 4. Meghan Gaffney, APP | 5:05.75 |
| 5. Megal Atias, DAV | 5:13.39 |
| 6. Jess Weber, UNCG | 5:13.71 |
| 7. Wells Trompeter, CofC | 5:14.46 |
| 8. Brittney Jett, GSU | 5:20.29 |

3,000-meter run

| | |
|--------------------------|----------|
| 1. Shannon Wommack, UTC | 9:34.01 |
| 2. Kathleen Turchin, UTC | 9:45.02 |
| 3. Lanni Marchant, UTC | 9:45.07 |
| 4. Megal Atias, DAV | 10:11.06 |
| 5. Sabrina Lefort, UTC | 10:12.04 |
| 6. Meghan Gaffney, APP | 10:12.08 |
| 7. Caroline Sanker, DAV | 10:13.07 |
| 8. Emily King, DAV | 10:30.00 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Lanni Marchant, UTC | 17:17.34 |
| 2. Kathleen Turchin, UTC | 17:19.35 |
| 3. Sabrina Lefort, UTC | 17:41.23 |
| 4. Meghan Gaffney, APP | 17:45.19 |
| 5. Katie Williams, UTC | 17:58.45 |
| 6. Heidi Pinkerton, UNCG | 18:17.17 |
| 7. Emily King, DAV | 18:19.55 |
| 8. Anna Mae Flynn, ELON | 18:20.87 |

60-meter hurdles

| | |
|--------------------------|------|
| 1. Brittany Chase, GSU | 8.51 |
| 2. Dominique Price, ELON | 8.70 |
| 3. Amber Wilson, GSU | 8.84 |
| 4. Lauren Jacobs, GSU | 8.89 |
| 5. Asia Davis, WCU | 9.04 |
| 6. Mandi Phillips, GSU | 9.06 |
| 7. Nashay McGriff, WCU | 9.07 |
| 8. Whitney Jones, FUR | 9.26 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 12:11.01 |
| 2. Furman | 12:11.95 |
| 3. Chattanooga | 12:14.50 |
| 4. Elon | 12:25.70 |
| 5. Davidson | 12:31.64 |
| 6. The Citadel | 12:48.04 |
| 7. UNCG | 12:50.72 |
| 8. Western Carolina | 12:59.38 |

4x400-meter relay

| | |
|--------------------------|---------|
| 1. Georgia Southern | 3:54.45 |
| 2. Western Carolina | 3:55.50 |
| 3. Furman | 3:56.87 |
| 4. Elon | 4:00.64 |
| 5. Davidson | 4:04.41 |
| 6. College of Charleston | 4:06.65 |
| 7. The Citadel | 4:07.87 |
| 8. Appalachian State | 4:11.41 |

High jump

| | |
|----------------------------|-------|
| 1. Jessika Johnson, WCU | 1.64m |
| 2. Brittany Whittaker, WCU | 1.64m |
| 3. Amber Wilson, GSU | 1.59m |
| 4. Jasmine Lightning, GSU | 1.59m |
| 5. Dominique Boone, CofC | 1.59m |
| 6. Nashay McGriff, WCU | 1.54m |
| 7. Caroline Jett, APP | 1.49m |
| 8. Piper Taylor, APP | 1.49m |

Long jump

| | |
|---------------------------|-------|
| 1. Vonteena Knotts, APP | 6.07m |
| 2. Nicole Brown, GSU | 6.04m |
| 3. Chibuzo Agoucha, FUR | 5.77m |
| 4. Jessica Mayela, APP | 5.67m |
| 5. Lauren Jacobs, GSU | 5.63m |
| 6. Dominique Thurman, GSU | 5.48m |
| 7. Tiffany Mack, WCU | 5.44m |
| 8. Monica Johnson, APP | 5.26m |

Triple jump

| | |
|---------------------------|--------|
| 1. Nicole Brown, GSU | 12.46m |
| 2. Lauren Jacobs, GSU | 12.32m |
| 3. Vonteena Knotts, APP | 12.04m |
| 4. Chibuzo Agoucha, FUR | 11.98m |
| 5. Jessica Mayela, APP | 11.61m |
| 6. Mandi Phillips, GSU | 11.59m |
| 7. Monica Johnson, APP | 11.21m |
| 8. Jasmine Lightning, GSU | 11.06m |

Shot put

| | |
|---------------------------|--------|
| 1. Beverly Burnett, APP | 14.88m |
| 2. Stephanie McNeill, CIT | 14.00m |
| 3. Brittani Williams, APP | 13.78m |
| 4. Nikole Simmons, APP | 13.66m |
| 5. Kristie Boggan, APP | 13.31m |
| 6. Nicole Lopez, WCU | 13.08m |
| 7. Chakosha Lance, CofC | 12.41m |
| 8. Emily Greeson, GSU | 12.40m |

Weight throw

| | |
|---------------------------|--------|
| 1. Chakosha Lance, CofC | 19.54m |
| 2. Nikole Simmons, APP | 18.15m |
| 3. Monique Pitts, GSU | 15.92m |
| 4. Emily Greeson, GSU | 15.84m |
| 5. Stephanie McNeill, CIT | 15.83m |
| 6. Beverly Burnett, APP | 15.79m |
| 7. Brittani Williams, APP | 15.37m |
| 8. Charlotte Baker, APP | 15.19m |

Pole vault

| | |
|------------------------------|-------|
| 1. Caren Mah, APP | 3.50m |
| 2. Jessica Clendenning, ELON | 3.50m |
| 3. Summer Chambless, CofC | 3.20m |
| 3. Jessie Wilson, WCU | 3.20m |
| 5. Shea Snow, APP | 3.20m |
| 6. Bridgett Robinson, APP | 3.20m |
| 7. Susan Shore, ELON | 3.05m |
| 8. Kaitlyn Heeke, APP | 2.90m |
| Melissa Cabe, WCU | 2.90m |

Pentathlon

| | |
|---------------------------|-------|
| 1. Kristie Boggan, APP | 3,147 |
| 2. Caroline Jett, APP | 3,053 |
| 3. Julia Hicks, ELON | 2,999 |
| 4. Rachel Glasgow, WCU | 2,883 |
| 5. Latasha Sanders, CIT | 2,799 |
| 6. Emily Wright, APP | 2,579 |
| 7. Jessica Wilkerson, WCU | 2,575 |
| 8. Kimberly Abel, ELON | 2,574 |

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Chakosha Lance, College of Charleston

Freshman of the Year

Monica Johnson, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2005 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 231.5 |
| 2. | Western Carolina | 224.5 |
| 3. | Chattanooga | 64 |
| 4. | ETSU | 60 |
| 5. | UNCG | 35 |
| 6. | The Citadel | 22.5 |
| 7. | Davidson | 13.5 |
| 8. | Wofford | 6 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | James Rainer, ETSU | 6.83 |
| 2. | Michael Malone, WCU | 6.92 |
| 3. | Eugene Jones, APP | 6.97 |
| 4. | Thomas Pressley, CIT | 6.97 |
| 5. | Darius Bryson, WCU | 6.97 |
| 6. | Chris Martin, APP | 6.98 |
| 7. | Darius Bryson, APP | 6.97 |
| 8. | Zeb Johnson, WCU | 7.38 |

200-meter dash

| | | |
|----|----------------------|-------|
| 1. | Chris Martin, APP | 21.71 |
| 2. | Michael Malone, WCU | 22.13 |
| 3. | James Barr, WCU | 22.14 |
| 4. | James Gregory, WCU | 22.27 |
| 5. | Darius Bryson, WCU | 22.28 |
| 6. | Thomas Pressley, CIT | 22.34 |
| 7. | Greg McCain, APP | 22.36 |

400-meter dash

| | | |
|----|----------------------|-------|
| 1. | Bryan Burney, APP | 48.42 |
| 2. | Zeb Johnson, WCU | 48.44 |
| 3. | James Barr, WCU | 49.18 |
| 4. | James Gregory, WCU | 49.35 |
| 5. | Chris Cutter, APP | 49.81 |
| 6. | Will Gillespie, APP | 49.88 |
| 7. | Charleton Grant, WCU | 50.05 |
| 8. | Stefan Flessa, DAV | 51.64 |

800-meter run

| | | |
|----|---------------------|---------|
| 1. | Jeff Williams, UNCG | 1:55.36 |
| 2. | CR Thomas, UNCG | 1:56.77 |
| 3. | Marcus Butler, CIT | 1:57.05 |
| 4. | Colin Sullivan, UTC | 1:57.31 |
| 5. | Douglas Noreen, DAV | 1:58.13 |
| 6. | James Irwin, WCU | 1:59.05 |
| 7. | Jamar Frazier, WCU | 1:59.28 |
| 8. | Bryan Burney, APP | 2:01.32 |

Mile run

| | | |
|----|-----------------------------|---------|
| 1. | Adam Puett, WCU | 4:13.48 |
| 2. | Adam VanNortwick, APP | 4:14.74 |
| 3. | Colin Sullivan, UTC | 4:17.12 |
| 4. | Nathan Hernandez-Adams, APP | 4:18.53 |
| 5. | Joshua Hicks, ETSU | 4:18.94 |
| 6. | Mat Cote, APP | 4:20.07 |
| 7. | James Irwin, WCU | 4:23.58 |
| 8. | Fredrick Cameron, WCU | 4:24.12 |

3,000-meter run

| | | |
|----|-------------------------|---------|
| 1. | Steven Kocsis, UTC | 8:21.77 |
| 2. | Adam Puett, WCU | 8:23.08 |
| 3. | Joe Halin, APP | 8:23.54 |
| 4. | Ian Mayne, UTC | 8:26.30 |
| 5. | Adam VanNortwick, APP | 8:27.01 |
| 6. | Carson Blackwelder, APP | 8:28.92 |
| 7. | Brendon Helms, APP | 8:35.44 |
| 8. | Peter Dalton, ETSU | 8:40.54 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Steven Kocsis, UTC | 14:41.70 |
| 2. | Carson Blackwelder, APP | 15:00.98 |
| 3. | Ian Mayne, UTC | 15:01.42 |
| 4. | Joe Halin, APP | 15:04.18 |
| 5. | Brendon Helms, APP | 15:06.47 |
| 6. | Adam Puett, WCU | 15:06.58 |
| 7. | Mark Maddox, APP | 15:12.30 |
| 8. | Jordan Ladd, ETSU | 15:12.51 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Lawrence Briscoe, WCU | 8.20 |
| 2. | Michael Malone, WCU | 8.33 |
| 3. | Chris Harrington, UTC | 8.48 |
| 4. | Matt Harlfinger, WCU | 8.73 |
| 5. | Dan Queen, APP | 8.89 |
| 6. | Dustin Wright, APP | 8.91 |
| 7. | Ashten Bennett, WCU | 8.94 |
| 8. | John Auer, CIT | 8.97 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Chattanooga | 10:14.83 |
| 2. | Appalachian State | 10:21.05 |
| 3. | UNCG | 10:26.89 |
| 4. | ETSU | 10:32.74 |
| 5. | Western Carolina | 10:36.16 |
| 6. | Davidson | 10:46.26 |
| 7. | The Citadel | 10:49.28 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Appalachian State | 3:15.32 |
| 2. | Western Carolina | 3:16.57 |
| 3. | The Citadel | 3:22.52 |
| 3. | Davidson | 3:22.52 |
| 5. | ETSU | 3:26.54 |
| 6. | Chattanooga | 3:29.63 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Shane Estes, ETSU | 1.97m |
| 2. | Lawrence Briscoe, WCU | 1.94m |
| 3. | Dan Smith, APP | 1.94m |
| 4. | LaMont Reid, WCU | 1.89m |
| 5. | Jeremy Snoderly, ETSU | 1.89m |
| 6. | John Barlew, UTC | 1.89m |
| 7. | Bobby Robinson, WCU | 1.79m |
| 8. | Matt Harlfinger, WCU | 1.74m |

Long jump

| | | |
|----|-------------------------|-------|
| 1. | Joel Gaddy, APP | 7.09m |
| 2. | LaMont Reid, WCU | 6.91m |
| 3. | Charles Jones, UNCG | 6.90m |
| 4. | Nathan Strickland, ETSU | 6.82m |
| 5. | Adan Blevins, ETSU | 6.82m |
| 6. | Michael Malone, WCU | 6.80m |
| 7. | Calvin Guinyard, WCU | 6.78m |
| | Jerome Touchstone, APP | 6.78m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Mark Sturgis, APP | 14.73m |
| 2. | Chris Cutter, APP | 14.58m |
| 3. | Calvin Guynard, WCU | 13.93m |
| 4. | Charles Jones, UNCG | 13.61m |
| 5. | Adrian Wilkinson, APP | 13.55m |
| 6. | Adan Blevins, ETSU | 13.44m |
| 7. | Nathan Strickland, ETSU | 13.08m |
| 8. | Justin Spormann, WCU | 12.89m |

Shot put

| | | |
|----|--------------------|--------|
| 1. | Anthony Greer, APP | 16.68m |
| 2. | Kerry Brown, APP | 15.72m |
| 3. | Katon Bethay, WOF | 15.63m |
| 4. | Chris Lewis, WCU | 14.99m |
| 5. | Jason Stepp, WCU | 14.75m |
| 6. | Shamar Allen, WCU | 13.74m |
| 7. | Felipe Foster, WCU | 13.30m |
| 8. | Wes Kiser, APP | 12.90m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Anthony Greer, APP | 17.11m |
| 2. | Jason Stepp, WCU | 16.94m |
| 3. | Matt Decker, WCU | 16.04m |
| 4. | Kevin McAlmont, WCU | 15.82m |
| 5. | Wes Kiser, APP | 14.88m |
| 6. | Willis Sturgis, WCU | 14.87m |
| 7. | Chris Lewis, WCU | 14.73m |
| 8. | Grant Haun, APP | 13.84m |

Pole vault

| | | |
|----|-----------------------|-------|
| 1. | Dan Queen, APP | 4.90m |
| 2. | Barron Shell, APP | 4.55m |
| 3. | Wes Willoughby, WCU | 4.55m |
| 4. | Christian Benson, WCU | 4.40m |
| 4. | Justin Hunnicutt, APP | 4.40m |
| 6. | Joe Irvin, APP | 4.25m |
| 7. | David McCall, WCU | 4.10m |
| 8. | Tyler Varnadore, APP | 4.10m |

Heptathlon

| | | |
|----|----------------------|-------|
| 1. | Dustin Wright, APP | 4,581 |
| 2. | Matt Harlfinger, WCU | 4,533 |
| 3. | Michael Wright, ETSU | 4,375 |
| 4. | Bobby Robinson, WCU | 4,335 |
| 5. | Barron Shell, APP | 3,999 |
| 6. | Adam Williams, APP | 3,823 |
| 7. | Ryan Fussell, WCU | 3,262 |

Individual Awards

Most Outstanding Track Performer

Steven Kocsis, Chattanooga

Most Outstanding Field Performers

Anthony Greer, Appalachian State

Freshman of the Year

Shane Estes, ETSU

Coach of the Year

Danny Williamson, Western Carolina

2005 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 161.83 |
| 2. | Western Carolina | 152.5 |
| 3. | Georgia Southern | 125.5 |
| 4. | Chattanooga | 75.5 |
| 5. | ETSU | 54 |
| 6. | Elon | 27.33 |
| 7. | College of Charleston | 23.33 |
| 8. | Furman | 23 |
| 9. | Davidson | 9 |
| 10. | The Citadel | 6 |
| 11. | UNCG | 4 |

60-meter dash

| | | |
|----|-------------------------|------|
| 1. | Nicole Brown, GSU | 7.43 |
| 2. | Jennifer Claud, APP | 7.44 |
| 3. | Chantelle Vernon, ETSU | 7.52 |
| 4. | Tangelia Johnson, WCU | 7.76 |
| 5. | Alexis Hoover, APP | 7.81 |
| 6. | Christinia Roberts, APP | 7.84 |
| 7. | Laura Williams, GSU | 7.86 |
| 8. | Raquel Ramseur, WCU | 8.25 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Nicole Brown, GSU | 24.33 |
| 2. | Jennifer Claud, APP | 24.44 |
| 3. | Raquel Ramseur, WCU | 24.68 |
| 4. | Ebonie Jones, ETSU | 24.98 |
| 5. | Chantelle Vernon, ETSU | 25.14 |
| 6. | Alexis Hoover, APP | 25.29 |
| 7. | Jenny Knox, ETSU | 25.52 |
| 8. | Christina Roberts, APP | 25.53 |

400-meter dash

| | | |
|----|-----------------------|---------|
| 1. | Nichola Cornish, ETSU | 56.21 |
| 2. | Raquel Ramseur, WCU | 56.24 |
| 3. | Asia Davis, WCU | 57.53 |
| 4. | Alice Turner, Elon | 57.85 |
| 5. | Jennifer Spivey, WCU | 58.11 |
| 6. | McKenzie Sharpe, FUR | 58.45 |
| 7. | Matasha Brown, APP | 1:00.30 |
| -- | Rashedah Arnold, GSU | DQ |

800-meter run

| | | |
|----|-------------------------|---------|
| 1. | Leslie Martin, WCU | 2:14.81 |
| 2. | Kerrie Savery, WCU | 2:16.85 |
| 3. | Emily Wood, UTC | 2:17.32 |
| 4. | Brittney Swick, GSU | 2:19.97 |
| 5. | Mallorie Williams, UTC | 2:22.00 |
| 6. | Tonya Edmonds, WCU | 2:23.17 |
| 7. | Elizabeth Prevette, WCU | 2:24.04 |
| 8. | Megan Issacs, FUR | 2:25.16 |

Mile run

| | | |
|----|---------------------|---------|
| 1. | Nettie Halcomb, UTC | 5:04.99 |
| 2. | Kasey Smith, APP | 5:07.37 |
| 3. | Brittney Swick, GSU | 5:07.57 |
| 4. | Molly Mungovan, FUR | 5:10.99 |
| 5. | Megal Atias, DAV | 5:12.43 |
| 6. | Meghan Gaffney, APP | 5:12.76 |
| 7. | Deanna Kulesz, WCU | 5:15.02 |
| 8. | Jessica Weber, UNCG | 5:17.13 |

3,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Nettie Halcomb, UTC | 10:05.70 |
| 2. | Kasey Smith, APP | 10:09.07 |
| 3. | Molly Mungovan, FUR | 10:09.38 |
| 4. | Ashley Arnold, CofC | 10:15.08 |
| 5. | Ellen Davis, UTC | 10:22.94 |
| 6. | Sabrina LeFort, UTC | 10:28.18 |
| 7. | Brenna Burns, DAV | 10:31.06 |
| 8. | Jennifer Kelley, APP | 10:32.38 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Nettie Halcomb, UTC | 17:20.87 |
| 2. | Ashley Arnold, CofC | 17:23.29 |
| 3. | Jennifer Kelley, APP | 17:47.97 |
| 4. | Kasey Smith, APP | 17:55.20 |
| 5. | Ellen Davis, UTC | 18:14.11 |
| 6. | Christine Ward, ETSU | 18:17.17 |
| 7. | Katie Williams, UTC | 18:22.14 |
| 8. | Meghan Gaffney, APP | 18:32.85 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Brittany Chase, GSU | 8.67 |
| 2. | Amber Wilson, GSU | 8.98 |
| 3. | NaShay McGriff, WCU | 9.06 |
| 4. | Dominique Price, Elon | 9.16 |
| 5. | Brittany Boda, Elon | 9.19 |
| 6. | Asia Davis, WCU | 9.21 |
| 7. | Lauren Jacobs, GSU | 9.24 |
| 8. | Mandi Phillips, GSU | 9.26 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Western Carolina | 12:14.55 |
| 2. | Appalachian State | 12:23.99 |
| 3. | Chattanooga | 12:27.82 |
| 4. | Georgia Southern | 12:36.88 |
| 5. | Furman | 12:37.64 |
| 6. | UNCG | 12:40.38 |
| 7. | ETSU | 12:48.54 |
| 8. | Davidson | 13:06.29 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Western Carolina | 3:46.40 |
| 2. | Georgia Southern | 3:51.29 |
| 3. | ETSU | 3:58.95 |
| 4. | Elon | 4:00.51 |
| 5. | Chattanooga | 4:02.05 |
| 6. | Furman | 4:06.20 |
| 7. | Davidson | 4:08.32 |
| 8. | The Citadel | 4:09.46 |

High jump

| | | |
|----|--------------------------|-------|
| 1. | Anna Ricciardi, ETSU | 1.73m |
| 2. | Brittany Whitaker, WCU | 1.70m |
| 3. | Jessika Johnson, WCU | 1.67m |
| 4. | Laura Tieszen, WCU | 1.58m |
| | Jessica Wilkerson, WCU | 1.58m |
| 6. | Amber Wilson, GSU | 1.53m |
| | Alexine Crutchfield, UTC | 1.53m |
| | Tonya Grimes, GSU | 1.53m |

Long jump

| | | |
|----|------------------------|-------|
| 1. | Jennifer Claud, APP | 5.95m |
| 2. | Kasola Smith, UTC | 5.66m |
| 3. | Ebonie Jones, ETSU | 5.58m |
| 4. | Vontenna Knotts, APP | 5.58m |
| 5. | Paula Moore, APP | 5.53m |
| 6. | Tonya Grimes, GSU | 5.52m |
| 7. | Lauren Jacobs, GSU | 5.50m |
| 8. | Dominique Thurman, GSU | 5.41m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Jennifer Claud, APP | 12.79m |
| 2. | Nicole Brown, GSU | 12.49m |
| 3. | Paula Moore, APP | 12.38m |
| 4. | Laura Williams, GSU | 12.35m |
| 5. | NaShay McGriff, WCU | 11.72m |
| 6. | Brittany Chase, GSU | 11.71m |
| 7. | Kasola Smith, UTC | 11.59m |
| 8. | Chibuzo Aguocha, FUR | 11.39m |

Shot put

| | | |
|----|------------------------|--------|
| 1. | Brittani Williams, APP | 14.39m |
| 2. | Beverly Burnett, APP | 14.30m |
| 3. | Nikki Slocumb, GSU | 13.65m |
| 4. | Nikole Simmons, APP | 13.53m |
| 5. | Emily Greeson, GSU | 13.02m |
| 6. | Stephanie McNeill, CIT | 13.01m |
| 7. | Jamila Minnifield, GSU | 12.71m |
| 8. | Kristie Boggan, APP | 12.66m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Chakosha Lance, CofC | 18.32m |
| 2. | Nikki Slocumb, GSU | 16.42m |
| 3. | Miranda Long, WCU | 16.39m |
| 4. | Kristie Boggan, APP | 15.81m |
| 5. | Nikole Simmons, APP | 15.61m |
| 6. | Jenn Hawkins, WCU | 15.23m |
| 7. | Beverly Burnett, APP | 15.08m |
| 8. | Charlotte Baker, APP | 15.04m |

Pole vault

| | | |
|----|---------------------------|-------|
| 1. | Laura Tieszen, WCU | 3.85m |
| 2. | Jessica Clendenning, Elon | 3.35m |
| 3. | Caren Mah, APP | 3.20m |
| 4. | Rachel Glasgow, WCU | 3.05m |
| 4. | Megan Irwin, APP | 3.05m |
| 6. | Melissa Cabe, WCU | 3.05m |
| 7. | Natalie Sayewich, APP | 3.05m |
| 8. | Susan Shore, ELON | 2.90m |

Pentathlon

| | | |
|----|------------------------|-------|
| 1. | Laura Tieszen, WCU | 3,274 |
| 2. | Kristie Boggan, APP | 3,227 |
| 3. | Tonya Grimes, GSU | 3,042 |
| 4. | Rachel Glasgow, WCU | 3,015 |
| 5. | Serenity Thompson, GSU | 2,940 |
| 6. | Lauren Jacobs, GSU | 2,870 |
| 7. | Tosha Sanders, CIT | 2,708 |
| 8. | Caroline Jett, APP | 2,584 |

Individual Awards

Most Outstanding Track Performer
Nettie Halcomb, Chattanooga

Most Outstanding Field Performer
Laura Tieszen, Western Carolina

Freshman of the Year
Raquel Ramseur, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2004 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 221.5 |
| 2. | Appalachian State | 200.5 |
| 3. | ETSU | 91.5 |
| 4. | Chattanooga | 81.5 |
| 5. | The Citadel | 26 |
| 6. | UNCG | 18 |
| 7. | Davidson | 11 |
| 8. | Wofford | 8 |

60-meter dash

| | | |
|----|----------------------|------|
| 1. | Ernest Wiggins, APP | 6.73 |
| 2. | Tee Alford, WCU | 6.81 |
| 3. | James Rainer, ETSU | 6.82 |
| 4. | Darius Bryson, WCU | 6.93 |
| | Sean Jackson, APP | 6.93 |
| 6. | Milton Bolton, WCU | 7.10 |
| 7. | Patrick Mauldin, WCU | 7.80 |
| 8. | Johnny Tucker, ETSU | 7.82 |

200-meter dash

| | | |
|----|---------------------|-------|
| 1. | Ernest Wiggins, APP | 21.64 |
| 2. | Tee Alford, WCU | 21.83 |
| 3. | Chris Martin, APP | 21.87 |
| 4. | Milton Bolton, WCU | 21.94 |
| 5. | James Barr, WCU | 22.01 |
| 6. | James Rainer, ETSU | 22.02 |
| 7. | Darius Bryson, WCU | 22.27 |
| 8. | Johnny Tucker, ETSU | 27.06 |

400-meter dash

| | | |
|----|---------------------|-------|
| 1. | Milton Bolton, WCU | 48.01 |
| 2. | James Gregory, WCU | 48.96 |
| 2. | James Barr, WCU | 48.96 |
| 4. | Bryan Burney, APP | 49.06 |
| 5. | Will Gillespie, APP | 49.30 |
| 6. | Chris Martin, APP | 49.48 |
| 7. | Keith Curry, APP | 50.16 |
| 8. | Johnny Tucker, ETSU | 59.02 |

800-meter run

| | | |
|----|---------------------|---------|
| 1. | Robert Hatcher, UTC | 1:55.85 |
| 2. | David Haefner, ETSU | 1:56.16 |
| 3. | Joshua Hicks, ETSU | 1:56.48 |
| 4. | Colin Sullivan, UTC | 1:56.95 |
| 5. | Eddie Vick, WCU | 1:57.28 |
| 6. | Vince Bechtel, CIT | 1:59.04 |
| 7. | Ben Austin, APP | 2:03.47 |

Mile run

| | | |
|----|-----------------------------|---------|
| 1. | Bradley Yewer, ETSU | 4:12.86 |
| 2. | Colin Sullivan, UTC | 4:14.75 |
| 3. | Adam Puett, WCU | 4:15.33 |
| 4. | Linas Salkauskas, UTC | 4:18.14 |
| 5. | CR Thomas, UNCG | 4:18.82 |
| 6. | Gediminas Banevicius, UTC | 4:21.17 |
| 7. | Nathan Adams-Hernandez, APP | 4:22.14 |
| 8. | Nick Lehman, DAV | 4:22.67 |

3,000-meter run

| | | |
|----|---------------------------|---------|
| 1. | Steven Kocsis, UTC | 8:23.03 |
| 2. | Bradley Yewer, ETSU | 8:24.24 |
| 3. | Adam Puett, WCU | 8:29.68 |
| 4. | Joe Halin, APP | 8:31.76 |
| 5. | Ian Mayne, UTC | 8:32.89 |
| 6. | Franklin Manchester, APP | 8:36.28 |
| 7. | James Grufferty, ETSU | 8:36.73 |
| 8. | Gediminas Banevicius, UTC | 8:37.61 |

5,000-meter run

| | | |
|----|-------------------------|----------|
| 1. | Steven Kocsis, UTC | 14:41.89 |
| 2. | Bradley Yewer, ETSU | 14:53.80 |
| 3. | Ian Mayne, UTC | 14:57.25 |
| 4. | James Grufferty, ETSU | 14:59.67 |
| 5. | Joe Halin, APP | 15:00.37 |
| 6. | Carson Blackwelder, APP | 15:02.52 |
| 7. | Joe Jacobs, UNCG | 15:09.12 |
| 8. | Peter Dalton, ETSU | 15:12.09 |

60-meter hurdles

| | | |
|----|-----------------------|------|
| 1. | Lawrence Briscoe, WCU | 8.26 |
| 2. | Alex Love, WOF | 8.44 |
| 3. | Michael Malone, WCU | 8.47 |
| 4. | Kaylin Chesney, ETSU | 8.56 |
| 5. | Chris Harrington, UTC | 8.64 |
| 5. | Deonte Cook, WCU | 8.64 |
| 7. | Thomas Cummings, CIT | 8.72 |
| 8. | Brett Phillips, UTC | 8.93 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | UNCG | 10:11.00 |
| 2. | ETSU | 10:11.46 |
| 3. | Davidson | 10:14.82 |
| 4. | Appalachian State | 10:15.44 |
| 5. | Chattanooga | 10:31.78 |
| 6. | The Citadel | 10:44.78 |
| 7. | Western Carolina | 11:13.17 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:14.61 |
| 2. | Appalachian State | 3:14.89 |
| 3. | The Citadel | 3:21.07 |
| 4. | Chattanooga | 3:26.58 |
| 5. | Davidson | 3:28.60 |
| 6. | ETSU | 3:33.39 |

High jump

| | | |
|----|-----------------------|-------|
| 1. | Lawrence Briscoe, WCU | 2.00m |
| 2. | Dan Smith, APP | 1.95m |
| | John Barlew, UTC | 1.95m |
| 4. | Rod Palmer, WCU | 1.90m |
| | Bobby Robinson, WCU | 1.90m |
| | Jeremy Snoderly, ETSU | 1.90m |
| 4. | LaMont Reid, WCU | 1.90m |
| 8. | Dishan Smith, APP | 1.85m |
| | Travis Taylor, CIT | 1.85m |
| | Rhette Ezzell, ETSU | 1.85m |

Long jump

| | | |
|----|-----------------------|-------|
| 1. | Justin Davis, WCU | 7.41m |
| 2. | Tyler Ferguson, WCU | 7.09m |
| 3. | Arthur Robertson, APP | 6.86m |
| 4. | Gerald Foreman, APP | 6.75m |
| 5. | LaMont Reid, WCU | 6.47m |
| 6. | Rod Palmer, WCU | 6.45m |
| 7. | Marquice Miller, UNCG | 6.36m |
| 8. | Chris Cutter, APP | 6.20m |

Triple jump

| | | |
|----|-----------------------|--------|
| 1. | Gerald Foreman, APP | 14.79m |
| 2. | Tyler Ferguson, WCU | 14.65m |
| 3. | Justin Davis, WCU | 14.64m |
| 4. | Donald Cabbler, ETSU | 14.51m |
| 5. | Arthur Robertson, APP | 14.07m |
| 6. | Chris Cutter, APP | 13.66m |
| | Kaylin Chesney, ETSU | 13.66m |
| 8. | Rod Palmer, WCU | 13.18m |

Shot put

| | | |
|----|---------------------|--------|
| 1. | Bob Smith, APP | 16.60m |
| 2. | Anthony Greer, APP | 16.32m |
| 3. | Kerry Brown, APP | 15.27m |
| 4. | Charles Hyder, ETSU | 15.19m |
| 5. | Dan Utley, APP | 14.19m |
| 6. | Jason Stepp, WCU | 14.11m |
| 7. | Felipe Foster, WCU | 13.29m |
| 8. | Matt Decker, WCU | 12.96m |

Weight throw

| | | |
|----|---------------------|--------|
| 1. | Bob Smith, APP | 18.72m |
| 2. | Anthony Greer, APP | 15.75m |
| 3. | Matt Decker, WCU | 15.18m |
| 4. | Willie Sturgis, WCU | 14.18m |
| 5. | Chris Franklin, CIT | 14.18m |
| 6. | Jon Winkler, APP | 14.04m |
| 7. | Kevin McAlmont, WCU | 13.67m |
| 8. | Dan Utley, APP | 13.46m |

Pole vault

| | | |
|----|-----------------------|-------|
| 1. | Wes Willoughby, WCU | 4.60m |
| 2. | Jeff Fiorello, APP | 4.45m |
| 3. | Dan Queen, APP | 4.45m |
| 4. | Joe Irvin, APP | 4.15m |
| 5. | David McCall, WCU | 4.15m |
| 6. | Bobby Robinson, WCU | 4.00m |
| | Christian Benson, WCU | 4.00m |
| 8. | Ryan Fussell, WCU | 3.85m |

Heptathlon

| | | |
|----|----------------------|-------|
| 1. | Dan Queen, APP | 4,571 |
| 2. | Bobby Robinson, WCU | 4,501 |
| 3. | Dustin Wright, APP | 4,420 |
| 4. | Matt Harlfinger, WCU | 4,137 |
| 5. | Travis Taylor, CIT | 3,747 |
| 6. | Alex Moore, APP | 3,584 |
| 7. | Hunter Reid, CIT | 3,247 |
| 8. | Ryan Fussell, WCU | 2,983 |

Individual Awards

Most Outstanding Track Performer

Steven Kocsis, Chattanooga
Bradley Yewer, ETSU

Most Outstanding Field Performers

Bob Smith, Appalachian State

Freshman of the Year

James Gregory, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

2004 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 222 |
| 2. | Chattanooga | 138.5 |
| 3. | Georgia Southern | 105 |
| 4. | Western Carolina | 72 |
| 5. | ETSU | 69.5 |
| 6. | College of Charleston | 12 |
| 7. | Elon | 16 |
| 8. | Furman | 12 |
| 9. | Davidson | 3 |
| 10. | The Citadel | 1 |

60-meter dash

| | | |
|----|------------------------|------|
| 1. | Chantelle Vernon, ETSU | 7.54 |
| 2. | Jennifer Claud, APP | 7.67 |
| 3. | Latavia Shores, UTC | 7.72 |
| 4. | Carita Cole, UTC | 7.75 |
| 5. | Cassie Gentry, WCU | 7.79 |
| 6. | Laura Williams, GSU | 7.81 |
| 7. | Kasola Smith, UTC | 7.84 |
| 8. | Ronda White, APP | 7.89 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Jennifer Claud, APP | 24.59 |
| 2. | Giselle Cunningham, GSU | 24.93 |
| 3. | Chantelle Vernon, ETSU | 24.93 |
| 4. | Christina Roberts, APP | 24.98 |
| 5. | Ronda White, APP | 25.03 |
| 6. | Carita Cole, UTC | 25.28 |
| 7. | Laura Williams, GSU | 25.43 |
| 8. | Portia Taylor, APP | 25.77 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Marlo Mincey, GSU | 55.6 |
| 2. | Nichola Cornish, ETSU | 55.7 |
| 3. | Leslie Martin, WCU | 56.4 |
| 4. | Shamika Johnson, UTC | 56.5 |
| 5. | Jennifer Spivey, WCU | 57.43 |
| 6. | Matasha Brown, APP | 57.91 |
| 7. | Candace Foster, UTC | 58.04 |
| 8. | Kristen Edgar, FUR | 58.08 |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Kim Simmons, ETSU | 2:14.55 |
| 2. | Jennifer Habbestad, ETSU | 2:18.23 |
| 3. | Tiffany Collier, ETSU | 2:20.01 |
| 4. | Katie Sujkowski, APP | 2:21.56 |
| 5. | Alana Black, Elon | 2:21.95 |
| 6. | Deanna Kulesz, WCU | 2:23.51 |
| 7. | Nettie Halcomb, UTC | 2:24.93 |
| 8. | Mallorie Williams, UTC | 2:26.97 |

Mile run

| | | |
|----|-----------------------|---------|
| 1. | Shannon Wommack, UTC | 4:55.61 |
| 2. | Kathleen Turchin, UTC | 5:00.42 |
| 3. | Katie Sujkowski, APP | 5:02.32 |
| 4. | Nettie Halcomb, UTC | 5:08.45 |
| 5. | Marivi Mercado, APP | 5:13.47 |
| 6. | Deanna Kulesz, WCU | 5:18.45 |
| 7. | Brittney Swick, GSU | 5:18.85 |
| 8. | Kasey Smith, APP | 5:20.35 |

3,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Shannon Womack, UTC | 9:52.87 |
| 2. | Kathleen Turchin, UTC | 9:59.75 |
| 3. | Kyle Palmquist, CofC | 10:11.10 |
| 4. | Melanie Cooper, WCU | 10:12.96 |
| 5. | Kelly Rosborough, APP | 10:28.65 |
| 6. | Jennifer Kelley, APP | 10:32.67 |
| 7. | Molly Mungovan, FUR | 10:34.68 |
| 8. | Janelle Silverman, APP | 10:35.86 |

5,000-meter run

| | | |
|----|------------------------|----------|
| 1. | Shannon Wommack, UTC | 17:40.19 |
| 2. | Kathleen Turchin, UTC | 17:46.56 |
| 3. | Lanni Marchant, UTC | 17:53.53 |
| 4. | Kyle Palmquist, CofC | 18:20.78 |
| 5. | Kelly Rosborough, APP | 18:25.60 |
| 6. | Ehrin Irvin, APP | 19:30.65 |
| 7. | Janelle Silverman, APP | 18:36.10 |
| 8. | Alissa Short, WCU | 18:43.08 |

60-meter hurdles

| | | |
|----|----------------------|------|
| 1. | Ronda White, APP | 8.62 |
| 2. | Lindy Petteway, GSU | 8.78 |
| 3. | Shamika Johnson, UTC | 8.86 |
| 4. | Tondra White, APP | 8.88 |
| 5. | Marlo Mincey, GSU | 8.90 |
| 6. | Alison Frese, UTC | 8.92 |
| 7. | Brittany Chase, GSU | 9.05 |
| 8. | Tiffany Mack, WCU | 9.30 |

Distance medley

| | | |
|----|-----------------------|----------|
| 1. | Chattanooga | 12:20.24 |
| 2. | Appalachian State | 12:24.71 |
| 3. | Western Carolina | 12:27.31 |
| 4. | Furman | 12:41.32 |
| 5. | Georgia Southern | 12:55.54 |
| 6. | Davidson | 12:55.98 |
| 7. | ETSU | 13:07.04 |
| 8. | College of Charleston | 13:29.89 |

4x400-meter relay

| | | |
|----|-----------------------|---------|
| 1. | Western Carolina | 3:47.59 |
| 2. | Georgia Southern | 3:48.17 |
| 3. | Chattanooga | 3:53.72 |
| 3. | ETSU | 3:53.72 |
| 5. | Furman | 3:59.37 |
| 6. | Appalachian State | 4:04.70 |
| 7. | Elon | 4:07.88 |
| 8. | College of Charleston | 4:11.94 |

High jump

| | | |
|----|--------------------------|-------|
| 1. | Suzanne Makison, APP | 1.68m |
| | Alison Frese, UTC | 1.68m |
| 3. | Kellie Mitchell, GSU | 1.63m |
| 3. | Brittany Whitaker, WCU | 1.63m |
| 5. | Tondra White, APP | 1.58m |
| 5. | Shanna Fouts, WCU | 1.58m |
| 7. | Danielle LaRue, APP | 1.53m |
| | Alexine Crutchfield, UTC | 1.53m |
| | Shannon Meadows, APP | 1.53m |

Long jump

| | | |
|----|----------------------|-------|
| 1. | Kasola Smith, UTC | 6.05m |
| 2. | Ronda White, APP | 5.96m |
| 3. | Shameka Harris, WCU | 5.81m |
| 4. | Kellie Mitchell, GSU | 5.70m |
| 5. | Lauren Jacobs, GSU | 5.62m |
| 6. | Paula Moore, APP | 5.50m |
| 7. | Jennifer Claud, APP | 5.44m |
| 8. | Kristin Truman, ETSU | 5.33m |

Triple jump

| | | |
|----|----------------------|--------|
| 1. | Ronda White, APP | 13.30m |
| 2. | Tondra White, APP | 12.30m |
| 3. | Jennifer Claud, APP | 12.19m |
| 4. | Kristin Truman, ETSU | 11.92m |
| 5. | Paula Moore, APP | 11.90m |
| 6. | Lauren Jacobs, GSU | 11.35m |
| 7. | Shameka Harris, WCU | 11.35m |
| 8. | Mandi Phillips, GSU | 11.27m |

Shot put

| | | |
|----|------------------------|--------|
| 1. | Beverly Burnett, APP | 14.68m |
| 2. | Nikki Slocumb, GSU | 13.86m |
| 3. | Nikole Simmons, APP | 13.85m |
| 4. | Kristie Boggan, APP | 12.95m |
| 5. | Jamila Minnifield, GSU | 12.86m |
| 6. | Crystal Miller, APP | 12.68m |
| 7. | Amber Tiggs, GSU | 12.56m |
| 8. | Stephanie McNeill, CIT | 11.98m |

Weight throw

| | | |
|----|----------------------|--------|
| 1. | Chakosha Lance, CofC | 16.33m |
| 2. | Nikole Simmons, APP | 16.13m |
| 3. | Nikki Slocumb, GSU | 15.68m |
| 4. | Amber Tiggs, GSU | 15.67m |
| 5. | Beverly Burnett, APP | 15.17m |
| 6. | Crystal Miller, APP | 15.16m |
| 7. | Kristie Boggan, APP | 14.96m |
| 8. | Charlotte Baker, APP | 14.66m |

Pole vault

| | | |
|----|---------------------------|-------|
| 1. | Laura Tieszen, WCU | 3.95m |
| 2. | Suzanne Makison, APP | 3.80m |
| 3. | Jessica Clendenning, Elon | 3.35m |
| 4. | Jessica Fowler, APP | 3.20m |
| 5. | Susan Shore, Elon | 3.05m |
| 6. | Natalie Sayewich, APP | 2.90m |
| | Bridget Robinson, APP | 2.90m |
| | Alexis Gonzalez, CIT | NH |

Pentathlon

| | | |
|----|--------------------------|-------|
| 1. | Kellie Mitchell, GSU | 3,754 |
| 2. | Kristin Truman, ETSU | 3,415 |
| 3. | Tondra White, APP | 3,342 |
| 4. | Kristie Boggan, APP | 3,214 |
| 5. | Myra Keeter, APP | 3,162 |
| 6. | Laura Tieszen, WCU | 3,102 |
| 7. | Alexine Crutchfield, APP | 2,787 |
| 8. | Rasheeda Ghaffar, UTC | 2,711 |

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

Tondra White, Appalachian State
Kellie Mitchell, Georgia Southern

Freshman of the Year

Kathleen Turchin, Chattanooga

Coach of the Year

John Weaver, Appalachian State

2003 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 186 |
| 2. | Western Carolina | 118.5 |
| 3. | VMI | 99 |
| 4. | Chattanooga | 87 |
| 5. | ETSU | 62.5 |
| 6. | The Citadel | 51 |
| T7. | Davidson | 8 |
| T7. | Wofford | 8 |

55-meter dash

| | |
|------------------------|------|
| 1. Jason Green, APP | 6.26 |
| 2. Ernest Wiggins, APP | 6.27 |
| 3. Tee Alford, WCU | 6.29 |
| 4. Sean Jackson, APP | 6.40 |
| 5. Kevin McLeod, APP | 6.49 |
| 6. Holt McPherson, APP | 6.54 |
| 7. Charles Watson, CIT | 6.70 |
| 8. Kenyon Doyle, CIT | 7.09 |

200-meter dash

| | |
|--------------------------|-------|
| 1. Jason Green, APP | 21.61 |
| 2. Ernest Wiggins, APP | 21.76 |
| 3. Kenyon Doyle, CIT | 21.94 |
| 4. Milton Bolton, WCU | 22.04 |
| 5. Larry Williams, VMI | 22.17 |
| 6. Jeff Witherspoon, CIT | 22.21 |
| 7. Holt McPherson, APP | 22.29 |
| -- Kevin McLeod, APP | DQ |

400-meter dash

| | |
|--------------------------|-------|
| 1. Alex Prince, CIT | 48.78 |
| 2. Milton Bolton, WCU | 48.97 |
| 3. Chris Harrington, UTC | 49.06 |
| 4. Larry Williams, VMI | 49.17 |
| 5. Michael Kirk, VMI | 50.56 |
| 6. Will Gillespie, APP | 50.96 |
| 7. Charles Watson, CIT | 50.98 |
| 8. Keith Curry, APP | 51.36 |

800-meter run

| | |
|------------------------|---------|
| 1. John Robertson, WCU | 1:52.11 |
| 2. Caleb Bailey, WCU | 1:52.33 |
| 3. Colin Sullivan, UTC | 1:53.07 |
| 4. Dale Slaughter, APP | 1:54.89 |
| 5. Robert Hatcher, UTC | 1:56.55 |
| 6. Michael Lokale, VMI | 1:57.32 |
| 7. Ben Austin, APP | 1:59.09 |
| 8. Greg Scott, DAV | 2:04.86 |

Mile run

| | |
|----------------------------|---------|
| 1. Bradley Yewer, ETSU | 4:14.36 |
| 2. Colin Sullivan, UTC | 4:14.65 |
| 3. Caleb Bailey, WCU | 4:17.25 |
| 4. Mike Reed, APP | 4:18.54 |
| 5. Derrick Williamson, APP | 4:18.95 |
| 6. Adam Puett, WCU | 4:20.00 |
| 7. Greg Scott, DAV | 4:20.39 |
| 8. Linas Salkauskas, UTC | 4:20.84 |

3,000-meter run

| | |
|----------------------------|---------|
| 1. Bradley Yewer, ETSU | 8:26.06 |
| 2. Derrick Williamson, APP | 8:27.95 |
| 3. James Grufferty, ETSU | 8:28.65 |
| 4. Steven Kocsis, UTC | 8:29.07 |
| 5. Lance Parker, APP | 8:36.38 |
| 6. Adam Puett, WCU | 8:42.64 |
| 7. Ian Mayne, UTC | 8:43.16 |
| 8. Carson Blackwelder, APP | 8:43.96 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Bradley Yewer, ETSU | 15:04.83 |
| 2. Steven Kocsis, UTC | 15:04.93 |
| 3. Lance Parker, APP | 15:08.99 |
| 4. Derrick Williamson, APP | 15:10.82 |
| 5. Peter Dalton, ETSU | 15:15.29 |
| 6. Franklin Manchester, APP | 15:21.93 |
| 7. Robert Killian, CIT | 15:24.48 |
| 8. James Grufferty, ETSU | 15:27.13 |

55-meter hurdles

| | |
|--------------------------|------|
| 1. Jeff McKelvin, VMI | 7.75 |
| 2. Chris Harrington, UTC | 7.78 |
| 3. Deangelo Plather, VMI | 7.95 |
| 4. Kaylin Chesney, ETSU | 8.00 |
| 5. Cory Blanton, UTC | 8.08 |
| 6. Andre Brown, WCU | 8.09 |
| 7. Kevin Soloman, VMI | 8.28 |
| -- Deonte Cook, WCU | FS |

Distance medley

| | |
|----------------------|----------|
| 1. Western Carolina | 10:07.84 |
| 2. ETSU | 10:08.78 |
| 3. Appalachian State | 10:09.20 |
| 4. Chattanooga | 10:10.41 |
| 5. The Citadel | 10:35.32 |
| 6. VMI | 10:37.06 |
| 7. Davidson | 11:14.35 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. The Citadel | 3:16.34 |
| 2. VMI | 3:16.71 |
| 3. Western Carolina | 3:18.74 |
| 4. Chattanooga | 3:22.92 |
| 5. Appalachian State | 3:23.92 |
| 6. Davidson | 3:28.43 |
| 7. ETSU | 3:28.84 |

High jump

| | |
|--------------------------|---------|
| 1. Garrett Brickner, VMI | 6'9.75" |
| 2. Chris Walker, VMI | 6'6" |
| 3. Kamau Hull, VMI | 6'4" |
| 4. John Barlew, UTC | 6'4" |
| 5. James Sills, UTC | 6'4" |
| 6. Travis Taylor, CIT | 6'4" |
| 7. Jeremy Snoderly, ETSU | 6'2" |
| Bobby Robinson, WCU | 6'2" |

Long jump

| | |
|--------------------------|----------|
| 1. Holt McPherson, APP | 24'7.25" |
| 2. Justin Davis, WCU | 23'6.75" |
| 3. James Sills, UTC | 23'6.25" |
| 4. Deon Britton, APP | 23'3.50" |
| 5. Brian Graves, APP | 23'1.75" |
| 6. Xavier Goddard, WCU | 22'8.00" |
| 7. Kevin Soloman, VMI | 22'7.75" |
| 8. Arthur Robertson, APP | 22'5.00" |

Triple jump

| | |
|--------------------------|-----------|
| 1. Kevin Solomon, VMI | 48'0.75" |
| 2. Michael Dodd, UTC | 47'3.75" |
| 3. Gerald Foreman, APP | 47'2.50" |
| 4. Tyler Ferguson, WCU | 47'1.75" |
| 5. Arthur Robertson, APP | 46'5.25" |
| 6. Brian Graves, APP | 46'2.75" |
| 7. Mario Brooks, UTC | 46'5.20" |
| 8. Marus Carter, CIT | 45'10.00" |

Shot put

| | |
|---------------------------|-----------|
| 1. Anthony Greer, APP | 51'8.50" |
| 2. Katon Bethay, WOF | 51'4.50" |
| 3. Quentin Armstrong, CIT | 50'2.75" |
| 4. Charles Hyder, ETSU | 48'3.50" |
| 5. Dan Utley, APP | 47'5.25" |
| 6. David Bryce, WCU | 47'2.25" |
| 7. Travis Crittenden, VMI | 46'11.75" |
| 8. Eric Thompson, VMI | 46'11.50" |

Weight throw

| | |
|---------------------------|----------|
| 1. Daniel Duckworth, APP | 58'1.25" |
| 2. Nick McNeil, WCU | 54'4.00" |
| 3. Jason Stepp, WCU | 48'10.0" |
| 4. Travis Crittenden, VMI | 48'4.75" |
| 5. Matt Decker, WCU | 47'11.0" |
| 6. Eric Thompson, VMI | 46'8.25" |
| 7. Anthony Greer, APP | 44'7.00" |
| 8. Chris Franklin, CIT | 44'6.00" |

Pole vault

| | |
|-------------------------|----------|
| 1. Sean Heaston, WCU | 15'5.75" |
| 2. Jon Norman, APP | 15'5.75" |
| 3. Ty Denby, VMI | 15'0.00" |
| 4. Dan Queen, APP | 15'0.00" |
| 5. Jeff Fiorello, APP | 14'6.00" |
| 6. Bryan Tomlinson, APP | 14'0.00" |
| 7. David McCall, WCU | 13'6.25" |
| 8. William Pearl, VMI | 13'6.25" |

Individual Awards

Most Outstanding Track Performer

Bradley Yewer, ETSU

Most Outstanding Field Performers

Holt McPherson, Appalachian State
Anthony Greer, Appalachian State

Freshman of the Year

John Robertson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2003 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-----------------------|--------|
| 1. | Appalachian State | 186.5 |
| 2. | Chattanooga | 158.5 |
| 3. | Georgia Southern | 97 |
| 4. | Western Carolina | 78 |
| 5. | ETSU | 40 |
| 6. | VMI | 24 |
| 7. | Furman | 14 |
| 8. | Davidson | 7 |
| 9. | College of Charleston | 6 |
| 10. | The Citadel | 2 |
| 11. | UNCG | 1 |

55-meter dash

| | | |
|----|------------------------|------|
| 1. | Rashedah Arnold, GSU | 7.05 |
| 2. | Jennifer Claud, APP | 7.06 |
| 3. | Chantelle Vernon, ETSU | 7.13 |
| 4. | Latavia Shores, UTC | 7.18 |
| 5. | Christina Roberts, APP | 7.24 |
| 6. | Ronda White, APP | 7.25 |
| 7. | Portia Taylor, APP | 7.33 |
| 8. | Jacqueline Allen, GSU | 7.34 |

200-meter dash

| | | |
|----|-------------------------|-------|
| 1. | Rashedah Arnold, GSU | 24.64 |
| 2. | Jennifer Claud, APP | 24.46 |
| 3. | Shamieka Johnson, UTC | 24.58 |
| 4. | Candace Foster, UTC | 25.04 |
| 5. | Latavia Shores, UTC | 25.22 |
| 6. | Javonne Blackley, GSU | 25.39 |
| 7. | Christina Roberts, APP | 25.65 |
| 8. | Giselle Cunningham, GSU | 25.87 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Tiffany Pointer, UTC | 56.97 |
| 2. | Marlo Mincey, GSU | 57.12 |
| 3. | Margo Mincey, GSU | 57.21 |
| 4. | Leslie Martin, WCU | 57.40 |
| 5. | Kim Simmons, ETSU | 57.42 |
| 6. | Elisabeth Sain, UTC | 57.67 |
| 7. | Tiffany Collier, ETSU | 58.21 |
| 8. | Dawn Harden, UTC | 58.65 |

800-meter run

| | | |
|----|--------------------------|---------|
| 1. | Katie Sujkowski, APP | 2:19.45 |
| 2. | Amy Doolittle, UTC | 2:19.81 |
| 3. | Tonya Edmonds, WCU | 2:21.02 |
| 4. | Channel Lemon, UTC | 2:22.35 |
| 5. | Becky Signoretti, WCU | 2:23.86 |
| 6. | Jennifer Habbestad, ETSU | 2:24.12 |
| 7. | Brittney Swick, GSU | 2:24.99 |
| 8. | Amber Blain, VMI | 2:28.13 |

Mile run

| | | |
|----|----------------------|---------|
| 1. | Shannon Wommack, UTC | 4:58.90 |
| 2. | Katie Sujkowski, APP | 4:59.33 |
| 3. | Amy Doolittle, UTC | 5:02.55 |
| 4. | Missy Dock, APP | 5:14.15 |
| 5. | Brittney Swick, GSU | 5:17.77 |
| 6. | Katie Marshall, ETSU | 5:19.75 |
| 7. | Deanna Kulesz, WCU | 5:20.27 |
| 8. | Alissa Short, WCU | 5:20.78 |

3,000-meter run

| | | |
|----|---------------------|----------|
| 1. | Shannon Womack, UTC | 10:10.56 |
| 2. | Sarah Primeau, APP | 10:14.16 |
| 3. | Gina Recher, UTC | 10:16.09 |
| 4. | Ellen Davis, UTC | 10:23.61 |
| 5. | Melanie Cooper, WCU | 10:27.09 |
| 6. | Noel Smith, APP | 10:29.29 |
| 7. | Whitney Sharp, FUR | 10:32.20 |
| 8. | Molly Mungovan, FUR | 10:40.38 |

5,000-meter run

| | | |
|----|----------------------|----------|
| 1. | Sarah Primeau, APP | 17:43.56 |
| 2. | Shannon Wommack, UTC | 17:59.20 |
| 3. | Gina Recher, UTC | 18:01.59 |
| 4. | Noel Smith, APP | 18:13.90 |
| 5. | Whitney Sharp, FUR | 18:36.52 |
| 6. | Ellen Davis, UTC | 18:36.69 |
| 7. | Melanie Cooper, WCU | 18:46.72 |
| 8. | Amy Doolittle, UTC | 18:55.98 |

55-meter hurdles

| | | |
|----|---------------------------|------|
| 1. | Ronda White, APP | 7.86 |
| 2. | Shamieka Johnson, UTC | 8.20 |
| 3. | Dawn Harden, UTC | 8.25 |
| 4. | Tondra White, APP | 8.31 |
| 5. | Elisabeth Sain, UTC | 8.33 |
| 6. | Alison Frese, UTC | 8.53 |
| 7. | Adrianna Di Bernardi, APP | 8.54 |
| 8. | Rasheeda Ghaffar, UTC | 8.66 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | Chattanooga | 12:11.58 |
| 2. | Appalachian State | 12:14.98 |
| 3. | Western Carolina | 12:26.59 |
| 4. | Georgia Southern | 12:28.12 |
| 5. | ETSU | 12:55.88 |
| 6. | Davidson | 12:56.54 |
| 7. | Furman | 12:58.55 |
| 8. | UNCG | 13:01.76 |

4x400-meter relay

| | | |
|----|------------------|---------|
| 1. | Georgia Southern | 3:47.35 |
| 2. | Chattanooga | 3:49.59 |
| 3. | Western Carolina | 3:50.80 |
| 4. | ETSU | 3:54.30 |
| 5. | Furman | 4:07.25 |
| 6. | VMI | 4:09.39 |
| 7. | The Citadel | 4:09.51 |
| 8. | Davidson | 4:12.81 |

High jump

| | | |
|----|----------------------|----------|
| 1. | Cheryl Howard, ETSU | 5'5.25" |
| 2. | Suzanne Makison, APP | 5'5.25" |
| 3. | Kellie Mitchell, GSU | 5'5.25" |
| 4. | Tondra White, APP | 5'3.25" |
| 5. | Alison Frese, UTC | 5'3.25" |
| 6. | Amanda Yeck, DAV | 4'11.50" |
| 7. | Laura Tieszen, WCU | 4'11.50" |
| 8. | Kelia Thomas, GSU | 4'09.50" |

Long jump

| | | |
|----|-----------------------|-----------|
| 1. | Kellie Mitchell, GSU | 19'5.50" |
| 2. | Kasola Smith, UTC | 19'5.50" |
| 3. | Ronda White, APP | 19'1.25" |
| 4. | Cedea Bowden, WCU | 18'5.25" |
| 5. | Candace Foster, UTC | 18'5.25" |
| 6. | Jacqueline Allen, GSU | 18'1.00" |
| 7. | Kamata Potts, WCU | 17'09.75" |
| 8. | Shameka Harris, WCU | 17'03.50" |

Triple jump

| | | |
|----|-----------------------|-----------|
| 1. | Ronda White, APP | 41'4.50" |
| 2. | Jennifer Claud, APP | 40'0.00" |
| 3. | Tondra White, APP | 39'3.75" |
| 4. | Jacqueline Allen, GSU | 38'7.50" |
| 5. | Paula Moore, APP | 38'4.75" |
| 6. | Kristin Truman, ETSU | 36'11.75" |
| 7. | Cedea Bowden, WCU | 36'05.75" |
| 8. | Andrea Morrison, FUR | 36'00.75" |

Shot put

| | | |
|----|-----------------------------|-----------|
| 1. | Mildred Cooper, VMI | 45'8.00" |
| 2. | LaShana Poole, APP | 44'2.75" |
| 3. | Beverly Burnett, APP | 43'7.25" |
| 4. | Kineta Williams-Rogers, WCU | 43'3.75" |
| 5. | Kristie Boggan, APP | 42'10.25" |
| 6. | Amber Tiggs, GSU | 41'8.75" |
| 7. | Nikole Simmons, APP | 41'08.50" |
| 8. | Crystal Miller, APP | 37'05.25" |

Pole vault

| | | |
|----|----------------------|----------|
| 1. | Laura Tieszen, WCU | 12'1.25" |
| 2. | Michelle Velez, WCU | 11'9.25" |
| 3. | Suzanne Makison, APP | 11'5.25" |
| 4. | Nadia Wendlandt, VMI | 10'5.50" |
| -- | Dana Anglin, WCU | NH |
| -- | Tricia Shepard, WCU | NH |

Weight throw

| | | |
|----|-----------------------------|-----------|
| 1. | LaShana Poole, APP | 57'2.00" |
| 2. | Amber Tiggs, GSU | 54'10.25" |
| 3. | Chakosha Lance, CofC | 51'3.50" |
| 4. | Mildred Cooper, VMI | 51'0.25" |
| 5. | Quiletta Dunston, WCU | 49'11.75" |
| 6. | Kineta Williams-Rogers, WCU | 49'11.25" |
| 7. | Nikole Simmons, APP | 48'11.00" |
| 8. | Shalettha Lightfoot, GSU | 47'10.00" |

Individual Awards

Most Outstanding Track Performer

Shannon Wommack, Chattanooga

Most Outstanding Field Performer

LaShana Poole, Appalachian State

Freshman of the Year

Rashedah Arnold, Georgia Southern

Coach of the Year

Bill Gautier, Chattanooga

2002 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 138 |
| 2. | Western Carolina | 100 |
| 3. | VMI | 87 |
| 4. | Chattanooga | 69 |
| 5. | ETSU | 53 |
| 6. | The Citadel | 28 |
| 7. | Davidson | 17 |
| 8. | UNCG | 3 |

55-meter dash

| | |
|-------------------------|------|
| 1. Jason Green, APP | 6.26 |
| 2. Tee Alford, WCU | 6.31 |
| 3. Ernest Wiggins, APP | 6.32 |
| 4. James Rainer, WCU | 6.49 |
| 5. Kevin McLeod, APP | 6.57 |
| 6. Reggie Williams, APP | 6.66 |

200-meter dash

| | |
|------------------------|-------|
| 1. Darrus Cofield, WCU | 21.64 |
| 2. Jason Green, APP | 21.67 |
| 3. Tee Alford, WCU | 21.74 |
| 4. Milton Bolton, WCU | 21.90 |
| 5. Ernest Wiggins, APP | 22.01 |
| 6. Lloyd Davis, VMI | 22.70 |

400-meter dash

| | |
|---------------------------|-------|
| 1. Darrus Cofield, WCU | 47.45 |
| 2. Alex Prince, CIT | 48.14 |
| 3. Milton Bolton, WCU | 48.19 |
| 4. Marcus Littlejohn, APP | 49.55 |
| 5. Reggie Williams, APP | 50.11 |

800-meter run

| | |
|------------------------|---------|
| 1. Caleb Bailey, WCU | 1:54.24 |
| 2. Ryan Kendall, UTC | 1:54.48 |
| 3. Robert Hatcher, UTC | 1:55.47 |
| 4. Dale Slaughter, APP | 1:56.26 |
| 5. Johnny Johnson, VMI | 1:57.26 |
| 6. Chris Green, VMI | 1:57.58 |

Mile run

| | |
|-----------------------|---------|
| 1. Caleb Bailey, WCU | 4:13.76 |
| 2. Ryan Kendall, UTC | 4:14.69 |
| 3. Brad Yewer, ETSU | 4:16.92 |
| 4. Mike Reed, APP | 4:17.12 |
| 5. Curtis Gadula, UTC | 4:20.49 |
| 6. Lars Tveters, UTC | 4:20.81 |

3,000-meter run

| | |
|--------------------------|---------|
| 1. Dan Gibson, DAV | 8:25.66 |
| 2. Steve Kocsis, UTC | 8:29.37 |
| 3. Curtis Gadula, UTC | 8:30.29 |
| 4. Brad Yewer, ETSU | 8:34.80 |
| 5. James Grufferty, ETSU | 8:37.80 |
| 6. Lance Parker, APP | 8:42.18 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. James Grufferty, ETSU | 14:50.98 |
| 2. Steve Kocsis, UTC | 14:52.22 |
| 3. Dan Gibson, DAV | 14:59.22 |
| 4. Curtis Gadula, UTC | 15:03.74 |
| 5. Joe Jacobs, UNCG | 15:07.90 |
| 6. Jesse Norman, WCU | 15:15.02 |

55-meter hurdles

| | |
|--------------------------|------|
| 1. Ryan Linebarger, APP | 7.66 |
| 2. Deangelo Plather, VMI | 7.97 |
| 3. Kaylin Chesney, ETSU | 8.09 |
| 4. Kevin Solomon, VMI | 8.09 |
| 5. Deonte Cook, WCU | 8.22 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 10:13.20 |
| 2. Chattanooga | 10:14.51 |
| 3. ETSU | 10:20.19 |
| 4. The Citadel | 10:21.76 |
| 5. Western Carolina | 10:33.11 |
| 6. UNCG | 10:37.66 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Appalachian State | 3:16.35 |
| 2. The Citadel | 3:17.25 |
| 3. VMI | 3:19.09 |
| 4. Chattanooga | 3:24.82 |
| 5. ETSU | 3:25.15 |
| 6. Davidson | 3:26.57 |

High jump

| | |
|--------------------------|------|
| 1. Garrett Brickner, VMI | 6'8" |
| 2. Ryan Linebarger, APP | 6'4" |
| 3. Travis Taylor, CIT | 6'4" |
| 4. Teddy Burgis, WCU | 6'2" |
| Kamau Hull, VMI | 6'2" |
| 6. Donnie Bryant, WCU | 6'2" |

Long jump

| | |
|------------------------|----------|
| 1. Charvin Clark, ETSU | 25'0.50" |
| 2. Kevin Solomon, VMI | 23'8.75" |
| 3. Quez Smith, VMI | 23'5.50" |
| 4. Holt McPherson, APP | 23'5.50" |
| 5. Titus Green, VMI | 22'7.75" |
| 6. Alvin Johnson, CIT | 22'3.50" |

Triple jump

| | |
|------------------------|-----------|
| 1. Kevin Solomon, VMI | 48'3.25" |
| 2. Gerald Foreman, APP | 47'9.75" |
| 3. Michael Dodd, UTC | 46'9.50" |
| 4. Derik Screen, VMI | 46'4.00" |
| 5. Brian Graves, APP | 45'11.25" |
| 6. Demaj Wiley, CIT | 44'0.00" |

Shot put

| | |
|---------------------------|----------|
| 1. Bob Smith, APP | 53'5.50" |
| 2. Austin Wakefield, VMI | 48'5.25" |
| 3. Chad Hyder, ETSU | 48'2.00" |
| 4. Travis Crittendon, VMI | 47'5.25" |
| 5. Jeb Hall, WCU | 47'4.50" |
| 6. Josh Artau, ETSU | 46'7.25" |

Weight throw

| | |
|---------------------|-----------|
| 1. Bob Smith, APP | 59'11.25" |
| 2. Nick McNeil, WCU | 55'8.50" |
| 3. Larry Brock, APP | 54'0.00" |
| 4. Jamie Lyda, APP | 48'11.50" |
| 5. Tyler Burke, APP | 48'4.00" |
| 6. Jeb Hall, WCU | 47'9.75" |

Pole vault

| | |
|-------------------------|-----------|
| 1. Charles Rice, WCU | 16'3.25" |
| 2. J.B. Rosson, VMI | 16'3.25" |
| 3. Wes Pickens, APP | 15'11.25" |
| 4. Aaron Pedrick, APP | 14'11.50" |
| 5. Seajae Hartness, WCU | 14'11.50" |
| 6. Ty Denby, VMI | 14'11.50" |

Individual Awards

Most Outstanding Track Performer

Caleb Bailey, Western Carolina

Most Outstanding Field Performer

Kevin Solomon, VMI

Freshman of the Year

Milton Bolton, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2002 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 139 |
| 2. | Western Carolina | 111 |
| 3. | Chattanooga | 96 |
| 4. | Georgia Southern | 69 |
| 5. | ETSU | 52 |
| 6. | UNCG | 17 |
| 7. | Furman | 7 |
| 8. | VMI | 3 |
| 9. | Davidson | 2 |

55-meter dash

| | |
|---------------------------|------|
| 1. Jennifer Claud, APP | 7.04 |
| 2. Chantelle Vernon, ETSU | 7.05 |
| 3. Jacqueline Allen, GSU | 7.11 |
| 4. Javonne Blackley, GSU | 7.16 |
| 5. Christina Roebrts, APP | 7.17 |
| 6. Javonne Blackley, GSU | 7.21 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Ronetta Burgess, WCU | 24.64 |
| 2. Jennifer Claud, APP | 24.93 |
| 3. Jennifer Howard, ETSU | 25.04 |
| 4. Javonne Blackley, GSU | 25.24 |
| 5. Tondra White, APP | 25.43 |
| 6. Christina Roberts, APP | 25.55 |

400-meter dash

| | |
|--------------------------|-------|
| 1. Jennifer Howard, ETSU | 56.95 |
| 2. Tiffany Pointer, UTC | 57.21 |
| 3. Marlo Moncey, GSU | 57.41 |
| 4. Natasha Brown, APP | 57.92 |
| 5. Benetta Boyd, WCU | 58.45 |

800-meter run

| | |
|-------------------------|---------|
| 1. Katie Sujkowski, APP | 2:13.29 |
| 2. Roseline Addo, ETSU | 2:13.32 |
| 3. Morgan Thacker, WCU | 2:14.26 |
| 4. Channel Lemon, UTC | 2:16.04 |
| 5. Kim Simmons, ETSU | 2:19.76 |
| 6. Tonya Edwards, WCU | 2:22.79 |

Mile run

| | |
|-------------------------|---------|
| 1. Katie Sujkowski, APP | 5:07.96 |
| 2. Shannon Womack, UTC | 5:10.43 |
| 3. Amy Doolittle, UTC | 5:11.11 |
| 4. Erin Howard, FUR | 5:12.02 |
| 5. Alisha Little, APP | 5:17.37 |
| 6. Morgan Cole, UNCG | 5:17.94 |

3,000-meter run

| | |
|------------------------|----------|
| 1. Shannon Womack, UTC | 10:29.43 |
| 2. Ellen Davis, UTC | 10:29.89 |
| 3. Sarah Primeau, APP | 10:36.81 |
| 4. Emily Furr, UNCG | 10:39.81 |
| 5. Mary Nero, UNCG | 10:40.60 |
| 6. Jackie Tugman, VMI | 10:43.81 |

5,000-meter run

| | |
|------------------------|----------|
| 1. Shannon Womack, UTC | 17:54.22 |
| 2. Ellen Davis, UTC | 17:54.55 |
| 3. Gina Recher, UTC | 17:54.95 |
| 4. Sarah Primeau, APP | 17:59.28 |
| 5. Laura Puckett, DAV | 18:38.02 |
| 6. Emily Furr, UNCG | 18:39.77 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Lindy Petteway, GSU | 8.11 |
| 2. Michelle Velez, WCU | 8.32 |
| 3. Dawn Harden, UTC | 8.38 |
| 4. Ronda White, APP | 8.39 |
| 5. Rosalyn Hood, WCU | 8.39 |
| 6. Ronetta Burgess, WCU | 8.50 |

Distance medley

| | |
|----------------------|----------|
| 1. Chattanooga | 12:17.69 |
| 2. Western Carolina | 12:20.08 |
| 3. ETSU | 12:20.09 |
| 4. Appalachian State | 12:30.38 |
| 5. Furman | 12:33.93 |
| 6. UNCG | 13:06.76 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:48.89 |
| 2. ETSU | 3:51.82 |
| 3. Chattanooga | 3:52.37 |
| 4. Georgia Southern | 3:52.56 |
| 5. Appalachian State | 4:00.85 |
| 6. Furman | 4:06.94 |

High jump

| | |
|--------------------------|------|
| 1. Virginia LaCombe, WCU | 5'7" |
| 2. Leigh Anne Ronk, APP | 5'5" |
| 3. Alison Frese, UTC | 5'5" |
| 4. Cheryl Howard, ETSU | 5'3" |
| 5. Kellie Mitchell, GSU | 5'3" |
| 6. Suzanne Makinson, APP | 5'3" |

Long jump

| | |
|--------------------------|-----------|
| 1. Ronda White, APP | 19'6.75" |
| 2. Kellie Mitchell, GSU | 19'5.50" |
| 3. Jacqueline Allen, GSU | 19'2.75" |
| 4. Kelia Thomas, GSU | 18'10.75" |
| 5. Rosalyn Hood, WCU | 18'9.00" |
| 6. Cedeia Bowden, WCU | 18'7.75" |

Triple jump

| | |
|------------------------|-----------|
| 1. Tondra White, APP | 40'4.75" |
| 2. Ronda White, APP | 40'2.25" |
| 3. Cedeia Bowden, WCU | 40'1.25" |
| 4. Paula Moore, APP | 39'10.50" |
| 5. Jennifer Claud, APP | 38'11.75" |
| 6. Rosalyn Hood, WCU | 38'11.50" |

Shot put

| | |
|---------------------------|-----------|
| 1. LaShana Poole, APP | 43'10.75" |
| 2. Amber Tiggs, GSU | 43'2.50" |
| 3. Nikki Slocumb, GSU | 43'1.50" |
| 4. Kineta Williams, WCU | 39'10.00" |
| 5. Mildred Cooper, VMI | 39'4.50" |
| 6. Altavise Franklin, WCU | 38'7.50" |

Pole vault

| | |
|-------------------------|----------|
| 1. Michelle Velez, WCU | 12'7.50" |
| 2. Laura Tieszen, WCU | 12'3.50" |
| 3. Dana Anglin, WCU | 11'5.75" |
| 4. Suzanne Makison, APP | 11'5.75" |
| 5. Chi Sawyer, WCU | 10'3.50" |
| 6. Tricia Shepard, WCU | 10'3.50" |

Weight throw

| | |
|-------------------------|----------|
| 1. LaShana Poole, APP | 56'3.25" |
| 2. Niki Ash, UNCG | 54'8.00" |
| 3. Quilett Dunston, WCU | 50'6.75" |
| 4. Amber Tiggs, GSU | 50'3.25" |
| 5. Nancy Hinson, APP | 49'3.75" |

Individual Awards

Most Outstanding Track Performer

Shannon Womack, Chattanooga

Most Outstanding Field Performer

LaShana Poole, Appalachian State

Freshman of the Year

Jennifer Claud, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2001 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | VMI | 146 |
| 2. | Appalachian State | 130 |
| 3. | Western Carolina | 74 |
| 4. | ETSU | 53 |
| 5. | Chattanooga | 52 |
| 6. | The Citadel | 25 |
| 7. | Davidson | 14 |
| 8. | UNCG | 1 |

55-meter dash

| | |
|------------------------|------|
| 1. Marcus Lynch, VMI | 6.49 |
| 2. Akaba Galaspie, WCU | 6.50 |
| 3. Quez Smith, VMI | 6.52 |
| 4. Kevin McLeod, APP | 6.53 |
| 5. Lloyd Davis, VMI | 6.61 |
| 6. Jeff McKelvin, VMI | 6.64 |

200-meter dash

| | |
|--------------------------|-------|
| 1. Evan Hawkins, ETSU | 21.55 |
| 2. Derrick High, WCU | 21.93 |
| 3. Jeff Witherspoon, CIT | 22.12 |
| 4. Marcus Lynch, VMI | 22.45 |
| 5. Kevin McLeod, APP | 22.74 |

400-meter dash

| | |
|--------------------------|-------|
| 1. Derrick High, WCU | 47.53 |
| 2. Evan Hawkins, ETSU | 47.64 |
| 3. Bola Oyegunwa, WCU | 49.16 |
| 4. Akaba Galaspie, WCU | 49.54 |
| 5. Rob Nichols, CIT | 49.56 |
| 6. Kenny Carmichael, VMI | 49.85 |

800-meter run

| | |
|------------------------|---------|
| 1. Michael Lokale, VMI | 1:53.43 |
| 2. John Baldwin, UTC | 1:53.73 |
| 3. Ryan Kendall, UTC | 1:53.75 |
| 4. Dale Slaughter, APP | 1:55.40 |
| 5. Chris Green, VMI | 1:56.60 |
| 6. Dan Cannon, CIT | 1:57.59 |

Mile run

| | |
|---------------------------|---------|
| 1. Caleb Bailey, WCU | 4:15.59 |
| 2. Curtis Gadula, UTC | 4:15.99 |
| 3. Ryan Kendall, UTC | 4:16.72 |
| 4. Ben Schowe, APP | 4:21.45 |
| 5. Shon Grice, UTC | 4:22.24 |
| 6. Jimmy Swansbrough, DAV | 4:22.31 |

3,000-meter run

| | |
|-----------------------------|---------|
| 1. Curtis Gadula, UTC | 8:37.42 |
| 2. Alan Marion, APP | 8:37.43 |
| 3. Dan Gibson, DAV | 8:38.89 |
| 4. Ben Bisette, APP | 8:40.00 |
| 5. Franklin Manchester, APP | 8:47.66 |
| 6. Jimmy Swansbrough, DAV | 8:52.51 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Ben Bisette, APP | 15:02.19 |
| 2. Alan Marion, APP | 15:05.16 |
| 3. Dan Gibson, DAV | 15:09.45 |
| 4. Franklin Manchester, APP | 15:10.69 |
| 5. Greg Sprowl, ETSU | 15:11.14 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Jeff Foy, VMI | 7.62 |
| 2. Ryan Linebarger, APP | 7.66 |
| 3. Jeff McKelvin, VMI | 7.70 |
| 4. Johnny Bomar, WCU | 7.84 |
| 5. Keith Sims, APP | 8.05 |
| 6. Kaylin Chesney, ETSU | 8.22 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 10:20.20 |
| 2. VMI | 10:21.76 |
| 3. Chattanooga | 10:27.21 |
| 4. The Citadel | 10:28.94 |
| 5. Western Carolina | 10:31.59 |
| 6. UNCG | 10:39.66 |
| 7. ETSU | 10:46.33 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. VMI | 3:16.23 |
| 2. Western Carolina | 3:17.42 |
| 3. ETSU | 3:18.76 |
| 4. Appalachian State | 3:19.87 |
| 5. Chattanooga | 3:20.70 |
| 6. The Citadel | 3:23.07 |
| 7. Davidson | 3:36.36 |

High jump

| | |
|--------------------------|----------|
| 1. Jason Farr, ETSU | 6'09.00" |
| 2. Ken Millender, APP | 6'09.00" |
| 3. Donovan Williams, VMI | 6'05.00" |
| 4. Jason Palmer, APP | 6'05.00" |
| 5. Andrew Whitson, ETSU | 6'03.25" |
| 6. Jeff McKelvin, VMI | 6'03.25" |

Long jump

| | |
|------------------------|-----------|
| 1. Marcus Lynch, VMI | 25'01.75" |
| 2. Damion McLean, APP | 24'04.25" |
| 3. Aaron Yarbough, VMI | 23'07.50" |
| 4. Quez Smith, VMI | 23'04.00" |
| 5. Kevin Solomon, VMI | 22'11.25" |
| 6. Doug Petway, WCU | 22'03.50" |

Triple jump

| | |
|-----------------------|-----------|
| 1. Keith Jenkins, APP | 48'03.50" |
| 2. Kevin Solomon, VMI | 48'02.00" |
| 3. Damion McLean, APP | 47'08.00" |
| 4. Derik Screen, VMI | 47'05.75" |
| 5. Quez Smith, VMI | 45'06.25" |
| 6. Doug Petway, WCU | 44'09.75" |

Shot put

| | |
|---------------------------|-----------|
| 1. Quentin Armstrong, CIT | 49'06.50" |
| 2. Josh Artau, ETSU | 48'11.50" |
| 3. Chad Hyder, ETSU | 48'08.25" |
| 4. John Chisholm, VMI | 48'02.75" |
| 5. Jeff Chamber, WCU | 47'03.00" |
| 6. Russ Touchberry, CIT | 46'11.50" |

Weight throw

| | |
|-------------------------|-----------|
| 1. John Chisholm, VMI | 61'08.50" |
| 2. Tony Essig, VMI | 49'03.50" |
| 3. Larry Brock, APP | 49'02.25" |
| 4. Jeff Chambers, VMI | 47'11.25" |
| 5. Dan Duckworth, APP | 47'06.25" |
| 6. Phil Weismiller, VMI | 46'07.50" |

Pole vault

| | |
|-------------------------|-----------|
| 1. J.B. Rosson, VMI | 15'05.50" |
| 2. Aaron Pedrick, APP | 15'05.50" |
| 3. Charles Rice, WCU | 15'05.50" |
| 4. Jon Norman, APP | 13'11.75" |
| 5. Bryan Tomlinson, APP | 13'05.75" |
| 6. Adam Woods, ETSU | 12'11.75" |

Individual Awards

Most Outstanding Performer

Marcus Lynch, VMI

Freshman of the Year

J.B. Rosson, VMI

Coach of the Year

Mike Bozeman, VMI

2001 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 130 |
| 2. | Western Carolina | 128 |
| 3. | Chattanooga | 101 |
| 4. | ETSU | 52 |
| 5. | Furman | 36 |
| 6. | Georgia Southern | 19 |
| 7. | VMI | 16 |
| 8. | UNCG | 8 |
| 9. | The Citadel | 4 |
| 10. | Davidson | 2 |

55-meter dash

| | |
|--------------------------|------|
| 1. Shonte' Pinkston, APP | 6.90 |
| 2. Tyleana Hanner, UTC | 7.17 |
| 3. Ronetta Burgess, WCU | 7.20 |
| 4. LaDonna McClure, GSU | 7.21 |
| 5. Cedeia Bowden, WCU | 7.25 |
| 6. Benetta Boyd, WCU | 7.44 |

200-meter dash

| | |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 24.63 |
| 2. Ronetta Burgess, WCU | 24.73 |
| 3. Roseline Addo, ETSU | 25.03 |
| 4. Marna Moore, UTC | 25.14 |
| 5. Tyleana Hanner, UTC | 25.31 |
| 6. Jennifer Howard, ETSU | 25.47 |

400-meter dash

| | |
|--------------------------|-------|
| 1. Roseline Addo, ETSU | 56.92 |
| 2. Jennifer Howard, ETSU | 57.30 |
| 3. Marlo Mincey, GSU | 57.34 |
| 4. Benetta Boyd, WCU | 58.88 |
| 5. Roslyn Bingley, WCU | 59.53 |
| 6. Tyler Caudle, APP | 59.70 |

800-meter run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:08.40 |
| 2. Lauren Campbell, ETSU | 2:15.28 |
| 3. Katie Sujkowski, APP | 2:16.36 |
| 4. Julie Stackhouse, FUR | 2:16.41 |
| 5. Megan Thacker, WCU | 2:19.97 |
| 6. Channel Lemon, UTC | 2:24.65 |

Mile run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 4:59.20 |
| 2. Becky Slick, UTC | 5:06.34 |
| 3. Holly Bright, WCU | 5:09.11 |
| 4. Erin Howard, FUR | 5:12.47 |
| 5. Amy Doolittle, UTC | 5:13.19 |
| 6. Johanna Allen, APP | 5:15.54 |

3,000-meter run

| | |
|-------------------------|----------|
| 1. Jill Braley, FUR | 10:08.58 |
| 2. Oddbjorg Haugen, UTC | 10:11.45 |
| 3. Emily Campbell, ETSU | 10:12.96 |
| 4. Becky Slick, UTC | 10:17.74 |
| 5. Andrea Davis, UTC | 10:18.09 |
| 6. Whiney Woods, WCU | 10:22.98 |

5,000-meter run

| | |
|-------------------------|----------|
| 1. Jill Braley, FUR | 17:33.06 |
| 2. Oddbjorg Haugen, UTC | 17:40.90 |
| 3. Andrea Davis, UTC | 17:56.90 |
| 4. Whiney Woods, WCU | 17:58.96 |
| 5. Heather Needham, APP | 18:04.49 |
| 6. Johanna Allen, APP | 18:18.17 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Marna Moore, UTC | 8.05 |
| 2. Ronetta BURGess, WCU | 8.07 |
| 3. Lindy Petteway, GSU | 8.23 |
| 4. Tyleana Hanner, UTC | 8.37 |
| 5. Kirsten Bowden, APP | 8.62 |
| 6. Tondra White, APP | 8.65 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 12:14.16 |
| 2. Chattanooga | 12:25.09 |
| 3. Furman | 12:26.82 |
| 4. Western Carolina | 12:37.32 |
| 5. Davidson | 12:48.65 |
| 6. VMI | 12:54.20 |
| 7. Georgia Southern | 12:57.16 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. ETSU | 3:49.11 |
| 2. Western Carolina | 3:51.04 |
| 3. Appalachian State | 3:51.37 |
| 4. Chattanooga | 3:55.28 |
| 5. Furman | 4:01.41 |
| 6. Georgia Southern | 4:06.58 |
| 7. Davidson | 4:10.53 |
| 8. VMI | 4:15.08 |

High jump

| | |
|--------------------------|----------|
| 1. Virginia LaCombe, WCU | 5'07.75" |
| 2. Jennifer Carroll, VMI | 5'05.75" |
| 3. Tyleana Hanner, UTC | 5'03.75" |
| 4. Suzanne Makinson, APP | 5'03.75" |
| 5. Cheryl Howard, ETSU | 5'01.75" |
| 6. Kirsten Bowden, APP | 5'01.75" |

Long jump

| | |
|-------------------------|-----------|
| 1. Tyleana Hanner, UTC | 20'00.25" |
| 2. Angela Pryor, APP | 19'00.50" |
| 3. Kamata Potts, WCU | 18'09.75" |
| 4. Kirsten Bowden, APP | 18'07.75" |
| 5. Star Lingo, GSU | 18'02.50" |
| 6. Ronetta Burgess, WCU | 17'09.75" |

Triple jump

| | |
|--------------------------|-----------|
| 1. Kirsten Bowden, APP | 41'02.25" |
| 2. Tondra White, APP | 40'01.25" |
| 3. Tyleana Hanner, UTC | 39'08.00" |
| 4. Virginia LaCombe, WCU | 38'06.25" |
| 5. Cedeia Brown, WCU | 38'02.25" |
| 6. Kristen Truman, ETSU | 36'09.00" |

Shot put

| | |
|----------------------------|-----------|
| 1. Ashley Herendon, WCU | 44'09.75" |
| 2. La Shanna Poole, APP | 42'10.75" |
| 3. Barbara Lee Palmer, WCU | 41'05.00" |
| 4. Catrina Moore, CIT | 38'05.00" |
| 5. Kitey Wright, WCU | 38'04.25" |
| 6. Angela Vizzi, VMI | 38'00.00" |

Weight throw

| | |
|----------------------------|-----------|
| 1. La Shanna Poole, APP | 55'03.75" |
| 2. Niki Ash, UNCG | 51'07.25" |
| 3. Barbara Lee Palmer, WCU | 49'04.50" |
| 4. Quiletta Dunston | 48'08.00" |
| 5. Kineta Williams, WCU | 46'06.25" |
| 6. Ashley Herendon, WCU | 46'02.00" |

Pole vault

| | |
|--------------------------|-----------|
| 1. Valerie Jalajas, WCU | 11'11.75" |
| 2. Michelle Velez, WCU | 11'05.75" |
| 3. Nadia Wendlandt, VMI | 10'06.00" |
| 4. Suzanne Makinson, APP | 10'00.00" |
| 4. Kelly Hawkins, APP | 10'00.00" |
| 4. Kate Minser, APP | 10'00.00" |

Individual Awards

Most Outstanding Performer

Tyleana Hanner, Chattanooga

Freshman of the Year

Oddbjorg Haugen, Chattanooga

Coach of the Year

John Weaver, Appalachian State

2000 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Appalachian State | 132.5 |
| 2. | Western Carolina | 111 |
| 3. | VMI | 87 |
| 4. | Chattanooga | 57 |
| 5. | The Citadel | 48 |
| 6. | ETSU | 47.5 |
| 7. | Davidson | 12 |

55-meter dash

| | |
|---------------------------|------|
| 1. Johnie Morrison, WCU | 6.36 |
| 2. Carlos Frank, CIT | 6.41 |
| 3. Kenyon Doyle, VMI | 6.43 |
| 4. Kevin Pennycooke, ETSU | 6.42 |
| 5. Marcus Lynch, VMI | 6.48 |
| 6. Ken White, VMI | 6.49 |

200-meter dash

| | |
|------------------------|-------|
| 1. Jason McGinnis, APP | 21.55 |
| 2. Kenyon Doyle, CIT | 21.60 |
| 3. Joe Hyman, WCU | 21.83 |
| 4. Marcus Lynch, VMI | 22.04 |
| 5. Carlos Frank, CIT | 22.19 |
| 6. Derrick High, WCU | 22.25 |

400-meter dash

| | |
|-------------------------|-------|
| 1. Evan Hawkins, ETSU | 48.26 |
| 2. Derrick High, WCU | 48.30 |
| 3. Joe Hyman, WCU | 48.41 |
| 4. Jason McGhinnis, APP | 48.85 |
| 5. Michael Lokale, VMI | 49.00 |
| 6. John Baldwin, UTC | 49.17 |

800-meter run

| | |
|-------------------------|---------|
| 1. Nic Crider, UTC | 1:55.50 |
| 2. Aaron Prieur, UTC | 1:55.62 |
| 3. Chris Green, VMI | 1:55.81 |
| 4. Irving Hunter, WCU | 1:56.65 |
| 5. Michael Lokale, VMI | 1:56.94 |
| 6. Dale Slaughter, APP | 1:57.29 |
| 7. Nate Haley, VMI | 1:58.29 |
| 8. Terrice McClain, APP | 1:59.38 |

Mile run

| | |
|----------------------------|---------|
| 1. Nic Crider, UTC | 4:12.51 |
| 2. Aaron Prieur, UTC | 4:14.12 |
| 3. Kyle McLean, UTC | 4:15.50 |
| 4. Mitchell Jones, ETSU | 4:17.21 |
| 5. James Layne, APP | 4:18.99 |
| 6. Caleb Bailey, WCU | 4:21.07 |
| 7. Brent Ferrell, DAV | 4:21.17 |
| 8. Daniele Lenarduzzi, UTC | 4:23.83 |

3,000-meter run

| | |
|-------------------------|---------|
| 1. Ben Bisette, APP | 8:29.32 |
| 2. Brent Ferrell, DAV | 8:32.15 |
| 3. Mitchell Jones, ETSU | 8:34.34 |
| 4. Jesse Norman, WCU | 8:36.74 |
| 5. Shane Auston, APP | 8:38.54 |
| 6. Kyle McLean, UTC | 8:42.82 |
| 7. Curtis Gadula, UTC | 8:43.24 |
| 8. Dan Gibson, DAV | 8:43.68 |

5,000-meter run

| | |
|------------------------|----------|
| 1. Joe Smith, VMI | 14:53.19 |
| 2. Shane Austin, APP | 14:58.28 |
| 3. Ben Bisette, APP | 14:58.59 |
| 4. Dan Gibson, DAV | 15:03.53 |
| 5. Jesse Norman, WCU | 15:12.06 |
| 6. Curtis Gadula, UTC | 15:15.96 |
| 7. Andrew Cawood, CIT | 15:17.38 |
| 8. Greg Sprowell, ETSU | 15:19.12 |

Distance medley

| | |
|----------------------|----------|
| 1. Chattanooga | 10:15.88 |
| 2. ETSU | 10:22.52 |
| 3. Western Carolina | 10:27.65 |
| 4. VMI | 10:29.93 |
| 5. Appalachian State | 10:34.51 |
| 6. The Citadel | 10:41.60 |
| 7. UNCG | 10:45.90 |
| 8. Davidson | 10:57.36 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Ryan Linebarger, APP | 7.58 |
| 2. Johnny Bomar, WCU | 7.63 |
| 3. Keith Sims, APP | 7.69 |
| 4. Jeff McKelvin, VMI | 7.78 |
| 5. Kenny Moseley, VMI | 7.86 |
| -- Omari Francis, APP | DNF |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:14.40 |
| 2. Appalachian State | 3:15.22 |
| 3. VMI | 3:15.29 |
| 4. Chattanooga | 3:18.93 |
| 5. The Citadel | 3:19.41 |
| 6. ETSU | 3:23.62 |
| 7. Davidson | 3:32.06 |

High jump

| | |
|-------------------------|----------|
| 1. Eric McClary, CIT | 7'01.50" |
| 2. Rob Waddington, CIT | 6'08.00" |
| 3. Jason Farr, ETSU | 6'08.00" |
| 4. Ken Millender, APP | 6'06.00" |
| 5. Ryan Linebarger, APP | 6'06.00" |
| Andrew Whitson, ETSU | 6'06.00" |

Long jump

| | |
|-------------------------|-----------|
| 1. Damion McLean, APP | 24'05.75" |
| 2. Quez Smith, VMI | 24'02.50" |
| 3. Kevin Solomon, VMI | 23'11.00" |
| 4. Charles Mahatha, APP | 23'10.75" |
| 5. Rayshan Carthen, WCU | 23'06.00" |
| 6. Marcus Lynch, VMI | 23'04.00" |
| 7. John Logan, WCU | 23'00.75" |

Triple jump

| | |
|-------------------------|-----------|
| 1. Charles Mahatha, APP | 51'03.75" |
| 2. Quez Smith, VMI | 49'02.50" |
| 3. John Logan, WCU | 48'07.50" |
| 4. Karl Willis, WCU | 43'03.25" |
| 5. Ernest Moss, WCU | 47'08.50" |
| 6. Rayshan Carthen, WCU | 46'06.75" |

Shot put

| | |
|------------------------|-----------|
| 1. Jeb Hall, WCU | 52'01.75" |
| 2. John Chisholm, VMI | 51'06.50" |
| 3. Tom Hite, ETSU | 47'04.50" |
| 4. Jeff Chambers, VMI | 46'00.00" |
| 5. Adam Gilbert, APP | 44'01.25" |
| 6. Jeff Wetherell, CIT | 44'00.50" |

Weight throw

| | |
|-----------------------|-----------|
| 1. John Chisholm, VMI | 60'03.00" |
| 2. Adam Gilbert, APP | 53'09.75" |
| 3. Jeff Chambers, VMI | 50'04.00" |
| 4. Matt Roten, APP | 49'10.50" |
| 5. Dan Duckworth, APP | 47'07.00" |
| 6. Tony Essig, VMI | 44'00.50" |

Pole vault

| | |
|-----------------------|-----------|
| 1. Tim Thomas, WCU | 15'11.25" |
| 2. Aaron Pedrick, APP | 15'05.50" |
| 3. Wes Pickens, APP | 15'05.50" |
| 4. Charles Rice, WCU | 14'11.50" |
| 5. Ron Hull, VMI | 14'05.50" |
| 6. Adam Woods, ETSU | 13'05.75" |
| 7. Clint Stewart, APP | 13'05.75" |

Individual Awards

Most Outstanding Performer

Nic Crider, Chattanooga

Freshman of the Year

Derrick High, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2000 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 145.5 |
| 2. | Appalachian State | 119 |
| 3. | Chattanooga | 86 |
| 4. | ETSU | 71 |
| 5. | Georgia Southern | 30 |
| 6. | Furman | 21.5 |
| 7. | VMI | 11 |
| 8. | UNCG | 8 |
| 9. | The Citadel | 4 |

55-meter dash

| | | |
|----|-----------------------|------|
| 1. | Shonte' Pinkston, APP | 6.95 |
| 2. | Angela Pryor, APP | 7.17 |
| 3. | Jacqueline Allen, GSU | 7.19 |
| 4. | Andrea Matthews, APP | 7.22 |
| 5. | Keyonia Collins, GSU | 7.36 |
| 6. | Shantre Mayfield, APP | 7.39 |

200-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Shonte' Pinkston, APP | 26.36 |
| 2. | Andrea Matthews, APP | 25.01 |
| 3. | Angela Pryor, APP | 25.19 |
| 4. | Rosaline Addo, ETSU | 25.34 |
| 5. | Shavone Neely, WCU | 25.52 |
| 6. | Jacqueline Allen, GSU | 26.12 |

400-meter dash

| | | |
|----|-----------------------|-------|
| 1. | Rosaline Addo, ETSU | 56.33 |
| 2. | Jennifer Howard, ETSU | 56.36 |
| 3. | Rosalyn Hood, WCU | 58.08 |
| 4. | Angela Highbaugh, FUR | 58.11 |
| 5. | Shavone Neely, WCU | 58.38 |
| 6. | Andrea Matthews, APP | 58.62 |

800-meter run

| | | |
|----|-----------------------|---------|
| 1. | Lauren Campbell, ETSU | 2:12.96 |
| 2. | Julie Stackhouse, FUR | 2:15.00 |
| 3. | Becky Slick, UTC | 2:15.54 |
| 4. | Christina Smith, WCU | 2:17.29 |
| 5. | Channel Lemon, UTC | 2:17.32 |
| 6. | Catherine Brunk, UTC | 2:18.87 |
| 7. | Karen Underwood, APP | 2:22.84 |
| 8. | Erin Howard, FUR | 2:24.88 |

Mile run

| | | |
|----|--------------------------|---------|
| 1. | Becky Slick, UTC | 5:04.25 |
| 2. | Andrea Davis, UTC | 5:06.50 |
| 3. | Catherine Brunk, UTC | 5:06.97 |
| 4. | Gina Recher, UTC | 5:11.47 |
| 5. | Kimberly Hemstreet, ETSU | 5:13.98 |
| 6. | Michelle Cooke, UTC | 5:14.18 |
| 7. | Tanya Brown, ETSU | 5:14.56 |
| 8. | Erin Howard, FUR | 5:15.85 |

3,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Amanda Lynch, UTC | 9:45.31 |
| 2. | Catherine Berry, ETSU | 9:46.75 |
| 3. | Andrea Davis, UTC | 10:06.50 |
| 4. | Jenny Warfford, WCU | 10:17.82 |
| 5. | Heather Needham, APP | 10:26.89 |
| 6. | Melanie Cooper, WCU | 10:27.99 |
| 7. | Emily Campbell, ETSU | 10:33.66 |
| 8. | Dana Smith, FUR | 10:43.16 |

5,000-meter run

| | | |
|----|-----------------------|----------|
| 1. | Catherine Berry, ETSU | 17:01.05 |
| 2. | Amanda Lynch, UTC | 17:03.20 |
| 3. | Andrea Davis, UTC | 17:46.04 |
| 4. | Jenny Warfford, WCU | 17:52.98 |
| 5. | Heather Needham, APP | 18:12.09 |
| 6. | Emily Campbell, ETSU | 18:20.00 |
| 7. | Dana Smith, FUR | 18:43.51 |
| 8. | Emily Eades, FUR | 18:44.80 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | ETSU | 12:03.81 |
| 2. | Chattanooga | 12:20.71 |
| 3. | Western Carolina | 12:32.89 |
| 4. | Furman | 12:39.48 |
| 5. | Appalachian State | 12:53.40 |
| 6. | Georgia Southern | 13:17.48 |
| 7. | UNCG | 13:20.83 |
| 8. | Davidson | 13:35.16 |
| 9. | The Citadel | 14:15.21 |

55-meter hurdles

| | | |
|----|------------------------|------|
| 1. | Rosalyn Hood, WCU | 8.44 |
| 2. | Kristen Bowden, APP | 8.45 |
| 3. | Jennifer McCalla, GSU | 8.49 |
| 5. | Jackie Poage, APP | 8.60 |
| 7. | Virginia LaCombe, WCU | 8.85 |
| 6. | Domonique LaBeaud, GSU | 9.14 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:54.38 |
| 2. | ETSU | 3:54.84 |
| 3. | Appalachian State | 3:58.94 |
| 4. | Furman | 3:59.91 |
| 5. | Chattanooga | 3:59.97 |
| 6. | Georgia Southern | 4:10.69 |
| 7. | The Citadel | 4:16.64 |
| 8. | Davidson | 4:27.55 |

High jump

| | | |
|----|------------------------|----------|
| 1. | Virginia LaCombe, WCU | 5'05.75" |
| 2. | Anna Hutcherson, UTC | 5'05.75" |
| 3. | Jennifer Carroll, VMI | 5'01.75" |
| 3. | Whitney Nelson, GSU | 5'01.75" |
| 5. | Altavise Franklin, WCU | 5'01.75" |
| | Julie Stackhouse, FUR | 5'01.75" |

Long jump

| | | |
|----|------------------------|-----------|
| 1. | Rosalyn Hood, WCU | 19'08.25" |
| 2. | Angela Pryor, APP | 19'02.75" |
| 3. | Jacqueline Allen, GSU | 18'04.25" |
| 4. | Altavise Franklin, WCU | 18'02.25" |
| 5. | Kristen Bowden, APP | 17'11.75" |
| 6. | Jennifer Carroll, VMI | 17'09.75" |

Triple jump

| | | |
|----|------------------------|-----------|
| 1. | Rosalyn Hood, WCU | 39'08.75" |
| 2. | Kristen Bowden, APP | 39'07.00" |
| 3. | Virginia LaCombe, WCU | 38'11.00" |
| 4. | Cedea Bowden, WCU | 37'11.50" |
| 5. | Altavise Franklin, WCU | 36'07.75" |
| 6. | Monica Lockett, GSU | 35'03.00" |

Shot put

| | | |
|----|----------------------|-----------|
| 1. | Ashley Herendon, WCU | 42'02.00" |
| 2. | LaShanna Poole, APP | 40'08.25" |
| 3. | Sydney Rowland, APP | 39'01.75" |
| 4. | Valerie Mertz, WCU | 38'07.00" |
| 5. | Catrina Moore, CIT | 38'01.25" |
| 6. | Angela Vizzi, VMI | 38'01.25" |

Weight throw

| | | |
|----|---------------------|-----------|
| 1. | Valerie Mertz, WCU | 54'07.25" |
| 2. | Niki Ash, UNCG | 52'11.50" |
| 3. | LaShanna Poole, APP | 46'09.50" |
| 4. | Angela Vizzi, VMI | 45'00.25" |
| 5. | Carol Hamlin, CIT | 44'09.00" |
| 6. | Sydney Rowland, APP | 44'09.00" |

Pole vault

| | | |
|----|------------------------|-----------|
| 1. | Valerie Jalajaz, WCU | 12'00.50" |
| 2. | Sara Searcy, APP | 9'11.75" |
| 3. | Tricia Shepard, WCU | 9'11.75" |
| 4. | Altavise Franklin, WCU | 9'11.75" |
| 5. | Virginia LaCombe, WCU | 9'05.75" |
| 6. | Kelly Hawkins, APP | 9'05.75" |

Individual Awards

Most Outstanding Performer

Rosalyn Hood, Western Carolina

Freshman of the Year

Andrea Matthews, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina

1999 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 159.5 |
| 2. | Appalachian State | 139.5 |
| 3. | VMI | 108 |
| 4. | Chattanooga | 75 |
| 5. | ETSU | 73 |
| 6. | The Citadel | 48 |
| 7. | Davidson | 18 |

55-meter dash

| | |
|---------------------------|------|
| 1. Johnie Morrison, WCU | 6.33 |
| 2. Ken White, VMI | 6.34 |
| 3. Jan Ingram, CIT | 6.41 |
| 4. Kevin Pennycooke, ETSU | 6.42 |
| 5. Carlos Frank, CIT | 6.53 |
| 6. Devon Scott, APP | 6.55 |
| 7. Jeremy Carter, WCU | 6.56 |
| 8. Quez Smith, VMI | 6.59 |

200-meter dash

| | |
|------------------------|-------|
| 1. Jay Ingram, CIT | 22:32 |
| 2. Keith Sims, APP | 22:67 |
| 3. Jason McGinnis, APP | 22:82 |
| 4. Joe Hyman, WCU | 22:87 |
| 5. Kenyon Doyle, CIT | 23:38 |
| 6. Jeremy Cater, WCU | 23:51 |
| 7. Ken White, VMI | 23:86 |

400-meter dash

| | |
|---------------------------|-------|
| 1. James Yarborough, VMI | 50.48 |
| 2. Kenny Carmichael, VMI | 50.49 |
| 3. Joe Hyman, WCU | 51.34 |
| 4. Keith Glenn, WCU | 51.41 |
| 5. John Baldwin, UTC | 51.48 |
| 6. Derek Lemay, WCU | 51.52 |
| 7. Jason McGinnis, APP | 52.01 |
| 8. Stephen Monticone, APP | 52.05 |

800-meter run

| | |
|-------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 1:58.49 |
| 2. Terrice McClain, APP | 1:59.30 |
| 3. Andy Coker, UTC | 1:59.90 |
| 4. Chris O'Brian, APP | 2:01.49 |
| 5. Ryan Cengeri, VMI | 2:02.65 |
| 6. Davey Bacon, DAV | 2:03.20 |
| 7. Keith Chapman, DAV | 2:03.25 |
| 8. Rich Velazquez, APP | 2:08.90 |

Mile run

| | |
|-------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 4:19.14 |
| 2. Nic Crider, UTC | 4:19.83 |
| 3. Derek Murphy, ETSU | 4:20.67 |
| 4. Mike Leinweber, UTC | 4:25.30 |
| 5. James Layne, APP | 4:28.53 |
| 6. Curtis Gadula, UTC | 4:29.13 |
| 7. Scott Sutter, CIT | 4:29.69 |
| 8. J. Buechner, WCU | 4:31.82 |

3,000-meter run

| | |
|-----------------------|---------|
| 1. Nic Crider, UTC | 8:34.11 |
| 2. Derek Murphy, ETSU | 8:36.05 |
| 3. Rodney Stoker, UTC | 8:39.61 |
| 4. Shane Auston, APP | 8:42.00 |
| 5. Joe Smith, VMI | 8:47.83 |
| 6. Ben Bisette, APP | 8:50.74 |
| 7. Brent Ferrell, DAV | 8:52.04 |
| 8. J. Buechner, WCU | 8:52.14 |

5,000-meter run

| | |
|------------------------|----------|
| 1. Nic Crider, UTC | 14:57.05 |
| 2. Joe Smith, VMI | 15:00.17 |
| 3. Rodney Stoker, UTC | 15:00.89 |
| 4. Shane Austin, APP | 15:08.29 |
| 5. Ben Bisette, APP | 15:28.84 |
| 6. Brent Ferrell, DAV | 15:34.70 |
| 7. Kyle McClain, UTC | 15:45.09 |
| 8. Greg Sprowell, ETSU | 15:49.61 |

Distance medley

| | |
|----------------------|----------|
| 1. Chattanooga | 10:28.27 |
| 2. ETSU | 10:30.43 |
| 3. Appalachian State | 10:44.13 |
| 4. Western Carolina | 10:53.04 |
| 5. The Citadel | 10:55.06 |
| 6. Davidson | 11:06.07 |
| 7. VMI | 11:09.95 |

55-meter hurdles

| | |
|--------------------------|------|
| 1. Omari Francis, APP | 7.61 |
| 2. Keith Sims, APP | 7.62 |
| 3. Raasaan Uldaneta, WCU | 7.64 |
| 4. Ryan Linebarger, APP | 7.66 |
| 5. Jeremy Carter, WCU | 7.75 |
| 6. Zach Harris, APP | 7.76 |
| 7. Jeff McKelvin, VMI | 7.81 |
| 8. Johnny Bomar, WCU | 7.92 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. VMI | 3:24.85 |
| 2. Western Carolina | 3:25.27 |
| 3. Appalachian State | 3:25.49 |
| 4. Chattanooga | 3:28.04 |
| 5. ETSU | 3:28.28 |
| 6. The Citadel | 3:29.47 |
| 7. Davidson | 3:36.45 |

High jump

| | |
|-----------------------|----------|
| 1. Eric McClary, CIT | 6'09.75" |
| 2. Jeff McKelvin, VMI | 6'06.00" |
| 3. Aaron Wright, WCU | 6'02.00" |
| Ryan Linebarger, APP | 6'02.00" |
| Rob Waddington, CIT | 6'02.00" |
| 6. Scott Cargile, WCU | 6'02.00" |
| 7. Ken Millender, APP | 6'00.00" |
| Brad Berry, WCU | 6'00.00" |

Long jump

| | |
|-------------------------|-----------|
| 1. Charles Mahatha, APP | 24'07.00" |
| 2. Charvin Clark, ETSU | 24'03.00" |
| 3. Aaron Wright, WCU | 24'01.00" |
| 4. Rayshan Carthen, WCU | 23'06.25" |
| 5. Jeremy Carter, WCU | 23'02.75" |
| 6. Quez Smith, VMI | 23'02.75" |
| 7. Jimmy Johnson, WCU | 22'10.50" |
| 8. Damion McLean, APP | 22'10.50" |

Triple jump

| | |
|-------------------------|-----------|
| 1. Charles Mahatha, APP | 48'06.75" |
| 2. Rayshan Carthen, WCU | 48'02.50" |
| 3. Jimmy Johnson, WCU | 48'00.00" |
| 4. Quez Smith, VMI | 46'07.50" |
| 5. Aaron Wright, WCU | 45'11.75" |
| 6. Ade Artis, DAV | 43'04.50" |
| 7. Charvin Clark, ETSU | 42'09.75" |
| 8. Damion McLean, APP | 42'05.50" |

Shot put

| | |
|-------------------------|-----------|
| 1. Phillip Johnson, WCU | 51'01.75" |
| 2. Jordan Brandon, VMI | 50'05.50" |
| 3. Jason White, VMI | 46'11.00" |
| 4. Tom Hite, ETSU | 46'06.25" |
| 5. Jeb Hall, WCU | 44'03.50" |
| 6. James Beverly, ETSU | 44'03.25" |
| 7. Matt Roten, APP | 43'09.75" |
| 8. Jeff Chambers, VMI | 43'01.00" |

Weight throw

| | |
|-------------------------|-----------|
| 1. Phillip Johnson, WCU | 61'02.25" |
| 2. Jason White, VMI | 54'08.00" |
| 3. Adam Gilbert, APP | 52'06.00" |
| 4. Jordan Brandon, VMI | 52'04.00" |
| 5. Jeff Chambers, WCU | 48'11.75" |
| 6. James Beverly, ETSU | 45'04.50" |
| 7. Dan Duckworth, APP | 40'04.75" |
| 8. Kelly Underwood, VMI | 39'03.00" |

Pole vault

| | |
|-----------------------|-----------|
| 1. Tom Thomas, WCU | 15'05.50" |
| 2. Ryan Lewis, WCU | 15'05.50" |
| 3. Joe Condrey, WCU | 14'11.50" |
| 4. Wirt Cross, VMI | 14'05.50" |
| 5. Aaron Pedrick, APP | 14'05.50" |
| 6. Zach Harris, APP | 14'05.50" |
| 7. Charles Rice, WCU | 14'05.50" |
| 8. Clint Stewart, APP | 13'11.75" |

Individual Awards

Most Outstanding Performer

Nic Crider, Chattanooga

Freshman of the Year

Jeremy Carter, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

1999 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 169 |
| 2. | Appalachian State | 149 |
| 3. | Chattanooga | 118 |
| 4. | ETSU | 105 |
| 5. | Furman | 43.5 |
| 6. | VMI | 25 |
| 7. | Davidson | 11 |
| 8. | Wofford | 4 |
| 9. | The Citadel | 3 |

55-meter dash

| | |
|--------------------------|------|
| 1. Tyleana Hanner, UTC | 7.10 |
| 2. Shonte' Pinkston, APP | 7.25 |
| 3. Marna Moore, UTC | 7.28 |
| 4. Kamilah Gabriel, WCU | 7.38 |
| 5. Angela Highbaugh, FUR | 7.40 |
| 5. Angela Pryor, APP | 7.40 |
| 7. Latrice Sales, CIT | 7.43 |
| 8. Karen Houston, APP | 7.49 |

200-meter dash

| | |
|--------------------------|-------|
| 1. Tyleana Hanner, UTC | 25.80 |
| 2. Marna Moore, UTC | 25.86 |
| 3. Jennifer Howard, ETSU | 26.19 |
| 4. Shonte' Pinkston, APP | 26.36 |
| 5. Shawnta Person, WCU | 26.79 |
| 6. Angela Highbaugh, FUR | 26.83 |
| 7. Angela Pryor, APP | 26.88 |
| 8. Karen Houston, APP | 27.14 |

400-meter dash

| | |
|--------------------------|---------|
| 1. Shawnta Person, WCU | 59.20 |
| 2. Rosaline Addo, ETSU | 59.96 |
| 3. Jennifer Howard, ETSU | 1:00.04 |
| 4. Maria Rivas, FUR | 1:00.68 |
| 5. Susan Poole, APP | 1:00.69 |
| 6. Juanita Welford, APP | 1:01.44 |
| 7. Monica Hill, FUR | 1:01.62 |
| 8. Rosalyn Hood, WCU | 1:01.87 |

800-meter run

| | |
|---------------------------|---------|
| 1. Mary J. Harrelson, APP | 2:15.91 |
| 2. Keyya McManus, WCU | 2:17.78 |
| 3. Val Urchison, ETCU | 2:18.30 |
| 4. Ann Gardner, WCU | 2:20.74 |
| 5. Christina Smith, WCU | 2:21.05 |
| 6. Abby Slack, APP | 2:21.92 |
| 7. Lauren Campbell, ETSU | 2:24.34 |
| 8. Jessie Brown, WCU | 2:24.70 |

Mile run

| | |
|---------------------------|---------|
| 1. Mary J. Harrelson, APP | 4:57.17 |
| 2. Val Urchison, ETSU | 4:59.26 |
| 3. Abby Reeder, APP | 4:59.88 |
| 4. Catherine Berry, ETSU | 5:07.18 |
| 5. Andrea Davis, UTC | 5:07.28 |
| 6. Ann Gardner, WCU | 5:14.98 |
| 7. Jessie Brown, WCU | 5:19.00 |
| 8. Michelle Cooke, UTC | 5:21.76 |

3,000-meter run

| | |
|--------------------------|------|
| 1. Amanda Lynch, UTC | (NT) |
| 2. Abby Reeder, APP | (NT) |
| 3. Catherine Berry, ETSU | (NT) |
| 4. Andrea Davis, UTC | (NT) |
| 5. Jenny Warfford, WCU | (NT) |
| 6. Laurie Grey, FUR | (NT) |
| 7. Dana Smith, FUR | (NT) |
| 8. Corie Fuchs, APP | (NT) |

5,000-meter run

| | |
|-------------------------|----------|
| 1. Amanda Lynch, UTC | 17:35.29 |
| 2. Jenny Warfford, WCU | 17:45.92 |
| 3. Dana Smith, FUR | 17:57.44 |
| 4. Leah Moore, UTC | 18:10.33 |
| 5. Megan Fischer, FUR | 18:16.04 |
| 6. Emily Campbell, ETSU | 18:21.38 |
| 7. Corie Fuchs, APP | 18:33.57 |
| 8. Natlie Scruggs, UTC | 18:38.43 |

Distance medley

| | |
|----------------------|----------|
| 1. Appalachian State | 12:23.66 |
| 2. Western Carolina | 12:36.34 |
| 3. Davidson | 12:45.16 |
| 4. Chattanooga | 12:48.70 |
| 5. Furman | 12:51.59 |
| 6. ETSU | 13:33.48 |
| 7. VMI | 13:53.82 |
| 8. The Citadel | 14:04.76 |

55-meter hurdles

| | |
|--------------------------|------|
| 1. Marna Moore, UTC | 8.08 |
| 2. Tyleana Hanner, UTC | 8.27 |
| 3. Kristen Bowden, APP | 8.68 |
| 4. Rosalyn Hood, WCU | 8.71 |
| 5. Jackie Poage, APP | 8.76 |
| 6. Jamilah Sawyer, DAV | 8.77 |
| 7. Virginia LaCombe, WCU | 8.95 |
| 8. Ginger Denison, FUR | 9.49 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:58.94 |
| 2. Furman | 4:02.78 |
| 3. ETSU | 4:08.91 |
| 4. Appalachian State | 4:09.05 |
| 5. Chattanooga | 4:14.23 |
| 6. VMI | 4:22.85 |
| 7. Davidson | 4:24.85 |

High jump

| | |
|----------------------------|----------|
| 1. Taneisha Robinson, ETSU | 5'08" |
| 2. Virginia LaCombe, WCU | 5'06" |
| 3. Karen Breeding, ETSU | 5'03.75" |
| 4. Hanna Hutcherson, UTC | 5'03.75" |
| 5. Kristen Bowden, APP | 5'03.75" |
| 6. Mary Engle, APP | 5'01.75" |
| Tyleana Hanner, UTC | 5'01.75" |
| Dee Mittman, WCU | 5'01.75" |

Long jump

| | |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 20'03.00" |
| 2. Tyleana Hanner, UTC | 19'08.00" |
| 3. Rosalyn Hood, WCU | 19'00.75" |
| 4. Angela Pryor, APP | 18'05.25" |
| 5. Kamilah Gabriel, WCU | 18'04.25" |
| 6. Kristen Bowden, APP | 17'09.75" |
| 7. Angela Highbaugh, FUR | 17'09.50" |
| 8. Brooke Deacon, ETSU | 17'06.00" |

Triple jump

| | |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 42'05.25" |
| 2. Kristen Bowden, APP | 40'01.25" |
| 3. Tyleana Hanner, UTC | 39'11.25" |
| 4. Kamilah Gabriel, WCU | 39'06.50" |
| 5. Dee Mittman, WCU | 38'01.50" |
| 6. Virginia LaCombe, WCU | 37'07.75" |
| 7. Altavise Franklin, WCU | 36'05.75" |
| 8. Mary Engle, APP | 33'07.25" |

Shot put

| | |
|---------------------------|-----------|
| 1. Ashley Herendon, WCU | 40'05.50" |
| 2. Valerie Mertz, WCU | 39'11.50" |
| 3. Sydney Rowland, APP | 35'07.75" |
| 4. Robin Kennel, APP | 32'10.50" |
| 5. Altavise Franklin, WCU | 32'01.00" |
| 6. Courtney Klitzsch, APP | 32'00.00" |
| 7. Lena Summers, ETSU | 31'01.00" |
| 8. Angela Vizzi, VMI | 30'11.75" |

Weight throw

| | |
|---------------------------|-----------|
| 1. Valerie Mertz, WCU | 50'05.25" |
| 2. Kelly Sullivan, VMI | 43'10.75" |
| 3. Courtney Klitzsch, APP | 43'0.25" |
| 4. Nicki Myers, VMI | 41'02.50" |
| 5. Alexis Abrams, VMI | 40'02.00" |
| 6. Jackie Poage, APP | 39'06.50" |
| 7. Angela Vizzi, VMI | 38'06.75" |
| 8. Ashley Herendon, WCU | 36'09.50" |

Pole vault

| | |
|---------------------------|-----------|
| 1. Valerie Jalajas, WCU | 11'07.75" |
| 2. Karen Houston, APP | 9'05.25" |
| 3. Virginia LaCombe, WCU | 8'11.50" |
| 4. Altavise Franklin, WCU | 8'11.50" |
| 5. Page Stroup, WOF | 8'05.50" |
| 6. Sara Searcy, APP | 7'11.50" |
| 6. Lena Summers, ETSU | 7'11.50" |
| 8. Dee Mittman, WCU | 7'05.75" |

Individual Awards

Most Outstanding Performer

Taneisha Robinson, ETSU

Freshman of the Year

Virginia LaCombe, Western Carolina

Coach of the Year

Danny Williamson, Western Carolina

1998 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | VMI | 126 |
| 2. | ETSU | 93 |
| 3. | Marshall | 87 |
| 4. | Chattanooga | 83 |
| 5. | Appalachian State | 64 |
| 6. | Western Carolina | 41 |
| 7. | The Citadel | 2 |
| 8. | Davidson | 0 |

55-meter dash

| | |
|---------------------------|------|
| 1. Chris Brooks, ETSU | 6.24 |
| 2. Darrius Jackson, VMI | 6.37 |
| 3. Obi Ezekwe, VMI | 6.41 |
| 4. Johnnie Morrison, WCU | 6.45 |
| 5. Leon Corpening, APP | 6.47 |
| 6. Kevin Pennycooke, ETSU | 6.54 |

200-meter dash

| | |
|-------------------------|-------|
| 1. Darrius Jackson, VMI | 21.80 |
| 2. Chris Brooks, ETSU | 21.96 |
| 3. Leon Corpening, APP | 22.05 |
| 4. Marcus Lynch, VMI | 22.13 |
| 5. Anthony Ford, UTC | 22.25 |
| 6. Corey Williams, WCU | 22.47 |

400-meter dash

| | |
|-------------------------|-------|
| 1. Evan Hawkins, ETSU | 49.01 |
| 2. Steve Monticone, APP | 49.10 |
| 3. Jon Hutchins, ETSU | 50.23 |
| 4. Uche Checkwa, VMI | 50.33 |
| 5. Nate Haley, VMI | 50.95 |

800-meter run

| | |
|--------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 1:51.79 |
| 2. Doug Gilbert, ETSU | 1:52.53 |
| 3. Andy Coker, UTC | 1:54.09 |
| 4. Anthony Scanlon, ETSU | 1:54.32 |
| 5. Terrice McClain, APP | 1:54.61 |
| 6. Chris Wise, VMI | 1:55.24 |

Mile run

| | |
|--------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 4:11.44 |
| 2. Declan Fahy, ETSU | 4:12.32 |
| 3. Mitchell Jones, ETSU | 4:16.46 |
| 4. Andrew Lilly, CIT | 4:17.11 |
| 5. Anthony Scanlon, ETSU | 4:19.80 |
| 6. Kyle McLean, UTC | 4:20.97 |

3,000-meter run

| | |
|-------------------------|---------|
| 1. Declan Fahy, ETSU | 8:24.94 |
| 2. Mitchell Jones, ETSU | 8:27.50 |
| 3. Rodney Stoker, UTC | 8:29.88 |
| 4. Joe Smith, VMI | 8:30.15 |
| 5. Fred Reinhardt, ETSU | 8:32.33 |
| 6. Brian Clark, WCU | 8:33.62 |

5,000-meter run

| | |
|-----------------------------|----------|
| 1. Rodney Stoker, UTC | 14:45.46 |
| 2. Anthony Famiglietti, APP | 14:45.61 |
| 3. Joe Smith, VMI | 14:46.01 |
| 4. Fred Reinhardt, ETSU | 14:47.69 |
| 5. Brian Clark, WCU | 14:48.64 |
| 6. Roger Clark, ETSU | 15:11.96 |

Distance medley

| | |
|----------------------|----------|
| 1. Chattanooga | 10:15.97 |
| 2. ETSU | 10:18.18 |
| 3. Appalachian State | 10:22.49 |
| 4. The Citadel | 10:33.53 |
| 5. Western Carolina | 10:36.78 |
| 6. VMI | 10:44.39 |

55-meter hurdles

| | |
|----------------------|------|
| 1. Joe Anwah, VMI | 7.57 |
| 2. Zach Harris, APP | 7.80 |
| 3. Keith Sims, APP | 7.85 |
| 4. Chad Case, CIT | 8.09 |
| 5. Johnny Bomar, WCU | 9.34 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. ETSU | 3:16.79 |
| 2. Appalachian State | 3:18.53 |
| 3. VMI | 3:20.72 |
| 4. The Citadel | 3:23.19 |
| 5. Western Carolina | 3:24.13 |
| 6. Chattanooga | 3:33.96 |

High jump

| | |
|----------------------|-------|
| 1. Cory Cooper, WCU | 2.07m |
| 2. Mike Kroeger, APP | 2.07m |
| 3. Jason Farr, ETSU | 2.02m |
| 4. Tyler Ashley, VMI | 1.97m |
| Rob Waddington, CIT | 1.97m |
| 6. Errett Buis, VMI | 1.92m |

Long jump

| | |
|---------------------------|-------|
| 1. Darrius Jackson, VMI | 7.39m |
| 2. Charles Mahatha, APP | 7.18m |
| 3. Jimmy Johnson, WCU | 6.95m |
| 4. Ruben Gresham, CIT | 6.88m |
| 5. Kevin Pennycooke, ETSU | 6.86m |
| 6. Rayshon Carthen, WCU | 6.85m |

Triple jump

| | |
|---------------------------|--------|
| 1. Obi Ezekwe, VMI | 14.77m |
| 2. Jimmy Johnson, WCU | 14.64m |
| 3. Kevin Pennycooke, ETSU | 14.62m |
| 4. Rayshon Carthen, WCU | 14.44m |
| 5. Derek Green, CIT | 14.22m |
| 6. Brent Taylor, VMI | 14.00m |

Shot put

| | |
|-------------------------|--------|
| 1. Jordan Brandon, VMI | 16.46m |
| 2. Curtis Eason, ETSU | 15.38m |
| 3. Phillip Johnson, WCU | 15.36m |
| 4. Larry Brock, APP | 15.01m |
| 5. Jason White, VMI | 15.00m |
| 6. Kelly Underwood, VMI | 14.43m |

Weight throw

| | |
|-------------------------|--------|
| 1. Phillip Johnson, WCU | 18.26m |
| 2. John Chishom, VMI | 17.59m |
| 3. Jordan Brandon, VMI | 16.57m |
| 4. Jason White, VMI | 15.83m |
| 5. Adam Gilbert, APP | 15.51m |
| 6. Jeff Chambers, WCU | 13.10m |

Pole vault

| | |
|-------------------------|-------|
| 1. Todd Poremba, APP | 5.06m |
| 2. Tim Thomas, WCU | 4.76m |
| 3. Jeff Fitzgerald, APP | 4.61m |
| 3. Joe Condrey, WCU | 4.61m |
| 5. Errett Buis, VMI | 4.46m |
| 6. Zach Harris, APP | 4.46m |

Individual Awards

Most Outstanding Performer

Darrius Jackson, VMI

Freshman of the Year

Evan Hawkins, ETSU

Coach of the Year

Milan Donley, ETSU

1998 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Chattanooga | 141 |
| 2. | ETSU | 131 |
| 3. | Western Carolina | 84 |
| 4. | Appalachian State | 82 |
| 5. | Furman | 17 |
| 6. | Davidson | 9 |
| 7. | Wofford | 0 |
| -- | The Citadel | NTS |
| -- | VMI | NTS |

55-meter dash

| | |
|--------------------------|------|
| 1. Rashida Dodson, UTC | 7:05 |
| 2. Shonte' Pinkston, APP | 7:17 |
| 3. Tyleana Hanner, UTC | 7:27 |
| 4. Reshia Johnson, UTC | 7:30 |
| 5. Karen Houston, APP | 7:40 |
| 6. Holly Arnold, APP | 7:41 |

200-meter dash

| | |
|---------------------------|-------|
| 1. Rashida Dodson, UTC | 24.39 |
| 2. Tyleana Hanner, UTC | 25.34 |
| 3. Shonte' Pinkston, APP | 25.53 |
| 4. Andrea Shropshire, UTC | 25.58 |
| 5. Reshia Johnson, UTC | 25.89 |
| 6. Karen Houston, APP | 26.08 |

400-meter dash

| | |
|--------------------------|---------|
| 1. Keeya McManus, WCU | 57.14 |
| 2. Michelle Gregg, ETSU | 57.32 |
| 3. Angela Highbaugh, FUR | 58.12 |
| 4. Summer Clomek, UTC | 59.41 |
| 5. Paige Stivers, UTC | 1:01.10 |

800-meter run

| | |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:10.54 |
| 2. Michelle Gregg, ETSU | 2:10.64 |
| 3. Jennifer Croft, UTC | 2:15.35 |
| 4. Val Urchison, ETSU | 2:17.40 |
| 5. Anne Gardner, WCU | 2:17.69 |
| 6. Cassie Moss, UTC | 2:19.26 |

Mile run

| | |
|------------------------------|---------|
| 1. *Val Urchison, ETSU | 4:53.37 |
| 2. Jennifer Croft, UTC | 4:54.40 |
| 3. Catherine Wright, UTC | 4:57.39 |
| 4. Mary Jayne Harrelson, APP | 4:59.48 |
| 5. Catherine Berry, ETSU | 5:01.66 |
| 6. Abby Reeder, APP | 5:13.10 |

3,000-meter run

| | |
|----------------------------|----------|
| 1. Catherine Berry, ETSU | 9:49.73 |
| 2. Anna Wright, UTC | 9:52.52 |
| 3. Amanda Lynch, UTC | 10:07.50 |
| 4. Jenny Warfford, WCU | 10:10.55 |
| 5. Emily Campbell, ETSU | 10:11.09 |
| 6. Lynn Kepper-Hudson, FUR | 10:12.58 |

5,000-meter run

| | |
|--------------------------|----------|
| 1. Anna Wright, UTC | 17:02.29 |
| 2. Catherine Wright, UTC | 17:05.77 |
| 3. Catherine Berry, ETSU | 17:20.78 |
| 4. Emily Campbell, ETSU | 17:30.61 |
| 5. Amanda Lynch, UTC | 17:36.07 |
| 6. Jenny Warfford, WCU | 17:39.91 |

Distance medley

| | |
|----------------------|----------|
| 1. ETSU | 11:58.99 |
| 2. Chattanooga | 12:19.07 |
| 3. Appalachian State | 12:45.69 |
| 4. Davidson | 12:51.74 |
| 5. Furman | 13:02.08 |
| 6. Western Carolina | 14:10.34 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Tyleana Hanner, UTC | 8:28 |
| 2. Kamilah Gabriel, WCU | 8.44 |
| 3. Jackie Poage, APP | 8.52 |
| 4. Jamilah Sawyer, DAV | 8.60 |
| 5. Kirsten Bowden, APP | 8.66 |
| 6. Emily White, WCU | 8.98 |

4x400-meter relay

| | |
|----------------------|---------|
| 1. Western Carolina | 3:50.64 |
| 2. Chattanooga | 3:53.31 |
| 3. ETSU | 3:59.69 |
| 4. Furman | 4:04.26 |
| 5. Appalachian State | 4:11.62 |
| 6. Davidson | 4:27.86 |

High jump

| | |
|----------------------------|-------|
| 1. Jennifer Sluss, ETSU | 1.67m |
| 2. Taneisha Robinson, ETSU | 1.62m |
| 3. Dee Mittman, WCU | 1.57m |
| 4. Emily White, WCU | 1.57m |
| 4. Katie Condon, FUR | 1.57m |
| 6. Mary Engle, APP | 1.47m |

Long jump

| | |
|----------------------------|-------|
| 1. Taneisha Robinson, ETSU | 5.94m |
| 2. Tyleana Hanner, UTC | 5.89m |
| 3. Tracie George, ETSU | 5.55m |
| 4. Jennifer Sluss, ETSU | 5.43m |
| 5. Kirsten Bowden, APP | 5.30m |
| 6. Angela Highbaugh, FUR | 5.30m |

Triple jump

| | |
|----------------------------|--------|
| 1. Taneisha Robinson, ETSU | 12.49m |
| 2. Jennifer Sluss, ETSU | 11.96m |
| 3. Kamilah Gabriel, WCU | 11.84m |
| 4. Kirsten Bowden, APP | 11.43m |
| 5. Tyleana Hanner, UTC | 11.31m |
| 6. Dee Mittman, WCU | 11.22m |

Shot put

| | |
|--------------------------|--------|
| 1. Ayokka Green, APP | 14.50m |
| 2. LaSha Jackson, WCU | 14.37m |
| 3. Robyn Stockunas, WCU | 13.07m |
| 4. Kelly Weaver, ETSU | 12.73m |
| 5. Valerie Metz, WCU | 12.44m |
| 6. LaKeysha Lovette, WCU | 12.08m |

Weight throw

| | |
|-------------------------|--------|
| 1. Ayokka Green, APP | 16.80m |
| 2. Robyn Stockunas, WCU | 15.76m |
| 3. Valerie Metz, WCU | 14.19m |
| 4. Niki Ash, APP | 14.04m |
| 5. Allison Walker, APP | 13.70m |
| 6. Kelly Weaver, ETSU | 13.64m |

Individual Awards

Most Outstanding Performer

Taneisha Robinson, ETSU

Freshman of the Year

Anna Wright, Chattanooga

Coach of the Year

Bill Gautier, Chattanooga

1997 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Marshall | 117 |
| 2. | Appalachian State | 107 |
| 3. | ETSU | 88 |
| 4. | Chattanooga | 62 |
| 5. | VMI | 55 |
| 6. | Western Carolina | 46 |
| 7. | The Citadel | 21 |
| 8. | Davidson | 0 |

55-meter dash

| | |
|-----------------------------|------|
| 1. Randy Moss, MAR..... | 6.32 |
| 2. Mark Gochenour, MAR..... | 6.38 |
| 3. Carlos Frank, CIT..... | 6.41 |
| 4. Tobe Taylor, UTC..... | 6.42 |
| 5. Romon Webb, CIT..... | 6.45 |
| 6. Reuben Gresham, CIT..... | 6.68 |

200-meter dash

| | |
|-------------------------------|-------|
| 1. Randy Moss, MAR..... | 21.15 |
| 2. Mark Gochenour, MAR..... | 21.88 |
| 3. Corey Williams, WCU..... | 22.20 |
| 4. Darrius Jackson, VMI..... | 22.27 |
| 5. Romon Webb, CIT..... | 22.52 |
| 6. James Yarborough, VMI..... | 22.53 |

400-meter dash

| | |
|--------------------------------|-------|
| 1. Bobby Horan, APP..... | 50.01 |
| 2. Joe Restivo, MAR..... | 50.11 |
| 3. Stephen Monticome, APP..... | 50.32 |
| 4. Chris Upkins, UTC..... | 50.70 |
| 5. Jason McGhinnis, APP..... | 51.01 |
| 6. Derek LeMay, WCU..... | 52.07 |

800-meter run

| | |
|-------------------------------|---------|
| 1. Zach Whitmarsh, ETSU..... | 1:50.92 |
| 2. Doug Gilbert, ETSU..... | 1:52.27 |
| 3. Anthony Scanlon, ETSU..... | 1:54.23 |
| 4. Chris Wise, VMI..... | 1:55.22 |
| 5. Scott Johnson, MAR..... | 1:55.29 |
| 6. Bob Mahoney, APP..... | 1:55.88 |

Mile run

| | |
|-------------------------------|---------|
| 1. Declan Fahy, ETSU..... | 4:10.19 |
| 2. Mike Leinweber, UTC..... | 4:14.00 |
| 3. Cleven Brown, ETSU..... | 4:15.74 |
| 4. Nic Crider, UTC..... | 4:19.41 |
| 5. Anthony Scanlon, ETSU..... | 4:20.51 |
| 6. Shane Austin, APP..... | 4:20.83 |

3,000-meter run

| | |
|------------------------------|---------|
| 1. Declan Fahy, ETSU..... | 8:28.31 |
| 2. Mike Leinweber, UTC..... | 8:32.96 |
| 3. Seth Peoples, APP..... | 8:33.78 |
| 4. Will Dickerson, APP..... | 8:35.06 |
| 5. Rodney Stoker, UTC..... | 8:36.58 |
| 6. Stephen Thacker, APP..... | 8:37.72 |

Distance medley

| | |
|---------------------------|----------|
| 1. ETSU..... | 10:17.76 |
| 2. Chattanooga..... | 10:20.89 |
| 3. Marshall..... | 10:22.66 |
| 4. Appalachian State..... | 10:29.94 |
| 5. The Citadel..... | 10:37.32 |
| 6. VMI..... | 10:38.61 |

5,000-meter run

| | |
|------------------------------|----------|
| 1. Seth Peoples, APP..... | 14:48.41 |
| 2. Rodney Stoker, UTC..... | 14:48.67 |
| 3. Declan Fahy, ETSU..... | 15:02.37 |
| 4. Brian Clark, WCU..... | 15:04.14 |
| 5. John Fenton, ETSU..... | 15:05.35 |
| 6. Stephen Thacker, APP..... | 15:07.02 |

55-meter hurdles

| | |
|------------------------------|------|
| 1. Joe Anwah, VMI..... | 7.65 |
| 2. Larry Henderson, UTC..... | 7.68 |
| 3. Zach Harris, APP..... | 7.77 |
| 4. Andre Thornton, VMI..... | 7.87 |
| 5. Bernie Motte, CIT..... | 7.95 |
| 6. Brian Ballard, WCU..... | 8.13 |

4x400-meter relay

| | |
|---------------------------|---------|
| 1. ETSU..... | 3:17.19 |
| 2. Chattanooga..... | 3:18.24 |
| 3. Marshall..... | 3:19.90 |
| 4. Western Carolina..... | 3:20.96 |
| 5. VMI..... | 3:22.96 |
| 6. Appalachian State..... | 3:24.46 |

High jump

| | |
|----------------------------------|-------|
| 1. Mike Kroeger, APP..... | 2.08m |
| 2. Benjami Wittkowski, ETSU..... | 2.03m |
| 3. Thomas Bock, MAR..... | 1.98m |
| 4. Cory Cooper, WCU..... | 1.93m |
| 5. Dan Ritchey, MAR..... | 1.93m |
| 6. Andrew Wilhite, MAR..... | 1.93m |

Long jump

| | |
|-----------------------------|-------|
| 1. Andrew Wilhite, MAR..... | 7.11m |
| 2. Obi Ezekwe, VMI..... | 7.08m |
| 3. Cory Williams, WCU..... | 6.95m |
| 4. Chad Stoneking, MAR..... | 6.92m |
| 5. Rayson Carthen, WCU..... | 6.90m |
| 6. Max Burns, VMI..... | 6.77m |

Triple jump

| | |
|------------------------------|--------|
| 1. Obi Ezekwe, VMI..... | 15.22m |
| 2. Floyd Johnson, MAR..... | 14.57m |
| 3. Derek Green, CIT..... | 14.51m |
| 4. Andrew Wilhite, MAR..... | 14.13m |
| 5. Brent Taylor, VMI..... | 14.01m |
| 6. Rayson, Carthen, WCU..... | 13.99m |

Shot put

| | |
|------------------------------|--------|
| 1. John Maynard, MAR..... | 15.90m |
| 2. Mike Long, APP..... | 15.77m |
| 3. Jordon Brandon, VMI..... | 15.75m |
| 4. Derek Summerour, WCU..... | 15.70m |
| 5. Rich Latta, APP..... | 15.43m |
| 6. Kevin Sowers, MAR..... | 15.01m |

Weight throw

| | |
|------------------------------|--------|
| 1. Rich Latta, APP..... | 18.36m |
| 2. John Maynard, MAR..... | 16.97m |
| 3. Mike Long, APP..... | 16.50m |
| 4. Derek Summerour, WCU..... | 16.18m |
| 5. Chris Cockerham, APP..... | 16.10m |
| 6. Daniel Hall, MAR..... | 16.05m |

Pole vault

| | |
|------------------------------|-------|
| 1. Jeff Fitzgerald, APP..... | 4.62m |
| 2. Tim Thomas, WCU..... | 4.52m |
| 3. Zach Harris, APP..... | 4.42m |
| 4. Dan Ritchey, MAR..... | 4.42m |
| 5. Wirt Cross, VMI..... | 4.42m |
| 6. Joe Condrey, WCU..... | 4.42m |

Individual Awards

Most Outstanding Performer

Declan Fahy, ETSU

Freshman of the Year

Randy Moss, Marshall

Coach of the Year

Jeff Small, Marshall

1997 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 143 |
| 2. | Chattanooga | 87 |
| 3. | Appalachian State | 81.33 |
| 4. | ETSU | 80.33 |
| 5. | Marshall | 42.33 |
| 6. | Furman | 28 |
| 7. | Davidson | 3 |

55-meter dash

| | | |
|----|----------------------|------|
| 1. | Daree Thompson, WCU | 6.98 |
| 2. | Trice Roundtree, APP | 7.21 |
| 3. | Reshia Johnson, UTC | 7.22 |
| 4. | Rahma Mateen, WCU | 7.29 |
| 5. | Cindy Dawson, MAR | 7.31 |
| 6. | Tyleana Hanner, UTC | 7.41 |

200-meter dash

| | | |
|----|------------------------|-------|
| 1. | Daree Thompson, WCU | 24.89 |
| 2. | Tyleana Hanner, UTC | 25.06 |
| 3. | Salima Fountain, FUR | 25.17 |
| 4. | Andrea Shropshire, UTC | 25.92 |
| 5. | Shawnta Person, WCU | 25.99 |
| 6. | Reshia Johnson, UTC | 26.35 |

400-meter dash

| | | |
|----|------------------------|---------|
| 1. | Salima Fountain, FUR | 56.47 |
| 2. | Andrea Shropshire, UTC | 57.06 |
| 3. | Shawnta Person, WCU | 57.39 |
| 4. | Karen Houston, APP | 59.41 |
| 5. | Michelle Simmons, APP | 59.60 |
| 6. | Juanita Welford, APP | 1:00.64 |

800-meter run

| | | |
|----|---------------------------|---------|
| 1. | Mary Jayne Harrelson, APP | 2:13.30 |
| 2. | Maggie Donahue, WCU | 2:14.19 |
| 3. | Emily Redmon, WCU | 2:16.12 |
| 4. | Maria Stiver, UTC | 2:17.38 |
| 5. | Valerie Urchison, ETSU | 2:21.62 |
| 6. | Becky Pouch, MAR | 2:22.28 |

Mile run

| | | |
|----|------------------------|---------|
| 1. | Valerie Urchison, ETSU | 5:02.46 |
| 2. | Kristen Savery, WCU | 5:03.54 |
| 3. | Jennifer Eckard, UTC | 5:04.31 |
| 4. | Jenny Chase, APP | 5:08.35 |
| 5. | Corie Fuchs, APP | 5:11.60 |
| 6. | Abby Reeder, APP | 5:13.16 |

3,000-meter run

| | | |
|----|---------------------------|----------|
| 1. | Mary Jane Middelkoop, UTC | 10:13.25 |
| 2. | Mary Jo Ferrigan, ETSU | 10:14.37 |
| 3. | Christina Olson, APP | 10:24.63 |
| 4. | Amanda Lynch, UTC | 10:25.03 |
| 5. | Taylor Perin, ETSU | 10:29.11 |
| 6. | Lynn Kepper-Hudson, FUR | 10:29.44 |

Distance medley

| | | |
|----|-------------------|----------|
| 1. | ETSU | 12:06.54 |
| 2. | Chattanooga | 12:08.66 |
| 3. | Appalachian State | 12:09.61 |
| 4. | Western Carolina | 12:36.89 |
| 5. | Marshall | 13:01.58 |
| 6. | Davidson | 13:04.49 |

5,000-meter run

| | | |
|----|---------------------------|----------|
| 1. | Mary Jo Ferrigan, ETSU | 17:36.82 |
| 2. | Lynn Kepper-Hudson, FUR | 17:49.67 |
| 3. | Mary Jane Middelkoop, UTC | 17:55.76 |
| 4. | Michele Marshall, UTC | 17:59.30 |
| 5. | Christina Olson, APP | 18:17.10 |
| 6. | Amanda Lynch, UTC | 18:19.61 |

55-meter hurdles

| | | |
|----|------------------------|------|
| 1. | Trice Roundtree, APP | 8.07 |
| 2. | Cindy Dawson, MAR | 8.19 |
| 3. | Rahma Mateen, WCU | 8.22 |
| 4. | Adrienne Hundemer, MAR | 8.36 |
| 5. | Jamilah Sawyer, DAV | 8.48 |
| 6. | Kamilah Gabriel, WCU | 8.65 |

4x400-meter relay

| | | |
|----|-------------------|---------|
| 1. | Western Carolina | 3:50.85 |
| 2. | Chattanooga | 3:54.88 |
| 3. | Appalachian State | 3:57.54 |
| 4. | ETSU | 4:00.98 |
| 5. | Marshall | 4:01.96 |
| 6. | Furman | 4:03.28 |

High jump

| | | |
|----|----------------------|-------|
| 1. | Jennifer Sluss, ETSU | 1.67m |
| 2. | Rahma Mateen, WCU | 1.67m |
| 3. | Cori Telzrow, APP | 1.62m |
| 4. | Lakeeva Brooks, WCU | 1.62m |
| 5. | Katie Condon, FUR | 1.57m |
| 6. | Kelly Fisher, APP | 1.57m |

Long jump

| | | |
|----|-------------------------|-------|
| 1. | Rahma Mateen, WCU | 5.81m |
| 2. | Taneisha Robinson, ETSU | 5.67m |
| 3. | Tyleana Hanner, UTC | 5.65m |
| 4. | Daree Thompson, WCU | 5.49m |
| 5. | Jennifer Sluss, ETSU | 5.47m |
| 6. | Lisa Roberts, APP | 5.33m |

Triple jump

| | | |
|----|-------------------------|--------|
| 1. | Rahma Mateen, WCU | 11.86m |
| 2. | Jennifer Sluss, ETSU | 11.81m |
| 3. | Taneisha Robinson, ETSU | 11.77m |
| 4. | Lisa Roberts, APP | 11.70m |
| 5. | Tyleana Hanner, UTC | 11.40m |
| 6. | Starrbria Anderson, MAR | 11.39m |

Shot put

| | | |
|----|-----------------------|--------|
| 1. | LaSha Jackson, WCU | 13.49m |
| 2. | Elizabeth Reck, MAR | 13.15m |
| 3. | Robyn Stockunas, WCU | 13.07m |
| 4. | Chandra Nelson, MAR | 12.09m |
| 5. | Christine Ziemba, APP | 12.06m |
| 6. | Allison Walker, APP | 11.67m |

Weight throw

| | | |
|----|-----------------------|--------|
| 1. | Robyn Stockunas, WCU | 14.88m |
| 2. | Chandra Nelson, MAR | 13.52m |
| 3. | LaKeysha Lovette, WCU | 13.04m |
| 4. | Allison Walker, APP | 12.56m |
| 5. | Elizabeth Reck, MAR | 12.49m |
| 6. | Rachel Olander, APP | 12.29m |

Individual Awards

Most Outstanding Performer

Daree Thompson, Western Carolina

Freshman of the Year

Tyleana Hanner, Chattanooga

Coach of the Year

Danny Williamson, Western Carolina

1996 MEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | VMI | 126 |
| 2. | ETSU | 93 |
| 3. | Marshall | 87 |
| 4. | Chattanooga | 83 |
| 5. | Appalachian State | 64 |
| 6. | Western Carolina | 41 |
| 7. | The Citadel | 2 |
| 8. | Davidson | 0 |

55-meter dash

| | |
|--------------------------------|------|
| 1. Eric Gay, VMI..... | 6.38 |
| 2. Delevantie Brown, ETSU..... | 6.39 |
| 3. Tobe Taylor, UTC..... | 6.40 |
| 4. Eric Thomas, MAR..... | 6.43 |
| 5. David Patton, WCU..... | 6.47 |
| 6. Donnie Abraham, ETSU..... | 6.50 |

55-meter hurdles

| | |
|--------------------------------|------|
| 1. Delevantie Brown, ETSU..... | 7.58 |
| 2. Phil Alicea, VMI..... | 7.71 |
| 3. Jason Gibson, APP..... | 7.72 |
| 4. Marcus Logan, MAR..... | 7.74 |
| 5. Raymond Brewer, APP..... | 7.75 |
| 6. Joey Dubose, VMI..... | 7.81 |

200-meter dash

| | |
|--------------------------------|-------|
| 1. Delevantie Brown, ETSU..... | 22.32 |
| 2. Tobe Taylor, UTC..... | 22.76 |
| 3. Eric Gay, VMI..... | 22.78 |
| 4. Donnell Brinson, WCU..... | 22.99 |
| 5. Holm Ankoma-Sey, VMI..... | 23.19 |
| 6. Thomas Haskins, VMI..... | 23.28 |

400-meter dash

| | |
|-------------------------------|-------|
| 1. Holm Ankoma-Sey, VMI..... | 50.19 |
| 2. Phil Alicea, VMI..... | 50.69 |
| 3. Mark Gochenour, MAR..... | 50.73 |
| 4. Joe Allen, MAR..... | 50.76 |
| 5. Warren Robertson, UTC..... | 51.20 |
| 6. Garson Hedrick, APP..... | 51.52 |

800-meter run

| | |
|------------------------------|---------|
| 1. Zach Whitmarsh, ETSU..... | 1:56.98 |
| 2. Chuck Margraves, UTC..... | 1:57.76 |
| 3. David Chambless, WCU..... | 1:58.22 |
| 4. Casey Price, UTC..... | 1:58.22 |
| 5. Damian Walsh, UTC..... | 2:00.82 |
| 6. Scott Johnson, MAR..... | 2:02.32 |

3,000-meter run

| | |
|-----------------------------|--------|
| 1. Mike Leinweber, UTC..... | 8:34.5 |
| 2. Tommy Holland, APP..... | 8:40.5 |
| 3. John Fenton, ETSU..... | 8:41.5 |
| 4. Derek Murphy, ETSU..... | 8:42.5 |
| 5. Kyle McLean, UTC..... | 8:45.6 |
| 6. Brian Clark, WCU..... | 8:47.3 |

5,000-meter run

| | |
|------------------------------|---------|
| 1. Tommy Holland, APP..... | 15:00.9 |
| 2. Mike Leinweber, UTC..... | 15:12.6 |
| 3. Derek Murphy, ETSU..... | 15:20.3 |
| 4. Kyle McLean, UTC..... | 15:20.4 |
| 5. Brian Clark, WCU..... | 15:22.2 |
| 6. Fred Reinhardt, ETSU..... | 15:25.7 |

Mile run

| | |
|------------------------------|--------|
| 1. Chuck Margraves, UTC..... | 4:18.4 |
| 2. Declan Fahy, ETSU..... | 4:20.1 |
| 3. John Fenton, ETSU..... | 4:21.8 |
| 4. Zach Whitmarsh, ETSU..... | 4:22.0 |
| 5. Ben Redman, MAR..... | 4:22.9 |
| 6. Kyle McLean, UTC..... | 4:27.3 |

Mile relay

| | |
|---------------------------|---------|
| 1. ETSU..... | 3:21.60 |
| 2. Chattanooga..... | 3:21.65 |
| 3. VMI..... | 3:24.61 |
| 4. Appalachian State..... | 3:31.41 |
| 5. Marshall..... | 3:32.79 |
| 6. Western Carolina..... | 3:32.95 |

Distance medley

| | |
|---------------------------|---------|
| 1. Chattanooga..... | 10:27.4 |
| 2. ETSU..... | 10:34.7 |
| 3. Marshall..... | 10:36.5 |
| 4. Appalachian State..... | 10:41.6 |
| 5. VMI..... | 10:51.9 |
| 6. Western Carolina..... | 10:51.9 |

High jump

| | |
|---------------------------|-------|
| 1. Dan Ritchey, MAR..... | 6'9¾" |
| 2. John Moss, APP..... | 6'9¾" |
| 3. Tommy Bock, MAR..... | 6'6" |
| Delvell Johnson, VMI..... | 6'6" |
| 5. Mike Kroeger, APP..... | 6'6" |
| 6. Cory Cooper, WCU..... | 6'6" |

Long jump

| | |
|-------------------------------|---------|
| 1. Andy Wilhite, MAR..... | 23'10½" |
| 2. Eric Gay, VMI..... | 23'6½" |
| 3. Khamisi Jackson, MAR..... | 23'5¼" |
| 4. Darrius Jackson, VMI..... | 23'0" |
| 5. Clarence Edwards, WCU..... | 22'8¼" |
| 6. Floyd Johnson, MAR..... | 22'6½" |

Triple jump

| | |
|------------------------------|--------|
| 1. Obi Ezekwe, VMI..... | 48'1¾" |
| 2. Jimmy Johnson, WCU..... | 48'1¼" |
| 3. Floyd Johnson, MAR..... | 48'1" |
| 4. Delvell Johnson, VMI..... | 47'8¾" |
| 5. Andy Wilhite, MAR..... | 46'8¾" |
| 6. Brent Taylor, VMI..... | 45'9½" |

Shot put

| | |
|------------------------------|--------|
| 1. Ryan Early, VMI..... | 55'2¼" |
| 2. Jason Clendenin, VMI..... | 51'11" |
| 3. Derek Summerour, WCU..... | 50'11" |
| 4. John Maynard, MAR..... | 50'2" |
| 5. Ron Moak, CIT..... | 49'6½" |
| 6. Curtis Eason, ETSU..... | 48'9" |

Weight throw

| | |
|---------------------------|--------|
| 1. John Maynard, MAR..... | 55'5½" |
| 2. Rich Latta, APP..... | 54'8" |
| 3. Justin May, VMI..... | 52'8¾" |
| 4. Tim Brock, VMI..... | 52'5" |
| Jason Clendenin, VMI..... | 52'5" |
| 6. Chris Botti, WCU..... | 48'2½" |

Pole vault

| | |
|------------------------------|-------|
| 1. Todd Poremba, APP..... | 16'1" |
| 2. Phil Alicea, VMI..... | 15'6" |
| 3. Jarrett Foster, WCU..... | 15'0" |
| 4. Brian Butts, MAR..... | 15'0" |
| 5. Wirt Cross, VMI..... | 15'0" |
| 6. Jeff Fitzgerald, APP..... | 14'6" |

Individual Awards

Most Outstanding Performer

Delevantie Brown, ETSU

Freshman of the Year

Zach Whitmarsh, ETSU

Coach of the Year

Jeff Small, Marshall

1996 WOMEN'S CHAMPIONSHIP

Team Results

| Pl. | Team | Points |
|-----|-------------------|--------|
| 1. | Western Carolina | 127.5 |
| 2. | ETSU | 108 |
| 3. | Appalachian State | 96 |
| 4. | Furman | 64.5 |
| 5. | Chattanooga | 44 |
| 6. | Marshall | 17 |
| 7. | Davidson | 7 |

55-meter dash

| | |
|-------------------------|------|
| 1. Nikki Harris, APP | 7.25 |
| 2. Rahma Mateen, WCU | 7.31 |
| 3. Talisha Goins, APP | 7.34 |
| 4. Wykesha Bailey, WCU | 7.48 |
| 5. Karen Houston, APP | 7.52 |
| 6. Kendra Prather, ETSU | 8.04 |

200-meter dash

| | |
|-------------------------|-------|
| 1. Salima Fountain, FUR | 25.87 |
| 2. Kendra Prather, ETSU | 26.27 |
| 3. Karen Houston, APP | 26.35 |
| 4. Wykesha Bailey, WCU | 26.38 |
| 5. Rahma Mateen, WCU | 26.55 |
| 6. Tracie George, ETSU | 27.17 |

400-meter dash

| | |
|---------------------------|---------|
| 1. Andrea Shropshire, UTC | 58.95 |
| 2. Salima Fountain, FUR | 59.15 |
| 3. Karen Houston, APP | 59.20 |
| 4. Kendra Prather, ETSU | 59.63 |
| 5. Tracie George, ETSU | 1:00.32 |
| 6. Laura Beck, WCU | 1:00.92 |

800-meter run

| | |
|-------------------------|--------|
| 1. Michelle Gregg, ETSU | 2:15.8 |
| 2. Emily Redmon, WCU | 2:16.1 |
| 3. Maggie Donahoe, WCU | 2:17.5 |
| 4. Val Urchison, WCU | 2:19.8 |
| 5. Keeva McManus, WCU | 2:20.9 |
| 6. Michelle Bozue, UTC | 2:23.0 |

3,000-meter run

| | |
|------------------------------|---------|
| 1. Heather VandeBrake, FUR | 10:06.1 |
| 2. Mary Jane Middlekoop, UTC | 10:13.8 |
| 3. Jennel Walby, ETSU | 10:16.5 |
| 4. Christina Olson, APP | 10:22.3 |
| 5. Mary Jo Ferrigan, ETSU | 10:29.8 |
| 6. Lindsay Pinkney, MAR | 10:35.5 |

5,000-meter run

| | |
|------------------------------|---------|
| 1. Heather VandeBrake, FUR | 17:36.1 |
| 2. Mary Jane Middlekoop, UTC | 17:41.6 |
| 3. Mary Jo Ferrigan, ETSU | 17:55.6 |
| 4. Lynn Kepper, FUR | 17:55.9 |
| 5. Christina Olson, APP | 17:59.6 |
| 6. Jennel Walby, ETSU | 18:10.0 |

Mile run

| | |
|------------------------------|--------|
| 1. Heather VandeBrake, FUR | 5:06.8 |
| 2. Kristen Savery, WCU | 5:08.4 |
| 3. Michelle Gregg, ETSU | 5:10.3 |
| 4. Mary Jane Middlekoop, UTC | 5:16.3 |
| 5. Jennel Walby, ETSU | 5:17.3 |
| 6. Jennifer Eckard, UTC | 5:17.5 |

55-meter hurdles

| | |
|-------------------------|------|
| 1. Rahma Mateen, WCU | 8.12 |
| 2. Trice Roundtree, APP | 8.26 |
| 3. Erica Edmond, ETSU | 8.45 |
| 4. Wykesha Bailey, WCU | 8.46 |
| 5. Kamilah Gabriel, WCU | 8.75 |
| 6. Faith Ninivaggi, APP | 9.89 |

Mile relay

| | |
|----------------------|--------|
| 1. Western Carolina | 3:57.7 |
| 2. ETSU | 4:01.2 |
| 3. Chattanooga | 4:03.5 |
| 4. Appalachian State | 4:06.4 |
| 5. Marshall | 4:15.6 |
| 6. Furman | 4:22.1 |

Distance medley

| | |
|---------------------|---------|
| 1. ETSU | 12:22.0 |
| 2. Western Carolina | 12:29.4 |
| 3. Furman | 12:39.2 |
| 4. Chattanooga | 12:51.2 |
| 5. Davidson | 13:11.3 |

Long jump

| | |
|----------------------------|--------|
| 1. Rahma Mateen, WCU | 20'0" |
| 2. Tracie George, ETSU | 19'3" |
| 3. Nikki Harris, APP | 19'1¼" |
| 4. Taneisha Robinson, ETSU | 18'5½" |
| 5. Jennifer Sluss, ETSU | 18'2" |
| 6. Jennifer Sluss, ETSU | 18'1" |

Triple jump

| | |
|----------------------------|---------|
| 1. Nikki Harris, APP | 38'8¾" |
| 2. Rahma Mateen, WCU | 38'4¾" |
| 3. Jennifer Sluss, ETSU | 38'¼" |
| 4. Lisa Roberts, APP | 36'4¾" |
| 5. Taneisha Robinson, ETSU | 35'11½" |
| 6. Karen Newsan, ETSU | 35'2¾" |

High jump

| | |
|-------------------------|-------|
| 1. Rahma Mateen, WCU | 5'6" |
| 2. Jennifer Sluss, ETSU | 5'4¼" |
| 3. Vanessa Sims, DAV | 5'4¼" |
| 3. Gina Richter, FUR | 5'4¼" |
| 5. Shalimar Folds, UTC | 5'2¼" |
| 6. Katie Condon, FUR | 5'2¼" |
| Lakeeva Brooks, WCU | 5'2¼" |

Shot put

| | |
|-------------------------|---------|
| 1. Ayokka Green, APP | 46'3" |
| 2. LaSha Jackson, WCU | 45'1½" |
| 3. Beth Reck, MAR | 43'11½" |
| 4. Robyn Stockunas, WCU | 41'7½" |
| 5. Chandra Nelson, MAR | 41'1" |
| 6. Zondra Johnson, WCU | 40'4" |

Weight throw

| | |
|-------------------------|---------|
| 1. Ayokka Green, APP | 48'2¾" |
| 2. Robyn Stockunas, WCU | 43'6½" |
| 3. Erica Bahry, APP | 43'5¾" |
| 4. Chandra Nelson, MAR | 42'11¾" |
| 5. Beth Reck, MAR | 42'8" |
| 6. Zondra Johnson, WCU | 41'7¼" |

Individual Awards

Most Outstanding Performer

Heather VandeBrake, Furman

Freshman of the Year

Karen Houston, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina