



2025 SOUTHERN CONFERENCE OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Shauna Yelton Field at
The Samford Track and Soccer Stadium
Birmingham, Ala.

SCHEDULE OF EVENTS

MONDAY, MAY 12		
TIME	EVENT	ROUND
10:50 AM	National Anthem	
11:00 AM	Women's 100m Hurdles	Trials
11:15 AM	Men's 100m Hurdles	Trials
11:30 AM	Women's 400m	Trials
11:45 AM	Men's 400m	Trials
12:00 PM	Women's 100m	Trials
12:10 PM	Men's 100m	Trials
12:20 PM	Women's 800m	Trials
12:30 PM	Men's 800m	Trials
12:40 PM	Women's 400m Hurdles	Trials
12:50 PM	Men's 400m Hurdles	Trials
1:05 PM	Women's 200m	Trials
1:15 PM	Men's 200m	Trials
1:30 PM	Women's 3000m SC	Trials
1:45 PM	Men's 3000m SC	Trials
2:00 PM	Women's 10,000m	Final
2:20 PM	Men's 10,000m	Final

FIELD EVENTS		
TIME	EVENT	ROUND
10:00 AM	Men's Pole Vault	Final
10:30 AM	Women's Hammer	Final
10:30 AM	Women's Long Jump	Final
11:30 AM	Women's Javelin	Final
1:00 PM	Men's Hammer	Final
1:00 PM	Men's Long Jump	Final
2:00 PM	Men's Javelin	Final
2:30 PM	Men's Pole Vault	Final

COMBINED EVENTS		
TIME	EVENT	ROUND
9:00 AM	Men's Decathlon	Final
	100m	
	Long Jump	
	Shot Put	
	High Jump	
	400m	
9:15 AM	Women's Heptathlon	Final
	100m Hurdles	
	High Jump	
	Shot Put	
	200M	
	200M	

TUESDAY, MAY 13		
TIME	EVENT	ROUND
10:50 AM	National Anthem	
11:02 AM	Women's 4x100m	Final
11:08 PM	Men's 4x100m	Final
11:12 AM	Women's 1500m	Final
11:20 AM	Men's 1500m	Final
11:30 AM	Women's 110m Hurdles	Final
11:37 AM	Men's 100m Hurdles	Final
11:44 AM	Women's 400m	Final
11:49 AM	Men's 400m	Final
11:54 AM	Women's 100m	Final
11:59 AM	Men's 100m	Final
12:04 PM	Women's 800m	Final
12:11 PM	Men's 800	Final
12:21 PM	Women's 400m Hurdles	Final
12:28 PM	Men's 400m Hurdles	Final
12:35 PM	Women's 200m	Final
12:40 PM	Men's 200m	Final
12:45 PM	Women's 5000m	Final
1:08 PM	Men's 5000m	Final
1:28 PM	Women's 4x400m	Final
1:35 PM	Men's 4x400m	Final

FIELD EVENTS		
TIME	EVENT	ROUND
11:15 AM	Women's Shot Put	Final
11:15 AM	Women's High Jump	Final
12:00 PM	Women's Triple Jump	Final
12:15 PM	Men's Discus	Final
1:00 PM	Men's High Jump	Final
1:45 PM	Men's Triple Jump	Final
2:00 PM	Women's Discus	Final
2:30 PM	Men's Shot Put	Final

COMBINED EVENTS		
TIME	EVENT	ROUND
9:00 AM	Men's Decathlon	Final
	110m Hurdles	
	Discus	
	Pole Vault	
	Javelin	
	1500m	
9:15 AM	Women's Heptathlon	Final
	Long Jump	
	Javelin	
	800m	

CHAMPIONSHIP PREVIEW

2025 OUTDOOR TRACK & FIELD CHAMPIONSHIPS KICK OFF MONDAY

The Southern Conference Men's and Women's Outdoor Track and Field Championships will take place at Samford's Shauna Yelton Field at The Samford Track and Soccer Stadium in Birmingham, Alabama on Monday and Tuesday. This year marks the 100th championship for the men and 38th for the women.

Monday's schedule gets under way with the start of the decathlon at 11 a.m., followed by the start of the heptathlon at 11:15. The women's hammer throw final gets the field events started at 12:30 p.m., with the first track event, the preliminaries of the women's 1,500-meter run, slated to begin at 4 p.m. In all, 12 champions will be crowned on the first day of competition – four on the track and eight in field events.

Tuesday's schedule opens with resumption of the decathlon at 9 a.m., with the heptathlon resuming at 9:15. Field events begin with the women's shot put and women's high jump finals at 11:15 a.m. and the women's 4x100-meter relay gets the track events started at 1 p.m. The day concludes with the women's and men's 4x400-meter relays at 4:25 and 4:35, respectively, followed by the awards ceremony. Thirty events will crown champions on the final day of the meet.

Samford is the defending champion on both the men's and women's sides. The Bulldog men claimed their sixth title overall and fourth straight last year, turning a 14-point day one deficit, into a 217-point win over runner-up VMI. Samford's women claimed their fifth straight title and seventh overall last season, jumping out to a 48.5-point day-one lead and expanding that to an 82.5-point margin of victory over runner-up Wofford.

Samford, which swept the men's and women's titles at the SoCon Indoor Track and Field Championships for the sixth season in a row, holds healthy leads in this season's outdoor power rankings, determined by the top eight times or scores that are reported by the schools for each event that will be conducted at this week's championships.

The Bulldog men have totaled 251.5 points in the power rankings, scoring in 17 of 21 events, including 28 points in the decathlon, to easily outdistance second place Western Carolina (144 points). Furman is third in the power rankings with 113 points.

Samford's women hold a narrow lead in this season's power rankings, scoring in 17 of 21 events, for a total of 179 points. Western Carolina has totaled 153 points to rank second, after scoring in 15 of the events to be featured in the championship. Wofford is third with 133.

Tuesday's action will air live on ESPN+ beginning at 12:05 p.m. Live results, daily recaps, photos and video highlights can be found at SoConSports.com.

- The event returns to Birmingham for the seventh time. Previous championships hosted by Samford occurred in 2011, 2015, 2017, 2019, 2022, and 2024.

-Samford's women are seeking to become the first team to win six straight titles, after matching App State's feat of five straight last season.

-The 2025 SoCon Championship could see the return of up to 19 individual defending champions.

-Three of the men's superlative winners from 2024 return to the field this year including, Keyandre Midgett (VMI – Most Outstanding Field Performer), Owen Shifflet (Furman – Freshman of the Year), and Andrew McGinnis (Samford – Pinnacle Award Winner).

-Keyandre Midgett (VMI - men's triple jump), Kyle Kaufelds (Samford - men's javelin), Nicole Matysik (Furman - women's 3,000m), Amiel Dabney (Samford – 100m hurdles), and Adeline Haisch (Samford – 1,500m) are all have the top mark in their respective events this season and are looking to defend their titles.

-VMI's Eleyah Armstrong is the only 2024 record-setter to return to the field. The Keydet senior set a record in the women's 100m dash during the 2024 championship, with a time of 11.35.

-Furman's Dylan Schubert leads the league in the men's 10,000m run, and is on pace to break the championship meet record. Schubert has already bested the current mark during the regular season by nearly two minutes.

-Furman's Megan Marvin will look to win her fourth 800m run title in five years, after winning in 2021, 2022, and 2024. The Paladins' senior is the current record holder in the event after clocking a time of 2:04.18 in 2021.

-Western Carolina newcomer Ethan Long leads the league in the men's 200m dashes by over half a second. Long enters the championship coming off a school-record breaking 100m (10.31) at the Catamount Classic and is tied for the top rank in the conference in the event.

-On the women's side ETSU newcomer Micailah Cook leads the league in the 100m and 200m dashes.

-Samford men's 4x100 and 4x400 teams will be looking to win their third consecutive titles in the relays.

-Wofford's women's 4x100 will be seeking a fifth-straight title in the event, while the 4x4 relay will be looking to go back-to-back.

2025 Power Rankings

Women		Men	
Team	Points	Team	Points
Samford	233	Samford	251.5
Western Carolina	153	Western Carolina	144
Wofford	133	Furman	113
ETSU	93	ETSU	96
Furman	86	Chattanooga	54
Chattanooga	69	VMI	50.5
VMI	41	Wofford	48
Mercer	26	UNCG	15
The Citadel	22	Chattanooga	1
UNCG	2		

Men's SoCon Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	10.1		Greg Hatchett, VMI	1990
200m dash	20.64		Cameron Dalton, Wofford	2024
400m dash	45.77		Mario Small, VMI	1991
800m run	1:48.37		Matthew Smith, Furman	2022
1,500m run	3:40.04		Kevin Cropp, William & Mary	1977
3,000m steeplechase	8:46.56		Carson Williams, Furman	2023
5,000m run	14:13.06		Adrian Leek, ETSU	1981
10,000m run	29:21.30		Adrian Leek, ETSU	1979
110m high hurdles	13.87		Titus Moore, Samford	2023
400m intermediate hurdles	50.70		David Anderson, Furman	1977
Long jump	7.69m	25-2.75	Michael Hanks, Appalachian State	1987
Triple jump	16.06m	52-8.28	Michael Hanks, Appalachian State	1987
High jump	2.19m	7-2.25	Justin Stuckey, Samford	2021
Shot put	17.72m	58-1.63	Anthony Greer, Appalachian State	2005
Discus	54.53m	178-11	Ben Johnson, ETSU	2019
Javelin	*71.82m	235-7.55	Jeff Roseme, VMI	1981
	^72.95	239-04	Capers Williamson, The Citadel	2016
Hammer throw	60.62m	198-10.61	Wes Kiser, Appalachian State	2008
Pole vault	5.50m	18-00.50	Tray Oates, Samford	2016
4x100m relay	39.91		Appalachian State (Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)	2003
4x400m relay	3:09.06		Western Carolina (Devaniel Dale, Henry Kiedy, Chace Washington-Saunders, Dakota Lamont)	2018
Decathlon	7,233		Ty Kimberlin, Samford	2023

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

Past champions

Year	Site	Champion	Year	Site	Champion	Year	Site	Champion
1923	Montgomery, Ala.	Mississippi State	1965	Greenville, S.C.	Furman	2008	Cullowhee, N.C.	Appalachian State
1924N	Charlottesville, Va.	Virginia	1966	Ft. Eustis, Va.	William & Mary	2009	Statesboro, Ga.	Western Carolina
1924S	Montgomery, Ala.	Mississippi State	1967	Ft. Eustis, Va.	William & Mary	2010	Boone, N.C.	Appalachian State
1925	Sewanee, Tenn.	Mississippi State	1968	Ft. Eustis, Va.	William & Mary	2011	Birmingham, Ala.	Appalachian State
1926	Chapel Hill, N.C.	North Carolina	1969	Ft. Eustis, Va.	William & Mary	2012	Cullowhee, N.C.	Appalachian State
1927	Baton Rouge, La.	Louisiana State	1970	Ft. Eustis, Va.	William & Mary	2013	Statesboro, Ga.	Western Carolina
1928	Birmingham, Ala.	Louisiana State	1971	Ft. Eustis, Va.	William & Mary	2014	Spartanburg, S.C.	Samford
1929	Birmingham, Ala.	Louisiana State	1972	Greenville, S.C.	William & Mary	2015	Birmingham, Ala.	Samford
1930	Birmingham, Ala.	North Carolina	1973	Greenville, N.C.	William & Mary	2016	Cullowhee, N.C.	Western Carolina
1931	Birmingham, Ala.	Tulane	1974	Richmond, Va.	William & Mary	2017	Birmingham, Ala.	Western Carolina
1932	Atlanta, Ga.	Louisiana State	1975	Williamsburg, Va.	William & Mary	2018	Cullowhee, N.C.	Western Carolina
1933	Durham, N.C.	North Carolina	1976	Davidson, N.C.	East Carolina	2019	Birmingham, Ala.	Western Carolina
1934	Durham, N.C.	North Carolina	1977	Greenville, S.C.	East Carolina	2020	NO MEET (COVID-19 pandemic)	
1935	Durham, N.C.	North Carolina	1978	Huntington, W.Va.	VMI	2021	Cullowhee, N.C.	Samford
1936	Durham, N.C.	Duke	1979	Boone, N.C.	VMI	2022	Birmingham, Ala.	Samford
1937	Durham, N.C.	Duke	1980	Charleston, S.C.	Appalachian State	2023	Cullowhee, N.C.	Samford
1938	Durham, N.C.	North Carolina	1981	Boone, N.C.	VMI	2024	Birmingham, Ala.	Samford
1939	Chapel Hill, N.C.	North Carolina	1982	Greenville, S.C.	VMI	2025	Birmingham, Ala.	
1940	Williamsburg, Va.	North Carolina	1983	Lexington, Va.	VMI			
1941	Williamsburg, Va.	Duke	1984	Huntington, W.Va.	Appalachian State			
1942	Chapel Hill, N.C.	North Carolina	1985	Boone, N.C.	Appalachian State			
1943	Chapel Hill, N.C.	North Carolina	1986	Huntington, W.Va.	Appalachian State			
1944	NO MEET		1987	Boone, N.C.	Appalachian State			
1945	NO MEET		1988	Lexington, Va.	VMI			
1946	Chapel Hill, N.C.	Duke	1989	Huntington, W.Va.	Appalachian State			
1947	Chapel Hill, N.C.	North Carolina	1990	Boone, N.C.	VMI			
1948	Chapel Hill, N.C.	North Carolina	1991	Lexington, Va.	VMI			
1949	Chapel Hill, N.C.	North Carolina	1992	Huntington, W.Va.	Appalachian State			
1950	Chapel Hill, N.C.	North Carolina	1993	Boone, N.C.	Appalachian State			
1951	Chapel Hill, N.C.	Maryland	1994	Lexington, Va.	VMI			
1952	Chapel Hill, N.C.	Maryland	1995	Huntington, W.Va.	Appalachian State			
1953	Durham, N.C.	Maryland	1996	Johnson City, Tenn.	Appalachian State			
1954	Ft. Eustis, Va.	VMI	1997	Boone, N.C.	VMI			
1955	Ft. Eustis, Va.	VMI	1998	Lexington, Va.	VMI			
1956	Williamsburg, Va.	Virginia Tech	1999	Johnson City, Tenn.	Western Carolina			
1957	Williamsburg, Va.	William & Mary	2000	Boone, N.C.	VMI			
1958	Williamsburg, Va.	William & Mary	2001	Lexington, Va.	Appalachian State			
1959	Williamsburg, Va.	The Citadel	2002	Johnson City, Tenn.	Appalachian State			
1960	Williamsburg, Va.	The Citadel	2003	Boone, N.C.	Appalachian State			
1961	Williamsburg, Va.	The Citadel	2004	Boone, N.C.	Appalachian State			
1962	Norfolk, Va.	Furman	2005	Cullowhee, N.C.	Appalachian State			
1963	Charleston, W.Va.	Furman	2006	Statesboro, Ga.	Western Carolina			
1964	Williamsburg, Va.	West Virginia	2007	Boone, N.C.	Western Carolina			

Total team titles

Team	Titles
Appalachian State.....	19
North Carolina.....	14
VMI.....	14
William & Mary.....	12
Western Carolina.....	9
Samford.....	6
Duke.....	4
LSU.....	4
The Citadel.....	3
Furman.....	3
Maryland.....	3
Mississippi State.....	3
East Carolina.....	2
Tulane.....	1
Virginia.....	1
Virginia Tech.....	1
West Virginia.....	1

Women's SoCon Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	11.35		Eleyah Armstrong, VMI	2024
200m dash	23.50		Lamonda Miller, Appalachian State	1989
400m dash	53.27		Jasmine Jefferson, Wofford	2024
800m run	2:04.18		Megan Marvin, Furman	2021
1,500m run	4:18.52		Karisa Nelson, Samford	2019
3,000m steeplechase	10:00.79		Hannah Steelman, Wofford	2019
5,000m run	16:12.98		Allie Buchalski, Furman	2017
10,000m run	34:35.06		Teghan Henderson, Chattanooga	2014
100m high hurdles	13.25		Kyra Atkins, ETSU	2017
400m intermediate hurdles	58.15		Katrina Seymour, ETSU	2017
Long jump	6.53m	21-5.08	Melissa Morrison, Appalachian State	1993
Triple jump	13.16m	43-2.25	Danielle Thorpe, Appalachian State	2010
High jump	1.79m	5-10.50	Megan Kirschling, Elon	2014
Shot put	15.50m	50-10.23	Beverly Burnett, Appalachian State	2005
Discus	51.40m	168-8	Maggie Johnston, Samford	2019
Javelin	*53.32m	174-11.50	Meg Warren, Appalachian State	1987
	^51.02	167-5	Erin Long, Samford	2022
Hammer throw	60.98m	200-0.79	Emily Allen, Samford	2014
Pole vault	4.06m	13-3.84	Brittany Bishop, Samford	2023
4x100m relay	44.50		Georgia Southern	2014
			(Alyssa Felton, Jasmin Walker, Aarian Tipton, Jordan Fordham)	
4x400m relay	3:41.68		Georgia Southern	2007
			(Rashedah Arnold, Nicole Brown, Shauntel Jennings, Carla Ballard)	
Heptathlon	5,361		Tyleana Hanner, Chattanooga	2001

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

Past champions

Year	Site	Champion	Year	Site	Champion
1987	Boone, N.C.	Appalachian State	2014	Spartanburg, S.C.	Samford
1988	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1989	Huntington, W.Va.	Appalachian State	2016	Cullowhee, N.C.	Western Carolina
1990	Boone, N.C.	Appalachian State	2017	Birmingham, Ala.	Samford
1991	Lexington, Va.	Appalachian State	2018	Cullowhee, N.C.	Western Carolina
1992	Huntington, W.Va.	Appalachian State	2019	Birmingham, Ala.	Samford
1993	Boone, N.C.	Appalachian State	2020	NO MEET (COVID-19 pandemic)	
1994	Lexington, Va.	Appalachian State	2021	Cullowhee, N.C.	Samford
1995	Huntington, W.Va.	Appalachian State	2022	Birmingham, Ala.	Samford
1996	Johnson City, Tenn.	ETSU	2023	Cullowhee, N.C.	Samford
1997	Boone, N.C.	Western Carolina	2024	Birmingham, Ala.	Samford
1998	Lexington, Va.	Appalachian State	2025	Birmingham, Ala.	
1999	Johnson City, Tenn.	Western Carolina			
2000	Boone, N.C.	Western Carolina			
2001	Lexington, Va.	Western Carolina			
2002	Johnson City, Tenn.	Appalachian State			
2003	Boone, N.C.	Appalachian State			
2004	Boone, N.C.	Appalachian State			
2005	Cullowhee, N.C.	Appalachian State			
2006	Statesboro, Ga.	Appalachian State			
2007	Boone, N.C.	Georgia Southern			
2008	Cullowhee, N.C.	Western Carolina			
2009	Statesboro, Ga.	Appalachian State			
Year	Site	Champion	Total team titles		
2010	Boone, N.C.	Western Carolina	Team	Titles	
2011	Birmingham, Ala.	Appalachian State	Appalachian State	18	
2012	Cullowhee, N.C.	Appalachian State	Western Carolina	10	
2013	Statesboro, Ga.	Western Carolina	Samford	7	
			ETSU	1	
			Georgia Southern	1	

The Citadel Bulldogs

Director of cross country/track and field: Jody Huddleston

Head track and field coach: Kris Kut

Assistant coach: Marie Domin

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Jaxon Brewer	Fr.	Floyd, Va.	Sam Barnes	Jr.	Colorado Springs, Colo.
Jared Campbell	Sr.	Denver, N.C.	Ellie Belcher	Gr.	Bowling Green, Ky.
Wyatt Carey	So.	Fayetteville, N.C.	Yanna Cuesta	Sr.	Lindenhurst, N.Y.
Noah Casa	Fr.	Cherry Hill, N.J.	Emily Danielson	Gr.	Marietta, Ga.
Ridge Dowe	Gr.	Bluffton, S.C.	Sadie Grove	Jr.	Choteau, Mont.
Connor Hill	Fr.	Fort Mill, S.C.	Alliann Johnson	Gr.	St. Cloud, Fla.
Bradlee Jones	So.	Greenwood, S.C.	Riley Lair	Gr.	Mt. Pleasant, S.C.
Olin Korey	Jr.	Charleston, S.C.	Tamia Levine	Fr.	Suffolk, Va.
Ian McCorklke	Sr.	Charleston, S.C.	Morgan Mankoski	Fr.	Franklinville, N. J.
Will Owens	So.	Simpsonville, S.C.	Abby Thiessen	Fr.	Clover, S.C.
Arthur Parham	So.	Florence, S.C.	Eryn Tufts	Gr.	Elk Grove, Calif.
Reese Patterson	Fr.	Atlanta, Ga.	Ali Wilson-Ruffin	Sr.	Greenville, N. C.
Briggs Rehome	Sr.	Huntsville, Ala.	Danielle Williams	So.	Fort Mill, S.C.
Jack Scott	So.	McClellanville, S.C.			
Owen Sharnas	Jr.	Romeo, Mich.			
Dylan Thompson	So.	Little Elm, Texas			
D.J. Warren	Fr.	Mt. Pleasant, S.C.			
Jack Weil	So.	Mt. Pleasant, S.C.			
Jay Woodard	Fr.	Conway, S.C.			

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Marco Duca, Sterling Jones

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Brent Bell	So.	Johnson City, Tenn.	Ansley Archuleta	Sr.	Fort Mill, S.C.
Jason Bowers	Jr.	South Africa	Brianna Baker	So.	Knoxville, Tenn.
Jake Cannon	Fr.	Mount Juliet, Tenn.	Sophie Beach	Jr.	Boone, N.C.
Grayson Cromer	Fr.	Salisbury, N.C.	Tya Blake	Sr.	Lynchburg, Va.
Theo Curling	So.	Maryville, Tenn.	Lexi Carter	Fr.	Saint Paul, Va.
Gavin Deery	Fr.	Christiana, Tenn.	Micailah Cook	Fr.	Sandston, Va.
Cayden Douglas	So.	Knoxville, Tenn.	Bonita Gray	Jr.	Ogden, Utah
Colin Everett	Fr.	Hendersonville, Tenn.	Jasmine Greenridge	Fr.	Midlothian, Va.
D'shawn Fletcher	Jr.	Stockbridge, Ga.	Renn Herdklotz	Fr.	Banner Elk, N.C.
Ethan Fulford	Jr.	Knoxville, Tenn.	Morri Howell	Sr.	Franklin, Tenn.
William Hartig	Jr.	Radford, Va.	Camryn Johnson	Jr.	Knoxville, Tenn.
Nathan Hillis	So.	Knoxville, Tenn.	Emma Johnson	Fr.	Blountville, Tenn.
Ben Kenner	Jr.	Maryville, Tenn.	Izelle Kruger	Jr.	Woodstock, Ga.
Josh Krasfur	Sr.	Fort Collins, Colo.	Meg Lance	Jr.	Oak Ridge, Tenn.
Conner Overly	Jr.	Maryville, Tenn.	Emily Lindsey	So.	Lexington, Va.
Nola Pedota	Jr.	Tuscaloosa, Ala.	Deena Ludtke	Fr.	Lynchburg, Va.
Ben Smith	So.	Knoxville, Tenn.	Akera Mulette	Fr.	Douglassville, Ga.
Max Smydra	Fr.	Knoxville, Tenn.	Tyla Nicholson	So.	Lenoir City, Tenn.
Dane Sullins	So.	Kingsport, Tenn.	Gabriella Rodriguez	So.	Jalisco, Mexico
Chance Underwood	Fr.	Ooltewah, Tenn.	Francia Romero-Barba	So.	Murfreesboro, Tenn.
Logan Wagner	Jr.	Greenville, Tenn.	Eliza Ruch	So.	Gallatin, Tenn.
Hayden Waleski	Fr.	Clarksville, Tenn.	Allison Shingleton	Fr.	Bluff City, Tenn.
Grant Winegar	Fr.	Church Hill, Tenn.	Grace Singleton	So.	Maryville, Tenn.
			Gabrielle Walker	So.	Lumberton, N.J.
			Anaya Young	Jr.	

Furman Paladins

Head coaches: Robert Gary & Rita Gary

Assistant coaches: Matt Lange, Logan Roberts, Mickey McCauley

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Rives Boltwood	Fr.	Abingdon, Va.	Madelynn Cadeau	Sr.	Cumming, Ga.
Casey Burr	Sr.	Greenville, S.C.	Claire Cook	Fr.	Austin, Texas
Trevor Coggin	So.	Knoxville, Tenn.	Bethany Graham	Sr.	Aldie, Va.
Owen Delaney	Fr.	North Andover, Mass.	Callie Harper	Sr.	Charleston, S.C.
Ethan Domitrovich	Gr.	McDonald, Ohio	Emma Jones	Fr.	Weddington, N.C.
Alexander Friedli	Fr.	Cornelius, N.C.	Zoie Lamanna	Fr.	Forest, Va.
Nick Goldstein	Sr.	Newbury Park, Calif.	Nysa Males	Fr.	Bolina, Melbourne (AUS)
Colton Kempney	Jr.	Castorland, N.Y.	Megan Marvin	Sr.	Chapel Hill, N.C.
Chris Knight	So.	Signal Mountain, Tenn.	Nicole Matsysik	Sr.	Key West, Fla.
Gabe Montague	Sr.	Melbourne, Fla.	Jenna Mulhern	Jr.	West Chester, Pa.
Tripp Roemer	Fr.	Shreveport, La.	Rory Sullivan	Fr.	Warwick, R.I.
Dylan Schubert	Sr.	Loveland, Colo.	Delaney Vickers	Fr.	Hoover, Ala.
Owen Shifflett	So.	Free Union, Va.	Jais Ward	Fr.	Columbia, S.C.
Matthew Smith	Sr.	Leesburg, Va.	Carly Wilkes	Jr.	Salem, Va.
Luke Taylor	Jr.	Rockville, Va.			
Foster Wilfong	Sr.	Boerne, Texas			
Carson Williams	Sr.	Raleigh, N.C.			
Joe Womack	Fr.	Cartersville, Ga.			

Mercer Bears

Head coach: Roosevelt Lofton

Assistant coach: Josh Hayman, Tara Davis, Vlad Zander Velloso

Women		
Name	Class	Hometown
Claire Bauer	Fr.	Douglasville, Ga.
Akira Brown	Fr.	Stockbridge, Ga.
Kamryn Copeland	Fr.	Atlanta, Ga.
MacKenzie Crowe	Fr.	Douglasville, Ga.
Nichole Harris	Sr.	Ocala, Fla.
Jiya Hastings	Sr.	Deland, Fla.
Olivia Jones	Jr.	Southlake, Texas
Abbie Kallbreier	Fr.	Woodstock, Ga.
Arielle Livingston	Fr.	Gainesville, Fla.
Penny Jackson	Sr.	Centerville, Ga.
Kendyl Maddox	So.	Covington, Ga.
Lauryn McDougald	R-Fr.	Lawrenceville, Ga.
Charity Obazughamwen	R-Jr.	Surrey British Columbia (CAN)
Naomi Pierce	Fr.	Tacarigua, Trinidad & Tobago
Pria Pullin	R-So.	Sharbsburg, Ga.
Paula Sandoval	Fr.	Johns Creek, Ga.
Jayla Simmons	Fr.	Atlanta, Ga.
Melissa Ubani	So.	Powder Springs, Ga.

UNCG Spartans

Head coach: Kaleigh Roach

Assistant coach: Bruce Jackson, Elle Ellender, Jonathyn Knight

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Samuel Barnard	So.	Naperville, Ill.	Emma Berrier	Sr.	Lexington, N.C.
Spencer Connick	Gr.	Charlotte, N.C.	Lillian Douglass	Fr.	Clemmons, N.C.
Pierson Guerrant	Fr.	Wilmington, N.C.	Tenley Douglass	So.	Clemmons, N.C.
Jay Guy	Gr.	Lexington, N.C.	Victoria Sosa	Jr.	Bluffton, S.C.
Andrew Hamilton	Sr.	Laurinburg, N.C.			
Colin Keck	Sr.	Bluffton, S.C.			
Glodi Mvovi	Sr.	Greensboro, N.C.			
Evan Pena	Jr.	Wilmington, N.C.			
Lane Prochaska	Jr.	Creedmoor, N.C.			
Mason Rudel	Sr.	Winston-Salem, N.C.			
Logan Ruffner	Fr.	Southgate, Mich.			
Luke Ward	Jr.	Wilmington, N.C.			

Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: Tom Esslinger, Wes Penberthy

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Zeph Carico-McLennan	Jr.	Austin, Texas	Kiersten Bell	Fr.	Brentwood, Tenn.
Ray Carlton	So.	Roswell, Ga.	Ellison Chadwick	So.	Stone Mtn., Ga.
Arthur Chitty	So.	Mobile, Ala.	Meg Coleman	Jr.	Dalon, Ga.
Bryce Davis	Fr.		Amiel Dabney	Sr.	Conyers, Ga.
Carter Ellis	Jr.	Hoover, Ala.	Ayden Drake	Sr.	Atlanta, Ga.
Garner Ezell	Fr.		Bella Edwards	So.	Austin, Texas
Sam Forte	Fr.	Glanstonbury, Conn.	Maddie Edwards	Gr.	Pleasant Grove, Utah
Bradley Franklin	Fr.	Alabaster, Ala.	Adeline Haisch	Sr.	Karsruhe, Germany
Cole Grande	So.	Palm Beach, Fla.	Felicity Hamilton	Fr.	Houston, Texas
Carly Henry	So.	Gadsden, Ala.	Claire Harrison	Jr.	Macon, Ga.
Damian Hines	Jr.	Helena, Ala.	Lindsey Havens	Jr.	Hudson, Ohio
Ian Jones	Sr.	Fullerton, Calif.	Libby Jackson	So.	Bethlehem, Ga.
Stephen Jones	Fr.	Scottsboro, Ala.	Erin Long	Gr.	Pelham, Ala.
Will Jordan	Jr.	Birmingham, Ala.	Grace Lueders	Jr.	Rogers, Ark.
Kyle Kaufelds	So.	Aiken, S.C.	Brenna Lynn	So.	Baeshor, Kan.
Arthur Langley	Fr.	Birmingham, Ala.	Kelsey Martin	Sr.	Trussville, Ala.
Will Malcolm	Sr.		Aaliyah Mbenda	Fr.	
Andrew McGinnis	Jr.	Columbus, Ga.	Maris Owen	So.	Homewood, Ala.
Jaggerd Moore	So.	Trussville, Ala.	Lizzy Pardue	Fr.	Rome, Ga.
Will Murray	So.	Austin, Texas	Dorsey Parker	Jr.	Mobile, Ala.
Jackson Olivo	Jr.	Nashville, Tenn.	Sinkenes Parker	Sr.	Winter Springs, Fla.
Eli Penix	Jr.	Gray, Tenn.	Carley Perkins	So.	Mobile, Ala.
Caleb Scheffler	Sr.	Fort Worth, Texas	Hannah Pettyjohn	Jr.	Homewood, Ala.
Jed Sisco	Gr.	Morrow, Ohio	Macie Pfeuffer	Sr.	Marietta, Ga.
Walker Smith	Gr.	Homewood, Ala.	Laurel Phelps	Fr.	Franklin, Tenn.
Tyke Tabor	Sr.	Jackson, Tenn.	Emerson Simpson	Fr.	Brentwood, Tenn.
Samuel Werner	So.	Nagold, Germany	Edie Smith	Sr.	Homewood, Ala.
Jackson White	Fr.	Brentwood, Tenn.	Antonina Tereschchenko	So.	Kyiv, Ukraine
Bryce Williamson	Gr.	Fairburn, Ga.	Rashni Walker	Jr.	Tuscaloosa, Ala.
Ethan Womack	Jr.	Trussville, Ga.	Brooklyn Kirksey	Jr.	Helena, Ala.
Landon Wright	Gr.	Eads, Tenn.	Reagan Roush	Fr.	Charleston, S.C.

Chattanooga Mocs

Head coach: Patrick Gildea

Assistant coach:

Women		
Name	Class	Hometown
Leah Boyd	Jr.	Ooltewah, Tenn.
Lesley Boyd	Gr.	Dayton, Tenn.
Taylor Crawford	Fr.	Cary, N.C.
Michaela Dabney	So.	Chattanooga, Tenn.
Andrea Ellis	So.	LaVergne, Tenn.
Lexi Foley	Jr.	Farragut, Tenn.
Norah Haney	Fr.	Murfreesboro, Tenn.
Stella Henry	Jr.	Trenton, Ga.
Ev McGowan	Fr.	Auburn, Ala.
Ava McGue	So.	Murfreesboro, Tenn.
Adelaide McKeowan	Fr.	Birmingham, Ala.
Ryleigh Simmons	Fr.	Smyrna, Ga.
Emma Thweatt	Fr.	Germantown, Tenn.
Brooke Tyll	So.	Brentwood, Tenn.
Sarah Unterholzner	Sr.	Chattanooga, Tenn.
Audrey Wade	Fr.	Canton, Ohio
Madeline Wheatcroft	Jr.	Hixson, Tenn.

VMI Keydets

Director of track and field and cross country: David Zack Scott

Head women's track and field coach: Eddie Williams II

Assistant coaches: Mathew Scott, Caleb Wisecarver

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Nick Brown	Sr.	Midlothian, Va.	Evelyn Anderson	So.	Locust Grove, Va.
Colin Crenshaw	So.	Richmond, Va.	Eleyah Armstrong	Sr.	Hampton, Va.
Hunter Davis	Sr.	Chesapeake, Va.	Diamond Baker	Jr.	Norfolk, Va.
Zachary Denton	So.	Arlington, Va.	Natalia Dias	Fr.	Manassas, Va.
Grant Fraser	Fr.	Alexandria, Va.	Ruth Dickersheid	Fr.	Leesburg, Va.
Jackson Geisendaffer	Fr.	New Kent, Va.	Miracle Eric	Fr.	McLean, Va.
Benjamin Hagerich	Jr.	Glen Allen, Va.	Naturale Faison	Fr.	North Chesterfield, Va.
Rye Jackson	Fr.	Daleville, Va.	Morgan Fraser	So.	Alexandria, Va.
Patrick Kiernan	Sr.	Fairfax, Va.	Julie Freitas	Sr.	Richmond, Va.
Kevin Koumondji	Fr.	Fredericksburg, Va.	Reagan Gilman	Sr.	Richmond, Va.
Keyandre Midgett	Sr.	Portsmouth, Mass.	SeMore Green	Jr.	Henrico, Va.
Destin Moore	Fr.	Cairo, Ga.	Heaven Hall	Jr.	Norfolk, Va.
Isaac Osouna	Fr.	Suffolk, Va.	Shea Hart	Jr.	Fluvanna, Va.
Tazewell Rae	Fr.	Urbanna, Va.	Jennifer Koumondji	So.	Fredricksburg, Va.
Kevin Shank	So.	Mt. Holly Spring, Pa.	Gretal Shank	Sr.	Mt. Holly Spring, Pa.
Cameron Thomas	So.	Windsor, Colo.	Jillian Sisk	So.	Richmond, Va.
Xander Topos	Sr.	Palmyra, Pa.	E'Yana Watson	Fr.	Virginia Beach, Va.
Jesse Vaughn	So.	Kingsport, Tenn.	JeNiya White	Fr.	Hopewell, Va.
Anthony Wilkerson, Jr.	Fr.	Chester, Va.			
Jeremiah Wilks	Sr.	Richmond, Va.			
Elisha Williams	So.	Portsmouth, Va.			

Western Carolina Catamounts

Head coach: Jesse Norman

Assistant coach: Daniel Haakenson, Gillian Urycki, Zoe Capps, Brianna Moore

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Elias Barton	Jr.	Pittsboro, N.C.	Armani Blair	Sr.	Charlotte, N.C.
Dakota Braucher	So.	Eaton, Colo.	Imani Boyd	Sr.	Charlotte, N.C.
Colby Capps	So.	Burnsville, N.C.	Leah Butler	So.	Huntersville, N.C.
Austin Cline	So.	Catawba, N.C.	Lexie Durban	Fr.	Ball Ground, Ga.
Elijah Cochran	Fr.	Franklin, N.C.	Emmie Finley	Fr.	Cleveland, Ga.
Dominick Dale	Jr.	Salisbury, N.C.	Jasmine Greene	Jr.	Huntersville, N.C.
John Davis	Sr.	Columbia, S.C.	Marie Harris	Fr.	Dunwoody, Ga.
Spencer Dube	Fr.	Bulawayo, Zimbabwe	Bella Hileary	So.	Acworth, Ga.
Trez Fouch	Fr.	Dewy Rose, Ala.	Katherine Hopkins	So.	Lincolnton, N.C.
Quinton Godfrey	Jr.	Fairhope, Ala.	Kendal Hudson	So.	Mooresville, N.C.
Justin Hayes	So.	Cary, N.C.	Ericka Jackson	So.	Hummelstown, Pa.
Adam Ledford	So.	Burnsville, N.C.	Hannah Kline	Fr.	Saint Cloud, Fla.
Jackson Livingston	Jr.	Prosperity, S.C.	Shaneil Lysight	Jr.	St. Andrew, Jamaica
Ethan Long	Fr.	Lakeside Park, Ky.	Octavia Massena	Fr.	Lake Worth, Fla.
Langston McCoverly	Jr.	Martinez, Ga.	Sadler Miller	Jr.	Clayton, N.C.
CJ McFerrin	Jr.	Alpharetta, Ga.	Aniya Patterson	Fr.	Fountain Inn, S.C.
William Mitchell	Sr.	Raleigh, N.C.	Toria Roundtree	Jr.	Raleigh, N.C.
Jaylen Morrow	Fr.	Charlotte, N.C.	Kyndal Saunders	So.	Clayton, N.C.
Austin Ramirez	So.	Fletcher, N.C.	Amilliana Simmons	So.	Milledgeville, Ga.
Christian Roberts	Fr.	Spartanburg, S.C.	Peyton Skoglund	So.	St. Johns, Fla.
Dakota Sorrells	So.	Canton, N.C.	Cymoria Thomas	So.	Elgin, S.C.
Henry Stecher	Sr.	Kill Devil Hills, N.C.	Raelyn Vadala	Jr.	Buffalo, N.Y.
Noah Straley	Jr.	Jacksonville, Fla.	Miranda Watts	Fr.	Monroe, N.C.
Kamdyn Swartz	Jr.	Malmö, New England			
Kolton Weaver	Fr.	Matthews, N.C.			
Bennett Whitefield	Fr.	Nashville, Tenn.			
Nathan Williams	Jr.	Fayetteville, N.C.			
Trevor Williams	Fr.	Chesterfield, Va.			
Damon Worley	Sr.	Seneca, S.C.			
Drew Zink	Sr.	Sherrills Ford, N.C.			

Wofford Terriers

Head coach: Johnny Bomar

Assistant coaches: Robert Gallinger, Juan Comacho

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Zion Bennett	So.	St. Andrew, Jamaica	Olivia Bagg	Jr.	Bridgewater, England
Will Berger	Jr.	Hillsborough, N.C.	Olivia Burroughs	Fr.	Boone, N.C.
William Brimm	Jr.	Oak Hill, Tenn.	JaKayla Campbell	So.	College Park, Ga.
Jackson Casey	Sr.	Newcastle, Okla.	Sherika Christie	So.	St. Catherine, Jamaica
Sumter Cooper	So.	Sumter, S.C.	Ava Cooper	So.	Belmont, N.C.
Cameron Dalton	Sr.	Eden, N.C.	Isabelle DuChemin	So.	Franklin, N.C.
Nevius Fisher	Sr.	Seneca, S.C.	Dani Emmen	Sr.	Conway, S.C.
Patrick Green	So.	Beech Island, S.C.	Ava Fowler	Sr.	Lexington, S.C.
Liam Jones	So.	Columbia, S.C.	Monic Green	So.	Charleston, S.C.
Preston Kut	Fr.	Charleston, S.C.	Kristen Hallman	So.	Lexington, S.C.
Shane Olander	Jr.	Raleigh, N.C.	Becca Hinds	Jr.	Holly Springs, N.C.
Nigel Ransby	Fr.	Lenoir, N.C.	Taylor Jennings-Ward	Fr.	Suffolk, Va.
Jacob Ritchie	Sr.	Saint Johns, Fla.	Dannielle King	So.	Clarendon, Jamaica
Jake Ross	So.	Hendersonville, N.C.	Andrea Landrum	Fr.	Acworth, Ga.
Thomas Stamper	Jr.	Charlotte, N.C.	Storms Owens	Sr.	Sumter, S.C.
Joey Swick	Fr.	Elgin, S.C.	Irene Pardo	So.	Madrid, Spain
Colston Thomas	Fr.	Norway, S.C.	Mary Claire Ridgeway	Sr.	Florence, Ala.
Grant Witherspoon	Sr.	Indian Land, S.C.	Ellie Sawicki	Jr.	Waxhaw, N.C.
Andrew York	Fr.	Winston-Salem, N.C.	Brooke Sayre	Jr.	Garrison, N.Y.
			Carolynne Shealy	Sr.	Lexington, S.C.
			Taylor Stingel	Sr.	Mills River, N.C.
			Ella Tennant	Jr.	New Port Richey, Fla.
			Marga van der Linde	Sr.	Bellville, South Africa
			Ne'rya Vassell	Fr.	Miramar, Fla.

ATHLETES OF THE WEEK

Men's track

March 26
April 2
April 9
April 16
April 23
April 30
May 7
Jason Bowers, ETSU
Matthew Smith, Furman
Zephaniah Carico-McLennan, Samford
Bradley Franklin, Samford
Dylan Schubert, Furman
Ethan Domitrovich, Furman
Bradlee Jones, The Citadel

Men's field

March 26
April 2
April 9
April 16
April 23
April 30
May 7
Brent Bell, ETSU
Arthur Parham, The Citadel
Carter Ellis, Samford
Kyle Kaufelds, Samford
Brent Bell, ETSU
Arthur Chitty, Samford
Kyle Kaufelds, Samford

Women's track

March 26
April 2
April 9
April 16
April 23
April 30
May 7
Micailah Cook, ETSU
Carly Wilkes, Furman
Grace Lueders, Samford
Lesley Boyd, Chattanooga
Carly Wilkes, Furman
Shaneil Lysight, Western Carolina
Nysa Males, Furman

Women's field

March 26
April 2
April 9
April 16
April 23
April 30
May 7
Ali Wilson-Ruffin, The Citadel
Ali Wilson-Ruffin, The Citadel
Tya Blake, ETSU
Sherika Christie, Wofford
Stella Henry, Chattanooga
Erin Long, Samford
Erin Long, Samford



Furman's Dylan Schubert



ETSU's Brent Bell



Furman's Carly Wilkes



The Citadel's Ali Wilson-Ruffin