



2023 SoCon Outdoor Track & Field Championships



2023 Outdoor Track & Field Championships

May 8-9 • Catamount Athletic Complex • Cullowhee, N.C.

- [Watch on ESPN+](#) (Day 2 only, 4 p.m.)
- [Live results](#)
- [Schedule of events](#)
- [Program](#)
- [Record book](#)
- [#SoConTrack](#)

- [Heat sheets - Day 1](#)
- [Recap - Day 1](#)
- [Results - Day 1](#)
- [Photo gallery - Day 1](#)
- [Heat sheets - Day 2](#)
- [Recap - Day 2](#)
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The 2023 Southern Conference Outdoor Track and Field Championships return to the Catamount Athletic Complex on the campus of Western Carolina in Cullowhee, North Carolina. Western Carolina will be hosting the championships for the first time since 2021 and the seventh time overall.

Samford swept the 2022 SoCon Outdoor Track and Field Championships, which were contested April 30 and May 1 at Shauna Yelton Field at the Samford Track and Soccer Stadium in Birmingham, Alabama. The Bulldog men won for the fourth time and the women won for the fifth. The sweep was Samford's second straight.

Samford thrower Matt Cahoon was the men's Most Outstanding Athlete for the second year in a row and Western Carolina's Marissa Blakely was the women's Most Outstanding Athlete.

Area attractions:

[What to see and do in Jackson County, N.C.](#)

Hotels:

[SoConTravel.com](#)

Review of past championships:

[2022](#) [2021](#) [2020*](#) [2019](#) [2018](#) [2017](#) [2016](#) [2015](#) [2014](#) [2013](#) [2012](#) [2011](#) [2010](#)

* 2020 championships cancelled due to coronavirus

Participating institutions (men):

[CIT](#) // [ETSU](#) // [FUR](#) // [UNCG](#) // [SAM](#) // [VMI](#) // [WCU](#) // [WOF](#)

Participating institutions (women):

[CIT](#) // [ETSU](#) // [FUR](#) // [MER](#) // [UNCG](#) // [SAM](#) // [UTC](#) // [VMI](#) // [WCU](#) // [WOF](#)

2022 Champions

Men and women: Samford



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