



2025 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS

CORPS PHYSICAL TRAINING FACILITY
LEXINGTON, VIRGINIA



SCHEDULE OF EVENTS

FRIDAY, FEB. 28

9:00 a.m. Men's Hept 60m
 Men's Hept LJ
 Men's Hept SP
 Men's Hept HJ
 9:15 a.m. Women's Pent 60m H
 Women's Pent HJ
 Women's Pent SP
 Women's Pent LJ
 Women's Pent 800m
 1:05 p.m. Women's 3000m B Final
 1:17 p.m. Men's 3000m B Final
 1:30 p.m. Men's Shot Put Final
 Women's Mile Trials
 1:45 p.m. Men's Mile Trials
 2:00 p.m. Women's Long Jump Final
 Women's 60m Hurdles Trials
 2:10 p.m. Men's 60m Hurdles Trials
 2:20 p.m. Women's 60m Trials
 2:28 p.m. Men's 60m Trials
 2:30 p.m. Men's Pole Vault Final
 2:36 p.m. Women's 400m Trials
 2:48 p.m. Men's 400m Trials
 3:00 p.m. Women's 800m Trials
 Women's High Jump Final
 3:12 p.m. Men's 800m Trials
 3:24 p.m. Women's 200m Trials
 3:30 p.m. Men's Long Jump Final
 3:39 p.m. Men's 200m Trials
 3:54 p.m. Women's 3000m A Final
 4:07 p.m. Men's 3000m A Final
 4:20 p.m. Women's DMR Final
 4:35 p.m. Men's DMR Final

SATURDAY, MARCH 1

9:00 a.m. Men's Hept 60m H
 Men's Hept PV
 Men's Hept 1,000m
 10:00 a.m. Women's Triple Jump Final
 Women's Weight Throw Final
 10:30 a.m. Men's High Jump Final
 11:45 a.m. Women's 5000m B Final
 12:10 p.m. Men's 5000m Section B Final
 12:30 p.m. Men's Triple Jump Final
 Men's Weight Throw Final
 12:32 p.m. Women's Mile Final
 12:40 p.m. Men's Mile Final
 12:50 p.m. Women's 60m Hurdles Final
 12:58 p.m. Men's 60m Hurdles Final
 1:00 p.m. Women's Pole Vault
 1:06 p.m. Women's 60m Final
 1:12 p.m. Men's 60m Final
 1:20 p.m. Women's 400m Final
 1:28 p.m. Men's 400m Final
 1:36 p.m. Women's 800m Final
 1:44 p.m. Men's 800m Final
 1:52 p.m. Women's 200m Final
 1:58 p.m. Men's 200m Final
 2:03 p.m. Women's 5000m A Final
 2:28 p.m. Men's 5000m A Final
 2:48 p.m. Men's 4x400m Final
 2:58 p.m. Women's 4x400m Final
 Awards Ceremony

CHAMPIONSHIP PREVIEW

2025 INDOOR TRACK & FIELD CHAMPIONSHIPS KICK OFF SATURDAY

SPARTANBURG, S.C. – The Southern Conference Men's and Women's Indoor Track and Field Championships will take place at VMI's Corps Physical Training Facility in Lexington, Virginia, this Friday and Saturday. This year marks the 90th edition of the men's championship and 38th women's championship. VMI is hosting the meets for the eighth straight season.

Samford swept the team titles again last year, with the Bulldog men claiming their fifth consecutive SoCon indoor title and the Samford women winning their ninth straight. The Bulldogs will seek to become the first SoCon women's program to win 10 straight titles, as they already hold the record for the longest streak of consecutive titles.

Samford's men scored 188 points to outdistance runner-up Western Carolina, which scored 121.5. Furman was third with 112 and host VMI was fourth with 109. The Bulldogs claimed seven event wins, with Furman and VMI claiming two events apiece.

The Samford women totaled 160.5 points on the day, more than doubling their day-one advantage of 14 points over runner-up Wofford, to extend their record for the most consecutive championships in league history.

This season's power rankings – determined by the top eight times or scores that are reported by the schools for each event that will be conducted at this weekend's championships – predict successful title defenses for both Samford programs.

The Samford men totaled 199 points in the power rankings, boasting a healthy lead over second-place Furman with 122. Western Carolina is close behind with 107.32 points. Samford holds a twenty-point lead in the women's power rankings with 166, just ahead of Furman with 141. Wofford is third with 94.

Spectators are welcome at the championships and day two of the meet will air live on ESPN+ beginning at 11:30 a.m. Eastern, with Bryan Fetzer and Phil Cox on the call. Live results, daily recaps, photos, and video highlights can be found at SoConSports.com.

Storylines:

- Lexington, Virginia, is the site of the men's event for the 43rd time, more than double the total of the next-highest sites, Chapel Hill, North Carolina, and Johnson City, Tennessee, which have hosted 18 times each. The men's championship was contested in Lexington for 28 consecutive years from 1954-81. The women's championship was held in Lexington for the 11th time last season. Prior to 2018, the last time VMI hosted the championships was in 2000.

- The winners of 10 of the 14 individual men's events and seven of the 11 individual women's events from last year's meet return this season.

- A number of superlative winners are back for their respective schools. They include men's field MOA Keyandre Midgett (VMI), women's field MOA and Women's Freshman

of the Year Sherika Christie (WOF), and Men's Freshman of the Year Rafe Clendinin (VMI).

- Additionally, Samford coach Rod Tiffin is the defending coach of the year on the men's side. He's won the award seven times on the men's side, including in each of the last five seasons, and has claimed the award seven times on the women's side.

-Two meet records fell last year, both on Sunday. One individual record setter is back in the field this year.

-Wofford accounted for both records with O'Rell Fisher matching Ernest Wiggins' match record time of 6.73 in the 60m. Last season's female most outstanding track performer, Jasmine Jefferson, set a new record in the 400m with a time of 54.22.

-Megan Marvin, Furman, claimed her fourth straight 800m women's title, as she finished in 2:08.85 and is looking to defend her title this year. Her top time this season, the 2:06.36 she ran at the Bob Pollock Invitational on Jan. 31, has her in first place in the conference this season.

-Furman's Carson Williams is seeking his fourth straight 3,000m men's title. After setting a new championship record in 2022, Williams won the event in both 2023 and 2024. Williams' top time this season was at the Boston University Hemery Valentine Invitational on Feb. 14, where he recorded at 7:57.40. This time is only second in the conference this season to Williams' teammate Dylan Schubert, who ran a personal best 7:52.82 at the Valentine's Day event.

-Samford's Bradley Franklin will enter the SoCon Indoor Championships having competed in the 2025 USA Indoor Championships on Feb. 22 in the sprint hurdles event. Franklin holds the top time in 60m hurdles in the conference, running a 7.65 at the Samford January Invite on Jan. 17.

-Athletes and teams chasing a third consecutive individual title include: Furman's Dylan Schubert – Men's 5,000m, Furman's Men's DMR, VMI's Keyandre Midgett – Men's Triple Jump, VMI's Eleyah Armstrong – Women's 60m and Long Jump, and Furman's Abigail Robertson – Women's 3,000m.

-The Furman women have won the last eight DMR titles, setting the standing championship record in 2023. The team returns only Megan Marvin, with Claire Cook, Jais Ward, and Nysa Males joining the line up.

- Samford's Brenden Vanderpool, the defending champion in the pole vault, Carter Ellis and Jed Sisco are ranked one, two, and four, respectively, in the conference. Sisco won the event in 2022.



Samford's women won their ninth straight SoCon indoor title and the Bulldog men claimed their fifth straight SoCon indoor title in 2024.

Past champions

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	2000
			(Derrick High, Irving Hunter, Tim Vaught, Joe Hyman)	
Distance medley relay	9:47.80		ETSU	1979
			(J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	

Past champions

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

Event	Mark	Conversion	Name(s), school	Year
60m dash	7.40		Nicole Johnson, ETSU	2020
200m dash	23.84		Lamonda Miller, Appalachian State	1989
400m dash	54.61		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 (Shiniqua Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren)	2012
Distance medley relay	11:25.60		Furman (Kaylie Armitage, Erin MacDevette, Camryn Wennersten, Megan Marvin)	2023
Pentathlon	4,118		Selena Popp, Samford	2018

Past champions

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

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

The Citadel Bulldogs

Director of cross country/track and field: Jody Huddleston

Head track and field coach: Kris Kut

Assistant coaches: Marie Domin, Jordan Chestnut

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Jaxon Brewer	Fr.	Floyd, Va.	Ellie Belcher	Gr.	Bowling Green, Ky.
McConnell Burdette	So.	Pendleton, S.C.	Yanna Cuesta	Sr.	Lindenhurst, N.Y.
Charles Campbell	So.	Arlington, Va.	Emily Danielson	Gr.	North Charleston, S.C.
Jared Campbell	Sr.	Denver, N.C.	Alliann Johnson	Gr.	St. Cloud, Fla.
Wyatt Carey	So.	Fayetteville, N.C.	Riley Lair	Gr.	Mount Pleasant, S.C.
Noah Casa	Fr.	Cherry Hill, N.J.	Tamia Levine	Fr.	Suffolk, Va.
Carson Diggs	Fr.	Anderson, S.C.	Kaihlah McQueen	Fr.	Baltimore, Md.
Ridge Dowe	Gr.	Bluffton, S.C.	Sara Grace Melton	Sr.	Chester, S.C.
Andrew Granger	Gr.	Marietta, Ga.	Emily Pierontoni	Gr.	Woolwich, N.J.
Connor Hill	Fr.	Fort Mill, S.C.	Rachel Reiningger	Fr.	Fayetteville, Ga.
Bradlee Jones	So.	Greenwood, S.C.	Abby Thiessen	Fr.	Clover, S.C.
Dillon McCarthy	Gr.	Mount Pleasant, S.C.	Eryn Tufts	Gr.	Elk Grove, Calif.
Will Owens	So.	Simpsonville, S.C.	Danielle K. Williams	So.	Fort Mill, S.C.
Arthur Parham	So.	Florence, S.C.	Julia Williamson	So.	Campobello, S.C.
Jacob Parker	Fr.	Concord, N.C.	Ali Wilson-Ruffin	Sr.	Greenville, N.C.
Jack Scott	So.	McClellanville, S.C.			
Owen Sharnas	Jr.	Romeo, Mich.			
Demetrius Shine	Jr.	Bluffton, S.C.			
Dylan Thompson	So.	Little Elm, Texas			
Carson Tillman	Gr.	Charleston, S.C.			
D.J. Warren	Fr.	Mount Pleasant, S.C.			
Jack Weil	So.	Mount Pleasant, S.C.			
Jay Woodard	Fr.	Conway, S.C.			

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Dr. Marco Duca, Sterling Jones

Women		
Name	Class	Hometown
Ansley Archelta	Sr.	Fort Mill, S.C.
Brianna Baker	So.	Knoxville, Tenn.
Sophie Beach	Jr.	Boone, N.C.
Tya Blake	Sr.	Lynchburg, Va.
Lexi Carter	Fr.	Saint Paul, Va.
Michailah Cook	Fr.	Sandston, Va.
Bonita Gray	Jr.	Ogden, Utah
Jasmine Greenidge	Fr.	Midlothian, Va.
Morri Howell	Sr.	Franklin, Tenn.
Camryn Johnson	Jr.	Knoxville, Tenn.
Emma Johnson	Fr.	Blountville, Tenn.
Izelle Kruger	So.	Gauteng, South Africa
Meg Lance	Jr.	Woodstock, Ga.
Emily Lindsey	So.	Oak Ridge, Va.
Deena Ludtke	Fr.	Lexington, Va.
Akera Molette	Fr.	Lynchburg, Va.
Tyla Nicholson	So.	Douglassville, Ga.
Sydney Pierce	Fr.	Fort Mill, S.C.
Gabriella Rodriguez	So.	Lenoir City, Tenn.
Diana Romero-Barba	Sr.	Jalisco, Mexico
Frana Romero-Barba	Fr.	Jalisco, Mexico
Allison Shingleton	Fr.	Gallatin, Tenn.
Julia Visgueiro	Fr.	Coubron, France
Gabrielle Walker	So.	Maryville, Tenn.
Anaya Young	Jr.	Lumberton, N.J.
Maya Murchison	So.	Gambriels, Md.
Eliza Ruch	So.	Murfreesboro, Tenn.
Grace Singleton	Jr.	Bluff City, Tenn.

Furman Paladins

Head coaches: Rita Gary and Robert Gary

Assistant coaches: Matt Lange, Mickey McCauley, Logan Roberts

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Rives Boltwood	Fr.	Abingdon, Va.	Madelyne Cadeau	Sr.	Cumming, Ga.
Casey Burr	Sr.	Greenville, S.C.	Claire Cook	Fr.	Austin, Texas
Trevor Coggin	Fr.	Knoxville, Tenn.	Joiner Evans	Fr.	Winston-Salem, N.C.
Owen Delaney	Fr.	North Andover, Mass.	Lily Feingold	Sr.	Mount Pleasant, S.C.
Ethan Domitrovich	Sr.	McDonald, Ohio	Clair Garrett	Jr.	Oakland, Calif.
Alex Friedli	Fr.	Cornelius, N.C.	Bethany Graham	Sr.	Aldie, Va.
Nick Goldstein	Sr.	Newbury Park, Calif.	Anna Graves	Fr.	Knoxville, Tenn.
Evan Guzman	Jr.	Franklin, Tenn.	Callie Harper	Sr.	Charleston, S.C.
Colton Kempney	Jr.	Castorland, N.Y.	Emma Jones	Jr.	Weddington, N.C.
Chris Knight	So.	Signal Mountain, Tenn.	Zoie Lamanna	Fr.	Forest, Va.
Gabe Montague	Sr.	Melbourne, Fla.	Nysa Males	Fr.	Bolinda, Melbourne
Tripp Roemer	Fr.	Shreveport, La.	Megan Marvin	Sr.	Chapel Hill, N.C.
Dylan Schubert	Sr.	Loveland, Colo.	Jenna Mulhern	Jr.	West Chester, Pa.
Owen Shifflett	So.	Free Union, Va.	Katie Sobieraj	Fr.	Easton, Mass.
Matthew Smith	Jr.	Leesburg, Va.	Jais Ward	Fr.	Columbia, S.C.
Ryan Smith	Fr.	Columbus, Ohio	Carly Wilkes	Jr.	Salem, Va.
Luke Taylor	Jr.	Rockville, Va.			
Foster Wilfong	Jr.	Boerne, Texas			
Carson Williams	Sr.	Raleigh, N.C.			
Joe Womack	Fr.	Cartersville, Ga.			

UNCG Spartans

Head coach: Kaleigh Roach

Assistant coach: Bruce Jackson, Jonathyn Knight, Elle Ellender

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Khalid Abdullahi	So.	Raleigh, N.C.	Emma Berrier	Sr.	Lexington, N.C.
Samuel Barnard	So.	Naperville, Ill.	Camille Carlson	Sr.	Holly Springs, N.C.
Pierson Guerrant	Fr.	Wilmington, N.C.	Tenley Douglass	So.	Clemmons, N.C.
Andrew Hamilton	Sr.	Laurinburg, N.C.	Serena Henderson	Sr.	New Rochelle, N.Y.
Colin Keck	Sr.	Bluffton, S.C.	Hailey Meyers	Fr.	Charleston, S.C.
Travis McFadden	Fr.	Charlotte, N.C.	Victoria Sosa	Jr.	Bluffton, S.C.
Glodi Mvovi	Sr.	Raleigh, N.C.			
Evan Pena	Jr.	Wilmington, N.C.			
Lane Prochaska	Jr.	Raleigh, N.C.			
Logan Ruffner	Fr.	Southgate, Mich.			
Brodie Schneider	Fr.	Katonah, NY			
Luke Ward	Jr.	Wilmington, N.C.			

Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: Tom Esslinger, Wes Penberthy, Hannah Daffin

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Reese Bell	So.	Scottsboro, Ala.	Kiersten Bell	So.	Brentwood, Tenn.
Zephaniah Carcio-McLennan Jr.		Austin, Texas	Ellison Chadwick	So.	Stone Mountain, Ga.
Arthur Chitty	So.	Mobile, Ala.	Amiel Dabney	Sr.	Conyers, Ga.
Bryce Davis	Fr.		Ayden Drake	Sr.	Atlanta, Ga.
Carter Ellis	Jr.	Hoover, Ala.	Bella Edwards	So.	Austin, Texas
Garner Ezell	Fr.		Maddie Edwards	Jr.	Pleasant Grove, Utah
Sam Forte	Fr.	Glastonbury, Conn.	Adeline Haisch	Sr.	Karsruhe, Germany
Bradley Franklin	Fr.		Felicity Hamilton	Fr.	Houston, Texas
Cole Grande	So.	Palm Beach, Fla.	Claire Harrison	Jr.	Macon, Ga.
Carl Henry	So.	Gadsden, Ala.	Lindsey Havens	Jr.	Hudson, Ohio
Ian Jones	Sr.	Fullerton, Calif.	Libby Jackson	So.	Bethlehem, Ga.
Stephen Jones	Fr.	Scottsboro, Ala.	Brooklyn Kirksey	Jr.	Helena, Ala.
Arthur Langley	Fr.	Birmingham, Ala.	Erin Long	Sr.	Pelham, Ala.
Mac Meredith	Fr.		Grace Lueders	Jr.	Rogers, Ark.
Jaggerd Moore	So.	Trussville, Ala.	Kelsey Martin	Sr.	Trussville, Ala.
Jackson Olivo	Jr.	Nashville, Tenn.	Aaliyah Mbenda	Fr.	
Eli Penix	Jr.	Gray, Tenn.	Lizzy Pardue	Fr.	Rome, Ga.
Caleb Scheffler	Sr.	Fort Worth, Texas	Dorsey Parker	Jr.	Mobile, Ala.
Jed Sisco	Sr.	Morrow, Ohio	Sinkenes Parker	Sr.	Winter Springs, Fla.
Walker Smith	Gr.	Homewood, Ala.	Carley Perkins	Fr.	Mobile, Ala.
Tyke Tabor	Sr.	Jackson, Tenn.	Hannah Pettyjohn	Jr.	Homewood, Ala.
Ben Thomason	Fr.	Madison, Ala.	Macie Pfeuffer	Sr.	Marietta, Ga.
Brenden Vanderpool	So.	Smyrna, Ga.	Laurel Phelps	Fr.	Franklin, Tenn.
Samuel Werner	So.	Nagold, Germany	Emerson Simpson	Fr.	Brentwood, Tenn.
Jackson White	Fr.	Brentwood, Tenn.	Eddie Smith	Sr.	Homewood, Ala.
Bryce Williamson	Sr.	Fairburn, Ga.	Antonina Tereshchenko	So.	Kyiv, Ukraine
Ethan Womack	Jr.	Trussville, Ala.			
Landon Wright	Sr.	Eads, Tenn.			

Chattanooga Mocs

Head coach: Patrick Gildea

Assistant coach: Mike Gadson, Sarah Phillips

Women		
Name	Class	Hometown
Lola Baker	So.	Brentwood, Tenn.
Leah Boyd	Jr.	Ooltewah, Tenn.
Taylor Crawford	Fr.	Cary, N.C.
Michaela Dabney	So.	Chattanooga, Tenn.
Andrea Ellis	Jr.	LaVergne, Tenn.
Lexi Foley	Sr.	Farragut, Tenn.
Norah Haney	Fr.	Murfreesboro, Tenn.
Stella Henry	Jr.	Trenton, Ga.
Ellie von Herrmann	Fr.	Florence, Ala.
Ev McGowan	Fr.	Auburn, Ala.
Ava Mogue	So.	Murfreesboro, Tenn.
Adelaide McKeown	Fr.	Birmingham, Ala.
Aubrey Park	Fr.	Eads, Tenn.
Kennedy Reynolds	So.	Knoxville, Tenn.
Anna Roberson	Fr.	Knoxville, Tenn.
Ryleigh Simmons	Fr.	Smyrna, Ga.
Olivia Steele	So.	Chattanooga, Tenn.
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 Z. Scott

Head women's track and field coach: Edward Williams

Assistant coaches: Caleb Wisecarver, Matthew Scott, Michael Bozeman

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Nick Brown	Sr.	Midlothian, Va.	Evelyn Anderson	So.	Locus Grove, Va.
Sam Clendenin	Sr.	Castroville, Texas	Eleyah Armstrong	Sr.	Hampton, Va.
Rafe Clendenin	So.	Castroville, Texas	Diamond Baker	Jr.	Norfolk, Va.
Colin Greshaw	So.	Richmond, Va.	Natalia Dias	Fr.	Manassa, Va.
Hunter Davis	Sr.	Chesapeake, Va.	Ruth Dickersfield	Fr.	Leesburg, Va.
Zach Denton	So.	Arlington, Va.	Naturale Faison	Fr.	North Chesterfield, Va.
Richard Edwards	Fr.	Virginia Beach, Va.	Morgan Fraser	So.	Alexandria, Va.
Grant Fraser	Sr.	Alexandria, Va.	Julie Freitas	Sr.	Richmond, Va.
Luke Gaylor	Fr.	Forest, Va.	Reagan Gilman	Fr.	Richmond, Va.
Jackson Geisendaffer	Fr.	Williamsburg, Va.	Zoffia Gonzales	Fr.	Springfield, Va.
Benjamin Hagerich	Jr.	Glen Allen, Va.	SeMore Green	Jr.	Henrico, Va.
Rye Jackson	Fr.	Daleville, Va.	Heaven Hall	So.	Norfolk, Va.
Patrick Kiernan	So.	Fairfax, Va.	Shea Hart	Jr.	Fluvanna, Va.
Kevin Koumondji	Fr.	Fredericksburg, Va.	Olivia Hurd	So.	Vinton, Va.
Patrick Lowry	So.	Bristow, Va.	Jennifer Koumondji	So.	Fredericksburg, Va.
Keyandre Midgett	Sr.	Portsmouth, Va.	Samantha Layton	Fr.	Tangier, Va.
Destin Moore	So.	Cairo, Ga.	Gretal Shank	Sr.	Carlisle, Pa.
Jacob Moore	So.	Midlothian, Va.	Jillian Sisk	So.	Richmond, Va.
Tazewell Rae	Fr.	West Point, Va.	E'Yana Watson	Fr.	Virginia Beach, Va.
Kevin Shank	So.	Mt. Holly Spring, Pa.	JeNiya White	Fr.	Hopewell, Va.
Cameron Thomas	So.	Windsor, Colo.			
Xander Topos	Sr.	Palmyra, Va.			
Jack Webb	So.	Fort Wayne, Ind.			
Anthony Wilkerson	Fr.	Chester, Va.			
Jeremiah Wilks	Sr.	Richmond, Va.			
Elisha Williams	So.	Portsmouth, Va.			

2024-25 SOCON ATHLETES OF THE WEEK

Men's track	Date	Men's field
Dylan Schubert, Furman	Dec. 11	No nominations
Zachary Denton, VMI	Jan. 15	Cameron Thomas, VMI
Bradley Franklin, Samford	Jan. 22	Keyandre Midgett, VMI
Richard Edwards, VMI	Jan. 29	Rafe Clendenin, VMI
Matthew Smith, Furman	Feb. 5	Carter Ellis, Samford
Chris Knight, Furman	Feb. 12	Brenden Vanderpool, Samford
Bradley Franklin, Samford	Feb. 19	Jaggerd Moore, Samford
Carson Williams, Furman	Feb. 26	Dillon McCarthy, The Citadel
Women's track	Date	Women's field
Kaylie Armitage, Furman	Dec. 11	No nominations
Naturale Faison, VMI	Jan. 15	Morgan Fraser, VMI
Megan Marvin, Furman	Jan. 22	Antonina Tereshchenko, Samford
Eleyah Armstrong, VMI	Jan. 29	Sherika Christie, Wofford
Megan Marvin, Furman	Feb. 5	Lexie Durban, WCU
Micailah Cook, ETSU	Feb. 12	Sherika Christie, Wofford
Ayden Drake, Samford	Feb. 19	Tya Blake, ETSU
Nysa Males, Furman	Feb. 26	No nominations

Western Carolina Catamounts

Head coach: Jesse Norman

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

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Colby Capps	So.	Burnsville, N.C.	Armani Blair	Jr.	Charlotte, N.C.
Elijah Cochran	Fr.	Franklin, N.C.	Imani Boyd	Sr.	Charlotte, N.C.
Dominick Dale	Jr.	Salisbury, NC	Leah Butler	So.	Huntersville, N.C.
John Davis	Sr.	Columbia, S.C.	Lexie Durban	Fr.	Ball Ground, Ga.
Spence Dube	Fr.	Bulawayo, Zimbabwe	Emmie Finley	Fr.	Cleveland, Ga.
Quinton Godfrey	So.	Fairhope, Ala.	Jasmine Greene	Jr.	Huntersville, Ga.
Ian Hicks	So.	Hendersonville, N.C.	Bella Hilleary	So.	Acworth, Ga.
Ethan Long	Fr.	Lakeside Park, Ky.	Katherine Hopkins	So.	Lincolnton, N.C.
CJ McFerrin	Sr.	Alpharetta, Ga.	Kendal Hudson	So.	Mooreville, N.C.
Jaylen Morrow	Fr.	Charlotte, N.C.	Ericka Jackson	So.	Hummelstown, Pa.
Kwan Oates	Fr.	Hickory, N.C.	Hannah Kline	Fr.	Saint Cloud, Fla.
Cameron Pompey	Sr.	Groveland, Fla.	Grace Lane	So.	Waxhaw, N.C.
Austin Ramirez	So.	Fletcher, N.C.	Shaneil Lysight	Jr.	St. Andrew, Jamaica
Christian Roberts	Fr.	Spartanburg, S.C.	Octavia Massena	Fr.	Lake Worth, Fla.
Dakota Sorrells	So.	Canton, N.C.	Toria Roundtree	Jr.	Raleigh, N.C.
Henry Stecher	Sr.	Kill Devil Hills, N.C.	Kyndal Saunders	So.	Clayton, N.C.
Noah Straley	Jr.	Jacksonville, N.C.	Amilliana Simmons	So.	Milledgeville, Ga.
Jacob Thomas	Jr.	Canton, Ga.	Peyton Skoglund	So.	St. Johns, Fla.
Chase Thurber	So.	Odessa, Fla.	Cymoria Thomas	So.	Elgin, S.C.
Kolton Weaver	Fr.	Matthews, N.C.	Raelyn Vadala	Jr.	Buffalo, N.Y.
Nathan Williams	Jr.	Fayetteville, N.C.	Jennifer Wagner	Sr.	Yorktown, Va.
Trevor Williams	Fr.	Chesterfield, Va.	Miranda Watts	Fr.	Monroe, N.C.
Skyler Woodard	Jr.	Rock Hill, S.C.	Merkenzee Wells	So.	Raleigh, N.C.
Damon Worley	Sr.	Seneca, S.C.			
Drew Zink	Sr.	Sherrills Ford, N.C.			
Ethan Hibberts	So.	Adairsville, Ga.			
Bennett Whitefield	Fr.	Nashville, Tenn.			

Wofford Terriers

Head coach: Johnny Bomar

Assistant coaches: Robert Gallinger

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Zico Bennett	Fr.	St. Andrew, Jamaica	O'licia Bagg	Jr.	Bridgewater, England
Zion Bennett	Jr.	St. Andrew, Jamaica	Olivia Burroughs	Fr.	Boone, N.C.
Will Berger	Jr.	Hillsborough, N.C.	JaKayla Campbell	So.	College Park, Ga.
Andrew Botros	Jr.	Myrtle Beach, S.C.	Sherika Christie	So.	St. Catherine, Jamaica
Jackson Casey	Sr.	Newcastle, Okla.	Ava Cooper	So.	Belmont, N.C.
Christian Claytor	So.	Portsmouth, R.I.	Isabelle DuChemin	So.	Franklin, N.C.
Sumter Cooper	So.	Sumter, S.C.	Dani Emmen	Sr.	Conway, S.C.
Cameron Dalton	Sr.	Eden, N.C.	Ava Fowler	Sr.	Lexington, S.C.
Patrick Green	So.	Beech Island, S.C.	Monic Green	So.	Charleston, S.C.
Nate Hopkins	Jr.	Simpsonville, S.C.	Kristen Hallman	So.	Lexington, S.C.
Liam Jones	So.	Columbia, S.C.	Becca Hinds	Jr.	Holly Springs, N.C.
Preston Kut	Fr.	Charleston, S.C.	Taylor Jennings-Ward	Fr.	Suffolk, Va.
Shane Olander	Jr.	Raleigh, N.C.	Dannielle King	So.	Clarendon, Jamaica
Nigel Ransby	Fr.	Lenoir, N.C.	Emma O'Connell	Jr.	Lexington, S.C.
Jake Ross	So.	Hendersonville, N.C.	Storm Owens	Sr.	Sumter, S.C.
Thomas Stamper	Jr.	Charlotte, N.C.	Irene Pardo	So.	Madrid, Spain
Joey Swick	Fr.	Elgin, S.C.	Pamela Ann Pope	Jr.	Columbia, S.C.
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.	Carolyne Shealy	Jr.	Lexington, S.C.
			Ella Tennant	Jr.	New Port, Richey
			Marga van der Linde	Sr.	Bellville, South Africa