



2023 SOUTHERN CONFERENCE OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Catamount Athletic Complex
Cullowhee, N.C.



SCHEDULE OF EVENTS

MONDAY, MAY 8

Track events

4:00 p.m.	Women's 1,500m Trials
4:15 p.m.	Men's 1,500m Trials
4:30 p.m.	Women's 100m Hurdles Trials
4:45 p.m.	Men's 110m Hurdles Trials
5:00 p.m.	Women's 400m Trials
5:10 p.m.	Men's 400m Trials
5:20 p.m.	Women's 100m Trials
5:30 p.m.	Men's 100m Trials
5:40 p.m.	Women's 800m Trials
5:50 p.m.	Men's 800m Trials
6:05 p.m.	Women's 400m Hurdles Trials
6:15 p.m.	Men's 400m Hurdles Trials
6:30 p.m.	Women's 200m Trials
6:45 p.m.	Men's 200m Trials
7:00 p.m.	Women's 3,000m SC Final
7:20 p.m.	Men's 3,000m SC Final
7:35 p.m.	Women's 10,000m Final
8:20 p.m.	Men's 10,000m Final

Field events

12:30 p.m.	Women's Hammer Final
3:00 p.m.	Men's Hammer Final
3:30 p.m.	Women's Pole Vault Final
4:00 p.m.	Women's Long Jump Final
5:30 p.m.	Women's Javelin Final
6:30 p.m.	Men's Long Jump Final
6:30 p.m.	Men's Pole Vault Final
7:30 p.m.	Men's Javelin Final

Combined events

12:00 p.m.	Men's Decathlon Final
.....	100m, LJ, SP, HJ, 400m
12:15 p.m.	Women's Heptathlon Final
.....	100m Hurdles, HJ, SP, 200m

TUESDAY, MAY 9

Track events

4:00 p.m.	Women's 4x100m Final
4:10 p.m.	Men's 4x100m Final
4:20 p.m.	Women's 1,500m Final
4:30 p.m.	Men's 1,500m Final
4:40 p.m.	Women's 100m Hurdles Final
4:50 p.m.	Men's 110m Hurdles Final
5:00 p.m.	Women's 400m Final
5:10 p.m.	Men's 400m Final
5:20 p.m.	Women's 100m Final
5:30 p.m.	Men's 100m Final
5:40 p.m.	Women's 800m Final
5:50 p.m.	Men's 800m Final
6:00 p.m.	Women's 400m Hurdles Final
6:10 p.m.	Men's 400m Hurdles Final
6:20 p.m.	Women's 200m Final
6:30 p.m.	Men's 200m Final
6:40 p.m.	Women's 5,000m Final
7:05 p.m.	Men's 5,000m Final
7:25 p.m.	Women's 4x400m Final
7:35 p.m.	Men's 4x400m Final

Field events

2:15 p.m.	Women's Shot Put Final
2:15 p.m.	Men's Discus Final
3:15 p.m.	Women's High Jump Final
5:00 p.m.	Men's High Jump Final
5:30 p.m.	Women's Triple Jump Final
5:45 p.m.	Women's Discus Final
6:15 p.m.	Men's Triple Jump Final
6:20 p.m.	Men's Shot Put Final

Combined events

12:00 p.m.	Men's Decathlon Final
.....	110m Hurdles, DT, PV, JT, 1500m
12:15 p.m.	Women's Heptathlon Final
.....	LJ, JT, 800m

* All times Eastern

CHAMPIONSHIP PREVIEW

2023 OUTDOOR TRACK & FIELD CHAMPIONSHIPS KICK OFF MONDAY

The Southern Conference Men's and Women's Outdoor Track and Field Championships will take place at Western Carolina's Catamount Athletic Complex in Cullowhee, North Carolina, on Monday and Tuesday. This year marks the 98th championship for the men and 36th for the women.

Monday's schedule gets under way with the start of the decathlon at 12 p.m., followed by the start of the pentathlon at 12:15. 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 12 p.m., with the heptathlon resuming at 12:15. Field events begin with the women's shot put and men's discus finals at 2:15 p.m. and the women's 4x100-meter relay gets the track events started at 4 p.m. The day concludes with the women's and men's 4x400-meter relays at 7:25 and 7:35, 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 fourth title overall and second straight last year, turning a 50-point day-one lead into a 77-point win over runner-up Western Carolina. Samford's women claimed their third straight title and fifth overall last season, jumping out to a 52-point day-one lead and expanding that to an 86-point margin of victory over runner-up ETSU.

Samford, which swept the men's and women's titles at the SoCon Indoor Track and Field Championships for the fourth 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 234 points in the power rankings, scoring in 20 of 21 events, including 28 points in the pole vault, to easily outdistance second-place Western Carolina (126.5 points). VMI is third in the power rankings with 120.5 points.

Samford's women have totaled 211.5 points in the power rankings, scoring in 19 of 21 events, highlighted by 23.5 points in the high jump. Wofford is second in the power rankings with 156 points, with ETSU in third with 111.

Tuesday's action will air live on ESPN+ beginning at 4 p.m. Live results, daily recaps, photos and video highlights can be found at SoConSports.com.

2023 Power Rankings

Men			Women		
Team	Points		Team	Points	
Samford	234		Samford	211.5	
Western Carolina	126.5		Wofford	156	
VMI	120.5		ETSU	111	
ETSU	95		Furman	74	
Furman	82.5		Western Carolina	73	
Wofford	65.5		The Citadel	63	
The Citadel	53		VMI	50.5	
UNCG	27		Mercer	43	
			Chattanooga	27	
			UNCG	0	

Storylines:

- The event returns to Cullowhee for the seventh time. Previous championships hosted by Western Carolina occurred in 2005, 2008, 2012, 2016, 2018 and 2021.

- Samford's women are seeking to become the first team to win four straight titles since App State won five straight from 2002-06.

- Aside from Samford's Rod Tiffin, who was the men's and women's SoCon Coach of the Year last year, just two of the individual superlative winners from 2022 are back in the field this season. Samford thrower Hannah Daffin is the reigning Most Outstanding Field Performer, while Furman's Madelynne Cadeau was the 2022 Freshman of the Year.

- The 2022 winners of eight of the 19 men's individual events are back in the field this season. Samford has a pair of defending champions in Ty Kimberlin, who has won the last two decathlon titles and last year's long jump title, and Jed Sisco, who has claimed the last two pole vault crowns. Kimberlin's 6,769 points in the decathlon last season were the second-most ever scored in the event at the SoCon championship meet.

- Western Carolina also has a pair of defending individual champs in Michael Harris and Javon Brown. Harris won the 200-meter run, while Brown took the triple jump. Harris was also on WCU's winning 4x100-meter relay, as was David Miles, who returns this season.

- The Citadel graduate student Solomon Ghosh is the defending champion in the discus throw, an event he won competing for VMI last year. Ghosh leads the SoCon in the event this season by more than eight meters. Bulldog teammate Stephen Kraeling is the defending champion in the high jump.

- UNCG's Dylan Christopher is the defending champion in the 10,000-meter run. In 2022, he won the Spartans' first outdoor SoCon title since Paul Chelimo, who would go on to become a two-time Olympic medalist, won the 1,500-meter run at the 2012 SoCon meet.

- Furman's Cameron Ponder, who did not compete in the 2022 SoCon Championships, is the meet record-holder in the 3,000-meter steeplechase, with his time of 8:49.66 from 2021.

- The winners of seven of the 19 individual event winners from 2022 are entered in this year's meet. Samford's Daffin is the defending champion in a pair of events, the hammer throw and the shot put. The Bulldogs' Erin Long is the two-time defending champion in the javelin, an event in which she set a meet record last year with a throw of 51.02 meters. Her sister, Emorie Long, is the 2019 champion and is also back in the field. Samford's Brittany Bishop, the defending champion in the pole vault, cleared a meet-record 4.01 meters last year.

- Furman boasts a pair of returning champions, as Emily Little claimed the Paladins' third straight title in the 10,000-meter run last year and Nicole Matysik won the 3,000-meter steeplechase.

- Wofford's Kerrington Johnson is the two-time defending champion in the 100-meter hurdles and was the 2021 champion in the 400-meter hurdles.

Men's SoCon Championship records

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

*-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			
1938	Durham, N.C.	North Carolina	1981	Boone, N.C.	VMI			
1939	Chapel Hill, N.C.	North Carolina	1982	Greenville, S.C.	VMI			
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
Duke.....	4
LSU.....	4
Samford.....	4
The Citadel.....	3
Furman.....	3
Maryland.....	3
Mississippi State.....	3
East Carolina.....	2
Tulane.....	1
Virginia.....	1
Virginia Tech.....	1
West Virginia.....	1

Women's SoCon Championship records

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

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

Past champions

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

Total team titles

Team	Titles
Appalachian State	18
Western Carolina	10
Samford	5
ETSU	1
Georgia Southern	1



TEAM ROSTERS



The Citadel Bulldogs

Director of cross country/track and field: Jody Huddleston

Head track and field coach: Kris Kut

Assistant coach: Erin Leonard

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Bryce Baglia	Sr.	Falconer, N.Y.	Sam Barnes	Fr.	Colorado Springs, Colo.
Tereis Drayton	Jr.	Charleston, S.C.	Cyla Byrd	Jr.	Pace, Fla.
Ty Duben	Gr.	Orange Beach, Ala.	Sarai Chestnut	Sr.	Baltimore, Md.
Kane Duncan	Gr.	Landrum, S.C.	Darrian Cole	Gr.	Florence, S.C.
Hi'keem Elmore	Sr.	Orangeburg, S.C.	Tatiana Corso	R-Sr.	Verona, Italy
Brent Forrest	Gr.	Simpsonville, S.C.	Yanna Cuesta	So.	Lindenhurst, N.Y.
Solomon Ghosh	Gr.	Blacksburg, Va.	Emma Cunningham	Gr.	West Chester, Ohio
Fred Hamilton	Jr.	Charleston, S.C.	Heidi Fortin	Sr.	Ogunquit, Maine
John Jackson	Fr.	Thorntown, Ind.	Sadie Grove	Fr.	Choteau, Mont.
Stephen Kraeling	Sr.	Guyton, Ga.	Blythe Hehmeyer	Gr.	Montville, N.J.
Ian McCorkle	So.	Charleston, S.C.	Emily Hickey	Jr.	Reading, Ma.
Caleb McDonald	Sr.	Lugoff, S.C.	Mecca Jackson	Jr.	Sandersville, Ga.
Prince Moody	Gr.	Springfield, Va.	Zeniyah Lawrence	Gr.	North Charleston, S.C.
Jack Mulvey	Fr.	Cherryville, N.C.	Leah Murray	Jr.	Bowie, Md.
Treonte Newton	Gr.	Summerville, S.C.	Gabby Shea	Jr.	Sparkill, N.Y.
Briggs Rehome	So.	Huntsville, Ala.	Ali Wilson-Ruffin	So.	Greenville, N.C.
Reggie Reynolds	Gr.	Disputanta, Va.			
Aidan Richter	Gr.	Mount Pleasant, S.C.			
Joe Duncan Rogers	Fr.	Florence, S.C.			
Owen Sharnas	Fr.	Holland, Mich.			
Demetrius Shine	Fr.	Bluffton, S.C.			
Andrew Smith	Gr.	Greer, S.C.			
Mac Strunk	Sr.	Port Isabel, Texas			

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Alex Kemp, Dr. Marco Duca

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
David Birkhofer	Fr.	Catawba, N.C.	Ansley Archuleta	So.	Fort Mill, S.C.
Xian Campbell	Fr.	Chattanooga, Tenn.	Sophie Beach	Fr.	Boone, N.C.
Marcus Evans	Jr.	Snellville, Ga.	Aaryanna Billingsley	Jr.	Knoxville, Tenn.
D'Shawn Fletcher	Fr.	Locust Grove, Ga.	Tya Blake	So.	Lynchburg, Va.
Ethan Fulford	Fr.	Knoxville, Tenn.	McKenna Boykin	Fr.	Powder Springs, Ga.
Evan Guzman	So.	Franklin, Tenn.	Mary Brown	Sr.	Radford, Va.
Brayden Hamblen	Sr.	Rock Falls, Ill.	Hannah Burkhardt	So.	Knoxville, Tenn.
William Hartig	So.	Radford, Va.	Alyssa Ceja-Pena	Jr.	Salinas, Calif.
Nate Hillis	Fr.	Knoxville, Tenn.	Caitlin Cutshall	Jr.	Kingsport, Tenn.
Abdul-Rahman Jaber	Fr.	Alcoa, Tenn.	Ja'Ciya Guthrie-Barber	Jr.	Gastonia, N.C.
Ben Kenner	Fr.	Maryville, Tenn.	Rebekah Howard	So.	Ashland, Ky.
Phelani Maduwa	Sr.	Parys, Free State, South Africa	Aubree Henger	Jr.	Kingsport, Tenn.
Treven McGhee	Fr.	Crossville, Tenn.	Ant'wonike Jennings	So.	Chattanooga, Tenn.
Conner Overly	Fr.	Maryville, Tenn.	Camryn Johnson	Fr.	Knoxville, Tenn.
Miguel Parrilla	Jr.	Knoxville, Tenn.	Julia Karsten	R-Jr.	Old Hickory, Tenn.
Nolan Pedota	Fr.	Tuscaloosa, Ala.	Abbey King	So.	Greeneville, Tenn.
Myles Stoots	Jr.	Mobile, Ala.	Chanelle Kruger	Fr.	Johannesburg, South Africa
Malachi Thomas	So.	Chilhowie, Va.	Izelle Kruger	Fr.	Johannesburg, South Africa
Logan Wagner	Fr.	Greeneville, Tenn.	Meg Lance	Fr.	Woodstock, Ga.
Jack Watson	R-So.	Danbury, Conn.	Jessica Lord	Sr.	Morristown, Tenn.
Braxton White	Fr.	Seymour, Tenn.	LaNaya Martin	Sr.	Columbia, S.C.
			Anna Moore	So.	Knoxville, Tenn.
			Maya Murchison	Fr.	Ganmbrills, Md.
			Diana Romero-Barba	So.	Tepatitlan de Morelos, Jalisco, Mexico
			Genevieve Schwarz	Sr.	Oak Ridge, Tenn.
			Kiera Snyder	So.	Clyde, Mich.
			Jaclyn Wright	Sr.	Murfreesboro, Tenn.
			Anaya Young	Fr.	Lumberton, N.J.

Furman Paladins

Head coach: Robert Gary

Assistant coaches: Rita Gary, Matt Lange, Logan Roberts

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
David Ahlmeyer	Sr.	Hendersonville, Tenn.	Kaylie Armitage	So.	Exeter, R.I.
Adam Beucler	Sr.	Hudson, Ohio	Sierra Bower	So.	Carbondale, Colo.
Casey Burr	So.	Greenville, S.C.	Madelynn Cadeau	Jr.	Cumming, Ga.
Jonah Dill	Sr.	Cincinnati, Ohio	Beth Donnelly	Jr.	Brentwood, Tenn.
Nick Epstein	Sr.	Hillsborough, N.C.	Megan Ford	So.	Jamestown, N.D.
Nick Goldstein	So.	Newbury Park, Calif.	Clair Garrett	Fr.	Oakland, Calif.
Adrian Gonzalez	Jr.	Chanhassen, Minn.	Emma Jones	Fr.	Weddington, N.C.
Evin McEntee	Sr.	Charlotte, N.C.	Emily Little	Jr.	Atlanta, Ga.
Cameron Ponder	Sr.	Winston-Salem, N.C.	Erin MacDevette	Sr.	Charlotte, N.C.
Josh Powers	Sr.	Greenville, S.C.	Nicole Matysik	Sr.	Key West, Fla.
Mac Roberts	Sr.	Munich, Germany	Jenna Mulhern	Fr.	West Chester, Pa.
Benjamin Seeber	Sr.	Greensboro, N.C.	Caroline Nguyen	Sr.	Asheville, N.C.
Luke Taylor	Fr.	Rockville, Va.	Abigail Robertson	Sr.	Marietta, Ga.
Ethan Vargas	So.	Hudson, Wis.	Carly Wilkes	Fr.	Salem, Va.
Foster Wilfong	So.	Boerne, Texas			
Carson Williams	Jr.	Raleigh, N.C.			

Mercer Bears

Head coach: Roosevelt Lofton

Assistant coach: Josh Hayman Graduate assistant: Sophia Matchett

Women		
Name	Class	Hometown
Bianca Browne	Sr.	Stockbridge, Ga.
Hannah Cooper	Jr.	Atlanta, Ga.
Tara Davis	Sr.	Fayetteville, Ga.
Jiya Hastings	So.	Deland, Fla.
Penny Jackson	So.	Centerville, Ga.
Olivia Jones	Fr.	Southlake, Texas
Samayia O'dneal	Sr.	McKinney, Texas
Jaziah Ochoa	So.	Pembroke Pines, Fla.
Pria Pullin	Fr.	Peachtree City, Ga.
Ariel Raggs	So.	Atlanta, Ga.
Ceylani Rembert	Jr.	Midland, Ga.
Reese Robertson	So.	Sugar Hill, Ga.
Annette Rodriguez Olvera	So.	Sugar Hill, Ga.
Brianna Teegarden	Jr.	Littleton, Colo.
Chidimma Uwaomah	Sr.	Woodstock, Ga.

UNCG Spartans

Head coach: Kaleigh Roach

Assistant coach: John LePino

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Dylan Christopher	Gr.	Hendersonville, N.C.	Laila Burk	So.	Black Mountain, N.C.
Andrew Hamilton	So.	Laurinburg, N.C.	Chandler McCaslin	Gr.	Mooresville, N.C.
Elijah Jones	Sr.	Monroe, N.C.	Reagan O'Quinn	Fr.	Mint Hill, N.C.
Jonathan Kennedy	Sr.	Charlotte, N.C.	Jenna Reiter	Jr.	Morehead City, N.C.
Ethan Long	So.	McLeansville, N.C.	Victoria Sosa	Fr.	Bluffton, S.C.
Evan Pena	Fr.	Wilmington, N.C.	Shay Soukup	Jr.	Defiance, Ohio
Lane Prochaska	Fr.	Stem, N.C.			
Joe Thoma	Gr.	Whippany, N.J.			

Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: Chad Balyo, Tom Pukstys, Erroll Hickenbottom

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Evan Brooks	Sr.	Madison, Ala.	Riley Alexander	Sr.	Arlington, Texas
Cagan Campbell	Gr.	Tuscaloosa, Ala.	Brittany Bishop	Sr.	Clinton, Tenn.
Luke Dobbins	Gr.	Daphne, Ala.	Kaitlyn Cole	Sr.	Spanish Fort, Ala.
Grayson Eady	Fr.	Russellville, Ala.	Meg Coleman	Fr.	Dalton, Ga.
Carter Ellis	Fr.	Hoover, Ala.	Alexis Cook	Jr.	Daphne, Ala.
Marshall Gainer	Jr.	Hazelhurst, Ga.	Amiel Dabney	So.	Conyers, Ga.
Matthew Grigg	Sr.	Argyle, Texas	Hannah Daffin	Sr.	Mobile, Ala.
Damian Hines	So.	Helena, Ala.	Ayden Drake	So.	Atlanta, Ga.
Johnerio Holt	Fr.	Athens, Ga.	Aiya Finch	Sr.	Homewood, Ala.
Ian Jones	So.	Fullerton, Calif.	Grace Gamboa	Jr.	Brentwood, Tenn.
Jeb Jones	Sr.	Johnson City, Tenn.	Claire Harrison	Fr.	Macon, Ga.
Ty Kimberlin	Gr.	Olive Branch, Miss.	Lindsey Havens	Fr.	Hudson, Ohio
William Malcolm	So.		McKenzie Hogue	Sr.	Alabaster, Ala.
Tripp Marcus	Sr.	Ruston, La.	Gabbie Hoots	Fr.	Spring, Texas
Andrew McGinnis	Fr.	Columbus, Ga.	Brooklyn Kirksey	Fr.	Helena, Ala.
Jackson Merrell	Jr.	Homewood, Ala.	Emorie Long	Gr.	Pelham, Ala.
Titus Moore	Gr.	Macon, Ga.	Erin Long	Jr.	Pelham, Ala.
Jackson Olivo	Fr.	Nashville, Tenn.	Grace Lueders	Fr.	Rogers, Ark.
Jose Penalver	Gr.	Plantation, Fla.	Kelsey Martin	So.	Trussville, Ala.
Eli Penix	Fr.	Gray, Tenn.	Kaelyn McCann	Jr.	Temecula, Ca.
Edwin Rainey	Jr.	Tuscaloosa, Ala.	Harper McGowan	Jr.	Auburn, Ala.
Caleb Scheffler	So.	Fort Worth, Texas	Liyah Nelson	So.	Huntsville, Ala.
Harrison Siegel	Jr.	Cumming, Ga.	Emma Nolte	Jr.	Plano, Texas
Jed Sisco	Jr.	Morrow, Ohio	Dorsey Parker	Fr.	Mobile, Ala.
Walker Smith	Jr.	Homewood, Ala.	Sinkenes Parker	So.	Winter Springs, Fla.
Tyke Tabor	So.		Hannah Pettyjohn	Fr.	Homewood, Ala.
Edric Wenhold	So.		Savannah Schmidt	Jr.	Saint Louis, Mo.
Bryce Williamson	Sr.	Fairburn, Ga.	Edie Smith	So.	
Landon Wright	Jr.	Eads, Tenn.	Katie Strozier	Sr.	Pelham, Ala.

Chattanooga Mocs

Head coach: Andy Meyer

Assistant coach: Tyler Griffin

Women		
Name	Class	Hometown
Leah Boyd	Fr.	Ooltewah, Tenn.
Faith Brown	Sr.	Gallatin, Tenn.
Imani Bryant	Sr.	Dandridge, Tenn.
Sydney Cansler	Sr.	Chattanooga, Tenn.
Michaela Dabney	Fr.	Chattanooga, Tenn.
Alexis Foley	Fr.	Farragut, Tenn.
Lesley Green	Sr.	Dayton, Tenn.
Juliana McReynolds	Jr.	Kingsport, Tenn.
Camden Morris	So.	Nashville, Tenn.
Delaney Mulick	Fr.	Franklin, Tenn.
Allie Potter	Jr.	Dickson, Tenn.
Jessika Rennich	So.	Knoxville, Tenn.
Emma Russum	Jr.	Kingsport, Tenn.
Reagan Ruth	So.	Knoxville, Tenn.
Sarah Unterholzner	So.	Chattanooga, Tenn.
Maddie Wheatcroft	Fr.	Hixson, Tenn.

VMI Keydets

Director of track and field and cross country: Zack Scott

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

Assistant coaches: Danielle Gray, Krystle Schade, Caleb Wisecarver

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Brandon Bauman	Jr.	Lanexa, Va.	Eleyah Armstrong	So.	Hampton, Va.
Isaiah Blount	So.	Milford, Va.	Julie Freitas	So.	Richmond, Va.
Herbert Brooks	Sr.	Nathalie, Va.	Judith Gonzalez	Sr.	Meriden, Conn.
Nick Brown	So.	Midlothian, Va.	Se'More Green	Fr.	Henrico, Va.
Sam Clendenin	R-Fr.	Castroville, Texas	Heaven Hall	Fr.	Norfolk, Va.
Hunter Davis	So.	Chesapeake, Va.	Shea Hart	Fr.	Fluvanna, Va.
Zach Diller	Sr.	Manassas, Va.	Taylor Hill	Fr.	Lewis Center, Ohio
Richard Edwards	So.	Virginia Beach, Va.	Jenna Kirkland	Jr.	West Point, Va.
D. Alex Fiorillo	Sr.	St. Petersburg, Fla.	Nathalie Lavender	Fr.	Athens, Ga.
Andrew Granger	Jr.	Marietta, Ga.	Rachel Roberson	So.	Stevensville, Md.
Ben Hagerich	Fr.	Glen Allen, Va.	Gretal Shank	So.	Carlisle, Pa.
Andrew Hirneisen	Jr.	Gettysburg, Pa.			
Tyrus James	Fr.	Tampa, Fla.			
Robert Jones	Jr.	Peyton, Colo.			
Stephen Kelley	Jr.	Virginia Beach, Va.			
Christian Larvie	Fr.				
Nicholas Ligday	Fr.	Mechanicsville, Va.			
Kevin Linko	Sr.	Princeton, N.J.			
Charles Male	So.	Arlington, Va.			
Liam McBride	Jr.	Arlington, Va.			
Keyandre Midgett	Jr.	Portsmouth, Va.			
Stephen Munson	Jr.	Twp of Washington, N.J.			
Craig Swain	So.	Stafford, Va.			
Brian Tavenner	So.	Midlothian, Va.			
Xander Topos	So.	Palmyra, Pa.			
Ty Wesenyak	Sr.	Hawley, Pa.			
Trent Whittaker	Sr.	Rocky Mount, Va.			

Western Carolina Catamounts

Head coach: Jesse Norman

Assistant coach: Daniel Haakenson, Gillian Urycki

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Kaleb Ambrose	5th	Douglasville, Ga.	Imani Boyd	Jr.	Charlotte, N.C.
Teddy Ayden	Jr.	Weston, Fla.	Alesha Caldwell	So.	Waynesville, N.C.
Elias Barton	Fr.	Raleigh, N.C.	Alyssa Cooley	Fr.	Newport, N.C.
Javell Brown	Jr.	Auburndale, Fla.	Derica Currie	Jr.	Burlington, N.C.
Javon Brown	Jr.	Auburndale, Fla.	Madelynn Duffield	So.	Delran, N.J.
Riley Center	Sr.	La Crescenta, Calif.	Lauren Esselborn	Sr.	Franklinton, N.C.
Dominick Dale	Fr.	Salisbury, N.C.	Amber Feathersorn	Jr.	Greensboro, N.C.
John Davis	So.	Columbia, S.C.	Sydney Gallant	Jr.	Sykesville, Md.
Andrew Edney	Sr.	Apex, N.C.	Brianna Gayle	Jr.	Whitby, Ontario
Jalen Elwell	So.	Ankeny, Iowa	Landey Green	Fr.	Bristow, Va.
Joshuah Glyn-Williams	Fr.	Georgetown, Ontario	Jasmine Greene	Fr.	Huntersville, N.C.
Michael Harris	Sr.	Simpsonville, S.C.	Caroline Hilliard	5th	Catawba, N.C.
Nicholas Kiser	So.	Irmo, S.C.	Nytrinitey Jenkins	Jr.	Winston-Salem, N.C.
Jonathan Lehe	Gr.	Mooresville, N.C.	Sara Klemm	So.	Yorkville, Ill.
Jackson Livingston	Fr.	Prosperity, S.C.	Mallory Lowe	Jr.	Hampton, Ga.
Matthew Martin	Fr.	Irmo, S.C.	Shaneil Lysight	Fr.	St. Andrew, Jamaica
Langston McCovery	Fr.	Martinez, Ga.	Kate Mattison	5th	Oconee, Ga.
David Miles	Sr.	Burlington, N.C.	Riley McKinney	Fr.	Lebanon, Ohio
Will Mitchell	So.	Cary, N.C.	Sadler Miller	Fr.	Clayton, N.C.
Tyler Rodriguez	Sr.	Dodd City, Texas	Erica O'Neal	Jr.	Snellville, Ga.
Jonny Sherwood	Fr.	Newark Valley, N.Y.	Mekyll Robinson	Sr.	Charlotte, N.C.
Henry Stecher	So.	Kill Devil Hills, N.C.	Clara Root	Jr.	Waxhaw, N.C.
Noah Straley	Fr.	Jacksonville, Fla.	Toria Roundtree	Fr.	Raleigh, N.C.
Jacob Thomas	Fr.	Canton, Ga.	Sydney Runyan	Jr.	Woodstock, Ga.
Nathan Williams	Fr.	Fayetteville, N.C.	Dami Shodeinde	Jr.	Marietta, Ga.
Skyler Woodard	Fr.	Rock Hill, S.C.	Jasmine Smith	Fr.	Charlotte, N.C.
			Mikayla Turner	Jr.	Columbia, S.C.
			Jennifer Wagner	So.	Yorktown, Va.

Wofford Terriers

Head coach: Johnny Bomar

Assistant coaches: Robert Gallinger, Cord Sgaglio, JC Suddeth

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Carson Archie	Jr.	Mount Pleasant S.C.	Alexus Atkins	Jr.	Campobello, S.C.
Jalen Belton	Sr.	Roebuck, S.C.	Dahlia Cutler	Sr.	Waxhaw, N.C.
Will Berger	Fr.	Hillsborough, N.C.	Dani Emmen	So.	Conway, S.C.
William Brimm	Fr.	Oak Hill, Tenn.	Ava Fowler	So.	Lexington, S.C.
Jackson Casey	So.	Newcastle, Okla.	Deylon Harkey	Sr.	York, S.C.
Cameron Dalton	So.	Eden, N.C.	Jasmine Jefferson	Jr.	Knoxville, Tenn.
Demir Degirmenci	Sr.	Forest Hills, N.Y.	Kerrington Johnson	Sr.	Anderson, S.C.
Chase Edwards	Fr.	Matthews, N.C.	Rylee Jorgensen	Sr.	Maryville, Tenn.
Nevius Fisher	So.	Seneca, S.C.	Hannah Kunkle	Fr.	Senoia, Georgia
Quin Goodson	Fr.	Atlanta, Ga.	Netanya Linares	Sr.	Waxhaw, N.C.
Ethan Hearn	Fr.	Summerville, S.C.	Millie Loehr	Jr.	Durham, N.C.
Tanner Henry	Sr.	Kingsport, Tenn.	Georgia McDevitt	Sr.	Maryville, Tenn.
Robert Hilsman	Fr.	Landrum, S.C.	Madeline McNinch	Jr.	Bradenton, Fla.
Sebastian LaTorre	Jr.	Knoxville, Tenn.	Lily Meetze	Sr.	Irmo, S.C.
Ahmad Miles	So.	Rock Hill, S.C.	Jenna Reid	Sr.	Nova Scotia, Canada
Conor Murphy	Jr.	London, England	Mary Claire Ridgeway	So.	Florence, Ala.
Shane Olander	Fr.	Raleigh, N.C.	Morgan Roberts	Jr.	Williamston, S.C.
Christopher Sheppard	Jr.	Wesley Chapel, Fla.	Ellie Sawicki	Fr.	Waxhaw, N.C.
Thomas Stamper	Fr.	Charlotte, N.C.	Brooke Sayre	Fr.	Garrison, N.Y.
Grant Witherspoon	So.	Indian Land, S.C.	Taylor Stingel	So.	Mills River, N.C.
			Ella Tennant	Fr.	New Port Richey, Fla.
			Marga Van Der Linde	So.	Bellville, South Africa
			Presley Worf	Fr.	Waxhaw, N.C.

ATHLETES OF THE WEEK

Men's track

March 22	Dylan Christopher, UNCG
March 29	Cagan Campbell, Samford
April 5	Joe Thoma, UNCG
April 12	Carson Williams, Furman
April 19	Cagan Campbell, Samford
April 26	Carson Williams, Furman
May 3	None

Men's field

March 22	Andrew Granger, VMI
March 29	Tripp Marcus, Samford
April 5	Andrew Granger, VMI
April 12	None
April 19	Solomon Ghosh, The Citadel
April 26	Solomon Ghosh, The Citadel
May 3	Solomon Ghosh, The Citadel

Women's track

March 22	Genevieve Schwarz, ETSU
March 29	Lesley Green, Chattanooga
April 5	Tara Davis, Mercer
April 12	Madelynnne Cadeau, Furman
April 19	Kerrington Johnson, Wofford
April 26	Kaylie Armitage, Furman
May 3	Mecca Jackson, The Citadel

Women's field

March 22	Erin Long, Samford
March 29	Hannah Daffin, Samford
April 5	Tya Blake, ETSU
April 12	None
April 19	Erin Long, Samford
April 26	Hannah Daffin, Samford
May 3	Ali Wilson-Ruffin, The Citadel



Furman's Carson Williams



The Citadel's Solomon Ghosh



Samford's Hannah Daffin



Wofford's Kerrington Johnson