



SPORTS CHAMPIONSHIPS HONORS & AWARDS ABOUT THE SOCON SHOP WATCH/LISTEN

MEN'S INDOOR TRACK AND FIELD Schedule & Results Statistics Championship History & Records

[Print](#)



2020 Indoor Track & Field Championships

Feb. 29-March 1 • VMI • Lexington, Va.

- [Live results](#)
- [Schedule of events](#)
- [Championship program](#)
- [Heat sheets](#)
- [Day 1 Results / Final Results](#)
- [Day 1 Recap / Day 2 recap](#)
- [Day 1 Photos / Day 2 Photos](#)
- [Highlights](#)
- [#SoConTrack](#)
- [Record book](#)

SPECTATOR INFO:

PARKING: The parking garage under the Corps Physical Training Facility is closed to the general public during the weekends. Spectators will need to use the public lots and on-the-street parking near the Corps Physical Training Facility ([see the map for their locations](#)).

FOOD: Spectators are not allowed to bring in outside food or drinks to the Corps Physical Training Facility.

Samford won its fifth straight women's Southern Conference Indoor Track and Field Championship and its first-ever men's title in 2020 at VMI's Corps Physical Training Facility. Samford's Matt Cahoon and Emmanuel Tait shared the Heath Whittle Award as the men's Most Outstanding Athletes and Furman's Savannah Carnahan earned the women's Most Outstanding Athlete award.

2020 Champions

Men: Samford



Women: Samford



[Review of past championships: 2019 2018 2017 2016 2015 2014 2013 2012 2011 2010](#)

Participating institutions (men):

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

Participating institutions (women):

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