



2022 SOUTHERN CONFERENCE INDOOR TRACK & FIELD CHAMPIONSHIPS

CORPS PHYSICAL TRAINING FACILITY
LEXINGTON, VIRGINIA



SCHEDULE OF EVENTS

SATURDAY, FEB. 26

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 60mH
	Women's Pent HJ
	Women's Pent SP
	Women's Pent LJ
	Women's Pent 800m
1:30 p.m.	Women's Shot Put Final
2:00 p.m.	Men's Long Jump Final
2:20 p.m.	Men's Mile Trials
2:40 p.m.	Women's Mile Trials
3:05 p.m.	Men's 60m H Trials
3:20 p.m.	Women's 60m H Trials
3:30 p.m.	Women's Pole Vault Final
3:35 p.m.	Men's 60m Trials
3:45 p.m.	Women's 60m Trials
4:00 p.m.	Men's Shot Put Final
4:00 p.m.	Men's 400m Trials
4:10 p.m.	Women's 400m Trials
4:20 p.m.	Men's 800m Trials
4:30 p.m.	Women's 800m Trials
4:30 p.m.	Women's Long Jump Final
4:50 p.m.	Men's 200m Trials
5:05 p.m.	Men's High Jump Final
5:10 p.m.	Women's 200m Trials
5:30 p.m.	Men's 3000m B Final
5:42 p.m.	Men's 3000m A Final
5:54 p.m.	Women's 3000m B Final
6:07 p.m.	Women's 3000m A Final
6:20 p.m.	Men's DMR Final
6:35 p.m.	Women's DMR Final

SUNDAY, FEB. 27

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
10:30 a.m.	Men's Weight Throw Final
12:10 p.m.	Men's Mile Final
12:20 p.m.	Women's Mile Final
12:30 p.m.	Men's Triple Jump Final
12:40 p.m.	Men's 60m H Final
12:45 p.m.	Men's Pole Vault Final
12:50 p.m.	Women's 60m H Final
1:00 p.m.	Men's 60m Final
1:00 p.m.	Women's Weight Throw Final
1:10 p.m.	Women's 60m Final
1:30 p.m.	Men's 400m Final
1:40 p.m.	Women's 400m Final
1:50 p.m.	Men's 800m Final
2:00 p.m.	Women's 800m Final
2:10 p.m.	Men's 200m Final
2:20 p.m.	Women's 200m Final
2:30 p.m.	Women's High Jump Final
2:30 p.m.	Men's 5000m B Final
2:50 p.m.	Men's 5000m A Final
3:10 p.m.	Women's 5000 B Final
3:30 p.m.	Women's 5000 A Final
3:50 p.m.	Men's 4x400m Final
4:00 p.m.	Women's 4x400m Final
	Awards Ceremony

CHAMPIONSHIP PREVIEW

2021 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 Saturday and Sunday. This year marks the 87th edition of the men's championship and 35th women's championship. VMI is hosting the meets for the fifth straight season.

Samford swept the team titles again last year, with the Bulldog men claiming their second straight SoCon indoor title and the Samford women winning their sixth straight. The Bulldogs will now seek to become just the second women's program to win seven straight, a feat Appalachian State achieved twice (1988-94, 2001-07).

Samford's men cruised to the team victory last season, scoring 191 points to easily outdistance runner-up Western Carolina (129). Furman was third for a third straight season after collecting a program-record 118 points.

On the women's side, the Bulldogs battled Wofford and ETSU on the final day, finishing with 155.5 points. The Terriers' runner-up finish was their best ever, as were their 131 points, while the Bucs finished in third with 125.5 points.

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 201.5 points in the power rankings, comfortably ahead of second-place Western Carolina's 120. The women's race is tighter, as the Bulldogs boast 169.5 points to ETSU's 136.

Day two of the meet will air live on ESPN+. 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 40th 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 eighth time last season. Prior to 2018, the last time VMI hosted the championships was in 2000.

- The winners of 13 of the 15 individual men's events and 12 of the 15 individual women's events from last year's meet return this season.

- All of last year's superlative winners return this season.

- On the men's side, Samford's Matt Cahoon and Ty Kimberlin shared the Heath Whittle Award as the Most Outstanding Athlete, while Cahoon was also voted the Most Outstanding Field Performer, claiming both awards for the second straight year. Bulldog teammate Evan Brooks is the reigning Most Outstanding Track Performer and VMI's Keyandre Midgett was last season's Freshman of the Year.

- For the women, ETSU's Nicole Johnson, Western Carolina's Makaila McIntyre and Wofford's Netanya Linares shared Most Outstanding Athlete honors and all return. Johnson is also the reigning Most Outstanding Track Performer, while Samford's Hannah Daffin was voted the Most Outstanding Field Performer. Wofford's Madeline McNinch was the Freshman of the Year.

- Three records were set at last year's meet, all on the men's side, with Samford's Jose Peñalver breaking the previous mark in the 800-meter run, Furman's Cameron Ponder erasing the previous mark in the mile and Samford's Kimberlin setting a new mark in the heptathlon.

- Cahoon is the two-time defending champion in both the shot put and weight throw, while Kimberlin is seeking his third straight heptathlon title.

- Ponder is the two-time defending champion in the mile, which has been won by a Furman student-athlete for the last five years. Ponder earned first-team All-America honors in the 3,000-meter run last year, while teammate Aaron Wier, who also returns this season, earned second-team distinction in the mile.

- Samford's Justin Stuckey will vie for his third straight high jump title. He earned first-team All-America honors in the event last season.

- ETSU's Johnson is the two-time defending champ in the 60-meter run, as is Samford's Brittany Bishop in the pole vault.

- Samford's Morayo Bhadmos won the triple jump in 2019 and 2021 and returns seeking a third title. The same is true of Western Carolina's Victoria Solheim, who won the weight throw in 2019 and 2021.



Samford's men won their second straight indoor title in 2021



Samford won its sixth straight women's title in 2021



CHAMPIONSHIP RECORDS



Men's SoCon Championship records

Event	Mark	Conversion	Athlete	Year
60m dash	6.73		Ernest Wiggins, Appalachian State	2004
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	4:02.62		Cameron Ponder, Furman	2021
3,000m run	8:05.37		Seamus Power, ETSU	1992
5,000m run	13:55.73		Arsène Guillourel, Samford	2016
60m hurdles	7.81		Titus Moore, Samford	2020
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 (Derrick High, Irving Hunter, Tim Vaught, Joe Hyman)	2000
Distance medley relay	9:47.80		ETSU (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	1979
Heptathlon	5,203		Ty Kimberlin, Samford	2021

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			
1952	Chapel Hill, N.C.	North Carolina	1987	Johnson City, Tenn.	Appalachian State			
1953	Chapel Hill, N.C.	Duke	1988	Johnson City, Tenn.	Appalachian State			
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
Duke	4
Furman	4
ETSU	2
Samford	2
East Carolina	1
Marshall	1
Virginia Tech	1
Washington & Lee	1
West Virginia	1



Women's SoCon Championship records

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		Felisha Garren, Western Carolina	2012
800m run	2:06.10		Karisa Nelson, Samford	2019
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	4.05m	(13-3.50)	Claire Goodson, Samford	2012
20-pound weight	19.54m	(64-1.29)	Chakosha Lance, College of Charleston	2006
4x400m relay	3:44.98		Western Carolina	2012
			(Shiniqua Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren)	
Distance medley relay	11:39.35		Furman	2019
			(Krissy Gear, Carlen Baran, Emma Kuntz, Gabbi Jennings)	
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			
1999	Johnson City, Tenn.	Western Carolina			
2000	Lexington, Va.	Western Carolina			
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.....	5
ETSU	1
Chattanooga	1



TEAM ROSTERS



The Citadel Bulldogs

Head coach: Jody Huddleston

Assistant coaches: Kris Kut, Erin Leonard

Volunteer coach: Alec Eckmayer

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Jaylan Adams	Sr.	Johnson City, Tenn.	Maia Aviles	Jr.	Greenville, S.C.
Bryce Baglia	So.	Falconer, N.Y.	Cyla Byrd	So.	Pace, Fla.
Chris Beverly	Jr.	Tallahassee, Fla.	Maddy Cardenas	Jr.	Redondo Beach, Calif.
Sam Blumer	Gr.	Greenville, S.C.	Tatiana Corso	R-Jr.	Verona, Italy
Kane Duncan	Jr.	Landrum, S.C.	Yanna Cuesta	Fr.	Lindenhurst, N.Y.
Brent Forrest	Jr.	Simpsonville, S.C.	Mya Dollard	Sr.	Johnsonville, S.C.
Prince Howard-Whitaker	Gr.	Columbia, S.C.	Heidi Fortin	Jr.	Ogunquit, Maine
Stephen Kraeling	So.	Guyton, Ga.	Emily Hickey	So.	Reading, Ma.
Sam LaRosa	Jr.	Chapin, S.C.	Carisma Holland	R-Jr.	Seneca, S.C.
Devin Merrick	Gr.	Florence, S.C.	Lilly Inman	Jr.	Conway, S.C.
Prince Moody	Jr.	Springfield, Va.	Mecca Jackson	So.	Sandersville, Ga.
Treonte Newton	Jr.	Summerville, S.C.	Rebecca McCorkendale	Jr.	Hilton Head, S.C.
Reggie Reynolds	Jr.	Disputanta, Va.	Jay Mitchell	So.	Louisville, Ky.
Aidan Richter	Jr.	Mount Pleasant, S.C.	Leah Murray	So.	Bowie, Md.
Luke Sege	So.	Easley, S.C.	Amber Opp	Gr.	Morgantown, N.C.
Sam Sharnas	Jr.	Holland, Mich.	Gabby Shea	So.	Sparkill, N.Y.
Andrew Smith	Jr.	Greer, S.C.	Chelsi Smalls	Sr.	No. Charleston, S.C.
Mac Strunk	So.	Port Isabel, Texas	Reanna Wrecscics	Sr.	Columbia, S.C.
Jeremy Walker	Sr.	Tampa, Fla.	Shannon Ziccarello	Sr.	Whippany, N.J.

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Hassaan Stamps, Anthony Stockton, Alex Kemp

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Seth Bowden	Jr.	Maryville, Tenn.	Rebecca Avery	So.	Jefferson City, Tenn.
Adam Bradtmueller	Sr.	Sarasota, Fla.	Tya Blake	Fr.	Lynchburg, Va.
Mason Brandon	Fr.	Greenville, Tenn.	Mary Brown	Jr.	Radford, Va.
Gavin Cooper	R-So.	Jacksboro, Tenn.	Mekayla Brown	Jr.	Elgin, S.C.
Marcus Evans	So.	Snellville, Ga.	Hannah Burkhart	So.	Knoxville, Tenn.
Zachary Fejeran	Jr.	Tazewell, Tenn.	Symphony Buxton	Sr.	Knoxville, Tenn.
Tyrese Grant	Sr.	Summerville, S.C.	Alyssa Ceja-Pena	So.	Salinas, Calif.
Evan Guzman	So.	Franklin, Tenn.	Lindsay Cooper	So.	Charlotte, N.C.
Brayden Hamblen	Jr.	Rock Hill, Ill.	Johnaida Eliscar	Jr.	Columbia, S.C.
William Hartig	Fr.	Radford, Va.	Britney Griffith	Jr.	Kingsport, Tenn.
Nolan Johnson	Fr.	Milliken, Colo.	Ja'Ciya Guthrie-Barber	So.	Gastonia, N.C.
Josh Krafstur	R-So.	Fort Collins, Co.	Nicole Johnson	So.	Chattanooga, Tenn.
Phelani Maduwa	Jr.	Parys, Free State, South Africa	Julia Karsten	So.	Old Hickory, Tenn.
Miguel Parrilla	So.	Knoxville, Tenn.	Abbey King	Fr.	Greenville, Tenn.
Matt Scarr	Sr.	Wameral, NSW, Australia	Jessica Lord	Jr.	Morristown, Tenn.
Noah Shelton	Jr.	Gray, Tenn.	LaNaya Martin	Jr.	Columbia, S.C.
Myles Stoots	So.	Mobile, Ala.	Anna Moore	So.	Knoxville, Tenn.
Benedikt Strack	Fr.	Herr, Germany	Molly Rhudy	So.	Chilhowie, Va.
Jordan Thomas	So.	Knoxville, Tenn.	Diana Romero-Barba	Fr.	Tepatitlan de
Malachi Thomas	So.	Chilhowie, Va.			Morelos, Jalisco, Mexico
Bryce Turnbow	So.	Cookeville, Tenn.	Genevieve Schwarz	Jr.	Oak Ridge, Tenn.
			Makayla Shaw	Sr.	Jonesborough, Tenn.
			Kiera Snyder	So.	Clyde, Mich.
			Lindsey Stallworth	Jr.	Knoxville, Tenn.
			Jaclyn Wright	So.	Murfreesboro, Tenn.

Furman Paladins

Head coach: Robert Gary

Assistant coaches: Rita Gary, Chris Neal, Logan Roberts

Volunteer coach: Mickey McCauley

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Adam Beucler	Jr.	Hudson, Ohio	Sierra Bower	Fr.	Carbondale, Colo.
Casey Burr	Fr.	Greenville, S.C.	Madelynn Cadeau	So.	Cumming, Ga.
Jonah Dill	Jr.	Cincinnati, Ohio	Beth Donnelly	So.	Brentwood, Tenn.
Noah Dolhare	Sr.	Charlotte, N.C.	Meghan Ford	Fr.	Jamestown, N.D.
Nick Epstein	Jr.	Hillsborough, N.C.	Bethany Graham	So.	Aldie, Va.
Nick Goldstein	Fr.	Newbury Park, Calif.	Callie Harper	Fr.	Charleston, S.C.
Adrian Gonzalez	So.	Chanhasen, Minn.	Emily Little	So.	Atlanta, Ga.
James LaLonde	Jr.	Baton Rouge, La.	Erin MacDevette	Jr.	Charlotte, N.C.
Evin McEntee	Jr.	Charlotte, N.C.	Megan Marvin	So.	Chapel Hill, N.C.
Cameron Ponder	Sr.	Winston-Salem, N.C.	Nicole Matysik	Jr.	Key West, Fla.
Josh Powers	Jr.	Greenville, S.C.	Caroline Nguyen	Jr.	Asheville, N.C.
Mac Roberts	Jr.	Munich, Germany	Monica Seitz	Fr.	Lexington, Ky.
Gabriel Robinson	Fr.	Brentwood, Tenn.	Jonna Strange	So.	Statesville, N.C.
Dylan Schubert	So.	Loveland, Colo.	Sammy Trone	Sr.	Glenville, Pa.
Benjamin Seeber	Jr.	Greensboro, N.C.	Kylie Wittman	So.	Brentwood, Tenn.
Matthew Smith	Fr.	Leesburg, Va.			
Aaron Wier	Sr.	Versailles, Ky.			
Foster Wilfong	Fr.	Boerne, Texas			
Carson Williams	So.	Raleigh, N.C.			

UNCG Spartans

Head coach: Kaleigh Roach

Assistant coach: John LePino

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Colin Alexander	Sr.	Southern Pines, N.C.	Laila Burk	Fr.	Black Mountain, N.C.
Dylan Christopher	Sr.	Hendersonville, N.C.	Camille Carlson	Fr.	Holly Springs, N.C.
Spencer Connick	Fr.	Charlotte, N.C.	Jasmine Cullins	Sr.	Clayton, N.C.
Andrew Hamilton	Fr.	Laurinburg, N.C.	Jessica Cullins	Sr.	Clayton, N.C.
Brandon Hernandez	Sr.	Kannapolis, N.C.	Christina Davis	Fr.	Wake Forest, N.C.
Colin Keck	Fr.	Bluffton, S.C.	Ariana Garcia	Gr.	Beulaville, N.C.
Thomas Kneppshield	Sr.	Louisville, Ky.	Serena Henderson	Fr.	Cary, N.C.
Ethan Long	Fr.	McLeansville, N.C.	Bella Manfre	Fr.	Jacksonville, N.C.
Zin Maung	Fr.	Chapel Hill, N.C.	Chandler McCaslin	Sr.	Mooresville, N.C.
Owen McArthur	Fr.	Greensboro, N.C.	Madison McMasters	Fr.	Liberty, N.C.
Joe Thoma	Sr.	Whippany, N.J.	Naomi Pridgen	Fr.	Chapel Hill, N.C.
Nicholas Thoma	Sr.	Whippany, N.J.	Meredith Roberts	Sr.	Winston-Salem, N.C.
Emmett Yacouba	Fr.	Greensboro, N.C.	Jordyn Singletary	Jr.	Asheville, N.C.
Michael Zapherson	Jr.	Asheville, N.C.	Shay Soukup	So.	Defiance, Ohio



TEAM ROSTERS



Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: Ashley Shoemaker, Chad Balyo, Tom Pukstys

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Evan Brooks	Jr.	Madison, Ala.	Riley Alexander	Jr.	Arlington, Texas
Matt Cahoon	Gr.	Cullman, Ala.	Jackie Barnes	Gr.	Beaufort, S.C.
Jake Diggs	Sr.	Trussville, Ala.	Morayo Bhadmos	Gr.	Powder Springs, Ga.
Marshall Gainer	So.	Hazelhurst, Ga.	Brittany Bishop	Jr.	Clinton, Tenn.
Benjamin Garner	Gr.	Opelika, Ala.	Kaitlyn Cole	Jr.	Spanish Fort, Ala.
Matthew Grigg	Jr.	Argyle, Texas	Alexis Cook	So.	Daphne, Ala.
Damian Hines	Fr.	Helena, Ala.	Amiel Dabney	Fr.	Conyers, Ga.
Ian Jones	Fr.	Fullerton, Calif.	Hannah Daffin	Jr.	Mobile, Ala.
McCray Kelton	Jr.	Tomball, Texas	Ayden Drake	Fr.	Atlanta, Ga.
Ty Kimberlin	Sr.	Olive Branch, Miss.	Grace Gamboa	So.	Brentwood, Tenn.
Stockton McGuire	Gr.	Fairburn, Ga.	McKenzie Hogue	Jr.	Alabaster, Ala.
Michael McMahan	Gr.	Franklin, Tenn.	Makenzie Hooton	So.	Kansas City, Mo.
Jose Penalver	Sr.	Plantation, Fla.	Caroline Huff	Sr.	Daphne, Ala.
Edwin Rainey	So.	Tuscaloosa, Ala.	Erin Long	So.	Pelham, Ala.
Caleb Scheffler	Fr.	Fort Worth, Texas	Kelsey Martin	Fr.	Trussville, Ala.
Harrison Siegel	So.	Cumming, Ga.	Kaelyn McCann	So.	Temecula, Ca.
Jed Sisco	So.	Morrow, Ohio	Mia Milasinovic	So.	Podgorica, Montenegro
Tyler Smith	Fr.	McNeese, La.	Allison Nelson	Gr.	Brewton, Ala.
Walker Smith	So.	Homewood, Ala.	Liyah Nelson	Fr.	Huntsville, Ala.
Justin Stuckey	Sr.	Helena, Ala.	Emma Nolte	So.	Plano, Texas
Tyke Tabor	Fr.		Adrienne Salemme	So.	Columbus, Ind.
Edric Wenhold	Fr.		Vada Samuels	Sr.	Huntsville, Ala.
Bryce Williamson	Jr.	Fairburn, Ga.	Savannah Schmidt	So.	Saint Louis, Mo.
Seth Wolfe	Gr.	Atlanta, Ga.	Katie Strozier	Jr.	Pelham, Ala.
Landon Wright	So.	Eads, Tenn.	Alex Webb	Fr.	Cambridge, Ontario

Chattanooga Mocs

Head coach: Andy Meyer

Assistant coach: Tyler Griffin

Women		
Name	Class	Hometown
Faith Brown	Jr.	Gallatin, Tenn.
Imani Bryant	Jr.	Dandridge, Tenn.
Carley Burt	So.	Wautoma, Wis.
Sydney Cansler	Jr.	Chattanooga, Tenn.
Emmy Davis	So.	Chattanooga, Tenn.
Kimbra Dunning	So.	Chattanooga, Tenn.
Justine Glass	Sr.	Barrie, Ontario
Lesley Green	Jr.	Dayton, Tenn.
Ashtyn Hagood	Jr.	Kingsport, Tenn.
Camden Morris	Fr.	Nashville, Tenn.
Rebekah Pass	So.	Knoxville, Tenn.
Allie Potter	So.	Dickson, Tenn.
Brooke Rieves	So.	Nashville, Tenn.
Emma Russum	So.	Kingsport, Tenn.

VMI Keydets

Head coach: Zack Scott

Assistant coaches: Sean Bernstein, Daniel Gray

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Isaiah Blount	Fr.	Ruther Glen, Va.	Eleyah Armstrong	Fr.	Hampton, Va.
Herbert Brooks	Jr.	Nathalie, Va.	Rachael Dickenson	Sr.	Centreville, Va.
Nick Brown	Fr.	Chesterfield, Va.	Caroline Fiorillo	Fr.	St. Petersburg, Fla.
Hunter Davis	Fr.	Chesapeake, Va.	Julie Freitas	Fr.	Henrico, Va.
Richard Edwards	Fr.	Virginia Beach, Va.	Naomi Hahn	So.	Warren, Pa.
D. Alex Fiorillo	Jr.	St. Petersburg, Fla.	Alyssa Ingerson	So.	Salem, Va.
Solomon Ghosh	Sr.	Blacksburg, Va.	Stephanie Jones	Sr.	Chesapeake, Va.
Andrew Granger	So.	Marietta, Ga.	Ingrid Joseph	Sr.	Washington, D.C.
Andrew Hirneisen	So.	Gettysburg, Pa.	Jenna Kirkland	So.	West Point, Va.
Gavin Jenkins	R-Sr.	Chester Gap, Va.	Marissa Linkous	Jr.	Richmond, Va.
Andre Jordan	Sr.	Chesapeake, Va.	Ellie Miller	Sr.	Dayton, Va.
Zach Lauster	Sr.	Manassas, Va.	Yvonnia Perrello	Fr.	North Chesterfield, Va.
Kevin Linko	Jr.	Princeton, N.J.	Alexis Rocker	So.	Wayne, NJ
Charles Male	Fr.	Arlington, Va.	Gretal Shank	Fr.	Carlisle, Pa.
Rafael Mas	Sr.	Stafford, Va.	Suzanna Stoneburner	Jr.	Lexington, Va.
Keyandre Midgett	So.	Portsmouth, Va.	Nia Vaughan	Sr.	Richmond, Va.
Jordin Poindexter	Sr.	Richmond, Va.	Emily Wells	Jr.	Ijamsville, Md.
Hunter Reed	So.	Ashburn, Va.	Ahlyiah Williams	Sr.	Upper Marlboro, Md.
Noah Schagelin	Jr.	Wharton, N.J.			
Brian Tavenner	Fr.	Midlothian, Va.			
Eric Thompson	Sr.	Chesapeake, Va.			
Xander Topos	Fr.	Palmyra, Pa.			
Bret Trahan	Sr.	Holly Springs, N.C.			
Joshua Tuell	Fr.	Marion, Va.			
Adam Waite	Sr.	Midlothian, Va.			
Johnnie Walker	Sr.	Stafford, Va.			
Trent Whittaker	Jr.	Rocky Mount, Va.			
Jeremiah Wilks	Fr.	Richmond, Va.			

SOCON ATHLETES OF THE WEEK

Men's track	Date	Men's field
Evan Guzman, ETSU	Jan. 19	Seth Wolfe, Samford
Ben Garner, Samford	Jan. 26	Ty Kimberlin, Samford
Cameron Ponder, Furman	Feb. 2	Ryan Eldridge, Western Carolina
Cameron Ponder, Furman	Feb. 9	Jed Sisco, Samford
Carson Williams, Furman	Feb. 16	Justin Stuckey, Samford
Cameron Ponder, Furman	Feb. 23	Stephen Kraeling, The Citadel

Women's track	Date	Women's field
Megan Marvin, Furman	Jan. 19	Symphony Buxton, ETSU
Lesley Green, Chattanooga	Jan. 26	Brittany Bishop, Samford
Megan Marvin, Furman	Feb. 2	Carisma Holland, The Citadel
Genevieve Schwarz, ETSU	Feb. 9	Carisma Holland, The Citadel
Megan Marvin, Furman	Feb. 16	Brittany Bishop, Samford
Ariana Garcia, UNCG	Feb. 23	Carisma Holland, The Citadel



TEAM ROSTERS



Western Carolina Catamounts

Head coach: Jesse Norman

Assistant coach: David Johnston, Greg Lambert

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Kaleb Ambrose	Sr.	Douglasville, Ga.	Marissa Blakely	Sr.	Concord, N.C.
Owen Barr	Fr.	Waxhaw, N.C.	Alesea Caldwell	Fr.	Waynesville, N.C.
Trevor Bone	So.	Monroe, Ga.	Derica Currie	So.	Burlington, N.C.
Javell Brown	So.	Auburndale, Fla.	Amaya English	So.	Browns Summit, N.C.
Javon Brown	So.	Auburndale, Fla.	Sydney Gallant	So.	Sykesville, Md.
Marcus Brown	So.	Cary, N.C.	Nytrinitey Jenkins	So.	Winston-Salem, N.C.
Riley Center	Jr.	La Crescenta, Calif.	Sara Klemm	Fr.	Yorkville, Ill.
Charles Cooley	Sr.	Morehead City, N.C.	Mallory Lowe	So.	Hampton, Ga.
John Davis	Fr.	Columbia, S.C.	Kate Mattison	Sr.	Oconee, Ga.
Ryan Eldridge	Sr.	Mount Airy, N.C.	Omara McBride	So.	Apex, N.C.
Jalen Elwell	Jr.	Ankeny, Iowa	Makaila McIntyre	5th	Peachtree City, Ga.
Kevin Haley, Jr.	So.	Winder, Ga.	Erica O'Neal	So.	Snellville, Ga.
Michael Harris	Jr.	Simpsonville, S.C.	Mekyll Robinson	Jr.	Charlotte, N.C.
Adam Hart	Sr.	Topsail, N.C.	Sydney Runyan	So.	Woodstock, Ga.
Brandon Harvey	Sr.	Lilburn, Ga.	Tre'Breh Scott	So.	Suffolk, Va.
Justin Hayes	Fr.	Cary, N.C.	Maddy Sherwood	Jr.	Newark Valley, N.Y.
Jonathan Lehe	Sr.	Mooreville, N.C.	Dami Shodeinde	So.	Marietta, Ga.
Tyler Manigault	5th	Concord, N.C.	Kayla Smith	Gr.	Charlotte, N.C.
Thomas Martin	Sr.	Jefferson, Ga.	Victoria Solheim	Sr.	Dallas, Ga.
David Miles	Jr.	Burlington, N.C.	Taniyah Thomas	Fr.	Birmingham, Ala.
Will Mitchell	Fr.	Raleigh, N.C.	Mikayla Turner	So.	Columbia, S.C.
Tyler Rodriguez	Jr.	Dodd City, Texas	Carter Unger	Sr.	Chapin, S.C.
Zae Smith	Jr.	Greenville, S.C.	Jennifer Wagner	Fr.	Yorktown, Va.
Khadevis Snead	Gr.	Raleigh, N.C.			
Elijah Stuart	Sr.	Hampshire, Ill.			

Wofford Terriers

Head coach: Johnny Bomar

Assistant coaches: Robert Gallinger, Cord Scaglio

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Carson Archie	So.	Mount Pleasant S.C.	Alexus Atkins	So.	Campobello, S.C.
Theron Bradford	Jr.	Sumter, S.C.	Giselle Cruz	Jr.	Norcross, Ga.
Elijah Bull	Sr.	Mt. Pleasant, S.C.	Dahlia Cutler	Jr.	Waxhaw, N.C.
Cagan Campbell	Sr.	Tuscaloosa, Ala.	Ava Fowler	Fr.	Lexington, S.C.
Jackson Casey	Fr.	Newcastle, Okla.	Chloe Gilbert	Fr.	Asheville, N.C.
Beck Classey	Sr.	Denver, N.C.	Jasmine Jefferson	So.	Knoxville, Tenn.
Cameron Dalton	Fr.	Eden, N.C.	Kerrington Johnson	Jr.	Anderson, S.C.
Josh Hendry	Sr.	Kilmacoll, Scotland	Rylee Jorgensen	Jr.	Maryville, Tenn.
Tanner Henry	Jr.	Kingsport, Tenn.	Netanya Linares	Jr.	Waxhaw, N.C.
Ben Kendall	Fr.	Fairhope, Ala.	Georgia McDevitt	Jr.	Maryville, Tenn.
Sebastian LaTorre	So.	Knoxville, Tenn.	Madeline McNinch	So.	Bradenton, Fla.
Conor Murphy	So.	London, England	Lily Meetze	Jr.	Irmo, S.C.
Ryan O'Malley	Jr.	Florence, S.C.	Jenna Reid	Jr.	Nova Scotia, Canada
Christopher Sheppard	So.	Wesley Chapel, Fla.	Lexi Rhine	So.	Greenville, S.C.
Grant Witherspoon	Fr.	Indian Land, S.C.	Mary Claire Ridgeway	Fr.	Florence, Ala.
			Morgan Roberts	So.	Williamston, S.C.
			Chandler Robinson	Sr.	Mt. Pleasant, S.C.
			Carolyne Shealy	Fr.	Lexington, S.C.
			Destiny Shippy	Sr.	Spartanburg, S.C.
			Katharine Spence	Jr.	Pawley's Island, S.C.
			Marga Van Der Linde	Fr.	Bellville, South Africa