

Southern Conference Indoor Track and Field Championship - 2/28/25

📍 Virginia Military Institute (VMI)

Meet Program

#10 Women's 5000 Meters Collegiate Finals

🕒 12:10 PM

Heat 1 (Slower Section) will run at 12:10pm

Heat 2 (Faster Section) will run at 2:04PM

16:22.61 Savannah Carnahan, Furman 2019

Section 1

1	Dabney, Michaela	JR	CHATTANOOGA	18:43.67
2	Park, Aubrey	FR	CHATTANOOGA	18:44.86
3	Baker, Lola	SO	CHATTANOOGA	18:55.37
4	Boyd, Leah	JR	CHATTANOOGA	
5	Thweatt, Emma	FR	CHATTANOOGA	

Section 2

1	Lamanna, Zoie	FR	FURMAN	
2	Edwards, Bella	SO	SAMFORD	
3	Visgueiro, Julia	SO	ETSU	17:54.59
4	Ellis, Andrea	SO	CHATTANOOGA	18:01.47
5	Hinds, Becca	SR	WOFFORD	18:29.72
6	Gray, Bonita	SR	ETSU	17:56.52
7	Mulhern, Jenna	JR	FURMAN	17:01.20
8	Sisk, Jillian	SO	VMI	17:43.88
9	Cadeau, Madelynne	SR	FURMAN	16:24.57
10	Evans, Joiner	FR	FURMAN	17:54.26
11	Parker, Sinkenesh	SR	SAMFORD	17:10.78
12	Ludtke, Deena	FR	ETSU	
13	Jones, Emma	JR	FURMAN	17:33.48
14	Johnson, Camryn	JR	ETSU	18:05.89
15	Skoglund, Peyton	SO	WESTERN CAR...	
16	Smith, Edie	SR	SAMFORD	17:14.42
17	Pfeuffer, Macie	SR	SAMFORD	17:22.60
18	Beach, Sophie	JR	ETSU	17:39.15
19	Wilkes, Carly	JR	FURMAN	16:03.22

#11 Men's 5000 Meters Collegiate Finals

🕒 12:10 PM

13:54.58 Dylan Schubert, Furman 2023

Section 1

1	Burr, Casey	SR	FURMAN	14:30.44
2	Guzman, Evan	JR	FURMAN	
3	Shifflett, Owen	SO	FURMAN	14:41.24
4	Taylor, Luke	JR	FURMAN	14:03.66
5	Zink, Drew	JR	WESTERN CAR...	
6	Langley, Arthur	FR	SAMFORD	14:37.26
7	Thurber, Chase	SO	WESTERN CAR...	
8	Boltwood, Rives	FR	FURMAN	14:40.25
9	Kempney, Colton	JR	FURMAN	14:35.51
10	Shank, Kevin	SO	VMI	14:43.32
11	Pena, Evan	JR	UNCG	14:55.72

#12 Women's 1 Mile Collegiate Finals

🕒 12:32 PM

Top 3, plus next 6 fastest advance to Final

4:38.23 Karisa Nelson, Samford 2019

Section 1

----- main waterfall -----

1	Lamanna, Zoie	FR	FURMAN	5:11.64
2	Males, Nysa	FR	FURMAN	5:11.40
3	Ludtke, Deena	FR	ETSU	5:11.50
4	Hopkins, Katherine	SO	WESTERN CAR...	5:12.47
5	Gray, Bonita	SR	ETSU	5:16.94
6	Wheatcroft, Maddie	JR	CHATTANOOGA	5:13.91
7	Garrett, Clair	JR	FURMAN	5:12.11
8	Reynolds, Kennedy	SO	CHATTANOOGA	5:45.09

----- staggered waterfall -----

9	Cadeau, Madelynne	SR	FURMAN	5:05.88
10	Visgueiro, Julia	SO	ETSU	5:09.04
11	Haisch, Adeline	SR	SAMFORD	5:08.53
12	Hamilton, Felicity	FR	SAMFORD	5:10.23

#13 Men's 1 Mile Collegiate Finals

🕒 12:40 PM

Final Only, no Preliminary

3:59.75 Cameron Ponder, Furman 2022

Section 1

1	Stecher, Henry	SR	WESTERN CAR...	
2	Lowry, Patrick	SO	VMI	4:27.41
3	Jones, Stephen	FR	SAMFORD	4:12.33
4	Prochaska, Lane	JR	UNCG	4:19.68
5	Knight, Chris	SO	FURMAN	4:05.86
6	Davis, John	SR	WESTERN CAR...	4:34.21
7	Coggin, Trevor	FR	FURMAN	4:23.17
8	Taylor, Luke	JR	FURMAN	4:09.46
9	Gaylor, Luke		VMI	4:31.52
10	Ruffner, Logan	FR	UNCG	4:19.25
11	Jones, Liam	SO	WOFFORD	4:20.53
12	Williams, Carson	SR	FURMAN	3:58.26
13	Scheffler, Caleb	SR	SAMFORD	4:11.67

#14 Women's 60m Hurdles Collegiate Finals

🕒 12:50 PM

Top 2 finishers per heat + next 2 best times advance to Final

8.29 Demeteria Edgecombe, ETSU 2015

8.29 Kyra Atkins, ETSU 2018

Section 1

1	Drake, Ayden	SR	SAMFORD	8.95
2	Lysight, Shaneil	JR	WESTERN CAR...	8.73

3	Hart, Shea	JR	VMI	8.63
4	Dabney, Amiel	SR	SAMFORD	8.59
5	Campbell, JaKayla	SO	WOFFORD	8.61
6	Christie, Sherika	SO	WOFFORD	8.71
7	Edwards, Maddie	JR	SAMFORD	8.79
8	Boyd, Imani	SR	WESTERN CAR...	9.03

#15 Men's 60m Hurdles Collegiate Finals

🕒 12:58 PM

Top 3 finishers per heat + next 2 best times advance to Final
7.79 Titus Moore, Samford 2023

Section 1

1	Morrow, Jaylen	FR	WESTERN CAR...	8.59
2	Cochran, Elijah	FR	WESTERN CAR...	8.42
3	Forte, Sam	FR	SAMFORD	8.07
4	Franklin, Bradley	FR	SAMFORD	7.77
5	McFerrin, C.J.	SR	WESTERN CAR...	8.01
6	Wright, Landon	SR	SAMFORD	8.32
7	Roberts, Christian	FR	WESTERN CAR...	8.46
8	Witherspoon, Grant	SR	WOFFORD	8.73

#16 Women's 60 Meter Dash Collegiate Finals

🕒 1:06 PM

Top 3 finishers per heat + next 2 best times advance to Final
7.40 Nicole Johnson, ETSU 2020

Section 1

1	Chadwick, Ellison	SO	SAMFORD	7.77
2	Dabney, Amiel	SR	SAMFORD	7.76
3	Faison, Naturale	FR	VMI	7.70
4	Armstrong, Eleyah	SR	VMI	7.48
5	Tennant, Ella	JR	WOFFORD	7.63
6	Jennings-Ward, Taylor	FR	WOFFORD	7.72
7	Simmons, Ryleigh	FR	CHATTANOOGA	7.77
8	Blair, Armani	JR	WESTERN CAR...	7.78

#17 Men's 60 Meter Dash Collegiate Finals

🕒 1:12 PM

Top 3 finishers per heat + next 2 best times advance to Final
6.73 Ernest Wiggins, Appalachian State 2004
6.73 O'Rell Fisher, Wofford, 2024

Section 1

1	Midgett, Keyandre	SR	VMI	6.98
2	Grande, Cole	SO	SAMFORD	6.96
3	Ransby, Nigel	FR	WOFFORD	6.92
4	Jones, Bradlee	SO	CITADEL	6.76
5	Long, Ethan	FR	WESTERN CAR...	6.89
6	Woodard, Skyler	JR	WESTERN CAR...	6.96
7	Moore, Destin		VMI	6.97
8	Koumondji, Kevin	FR	VMI	6.99

#18 Women's 400 Meters Collegiate Finals

🕒 1:20 PM

Two-Turn Stagger
Best 8 times advance to Finals
54.61 Jasmine Jefferson, Wofford 2024

Section 1

3	Cook, Micailah	FR	ETSU	57.43
4	Saunders, Kyndal	SO	WESTERN CAR...	57.31
5	Jennings-Ward, Taylor	FR	WOFFORD	56.76
6	Lueders, Grace	JR	SAMFORD	56.86

Section 2

3	Green, Tangela	SO	WOFFORD	57.43
4	Butler, Leah	SO	WESTERN CAR...	57.11
5	Pardue, Elizabeth	FR	SAMFORD	56.25
6	Drake, Ayden	SR	SAMFORD	56.73

#19 Men's 400 Meters Collegiate Finals

🕒 1:28 PM

Two-Turn Stagger
Best 8 times advance to Finals
46.97 Brunson Miller, The Citadel 2012

Section 1

3	Campbell, Charles	SO	CITADEL	49.80
4	Bennett, Zion	JR	WOFFORD	49.54
5	Wilkerson, Anthony	FR	VMI	48.97
6	Wright, Landon	SR	SAMFORD	49.09

Section 2

3	Williams, Trevor	FR	WESTERN CAR...	49.63
4	Olivo, Jackson	JR	SAMFORD	49.34
5	Brown, Nick	SR	VMI	48.52
6	Tabor, Tyke	SR	SAMFORD	48.90

#20 Women's 800 Meters Collegiate Finals

🕒 1:36 PM

Two-Turn Stagger
Top 3 finishers per heat + next 2 best times advance to Final
2:05.68 Megan Marvin, Furman 2022

Section 1

1	Harper, Callie	SR	FURMAN	2:14.53
2	Gilman, Reagan	FR	VMI	2:14.82
3	Lance, Meg	JR	ETSU	2:16.51
4	Cook, Claire	FR	FURMAN	2:13.40
5	King, Dannielle	SO	WOFFORD	2:14.22
6	Lane, Grace	SO	WESTERN CAR...	2:17.75
7	Ward, Jais	FR	FURMAN	2:14.11
8	Pierontoni, Emily	SR	CITADEL	2:14.89

#21 Men's 800 Meters Collegiate Finals

🕒 1:44 PM

Two-Turn Stagger
Top 3 finishers per heat + next 2 best times advance to Final
1:49.77 José Peñalver, Samford 2021

Section 1

1	Carico-McLennan, Zephaniah	JR	SAMFORD	1:52.91
2	Davis, John	SR	WESTERN CAR...	1:53.07
3	Bell, Reese	SO	SAMFORD	1:52.94
4	Williams, Carson	SR	FURMAN	1:53.98
5	Smith, Matthew	SR	FURMAN	1:52.49
6	Hamilton, Andrew	SR	UNCG	1:54.04
7	Barnard, Sam	SO	UNCG	1:52.90
8	Roemer, Tripp	FR	FURMAN	1:53.30

#22 Women's 200 Meters Collegiate Finals

🕒 1:52 PM

Best 8 times advance to Finals
23.84 Lamonda Miller, Appalachian State 1989

Section 1

3	Green, SeMore	JR	VMI	25.31
4	Faison, Naturale	FR	VMI	25.08
5	Armstrong, Eleyah	SR	VMI	24.80
6	Chadwick, Ellison	SO	SAMFORD	24.87

Section 2

3	Martin, Kelsey	SR	SAMFORD	25.11
4	Campbell, JaKayla	SO	WOFFORD	24.92
5	Cook, Micailah	FR	ETSU	24.74
6	Tennant, Ella	JR	WOFFORD	24.79

#23 Men's 200 Meters Collegiate Finals

🕒 1:58 PM

Best 8 times advance to Finals
21.13 Delevantie Brown, ETSU 1995

Section 1

3	Woodard, Skyler	JR	WESTERN CAR...	22.48
4	Hicks, Ian	SO	WESTERN CAR...	22.32
5	Grande, Cole	SO	SAMFORD	21.92
6	Brown, Nick	SR	VMI	21.94

Section 2

3	Dalton, Cameron	SR	WOFFORD	22.43
4	Tabor, Tyke	SR	SAMFORD	22.27
5	Long, Ethan	FR	WESTERN CAR...	21.48
6	Jones, Bradlee	SO	CITADEL	21.63

#24 Women's 4x400 Relay Collegiate Finals

🕒 2:48 PM

3:44.98 Western Carolina (Shinique Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren) 2012

Section 1

4	CHATTANOOGA	'A'	4:23.48
5	ETSU	'A'	4:04.62
6	CITADEL	'A'	4:12.17

Section 2

2	VMI	'A'	4:01.09
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3	WESTERN CAROLINA	'A'	3:53.12
4	FURMAN	'A'	3:52.30
5	SAMFORD	'A'	3:47.08
6	WOFFORD	'A'	3:51.85

#25 Men's 4x400 Relay Collegiate Finals

🕒 2:58 PM

3:14.40 Western Carolina (Derrick High, Irving Hunter, Tim Vaught, Joe Hyman) 2000

Section 1

4	FURMAN	'A'	
5	UNCG	'A'	3:23.89
6	CITADEL	'A'	3:28.55

Section 2

3	VMI	'A'	3:23.83
4	WOFFORD	'A'	3:22.36
5	SAMFORD	'A'	3:16.77
6	WESTERN CAROLINA	'A'	3:19.17

#28 Men's Shot Put Collegiate Finals

🕒 1:30 PM

Top 9 to Finals
17.19m Cosmo Tocci, The Citadel 1980

Flight 1

1	Thomas, Colston	FR	WOFFORD	11.62m
2	Dale, Dominick	JR	WESTERN CAR...	12.51m
3	Ramirez, Austin	SO	WESTERN CAR...	12.53m
4	Granger, Andrew	SR	CITADEL	12.80m
5	Dowe, Ridge	SR	CITADEL	12.85m
6	Sorrells, Dakota	SO	WESTERN CAR...	13.53m
7	Owens, Will	SO	CITADEL	13.62m
8	Weaver, Kolton	FR	WESTERN CAR...	13.81m
9	Davis, Hunter	SR	VMI	14.02m
10	Tazewell, Rae	FR	VMI	14.30m
11	Williams, Elisha	SO	VMI	14.46m
12	Thomas, Jacob	JR	WESTERN CAR...	14.79m
13	Clendenin, Rafe	SO	VMI	15.17m
14	Henry, Carl	SO	SAMFORD	15.34m
15	Penix, Eli	JR	SAMFORD	15.51m
16	Davis, Bryce	FR	SAMFORD	16.07m

#29 Women's Long Jump Collegiate Finals

🕒 2:00 PM

Top 9 to Finals
6.21 Von Ross, Western Carolina 1993

Flight 1

1	Jennings-Ward, Taylor	FR	WOFFORD	
2	Tennant, Ella	JR	WOFFORD	
3	Levine, Tamia	FR	CITADEL	4.73m
4	Mcgue, Ava	SO	CHATTANOOGA	5.00m

5	Pardo, Irene	SO	WOFFORD	5.09m
6	Massena, Octavia	FR	WESTERN CAR...	5.14m
7	Kirksey, Brooklyn	JR	SAMFORD	5.34m
8	Hart, Shea	JR	VMI	5.37m

Flight 2

1	Greene, Jasmine	JR	WESTERN CAR...	5.37m
2	Bagg, Olivia	JR	WOFFORD	5.40m
3	Henry, Stella	JR	CHATTANOOGA	5.42m
4	Blake, Tya	SR	ETSU	5.45m
5	Hudson, Kendal	SO	WESTERN CAR...	5.49m
6	Vadala, Raelyn	JR	WESTERN CAR...	5.54m
7	Chadwick, Ellison	SO	SAMFORD	5.91m
8	Christie, Sherika	SO	WOFFORD	5.91m
9	Armstrong, Eleyah	SR	VMI	5.97m

#30 Men's Pole Vault Collegiate **Finals**

🕒 2:30 PM

Starting Height: 4.05

Progressions: 4.10, 4.25, 4.40, 4.55, 4.70, 4.85, 5.00, 5.15, 5.30, 5.45

5.45 Michael Seamans, Samford 2012

Flight 1

1	Botros, Andrew	JR	WOFFORD	3.95m
2	Swick, Joey	FR	WOFFORD	4.35m
3	Scott, Jack	SO	CITADEL	4.50m
4	Smith, Walker	SR	SAMFORD	4.86m
5	McCarthy, Dillion	SR	CITADEL	4.92m
6	Sisco, Jed	SR	SAMFORD	5.03m
7	Thomas, Cameron	SO	VMI	5.10m
8	Ellis, Carter	JR	SAMFORD	5.23m
9	Vanderpool, Brenden	SO	SAMFORD	5.53m

#31 Women's High Jump Collegiate **Finals**

🕒 3:00 PM

Starting Height: 1.45

Progressions: 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.75, 1.80

1.81m Kristen Meister, Davidson 2007

Flight 1

1	Boyd, Imani	SR	WESTERN CAR...	
2	Reininger, Rachel	FR	CITADEL	1.42m
3	Mcgue, Ava	SO	CHATTANOOGA	1.51m
4	Watson, E'vana	FR	VMI	1.55m
5	Cooper, Ava	SO	WOFFORD	1.58m
6	Bagg, Olivia	JR	WOFFORD	1.61m
7	Long, Erin	SR	SAMFORD	1.61m
8	Fraser, Morgan	SO	VMI	1.65m
9	Molette, Akera	FR	ETSU	1.65m
10	Parker, Dorsey	JR	SAMFORD	1.66m
11	Christie, Sherika	SO	WOFFORD	1.68m

#32 Men's Long Jump Collegiate **Finals**

🕒 3:30 PM

Top 9 to Finals

7.66 Marcus Lynch, VMI 2001

Flight 1

1	Scott, Jack	SO	CITADEL	
2	Pompey, Cameron	SR	WESTERN CAR...	5.95m
3	Brewer, Jaxon	FR	CITADEL	6.17m
4	Worley, Damon	SR	WESTERN CAR...	6.38m
5	Oates, Kwan	FR	WESTERN CAR...	6.41m
6	Green, Patrick	SO	WOFFORD	6.43m
7	Williams, Nathan	JR	WESTERN CAR...	6.54m
8	Cochran, Elijah	FR	WESTERN CAR...	6.70m
9	Bennett, Zico	FR	WOFFORD	6.94m
10	Denton, Zachary	SO	VMI	7.18m
11	Midgett, Keyandre	SR	VMI	7.42m

#33 Women's Shot Put Collegiate **Finals**

🕒 3:30 PM

Top 9 to Finals

Flight 1

1	Danielson, Emily	SR	CITADEL	10.41m
2	Lair, Riley	SR	CITADEL	10.54m
3	Cuesta, Yanna	SR	CITADEL	10.59m
4	Emmen, Dani	SR	WOFFORD	10.83m
5	Dickersheid, Ruth	FR	VMI	10.84m
6	Howell, Morri	SR	ETSU	11.27m
7	Finley, Emmie	FR	WESTERN CAR...	11.36m
8	Roundtree, Toria	JR	WESTERN CAR...	11.37m
9	Long, Erin	SR	SAMFORD	11.38m
10	Baker, Diamond	SO	VMI	11.63m
11	Pettyjohn, Hannah	JR	SAMFORD	11.80m
12	Christie, Sherika	SO	WOFFORD	12.07m
13	Durban, Lexi	FR	WESTERN CAR...	12.73m
14	Sawicki, Ellie	JR	WOFFORD	12.85m
15	Carter, Alexis	FR	ETSU	13.22m
16	Jackson, Ericka	SO	WESTERN CAR...	13.33m

#40 Men's Pole Vault Heptathlon Collegiate**Finals****Flight 1**

1	Jackson, Rye		VMI	3.10m
2	Ezell, Garner	FR	SAMFORD	4.25m
4	Womack, Ethan	JR	SAMFORD	4.37m
5	Williamson, Bryce	SR	SAMFORD	4.05m
6	Parham, Arthur	SO	CITADEL	
7	Whitefield, Bennett	FR	WESTERN CAR...	3.50m
10	Capps, Colby	SO	WESTERN CAR...	3.80m
11	Worley, Damon	SR	WESTERN CAR...	4.40m
12	Casey, Jackson	SR	WOFFORD	