



# SOCON

2025

*OUTDOOR TRACK & FIELD*  
**RECORD BOOK**

***IT'S ALL HERE.***



# SOCON MEN'S CHAMPIONSHIP RECORDS

| Event                     | Mark     | Conversion | Name, school   | Year |
|---------------------------|----------|------------|--|------|
| 100m dash                 | 10.1     |            | Greg Hatchett, VMI   | 1990 |
| 200m dash                 | 20.64    |            | Cameron Dalton, Wofford  | 2024 |
| 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       | 8:46.56  |            | Carson Williams, Furman  | 2023 |
| 5,000m run                | 14:13.06 |            | Adrian Leek, ETSU  | 1981 |
| 10,000m run               | 29:21.30 |            | Adrian Leek, ETSU  | 1979 |
| 110m high hurdles         | 13.87    |            | Titus Moore, Samford   | 2023 |
| 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<br>(Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)             | 2003 |
| 4x400m relay              | 3:09.06  |            | Western Carolina<br>(Devaniel Dale, Henry Kiedy, Chace Washington-Saunders, Dakota Lamont) | 2018 |
| Decathlon                 | 7,233    |            | Ty Kimberlin, Samford  | 2023 |

\*-Denotes record pre-1986 redesign; ^-Denotes record post-1986 redesign

# MEN'S TEAM CHAMPIONS

| Year  | Site                 | Champion          | Year | Site                        | Champion          |
|-------|----------------------|-------------------|------|-----------------------------|-------------------|
| 1923  | Montgomery, Ala.     | Mississippi State | 1989 | Huntington, W.Va.           | Appalachian State |
| 1924N | Charlottesville, Va. | Virginia          | 1990 | Boone, N.C.                 | VMI               |
| 1924S | Montgomery, Ala.     | Mississippi State | 1991 | Lexington, Va.              | VMI               |
| 1925  | Sewanee, Tenn.       | Mississippi State | 1992 | Huntington, W.Va.           | Appalachian State |
| 1926  | Chapel Hill, N.C.    | North Carolina    | 1993 | Boone, N.C.                 | Appalachian State |
| 1927  | Baton Rouge, La.     | Louisiana State   | 1994 | Lexington, Va.              | VMI               |
| 1928  | Birmingham, Ala.     | Louisiana State   | 1995 | Huntington, W.Va.           | Appalachian State |
| 1929  | Birmingham, Ala.     | Louisiana State   | 1996 | Johnson City, Tenn.         | Appalachian State |
| 1930  | Birmingham, Ala.     | North Carolina    | 1997 | Boone, N.C.                 | VMI               |
| 1931  | Birmingham, Ala.     | Tulane            | 1998 | Lexington, Va.              | VMI               |
| 1932  | Atlanta, Ga.         | Louisiana State   | 1999 | Johnson City, Tenn.         | Western Carolina  |
| 1933  | Durham, N.C.         | North Carolina    | 2000 | Boone, N.C.                 | VMI               |
| 1934  | Durham, N.C.         | North Carolina    | 2001 | Lexington, Va.              | Appalachian State |
| 1935  | Durham, N.C.         | North Carolina    | 2002 | Johnson City, Tenn.         | Appalachian State |
| 1936  | Durham, N.C.         | Duke              | 2003 | Boone, N.C.                 | Appalachian State |
| 1937  | Durham, N.C.         | Duke              | 2004 | Boone, N.C.                 | Appalachian State |
| 1938  | Durham, N.C.         | North Carolina    | 2005 | Cullowhee, N.C.             | Appalachian State |
| 1939  | Chapel Hill, N.C.    | North Carolina    | 2006 | Statesboro, Ga.             | Western Carolina  |
| 1940  | Williamsburg, Va.    | North Carolina    | 2007 | Boone, N.C.                 | Western Carolina  |
| 1941  | Williamsburg, Va.    | Duke              | 2008 | Cullowhee, N.C.             | Appalachian State |
| 1942  | Chapel Hill, N.C.    | North Carolina    | 2009 | Statesboro, Ga.             | Western Carolina  |
| 1943  | Chapel Hill, N.C.    | North Carolina    | 2010 | Boone, N.C.                 | Appalachian State |
| 1944  | NO MEET              |                   | 2011 | Birmingham, Ala.            | Appalachian State |
| 1945  | NO MEET              |                   | 2012 | Cullowhee, N.C.             | Appalachian State |
| 1946  | Chapel Hill, N.C.    | Duke              | 2013 | Statesboro, Ga.             | Western Carolina  |
| 1947  | Chapel Hill, N.C.    | North Carolina    | 2014 | Spartanburg, S.C.           | Samford           |
| 1948  | Chapel Hill, N.C.    | North Carolina    | 2015 | Birmingham, Ala.            | Samford           |
| 1949  | Chapel Hill, N.C.    | North Carolina    | 2016 | Cullowhee, N.C.             | Western Carolina  |
| 1950  | Chapel Hill, N.C.    | North Carolina    | 2017 | Birmingham, Ala.            | Western Carolina  |
| 1951  | Chapel Hill, N.C.    | Maryland          | 2018 | Cullowhee, N.C.             | Western Carolina  |
| 1952  | Chapel Hill, N.C.    | Maryland          | 2019 | Birmingham, Ala.            | Western Carolina  |
| 1953  | Durham, N.C.         | Maryland          | 2020 | NO MEET (COVID-19 pandemic) |                   |
| 1954  | Ft. Eustis, Va.      | VMI               | 2021 | Cullowhee, N.C.             | Samford           |
| 1955  | Ft. Eustis, Va.      | VMI               | 2022 | Birmingham, Ala.            | Samford           |
| 1956  | Williamsburg, Va.    | Virginia Tech     | 2023 | Cullowhee, N.C.             | Samford           |
| 1957  | Williamsburg, Va.    | William & Mary    | 2024 | Birmingham, Ala.            | Samford           |
| 1958  | Williamsburg, Va.    | William & Mary    |      |                             |                   |
| 1959  | Williamsburg, Va.    | The Citadel       |      |                             |                   |
| 1960  | Williamsburg, Va.    | The Citadel       |      |                             |                   |
| 1961  | Williamsburg, Va.    | The Citadel       |      |                             |                   |
| 1962  | Norfolk, Va.         | Furman            |      |                             |                   |
| 1963  | Charleston, W.Va.    | Furman            |      |                             |                   |
| 1964  | Williamsburg, Va.    | West Virginia     |      |                             |                   |
| 1965  | Greenville, S.C.     | Furman            |      |                             |                   |
| 1966  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1967  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1968  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1969  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1970  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1971  | Ft. Eustis, Va.      | William & Mary    |      |                             |                   |
| 1972  | Greenville, S.C.     | William & Mary    |      |                             |                   |
| 1973  | Greenville, N.C.     | William & Mary    |      |                             |                   |
| 1974  | Richmond, Va.        | William & Mary    |      |                             |                   |
| 1975  | Williamsburg, Va.    | William & Mary    |      |                             |                   |
| 1976  | Davidson, N.C.       | East Carolina     |      |                             |                   |
| 1977  | Greenville, S.C.     | East Carolina     |      |                             |                   |
| 1978  | Huntington, W.Va.    | VMI               |      |                             |                   |
| 1979  | Boone, N.C.          | VMI               |      |                             |                   |
| 1980  | Charleston, S.C.     | Appalachian State |      |                             |                   |
| 1981  | Boone, N.C.          | VMI               |      |                             |                   |
| 1982  | Greenville, S.C.     | VMI               |      |                             |                   |
| 1983  | Lexington, Va.       | VMI               |      |                             |                   |
| 1984  | Huntington, W.Va.    | Appalachian State |      |                             |                   |
| 1985  | Boone, N.C.          | Appalachian State |      |                             |                   |
| 1986  | Huntington, W.Va.    | Appalachian State |      |                             |                   |
| 1987  | Boone, N.C.          | Appalachian State |      |                             |                   |
| 1988  | Lexington, Va.       | VMI               |      |                             |                   |

  

| Team              | Total team titles |   |
|-------------------|-------------------|---|
|                   | Titles            | Years   |
| Appalachian State | 19                | 1980, 84-87, 89, 92-93, 95-96, 01-05, 08, 10-12 |
| VMI*              | 14                | 1954-55, 78-79, 81-83, 88, 90-91, 94, 97-98, 00 |
| North Carolina    | 14                | 1926, 30, 33-35, 38-40, 42-43, 47-50            |
| William & Mary    | 12                | 1957-58, 1966-75                                |
| Western Carolina* | 9                 | 1999, 06-07, 09, 13, 16-19                      |
| Samford*          | 6                 | 2014-15, 21-24                                  |
| LSU               | 4                 | 1927-1929, 1932                                 |
| Duke              | 4                 | 1936-37, 41, 46                                 |
| The Citadel*      | 3                 | 1959-61   |
| Furman*           | 3                 | 1962-63, 65                                     |
| Maryland          | 3                 | 1951-53   |
| Mississippi State | 3                 | 1923, 24 (South)-25                             |
| East Carolina     | 2                 | 1976-77   |
| Tulane            | 1                 | 1931  |
| Virginia          | 1                 | 1924 (North)                                    |
| Virginia Tech     | 1                 | 1956  |
| West Virginia     | 1                 | 1964  |

\* active SoCon members

# MEN'S INDIVIDUAL AWARDS

| <b>Coach of the Year</b> |                                    |
|--------------------------|------------------------------------|
| 1978                     | Wade Williams, VMI                 |
| 1979                     | Bob Pollock, Appalachian State     |
| 1980                     | Bob Pollock, Appalachian State     |
| 1981                     | Stan Narewski, Furman              |
| 1982                     | Wade Williams, VMI                 |
| 1983                     | Wade Williams, VMI                 |
| 1984                     | Bob Pollock, Appalachian State     |
| 1985                     | Don Millwood, Western Carolina     |
| 1986                     | Bob Pollock, Appalachian State     |
| 1987                     | Bob Pollock, Appalachian State     |
| 1988                     | Mike Bozeman, VMI                  |
| 1989                     | Dave Walker, ETSU                  |
| 1990                     | Danny Williamson, Western Carolina |
| 1991                     | Mike Bozeman, VMI                  |
| 1992                     | Dennis Brachna, Marshall           |
| 1993                     | Al Fereshetian, Appalachian State  |
| 1994                     | Mike Bozeman, VMI                  |
| 1995                     | Danny Williamson, Western Carolina |
| 1996                     | John Weaver, Appalachian State     |
| 1997                     | Mike Bozeman, VMI                  |
| 1998                     | Mike Bozeman, VMI                  |
| 1999                     | Danny Williamson, Western Carolina |
| 2000                     | Mike Bozeman, VMI                  |
| 2001                     | John Weaver, Appalachian State     |
| 2002                     | John Weaver, Appalachian State     |
| 2003                     | John Weaver, Appalachian State     |
| 2004                     | John Weaver, Appalachian State     |
| 2005                     | John Weaver, Appalachian State     |
| 2006                     | Gary Andrew, Davidson              |
| 2007                     | Danny Williamson, Western Carolina |
| 2008                     | John Weaver, Appalachian State     |
| 2009                     | Danny Williamson, Western Carolina |
| 2010                     | John Weaver, Appalachian State     |
| 2011                     | Rod Tiffin, Samford                |
| 2012                     | John Weaver, Appalachian State     |
| 2013                     | Rod Tiffin, Samford                |
| 2014                     | Rod Tiffin, Samford                |
| 2015                     | Rod Tiffin, Samford                |
| 2016                     | Danny Williamson, Western Carolina |
| 2017                     | Cale McDaniel, Western Carolina    |
| 2018                     | Cale McDaniel, Western Carolina    |
| 2019                     | Rod Tiffin, Samford                |
| 2020                     | Not awarded (COVID-19 pandemic)    |
| 2021                     | Rod Tiffin, Samford                |
| 2022                     | Rod Tiffin, Samford                |
| 2023                     | Rod Tiffin, Samford                |
| 2024                     | Zack Scott, VMI                    |

| <b>Most Outstanding Athlete</b> |                                   |
|---------------------------------|-----------------------------------|
| 1978                            | David Washington, VMI             |
| 1979                            | Adrian Leek, ETSU                 |
| 1980                            | Lafette Jordan, Appalachian State |
| 1981                            | Robbie Mosley, Appalachian State  |
|                                 | Adrian Leek, ETSU                 |
|                                 | David Washington, VMI             |
| 1982                            | Kevin Johnson, ETSU               |
| 1983                            | Dale Davis, VMI                   |
|                                 | James Barham, ETSU                |
| 1984                            | Sylvester Davis, VMI              |
| 1985                            | Curtis Handy, The Citadel         |
| 1986                            | Michael Hanks, Appalachian State  |
| 1987                            | Michael Hanks, Appalachian State  |

|      |                                      |
|------|--------------------------------------|
| 1988 | Leigh Hawkins, Appalachian State     |
| 1989 | Leigh Hawkins, Appalachian State     |
| 1990 | James Hynes, ETSU                    |
| 1991 | Mario Small, VMI                     |
| 1992 | Shawn Miller, Western Carolina       |
| 1993 | Jason Dalton, Appalachian State      |
| 1994 | Shawn Miller, Western Carolina       |
| 1995 | Jeff Capps, Western Carolina         |
| 1996 | Robert Johnson, Appalachian State    |
| 1997 | Will Dickerson, Appalachian State    |
| 1998 | Declan Fehy, ETSU                    |
| 1999 | Phillip Johnson, Western Carolina    |
| 2000 | Marcus Lynch, VMI                    |
| 2001 | Ben Bissette, Appalachian State      |
| 2008 | Manteo Mitchell, Western Carolina    |
| 2009 | Manteo Mitchell, Western Carolina    |
| 2010 | Malcolm Styers, Appalachian State    |
| 2011 | Cordell Livingston, Western Carolina |
| 2012 | Jared Stalling, Appalachian State    |
| 2013 | Ben Davies, Samford                  |
| 2014 | Steven Bastien, Samford              |
| 2015 | Sidney Jordan, Samford               |
| 2016 | Jordan White, VMI                    |
| 2017 | Ben Johnson, ETSU                    |
| 2018 | Scott Peretin, Western Carolina      |
| 2019 | Ben Johnson, ETSU                    |
| 2020 | Not awarded (COVID-19 pandemic)      |
| 2021 | Matt Cahoon, Samford                 |
| 2022 | Matt Cahoon, Samford                 |
| 2023 | Cagan Campbell, Samford              |
| 2024 | Cagan Campbell, Samford              |

| <b>Most Outstanding Track Performer</b> |                                     |
|---|-------------------------------------|
| 2002                                    | Ryan Linebarger, Appalachian State  |
| 2003                                    | Jason Green, Appalachian State      |
| 2004                                    | Steven Kocsis, Chattanooga          |
| 2005                                    | Mike Malone, Western Carolina       |
| 2006                                    | Adam Puett, Western Carolina        |
| 2007                                    | Douglass Noreen, Davidson           |
| 2008                                    | Manteo Mitchell, Western Carolina   |
| 2009                                    | Manteo Mitchell, Western Carolina   |
| 2010                                    | Landon Powell, Appalachian State    |
| 2011                                    | Dennis Moore, Appalachian State     |
| 2012                                    | Benny Davis, Western Carolina       |
| 2013                                    | Brandon Hairston, Appalachian State |
| 2014                                    | Brandon Hazouri, Samford            |
| 2015                                    | Brandon Hazouri, Samford            |
| 2016                                    | Greg Henderson, VMI                 |
|   | Henry Kiedy, Western Carolina       |
| 2017                                    | Malik Diggs, The Citadel            |
|   | Dakota Lamont, Western Carolina     |
| 2018                                    | Malik Diggs, The Citadel            |
| 2019                                    | Devaniel Dale, Western Carolina     |
| 2020                                    | Not awarded (COVID-19 pandemic)     |
| 2021                                    | Jordin Poindexter, VMI              |
| 2022                                    | Jordin Poindexter, VMI              |
| 2023                                    | Cagan Campbell, Samford             |
| 2024                                    | Cagan Campbell, Samford             |

| <b>Most Outstanding Field Performer</b> |                                  |
|---|----------------------------------|
| 2002                                    | Bob Smith, Appalachian State     |
| 2003                                    | Adrien Borders, Wofford          |
| 2004                                    | Bob Smith, Appalachian State     |
| 2005                                    | Anthony Greer, Appalachian State |
| 2006                                    | Katon Bethay, Wofford            |
| 2007                                    | Anthony Greer, Appalachian State |
| 2008                                    | Wes Kiser, Appalachian State     |

|      |                                   |
|------|-----------------------------------|
| 2009 | Matt Evans, Western Carolina      |
| 2010 | Malcolm Styers, Appalachian State |
| 2011 | Malcolm Styers, Appalachian State |
| 2012 | Jared Stalling, Appalachian State |
| 2013 | Jared Stalling, Appalachian State |
| 2014 | Sidney Jordan, Samford            |
| 2015 | Sidney Jordan, Samford            |
| 2016 | Jordan White, VMI                 |
| 2017 | Ben Johnson, ETSU                 |
| 2018 | Scott Peretin, Western Carolina   |
| 2019 | Ben Johnson, ETSU                 |
| 2020 | Not awarded (COVID-19 pandemic)   |
| 2021 | Matt Cahoon, Samford              |
| 2022 | Matt Cahoon, Samford              |
| 2023 | Solomon Ghosh, The Citadel        |
| 2024 | Keyandre Midgett, VMI             |

| <b>Freshman of the Year</b> |                                   |
|-----------------------------|-----------------------------------|
| 1992                        | Jason Dalton, Appalachian State   |
| 1993                        | Holm Ankoma-Sey, VMI              |
| 1994                        | Danion Sidney, ETSU               |
| 1995                        | Seth Peoples, Appalachian State   |
| 1996                        | Zach Whitmarsh, ETSU              |
| 1997                        | Tim Thomas, Western Carolina      |
| 1998                        | Marcus Lynch, VMI                 |
| 1999                        | Kenyon Doyle, The Citadel         |
| 2000                        | Kevin Solomon, VMI                |
| 2001                        | Nick McNeil, Western Carolina     |
| 2002                        | Adrien Borders, Wofford           |
| 2003                        | John Robertson, Western Carolina  |
| 2004                        | Bryan Burney, Appalachian State   |
| 2005                        | Zeb Johnson, Western Carolina     |
| 2006                        | Shaquill Smith, The Citadel       |
| 2007                        | Dominique Young, Western Carolina |
| 2008                        | Phillip Bush, Appalachian State   |
| 2009                        | Jamie Van Pelt, Western Carolina  |
| 2010                        | Landon Powell, Appalachian State  |
| 2011                        | Aaron Tribble, Western Carolina   |
| 2012                        | Bob Elliott II, Samford           |
| 2013                        | Brandon Hazouri, Samford          |
| 2014                        | Nathan Milch, Appalachian State   |
| 2015                        | Carson Howe, Samford              |
| 2016                        | Aaron Templeton, Furman           |
| 2017                        | Devaniel Dale, Western Carolina   |
| 2018                        | Karon Delince, ETSU               |
| 2019                        | Elijah Bull, Wofford              |
| 2020                        | Not awarded (COVID-19 pandemic)   |
| 2021                        | Ty Kimberlin, Samford             |
| 2022                        | Matthew Smith, Furman             |
| 2023                        | Eli Penix, Samford                |
| 2024                        | Owen Shifflet, Furman             |

| <b>Pinnacle Award<br/>(highest GPA on championship team)</b> |                                 |
|--|---------------------------------|
| 2017   | Dakota Wright, Western Carolina |
| 2018   | Miles Greer, Western Carolina   |
| 2019   | Miles Greer, Western Carolina   |
| 2020   | Not awarded (COVID-19 pandemic) |
| 2021   | Luke Dobbins, Samford           |
| 2022   | Logan Guzik, Samford            |
| 2023   | Caleb Scheffler, Samford        |
| 2024   | Andrew McGinnis, Samford        |

# REPEAT MEN'S INDIVIDUAL AWARD WINNERS

## Coach of the Year Awards (multiple winners)#

| Name             | School | Awards | Years                       |
|------------------|--------|--------|-----------------------------|
| John Weaver      | APP    | 9      | 1996, 01-05, 08, 10, 12     |
| Rod Tiffin*      | SAM    | 9      | 2011, 13-15, 19, 21-24      |
| Danny Williamson | WCU    | 7      | 1990, 95, 99, 06-07, 09, 16 |
| Mike Bozeman     | VMI    | 6      | 1988, 91, 94, 97-98, 00     |
| Bob Pollock      | APP    | 5      | 1979-80, 84, 86-87          |
| Wade Williams    | VMI    | 3      | 1978, 1982-83               |
| Gary Andrew      | DAV    | 2      | 2006-07                     |
| Cale McDaniel    | WCU    | 2      | 2017-18                     |
| Jesse Norman*    | WCU    | 1      | 2019                        |

\* active

# began in 1978

## Most Outstanding Athlete Awards (multiple winners)%

| Name            | School | Awards | Years    |
|-----------------|--------|--------|----------|
| Adrian Leek     | ETSU   | 2      | 1979, 81 |
| Michael Hanks   | APP    | 2      | 1986-87  |
| Leigh Hawkins   | APP    | 2      | 1988-89  |
| Shawn Miller    | WCU    | 2      | 1992, 94 |
| Manteo Mitchell | WCU    | 2      | 2008-09  |
| Ben Johnson     | ETSU   | 2      | 2017, 19 |
| Matt Cahoon     | SAM    | 2      | 2021-22  |
| Cagan Campbell  | SAM    | 2      | 2023-24  |

% began in 1978 (not awarded from 2002-07)

## Most Outstanding Track Performer Awards (multiple winners)^

| Name              | School | Awards | Years   |
|-------------------|--------|--------|---------|
| Manteo Mitchell   | WCU    | 2      | 2008-09 |
| Brandon Hazouri   | SAM    | 2      | 2014-15 |
| Malik Diggs       | CIT    | 2      | 2017-18 |
| Jordin Poindexter | VMI    | 2      | 2021-22 |
| Cagan Campbell    | SAM    | 2      | 2023-24 |

^ began in 2002

## Most Outstanding Field Performer Awards (multiple winners)^

| Name           | School | Awards | Years    |
|----------------|--------|--------|----------|
| Anthony Greer  | APP    | 2      | 2005, 07 |
| Malcolm Styers | APP    | 2      | 2010-11  |
| Jared Stalling | APP    | 2      | 2012-13  |
| Sidney Jordan  | SAM    | 2      | 2014-15  |
| Ben Johnson    | ETSU   | 2      | 2017, 19 |
| Matt Cahoon    | SAM    | 2      | 2021-22  |

^ began in 2002

## Pinnacle Awards (multiple winners)^

| Name        | School | Awards | Years   |
|-------------|--------|--------|---------|
| Miles Greer | WCU    | 2      | 1918-19 |

# MEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Week

|             |                                   |             |  |             |  |
|-------------|-----------------------------------|-------------|--|-------------|--|
| <b>2003</b> |                                   |             |  |             |  |
| March 28    | Anthony Greer, APP                | April 11    | Michael Seaman, SAM (Field)            | April 3     | Aaron Templeton, FUR (Track)           |
| April 2     | Greg Scott, DAV                   |             | Paul Chelimo, UNCG (Track)             |             | Solomon Ghosh, VMI (Field)             |
| April 10    | Adam Puett, WCU                   | April 18    | Jamie Van Pelt, WCU (Field)            | April 10    | Titus Moore, SAM (Track)               |
| April 15    | Adrien Borders, WOF               |             | Lee Gilmer, FUR (Track)                | April 17    | Keyth Fightmaster, SAM (Field)         |
|             |                                   |             | Stewart Dalton, DAV (Field)            |             | Emmanuel Tait, SAM (Track)             |
| <b>2004</b> |                                   | <b>2013</b> |  | April 24    | Aaron Templeton, FUR (Track)           |
| March 25    | Ernest Wiggins, APP               | March 20    | Andrew Lantz, DAV (Track)              |             | Sam Blumer, CIT (Field)                |
| March 31    | Steven Kocsis, UTC                |             | Jared Stalling, APP (Field)            | <b>2020</b> | Not awarded (COVID-19 pandemic)        |
| April 6     | Josh Lee, WCU                     | March 28    | Josey Weaver, WCU (Track)              | <b>2021</b> |  |
| April 14    | Lanis Salkauskas, UTC             | April 3     | Jared Stalling, APP (Field)            | March 25    | Michael McMahan, SAM (Track)           |
| April 20    | James Rainer, ETSU                | April 10    | Paul Chelimo, UNCG (Track)             |             | Solomon Ghosh, VMI (Field)             |
| April 27    | Bob Smith, APP                    |             | Patrick Quinn, APP (Field)             | March 31    | Daniel Bernal, FUR (Track)             |
|             |                                   |             | Wilkerson Given, FUR (Track)           |             | Mac Bennett, WCU (Field)               |
| <b>2005</b> |                                   |             | Capers Williamson, CIT (Field)         | April 7     | Titus Moore, SAM (Track)               |
| March 23    | Adam Puett, WCU                   | <b>2014</b> |  |             | Sam Blumer, CIT (Field)                |
| March 30    | Steven Kocsis, UTC                | March 19    | Brandon Hazouri, SAM (Track)           | April 14    | Ryan Adams, FUR (Track)                |
| April 6     | Jeff Williams, UNCG               |             | Brain Smith, SAM (Field)               |             | JP Caglione, CIT (Field)               |
| April 13    | Zeb Johnson, WCU                  | March 26    | Andrew Lantz, DAV (Track)              | April 21    | Ryan Adams, FUR (Track)                |
| April 20    | Ian Mayne, UTC                    |             | Clay Allen, CIT (Field)                |             | Justin Stuckey, SAM (Field)            |
| April 27    | Adrien Borders, WOF               | April 3     | Tanner Hinkle, FUR (Track)             | April 28    | Ryan Adams, FUR (Track)                |
|             |                                   | April 9     | Kyle McFoy, APP (Track)                |             | Andrew Granger, VMI (Field)            |
| <b>2006</b> |                                   | April 17    | Sidney Jordan, SAM (Field)             |             |  |
| March 21    | Milton Bolton, WCU                |             | Earl Rahming, WCU (Track)              | <b>2022</b> |  |
| April 5     | Zeb Johnson, WCU                  | <b>2015</b> |  | March 23    | Miguel Parrilla, ETSU (Track)          |
|             | Ian Mayne, UTC                    | March 18    | Adam Jones, SAM (Track)                |             | Matt Cahoon, SAM (Field)               |
|             | Douglas Noreen, DAV               |             | Keyth Fightmaster, SAM (Field)         | March 30    | Adam Bradtmueller, ETSU (Track)        |
| April 12    | Milton Bolton, WCU                | March 25    | Brandon Hazouri, SAM (Track)           |             | Ashton Domingue, SAM (Field)           |
| April 19    | Jeff Williams, UNCG               |             | Tray Oates, SAM (Field)                | April 6     | Jordan Poindexter, VMI (Track)         |
| April 25    | Lawrence Briscoe, WCU             | April 1     | Avery Martin, VMI (Track)              |             | JP Caglione, CIT (Field)               |
|             |                                   | April 9     | Arsène Guillourel, SAM (Track)         | April 13    | Michael McMahan, SAM (Track)           |
| <b>2007</b> |                                   |             | Sidney Jordan, SAM (Field)             |             | Jed Sisco, SAM (Field)                 |
| March 14    | Jim Walter, DAV                   | April 15    | Brandon Hazouri, SAM (Track)           | April 20    | Michael McMahan, SAM (Track)           |
| March 21    | Will Funderburg, DAV              |             | Javion Lee, SAM (Field)                |             | Sam Blumer, CIT (Field)                |
| March 28    | Dominique Young, WCU              | April 23    | Tanner Hinkle, FUR (Track)             | April 27    | Carson Williams, FUR (Track)           |
| April 4     | Manteo Mitchell, WCU              |             | Jordan White, VMI (Field)              |             | Jed Sisco, SAM (Field)                 |
|             | Anthony Greer, APP                | <b>2016</b> |  | <b>2023</b> |  |
| April 11    | Charles Derrickson, APP           | March 23    | Henry Kiedy, WCU (Track)               | March 22    | Dylan Christopher, UNCG (Track)        |
| April 18    | David Ritchie, DAV                |             | Capers Williamson, CIT (Field)         |             | Andrew Granger, VMI (Field)            |
|             |                                   | March 30    | Troy Reeder, FUR (Track)               | March 29    | Cagan Campbell, SAM (Track)            |
| <b>2008</b> |                                   |             | Javion Lee, SAM (Field)                |             | Tripp Marcus, SAM (Field)              |
| March 27    | Manteo Mitchell, WCU              | April 6     | Mike Williams, ETSU (Track)            | April 5     | Joe Thoma, UNCG (Track)                |
|             | Matt Evans, WCU                   |             | Jamie Brown, WCU (Field)               |             | Andrew Granger, VMI (Field)            |
| April 4     | Michael Mentz, UTC                | April 13    | Caleb Albrecht, WCU (Track)            | April 12    | Carson Williams, FUR (Track)           |
| April 9     | Matt Evans, WCU                   |             | Capers Williamson, CIT (Field)         |             | None (Field)                           |
| April 15    | Patrick Morgan, FUR               | April 20    | Henry Kiedy, WCU (Track)               | April 19    | Cagan Campbell, SAM (Track)            |
| April 24    | Zeb Johnson, WCU                  |             | Tray Oates, SAM (Field)                |             | Solomon Ghosh, CIT (Field)             |
|             |                                   | April 27    | Mike Williams, ETSU (Track)            | April 26    | Carson Williams, FUR (Track)           |
| <b>2009</b> |                                   | May 4       | Marquis Barnes, SAM (Field)            |             | Solomon Ghosh, CIT (Field)             |
| March 19    | Cavan Corcaron, SAM (Track)       |             | Justin Kenard, WCU (Track)             | May 3       | None (Track)                           |
|             | Patrick Wells, SAM (Field)        |             | Capers Williamson, CIT (Field)         |             | Solomon Ghosh, CIT (Field)             |
| March 26    | Manteo Mitchell, WCU (Track)      | <b>2017</b> |  | <b>2024</b> |  |
|             | Mark Sturgis, APP (Field)         | March 22    | Matthew Moore, ETSU (Track)            | March 27    | Titus Moore, SAM (Track)               |
| April 2     | Patrick Morgan, FUR (Track)       |             | Brett Squibbs, ETSU (Field)            |             | Carl Henry, SAM (Field)                |
|             | Darius Purcell, APP (Field)       | March 29    | Malik Diggs, CIT (Track)               | April 3     | Jason Bowers, ETSU (Track)             |
| April 9     | Manteo Mitchell, WCU (Track)      |             | Tray Oates, SAM (Field)                |             | Brenden Vanderpool, SAM (Field)        |
|             | Matt Evans, WCU (Field)           | April 5     | Brandon Hazouri, SAM (Track)           | April 10    | Zephaniah Carcio-McLennan, SAM (Track) |
| April 16    | Joey Thompson, UNCG (Track)       |             | Scott Peretin, WCU (Field)             |             | Cameron Thomas, VMI (Field)            |
|             | Darron Dotson, WCU (Field)        | April 12    | Ryan Adams, FUR (Track)                | April 17    | Isaiah Blount, VMI (Track)             |
| April 23    | Dominique Young, WCU (Track)      |             | Kevin Hires, WCU (Field)               |             | Jagger Moore, SAM (Field)              |
|             | Patrick Wells, SAM (Field)        | April 19    | Emmanuel Tait, SAM (Track)             | April 24    | Dylan Schubert, FUR (Track)            |
| <b>2010</b> |                                   |             | Scott Peretin, WCU (Field)             |             | Carl Henry, SAM (Field)                |
| March 18    | Cavan Corcoran, SAM (Track)       | April 27    | Greg Henderson, VMI (Track)            | May 1       | Cameron Ponder, FUR (Track)            |
|             | Christopher Castagno, CIT (Field) |             | Jaylan Reid, FUR (Field)               |             | Isaiah Blount, VMI (Field)             |
| March 25    | Brunson Miller, CIT (Track)       | May 4       | Keion Crossen, WCU (Track)             |             |  |
|             | Matt Evans, WCU (Field)           |             | Mateius Brown, WCU (Field)             |             |  |
| April 1     | Cameron Bean, SAM (Track)         | May 10      | Troy Reeder, FUR (Track)               |             |  |
|             | Patrick Wells, SAM (Field)        |             | Derrick Freeland, CIT (Field)          |             |  |
| April 8     | Cameron Bean, SAM (Track)         | <b>2018</b> |  |             |  |
|             | Patrick Wells, SAM (Field)        | March 21    | Chace Washington-Saunders, WCU (Track) |             |  |
| April 15    | Cordell Livingston, WCU (Field)   |             | Mateius Brown, WCU (Field)             |             |  |
|             | Lee Gilmer, FUR (Track)           | March 28    | Emmanuel Tait, SAM (Track)             |             |  |
| April 22    | Jerod Gardner, APP (Field)        |             | Ben Johnson, ETSU (Field)              |             |  |
|             | John Svoboda, APP (Track)         | April 4     | Simeon Roberts, ETSU (Track)           |             |  |
|             | Quintin Turner, CIT (Field)       |             | Tray Oates, SAM (Field)                |             |  |
| <b>2011</b> |                                   | April 11    | Emmanuel Tait, SAM (Track)             |             |  |
| March 16    | Paul Katam, UNCG (Track)          |             | Conrad Heinrich, WOF (Field)           |             |  |
|             | Michael Seaman, SAM (Field)       | April 18    | Dakota Lamont, WCU (Track)             |             |  |
| March 23    | Brunson Miller, CIT (Track)       |             | Tray Oates, SAM (Field)                |             |  |
|             | Kyle Kirby, SAM (Field)           | April 25    | Arsène Guillourel, SAM (Track)         |             |  |
| March 30    | Ryan Hopkins, DAV (Track)         |             | Ben Johnson, ETSU (Field)              |             |  |
|             | Malcolm Styers, APP (Field)       | May 2       | Matt Scarr, ETSU (Track)               |             |  |
| April 6     | Blaise Carie, SAM (Track)         |             | Ben Johnson, ETSU (Field)              |             |  |
|             | Jamie Van Pelt, WCU (Field)       | May 9       | Troy Reeder, FUR (Track)               |             |  |
| April 13    | Dennis Moore, APP (Track)         |             | Donovan Walton, VMI (Field)            |             |  |
|             | Brandon Bassett, SAM (Field)      | <b>2019</b> |  |             |  |
| April 20    | Brandon Hudgins, APP (Track)      | March 20    | Noah Charles, ETSU (Track)             |             |  |
| April 27    | Dennis Moore, APP (Track)         |             | Ben Johnson, ETSU (Field)              |             |  |
|             | Malcolm Styers, APP (Field)       | March 27    | Matt Scarr, ETSU (Track)               |             |  |
|             |                                   |             | Ben Johnson, ETSU (Field)              |             |  |

# MEN'S SOUTHERN CONFERENCE HONORS

## Repeat Athletes of the Week

### Six times

Ben Johnson, ETSU, 2018-19

### Five times

Tray Oates, SAM, 2015-18  
Solomon Ghosh, VMI/CIT, 2019, 21, 23

### Four times

Manteo Mitchell, WCU, 2007-09  
Matt Evans, WCU, 2008-10  
Capers Williamson, CIT, 2013, 16  
Brandon Hazouri, SAM, 2014-15, 17  
Emmanuel Tait, SAM, 2017-19  
Ryan Adams, FUR, 2017, 21

### Three times

Zeb Johnson, WCU, 2005-06, 08  
Patrick Wells, SAM, 2009-10  
Andrew Lantz, DAV, 2012-14  
Troy Reeder, FUR, 2016-18  
Michael McMahan, SAM 2021-22  
Sam Blumer, CIT, 2019, 21-22  
Andrew Granger, VMI, 2021, 23  
Carson Williams, FUR, 2022-23

### Two times

Adam Puett, WCU, 2003, 05  
Steven Kocsis, UTC, 2004-05  
Adrien Borders, WOF, 2003, 05  
Ian Mayne, UTC, 2005-06  
Milton Bolton, WCU, 2006  
Jeff Williams, UNCG, 2005-06  
Anthony Greer, APP, 2003, 07  
Patrick Morgan, FUR, 2008-09  
Dominique Young, WCU, 2007, 09  
Cavan Corcaron, SAM, 2009-10  
Cameron Bean, SAM, 2010  
Brunson Miller, CIT, 2010-11  
Dennis Moore, APP, 2011  
Malcolm Styers, APP, 2011  
Darius Purcell, APP, 2009, 12  
Michael Seaman, SAM, 2011-12  
Jamie Van Pelt, WCU, 2011-12  
Lee Gilmer, FUR, 2010, 12  
Jared Stalling, APP, 2013  
Paul Chelimo, UNCG, 2012-13  
Sidney Jordan, SAM, 2014-15  
Tanner Hinkle, FUR, 2014-15  
Henry Kiedy, WCU, 2016  
Javion Lee, SAM, 2015-16

Mike Williams, ETSU, 2016  
Scott Peretin, WCU, 2017  
Mateius Brown, WCU, 2017-18  
Arsène Guillorel, SAM, 2015, 18  
Matt Scarr, ETSU, 2018-19  
Aaron Templeton, FUR, 2019  
Keyth Fightmaster, SAM, 2015, 19  
Titus Moore, SAM, 2019, 21  
JP Caglione, CIT, 2021-22  
Jed Sisco, SAM, 2022  
Cagan Campbell, SAM, 2023  
Carl Henry, SAM, 2024  
Isaiah Blount, VMI, 2024

## Athlete of the Month

|             |   |
|-------------|---|
| <b>2004</b> |   |
| March       | Ernest Wiggins, APP   |
| April       | Bob Smith, APP  |
| <b>2005</b> |   |
| March       | Steven Kocsis, UTC  |
| April       | Information unavailable   |
| <b>2006</b> |   |
| March       | Milton Bolton, WCU  |
| April       | Zeb Johnson, WCU  |
| <b>2009</b> |   |
| March       | Manteo Mitchell, WCU (Track)<br>Patrick Wells, SAM (Field)      |
| April       | Manteo Mitchell, WCU (Track)<br>Matt Evans, WCU (Field)         |
| <b>2010</b> |   |
| March       | Phil Mitchell, APP (Track)<br>Matt Evans, WCU (Field)           |
| April       | John Svoboda, APP (Track)<br>Cordell Livingston, WCU (Field)    |
| <b>2011</b> |   |
| March       | Cordell Livingston, WCU (Track)<br>Michael Seaman, SAM (Field)  |
| April       | Cordell Livingston, WCU (Track)<br>Brandon Bassett, SAM (Field) |
| <b>2012</b> |   |
| March       | AJ Dohanic, APP (Track)<br>Darius Purcell, APP (Field)          |
| <b>2013</b> |   |
| March       | Brandon Hairston, WCU (Track)<br>Jared Stalling, APP (Field)    |
| April       | Brandon Hairston, WCU (Track)<br>Jared Stalling, APP (Field)    |
| <b>2014</b> |   |
| March       | Brandon Hazouri, SAM (Track)<br>Clay Allen, CIT (Field)         |
| April       | Brandon Hazouri, SAM (Track)<br>Sidney Jordan, SAM (Field)      |

|             |   |
|-------------|---|
| <b>2015</b> |   |
| March       | Brandon Hazouri, SAM (Track)<br>Tray Oates, SAM (Field)       |
| April       | Brandon Hazouri, SAM (Track)<br>Sidney Jordan, SAM (Field)    |
| <b>2016</b> |   |
| March       | Troy Reeder, FUR (Track)<br>Capers Williamson, CIT (Field)    |
| April       | Mike Williams, ETSU (Track)<br>Capers Williamson, CIT (Field) |
| <b>2017</b> |   |
| March       | Matthew Morre, ETSU (Track)<br>Tray Oates, SAM (Field)        |
| April       | Emmanuel Tait, SAM (Track)<br>Scott Peretin, WCU (Field)      |
| <b>2018</b> |   |
| March       | Henry Kiedy, WCU (Track)<br>Ben Johnson, ETSU (Field)         |
| April       | Emmanuel Tait, SAM (Track)<br>Tray Oates, SAM (Field)         |
| <b>2019</b> |   |
| March       | Aaron Templeton, FUR (Track)<br>Ben Johnson, ETSU (Field)     |
| April       | Josiah Johnson, CIT (Track)<br>Ben Johnson, ETSU (Field)      |
| <b>2020</b> |   |
| March       | Not awarded (COVID-19 pandemic)                               |
| <b>2021</b> |   |
| March       | Daniel Bernal, FUR (Track)<br>Solomon Ghosh, VMI (Field)      |
| April       | Ryan Adams, FUR (Track)<br>Justin Stuckey, SAM (Field)        |
| <b>2022</b> |   |
| March       | Adam Bradtmueller, ETSU (Track)<br>Matt Cahoon, SAM (Field)   |
| April       | Jordin Poindexter, VMI (Track)<br>JP Caglione, CIT (Field)    |

## Repeat Athletes of the Month

### Four times

Brandon Hazouri, SAM, 2014-15

### Three times

Cordell Livingston, WCU, 2010-11  
Tray Oates, SAM, 2015, 17-18  
Ben Johnson, ETSU, 2018-19

### Two times

Manteo Mitchell, WCU, 2009  
Matt Evans, WCU, 2009-10  
Brandon Hairston, WCU, 2013  
Jared Stalling, APP, 2013  
Sidney Jordan, SAM, 2014-15  
Capers Williamson, CIT, 2016  
Emmanuel Tait, SAM, 2017-18  
Solomon Ghosh, VMI/CIT, 2021, 23

|             |   |
|-------------|---|
| <b>2023</b> |   |
| March       | Cagan Campbell, SAM (Track)<br>Tripp Marcus, SAM (Field)      |
| April       | Carson Williams, FUR (Track)<br>Solomon Ghosh, CIT (Field)    |
| <b>2024</b> |   |
| March       | Jason Bowers, ETSU (Track)<br>Brenden Vanderpool, SAM (Field) |
| April       | Cameron Ponder, FUR (Track)<br>Isaiah Blount, VMI (Field)     |

# MEN'S ALL-FRESHMAN TEAMS

## 2009

### 100-meter dash

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

### 200-meter dash

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

### 400-meter dash

Benny Davis, Western Carolina  
Taylor Martin, Davidson

### 800-meter run

Lee Gilmer, Furman

### 1,500-meter run

Joey Thompson, UNCG  
Josh Vasquez, Chattanooga  
Chris Moen, Appalachian State

### 5,000-meter run

Sean Soderman, Appalachian State  
Ryan Hopkins, Davidson  
Josey Weaver, Western Carolina

### 10,000-meter run

Ryan Hopkins, Davidson  
Josey Weaver, Western Carolina  
Jay Miller, Furman

### 3,000-meter steeplechase

Mason Campbell, Appalachian State  
Sean Soderman, Appalachian State  
Matthew Clay, Furman

### 110-meter hurdles

Cavan Corcoran, Samford  
AJ Dohanic, Appalachian State

### 400-meter hurdles

AJ Dohanic, Appalachian State  
Cavan Corcoran, Samford

### High jump

Darius Purcell, Appalachian State  
Aaron Overton, The Citadel  
Donald Cooper, Samford

### Long jump

Kevin Hardy, The Citadel  
Mike Pope, Appalachian State  
Cornelius Williams, Western Carolina

### Triple jump

Cornelius Williams, Western Carolina  
Mike Pope, Appalachian State

### Discus throw

Jamie Van Pelt, Western Carolina  
Jared Stalling, Appalachian State  
Caleb Poplin, Appalachian State

### Hammer throw

Jared Stalling, Appalachian State  
Jamie Van Pelt, Western Carolina  
Caleb Poplin, Appalachian State

### Javelin throw

Thomas Oliver, Samford  
Darron Dotson, Western Carolina  
Matt Pfingst, Appalachian State

### Shot put

Jared Stalling, Appalachian State  
Caleb Poplin, Appalachian State  
Jamie Van Pelt, Western Carolina

### Decathlon

Matt Pfingst, Appalachian State  
Donald Cooper, Samford  
Wayne Parker, Western Carolina

## 2010

### 100-meter dash

Willie Bowman, Western Carolina  
Landon Powell, Appalachian State  
Justin Thomas, Appalachian State

### 200-meter dash

Landon Powell, Appalachian State  
Justin Thomas, Appalachian State  
Daniel Till, The Citadel

### 400-meter dash

Tyler Combs, Appalachian State  
Brandon Hairston, Western Carolina  
Brunson Miller, The Citadel

### 800-meter run

Will Stratford, Davidson  
Alex Taylor, Appalachian State  
Garrett West, Western Carolina

### 1,500-meter run

Taylor Day, UNCG  
Alex Taylor, Appalachian State  
Vincent Weir, Davidson

### 5,000-meter run

Russell Baker, Wofford  
Nolan Clark, Western Carolina  
Wes Reynolds, Davidson

### 10,000-meter run

Nolan Clark, Western Carolina  
Mark Cole, Chattanooga  
Demetrios Pagonis, Davidson

### 3,000-meter steeplechase

Vincent Weir, Davidson  
Taylor Day, UNCG

### 110-meter hurdles

Tyler Bentley, Western Carolina  
Trey Jones, Appalachian State  
Cordell Livingston, Western Carolina

### 400-meter hurdles

Tyler Bentley, Western Carolina  
Trey Jones, Appalachian State  
Blake Olson, Chattanooga

### High jump

Bo Ackerson-Gilroy, Samford  
Xavier Newton, The Citadel  
Brad Triplett, Appalachian State

### Long jump

Brandon Bassett, Samford  
Cordell Livingston, Western Carolina  
Lawren Willard, Western Carolina

### Triple jump

Cordell Livingston, Western Carolina  
Lawren Willard, Western Carolina

### Discus throw

Scott Des Marais, Furman  
Brian McCracken, Wofford

### Javelin throw

Bo Ackerson-Gilroy, Samford  
Andrew Hill, Appalachian State  
Ryland Robbins, Samford

### Shot put

Scott Des Marais, Furman  
Brian McCracken, Wofford

### Pole vault

Brandon Bassett, Samford  
Ryan Cook, Samford

### Decathlon

Bo Ackerson-Gilroy, Samford

Luke Burton, Western Carolina  
Andrew Hill, Appalachian State

## 2011

### 100-meter dash

Justin Emerson, Samford  
Ron Duncan, Western Carolina  
Stephon Shelton, Wofford

### 200-meter dash

Aaron Tribble, Western Carolina  
Ron Duncan, Western Carolina  
Sidney Rhodes, Western Carolina

### 400-meter dash

Aaron Tribble, Western Carolina  
Sidney Rhodes, Western Carolina  
Ammar Phillips, Western Carolina

### 800-meter run

Henry Stevens-Carty, Samford  
Andrew Lantz, Davidson  
James Perez, Furman

### 1,500-meter run

Grayam Sailor-Tynes, Davidson  
James Perez, Furman  
Andrew Lantz, Davidson

### 5,000-meter run

Layton Dorsett, Samford  
Chase Fisher, Western Carolina  
Kenny Hinman, UNCG

### 3,000-meter steeplechase

Chase Fisher, Western Carolina  
Grayam Sailor-Tynes, Davidson  
James Graham, Samford

### 110-meter hurdles

Sam Lusty, Western Carolina  
Chris Sievert, The Citadel

### 400-meter hurdles

Sam Lusty, Western Carolina  
Chris Sievert, The Citadel

### High jump

Tyler Kemp, Samford  
Jordan Orr, Western Carolina  
Joshua Hogg, Appalachian State

### Long jump

Stewart Dalton, Davidson  
Mike McCrimon, Wofford  
Bob McNeil, Western Carolina

### Triple jump

Jamal Tiller, Appalachian State  
Bob McNeil, Western Carolina  
Justin Strickland, Western Carolina

### Discus throw

Daniel Alexis, Western Carolina  
Jonathan Newton, Western Carolina  
Dylan Gigado, The Citadel

### Javelin throw

Clay Allen, The Citadel  
Jordan Orr, Western Carolina  
Andrew McCurry, Wofford

### Shot put

Jonathan Newton, Western Carolina  
Dylan Gigado, The Citadel  
Daniel Alexis, Western Carolina

### Pole vault

Owen Wagoner, Samford  
Matt Stenger, Western Carolina

### Decathlon

Sam Lusty, Western Carolina

## 2012

### 100-meter dash

Jeffery Hendricks, Western Carolina

### 200-meter dash

Jeffery Hendricks, Western Carolina  
Demari Boswell, Western Carolina  
Carson Priest, Furman

### 400-meter dash

Demari Boswell, Western Carolina  
Dezerick Frazier, Chattanooga  
Keith Lemay, The Citadel

### 800-meter run

Raphel Rojas, Appalachian State  
William Ivey, Furman  
Wesley Laytham, Davidson

### 1,500-meter run

Tripp Hurt, Furman  
Patrick O'Brien, Chattanooga  
Mitchell Llyod, Furman

### 5,000-meter run

Josh Cox, Appalachian State  
Stuart Graham, Furman  
Travis Alfaro, Western Carolina

### 10,000-meter run

Travis Alfaro, Western Carolina  
Dylann Belles, UNCG

### 3,000-meter steeplechase

Josh Cox, Appalachian State  
Tripp Hurt, Furman  
Eric Williams, UNCG

### 110-meter hurdles

Abraham Faison, Western Carolina  
Pierce DeRico, Davidson  
Stanley Broaden, Appalachian State

### 400-meter hurdles

Stanley Broaden, Appalachian State  
Abraham Faison, Western Carolina  
David Riddleberger, Appalachian State

### High jump

Daryl Saunders, Appalachian State  
Bob Elliott II, Samford  
Cory Patterson, Western Carolina

### Long jump

Abraham Faison, Western Carolina  
Bob Elliott II, Samford  
Tanner Shoemaker, The Citadel

### Triple jump

Bob Elliott II, Samford  
Abraham Faison, Western Carolina  
Matthew Beausoleil, The Citadel

### Discus throw

Andy Benesh, Western Carolina  
Nick Sansotta, Appalachian State

### Hammer throw

Andy Benesh, Western Carolina  
Nick Sansotta, Appalachian State

### Javelin throw

Andy Benesh, Western Carolina

### Shot put

Nick Sansotta, Appalachian State  
Andy Benesh, Western Carolina

### Pole vault

Jacob Stowe, Appalachian State

### Decathlon

Kyle Bernier, Western Carolina



# MEN'S ALL-FRESHMAN TEAMS

Cody Russell, Samford  
Ian Aikman, The Citadel

## 2013

### 100-meter dash

Max Burke, Western Carolina

### 200-meter dash

Max Burke, Western Carolina

### 400-meter dash

Geoff Nelson, Chattanooga  
Chase Helton, Appalachian State  
Tevin Williams, The Citadel

### 800-meter run

Brandon Hazouri, Samford  
Marquis Carter, Chattanooga  
Jamie Bigby, Western Carolina

### 1,500-meter run

Adam Jones, Samford  
Brandon Hazouri, Samford  
Josh Crawford, UNCG

### 5,000-meter run

Daniel Samet, Davidson  
Luke Weishaar, Samford

### 10,000-meter run

Daniel Samet, Davidson  
Bradley Gossett, Furman  
Lucas Sieb, Samford

### 3,000-meter steeplechase

Michael Cornwell, Western Carolina  
Ryan Doyle, Wofford

### 110-meter hurdles

Iman Isang, Chattanooga

### 400-meter hurdles

Charles Rappe, Davidson  
Jayce Almes, The Citadel  
Darius Johnson, The Citadel

### High jump

Tevin Johnson, Wofford  
Cole Finch, Appalachian State  
Christian Carswell, Western Carolina

### Long jump

Steven Bastien, Samford  
Tevin Johnson, Wofford  
Dakota Richardson, The Citadel

### Triple jump

Xzavier Killings, Davidson  
Tevin Johnson, Wofford

### Discus throw

Jared Johnson, Western Carolina  
Brian Hill, Samford  
John Leonard, Appalachian State

### Hammer throw

Brian Hill, Samford  
John Leonard, Appalachian State

### Javelin throw

Adam Parker, Western Carolina  
Christian Carswell, Western Carolina

### Shot put

John Leonard, Appalachian State  
Jared Johnson, Western Carolina  
Brian Hill, Samford

### Pole vault

Patrick Quinn, Appalachian State

### Decathlon

Dustin Triplett, Western Carolina  
Christina Carswell, Western Carolina  
Steven Bastien, Samford

## 2014

### 100-meter dash

William Buckley, Appalachian State  
Antonio Marcano Jr., Appalachian State

### 200-meter dash

William Buckley, Appalachian State  
Adrian Ortado, Western Carolina

### 400-meter dash

Adrian Ortado, Western Carolina

### 1,500-meter run

Brock Baker, Furman  
Nate Riech, Furman  
Trevor Janssen, Chattanooga

### 3,000-meter steeplechase

Matthew Gill, The Citadel  
Lee Shearer, Furman

### 5,000-meter run

Brock Baker, Furman  
Tanner Hinkle, Furman  
Paul Stuart, Chattanooga

### 10,000-meter run

Tanner Hinkle, Furman  
Paul Stuart, Chattanooga

### 110-meter hurdles

Eric Blake, Western Carolina  
Phillip Thomas, Appalachian State

### 400-meter hurdles

Jay Vines, Samford

### High jump

Samuel Allen, Appalachian State  
Mick Noel, The Citadel  
Jackson Nosbisch, The Citadel

### Long jump

Jesse Earnhardt, Appalachian State  
Josh McSwain, Western Carolina  
Jerry Bryant, Western Carolina

### Triple jump

Josh McSwain, Western Carolina  
Chris Powell, Davidson  
Jerry Bryant, Western Carolina

### Discus throw

Brian Smith, Samford  
Nathan Milch, Appalachian State  
Richard Bertrand, The Citadel

### Hammer throw

Nathan Milch, Appalachian State  
Mason Lasater, Appalachian State  
Brian Smith, Samford

### Javelin throw

Jonathon Campbell, Davidson  
Jackson Butkus, The Citadel  
Ellsworth Parham, Appalachian State

### Shot put

Nathan Milch, Appalachian State  
Brian Smith, Samford

### Pole vault

Phillip Thomas, Appalachian State  
Chris Thrasher, Samford  
Matt Layne, Appalachian State

### Decathlon

Jackson Powers, Appalachian State  
Andrew Patterson, Samford  
Tim Buzyan, Western Carolina

## 2015

### 100-meter dash

Brendan Caldwell, Western Carolina  
Jeff Beane, UNCG

### 200-meter dash

Carson Howe, Samford  
Henry Kiedy, Western Carolina  
Dakota Lamont, Western Carolina

### 400-meter dash

Henry Kiedy, Western Carolina  
Carson Howe, Samford  
Dakota Lamont, Western Carolina

### 800-meter run

Ashton Wilson, ETSU  
Josh Willard, VMI  
Bryan Whymys, UNCG

### 1,500-meter run

Arse'ne Guillorel, Samford  
Haydn Borghetti-Metz, ETSU  
Bryan Whymys, UNCG

### 5,000-meter run

Arse'ne Guillorel, Samford  
Austin Sprague, Furman  
Josh Bricknell, Furman

### 10,000-meter run

Josh Bricknell, Furman  
Carl Oberfeiting, ETSU  
Luke Sumerford, UNCG

### 3,000-meter steeplechase

Haydn Borghetti-Metz, ETSU  
Josh Salter, Samford  
Paul Richardson, Samford

### 110-meter hurdles

Davon Guerrier, VMI

### 400-meter hurdles

Marquis Barnes, Samford  
Drake Watson, Chattanooga  
Davon Guerrier, VMI

### High jump

Keyth Fightmaster, Samford  
Tanner Riddle, ETSU  
Austin Billings, Samford

### Long jump

Marquis Barnes, Samford  
Brenden Caldwell, Western Carolina  
Devin Singleton, The Citadel

### Triple jump

Marquis Barnes, Samford  
Kevin Hires, Western Carolina

### Discus throw

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina  
Killian Carey, VMI

### Hammer throw

Sadarius Lucas, The Citadel  
Logan Louzader, ETSU

### Javelin throw

Donovan Walton, VMI  
Griffin Miller, The Citadel  
Joseph Lee, Samford

### Shot put

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina  
Logan Louzander, ETSU

### Pole vault

Gavin Gautreau, Samford

Tray Oates, Samford  
Corey Ginley, Western Carolina

### Decathlon

Austin Billings, Samford  
Killian Carey, VMI  
Jeremiah Sokol, VMI

## 2016

### 100-meter dash

Josiah Johnson, The Citadel  
Louis Lawrence, The Citadel  
Josh Little, Western Carolina

### 200-meter dash

Josiah Johnson, The Citadel  
Josh Little, Western Carolina  
Palmer Dupree, UNCG

### 400-meter dash

Deondre Anderson, VMI  
Tyler Jackson, The Citadel  
Tyriuoq Trotman, VMI

### 800-meter run

Joe Harbacevich, Wofford  
Caleb Albrecht, Western Carolina  
Ryan Adams, Furman

### 1,500-meter run

Ryan Adams, Furman  
Jay Broom, VMI  
Owen Bailey, Samford

### 5,000-meter run

Aaron Templeton, Furman  
Frank Lara, Furman  
Ben Bryant, Samford

### 10,000-meter run

Aaron Templeton, Furman  
Frank Lara, Furman  
Ben Bryant, Samford

### 3,000-meter steeplechase

Jordan Bostian, Western Carolina

### 110-meter hurdles

Tyler Houston, ETSU  
Devyn Montel Jones, Western Carolina  
Brian Donna, VMI

### 400-meter hurdles

Dylan Andrade, Western Carolina  
Devyn Montel Jones, Western Carolina  
Brian Donna, VMI

### High jump

Tyrie Adams, Western Carolina  
Jordan Scott, ETSU  
Khalil Jackson, Western Carolina

### Long jump

Jamie Brown, Western Carolina  
Tyrie Adams, Western Carolina  
Jordan Williams, The Citadel

### Triple jump

Jamie Brown, Western Carolina  
Omar Wingo, Wofford  
Quan Myers, VMI

### Discus throw

Ja'lon Williams, The Citadel  
Ben Johnson, ETSU  
Dalton Sullivan, Wofford

### Hammer throw

Danny Andrews, The Citadel

### Javelin throw

Ben Johnson, ETSU

# MEN'S ALL-FRESHMAN TEAMS

Charlie Hatler, The Citadel  
Brian Donna, VMI

## Shot put

Jaylan Reid, Furman  
Ja'lon Williams, The Citadel  
Longinus Nnodim, Wofford

## Pole vault

Andrew Arlint, VMI

## Decathlon

Conrad Heinrich, Wofford  
Draven Crist, Western Carolina  
Levi Whitt, VMI

## 2017

### 100-meter dash

Emmanuel Tait, Samford  
John Bapoupeleh, Wofford

### 200-meter dash

Devaniel Dale, Western Carolina  
John Bapoupeleh, Wofford

### 400-meter dash

Samuel Santiago, The Citadel  
Devaniel Dale, Western Carolina  
Cody Chavis, Wofford

### 800-meter run

Madison Daniel, Furman  
Thomas Moore, Furman  
Jonathan Helton, Samford

### 1,500-meter run

Adam Bradtmueller, ETSU  
Josh Routh, ETSU  
Jack Zemp, Wofford

### 5,000-meter run

Mason Coppi, Furman  
Dillon Dean, Samford  
Adam Bradtmueller, ETSU

### 10,000 meters

Nathan Longfellow, ETSU  
Mason Coppi, Furman  
Dillon Dean, Samford

### 3,000-meter steeplechase

Adam Bradtmueller, ETSU  
Louis Morris, ETSU  
Justin Tucker, Western Carolina

### 110-meter hurdles

Quandarius Weems, Furman  
Cory Alston, Western Carolina  
Jonathan Hall, Wofford

### 400-meter hurdles

Jordan Oballe, Samford  
Jonathan Hall, Wofford

### High jump

Jon Waarvik, Samford  
Dijoun Huitt, Western Carolina

### Long jump

Cory Alston, Western Carolina  
Dijoun Huitt, Western Carolina

### Triple jump

Dijoun Huitt, Western Carolina  
Nicholas Lyons, Western Carolina

### Discus throw

Prince Howard-Whitaker, The Citadel  
Jay Stanley, Western Carolina  
Tyler Schiemann, The Citadel

### Hammer throw

Jay Stanley, Western Carolina

Hunter Griffin, Wofford

### Javelin throw

Evan McDonald, The Citadel  
Jon Waarvik, Samford

### Shot put

Tyler Schiemann, The Citadel  
Jay Stanley, Western Carolina  
Hunter Griffin, Wofford

### Pole vault

Hunter Schlatter, Samford  
Sage Murphy, ETSU  
Hugh Duggan, Samford

### Decathlon

Hunter Schlatter, Samford

## 2018

### 100-meter dash

Karon Delince, ETSU  
Timiebi Ogobri, The Citadel  
Tyler Manigault, Western Carolina

### 200-meter dash

Karon Delince, ETSU  
John Collins, VMI  
Timiebi Ogobri, The Citadel

### 400-meter dash

Tate Overbay, ETSU  
Daniel Rust, UNCG  
Karl Barksdale, UNCG

### 800-meter run

Matt Scarr, ETSU  
Juan Rodriguez, UNCG  
Ford McCoy, Wofford

### 1,500-meter run

Ben Varghese, ETSU  
Matt Scarr, ETSU  
Weston Clayton, UNCG

### 5,000-meter run

Ben Garner, Samford  
Ewan Hynes, UNCG  
Jake Mazziotta, VMI

### 10,000-meter run

Allen Clark, Furman

### 3,000-meter steeplechase

Ben Garner, Samford  
Kellen Reeves, VMI  
Stephen Wolf, VMI

### 110-meter hurdles

Mike Jones, Western Carolina  
Isaiah Ellis, Wofford  
Jack McHugh, Samford

### 400-meter hurdles

Isaiah Ellis, Wofford  
Michael McMahan, Samford  
Mike Jones, Western Carolina

### High jump

Matt Cahoon, Samford  
Tyler Hanks, Western Carolina  
Harrison Mansell, The Citadel

### Long jump

Thomas Ozburn Jr., Samford  
Karon Delince, ETSU

### Triple jump

Tyler Hanks, Western Carolina  
Noah Osbourne, Samford

### Discus throw

Austin Lufkin, Wofford  
Matt Cahoon, Samford  
Mac Bennett, Western Carolina

### Hammer throw

Matt Cahoon, Samford  
Mac Bennett, Western Carolina

### Javelin throw

Matt Cahoon, Samford  
Austin Eck, Samford  
Matthew Mudd, Western Carolina

### Shot put

Mac Bennett, Western Carolina

### Pole vault

Sam Blumer, The Citadel  
Griffin Kowal, VMI  
Lindsay Pierce, The Citadel

### Decathlon

Austin Eck, Samford  
Thomas Ozburn Jr., Samford  
Matthew Mudd, Western Carolina

## 2019

### 100-meter dash

Titus Moore, Samford  
Jordin Poindexter, VMI  
Chris Ferrill, VMI

### 200-meter dash

Jordin Poindexter, VMI  
Blaine Ashton, VMI

### 400-meter dash

Jordan Woodbine, Samford  
Elijah Bull, Wofford  
Blaine Ashton, VMI

### 800-meter run

Seth Corey, Samford  
Nicholas Thoma, UNCG  
Jake Maddox, Samford

### 1,500-meter run

Colin Alexander, UNCG  
Noah Dolhare, Furman  
Dylan Haines, VMI

### 5,000-meter run

Daniel Bernal, Furman  
Andre Jordan, VMI  
Seth Bowden, ETSU

### 10,000-meter run

Daniel Bernal, Furman  
Seth Bowden, ETSU  
Dalton Miles, UNCG

### 3,000-meter steeplechase

Gavin Jenkins, VMI  
Jeremiah Gaulding, VMI  
Zach Johnson, ETSU

### 110-meter hurdles

Titus Moore, Samford  
Keefe White, The Citadel

### 400-meter hurdles

Elijah Bull, Wofford  
Keefe White, The Citadel

### High jump

Dakota Oxendine, Western Carolina  
Justin Stuckey, Samford  
Gavin Jenkins, VMI

### Long jump

Trini Feggett, Western Carolina  
Benjamin Okafor, Western Carolina  
Titus Moore, Samford

### Triple jump

Blaine Ashton, VMI  
Benjamin Okafor, Western Carolina  
Brandon Harvey, Samford

### Discus throw

Adam Hart, Western Carolina  
Kolin Miller, ETSU  
Zachary Fejeran, ETSU

### Hammer throw

Kolin Miller, ETSU  
Ethan Brown, Samford  
Zachary Fejeran, ETSU

### Javelin throw

Noah Shelton, ETSU

### Shot put

Adam Hart, Western Carolina  
Ryan Eldridge, Western Carolina  
Jonathan Toole, The Citadel

### Pole vault

Charles Cooley, Western Carolina  
Daniel Walsh, VMI  
Jonathan Lehe, Western Carolina

### Decathlon

Max Burke, VMI

## 2020

Not awarded (COVID-19 pandemic)

## 2021

### 100-meter dash

Evan Brooks, Samford  
Marcus Brown, Western Carolina  
David Miles, Western Carolina

### 200-meter dash

Marcus Brown, Western Carolina  
Evan Brooks, Samford  
Conor Murphy, Wofford

### 400-meter dash

Kane Duncan, The Citadel  
Conor Murphy, Wofford  
Kevin Haley Jr., Western Carolina

### 800-meter run

Miguel Parrilla, ETSU  
Trent Whittaker, VMI  
Nick Epstein, Furman

### 1,500-meter run

Trent Whittaker, VMI  
Evan Guzman, ETSU  
Ares Reading, Furman

### 5,000-meter run

Dylan Schubert, Furman  
Andrew Hammel, Furman  
Sam Sharnas, The Citadel

### 10,000-meter run

David Ahlmeyer, Furman  
Andrew Hammel, Furman  
Adam Beucler, Furman

### 3,000-meter steeplechase

Myles Stoots, ETSU  
Spencer Tate, Furman  
Josh Powers, Furman

### 110-meter hurdles

Keyandre Midgett, VMI  
Landon Wright, Samford  
Liam McBride, VMI

### 400-meter hurdles

Matthew Grigg, Samford  
Gabel Fulford, Samford  
Jonah Dill, Furman

# MEN'S ALL-FRESHMAN TEAMS

## High jump

Stephen Kraeling, The Citadel  
Prince Moody, The Citadel  
Louis Brogan, Samford

## Long jump

Tyler Rodriguez, Western Carolina  
Ty Kimberlin, Samford  
Keyandre Midgett, VMI

## Triple jump

Edwin Rainey, Samford  
Keyandre Midgett, VMI  
Ty Kimberlin, Samford

## Discus throw

Solomon Ghosh, VMI  
Marshall Gainer, Samford  
Spencer Fejeran, ETSU

## Hammer throw

Andrew Granger, VMI  
Mason Robinson, Western Carolina  
Marshall Gainer, Samford

## Javelin throw

Paul Szuba, Wofford  
Ty Wesenyak, VMI  
Ty Hevener, VMI

## Shot put

Solomon Ghosh, VMI  
Marshall Gainer, Samford  
Mason Robinson, Western Carolina

## Pole vault

Jed Sisco, Samford  
McCray Kelton, Samford  
Sebastian LaTorre, Wofford

## Decathlon

Ty Kimberlin, Samford  
Landon Wright, Samford  
McCray Kelton, Samford

**Note:** 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

## 2022

### 100-meter dash

Nolan Johnson, ETSU  
Jeremiah Wilks, VMI  
Tyke Tabor, Samford

### 200-meter dash

Jeremiah Wilks, VMI  
Nolan Johnson, ETSU  
Zin Maung, UNCG

### 400-meter dash

Richard Edwards, VMI  
Andrew Hamilton, UNCG  
Jackson Casey, Wofford

### 800-meter run

Matthew Smith, Furman  
Henry Stecher, Western Carolina  
Spencer Connick, UNCG

### 1,500-meter run

Matthew Smith, Furman  
Gabe Montague, Furman  
Colin Keck, UNCG

### 5,000-meter run

Gabe Montague, Furman  
Nick Goldstein, Furman  
Foster Wilfong, Furman

## 10,000-meter run

Nick Goldstein, Furman  
Ethan Vargas, Furman  
Nicholas Kiser, Western Carolina

## 3,000-meter steeplechase

Foster Wilfong, Furman  
Casey Burr, Furman

## 110-meter hurdles

Xander Topos, VMI  
Grant Witherspoon, Wofford

## 400-meter hurdles

Xander Topos, VMI  
Benedikt Strack, ETSU

## High jump

Edric Wenhold, Samford  
Tyler Smith, Samford

## Long jump

Charles Male, VMI  
Damian Hines, Samford  
Owen Barr, Western Carolina

## Triple jump

Ian Jones, Samford  
Charles Male, VMI  
Owen Barr, Western Carolina

## Discus throw

None

## Hammer throw

None

## Javelin throw

Ian McCorkle, The Citadel

## Shot put

Hunter Davis, VMI

## Pole vault

None

## Decathlon

Damian Hines, Samford  
Isaiah Blount, VMI

## 2023

### 100-meter dash

Robert Hilsman, Wofford  
D'Shawn Fletcher, ETSU  
Skylar Woodard, Western Carolina

### 200-meter dash

Robert Hilsman, Wofford  
Noah Straley, Western Carolina  
Skylar Woodard, Western Carolina

### 400-meter dash

Elias Barton, Western Carolina  
Braxton White, ETSU  
Thomas Stamper, Wofford

### 800-meter run

Conner Overly, ETSU  
Will Berger, Wofford  
Ethan Hearn, Wofford

### 1,500-meter run

Lane Prochaska, UNCG  
Nate Hillis, ETSU  
Matthew Martin, Western Carolina

### 5,000-meter run

Evan Pena, UNCG  
Luke Taylor, Furman  
Owen Sharnas, The Citadel

### 10,000-meter run

Andrew McGinnis, Samford  
Owen Sharnas, The Citadel  
Luke Taylor, Furman

## 3,000-meter steeplechase

Nate Hillis, ETSU  
Abdul-Rahman Jaber, ETSU  
Ben Kenner, ETSU

## 110-meter hurdles

Treven McGhee, ETSU

## 400-meter hurdles

Jackson Olivo, Samford  
Treven McGhee, ETSU  
Jonny Sherwood, Western Carolina

## High jump

Jack Mulvey, The Citadel

## Long jump

Noah Straley, Western Carolina  
Nathan Williams, Western Carolina

## Triple jump

Nathan Williams, Western Carolina  
Joshuah Glyn-Williams, Western Carolina

## Discus throw

Eli Penix, Samford  
Logan Wagner, ETSU  
Chase Edwards, Wofford

## Hammer throw

Jacob Thomas, Western Carolina  
Dominick Dale, Western Carolina  
Quin Goodson, Wofford

## Javelin throw

Jackson Livingston, Western Carolina  
Grayson Eady, Samford  
Quin Goodson, Wofford

## Shot put

Eli Penix, Samford  
Logan Wagner, ETSU  
Chase Edwards, Wofford

## Pole vault

Carter Ellis, Samford  
Ethan Fulford, ETSU

## Decathlon

Ethan Fulford, ETSU

## 2024

### 100-meter dash

Cole Grande, Samford  
Bradlee Jones, The Citadel

### 200-meter dash

Cole Grande, Samford  
Jacob Garnett, VMI

### 400-meter dash

Sam Barnard, UNCG

### 1,500-meter run

Christopher Knight, Furman  
Patrick Lowry, VMI  
Luke Young, ETSU

### 5,000-meter run

Owen Shifflet, Furman  
Kevin Shank, VMI  
Khalid Abdullahi, UNCG

### 10,000-meter run

Owen Sifflett, Furman

## 3,000-meter steeplechase

Colton Kempney, Furman  
Lawson Mecom, Western Carolina  
William Murray, Samford

## 110-meter hurdles

Archie Woodard, Wofford

## 400-meter hurdles

Archie Woodard, Wofford  
Sumter Cooper, Wofford

## High jump

Jordan Chestnut, The Citadel  
Athur Chitty, Samford  
McConnell Burdette, The Citadel

## Long jump

Zachary Denton, VMI  
David Dorbin, Western Carolina  
Jordan Chestnut, The Citadel

## Triple jump

Patrick Green, Wofford  
Jordan Chestnut, The Citadel  
David Dorbin, Western Carolina

## Discus throw

Rafe Clendenin, VMI  
Carl Henry, Samford  
Raymond Carleton, Samford

## Hammer throw

Brent Bell, ETSU  
Rafe Clendenin, VMI  
Austin Ramires, Western Carolina

## Javelin throw

Kyle Kaufelds, Samford  
Michael Kolen, Samford  
Arthur Parham, The Citadel

## Shot put

Carl Henry, Samford  
Eli Penix, Samford  
Brent Bell, ETSU

## Pole vault

Cameron Thomas, VMI  
Jack Scott, The Citadel

## Decathlon

Samuel Werner, Samford  
Colby Capps, Western Carolina  
Ethan Hibberts, Western Carolina

# MEN'S CHAMPIONSHIP TEAM RESULTS

|             |                      |       |                      |                 |             |                      |                |                      |                |    |
|-------------|----------------------|-------|----------------------|-----------------|-------------|----------------------|----------------|----------------------|----------------|----|
| <b>1923</b> | Mississippi State    | 47.5  | North Carolina       | 30.75           | <b>1933</b> | North Carolina       | 66             | Washington & Lee     | 6              |    |
|             | Louisiana State      | 40    | Georgia              | 10              |             | Duke                 | 52             | Wake Forest          | 5.5            |    |
|             | Tennessee            | 14    | Mississippi State    | 10              |             | Virginia             | 35.5           | Davidson             | 3              |    |
|             | Georgia Tech         | 13.5  | Virginia Tech        | 10              |             | Clemson              | 17.5           | North Carolina State | 2.5            |    |
|             | Clemson              | 13    | Maryland             | 9               |             | Maryland             | 12.5           | South Carolina       | 2              |    |
|             | Vanderbilt           | 9     | Clemson              | 8               |             | South Carolina       | 11             |                      |                |    |
|             | Virginia Tech        | 8     | Kentucky             | 8               |             | Virginia Tech        | 10             | <b>1942</b>          | North Carolina |    |
|             | Maryland             | 8     | Vanderbilt           | 7               |             | VMI                  | 9              | Duke                 | 61.5           |    |
|             | North Carolina       | 5     | Tulane               | 6               |             | Washington & Lee     | 8.5            | Richmond             | 19.5           |    |
|             | Alabama              | 3     | North Carolina State | 5               |             | North Carolina State | 2              | South Carolina       | 19             |    |
|             | Auburn               | 3     | Tennessee            | 5               |             |                      |                | Virginia Tech        | 16             |    |
|             | Georgia              | 1     | Sewanee              | 2.75            | <b>1934</b> | North Carolina       | 69             | Clemson              | 10.5           |    |
|             |                      |       | Alabama              | 2               |             |                      |                | North Carolina State | 10             |    |
| <b>1924</b> | <b>NORTH</b>         |       | <b>1929</b>          | Louisiana State | 35          | <b>1935</b>          | North Carolina | 58                   | Davidson       | 9  |
|             | Virginia             | 70    | North Carolina       | 33              |             | Maryland             | 49.75          | William & Mary       | 9              |    |
|             | North Carolina       | 42.5  | North Carolina       | 28              |             | Duke                 | 47.5           | Maryland             | 6              |    |
|             | Washington & Lee     | 33.5  | Auburn               | 21              |             | Clemson              | 20.25          |                      |                |    |
|             | VMI                  | 31    | Washington & Lee     | 21              |             | Virginia             | 19             | <b>1943</b>          | North Carolina |    |
|             | North Carolina State | 17.5  | Georgia              | 20              |             | Washington & Lee     | 10             | North Carolina       | 77.5           |    |
|             | Maryland             | 9     | Mississippi State    | 14              |             | VMI                  | 8              | VMI                  | 44.5           |    |
|             | Virginia Tech        | 7     | Duke                 | 13              |             | Virginia Tech        | 7              | Duke                 | 41             |    |
| <b>1924</b> | <b>SOUTH</b>         |       | Tulane               | 11              |             | North Carolina State | 5              | South Carolina       | 15.5           |    |
|             | Mississippi State    | 64.5  | Vanderbilt           | 10              |             | South Carolina       | .5             | William & Mary       | 15.5           |    |
|             | Kentucky             | 26.5  | Tennessee            | 7               |             |                      |                | Davidson             | 12             |    |
|             | Louisiana State      | 14.5  | Sewanee              | 7               | <b>1936</b> | Duke                 | 67             | North Carolina State | 10             |    |
|             | Clemson              | 13    | Virginia Tech        | 5               |             | North Carolina       | 34.5           | Clemson              | 9              |    |
|             | Georgia              | 9     | North Carolina State | 5               |             | Virginia             | 32             | <b>1946</b>          | Duke           |    |
|             | Tennessee            | 9     | Alabama              | 4               |             | Clemson              | 22.5           | North Carolina       | 76             |    |
|             | Georgia Tech         | 8.5   | South Carolina       | 3.5             |             | Virginia Tech        | 20.5           | North Carolina       | 57             |    |
|             | Sewanee              | 7.5   | Clemson              | 3               |             | Maryland             | 18.5           | Maryland             | 26             |    |
|             | Auburn               | 6.5   | Georgia Tech         | 3               |             | VMI                  | 18             | VMI                  | 20             |    |
|             | Alabama              | 2     | Kentucky             | 3               |             |                      |                | South Carolina       | 19.5           |    |
|             | Mississippi          | 1     | <b>1930</b>          | North Carolina  | 40.5        | <b>1937</b>          | Duke           | 78                   | William & Mary | 15 |
|             |                      |       | Georgia              | 28              |             | North Carolina       | 39.5           | North Carolina State | 9.5            |    |
| <b>1925</b> | Mississippi State    | 29    | Mississippi State    | 25              |             | VMI                  | 25             | Clemson              | 2              |    |
|             | Louisiana State      | 29    | Tulane               | 23              |             | Maryland             | 22             | <b>1947</b>          | North Carolina |    |
|             | North Carolina       | 21    | Auburn               | 18              |             | Washington & Lee     | 11             | North Carolina       | 83             |    |
|             | Vanderbilt           | 19.5  | Louisiana State      | 18              |             | Virginia Tech        | 9              | Duke                 | 42             |    |
|             | VMI                  | 17    | Tennessee            | 16.5            |             | South Carolina       | 6              | Maryland             | 26.5           |    |
|             | Auburn               | 11    | North Carolina State | 14              |             | Clemson              | 4.5            | North Carolina State | 26             |    |
|             | Kentucky             | 10    | Georgia Tech         | 13              |             | North Carolina State | 1              | VMI                  | 16             |    |
|             | Washington & Lee     | 8     | Alabama              | 10              |             |                      |                | <b>1948</b>          | North Carolina |    |
|             | Clemson              | 6     | Vanderbilt           | 7               |             | <b>1938</b>          | North Carolina | 59.5                 | Maryland       |    |
|             | Alabama              | 5     | Maryland             | 5               |             | Duke                 | 50.5           | Duke                 | 44             |    |
|             | Georgia Tech         | 5     | Kentucky             | 4               |             | Maryland             | 44             | North Carolina State | 41             |    |
|             | Sewanee              | 3     | Duke                 | 2               |             | VMI                  | 15.5           | North Carolina State | 31             |    |
|             | Virginia Tech        | 2     | <b>1931</b>          | Tulane          | 31          |                      | Virginia Tech  | 14.5                 | South Carolina |    |
|             | Mississippi          | 1     | Virginia             | 29              |             | Washington & Lee     | 13             | VMI                  | 13             |    |
| <b>1926</b> | North Carolina       | 23.5  | Alabama              | 28.5            |             | Davidson             | 8.5            | Clemson              | 9              |    |
|             | Virginia             | 18.5  | North Carolina       | 25.5            |             | South Carolina       | 8              | VMI                  | 7              |    |
|             | Louisiana State      | 17    | VMI                  | 18              |             | Richmond             | 6.5            | Furman               | 5              |    |
|             | Clemson              | 15    | Auburn               | 14.5            |             | William & Mary       | 3              | Richmond             | 3              |    |
|             | Auburn               | 13    | Louisiana State      | 13              |             | North Carolina State | 2              | Washington & Lee     | 3              |    |
|             | Kentucky             | 12.5  | Kentucky             | 13              |             | Clemson              | 1              | William & Mary       | 1              |    |
|             | Maryland             | 12    | Georgia              | 10              | <b>1939</b> | North Carolina       | 65.5           | <b>1949</b>          | North Carolina |    |
|             | Virginia Tech        | 8     | Duke                 | 8               |             | Duke                 | 43             | North Carolina       | 75             |    |
|             | Georgia Tech         | 6.5   | Tennessee            | 6               |             | Maryland             | 43.5           | Duke                 | 47.5           |    |
|             | VMI                  | 6     | Virginia Tech        | 5               |             | South Carolina       | 22             | Maryland             | 45             |    |
|             | Georgia              | 5.5   | Florida              | 5               |             | Washington & Lee     | 22             | Virginia Tech        | 22             |    |
|             | North Carolina State | 5     | North Carolina State | 5               |             | VMI                  | 12             | William & Mary       | 10             |    |
|             | Alabama              | 5     | Vanderbilt           | 4               |             | Richmond             | 7              | VMI                  | 8              |    |
|             | Vanderbilt           | 5     | South Carolina       | 3.5             |             | North Carolina State | 4              | Clemson              | 5.5            |    |
|             | Mississippi State    | 4     | Mississippi State    | 3               |             | William & Mary       | 4              | Furman               | 4              |    |
|             | Tulane               | 3     | Clemson              | 3               |             | Davidson             | 3              | Davidson             | 4              |    |
|             | Sewanee              | 3     | Sewanee              | 1               |             | Clemson              | 3              | North Carolina State | 2              |    |
|             | Tennessee            | 1.5   | <b>1932</b>          | Louisiana State | 38          | <b>1940</b>          | North Carolina | 65                   | South Carolina | 2  |
|             | Washington & Lee     | 1     | Duke                 | 27              |             | Maryland             | 57             | <b>1950</b>          | North Carolina |    |
| <b>1927</b> | Louisiana State      | 45    | Auburn               | 24              |             | Duke                 | 42             | North Carolina       | 74             |    |
|             | Georgia Tech         | 44    | North Carolina       | 23              |             | William & Mary       | 14.5           | Duke                 | 48             |    |
|             | Mississippi State    | 32    | Georgia              | 21              |             | Washington & Lee     | 13.5           | Maryland             | 36             |    |
|             | North Carolina       | 24    | Tulane               | 16              |             | Richmond             | 11             | North Carolina State | 24             |    |
|             | Auburn               | 21    | Virginia             | 13              |             | South Carolina       | 8              | Virginia Tech        | 15             |    |
|             | Sewanee              | 16.5  | Florida              | 11              |             | North Carolina State | 7              | South Carolina       | 11             |    |
|             | Clemson              | 13    | Georgia Tech         | 8               |             | VMI                  | 7              | William & Mary       | 7              |    |
|             | Georgia              | 11.5  | Mississippi State    | 7.5             |             |                      |                | Davidson             | 4              |    |
|             | Kentucky             | 8     | Clemson              | 7               |             | <b>1941</b>          | Duke           | Clemson              | 3              |    |
|             | Vanderbilt           | 5     | Alabama              | 6.5             |             | Duke                 | 66             | North Carolina       | 7              |    |
|             | Tulane               | 4     | Kentucky             | 6               |             | North Carolina       | 59             | Duke                 | 40             |    |
| <b>1928</b> | Louisiana State      | 43.5  | Tennessee            | 5               |             | Maryland             | 26             | North Carolina State | 22             |    |
|             | Georgia Tech         | 34.25 | Vanderbilt           | 5               |             | Richmond             | 18             | VMI                  | 17             |    |
|             | Auburn               | 33.75 | Virginia Tech        | 3               |             | VMI                  | 13             | South Carolina       | 13.5           |    |
|             |                      |       |                      |                 |             | William & Mary       | 10             | Clemson              | 10.5           |    |
|             |                      |       |                      |                 |             | Clemson              | 7              | Davidson             | 8              |    |
|             |                      |       |                      |                 |             | Virginia Tech        | 7              |                      |                |    |

# MEN'S CHAMPIONSHIP TEAM RESULTS

|             |                      |       |                |                |                   |                   |                   |                   |                   |             |                   |       |
|-------------|----------------------|-------|----------------|----------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------|-------------------|-------|
|             | Furman               | 4     | Furman         | 45             | East Carolina     | 79                | Furman            | 51                |                   |             |                   |       |
|             | William & Mary       | 3     | William & Mary | 24             | Richmond          | 49                | The Citadel       | 34.5              |                   |             |                   |       |
| <b>1952</b> | Maryland             | 57.5  | Richmond       | 13             | Furman            | 25                | Davidson          | 3                 |                   |             |                   |       |
|             | Duke                 | 46    | VMI            | 10             | The Citadel       | 16                | Chattanooga       | 0                 |                   |             |                   |       |
|             | North Carolina       | 37.5  | Virginia Tech  | 7              | VMI               | 9                 |                   |                   |                   |             |                   |       |
|             | Virginia Tech        | 27    | <b>1961</b>    | The Citadel    | 68                | Davidson          | 6                 | <b>1981</b>       | VMI               | 161         |                   |       |
|             | VMI                  | 21.5  | Furman         | 55             | William & Mary    | 101               | Appalachian State | 106               | ETSU              | 103         |                   |       |
|             | West Virginia        | 15    | West Virginia  | 27             | East Carolina     | 78                | Furman            | 82                | Marshall          | 72          |                   |       |
|             | North Carolina State | 13    | William & Mary | 24             | Furman            | 68                | Marshall          | 72                | Western Carolina  | 42          |                   |       |
|             | South Carolina       | 4     | VMI            | 15             | The Citadel       | 19                | Western Carolina  | 42                | The Citadel       | 41          |                   |       |
|             | Washington & Lee     | 2.5   | Virginia Tech  | 9.5            | Richmond          | 17                | The Citadel       | 41                | Davidson          | 9           |                   |       |
|             | Davidson             | 1     | Richmond       | 4.5            | VMI               | 11                | Davidson          | 9                 | Chattanooga       | 1           |                   |       |
|             |                      |       |                |                | Davidson          | 10                | Chattanooga       | 1                 |                   |             |                   |       |
| <b>1953</b> | Maryland             | 58.5  | <b>1962</b>    | Furman         | 72.67             | <b>1972</b>       | William & Mary    | 108               | <b>1982</b>       | VMI         | 158               |       |
|             | Duke                 | 41.5  | The Citadel    | 57.5           | East Carolina     | 73                | East Carolina     | 73                | Appalachian State | 155         |                   |       |
|             | North Carolina       | 41    | William & Mary | 36             | Furman            | 54                | Furman            | 54                | ETSU              | 121         |                   |       |
|             | Virginia Tech        | 27    | West Virginia  | 24.33          | Richmond          | 44                | Richmond          | 44                | Furman            | 46          |                   |       |
|             | VMI                  | 14    | VMI            | 18.5           | Davidson          | 16                | Davidson          | 16                | The Citadel       | 42          |                   |       |
|             | South Carolina       | 10    | Virginia Tech  | 16             | The Citadel       | 13                | The Citadel       | 13                | Marshall          | 42          |                   |       |
|             | North Carolina State | 9     | Davidson       | 8              | VMI               | 12                | VMI               | 12                | Western Carolina  | 38          |                   |       |
|             | West Virginia        | 8     | Richmond       | 7              | <b>1973</b>       | William & Mary    | 118.83            | Chattanooga       | 0                 |             |                   |       |
|             | Richmond             | 5.5   | <b>1963</b>    | Furman         | 70                | East Carolina     | 97.33             | <b>1983</b>       | VMI               | 174         |                   |       |
|             | Clemson              | 4.5   | Furman         | 51             | Furman            | 53                | Appalachian State | 16                | Appalachian State | 152         |                   |       |
|             | Davidson             | 2     | West Virginia  | 36             | Richmond          | 18.5              | VMI               | 6                 | ETSU              | 99          |                   |       |
|             | Furman               | 2     | VMI            | 32             | Appalachian State | 16                | Davidson          | 5.33              | Marshall          | 61          |                   |       |
|             | Washington & Lee     | 1     | William & Mary | 19             | VMI               | 6                 | Davidson          | 5                 | Furman            | 45          |                   |       |
| <b>1954</b> | VMI                  | 59    | Davidson       | 12             | The Citadel       | 5                 | Western Carolina  | 42                | Western Carolina  | 42          |                   |       |
|             | Virginia Tech        | 42    | Virginia Tech  | 10             | <b>1974</b>       | William & Mary    | 209               | The Citadel       | 38                |             |                   |       |
|             | West Virginia        | 30    | Richmond       | 5              | William & Mary    | 209               | East Carolina     | 167               | Davidson          | 6           |                   |       |
|             | Richmond             | 17    | <b>1964</b>    | West Virginia  | 56.5              | East Carolina     | 167               | Furman            | 119               | <b>1984</b> | Appalachian State | 201.5 |
|             | Furman               | 13    | Furman         | 44.5           | The Citadel       | 119               | Richmond          | 54                | VMI               | 127         |                   |       |
|             | Washington & Lee     | 10    | The Citadel    | 41.33          | VMI               | 38                | The Citadel       | 25                | ETSU              | 82          |                   |       |
|             | Davidson             | 8     | VMI            | 38             | William & Mary    | 27.33             | VMI               | 20                | Western Carolina  | 78          |                   |       |
| <b>1955</b> | VMI                  | 67    | William & Mary | 27.33          | Virginia Tech     | 27                | Appalachian State | 18                | The Citadel       | 61          |                   |       |
|             | William & Mary       | 50    | Davidson       | 17.33          | Davidson          | 17.33             | Davidson          | 8                 | Marshall          | 48.5        |                   |       |
|             | Virginia Tech        | 41    | <b>1965</b>    | Furman         | 67                | Richmond          | 3                 | Furman            | 20                |             |                   |       |
|             | West Virginia        | 26    | Furman         | 51             | West Virginia     | 51                | <b>1975</b>       | Davidson          | 2                 |             |                   |       |
|             | Richmond             | 19    | VMI            | 32             | VMI               | 32                | William & Mary    | 227               |                   |             |                   |       |
|             | Furman               | 17    | The Citadel    | 28             | East Carolina     | 130               | East Carolina     | 130               |                   |             |                   |       |
|             | Washington & Lee     | 9     | William & Mary | 23             | Furman            | 89                | Appalachian State | 48.5              |                   |             |                   |       |
|             | Davidson             | 8     | Virginia Tech  | 18             | Appalachian State | 48.5              | Richmond          | 35                |                   |             |                   |       |
| <b>1956</b> | Virginia Tech        | 67    | Davidson       | 18             | Richmond          | 32                | The Citadel       | 32                |                   |             |                   |       |
|             | VMI                  | 55.5  | Richmond       | 17             | VMI               | 32                | VMI               | 32                |                   |             |                   |       |
|             | West Virginia        | 38    | <b>1966</b>    | William & Mary | 71                | Davidson          | 26.5              | <b>1976</b>       | East Carolina     |             |                   |       |
|             | The Citadel          | 29    | William & Mary | 71             | The Citadel       | 41                | <b>1977</b>       | East Carolina     | 128               |             |                   |       |
|             | Furman               | 22    | The Citadel    | 41             | West Virginia     | 35                | Furman            | 125               |                   |             |                   |       |
|             | Davidson             | 13    | West Virginia  | 35             | Richmond          | 35                | VMI               | 84.33             |                   |             |                   |       |
|             | Washington & Lee     | 9     | Richmond       | 35             | Furman            | 34                | William & Mary    | 82                |                   |             |                   |       |
|             | Richmond             | 6     | East Carolina  | 9              | East Carolina     | 9                 | Marshall          | 73                |                   |             |                   |       |
| <b>1957</b> | William & Mary       | 70    | Davidson       | 1              | Davidson          | 1                 | Appalachian State | 67.67             |                   |             |                   |       |
|             | Virginia Tech        | 48.75 | <b>1967</b>    | William & Mary | 77                | Western Carolina  | 32                | Western Carolina  | 42.5              |             |                   |       |
|             | VMI                  | 33.75 | VMI            | 77             | VMI               | 48                | The Citadel       | 21                | Furman            | 25          |                   |       |
|             | West Virginia        | 22    | Richmond       | 40             | Richmond          | 40                | Davidson          | 6                 | Davidson          | 7.5         |                   |       |
|             | Davidson             | 22.25 | West Virginia  | 31             | Furman            | 29                | <b>1978</b>       | VMI               | 187               |             |                   |       |
|             | Richmond             | 18.25 | The Citadel    | 23             | The Citadel       | 23                | Appalachian State | 116               |                   |             |                   |       |
|             | Washington & Lee     | 5     | East Carolina  | 22             | East Carolina     | 22                | Marshall          | 106               |                   |             |                   |       |
|             | The Citadel          | 4     | Davidson       | 0              | Davidson          | 0                 | Furman            | 75                |                   |             |                   |       |
|             | Furman               | 2     | <b>1968</b>    | William & Mary | 124.5             | <b>1979</b>       | Western Carolina  | 44                |                   |             |                   |       |
| <b>1958</b> | William & Mary       | 47.5  | William & Mary | 124.5          | VMI               | 188               | Davidson          | 43                |                   |             |                   |       |
|             | The Citadel          | 44    | The Citadel    | 30             | ETSU              | 133               | The Citadel       | 35                |                   |             |                   |       |
|             | Furman               | 31    | East Carolina  | 30             | Appalachian State | 123.5             | Chattanooga       | 13                |                   |             |                   |       |
|             | West Virginia        | 29    | Furman         | 28             | Marshall          | 73                | <b>1980</b>       | Appalachian State | 137               |             |                   |       |
|             | Virginia Tech        | 28.5  | Richmond       | 26             | The Citadel       | 42.5              | ETSU              | 132               |                   |             |                   |       |
|             | VMI                  | 18    | West Virginia  | 23             | Western Carolina  | 23                | VMI               | 125               |                   |             |                   |       |
|             | Davidson             | 16    | VMI            | 17.5           | Furman            | 22                | Marshall          | 82.5              |                   |             |                   |       |
|             | Richmond             | 9     | Davidson       | 9              | Davidson          | 13                | Western Carolina  | 55                |                   |             |                   |       |
|             | Washington & Lee     | 2     | <b>1969</b>    | William & Mary | 105               | <b>1981</b>       | Appalachian State | 137               |                   |             |                   |       |
| <b>1959</b> | The Citadel          | 61.5  | East Carolina  | 54             | ETSU              | 133               | ETSU              | 132               |                   |             |                   |       |
|             | Furman               | 45.5  | The Citadel    | 44             | Appalachian State | 123.5             | Marshall          | 105.67            |                   |             |                   |       |
|             | VMI                  | 34    | Furman         | 36             | Marshall          | 73                | ETSU              | 66                |                   |             |                   |       |
|             | William & Mary       | 30    | Davidson       | 23             | The Citadel       | 42.5              | Western Carolina  | 56                |                   |             |                   |       |
|             | Virginia Tech        | 21.5  | Richmond       | 22             | Western Carolina  | 23                | The Citadel       | 40                |                   |             |                   |       |
|             | Davidson             | 14    | VMI            | 3              | Furman            | 22                | Furman            | 24                |                   |             |                   |       |
|             | West Virginia        | 9     | <b>1970</b>    | William & Mary | 114               | Davidson          | 13                | Chattanooga       | 2                 |             |                   |       |
|             | Richmond             | 8.5   | William & Mary | 114            | <b>1982</b>       | Appalachian State | 137               | Davidson          | 1                 |             |                   |       |
| <b>1960</b> | The Citadel          | 64    | East Carolina  | 54             | ETSU              | 132               | <b>1983</b>       | Appalachian State | 180               |             |                   |       |
|             | West Virginia        | 52    | Furman         | 36             | VMI               | 125               | VMI               | 118               |                   |             |                   |       |
|             |                      |       | Richmond       | 22             | Marshall          | 82.5              | ETSU              | 110               |                   |             |                   |       |
|             |                      |       | VMI            | 3              | Western Carolina  | 55                | Western Carolina  | 74                |                   |             |                   |       |

# MEN'S CHAMPIONSHIP TEAM RESULTS

|             |                   |        |                   |                   |                   |                           |                   |                             |                   |                             |       |
|-------------|-------------------|--------|-------------------|-------------------|-------------------|---------------------------|-------------------|-----------------------------|-------------------|-----------------------------|-------|
|             | The Citadel       | 65     | Chattanooga       | 45                | Chattanooga       | 51                        | <b>2015</b>       | Samford                     | 61                |                             |       |
|             | Marshall          | 58     | The Citadel       | 25                | Wofford           | 18                        |                   | ETSU                        | 49                |                             |       |
|             | Furman            | 12     | Furman            | 22                | <b>2007</b>       | Western Carolina          | 284               | Western Carolina            | 40                |                             |       |
|             | Chattanooga       | 3      | Wofford           | 7                 | Appalachian State | 249                       | The Citadel       | 29                          |                   |                             |       |
| <b>1990</b> | VMI               | 144    | Davidson          | 2                 | Davidson          | 104                       | Furman            | 16                          |                   |                             |       |
|             | Appalachian State | 124    | UNC Greensboro    | NTS               | The Citadel       | 78                        | VMI               | 14                          |                   |                             |       |
|             | Western Carolina  | 99     | <b>1999</b>       | Western Carolina  | 213               | Chattanooga               | 46                | Wofford                     | 10                |                             |       |
|             | ETSU              | 92     | Appalachian State | 154               | Furman            | 36                        | Chattanooga       | 10                          |                   |                             |       |
|             | The Citadel       | 80     | VMI               | 121               | UNC Greensboro    | 15                        | UNC Greensboro    | 4                           |                   |                             |       |
|             | Marshall          | 54     | ETSU              | 115               | Wofford           | 0                         | <b>2016</b>       | Western Carolina            | 245               |                             |       |
|             | Furman            | 20     | The Citadel       | 70                | <b>2008</b>       | Appalachian State         | 315               | VMI                         | 152               |                             |       |
|             | Chattanooga       | 3      | Chattanooga       | 66                | Western Carolina  | 288                       | Samford           | 101                         |                   |                             |       |
| <b>1991</b> | VMI               | 203    | Furman            | 36                | The Citadel       | 67                        | ETSU              | 98                          |                   |                             |       |
|             | Appalachian State | 127    | Davidson          | 25                | Davidson          | 38                        | Furman            | 94                          |                   |                             |       |
|             | Western Carolina  | 80     | Wofford           | 9                 | Chattanooga       | 37                        | The Citadel       | 77                          |                   |                             |       |
|             | Marshall          | 78     | UNC Greensboro    | 2                 | UNC Greensboro    | 37                        | Wofford           | 37                          |                   |                             |       |
|             | ETSU              | 68     | <b>2000</b>       | VMI               | 217               | Furman                    | 22                | UNC Greensboro              | 8                 |                             |       |
|             | The Citadel       | 39     | Western Carolina  | 182               | Wofford           | 0                         | <b>2017</b>       | Western Carolina            | 190.5             |                             |       |
|             | Furman            | 21     | Appalachian State | 145               | <b>2009</b>       | Western Carolina          | 254               | Samford                     | 184.5             |                             |       |
|             | Chattanooga       | 3      | Appalachian State | 145               | Appalachian State | 253.5                     | The Citadel       | 132                         |                   |                             |       |
| <b>1992</b> | Appalachian State | 161    | The Citadel       | 68                | Western Carolina  | 70                        | ETSU              | 129                         |                   |                             |       |
|             | Marshall          | 143.5  | ETSU              | 67                | The Citadel       | 66.5                      | Furman            | 105                         |                   |                             |       |
|             | Western Carolina  | 98     | Chattanooga       | 51                | Samford           | 63                        | Wofford           | 52                          |                   |                             |       |
|             | VMI               | 86     | Furman            | 46                | Davidson          | 40                        | UNC Greensboro    | 7                           |                   |                             |       |
|             | ETSU              | 77.5   | Wofford           | 27                | Chattanooga       | 32                        | <b>2018</b>       | Western Carolina            | 214               |                             |       |
|             | Furman            | 28     | UNC Greensboro    | 3                 | UNC Greensboro    | 28                        | Samford           | 169                         |                   |                             |       |
|             | The Citadel       | 20     | <b>2001</b>       | Appalachian State | 221               | Wofford                   | 10                | ETSU                        | 122               |                             |       |
|             | Davidson          | 11     | Western Carolina  | 156               | <b>2010</b>       | Appalachian State         | 263.5             | The Citadel                 | 110               |                             |       |
| <b>1993</b> | Appalachian State | 140.5  | VMI               | 155               | Western Carolina  | 242                       | Wofford           | 73                          |                   |                             |       |
|             | VMI               | 116    | The Citadel       | 81                | Samford           | 132.5                     | Furman            | 71                          |                   |                             |       |
|             | ETSU              | 109    | ETSU              | 79                | The Citadel       | 57.5                      | VMI               | 48                          |                   |                             |       |
|             | Western Carolina  | 69.5   | Chattanooga       | 75                | Davidson          | 44                        | UNC Greensboro    | 9                           |                   |                             |       |
|             | Marshall          | 63.5   | Furman            | 25                | Chattanooga       | 29                        | <b>2019</b>       | Western Carolina            | 186               |                             |       |
|             | The Citadel       | 40     | Davidson          | 14                | Furman            | 21                        | Samford           | 169                         |                   |                             |       |
|             | Furman            | 35.5   | UNC Greensboro    | 6                 | UNC Greensboro    | 21                        | ETSU              | 136                         |                   |                             |       |
|             | Davidson          | 6      | Wofford           | 1                 | Wofford           | 3.5                       | Wofford           | 91                          |                   |                             |       |
| <b>1994</b> | VMI               | 131    | <b>2002</b>       | Appalachian State | 224               | <b>2011</b>               | Appalachian State | 256                         |                   |                             |       |
|             | Appalachian State | 130    | Western Carolina  | 188               | Appalachian State | 256                       | Western Carolina  | 218.5                       |                   |                             |       |
|             | ETSU              | 108    | VMI               | 112.5             | Samford           | 138.5*                    | Samford           | 138.5*                      |                   |                             |       |
|             | Western Carolina  | 99     | The Citadel       | 83.5              | Davidson          | 70                        | Davidson          | 70                          |                   |                             |       |
|             | Marshall          | 84     | ETSU              | 63                | The Citadel       | 48                        | The Citadel       | 48                          |                   |                             |       |
|             | Chattanooga       | 39     | Chattanooga       | 61                | Chattanooga       | 42                        | Chattanooga       | 42                          |                   |                             |       |
|             | The Citadel       | 15     | Davidson          | 31                | Furman            | 24                        | Furman            | 24                          |                   |                             |       |
|             | Furman            | 13     | Furman            | 27                | Wofford           | 17                        | Wofford           | 17                          |                   |                             |       |
|             | Davidson          | 1      | Wofford           | 16                | UNC Greensboro    | 1                         | UNC Greensboro    | 1                           |                   |                             |       |
| <b>1995</b> | Appalachian State | 131    | <b>2003</b>       | Appalachian State | 229               | * later vacated 13 points | <b>2012</b>       | Appalachian State           | 238               |                             |       |
|             | VMI               | 119    | Western Carolina  | 178               | Appalachian State | 229                       | Western Carolina  | 225                         |                   |                             |       |
|             | Western Carolina  | 107    | Chattanooga       | 100               | Chattanooga       | 90                        | Samford           | 107*                        |                   |                             |       |
|             | ETSU              | 104    | VMI               | 97.5              | The Citadel       | 63                        | The Citadel       | 79                          |                   |                             |       |
|             | Marshall          | 84     | The Citadel       | 70.5              | ETSU              | 53                        | Davidson          | 58                          |                   |                             |       |
|             | Chattanooga       | 58     | ETSU              | 47.5              | Furman            | 38.5                      | Chattanooga       | 37                          |                   |                             |       |
|             | Furman            | 8      | Furman            | 38.5              | Wofford           | 38                        | Furman            | 31                          |                   |                             |       |
|             | Davidson          | 6      | Wofford           | 38                | Davidson          | 19                        | UNC Greensboro    | 30                          |                   |                             |       |
|             | The Citadel       | 2      | Davidson          | 19                | <b>2004</b>       | Appalachian State         | 246.5             | Wofford                     | 11                |                             |       |
| <b>1996</b> | Appalachian State | 138    | <b>2004</b>       | Appalachian State | 246.5             | Western Carolina          | 229.5             | * later vacated 16 points   | <b>2013</b>       |                             |       |
|             | ETSU              | 129    | Western Carolina  | 229.5             | Chattanooga       | 90                        | Western Carolina  | 222.5                       | Samford           | 209*                        |       |
|             | VMI               | 113    | Chattanooga       | 90                | The Citadel       | 63                        | Appalachian State | 183.5                       | Davidson          | 70.5                        |       |
|             | Western Carolina  | 78     | The Citadel       | 63                | ETSU              | 53                        | The Citadel       | 55                          | The Citadel       | 55                          |       |
|             | Marshall          | 73     | ETSU              | 53                | Furman            | 53                        | Furman            | 38                          | Chattanooga       | 25                          |       |
|             | Chattanooga       | 47     | Furman            | 53                | Wofford           | 34                        | Chattanooga       | 25                          | UNC Greensboro    | 11                          |       |
|             | The Citadel       | 27     | Wofford           | 34                | Davidson          | 26                        | UNC Greensboro    | 11                          | Wofford           | 4.5                         |       |
|             | Furman            | 11     | UNC Greensboro    | 19                | <b>2005</b>       | Appalachian State         | 292.5             | * later vacated nine points | <b>2014</b>       |                             |       |
|             | Davidson          | 4      | <b>2005</b>       | Appalachian State | 292.5             | Western Carolina          | 250.5             | Samford                     | 207               | Samford                     | 207   |
| <b>1997</b> | VMI               | 132.33 | Western Carolina  | 250.5             | Chattanooga       | 57                        | Western Carolina  | 204                         | Appalachian State | 165.5                       |       |
|             | Western Carolina  | 103    | Chattanooga       | 57                | The Citadel       | 48                        | The Citadel       | 91                          | The Citadel       | 91                          |       |
|             | Marshall          | 102    | ETSU              | 45                | ETSU              | 45                        | Furman            | 55                          | Chattanooga       | 52                          |       |
|             | Appalachian State | 94.33  | Furman            | 33                | Furman            | 33                        | Chattanooga       | 52                          | Davidson          | 31.5                        |       |
|             | ETSU              | 91     | Wofford           | 30                | Wofford           | 30                        | UNC Greensboro    | 5                           | UNC Greensboro    | 5                           |       |
|             | Chattanooga       | 44     | Davidson          | 28                | UNC Greensboro    | 26                        | Wofford           | 5                           | <b>2020</b>       |                             |       |
|             | The Citadel       | 34.33  | <b>2006</b>       | Western Carolina  | 258.5             | Western Carolina          | 258.5             | Wofford                     | 5                 | No meet (COVID-19 pandemic) |       |
|             | Furman            | 15     | Appalachian State | 244.5             | Appalachian State | 244.5                     | Appalachian State | 244.5                       | <b>2021</b>       | Samford                     | 204.5 |
|             | Davidson          | 4      | Davidson          | 84                | Davidson          | 84                        | Western Carolina  | 139.5                       | Western Carolina  | 139.5                       |       |
| <b>1998</b> | VMI               | 171    | The Citadel       | 77                | The Citadel       | 77                        | Furman            | 122                         | VMI               | 113                         |       |
|             | Appalachian State | 125    | Furman            | 58                | Furman            | 58                        | The Citadel       | 100                         | Wofford           | 83                          |       |
|             | ETSU              | 116    | <b>2020</b>       | Western Carolina  | 258.5             | Western Carolina          | 258.5             | ETSU                        | 41                |                             |       |
|             | Western Carolina  | 107    | Appalachian State | 244.5             | Appalachian State | 244.5                     | UNC Greensboro    | 12                          | UNC Greensboro    | 12                          |       |
|             |                   |        | Davidson          | 84                | Davidson          | 84                        | <b>2022</b>       | Samford                     | 226               |                             |       |
|             |                   |        | The Citadel       | 77                | The Citadel       | 77                        | Western Carolina  | 149                         | Western Carolina  | 149                         |       |
|             |                   |        | Furman            | 58                | Furman            | 58                        | VMI               | 123                         | VMI               | 123                         |       |
|             |                   |        | <b>2021</b>       | Western Carolina  | 258.5             | Western Carolina          | 258.5             | Furman                      | 95                |                             |       |
|             |                   |        | Samford           | 204.5             | Samford           | 204.5                     | ETSU              | 87                          |                   |                             |       |
|             |                   |        | Western Carolina  | 139.5             | Western Carolina  | 139.5                     | The Citadel       | 74                          |                   |                             |       |
|             |                   |        | Furman            | 122               | Furman            | 122                       | Wofford           | 42                          |                   |                             |       |
|             |                   |        | VMI               | 113               | VMI               | 113                       | UNC Greensboro    | 15                          |                   |                             |       |
|             |                   |        | The Citadel       | 100               | The Citadel       | 100                       | <b>2023</b>       | Samford                     | 251               |                             |       |
|             |                   |        | Wofford           | 83                | Wofford           | 83                        | Western Carolina  | 133                         |                   |                             |       |
|             |                   |        | ETSU              | 41                | ETSU              | 41                        | VMI               | 97                          |                   |                             |       |
|             |                   |        | UNC Greensboro    | 12                | UNC Greensboro    | 12                        | ETSU              | 91                          |                   |                             |       |
|             |                   |        | <b>2022</b>       | Samford           | 226               | Samford                   | 226               | The Citadel                 | 78                |                             |       |
|             |                   |        | Western Carolina  | 149               | Western Carolina  | 149                       | Furman            | 70                          |                   |                             |       |
|             |                   |        | VMI               | 123               | VMI               | 123                       | Wofford           | 65                          |                   |                             |       |
|             |                   |        | Furman            | 95                | Furman            | 95                        | UNC Greensboro    | 21                          |                   |                             |       |
|             |                   |        | ETSU              | 87                | ETSU              | 87                        | <b>2024</b>       | Samford                     | 217               |                             |       |
|             |                   |        | The Citadel       | 74                | The Citadel       | 74                        | VMI               | 133                         |                   |                             |       |
|             |                   |        | Wofford           | 42                | Wofford           | 42                        | Furman            | 100                         |                   |                             |       |
|             |                   |        | UNC Greensboro    | 15                | UNC Greensboro    | 15                        | Western Carolina  | 92                          |                   |                             |       |
|             |                   |        | <b>2023</b>       | Samford           | 251               | Samford                   | 251               | Wofford                     | 90                |                             |       |
|             |                   |        | Western Carolina  | 133               | Western Carolina  | 133                       | The Citadel       | 81                          |                   |                             |       |
|             |                   |        | VMI               | 97                | VMI               | 97                        | ETSU              | 75                          |                   |                             |       |
|             |                   |        | ETSU              | 91                | ETSU              | 91                        | UNCG              | 17                          |                   |                             |       |
|             |                   |        | The Citadel       | 78                | The Citadel       | 78                        |                   |                             |                   |                             |       |
|             |                   |        | Furman            | 70                | Furman            | 70                        |                   |                             |                   |                             |       |
|             |                   |        | Wofford           | 65                | Wofford           | 65                        |                   |                             |                   |                             |       |
|             |                   |        | UNC Greensboro    | 21                | UNC Greensboro    | 21                        |                   |                             |                   |                             |       |

# MEN'S INDIVIDUAL CHAMPIONS (SINCE 1987)

|                                  |             |                                  |              |                                  |                |                                  |          |
|----------------------------------|-------------|----------------------------------|--------------|----------------------------------|----------------|----------------------------------|----------|
| <b>100-meter dash</b>            |             | 2017 Dakota Lamont, WCU          | 21.49        | 2007 Douglas Noreen, DAV         | 1:53.05        | 1998 Anthony Famiglietti, APP    | 14:42.60 |
| 1987 Bobby Blackwell, VMI        | 10.52       | 2018 Karon Delince, ETSU         | 21.25        | 2008 Patrick Morgan, FUR         | 1:51.78        | 1999 Shane Austin, APP           | 14:54.51 |
| 1988 Keith Collins, APP          | 10.72       | 2019 Devaniel Dale, WCU          | 20.86        | 2009 Michael Danehy, UTC         | 1:54.82        | 2000 Shane Austin, APP           | 14:53.43 |
| 1989 Philip Florence, CIT        | 10.61       | 2020 No meet (COVID-19 pandemic) |              | 2010 Drew Tucker, WCU            | 1:51.57        | 2001 Ben Bisette, APP            | 14:53.22 |
| <b>1990 Greg Hatchett, VMI</b>   | <b>10.1</b> | 2021 Justin Poindexter, VMI      | 21.32        | 2011 Drew Tucker, WCU            | 1:51.33        | 2002 Steven Kocsis, UTC          | 15:10.51 |
| 1991 Greg Hatchett, VMI          | 10.38       | 2022 Justin Poindexter, VMI      | 20.89        | 2012 Andrew Lantz, DAV           | 1:54.60        | 2003 Steven Kocsis, UTC          | 14:48.45 |
| 1992 Jason Dalton, APP           | 10.6        | 2023 Cagan Campbell, SAM         | 20.98        | 2013 Andrew Lantz, DAV           | 1:50.62        | 2004 Steven Kocsis, UTC          | 15:06.93 |
| 1993 Jason Dalton, APP           | 10.46       | <b>2024 Cameron Dalton, WOF</b>  | <b>20.64</b> | 2014 Brandon Hazouri, SAM        | 1:50.31        | 2005 Steven Kocsis, UTC          | 14:55.55 |
| 1994 Jerry Ellison, UTC          | 10.68       | <b>400-meter dash</b>            |              | 2015 Brandon Hazouri, SAM        | 1:50.62        | 2006 Colin Sullivan, UTC         | 14:42.18 |
| 1995 Jeff Horten, ETSU           | 10.62       | 1983 David Carter, APP           | 46.23        | 2016 Avery Martin, VMI           | 1:51.43        | 2007 Tim Clark, UTC              | 15:23.64 |
| 1996 Delevantie Brown, ETSU      | 10.66       | 1987 Earl Bates, WCU             | 47.26        | 2017 Ryan Adams, FUR             | 1:51.22        | 2008 Brian Deal, APP             | 14:45.38 |
| 1997 Darrius Jackson, VMI        | 10.88       | 1988 Mario Small, VMI            | 47.12        | 2018 Jahanzib Shahbaz, VMI       | 1:53.71        | 2009 Chris Berry, UTC            | 15:05.32 |
| 1998 Chris Brooks, ETSU          | 10.52       | 1989 Mario Small, VMI            | 46.36        | 2019 Ryan Adams, FUR             | 1:50.50        | 2010 Phil Mitchell, APP          | 14:53.82 |
| 1999 Kenyon Doyle, CIT           | 10.51       | 1990 Mario Small, VMI            | 46.77        | 2020 No meet (COVID-19 pandemic) |                | 2011 Will Raby, APP              | 14:54.57 |
| 2000 Marcus Lynch, VMI           | 10.65       | <b>1991 Mario Small, VMI</b>     | <b>45.76</b> | 2021 Ryan Adams, FUR             | 1:50.72        | 2012 Ryan Hopkins, DAV           | 14:44.36 |
| 2001 Akaba Glaspie, WCU          | 10.78       | 1992 Esteban Frost, VMI          | 48.22        | <b>2022 Matthew Smith, FUR</b>   | <b>1:48.37</b> | 2013 Demetrios Pagonis, DAV      | 14:35.84 |
| 2002 Ernest Wiggins, APP         | 10.69       | 1993 Holm Ankoma-Sey, VMI        | 47.66        | 2023 Trent Whittaker, VMI        | 1:50.20        | 2014 Brock Baker, FUR            | 14:57.72 |
| 2003 Jason Green, APP            | 10.42       | 1994 Holm Ankoma-Sey, VMI        | 48.31        | 2024 Zephaniah Carico-McLennan   | 1:49.14        | 2015 Arsène Guillorel, SAM       | 14:43.27 |
| 2004 Tee Alford, WCU             | 10.41       | 1995 Fred Cook, ETSU             | 48.07        | <b>1,500-meter run</b>           |                | 2016 Aaron Templeton, FUR        | 14:51.45 |
| 2005 Michael Malone, WCU         | 10.45       | 1996 Warren Robertson, UTC       | 48.53        | 1987 Dave Marks, MAR             | 3:53.48        | 2017 Frank Lara, FUR             | 14:29.35 |
| 2006 Zeb Johnson, WCU            | 10.88       | 1997 Joe Restivo, MAR            | 48.54        | 1988 Greg Hoodnagle, VMI         | 3:50.02        | 2018 Aaron Templeton, FUR        | 14:27.55 |
| 2007 Dominique Young, WCU        | 10.48       | 1998 Warren Robertson, UTC       | 48.62        | 1989 James Hynes, ETSU           | 3:49.11        | 2019 Frank Lara, FUR             | 14:40.63 |
| 2008 Dominique Young, WCU        | 10.50       | 1999 Evan Hawkins, ETSU          | 47.85        | 1990 Scott Faulds, ETSU          | 3:57.1         | 2020 No meet (COVID-19 pandemic) |          |
| 2009 Dominique Young, WCU        | 10.53       | 2000 Joe Hyman, WCU              | 47.66        | 1991 Seamus Power, ETSU          | 3:54.13        | 2021 Noah Dolhare, FUR           | 14:18.19 |
| 2010 Landon Powell, APP          | 10.50       | 2001 Derrick High, WCU           | 47.54        | 1992 Anthony Brinkley, VMI       | 3:55.77        | 2022 Gabe Montague, FUR          | 15:18.40 |
| 2011 Dennis Moore, APP           | 10.39       | 2002 Milton Bolton, WCU          | 47.63        | 1993 Rick Patterson, ETSU        | 3:52.13        | 2023 Adam Beucler, FUR           | 14:36.36 |
| 2012 Dennis Moore, APP           | 10.35       | 2003 Alex Prince, CIT            | 47.29        | 1994 Dustin Allred, APP          | 3:58.97        | 2024 Cameron Ponder, FUR         | 14:31.15 |
| 2013 Brandon Hairston, WCU       | 10.52       | 2004 Milton Bolton, WCU          | 46.68        | 1995 Chuck Margraves, UTC        | 3:57.71        | <b>10,000-meter run</b>          |          |
| 2014 Justin Emerson, SAM         | 10.47       | 2005 Zeb Johnson, WCU            | 48.11        | 1996 Zach Whitmarsh, ETSU        | 3:58.30        | 1987 Thomas O'Gara, ETSU         | 30:12.72 |
| 2015 Brenden Caldwell, WCU       | 10.50       | 2006 Manteo Mitchell, WCU        | 47.20        | 1997 Anthony Scanlon, ETSU       | 4:00.26        | 1988 Thomas O'Gara, ETSU         | 29:37    |
| 2016 Greg Henderson, VMI         | 10.58       | 2007 Manteo Mitchell, WCU        | 48.68        | 1998 Zack Whitmarsh, ETSU        | 3:51.11        | 1989 Thomas O'Gara, ETSU         | 30:38.9  |
| 2017 Keion Crossen, WCU          | 10.39       | 2008 Manteo Mitchell, WCU        | 48.13        | 1999 Nic Crider, UTC             | 3:48.02        | 1990 James Hynes, ETSU           | 31:36.47 |
| 2018 Josiah Johnson, CIT         | 10.30       | 2009 Manteo Mitchell, WCU        | 47.96        | 2000 Nic Crider, UTC             | 3:55.34        | 1991 Seamus Power, ETSU          | 32:36    |
| 2019 Josiah Johnson, CIT         | 10.50       | 2010 Brunson Miller, CIT         | 47.25        | 2001 Aaron Prieur, UTC           | 3:52.76        | Dennis Barry, ETSU               | 32:36    |
| 2020 No meet (COVID-19 pandemic) |             | 2011 Brunson Miller, CIT         | 46.90        | 2002 Dan Gibson, DAV             | 3:54.44        | 1992 Seamus Power, ETSU          | 33:03.9  |
| 2021 Emmanuel Tait, SAM          | 10.58       | 2012 Aaron Harris, WCU           | 48.03        | 2003 Bradley Yewer, ETSU         | 3:51.16        | 1993 Dennis Barry, ETSU          | 31:41.53 |
| 2022 Jordin Poindexter, VMI      | 10.27       | 2013 Aaron Harris, WCU           | 48.55        | 2004 Adam Puett, WCU             | 3:53.59        | 1994 Seamus Power, ETSU          | 31:01.0  |
| 2023 William Malcolm, SAM        | 10.42       | 2014 Earl Rahming, WCU           | 47.21        | 2005 Adam Puett, WCU             | 3:55.45        | 1995 Tommy Holland, APP          | 31:24.00 |
| 2024 Cameron Dalton, WOF         | 10.56       | 2015 Henry Kiedy, WCU            | 47.04        | 2006 Adam Puett, WCU             | 3:56.93        | 1996 Fred Reinhardt, ETSU        | 31:27.37 |
| <b>200-meter dash</b>            |             | 2016 Levi Whitt, VMI             | 51.46        | 2007 Douglas Noreen, DAV         | 3:59.52        | 1997 Will Dickerson, APP         | 31:39.00 |
| 1987 Earl Bates, WCU             | 21.46       | 2017 Dakota Lamont, WCU          | 47.75        | 2008 Michael Mentz, UTC          | 3:57.17        | 1998 Declan Fahy, ETSU           | 31:25.23 |
| 1988 Mario Small, VMI            | 21.73       | 2018 Henry Kiedy, WCU            | 47.41        | 2009 Patrick Morgan, FUR         | 3:49.36        | 1999 Will Dickerson, APP         | 31:30.81 |
| 1989 Mario Small, VMI            | 21.30       | 2019 Devaniel Dale, WCU          | 46.55        | 2010 Brandon Hudgins, APP        | 3:53.51        | 2000 Joe Smith, VMI              | 32:11.14 |
| 1990 Mario Small, VMI            | 21.42       | 2020 No meet (COVID-19 pandemic) |              | 2011 Grayam Sailor-Tynes, DAV    | 3:59.44        | 2001 Ben Bisette, APP            | 31:18.45 |
| 1991 Mario Small, VMI            | 20.90       | 2021 Kane Duncan, CIT            | 47.89        | 2012 Paul Chelimo, UNCG          | 3:49.06        | 2002 Curtis Gadula, UTC          | 32:25.56 |
| 1992 Jason Dalton, APP           | 21.60       | 2022 Michael Harris, WCU         | 47.62        | 2013 Andrew Lantz, DAV           | 3:50.31        | 2003 Kevin Crosby, FUR           | 30:59.30 |
| 1993 Jason Dalton, APP           | 21.36       | 2023 Cagan Campbell, SAM         | 46.99        | 2014 Brandon Hazouri, SAM        | 3:54.33        | 2004 Steven Kocsis, UTC          | 32:03.48 |
| 1994 Fred Cook, ETSU             | 21.34       | 2024 Cagan Campbell, SAM         | 47.09        | 2015 Brandon Hazouri, SAM        | 3:47.05        | 2005 Joe Halin, APP              | 32:14.49 |
| 1995 Dainon Sidney, ETSU         | 21.44       | <b>800-meter run</b>             |              | 2016 Troy Reeder, FUR            | 3:47.25        | 2006 Jonathan Baker, DAV         | 31:54.27 |
| 1996 Delevantie Brown, ETSU      | 21.29       | 1987 Richard Rowe, WCU           | 1:52.84      | 2017 Troy Reeder, FUR            | 3:46.46        | 2007 Phil Mitchell, APP          | 32:26.64 |
| 1997 James Yarborough, VMI       | 21.85       | 1988 Richard Rowe, WCU           | 1:51.35      | 2018 Arsène Guillorel, SAM       | 3:49.03        | 2008 Blair Teal, APP             | 32:13.86 |
| 1998 Darrius Jackson, VMI        | 21.64       | 1989 Mike Cason, CIT             | 1:51.69      | 2019 Ryan Adams, FUR             | 3:48.15        | 2009 Lance Harden, DAV           | 31:27.10 |
| 1999 Kenyon Doyle, CIT           | 21.34       | 1990 Mike Cason, CIT             | 1:53.95      | 2020 No meet (COVID-19 pandemic) |                | 2010 Phil Mitchell, APP          | 31:32.42 |
| 2000 Marcus Lynch, VMI           | 21.32       | 1991 Jeff Rudolph, VMI           | 1:51.44      | 2021 Ryan Adams, FUR             | 3:53.88        | 2011 Chris Berry, UTC            | 30:42.38 |
| 2001 Jeff Witherspoon, CIT       | 21.44       | 1992 Paul Helmandollar, ETSU     | 1:54.10      | 2022 Adam Bradtmueller, ETSU     | 3:44.55        | 2012 Paul Katam, UNCG*           | 31:26.09 |
| 2002 Reggie Williams, APP        | 21.50       | 1993 Shane Stryker, UTC          | 1:52.86      | 2023 John Davis, WCU             | 3:54.76        | 2013 Demetrios Pagonis, DAV      | 31:15.65 |
| 2003 Jason Green, APP            | 21.27       | 1994 Jon Austin, APP             | 1:51.54      | 2024 Dylan Schubert, FUR         | 3:48.53        | 2014 Tanner Hinkle, FUR          | 30:57.70 |
| 2004 Chris Martin, APP           | 21.45       | 1995 Jon Austin, APP             | 1:52.88      | <b>5,000-meter run</b>           |                | 2015 Josh Brickell, FUR          | 31:12.31 |
| 2005 Michael Malone, WCU         | 21.25       | 1996 Zach Whitmarsh, ETSU        | 1:52.20      | 1987 Thomas O'Gara, ETSU         | 14:32.04       | 2016 Aaron Templeton, FUR        | 31:10.79 |
| 2006 Zeb Johnson, WCU            | 21.63       | 1997 Zach Whitmarsh, ETSU        | 1:52.49      | 1988 Thomas O'Gara, ETSU         | 14:22.22       | 2017 Frank Lara, FUR             | 30:37.98 |
| 2007 Dexter Jackson, APP         | 21.01       | 1998 Zach Whitmarsh, ETSU        | 1:52.37      | 1989 John Erickson, ETSU         | 14:39.74       | 2018 Malick Gemechu, ETSU        | 33:01.85 |
| 2008 Manteo Mitchell, WCU        | 21.10       | 1999 Zach Whitmarsh, ETSU        | 1:51.77      | 1990 James Hynes, ETSU           | 14:51.0        | 2019 Frank Lara, FUR             | 31:00.06 |
| 2009 Manteo Mitchell, WCU        | 20.90       | 2000 John Baldwin, UTC           | 1:56.93      | 1991 Seamus Power, ETSU          | 14:55.59       | 2020 No meet (COVID-19 pandemic) |          |
| 2010 Landon Powell, APP          | 21.51       | 2001 Chris Green, VMI            | 1:52.78      | 1992 Seamus Power, ETSU          | 14:19.64       | 2021 David Ahlmeyer, FUR         | 30:33.53 |
| 2011 Dennis Moore, APP           | 20.81       | 2002 Caleb Bailey, WCU           | 1:53.93      | 1993 Seamus Power, ETSU          | 14:37.61       | 2022 Dylan Christopher, UNCG     | 30:48.12 |
| 2012 Benny Davis, WCU            | 20.82       | 2003 Caleb Bailey, WCU           | 1:53.15      | 1994 Seamus Power, ETSU          | 14:45.20       | 2023 Dylan Christopher, UNCG     | 31:36.09 |
| 2013 Brandon Hairston, WCU       | 21.36       | 2004 Bryan Burney, APP           | 1:50.54      | 1995 Brian Meisch, APP           | 14:49.60       | 2024 Owen Shifflett, FUR         | 30:57.53 |
| 2014 Jamaal Brantley, CIT        | 21.59       | 2005 Bryan Burney, APP           | 1:52.61      | 1996 Declan Fahy, ETSU           | 14:54.12       | <b>110-meter hurdles</b>         |          |
| 2015 Aron Long, VMI              | 21.33       | 2006 Jeff Williams, UNCG         | 1:51.79      | 1997 Will Dickerson, APP         | 15:00.91       | 1987 Tommy Robins, APP           | 14.42    |
| 2016 Greg Henderson, VMI         | 21.71       |                                  |              |                                  |                |                                  |          |

# MEN'S INDIVIDUAL CHAMPIONS (SINCE 1987)

|      |                             |              |      |                                 |                |      |                             |          |      |                                |              |
|------|-----------------------------|--------------|------|---------------------------------|----------------|------|-----------------------------|----------|------|--------------------------------|--------------|
| 1988 | Andrew Stewart, VMI         | 14.52        | 2017 | Malik Diggs, CIT                | 52.87          | 2006 | Western Carolina            | 40.58    | 1997 | Ben Wittkowski, ETSU           | 6'8"         |
| 1989 | Tony McKennie, WCU          | 14.41        | 2018 | Malik Diggs, CIT                | 52.76          | 2007 | Western Carolina            | 40.53    | 1998 | Cory Cooper, WCU               | 6'08.00"     |
| 1990 | Tony McKennie, WCU          | 14.41        | 2019 | Michael McMahan, SAM            | 52.47          | 2008 | Western Carolina            | 40.26    | 1999 | Jason Farr, ETSU               | 6-11.50      |
| 1991 | William Robinson, WCU       | 14.51        | 2020 | No meet (COVID-19 pandemic)     |                | 2009 | Western Carolina            | 40.24    | 2000 | Eric McClary, CIT              | 6-8          |
| 1992 | Kedrick Ford, APP           | 14.68        | 2021 | Michael McMahan, SAM            | 51.00          | 2010 | Appalachian State           | 40.50    | 2001 | Jason Farr, ETSU               | 6'05.5"      |
| 1993 | Phil Watson, VMI            | 14.54        | 2022 | Michael McMahan, SAM            | 53.05          | 2011 | Appalachian State           | 40.29    | 2002 | Kelvin Wylie, WCU              | 6-08.00      |
| 1994 | Shawn Miller, WCU           | 14.39        | 2023 | Landon Wright, SAM              | 51.60          | 2012 | Appalachian State           | 40.46    | 2003 | Chris Walker, VMI              | 2.06m        |
| 1995 | Joe Anwah, VMI              | 14.82        | 2024 | Jackson Olivio, SAM             | 52.89          | 2013 | Western Carolina            | 41.10    | 2004 | Ugo Ihekweazu, WOF             | 1.95m        |
| 1996 | Delevantie Brown, ETSU      | 14.40        |      |                                 |                | 2014 | Appalachian State           | 40.62    | 2005 | Michael Estes, ETSU            | 1.98m        |
| 1997 | Joe Anwah, VMI              | 14.67        |      | <b>3,000-meter steeplechase</b> |                | 2015 | Western Carolina            | 40.62    | 2006 | Shaquill Smith, CIT            | 6-06.75      |
| 1998 | Joe Anwah, VMI              | 14.63        | 1967 | Terry Donnelly, W&M             | 8:59.8         | 2016 | Western Carolina            | 41.19    | 2007 | Matt Evans, WCU                | 6-08.75      |
| 1999 | Omari Francis, APP          | 14.38        | 1987 | Todd Crossen, MAR               | 9:10.30        | 2017 | Samford                     | 40.79    | 2008 | Matt Evans, WCU                | 1.96m        |
| 2000 | Jeff McKelvin, VMI          | 14.48        | 1988 | Todd Crossen, MAR               | 8:49.77        | 2018 | The Citadel                 | 40.96    | 2009 | Matt Evans, WCU                | 2.10m        |
| 2001 | Omari Francis, APP          | 14.46        | 1989 | Ray Jones, ETSU                 | 9:04.1         | 2019 | The Citadel                 | 40.71    | 2010 | Matt Evans, WCU                | 2.16m        |
| 2002 | Ryan Linebarger, APP        | 14.93        | 1990 | Pete Vandenberg, APP            | 9:25.0         | 2020 | No meet (COVID-19 pandemic) |          | 2011 | Darius Purcell, APP            | 2.10m        |
| 2003 | Jeff McKelvin, VMI          | 14.45        | 1991 | Tony Patrick, MAR               | 9:15.70        | 2021 | Western Carolina            | 40.95    | 2012 | Daryl Saunders, APP            | 2.18m        |
| 2004 | Lawrence Briscoe, WCU       | 14.39        | 1992 | Tony Patrick, MAR               | 9:15.17        | 2022 | Western Carolina            | 41.13    | 2013 | Daryl Saunders, APP            | 2.12m        |
| 2005 | Michael Malone, WCU         | 14.54        | 1993 | Tony Patrick, MAR               | 9:08.81        | 2023 | Samford                     | 40.11    | 2014 | Samuel Allen, APP              | 2.03m        |
| 2006 | Charles Derrickson, APP     | 14.17        | 1994 | Chris Huffstickler, APP         | 9:03.22        | 2024 | Samford                     | 40.77    | 2015 | Keyth Fightmaster, SAM         | 2.17m        |
| 2007 | Daniel Neal, APP            | 14.61        | 1995 | Chris Huffstickler, APP         | 9:17.23        |      |                             |          | 2016 | Tyrie Adams, WCU               | 2.11m        |
| 2008 | Daniel Neal, APP            | 14.59        | 1996 | Chris Huffstickler, APP         | 9:14.04        |      | <b>4x400-meter relay</b>    |          | 2017 | Keyth Fightmaster, SAM         | 2.10m        |
| 2009 | Jamel Brown, CIT            | 14.61        | 1997 | Declan Fahy, ETSU               | 9:29.40        | 1987 | WCU                         | 3:14.45  | 2018 | Keyth Fightmaster, SAM         | 2.13m        |
| 2010 | Cordell Livingston, WCU     | 14.42        | 1998 | Anthony Famiglietti, APP        | 9:08.06        | 1988 | VMI                         | 3:15.01  | 2019 | Dakota Oxendine, WCU           | 2.12m        |
| 2011 | Cordell Livingston, WCU     | 14.46        | 1999 | Shon Grice, UTC                 | 9:14.70        | 1989 | Appalachian State           | 3:12.81  | 2020 | No meet (COVID-19 pandemic)    |              |
| 2012 | AJ Dohanic, APP             | 14.11        | 2000 | Timothy Briles, FUR             | 9:25.81        | 1990 | Appalachian State           | 3:14.09  | 2021 | <b>Justin Stuckey, Samford</b> | <b>2.19m</b> |
| 2013 | Stanley Broaden, APP        | 14.11        | 2001 | Shon Grice, UTC                 | 9:13.34        | 1991 | Appalachian State           | 3:15.12  | 2022 | Stephen Kraeling, CIT          | 2.05m        |
| 2014 | Marquis Bailey, WCU         | 14.59        | 2002 | Bret Burns, UTC                 | 9:23.87        | 1992 | Western Carolina            | 3:21.42  | 2023 | Tanner Henry, WOF              | 2.05m        |
| 2015 | Abraham Faison, WCU         | 14.28        | 2003 | Linas Salkauskas, UTC           | 9:21.71        | 1993 | Chattanooga                 | 3:15.81  | 2024 | Jagged Moore, SAM              | 2.03m        |
| 2016 | Davon Guerrier, VMI         | 14.35        | 2004 | Linas Salkauskas, UTC           | 9:22.87        | 1994 | VMI                         | 3:16.43  |      |                                |              |
| 2017 | Malik Diggs, CIT            | 14:27        | 2005 | Ian Mayne, UTC                  | 9:23.28        | 1995 | Chattanooga                 | 3:14.70  |      | <b>Pole vault</b>              |              |
| 2018 | Malik Diggs, CIT            | 14:09        | 2006 | Tyler Johnson, FUR              | 9:09.22        | 1996 | ETSU                        | 3:13.54  | 1987 | Mike Schell, APP               | 15'06.00"    |
| 2019 | Emmanuel Tait, SAM          | 14.15        | 2007 | Tim Clark, UTC                  | 9:26.39        | 1997 | ETSU                        | 3:15.38  | 1988 | Rodney Edwards, VMI            | 15.00.00"    |
| 2020 | No meet (COVID-19 pandemic) |              | 2008 | Mark Maddox, APP                | 9:24.37        | 1998 | Appalachian State           | 3:16.69  | 1989 | Mike Schell, APP               | 16'00.00"    |
| 2021 | Michael McMahan, SAM        | 13.98        | 2009 | Blaise Carie, SAM               | 9:19.99        | 1999 | ETSU                        | 3:13.90  | 1990 | Keith Peloquin, VMI            | 13'06.00"    |
| 2022 | Michael McMahan, SAM        | 14.52        | 2010 | Cameron Bean, SAM               | 9:10.00        | 2000 | Western Carolina            | 3:17.73  | 1991 | Steve Manns, MAR               | 16'00.00"    |
| 2023 | <b>Titus Moore, SAM</b>     | <b>13.87</b> | 2011 | Sean Soderman, APP              | 8:56.82        | 2001 | Western Carolina            | 3:15.20  | 1992 | Lance Yarborough, VMI          | 16'00.00"    |
| 2024 | Titus Moore, SAM            | 13.92        | 2012 | Chris Moen, APP                 | 9:03.32        | 2002 | The Citadel                 | 3:12.70  | 1993 | Dennis Gutknecht, APP          | 15'00.00"    |
|      |                             |              | 2013 | Chris Moen, APP                 | 9:02.33        | 2003 | The Citadel                 | 3:12.18  | 1994 | Jeff Capps, WCU                | 15'00.00"    |
|      | <b>400-meter hurdles</b>    |              | 2014 | Tripp Hurt, FUR                 | 8:58.13        | 2004 | Appalachian State           | 3:15.44  | 1995 | Jeff Capps, WCU                | 4.72m        |
| 1987 | James McKinnie, WCU         | 52.41        | 2015 | Adam Chase, ETSU                | 9:11.44        | 2005 | Western Carolina            | 3:15.38  | 1996 | Todd Poremba, APP              | 4.90m        |
| 1988 | Andrew Stewart, VMI         | 53.29        | 2016 | Simeon Roberts, ETSU            | 9:18.36        | 2006 | Western Carolina            | 3:14.30  | 1997 | Joe Condrey, WCU               | 14'11.5"     |
| 1989 | Tony McKennie, WCU          | 51.03        | 2017 | Simeon Roberts, ETSU            | 9:15.50        | 2007 | Western Carolina            | 3:15.08  | 1998 | Todd Poremba, APP              | 17'05.25"    |
| 1990 | Tony McKennie, WCU          | 51.04        | 2018 | Troy Reeder, FUR                | 8:56.08        | 2008 | Western Carolina            | 3:20.00  | 1999 | Ryan Lewis, WCU                | 16-04.75     |
| 1991 | Phil Watson, VMI            | 52.50        | 2019 | Noah Charles, ETSU              | 9:12.91        | 2009 | Western Carolina            | 3:18.09  | 2000 | Wes Pickens, APP               | 15-5-5       |
| 1992 | Duncan Spears, DAV          | 54.93        | 2020 | No meet (COVID-19 pandemic)     |                | 2010 | The Citadel                 | 3:15.97  | 2001 | Charles Rice, WCU              | 16'04.0"     |
| 1993 | Michael Kyle, UTC           | 52.70        | 2021 | Cameron Ponder, FUR             | 8:49.66        | 2011 | Western Carolina            | 3:11.45  | 2002 | Charles Rice, WCU              | 15'08.25"    |
| 1994 | Michael Kyle, UTC           | 51.74        | 2022 | Ben Garner, SAM                 | 8:55.55        | 2012 | Western Carolina            | 3:15.90  | 2003 | Jon Norman, APP                | 4.60m        |
| 1995 | Joe Debose, VMI             | 52.23        | 2023 | <b>Carson Williams, FUR</b>     | <b>8:46.56</b> | 2013 | Western Carolina            | 3:14.44  | 2004 | Wes Willoughby, WCU            | 4.57m        |
| 1996 | Joe Debose, VMI             | 52.77        | 2024 | Cameron Ponder, FUR             | 8:52.32        | 2014 | Western Carolina            | 3:13.01  | 2005 | Wes Willoughby, WCU            | 4.75m        |
| 1997 | Chris Upkins, UTC           | 53.33        |      |                                 |                | 2015 | Western Carolina            | 3:12.75  | 2006 | Barron Shell, APP              | 15-07.00     |
| 1998 | Nate Haley, VMI             | 53.34        |      | <b>4x100-meter relay</b>        |                | 2016 | Western Carolina            | 3:13.99  | 2007 | Barron Shell, APP              | 15-01.00     |
| 1999 | Jon Hutchins, ETSU          | 52.90        | 1986 | VMI                             | 40.60          | 2017 | Western Carolina            | 3:13.36  | 2008 | Ryan Twiford, APP              | 4.64m        |
| 2000 | Nate Haley, VMI             | 52.55        | 1987 | VMI                             | 41.04          | 2018 | Western Carolina            | 3:09.06  | 2009 | Patrick Wells, SAM             | 5.05m        |
| 2001 | Jon-Paul Bowles, FUR        | 53.06        | 1988 | Appalachian State               | 41.28          | 2019 | Samford                     | 3:15.16  | 2010 | Patrick Wells, SAM             | 5.15m        |
| 2002 | Ryan Linebarger, APP        | 51.97        | 1989 | VMI                             | 41.24          | 2020 | No meet (COVID-19 pandemic) |          | 2011 | Michael Seaman, SAM            | 5.05m        |
| 2003 | Chris Harrington, UTC       | 52.88        | 1990 | Western Carolina                | 41.2           | 2021 | VMI                         | 3:12.99  | 2012 | Owen Wagoner, SAM              | 5.20m        |
| 2004 | Chris Harrington, UTC       | 51.74        | 1991 | VMI                             | 40.44          | 2022 | VMI                         | 3:11.08  | 2013 | Ryan Cook, SAM                 | 4.80m        |
| 2005 | Chris Harrington, UTC       | 52.65        | 1992 | Appalachian State               | 41.48          | 2023 | Samford                     | 3:13.81  | 2014 | Owen Wagoner, SAM              | 5.10m        |
| 2006 | Michael Malone, WCU         | 52.71        | 1993 | Appalachian State               | 40.93          | 2024 | Samford                     | 3:11.36  | 2015 | Gavin Gautreau, SAM            | 4.93m        |
| 2007 | David Ritchie, DAV          | 52.78        | 1994 | ETSU                            | 40.30          |      |                             |          | 2016 | Tray Oates, SAM                | 5.50m        |
| 2008 | Jamel Brown, CIT            | 53.42        | 1995 | ETSU                            | 40.36          |      | <b>High jump</b>            |          | 2017 | Tray Oates, SAM                | 5.35m        |
| 2009 | Jestin Jennings, WCU        | 53.18        | 1996 | VMI                             | 41.55          | 1987 | Sammie Cunningham, APP      | 6'08.00" | 2018 | Tray Oates, SAM                | 5.20m        |
| 2010 | Jestin Jennings, WCU        | 54.26        | 1997 | VMI                             | 41.65          | 1988 | Kevin Orr, MAR              | 6'08.00" | 2019 | Hugh Duggan, SAM               | 5.20m        |
| 2011 | Cordell Livingston, WCU     | 52.62        | 1998 | VMI                             | 40.63          | 1989 | Kevin Orr, MAR              | 6'08.00" | 2020 | No meet (COVID-19 pandemic)    |              |
| 2012 | Sam Lusty, WCU              | 53.36        | 1999 | The Citadel                     | 40.94          | 1990 | T.J. Persicketti, WCU       | 6'02.00" | 2021 | Jed Sisco, SAM                 | 4.90m        |
| 2013 | Stanley Broaden, APP        | 52.21        | 2000 | VMI                             | 41.48          | 1991 | John Fullen, APP            | 7'00.00" | 2022 | Jed Sisco, SAM                 | 5.20m        |
| 2014 | Abraham Faison, WCU         | 52.18        | 2001 | Western Carolina                | 41.00          | 1992 | Shawn Miller, WCU           | 6'06.00" | 2023 | Jed Sisco, SAM                 | 5.20m        |
| 2015 | Michael Williams, ETSU      | 52.03        | 2002 | Appalachian State               | 40.51          | 1993 | Ryan Thiel, APP             | 6'08.00" | 2024 | Cameron Thomas, VMI            | 4.95m        |
| 2016 | Michael Williams, ETSU      | 51.81        | 2003 | Appalachian State               | 39.91          | 1994 | Shawn Miller, WCU           | 6'10.00" |      |                                |              |
|      |                             |              | 2004 | Appalachian State               | 40.46          | 1995 | Jamie Burgess, MAR          | 2.05m    |      | <b>Long jump</b>               |              |
|      |                             |              | 2005 | Western Carolina                | 40.78          | 1996 | Robert Johnson, APP         | 2.18m    | 1981 | Anthony James, WCU             | 25'01.50"    |





# MEN'S NCAA CHAMPIONS

| Year | Site               | Event                 | Mark  | Name, school                 |
|------|--------------------|-----------------------|-------|------------------------------|
| 1921 | Chicago, Ill.      | Pole vault            | 12'0" | Longino Welch, Georgia Tech  |
| 1927 | Chicago, Ill.      | 120-yard high hurdles | 14.90 | Weems Baskin, Auburn         |
| 1927 | Chicago, Ill.      | Long jump             | 24'1" | Edward Hamm, Georgia Tech    |
| 1928 | Chicago, Ill.      | Long jump             | 25'0" | Edward Hamm, Georgia Tech    |
| 1948 | Minneapolis, Minn. | 440-yard run          | 47.20 | Norman Rucks, South Carolina |
| 1950 | Minneapolis, Minn. | 220-yard low hurdles  | 23.8  | Bill Albans, North Carolina  |

## ALL-AMERICANS (SINCE 1999)

| Name, school                       | Team | Event                    | Name, school             | Team | Event                    |
|------------------------------------|------|--------------------------|--------------------------|------|--------------------------|
| <b>2011</b>                        |      |                          | <b>2021</b>              |      |                          |
| Michael Seaman, Samford            | 2nd  | Pole vault               | Justin Stuckey Samford   | 2nd  | High jump                |
| Benny Davis, Western Carolina      | 2nd  | 4x400-meter relay        | Ryan Adams, Furman       | HM   | 1,500-meter run          |
| Brandon Hairston, Western Carolina | 2nd  | 4x400-meter relay        | <b>2022</b>              |      |                          |
| Aaron Tribble, Western Carolina    | 2nd  | 4x400-meter relay        | Carson Williams, Furman  | 2nd  | 3,000-meter steeplechase |
| Drew Tucker, Western Carolina      | 2nd  | 4x400-meter relay        | Ashton Domingue, Samford | 2nd  | Javelin                  |
| <b>2012</b>                        |      |                          | Ben Garner, Samford      | HM   | 3,000-meter steeplechase |
| Paul Chelimo, UNCG                 | 1st  | 5,000-meter run          | <b>2023</b>              |      |                          |
| Michael Seaman, Samford            | HM   | Pole vault               | Carson Williams, Furman  | 2nd  | 3,000-meter steeplechase |
| <b>2013</b>                        |      |                          | Titus Moore, Samford     | HM   | 110-meter hurdles        |
| Paul Chelimo, UNCG                 | 1st  | 5,000-meter run          | <b>2024</b>              |      |                          |
| Paul Katam, UNCG                   | 1st  | 10,000-meter run         | Dylan Schubert, Furman   | HM   | 5,000-meter run          |
| <b>2014</b>                        |      |                          |                          |      |                          |
| Tripp Hurt, Furman                 | HM   | 3,000-meter steeplechase |                          |      |                          |
| Adam Jones, Samford                | HM   | 1,500-meter run          |                          |      |                          |
| <b>2015</b>                        |      |                          |                          |      |                          |
| Tripp Hurt, Furman                 | HM   | 3,000-meter steeplechase |                          |      |                          |
| Keyth Fightmaster, Samford         | HM   | High jump                |                          |      |                          |
| Brandon Hazouri, Samford           | HM   | 800-meter run            |                          |      |                          |
| Tray Oates, Samford                | HM   | Pole vault               |                          |      |                          |
| <b>2016</b>                        |      |                          |                          |      |                          |
| Troy Reeder, Furman                | 1st  | 3,000-meter steeplechase |                          |      |                          |
| Tray Oates, Samford                | 1st  | Pole vault               |                          |      |                          |
| Michael Williams, ETSU             | 2nd  | 400-meter hurdles        |                          |      |                          |
| Arsène Guillorel, Samford          | 2nd  | 5,000-meter run          |                          |      |                          |
| <b>2017</b>                        |      |                          |                          |      |                          |
| Troy Reeder, Furman                | 1st  | 3,000-meter steeplechase |                          |      |                          |
| Arsène Guillorel, Samford          | 1st  | 10,000-meter run         |                          |      |                          |
| Ryan Adams, Furman                 | HM   | 1,500-meter run          |                          |      |                          |
| Frank Lara, Furman                 | HM   | 10,000-meter run         |                          |      |                          |
| Keyth Fightmaster, Samford         | HM   | High jump                |                          |      |                          |
| <b>2018</b>                        |      |                          |                          |      |                          |
| Tray Oates, Samford                | 1st  | Pole vault               |                          |      |                          |
| Frank Lara, Furman                 | 2nd  | 10,000-meter run         |                          |      |                          |
| Arsène Guillorel, Samford          | 2nd  | 10,000-meter run         |                          |      |                          |
| <b>2019</b>                        |      |                          |                          |      |                          |
| Ryan Adams, Furman                 | 2nd  | 1,500-meter run          |                          |      |                          |
| Frank Lara, Furman                 | HM   | 10,000-meter run         |                          |      |                          |
| Aaron Templeton Furman             | HM   | 5,000-meter run          |                          |      |                          |
| Aaron Templeton Furman             | HM   | 10,000-meter run         |                          |      |                          |
| <b>2020</b>                        |      |                          |                          |      |                          |
| NO NCAA MEET (COVID-19 pandemic)   |      |                          |                          |      |                          |

### All-America criteria

| Year(s)    | Requirements  |
|------------|---|
| 1942-62    | Top three per event   |
| 1963-74    | Top four per event  |
| 1975-81    | Unknown   |
| 1982-84    | Top 12 per event  |
| 1985-05    | Top eight per event, to include the top eight U.S.-born finishers                                     |
| 2006-10    | Top eight per event, to include the top eight U.S.-born finishers (team must have USTFCCA membership) |
| 2011-pres. | Top eight First Team; 9-16 Second Team (team must have USTFCCA membership)                            |

# SOCON WOMEN'S CHAMPIONSHIP RECORDS

| Event                     | Mark     | Conversion | Name, school  | Year |
|---------------------------|----------|------------|---|------|
| 100m dash                 | 11.35    |            | Eleyah Armstrong, VMI   | 2024 |
| 200m dash                 | 23.50    |            | Lamonda Miller, Appalachian State                                 | 1989 |
| 400m dash                 | 53.27    |            | Jasmine Jefferson, Wofford  | 2024 |
| 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                | 4.06m    | 13-3.75    | Brittany Bishop, Samford  | 2023 |
| 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

## WOMEN'S TEAM CHAMPIONS

| Year | Site                | Champion          | Year | Site                        | Champion          |
|------|---------------------|-------------------|------|-----------------------------|-------------------|
| 1987 | Boone, N.C.         | Appalachian State | 2012 | Cullowhee, N.C.             | Appalachian State |
| 1988 | Lexington, Va.      | Appalachian State | 2013 | Statesboro, Ga.             | Western Carolina  |
| 1989 | Huntington, W.Va.   | Appalachian State | 2014 | Spartanburg, S.C.           | Samford           |
| 1990 | Boone, N.C.         | Appalachian State | 2015 | Birmingham, Ala.            | Western Carolina  |
| 1991 | Lexington, Va.      | Appalachian State | 2016 | Cullowhee, N.C.             | Western Carolina  |
| 1992 | Huntington, W.Va.   | Appalachian State | 2017 | Birmingham, Ala.            | Samford           |
| 1993 | Boone, N.C.         | Appalachian State | 2018 | Cullowhee, N.C.             | Western Carolina  |
| 1994 | Lexington, Va.      | Appalachian State | 2019 | Birmingham, Ala.            | Samford           |
| 1995 | Huntington, W.Va.   | Appalachian State | 2020 | NO MEET (COVID-19 pandemic) |                   |
| 1996 | Johnson City, Tenn. | ETSU              | 2021 | Cullowhee, N.C.             | Samford           |
| 1997 | Boone, N.C.         | Western Carolina  | 2022 | Birmingham, Ala.            | Samford           |
| 1998 | Lexington, Va.      | Appalachian State | 2023 | Cullowhee, N.C.             | Samford           |
| 1999 | Johnson City, Tenn. | Western Carolina  | 2024 | 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 |      |                             |                   |
| 2010 | Boone, N.C.         | Western Carolina  |      |                             |                   |
| 2011 | Birmingham, Ala.    | Appalachian State |      |                             |                   |

  

| Total team titles |        |                                    |
|-------------------|--------|------------------------------------|
| Team              | Titles | Years                              |
| Appalachian State | 18     | 1987-95, 98, 02-06, 09, 11-12      |
| Western Carolina* | 10     | 1997, 99-01, 08, 10, 13, 15-16, 18 |
| Samford*          | 7      | 2014, 17, 19, 21-24                |
| ETSU*             | 1      | 1996                               |
| Georgia Southern  | 1      | 2007                               |

\* active SoCon members

# WOMEN'S INDIVIDUAL AWARDS

## Coach of the Year

|      |   |
|------|---|
| 1987 | John Weaver, Appalachian State                                |
| 1988 | Dennis Brachna, Marshall                                      |
| 1989 | Tom Roberts, ETSU   |
| 1990 | Dennis Brachna, Marshall                                      |
| 1991 | John Weaver, Appalachian State                                |
| 1992 | John Weaver, Appalachian State                                |
| 1993 | John Weaver, Appalachian State                                |
| 1994 | John Weaver, Appalachian State                                |
| 1995 | John Weaver, Appalachian State                                |
| 1996 | Michelle Byrne, ETSU  |
| 1997 | Danny Williamson, Western Carolina                            |
| 1998 | John Weaver, Appalachian State                                |
| 1999 | Danny Williamson, Western Carolina                            |
| 2000 | Danny Williamson, Western Carolina                            |
| 2001 | Danny Williamson, Western Carolina                            |
| 2002 | John Weaver, Appalachian State                                |
| 2003 | Todd Lane, Georgia Southern                                   |
| 2004 | Tood Lane, Georgia Southern<br>John Weaver, Appalachian State |
| 2005 | Shaun Meinecke, Georgia Southern                              |
| 2006 | Shaun Meinecke, Georgia Southern                              |
| 2007 | Natalie Smith, Georgia Southern                               |
| 2008 | Danny Williamson, Western Carolina                            |
| 2009 | John Weaver, Appalachian State                                |
| 2010 | Mark Elliston, Elon   |
| 2011 | Mark Elliston, Elon   |
| 2012 | John Weaver, Appalachian State                                |
| 2013 | Danny Williamson, Western Carolina                            |
| 2014 | Rod Tiffin, Samford   |
| 2015 | Danny Williamson, Western Carolina                            |
| 2016 | Danny Williamson, Western Carolina                            |
| 2017 | Rod Tiffin, Samford   |
| 2018 | Cale McDaniel, Western Carolina                               |
| 2019 | Johnny Bomar, Wofford   |
| 2020 | Not awarded (COVID-19 pandemic)                               |
| 2021 | Rod Tiffin, Samford   |
| 2022 | Rod Tiffin, Samford   |
| 2023 | Johnny Bomar, Wofford   |
| 2024 | Rod Tiffin, Samford   |

## Most Outstanding Athlete

|      |   |
|------|---|
| 1987 | Meg Warren, Appalachian State                                     |
| 1988 | Lamonda Miller, Appalachian State                                 |
| 1989 | Whitney Ball, Appalachian State                                   |
| 1990 | Vanessa Kosmala, Appalachian State                                |
| 1991 | Von Ross, Western Carolina  |
| 1992 | Leigh Wallace, Appalachian State                                  |
| 1993 | Melissa Morrison, Appalachian State                               |
| 1994 | Rita Roberts, Western Carolina                                    |
| 1995 | Angela Rowe, Western Carolina                                     |
| 1996 | Rahma Mateen, Western Carolina                                    |
| 1997 | Daree Thompson, Western Carolina                                  |
| 1998 | Taneisha Robinson, ETSU   |
| 1999 | Mary Jayne Harrelson, Appalachian State                           |
| 2000 | Tyleana Hanner, Chattanooga                                       |
| 2001 | Virginia LaCombe, Western Carolina<br>Tyleana Hanner, Chattanooga |
| 2008 | Brittani Williams, Appalachian State                              |
| 2009 | Lily Tallent, Appalachian State                                   |
| 2010 | Felicia Paulding, Western Carolina                                |
| 2011 | Zakiyyah Stewart, Western Carolina                                |
| 2012 | Breanna Alston, Appalachian State                                 |
| 2013 | Ashley Cope, Samford  |
| 2014 | Jasmin Walker, Georgia Southern                                   |
| 2015 | Tayla Carter, Western Carolina<br>Demeteria Edgecombe, ETSU       |

|      |   |
|------|---|
| 2016 | Sarah Sanford, Samford<br>Hailey Cook, Western Carolina |
| 2017 | Kyra Atkins, ETSU                                       |
| 2018 | Selena Popp, Samford                                    |
| 2019 | Maggie Johnston, Samford                                |
| 2020 | Not awarded (COVID-19 pandemic)                         |
| 2021 | Cherrish Wright, Mercer                                 |
| 2022 | Marissa Blakely, Western Carolina                       |
| 2023 | Eleyah Armstrong, VMI                                   |
| 2024 | Hannah Daffin, Samford                                  |

## Most Outstanding Track Performer

|      |                                    |
|------|------------------------------------|
| 2002 | Ronda White, Appalachian State     |
| 2003 | Gina Recher, Chattanooga           |
| 2004 | Jennifer Claud, Appalachian State  |
| 2005 | Shannon Wommack, Chattanooga       |
| 2006 | Shannon Wommack, Chattanooga       |
| 2007 | Nicole Brown, Georgia Southern     |
| 2008 | Raquel Ramseur, Western Carolina   |
| 2009 | Felicia Paulding, Western Carolina |
| 2010 | Anneli Uys, Chattanooga            |
| 2011 | Felisha Garren, Western Carolina   |
| 2012 | Ebony Carter, Georgia Southern     |
| 2013 | Sinead Haughey, Furman             |
| 2014 | Jasmin Walker, Georgia Southern    |
| 2015 | Demeteria Edgecombe, ETSU          |
| 2016 | Sarah Sanford, Samford             |
| 2017 | Dasha Arnaut, Western Carolina     |
| 2018 | Dasha Arnaut, Western Carolina     |
| 2019 | Hannah Steelman, Wofford           |
| 2020 | Not awarded (COVID-19 pandemic)    |
| 2021 | Cherrish Wright, Mercer            |
| 2022 | Marissa Blakely, Western Carolina  |
| 2023 | Kerrington Johnson, Wofford        |
| 2024 | Jasmine Jefferson, Wofford         |

## Most Outstanding Field Performer

|      |                                      |
|------|--------------------------------------|
| 2002 | Virginia LaCombe, Western Carolina   |
| 2003 | LaShana Poole, Appalachian State     |
| 2004 | Laura Tieszen, Western Carolina      |
| 2005 | Laura Tieszen, Western Carolina      |
| 2006 | Stephanie McNeill, The Citadel       |
| 2007 | Stephaine McNeill, The Citadel       |
| 2008 | Brittani Williams, Appalachian State |
| 2009 | Melanie Trumbo, Georgia Southern     |
| 2010 | Zakiyyah Stewart, Western Carolina   |
| 2011 | Veronica Day, Elon                   |
| 2012 | Emily Allen, Samford                 |
| 2013 | Alisha Bradshaw, Western Carolina    |
| 2014 | Emily Allen, Samford                 |
| 2015 | Alisha Bradshaw, Western Carolina    |
| 2016 | Hailey Cook, Western Carolina        |
| 2017 | Selena Popp, Samford                 |
| 2018 | Selena Popp, Samford                 |
| 2019 | Maggie Johnston, Samford             |
| 2020 | Not awarded (COVID-19 pandemic)      |
| 2021 | Maggie Johnston, Samford             |
| 2022 | Hannah Daffin, Samford               |
| 2023 | Hannah Daffin, Samford               |
| 2024 | Hannah Daffin, Samford               |

## Freshman of the Year

|      |                            |
|------|----------------------------|
| 1992 | Meghan Morrall, Marshall   |
| 1993 | Heather VandeBrake, Furman |
| 1994 | Beth Rack, Marshall        |
| 1995 | Michelle Gregg, ETSU       |
| 1996 | Chandra Nelson, Marshall   |

|      |   |
|------|---|
| 1997 | Mary Jayne Harrelson, Appalachian State |
| 1998 | Shonte' Pinkston, Appalachian State     |
| 1999 | Ashley Herndon, Western Carolina        |
| 2000 | Alison Frese, Chattanooga               |
| 2001 | Oddbjord Haugen, Chattanooga            |
| 2002 | Jennifer Claud, Appalachian State       |
| 2003 | Reshedah Arnold, Georgia Southern       |
| 2004 | Kathleen Turchin, Chattanooga           |
| 2005 | Raquel Ramseur, Western Carolina        |
| 2006 | Emily King, Davidson                    |
| 2007 | Jessica Irizzary, Georgia Southern      |
| 2008 | Felicia Paulding, Western Carolina      |
| 2009 | Emma Bowers, Western Carolina           |
| 2010 | Jelain McArthur, College of Charleston  |
| 2011 | Breanna Alston, Appalachian State       |
| 2012 | Alisha Bradshaw, Western Carolina       |
| 2013 | Tayla Carter, Western Carolina          |
| 2014 | Teghan Henderson, Chattanooga           |
| 2015 | Allie Buchalski, Furman                 |
| 2016 | Kyra Atkins, ETSU                       |
| 2017 | Jazmine Gooden, Western Carolina        |
| 2018 | Hannah Steelman, Wofford                |
| 2019 | Mekayla Brown, ETSU                     |
| 2020 | Not awarded (COVID-19 pandemic)         |
| 2021 | Kerrington Johnson, Wofford             |
| 2022 | Madelynne Cadeau, Furman                |
| 2023 | Jasmine Greene, Western Carolina        |
| 2024 | Lillian Feingold, Furman                |

## Pinnacle Award

### (highest GPA on championship team)

|      |                                   |
|------|-----------------------------------|
| 2017 | Abigail Cutcliffe, Samford        |
| 2018 | Lindsey Trotter, Western Carolina |
| 2019 | Amanda Dumar, Samford             |
| 2020 | Not awarded (COVID-19 pandemic)   |
| 2021 | Aiya Finch, Samford               |
| 2022 | Savannah Schmidt, Samford         |
| 2023 | Savannah Schmidt, Samford         |
| 2024 | Savannah Schmidt, Samford         |

# REPEAT WOMEN'S INDIVIDUAL AWARD WINNERS

## Coach of the Year Award (multiple winners)^

| Name             | School | Awards | Years                           |
|------------------|--------|--------|---------------------------------|
| John Weaver      | APP    | 11     | 1987, 91-95, 98, 02, 04, 09, 12 |
| Danny Williamson | WCU    | 8      | 1997, 99-01, 08, 13, 15-16      |
| Rod Tiffin*      | SAM    | 5      | 2014, 17, 21-22, 24             |
| Dennis Brachna   | MAR    | 2      | 1988, 90                        |
| Todd Lane        | GSU    | 2      | 2003-04                         |
| Shaun Meinecke   | GSU    | 2      | 2005-06                         |
| Mark Elliston    | Elon   | 2      | 2010-11                         |
| Johnny Bomar*    | WOF    | 2      | 2019, 23                        |

\* active

^ began in 1987

## Most Outstanding Athlete Award (multiple winners)^

| Name           | School | Awards | Years   |
|----------------|--------|--------|---------|
| Tyleana Hanner | UTC    | 2      | 2000-01 |

^ began in 1987

## Most Outstanding Track Athlete Award (multiple winners)%

| Name            | School | Awards | Years   |
|-----------------|--------|--------|---------|
| Shannon Wommack | UTC    | 2      | 2005-06 |
| Dasha Arnaut    | WCU    | 2      | 2017-18 |

% began in 2002

## Most Outstanding Field Athlete Award (multiple winners)%

| Name              | School | Awards | Years    |
|-------------------|--------|--------|----------|
| Hannah Daffin     | SAM    | 3      | 2022-24  |
| Laura Tieszen     | WCU    | 2      | 2004-05  |
| Stephanie McNeill | CIT    | 2      | 2006-07  |
| Emily Allen       | SAM    | 2      | 2012, 14 |
| Alisha Bradshaw   | WCU    | 2      | 2013, 15 |
| Selena Popp       | SAM    | 2      | 2017-18  |
| Maggie Johnston   | SAM    | 2      | 2019, 21 |

% began in 2002

## Pinnacle Award (multiple winners)&

| Name             | School | Awards | Years   |
|------------------|--------|--------|---------|
| Savannah Schmidt | SAM    | 3      | 2022-24 |

& began in 2017

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Week

|             |                                 |             |                                   |                                 |                                  |
|-------------|---------------------------------|-------------|-----------------------------------|---------------------------------|----------------------------------|
| <b>2003</b> |                                 | <b>2011</b> |                                   | <b>2016</b>                     |                                  |
| March 28    | Rashedah Arnold, GSU            | March 16    | Ashley Schnell, UNCG (Track)      | March 23                        | LeAndrea Combo, WOF (Track)      |
| April 2     | Emily Chaney, ETSU              |             | Veronica Day, Elon (Field)        |                                 | Ashley Kessler, ETSU (Field)     |
| April 10    | Leslie Martin, WCU              | March 23    | Nicole Okolo, WCU (Track)         | March 30                        | Allie Buchalski, FUR (Track)     |
| April 15    | Marlo Mincey, GSU               |             | Cassie Crawford, APP (Field)      |                                 | Kyra Atkins, ETSU (Field)        |
| <b>2004</b> |                                 | March 30    | Kwajelin Holsendolph, GSU (Track) | April 6                         | Karisa Nelson, SAM (Track)       |
| March 25    | Marlo Mincey, GSU               |             | Dena O'Brien, CofC (Track)        |                                 | Hailey Cook, WCU (Field)         |
| March 31    | Shannon Wommack, UTC            | April 6     | Veronica Day, Elon (Field)        | April 13                        | Sarah Sanford, SAM (Track)       |
| April 6     | Leslie Martin, WCU              |             | Felisha Garren, WCU (Track)       |                                 | Selena Popp, SAM (Field)         |
| April 14    | Nicole Brown, GSU               | April 13    | Breanna Alston, APP (Track)       | April 20                        | Tayla Carter, WCU (Track)        |
| April 20    | Kristin Truman, ETSU            |             | Zakiyyah Stewart, WCU (Field)     |                                 | Tatiana Taylor, SAM (Field)      |
| April 27    | Lindy Petteway, GSU             | April 13    | Amy Salek, Elon (Track)           | April 27                        | Allie Buchalski, FUR (Track)     |
| <b>2005</b> |                                 |             | Rebecca Hazeltine, APP (Field)    |                                 | Ashley Kessler, ETSU (Field)     |
| March 23    | Laura Tieszen, WCU              | April 20    | Danielle McKee, CIT (Track)       | May 4                           | Kimberly Ruch, SAM (Track)       |
| March 30    | Beverly Burnett, APP            |             | Rebecca Hazeltine, APP (Field)    |                                 | Hailey Cook, WCU (Field)         |
| April 6     | Shannon Wommack, UTC            | April 27    | Felisha Garren, WCU (Track)       | <b>2017</b>                     |                                  |
| April 13    | Rhonda White, APP               |             | Veronica Day, Elon (Field)        | March 22                        | Kyra Atkins, ETSU (Track)        |
| April 20    | Alice Turner, ETSU              | <b>2012</b> |                                   |                                 | Kyra Atkins, ETSU (Field)        |
| April 27    | Nikole Simmons, APP             | March 14    | Amy Salek, Elon (Track)           | March 29                        | Allie Buchalski, FUR (Track)     |
| <b>2006</b> |                                 |             | Gayshawna Watkins, APP (Field)    |                                 | Maggie Johnston, SAM (Field)     |
| March 21    | Raquel Ramseur, WCU             | March 20    | Jocelyn Keen, WCU (Track)         | April 5                         | Katrina Seymour, ETSU (Track)    |
| April 5     | Tangelia Johnson, WCU           |             | Sinead Haughey, FUR (Track)       |                                 | Hailey Cook, WCU (Field)         |
| April 12    | Jessica Clendenning, Elon       | March 28    | Shaquiela Robinson, APP (Field)   | April 12                        | Gabbi Jennings, FUR (Track)      |
| April 19    | Nicole Brown, GSU               |             | Jasmine Billings, GSU (Track)     |                                 | Tiffani Lewis, WCU (Field)       |
| <b>2007</b> |                                 | April 3     | Shelby Bulita, SAM (Field)        | April 19                        | Tonia McKinley, SAM (Track)      |
| March 14    | Stephanie McNeill, CIT          |             | Ashley Schnell, UNCG (Track)      |                                 | Selena Popp, SAM (Field)         |
| March 21    | Asia Davis, WCU                 | April 3     | Meghan Morton, WCU (Field)        | April 27                        | Karisa Nelson, SAM (Track)       |
| March 28    | Kristen Meister, DAV            |             | Ashley Schnell, UNCG (Track)      |                                 | Maggie Johnston, SAM (Field)     |
|             | Kerrie Savery, WCU              | April 11    | Alisha Bradshaw, WCU (Field)      | May 4                           | Katrina Seymour, ETSU (Track)    |
| April 4     | Lanni Marchant, UTC             |             | Brooke Mosteller, FUR (Track)     |                                 | Hailey Cook, WCU (Field)         |
| April 11    | Brenna Burns, DAV               | April 18    |                                   | May 10                          | Karisa Nelson, SAM (Track)       |
| April 18    | Alexis Moore, CIT               |             |                                   |                                 | None (Field)                     |
| <b>2008</b> |                                 | <b>2013</b> |                                   | <b>2018</b>                     |                                  |
| March 27    | Lynnndsey Hyter, GSU            | March 20    | Jocelyn Keen, WCU (Track)         | March 21                        | Hannah Steelman, WOF (Track)     |
| April 4     | Ashley McKiver, APP             |             | Cassie Crawford, APP (Field)      |                                 | Makaila McIntyre, WCU (Field)    |
| April 9     | Raquel Ramseur, WCU             | March 28    | Tayla Carter, WCU (Track)         | March 28                        | Sarah Sanford, SAM (Track)       |
| April 16    | Chibuzo Aguocha, FUR            |             | Alisha Bradshaw, WCU (Field)      |                                 | Erin Hines, SAM (Field)          |
| April 24    | Demetrise Anthony, GSU          | April 3     | Lauren D'Alessio, SAM (Track)     | April 4                         | Emma Grace Hurley, FUR (Track)   |
| <b>2009</b> |                                 |             | RoShani Glover, CofC (Field)      |                                 | Jaelyn Warren, WCU (Field)       |
| March 19    | Amy Salek, Elon (Track)         | April 10    | Carolina McCaslin, Elon (Track)   | April 11                        | McLeod Dean, WOF (Track)         |
| March 26    | Mary Angela Barron, SAM (Field) |             | Alisha Bradshaw, WCU (Field)      |                                 | Alyssa Whipkey, ETSU (Field)     |
|             | Felicia Paulding, WCU (Track)   | April 17    | Veronica Luedke, Elon (Track)     | April 18                        | Dasha Arnaut, WCU (Track)        |
| April 2     | Demetrise Anthony, GSU (Field)  |             | Jasmine Suydam, APP (Field)       |                                 | Simone Williams, WCU (Field)     |
| April 9     | Hillary Neal, SAM (Track)       | <b>2014</b> |                                   | April 25                        | Allie Buchalski, FUR (Track)     |
|             | Melanie Trumbo, GSU (Field)     | March 19    | Jennifer Esposito, Elon (Track)   |                                 | Alisha Blackmon, WCU (Field)     |
| April 9     | Hillary Neal, SAM (Track)       |             | Emily Allen, SAM (Field)          | May 2                           | McLeod Dean, WOF (Track)         |
|             | Shea Snow, APP (Field)          | March 26    | Tayla Carter, WCU (Track)         |                                 | Alex Williams, MER (Field)       |
| April 16    | Anneli Uys, UTC (Track)         |             | Nicole Charley, SAM (Field)       | May 9                           | Allie Buchalski, FUR (Track)     |
|             | Rebecca Hazeltine, APP (Field)  | April 3     | Sinead Haughey, FUR (Track)       |                                 | Bria Anderson, VMI (Field)       |
| April 23    | Felicia Paulding, WCU (Track)   |             | Megan Kirshling, Elon (Field)     | <b>2019</b>                     |                                  |
|             | Melanie Trumbo, GSU (Field)     | April 9     | Teghan Henderson, UTC (Track)     | March 21                        | Lindsey Stallworth, ETSU (Track) |
|             |                                 |             | Briana Tate, APP (Field)          |                                 | Simone Williams, WCU (Field)     |
| <b>2010</b> |                                 | April 17    | Genevieve Emrick, WCU (Track)     | March 27                        | Kennedy Thomson, UTC (Track)     |
| March 18    | Jelain McArthur, CofC (Track)   |             | Alisha Bradshaw, WCU (Field)      |                                 | Amber Lust, WOF (Field)          |
|             | Urysla Cotton, Elon (Field)     | <b>2015</b> |                                   | April 3                         | Gabbi Jennings, FUR (Track)      |
| March 25    | Jelain McArthur, CofC (Track)   | March 18    | Sarah Sanford, SAM (Track)        |                                 | Tiffany Quick, VMI (Field)       |
|             | Danielle Thorpe, APP (Field)    |             | Tiana Pisoni, SAM (Field)         | April 10                        | Hannah Steelman, WOF (Track)     |
| April 1     | Hillary Neal, SAM (Track)       | March 25    | Keturah Williams, ETSU (Track)    |                                 | Maggie Johnston, SAM (Field)     |
|             | Jelain McArthur, CofC (Field)   |             | Verena Tobis, ETSU (Field)        | April 17                        | Hannah Steelman, WOF (Track)     |
| April 8     | Felisha Garren, WCU (Track)     | April 1     | Allie Buchalski, FUR (Track)      |                                 | Morayo Bhadmos, SAM (Field)      |
|             | Danielle Thorpe, APP (Field)    |             | None (Field)                      | April 24                        | Gabbi Jennings, FUR (Track)      |
| April 15    | Anneli Uys, UTC (Track)         | April 9     | Allie Buchalski, FUR (Track)      |                                 | Khiara White, ETSU (Field)       |
|             | Danielle Thorpe, APP (Field)    |             | Renee Reives, VMI (Field)         | <b>2020</b>                     |                                  |
| April 22    | Shenita Martin, APP (Track)     | April 15    | Genevieve Emrick, WCU (Track)     | Not awarded (COVID-19 pandemic) |                                  |
|             | Gayshawna Watkins, APP (Field)  |             | Hailey Cook, WCU (Field)          |                                 |                                  |
|             |                                 | April 23    | Yaa Agyepong-Wiafe, VMI (Track)   |                                 |                                  |
|             |                                 |             | Bria Anderson, VMI (Field)        |                                 |                                  |

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Week

|             |  |             |                                  |
|-------------|--|-------------|----------------------------------|
| <b>2021</b> |  | <b>2024</b> |                                  |
| March 25    | Amanda Dumar, SAM (Track)                  | March 27    | Abigail Robertson, FUR (Track)   |
| March 31    | Maggie Johnston, SAM (Field)               |             | Ellison Chadwick, SAM (Field)    |
|             | Bethany Graham, FUR (Track)                | April 3     | Sierra Bower, FUR(Track)         |
| April 7     | Milan Williams, CIT (Field)                |             | Brittany Bishop, SAM (Field)     |
|             | Cherrish Wright, MER (Track)               | April 10    | Jasmine Jefferson, WOF(Track)    |
| April 14    | Georgia McDevitt, WOF (Field)              |             | Hannah Daffin, SAM (Field)       |
|             | Gabbi Jennings, FUR (Track)                | April 17    | Megan Marvin, FUR (Track)        |
| April 21    | Maggie Johnston, SAM (Field)               |             | Heidi Hudson, WCU (Field)        |
|             | Bethany Graham, FUR (Track)                | April 24    | Nicole Matysik, FUR(Track)       |
| April 28    | Maggie Johnston, SAM (Field)               |             | Diana Romero-Barba, ETSU (Field) |
|             | Gabbi Jennings, FUR (Track)                | May 1       | Katie Keller, SAM(Track)         |
|             | Ellie Miller, VMI (Field)                  |             | Ali Ruffin, CIT (Field)          |
| <b>2022</b> |  |             |                                  |
| March 23    | Genevieve Schwarz, ETSU (Track)            |             |                                  |
|             | Brittany Bishop, SAM (Field)               |             |                                  |
| March 30    | Megan Marvin, FUR (Track)                  |             |                                  |
|             | Alex Webb, SAM (Field)                     |             |                                  |
| April 6     | Ariel Raggs, MER (Track)                   |             |                                  |
|             | Tya Blake, ETSU (Field)                    |             |                                  |
| April 13    | Kerrington Johnson, WOF (Track)            |             |                                  |
|             | Morayo Bhadmos, SAM (Field)                |             |                                  |
| April 20    | McKenzie Hogue, SAM (Track)                |             |                                  |
|             | Brittany Bishop, SAM (Field)               |             |                                  |
| April 27    | Megan Marvin, FUR (Track)                  |             |                                  |
|             | Alex Webb, SAM (Field)                     |             |                                  |
| <b>2023</b> |  |             |                                  |
| March 22    | Genevieve Schwarz, ETSU (Track)            |             |                                  |
|             | Erin Long, SAM (Field)                     |             |                                  |
| March 29    | Lesley Green, UTC (Track)                  |             |                                  |
|             | Hannah Daffin, SAM (Field)                 |             |                                  |
| April 5     | Tara Davis, MER (Track)                    |             |                                  |
|             | Tya Blake, ETSU (Field)                    |             |                                  |
| April 12    | Madelynn Cadeau, FUR (Track)               |             |                                  |
|             | None (Field)                               |             |                                  |
| April 19    | Kerrington Johnson, WOF (Track)            |             |                                  |
|             | Erin Long, SAM (Field)                     |             |                                  |
| April 26    | Kaylie Armitage, FUR (Track)               |             |                                  |
|             | Hannah Daffin, SAM (Field)                 |             |                                  |
| May 3       | Mecca Jackson, CIT (Track)                 |             |                                  |
|             | Ali Wilson-Ruffin, CIT (Field) <b>2023</b> |             |                                  |
| March 22    | Genevieve Schwarz, ETSU (Track)            |             |                                  |
|             | Erin Long, SAM (Field)                     |             |                                  |

## Repeat Athletes of the Week

### Seven times

Allie Buchalski, FUR, 2015-18

### Six times

Maggie Johnston, SAM, 2017, 19, 21

### Five times

Hailey Cook, WCU, 2015-17

Gabbi Jennings, FUR, 2017, 19, 21

### Four times

Alisha Bradshaw, WCU, 2012-14

### Three times

Hillary Neal, SAM, 2009-10

Jelain McArthur, CofC, 2010

Danielle Thorpe, APP, 2010

Rebecca Hazeltine, APP, 2009, 11

Felisha Garren, WCU, 2010-11

Veronica Day, Elon, 2011

Amy Salek, Elon, 2009, 11-12

Ashley Schnell, UNCG, 2011-12

Hailey Cook, WCU, 2015-16

Tayla Carter, WCU, 2013-14, 16

Kyra Atkins, ETSU, 2016-17

Karisa Nelson, SAM, 2016-17

Sarah Sanford, SAM, 2015-16, 18

Hannah Steelman, WOF, 2018-19

Hannah Daffin, SAM, 2023-24

Megan Marvin, FUR, 2022, 24

Brittany Bishop, SAM, 2022, 24

### Two times

Marlo Mincey, GSU, 2003-04

Leslie Martin, WCU, 2003-04

Shannon Wommack, UTC, 2004-05

Nicole Brown, GSU, 2004, 06

Raquel Ramseur, WCU, 2006,08

Demetrise Anthony, GSU, 2008-09

Felicia Paulding, WCU, 2009

Melanie Trumbo, GSU, 2009

Anneli Uys, UTC, 2009-10

Gayshawna Watkins, APP, 2010, 12

Jocelyn Keen, WCU, 2012-13

Cassie Crawford, APP, 2011, 13

Tayla Carter, WCU, 2013-14

Sinead Haughey, FUR, 2012, 14

Genevieve Emrick, WCU, 2014-15

Ashley Kessler, ETSU, 2016

Katrina Seymour, ETSU, 2017

Selena Popp, SAM, 2016-17

McLeod Dean, WOF, 2018

Bria Anderson, VMI, 2015, 18

Simone Williams, WCU, 2018-19

Bethany Graham, FUR, 2021

Morayo Bhadmos, SAM 2019, 22

Alex Webb, SAM, 2022

Genevieve Schwarz, ETSU, 2022-23

Tya Blake, ETSU, 2022-23

Kerrington Johnson, WOF, 2022-23

Erin Long, SAM, 2023

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Month

|             |   |
|-------------|---|
| <b>2004</b> |   |
| March       | Marlo Mincey, GSU   |
| April       | Lindy Petteway, GSU   |
| <b>2005</b> |   |
| March       | Beverly Burnett, APP  |
| April       | Information unavailable   |
| <b>2006</b> |   |
| March       | Raquel Ramseur, WCU   |
| April       | Shannon Wommack, UTC  |
| <b>2009</b> |   |
| March       | Hillary Neal, SAM (Track)<br>Danielle Thorpe, APP (Field)                                   |
| April       | Hillary Neal, SAM (Track)<br>Lilly Tallent, APP (Field)                                     |
| <b>2010</b> |   |
| March       | Jelain McArthur, CofC (Track)<br>Urysla Cotton, Elon (Field)                                |
| April       | Anneli Uys, UTC (Track)<br>Danielle Thorpe, APP (Field)                                     |
| <b>2011</b> |   |
| March       | Dena O'Brien, CofC (Co-Track)<br>Ashley Schnell, UNCG (Co-Track)                            |
| April       | Veronica Day, Elon (Field)<br>Felisha Garren, WCU (Track)<br>Rebecca Hazeltine, APP (Field) |
| <b>2012</b> |   |
| March       | Amy Salek, Elon (Track)<br>Meghan Morton, WCU (Field)                                       |
| <b>2013</b> |   |
| March       | Tayla Carter, WCU (Track)<br>Alisha Bradshaw, WCU (Field)                                   |
| April       | Sinead Haughey, FUR (Track)<br>Alisha Bradshaw, WCU (Field)                                 |
| <b>2014</b> |   |
| March       | Tayla Carter, WCU (Track)<br>Emily Allen, SAM (Field)                                       |
| April       | Jasmin Walker, GSU (Track)<br>Emily Allen, SAM (Field)                                      |

|             |   |
|-------------|---|
| <b>2015</b> |   |
| April       | Demeteria Edgecombe, ETSU (Track)<br>Alisha Bradshaw, WCU (Field) |
| <b>2016</b> |   |
| March       | Allie Buchalski, FUR (Track)<br>Ashley Kessler, ETSU (Field)      |
| April       | Karisa Nelson, SAM (Track)<br>Hailey Cook, WCU (Field)            |
| <b>2017</b> |   |
| March       | Allie Buchalski, FUR (Track)<br>Hailey Cook, WCU (Field)          |
| April       | Katrina Seymour, ETSU (Track)<br>Hailey Cook, WCU (Field)         |
| <b>2018</b> |   |
| March       | Emma Grace Hurley, FUR (Track)<br>Jaelyn Warren, WCU (Field)      |
| April       | Haley Ward, SAM (Track)<br>Alisha Blackmon, WCU (Field)           |
| <b>2019</b> |   |
| March       | Gabbi Jennings, FUR (Track)<br>Amber Lust, WOF (Field)            |
| April       | Hannah Steelman, WOF (Track)<br>Maggie Johnston, SAM (Field)      |
| <b>2020</b> | Not awarded (COVID-19 pandemic)                                   |
| <b>2021</b> |   |
| March       | Bethany Graham, FUR (Track)<br>Maggie Johnston, SAM (Field)       |
| April       | Gabbi Jennings, FUR (Track)<br>Maggie Johnston, SAM (Field)       |
| <b>2022</b> |   |
| March       | Megan Marvin, FUR (Track)<br>Brittany Bishop, SAM (Field)         |
| April       | Megan Marvin, FUR (Track)<br>Brittany Bishop, SAM (Field)         |

## Repeat Athletes of the Month

### Three times

Alisha Bradshaw, WCU, 2013, 15  
Maggie Johnston, SAM, 2019, 21

### Two times

Hillary Neal, SAM, 2009  
Danielle Thorpe, APP, 2009-10  
Tayla Carter, WCU, 2013-14  
Emily Allen, SAM, 2014  
Allie Buchalski, FUR, 2016-17  
Hailey Cook, WCU, 2016-17  
Gabbi Jennings, FUR, 2019, 21  
Megan Marvin, FUR, 2022  
Brittany Bishop, SAM, 2022  
Erin Long, SAM, 2023

### 2023

March Genevieve Schwarz, ETSU (Track)  
Erin Long, SAM (Field)  
April Mecca Jackson, CIT (Track)  
Erin Long, SAM (Field)

### 2024

March Sierra Bower, FUR (Track)  
Ellison Chadwick, SAM (Field)  
Megan Marvin, FUR (Track)  
April Eleyah Armstrong, VMI (Field)



# WOMEN'S ALL-FRESHMAN TEAMS

## 2009

### 100-meter dash

Emma Bowers, Western Carolina

### 200-meter dash

Emma Bowers, Western Carolina  
Felisha Garren, Western Carolina  
Ariel Hatcher, College of Charleston

### 400-meter dash

Amy Salek, Elon  
Felisha Garren, Western Carolina  
Asia Dunlap, Appalachian State

### 800-meter run

Cori Christensen, Samford

### 1,500-meter run

Kristen Wolfe, College of Charleston  
Madison Russo, Elon  
Callen Powers, College of Charleston

### 5,000-meter run

Andrea Seccafien, Samford  
Chloe Kowalski, Furman  
Charlee Coggins, Furman

### 10,000-meter run

Allyson Costa, Elon

### 3,000-meter steeplechase

Kristen Wolfe, College of Charleston  
Deanna Zidar, Samford  
Stephanie Chapman, Appalachian State

### 100-meter hurdles

Brillyance Gilchrist-Poteat, The Citadel  
Jettana Thomas, Western Carolina

### 400-meter hurdles

Brillyance Gilchrist-Poteat

### High jump

Emily Smith, College of Charleston  
Alex Cassagnol, Georgia Southern  
Christy Myers, Samford

### Triple jump

Jettana Thomas, Western Carolina

### Hammer throw

Theresa Johansen, The Citadel  
Deidra Morrison, Western Carolina  
Clara Martin, Elon

### Javelin throw

Christian McGuire, Samford  
Summer Hughes, Western Carolina  
Azura Robillard, Georgia Southern

### Shot put

Deidra Morrison, Western Carolina  
Alicia Gainey, Western Carolina  
Keisha Thacker, College of Charleston

### Discus throw

Alyssa Girvin, Elon  
Theresa Johansen, The Citadel  
Sarah Herndon, Georgia Southern

### Pole vault

None

### Heptathlon

Jettana Thomas, Western Carolina  
Alicia Gainey, Western Carolina  
Naadia Crutchfield, Appalachian State

## 2010

### 100-meter dash

Ebony Carter, Georgia Southern  
Raven Parrish, Western Carolina

### 400-meter dash

D'Shawna McLucas, Appalachian State

### 800-meter run

Holly Benson, Samford  
Trinity Foreman, Appalachian State  
Micah Wessinger, The Citadel

### 1,500-meter run

Trinity Foreman, Appalachian State  
Shaina Sumney, UNCG  
Morgan Turner, Western Carolina

### 5,000-meter run

Natalie Atabek, Davidson  
Brooke Mosteller, Furman  
Sarah Williamson, Appalachian State

### 10,000-meter run

Natalie Atabek, Davidson  
Shelby Harris, Wofford  
Jessica Pate, Furman

### 3,000-meter steeplechase

Haley Gray, Furman  
Andrea Kelsey, Wofford  
Emily Tryon, Elon

### 100-meter hurdles

Jasmine Billings, Georgia Southern  
Jelain McArthur, College of Charleston  
Julie McDonald, Samford

### 400-meter hurdles

Rosie Lewis, Davidson  
Shenita Martin, Appalachian State

### Long jump

Jelain McArthur, College of Charleston  
Raven Parrish, Western Carolina  
Brittany Wilkins, Elon

### High jump

Chenelle Terry, Samford

### Triple jump

Emily Allen, Samford  
Jelain McArthur, College of Charleston  
Brittany Powell, Western Carolina

### Hammer throw

Megan Fannon, Georgia Southern  
Jocelyn Rice, Western Carolina

### Javelin throw

Deanne Tiplady, Appalachian State  
Gayshawna Watkins, Appalachian State  
Ashleigh Padgett, Wofford

### Shot put

Gayshawna Watkins, Appalachian State  
Latisha Harris, College of Charleston  
Ashley Thomas, Georgia Southern

### Discus throw

Casey McKee, College of Charleston  
Jocelyn Rice, Western Carolina  
Gayshawna Watkins, Appalachian State

### Pole vault

Laura Bedsole, Samford  
Chelsea Taylor, College of Charleston  
Ashley Wala, Western Carolina

### Heptathlon

Emily Allen, Samford

## 2011

### 100-meter dash

Breanna Alston, Appalachian State  
Janise Robinson, Samford  
Kwajelin Holsendolph, Georgia Southern

### 200-meter dash

Breanna Alston, Appalachian State  
Bria Bell, Elon  
Kristen Campbell, Appalachian State

### 400-meter dash

Bria Bell, Elon  
Breanna Morrison, Appalachian State  
Shinique Proyor, Western Carolina

### 800-meter run

Jocelyn Keen, Western Carolina  
Julie Hart, Elon  
Danielle McKee, The Citadel

### 1,500-meter run

Dena O'Brien, College of Charleston  
Julie Hart, Elon  
Catherine Burton, Furman

### 5,000m-meter run

Dena O'Brien, College of Charleston  
Allyson Oram, Elon  
Carly Egan, Wofford

### 10,000-meter run

Megan Mavity, Davidson  
Mara Smith, Western Carolina  
Alexandra Horst, Davidson

### 3,000-meter steeplechase

Deanna Butler, Western Carolina  
Carly Egan, Wofford  
Kelly Montague, UNCG

### 100-meter hurdles

Kwajelin Holsendolph, Georgia Southern  
Stephanie Hicks, Georgia Southern  
Macy Conger, Samford

### 400-meter hurdles

Veronica Luedke, Elon  
Danielle Blanco, Samford  
Dana Edwards, Georgia Southern

### Long jump

Stephanie Hicks, Georgia Southern  
Kaitlin McWhorter, College of Charleston  
Brianna Charles, Georgia Southern

### High jump

Shaquiela Robinson, Appalachian State  
Nicole Levermann, The Citadel  
Kaitlin Brown, Wofford

### Hammer throw

Shelby Builta, Samford  
Charlise Morgan, Elon  
Sydney Revis, Western Carolina

### Javelin throw

Morgan Morton, Western Carolina  
Shelby Builta, Elon  
Christine Klinar, College of Charleston

### Shot put

Charlise Morgan, Elon  
Andriana Love, The Citadel  
Jocelyn Parnell, Appalachian State

### Discus throw

Shelby Builta, Samford  
Rebecca Gardner, Elon  
Charlise Morgan, Elon

### Pole vault

Cassandra Crawford, Appalachian State  
Ashley Cope, Samford  
Claire Goodson, College of Charleston

### Heptathlon

Ashley Cope, Samford  
Stephanie Hicks, Georgia Southern  
Macy Conger, Samford

## 2012

### 100-meter dash

Jasmin Walker, Georgia Southern  
Taylor Feimester, Western Carolina  
Tanisha Bethel, The Citadel

### 200-meter dash

Jasmin Walker, Georgia Southern  
Kimberly Thomas, Georgia Southern  
Tanisha Bethel, The Citadel

### 400-meter dash

Lena Elliot, Western Carolina  
Kimberly Thomas, Georgia Southern  
Shannon Murphy, Furman

### 800-meter run

Marie Demedicis, Samford  
Anna Irvine, Samford  
Hayley McMahon, College of Charleston

### 5,000-meter run

Presley Parkes, Davidson  
Erin Osment, Davidson  
Ali Cobb, Davidson

### 10,000-meter run

Sinead Haughey, Furman  
Keely Stewart, Chattanooga  
Erin Osment, Davidson

### 3,000-meter steeplechase

Mara Stickley, Appalachian State  
Jenny Gallagher, Elon

### 100-meter hurdles

Taylor Wade, Georgia Southern  
Shermell Wilkins, Western Carolina  
Xaviera Bass, Western Carolina

### 400-meter hurdles

Taylor Wade, Georgia Southern  
Michaela Birek, Western Carolina  
Shermell Wilkins, Western Carolina

### Long jump

Jasmin Walker, Georgia Southern  
Tatyana Bryan, Appalachian State  
Louise PrevotEAU, Elon

### High jump

Xaviera Bass, Western Carolina  
Haley Laird, Elon  
Taylor Pannell, Chattanooga

### Triple jump

Tatyana Bryant, Appalachian State  
Dysha Parks, College of Charleston  
Alison Beauregard, College of Charleston

### Discus throw

Alisha Bradshaw, Western Carolina  
Aleisha Archie McMillan, Western Carolina  
Jasmine Suydam, Appalachian State

### Hammer throw

Alisha Bradshaw, Western Carolina  
Sarah Hall, Georgia Southern  
Jasmine Suydam, Appalachian State

### Javelin throw

Suzanne Martin, Elon  
Jennifer Jarvis, Elon  
Jessica Moss, Georgia Southern

### Shot put

Sarah Sisk, College of Charleston  
Jasmine Suydam, Appalachian State  
Katelyn Poole, Samford

### Pole vault

Devyn Ressler, Western Carolina  
Cara June Elyea, Western Carolina

### Heptathlon

# WOMEN'S ALL-FRESHMAN TEAMS

Louise PrevotEAU, Elon  
Anne Greer, Western Carolina

## 2013

### 100-meter dash

Tayla Carter, Western Carolina  
Alyssa Felton, Georgia Southern  
Lauren Hoard, Chattanooga

### 200-meter dash

Tayla Carter, Western Carolina  
Alyssa Felton, Georgia Southern  
Aliya Parker, Georgia Southern

### 400-meter dash

Kendra Douglas, Western Carolina  
Corina McMillan-Archie, Western Carolina  
Achsah Brice, Western Carolina

### 800-meter run

Olivia Menden, Davidson  
Katelyn Brock, Samford  
Shelby Howell, Appalachian State

### 5,000-meter run

Lydia Saina, UNCG  
Dana Cox, Appalachian State  
Katy Link, UNCG

### 10,000-meter run

Dana Cox, Appalachian State

### 3,000-meter steeplechase

Caroline McCaslin, Elon  
Tereza Novotna, Elon  
Rachel Wooten, Samford

### 100-meter hurdles

Sydney Griffin, Elon

### 400-meter hurdles

Shermell Wilkins, Western Carolina  
Holly Gaines, Western Carolina  
Alexia Neal, College of Charleston

### High jump

Megan Kirschling, Elon  
Keyanna Harris, Georgia Southern

### Long jump

Alyssa Felton, Georgia Southern  
Ashleigh Rasheed, Georgia Southern  
Jamie Glenn, Appalachian State

### Triple jump

Jamie Glenn, Appalachian State  
RoShani Glover, College of Charleston  
Ashleigh Rasheed, Georgia Southern

### Discus throw

Kelsey Chandler, Georgia Southern  
Jasmin Brown, Western Carolina  
Brianna Tate, Appalachian State

### Hammer throw

Kelsey Chandler, Georgia Southern  
Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina

### Javelin throw

Ciera Holston, College of Charleston

### Shot put

Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina  
Camryn Coleman, Georgia Southern

### Pole vault

Audrey Diener, Appalachian State

### Heptathlon

Ashleigh Rasheed, Georgia Southern  
Holly Gaines, Western Carolina  
Ciera Holston, College of Charleston

## 2014

### 200-meter dash

Catherine Crawford, Appalachian State

### 800-meter run

Hannah Rieden, Davidson

### 400-meter dash

Asha Stegall, Georgia Southern

### 1,500-meter run

Ansley Bos, Samford  
Kimberly Johansen, Elon  
Jessica York, Chattanooga

### 5,000-meter run

Teghan Henderson, Chattanooga  
Tristin Van Ord, Appalachian State  
Elyse Bierut, Elon

### 10,000-meter run

Teghan Henderson, Chattanooga  
Laura Miller, Furman  
Shelby Cuddeback, Elon

### 3,000-meter steeplechase

Kaitlin Snapp, Elon  
Ann Sisson, Furman  
Madalyn Garland, Chattanooga

### 100-meter hurdles

LeNeisha Kearse, Western Carolina

### 400-meter hurdles

Jennifer Esposito, Elon  
Latasha Price, Western Carolina  
LeNiesha Kearse, Western Carolina

### High jump

Anisia Starege, Western Carolina  
Makayla Roten, Appalachian State  
Audrey Florence, Appalachian State

### Long jump

Chenell Bryan, Western Carolina  
Krystal Clarke, Appalachian State  
Tiffani Lewis, Western Carolina

### Triple jump

Carrie Abraham, Elon  
Jayna Coyle, Elon  
Tiffani Lewis, Western Carolina

### Discus throw

Breanna Warren, Elon  
Aerial Horton, Samford  
Taylor Hall, Wofford

### Hammer throw

Kelsey Arnold, Georgia Southern  
India McWhorter, Appalachian State  
Aerial Horton, Samford

### Javelin throw

Emily Williams, Wofford  
Emily Eustace, Samford  
Molly Fagan, Western Carolina

### Shot put

Aerial Horton, Samford  
Breanna Warren, Elon  
India McWhorter, Appalachian State

### Pole vault

Morgan Johnson, Samford  
Emily Eustace, Samford

### Heptathlon

None

## 2015

### 100-meter dash

Kerisha Goode, VMI  
Yaa Agyepong-Wiafe, VMI  
Alyiah Riley, Western Carolina

### 200-meter dash

Carson Howe, Samford  
Henry Kiedy, Western Carolina  
Patrick Taylor, ETSU

### 400-meter dash

Aubree Collins, ETSU  
Christina Hill, VMI  
Ty Harris, The Citadel

### 800-meter run

Jacquelyn Crow, Furman  
Emma Garner, Samford  
Hannah Chamblin, Chattanooga  
Hannah Warren, ETSU

### 1,500-meter run

Allie Buchalski, Furman  
Karisa Nelson, Samford  
Jacquelyn Crow, Furman

### 5,000-meter run

Allie Buchalski, Furman  
Emma Mashburn, Furman  
Emily Drouin, Chattanooga

### 10,000-meter run

Laney Browder, Western Carolina  
Grace Jenkins, The Citadel  
Courtney Czerniak, Mercer

### 3,000-meter steeplechase

Emily Drouin, Chattanooga  
Anya Bunao, Wofford  
Bethany King, VMI

### 100-meter hurdles

Sarah Sanford, Samford  
Qiona Payton, Samford  
Alyiah Riley, Western Carolina

### 400-meter hurdles

Sarah Sanford, Samford  
Victoria Wicks, Samford  
Nicki Smith, ETSU

### High jump

Courtney Prengaman, Samford  
Julia Logan, VMI  
Carrie Neill, Samford

### Long jump

Bria Anderson, VMI  
Tiana Pisoni, Samford  
Timia Easley, ETSU

### Triple jump

Tiana Pisoni, Samford  
Timia Easley, ETSU  
Kennedy Smith, SMI

### Discus throw

Alisha Blackmon, Western Carolina

### Hammer throw

None

### Javelin throw

Mady Riegel, The Citadel  
Emily Fulton, VMI  
Erin West, Western Carolina

### Shot put

Alisha Blackmon, Western Carolina

### Pole vault

Lauren Torsch, Samford  
Emily Fulton, VMI

### Heptathlon

Katie Beuerlein, Wofford

Erin West, Western Carolina  
Kasey Widmyer, Wofford

## 2016

### 100-meter dash

BriAnna Adams, Western Carolina  
Mia Little, Western Carolina  
Kiana Davis, ETSU

### 200-meter dash

BriAnna Adams, Western Carolina  
Kiana Davis, ETSU  
Mia Little, Western Carolina

### 400-meter dash

Dasha Arnaut, Western Carolina  
Sally Woerner, Western Carolina  
LeAndrea Combo, Wofford

### 1,500-meter run

Laura Sola Tari, Samford

### 5,000-meter run

Kaitlyn Lingard, Western Carolina  
Shannon McAndrew, Wofford  
Rebeka Fadgyas, Wofford

### 10,000-meter run

Anna Long, Samford

### 3,000-meter steeplechase

Anna Long, Samford  
Haley Morris, Chattanooga

### 100-meter hurdles

Kyra Atkins, ETSU  
Amber Lust, Wofford  
Mackenzie Aydelette, Samford

### 400-meter hurdles

Nidonna Nicholson, Western Carolina  
Sarah Wilson, Wofford  
Jessica Dunker, ETSU

### High jump

Selena Popp, Samford  
Rebekah Fox, ETSU  
Ashley Parker, Western Carolina

### Long jump

Kyra Atkins, ETSU  
Tamilia Wright, Western Carolina  
Alexandra Burgess, Wofford

### Triple jump

Alexandra Burgess, Wofford  
Tamilia Wright, Western Carolina  
Megan Meadow, Samford

### Discus throw

Ruby Caldwell, Samford  
Jayci Floyd, Samford  
Tiffany Quick, VMI

### Hammer throw

Tatiana Taylor, Samford  
Ruby Caldwell, Samford  
Alex King, Wofford

### Javelin throw

Kennedy Williams, Western Carolina  
Kameron Cass, The Citadel  
Emily Armstrong, ETSU

### Shot put

Tatiana Taylor, Samford  
Simone Williams, Western Carolina  
Ruby Caldwell, Samford

### Pole vault

Sarah Lee, Samford  
Rebecca Pfitzer, Samford  
Kennedy Williams, Western Carolina

# WOMEN'S ALL-FRESHMAN TEAMS

## Heptathlon

Selena Popp, Samford  
Amber Lust, Wofford  
Marisa Scott, Western Carolina

### 2017

#### 100-meter dash

Jazmine Gooden, Western Carolina

#### 200-meter dash

Kelsey Henry, Chattanooga  
Taylor Sawyer, Chattanooga  
Jazmine Gooden, Western Carolina

#### 400-meter dash

Rachel Dixon, Samford  
Kellsie Whitehead, Western Carolina  
Kassidy Morton, Wofford

#### 1,500-meter run

Kaitlyn Lay, ETSU  
Savannah Carnahan, Furman  
Gabrielle Jenings, Furman

#### 5,000-meter run

Savannah Carnahan, Furman  
Emma Grace Hurley, Furman  
Jennifer Stephenson, Furman

#### 10,000-meter run

Grace Dwyer, Furman  
Anna Hayden, Furman  
Jennifer Stephenson, Furman

#### 3,000-meter steeplechase

Gabbi Jennings, Furman  
Emma Grace Hurley, Furman  
Anna Grzeszczak, Mercer

#### 100-meter hurdles

Kiara Price, ETSU  
Lauren Beard, Samford  
Jazmine Gooden, Western Carolina

#### 400-meter hurdles

Kiara Price, ETSU  
Lauren Beard, Samford

#### High jump

Charlotte Krause, Samford  
Cecilia Piscetelli, Western Carolina

#### Long jump

Jazmine Gooden, Western Carolina  
Erin Hines, Samford

#### Triple jump

Ationza Smith, ETSU  
Charlotte Krause, Samford

#### Discus throw

Maggie Johnston, Samford  
Jess Page, The Citadel  
Amy Yarborough, Western Carolina

#### Hammer throw

Jess Page, The Citadel  
Maggie Johnston, Samford  
Amy Yarborough, Western Carolina

#### Javelin throw

Erin Hines, Samford  
Emily Kirk, VMI  
Amy Yarborough, Western Carolina

#### Shot put

Tiffany Dunham, Western Carolina  
Rachel Rouse, Western Carolina  
Amy Yarborough, Western Carolina

#### Pole vault

None

## Heptathlon

Erin Hines, Samford

### 2018

#### 100-meter dash

Sydney Campbell, Mercer  
Lauryn Dancy, Mercer  
Marion Meadows, Mercer

#### 200-meter dash

Dominique Delisser, Western Carolina  
Tessola Duncan, Mercer  
Marion Meadows, Mercer

#### 400-meter dash

Dominique Delisser, Western Carolina  
Aliyah Hill, ETSU  
Ariana Ruffin, VMI

#### 800-meter run

Emma Kuntz, Furman  
Jessica Lord, ETSU  
Heather Feuchtenberger, ETSU

#### 1,500-meter run

Hannah Steelman, Wofford  
Lindsey Stallworth, ETSU  
Abbey Zane, Samford

#### 5,000-meter run

Reilly Caldwell, Furman  
Abbey Zane, Samford  
Anna Armfield, VMI

#### 10,000-meter run

Reilly Caldwell, Furman  
Ariana Garcia, UNCG  
Whitley Elsass, Wofford

#### 3,000-meter steeplechase

Hannah Steelman, Wofford  
Krissy Gear, Furman  
Casey Miller, The Citadel

#### 100-meter hurdles

Cherrish Wright, Mercer  
Jaelyn Warren, Western Carolina

#### 400-meter hurdles

Amanda Dumar, Samford

#### High jump

Jaelyn Warren, Western Carolina  
Autumn James, Western Carolina

#### Long jump

Sydney Campbell, Mercer  
Makaila McIntyre, Western Carolina  
Erin Willard, Western Carolina

#### Triple jump

Makaila McIntyre, Western Carolina  
Autumn James, Western Carolina  
Aliyah Hill, ETSU

#### Discus throw

Symphony Buxton, ETSU  
Lesleigh Tabor, Western Carolina  
Sandra Lopez, Wofford

#### Hammer throw

Symphony Buxton, ETSU  
Lesleigh Tabor, Western Carolina  
Jaden Finch, ETSU

#### Javelin throw

Megan Dunn, Wofford  
Anna Barfield, The Citadel  
Sydney Hawks, ETSU

#### Shot put

Symphony Buxton, ETSU  
Sarah Leckman, VMI

Lesleigh Tabor, Western Carolina

### Pole vault

Kinley Drummonds, Western Carolina  
Tally Wilson, Samford  
Jayme Claire Eubanks, Samford

## Heptathlon

Megan Dunn, Wofford  
Amanda Dumar, Samford  
Kendra Whitehurst, ETSU

### 2019

#### 100-meter dash

Mekayla Brown, ETSU  
Ingrid Joseph, VMI  
Destiny Shippy, Wofford

#### 200-meter dash

Johnaida Eliscar, ETSU  
Marissa Blakely, Western Carolina  
Ahliyah Williams, VMI

#### 400-meter dash

Kennedi Weston-Shields, Mercer  
Vada Samuels, Samford  
Marissa Blakely, Western Carolina

#### 800-meter run

Genevieve Schwarz, ETSU  
Guilia Giorgi, Mercer

#### 1,500-meter run

Kate Mattison, Western Carolina  
Chandler McCaslin, UNCG  
Siena Gates, Western Carolina

#### 5,000-meter run

Ashley McMahon, Mercer  
Jamie Blaylock, Western Carolina  
Kate Mattison, Western Carolina

#### 10,000-meter run

Jamie Blaylock, Western Carolina  
Mary Kellison Thorne, Samford

#### 3,000-meter steeplechase

Ashley McMahon, Mercer  
Skylar Pierce, VMI

#### 100-meter hurdles

Destiny Shippy, Wofford  
Shakaiya Bradford, Wofford  
Ronje Williams, Western Carolina

#### 400-meter hurdles

Britney Griffith, ETSU  
Peyton Wood, Western Carolina

#### High jump

Megan Elliott, Samford  
Ronje Williams, Western Carolina  
Mya Dollard, The Citadel

#### Long jump

Caroline Huff, Samford  
Khia White, ETSU  
Chandler Robinson, Wofford

#### Triple jump

Mekayla Brown, ETSU  
Chandler Robinson, Wofford

#### Discus throw

Victoria Solheim, Western Carolina

#### Hammer throw

Victoria Solheim, Western Carolina  
Stephanie Jones, VMI

#### Javelin throw

Emorie Long, Samford

Shannon Ziccarello, The Citadel  
Ellie Miller, VMI

### Shot put

Shakaiya Bradford, Wofford  
Victoria Solheim, Western Carolina

### Pole vault

Carter Unger, Western Carolina  
McKenna Dunn, VMI

## Heptathlon

Shakaiya Bradford, Wofford  
Caroline Huff, Samford

### 2020

Not awarded (COVID-19 pandemic)

### 2021

#### 100-meter dash

Mecca Jackson, The Citadel  
Madeline McNinch, Wofford  
Rylee Jorgensen, Wofford

#### 200-meter dash

Mecca Jackson, The Citadel  
Kaitlin Cole, Samford  
Mekyll Robinson, Western Carolina

#### 400-meter dash

Jasmine Jefferson, Wofford  
Kaitlyn Cole, Samford  
Tara Davis, Mercer

#### 800-meter run

Megan Marvin, Furman  
Katie Strozier, Samford  
Julia Karsten, ETSU

#### 1,500-meter run

Bethany Graham, Furman  
Beth Donnelly, Furman  
Kiera Snyder, ETSU

#### 5,000-meter run

Bethany Graham, Furman  
Emily Little, Furman  
Kylie Wittman, Furman

#### 10,000-meter run

Jonna Strange, Furman  
Emily Little, Furman  
Lesley Green, Chattanooga

#### 3,000-meter steeplechase

Harper McGowan, Samford  
Naomi Hahn, VMI  
Faith Brown, Chattanooga

#### 100-meter hurdles

Kerrington Johnson, Wofford  
Netanya Linares, Wofford  
Imani Boyd, Western Carolina

#### 400-meter hurdles

Kerrington Johnson, Wofford  
Imani Boyd, Western Carolina  
Mallory Lowe, Western Carolina

#### High jump

Makenzie Hooton, Samford  
Mia Milasinovic, Samford  
Imani Boyd, Western Carolina

#### Long jump

Molly Rhudy, ETSU  
Aiya Finch, Samford  
Rylee Jorgensen, Wofford

#### Triple jump

Omara McBride, Western Carolina  
Amaya English, Western Carolina  
Rylee Joegensen, Wofford

# WOMEN'S ALL-FRESHMAN TEAMS

## Discus throw

Emma Nolte, Samford  
Jenna Kirkland, VMI  
Judith Gonzalez, VMI

## Hammer throw

Hannah Daffin, Samford  
Jenna Reid, Wofford  
Emma Nolte, Samford

## Javelin throw

Erin Long, Samford  
Jenna Reid, Wofford  
Maddy Cardenas, The Citadel

## Shot put

Emma Nolte, Samford  
Jenna Reid, Wofford

## Pole vault

Brittany Bishop, Samford  
Alexis Cook, Samford  
Riley Alexander, Samford

## Heptathlon

Netanya Linares, Wofford  
Mia Milasinovic, Samford

**Note:** 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

## 2022

### 100-meter dash

Eleyah Armstrong, VMI  
Liyah Nelson, Samford  
Leslie Gansore, ETSU

### 200-meter dash

Kelsey Martin, Samford  
Amiel Dabney, Samford  
Eleyah Armstrong, VMI

### 400-meter dash

Monica Seitz, Furman

### 800-meter run

Callie Harper, Furman  
Serena Henderson, UNCG  
Chloe Gilbert, Wofford

### 1,500-meter run

Madelynne Cadeau, Furman  
Mary Claire Ridgeway, Wofford  
Kaylie Armitage, Furman  
Bella Manfre, UNCG

### 5,000-meter run

Madelynne Cadeau, Furman  
Sinkenesh Parker, Samford  
Alessea Caldwell, Western Carolina

### 10,000-meter run

Carolynne Shealy, Wofford  
Sierra Bower, Furman  
Alessea Caldwell, Western Carolina

### 3,000-meter steeplechase

Mary Claire Ridgeway, Wofford  
Gretal Shank, VMI

### 100-meter hurdles

Amiel Dabney, Samford  
Tre'Breh Scott, Western Carolina  
Ariel Raggs, Mercer

### 400-meter hurdles

Ariel Raggs, Mercer  
Ayden Drake, Samford  
Gracie Morse, Chattanooga

## High jump

None

## Long jump

Kelsey Martin, Samford  
Eleyah Armstrong, VMI  
Gracie Morse, Chattanooga

## Triple jump

Kelsey Martin, Samford  
Yvonnica Perrello, VMI

## Discus throw

Tanyiah Thomas, Western Carolina

## Hammer throw

None

## Javelin throw

Ali Ruffin, The Citadel  
Tanyiah Thomas, Western Carolina

## Shot put

Yanna Cuesta, The Citadel

## Pole vault

Diana Romero-Barba, ETSU

## Heptathlon

Marga Van Der Linde, Wofford  
Abbey King, ETSU

## 2023

### 100-meter dash

Ella Tennant, Wofford  
Brooklyn Kirksey, Samford  
Jasmine Greene, Western Carolina

### 200-meter dash

Ella Tennant, Wofford  
Heaven Hall, VMI  
Grace Lueders, Samford

### 400-meter dash

Grace Lueders, Samford  
Heaven Hall, VMI  
McKenna Boykin, ETSU

### 800-meter run

Reagan O'Quinn, UNCG  
Clair Garrett, Furman  
Meg Lance, ETSU

### 1,500-meter run

Carly Wilkes, Furman  
Maddie Wheatcroft, Chattanooga  
Leah Boyd, Chattanooga

### 5,000-meter run

Carly Wilkes, Furman  
Gabbie Hoots, Samford  
Chanelle Kruger, ETSU

### 10,000-meter run

Emma Jones, Furman  
Sophie Beach, ETSU

### 3,000-meter steeplechase

Chanelle Kruger, ETSU  
Izelle Kruger, ETSU

### 100-meter hurdles

Shaneil Lysight, Western Carolina  
Meg Coleman, Samford

### 400-meter hurdles

Shaneil Lysight, Western Carolina  
Meg Coleman, Samford  
Presley Worf, Wofford

## High jump

Dorsey Parker, Samford  
Maya Murchison, ETSU  
Hannah Pettyjohn, Samford

## Long jump

Jasmine Greene, Western Carolina  
Brooklyn Kirksey, Samford  
Anaya Young, ETSU

## Triple jump

Jasmine Greene, Western Carolina  
Anaya Young, ETSU  
Pria Pullin, Mercer

## Discus throw

Claire Harrison, Samford  
Ellie Sawicki, Wofford  
Torla Roundtree, Western Carolina

## Hammer throw

Claire Harrison, Samford  
Torla Roundtree, Western Carolina  
Hannah Kunkle, Wofford

## Javelin throw

Sadie Grove, The Citadel  
Taylor Stingel, Wofford  
Sam Barnes, The Citadel

## Shot put

Ellie Sawicki, Wofford  
Hannah Pettyjohn, Samford  
Torla Roundtree, Western Carolina

## Pole vault

Lindsey Havens, Samford  
Hannah Pettyjohn, Samford  
Taylor Hill, VMI

## Heptathlon

Hannah Pettyjohn, Samford  
Presley Worf, Wofford  
Shea Hart, VMI

## 2024

### 100-meter dash

Gabrielle Walker, ETSU  
Cymoria Thomas, Western Carolina  
Armani Blair, Western Carolina

### 200-meter dash

Gabrielle Walker, ETSU  
Cymoria Thomas, Western Carolina

### 400-meter dash

Leah Butler, Western Carolina  
Kyndal Saunders, Western Carolina  
McKenna Boykins, ETSU

### 800-meter run

Camryn Wennersten, Furman  
Dannielle King, Wofford

### 1,500-meter run

Tenley Douglass, UNCG  
Kennedy Reynolds, Chattanooga  
Michaela Dabney, Chattanooga

### 5,000-meter run

Lillian Feingold, Furman  
Bella Edwards, Samford  
Katherine Hopkins, Western Carolina

### 10,000-meter run

Lillian Feingold, Furman  
Katherin Hopkins, Western Carolina

### 3,000-meter steeplechase

Peyton Skoglund, Western Carolina

### 100-meter hurdles

JaKayla Campbell, Wofford

### 400-meter hurdles

Maris Owen, Samford  
Alina LaForest, VMI

## High jump

Heidi Hudson, Western Carolina  
Morgan Fraser, WMI  
Brianna Baker, ETSU

## Long jump

Ellison Chadwick, Samford  
Heidi Hudson, Western Carolina  
Eliza Ruch, ETSU

## Triple jump

Isabella Duchemin, Wofford  
Jada Pate, The Citadel  
Kendal Hudson, Western Carolina

## Discus throw

Tyla Nicholson, ETSU  
Hailee Jackson-Morgan, Western Carolina  
Diamond Baker, VMI

## Hammer throw

Hailee Jackson-Morgan, Western Carolina  
Tyla Nicholson, ETSU

## Javelin throw

Jasmine Hampton, Samford  
Heidi Hudson, Western Carolina

## Shot put

Diamond Baker, VMI  
Hailee Jackson-Morgan, Western Carolina

## Pole vault

Antonina Tereshenko, Samford  
Libby Jackson, Samford  
Bella Hilleary, Western Carolina

## Heptathlon

Brianna Baker, ETSU  
Eliza Ruch, ETSU  
Kendal Hudson, Western Carolina

# WOMEN'S CHAMPIONSHIP TEAM RESULTS

|             |                   |       |             |  |                       |                   |                       |                       |                       |                   |                       |                  |     |
|-------------|-------------------|-------|-------------|--|-----------------------|-------------------|-----------------------|-----------------------|-----------------------|-------------------|-----------------------|------------------|-----|
| <b>1987</b> | Appalachian State | 271.5 | <b>1997</b> | Western Carolina   | 165                   | UNC Greensboro    | 9                     | <b>2010</b>           | Western Carolina      | 221.5             |                       |                  |     |
|             | ETSU              | 133.5 |             | Appalachian State  | 118                   | Wofford           | 2                     |                       | Appalachian State     | 144               |                       |                  |     |
|             | Marshall          | 112   |             | Chattanooga  | 93                    |                   |                       |                       | Elon                  | 123.5             |                       |                  |     |
|             | Furman            | 13    |             | ETSU   | 91                    | <b>2004</b>       | Appalachian State     | 231.5                 | Samford               | 84                |                       |                  |     |
|             | Western Carolina  | 10    |             | Marshall   | 71                    |                   | Georgia Southern      | 172                   | Georgia Southern      | 83                |                       |                  |     |
|             | Chattanooga       | 8     |             | Furman   | 43                    |                   | Chattanooga           | 124                   | College of Charleston | 66                |                       |                  |     |
|             | Davidson          | 1     |             | Davidson   | 7                     |                   | Western Carolina      | 110.5                 | Chattanooga           | 27                |                       |                  |     |
|             |                   |       |             |  |                       |                   | ETSU                  | 60                    | The Citadel           | 26                |                       |                  |     |
| <b>1988</b> | Appalachian State | 263   | <b>1998</b> | Appalachian State  | 167                   |                   | College of Charleston | 30                    | Furman                | 21                |                       |                  |     |
|             | Marshall          | 107   |             | Western Carolina   | 159                   |                   | Elon                  | 29                    | Davidson              | 19                |                       |                  |     |
|             | Western Carolina  | 61    |             | Chattanooga  | 115                   |                   | Furman                | 26.5                  | UNC Greensboro        | 3                 |                       |                  |     |
|             | ETSU              | 59    |             | ETSU   | 91                    |                   | Davidson              | 13.5                  | Wofford               | 1                 |                       |                  |     |
|             | Chattanooga       | 33    |             | Furman   | 34                    |                   | Wofford               | 11                    |                       |                   |                       |                  |     |
|             | Furman            | 20    |             | Davidson   | 14                    |                   | UNC Greensboro        | 6                     | <b>2011</b>           | Appalachian State | 195                   |                  |     |
|             | Davidson          | 7     |             | Wofford  | 8                     |                   | The Citadel           | 5                     |                       | Western Carolina  | 138                   |                  |     |
|             |                   |       |             | *The Citadel   | NTS                   |                   |                       |                       |                       | Elon              | 131                   |                  |     |
| <b>1989</b> | Appalachian State | 255   |             | *UNC Greensboro  | NTS                   | <b>2005</b>       | Appalachian State     | 207.5                 |                       | Samford           | 115.5                 |                  |     |
|             | ETSU              | 130   |             | *VMI   | NTS                   |                   | Georgia Southern      | 199                   |                       | Georgia Southern  | 87.5                  |                  |     |
|             | Marshall          | 82    |             | *The Citadel, UNC Greensboro and VMI competed as individuals |                       |                   |                       | Western Carolina      | 155                   |                   | College of Charleston | 65.5             |     |
|             | Chattanooga       | 52    |             | <b>1999</b>  | Western Carolina      | 275.5             |                       | Chattanooga           | 91                    |                   | UNC Greensboro        | 29               |     |
|             | Western Carolina  | 23    |             |  | Appalachian State     | 191               |                       | ETSU                  | 52                    |                   | Furman                | 25               |     |
|             | Furman            | 13    |             |  | ETSU                  | 102.5             |                       | Furman                | 33                    |                   | The Citadel           | 20               |     |
| <b>1990</b> | Appalachian State | 275   |             |  | Chattanooga           | 94                |                       | Elon                  | 28                    |                   | Chattanooga           | 7                |     |
|             | Marshall          | 112   |             |  | Furman                | 50                |                       | College of Charleston | 21.5                  |                   | Wofford               | 2.5              |     |
|             | Western Carolina  | 80    |             |  | Davidson              | 32                |                       | The Citadel           | 18                    |                   | Davidson              | 2                |     |
|             | ETSU              | 40    |             |  | VMI                   | 29                |                       | Wofford               | 8                     |                   |                       |                  |     |
|             | Furman            | 29    |             |  | The Citadel           | 19                |                       | Davidson              | 4                     | <b>2012</b>       | Appalachian State     | 207.5            |     |
|             | Chattanooga       | 21    |             |  | Wofford               | 13                |                       | UNC Greensboro        | 0                     |                   | Western Carolina      | 149              |     |
| <b>1991</b> | Appalachian State | 256   |             |  | UNC Greensboro        | 7                 | <b>2006</b>           | Appalachian State     | 197.5                 |                   | Samford               | 113              |     |
|             | Western Carolina  | 121   |             | <b>2000</b>  | Western Carolina      | 250               |                       | Georgia Southern      | 182.5                 |                   | Georgia Southern      | 104              |     |
|             | Marshall          | 80    |             |  | Chattanooga           | 191               |                       | Western Carolina      | 144                   |                   | Elon                  | 102              |     |
|             | Chattanooga       | 43    |             |  | Appalachian State     | 106               |                       | Chattanooga           | 79                    |                   | College of Charleston | 62               |     |
|             | Furman            | 34    |             |  | ETSU                  | 77                |                       | Elon                  | 55                    |                   | UNC Greensboro        | 37               |     |
|             | ETSU              | 20    |             |  | Furman                | 68.5              |                       | The Citadel           | 48                    |                   | Furman                | 16               |     |
| <b>1992</b> | Appalachian State | 258   |             |  | Georgia Southern      | 31                |                       | Furman                | 40                    |                   | The Citadel           | 14.5             |     |
|             | Western Carolina  | 108   |             |  | The Citadel           | 27                |                       | Davidson              | 39                    |                   | Chattanooga           | 10               |     |
|             | Marshall          | 65    |             |  | VMI                   | 26.5              |                       | College of Charleston | 20                    |                   | Wofford               | 4                |     |
|             | Furman            | 53    |             |  | UNC Greensboro        | 20                |                       | Wofford               | 10                    |                   | Davidson              | ---              |     |
|             | ETSU              | 52    |             |  | Wofford               | 12                |                       | UNC Greensboro        | 2                     | <b>2013</b>       | Western Carolina      | 197.5            |     |
|             | Chattanooga       | 14    |             |  | Davidson              | 8                 | <b>2007</b>           | Georgia Southern      | 223.5                 |                   | Appalachian State     | 159.5            |     |
|             | Davidson          | 14    |             |  | <b>2001</b>           | Western Carolina  | 230.50                |                       | Appalachian State     | 173.5             |                       | Elon             | 111 |
| <b>1993</b> | Appalachian State | 218   |             |  | Appalachian State     | 170               |                       | Western Carolina      | 160                   |                   | Samford               | 110              |     |
|             | Western Carolina  | 151   |             |  | Chattanooga           | 144               |                       | Chattanooga           | 69                    |                   | Furman                | 32               |     |
|             | Furman            | 93    |             |  | Georgia Southern      | 81                |                       | The Citadel           | 56                    |                   | College of Charleston | 32               |     |
|             | ETSU              | 47    |             |  | Furman                | 64                |                       | Elon                  | 50                    |                   | The Citadel           | 23.5             |     |
|             | Marshall          | 38    |             |  | ETSU                  | 58                |                       | Davidson              | 36                    |                   | Wofford               | 13               |     |
|             | Davidson          | 7     |             |  | VMI                   | 30.5              |                       | Furman                | 28                    |                   | Chattanooga           | 12               |     |
|             | Chattanooga       | 4     |             |  | Davidson              | 22                |                       | College of Charleston | 19                    |                   | UNC Greensboro        | 12               |     |
| <b>1994</b> | Appalachian State | 189   |             |  | The Citadel           | 13                | <b>2008</b>           | Wofford               | 4                     |                   | Davidson              | 4                |     |
|             | Western Carolina  | 124   |             |  | UNC Greensboro        | 5                 |                       | Western Carolina      | 216                   | <b>2014</b>       | Samford               | 166.5            |     |
|             | Furman            | 94    |             |  | <b>2002</b>           | Appalachian State | 216                   |                       | Appalachian State     | 189               |                       | Western Carolina | 155 |
|             | ETSU              | 62    |             |  | Western Carolina      | 201.5             |                       | Georgia Southern      | 153                   |                   | Elon                  | 131              |     |
|             | Marshall          | 49    |             |  | Georgia Southern      | 122               |                       | Chattanooga           | 65                    |                   | Appalachian State     | 126              |     |
|             | Chattanooga       | 36    |             |  | Chattanooga           | 100.5             |                       | Elon                  | 59                    |                   | Georgia Southern      | 117.5            |     |
|             | Davidson          | 4     |             |  | ETSU                  | 79                |                       | Davidson              | 45                    |                   | Davidson              | 28               |     |
| <b>1995</b> | Appalachian State | 148   |             |  | Furman                | 35                |                       | The Citadel           | 38                    |                   | Chattanooga           | 26               |     |
|             | ETSU              | 133   |             |  | UNC Greensboro        | 23                |                       | Furman                | 26                    |                   | The Citadel           | 23               |     |
|             | Western Carolina  | 122   |             |  | The Citadel           | 18                |                       | College of Charleston | 17                    |                   | UNC Greensboro        | 20               |     |
|             | Furman            | 73    |             |  | VMI                   | 17                |                       | UNC Greensboro        | 6                     |                   | Wofford               | 15               |     |
|             | Chattanooga       | 42    |             |  | Davidson              | 4                 |                       | Wofford               | 0                     |                   | Furman                | 10               |     |
|             | Marshall          | 28.67 |             |  | <b>2003</b>           | Appalachian State | 230                   | <b>2009</b>           | Appalachian State     | 210.5             | <b>2015</b>           | Western Carolina | 272 |
|             | Davidson          | 11.33 |             |  | Georgia Southern      | 154               |                       | Western Carolina      | 177                   |                   |                       | Samford          | 183 |
| <b>1996</b> | ETSU              | 150   |             |  | Chattanooga           | 153               |                       | Georgia Southern      | 146.5                 |                   |                       | ETSU             | 91  |
|             | Western Carolina  | 133.5 |             |  | Western Carolina      | 111               |                       | Elon                  | 84                    |                   |                       | Furman           | 77  |
|             | Appalachian State | 131   |             |  | ETSU                  | 67                |                       | Chattanooga           | 52                    |                   |                       | VMI              | 75  |
|             | Chattanooga       | 55    |             |  | VMI                   | 31                |                       | Samford               | 44                    |                   |                       | Chattanooga      | 49  |
|             | Furman            | 54.5  |             |  | Furman                | 21                |                       | College of Charleston | 42                    |                   |                       | The Citadel      | 40  |
|             | Marshall          | 34    |             |  | College of Charleston | 17                |                       | The Citadel           | 27                    |                   |                       | Mercer           | 17  |
|             | Davidson          | 27    |             |  | The Citadel           | 10                |                       | Davidson              | 23                    |                   |                       | Wofford          | 12  |
|             |                   |       |             |  | Davidson              | 9                 |                       | Furman                | 9                     |                   |                       | UNC Greensboro   | 3   |
|             |                   |       |             |  |                       |                   |                       | UNC Greensboro        | 3                     |                   |                       |                  |     |
|             |                   |       |             |  |                       |                   |                       | Wofford               | 0                     |                   |                       |                  |     |

# WOMEN'S CHAMPIONSHIP TEAM RESULTS

|             |                             |       |             |                  |       |
|-------------|-----------------------------|-------|-------------|------------------|-------|
| <b>2016</b> | Western Carolina            | 255   | <b>2023</b> | Samford          | 220   |
|             | Samford                     | 251.1 |             | Wofford          | 134   |
|             | ETSU                        | 91.5  |             | Western Carolina | 107.5 |
|             | Furman                      | 45    |             | ETSU             | 104.5 |
|             | VMI                         | 44    |             | Furman           | 70    |
|             | Chattanooga                 | 39    |             | The Citadel      | 65    |
|             | Wofford                     | 37    |             | VMI              | 39    |
|             | The Citadel                 | 29    |             | Mercer           | 31    |
|             | Mercer                      | 13    |             | Chattanooga      | 31    |
|             | UNC Greensboro              | 7     |             | UNC Greensboro   | 7     |
| <b>2017</b> | Samford                     | 245   | <b>2024</b> | Samford          | 212.5 |
|             | Western Carolina            | 194   |             | Wofford          | 130   |
|             | Furman                      | 109   |             | Western Carolina | 107.5 |
|             | ETSU                        | 89    |             | ETSU             | 101   |
|             | VMI                         | 66    |             | Furman           | 92    |
|             | Wofford                     | 44    |             | VMI              | 59    |
|             | Mercer                      | 26    |             | The Citadel      | 52    |
|             | The Citadel                 | 24    |             | Mercer           | 45    |
|             | UNC Greensboro              | 11    |             | Chattanooga      | 17    |
|             | Chattanooga                 | 4     |             | UNC Greensboro   | 2     |
| <b>2018</b> | Western Carolina            | 193   |             |                  |       |
|             | Samford                     | 161   |             |                  |       |
|             | ETSU                        | 129   |             |                  |       |
|             | Furman                      | 120   |             |                  |       |
|             | Wofford                     | 74    |             |                  |       |
|             | Mercer                      | 49    |             |                  |       |
|             | VMI                         | 46    |             |                  |       |
|             | The Citadel                 | 30    |             |                  |       |
|             | Chattanooga                 | 11    |             |                  |       |
|             | UNC Greensboro              | 6     |             |                  |       |
| <b>2019</b> | Samford                     | 228   |             |                  |       |
|             | Wofford                     | 126   |             |                  |       |
|             | Western Carolina            | 119   |             |                  |       |
|             | ETSU                        | 100   |             |                  |       |
|             | Furman                      | 91    |             |                  |       |
|             | Mercer                      | 70    |             |                  |       |
|             | VMI                         | 31    |             |                  |       |
|             | The Citadel                 | 31    |             |                  |       |
|             | Chattanooga                 | 15    |             |                  |       |
|             | UNC Greensboro              | 8     |             |                  |       |
| <b>2020</b> | No meet (COVID-19 pandemic) |       |             |                  |       |
| <b>2021</b> | Samford                     | 229.5 |             |                  |       |
|             | Wofford                     | 120.5 |             |                  |       |
|             | Western Carolina            | 114   |             |                  |       |
|             | ETSU                        | 93    |             |                  |       |
|             | Furman                      | 88    |             |                  |       |
|             | Mercer                      | 59    |             |                  |       |
|             | The Citadel                 | 50    |             |                  |       |
|             | VMI                         | 34    |             |                  |       |
|             | Chattanooga                 | 30    |             |                  |       |
|             | UNC Greensboro              | 0     |             |                  |       |
| <b>2022</b> | Samford                     | 224   |             |                  |       |
|             | ETSU                        | 138   |             |                  |       |
|             | Western Carolina            | 133   |             |                  |       |
|             | Wofford                     | 117   |             |                  |       |
|             | Furman                      | 94    |             |                  |       |
|             | The Citadel                 | 46    |             |                  |       |
|             | Mercer                      | 31    |             |                  |       |
|             | Chattanooga                 | 21    |             |                  |       |
|             | VMI                         | 14    |             |                  |       |
|             | UNC Greensboro              | 0     |             |                  |       |

# WOMEN'S INDIVIDUAL CHAMPIONS

|                                   |              |                                    |              |                                  |                |                                       |                 |
|-----------------------------------|--------------|------------------------------------|--------------|----------------------------------|----------------|---------------------------------------|-----------------|
| <b>100-meter dash</b>             |              | 2017 Kyra Atkins, ETSU             | 23.86        | 2008 Kerri Savery, WCU           | 2:13.04        | 1998 Catherine Wright, UTC            | 9:40.35         |
| 1987 Lamonda Miller, APP          | 11.69        | 2018 McLeod Dean, WOF              | 23.69        | 2009 Anneli Uys, UTC             | 2:10.91        | 1999 Mary Jayne Harrelson, APP        | 9:52.17         |
| 1988 Lamonda Miller, APP          | 11.56        | 2019 McLeod Dean, WOF              | 23.56        | 2010 Anneli Uys, UTC             | 2:11.36        | 2000 Catherine Berry, ETSU            | 9:53.10         |
| 1989 Lamonda Miller, APP          | 11.50        | 2020 No meet (COVID-19 pandemic)   |              | 2011 Hillary Neal, SAM           | 2:10.52        | <b>2001 Mary Jayne Harrelson, APP</b> | <b>9:35.92</b>  |
| 1990 Stethane Pipkins, APP        | 12.0         | 2021 Cherrish Wright, MER          | 23.88        | 2012 Jocelyn Keen, WCU           | 2:10.99        |                                       |                 |
| 1991 Von Ross, WCU                | 12.08        | 2022 Marissa Blakely, WCU          | 24.29        | 2013 Jocelyn Keen, WCU           | 2:08.31        | <b>5,000-meter run</b>                |                 |
| 1992 Melissa Morrison, APP        | 12.01        | 2023 Mecca Jackson, CIT            | 23.68        | 2014 Marie Demedicis, SAM        | 2:08.53        | 1987 Cindy Little, APP                | 17:41.68        |
| 1993 Melissa Morrison, APP        | 11.45        | 2024 Jasmine Jefferson, WOF        | 24.01        | 2015 Anna Irvine, SAM            | 2:11.41        | 1988 Beth Ruggles, APP                | 17:30.64        |
| 1994 Alice Vinson, APP            | 12.04        |                                    |              | 2016 Kaitlyn Lingard, WCU        | 2:14.00        | 1989 Whitney Ball, APP                | 16:49.1         |
| 1995 Daree Thompson, WCU          | 11.98        | <b>400-meter dash</b>              |              | 2017 Presley Weems, SAM          | 2:10.09        | 1990 Whitney Ball, APP                | 17:35.98        |
| 1996 Leisa Moulton, ETSU          | 12.40        | 1987 Kellie Smith, APP             | 57.72        | 2018 Emma Kuntz, FUR             | 2:10.08        | 1991 Cate Pichon, FUR                 | 17:15.42        |
| 1997 Daree Thompson, WCU          | 11.94        | 1988 Melissa Rogers, APP           | 56.74        | 2019 Krissy Gear, FUR            | 2:09.80        | 1992 Leigh Wallace, APP               | 17:12.53        |
| 1998 Shonte' Pinkston, APP        | 12.12        | 1989 Melissa Rogers, APP           | 57.95        | 2020 No meet (COVID-19 pandemic) |                | 1993 Gail Pennachio, FUR              | 18:06.32        |
| 1999 Shonte' Pinkston, APP        | 11.76        | 1989 Melissa Rogers, APP           | 56.50        | <b>2021 Megan Marvin, FUR</b>    | <b>2:04.18</b> | 1994 Rita Roberts, WCU                | 17:32.45        |
| 2000 Shonte' Pinkston, APP        | 11.80        | 1991 Tanya Alston, WCU             | 58.17        | 2022 Megan Marvin, FUR           | 2:07.66        | 1995 Mary Jane Middlekoop, UTC        | 17:29.67        |
| 2001 Shonte' Pinkston, APP        | 11.83        | 1992 Lynette Gardin, APP           | 55.99        | 2023 Jessica Lord, ETSU          | 2:08.68        | 1996 Mary Jane Middlekoop, UTC        | 17:24.46        |
| 2002 Jennifer Claud, APP          | 12.29        | 1993 Katrina Lee, APP              | 55.23        | 2024 Megan Marvin, FUR           | 2:07.01        | 1997 Mary Jane Middlekoop, UTC        | 17:57.53        |
| 2003 Rashedah Arnold, GSU         | 11.87        | 1994 Shiree Cutts, FUR             | 54.97        |                                  |                | 1998 Anastasia Wright, UTC            | 17:01.79        |
| 2004 Jennifer Claud, APP          | 11.73        | 1995 Angela Rowe, WCU              | 53.55        | <b>1,500-meter run</b>           |                | 1999 Catherine Berry, ETSU            | 16:53.60        |
| 2005 Nicole Brown, GSU            | 11.50        | 1996 Salima Fountain, FUR          | 55.74        | 1987 Sabrina Keeton, ETSU        | 4:38.64        | 2000 Catherine Berry, ETSU            | 17:14.00        |
| 2006 Tangelia Johnson, WCU        | 11.69        | 1997 Shawnta Person, WCU           | 55.88        | 1988 Karen Osada, APP            | 4:39.25        | 2001 Oddbjorg Haugen, UTC             | 16:58.93        |
| 2007 Nicole Brown, GSU            | 11.51        | 1998 Shawnta Person, WCU           | 56.72        | 1989 Sabrina Keeton, ETSU        | 4:38.97        | 2002 Sarah Primeau, APP               | 17:59.60        |
| 2008 Felicia Paulding, WCU        | 11.86        | 1999 Keeya McManus, WCU            | 55.46        | 1990 Vanessa Kosmala, APP        | 4:20.2         | 2003 Gina Recher, UTC                 | 17:34.45        |
| 2009 Felicia Paulding, WCU        | 11.76        | 2000 Roselin Addo, ETSU            | 55.98        | 1991 Jennifer Bowers, APP        | 4:35.59        | 2004 Lanni Marchant, UTC              | 18:02.75        |
| 2010 Felicia Paulding, WCU        | 11.80        | 2001 Roselin Addo, ETSU            | 55.19        | 1992 Carrie Hogg, APP            | 4:31.37        | 2005 Kathleen Turchin, UTC            | 17:16.45        |
| 2011 Ebony Carter, GSU            | 11.75        | 2002 Jennifer Howard, ETSU         | 55.01        | 1993 Heather Vandebrake, FUR     | 4:39.15        | 2006 Lanni Marchant, UTC              | 16:45.22        |
| 2012 Ebony Carter, GSU            | 11.53        | 2003 Shamielka Johnson, UTC        | 53.99        | 1994 Jennel Walby, ETSU          | 4:37.36        | 2007 Lanni Marchant, UTC              | 17:12.26        |
| 2013 Tayla Carter, WCU            | 11.58        | 2004 Nichola Cornish, ETSU         | 55.07        | 1995 Michelle Gregg, ETSU        | 4:40.35        | 2008 Brenna Burns, DAV                | 17:40.14        |
| 2014 Tayla Carter, WCU            | 11.59        | 2005 Nichola Cornish, ETSU         | 54.59        | 1996 Michelle Gregg, ETSU        | 4:38.00        | 2009 Andrea Seccafien, SAM            | 17:57.96        |
| 2015 Tayla Carter, WCU            | 11.52        | 2006 Raquel Ramseur, WCU           | 54.15        | 1997 Mary Jayne Harrelson, APP   | 4:36.56        | 2010 Brooke Mosteller, FUR            | 17:56.55        |
| 2016 Tayla Carter, WCU            | 11.58        | 2007 Raquel Ramseur, WCU           | 54.41        | 1998 Mary Jayne Harrelson, APP   | 4:26.62        | 2011 Dena O'Brien, CofC               | 17:11.52        |
| 2017 Tonia McKinley, SAM          | 11.77        | 2008 Raquel Ramseur, WCU           | 55.14        | 1999 Mary Jayne Harrelson, APP   | 4:24.14        | 2012 Amanda Hamilton, APP             | 17:07.46        |
| 2018 McLeod Dean, WOF             | 11.61        | 2009 Jane't Carothers, WCU         | 54.78        | 2000 Becky Slick, UTC            | 4:44.87        | 2013 Sinead Haughey, FUR              | 17:16.84        |
| 2019 McLeod Dean, WOF             | 11.57        | 2010 Jane't Carothers, WCU         | 54.28        | 2001 Mary Jayne Harrelson, APP   | 4:33.58        | 2014 Teghan Henderson, UTC            | 17:00.62        |
| 2020 No meet (COVID-19 pandemic)  |              | 2011 Felisha Garren, WCU           | 53.99        | 2002 Katie Sujkowski, APP        | 4:38.85        | 2015 Sinead Haughey, FUR              | 17:04.84        |
| 2021 Cherrish Wright, MER         | 11.63        | 2012 Amy Salek, Elon               | 54.66        | 2003 Katie Sujkowski, APP        | 4:39.86        | 2016 Allie Buchalski, FUR             | 17:23.55        |
| 2022 Nicole Johnson, ETSU         | 11.66        | 2013 Kendra Douglas, WCU           | 56.19        | 2004 Shannon Wommack, UTC        | 4:38.54        | <b>2017 Allie Buchalski, FUR</b>      | <b>16:12.98</b> |
| 2023 Mecca Jackson, CIT           | 11.52        | 2014 Bria Bell, Elon               | 53.95        | 2005 Shannon Wommack, UTC        | 4:32.34        | 2018 Allie Buchalski, FUR             | 17:20.02        |
| <b>2024 Eleyah Armstrong, VMI</b> | <b>11.35</b> | 2015 Genevieve Emrick, WCU         | 54.42        | 2006 Shannon Wommack, UTC        | 4:22.95        | 2019 Gabbi Jennings, FUR              | 16:36.05        |
|                                   |              | 2016 Sarah Sanford, SAM            | 55.32        | 2007 Meghan Gaffney, APP         | 4:32.51        | 2020 No meet (COVID-19 pandemic)      |                 |
|                                   |              | 2017 Dasha Arnaut, WCU             | 54.92        | 2008 Kerri Savery, WCU           | 4:37.80        | 2021 Bethany Graham, FUR              | 17:04.60        |
|                                   |              | 2018 Dasha Arnaut, WCU             | 54.65        | 2009 Anneli Uys, UTC             | 4:32.97        | 2022 Bethany Graham, FUR              | 17:05.04        |
|                                   |              | 2019 Kellsie Whitehead, WCU        | 55.23        | 2010 Anneli Uys, UTC             | 4:29.92        | 2023 Kylie Armitage, FUR              | 17:09.54        |
|                                   |              | 2020 No meet (COVID-19 pandemic)   |              | 2011 Ashley Schnell, UNCG        | 4:27.06        | 2024 Sierra Bower, FUR                | 17:30.56        |
|                                   |              | 2021 Carlandra Jones, MER          | 54.74        | 2012 Ashley Schnell, UNCG        | 4:27.92        |                                       |                 |
|                                   |              | 2022 Marissa Blakely, WCU          | 54.93        | 2013 Hayley McMahon, CofC        | 4:28.45        | <b>10,000-meter run</b>               |                 |
|                                   |              | 2023 Nytrinety Jenkins, WCU        | 55.11        | 2014 Sarah Paddon, DAV           | 4:24.54        | 1987 Leslie Whitehead, ETSU           | 37:54.25        |
|                                   |              | <b>2024 Jasmine Jefferson, WOF</b> | <b>53.27</b> | 2015 Allie Buchalski, FUR        | 4:27.41        | 1988 Deanna Campbell, UTC             | 37:08.59        |
|                                   |              |                                    |              | 2016 Karisa Nelson, SAM          | 4:28.40        | 1989 Whitney Ball, APP                | 36:18.89        |
|                                   |              | <b>800-meter run</b>               |              | 2017 Karisa Nelson, SAM          | 4:26.49        | 1990 Whitney Ball, APP                | 36:05.16        |
|                                   |              | 1987 Kellie Smith, ETSU            | 2:18.06      | 2018 Allie Buchalski, FUR        | 4:19.44        | 1991 Dawn Wallace, MAR                | 39:07.3         |
|                                   |              | 1988 Sabrina Keeton, ETSU          | 2:18.17      | <b>2019 Karisa Nelson, SAM</b>   | <b>4:18.52</b> | 1992 Leigh Wallace, APP               | 36:55.7         |
|                                   |              | 1989 April Via, ETSU               | 2:13.31      | 2020 No meet (COVID-19 pandemic) |                | 1993 Gail Pennachio, FUR              | 36:20.9         |
|                                   |              | 1990 Vanessa Kosmala, APP          | 2:15.45      | 2021 Gabbi Jennings, FUR         | 4:22.51        | 1994 Rita Roberts, WCU                | 36:06.7         |
|                                   |              | 1991 Jennifer Bowers, APP          | 2:14.45      | 2022 Megan Marvin, FUR           | 4:20.44        | 1995 Gail Pennachio, FUR              | 37:17.80        |
|                                   |              | 1992 Susie Gardner, WCU            | 2:16.22      | 2023 Abigail Robertson, FUR      | 4:19.18        | 1996 Mary Jo Ferrigan, ETSU           | 37:33.61        |
|                                   |              | 1993 Susie Gardner, WCU            | 2:15.77      | 2024 Adeline Haisch, SAM         | 4:27.31        | 1997 Lynn Kepper-Hudson, FUR          | 37:22.78        |
|                                   |              | 1994 Jenny Sheets, APP             | 2:14.17      |                                  |                | 1998 Jenny Warfford, WCU              | 37:12.65        |
|                                   |              | 1995 Michelle Gregg, ETSU          | 2:14.87      | <b>3,000-meter run</b>           |                | 1999 Jenny Warfford, WCU              | 37:36.23        |
|                                   |              | 1996 Emily Redmon, WCU             | 2:11.41      | 1987 Sabrina Keeton, ETSU        | 10:07.70       | 2000 Andrea Davis, UTC                | 38:08.38        |
|                                   |              | 1997 Mary Jayne Harrelson, APP     | 2:10.69      | 1988 Beth Ruggles, APP           | 10:07.62       | 2001 Jill Braley, FUR                 | 37:30.01        |
|                                   |              | 1998 Mary Jayne Harrelson, APP     | 2:09.47      | 1989 Whitney Ball, APP           | 9:37.66        | 2002 Sarah Primeau, APP               | 38:08.78        |
|                                   |              | 1999 Mary Jayne Harrelson, APP     | 2:07.93      | 1990 Vanessa Kosmala, APP        | 9:45.9         | 2003 Gina Recher, UTC                 | 37:23.81        |
|                                   |              | 2000 Julie Stackhouse, FUR         | 2:15.32      | 1991 Cate Pichon, FUR            | 10:09.46       | 2004 Kathleen Turchin, UTC            | 36:49.56        |
|                                   |              | 2001 Mary Jayne Harrelson, APP     | 2:10.24      | 1992 Leigh Wallace, APP          | 10:03.93       | 2005 Ellen Davis, UTC                 | 39:24.36        |
|                                   |              | 2002 Julie Stackhouse, FUR         | 2:12.95      | 1993 Gail Pennachio, FUR         | 10:11.59       | 2006 Emily Kong, DAV                  | 38:04.10        |
|                                   |              | 2003 Leslie Martin, WCU            | 2:13.65      | 1994 Gail Pennachio, FUR         | 10:03.72       | 2007 Lanni Marchant, UTC              | 35:06.53        |
|                                   |              | 2004 Leslie Martin, WCU            | 2:11.94      | 1995 Mary Jane Middlekoop, UTC   | 10:10.41       | 2008 Brenna Burns, DAV                | 36:56.24        |
|                                   |              | 2005 Leslie Martin, WCU            | 2:15.16      | 1996 Mary Jane Middlekoop, UTC   | 9:54.60        | 2009 Danielle Ruggieri, DAV           | 37:45.13        |
|                                   |              | 2006 Caroline Jett, APP            | 2:31.39      | 1997 Jenny Chase, APP            | 10:23.63       | 2010 Caitlin Beeler, Elon             | 37:27.42        |
|                                   |              | 2007 Kerri Savery, WCU             | 2:12.65      |                                  |                | 2011 Chloe Kowalski, FUR              | 36:40.96        |







# WOMEN'S NCAA CHAMPIONS

| Year | Site         | Event           | Mark    | Name, school                            |
|------|--------------|-----------------|---------|---|
| 1999 | Boise, Idaho | 1,500-meter run | 4:21.06 | Mary Jayne Harrelson, Appalachian State |
| 2001 | Eugene, Ore. | 1,500-meter run | 4:14.30 | Mary Jayne Harrelson, Appalachian State |

## ALL-AMERICANS (SINCE 1999)

| Name, school                            | Team | Event                    | Name, school             | Team | Event           |
|---|------|--------------------------|--------------------------|------|-----------------|
| <b>1999</b>                             |      |                          | <b>2022</b>              |      |                 |
| Mary Jayne Harrelson, Appalachian State |      | 1,500-meter run          | Megan Marvin, Furman     | 2nd  | 1,500-meter run |
|   |      |                          | Brittany Bishop, Samford | HM   | Pole vault      |
| <b>2000</b>                             |      |                          | <b>2023</b>              |      |                 |
| Catherine Berry, ETSU                   |      | 5,000-meter run          | Erin Long, Samford       | HM   | Javelin         |
| <b>2001</b>                             |      |                          |                          |      |                 |
| Mary Jayne Harrelson, Appalachian State |      | 800-meter run            |                          |      |                 |
| Mary Jayne Harrelson, Appalachian State |      | 1,500-meter run          |                          |      |                 |
| <b>2005</b>                             |      |                          |                          |      |                 |
| Shannon Wommack, Chattanooga            |      | 3,000-meter steeplechase |                          |      |                 |
| <b>2006</b>                             |      |                          |                          |      |                 |
| Shannon Wommack, Chattanooga            |      | 3,000-meter steeplechase |                          |      |                 |
| <b>2007</b>                             |      |                          |                          |      |                 |
| Kristen Meister, Davidson               |      | High jump                |                          |      |                 |
| <b>2015</b>                             |      |                          |                          |      |                 |
| Sinead Haughey, Furman                  | HM   | 10,000-meter run         |                          |      |                 |
| <b>2016</b>                             |      |                          |                          |      |                 |
| Allie Buchalski Furman                  | 2nd  | 5,000-meter run          |                          |      |                 |
| Karisa Nelson, Samford                  | HM   | 1,500-meter run          |                          |      |                 |
| <b>2017</b>                             |      |                          |                          |      |                 |
| Katrina Seymour, ETSU                   | 1st  | 400-meter hurdles        |                          |      |                 |
| Allie Buchalski Furman                  | 1st  | 5,000-meter run          |                          |      |                 |
| Karisa Nelson, Samford                  | 1st  | 1,500-meter run          |                          |      |                 |
| <b>2018</b>                             |      |                          |                          |      |                 |
| Allie Buchalski Furman                  | 1st  | 5,000-meter run          |                          |      |                 |
| Kyra Atkins, ETSU                       | 2nd  | 100-meter hurdles        |                          |      |                 |
| Savannah Carnahan, Furman               | 2nd  | 5,000-meter run          |                          |      |                 |
| Kristlin Gear, Furman                   | HM   | 3,000-meter steeplechase |                          |      |                 |
| Gabbi Jennings, Furman                  | HM   | 3,000-meter steeplechase |                          |      |                 |
| Hannah Steelman, Wofford                | HM   | 5,000-meter run          |                          |      |                 |
| <b>2019</b>                             |      |                          |                          |      |                 |
| Hannah Steelman, Wofford                | 1st  | 5,000-meter run          |                          |      |                 |
| Hannah Steelman, Wofford                | 1st  | 3,000-meter steeplechase |                          |      |                 |
| Karisa Nelson, Samford                  | 2nd  | 1,500-meter run          |                          |      |                 |
| Kristlin Gear, Furman                   | 2nd  | 3,000-meter steeplechase |                          |      |                 |
| Gabbi Jennings, Furman                  | 2nd  | 3,000-meter steeplechase |                          |      |                 |
| <b>2020</b>                             |      |                          |                          |      |                 |
| NO NCAA MEET (COVID-19 pandemic)        |      |                          |                          |      |                 |
| <b>2021</b>                             |      |                          |                          |      |                 |
| Gabbi Jennings, Furman                  | 1st  | 3,000-meter steeplechase |                          |      |                 |

### All-America criteria

| Year(s)    | Requirements  |
|------------|---|
| 1985-05    | Top eight per event, to include the top eight U.S.-born finishers                                     |
| 2006-10    | Top eight per event, to include the top eight U.S.-born finishers (team must have USTFCCA membership) |
| 2011-pres. | Top eight First Team; 9-16 Second Team (team must have USTFCCA membership)                            |

# ***USTFCCCA HALL OF FAME***

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**Jimmy Carnes**  
**Furman**  
Class of 1998

**Jim Kehoe**  
**Maryland**  
Class of 1998

**Harry Groves**  
**William & Mary**  
Class of 2001

**Dave Walker**  
**ETSU**  
Class of 2003

**Chuck Rohe**  
**Furman**  
Class of 2009

**Bob Pollock**  
**The Citadel/Appalachian State**  
Class of 2012

**John Weaver**  
**Appalachian State**  
Class of 2021

**Wilbur Hutsell**  
**Auburn**  
Special Contributor

**Weems Baskin**  
**South Carolina**  
Special Contributor

# 2024 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 217    | 5. Wofford     | 90     |
| 2. VMI              | 133    | 6. The Citadel | 81     |
| 3. Furman           | 100    | 7. ETSU        | 75     |
| 4. Western Carolina | 92     | 8. UNCG        | 17     |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Cameron Dalton, WOF  | 10.56 |
| 2. Cole Grande, SAM     | 10.65 |
| 3. Treonte Newton, CIT  | 10.67 |
| 4. Bradlee Jones, CIT   | 10.70 |
| 5. William Malcolm, SAM | 10.83 |
| 6. Evan Brooks, SAM     | 10.84 |
| 7. Makai Williams, ETSU | 11.01 |
| 8. Quinton Godfrey, WCU | 11.01 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Cameron Dalton, WOF  | 20.64 |
| 2. Cagan Campbell, SAM  | 20.96 |
| 3. Treonte Newton, CIT  | 21.30 |
| 4. Cole Grande, SAM     | 21.34 |
| 5. Jacob Garnett, VMI   | 21.45 |
| 6. Tyke Tabor, SAM      | 21.47 |
| 7. Quinton Godfrey, WCU | 21.48 |
| 8. Evan Brooks, SAM     | 21.66 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Cagan Campbell, SAM  | 47.09 |
| 2. Nick Brown, VMI      | 47.17 |
| 3. Tyke Tabor, SAM      | 47.76 |
| 4. Zion Bennett, WOF    | 48.14 |
| 5. Quinton Godfrey, WCU | 48.30 |
| 6. Thomas Stamper, WOF  | 49.14 |
| 7. Elias Barton, WCU    | 49.36 |
| 8. Timi Olawole, SAM    | 49.43 |

### 800-meter run

|                                   |         |
|-----------------------------------|---------|
| 1. Zephaniah Carico-McLennan, SAM | 1:49.14 |
| 2. Miguel Parrilla, ETSU          | 1:49.66 |
| 3. Matthew Smith, FUR             | 1:50.33 |
| 4. Sam Barnard, UNCG              | 1:53.01 |
| 5. John Davis, WCU                | 1:54.13 |
| 6. Henry Stecher, WCU             | 1:54.44 |
| 7. Andrew Hamilton, UNCG          | 1:55.54 |
| 8. Jalen Elwell, WCU              | 1:56.73 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Dylan Schubert, FUR     | 3:48.53 |
| 2. Jason Bowers, ETSU      | 3:48.90 |
| 3. Gabriel Montague, FUR   | 3:50.92 |
| 4. Christopher Knight, FUR | 3:53.94 |
| 5. Harrison Siegel, SAM    | 3:54.15 |
| 6. Caleb Scheffler, SAM    | 3:56.02 |
| 7. Colin Keck, UNCG        | 3:58.06 |
| 8. Conner Overly, ETSU     | 3:58.43 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Cameron Ponder, FUR    | 14:31.15 |
| 2. Jason Bowers, ETSU     | 14:34.65 |
| 3. Dylan Schubert, FUR    | 14:42.35 |
| 4. Owen Shifflett, FUR    | 14:45.33 |
| 5. Kevin Shank, VMI       | 14:55.78 |
| 6. Casey Burr, FUR        | 15:14.17 |
| 7. Khalid Abdullahi, UNCG | 15:14.36 |
| 8. Colton Kempney, FUR    | 15:26.28 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Owen Shifflett, FUR     | 30:57.53 |
| 2. Nicholas Goldstein, FUR | 31:06.21 |
| 3. Luke Taylor, FUR        | 31:17.18 |
| 4. Andrew McGinnis, SAM    | 31:28.23 |
| 5. Luke Ward, UNCG         | 32:17.08 |
| 6. Abdul Jaber, ETSU       | 32:41.55 |
| 7. Ethan Long, UNCG        | 33:29.13 |
| 8. Patrick Kiernan, VMI    | 33:49.45 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Titus Moore, SAM       | 13.92 |
| 2. Liam McBride, VMI      | 14.58 |
| 3. Xander Topos, VMI      | 14.68 |
| 4. Grant Witherspoon, WOF | 14.84 |
| 5. Jackson Olivo, SAM     | 14.85 |
| 6. Archie Woodard, WOF    | 15.57 |
| 7. Ethan Fulford, ETSU    | 15.60 |

### 400-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Jackson Olivo, SAM     | 52.89 |
| 2. Grant Witherspoon, WOF | 54.96 |
| 3. Xander Topos, VMI      | 55.73 |
| 4. Archie Woodard, WOF    | 57.03 |
| 5. Ethan Fulford, ETSU    | 57.43 |
| 6. Sumter Cooper, WOF     | 58.81 |
| 7. Ahmad Miles, WOF       | 58.83 |

### 3,000-meter steeplechase

|                        |          |
|------------------------|----------|
| 1. Cameron Ponder, WOF | 8:52.32  |
| 2. Casey Burr, FUR     | 9:22.03  |
| 3. Colton Kempney, FUR | 9:25.83  |
| 4. Will Mitchell, WCU  | 9:34.83  |
| 5. Lawson Mecom, WCU   | 9:44.54  |
| 6. Myles Stoots, ETSU  | 9:47.54  |
| 7. Ben Kenner, ETSU    | 9:50.21  |
| 8. William Murray, SAM | 10:04.20 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Samford          | 40.77 |
| 2. The Citadel      | 41.14 |
| 3. Wofford          | 41.51 |
| 4. VMI              | 42.07 |
| 5. Western Carolina | 42.10 |
| 6. ETSU             | 44.49 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Samford          | 3:11.36 |
| 2. Western Carolina | 3:14.92 |
| 3. VMI              | 3:16.25 |
| 4. Wofford          | 3:16.26 |
| 5. The Citadel      | 3:17.79 |
| 6. ETSU             | 3:23.46 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Jaggerd Moore, SAM    | 2.03m |
| 2. Stephen Kraeling, CIT | 2.03m |
| 3. Jordan Chestnut, CIT  | 1.98m |
| 4. Arthur Chitty, SAM    | 1.98m |
| 5. Malachi Thomas, ETSU  | 1.98m |
| 6. Prince Moody, CIT     | 1.93m |
| 7. McConnell Burdette    | 1.93m |
| 8. Cameron Pompey, WCU   | 1.93m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Cameron Thomas, VMI | 4.95m |
| 2. Carter Ellis, SAM   | 4.95m |
| 3. Isaiah Blount, VMI  | 4.65m |
| 4. Jack Scott, CIT     | 4.50m |
| 5. Ethan Womack, SAM   | 4.35m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Keyandre Midgett, VMI | 7.36m |
| 2. Charles Male, VMI     | 7.18m |
| 3. Noah Straley, WCU     | 6.88m |
| 4. Zachary Denton, VMI   | 6.84m |
| 5. Nathan Williams, WCU  | 6.77m |
| 6. David Dorbin, WCU     | 6.68m |
| 7. Jordan Chestnut, CIT  | 6.67m |
| 8. Cameron Pompey, WCU   | 6.62m |

### Triple jump

|                              |        |
|------------------------------|--------|
| 1. Keyandre Midgett, VMI     | 15.24m |
| 2. Ian Jones, SAM            | 15.16m |
| 3. Patrick Green, WOF        | 14.26m |
| 4. Jordan Chestnut, CIT      | 14.16m |
| 5. Nathan Williams, WCU      | 13.60m |
| 6. Christopher Sheppard, WOF | 13.41m |
| 7. David Dorbin, WCU         | 13.33m |
| 8. Charles Male, VMI         | 12.92m |

### Shot put

|                        |        |
|------------------------|--------|
| 1. Carl Henry, SAM     | 15.38m |
| 2. Eli Penix, SAM      | 15.00m |
| 3. Brent Bell, ETSU    | 14.81m |
| 4. Logan Wagner, ETSU  | 14.52m |
| 5. Chase Edwards, WOF  | 14.40m |
| 6. Solomon Ghosh, CIT  | 13.96m |
| 7. Rafe Clendenin, VMI | 13.96m |
| 8. Jacob Thomas, WCU   | 13.94m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Solomon Ghosh, CIT    | 49.65m |
| 2. Chase Edwards, WOF    | 47.41m |
| 3. Rafe Clendenin, VMI   | 46.50m |
| 4. Logan Wagner, ETSU    | 45.93m |
| 5. Marshall Gainer, SAM  | 44.24m |
| 6. Carl Henry, SAM       | 43.88m |
| 7. Raymond Carleton, SAM | 43.88m |
| 8. Isaiah Blount, VMI    | 43.74m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Andrew Granger, VMI | 56.03m |
| 2. Brent Bell, ETSU    | 52.21m |

|                         |        |
|-------------------------|--------|
| 3. Rafe Clendenin, VMI  | 50.32m |
| 4. Jacob Thomas, WCU    | 49.46m |
| 5. Riley Center, WCU    | 47.70m |
| 6. Marshall Gainer, SAM | 46.68m |
| 7. Dominick Dale, WCU   | 46.51m |
| 8. Solomon Ghosh, CIT   | 46.46m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Kyle Kaufelds, SAM      | 62.40m |
| 2. Jackson Livingston, WCU | 62.30m |
| 3. Michael Kolen, SAM      | 61.41m |
| 4. Grayson Eady, SAM       | 61.17m |
| 5. Arthur Parham, CIT      | 60.26m |
| 6. Sebastian Latorre, WOF  | 57.80m |
| 7. Caleb McDonald, CIT     | 52.72m |
| 8. Jack Weil, CIT          | 52.53m |

### Decathlon

|                           |       |
|---------------------------|-------|
| 1. Isaiah Blount, VMI     | 6,873 |
| 2. Samuel Werner, SAM     | 6,854 |
| 3. Damon Worley, WCU      | 6,434 |
| 4. Ethan Womack, SAM      | 6,360 |
| 5. Colby Capps, WCU       | 5,956 |
| 6. Ethan Hibberts, WCU    | 5,534 |
| 7. Bryce Williamson, SAM  | 5,397 |
| 8. Sebastian Latorre, WOF | 5,209 |

### Most Outstanding Athlete

Cagan Campbell, Samford

### Most Outstanding Track Performer

Cagan Campbell, Samford

### Most Outstanding Field Performer

Keyandre Midgett, VMI

### Freshman of the Year

Owen Shifflett, Furman

### Pinnacle Award

Andrew McGinnis, Samford

### Co-Coaches of the Year

Rod Tiffin, Samford  
Zack Scott, VMI

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event

# 2024 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 212.5  | 6. VMI         | 59     |
| 2. Wofford          | 130    | 7. The Citadel | 52     |
| 3. Western Carolina | 107.5  | 8. Mercer      | 45     |
| 4. ETSU             | 101    | 9. Chattanooga | 17     |
| 5. Furman           | 92     | 10. UNCG       | 2      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Eleyah Armstrong, VMI  | 11.35 |
| 2. Mecca Jackson, CIT     | 11.77 |
| 3. Madeline McNinch, WOF  | 11.80 |
| 4. Ella Tennant, WOF      | 11.95 |
| 5. Gabrielle Walker, ETSU | 12.00 |
| 6. Leslie Gansore, ETSU   | 12.08 |
| 7. Cymoria Thomas, WCU    | 12.12 |
| 8. Armani Blair, WCU      | 12.14 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Jasmine Jefferson, WOF  | 24.01 |
| 2. Madeline McNinch, WOF   | 24.53 |
| 3. Kelsey Martin, SAM      | 24.62 |
| 4. Ella Tennant, WOF       | 24.92 |
| 5. Nytrinitey Jenkins, WCU | 24.93 |
| 6. Mecca Jackson, CIT      | 25.04 |
| 7. SeMore Green, VMI       | 25.11 |
| 8. Gabrielle Walker, ETSU  | 25.15 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Jasmine Jefferson, WOF  | 53.27 |
| 2. Kelsey Martin, SAM      | 56.18 |
| 3. Nytrinitey Jenkins, WCU | 56.44 |
| 4. Mikayla Turner, WCU     | 57.56 |
| 5. Grace Lueders, SAM      | 57.63 |
| 6. Leah Butler, WCU        | 58.71 |
| 7. Kyndal Saunders, WCU    | 58.78 |
| 8. McKenna Boyking, ETSU   | 59.28 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Megan Marvin, FUR      | 2:07.01 |
| 2. Katie Keller, SAM      | 2:08.24 |
| 3. Camryn Wennersten, FUR | 2:09.19 |
| 4. Dannielle King, WOF    | 2:16.21 |
| 5. Kiera Snyder, ETSU     | 2:16.27 |
| 6. Meg Lance, ETSU        | 2:17.65 |
| 7. Beth Donnelly, FUR     | 2:19.80 |
| 8. Lauren Esselborn, WCU  | 2:20.16 |

### 1,500-meter run

|                               |         |
|-------------------------------|---------|
| 1. Adeline Haisch, SAM        | 4:27.31 |
| 2. Carly Wilkes, FUR          | 4:30.24 |
| 3. Madelynn Cadeau, FUR       | 4:30.54 |
| 4. Maddie Wheatcroft, UTC     | 4:30.56 |
| 5. Katherine Vradenburgh, UTC | 4:35.69 |
| 6. Kiera Snyder, ETSU         | 4:36.06 |
| 7. Rebekha Howard, ETSU       | 4:37.31 |
| 8. Clair Garrett, FUR         | 4:41.30 |

### 5,000-meter run

|                               |          |
|-------------------------------|----------|
| 1. Sierra Bower, FUR          | 17:30.56 |
| 2. Lillian Feingold, FUR      | 17:51.99 |
| 3. Bethany Graham, FUR        | 18:02.17 |
| 4. Patrycja Miazek, MER       | 18:09.76 |
| 5. Emma Jones, FUR            | 18:11.09 |
| 6. Katherine Vradenburgh, UTC | 18:11.74 |
| 7. Rebekah Howard, ETSU       | 18:13.55 |
| 8. Kiera Snyder, ETSU         | 18:14.65 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Lillian Feingold, FUR  | 36:55.66 |
| 2. Emma Jones, FUR        | 37:14.20 |
| 3. Edie Smith, SAM        | 37:19.12 |
| 4. Macie Pfeuffer, SAM    | 37:32.56 |
| 5. Sinkenesh Parker, SAM  | 37:42.70 |
| 6. Annette Rodriguez, MER | 37:48.34 |
| 7. Victoria Sosa, UNCG    | 37:58.46 |
| 8. Katherine Hopkins, WCU | 38:07.19 |

### 100-meter hurdles

|                             |       |
|-----------------------------|-------|
| 1. Amiel Dabney, SAM        | 13.85 |
| 2. Shaneil Lysightm, WCU    | 14.22 |
| 3. JaKayla Campbell, WOF    | 14.51 |
| 4. Imani Boyd, WCU          | 14.55 |
| 5. Ayden Drake, SAM         | 14.61 |
| 6. Shea Hart, VMI           | 14.70 |
| 7. Mega Coleman, SAM        | 14.71 |
| 8. Marga van der Linde, WOF | 15.00 |

### 400-meter hurdles

|                             |         |
|-----------------------------|---------|
| 1. Ayden Drake, SAM         | 1:00.45 |
| 2. Ariel Raggs, MER         | 1:01.29 |
| 3. Marga van der Linde, WOF | 1:03.46 |
| 4. Shaneil Lysight, WCU     | 1:04.14 |
| 5. Maris Owens, SAM         | 1:04.20 |
| 6. Imani Boyd, WCU          | 1:04.24 |
| 7. Alina LaForest, VMI      | 1:04.95 |
| 8. Sarah Unterholzner, UTC  | 1:05.92 |

### 3,000-meter steeplechase

|                            |          |
|----------------------------|----------|
| 1. Nicole Matysik, FUR     | 10:40.45 |
| 2. Brianna Teegarden, MER  | 10:43.91 |
| 3. Harper McGowan, SAM     | 10:47.67 |
| 4. Patrycja Miazek, MER    | 10:57.25 |
| 5. Ansley Archuletta, ETSU | 11:14.40 |
| 6. Olivia Jones, MER       | 11:31.29 |
| 7. Camryn Johnson, ETSU    | 11:36.00 |
| 8. Jillian Sisk, VMI       | 11:46.47 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Wofford          | 46.00 |
| 2. Western Carolina | 46.96 |
| 3. VMI              | 47.04 |
| 4. ETSU             | 47.67 |
| 5. The Citadel      | 47.90 |
| 6. Mercer           | 48.16 |
| 7. Chattanooga      | 56.41 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Wofford          | 3:47.33 |
| 2. Western Carolina | 3:51.45 |
| 3. ETSU             | 3:52.57 |
| 4. Mercer           | 4:01.45 |
| 5. VMI              | 4:03.24 |
| 6. Furman           | 4:03.38 |
| 7. Chattanooga      | 4:07.54 |
| 8. The Citadel      | 4:09.65 |

### High jump

|                         |       |
|-------------------------|-------|
| 1. Heidi Hudson, WCU    | 1.75m |
| 2. Dorsey Parker, SAM   | 1.70m |
| Grace Gamboa, SAM       | 1.70m |
| 4. Maya Murchison, ETSU | 1.70m |
| 5. Morgan Fraser, VMI   | 1.65m |
| 6. Imani Boyd, WCU      | 1.60m |
| 7. Brianna Baker, ETSU  | 1.55m |
| Sadler Miller, WCU      |       |
| Savannah Schmidt, SAM   |       |

### Pole vault

|                              |       |
|------------------------------|-------|
| 1. Diana Romero-Barba, ETSU  | 3.70m |
| 2. Brittany Bishop, SAM      | 3.70m |
| 3. Antonina Tereshenko, SAM  | 3.55m |
| 4. Taylor Hill, VMI          | 3.40m |
| 5. Libby Jackson, SAM        | 3.40m |
| Bella Hilleary, WCU          | 3.40m |
| 7. Frania Romero-Barba, ETSU | 3.40m |
| 8. Lindsey Havens, SAM       | 3.40m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Ellison Chadwick, SAM | 5.90m |
| 2. Madeline McNinch, WOF | 5.79m |
| 3. Eleyah Armstrong, VMI | 5.74m |
| 4. Jiya Hastings, MER    | 5.67m |
| 5. Heidi Hudson, WCU     | 5.56m |
| 6. Eliza Ruch, ETSU      | 5.36m |
| 7. Olivia Bagg, WOF      | 5.31m |
| 8. Kendal Hudson, WCU    | 5.27m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Jasmine Greene, WCU    | 11.38m |
| 2. Tya Blake, ETSU        | 11.30m |
| 3. Julie Freitas, VMI     | 11.24m |
| 4. Derica Currie, WCU     | 11.23m |
| 5. Erica O'Neal, WCU      | 10.88m |
| 6. Isabelle Duchemin, WOF | 10.28m |
| 7. Jada Pate, CIT         | 10.21m |
| 8. Anaya Young, ETSU      | 10.13m |

### Shot put

|                               |        |
|-------------------------------|--------|
| 1. Hannah Daffin, SAM         | 13.74m |
| 2. Ellie Sawicki, WOF         | 12.84m |
| 3. Emma Nolte, SAM            | 12.29m |
| 4. Malgorzata Andersohn, ETSU | 12.09m |
| 5. Hannah Pettyjohn, SAM      | 12.06m |
| 6. Karmen Williams, CIT       | 11.99m |
| 7. Jenna Kirkland, VMI        | 11.75m |
| 8. Savannah Schmidt, SAM      | 11.55m |

### Discus throw

|                               |        |
|-------------------------------|--------|
| 1. Emma Nolte, SAM            | 42.89m |
| 2. Hannah Daffin, SAM         | 39.09m |
| 3. Ellie Sawicki, WOF         | 38.87m |
| 4. Tyla Nicholson, ETSU       | 38.55m |
| 5. Jenna Kirkland, VMI        | 37.00m |
| 6. Hailee Jackson-Morgan, WCU | 35.39m |
| 7. Claire Harrison, SAM       | 35.38m |

|                    |        |
|--------------------|--------|
| 8. Dani Emmen, WOF | 34.89m |
|--------------------|--------|

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Hannah Daffin, SAM   | 51.50m |
| 2. Karmen Williams, CIT | 50.25m |
| 3. Emma Nolte, SAM      | 50.16m |
| 4. Ellie Sawicki, WOF   | 47.35m |
| 5. Emily Danielson, CIT | 47.02m |
| 6. Anna Moore, ETSU     | 46.38m |
| 7. Claire Harrison, SAM | 44.78m |
| 8. Dani Emmen, WOF      | 43.61m |

### Javelin throw

|                               |        |
|-------------------------------|--------|
| 1. Ali Wilson-Ruffin, CIT     | 47.77m |
| 2. Jasmine Hampton, SAM       | 43.49m |
| 3. Malgorzata Andersohn, ETSU | 40.78m |
| 4. Karmen Williams, CIT       | 40.54m |
| 5. Emma Nolte, SAM            | 38.21m |
| 6. Sadie Grove, CIT           | 36.82m |
| 7. Taylor Stingel, WOF        | 35.84m |
| 8. Samantha Barnes, CIT       | 32.11m |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Olivia Bagg, WOF      | 4,776 |
| 2. Brianna Baker, ETSU   | 4,482 |
| 3. Savannah Schmidt, SAM | 4,438 |
| 4. Hannah Pettyjohn, SAM | 4,421 |
| 5. Shea Hart, VMI        | 4,418 |
| 6. Eliza Ruch, ETSU      | 4,026 |
| 7. Presley Worf, WOF     | 3,977 |
| 8. Kendal Hudson, WCU    | 3,907 |

### Most Outstanding Athlete

Hannah Daffin, Samford

### Most Outstanding Track Performer

Jasmine Jefferson, Wofford

### Most Outstanding Field Performer

Hannah Daffin, Samford

### Freshman of the Year

Lillian Feingold, Furman

### Pinnacle Award

Savannah Schmidt, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2023 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 251    | 5. The Citadel | 78     |
| 2. Western Carolina | 133    | 6. Furman      | 70     |
| 3. VMI              | 97     | 7. Wofford     | 65     |
| 4. ETSU             | 91     | 8. UNCG        | 21     |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. William Malcolm, SAM   | 10.42 |
| 2. Evan Brooks, SAM       | 10.44 |
| 3. O'Rell Fisher, WOF     | 10.47 |
| 4. David Miles, WCU       | 10.64 |
| 5. Teddy Ayden, WCU       | 10.73 |
| 6. Robert Hilsman, WOF    | 10.85 |
| 7. Cameron Dalton, WOF    | 10.88 |
| 8. Deshawn Fletcher, ETSU | 10.97 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Cagan Campbell, SAM  | 20.98 |
| 2. Evan Brooks, SAM     | 21.08 |
| 3. Michael Harris, WCU  | 21.27 |
| 4. Teddy Ayden, WCU     | 21.43 |
| 5. William Malcolm, SAM | 21.54 |
| 6. Nick Brown, VMI      | 21.55 |
| 7. Robert Hilsman, WOF  | 21.64 |
| 8. David Miles, WCU     | 21.72 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Cagan Campbell, SAM  | 46.99 |
| 2. Michael Harris, WCU  | 47.51 |
| 3. Treonte Newton, CIT  | 47.67 |
| 4. Nick Brown, VMI      | 48.14 |
| 5. Tyke Tabor, SAM      | 48.45 |
| 6. Elias Barton, WCU    | 48.91 |
| 7. Kane Duncan, CIT     | 49.03 |
| 8. Richard Edwards, VMI | 49.54 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Trent Whittaker, VMI  | 1:50.20 |
| 2. Miguel Parrilla, ETSU | 1:50.23 |
| 3. Phelani Maduwa, WCU   | 1:50.51 |
| 4. Jose Penalver, SAM    | 1:50.66 |
| 5. John Davis, WCU       | 1:53.91 |
| 6. Harrison Siegel, SAM  | 1:53.92 |
| 7. Henry Stecher, WCU    | 1:55.52 |
| 8. Andrew Smith, CIT     | 1:57.85 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. John Davis, WCU      | 3:54.76 |
| 2. Myles Stoots, ETSU   | 3:55.10 |
| 3. Alex Fiorillo, VMI   | 3:55.49 |
| 4. Foster Wilfong, FUR  | 3:55.90 |
| 5. Jeb Jones, SAM       | 3:56.68 |
| 6. Caleb Scheffler, SAM | 3:57.47 |
| 7. Evan Guzman, ETSU    | 3:58.35 |
| 8. Jalen Elwell, WCU    | 3:58.43 |

### 5,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Adam Beucler, FUR       | 14:36.36 |
| 2. Dylan Christopher, UNCG | 14:49.39 |
| 3. Evan Guzman, ETSU       | 14:56.23 |
| 4. Myles Stoots, ETSU      | 14:57.85 |
| 5. David Ahlmeyer, FUR     | 15:07.26 |
| 6. Nicholas Goldstein, FUR | 15:13.45 |
| 7. Evan Pena, UNCG         | 15:17.62 |
| 8. Ty Duben, CIT           | 15:20.98 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Dylan Christopher, UNCG | 31:36.09 |
| 2. Evan Guzman, ETSU       | 31:36.30 |
| 3. Nicholas Goldstein, FUR | 31:48.74 |
| 4. David Ahlmeyer, FUR     | 31:55.18 |
| 5. Ethan Vargas, FUR       | 32:07.63 |
| 6. William Hartig, ETSU    | 32:14.65 |
| 7. Andrew McGinnis, SAM    | 32:21.65 |
| 8. Ethan Long, UNCG        | 32:26.35 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Titus Moore, SAM       | 13.87 |
| 2. Liam McBride, VMI      | 14.31 |
| 3. Landon Wright, SAM     | 14.67 |
| 4. Grant Witherspoon, WOF | 15.00 |
| 5. Xander Topos, VMI      | 15.07 |
| 6. Kaleb Ambrose, WCU     | 15.13 |
| 7. Treven McGhee, ETSU    | 15.21 |
| 8. Jonah Dill, FUR        | 15.37 |

### 400-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Landon Wright, SAM     | 51.60 |
| 2. Matthew Grigg, SAM     | 52.04 |
| 3. Grant Witherspoon, WOF | 53.49 |
| 4. Jackson Olivo, SAM     | 53.66 |
| 5. Xander Topos, VMI      | 54.48 |
| 6. Jonah Dill, FUR        | 54.92 |
| 7. Ahmad Miles, WOF       | 56.84 |
| 8. Treven McGhee, ETSU    | 57.07 |

### 3,000-meter steeplechase

|                         |         |
|-------------------------|---------|
| 1. Carson Williams, FUR | 8:46.56 |
| 2. Cameron Ponder, FUR  | 8:49.54 |
| 3. Myles Stoots, ETSU   | 9:08.56 |
| 4. Josh Powers, FUR     | 9:17.59 |
| 5. Nathan Hillis, ETSU  | 9:23.36 |
| 6. Luke Dobbins, SAM    | 9:37.71 |
| 7. Casey Burr, FUR      | 9:38.93 |
| 8. Will Mitchell, WCU   | 9:41.47 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Samford          | 40.11 |
| 2. Wofford          | 41.89 |
| 3. The Citadel      | 42.52 |
| 4. VMI              | 42.67 |
| -- Western Carolina | DNF   |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Samford          | 3:13.81 |
| 2. Western Carolina | 3:14.42 |
| 3. ETSU             | 3:15.35 |
| 4. Wofford          | 3:17.60 |
| 5. The Citadel      | 3:18.11 |
| 6. Furman           | 3:28.81 |
| -- VMI              | DNS     |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Tanner Henry, WOF     | 2.05m |
| 2. Stephen Kraeling, CIT | 2.05m |
| 3. Javell Brown, WCU     | 2.05m |
| 4. Malachi Thomas, ETSU  | 2.00m |
| 5. Prince Moody, CIT     | 1.95m |
| 6. Javon Brown, WCU      | 1.90m |
| 7. Bryce Williamson, SAM | 1.85m |
| 8. Jack Mulvey, CIT      | 1.80m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Jed Sisco, SAM      | 5.20m |
| 2. Walker Smith, SAM   | 4.93m |
| 3. Carter Ellis, SAM   | 4.63m |
| 4. Jonathan Lehe, WCU  | 4.48m |
| 5. Isaiah Blount, VMI  | 4.33m |
| Kevin Linko, VMI       | 4.33m |
| 7. Ethan Fulford, ETSU | 4.18m |
| 8. Brandon Bauman, VMI | 4.03m |

### Long jump

|                              |       |
|------------------------------|-------|
| 1. Edwin Rainey, SAM         | 7.27m |
| 2. Ty Kimberlin, SAM         | 7.20m |
| 3. Javon Brown, WCU          | 7.19m |
| 4. Keyandre Midgett, VMI     | 7.05m |
| 5. Tyler Rodriguez, WCU      | 6.94m |
| 6. Christopher Sheppard, WOF | 6.82m |
| 7. Javell Brown, WCU         | 6.80m |
| 8. Charles Male, VMI         | 6.79m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Edwin Rainey, SAM    | 15.55m |
| 2. Javell Brown, WCU    | 15.34m |
| 3. Javon Brown, WCU     | 15.25m |
| 4. Ian Jones, SAM       | 14.57m |
| 5. Marcus Evans, ETSU   | 13.80m |
| 6. Nathan Williams, WCU | 13.33m |
| 7. Tyler Rodriguez, WCU | 13.27m |
| 8. Evin McEntee, FUR    | 13.22m |

### Shot put

|                        |        |
|------------------------|--------|
| 1. Riley Center, WCU   | 14.50m |
| 2. Eli Penix, SAM      | 14.43m |
| 3. Logan Wagner, ETSU  | 14.38m |
| 4. Hunter Davis, VMI   | 14.18m |
| 5. Solomon Ghosh, CIT  | 13.85m |
| 6. Hikeem Elmore, CIT  | 13.82m |
| 7. Herbert Brooks, VMI | 13.82m |
| 8. Tereis Drayton, CIT | 13.42m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Solomon Ghosh, CIT   | 53.28m |
| 2. Eli Penix, SAM       | 42.50m |
| 3. Marshall Gainer, SAM | 2.20m  |
| 4. Logan Wagner, ETSU   | 41.87m |
| 5. Chase Edwards, WOF   | 40.92m |
| 6. Andrew Granger, VMI  | 40.25m |
| 7. Dominick Dale, WCU   | 38.80m |
| 8. Fred Hamilton, CIT   | 37.25m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Andrew Granger, VMI  | 57.62m |
| 2. Reggie Reynolds, CIT | 50.54m |
| 3. Solomon Ghosh, CIT   | 48.52m |
| 4. Riley Center, WCU    | 47.63m |
| 5. Marshall Gainer, SAM | 47.40m |
| 6. Herbert Brooks, VMI  | 45.36m |
| 7. Jacob Thomas, WCU    | 43.21m |
| 8. Tereis Drayton, CIT  | 42.38m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Tripp Marcus, SAM       | 67.51m |
| 2. Jackson Livingston, WCU | 59.39m |
| 3. Grayson Eady, SAM       | 58.55m |
| 4. Caleb McDonald, CIT     | 50.41m |
| 5. Briggs Rehome, CIT      | 49.63m |
| 6. Sebastian LaTorre, WOF  | 49.42m |
| 7. Ian McCorkle, CIT       | 48.75m |
| 8. Ty Wesenyak, VMI        | 45.93m |

### Decathlon

|                           |       |
|---------------------------|-------|
| 1. Ty Kimberlin, SAM      | 7,233 |
| 2. Isaiah Blount, VMI     | 6,258 |
| 3. Bryce Williamson, SAM  | 6,190 |
| 4. Kevin Linko, VMI       | 5,648 |
| 5. Sebastian LaTorre, WOF | 5,540 |
| 6. Ethan Fulford, ETSU    | 4,875 |
| 7. Jackson Casey, WOF     | 4,665 |
| 8. Damian Hines, SAM      | 4,501 |

### Most Outstanding Athlete

Cagan Campbell, Samford

### Most Outstanding Track Performer

Cagan Campbell, Samford

### Most Outstanding Field Performer

Solomon Ghosh, The Citadel

### Freshman of the Year

Eli Penix, Samford

### Pinnacle Award

Caleb Scheffler, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2023 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team             | Points |
|---------------------|--------|------------------|--------|
| 1. Samford          | 220    | 6. The Citadel   | 65     |
| 2. Wofford          | 134    | 7. VMI           | 39     |
| 3. Western Carolina | 107.5  | T-8. Mercer      | 31     |
| 4. ETSU             | 104.5  | T-8. Chattanooga | 31     |
| 5. Furman           | 70     | 10. UNCG         | 7      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Mecca Jackson, CIT    | 11.52 |
| 2. Eleyah Armstrong, VMI | 11.84 |
| 3. Zeniyah Lawrence, CIT | 11.88 |
| 4. Brianna Gayle, WCU    | 12.00 |
| 5. Ella Tennant, WOF     | 12.02 |
| 6. Bianca Browne, MER    | 12.15 |
| 7. Liyah Nelson, SAM     | 12.20 |
| 8. Madeline McNinch, WOF | 12.22 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Mecca Jackson, CIT     | 23.68 |
| 2. Eleyah Armstrong, VMI  | 24.21 |
| 3. Jasmine Jefferson, WOF | 24.26 |
| 4. Nytrinity Jenkins, WCU | 24.56 |
| 5. Bianca Browne, MER     | 24.89 |
| 6. Zeniyah Lawrence, CIT  | 25.01 |
| 7. Madeline McNinch, WOF  | 25.30 |
| -- Brianna Gayle, WCU     | DNF   |

### 400-meter dash

|                           |         |
|---------------------------|---------|
| 1. Nytrinity Jenkins, WCU | 55.11   |
| 2. Jasmine Jefferson, WOF | 55.76   |
| 3. Tara Davis, MER        | 55.97   |
| 4. Kaitlyn Cole, SAM      | 56.42   |
| 5. Mikayla Turner, WCU    | 56.96   |
| 6. Dahlia Cutler, WOF     | 57.22   |
| 7. Grace Lueders, SAM     | 57.23   |
| 8. Heaven Hall, VMI       | 1:00.08 |

### 800-meter run

|                            |         |
|----------------------------|---------|
| 1. Jessica Lord, ETSU      | 2:08.68 |
| 2. Katie Strozier, SAM     | 2:09.37 |
| 3. Genevieve Schwarz, ETSU | 2:11.80 |
| 4. Chandler McCaslin, UNCG | 2:14.28 |
| 5. Rebekah Howard, ETSU    | 2:16.28 |
| 6. Julia Karsten, ETSU     | 2:16.86 |
| 7. Reagan O'Quinn, UNCG    | 2:17.41 |
| 8. Gabby Shea, CIT         | 2:18.12 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Abigail Robertson, FUR  | 4:19.18 |
| 2. McKenzie Hogue, SAM     | 4:19.47 |
| 3. Genevieve Schwarz, ETSU | 4:23.54 |
| 4. Kaylie Armitage, FUR    | 4:29.98 |
| 5. Sierra Bower, FUR       | 4:30.76 |
| 6. Carly Wilkes, FUR       | 4:32.10 |
| 7. Madelynne Cadeau, FUR   | 4:36.10 |
| 8. Rebekah Howard, ETSU    | 4:36.42 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Kaylie Armitage, FUR   | 17:09.54 |
| 2. Abigail Robertson, FUR | 17:12.19 |
| 3. Lesley Green, UTC      | 17:18.59 |
| 4. Sierra Bower, FUR      | 17:30.06 |
| 5. Carly Wilkes, FUR      | 17:31.60 |
| 6. Gabbie Hoots, SAM      | 17:38.10 |
| 7. Chanelle Kruger, ETSU  | 17:46.96 |
| 8. Kate Mattison, WCU     | 17:57.31 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Lesley Green, UTC      | 35:09.66 |
| 2. Emily Little, FUR      | 35:56.81 |
| 3. Kate Mattison, WCU     | 36:28.23 |
| 4. Sinkesh Parker, SAM    | 37:11.62 |
| 5. Edie Smith, SAM        | 37:31.75 |
| 6. Heidi Fortin, CIT      | 37:35.23 |
| 7. Emma Jones, FUR        | 38:03.34 |
| 8. Annette Rodriguez, MER | 39:17.47 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Kerrington Johnson, WOF | 13.64 |
| 2. Amiel Dabney, SAM       | 14.14 |
| 3. Imani Boyd, WCU         | 14.26 |
| 4. Dami Shodeinde, WCU     | 14.29 |
| 5. Riley Alexander, SAM    | 14.70 |
| 6. Shaneil Lysight, WCU    | 14.72 |
| 7. Meg Coleman, SAM        | 15.14 |
| -- Netanya Linares, WOF    | DNF   |

### 400-meter hurdles

|                             |         |
|-----------------------------|---------|
| 1. Kerrington Johnson, WOF  | 1:01.13 |
| 2. Ayden Drake, SAM         | 1:01.40 |
| 3. Imani Boyd, WCU          | 1:02.15 |
| 4. Shaneil Lysight, WCU     | 1:04.24 |
| 5. Marga Van Der Linde, WOF | 1:05.37 |
| 6. Sarah Unterholzner, UTC  | 1:06.17 |
| 7. Ansley Archuletta, ETSU  | 1:06.20 |
| 8. Caroline Nguyen, FUR     | 1:07.12 |

### 3,000-meter steeplechase

|                              |          |
|------------------------------|----------|
| 1. Chanelle Kruger, ETSU     | 10:53.54 |
| 2. Harper McGowan, SAM       | 11:00.02 |
| 3. Brianna Teegarden, MER    | 11:05.45 |
| 4. Nicole Matysik, FUR       | 11:10.42 |
| 5. Emma Russum, UTC          | 11:13.73 |
| 6. Mary Claire Ridgeway, WOF | 11:26.48 |
| 7. Faith Brown, UTC          | 11:45.95 |
| 8. Emma Cunningham, CIT      | 11:59.50 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Wofford          | 45.91 |
| 2. Western Carolina | 46.19 |
| 3. Samford          | 46.19 |
| 4. Mercer           | 47.22 |
| 5. VMI              | 47.85 |
| 6. ETSU             | 49.13 |
| 7. Chattanooga      | 52.63 |
| -- The Citadel      | DQ    |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:46.25 |
| 2. Wofford          | 3:46.67 |
| 3. ETSU             | 3:51.01 |
| 4. Mercer           | 3:54.37 |
| 5. Chattanooga      | 4:04.94 |
| 6. Furman           | 4:06.90 |
| 7. The Citadel      | 4:09.10 |
| -- Samford          | DNS     |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Dorsey Parker, SAM    | 1.71m |
| 2. Erin Long, SAM        | 1.66m |
| 3. Netanya Linares, WOF  | 1.61m |
| 4. Maya Murchison, ETSU  | 1.61m |
| 5. Hannah Pettyjohn, SAM | 1.56m |
| Jaclyn Wright, ETSU      | 1.56m |
| 7. Grace Gamboa, SAM     | 1.56m |
| 8. Savannah Schmidt, SAM | 1.56m |

### Pole vault

|                             |       |
|-----------------------------|-------|
| 1. Brittany Bishop, SAM     | 4.06m |
| 2. Diana Romero-Barba, ETSU | 3.76m |
| 3. Lindsey Havens, SAM      | 3.61m |
| 4. Blythe Hehmeyer, CIT     | 3.61m |
| 5. Kaelyn McCann, SAM       | 3.61m |
| 6. Alexis Cook, SAM         | 3.46m |
| 7. Riley Alexander, SAM     | 3.46m |
| Sydney Gallant, WCU         | 3.46m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Eleyah Armstrong, VMI | 5.98m |
| 2. Madeline McNinch, WOF | 5.74m |
| 3. Georgia McDevitt, WOF | 5.66m |
| 4. Jasmine Greene, WCU   | 5.65m |
| 5. Brooklyn Kirksey, SAM | 5.64m |
| 6. Netanya Linares, WOF  | 5.59m |
| 7. Tya Blake, ETSU       | 5.48m |
| 8. Dami Shodeinde, WCU   | 5.41m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Jasmine Greene, WCU  | 12.11m |
| 2. Deric Currie, WCU    | 12.04m |
| 3. Tya Blake, ETSU      | 11.66m |
| 4. Kelsey Martin, SAM   | 11.58m |
| 5. Erica O'Neal, WCU    | 11.38m |
| 6. Rylee Jorgensen, WOF | 10.92m |
| 7. Anaya Young, ETSU    | 10.50m |
| 8. Pria Pullin, MER     | 9.87m  |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Hannah Daffin, SAM    | 13.77m |
| 2. Tatiana Corso, CIT    | 12.77m |
| 3. Ellie Sawicki, WOF    | 12.60m |
| 4. Emma Nolte, SAM       | 12.33m |
| 5. Erin Long, SAM        | 11.99m |
| 6. Hannah Pettyjohn, SAM | 11.60m |
| 7. Toria Roundtree, WCU  | 11.04m |
| 8. Jenna Kirkland, VMI   | 10.79m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Mary Brown, ETSU     | 42.69m |
| 2. Claire Harrison, SAM | 39.67m |
| 3. Ellie Sawicki, WOF   | 39.57m |
| 4. Emma Nolte, SAM      | 39.20m |
| 5. Hannah Daffin, SAM   | 37.39m |
| 6. Jenna Kirkland, VMI  | 37.35m |
| 7. Toria Roundtree, WCU | 36.65m |
| 8. Tatiana Corso, CIT   | 36.63m |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Hannah Daffin, SAM     | 54.15m |
| 2. Mary Brown, ETSU       | 51.30m |
| 3. Jenna Reid, WOF        | 50.46m |
| 4. Tatiana Corso, CIT     | 46.94m |
| 5. Anna Moore, ETSU       | 44.95m |
| 6. Alyssa Ceja-Pena, ETSU | 44.29m |
| 7. Claire Harrison, SAM   | 43.66m |
| 8. Emma Nolte, SAM        | 43.32m |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Erin Long, SAM         | 50.68m |
| 2. Emorie Long, SAM       | 40.44m |
| 3. Ali Wilson-Ruffin, CIT | 39.98m |
| 4. Emma Nolte, SAM        | 39.67m |
| 5. Jenna Reid, WOF        | 39.34m |
| 6. Sadie Grove, CIT       | 35.27m |
| 7. Taylor Stingel, WOF    | 32.52m |
| 8. Samantha Barnes, CIT   | 30.37m |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Netanya Linares, WOF  | 4,585 |
| 2. Hannah Pettyjohn, SAM | 4,149 |
| 3. Savannah Schmidt, SAM | 4,017 |
| 4. Presley Worf, WOF     | 3,770 |
| 5. Shea Hart, VMI        | 3,722 |

### Most Outstanding Athletes

Eleyah Armstrong, VMI

### Most Outstanding Track Performer

Kerrington Johnson, Wofford

### Most Outstanding Field Performer

Hannah Daffin, Samford

### Freshman of the Year

Jasmine Greene, Western Carolina

### Pinnacle Award

Savannah Schmidt, Samford

### Coach of the Year

Johnny Bomar, Wofford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2022 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 226    | 5. ETSU        | 87     |
| 2. Western Carolina | 149    | 6. The Citadel | 74     |
| 3. VMI              | 123    | 7. Wofford     | 42     |
| 4. Furman           | 95     | 8. UNCG        | 15     |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jordin Poindexter, VMI | 10.27 |
| 2. Ronald Kent, WCU       | 10.49 |
| 3. David Miles, WCU       | 10.49 |
| 4. Nolan Johnson, ETSU    | 10.59 |
| 5. Evan Brooks, SAM       | 10.62 |
| 6. Jeremiah Wilks, VMI    | 10.67 |
| 7. Marcus Brown, WCU      | 10.77 |
| 8. Mac Strunk, CIT        | 10.78 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jordin Poindexter, VMI | 20.89 |
| 2. David Miles, WCU       | 21.29 |
| 3. Evan Brooks, SAM       | 21.49 |
| 4. Jeremiah Wilks, VMI    | 21.59 |
| 5. Mac Strunk, CIT        | 21.70 |
| 6. Nolan Johnson, ETSU    | 21.81 |
| 7. Marcus Brown, WCU      | 22.07 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Michael Harris, WCU  | 47.62 |
| 2. Johnnie Walker, VMI  | 47.96 |
| 3. Cagan Campbell, WOF  | 48.20 |
| 4. Conor Murphy, WOF    | 48.26 |
| 5. Treonte Newton, CIT  | 48.62 |
| 6. Richard Edwards, VMI | 48.62 |
| 7. Matthew Grigg, SAM   | 48.77 |
| 8. Theron Bradford, WOF | 48.81 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Matthew Smith, FUR    | 1:48.37 |
| 2. Miguel Parrilla, ETSU | 1:48.84 |
| 3. Phelani Maduwa, ETSU  | 1:50.57 |
| 4. Trent Whittaker, VMI  | 1:51.74 |
| 5. Josh Krafus, ETSU     | 1:52.41 |
| 6. Harrison Siegel, SAM  | 1:52.57 |
| 7. Evan Guzman, ETSU     | 1:52.73 |
| 8. Jalen Elwell, WCU     | 1:52.83 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Adam Bradtmueller, ETSU | 3:44.56 |
| 2. Carson Williams, FUR    | 3:45.89 |
| 3. Matthew Scarr, ETSU     | 3:46.10 |
| 4. Aaron Wier, FUR         | 3:47.48 |
| 5. Evan Guzman, ETSU       | 3:48.66 |
| 6. Gavin Jenkins, VMI      | 3:49.95 |
| 7. Matthew Smith, FUR      | 3:50.88 |
| 8. Gabe Montague, FUR      | 3:52.45 |

### 5,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Gabe Montague, FUR      | 15:18.40 |
| 2. Dylan Schubert, FUR     | 15:19.06 |
| 3. Carson Williams, FUR    | 15:19.21 |
| 4. Matthew Scarr, ETSU     | 15:19.78 |
| 5. Gavin Jenkins, VMI      | 15:22.58 |
| 6. Myles Stoots, ETSU      | 15:23.71 |
| 7. Adam Bradtmueller, ETSU | 15:24.21 |
| 8. Gavin Cooper, ETSU      | 15:25.01 |

### 10,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Dylan Christopher, UNCG  | 30:48.13 |
| 2. Noah Dolhare, FUR        | 30:50.65 |
| 3. Nick Goldstein, FUR      | 30:53.35 |
| 4. Adam Beucler, FUR        | 30:58.03 |
| 5. Michael Zapherson, UNCG  | 31:12.27 |
| 6. Sam Sharnas, CIT         | 31:24.33 |
| 7. Ethan Vargas, FUR        | 31:50.15 |
| 8. Thomas Kneppshield, UNCG | 32:05.45 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Michael McMahan, SAM   | 14.52 |
| 2. Landon Wright, SAM     | 14.59 |
| 3. Kaleb Ambrose, WCU     | 14.91 |
| 4. Jonah Dill, FUR        | 15.17 |
| 5. Xander Topos, VMI      | 15.35 |
| 6. Logan Guzik, SAM       | 15.38 |
| 7. Grant Witherspoon, WOF | 15.62 |
| 8. Gabel Fulford, SAM     | 15.74 |

### 400-meter hurdles

|                         |         |
|-------------------------|---------|
| 1. Michael McMahan, SAM | 53.05   |
| 2. Landon Wright, SAM   | 53.34   |
| 3. Elijah Bull, WOF     | 53.39   |
| 4. Xander Topos, VMI    | 56.08   |
| 5. Kaleb Ambrose, WCU   | 56.34   |
| 6. Logan Guzik, SAM     | 56.70   |
| 7. Jonah Dill, FUR      | 57.66   |
| 8. Luke Segee, CIT      | 1:00.57 |

### 3,000-meter steeplechase

|                          |          |
|--------------------------|----------|
| 1. Ben Garner, SAM       | 8:55.55  |
| 2. Myles Stoots, ETSU    | 8:57.93  |
| 3. Gavin Cooper, ETSU    | 9:07.72  |
| 4. Josh Powers, FUR      | 9:26.41  |
| 5. Foster Wilfong, FUR   | 9:33.66  |
| 6. Luke Dobbins, SAM     | 9:56.64  |
| 7. Casey Burr, FUR       | 10:02.69 |
| 8. Andrew Hirneisen, VMI | 10:24.64 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 41.13 |
| 2. Wofford          | 42.20 |
| 3. VMI              | 42.59 |
| 4. The Citadel      | 42.80 |
| 5. Samford          | 43.78 |
| 6. Furman           | 49.18 |

### 4x400-meter relay

|                     |             |
|---------------------|-------------|
| 1. VMI              | 3:11.08F 10 |
| 2. Wofford          | 3:14.54 8   |
| 3. Western Carolina | 3:16.53 6   |
| 4. ETSU             | 3:19.16 5   |
| 5. The Citadel      | 3:26.38 4   |
| 6. Furman           | 3:34.48 3   |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Stephen Kraeling, CIT | 2.05m |
| 2. Brandon Harvey, WCU   | 2.00m |
| 3. Augustine Morgan, SAM | 1.90m |
| Edric Wenhold, SAM       | 1.90m |
| 5. Matt Cahoon, SAM      | 1.90m |
| 6. Prince Moody, CIT     | 1.90m |
| 7. Tyler Smith, SAM      | 1.85m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Jed Sisco, SAM        | 5.20m |
| 2. Sam Blumer, CIT       | 4.90m |
| 3. Stockton McGuire, SAM | 4.60m |
| 4. Devin Merrick, CIT    | 4.45m |
| 5. Thomas Martin, WCU    | 4.45m |
| 6. Charles Cooley, WCU   | 4.45m |
| 7. McCray Kelton, SAM    | 4.30m |
| 8. Jonathan Lehe, WCU    | 4.00m |

### Long jump

|                         |       |
|-------------------------|-------|
| 1. Ty Kimberlin, SAM    | 7.28m |
| 2. Javon Brown, WCU     | 7.28m |
| 3. Javell Brown, WCU    | 7.16m |
| 4. Charles Male, VMI    | 7.01m |
| 5. Tyler Rodriguez, WCU | 6.99m |
| 6. Brandon Harvey, WCU  | 6.91m |
| 7. Edwin Rainey, SAM    | 6.81m |
| 8. Damian Hines, SAM    | 6.80m |

### Triple jump

|                              |        |
|------------------------------|--------|
| 1. Javon Brown, WCU          | 15.36m |
| 2. Javell Brown, WCU         | 14.86m |
| 3. Edwin Rainey, SAM         | 14.85m |
| 4. Ian Jones, SAM            | 14.24m |
| 5. Kaleb Ambrose, WCU        | 13.66m |
| 6. Christopher Sheppard, WOF | 13.65m |
| 7. Charles Male, VMI         | 13.40m |
| 8. Brandon Harvey, WCU       | 13.38m |

### Shot put

|                       |        |
|-----------------------|--------|
| 1. JP Caglione, CIT   | 15.49m |
| 2. Adam Hart, WCU     | 15.48m |
| 3. Ryan Eldridge, WCU | 15.03m |
| 4. Solomon Ghosh, VMI | 14.54m |
| 5. Riley Center, WCU  | 14.53m |
| 6. Seth Wolfe, SAM    | 14.52m |
| 7. Matt Cahoon, SAM   | 14.41m |
| 8. Hikeem Elmore, CIT | 14.22m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Solomon Ghosh, VMI   | 48.70m |
| 2. Matt Cahoon, SAM     | 48.53m |
| 3. Adam Hart, WCU       | 46.89m |
| 4. Seth Wolfe, SAM      | 46.76m |
| 5. JP Caglione, CIT     | 45.98m |
| 6. Marshall Gainer, SAM | 43.26m |
| 7. Herbert Brooks, VMI  | 40.99m |
| 8. Noah Shelton, ETSU   | 38.54m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Seth Wolfe, SAM      | 59.48m |
| 2. JP Caglione, CIT     | 55.83m |
| 3. Matt Cahoon, SAM     | 54.15m |
| 4. Andrew Granger, VMI  | 49.74m |
| 5. Marshall Gainer, SAM | 46.80m |
| 6. Zach Fejeran, ETSU   | 45.72m |
| 7. Adam Hart, WCU       | 44.25m |
| 8. Noah Shelton, ETSU   | 44.17m |

### Javelin throw

|                         |        |
|-------------------------|--------|
| 1. Ashton Domingue, SAM | 67.01m |
| 2. Matt Cahoon, SAM     | 65.45m |
| 3. Ty Wesenyak, VMI     | 54.56m |
| 4. Ty Hevener, VMI      | 53.14m |
| 5. Noah Shelton, ETSU   | 52.72m |
| 6. Paul Szuba, WOF      | 52.37m |
| 7. Caleb McDonald, CIT  | 51.47m |
| 8. Ian McCorkle, CIT    | 49.73m |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. Ty Kimberlin, SAM     | 6,769 |
| 2. Stockton McGuire, SAM | 6,672 |
| 3. Damian Hines, SAM     | 6,457 |
| 4. Bryce Williamson, SAM | 6,075 |
| 5. McCray Kelton, SAM    | 5,984 |
| 6. Isaiah Blount, VMI    | 5,693 |
| 7. Kevin Linko, VMI      | 5,249 |
| 8. Hunter Reed, VMI      | 4,977 |

### Most Outstanding Athlete

Matt Cahoon, Samford

### Most Outstanding Track Performer

Jordin Poindexter, VMI

### Most Outstanding Field Performer

Matt Cahoon, Samford

### Freshman of the Year

Matthew Smith, Furman

### Pinnacle Award

Logan Guzik, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)



# 2022 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 224    | 6. The Citadel | 46     |
| 2. ETSU             | 138    | 7. Mercer      | 31     |
| 3. Western Carolina | 133    | 8. Chattanooga | 21     |
| 4. Wofford          | 117    | 9. VMI         | 14     |
| 5. Furman           | 94     | 10. UNCG       | 0      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Nicole Johnson, ETSU  | 11.66 |
| 2. Eleyah Armstrong, VMI | 11.83 |
| 3. Makaila McIntyre, WCU | 11.91 |
| 4. Georgia McDevitt, WOF | 11.91 |
| 5. Rylee Jorgensen, WOF  | 12.04 |
| 6. Samaya O'Dneal, MER   | 12.04 |
| 7. Jaciya Guthrie, ETSU  | 12.05 |
| 8. Lanaya Martin, ETSU   | 12.09 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Marissa Blakely, WCU    | 24.29 |
| 2. Nytrinitie Jenkins, WCU | 24.43 |
| 3. Kelsey Martin, SAM      | 24.44 |
| 4. Madeline McNinch, WOF   | 24.69 |
| 5. Mecca Jackson, CIT      | 24.71 |
| 6. Jasmine Jefferson, WOF  | 24.96 |
| 7. Bianca Browne, MER      | 25.07 |
| 8. Samaya O'Dneal, MER     | 25.25 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Marissa Blakely, WCU    | 54.93 |
| 2. Nytrinitie Jenkins, WCU | 55.71 |
| 3. Tara Davis, MER         | 56.35 |
| 4. Jasmine Jefferson, WOF  | 56.55 |
| 5. Kaitlyn Cole, SAM       | 57.70 |
| 6. Mikayla Turner, WCU     | 58.46 |
| 7. Dahlia Cutler, WOF      | 58.48 |
| 8. Hannah Burkhardt, ETSU  | 58.64 |

### 800-meter run

|                            |         |
|----------------------------|---------|
| 1. Megan Marvin, FUR       | 2:07.66 |
| 2. Jessica Lord, ETSU      | 2:09.66 |
| 3. Katie Strozier, SAM     | 2:12.11 |
| 4. Genevieve Schwarz, ETSU | 2:13.86 |
| 5. McKenzie Hogue, SAM     | 2:14.82 |
| 6. Julia Karsten, ETSU     | 2:16.16 |
| 7. Rebekah Howard, ETSU    | 2:19.41 |
| 8. Jaziah Ochoa, MER       | 2:20.80 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Megan Marvin, FUR       | 4:20.44 |
| 2. Madelynne Cadeau, FUR   | 4:22.20 |
| 3. Genevieve Schwarz, ETSU | 4:22.72 |
| 4. Bethany Graham, FUR     | 4:26.43 |
| 5. Abigail Robertson, FUR  | 4:28.72 |
| 6. McKenzie Hogue, SAM     | 4:32.58 |
| 7. Allie Nelson, SAM       | 4:37.04 |
| 8. Kiera Snyder, ETSU      | 4:40.96 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Bethany Graham, FUR   | 17:05.04 |
| 2. Emily Little, FUR     | 17:10.60 |
| 3. Madelynne Cadeau, FUR | 17:25.89 |
| 4. Kate Mattison, WCU    | 17:27.53 |
| 5. Ashley Walker, SAM    | 17:39.40 |
| 6. Nicole Matysik, FUR   | 17:45.69 |
| 7. Sinkesh Parker, SAM   | 17:59.31 |
| 8. Lesley Green, UTC     | 18:07.96 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Emily Little, FUR    | 36:16.17 |
| 2. Kate Mattison, WCU   | 36:34.29 |
| 3. Lesley Green, UTC    | 37:08.22 |
| 4. Kylie Wittman, FUR   | 38:30.29 |
| 5. Emma Russum, UTC     | 38:40.05 |
| 6. Heidi Fortin, CIT    | 39:00.59 |
| 7. Julia Foote, ETSU    | 39:22.81 |
| 8. Carolyne Shealy, WOF | 39:50.71 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Kerrington Johnson, WOF | 13.40 |
| 2. Lindsay Cooper, ETSU    | 13.74 |
| 3. Amiel Dabney, SAM       | 13.89 |
| 4. Destiny Shippy, WOF     | 13.93 |
| 5. Dami Shodeinde, WCU     | 14.29 |
| 6. Riley Alexander, SAM    | 14.36 |
| 7. Mallory Lowe, WCU       | 14.55 |
| 8. Tre'Breh Scott, WCU     | 14.77 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Lindsay Cooper, ETSU    | 1:00.33 |
| 2. Ariel Raggs, MER        | 1:00.36 |
| 3. Kerrington Johnson, WOF | 1:02.05 |
| 4. Ayden Drake, SAM        | 1:02.09 |
| 5. Gracie Morse, UTC       | 1:06.01 |
| 6. Johnaida Eliscar, ETSU  | 1:06.64 |
| 7. Britney Griffith, ETSU  | 1:08.11 |
| 8. Caroline Nguyen, FUR    | 1:09.80 |

### 3,000-meter steeplechase

|                              |          |
|------------------------------|----------|
| 1. Nicole Matysik, FUR       | 10:55.84 |
| 2. Allie Nelson, SAM         | 10:59.30 |
| 3. Makayla Shaw, ETSU        | 11:13.81 |
| 4. Harper McGowan, SAM       | 11:26.57 |
| 5. Mary Claire Ridgeway, WOF | 11:29.86 |
| 6. Shila Kapaya, ETSU        | 11:46.96 |
| 7. Sydney Runyan, WCU        | 11:55.67 |
| 8. Naomi Hahn, VMI           | 11:56.97 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Wofford          | 45.99 |
| 2. ETSU             | 46.19 |
| 3. Western Carolina | 46.89 |
| 4. Samford          | 47.57 |
| 5. Mercer           | 47.59 |
| 6. The Citadel      | 48.40 |
| 7. Chattanooga      | 49.56 |
| 8. Furman           | 52.13 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. ETSU             | 3:48.68 |
| 2. Wofford          | 3:50.19 |
| 3. Mercer           | 3:50.88 |
| 4. Western Carolina | 3:53.69 |
| 5. Samford          | 3:58.22 |
| 6. Furman           | 4:10.86 |
| 7. The Citadel      | 4:14.97 |
| 8. Chattanooga      | 4:21.66 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Makenzie Hooton, SAM  | 1.65m |
| 2. Netanya Linares, WOF  | 1.60m |
| 3. Erin Long, SAM        | 1.60m |
| 4. Marissa Blakely, WCU  | 1.60m |
| 5. Mia Milasinovic, SAM  | 1.55m |
| 6. Savannah Schmidt, SAM | 1.55m |
| 7. Mekayla Brown, ETSU   | 1.55m |
| 8. Jaclyn Wright, ETSU   | 1.50m |

### Pole vault

|                             |       |
|-----------------------------|-------|
| 1. Brittany Bishop, SAM     | 4.01m |
| 2. Alexis Cook, SAM         | 3.56m |
| 3. Riley Alexander, SAM     | 3.56m |
| 4. Kaelyn McCann, SAM       | 3.56m |
| 5. Diana Romero-Barba, ETSU | 3.41m |
| 6. Emily Hickey, CIT        | 3.41m |
| 7. Carter Unger, WCU        | 3.26m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Makaila McIntyre, WCU  | 5.73m |
| 2. Mekayla Brown, ETSU    | 5.70m |
| 3. Rylee Jorgensen, WOF   | 5.66m |
| 4. Madeline McNinch, WOF  | 5.58m |
| 5. Georgia McDevitt, WOF  | 5.53m |
| 6. Kimbra Dunning, UTC    | 5.50m |
| 7. Aiya Finch, SAM        | 5.36m |
| 8. Chandler Robinson, WOF | 5.35m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Morayo Bhadmos, SAM   | 12.21m |
| 2. Makaila McIntyre, WCU | 12.20m |
| 3. Mekayla Brown, ETSU   | 12.17m |
| 4. Kelsey Martin, SAM    | 11.58m |
| 5. Derica Currie, WCU    | 11.43m |
| 6. Rylee Jorgensen, WOF  | 11.25m |
| 7. Erica O'Neal, WCU     | 11.14m |
| 8. Aiya Finch, SAM       | 10.87m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Hannah Daffin, SAM    | 14.38m |
| 2. Carisma Holland, CIT  | 13.68m |
| 3. Tatiana Corso, CIT    | 13.06m |
| 4. Alex Webb, SAM        | 12.46m |
| 5. Victoria Solheim, WCU | 12.44m |
| 6. Emma Nolte, SAM       | 12.36m |
| 7. Ellie Miller, VMI     | 11.95m |
| 8. Anna Moore, ETSU      | 11.67m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Victoria Solheim, WCU | 46.95m |
| 2. Mary Brown, ETSU      | 41.39m |
| 3. Emma Nolte, SAM       | 40.61m |
| 4. Carisma Holland, CIT  | 37.56m |
| 5. Hannah Daffin, SAM    | 37.04m |
| 6. Tatiana Corso, CIT    | 34.99m |
| 7. Taniyah Thomas, WCU   | 33.93m |
| 8. Anna Moore, ETSU      | 33.32m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Hannah Daffin, SAM    | 53.60m |
| 2. Mary Brown, ETSU      | 50.65m |
| 3. Emma Nolte, SAM       | 50.05m |
| 4. Jenna Reid, WOF       | 48.82m |
| 5. Victoria Solheim, WCU | 47.45m |
| 6. Carisma Holland, CIT  | 45.69m |
| 7. Rebecca Avery, ETSU   | 45.17m |
| 8. Alexis Rocker, VMI    | 41.83m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Erin Long, SAM          | 51.02m |
| 2. Alex Webb, SAM          | 43.89m |
| 3. Jenna Reid, WOF         | 43.85m |
| 4. Ali Ruffin, CIT         | 41.11m |
| 5. Emorie Long, SAM        | 38.71m |
| 6. Mia Milasinovic, SAM    | 36.99m |
| 7. Ellie Miller, VMI       | 35.63m |
| 8. Shannon Ziccarello, CIT | 34.65m |

### Heptathlon

|                             |       |
|-----------------------------|-------|
| 1. Mia Milasinovic, SAM     | 4,871 |
| 2. Netanya Linares, WOF     | 4,734 |
| 3. Savannah Schmidt, SAM    | 4,285 |
| 4. Britney Griffith, ETSU   | 3,991 |
| 5. Omare McBride, WCU       | 3,955 |
| 6. Marga Van Der Linde, WOF | 3,917 |
| 7. Caroline Huff, SAM       | 3,528 |
| 8. Abbey King, ETSU         | 3,515 |

### Most Outstanding Athletes

Marissa Blakely, Western Carolina

### Most Outstanding Track Performer

Marissa Blakely, Western Carolina

### Most Outstanding Field Performer

Hannah Daffin, Samford

### Freshman of the Year

Madelynne Cadeau, Furman

### Pinnacle Award

Savannah Schmidt, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2021 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 204.5  | 5. The Citadel | 100    |
| 2. Western Carolina | 139.5  | 6. Wofford     | 83     |
| 3. Furman           | 122    | 7. ETSU        | 41     |
| 4. VMI              | 113    | 8. UNCG        | 12     |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Emmanuel Tait, SAM     | 10.58 |
| 2. Jordin Poindexter, VMI | 10.60 |
| 3. Evan Brooks, SAM       | 10.70 |
| 4. Jaylen Muhammad, WOF   | 10.72 |
| 5. Marcus Brown, WCU      | 10.82 |
| 6. Timiebi Ogbri, CIT     | 10.84 |
| 7. Tyler Manigault, WCU   | 10.86 |
| 8. David Miles, WCU       | 11.11 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jordin Poindexter, VMI | 21.32 |
| 2. Marcus Brown, WCU      | 21.43 |
| 3. Evan Brooks, SAM       | 21.46 |
| 4. Jaylen Muhammad, WOF   | 21.51 |
| 5. Conor Murphy, WOF      | 22.02 |
| 6. Samuel Larkin III, WOF | 22.06 |
| 7. Tyler Manigault, WCU   | 22.16 |
| 8. David Miles, WCU       | 24.03 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Kane Duncan, CIT       | 47.89 |
| 2. Conor Murphy, WOF      | 47.95 |
| 3. Johnnie Walker, VMI    | 48.28 |
| 4. Elijah Bull, WOF       | 48.33 |
| 5. Shon Pratcher, WCU     | 48.65 |
| 6. Larkin III, Samuel WOF | 48.80 |
| 7. Kevin Haley Jr., WCU   | 49.46 |
| 8. Treonte Newton, CIT    | 49.57 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Ryan Adams, FUR       | 1:50.72 |
| 2. Phelani Maduwa, ETSU  | 1:51.71 |
| 3. Jose Penalver, SAM    | 1:52.15 |
| 4. Miguel Parrilla, ETSU | 1:52.20 |
| 5. Trent Whittaker, VMI  | 1:53.52 |
| 6. Nick Epstein, FUR     | 1:53.76 |
| 7. Evan Guzman, ETSU     | 1:53.93 |
| 8. Zach Lauster, VMI     | 1:54.73 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Ryan Adams, FUR       | 3:53.88 |
| 2. Jake Ogden, FUR       | 3:54.96 |
| 3. Trent Whittaker, VMI  | 3:55.29 |
| 4. Matthew Scarr, ETSU   | 3:55.43 |
| 5. Daniel Bernal, FUR    | 3:56.06 |
| 6. Evan Guzman, ETSU     | 3:56.19 |
| 7. Ares Reading, FUR     | 3:58.50 |
| 8. Colin Alexander, UNCG | 3:58.85 |

### 5,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Noah Dolhare, FUR       | 14:18.19 |
| 2. Gavin Jenkins, VMI      | 14:21.73 |
| 3. Dylan Schubert, FUR     | 14:22.66 |
| 4. Mason Coppi, FUR        | 14:23.47 |
| 5. Daniel Bernal, FUR      | 14:32.35 |
| 6. Jake Ogden, FUR         | 14:35.51 |
| 7. Dylan Christopher, UNCG | 14:35.77 |
| 8. Andrew Hammel, FUR      | 14:43.35 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. David Ahlmeyer, FUR     | 30:33.53 |
| 2. Andrew Hammel, FUR      | 30:36.27 |
| 3. Adam Beucler, FUR       | 30:38.60 |
| 4. Dylan Christopher, UNCG | 30:51.96 |
| 5. Ares Reading, FUR       | 31:01.14 |
| 6. Trent Mandato, FUR      | 31:05.24 |
| 7. Benjamin Seeber, FUR    | 31:12.65 |
| 8. Seth Bowden, ETSU       | 31:24.73 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Michael McMahan, SAM  | 13.98 |
| 2. Titus Moore, SAM      | 14.00 |
| 3. Isaiah Ellis, WOF     | 14.05 |
| 4. Emmanuel Tait, SAM    | 14.35 |
| 5. Mike Jones, WCU       | 14.80 |
| 6. Keyandre Midgett, VMI | 14.81 |
| 7. Landon Wright, SAM    | 15.03 |
| 8. Liam McBride, VMI     | 15.43 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Michael McMahan, SAM | 51.00 |
| 2. Isaiah Ellis, WOF    | 53.24 |
| 3. Elijah Bull, WOF     | 53.57 |
| 4. Matthew Grigg, SAM   | 53.73 |
| 5. Gabel Fulford, SAM   | 55.07 |
| 6. Jonah Dill, FUR      | 55.08 |
| 7. Jack Rice, VMI       | 57.75 |
| 8. Mike Jones, WCU      | 59.40 |

### 3,000-meter steeplechase

|                        |         |
|------------------------|---------|
| 1. Cameron Ponder, FUR | 8:49.66 |
| 2. Gavin Jenkins, VMI  | 8:54.41 |
| 3. Ben Garner, SAM     | 8:57.78 |
| 4. Myles Stoots, ETSU  | 9:32.53 |
| 5. Walt Kitson, VMI    | 9:33.54 |
| 6. Spencer Tate, FUR   | 9:34.25 |
| 7. Josh Powers, FUR    | 9:56.47 |
| 8. Josh Hendry, WOF    | 9:58.64 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 40.95 |
| 2. Wofford          | 41.21 |
| 3. VMI              | 41.86 |
| 4. The Citadel      | 42.39 |
| 5. Samford          | 43.82 |
| 6. Furman           | 50.99 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. VMI              | 3:12.99 |
| 2. The Citadel      | 3:16.10 |
| 3. ETSU             | 3:16.86 |
| 4. Western Carolina | 3:17.00 |
| 5. UNCG             | 3:26.77 |
| 6. Samford          | 3:28.51 |
| 7. Furman           | 3:28.67 |
| -- Wofford          | DQ      |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Justin Stuckey, SAM   | 2.19m |
| 2. Stephen Kraeling, CIT | 2.05m |
| 3. Prince Moody, CIT     | 2.00m |
| 4. Louis Brogan, SAM     | 2.00m |
| 5. Matt Cahoon, SAM      | 2.00m |
| 6. Brandon Harvey, WCU   | 1.95m |
| 7. Tanner Henry, WOF     | 1.95m |
| 8. Malachi Thomas, ETSU  | 1.95m |

### Pole vault

|                           |       |
|---------------------------|-------|
| 1. Jed Sisco, SAM         | 4.90m |
| 2. Sam Blumer, CIT        | 4.90m |
| 3. Devin Merrick, CIT     | 4.60m |
| 4. Charles Cooley, WCU    | 4.45m |
| 5. Lindsay Pierce, CIT    | 4.45m |
| 6. Thomas Martin, WCU     | 4.30m |
| 7. McCray Kelton, SAM     | 4.30m |
| 8. Sebastian Latorre, WOF | 4.30m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Shon Pratcher, WCU    | 7.43m |
| 2. Tyler Rodriguez, WCU  | 6.98m |
| 3. Ty Kimberlin, SAM     | 6.93m |
| 4. Keyandre Midgett, VMI | 6.91m |
| 5. Justin Stuckey, SAM   | 6.85m |
| 6. Titus Moore, SAM      | 6.82m |
| 7. Brandon Harvey, WCU   | 6.76m |
| 8. Kaleb Ambrose, WCU    | 6.73m |

### Triple jump

|                              |        |
|------------------------------|--------|
| 1. Edwin Rainey, SAM         | 14.80m |
| 2. Keyandre Midgett, VMI     | 14.63m |
| 3. Ty Kimberlin, SAM         | 13.92m |
| 4. Brandon Harvey, WCU       | 13.79m |
| Noah Osborne, SAM            | 13.79m |
| 6. Christopher Sheppard, WOF | 13.51m |
| 7. Kaleb Ambrose, WCU        | 13.35m |
| 8. Tyler Rodriguez, WCU      | 13.17m |

### Shot put

|                                |        |
|--------------------------------|--------|
| 1. Ryan Eldridge, WCU          | 15.74m |
| 2. Mac Bennett, WCU            | 15.47m |
| 3. Matt Cahoon, SAM            | 15.33m |
| 4. JP Caglione, CIT            | 15.15m |
| 5. Jay Stanley, WCU            | 15.13m |
| 6. Solomon Ghosh, VMI          | 14.83m |
| 7. Prince Howard-Whitaker, CIT | 14.67m |
| 8. Adam Hart, WCU              | 14.61m |

### Discus throw

|                                |        |
|--------------------------------|--------|
| 1. Matt Cahoon, SAM            | 49.98m |
| 2. Solomon Ghosh, VMI          | 48.70m |
| 3. JP Caglione, CIT            | 46.68m |
| 4. Mac Bennett, WCU            | 45.41m |
| 5. Prince Howard-Whitaker, CIT | 44.86m |
| 6. Jay Stanley, WCU            | 43.93m |
| 7. Adam Hart, WCU              | 43.21m |
| 8. Marshall Gainer, SAM        | 40.08m |

### Hammer throw

|                                |        |
|--------------------------------|--------|
| 1. JP Caglione, CIT            | 57.10m |
| 2. Andrew Granger, VMI         | 54.91m |
| 3. Jay Stanley, WCU            | 51.77m |
| 4. Mac Bennett, WCU            | 49.03m |
| 5. Prince Howard-Whitaker, CIT | 48.73m |
| 6. Ryan Eldridge, WCU          | 47.55m |
| 7. Matt Cahoon, SAM            | 46.63m |
| 8. Adam Hart, WCU              | 45.39m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Matt Cahoon, SAM      | 67.87m |
| 2. Brett Lemmons, WCU    | 56.52m |
| 3. Evan McDonald, CIT    | 54.09m |
| 4. Noah Shelton, ETSU    | 51.83m |
| 5. Devin Merrick, CIT    | 51.04m |
| 6. Paul Szuba, WOF       | 49.40m |
| 7. Stockton McGuire, SAM | 48.16m |
| 8. Ty Wesenyak, VMI      | 47.73m |

### Decathlon

|                           |      |
|---------------------------|------|
| 1. Ty Kimberlin, SAM      | 6659 |
| 2. Tanner Henry, WOF      | 6466 |
| 3. Landon Wright, SAM     | 6104 |
| 4. Thomas Ozburn, SAM     | 6034 |
| 5. Sebastian Latorre, WOF | 5974 |
| 6. McCray Kelton, SAM     | 5930 |
| 7. Max Burke, VMI         | 4985 |
| 8. Kevin Linko, VMI       | 4805 |

### Most Outstanding Athlete

Matt Cahoon, Samford

### Most Outstanding Track Performer

Jordin Poindexter, VMI

### Most Outstanding Field Performer

Matt Cahoon, Samford

### Freshman of the Year

Ty Kimberlin, Samford

### Pinnacle Award

Luke Dobbins, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)
- 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

# 2021 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 229.5  | 6. Mercer      | 59     |
| 2. Wofford          | 120.5  | 7. The Citadel | 50     |
| 3. Western Carolina | 114    | 8. VMI         | 34     |
| 4. ETSU             | 93     | 9. Chattanooga | 30     |
| 5. Furman           | 88     | 10. UNCG       | 0      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Cherrish Wright, MER  | 11.63 |
| 2. Mecca Jackson, CIT    | 11.88 |
| 3. Hannah Lueders, SAM   | 11.92 |
| 4. Lauryn Dancy, MER     | 11.99 |
| 5. Destiny Shippy, WOF   | 12.02 |
| 6. Madeline McNinch, WOF | 12.04 |
| 7. Makaila McIntyre, WCU | 12.07 |
| 8. Ariana Ruffin, VMI    | 12.14 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Cherrish Wright, MER  | 23.88 |
| 2. Hannah Lueders, SAM   | 24.24 |
| 3. Destiny Shippy, WOF   | 24.25 |
| 4. Mecca Jackson, CIT    | 24.26 |
| 5. Ariana Ruffin, VMI    | 24.38 |
| 6. Dominiq Delisser, WCU | 24.86 |
| 7. Kaitlyn Cole, SAM     | 25.01 |
| 8. Mekyll Robinson, WCU  | 25.02 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Carlanda Jones, MER    | 54.74 |
| 2. Kellsie Whitehead, WCU | 55.56 |
| 3. Jasmine Jefferson, WOF | 55.92 |
| 4. Kaitlyn Cole, SAM      | 56.15 |
| 5. Tara Davis, MER        | 56.66 |
| 6. Dahlia Cutler, WOF     | 57.20 |
| 7. Marissa Blakely, WCU   | 57.29 |
| 8. Dominiq Delisser, WCU  | 57.41 |

### 800-meter run

|                            |         |
|----------------------------|---------|
| 1. Megan Marvin, FUR       | 2:04.18 |
| 2. Gabbi Jennings, FUR     | 2:04.66 |
| 3. Emma Kuntz, FUR         | 2:06.35 |
| 4. Katie Strozier, SAM     | 2:12.22 |
| 5. Nicole Buehrle, UTC     | 2:13.63 |
| 6. Jessica Lord, ETSU      | 2:13.76 |
| 7. Julia Karsten, ETSU     | 2:14.89 |
| 8. Colbie Williamson, ETSU | 2:23.87 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Gabbi Jennings, FUR      | 4:22.51 |
| 2. Bethany Graham, FUR      | 4:26.79 |
| 3. Mary Grace Strozier, SAM | 4:27.86 |
| 4. Nicole Buehrle, UTC      | 4:28.36 |
| 5. Genevieve Schwarz, ETSU  | 4:29.07 |
| 6. Lindsey Stallworth, ETSU | 4:30.15 |
| 7. Allie Nelson, SAM        | 4:33.47 |
| 8. Beth Donnelly, FUR       | 4:34.54 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Bethany Graham, FUR      | 17:04.60 |
| 2. Emma Garner, SAM         | 17:18.45 |
| 3. Emily Little, FUR        | 17:21.87 |
| 4. Lindsey Stallworth, ETSU | 17:26.56 |
| 5. Mary Grace Strozier, SAM | 17:38.74 |
| 6. Kate Mattison, WCU       | 17:43.33 |
| 7. Kylie Wittman, FUR       | 17:48.86 |
| 8. Emily Lane, FUR          | 17:49.17 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Jonna Strange, FUR  | 35:31.32 |
| 2. Emily Little, FUR   | 36:34.37 |
| 3. Lesley Green, UTC   | 37:08.81 |
| 4. Kate Mattison, WCU  | 37:17.58 |
| 5. Kylie Wittman, FUR  | 37:22.21 |
| 6. Makenzie Jones, UTC | 37:44.06 |
| 7. Emma Russum, UTC    | 37:47.86 |
| 8. Ashley McMahon, MER | 37:54.96 |

### 100-meter hurdles

|                            |        |
|----------------------------|--------|
| 1. Kerrington Johnson, WOF | 13.27  |
| 2. Cherrish Wright, MER    | 13.70  |
| 3. Destiny Shippy, WOF     | 13.74  |
| 4. Netanya Linares, WOF    | 14.31  |
| 5. Imani Boyd, WCU         | 14.35  |
| 6. Amaya English, WCU      | 14.513 |
| 7. Riley Alexander, SAM    | 14.514 |
| 8. Mallory Lowe, WCU       | 14.84  |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Kerrington Johnson, WOF | 1:01.42 |
| 2. Britney Griffith, ETSU  | 1:02.41 |
| 3. Imani Boyd, WCU         | 1:03.17 |
| 4. Johnaida Eliscar, ETSU  | 1:03.43 |
| 5. Amanda Dumar, SAM       | 1:07.32 |
| 6. Lily Meetze, WOF        | 1:08.77 |
| 7. Mallory Lowe, WCU       | 1:09.80 |
| 8. Caroline Nguyen, FUR    | 1:12.60 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Emma Garner, SAM     | 10:54.35 |
| 2. Harper McGowan, SAM  | 11:33.88 |
| 3. Naomi Hahn, VMI      | 12:00.47 |
| 4. Faith Brown, UTC     | 12:21.77 |
| 5. Casey Miller, CIT    | 12:35.76 |
| 6. Sara Belamarich, VMI | 12:40.41 |
| 7. Janie Holecek, WOF   | 12:55.44 |
| 8. Morgan Roberts, WOF  | 12:58.34 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Wofford          | 46.27 |
| 2. Western Carolina | 46.39 |
| 3. Mercer           | 46.53 |
| 4. Samford          | 47.09 |
| 5. The Citadel      | 47.64 |
| 6. ETSU             | 48.21 |
| 7. VMI              | 48.25 |
| 8. Chattanooga      | 50.15 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:44.01 |
| 2. VMI              | 3:47.91 |
| 3. ETSU             | 3:49.47 |
| 4. Mercer           | 3:49.70 |
| 5. Wofford          | 3:52.14 |
| 6. Furman           | 3:53.28 |
| 7. The Citadel      | 3:54.66 |
| 8. Chattanooga      | 4:13.29 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Charlotte Krause, SAM | 1.74m |
| 2. Makenzie Hooton, SAM  | 1.70m |
| 3. Megan Elliott, SAM    | 1.70m |
| 4. Tally Wilson, SAM     | 1.60m |
| Mia Milasinovic, SAM     | 1.60m |
| 6. Mya Dollard, CIT      | 1.60m |
| Imani Boyd, WCU          | 1.60m |
| 8. Ronje Williams, WCU   | 1.60m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Tally Wilson, SAM    | 3.97m |
| 2. Jackie Barnes, SAM   | 3.82m |
| 3. Brittany Bishop, SAM | 3.82m |
| 4. Alexis Cook, SAM     | 3.82m |
| 5. Carter Unger, WCU    | 3.52m |
| Riley Alexander, SAM    | 3.52m |
| 7. Netanya Linares, WOF | 3.52m |
| Kaelyn McCann, SAM      | 3.52m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Makaila McIntyre, WCU   | 5.87m |
| 2. Mekayla Brown, ETSU     | 5.61m |
| 3. Molly Rhudy, ETSU       | 5.51m |
| 4. Aiya Finch, SAM         | 5.48m |
| 5. Rylee Jorgensen, WOF    | 5.45m |
| 6. Kimbra Dunning, UTC     | 5.45m |
| 7. Kendra Whitehurst, ETSU | 5.42m |
| 8. Chandler Robinson, WOF  | 5.31m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Mekayla Brown, ETSU     | 11.95m |
| 2. Morayo Bhados, SAM      | 11.94m |
| 3. Makaila McIntyre, WCU   | 11.89m |
| 4. Omare McBride, WCU      | 11.70m |
| 5. Amaya English, WCU      | 11.63m |
| 6. Kendra Whitehurst, ETSU | 11.34m |
| 7. Rylee Jorgensen, WOF    | 11.28m |
| 8. Chloe Cobbett, WCU      | 10.97m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 14.30m |
| 2. Sarah Leckman, VMI    | 14.00m |
| 3. Lesleigh Tabor, WCU   | 13.40m |
| 4. Kelly Hogan, WOF      | 12.76m |
| 5. Milan Williams, CIT   | 12.35m |
| 6. Emma Nolte, SAM       | 11.75m |
| 7. Ellie Miller, VMI     | 11.66m |
| 8. Atlantis Warren, ETSU | 11.57m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 50.79m |
| 2. Mary Brown, ETSU      | 40.27m |
| 3. Victoria Solheim, WCU | 40.13m |
| 4. Emma Nolte, SAM       | 38.91m |
| 5. Hannah Daffin, SAM    | 38.01m |
| Milan Williams, CIT      | 38.01m |
| 7. Atlantis Warren, ETSU | 37.71m |
| 8. Margaret Hayden, ETSU | 36.07m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Milan Williams, CIT   | 57.72m |
| 2. Hannah Daffin, SAM    | 54.87m |
| 3. Maggie Johnston, SAM  | 54.46m |
| 4. Margaret Hayden, ETSU | 54.30m |
| 5. Jenna Reid, WOF       | 49.61m |
| 6. Mary Brown, ETSU      | 48.27m |
| 7. Atlantis Warren, ETSU | 45.64m |
| 8. Victoria Solheim, WCU | 44.46m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Erin Long, SAM          | 42.65m |
| 2. Jenna Reid, WOF         | 42.44m |
| 3. Emorie Long, SAM        | 38.43m |
| 4. Megan Dunn, WOF         | 35.47m |
| 5. Anna Barfield, CIT      | 33.98m |
| 6. Shannon Ziccarello, CIT | 33.49m |
| 7. Mary Brown, ETSU        | 33.40m |
| 8. Kelly Hogan, WOF        | 33.12m |

### Heptathlon

|                         |       |
|-------------------------|-------|
| 1. Megan Dunn, WOF      | 5,013 |
| 2. Caroline Huff, SAM   | 4,504 |
| 3. Netanya Linares, WOF | 4,493 |
| 4. Mia Milasinovic, SAM | 4,322 |
| 5. Ronje Williams, WCU  | 3,934 |
| 6. Rylee Dean, WCU      | 3,293 |
| 7. Beckah Goras, WCU    | 2,823 |

### Most Outstanding Athletes

Cherrish Wright, Mercer

### Most Outstanding Track Performer

Cherrish Wright, Mercer

### Most Outstanding Field Performer

Maggie Johnston, Samford

### Freshman of the Year

Kerrington Johnson, Wofford

### Pinnacle Award

Aiya Finch, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)
- 2020 freshmen were eligible for all-freshman and freshman of the year honors in 2021 for all sports that did not administer all-conference awards due to COVID-19 in 2020

# 2019 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Western Carolina | 186    | 5. Furman      | 88     |
| 2. Samford          | 169    | 6. The Citadel | 74     |
| 3. ETSU             | 136    | 7. VMI         | 65     |
| 4. Wofford          | 91     | 8. UNCG        | 5      |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Josiah Johnson, CIT  | 10.50 |
| 2. Emmanuel Tait, SAM   | 10.62 |
| 3. Karon Delince, ETSU  | 10.79 |
| 4. Kashif Warren, ETSU  | 10.90 |
| 5. Jaylen Muhammad, WOF | 10.92 |
| 6. Gregory Jacobs, WCU  | 10.94 |
| 7. Timiebi Ogobri, CIT  | 11.01 |
| 8. Cory Alston, WCU     | 11.02 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Devaniel Dale, WCU     | 20.86 |
| 2. Josiah Johnson, CIT    | 21.08 |
| 3. Jaylen Muhammad, WOF   | 21.23 |
| 4. Jordin Poindexter, VMI | 21.80 |
| 5. Shon Pratcher, WCU     | 21.81 |
| 6. Kashif Warren, ETSU    | 22.01 |
| 7. Tyler Manigault, WCU   | 22.10 |
| 8. Trey Richardson, CIT   | 22.37 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Devaniel Dale, WCU   | 46.55 |
| 2. Shon Pratcher, WCU   | 48.52 |
| 3. Miles Greer, WCU     | 48.86 |
| 4. Jordan Woodbine, SAM | 49.04 |
| 5. Elijah Bull, WOF     | 49.10 |
| 6. Trey Richardson, CIT | 49.33 |
| 7. Bradford Smith, WOF  | 50.06 |
| 8. Hunter Sampson, ETSU | 51.03 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Ryan Adams, FUR       | 1:50.50 |
| 2. Khayvonn Benson, ETSU | 1:52.38 |
| 3. Jahanzib Shahbaz, VMI | 1:52.92 |
| 4. Caleb Albrecht, WCU   | 1:54.21 |
| 5. Matthew Scarr, ETSU   | 1:54.46 |
| 6. Stephan Kulick, CIT   | 1:54.75 |
| 7. Seth Corey, SAM       | 1:55.67 |
| 8. Weston Clayton, UNCG  | 1:56.70 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Ryan Adams, FUR       | 3:48.15 |
| 2. Jake Ogden, FUR       | 3:48.45 |
| 3. Jahanzib Shahbaz, VMI | 3:50.07 |
| 4. Matthew Scarr, ETSU   | 3:50.33 |
| 5. Wes Pectol, ETSU      | 3:51.19 |
| 6. Jack Zemp, WOF        | 3:54.39 |
| 7. Khayvonn Benson, ETSU | 3:55.27 |
| 8. Owen Bailey, SAM      | 3:56.72 |

### 5,000-meter run

|                       |          |
|-----------------------|----------|
| 1. Frank Lara, FUR    | 14:40.63 |
| 2. Luke Meade, FUR    | 14:43.77 |
| 3. Mason Coppi, FUR   | 14:50.88 |
| 4. Daniel Bernal, FUR | 14:52.87 |
| 5. Dillon Dean, SAM   | 14:55.96 |
| 6. Ben Varghese, ETSU | 15:02.79 |
| 7. Noah Charles, ETSU | 15:14.37 |
| 8. Ben O'Connor, ETSU | 15:21.08 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Frank Lara, FUR      | 31:00.06 |
| 2. Luke Meade, FUR      | 31:01.66 |
| 3. Daniel Bernal, FUR   | 31:04.07 |
| 4. Dillon Dean, SAM     | 31:05.92 |
| 5. Mason Coppi, FUR     | 31:21.07 |
| 6. Seth Bowden, ETSU    | 31:39.00 |
| 7. Luke Sumerford, UNCG | 31:57.57 |
| 8. Colin Martin, CIT    | 32:16.72 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Emmanuel Tait, SAM    | 14.15 |
| 2. Titus Moore, SAM      | 14.27 |
| 3. Michael McMahan, SAM  | 14.48 |
| 4. Mike Jones, WCU       | 14.64 |
| 5. Jack McHugh, SAM      | 14.91 |
| 6. James Granderson, VMI | 14.94 |
| 7. Jonathan Hall, WOF    | 15.34 |
| -- Cory Alston, WCU      | DQ    |

### 400-meter hurdles

|                            |        |
|----------------------------|--------|
| 1. Michael McMahan, SAM    | 52.47  |
| 2. Elijah Bull, WOF        | 53.677 |
| 3. Isaiah Ellis, WOF       | 53.678 |
| 4. Mike Jones, WCU         | 53.77  |
| 5. Jordan Oballe, SAM      | 53.94  |
| 6. Warren Fitzpatrick, SAM | 55.35  |
| 7. Dylan Andrade, WCU      | 57.42  |
| 8. Jonathan Hall, WOF      | 58.54  |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Noah Charles, ETSU     | 9:12.91  |
| 2. Ben Garner, SAM        | 9:18.97  |
| 3. Gavin Jenkins, VMI     | 9:19.19  |
| 4. Tyler Robakiewicz, WCU | 9:51.09  |
| 5. Ben O'Connor, ETSU     | 9:59.69  |
| 6. Walt Kitson, VMI       | 9:59.91  |
| 7. Jeremiah Gaulding, VMI | 10:00.37 |
| 8. Zach Johnson, ETSU     | 10:01.50 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. The Citadel      | 40.71 |
| 2. Western Carolina | 40.95 |
| 3. ETSU             | 41.38 |
| 4. Wofford          | 41.64 |
| 5. Samford          | 41.74 |
| 6. VMI              | 41.81 |
| 7. Furman           | 50.93 |

### 4x400-meter relay

|                     |          |
|---------------------|----------|
| 1. Samford          | 3:15.153 |
| 2. Western Carolina | 3:15.154 |
| 3. Citadel          | 3:16.34  |
| 4. VMI              | 3:17.47  |
| 5. ETSU             | 3:21.79  |
| 6. Wofford          | 3:23.31  |
| 7. UNC Greensboro   | 3:31.22  |
| 8. Furman           | 3:33.11  |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Dakota Oxendine, WCU   | 2.12m |
| 2. Keyth Fightmaster, SAM | 2.08m |
| 3. Justin Stuckey, SAM    | 2.08m |
| 4. Matt Cahoon, SAM       | 2.08m |
| 5. Tyler Hanks, WCU       | 2.03m |
| 6. Dijoun Huit, WCU       | 1.98m |
| 7. Gavin Jenkins, VMI     | 1.93m |
| 8. Noah Shelton, ETSU     | 1.93m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Hugh Duggan, SAM      | 5.20m |
| 2. Andrew Arlnt, VMI     | 4.70m |
| 3. Sam Blumer, CIT       | 4.60m |
| 4. Hunter Schlatter, SAM | 4.60m |
| 5. Charles Cooley, WCU   | 4.45m |
| 6. Devin Merrick, CIT    | 4.45m |
| 7. Daniel Walsh, VMI     | 4.30m |
| 8. Jonathan Lehe, WCU    | 4.15m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Karon Delince, ETSU   | 7.54m |
| 2. Trini Feggett, WCU    | 7.42m |
| 3. Shon Pratcher, WCU    | 7.39m |
| 4. Benjamin Okafor, WCU  | 7.12m |
| 5. Titus Moore, SAM      | 7.07m |
| 6. Jon Waarvik, SAM      | 7.02m |
| 7. James Granderson, VMI | 7.00m |
| 8. Justin Stuckey, SAM   | 6.96m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Dijoun Huit, WCU     | 15.42m |
| 2. Yohana Koko, ETSU    | 15.10m |
| 3. Blaine Ashton, VMI   | 14.55m |
| 4. Benjamin Okafor, WCU | 14.31m |
| 5. Tyler Hanks, WCU     | 14.19m |
| 6. Shon Pratcher, WCU   | 13.98m |
| 7. Brandon Harvey, WCU  | 13.73m |
| 8. Nicholas Lyons, WCU  | 13.69m |

### Shot put

|                           |        |
|---------------------------|--------|
| 1. Dakota Wright, WCU     | 16.79m |
| 2. Benjamin Johnson, ETSU | 16.78m |
| 3. Austin Lufkin, WOF     | 15.56m |
| 4. Matt Cahoon, SAM       | 15.13m |
| 5. Longinus Nnodim, WOF   | 14.88m |
| 6. Mac Bennett, WCU       | 14.83m |
| 7. Adam Hart, WCU         | 14.25m |
| 8. Ja'lon Williams, CIT   | 14.21m |

### Discus throw

|                                |        |
|--------------------------------|--------|
| 1. Ben Johnson, ETSU           | 54.53m |
| 2. Matt Cahoon, SAM            | 48.56m |
| 3. Austin Lufkin, WOF          | 47.78m |
| 4. Dakota Wright, WCU          | 46.29m |
| 5. Mac Bennett, WCU            | 44.17m |
| 6. Prince Howard-Whitaker, CIT | 44.05m |
| 7. Adam Hart, WCU              | 43.08m |
| 8. Daniel Usher, VMI           | 42.39m |

### Hammer throw

|                                |        |
|--------------------------------|--------|
| 1. Ben Johnson, ETSU           | 59.89m |
| 2. Dakota Wright, WCU          | 55.70m |
| 3. Longinus Nnodim, WOF        | 52.69m |
| 4. Ja'lon Williams, CIT        | 51.23m |
| 5. Kolin Miller, ETSU          | 48.82m |
| 6. Matt Cahoon, SAM            | 48.68m |
| 7. Prince Howard-Whitaker, CIT | 46.24m |
| 8. Mac Bennett, WCU            | 45.59m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Ben Johnson, ETSU     | 60.80m |
| 2. Matt Cahoon, SAM      | 60.17m |
| 3. Charlie Hatler, CIT   | 56.10m |
| 4. Conrad Heinrich, WOF  | 54.96m |
| 5. Evan McDonald, CIT    | 53.25m |
| 6. Noah Shelton, ETSU    | 46.21m |
| 7. Hunter Schlatter, SAM | 43.73m |
| 8. Jordan Oballe, SAM    | 43.52m |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Conrad Heinrich, WOF | 6,574 |
| 2. Thomas Ozburn, SAM   | 6,343 |
| 3. William Stout, WOF   | 6,096 |
| 4. Max Burke, VMI       | 5,022 |
| 5. Thomas Maxey, WOF    | 4,775 |
| 6. Khadevis Snead, WCU  | 4,696 |

### Most Outstanding Athlete

Ben Johnson, ETSU

### Most Outstanding Track Performer

Devaniel Dale, Western Carolina

### Most Outstanding Field Performer

Ben Johnson, ETSU

### Freshman of the Year

Elijah Bull, Wofford

### Pinnacle Award

Miles Greer, Western Carolina

### Coach of the Year

Rod Tiffin, Samford  
Jesse Norman, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2019 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team             | Points |
|---------------------|--------|------------------|--------|
| 1. Samford          | 228    | 6. Mercer        | 70     |
| 2. Wofford          | 126    | T-7. VMI         | 31     |
| 3. Western Carolina | 119    | T-7. The Citadel | 31     |
| 4. ETSU             | 100    | 9. Chattanooga   | 15     |
| 5. Furman           | 91     | 10. UNCG         | 8      |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. McLeod Dean, WOF     | 11.57 |
| 2. Kiana Davis, ETSU    | 11.67 |
| 3. Cherrish Wright, MER | 11.87 |
| 4. Lauryn Dancy, MER    | 12.00 |
| 5. Hannah Lueders, SAM  | 12.04 |
| 6. Mia Little, WCU      | 12.18 |
| 7. Tessola Duncan, MER  | 12.19 |
| 8. Mekayla Brown, ETSU  | 12.35 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. McLeod Dean, WOF        | 23.56 |
| 2. Kiana Davis, ETSU       | 23.66 |
| 3. Cherrish Wright, MER    | 24.01 |
| 4. Hannah Lueders, SAM     | 24.26 |
| 5. Tessola Duncan, MER     | 24.67 |
| 6. Dominique Delisser, WCU | 24.68 |
| 7. Starr Graham, ETSU      | 24.90 |
| 8. Ariana Ruffin, VMI      | 25.04 |

### 400-meter dash

|                                |       |
|--------------------------------|-------|
| 1. Kellsie Whitehead, WCU      | 55.23 |
| 2. Dominique Delisser, WCU     | 55.57 |
| 3. Kennedy Weston-Shields, MER | 56.18 |
| 4. Cassidy Morton, WOF         | 56.25 |
| 5. Ariana Ruffin, VMI          | 57.54 |
| 6. Vada Samuels, SAM           | 57.57 |
| 7. Vicki Franse, ETSU          | 57.88 |
| 8. Marissa Blakely, WCU        | 58.20 |

### 800-meter run

|                                 |         |
|---------------------------------|---------|
| 1. Krissy Gear, FUR             | 2:09.80 |
| 2. Christina Nikolaou, WCU      | 2:11.79 |
| 3. Veronica Lyle, SAM           | 2:11.91 |
| 4. Emma Kuntz, FUR              | 2:12.32 |
| 5. Heather Feuchtenberger, ETSU | 2:12.39 |
| 6. Madison Paraskeva, WOF       | 2:12.97 |
| 7. Genevieve Schwarz, ETSU      | 2:13.51 |
| 8. Shian Mallory, SAM           | 2:14.48 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Karisa Nelson, SAM       | 4:18.52 |
| 2. Savannah Carnahan, FUR   | 4:18.67 |
| 3. Hannah Steelman, WOF     | 4:22.87 |
| 4. Mary Grace Strozier, SAM | 4:24.81 |
| 5. Kennedy Thomson, UTC     | 4:27.26 |
| 6. Lindsey Stallworth, ETSU | 4:28.67 |
| 7. Shian Mallory, SAM       | 4:33.00 |
| 8. Nicole Buehrle, UTC      | 4:34.37 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Gabbi Jennings, FUR      | 16:36.05 |
| 2. Hannah Steelman, WOF     | 16:53.63 |
| 3. Emma Grace Hurley, FUR   | 17:37.48 |
| 4. Mary Grace Strozier, SAM | 17:43.41 |
| 5. Jennifer Stephenson, FUR | 17:45.64 |
| 6. Grace Dwyer, FUR         | 17:49.67 |
| 7. Emily Lane, FUR          | 18:06.56 |
| 8. Kaitlyn Stone, UNCG      | 18:11.89 |

### 10,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Grace Dwyer, FUR         | 36:40.53 |
| 2. Emma Grace Hurley, FUR   | 36:48.09 |
| 3. Jennifer Stephenson, FUR | 36:54.73 |
| 4. Kaitlyn Stone, UNCG      | 37:41.24 |
| 5. Lindsey Trotter, WCU     | 38:01.58 |
| 6. Shannon McAndrew, WOF    | 38:44.55 |
| 7. Mia DePillo, ETSU        | 38:49.66 |
| 8. Jamie Blaylock, WCU      | 38:51.13 |

### 100-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Amber Lust, WOF        | 13.68 |
| 2. Cherrish Wright, MER   | 14.02 |
| 3. Lamisha Simmons, ETSU  | 14.05 |
| 4. Sarah Sanford, SAM     | 14.18 |
| 5. Destiny Shippy, WOF    | 14.59 |
| 6. Shakaiya Bradford, WOF | 14.80 |
| 7. Lauren Beard, SAM      | 14.86 |
| 8. Rebekah Hampton, UTC   | 17.03 |

### 400-meter hurdles

|                           |         |
|---------------------------|---------|
| 1. Sarah Sanford, SAM     | 1:01.91 |
| 2. Lauren Beard, SAM      | 1:02.08 |
| 3. Madison Mueller, MER   | 1:02.81 |
| 4. Cassidy Morton, WOF    | 1:02.89 |
| 5. LeAndrea Combo, WOF    | 1:05.07 |
| 6. Amanda Dumar, SAM      | 1:05.66 |
| 7. Britney Griffith, ETSU | 1:06.37 |
| 8. Nicole Buehrle, UTC    | 1:06.76 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Hannah Steelman, WOF | 10:00.79 |
| 2. Gabbi Jennings, FUR  | 10:06.25 |
| 3. Krissy Gear, FUR     | 10:31.22 |
| 4. Nicole Buehrle, UTC  | 11:27.11 |
| 5. Ashley McMahan, MER  | 11:47.21 |
| 6. Sommer McKenzie, WOF | 11:58.44 |
| 7. Cassidy Dill, UNCG   | 11:58.97 |
| 8. Casey Miller, CIT    | 12:40.91 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Mercer           | 45.71 |
| 2. ETSU             | 45.76 |
| 3. Western Carolina | 46.58 |
| 4. Wofford          | 46.62 |
| 5. VMI              | 48.27 |
| 6. Samford          | 49.20 |
| 7. The Citadel      | 49.96 |
| 8. Chattanooga      | 54.81 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Mercer           | 3:47.27 |
| 2. Western Carolina | 3:48.88 |
| 3. Samford          | 3:52.03 |
| 4. Wofford          | 3:53.75 |
| 5. Furman           | 3:59.27 |
| 6. VMI              | 3:59.52 |
| 7. Chattanooga      | 4:03.59 |
| 8. ETSU             | 4:09.70 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Charlotte Krause, SAM | 1.69m |
| 2. Jaelyn Warren, WCU    | 1.69m |
| 3. Megan Elliott, SAM    | 1.66m |
| 4. Selena Popp, SAM      | 1.61m |
| Tally Wilson, SAM        | 1.61m |
| 6. Ronje Williams, WCU   | 1.61m |
| 7. Mya Dollard, CIT      | 1.56m |
| 8. Marissa Blakely, WCU  | 1.51m |

### Pole vault

|                              |       |
|------------------------------|-------|
| 1. Tally Wilson, SAM         | 3.78m |
| 2. Jackie Barnes, SAM        | 3.78m |
| 3. Carter Unger, WCU         | 3.48m |
| 4. Jayme-Claire Eubanks, SAM | 3.33m |
| 5. McKenna Dunn, VMI         | 3.33m |
| 6. Sam Engel, CIT            | 3.33m |
| 7. Rebecca Pfitzer, SAM      | 3.18m |
| 8. Amanda Dumar, SAM         | 3.03m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Makaila McIntyre, WCU | 6.14m |
| 2. Selena Popp, SAM      | 5.86m |
| 3. Nyambi Shoates, ETSU  | 5.84m |
| 4. Erin Hines, SAM       | 5.79m |
| 5. Kaeleigh Guth, CIT    | 5.70m |
| 6. Mekayla Brown, ETSU   | 5.70m |
| 7. Caroline Huff, SAM    | 5.63m |
| 8. Madeline Ballard, SAM | 5.55m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Makaila McIntyre, WCU | 12.22m |
| 2. Morayo Bhadmos, SAM   | 12.08m |
| 3. Mekayla Brown, ETSU   | 11.91m |
| 4. Aliyah Hill, ETSU     | 11.81m |
| 5. Charlotte Krause, SAM | 11.66m |
| 6. Paige Peterson, ETSU  | 11.47m |
| 7. Nyambi Shoates, ETSU  | 11.24m |
| 8. Erin Willard, WCU     | 11.21m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 14.35m |
| 2. Sarah Leckman, VMI    | 14.24m |
| 3. Lesleigh Tabor, WCU   | 13.79m |
| 4. Symphony Buxton, ETSU | 13.56m |
| 5. Tatiana Taylor, SAM   | 13.21m |
| 6. Jaden Finch, ETSU     | 13.12m |
| 7. Simone Williams, WCU  | 13.11m |
| 8. Amy Yarborough, WCU   | 13.01m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 51.40m |
| 2. Victoria Solheim, WCU | 44.89m |
| 3. Tiffany Quick, VMI    | 44.27m |
| 4. Lamisha Simmons, ETSU | 43.12m |
| 5. Jaden Finch, ETSU     | 42.37m |
| 6. Rachel Rouse, WCU     | 40.93m |
| 7. Jess Page, CIT        | 40.78m |
| 8. Camille Caldwell, SAM | 39.95m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Tatiana Taylor, SAM   | 53.46m |
| 2. Maggie Johnston, SAM  | 52.81m |
| 3. Jess Page, CIT        | 51.15m |
| 4. Camille Caldwell, SAM | 49.05m |
| 5. Symphony Buxton, ETSU | 47.09m |
| 6. Amy Yarborough, WCU   | 45.34m |
| 7. Victoria Solheim, WCU | 44.13m |
| 8. Jaden Finch, ETSU     | 43.43m |

### Javelin throw

|                             |        |
|-----------------------------|--------|
| 1. Emorie Long, SAM         | 39.49m |
| 2. Megan Dunn, WOF          | 39.04m |
| 3. Shannon Ziccarello, CIT  | 37.53m |
| 4. Anna-Marie Barfield, CIT | 36.35m |
| 5. Selena Popp, SAM         | 36.07m |
| 6. Rachel Rouse, WCU        | 35.31m |
| 7. Sydney Hawks, ETSU       | 35.05m |
| 8. Reagan Chewing, FUR      | 34.35m |

### Heptathlon

|                            |       |
|----------------------------|-------|
| 1. Amber Lust, WOF         | 5,005 |
| 2. Megan Dunn, WOF         | 4,798 |
| 3. Shakaiya Bradford, WOF  | 4,703 |
| 4. Caroline Huff, SAM      | 4,478 |
| 5. Erin Hines, SAM         | 4,465 |
| 6. Myranda Ham, MER        | 4,178 |
| 7. Kendra Whitehurst, ETSU | 3,774 |
| 8. Brenea Thomas, VMI      | 3,374 |

### Most Outstanding Athletes

Maggie Johnston, Samford

### Most Outstanding Track Performer

Hannah Steelman, Wofford

### Most Outstanding Field Performer

Maggie Johnston, Samford

### Freshman of the Year

Mekayla Brown, ETSU

### Pinnacle Award

Amanda Dumar, Samford

### Coach of the Year

Johnny Bomar, Wofford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2018 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team       | Points |
|---------------------|--------|------------|--------|
| 1. Western Carolina | 214    | 5. Wofford | 73     |
| 2. Samford          | 169    | 6. Furman  | 71     |
| 3. ETSU             | 122    | 7. VMI     | 48     |
| 4. The Citadel      | 110    | 8. UNCG    | 9      |

### 100-meter dash

|                                   |        |
|-----------------------------------|--------|
| 1. Josiah Johnson, CIT            | 10.30  |
| 2. Emmanuel Tait, SAM             | 10.31  |
| 3. Karon Delince, ETSU            | 10.51  |
| 4. Dakota Lamont, WCU             | 10.73  |
| 5. John Bapoupeleh, WOF           | 10.84  |
| 6. Chace Washington-Saunders, WCU | 10.90  |
| 7. Marquis Barnes, SAM            | 10.913 |
| 8. Josh Little, WCU               | 10.918 |

### 200-meter dash

|                                   |       |
|-----------------------------------|-------|
| 1. Karon Delince, ETSU            | 21.25 |
| 2. Josiah Johnson, CIT            | 21.26 |
| 3. Emmanuel Tait, SAM             | 21.35 |
| 4. Dakota Lamont, WCU             | 21.42 |
| 5. Devaniel Dale, WCU             | 21.53 |
| 6. Chace Washington-Saunders, WCU | 21.79 |
| 7. Henry Kiedy, WCU               | 21.89 |
| -- Devin Singleton, CIT           | DQ    |

### 400-meter dash

|                                   |       |
|-----------------------------------|-------|
| 1. Henry Kiedy, WCU               | 47.41 |
| 2. Devaniel Dale, WCU             | 48.66 |
| 3. Chace Washington-Saunders, WCU | 49.23 |
| 4. Dakota Lamont, WCU             | 49.42 |
| 5. Miles Greer, WCU               | 49.64 |
| 6. Andrew Gould, VMI              | 49.98 |
| 7. Trey Richardson, CIT           | 50.54 |
| -- Devin Singleton, CIT           | DQ    |

### 800-meter run

|                               |         |
|-------------------------------|---------|
| 1. Jahanzib Shahbaz, VMI      | 1:53.71 |
| 2. Josh Willard, VMI          | 1:54.25 |
| 3. Matt Scarr, ETSU           | 1:54.33 |
| 4. Haydn Borghetti-Metz, ETSU | 1:54.61 |
| 5. Jake Ogden, FUR            | 1:54.71 |
| 6. Stephan Kulick, CIT        | 1:55.30 |
| 7. Juan Rodriguez, UNCG       | 1:55.49 |
| 8. Ben Hensley, WOF           | 1:59.17 |

### 1,500-meter run

|                           |         |
|---------------------------|---------|
| 1. Arsène Guillourel, SAM | 3:49.03 |
| 2. Aaron Templeton, FUR   | 3:51.70 |
| 3. Ben Varghese, ETSU     | 3:53.28 |
| 4. Simeon Roberts, ETSU   | 3:54.10 |
| 5. Ben Hensley, WOF       | 3:56.76 |
| 6. Jake Ogden, FUR        | 3:58.02 |
| 7. Jack Zemp, WOF         | 3:58.43 |
| 8. Frank Lara, FUR        | 3:59.06 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Aaron Templeton, FUR | 14:27.55 |
| 2. Frank Lara, FUR      | 14:34.28 |
| 3. Malick Gemechu, ETSU | 14:39.63 |
| 4. Josh Brickell, FUR   | 14:41.44 |
| 5. Mason Coppi, FUR     | 14:54.54 |
| 6. Troy Reeder, FUR     | 14:56.62 |
| 7. Dillon Dean, SAM     | 15:02.92 |
| 8. Noah Charles, ETSU   | 15:14.25 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Malick Gemechu, ETSU    | 33:01.85 |
| 2. Dillon Dean, SAM        | 33:10.47 |
| 3. Carl Oberfeiting, ETSU  | 33:18.43 |
| 4. Luke Sumerford, UNCG    | 33:21.43 |
| 5. Mason Coppi, FUR        | 33:35.13 |
| 6. Nathan Longfellow, ETSU | 33:40.82 |
| 7. Allen Clark, FUR        | 33:42.97 |
| 8. Brad Cheek, SAM         | 33:43.35 |

### 110-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Malik Diggs, CIT     | 14.09 |
| 2. Emmanuel Tait, SAM   | 14.11 |
| 3. Lee Warren, VMI      | 14.46 |
| 4. Mike Jones, WCU      | 14.71 |
| 5. Isaiah Ellis, WOF    | 14.79 |
| 6. Jack McHugh, SAM     | 15.08 |
| 7. Conrad Heinrich, WOF | 15.12 |
| 8. Cory Alston, WCU     | 15.89 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Malik Diggs, CIT     | 52.76 |
| 2. Isaiah Ellis, WOF    | 53.01 |
| 3. Marquis Barnes, SAM  | 54.02 |
| 4. Dylan Andrade, WCU   | 54.08 |
| 5. Jordan Oballe, SAM   | 55.04 |
| 6. Michael McMahan, SAM | 55.75 |
| 7. Mike Jones, WCU      | 55.96 |
| 8. Tyler Manigault, WCU | 57.88 |

### 3,000-meter steeplechase

|                            |         |
|----------------------------|---------|
| 1. Troy Reeder, FUR        | 8:56.08 |
| 2. Simeon Roberts, ETSU    | 9:04.97 |
| 3. Noah Charles, ETSU      | 9:07.50 |
| 4. Josh Salter, SAM        | 9:16.52 |
| 5. Ben Garner, SAM         | 9:22.79 |
| 6. Jordan Bostian, WCU     | 9:32.10 |
| 7. Louis Morris, ETSU      | 9:39.38 |
| 8. Adam Bradtmueller, ETSU | 9:43.92 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. The Citadel      | 40.96 |
| 2. Western Carolina | 41.66 |
| 3. ETSU             | 42.14 |
| 4. Wofford          | 42.15 |
| 5. VMI              | 42.92 |
| 6. Samford          | 43.02 |
| 7. Furman           | 48.02 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:09.06 |
| 2. The Citadel      | 3:18.48 |
| 3. ETSU             | 3:19.10 |
| 4. Wofford          | 3:22.70 |
| 5. VMI              | 3:25.72 |
| 6. Samford          | 3:25.76 |
| 7. UNCG             | 3:27.52 |
| 8. Furman           | 3:39.63 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Keyth Fightmaster, SAM | 2.13m |
| 2. Matt Cahoon, SAM       | 2.03m |
| 3. Jon Waarvik, SAM       | 2.03m |
| 4. Dijoun Huit, WCU       | 1.93m |
| 5. Marquis Barnes, SAM    | 1.93m |
| 6. Tyler Hanks, WCU       | 1.93m |
| 7. Harrison Mansell, CIT  | 1.93m |
| 8. Khadevis Snead, WCU    | 1.88m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Tray Oates, SAM     | 5.20m |
| 2. Hugh Duggan, SAM    | 4.90m |
| 3. Corey Ginley, WCU   | 4.75m |
| 4. Andrew Arlint, VMI  | 4.75m |
| 5. Gavin Gautreau, SAM | 4.75m |
| 6. Sam Blumer, CIT     | 4.45m |
| 7. Griffin Kowal, VMI  | 4.30m |
| 8. Lindsay Pierce, CIT | 4.30m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Marquis Barnes, SAM    | 7.18m |
| 2. Jon Waarvik, SAM       | 7.16m |
| 3. Jordan Williams, CIT   | 7.10m |
| 4. Nicholas Lyons, WCU    | 7.06m |
| 5. Thomas Ozburn, SAM     | 7.03m |
| 6. Jacquary Bradford, CIT | 7.02m |
| 7. Kevin Hires, WCU       | 6.98m |
| 8. Karon Delince, ETSU    | 6.91m |

### Triple jump

|                        |        |
|------------------------|--------|
| 1. Dijoun Huit, WCU    | 15.48m |
| 2. Kevin Hires, WCU    | 15.31m |
| 3. Nicholas Lyons, WCU | 14.53m |
| 4. Yohana Koko, ETSU   | 14.53m |
| 5. Omar Mingo, WOF     | 14.44m |
| 6. Tyler Hanks, WCU    | 14.14m |
| 7. Nick Lawson, WCU    | 13.82m |
| 8. Noah Osburne, SAM   | 13.47m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Mateius Brown, WCU    | 16.69m |
| 2. Scott Peretin, WCU    | 16.59m |
| 3. Jaylan Reid, FUR      | 16.08m |
| 4. Dakota Wright, WCU    | 15.93m |
| 5. Derrick Freeland, CIT | 15.07m |
| 6. Ja'lon Williams, CIT  | 14.76m |
| 7. Mac Bennett, WCU      | 14.62m |
| 8. Ben Johnson, ETSU     | 14.29m |

### Discus throw

|                                |        |
|--------------------------------|--------|
| 1. Mateius Brown, WCU          | 50.25m |
| 2. Scott Peretin, WCU          | 49.38m |
| 3. Ben Johnson, ETSU           | 49.05m |
| 4. Austin Lufkin, WOF          | 48.74m |
| 5. Derrick Freeland, CIT       | 47.95m |
| 6. Matt Cahoon, SAM            | 47.88m |
| 7. Prince Howard-Whitaker, CIT | 45.67m |
| 8. Jay Stanley, WCU            | 45.48m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Scott Peretin, WCU    | 58.15m |
| 2. Dakota Wright, WCU    | 55.83m |
| 3. Ben Johnson, ETSU     | 54.43m |
| 4. Derrick Freeland, CIT | 53.74m |
| 5. Chase Stehling, WCU   | 49.36m |
| 6. Jay Stanley, WCU      | 47.40m |
| 7. Ja'lon Williams, CIT  | 46.67m |
| 8. Amos Jackson, CIT     | 46.32m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Ben Johnson, ETSU     | 62.77m |
| 2. Charlie Hatler, CIT   | 58.31m |
| 3. Donovan Walton, VMI   | 55.91m |
| 4. Conrad Heinrich, WOF  | 54.13m |
| 5. Matt Cahoon, SAM      | 53.02m |
| 6. Griffin Miller, CIT   | 49.96m |
| 7. Evan McDonald, CIT    | 47.33m |
| 8. Hunter Schlatter, SAM | 46.37m |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. Conrad Heinrich, WOF  | 6,401 |
| 2. William Stout, WOF    | 5,997 |
| 3. Austin Eck, SAM       | 5,836 |
| 4. Samuel Robinson, WOF  | 5,821 |
| 5. Thomas Ozburn, SAM    | 5,670 |
| 6. Matthew Mudd, WCU     | 5,524 |
| 7. Hunter Schlatter, SAM | 5,100 |
| 8. Thomas Maxey, WOF     | 5,001 |

### Most Outstanding Athlete

Scott Peretin, Western Carolina

### Most Outstanding Track Performer

Malik Diggs, The Citadel

### Most Outstanding Field Performer

Scott Peretin, Western Carolina

### Freshman of the Year

Karon Delince, ETSU

### Pinnacle Award

Miles Greer, Western Carolina

### Coach of the Year

Cale McDaniel, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2018 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Western Carolina | 193    | 6. Mercer      | 49     |
| 2. Samford          | 161    | 7. VMI         | 46     |
| 3. ETSU             | 129    | 8. The Citadel | 30     |
| 4. Furman           | 120    | 9. Chattanooga | 11     |
| 5. Wofford          | 74     | 10. UNCG       | 6      |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. McLeod Dean, WOF     | 11.61 |
| 2. Kiana Davis, ETSU    | 11.67 |
| 3. Jazmine Gooden, WCU  | 11.84 |
| 4. Kerisha Goode, VMI   | 11.96 |
| 5. Mia Little, WCU      | 12.06 |
| 6. Tonia McKinley, SAM  | 12.15 |
| 7. Sydney Campbell, MER | 12.17 |
| 8. Kyra Atkins, ETSU    | 12.21 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. McLeod Dean, WOF      | 23.69 |
| 2. Kiana Davis, ETSU     | 23.87 |
| 3. Kerisha Goode, VMI    | 24.51 |
| 4. Kyra Atkins, ETSU     | 24.92 |
| 5. Tonia McKinley, SAM   | 24.99 |
| 6. Lamisha Simmons, ETSU | 25.19 |
| 7. Jazmine Gooden, WCU   | 25.40 |
| 8. Dasha Arnaut, WCU     | 25.47 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dasha Arnaut, WCU      | 54.65 |
| 2. Dominiq Delisser, WCU  | 56.40 |
| 3. Aliyah Hill, ETSU      | 56.76 |
| 4. Kellsie Whitehead, WCU | 56.80 |
| 5. Cassidy Morton, WOF    | 57.31 |
| 6. Vicki Franse, ETSU     | 57.51 |
| 7. Ariana Ruffin, VMI     | 57.63 |
| 8. Tessola Duncan, MER    | 57.71 |

### 800-meter run

|                                 |         |
|---------------------------------|---------|
| 1. Emma Kuntz, FUR              | 2:10.08 |
| 2. Emily Williams-McElroy, ETSU | 2:10.98 |
| 3. Jacquelyn Crow, FUR          | 2:12.31 |
| 4. Jessica Lord, ETSU           | 2:13.17 |
| 5. Heather Feuchtenberger, ETSU | 2:13.80 |
| 6. Kaitlyn Lay, ETSU            | 2:14.56 |
| 7. Abby Bateman, UTC            | 2:15.86 |
| 8. Madison Paraskeva, WOF       | 2:16.16 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Allie Buchalski, FUR     | 4:19.44 |
| 2. Savannah Carnahan, FUR   | 4:23.66 |
| 3. Hannah Steelman, WOF     | 4:23.69 |
| 4. Gabbi Jennings, FUR      | 4:32.36 |
| 5. Jacquelyn Crow, FUR      | 4:33.90 |
| 6. Taylor Delaney, UNCG     | 4:36.50 |
| 7. Lindsey Stallworth, ETSU | 4:39.70 |
| 8. Abbey Zane, SAM          | 4:41.08 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Allie Buchalski, FUR     | 17:20.02 |
| 2. Savannah Carnahan, FUR   | 17:29.60 |
| 3. Emma Grace Hurley, FUR   | 17:33.26 |
| 4. Haley Ward, SAM          | 17:41.85 |
| 5. Reilly Caldwell, FUR     | 17:49.94 |
| 6. Jennifer Stephenson, FUR | 18:05.03 |
| 7. Becca Cooley, FUR        | 18:09.14 |
| 8. Emily Poole, UTC         | 18:12.83 |

### 10,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Haley Ward, SAM          | 38:06.51 |
| 2. Reilly Caldwell, FUR     | 38:08.43 |
| 3. Jennifer Stephenson, FUR | 38:22.74 |
| 4. Emily Poole, UTC         | 38:32.17 |
| 5. Ania Grzeszczak, MER     | 38:35.72 |
| 6. Kaitlyn Stone, UNCG      | 39:08.05 |
| 7. Courtney Czerniak, MER   | 39:11.53 |
| 8. Lindsey Trotter, WCU     | 40:08.07 |

### 100-meter hurdles

|                         |        |
|-------------------------|--------|
| 1. Kyra Atkins, ETSU    | 13.42  |
| 2. Sarah Sanford, SAM   | 13.83  |
| 3. Dasha Arnaut, WCU    | 13.91  |
| 4. Amber Lust, WOF      | 14.06  |
| 5. Timia Easley, ETSU   | 14.43  |
| 6. Sally Woerner, WCU   | 14.84  |
| 7. Cherrish Wright, MER | 14.915 |
| 8. Jazmine Gooden, WCU  | 14.919 |

### 400-meter hurdles

|                         |         |
|-------------------------|---------|
| 1. Dasha Arnaut, WCU    | 59.09   |
| 2. Sarah Sanford, SAM   | 1:00.95 |
| 3. Madison Mueller, MER | 1:02.33 |
| 4. Sally Woerner, WCU   | 1:03.55 |
| 5. Nicki Smith, ETSU    | 1:03.72 |
| 6. Victoria Wicks, SAM  | 1:04.01 |
| 7. Amanda Dumar, SAM    | 1:06.02 |
| 8. Myranda Ham, MER     | 1:08.68 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Hannah Steelman, WOF   | 10:09.39 |
| 2. Emma Grace Hurley, FUR | 10:25.23 |
| 3. Gabbi Jennings, FUR    | 10:32.29 |
| 4. Krissy Gear, FUR       | 10:49.06 |
| 5. Macy Carrier, ETSU     | 11:08.57 |
| 6. Ania Grzeszczak, MER   | 11:23.02 |
| 7. Haley Morris, UTC      | 11:33.66 |
| 8. Anya Bunao, WOF        | 11:34.96 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. ETSU             | 45.65 |
| 2. Western Carolina | 45.69 |
| 3. Mercer           | 46.07 |
| 4. Wofford          | 46.83 |
| 5. VMI              | 47.11 |
| 6. Samford          | 47.38 |
| 7. The Citadel      | 48.95 |
| 8. Chattanooga      | 52.41 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. ETSU             | 3:45.67 |
| 2. Western Carolina | 3:48.79 |
| 3. Wofford          | 3:49.14 |
| 4. Mercer           | 3:52.23 |
| 5. Samford          | 3:53.43 |
| 6. Furman           | 3:55.12 |
| 7. VMI              | 3:59.45 |
| 8. The Citadel      | 4:08.34 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Selena Popp, SAM      | 1.73m |
| 2. Charlotte Krause, SAM | 1.68m |
| 3. Julia Logan, VMI      | 1.63m |
| 4. Jaelyn Warren, WCU    | 1.63m |
| 5. Marisa Scott, WCU     | 1.63m |
| 6. Ashley Parker, WCU    | 1.58m |
| 7. Carrie Neill, SAM     | 1.58m |
| 8. Autumn James, WCU     | 1.53m |

### Pole vault

|                              |       |
|------------------------------|-------|
| 1. Meghan Breden, WCU        | 3.80m |
| 2. Kinley Drummonds, WCU     | 3.50m |
| 3. Tally Wilson, SAM         | 3.35m |
| 4. Rebecca Pfitzer, SAM      | 3.35m |
| 5. Jayme Claire Eubanks, SAM | 3.35m |
| 6. Megan Roach, SAM          | 3.20m |
| 7. Lauren Torsch, SAM        | 3.05m |
| 8. Amanda Dumar, SAM         | 3.05m |

### Long jump

|                         |       |
|-------------------------|-------|
| 1. Jazmine Gooden, WCU  | 6.16m |
| 2. Selena Popp, SAM     | 5.86m |
| 3. Erin Hines, SAM      | 5.78m |
| 4. Bria Anderson, VMI   | 5.77m |
| 5. Sydney Campbell, MER | 5.67m |
| 6. Timia Easley, ETSU   | 5.58m |
| 7. Kaeleigh Guth, CIT   | 5.55m |
| 8. Kyra Atkins, ETSU    | 5.50m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Alex Williams, MER    | 12.18m |
| 2. Makaila McIntyre, WCU | 12.04m |
| 3. Autumn James, WCU     | 11.93m |
| 4. Megan Meadow, SAM     | 11.88m |
| 5. Jazmine Gooden, WCU   | 11.87m |
| 6. Timia Easley, ETSU    | 11.79m |
| 7. Tamilla Wright, WCU   | 11.47m |
| 8. Charlotte Krause, SAM | 11.43m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Alisha Blackmon, WCU  | 13.85m |
| 2. Symphony Buxton, ETSU | 13.26m |
| 3. Simone Williams, WCU  | 13.14m |
| 4. Sarah Leckman, VMI    | 13.08m |
| 5. Tatiana Taylor, SAM   | 12.83m |
| 6. Lesleigh Tabor, WCU   | 12.78m |
| 7. Maggie Johnston, SAM  | 12.64m |
| 8. Amy Yarborough, WCU   | 12.46m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 48.31m |
| 2. Tiffany Quick, VMI    | 43.38m |
| 3. Jess Page, CIT        | 42.38m |
| 4. Rachel Rouse, WCU     | 41.82m |
| 5. Camille Caldwell, SAM | 41.09m |
| 6. Maura Logan, VMI      | 39.45m |
| 7. Kameron Cass, CIT     | 39.43m |
| 8. Symphony Buxton, ETSU | 38.93m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Tatiana Taylor, SAM   | 54.35m |
| 2. Simone Williams, WCU  | 52.38m |
| 3. Alisha Blackmon, WCU  | 50.97m |
| 4. Jess Page, CIT        | 50.61m |
| 5. Camille Caldwell, SAM | 49.16m |
| 6. Margaret Hayden, ETSU | 48.73m |
| 7. Maggie Johnston, SAM  | 48.63m |
| 8. Symphony Buxton, ETSU | 44.71m |

### Javelin throw

|                         |        |
|-------------------------|--------|
| 1. Alyssa Whipkey, ETSU | 43.34m |
| 2. Mady Riegel, CIT     | 38.04m |
| 3. Reagan Chewning, FUR | 37.04m |
| 4. Rachel Rouse, WCU    | 35.41m |
| 5. Kameron Cass, CIT    | 35.37m |
| 6. Megan Dunn, WOF      | 35.19m |
| 7. Shannon Smith, FUR   | 34.07m |
| 8. Selena Popp, SAM     | 33.63m |

### Heptathlon

|                            |       |
|----------------------------|-------|
| 1. Selena Popp, SAM        | 5,046 |
| 2. Amber Lust, WOF         | 4,966 |
| 3. Sally Woerner, WCU      | 4,616 |
| 4. Megan Dunn, WOF         | 4,593 |
| 5. Marisa Scott, WCU       | 4,426 |
| 6. Myranda Ham, MER        | 4,225 |
| 7. Amanda Dumar, SAM       | 4,050 |
| 8. Kendra Whitehurst, ETSU | 3,858 |

### Most Outstanding Athletes

Selena Popp, Samford

### Most Outstanding Track Performer

Dasha Arnaut, Western Carolina

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Hannah Steelman, Wofford

### Pinnacle Award

Lindsey Trotter, Western Carolina

### Coach of the Year

Cale McDaniel, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2017 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team       | Points |
|---------------------|--------|------------|--------|
| 1. Western Carolina | 190.5  | 5. Furman  | 105    |
| 2. Samford          | 184.5  | 6. Wofford | 52     |
| 3. The Citadel      | 132    | 7. UNCG    | 7      |
| 4. ETSU             | 129    |            |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Keion Crossen, WCU   | 10.39 |
| 2. Emmanuel Tait, SAM   | 10.40 |
| 3. Matthew Moore, ETSU  | 10.59 |
| 4. Josiah Johnson, CIT  | 10.70 |
| 5. Patrick Taylor, ETSU | 10.75 |
| 6. Shelby Campbell, SAM | 10.76 |
| 7. John Bapoupeh, WOF   | 10.89 |
| 8. Tremaine Kernes, WCU | 11.06 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Dakota Lamont, WCU   | 21.49 |
| 2. Devaniel Dale, WCU   | 21.52 |
| 3. Patrick Taylor, ETSU | 21.52 |
| 4. Josiah Johnson, CIT  | 21.74 |
| 5. Henry Kiedy, WCU     | 21.80 |
| 6. Matthew Moore, ETSU  | 22.02 |
| 7. John Bapoupeh, WOF   | 22.13 |
| 8. Devin Singleton, CIT | 22.29 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Dakota Lamont, WCU   | 47.75 |
| 2. Devaniel Dale, WCU   | 47.95 |
| 3. Henry Kiedy, WCU     | 48.08 |
| 4. Devin Singleton, CIT | 48.97 |
| 5. Miles Greer, WCU     | 49.08 |
| 6. Carson Howe, SAM     | 50.22 |
| 7. Trey Richardson, CIT | 50.36 |
| 8. Dylan Andrade, CIT   | 50.36 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Ryan Adams, FUR      | 1:51.22 |
| 2. Joe Harbacevich, WOF | 1:53.23 |
| 3. Caleb Albrecht, WCU  | 1:53.33 |
| 4. Thomas Moore, FUR    | 1:53.47 |
| 5. Jonathan Helton, SAM | 1:55.05 |
| 6. Madison Daniel, FUR  | 1:55.61 |
| 7. Ashton Wilson, ETSU  | 1:57.65 |
| 8. Jack Zemp, WOF       | 1:58.28 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Troy Reeder, FUR        | 3:46.46 |
| 2. Arsène Guillorel, SAM   | 3:47.07 |
| 3. Adam Bradtmueller, ETSU | 3:56.85 |
| 4. Josh Routh, ETSU        | 3:57.33 |
| 5. Quintin McKinnish, FUR  | 3:58.76 |
| 6. Brandon Hazouri, SAM    | 3:59.21 |
| 7. Jamie Cunningham, CIT   | 4:00.69 |
| 8. Jack Zemp, WOF          | 4:02.11 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Frank Lara, FUR        | 14:29.35 |
| 2. Troy Reeder, FUR       | 14:39.03 |
| 3. Mason Coppi, FUR       | 14:43.86 |
| 4. Simeon Roberts, ETSU   | 14:44.11 |
| 5. Tanner Hinkle, FUR     | 14:47.62 |
| 6. Ben Bryant, SAM        | 14:49.06 |
| 7. Lee Shearer, FUR       | 15:03.01 |
| 8. Carl Oberfeiting, ETSU | 15:03.40 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Frank Lara, FUR       | 30:37.98 |
| 2. Arsène Guillorel, SAM | 30:42.87 |
| 3. Josh Brickell, FUR    | 30:44.43 |
| 4. Tanner Hinkle, FUR    | 31:17.37 |
| 5. Ben Bryant, SAM       | 31:25.68 |
| 6. Aaron Templeton, FUR  | 31:31.80 |
| 7. Mason Coppi, FUR      | 31:58.99 |
| 8. Paul Richardson, SAM  | 32:02.72 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Malik Diggs, CIT      | 14:27 |
| 2. Devyn Jones, WCU      | 14.36 |
| 3. Tyler Houston, ETSU   | 14.62 |
| 4. Quandarius Weems, FUR | 14.89 |
| 5. Jeffrey Beane, UNCG   | 14.98 |
| 6. Clinton Jones, WCU    | 15.16 |
| 7. Cory Alston, WCU      | 15.21 |
| 8. Kevin Hires, WCU      | 15.43 |

### 400-meter hurdles

|                        |       |
|------------------------|-------|
| 1. Malik Diggs, CIT    | 52.87 |
| 2. Devyn Jones, WCU    | 54.71 |
| 3. Jordan Oballe, SAM  | 55.34 |
| 4. Tyler Houston, ETSU | 56.89 |
| 5. Jay Vines, SAM      | 57.01 |
| 6. Charlie Walker, CIT | 57.40 |
| 7. Jonathan Hall, WOF  | 57.96 |
| 8. Dylan Andrade, WCU  | 58.10 |

### 3,000-meter steeplechase

|                              |         |
|------------------------------|---------|
| 1. Simeon Roberts, ETSU      | 9:15.50 |
| 2. Noah Charles, ETSU        | 9:18.48 |
| 3. Josh Salter, SAM          | 9:26.32 |
| 4. Owen Bailey, SAM          | 9:26.32 |
| 5. Haydn Borgetti-Metz, ETSU | 9:30.55 |
| 6. Adam Bradtmueller, ETSU   | 9:31.63 |
| 7. Lee Shearer, FUR          | 9:35.56 |
| 8. Jordan Bostian, WCU       | 9:38.75 |

### 4x100-meter relay

|                  |       |
|------------------|-------|
| 1. Samford       | 40.79 |
| 2. The Citadel   | 41.48 |
| 3. Wofford       | 57.89 |
| ETSU             | DNF   |
| Western Carolina | DQ    |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:13.36 |
| 2. The Citadel      | 3:17.19 |
| 3. ETSU             | 3:17.28 |
| 4. Samford          | 3:19.77 |
| 5. Wofford          | 3:23.42 |
| 6. UNCG             | 3:33.21 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Keyth Fightmaster, SAM | 2.10m |
| 2. Jackson Nosbisch, CIT  | 2.00m |
| 3. Jon Waarvik, SAM       | 1.95m |
| 4. Mick Noel, CIT         | 1.90m |
| 5. Andrew Patterson, SAM  | 1.85m |
| J'Len Wilson, WCU         | 1.85m |
| 7. Austin Billings, SAM   | 1.85m |
| 8. Nathan Rivera, ETSU    | 1.80m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Tray Oates, SAM       | 5.35m |
| 2. Chris Thrasher, SAM   | 4.75m |
| 3. Thor Smith, WCU       | 4.60m |
| 4. Hunter Schlatter, SAM | 4.45m |
| 5. Sage Murphy, ETSU     | 4.45m |
| 6. Hugh Duggan, SAM      | 4.30m |
| 7. Bryce Meyers          | 4.15m |

### Long jump

|                         |       |
|-------------------------|-------|
| 1. Marquis Barnes, SAM  | 7.57m |
| 2. Patrick Taylor, ETSU | 7.38m |
| 3. Jordan Williams, CIT | 7.32m |
| 4. Javion Lee, SAM      | 7.25m |
| 5. Kevin Hires, WCU     | 6.94m |
| 6. Dijoun Huit, WCU     | 6.82m |
| 7. Cory Alston, WCU     | 6.60m |
| 8. Nathan Rivera, ETSU  | 6.45m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Javion Lee, SAM      | 15.17m |
| 2. Kevin Hires, WCU     | 15.00m |
| 3. Dijoun Huit, WCU     | 14.68m |
| 4. Omar Mingo, WOF      | 14.39m |
| 5. Nicholas Lyons, WCU  | 13.20m |
| 6. Tremaine Kernes, WCU | 13.18m |
| 7. Marquis Barnes, SAM  | 13.00m |
| 8. Nick Lawson, WCU     | 12.15m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Jaylan Reid, FUR      | 16.49m |
| 2. Mateius Brown, WCU    | 16.21m |
| 3. Scott Peretin, WCU    | 15.21m |
| 4. Ja'lon Williams, CIT  | 14.99m |
| 5. Tyler Schiemann, CIT  | 14.73m |
| 6. Dakota Wright, WCU    | 14.53m |
| 7. Derrick Freeland, CIT | 14.46m |
| 8. Jacob Dunlap, ETSU    | 14.40m |

### Discus throw

|                                |        |
|--------------------------------|--------|
| 1. Ben Johnson, ETSU           | 50.19m |
| 2. Prince Howard-Whitaker, CIT | 48.51m |
| 3. Scott Peretin, WCU          | 47.73m |
| 4. Mateius Brown, WCU          | 47.45m |
| 5. Derrick Freeland, CIT       | 46.58m |
| 6. Ja'lon Williams, CIT        | 45.90m |
| 7. Dakota Wright, WCU          | 45.02m |
| 8. Jay Stanley, WCU            | 43.58m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Derrick Freeland, CIT | 57.12m |
| 2. Ben Johnson, ETSU     | 56.15m |
| 3. Scott Peretin, WCU    | 56.14m |
| 4. Dakota Wright, WCU    | 52.23m |
| 5. James Hayworth, WOF   | 50.15m |
| 6. Ja'lon Williams, CIT  | 49.71m |
| 7. Jay Stanley, WCU      | 47.62m |
| 8. Jacob Dunlap, ETSU    | 45.11m |

### Javelin throw

|                         |        |
|-------------------------|--------|
| 1. Ben Johnson, ETSU    | 58.80m |
| 2. Charlie Hatler, CIT  | 57.59m |
| 3. Jon Waarvik, SAM     | 53.55m |
| 4. Conrad Heinrich, WOF | 53.27m |
| 5. Griffin Miller, CIT  | 50.66m |
| 6. Chris Thrasher, SAM  | 50.39m |
| 7. Jackson Butkus, CIT  | 45.62m |
| 8. Evan McDonald, CIT   | 42.71m |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. Jay Vines, SAM        | 6,008 |
| 2. Conrad Heinrich, SAM  | 5,637 |
| 3. Hunter Schlatter, SAM | 5,637 |
| 4. Nathan Rivera, ETSU   | 5,552 |
| 5. Samuel Robinson, WOF  | 5,429 |
| 6. Andrew Patterson, SAM | 5,426 |
| 7. Bryce Meyers, WCU     | 5,061 |
| 8. Austin Billings, SAM  | 3,199 |

### Most Outstanding Athlete

Ben Johnson, ETSU

### Most Outstanding Track Performer

Malik Diggs, The Citadel  
Dakota Lamont, Western Carolina

### Most Outstanding Field Performer

Ben Johnson, ETSU

### Freshman of the Year

Devaniel Dale, Western Carolina

### Pinnacle Award

Dakota Wright, Western Carolina

### Coach of the Year

Cale McDaniel, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)



# 2017 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team            | Points |
|---------------------|--------|-----------------|--------|
| 1. Samford          | 245    | 6. Wofford      | 44     |
| 2. Western Carolina | 194    | 7. Mercer       | 26     |
| 3. Furman           | 109    | 8. The Citadel  | 24     |
| 4. ETSU             | 89     | 9. UNCG         | 11     |
| 5. VMI              | 66     | 10. Chattanooga | 4      |

### 100-meter dash

|                        |       |
|------------------------|-------|
| 1. Tonia McKinley, SAM | 11.77 |
| 2. Jazmine Gooden, WCU | 11.79 |
| 3. Kerisha Goode, VMI  | 11.79 |
| 4. Kiana Davis, ETSU   | 11.83 |
| 5. Laura Dean, WOF     | 11.96 |
| 6. Mia McClain, VMI    | 12.02 |
| 7. Mia Little, WCU     | 12.02 |
| 8. Tiffani Lewis, WCU  | 12.06 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Kyra Atkins, ETSU      | 23.86 |
| 2. Laura Dean, WOF        | 23.88 |
| 3. Tonia McKinley, SAM    | 24.03 |
| 4. Kiana Davis, ETSU      | 24.21 |
| 5. Kerisha Goode, VMI     | 24.73 |
| 6. Mia McClain, VMI       | 24.95 |
| 7. Abigail Cutcliffe, SAM | 24.97 |
| 8. Jazmine Gooden, WCU    | 25.09 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dasha Arnaut, WCU      | 54.92 |
| 2. Katrina Seymour, ETSU  | 55.44 |
| 3. Abigail Cutcliffe, SAM | 56.17 |
| 4. Cassidy Morton, WOF    | 56.85 |
| 5. Kellsie Whitehead, WCU | 56.87 |
| 6. Victoria Wicks, SAM    | 57.18 |
| 7. Sally Woerner, WCU     | 57.29 |
| 8. Rachel Dixon, SAM      | 57.29 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Presley Weems, SAM   | 2:10.09 |
| 2. Kaitlyn Lingard, WCU | 2:12.84 |
| 3. Jacquelyn Crow, FUR  | 2:13.26 |
| 4. Taylor Delaney, UNCG | 2:14.17 |
| 5. Riley Burr, FUR      | 2:15.35 |
| 6. Hannah Chamblin, UTC | 2:15.87 |
| 7. Ann Sisson, FUR      | 2:18.13 |
| 8. Sarah Fairchild, SAM | 2:18.56 |

### 1,500-meter run

|                           |         |
|---------------------------|---------|
| 1. Karisa Nelson, SAM     | 4:26.49 |
| 2. Gabbi Jennings, FUR    | 4:29.97 |
| 3. Savannah Carnahan, FUR | 4:34.62 |
| 4. Kaitlyn Lay, ETSU      | 4:41.41 |
| 5. Katie Hirko, ETSU      | 4:43.37 |
| 6. Mallory Sian, SAM      | 4:45.63 |
| 7. Mary Wilson, WOF       | 4:46.68 |
| 8. Becca Cooley, FUR      | 4:46.83 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Allie Buchalski, FUR     | 16:12.98 |
| 2. Emma Grace Hurley, FUR   | 17:02.92 |
| 3. Laura Miller, FUR        | 17:08.66 |
| 4. Savannah Carnahan, FUR   | 17:10.90 |
| 5. Jennifer Stephenson, FUR | 17:38.98 |
| 6. Anna Hayden, FUR         | 17:44.00 |
| 7. Taylor Delaney, UNCG     | 18:14.22 |
| 8. Victoria Hutchens, ETSU  | 18:17.96 |

### 10,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Anna Hayden, FUR         | 37:05.45 |
| 2. Jennifer Stephenson, FUR | 37:14.95 |
| 3. Grace Dwyer, FUR         | 37:41.14 |
| 4. Kimberly Whiting, MER    | 38:56.78 |
| 5. Shawnda Martin, WCU      | 39:20.10 |
| 6. Victoria Rogers, MER     | 39:42.26 |
| 7. Anna Long, SAM           | 40:07.80 |
| 8. Bethany King, VMI        | 40:09.89 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Kyra Atkins, ETSU       | 13.25 |
| 2. Yaa Agyepong-Wiafe, VMI | 13.94 |
| 3. Lamisha Simmons, ETSU   | 13.98 |
| 4. Jazmine Gooden, WCU     | 14.03 |
| 5. Dasha Arnaut, WCU       | 14.42 |
| 6. Tamilia Wright, WCU     | 14.58 |
| 7. Amber Lust, WOF         | 14.62 |
| 8. Timia Easley, ETSU      | 14.68 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Dasha Arnaut, WCU     | 1:00.81 |
| 2. Victoria Wicks, SAM   | 1:01.91 |
| 3. Lamisha Simmons, ETSU | 1:02.81 |
| 4. Nicki Smith, ETSU     | 1:03.10 |
| 5. Lauren Beard, SAM     | 1:03.67 |
| 6. Salley Woerner, WCU   | 1:03.74 |
| 7. Myranda Ham, MER      | 1:06.14 |
| 8. Sarah Wilson, FUR     | 1:07.07 |

### 3,000-meter steeplechase

|                            |          |
|----------------------------|----------|
| 1. Emma Garner, SAM        | 10:11.76 |
| 2. Gabbi Jennings, FUR     | 10:25.40 |
| 3. Laura Miller, FUR       | 10:32.01 |
| 4. Emma Grace Hurley, FUR  | 10:47.28 |
| 5. Katy Link, UNCG         | 11:19.90 |
| 6. Victoria Hutchens, ETSU | 11:22.30 |
| 7. Anna Long, SAM          | 11:28.83 |
| 8. Anna Grzeszczak, MER    | 11:32.90 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 45.42 |
| 2. VMI              | 46.48 |
| 3. Samford          | 47.12 |
| 4. Wofford          | 47.49 |
| 5. Mercer           | 48.67 |
| 6. The Citadel      | 50.80 |
| ETSU                | DQ    |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:47.02 |
| 2. Samford          | 3:49.32 |
| 3. Wofford          | 3:49.80 |
| 4. ETSU             | 3:56.92 |
| 5. VMI              | 3:58.08 |
| 6. Mercer           | 3:58.72 |
| 7. Furman           | 3:59.32 |
| 8. Chattanooga      | 4:06.02 |

### High jump

|                             |       |
|-----------------------------|-------|
| 1. Courtney Pregelmann, SAM | 1.73m |
| 2. Selena Popp, SAM         | 1.73m |
| 3. Charlotte Krause, SAM    | 1.63m |
| 4. Carrie Neill, SAM        | 1.63m |
| 5. Julia Logan, VMI         | 1.63m |
| 6. Tiffani Lewis, WCU       | 1.58m |
| 7. Rebekah Fox, ETSU        | 1.58m |
| 8. Ashley Parker, WCU       | 1.53m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Lindsey Kessler, SAM | 3.81m |
| 2. Meghan Breden, WCU   | 3.66m |
| 3. Sarah Lee, SAM       | 3.51m |
| 4. Emily Eustace, SAM   | 3.36m |
| 5. Lauren Torsch, SAM   | 3.21m |
| Rebecca Pfitzer, SAM    | 3.21m |
| 7. Emiley Fulton, VMI   | 2.76m |
| Allison Wilson, ETSU    | NH    |

### Long jump

|                        |       |
|------------------------|-------|
| 1. Chenell Bryan, WCU  | 6.13m |
| 2. Kyra Atkins, ETSU   | 6.13m |
| 3. Jazmine Gooden, WCU | 6.12m |
| 4. Tiffani Lewis, WCU  | 6.00m |
| 5. Erin Hines, SAM     | 5.82m |
| 6. Bria Anderson, VMI  | 5.79m |
| 7. Selena Popp, SAM    | 5.76m |
| 8. Timia Easley, ETSU  | 5.67m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Megan Meadow, SAM      | 12.22m |
| 2. Tiffani Lewis, WCU     | 12.16m |
| 3. Chenell Bryan, WCU     | 11.98m |
| 4. Tiana Pisoni, SAM      | 11.61m |
| 5. Tamilia Wright, WCU    | 11.54m |
| 6. Ationza Smith, ETSU    | 11.47m |
| 7. Charlotte, Krause, SAM | 11.42m |
| 8. Timia Easley, ETSU     | 11.39m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Hailey Cook, WCU     | 14.85m |
| 2. Simone Williams, WCU | 13.83m |
| 3. Tatiana Taylor, SAM  | 13.47m |
| 4. Aerial Horton, SAM   | 13.04m |
| 5. Alisha Blackmon, WCU | 12.55m |
| 6. Tiffany Quick, VMI   | 12.27m |
| 7. Amy Yarborough, WCU  | 11.96m |
| 8. Tiffany Dunham, WCU  | 11.84m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Maggie Johnston, SAM  | 47.08m |
| 2. Elizabeth, VMI        | 43.09m |
| 3. Hailey Cook, WCU      | 42.57m |
| 4. Camille Caldwell, SAM | 41.80m |
| 5. Jess Page, CIT        | 40.91m |
| 6. Tiffany Quick, VMI    | 40.68m |
| 7. Simone Williams, WCU  | 39.65m |
| 8. Amy Yarborough, WCU   | 36.86m |

### Hammer throw

|                            |        |
|----------------------------|--------|
| 1. Camille Caldwell, SAM   | 52.61m |
| 2. Tatiana Taylor, SAM     | 51.25m |
| 3. Hailey Cook, WCU        | 50.33m |
| 4. Simone Williams, WCU    | 49.40m |
| 5. Alisha Blackmon, WCU    | 47.53m |
| 6. Elizabeth Johnston, VMI | 45.94m |
| 7. Jess Page, CIT          | 45.94m |
| 8. Maggie Johnston, SAM    | 44.75m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Mady Riegel, CIT      | 41.69m |
| 2. Ciarra Edwards, MER   | 38.94m |
| 3. Selena Popp, SAM      | 38.08m |
| 4. Kameron Cass, CIT     | 34.52m |
| 5. Emiley Eustace, SAM   | 33.01m |
| 6. Camille Caldwell, SAM | 32.64m |
| 7. Sally Woerner, WCU    | 32.54m |
| 8. Amy Yarborough, WCU   | 32.38m |

### Heptathlon

|                       |       |
|-----------------------|-------|
| 1. Selena Popp, SAM   | 5,129 |
| 2. Amber Lust, WOF    | 4,772 |
| 3. Marisa Scott, WCU  | 4,641 |
| 4. Erin Hines, SAM    | 4,595 |
| 5. Sara Hayes, WOF    | 4,021 |
| 6. Brenea Thomas, VMI | 3,913 |

### Most Outstanding Athletes

Kyra Atkins, ETSU

### Most Outstanding Track Performer

Dasha Arnaut, Western Carolina

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Jazmine Gooden, Western Carolina

### Pinnacle Award

Abigail Cutcliffe, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2016 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Western Carolina | 245    | 6. The Citadel | 77     |
| 2. VMI              | 152    | 7. Wofford     | 37     |
| 3. Samford          | 101    | 8. UNCG        | 8      |
| 4. ETSU             | 98     |                |        |
| 5. Furman           | 94     |                |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Greg Henderson, VMI  | 10.58 |
| 2. Josiah Johnson, CIT  | 10.58 |
| 3. Jermaine Lewis, WCU  | 10.76 |
| 4. Shelby Campbell, SAM | 10.91 |
| 5. Tremaine Kernes, WCU | 10.96 |
| 6. Lamaris Reed, VMI    | 11.03 |
| 7. Louie Lawrence, CIT  | 11.27 |
| 8. Matthew Moore, ETSU  | 16.83 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Greg Henderson, VMI  | 21.71 |
| 2. Henry Kiedy, WCU     | 21.86 |
| 3. Dakota Lamont, WCU   | 21.86 |
| 4. Patrick Taylor, ETSU | 22.04 |
| 5. Josiah Johnson, CIT  | 22.08 |
| 6. Max Burke, WCU       | 22.37 |
| 7. Dante Ortado, WCU    | 22.54 |
| 8. Jermaine Lewis, WCU  | 22.77 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Levi Whitt, VMI         | 51.46 |
| 2. Austin Billings, SAM    | 51.81 |
| 3. Conrad Heinrich, WOF    | 52.24 |
| 4. Samuel Robinson, WOF    | 53.23 |
| 5. Tyler Robinson, VMI     | 53.40 |
| 6. Dustin Triplett, WCU    | 54.56 |
| 7. Draven Crist, WCU       | 54.63 |
| 8. Christian Carswell, WCU | 55.14 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Avery Martin, VMI    | 1:51.43 |
| 2. Joe Harbacevich, WOF | 1:52.13 |
| 3. Caleb Albrecht, WCU  | 1:52.17 |
| 4. Thomas Miller, ETSU  | 1:52.42 |
| 5. Jamie Bigby, WCU     | 1:53.19 |
| 6. Ryan Adams, FUR      | 1:53.98 |
| 7. Ashton Wilson, ETSU  | 1:54.31 |
| 8. Josh Willard, VMI    | 1:54.90 |

### 1,500-meter run

|                           |         |
|---------------------------|---------|
| 1. Troy Reeder, FUR       | 3:47.25 |
| 2. Ryan Adams, FUR        | 3:48.90 |
| 3. Simeon Roberts, ETSU   | 3:49.01 |
| 4. Arsène Guillourel, SAM | 3:51.73 |
| 5. Avery Martin, VMI      | 3:54.51 |
| 6. Matt Lange, FUR        | 3:54.90 |
| 7. Matthew Warriner, ETSU | 3:55.19 |
| 8. James Broom, VMI       | 3:55.72 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Aaron Templeton, FUR | 14:51.45 |
| 2. Troy Reeder, FUR     | 14:56.49 |
| 3. Frank Lara, FUR      | 14:56.61 |
| 4. Josh Brickell, FUR   | 15:00.24 |
| 5. Luke Sumerford, UNCG | 15:01.99 |
| 6. Ben Bryant, SAM      | 15:05.14 |
| 7. Simeon Roberts, ETSU | 15:08.43 |
| 8. Matt Lange, FUR      | 15:09.61 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Aaron Templeton, FUR | 31:10.79 |
| 2. Josh Brickell, FUR   | 31:19.99 |
| 3. Frank Lara, FUR      | 31:23.87 |
| 4. Ben Bryant, SAM      | 31:42.08 |
| 5. Luke Weishaar, SAM   | 31:49.78 |
| 6. Paul Richardson, SAM | 31:56.29 |
| 7. Liam Brooks, WCU     | 31:57.63 |
| 8. Brandon White, VMI   | 31:59.21 |

### 110-meter hurdles

|                                |       |
|--------------------------------|-------|
| 1. Davon Guerrier, VMI         | 14.35 |
| 2. Malik Diggs, CIT            | 14.41 |
| 3. Tyler Houston, ETSU         | 14.78 |
| 4. Michael Williams, ETSU      | 15.00 |
| 5. Devyn Jones, WCU            | 15.07 |
| 6. Desmond Weinberg-Jones, VMI | 15.44 |
| 7. Brian Donna, VMI            | 15.51 |
| 8. Conrad Heinrich, WOF        | 15.70 |

### 400-meter hurdles

|                                |       |
|--------------------------------|-------|
| 1. Michael Williams, ETSU      | 51.81 |
| 2. Dylan Andrade, WCU          | 53.26 |
| 3. Desmond Weinberg-Jones, VMI | 53.71 |
| 4. Jay Vines, SAM              | 54.18 |
| 5. Eric Blake, WCU             | 54.25 |
| 6. Devyn Jones, WCU            | 55.43 |
| 7. Brian Donna, VMI            | 56.32 |
| 8. Marquis Barnes, SAM         | 57.10 |

### 3,000-meter steeplechase

|                               |         |
|-------------------------------|---------|
| 1. Simeon Roberts, ETSU       | 9:18.36 |
| 2. Sean Helmke, VMI           | 9:27.47 |
| 3. Lee Shearer, FUR           | 9:30.86 |
| 4. Haydn Borghetti-Metz, ETSU | 9:31.67 |
| 5. Josh Salter, SAM           | 9:31.70 |
| 6. Matthew Joyner, ETSU       | 9:40.97 |
| 7. Jordan Bostian, WCU        | 9:45.44 |
| 8. Matt Gill, CIT             | 9:47.19 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 41.19 |
| 2. VMI              | 41.53 |
| 3. The Citadel      | 41.71 |
| 4. Samford          | 41.85 |
| 5. Wofford          | 49.72 |
| -- ETSU             | DQ    |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:13.99 |
| 2. The Citadel      | 3:14.95 |
| 3. ETSU             | 3:15.43 |
| 4. VMI              | 3:19.53 |
| 5. UNCG             | 3:25.97 |
| 6. Wofford          | 3:30.24 |
| 7. Furman           | 3:49.39 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Tyrie Adams, WCU        | 2.11m |
| 2. Jordan Scott, ETSU      | 2.11m |
| 3. Khalil Jackson, WCU     | 2.05m |
| 4. Draven Crist, WCU       | 2.05m |
| 5. Jamie Brown, WCU        | 2.00m |
| 6. Mick Noel, CIT          | 1.95m |
| 7. Christian Carswell, WCU | 1.95m |
| 8. Jackson Nosbisch, CIT   | 1.90m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Tray Oates, SAM       | 5.50m |
| 2. Brett Squibbs, ETSU   | 5.11m |
| 3. Grant Holmes, VMI     | 4.86m |
| 4. Chris Thrasher, SAM   | 4.86m |
| 5. Austin Eckenroth, SAM | 4.76m |
| 6. Thor Smith, WCU       | 4.61m |
| 7. Dustin Triplett, WCU  | 4.61m |
| 8. Andrew Arlint, VMI    | 4.61m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Jamie Brown, WCU        | 7.36m |
| 2. Marquis Barnes, SAM     | 7.28m |
| 3. Patrick Taylor, ETSU    | 6.89m |
| 4. Tyrie Adams, WCU        | 6.85m |
| 5. Jordan Williams, CIT    | 6.84m |
| 6. Javion Lee, SAM         | 6.83m |
| 7. Draven Crist, WCU       | 6.71m |
| 8. Christian Carswell, WCU | 6.68m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Javion Lee, SAM         | 15.03m |
| 2. David Johnson, WCU      | 14.94m |
| 3. Jamie Brown, WCU        | 14.46m |
| 4. Omar Mingo, WOF         | 13.62m |
| 5. Quan Myers, VMI         | 13.43m |
| 6. Tremaine Kernes, WCU    | 13.28m |
| 7. Christian Carswell, WCU | 13.18m |
| 8. Dondray Copeland, CIT   | 13.09m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Joel Hoisington, VMI | 17.18m |
| 2. Jaylan Reid, FUR     | 16.28m |
| 3. Jordan White, VMI    | 16.21m |
| 4. Jared Johnson, WCU   | 15.44m |
| 5. Mateius Brown, WCU   | 15.36m |
| 6. Evan Albertson, WCU  | 14.99m |
| 7. Grant Sanchez, VMI   | 14.73m |
| 8. Scott Peretin, WCU   | 14.72m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Mateius Brown, WCU    | 47.58m |
| 2. Jordan White, VMI     | 47.49m |
| 3. Brian Smith, SAM      | 47.02m |
| 4. Brian Hill, SAM       | 46.66m |
| 5. Scott Peretin, WCU    | 45.41m |
| 6. Derrick Freeland, CIT | 45.18m |
| 7. Jalon Williams, CIT   | 43.85m |
| 8. Joel Hoisington, VMI  | 43.28m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Jordan White, VMI     | 54.60m |
| 2. Scott Peretin, WCU    | 52.34m |
| 3. Jared Johnson, WCU    | 51.07m |
| 4. Mateius Brown, WCU    | 49.99m |
| 5. James Hayworth, WOF   | 49.96m |
| 6. Brian Hill, SAM       | 49.17m |
| 7. Derrick Freeland, CIT | 48.95m |
| 8. Evan Alberston, WCU   | 47.41m |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Capers Williamson, CIT | 72.95m |
| 2. Ben Johnson, ETSU      | 61.17m |
| 3. Charlie Hatler, CIT    | 54.56m |
| 4. Brian Donna, VMI       | 54.41m |
| 5. Dustin Triplett, WCU   | 53.01m |
| 6. Joseph Lee, SAM        | 53.00m |
| 7. Conrad Heinrich, WOF   | 52.97m |
| 8. Griffin Miller, CIT    | 51.81m |

### Decathlon

|                            |       |
|----------------------------|-------|
| 1. Christian Carswell, WCU | 6,340 |
| 2. Conrad Heinrich, WOF    | 6,008 |
| 3. Draven Crist, WCU       | 5,868 |
| 4. Levi Whitt, VMI         | 5,778 |
| 5. Austin Billings, SAM    | 5,767 |
| 6. Dustin Triplett, WCU    | 5,741 |
| 7. Samuel Robinson, WOF    | 5,454 |
| 8. Tyler Robinson, VMI     | 4,955 |

### Most Outstanding Athlete

Jordan White, VMI

### Most Outstanding Track Performer

Greg Henderson, VMI  
Henry Kiedy, Western Carolina

### Most Outstanding Field Performer

Jordan White, VMI

### Freshman of the Year

Aaron Templeton, Furman

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2016 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Western Carolina | 255    | 6. Chattanooga | 39     |
| 2. Samford          | 251.1  | 7. Wofford     | 37     |
| 3. ETSU             | 91.5   | 8. The Citadel | 29     |
| 4. Furman           | 45     | 9. Mercer      | 13     |
| 5. VMI              | 44     | 10. UNCG       | 7      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Tayla Carter, WCU      | 11.58 |
| 2. Keturah Williams, ETSU | 11.73 |
| 3. BriAnna Adams, WCU     | 11.81 |
| 4. Tonia McKinley, SAM    | 11.95 |
| 5. Kimberly Ruch, SAM     | 12.00 |
| 6. Mia Little, WCU        | 12.06 |
| 7. Kiana Davis, ETSU      | 12.08 |
| 8. Tamilia Wright, WCU    | 12.18 |

### 200-meter dash

|                        |       |
|------------------------|-------|
| 1. Tayla Carter, WCU   | 24.14 |
| 2. BriAnna Adams, WCU  | 24.33 |
| 3. Tonia McKinley, SAM | 24.51 |
| 4. Kiana Davis, ETSU   | 24.70 |
| 5. Kimberly Ruch, SAM  | 25.04 |
| 6. Kerisha Goode, VMI  | 25.09 |
| 7. Mia Little, WCU     | 25.16 |
| 8. Danyel Desouza, WCU | 25.16 |

### 400-meter dash

|                                |       |
|--------------------------------|-------|
| 1. Sarah Sanford, SAM          | 55.32 |
| 2. Corina Archie-McMillan, WCU | 56.47 |
| 3. Sage Proffitt, WCU          | 56.94 |
| 4. Dasha Arnaut, WCU           | 57.36 |
| 5. Sally Woerner, WCU          | 57.58 |
| 6. Abigail Cutcliffe, SAM      | 57.64 |
| 7. Kianna Howard, UTC          | 58.24 |
| 8. Victoria Wicks, SAM         | 58.50 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Kaitlyn Lingard, WCU     | 2:14.00 |
| 2. Hannah Chamblin, UTC     | 2:14.37 |
| 3. Ansley Bos, SAM          | 2:15.42 |
| 4. Lia Sewell, MER          | 2:16.43 |
| 5. Sahara Fletcher, ETSU    | 2:18.34 |
| 6. Christina Hill, VMI      | 2:22.32 |
| 7. Sally Woerner, WCU       | 2:28.13 |
| -- Maddison Melchionna, UTC | FS      |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Karisa Nelson, SAM   | 4:28.40 |
| 2. Allie Buchalski, FUR | 4:30.70 |
| 3. Emma Garner, SAM     | 4:34.03 |
| 4. Jessica York, UTC    | 4:37.81 |
| 5. Becca Cooley, FUR    | 4:39.70 |
| 6. Ansley Bos, SAM      | 4:40.61 |
| 7. Bethany King, VMI    | 4:45.82 |
| 8. Laura Sola Tari, SAM | 4:46.64 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Allie Buchalski, FUR  | 17:23.55 |
| 2. Karisa Nelson, SAM    | 17:26.09 |
| 3. Emma Mashburn, FUR    | 17:27.48 |
| 4. Teghan Henderson, UTC | 17:28.69 |
| 5. Katy Link, UNCG       | 17:31.75 |
| 6. Emma Garner, SAM      | 17:40.55 |
| 7. Laura Miller, FUR     | 17:46.72 |
| 8. Kami Orrender, MER    | 18:16.13 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Teghan Henderson, UTC  | 37:04.05 |
| 2. Emma Mashburn, FUR     | 37:19.23 |
| 3. Laura Miller, FUR      | 37:54.96 |
| 4. Anna Long, SAM         | 38:46.27 |
| 5. Caillian Colquitt, CIT | 39:02.03 |
| 6. Laney Browder, WCU     | 39:42.86 |
| 7. Keeley Stewart, UTC    | 39:54.56 |
| 8. Anna Kate Chance, UTC  | 40:52.49 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Kyra Atkins, ETSU       | 13.42 |
| 2. Sarah Sanford, SAM      | 13.55 |
| 3. Kimberly Ruch, SAM      | 14.01 |
| 4. Yaa Agyepong-Wiafe, VMI | 14.02 |
| 5. Alyiah Riley, WCU       | 14.23 |
| 6. Qiona Payton, SAM       | 14.53 |
| 7. Amber Lust, WOF         | 14.76 |
| 8. Jordan Highsmith, SAM   | 14.91 |

### 400-meter hurdles

|                           |         |
|---------------------------|---------|
| 1. Sarah Sanford, SAM     | 1:00.06 |
| 2. Nicki Smith, ETSU      | 1:01.96 |
| 3. Victoria Wicks, SAM    | 1:02.28 |
| 4. Holly Gaines, WCU      | 1:02.79 |
| 5. Latasha Pride, WCU     | 1:04.69 |
| 6. Qiona Payton, SAM      | 1:06.57 |
| 7. Alyiah Riley, WCU      | 1:08.57 |
| 8. Nidonna Nicholson, WCU | 1:09.85 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Emma Garner, SAM     | 10:54.99 |
| 2. Macy Carrier, ETSU   | 11:12.35 |
| 3. Kaitlyn Shetler, WCU | 11:21.92 |
| 4. Anna Long, SAM       | 11:23.11 |
| 5. Katarina Ruehl, WCU  | 11:42.34 |
| 6. Katlyn Ayers, UNCG   | 11:45.80 |
| 7. Haley Morris, UTC    | 11:48.87 |
| 8. Jessica Dewitte, CIT | 11:55.84 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 45.84 |
| 2. Samford          | 46.97 |
| 3. Wofford          | 48.37 |
| 4. Mercer           | 49.77 |
| 5. The Citadel      | 49.94 |
| -- ETSU             | DQ    |
| -- VMI              | DQ    |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:45.30 |
| 2. Samford          | 3:51.94 |
| 3. ETSU             | 3:54.40 |
| 4. Wofford          | 3:56.52 |
| 5. Chattanooga      | 3:56.77 |
| 6. The Citadel      | 3:59.25 |
| 7. Mercer           | 4:00.71 |
| 8. VMI              | 4:04.94 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Courtney Pregaman, SAM | 1.72m |
| 2. Anisia Starege, WCU    | 1.68m |
| 3. Julia Logan, VMI       | 1.63m |
| 4. Selena Popp, SAM       | 1.63m |
| 5. Tiffani Lewis, WCU     | 1.63m |
| 6. Carrie Neill, SAM      | 1.58m |
| 7. Holly Gaines, WCU      | 1.58m |
| 8. Rebekah Fox, ETSU      | 1.53m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Meghan Breden, WCU   | 3.81m |
| 2. Ashley Kessler, ETSU | 3.66m |
| 3. Korie Bennett, WCU   | 3.66m |
| 4. Lindsey Kessler, SAM | 3.51m |
| 5. Sarah Lee, SAM       | 3.51m |
| 6. Emily Eustace, SAM   | 3.36m |
| 6. Sage Proffitt, WCU   | 3.36m |
| 8. Rebecca Pfitzer, SAM | 3.21m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Kyra Atkins, ETSU      | 5.64m |
| 2. Tiffani Lewis, WCU     | 5.60m |
| 3. Chenell Bryan, WCU     | 5.58m |
| 4. Timia Easley, ETSU     | 5.57m |
| 5. Jordan Highsmith, SAM  | 5.49m |
| 6. Tamilia Wright, WCU    | 5.47m |
| 7. Alexandra Burgess, WOF | 5.34m |
| 8. Mia McClain, VMI       | 5.30m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Alexandra Burgess, WOF | 12.17m |
| 2. Tamilia Wright, WCU    | 11.85m |
| 3. Megan Meadow, SAM      | 11.69m |
| 4. Kennedy Smith, VMI     | 11.64m |
| 5. Timia Easley, ETSU     | 11.62m |
| 6. Tiffani Lewis, WCU     | 11.60m |
| 7. Tiana Pisoni, SAM      | 11.60m |
| 8. Kyra Atkins, ETSU      | 11.53m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Hailey Cook, WCU      | 14.71m |
| 2. Aerial Horton, SAM    | 13.16m |
| 3. Tatiana Taylor, SAM   | 12.83m |
| 4. Kaycey Cermin, WCU    | 12.06m |
| 5. Kaitlyn Moore, CIT    | 11.60m |
| 6. Tyesha Jones, ETSU    | 11.59m |
| 7. Simone Williams, WCU  | 11.46m |
| 8. Camille Caldwell, SAM | 11.42m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Hailey Cook, WCU      | 45.36m |
| 2. Camille Caldwell, SAM | 41.71m |
| 3. Jayci Floyd, SAM      | 40.73m |
| 4. Tyesha Jones, ETSU    | 39.38m |
| 5. Kaycey Cermin, WCU    | 38.82m |
| 6. Tiffany Quick, VMI    | 38.73m |
| 7. Logan Edwards, VMI    | 37.76m |
| 8. Alexandra King, WOF   | 36.05m |

### Hammer throw

|                            |        |
|----------------------------|--------|
| 1. Hailey Cook, WCU        | 50.88m |
| 2. Aerial Horton, SAM      | 48.71m |
| 3. Logan Edwards, VMI      | 48.67m |
| 4. Tatiana Taylor, SAM     | 48.18m |
| 5. Camille Caldwell, SAM   | 46.11m |
| 6. Alexandra King, WOF     | 43.94m |
| 7. Elizabeth Johnston, VMI | 41.36m |
| 8. Tyesha Jones, ETSU      | 39.20m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Mady Riegel, CIT      | 42.18m |
| 2. Holly Gaines, WCU     | 35.00m |
| 3. Kennedy Williams, WCU | 34.12m |
| 4. Emily Fulton, VMI     | 33.72m |
| 5. Emily Eustace, SAM    | 33.04m |
| 6. Kameron Cass, CIT     | 32.72m |
| 7. Kaitlin West, SAM     | 32.52m |
| 8. Emily Armstrong, ETSU | 32.08m |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Holly Gaines, WCU     | 4,748 |
| 2. Selena Popp, SAM      | 4,595 |
| 3. Jordan Highsmith, SAM | 4,437 |
| 4. Amber Lust, WOF       | 3,393 |
| 5. Marisa Scott, WCU     | 4,003 |
| 6. Sara Hayes, WOF       | 3,978 |
| 7. Marabeth Clark, ETSU  | 3,968 |
| 8. Shannon Smith, FUR    | 3,919 |

### Most Outstanding Athletes

Sarah Sanford, Samford  
Hailey Cook, Western Carolina

### Most Outstanding Track Performer

Sarah Sanford, Samford

### Most Outstanding Field Performer

Hailey Cook, Western Carolina

### Freshman of the Year

Kyra Atkins, ETSU  
Bri Anna Adams, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2015 MEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Samford          | 244    | 6. Furman      | 47     |
| 2. Western Carolina | 203    | 7. Chattanooga | 26.5   |
| 3. ETSU             | 118.5  | 8. Wofford     | 16.5   |
| 4. VMI              | 89     | 9. UNCG        | 5      |
| 5. The Citadel      | 67.5   |                |        |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Brenden Caldwell, WCU | 10.50 |
| 2. Aron Long, VMI        | 10.67 |
| 3. Matthew Moore, ETSU   | 10.70 |
| 4. Jermaine Lewis, WCU   | 10.72 |
| 5. Aaron Tribble, WCU    | 10.74 |
| 6. Shelby Campbell, SAM  | 10.75 |
| 7. Patrick Taylor, ETSU  | 10.78 |
| 8. Lamaris Reed, VMI     | 10.90 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Aron Long, VMI       | 21.33 |
| 2. Carson Howe, SAM     | 21.61 |
| 3. Henry Kiedy, WCU     | 21.63 |
| 4. Dante Ortado, WCU    | 21.71 |
| 5. Demari Boswell, WCU  | 21.72 |
| 6. Jerry Wickerson, WCU | 21.86 |
| 7. Patrick Taylor, ETSU | 21.89 |
| 8. Dakota Lamont, WCU   | 22.01 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Henry Kiedy, WCU     | 47.04 |
| 2. Carson Howe, SAM     | 47.87 |
| 3. Dakota Lamont, WCU   | 48.47 |
| 4. Julian Jackson, VMI  | 48.51 |
| 5. Demari Boswell, WCU  | 48.54 |
| 6. Tevin Williams, CIT  | 48.82 |
| 7. Max Burke, WCU       | 48.91 |
| 8. Brandon Hartman, VMI | 49.14 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Brandon Hazouri, SAM   | 1:50.62 |
| 2. Nathan Hendershot, SAM | 1:51.26 |
| 3. Thomas Miller, ETSU    | 1:51.48 |
| 4. Adam Jones, SAM        | 1:52.29 |
| 5. Marquis Carter, UTC    | 1:52.79 |
| 6. William Ivey, FUR      | 1:53.56 |
| 7. Jamie Bigby, WCU       | 1:53.98 |
| 8. Filip Jalovy, ETSU     | 1:55.10 |

### 1,500-meter run

|                              |         |
|------------------------------|---------|
| 1. Brandon Hazouri, SAM      | 3:47.05 |
| 2. Avery Martin, VMI         | 3:47.22 |
| 3. Arsène Guillourel, SAM    | 3:47.52 |
| 4. Tripp Hurt, FUR           | 3:47.77 |
| 5. Adam Jones, SAM           | 3:48.28 |
| 6. Angus Baldwin, ETSU       | 3:49.03 |
| 7. Matthew Warriner, ETSU    | 3:51.62 |
| 8. Nate Gray Wolf Riech, FUR | 3:52.59 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Arsène Guillourel, SAM | 14:43.27 |
| 2. Tanner Hinkle, FUR     | 14:46.70 |
| 3. Lee Shearer, FUR       | 14:47.58 |
| 4. Austin Sprague, FUR    | 14:49.54 |
| 5. Angus Baldwin, ETSU    | 14:50.81 |
| 6. Josh Brickell, FUR     | 14:50.84 |
| 7. Luke Weishaar, SAM     | 15:05.19 |
| 8. Daniel DeNijs, VMI     | 15:14.85 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Josh Brickell, FUR     | 31:12.31 |
| 2. Paul Stuart, UTC       | 31:34.27 |
| 3. Luke Weishaar, SAM     | 31:42.04 |
| 4. Carl Oberfeiting, ETSU | 32:17.20 |
| 5. Luke Sumerford, UNCG   | 32:25.99 |
| 6. Brandon White, VMI     | 32:27.89 |
| 7. Ross Jordan, CIT       | 32:35.93 |
| 8. Hartnel Paultre, VMI   | 32:39.62 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Abraham Faison, WCU    | 14.28 |
| 2. Marquis Bailey, WCU    | 14.28 |
| 3. Quincy Murphy, VMI     | 14.54 |
| 4. Davon Guerrier, VMI    | 14.75 |
| 5. Malik Diggs, CIT       | 14.76 |
| 6. Michael Williams, ETSU | 14.99 |
| 7. Iman Isang, UTC        | 15.67 |
| 8. Justin D'Angelo, WCU   | 15.76 |

### 400-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Michael Williams, ETSU | 52.03 |
| 2. Abraham Faison, WCU    | 52.44 |
| 3. Marquis Barnes, SAM    | 53.37 |
| 4. Jay Vines, SAM         | 53.88 |
| 5. Drake Watson, UTC      | 54.06 |
| 6. Marquis Bailey, WCU    | 54.07 |
| 7. Justin D'Angelo, WCU   | 55.03 |
| 8. Samuel Barton, ETSU    | 56.57 |

### 3,000-meter steeplechase

|                               |         |
|-------------------------------|---------|
| 1. Adam Chase, ETSU           | 9:11.44 |
| 2. Michael Cornwell, WCU      | 9:13.63 |
| 3. Lee Shearer, FUR           | 9:17.45 |
| 4. Haydn Borghetti-Metz, ETSU | 9:21.90 |
| 5. James Miller, ETSU         | 9:23.30 |
| 6. Sean Helmke, VMI           | 9:24.34 |
| 7. John Gilpin, UTC           | 9:27.20 |
| 8. Matthew Joyner, ETSU       | 9:31.23 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 40.62 |
| 2. Samford          | 41.33 |
| 3. ETSU             | 41.34 |
| 4. VMI              | 41.59 |
| 5. The Citadel      | 42.69 |
| 6. Wofford          | 44.52 |
| 7. Chattanooga      | 46.56 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:12.75 |
| 2. Samford          | 3:16.79 |
| 3. VMI              | 3:17.08 |
| 4. The Citadel      | 3:17.73 |
| 5. Chattanooga      | 3:18.42 |
| 6. Wofford          | 3:22.96 |
| 7. ETSU             | 3:26.71 |
| 8. UNCG             | 3:27.40 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Keyth Fightmaster, SAM  | 2.17m |
| 2. Christian Carswell, WCU | 1.98m |
| 3. Nathan Rivera, ETSU     | 1.98m |
| 4. Mick Noel, CIT          | 1.93m |
| 5. Jackson Nosbisch, CIT   | 1.93m |
| 6. Bob Elliott II, SAM     | 1.93m |
| 7. Tanner Riddle, ETSU     | 1.88m |
| 8. Geoff Nelson, UTC       | 1.88m |
| 8. Tevin Nelson, WOF       | 1.88m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Gavin Gautreau, SAM  | 4.93m |
| 2. Brett Squibbs, ETSU  | 4.93m |
| 3. Tray Oates, SAM      | 4.83m |
| 4. Dustin Triplett, WCU | 4.68m |
| 5. Chris Winkle, ETSU   | 4.68m |
| 5. Chris Thrasher, SAM  | 4.68m |
| 7. Corey Ginley, WCU    | 4.68m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Marquis Barnes, SAM     | 7.40m |
| 2. Javion Lee, SAM         | 7.24m |
| 3. Tevin Johnson, WOF      | 7.18m |
| 4. Patrick Taylor, ETSU    | 7.03m |
| 5. Phillip Booker, ETSU    | 6.99m |
| 6. Christian Carswell, WCU | 6.99m |
| 7. David Johnson, WCU      | 6.98m |
| 8. Nathan Rivera, ETSU     | 6.77m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Javion Lee, SAM       | 15.39m |
| 2. David Johnson, WCU    | 14.60m |
| 3. Jerry Bryant, WCU     | 14.33m |
| 4. Marquis Barnes, SAM   | 13.78m |
| 5. Dondray Copeland, CIT | 13.74m |
| 6. Kevin Hires, WCU      | 13.74m |
| 7. Lamaris Reed, VMI     | 13.62m |
| 8. Bob Elliott II, SAM   | 13.40m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Sidney Jordan, SAM    | 16.17m |
| 2. Derrick Freeland, CIT | 15.44m |
| 3. Jared Johnson, WCU    | 14.99m |
| 4. Scott Peretin, WCU    | 14.94m |
| 5. Brian Hill, SAM       | 14.83m |
| 6. Brian Smith, SAM      | 14.77m |
| 7. William Condrey, VMI  | 14.41m |
| 8. Evan Albertson, WCU   | 14.24m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Sidney Jordan, SAM    | 47.44m |
| 2. Brian Hill, SAM       | 47.17m |
| 3. Brian Smith, SAM      | 45.44m |
| 4. Blase Isom, ETSU      | 45.40m |
| 5. Jared Johnson, WCU    | 45.14m |
| 6. Derrick Freeland, CIT | 44.98m |
| 7. Grant Sanchez, VMI    | 44.03m |
| 8. Scott Peretin, WCU    | 43.61m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Sidney Jordan, SAM  | 58.02m |
| 2. Jared Johnson, WCU  | 51.96m |
| 3. Geno Porter, CIT    | 48.60m |
| 4. Brian Hill, SAM     | 48.19m |
| 5. James Hayworth, WOF | 48.19m |
| 6. Jordan White, VMI   | 48.07m |
| 7. Scott Peretin, WCU  | 46.96m |
| 8. Sadarius Lucas, CIT | 46.26m |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Capers Williamson, CIT | 66.87m |
| 2. Clay Allen, CIT        | 66.07m |
| 3. Adam Parker, WCU       | 53.85m |
| 4. Dustin Triplett, WCU   | 51.82m |
| 5. Donovan Walton, VMI    | 49.91m |
| 6. Blake Isom, ETSU       | 49.84m |
| 7. Griffin Miller, CIT    | 48.59m |
| 8. Joseph Lee, SAM        | 47.59m |

### Decathlon

|                            |       |
|----------------------------|-------|
| 1. Quincy Murphy, SAM      | 6,665 |
| 2. Nathan Rivera, ETSU     | 6,474 |
| 3. Christian Carswell, WCU | 6,272 |
| 4. Andrew Patterson, SAM   | 6,045 |
| 5. Josh Davies, SAM        | 5,907 |
| 6. Austin Billings, SAM    | 5,562 |
| 7. Killian Carey, VMI      | 5,411 |
| 8. Tyler Robinson, VMI     | 5,333 |

### Most Outstanding Athlete

Sidney Jordan, Samford

### Most Outstanding Track Performer

Brandon Hazouri, Samford

### Most Outstanding Field Performer

Sidney Jordan, Samford

### Freshman of the Year

Carson Howe, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)

# 2015 WOMEN'S CHAMPIONSHIP

## Team results

| Team                | Points | Team           | Points |
|---------------------|--------|----------------|--------|
| 1. Western Carolina | 272    | 6. Chattanooga | 49     |
| 2. Samford          | 183    | 7. The Citadel | 40     |
| 3. ETSU             | 91     | 8. Mercer      | 17     |
| 4. Furman           | 77     | 9. Wofford     | 12     |
| 5. VMI              | 75     | 10. UNCG       | 3      |

### 100-meter dash

|                              |       |
|------------------------------|-------|
| 1. Tayla Carter, WCU         | 11.52 |
| 2. Demeteria Edgecombe, ETSU | 11.89 |
| 3. Kerisha Goode, VMI        | 12.06 |
| 4. Kayla Williams, WCU       | 12.09 |
| 5. Kimberly Ruch, SAM        | 12.13 |
| 6. Tiffani Lewis, WCU        | 12.20 |
| 7. Chenell Bryan, WCU        | 12.22 |
| 8. Yaa Agyepong-Wiafe, VMI   | 12.34 |

### 200-meter dash

|                                 |       |
|---------------------------------|-------|
| 1. Tayla Carter, WCU            | 23.69 |
| 2. Genevieve Emrick, WCU        | 24.35 |
| 3. Kerisha Goode, VMI           | 24.66 |
| 4. Demeteria Edgecombe, ETSU    | 25.05 |
| 5. Tanisha Bethel, CIT          | 25.11 |
| 6. Corina Archie-McMillian, WCU | 25.26 |
| 7. Kimberly Ruch, SAM           | 25.27 |
| 8. Abigail Cutcliffe, SAM       | 25.38 |

### 400-meter dash

|                                 |         |
|---------------------------------|---------|
| 1. Genevieve Emrick, WCU        | 54.42   |
| 2. Corina Archie-McMillian, WCU | 55.77   |
| 3. Tanisha Bethel, CIT          | 56.14   |
| 4. Emani Little, CIT            | 57.94   |
| 5. Thireyona Legg, VMI          | 57.96   |
| 6. Alexis Robinson, WCU         | 58.89   |
| 7. Aubree Collins, ETSU         | 59.40   |
| 8. Kianna Collins, UTC          | 1:03.78 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Anna Irvine, SAM         | 2:11.41 |
| 2. Marie DeMedicis, SAM     | 2:12.05 |
| 3. Jacquelyn Crow, FUR      | 2:12.31 |
| 4. Maddison Melchionna, UTC | 2:13.21 |
| 5. Hannah Chamblin, UTC     | 2:14.41 |
| 6. Emma Garner, SAM         | 2:14.58 |
| 7. Rebecca Greenwall, UTC   | 2:15.33 |
| 8. Lena Elliott, WCU        | 2:15.46 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Allie Buchalski, FUR | 4:27.41 |
| 2. Karisa Nelson, SAM   | 4:29.26 |
| 3. Amanda Cotter, UTC   | 4:29.43 |
| 4. Jacquelyn Crow, FUR  | 4:30.66 |
| 5. Sinead Haughey, FUR  | 4:32.40 |
| 6. Eira Jenson, UNCG    | 4:35.89 |
| 7. Jessica York, UTC    | 4:36.01 |
| 8. Emily Williams, ETSU | 4:39.12 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Sinead Haughey, FUR  | 17:04.84 |
| 2. Allie Buchalski, FUR | 17:34.25 |
| 3. Laura Miller, FUR    | 17:34.90 |
| 4. Emma Mashburn, FUR   | 17:36.18 |
| 5. Emily Drouin, UTC    | 17:50.83 |
| 6. Julia Rodriguez, FUR | 17:55.24 |
| 7. Keeley Stewart, UTC  | 17:57.10 |
| 8. Amanda Cotter, UTC   | 18:06.25 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Laura Miller, FUR      | 36:47.70 |
| 2. Keeley Stewart, UTC    | 38:16.58 |
| 3. Jenna Gipperich, MER   | 38:21.20 |
| 4. Jackie Thompson, CIT   | 38:36.65 |
| 5. Caillian Colquitt, CIT | 38:45.37 |
| 6. Anna Kate Chance, UTC  | 38:57.57 |
| 7. Bryce Seymour, FUR     | 39:04.14 |
| 8. Anna McBride, FUR      | 39:17.37 |

### 100-meter hurdles

|                              |       |
|------------------------------|-------|
| 1. Demeteria Edgecombe, ETSU | 13.35 |
| 2. Sarah Sanford, SAM        | 13.48 |
| 3. Xaviera Bass, WCU         | 13.58 |
| 4. Kayla Williams, WCU       | 13.92 |
| 5. Qiona Payton, SAM         | 14.25 |
| 6. Nicole Alexander, ETSU    | 14.34 |
| 7. Alyiah Riley, WCU         | 14.36 |
| 8. Deborah Allison, VMI      | 14.78 |

### 400-meter hurdles

|                           |         |
|---------------------------|---------|
| 1. Sarah Sanford, SAM     | 58.25   |
| 2. Holly Gaines, WCU      | 58.72   |
| 3. Michaela Birek, WCU    | 1:02.70 |
| 4. Victoria Wicks, SAM    | 1:03.37 |
| 5. Nicole Alexander, ETSU | 1:03.72 |
| 6. Nicki Smith, ETSU      | 1:03.85 |
| 7. Latasha Pride, WCU     | 1:04.51 |
| 8. Anne Greer, WCU        | 1:04.86 |

### 3,000-meter steeplechase

|                            |          |
|----------------------------|----------|
| 1. Rachel Wooten, SAM      | 11:01.32 |
| 2. Emily Drouin, UTC       | 11:03.34 |
| 3. Francis Bernard, SAM    | 11:07.98 |
| 4. Julia Rodriguez, FUR    | 11:20.92 |
| 5. Kaitlyn Shetler, WCU    | 11:22.05 |
| 6. Victoria Hutchens, ETSU | 11:38.08 |
| 7. Anya Bunao, WOF         | 11:45.98 |
| 8. Bethany King, VMI       | 11:57.30 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Western Carolina | 45.96 |
| 2. ETSU             | 47.12 |
| 3. VMI              | 47.70 |
| 4. The Citadel      | 48.14 |
| 5. Samford          | 48.76 |
| 6. Mercer           | 49.72 |
| 7. Furman           | 50.18 |
| 8. Wofford          | 51.75 |

### 4x400-meter relay

|                     |         |
|---------------------|---------|
| 1. Western Carolina | 3:41.83 |
| 2. Samford          | 3:46.15 |
| 3. The Citadel      | 3:51.48 |
| 4. ETSU             | 3:53.50 |
| 5. VMI              | 3:59.86 |
| 6. Chattanooga      | 4:00.83 |
| 7. Mercer           | 4:01.89 |
| 8. Wofford          | 4:04.35 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Anisia Starege, WCU     | 1.70m |
| 2. Xaviera Bass, WCU       | 1.67m |
| 3. Courtney Pregarman, SAM | 1.62m |
| 4. Julia Logan, VMI        | 1.57m |
| 5. Molly Fagan, WCU        | 1.57m |
| 6. Carrie Neill, SAM       | 1.57m |
| 7. Danielle Blanco, SAM    | 1.52m |
| 8. Ansley Bates, SAM       | 1.52m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Ashley Kessler, ETSU | 3.78m |
| 2. Devyn Ressler, WCU   | 3.63m |
| 3. Morgan Johnson, SAM  | 3.63m |
| 4. Claire Goodson, SAM  | 3.63m |
| 5. Care June Elyea, WCU | 3.48m |
| 6. Korie Bennett, WCU   | 3.48m |
| 7. Emily Eustace, SAM   | 3.33m |
| 8. Lauren Torsch, SAM   | 3.33m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Bria Anderson, VMI    | 5.94m |
| 2. Molly Fagan, WCU      | 5.79m |
| 3. Chenell Bryan, WCU    | 5.73m |
| 4. Michaela Birek, WCU   | 5.71m |
| 5. Tiffani Lewis, WCU    | 5.70m |
| 6. Jordan Highsmith, SAM | 5.65m |
| 7. Thireyona Legg, VMI   | 5.61m |
| 8. Tiana Pisoni, SAM     | 5.59m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Tiana Pisoni, SAM      | 12.12m |
| 2. Chenell Bryan, WCU     | 11.57m |
| 3. Hannah Hardy, SAM      | 11.28m |
| 4. Timia Easley, ETSU     | 11.26m |
| 5. Nicole Alexander, ETSU | 11.18m |
| 6. Kennedy Smith, VMI     | 11.07m |
| 7. Jordan Highsmith, SAM  | 11.06m |
| 8. Erin West, WCU         | 11.00m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Hailey Cook, WCU      | 14.88m |
| 2. Renee Reives, VMI     | 14.30m |
| 3. Alisha Bradshaw, WCU  | 14.07m |
| 4. Katelyn Poole, SAM    | 13.85m |
| 5. Aerial Horton, SAM    | 13.81m |
| 6. Alisha Bradshaw, WCU  | 12.54m |
| 7. Mary Grace Lemon, VMI | 12.00m |
| 8. Jasmin Brown, WCU     | 11.71m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Alisha Bradshaw, WCU    | 44.62m |
| 2. Verena Tobis, ETSU      | 44.15m |
| 3. Kristin Brining, SAM    | 43.21m |
| 4. Renee Reives, VMI       | 43.16m |
| 5. Hailey Cook, WCU        | 41.52m |
| 6. Aerial Horton, SAM      | 39.28m |
| 7. Tyesha Jones, ETSU      | 38.25m |
| 8. Elizabeth Johnston, VMI | 37.59m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Aerial Horton, SAM    | 50.74m |
| 2. Alisha Bradshaw, WCU  | 50.41m |
| 3. Kristin Brining, SAM  | 49.74m |
| 4. Mary Grace Lemon, VMI | 49.09m |
| 5. Logan Edwards, VMI    | 47.41m |
| 6. Jasmin Brown, WCU     | 47.27m |
| 7. Hailey Cook, WCU      | 45.93m |
| 8. Katelyn Poole, SAM    | 45.09m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Verena Tobis, ETSU  | 44.08m |
| 2. Kim Cannon, WCU     | 41.39m |
| 3. Krista Kennedy, MER | 40.80m |
| 4. Mady Riegel, CIT    | 40.19m |
| 5. Anne Greer, WCU     | 37.80m |
| 6. Emily Eustace, SAM  | 34.82m |
| 7. Molly Fagan, WCU    | 33.89m |
| 8. Emily Fulton, VMI   | 32.06m |

### Heptathlon

|                         |       |
|-------------------------|-------|
| 1. Holly Gaines, WCU    | 4,584 |
| 2. Anne Greer, WCU      | 4,287 |
| 3. Danielle Blanco, SAM | 4,054 |
| 4. Katie Beuerlein, WOF | 3,809 |
| 5. Latasha Pride, WCU   | 3,281 |
| 6. Erin West, WCU       | 2,801 |
| 7. Emily Williams, WOF  | 2,727 |
| 8. Kasey Widmeyer, WOF  | 2,398 |

### Most Outstanding Athletes

Tayla Carter, Western Carolina  
Demeteria Edgecombe, ETSU

### Most Outstanding Track Performer

Demeteria Edgecombe, ETSU

### Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

### Freshman of the Year

Allie Buchalski, Furman

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 24-27)

# 2014 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Samford           | 207    | 6. Chattanooga | 52     |
| 2. Western Carolina  | 204    | 7. Davidson    | 31.5   |
| 3. Appalachian State | 165.5  | T-8. UNCG      | 5      |
| 4. The Citadel       | 91     | T-8. Wofford   | 5      |
| 5. Furman            | 55     |                |        |

### 100-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Justin Emerson, SAM      | 10.47 |
| 2. Jamaal Brantley, CIT     | 10.51 |
| 3. Marshall McRae, APP      | 10.57 |
| 4. William Buckley, APP     | 10.60 |
| 5. Jerry Wickerson, WCU     | 10.73 |
| 6. Marquis Bailey, WCU      | 10.73 |
| 7. Jermaine Lewis, WCU      | 10.79 |
| 8. Antonio Marcano Jr., APP | 10.96 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Jamaal Brantley, CIT | 21.59 |
| 2. William Buckley, APP | 21.64 |
| 3. Jerry Wickerson, WCU | 21.70 |
| 4. Marshall McRae, APP  | 21.71 |
| 5. Earl Rahming, WCU    | 21.83 |
| 6. Justin Emerson, SAM  | 21.92 |
| 7. Adrian Ortado, WCU   | 22.06 |
| 8. Jermaine Lewis, WCU  | 22.28 |

### 400-meter dash

|                        |       |
|------------------------|-------|
| 1. Earl Rahming, WCU   | 47.21 |
| 2. Aaron Harris, WCU   | 47.38 |
| 3. Raphael Rojas, APP  | 47.96 |
| 4. Jonathon Bush, SAM  | 48.26 |
| 5. Adraian Ortado, WCU | 48.55 |
| 6. Demari Boswell, WCU | 48.73 |
| 7. Anmar Phillips, WCU | 49.39 |
| 8. Tevin Williams, CIT | 49.46 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Brandon Hazouri, SAM   | 1:50.31 |
| 2. Andrew Lantz, DAV      | 1:50.84 |
| 3. Nathan Hendershot, SAM | 1:51.59 |
| 4. Patrick Rollo, DAV     | 1:53.32 |
| 5. Aaron Harris, WCU      | 1:53.54 |
| 6. Jamie Bigby, WCU       | 1:53.63 |
| 7. Raphael Rojas, APP     | 1:56.06 |
| 8. William Ivey, FUR      | 1:57.47 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Brandon Hazouri, SAM | 3:54.33 |
| 2. Adam Jones, SAM      | 3:56.20 |
| 3. Layton Dorsett, SAM  | 3:57.07 |
| 4. Brock Baker, FUR     | 3:57.49 |
| 5. Lucas Cotter, UTC    | 3:58.50 |
| 6. Nate Riech, FUR      | 3:58.77 |
| 7. Trevor Janssen, UTC  | 3:59.50 |
| 8. John Mogen, DAV      | 3:59.72 |

### 5,000-meter run

|                        |          |
|------------------------|----------|
| 1. Brock Baker, FUR    | 14:57.72 |
| 2. Tripp Hurt, FUR     | 14:57.80 |
| 3. Kyle McFoy, APP     | 15:00.41 |
| 4. Harry Smithers, UTC | 15:01.73 |
| 5. Luke Weishaar, SAM  | 15:02.11 |
| 6. Tanner Hinkle, FUR  | 15:05.35 |
| 7. Nathan Wanuch, UTC  | 15:06.22 |
| 8. Mark Cole, UTC      | 15:06.81 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Tanner Hinkle, FUR  | 30:57.70 |
| 2. Mark Cole, UTC      | 30:59.37 |
| 3. Harry Smithers, UTC | 31:03.97 |
| 4. Dylan Belles, UNCG  | 31:16.03 |
| 5. John Klecker, FUR   | 31:22.93 |
| 6. Paul Stuart, UTC    | 31:27.89 |
| 7. Kyle McFoy, APP     | 31:28.63 |
| 8. Travis Alfaro, WCU  | 31:41.37 |

### 110-meter hurdles

|                        |       |
|------------------------|-------|
| 1. Marquis Bailey, WCU | 14.59 |
| 2. Abraham Faison, WCU | 14.64 |
| 3. Iman Isang, UTC     | 15.38 |
| 4. Kenley Joseph, APP  | 15.42 |
| 5. Charles Rappe, DAV  | 15.56 |
| 6. Eric Blake, WCU     | 15.68 |
| 7. Sam Lusty, WCU      | 15.75 |
| 8. Phillip Thomas, APP | 15.80 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Abraham Faison, WCU     | 52.18   |
| 2. Eric Blake, WCU         | 52.91   |
| 3. Marquis Bailey, WCU     | 53.35   |
| 4. Jay Vines, SAM          | 54.83   |
| 5. Charles Rappe, DAV      | 55.52   |
| 6. David Riddleberger, APP | 56.00   |
| 7. Sam Lusty, WCU          | 57.48   |
| 8. Kenley Joseph, APP      | 1:00.26 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Tripp Hurt, FUR          | 8:58.13 |
| 2. Josh Cox, APP            | 9:14.82 |
| 3. Nathan Wanuch, UTC       | 9:16.81 |
| 4. Chase Fisher, WCU        | 9:21.23 |
| 5. Grayam Sailor-Tynes, DAV | 9:21.69 |
| 6. Michael Cornwell, WCU    | 9:21.72 |
| 7. Michael Ellis, APP       | 9:22.11 |
| 8. John Gilpin, UTC         | 9:41.65 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.62 |
| 2. Western Carolina  | 40.78 |
| 3. Samford           | 41.62 |
| 4. The Citadel       | 41.66 |
| 5. Chattanooga       | 43.86 |
| 6. Wofford           | 47.93 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:13.01 |
| 2. Appalachian State | 3:15.19 |
| 3. Samford           | 3:17.08 |
| 4. The Citadel       | 3:18.78 |
| 5. Chattanooga       | 3:19.55 |
| 6. Davidson          | 3:19.80 |
| 7. Wofford           | 3:25.52 |
| 8. Furman            | 3:34.90 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Samuel Allen, APP       | 2.03m |
| 2. Bob Elliot II, SAM      | 2.03m |
| 3. Brandon Bassett, SAM    | 1.98m |
| 4. Cole Finch, APP         | 1.98m |
| 4. Steven Bastien, SAM     | 1.98m |
| 6. Bo Ackerson-Gilroy, SAM | 1.93m |
| 6. Mick Noel, CIT          | 1.93m |
| 8. Christian Carswell, WCU | 1.93m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Owen Wagoner, SAM    | 5.10m |
| 2. Ryan Cook, SAM       | 4.85m |
| 3. Keith Leonard, WCU   | 4.85m |
| 4. David Melton, CIT    | 4.75m |
| 5. Dustin Triplett, WCU | 4.75m |
| 6. Phillip Thomas, APP  | 4.65m |
| 7. Chris Thrasher, SAM  | 4.55m |
| 8. Matt Layne, APP      | 4.40m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Steven Bastien, SAM   | 7.38m |
| 2. Edward Jones, CIT     | 7.28m |
| 3. Henry Bustle, APP     | 7.12m |
| 4. Jamal Tiller, APP     | 7.04m |
| 5. Jesse Earnhardt, APP  | 7.00m |
| 6. Josh McSwain, WCU     | 6.92m |
| 7. Tyler Bell, WCU       | 6.84m |
| 8. Xzavier Killings, DAV | 6.71m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Jamal Tiller, APP     | 15.06m |
| 2. David Johnson, WCU    | 15.00m |
| 3. Josh McSwain, WCU     | 14.71m |
| 4. Adedji Adneye, APP    | 14.36m |
| 5. Henry Bustle, APP     | 14.27m |
| 6. Tyler Bell, WCU       | 14.00m |
| 7. Xzavier Killings, DAV | 13.51m |
| 7. Valian Brown, CIT     | 13.51m |

### Shot put

|                       |        |
|-----------------------|--------|
| 1. Nathan Milch, APP  | 15.81m |
| 2. Sidney Jordan, SAM | 15.62m |
| 3. Dylan Gidado, CIT  | 15.59m |
| 4. Jared Johnson, WCU | 15.15m |
| 5. John Leonard, APP  | 14.98m |
| 6. Nick Sansotta, APP | 14.78m |
| 7. Brian Smith, SAM   | 14.55m |
| 8. Brian Hill, SAM    | 14.48m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Sidney Jordan, SAM    | 48.32m |
| 2. Brain Smith, SAM      | 46.62m |
| 3. Nathan Milch, APP     | 45.89m |
| 4. Geno Porter, CIT      | 43.45m |
| 5. Ian VanderGulik, CIT  | 43.14m |
| 6. Dylan Gidado, CIT     | 42.63m |
| 7. Andy Benesh, WCU      | 41.56m |
| 8. Richard Bertrand, CIT | 40.98m |

### Hammer throw

|                       |        |
|-----------------------|--------|
| 1. Sidney Jordan, SAM | 56.40m |
| 2. Jared Johnson, WCU | 50.79m |
| 3. Andy Benesh, WCU   | 49.99m |
| 4. Brian Hill, SAM    | 49.56m |
| 5. Nathan Milch, APP  | 47.83m |
| 6. Geno Porter, CIT   | 46.74m |
| 7. Richard Bell, APP  | 44.98m |
| 8. Dylan Gidado, CIT  | 44.10m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Clay Allen, CIT         | 64.09m |
| 2. Capers Williamson, CIT  | 63.80m |
| 3. Bo Ackerson-Gilroy, SAM | 58.30m |
| 4. Brandon Bassett, SAM    | 54.96m |
| 5. Andy Benesh, WCU        | 49.38m |
| 6. Steven Bastien, SAM     | 48.71m |
| 7. Matt Stenger, WCU       | 48.31m |
| 8. Adam Parker, WCU        | 48.24m |

### Decathlon

|                            |        |
|----------------------------|--------|
| 1. Steven Bastien, SAM     | 6,591  |
| 2. Christian Carswell, WCU | 6,252  |
| 3. Josh Davies, SAM        | 6,107  |
| 4. Jackson Powers, APP     | 5,654  |
| 5. Ian Aikman, CIT         | 5,307  |
| 6. Andrew Patterson, SAM   | 5,241  |
| 7. Sam Lusty, WCU          | 4,551  |
| 8. Tim Buzyan, WCU         | 4, 098 |

### Most Outstanding Athlete

Steven Bastien, Samford

### Most Outstanding Track Performer

Brandon Hazouri, Samford

### Most Outstanding Field Performer

Sidney Jordan, Samford

### Freshman of the Year

Brandon Hazouri, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)

# 2014 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Samford           | 166.5  | 7. Chattanooga | 26     |
| 2. Western Carolina  | 155    | 8. The Citadel | 23     |
| 3. Elon              | 131    | 9. UNCG        | 20     |
| 4. Appalachian State | 126    | 10. Wofford    | 15     |
| 5. Georgia Southern  | 117.5  | 11. Furman     | 10     |
| 6. Davidson          | 28     |                |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Tayla Carter, WCU    | 11.59 |
| 2. Jasmin Walker, GSU   | 11.69 |
| 3. Arian Tipton, GSU    | 11.79 |
| 4. Alyssa Felton, GSU   | 11.96 |
| 5. Jordan Fordham, GSU  | 12.07 |
| 6. Janise Robinson, WCU | 12.26 |
| 7. Xaveria Bass, WCU    | 12.61 |
| 8. Breanna Alston, APP  | 12.89 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Tayla Carter, WCU       | 23.50 |
| 2. Arian Tipton, GSU       | 23.59 |
| 3. Jasmin Walker, GSU      | 23.68 |
| 4. Breann Alston, APP      | 24.36 |
| 5. Jordan Fordham, GSU     | 24.70 |
| 6. Catherine Crawford, APP | 25.02 |
| 7. Sydney Griffin, Elon    | 25.24 |
| 8. Bria Bell, Elon         | 25.55 |

### 400-meter dash

|                                |       |
|--------------------------------|-------|
| 1. Bria Bell, Elon             | 53.95 |
| 2. Breanna Alston, APP         | 54.00 |
| 3. Genevieve Emrick, WCU       | 54.82 |
| 4. Corina Archie-McMillan, WCU | 55.17 |
| 5. Jennifer Pash, Elon         | 56.30 |
| 6. Asha Stegall, GSU           | 56.86 |
| 7. Shiniqua Proyor, WCU        | 56.88 |
| 8. Cherelle King, GSU          | 57.59 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Marie Demedicis, SAM   | 2:08.53 |
| 2. Alyssa Burkert, WOF    | 2:08.86 |
| 3. Sherill McFarlane, GSU | 2:09.03 |
| 4. Anna Irvine, SAM       | 2:09.45 |
| 5. Shelby Howell, APP     | 2:10.35 |
| 6. Lena Elliott, WCU      | 2:10.57 |
| 7. Hayley Tomlinson, WCU  | 2:10.79 |
| 8. Hannah Rieden, DAV     | 2:12.70 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Sarah Paddon, DAV        | 4:24.54 |
| 2. Lauren D'Alessio, SAM    | 4:28.20 |
| 3. Ansely Bos, SAM          | 4:29.03 |
| 4. Kimberly Johannsen, Elon | 4:31.95 |
| 5. Tristin Van Ord, APP     | 4:32.10 |
| 6. Justine Stocks, APP      | 4:32.77 |
| 7. Sherill McFarlane, GSU   | 4:36.59 |
| 8. Jessica York, UTC        | 4:39.13 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Teghan Henderson, UTC | 17:00.62 |
| 2. Shaina Sumney, UNCG   | 17:03.10 |
| 3. Allyson Oram, Elon    | 17:08.32 |
| 4. Erin Osment, DAV      | 17:15.21 |
| 5. Lauren D'Alessio, SAM | 17:21.30 |
| 6. Tristin Van Ord, APP  | 17:35.95 |
| 7. Tereza Novotna, Elon  | 17:39.29 |
| 8. Chelsea Sumney, UNCG  | 17:45.07 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Teghan Henderson, UTC | 34:35.06 |
| 2. Erin Osment, DAV      | 35:30.82 |
| 3. Sinead Haughey, FUR   | 35:52.54 |
| 4. Kaitlin Cagle, APP    | 36:34.11 |
| 5. Laura Miller, FUR     | 36:40.21 |
| 6. Dana Cox, APP         | 36:47.44 |
| 7. Katy Link, UNCG       | 36:54.93 |
| 8. Meghan McCauley, APP  | 37:10.84 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Sydney Griffin, Elon  | 13.83 |
| 2. Xaveria Bass, WCU     | 13.97 |
| 3. LeNiesha Kearsse, WCU | 14.28 |
| 4. Alyssa Felton, GSU    | 14.48 |
| 5. Ashley Cope, SAM      | 14.61 |
| 6. Brittany Diggs, WCU   | 14.64 |
| 7. Dana Edwards, GSU     | 14.73 |
| 8. Michaela Birek, WCU   | 14.84 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Jennifer Esposito, Elon | 59.60   |
| 2. Michaela Birek, WCU     | 59.90   |
| 3. Dana Edwards, GSU       | 1:00.23 |
| 4. Danielle Blanco, SAM    | 1:00.31 |
| 5. Veronica Luedke, Elon   | 1:01.78 |
| 6. Samantha Brown, Elon    | 1:02.89 |
| 7. Latasha Pride, WCU      | 1:03.16 |
| 8. LeNiesha Kearsse, WCU   | 1:04.45 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Tereza Novotna, Elon   | 10:41.08 |
| 2. Chelsea Sumney, UNCG   | 10:51.59 |
| 3. Kayla Schneider, APP   | 10:55.84 |
| 4. Michelle Provost, WCU  | 11:03.74 |
| 5. Sam Hughes, WOF        | 11:08.90 |
| 6. Rachel Wooten, SAM     | 11:13.60 |
| 7. Samantha Camanaro, APP | 11:21.36 |
| 8. Katlyn Ayers, UNCG     | 11:28.34 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Georgia Southern  | 44.50 |
| 2. Appalachian State | 46.56 |
| 3. Elon              | 46.61 |
| 4. Samford           | 47.87 |
| 5. The Citadel       | 48.01 |
| 6. Chattanooga       | 49.83 |
| 7. Wofford           | 53.24 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Georgia Southern  | 3:43.20 |
| 2. Appalachian State | 3:43.69 |
| 3. Elon              | 3:44.28 |
| 4. Samford           | 3:48.00 |
| 5. Davidson          | 3:52.35 |
| 6. Chattanooga       | 3:53.30 |
| 7. The Citadel       | 3:54.30 |
| 8. Wofford           | 4:00.73 |

### High jump

|                                 |       |
|---------------------------------|-------|
| 1. Megan Kirschling, Elon       | 1.79m |
| 2. Haley Laird, Elon            | 1.70m |
| 3. Anisia Starege, WCU          | 1.70m |
| 4. Mary Theresa Montgomery, APP | 1.70m |
| 5. Xaveria Bass, WCU            | 1.70m |
| 6. Makalya Roten, APP           | 1.70m |
| 7. Keyanna Harris, GSU          | 1.65m |
| Audrey Florence, APP            | 1.65m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Claire Goodson, SAM     | 3.97m |
| 2. Devyn Ressler, WCU      | 3.87m |
| 3. Morgan Johnson, SAM     | 3.87m |
| 4. Cassandra Crawford, APP | 3.87m |
| 5. Sydney Cook, APP        | 3.57m |
| 6. Debra Domermuth, APP    | 3.57m |
| 7. Ashley Cope, SAM        | 3.57m |
| 8. Chelsea Farr, APP       | 3.57m |

### Long jump

|                        |       |
|------------------------|-------|
| 1. Jasmin Walker, GSU  | 6.12m |
| 2. Nicole Charley, SAM | 5.91m |
| 3. Emily Allen, SAM    | 5.80m |
| 4. Chenell Bryan, WCU  | 5.74m |
| 5. Krystal Clarke, APP | 5.73m |
| 6. Tiffani Lewis, WCU  | 5.71m |
| 7. Alyssa Felton, GSU  | 5.55m |
| 8. Carrie Abraham, APP | 5.47m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Emily Allen, SAM      | 12.49m |
| 2. Nicole Charley, SAM   | 12.39m |
| 3. Ashleigh Rasheed, GSU | 12.20m |
| 4. Carrie Abraham, Elon  | 12.15m |
| 5. Xaveria Bass, WCU     | 11.14m |
| 6. Brianna Charles, GSU  | 11.13m |
| 7. Jayna Coyle, Elon     | 10.97m |
| 8. Tiffani Lewis, WCU    | 10.96m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Brianna Tate, APP     | 14.61m |
| 2. Aerial Horton, SAM    | 13.94m |
| 3. Charlise Morgan, Elon | 13.93m |
| 4. Alisha Bradshaw, WCU  | 13.92m |
| 5. Hailey Cook, WCU      | 13.90m |
| 6. Jasmine Suydam, APP   | 13.21m |
| 7. Katelyn Poole, SAM    | 13.13m |
| 8. Breanna Warren, Elon  | 13.02m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Breanna Warren, Elon | 46.68m |
| 2. Alisha Bradshaw, WCU | 45.88m |
| 3. Jasmine Suydam, APP  | 44.53m |
| 4. Aerial Horton, SAM   | 43.82m |
| 5. Shelby Builtta, SAM  | 43.37m |
| 6. Kristin Brining, SAM | 42.64m |
| 7. Hailey Cook, WCU     | 41.80m |
| 8. Ana DeLeon, APP      | 41.19m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Emily Allen, SAM     | 60.98m |
| 2. Kristin Brining, SAM | 52.58m |
| 3. Alisha Bradshaw, WCU | 52.64m |
| 4. Kimberlyn Holt, Elon | 49.80m |
| 5. Brianna Tate, APP    | 48.85m |
| 6. Kelsey Arnold, GSU   | 48.74m |
| 7. Kayleigh Birks, Elon | 47.78m |
| 8. Ana DeLeon, APP      | 47.04m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Jocelyn Parnell, APP  | 43.51m |
| 2. Kim Cannon, WCU       | 40.18m |
| 3. Shelby Builtta, SAM   | 39.39m |
| 4. Andriana Love, CIT    | 39.16m |
| 5. Ashley Cope, SAM      | 38.86m |
| 6. Nicole Levermann, CIT | 34.65m |
| 7. Jennifer Jarvis, Elon | 34.12m |
| 8. Anne Greer, WCU       | 33.53m |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Ashley Cope, SAM      | 4,806 |
| 2. Nicole Levermann, CIT | 4,675 |
| 3. Ashleigh Rasheed, GSU | 4,490 |
| 4. Anne Greer, WCU       | 4,312 |
| 5. Holly Gaines, WCU     | 4,109 |
| 6. Stephanie Burris, WCU | 3,735 |
| 7. Hannah Hardy, SAM     | 3,580 |
| 8. Savannah Emrich, CIT  | 3,104 |

### Most Outstanding Athlete

Jasmin Walker, Georgia Southern

### Most Outstanding Track Performer

Jasmin Walker, Georgia Southern

### Most Outstanding Field Performer

Emily Allen, Samford

### Freshman of the Year

Teghan Henderson, Chattanooga

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2013 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 222.5  | 6. Furman      | 38     |
| 2. Samford           | 209*   | 7. Chattanooga | 25     |
| 3. Appalachian State | 183.5  | 8. UNCG        | 11     |
| 4. Davidson          | 70.5   | 9. Wofford     | 4.5    |
| 5. The Citadel       | 55     |                |        |

\* later vacated nine points

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Brandon Hairston, WCU | 10.52 |
| 2. Justin Emerson, SAM   | 10.60 |
| 3. Justin Thomas, APP    | 10.74 |
| 4. Jamaal Brantley, CIT  | 10.81 |
| 5. Bob McNeil, WCU       | 10.83 |
| 6. Cortez Johnson, FUR   | 10.99 |
| 7. Max Burke, WCU        | 11.08 |
| 8. Jerry Wickerson, WCU  | 11.25 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Brandon Hairston, WCU | 21.36 |
| 2. Aaron Tribble, WCU    | 21.89 |
| 3. Justin Emerson, SAM   | 21.91 |
| 4. Justin Thomas, APP    | 22.03 |
| 5. Jonathon Bush, SAM    | 22.09 |
| 6. Jamaal Brantley, CIT  | 22.20 |
| 7. Demari Boswell, WCU   | 22.24 |
| 8. Marshall McRae, APP   | 22.56 |

### 400-meter dash

|                               |       |
|-------------------------------|-------|
| 1. Aaron Harris, WCU          | 48.55 |
| 2. Aaron Tribble, WCU         | 48.78 |
| 3. Jonathon Bush, SAM         | 48.79 |
| 4. Gustavo Vazquez-Milan, CIT | 49.45 |
| 5. Henry Stevens-Carty, SAM*  | 49.46 |
| 6. Demari Boswell, WCU        | 49.76 |
| 7. Geoff Nelson, UTC          | 49.92 |
| 8. Chase Helton, APP          | 50.74 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Andrew Lantz, DAV    | 1:50.62 |
| 2. Brandon Hazouri, SAM | 1:51.30 |
| 3. Alex Taylor, APP     | 1:51.79 |
| 4. Garrett West, WCU    | 1:52.01 |
| 5. William Ivey, FUR    | 1:52.51 |
| 6. Layton Dorsett, SAM  | 1:52.62 |
| 7. Raphael Rojas, APP   | 1:54.59 |
| 8. Marquis Carter, UTC  | 1:58.23 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Andrew Lantz, DAV    | 3:50.31 |
| 2. Paul Katam, UNCG*^   | 3:51.51 |
| 3. Adam Jones, SAM      | 3:53.86 |
| 4. Brandon Hazouri, SAM | 3:54.42 |
| 5. Wilkerson Given, FUR | 3:54.53 |
| 6. Garrett West, WCU    | 3:54.92 |
| 7. Chris Moen, APP      | 3:55.12 |
| 8. James Perez, FUR     | 3:55.13 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Demetrios Pagonis, DAV | 14:35.84 |
| 2. Nathan Wanuch, UTC     | 14:43.92 |
| 3. Whitner Chase, DAV     | 14:47.17 |
| 4. Brian Graves, APP      | 14:51.79 |
| 5. Travis Alfaró, WCU     | 14:52.52 |
| 6. Abraham Kemboi, UNCG   | 14:55.50 |
| 7. Michael Lilley, APP    | 14:56.09 |
| 8. Kyle McFoy, APP        | 14:58.80 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Demetrios Pagonis, DAV | 31:15.65 |
| 2. Travis Alfaró, WCU     | 31:24.87 |
| 3. Daniel Samet, DAV      | 31:25.98 |
| 4. Michael Lilley, APP    | 31:30.31 |
| 5. John Klecker, FUR      | 31:30.52 |
| 6. Wes Reynolds, DAV      | 31:34.53 |
| 7. Kyle McFoy, APP        | 31:39.52 |
| 8. Josey Weaver, WCU      | 31:54.58 |

### 110-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Stanley Broaden, APP    | 14.11 |
| 2. Sam Lusty, WCU          | 14.84 |
| 3. Ben Davies, SAM         | 14.85 |
| 4. Tyler Bentley, WCU      | 14.85 |
| 5. Marquis Bailey, WCU     | 14.87 |
| 6. Abraham Faison, WCU     | 14.99 |
| 7. Bo Ackerson-Gilroy, SAM | 15.20 |
| 8. Iman Isang, UTC         | 16.09 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Stanley Broaden, APP | 52.21 |
| 2. Marquis Bailey, WCU  | 53.52 |
| 3. Abraham Faison, WCU  | 53.66 |
| 4. Tyler Bentley, WCU   | 53.75 |
| 5. Ben Davies, SAM      | 54.44 |
| 6. Blake Olson, UTC     | 54.49 |
| 7. Charles Rappe, DAV   | 55.89 |
| 8. Sam Lusty, WCU       | 56.49 |

### 3,000-meter steeplechase

|                            |         |
|----------------------------|---------|
| 1. Chris Moen, APP         | 9:02.33 |
| 2. Josh Cox, APP           | 9:02.77 |
| 3. Wilkerson Given, FUR    | 9:09.59 |
| 4. Nathan Wanuch, UTC      | 9:11.18 |
| 5. Josey Weaver, WCU       | 9:19.90 |
| 6. James Howard-Smith, APP | 9:21.48 |
| 7. Vincent Weir, DAV       | 9:23.20 |
| 8. Tripp Hurt, FUR         | 9:26.04 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 41.10 |
| 2. Appalachian State | 41.66 |
| 3. Samford           | 41.74 |
| 4. The Citadel       | 42.33 |
| 5. Furman            | 42.93 |
| 6. Davidson          | 43.44 |
| 7. Wofford           | 46.23 |
| 8. Chattanooga       | 47.04 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:14.44 |
| 2. Appalachian State | 3:15.23 |
| 3. The Citadel       | 3:17.75 |
| 4. Samford*          | 3:18.49 |
| 5. Chattanooga       | 3:20.33 |
| 6. Davidson          | 3:24.76 |
| 7. Furman            | 3:28.20 |
| 8. Wofford           | 3:29.18 |

### High jump

|                         |       |
|-------------------------|-------|
| 1. Daryl Saunders, APP  | 2.12m |
| 2. Bob Elliott II, SAM  | 2.09m |
| 3. Jordan Orr, WCU      | 2.06m |
| 4. Bob McNeil, WCU      | 2.01m |
| Tyler Kemp, SAM         | 2.01m |
| 6. Brandon Bassett, SAM | 2.01m |
| 7. Tevin Johnson, WOF   | 1.96m |
| Bo Ackerson-Gilroy, SAM | 1.96m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Ryan Cook, SAM        | 4.80m |
| 2. Jacob Stowe, APP      | 4.80m |
| 3. Ben Davies, SAM       | 4.50m |
| 4. Matt Stenger, WCU     | 4.50m |
| 5. Cory Sears, SAM       | 4.35m |
| 6. Michael Lorensen, DAV | 4.35m |
| Patrick Quinn, APP       | 4.35m |
| 8. Mark Boozer, CIT      | 4.20m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Steven Bastien, SAM     | 7.23m |
| 2. Bob McNeil, WCU         | 7.22m |
| 3. Ben Davies, SAM         | 7.16m |
| 4. Brandon Bassett, SAM    | 7.02m |
| 5. Sam Lusty, WCU          | 6.85m |
| 6. Stewart Dalton, DAV     | 6.72m |
| 7. Henry Bustle, APP       | 6.68m |
| 8. Bo Ackerson-Gilroy, SAM | 6.67m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Jamal Tiller, APP    | 14.95m |
| 2. Bob McNeil, WCU      | 14.82m |
| 3. Adedeji Adeneye, APP | 14.42m |
| 4. Henry Bustle, APP    | 14.20m |
| 5. Edward Jones, CIT    | 14.07m |
| 6. Sam Lusty, WCU       | 14.01m |
| 7. Bob Elliott II, SAM  | 13.91m |
| 8. Valian Brown, CIT    | 13.70m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Jared Stalling, APP   | 16.01m |
| 2. Sydney Jordan, SAM    | 15.09m |
| 3. Dylan Gidado, CIT     | 14.69m |
| 4. John Leonard, APP     | 14.57m |
| 5. Jared Johnson, WCU    | 14.50m |
| 6. Nick Sansotta, APP    | 14.33m |
| 7. Ben Davies, SAM       | 14.32m |
| 8. Scott Des Marais, FUR | 14.04m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Jared Stalling, APP   | 49.91m |
| 2. Scott Des Marais, FUR | 48.33m |
| 3. Sydney Jordan, SAM    | 48.31m |
| 4. Geno Porter, CIT      | 46.05m |
| 5. Jared Johnson, WCU    | 43.06m |
| 6. Brian Hill, SAM       | 42.76m |
| 7. Richard Bell, APP     | 42.73m |
| 8. Dylan Gidado, CIT     | 42.66m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Jared Stalling, APP  | 56.96m |
| 2. Brian Hill, SAM      | 50.21m |
| 3. Joe Korac, WCU       | 48.85m |
| 4. Andy Benesh, WCU     | 47.81m |
| 5. Richard Bell, APP    | 47.62m |
| 6. Geno Porter, CIT     | 45.17m |
| 7. Jonathan Newton, WCU | 45.13m |
| 8. Jonathan Howes, APP  | 43.06m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Ben Davies, SAM         | 58.21m |
| 2. Capers Williamson, CIT  | 55.66m |
| 3. Bo Ackerson-Gilroy, SAM | 54.93m |
| 4. Andy Benesh, WCU        | 48.23m |
| 5. Josh Davies, SAM        | 48.07m |
| 6. Adam Parker, WCU        | 47.57m |
| 7. Brandon Bassett, SAM    | 47.01m |
| 8. Parker Gaston, CIT      | 45.18m |

### Decathlon

|                            |       |
|----------------------------|-------|
| 1. Cody Russell, SAM       | 5,891 |
| 2. Dustin Triplett, WCU    | 5,720 |
| 3. Brandon Bassett, SAM    | 5,680 |
| 4. Josh Davies, SAM        | 5,608 |
| 5. Christian Carswell, WCU | 5,208 |
| 6. Bo Ackerson-Gilroy, SAM | 5,183 |
| 7. Brad Bostic, SAM        | 4,874 |
| 8. Parker Gaston, CIT      | 4,819 |

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Ben Davies, Samford

### Most Outstanding Track Performer

Brandon Hairston, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Brandon Hazouri, Samford

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)



# 2013 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                       | Points |
|----------------------|--------|----------------------------|--------|
| 1. Western Carolina  | 197.5  | T-6. College of Charleston | 32     |
| 2. Appalachian State | 159.5  | 8. The Citadel             | 23.5   |
| 3. Georgia Southern  | 112.5  | 9. Wofford                 | 13     |
| 4. Elon              | 111    | T-10. Chattanooga          | 12     |
| 5. Samford           | 110    | T-10. UNCG                 | 12     |
| T-6. Furman          | 32     | 12. Davidson               | 4      |

### 100-meter dash

|                        |       |
|------------------------|-------|
| 1. Tayla Carter, WCU   | 11.58 |
| 2. Breanna Alston, APP | 11.71 |
| 3. Ebony Carter, GSU   | 11.75 |
| 4. Alyssa Felton, GSU  | 12.07 |
| 5. Raven Parrish, WCU  | 12.10 |
| 6. Jasmin Walker, GSU  | 12.11 |
| 7. Lauren Hoard, UTC   | 12.35 |
| 8. Aarian Tipton, GSU  | 12.39 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Tayla Carter, WCU      | 23.79 |
| 2. Breanna Alston, APP    | 23.85 |
| 3. Ebony Carter, GSU      | 24.67 |
| 4. Brittany Diggs, WCU    | 24.68 |
| 5. Alyssa Felton, GSU     | 25.05 |
| 6. Jasmin Walker, GSU     | 25.21 |
| 7. D'Shawrna McLucas, APP | 25.29 |
| 8. Aarian Tipton, GSU     | 25.50 |

### 400-meter dash

|                                |       |
|--------------------------------|-------|
| 1. Kendra Douglas, WCU         | 56.19 |
| 2. Corina Archie-McMillan, WCU | 56.44 |
| 3. Lena Elliott, WCU           | 56.46 |
| 4. Achsah Brice, WCU           | 57.06 |
| 5. Genevieve Emrick, WCU       | 57.55 |
| 6. Breahna Morrison, APP       | 57.56 |
| 7. Danielle Williams, CIT      | 57.60 |
| 8. Kimberly Thomas, GSU        | 57.61 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Jocelyn Keen, WCU     | 2:08.31 |
| 2. Marie Demedici, SAM   | 2:09.62 |
| 3. Micah Wessinger, CIT  | 2:10.76 |
| 4. Alyssa Burkert, WOF   | 2:11.24 |
| 5. Shannon Hall, UNCG    | 2:13.03 |
| 6. Katie Kessler, WOF    | 2:13.15 |
| 7. Hayley Tomlinson, WCU | 2:15.56 |
| 8. Lena Elliott, WCU     | 2:21.15 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Hayley McMahon, CofC  | 4:28.45 |
| 2. Lauren D'Alessio, SAM | 4:31.30 |
| 3. Amanda Sumner, UTC    | 4:37.29 |
| 4. Hayley Tomlinson, WCU | 4:39.48 |
| 5. Emily Tryon, Elon     | 4:39.84 |
| 6. Justine Stocks, APP   | 4:40.09 |
| 7. Eira Jensen, UNCG     | 4:40.60 |
| 8. Amanda Hamilton, APP  | 4:41.61 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Sinead Haughey, FUR   | 17:16.84 |
| 2. Allyson Oram, Elon    | 17:20.08 |
| 3. Lydia Saina, UNCG     | 17:26.71 |
| 4. Mara Smith, WCU       | 17:31.78 |
| 5. Sarah Williamson, APP | 17:33.76 |
| 6. Emily Wirzba, FUR     | 17:38.19 |
| 7. Sam Hughes, WOF       | 17:52.91 |
| 8. Dana Cox, APP         | 17:58.53 |

### 10,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Sinead Haughey, FUR      | 35:40.25 |
| 2. Mara Smith, WCU          | 35:53.64 |
| 3. Amanda Hamilton, APP     | 36:33.28 |
| 4. Sarah Williamson, APP    | 36:50.89 |
| 5. Meaghan McCauley, APP    | 37:10.51 |
| 6. Natalie Atabek, Davidson | 37:15.91 |
| 7. Dana Cox, APP            | 37:23.53 |
| 8. Erin Osmont, DAV         | 37:25.31 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Ashley Cope, SAM      | 14.15 |
| 2. Sydney Griffin, Elon  | 14.22 |
| 3. Brittany Diggs, WCU   | 14.23 |
| 4. Shermell Wilkins, WCU | 14.52 |
| 5. Julie McDonald, SAM   | 14.68 |
| 6. Xaviera Bass, WCU     | 14.78 |
| 7. Dana Edwards, GSU     | 15.22 |
| 8. Lauren Toomer, GSU    | 15.24 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Danielle Blanco, SAM    | 1:00.96 |
| 2. Veronica Luedke, Elon   | 1:02.07 |
| 3. Alexa Wilton, FUR       | 1:02.22 |
| 4. Dana Edwards, GSU       | 1:02.83 |
| 5. Michaela Birek, WCU     | 1:03.36 |
| 6. Leslie Graf, SAM        | 1:03.89 |
| 7. Shermell Wilkins, WCU   | 1:05.07 |
| 8. Ashley Bridenbaugh, SAM | 1:05.24 |

### 3,000-meter steeplechase

|                            |          |
|----------------------------|----------|
| 1. Caroline McCaslin, Elon | 10:42.89 |
| 2. Tereza Novotna, Elon    | 10:42.95 |
| 3. Emily Tryon, Elon       | 10:51.01 |
| 4. Justine Stocks, APP     | 11:00.19 |
| 5. Kayla Schneider, APP    | 11:01.57 |
| 6. Sam Hughes, WOF         | 11:15.76 |
| 7. Rachel Wooten, SAM      | 11:25.90 |
| 8. Kaitlyn Shetler, WCU    | 12:02.58 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Georgia Southern  | 45.46 |
| 2. Western Carolina  | 45.71 |
| 3. Appalachian State | 47.35 |
| 4. Elon              | 47.56 |
| 5. The Citadel       | 48.69 |
| 6. Chattanooga       | 49.26 |
| 7. Samford           | 49.28 |
| 8. Furman            | 49.39 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:45.89 |
| 2. Georgia Southern  | 3:48.89 |
| 3. Appalachian State | 3:49.15 |
| 4. The Citadel       | 3:51.34 |
| 5. Samford           | 3:52.14 |
| 6. Elon              | 3:55.66 |
| 7. Furman            | 3:56.19 |
| 8. Chattanooga       | 3:56.79 |

### High jump

|                                 |       |
|---------------------------------|-------|
| 1. Chenelle Terry, SAM          | 1.72m |
| 2. Megan Kirschling, Elon       | 1.72m |
| 3. Keyanna Harris, GSU          | 1.67m |
| 4. Mary Theresa Montgomery, APP | 1.62m |
| 5. Xaviera Bass, WCU            | 1.62m |
| 6. Haley Laird, Elon            | 1.57m |
| 7. Janet Watson, APP            | 1.57m |
| 8. Nicole Levermann, CIT        | 1.52m |
| Amber Vaughn, GSU               | 1.52m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Ashley Cope, SAM        | 3.90m |
| 2. Cassandra Crawford, APP | 3.75m |
| 3. Chelsea Farr, APP       | 3.60m |
| Cara June Elyea, WCU       | 3.60m |
| 5. Ashley Wala, WCU        | 3.60m |
| 6. Devyn Ressler, WCU      | 3.60m |
| 7. Debra Domermuth, APP    | 3.60m |
| 8. Meredith Wilson, APP    | 3.45m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Jasmin Walker, GSU     | 5.82m |
| 2. Tatyana Bryant, APP    | 5.69m |
| 3. Ashley Cope, SAM       | 5.67m |
| 4. Alyssa Felton, GSU     | 5.62m |
| 5. Raven Parrish, WCU     | 5.56m |
| 6. Breanna Alston, APP    | 5.39m |
| 7. Ashleigh Rasheed, GSU  | 5.36m |
| 8. Louise PrevotEAU, Elon | 5.33m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Jamie Glenn, APP      | 12.14m |
| 2. Tatyana Bryant, APP   | 11.99m |
| 3. RoShani Glover, CofC  | 11.82m |
| 4. Ashleigh Rasheed, GSU | 11.82m |
| 5. Achsah Brice, WCU     | 11.79m |
| 6. Brittany Powell, WCU  | 11.64m |
| 7. Janelle McNeil, Elon  | 11.27m |
| 8. Kinnari Badger, WCU   | 11.17m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. Alisha Bradshaw, WCU  | 14.20m |
| 2. Charlise Morgan, Elon | 14.08m |
| 3. Brianna Tate, APP     | 13.60m |
| 4. Sarah Sisk, CofC      | 13.48m |
| 5. Jasmine Suydam, APP   | 13.36m |
| 6. Alexis Jacobs, GSU    | 13.35m |
| 7. Aishya Wofford, GSU   | 13.05m |
| 8. Jocelyn Parnell, APP  | 12.71m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Alisha Bradshaw, WCU | 46.68m |
| 2. Aishya Wofford, GSU  | 44.19m |
| 3. Jasmine Suydam, APP  | 42.68m |
| 4. Shelby Builtta, SAM  | 41.70m |
| 5. Ana DeLeon, APP      | 41.26m |
| 6. Kelsey Chandler, GSU | 40.81m |
| 7. Kristin Brining, SAM | 40.30m |
| 8. Alexis Jacobs, GSU   | 38.90m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Kimberlyn Holt, Elon  | 53.45m |
| 2. Alisha Bradshaw, WCU  | 53.08m |
| 3. Kristin Brining, SAM  | 49.90m |
| 4. Charlise Morgan, Elon | 48.79m |
| 5. Ana DeLeon, APP       | 48.75m |
| 6. Alexis Jacobs, GSU    | 48.20m |
| 7. Shelby Builtta, SAM   | 47.88m |
| 8. Jasmine Suydam, APP   | 47.38m |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Suzanne Martin, Elon   | 41.85m |
| 2. Christine Klinar, CofC | 39.73m |
| 3. Jocelyn Parnell, APP   | 39.23m |
| 4. Dianne Tiplady, APP    | 38.96m |
| 5. Jennifer Jarvis, Elon  | 36.77m |
| 6. Shelby Builtta, SAM    | 35.64m |
| 7. Brittany Pierce, APP   | 34.86m |
| 8. Anne Greer, WCU        | 34.63m |

### Heptathlon

|                            |       |
|----------------------------|-------|
| 1. Ashley Cope, SAM        | 4,673 |
| 2. Ashleigh Rasheed, GSU   | 4,384 |
| 3. Nicole Levermann, CIT   | 4,304 |
| 4. Michaela Birek, WCU     | 4,267 |
| 5. Christian McGuire, SAM  | 4,141 |
| 6. Kaitlin McWhorter, CofC | 4,120 |
| 7. Anne Greer, WCU         | 3,987 |
| 8. Holly Gaines, WCU       | 3,817 |

### Most Outstanding Athlete

Ashley Cope, Samford

### Most Outstanding Track Performer

Sinead Haughey, Furman

### Most Outstanding Field Performer

Alisha Bradshaw, Western Carolina

### Freshman of the Year

Tayla Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2012 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                      | Points |
|----------------------|--------|---------------------------|--------|
| 1. Appalachian State | 238    | 6. Chattanooga            | 37     |
| 2. Western Carolina  | 225    | 7. Furman                 | 31     |
| 3. Samford           | 107*   | 8. UNCG                   | 30     |
| 4. The Citadel       | 79     | 9. Wofford                | 11     |
| 5. Davidson          | 58     | * later vacated 16 points |        |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dennis Moore, APP      | 10.35 |
| 2. Landon Powell, APP     | 10.42 |
| 3. Justin Emerson, SAM    | 10.50 |
| 4. Cortez Johnson, FUR    | 10.60 |
| 5. Williw Bowman, WCU     | 10.60 |
| 6. Jeffery Hendricks, WCU | 10.61 |
| 7. Ron Duncan, WCU        | 10.63 |
| 8. Brandon Hairston, WCU  | 11.12 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Benny Davis, WCU       | 20.82 |
| 2. Dennis Moore, APP      | 20.84 |
| 3. Brandon Hairston, WCU  | 20.97 |
| 4. Landon Powell, APP     | 21.04 |
| 5. Jeffery Hendricks, WCU | 21.33 |
| 6. Justin Thomas, APP     | 21.56 |
| 7. Justin Emerson, SAM    | 21.80 |
| 8. Alex Richter, SAM*     | 21.85 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Aaron Harris, WCU     | 48.03 |
| 2. Aaron Tribble, WCU    | 48.53 |
| 3. Benny Davis, WCU      | 48.86 |
| 4. Brandon Hairston, WCU | 49.68 |
| 5. Demari Boswell, WCU   | 49.73 |
| 6. Alex Richter, SAM*    | 49.95 |
| 7. Ammar Phillips, WCU   | 50.11 |
| 8. Dezerick Frazier, UTC | 50.68 |

### 800-meter run

|                       |         |
|-----------------------|---------|
| 1. Andrew Lantz, DAV  | 1:54.60 |
| 2. Alex Taylor, APP   | 1:54.97 |
| 3. Lee Gilmer, FUR    | 1:55.28 |
| 4. Raphael Rojas, APP | 1:55.79 |
| 5. Taylor Hurst, UNCG | 1:56.44 |
| 6. James Perez, FUR   | 1:56.53 |
| 7. Garrett West, WCU  | 1:57.78 |
| 8. William Ivey, FUR  | 2:07.49 |

### 1,500-meter run

|                        |         |
|------------------------|---------|
| 1. Paul Chelimo, UNCG  | 3:49.06 |
| 2. Alex Taylor, APP    | 3:50.72 |
| 3. Andrew Lantz, DAV   | 3:51.92 |
| 4. Joey Thompson, UNCG | 3:52.63 |
| 5. Lee Gilmer, FUR     | 3:53.09 |
| 6. Chris Moen, APP     | 3:53.33 |
| 7. Layton Dorsett, SAM | 3:53.44 |
| 8. Tripp Hurt, FUR     | 3:55.13 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Ryan Hopkins, DAV      | 14:44.36 |
| 2. Chris Berry, UTC       | 14:47.12 |
| 3. Demetrios Pagonis, DAV | 14:54.87 |
| 4. Emmanuel Kirwa, UTC    | 15:08.75 |
| 5. Chris Moen, APP        | 15:10.22 |
| 6. Josh Cox, APP          | 15:12.68 |
| 7. Sean Soderman, APP     | 15:19.34 |
| 8. Michael Lilley, APP    | 15:25.62 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Paul Katam, UNCG*^    | 31:26.09 |
| 2. Emmanuel Kirwa, UTC   | 31:43.81 |
| 3. Mark Cole, UTC        | 31:46.70 |
| 4. Wes Reynolds, DAV     | 31:57.86 |
| 5. Michael Lilley, APP   | 32:00.78 |
| 6. Will Raby, APP        | 32:09.78 |
| 7. Travis Alfaro, WCU    | 32:11.12 |
| 8. Tyler Greathouse, FUR | 32:51.44 |

### 110-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. AJ Dohanic, APP      | 14.11 |
| 2. Tyler Bentley, WCU   | 14.54 |
| 3. Abraham Faison, WCU  | 14.58 |
| 4. Cavan Corcoran, SAM  | 14.60 |
| 5. Sam Lusty, WCU       | 14.92 |
| 6. Pierce DeRico, DAV   | 14.98 |
| 7. Stanley Broaden, APP | 15.06 |
| 8. Marquis Bailey, WCU  | 15.23 |

### 400-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Sam Lusty, WCU          | 53.36 |
| 2. Tyler Bentley, WCU      | 53.98 |
| 3. Stanley Broaden, APP    | 54.42 |
| 4. Jamaal Brantley, CIT    | 54.49 |
| 5. Abraham Faison, WCU     | 55.70 |
| 6. David Riddleberger, APP | 55.72 |
| 7. Blake Olson, UTC        | 56.57 |
| 8. Marquis Bailey, WCU     | 56.97 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Chris Moen, APP          | 9:03.32 |
| 2. Josh Cox, APP            | 9:03.55 |
| 3. Sean Soderman, APP       | 9:11.67 |
| 4. Tripp Hurt, FUR          | 9:12.30 |
| 5. Ian Tupper, DAV          | 9:24.06 |
| 6. Nathan Wanuch, UTC       | 9:24.17 |
| 7. Grayam Sailor-Tynes, DAV | 9:26.26 |
| 8. Brian Carrington, UNCG   | 9:26.71 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.46 |
| 2. Western Carolina  | 40.56 |
| 3. Samford*^         | 41.74 |
| 4. The Citadel       | 41.88 |
| 5. Davidson          | 44.36 |
| 6. Wofford           | 44.97 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:15.90 |
| 2. The Citadel       | 3:21.49 |
| 3. Samford*^         | 3:23.22 |
| 4. Davidson          | 3:23.45 |
| 5. Chattanooga       | 3:24.45 |
| 6. Appalachian State | 3:24.66 |
| 7. Furman            | 3:25.46 |
| 8. Wofford           | 3:27.66 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Daryl Saunders, APP     | 2.18m |
| 2. Darius Purcell, APP     | 2.11m |
| 3. Jordan Orr, WCU         | 2.06m |
| 4. Bob Elliott II, SAM     | 2.01m |
| 5. Joe Bailey, WOF         | 1.96m |
| 6. Cory Patterson, WCU     | 1.91m |
| 7. Bo Ackerson-Gilroy, SAM | 1.86m |
| 8. Parker Gaston, CIT      | 1.86m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Owen Wagoner, SAM       | 5.20m |
| 2. Michael Seaman, SAM     | 5.10m |
| 3. Keith Leonard, WCU      | 4.75m |
| 4. Ryan Cook, SAM          | 4.75m |
| 5. Jacob Stowe, APP        | 4.75m |
| 6. Matt Stenger, WCU       | 4.60m |
| 7. Bo Ackerson-Gilroy, SAM | 4.45m |
| 8. Jake Goodchild, APP     | 4.45m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Edwards Jones, CIT      | 7.30m |
| 2. Tim Smith, CIT          | 7.00m |
| 3. Bo Ackerson-Gilroy, SAM | 6.85m |
| 4. Jamal Tiller, APP       | 6.85m |
| 5. Abraham Faison, WCU     | 6.81m |
| 6. Stewart Dalton, DAV     | 6.77m |
| 7. Darius Purcell, APP     | 6.63m |
| 8. Bob Elliott II, SAM     | 6.61m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Cornelius Williams, WCU | 14.99m |
| 2. Jamal Tiller, APP       | 14.89m |
| 3. Bob McNeil, WCU         | 14.69m |
| 4. Bob Elliott II, SAM     | 14.20m |
| 5. Edward Jones, CIT       | 14.06m |
| 6. Mike McCrimon, WOF      | 13.95m |
| 7. Sam Lusty, WCU          | 13.63m |
| 8. Valian Brown, CIT       | 13.46m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Jared Stalling, APP  | 17.02m |
| 2. Quintin Turner, CIT  | 15.48m |
| 3. Jonathan Newton, WCU | 14.84m |
| 4. Caleb Poplin, APP    | 14.69m |
| 5. Michael Sellers, CIT | 14.66m |
| 6. Nick Sansotta, APP   | 14.55m |
| 7. Zane Lail, APP       | 14.40m |
| 8. Dylan Gigado, CIT    | 14.39m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Jared Stalling, APP   | 52.25m |
| 2. Jamie Van Pelt, WCU   | 51.55m |
| 3. Caleb Poplin, APP     | 48.40m |
| 4. Quintin Turner, CIT   | 47.82m |
| 5. Zane Lail, ASu        | 46.77m |
| 6. Scott Des Marais, FUR | 45.94m |
| 7. Jonathan Newton, WCU  | 45.34m |
| 8. Dylan Gidado, CIT     | 43.75m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Jamie Van Pelt, WCU  | 58.84m |
| 2. Jared Stalling, APP  | 51.09m |
| 3. Caleb Poplin, APP    | 50.42m |
| 4. Jonathan Newton, WCU | 49.81m |
| 5. Quintin Turner, CIT  | 48.27m |
| 6. Zane Lail, APP       | 47.01m |
| 7. Kanon Burt, SAM      | 46.83m |
| 8. Thomas Olivers, SAM  | 45.69m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Thomas Oliver, SAM      | 62.92m |
| 2. Clay Allen, CIT         | 61.33m |
| 3. Bo Ackerson-Gilroy, SAM | 58.58m |
| 4. Jamie Van Pelt, WCU     | 57.70m |
| 5. Kanon Burt, SAM         | 52.77m |
| 6. Andy Benesh, WCU        | 51.17m |
| 7. Jordan Orr, WCU         | 50.07m |
| 8. Ellison Glenn, CIT      | 49.29m |

### Decathlon

|                        |       |
|------------------------|-------|
| 1. Jake Goodchild, APP | 6,424 |
| 2. Luke Burton, WCU    | 6,207 |
| 3. Donald Cooper, SAM  | 5,957 |
| 4. Ellison Glenn, CIT  | 5,831 |
| 5. Kyle Bernier, WCU   | 5,375 |
| 6. Wayne Parker, WCU   | 5,150 |
| 7. Brad Bostic, SAM    | 5,135 |
| 8. Cody Russell, SAM   | 5,089 |

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Jared Stalling, Appalachian State

### Most Outstanding Track Performer

Benny Davis, Western Carolina

### Most Outstanding Field Performer

Jared Stalling, Appalachian State

### Freshman of the Year

Bob Elliott II, Samford

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2012 WOMEN'S CHAMPIONSHIP

## Team results

| Team                     | Points | Team            | Points |
|--------------------------|--------|-----------------|--------|
| 1. Appalachian State     | 207.5  | 7. UNCG         | 37     |
| 2. Western Carolina      | 149    | 8. Furman       | 16     |
| 3. Samford               | 113    | 9. The Citadel  | 14.5   |
| 4. Georgia Southern      | 104    | 10. Chattanooga | 10     |
| 5. Elon                  | 102    | 11. Wofford     | 4      |
| 6. College of Charleston | 62     | 12. Davidson    | --     |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Ebony Carter, GSU     | 11.53 |
| 2. Jasmine Billings, GSU | 11.72 |
| 3. Breanna Alston, APP   | 11.76 |
| 4. Jasmin Walker, GSU    | 11.82 |
| 5. Janise Robinson, WCU  | 11.84 |
| 6. Kristen Campbell, APP | 11.88 |
| 7. D'Shawna McLucas, APP | 12.08 |
| 8. Felisha Garren, WCU   | 12.48 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Breanna Alston, APP   | 23.68 |
| 2. Ebony Carter, GSU     | 23.92 |
| 3. D'Shawna McLucas, APP | 24.15 |
| 4. Kristen Campbell, APP | 24.19 |
| 5. Jasmin Walker, GSU    | 24.29 |
| 6. Felisha Garren, WCU   | 24.31 |
| 7. Bria Bell, Elon 24.32 |       |
| 8. Amy Salek, Elon       | 24.48 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Amy Salek, Elon       | 54.66 |
| 2. Felisha Garren, WCU   | 55.00 |
| 3. Asia Dunlap, APP      | 55.18 |
| 4. Bria Bell, Elon 56.18 |       |
| 5. Lena Elliott, WCU     | 56.39 |
| 6. Jessica Watson, SAM   | 56.70 |
| 7. Kimberley Thomas, GSU | 58.07 |
| 8. Racquel Daly, GSU     | 59.90 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Jocelyn Keen, WCU     | 2:10.99 |
| 2. Asia Dunlap, APP      | 2:11.92 |
| 3. Alyssa D'Orazio, CofC | 2:12.05 |
| 4. Micah Wessinger, CIT  | 2:12.25 |
| 5. Marie Demedicis, SAM  | 2:12.74 |
| 6. Anna Irvine, SAM      | 2:15.56 |
| 7. Alyssa Burkert, WOF   | 2:16.81 |
| 8. Kristiana Towns, GSU  | 2:27.94 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Ashley Schnell, UNCG | 4:27.92 |
| 2. Shaina Sumney, UNCG  | 4:33.55 |
| 3. Amanda Sumner, UTC   | 4:36.57 |
| 4. Kerry Hartman, UNCG  | 4:41.12 |
| 5. Chelsea Sumney, UNCG | 4:42.61 |
| 6. Holly Benson, SAM    | 4:43.87 |
| 7. Justine Stocks, APP  | 4:45.98 |
| 8. Allison Cook, APP    | 4:47.20 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Amanda Hamilton, APP  | 17:07.46 |
| 2. Allyson Oram, Elon    | 17:31.11 |
| 3. Mara Smith, WCU       | 17:34.48 |
| 4. Sarah Williamson, APP | 17:37.50 |
| 5. Ginny Cronley, UNCG   | 17:43.36 |
| 6. Hannah ORders, APP    | 17:47.01 |
| 7. Amy Neilson, APP      | 18:02.95 |
| 8. Kaitlin Cagle, APP    | 18:04.13 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Dena O'Brien, CofC    | 35:55.44 |
| 2. Sinead Haughey, FUR   | 36:01.61 |
| 3. Allyson Oram, Elon    | 36:29.08 |
| 4. Sarah Williamson, APP | 36:29.41 |
| 5. Ginny Cronley, UNCG   | 37:10.33 |
| 6. Amanda Hamilton, APP  | 37:39.59 |
| 7. Kaitlin Cagle, APP    | 37:51.79 |
| 8. Morgan Denecke, Elon  | 37:57.10 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Jasmine Billings, GSU | 13.68 |
| 2. Stephanie Hicks, GSU  | 13.76 |
| 3. Taylor Wade, GSU      | 14.20 |
| 4. Julie McDonald, SAM   | 14.22 |
| 5. Shermell Wilkins, WCU | 14.34 |
| 6. Xaviera Bass, WCU     | 14.46 |
| 7. Jettana Thomas, WCU   | 14.84 |
| 8. Molly Vaughn, APP     | 14.89 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Shenita Martin, APP   | 1:01.27 |
| 2. Taylor Wade, GSU      | 1:01.88 |
| 3. Michaela Birek, WCU   | 1:02.10 |
| 4. Helena Shields, APP   | 1:02.94 |
| 5. Kristen Wolfe, CofC   | 1:04.10 |
| 6. Shermell Wilkins, WCU | 1:05.50 |
| 7. Leslie Graf, SAM      | 1:05.50 |
| 8. Veronica Luedke, Elon | 1:10.38 |

### 3,000-meter steeplechase

|                          |          |
|--------------------------|----------|
| 1. Kristen Wolf, CofC    | 10:48.26 |
| 2. Brooke Mosteller, FUR | 10:49.21 |
| 3. Allison Cook, APP     | 10:57.99 |
| 4. Hannah Orders, APP    | 11:00.70 |
| 5. Emily Tryon, Elon     | 11:27.70 |
| 6. Maria Stickley, APP   | 11:49.53 |
| 7. Kelly Montague, UNCG  | 11:57.92 |
| 8. Rachel Sims, SAM      | 12:11.83 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Appalachian State     | 45.92 |
| 2. Western Carolina      | 46.02 |
| 3. Georgia Southern      | 46.48 |
| 4. Elon                  | 46.75 |
| 5. Samford               | 48.42 |
| 6. The Citadel           | 49.78 |
| 7. College of Charleston | 49.79 |
| 8. Chattanooga           | 51.60 |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:46.80 |
| 2. Elon                  | 3:48.46 |
| 3. Appalachian State     | 3:50.77 |
| 4. Samford               | 3:53.57 |
| 5. College of Charleston | 3:58.19 |
| 6. The Citadel           | 4:00.70 |
| 7. Wofford               | 4:00.94 |
| 8. Chattanooga           | 4:05.94 |

### High jump

|                                 |       |
|---------------------------------|-------|
| 1. Emily Smith, CofC            | 1.75m |
| 2. Shaquiela Robinson, APP      | 1.65m |
| Chenelle Terry, Sam             | 1.65m |
| 4. Xaviera Bass, WCU            | 1.65m |
| 5. Haley Laird, Elon            | 1.65m |
| 6. Jordan Lee, Elon             | 1.65m |
| 7. Taylor Pannell, UTC          | 1.60m |
| 8. Mary Theresa Montgomery, APP | 1.60m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Claire Goodson, SAM     | 3.90m |
| 2. Cassandra Crawford, APP | 3.75m |
| 3. Chelsea Farr, APP       | 3.75m |
| 4. Ashley Wala, WCU        | 3.60m |
| 5. Ashley Cope, SAM        | 3.60m |
| 6. Laura Bedsole, SAM      | 3.45m |
| 7. Debra Domermuth, APP    | 3.30m |
| 8. Devyn Ressler, WCU      | 3.30m |

### Long jump

|                                    |       |
|------------------------------------|-------|
| 1. Jasmin Walker, GSU              | 5.93m |
| 2. Tatyana Bryant, APP             | 5.91m |
| 3. Jettana Thomas, WCU             | 5.81m |
| 4. Raven Parrish, WCU              | 5.68m |
| 5. Breanna Alston, APP             | 5.63m |
| 6. Emily Allen, SAM                | 5.49m |
| 7. Millicent Brooks-Millender, GSU | 5.41m |
| 8. Louise PrevotEAU, Elon          | 5.31m |

### Triple jump

|                                    |        |
|------------------------------------|--------|
| 1. Erika Ivey, APP 12.09m          |        |
| 2. Emily Allen, SAM                | 11.92m |
| 3. Tatyana Bryant, APP             | 11.59m |
| 4. Millicent Brooks-Millender, GSU | 11.43m |
| 5. Janelle McNeil, Elon            | 11.13m |
| 6. Jettana Thomas, WCU             | 11.06m |
| 7. Brianna Charles, GSU            | 10.99m |
| 8. Dyshia Parks, CofC              | 10.72m |

### Shot put

|                           |        |
|---------------------------|--------|
| 1. Sarah Sisk, CofC       | 13.55m |
| 2. Charlise Morgan, Elon  | 13.41m |
| 3. Jasmine Suydam, APP    | 13.40m |
| 4. Gayshawna Watkins, APP | 13.19m |
| 5. Charnelle Wray, GSU    | 12.93m |
| 6. Katelyn Poole, SAM     | 12.72m |
| 7. Alexis Jacobs, GSU     | 12.50m |
| 8. Alisha Bradshaw, WCU   | 12.47m |

### Discus throw

|                                 |        |
|---------------------------------|--------|
| 1. Alisha Bradshaw, WCU         | 43.71m |
| 2. Aleisha Archie McMillan, WCU | 42.17m |
| 3. Jasmine Suydam, APP          | 41.75m |
| 4. Alyssa Girvin, Elon          | 41.73m |
| 5. Gayshawna Watkins, APP       | 41.25m |
| 6. Shelby Bulita, SAM           | 40.73m |
| 7. Kim Cannon, WCU              | 38.98m |
| 8. Jennifer Jarvis, Elon        | 37.97m |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Zakiyyah Stewart, WCU  | 52.12m |
| 2. Gayshawna Watkins, APP | 49.20m |
| 3. Norjai Palma, APP      | 48.84m |
| 4. Michaela McGriff, APP  | 47.68m |
| 5. Shelby Builtta, SAM    | 45.29m |
| 6. Charlise Morgan, Elon  | 43.25m |
| 7. Kasandra Polson, CIT   | 41.39m |
| 8. Charnelle Wray, CIT    | 41.05m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Megan Morton, WCU       | 42.84m |
| 2. Shelby Builtta, SAM     | 40.42m |
| 3. Deanne Tiplady, APP     | 39.31m |
| 4. Summer Hughes, WCU      | 38.30m |
| 5. Justine Robertson, Elon | 37.41m |
| 6. Christine Klinar, CofC  | 36.99m |
| 7. Azura Robillard, GSU    | 35.69m |
| 8. Gayshawna Watkins, APP  | 35.43m |

### Heptathlon

|                            |       |
|----------------------------|-------|
| 1. Ashley Cope, SAM        | 4,743 |
| 2. Christian McGuire, SAM  | 4,656 |
| 3. Louise PrevotEAU, Elon  | 4,587 |
| 4. Jettana Thomas, WCU     | 4,419 |
| 5. Macy Conger, SAM        | 4,408 |
| 6. Nicole Levermann, CIT   | 4,272 |
| 7. Anne Greer, WCU         | 4,225 |
| 8. Kaitlin McWhorter, CofC | 3,933 |

#### Most Outstanding Performer

Breanna Alston, Appalachian State

#### Most Outstanding Track Performer

Ebony Carter, Georgia Southern

#### Most Outstanding Field Performer

Emily Allen, Samford

#### Freshman of the Year

Alisha Bradshaw, Western Carolina

#### Coach of the Year

John Weaver, Appalachian State

#### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2011 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                      | Points |
|----------------------|--------|---------------------------|--------|
| 1. Appalachian State | 256    | 6. Chattanooga            | 42     |
| 2. Western Carolina  | 218.5  | 7. Furman                 | 24     |
| 3. Samford           | 138.5* | 8. Wofford                | 17     |
| 4. Davidson          | 770    | 9. UNCG                   | 1      |
| 5. The Citadel       | 48     | * later vacated 13 points |        |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Dennis Moore, APP     | 10.39 |
| 2. Landon Powell, APP    | 10.55 |
| 3. Justin Thomas, APP    | 10.61 |
| 4. Justin Emerson, SAM   | 10.66 |
| 5. Brandon Hairston, WCU | 10.80 |
| 6. Thomas Lockard, APP   | 10.81 |
| 7. Willie Bowman, WCU    | 10.87 |
| 8. Daniel Till, CIT      | 10.89 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Dennis Moore, APP     | 20.81 |
| 2. Brandon Hairston, WCU | 21.16 |
| 3. Justin Thomas, APP    | 21.30 |
| 4. Landon Powell, APP    | 21.32 |
| 5. Aaron Tribble, WCU    | 21.41 |
| 6. Daniel Till, CIT      | 21.77 |
| 7. Benny Davis, WCU      | 21.79 |
| 8. Thomas Lockard, APP   | 21.98 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Brunson Miller, CIT   | 46.90 |
| 2. Aaron Tribble, WCU    | 47.53 |
| 3. Benny Davis, WCU      | 48.75 |
| 4. Brandon Hairston, WCU | 48.97 |
| 5. JinHan Song, DAV      | 49.19 |
| 6. Sydney Rhodes, WCU    | 49.49 |
| 7. Alex Richter, SAM*    | 49.50 |
| 8. Ammar Phillips, WCU   | 49.66 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Drew Tucker, WCU         | 1:51.33 |
| 2. Brandon Hudgins, APP     | 1:51.34 |
| 3. Henry Stevens-Carty, DAV | 1:51.71 |
| 4. Lee Gilmer, FUR          | 1:51.99 |
| 5. Alex Taylor, APP         | 1:52.41 |
| 6. Garrett West, WCU        | 1:52.79 |
| 7. David Moore, UTC         | 1:53.03 |
| 8. Joey Thompson, UNCG      | 1:53.17 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Grayam Sailor-Tynes, DAV | 3:59.44 |
| 2. James Perez, FUR         | 4:00.36 |
| 3. Bud Galloway, APP        | 4:00.65 |
| 4. Andrew Lantz, DAV        | 4:00.74 |
| 5. Will Mitchell, DAV       | 4:00.76 |
| 6. Brandon Hudgins, APP     | 4:01.04 |
| 7. Layton Dorsett, SAM      | 4:01.34 |
| 8. Lucas Cotter, UTC        | 4:01.82 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Will Raby, APP         | 14:54.57 |
| 2. Emmanuel Kirwa, UTC    | 14:58.53 |
| 3. Chris Berry, UTC       | 14:58.69 |
| 4. Charlie Schmitt DAV    | 15:02.12 |
| 5. Nicholas Kelly, APP    | 15:07.56 |
| 6. Sean Soderman, APP     | 15:08.87 |
| 7. Demetrios Pagonis, DAV | 15:10.75 |
| 8. Ryan Hopkins, DAV      | 15:20.46 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Chris Berry, UTC       | 30:42.38 |
| 2. Ryan Hopkins, DAV      | 30:42.77 |
| 3. Emmanuel Kirwa, UTC    | 30:44.51 |
| 4. Will Raby, APP         | 30:52.21 |
| 5. Demetrios Pagonis, DAV | 30:58.43 |
| 6. Charles McGoogan, FUR  | 31:10.52 |
| 7. Nicholas Kelly, APP    | 31:32.53 |
| 8. Greg Marcil, DAV       | 31:40.85 |

### 110-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Cordell Livingston, WCU | 14.46 |
| 2. AJ Dohanic, APP         | 14.55 |
| 3. Jordan Blazer, WCU      | 14.60 |
| 4. Cavan Corcoran, SAM     | 14.68 |
| 5. Trey Jones, APP         | 14.93 |
| 6. Tyler Bentley, WCU      | 15.28 |
| 7. Sam Lusty, WCU          | 15.56 |
| 8. Chris Sievert, CIT      | 16.21 |

### 400-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Cordell Livingston, WCU | 52.62 |
| 2. AJ Dohanic, APP         | 53.90 |
| 3. Blazer Jordan, WCU      | 54.16 |
| 4. Blake Olson, UTC        | 54.45 |
| 5. Tyler Bentley, WCU      | 55.42 |
| 6. Taylor Martin, DAV      | 55.63 |
| 7. Sam Lusty, WCU          | 55.74 |
| 8. Donald Cooper, SAM      | 56.33 |

### 3,000-meter steeplechase

|                       |         |
|-----------------------|---------|
| 1. Sean Soderman, APP | 8:56.82 |
| 2. Blaise Carie, SAM  | 8:59.08 |
| 3. Chris Moen, APP    | 9:13.96 |
| 4. Ian Tupper, DAV    | 9:14.39 |
| 5. Bud Galloway, APP  | 9:14.66 |
| 6. Scott Cope, SAM    | 9:17.71 |
| 7. Chase Fisher, WCU  | 9:22.37 |
| 8. Vincent Weir, DAV  | 9:22.38 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.29 |
| 2. Western Carolina  | 40.94 |
| 3. The Citadel       | 42.40 |
| 4. Samford*          | 42.64 |
| 5. Davidson          | 43.58 |
| 6. Wofford           | 43.94 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:11.45 |
| 2. The Citadel       | 3:13.93 |
| 3. Samford*^         | 3:21.04 |
| 4. Davidson          | 3:22.36 |
| 5. Chattanooga       | 3:24.81 |
| 6. Furman            | 3:25.37 |
| 7. Wofford           | 3:28.90 |
| 8. Appalachian State | 3:29.27 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Darius Purcell, APP    | 2.10m |
| 2. James Harris, CIT      | 2.05m |
| 3. Tyler Kemp, SAM        | 2.05m |
| 4. Jordan Orr, WCU        | 2.00m |
| 5. Joshua Hogg, APP       | 1.95m |
| 6. Joe Bailey, WOF        | 1.95m |
| 7. Aaron Tribble, WCU     | 1.90m |
| 8. Justin Strickland, WCU | 1.90m |
| Donald Cooper, SAM        | 1.90m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Michael Seaman, SAM | 5.05m |
| 2. Patrick Weels, SAM  | 5.05m |
| 3. Owen Wagoner, SAM   | 4.85m |
| 4. Ryan Twiford, APP   | 4.70m |
| 5. Mike Wilson, APP    | 4.55m |
| 6. Zac Epperson, SAM   | 4.40m |
| 7. Matt Stenger, WCU   | 4.40m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Lawren Willard, WCU     | 7.15m |
| 2. Stewart Dalton, DAV     | 6.84m |
| 3. Mike McCrimon, WOF      | 6.83m |
| 4. Bob McNeil, WCU         | 6.80m |
| 5. Tim Smith, CIT          | 6.79m |
| 6. Cornelius Williams, WCU | 6.75m |
| 7. Jamal Tiller, APP       | 6.75m |
| 8. Darius Purcell APP      | 6.47m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Cordell Livingston, WCU | 14.94m |
| 2. Cornelius Williams, WCU | 14.77m |
| 3. Jamal Tiller, APP       | 14.76m |
| 4. Bob McNeil, WCU         | 14.68m |
| 5. Lawren Willard, WCU     | 14.26m |
| 6. Justin Strickland, WCU  | 13.76m |
| 7. Mike McCrimon, WOF      | 13.30m |
| 8. Patrick Hill, APP       | 13.16m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Jerod Gardner, APP   | 16.90m |
| 2. Jacob Lane, APP      | 16.12m |
| 3. Malcolm Styers, APP  | 15.83m |
| 4. Chris Davis, SAM     | 15.28m |
| 5. Jonathan Newton, WCU | 14.59m |
| 6. Jamie Van Pelt, WCU  | 14.31m |
| 7. Ryan Pless, WCU      | 13.68m |
| 8. Dylan Gigado, CIT    | 13.64m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Jerod Gardner, APP    | 48.45m |
| 2. Malcolm Styers, APP   | 47.40m |
| 3. Jamie Van Pelt, WCU   | 46.26m |
| 4. Scott Des Marais, FUR | 44.06m |
| 5. Caleb Poplin, APP     | 42.98m |
| 6. Ryan Pless, WCU       | 41.98m |
| 7. Daniel Alexis, WCU    | 40.77m |
| 8. Jacob Lane, APP       | 40.76m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Malcolm Styers, APP | 58.31m |
| 2. Kyle Kirby, SAM     | 57.87m |
| 3. Timothy Daly, APP   | 56.21m |
| 4. Jamie Van Pelt, WCU | 53.91m |
| 5. Jerod Gardner, APP  | 52.04m |
| 6. Zane Lail, APP      | 48.78m |
| 7. Kanon Burt, SAM     | 48.01m |
| 8. Chris Castagno, CIT | 47.92m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Thomas Oliver, SAM  | 63.65m |
| 2. Brandon Basset, SAM | 60.25m |
| 3. Ryland Robbins, SAM | 58.38m |
| 4. Jamie Van Pelt, WCU | 54.20m |
| 5. Kanon Burt, SAM     | 53.16m |
| 6. Clay Allen, CIT     | 52.93m |
| 7. Wayne Parker, WCU   | 51.92m |
| 8. Andy Vess, WOF      | 51.26m |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Brandon Bassett, SAM | 7,040 |
| 2. Jake Goodchild, APP  | 6,560 |
| 3. Luke Burton, WCU     | 5,876 |
| 4. Donald Cooper, SAM   | 5,674 |
| 5. Zac Epperson, SAM    | 5,330 |
| 6. Sam Lusty, WCU       | 5,079 |
| 7. Parker Gaston, CIT   | 4,853 |
| 8. Wayne Parker, WCU    | 4,104 |

\* later vacated

^ all-conference honor later vacated

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Most Outstanding Track Performer

Dennis Moore, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Freshman of the Year

Aaron Tribble, Western Carolina

### Coach of the Year

Rod Tiffin, Samford

### \*\*NOTES\*\*

• Top three finishers in each event received all-conference honors

• Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2011 WOMEN'S CHAMPIONSHIP

## Team results

| Team                     | Points | Team            | Points |
|--------------------------|--------|-----------------|--------|
| 1. Appalachian State     | 195    | 7. UNCG         | 29     |
| 2. Western Carolina      | 138    | 8. Furman       | 25     |
| 3. Elon                  | 131    | 9. The Citadel  | 20     |
| 4. Samford               | 115.5  | 10. Chattanooga | 7      |
| 5. Georgia Southern      | 87.5   | 11. Wofford     | 2.5    |
| 6. College of Charleston | 66.5   | 12. Davidson    | 2      |

### 100-meter dash

|                              |       |
|------------------------------|-------|
| 1. Ebony Carter, GSU         | 11.75 |
| 2. Brianna Alston, APP       | 11.87 |
| 3. Felicia Paulding, WCU     | 12.00 |
| 4. Kristen Campbell, APP     | 12.02 |
| 5. Raven Parrish, WCU        | 12.08 |
| 6. Janise Robinson, WCU      | 12.21 |
| 7. Jasmine Billings, GSU     | 12.22 |
| 8. Kwajelin Holsendolph, GSU | 12.26 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Breanna Alston, APP    | 24.02 |
| 2. Felisha Garren, WCU    | 24.23 |
| 3. Felicia Paulding, WCU  | 24.39 |
| 4. Ebony Carter, GSU      | 24.49 |
| 5. Bria Bell, Elon        | 24.67 |
| 6. Amy Salek, Elon        | 24.69 |
| 7. Kristen Campbell, APP  | 24.70 |
| 8. D'Shawna McClucas, APP | 24.75 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Felisha Garren, WCU    | 53.99 |
| 2. Amy Salek, Elon        | 54.44 |
| 3. Asia Dunlap, APP       | 55.11 |
| 4. Bria Bell, Elon        | 56.64 |
| 5. Racquel Daly, GSU      | 56.98 |
| 6. Shalyn McMichael, WCU  | 57.29 |
| 7. D'Shawna McClucas, APP | 57.46 |
| 8. Sarah Skogren, Elon    | 57.61 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Hillary Neal, SAM     | 2:10.52 |
| 2. Asia Dunlap, APP      | 2:10.91 |
| 3. Micah Wessinger, CIT  | 2:13.51 |
| 4. Monique Ositelu, FUR  | 2:14.52 |
| 5. Alussa D'Orazio, CofC | 2:15.84 |
| 6. Jocelyn Keen, WCU     | 2:16.28 |
| 7. Erin Barker, FUR      | 2:17.90 |
| 8. Julie Hart, Elon      | 2:18.56 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Ashley Schnell, UNCG     | 4:27.06 |
| 2. Dena O'Brien, CofC       | 4:29.01 |
| 3. Julie Hart, Elon         | 4:34.08 |
| 4. Morgan Turner, WCU       | 4:35.53 |
| 5. Lauren D'Alessio, SAM    | 4:38.38 |
| 6. Erin Barker, FUR         | 4:38.76 |
| 7. Jessica Van Ausdall, SAM | 4:40.50 |
| 8. Jenna Callahan, FUR      | 4:40.51 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Dena O'Brien, CofC   | 17:11.52 |
| 2. Chelsea Sumney, UNCG | 17:52.76 |
| 3. Shaina Sumney, UNCG  | 17:54.44 |
| 4. Jillian Klassen, SAM | 17:58.70 |
| 5. Emily Fournier, Elon | 18:00.90 |
| 6. Amy Neilson, APP     | 18:11.90 |
| 7. Allyson Oram, Elon   | 18:13.59 |
| 8. Sarah Cline, DAV     | 18:14.65 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Chloe Kowalski, FUR   | 36:40.96 |
| 2. Jillian Klassen, SAM  | 36:46.88 |
| 3. Amy Neilson, APP      | 36:53.70 |
| 4. Tara Gietema, UTC     | 37:35.01 |
| 5. Alyson Costa, Elon    | 37:40.58 |
| 6. Morgan Denecke, Elon  | 37:44.18 |
| 7. Ginny Cronley, UNCG   | 37:48.44 |
| 8. Heather Conarroe, DAV | 38:06.48 |

### 100-meter hurdles

|                              |       |
|------------------------------|-------|
| 1. Nicole Okolo, WCU         | 13.73 |
| 2. Kwajelin Holsendolph, GSU | 13.90 |
| 3. Julie McDonald, SAM       | 13.97 |
| 4. Stephanie Hicks, GSU      | 14.03 |
| 5. Jasmine Billings, GSU     | 14.06 |
| 6. Morgan Tyler, SM          | 14.41 |
| 7. Carlyn Wright, WCU        | 14.54 |
| 8. Michelle Brutus, APP      | 14.60 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Chenel McFadden, APP  | 1:00.94 |
| 2. Veronica Luedke, Elon | 1:01.96 |
| 3. Shenita Martin, APP   | 1:02.69 |
| 4. Mary Zolga, CofC      | 1:03.06 |
| 5. Ray Toomer, GSU       | 1:03.33 |
| 6. Helena Shields, APP   | 1:03.33 |
| 7. Leslie Graf, SAM      | 1:06.43 |
| 8. Morgan Tyler, SAM     | 1:11.57 |

### 3,000-meter steeplechase

|                          |          |
|--------------------------|----------|
| 1. Kristen Wolf, CofC    | 10:42.85 |
| 2. Emily Tryon, Elon     | 10:53.86 |
| 3. Emily Fournier, Elon  | 10:59.38 |
| 4. Lauren D'Alessio, SAM | 11:00.02 |
| 5. Rebecca Shelton, FUR  | 11:21.08 |
| 6. Anna Grimes, UNCG     | 11:21.12 |
| 7. Dani Reese, APP       | 11:21.16 |
| 8. Hannah Orders, APP    | 11:24.17 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Western Carolina      | 45.92 |
| 2. Appalachian State     | 46.44 |
| 3. Elon                  | 47.15 |
| 4. Samford               | 48.33 |
| 5. The Citadel           | 49.07 |
| 6. College of Charleston | 51.20 |
| 7. Chattanooga           | 51.53 |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Elon                  | 3:43.83 |
| 2. Western Carolina      | 3:46.15 |
| 3. Georgia Southern      | 3:50.60 |
| 4. Samford               | 3:53.21 |
| 5. Appalachian State     | 3:53.51 |
| 6. College of Charleston | 3:58.63 |
| 7. The Citadel           | 4:01.34 |
| 8. Wofford               | 4:06.66 |

### High jump

|                            |       |
|----------------------------|-------|
| 1. Rebecca Hazeltnie, APP  | 1.75m |
| 2. Shaquiela Robinson, APP | 1.70m |
| 3. Rebecca Hazeltnie, APP  | 1.70m |
| 4. Emily Smith, CofC       | 1.70m |
| 5. Nicole Levermann, CIT   | 1.60m |
| 6. Zakiyyah Stewart, WCU   | 1.60m |
| 7. Kaitlin Brown, WOF      | 1.60m |
| Alex Cassagnol, GSU        | 1.60m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Cassandra Crawford, APP | 3.80m |
| 2. Kassie McKie, WCU       | 3.70m |
| 3. Ashley Cope, SAM        | 3.70m |
| 4. Laura Bedsole, SAM      | 3.40m |
| 5. Meredith Wilson, APP    | 3.40m |
| 6. Ashley Wala, WCU        | 3.40m |
| 7. Claire Goodson, CofC    | 3.40m |
| Mary Barron, SAM           | 3.40m |

### Long jump

|                                    |       |
|------------------------------------|-------|
| 1. Shaunta Hamilton, GSU           | 5.99m |
| 2. Veronica Day, Elon              | 5.91m |
| 3. Bianca Harvey, APP              | 5.75m |
| 4. Crystal Dukes, APP              | 5.58m |
| 5. Stephanie Hicks, GSU            | 5.52m |
| 6. Erika Ivey, APP                 | 5.42m |
| 7. Millicent Brooks-Millender, GSU | 5.35m |
| 8. Brittany Wilkins, Elon          | 5.31m |

### Triple jump

|                                    |        |
|------------------------------------|--------|
| 1. Veronica Day, Elon              | 12.64m |
| 2. Lauren Hawkesworth, Elon        | 12.13m |
| 3. Erika Ivey, APP                 | 12.05m |
| 4. Morgan Tyler, SAM               | 12.04m |
| 5. Millicent Brooks-Millender, GSU | 12.04m |
| 6. Brittany Powell, WCU            | 11.86m |
| 7. Shaunta Hamilton, GSU           | 11.84m |
| 8. Emily Allen, SAM                | 11.76m |

### Shot put

|                            |        |
|----------------------------|--------|
| 1. Norjai Palma, APP       | 14.34m |
| 2. Gayshawna Watkins, APP  | 13.92m |
| 3. Zakiyyah Stewart, WCU   | 13.38m |
| 4. Justine Robertson, Elon | 13.11m |
| 5. Charlise Morgan, Elon   | 12.66m |
| 6. Ashley Thomas, GSU      | 12.44m |
| 7. Andriana Love, CIT      | 12.30m |
| 8. Crystal Dukes, APP      | 12.05m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Zakiyyah Stewart, WCU   | 43.74m |
| 2. Gayshawna Watkins, APP  | 43.59m |
| 3. Norjai Palma, APP       | 42.71m |
| 4. Justine Robertson, Elon | 40.78m |
| 5. Shelby Builta, SAM      | 40.25m |
| 6. Alyssa Girvin, Elon     | 39.24m |
| 7. Ashley Thomas, GSU      | 35.60m |
| 8. Rebecca Gardner, Elon   | 33.51m |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Zakiyyah Stewart, WCU  | 52.12m |
| 2. Gayshawna Watkins, APP | 49.20m |
| 3. Norjai Palma, APP      | 48.84m |
| 4. Michaela McGriff, APP  | 47.68m |
| 5. Shelby Builta, SAM     | 45.29m |
| 6. Charlise Morgan, Elon  | 43.25m |
| 7. Kasandra Polson, CIT   | 41.39m |
| 8. Charnelle Wray, CIT    | 41.05m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Megan Morton, WCU       | 42.71m |
| 2. Shelby Builta, SAM      | 40.42m |
| 3. Deanne Tiplady, APP     | 39.31m |
| 4. Summer Hughes, WCU      | 38.30m |
| 5. Justine Robertson, Elon | 37.41m |
| 6. Christine Klinar, CofC  | 36.99m |
| 7. Azura Robillard, GSU    | 35.69m |
| 8. Gayshawna Watkins, APP  | 35.43m |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Ashley Cope, SAM      | 4,669 |
| 2. Isabel Boersma, CofC  | 4,543 |
| 3. Stephanie Hicks, GSU  | 4,535 |
| 4. Brynne Johnson, CofC  | 4,531 |
| 5. Macy Conger, SAM      | 4,469 |
| 6. Morgan Tyler, SAM     | 4,446 |
| 7. Nakristin Greene, WCU | 4,367 |
| 8. Shaunta Hamilton, GSU | 4,278 |

### Most Outstanding Performer

Zakiyyah Stewart, Western Carolina

### Most Outstanding Track Performer

Felisha Garren, Western Carolina

### Most Outstanding Field Performer

Veronica Day, Elon

### Freshman of the Year

Breanna Alston, Appalachian State

### Coach of the Year

Mark Elliston, Elon

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2010 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 263.5  | 6. Chattanooga | 29     |
| 2. Western Carolina  | 242    | T-7. Furman    | 21     |
| 3. Samford           | 132.5  | T-7. UNCG      | 21     |
| 4. The Citadel       | 57.5   | 9. Wofford     | 3.5    |
| 5. Davidson          | 44     |                |        |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Landon Powell, APP     | 10.50 |
| 2. Dominique Young, WCU   | 10.55 |
| 3. Dennis Moore, APP      | 10.60 |
| 4. Justin Thomas, APP     | 10.66 |
| 5. Willie Bowman, WCU     | 10.75 |
| 6. Daniel Till, CIT 10.78 |       |
| 7. Christian Bethune, WCU | 10.98 |
| 8. Benny Davis, WCU       | 11.36 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Landon Powell, APP     | 21.51 |
| 2. John Svoboda, APP      | 21.54 |
| 3. Dominique Young, WCU   | 21.59 |
| 4. Dennis Moore, APP      | 21.66 |
| 5. Justin Thomas, APP     | 21.90 |
| 6. Daniel Till, CIT 22.02 |       |
| 7. Benny Davis, WCU       | 22.07 |
| 8. Brandon Hairston, WCU  | 22.23 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Brunson Miller, CIT   | 47.25 |
| 2. Benny Davis, WCU      | 47.56 |
| 3. Brandon Hairston, WCU | 47.61 |
| 4. John Svoboda, APP     | 47.69 |
| 5. JinHan Song, DAV      | 48.37 |
| 6. Tyler Combs, APP      | 49.07 |
| 7. Zac Corder, SAM       | 49.30 |
| 8. Nick Zeller, APP      | 49.49 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Drew Tucker, WCU     | 1:51.57 |
| 2. Terry Wyatt, UNCG    | 1:52.11 |
| 3. Alex Taylor, APP     | 1:54.01 |
| 4. Brandon Hudgins, APP | 1:54.16 |
| 5. Garrett West, WCU    | 1:54.34 |
| 6. David Moore, UTC     | 1:55.64 |
| 7. Will Stratford, DAV  | 1:55.94 |
| 8. Peter Bruton, DAV    | 1:56.00 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Brandon Hudgins, APP | 3:53.51 |
| 2. Joey Thompson, UNCG  | 3:53.85 |
| 3. Alex Taylor, APP     | 3:53.91 |
| 4. Peter Bruton, DAV    | 3:55.71 |
| 5. Stephen Hammond, WCU | 3:56.69 |
| 6. Josh Houser, APP     | 3:56.74 |
| 7. Scott Cope, SAM      | 3:57.20 |
| 8. Lee Gilmer, FUR      | 3:57.37 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Phil Mitchell, APP    | 14:53.82 |
| 2. Cameron Bean, SAM     | 14:58.88 |
| 3. Emmanuel Kirwa, UTC   | 15:03.31 |
| 4. Ryan Hopkins, DAV     | 15:05.58 |
| 5. Sean Soderman, APP    | 15:13.77 |
| 6. Brian Graves, APP     | 15:16.26 |
| 7. Alec Meyer, APP       | 15:22.83 |
| 8. Charlie McGoogan, FUR | 15:33.57 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Phil Mitchell, APP     | 31:32.42 |
| 2. Ryan Hopkins, DAV      | 31:42.26 |
| 3. Charlie McGoogan, FUR  | 31:45.99 |
| 4. Jay Miller, FUR        | 31:48.01 |
| 5. Mark Cole, UTC         | 32:06.49 |
| 6. Demetrios Pagonis, DAV | 32:20.94 |
| 7. Brian Graves, APP      | 32:27.82 |
| 8. Josey Weaver, WCU      | 32:38.24 |

### 110-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Cordell Livingston, WCU | 14.42 |
| 2. AJ Dohanic, APP         | 14.80 |
| 3. Trey Jones, APP         | 14.85 |
| 4. Matt Boruff, APP        | 15.12 |
| 5. Cavan Corcoran, APP     | 15.23 |
| 6. Tyler Bentley, WCU      | 15.58 |
| 7. Sean Reardon, WCU       | 17.17 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Jestin Jennings, WCU    | 54.26   |
| 2. Chas Keithan, SAM       | 55.31   |
| 3. Taylor Martin, DAV      | 55.40   |
| 4. Blake Olson, UTC        | 55.93   |
| 5. Tyler Bentley, WCU      | 56.48   |
| 6. Trey Jones, APP         | 56.93   |
| 7. AJ Dohanic, APP         | 58.98   |
| 8. Cordell Livingston, WCU | 3:28.93 |

### 3,000-meter steeplechase

|                        |         |
|------------------------|---------|
| 1. Cameron Bean, SAM   | 9:10.00 |
| 2. Blaise Carie, SAM   | 9:17.83 |
| 3. Sean Soderman, APP  | 9:22.83 |
| 4. Emmanuel Kirwa, UTC | 9:28.43 |
| 5. Alec Meyer, APP     | 9:35.20 |
| 6. AJ Savoia, UNCG     | 9:38.29 |
| 7. Brendan Kight, CIT  | 9:39.76 |
| 8. Josey Weaver, WCU   | 9:44.20 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.50 |
| 2. Western Carolina  | 40.67 |
| 3. The Citadel       | 41.55 |
| 4. Davidson          | 42.12 |
| 5. Samford           | 42.40 |
| 6. Chattanooga       | 47.64 |
| 7. Wofford           | 50.14 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. The Citadel       | 3:15.97 |
| 2. Western Carolina  | 3:16.81 |
| 3. Appalachian State | 3:18.31 |
| 4. Davidson          | 3:19.73 |
| 5. Samford           | 3:20.92 |
| 6. Chattanooga       | 3:24.64 |
| 7. UNCG              | 3:27.13 |
| 8. Furman            | 3:28.26 |

### High jump

|                             |       |
|-----------------------------|-------|
| 1. Matt Evans, WCU          | 2.16m |
| 2. Darius Purcell, APP      | 2.05m |
| T3. James Harris, CIT       | 1.90m |
| T3. Bo Ackerson-Gilroy, SAM | 1.90m |
| 5. Brian Toney, FUR         | 1.85m |
| 6. Matt Boruff, APP         | 1.85m |
| 7. Brad Triplett, APP       | 1.85m |
| 8. Joe Bailey, WOF          | 1.85m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Patrick Wells, SAM   | 5.15m |
| 2. Michael Seaman, SAM  | 5.10m |
| 3. Mike O'Steen, WCU    | 4.75m |
| 4. Mike Wilson, APP     | 4.75m |
| 5. Zac Epperson, SAM    | 4.60m |
| 6. Matt Boruff, APP     | 4.60m |
| 7. Brandon Bassett, SAM | 4.60m |
| 8. Ryan Cook, SAM       | 4.60m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Alex Dollard, WCU       | 7.19m |
| 2. Cornelius Williams, WCU | 6.91m |
| 3. Kevin Hardy, CIT        | 6.89m |
| 4. Lawren Willard, WCU     | 6.85m |
| 5. Cordell Livingston, WCU | 6.76m |
| 6. Phillip Bush, APP       | 6.59m |
| 7. Brandon Bassett, SAM    | 6.48m |
| 8. DeSean Pearce, APP      | 6.48m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Cornelius Williams, WCU | 14.75m |
| 2. Alex Dollard, WCU       | 14.49m |
| 3. Chinedu Amah, SAM       | 14.28m |
| 4. Cordell Livingston, WCU | 14.22m |
| 5. Matt Evans, WCU         | 13.56m |
| 6. Nick Zeller, APP        | 13.53m |
| 7. Mike Wilson, APP        | 13.45m |
| 8. DeSean Pearce, APP      | 13.01m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Malcolm Styers, APP  | 16.98m |
| 2. Jerod Gardner, APP   | 15.52m |
| 3. Cale McDaniel, WCU   | 15.46m |
| 4. Ryan Pless, WCU      | 15.26m |
| 5. Quincy Marshall, WCU | 15.21m |
| 6. Jared Stalling, APP  | 14.34m |
| 7. Chris Davis, SAM     | 13.93m |
| 8. Quintin Turner, CIT  | 13.63m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Malcolm Styers, APP   | 50.54m |
| 2. Quintin Turner, CIT   | 48.21m |
| 3. Jamie Van Pelt, WCU   | 48.07m |
| 4. Jerod Gardner, APP    | 47.31m |
| 5. Ryan Pless, WCU       | 43.48m |
| 6. Scott Des Marais, FUR | 41.97m |
| 7. Jared Stalling, APP   | 41.70m |
| 8. Quincy Marshall, WCU  | 40.55m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Malcolm Styers, APP | 59.41m |
| 2. Timothy Daly, APP   | 57.09m |
| 3. Kyle Kirby, SAM     | 55.76m |
| 4. Jared Stalling, APP | 54.78m |
| 5. Cale McDaniel, WCU  | 54.08m |
| 6. Jamie Van Pelt, WCU | 52.62m |
| 7. William Norris, CIT | 48.82m |
| 8. Quintin Turner, CIT | 48.79m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Matt Evans, WCU         | 66.18m |
| 2. Thomas Oliver, SAM      | 59.89m |
| 3. Ryland Robbins, SAM     | 59.32m |
| 4. Darron Dotson, WCU      | 57.97m |
| 5. Bo Ackerson-Gilroy, SAM | 54.54m |
| 6. Jamie Van Pelt, WCU     | 53.58m |
| 7. Wayne Parker, WCU       | 49.37m |
| 8. Andy Vess, WOF          | 46.58m |

### Decathlon

|                            |       |
|----------------------------|-------|
| 1. Chas Keithan, SAM       | 6,355 |
| 2. Bo Ackerson-Gilroy, SAM | 6,314 |
| 3. David Gift, WCU         | 5,959 |
| 4. Luke Burton, WCU        | 5,690 |
| 5. Sean Reardon, WCU       | 5,638 |
| 6. Andrew Hill, APP        | 5,352 |

### Most Outstanding Athlete

Malcolm Styers, Appalachian State

### Most Outstanding Track Performer

Landon Powell, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Freshman of the Year

Landon Powell, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshmen finishers in each event received all-freshman honors (see pages 8-11)

# 2010 WOMEN'S CHAMPIONSHIP

## Team results

| Team                     | Points | Team           | Points |
|--------------------------|--------|----------------|--------|
| 1. Western Carolina      | 221.5  | 7. Chattanooga | 27     |
| 2. Appalachian State     | 144    | 8. The Citadel | 26     |
| 3. Elon                  | 123.5  | 9. Furman      | 21     |
| 4. Samford               | 84     | 10. Davidson   | 19     |
| 5. Georgia Southern      | 83     | 11. UNCG       | 3      |
| 6. College of Charleston | 66     | 12. Wofford    | 1      |

### 100-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU    | 11.80 |
| 2. Demetrise Anthony, GSU   | 11.89 |
| 3. Sherelle Fronberger, WCU | 11.99 |
| 4. Ashley McKiver, APP      | 12.05 |
| 5. Kiara Crutchfield, APP   | 12.22 |
| 6. Raven Parrish, WCU       | 12.40 |
| 7. Ebony Carter, GSU        | 12.44 |
| 8. Emma Bowers, WCU         | 12.59 |

### 200-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU    | 23.99 |
| 2. Sherelle Fronberger, WCU | 23.99 |
| 3. Jane't Carothers, WCU    | 24.06 |
| 4. Felisha Garren, WCU      | 24.48 |
| 5. Emma Bowers, WCU         | 24.72 |
| 6. Demetrise Anthony, GSU   | 24.85 |
| 7. Ashley McKiver, APP      | 25.60 |
| 8. Christina Parker, APP    | 25.63 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jane't Carothers, WCU  | 54.28 |
| 2. Felisha Garren, WCU    | 55.01 |
| 3. Shalynn McMichael, WCU | 55.38 |
| 4. Emma Bowers, WCU       | 55.82 |
| 5. Asia Dunlap, APP       | 56.53 |
| 6. Amy Salek, Elon        | 57.32 |
| 7. JoAnn JaJa Benson, GSU | 58.22 |
| 8. D'Shawna McLucas, APP  | 58.35 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Anneli Uys, UTC       | 2:11.36 |
| 2. Jennine Strange, Elon | 2:13.06 |
| 3. Micah Wessinger, CIT  | 2:13.24 |
| 4. Holly Benson, SAM     | 2:14.09 |
| 5. Monique Ositelu, FUR  | 2:15.58 |
| 6. Hannah Bowers, WCU    | 2:17.54 |
| 7. Trinity Foreman, APP  | 2:20.07 |
| 8. Laura Fuller, GSU     | 2:21.85 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Anneli Uys, UTC       | 4:29.92 |
| 2. Hillary Neal, SAM     | 4:32.20 |
| 3. Trinity Foreman, APP  | 4:39.18 |
| 4. Morgan Turner, WCU    | 4:41.67 |
| 5. Kristen Wolfe, CofC   | 4:42.47 |
| 6. Shaina Sumney, UNCG   | 4:47.22 |
| 7. Hannah Parks, APP     | 4:48.25 |
| 8. Lauren D'Alessio, SAM | 4:50.17 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Brooke Mosteller, FUR | 17:56.55 |
| 2. Caitlin Beeler, Elon  | 18:03.63 |
| 3. Emily Fournier, Elon  | 18:04.61 |
| 4. Heather Conarroe, DAV | 18:05.69 |
| 5. Andrea Seccafien, SAM | 18:17.60 |
| 6. Lindsay Groce, WCU    | 18:21.69 |
| 7. Natalie Atabek, DAV   | 18:23.29 |
| 8. Chloe Kowalski, FUR   | 18:24.56 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Caitlin Beeler, Elon   | 37:27.42 |
| 2. Natalie Atabek, DAV    | 37:51.68 |
| 3. Tara Gietema, UTC      | 38:12.13 |
| 4. Lindsay Groce, WCU     | 38:15.27 |
| 5. Amy Neilson, APP       | 39:00.40 |
| 6. Natalie Wolin, CIT     | 39:11.30 |
| 7. Kelsey Hanger, APP     | 39:12.08 |
| 8. Danielle Ruggieri, DAV | 39:48.61 |

### 100-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Nicole Okolo, WCU      | 13.85 |
| 2. Jelain McArthur, CofC  | 14.03 |
| 3. Jasmine Billings, GSU  | 14.34 |
| 4. Michelle Brutus, APP   | 14.49 |
| 5. Morgan Tyler, SAM      | 14.64 |
| 6. Kiara Crutchfield, APP | 14.66 |
| 7. Lynnndsey Hyter, GSU   | 14.79 |
| 8. Julie McDonald, SAM    | 14.93 |

### 400-meter hurdles

|                         |         |
|-------------------------|---------|
| 1. Tierra Johnson, WCU  | 1:02.39 |
| 2. Mary Zolga, CofC     | 1:03.31 |
| 3. Morgan Joseph, WCU   | 1:03.48 |
| 4. Shenita Martin, APP  | 1:04.01 |
| 5. Morgan Tyler, SAM    | 1:04.08 |
| 6. Rosie Lewis, DAV     | 1:05.06 |
| 7. Andrea March, Elon   | 1:06.13 |
| 8. Michelle Brutus, APP | 1:07.34 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Hillary Neal, SAM      | 10:42.61 |
| 2. Emily Fournier, Elon   | 11:15.09 |
| 3. Kristen Wolfe, CofC    | 11:21.28 |
| 4. Emily Tryon, Elon      | 11:28.01 |
| 5. Rebecca Shelton, FUR   | 11:35.54 |
| 6. Stephanie Chapman, APP | 11:37.99 |
| 7. Hannah Parks, APP      | 11:43.06 |
| 8. Hannah Orders, APP     | 11:44.48 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Western Carolina      | 45.45 |
| 2. Appalachian State     | 46.25 |
| 3. Georgia Southern      | 46.63 |
| 4. Elon                  | 47.69 |
| 5. Samford               | 48.28 |
| 6. College of Charleston | 49.47 |
| 7. The Citadel           | 52.31 |
| 8. Wofford               | 54.09 |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:46.74 |
| 2. Appalachian State     | 3:50.88 |
| 3. Elon                  | 3:52.61 |
| 4. Georgia Southern      | 3:55.99 |
| 5. Samford               | 3:56.33 |
| 6. College of Charleston | 3:59.08 |
| 7. Furman                | 4:00.66 |
| 8. Chattanooga           | 4:07.21 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Chenelle Terry, SAM    | 1.70m |
| 2. Emily Smith, CofC      | 1.70m |
| 3. Rebecca Hazeltine, APP | 1.70m |
| 4. Bridgette Hills, APP   | 1.60m |
| 5. Alex Cassagnol, GSU    | 1.60m |
| 6. Julie Ward, APP        | 1.60m |
| 7. Rachel Banner, Elon    | 1.55m |
| 7. Jane't Carothers, WCU  | 1.55m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Laura Bedsole, SAM    | 3.50m |
| T2. Mary Barron, SAM     | 3.50m |
| T2. Ashley Wala, WCU     | 3.50m |
| T4. Julie Ward, APP      | 3.35m |
| T4. Kassie McKie, WCU    | 3.35m |
| T4. Chelsea Taylor, CofC | 3.35m |
| 7. Meredith Wilson, APP  | 3.05m |
| 8. Summer Hughes, WCU    | 2.90m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Demetrise Anthony, GSU | 5.90m |
| 2. Veronica Day, Elon     | 5.87m |
| 3. Shaunta Hamilton, GSU  | 5.85m |
| 4. Danielle Thorpe, APP   | 5.84m |
| 5. Bianca Harvey, APP     | 5.84m |
| 6. Jelain McArthur, CofC  | 5.82m |
| 7. Kiara Crutchfield, APP | 5.62m |
| 8. Lynnndsey Hyter, GSU   | 5.59m |

### Triple jump

|                             |        |
|-----------------------------|--------|
| 1. Danielle Thorpe, APP     | 13.16m |
| 2. Tia Jones, WCU           | 12.11m |
| 3. Veronica Day, Elon       | 12.04m |
| 4. Jelain McArthur, CofC    | 11.97m |
| 5. Shaunta Hamilton, GSU    | 11.92m |
| 6. Lauren Hawkesworth, Elon | 11.75m |
| 7. Morgan Tyler, SAM        | 11.60m |
| 8. Bianca Harvey, APP       | 11.47m |

### Shot put

|                            |        |
|----------------------------|--------|
| 1. Urysla Cotton, Elon     | 13.39m |
| 2. Gayshawna Watkins, APP  | 13.32m |
| 3. Deirdra Morrison, WCU   | 12.95m |
| 4. Zakiyyah Stewart, WCU   | 12.82m |
| 5. Justine Robertson, Elon | 12.77m |
| 6. Latisha Harris, CofC    | 12.43m |
| 7. Ashley Thomas, GSU      | 12.05m |
| 8. Haley Hackett, APP      | 11.83m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Alyssa Girvin, Elon     | 44.26m |
| 2. Zakiyyah Stewart, WCU   | 43.99m |
| 3. Justine Robertson, Elon | 41.91m |
| 4. Whitney Smyre, APP      | 41.23m |
| 5. Jocelyn Rice, WCU       | 40.60m |
| 6. Monique Edwards, CIT    | 39.65m |
| 7. Amanda Spivy, GSU       | 39.32m |
| 8. Gayshawna Watkins, APP  | 38.38m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Zakiyyah Stewart, WCU | 50.92m |
| 2. Monique Edwards, CIT  | 50.65m |
| 3. Whitney Smyre, APP    | 47.40m |
| 4. Deirdra Morrison, WCU | 47.17m |
| 5. Alyssa Girvin, Elon   | 43.37m |
| 6. Tara Tounzen, WCU     | 42.96m |
| 7. Emily Green, CIT      | 42.70m |
| 8. Amanda Spivy, GSU     | 38.55m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Justine Robertson, Elon | 39.74m |
| 2. Deanne Tiplady, APP     | 38.82m |
| 3. Summer Hughes, WCU      | 37.58m |
| 4. Christian McGuire, SAM  | 34.89m |
| 5. Gayshawna Watkins, APP  | 34.15m |
| 6. Tara Tounzen, WCU       | 33.28m |
| 7. Emily Green, CIT        | 32.31m |
| 8. Zakiyyah Stewart, WCU   | 29.81m |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Shaunta Hamilton, GSU  | 4,573 |
| 2. Lynnndsey Hyter, GSU   | 4,504 |
| 3. Isabel Boersma, CofC   | 4,466 |
| 4. Brynne Johnson, CofC   | 4,365 |
| 5. Christian McGuire, SAM | 4,256 |
| 6. Carly Wright, WCU      | 4,161 |
| 7. Jettana Thomas, WCU    | 4,067 |
| 8. Emily Allen, SAM       | 4,016 |

#### Most Outstanding Performer

Felicia Paulding, Western Carolina

#### Most Outstanding Track Performer

Anneli Uys, Chattanooga

#### Most Outstanding Field Performer

Zakiyyah Stewart, Western Carolina

#### Freshman of the Year

Jelain McArthur, College of Charleston

#### Coach of the Year

Mark Elliston, Elon

#### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2009 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 254    | 6. Chattanooga | 40     |
| 2. Appalachian State | 253.5  | 7. UNCG        | 32     |
| 3. The Citadel       | 70     | 8. Furman      | 28     |
| 4. Samford           | 66.5   | 9. Wofford     | 10     |
| 5. Davidson          | 63     |                |        |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dominique Young, WCU   | 10.53 |
| 2. Manteo Mitchell, WCU   | 10.71 |
| 3. Dennis Moore, APP      | 10.77 |
| 4. Kevin Johnson, WCU     | 10.78 |
| 5. Christian Bethune, WCU | 10.92 |
| 6. Phillip Bush, APP      | 10.96 |
| 7. Daniel Neal, APP       | 11.00 |
| 8. Benny Davis, WCU       | 11.19 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Manteo Mitchell, WCU   | 20.90 |
| 2. Dominique Young, WCU   | 20.94 |
| 3. Kevin Johnson, WCU     | 21.45 |
| 4. Phillip Bush, APP      | 21.57 |
| 5. Thomas Funderburk, WCU | 21.71 |
| 6. Dennis Moore, APP      | 21.78 |
| 7. Benny Davis, WCU       | 21.88 |
| 8. John Svoboda, APP      | 22.13 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Manteo Mitchell, WCU   | 47.96 |
| 2. John Svoboda, APP      | 48.30 |
| 3. Benny Davis, WCU       | 48.68 |
| 4. Thomas Funderburk, WCU | 49.69 |
| 5. Jestin Jennings, WCU   | 50.01 |
| 6. Marcus McClary, WCU    | 50.18 |
| 7. Brian Smith, WOF       | 50.26 |
| 8. Taylor Martin, DAV     | 51.48 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Michael Danehy, UTC | 1:54.82 |
| 2. Terry Wyatt, UNCG   | 1:54.95 |
| 3. Nick O'Keefe, APP   | 1:55.29 |
| 4. Scott Cope, SAM     | 1:55.82 |
| 5. Lee Gilmer, FUR     | 1:55.97 |
| 6. Drew Tucker, WCU    | 1:55.99 |
| 7. Zach Johnson, CIT   | 1:56.95 |
| 8. Andy Clyne, UNCG    | 2:00.71 |
| 9. Blake Ketron, UTC   | 2:07.08 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Patrick Morgan, FUR  | 3:49.36 |
| 2. Joey Thompson, UNCG  | 3:52.27 |
| 3. Josh Vasquez, UTC    | 3:56.30 |
| 4. Alex Hoyt, DAV       | 3:57.21 |
| 5. Stephen Hammond, WCU | 3:57.83 |
| 6. Josh Houser, APP     | 3:58.81 |
| 7. Peter Bruton, DAV    | 3:59.38 |
| 8. Blake Ketron, UTC    | 4:00.11 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Chris Berry, UTC     | 15:05.32 |
| 2. Lance Harden, DAV    | 15:11.52 |
| 3. Charlie Schmitt, DAV | 15:12.67 |
| 4. Asmeron Desta, APP   | 15:13.14 |
| 5. Sean Soderman, APP   | 15:15.95 |
| 6. Tom Divinnie, DAV    | 15:28.05 |
| 7. Ryan Hopkins, DAV    | 15:28.56 |
| 8. Alex Plasencia, FUR  | 15:36.06 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Lance Harden, DAV   | 31:27.10 |
| 2. Asmeron Desta, APP  | 31:35.79 |
| 3. Alex Plasencia, FUR | 31:42.41 |
| 4. Ryan Hopkins, DAV   | 32:06.64 |
| 5. Greg Marcil, DAV    | 32:32.03 |
| 6. Joseph Tenini, FUR  | 32:37.06 |
| 7. Tom Divinnie, DAV   | 32:41.70 |
| 8. Josh Houser, APP    | 33:15.42 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Jamel Brown, CIT       | 14.61 |
| 2. Matt Boruff, APP       | 14.87 |
| 3. Cavan Corcoran, SAM    | 14.93 |
| 4. Christian Bethune, WCU | 15.05 |
| 5. Phillip Bush, APP      | 15.20 |
| 6. Jordan Blazer, WCU     | 15.20 |
| 7. AJ Dohanic, APP        | 15.56 |
| -- Daniel Neal, APP       | FS    |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Jestin Jennings, WCU | 53.18 |
| 2. Daniel Neal, APP     | 53.31 |
| 3. Jordan Blazer, WCU   | 54.12 |
| 4. Jamel Brown, CIT     | 56.56 |
| 5. AJ Dohanic, APP      | 56.69 |
| 6. Sean Thompson, APP   | 57.01 |
| 7. Stephen George, UTC  | 57.80 |
| 8. Cavan Corcoran, SAM  | 58.51 |

### 3,000-meter steeplechase

|                        |         |
|------------------------|---------|
| 1. Blaise Carie, SAM   | 9:19.99 |
| 2. AJ Savoia, UNCG     | 9:25.24 |
| 3. Mason Campbell, APP | 9:26.71 |
| 4. Sean Soderman, APP  | 9:27.02 |
| 5. Blake Evitt, DAV    | 9:38.76 |
| 6. Jeff O'Connell, FUR | 9:39.92 |
| 7. Brendan Kight, CIT  | 9:43.88 |
| 8. David Moore, UTC    | 9:52.24 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 40.24 |
| 2. Appalachian State | 41.54 |
| 3. Chattanooga       | 42.55 |
| 4. The Citadel       | 42.69 |
| 5. Davidson          | 44.65 |
| 6. Wofford           | 44.93 |
| 7. Samford           | 45.25 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:18.09 |
| 2. The Citadel       | 3:20.37 |
| 3. Appalachian State | 3:20.53 |
| 4. Samford           | 3:23.72 |
| 5. Chattanooga       | 3:24.25 |
| 6. UNCG              | 3:28.73 |
| 7. Davidson          | 3:29.72 |
| 8. Furman            | 3:34.72 |

### High jump

|                        |       |
|------------------------|-------|
| 1. Matt Evans, WCU     | 2.10m |
| 2. Darius Purcell, APP | 2.05m |
| 3. Aaron Overton, CIT  | 2.00m |
| 4. James Harris, CIT   | 2.00m |
| 5. Daniel Joseph, WCU  | 1.95m |
| 6. Donald Cooper, SAM  | 1.95m |
| 7. Matt Boruff, APP    | 1.95m |
| 8. David Gift, WCU     | 1.85m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Patrick Wells, SAM  | 5.05m |
| 2. Matt Boruff, APP    | 4.75m |
| 3. Mike Wilson, APP    | 4.60m |
| 4. Mike O'Steen, WCU   | 4.60m |
| 5. Zac Epperson, SAM   | 4.60m |
| Ryan Twiford, APP      | 4.60m |
| 7. Jake Goodchild, APP | 4.45m |
| 8. Joel Lynch, WCU     | 4.45m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Kevin Hardy, CIT       | 7.25m |
| 2. Alex Dollard, WCU      | 7.17m |
| 3. Thomas Funderburk, WCU | 7.05m |
| 4. Ricky Harris, APP      | 7.01m |
| 5. Phillip Bush, APP      | 6.86m |
| 6. Matt Evans, WCU        | 6.73m |
| 7. Mike Wilson, APP       | 6.54m |
| 8. Mike Pope, APP         | 6.48m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Mark Sturgis, APP       | 15.27m |
| 2. Daniel Joseph, WCU      | 14.73m |
| 3. Ricky Harris, APP       | 14.25m |
| 4. Shaquill Smith, CIT     | 14.01m |
| 5. Matt Evans, WCU         | 13.70m |
| 6. Alex Dollard, WCU       | 13.56m |
| 7. Cornelius Williams, WCU | 13.53m |
| 8. Jestin Jennings, WCU    | 12.41m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Jerod Gardner, APP   | 15.87m |
| 2. Ryan Pless, WCU      | 15.32m |
| 3. Malcolm Styers, APP  | 14.86m |
| 4. Jared Stalling, APP  | 14.75m |
| 5. Will Funderburg, DAV | 14.68m |
| 6. Quintin Turner, CIT  | 14.64m |
| 7. Cale McDaniel, WCU   | 14.06m |
| 8. Chirs Davis, SAM     | 13.77m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Jamie Van Pelt, WCU  | 48.53m |
| 2. Jerod Gardner, APP   | 47.90m |
| 3. Malcolm Styers, APP  | 47.88m |
| 4. Quintin Turner, CIT  | 46.25m |
| 5. Jared Stalling, APP  | 46.11m |
| 6. Caleb Poplin, APP    | 44.19m |
| 7. Ryan Pless, WCU      | 42.57m |
| 8. Will Funderburg, DAV | 42.36m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Timothy Daly, APP   | 55.30m |
| 2. Malcolm Styers, APP | 53.26m |
| 3. Cale McDaniel, WCU  | 50.96m |
| 4. Jerod Gardner, APP  | 48.76m |
| 5. Jared Stalling, APP | 47.93m |
| 6. Kyle Brown, SAM     | 44.93m |
| 7. Jamie Van Pelt, WCU | 44.49m |
| 8. Caleb Poplin, APP   | 44.28m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Matt Evans, WCU     | 61.28m |
| 2. Thomas Oliver, SAM  | 58.57m |
| 3. Darron Dotson, WCU  | 55.81m |
| 4. Carter Blanche, WOF | 52.78m |
| 5. Jeremy Cannon, UNCG | 52.54m |
| 6. Matt Pfingst, APP   | 52.34m |
| 7. Jamie Van Pelt, WCU | 52.05m |
| 8. Matt Earls, CIT     | 51.98m |

### Decathlon

|                        |       |
|------------------------|-------|
| 1. Sean Reardon, WCU   | 6,493 |
| 2. Jake Goodchild, APP | 6,278 |
| 3. Matt Pfingst, APP   | 6,054 |
| 4. Donald Cooper, SAM  | 6,034 |
| 5. Chas Keithan, SAM   | 6,010 |
| 6. Brian Baize, CIT    | 5,987 |
| 7. David Gift, WCU     | 5,929 |
| 8. Wayne Parker, WCU   | 4,722 |

### Most Outstanding Athlete

Manteo Mitchell, Western Carolina

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Matt Evans, Western Carolina

### Freshman of the Year

Jamie Van Pelt, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 8-11)



# 2009 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Appalachian State | 210.5  | 7. College of Charleston | 42     |
| 2. Western Carolina  | 177    | 8. The Citadel           | 27     |
| 3. Georgia Southern  | 146.5  | 9. Davidson              | 23     |
| 4. Elon              | 84     | 10. Furman               | 9      |
| 5. Chattanooga       | 52     | 11. UNCG                 | 3      |
| 6. Samford           | 44     | 12. Wofford              | 0      |

### 100-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU    | 11.76 |
| 2. Demetris Anthony, GSU    | 11.77 |
| 3. Emma Bowers, WCU         | 12.07 |
| 4. Courtney Ware, GSU       | 12.15 |
| 5. Crystal Dukes, APP       | 12.17 |
| 6. Aneesha Lane, WCU        | 12.26 |
| 7. Sherelle Fronberger, WCU | 12.28 |
| 8. Ashley McKiver, APP      | 12.30 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Felicia Paulding, WCU | 23.95 |
| 2. Jane't Carothers, WCU | 24.06 |
| 3. Emma Bowers, WCU      | 24.33 |
| 4. Demetris Anthony, GSU | 24.63 |
| 5. Felisha Garren, WCU   | 24.78 |
| 6. Aneesha Lane, WCU     | 24.83 |
| 7. Ariel Hatcher, CofC   | 25.05 |
| 8. Danielle Thorpe, APP  | 25.30 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jane't Carothers, WCU  | 54.78 |
| 2. Ashley Bush-Hardy, GSU | 55.62 |
| 3. Amy Salek, ELON        | 55.63 |
| 4. Felisha Garren, WCU    | 56.09 |
| 5. Shalyn McMichael, WCU  | 56.13 |
| 6. Ashley Dance, SAM      | 56.29 |
| 7. Asia Dunlap, APP       | 56.64 |
| 8. Mary Zolga, CofC       | 56.70 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Anneli Uys, UTC       | 2:10.91 |
| 2. Jennifer Povick, APP  | 2:12.06 |
| 3. Lauren Anderson, UTC  | 2:13.21 |
| 4. Jennine Strange, ELON | 2:14.30 |
| 5. Emily Wood, UTC       | 2:15.11 |
| 6. Monique Ositelu, FUR  | 2:16.13 |
| 7. Cori Christensen, SAM | 2:16.95 |
| 8. Laura Fuller, GSU     | 2:20.03 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Anneli Uys, UTC       | 4:32.97 |
| 2. Jennifer Povick, APP  | 4:33.97 |
| 3. Hillary Neal, SAM     | 4:38.56 |
| 4. Kristen Wolfe, CofC   | 4:42.11 |
| 5. Jordan Gaddy, WCU     | 4:44.12 |
| 6. Megan Isaccs, WCU     | 4:45.90 |
| 7. Laura Fuller, GSU     | 4:48.88 |
| 8. Sherrika Jordan, UNCG | 4:51.11 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Andrea Seccafien, SAM  | 17:57.96 |
| 2. Emily Fournier, ELON   | 18:07.62 |
| 3. Shelley Taylor, UTC    | 18:08.90 |
| 4. Danielle Ruggieri, DAV | 18:09.38 |
| 5. Meghan Gaffney, APP    | 18:18.05 |
| 6. Chloe Kowalski, FUR    | 18:27.59 |
| 7. Tiffany Garber, UNCG   | 18:39.31 |
| 8. Sabrina LeFort, UTC    | 18:40.90 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Danielle Ruggieri, DAV  | 37:45.13 |
| 2. Meghan Gaffney, APP     | 38:03.61 |
| 3. Tara Gietema, UTC       | 38:18.55 |
| 4. Allyson Costa, ELON     | 38:29.95 |
| 5. Erin Stoddard, CofC     | 38:44.98 |
| 6. Emily King, DAV         | 40:03.80 |
| 7. Danielle Shaurette, WCU | 41:51.51 |
| 8. Ashley Norris, APP      | 42:59.12 |

### 100-meter hurdles

|                                 |       |
|---------------------------------|-------|
| 1. Kristin Olson, GSU           | 14.42 |
| 2. Michelle Brutus, APP         | 14.48 |
| 3. Morgan Joseph, WCU           | 14.80 |
| 4. Brilly Gilchrist-Poteat, CIT | 14.97 |
| 5. Jettana Thomas, WCU          | 14.98 |
| 6. Tori Jones, WCU              | 15.28 |
| 7. Rashanda Simmons, WCU        | 15.95 |
| 8. Porsha' Evans-Hardy, APP     | 16.68 |

### 400-meter hurdles

|                                 |         |
|---------------------------------|---------|
| 1. Tierra Johnson, WCU          | 1:03.54 |
| 2. Andrea March, ELON           | 1:03.84 |
| 3. Kristin Olson, GSU           | 1:04.60 |
| 4. Ashley Bush-Hardy, GSU       | 1:04.91 |
| 5. Michelle Brutus, APP         | 1:04.98 |
| 6. Brilly Gilchrist-Poteat, CIT | 1:05.00 |
| 7. Courtney Ware, GSU           | 1:05.99 |
| 8. Jacqueline Beliveau, ELON    | 1:08.57 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Hillary Neal, SAM      | 10:41.38 |
| 2. Emily Fournier, ELON   | 10:56.55 |
| 3. Kristen Wolfe, CofC    | 11:12.18 |
| 4. Sabrina Lefort, UTC    | 11:41.39 |
| 5. Shelley Taylor, UTC    | 11:44.59 |
| 6. Deanna Zidar, SAM      | 11:45.17 |
| 7. Stephanie Chapman, APP | 11:47.08 |
| 8. Colleen McCarthy, ELON | 11:51.55 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Western Carolina      | 45.51 |
| 2. Appalachian State     | 46.48 |
| 3. Georgia Southern      | 46.63 |
| 4. Elon                  | 47.81 |
| 5. College of Charleston | 48.89 |
| 6. The Citadel           | 49.22 |
| 7. Samford               | 49.71 |
| 8. Furman                | 49.74 |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:44.99 |
| 2. Georgia Southern      | 3:46.17 |
| 3. Appalachian State     | 3:48.02 |
| 4. Elon                  | 3:49.15 |
| 5. Samford               | 3:51.34 |
| 6. College of Charleston | 3:51.59 |
| 7. Furman                | 4:00.85 |
| 8. The Citadel           | 4:01.24 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Emily Smith, CofC      | 1.75m |
| 2. Melanie Trumbo, GSU    | 1.75m |
| 3. Jasmine Lightning, GSU | 1.70m |
| 4. Bridgette Hills, APP   | 1.65m |
| 5. Jane't Carothers, WCU  | 1.65m |
| 6. Alex Cassagnol, GSU    | 1.60m |
| 6. Rebecca Hazeltine, APP | 1.60m |
| 8. Julie Ward, APP        | 1.60m |

### Pole vault

|                        |       |
|------------------------|-------|
| 1. Shea Snow, APP      | 3.70m |
| 2. Ashley Beale, APP   | 3.70m |
| 3. Julie Ward, APP     | 3.70m |
| 4. Kassie McKie, WCU   | 3.25m |
| 5. Jessie Wilson, WCU  | 3.10m |
| Jessica Cumbee, CofC   | 3.10m |
| Megan Irwin, APP       | 3.10m |
| -- Lauren Fleming, CIT | NH    |
| -- Mary Barron, SAM    | NH    |
| -- Alyssa Moudy, DAV   | NH    |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Demetris Anthony, GSU  | 6.08m |
| 2. Danielle Thorpe, APP   | 5.91m |
| 3. Lynndsey Hyter, GSU    | 5.78m |
| 4. Tia Jones, WCU         | 5.71m |
| 5. Veronica Day, ELON     | 5.68m |
| 6. Morgan Joseph, WCU     | 5.59m |
| 7. Kiara Crutchfield, APP | 5.50m |
| 8. Crystal Dukes, APP     | 5.35m |

### Triple jump

|                             |        |
|-----------------------------|--------|
| 1. Danielle Thorpe, APP     | 12.84m |
| 2. Shaunta Hamilton, GSU    | 12.31m |
| 3. Tia Jones, WCU           | 12.18m |
| 4. Lynndsey Hyter, GSU      | 12.09m |
| 5. Demetris Anthony, GSU    | 11.95m |
| 6. Lauren Hawkesworth, ELON | 11.74m |
| 7. Bianca Harvey, APP       | 11.74m |
| 8. Veronica Day, ELON       | 11.72m |

### Shot put

|                            |        |
|----------------------------|--------|
| 1. Lily Tallent, APP       | 13.14m |
| 2. Whitney Smyre, APP      | 13.07m |
| 3. Crystal Dukes, APP      | 12.60m |
| 4. Carla Durham, APP       | 12.46m |
| 5. Deidra Morrison, WCU    | 12.28m |
| 6. Justine Robertson, ELON | 11.90m |
| 7. Alicia Gainey, WCU      | 11.82m |
| 8. Chelsey McLean, WCU     | 11.81m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Lily Tallent, APP       | 40.87m |
| 2. Justine Robertson, ELON | 40.38m |
| 3. Whitney Smyre, APP      | 39.78m |
| 4. Kittery Neale, DAV      | 39.39m |
| 5. Theresa Johansen, CIT   | 37.52m |
| 6. Alyssa Girvin, ELON     | 36.78m |
| 7. Amanda Spivy, GSU       | 36.73m |
| 8. Sarah Herndon, GSU      | 34.20m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Whitney Smyre, APP    | 49.27m |
| 2. Michaela McGriff, APP | 47.07m |
| 3. Chelsey McLean, WCU   | 46.61m |
| 4. Carla Durham, APP     | 45.24m |
| 5. Theresa Johansen, CIT | 43.94m |
| 6. Deidra Morrison, WCU  | 43.11m |
| 7. Emily Green, CIT      | 42.21m |
| 8. Deidra Steele, WCU    | 36.66m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Lily Tallent, APP       | 39.31m |
| 2. Justine Robertson, ELON | 37.11m |
| 3. Melanie Trumbo, GSU     | 35.50m |
| 4. Emily Green, CIT        | 35.18m |
| 5. Christian McGuire, SAM  | 34.77m |
| 6. Summer Hughes, WCU      | 33.04m |
| 7. Carla Durham, APP       | 32.26m |
| 8. Azura Robillard, GSU    | 29.50m |

### Heptathlon

|                              |       |
|------------------------------|-------|
| 1. Melanie Trumbo, GSU       | 4,589 |
| 2. Lynndsey Hyter, GSU       | 4,463 |
| 3. Kiara Crutchfield, APP    | 4,454 |
| 4. Jettana Thomas, WCU       | 4,416 |
| 5. Isabel Boersma, CofC      | 4,325 |
| 6. Shaunta Hamilton, GSU     | 4,185 |
| 7. Jacqueline Beliveau, ELON | 4,126 |
| 8. Alicia Gainey, WCU        | 4,071 |

### Most Outstanding Performer

Lily Tallent, Appalachian State

### Most Outstanding Track Performer

Felicia Paulding, Western Carolina

### Most Outstanding Field Performer

Melanie Trumbo, Georgia Southern

### Freshman of the Year

Emma Bowers, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Top three freshman finishers in each event received all-freshman honors (see pages 24-27)

# 2008 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team             | Points |
|----------------------|--------|------------------|--------|
| 1. Appalachian State | 315    | T-5. Chattanooga | 37     |
| 2. Western Carolina  | 288    | T-5. UNCG        | 37     |
| 3. The Citadel       | 67     | 7. Furman        | 22     |
| 4. Davidson          | 38     | 8. Wofford       | 0      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dominique Young, WCU   | 10.50 |
| 2. Manteo Mitchell, WCU   | 10.60 |
| 3. Zeb Johnson, WCU       | 10.67 |
| 4. Daniel Neal, APP       | 10.69 |
| 5. Christian Bethune, WCU | 10.72 |
| 6. Phillip Bush, APP      | 10.74 |
| 7. Ricky Harris, APP      | 10.84 |
| 8. Kevin Johnson, WCU     | 10.85 |

### 200-meter dash

|                              |       |
|------------------------------|-------|
| 1. Manteo Mitchell, WCU      | 21.10 |
| 2. Zeb Johnson, WCU          | 21.18 |
| 3. Dominique Young, WCU      | 21.32 |
| 4. Thomas Funderburke, WCU   | 21.85 |
| 5. Mark Sturgis, APP         | 21.87 |
| 6. John Oros, WCU            | 21.97 |
| 7. Phillip Bush, APP         | 22.39 |
| 8. Sederrick Cunningham, FUR | 22.54 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Manteo Mitchell, WCU    | 48.13 |
| 2. Thomas Funderburke, WCU | 48.44 |
| 3. Zeb Johnson, WCU        | 49.42 |
| 4. John Oros, WCU          | 49.51 |
| 5. Nick Zeller, APP        | 49.66 |
| 6. Bryan Hladik, CIT       | 49.68 |
| 7. Jonathan Vallejo, CIT   | 49.72 |
| 8. Brad Troxell, DAV       | 51.21 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Patrick Morgan, FUR | 1:51.78 |
| 2. Aaron Grant, WCU    | 1:54.83 |
| 3. Andy Clyne, UNCG    | 1:55.13 |
| 4. Taylor Hurst, UNCG  | 1:56.06 |
| 5. Michael Danehy, UTC | 1:56.59 |
| 6. Terry Wyatt, UNCG   | 1:57.54 |
| 7. Zach Johnson, CIT   | 1:59.07 |
| 8. Michael Mentz, UTC  | 2:03.33 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Michael Mentz, UTC    | 3:57.17 |
| 2. Josh Houser, APP      | 3:58.33 |
| 3. Phillip Mitchell, APP | 4:00.89 |
| 4. Peter Bruton, DAV     | 4:02.99 |
| 5. Matt Baltimore, UTC   | 4:04.04 |
| 6. Brendan Kight, CIT    | 4:06.76 |
| 7. Thomas Peterson, APP  | 4:07.48 |
| 8. Dylan Hermelee, WCU   | 4:10.06 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Brian Deal, APP       | 14:45.38 |
| 2. Phillip Mitchell, APP | 14:52.32 |
| 3. Asmeron Desta, APP    | 14:56.67 |
| 4. Chris Berry, UTC      | 14:58.46 |
| 5. Alex Plasencia, FUR   | 15:06.81 |
| 6. Ryan O'Keefe, APP     | 15:11.88 |
| 7. Blair Teal, APP       | 15:15.64 |
| 8. Mark Maddox, APP      | 15:24.32 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Blair Teal, APP       | 32:13.86 |
| 2. Asmeron Desta, APP    | 32:14.52 |
| 3. Brian Deal, APP       | 32:14.67 |
| 4. Phillip Mitchell, APP | 32:25.33 |
| 5. Josh Wyatt, UNCG      | 32:40.96 |
| 6. Stephen Hammond, WCU  | 33:24.26 |
| 7. Kevin Huwe, UTC       | 33:25.29 |
| 8. Michael Warner, FUR   | 33:37.96 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Daniel Neal, APP       | 14.59 |
| 2. Jamel Brown, CIT       | 14.91 |
| 3. Christian Bethune, WCU | 15.27 |
| 4. Phillip Bush, APP      | 15.91 |
| 5. Matt Boruff, APP       | 15.92 |
| 6. Sean Reardon, WCU      | 16.60 |
| -- Jordan Blazer, WCU     | FS    |
| -- David Gift, WCU        | DQ    |

### 400-meter hurdles

|                         |         |
|-------------------------|---------|
| 1. Jamel Brown, CIT     | 53.42   |
| 2. Daniel Neal, APP     | 53.98   |
| 3. Sean Thompson, APP   | 55.89   |
| 4. Stephen George, UTC  | 55.93   |
| 5. Jordan Blazer, WCU   | 58.14   |
| 6. Jestin Jennings, WCU | 1:00.62 |
| 7. Duke Craig, WCU      | 1:01.02 |
| 8. Dan Sagmiller, CIT   | 1:01.29 |

### 3,000-meter steeplechase

|                        |         |
|------------------------|---------|
| 1. Mark Maddox, APP    | 9:24.37 |
| 2. AJ Savoia, UNCG     | 9:28.50 |
| 3. Ryan O Keefe, APP   | 9:34.04 |
| 4. Ryan Rodd, UNCG     | 9:36.79 |
| 5. Jeff O Connell, FUR | 9:43.00 |
| 6. Brendan Kight, CIT  | 9:46.17 |
| 7. Matt Baltimore, UTC | 9:47.43 |
| 8. Dylan Hermelee, WCU | 9:48.44 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 40.26 |
| 2. Appalachian State | 41.19 |
| 3. Davidson          | 43.99 |
| 4. The Citadel       | 45.04 |
| -- Furman            | DQ    |
| -- Chattanooga       | DNS   |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:20.00 |
| 2. The Citadel       | 3:22.01 |
| 3. Appalachian State | 3:23.23 |
| 4. Davidson          | 3:24.26 |
| 5. UTC               | 3:29.56 |
| 6. UNCG              | 3:29.62 |
| 7. Furman            | 3:42.62 |

### High jump

|                        |       |
|------------------------|-------|
| 1. Matt Evans, WCU     | 1.96m |
| 2. Chris Gaillard, WCU | 1.91m |
| 3. James Harris, CIT   | 1.91m |
| 4. Daniel Joseph, WCU  | 1.91m |
| 5. Rashad Herndon, WCU | 1.85m |
| 6. Ricky Harris, APP   | 1.81m |
| Mike Wilson, APP       | 1.81m |
| 8. David Gift, WCU     | 1.76m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Ryan Twiford, APP     | 4.64m |
| 2. Barron Shell, APP     | 4.64m |
| 3. Mike Wilson, APP      | 4.49m |
| 3. Logan James, WCU      | 4.49m |
| 5. Matt Boruff, APP      | 4.34m |
| 6. Sean Reardon, WCU     | 4.34m |
| Zach Smith, APP          | 4.34m |
| -- Mike O'Steen, WCU     | NH    |
| -- Brian Baize, CIT      | NH    |
| -- Bryce Jones, DAV      | NH    |
| -- Justin Hunnicutt, APP | NH    |

### Long jump

|                        |       |
|------------------------|-------|
| 1. Chris Gaillard, WCU | 7.28m |
| 2. Joel Gaddy, APP     | 7.23m |
| 3. Phillip Bush, APP   | 7.18m |
| 4. Ricky Harris, APP   | 7.04m |
| 5. Alex Dollard, WCU   | 7.03m |
| 6. Mark Sturgis, APP   | 6.91m |
| 7. Rashad Herndon, WCU | 6.87m |
| 8. Daniel Joseph, WCU  | 6.79m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Joel Gaddy, APP        | 15.53m |
| 2. Makr Sturgis, APP      | 15.10m |
| 3. Daniel Joseph, WCU     | 14.93m |
| 4. Ricky Harris, APP      | 14.14m |
| 5. Sean Reardon, WCU      | 14.03m |
| 6. Rashad Herndon, APP    | 13.67m |
| 7. Alex Dollard, WCU      | 13.39m |
| 8. Kwame Som-Pimpong, DAV | 13.31m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Wes Kiser, APP       | 15.69m |
| 2. Patrick Morris, WCU  | 15.15m |
| 3. Chris Page, WCU      | 14.87m |
| 4. Will Funderburg, DAV | 14.68m |
| 5. Cale McDaniel, WCU   | 14.63m |
| 6. Jerod Gardner, APP   | 14.52m |
| 7. Quintin Turner, CIT  | 14.46m |
| 8. Malcolm Styers, APP  | 13.68m |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Wes Kiser, APP       | 47.62m |
| 2. Will Funderburg, DAV | 46.09m |
| 3. Cody Lawson, WCU     | 44.72m |
| 4. Malcolm Styers, APP  | 44.58m |
| 5. Grant Haun, APP      | 44.53m |
| 6. Patrick Morris, APP  | 44.16m |
| 7. Quintin Turner, CIT  | 43.86m |
| 8. Jerod Gardner, APP   | 43.15m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Wes Kiser, APP       | 60.62m |
| 2. Grant Haun, APP      | 56.53m |
| 3. Timothy Daly, APP    | 55.41m |
| 4. Malcolm Styers, APP  | 50.49m |
| 5. Cale McDaniel, WCU   | 49.97m |
| 6. Chris Page, WCU      | 49.08m |
| 7. Patrick Morris, WCU  | 42.09m |
| 8. Will Funderburg, DAV | 40.71m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. David Bowles, WCU   | 56.90m |
| 3. Beaux Jones, DAV    | 53.51m |
| 4. Matt Earls, CIT     | 52.21m |
| 5. Wes Kiser, APP      | 49.78m |
| 6. Jeremy Cannon, UNCG | 48.15m |
| 7. Chris Page, WCU     | 45.77m |
| 8. Sean Reardon, WCU   | 44.67m |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. David Gift, WCU       | 6,034 |
| 2. Matt Evans, WCU       | 5,958 |
| 3. Jake Goodchild, APP   | 5,892 |
| 4. Brian Baize, CIT      | 5,817 |
| 5. Sean Reardon, WCU     | 5,318 |
| 6. Matt Boruff, APP      | 5,183 |
| 7. Caleb Moore, CIT      | 4,959 |
| 8. Justin Hunnicutt, APP | 4,777 |

### Most Outstanding Performer

Wes Kiser, Appalachian State

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Wes Kiser, Appalachian State

### Freshman of the Year

Phillip Bush, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2008 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Western Carolina  | 216    | 6. Davidson              | 45     |
| 2. Appalachian State | 189    | 7. The Citadel           | 38     |
| 3. Georgia Southern  | 153    | 8. Furman                | 26     |
| 4. Chattanooga       | 65     | 9. College of Charleston | 17     |
| 5. Elon              | 59     | 10. UNCG                 | 6      |

### 100-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Felicia Paulding, WCU    | 11.86 |
| 2. Tangelia Johnson, WCU    | 11.87 |
| 3. Ashley McKiver, APP      | 12.02 |
| 4. Sherelle Fronberger, WCU | 12.05 |
| 5. Demetrise Anthony, GSU   | 12.06 |
| 6. Dominique Thurman, GSU   | 12.23 |
| 7. Raquel Ramseur, WCU      | 12.30 |
| 8. Shamyria Ortiz, GSU      | 12.32 |

### 200-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Raquel Ramseur, WCU      | 23.94 |
| 2. Felicia Paulding, WCU    | 24.43 |
| 3. Sherelle Fronberger, WCU | 24.53 |
| 4. Jane't Carothers, WCU    | 24.76 |
| 5. Tangelia Johnson, WCU    | 24.89 |
| 6. Shamyria Ortiz, GSU      | 25.06 |
| 7. Demetrise Anthony, GSU   | 25.54 |
| 8. Ashley McKiver, APP      | 25.57 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Raquel Ramseur, WCU    | 55.14 |
| 2. Jane't Carothers, WCU  | 55.69 |
| 3. Shalyn McMichael, WCU  | 56.57 |
| 4. Amanda Alexander, UTC  | 56.82 |
| 5. Carla Ballard, GSU     | 57.10 |
| 6. Aneesha Lane, WCU      | 57.74 |
| 7. Ashley Bush-Hardy, GSU | 57.81 |
| 8. Tierra Johnson, WCU    | 58.10 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Kerri Savery, WCU      | 2:13.04 |
| 2. Jennine Strange, ELON  | 2:15.05 |
| 3. Monique Ositelu, FUR   | 2:15.36 |
| 4. Shauntel Jennings, GSU | 2:17.35 |
| 5. Megan Isaccs, WCU      | 2:20.94 |
| 6. Lindsey Barker, FUR    | 2:21.56 |
| 7. Kala Robertson, APP    | 2:24.34 |
| -- Lauran Anderson, CofC  | DQ      |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Kerri Savery, WCU     | 4:37.80 |
| 2. Shelley Taylor, UTC   | 4:41.12 |
| 3. Megan Isaccs, WCU     | 4:42.08 |
| 4. Kala Robertson, APP   | 4:44.25 |
| 5. Charlotte Walsh, APP  | 4:45.22 |
| 6. Jess Weber, UNCG      | 4:48.75 |
| 7. Anna Baker, APP       | 4:49.07 |
| 8. Sherrika Jordan, UNCG | 4:49.92 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Brenna Burns, DAV     | 17:40.14 |
| 2. Katie Williams, UTC   | 18:02.27 |
| 3. Megal Atias, DAV      | 18:02.57 |
| 4. Kathleen Turchin, UTC | 18:06.62 |
| 5. Sabrina Lefort, UTC   | 18:18.00 |
| 6. Charlotte Walsh, APP  | 18:29.32 |
| 7. Ashley Norris, APP    | 18:31.98 |
| 8. Emily Fournier, ELON  | 18:36.25 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Brenna Burns, DAV   | 36:56.24 |
| 2. Tara Gietema, UTC   | 38:02.88 |
| 3. Katie Williams, UTC | 38:14.23 |
| 4. Katelyn Ealer, ELON | 38:26.24 |
| 5. Megan Lordi, FUR    | 39:00.39 |
| 6. Ashley Norris, APP  | 39:49.22 |
| 7. Holly Stewart, FUR  | 39:27.82 |
| 8. Emily King, DAV     | 39:49.22 |

### 100-meter hurdles

|                             |       |
|-----------------------------|-------|
| 1. Rashanda Simmons, WCU    | 14.45 |
| 2. Amber Wilson, GSU        | 14.48 |
| 3. Lynnsey Hyter, GSU       | 14.61 |
| 4. Kiara Crutchfield, APP   | 14.69 |
| 5. Michelle Brutus, APP     | 15.20 |
| 6. Kimberly Abel, ELON      | 16.82 |
| -- Porsha' Evans-Hardy, APP | FS    |
| -- Morgan Joseph, WCU       | DQ    |

### 400-meter hurdles

|                              |         |
|------------------------------|---------|
| 1. Carla Ballard, GSU        | 1:01.22 |
| 2. Tierra Johnson, WCU       | 1:03.37 |
| 3. Andrea March, ELON        | 1:05.22 |
| 4. Michelle Brutus, APP      | 1:06.57 |
| 5. Morgan Joseph, WCU        | 1:07.77 |
| 6. Abby Bloom, GSU           | 1:08.81 |
| 7. Jacqueline Beliveau, ELON | 1:09.60 |
| 8. Amber Wilson, GSU         | 1:14.52 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Megal Atias, DAV       | 11:10.01 |
| 2. Sabrina Lefort, UTC    | 11:16.71 |
| 3. Shelley Taylor, UTC    | 11:20.39 |
| 4. Emily Fournier, ELON   | 11:20.60 |
| 5. Charlotte Walsh, APP   | 11:25.85 |
| 6. Page Bridges, FUR      | 11:42.31 |
| 7. Jordyn Radke, UTC      | 11:49.40 |
| 8. Colleen McCarthy, ELON | 11:58.76 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Western Carolina      | 45.68 |
| 2. Appalachian State     | 47.20 |
| 3. Georgia Southern      | 47.68 |
| 4. Elon                  | 49.68 |
| 5. Davidson              | 51.50 |
| 6. The Citadel           | 54.07 |
| 7. Furman                | 56.86 |
| -- College of Charleston | DNF   |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:44.09 |
| 2. Georgia Southern      | 3:48.99 |
| 3. Elon                  | 3:58.79 |
| 4. Chattanooga           | 3:59.18 |
| 5. Davidson              | 4:00.68 |
| 6. College of Charleston | 4:03.14 |
| 7. UNCG                  | 4:12.94 |
| 8. The Citadel           | 4:15.02 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Melanie Trumbo, GSU    | 1.68m |
| 2. Bridget Hills, APP     | 1.63m |
| 2. Jasmine Lightning, GSU | 1.63m |
| 4. Jessika Johnson, WCU   | 1.63m |
| 5. Rebecca Hazeltine, APP | 1.58m |
| 6. Brynne Johnson, CofC   | 1.58m |
| 7. Julie Ward, APP        | 1.58m |
| 8. Amber Wilson, GSU      | 1.53m |

### Pole vault

|                           |       |
|---------------------------|-------|
| 1. Shea Snow, APP         | 3.64m |
| 2. Summer Chambliss, CofC | 3.64m |
| 3. Kaitlyn Heeke, APP     | 3.34m |
| 3. Ashley Beale, APP      | 3.34m |
| 5. Kassie McKie, WCU      | 3.19m |
| 5. Julie Ward, APP        | 3.19m |
| 7. Megan Irwin, APP       | 3.19m |
| 7. Melissa Cabe, WCU      | 3.19m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Shaunta Hamilton, GSU  | 5.88m |
| 2. Vonteena Knotts, APP   | 5.88m |
| 3. Demetrise Anthony, GSU | 5.85m |
| 4. Lynnsey Hyter, GSU     | 5.74m |
| 5. Tia Jones, WCU         | 5.72m |
| 6. Danielle Thorpe, APP   | 5.68m |
| 7. Chibuzo Aguocha, FUR   | 5.61m |
| 8. Bianca Harvey, APP     | 5.60m |

### Triple jump

|                           |        |
|---------------------------|--------|
| 1. Danielle Thorpe, APP   | 12.59m |
| 2. Lynnsey Hyter, GSU     | 12.15m |
| 3. Tia Jones, WCU         | 12.05m |
| 4. Shaunta Hamilton, GSU  | 12.04m |
| 5. Chibuzo Aguocha, FUR   | 11.93m |
| 6. Vonteena Knotts, APP   | 11.90m |
| 7. Jessica Mayela, APP    | 11.90m |
| 8. Demetrise Anthony, GSU | 11.53m |

### Shot put

|                            |        |
|----------------------------|--------|
| 1. Jennifer Charles, GSU   | 13.60m |
| 2. Brittani Williams, APP  | 13.49m |
| 3. Lily Tallent, APP       | 13.11m |
| 4. Krystal Paszkeicz, ELON | 12.77m |
| 5. Lathcha Sanders, CIT    | 12.44m |
| 6. Nicole Lopez, WCU       | 11.76m |
| 7. Whitney Smyre, APP      | 11.64m |
| 8. Justine Robertson, ELON | 11.53m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Brittani Williams, APP  | 42.86m |
| 2. Nicole Lopez, WCU       | 41.99m |
| 3. Lathcha Sanders, CIT    | 40.39m |
| 4. Justine Robertson, ELON | 39.99m |
| 5. Adrienne Alexander, APP | 38.86m |
| 6. Whitney Smyre, APP      | 38.55m |
| 7. Monique Edwards, CIT    | 38.39m |
| 8. Krystal Paszkeicz, ELON | 36.07m |

### Hammer throw

|                            |        |
|----------------------------|--------|
| 1. Brittani Williams, APP  | 49.06m |
| 2. Monique Edwards, CIT    | 48.27m |
| 3. Michaela Hall, WCU      | 45.76m |
| 4. Nicole Lopez, WCU       | 45.15m |
| 5. Adrienne Alexander, APP | 45.03m |
| 6. Jessica Irizzary, GSU   | 44.27m |
| 7. Whitney Smyre, APP      | 43.81m |
| 8. Tara Tounzen, WCU       | 43.45m |

### Javelin throw

|                            |        |
|----------------------------|--------|
| 1. Tara Tounzen, WCU       | 42.69m |
| 2. Jessica Irizzary, GSU   | 37.30m |
| 3. Lily Tallent, APP       | 36.62m |
| 4. Justine Robertson, ELON | 36.48m |
| 5. Laura Phelan, CIT       | 36.33m |
| 6. Melanie Trumbo, GSU     | 35.06m |
| 7. Allison Taylor, CIT     | 34.52m |
| 8. Adrienne Alexander, APP | 30.13m |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Kiara Crutchfield, APP | 4,519 |
| 2. Lathcha Sanders, CIT   | 4,338 |
| 3. Melanie Trumbo, GSU    | 4,231 |
| 4. Rashanda Simmons, WCU  | 4,195 |
| 5. Amber Wilson, GSU      | 4,039 |
| 6. Crystal Dukes, APP     | 4,035 |
| 7. Brynne Johnson, CofC   | 3,983 |
| 8. Isabel Boersma, CofC   | 3,858 |

### Most Outstanding Performer

Brittani Williams, Appalachian State

### Most Outstanding Track Performer

Raquel Ramseur, Western Carolina

### Most Outstanding Field Performer

Brittani Williams, Appalachian State

### Freshman of the Year

Felicia Paulding, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTE\*\*

\*Top three finishers in each event received all-conference honors

# 2007 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 284    | 5. Chattanooga | 46     |
| 2. Appalachian State | 249    | 6. Furman      | 36     |
| 3. Davidson          | 104    | 7. UNCG        | 15     |
| 4. The Citadel       | 78     | 8. Wofford     | 0      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Dominique Young, WCU   | 10.48 |
| 2. Dexter Jackson, APP    | 10.49 |
| 3. Kevin Johnson, WCU     | 10.79 |
| 4. Manteo Mitchell, WCU   | 10.82 |
| 5. Michael Malone, WCU    | 10.90 |
| 6. Christian Bethune, WCU | 10.94 |
| 7. Brandon Golder, UTC    | 10.95 |
| 8. Albert Ashcraft, WCU   | 13.04 |

### 200-meter dash

|                         |         |
|-------------------------|---------|
| 1. Dexter Jackson, APP  | 21.01   |
| 2. Manteo Mitchell, WCU | 21.05   |
| 3. Dominique Young, WCU | 21.09   |
| 4. John Oros, WCU       | 21.70   |
| 5. Zeb Johnson, WCU     | 21.86   |
| 6. James Gregory, WCU   | 22.27   |
| 7. Brandon Golder, UTC  | 1:08.76 |
| -- Johnny Svoboda, APP  | DNS     |

### 400-meter dash

|                         |         |
|-------------------------|---------|
| 1. Manteo Mitchell, WCU | 48.68   |
| 2. James Gregory, WCU   | 48.70   |
| 3. John Oros, WCU       | 49.21   |
| 4. Zeb Johnson, WCU     | 49.71   |
| 5. Justin Song, DAV     | 49.77   |
| 6. Greg McCain, APP     | 50.10   |
| 7. John Bialas, DAV     | 50.23   |
| 8. Johnny Svoboda, APP  | 1:53.12 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Douglas Noreen, DAV | 1:53.05 |
| 2. Patrick Morgan, FUR | 1:53.20 |
| 3. Aaron Grant, WCU    | 1:53.59 |
| 4. Dan Fassinger, WCU  | 1:54.16 |
| 5. Blake Ketron, UTC   | 1:54.24 |
| 6. Rance Shuler, UTC   | 1:54.95 |
| 7. Brad Troxell, DAV   | 1:55.66 |
| 8. Andrew Yarchin, APP | 1:57.13 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Doulgas Noreen, DAV   | 3:59.52 |
| 2. Dan Fassinger, WCU    | 4:00.08 |
| 3. Michael Mentz, UTC    | 4:00.25 |
| 4. Phillip Mitchell, APP | 4:00.95 |
| 5. Andrew Yarchin        | 4:02.34 |
| 6. Jeff Taylor, UTC      | 4:02.36 |
| 7. Nick Vaccaro, UNCG    | 4:02.75 |
| 8. Alex Hoyt, DAV        | 4:03.09 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Tim Clark, UTC        | 15:23.64 |
| 2. Tom Divinnie, DAV     | 15:25.93 |
| 3. Ryan O'Keefe, APP     | 15:35.55 |
| 4. Blair Teal, APP       | 15:36.15 |
| 5. Asmeron Desta, APP    | 15:40.63 |
| 6. Phillip Mitchell, APP | 15:42.99 |
| 7. Alex Varner, DAV      | 15:50.62 |
| 8. Xavier Rutz, UNCG     | 15:52.79 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Phillip Mitchell, APP | 32:26.64 |
| 2. Blair Teal, APP       | 32:26.67 |
| 3. Asmeron Desta, APP    | 32:29.64 |
| 4. Tom Divinnie, DAV     | 32:36.91 |
| 5. Josh Wyatt, UNCG      | 32:42.91 |
| 6. Brendon Helms, APP    | 32:49.19 |
| 7. Joseph Tenini, FUR    | 32:55.37 |
| 8. Alex Plasencia, FUR   | 33:06.99 |

### 110-meter hurdles

|                           |        |
|---------------------------|--------|
| 1. Daniel Neal, APP       | 14.61  |
| 2. Jamel Brown, CIT       | 15.093 |
| 3. Michael Malone, WCU    | 15.098 |
| 4. Mike Terry, CIT        | 15.32  |
| 5. Ashton Bennett, WCU    | 15.37  |
| 6. Matt Harlfinger, WCU   | 15.60  |
| 7. David Gift, WCU        | 15.99  |
| 8. Christian Bethune, WCU | 16.17  |

### 400-meter hurdles

|                        |         |
|------------------------|---------|
| 1. David Ritchie, DAV  | 52.78   |
| 2. Daniel Neal, APP    | 53.79   |
| 3. Jamel Brown, CIT    | 53.97   |
| 4. Michael Malone, WCU | 54.13   |
| 5. Dan Sagmiller, WCU  | 55.93   |
| 6. Cisco Morales, DAV  | 57.09   |
| 7. Mike Terry, CIT     | 59.41   |
| 8. Greg McCain, APP    | 1:00.94 |

### 3,000-meter steeplechase

|                        |          |
|------------------------|----------|
| 1. Tim Clark, UTC      | 9:26.39  |
| 2. Eric Albrecht, FUR  | 9:29.34  |
| 3. Ryan O'Keefe, APP   | 9:34.44  |
| 4. Mark Maddox, APP    | 9:41.48  |
| 5. Mike Mitchell, APP  | 9:45.27  |
| 6. Ryan Rodd, UNCG     | 9:56.10  |
| 7. Brendan Kight, CIT  | 9:59.79  |
| 8. William Wilson, CIT | 10:12.08 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 40.53 |
| 2. Appalachian State | 41.04 |
| 3. The Citadel       | 41.94 |
| 4. Davidson          | 42.31 |
| 5. Chattanooga       | 42.54 |
| 6. Furman            | 42.90 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:15.08 |
| 2. Davidson          | 3:15.98 |
| 3. The Citadel       | 3:21.48 |
| 4. Chattanooga       | 3:27.41 |
| 5. UNCG              | 3:31.14 |
| 6. Furman            | 3:34.65 |
| -- Appalachian State | DNS     |

### High jump

|                         |         |
|-------------------------|---------|
| 1. Matt Evans, WCU      | 6-08.75 |
| 2. Rashad Herndon, WCU  | 6-06.75 |
| 3. Shaquill Smith, CIT  | 6-06.75 |
| 4. Dan Smith, APP       | 6-04.75 |
| 5. Joseph Daniel, WCU   | 6-02.75 |
| 6. Anthony Rogers, WCU  | 6-02.75 |
| 7. David Gift, WCU      | 6-00.75 |
| 8. Matt Harlfinger, WCU | 6-00.75 |

### Pole vault

|                          |          |
|--------------------------|----------|
| 1. Barron Shell, APP     | 15-01.00 |
| 2. Justin Hunnicutt, APP | 15-01.00 |
| 3. Mike O' Steen, WCU    | 14-07.25 |
| 4. Joel Lynch, WCU       | 14-01.25 |
| 5. Matt Harlfinger, WCU  | 13-07.25 |
| 6. Logan James, WCU      | 13-07.25 |
| 7. Joe Irvin, APP        | 13-07.25 |
| 8. Justin Spormann, WCU  | 13-01.50 |

### Long jump

|                             |          |
|-----------------------------|----------|
| 1. Joel Gaddy, APP          | 23-11.75 |
| 2. Ricky Harris, APP        | 23-10.75 |
| 3. Micahel Malone, WCU      | 23-07.25 |
| 4. Tyler Ferguson, WCU      | 23-06.00 |
| 5. Anthony Rogers, WCU      | 22-08.50 |
| 6. Daniel Joseph, WCU       | 21-06.25 |
| 7. Lee Banks, WCU           | 21-02.75 |
| 8. Ramon Jobson-Brown, UNCG | 21-00.75 |

### Triple jump

|                        |          |
|------------------------|----------|
| 1. Joel Gaddy, APP     | 49-11.75 |
| 2. Daniel Joseph, WCU  | 49-02.25 |
| 3. Tyler Ferguson, WCU | 47-02.50 |
| 4. Lee Banks, WCU      | 46-01.25 |
| 5. Ricky Harris, APP   | 45-10.00 |
| 6. Kwame Som-PimPong   | 44-02.50 |
| 7. Cameron Easley, CIT | 43-07.25 |
| 8. Dustin Gourdin, FUR | 42-10.75 |

### Shot put

|                         |          |
|-------------------------|----------|
| 1. Anthony Greer, APP   | 56-01.25 |
| 2. Will Funderburg, DAV | 51-10.00 |
| 3. Wes Kiser, APP       | 47-01.00 |
| 4. Chris Page, WCU      | 46-10.75 |
| 5. Alex Croskey, CIT    | 46-06.75 |
| 6. Kenton Stephens, CIT | 46-03.50 |
| 7. Grant Haun, APP      | 45-09.75 |
| 8. Cale McDaniel, WCU   | 42-09.00 |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Anthony Greer, CIT   | 154-05 |
| 2. Jim Walter, DAV      | 150-00 |
| 3. Alex Croskey, CIT    | 148-11 |
| 4. Chris Page, WCU      | 144-02 |
| 5. Steve Adams, FUR     | 144-02 |
| 6. Will Funderburg, DAV | 143-02 |
| 7. Wes Kiser, APP       | 142-10 |
| 8. Grant Haun, APP      | 141-08 |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Anthony Greer, APP     | 185-03 |
| 2. Wes Kiser, APP         | 181-02 |
| 3. Grant Haun, APP        | 168-00 |
| 4. Daniel Fioramonti, APP | 161-04 |
| 5. Chris Page, WCU        | 151-04 |
| 6. Alex Croskey, CIT      | 140-04 |
| 7. Jim Walter, DAV        | 129-05 |
| 8. Cale McDaniel, WCU     | 116-02 |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Beau Jones, DAV        | 181-05 |
| 2. David Bowless, WCU     | 178-07 |
| 3. David Mosley, FUR      | 177-02 |
| 4. Matt Earls, CIT        | 160-10 |
| 5. Chris Page, WCU        | 155-10 |
| 6. Daniel Fioramonti, APP | 153-08 |
| 7. Tyler Ferguson, WCU    | 152-06 |
| 8. Grant Haun, APP        | 151-02 |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. Ashton Bennett, WCU   | 5,329 |
| 2. Matt Harlfinger, WCU  | 4,890 |
| 3. David Gift, WCU       | 4,857 |
| 4. Caleb Moore, CIT      | 4,088 |
| 5. Jose Trinidad, CIT    | 3,372 |
| 6. Barron Shell, APP     | 2,237 |
| 7. Joe Irvin, APP        | 1,759 |
| 8. Justin Hunnicutt, APP | 1,726 |

### Most Outstanding Track Performer

Douglass Noreen, Davidson

### Most Outstanding Field Performer

Anthony Greer, Appalachian State

### Freshman of the Year

Dominique Young, Western Carolina

### Co-Coaches of the Year

Gary Andrew, Davidson  
Danny Williamson, Western Carolina

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2007 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Georgia Southern  | 223.50 | 6. Elon                  | 50     |
| 2. Appalachian State | 173.50 | 7. Davidson              | 36     |
| 3. Western Carolina  | 160    | 8. Furman                | 28     |
| 4. Chattanooga       | 69     | 9. College of Charleston | 19     |
| 5. The Citadel       | 56     | 10. Wofford              | 4      |

### 100-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Nicole Brown, GSU        | 11.51 |
| 2. Tangelia Johnson, WCU    | 11.88 |
| 3. Sherelle Fronberger, WCU | 11.91 |
| 4. Demetrise Anthony, GSU   | 11.94 |
| 5. Ashley McKiver, APP      | 12.06 |
| 6. Samyria Ortiz, GSU       | 12.07 |
| 7. Vonteena Knotts, APP     | 12.09 |
| 8. Monica Johnson, APP      | 12.38 |

### 200-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Nicole Brown, GSU        | 23.81 |
| 2. Raquel Ramseur, WCU      | 24.13 |
| 3. Sherelle Fronberger, WCU | 24.51 |
| 4. Rashedah Arnold, GSU     | 24.85 |
| 5. Shamyria Ortiz, GSU      | 25.08 |
| 6. Tangelia Johnson, WCU    | 25.24 |
| 7. Kimberley Colley, DAV    | 25.41 |
| 8. Demetrise Anthony, GSU   | 25.78 |

### 400-meter dash

|                           |         |
|---------------------------|---------|
| 1. Raquel Ramseur, WCU    | 54.41   |
| 2. Rashedah Arnold, GSU   | 54.84   |
| 3. Carla Ballard, GSU     | 55.84   |
| 4. Lynda Hiller, APP      | 56.91   |
| 5. Alexis Moore, CIT      | 57.76   |
| 6. Shauntel Jennings, GSU | 57.92   |
| 7. Tierra Johnson, WCU    | 59.42   |
| 8. Jodi Whittle, CIT      | 1:00.48 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Kerri Savery, WCU    | 2:12.65 |
| 2. McKenzie Sharpe, FUR | 2:16.47 |
| 3. Emily Wood, UTC      | 2:17.77 |
| 4. Deanna Kulesz, WCU   | 2:17.79 |
| 5. Kala Robertson, APP  | 2:18.32 |
| 6. Annie Bailey, WCU    | 2:19.28 |
| 7. Lindsey Barker, FUR  | 2:20.50 |
| 8. Jennifer Povick, APP | 2:21.74 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Meghan Gaffney, APP   | 4:32.51 |
| 2. Kathleen Turchin, UTC | 4:37.81 |
| 3. Deanna Kulesz, WCU    | 4:38.21 |
| 4. Nettie Halcomb, UTC   | 4:39.19 |
| 5. Sabrina Lefort, UTC   | 4:40.78 |
| 6. Hannah Parks, APP     | 4:44.08 |
| 7. Jennifer Povick, APP  | 4:45.40 |
| 8. Emily Wood, UTC       | 4:47.65 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Lanni Marchant, UTC    | 17:12.26 |
| 2. Kathleen Turchant, UTC | 17:15.54 |
| 3. Brenna Burns, DAV      | 17:43.03 |
| 4. Jenna Wrieden, APP     | 17:46.67 |
| 5. Caitlin Beeler, Elon   | 18:06.84 |
| 6. Anna Mae Flynn, Elon   | 18:09.27 |
| 7. Meghan Gaffney, APP    | 18:10.77 |
| 8. Katie Williams         | 18:16.28 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Lanni Marchant, UTC   | 35:06.53 |
| 2. Brenna Burns, DAV     | 35:48.41 |
| 3. Jenna Wrieden, APP    | 36:50.18 |
| 4. Katie Hedley, CofC    | 38:58.89 |
| 5. Hannah Parks, APP     | 39:26.18 |
| 6. Lindsay Groce, WCU    | 39:51.14 |
| 7. Katelyn Ealer, Elon   | 40:01.80 |
| 8. Lauren Bosshardt, WOF | 40:45.63 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Brittany Chase, GSU     | 13.92 |
| 2. Amber Wilson, GSU       | 14.08 |
| 3. Dominique Price, Elon   | 14.38 |
| 4. Nashay McGriff, WCU     | 14.45 |
| 5. Prosha Evans-Hardy, APP | 14.54 |
| 6. Lauren Jacobs, GSU      | 14.68 |
| 7. Rashanda Simmons, WCU   | 15.39 |
| 8. Asia Davis, WCU         | 15.42 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Asia Davis, WCU       | 1:00.48 |
| 2. Carla Ballard, GSU    | 1:01.56 |
| 3. Chenel McFadden, APP  | 1:02.33 |
| 4. Kristin Olson, GSU    | 1:03.75 |
| 5. Amber Wilson, GSU     | 1:04.34 |
| 6. Alice Turner, Elon    | 1:05.10 |
| 7. Rashanda Simmons, WCU | 1:07.64 |
| 8. Brittany Chase, GSU   | 1:10.49 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Meghan Gaffney, APP  | 10:46.40 |
| 2. Sabrina Lefort, UTC  | 11:09.62 |
| 3. Anna Mae Flynn, Elon | 11:15.26 |
| 4. Katie Williams, UTC  | 11:23.67 |
| 5. Page Bridges, FUR    | 11:26.77 |
| 6. Shelley Taylor, UTC  | 11:45.63 |
| 7. Abby Bloom, GSU      | 11:59.43 |
| 8. Jessica Kerzie, GSU  | 12:05.29 |

### 4x100-meter relay

|                          |        |
|--------------------------|--------|
| 1. Western Carolina      | 46.025 |
| 2. Georgia Southern      | 46.030 |
| 3. Appalachian State     | 46.48  |
| 4. Davidson              | 47.77  |
| 5. Elon                  | 48.59  |
| 6. The Citadel           | 48.87  |
| 7. College of Charleston | 49.54  |
| 8. Furman                | 50.70  |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Georgia Southern      | 3:41.68 |
| 2. Western Carolina      | 3:48.61 |
| 3. Appalachian State     | 3:52.51 |
| 4. Davidson              | 3:53.45 |
| 5. College of Charleston | 4:00.13 |
| 6. Elon                  | 4:00.33 |
| 7. Furman                | 4:02.66 |
| 8. The Citadel           | 4:06.92 |

### High jump

|                            |         |
|----------------------------|---------|
| 1. Kristen Meister, DAV    | 5-10.00 |
| 2. Jessika Johnson, WCU    | 5-07.00 |
| 3. Brittany Whittaker, WCU | 5-05.00 |
| t4. Meg Phillips, APP      | 5-03.00 |
| t4. Melanie Trumbo, GSU    | 5-03.00 |
| 6. Amber Wilson, GSU       | 5-01.00 |
| 7. Heather Collier, CofC   | 5-01.00 |
| 8. Jasmine Lightning, GSU  | 5-01.00 |

### Pole vault

|                              |          |
|------------------------------|----------|
| 1. Jessica Clendenning, Elon | 12-05.50 |
| 2. Shea Snow, APP            | 11-07.75 |
| 3. Summer Chambless, CofC    | 11-01.75 |
| 4. Kaitlyn Heeke, APP        | 11-01.75 |
| 5. Julie Ward, APP           | 10-02.00 |
| 6. Megan Irwin, APP          | 10-02.00 |
| 7. Amanda Massey, WCU        | 9-08.00  |
| 8. Melissa Cabe, WCU         | 9-08.00  |

### Long jump

|                           |          |
|---------------------------|----------|
| 1. Nicole Brown, GSU      | 20-05.00 |
| 2. Vonteena Knotts, APP   | 19-11.50 |
| 3. Lauren Jacobs, GSU     | 19-01.50 |
| 4. Tia Jones, WCU         | 18-11.25 |
| 5. Dominique Thurman, GSU | 18-10.50 |
| 6. Chibuzo Aguocha, FUR   | 18-09.75 |
| 7. Jessica Mayela, APP    | 18-09.75 |
| 8. Danielle Thorpe, APP   | 18-08.50 |

### Triple jump

|                           |          |
|---------------------------|----------|
| 1. Nicole Brown, GSU      | 42-05.50 |
| 2. Chibuzo Aguocha, FUR   | 41-09.75 |
| 3. Vonteena Knotts, APP   | 40-09.50 |
| 4. Danielle Thorpe, APP   | 39-06.50 |
| 5. Demetrise Anthony, GSU | 39-06.50 |
| 6. Monique Vines, Elon    | 38-08.25 |
| 7. Jessica Mayela, APP    | 38-05.00 |
| 8. Brittany Chase, GSU    | 38-03.50 |

### Shot put

|                           |          |
|---------------------------|----------|
| 1. Stephanie McNeill, CIT | 47-05.25 |
| 2. Brittani Williams, APP | 45-06.25 |
| 3. Emily Greeson, GSU     | 43-11.75 |
| 4. Jennifer Charles, GSU  | 43-03.00 |
| 5. Shaniqua Wallace, APP  | 42-10.75 |
| 6. Sharhonda Bell, WCU    | 41-02.50 |
| 7. Lathcha Sanders, CIT   | 41-01.00 |
| 8. Lily Tallent, APP      | 39-10.5  |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Brittani Williams, APP  | 138-07 |
| 2. Monique Pitts, GSU      | 134-05 |
| 3. Adrienne Alexander, APP | 133-04 |
| 4. Nicole Lopez, WCU       | 129-03 |
| 5. Lily Tallent, APP       | 127-03 |
| 6. Monique Edwards, CIT    | 126-02 |
| 7. Angela Carlberg, Elon   | 123-03 |
| 8. Whitney Smyre, APP      | 119-09 |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Stephanie McNeill, CIT | 163-01 |
| 2. Emily Greeson, GSU     | 160-11 |
| 3. Monique Edwards, CIT   | 158-09 |
| 4. Monique Pitts, GSU     | 153-03 |
| 5. Brittani Williams, APP | 148-10 |
| 6. Jessica Irizzary, GSU  | 146-11 |
| 7. Nicole Lopez, WCU      | 144-09 |
| 8. Shaniqua Wallace, APP  | 142-08 |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Jessica Irizzary, GSU | 134-04 |
| 2. Tara Tounzen, WCU     | 124-11 |
| 3. Lynsie Lamitie, WCU   | 122-08 |
| 4. Lily Tallent, APP     | 120-05 |
| 5. Laura Phelan, CIT     | 118-03 |
| 6. Nola Belcher, WOF     | 117-03 |
| 7. Allison Taylor, CIT   | 116-08 |
| 8. Nicole Brown, GSU     | 112-02 |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Lathcha Sanders, CIT   | 4,396 |
| 2. Lauren Jacobs, GSU     | 4,390 |
| 3. Serenity Thompson, GSU | 4,155 |
| 4. Melanie Trumbo, GSU    | 4,029 |
| 5. Kimberly Abel, Elon    | 3,935 |
| 6. Nashay McGriff, WCU    | 3,871 |
| 7. Morgan Broadnax, WCU   | 3,791 |
| 8. Jessica Wilkerson, WCU | 3,706 |

#### Most Outstanding Track Performer

Nicole Brown, Georgia Southern

#### Most Outstanding Field Performer

Stephanie McNeill, Georgia Southern

#### Freshman of the Year

Jessica Irizzary, Georgia Southern

#### Coach of the Year

Natalie Smith, Georgia Southern

#### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2006 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 258.5  | 5. Furman      | 58     |
| 2. Appalachian State | 244.5  | 6. Chattanooga | 51     |
| 3. Davidson          | 84     | 7. Wofford     | 18     |
| 4. The Citadel       | 77     |                |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Zeb Johnson, WCU     | 10.88 |
| 2. Kevon Johnson, WCU   | 10.96 |
| 3. Michael Malone, WCU  | 10.99 |
| 4. Eugene Jones, APP    | 11.02 |
| 5. Charles White, APP   | 11.12 |
| 6. Ryan Hubbard, DAV    | 11.14 |
| 7. Thomas Pressley, CIT | 11.31 |
| 8. Will Forrest, FUR    | 11.31 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Zeb Johnson, WCU     | 21.63 |
| 2. Manteo Mitchell, WCU | 21.67 |
| 3. Milton Bolton, WCU   | 21.94 |
| 4. Ryan Hubbard, DAV    | 22.13 |
| 5. Kevin Johnson, WCU   | 22.14 |
| 6. James Gregory, WCU   | 22.14 |
| 7. Eugene Jones, WCU    | 22.70 |
| 8. Duke Craig, WCU      | 22.74 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Manteo Mitchell, WCU  | 47.20 |
| 2. Milton Bolton, WCU    | 47.50 |
| 3. James Gregory, WCU    | 49.00 |
| 4. Johnny Svoboda, APP   | 49.56 |
| 5. Charleton Grant, WCU  | 49.60 |
| 6. Jonathan Vallejo, CIT | 49.90 |
| 7. John Oros, WCU        | 49.94 |
| 8. Dan Sagmiller, CIT    | 50.56 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Jeff Williams, UNCG      | 1:51.79 |
| 2. Patrick Morgan, FUR      | 1:52.37 |
| 3. Adam Puett, WCU          | 1:53.29 |
| 4. Douglas Noreen, DAV      | 1:54.56 |
| 5. Marcus Butler, CIT       | 1:54.86 |
| 6. Jordan Longstreth, UTC   | 1:55.98 |
| 7. Michael Billingsley, UTC | 1:56.54 |
| 8. Dan Fassinger, WCU       | 2:11.89 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Adam Puett, WCU       | 3:56.93 |
| 2. Douglas Noreen, DAV   | 3:58.68 |
| 3. Michael Mentz, UTC    | 3:59.21 |
| 4. Jeff Taylor, UTC      | 4:00.19 |
| 5. Andrew Mullen, FUR    | 4:00.71 |
| 6. Charles Kutz, CIT     | 4:01.43 |
| 7. Dan Fassinger, WCU    | 4:01.96 |
| 8. Nicolas Vaccaro, UNCG | 4:02.31 |

### 5,000-meter run

|                        |          |
|------------------------|----------|
| 1. Colin Sullivan, UTC | 14:42.18 |
| 2. Tyler Johnson, FUR  | 14:45.55 |
| 3. Ian Mayne, UTC      | 14:50.19 |
| 4. Adam Puett, WCU     | 14:57.83 |
| 5. Jonathan Baker, DAV | 14:58.77 |
| 6. Brian Deal, APP     | 15:02.63 |
| 7. Sam Robinson, FUR   | 15:09.40 |
| 8. Ryan O'Keefe, APP   | 15:10.12 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Jonathan Baker, DAV | 31:54.27 |
| 2. Lance Harden, DAV   | 32:04.77 |
| 3. Blair Teal, APP     | 32:06.94 |
| 4. Brian Deal, APP     | 32:38.24 |
| 5. Josh Wyatt, UNCG    | 32:44.61 |
| 6. Asmeron Desta, APP  | 32:47.69 |
| 7. Jeff Taylor, UTC    | 32:57.76 |
| 8. Sam Robinson, FUR   | 33:01.79 |

### 110-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Charles Derrickson, APP | 14.17 |
| 2. Lawrence Briscoe, WCU   | 14.38 |
| 3. Josh Cox, APP           | 14.97 |
| 4. Daniel Neal, APP        | 15.14 |
| 5. Ashten Bennett, WCU     | 15.55 |
| 6. Matt Harlfinger, WCU    | 15.61 |
| -- Michael Malone, WCU     | DNF   |
| -- Alex Love, WOF          | DQ    |

### 400-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Michael Malone, WCU     | 52.71 |
| 2. Daniel Neal, APP        | 52.77 |
| 3. Lawrence Briscoe, WCU   | 52.78 |
| 4. David Ritchie, DAV      | 53.05 |
| 5. Charles Derrickson, APP | 54.17 |
| 6. Thomas Cummings, CIT    | 55.19 |
| 7. Dan Sagmiller, CIT      | 56.59 |
| 8. Jamal Brown, CIT        | 56.75 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Tyler Johnson, FUR     | 9:09.22  |
| 2. Ian Mayne, UTC         | 9:10.13  |
| 3. Linas Salkauskas, UTC  | 9:32.31  |
| 4. Ryan O'Keefe, APP      | 9:34.99  |
| 5. Austin Mercadante, DAV | 9:40.71  |
| 6. Eric Albrecht, FUR     | 9:43.38  |
| 7. William Wilson, CIT    | 10:01.68 |
| 8. FJ Goodwin, FUR        | 10:02.91 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 40.58 |
| 2. Appalachian State | 41.69 |
| 3. Davidson          | 42.18 |
| 4. The Citadel       | 42.29 |
| 5. Furman            | 43.44 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:14.30 |
| 2. Appalachian State | 3:15.53 |
| 3. The Citadel       | 3:18.02 |
| 4. Davidson          | 3:18.48 |
| 5. Furman            | 3:29.36 |
| 6. Chattanooga       | 3:30.04 |

### High jump

|                          |         |
|--------------------------|---------|
| 1. Shaquill Smith, CIT   | 6-06.75 |
| 2. Josh Cox, APP         | 6-04.75 |
| 3. Lawrence Briscoe, WCU | 6-02.75 |
| 4. Chris Gaillard, WCU   | 6-02.75 |
| 4. Ricky Harris, APP     | 6-02.75 |
| 6. Kareem Royal, CIT     | 6-00.75 |
| 7. Daniel Joseph, WCU    | 6-00.75 |
| 8. Matt Harlfinger, WCU  | 6-00.75 |

### Pole vault

|                          |          |
|--------------------------|----------|
| 1. Barron Shell, APP     | 15-07.00 |
| 2. Dan Queen, APP        | 15-07.00 |
| 3. Joel Lynch, WCU       | 14-01.25 |
| 4. Joe Irvin, APP        | 14-01.25 |
| 5. Justin Hunicutt, APP  | 13-07.25 |
| 6. Justin Spormann, WCU  | 13-07.25 |
| 7. Christian Benson, WCU | 13-07.25 |
| 8. Dustin Wright, APP    | 13-07.25 |

### Long jump

|                        |          |
|------------------------|----------|
| 1. Ricky Harris, APP   | 23-04.75 |
| 2. Chris Gaillard, WCU | 22-10.50 |
| 3. Joel Gaddy, APP     | 22-04.50 |
| 4. Tyler Ferguson, WCU | 21-20.25 |
| 5. Josh Cox, APP       | 21-09.00 |
| 6. Michael Malone, WCU | 21-08.25 |
| 7. Daniel Joseph, WCU  | 21-05.25 |
| 8. Shaquill Smith, CIT | 21-04.75 |

### Triple jump

|                        |          |
|------------------------|----------|
| 1. Mark Sturgis, APP   | 50-01.25 |
| 2. Joel Gaddy, APP     | 48-07.25 |
| 3. Josh Cox, APP       | 48-00.00 |
| 4. Ricky Harris, APP   | 47-09.75 |
| 5. Shaquill Smith, CIT | 47-04.25 |
| 6. Chris Gaillard, WCU | 46-09.50 |
| 7. Chris Cutter, APP   | 46-06.25 |
| 8. Daniel Joseph, WCU  | 46-02.75 |

### Shot put

|                         |          |
|-------------------------|----------|
| 1. Katon Bethay, WOF    | 52-11.00 |
| 2. Will Funderburg, DAV | 48-00.00 |
| 3. Wes Kiser, APP       | 47-07.75 |
| 4. Alex Croskey, CIT    | 46-04.00 |
| 5. Chris Page, WCU      | 46-00.50 |
| 6. Grant Haun, APP      | 43-11.25 |
| 7. Steve Adams, FUR     | 42-08.25 |
| 8. Erick Austin, CIT    | 42-00.50 |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Jim Walter, DAV      | 153-07 |
| 2. Katon Bethay, WOF    | 148-05 |
| 3. Chris Page, WCU      | 147-03 |
| 4. Wes Kiser, APP       | 146-01 |
| 5. Zach DiBois, CIT     | 142.08 |
| 6. Will Funderburg, DAV | 140-10 |
| 7. Willie Sturgis, WCU  | 137-11 |
| 8. Grant Haun, APP      | 137-11 |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Grant Haun, APP        | 167-00 |
| 2. Wes Kiser, APP         | 163-10 |
| 3. Erick Austin, CIT      | 161-03 |
| 4. Daniel Fioramonti, APP | 154-07 |
| 5. Zach DiBois, CIT       | 150-03 |
| 6. Dusty McGuire, APP     | 149-05 |
| 7. Chris Page, WCU        | 143-02 |
| 8. Willie Sturgis, WCU    | 142-10 |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. David Moseley, FUR  | 193-00 |
| 2. Josh Lee, WCU       | 187-07 |
| 3. David Bowles, WCU   | 175-03 |
| 4. Erick Austin, CIT   | 167-03 |
| 5. Ryan Russell, WCU   | 165-08 |
| 6. Adam Williams, APP  | 165-01 |
| 7. Tyler Ferguson, WCU | 163.06 |
| 8. Dusty McGuire, APP  | 162-11 |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Dustin Wright, APP   | 6,263 |
| 2. Matt Harlfinger, WCU | 6,068 |
| 3. Dan Queen, WCU       | 6,063 |
| 4. Ashten Bennett, WCU  | 5,526 |
| 5. Adam Williams, APP   | 5,259 |
| 6. Rod Palmer, WCU      | 4,866 |
| 7. Doug Schmid, CIT     | 4,182 |

### Most Outstanding Track Performer

Adam Puett, Western Carolina

### Most Outstanding Field Performer

Katon Bethay, Wofford

### Freshman of the Year

Shaquill Smith, The Citadel

### Coach of the Year

Gary Andrew, Davidson  
Danny Williamson, Western Carolina

### \*\*NOTE\*\*

\*Top three finishers in each event received all-conference honors

# 2006 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Appalachian State | 197.5  | 7. Furman                | 40     |
| 2. Georgia Southern  | 182.5  | 8. Davidson              | 39     |
| 3. Western Carolina  | 144    | 9. College of Charleston | 20     |
| 4. Chattanooga       | 79     | 10. Wofford              | 10     |
| 5. Elon              | 55     | 11. UNCG                 | 2      |
| 6. The Citadel       | 48     |                          |        |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Tangelia Johnson, WCU | 11.69 |
| 2. Nicole Brown, GSU     | 11.83 |
| 3. Vonteena Knotts, APP  | 12.09 |
| 4. Tierra Watts, GSU     | 12.15 |
| 5. Asai Davis, WCU       | 12.20 |
| 6. Cassie Gentry, WCU    | 12.42 |
| 7. Monica Johnson, APP   | 12.54 |
| -- Shamyria Ortiz, GSU   | FS    |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Tangelia Johnson, WCU | 24.40 |
| 2. Raquel Ramseur, WCU   | 24.57 |
| 3. Nicole Brown, GSU     | 24.73 |
| 4. Shamyria Ortiz, GSU   | 25.37 |
| 5. Vonteena Knotts, APP  | 25.75 |
| 6. Tierra Knotts, GSU    | 25.81 |
| 7. Katurri Phillips, DAV | 25.90 |
| 8. Jodi Whittle, CIT     | 26.12 |

### 400-meter dash

|                             |         |
|-----------------------------|---------|
| 1. Raquel Ramseur, WCU      | 54.15   |
| 2. Rashedah Arnold, GSU     | 55.64   |
| 3. Alexine Crutchfield, UTC | 57.29   |
| 4. Jessica Chasen, DAV      | 58.08   |
| 5. Jodi Whittle, CIT        | 58.62   |
| 6. London Ryles, GSU        | 58.83   |
| 7. Piper Taylor, APP        | 59.08   |
| 8. Mary Jo Handley, FUR     | 1:00.08 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Caroline Jett, APP     | 2:31.39 |
| 2. Brittany Whitaker, WCU | 2:32.52 |
| 3. Jessica Wilkerson, WCU | 2:36.79 |
| 4. Clare Goodwin, CofC    | 2:42.43 |
| 5. Kirsten Schumy, CofC   | 2:43.52 |
| 6. Kristie Boggan, APP    | 2:45.10 |
| 7. Allie Martin, DAV      | 2:21.11 |
| 8. Colleen McKown, DAV    | 2:23.06 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Shannon Wommack, UTC | 4:22.95 |
| 2. Alana Black, Elon    | 4:26.60 |
| 3. Meghan Gaffner, APP  | 4:35.68 |
| 4. Allie Martin, DAV    | 4:36.84 |
| 5. Halcomb Nettie, UTC  | 4:37.19 |
| 6. Kasey Smith, APP     | 4:43.84 |
| 7. Jessica Weber, UNCG  | 4:44.97 |
| 8. Megan Jenkins, CIT   | 4:45.56 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Lanni Marchant, UTC  | 16:45.22 |
| 2. Sabrina LeFort, UTC  | 17:29.94 |
| 3. Halcomb Nettie, UTC  | 17:35.59 |
| 4. Meghan Gaffner, APP  | 17:38.59 |
| 5. Carolina Sanker, DAV | 17:45.13 |
| 6. Kasey Smith, APP     | 17:50.35 |
| 7. Ashley Arnold, CofC  | 18:09.24 |
| 8. Anna Mae Flynn, Elon | 18:12.28 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Emily Kong, DAV     | 38:04.10 |
| 2. Kasey Smith, APP    | 38:19.82 |
| 3. Ellen Davis, UTC    | 38:29.37 |
| 4. Katelyn Ealer, Elon | 38:29.48 |
| 5. Ashley Arnold, CofC | 38:50.47 |
| 6. Hannah Parks, APP   | 39:28.79 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Brittany Chase, GSU   | 13.95 |
| 2. Amber Wilson, GSU     | 14.06 |
| 3. Dominique Price, Elon | 14.20 |
| 4. Asia Davis, WCU       | 14.33 |
| 5. Mandi Phillips, GSU   | 14.44 |
| 6. Lauren Jacobs, GSU    | 14.76 |
| 7. Tiffany Mack, WCU     | 14.79 |
| 8. Kristin Olson, GSU    | 14.89 |

### 400-meter hurdles

|                        |         |
|------------------------|---------|
| 1. Asia Davis, WCU     | 1:00.47 |
| 2. Amber Wilson, GSU   | 1:01.64 |
| 3. Alice Turner, Elon  | 1:02.78 |
| 4. Kristin Olson, GSU  | 1:03.04 |
| 5. Kristen Edgar, FUR  | 1:04.92 |
| 6. Carla Ballard, GSU  | 1:05.49 |
| 7. Julie McGowan, Elon | 1:10.31 |
| 8. Clare Goodwin, CofC | 1:10.63 |

### 3,000-meter steeplechase

|                          |          |
|--------------------------|----------|
| 1. Shannon Wommack, UTC  | 10:07.54 |
| 2. Sabrina LeFort, UTC   | 10:40.56 |
| 3. Meghan Gaffner, APP   | 10:44.09 |
| 4. Page Bridges, FUR     | 11:19.38 |
| 5. Anna Mae Flynn, Elon  | 11:25.29 |
| 6. Sarah Strickland, CIT | 11:26.45 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Georgia Southern      | 46.17 |
| 2. Western Carolina      | 46.20 |
| 3. Appalachian State     | 47.16 |
| 4. Elon                  | 49.08 |
| 5. Furman                | 49.89 |
| 6. Davidson              | 50.18 |
| 7. College of Charleston | 50.85 |
| -- The Citadel           | DQ    |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:43.15 |
| 2. Georgia Southern      | 3:50.79 |
| 3. Furman                | 3:53.77 |
| 4. Appalachian State     | 3:59.45 |
| 5. Davidson              | 4:02.02 |
| 6. Chattanooga           | 4:02.70 |
| 7. Elon                  | 4:03.17 |
| 8. College of Charleston | 4:05.23 |

### High jump

|                           |         |
|---------------------------|---------|
| 1. Jessika Johnson, WCU   | 5-05.75 |
| 2. Amber Wilson, GSU      | 5-03.75 |
| 3. Brittany Whitaker, WCU | 5-01.75 |
| 4. Jasmine Lightning, GSU | 4-11.75 |
| 4. Piper Taylor, APP      | 4-11.75 |
| 6. NaShay McGrigg, WCU    | 4-11.75 |
| 7. Dominique Boone, CofC  | 4-09.75 |
| 8. Jessica Wilkerson, WCU | 4-09.75 |

### Pole vault

|                              |          |
|------------------------------|----------|
| 1. Jessica Clendenning, Elon | 11-11.75 |
| 2. Caren Mah, APP            | 10-11.75 |
| 2. Shea Snow, APP            | 10-11.75 |
| 4. Summer Chambless, CofC    | 10-06.00 |
| 5. Kaitlyn Heeke, APP        | 10-06.00 |
| 6. Bridget Robertson, APP    | 10-06.00 |
| 7. Jessie Wilson, WCU        | 10-00.00 |
| 8. Susan Shore, Elon         | 10-00.00 |

### Long jump

|                          |          |
|--------------------------|----------|
| 1. Nicole Brown, GSU     | 20-07.25 |
| 2. Vonteena Knotts, APP  | 19-10.25 |
| 3. Lauren Jacobs, GSU    | 19-08.00 |
| 4. Chibuzo Aguocha, FUR  | 18-06.50 |
| 5. Jessica Mayela, APP   | 18-03.75 |
| 6. Rashanda Simmons, WCU | 18-03.25 |
| 7. Brittney Brown, GSU   | 17-09.00 |
| 8. NaShay McGriff, WCU   | 17-07.50 |

### Triple jump

|                           |          |
|---------------------------|----------|
| 1. Mandi Phillips, GSU    | 39-11.50 |
| 2. NaShay McGriff, WCU    | 39-03.00 |
| 3. Vonteena Knotts, APP   | 39-01.75 |
| 4. Brittany Chase, GSU    | 38-09.50 |
| 5. Nicole Brown, GSU      | 38-07.75 |
| 6. Lauren Jacobs, GSU     | 38-07.00 |
| 7. Kennisia Martin, DAV   | 37-07.25 |
| 8. Jasmine Lightning, GSU | 37-06.00 |

### Shot put

|                           |          |
|---------------------------|----------|
| 1. Beverly Burnett, APP   | 48-11.50 |
| 2. Stephanie McNeill, CIT | 46-11.00 |
| 3. Brittani Williams, APP | 43-06.50 |
| 4. Emily Greeson, GSU     | 43-01.75 |
| 5. Kristie Boggan, APP    | 42-04.00 |
| 6. Lily Tallent, APP      | 41-07.25 |
| 7. Nicole Lopez, WCU      | 41-00.25 |
| 8. Chakosha Lance, CofC   | 40-06.25 |

### Discus throw

|                           |        |
|---------------------------|--------|
| 1. Stephanie McNeill, CIT | 141-02 |
| 2. Nikole Simmons, APP    | 140-01 |
| 3. Kristie Boggan, APP    | 139-09 |
| 4. Lily Tallent, APP      | 139-08 |
| 5. Brittani Williams, APP | 137-03 |
| 6. Monique Pitts, GSU     | 136-00 |
| 7. Nicole Lopez, WCU      | 131-10 |
| 8. Monique Edwards, CIT   | 128-02 |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Nikole Simmons, APP    | 189-02 |
| 2. Crystal Miller, APP    | 162-11 |
| 3. Emily Greeson, GSU     | 158-11 |
| 4. Brittani Williams, APP | 157-06 |
| 5. Monique Edwards, CIT   | 155-01 |
| 6. Kristie Boggan, APP    | 153-06 |
| 7. Stephanie McNeill, CIT | 153-06 |
| 8. Monique Pitts, GSU     | 150-05 |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Nola Belcher, WOF   | 127-00 |
| 2. Nicole Brown, GSU   | 123-07 |
| 3. Tara Tounzen, WCU   | 122-11 |
| 4. Allison Taylor, CIT | 120-07 |
| 5. Laura Phelan, CIT   | 119-05 |
| 6. Kristie Boggan, APP | 117-02 |
| 7. Nikole Simmons, APP | 117-00 |
| 8. Rachel Glasgow, WCU | 112-08 |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Kristie Boggan, APP    | 4,332 |
| 2. Serenity Thompson, GSU | 3,983 |
| 3. Brittany Whitaker, WCU | 3,952 |
| 4. Tosha Sanders, CIT     | 3,887 |
| 5. Caroline Jett, APP     | 3,758 |
| 6. Jessica Wilkerson, WCU | 3,526 |
| 7. Morgan Broadnax, WCU   | 3,318 |
| 8. Emily Wright, APP      | 3,292 |

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Stephanie McNeill, The Citadel

### Freshman of the Year

Emily King, Davidson

### Coach of the Year

Shaun Meinecke, Georgia Southern

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2005 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team        | Points |
|----------------------|--------|-------------|--------|
| 1. Appalachian State | 292.5  | 6. Furman   | 33     |
| 2. Western Carolina  | 250.5  | 7. Wofford  | 30     |
| 3. Chattanooga       | 57     | 8. Davidson | 28     |
| 4. The Citadel       | 48     | 9. UNCG     | 26     |
| 5. ETSU              | 45     |             |        |

### 100-meter dash

|                        |       |
|------------------------|-------|
| 1. Michael Malone, WCU | 10.45 |
| 2. Chris Martin, APP   | 10.56 |
| 3. Quintin Wright, CIT | 10.58 |
| 4. Eugene Jones, APP   | 10.62 |
| 5. Charles White, APP  | 10.71 |
| 6. Darius Bryson, WCU  | 10.77 |
| 7. Dwight House, CIT   | 10.84 |
| 8. Craig Duke, WCU     | 10.95 |

### 200-meter dash

|                        |       |
|------------------------|-------|
| 1. Michael Malone, WCU | 21.25 |
| 2. Zeb Johnson, WCU    | 21.26 |
| 3. Chris Martin, APP   | 21.38 |
| 4. Quintin Wright, CIT | 21.47 |
| 5. James Gregory, WCU  | 21.72 |
| 6. James Barr, WCU     | 21.77 |
| 7. Bryan Burney, APP   | 22.00 |

### 400-meter dash

|                         |       |
|-------------------------|-------|
| 1. Zeb Johnson, WCU     | 48.11 |
| 2. James Gregory, WCU   | 48.17 |
| 3. James Barr, WCU      | 48.19 |
| 4. Greg McCain, APP     | 48.58 |
| 5. Charleton Grant, WCU | 48.69 |
| 6. Will Gillespie, APP  | 49.27 |
| 7. David Cherry, APP    | 50.98 |
| 8. Chris Cutter, APP    | 51.44 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Bryan Burney, APP      | 1:52.61 |
| 2. Adam, VanNortwick, APP | 1:52.78 |
| 3. Jeff Williams, UNCG    | 1:53.85 |
| 4. Marcus Butler, CIT     | 1:55.59 |
| 5. Chris DeCamps, FUR     | 1:56.23 |
| 6. Matt Gould, APP        | 2:00.68 |
| 7. Joshua Hicks, ETSU     | 2:02.46 |
| 8. Vince Bechtel, CIT     | 2:04.47 |

### 1,500-meter run

|                                |         |
|--------------------------------|---------|
| 1. Adam Puett, WCU             | 3:55.45 |
| 2. Adam VanNortwick, APP       | 3:55.45 |
| 3. Colin Sullivan, UTC         | 3:56.03 |
| 4. Joshua Hicks, ETSU          | 3:59.68 |
| 5. Linas Salkauskas, UTC       | 4:00.65 |
| 6. Nathan Hernandez-Adams, APP | 4:01.60 |
| 7. Andy Kifer, DAV             | 4:03.70 |
| 8. Nicolas Vaccaro, UNCG       | 4:06.80 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Steven Kocsis, UTC     | 14:55.55 |
| 2. Joe Halin, APP         | 15:03.27 |
| 3. Colin Sullivan, UTC    | 15:04.69 |
| 4. Ian Mayne, UTC         | 15:06.64 |
| 5. Adam Puett, WCU        | 15:19.53 |
| 6. Jonathan Baker, DAV    | 15:24.41 |
| 7. Austin Mercadante, DAV | 15:24.74 |
| 8. Brian Deal, APP        | 15:27.18 |

### 10,000-meter run

|                                |          |
|--------------------------------|----------|
| 1. Joe Halin, APP              | 32:14.49 |
| 2. Brendon Helms, APP          | 32:27.01 |
| 3. Sam Robinson, FUR           | 32:28.83 |
| 4. Nathan Hernandez-Adams, APP | 32:32.97 |
| 5. Brian Deal, APP             | 33:02.90 |
| 6. Fredrick Cameron, WCU       | 33:14.00 |
| 7. Marcus Dunn, WCU            | 33:20.49 |
| 8. Nick Gastley, CIT           | 33:38.67 |

### 110-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Michael Malone, WCU  | 14.54 |
| 2. Alex Love, WOF       | 14.67 |
| 3. Andre Brown, WCU     | 15.18 |
| 4. Michael Wright, ETSU | 15.26 |
| 5. Greg McCain, APP     | 56.53 |
| 6. Dan Sagmiller, CIT   | 56.56 |
| 7. Thomas Cummings, CIT | 15.69 |
| -- Deonte Cook, WCU     | DQ    |

### 400-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Chris Harrington, UTC | 52.65 |
| 2. David Ritchie, DAV    | 52.87 |
| 3. Thomas Cummings, CIT  | 53.02 |
| 4. Lawrence Briscoe, WCU | 56.00 |
| 5. John Auer, CIT        | 57.00 |
| 6. Dan Sagmiller, CIT    | 57.17 |
| 7. Greg McCain, APP      | 57.62 |
| 8. Tyler Woodruff, ETSU  | 58.41 |

### 3,000-meter steeplechase

|                           |         |
|---------------------------|---------|
| 1. Ian Mayne, UTC         | 9:23.28 |
| 2. Mark Maddox, APP       | 9:28.42 |
| 3. Linas Salkauskas, UTC  | 9:32.82 |
| 4. Eric Albrecht, FUR     | 9:36.90 |
| 5. Austin Mercadante, DAV | 9:36.92 |
| 6. Mike Mitchell, APP     | 9:38.64 |
| 7. Marc Quesenberry, CIT  | 9:43.15 |
| 8. Ryan O'Keefe, APP      | 9:45.73 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 40.78 |
| 2. Appalachian State | 41.01 |
| 3. Furman            | 42.02 |
| 4. The Citadel       | 42.06 |
| 5. ETSU              | 43.32 |
| 6. Davidson          | 43.99 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:15.38 |
| 2. Appalachian State | 3:16.52 |
| 3. Davidson          | 3:18.72 |
| 4. The Citadel       | 3:21.23 |
| 5. UNCG              | 3:27.09 |
| 6. Furman            | 3:30.39 |
| 7. ETSU              | 3:34.89 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Michael Estes, ETSU   | 1.98m |
| 2. Lawrence Briscoe, WCU | 1.90m |
| 3. Jeremy Snoderly, ETSU | 1.90m |
| 4. Dan Smith, APP        | 1.90m |
| 5. LaMont Reid, WCU      | 1.90m |
| 6. Bobby Robinson, WCU   | 1.80m |
| 6. Michael Wright, ETSU  | 1.80m |
| 8. Matt Harlfinger, WCU  | 1.75m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Wes Willoughby, WCU     | 4.75m |
| 2. Dan Queen, APP          | 4.60m |
| 3. Tyler Varnadore, APP    | 4.45m |
| 4. Christian Benson, WCU   | 4.45m |
| 5. Marc Ward, WCU          | 4.30m |
| 6. Justin Spormann, WCU    | 4.15m |
| 7. Joe Irvin, APP          | 4.15m |
| 7. Fredrick Williams, ETSU | 4.15m |

### Long jump

|                            |       |
|----------------------------|-------|
| 1. Adrien Borders, WOF     | 7.41m |
| 2. Joel Gaddy, APP         | 6.93m |
| 3. Mark Sturgis, APP       | 6.90m |
| 4. Charles Jones, UNCG     | 6.80m |
| 5. Michael Malone, WCU     | 6.68m |
| 6. LaMont Reid, WCU        | 6.57m |
| 7. Michael Wright, ETSU    | 6.54m |
| 8. Nathan Strickland, ETSU | 6.53m |

### Triple jump

|                            |        |
|----------------------------|--------|
| 1. Charles Jones, UNCG     | 15.24m |
| 2. Mark Sturgis, APP       | 14.90m |
| 3. Adrien Borders, WOF     | 14.69m |
| 4. Chris Cutter, APP       | 14.39m |
| 5. Joel Gaddy, APP         | 14.29m |
| 6. Calvin Guinyard, WCU    | 14.23m |
| 7. Adan Blevins, ETSU      | 13.92m |
| 8. Nathan Strickland, ETSU | 13.31m |

### Shot put

|                       |        |
|-----------------------|--------|
| 1. Anthony Greer, APP | 17.72m |
| 2. Kerry Brown, APP   | 16.55m |
| 3. Bob Smith, APP     | 16.28m |
| 4. Chris Lewis, WCU   | 15.36m |
| 5. Jason Stepp, WCU   | 15.27m |
| 6. Katon Bethay, WOF  | 15.19m |
| 7. Jerod Kelly, WCU   | 14.19m |
| 8. Marty Bauer, WOF   | 13.83m |

### Discus throw

|                       |        |
|-----------------------|--------|
| 1. Anthony Greer, APP | 49.73m |
| 2. Bob Smith, APP     | 46.77m |
| 3. Dan Utley, APP     | 45.86m |
| 4. Wes Kiser, APP     | 45.60m |
| 5. Grant Haun, APP    | 44.03m |
| 6. Joel Bell, FUR     | 43.52m |
| 7. Katon Bethay, WOF  | 43.38m |
| 8. Zach DiBois, CIT   | 42.46m |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Bob Smith, APP         | 57.81m |
| 2. Jason Stepp, WCU       | 50.80m |
| 3. Matt Decker, WCU       | 49.58m |
| 4. Anthony Greer, APP     | 48.77m |
| 5. Grant Haun, APP        | 47.93m |
| 6. Daniel Fioramonti, APP | 46.86m |
| 7. Wes Kiser, APP         | 44.33m |
| 8. Willie Sturgis, WCU    | 42.12m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. David Bowles, WCU   | 57.27m |
| 2. Josh Lee, WCU       | 56.94m |
| 3. David Moseley, FUR  | 56.64m |
| 4. Adam Williams, APP  | 55.41m |
| 5. Dusty McGuire, APP  | 50.93m |
| 6. Jason Stepp, WCU    | 50.17m |
| 7. Ryan Fussell, WCU   | 49.65m |
| 8. Bobby Robinson, WCU | 46.73m |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Dustin Wright, APP   | 6,021 |
| 2. Bobby Robinson, WCU  | 5,726 |
| 3. Matt Harlfinger, WCU | 5,724 |
| 4. Alex Patton, WCU     | 5,606 |
| 5. Adam Williams, APP   | 5,162 |
| 6. Barron Shell, APP    | 4,312 |

### Most Outstanding Track Performer

Mike Malone, Western Carolina

### Most Outstanding Field Performer

Anthony Greer, Appalachian State

### Freshman of the Year

Zeb Johnson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTE\*\*

- Top three finishers in each event received all-conference honors



# 2005 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Appalachian State | 207.5  | 7. Elon                  | 28     |
| 2. Georgia Southern  | 199    | 8. College of Charleston | 21.5   |
| 3. Western Carolina  | 155    | 9. The Citadel           | 18     |
| 4. Chattanooga       | 91     | 10. Wofford              | 8      |
| 5. ETSU              | 52     | 11. Davidson             | 4      |
| 6. Furman            | 33     | 12. UNCG                 | 0      |

### 100-meter dash

|                            |       |
|----------------------------|-------|
| 1. Nicole Brown, GSU       | 11.50 |
| 2. Jennifer Claud, APP     | 11.66 |
| 3. Christina Roberts, APP  | 11.77 |
| 4. Chantelle Vernon, ETSU  | 11.85 |
| 5. Tangelia Johnson, WCU   | 11.90 |
| 6. Alexis Hoover, APP      | 11.95 |
| 7. Jenny Knox, ETSU        | 12.09 |
| 8. Giselle Cunningham, GSU | 12.20 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Jennifer Claud, APP     | 23.76 |
| 2. Nicole Brown, GSU       | 23.98 |
| 3. Raquel Ramseuf, WCU     | 24.40 |
| 4. Ebonie Jones, ETSU      | 24.47 |
| 5. Christina Roberts, APP  | 24.55 |
| 6. Giselle Cunningham, GSU | 24.60 |
| 7. Alexis Hoover, APP      | 24.64 |
| 8. Jenny Knox, ETSU        | 24.68 |

### 400-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Nichola Cornish, ETSU    | 54.59 |
| 2. Rashedah Arnold, GSU     | 55.30 |
| 3. Raquiel Ramseuf, WCU     | 55.40 |
| 4. Jennifer Spivey, WCU     | 56.81 |
| 5. Leslie Martin, WCU       | 57.00 |
| 6. Alexine Crutchfield, UTC | 58.23 |
| 7. Piper Taylor, APP        | 58.68 |
| 8. Matasha Brown, APP       | 58.87 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Leslie Martin, WCU       | 2:15.16 |
| 2. Kerrie Savery, WCU       | 2:16.45 |
| 3. McKenzie Sharpe, FUR     | 2:17.01 |
| 4. Katie Sujkowski, APP     | 2:17.54 |
| 5. Tiffany Collier, ETSU    | 2:20.32 |
| 6. Rebecca Mullen, FUR      | 2:21.33 |
| 7. Ashley Meagher, UTC      | 2:22.07 |
| 8. Jennifer Habbestad, ETSU | 2:24.02 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Shannon Wommack, UTC  | 4:32.34 |
| 2. Kathleen Turchin, UTC | 4:35.50 |
| 3. Katie Sujkowski, APP  | 4:36.55 |
| 4. Nettie Halcomb, UTC   | 4:40.42 |
| 5. Molly Mungovan, FUR   | 4:41.00 |
| 6. Kasey Smith, APP      | 4:43.58 |
| 7. Megal Atias, DAV      | 4:44.36 |
| 8. Brittney Swick, GSU   | 4:48.62 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Shannon Wommack, UTC | 10:34.87 |
| 2. Meghan Gaffney, APP  | 11:17.10 |
| 3. Nettie Halcomb, UTC  | 11:26.32 |
| 4. Page Bridges, FUR    | 11:31.79 |
| 5. Katie Poole, FUR     | 11:40.79 |
| 6. Jessica Kerzie, GSU  | 11:58.97 |
| 7. Katie Williams, UTC  | 12:01.06 |
| 8. Christina Post, APP  | 12:04.85 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Kathleen Turchin, UTC | 17:16.45 |
| 2. Shannon Wommack, UTC  | 17:20.34 |
| 3. Ashley Arnold, CofC   | 17:41.87 |
| 4. Ellen Davis, UTC      | 17:57.65 |
| 5. Christine Ward, ETSU  | 18:00.10 |
| 6. Kasey Smith, APP      | 18:04.56 |
| 7. Molly Mungovan, FUR   | 18:06.04 |
| 8. Katie Sujkowski, APP  | 18:17.36 |

### 10,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Ellen Davis, UTC      | 39:24.36 |
| 2. Jennifer Kelley, APP  | 39:45.58 |
| 3. Melissa Reyes, GSU    | 39:58.04 |
| 4. Cailin Lyncyh, APP    | 40:06.83 |
| 5. Kelly Rosborough, APP | 40:20.34 |
| 6. Noel Smith, APP       | 40:20.57 |
| 7. Laura Hewston, CIT    | 40:55.33 |
| 8. Elise Wallace, WCU    | 42:56.65 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Brittany Chase, GSU   | 14:00 |
| 2. Amber Wilson, GSU     | 14:05 |
| 3. Asia Davis, WCU       | 14:25 |
| 4. Brittany Boda, Elon   | 14:40 |
| 5. Donimique Price, Elon | 14:43 |
| 6. Mandi Phillips, GSU   | 14:52 |
| 7. Lauren Jacobs, GSU    | 14:69 |
| 8. NaShay McGriff, WCU   | 14:71 |

### 400-meter hurdles

|                        |         |
|------------------------|---------|
| 1. Asia Davis, WCU     | 1:00.77 |
| 2. Amber Wilson, GSU   | 1:03.57 |
| 3. Carla Ballard, GSU  | 1:04.15 |
| 4. Rachel Glasgow, WCU | 1:05.58 |
| 5. Tonya Edmonds, WCU  | 1:07.62 |
| 6. Jessica Summey, APP | 1:08.03 |
| 7. Brittany Chase, GSU | 1:08.28 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Georgia Southern      | 46.32 |
| 2. Appalachian State     | 46.38 |
| 3. ETSU                  | 46.68 |
| 4. Western Carolina      | 46.96 |
| 5. Elon                  | 48.62 |
| 6. The Citadel           | 49.26 |
| 7. Furman                | 49.29 |
| -- College of Charleston | DQ    |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Western Carolina      | 3:45.72 |
| 2. Georgia Southern      | 3:52.47 |
| 3. ETSU                  | 3:53.09 |
| 4. Appalachian State     | 3:57.16 |
| 5. Furman                | 4:00.84 |
| 6. Chattanooga           | 4:01.55 |
| 7. Davidson              | 4:04.19 |
| 8. College of Charleston | 4:08.05 |

### High jump

|                             |       |
|-----------------------------|-------|
| 1. Brittany Whitaker, WCU   | 1.71m |
| 2. Anna Riciardi, ETSU      | 1.67m |
| 3. Jessica Johnson, WCU     | 1.62m |
| 4. Piper Taylor, APP        | 1.57m |
| 5. Dominique Boone, CofC    | 1.57m |
| 6. Alexine Crutchfield, UTC | 1.52m |
| 7. NaShay McGriff, WCU      | 1.52m |
| 8. Laura Tieszen, WCU       | 1.47m |

### Pole vault

|                              |       |
|------------------------------|-------|
| 1. Laura Tieszen, WCU        | 3.80m |
| 2. Jessica Clendenning, ELON | 3.65m |
| 3. Bridget Robertson, APP    | 3.20m |
| 4. Caren Mah, APP            | 3.20m |
| 4. Summer Chambless, CofC    | 3.20m |
| 6. Jessie Wilson, WCU        | 3.20m |
| 7. Megan Irwin, APP          | 3.20m |
| 8. Susan Shore, ELON         | 3.05m |

### Long jump

|                           |       |
|---------------------------|-------|
| 1. Lauren Jacobs, GSU     | 5.81m |
| 2. Dominique Thurman, GSU | 5.77m |
| 3. Kasola Smith, UTC      | 5.76m |
| 4. Jennifer Claud, APP    | 5.70m |
| 5. Tonya Grimes, GSU      | 5.67m |
| 6. Vonteena Knotts, APP   | 5.63m |
| 7. Melissa Berry, WCU     | 5.55m |
| 8. Nicolee Brown, GSU     | 5.51m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Nicole Brown, GSU    | 13.07m |
| 2. Paula Moore, APP     | 12.37m |
| 3. Jennifer Claud, APP  | 12.16m |
| 4. Mandi Phillips, GSU  | 11.95m |
| 5. Ronda White, APP     | 11.85m |
| 6. Chibuzo Aguocha, FUR | 11.81m |
| 7. Lauren Jacobs, GSU   | 11.51m |
| 8. NaShay McGriff, WCU  | 11.34m |

### Shot put

|                           |        |
|---------------------------|--------|
| 1. Beverly Burnett, APP   | 15.50m |
| 2. Nikki Slocumb, GSU     | 13.92m |
| 3. Jamila Minnifield, GSU | 13.02m |
| 4. Stephanie McNeill, CIT | 12.89m |
| 5. Brittani Williams, APP | 12.87m |
| 6. Nikole Simmons, APP    | 12.60m |
| 7. Sharhonda Bell, WCU    | 12.60m |
| 8. Emily Greeson, GSU     | 12.25m |

### Discus throw

|                          |        |
|--------------------------|--------|
| 1. Markaysa Norwood, GSU | 43.64m |
| 2. Lauren Niles, GSU     | 42.58m |
| 3. Angela Carlberg, ELON | 42.39m |
| 4. Miranda Long, WCU     | 45.08m |
| 5. Nikki Slocumb, GSU    | 40.39m |
| 6. Kristie Boggan, APP   | 40.35m |
| 7. Nikole Simmons, APP   | 38.73m |
| 8. Nicole Lopez, WCU     | 38.34m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Nikole Simmons, APP  | 55.27m |
| 2. Crystal Miller, APP  | 52.00m |
| 3. Chakosha Lance, CofC | 51.52m |
| 4. Emily Greeson, GSU   | 48.45m |
| 5. Miranda Long, WCU    | 47.22m |
| 6. Nikki Slocumb, GSU   | 46.31m |
| 7. Beverly Burnett, APP | 45.69m |
| 8. Lauren Niles, GSU    | 43.84m |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Carolyn Kitchens, APP  | 39.30m |
| 2. Laura Tieszen, WCU     | 37.61m |
| 3. Crystal Belcher, WOF   | 36.19m |
| 4. Nikole Simmons, APP    | 34.70m |
| 5. Jenifer Moore, CIT     | 33.88m |
| 6. Kelly Pesterfield, CIT | 33.87m |
| 7. Janet Rhodes, WOF      | 33.66m |
| 8. Allison Taylor, CIT    | 32.52m |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Laura Tieszen, WCU     | 4,387 |
| 2. Tonya Grimes, GSU      | 4,292 |
| 3. Kristie Boggan, APP    | 4,218 |
| 4. Lauren Jacobs, GSU     | 4,188 |
| 5. Rachel Glasgow, WCU    | 3,992 |
| 6. Serenity Thompson, GSU | 3,901 |
| 7. Caroline Jett, APP     | 3,595 |
| 8. Jessica Wilkerson, WCU | 3,400 |

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Raquel Ramseur, Western Carolina

### Coaches of the Year

Shaun Meinecke, Georgia Southern

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2004 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team        | Points |
|----------------------|--------|-------------|--------|
| 1. Appalachian State | 246.5  | 5. ETSU     | 53     |
| 2. Western Carolina  | 229.5  | 7. Wofford  | 34     |
| 3. Chattanooga       | 90     | 8. Davidson | 26     |
| 4. The Citadel       | 63     | 9. UNCG     | 19     |
| 5. Furman            | 53     |             |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Tee Alford, WCU      | 10.41 |
| 2. Ernest Wiggins, APP  | 10.46 |
| 3. James Rainer, ETSU   | 10.50 |
| 4. Chris Martin, APP    | 10.57 |
| 5. Sean Jackson, APP    | 10.59 |
| 6. Thomas Pressley, CIT | 10.77 |
| 7. Johnny Tucker, ETSU  | 10.82 |
| 8. Darius Bryson, WCU   | 10.88 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Chris Martin, APP    | 21.45 |
| 2. Ernest Wiggins, APP  | 21.60 |
| 3. Tee Alford, WCU      | 21.72 |
| 4. Sean Jackson, APP    | 21.73 |
| 5. James Rainer, ETSU   | 21.87 |
| 6. Thomas Pressley, CIT | 21.95 |
| 7. Johnny Tucker, ETSU  | 21.96 |
| 8. Milton Bolton, WCU   | 22.05 |

### 400-meter dash

|                         |         |
|-------------------------|---------|
| 1. Milton Bolton, WCU   | 46.68   |
| 2. Alex Prince, CIT     | 47.09   |
| 3. Bryan Burney, APP    | 47.70   |
| 4. Will Gillespie, APP  | 48.41   |
| 5. Keith Curry, APP     | 48.53   |
| 6. James Barr, WCU      | 48.65   |
| 7. Charleton Grant, WCU | 49.44   |
| 8. James Gregory, WCU   | 1:12.92 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Bryan Burney, APP   | 1:50.54 |
| 2. Jeff Williams, UNCG | 1:53.00 |
| 3. Tyler Johnson, FUR  | 1:53.40 |
| 4. Jamie Bach, FUR     | 1:54.38 |
| 5. Robert Hatcher, UTC | 1:55.75 |
| 6. Douglas Noreen, DAV | 1:58.14 |
| 7. Greg Scott, DAV     | 2:03.60 |
| 8. Joshua Hicks, ETSU  | 2:04.81 |

### 1,500-meter run

|                                |         |
|--------------------------------|---------|
| 1. Adam Puett, WCU             | 3:53.59 |
| 2. Colin Sullivan, UTC         | 3:55.23 |
| 3. Bradley Yewer, ETSU         | 3:56.75 |
| 4. Greg Scott, DAV             | 3:57.63 |
| 5. Franklin Manchester, APP    | 3:58.70 |
| 6. Linas Salkauskas, UTC       | 4:00.13 |
| 7. Nathan Adams-Hernandez, APP | 4:00.32 |
| 8. Matt Cote, APP              | 4:03.12 |

### 5,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Steven Kocsis, UTC        | 15:06.93 |
| 2. Joe Halin, APP            | 15:20.12 |
| 3. Ian Mayne, UTC            | 15:23.11 |
| 4. Gediminas Banevicius, UTC | 15:26.95 |
| 5. Joe Jacobs, UNCG          | 15:29.06 |
| 6. Robert Killian, CIT       | 15:30.49 |
| 7. Ben Watkins, WCU          | 15:31.41 |
| 8. Bradley Yewer, ETSU       | 15:32.18 |

### 10,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Steven Kocsis, UTC        | 32:03.48 |
| 2. Kevin Crosby, FUR         | 32:10.73 |
| 3. Gediminas Banevicius, UTC | 32:18.80 |
| 4. Carson Blackwelder, APP   | 32:23.96 |
| 5. Joe Halin, APP            | 32:31.30 |
| 6. Brian Deal, APP           | 32:44.59 |
| 7. James Grufferty, ETSU     | 32:58.55 |
| 8. Chris Schmader, DAV       | 33:02.56 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Lawrence Briscoe, WCU | 14.39 |
| 2. Xavier Godard, WCU    | 14.79 |
| 3. Brian Stone, FUR      | 14.84 |
| 4. Alex Love, WOF        | 14.85 |
| 5. Andre Brown, WCU      | 14.92 |
| 6. Michael Malone, WCU   | 15.50 |
| 7. Deonte Cook, WCU      | 15.75 |
| 8. Chris Harrington, UTC | 16.19 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Chris Harrington, UTC | 51.74   |
| 2. Donald Cabbler, ETSU  | 53.80   |
| 3. David Ritchie, DAV    | 53.98   |
| 4. Thomas Cummings, CIT  | 54.17   |
| 5. Dan Matz, FUR         | 56.88   |
| 6. Michael Malone, WCU   | 57.03   |
| 7. Lawrence Briscoe, WCU | 59.72   |
| 8. Deonte Cook, WCU      | 1:02.04 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Linas Salkauskas, UTC    | 9:22.87 |
| 2. Ian Mayne, UTC           | 9:24.10 |
| 3. Ben Watkins, WCU         | 9:25.21 |
| 4. Franklin Manchester, APP | 9:31.69 |
| 5. Peter Dalton, ETSU       | 9:40.96 |
| 6. Mike Oelz, APP           | 9:42.25 |
| 7. Robert Killian, CIT      | 9:47.03 |
| 8. Mark Maddox, APP         | 9:48.91 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.46 |
| 2. Western Carolina  | 40.88 |
| 3. ETSU              | 41.61 |
| 4. Furman            | 42.21 |
| 5. Davidson          | 43.01 |
| 6. Wofford           | 43.04 |
| -- The Citadel       | DNF   |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Appalachian State | 3:15.44 |
| 2. The Citadel       | 3:17.92 |
| 3. Western Carolina  | 3:19.63 |
| 4. Davidson          | 3:21.77 |
| 5. Furman            | 3:25.82 |
| 6. Chattanooga       | 3:28.84 |
| 7. ETSU              | 3:46.51 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Ugo Ihekweazu, WOF    | 1.95m |
| 2. Dan Smith, APP        | 1.90m |
| 2. John Barlew, UTC      | 1.90m |
| 4. LaMont Reid, WCU      | 1.85m |
| 4. Brian Bratton, FUR    | 1.85m |
| 4. Jeremy Snoderly, ETSU | 1.85m |
| 7. Gerald Foreman, APP   | 1.80m |
| 7. Bobby Robinson, WCU   | 1.80m |

### Pole vault

|                            |       |
|----------------------------|-------|
| 1. Wes Willoughby, WCU     | 4.57m |
| 2. Joe Irvin, APP          | 4.25m |
| 2. Jeff Fiorello, APP      | 4.25m |
| 2. Christian Benson, WCU   | 4.25m |
| 5. Ryan Fussell, WCU       | 4.10m |
| 5. Fredrick Williams, ETSU | 4.10m |
| 5. David McCall, WCU       | 4.10m |
| 5. Tyler Varnadore, APP    | 4.10m |

### Long jump

|                        |       |
|------------------------|-------|
| 1. Xavier Godard, WCU  | 7.30m |
| 2. Adrien Borders, WOF | 7.06m |
| 3. Justin Davis, WCU   | 6.99m |
| 4. Charles Jones, UNCG | 6.84m |
| 5. Gerald Foreman, APP | 6.76m |
| 6. Tyler Ferguson, WCU | 6.59m |
| 7. Ernest Wiggins, APP | 6.55m |
| 8. LaMont Reid, WCU    | 6.52m |

### Triple jump

|                        |        |
|------------------------|--------|
| 1. Tyler Ferguson, WCU | 14.82m |
| 2. Adrien Borders, WOF | 14.68m |
| 3. Xavier Godard, WCU  | 14.56m |
| 3. Justin Davis, WCU   | 14.56m |
| 5. Gerald Foreman, APP | 14.41m |
| 6. Issac West, FUR     | 13.95m |
| 7. Charles Jones, UNCG | 13.90m |
| 8. Chris Cutter, APP   | 13.56m |

### Shot put

|                        |        |
|------------------------|--------|
| 1. Bob Smith, APP      | 15.46m |
| 2. Anthony Greer, APP  | 14.72m |
| 3. Kerry Brown, APP    | 14.41m |
| 4. Charles Hyder, ETSU | 13.70m |
| 5. Dan Utley, APP      | 13.69m |
| 6. Jason Stepp, WCU    | 13.31m |
| 7. Chris Petty, CIT    | 12.79m |
| 8. Shamar Allen, WCU   | 12.32m |

### Discus throw

|                        |        |
|------------------------|--------|
| 1. Bob Smith, APP      | 45.27m |
| 2. Anthony Greer, APP  | 44.97m |
| 3. Jason Stepp, WCU    | 43.87m |
| 4. Zach DiBois, CIT    | 43.21m |
| 5. Chris Franklin, CIT | 41.04m |
| 6. Jon Winkler, APP    | 38.29m |
| 7. Alex Croskey, CIT   | 38.26m |
| 8. Erick Austin, CIT   | 36.42m |

### Hammer throw

|                        |        |
|------------------------|--------|
| 1. Bob Smith, APP      | 58.01m |
| 2. Jason Stepp, WCU    | 48.19m |
| 3. Anthony Greer, APP  | 47.37m |
| 4. Matt Decker, WCU    | 46.82m |
| 5. Jon Winkler, APP    | 44.19m |
| 6. Erick Austin, CIT   | 44.07m |
| 7. Chris Franklin, CIT | 43.93m |
| 8. Dusty McGuire, APP  | 41.25m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Josh Lee, WCU       | 58.06m |
| 2. David Moseley, FUR  | 51.63m |
| 3. Tyler Ferguson, WCU | 51.33m |
| 4. Dusty McGuire, APP  | 49.89m |
| 5. Ryan Fussell, WCU   | 49.34m |
| 6. Jason Stepp, WCU    | 49.24m |
| 7. Hunter Reid, CIT    | 46.16m |
| 8. Erik Austin, CIT    | 45.85m |

### Decathlon

|                        |       |
|------------------------|-------|
| 1. Dustin Wright, APP  | 5,957 |
| 2. Bobby Robinson, WCU | 5,621 |
| 3. Travis Taylor, CIT  | 5,578 |
| 4. Matt Harfinger, WCU | 5,239 |
| 5. Ryan Fussell, WCU   | 4,776 |
| 6. Hunter Reid, CIT    | 4,639 |
| 7. Alex Moore, APP     | 4,172 |

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga

### Most Outstanding Field Performer

Bob Smith, Appalachian State

### Freshman of the Year

Bryan Burney, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTE\*\*

- Top three finishers in each event received all-conference honors

# 2004 WOMEN'S CHAMPIONSHIP

## Team results

| Team                     | Points | Team            | Points |
|--------------------------|--------|-----------------|--------|
| 1. Appalachian State     | 231.5  | 7. Elon         | 29     |
| 2. Georgia Southern      | 172    | 8. Furman       | 26.5   |
| 3. Chattanooga           | 124    | 9. Davidson     | 13.5   |
| 4. Western Carolina      | 110.5  | 10. Wofford     | 11     |
| 5. ETSU                  | 60     | 11. UNCG        | 6      |
| 6. College of Charleston | 30     | 12. The Citadel | 5      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Jennifer Claud, APP    | 11.73 |
| 2. Christina Roberts, APP | 11.74 |
| 3. Latavia Shores, UTC    | 11.77 |
| 4. Chantelle Vernon, ETSU | 11.97 |
| 5. Nicole Brown, GSU      | 12.03 |
| 6. Carita Cole, UTC       | 12.06 |
| 7. Portia Taylor, APP     | 12.18 |
| 8. Kasola Smith, UTC      | 12.26 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Jennifer Claud, APP     | 24.42 |
| 2. Christina Roberts, APP  | 24.50 |
| 3. Giselle Cunningham, GSU | 24.58 |
| 4. Nicole Brown, GSU       | 24.94 |
| 5. Margo Mincey, GSU       | 25.08 |
| 6. Latavia Shores, UTC     | 25.47 |
| 7. Carita Cole, UTC        | 25.71 |
| 8. Ronda White, APP        | 26.02 |

### 400-meter dash

|                             |       |
|-----------------------------|-------|
| 1. Nichola Cornish, ETSU    | 55.07 |
| 2. Jennifer Spivey, WCU     | 55.55 |
| 3. Margo Mincey, GSU        | 56.52 |
| 4. Tondra White, APP        | 57.31 |
| 5. Tiffany Pointer, UTC     | 57.37 |
| 6. Matasha Brown, APP       | 57.43 |
| 7. Alexine Crutchfield, UTC | 58.24 |
| 8. McKenzie Sharpe, FUR     | 58.56 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Leslie Martin, WCU       | 2:11.94 |
| 2. Kim Simmons, ETSU        | 2:14.39 |
| 3. Alana Black, ELON        | 2:16.59 |
| 4. Megan Issacs, FUR        | 2:18.93 |
| 5. Jennifer Habbestad, ETSU | 2:21.54 |
| 6. Brittany Thompson, FUR   | 2:22.79 |
| 7. Allie Martin, DAV        | 2:23.53 |
| 8. Tiffany Collier, ETSU    | 2:30.95 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Shannon Wommack, UTC  | 4:38.54 |
| 2. Kathleen Turchin, UTC | 4:44.16 |
| 3. Molly Mungovan, FUR   | 4:45.20 |
| 4. Alana Black, ELON     | 4:48.43 |
| 5. Marivi Mercado, APP   | 4:51.48 |
| 6. Brittney Swick, GSU   | 4:52.36 |
| 7. Allie Martin, DAV     | 4:53.98 |
| 8. Takesha Carter, UNCG  | 4:55.08 |

### 3,000-meter steeplechase

|                           |          |
|---------------------------|----------|
| 1. Shannon Wommack, UTC   | 10:45.65 |
| 2. Lanni Marchant, UTC    | 11:11.20 |
| 3. Katie Poole, FUR       | 11:24.20 |
| 4. Heidi Sloop, UNCG      | 11:37.91 |
| 5. Alissa Short, WCU      | 11:43.57 |
| 6. Marivi Mercado, APP    | 11:49.07 |
| 7. Carissa Skrivanek, DAV | 11:50.68 |
| 8. Kristen Trexler, APP   | 11:58.66 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Lanni Marchant, UTC    | 18:02.75 |
| 2. Kyle Palmquist, CofC   | 18:10.04 |
| 3. Kelly Rosborough, APP  | 18:28.22 |
| 4. Melanie Cooper, WCU    | 18:33.44 |
| 5. Alissa Short, WCU      | 18:48.52 |
| 6. Ehrin Irvin, APP       | 18:54.50 |
| 7. Janelle Silverman, APP | 18:55.05 |
| 8. Molly Mungovan, FUR    | 18:56.30 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Kathleen Turchin, UTC  | 36:49.56 |
| 2. Kelly Rosborough, APP  | 38:39.77 |
| 3. Melanie Cooper, WCU    | 38:59.25 |
| 4. Sally Stanhope, DAV    | 39:04.63 |
| 5. Becky Witkop, CofC     | 39:26.28 |
| 6. Janelle Silverman, APP | 40:18.90 |
| 7. Jennifer Kelley, APP   | 40:59.29 |
| 8. Melissa Reyes, GSU     | 41:07.88 |

### 100-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Ronda White, APP       | 13.79 |
| 2. Alison Frese, UTC      | 14.06 |
| 3. Lindy Petteway, GSU    | 14.21 |
| 4. Marlo Mincey, GSU      | 14.22 |
| 5. Brittany Chase, GSU    | 14.23 |
| 6. Jessica Burgeson, ELON | 14.41 |
| 7. Mandi Phillips, UTC    | 14.70 |
| 8. Brittany Boda, ELON    | 14.73 |

### 400-meter hurdles

|                        |         |
|------------------------|---------|
| 1. Marlo Mincey, GSU   | 59.72   |
| 2. Elisabeth Sain, UTC | 1:00.60 |
| 3. Asia Davis, WCU     | 1:01.49 |
| 4. Alison Frese, UTC   | 1:02.99 |
| 5. Alice Turner, ELON  | 1:04.77 |
| 6. Myra Keeter, APP    | 1:06.06 |
| 7. Lindy Petteway, GSU | 1:07.62 |
| 8. Tondra White, APP   | 1:13.37 |

### 4x100-meter relay

|                          |       |
|--------------------------|-------|
| 1. Appalachian State     | 45.78 |
| 2. Georgia Southern      | 46.00 |
| 3. Chattanooga           | 46.66 |
| 4. ETSU                  | 47.56 |
| 5. Western Carolina      | 47.61 |
| 6. College of Charleston | 48.86 |
| 7. Furman                | 49.23 |
| 8. Elon                  | 49.27 |

### 4x400-meter relay

|                          |         |
|--------------------------|---------|
| 1. Georgia Southern      | 3:46.72 |
| 2. ETSU                  | 3:47.93 |
| 3. Western Carolina      | 3:48.38 |
| 4. Chattanooga           | 3:53.52 |
| 5. Appalachian State     | 4:00.50 |
| 6. Elon                  | 4:02.23 |
| 7. Furman                | 4:02.57 |
| 8. College of Charleston | 4:06.85 |

### High jump

|                           |       |
|---------------------------|-------|
| 1. Brittany Whitaker, WCU | 1.74m |
| 2. Anna Ricciardi, ETSU   | 1.72m |
| 3. Alison Frese, UTC      | 1.60m |
| 3. Tondra White, APP      | 1.60m |
| 3. Kellie Mitchell, GSU   | 1.60m |
| 6. Shanna Fouts, WCU      | 1.55m |
| 6. Amanda Yeck, DAV       | 1.55m |
| 8. Lois Montague, FUR     | 1.50m |
| Suzanne Makinson, APP     | 1.50m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Laura Tieszen, WCU    | 4.00m |
| 2. Suzanne Makinson, APP | 3.76m |
| 3. Chi Sawyer, WCU       | 3.26m |
| 3. Jessica Fowler, APP   | 3.26m |
| 5. Bridget Robinson, APP | 3.11m |
| 5. Natalie Sayewich, APP | 3.11m |
| 5. Susan Shore, ELON     | 3.11m |
| 8. Shana Glenn, WOF      | 2.96m |

### Long jump

|                         |       |
|-------------------------|-------|
| 1. Ronda White, APP     | 6.13m |
| 2. Kasola Smith, UTC    | 5.85m |
| 3. Kellie Mitchell, GSU | 5.82m |
| 4. Nicole Brown, GSU    | 5.71m |
| 5. Laura Williams, GSU  | 5.65m |
| 6. Shameka Harris, WCU  | 5.56m |
| 7. Lauren Jacobs, GSU   | 5.52m |
| 8. Paula Moore, APP     | 5.35m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Ronda White, APP     | 12.71m |
| 2. Paula Moore, APP     | 12.40m |
| 3. Tondra White, APP    | 12.27m |
| 4. Nicole Brown, GSU    | 12.06m |
| 5. Jennifer Claud, APP  | 12.03m |
| 6. Kristin Truman, ETSU | 11.98m |
| 7. Kasola Smith, UTC    | 11.46m |
| 8. Laura Williams, GSU  | 11.30m |

### Shot put

|                           |        |
|---------------------------|--------|
| 1. Beverly Burnett, APP   | 13.58m |
| 2. Crystal Miller, APP    | 12.45m |
| 3. Nikki Slocumb, GSU     | 12.43m |
| 4. Kristie Boggan, APP    | 12.32m |
| 5. Jamila Minnifield, GSU | 12.23m |
| 6. Sharhonda Bell, WCU    | 12.11m |
| 7. Emily Greeson, GSU     | 12.08m |
| 8. Amber Tiggs, GSU       | 11.86m |

### Discus throw

|                            |        |
|----------------------------|--------|
| 1. Markaysa Norwood, GSU   | 41.53m |
| 2. Shaletta Lightfoot, GSU | 40.00m |
| 3. Miranda Long, WCU       | 39.92m |
| 4. Nikki Slocumb, GSU      | 38.11m |
| 5. Chakosha Lance, CofC    | 37.97m |
| 6. Angela Carlberg, ELON   | 37.72m |
| 7. Crystal Miller, APP     | 37.44m |
| 8. Emily Greeson, GSU      | 35.20m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Chakosha Lance, CofC | 54.23m |
| 2. Crystal Miller, APP  | 52.67m |
| 3. Nikole Simmons, APP  | 49.61m |
| 4. Amber Tiggs, GSU     | 49.10m |
| 5. Miranda Long, WCU    | 44.12m |
| 6. Nikki Slocumb, GSU   | 44.02m |
| 7. Charlotte Baker, APP | 40.28m |
| 8. Beverly Burnett, APP | 39.72m |

### Javelin throw

|                        |        |
|------------------------|--------|
| 1. Lindy Petteway, GSU | 40.47m |
| 2. Laura Tieszen, WCU  | 38.58m |
| 3. Janet Rhodes, WOF   | 38.47m |
| 4. Martha Skinner, CIT | 36.44m |
| 5. Bernie Sikes, WOF   | 35.95m |
| 6. Nikole Simmons, APP | 35.53m |
| 7. Margo Mincey, GSU   | 35.20m |
| 8. Kristie Boggan, APP | 32.42m |

### Heptathlon

|                              |       |
|------------------------------|-------|
| 1. Kellie Mitchell, GSU      | 4,987 |
| 2. Kristin Truman, ETSU      | 4,833 |
| 3. Tondra White, APP         | 4,448 |
| 4. Myra Keeter, APP          | 4,024 |
| 5. Kristie Boggan, APP       | 3,853 |
| 6. Andrea Floyd, WCU         | 3,259 |
| 7. Christel Kirkpatrick, WCU | 2,873 |
| 8. Annie Cawthon, WCU        | 2,778 |

### Most Outstanding Track Performer

Jennifer Claud, Appalachian State

### Most Outstanding Field Performer

Laura Tieszen, Western Carolina

### Freshman of the Year

Kathleen Turchin, Chattanooga

### Coaches of the Year

John Weaver, Appalachian State  
Todd Lane, Georgia Southern

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2003 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team        | Points |
|----------------------|--------|-------------|--------|
| 1. Appalachian State | 229    | 6. ETSU     | 47.5   |
| 2. Western Carolina  | 178    | 7. Furman   | 38.5   |
| 3. Chattanooga       | 100    | 8. Wofford  | 38     |
| 4. VMI               | 97.5   | 9. Davidson | 19     |
| 5. The Citadel       | 70.5   |             |        |

### 100-meter dash

|                        |       |
|------------------------|-------|
| 1. Jason Green, APP    | 10.42 |
| 2. Ernest Wiggins, APP | 10.60 |
| 3. Sean Jackson, APP   | 10.62 |
| 4. Tee Alford, WCU     | 10.67 |
| 5. Marcus Barnes, ETSU | 10.95 |
| 6. Isaac West, FUR     | 11.04 |
| 7. Kevin McLeod, APP   | 11.05 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Jason Green, APP     | 21.27 |
| 2. Ernest Wiggins, APP  | 21.38 |
| 3. Milton Bolton, WCU   | 21.45 |
| 4. Chris Martin, APP    | 21.78 |
| 5. J.T. Marbury, CIT    | 21.86 |
| 6. Larry Williams, VMI  | 22.78 |
| 7. Patrick Mauldin, WCU | 29.64 |
| 8. Sean Jackson, APP    | 59.27 |

### 400-meter dash

|                        |       |
|------------------------|-------|
| 1. Alex Prince, CIT    | 47.29 |
| 2. Milton Bolton, WCU  | 47.34 |
| 3. Larry Williams, VMI | 47.83 |
| 4. John Robertson, WCU | 48.87 |
| 5. Chris Martin, APP   | 49.23 |
| 6. J.T. Marbury, CIT   | 49.33 |
| 7. Will Gillespie, APP | 49.54 |
| 8. Michael Kirk, VMI   | 50.09 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Caleb Bailey, WCU   | 1:53.15 |
| 2. Robert Hatcher, UTC | 1:53.33 |
| 3. John Robertson, WCU | 1:53.34 |
| 4. Colin Sullivan, UTC | 1:55.19 |
| 5. Paul Reynard, UTC   | 1:55.87 |
| 6. Mike Reed, APP      | 1:57.27 |
| 7. Johnny Johnson, VMI | 1:58.80 |
| 8. Greg Scott, DAV     | 1:59.77 |

### 1,500-meter run

|                        |         |
|------------------------|---------|
| 1. Brad Yewer, ETSU    | 3:51.16 |
| 2. Caleb Bailey, WCU   | 3:52.49 |
| 3. Colin Sullivan, UTC | 3:52.78 |
| 4. Greg Scott, DAV     | 3:55.06 |
| 5. Adam Puett, WCU     | 3:56.93 |
| 6. Tyler Johnson, FUR  | 3:56.98 |
| 7. Mike Reed, APP      | 3:58.41 |
| 8. David Haefner, ETSU | 3:59.53 |

### 5,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Steven Kocsis, UTC        | 14:48.45 |
| 2. Gediminas Banevicius, UTC | 14:55.96 |
| 3. Derrick Williamson, APP   | 14:56.28 |
| 4. Kevin Crosby, FUR         | 14:58.25 |
| 5. Lance Parker, APP         | 15:01.99 |
| 6. Brad Yewer, ETSU          | 15:11.50 |
| 7. Franklin Manchester, APP  | 15:23.45 |
| 8. Robert Killian, CIT       | 15:28.15 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Kevin Crosby, FUR       | 30:59.30 |
| 2. Steven Kocsis, UTC      | 31:08.80 |
| 3. Derrick Williamson, APP | 31:27.12 |
| 4. Lance Parker, APP       | 31:30.70 |
| 5. Carson Blackwelder, APP | 31:39.14 |
| 6. James Grufferty, ETSU   | 31:49.69 |
| 7. Peter Dalton, ETSU      | 33:03.02 |
| 8. Austin Mercandante, DAV | 33:06.75 |

### 110-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Jeff McKelvin, VMI      | 14.45 |
| 2. Chris Harrington, UTC   | 14.79 |
| 3. Lawrence Briscoe, WCU   | 14.81 |
| 4. Deangelo Plather, VMI   | 15.15 |
| 5. Deonte Cook, WCU        | 15.24 |
| 6. Alex Love, WOF          | 15.25 |
| 7. Cory Blanton, UTC       | 15.69 |
| -- Tristian Owusu-Yaw, FUR | DQ    |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Chris Harrington, UTC | 52.88   |
| 2. Deangelo Plather, VMI | 52.92   |
| 3. Bryan Yerger, VMI     | 54.22   |
| 4. Thomas Cummings, CIT  | 55.49   |
| 5. Cory Blanton, UTC     | 55.96   |
| 6. Donald Cabbler, ETSU  | 58.03   |
| 7. Johannes Norling, DAV | 58.61   |
| 8. Lawrence Briscoe, WCU | 1:01.38 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Linas Salkauskas, UTC    | 9:21.71 |
| 2. David Haefner, ETSU      | 9:25.21 |
| 3. Ian Mayne, UTC           | 9:33.27 |
| 4. Franklin Manchester, APP | 9:35.13 |
| 5. Ben Watkins, WCU         | 9:37.88 |
| 6. Jimmy Swansbrough, DAV   | 9:38.55 |
| 7. Robert Killian, CIT      | 9:44.85 |
| 8. Shawn Holland, APP       | 9:49.40 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 39.91 |
| 2. The Citadel       | 41.37 |
| 3. VMI               | 41.83 |
| 4. Furman            | 42.09 |
| 5. Wofford           | 42.40 |
| 6. Davidson          | 43.14 |
| 7. ETSU              | 43.35 |
| -- Western Carolina  | DNF   |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. The Citadel       | 3:12.18 |
| 2. Western Carolina  | 3:13.85 |
| 3. VMI               | 3:14.66 |
| 4. Appalachian State | 3:20.92 |
| 5. Chattanooga       | 3:22.27 |
| 6. ETSU              | 3:23.80 |
| 7. Davidson          | 3:24.16 |
| 8. Furman            | 3:24.43 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Chris Walker, VMI     | 2.06m |
| 2. Garrett Brickner, VMI | 2.01m |
| 3. John Barlew, UTC      | 2.01m |
| 4. Jeremy Snoderly, ETSU | 1.96m |
| 5. Jeff McKelvin, VMI    | 1.91m |
| Rhette Excell, ETSU      | 1.91m |
| 7. Lawrence Briscoe, WCU | 1.86m |
| 8. Brian Bratton, FUR    | 1.86m |
| Travis Taylor, CIT       | 1.86m |

### Pole vault

|                          |       |
|--------------------------|-------|
| 1. Jon Norman, APP       | 4.60m |
| 2. Matt Carr, APP        | 4.60m |
| 3. Ty Denby, VMI         | 4.45m |
| 4. Dan Queen, APP        | 4.30m |
| 5. Stuart Makinson, APP  | 4.30m |
| 6. Christian Benson, WCU | 4.15m |
| 7. David McCall, WCU     | 4.15m |
| 8. Bryan Tomlinson, APP  | 4.15m |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Adrien Borders, WOF   | 7.23m |
| 2. Deon Britton, APP     | 7.11m |
| 3. Holt McPherson, APP   | 6.95m |
| 4. LaMont Reid, WCU      | 6.64m |
| 5. Arthur Robertson, APP | 6.57m |
| 6. Tyler Ferguson, WCU   | 6.43m |
| 7. Justin Davis, WCU     | 6.41m |
| 8. James Sills, UTC      | 6.39m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Adrien Borders, WOF   | 14.68m |
| 2. Gerald Foreman, APP   | 14.51m |
| 3. Arthur Robertson, APP | 14.35m |
| 4. Issac West, FUR       | 13.94m |
| 5. Tyler Ferguson, WCU   | 13.75m |
| 6. Garrett Brickner, VMI | 13.54m |
| 7. Brian Graves, APP     | 13.30m |
| 8. Julius Hunter, CIT    | 13.03m |

### Shot put

|                       |        |
|-----------------------|--------|
| 1. Anthony Greer, APP | 15.61m |
| 2. Dan Utley, APP     | 15.36m |
| 3. David Boyce, WCU   | 14.54m |
| 4. Katon Bethay, WOF  | 14.24m |
| 5. Eric Thompson, VMI | 14.14m |
| 6. Jeb Hall, WCU      | 13.95m |
| 7. Ben Whitney, WOF   | 13.78m |
| 8. Jason Stepp, WCU   | 13.41m |

### Discus throw

|                        |        |
|------------------------|--------|
| 1. Nick McNeil, WCU    | 43.74m |
| 2. Jeb Hall, WCU       | 43.53m |
| 3. Jason Stepp, WCU    | 43.43m |
| 4. Dan Utley, APP      | 43.32m |
| 5. Anthony Greer, APP  | 41.85m |
| 6. Katon Bethay, WOF   | 41.39m |
| 7. David Boyce, WCU    | 41.37m |
| 8. Chris Franklin, CIT | 35.74m |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Jason Stepp, WCU      | 48.44m |
| 2. Nick McNeil, WCU      | 46.57m |
| 3. Daniel Duckworth, APP | 44.89m |
| 4. Anthony Greer, APP    | 44.83m |
| 5. Jeb Hall, WCU         | 44.79m |
| 6. Matt Decker, WCU      | 43.93m |
| 7. Eric Thompson, VMI    | 41.40m |
| 8. Katon Bethay, WOF     | 41.31m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Josh Lee, WCU         | 51.18m |
| 2. Marcus Carter, CIT    | 50.42m |
| 3. Regan LeBlanc, FUR    | 49.47m |
| 4. Daniel Duckworth, APP | 48.96m |
| 5. Travis Taylor, CIT    | 46.37m |
| 6. Erick Austin, CIT     | 44.20m |
| 7. Bobby Robinson, WCU   | 43.41m |
| 8. Joe Pederson, VMI     | 42.97m |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Dan Queen, APP       | 5,883 |
| 2. Travis Taylor, CIT   | 5,306 |
| 3. Bobby Robinson, WCU  | 5,255 |
| 4. Stuart Makinson, APP | 5,005 |
| 5. Brandon Fellers, VMI | 4,636 |
| 6. William Pearl, VMI   | 4,336 |
| 7. Hunter Reid, CIT     | 4,163 |
| 8. David McCall, WCU    | 3,732 |

### Most Outstanding Track Performer

Jason Green, Appalachian State

### Most Outstanding Field Performer

Adrien Borders, Wofford

### Freshman of the Year

John Robertson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTE\*\*

\* Top three finishers in each event received all-conference honors

# 2003 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team                     | Points |
|----------------------|--------|--------------------------|--------|
| 1. Appalachian State | 230    | 7. Furman                | 21     |
| 2. Georgia Southern  | 154    | 8. College of Charleston | 17     |
| 3. Chattanooga       | 153    | 9. The Citadel           | 10     |
| 4. Western Carolina  | 111    | T10. Davidson            | 9      |
| 5. ETSU              | 67     | T10. UNCG                | 9      |
| 6. VMI               | 31     | 12. Wofford              | 2      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Rashedah Arnold, GSU   | 11.87 |
| 2. Jennifer Claud, APP    | 11.97 |
| 3. Latavia Shores, UTC    | 12.10 |
| 4. Chantelle Vernon, ETSU | 12.12 |
| 5. Shelly Mackall, VMI    | 12.25 |
| 6. Portia Taylor, APP     | 12.31 |
| 7. Ebonie Ogletree, GSU   | 12.45 |
| 8. Christina Roberts, APP | 13.58 |

### 200-meter dash

|                            |       |
|----------------------------|-------|
| 1. Rashedah Arnold, GSU    | 24.13 |
| 2. Shamiela Johnson, UTC   | 24.28 |
| 3. Giselle Cunningham, GSU | 24.38 |
| 4. Jennifer Claud, APP     | 24.61 |
| 5. Margo Mincey, GSU       | 24.99 |
| 6. Candace Foster, UTC     | 25.38 |
| 7. Portia Taylor, APP      | 26.19 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Shamiela Johnson, UTC  | 53.99 |
| 2. Kim Simmons, ETSU      | 54.96 |
| 3. Tiffany Pointer, UTC   | 55.41 |
| 4. Margo Mincey, GSU      | 55.85 |
| 5. Javonne Blackley, GSU  | 57.12 |
| 6. Matasha Brown, APP     | 57.39 |
| 7. Christina Roberts, APP | 58.36 |
| 8. Jennifer Spivey, WCU   | 58.57 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Leslie Martin, WCU    | 2:13.65 |
| 2. Katie Sujkowski, APP  | 2:15.25 |
| 3. Amy Doolittle, UTC    | 2:16.83 |
| 4. Channel Lemon, UTC    | 2:18.53 |
| 5. Brittney Swick, GSU   | 2:19.69 |
| 6. Amber Blain, VMI      | 2:20.24 |
| 7. Eleanor Wilson, UNCG  | 2:21.59 |
| 8. Tiffany Collier, ETSU | 2:24.50 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Katie Sujkowski, APP | 4:39.86 |
| 2. Amy Doolittle, UTC   | 4:41.25 |
| 3. Gina Recher, UTC     | 4:44.07 |
| 4. Allie Martin, DAV    | 4:48.02 |
| 5. Brittney Swick, GSU  | 4:51.65 |
| 6. Katie Marshall, ETSU | 4:52.45 |
| 7. Deanna Kulesz, WCU   | 4:56.74 |
| 8. Ashley Griffith, DAV | 4:57.85 |

### 3,000-meter steeplechase

|                         |          |
|-------------------------|----------|
| 1. Lanni Marchant, UTC  | 11:28.89 |
| 2. Katie Poole, FUR     | 11:29.61 |
| 3. Emily Chaney, ETSU   | 11:41.47 |
| 4. Heidi Sloop, UNCG    | 11:50.54 |
| 5. Lindsey Nye, GSU     | 11:59.09 |
| 6. Chelsea Jacobs, APP  | 12:02.83 |
| 7. Alissa Short, WCU    | 12:03.04 |
| 8. Kristen Trexler, APP | 12:11.08 |

### 5,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Gina Recher, UTC       | 17:34.45 |
| 2. Sarah Primeau, APP     | 17:42.06 |
| 3. Janelle Silverman, APP | 17:47.45 |
| 4. Noel Smith, APP        | 18:01.24 |
| 5. Lanni Marchant, UTC    | 18:14.08 |
| 6. Amy Doolittle, UTC     | 18:21.22 |
| 7. Melanie Cooper, WCU    | 18:22.44 |
| 8. Molly Mungovan, FUR    | 18:34.90 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Gina Recher, UTC       | 37:23.81 |
| 2. Sarah Primeau, APP     | 37:29.32 |
| 3. Janelle Silverman, APP | 37:33.41 |
| 4. Noel Smith, APP        | 37:37.00 |
| 5. Whitney Sharp, FUR     | 39:05.51 |
| 6. Melanie Cooper, WCU    | 39:38.09 |
| 7. Whitney Woods, WCU     | 39:50.83 |
| 8. Rebekah Potts, FUR     | 39:52.62 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Ronda White, APP      | 13.98 |
| 2. Michelle Velez, WCU   | 14.00 |
| 3. Tondra White, APP     | 14.36 |
| 4. Elisabeth Sain, UTC   | 14.59 |
| 5. Alison Frese, UTC     | 14.76 |
| 6. Mandi Phillips, GSU   | 14.79 |
| 7. Shamiela Johnson, UTC | 15.22 |
| -- Dawn Harden, UTC      | FS    |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Marlo Mincey, GSU     | 1:00.16 |
| 2. Dawn Harden, UTC      | 1:01.81 |
| 3. Elisabeth Sain, UTC   | 1:02.16 |
| 4. Michelle Velez, WCU   | 1:03.49 |
| 5. Kim Simmons, ETSU     | 1:03.62 |
| 6. Pearl Griggs, GSU     | 1:06.21 |
| 7. Rasheeda Ghaffar, UTC | 1:06.28 |
| 8. Tondra White, APP     | 1:10.84 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Georgia Southern  | 45.83 |
| 2. Appalachian State | 46.18 |
| 3. ETSU              | 47.39 |
| 4. Western Carolina  | 47.40 |
| 5. Chattanooga       | 47.90 |
| 6. Furman            | 49.52 |
| 7. VMI               | 49.76 |
| 8. The Citadel       | 50.40 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Georgia Southern  | 3:45.16 |
| 2. ETSU              | 3:50.42 |
| 3. Chattanooga       | 3:50.90 |
| 4. Western Carolina  | 3:51.35 |
| 5. Furman            | 4:07.30 |
| 6. The Citadel       | 4:12.48 |
| 7. VMI               | 4:12.60 |
| 8. Appalachian State | 4:15.39 |

### High jump

|                          |       |
|--------------------------|-------|
| 1. Cheryl Howard, ETSU   | 1.65m |
| 2. Kellie Mitchell, GSU  | 1.65m |
| 2. Tondra White, APP     | 1.65m |
| 4. Suzanne Makinson, APP | 1.60m |
| 5. Alison Frese, UTC     | 1.60m |
| 6. Amanda Yeck, DAV      | 1.55m |
| 7. Laura Tieszen, WCU    | 1.50m |
| 8. Shannon Meadows, APP  | 1.50m |

### Pole vault

|                           |       |
|---------------------------|-------|
| 1. Laura Tieszen, WCU     | 3.81m |
| 2. Suzanne Makinson, APP  | 3.66m |
| 3. Dana Anglin, WCU       | 3.51m |
| 4. Michelle Velez, WCU    | 3.51m |
| 5. Nadia Wendlandt, VMI   | 3.36m |
| 6. Alexis Gonzalez, CIT   | 2.76m |
| -- Tricia Shepard, WCU    | NH    |
| -- Kara Westmoreland, APP | NH    |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Ronda White, APP      | 5.82m |
| 2. Kellie Mitchell, GSU  | 5.79m |
| 3. Kasola Smith, UTC     | 5.74m |
| 4. Kelia Thomas, GSU     | 5.37m |
| 5. Paula Moore, APP      | 5.21m |
| 6. Shameka Harris, WCU   | 5.20m |
| 7. Candace Foster, UTC   | 5.19m |
| 8. Jacqueline Allen, GSU | 5.16m |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Ronda White, APP      | 12.70m |
| 2. Jennifer Claud, APP   | 12.10m |
| 3. Tondra White, APP     | 11.97m |
| 4. Jacqueline Allen, GSU | 11.52m |
| 5. Paula Moore, APP      | 11.03m |
| 6. Tiffany Mack, WCU     | 10.77m |
| 7. Marlo Mincey, GSU     | 10.71m |
| 8. Mandi Phillips, GSU   | 10.68m |

### Shot put

|                                |        |
|--------------------------------|--------|
| 1. Mildred Cooper, VMI         | 13.25m |
| 2. LaShana Poole, APP          | 12.70m |
| 3. Beverly Burnett, APP        | 12.67m |
| 4. Kineta Williams-Rogers, WCU | 12.62m |
| 5. Amber Tiggs, GSU            | 12.49m |
| 6. Jamila Minnfield, GSU       | 12.21m |
| 7. Kristie Boggan, APP         | 11.90m |
| 8. Nikole Simmons, APP         | 11.36m |

### Discus throw

|                                |        |
|--------------------------------|--------|
| 1. LaShana Poole, APP          | 45.31m |
| 2. Lindsay Baber, CofC         | 43.62m |
| 3. Shaileth Lightfoot, GSU     | 43.25m |
| 4. Chakosha Lance, CofC        | 39.84m |
| 5. Kineta Williams-Rogers, WCU | 38.97m |
| 6. Mildred Cooper, VMI         | 38.05m |
| 7. Kristie Boggan, APP         | 37.75m |
| 8. Markaysa Norwood, GSU       | 36.33m |

### Hammer throw

|                                |        |
|--------------------------------|--------|
| 1. LaShana Poole, APP          | 51.78m |
| 2. Amber Tiggs, GSU            | 50.33m |
| 3. Kineta Williams-Rogers, WCU | 46.61m |
| 4. Quilletta Dunston, WCU      | 43.95m |
| 5. Chakosha Lance, CofC        | 42.66m |
| 6. Mildred Cooper, VMI         | 41.31m |
| 7. Michele Proctor, UNCG       | 40.26m |
| 8. Shaileth Lightfoot, GSU     | 40.00m |

### Javelin throw

|                                |        |
|--------------------------------|--------|
| 1. Kineta Williams-Rogers, WCU | 36.74m |
| 2. Kristin Truman, ETSU        | 34.92m |
| 3. Laura Tieszen, WCU          | 33.76m |
| 4. Margo Mincey, GSU           | 32.80m |
| 5. Kellie Mitchell, GSU        | 31.10m |
| 6. Catrina Moore, CIT          | 30.83m |
| 7. Janet Rhodes, WOF           | 30.75m |
| 8. Nikole Simmons, APP         | 30.64m |

### Heptathlon

|                             |       |
|-----------------------------|-------|
| 1. Tondra White, APP        | 4,388 |
| 2. Kristin Truman, ETSU     | 4,094 |
| 3. Alison Frese, UTC        | 3,940 |
| 4. Kristie Boggan, APP      | 3,780 |
| 5. Kelia Thomas, GSU        | 3,736 |
| 6. Rasheeda Ghaffar, UTC    | 3,561 |
| 7. Myra Keeter, APP         | 3,368 |
| 8. Cristel Kirkpatrick, WCU | 3,097 |

### Most Outstanding Track Performer

Gina Recher, Chattanooga

### Most Outstanding Field Performer

Lashana Poole, Appalachian State

### Freshman of the Year

Rashedah Arnold, Georgia Southern

### Coach of the Year

Todd Lane, Georgia Southern

### \*\*NOTE\*\*

• Top three finishers in each event received all-conference honors

# 2002 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 224    | 6. Chattanooga | 61     |
| 2. Western Carolina  | 188    | 7. Davidson    | 31     |
| 3. VMI               | 112.5  | 8. Furman      | 27     |
| 4. The Citadel       | 83.5   | 9. Wofford     | 16     |
| 5. ETSU              | 63     |                |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Ernest Wiggins, APP  | 10.69 |
| 2. Jason Green, APP     | 10.77 |
| 3. Kenyon Doyle, CIT    | 10.89 |
| 4. Reggie Williams, APP | 10.90 |
| 5. James Rainer, WCU    | 10.92 |
| 6. Quez Smith, VMI      | 11.14 |
| Darius Bryson, WCU      | 11.14 |
| 8. Kevin McLeod, APP    | 11.24 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Reggie Williams, APP  | 21.50 |
| 2. Jason Green, APP      | 21.56 |
| 3. Kenyon Doyle, CIT     | 21.62 |
| 4. Ernest Wiggins, APP   | 22.06 |
| 5. J.T. Marbury, CIT     | 22.17 |
| 6. Milton Bolton, WCU    | 22.19 |
| 7. Jeff Witherspoon, CIT | 22.26 |
| 8. Larry Williams, VMI   | 22.43 |

### 400-meter dash

|                        |       |
|------------------------|-------|
| 1. Milton Bolton, WCU  | 47.63 |
| 2. Alex Prince, CIT    | 47.84 |
| 3. Darrus Cofield, WCU | 47.90 |
| 4. Bola Oyegunwa, WCU  | 47.93 |
| 5. Larry Williams, VMI | 48.57 |
| 6. J.T. Marbury, CIT   | 49.31 |
| 7. Marcus Cohen, CIT   | 49.54 |
| -- Keith Curry, APP    | DQ    |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. Caleb Bailey, WCU   | 1:53.93 |
| 2. Dan Gibson, DAV     | 1:54.58 |
| 3. Chris Green, VMI    | 1:54.59 |
| 4. Jay Jahnes, DAV     | 1:56.21 |
| 5. Mike Reed, APP      | 1:57.13 |
| 6. Tony Kimbrough, CIT | 1:57.45 |
| 7. James Irwin, WCU    | 1:57.70 |
| 8. Nick Battle, VMI    | 1:59.98 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Dan Gibson, DAV      | 3:54.44 |
| 2. Caleb Bailey, WCU    | 3:55.75 |
| 3. Brad Yewer, ETSU     | 3:56.58 |
| 4. Mike Reed, APP       | 3:58.89 |
| 5. Grady Powell, FUR    | 4:03.23 |
| 6. Jay Jahnes, DAV      | 4:03.90 |
| 7. Ben Schowe, APP      | 4:04.52 |
| 8. William Holland, APP | 4:05.12 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Steve Kocsis, UTC     | 15:10.51 |
| 2. Curtis Gadula, UTC    | 15:13.07 |
| 3. James Grufferty, ETSU | 15:14.72 |
| 4. Bret Burns, UTC       | 15:24.23 |
| 5. Lance Parker, APP     | 15:30.84 |
| 6. Kevin Crosby, FUR     | 15:33.44 |
| 7. Robert Killian, CIT   | 15:37.01 |
| 8. Brad Ferguson, APP    | 15:39.28 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Curtis Gadula, UTC      | 32:25.56 |
| 2. James Grufferty, ETSU   | 32:32.36 |
| 3. Lance Parker, APP       | 32:40.78 |
| 4. Kevin Crosby, FUR       | 32:45.20 |
| 5. Joe Halin, APP          | 32:50.75 |
| 6. Ryan Toler, APP         | 33:03.02 |
| 7. Jesse Norman, WCU       | 33:07.08 |
| 8. Carson Blackwelder, APP | 33:10.51 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Ryan Linebarger, APP  | 14.93 |
| 2. Deangelo Plather, VMI | 15.44 |
| 3. Kevin Solomon, VMI    | 15.57 |
| 4. Andre Brown, WCU      | 15.93 |
| 5. Jared Maliska, WCU    | 16.02 |
| 6. Hercules Collins, FUR | 16.10 |
| 7. Donnie Bryant, WCU    | 16.37 |
| 8. Seajae Hartness, WCU  | 16.47 |

### 400-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Ryan Linebarger, APP   | 51.97 |
| 2. Chris Harrington, UTC  | 52.62 |
| 3. Marcus Littlejohn, APP | 55.20 |
| 4. Jared Maliska, WCU     | 55.50 |
| 5. Holt McPherson, APP    | 56.10 |
| 6. Greg Scherneck, DAV    | 57.31 |
| 7. Donte Cook, WCU        | 59.02 |

### 3,000-meter steeplechase

|                         |         |
|-------------------------|---------|
| 1. Bret Burns, UTC      | 9:23.87 |
| 2. David Haefner, ETSU  | 9:30.61 |
| 3. Ben Schowe, APP      | 9:36.42 |
| 4. Ben Watkins, WCU     | 9:41.09 |
| 5. Shawn Evans, APP     | 9:45.23 |
| 6. Brad Ferguson, APP   | 9:46.07 |
| 7. William Holland, APP | 9:47.66 |
| 8. Robert Killian, CIT  | 9:53.17 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 40.51 |
| 2. The Citadel       | 40.79 |
| 3. Western Carolina  | 41.10 |
| 4. ETSU              | 42.90 |
| -- VMI               | DNF   |
| -- Chattanooga       | DNF   |
| -- Davidson          | DQ    |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. The Citadel       | 3:12.70 |
| 2. Western Carolina  | 3:14.37 |
| 3. Appalachian State | 3:17.25 |
| 4. VMI               | 3:21.10 |
| 5. Chattanooga       | 3:22.36 |
| 6. ETSU              | 3:26.66 |
| 7. Furman            | 3:27.13 |
| 8. Davidson          | 3:28.83 |

### High jump

|                          |         |
|--------------------------|---------|
| 1. Kelvin Wylie, WCU     | 6-08.00 |
| 2. Garrett Brickner, VMI | 6-06.00 |
| 3. Teddy Burgis, WCU     | 6-06.00 |
| 4. Travis Taylor, CIT    | 6-04.75 |
| 5. J.B. Rosson, VMI      | 6-04.75 |
| 6. Kamau Hull, VMI       | 6-02.00 |
| Ryan Linebarger, APP     | 6-02.00 |
| 8. Bobby Robinson, WCU   | 6-02.00 |

### Pole vault

|                      |           |
|----------------------|-----------|
| 1. Charles Rice, WCU | 15'08.25" |
| 2. Wes Pickens, APP  | 15'08.25" |
| 3. Jon Norman, APP   | 15'02.25" |
| 4. J.B. Rosson, VMI  | 14'08.25" |
| Seajae Hartness, WCU | 14'08.25" |
| 6. Ty Denby, VMI     | 14'02.50" |
| 7. Matt Carr, APP    | 14'02.50" |
| 8. Sean Heaton, WCU  | 14'02.50" |

### Long jump

|                        |          |
|------------------------|----------|
| 1. Charvin Clark, ETSU | 23-11.50 |
| 2. Adrien Borders, WOF | 23-10.75 |
| 3. Holt McPherson, APP | 23-08.00 |
| 4. Deon Britton, APP   | 23-06.00 |
| 5. Kevin Solomon, VMI  | 22-09.75 |
| 6. Doug Petway, WCU    | 22-09.75 |
| 7. Quez Smith, VMI     | 22-07.00 |
| 8. John Leverett, DAV  | 22-02.25 |

### Triple jump

|                        |           |
|------------------------|-----------|
| 1. Kevin Solomon, VMI  | 50'01.25" |
| 2. Adrien Borders, WOF | 49'10.50" |
| 3. Michael Dodd, UTC   | 49'02.25" |
| 4. Quez Smith, VMI     | 46'11.00" |
| 5. Derik Scream, VMI   | 46'06.75" |
| Gerald Foreman, APP    | 46'06.75" |
| 7. Justin Davis, WCU   | 46'01.25" |
| 8. Doug Petway, WCU    | 44'03.50" |

### Shot put

|                           |          |
|---------------------------|----------|
| 1. Quentin Armstrong, CIT | 51-00.75 |
| 2. Jeb Hall, WCU          | 50-09.25 |
| 3. Chad Hyder, ETSU       | 48-00.00 |
| 4. Josh Artau, ETSU       | 47-09.75 |
| 5. Travis Crittendon, VMI | 47-03.00 |
| 6. Bob Smith, APP         | 46-09.00 |
| 7. Eric Thompson, VMI     | 46-08.75 |
| 8. Tyler Burke, APP       | 45-06.50 |

### Discus throw

|                          |         |
|--------------------------|---------|
| 1. Bob Smith, APP        | 153'03" |
| 2. Tyler Burke, APP      | 147'02" |
| 3. Austin Wakefield, VMI | 145'05" |
| 4. Nick McNeil, WCU      | 143'02" |
| 5. Jeb Hall, WCU         | 141'09" |
| 6. Chris Franklin, CIT   | 137'07" |
| 7. Jason Stepp, WCU      | 136'05" |
| 8. Troy Kelley, WCU      | 131'11" |

### Hammer throw

|                           |           |
|---------------------------|-----------|
| 1. Bob Smith, APP         | 172-03.00 |
| 2. Nick McNeil, WCU       | 156-06.00 |
| 3. Eric Thompson, VMI     | 142-03.00 |
| 4. Austin Wakefield, VMI  | 139-10.00 |
| 5. Travis Crittendon, VMI | 137-10.00 |
| 6. Tyler Burke, APP       | 129-00.00 |
| 7. Jeb Hall, WCU          | 127-03.00 |
| 8. Jamie Lyda, APP        | 126-03.00 |

### Javelin throw

|                       |         |
|-----------------------|---------|
| 1. Regan LeBlanc, FUR | 187'07" |
| 2. Marcus Carter, CIT | 184'01" |
| 3. Josh Artau, ETSU   | 180'01" |
| 4. Eric Wimpey, WCU   | 179'07" |
| 5. Josh Langley, WCU  | 168'01" |
| 6. Seth Ostlund, VMI  | 158'06" |
| 7. Jeb Hall, WCU      | 157'02" |
| 8. Jason Stepp, WCU   | 156'00" |

### Decathlon

|                           |       |
|---------------------------|-------|
| 1. Chad Michael, APP      | 6,162 |
| 2. Jared Maliska, WCU     | 5,746 |
| 3. Garrett Brickner, VMI  | 5,610 |
| 4. Daniel Queen, APP      | 5,591 |
| 5. Josh Langley, WCU      | 5,391 |
| 6. Travis Taylor, CIT     | 5,354 |
| 6. Ty Denby, VMI          | 5,354 |
| 8. Robert Brookshire, APP | 5,327 |

### Most Outstanding Track Performer

Ryan Linebarger, Appalachian State

### Most Outstanding Field Performer

Bob Smith, Appalachian State

### Freshman of the Year

Adrien Borders, Wofford

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Field events converted from metric to English measurements.

# 2002 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 216    | 6. Furman      | 35     |
| 2. Western Carolina  | 201.5  | 7. UNCG        | 23     |
| 3. Georgia Southern  | 122    | 8. The Citadel | 18     |
| 4. Chattanooga       | 100.5  | 9. VMI         | 17     |
| 5. ETSU              | 79     | 10. Davidson   | 4      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Jennifer Claud, APP   | 12.29 |
| 2. Tondra White, APP     | 12.59 |
| 3. Ronda White, APP      | 12.61 |
| 4. Ronetta Burgess, WCU  | 12.64 |
| 5. Kamata Potts, WCU     | 12.67 |
| 5. Javonne Blackley, GSU | 12.67 |
| 7. Candii Woodson, FUR   | 12.68 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Jennifer Claud, APP   | 24.76 |
| 2. Ronda White, APP      | 25.10 |
| 3. Javonne Blackley, GSU | 25.12 |
| 4. Jennifer Howard, ETSU | 25.15 |
| 5. Ronetta Burgess, WCU  | 25.22 |
| 6. Margo Mincey, GSU     | 25.72 |
| 7. Ashelyn Little, WCU   | 27.39 |

### 400-meter dash

|                          |         |
|--------------------------|---------|
| 1. Jennifer Howard, ETSU | 55.01   |
| 2. Kim Simmons, ETSU     | 55.94   |
| 3. Kellie Mitchell, GSU  | 57.16   |
| 4. Benetta Boyd, WCU     | 57.62   |
| 5. Tiffany Collier, ETSU | 57.76   |
| 6. Matasha Brown, APP    | 57.87   |
| 7. Marlo Mincey, GSU     | 58.01   |
| 8. Ashelyn Little, WCU   | 1:01.51 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Julie Stackhouse, FUR | 2:12.95 |
| 2. Channel Lemon, UTC    | 2:13.20 |
| 3. Katie Sujkowski, APP  | 2:14.39 |
| 4. Megan Thacker, WCU    | 2:15.46 |
| 5. Leslie Martin, WCU    | 2:15.83 |
| 6. Bev Roberts, FUR      | 2:23.25 |
| 7. Amy Doolittle, UTC    | 2:23.42 |
| 8. Tonya Edmonds, WCU    | 2:25.48 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Katie Sujkowski, APP  | 4:38.85 |
| 2. Amy Doolittle, UTC    | 4:42.96 |
| 3. Lauren Campbell, ETSU | 4:45.93 |
| 4. Missy Dock, APP       | 4:47.12 |
| 5. Holly Bright, WCU     | 4:47.17 |
| 6. Morgan Cole, UNCG     | 4:51.17 |
| 7. Shannon Wommack, UTC  | 4:52.14 |
| 8. Erin Howard, FUR      | 4:57.43 |

### 3,000-meter steeplechase

|                            |          |
|----------------------------|----------|
| 1. Shannon Wommack, UTC    | 11:31.59 |
| 2. Emily Chaney, ETSU      | 11:52.51 |
| 3. Lindsey Nye, GSU        | 11:58.93 |
| 4. Alisha Little, APP      | 12:11.70 |
| 5. Alissa Short, WCU       | 12:11.92 |
| 6. Kristen Trexler, APP    | 12:19.48 |
| 7. Olivia Perry-Smith, CIT | 12:20.21 |
| 8. Marivi Mercado, APP     | 12:35.88 |

### 5,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Sarah Primeau, APP      | 17:59.60 |
| 2. Ellen Davis, UTC        | 18:38.19 |
| 3. Gina Recher, UTC        | 18:49.77 |
| 4. Jennifer Honeycutt, APP | 18:54.68 |
| 5. Holly Bright, WCU       | 19:04.58 |
| 6. Emily Furr, UNCG        | 19:14.11 |
| 7. Emily Chaney, ETSU      | 19:18.38 |
| 8. Mary Nero, UNCG         | 19:23.78 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Sarah Primeau, APP      | 38:08.78 |
| 2. Ellen Davis, UTC        | 39:36.02 |
| 3. Jennifer Honeycutt, APP | 39:42.70 |
| 4. Emily Chaney, ETSU      | 40:31.06 |
| 5. Emily Furr, UNCG        | 40:47.49 |
| 6. Kim Roush, FUR          | 41:12.17 |
| 7. Holly Bright, WCU       | 41:21.26 |
| 8. Kristin Irwin, UNCG     | 41:26.22 |

### 100-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Ronda White, APP     | 14.07 |
| 2. Lindy Petteway, GSU  | 14.09 |
| 3. Michelle Velez, WCU  | 14.39 |
| 4. Dawn Harden, UTC     | 14.50 |
| 5. Rosalyn Hood, WCU    | 14.51 |
| 6. Alison Frese, UTC    | 14.61 |
| 7. Ronetta Burgess, WCU | 14.80 |
| 8. Tondra White, APP    | 15.36 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Elisabeth Sain, UTC   | 1:00.22 |
| 2. Dawn Harden, UTC      | 1:01.20 |
| 3. Michelle Velez, WCU   | 1:01.98 |
| 4. Monica Hill, FUR      | 1:02.30 |
| 5. Rosalyn Hood, WCU     | 1:04.23 |
| 6. Tondra White, APP     | 1:04.30 |
| 7. Lindy Petteway, GSU   | 1:04.94 |
| 8. Rasheeda Ghaffar, UTC | 1:06.49 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 45.99 |
| 2. Georgia Southern  | 47.58 |
| 3. Chattanooga       | 47.87 |
| 4. ETSU              | 48.07 |
| 5. Furman            | 48.68 |
| 6. VMI               | 50.22 |
| 7. Davidson          | 52.63 |
| -- Appalachian State | DQ    |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:48.17 |
| 2. Appalachian State | 3:50.65 |
| 3. Georgia Southern  | 3:50.69 |
| 4. Western Carolina  | 3:50.76 |
| 5. Furman            | 4:02.45 |
| 6. VMI               | 4:07.77 |
| 7. Davidson          | 4:17.93 |
| 8. UNCG              | 4:24.51 |
| 9. Chattanooga       | 4:24.85 |

### High jump

|                           |          |
|---------------------------|----------|
| 1. Virginia LaCombe, WCU  | 5'08.00" |
| 2. Cheryl Howard, ETSU    | 5'06.00" |
| 3. Alison Frese, UTC      | 5'04.25" |
| Suzanne Makinson, APP     | 5'04.25" |
| 5. Altavise Franklin, WCU | 5'04.25" |
| 6. Tara Stevenson, CIT    | 5'04.25" |
| 7. Leigh Anne Rank, APP   | 5'02.25" |
| Kellie Mitchell, GSU      | 5'02.25" |

### Pole vault

|                          |          |
|--------------------------|----------|
| 1. Dana Anglin, WCU      | 12'0.50" |
| 2. Suzanne Makinson, APP | 12'0.50" |
| T3. Michelle Velz, WCU   | 11'5.75" |
| T3. Laura Tieszen, WCU   | 11'5.75" |
| 5. Tricia Shepard, WCU   | 10'0.00" |
| 6. Heidi Gholston, GSU   | 9'6.25"  |
| 7. Kelly Hawkins, APP    | 9'6.25"  |
| 8. Sara Searcy, APP      | 9'6.25"  |

### Long jump

|                          |           |
|--------------------------|-----------|
| 1. Ronda White, APP      | 19'4.75"  |
| 2. Kellie Mitchell, GSU  | 18'10.00" |
| 3. Rosalyn Hood, WCU     | 18'5.00"  |
| 4. Kasola Smith, UTC     | 18'4.50"  |
| 5. Kamata Potts, WCU     | 18'3.75"  |
| 6. Kim Simmons, ETSU     | 18'3.00"  |
| 7. Jacqueline Allen, GSU | 18'2.50"  |
| 8. Cedeia Bowden, WCU    | 17'11.50" |

### Triple jump

|                           |           |
|---------------------------|-----------|
| 1. Ronda White, APP       | 42'0.00"  |
| 2. Tondra White, APP      | 41'0.25"  |
| 3. Jennifer Claud, APP    | 40'7.00"  |
| 4. Paula Moore, APP       | 40'4.00"  |
| 5. Cedeia Bowden, WCU     | 39'8.00"  |
| 6. Virginia LaCombe, WCU  | 39'5.75"  |
| 7. Jacqueline Allen, GSU  | 37'11.25" |
| 8. Altavise Franklin, WCU | 37'3.25"  |

### Shot put

|                            |          |
|----------------------------|----------|
| 1. Mildred Cooper, VMI     | 44-04.25 |
| 2. Amber Tiggs, GSU        | 44-00.00 |
| 3. LaShana Poole, APP      | 42-05.50 |
| 4. Nikki Slocumb, GSU      | 41-06.50 |
| 5. Altavise Franklin, WCU  | 39-08.50 |
| 6. Kiley Wright, Wcu       | 39-05.00 |
| 7. Kineta Williams, WCU    | 38-06.75 |
| 8. Jamilla Minnifield, GSU | 38-05.50 |

### Discus throw

|                             |         |
|-----------------------------|---------|
| 1. LaShana Poole, APP       | 141'6"  |
| 2. Shaaletha Lightfoot, GSU | 135'0"  |
| 3. Kiley Wright, WCU        | 125'9"  |
| 4. Nikki Slocumb, GSU       | 125'3"  |
| 5. Markaysa Norwood, GSU    | 122'2"  |
| 6. Kineta Williams, WCU     | 121'10" |
| 7. Anisha Strouble, GSU     | 120'5"  |
| 8. Pam Truman, FUR          | 113'8"  |

### Hammer throw

|                           |            |
|---------------------------|------------|
| 1. Amber Tiggs, GSU       | 162'0.00"  |
| 2. LaShana Poole, APP     | 156'6.00"  |
| 3. Niki Ash, UNCG         | 138'10.00" |
| 4. Nancy Hinson, APP      | 136'3.00"  |
| 5. Michelle Proctor, UNCG | 131'3.00"  |
| 6. Kineta Williams, WCU   | 126'0.00"  |
| 7. Carol Hamlin, CIT      | 125'11.00" |
| 8. Mildred Cooper, VMI    | 122'11.00" |

### Javelin throw

|                           |         |
|---------------------------|---------|
| 1. Altavise Franklin, WCU | 121'11" |
| 2. Lindy Petteway, GSU    | 115'10" |
| 3. Kineta Williams, WCU   | 112'2"  |
| 4. Kristin Truman, ETSU   | 101'8"  |
| 5. Virginia LaCombe, WCU  | 97'10"  |
| 6. Carol Hamlin, CIT      | 97'9"   |
| 7. Pam Truman, FUR        | 89'7"   |
| 8. Laura Tieszen, WCU     | 87'2"   |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Virginia LaCombe, WCU  | 4,790 |
| 2. Tara Stevenson, CIT    | 4,697 |
| 3. Rosalyn Hood, WCU      | 4,603 |
| 4. Alison Frese, UTC      | 4,507 |
| 5. Altavise Franklin, WCU | 4,444 |
| 6. Kelia Thomas, GSU      | 3,772 |
| 7. Nancy Hinson, APP      | 3,762 |
| 8. Heidi Gholston, GSU    | 3,659 |

### Most Outstanding Track Performer

Ronda White, Appalachian State

### Most Outstanding Field Performer

Virginia LaCombe, Western Carolina

### Freshman of the Year

Jennifer Claud, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Field events converted from metric to English measurements.

# 2001 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 221    | 6. Chattanooga | 75     |
| 2. Western Carolina  | 156    | 7. Furman      | 25     |
| 3. VMI               | 155    | 8. Davidson    | 14     |
| 4. The Citadel       | 81     | 9. UNCG        | 6      |
| 5. ETSU              | 79     | 10. Wofford    | 1      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Akaba Glaspie, WCU    | 10.78 |
| 2. Jeff Witherspoon, CIT | 10.83 |
| 3. Kevin McLeod, APP     | 11.11 |
| 4. Quez Smith, VMI       | 11.13 |
| 5. Donnie Bryant, WCU    | 11.25 |
| 6. Charles Watson, CIT   | 11.32 |
| 7. Damion McLean, APP    | 11.34 |
| 8. Evan Hawkins, ETSU    | 12.07 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Jeff Witherspoon, CIT | 21.44 |
| 2. Evan Hawkins, ETSU    | 21.60 |
| 3. Derrick High, WCU     | 21.67 |
| 4. Akaba Glaspie, WCU    | 21.88 |
| 5. J.T. Marbury, CIT     | 22.19 |
| 6. Charles Davis, APP    | 22.39 |
| 7. Mike May, ETSU        | 22.54 |
| 8. Lloyd Davis, VMI      | 22.94 |

### 400-meter dash

|                        |         |
|------------------------|---------|
| 1. Derrick High, WCU   | 47.54   |
| 2. Evan Hawkins, ETSU  | 47.56   |
| 3. Michael Lokale, VMI | 48.69   |
| 4. Tim Vaught, WCU     | 49.23   |
| 5. Mike May, ETSU      | 49.56   |
| 6. Michael Kirk, VMI   | 49.82   |
| 7. Dale Slaughter, APP | 51.35   |
| 8. Bola Oyegunwa, WCU  | 1:08.52 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Chris Green, VMI       | 1:52.78 |
| 2. Caleb Bailey, WCU      | 1:53.09 |
| 3. John Baldwin, UTC      | 1:53.19 |
| 4. Ryan Kendall, UTC      | 1:53.85 |
| 5. Aaron Prieur, UTC      | 1:54.87 |
| 6. Matt Vogel, VMI        | 1:55.94 |
| 7. Leonard Mitchell, UNCG | 1:56.86 |
| 8. Tony Kimbrough, CIT    | 1:58.40 |

### 1,500-meter run

|                              |         |
|------------------------------|---------|
| 1. Aaron Prieur, UTC         | 3:52.76 |
| 2. Caleb Bailey, WCU         | 3:53.79 |
| 3. Ryan Kendall, UTC         | 3:54.76 |
| 4. Yuri Van der Heijden, FUR | 3:57.38 |
| 5. Jimmy Swansbrough, DAV    | 3:57.73 |
| 6. Leonard Mitchell, UNCG    | 3:58.01 |
| 7. Chris Green, VMI          | 3:59.41 |
| 8. Shawn Holland, APP        | 4:01.63 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Ben Bissette, APP        | 14:53.22 |
| 2. Curtis Gadula, UTC       | 15:05.99 |
| 3. Joe Halin, APP           | 15:10.01 |
| 4. Franklin Manchester, APP | 15:10.14 |
| 5. Shon Grice, UTC          | 15:15.51 |
| 6. Dwight Thomas, UTC       | 15:18.83 |
| 7. Alan Marion, APP         | 15:19.93 |
| 8. Tim Briles, FUR          | 15:26.98 |

### 10,000-meter run

|                       |          |
|-----------------------|----------|
| 1. Ben Bissette, APP  | 31:18.45 |
| 2. Dwight Thomas, UTC | 31:36.76 |
| 3. Curtis Gadula, UTC | 31:40.67 |
| 4. Joe Halin, APP     | 31:45.93 |
| 5. Alan Marion, APP   | 31:46.44 |
| 6. Ryan Toler, APP    | 31:47.45 |
| 7. Greg Sprowl, ETSU  | 32:07.94 |
| 8. Jesse Norman, WCU  | 32:27.32 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Omari Francis, APP    | 14.46 |
| 2. Ryan Linebarger, APP  | 14.60 |
| 3. Jeff Foy, VMI         | 14.84 |
| 4. Johnny Bormar, WCU    | 15.42 |
| 5. Keith Sims, APP       | 15.46 |
| 6. Donnie Bryant, WCU    | 15.80 |
| 7. Kenny Moseley, VMI    | 15.85 |
| 8. Hercules Collins, FUR | 17.26 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Jon-Paul Bowles, FUR  | 53.06   |
| 2. Deangelo Plather, VMI | 53.47   |
| 3. Jeff Foy, VMI         | 54.32   |
| 4. Johnny Bomar, WCU     | 55.55   |
| 5. Ryan Linebarger, APP  | 56.44   |
| 6. Jared Maliska, WCU    | 56.80   |
| 7. Cory Russell, CIT     | 56.81   |
| 8. Donnie Bryant, WCU    | 1:01.19 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Shon Grice, UTC          | 9:13.34 |
| 2. Tim Briles, FUR          | 9:22.94 |
| 3. Ben Schowe, APP          | 9:26.13 |
| 4. Franklin Manchester, APP | 9:29.05 |
| 5. Shawn Evans, APP         | 9:30.44 |
| 6. Jimmy Swansbrough, DAV   | 9:32.56 |
| 7. David Haefner, ETSU      | 9:37.60 |
| 8. Robert Killian, CIT      | 9:43.36 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Western Carolina  | 41.00 |
| 2. The Citadel       | 41.35 |
| 3. VMI               | 41.83 |
| 4. Appalachian State | 41.88 |
| 5. Davidson          | 44.19 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:15.20 |
| 2. VMI               | 3:15.64 |
| 3. Appalachian State | 3:17.10 |
| 4. Chattanooga       | 3:19.64 |
| 5. The Citadel       | 3:20.55 |
| 6. Davidson          | 3:22.69 |
| 7. ETSU              | 3:24.32 |
| 8. UNCG              | 3:28.76 |

### High jump

|                          |          |
|--------------------------|----------|
| 1. Jason Farr, ETSU      | 6'05.5"  |
| 2. Ken Millender, APP    | 6'05.5"  |
| 3. Travis Taylor, CIT    | 6'03.5"  |
| 4. Jason Palmer, APP     | 6'03.50" |
| 5. Jeff McKelvin, VMI    | 6'01.5"  |
| 6. Tim DeLaughter, ETSU  | 6'01.5"  |
| 7. J.B. Rosson, VMI      | 5'11.5"  |
| 8. Jeremy Snoderly, ETSU | 5'11.5"  |

### Pole vault

|                         |          |
|-------------------------|----------|
| 1. Charles Rice, WCU    | 16'04.0" |
| 2. J.B. Rosson, VMI     | 15'10.0" |
| 3. Wes Pickens, APP     | 14'04.5" |
| Aaron Pedrick, APP      | 14'04.5" |
| 5. Bryan Tomlinson, APP | 14'04.5" |
| 6. Adam Woods, ETSU     | 13'10.5" |
| 7. Jon Norman, APP      | 13'10.5" |
| 8. Ron Hull, VMI        | 13'10.5" |

### Long jump

|                        |           |
|------------------------|-----------|
| 1. Damion McLean, APP  | 23'10.0"  |
| 2. Kevin Solomon, VMI  | 23'00.5"  |
| 3. Aaron Yarbough, VMI | 22'08.5"  |
| 4. Omari Francis, APP  | 22'05.25" |
| 4. Quez Smith, VMI     | 22'05.25" |
| 6. Keith Jenkins, APP  | 22'03.75" |
| 7. Doug Petway, WCU    | 22'00.75" |
| 8. Donnie Bryant, WCU  | 21'11.0"  |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Kevin Solomon, VMI    | 14.90m |
| 2. Damion McLean, APP    | 14.86m |
| 3. Keith Jenkins, APP    | 14.44m |
| 4. Derik Screen, VMI     | 14.14m |
| 5. Doug Petway, WCU      | 13.93m |
| 6. David Cabbler, ETSU   | 13.76m |
| 7. Demaj Wiley, CIT      | 13.68m |
| 8. Sheldon Hamilton, WOF | 13.36m |

### Shot put

|                           |           |
|---------------------------|-----------|
| 1. Quentin Armstrong, CIT | 50'02.50" |
| 2. Josh Artau, ETSU       | 48'01.25" |
| 3. Larry Brock, APP       | 47'10.0"  |
| 4. John Chisholm, VMI     | 47'02.25" |
| 5. Russ Touchberry, CIT   | 46'10.25" |
| 6. Jeff Chambers, WCU     | 46'08.25" |
| 7. Austin Wakefield, VMI  | 46'05.5"  |
| 8. D. Misenheimer, APP    | 44'00.00" |

### Discus throw

|                          |         |
|--------------------------|---------|
| 1. Larry Brock, APP      | 149'04" |
| 2. Jeff Chambers, WCU    | 147'10" |
| 3. Nick McNeil, WCU      | 144'00" |
| 4. Russ Touchberry, CIT  | 143'02" |
| 5. Austin Wakefield, VMI | 141'02" |
| 6. Chris Franklin, CIT   | 139'05" |
| 7. Tony Essig, VMI       | 133'07" |
| 8. Josh Artau, ETSU      | 129'00" |

### Hammer throw

|                          |         |
|--------------------------|---------|
| 1. John Chisholm, VMI    | 188'06" |
| 2. Nick McNeil, WCU      | 154'04" |
| 3. Tony Essig, VMI       | 150'10" |
| 4. Russ Touchberry, CIT  | 149'03" |
| 5. Daniel Duckworth, APP | 148'03" |
| 6. Larry Brock, APP      | 146'01" |
| 7. Jeff Chambers, WCU    | 141'11" |
| 8. Austin Wakefield, VMI | 131'07" |

### Javelin throw

|                          |         |
|--------------------------|---------|
| 1. Phil Weismiller, VMI  | 181'02" |
| 2. Larry Brock, APP      | 174'01" |
| 3. Josh Artau, ETSU      | 172'05" |
| 4. Chad Michael, APP     | 169'08" |
| 5. Josh Langley, WCU     | 162'08" |
| 6. Devin Sweeney, WCU    | 156'08" |
| 7. Daniel Duckworth, APP | 147'04" |
| 8. Seth Ostlund, VMI     | 146'08" |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Andrew Whitson, ETSU | 6,233 |
| 2. Chad Michael         | 5,795 |
| 3. Jared Maliska, WCU   | 5,777 |
| 4. Adam Woods, ETSU     | 5,392 |
| 5. Josh Langley, WCU    | 5,075 |
| 6. Scott Sutter, CIT    | 3,918 |
| 7. Thomas Reid, CIT     | 2,905 |
| 8. Jamie Lyda, APP      | 3,646 |

### Most Outstanding Performer

Ben Bissette, Appalachian State

### Freshman of the Year

Nick McNeil, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Field events converted from metric to English measurements.



# 2001 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 230.5  | 6. ETSU        | 58     |
| 2. Appalachian State | 170    | 7. VMI         | 30.5   |
| 3. Chattanooga       | 144    | 8. Davidson    | 22     |
| 4. Georgia Southern  | 81     | 9. The Citadel | 13     |
| 5. Furman            | 64     | 10. UNCG       | 5      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 11.83 |
| 2. Marna Moore, UTC      | 12.31 |
| 3. Jacqueline Allen, GSU | 12.42 |
| 4. Candii Woodson, FUR   | 12.63 |
| 5. Cedeia Bowden, WCU    | 12.63 |
| 6. Ebonie Ogletree, GSU  | 12.67 |
| 7. Ronetta Burgess, WCU  | 12.98 |
| 8. Javonne Blackley, GSU | 13.11 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 24.27 |
| 2. Marna Moore, UTC      | 24.66 |
| 3. Ronetta Burgess, WCU  | 24.74 |
| 4. Jennifer Howard, ETSU | 24.96 |
| 5. Roselin Addo, ETSU    | 25.21 |
| 6. Jacqueline Allen, GSU | 25.36 |
| 7. Ashelyn Little, WCU   | 25.50 |
| 8. Ebonie Ogletree, GSU  | 26.08 |

### 400-meter dash

|                          |         |
|--------------------------|---------|
| 1. Roselin Addo, ETSU    | 55.19   |
| 2. Jennifer Howard, ETSU | 55.43   |
| 3. Tiffany Pointer, UTC  | 56.93   |
| 4. Marlo Mincey, GSU     | 56.95   |
| 5. Ashelyn Little, WCU   | 58.17   |
| 6. Benetta Boyd, WCU     | 58.48   |
| 7. Candace Foster, UTC   | 58.95   |
| 8. Shavon Neely, WCU     | 1:01.66 |

### 800-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:10.24 |
| 2. Smyth Bitter, APP         | 2:13.17 |
| 3. Katie Sujkowski, APP      | 2:14.52 |
| 4. Megan Thacker, WCU        | 2:18.24 |
| 5. Lauren Campbell, ETSU     | 2:19.45 |
| 6. Bev Roberts, FUR          | 2:20.16 |
| 7. Liz Gross, DAV            | 2:20.79 |
| 8. Holly Bright, WCU         | 2:28.71 |

### 1,500-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 4:33.58 |
| 2. Lauren Campbell, ETSU     | 4:39.10 |
| 3. Johanna Allen, APP        | 4:41.99 |
| 4. Becky Slick, UTC          | 4:42/03 |
| 5. Erin Howard, FUR          | 4:45.67 |
| 6. Kate Brunk, UTC           | 4:45.78 |
| 7. Whitney Woods, WCU        | 4:46.69 |
| 8. Holly Bright, WCU         | 4:53.42 |

### 3,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Mary Jayne Harrelson, APP | 9:35.92  |
| 2. Oddbjorg Haugen, UTC      | 9:54.51  |
| 3. Becky Slick, UTC          | 10:01.03 |
| 4. Jill Braley, FUR          | 10:01.85 |
| 5. Johanna Allen, APP        | 10:09.52 |
| 6. Lory Gray, FUR            | 10:28.76 |
| 7. Emily Campbell, ETSU      | 10:33.63 |
| 8. Whitney Woods, WCU        | 10:38.80 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Oddbjorg Haugen, UTC | 16:58.93 |
| 2. Jill Braley, FUR     | 17:05.53 |
| 3. Andrea Davis, UTC    | 17:27.60 |
| 4. Gina Recher, UTC     | 17:54.14 |
| 5. Lory Gray, FUR       | 18:07.90 |
| 6. Sarah Primeau, APP   | 18:17.19 |
| 7. Melanie Cooper, WCU  | 18:39.46 |
| 8. Whitney Woods, WCU   | 18:43.86 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Jill Braley, FUR        | 37:30.01 |
| 2. Andrea Davis, UTC       | 37:32.13 |
| 3. Dana Smith, FUR         | 38:04.17 |
| 4. Sarah Primeau, APP      | 38:16.51 |
| 5. Heather Needham, APP    | 38:50.85 |
| 6. Jennifer Honeycutt, APP | 39:51.69 |
| 7. Emily Eades, FUR        | 40:04.84 |
| 8. Melanie Cooper, WCU     | 40:35.95 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Marna Moore, UTC      | 14.25 |
| 2. Ronetta Burgess, WCU  | 14.46 |
| 3. Virginia LaCombe, WCU | 15.28 |
| 4. Jennifer McCalla, GSU | 15.36 |
| 5. Rosalyn Hood, WCU     | 15.38 |
| 6. Tondra White, APP     | 15.39 |
| 7. Kirsten Bowden, APP   | 15.68 |
| 8. Lindy Petteway, GSU   | 16.95 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Monica Hill, FUR        | 1:02.55 |
| 2. Elisabeth Sain, UTC     | 1:03.35 |
| 3. Melissa Millar, DAV     | 1:03.83 |
| 4. Marlo Mincey, GSU       | 1:05.73 |
| 5. Tondra White, APP       | 1:05.92 |
| 6. Virginia LaCombe, WCU   | 1:06.00 |
| 7. Lei Nitia Williams, GSU | 1:06.66 |
| 8. Pearl Griggs, GSU       | 1:11.91 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Chattanooga       | 46.74 |
| 2. Western Carolina  | 46.81 |
| 3. Appalachian State | 46.97 |
| 4. Georgia Southern  | 47.18 |
| 5. Furman            | 48.51 |
| 6. VMI               | 51.06 |
| 7. Davidson          | 51.80 |
| 8. The Citadel       | 54.47 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:48.26 |
| 2. Georgia Southern  | 3:52.00 |
| 3. Appalachian State | 3:53.19 |
| 4. Western Carolina  | 3:58.44 |
| 5. Chattanooga       | 4:03.00 |
| 6. Davidson          | 4:03.12 |
| 7. Furman            | 4:05.94 |
| 8. VMI               | 4:10.89 |

### High jump

|                          |          |
|--------------------------|----------|
| 1. Virginia LaCombe, WCU | 5'09.75" |
| 2. Jennifer Carroll, VMI | 5'07.75" |
| 3. Anna Hutcherson, UTC  | 5'05.75" |
| 4. Tyleana Hanner, UTC   | 5'03.75" |
| 5. Cheryl Howard, ETSU   | 5'03.75" |
| 6. Suzanne Makinson, APP | 5'01.75" |
| 7. Leslie Atalese, APP   | 4'11.75" |
| 8. Amanda Yeck, DAV      | 4'11.75" |

### Pole vault

|                          |           |
|--------------------------|-----------|
| 1. Valerie Jalajas, WCU  | 11'11.25" |
| 2. Michelle Velz, WCU    | 11'05.25" |
| 3. Suzanne Makinson, APP | 10'11.5"  |
| 4. Nadia Wendlandt, VMI  | 10'05.5"  |
| 4. Tricia Shepard, WCU   | 10'05.5"  |
| 6. Dana Anglin, WCU      | 10'05.5"  |
| 7. Kallie Kocourek, APP  | 10'05.5"  |
| 8. Kate Minser, APP      | 10'05.5"  |

### Long jump

|                          |           |
|--------------------------|-----------|
| 1. Tyleana Hanner, UTC   | 19'06.75" |
| 2. Cedeia Bowden, WCU    | 19'01.25" |
| 3. Star Lingo, GSU       | 18'05.25" |
| 4. Angela Pryor, APP     | 18'04.50" |
| 5. Rosalyn Hood, WCU     | 17'11.75" |
| 5. Tanika Griffith, CUT  | 17'11.75" |
| 7. Jennifer Carroll, VMI | 17'10.25" |
| 7. Ronetta Burgess, WCU  | 17'10.25" |

### Triple jump

|                          |        |
|--------------------------|--------|
| 1. Kirsten Bowden, APP   | 12.97m |
| 2. Tondra White, APP     | 12.44m |
| 3. Tyleana Hanner, UTC   | 12.42m |
| 4. Virginia LaCombe, WCU | 11.84m |
| 5. Cedeia Bowden, WCU    | 11.36m |
| 6. Rosalyn Hood, WCU     | 11.12m |
| 7. Kristin Truman, ETSU  | 10.96m |
| 8. Cheryl Howard, ETSU   | 10.64m |

### Shot put

|                         |           |
|-------------------------|-----------|
| 1. Ashley Herndon, WCU  | 44'00.0"  |
| 2. Amber Tiggs, GSU     | 41'10.5"  |
| 3. LaShana Poole, APP   | 41'08.50" |
| 4. Barbara Palmer, WCU  | 40'00.75" |
| 5. Kineta Williams, WCU | 37'06.5"  |
| 6. Catrina Moore, CIT   | 36'07.5"  |
| 7. Kiley Wright, WCU    | 36'02.25" |
| 8. Niki Ash, UNCG       | 36'00.75" |

### Discus throw

|                            |         |
|----------------------------|---------|
| 1. LaShana Poole, APP      | 135'06" |
| 2. Ashley Herndon, WCU     | 129'01" |
| 3. Shaletta Lightfoot, GSU | 119'10" |
| 4. Kiley Wright, WCU       | 118'05" |
| 5. Kelly Sullivan, VMI     | 117'00" |
| 6. Quiletta Dunston, WCU   | 115'09" |
| 7. Kineta Williams, WCU    | 113'10" |
| 8. Barbara Palmer, WCU     | 111'08" |

### Hammer throw

|                          |           |
|--------------------------|-----------|
| 1. Barbara Palmer, WCU   | 151'02.0" |
| 2. Quiletta Dunston, WCU | 145'02.0" |
| 3. Kelly Sullivan, VMI   | 144'10.0" |
| 4. Ashley Herndon, WCU   | 144'10.0" |
| 5. Niki Ash, UNCG        | 143'08.0" |
| 6. LaShana Poole, APP    | 142'06.0" |
| 7. Amber Tiggs, GSU      | 141'01.0" |
| 8. Alexis Abrams, VMI    | 135'04.0" |

### Javelin throw

|                          |         |
|--------------------------|---------|
| 1. Ashley Herndon, WCU   | 128'08" |
| 2. Rolanda Mallory, APP  | 108'04" |
| 3. Elizabeth Nobles, GSU | 105'06" |
| 4. Roslyn Bingley, WCU   | 103'04" |
| 5. Kineta Williams, WCU  | 99'08"  |
| 6. Carol Hamlin, CIT     | 96'02"  |
| 7. Catrina Moore, CIT    | 94'07"  |
| 8. Alexis Abrams, VMI    | 93'11"  |

### Heptathlon

|                          |       |
|--------------------------|-------|
| 1. Tyleana Hanner, UTC   | 5,361 |
| 2. Virginia LaCombe, WCU | 4,627 |
| 3. Roslyn Bingley, WCU   | 4,310 |
| 4. Rosalyn Hood, WCU     | 4,170 |
| 5. Kelia Thomas, GSU     | 3,894 |
| 6. Lindy Petteway, GSU   | 3,859 |
| 7. Leslie Atalese, APP   | 3,448 |

### Most Outstanding Performers

Virginia LaCombe, Western Carolina  
Tyleana Hanner, Chattanooga

### Freshman of the Year

Oddbjorg Haugen, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event received all-conference honors
- Certain field events converted from metric to English measurements.

# 2000 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. VMI               | 217    | 6. Chattanooga | 51     |
| 2. Western Carolina  | 182    | 7. Furman      | 46     |
| 3. Appalachian State | 145    | 8. Davidson    | 27     |
| 4. The Citadel       | 68     | 9. Wofford     | 5      |
| 5. ETSU              | 67     | 10. UNCG       | 3      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Marcus Lynch, VMI     | 10.65 |
| 2. Quiz Smith, VMI       | 10.72 |
| 3. Johnnie Morrison, WCU | 10.77 |
| 4. Carlos Frank, CIT     | 10.95 |
| 5. Martin Cortese, ETSU  | 10.96 |
| 6. Donnie Bryant, WCU    | 11.05 |
| 7. Kevin McLeod, APP     | 11.06 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Marcus Lynch, VMI    | 21.32 |
| 2. Joe Hyman, WCU       | 21.37 |
| 3. Akaba Gaspie, WCU    | 21.45 |
| 4. Jason McGhinnis, APP | 21.65 |
| 5. Martin Cortese, ETSU | 21.67 |
| 6. Evan Hawkins, ETSU   | 21.67 |
| 7. Derrick High, WCU    | 22.74 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Joe Hyman, WCU          | 47.66 |
| 2. Evan Hawkins, ETSU      | 48.14 |
| 3. Kenneth Carmichael, VMI | 48.44 |
| 4. Akaba Gaspie, WCU       | 48.58 |
| 5. Nate Haley, VMI         | 48.67 |
| 6. Rob Nichols, CIT        | 49.90 |
| 7. Nick Crowe, UTC         | 50.96 |
| 8. Derrick High, WCU       | 56.03 |

### 800-meter run

|                        |         |
|------------------------|---------|
| 1. John Baldwin, UTC   | 1:56.93 |
| 2. Caleb Bailey, WCU   | 1:57.09 |
| 3. Nic Crider, UTC     | 1:57.30 |
| 4. Aaron Prier, UTC    | 1:57.64 |
| 5. Michael Lokale, VMI | 1:58.22 |
| 6. Dale Slaughter, APP | 1:58.29 |
| 7. Keith Chapman, DAV  | 1:58.61 |
| 8. Dan Gibson, DAV     | 2:00.15 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Nic Crider, UTC         | 3:55.34 |
| 2. Dan Gibson, DAV         | 3:56.58 |
| 3. Aaron Prier, UTC        | 3:58.21 |
| 4. Caleb Bailey, WCU       | 3:59.38 |
| 5. Grady Powell, FUR       | 4:01.31 |
| 6. Yuri Vanderheijden, FUR | 4:02.01 |
| 7. Curtis Gadula, UTC      | 4:03.98 |
| 8. Alan Marion, APP        | 4:05.17 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Shane Austin, APP    | 14:53.43 |
| 2. Brent Ferrell, DAV   | 15:12.54 |
| 3. Daniel Welsh, ETSU   | 15:14.48 |
| 4. Ben Bisette, APP     | 15:19.74 |
| 5. Mitchell Jones, ETSU | 15:25.24 |
| 6. Timothy Briles, FUR  | 15:33.30 |
| 7. Joe Smith, VMI       | 15:35.12 |
| 8. Jesse Norman, WCU    | 15:35.22 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Joe Smith, VMI       | 32:11.14 |
| 2. Ben Bisette, APP     | 32:30.36 |
| 3. Jesse Norman, WCU    | 32:37.50 |
| 4. Daniel Welsh, ETSU   | 32:43.11 |
| 5. Robert Stephens, WCU | 32:48.87 |
| 6. Greg Sprowl, ETSU    | 33:02.78 |
| 7. Rob Ball, UNCG       | 33:12.47 |
| 8. Brian St Onge, UNCG  | 33:33.56 |

### 110-meter high hurdles

|                          |       |
|--------------------------|-------|
| 1. Jeff McKelvin, VMI    | 14.48 |
| 2. Jeff Foy, VMI         | 14.65 |
| 3. Kenny Moseley, VMI    | 14.83 |
| 4. Johnny Bomar, WCU     | 15.24 |
| 5. Karl Willis, WCU      | 15.44 |
| 6. Warren Evans, APP     | 15.61 |
| 7. Hercules Collins, FUR | 16.02 |
| 8. Ryan Linebarger, APP  | 24.11 |

### 400-meter intermediate hurdles

|                            |       |
|----------------------------|-------|
| 1. Nate Haley, VMI         | 52.55 |
| 2. Kenneth Carmichael, VMI | 53.09 |
| 3. Jason McGhinnis, APP    | 53.13 |
| 4. Jon Paul Bowles, FUR    | 53.17 |
| 5. Glenn Hicks, APP        | 54.87 |
| 6. Derek LeMay, WCU        | 56.72 |
| 7. Randy Marion, APP       | 58.46 |
| 8. D'Angelo Plaether, VMI  | 59.36 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Timothy Briles, FUR      | 9:25.81 |
| 2. Shane Austin, APP        | 9:25.85 |
| 3. Patrick Dillon, FUR      | 9:42.62 |
| 4. Shon Grice, UTC          | 9:44.37 |
| 5. Franklin Manchester, APP | 9:51.33 |
| 6. Ben Bisette, APP         | 9:51.46 |
| 7. Ben Schave, APP          | 9:52.64 |
| 8. Shawn Evans, APP         | 9:54.29 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. VMI               | 41.48 |
| 2. The Citadel       | 41.54 |
| 3. Western Carolina  | 41.79 |
| 4. Appalachian State | 42.30 |
| 5. Furman            | 42.90 |
| 6. Davidson          | 44.97 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:17.73 |
| 2. Appalachian State | 3:18.26 |
| 3. VMI               | 3:18.56 |
| 4. Chattanooga       | 3:20.58 |
| 5. The Citadel       | 3:21.24 |
| 6. ETSU              | 3:25.21 |
| 7. Furman            | 3:26.56 |
| 8. Davidson          | 3:26.88 |

### High jump

|                        |      |
|------------------------|------|
| 1. Eric McClary, CIT   | 6-8  |
| 2. Rob Waddington, CIT | 6-6  |
| 3. Jason Farr, ETSU    | 6-4  |
| 4. Ken Millender, APP  | 6-2  |
| 5. Jeff McKelvin, VMI  | 6-2  |
| 6. Karl Willis, WCU    | 6-0  |
| 7. Travis Gilliam, FUR | 5-10 |
| 8. Brad Berry, WCU     | 5-8  |

### Pole vault

|                       |          |
|-----------------------|----------|
| 1. Wes Pickens, APP   | 15-5.5   |
| 2. Charles Rice, WCU  | 14-11.5  |
| 3. Tim Thomas, WCU    | 14-11.5  |
| 4. Ron Hull, VMI      | 14-05.5  |
| 5. Aaron Pedrick, APP | 13-11.75 |
| 6. John Hardy, VMI    | 12-11.75 |

### Long jump

|                         |          |
|-------------------------|----------|
| 1. Kevin Solomon, VMI   | 25-0.5   |
| 2. Marcus Lynch, VMI    | 24-4.25  |
| 3. Damion McLean, APP   | 24-2.5   |
| 4. Rayshon Carthen, WCU | 23-11.75 |
| 5. Aaron Yarbough, VMI  | 23-7.5   |
| 6. Doug Petway, WCU     | 23-2     |
| 7. Charles Mahatha, APP | 23-0     |
| 8. Quiz Smith, VMI      | 22-10.5  |

### Triple jump

|                          |         |
|--------------------------|---------|
| 1. Quiz Smith, VMI       | 47-1    |
| 2. Rayshon, Carthen, WCU | 46-8.75 |
| 3. Kevin Solomon, VMI    | 46-7.5  |
| 4. Ernest Moss, WCU      | 46-6    |
| 5. Ade Artis, DAV        | 45-5.75 |
| 6. Elliot Barton, ETSU   | 45-5.25 |
| 7. Damion McLean, APP    | 44-6    |
| 8. Doug Petway, WCU      | 44-2.75 |

### Shot put

|                           |         |
|---------------------------|---------|
| 1. Jeb Hall, WCU          | 51-11   |
| 2. John Chisholm, VMI     | 50-5.5  |
| 3. Quentin Armstrong, CIT | 49-6.25 |
| 4. Anthony Jones, WOF     | 46-8.25 |
| 5. Larry Brock, APP       | 45-1.75 |
| 6. Russ Touchberry, CIT   | 44-9.5  |
| 7. Tom Hite, ETSU         | 44-5.5  |
| 8. Chris Stewart, FUR     | 43-3.25 |

### Discus throw

|                         |       |
|-------------------------|-------|
| 1. Larry Brock, APP     | 152-0 |
| 2. Tony Essig, VMI      | 146-5 |
| 3. Jeb Hall, WCU        | 144-4 |
| 4. Russ Touchberry, CIT | 141-2 |
| 5. Chris Stewart, FUR   | 136-3 |
| 6. John Carelton, VMI   | 133-6 |
| 7. Matt Roten, APP      | 128-9 |
| 8. Jeff Chambers, WCU   | 126-3 |

### Hammer throw

|                         |       |
|-------------------------|-------|
| 1. John Chisholm, VMI   | 185-2 |
| 2. Adam Gilbert, APP    | 163-3 |
| 3. Jeff Chambers, WCU   | 149-8 |
| 4. Russ Touchberry, CIT | 137-3 |
| 5. Kelly Underwood, VMI | 134-7 |
| 6. Jeb Hall, WCU        | 133-1 |
| 7. Tony Essig, VMI      | 123-3 |
| 8. John Carelton, VMI   | 118-8 |

### Javelin throw

|                         |       |
|-------------------------|-------|
| 1. Kris Kut, CIT        | 196-5 |
| 2. Tony Liberato, VMI   | 181-1 |
| 3. Jeb Hall, WCU        | 167-1 |
| 4. Larry Brock, APP     | 166-2 |
| 5. Josh Langley, WCU    | 163-9 |
| 6. Jason Nave, ETSU     | 153-4 |
| 7. Brad Berry, WCU      | 146-0 |
| 8. Russ Touchberry, CIT | 145-4 |

### Decathlon

|                         |       |
|-------------------------|-------|
| 1. Andrew Whitson, ETSU | 6,287 |
| 2. Jeff Foy, VMI        | 5,558 |
| 3. Ben Yocum, APP       | 5,498 |
| 4. Donnie Bryant, WCU   | 5,472 |
| 5. Brad Berry, WCU      | 5,384 |
| 6. Adam Woods, ETSU     | 5,095 |
| 7. Jared Maliska, WCU   | 5,088 |
| 8. Seth Ostlund, VMI    | 3,579 |

### Most Outstanding Performer

Marcus Lynch, VMI

### Freshman of the Year

Kevin Solomon, VMI

### Coach of the Year

Mike Bozeman, VMI

### \*\*NOTES\*\*

• Top three finishers in each event receive all-conference honors.

• Field events converted from metric to English measurements.

# 2000 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 250    | 7. The Citadel | 27     |
| 2. Chattanooga       | 191    | 8. VMI         | 26.5   |
| 3. Appalachian State | 106    | 9. UNCG        | 20     |
| 4. ETSU              | 77     | 10. Wofford    | 12     |
| 5. Furman            | 68.5   | 11. Davidson   | 8      |
| 6. Georgia Southern  | 31     |                |        |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 11.80 |
| 2. Tyleana Hanner, UTC   | 11.98 |
| 3. Jacqueline Allen, GSU | 12.14 |
| 4. Marna Moore, UTC      | 12.15 |
| 5. Cedeia Bowden, WCU    | 12.27 |
| 6. Angela Pryor, APP     | 12.32 |
| 7. Andrea Matthews, APP  | 12.36 |
| 8. Javonne Blackely, GSU | 12.44 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Tyleana Hanner, UTC   | 24.40 |
| 2. Shonte' Pinkston, APP | 24.57 |
| 3. Marna Moore, UTC      | 24.63 |
| 4. Jennifer Howard, ETSU | 24.95 |
| 5. Angie Highbaugh, FUR  | 24.98 |
| 6. Rosline Addo, ETSU    | 25.01 |
| 7. Ashelyn Little, WCU   | 25.36 |
| 8. Javonne Blackley, GSU | 25.49 |

### 400-meter dash

|                          |         |
|--------------------------|---------|
| 1. Roselin Addo, ETSU    | 55.98   |
| 2. Jennifer Howard, ETSU | 56.46   |
| 3. Angie Highbaugh, FUR  | 57.43   |
| 4. Ashelyn Little, WCU   | 58.38   |
| 5. Tiffany Pointer, UTC  | 59.14   |
| 6. Tiffani Bonds, UTC    | 1:00.33 |
| 7. Shevon Neely, WCU     | 1:00.51 |
| 8. Maira Rivas, FUR      | 1:00.77 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Julie Stackhouse, FUR | 2:15.32 |
| 2. Becky Slick, UTC      | 2:16.01 |
| 3. Christina Smith, WCU  | 2:16.66 |
| 4. Lauren Campbell, ETSU | 2:19.88 |
| 5. Smyth Bitter, DAV     | 2:21.30 |
| 6. Channel Lemon, UTC    | 2:25.19 |
| 7. Erin Howard, FUR      | 2:26.30 |
| 8. Holly Bright, WCU     | 2:31.24 |

### 1,500-meter run

|                        |         |
|------------------------|---------|
| 1. Becky Slick, UTC    | 4:44.87 |
| 2. Amanda Lynch, UTC   | 4:46.33 |
| 3. Erin Howard, FUR    | 4:49.25 |
| 4. Tanya Brown, ETSU   | 4:51.53 |
| 5. Holly Bright, WCU   | 4:53.63 |
| 6. Michelle Cooke, UTC | 4:55.09 |
| 7. Kim Hemstreet, ETSU | 4:58.93 |
| 8. Amy Doolittle, UTC  | 5:00.75 |

### 3,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Catherine Berry, ETSU | 9:53.10  |
| 2. Amanda Lynch, UTC     | 10:19.52 |
| 3. Becky Slick, UTC      | 10:35.17 |
| 4. Tanya Brown, ETSU     | 10:40.17 |
| 5. Kim Hemstreet, ETSU   | 10:43.61 |
| 6. Melanie Cooper, WCU   | 10:47.66 |
| 7. Heather Needham, APP  | 10:55.82 |
| 8. Lory Gray, FUR        | 11:02.65 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Catherine Berry, ETSU | 17:14.00 |
| 2. Amanda Lynch, UTC     | 18:02.26 |
| 3. Jenny Warfford, WCU   | 18:08.29 |
| 4. Jill Braley, FUR      | 18:11.21 |
| 5. Andrea Davis, UTC     | 18:22.07 |
| 6. Christy Lee, UNCG     | 18:41.01 |
| 7. Gina Recher, UTC      | 18:51.23 |
| 8. Melanie Cooper, WCU   | 18:53.79 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Andrea Davis, UTC       | 38:08.38 |
| 2. Jenny Warfford, WCU     | 38:22.07 |
| 3. Christy Lee, UNCG       | 38:54.60 |
| 4. Gina Recher, UTC        | 39:39.66 |
| 5. Emily Eades, FUR        | 39:55.57 |
| 6. Emily Furr, UNCG        | 40:56.74 |
| 7. Jennifer Honeycutt, APP | 41:16.65 |
| 8. Whitney Woods, WCU      | 41:29.83 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Marna Moore, UTC      | 14.02 |
| 2. Tyleana Hanner, UTC   | 14.15 |
| 3. Rosalyn Hood, WCU     | 14.74 |
| 4. Ronetta Burgess, WCU  | 14.95 |
| 5. Virginia LaCombe, WCU | 15.17 |
| 6. Alison Frese, UTC     | 15.30 |
| 7. Kristen Bowden, APP   | 16.12 |
| 8. Ginger Denison, FUR   | 16.47 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Rosalyn Hood, WCU     | 1:02.67 |
| 2. Monica Hill, FUR      | 1:03.32 |
| 3. Alison Frese, UTC     | 1:05.38 |
| 4. Ginger Denison, FUR   | 1:06.64 |
| 5. Peaches Hudson, CIT   | 1:07.12 |
| 6. Virginia LaCombe, WCU | 1:07.67 |
| 7. Pearl Griggs, GSU     | 1:12.79 |
| 8. Markita Mackey, APP   | 1:14.92 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 47.05 |
| 2. Western Carolina  | 47.49 |
| 3. Furman            | 47.81 |
| 4. Chattanooga       | 50.20 |
| 5. The Citadel       | 50.56 |
| 6. Davidson          | 53.47 |
| 7. Georgia Southern  | 54.29 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:51.14 |
| 2. Furman            | 3:53.72 |
| 3. Chattanooga       | 3:54.97 |
| 4. Appalachian State | 4:00.71 |
| 5. Georgia Southern  | 4:04.31 |
| 6. ETSU              | 4:06.13 |
| 7. The Citadel       | 4:12.79 |
| 8. Davidson          | 4:18.48 |

### High jump

|                          |     |
|--------------------------|-----|
| 1. Anna Hutcherson, UTC  | 5-5 |
| 2. Virginia LaCombe, WCU | 5-5 |
| 3. Alison Frese, UTC     | 5-3 |
| 4. Tyleana Hanner, UTC   | 5-3 |
| 5. Whitney Nelson, GSU   | 5-3 |
| 6. Karen Breeding, ETSU  | 5-1 |
| 7. Julie Stackhouse, FUR | 4-9 |
| Jennifer Carol, VMI      | 4-9 |

### Pole vault

|                           |        |
|---------------------------|--------|
| 1. Valerie Jalajas, WCU   | 10-6   |
| 2. Page Stroup, WOF       | 10-0   |
| 3. Tricia Shepard, WCU    | 10-0   |
| 4. Sara Searay, APP       | 9-6.25 |
| 5. Altavise Franklin, WCU | 9-6.25 |
| 6. Kelly Hawkins, APP     | 9-6.25 |
| 7. Theresa Gilligan, APP  | 8-6.25 |
| 8. Kristen Higgins, GSU   | 8-6.25 |

### Long jump

|                          |         |
|--------------------------|---------|
| 1. Tyleana Hanner, UTC   | 19-4    |
| 2. Rosalyn Hood, WCU     | 9-3.5   |
| 3. Kristen Bowden, APP   | 18-10.5 |
| 4. Jacqueline Allen, GSU | 18-8.5  |
| 5. Angela Pryor, APP     | 18-7.25 |
| 6. Cedeia Bowden, WCU    | 18-0.75 |
| 7. Monica Lockett, GSU   | 17-5.25 |
| 8. Kelia Thomas, GSU     | 17-4.75 |

### Triple jump

|                          |         |
|--------------------------|---------|
| 1. Rosalyn Hood, WCU     | 40-7.75 |
| 2. Kristen Bowden, APP   | 40-2.25 |
| 3. Tyleana Hanner, UTC   | 39-8    |
| 4. Virginia LaCombe, WCU | 38-11   |
| 5. Cedeia Bowden, WCU    | 38-4.25 |
| 6. Jacqueline Allen, GSU | 36-6.75 |
| 7. Yashiea Wall, APP     | 35-1    |
| 8. Brooke Deacon, ETSU   | 33-9.5  |

### Shot put

|                         |          |
|-------------------------|----------|
| 1. Valerie Metz, WCU    | 39-10.75 |
| 2. Ashley Herendon, WCU | 39-5     |
| 3. Angela Vizzi, VMI    | 39-4.50  |
| 4. Catrina Moore, CIT   | 38-4.75  |
| 5. Sydney Rowland, APP  | 37-10    |
| 6. La Shanna Poole, APP | 36-9.75  |
| 7. Kineta Williams, WCU | 35-3.75  |
| 8. Robin Kennel, APP    | 35-3.75  |

### Discus throw

|                           |        |
|---------------------------|--------|
| 1. Ashley Herendon, WCU   | 127-5  |
| 2. Valerie Metz, WCU      | 124-10 |
| 3. La Shanna Poole, APP   | 124-6  |
| 4. Quilletta Dunston, WCU | 118-3  |
| 5. Kelly Sullivan, VMI    | 118-2  |
| 6. Misty Copas, ETSU      | 112-4  |
| 7. Sydney Rowland, APP    | 108-6  |
| 8. Kineta Williams, WCU   | 106    |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Valerie Metz, WCU    | 163-8  |
| 2. Niki Ash, UNCG       | 152-5  |
| 3. Kelly Sullivan, VMI  | 146-11 |
| 4. Angela Myers, VMI    | 133-5  |
| 5. Alexis Abrams, VMI   | 132-1  |
| 6. La Shanna Poole, APP | 131-6  |
| 7. Carol Hamlin, CIT    | 124-10 |
| 8. Rolanda Malloy, APP  | 120-9  |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Ashley Herendon, WCU   | 138-11 |
| 2. Jayna Bryant, WCU      | 117-3  |
| 3. Altavise Franklin, WCU | 104-10 |
| 4. Rolanda Malloy, APP    | 102-7  |
| 5. Carol Hamlin, CIT      | 100-8  |
| 6. Kathy Dollason, WOF    | 99-9   |
| 7. Jennifer Etters, WOF   | 88-3   |
| 8. Robin Kennel, APP      | 86-9   |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Virginia LaCombe, WCU  | 4,225 |
| 2. Jayna Bryant, WCU      | 4,090 |
| 3. Altavise Franklin, WCU | 4,008 |
| 4. Peaches Hudson, CIT    | 3,894 |
| 5. Rasheeda Ghaffer, UTC  | 3,508 |
| 6. Kelly Hawkins, APP     | 3,120 |
| 7. Melanie Hicks, APP     | 2,719 |

### Most Outstanding Performer

Tyleana Hanner, Chattanooga

### Freshman of the Year

Alison Frese, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTE\*\*

• Top three finishers in each event receive all-conference honors.

# 1999 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 213    | 6. Chattanooga | 66     |
| 2. Appalachian State | 154    | 7. Furman      | 36     |
| 3. VMI               | 121    | 8. Davidson    | 25     |
| 4. ETSU              | 115    | 9. Wofford     | 9      |
| 5. The Citadel       | 70     | 10. UNCG       | 2      |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Kenyon Doyle, CIT      | 10.51 |
| 2. Johnnie Morrison, WCU  | 10.55 |
| 3. Jeremy Carter, WCU     | 10.66 |
| 4. Kenneth White, VMI     | 10.70 |
| 5. Kevin Pennycooke, ETSU | 10.72 |
| 6. Bryan Davis, WOF       | 10.90 |
| 7. Aaron Wright, WCU      | 10.93 |
| 8. Charvin Clark, ETSU    | 10.95 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Kenyon Doyle, CIT      | 21.34 |
| 2. Jeremy Carter, WCU     | 21.36 |
| 3. Evan Hawkins, ETSU     | 21.66 |
| 4. Kevin Pennycooke, ETSU | 21.81 |
| 5. Kenneth White, VMI     | 22.06 |
| 6. Akaba Glaspie, WCU     | 22.41 |
| 7. Jason McGhinnis, APP   | 22.53 |

### 400-meter dash

|                            |       |
|----------------------------|-------|
| 1. Evan Hawkins, ETSU      | 47.85 |
| 2. Kenneth Carmichael, VMI | 48.17 |
| 3. Keith Glenn, WCU        | 48.34 |
| 4. Rob Nichols, CIT        | 48.86 |
| 5. John Baldwin, UTC       | 49.18 |
| 6. Derek Lemay, WCU        | 49.32 |
| 7. Akaba Glaspie, WCU      | 49.84 |

### 800-meter run

|                             |         |
|-----------------------------|---------|
| 1. Zack Whitmarsh, ETSU     | 1:51.77 |
| 2. Nic Crider, UTC          | 1:53.85 |
| 3. Dan Gibson, DAV          | 1:54.78 |
| 4. Chris O'Brian, APP       | 1:55.67 |
| 5. Mitchell Jones, ETSU     | 1:56.01 |
| 6. James Layne, APP         | 1:56.15 |
| 7. James Lowery, UTC        | 1:57.84 |
| 8. Yurivan Der Heijden, FUR | 1:58.14 |

### 1,500-meter run

|                         |         |
|-------------------------|---------|
| 1. Nic Crider, UTC      | 3:48.02 |
| 2. Mike Leinweber, UTC  | 3:53.09 |
| 3. Zack Whitmarsh, ETSU | 3:56.21 |
| 4. Dan Gibson, DAV      | 3:57.19 |
| 5. Mitchell Jones, ETSU | 3:57.51 |
| 6. James Layne, APP     | 3:58.80 |
| 7. Damiam Walsh, UTC    | 3:59.89 |
| 8. Palmer Thomas, FUR   | 4:00.23 |

### 5,000-meter run

|                        |          |
|------------------------|----------|
| 1. Shane Austin, APP   | 14:54.51 |
| 2. Will Dickerson, APP | 15:01.48 |
| 3. Rodney Stoker, UTC  | 15:05.97 |
| 4. Ben Bisette, APP    | 15:06.96 |
| 5. Brent Ferrell, DAV  | 15:10.65 |
| 6. Shon Grice, UTC     | 15:15.30 |
| 7. Derek Murphy, ETSU  | 15:20.06 |
| 8. Greg Sprowl, ETSU   | 15:20.98 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Will Dickerson, APP  | 31:30.81 |
| 2. John Welsh, ETSU     | 32:04.40 |
| 3. Kyle McLean, UTC     | 32:54.97 |
| 4. Brian Reinhardt, FUR | 33:05.38 |
| 5. Seth Peoples, APP    | 33:18.66 |
| 6. John Gubitosi, CIT   | 33:21.84 |
| 7. Greg Sprowl, ETSU    | 33:22.08 |
| 8. Robert Stephens, WCU | 33:52.01 |

### 110-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Omari Francis, APP    | 14.38 |
| 2. Jeremy Carter, WCU    | 14.54 |
| 3. Rahsaan Uldaneta, WCU | 14.62 |
| 4. Ryan Linebarger, APP  | 14.75 |
| 5. Johnny Bomar, WCU     | 14.99 |
| 6. Jeffrey McKelvin, VMI | 15.11 |
| 7. Keith Sims, APP       | 15.16 |
| 8. Steve Lindsey, WOF    | 15.52 |

### 400-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Jon Hutchins, ETSU      | 52.90 |
| 2. Kenneth Carmichael, VMI | 53.06 |
| 3. Jason McGhinnis, APP    | 53.34 |
| 4. Derek Lemay, WCU        | 53.58 |
| 5. Glenn Hicks, APP        | 54.43 |
| 6. Jon Paul Bowles, FUR    | 55.74 |
| 7. Johnny Bomar, WCU       | 55.76 |
| 8. Ryan Linebarger, APP    | 56.15 |

### 3,000-meter steeplechase

|                        |         |
|------------------------|---------|
| 1. Shon Grice, UTC     | 9:14.70 |
| 2. Derek Murphy, ETSU  | 9:21.85 |
| 3. Shane Austin, APP   | 9:24.16 |
| 4. Ben Bisette, APP    | 9:31.19 |
| 5. Brent Ferrell, DAV  | 9:39.61 |
| 6. Jake Johnson, FUR   | 9:43.71 |
| 7. Tim Briles, FUR     | 9:46.01 |
| 8. Patrick Dillon, FUR | 9:55.96 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. The Citadel       | 40.94 |
| 2. VMI               | 41.64 |
| 3. Appalachian State | 42.13 |
| 4. Furman            | 43.23 |
| 5. Chattanooga       | 43.51 |
| 6. Davidson          | 43.72 |
| 7. UNCG              | 44.62 |
| 8. Western Carolina  | 48.61 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:13.90 |
| 2. Western Carolina  | 3:14.74 |
| 3. Appalachian State | 3:14.93 |
| 4. The Citadel       | 3:16.46 |
| 5. VMI               | 3:17.18 |
| 6. Chattanooga       | 3:22.81 |
| 7. Furman            | 3:24.33 |
| 8. Davidson          | 3:25.42 |

### High jump

|                          |         |
|--------------------------|---------|
| 1. Jason Farr, ETSU      | 6-11.50 |
| 2. Eric McClary, CIT     | 6-11.50 |
| 3. Tommy Mosley, WCU     | 6-05.50 |
| 4. Rob Waddington, CIT   | 6-05.50 |
| 5. Jeffrey McKelvin, VMI | 6-03.50 |
| 6. Ben Wittkowski, ETSU  | 6-01.50 |
| 7. Scott Cargile, WCU    | 6-01.50 |
| 8. Aaron Wright, WCU     | 6-01.50 |

### Pole vault

|                      |          |
|----------------------|----------|
| 1. Ryan Lewis, WCU   | 16-04.75 |
| 2. Tim Thomas, WCU   | 15-07    |
| 3. Wes Pickens, APP  | 15-01    |
| 4. Wirt Cross, VMI   | 15-01    |
| 5. Charles Rice, WCU | 13-11.25 |
| 6. Zach Harris, APP  | 13-05.25 |
| 7. Ronald Hull, VMI  | 13-05.25 |
| 8. Brad Berry, WCU   | 12-05.50 |

### Long jump

|                         |          |
|-------------------------|----------|
| 1. Smith Lamoytna, VMI  | 24-04.50 |
| 2. Rayshon Carthen, WCU | 23-11.00 |
| 3. Charvin Clark, ETSU  | 23-08.25 |
| 4. Jeremy Carter, WCU   | 23-08.00 |
| 5. Omari Francis, APP   | 23-01.25 |
| 6. Jimmy Johnson, WCU   | 23-00.75 |
| 7. Damion McLean, APP   | 23-00.00 |
| 8. Louis Ivory, FUR     | 22-07.25 |

### Triple jump

|                         |          |
|-------------------------|----------|
| 1. Smith Lamoytna, VMI  | 49-02.15 |
| 2. Aaron Wright, WCU    | 48-09.00 |
| 3. Jimmy Johnson, WCU   | 48-02.00 |
| 4. Rayshon Carthen, WCU | 47-07.00 |
| 5. Omari Francis, APP   | 46-09.00 |
| 6. Scott Cargile, WCU   | 45-11.25 |
| 7. Ade Artis, DAV       | 44-10.75 |
| 8. Ian Chadwick, WOF    | 44-08.75 |

### Shot put

|                           |          |
|---------------------------|----------|
| 1. Phillip Johnson, WCU   | 51-06.50 |
| 2. Jeb Hall, WCU          | 51-00.25 |
| 3. Sidney Brandon, VMI    | 49-03.00 |
| 4. Larry Brock, APP       | 47-09.75 |
| 5. Chris Stewart, FUR     | 46-03.50 |
| 6. Tom Hite, ETSU         | 45-00.25 |
| 7. Quentin Armstrong, CIT | 45-00.25 |
| 8. Russ Touchberry, CIT   | 44-03.50 |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Phillip Johnson, WCU | 169-03 |
| 2. Larry Brock, APP     | 156-05 |
| 3. Jason White, VMI     | 146-05 |
| 4. Jeb Hall, WCU        | 145-06 |
| 5. Chris Stewart, FUR   | 143-04 |
| 6. Jeff Chambers, WCU   | 137-05 |
| 7. James Beverly, ETSU  | 135-09 |
| 8. Russ Touchberry, CIT | 135-04 |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Phillip Johnson, WCU | 179-03 |
| 2. Sidney Brandon, VMI  | 165-06 |
| 3. Jason White, VMI     | 160-01 |
| 4. Adam Gilbert, APP    | 156-02 |
| 5. Jeff Chambers, WCU   | 137-11 |
| 6. Kelly Underwood, VMI | 132-06 |
| 7. Russ Touchberry, CIT | 132-01 |
| 8. Jeb Hall, WCU        | 129-03 |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Phil Weismiller, VMI  | 187-06 |
| 2. Kris Kut, CIT         | 185-10 |
| 3. Larry Brock, APP      | 182-03 |
| 4. Dominic Liberato, VMI | 178-10 |
| 5. Tyler Milliken, FUR   | 170-04 |
| 6. Tommy Woods, WOF      | 166-11 |
| 7. Matt Roten, APP       | 158-00 |
| 8. Nathan Witcamp, WOF   | 155-02 |

### Decathlon

|                          |       |
|--------------------------|-------|
| 1. Brad Berry, WCU       | 5,989 |
| 2. Daniel Duckworth, APP | 5,389 |
| 3. Martin Dickson, VMI   | 5,332 |
| 4. Joe Condrey, WCU      | 5,217 |
| 5. Josh Langley, WCU     | 4,965 |

### Most Outstanding Performer

Phillip Johnson, Western Carolina

### Freshman-of-the Year

Kenyon Doyle, The Citadel

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Western Carolina  | 275.5  | 6. Davidson    | 32     |
| 2. Appalachian State | 191    | 7. VMI         | 29     |
| 3. ETSU              | 102.5  | 8. The Citadel | 19     |
| 4. Chattanooga       | 94     | 9. Wofford     | 13     |
| 5. Furman            | 50     | 10. UNCG       | 7      |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 11.76 |
| 2. Angela Pryor, APP     | 12.11 |
| 3. Tyleana Hanner, UTC   | 12.26 |
| 4. Karen Houston, APP    | 12.45 |
| 5. Angela Highbaugh, FUR | 12.46 |
| 6. Latrice Sales, CIT    | 12.47 |
| 7. Kamilah Gabriel, WCU  | 12.60 |
| 8. Rosalyn Hood, WCU     | 12.66 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Angela Pryor, APP     | 24.55 |
| 2. Shonte' Pinkston, APP | 25.09 |
| 3. Shawnta Person, WCU   | 25.26 |
| 4. Tyleana Hanner, UTC   | 25.50 |
| 5. Angela Highbaugh, FUR | 25.58 |
| 6. Jennifer Howard, ETSU | 25.86 |
| 7. Roselin Addo, ETSU    | 26.65 |

### 400-meter dash

|                          |         |
|--------------------------|---------|
| 1. Keeya McManus, WCU    | 55.46   |
| 2. Shawnta Person, WCU   | 55.65   |
| 3. Roselin Addo, ETSU    | 55.99   |
| 4. Jennifer Howard, ETSU | 57.48   |
| 5. Juanita Welford, APP  | 58.26   |
| 6. Maria Rivas, FUR      | 58.55   |
| 7. Susan Poole, APP      | 59.04   |
| 8. N. Schakleford, UNCG  | 1:01.94 |

### 800-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:07.93 |
| 2. Anne Gardner, WCU         | 2:10.21 |
| 3. Keeya McManus, WCU        | 2:11.11 |
| 4. Jennifer Croft, UTC       | 2:11.21 |
| 5. Smyth Bitter, DAV         | 2:13.89 |
| 6. Lauren Campbell, ETSU     | 2:16.40 |
| 7. Christina Smith, WCU      | 2:18.97 |
| 8. Val Urchison, ETSU        | 2:22.03 |

### 1,500-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 4:24.14 |
| 2. Jennifer Croft, UTC       | 4:26.54 |
| 3. Val Urchison, ETSU        | 4:31.34 |
| 4. Anne Gardner, WCU         | 4:38.05 |
| 5. Smyth Bitter, DAV         | 4:42.20 |
| 6. Jessa Brown, WCU          | 4:43.33 |
| 7. Karen Underwood, APP      | 4:43.74 |
| 8. Holly Bright, WCU         | 4:47.47 |

### 3,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Mary Jayne Harrelson, APP | 9:52.17  |
| 2. Catherine Berry, ETSU     | 9:54.19  |
| 3. Abby Reeder, APP          | 9:58.29  |
| 4. Amanda Lynch, UTC         | 10:04.13 |
| 5. Lory Gray, FUR            | 10:34.25 |
| 6. Lucy Billingsley, DAV     | 10:51.43 |
| 7. Heather Needham, APP      | 11:03.73 |
| 8. Corie Fuchs, APP          | 11:07.19 |

### 5,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Catherine Berry, ETSU | 16:53.60 |
| 2. Amanda Lynch, UTC     | 17:18.85 |
| 3. Abby Reeder, APP      | 17:20.72 |
| 4. Andrea Davis, UTC     | 17:33.54 |
| 5. Natalie Scruggs, UTC  | 18:11.11 |
| 6. Jenny Warford, WCU    | 18:12.32 |
| 7. Megan Fischer, FUR    | 18:19.97 |
| 8. Lory Gray, FUR        | 18:32.68 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Jenny Warford, WCU     | 37:36.23 |
| 2. Andrea Davis, UTC      | 37:49.81 |
| 3. Megan Fischer, FUR     | 38:11.07 |
| 4. Natalie Scruggs, UTC   | 38:47.78 |
| 5. Dana Smith, FUR        | 39:03.52 |
| 6. Laura Walkup, APP      | 39:32.38 |
| 7. J. Hollingsworth, UNCG | 39:49.77 |
| 8. Leslie Avbel, UNCG     | 39:59.30 |

### 100-meter hurdles

|                          |       |
|--------------------------|-------|
| 1. Kamilah Gabriel, WCU  | 14.16 |
| 2. Jamilah Sawyer, DAV   | 14.68 |
| 3. Erica Edmond, ETSU    | 14.79 |
| 4. Rosalyn Hood, WCU     | 15.00 |
| 5. Kirsten Bowden, APP   | 15.33 |
| 6. Virginia LaCombe, WCU | 15.58 |
| 7. Ginger Denison, FUR   | 15.83 |

### 400-meter hurdles

|                          |         |
|--------------------------|---------|
| 1. Kamilah Gabriel, WCU  | 1:02.16 |
| 2. Virginia LaCombe, WCU | 1:03.95 |
| 3. Monica Hill, FUR      | 1:03.96 |
| 4. Erica Edmond, ETSU    | 1:05.23 |
| 5. Jamilah Sawyer, DAV   | 1:05.32 |
| 6. Natasha Claxton, UTC  | 1:06.70 |
| 7. Peaches Hudson, CIT   | 1:08.74 |
| 8. Ginger Denison, FUR   | 1:09.58 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 46.88 |
| 2. Western Carolina  | 47.35 |
| 3. Furman            | 48.30 |
| 4. ETSU              | 48.51 |
| 5. Chattanooga       | 53.68 |
| 6. The Citadel       | 54.38 |
| 7. UNCG              | 58.32 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:46.75 |
| 2. Appalachian State | 3:52.97 |
| 3. Furman            | 3:54.46 |
| 4. ETSU              | 3:58.98 |
| 5. Chattanooga       | 4:07.19 |
| 6. Davidson          | 4:07.57 |
| 7. VMI               | 4:22.13 |
| 8. UNCG              | 4:22.15 |

### High jump

|                            |         |
|----------------------------|---------|
| 1. Taneisha Robinson, ETSU | 5-05.75 |
| 2. Anna Hutcherson, UTC    | 5-03.75 |
| 2. Virginia LaCombe, WCU   | 5-03.75 |
| 4. Dee Mittman, WCU        | 5-01.75 |
| 4. Karen Breeding, ETSU    | 5-01.75 |
| 6. Altavise Franklin, WCU  | 5-01.75 |
| 7. Kirsten Bowden, APP     | 5-01.75 |
| 7. Mary Engle, APP         | 5-01.75 |

### Pole vault

|                           |          |
|---------------------------|----------|
| 1. Valerie Jalajas, WCU   | 11-07.75 |
| 2. Karen Houston, APP     | 10-05.50 |
| 3. Altavise Franklin, WCU | 9-03.25  |
| 4. Kelly Hawkins, APP     | 8-11.75  |
| 5. Lena Summers, ETSU     | 8-11.75  |
| 6. Page Stroup, WOF       | 8-06     |
| 7. Sara Searcy, APP       | 8-06     |
| 8. Virginia LaCombe, WCU  | 8-06     |

### Long jump

|                           |          |
|---------------------------|----------|
| 1. Rosalyn Hood, WCU      | 19-02.50 |
| 2. Kamilah Gabriel, WCU   | 19-00.75 |
| 3. Tyleana Hanner, UTC    | 18-11.75 |
| 4. Carla McKinney, ETSU   | 18-10    |
| 5. Angela Pryor, APP      | 18-07.75 |
| 6. Kirsten Bowden, APP    | 18-03.25 |
| 7. Altavise Franklin, WCU | 17-11.75 |
| 8. Angela Highbaugh, FUR  | 17-06.75 |

### Triple jump

|                            |          |
|----------------------------|----------|
| 1. Taneisha Robinson, ETSU | 42-06.75 |
| 2. Kirsten Bowden, APP     | 40-10.25 |
| 3. Tyleana Hanner, UTC     | 40-09    |
| 4. Kamilah Gabriel, WCU    | 40-08.25 |
| 5. Virginia LaCombe, WCU   | 38-06.75 |
| 6. Altavise Franklin, WCU  | 38-0     |
| 7. Dee Mittman, WCU        | 36-06.75 |
| 8. Mary Engle, APP         | 32-10.25 |

### Shot put

|                           |          |
|---------------------------|----------|
| 1. Valerie Metz, WCU      | 41-10.50 |
| 2. Ashley Herendon, WCU   | 40-02.25 |
| 3. Altavise Franklin, WCU | 38-01.25 |
| 4. Sydney Rowland, APP    | 37-02.25 |
| 5. Angela Vizzi, VMI      | 33-09.50 |
| 6. Mandy Stafford, WOF    | 32-10.25 |
| 7. Tyleana Hanner, UTC    | 32-09.75 |
| 8. Robin Kennel, APP      | 32-04.75 |

### Discus throw

|                           |        |
|---------------------------|--------|
| 1. Ashley Herendon, WCU   | 129-05 |
| 2. Courtney Klitzsch, APP | 119-0  |
| 3. Sydney Rowland, APP    | 115-06 |
| 4. Kelly Sullivan, VMI    | 108-07 |
| 5. Rolanda Malloy, APP    | 105-0  |
| 6. Valerie Metz, WCU      | 95-04  |
| 7. Robin Kennel, APP      | 91-01  |
| 8. Carol Hamlin, CIT      | 86-01  |

### Hammer throw

|                           |        |
|---------------------------|--------|
| 1. Valerie Metz, WCU      | 142-07 |
| 2. Courtney Klitzsch, APP | 133-08 |
| 3. Angela Myers, VMI      | 130-04 |
| 4. Alexis Abrams, VMI     | 130-01 |
| 5. Kelly Sullivan, VMI    | 126-11 |
| 6. Angela Vizzi, VMI      | 126-05 |
| 7. Ashley Herendon, WCU   | 116-11 |
| 8. Megan Gentry, CIT      | 111-11 |

### Javelin throw

|                           |        |
|---------------------------|--------|
| 1. Ashley Herendon, WCU   | 136-05 |
| 2. Altavise Franklin, WCU | 133-05 |
| 3. Yolanda Kirby, DAV     | 109-11 |
| 4. Kathy Dollason, WOF    | 100-01 |
| 5. Rolanda Malloy, APP    | 94-02  |
| 6. Virginia LaCombe, WCU  | 92-06  |
| 7. Kate Cross, WOF        | 92-02  |
| 8. Carol Hamlin, CIT      | 88-10  |

### Heptathlon

|                           |       |
|---------------------------|-------|
| 1. Altavise Franklin, WCU | 4,292 |
| 2. Peaches Hudson, CIT    | 3,865 |
| 3. Dee Mittman, WCU       | 3,838 |
| 4. Jayna Bryant, WCU      | 3,716 |
| 5. Lena Summers, ETSU     | 3,533 |
| 6. Anna Hutcherson, UTC   | 3,294 |

### Most Outstanding Performer

Mary Jayne Harrelson, Appalachian State

### Freshman-of-the Year

Ashley Herendon, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.

# 1998 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. VMI               | 171    | 6. The Citadel | 25     |
| 2. Appalachian State | 125    | 7. Furman      | 22     |
| 3. ETSU              | 116    | 8. Wofford     | 7      |
| 4. Western Carolina  | 107    | 9. Davidson    | 2      |
| 5. Chattanooga       | 45     | -- UNCG        | NTS    |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Chris Brooks, ETSU   | 10.52 |
| 2. Darrius Jackson, VMI | 10.62 |
| 3. Obi Ezekwe, VMI      | 10.65 |
| 4. Marcus Lynch, VMI    | 10.72 |
| 5. Jason McGhinnis, APP | 10.85 |
| 6. Leon Corpening, APP  | 10.92 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Darrius Jackson, VMI | 21.64 |
| 2. Marcus Lynch, VMI    | 21.74 |
| 3. Obi Ezekwe, VMI      | 21.84 |
| 4. Chris Brooks, ETSU   | 21.91 |
| 5. Leon Corpening, APP  | 21.97 |
| 6. Jason McGhinnis, APP | 22.14 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Warren Robertson, UTC | 48.62 |
| 2. John Baldwin, UTC     | 48.98 |
| 3. Steve Monticone, APP  | 49.18 |
| 4. Joe Hyman, WCU        | 49.26 |
| 5. Evan Hawkins, ETSU    | 49.48 |
| 6. Uche Chekwa, VMI      | 49.88 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Zach Whitmarsh, ETSU  | 1:52.37 |
| 2. Chris Wise, VMI       | 1:53.17 |
| 3. Doug Gilbert, ETSU    | 1:53.57 |
| 4. Andrew Lilly, CIT     | 1:54.54 |
| 5. Andy Coker, UTC       | 1:54.74 |
| 6. Anthony Scanlon, ETSU | 1:54.77 |

### 1,500-meter run

|                             |         |
|-----------------------------|---------|
| 1. Zack Whitmarsh, ETSU     | 3:51.11 |
| 2. Declan Fahy, ETSU        | 3:51.58 |
| 3. Yurf Vander-Heijden, FUR | 3:53.12 |
| 4. Mike Leinweber, UTC      | 3:55.78 |
| 5. Derek Murphy, ETSU       | 3:56.62 |
| 6. Andrew Lilly, CIT        | 3:56.95 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Anthony Famiglietti, APP | 14:42.60 |
| 2. Rodney Stoker, UTC       | 14:43.74 |
| 3. Brian Clark, WCU         | 14:46.34 |
| 4. Joe Smith, VMI           | 14:50.91 |
| 5. Collin Webster, WCU      | 14:53.81 |
| 6. Shane Austin, APP        | 14:53.81 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Declan Fahy, ETSU   | 31:25.23 |
| 2. Collin Webster, WCU | 31:30.16 |
| 3. Rodney Stoker, UTC  | 31:31.53 |
| 4. Joe Smith, VMI      | 31:32.28 |
| 5. Brad Leach, APP     | 31:40.22 |
| 6. Bill Baldwin, WCU   | 32:00.13 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Joe Anwah, VMI         | 14.63 |
| 2. Rahsaan Uldaneta, WCU  | 14.76 |
| 3. Zach Harris, APP       | 15.16 |
| 4. Steve Lindsey, WOF     | 15.29 |
| 5. Chad Case, CIT         | 15.59 |
| 6. Carlton McLelland, UTC | 15.96 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Nate Haley, VMI      | 53.34 |
| 2. Jason McGhinnis, APP | 53.57 |
| 3. Randy Marion, APP    | 53.67 |
| 4. Glenn Hicks, APP     | 55.81 |
| 5. Johnny Bomer, WCU    | 56.91 |
| 6. Dustin Clark, ETSU   | 57.01 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Anthony Famiglietti, APP | 9:08.06 |
| 2. Declan Fahy, ETSU        | 9:12.90 |
| 3. Patrick Dillon, FUR      | 9:18.60 |
| 4. Shane Austin, APP        | 9:29.28 |
| 5. Brian Clark, WCU         | 9:36.32 |
| 6. Turner Norris, WCU       | 9:40.19 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. VMI               | 40.63 |
| 2. ETSU              | 41.76 |
| 3. Western Carolina  | 41.96 |
| 4. Appalachian State | 42.13 |
| 5. Furman            | 43.09 |
| 6. Davidson          | 44.00 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Appalachian State | 3:16.69 |
| 2. ETSU              | 3:17.05 |
| 3. Chattanooga       | 3:20.49 |
| 4. VMI               | 3:20.76 |
| 5. Furman            | 3:24.93 |
| 6. Davidson          | 3:29.40 |

### High jump

|                           |          |
|---------------------------|----------|
| 1. Cory Cooper, WCU       | 6'08.00" |
| 2. Mike Kroeger, APP      | 6'08.00" |
| 3. Jason Farr, ETSU       | 6'06.00" |
| 4. Tyler Ashley, VMI      | 6'04.00" |
| 4. Robert Waddington, CIT | 6'04.00" |
| 6. Dan Issacs, APP        | 6'02.00" |

### Pole vault

|                         |           |
|-------------------------|-----------|
| *^1. Todd Poremba, APP  | 17'05.25" |
| 2. Jeff Fitzgerald, APP | 15'01.00" |
| 3. Tim Thomas, WCU      | 15'01.00" |
| 4. Wirt Cross, VMI      | 14'07.25" |
| 4. Errett Buis, VMI     | 14'07.25" |
| 6. Joe Condrey, WCU     | 14'07.25" |

### Long jump

|                         |           |
|-------------------------|-----------|
| 1. Darrius Jackson, VMI | 23'07.50" |
| 2. Charles Mahatha, APP | 23'04.50" |
| 3. Rayshon Carthen, WCU | 23'03.50" |
| 4. Marcus Lynch, VMI    | 23'00.50" |
| 5. Obi Ezekwe, VMI      | 22'11.00" |
| 6. Corey Williams, WCU  | 22'11.00" |

### Triple jump

|                         |           |
|-------------------------|-----------|
| 1. Obi Ezekwe, VMI      | 50'00.00" |
| 2. Rayshon Carthen, WCU | 49'09.00" |
| 3. Derek Green, CIT     | 48'01.00" |
| 3. Jimmy Johnson, WCU   | 48'01.00" |
| 5. Charles Mahatha, APP | 47'09.75" |
| 6. Ernest Moss, WCU     | 46'03.00" |

### Shot put

|                        |           |
|------------------------|-----------|
| 1. Curtis Eason, ETSU  | 50'06.00" |
| 2. Jordan Brandon, VMI | 49'10.00" |
| 3. Phil Johnson, WCU   | 49'08.75" |
| 4. Jason White, VMI    | 47'05.00" |
| 5. Mark Spang, ETSU    | 45'07.25" |
| 6. Larry Brock, APP    | 45'06.00" |

### Discus throw

|                       |            |
|-----------------------|------------|
| 1. Phil Johnson, WCU  | 156'10.00" |
| 2. Larry Brock, APP   | 156'06.00" |
| 3. Curtis Eason, ETSU | 148'07.50" |
| 4. Mark Spang, ETSU   | 148'02.00" |
| 5. Jason White, VMI   | 140'04.00" |
| 6. Tommy Woods, WOF   | 134'07.50" |

### Hammer throw

|                        |            |
|------------------------|------------|
| 1. Phil Johnson, WCU   | 178'01.00" |
| 2. John Chisolm, VMI   | 167'05.00" |
| 3. Jordan Brandon, VMI | 159'04.00" |
| 4. Adam Gilbert, APP   | 158'04.50" |
| 5. Jason White, VMI    | 145'02.00" |
| 6. Les Gould, VMI      | 141'03.50" |

### Javelin throw

|                         |            |
|-------------------------|------------|
| 1. Kris Kut, CIT        | 190'00.50" |
| 2. Phil Weismiller, VMI | 176'06.00" |
| 3. Tyler Milliken, FUR  | 171'01.50" |
| 4. Al Lester, VMI       | 167'04.00" |
| 5. Tommy Woods, WOF     | 160'10.00" |
| 6. Phil Johnson, WCU    | 145'00.00" |

### Most Outstanding Performer

Declan Fahy, ETSU

### Freshman-of-the Year

Marcus Lynch, VMI

### Coach of the Year

Mike Bozeman, VMI

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- UNCG athletes competed as individuals and received no team score.

# 1998 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 167    | 6. Davidson    | 14     |
| 2. Western Carolina  | 159    | 7. Wofford     | 8      |
| 3. Chattanooga       | 115    | -- The Citadel | NTS    |
| 4. ETSU              | 91     | -- UNCG        | NTS    |
| 5. Furman            | 34     | -- VMI         | NTS    |

### 100-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 12.12 |
| 2. Karen Houston, APP    | 12.39 |
| 3. Angela Pryor, APP     | 12.42 |
| 4. Rshia Johnson, UTC    | 12.45 |
| 5. Leisa Moulton, ETSU   | 12.72 |
| 6. Marla Hyman, WCU      | 12.79 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. Shonte' Pinkston, APP | 25.01 |
| 2. Karen Houston, APP    | 25.11 |
| 3. Angela Pryor, APP     | 25.34 |
| 4. Shawnta Person, WCU   | 25.58 |
| 5. Leisa Moulton, ETSU   | 26.11 |
| 6. Rshia Johnson, UTC    | 26.18 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Shawnta Person, WCU    | 56.72 |
| 2. Keeya McManus, WCU     | 56.86 |
| 3. Andrea Shropshire, UTC | 57.99 |
| 4. Maria Rivas, FUR       | 59.56 |
| 5. Smyth Bitter, DAV      | 60.26 |
| 6. Susan Poole, APP       | 60.29 |

### 800-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:09.47 |
| 2. Michelle Gregg, ETSU      | 2:09.53 |
| 3. Val Urchison, ETSU        | 2:13.87 |
| 4. Keeya McManus, WCU        | 2:15.17 |
| 5. Abby Slack, APP           | 2:15.54 |
| 6. Cassandra Moss, UTC       | 2:17.14 |

### 1,500-meter run

|                               |         |
|-------------------------------|---------|
| 1. Mary Jayne Harrelson, APP  | 4:26.62 |
| 2. Jennifer Eckard-Kroft, UTC | 4:29.59 |
| 3. Catherine Wright, UTC      | 4:32.30 |
| 4. Catherine Berry, ETSU      | 4:33.64 |
| 5. Val Urchison, ETSU         | 4:39.65 |
| 6. Cassandra Moss, UTC        | 4:40.43 |

### 3,000-meter run

|                          |          |
|--------------------------|----------|
| 1. Catherine Wright, UTC | 9:40.35  |
| 2. Catherine Berry, ETSU | 9:50.32  |
| 3. Anastasia Wright, UTC | 9:52.46  |
| 4. Corie Fuchs, APP      | 10:29.27 |
| 5. Emily Campbell, ETSU  | 10:34.27 |
| 6. Lory Gray, FUR        | 10:44.72 |

### 5,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Anastasia Wright, UTC     | 17:01.79 |
| 2. Catherine Wright, UTC     | 17:10.37 |
| 3. Amanda Lynch, UTC         | 17:19.41 |
| 4. Mary Jane Middlekoop, UTC | 17:26.08 |
| 5. Lynn Hudson, FUR          | 17:32.19 |
| 6. Jenny Warfford, WCU       | 17:41.73 |

### 10,000-meter run

|                                |          |
|--------------------------------|----------|
| 1. Jenny Warfford, WCU         | 37:12.65 |
| 2. Amanda Lynch, UTC           | 37:18.25 |
| 3. Mary Jane Middlekoop, UTC   | 38:31.69 |
| 4. Nicole Yosmali, FUR         | 39:35.69 |
| 5. Michelle Van Laningham, UTC | 40:43.99 |
| 6. Jennifer Tilley, APP        | 41:36.51 |

### 100-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Kamilah Gabriel, WCU | 14.80 |
| 2. Jamilah Sawyer, DAV  | 15.00 |
| 3. Ginger Denison, FUR  | 15.54 |
| 4. Dee Mitman, WCU      | 16.14 |
| 5. Emily White, WCU     | 16.17 |
| 6. Crystal Turner, WCU  | 17.77 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Kamilah Gabriel, WCU | 64.94 |
| 2. Ginger Denison, FUR  | 67.71 |
| 3. Natasha Claxton, UTC | 68.45 |
| 4. Tami Welch, WCU      | 71.08 |
| 5. Emily White, WCU     | 72.15 |
| 6. Crystal Turner, WCU  | 73.42 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. Appalachian State | 47.29 |
| 2. Chattanooga       | 48.20 |
| 3. Western Carolina  | 48.69 |
| 4. Furman            | 48.82 |
| 5. Davidson          | 54.50 |
| 6. Wofford           | 54.53 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Appalachian State | 3:52.39 |
| 2. Western Carolina  | 3:56.96 |
| 3. Chattanooga       | 4:00.40 |
| 4. Furman            | 4:00.77 |
| 5. Davidson          | 4:14.11 |
| 6. ETSU              | SCR     |

### High jump

|                            |          |
|----------------------------|----------|
| 1. Taneisha Robinson, ETSU | 5'08.00" |
| 2. Anna Hutchenson, UTC    | 5'06.00" |
| 3. Dee Mittman, WCU        | 5'06.00" |
| 4. Jennifer Sluss, ETSU    | 5'04.00" |
| 5. Mary Engle, APP         | 5'02.00" |
| 6. Katie Condon, FUR       | 5'02.00" |

### Long jump

|                            |           |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 19'04.00" |
| 2. Kirsten Bowden, APP     | 18'00.75" |
| 3. Jennifer Sluss, ETSU    | 17'11.25" |
| 4. Angela Pryor, APP       | 17'02.75" |
| 5. Dee Mittman, WCU        | 16'11.00" |
| 6. Kamilah Gabriel, WCU    | 16'10.00" |

### Triple jump

|                            |           |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 41'03.00" |
| 2. Jennifer Sluss, ETSU    | 38'11.50" |
| 3. Kamilah Gabriel, WCU    | 38'10.25" |
| 4. Kirsten Bowden, APP     | 38'05.25" |
| 5. Dee Mittman, WCU        | 37'11.00" |
| 6. Mary Engle, APP         | 33'01.00" |

### Shot put

|                         |           |
|-------------------------|-----------|
| 1. Ayokka Green, APP    | 48'01.00" |
| 2. LaSha Jackson, WCU   | 47'01.25" |
| 3. Valerie Metz, WCU    | 42'00.75" |
| 4. Kelly Weaver, ETSU   | 40'10.50" |
| 5. Robyn Stochunas, WCU | 40'05.50" |
| 6. Tabatha Proffit, APP | 38'06.00" |

### Discus throw

|                           |            |
|---------------------------|------------|
| 1. Ayokka Green, APP      | 152'01.00" |
| 2. Courtney Klitzsch, APP | 129'07.00" |
| 3. LaSha Jackson, WCU     | 126'04.00" |
| 4. Allison Walker, APP    | 124'10.00" |
| 5. Robyn Stochunas, WCU   | 124'02.00" |
| 6. Kelly Weaver, ETSU     | 123'01.00" |

### Hammer throw

|                          |            |
|--------------------------|------------|
| 1. Robyn Stochunas, WCU  | 154'07.00" |
| 2. Ayokka Green, APP     | 152'09.00" |
| % Kelly Sullivan, VMI    | 140.06.00" |
| 3. Lakeysa Lovette, WCU  | 139'05.50" |
| 4. Danita Fletcher, ETSU | 133'07.50" |
| 5. Valerie Metz, WCU     | 131'07.00" |
| 6. Allison Walker, APP   | 129'05.50" |

### Javelin throw

|                          |            |
|--------------------------|------------|
| 1. Christine Ziemba, APP | 123'00.00" |
| 2. LaSha Jackson, WCU    | 112'02.00" |
| 3. Robyn Stochunas, WCU  | 107'06.00" |
| 4. Christine Clarke, WOF | 102'08.00" |
| 5. Amy Greenwood, WOF    | 90'10.00"  |
| 6. Kate Cross, WOF       | 87'08.50"  |

### Most Outstanding Performer

Taneisha Robinson, ETSU

### Freshman-of-the Year

Shonte' Pinkston, APP

### Coach of the Year

John Weaver, APP

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.
- The Citadel, UNCG and VMI competed as individuals and received no team points.

# 1997 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. VMI               | 132.33 | 6. Chattanooga | 44     |
| 2. Western Carolina  | 103    | 7. The Citadel | 34.33  |
| 3. Marshall          | 102    | 8. Furman      | 15     |
| 4. Appalachian State | 94.33  | 9. Davidson    | 4      |
| 5. ETSU              | 91     |                |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Darrius Jackson, VMI | 10.88 |
| 2. Carlos Frank, CIT    | 10.99 |
| 3. Tobe Taylor, UTC     | 11.02 |
| 4. Johnie Morrison, WCU | 11.03 |
| 5. Corey Williams, WCU  | 11.14 |
| 6. Leon Corpening, APP  | 11.87 |

### 200-meter dash

|                          |       |
|--------------------------|-------|
| 1. James Yarborough, VMI | 21.85 |
| 2. Darrius Jackson, VMI  | 21.94 |
| 3. Corey Williams, WCU   | 22.17 |
| 4. Akaloa Gaspie, WCU    | 22.34 |
| 5. Joe Allen, MAR        | 22.81 |
| 6. Andre Thornton, VMI   | 23.66 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Joe Restivo, MAR      | 48.54 |
| 2. James Yarborough, VMI | 48.92 |
| 3. Joe Allen, MAR        | 49.04 |
| 4. Steve Monticone, APP  | 49.10 |
| 5. Doug Gilbert, ETSU    | 49.24 |
| 6. Randolph McCray, WCU  | 50.21 |

### 800-meter run

|                          |         |
|--------------------------|---------|
| 1. Zach Whitmarsh, ETSU  | 1:52.49 |
| 2. Anthony Scanlon, ETSU | 1:53.03 |
| 3. Chris Wise, VMI       | 1:53.73 |
| 4. Bob Mahoney, APP      | 1:56.03 |
| 5. Kevin Croft, UTC      | 1:57.57 |
| 6. Cleven Brown, ETSU    | 1:59.20 |

### 1,500-meter run

|                          |         |
|--------------------------|---------|
| 1. Anthony Scanlon, ETSU | 4:00.26 |
| 2. Declan Fahy, ETSU     | 4:01.46 |
| 3. Mike Leinweber, UTC   | 4:04.00 |
| 4. Nic Crider, UTC       | 4:04.90 |
| 5. Cleven Brown, ETSU    | 4:06.13 |
| 6. Mitchell Jones, ETSU  | 4:06.43 |

### 5,000-meter run

|                             |          |
|-----------------------------|----------|
| 1. Will Dickerson, APP      | 15:00.91 |
| 2. Seth Peoples, APP        | 15:05.20 |
| 3. Anthony Famiglietti, APP | 15:09.61 |
| 4. Rodney Stoker, UTC       | 15:16.65 |
| 5. Declan Fahy, ETSU        | 15:20.32 |
| 6. John Fenton, ETSU        | 15:25.95 |

### 10,000-meter run

|                        |          |
|------------------------|----------|
| 1. Will Dickerson, APP | 31:39.00 |
| 2. Rodney Stoker, UTC  | 31:52.00 |
| 3. Seth Peoples, APP   | 32:10.00 |
| 4. Bill Baldwin, WCU   | 32:38.00 |
| 5. Roger Clark, ETSU   | 32:46.00 |
| 6. Brian Clark, WCU    | 33:09.00 |

### 110-meter hurdles

|                       |       |
|-----------------------|-------|
| 1. Joe Anwah, VMI     | 14.67 |
| 2. Bernie Motte, CIT  | 14.85 |
| 3. William Wood, MAR  | 14.90 |
| 4. Chad Case, CIT     | 15.34 |
| 5. Zach Harris, APP   | 15.38 |
| 6. Daniel Parker, VMI | 15.39 |

### 400-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Chris Upkins, UTC    | 53.33 |
| 2. Jon Hutchins, ETSU   | 53.87 |
| 3. Nate Haley, VMI      | 54.37 |
| 4. Jason McGhinnis, APP | 54.80 |
| 5. Derek LeMay, WCU     | 54.88 |
| 6. Mike Wingle, WCU     | 55.22 |

### 3,000-meter steeplechase

|                             |         |
|-----------------------------|---------|
| 1. Declan Fahy, ETSU        | 9:29.40 |
| 2. Anthony Famiglietti, APP | 9:29.80 |
| 3. Jake Johnson, FUR        | 9:41.90 |
| 4. Shon Grice, UTC          | 9:44.86 |
| 5. Shane Austin, APP        | 9:45.65 |
| 6. Collin Webster, WCU      | 9:51.59 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. VMI               | 41.65 |
| 2. Western Carolina  | 41.91 |
| 3. ETSU              | 42.17 |
| 4. Marshall          | 42.73 |
| 5. Appalachian State | 42.99 |
| 6. The Citadel       | 43.72 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:15.38 |
| 2. Marshall          | 3:18.63 |
| 3. VMI               | 3:19.65 |
| 4. Western Carolina  | 3:19.66 |
| 5. Appalachian State | 3:20.52 |
| 6. Furman            | 3:23.93 |

### Long jump

|                         |          |
|-------------------------|----------|
| 1. Andrew Wilhite, MAR  | 23'8.75" |
| 2. Obi Ezekwe, VMI      | 23'4.75" |
| 3. Floyd Johnson, MAR   | 22'10"   |
| 4. Charles Mahatha, APP | 22'10"   |
| 5. Rayshon Carthen, WCU | 22'9.75" |
| 6. Corey Williams, WCU  | 22'6.5"  |

### Triple jump

|                         |          |
|-------------------------|----------|
| 1. Floyd Johnson, MAR   | 49'1.75" |
| 2. Jimmy Johnson, WCU   | 47'7.75" |
| 3. Obi Ezekwe, VMI      | 47'2.5"  |
| 4. Ernest Moss, WCU     | 47'2.5"  |
| 5. Rayshon Carthen, WCU | 46'9.5"  |
| 6. Derek Green, CIT     | 45'22.5" |

### High jump

|                         |      |
|-------------------------|------|
| 1. Ben Wittkowski, ETSU | 6'8" |
| 2. Dan Ritchley, MAR    | 6'6" |
| 3. Cory Cooper, WCU     | 6'4" |
| 4. Andrew Wilhite, MAR  | 6'4" |
| 5. Michael Kroeger, APP | 6'4" |
| 6. Thomas Bock, MAR     | 6'4" |

### Shot put

|                         |          |
|-------------------------|----------|
| 1. Jason Clendenin, VMI | 55'7.75" |
| 2. Derek Summerour, WCU | 54'6.75" |
| 3. Sidney Brandon, VMI  | 53'10.5" |
| 4. John Maynard, MAR    | 53'5"    |
| 5. Ron Moak, CIT        | 50'9.5"  |
| 6. Rich Latta, APP      | 50'2.75" |

### Discus

|                         |         |
|-------------------------|---------|
| 1. Philip Johnson, WCU  | 160'9"  |
| 2. John Maynard, MAR    | 158'2"  |
| 3. Jason Clendenin, VMI | 152'0"  |
| 4. Rich Latta, APP      | 144'10" |
| 5. Chris Cockerham, APP | 142'6"  |
| 6. Vance Henry, WCU     | 142'4"  |

### Hammer throw

|                         |         |
|-------------------------|---------|
| 1. Rich Latta, APP      | 194'3"  |
| 2. Dan Hall, MAR        | 186'10" |
| 3. Jason Clendenin, VMI | 184'7"  |
| 4. Sidney Brandon, VMI  | 171'5"  |
| 5. Chris Botti, WCU     | 164'0"  |
| 6. John Maynard, MAR    | 163'1"  |

### Javelin

|                        |        |
|------------------------|--------|
| 1. Kris Kut, CIT       | 177'4" |
| 2. Tyler Milliken, FUR | 175'1" |
| 3. Demond Ferebee, VMI | 169'7" |
| 4. Dan Dearing, DAV    | 179'7" |
| 5. Philip Johnson, WCU | 167'8" |
| 6. Brian Ballard, WCU  | 165'9" |

### Pole vault

|                      |           |
|----------------------|-----------|
| 1. Joe Condrey, WCU  | 14'11.5"  |
| 2. Tim Thomas, WCU   | 14'11.5"  |
| 3. Dan Ritchley, MAR | 14'11.5"  |
| 4. Wirt Cross, VMI   | 14'11.5"  |
| 5. Zach Harris, APP  | 14'05.5"  |
| 6. Chad Case, CIT    | 13'11.75" |
| Paul Gray, APP       | 13'11.75" |
| Erritt Buis, VMI     | 13'11.75" |

### Most Outstanding Performer

Will Dickerson, Appalachian State

### Freshman of the Year

Tim Thomas, Western Carolina

### Coach of the Year

Mike Bozeman, VMI

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.



# 1997 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team        | Points |
|----------------------|--------|-------------|--------|
| 1. Western Carolina  | 165    | 5. Marshall | 71     |
| 2. Appalachian State | 118    | 6. Furman   | 43     |
| 3. Chattanooga       | 93     | 7. Davidson | 7      |
| 4. ETSU              | 91     |             |        |

### 100-meter dash

|                        |       |
|------------------------|-------|
| 1. Daree Thompson, WCU | 11.94 |
| 2. Reshia Johnson, UTC | 12.00 |
| 3. Karen Houston, APP  | 12.36 |
| 4. Tyleana Hanner, UTC | 12.46 |
| 5. Holly Arnold, APP   | 12.50 |
| 6. Leisa Arnold, APP   | 12.66 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Daree Thompson, WCU    | 24.93 |
| 2. Salima Fountain, FUR   | 25.09 |
| 3. Andrea Shropshire, UTC | 25.32 |
| 4. Shawnta Person, WCU    | 25.36 |
| 5. Karen Houston, APP     | 25.40 |
| 6. Tyleana Hanner, UTC    | 25.50 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Shawnta Person, WCU    | 55.88 |
| 2. Salima Fountain, FUR   | 56.28 |
| 3. Keeya McManus, WCU     | 56.85 |
| 4. Tracie George, ETSU    | 57.63 |
| 5. Andrea Shropshire, UTC | 57.91 |
| 6. Yabrsiel Davis, ETSU   | 58.42 |

### 800-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 2:10.69 |
| 2. Michelle Gregg, ETSU      | 2:12.46 |
| 3. Emily Redman, WCU         | 2:14.16 |
| 4. Valerie Urchison, ETSU    | 2:15.69 |
| 5. Maggie Donahue, WCU       | 2:15.76 |
| 6. Paige Stivers, UTC        | 2:16.29 |

### 1,500-meter run

|                              |         |
|------------------------------|---------|
| 1. Mary Jayne Harrelson, APP | 4:36.56 |
| 2. Michelle Gregg, ETSU      | 4:38.16 |
| 3. Kristin Savery, WCU       | 4:40.47 |
| 4. Valerie Urchison, ETSU    | 4:43.04 |
| 5. Jennifer Eckard, UTC      | 4:47.11 |
| 6. Michelle Bozue, UTC       | 4:49.98 |

### 3,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Jenny Chase, APP          | 10:23.63 |
| 2. Mary Jane Middelkoop, UTC | 10:31.51 |
| 3. Mary Jo Ferrigan, ETSU    | 10:33.31 |
| 4. Christina Olson, APP      | 10:48.32 |
| 5. Taylor Perin, ETSU        | 10:49.59 |
| 6. Andrea Davis, UTC         | 10:54.93 |

### 5,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Mary Jane Middelkoop, UTC | 17:57.53 |
| 2. Michele Marshall, UTC     | 17:59.06 |
| 3. Lynn Kepper-Hudson, FUR   | 18:12.04 |
| 4. Jenny Chase, APP          | 18:21.12 |
| 5. Christina Olson, APP      | 18:36.87 |
| 6. Veronica Moore, UTC       | 18:47.91 |

### 10,000-meter run

|                            |          |
|----------------------------|----------|
| 1. Lynn Kepper-Hudson, FUR | 37:22.78 |
| 2. Michele Marshall, UTC   | 38:24.08 |
| 3. Veronica Moore, UTC     | 39:33.86 |
| 4. Abby Slack, APP         | 39:40.40 |
| 5. Jenny Warford, WCU      | 39:46.97 |
| 6. Allie Curran, DAV       | 40:09.76 |

### 100-meter hurdles

|                            |       |
|----------------------------|-------|
| 1. Trice Roundtree, APP    | 14.44 |
| 2. Adrienne Hundmeyer, MAR | 14.51 |
| 3. Cindy Dawson, MAR       | 14.73 |
| 4. Rahma Mateen, WCU       | 14.96 |
| 5. Tyleana Hanner, UTC     | 15.32 |
| 6. Kamilah Gabirel, WCU    | 15.82 |

### 400-meter hurdles

|                            |         |
|----------------------------|---------|
| 1. Adrienne Hundmeyer, MAR | 1:03.02 |
| 2. Leona Benjamin, MAR     | 1:03.85 |
| 3. Kati Pierce, MAR        | 1:04.35 |
| 4. Summer Ciomek, UTC      | 1:04.49 |
| 5. Cindy Dawson, MAR       | 1:05.49 |
| 6. Lakeeva Brooks, WCU     | 1:06.49 |

### 4x100-meter relay

|                     |       |
|---------------------|-------|
| 1. Chattanooga      | 47.05 |
| 2. Western Carolina | 47.18 |
| 3. Furman           | 49.04 |
| 4. ETSU             | 49.23 |
| 5. Marshall         | 54.29 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:50.19 |
| 2. Western Carolina  | 3:50.29 |
| 3. Chattanooga       | 3:52.00 |
| 4. Appalachian State | 3:59.58 |
| 5. Marshall          | 4:00.84 |
| 6. Furman            | 4:03.91 |

### Long jump

|                            |           |
|----------------------------|-----------|
| 1. Taneisha Robinson, ETSU | 19'0"     |
| 2. Rahma Mateen, WCU       | 18'11.25" |
| 3. Daree Thompson, WCU     | 18'10"    |
| 4. Tyleana Hanner, UTC     | 18'5.25"  |
| 5. Jennifer Sluss, ETSU    | 17'9"     |
| 6. Tracie George, ETSU     | 17'7.5"   |

### Triple jump

|                            |          |
|----------------------------|----------|
| 1. Jennifer Sluss, ETSU    | 39'11.5" |
| 2. Rahma Mateen, WCU       | 39'5"    |
| 3. Taneisha Robinson, ETSU | 39'4"    |
| 4. Lisa Roberts, APP       | 38'3.25" |
| 5. Kamilah Gabriel, WCU    | 36'11"   |
| 6. Trice Roundtree, APP    | 36'5.5"  |

### High jump

|                         |         |
|-------------------------|---------|
| 1. Jennifer Sluss, ETSU | 5'5.75" |
| 2. Rahma Mateen, WCU    | 5'3.75" |
| 3. Kendra Hornish, MAR  | 5'3.75" |
| 4. Katie Condon, FUR    | 5'3.75" |
| 5. Lakeeva Brooks, WCU  | 5'1.75" |
| 6. Dee Mittman, WCU     | 5'1.75" |

### Shot put

|                          |           |
|--------------------------|-----------|
| 1. LaSha Jackson, WCU    | 47'8.5"   |
| 2. Ayokka Green, APP     | 46'10.25" |
| 3. Beth Reck, MAR        | 44'9"     |
| 4. Robyn Stockunas, WCU  | 40'8.25"  |
| 5. Christine Ziemba, APP | 38'9.75"  |
| 6. Allison Walker, APP   | 37'6.5"   |

### Discus throw

|                         |        |
|-------------------------|--------|
| 1. Ayokka Green, APP    | 139'4" |
| 2. Beth Reck, MAR       | 138'5" |
| 3. Danielle Mall, DAV   | 134'0" |
| 4. LaSha Jackson, WCU   | 118'5" |
| 5. Robyn Stockunas, WCU | 117'8" |
| 6. Allison Walker, APP  | 112'2" |

### Hammer throw

|                          |        |
|--------------------------|--------|
| 1. Robyn Stockunas, WCU  | 156'9" |
| 2. Lakeysha Lovette, WCU | 153'6" |
| 3. Beth Reck, MAR        | 143'4" |
| 4. Ayokka Green, APP     | 142'3" |
| 5. Rachel Olander, APP   | 141'2" |
| 6. Allison Walker, APP   | 140'6" |

### Javelin throw

|                          |         |
|--------------------------|---------|
| 1. Rachel Olander, APP   | 139'7"  |
| 2. LaSha Jackson, WCU    | 135'11" |
| 3. Christine Ziemba, APP | 107'0"  |
| 4. Robyn Stockunas, WCU  | 107'0"  |
| 5. Rahma Mateen, WCU     | 99'2"   |
| 6. Kati Pierce, MAR      | 97'10"  |

### Most Outstanding Performer

Daree Thompson, Western Carolina

### Freshman of the Year

Mary Jayne Harrelson, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina

### \*\*NOTES\*\*

- Top three finishers in each event receive all-conference honors.
- Field events were converted from metric to English measurements.

# 1996 MEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team           | Points |
|----------------------|--------|----------------|--------|
| 1. Appalachian State | 138    | 6. Chattanooga | 47     |
| 2. ETSU              | 129    | 7. The Citadel | 27     |
| 3. VMI               | 113    | 8. Furman      | 11     |
| 4. Western Carolina  | 78     | 9. Davidson    | 4      |
| 5. Marshall          | 73     |                |        |

### 100-meter dash

|                           |       |
|---------------------------|-------|
| 1. Delevantie Brown, ETSU | 10.66 |
| 2. Eric Gay, VMI          | 11.06 |
| 3. Mark Gochenour, MAR    | 11.11 |
| 4. Jonathan Boyce, WCU    | 11.36 |
| 5. Clarence Edwards, WCU  | 11.48 |
| 6. Michael Lapid, APP     | 11.52 |

### 200-meter dash

|                           |       |
|---------------------------|-------|
| 1. Delevantie Brown, ETSU | 21.29 |
| 2. Robert Johnson, APP    | 21.69 |
| 3. Mark Gochenour, MAR    | 21.94 |
| 4. Eric Gay, VMI          | 22.01 |
| 5. Jonathan Boyce, WCU    | 22.13 |
| 6. Holm Ankoma-Sey, VMI   | 22.40 |

### 400-meter dash

|                          |       |
|--------------------------|-------|
| 1. Warren Robertson, UTC | 48.53 |
| 2. Joe Restivo, MAR      | 48.70 |
| 3. Albert Juan, MAR      | 49.04 |
| 4. Garson Hedrick, APP   | 49.35 |
| 5. Chris White, ETSU     | 49.42 |
| 6. Holm Ankoma-Sey, VMI  | 49.77 |

### 800-meter run

|                         |         |
|-------------------------|---------|
| 1. Zach Whitmarsh, ETSU | 1:52.20 |
| 2. Casey Price, UTC     | 1:52.77 |
| 3. Jon Austin, APP      | 1:53.44 |
| 4. Brandon Griffin, FUR | 1:54.06 |
| 5. Kevin Croft, UTC     | 1:56.06 |
| 6. Nic Crider, UTC      | 1:58.51 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Zach Whitmarsh, ETSU    | 3:58.30 |
| 2. Declan Fahy, ETSU       | 3:58.41 |
| 3. Chuck Margraves, UTC    | 3:59.12 |
| 4. Damian Walsh, UTC       | 4:01.51 |
| 5. Chris Huffstickler, APP | 4:02.25 |
| 6. Jud Sarver, APP         | 4:02.27 |

### 5,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Declan Fahy, ETSU    | 14:54.12 |
| 2. Fred Reinhardt, ETSU | 14:54.28 |
| 3. Derek Murphy, ETSU   | 14:59.65 |
| 4. Collin Webster, WCU  | 15:01.81 |
| 5. Brian Clark, WCU     | 15:02.79 |
| 6. Jake Johnson, FUR    | 15:09.41 |

### 10,000-meter run

|                         |          |
|-------------------------|----------|
| 1. Fred Reinhardt, ETSU | 31:27.37 |
| 2. Declan Fahy, ETSU    | 32:05.04 |
| 3. Derek Murphy, ETSU   | 32:05.35 |
| 4. John Fenton, ETSU    | 32:15.26 |
| 5. Collin Webster, WCU  | 32:19.56 |
| 6. Michael Murphy, MAR  | 32:21.99 |

### 110-meter hurdles

|                           |       |
|---------------------------|-------|
| 1. Delevantie Brown, ETSU | 14.40 |
| 2. Joe Anwah, VMI         | 14.70 |
| 3. Phil Alicea, VMI       | 14.89 |
| 4. Jason Gibson, APP      | 14.96 |
| 5. Raymond Brewer, APP    | 15.00 |
| 6. Marcus Logan, MAR      | 15.45 |

### 400-meter hurdles

|                        |       |
|------------------------|-------|
| 1. Joe Debose, VMI     | 52.77 |
| 2. Chris Upkins, UTC   | 52.95 |
| 3. Marcus Logan, MAR   | 55.27 |
| 4. Garson Hedrick, APP | 55.66 |
| 5. Mike Wingle, WCU    | 57.23 |
| 6. Chad Wilson, WCU    | 57.42 |

### 3,000-meter steeplechase

|                            |         |
|----------------------------|---------|
| 1. Chris Huffstickler, APP | 9:14.04 |
| 2. Russ Sweitzer, VMI      | 9:22.90 |
| 3. Turner Norris, WCU      | 9:22.91 |
| 4. Jake Johnson, FUR       | 9:35.10 |
| 5. Cronan Gantley, ETSU    | 9:46.29 |
| 6. Brent Nicolay, ETSU     | 9:51.13 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. VMI               | 41.55 |
| 2. Appalachian State | 41.77 |
| 3. Western Carolina  | 41.98 |
| 4. ETSU              | 42.52 |
| 5. Marshall          | 42.62 |
| 6. The Citadel       | 42.75 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. ETSU              | 3:13.54 |
| 2. Chattanooga       | 3:15.99 |
| 3. VMI               | 3:16.36 |
| 4. Marshall          | 3:18.62 |
| 5. Appalachian State | 3:20.27 |
| 6. Western Carolina  | 3:24.60 |

### Long jump

|                          |       |
|--------------------------|-------|
| 1. Darrius Jackson, VMI  | 7.37m |
| 2. Clarence Edwards, WCU | 7.25m |
| 3. Robert Johnson, APP   | 7.24m |
| 4. Donnell Brinson, WCU  | 6.95m |
| 5. Floyd Johnson, MAR    | 6.80m |
| 6. Chad Stoneking, MAR   | 6.76m |

### Triple jump

|                        |        |
|------------------------|--------|
| 1. Robert Johnson, APP | 15.23m |
| 2. Jimmy Johnson, WCU  | 14.56m |
| 3. Floyd Johnson, MAR  | 14.47m |
| 4. Andrew Wilhite, MAR | 14.07m |
| 5. Jeff Hubbard, VMI   | 13.72m |
| 6. Brent Taylor, VMI   | 13.40m |

### High jump

|                         |       |
|-------------------------|-------|
| 1. Robert Johnson, APP  | 2.18m |
| 2. Michael Kroeger, APP | 2.03m |
| 3. Thomas Bock, MAR     | 1.98m |
| 4. Cory Cooper, WCU     | 1.98m |
| 5. Chip Wood, MAR       | 1.93m |
| 6. Jason Jackson, FUR   | 1.93m |

### Shot put

|                         |        |
|-------------------------|--------|
| 1. Ron Moak, CIT        | 16.20m |
| 2. Ryan Earley, VMI     | 15.91m |
| 3. Derek Summerour, WCU | 15.58m |
| 4. Justin May, VMI      | 15.22m |
| 5. Rich Latta, APP      | 15.06m |
| 6. Sidney Brandon, VMI  | 14.89m |

### Discus throw

|                        |        |
|------------------------|--------|
| 1. Rich Latta, APP     | 45.96m |
| 2. Justin May, VMI     | 42.62m |
| 3. Eric Hart, APP      | 42.50m |
| 4. Ryan Earley, VMI    | 42.16m |
| 5. Vance Henry, WCU    | 40.76m |
| 6. Shannon Rodden, WCU | 40.40m |

### Hammer throw

|                         |        |
|-------------------------|--------|
| 1. Daniel Hall, MAR     | 52.32m |
| 2. Tim Brock, VMI       | 51.60m |
| 3. Rich Latta, APP      | 51.16m |
| 4. Chris Botti, WCU     | 48.08m |
| 5. Chris Cockerham, APP | 44.68m |
| 6. Vance Henry, WCU     | 43.02m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Scot Sanborn, CIT     | 57.68m |
| 2. Matthew Burnette, APP | 55.18m |
| 3. Jeff DeGroot, CIT     | 52.98m |
| 4. Dan Dearing, DAV      | 52.18m |
| 5. Albert Juan, MAR      | 50.84m |
| 6. Tyler Milliken, FUR   | 49.00m |

### Pole vault

|                         |       |
|-------------------------|-------|
| 1. Todd Poremba, APP    | 4.90m |
| 2. Jarrett Foster, WCU  | 4.75m |
| 3. Jeff Fitzgerald, APP | 4.75m |
| 4. Erret Buis, VMI      | 4.45m |
| 5. Jason Stewart, APP   | 4.30m |
| 6. Phil Alicea, VMI     | 4.30m |

### Outstanding Performer

Robert Johnson, APP

### Freshman of the Year

Zach Whitmarsh, ETSU

### Coach of the Year

John Weaver, APP

### \*\*NOTE\*\*

• Top three finishers in each event receive all-conference honors.

# 1996 WOMEN'S CHAMPIONSHIP

## Team results

| Team                 | Points | Team        | Points |
|----------------------|--------|-------------|--------|
| 1. ETSU              | 150    | 5. Furman   | 54.5   |
| 2. Western Carolina  | 133.5  | 6. Marshall | 34     |
| 3. Appalachian State | 131    | 7. Davidson | 27     |
| 4. Chattanooga       | 55     |             |        |

### 100-meter dash

|                         |       |
|-------------------------|-------|
| 1. Leisa Moulton, ETSU  | 12.40 |
| 2. Nikki Harris, APP    | 12.40 |
| 3. Reshia Johnson, ETSU | 12.50 |
| 4. Trice Roundtree, APP | 13.00 |
| 5. Kamilah Gabriel, WCU | 13.30 |
| 6. Crystal Carlton, WCU | 13.50 |

### 200-meter dash

|                         |       |
|-------------------------|-------|
| 1. Salima Fountain, FUR | 24.91 |
| 2. Nikki Harris, APP    | 25.15 |
| 3. Tracie George, ETSU  | 25.39 |
| 4. Leisa Moulton, ETSU  | 25.72 |
| 5. Karen Houston, APP   | 25.73 |
| 6. Kendra Prather, ETSU | 25.91 |

### 400-meter dash

|                           |       |
|---------------------------|-------|
| 1. Salima Fountain, FUR   | 55.74 |
| 2. Shawnta Person, WCU    | 56.34 |
| 3. Kendra Prather, ETSU   | 57.60 |
| 4. Tracie George, ETSU    | 57.66 |
| 5. Andrea Shropshire, UTC | 57.73 |
| 6. Karen Houston, APP     | 58.23 |

### 800-meter run

|                           |         |
|---------------------------|---------|
| 1. Emily Redmon, WCU      | 2:11.41 |
| 2. Michelle Gregg, ETSU   | 2:11.62 |
| 3. Maggie Donahue, WCU    | 2:13.11 |
| 4. Valerie Urchison, ETSU | 2:15.17 |
| 5. Michelle Bozue, UTC    | 2:17.28 |
| 6. Maria Stivers, UTC     | 2:21.28 |

### 1,500-meter run

|                            |         |
|----------------------------|---------|
| 1. Michelle Gregg, ETSU    | 4:38.00 |
| 2. Valerie Urchison, ETSU  | 4:40.83 |
| 3. Heather VandeBrake, FUR | 4:42.24 |
| 4. Kristen Savery, WCU     | 4:42.92 |
| 5. Jenny Chase, APP        | 4:44.48 |
| 6. Jennel Walby, ETSU      | 4:50.30 |

### 3,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Mary Jane Middlekoop, UTC | 9:54.60  |
| 2. Heather VandeBrake, FUR   | 10:02.78 |
| 3. Christina Olson, APP      | 10:08.42 |
| 4. Jennel Walby, ETSU        | 10:20.45 |
| 5. Kristen Savery, WCU       | 10:26.16 |
| 6. Taylor Perin, ETSU        | 10:35.35 |

### 5,000-meter run

|                              |          |
|------------------------------|----------|
| 1. Mary Jane Middlekoop, UTC | 17:24.46 |
| 2. Mary Jo Ferrigan, ETSU    | 17:32.59 |
| 3. Heather VandeBrake, FUR   | 17:37.76 |
| 4. Christina Olson, APP      | 17:46.33 |
| 5. Lynn Kepper, FUR          | 17:55.29 |
| 6. Taylor Perin, ETSU        | 17:59.78 |

### 10,000-meter run

|                           |          |
|---------------------------|----------|
| 1. Mary Jo Ferrigan, ETSU | 37:33.61 |
| 2. Michele MAR, UTC       | 39:00.97 |
| 3. Lynn Kepper, FUR       | 39:56.02 |
| 4. Holley Cooper, FUR     | 40:09.78 |
| 5. Leah Moore, UTC        | 40:29.00 |
| 6. Nicole Yosmali, FUR    | 41:11.00 |

### 100-meter hurdles

|                         |       |
|-------------------------|-------|
| 1. Erica Edmond, ETSU   | 14.70 |
| 2. Wykesha Bailey, WCU  | 14.91 |
| 3. Rahma Mateen, WCU    | 15.20 |
| Jamil Sawyer, DAV       | 15.20 |
| 5. Kendra Hornish, MAR  | 16.05 |
| 6. Kamilah Gabriel, WCU | 16.07 |

### 400-meter hurdles

|                         |         |
|-------------------------|---------|
| 1. Wykesha Bailey, WCU  | 1:04.51 |
| 2. Erica Edmond, ETSU   | 1:05.17 |
| 3. Jodi Bailey, MAR     | 1:05.49 |
| 4. Kati Pierce, MAR     | 1:05.83 |
| 5. Natasha Claxton, UTC | 1:05.87 |
| 6. Tera Pitts, APP      | 1:08.20 |

### 4x100-meter relay

|                      |       |
|----------------------|-------|
| 1. ETSU              | 47.18 |
| 2. Appalachian State | 47.62 |
| 3. Davidson          | 51.25 |
| 4. Western Carolina  | 52.10 |

### 4x400-meter relay

|                      |         |
|----------------------|---------|
| 1. Western Carolina  | 3:49.70 |
| 2. Chattanooga       | 3:55.81 |
| 3. Appalachian State | 3:59.79 |
| 4. Marshall          | 4:08.03 |
| 5. Davidson          | 4:14.04 |

### Long jump

|                         |       |
|-------------------------|-------|
| 1. Rahma Mateen, WCU    | 5.91m |
| 2. Tracie George, ETSU  | 5.76m |
| 3. Nikki Harris, APP    | 5.65m |
| 4. Audra Emery, APP     | 5.54m |
| 5. Lisa Roberts, APP    | 5.50m |
| 6. Carla McKinney, ETSU | 5.49m |

### Triple jump

|                         |        |
|-------------------------|--------|
| 1. Nikki Harris, APP    | 11.94m |
| 2. Rahma Mateen, WCU    | 11.58m |
| 3. Lisa Roberts, APP    | 11.47m |
| 4. Jennifer Sluss, ETSU | 11.44m |
| 5. Trice Roundtree, APP | 11.32m |
| 6. Karen Newsam, ETSU   | 11.19m |

### High jump

|                         |       |
|-------------------------|-------|
| 1. Rahma Mateen, WCU    | 1.70m |
| 2. Jennifer Sluss, ETSU | 1.70m |
| 3. Vanessa Sims, DAV    | 1.70m |
| 4. Shalimar Folds, UTC  | 1.65m |
| 5. Kendra Hornish, MAR  | 1.60m |
| 6. Lakeeva Brooks, WCU  | 1.60m |
| Katie Condon, FUR       | 1.60m |

### Discus throw

|                             |        |
|-----------------------------|--------|
| 1. Ayokka Green, UTC        | 43.20m |
| 2. Danielle Mall, DAV       | 43.12m |
| 3. Allyson Blakenship, ETSU | 39.78m |
| 4. Meyetta Grimes, APP      | 39.06m |
| 5. LaSha Jackson, WCU       | 37.16m |
| 6. Robyn Stockunas, WCU     | 35.08m |

### Javelin throw

|                          |        |
|--------------------------|--------|
| 1. Rachel Olander, APP   | 39.92m |
| 2. Christine Ziemba, APP | 38.10m |
| 3. Erica Bahry, APP      | 37.94m |
| 4. Robyn Stockunas, WCU  | 33.70m |
| 5. LaSha Jackson, WCU    | 32.40m |
| 6. Rhoda Maron, FUR      | 31.88m |

### Shot put

|                          |        |
|--------------------------|--------|
| 1. LaSha Jackson, WCU    | 14.58m |
| 2. Ayokka Green, UTC     | 14.01m |
| 3. Chandra Nelson, MAR   | 12.40m |
| 4. Zondra Johnson, WCU   | 11.87m |
| 5. Felicia Johnson, ETSU | 11.47m |
| 6. Robyn Stockunas, WCU  | 11.18m |

### Hammer throw

|                             |        |
|-----------------------------|--------|
| 1. Chandra Nelson, MAR      | 44.04m |
| 2. Robyn Stockunas, WCU     | 39.80m |
| 3. Allyson Blakenship, ETSU | 36.52m |
| 4. Rachel Olander, APP      | 36.40m |
| 5. Christina Cassidy, WCU   | 35.82m |
| 6. Ayokka Green, APP        | 35.64m |
| 7. Christine Ziemba, APP    | 35.00m |
| 8. Erica Bahry, APP         | 34.94m |

### Outstanding Performer

Rahma Mateen, Western Carolina

### Freshman of the Year

Chandra Nelson, Marshall

### Coach of the Year

Michell Byrne, ETSU

### \*\*NOTE\*\*

• Top three finishers in each event receive all-conference honors.